1 - 1ª Jornada - 1ª Sessão - Eliminatórias — 04-04-2019 - 9:30

Prova 1 — Femin., 50m Costas — Juvenis B
04-04-2019 - 9:30 — Resultados Elimin

Rec Nac	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**32.59**	+0,65	572	

Prova 1 — Femin., 50m Costas — Juvenis A
04-04-2019 - 9:30 — Resultados Elimin

Rec Nac	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Ana Rita	04	Naval Povoense	**30.98**	+0,67	666	
2.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.16**	+0,75	595	
3.	RODRIGUES Sofia Vilardell	04	Gesloures	**32.49**	+0,70	577	
4.	COSTA Joana Santos	04	Galitos / Bresimar	**32.62**	+0,63	570	
5.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**32.79**	+0,65	562	
6.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**33.31**	+0,62	536	

Prova 1 — Femin., 50m Costas — Juniores
04-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Jun17	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	**29.43**	+0,64	777	
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**30.12**	+0,56	725	
3.	PEIXEIRA Filipa Ramos	03	Sporting	**31.13**	+0,66	656	
4.	MENDES Lea Alexandra	03	Gualdim Pais	**31.57**	+0,65	629	
5.	LASCU Nicoleta	02	Litoral Alentejano	**32.28**	+0,69	589	
6.	CRUZ Sara Moura	03	Alges	**32.43**	+0,73	580	
7.	RAMOS Ines Asseiceira	03	Torres Novas	**32.53**	+0,67	575	
8.	MARQUES Mariana Nunes	03	Estarreja	**32.75**	+0,73	564	
9.	CATARINO Laura Andre	03	CCDSerta	**32.81**	+0,66	561	
10.	MELO Barbara Azambujo	02	Academica de Coimbra	**32.89**	+0,63	556	
11.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**32.96**	+0,72	553	
12.	SANTOS Mariana Jacinto	03	Freguesia de Paiao	**33.06**	+0,69	548	
13.	JESUS Maria Crista	03	Louletano / Loule Concelho	**33.15**	+0,67	543	
14.	TEIXEIRA Ines Oliveira	02	Estarreja	**33.18**	+0,70	542	
15.	ESTEVES Maria Mousinho	02	Laranjeiro	**33.36**	+0,77	533	
16.	MACHADO Carolina Alexandra	03	Beja	**33.57**	+0,78	523	
17.	MAIA Mariana Sousa	02	Famalicao	**33.74**	+0,63	515	

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Prova 1, Femin., 50m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	SEVERINO Isis Sousa	02	Louletano / Loule Concelho				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

Prova 1 — Femin., 50m Costas — Seniores
04-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESTRE Catarina Martins	00	Natacao de Lisboa	**30.43**	+0,63	703	
2.	LOPES Carolina Sofia	96	Natacao de Faro	**30.56**	+0,69	694	
3.	FERREIRA Catarina Maria	98	Porto	**30.99**	+0,61	665	
4.	CABRAL Maria Francisca	00	Porto	**31.30**	+0,63	646	
5.	FERNANDES Ines Camacho	97	Sporting	**31.45**	+0,63	636	
6.	FREIXO Juliana Lima	97	Braga	**31.57**	+0,58	629	
7.	AZEVEDO Francisca Gomes	97	Alges	**31.77**	+0,67	617	
8.	ROLAO Sofia Alexandra	98	Benfica	**31.85**	+0,65	613	
9.	TIAGO Filipa Vilas	94	Benfica	**31.91**	+0,66	609	
10.	COSTA Ana Filipa	98	Beja	**32.11**	+0,64	598	
11.	NEVES Ana Carolina	00	Academica de Coimbra	**32.22**	+0,62	592	
12.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	**32.25**	+0,70	590	
13.	MARTINS Matilde Pereira	99	Natacao de Sao Bras	**32.42**	+0,65	581	
	NUNES Sofia Alexandra	00	Laranjeiro	**32.42**	+0,66	581	
15.	FERREIRA Ana Raquel	98	Benfica	**33.14**	+0,66	544	

Prova 1 — Femin., 50m Costas — Absolutos
04-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	**29.43**	+0,64	777	
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**30.12**	+0,56	725	
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	**30.43**	+0,63	703	
4.	LOPES Carolina Sofia	96	Natacao de Faro	**30.56**	+0,69	694	
5.	OLIVEIRA Ana Rita	04	Naval Povoense	**30.98**	+0,67	666	
6.	FERREIRA Catarina Maria	98	Porto	**30.99**	+0,61	665	
7.	PEIXEIRA Filipa Ramos	03	Sporting	**31.13**	+0,66	656	
8.	CABRAL Maria Francisca	00	Porto	**31.30**	+0,63	646	
9.	FERNANDES Ines Camacho	97	Sporting	**31.45**	+0,63	636	

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Prova 1, Femin., 50m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	FREIXO Juliana Lima	97	Braga	**31.57**	+0,58	629	
	MENDES Lea Alexandra	03	Gualdim Pais	**31.57**	+0,65	629	
12.	AZEVEDO Francisca Gomes	97	Alges	**31.77**	+0,67	617	
13.	ROLAO Sofia Alexandra	98	Benfica	**31.85**	+0,65	613	
14.	TIAGO Filipa Vilas	94	Benfica	**31.91**	+0,66	609	
15.	COSTA Ana Filipa	98	Beja	**32.11**	+0,64	598	
16.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.16**	+0,75	595	
17.	NEVES Ana Carolina	00	Academica de Coimbra	**32.22**	+0,62	592	
18.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	**32.25**	+0,70	590	
19.	LASCU Nicoleta	02	Litoral Alentejano	**32.28**	+0,69	589	
20.	MARTINS Matilde Pereira	99	Natacao de Sao Bras	**32.42**	+0,65	581	
	NUNES Sofia Alexandra	00	Laranjeiro	**32.42**	+0,66	581	
22.	CRUZ Sara Moura	03	Alges	**32.43**	+0,73	580	
23.	RODRIGUES Sofia Vilardell	04	Gesloures	**32.49**	+0,70	577	
24.	RAMOS Ines Asseiceira	03	Torres Novas	**32.53**	+0,67	575	
25.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**32.59**	+0,65	572	
26.	COSTA Joana Santos	04	Galitos / Bresimar	**32.62**	+0,63	570	
27.	MARQUES Mariana Nunes	03	Estarreja	**32.75**	+0,73	564	
28.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**32.79**	+0,65	562	
29.	CATARINO Laura Andre	03	CCDSerta	**32.81**	+0,66	561	
30.	MELO Barbara Azambujo	02	Academica de Coimbra	**32.89**	+0,63	556	
31.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**32.96**	+0,72	553	
32.	SANTOS Mariana Jacinto	03	Freguesia de Paiao	**33.06**	+0,69	548	
33.	FERREIRA Ana Raquel	98	Benfica	**33.14**	+0,66	544	
34.	JESUS Maria Crista	03	Louletano / Loule Concelho	**33.15**	+0,67	543	
35.	TEIXEIRA Ines Oliveira	02	Estarreja	**33.18**	+0,70	542	
36.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**33.31**	+0,62	536	
37.	ESTEVES Maria Mousinho	02	Laranjeiro	**33.36**	+0,77	533	
38.	MACHADO Carolina Alexandra	03	Beja	**33.57**	+0,78	523	
39.	MAIA Mariana Sousa	02	Famalicao	**33.74**	+0,63	515	
DSQ	SEVERINO Isis Sousa	02	Louletano / Loule Concelho				

SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida

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Prova 2, Masc., 50m Costas, Elimin

Prova 2 — Masc., 50m Costas — Juvenis A
04-04-2019 - 9:40 — Resultados Elimin

Rec Nac	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CASTRO Duarte Monteiro	03	Porto	**29.21**	+0,65	554	

Prova 2 — Masc., 50m Costas — Juniores
04-04-2019 - 9:40 — Resultados Elimin

Rec Nac Absoluto	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Jun18	26.58	SANTOS Alexis Manacas	SCP	Coimbra	10-04-2010
Rec Nac Jun17	26.91	SANTOS Alexis Manacas	POR	Praga (CZE)	11-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**26.81**	+0,65	717	
2.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.10**	+0,59	694	
3.	ALFAMA Martim Primavera	02	Gesloures	**27.44**	+0,62	669	
4.	PINHO Manuel Antonio	01	Feirense	**27.81**	+0,67	642	
5.	ZENZA Francisco Manuel	01	Natacao da Maia	**28.12**	+0,59	621	
6.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.19**	+0,58	617	
7.	FIDALGO Mateus Valente	01	Estarreja	**28.32**	+0,64	608	
8.	MACHADO Bruno Rafael	01	Fluvial Portuense	**28.67**	+0,57	586	
9.	DOMINGOS Ruy Manuel	02	Sporting	**28.69**	+0,74	585	
10.	CUNHA Afonso Passos	01	Famalicao	**28.75**	+0,68	581	
11.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**28.97**	+0,68	568	
12.	FREIRE Carlos Marques	01	Belenenses	**29.05**	+0,59	563	
13.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**29.25**	+0,70	552	

Prova 2 — Masc., 50m Costas — Seniores
04-04-2019 - 9:40 — Resultados Elimin

Rec Nac Absoluto	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Sen	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**26.12**	+0,60	775	
2.	KOT Viktor	98	Nautico Marinha Grande	**26.85**	+0,56	714	
3.	SANTOS Alexis Manacas	92	Sporting	**26.97**	+0,62	704	
4.	SANTOS Francisco Rogerio	98	Sporting	**27.17**	+0,65	689	
5.	ROSA Rodrigo Antonio	96	Benfica	**27.69**	+0,60	651	
6.	BATE Miguel Ribeiro	99	Alges	**27.79**	+0,62	644	
7.	ALMEIDA Carlos Afonso	98	Alges	**28.07**	+0,64	625	
8.	TINOCO Joao Pereira	00	Famalicao	**28.11**	+0,66	622	
9.	RIBEIRO Ivo Pinto	97	Foca	**28.23**	+0,59	614	
10.	CORREIA Joao Mota	97	Benfica	**28.27**	+0,74	611	
11.	PIRES Ricardo Saraiva	98	Laranjeiro	**28.28**	+0,66	611	

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Prova 2, Masc., 50m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FERNANDES Joao Diogo	98	Belenenses	**28.54**	+0,67	594	
13.	SANTANA Joao Miguel	00	Benfica	**28.77**	+0,68	580	
14.	DANTAS Diogo Leal	00	Sporting	**28.83**	+0,57	576	

Prova 2 — Masc., 50m Costas — Absolutos
04-04-2019 - 9:40 — Resultados Elimin

Rec Nac Absoluto	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Sen	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Jun18	26.58	SANTOS Alexis Manacas	SCP	Coimbra	10-04-2010
Rec Nac Jun17	26.91	SANTOS Alexis Manacas	POR	Praga (CZE)	11-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**26.12**	+0,60	775	
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**26.81**	+0,65	717	
3.	KOT Viktor	98	Nautico Marinha Grande	**26.85**	+0,56	714	
4.	SANTOS Alexis Manacas	92	Sporting	**26.97**	+0,62	704	
5.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.10**	+0,59	694	
6.	SANTOS Francisco Rogerio	98	Sporting	**27.17**	+0,65	689	
7.	ALFAMA Martim Primavera	02	Gesloures	**27.44**	+0,62	669	
8.	ROSA Rodrigo Antonio	96	Benfica	**27.69**	+0,60	651	
9.	BATE Miguel Ribeiro	99	Alges	**27.79**	+0,62	644	
10.	PINHO Manuel Antonio	01	Feirense	**27.81**	+0,67	642	
11.	ALMEIDA Carlos Afonso	98	Alges	**28.07**	+0,64	625	
12.	TINOCO Joao Pereira	00	Famalicao	**28.11**	+0,66	622	
13.	ZENZA Francisco Manuel	01	Natacao da Maia	**28.12**	+0,59	621	
14.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.19**	+0,58	617	
15.	RIBEIRO Ivo Pinto	97	Foca	**28.23**	+0,59	614	
16.	CORREIA Joao Mota	97	Benfica	**28.27**	+0,74	611	
17.	PIRES Ricardo Saraiva	98	Laranjeiro	**28.28**	+0,66	611	
18.	FIDALGO Mateus Valente	01	Estarreja	**28.32**	+0,64	608	
19.	FERNANDES Joao Diogo	98	Belenenses	**28.54**	+0,67	594	
20.	MACHADO Bruno Rafael	01	Fluvial Portuense	**28.67**	+0,57	586	
21.	DOMINGOS Ruy Manuel	02	Sporting	**28.69**	+0,74	585	
22.	CUNHA Afonso Passos	01	Famalicao	**28.75**	+0,68	581	
23.	SANTANA Joao Miguel	00	Benfica	**28.77**	+0,68	580	
24.	DANTAS Diogo Leal	00	Sporting	**28.83**	+0,57	576	
25.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**28.97**	+0,68	568	
26.	FREIRE Carlos Marques	01	Belenenses	**29.05**	+0,59	563	
27.	CASTRO Duarte Monteiro	03	Porto	**29.21**	+0,65	554	
28.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**29.25**	+0,70	552	
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**34.68**	+0,81	331	

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Prova 3 | Femin., 200m Mariposa | Juvenis B
04-04-2019 - 9:45 | Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004

PreJun_Fem Juv: 2:21.18 / CEJun_Fem 14 - 17: 2:17.07 / CMJ_Fem 14 - 17: 2:14.38 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BENTO Maria Madalena	05	BUZIOS - Coruche	**2:35.23**	+0,81	483	
	50m: 32.95 32.95 100m: 1:11.90 38.95 150m: 1:52.82 40.92 200m: 2:35.23 42.41						
2.	RINO Maria Pedro	05	Academia dos Acores	**2:35.75**	+0,87	478	
	50m: 33.17 33.17 100m: 1:11.70 38.53 150m: 1:53.16 41.46 200m: 2:35.75 42.59						
3.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:36.20**	+0,82	474	
	50m: 33.50 33.50 100m: 1:12.38 38.88 150m: 1:55.08 42.70 200m: 2:36.20 41.12						
4.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**2:39.93**	+0,79	441	
	50m: 34.62 34.62 100m: 1:15.20 40.58 150m: 1:56.79 41.59 200m: 2:39.93 43.14						
5.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**2:39.97**	+0,90	441	
	50m: 34.89 34.89 100m: 1:15.76 40.87 150m: 1:57.49 41.73 200m: 2:39.97 42.48						
6.	LOURO Ariana Espirito	05	Gualdim Pais	**2:40.10**	+0,76	440	
	50m: 35.11 35.11 100m: 1:16.32 41.21 150m: 1:59.08 42.76 200m: 2:40.10 41.02						
7.	NOVO Marta Luisa	05	Viana Natacao	**2:40.95**	+0,92	433	
	50m: 34.50 34.50 100m: 1:14.87 40.37 150m: 1:56.67 41.80 200m: 2:40.95 44.28						
8.	GAMA Joana Fernandes	05	Sporting	**2:41.06**	+0,85	432	
	50m: 34.52 34.52 100m: 1:14.70 40.18 150m: 1:56.74 42.04 200m: 2:41.06 44.32						
9.	CABRAL Ana Matos	05	Condeixa Clube	**2:42.13**	+0,83	424	
	50m: 33.89 33.89 100m: 1:15.36 41.47 150m: 1:58.27 42.91 200m: 2:42.13 43.86						
10.	CORREIA Ines Alves	05	Leixoes	**2:44.77**	+0,94	404	
	50m: 36.15 36.15 100m: 1:17.56 41.41 150m: 2:01.47 43.91 200m: 2:44.77 43.30						
11.	VIEIRA Carmo Dias	05	Avancado EUL	**2:45.08**	+0,80	401	
	50m: 35.89 35.89 100m: 1:17.68 41.79 150m: 2:03.19 45.51 200m: 2:45.08 41.89						
12.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:45.22**	+0,70	400	
	50m: 34.48 34.48 100m: 1:13.90 39.42 150m: 1:55.79 41.89 200m: 2:45.22 49.43						
13.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**2:46.03**	+0,83	394	
	50m: 36.37 36.37 100m: 1:18.54 42.17 150m: 2:02.98 44.44 200m: 2:46.03 43.05						
14.	FRANCA Nicole Patriarca	05	Sporting	**2:46.07**	+0,74	394	
	50m: 35.77 35.77 100m: 1:18.55 42.78 150m: 2:04.06 45.51 200m: 2:46.07 42.01						
15.	SILVA Joana Ferreira	05	Leixoes	**2:47.84**	+0,83	382	
	50m: 35.11 35.11 100m: 1:17.43 42.32 150m: 2:03.30 45.87 200m: 2:47.84 44.54						

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Prova 3, Femin., 200m Mariposa, Elimin

Prova 3 | Femin., 200m Mariposa | Juvenis A

04-04-2019 - 9:45 | Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995

PreJun_Fem Juv: 2:21.18 / CEJun_Fem 14 - 17: 2:17.07 / CMJ_Fem 14 - 17: 2:14.38 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:21.32**	+0,80	640	
	50m: 31.60 (31.60) 100m: 1:06.09 (34.49) 150m: 1:43.12 (37.03) 200m: 2:21.32 (38.20)						
2.	MARQUES Maria Alexandra	04	Albicastrense	**2:25.47**	+0,70	587	
	50m: 31.99 (31.99) 100m: 1:07.86 (35.87) 150m: 1:45.72 (37.86) 200m: 2:25.47 (39.75)						
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:28.90**	+0,82	547	
	50m: 32.49 (32.49) 100m: 1:10.43 (37.94) 150m: 1:48.84 (38.41) 200m: 2:28.90 (40.06)						
4.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:29.20**	+0,76	544	
	50m: 32.46 (32.46) 100m: 1:10.41 (37.95) 150m: 1:48.83 (38.42) 200m: 2:29.20 (40.37)						
5.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:31.71**	+0,79	517	
	50m: 33.09 (33.09) 100m: 1:11.66 (38.57) 150m: 1:51.58 (39.92) 200m: 2:31.71 (40.13)						
6.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:32.08**	+0,74	513	
	50m: 33.04 (33.04) 100m: 1:11.91 (38.87) 150m: 1:50.67 (38.76) 200m: 2:32.08 (41.41)						
7.	HENRIQUES Carolina Porem	04	Sporting	**2:32.68**	+0,67	507	
	50m: 33.53 (33.53) 100m: 1:12.58 (39.05) 150m: 1:52.69 (40.11) 200m: 2:32.68 (39.99)						
8.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**2:36.13**	+0,77	474	
	50m: 34.75 (34.75) 100m: 1:14.23 (39.48) 150m: 1:54.79 (40.56) 200m: 2:36.13 (41.34)						
9.	MORGANHO Leonor Alves	04	Alges	**2:36.81**	+0,86	468	
	50m: 35.15 (35.15) 100m: 1:14.91 (39.76) 150m: 1:56.33 (41.42) 200m: 2:36.81 (40.48)						
10.	ALVES Ines Sofia	04	Portinado	**2:36.98**	+0,80	467	
	50m: 33.60 (33.60) 100m: 1:13.04 (39.44) 150m: 1:56.30 (43.26) 200m: 2:36.98 (40.68)						
11.	MORGADO Alice Jesus	04	Gesloures	**2:37.12**	+0,86	465	
	50m: 33.78 (33.78) 100m: 1:12.96 (39.18) 150m: 1:53.75 (40.79) 200m: 2:37.12 (43.37)						
12.	COSTA Rita Salome	04	Aquatico Pacense	**2:38.34**	+0,94	455	
	50m: 34.63 (34.63) 100m: 1:14.96 (40.33) 150m: 1:56.02 (41.06) 200m: 2:38.34 (42.32)						
13.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:38.54**	+0,86	453	
	50m: 34.56 (34.56) 100m: 1:14.25 (39.69) 150m: 1:56.89 (42.64) 200m: 2:38.54 (41.65)						
14.	BARROS Alexia Bastos	04	Fafe	**2:40.61**	+0,74	436	
	50m: 34.32 (34.32) 100m: 1:14.44 (40.12) 150m: 1:56.93 (42.49) 200m: 2:40.61 (43.68)						
15.	NARRA Vera Figueiredo	04	Amadora	**2:41.23**	+0,78	431	
	50m: 33.48 (33.48) 100m: 1:13.45 (39.97) 150m: 1:56.80 (43.35) 200m: 2:41.23 (44.43)						
16.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:42.21**	+0,73	423	
	50m: 35.27 (35.27) 100m: 1:17.65 (42.38) 150m: 1:59.91 (42.26) 200m: 2:42.21 (42.30)						
17.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:42.25**	+0,78	423	
	50m: 33.96 (33.96) 100m: 1:14.14 (40.18) 150m: 1:58.11 (43.97) 200m: 2:42.25 (44.14)						

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Prova 3, Femin., 200m Mariposa, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	LIMA Catarina Cardoso	04	Naval Povoense	**2:43.03**	+0,76	417	
	50m: 34.29 34.29 100m: 1:15.34 41.05 150m: 1:58.93 43.59 200m: 2:43.03 44.10						
19.	TAVARES Mariana Silva	04	Estarreja	**2:43.88**	+0,82	410	
	50m: 34.85 34.85 100m: 1:17.37 42.52 150m: 2:01.27 43.90 200m: 2:43.88 42.61						
20.	MENDES Ana Sebastiao	04	Portinado	**2:44.57**	+0,66	405	
	50m: 34.74 34.74 100m: 1:15.26 40.52 150m: 1:59.34 44.08 200m: 2:44.57 45.23						
21.	GUTERRES Mariana Fragoso	04	Benfica	**2:45.10**	+0,82	401	
	50m: 34.00 34.00 100m: 1:15.21 41.21 150m: 1:58.63 43.42 200m: 2:45.10 46.47						
22.	SOUSA Joana Francisca	04	Sao Roque	**2:46.91**	+0,74	388	
	50m: 34.85 34.85 100m: 1:16.39 41.54 150m: 2:00.79 44.40 200m: 2:46.91 46.12						
DSQ	SILVA Maria Ines	04	Alcobaca				
	BL 8.2 - O (a) atleta utilizou ligadura/braçadeiras/ banda elástica						

Prova 3 — Femin., 200m Mariposa — Juniores
04-04-2019 - 9:45 — Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018

CEJun_Fem 14 - 17: 2:17.07 / CMJ_Fem 14 - 17: 2:14.38 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GRAVETO Ana Raquel	02	Benfica	**2:17.45**	+0,74	696	
	50m: 30.42 30.42 100m: 1:04.98 34.56 150m: 1:40.88 35.90 200m: 2:17.45 36.57						
2.	BARBOSA Mariana Fernandes	02	Porto	**2:20.62**	+0,74	649	
	50m: 30.49 30.49 100m: 1:05.34 34.85 150m: 1:41.91 36.57 200m: 2:20.62 38.71						
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:23.00**	+0,79	618	
	50m: 31.26 31.26 100m: 1:07.97 36.71 150m: 1:45.40 37.43 200m: 2:23.00 37.60						
4.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:26.54**	+0,60	574	
	50m: 32.07 32.07 100m: 1:08.93 36.86 150m: 1:47.16 38.23 200m: 2:26.54 39.38						
5.	MARTINS Joana Ribeiro	03	Benfica	**2:28.23**	+0,84	554	
	50m: 32.01 32.01 100m: 1:08.64 36.63 150m: 1:48.06 39.42 200m: 2:28.23 40.17						
6.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:29.04**	+0,67	545	
	50m: 31.18 31.18 100m: 1:08.08 36.90 150m: 1:47.47 39.39 200m: 2:29.04 41.57						
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	**2:29.52**	+0,84	540	
	50m: 33.14 33.14 100m: 1:10.45 37.31 150m: 1:49.70 39.25 200m: 2:29.52 39.82						
8.	PEREIRA Clara Gomes	02	Alges	**2:30.50**	+0,74	530	
	50m: 32.85 32.85 100m: 1:10.94 38.09 150m: 1:50.52 39.58 200m: 2:30.50 39.98						
9.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.19**	+0,88	522	
	50m: 32.53 32.53 100m: 1:09.88 37.35 150m: 1:49.39 39.51 200m: 2:31.19 41.80						
10.	SILVA Eduarda Reis	03	Famalicao	**2:31.65**	+0,71	518	
	50m: 33.43 33.43 100m: 1:11.48 38.05 150m: 1:51.11 39.63 200m: 2:31.65 40.54						

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FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 3, Femin., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	NEVES Sara Dias	03	Miranda do Corvo	**2:32.46**	+0,81	510	
	50m: 33.59 33.59 100m: 1:12.27 38.68 150m: 1:52.23 39.96 200m: 2:32.46 40.23						
12.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:33.06**	+0,80	504	
	50m: 34.10 34.10 100m: 1:11.95 37.85 150m: 1:52.34 40.39 200m: 2:33.06 40.72						
13.	BELO Rita Afonso	02	Benedita	**2:33.86**	+0,75	496	
	50m: 33.14 33.14 100m: 1:10.99 37.85 150m: 1:51.72 40.73 200m: 2:33.86 42.14						
14.	MATOS Ana Rita	02	Belenenses	**2:34.30**	+0,74	491	
	50m: 33.99 33.99 100m: 1:12.89 38.90 150m: 1:53.42 40.53 200m: 2:34.30 40.88						
15.	ROCHA Daniela Filipa	02	Aquatico Pacense	**2:35.22**	+0,97	483	
	50m: 34.43 34.43 100m: 1:14.14 39.71 150m: 1:53.70 39.56 200m: 2:35.22 41.52						
16.	SOUSA Ines Matos	03	Uniao Coimbra	**2:36.03**	+0,75	475	
	50m: 33.80 33.80 100m: 1:13.06 39.26 150m: 1:53.21 40.15 200m: 2:36.03 42.82						
17.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	**2:36.59**	+0,73	470	
	50m: 33.72 33.72 100m: 1:12.06 38.34 150m: 1:54.13 42.07 200m: 2:36.59 42.46						
18.	FERREIRA Julia Caldeira	03	Naval do Funchal	**2:37.72**	+0,73	460	
	50m: 33.87 33.87 100m: 1:13.86 39.99 150m: 1:56.10 42.24 200m: 2:37.72 41.62						
19.	BARROS Margarida Cunha	02	Uniao Piedense	**2:38.02**	+0,75	458	
	50m: 34.48 34.48 100m: 1:14.63 40.15 150m: 1:56.72 42.09 200m: 2:38.02 41.30						
20.	MAGALHAES Ines Filipa	02	Aquatico Pacense	**2:39.47**	+1,00	445	
	50m: 34.92 34.92 100m: 1:14.67 39.75 150m: 1:56.95 42.28 200m: 2:39.47 42.52						
21.	RODRIGUES Constanca Filipa	02	Pimpoes/Cimai	**2:39.69**	+0,83	443	
	50m: 34.48 34.48 100m: 1:14.56 40.08 150m: 1:56.71 42.15 200m: 2:39.69 42.98						
22.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**2:42.07**	+0,79	424	
	50m: 34.94 34.94 100m: 1:15.52 40.58 150m: 1:57.77 42.25 200m: 2:42.07 44.30						

Prova 3 — Femin., 200m Mariposa — Seniores
04-04-2019 - 9:45 — Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018

CMPL 19 +: 2:09.21 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**2:12.14**	+0,75	783	
	50m: 29.51 29.51 100m: 1:03.46 33.95 150m: 1:38.28 34.82 200m: 2:12.14 33.86						
2.	HENRIQUES Ines Jacinto	00	Sporting	**2:14.95**	+0,70	735	
	50m: 30.69 30.69 100m: 1:04.52 33.83 150m: 1:39.45 34.93 200m: 2:14.95 35.50						
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**2:18.66**	+0,78	677	
	50m: 31.08 31.08 100m: 1:05.61 34.53 150m: 1:42.41 36.80 200m: 2:18.66 36.25						
4.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:23.94**	+0,82	606	
	50m: 31.32 31.32 100m: 1:06.92 35.60 150m: 1:44.11 37.19 200m: 2:23.94 39.83						

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Prova 3, Femin., 200m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	BARATA Barbara Sofia	97	Alges	**2:24.53**	+0,70	598	
	50m: 32.10 (32.10) 100m: 1:08.90 (36.80) 150m: 1:46.70 (37.80) 200m: 2:24.53 (37.83)						
6.	LIMA Lia Ana	01	Sporting	**2:25.52**	+0,91	586	
	50m: 31.81 (31.81) 100m: 1:07.56 (35.75) 150m: 1:45.78 (38.22) 200m: 2:25.52 (39.74)						
7.	SILVA Ana Pimenta	01	Desportiva Viana	**2:26.28**	+0,83	577	
	50m: 32.53 (32.53) 100m: 1:09.07 (36.54) 150m: 1:47.28 (38.21) 200m: 2:26.28 (39.00)						
8.	BERNARDO Ines Silva	00	Benfica	**2:26.96**	+0,83	569	
	50m: 32.42 (32.42) 100m: 1:09.51 (37.09) 150m: 1:48.08 (38.57) 200m: 2:26.96 (38.88)						
9.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**2:27.15**	+0,77	567	
	50m: 32.36 (32.36) 100m: 1:08.65 (36.29) 150m: 1:47.10 (38.45) 200m: 2:27.15 (40.05)						
10.	MONTEIRO Ines Rosado	00	Clube Natacao de Vagos	**2:29.64**	+0,74	539	
	50m: 32.63 (32.63) 100m: 1:10.16 (37.53) 150m: 1:49.43 (39.27) 200m: 2:29.64 (40.21)						
11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:30.33**	+0,80	532	
	50m: 33.77 (33.77) 100m: 1:11.27 (37.50) 150m: 1:50.47 (39.20) 200m: 2:30.33 (39.86)						
12.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**2:30.89**	+0,75	526	
	50m: 33.15 (33.15) 100m: 1:10.01 (36.86) 150m: 1:50.41 (40.40) 200m: 2:30.89 (40.48)						
13.	GUERRA Sara Costa	99	Natacao de Lisboa	**2:38.95**	+0,72	450	
	50m: 33.99 (33.99) 100m: 1:13.21 (39.22) 150m: 1:55.90 (42.69) 200m: 2:38.95 (43.05)						

Prova 3 — Femin., 200m Mariposa — Absolutos
04-04-2019 - 9:45 — Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004

PreJun_Fem Juv: 2:21.18 / CEJun_Fem 14 - 17: 2:17.07 / CMJ_Fem 14 - 17: 2:14.38 / CMPL 19 +: 2:09.21 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**2:12.14**	+0,75	783	
	50m: 29.51 (29.51) 100m: 1:03.46 (33.95) 150m: 1:38.28 (34.82) 200m: 2:12.14 (33.86)						
2.	HENRIQUES Ines Jacinto	00	Sporting	**2:14.95**	+0,70	735	
	50m: 30.69 (30.69) 100m: 1:04.52 (33.83) 150m: 1:39.45 (34.93) 200m: 2:14.95 (35.50)						
3.	GRAVETO Ana Raquel	02	Benfica	**2:17.45**	+0,74	696	
	50m: 30.42 (30.42) 100m: 1:04.98 (34.56) 150m: 1:40.88 (35.90) 200m: 2:17.45 (36.57)						
4.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**2:18.66**	+0,78	677	
	50m: 31.08 (31.08) 100m: 1:05.61 (34.53) 150m: 1:42.41 (36.80) 200m: 2:18.66 (36.25)						
5.	BARBOSA Mariana Fernandes	02	Porto	**2:20.62**	+0,74	649	
	50m: 30.49 (30.49) 100m: 1:05.34 (34.85) 150m: 1:41.91 (36.57) 200m: 2:20.62 (38.71)						
6.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:21.32**	+0,80	640	
	50m: 31.60 (31.60) 100m: 1:06.09 (34.49) 150m: 1:43.12 (37.03) 200m: 2:21.32 (38.20)						

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Prova 3, Femin., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:23.00**	+0,79	618	
	50m: 31.26 (31.26) 100m: 1:07.97 (36.71) 150m: 1:45.40 (37.43) 200m: 2:23.00 (37.60)						
8.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:23.94**	+0,82	606	
	50m: 31.32 (31.32) 100m: 1:06.92 (35.60) 150m: 1:44.11 (37.19) 200m: 2:23.94 (39.83)						
9.	BARATA Barbara Sofia	97	Alges	**2:24.53**	+0,70	598	
	50m: 32.10 (32.10) 100m: 1:08.90 (36.80) 150m: 1:46.70 (37.80) 200m: 2:24.53 (37.83)						
10.	MARQUES Maria Alexandra	04	Albicastrense	**2:25.47**	+0,70	587	
	50m: 31.99 (31.99) 100m: 1:07.86 (35.87) 150m: 1:45.72 (37.86) 200m: 2:25.47 (39.75)						
11.	LIMA Lia Ana	01	Sporting	**2:25.52**	+0,91	586	
	50m: 31.81 (31.81) 100m: 1:07.56 (35.75) 150m: 1:45.78 (38.22) 200m: 2:25.52 (39.74)						
12.	SILVA Ana Pimenta	01	Desportiva Viana	**2:26.28**	+0,83	577	
	50m: 32.53 (32.53) 100m: 1:09.07 (36.54) 150m: 1:47.28 (38.21) 200m: 2:26.28 (39.00)						
13.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:26.54**	+0,60	574	
	50m: 32.07 (32.07) 100m: 1:08.93 (36.86) 150m: 1:47.16 (38.23) 200m: 2:26.54 (39.38)						
14.	BERNARDO Ines Silva	00	Benfica	**2:26.96**	+0,83	569	
	50m: 32.42 (32.42) 100m: 1:09.51 (37.09) 150m: 1:48.08 (38.57) 200m: 2:26.96 (38.88)						
15.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**2:27.15**	+0,77	567	
	50m: 32.36 (32.36) 100m: 1:08.65 (36.29) 150m: 1:47.10 (38.45) 200m: 2:27.15 (40.05)						
16.	MARTINS Joana Ribeiro	03	Benfica	**2:28.23**	+0,84	554	
	50m: 32.01 (32.01) 100m: 1:08.64 (36.63) 150m: 1:48.06 (39.42) 200m: 2:28.23 (40.17)						
17.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:28.90**	+0,82	547	
	50m: 32.49 (32.49) 100m: 1:10.43 (37.94) 150m: 1:48.84 (38.41) 200m: 2:28.90 (40.06)						
18.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:29.04**	+0,67	545	
	50m: 31.18 (31.18) 100m: 1:08.08 (36.90) 150m: 1:47.47 (39.39) 200m: 2:29.04 (41.57)						
19.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:29.20**	+0,76	544	
	50m: 32.46 (32.46) 100m: 1:10.41 (37.95) 150m: 1:48.83 (38.42) 200m: 2:29.20 (40.37)						
20.	MENDES Mariana Amaral	02	Colegio Monte Maior	**2:29.52**	+0,84	540	
	50m: 33.14 (33.14) 100m: 1:10.45 (37.31) 150m: 1:49.70 (39.25) 200m: 2:29.52 (39.82)						
21.	MONTEIRO Ines Rosado	00	Clube Natacao de Vagos	**2:29.64**	+0,74	539	
	50m: 32.63 (32.63) 100m: 1:10.16 (37.53) 150m: 1:49.43 (39.27) 200m: 2:29.64 (40.21)						
22.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:30.33**	+0,80	532	
	50m: 33.77 (33.77) 100m: 1:11.27 (37.50) 150m: 1:50.47 (39.20) 200m: 2:30.33 (39.86)						
23.	PEREIRA Clara Gomes	02	Alges	**2:30.50**	+0,74	530	
	50m: 32.85 (32.85) 100m: 1:10.94 (38.09) 150m: 1:50.52 (39.58) 200m: 2:30.50 (39.98)						
24.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**2:30.89**	+0,75	526	
	50m: 33.15 (33.15) 100m: 1:10.01 (36.86) 150m: 1:50.41 (40.40) 200m: 2:30.89 (40.48)						
25.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.19**	+0,88	522	
	50m: 32.53 (32.53) 100m: 1:09.88 (37.35) 150m: 1:49.39 (39.51) 200m: 2:31.19 (41.80)						
26.	SILVA Eduarda Reis	03	Famalicao	**2:31.65**	+0,71	518	
	50m: 33.43 (33.43) 100m: 1:11.48 (38.05) 150m: 1:51.11 (39.63) 200m: 2:31.65 (40.54)						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:31.71**	+0,79	517	
	50m: 33.09 33.09 100m: 1:11.66 38.57 150m: 1:51.58 39.92 200m: 2:31.71 40.13						
28.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:32.08**	+0,74	513	
	50m: 33.04 33.04 100m: 1:11.91 38.87 150m: 1:50.67 38.76 200m: 2:32.08 41.41						
29.	NEVES Sara Dias	03	Miranda do Corvo	**2:32.46**	+0,81	510	
	50m: 33.59 33.59 100m: 1:12.27 38.68 150m: 1:52.23 39.96 200m: 2:32.46 40.23						
30.	HENRIQUES Carolina Porem	04	Sporting	**2:32.68**	+0,67	507	
	50m: 33.53 33.53 100m: 1:12.58 39.05 150m: 1:52.69 40.11 200m: 2:32.68 39.99						
31.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:33.06**	+0,80	504	
	50m: 34.10 34.10 100m: 1:11.95 37.85 150m: 1:52.34 40.39 200m: 2:33.06 40.72						
32.	BELO Rita Afonso	02	Benedita	**2:33.86**	+0,75	496	
	50m: 33.14 33.14 100m: 1:10.99 37.85 150m: 1:51.72 40.73 200m: 2:33.86 42.14						
33.	MATOS Ana Rita	02	Belenenses	**2:34.30**	+0,74	491	
	50m: 33.99 33.99 100m: 1:12.89 38.90 150m: 1:53.42 40.53 200m: 2:34.30 40.88						
34.	ROCHA Daniela Filipa	02	Aquatico Pacense	**2:35.22**	+0,97	483	
	50m: 34.43 34.43 100m: 1:14.14 39.71 150m: 1:53.70 39.56 200m: 2:35.22 41.52						
35.	BENTO Maria Madalena	05	BUZIOS - Coruche	**2:35.23**	+0,81	483	
	50m: 32.95 32.95 100m: 1:11.90 38.95 150m: 1:52.82 40.92 200m: 2:35.23 42.41						
36.	RINO Maria Pedro	05	Academia dos Acores	**2:35.75**	+0,87	478	
	50m: 33.17 33.17 100m: 1:11.70 38.53 150m: 1:53.16 41.46 200m: 2:35.75 42.59						
37.	SOUSA Ines Matos	03	Uniao Coimbra	**2:36.03**	+0,75	475	
	50m: 33.80 33.80 100m: 1:13.06 39.26 150m: 1:53.21 40.15 200m: 2:36.03 42.82						
38.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**2:36.13**	+0,77	474	
	50m: 34.75 34.75 100m: 1:14.23 39.48 150m: 1:54.79 40.56 200m: 2:36.13 41.34						
39.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:36.20**	+0,82	474	
	50m: 33.50 33.50 100m: 1:12.38 38.88 150m: 1:55.08 42.70 200m: 2:36.20 41.12						
40.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	**2:36.59**	+0,73	470	
	50m: 33.72 33.72 100m: 1:12.06 38.34 150m: 1:54.13 42.07 200m: 2:36.59 42.46						
41.	MORGANHO Leonor Alves	04	Alges	**2:36.81**	+0,86	468	
	50m: 35.15 35.15 100m: 1:14.91 39.76 150m: 1:56.33 41.42 200m: 2:36.81 40.48						
42.	ALVES Ines Sofia	04	Portinado	**2:36.98**	+0,80	467	
	50m: 33.60 33.60 100m: 1:13.04 39.44 150m: 1:56.30 43.26 200m: 2:36.98 40.68						
43.	MORGADO Alice Jesus	04	Gesloures	**2:37.12**	+0,86	465	
	50m: 33.78 33.78 100m: 1:12.96 39.18 150m: 1:53.75 40.79 200m: 2:37.12 43.37						
44.	FERREIRA Julia Caldeira	03	Naval do Funchal	**2:37.72**	+0,73	460	
	50m: 33.87 33.87 100m: 1:13.86 39.99 150m: 1:56.10 42.24 200m: 2:37.72 41.62						
45.	BARROS Margarida Cunha	02	Uniao Piedense	**2:38.02**	+0,75	458	
	50m: 34.48 34.48 100m: 1:14.63 40.15 150m: 1:56.72 42.09 200m: 2:38.02 41.30						
46.	COSTA Rita Salome	04	Aquatico Pacense	**2:38.34**	+0,94	455	
	50m: 34.63 34.63 100m: 1:14.96 40.33 150m: 1:56.02 41.06 200m: 2:38.34 42.32						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:38.54**	+0,86	453	
	50m: 34.56 34.56 100m: 1:14.25 39.69 150m: 1:56.89 42.64 200m: 2:38.54 41.65						
48.	GUERRA Sara Costa	99	Natacao de Lisboa	**2:38.95**	+0,72	450	
	50m: 33.99 33.99 100m: 1:13.21 39.22 150m: 1:55.90 42.69 200m: 2:38.95 43.05						
49.	MAGALHAES Ines Filipa	02	Aquatico Pacense	**2:39.47**	+1,00	445	
	50m: 34.92 34.92 100m: 1:14.67 39.75 150m: 1:56.95 42.28 200m: 2:39.47 42.52						
50.	RODRIGUES Constanca Filipa	02	Pimpoes/Cimai	**2:39.69**	+0,83	443	
	50m: 34.48 34.48 100m: 1:14.56 40.08 150m: 1:56.71 42.15 200m: 2:39.69 42.98						
51.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**2:39.93**	+0,79	441	
	50m: 34.62 34.62 100m: 1:15.20 40.58 150m: 1:56.79 41.59 200m: 2:39.93 43.14						
52.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**2:39.97**	+0,90	441	
	50m: 34.89 34.89 100m: 1:15.76 40.87 150m: 1:57.49 41.73 200m: 2:39.97 42.48						
53.	LOURO Ariana Espirito	05	Gualdim Pais	**2:40.10**	+0,76	440	
	50m: 35.11 35.11 100m: 1:16.32 41.21 150m: 1:59.08 42.76 200m: 2:40.10 41.02						
54.	BARROS Alexia Bastos	04	Fafe	**2:40.61**	+0,74	436	
	50m: 34.32 34.32 100m: 1:14.44 40.12 150m: 1:56.93 42.49 200m: 2:40.61 43.68						
55.	NOVO Marta Luisa	05	Viana Natacao	**2:40.95**	+0,92	433	
	50m: 34.50 34.50 100m: 1:14.87 40.37 150m: 1:56.67 41.80 200m: 2:40.95 44.28						
56.	GAMA Joana Fernandes	05	Sporting	**2:41.06**	+0,85	432	
	50m: 34.52 34.52 100m: 1:14.70 40.18 150m: 1:56.74 42.04 200m: 2:41.06 44.32						
57.	NARRA Vera Figueiredo	04	Amadora	**2:41.23**	+0,78	431	
	50m: 33.48 33.48 100m: 1:13.45 39.97 150m: 1:56.80 43.35 200m: 2:41.23 44.43						
58.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**2:42.07**	+0,79	424	
	50m: 34.94 34.94 100m: 1:15.52 40.58 150m: 1:57.77 42.25 200m: 2:42.07 44.30						
59.	CABRAL Ana Matos	05	Condeixa Clube	**2:42.13**	+0,83	424	
	50m: 33.89 33.89 100m: 1:15.36 41.47 150m: 1:58.27 42.91 200m: 2:42.13 43.86						
60.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:42.21**	+0,73	423	
	50m: 35.27 35.27 100m: 1:17.65 42.38 150m: 1:59.91 42.26 200m: 2:42.21 42.30						
61.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:42.25**	+0,78	423	
	50m: 33.96 33.96 100m: 1:14.14 40.18 150m: 1:58.11 43.97 200m: 2:42.25 44.14						
62.	LIMA Catarina Cardoso	04	Naval Povoense	**2:43.03**	+0,76	417	
	50m: 34.29 34.29 100m: 1:15.34 41.05 150m: 1:58.93 43.59 200m: 2:43.03 44.10						
63.	TAVARES Mariana Silva	04	Estarreja	**2:43.88**	+0,82	410	
	50m: 34.85 34.85 100m: 1:17.37 42.52 150m: 2:01.27 43.90 200m: 2:43.88 42.61						
64.	MENDES Ana Sebastiao	04	Portinado	**2:44.57**	+0,66	405	
	50m: 34.74 34.74 100m: 1:15.26 40.52 150m: 1:59.34 44.08 200m: 2:44.57 45.23						
65.	CORREIA Ines Alves	05	Leixoes	**2:44.77**	+0,94	404	
	50m: 36.15 36.15 100m: 1:17.56 41.41 150m: 2:01.47 43.91 200m: 2:44.77 43.30						
66.	VIEIRA Carmo Dias	05	Avancado EUL	**2:45.08**	+0,80	401	
	50m: 35.89 35.89 100m: 1:17.68 41.79 150m: 2:03.19 45.51 200m: 2:45.08 41.89						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
67.	GUTERRES Mariana Fragoso	04	Benfica	**2:45.10**	+0,82	401	
	50m: 34.00 34.00 100m: 1:15.21 41.21 150m: 1:58.63 43.42 200m: 2:45.10 46.47						
68.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:45.22**	+0,70	400	
	50m: 34.48 34.48 100m: 1:13.90 39.42 150m: 1:55.79 41.89 200m: 2:45.22 49.43						
69.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**2:46.03**	+0,83	394	
	50m: 36.37 36.37 100m: 1:18.54 42.17 150m: 2:02.98 44.44 200m: 2:46.03 43.05						
70.	FRANCA Nicole Patriarca	05	Sporting	**2:46.07**	+0,74	394	
	50m: 35.77 35.77 100m: 1:18.55 42.78 150m: 2:04.06 45.51 200m: 2:46.07 42.01						
71.	SOUSA Joana Francisca	04	Sao Roque	**2:46.91**	+0,74	388	
	50m: 34.85 34.85 100m: 1:16.39 41.54 150m: 2:00.79 44.40 200m: 2:46.91 46.12						
72.	SILVA Joana Ferreira	05	Leixoes	**2:47.84**	+0,83	382	
	50m: 35.11 35.11 100m: 1:17.43 42.32 150m: 2:03.30 45.87 200m: 2:47.84 44.54						
DSQ	SILVA Maria Ines	04	Alcobaca				
	BL 8.2 - O (a) atleta utilizou ligadura/braçadeiras/ banda elástica						

Prova 4 — Masc., 200m Mariposa — Juvenis B
04-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:07.54 / CEJun_Masc 15 - 18: 2:03.83 / CMJ_Masc 15 - 18: 2:01.39 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:08.42**	+0,79	654	
	50m: 28.35 28.35 100m: 1:01.38 33.03 150m: 1:34.66 33.28 200m: 2:08.42 33.76						
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:13.75**	+0,78	579	
	50m: 29.31 29.31 100m: 1:02.76 33.45 150m: 1:37.77 35.01 200m: 2:13.75 35.98						
3.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:18.01**	+0,79	527	
	50m: 30.21 30.21 100m: 1:05.30 35.09 150m: 1:40.95 35.65 200m: 2:18.01 37.06						
4.	APSENIECE Kevins Alexandre	04	Porto	**2:20.48**	+0,78	500	
	50m: 31.09 31.09 100m: 1:07.04 35.95 150m: 1:43.16 36.12 200m: 2:20.48 37.32						
5.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:20.79**	+0,80	496	
	50m: 29.93 29.93 100m: 1:06.55 36.62 150m: 1:43.81 37.26 200m: 2:20.79 36.98						
6.	BORGES David Costa	04	Fluvial Portuense	**2:20.97**	+0,75	494	
	50m: 30.82 30.82 100m: 1:07.15 36.33 150m: 1:44.81 37.66 200m: 2:20.97 36.16						
7.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:21.38**	+0,70	490	
	50m: 31.07 31.07 100m: 1:05.88 34.81 150m: 1:44.15 38.27 200m: 2:21.38 37.23						
8.	NUNES Diogo Severino	04	Natacao de Valongo	**2:21.58**	+0,78	488	
	50m: 29.99 29.99 100m: 1:04.94 34.95 150m: 1:42.77 37.83 200m: 2:21.58 38.81						
9.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:23.77**	+0,74	466	
	50m: 30.13 30.13 100m: 1:06.77 36.64 150m: 1:44.45 37.68 200m: 2:23.77 39.32						

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Prova 4, Masc., 200m Mariposa, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:23.95**	+0,77	464	
	50m: 31.24 31.24 100m: 1:07.42 36.18 150m: 1:45.26 37.84 200m: 2:23.95 38.69						
11.	RODEIA Jose Miguel	04	Natacao de Faro	**2:24.10**	+0,71	463	
	50m: 30.20 30.20 100m: 1:06.54 36.34 150m: 1:43.99 37.45 200m: 2:24.10 40.11						
12.	BARRY Rafael Francisco	04	Naval do Funchal	**2:24.89**	+0,68	455	
	50m: 30.37 30.37 100m: 1:05.40 35.03 150m: 1:43.71 38.31 200m: 2:24.89 41.18						
13.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:25.01**	+0,70	454	
	50m: 30.52 30.52 100m: 1:06.05 35.53 150m: 1:44.47 38.42 200m: 2:25.01 40.54						
14.	CARVALHO Martim Henriques	04	Rio Maior	**2:25.48**	+0,79	450	
	50m: 31.47 31.47 100m: 1:07.89 36.42 150m: 1:45.49 37.60 200m: 2:25.48 39.99						
15.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:26.58**	+0,73	440	
	50m: 30.10 30.10 100m: 1:06.94 36.84 150m: 1:45.73 38.79 200m: 2:26.58 40.85						
16.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**2:26.60**	+0,73	440	
	50m: 30.49 30.49 100m: 1:06.29 35.80 150m: 1:45.63 39.34 200m: 2:26.60 40.97						
17.	PINTO Afonso Cipriano	04	Sporting	**2:27.17**	+0,68	434	
	50m: 31.49 31.49 100m: 1:09.27 37.78 150m: 1:48.59 39.32 200m: 2:27.17 38.58						
18.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:27.45**	+0,76	432	
	50m: 30.74 30.74 100m: 1:07.79 37.05 150m: 1:47.84 40.05 200m: 2:27.45 39.61						
19.	MATOS Gil Amaral	04	Academia dos Acores	**2:28.63**	+0,68	422	
	50m: 31.82 31.82 100m: 1:09.31 37.49 150m: 1:48.91 39.60 200m: 2:28.63 39.72						
20.	RODRIGUES Rodrigo Reis	04	Sao Roque	**2:31.44**	+0,63	399	
	50m: 33.71 33.71 100m: 1:12.26 38.55 150m: 1:52.06 39.80 200m: 2:31.44 39.38						
21.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:41.34**	+0,76	330	
	50m: 31.07 31.07 100m: 1:09.15 38.08 150m: 1:52.42 43.27 200m: 2:41.34 48.92						
DSQ	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso						
DSQ	NEAGU Tiberius Sebastian	04	Academico Viseu				
	SW 8.4 - O (a) atleta tocou com uma mão na parede na viragem aos 100 metros						

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Prova 4, Masc., 200m Mariposa, Elimin

Prova 4 | Masc., 200m Mariposa | Juvenis A
04-04-2019 - 10:10 | Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004

PreJun_Masc Juv: 2:07.54 / CEJun_Masc 15 - 18: 2:03.83 / CMJ_Masc 15 - 18: 2:01.39 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares *Minimos Pré-Jun*	03	Benfica	**2:07.15**	+0,70	674	
	50m: 28.27 28.27 100m: 1:01.01 32.74 150m: 1:34.50 33.49 200m: 2:07.15 32.65						
2.	DIAS Rodrigo Reis	03	Belenenses	**2:11.81**	+0,74	605	
	50m: 29.53 29.53 100m: 1:04.50 34.97 150m: 1:39.08 34.58 200m: 2:11.81 32.73						
3.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:13.43**	+0,66	583	
	50m: 29.38 29.38 100m: 1:03.12 33.74 150m: 1:38.06 34.94 200m: 2:13.43 35.37						
4.	MARTYN David	03	Benedita	**2:14.04**	+0,68	575	
	50m: 29.34 29.34 100m: 1:03.61 34.27 150m: 1:38.29 34.68 200m: 2:14.04 35.75						
5.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:16.76**	+0,80	542	
	50m: 29.84 29.84 100m: 1:03.70 33.86 150m: 1:39.71 36.01 200m: 2:16.76 37.05						
6.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:17.35**	+0,75	535	
	50m: 29.47 29.47 100m: 1:03.23 33.76 150m: 1:39.54 36.31 200m: 2:17.35 37.81						
7.	LEAL Dinis Barros	03	Aquatico Pacense	**2:18.03**	+0,72	527	
	50m: 30.18 30.18 100m: 1:05.47 35.29 150m: 1:42.43 36.96 200m: 2:18.03 35.60						
8.	PEREIRA Lucas Medeiros	03	Braga	**2:18.08**	+0,71	526	
	50m: 29.23 29.23 100m: 1:02.80 33.57 150m: 1:39.85 37.05 200m: 2:18.08 38.23						
9.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**2:18.66**	+0,72	520	
	50m: 29.65 29.65 100m: 1:04.55 34.90 150m: 1:41.17 36.62 200m: 2:18.66 37.49						
10.	JORGE Tiago Miguel	03	Rio Maior	**2:18.78**	+0,70	518	
	50m: 30.36 30.36 100m: 1:05.33 34.97 150m: 1:41.20 35.87 200m: 2:18.78 37.58						
11.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:18.83**	+0,73	518	
	50m: 30.97 30.97 100m: 1:06.67 35.70 150m: 1:42.99 36.32 200m: 2:18.83 35.84						
12.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.19**	+0,76	514	
	50m: 30.07 30.07 100m: 1:04.56 34.49 150m: 1:41.79 37.23 200m: 2:19.19 37.40						
13.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:19.56**	+0,80	510	
	50m: 30.02 30.02 100m: 1:04.63 34.61 150m: 1:41.22 36.59 200m: 2:19.56 38.34						
14.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:19.76**	+0,77	507	
	50m: 30.88 30.88 100m: 1:05.65 34.77 150m: 1:42.05 36.40 200m: 2:19.76 37.71						
15.	FIDALGO Joao Matos	03	Benfica	**2:20.12**	+0,85	504	
	50m: 30.82 30.82 100m: 1:06.41 35.59 150m: 1:43.76 37.35 200m: 2:20.12 36.36						
16.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**2:20.87**	+0,71	496	
	50m: 30.78 30.78 100m: 1:05.89 35.11 150m: 1:42.94 37.05 200m: 2:20.87 37.93						

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Prova 4, Masc., 200m Mariposa, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	SIMOES Manuel Baptista	03	Uniao Coimbra	**2:23.23**	+0,65	471	
	50m: 29.63 29.63 100m: 1:06.22 36.59 150m: 1:43.65 37.43 200m: 2:23.23 39.58						
18.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**2:23.33**	+0,77	470	
	50m: 32.06 32.06 100m: 1:08.38 36.32 150m: 1:45.27 36.89 200m: 2:23.33 38.06						
19.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**2:25.89**	+0,72	446	
	50m: 31.45 31.45 100m: 1:07.79 36.34 150m: 1:46.35 38.56 200m: 2:25.89 39.54						
20.	VALE David Manuel	03	Gesloures	**2:26.28**	+0,75	442	
	50m: 32.54 32.54 100m: 1:09.55 37.01 150m: 1:48.32 38.77 200m: 2:26.28 37.96						
21.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**2:26.80**	+0,75	438	
	50m: 30.52 30.52 100m: 1:06.27 35.75 150m: 1:44.99 38.72 200m: 2:26.80 41.81						
22.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:29.15**	+0,96	417	
	50m: 30.76 30.76 100m: 1:06.70 35.94 150m: 1:47.03 40.33 200m: 2:29.15 42.12						
23.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**2:31.73**	+0,77	396	
	50m: 31.11 31.11 100m: 1:09.29 38.18 150m: 1:49.55 40.26 200m: 2:31.73 42.18						

Prova 4 — Masc., 200m Mariposa — Juniores
04-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005

CEJun_Masc 15 - 18: 2:03.83 / CMJ_Masc 15 - 18: 2:01.39 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRISTINO David Matias	01	Uniao Piedense	**2:09.05**	+0,72	645	
	50m: 28.93 28.93 100m: 1:02.15 33.22 150m: 1:36.04 33.89 200m: 2:09.05 33.01						
2.	SILVA Henrique Gomes	02	Estamos Juntos	**2:09.38**	+0,71	640	
	50m: 28.16 28.16 100m: 1:01.15 32.99 150m: 1:35.00 33.85 200m: 2:09.38 34.38						
3.	AGUIAR Gabriel Silva	01	Porto	**2:10.67**	+0,65	621	
	50m: 29.41 29.41 100m: 1:02.89 33.48 150m: 1:36.25 33.36 200m: 2:10.67 34.42						
4.	GOMES Vicente Oliveira	02	Sporting	**2:11.92**	+0,74	603	
	50m: 28.41 28.41 100m: 1:01.35 32.94 150m: 1:35.57 34.22 200m: 2:11.92 36.35						
5.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:12.11**	+0,79	601	
	50m: 29.19 29.19 100m: 1:02.73 33.54 150m: 1:37.13 34.40 200m: 2:12.11 34.98						
6.	PINTO Pedro Miguel	02	Sporting	**2:12.95**	+0,80	590	
	50m: 29.16 29.16 100m: 1:03.27 34.11 150m: 1:37.46 34.19 200m: 2:12.95 35.49						
7.	BRANCO Alexandre Miguel	01	Alges	**2:13.20**	+0,75	586	
	50m: 28.51 28.51 100m: 1:01.83 33.32 150m: 1:36.76 34.93 200m: 2:13.20 36.44						
8.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:14.18**	+0,74	573	
	50m: 30.45 30.45 100m: 1:04.84 34.39 150m: 1:39.58 34.74 200m: 2:14.18 34.60						
9.	PEREIRA Joao Peixoto	01	Braga	**2:15.38**	+0,82	558	
	50m: 29.12 29.12 100m: 1:02.82 33.70 150m: 1:38.11 35.29 200m: 2:15.38 37.27						

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Prova 4, Masc., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	AMARAL Francisco Rodriguez	02	Campinho	**2:15.52**	+0,65	557	
	50m: 29.69 29.69 100m: 1:03.43 33.74 150m: 1:39.37 35.94 200m: 2:15.52 36.15						
11.	CASTELEIRO Diogo Alexandre	01	Sporting	**2:15.86**	+0,79	552	
	50m: 29.41 29.41 100m: 1:04.15 34.74 150m: 1:39.56 35.41 200m: 2:15.86 36.30						
12.	MARTINS Joao Miguel	02	Belenenses	**2:20.21**	+0,73	503	
	50m: 30.08 30.08 100m: 1:05.82 35.74 150m: 1:43.21 37.39 200m: 2:20.21 37.00						
13.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**2:21.15**	+0,73	493	
	50m: 28.29 28.29 100m: 1:02.55 34.26 150m: 1:40.00 37.45 200m: 2:21.15 41.15						

Prova 4 — Masc., 200m Mariposa — Seniores
04-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009

CMPL : 1:56.71 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORDEIRO Tiago Roberto	00	Benfica	**2:02.56**	+0,69	753	
	50m: 27.53 27.53 100m: 57.81 30.28 150m: 1:30.19 32.38 200m: 2:02.56 32.37						
2.	VITAL Joao Alexandre	98	Sporting	**2:03.38**	+0,66	738	
	50m: 27.51 27.51 100m: 58.62 31.11 150m: 1:30.70 32.08 200m: 2:03.38 32.68						
3.	CARVALHO Andre Antunes	96	Sporting	**2:06.07**	+0,77	692	
	50m: 28.23 28.23 100m: 59.85 31.62 150m: 1:33.42 33.57 200m: 2:06.07 32.65						
4.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**2:06.32**	+0,74	687	
	50m: 27.27 27.27 100m: 58.58 31.31 150m: 1:31.85 33.27 200m: 2:06.32 34.47						
5.	PINOTES Pedro Miguel	89	Sporting	**2:06.46**	+0,75	685	
	50m: 28.38 28.38 100m: 59.96 31.58 150m: 1:33.45 33.49 200m: 2:06.46 33.01						
6.	CARVALHO Jose Paula	98	Benfica	**2:07.62**	+0,71	667	
	50m: 28.50 28.50 100m: 1:00.42 31.92 150m: 1:33.52 33.10 200m: 2:07.62 34.10						
7.	SANTOS Pedro Andre	94	Alges	**2:07.64**	+0,73	666	
	50m: 28.80 28.80 100m: 1:00.78 31.98 150m: 1:34.46 33.68 200m: 2:07.64 33.18						
8.	MENDES Antonio Manuel	99	Sporting	**2:07.99**	+0,68	661	
	50m: 28.99 28.99 100m: 1:00.73 31.74 150m: 1:34.02 33.29 200m: 2:07.99 33.97						
9.	SILVA Joao Carlos	98	Famalicao	**2:08.09**	+0,65	659	
	50m: 28.38 28.38 100m: 1:00.72 32.34 150m: 1:34.15 33.43 200m: 2:08.09 33.94						
10.	TRAVANCA Sergio Filipe	00	Leixoes	**2:08.52**	+0,67	653	
	50m: 28.34 28.34 100m: 1:01.37 33.03 150m: 1:34.51 33.14 200m: 2:08.52 34.01						
11.	NUNES Porfirio Braga	00	Porto	**2:09.13**	+0,68	643	
	50m: 28.06 28.06 100m: 1:00.33 32.27 150m: 1:33.60 33.27 200m: 2:09.13 35.53						
12.	PINTO Antonio Fernando	99	Benfica	**2:09.25**	+0,80	642	
	50m: 28.59 28.59 100m: 1:01.80 33.21 150m: 1:34.29 32.49 200m: 2:09.25 34.96						

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Prova 4, Masc., 200m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:09.75**	+0,77	634	
	50m: 28.47 28.47 100m: 1:00.90 32.43 150m: 1:34.73 33.83 200m: 2:09.75 35.02						
14.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:09.78**	+0,71	634	
	50m: 28.27 28.27 100m: 1:01.26 32.99 150m: 1:34.86 33.60 200m: 2:09.78 34.92						
15.	CAMPOS Tiago Filipe	99	Rio Maior	**2:12.58**	+0,78	594	
	50m: 28.84 28.84 100m: 1:02.34 33.50 150m: 1:37.17 34.83 200m: 2:12.58 35.41						
16.	MORIM Ruben Jose	97	Vilacondense	**2:13.65**	+0,79	580	
	50m: 28.73 28.73 100m: 1:02.24 33.51 150m: 1:37.15 34.91 200m: 2:13.65 36.50						
17.	SILVA Martim Moniz	99	Naval do Funchal	**2:15.59**	+0,65	556	
	50m: 28.78 28.78 100m: 1:01.94 33.16 150m: 1:37.80 35.86 200m: 2:15.59 37.79						
DNS	GOUVEIA Pedro Galvao	99	Desportivo Nacional				

Prova 4 — Masc., 200m Mariposa — Absolutos
04-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:07.54 / CEJun_Masc 15 - 18: 2:03.83 / CMJ_Masc 15 - 18: 2:01.39 / CMPL Sen: 1:56.71 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORDEIRO Tiago Roberto	00	Benfica	**2:02.56**	+0,69	753	
	50m: 27.53 27.53 100m: 57.81 30.28 150m: 1:30.19 32.38 200m: 2:02.56 32.37						
2.	VITAL Joao Alexandre	98	Sporting	**2:03.38**	+0,66	738	
	50m: 27.51 27.51 100m: 58.62 31.11 150m: 1:30.70 32.08 200m: 2:03.38 32.68						
3.	CARVALHO Andre Antunes	96	Sporting	**2:06.07**	+0,77	692	
	50m: 28.23 28.23 100m: 59.85 31.62 150m: 1:33.42 33.57 200m: 2:06.07 32.65						
4.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**2:06.32**	+0,74	687	
	50m: 27.27 27.27 100m: 58.58 31.31 150m: 1:31.85 33.27 200m: 2:06.32 34.47						
5.	PINOTES Pedro Miguel	89	Sporting	**2:06.46**	+0,75	685	
	50m: 28.38 28.38 100m: 59.96 31.58 150m: 1:33.45 33.49 200m: 2:06.46 33.01						
6.	CARNEIRO Joao Soares *Minimos Pré-Jun*	03	Benfica	**2:07.15**	+0,70	674	
	50m: 28.27 28.27 100m: 1:01.01 32.74 150m: 1:34.50 33.49 200m: 2:07.15 32.65						
7.	CARVALHO Jose Paula	98	Benfica	**2:07.62**	+0,71	667	
	50m: 28.50 28.50 100m: 1:00.42 31.92 150m: 1:33.52 33.10 200m: 2:07.62 34.10						
8.	SANTOS Pedro Andre	94	Alges	**2:07.64**	+0,73	666	
	50m: 28.80 28.80 100m: 1:00.78 31.98 150m: 1:34.46 33.68 200m: 2:07.64 33.18						
9.	MENDES Antonio Manuel	99	Sporting	**2:07.99**	+0,68	661	
	50m: 28.99 28.99 100m: 1:00.73 31.74 150m: 1:34.02 33.29 200m: 2:07.99 33.97						

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Prova 4, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA Joao Carlos	98	Famalicao	**2:08.09**	+0,65	659	
	50m: 28.38 28.38 100m: 1:00.72 32.34 150m: 1:34.15 33.43 200m: 2:08.09 33.94						
11.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:08.42**	+0,79	654	
	50m: 28.35 28.35 100m: 1:01.38 33.03 150m: 1:34.66 33.28 200m: 2:08.42 33.76						
12.	TRAVANCA Sergio Filipe	00	Leixoes	**2:08.52**	+0,67	653	
	50m: 28.34 28.34 100m: 1:01.37 33.03 150m: 1:34.51 33.14 200m: 2:08.52 34.01						
13.	CRISTINO David Matias	01	Uniao Piedense	**2:09.05**	+0,72	645	
	50m: 28.93 28.93 100m: 1:02.15 33.22 150m: 1:36.04 33.89 200m: 2:09.05 33.01						
14.	NUNES Porfirio Braga	00	Porto	**2:09.13**	+0,68	643	
	50m: 28.06 28.06 100m: 1:00.33 32.27 150m: 1:33.60 33.27 200m: 2:09.13 35.53						
15.	PINTO Antonio Fernando	99	Benfica	**2:09.25**	+0,80	642	
	50m: 28.59 28.59 100m: 1:01.80 33.21 150m: 1:34.29 32.49 200m: 2:09.25 34.96						
16.	SILVA Henrique Gomes	02	Estamos Juntos	**2:09.38**	+0,71	640	
	50m: 28.16 28.16 100m: 1:01.15 32.99 150m: 1:35.00 33.85 200m: 2:09.38 34.38						
17.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:09.75**	+0,77	634	
	50m: 28.47 28.47 100m: 1:00.90 32.43 150m: 1:34.73 33.83 200m: 2:09.75 35.02						
18.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:09.78**	+0,71	634	
	50m: 28.27 28.27 100m: 1:01.26 32.99 150m: 1:34.86 33.60 200m: 2:09.78 34.92						
19.	AGUIAR Gabriel Silva	01	Porto	**2:10.67**	+0,65	621	
	50m: 29.41 29.41 100m: 1:02.89 33.48 150m: 1:36.25 33.36 200m: 2:10.67 34.42						
20.	DIAS Rodrigo Reis	03	Belenenses	**2:11.81**	+0,74	605	
	50m: 29.53 29.53 100m: 1:04.50 34.97 150m: 1:39.08 34.58 200m: 2:11.81 32.73						
21.	GOMES Vicente Oliveira	02	Sporting	**2:11.92**	+0,74	603	
	50m: 28.41 28.41 100m: 1:01.35 32.94 150m: 1:35.57 34.22 200m: 2:11.92 36.35						
22.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:12.11**	+0,79	601	
	50m: 29.19 29.19 100m: 1:02.73 33.54 150m: 1:37.13 34.40 200m: 2:12.11 34.98						
23.	CAMPOS Tiago Filipe	99	Rio Maior	**2:12.58**	+0,78	594	
	50m: 28.84 28.84 100m: 1:02.34 33.50 150m: 1:37.17 34.83 200m: 2:12.58 35.41						
24.	PINTO Pedro Miguel	02	Sporting	**2:12.95**	+0,80	590	
	50m: 29.16 29.16 100m: 1:03.27 34.11 150m: 1:37.46 34.19 200m: 2:12.95 35.49						
25.	BRANCO Alexandre Miguel	01	Alges	**2:13.20**	+0,75	586	
	50m: 28.51 28.51 100m: 1:01.83 33.32 150m: 1:36.76 34.93 200m: 2:13.20 36.44						
26.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:13.43**	+0,66	583	
	50m: 29.38 29.38 100m: 1:03.12 33.74 150m: 1:38.06 34.94 200m: 2:13.43 35.37						
27.	MORIM Ruben Jose	97	Vilacondense	**2:13.65**	+0,79	580	
	50m: 28.73 28.73 100m: 1:02.24 33.51 150m: 1:37.15 34.91 200m: 2:13.65 36.50						
28.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:13.75**	+0,78	579	
	50m: 29.31 29.31 100m: 1:02.76 33.45 150m: 1:37.77 35.01 200m: 2:13.75 35.98						
29.	MARTYN David	03	Benedita	**2:14.04**	+0,68	575	
	50m: 29.34 29.34 100m: 1:03.61 34.27 150m: 1:38.29 34.68 200m: 2:14.04 35.75						

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Prova 4, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:14.18**	+0,74	573	
	50m: 30.45 30.45 100m: 1:04.84 34.39 150m: 1:39.58 34.74 200m: 2:14.18 34.60						
31.	PEREIRA Joao Peixoto	01	Braga	**2:15.38**	+0,82	558	
	50m: 29.12 29.12 100m: 1:02.82 33.70 150m: 1:38.11 35.29 200m: 2:15.38 37.27						
32.	AMARAL Francisco Rodriguez	02	Campinho	**2:15.52**	+0,65	557	
	50m: 29.69 29.69 100m: 1:03.43 33.74 150m: 1:39.37 35.94 200m: 2:15.52 36.15						
33.	SILVA Martim Moniz	99	Naval do Funchal	**2:15.59**	+0,65	556	
	50m: 28.78 28.78 100m: 1:01.94 33.16 150m: 1:37.80 35.86 200m: 2:15.59 37.79						
34.	CASTELEIRO Diogo Alexandre	01	Sporting	**2:15.86**	+0,79	552	
	50m: 29.41 29.41 100m: 1:04.15 34.74 150m: 1:39.56 35.41 200m: 2:15.86 36.30						
35.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:16.76**	+0,80	542	
	50m: 29.84 29.84 100m: 1:03.70 33.86 150m: 1:39.71 36.01 200m: 2:16.76 37.05						
36.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:17.35**	+0,75	535	
	50m: 29.47 29.47 100m: 1:03.23 33.76 150m: 1:39.54 36.31 200m: 2:17.35 37.81						
37.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:18.01**	+0,79	527	
	50m: 30.21 30.21 100m: 1:05.30 35.09 150m: 1:40.95 35.65 200m: 2:18.01 37.06						
38.	LEAL Dinis Barros	03	Aquatico Pacense	**2:18.03**	+0,72	527	
	50m: 30.18 30.18 100m: 1:05.47 35.29 150m: 1:42.43 36.96 200m: 2:18.03 35.60						
39.	PEREIRA Lucas Medeiros	03	Braga	**2:18.08**	+0,71	526	
	50m: 29.23 29.23 100m: 1:02.80 33.57 150m: 1:39.85 37.05 200m: 2:18.08 38.23						
40.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**2:18.66**	+0,72	520	
	50m: 29.65 29.65 100m: 1:04.55 34.90 150m: 1:41.17 36.62 200m: 2:18.66 37.49						
41.	JORGE Tiago Miguel	03	Rio Maior	**2:18.78**	+0,70	518	
	50m: 30.36 30.36 100m: 1:05.33 34.97 150m: 1:41.20 35.87 200m: 2:18.78 37.58						
42.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:18.83**	+0,73	518	
	50m: 30.97 30.97 100m: 1:06.67 35.70 150m: 1:42.99 36.32 200m: 2:18.83 35.84						
43.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.19**	+0,76	514	
	50m: 30.07 30.07 100m: 1:04.56 34.49 150m: 1:41.79 37.23 200m: 2:19.19 37.40						
44.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:19.56**	+0,80	510	
	50m: 30.02 30.02 100m: 1:04.63 34.61 150m: 1:41.22 36.59 200m: 2:19.56 38.34						
45.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:19.76**	+0,77	507	
	50m: 30.88 30.88 100m: 1:05.65 34.77 150m: 1:42.05 36.40 200m: 2:19.76 37.71						
46.	FIDALGO Joao Matos	03	Benfica	**2:20.12**	+0,85	504	
	50m: 30.82 30.82 100m: 1:06.41 35.59 150m: 1:43.76 37.35 200m: 2:20.12 36.36						
47.	MARTINS Joao Miguel	02	Belenenses	**2:20.21**	+0,73	503	
	50m: 30.08 30.08 100m: 1:05.82 35.74 150m: 1:43.21 37.39 200m: 2:20.21 37.00						
48.	APSENIECE Kevins Alexandre	04	Porto	**2:20.48**	+0,78	500	
	50m: 31.09 31.09 100m: 1:07.04 35.95 150m: 1:43.16 36.12 200m: 2:20.48 37.32						
49.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:20.79**	+0,80	496	
	50m: 29.93 29.93 100m: 1:06.55 36.62 150m: 1:43.81 37.26 200m: 2:20.79 36.98						

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Prova 4, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**2:20.87**	+0,71	496	
	50m: 30.78 30.78 100m: 1:05.89 35.11 150m: 1:42.94 37.05 200m: 2:20.87 37.93						
51.	BORGES David Costa	04	Fluvial Portuense	**2:20.97**	+0,75	494	
	50m: 30.82 30.82 100m: 1:07.15 36.33 150m: 1:44.81 37.66 200m: 2:20.97 36.16						
52.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**2:21.15**	+0,73	493	
	50m: 28.29 28.29 100m: 1:02.55 34.26 150m: 1:40.00 37.45 200m: 2:21.15 41.15						
53.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:21.38**	+0,70	490	
	50m: 31.07 31.07 100m: 1:05.88 34.81 150m: 1:44.15 38.27 200m: 2:21.38 37.23						
54.	NUNES Diogo Severino	04	Natacao de Valongo	**2:21.58**	+0,78	488	
	50m: 29.99 29.99 100m: 1:04.94 34.95 150m: 1:42.77 37.83 200m: 2:21.58 38.81						
55.	SIMOES Manuel Baptista	03	Uniao Coimbra	**2:23.23**	+0,65	471	
	50m: 29.63 29.63 100m: 1:06.22 36.59 150m: 1:43.65 37.43 200m: 2:23.23 39.58						
56.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**2:23.33**	+0,77	470	
	50m: 32.06 32.06 100m: 1:08.38 36.32 150m: 1:45.27 36.89 200m: 2:23.33 38.06						
57.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:23.77**	+0,74	466	
	50m: 30.13 30.13 100m: 1:06.77 36.64 150m: 1:44.45 37.68 200m: 2:23.77 39.32						
58.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:23.95**	+0,77	464	
	50m: 31.24 31.24 100m: 1:07.42 36.18 150m: 1:45.26 37.84 200m: 2:23.95 38.69						
59.	RODEIA Jose Miguel	04	Natacao de Faro	**2:24.10**	+0,71	463	
	50m: 30.20 30.20 100m: 1:06.54 36.34 150m: 1:43.99 37.45 200m: 2:24.10 40.11						
60.	BARRY Rafael Francisco	04	Naval do Funchal	**2:24.89**	+0,68	455	
	50m: 30.37 30.37 100m: 1:05.40 35.03 150m: 1:43.71 38.31 200m: 2:24.89 41.18						
61.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:25.01**	+0,70	454	
	50m: 30.52 30.52 100m: 1:06.05 35.53 150m: 1:44.47 38.42 200m: 2:25.01 40.54						
62.	CARVALHO Martim Henriques	04	Rio Maior	**2:25.48**	+0,79	450	
	50m: 31.47 31.47 100m: 1:07.89 36.42 150m: 1:45.49 37.60 200m: 2:25.48 39.99						
63.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**2:25.89**	+0,72	446	
	50m: 31.45 31.45 100m: 1:07.79 36.34 150m: 1:46.35 38.56 200m: 2:25.89 39.54						
64.	VALE David Manuel	03	Gesloures	**2:26.28**	+0,75	442	
	50m: 32.54 32.54 100m: 1:09.55 37.01 150m: 1:48.32 38.77 200m: 2:26.28 37.96						
65.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:26.58**	+0,73	440	
	50m: 30.10 30.10 100m: 1:06.94 36.84 150m: 1:45.73 38.79 200m: 2:26.58 40.85						
66.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**2:26.60**	+0,73	440	
	50m: 30.49 30.49 100m: 1:06.29 35.80 150m: 1:45.63 39.34 200m: 2:26.60 40.97						
67.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**2:26.80**	+0,75	438	
	50m: 30.52 30.52 100m: 1:06.27 35.75 150m: 1:44.99 38.72 200m: 2:26.80 41.81						
68.	PINTO Afonso Cipriano	04	Sporting	**2:27.17**	+0,68	434	
	50m: 31.49 31.49 100m: 1:09.27 37.78 150m: 1:48.59 39.32 200m: 2:27.17 38.58						
69.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:27.45**	+0,76	432	
	50m: 30.74 30.74 100m: 1:07.79 37.05 150m: 1:47.84 40.05 200m: 2:27.45 39.61						

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Prova 4, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
70.	MATOS Gil Amaral	04	Academia dos Acores	**2:28.63**	+0,68	422	
	50m: 31.82 31.82 100m: 1:09.31 37.49 150m: 1:48.91 39.60 200m: 2:28.63 39.72						
71.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:29.15**	+0,96	417	
	50m: 30.76 30.76 100m: 1:06.70 35.94 150m: 1:47.03 40.33 200m: 2:29.15 42.12						
72.	RODRIGUES Rodrigo Reis	04	Sao Roque	**2:31.44**	+0,63	399	
	50m: 33.71 33.71 100m: 1:12.26 38.55 150m: 1:52.06 39.80 200m: 2:31.44 39.38						
73.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**2:31.73**	+0,77	396	
	50m: 31.11 31.11 100m: 1:09.29 38.18 150m: 1:49.55 40.26 200m: 2:31.73 42.18						
74.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:41.34**	+0,76	330	
	50m: 31.07 31.07 100m: 1:09.15 38.08 150m: 1:52.42 43.27 200m: 2:41.34 48.92						
DSQ	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso						
DSQ	NEAGU Tiberius Sebastian	04	Academico Viseu				
	SW 8.4 - O (a) atleta tocou com uma mão na parede na viragem aos 100 metros						
DNS	GOUVEIA Pedro Galvao	99	Desportivo Nacional				
EXH	VASS Erik Norbert	03	Rio Maior	**2:33.45**	+0,91	383	
	50m: 33.16 33.16 100m: 1:11.66 38.50 150m: 1:52.38 40.72 200m: 2:33.45 41.07						

Prova 5 — Femin., 100m Livres — Juvenis B
04-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Juv B	59.41	AMADOR Joana Costa	CGA	Coimbra	26-07-2015
RNS8	1:20.63	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	1:05.50	VEIGA Susana Pereira	POR	Dublin (IRL)	14-08-2018

JO-Para Absoluto S9: 1:05.84 / World-Para Absoluto S9: 1:06.95 / PreJun_Fem Juv: 59.55 / CEJun_Fem 14 - 17: 57.81 / CMJ_Fem 14 - 17: 56.68 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**59.10**	+0,74	669	
	Rec Nac, Minimos Pré-Jun						
	50m: 28.31 28.31 100m: 59.10 30.79						
2.	PIRES Marta Joao	05	Alges	**1:01.60**	+0,73	591	
	50m: 29.75 29.75 100m: 1:01.60 31.85						
3.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.72**	+0,73	588	
	50m: 29.35 29.35 100m: 1:01.72 32.37						
4.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**1:02.30**	+0,72	571	
	50m: 29.81 29.81 100m: 1:02.30 32.49						
5.	SIMOES Ana Beatriz	05	Sporting	**1:02.50**	+0,76	566	
	50m: 30.30 30.30 100m: 1:02.50 32.20						

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Prova 5, Femin., 100m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**1:03.20**	+0,72	547	
	50m: 30.28 30.28 100m: 1:03.20 32.92						
7.	NICOLAU Margarida Claudino	05	Torres Novas	**1:03.51**	+0,83	539	
	50m: 29.69 29.69 100m: 1:03.51 33.82						
8.	COSTA Mariana Martins	05	Famalicao	**1:03.83**	+0,76	531	
	50m: 30.27 30.27 100m: 1:03.83 33.56						
9.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:03.99**	+0,84	527	
	50m: 30.50 30.50 100m: 1:03.99 33.49						
10.	CARRAO Iris Pereira	05	Laranjeiro	**1:04.03**	+0,83	526	
	50m: 30.67 30.67 100m: 1:04.03 33.36						
11.	LOPES Francisca Macedo	05	Vilacondense	**1:04.36**	+0,94	518	
	50m: 31.22 31.22 100m: 1:04.36 33.14						
12.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:04.38**	+0,84	518	
	50m: 30.72 30.72 100m: 1:04.38 33.66						
13.	SEBASTIAO Sofia Antunes	05	Amadora	**1:04.39**	+0,90	517	
	50m: 31.02 31.02 100m: 1:04.39 33.37						
	ANDRE Isadora Maia	05	Benfica	**1:04.39**	+0,76	517	
	50m: 30.88 30.88 100m: 1:04.39 33.51						
15.	REIS Beatriz Grave	05	Rio Maior	**1:04.51**	+0,75	515	
	50m: 31.06 31.06 100m: 1:04.51 33.45						
16.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:04.70**	+0,95	510	
	50m: 31.18 31.18 100m: 1:04.70 33.52						
17.	COSTA Mafalda Santos	05	Colegio Monte Maior	**1:05.10**	+0,82	501	
18.	FILIPE Ana Sofia	05	Individual ANALG	**1:05.25**		497	
	50m: 31.80 31.80 100m: 1:05.25 33.45						
19.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**1:05.32**		496	
	50m: 31.57 31.57 100m: 1:05.32 33.75						
20.	NOVO Marta Luisa	05	Viana Natacao	**1:05.63**	+0,86	489	
	50m: 31.60 31.60 100m: 1:05.63 34.03						
21.	ROSA Sara Henriques	05	Nucleo Sportinguista Terceira	**1:05.66**	+0,98	488	
	50m: 31.28 31.28 100m: 1:05.66 34.38						
22.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:05.92**	+0,90	482	
	50m: 31.11 31.11 100m: 1:05.92 34.81						
23.	CANINHAS Maria Pinto	05	Natacao do Fundao	**1:06.04**	+1,00	480	
	50m: 31.90 31.90 100m: 1:06.04 34.14						
24.	PIRES Laura Joao	05	Natacao do Fundao	**1:06.88**	+0,91	462	
	50m: 32.03 32.03 100m: 1:06.88 34.85						

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Prova 5, Femin., 100m Livres, Elimin

Prova 5 | Femin., 100m Livres | Juvenis A

04-04-2019 - 10:40 | Resultados Elimin

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
RNS8	1:20.63	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	1:05.50	VEIGA Susana Pereira	POR	Dublin (IRL)	14-08-2018

JO-Para Absoluto S9: 1:05.84 / World-Para Absoluto S9: 1:06.95 / PreJun_Fem Juv: 59.55 / CEJun_Fem 14 - 17: 57.81 / CMJ_Fem 14 - 17: 56.68 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Maria Ferreira	04	Sporting	**1:00.20**	+0,76	633	
	50m: 28.82 28.82 100m: 1:00.20 31.38						
2.	PEREIRA Maria Gomes	04	Alges	**1:00.43**	+0,76	626	
	50m: 29.13 29.13 100m: 1:00.43 31.30						
3.	PINHO Carolina Teixeira	04	Porto	**1:01.11**	+0,70	605	
	50m: 29.83 29.83 100m: 1:01.11 31.28						
4.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**1:01.13**	+0,70	605	
	50m: 29.52 29.52 100m: 1:01.13 31.61						
5.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**1:01.49**	+0,77	594	
	50m: 29.67 29.67 100m: 1:01.49 31.82						
6.	PRETO Filipa Manso	04	Porto	**1:01.67**	+0,77	589	
	50m: 29.71 29.71 100m: 1:01.67 31.96						
7.	DELFINO Mariana Morais	04	Sporting	**1:02.09**	+0,81	577	
	50m: 30.38 30.38 100m: 1:02.09 31.71						
8.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.19**	+0,84	574	
	50m: 29.74 29.74 100m: 1:02.19 32.45						
9.	ALVES Carina Alexandra	04	Leixoes	**1:03.20**	+0,61	547	
	50m: 30.04 30.04 100m: 1:03.20 33.16						
10.	INACIO Marta Macedo	04	Sporting	**1:03.49**	+0,86	540	
	50m: 30.45 30.45 100m: 1:03.49 33.04						
11.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**1:03.69**	+0,90	535	
	50m: 30.91 30.91 100m: 1:03.69 32.78						
12.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:04.15**	+0,65	523	
	50m: 30.46 30.46 100m: 1:04.15 33.69						
13.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**1:04.20**	+0,80	522	
	50m: 30.83 30.83 100m: 1:04.20 33.37						
14.	VIANA Carolina Pereira	04	Aquatico Silves	**1:04.61**	+0,74	512	
	50m: 30.96 30.96 100m: 1:04.61 33.65						
15.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**1:04.89**	+0,78	506	
	50m: 31.37 31.37 100m: 1:04.89 33.52						
16.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:05.04**	+0,77	502	
	50m: 31.16 31.16 100m: 1:05.04 33.88						

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Prova 5, Femin., 100m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**1:05.09**	+0,81	501	
	50m: 31.73 31.73 100m: 1:05.09 33.36						

Prova 5 — Femin., 100m Livres — Juniores
04-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Jun17	57.15	SOUSA Ana Reis	SAD	Oeiras	10-02-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
RNS8	1:20.63	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	1:05.50	VEIGA Susana Pereira	POR	Dublin (IRL)	14-08-2018

JO-Para Absoluto S9: 1:05.84 / World-Para Absoluto S9: 1:06.95 / CEJun_Fem 14 - 17: 57.81 / CMJ_Fem 14 - 17: 56.68 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Ana Reis	02	Alges	**58.61**	+0,71	686	
	50m: 28.36 28.36 100m: 58.61 30.25						
2.	MARTINS Francisca Soares	03	Foca	**58.85**	+0,75	678	
	50m: 28.63 28.63 100m: 58.85 30.22						
3.	PINTO Mafalda Marques	02	Sporting	**59.46**	+0,70	657	
	50m: 28.59 28.59 100m: 59.46 30.87						
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**1:00.14**	+0,86	635	
	50m: 29.44 29.44 100m: 1:00.14 30.70						
5.	SOARES Catarina Silva	03	Porto	**1:00.98**	+0,74	609	
	50m: 28.86 28.86 100m: 1:00.98 32.12						
6.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:01.36**	+0,74	598	
	50m: 30.03 30.03 100m: 1:01.36 31.33						
7.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:01.46**	+0,77	595	
	50m: 29.56 29.56 100m: 1:01.46 31.90						
8.	REBELO Beatriz Vaz	03	Gesloures	**1:02.07**	+0,84	578	
	50m: 30.02 30.02 100m: 1:02.07 32.05						
9.	RAMOS Ines Asseiceira	03	Torres Novas	**1:02.65**	+0,79	562	
	50m: 30.32 30.32 100m: 1:02.65 32.33						
10.	MACHADO Joana Sofia	02	Natacao de Valongo	**1:02.69**	+0,81	561	
	50m: 29.98 29.98 100m: 1:02.69 32.71						
11.	SANTOS Ana Pedro	02	Galitos / Bresimar	**1:03.00**	+0,68	552	
	50m: 29.94 29.94 100m: 1:03.00 33.06						
12.	NEVES Leonor Maria	03	Gesloures	**1:03.22**	+0,78	547	
	50m: 30.06 30.06 100m: 1:03.22 33.16						
13.	PEIXEIRA Filipa Ramos	03	Sporting	**1:03.55**	+0,87	538	
	50m: 30.23 30.23 100m: 1:03.55 33.32						
14.	JESUS Maria Crista	03	Louletano / Loule Concelho	**1:03.64**	+0,71	536	
	50m: 29.90 29.90 100m: 1:03.64 33.74						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	SOARES Carolina Silva	03	Natacao de Valongo	**1:03.68**	+0,79	535	
	50m: 30.67 30.67 100m: 1:03.68 33.01						
16.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**1:04.37**	+0,73	518	
	50m: 30.49 30.49 100m: 1:04.37 33.88						

Prova 5 — Femin., 100m Livres — Seniores
04-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Sen	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
RNS8	1:20.63	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	1:05.50	VEIGA Susana Pereira	POR	Dublin (IRL)	14-08-2018

JO-Para Absoluto S9: 1:05.84 / World-Para Absoluto S9: 1:06.95 / CMPL 19 +: 54.49 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**58.14**	+0,68	703	
	50m: 28.71 28.71 100m: 58.14 29.43						
2.	FRISCHKNECHT Rita Barros	98	Alges	**58.43**	+0,75	693	
	50m: 28.19 28.19 100m: 58.43 30.24						
3.	VIEGAS Beatriz Mendes	00	Sporting	**58.89**	+0,63	677	
	50m: 28.61 28.61 100m: 58.89 30.28						
4.	FERREIRA Catarina Maria	98	Porto	**59.20**	+0,74	666	
	50m: 28.68 28.68 100m: 59.20 30.52						
5.	FARIA Ana Rita	00	Porto	**59.49**	+0,76	656	
	50m: 28.80 28.80 100m: 59.49 30.69						
6.	AZEVEDO Madalena Gomes	99	Alges	**59.79**	+0,77	646	
	50m: 29.26 29.26 100m: 59.79 30.53						
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	**1:00.00**	+0,82	640	
	50m: 28.83 28.83 100m: 1:00.00 31.17						
8.	BELEZA Mafalda Gomes	94	Sporting	**1:00.07**	+0,71	637	
	50m: 29.29 29.29 100m: 1:00.07 30.78						
9.	OLIVEIRA Rosa Maria	96	Porto	**1:00.31**	+0,71	630	
	50m: 29.34 29.34 100m: 1:00.31 30.97						
10.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**1:00.40**	+0,69	627	
	50m: 28.82 28.82 100m: 1:00.40 31.58						
11.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:00.46**	+0,60	625	
	50m: 28.90 28.90 100m: 1:00.46 31.56						
12.	CASTRO Adriana Daniela	97	Leixoes	**1:00.51**	+0,70	624	
	50m: 28.89 28.89 100m: 1:00.51 31.62						
13.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:00.55**	+0,79	622	
	50m: 29.31 29.31 100m: 1:00.55 31.24						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ROLAO Sofia Alexandra	98	Benfica	**1:00.97**	+0,81	610	
	50m: 29.17 29.17 100m: 1:00.97 31.80						
15.	AMADOR Joana Costa	01	Galitos / Bresimar	**1:01.04**	+0,66	607	
	50m: 29.32 29.32 100m: 1:01.04 31.72						
16.	NUNES Sofia Alexandra	00	Laranjeiro	**1:01.33**	+0,76	599	
	50m: 29.76 29.76 100m: 1:01.33 31.57						
17.	LOPES Carolina Sofia	96	Natacao de Faro	**1:01.73**	+0,74	587	
	50m: 29.11 29.11 100m: 1:01.73 32.62						

Prova 5 — Femin., 100m Livres — Absolutos
04-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Sen	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Jun17	57.15	SOUSA Ana Reis	SAD	Oeiras	10-02-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
Rec Nac Juv B	59.41	AMADOR Joana Costa	CGA	Coimbra	26-07-2015
RNS8	1:20.63	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	1:05.50	VEIGA Susana Pereira	POR	Dublin (IRL)	14-08-2018

JO-Para Absoluto S9: 1:05.84 / World-Para Absoluto S9: 1:06.95 / PreJun_Fem Juv: 59.55 / CEJun_Fem 14 - 17: 57.81 / CMJ_Fem 14 - 17: 56.68 / CMPL 19 +: 54.49 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**58.14**	+0,68	703	
	50m: 28.71 28.71 100m: 58.14 29.43						
2.	FRISCHKNECHT Rita Barros	98	Alges	**58.43**	+0,75	693	
	50m: 28.19 28.19 100m: 58.43 30.24						
3.	SOUSA Ana Reis	02	Alges	**58.61**	+0,71	686	
	50m: 28.36 28.36 100m: 58.61 30.25						
4.	MARTINS Francisca Soares	03	Foca	**58.85**	+0,75	678	
	50m: 28.63 28.63 100m: 58.85 30.22						
5.	VIEGAS Beatriz Mendes	00	Sporting	**58.89**	+0,63	677	
	50m: 28.61 28.61 100m: 58.89 30.28						
6.	FERNANDES Carolina Miranda *Rec Nac, Minimos Pré-Jun*	05	Galitos / Bresimar	**59.10**	+0,74	669	
	50m: 28.31 28.31 100m: 59.10 30.79						
7.	FERREIRA Catarina Maria	98	Porto	**59.20**	+0,74	666	
	50m: 28.68 28.68 100m: 59.20 30.52						
8.	PINTO Mafalda Marques	02	Sporting	**59.46**	+0,70	657	
	50m: 28.59 28.59 100m: 59.46 30.87						
9.	FARIA Ana Rita	00	Porto	**59.49**	+0,76	656	
	50m: 28.80 28.80 100m: 59.49 30.69						

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Prova 5, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	AZEVEDO Madalena Gomes	99	Alges	**59.79**	+0,77	646	
	50m: 29.26 29.26 100m: 59.79 30.53						
11.	PEGO Isabel Porfirio	01	Fluvial Portuense	**1:00.00**	+0,82	640	
	50m: 28.83 28.83 100m: 1:00.00 31.17						
12.	BELEZA Mafalda Gomes	94	Sporting	**1:00.07**	+0,71	637	
	50m: 29.29 29.29 100m: 1:00.07 30.78						
13.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**1:00.14**	+0,86	635	
	50m: 29.44 29.44 100m: 1:00.14 30.70						
14.	MOURA Maria Ferreira	04	Sporting	**1:00.20**	+0,76	633	
	50m: 28.82 28.82 100m: 1:00.20 31.38						
15.	OLIVEIRA Rosa Maria	96	Porto	**1:00.31**	+0,71	630	
	50m: 29.34 29.34 100m: 1:00.31 30.97						
16.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**1:00.40**	+0,69	627	
	50m: 28.82 28.82 100m: 1:00.40 31.58						
17.	PEREIRA Maria Gomes	04	Alges	**1:00.43**	+0,76	626	
	50m: 29.13 29.13 100m: 1:00.43 31.30						
18.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:00.46**	+0,60	625	
	50m: 28.90 28.90 100m: 1:00.46 31.56						
19.	CASTRO Adriana Daniela	97	Leixoes	**1:00.51**	+0,70	624	
	50m: 28.89 28.89 100m: 1:00.51 31.62						
20.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:00.55**	+0,79	622	
	50m: 29.31 29.31 100m: 1:00.55 31.24						
21.	ROLAO Sofia Alexandra	98	Benfica	**1:00.97**	+0,81	610	
	50m: 29.17 29.17 100m: 1:00.97 31.80						
22.	SOARES Catarina Silva	03	Porto	**1:00.98**	+0,74	609	
	50m: 28.86 28.86 100m: 1:00.98 32.12						
23.	AMADOR Joana Costa	01	Galitos / Bresimar	**1:01.04**	+0,66	607	
	50m: 29.32 29.32 100m: 1:01.04 31.72						
24.	PINHO Carolina Teixeira	04	Porto	**1:01.11**	+0,70	605	
	50m: 29.83 29.83 100m: 1:01.11 31.28						
25.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**1:01.13**	+0,70	605	
	50m: 29.52 29.52 100m: 1:01.13 31.61						
26.	NUNES Sofia Alexandra	00	Laranjeiro	**1:01.33**	+0,76	599	
	50m: 29.76 29.76 100m: 1:01.33 31.57						
27.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:01.36**	+0,74	598	
	50m: 30.03 30.03 100m: 1:01.36 31.33						
28.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:01.46**	+0,77	595	
	50m: 29.56 29.56 100m: 1:01.46 31.90						
29.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**1:01.49**	+0,77	594	
	50m: 29.67 29.67 100m: 1:01.49 31.82						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	PIRES Marta Joao	05	Alges	**1:01.60**	+0,73	591	
	50m: 29.75 29.75 100m: 1:01.60 31.85						
31.	PRETO Filipa Manso	04	Porto	**1:01.67**	+0,77	589	
	50m: 29.71 29.71 100m: 1:01.67 31.96						
32.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.72**	+0,73	588	
	50m: 29.35 29.35 100m: 1:01.72 32.37						
33.	LOPES Carolina Sofia	96	Natacao de Faro	**1:01.73**	+0,74	587	
	50m: 29.11 29.11 100m: 1:01.73 32.62						
34.	REBELO Beatriz Vaz	03	Gesloures	**1:02.07**	+0,84	578	
	50m: 30.02 30.02 100m: 1:02.07 32.05						
35.	DELFINO Mariana Morais	04	Sporting	**1:02.09**	+0,81	577	
	50m: 30.38 30.38 100m: 1:02.09 31.71						
36.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.19**	+0,84	574	
	50m: 29.74 29.74 100m: 1:02.19 32.45						
37.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**1:02.30**	+0,72	571	
	50m: 29.81 29.81 100m: 1:02.30 32.49						
38.	SIMOES Ana Beatriz	05	Sporting	**1:02.50**	+0,76	566	
	50m: 30.30 30.30 100m: 1:02.50 32.20						
39.	RAMOS Ines Asseiceira	03	Torres Novas	**1:02.65**	+0,79	562	
	50m: 30.32 30.32 100m: 1:02.65 32.33						
40.	MACHADO Joana Sofia	02	Natacao de Valongo	**1:02.69**	+0,81	561	
	50m: 29.98 29.98 100m: 1:02.69 32.71						
41.	SANTOS Ana Pedro	02	Galitos / Bresimar	**1:03.00**	+0,68	552	
	50m: 29.94 29.94 100m: 1:03.00 33.06						
42.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**1:03.20**	+0,72	547	
	50m: 30.28 30.28 100m: 1:03.20 32.92						
	ALVES Carina Alexandra	04	Leixoes	**1:03.20**	+0,61	547	
	50m: 30.04 30.04 100m: 1:03.20 33.16						
44.	NEVES Leonor Maria	03	Gesloures	**1:03.22**	+0,78	547	
	50m: 30.06 30.06 100m: 1:03.22 33.16						
45.	INACIO Marta Macedo	04	Sporting	**1:03.49**	+0,86	540	
	50m: 30.45 30.45 100m: 1:03.49 33.04						
46.	NICOLAU Margarida Claudino	05	Torres Novas	**1:03.51**	+0,83	539	
	50m: 29.69 29.69 100m: 1:03.51 33.82						
47.	PEIXEIRA Filipa Ramos	03	Sporting	**1:03.55**	+0,87	538	
	50m: 30.23 30.23 100m: 1:03.55 33.32						
48.	JESUS Maria Crista	03	Louletano / Loule Concelho	**1:03.64**	+0,71	536	
	50m: 29.90 29.90 100m: 1:03.64 33.74						
49.	SOARES Carolina Silva	03	Natacao de Valongo	**1:03.68**	+0,79	535	
	50m: 30.67 30.67 100m: 1:03.68 33.01						

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Prova 5, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**1:03.69**	+0,90	535	
	50m: 30.91 30.91 100m: 1:03.69 32.78						
51.	COSTA Mariana Martins	05	Famalicao	**1:03.83**	+0,76	531	
	50m: 30.27 30.27 100m: 1:03.83 33.56						
52.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:03.99**	+0,84	527	
	50m: 30.50 30.50 100m: 1:03.99 33.49						
53.	CARRAO Iris Pereira	05	Laranjeiro	**1:04.03**	+0,83	526	
	50m: 30.67 30.67 100m: 1:04.03 33.36						
54.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:04.15**	+0,65	523	
	50m: 30.46 30.46 100m: 1:04.15 33.69						
55.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**1:04.20**	+0,80	522	
	50m: 30.83 30.83 100m: 1:04.20 33.37						
56.	LOPES Francisca Macedo	05	Vilacondense	**1:04.36**	+0,94	518	
	50m: 31.22 31.22 100m: 1:04.36 33.14						
57.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**1:04.37**	+0,73	518	
	50m: 30.49 30.49 100m: 1:04.37 33.88						
58.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:04.38**	+0,84	518	
	50m: 30.72 30.72 100m: 1:04.38 33.66						
59.	SEBASTIAO Sofia Antunes	05	Amadora	**1:04.39**	+0,90	517	
	50m: 31.02 31.02 100m: 1:04.39 33.37						
	ANDRE Isadora Maia	05	Benfica	**1:04.39**	+0,76	517	
	50m: 30.88 30.88 100m: 1:04.39 33.51						
61.	REIS Beatriz Grave	05	Rio Maior	**1:04.51**	+0,75	515	
	50m: 31.06 31.06 100m: 1:04.51 33.45						
62.	VIANA Carolina Pereira	04	Aquatico Silves	**1:04.61**	+0,74	512	
	50m: 30.96 30.96 100m: 1:04.61 33.65						
63.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:04.70**	+0,95	510	
	50m: 31.18 31.18 100m: 1:04.70 33.52						
64.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**1:04.89**	+0,78	506	
	50m: 31.37 31.37 100m: 1:04.89 33.52						
65.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:05.04**	+0,77	502	
	50m: 31.16 31.16 100m: 1:05.04 33.88						
66.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**1:05.09**	+0,81	501	
	50m: 31.73 31.73 100m: 1:05.09 33.36						
67.	COSTA Mafalda Santos	05	Colegio Monte Maior	**1:05.10**	+0,82	501	
68.	FILIPE Ana Sofia	05	Individual ANALG	**1:05.25**		497	
	50m: 31.80 31.80 100m: 1:05.25 33.45						
69.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**1:05.32**		496	
	50m: 31.57 31.57 100m: 1:05.32 33.75						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
70.	NOVO Marta Luisa	05	Viana Natacao	**1:05.63**	+0,86	489	
	50m: 31.60 31.60 100m: 1:05.63 34.03						
71.	ROSA Sara Henriques	05	Nucleo Sportinguista Terceira	**1:05.66**	+0,98	488	
	50m: 31.28 31.28 100m: 1:05.66 34.38						
72.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:05.92**	+0,90	482	
	50m: 31.11 31.11 100m: 1:05.92 34.81						
73.	CANINHAS Maria Pinto	05	Natacao do Fundao	**1:06.04**	+1,00	480	
	50m: 31.90 31.90 100m: 1:06.04 34.14						
74.	PIRES Laura Joao	05	Natacao do Fundao	**1:06.88**	+0,91	462	
	50m: 32.03 32.03 100m: 1:06.88 34.85						
EXH	LACARTA Lydia Foj	01	Louletano / Loule Concelho	**1:00.95**	+0,76	610	
	50m: 29.11 29.11 100m: 1:00.95 31.84						
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**1:01.15**	+0,79	604	
	50m: 29.33 29.33 100m: 1:01.15 31.82						
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	**1:05.70**	+0,82	487	
	Minimos Paralympic Games, Minimos World ParaSwim						
	50m: 31.02 31.02 100m: 1:05.70 34.68						

Prova 6 — Masc., 100m Livres — Juvenis B
04-04-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Juv B	53.51	VENANCIO Tiago Andre	CNS	Lisboa	19-05-2002
RNS8	1:06.59	LINHARES Ruben Daniel	POR	Dublin (IRL)	17-08-2018
RNS9	57.55	GRACHAT David Realista	POR	Beijing (CHN)	10-09-2008
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

JO-Para Absoluto S8: 1:01.79 / World-Para Absoluto S8: 1:02.79; Absoluto S9: 59.24 / PreJun_Masc Juv: 53.08 / CEJun_Masc 15 - 18: 51.54 / CMJ_Masc 15 - 18: 50.52 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**55.35**	+0,76	608	
	50m: 26.37 26.37 100m: 55.35 28.98						
2.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**55.57**	+0,75	601	
	50m: 26.68 26.68 100m: 55.57 28.89						
3.	MOITA Goncalo Brites	04	Uniao Coimbra	**56.06**	+0,69	585	
	50m: 27.13 27.13 100m: 56.06 28.93						
4.	COSTA Afonso Vilhena	04	Vilacondense	**56.21**	+0,68	581	
	50m: 26.83 26.83 100m: 56.21 29.38						
5.	COSTA Joao Peres	04	Naval Praia da Vitoria	**56.52**	+0,68	571	
	50m: 26.96 26.96 100m: 56.52 29.56						

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Prova 6, Masc., 100m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	SANTOS Gabriel Moreira	04	Famalicao	**56.52**	+0,72	571	
	50m: 26.80 26.80 100m: 56.52 29.72						
7.	SILVA Gustavo Carvalho	04	Academia dos Acores	**56.61**	+0,81	569	
	50m: 26.61 26.61 100m: 56.61 30.00						
8.	REBELO Joao Lourenco	04	Alges	**57.13**	+0,72	553	
	50m: 27.69 27.69 100m: 57.13 29.44						
9.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**57.35**	+0,68	547	
	50m: 27.60 27.60 100m: 57.35 29.75						
10.	OLIVEIRA Pedro Nuno	04	Torres Novas	**57.76**	+0,81	535	
	50m: 28.07 28.07 100m: 57.76 29.69						
11.	GOMES Guilherme Sousa	04	Aquatico Silves	**58.01**	+0,75	528	
	50m: 27.68 27.68 100m: 58.01 30.33						
12.	MOREIRA Joao Pedro	04	Fluvial Portuense	**58.32**	+0,83	520	
	50m: 28.16 28.16 100m: 58.32 30.16						
13.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**58.38**	+0,71	518	
	50m: 27.98 27.98 100m: 58.38 30.40						
14.	RODEIA Jose Miguel	04	Natacao de Faro	**59.74**	+0,64	484	
	50m: 28.59 28.59 100m: 59.74 31.15						
15.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**59.78**	+0,66	483	
	50m: 28.17 28.17 100m: 59.78 31.61						
16.	SANTOS Joao Afonso	04	Sporting	**59.93**	+0,91	479	
	50m: 28.47 28.47 100m: 59.93 31.46						

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Prova 6, Masc., 100m Livres, Elimin

Prova 6 | Masc., 100m Livres | Juvenis A

04-04-2019 - 10:55 | Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
RNS8	1:06.59	LINHARES Ruben Daniel	POR	Dublin (IRL)	17-08-2018
RNS9	57.55	GRACHAT David Realista	POR	Beijing (CHN)	10-09-2008
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

JO-Para Absoluto S8: 1:01.79 / World-Para Absoluto S8: 1:02.79; Absoluto S9: 59.24 / PreJun_Masc Juv: 53.08 / CEJun_Masc 15 - 18: 51.54 / CMJ_Masc 15 - 18: 50.52 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**53.37**	+0,75	679	
	50m: 25.82 25.82 100m: 53.37 27.55						
2.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.03**	+0,65	654	
	50m: 25.95 25.95 100m: 54.03 28.08						
3.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**54.37**	+0,76	642	
	50m: 25.46 25.46 100m: 54.37 28.91						
4.	GOMES Tomas Nogueira	03	Uniao Piedense	**54.87**	+0,66	624	
	50m: 26.91 26.91 100m: 54.87 27.96						
5.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**55.13**	+0,87	616	
	50m: 26.53 26.53 100m: 55.13 28.60						
6.	LOPES Luis Afonso	03	Viver Santarem	**55.40**	+0,69	607	
	50m: 26.82 26.82 100m: 55.40 28.58						
7.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**55.93**	+0,76	590	
	50m: 27.40 27.40 100m: 55.93 28.53						
8.	CARVALHO Fernando Costa	03	Foca	**55.97**	+0,65	588	
	50m: 26.12 26.12 100m: 55.97 29.85						
9.	COSTA Afonso Filipe	03	Naval da Nazare	**56.11**	+0,72	584	
	50m: 27.09 27.09 100m: 56.11 29.02						
10.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**56.77**	+0,72	564	
	50m: 27.23 27.23 100m: 56.77 29.54						
11.	GOMES Goncalo Camara	03	Naval do Funchal	**56.86**	+0,60	561	
12.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**57.09**	+0,82	554	
	50m: 27.06 27.06 100m: 57.09 30.03						
13.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**57.35**	+0,75	547	
	50m: 27.36 27.36 100m: 57.35 29.99						
14.	MACHADO Martim Miranda	03	Uniao Coimbra	**57.64**	+0,78	539	
	50m: 27.61 27.61 100m: 57.64 30.03						
15.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**57.82**	+0,68	534	
	50m: 27.75 27.75 100m: 57.82 30.07						
16.	ALVES Rui Chagas	03	Viver Santarem	**58.31**	+0,67	520	
	50m: 27.69 27.69 100m: 58.31 30.62						

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Prova 6, Masc., 100m Livres, Elimin

Prova 6 | Masc., 100m Livres | Juniores

04-04-2019 - 10:55 | Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
RNS8	1:06.59	LINHARES Ruben Daniel	POR	Dublin (IRL)	17-08-2018
RNS9	57.55	GRACHAT David Realista	POR	Beijing (CHN)	10-09-2008
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

JO-Para Absoluto S8: 1:01.79 / World-Para Absoluto S8: 1:02.79; Absoluto S9: 59.24 / CEJun_Masc 15 - 18: 51.54 / CMJ_Masc 15 - 18: 50.52 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LEBRE Diogo Ramos	01	Benfica	**52.38**	+0,74	718	
	50m: 25.57 25.57 100m: 52.38 26.81						
2.	AIRES Rafael Alcantara	01	Benfica	**52.47**	+0,67	714	
	50m: 25.11 25.11 100m: 52.47 27.36						
3.	LOPES Tomas Teixeira	02	Foca	**53.07**	+0,67	690	
	50m: 25.58 25.58 100m: 53.07 27.49						
4.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**53.29**	+0,61	682	
	50m: 26.05 26.05 100m: 53.29 27.24						
5.	FERNANDES Eduardo Gomes	02	Sporting	**53.30**	+0,72	681	
	50m: 25.74 25.74 100m: 53.30 27.56						
6.	PINHO Manuel Antonio	01	Feirense	**53.33**	+0,67	680	
	50m: 26.04 26.04 100m: 53.33 27.29						
7.	COSTA Diogo Santos	02	Colegio Monte Maior	**53.50**	+0,66	674	
	50m: 25.73 25.73 100m: 53.50 27.77						
8.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.70**	+0,68	666	
	50m: 25.76 25.76 100m: 53.70 27.94						
9.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**53.81**	+0,74	662	
	50m: 25.49 25.49 100m: 53.81 28.32						
10.	SIMOES Bernardo Jorge	02	Torres Novas	**54.20**	+0,76	648	
	50m: 26.52 26.52 100m: 54.20 27.68						
11.	BRITO Bernardo Geada	02	Uniao Piedense	**54.22**	+0,66	647	
	50m: 25.99 25.99 100m: 54.22 28.23						
12.	DEUS Andre Portugal	02	Naval do Funchal	**54.40**	+0,60	641	
	50m: 26.51 26.51 100m: 54.40 27.89						
13.	COELHO Nuno Tiago	02	Amigos da Montanha	**55.03**	+0,74	619	
	50m: 26.42 26.42 100m: 55.03 28.61						
14.	LOURENCO Tiago Campos	02	Natacao de Valongo	**55.17**	+0,76	614	
	50m: 26.49 26.49 100m: 55.17 28.68						

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Prova 6, Masc., 100m Livres, Elimin

Prova 6 | Masc., 100m Livres | Seniores
04-04-2019 - 10:55 | Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
RNS8	1:06.59	LINHARES Ruben Daniel	POR	Dublin (IRL)	17-08-2018
RNS9	57.55	GRACHAT David Realista	POR	Beijing (CHN)	10-09-2008
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

JO-Para Absoluto S8: 1:01.79 / World-Para Absoluto S8: 1:02.79; Absoluto S9: 59.24 / CMPL : 48.80 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**50.61**	+0,69	796	
	50m: 23.87 23.87 100m: 50.61 26.74						
2.	PEREIRA Luiz Pedro	91	Benfica	**51.49**	+0,67	756	
	50m: 24.67 24.67 100m: 51.49 26.82						
3.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**52.08**	+0,65	730	
	50m: 25.03 25.03 100m: 52.08 27.05						
4.	COSTA Tiago Cunha	99	Sporting	**52.10**	+0,65	729	
	50m: 25.08 25.08 100m: 52.10 27.02						
5.	DIAS Guilherme Pereira	97	Benfica	**52.17**	+0,67	726	
	50m: 25.17 25.17 100m: 52.17 27.00						
6.	MOGNE Igor Araujo	96	Sporting	**52.33**	+0,75	720	
	50m: 25.75 25.75 100m: 52.33 26.58						
7.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**52.49**	+0,64	713	
	50m: 25.18 25.18 100m: 52.49 27.31						
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**52.58**	+0,66	710	
	50m: 24.68 24.68 100m: 52.58 27.90						
9.	SANTOS Joao Duarte	95	Natacao Olhao	**52.62**	+0,66	708	
	50m: 25.68 25.68 100m: 52.62 26.94						
	MACHADO Joao Daniel	99	Uniao Piedense	**52.62**	+0,66	708	
	50m: 25.24 25.24 100m: 52.62 27.38						
11.	RAMOS Bruno Miguel	97	Belenenses	**52.81**	+0,69	700	
	50m: 25.66 25.66 100m: 52.81 27.15						
12.	SOARES Tiago Silva	99	Porto	**52.97**	+0,80	694	
	50m: 25.23 25.23 100m: 52.97 27.74						
13.	BATE Afonso Ribeiro	98	Alges	**53.34**	+0,66	680	
	50m: 25.39 25.39 100m: 53.34 27.95						
14.	TINOCO Joao Pereira	00	Famalicao	**53.80**	+0,71	662	
	50m: 25.80 25.80 100m: 53.80 28.00						
15.	PADRELA Joao Esteves	99	Belenenses	**53.85**	+0,64	661	
	50m: 25.65 25.65 100m: 53.85 28.20						
16.	SANTOS Dario Almeida	93	Leixoes	**54.04**	+0,72	654	
	50m: 25.49 25.49 100m: 54.04 28.55						

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Prova 6, Masc., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**54.08**	+0,73	652	
	50m: 26.13 26.13 100m: 54.08 27.95						
18.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**54.12**	+0,62	651	
	50m: 26.01 26.01 100m: 54.12 28.11						
19.	SILVA Pedro Miguel	94	Colegio Monte Maior	**54.27**	+0,68	645	
	50m: 26.11 26.11 100m: 54.27 28.16						
20.	MORIM Ruben Jose	97	Vilacondense	**54.79**	+0,75	627	
	50m: 26.05 26.05 100m: 54.79 28.74						
DSQ	MACHADO Francisco Carvalho	98	Alges				
	SW 4.4 - Falsa partida						

Prova 6 — Masc., 100m Livres — Absolutos
04-04-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	53.51	VENANCIO Tiago Andre	CNS	Lisboa	19-05-2002
RNS8	1:06.59	LINHARES Ruben Daniel	POR	Dublin (IRL)	17-08-2018
RNS9	57.55	GRACHAT David Realista	POR	Beijing (CHN)	10-09-2008
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

JO-Para Absoluto S8: 1:01.79 / World-Para Absoluto S8: 1:02.79; Absoluto S9: 59.24 / PreJun_Masc Juv: 53.08 / CEJun_Masc 15 - 18: 51.54 / CMJ_Masc 15 - 18: 50.52 / CMPL Sen: 48.80 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**50.61**	+0,69	796	
	50m: 23.87 23.87 100m: 50.61 26.74						
2.	PEREIRA Luiz Pedro	91	Benfica	**51.49**	+0,67	756	
	50m: 24.67 24.67 100m: 51.49 26.82						
3.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**52.08**	+0,65	730	
	50m: 25.03 25.03 100m: 52.08 27.05						
4.	COSTA Tiago Cunha	99	Sporting	**52.10**	+0,65	729	
	50m: 25.08 25.08 100m: 52.10 27.02						
5.	DIAS Guilherme Pereira	97	Benfica	**52.17**	+0,67	726	
	50m: 25.17 25.17 100m: 52.17 27.00						
6.	MOGNE Igor Araujo	96	Sporting	**52.33**	+0,75	720	
	50m: 25.75 25.75 100m: 52.33 26.58						
7.	LEBRE Diogo Ramos	01	Benfica	**52.38**	+0,74	718	
	50m: 25.57 25.57 100m: 52.38 26.81						
8.	AIRES Rafael Alcantara	01	Benfica	**52.47**	+0,67	714	
	50m: 25.11 25.11 100m: 52.47 27.36						

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Prova 6, Masc., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**52.49**	+0,64	713	
	50m: 25.18 25.18 100m: 52.49 27.31						
10.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**52.58**	+0,66	710	
	50m: 24.68 24.68 100m: 52.58 27.90						
11.	SANTOS Joao Duarte	95	Natacao Olhao	**52.62**	+0,66	708	
	50m: 25.68 25.68 100m: 52.62 26.94						
	MACHADO Joao Daniel	99	Uniao Piedense	**52.62**	+0,66	708	
	50m: 25.24 25.24 100m: 52.62 27.38						
13.	RAMOS Bruno Miguel	97	Belenenses	**52.81**	+0,69	700	
	50m: 25.66 25.66 100m: 52.81 27.15						
14.	SOARES Tiago Silva	99	Porto	**52.97**	+0,80	694	
	50m: 25.23 25.23 100m: 52.97 27.74						
15.	LOPES Tomas Teixeira	02	Foca	**53.07**	+0,67	690	
	50m: 25.58 25.58 100m: 53.07 27.49						
16.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**53.29**	+0,61	682	
	50m: 26.05 26.05 100m: 53.29 27.24						
17.	FERNANDES Eduardo Gomes	02	Sporting	**53.30**	+0,72	681	
	50m: 25.74 25.74 100m: 53.30 27.56						
18.	PINHO Manuel Antonio	01	Feirense	**53.33**	+0,67	680	
	50m: 26.04 26.04 100m: 53.33 27.29						
19.	BATE Afonso Ribeiro	98	Alges	**53.34**	+0,66	680	
	50m: 25.39 25.39 100m: 53.34 27.95						
20.	VAKULYUK Paulo	03	Torres Novas	**53.37**	+0,75	679	
	50m: 25.82 25.82 100m: 53.37 27.55						
21.	COSTA Diogo Santos	02	Colegio Monte Maior	**53.50**	+0,66	674	
	50m: 25.73 25.73 100m: 53.50 27.77						
22.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.70**	+0,68	666	
	50m: 25.76 25.76 100m: 53.70 27.94						
23.	TINOCO Joao Pereira	00	Famalicao	**53.80**	+0,71	662	
	50m: 25.80 25.80 100m: 53.80 28.00						
24.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**53.81**	+0,74	662	
	50m: 25.49 25.49 100m: 53.81 28.32						
25.	PADRELA Joao Esteves	99	Belenenses	**53.85**	+0,64	661	
	50m: 25.65 25.65 100m: 53.85 28.20						
26.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.03**	+0,65	654	
	50m: 25.95 25.95 100m: 54.03 28.08						
27.	SANTOS Dario Almeida	93	Leixoes	**54.04**	+0,72	654	
	50m: 25.49 25.49 100m: 54.04 28.55						
28.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**54.08**	+0,73	652	
	50m: 26.13 26.13 100m: 54.08 27.95						

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Prova 6, Masc., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**54.12**	+0,62	651	
	50m: 26.01 26.01 100m: 54.12 28.11						
30.	SIMOES Bernardo Jorge	02	Torres Novas	**54.20**	+0,76	648	
	50m: 26.52 26.52 100m: 54.20 27.68						
31.	BRITO Bernardo Geada	02	Uniao Piedense	**54.22**	+0,66	647	
	50m: 25.99 25.99 100m: 54.22 28.23						
32.	SILVA Pedro Miguel	94	Colegio Monte Maior	**54.27**	+0,68	645	
	50m: 26.11 26.11 100m: 54.27 28.16						
33.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**54.37**	+0,76	642	
	50m: 25.46 25.46 100m: 54.37 28.91						
34.	DEUS Andre Portugal	02	Naval do Funchal	**54.40**	+0,60	641	
	50m: 26.51 26.51 100m: 54.40 27.89						
35.	MORIM Ruben Jose	97	Vilacondense	**54.79**	+0,75	627	
	50m: 26.05 26.05 100m: 54.79 28.74						
36.	GOMES Tomas Nogueira	03	Uniao Piedense	**54.87**	+0,66	624	
	50m: 26.91 26.91 100m: 54.87 27.96						
37.	COELHO Nuno Tiago	02	Amigos da Montanha	**55.03**	+0,74	619	
	50m: 26.42 26.42 100m: 55.03 28.61						
38.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**55.13**	+0,87	616	
	50m: 26.53 26.53 100m: 55.13 28.60						
39.	LOURENCO Tiago Campos	02	Natacao de Valongo	**55.17**	+0,76	614	
	50m: 26.49 26.49 100m: 55.17 28.68						
40.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**55.35**	+0,76	608	
	50m: 26.37 26.37 100m: 55.35 28.98						
41.	LOPES Luis Afonso	03	Viver Santarem	**55.40**	+0,69	607	
	50m: 26.82 26.82 100m: 55.40 28.58						
42.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**55.57**	+0,75	601	
	50m: 26.68 26.68 100m: 55.57 28.89						
43.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**55.93**	+0,76	590	
	50m: 27.40 27.40 100m: 55.93 28.53						
44.	CARVALHO Fernando Costa	03	Foca	**55.97**	+0,65	588	
	50m: 26.12 26.12 100m: 55.97 29.85						
45.	MOITA Goncalo Brites	04	Uniao Coimbra	**56.06**	+0,69	585	
	50m: 27.13 27.13 100m: 56.06 28.93						
46.	COSTA Afonso Filipe	03	Naval da Nazare	**56.11**	+0,72	584	
	50m: 27.09 27.09 100m: 56.11 29.02						
47.	COSTA Afonso Vilhena	04	Vilacondense	**56.21**	+0,68	581	
	50m: 26.83 26.83 100m: 56.21 29.38						
48.	COSTA Joao Peres	04	Naval Praia da Vitoria	**56.52**	+0,68	571	
	50m: 26.96 26.96 100m: 56.52 29.56						

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PARCEIROS

Prova 6, Masc., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	SANTOS Gabriel Moreira	04	Famalicao	**56.52**	+0,72	571	
	50m: 26.80 26.80 100m: 56.52 29.72						
50.	SILVA Gustavo Carvalho	04	Academia dos Acores	**56.61**	+0,81	569	
	50m: 26.61 26.61 100m: 56.61 30.00						
51.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**56.77**	+0,72	564	
	50m: 27.23 27.23 100m: 56.77 29.54						
52.	GOMES Goncalo Camara	03	Naval do Funchal	**56.86**	+0,60	561	
53.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**57.09**	+0,82	554	
	50m: 27.06 27.06 100m: 57.09 30.03						
54.	REBELO Joao Lourenco	04	Alges	**57.13**	+0,72	553	
	50m: 27.69 27.69 100m: 57.13 29.44						
55.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**57.35**	+0,68	547	
	50m: 27.60 27.60 100m: 57.35 29.75						
	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**57.35**	+0,75	547	
	50m: 27.36 27.36 100m: 57.35 29.99						
57.	MACHADO Martim Miranda	03	Uniao Coimbra	**57.64**	+0,78	539	
	50m: 27.61 27.61 100m: 57.64 30.03						
58.	OLIVEIRA Pedro Nuno	04	Torres Novas	**57.76**	+0,81	535	
	50m: 28.07 28.07 100m: 57.76 29.69						
59.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**57.82**	+0,68	534	
	50m: 27.75 27.75 100m: 57.82 30.07						
60.	GOMES Guilherme Sousa	04	Aquatico Silves	**58.01**	+0,75	528	
	50m: 27.68 27.68 100m: 58.01 30.33						
61.	ALVES Rui Chagas	03	Viver Santarem	**58.31**	+0,67	520	
	50m: 27.69 27.69 100m: 58.31 30.62						
62.	MOREIRA Joao Pedro	04	Fluvial Portuense	**58.32**	+0,83	520	
	50m: 28.16 28.16 100m: 58.32 30.16						
63.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**58.38**	+0,71	518	
	50m: 27.98 27.98 100m: 58.38 30.40						
64.	RODEIA Jose Miguel	04	Natacao de Faro	**59.74**	+0,64	484	
	50m: 28.59 28.59 100m: 59.74 31.15						
65.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**59.78**	+0,66	483	
	50m: 28.17 28.17 100m: 59.78 31.61						
66.	SANTOS Joao Afonso	04	Sporting	**59.93**	+0,91	479	
	50m: 28.47 28.47 100m: 59.93 31.46						
DSQ	MACHADO Francisco Carvalho	98	Alges				
	SW 4.4 - Falsa partida						
EXH	SCHILLING Leonardo	93	Benfica	**51.16**	+0,75	770	
	50m: 24.66 24.66 100m: 51.16 26.50						

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Prova 6, Masc., 100m Livres, Elimin

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	NEVES Tiago Correia	97	Belenenses	**56.64**	+0,72	568	
	50m: 27.18 27.18 100m: 56.64 29.46						
EXH	CRUZ Miguel Duarte	99	Belenenses	**58.25**	+0,83	522	
	50m: 27.95 27.95 100m: 58.25 30.30						
EXH	CAETANO Gino Santos *Minimos World ParaSwim*	94	Galitos / Bresimar	**58.43**	+0,88	517	
	50m: 28.41 28.41 100m: 58.43 30.02						
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**1:06.61**	+0,74	349	
	50m: 32.14 32.14 100m: 1:06.61 34.47						

Prova 7 — Femin., 200m Estilos — Juvenis B
04-04-2019 - 11:10 — Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010

PreJun_Fem Juv: 2:25.33 / CEJun_Fem 14 - 17: 2:21.10 / CMJ_Fem 14 - 17: 2:18.33 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DELGADO Soraia Alexandra	05	Sporting	**2:29.97**	+0,69	594	
	50m: 31.93 31.93 100m: 1:11.63 39.70 150m: 1:55.02 43.39 200m: 2:29.97 34.95						
2.	LOPES Daniela Magalhaes	05	Famalicao	**2:30.58**	+0,83	587	
	50m: 32.06 32.06 100m: 1:12.10 40.04 150m: 1:56.40 44.30 200m: 2:30.58 34.18						
3.	REIS Erica Cristina	05	Sporting	**2:30.93**	+0,70	583	
	50m: 32.87 32.87 100m: 1:13.56 40.69 150m: 1:56.99 43.43 200m: 2:30.93 33.94						
4.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:32.23**	+0,75	568	
	50m: 32.34 32.34 100m: 1:13.09 40.75 150m: 1:57.09 44.00 200m: 2:32.23 35.14						
5.	NUNES Margarida Domingues	05	Avancado EUL	**2:33.50**	+0,74	554	
	50m: 33.68 33.68 100m: 1:15.51 41.83 150m: 1:58.35 42.84 200m: 2:33.50 35.15						
6.	LOPES Francisca Macedo	05	Vilacondense	**2:36.04**		528	
	50m: 34.38 34.38 100m: 1:15.07 40.69 150m: 2:00.72 45.65 200m: 2:36.04 35.32						
7.	REIS Beatriz Grave	05	Rio Maior	**2:36.34**	+0,70	524	
	50m: 34.18 34.18 100m: 1:15.43 41.25 150m: 2:00.86 45.43 200m: 2:36.34 35.48						
8.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:38.78**	+0,76	501	
	50m: 33.37 33.37 100m: 1:16.10 42.73 150m: 2:00.84 44.74 200m: 2:38.78 37.94						
9.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:39.17**	+0,80	497	
	50m: 33.73 33.73 100m: 1:16.13 42.40 150m: 2:01.45 45.32 200m: 2:39.17 37.72						
10.	ANDRE Isadora Maia	05	Benfica	**2:39.26**	+0,76	496	
	50m: 33.86 33.86 100m: 1:15.23 41.37 150m: 2:03.44 48.21 200m: 2:39.26 35.82						
11.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:40.10**	+0,87	488	
	50m: 36.06 36.06 100m: 1:18.53 42.47 150m: 2:03.88 45.35 200m: 2:40.10 36.22						

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Prova 7, Femin., 200m Estilos, Elimin

Prova 7 | Femin., 200m Estilos | Juvenis A
04-04-2019 - 11:10 | Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015

PreJun_Fem Juv: 2:25.33 / CEJun_Fem 14 - 17: 2:21.10 / CMJ_Fem 14 - 17: 2:18.33 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:25.84**	+0,78	646	
	50m: 30.54 (30.54) 100m: 1:08.24 (37.70) 150m: 1:51.66 (43.42) 200m: 2:25.84 (34.18)						
2.	RODRIGUES Lidiana Correia	04	Belenenses	**2:29.44**	+0,78	601	
	50m: 32.76 (32.76) 100m: 1:12.64 (39.88) 150m: 1:54.59 (41.95) 200m: 2:29.44 (34.85)						
3.	SANTOS Leonor Esteves	04	Avancado EUL	**2:29.62**	+0,91	598	
	50m: 32.97 (32.97) 100m: 1:13.38 (40.41) 150m: 1:54.75 (41.37) 200m: 2:29.62 (34.87)						
4.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:32.17**	+0,67	569	
	50m: 30.92 (30.92) 100m: 1:09.94 (39.02) 150m: 1:56.13 (46.19) 200m: 2:32.17 (36.04)						
5.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:32.94**	+0,71	560	
	50m: 32.23 (32.23) 100m: 1:11.48 (39.25) 150m: 1:57.78 (46.30) 200m: 2:32.94 (35.16)						
6.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:35.04**	+0,76	538	
	50m: 31.82 (31.82) 100m: 1:10.61 (38.79) 150m: 1:59.04 (48.43) 200m: 2:35.04 (36.00)						
7.	MARQUES Maria Alexandra	04	Albicastrense	**2:35.23**	+0,75	536	
	50m: 32.77 (32.77) 100m: 1:13.61 (40.84) 150m: 1:59.70 (46.09) 200m: 2:35.23 (35.53)						
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:36.58**	+0,84	522	
	50m: 32.34 (32.34) 100m: 1:13.53 (41.19) 150m: 1:59.50 (45.97) 200m: 2:36.58 (37.08)						
9.	FLORENCIO Matilde Alves	04	Condeixa Clube	**2:36.62**	+0,78	522	
	50m: 32.90 (32.90) 100m: 1:14.62 (41.72) 150m: 2:01.89 (47.27) 200m: 2:36.62 (34.73)						
10.	COSTA Catarina Nunes	04	Gesloures	**2:38.00**	+0,86	508	
	50m: 34.04 (34.04) 100m: 1:17.04 (43.00) 150m: 2:01.57 (44.53) 200m: 2:38.00 (36.43)						
11.	INACIO Marta Macedo	04	Sporting	**2:38.35**	+0,82	505	
	50m: 32.40 (32.40) 100m: 1:14.06 (41.66) 200m: 2:38.35 (1:24.29)						
12.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:38.72**	+0,85	501	
	50m: 33.41 (33.41) 100m: 1:13.28 (39.87) 150m: 2:00.51 (47.23) 200m: 2:38.72 (38.21)						
13.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:39.79**	+0,73	491	
	50m: 33.51 (33.51) 100m: 1:15.05 (41.54) 150m: 2:02.30 (47.25) 200m: 2:39.79 (37.49)						
DSQ	OLIVEIRA Ana Rita	04	Naval Povoense				
	SW 6.2 - O (a) atleta perdeu a posição dorsal durante na viragem aos 100 m						

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Prova 7 — Femin., 200m Estilos — Juniores
04-04-2019 - 11:10 — Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012

CEJun_Fem 14 - 17: 2:21.10 / CMJ_Fem 14 - 17: 2:18.33 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Ana Reis *Minimos CE Jun*	02	Alges	**2:20.57**	+0,71	722	
	50m: 30.55 30.55 100m: 1:07.09 36.54 150m: 1:47.88 40.79 200m: 2:20.57 32.69						
2.	PINA Ana Sofia	02	O Crasto	**2:22.74**	+0,70	689	
	50m: 30.90 30.90 100m: 1:07.70 36.80 150m: 1:50.42 42.72 200m: 2:22.74 32.32						
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:23.29**	+0,77	681	
	50m: 30.17 30.17 100m: 1:08.04 37.87 150m: 1:50.42 42.38 200m: 2:23.29 32.87						
4.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:25.57**	+0,79	650	
	50m: 31.19 31.19 100m: 1:08.58 37.39 150m: 1:51.42 42.84 200m: 2:25.57 34.15						
5.	CARDEAL Joana Nunes	02	Academico Viseu	**2:26.86**	+0,81	633	
	50m: 30.94 30.94 100m: 1:08.18 37.24 150m: 1:52.30 44.12 200m: 2:26.86 34.56						
6.	CRUZ Sara Moura	03	Alges	**2:27.14**	+0,70	629	
	50m: 31.31 31.31 100m: 1:08.68 37.37 150m: 1:53.74 45.06 200m: 2:27.14 33.40						
7.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:29.85**	+0,85	596	
	50m: 32.37 32.37 100m: 1:10.55 38.18 150m: 1:54.14 43.59 200m: 2:29.85 35.71						
8.	CASTRO Maria Freitas	03	Fafe	**2:30.19**	+0,76	592	
	50m: 31.46 31.46 100m: 1:11.81 40.35 150m: 1:54.78 42.97 200m: 2:30.19 35.41						
9.	DIAS Ana Leonor	02	Natacao Olhao	**2:31.63**	+0,73	575	
	50m: 32.82 32.82 100m: 1:14.80 41.98 150m: 1:57.40 42.60 200m: 2:31.63 34.23						
10.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:31.65**	+0,80	575	
	50m: 31.77 31.77 100m: 1:10.41 38.64 150m: 1:57.39 46.98 200m: 2:31.65 34.26						
11.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:31.75**	+0,70	574	
	50m: 32.54 32.54 100m: 1:11.39 38.85 150m: 1:56.10 44.71 200m: 2:31.75 35.65						
12.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:35.04**	+0,71	538	
	50m: 31.95 31.95 100m: 1:12.22 40.27 150m: 1:56.57 44.35 200m: 2:35.04 38.47						
13.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:36.14**	+0,74	526	
	50m: 32.35 32.35 100m: 1:13.06 40.71 150m: 1:58.64 45.58 200m: 2:36.14 37.50						
14.	FIAL Sofia Nunes	03	Estamos Juntos	**2:37.98**	+0,81	508	
	50m: 33.69 33.69 100m: 1:15.81 42.12 150m: 2:00.57 44.76 200m: 2:37.98 37.41						
DSQ	LASCU Nicoleta	02	Litoral Alentejano				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						

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Prova 7 — Femin., 200m Estilos — Seniores
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Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017

CMPL 19 +: 2:13.03 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**2:19.96**	+0,72	731	
	50m: 30.13 (30.13) 100m: 1:06.78 (36.65) 150m: 1:46.07 (39.29) 200m: 2:19.96 (33.89)						
2.	PEREIRA Raquel Gomes	00	Alges	**2:22.75**	+0,77	689	
	50m: 29.73 (29.73) 100m: 1:07.36 (37.63) 150m: 1:47.39 (40.03) 200m: 2:22.75 (35.36)						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:23.28**	+0,78	682	
	50m: 30.62 (30.62) 100m: 1:08.07 (37.45) 150m: 1:49.03 (40.96) 200m: 2:23.28 (34.25)						
4.	CABRAL Maria Francisca	00	Porto	**2:25.65**	+0,77	649	
	50m: 31.35 (31.35) 100m: 1:07.79 (36.44) 150m: 1:51.43 (43.64) 200m: 2:25.65 (34.22)						
5.	BELEZA Mafalda Gomes	94	Sporting	**2:26.23**	+0,68	641	
	50m: 31.77 (31.77) 100m: 1:09.29 (37.52) 150m: 1:52.29 (43.00) 200m: 2:26.23 (33.94)						
6.	VELOSO Teresa Miguel	00	Sporting	**2:27.18**	+0,75	629	
	50m: 31.31 (31.31) 100m: 1:09.29 (37.98) 150m: 1:52.47 (43.18) 200m: 2:27.18 (34.71)						
7.	FERNANDES Ines Camacho	97	Sporting	**2:27.42**	+0,73	626	
	50m: 30.30 (30.30) 100m: 1:08.93 (38.63) 150m: 1:52.10 (43.17) 200m: 2:27.42 (35.32)						
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:28.06**	+0,81	618	
	50m: 31.56 (31.56) 100m: 1:12.24 (40.68) 150m: 1:52.93 (40.69) 200m: 2:28.06 (35.13)						
9.	MARTINS Ana Beatriz	99	Famalicao	**2:29.08**	+0,78	605	
	50m: 30.98 (30.98) 100m: 1:10.83 (39.85) 150m: 1:55.72 (44.89) 200m: 2:29.08 (33.36)						
10.	SILVA Beatriz Santos	01	Porto	**2:29.81**	+0,82	596	
	50m: 32.06 (32.06) 100m: 1:12.02 (39.96) 150m: 1:55.09 (43.07) 200m: 2:29.81 (34.72)						
11.	SILVA Maria Madalena	98	Braga	**2:30.80**	+0,74	584	
	50m: 31.19 (31.19) 100m: 1:10.08 (38.89) 150m: 1:54.76 (44.68) 200m: 2:30.80 (36.04)						
12.	RIBEIRO Margarida Messias	98	Gesloures	**2:31.17**	+0,72	580	
	50m: 32.69 (32.69) 100m: 1:13.04 (40.35) 150m: 1:55.53 (42.49) 200m: 2:31.17 (35.64)						
13.	RIESENBERGER Bruna Martins	97	Laranjeiro	**2:31.97**	+0,71	571	
	50m: 31.72 (31.72) 100m: 1:11.24 (39.52) 150m: 1:57.31 (46.07) 200m: 2:31.97 (34.66)						

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Prova 7 | Femin., 200m Estilos | Absolutos
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Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010

PreJun_Fem Juv: 2:25.33 / CEJun_Fem 14 - 17: 2:21.10 / CMJ_Fem 14 - 17: 2:18.33 / CMPL 19 +: 2:13.03 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**2:19.96**	+0,72	731	
	50m: 30.13 (30.13) 100m: 1:06.78 (36.65) 150m: 1:46.07 (39.29) 200m: 2:19.96 (33.89)						
2.	SOUSA Ana Reis *Minimos CE Jun*	02	Alges	**2:20.57**	+0,71	722	
	50m: 30.55 (30.55) 100m: 1:07.09 (36.54) 150m: 1:47.88 (40.79) 200m: 2:20.57 (32.69)						
3.	PINA Ana Sofia	02	O Crasto	**2:22.74**	+0,70	689	
	50m: 30.90 (30.90) 100m: 1:07.70 (36.80) 150m: 1:50.42 (42.72) 200m: 2:22.74 (32.32)						
4.	PEREIRA Raquel Gomes	00	Alges	**2:22.75**	+0,77	689	
	50m: 29.73 (29.73) 100m: 1:07.36 (37.63) 150m: 1:47.39 (40.03) 200m: 2:22.75 (35.36)						
5.	MACHADO Luisa Maria	01	Uniao Piedense	**2:23.28**	+0,78	682	
	50m: 30.62 (30.62) 100m: 1:08.07 (37.45) 150m: 1:49.03 (40.96) 200m: 2:23.28 (34.25)						
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:23.29**	+0,77	681	
	50m: 30.17 (30.17) 100m: 1:08.04 (37.87) 150m: 1:50.42 (42.38) 200m: 2:23.29 (32.87)						
7.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:25.57**	+0,79	650	
	50m: 31.19 (31.19) 100m: 1:08.58 (37.39) 150m: 1:51.42 (42.84) 200m: 2:25.57 (34.15)						
8.	CABRAL Maria Francisca	00	Porto	**2:25.65**	+0,77	649	
	50m: 31.35 (31.35) 100m: 1:07.79 (36.44) 150m: 1:51.43 (43.64) 200m: 2:25.65 (34.22)						
9.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:25.84**	+0,78	646	
	50m: 30.54 (30.54) 100m: 1:08.24 (37.70) 150m: 1:51.66 (43.42) 200m: 2:25.84 (34.18)						
10.	BELEZA Mafalda Gomes	94	Sporting	**2:26.23**	+0,68	641	
	50m: 31.77 (31.77) 100m: 1:09.29 (37.52) 150m: 1:52.29 (43.00) 200m: 2:26.23 (33.94)						
11.	CARDEAL Joana Nunes	02	Academico Viseu	**2:26.86**	+0,81	633	
	50m: 30.94 (30.94) 100m: 1:08.18 (37.24) 150m: 1:52.30 (44.12) 200m: 2:26.86 (34.56)						
12.	CRUZ Sara Moura	03	Alges	**2:27.14**	+0,70	629	
	50m: 31.31 (31.31) 100m: 1:08.68 (37.37) 150m: 1:53.74 (45.06) 200m: 2:27.14 (33.40)						
13.	VELOSO Teresa Miguel	00	Sporting	**2:27.18**	+0,75	629	
	50m: 31.31 (31.31) 100m: 1:09.29 (37.98) 150m: 1:52.47 (43.18) 200m: 2:27.18 (34.71)						
14.	FERNANDES Ines Camacho	97	Sporting	**2:27.42**	+0,73	626	
	50m: 30.30 (30.30) 100m: 1:08.93 (38.63) 150m: 1:52.10 (43.17) 200m: 2:27.42 (35.32)						
15.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:28.06**	+0,81	618	
	50m: 31.56 (31.56) 100m: 1:12.24 (40.68) 150m: 1:52.93 (40.69) 200m: 2:28.06 (35.13)						

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Prova 7, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MARTINS Ana Beatriz	99	Famalicao	**2:29.08**	+0,78	605	
	50m: 30.98 30.98 100m: 1:10.83 39.85 150m: 1:55.72 44.89 200m: 2:29.08 33.36						
17.	RODRIGUES Lidiana Correia	04	Belenenses	**2:29.44**	+0,78	601	
	50m: 32.76 32.76 100m: 1:12.64 39.88 150m: 1:54.59 41.95 200m: 2:29.44 34.85						
18.	SANTOS Leonor Esteves	04	Avancado EUL	**2:29.62**	+0,91	598	
	50m: 32.97 32.97 100m: 1:13.38 40.41 150m: 1:54.75 41.37 200m: 2:29.62 34.87						
19.	SILVA Beatriz Santos	01	Porto	**2:29.81**	+0,82	596	
	50m: 32.06 32.06 100m: 1:12.02 39.96 150m: 1:55.09 43.07 200m: 2:29.81 34.72						
20.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:29.85**	+0,85	596	
	50m: 32.37 32.37 100m: 1:10.55 38.18 150m: 1:54.14 43.59 200m: 2:29.85 35.71						
21.	DELGADO Soraia Alexandra	05	Sporting	**2:29.97**	+0,69	594	
	50m: 31.93 31.93 100m: 1:11.63 39.70 150m: 1:55.02 43.39 200m: 2:29.97 34.95						
22.	CASTRO Maria Freitas	03	Fafe	**2:30.19**	+0,76	592	
	50m: 31.46 31.46 100m: 1:11.81 40.35 150m: 1:54.78 42.97 200m: 2:30.19 35.41						
23.	LOPES Daniela Magalhaes	05	Famalicao	**2:30.58**	+0,83	587	
	50m: 32.06 32.06 100m: 1:12.10 40.04 150m: 1:56.40 44.30 200m: 2:30.58 34.18						
24.	SILVA Maria Madalena	98	Braga	**2:30.80**	+0,74	584	
	50m: 31.19 31.19 100m: 1:10.08 38.89 150m: 1:54.76 44.68 200m: 2:30.80 36.04						
25.	REIS Erica Cristina	05	Sporting	**2:30.93**	+0,70	583	
	50m: 32.87 32.87 100m: 1:13.56 40.69 150m: 1:56.99 43.43 200m: 2:30.93 33.94						
26.	RIBEIRO Margarida Messias	98	Gesloures	**2:31.17**	+0,72	580	
	50m: 32.69 32.69 100m: 1:13.04 40.35 150m: 1:55.53 42.49 200m: 2:31.17 35.64						
27.	DIAS Ana Leonor	02	Natacao Olhao	**2:31.63**	+0,73	575	
	50m: 32.82 32.82 100m: 1:14.80 41.98 150m: 1:57.40 42.60 200m: 2:31.63 34.23						
28.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:31.65**	+0,80	575	
	50m: 31.77 31.77 100m: 1:10.41 38.64 150m: 1:57.39 46.98 200m: 2:31.65 34.26						
29.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:31.75**	+0,70	574	
	50m: 32.54 32.54 100m: 1:11.39 38.85 150m: 1:56.10 44.71 200m: 2:31.75 35.65						
30.	RIESENBERGER Bruna Martins	97	Laranjeiro	**2:31.97**	+0,71	571	
	50m: 31.72 31.72 100m: 1:11.24 39.52 150m: 1:57.31 46.07 200m: 2:31.97 34.66						
31.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:32.17**	+0,67	569	
	50m: 30.92 30.92 100m: 1:09.94 39.02 150m: 1:56.13 46.19 200m: 2:32.17 36.04						
32.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:32.23**	+0,75	568	
	50m: 32.34 32.34 100m: 1:13.09 40.75 150m: 1:57.09 44.00 200m: 2:32.23 35.14						
33.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:32.94**	+0,71	560	
	50m: 32.23 32.23 100m: 1:11.48 39.25 150m: 1:57.78 46.30 200m: 2:32.94 35.16						
34.	NUNES Margarida Domingues	05	Avancado EUL	**2:33.50**	+0,74	554	
	50m: 33.68 33.68 100m: 1:15.51 41.83 150m: 1:58.35 42.84 200m: 2:33.50 35.15						
35.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:35.04**	+0,76	538	
	50m: 31.82 31.82 100m: 1:10.61 38.79 150m: 1:59.04 48.43 200m: 2:35.04 36.00						

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Prova 7, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:35.04**	+0,71	538	
	50m: 31.95 31.95 100m: 1:12.22 40.27 150m: 1:56.57 44.35 200m: 2:35.04 38.47						
37.	MARQUES Maria Alexandra	04	Albicastrense	**2:35.23**	+0,75	536	
	50m: 32.77 32.77 100m: 1:13.61 40.84 150m: 1:59.70 46.09 200m: 2:35.23 35.53						
38.	LOPES Francisca Macedo	05	Vilacondense	**2:36.04**		528	
	50m: 34.38 34.38 100m: 1:15.07 40.69 150m: 2:00.72 45.65 200m: 2:36.04 35.32						
39.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:36.14**	+0,74	526	
	50m: 32.35 32.35 100m: 1:13.06 40.71 150m: 1:58.64 45.58 200m: 2:36.14 37.50						
40.	REIS Beatriz Grave	05	Rio Maior	**2:36.34**	+0,70	524	
	50m: 34.18 34.18 100m: 1:15.43 41.25 150m: 2:00.86 45.43 200m: 2:36.34 35.48						
41.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:36.58**	+0,84	522	
	50m: 32.34 32.34 100m: 1:13.53 41.19 150m: 1:59.50 45.97 200m: 2:36.58 37.08						
42.	FLORENCIO Matilde Alves	04	Condeixa Clube	**2:36.62**	+0,78	522	
	50m: 32.90 32.90 100m: 1:14.62 41.72 150m: 2:01.89 47.27 200m: 2:36.62 34.73						
43.	FIAL Sofia Nunes	03	Estamos Juntos	**2:37.98**	+0,81	508	
	50m: 33.69 33.69 100m: 1:15.81 42.12 150m: 2:00.57 44.76 200m: 2:37.98 37.41						
44.	COSTA Catarina Nunes	04	Gesloures	**2:38.00**	+0,86	508	
	50m: 34.04 34.04 100m: 1:17.04 43.00 150m: 2:01.57 44.53 200m: 2:38.00 36.43						
45.	INACIO Marta Macedo	04	Sporting	**2:38.35**	+0,82	505	
	50m: 32.40 32.40 100m: 1:14.06 41.66 200m: 2:38.35 1:24.29						
46.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:38.72**	+0,85	501	
	50m: 33.41 33.41 100m: 1:13.28 39.87 150m: 2:00.51 47.23 200m: 2:38.72 38.21						
47.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:38.78**	+0,76	501	
	50m: 33.37 33.37 100m: 1:16.10 42.73 150m: 2:00.84 44.74 200m: 2:38.78 37.94						
48.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:39.17**	+0,80	497	
	50m: 33.73 33.73 100m: 1:16.13 42.40 150m: 2:01.45 45.32 200m: 2:39.17 37.72						
49.	ANDRE Isadora Maia	05	Benfica	**2:39.26**	+0,76	496	
	50m: 33.86 33.86 100m: 1:15.23 41.37 150m: 2:03.44 48.21 200m: 2:39.26 35.82						
50.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:39.79**	+0,73	491	
	50m: 33.51 33.51 100m: 1:15.05 41.54 150m: 2:02.30 47.25 200m: 2:39.79 37.49						
51.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:40.10**	+0,87	488	
	50m: 36.06 36.06 100m: 1:18.53 42.47 150m: 2:03.88 45.35 200m: 2:40.10 36.22						
DSQ	OLIVEIRA Ana Rita	04	Naval Povoense				
	SW 6.2 - O (a) atleta perdeu a posição dorsal durante na viragem aos 100 m						
DSQ	LASCU Nicoleta	02	Litoral Alentejano				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						

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Prova 1 — Femin., 50m Costas — Absolutos
04-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FREIXO Juliana Lima	97	Braga	**31.10**	+0,60	658	
2.	MENDES Lea Alexandra	03	Gualdim Pais	**31.81**	+0,59	615	

Prova 8 — Masc., 1500m Livres — Juvenis B
04-04-2019 - 11:35 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**17:07.93**	+0,70	608	

50m:	29.17	29.17	450m:	5:04.36	34.82	850m:	9:40.80	34.54	1250m:	14:18.04	34.20
100m:	1:02.19	33.02	500m:	5:39.43	35.07	900m:	10:15.65	34.85	1300m:	14:52.95	34.91
150m:	1:36.51	34.32	550m:	6:13.79	34.36	950m:	10:50.18	34.53	1350m:	15:27.27	34.32
200m:	2:10.82	34.31	600m:	6:48.69	34.90	1000m:	11:25.06	34.88	1400m:	16:01.50	34.23
250m:	2:45.09	34.27	650m:	7:23.11	34.42	1050m:	11:59.61	34.55	1450m:	16:35.43	33.93
300m:	3:19.81	34.72	700m:	7:57.78	34.67	1100m:	12:34.57	34.96	1500m:	17:07.93	32.50
350m:	3:54.56	34.75	750m:	8:31.82	34.04	1150m:	13:09.06	34.49			
400m:	4:29.54	34.98	800m:	9:06.26	34.44	1200m:	13:43.84	34.78			

2.	ALMEIDA Bernardo Victorino	04	Sporting	**17:08.59**	+0,76	607					
50m:	29.04	29.04	450m:	5:02.09	34.89	850m:	9:40.47	34.91	1250m:	14:19.10	34.89
100m:	1:01.75	32.71	500m:	5:36.61	34.52	900m:	10:15.70	35.23	1300m:	14:53.50	34.40
150m:	1:35.89	34.14	550m:	6:11.11	34.50	950m:	10:51.11	35.41	1350m:	15:27.86	34.36
200m:	2:10.13	34.24	600m:	6:45.90	34.79	1000m:	11:25.69	34.58	1400m:	16:02.23	34.37
250m:	2:44.05	33.92	650m:	7:21.07	35.17	1050m:	12:00.79	35.10	1450m:	16:36.80	34.57
300m:	3:18.89	34.84	700m:	7:55.74	34.67	1100m:	12:34.87	34.08	1500m:	17:08.59	31.79
350m:	3:53.05	34.16	750m:	8:30.76	35.02	1150m:	13:09.53	34.66			
400m:	4:27.20	34.15	800m:	9:05.56	34.80	1200m:	13:44.21	34.68			

3.	NUNES Diogo Severino	04	Natacao de Valongo	**17:09.22**	+0,83	606					
50m:	30.26	30.26	450m:	5:05.15	34.67	850m:	9:42.90	34.74	1250m:	14:20.49	34.64
100m:	1:03.80	33.54	500m:	5:39.42	34.27	900m:	10:17.75	34.85	1300m:	14:55.59	35.10
150m:	1:37.93	34.13	550m:	6:13.97	34.55	950m:	10:52.13	34.38	1350m:	15:30.77	35.18
200m:	2:12.69	34.76	600m:	6:48.97	35.00	1000m:	11:26.87	34.74	1400m:	16:04.98	34.21
250m:	2:47.69	35.00	650m:	7:23.51	34.54	1050m:	12:01.56	34.69	1450m:	16:38.82	33.84
300m:	3:21.53	33.84	700m:	7:58.36	34.85	1100m:	12:36.01	34.45	1500m:	17:09.22	30.40
350m:	3:56.05	34.52	750m:	8:32.77	34.41	1150m:	13:10.78	34.77			
400m:	4:30.48	34.43	800m:	9:08.16	35.39	1200m:	13:45.85	35.07			

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PROZIS
PARCEIROS
FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:11.72**	+0,76	601	

50m:	29.94	29.94	450m:	5:05.13	34.60	850m:	9:42.12	34.86	1250m:	14:20.47	34.57
100m:	1:03.32	33.38	500m:	5:39.81	34.68	900m:	10:17.07	34.95	1300m:	14:54.97	34.50
150m:	1:37.71	34.39	550m:	6:14.21	34.40	950m:	10:52.06	34.99	1350m:	15:29.64	34.67
200m:	2:12.32	34.61	600m:	6:49.03	34.82	1000m:	11:26.70	34.64	1400m:	16:03.90	34.26
250m:	2:46.74	34.42	650m:	7:23.74	34.71	1050m:	12:01.69	34.99	1450m:	16:38.65	34.75
300m:	3:21.37	34.63	700m:	7:58.15	34.41	1100m:	12:36.64	34.95	1500m:	17:11.72	33.07
350m:	3:56.19	34.82	750m:	8:32.64	34.49	1150m:	13:11.42	34.78			
400m:	4:30.53	34.34	800m:	9:07.26	34.62	1200m:	13:45.90	34.48			

5.	CARVALHO Antonio Lombardi	04	Belenenses	**17:17.85**	+0,79	591							
50m:	31.00	31.00	450m:	5:09.75	35.41	850m:	9:49.59	35.12	1250m:	14:28.66	34.75
100m:	1:05.56	34.56	500m:	5:44.68	34.93	900m:	10:24.00	34.41	1300m:	15:03.31	34.65
150m:	1:39.80	34.24	550m:	6:19.52	34.84	950m:	10:59.50	35.50	1350m:	15:37.97	34.66
200m:	2:14.38	34.58	600m:	6:54.16	34.64	1000m:	11:33.88	34.38	1400m:	16:12.14	34.17
250m:	2:49.35	34.97	650m:	7:29.12	34.96	1050m:	12:09.21	35.33	1450m:	16:46.10	33.96
300m:	3:24.18	34.83	700m:	8:04.43	35.31	1100m:	12:43.57	34.36	1500m:	17:17.85	31.75
350m:	3:59.50	35.32	750m:	8:39.75	35.32	1150m:	13:18.61	35.04			
400m:	4:34.34	34.84	800m:	9:14.47	34.72	1200m:	13:53.91	35.30			

6.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**17:19.42**	+0,81	588							
50m:	29.82	29.82	450m:	5:00.35	34.38	850m:	9:39.72	34.95	1250m:	14:22.65	35.20
100m:	1:02.73	32.91	500m:	5:35.20	34.85	900m:	10:15.12	35.40	1300m:	14:58.30	35.65
150m:	1:36.09	33.36	550m:	6:09.62	34.42	950m:	10:50.36	35.24	1350m:	15:33.17	34.87
200m:	2:09.68	33.59	600m:	6:44.32	34.70	1000m:	11:25.47	35.11	1400m:	16:09.38	36.21
250m:	2:43.36	33.68	650m:	7:19.21	34.89	1050m:	12:00.57	35.10	1450m:	16:44.41	35.03
300m:	3:17.42	34.06	700m:	7:54.31	35.10	1100m:	12:36.42	35.85	1500m:	17:19.42	35.01
350m:	3:51.53	34.11	750m:	8:29.05	34.74	1150m:	13:11.55	35.13			
400m:	4:25.97	34.44	800m:	9:04.77	35.72	1200m:	13:47.45	35.90			

7.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**17:27.13**	+0,75	575							
50m:	30.05	30.05	450m:	5:06.45	34.62	850m:	9:47.51	35.55	1250m:	14:32.87	35.76
100m:	1:03.48	33.43	500m:	5:41.57	35.12	900m:	10:23.54	36.03	1300m:	15:09.23	36.36
150m:	1:37.62	34.14	550m:	6:16.22	34.65	950m:	10:58.93	35.39	1350m:	15:45.26	36.03
200m:	2:12.11	34.49	600m:	6:51.32	35.10	1000m:	11:33.94	35.01	1400m:	16:20.84	35.58
250m:	2:46.88	34.77	650m:	7:26.21	34.89	1050m:	12:09.48	35.54	1450m:	16:54.73	33.89
300m:	3:21.64	34.76	700m:	8:01.22	35.01	1100m:	12:45.24	35.76	1500m:	17:27.13	32.40
350m:	3:56.68	35.04	750m:	8:36.62	35.40	1150m:	13:21.06	35.82			
400m:	4:31.83	35.15	800m:	9:11.96	35.34	1200m:	13:57.11	36.05			

8.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:39.37**	+0,92	555							
50m:	31.40	31.40	450m:	5:17.23	35.84	850m:	10:01.52	35.31	1250m:	14:43.65	36.11
100m:	1:06.35	34.95	500m:	5:52.79	35.56	900m:	10:36.77	35.25	1300m:	15:20.38	36.73
150m:	1:42.29	35.94	550m:	6:28.45	35.66	950m:	11:11.39	34.62	1350m:	15:54.94	34.56
200m:	2:18.19	35.90	600m:	7:03.92	35.47	1000m:	11:46.72	35.33	1400m:	16:30.38	35.44
250m:	2:53.90	35.71	650m:	7:39.77	35.85	1050m:	12:22.21	35.49	1450m:	17:05.24	34.86
300m:	3:30.02	36.12	700m:	8:15.45	35.68	1100m:	12:57.35	35.14	1500m:	17:39.37	34.13
350m:	4:05.80	35.78	750m:	8:50.89	35.44	1150m:	13:32.36	35.01			
400m:	4:41.39	35.59	800m:	9:26.21	35.32	1200m:	14:07.54	35.18			

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Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:43.64**	+0,68	549	

50m:	30.27	30.27	450m:	5:14.22	35.73	850m:	10:02.08	36.11	1250m:	14:48.79	35.75
100m:	1:03.98	33.71	500m:	5:50.09	35.87	900m:	10:37.96	35.88	1300m:	15:24.89	36.10
150m:	1:39.28	35.30	550m:	6:25.90	35.81	950m:	11:13.46	35.50	1350m:	16:00.69	35.80
200m:	2:14.85	35.57	600m:	7:01.88	35.98	1000m:	11:49.41	35.95	1400m:	16:36.00	35.31
250m:	2:50.45	35.60	650m:	7:37.47	35.59	1050m:	12:25.41	36.00	1450m:	17:10.02	34.02
300m:	3:26.54	36.09	700m:	8:13.31	35.84	1100m:	13:01.36	35.95	1500m:	17:43.64	33.62
350m:	4:02.49	35.95	750m:	8:49.75	36.44	1150m:	13:37.01	35.65			
400m:	4:38.49	36.00	800m:	9:25.97	36.22	1200m:	14:13.04	36.03			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SANTOS Francisco Amaro	04	Gesloures	**17:47.52**	+0,86	543	

50m:	31.54	31.54	450m:	5:19.20	35.78	850m:	10:04.07	35.74	1250m:	14:51.85	36.29
100m:	1:06.83	35.29	500m:	5:54.66	35.46	900m:	10:39.76	35.69	1300m:	15:27.97	36.12
150m:	1:42.84	36.01	550m:	6:30.06	35.40	950m:	11:15.61	35.85	1350m:	16:04.00	36.03
200m:	2:18.94	36.10	600m:	7:05.31	35.25	1000m:	11:51.51	35.90	1400m:	16:39.86	35.86
250m:	2:55.18	36.24	650m:	7:40.98	35.67	1050m:	12:27.46	35.95	1450m:	17:14.43	34.57
300m:	3:31.38	36.20	700m:	8:16.60	35.62	1100m:	13:03.27	35.81	1500m:	17:47.52	33.09
350m:	4:07.77	36.39	750m:	8:52.54	35.94	1150m:	13:39.47	36.20			
400m:	4:43.42	35.65	800m:	9:28.33	35.79	1200m:	14:15.56	36.09			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SANTOS Gabriel Moreira	04	Famalicao	**17:48.53**	+0,77	541	

50m:	30.77	30.77	450m:	5:12.54	35.99	850m:	9:59.54	35.86	1250m:	14:48.85	35.64
100m:	1:04.76	33.99	500m:	5:48.56	36.02	900m:	10:36.10	36.56	1300m:	15:25.16	36.31
150m:	1:39.16	34.40	550m:	6:24.03	35.47	950m:	11:12.19	36.09	1350m:	16:01.11	35.95
200m:	2:14.30	35.14	600m:	7:00.16	36.13	1000m:	11:48.64	36.45	1400m:	16:37.20	36.09
250m:	2:49.55	35.25	650m:	7:36.10	35.94	1050m:	12:24.56	35.92	1450m:	17:13.07	35.87
300m:	3:24.71	35.16	700m:	8:11.84	35.74	1100m:	13:00.65	36.09	1500m:	17:48.53	35.46
350m:	4:00.27	35.56	750m:	8:47.41	35.57	1150m:	13:36.93	36.28			
400m:	4:36.55	36.28	800m:	9:23.68	36.27	1200m:	14:13.21	36.28			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:48.95**	+0,74	541	

50m:	31.50	31.50	450m:	5:17.60	36.26	850m:	10:05.56	35.85	1250m:	14:53.79	35.86
100m:	1:05.83	34.33	500m:	5:53.81	36.21	900m:	10:41.49	35.93	1300m:	15:29.63	35.84
150m:	1:41.02	35.19	550m:	6:29.88	36.07	950m:	11:17.40	35.91	1350m:	16:05.29	35.66
200m:	2:16.85	35.83	600m:	7:05.86	35.98	1000m:	11:53.49	36.09	1400m:	16:40.65	35.36
250m:	2:52.92	36.07	650m:	7:41.88	36.02	1050m:	12:29.53	36.04	1450m:	17:15.31	34.66
300m:	3:28.92	36.00	700m:	8:18.07	36.19	1100m:	13:05.71	36.18	1500m:	17:48.95	33.64
350m:	4:05.18	36.26	750m:	8:53.84	35.77	1150m:	13:41.75	36.04			
400m:	4:41.34	36.16	800m:	9:29.71	35.87	1200m:	14:17.93	36.18			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:52.80**	+0,86	535	

50m:	30.56	30.56	450m:	5:13.30	36.12	850m:	10:05.48	36.25	1250m:	14:54.29	35.97
100m:	1:04.92	34.36	500m:	5:50.08	36.78	900m:	10:41.98	36.50	1300m:	15:30.57	36.28
150m:	1:39.54	34.62	550m:	6:26.35	36.27	950m:	11:17.74	35.76	1350m:	16:06.93	36.36
200m:	2:14.67	35.13	600m:	7:02.87	36.52	1000m:	11:54.02	36.28	1400m:	16:43.78	36.85
250m:	2:50.06	35.39	650m:	7:39.27	36.40	1050m:	12:29.99	35.97	1450m:	17:18.85	35.07
300m:	3:25.45	35.39	700m:	8:16.19	36.92	1100m:	13:06.17	36.18	1500m:	17:52.80	33.95
350m:	4:01.13	35.68	750m:	8:52.23	36.04	1150m:	13:42.15	35.98			
400m:	4:37.18	36.05	800m:	9:29.23	37.00	1200m:	14:18.32	36.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARVALHO Martim Henriques	04	Rio Maior	**17:55.83**	+0,79	530	

50m:	31.90	31.90	450m:	5:18.30	35.79	850m:	10:07.68	35.58	1250m:	14:57.38	36.47
100m:	1:07.37	35.47	500m:	5:54.40	36.10	900m:	10:44.20	36.52	1300m:	15:34.31	36.93
150m:	1:43.38	36.01	550m:	6:30.11	35.71	950m:	11:19.75	35.55	1350m:	16:10.26	35.95
200m:	2:19.63	36.25	600m:	7:06.32	36.21	1000m:	11:56.13	36.38	1400m:	16:46.51	36.25
250m:	2:55.33	35.70	650m:	7:42.67	36.35	1050m:	12:32.07	35.94	1450m:	17:21.79	35.28
300m:	3:31.40	36.07	700m:	8:19.41	36.74	1100m:	13:07.86	35.79	1500m:	17:55.83	34.04
350m:	4:06.69	35.29	750m:	8:55.61	36.20	1150m:	13:44.08	36.22			
400m:	4:42.51	35.82	800m:	9:32.10	36.49	1200m:	14:20.91	36.83			

15.	BORGES David Costa	04	Fluvial Portuense	**17:59.14**	+0,70	525	

50m:	30.28	30.28	450m:	5:19.01	35.85	850m:	10:10.95	36.32	1250m:	15:01.68	35.88
100m:	1:05.51	35.23	500m:	5:55.62	36.61	900m:	10:47.82	36.87	1300m:	15:38.31	36.63
150m:	1:41.97	36.46	550m:	6:31.49	35.87	950m:	11:24.44	36.62	1350m:	16:13.90	35.59
200m:	2:18.99	37.02	600m:	7:09.00	37.51	1000m:	12:00.94	36.50	1400m:	16:50.27	36.37
250m:	2:54.96	35.97	650m:	7:45.07	36.07	1050m:	12:36.57	35.63	1450m:	17:25.00	34.73
300m:	3:31.36	36.40	700m:	8:22.04	36.97	1100m:	13:13.18	36.61	1500m:	17:59.14	34.14
350m:	4:06.59	35.23	750m:	8:57.74	35.70	1150m:	13:49.13	35.95			
400m:	4:43.16	36.57	800m:	9:34.63	36.89	1200m:	14:25.80	36.67			

16.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**18:00.70**	+0,76	523	

50m:	30.72	30.72	450m:	5:16.16	36.62	850m:	10:07.78	37.43	1250m:	15:02.71	37.29
100m:	1:04.53	33.81	500m:	5:52.08	35.92	900m:	10:43.75	35.97	1300m:	15:39.47	36.76
150m:	1:39.92	35.39	550m:	6:28.64	36.56	950m:	11:21.48	37.73	1350m:	16:16.72	37.25
200m:	2:15.42	35.50	600m:	7:04.77	36.13	1000m:	11:58.25	36.77	1400m:	16:52.47	35.75
250m:	2:51.38	35.96	650m:	7:41.45	36.68	1050m:	12:35.46	37.21	1450m:	17:28.71	36.24
300m:	3:27.19	35.81	700m:	8:17.74	36.29	1100m:	13:11.73	36.27	1500m:	18:00.70	31.99
350m:	4:03.78	36.59	750m:	8:54.69	36.95	1150m:	13:49.08	37.35			
400m:	4:39.54	35.76	800m:	9:30.35	35.66	1200m:	14:25.42	36.34			

17.	SANTOS Rui Mamede	04	Uniao Coimbra	**18:13.96**	+0,76	504	

50m:	30.77	30.77	450m:	5:19.24	37.12	850m:	10:16.30	37.55	1250m:	15:13.21	36.49
100m:	1:05.45	34.68	500m:	5:56.17	36.93	900m:	10:53.88	37.58	1300m:	15:50.32	37.11
150m:	1:41.12	35.67	550m:	6:33.26	37.09	950m:	11:30.96	37.08	1350m:	16:25.90	35.58
200m:	2:17.02	35.90	600m:	7:10.55	37.29	1000m:	12:08.75	37.79	1400m:	17:02.77	36.87
250m:	2:53.26	36.24	650m:	7:46.78	36.23	1050m:	12:45.25	36.50	1450m:	17:39.21	36.44
300m:	3:29.14	35.88	700m:	8:24.00	37.22	1100m:	13:22.34	37.09	1500m:	18:13.96	34.75
350m:	4:05.65	36.51	750m:	9:01.23	37.23	1150m:	13:59.58	37.24			
400m:	4:42.12	36.47	800m:	9:38.75	37.52	1200m:	14:36.72	37.14			

18.	SANTOS Joao Afonso	04	Sporting	**18:32.51**	+0,87	479	

50m:	32.48	32.48	450m:	5:27.73	37.46	850m:	10:28.68	38.29	1250m:	15:27.18	37.95
100m:	1:08.09	35.61	500m:	6:05.05	37.32	900m:	11:06.14	37.46	1300m:	16:04.19	37.01
150m:	1:44.64	36.55	550m:	6:42.86	37.81	950m:	11:44.05	37.91	1350m:	16:41.75	37.56
200m:	2:21.35	36.71	600m:	7:19.74	36.88	1000m:	12:21.11	37.06	1400m:	17:19.19	37.44
250m:	2:58.46	37.11	650m:	7:57.49	37.75	1050m:	12:58.24	37.13	1450m:	17:56.65	37.46
300m:	3:35.42	36.96	700m:	8:35.00	37.51	1100m:	13:34.61	36.37	1500m:	18:32.51	35.86
350m:	4:12.83	37.41	750m:	9:12.88	37.88	1150m:	14:11.85	37.24			
400m:	4:50.27	37.44	800m:	9:50.39	37.51	1200m:	14:49.23	37.38			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	PINTO Guilherme Lobo	04	Foca	**18:35.66**	+0,79	475	

50m:	32.30	32.30	450m:	5:25.61	37.15	850m:	10:25.21	37.55	1250m:	15:27.54	37.88
100m:	1:08.56	36.26	500m:	6:02.85	37.24	900m:	11:02.89	37.68	1300m:	16:05.70	38.16
150m:	1:45.29	36.73	550m:	6:39.89	37.04	950m:	11:40.40	37.51	1350m:	16:43.18	37.48
200m:	2:21.87	36.58	600m:	7:17.63	37.74	1000m:	12:18.22	37.82	1400m:	17:20.84	37.66
250m:	2:57.96	36.09	650m:	7:54.97	37.34	1050m:	12:55.87	37.65	1450m:	17:58.24	37.40
300m:	3:34.61	36.65	700m:	8:32.51	37.54	1100m:	13:33.97	38.10	1500m:	18:35.66	37.42
350m:	4:11.18	36.57	750m:	9:10.20	37.69	1150m:	14:11.74	37.77			
400m:	4:48.46	37.28	800m:	9:47.66	37.46	1200m:	14:49.66	37.92			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	GAGO Tiago Charrua	04	Rio Maior	**18:45.54**	+0,68	463	

50m:	31.72	31.72	450m:	5:26.16	37.18	850m:	10:28.51	38.27	1250m:	15:33.34	37.37
100m:	1:06.97	35.25	500m:	6:03.71	37.55	900m:	11:06.27	37.76	1300m:	16:12.44	39.10
150m:	1:43.49	36.52	550m:	6:41.64	37.93	950m:	11:44.22	37.95	1350m:	16:51.33	38.89
200m:	2:20.26	36.77	600m:	7:18.94	37.30	1000m:	12:21.63	37.41	1400m:	17:29.23	37.90
250m:	2:57.40	37.14	650m:	7:56.51	37.57	1050m:	13:00.04	38.41	1450m:	18:07.70	38.47
300m:	3:34.11	36.71	700m:	8:34.15	37.64	1100m:	13:38.88	38.84	1500m:	18:45.54	37.84
350m:	4:11.90	37.79	750m:	9:12.26	38.11	1150m:	14:17.38	38.50			
400m:	4:48.98	37.08	800m:	9:50.24	37.98	1200m:	14:55.97	38.59			

Prova 8 — Masc., 1500m Livres — Juvenis A
04-04-2019 - 11:35 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Martim Miranda	03	Uniao Coimbra	**16:42.18**	+0,79	656	

50m:	30.05	30.05	450m:	4:56.57	33.46	850m:	9:26.09	33.56	1250m:	13:55.29	33.59
100m:	1:02.74	32.69	500m:	5:29.94	33.37	900m:	9:59.69	33.60	1300m:	14:29.07	33.78
150m:	1:35.91	33.17	550m:	6:03.60	33.66	950m:	10:33.40	33.71	1350m:	15:02.70	33.63
200m:	2:09.05	33.14	600m:	6:37.46	33.86	1000m:	11:07.39	33.99	1400m:	15:36.52	33.82
250m:	2:42.60	33.55	650m:	7:11.61	34.15	1050m:	11:41.17	33.78	1450m:	16:09.98	33.46
300m:	3:16.23	33.63	700m:	7:45.41	33.80	1100m:	12:14.42	33.25	1500m:	16:42.18	32.20
350m:	3:49.55	33.32	750m:	8:19.21	33.80	1150m:	12:48.26	33.84			
400m:	4:23.11	33.56	800m:	8:52.53	33.32	1200m:	13:21.70	33.44			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**16:53.25**	+0,79	635	

50m:	30.43	30.43	450m:	4:56.38	33.75	850m:	9:27.91	34.05	1250m:	14:00.89	34.95
100m:	1:02.78	32.35	500m:	5:29.95	33.57	900m:	10:02.11	34.20	1300m:	14:35.86	34.97
150m:	1:35.90	33.12	550m:	6:04.04	34.09	950m:	10:35.96	33.85	1350m:	15:10.95	35.09
200m:	2:08.80	32.90	600m:	6:37.81	33.77	1000m:	11:09.73	33.77	1400m:	15:45.60	34.65
250m:	2:42.38	33.58	650m:	7:12.20	34.39	1050m:	11:43.22	33.49	1450m:	16:20.11	34.51
300m:	3:15.56	33.18	700m:	7:45.94	33.74	1100m:	12:17.10	33.88	1500m:	16:53.25	33.14
350m:	3:49.29	33.73	750m:	8:20.15	34.21	1150m:	12:51.33	34.23			
400m:	4:22.63	33.34	800m:	8:53.86	33.71	1200m:	13:25.94	34.61			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:56.83**	+0,68	628	

50m:	29.43	29.43	450m:	4:59.61	33.91	850m:	9:29.59	34.06	1250m:	14:05.64	33.55
100m:	1:03.22	33.79	500m:	5:33.97	34.36	900m:	10:04.34	34.75	1300m:	14:41.12	35.48
150m:	1:35.64	32.42	550m:	6:05.88	31.91	950m:	10:39.30	34.96	1350m:	15:14.47	33.35
200m:	2:09.40	33.76	600m:	6:39.86	33.98	1000m:	11:13.68	34.38	1400m:	15:49.72	35.25
250m:	2:43.17	33.77	650m:	7:13.30	33.44	1050m:	11:47.31	33.63	1450m:	16:23.51	33.79
300m:	3:17.50	34.33	700m:	7:47.46	34.16	1100m:	12:22.67	35.36	1500m:	16:56.83	33.32
350m:	3:51.27	33.77	750m:	8:21.11	33.65	1150m:	12:56.18	33.51			
400m:	4:25.70	34.43	800m:	8:55.53	34.42	1200m:	13:32.09	35.91			

4.	FERREIRA Joao Carlos	03	Porto	**17:23.93**	+0,71	580							
50m:	31.12	31.12	450m:	5:10.78	34.83	850m:	9:50.33	35.25	1250m:	14:31.76	34.87
100m:	1:05.60	34.48	500m:	5:45.16	34.38	900m:	10:25.54	35.21	1300m:	15:06.80	35.04
150m:	1:40.57	34.97	550m:	6:19.53	34.37	950m:	11:01.01	35.47	1350m:	15:41.88	35.08
200m:	2:15.57	35.00	600m:	6:54.36	34.83	1000m:	11:36.22	35.21	1400m:	16:16.58	34.70
250m:	2:50.82	35.25	650m:	7:29.86	35.50	1050m:	12:10.91	34.69	1450m:	16:51.00	34.42
300m:	3:25.73	34.91	700m:	8:04.73	34.87	1100m:	12:46.11	35.20	1500m:	17:23.93	32.93
350m:	4:00.89	35.16	750m:	8:40.23	35.50	1150m:	13:21.66	35.55			
400m:	4:35.95	35.06	800m:	9:15.08	34.85	1200m:	13:56.89	35.23			

5.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:26.64**	+0,72	576							
50m:	30.46	30.46	450m:	5:10.44	34.77	850m:	9:51.00	34.85	1250m:	14:31.69	34.99
100m:	1:04.77	34.31	500m:	5:45.31	34.87	900m:	10:26.08	35.08	1300m:	15:07.39	35.70
150m:	1:39.10	34.33	550m:	6:19.82	34.51	950m:	11:00.91	34.83	1350m:	15:42.75	35.36
200m:	2:14.50	35.40	600m:	6:55.18	35.36	1000m:	11:36.11	35.20	1400m:	16:18.48	35.73
250m:	2:49.80	35.30	650m:	7:29.88	34.70	1050m:	12:11.09	34.98	1450m:	16:52.90	34.42
300m:	3:25.29	35.49	700m:	8:05.63	35.75	1100m:	12:46.35	35.26	1500m:	17:26.64	33.74
350m:	4:00.25	34.96	750m:	8:40.84	35.21	1150m:	13:21.09	34.74			
400m:	4:35.67	35.42	800m:	9:16.15	35.31	1200m:	13:56.70	35.61			

6.	CANADAS Joao Vasco	03	Rio Maior	**17:27.98**	+0,75	574							
50m:	32.01	32.01	450m:	5:10.95	35.10	850m:	9:50.37	35.11	1250m:	14:32.98	35.41
100m:	1:06.36	34.35	500m:	5:45.78	34.83	900m:	10:25.34	34.97	1300m:	15:08.29	35.31
150m:	1:41.20	34.84	550m:	6:20.81	35.03	950m:	11:00.83	35.49	1350m:	15:43.74	35.45
200m:	2:15.91	34.71	600m:	6:55.35	34.54	1000m:	11:36.17	35.34	1400m:	16:18.87	35.13
250m:	2:50.91	35.00	650m:	7:30.58	35.23	1050m:	12:11.33	35.16	1450m:	16:54.01	35.14
300m:	3:25.90	34.99	700m:	8:05.37	34.79	1100m:	12:46.58	35.25	1500m:	17:27.98	33.97
350m:	4:00.94	35.04	750m:	8:40.54	35.17	1150m:	13:22.12	35.54			
400m:	4:35.85	34.91	800m:	9:15.26	34.72	1200m:	13:57.57	35.45			

7.	PEREIRA Alexandre Alves	03	Braga	**17:32.21**	+0,80	567							
50m:	29.83	29.83	450m:	5:09.21	35.44	850m:	9:52.39	35.53	1250m:	14:38.23	36.31
100m:	1:03.40	33.57	500m:	5:44.92	35.71	900m:	10:27.84	35.45	1300m:	15:13.86	35.63
150m:	1:37.99	34.59	550m:	6:20.29	35.37	950m:	11:03.40	35.56	1350m:	15:49.17	35.31
200m:	2:13.06	35.07	600m:	6:55.26	34.97	1000m:	11:38.70	35.30	1400m:	16:24.32	35.15
250m:	2:47.83	34.77	650m:	7:30.99	35.73	1050m:	12:14.70	36.00	1450m:	16:59.40	35.08
300m:	3:22.88	35.05	700m:	8:06.26	35.27	1100m:	12:50.12	35.42	1500m:	17:32.21	32.81
350m:	3:58.23	35.35	750m:	8:41.56	35.30	1150m:	13:26.35	36.23			
400m:	4:33.77	35.54	800m:	9:16.86	35.30	1200m:	14:01.92	35.57			

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PARCEIROS

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:38.98**	+0,78	556	

50m:	30.66	30.66	450m:	5:10.35	35.50	850m:	9:59.52	35.76	1250m:	14:44.60	35.94
100m:	1:04.53	33.87	500m:	5:45.99	35.64	900m:	10:36.11	36.59	1300m:	15:20.46	35.86
150m:	1:39.44	34.91	550m:	6:21.12	35.13	950m:	11:12.39	36.28	1350m:	15:55.59	35.13
200m:	2:15.04	35.60	600m:	6:57.55	36.43	1000m:	11:49.40	37.01	1400m:	16:30.15	34.56
250m:	2:49.06	34.02	650m:	7:34.08	36.53	1050m:	12:24.35	34.95	1450m:	17:04.96	34.81
300m:	3:24.59	35.53	700m:	8:10.42	36.34	1100m:	12:59.40	35.05	1500m:	17:38.98	34.02
350m:	3:59.89	35.30	750m:	8:47.18	36.76	1150m:	13:33.94	34.54			
400m:	4:34.85	34.96	800m:	9:23.76	36.58	1200m:	14:08.66	34.72			

9.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:44.62**	+0,71	547	

50m:	31.02	31.02	450m:	5:13.64	35.86	850m:	9:58.76	35.51	1250m:	14:46.53	36.12
100m:	1:05.17	34.15	500m:	5:49.18	35.54	900m:	10:34.46	35.70	1300m:	15:23.21	36.68
150m:	1:40.09	34.92	550m:	6:24.95	35.77	950m:	11:10.50	36.04	1350m:	15:59.47	36.26
200m:	2:15.35	35.26	600m:	7:00.73	35.78	1000m:	11:45.98	35.48	1400m:	16:35.73	36.26
250m:	2:50.88	35.53	650m:	7:36.33	35.60	1050m:	12:21.91	35.93	1450m:	17:11.43	35.70
300m:	3:26.77	35.89	700m:	8:11.79	35.46	1100m:	12:58.15	36.24	1500m:	17:44.62	33.19
350m:	4:02.48	35.71	750m:	8:47.61	35.82	1150m:	13:34.14	35.99			
400m:	4:37.78	35.30	800m:	9:23.25	35.64	1200m:	14:10.41	36.27			

10.	NETO Rodrigo Jorge	03	Aquatico Pacense	**17:47.14**	+0,71	543	

50m:	31.46	31.46	450m:	5:17.78	35.83	850m:	10:04.23	36.04	1250m:	14:51.76	35.60
100m:	1:06.98	35.52	500m:	5:53.76	35.98	900m:	10:39.69	35.46	1300m:	15:27.21	35.45
150m:	1:42.95	35.97	550m:	6:29.57	35.81	950m:	11:15.77	36.08	1350m:	16:03.35	36.14
200m:	2:18.81	35.86	600m:	7:04.99	35.42	1000m:	11:51.60	35.83	1400m:	16:38.17	34.82
250m:	2:54.25	35.44	650m:	7:40.78	35.79	1050m:	12:27.77	36.17	1450m:	17:13.65	35.48
300m:	3:30.21	35.96	700m:	8:16.51	35.73	1100m:	13:03.91	36.14	1500m:	17:47.14	33.49
350m:	4:05.94	35.73	750m:	8:52.48	35.97	1150m:	13:40.32	36.41			
400m:	4:41.95	36.01	800m:	9:28.19	35.71	1200m:	14:16.16	35.84			

11.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:58.87**	+0,65	526	

50m:	30.87	30.87	450m:	5:19.08	35.79	850m:	10:11.32	36.87	1250m:	15:03.42	36.40
100m:	1:06.09	35.22	500m:	5:55.30	36.22	900m:	10:47.95	36.63	1300m:	15:40.02	36.60
150m:	1:42.03	35.94	550m:	6:31.23	35.93	950m:	11:23.95	36.00	1350m:	16:14.95	34.93
200m:	2:18.26	36.23	600m:	7:08.07	36.84	1000m:	12:01.11	37.16	1400m:	16:51.59	36.64
250m:	2:54.40	36.14	650m:	7:44.00	35.93	1050m:	12:36.91	35.80	1450m:	17:27.47	35.88
300m:	3:30.82	36.42	700m:	8:20.61	36.61	1100m:	13:13.80	36.89	1500m:	17:58.87	31.40
350m:	4:07.00	36.18	750m:	8:57.36	36.75	1150m:	13:50.21	36.41			
400m:	4:43.29	36.29	800m:	9:34.45	37.09	1200m:	14:27.02	36.81			

12.	SA Joao Luis	03	Fluvial Portuense	**18:00.36**	+0,77	524	

50m:	31.25	31.25	450m:	5:18.35	35.96	850m:	10:07.36	36.42	1250m:	14:59.61	36.78
100m:	1:05.96	34.71	500m:	5:54.25	35.90	900m:	10:43.54	36.18	1300m:	15:35.94	36.33
150m:	1:41.92	35.96	550m:	6:30.61	36.36	950m:	11:19.94	36.40	1350m:	16:12.34	36.40
200m:	2:17.49	35.57	600m:	7:06.73	36.12	1000m:	11:56.44	36.50	1400m:	16:49.27	36.93
250m:	2:53.78	36.29	650m:	7:42.77	36.04	1050m:	12:32.87	36.43	1450m:	17:25.48	36.21
300m:	3:30.39	36.61	700m:	8:18.77	36.00	1100m:	13:09.48	36.61	1500m:	18:00.36	34.88
350m:	4:06.27	35.88	750m:	8:54.77	36.00	1150m:	13:45.96	36.48			
400m:	4:42.39	36.12	800m:	9:30.94	36.17	1200m:	14:22.83	36.87			

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Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	SANTOS Andre Cardoso	03	Academico Viseu	**18:00.47**	+0,76	523	

50m:	30.27	30.27	450m:	5:14.01	36.30	850m:	10:05.61	36.75	1250m:	14:59.18	37.03
100m:	1:03.81	33.54	500m:	5:50.35	36.34	900m:	10:41.77	36.16	1300m:	15:35.45	36.27
150m:	1:38.68	34.87	550m:	6:26.88	36.53	950m:	11:18.91	37.14	1350m:	16:12.23	36.78
200m:	2:14.06	35.38	600m:	7:03.08	36.20	1000m:	11:55.46	36.55	1400m:	16:48.72	36.49
250m:	2:49.76	35.70	650m:	7:39.74	36.66	1050m:	12:32.00	36.54	1450m:	17:25.02	36.30
300m:	3:25.25	35.49	700m:	8:16.14	36.40	1100m:	13:08.64	36.64	1500m:	18:00.47	35.45
350m:	4:01.40	36.15	750m:	8:52.72	36.58	1150m:	13:45.29	36.65			
400m:	4:37.71	36.31	800m:	9:28.86	36.14	1200m:	14:22.15	36.86			

14.	CARVALHO Tiago Fonseca	03	Naval Povoense	**18:01.44**	+0,73	522	

50m:	32.25	32.25	450m:	5:22.73	36.48	850m:	10:14.77	36.85	1250m:	15:04.33	35.87
100m:	1:08.07	35.82	500m:	5:58.97	36.24	900m:	10:51.38	36.61	1300m:	15:40.30	35.97
150m:	1:44.68	36.61	550m:	6:35.49	36.52	950m:	11:27.78	36.40	1350m:	16:16.46	36.16
200m:	2:20.75	36.07	600m:	7:11.88	36.39	1000m:	12:04.27	36.49	1400m:	16:52.47	36.01
250m:	2:57.13	36.38	650m:	7:48.23	36.35	1050m:	12:40.29	36.02	1450m:	17:27.60	35.13
300m:	3:33.45	36.32	700m:	8:24.78	36.55	1100m:	13:16.26	35.97	1500m:	18:01.44	33.84
350m:	4:09.97	36.52	750m:	9:01.49	36.71	1150m:	13:52.43	36.17			
400m:	4:46.25	36.28	800m:	9:37.92	36.43	1200m:	14:28.46	36.03			

15.	JORGE Tiago Miguel	03	Rio Maior	**18:02.73**	+0,65	520	

50m:	31.14	31.14	450m:	5:13.55	35.36	850m:	10:04.27	36.39	1250m:	15:00.23	37.14
100m:	1:05.78	34.64	500m:	5:49.76	36.21	900m:	10:41.45	37.18	1300m:	15:37.02	36.79
150m:	1:40.71	34.93	550m:	6:25.57	35.81	950m:	11:17.98	36.53	1350m:	16:13.62	36.60
200m:	2:15.70	34.99	600m:	7:01.92	36.35	1000m:	11:54.89	36.91	1400m:	16:50.75	37.13
250m:	2:50.89	35.19	650m:	7:38.33	36.41	1050m:	12:31.76	36.87	1450m:	17:27.26	36.51
300m:	3:26.61	35.72	700m:	8:14.77	36.44	1100m:	13:09.28	37.52	1500m:	18:02.73	35.47
350m:	4:02.32	35.71	750m:	8:51.57	36.80	1150m:	13:46.10	36.82			
400m:	4:38.19	35.87	800m:	9:27.88	36.31	1200m:	14:23.09	36.99			

16.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**18:04.00**	+0,81	518	

50m:	30.44	30.44	450m:	5:06.94	35.70	850m:	9:59.16	37.36	1250m:	14:58.93	37.66
100m:	1:03.47	33.03	500m:	5:42.90	35.96	900m:	10:36.24	37.08	1300m:	15:36.70	37.77
150m:	1:37.40	33.93	550m:	6:19.24	36.34	950m:	11:13.70	37.46	1350m:	16:13.98	37.28
200m:	2:11.71	34.31	600m:	6:55.74	36.50	1000m:	11:50.85	37.15	1400m:	16:51.00	37.02
250m:	2:46.41	34.70	650m:	7:32.19	36.45	1050m:	12:28.62	37.77	1450m:	17:27.91	36.91
300m:	3:21.37	34.96	700m:	8:08.56	36.37	1100m:	13:06.33	37.71	1500m:	18:04.00	36.09
350m:	3:56.32	34.95	750m:	8:45.40	36.84	1150m:	13:43.66	37.33			
400m:	4:31.24	34.92	800m:	9:21.80	36.40	1200m:	14:21.27	37.61			

17.	SILVA Ruben Filipe	03	Foca	**18:05.81**	+0,96	516	

50m:	32.03	32.03	450m:	5:22.19	36.56	850m:	10:12.74	36.33	1250m:	15:05.81	36.72
100m:	1:07.98	35.95	500m:	5:58.49	36.30	900m:	10:49.31	36.57	1300m:	15:42.36	36.55
150m:	1:43.71	35.73	550m:	6:34.63	36.14	950m:	11:25.91	36.60	1350m:	16:18.79	36.43
200m:	2:20.07	36.36	600m:	7:10.75	36.12	1000m:	12:02.33	36.42	1400m:	16:55.30	36.51
250m:	2:56.45	36.38	650m:	7:46.81	36.06	1050m:	12:39.14	36.81	1450m:	17:30.97	35.67
300m:	3:33.07	36.62	700m:	8:23.19	36.38	1100m:	13:15.84	36.70	1500m:	18:05.81	34.84
350m:	4:09.56	36.49	750m:	8:59.66	36.47	1150m:	13:52.55	36.71			
400m:	4:45.63	36.07	800m:	9:36.41	36.75	1200m:	14:29.09	36.54			

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Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:11.10**	+0,84	508	

50m:	30.96	30.96	450m:	5:20.69	36.61	850m:	10:13.59	36.57	1250m:	15:08.00	36.96
100m:	1:05.88	34.92	500m:	5:57.50	36.81	900m:	10:50.18	36.59	1300m:	15:44.92	36.92
150m:	1:41.92	36.04	550m:	6:33.90	36.40	950m:	11:27.07	36.89	1350m:	16:21.58	36.66
200m:	2:18.37	36.45	600m:	7:10.73	36.83	1000m:	12:03.78	36.71	1400m:	16:58.64	37.06
250m:	2:54.56	36.19	650m:	7:47.12	36.39	1050m:	12:40.52	36.74	1450m:	17:35.15	36.51
300m:	3:31.05	36.49	700m:	8:23.88	36.76	1100m:	13:17.59	37.07	1500m:	18:11.10	35.95
350m:	4:07.56	36.51	750m:	9:00.32	36.44	1150m:	13:54.15	36.56			
400m:	4:44.08	36.52	800m:	9:37.02	36.70	1200m:	14:31.04	36.89			

DNS	VASCONCELOS Bernardo Nunes	03	Foca
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense

Prova 8 — Masc., 1500m Livres — Juniores
04-04-2019 - 11:35 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015

CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDOSO Diogo Santos *Minimos CE Jun*	01	Colegio Monte Maior	**15:52.96**	+0,72	763	

50m:	29.00	29.00	450m:	4:45.35	31.94	850m:	9:01.41	31.78	1250m:	13:16.76	31.77
100m:	1:00.71	31.71	500m:	5:17.88	32.53	900m:	9:33.69	32.28	1300m:	13:48.57	31.81
150m:	1:32.50	31.79	550m:	5:49.76	31.88	950m:	10:05.50	31.81	1350m:	14:20.04	31.47
200m:	2:04.74	32.24	600m:	6:22.02	32.26	1000m:	10:37.52	32.02	1400m:	14:51.95	31.91
250m:	2:36.60	31.86	650m:	6:54.14	32.12	1050m:	11:09.20	31.68	1450m:	15:22.91	30.96
300m:	3:08.82	32.22	700m:	7:26.20	32.06	1100m:	11:41.36	32.16	1500m:	15:52.96	30.05
350m:	3:41.02	32.20	750m:	7:57.72	31.52	1150m:	12:13.00	31.64			
400m:	4:13.41	32.39	800m:	8:29.63	31.91	1200m:	12:44.99	31.99			

2.	SANTOS Pedro Miguel	01	Porto	**16:02.31**	+0,72	741							
50m:	29.24	29.24	450m:	4:43.91	32.18	850m:	8:59.13	32.15	1250m:	13:19.72	33.26
100m:	1:01.02	31.78	500m:	5:15.83	31.92	900m:	9:31.60	32.47	1300m:	13:52.51	32.79
150m:	1:32.61	31.59	550m:	5:47.76	31.93	950m:	10:05.04	33.44	1350m:	14:25.86	33.35
200m:	2:04.00	31.39	600m:	6:19.43	31.67	1000m:	10:37.94	32.90	1400m:	14:58.84	32.98
250m:	2:35.99	31.99	650m:	6:51.24	31.81	1050m:	11:09.72	31.78	1450m:	15:31.68	32.84
300m:	3:07.94	31.95	700m:	7:23.07	31.83	1100m:	11:41.44	31.72	1500m:	16:02.31	30.63
350m:	3:39.89	31.95	750m:	7:55.04	31.97	1150m:	12:14.15	32.71			
400m:	4:11.73	31.84	800m:	8:26.98	31.94	1200m:	12:46.46	32.31			

3.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**16:02.74**	+0,71	740							
50m:	29.31	29.31	450m:	4:41.51	31.66	850m:	8:59.42	32.64	1250m:	13:20.86	32.84
100m:	1:00.53	31.22	500m:	5:13.37	31.86	900m:	9:31.48	32.06	1300m:	13:53.68	32.82
150m:	1:31.95	31.42	550m:	5:45.31	31.94	950m:	10:04.78	33.30	1350m:	14:26.70	33.02
200m:	2:03.56	31.61	600m:	6:17.38	32.07	1000m:	10:37.56	32.78	1400m:	14:59.55	32.85
250m:	2:35.32	31.76	650m:	6:49.44	32.06	1050m:	11:10.20	32.64	1450m:	15:31.58	32.03
300m:	3:06.81	31.49	700m:	7:21.83	32.39	1100m:	11:42.39	32.19	1500m:	16:02.74	31.16
350m:	3:38.38	31.57	750m:	7:54.27	32.44	1150m:	12:15.21	32.82			
400m:	4:09.85	31.47	800m:	8:26.78	32.51	1200m:	12:48.02	32.81			

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TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	CARVALHO Daniel Luis	02	Braga	**16:34.11**	+0,84	672	

50m:	29.49	29.49	450m:	4:53.59	33.28	850m:	9:21.39	33.46	1250m:	13:50.17	33.49
100m:	1:01.95	32.46	500m:	5:27.11	33.52	900m:	9:54.81	33.42	1300m:	14:23.71	33.54
150m:	1:34.59	32.64	550m:	6:00.53	33.42	950m:	10:28.35	33.54	1350m:	14:56.98	33.27
200m:	2:07.54	32.95	600m:	6:34.33	33.80	1000m:	11:01.94	33.59	1400m:	15:30.12	33.14
250m:	2:40.38	32.84	650m:	7:07.88	33.55	1050m:	11:35.58	33.64	1450m:	16:02.70	32.58
300m:	3:13.57	33.19	700m:	7:41.41	33.53	1100m:	12:09.32	33.74	1500m:	16:34.11	31.41
350m:	3:46.90	33.33	750m:	8:14.81	33.40	1150m:	12:42.80	33.48			
400m:	4:20.31	33.41	800m:	8:47.93	33.12	1200m:	13:16.68	33.88			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	NUNES Francisco Costa	02	Salvaterra de Magos	**16:45.75**	+0,80	649	

50m:	28.84	28.84	450m:	4:47.58	33.72	850m:	9:20.38	34.65	1250m:	13:54.23	34.09
100m:	59.68	30.84	500m:	5:21.34	33.76	900m:	9:54.41	34.03	1300m:	14:28.78	34.55
150m:	1:31.17	31.49	550m:	5:55.45	34.11	950m:	10:28.65	34.24	1350m:	15:03.87	35.09
200m:	2:02.96	31.79	600m:	6:29.78	34.33	1000m:	11:02.37	33.72	1400m:	15:38.23	34.36
250m:	2:35.08	32.12	650m:	7:04.48	34.70	1050m:	11:36.46	34.09	1450m:	16:12.43	34.20
300m:	3:07.67	32.59	700m:	7:38.11	33.63	1100m:	12:10.61	34.15	1500m:	16:45.75	33.32
350m:	3:40.68	33.01	750m:	8:12.07	33.96	1150m:	12:45.34	34.73			
400m:	4:13.86	33.18	800m:	8:45.73	33.66	1200m:	13:20.14	34.80			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MONTEIRO Tomas Penha	02	Alges	**16:53.17**	+0,71	635	

50m:	29.37	29.37	450m:	4:59.95	34.16	850m:	9:33.08	34.08	1250m:	14:04.75	34.08
100m:	1:02.03	32.66	500m:	5:34.01	34.06	900m:	10:06.91	33.83	1300m:	14:38.72	33.97
150m:	1:35.39	33.36	550m:	6:08.31	34.30	950m:	10:41.02	34.11	1350m:	15:12.76	34.04
200m:	2:09.10	33.71	600m:	6:42.48	34.17	1000m:	11:15.12	34.10	1400m:	15:46.49	33.73
250m:	2:43.20	34.10	650m:	7:17.01	34.53	1050m:	11:49.00	33.88	1450m:	16:20.34	33.85
300m:	3:17.37	34.17	700m:	7:50.78	33.77	1100m:	12:22.70	33.70	1500m:	16:53.17	32.83
350m:	3:51.58	34.21	750m:	8:25.06	34.28	1150m:	12:56.98	34.28			
400m:	4:25.79	34.21	800m:	8:59.00	33.94	1200m:	13:30.67	33.69			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:54.81**	+0,78	632	

50m:	29.15	29.15	450m:	4:49.52	32.79	850m:	9:22.81	34.25	1250m:	14:01.60	34.01
100m:	1:01.26	32.11	500m:	5:23.52	34.00	900m:	9:58.34	35.53	1300m:	14:37.24	35.64
150m:	1:32.87	31.61	550m:	5:56.83	33.31	950m:	10:32.34	34.00	1350m:	15:11.51	34.27
200m:	2:05.52	32.65	600m:	6:31.11	34.28	1000m:	11:07.48	35.14	1400m:	15:46.62	35.11
250m:	2:37.50	31.98	650m:	7:04.53	33.42	1050m:	11:41.87	34.39	1450m:	16:20.63	34.01
300m:	3:10.80	33.30	700m:	7:39.67	35.14	1100m:	12:17.80	35.93	1500m:	16:54.81	34.18
350m:	3:43.21	32.41	750m:	8:13.70	34.03	1150m:	12:52.08	34.28			
400m:	4:16.73	33.52	800m:	8:48.56	34.86	1200m:	13:27.59	35.51			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.49**	+0,77	621	

50m:	29.76	29.76	450m:	5:00.21	34.03	850m:	9:33.56	33.91	1250m:	14:07.34	33.93
100m:	1:02.32	32.56	500m:	5:34.48	34.27	900m:	10:07.95	34.39	1300m:	14:42.01	34.67
150m:	1:35.97	33.65	550m:	6:08.38	33.90	950m:	10:41.48	33.53	1350m:	15:16.04	34.03
200m:	2:09.80	33.83	600m:	6:42.80	34.42	1000m:	11:16.30	34.82	1400m:	15:50.94	34.90
250m:	2:43.62	33.82	650m:	7:16.79	33.99	1050m:	11:50.23	33.93	1450m:	16:25.46	34.52
300m:	3:17.75	34.13	700m:	7:51.23	34.44	1100m:	12:24.78	34.55	1500m:	17:00.49	35.03
350m:	3:51.84	34.09	750m:	8:25.27	34.04	1150m:	12:59.13	34.35			
400m:	4:26.18	34.34	800m:	8:59.65	34.38	1200m:	13:33.41	34.28			

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Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	RODRIGUES Pedro Reis	02	Sao Roque	**17:00.66**	+0,70	621	

50m:	29.54	29.54	450m:	4:56.48	34.67	850m:	9:31.89	35.20	1250m:	14:10.12	35.16
100m:	1:01.45	31.91	500m:	5:29.86	33.38	900m:	10:06.56	34.67	1300m:	14:44.06	33.94
150m:	1:34.76	33.31	550m:	6:04.19	34.33	950m:	10:41.61	35.05	1350m:	15:18.78	34.72
200m:	2:07.47	32.71	600m:	6:38.43	34.24	1000m:	11:16.06	34.45	1400m:	15:53.23	34.45
250m:	2:41.05	33.58	650m:	7:12.94	34.51	1050m:	11:51.06	35.00	1450m:	16:27.88	34.65
300m:	3:14.24	33.19	700m:	7:47.19	34.25	1100m:	12:25.31	34.25	1500m:	17:00.66	32.78
350m:	3:48.55	34.31	750m:	8:22.15	34.96	1150m:	13:00.62	35.31			
400m:	4:21.81	33.26	800m:	8:56.69	34.54	1200m:	13:34.96	34.34			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**17:17.00**	+0,74	592	

50m:	28.68	28.68	450m:	5:00.27	34.38	850m:	9:40.71	35.43	1250m:	14:23.25	34.98
100m:	1:00.96	32.28	500m:	5:34.97	34.70	900m:	10:16.39	35.68	1300m:	14:58.71	35.46
150m:	1:34.72	33.76	550m:	6:10.27	35.30	950m:	10:51.07	34.68	1350m:	15:34.02	35.31
200m:	2:08.13	33.41	600m:	6:44.87	34.60	1000m:	11:26.30	35.23	1400m:	16:09.18	35.16
250m:	2:42.28	34.15	650m:	7:20.19	35.32	1050m:	12:02.22	35.92	1450m:	16:43.64	34.46
300m:	3:17.05	34.77	700m:	7:54.89	34.70	1100m:	12:37.12	34.90	1500m:	17:17.00	33.36
350m:	3:51.73	34.68	750m:	8:30.40	35.51	1150m:	13:12.44	35.32			
400m:	4:25.89	34.16	800m:	9:05.28	34.88	1200m:	13:48.27	35.83			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SALGADO Goncalo Sampaio	02	Famalicao	**17:24.88**	+0,76	579	

50m:	29.38	29.38	450m:	5:01.70	34.88	850m:	9:42.20	35.30	1250m:	14:27.25	35.75
100m:	1:02.15	32.77	500m:	5:36.57	34.87	900m:	10:17.34	35.14	1300m:	15:02.82	35.57
150m:	1:35.87	33.72	550m:	6:11.55	34.98	950m:	10:53.06	35.72	1350m:	15:39.10	36.28
200m:	2:09.84	33.97	600m:	6:46.37	34.82	1000m:	11:28.50	35.44	1400m:	16:14.59	35.49
250m:	2:43.83	33.99	650m:	7:21.68	35.31	1050m:	12:04.33	35.83	1450m:	16:50.20	35.61
300m:	3:18.22	34.39	700m:	7:56.59	34.91	1100m:	12:39.73	35.40	1500m:	17:24.88	34.68
350m:	3:52.41	34.19	750m:	8:31.93	35.34	1150m:	13:15.90	36.17			
400m:	4:26.82	34.41	800m:	9:06.90	34.97	1200m:	13:51.50	35.60			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VIEGAS Hugo Miguel	02	Natacao Olhao	**17:34.60**	+0,70	563	

50m:	29.89	29.89	450m:	5:04.92	35.28	850m:	9:48.73	36.04	1250m:	14:37.36	35.96
100m:	1:02.70	32.81	500m:	5:40.26	35.34	900m:	10:24.95	36.22	1300m:	15:13.21	35.85
150m:	1:36.26	33.56	550m:	6:14.79	34.53	950m:	11:01.23	36.28	1350m:	15:49.12	35.91
200m:	2:10.54	34.28	600m:	6:49.92	35.13	1000m:	11:37.17	35.94	1400m:	16:24.87	35.75
250m:	2:45.01	34.47	650m:	7:25.34	35.42	1050m:	12:13.25	36.08	1450m:	17:00.22	35.35
300m:	3:19.83	34.82	700m:	8:01.02	35.68	1100m:	12:49.40	36.15	1500m:	17:34.60	34.38
350m:	3:54.57	34.74	750m:	8:36.76	35.74	1150m:	13:25.44	36.04			
400m:	4:29.64	35.07	800m:	9:12.69	35.93	1200m:	14:01.40	35.96			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**17:38.56**	+0,76	557	

50m:	30.76	30.76	450m:	5:06.29	35.08	850m:	9:51.06	36.42	1250m:	14:40.80	36.21
100m:	1:03.92	33.16	500m:	5:41.59	35.30	900m:	10:27.21	36.15	1300m:	15:16.46	35.66
150m:	1:37.94	34.02	550m:	6:17.49	35.90	950m:	11:03.54	36.33	1350m:	15:52.67	36.21
200m:	2:12.01	34.07	600m:	6:52.81	35.32	1000m:	11:39.56	36.02	1400m:	16:28.63	35.96
250m:	2:46.82	34.81	650m:	7:27.77	34.96	1050m:	12:16.15	36.59	1450m:	17:04.18	35.55
300m:	3:21.31	34.49	700m:	8:02.83	35.06	1100m:	12:52.18	36.03	1500m:	17:38.56	34.38
350m:	3:56.28	34.97	750m:	8:38.38	35.55	1150m:	13:28.42	36.24			
400m:	4:31.21	34.93	800m:	9:14.64	36.26	1200m:	14:04.59	36.17			

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Prova 8, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CASTELEIRO Diogo Alexandre	01	Sporting	**17:40.39**	+0,78	554	

50m:	30.92	30.92	450m:	5:14.08	35.62	850m:	9:59.89	36.01	1250m:	14:44.44	35.57
100m:	1:05.74	34.82	500m:	5:49.94	35.86	900m:	10:35.74	35.85	1300m:	15:19.97	35.53
150m:	1:40.80	35.06	550m:	6:25.17	35.23	950m:	11:11.17	35.43	1350m:	15:55.94	35.97
200m:	2:15.98	35.18	600m:	7:01.12	35.95	1000m:	11:46.91	35.74	1400m:	16:31.55	35.61
250m:	2:51.38	35.40	650m:	7:36.58	35.46	1050m:	12:22.37	35.46	1450m:	17:06.59	35.04
300m:	3:27.05	35.67	700m:	8:12.51	35.93	1100m:	12:58.05	35.68	1500m:	17:40.39	33.80
350m:	4:02.85	35.80	750m:	8:47.93	35.42	1150m:	13:33.30	35.25			
400m:	4:38.46	35.61	800m:	9:23.88	35.95	1200m:	14:08.87	35.57			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MARQUES Rui Joao	02	Nautico Academico	**17:54.76**	+0,77	532	

50m:	30.88	30.88	450m:	5:06.73	35.24	850m:	9:56.43	36.98	1250m:	14:51.49	36.13
100m:	1:03.62	32.74	500m:	5:42.21	35.48	900m:	10:33.21	36.78	1300m:	15:28.21	36.72
150m:	1:37.74	34.12	550m:	6:17.80	35.59	950m:	11:09.46	36.25	1350m:	16:05.43	37.22
200m:	2:12.08	34.34	600m:	6:53.99	36.19	1000m:	11:46.66	37.20	1400m:	16:42.83	37.40
250m:	2:46.43	34.35	650m:	7:30.34	36.35	1050m:	12:23.21	36.55	1450m:	17:19.22	36.39
300m:	3:21.32	34.89	700m:	8:06.55	36.21	1100m:	13:00.58	37.37	1500m:	17:54.76	35.54
350m:	3:56.27	34.95	750m:	8:43.14	36.59	1150m:	13:38.72	38.14			
400m:	4:31.49	35.22	800m:	9:19.45	36.31	1200m:	14:15.36	36.64			

Prova 8 — Masc., 1500m Livres — Seniores
04-04-2019 - 11:35 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017

CMPL : 15:07.38 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**15:22.04**	+0,69	843	

50m:	28.24	28.24	450m:	4:30.59	30.97	850m:	8:37.90	31.22	1250m:	12:47.19	31.47
100m:	57.80	29.56	500m:	5:01.25	30.66	900m:	9:08.73	30.83	1300m:	13:18.55	31.36
150m:	1:28.05	30.25	550m:	5:32.39	31.14	950m:	9:39.87	31.14	1350m:	13:49.95	31.40
200m:	1:58.02	29.97	600m:	6:03.04	30.65	1000m:	10:10.92	31.05	1400m:	14:21.37	31.42
250m:	2:28.48	30.46	650m:	6:34.14	31.10	1050m:	10:42.12	31.20	1450m:	14:52.47	31.10
300m:	2:58.62	30.14	700m:	7:04.83	30.69	1100m:	11:13.12	31.00	1500m:	15:22.04	29.57
350m:	3:29.23	30.61	750m:	7:36.10	31.27	1150m:	11:44.36	31.24			
400m:	3:59.62	30.39	800m:	8:06.68	30.58	1200m:	12:15.72	31.36			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	LOPES Jose Paulo	00	Braga	**15:33.78**	+0,68	811	

50m:	28.62	28.62	450m:	4:35.37	31.08	850m:	8:45.85	31.45	1250m:	12:57.78	31.43
100m:	58.65	30.03	500m:	5:06.70	31.33	900m:	9:17.44	31.59	1300m:	13:29.29	31.51
150m:	1:29.33	30.68	550m:	5:37.90	31.20	950m:	9:48.99	31.55	1350m:	14:00.85	31.56
200m:	2:00.10	30.77	600m:	6:09.13	31.23	1000m:	10:20.65	31.66	1400m:	14:32.40	31.55
250m:	2:31.13	31.03	650m:	6:40.17	31.04	1050m:	10:52.19	31.54	1450m:	15:03.48	31.08
300m:	3:02.10	30.97	700m:	7:11.47	31.30	1100m:	11:23.73	31.54	1500m:	15:33.78	30.30
350m:	3:33.27	31.17	750m:	7:42.83	31.36	1150m:	11:55.14	31.41			
400m:	4:04.29	31.02	800m:	8:14.40	31.57	1200m:	12:26.35	31.21			

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Prova 8, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	GIL Rafael Lourenco	96	Sporting	**15:37.13**	+0,75	802	

50m:	28.85	28.85	450m:	4:35.66	31.00	850m:	8:46.16	31.28	1250m:	12:59.79	31.47
100m:	59.31	30.46	500m:	5:07.02	31.36	900m:	9:17.81	31.65	1300m:	13:31.77	31.98
150m:	1:29.87	30.56	550m:	5:38.24	31.22	950m:	9:49.26	31.45	1350m:	14:03.30	31.53
200m:	2:00.75	30.88	600m:	6:09.74	31.50	1000m:	10:21.13	31.87	1400m:	14:35.24	31.94
250m:	2:31.53	30.78	650m:	6:40.86	31.12	1050m:	10:52.76	31.63	1450m:	15:06.14	30.90
300m:	3:02.57	31.04	700m:	7:12.11	31.25	1100m:	11:24.64	31.88	1500m:	15:37.13	30.99
350m:	3:33.53	30.96	750m:	7:43.38	31.27	1150m:	11:56.25	31.61			
400m:	4:04.66	31.13	800m:	8:14.88	31.50	1200m:	12:28.32	32.07			

4.	CARVALHO Jose Paula	98	Benfica	**16:02.26**	+0,68	741	

50m:	29.10	29.10	450m:	4:44.74	32.42	850m:	9:03.56	32.56	1250m:	13:24.12	33.05
100m:	1:00.52	31.42	500m:	5:17.32	32.58	900m:	9:36.05	32.49	1300m:	13:56.37	32.25
150m:	1:32.27	31.75	550m:	5:49.35	32.03	950m:	10:08.74	32.69	1350m:	14:29.17	32.80
200m:	2:03.89	31.62	600m:	6:21.32	31.97	1000m:	10:41.34	32.60	1400m:	15:01.68	32.51
250m:	2:35.90	32.01	650m:	6:53.82	32.50	1050m:	11:13.56	32.22	1450m:	15:33.25	31.57
300m:	3:07.93	32.03	700m:	7:25.94	32.12	1100m:	11:45.84	32.28	1500m:	16:02.26	29.01
350m:	3:40.19	32.26	750m:	7:58.77	32.83	1150m:	12:18.19	32.35			
400m:	4:12.32	32.13	800m:	8:31.00	32.23	1200m:	12:51.07	32.88			

5.	CAMPOS Tiago Filipe	99	Rio Maior	**16:09.05**	+0,83	726	

50m:	28.93	28.93	450m:	4:45.77	32.02	850m:	9:05.70	32.60	1250m:	13:28.65	32.53
100m:	1:00.63	31.70	500m:	5:18.05	32.28	900m:	9:39.46	33.76	1300m:	14:01.43	32.78
150m:	1:32.20	31.57	550m:	5:50.06	32.01	950m:	10:12.69	33.23	1350m:	14:33.87	32.44
200m:	2:04.90	32.70	600m:	6:22.44	32.38	1000m:	10:45.60	32.91	1400m:	15:06.75	32.88
250m:	2:36.87	31.97	650m:	6:54.77	32.33	1050m:	11:18.53	32.93	1450m:	15:38.60	31.85
300m:	3:09.28	32.41	700m:	7:27.50	32.73	1100m:	11:50.85	32.32	1500m:	16:09.05	30.45
350m:	3:41.31	32.03	750m:	7:59.89	32.39	1150m:	12:23.18	32.33			
400m:	4:13.75	32.44	800m:	8:33.10	33.21	1200m:	12:56.12	32.94			

6.	SANTO Filipe Miguel	00	Benfica	**16:20.50**	+0,78	701	

50m:	28.91	28.91	450m:	4:44.92	33.01	850m:	9:10.84	33.40	1250m:	13:37.59	32.98
100m:	59.46	30.55	500m:	5:17.47	32.55	900m:	9:43.85	33.01	1300m:	14:10.92	33.33
150m:	1:31.22	31.76	550m:	5:50.47	33.00	950m:	10:17.29	33.44	1350m:	14:44.20	33.28
200m:	2:03.21	31.99	600m:	6:23.83	33.36	1000m:	10:50.61	33.32	1400m:	15:17.27	33.07
250m:	2:34.64	31.43	650m:	6:57.67	33.84	1050m:	11:24.39	33.78	1450m:	15:49.72	32.45
300m:	3:06.33	31.69	700m:	7:30.75	33.08	1100m:	11:57.67	33.28	1500m:	16:20.50	30.78
350m:	3:39.39	33.06	750m:	8:04.26	33.51	1150m:	12:31.48	33.81			
400m:	4:11.91	32.52	800m:	8:37.44	33.18	1200m:	13:04.61	33.13			

7.	NUNES Diogo Barbosa	00	Porto	**16:34.06**	+0,72	672	

50m:	28.41	28.41	450m:	4:42.29	32.60	850m:	9:09.00	34.40	1250m:	13:44.48	34.69
100m:	59.17	30.76	500m:	5:14.34	32.05	900m:	9:42.95	33.95	1300m:	14:19.18	34.70
150m:	1:30.51	31.34	550m:	5:47.11	32.77	950m:	10:17.47	34.52	1350m:	14:53.87	34.69
200m:	2:01.71	31.20	600m:	6:19.89	32.78	1000m:	10:51.56	34.09	1400m:	15:28.48	34.61
250m:	2:33.40	31.69	650m:	6:53.49	33.60	1050m:	11:25.92	34.36	1450m:	16:02.45	33.97
300m:	3:05.02	31.62	700m:	7:27.15	33.66	1100m:	12:00.29	34.37	1500m:	16:34.06	31.61
350m:	3:37.44	32.42	750m:	8:01.20	34.05	1150m:	12:35.42	35.13			
400m:	4:09.69	32.25	800m:	8:34.60	33.40	1200m:	13:09.79	34.37			

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Prova 8, Masc., 1500m Livres

Prova 8		Masc., 1500m Livres			Absolutos
04-04-2019 - 11:35					Resultados
Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / CMPL Sen: 15:07.38 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**15:22.04**	+0,69	843	

50m:	28.24	28.24	450m:	4:30.59	30.97	850m:	8:37.90	31.22	1250m:	12:47.19	31.47
100m:	57.80	29.56	500m:	5:01.25	30.66	900m:	9:08.73	30.83	1300m:	13:18.55	31.36
150m:	1:28.05	30.25	550m:	5:32.39	31.14	950m:	9:39.87	31.14	1350m:	13:49.95	31.40
200m:	1:58.02	29.97	600m:	6:03.04	30.65	1000m:	10:10.92	31.05	1400m:	14:21.37	31.42
250m:	2:28.48	30.46	650m:	6:34.14	31.10	1050m:	10:42.12	31.20	1450m:	14:52.47	31.10
300m:	2:58.62	30.14	700m:	7:04.83	30.69	1100m:	11:13.12	31.00	1500m:	15:22.04	29.57
350m:	3:29.23	30.61	750m:	7:36.10	31.27	1150m:	11:44.36	31.24			
400m:	3:59.62	30.39	800m:	8:06.68	30.58	1200m:	12:15.72	31.36			

2.	LOPES Jose Paulo	00	Braga	**15:33.78**	+0,68	811					
50m:	28.62	28.62	450m:	4:35.37	31.08	850m:	8:45.85	31.45	1250m:	12:57.78	31.43
100m:	58.65	30.03	500m:	5:06.70	31.33	900m:	9:17.44	31.59	1300m:	13:29.29	31.51
150m:	1:29.33	30.68	550m:	5:37.90	31.20	950m:	9:48.99	31.55	1350m:	14:00.85	31.56
200m:	2:00.10	30.77	600m:	6:09.13	31.23	1000m:	10:20.65	31.66	1400m:	14:32.40	31.55
250m:	2:31.13	31.03	650m:	6:40.17	31.04	1050m:	10:52.19	31.54	1450m:	15:03.48	31.08
300m:	3:02.10	30.97	700m:	7:11.47	31.30	1100m:	11:23.73	31.54	1500m:	15:33.78	30.30
350m:	3:33.27	31.17	750m:	7:42.83	31.36	1150m:	11:55.14	31.41			
400m:	4:04.29	31.02	800m:	8:14.40	31.57	1200m:	12:26.35	31.21			

3.	GIL Rafael Lourenco	96	Sporting	**15:37.13**	+0,75	802					
50m:	28.85	28.85	450m:	4:35.66	31.00	850m:	8:46.16	31.28	1250m:	12:59.79	31.47
100m:	59.31	30.46	500m:	5:07.02	31.36	900m:	9:17.81	31.65	1300m:	13:31.77	31.98
150m:	1:29.87	30.56	550m:	5:38.24	31.22	950m:	9:49.26	31.45	1350m:	14:03.30	31.53
200m:	2:00.75	30.88	600m:	6:09.74	31.50	1000m:	10:21.13	31.87	1400m:	14:35.24	31.94
250m:	2:31.53	30.78	650m:	6:40.86	31.12	1050m:	10:52.76	31.63	1450m:	15:06.14	30.90
300m:	3:02.57	31.04	700m:	7:12.11	31.25	1100m:	11:24.64	31.88	1500m:	15:37.13	30.99
350m:	3:33.53	30.96	750m:	7:43.38	31.27	1150m:	11:56.25	31.61			
400m:	4:04.66	31.13	800m:	8:14.88	31.50	1200m:	12:28.32	32.07			

4.	CARDOSO Diogo Santos *Minimos CE Jun*	01	Colegio Monte Maior	**15:52.96**	+0,72	763					
50m:	29.00	29.00	450m:	4:45.35	31.94	850m:	9:01.41	31.78	1250m:	13:16.76	31.77
100m:	1:00.71	31.71	500m:	5:17.88	32.53	900m:	9:33.69	32.28	1300m:	13:48.57	31.81
150m:	1:32.50	31.79	550m:	5:49.76	31.88	950m:	10:05.50	31.81	1350m:	14:20.04	31.47
200m:	2:04.74	32.24	600m:	6:22.02	32.26	1000m:	10:37.52	32.02	1400m:	14:51.95	31.91
250m:	2:36.60	31.86	650m:	6:54.14	32.12	1050m:	11:09.20	31.68	1450m:	15:22.91	30.96
300m:	3:08.82	32.22	700m:	7:26.20	32.06	1100m:	11:41.36	32.16	1500m:	15:52.96	30.05
350m:	3:41.02	32.20	750m:	7:57.72	31.52	1150m:	12:13.00	31.64			
400m:	4:13.41	32.39	800m:	8:29.63	31.91	1200m:	12:44.99	31.99			

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Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARVALHO Jose Paula	98	Benfica	**16:02.26**	+0,68	741	

50m:	29.10	29.10	450m:	4:44.74	32.42	850m:	9:03.56	32.56	1250m:	13:24.12	33.05
100m:	1:00.52	31.42	500m:	5:17.32	32.58	900m:	9:36.05	32.49	1300m:	13:56.37	32.25
150m:	1:32.27	31.75	550m:	5:49.35	32.03	950m:	10:08.74	32.69	1350m:	14:29.17	32.80
200m:	2:03.89	31.62	600m:	6:21.32	31.97	1000m:	10:41.34	32.60	1400m:	15:01.68	32.51
250m:	2:35.90	32.01	650m:	6:53.82	32.50	1050m:	11:13.56	32.22	1450m:	15:33.25	31.57
300m:	3:07.93	32.03	700m:	7:25.94	32.12	1100m:	11:45.84	32.28	1500m:	16:02.26	29.01
350m:	3:40.19	32.26	750m:	7:58.77	32.83	1150m:	12:18.19	32.35			
400m:	4:12.32	32.13	800m:	8:31.00	32.23	1200m:	12:51.07	32.88			

6.	SANTOS Pedro Miguel	01	Porto	**16:02.31**	+0,72	741					
50m:	29.24	29.24	450m:	4:43.91	32.18	850m:	8:59.13	32.15	1250m:	13:19.72	33.26
100m:	1:01.02	31.78	500m:	5:15.83	31.92	900m:	9:31.60	32.47	1300m:	13:52.51	32.79
150m:	1:32.61	31.59	550m:	5:47.76	31.93	950m:	10:05.04	33.44	1350m:	14:25.86	33.35
200m:	2:04.00	31.39	600m:	6:19.43	31.67	1000m:	10:37.94	32.90	1400m:	14:58.84	32.98
250m:	2:35.99	31.99	650m:	6:51.24	31.81	1050m:	11:09.72	31.78	1450m:	15:31.68	32.84
300m:	3:07.94	31.95	700m:	7:23.07	31.83	1100m:	11:41.44	31.72	1500m:	16:02.31	30.63
350m:	3:39.89	31.95	750m:	7:55.04	31.97	1150m:	12:14.15	32.71			
400m:	4:11.73	31.84	800m:	8:26.98	31.94	1200m:	12:46.46	32.31			

7.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**16:02.74**	+0,71	740					
50m:	29.31	29.31	450m:	4:41.51	31.66	850m:	8:59.42	32.64	1250m:	13:20.86	32.84
100m:	1:00.53	31.22	500m:	5:13.37	31.86	900m:	9:31.48	32.06	1300m:	13:53.68	32.82
150m:	1:31.95	31.42	550m:	5:45.31	31.94	950m:	10:04.78	33.30	1350m:	14:26.70	33.02
200m:	2:03.56	31.61	600m:	6:17.38	32.07	1000m:	10:37.56	32.78	1400m:	14:59.55	32.85
250m:	2:35.32	31.76	650m:	6:49.44	32.06	1050m:	11:10.20	32.64	1450m:	15:31.58	32.03
300m:	3:06.81	31.49	700m:	7:21.83	32.39	1100m:	11:42.39	32.19	1500m:	16:02.74	31.16
350m:	3:38.38	31.57	750m:	7:54.27	32.44	1150m:	12:15.21	32.82			
400m:	4:09.85	31.47	800m:	8:26.78	32.51	1200m:	12:48.02	32.81			

8.	CAMPOS Tiago Filipe	99	Rio Maior	**16:09.05**	+0,83	726					
50m:	28.93	28.93	450m:	4:45.77	32.02	850m:	9:05.70	32.60	1250m:	13:28.65	32.53
100m:	1:00.63	31.70	500m:	5:18.05	32.28	900m:	9:39.46	33.76	1300m:	14:01.43	32.78
150m:	1:32.20	31.57	550m:	5:50.06	32.01	950m:	10:12.69	33.23	1350m:	14:33.87	32.44
200m:	2:04.90	32.70	600m:	6:22.44	32.38	1000m:	10:45.60	32.91	1400m:	15:06.75	32.88
250m:	2:36.87	31.97	650m:	6:54.77	32.33	1050m:	11:18.53	32.93	1450m:	15:38.60	31.85
300m:	3:09.28	32.41	700m:	7:27.50	32.73	1100m:	11:50.85	32.32	1500m:	16:09.05	30.45
350m:	3:41.31	32.03	750m:	7:59.89	32.39	1150m:	12:23.18	32.33			
400m:	4:13.75	32.44	800m:	8:33.10	33.21	1200m:	12:56.12	32.94			

9.	SANTO Filipe Miguel	00	Benfica	**16:20.50**	+0,78	701					
50m:	28.91	28.91	450m:	4:44.92	33.01	850m:	9:10.84	33.40	1250m:	13:37.59	32.98
100m:	59.46	30.55	500m:	5:17.47	32.55	900m:	9:43.85	33.01	1300m:	14:10.92	33.33
150m:	1:31.22	31.76	550m:	5:50.47	33.00	950m:	10:17.29	33.44	1350m:	14:44.20	33.28
200m:	2:03.21	31.99	600m:	6:23.83	33.36	1000m:	10:50.61	33.32	1400m:	15:17.27	33.07
250m:	2:34.64	31.43	650m:	6:57.67	33.84	1050m:	11:24.39	33.78	1450m:	15:49.72	32.45
300m:	3:06.33	31.69	700m:	7:30.75	33.08	1100m:	11:57.67	33.28	1500m:	16:20.50	30.78
350m:	3:39.39	33.06	750m:	8:04.26	33.51	1150m:	12:31.48	33.81			
400m:	4:11.91	32.52	800m:	8:37.44	33.18	1200m:	13:04.61	33.13			

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Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	NUNES Diogo Barbosa	00	Porto	**16:34.06**	+0,72	672	

50m:	28.41	28.41	450m:	4:42.29	32.60	850m:	9:09.00	34.40	1250m:	13:44.48	34.69
100m:	59.17	30.76	500m:	5:14.34	32.05	900m:	9:42.95	33.95	1300m:	14:19.18	34.70
150m:	1:30.51	31.34	550m:	5:47.11	32.77	950m:	10:17.47	34.52	1350m:	14:53.87	34.69
200m:	2:01.71	31.20	600m:	6:19.89	32.78	1000m:	10:51.56	34.09	1400m:	15:28.48	34.61
250m:	2:33.40	31.69	650m:	6:53.49	33.60	1050m:	11:25.92	34.36	1450m:	16:02.45	33.97
300m:	3:05.02	31.62	700m:	7:27.15	33.66	1100m:	12:00.29	34.37	1500m:	16:34.06	31.61
350m:	3:37.44	32.42	750m:	8:01.20	34.05	1150m:	12:35.42	35.13			
400m:	4:09.69	32.25	800m:	8:34.60	33.40	1200m:	13:09.79	34.37			

11.	CARVALHO Daniel Luis	02	Braga	**16:34.11**	+0,84	672					
50m:	29.49	29.49	450m:	4:53.59	33.28	850m:	9:21.39	33.46	1250m:	13:50.17	33.49
100m:	1:01.95	32.46	500m:	5:27.11	33.52	900m:	9:54.81	33.42	1300m:	14:23.71	33.54
150m:	1:34.59	32.64	550m:	6:00.53	33.42	950m:	10:28.35	33.54	1350m:	14:56.98	33.27
200m:	2:07.54	32.95	600m:	6:34.33	33.80	1000m:	11:01.94	33.59	1400m:	15:30.12	33.14
250m:	2:40.38	32.84	650m:	7:07.88	33.55	1050m:	11:35.58	33.64	1450m:	16:02.70	32.58
300m:	3:13.57	33.19	700m:	7:41.41	33.53	1100m:	12:09.32	33.74	1500m:	16:34.11	31.41
350m:	3:46.90	33.33	750m:	8:14.81	33.40	1150m:	12:42.80	33.48			
400m:	4:20.31	33.41	800m:	8:47.93	33.12	1200m:	13:16.68	33.88			

12.	MACHADO Martim Miranda	03	Uniao Coimbra	**16:42.18**	+0,79	656					
50m:	30.05	30.05	450m:	4:56.57	33.46	850m:	9:26.09	33.56	1250m:	13:55.29	33.59
100m:	1:02.74	32.69	500m:	5:29.94	33.37	900m:	9:59.69	33.60	1300m:	14:29.07	33.78
150m:	1:35.91	33.17	550m:	6:03.60	33.66	950m:	10:33.40	33.71	1350m:	15:02.70	33.63
200m:	2:09.05	33.14	600m:	6:37.46	33.86	1000m:	11:07.39	33.99	1400m:	15:36.52	33.82
250m:	2:42.60	33.55	650m:	7:11.61	34.15	1050m:	11:41.17	33.78	1450m:	16:09.98	33.46
300m:	3:16.23	33.63	700m:	7:45.41	33.80	1100m:	12:14.42	33.25	1500m:	16:42.18	32.20
350m:	3:49.55	33.32	750m:	8:19.21	33.80	1150m:	12:48.26	33.84			
400m:	4:23.11	33.56	800m:	8:52.53	33.32	1200m:	13:21.70	33.44			

13.	NUNES Francisco Costa	02	Salvaterra de Magos	**16:45.75**	+0,80	649					
50m:	28.84	28.84	450m:	4:47.58	33.72	850m:	9:20.38	34.65	1250m:	13:54.23	34.09
100m:	59.68	30.84	500m:	5:21.34	33.76	900m:	9:54.41	34.03	1300m:	14:28.78	34.55
150m:	1:31.17	31.49	550m:	5:55.45	34.11	950m:	10:28.65	34.24	1350m:	15:03.87	35.09
200m:	2:02.96	31.79	600m:	6:29.78	34.33	1000m:	11:02.37	33.72	1400m:	15:38.23	34.36
250m:	2:35.08	32.12	650m:	7:04.48	34.70	1050m:	11:36.46	34.09	1450m:	16:12.43	34.20
300m:	3:07.67	32.59	700m:	7:38.11	33.63	1100m:	12:10.61	34.15	1500m:	16:45.75	33.32
350m:	3:40.68	33.01	750m:	8:12.07	33.96	1150m:	12:45.34	34.73			
400m:	4:13.86	33.18	800m:	8:45.73	33.66	1200m:	13:20.14	34.80			

14.	MONTEIRO Tomas Penha	02	Alges	**16:53.17**	+0,71	635					
50m:	29.37	29.37	450m:	4:59.95	34.16	850m:	9:33.08	34.08	1250m:	14:04.75	34.08
100m:	1:02.03	32.66	500m:	5:34.01	34.06	900m:	10:06.91	33.83	1300m:	14:38.72	33.97
150m:	1:35.39	33.36	550m:	6:08.31	34.30	950m:	10:41.02	34.11	1350m:	15:12.76	34.04
200m:	2:09.10	33.71	600m:	6:42.48	34.17	1000m:	11:15.12	34.10	1400m:	15:46.49	33.73
250m:	2:43.20	34.10	650m:	7:17.01	34.53	1050m:	11:49.00	33.88	1450m:	16:20.34	33.85
300m:	3:17.37	34.17	700m:	7:50.78	33.77	1100m:	12:22.70	33.70	1500m:	16:53.17	32.83
350m:	3:51.58	34.21	750m:	8:25.06	34.28	1150m:	12:56.98	34.28			
400m:	4:25.79	34.21	800m:	8:59.00	33.94	1200m:	13:30.67	33.69			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**16:53.25**	+0,79	635	

50m:	30.43	30.43	450m:	4:56.38	33.75	850m:	9:27.91	34.05	1250m:	14:00.89	34.95
100m:	1:02.78	32.35	500m:	5:29.95	33.57	900m:	10:02.11	34.20	1300m:	14:35.86	34.97
150m:	1:35.90	33.12	550m:	6:04.04	34.09	950m:	10:35.96	33.85	1350m:	15:10.95	35.09
200m:	2:08.80	32.90	600m:	6:37.81	33.77	1000m:	11:09.73	33.77	1400m:	15:45.60	34.65
250m:	2:42.38	33.58	650m:	7:12.20	34.39	1050m:	11:43.22	33.49	1450m:	16:20.11	34.51
300m:	3:15.56	33.18	700m:	7:45.94	33.74	1100m:	12:17.10	33.88	1500m:	16:53.25	33.14
350m:	3:49.29	33.73	750m:	8:20.15	34.21	1150m:	12:51.33	34.23			
400m:	4:22.63	33.34	800m:	8:53.86	33.71	1200m:	13:25.94	34.61			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:54.81**	+0,78	632	

50m:	29.15	29.15	450m:	4:49.52	32.79	850m:	9:22.81	34.25	1250m:	14:01.60	34.01
100m:	1:01.26	32.11	500m:	5:23.52	34.00	900m:	9:58.34	35.53	1300m:	14:37.24	35.64
150m:	1:32.87	31.61	550m:	5:56.83	33.31	950m:	10:32.34	34.00	1350m:	15:11.51	34.27
200m:	2:05.52	32.65	600m:	6:31.11	34.28	1000m:	11:07.48	35.14	1400m:	15:46.62	35.11
250m:	2:37.50	31.98	650m:	7:04.53	33.42	1050m:	11:41.87	34.39	1450m:	16:20.63	34.01
300m:	3:10.80	33.30	700m:	7:39.67	35.14	1100m:	12:17.80	35.93	1500m:	16:54.81	34.18
350m:	3:43.21	32.41	750m:	8:13.70	34.03	1150m:	12:52.08	34.28			
400m:	4:16.73	33.52	800m:	8:48.56	34.86	1200m:	13:27.59	35.51			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:56.83**	+0,68	628	

50m:	29.43	29.43	450m:	4:59.61	33.91	850m:	9:29.59	34.06	1250m:	14:05.64	33.55
100m:	1:03.22	33.79	500m:	5:33.97	34.36	900m:	10:04.34	34.75	1300m:	14:41.12	35.48
150m:	1:35.64	32.42	550m:	6:05.88	31.91	950m:	10:39.30	34.96	1350m:	15:14.47	33.35
200m:	2:09.40	33.76	600m:	6:39.86	33.98	1000m:	11:13.68	34.38	1400m:	15:49.72	35.25
250m:	2:43.17	33.77	650m:	7:13.30	33.44	1050m:	11:47.31	33.63	1450m:	16:23.51	33.79
300m:	3:17.50	34.33	700m:	7:47.46	34.16	1100m:	12:22.67	35.36	1500m:	16:56.83	33.32
350m:	3:51.27	33.77	750m:	8:21.11	33.65	1150m:	12:56.18	33.51			
400m:	4:25.70	34.43	800m:	8:55.53	34.42	1200m:	13:32.09	35.91			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.49**	+0,77	621	

50m:	29.76	29.76	450m:	5:00.21	34.03	850m:	9:33.56	33.91	1250m:	14:07.34	33.93
100m:	1:02.32	32.56	500m:	5:34.48	34.27	900m:	10:07.95	34.39	1300m:	14:42.01	34.67
150m:	1:35.97	33.65	550m:	6:08.38	33.90	950m:	10:41.48	33.53	1350m:	15:16.04	34.03
200m:	2:09.80	33.83	600m:	6:42.80	34.42	1000m:	11:16.30	34.82	1400m:	15:50.94	34.90
250m:	2:43.62	33.82	650m:	7:16.79	33.99	1050m:	11:50.23	33.93	1450m:	16:25.46	34.52
300m:	3:17.75	34.13	700m:	7:51.23	34.44	1100m:	12:24.78	34.55	1500m:	17:00.49	35.03
350m:	3:51.84	34.09	750m:	8:25.27	34.04	1150m:	12:59.13	34.35			
400m:	4:26.18	34.34	800m:	8:59.65	34.38	1200m:	13:33.41	34.28			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	RODRIGUES Pedro Reis	02	Sao Roque	**17:00.66**	+0,70	621	

50m:	29.54	29.54	450m:	4:56.48	34.67	850m:	9:31.89	35.20	1250m:	14:10.12	35.16
100m:	1:01.45	31.91	500m:	5:29.86	33.38	900m:	10:06.56	34.67	1300m:	14:44.06	33.94
150m:	1:34.76	33.31	550m:	6:04.19	34.33	950m:	10:41.61	35.05	1350m:	15:18.78	34.72
200m:	2:07.47	32.71	600m:	6:38.43	34.24	1000m:	11:16.06	34.45	1400m:	15:53.23	34.45
250m:	2:41.05	33.58	650m:	7:12.94	34.51	1050m:	11:51.06	35.00	1450m:	16:27.88	34.65
300m:	3:14.24	33.19	700m:	7:47.19	34.25	1100m:	12:25.31	34.25	1500m:	17:00.66	32.78
350m:	3:48.55	34.31	750m:	8:22.15	34.96	1150m:	13:00.62	35.31			
400m:	4:21.81	33.26	800m:	8:56.69	34.54	1200m:	13:34.96	34.34			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**17:07.93**	+0,70	608	

50m:	29.17	29.17	450m:	5:04.36	34.82	850m:	9:40.80	34.54	1250m:	14:18.04	34.20
100m:	1:02.19	33.02	500m:	5:39.43	35.07	900m:	10:15.65	34.85	1300m:	14:52.95	34.91
150m:	1:36.51	34.32	550m:	6:13.79	34.36	950m:	10:50.18	34.53	1350m:	15:27.27	34.32
200m:	2:10.82	34.31	600m:	6:48.69	34.90	1000m:	11:25.06	34.88	1400m:	16:01.50	34.23
250m:	2:45.09	34.27	650m:	7:23.11	34.42	1050m:	11:59.61	34.55	1450m:	16:35.43	33.93
300m:	3:19.81	34.72	700m:	7:57.78	34.67	1100m:	12:34.57	34.96	1500m:	17:07.93	32.50
350m:	3:54.56	34.75	750m:	8:31.82	34.04	1150m:	13:09.06	34.49			
400m:	4:29.54	34.98	800m:	9:06.26	34.44	1200m:	13:43.84	34.78			

21.	ALMEIDA Bernardo Victorino	04	Sporting	**17:08.59**	+0,76	607							
50m:	29.04	29.04	450m:	5:02.09	34.89	850m:	9:40.47	34.91	1250m:	14:19.10	34.89
100m:	1:01.75	32.71	500m:	5:36.61	34.52	900m:	10:15.70	35.23	1300m:	14:53.50	34.40
150m:	1:35.89	34.14	550m:	6:11.11	34.50	950m:	10:51.11	35.41	1350m:	15:27.86	34.36
200m:	2:10.13	34.24	600m:	6:45.90	34.79	1000m:	11:25.69	34.58	1400m:	16:02.23	34.37
250m:	2:44.05	33.92	650m:	7:21.07	35.17	1050m:	12:00.79	35.10	1450m:	16:36.80	34.57
300m:	3:18.89	34.84	700m:	7:55.74	34.67	1100m:	12:34.87	34.08	1500m:	17:08.59	31.79
350m:	3:53.05	34.16	750m:	8:30.76	35.02	1150m:	13:09.53	34.66			
400m:	4:27.20	34.15	800m:	9:05.56	34.80	1200m:	13:44.21	34.68			

22.	NUNES Diogo Severino	04	Natacao de Valongo	**17:09.22**	+0,83	606							
50m:	30.26	30.26	450m:	5:05.15	34.67	850m:	9:42.90	34.74	1250m:	14:20.49	34.64
100m:	1:03.80	33.54	500m:	5:39.42	34.27	900m:	10:17.75	34.85	1300m:	14:55.59	35.10
150m:	1:37.93	34.13	550m:	6:13.97	34.55	950m:	10:52.13	34.38	1350m:	15:30.77	35.18
200m:	2:12.69	34.76	600m:	6:48.97	35.00	1000m:	11:26.87	34.74	1400m:	16:04.98	34.21
250m:	2:47.69	35.00	650m:	7:23.51	34.54	1050m:	12:01.56	34.69	1450m:	16:38.82	33.84
300m:	3:21.53	33.84	700m:	7:58.36	34.85	1100m:	12:36.01	34.45	1500m:	17:09.22	30.40
350m:	3:56.05	34.52	750m:	8:32.77	34.41	1150m:	13:10.78	34.77			
400m:	4:30.48	34.43	800m:	9:08.16	35.39	1200m:	13:45.85	35.07			

23.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:11.72**	+0,76	601							
50m:	29.94	29.94	450m:	5:05.13	34.60	850m:	9:42.12	34.86	1250m:	14:20.47	34.57
100m:	1:03.32	33.38	500m:	5:39.81	34.68	900m:	10:17.07	34.95	1300m:	14:54.97	34.50
150m:	1:37.71	34.39	550m:	6:14.21	34.40	950m:	10:52.06	34.99	1350m:	15:29.64	34.67
200m:	2:12.32	34.61	600m:	6:49.03	34.82	1000m:	11:26.70	34.64	1400m:	16:03.90	34.26
250m:	2:46.74	34.42	650m:	7:23.74	34.71	1050m:	12:01.69	34.99	1450m:	16:38.65	34.75
300m:	3:21.37	34.63	700m:	7:58.15	34.41	1100m:	12:36.64	34.95	1500m:	17:11.72	33.07
350m:	3:56.19	34.82	750m:	8:32.64	34.49	1150m:	13:11.42	34.78			
400m:	4:30.53	34.34	800m:	9:07.26	34.62	1200m:	13:45.90	34.48			

24.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**17:17.00**	+0,74	592							
50m:	28.68	28.68	450m:	5:00.27	34.38	850m:	9:40.71	35.43	1250m:	14:23.25	34.98
100m:	1:00.96	32.28	500m:	5:34.97	34.70	900m:	10:16.39	35.68	1300m:	14:58.71	35.46
150m:	1:34.72	33.76	550m:	6:10.27	35.30	950m:	10:51.07	34.68	1350m:	15:34.02	35.31
200m:	2:08.13	33.41	600m:	6:44.87	34.60	1000m:	11:26.30	35.23	1400m:	16:09.18	35.16
250m:	2:42.28	34.15	650m:	7:20.19	35.32	1050m:	12:02.22	35.92	1450m:	16:43.64	34.46
300m:	3:17.05	34.77	700m:	7:54.89	34.70	1100m:	12:37.12	34.90	1500m:	17:17.00	33.36
350m:	3:51.73	34.68	750m:	8:30.40	35.51	1150m:	13:12.44	35.32			
400m:	4:25.89	34.16	800m:	9:05.28	34.88	1200m:	13:48.27	35.83			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	CARVALHO Antonio Lombardi	04	Belenenses	**17:17.85**	+0,79	591	

50m:	31.00	31.00	450m:	5:09.75	35.41	850m:	9:49.59	35.12	1250m:	14:28.66	34.75
100m:	1:05.56	34.56	500m:	5:44.68	34.93	900m:	10:24.00	34.41	1300m:	15:03.31	34.65
150m:	1:39.80	34.24	550m:	6:19.52	34.84	950m:	10:59.50	35.50	1350m:	15:37.97	34.66
200m:	2:14.38	34.58	600m:	6:54.16	34.64	1000m:	11:33.88	34.38	1400m:	16:12.14	34.17
250m:	2:49.35	34.97	650m:	7:29.12	34.96	1050m:	12:09.21	35.33	1450m:	16:46.10	33.96
300m:	3:24.18	34.83	700m:	8:04.43	35.31	1100m:	12:43.57	34.36	1500m:	17:17.85	31.75
350m:	3:59.50	35.32	750m:	8:39.75	35.32	1150m:	13:18.61	35.04			
400m:	4:34.34	34.84	800m:	9:14.47	34.72	1200m:	13:53.91	35.30			

26.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**17:19.42**	+0,81	588					
50m:	29.82	29.82	450m:	5:00.35	34.38	850m:	9:39.72	34.95	1250m:	14:22.65	35.20
100m:	1:02.73	32.91	500m:	5:35.20	34.85	900m:	10:15.12	35.40	1300m:	14:58.30	35.65
150m:	1:36.09	33.36	550m:	6:09.62	34.42	950m:	10:50.36	35.24	1350m:	15:33.17	34.87
200m:	2:09.68	33.59	600m:	6:44.32	34.70	1000m:	11:25.47	35.11	1400m:	16:09.38	36.21
250m:	2:43.36	33.68	650m:	7:19.21	34.89	1050m:	12:00.57	35.10	1450m:	16:44.41	35.03
300m:	3:17.42	34.06	700m:	7:54.31	35.10	1100m:	12:36.42	35.85	1500m:	17:19.42	35.01
350m:	3:51.53	34.11	750m:	8:29.05	34.74	1150m:	13:11.55	35.13			
400m:	4:25.97	34.44	800m:	9:04.77	35.72	1200m:	13:47.45	35.90			

27.	FERREIRA Joao Carlos	03	Porto	**17:23.93**	+0,71	580					
50m:	31.12	31.12	450m:	5:10.78	34.83	850m:	9:50.33	35.25	1250m:	14:31.76	34.87
100m:	1:05.60	34.48	500m:	5:45.16	34.38	900m:	10:25.54	35.21	1300m:	15:06.80	35.04
150m:	1:40.57	34.97	550m:	6:19.53	34.37	950m:	11:01.01	35.47	1350m:	15:41.88	35.08
200m:	2:15.57	35.00	600m:	6:54.36	34.83	1000m:	11:36.22	35.21	1400m:	16:16.58	34.70
250m:	2:50.82	35.25	650m:	7:29.86	35.50	1050m:	12:10.91	34.69	1450m:	16:51.00	34.42
300m:	3:25.73	34.91	700m:	8:04.73	34.87	1100m:	12:46.11	35.20	1500m:	17:23.93	32.93
350m:	4:00.89	35.16	750m:	8:40.23	35.50	1150m:	13:21.66	35.55			
400m:	4:35.95	35.06	800m:	9:15.08	34.85	1200m:	13:56.89	35.23			

28.	SALGADO Goncalo Sampaio	02	Famalicao	**17:24.88**	+0,76	579					
50m:	29.38	29.38	450m:	5:01.70	34.88	850m:	9:42.20	35.30	1250m:	14:27.25	35.75
100m:	1:02.15	32.77	500m:	5:36.57	34.87	900m:	10:17.34	35.14	1300m:	15:02.82	35.57
150m:	1:35.87	33.72	550m:	6:11.55	34.98	950m:	10:53.06	35.72	1350m:	15:39.10	36.28
200m:	2:09.84	33.97	600m:	6:46.37	34.82	1000m:	11:28.50	35.44	1400m:	16:14.59	35.49
250m:	2:43.83	33.99	650m:	7:21.68	35.31	1050m:	12:04.33	35.83	1450m:	16:50.20	35.61
300m:	3:18.22	34.39	700m:	7:56.59	34.91	1100m:	12:39.73	35.40	1500m:	17:24.88	34.68
350m:	3:52.41	34.19	750m:	8:31.93	35.34	1150m:	13:15.90	36.17			
400m:	4:26.82	34.41	800m:	9:06.90	34.97	1200m:	13:51.50	35.60			

29.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:26.64**	+0,72	576					
50m:	30.46	30.46	450m:	5:10.44	34.77	850m:	9:51.00	34.85	1250m:	14:31.69	34.99
100m:	1:04.77	34.31	500m:	5:45.31	34.87	900m:	10:26.08	35.08	1300m:	15:07.39	35.70
150m:	1:39.10	34.33	550m:	6:19.82	34.51	950m:	11:00.91	34.83	1350m:	15:42.75	35.36
200m:	2:14.50	35.40	600m:	6:55.18	35.36	1000m:	11:36.11	35.20	1400m:	16:18.48	35.73
250m:	2:49.80	35.30	650m:	7:29.88	34.70	1050m:	12:11.09	34.98	1450m:	16:52.90	34.42
300m:	3:25.29	35.49	700m:	8:05.63	35.75	1100m:	12:46.35	35.26	1500m:	17:26.64	33.74
350m:	4:00.25	34.96	750m:	8:40.84	35.21	1150m:	13:21.09	34.74			
400m:	4:35.67	35.42	800m:	9:16.15	35.31	1200m:	13:56.70	35.61			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**17:27.13**	+0,75	575	

50m:	30.05	30.05	450m:	5:06.45	34.62	850m:	9:47.51	35.55	1250m:	14:32.87	35.76
100m:	1:03.48	33.43	500m:	5:41.57	35.12	900m:	10:23.54	36.03	1300m:	15:09.23	36.36
150m:	1:37.62	34.14	550m:	6:16.22	34.65	950m:	10:58.93	35.39	1350m:	15:45.26	36.03
200m:	2:12.11	34.49	600m:	6:51.32	35.10	1000m:	11:33.94	35.01	1400m:	16:20.84	35.58
250m:	2:46.88	34.77	650m:	7:26.21	34.89	1050m:	12:09.48	35.54	1450m:	16:54.73	33.89
300m:	3:21.64	34.76	700m:	8:01.22	35.01	1100m:	12:45.24	35.76	1500m:	17:27.13	32.40
350m:	3:56.68	35.04	750m:	8:36.62	35.40	1150m:	13:21.06	35.82			
400m:	4:31.83	35.15	800m:	9:11.96	35.34	1200m:	13:57.11	36.05			

31.	CANADAS Joao Vasco	03	Rio Maior	**17:27.98**	+0,75	574					
50m:	32.01	32.01	450m:	5:10.95	35.10	850m:	9:50.37	35.11	1250m:	14:32.98	35.41
100m:	1:06.36	34.35	500m:	5:45.78	34.83	900m:	10:25.34	34.97	1300m:	15:08.29	35.31
150m:	1:41.20	34.84	550m:	6:20.81	35.03	950m:	11:00.83	35.49	1350m:	15:43.74	35.45
200m:	2:15.91	34.71	600m:	6:55.35	34.54	1000m:	11:36.17	35.34	1400m:	16:18.87	35.13
250m:	2:50.91	35.00	650m:	7:30.58	35.23	1050m:	12:11.33	35.16	1450m:	16:54.01	35.14
300m:	3:25.90	34.99	700m:	8:05.37	34.79	1100m:	12:46.58	35.25	1500m:	17:27.98	33.97
350m:	4:00.94	35.04	750m:	8:40.54	35.17	1150m:	13:22.12	35.54			
400m:	4:35.85	34.91	800m:	9:15.26	34.72	1200m:	13:57.57	35.45			

32.	PEREIRA Alexandre Alves	03	Braga	**17:32.21**	+0,80	567					
50m:	29.83	29.83	450m:	5:09.21	35.44	850m:	9:52.39	35.53	1250m:	14:38.23	36.31
100m:	1:03.40	33.57	500m:	5:44.92	35.71	900m:	10:27.84	35.45	1300m:	15:13.86	35.63
150m:	1:37.99	34.59	550m:	6:20.29	35.37	950m:	11:03.40	35.56	1350m:	15:49.17	35.31
200m:	2:13.06	35.07	600m:	6:55.26	34.97	1000m:	11:38.70	35.30	1400m:	16:24.32	35.15
250m:	2:47.83	34.77	650m:	7:30.99	35.73	1050m:	12:14.70	36.00	1450m:	16:59.40	35.08
300m:	3:22.88	35.05	700m:	8:06.26	35.27	1100m:	12:50.12	35.42	1500m:	17:32.21	32.81
350m:	3:58.23	35.35	750m:	8:41.56	35.30	1150m:	13:26.35	36.23			
400m:	4:33.77	35.54	800m:	9:16.86	35.30	1200m:	14:01.92	35.57			

33.	VIEGAS Hugo Miguel	02	Natacao Olhao	**17:34.60**	+0,70	563					
50m:	29.89	29.89	450m:	5:04.92	35.28	850m:	9:48.73	36.04	1250m:	14:37.36	35.96
100m:	1:02.70	32.81	500m:	5:40.26	35.34	900m:	10:24.95	36.22	1300m:	15:13.21	35.85
150m:	1:36.26	33.56	550m:	6:14.79	34.53	950m:	11:01.23	36.28	1350m:	15:49.12	35.91
200m:	2:10.54	34.28	600m:	6:49.92	35.13	1000m:	11:37.17	35.94	1400m:	16:24.87	35.75
250m:	2:45.01	34.47	650m:	7:25.34	35.42	1050m:	12:13.25	36.08	1450m:	17:00.22	35.35
300m:	3:19.83	34.82	700m:	8:01.02	35.68	1100m:	12:49.40	36.15	1500m:	17:34.60	34.38
350m:	3:54.57	34.74	750m:	8:36.76	35.74	1150m:	13:25.44	36.04			
400m:	4:29.64	35.07	800m:	9:12.69	35.93	1200m:	14:01.40	35.96			

34.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**17:38.56**	+0,76	557					
50m:	30.76	30.76	450m:	5:06.29	35.08	850m:	9:51.06	36.42	1250m:	14:40.80	36.21
100m:	1:03.92	33.16	500m:	5:41.59	35.30	900m:	10:27.21	36.15	1300m:	15:16.46	35.66
150m:	1:37.94	34.02	550m:	6:17.49	35.90	950m:	11:03.54	36.33	1350m:	15:52.67	36.21
200m:	2:12.01	34.07	600m:	6:52.81	35.32	1000m:	11:39.56	36.02	1400m:	16:28.63	35.96
250m:	2:46.82	34.81	650m:	7:27.77	34.96	1050m:	12:16.15	36.59	1450m:	17:04.18	35.55
300m:	3:21.31	34.49	700m:	8:02.83	35.06	1100m:	12:52.18	36.03	1500m:	17:38.56	34.38
350m:	3:56.28	34.97	750m:	8:38.38	35.55	1150m:	13:28.42	36.24			
400m:	4:31.21	34.93	800m:	9:14.64	36.26	1200m:	14:04.59	36.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:38.98**	+0,78	556	

50m:	30.66	30.66	450m:	5:10.35	35.50	850m:	9:59.52	35.76	1250m:	14:44.60	35.94
100m:	1:04.53	33.87	500m:	5:45.99	35.64	900m:	10:36.11	36.59	1300m:	15:20.46	35.86
150m:	1:39.44	34.91	550m:	6:21.12	35.13	950m:	11:12.39	36.28	1350m:	15:55.59	35.13
200m:	2:15.04	35.60	600m:	6:57.55	36.43	1000m:	11:49.40	37.01	1400m:	16:30.15	34.56
250m:	2:49.06	34.02	650m:	7:34.08	36.53	1050m:	12:24.35	34.95	1450m:	17:04.96	34.81
300m:	3:24.59	35.53	700m:	8:10.42	36.34	1100m:	12:59.40	35.05	1500m:	17:38.98	34.02
350m:	3:59.89	35.30	750m:	8:47.18	36.76	1150m:	13:33.94	34.54			
400m:	4:34.85	34.96	800m:	9:23.76	36.58	1200m:	14:08.66	34.72			

36.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:39.37**	+0,92	555	

50m:	31.40	31.40	450m:	5:17.23	35.84	850m:	10:01.52	35.31	1250m:	14:43.65	36.11
100m:	1:06.35	34.95	500m:	5:52.79	35.56	900m:	10:36.77	35.25	1300m:	15:20.38	36.73
150m:	1:42.29	35.94	550m:	6:28.45	35.66	950m:	11:11.39	34.62	1350m:	15:54.94	34.56
200m:	2:18.19	35.90	600m:	7:03.92	35.47	1000m:	11:46.72	35.33	1400m:	16:30.38	35.44
250m:	2:53.90	35.71	650m:	7:39.77	35.85	1050m:	12:22.21	35.49	1450m:	17:05.24	34.86
300m:	3:30.02	36.12	700m:	8:15.45	35.68	1100m:	12:57.35	35.14	1500m:	17:39.37	34.13
350m:	4:05.80	35.78	750m:	8:50.89	35.44	1150m:	13:32.36	35.01			
400m:	4:41.39	35.59	800m:	9:26.21	35.32	1200m:	14:07.54	35.18			

37.	CASTELEIRO Diogo Alexandre	01	Sporting	**17:40.39**	+0,78	554	

50m:	30.92	30.92	450m:	5:14.08	35.62	850m:	9:59.89	36.01	1250m:	14:44.44	35.57
100m:	1:05.74	34.82	500m:	5:49.94	35.86	900m:	10:35.74	35.85	1300m:	15:19.97	35.53
150m:	1:40.80	35.06	550m:	6:25.17	35.23	950m:	11:11.17	35.43	1350m:	15:55.94	35.97
200m:	2:15.98	35.18	600m:	7:01.12	35.95	1000m:	11:46.91	35.74	1400m:	16:31.55	35.61
250m:	2:51.38	35.40	650m:	7:36.58	35.46	1050m:	12:22.37	35.46	1450m:	17:06.59	35.04
300m:	3:27.05	35.67	700m:	8:12.51	35.93	1100m:	12:58.05	35.68	1500m:	17:40.39	33.80
350m:	4:02.85	35.80	750m:	8:47.93	35.42	1150m:	13:33.30	35.25			
400m:	4:38.46	35.61	800m:	9:23.88	35.95	1200m:	14:08.87	35.57			

38.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:43.64**	+0,68	549	

50m:	30.27	30.27	450m:	5:14.22	35.73	850m:	10:02.08	36.11	1250m:	14:48.79	35.75
100m:	1:03.98	33.71	500m:	5:50.09	35.87	900m:	10:37.96	35.88	1300m:	15:24.89	36.10
150m:	1:39.28	35.30	550m:	6:25.90	35.81	950m:	11:13.46	35.50	1350m:	16:00.69	35.80
200m:	2:14.85	35.57	600m:	7:01.88	35.98	1000m:	11:49.41	35.95	1400m:	16:36.00	35.31
250m:	2:50.45	35.60	650m:	7:37.47	35.59	1050m:	12:25.41	36.00	1450m:	17:10.02	34.02
300m:	3:26.54	36.09	700m:	8:13.31	35.84	1100m:	13:01.36	35.95	1500m:	17:43.64	33.62
350m:	4:02.49	35.95	750m:	8:49.75	36.44	1150m:	13:37.01	35.65			
400m:	4:38.49	36.00	800m:	9:25.97	36.22	1200m:	14:13.04	36.03			

39.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:44.62**	+0,71	547	

50m:	31.02	31.02	450m:	5:13.64	35.86	850m:	9:58.76	35.51	1250m:	14:46.53	36.12
100m:	1:05.17	34.15	500m:	5:49.18	35.54	900m:	10:34.46	35.70	1300m:	15:23.21	36.68
150m:	1:40.09	34.92	550m:	6:24.95	35.77	950m:	11:10.50	36.04	1350m:	15:59.47	36.26
200m:	2:15.35	35.26	600m:	7:00.73	35.78	1000m:	11:45.98	35.48	1400m:	16:35.73	36.26
250m:	2:50.88	35.53	650m:	7:36.33	35.60	1050m:	12:21.91	35.93	1450m:	17:11.43	35.70
300m:	3:26.77	35.89	700m:	8:11.79	35.46	1100m:	12:58.15	36.24	1500m:	17:44.62	33.19
350m:	4:02.48	35.71	750m:	8:47.61	35.82	1150m:	13:34.14	35.99			
400m:	4:37.78	35.30	800m:	9:23.25	35.64	1200m:	14:10.41	36.27			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	NETO Rodrigo Jorge	03	Aquatico Pacense	**17:47.14**	+0,71	543	

50m:	31.46	31.46	450m:	5:17.78	35.83	850m:	10:04.23	36.04	1250m:	14:51.76	35.60
100m:	1:06.98	35.52	500m:	5:53.76	35.98	900m:	10:39.69	35.46	1300m:	15:27.21	35.45
150m:	1:42.95	35.97	550m:	6:29.57	35.81	950m:	11:15.77	36.08	1350m:	16:03.35	36.14
200m:	2:18.81	35.86	600m:	7:04.99	35.42	1000m:	11:51.60	35.83	1400m:	16:38.17	34.82
250m:	2:54.25	35.44	650m:	7:40.78	35.79	1050m:	12:27.77	36.17	1450m:	17:13.65	35.48
300m:	3:30.21	35.96	700m:	8:16.51	35.73	1100m:	13:03.91	36.14	1500m:	17:47.14	33.49
350m:	4:05.94	35.73	750m:	8:52.48	35.97	1150m:	13:40.32	36.41			
400m:	4:41.95	36.01	800m:	9:28.19	35.71	1200m:	14:16.16	35.84			

41.	SANTOS Francisco Amaro	04	Gesloures	**17:47.52**	+0,86	543	

50m:	31.54	31.54	450m:	5:19.20	35.78	850m:	10:04.07	35.74	1250m:	14:51.85	36.29
100m:	1:06.83	35.29	500m:	5:54.66	35.46	900m:	10:39.76	35.69	1300m:	15:27.97	36.12
150m:	1:42.84	36.01	550m:	6:30.06	35.40	950m:	11:15.61	35.85	1350m:	16:04.00	36.03
200m:	2:18.94	36.10	600m:	7:05.31	35.25	1000m:	11:51.51	35.90	1400m:	16:39.86	35.86
250m:	2:55.18	36.24	650m:	7:40.98	35.67	1050m:	12:27.46	35.95	1450m:	17:14.43	34.57
300m:	3:31.38	36.20	700m:	8:16.60	35.62	1100m:	13:03.27	35.81	1500m:	17:47.52	33.09
350m:	4:07.77	36.39	750m:	8:52.54	35.94	1150m:	13:39.47	36.20			
400m:	4:43.42	35.65	800m:	9:28.33	35.79	1200m:	14:15.56	36.09			

42.	SANTOS Gabriel Moreira	04	Famalicao	**17:48.53**	+0,77	541	

50m:	30.77	30.77	450m:	5:12.54	35.99	850m:	9:59.54	35.86	1250m:	14:48.85	35.64
100m:	1:04.76	33.99	500m:	5:48.56	36.02	900m:	10:36.10	36.56	1300m:	15:25.16	36.31
150m:	1:39.16	34.40	550m:	6:24.03	35.47	950m:	11:12.19	36.09	1350m:	16:01.11	35.95
200m:	2:14.30	35.14	600m:	7:00.16	36.13	1000m:	11:48.64	36.45	1400m:	16:37.20	36.09
250m:	2:49.55	35.25	650m:	7:36.10	35.94	1050m:	12:24.56	35.92	1450m:	17:13.07	35.87
300m:	3:24.71	35.16	700m:	8:11.84	35.74	1100m:	13:00.65	36.09	1500m:	17:48.53	35.46
350m:	4:00.27	35.56	750m:	8:47.41	35.57	1150m:	13:36.93	36.28			
400m:	4:36.55	36.28	800m:	9:23.68	36.27	1200m:	14:13.21	36.28			

43.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:48.95**	+0,74	541	

50m:	31.50	31.50	450m:	5:17.60	36.26	850m:	10:05.56	35.85	1250m:	14:53.79	35.86
100m:	1:05.83	34.33	500m:	5:53.81	36.21	900m:	10:41.49	35.93	1300m:	15:29.63	35.84
150m:	1:41.02	35.19	550m:	6:29.88	36.07	950m:	11:17.40	35.91	1350m:	16:05.29	35.66
200m:	2:16.85	35.83	600m:	7:05.86	35.98	1000m:	11:53.49	36.09	1400m:	16:40.65	35.36
250m:	2:52.92	36.07	650m:	7:41.88	36.02	1050m:	12:29.53	36.04	1450m:	17:15.31	34.66
300m:	3:28.92	36.00	700m:	8:18.07	36.19	1100m:	13:05.71	36.18	1500m:	17:48.95	33.64
350m:	4:05.18	36.26	750m:	8:53.84	35.77	1150m:	13:41.75	36.04			
400m:	4:41.34	36.16	800m:	9:29.71	35.87	1200m:	14:17.93	36.18			

44.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:52.80**	+0,86	535	

50m:	30.56	30.56	450m:	5:13.30	36.12	850m:	10:05.48	36.25	1250m:	14:54.29	35.97
100m:	1:04.92	34.36	500m:	5:50.08	36.78	900m:	10:41.98	36.50	1300m:	15:30.57	36.28
150m:	1:39.54	34.62	550m:	6:26.35	36.27	950m:	11:17.74	35.76	1350m:	16:06.93	36.36
200m:	2:14.67	35.13	600m:	7:02.87	36.52	1000m:	11:54.02	36.28	1400m:	16:43.78	36.85
250m:	2:50.06	35.39	650m:	7:39.27	36.40	1050m:	12:29.99	35.97	1450m:	17:18.85	35.07
300m:	3:25.45	35.39	700m:	8:16.19	36.92	1100m:	13:06.17	36.18	1500m:	17:52.80	33.95
350m:	4:01.13	35.68	750m:	8:52.23	36.04	1150m:	13:42.15	35.98			
400m:	4:37.18	36.05	800m:	9:29.23	37.00	1200m:	14:18.32	36.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	MARQUES Rui Joao	02	Nautico Academico	**17:54.76**	+0,77	532	

50m:	30.88	30.88	450m:	5:06.73	35.24	850m:	9:56.43	36.98	1250m:	14:51.49	36.13
100m:	1:03.62	32.74	500m:	5:42.21	35.48	900m:	10:33.21	36.78	1300m:	15:28.21	36.72
150m:	1:37.74	34.12	550m:	6:17.80	35.59	950m:	11:09.46	36.25	1350m:	16:05.43	37.22
200m:	2:12.08	34.34	600m:	6:53.99	36.19	1000m:	11:46.66	37.20	1400m:	16:42.83	37.40
250m:	2:46.43	34.35	650m:	7:30.34	36.35	1050m:	12:23.21	36.55	1450m:	17:19.22	36.39
300m:	3:21.32	34.89	700m:	8:06.55	36.21	1100m:	13:00.58	37.37	1500m:	17:54.76	35.54
350m:	3:56.27	34.95	750m:	8:43.14	36.59	1150m:	13:38.72	38.14			
400m:	4:31.49	35.22	800m:	9:19.45	36.31	1200m:	14:15.36	36.64			

46.	CARVALHO Martim Henriques	04	Rio Maior	**17:55.83**	+0,79	530	

50m:	31.90	31.90	450m:	5:18.30	35.79	850m:	10:07.68	35.58	1250m:	14:57.38	36.47
100m:	1:07.37	35.47	500m:	5:54.40	36.10	900m:	10:44.20	36.52	1300m:	15:34.31	36.93
150m:	1:43.38	36.01	550m:	6:30.11	35.71	950m:	11:19.75	35.55	1350m:	16:10.26	35.95
200m:	2:19.63	36.25	600m:	7:06.32	36.21	1000m:	11:56.13	36.38	1400m:	16:46.51	36.25
250m:	2:55.33	35.70	650m:	7:42.67	36.35	1050m:	12:32.07	35.94	1450m:	17:21.79	35.28
300m:	3:31.40	36.07	700m:	8:19.41	36.74	1100m:	13:07.86	35.79	1500m:	17:55.83	34.04
350m:	4:06.69	35.29	750m:	8:55.61	36.20	1150m:	13:44.08	36.22			
400m:	4:42.51	35.82	800m:	9:32.10	36.49	1200m:	14:20.91	36.83			

47.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:58.87**	+0,65	526	

50m:	30.87	30.87	450m:	5:19.08	35.79	850m:	10:11.32	36.87	1250m:	15:03.42	36.40
100m:	1:06.09	35.22	500m:	5:55.30	36.22	900m:	10:47.95	36.63	1300m:	15:40.02	36.60
150m:	1:42.03	35.94	550m:	6:31.23	35.93	950m:	11:23.95	36.00	1350m:	16:14.95	34.93
200m:	2:18.26	36.23	600m:	7:08.07	36.84	1000m:	12:01.11	37.16	1400m:	16:51.59	36.64
250m:	2:54.40	36.14	650m:	7:44.00	35.93	1050m:	12:36.91	35.80	1450m:	17:27.47	35.88
300m:	3:30.82	36.42	700m:	8:20.61	36.61	1100m:	13:13.80	36.89	1500m:	17:58.87	31.40
350m:	4:07.00	36.18	750m:	8:57.36	36.75	1150m:	13:50.21	36.41			
400m:	4:43.29	36.29	800m:	9:34.45	37.09	1200m:	14:27.02	36.81			

48.	BORGES David Costa	04	Fluvial Portuense	**17:59.14**	+0,70	525	

50m:	30.28	30.28	450m:	5:19.01	35.85	850m:	10:10.95	36.32	1250m:	15:01.68	35.88
100m:	1:05.51	35.23	500m:	5:55.62	36.61	900m:	10:47.82	36.87	1300m:	15:38.31	36.63
150m:	1:41.97	36.46	550m:	6:31.49	35.87	950m:	11:24.44	36.62	1350m:	16:13.90	35.59
200m:	2:18.99	37.02	600m:	7:09.00	37.51	1000m:	12:00.94	36.50	1400m:	16:50.27	36.37
250m:	2:54.96	35.97	650m:	7:45.07	36.07	1050m:	12:36.57	35.63	1450m:	17:25.00	34.73
300m:	3:31.36	36.40	700m:	8:22.04	36.97	1100m:	13:13.18	36.61	1500m:	17:59.14	34.14
350m:	4:06.59	35.23	750m:	8:57.74	35.70	1150m:	13:49.13	35.95			
400m:	4:43.16	36.57	800m:	9:34.63	36.89	1200m:	14:25.80	36.67			

49.	SA Joao Luis	03	Fluvial Portuense	**18:00.36**	+0,77	524	

50m:	31.25	31.25	450m:	5:18.35	35.96	850m:	10:07.36	36.42	1250m:	14:59.61	36.78
100m:	1:05.96	34.71	500m:	5:54.25	35.90	900m:	10:43.54	36.18	1300m:	15:35.94	36.33
150m:	1:41.92	35.96	550m:	6:30.61	36.36	950m:	11:19.94	36.40	1350m:	16:12.34	36.40
200m:	2:17.49	35.57	600m:	7:06.73	36.12	1000m:	11:56.44	36.50	1400m:	16:49.27	36.93
250m:	2:53.78	36.29	650m:	7:42.77	36.04	1050m:	12:32.87	36.43	1450m:	17:25.48	36.21
300m:	3:30.39	36.61	700m:	8:18.77	36.00	1100m:	13:09.48	36.61	1500m:	18:00.36	34.88
350m:	4:06.27	35.88	750m:	8:54.77	36.00	1150m:	13:45.96	36.48			
400m:	4:42.39	36.12	800m:	9:30.94	36.17	1200m:	14:22.83	36.87			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	SANTOS Andre Cardoso	03	Academico Viseu	**18:00.47**	+0,76	523	

50m:	30.27	30.27	450m:	5:14.01	36.30	850m:	10:05.61	36.75	1250m:	14:59.18	37.03
100m:	1:03.81	33.54	500m:	5:50.35	36.34	900m:	10:41.77	36.16	1300m:	15:35.45	36.27
150m:	1:38.68	34.87	550m:	6:26.88	36.53	950m:	11:18.91	37.14	1350m:	16:12.23	36.78
200m:	2:14.06	35.38	600m:	7:03.08	36.20	1000m:	11:55.46	36.55	1400m:	16:48.72	36.49
250m:	2:49.76	35.70	650m:	7:39.74	36.66	1050m:	12:32.00	36.54	1450m:	17:25.02	36.30
300m:	3:25.25	35.49	700m:	8:16.14	36.40	1100m:	13:08.64	36.64	1500m:	18:00.47	35.45
350m:	4:01.40	36.15	750m:	8:52.72	36.58	1150m:	13:45.29	36.65			
400m:	4:37.71	36.31	800m:	9:28.86	36.14	1200m:	14:22.15	36.86			

51.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**18:00.70**	+0,76	523	

50m:	30.72	30.72	450m:	5:16.16	36.62	850m:	10:07.78	37.43	1250m:	15:02.71	37.29
100m:	1:04.53	33.81	500m:	5:52.08	35.92	900m:	10:43.75	35.97	1300m:	15:39.47	36.76
150m:	1:39.92	35.39	550m:	6:28.64	36.56	950m:	11:21.48	37.73	1350m:	16:16.72	37.25
200m:	2:15.42	35.50	600m:	7:04.77	36.13	1000m:	11:58.25	36.77	1400m:	16:52.47	35.75
250m:	2:51.38	35.96	650m:	7:41.45	36.68	1050m:	12:35.46	37.21	1450m:	17:28.71	36.24
300m:	3:27.19	35.81	700m:	8:17.74	36.29	1100m:	13:11.73	36.27	1500m:	18:00.70	31.99
350m:	4:03.78	36.59	750m:	8:54.69	36.95	1150m:	13:49.08	37.35			
400m:	4:39.54	35.76	800m:	9:30.35	35.66	1200m:	14:25.42	36.34			

52.	CARVALHO Tiago Fonseca	03	Naval Povoense	**18:01.44**	+0,73	522	

50m:	32.25	32.25	450m:	5:22.73	36.48	850m:	10:14.77	36.85	1250m:	15:04.33	35.87
100m:	1:08.07	35.82	500m:	5:58.97	36.24	900m:	10:51.38	36.61	1300m:	15:40.30	35.97
150m:	1:44.68	36.61	550m:	6:35.49	36.52	950m:	11:27.78	36.40	1350m:	16:16.46	36.16
200m:	2:20.75	36.07	600m:	7:11.88	36.39	1000m:	12:04.27	36.49	1400m:	16:52.47	36.01
250m:	2:57.13	36.38	650m:	7:48.23	36.35	1050m:	12:40.29	36.02	1450m:	17:27.60	35.13
300m:	3:33.45	36.32	700m:	8:24.78	36.55	1100m:	13:16.26	35.97	1500m:	18:01.44	33.84
350m:	4:09.97	36.52	750m:	9:01.49	36.71	1150m:	13:52.43	36.17			
400m:	4:46.25	36.28	800m:	9:37.92	36.43	1200m:	14:28.46	36.03			

53.	JORGE Tiago Miguel	03	Rio Maior	**18:02.73**	+0,65	520	

50m:	31.14	31.14	450m:	5:13.55	35.36	850m:	10:04.27	36.39	1250m:	15:00.23	37.14
100m:	1:05.78	34.64	500m:	5:49.76	36.21	900m:	10:41.45	37.18	1300m:	15:37.02	36.79
150m:	1:40.71	34.93	550m:	6:25.57	35.81	950m:	11:17.98	36.53	1350m:	16:13.62	36.60
200m:	2:15.70	34.99	600m:	7:01.92	36.35	1000m:	11:54.89	36.91	1400m:	16:50.75	37.13
250m:	2:50.89	35.19	650m:	7:38.33	36.41	1050m:	12:31.76	36.87	1450m:	17:27.26	36.51
300m:	3:26.61	35.72	700m:	8:14.77	36.44	1100m:	13:09.28	37.52	1500m:	18:02.73	35.47
350m:	4:02.32	35.71	750m:	8:51.57	36.80	1150m:	13:46.10	36.82			
400m:	4:38.19	35.87	800m:	9:27.88	36.31	1200m:	14:23.09	36.99			

54.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**18:04.00**	+0,81	518	

50m:	30.44	30.44	450m:	5:06.94	35.70	850m:	9:59.16	37.36	1250m:	14:58.93	37.66
100m:	1:03.47	33.03	500m:	5:42.90	35.96	900m:	10:36.24	37.08	1300m:	15:36.70	37.77
150m:	1:37.40	33.93	550m:	6:19.24	36.34	950m:	11:13.70	37.46	1350m:	16:13.98	37.28
200m:	2:11.71	34.31	600m:	6:55.74	36.50	1000m:	11:50.85	37.15	1400m:	16:51.00	37.02
250m:	2:46.41	34.70	650m:	7:32.19	36.45	1050m:	12:28.62	37.77	1450m:	17:27.91	36.91
300m:	3:21.37	34.96	700m:	8:08.56	36.37	1100m:	13:06.33	37.71	1500m:	18:04.00	36.09
350m:	3:56.32	34.95	750m:	8:45.40	36.84	1150m:	13:43.66	37.33			
400m:	4:31.24	34.92	800m:	9:21.80	36.40	1200m:	14:21.27	37.61			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	SILVA Ruben Filipe	03	Foca	**18:05.81**	+0,96	516	

50m:	32.03	32.03	450m:	5:22.19	36.56	850m:	10:12.74	36.33	1250m:	15:05.81	36.72
100m:	1:07.98	35.95	500m:	5:58.49	36.30	900m:	10:49.31	36.57	1300m:	15:42.36	36.55
150m:	1:43.71	35.73	550m:	6:34.63	36.14	950m:	11:25.91	36.60	1350m:	16:18.79	36.43
200m:	2:20.07	36.36	600m:	7:10.75	36.12	1000m:	12:02.33	36.42	1400m:	16:55.30	36.51
250m:	2:56.45	36.38	650m:	7:46.81	36.06	1050m:	12:39.14	36.81	1450m:	17:30.97	35.67
300m:	3:33.07	36.62	700m:	8:23.19	36.38	1100m:	13:15.84	36.70	1500m:	18:05.81	34.84
350m:	4:09.56	36.49	750m:	8:59.66	36.47	1150m:	13:52.55	36.71			
400m:	4:45.63	36.07	800m:	9:36.41	36.75	1200m:	14:29.09	36.54			

56.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:11.10**	+0,84	508	

50m:	30.96	30.96	450m:	5:20.69	36.61	850m:	10:13.59	36.57	1250m:	15:08.00	36.96
100m:	1:05.88	34.92	500m:	5:57.50	36.81	900m:	10:50.18	36.59	1300m:	15:44.92	36.92
150m:	1:41.92	36.04	550m:	6:33.90	36.40	950m:	11:27.07	36.89	1350m:	16:21.58	36.66
200m:	2:18.37	36.45	600m:	7:10.73	36.83	1000m:	12:03.78	36.71	1400m:	16:58.64	37.06
250m:	2:54.56	36.19	650m:	7:47.12	36.39	1050m:	12:40.52	36.74	1450m:	17:35.15	36.51
300m:	3:31.05	36.49	700m:	8:23.88	36.76	1100m:	13:17.59	37.07	1500m:	18:11.10	35.95
350m:	4:07.56	36.51	750m:	9:00.32	36.44	1150m:	13:54.15	36.56			
400m:	4:44.08	36.52	800m:	9:37.02	36.70	1200m:	14:31.04	36.89			

57.	SANTOS Rui Mamede	04	Uniao Coimbra	**18:13.96**	+0,76	504	

50m:	30.77	30.77	450m:	5:19.24	37.12	850m:	10:16.30	37.55	1250m:	15:13.21	36.49
100m:	1:05.45	34.68	500m:	5:56.17	36.93	900m:	10:53.88	37.58	1300m:	15:50.32	37.11
150m:	1:41.12	35.67	550m:	6:33.26	37.09	950m:	11:30.96	37.08	1350m:	16:25.90	35.58
200m:	2:17.02	35.90	600m:	7:10.55	37.29	1000m:	12:08.75	37.79	1400m:	17:02.77	36.87
250m:	2:53.26	36.24	650m:	7:46.78	36.23	1050m:	12:45.25	36.50	1450m:	17:39.21	36.44
300m:	3:29.14	35.88	700m:	8:24.00	37.22	1100m:	13:22.34	37.09	1500m:	18:13.96	34.75
350m:	4:05.65	36.51	750m:	9:01.23	37.23	1150m:	13:59.58	37.24			
400m:	4:42.12	36.47	800m:	9:38.75	37.52	1200m:	14:36.72	37.14			

58.	SANTOS Joao Afonso	04	Sporting	**18:32.51**	+0,87	479	

50m:	32.48	32.48	450m:	5:27.73	37.46	850m:	10:28.68	38.29	1250m:	15:27.18	37.95
100m:	1:08.09	35.61	500m:	6:05.05	37.32	900m:	11:06.14	37.46	1300m:	16:04.19	37.01
150m:	1:44.64	36.55	550m:	6:42.86	37.81	950m:	11:44.05	37.91	1350m:	16:41.75	37.56
200m:	2:21.35	36.71	600m:	7:19.74	36.88	1000m:	12:21.11	37.06	1400m:	17:19.19	37.44
250m:	2:58.46	37.11	650m:	7:57.49	37.75	1050m:	12:58.24	37.13	1450m:	17:56.65	37.46
300m:	3:35.42	36.96	700m:	8:35.00	37.51	1100m:	13:34.61	36.37	1500m:	18:32.51	35.86
350m:	4:12.83	37.41	750m:	9:12.88	37.88	1150m:	14:11.85	37.24			
400m:	4:50.27	37.44	800m:	9:50.39	37.51	1200m:	14:49.23	37.38			

59.	PINTO Guilherme Lobo	04	Foca	**18:35.66**	+0,79	475	

50m:	32.30	32.30	450m:	5:25.61	37.15	850m:	10:25.21	37.55	1250m:	15:27.54	37.88
100m:	1:08.56	36.26	500m:	6:02.85	37.24	900m:	11:02.89	37.68	1300m:	16:05.70	38.16
150m:	1:45.29	36.73	550m:	6:39.89	37.04	950m:	11:40.40	37.51	1350m:	16:43.18	37.48
200m:	2:21.87	36.58	600m:	7:17.63	37.74	1000m:	12:18.22	37.82	1400m:	17:20.84	37.66
250m:	2:57.96	36.09	650m:	7:54.97	37.34	1050m:	12:55.87	37.65	1450m:	17:58.24	37.40
300m:	3:34.61	36.65	700m:	8:32.51	37.54	1100m:	13:33.97	38.10	1500m:	18:35.66	37.42
350m:	4:11.18	36.57	750m:	9:10.20	37.69	1150m:	14:11.74	37.77			
400m:	4:48.46	37.28	800m:	9:47.66	37.46	1200m:	14:49.66	37.92			

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Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
60.	GAGO Tiago Charrua	04	Rio Maior	**18:45.54**	+0,68	463	

50m:	31.72	31.72	450m:	5:26.16	37.18	850m:	10:28.51	38.27	1250m:	15:33.34	37.37
100m:	1:06.97	35.25	500m:	6:03.71	37.55	900m:	11:06.27	37.76	1300m:	16:12.44	39.10
150m:	1:43.49	36.52	550m:	6:41.64	37.93	950m:	11:44.22	37.95	1350m:	16:51.33	38.89
200m:	2:20.26	36.77	600m:	7:18.94	37.30	1000m:	12:21.63	37.41	1400m:	17:29.23	37.90
250m:	2:57.40	37.14	650m:	7:56.51	37.57	1050m:	13:00.04	38.41	1450m:	18:07.70	38.47
300m:	3:34.11	36.71	700m:	8:34.15	37.64	1100m:	13:38.88	38.84	1500m:	18:45.54	37.84
350m:	4:11.90	37.79	750m:	9:12.26	38.11	1150m:	14:17.38	38.50			
400m:	4:48.98	37.08	800m:	9:50.24	37.98	1200m:	14:55.97	38.59			

DNS	VASCONCELOS Bernardo Nunes	03	Foca
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense

EXH	ACIOLI Victor Hugo	02	Feirense	**17:40.41**	+0,69	554	

50m:	29.37	29.37	450m:	5:09.98	35.63	850m:	9:56.49	36.45	1250m:	14:45.34	36.05
100m:	1:02.91	33.54	500m:	5:45.32	35.34	900m:	10:32.51	36.02	1300m:	15:21.54	36.20
150m:	1:37.84	34.93	550m:	6:21.42	36.10	950m:	11:08.99	36.48	1350m:	15:57.19	35.65
200m:	2:13.22	35.38	600m:	6:56.88	35.46	1000m:	11:44.74	35.75	1400m:	16:32.65	35.46
250m:	2:48.29	35.07	650m:	7:32.84	35.96	1050m:	12:21.07	36.33	1450m:	17:07.07	34.42
300m:	3:23.78	35.49	700m:	8:08.37	35.53	1100m:	12:57.17	36.10	1500m:	17:40.41	33.34
350m:	3:58.89	35.11	750m:	8:44.22	35.85	1150m:	13:33.51	36.34			
400m:	4:34.35	35.46	800m:	9:20.04	35.82	1200m:	14:09.29	35.78			

EXH	VASS Erik Norbert	03	Rio Maior	**18:27.39**	+0,83	486	

50m:	32.88	32.88	450m:	5:26.05	36.83	850m:	10:22.41	36.54	1250m:	15:22.49	36.98
100m:	1:08.35	35.47	500m:	6:03.11	37.06	900m:	10:59.91	37.50	1300m:	16:00.46	37.97
150m:	1:44.43	36.08	550m:	6:40.32	37.21	950m:	11:37.41	37.50	1350m:	16:37.76	37.30
200m:	2:21.22	36.79	600m:	7:17.64	37.32	1000m:	12:15.28	37.87	1400m:	17:14.87	37.11
250m:	2:57.91	36.69	650m:	7:54.50	36.86	1050m:	12:52.98	37.70	1450m:	17:51.56	36.69
300m:	3:34.91	37.00	700m:	8:31.89	37.39	1100m:	13:30.16	37.18	1500m:	18:27.39	35.83
350m:	4:11.93	37.02	750m:	9:08.54	36.65	1150m:	14:07.85	37.69			
400m:	4:49.22	37.29	800m:	9:45.87	37.33	1200m:	14:45.51	37.66			

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Prova 9 | Femin., 1500m Livres | Juniores
04-04-2019 - 13:30 | Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015

CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:16.30**	+0,74	700	

50m:	31.46	31.46	450m:	5:05.04	34.21	850m:	9:44.49	34.96	1250m:	14:24.42	34.60
100m:	1:04.54	33.08	500m:	5:40.20	35.16	900m:	10:19.66	35.17	1300m:	14:59.38	34.96
150m:	1:38.11	33.57	550m:	6:14.96	34.76	950m:	10:54.55	34.89	1350m:	15:33.52	34.14
200m:	2:11.93	33.82	600m:	6:49.99	35.03	1000m:	11:29.96	35.41	1400m:	16:08.01	34.49
250m:	2:46.25	34.32	650m:	7:24.68	34.69	1050m:	12:04.58	34.62	1450m:	16:42.28	34.27
300m:	3:20.95	34.70	700m:	7:59.76	35.08	1100m:	12:39.60	35.02	1500m:	17:16.30	34.02
350m:	3:55.72	34.77	750m:	8:34.57	34.81	1150m:	13:14.75	35.15			
400m:	4:30.83	35.11	800m:	9:09.53	34.96	1200m:	13:49.82	35.07			

2.	MENDES Mariana Amaral	02	Colegio Monte Maior	**17:19.16**	+0,81	695							
50m:	32.40	32.40	450m:	5:09.69	35.18	850m:	9:47.71	34.92	1250m:	14:27.96	35.29
100m:	1:06.47	34.07	500m:	5:44.15	34.46	900m:	10:22.34	34.63	1300m:	15:02.88	34.92
150m:	1:41.19	34.72	550m:	6:19.27	35.12	950m:	10:57.44	35.10	1350m:	15:37.76	34.88
200m:	2:15.56	34.37	600m:	6:53.80	34.53	1000m:	11:32.34	34.90	1400m:	16:12.43	34.67
250m:	2:50.27	34.71	650m:	7:28.77	34.97	1050m:	12:07.48	35.14	1450m:	16:46.82	34.39
300m:	3:25.00	34.73	700m:	8:03.41	34.64	1100m:	12:42.55	35.07	1500m:	17:19.16	32.34
350m:	4:00.00	35.00	750m:	8:38.25	34.84	1150m:	13:17.71	35.16			
400m:	4:34.51	34.51	800m:	9:12.79	34.54	1200m:	13:52.67	34.96			

3.	RAMOS Ana Rita	02	Porto	**17:19.83**	+0,73	693							
50m:	31.80	31.80	450m:	5:04.75	34.47	850m:	9:44.33	35.05	1250m:	14:24.95	34.92
100m:	1:05.44	33.64	500m:	5:39.72	34.97	900m:	10:19.50	35.17	1300m:	15:00.34	35.39
150m:	1:38.73	33.29	550m:	6:14.50	34.78	950m:	10:54.48	34.98	1350m:	15:35.75	35.41
200m:	2:12.83	34.10	600m:	6:49.61	35.11	1000m:	11:29.75	35.27	1400m:	16:11.38	35.63
250m:	2:46.89	34.06	650m:	7:24.40	34.79	1050m:	12:04.71	34.96	1450m:	16:46.45	35.07
300m:	3:21.46	34.57	700m:	7:59.40	35.00	1100m:	12:39.91	35.20	1500m:	17:19.83	33.38
350m:	3:55.69	34.23	750m:	8:34.15	34.75	1150m:	13:14.57	34.66			
400m:	4:30.28	34.59	800m:	9:09.28	35.13	1200m:	13:50.03	35.46			

4.	ROSA Mafalda Sofia	03	Rio Maior	**17:20.92**	+0,81	691							
50m:	32.74	32.74	450m:	5:09.76	34.83	850m:	9:46.68	34.72	1250m:	14:27.14	35.13
100m:	1:07.17	34.43	500m:	5:44.24	34.48	900m:	10:21.45	34.77	1300m:	15:02.17	35.03
150m:	1:41.90	34.73	550m:	6:19.03	34.79	950m:	10:56.29	34.84	1350m:	15:37.32	35.15
200m:	2:16.38	34.48	600m:	6:53.58	34.55	1000m:	11:31.37	35.08	1400m:	16:12.19	34.87
250m:	2:51.04	34.66	650m:	7:28.25	34.67	1050m:	12:06.55	35.18	1450m:	16:47.01	34.82
300m:	3:25.59	34.55	700m:	8:02.80	34.55	1100m:	12:41.68	35.13	1500m:	17:20.92	33.91
350m:	4:00.28	34.69	750m:	8:37.45	34.65	1150m:	13:16.63	34.95			
400m:	4:34.93	34.65	800m:	9:11.96	34.51	1200m:	13:52.01	35.38			

5.	AMORIM Maria Leonor	03	Porto	**17:27.95**	+0,78	677							
50m:	31.83	31.83	450m:	5:07.42	34.58	850m:	9:46.45	35.27	1250m:	14:29.38	36.14
100m:	1:05.74	33.91	500m:	5:42.11	34.69	900m:	10:21.48	35.03	1300m:	15:05.47	36.09
150m:	1:40.17	34.43	550m:	6:16.70	34.59	950m:	10:56.86	35.38	1350m:	15:41.55	36.08
200m:	2:14.78	34.61	600m:	6:51.41	34.71	1000m:	11:32.54	35.68	1400m:	16:17.34	35.79
250m:	2:49.08	34.30	650m:	7:26.38	34.97	1050m:	12:08.34	35.80	1450m:	16:53.12	35.78
300m:	3:23.68	34.60	700m:	8:01.31	34.93	1100m:	12:43.76	35.42	1500m:	17:27.95	34.83
350m:	3:58.22	34.54	750m:	8:36.34	35.03	1150m:	13:17.65	33.89			
400m:	4:32.84	34.62	800m:	9:11.18	34.84	1200m:	13:53.24	35.59			

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Prova 9, Femin., 1500m Livres

Prova 9 — Femin., 1500m Livres — Seniores
04-04-2019 - 13:30 — Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018

CMPL 19 +: 16:32.04 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM, Minimos JO*	96	Benfica	**16:31.16**	+0,80	800	

50m:	30.95	30.95	450m:	4:56.62	33.39	850m:	9:22.54	33.36	1250m:	13:48.00	33.40
100m:	1:03.81	32.86	500m:	5:29.97	33.35	900m:	9:55.51	32.97	1300m:	14:20.81	32.81
150m:	1:37.10	33.29	550m:	6:03.27	33.30	950m:	10:28.81	33.30	1350m:	14:53.90	33.09
200m:	2:10.34	33.24	600m:	6:36.43	33.16	1000m:	11:01.91	33.10	1400m:	15:26.72	32.82
250m:	2:43.65	33.31	650m:	7:09.82	33.39	1050m:	11:35.15	33.24	1450m:	15:59.72	33.00
300m:	3:16.71	33.06	700m:	7:42.88	33.06	1100m:	12:08.32	33.17	1500m:	16:31.16	31.44
350m:	3:50.04	33.33	750m:	8:16.17	33.29	1150m:	12:41.52	33.20			
400m:	4:23.23	33.19	800m:	8:49.18	33.01	1200m:	13:14.60	33.08			

2.	ANDRE Angelica Maria	94	Fluvial Portuense	**16:59.54**	+0,78	735						
50m:	31.15	31.15	450m:	5:00.64	34.17	850m:	9:34.91	34.48	1250m:	14:10.54	34.31
100m:	1:04.16	33.01	500m:	5:35.11	34.47	900m:	10:09.24	34.33	1300m:	14:44.88	34.34
150m:	1:37.73	33.57	550m:	6:09.44	34.33	950m:	10:43.68	34.44	1350m:	15:19.08	34.20
200m:	2:11.46	33.73	600m:	6:43.58	34.14	1000m:	11:17.96	34.28	1400m:	15:53.28	34.20
250m:	2:45.41	33.95	650m:	7:18.04	34.46	1050m:	11:52.36	34.40	1450m:	16:27.27	33.99
300m:	3:19.00	33.59	700m:	7:52.53	34.49	1100m:	12:27.00	34.64	1500m:	16:59.54	32.27
350m:	3:52.82	33.82	750m:	8:26.34	33.81	1150m:	13:01.65	34.65			
400m:	4:26.47	33.65	800m:	9:00.43	34.09	1200m:	13:36.23	34.58			

3.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**18:06.99**	+0,78	607						
50m:	32.38	32.38	450m:	5:18.07	36.04	850m:	10:11.59	37.03	1250m:	15:05.81	36.86
100m:	1:06.45	34.07	500m:	5:55.04	36.97	900m:	10:48.71	37.12	1300m:	15:42.61	36.80
150m:	1:41.40	34.95	550m:	6:31.40	36.36	950m:	11:25.47	36.76	1350m:	16:19.01	36.40
200m:	2:17.24	35.84	600m:	7:07.99	36.59	1000m:	12:01.89	36.42	1400m:	16:55.36	36.35
250m:	2:52.90	35.66	650m:	7:44.74	36.75	1050m:	12:38.64	36.75	1450m:	17:31.74	36.38
300m:	3:28.98	36.08	700m:	8:21.48	36.74	1100m:	13:15.71	37.07	1500m:	18:06.99	35.25
350m:	4:05.14	36.16	750m:	8:58.12	36.64	1150m:	13:51.98	36.27			
400m:	4:42.03	36.89	800m:	9:34.56	36.44	1200m:	14:28.95	36.97			

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Prova 9, Femin., 1500m Livres

Prova 9		Femin., 1500m Livres			Absolutos
04-04-2019 - 13:30					Resultados
Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

PreJun_Fem Juv: 17:45.82 / CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / CMPL 19 +: 16:32.04 /
JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**16:31.16**	+0,80	800	
	Minimos CM, Minimos JO						

50m:	30.95	30.95	450m:	4:56.62	33.39	850m:	9:22.54	33.36	1250m:	13:48.00	33.40
100m:	1:03.81	32.86	500m:	5:29.97	33.35	900m:	9:55.51	32.97	1300m:	14:20.81	32.81
150m:	1:37.10	33.29	550m:	6:03.27	33.30	950m:	10:28.81	33.30	1350m:	14:53.90	33.09
200m:	2:10.34	33.24	600m:	6:36.43	33.16	1000m:	11:01.91	33.10	1400m:	15:26.72	32.82
250m:	2:43.65	33.31	650m:	7:09.82	33.39	1050m:	11:35.15	33.24	1450m:	15:59.72	33.00
300m:	3:16.71	33.06	700m:	7:42.88	33.06	1100m:	12:08.32	33.17	1500m:	16:31.16	31.44
350m:	3:50.04	33.33	750m:	8:16.17	33.29	1150m:	12:41.52	33.20			
400m:	4:23.23	33.19	800m:	8:49.18	33.01	1200m:	13:14.60	33.08			

2.	ANDRE Angelica Maria			94	Fluvial Portuense			**16:59.54**	+0,78		735		
50m:	31.15	31.15	450m:	5:00.64	34.17	850m:	9:34.91	34.48	1250m:	14:10.54	34.31
100m:	1:04.16	33.01	500m:	5:35.11	34.47	900m:	10:09.24	34.33	1300m:	14:44.88	34.34
150m:	1:37.73	33.57	550m:	6:09.44	34.33	950m:	10:43.68	34.44	1350m:	15:19.08	34.20
200m:	2:11.46	33.73	600m:	6:43.58	34.14	1000m:	11:17.96	34.28	1400m:	15:53.28	34.20
250m:	2:45.41	33.95	650m:	7:18.04	34.46	1050m:	11:52.36	34.40	1450m:	16:27.27	33.99
300m:	3:19.00	33.59	700m:	7:52.53	34.49	1100m:	12:27.00	34.64	1500m:	16:59.54	32.27
350m:	3:52.82	33.82	750m:	8:26.34	33.81	1150m:	13:01.65	34.65			
400m:	4:26.47	33.65	800m:	9:00.43	34.09	1200m:	13:36.23	34.58			

3.	QUEIROZ Ana Rita			02	Condeixa Clube			**17:16.30**	+0,74		700		
50m:	31.46	31.46	450m:	5:05.04	34.21	850m:	9:44.49	34.96	1250m:	14:24.42	34.60
100m:	1:04.54	33.08	500m:	5:40.20	35.16	900m:	10:19.66	35.17	1300m:	14:59.38	34.96
150m:	1:38.11	33.57	550m:	6:14.96	34.76	950m:	10:54.55	34.89	1350m:	15:33.52	34.14
200m:	2:11.93	33.82	600m:	6:49.99	35.03	1000m:	11:29.96	35.41	1400m:	16:08.01	34.49
250m:	2:46.25	34.32	650m:	7:24.68	34.69	1050m:	12:04.58	34.62	1450m:	16:42.28	34.27
300m:	3:20.95	34.70	700m:	7:59.76	35.08	1100m:	12:39.60	35.02	1500m:	17:16.30	34.02
350m:	3:55.72	34.77	750m:	8:34.57	34.81	1150m:	13:14.75	35.15			
400m:	4:30.83	35.11	800m:	9:09.53	34.96	1200m:	13:49.82	35.07			

4.	MENDES Mariana Amaral			02	Colegio Monte Maior			**17:19.16**	+0,81		695		
50m:	32.40	32.40	450m:	5:09.69	35.18	850m:	9:47.71	34.92	1250m:	14:27.96	35.29
100m:	1:06.47	34.07	500m:	5:44.15	34.46	900m:	10:22.34	34.63	1300m:	15:02.88	34.92
150m:	1:41.19	34.72	550m:	6:19.27	35.12	950m:	10:57.44	35.10	1350m:	15:37.76	34.88
200m:	2:15.56	34.37	600m:	6:53.80	34.53	1000m:	11:32.34	34.90	1400m:	16:12.43	34.67
250m:	2:50.27	34.71	650m:	7:28.77	34.97	1050m:	12:07.48	35.14	1450m:	16:46.82	34.39
300m:	3:25.00	34.73	700m:	8:03.41	34.64	1100m:	12:42.55	35.07	1500m:	17:19.16	32.34
350m:	4:00.00	35.00	750m:	8:38.25	34.84	1150m:	13:17.71	35.16			
400m:	4:34.51	34.51	800m:	9:12.79	34.54	1200m:	13:52.67	34.96			

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TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 9, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RAMOS Ana Rita	02	Porto	**17:19.83**	+0,73	693	

50m:	31.80	31.80	450m:	5:04.75	34.47	850m:	9:44.33	35.05	1250m:	14:24.95	34.92
100m:	1:05.44	33.64	500m:	5:39.72	34.97	900m:	10:19.50	35.17	1300m:	15:00.34	35.39
150m:	1:38.73	33.29	550m:	6:14.50	34.78	950m:	10:54.48	34.98	1350m:	15:35.75	35.41
200m:	2:12.83	34.10	600m:	6:49.61	35.11	1000m:	11:29.75	35.27	1400m:	16:11.38	35.63
250m:	2:46.89	34.06	650m:	7:24.40	34.79	1050m:	12:04.71	34.96	1450m:	16:46.45	35.07
300m:	3:21.46	34.57	700m:	7:59.40	35.00	1100m:	12:39.91	35.20	1500m:	17:19.83	33.38
350m:	3:55.69	34.23	750m:	8:34.15	34.75	1150m:	13:14.57	34.66			
400m:	4:30.28	34.59	800m:	9:09.28	35.13	1200m:	13:50.03	35.46			

6.	ROSA Mafalda Sofia	03	Rio Maior	**17:20.92**	+0,81	691					
50m:	32.74	32.74	450m:	5:09.76	34.83	850m:	9:46.68	34.72	1250m:	14:27.14	35.13
100m:	1:07.17	34.43	500m:	5:44.24	34.48	900m:	10:21.45	34.77	1300m:	15:02.17	35.03
150m:	1:41.90	34.73	550m:	6:19.03	34.79	950m:	10:56.29	34.84	1350m:	15:37.32	35.15
200m:	2:16.38	34.48	600m:	6:53.58	34.55	1000m:	11:31.37	35.08	1400m:	16:12.19	34.87
250m:	2:51.04	34.66	650m:	7:28.25	34.67	1050m:	12:06.55	35.18	1450m:	16:47.01	34.82
300m:	3:25.59	34.55	700m:	8:02.80	34.55	1100m:	12:41.68	35.13	1500m:	17:20.92	33.91
350m:	4:00.28	34.69	750m:	8:37.45	34.65	1150m:	13:16.63	34.95			
400m:	4:34.93	34.65	800m:	9:11.96	34.51	1200m:	13:52.01	35.38			

7.	AMORIM Maria Leonor	03	Porto	**17:27.95**	+0,78	677					
50m:	31.83	31.83	450m:	5:07.42	34.58	850m:	9:46.45	35.27	1250m:	14:29.38	36.14
100m:	1:05.74	33.91	500m:	5:42.11	34.69	900m:	10:21.48	35.03	1300m:	15:05.47	36.09
150m:	1:40.17	34.43	550m:	6:16.70	34.59	950m:	10:56.86	35.38	1350m:	15:41.55	36.08
200m:	2:14.78	34.61	600m:	6:51.41	34.71	1000m:	11:32.54	35.68	1400m:	16:17.34	35.79
250m:	2:49.08	34.30	650m:	7:26.38	34.97	1050m:	12:08.34	35.80	1450m:	16:53.12	35.78
300m:	3:23.68	34.60	700m:	8:01.31	34.93	1100m:	12:43.76	35.42	1500m:	17:27.95	34.83
350m:	3:58.22	34.54	750m:	8:36.34	35.03	1150m:	13:17.65	33.89			
400m:	4:32.84	34.62	800m:	9:11.18	34.84	1200m:	13:53.24	35.59			

8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**18:06.99**	+0,78	607					
50m:	32.38	32.38	450m:	5:18.07	36.04	850m:	10:11.59	37.03	1250m:	15:05.81	36.86
100m:	1:06.45	34.07	500m:	5:55.04	36.97	900m:	10:48.71	37.12	1300m:	15:42.61	36.80
150m:	1:41.40	34.95	550m:	6:31.40	36.36	950m:	11:25.47	36.76	1350m:	16:19.01	36.40
200m:	2:17.24	35.84	600m:	7:07.99	36.59	1000m:	12:01.89	36.42	1400m:	16:55.36	36.35
250m:	2:52.90	35.66	650m:	7:44.74	36.75	1050m:	12:38.64	36.75	1450m:	17:31.74	36.38
300m:	3:28.98	36.08	700m:	8:21.48	36.74	1100m:	13:15.71	37.07	1500m:	18:06.99	35.25
350m:	4:05.14	36.16	750m:	8:58.12	36.64	1150m:	13:51.98	36.27			
400m:	4:42.03	36.89	800m:	9:34.56	36.44	1200m:	14:28.95	36.97			

EXH	CHEROUATI Souad Nefissa	89	Benfica	**17:22.13**	+0,83	689					
50m:	32.01	32.01	450m:	5:07.16	34.76	850m:	9:45.43	34.89	1250m:	14:27.71	35.36
100m:	1:05.85	33.84	500m:	5:41.71	34.55	900m:	10:20.44	35.01	1300m:	15:02.97	35.26
150m:	1:40.10	34.25	550m:	6:16.30	34.59	950m:	10:55.78	35.34	1350m:	15:38.35	35.38
200m:	2:14.43	34.33	600m:	6:51.02	34.72	1000m:	11:31.36	35.58	1400m:	16:13.43	35.08
250m:	2:48.92	34.49	650m:	7:25.86	34.84	1050m:	12:06.66	35.30	1450m:	16:48.44	35.01
300m:	3:23.36	34.44	700m:	8:00.74	34.88	1100m:	12:41.96	35.30	1500m:	17:22.13	33.69
350m:	3:57.91	34.55	750m:	8:35.69	34.95	1150m:	13:17.15	35.19			
400m:	4:32.40	34.49	800m:	9:10.54	34.85	1200m:	13:52.35	35.20			

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2 - 1ª Jornada - 2ª Sessão - Finais — 04-04-2019 - 17:00

Prova 8 — Masc., 1500m Livres — Juvenis B

04-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**17:07.93**	+0,70	608	

50m:	29.17	29.17	450m:	5:04.36	34.82	850m:	9:40.80	34.54	1250m:	14:18.04	34.20
100m:	1:02.19	33.02	500m:	5:39.43	35.07	900m:	10:15.65	34.85	1300m:	14:52.95	34.91
150m:	1:36.51	34.32	550m:	6:13.79	34.36	950m:	10:50.18	34.53	1350m:	15:27.27	34.32
200m:	2:10.82	34.31	600m:	6:48.69	34.90	1000m:	11:25.06	34.88	1400m:	16:01.50	34.23
250m:	2:45.09	34.27	650m:	7:23.11	34.42	1050m:	11:59.61	34.55	1450m:	16:35.43	33.93
300m:	3:19.81	34.72	700m:	7:57.78	34.67	1100m:	12:34.57	34.96	1500m:	17:07.93	32.50
350m:	3:54.56	34.75	750m:	8:31.82	34.04	1150m:	13:09.06	34.49			
400m:	4:29.54	34.98	800m:	9:06.26	34.44	1200m:	13:43.84	34.78			

2.	ALMEIDA Bernardo Victorino	04	Sporting	**17:08.59**	+0,76	607							
50m:	29.04	29.04	450m:	5:02.09	34.89	850m:	9:40.47	34.91	1250m:	14:19.10	34.89
100m:	1:01.75	32.71	500m:	5:36.61	34.52	900m:	10:15.70	35.23	1300m:	14:53.50	34.40
150m:	1:35.89	34.14	550m:	6:11.11	34.50	950m:	10:51.11	35.41	1350m:	15:27.86	34.36
200m:	2:10.13	34.24	600m:	6:45.90	34.79	1000m:	11:25.69	34.58	1400m:	16:02.23	34.37
250m:	2:44.05	33.92	650m:	7:21.07	35.17	1050m:	12:00.79	35.10	1450m:	16:36.80	34.57
300m:	3:18.89	34.84	700m:	7:55.74	34.67	1100m:	12:34.87	34.08	1500m:	17:08.59	31.79
350m:	3:53.05	34.16	750m:	8:30.76	35.02	1150m:	13:09.53	34.66			
400m:	4:27.20	34.15	800m:	9:05.56	34.80	1200m:	13:44.21	34.68			

3.	NUNES Diogo Severino	04	Natacao de Valongo	**17:09.22**	+0,83	606							
50m:	30.26	30.26	450m:	5:05.15	34.67	850m:	9:42.90	34.74	1250m:	14:20.49	34.64
100m:	1:03.80	33.54	500m:	5:39.42	34.27	900m:	10:17.75	34.85	1300m:	14:55.59	35.10
150m:	1:37.93	34.13	550m:	6:13.97	34.55	950m:	10:52.13	34.38	1350m:	15:30.77	35.18
200m:	2:12.69	34.76	600m:	6:48.97	35.00	1000m:	11:26.87	34.74	1400m:	16:04.98	34.21
250m:	2:47.69	35.00	650m:	7:23.51	34.54	1050m:	12:01.56	34.69	1450m:	16:38.82	33.84
300m:	3:21.53	33.84	700m:	7:58.36	34.85	1100m:	12:36.01	34.45	1500m:	17:09.22	30.40
350m:	3:56.05	34.52	750m:	8:32.77	34.41	1150m:	13:10.78	34.77			
400m:	4:30.48	34.43	800m:	9:08.16	35.39	1200m:	13:45.85	35.07			

4.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:11.72**	+0,76	601							
50m:	29.94	29.94	450m:	5:05.13	34.60	850m:	9:42.12	34.86	1250m:	14:20.47	34.57
100m:	1:03.32	33.38	500m:	5:39.81	34.68	900m:	10:17.07	34.95	1300m:	14:54.97	34.50
150m:	1:37.71	34.39	550m:	6:14.21	34.40	950m:	10:52.06	34.99	1350m:	15:29.64	34.67
200m:	2:12.32	34.61	600m:	6:49.03	34.82	1000m:	11:26.70	34.64	1400m:	16:03.90	34.26
250m:	2:46.74	34.42	650m:	7:23.74	34.71	1050m:	12:01.69	34.99	1450m:	16:38.65	34.75
300m:	3:21.37	34.63	700m:	7:58.15	34.41	1100m:	12:36.64	34.95	1500m:	17:11.72	33.07
350m:	3:56.19	34.82	750m:	8:32.64	34.49	1150m:	13:11.42	34.78			
400m:	4:30.53	34.34	800m:	9:07.26	34.62	1200m:	13:45.90	34.48			

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PARCEIROS

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARVALHO Antonio Lombardi	04	Belenenses	**17:17.85**	+0,79	591	

50m:	31.00	31.00	450m:	5:09.75	35.41	850m:	9:49.59	35.12	1250m:	14:28.66	34.75
100m:	1:05.56	34.56	500m:	5:44.68	34.93	900m:	10:24.00	34.41	1300m:	15:03.31	34.65
150m:	1:39.80	34.24	550m:	6:19.52	34.84	950m:	10:59.50	35.50	1350m:	15:37.97	34.66
200m:	2:14.38	34.58	600m:	6:54.16	34.64	1000m:	11:33.88	34.38	1400m:	16:12.14	34.17
250m:	2:49.35	34.97	650m:	7:29.12	34.96	1050m:	12:09.21	35.33	1450m:	16:46.10	33.96
300m:	3:24.18	34.83	700m:	8:04.43	35.31	1100m:	12:43.57	34.36	1500m:	17:17.85	31.75
350m:	3:59.50	35.32	750m:	8:39.75	35.32	1150m:	13:18.61	35.04			
400m:	4:34.34	34.84	800m:	9:14.47	34.72	1200m:	13:53.91	35.30			

6.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**17:19.42**	+0,81	588	

50m:	29.82	29.82	450m:	5:00.35	34.38	850m:	9:39.72	34.95	1250m:	14:22.65	35.20
100m:	1:02.73	32.91	500m:	5:35.20	34.85	900m:	10:15.12	35.40	1300m:	14:58.30	35.65
150m:	1:36.09	33.36	550m:	6:09.62	34.42	950m:	10:50.36	35.24	1350m:	15:33.17	34.87
200m:	2:09.68	33.59	600m:	6:44.32	34.70	1000m:	11:25.47	35.11	1400m:	16:09.38	36.21
250m:	2:43.36	33.68	650m:	7:19.21	34.89	1050m:	12:00.57	35.10	1450m:	16:44.41	35.03
300m:	3:17.42	34.06	700m:	7:54.31	35.10	1100m:	12:36.42	35.85	1500m:	17:19.42	35.01
350m:	3:51.53	34.11	750m:	8:29.05	34.74	1150m:	13:11.55	35.13			
400m:	4:25.97	34.44	800m:	9:04.77	35.72	1200m:	13:47.45	35.90			

7.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**17:27.13**	+0,75	575	

50m:	30.05	30.05	450m:	5:06.45	34.62	850m:	9:47.51	35.55	1250m:	14:32.87	35.76
100m:	1:03.48	33.43	500m:	5:41.57	35.12	900m:	10:23.54	36.03	1300m:	15:09.23	36.36
150m:	1:37.62	34.14	550m:	6:16.22	34.65	950m:	10:58.93	35.39	1350m:	15:45.26	36.03
200m:	2:12.11	34.49	600m:	6:51.32	35.10	1000m:	11:33.94	35.01	1400m:	16:20.84	35.58
250m:	2:46.88	34.77	650m:	7:26.21	34.89	1050m:	12:09.48	35.54	1450m:	16:54.73	33.89
300m:	3:21.64	34.76	700m:	8:01.22	35.01	1100m:	12:45.24	35.76	1500m:	17:27.13	32.40
350m:	3:56.68	35.04	750m:	8:36.62	35.40	1150m:	13:21.06	35.82			
400m:	4:31.83	35.15	800m:	9:11.96	35.34	1200m:	13:57.11	36.05			

8.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:39.37**	+0,92	555	

50m:	31.40	31.40	450m:	5:17.23	35.84	850m:	10:01.52	35.31	1250m:	14:43.65	36.11
100m:	1:06.35	34.95	500m:	5:52.79	35.56	900m:	10:36.77	35.25	1300m:	15:20.38	36.73
150m:	1:42.29	35.94	550m:	6:28.45	35.66	950m:	11:11.39	34.62	1350m:	15:54.94	34.56
200m:	2:18.19	35.90	600m:	7:03.92	35.47	1000m:	11:46.72	35.33	1400m:	16:30.38	35.44
250m:	2:53.90	35.71	650m:	7:39.77	35.85	1050m:	12:22.21	35.49	1450m:	17:05.24	34.86
300m:	3:30.02	36.12	700m:	8:15.45	35.68	1100m:	12:57.35	35.14	1500m:	17:39.37	34.13
350m:	4:05.80	35.78	750m:	8:50.89	35.44	1150m:	13:32.36	35.01			
400m:	4:41.39	35.59	800m:	9:26.21	35.32	1200m:	14:07.54	35.18			

9.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:43.64**	+0,68	549	

50m:	30.27	30.27	450m:	5:14.22	35.73	850m:	10:02.08	36.11	1250m:	14:48.79	35.75
100m:	1:03.98	33.71	500m:	5:50.09	35.87	900m:	10:37.96	35.88	1300m:	15:24.89	36.10
150m:	1:39.28	35.30	550m:	6:25.90	35.81	950m:	11:13.46	35.50	1350m:	16:00.69	35.80
200m:	2:14.85	35.57	600m:	7:01.88	35.98	1000m:	11:49.41	35.95	1400m:	16:36.00	35.31
250m:	2:50.45	35.60	650m:	7:37.47	35.59	1050m:	12:25.41	36.00	1450m:	17:10.02	34.02
300m:	3:26.54	36.09	700m:	8:13.31	35.84	1100m:	13:01.36	35.95	1500m:	17:43.64	33.62
350m:	4:02.49	35.95	750m:	8:49.75	36.44	1150m:	13:37.01	35.65			
400m:	4:38.49	36.00	800m:	9:25.97	36.22	1200m:	14:13.04	36.03			

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pro'audio
CIMAI
Myrtha Pools

Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SANTOS Francisco Amaro	04	Gesloures	**17:47.52**	+0,86	543	

50m:	31.54	31.54	450m:	5:19.20	35.78	850m:	10:04.07	35.74	1250m:	14:51.85	36.29
100m:	1:06.83	35.29	500m:	5:54.66	35.46	900m:	10:39.76	35.69	1300m:	15:27.97	36.12
150m:	1:42.84	36.01	550m:	6:30.06	35.40	950m:	11:15.61	35.85	1350m:	16:04.00	36.03
200m:	2:18.94	36.10	600m:	7:05.31	35.25	1000m:	11:51.51	35.90	1400m:	16:39.86	35.86
250m:	2:55.18	36.24	650m:	7:40.98	35.67	1050m:	12:27.46	35.95	1450m:	17:14.43	34.57
300m:	3:31.38	36.20	700m:	8:16.60	35.62	1100m:	13:03.27	35.81	1500m:	17:47.52	33.09
350m:	4:07.77	36.39	750m:	8:52.54	35.94	1150m:	13:39.47	36.20			
400m:	4:43.42	35.65	800m:	9:28.33	35.79	1200m:	14:15.56	36.09			

11.	SANTOS Gabriel Moreira	04	Famalicao	**17:48.53**	+0,77	541							
50m:	30.77	30.77	450m:	5:12.54	35.99	850m:	9:59.54	35.86	1250m:	14:48.85	35.64
100m:	1:04.76	33.99	500m:	5:48.56	36.02	900m:	10:36.10	36.56	1300m:	15:25.16	36.31
150m:	1:39.16	34.40	550m:	6:24.03	35.47	950m:	11:12.19	36.09	1350m:	16:01.11	35.95
200m:	2:14.30	35.14	600m:	7:00.16	36.13	1000m:	11:48.64	36.45	1400m:	16:37.20	36.09
250m:	2:49.55	35.25	650m:	7:36.10	35.94	1050m:	12:24.56	35.92	1450m:	17:13.07	35.87
300m:	3:24.71	35.16	700m:	8:11.84	35.74	1100m:	13:00.65	36.09	1500m:	17:48.53	35.46
350m:	4:00.27	35.56	750m:	8:47.41	35.57	1150m:	13:36.93	36.28			
400m:	4:36.55	36.28	800m:	9:23.68	36.27	1200m:	14:13.21	36.28			

12.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:48.95**	+0,74	541							
50m:	31.50	31.50	450m:	5:17.60	36.26	850m:	10:05.56	35.85	1250m:	14:53.79	35.86
100m:	1:05.83	34.33	500m:	5:53.81	36.21	900m:	10:41.49	35.93	1300m:	15:29.63	35.84
150m:	1:41.02	35.19	550m:	6:29.88	36.07	950m:	11:17.40	35.91	1350m:	16:05.29	35.66
200m:	2:16.85	35.83	600m:	7:05.86	35.98	1000m:	11:53.49	36.09	1400m:	16:40.65	35.36
250m:	2:52.92	36.07	650m:	7:41.88	36.02	1050m:	12:29.53	36.04	1450m:	17:15.31	34.66
300m:	3:28.92	36.00	700m:	8:18.07	36.19	1100m:	13:05.71	36.18	1500m:	17:48.95	33.64
350m:	4:05.18	36.26	750m:	8:53.84	35.77	1150m:	13:41.75	36.04			
400m:	4:41.34	36.16	800m:	9:29.71	35.87	1200m:	14:17.93	36.18			

13.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:52.80**	+0,86	535							
50m:	30.56	30.56	450m:	5:13.30	36.12	850m:	10:05.48	36.25	1250m:	14:54.29	35.97
100m:	1:04.92	34.36	500m:	5:50.08	36.78	900m:	10:41.98	36.50	1300m:	15:30.57	36.28
150m:	1:39.54	34.62	550m:	6:26.35	36.27	950m:	11:17.74	35.76	1350m:	16:06.93	36.36
200m:	2:14.67	35.13	600m:	7:02.87	36.52	1000m:	11:54.02	36.28	1400m:	16:43.78	36.85
250m:	2:50.06	35.39	650m:	7:39.27	36.40	1050m:	12:29.99	35.97	1450m:	17:18.85	35.07
300m:	3:25.45	35.39	700m:	8:16.19	36.92	1100m:	13:06.17	36.18	1500m:	17:52.80	33.95
350m:	4:01.13	35.68	750m:	8:52.23	36.04	1150m:	13:42.15	35.98			
400m:	4:37.18	36.05	800m:	9:29.23	37.00	1200m:	14:18.32	36.17			

14.	CARVALHO Martim Henriques	04	Rio Maior	**17:55.83**	+0,79	530							
50m:	31.90	31.90	450m:	5:18.30	35.79	850m:	10:07.68	35.58	1250m:	14:57.38	36.47
100m:	1:07.37	35.47	500m:	5:54.40	36.10	900m:	10:44.20	36.52	1300m:	15:34.31	36.93
150m:	1:43.38	36.01	550m:	6:30.11	35.71	950m:	11:19.75	35.55	1350m:	16:10.26	35.95
200m:	2:19.63	36.25	600m:	7:06.32	36.21	1000m:	11:56.13	36.38	1400m:	16:46.51	36.25
250m:	2:55.33	35.70	650m:	7:42.67	36.35	1050m:	12:32.07	35.94	1450m:	17:21.79	35.28
300m:	3:31.40	36.07	700m:	8:19.41	36.74	1100m:	13:07.86	35.79	1500m:	17:55.83	34.04
350m:	4:06.69	35.29	750m:	8:55.61	36.20	1150m:	13:44.08	36.22			
400m:	4:42.51	35.82	800m:	9:32.10	36.49	1200m:	14:20.91	36.83			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	BORGES David Costa	04	Fluvial Portuense	**17:59.14**	+0,70	525	

50m:	30.28	30.28	450m:	5:19.01	35.85	850m:	10:10.95	36.32	1250m:	15:01.68	35.88
100m:	1:05.51	35.23	500m:	5:55.62	36.61	900m:	10:47.82	36.87	1300m:	15:38.31	36.63
150m:	1:41.97	36.46	550m:	6:31.49	35.87	950m:	11:24.44	36.62	1350m:	16:13.90	35.59
200m:	2:18.99	37.02	600m:	7:09.00	37.51	1000m:	12:00.94	36.50	1400m:	16:50.27	36.37
250m:	2:54.96	35.97	650m:	7:45.07	36.07	1050m:	12:36.57	35.63	1450m:	17:25.00	34.73
300m:	3:31.36	36.40	700m:	8:22.04	36.97	1100m:	13:13.18	36.61	1500m:	17:59.14	34.14
350m:	4:06.59	35.23	750m:	8:57.74	35.70	1150m:	13:49.13	35.95			
400m:	4:43.16	36.57	800m:	9:34.63	36.89	1200m:	14:25.80	36.67			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**18:00.70**	+0,76	523	

50m:	30.72	30.72	450m:	5:16.16	36.62	850m:	10:07.78	37.43	1250m:	15:02.71	37.29
100m:	1:04.53	33.81	500m:	5:52.08	35.92	900m:	10:43.75	35.97	1300m:	15:39.47	36.76
150m:	1:39.92	35.39	550m:	6:28.64	36.56	950m:	11:21.48	37.73	1350m:	16:16.72	37.25
200m:	2:15.42	35.50	600m:	7:04.77	36.13	1000m:	11:58.25	36.77	1400m:	16:52.47	35.75
250m:	2:51.38	35.96	650m:	7:41.45	36.68	1050m:	12:35.46	37.21	1450m:	17:28.71	36.24
300m:	3:27.19	35.81	700m:	8:17.74	36.29	1100m:	13:11.73	36.27	1500m:	18:00.70	31.99
350m:	4:03.78	36.59	750m:	8:54.69	36.95	1150m:	13:49.08	37.35			
400m:	4:39.54	35.76	800m:	9:30.35	35.66	1200m:	14:25.42	36.34			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	SANTOS Rui Mamede	04	Uniao Coimbra	**18:13.96**	+0,76	504	

50m:	30.77	30.77	450m:	5:19.24	37.12	850m:	10:16.30	37.55	1250m:	15:13.21	36.49
100m:	1:05.45	34.68	500m:	5:56.17	36.93	900m:	10:53.88	37.58	1300m:	15:50.32	37.11
150m:	1:41.12	35.67	550m:	6:33.26	37.09	950m:	11:30.96	37.08	1350m:	16:25.90	35.58
200m:	2:17.02	35.90	600m:	7:10.55	37.29	1000m:	12:08.75	37.79	1400m:	17:02.77	36.87
250m:	2:53.26	36.24	650m:	7:46.78	36.23	1050m:	12:45.25	36.50	1450m:	17:39.21	36.44
300m:	3:29.14	35.88	700m:	8:24.00	37.22	1100m:	13:22.34	37.09	1500m:	18:13.96	34.75
350m:	4:05.65	36.51	750m:	9:01.23	37.23	1150m:	13:59.58	37.24			
400m:	4:42.12	36.47	800m:	9:38.75	37.52	1200m:	14:36.72	37.14			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SANTOS Joao Afonso	04	Sporting	**18:32.51**	+0,87	479	

50m:	32.48	32.48	450m:	5:27.73	37.46	850m:	10:28.68	38.29	1250m:	15:27.18	37.95
100m:	1:08.09	35.61	500m:	6:05.05	37.32	900m:	11:06.14	37.46	1300m:	16:04.19	37.01
150m:	1:44.64	36.55	550m:	6:42.86	37.81	950m:	11:44.05	37.91	1350m:	16:41.75	37.56
200m:	2:21.35	36.71	600m:	7:19.74	36.88	1000m:	12:21.11	37.06	1400m:	17:19.19	37.44
250m:	2:58.46	37.11	650m:	7:57.49	37.75	1050m:	12:58.24	37.13	1450m:	17:56.65	37.46
300m:	3:35.42	36.96	700m:	8:35.00	37.51	1100m:	13:34.61	36.37	1500m:	18:32.51	35.86
350m:	4:12.83	37.41	750m:	9:12.88	37.88	1150m:	14:11.85	37.24			
400m:	4:50.27	37.44	800m:	9:50.39	37.51	1200m:	14:49.23	37.38			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	PINTO Guilherme Lobo	04	Foca	**18:35.66**	+0,79	475	

50m:	32.30	32.30	450m:	5:25.61	37.15	850m:	10:25.21	37.55	1250m:	15:27.54	37.88
100m:	1:08.56	36.26	500m:	6:02.85	37.24	900m:	11:02.89	37.68	1300m:	16:05.70	38.16
150m:	1:45.29	36.73	550m:	6:39.89	37.04	950m:	11:40.40	37.51	1350m:	16:43.18	37.48
200m:	2:21.87	36.58	600m:	7:17.63	37.74	1000m:	12:18.22	37.82	1400m:	17:20.84	37.66
250m:	2:57.96	36.09	650m:	7:54.97	37.34	1050m:	12:55.87	37.65	1450m:	17:58.24	37.40
300m:	3:34.61	36.65	700m:	8:32.51	37.54	1100m:	13:33.97	38.10	1500m:	18:35.66	37.42
350m:	4:11.18	36.57	750m:	9:10.20	37.69	1150m:	14:11.74	37.77			
400m:	4:48.46	37.28	800m:	9:47.66	37.46	1200m:	14:49.66	37.92			

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Prova 8, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	GAGO Tiago Charrua	04	Rio Maior	**18:45.54**	+0,68	463	

50m:	31.72	31.72	450m:	5:26.16	37.18	850m:	10:28.51	38.27	1250m:	15:33.34	37.37
100m:	1:06.97	35.25	500m:	6:03.71	37.55	900m:	11:06.27	37.76	1300m:	16:12.44	39.10
150m:	1:43.49	36.52	550m:	6:41.64	37.93	950m:	11:44.22	37.95	1350m:	16:51.33	38.89
200m:	2:20.26	36.77	600m:	7:18.94	37.30	1000m:	12:21.63	37.41	1400m:	17:29.23	37.90
250m:	2:57.40	37.14	650m:	7:56.51	37.57	1050m:	13:00.04	38.41	1450m:	18:07.70	38.47
300m:	3:34.11	36.71	700m:	8:34.15	37.64	1100m:	13:38.88	38.84	1500m:	18:45.54	37.84
350m:	4:11.90	37.79	750m:	9:12.26	38.11	1150m:	14:17.38	38.50			
400m:	4:48.98	37.08	800m:	9:50.24	37.98	1200m:	14:55.97	38.59			

Prova 8 — Masc., 1500m Livres — Juvenis A

04-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Martim Miranda	03	Uniao Coimbra	**16:42.18**	+0,79	656	

50m:	30.05	30.05	450m:	4:56.57	33.46	850m:	9:26.09	33.56	1250m:	13:55.29	33.59
100m:	1:02.74	32.69	500m:	5:29.94	33.37	900m:	9:59.69	33.60	1300m:	14:29.07	33.78
150m:	1:35.91	33.17	550m:	6:03.60	33.66	950m:	10:33.40	33.71	1350m:	15:02.70	33.63
200m:	2:09.05	33.14	600m:	6:37.46	33.86	1000m:	11:07.39	33.99	1400m:	15:36.52	33.82
250m:	2:42.60	33.55	650m:	7:11.61	34.15	1050m:	11:41.17	33.78	1450m:	16:09.98	33.46
300m:	3:16.23	33.63	700m:	7:45.41	33.80	1100m:	12:14.42	33.25	1500m:	16:42.18	32.20
350m:	3:49.55	33.32	750m:	8:19.21	33.80	1150m:	12:48.26	33.84			
400m:	4:23.11	33.56	800m:	8:52.53	33.32	1200m:	13:21.70	33.44			

2.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**16:53.25**	+0,79	635	

50m:	30.43	30.43	450m:	4:56.38	33.75	850m:	9:27.91	34.05	1250m:	14:00.89	34.95
100m:	1:02.78	32.35	500m:	5:29.95	33.57	900m:	10:02.11	34.20	1300m:	14:35.86	34.97
150m:	1:35.90	33.12	550m:	6:04.04	34.09	950m:	10:35.96	33.85	1350m:	15:10.95	35.09
200m:	2:08.80	32.90	600m:	6:37.81	33.77	1000m:	11:09.73	33.77	1400m:	15:45.60	34.65
250m:	2:42.38	33.58	650m:	7:12.20	34.39	1050m:	11:43.22	33.49	1450m:	16:20.11	34.51
300m:	3:15.56	33.18	700m:	7:45.94	33.74	1100m:	12:17.10	33.88	1500m:	16:53.25	33.14
350m:	3:49.29	33.73	750m:	8:20.15	34.21	1150m:	12:51.33	34.23			
400m:	4:22.63	33.34	800m:	8:53.86	33.71	1200m:	13:25.94	34.61			

3.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:56.83**	+0,68	628	

50m:	29.43	29.43	450m:	4:59.61	33.91	850m:	9:29.59	34.06	1250m:	14:05.64	33.55
100m:	1:03.22	33.79	500m:	5:33.97	34.36	900m:	10:04.34	34.75	1300m:	14:41.12	35.48
150m:	1:35.64	32.42	550m:	6:05.88	31.91	950m:	10:39.30	34.96	1350m:	15:14.47	33.35
200m:	2:09.40	33.76	600m:	6:39.86	33.98	1000m:	11:13.68	34.38	1400m:	15:49.72	35.25
250m:	2:43.17	33.77	650m:	7:13.30	33.44	1050m:	11:47.31	33.63	1450m:	16:23.51	33.79
300m:	3:17.50	34.33	700m:	7:47.46	34.16	1100m:	12:22.67	35.36	1500m:	16:56.83	33.32
350m:	3:51.27	33.77	750m:	8:21.11	33.65	1150m:	12:56.18	33.51			
400m:	4:25.70	34.43	800m:	8:55.53	34.42	1200m:	13:32.09	35.91			

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Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	FERREIRA Joao Carlos	03	Porto	**17:23.93**	+0,71	580	

50m:	31.12	31.12	450m:	5:10.78	34.83	850m:	9:50.33	35.25	1250m:	14:31.76	34.87
100m:	1:05.60	34.48	500m:	5:45.16	34.38	900m:	10:25.54	35.21	1300m:	15:06.80	35.04
150m:	1:40.57	34.97	550m:	6:19.53	34.37	950m:	11:01.01	35.47	1350m:	15:41.88	35.08
200m:	2:15.57	35.00	600m:	6:54.36	34.83	1000m:	11:36.22	35.21	1400m:	16:16.58	34.70
250m:	2:50.82	35.25	650m:	7:29.86	35.50	1050m:	12:10.91	34.69	1450m:	16:51.00	34.42
300m:	3:25.73	34.91	700m:	8:04.73	34.87	1100m:	12:46.11	35.20	1500m:	17:23.93	32.93
350m:	4:00.89	35.16	750m:	8:40.23	35.50	1150m:	13:21.66	35.55			
400m:	4:35.95	35.06	800m:	9:15.08	34.85	1200m:	13:56.89	35.23			

5.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:26.64**	+0,72	576	

50m:	30.46	30.46	450m:	5:10.44	34.77	850m:	9:51.00	34.85	1250m:	14:31.69	34.99
100m:	1:04.77	34.31	500m:	5:45.31	34.87	900m:	10:26.08	35.08	1300m:	15:07.39	35.70
150m:	1:39.10	34.33	550m:	6:19.82	34.51	950m:	11:00.91	34.83	1350m:	15:42.75	35.36
200m:	2:14.50	35.40	600m:	6:55.18	35.36	1000m:	11:36.11	35.20	1400m:	16:18.48	35.73
250m:	2:49.80	35.30	650m:	7:29.88	34.70	1050m:	12:11.09	34.98	1450m:	16:52.90	34.42
300m:	3:25.29	35.49	700m:	8:05.63	35.75	1100m:	12:46.35	35.26	1500m:	17:26.64	33.74
350m:	4:00.25	34.96	750m:	8:40.84	35.21	1150m:	13:21.09	34.74			
400m:	4:35.67	35.42	800m:	9:16.15	35.31	1200m:	13:56.70	35.61			

6.	CANADAS Joao Vasco	03	Rio Maior	**17:27.98**	+0,75	574	

50m:	32.01	32.01	450m:	5:10.95	35.10	850m:	9:50.37	35.11	1250m:	14:32.98	35.41
100m:	1:06.36	34.35	500m:	5:45.78	34.83	900m:	10:25.34	34.97	1300m:	15:08.29	35.31
150m:	1:41.20	34.84	550m:	6:20.81	35.03	950m:	11:00.83	35.49	1350m:	15:43.74	35.45
200m:	2:15.91	34.71	600m:	6:55.35	34.54	1000m:	11:36.17	35.34	1400m:	16:18.87	35.13
250m:	2:50.91	35.00	650m:	7:30.58	35.23	1050m:	12:11.33	35.16	1450m:	16:54.01	35.14
300m:	3:25.90	34.99	700m:	8:05.37	34.79	1100m:	12:46.58	35.25	1500m:	17:27.98	33.97
350m:	4:00.94	35.04	750m:	8:40.54	35.17	1150m:	13:22.12	35.54			
400m:	4:35.85	34.91	800m:	9:15.26	34.72	1200m:	13:57.57	35.45			

7.	PEREIRA Alexandre Alves	03	Braga	**17:32.21**	+0,80	567	

50m:	29.83	29.83	450m:	5:09.21	35.44	850m:	9:52.39	35.53	1250m:	14:38.23	36.31
100m:	1:03.40	33.57	500m:	5:44.92	35.71	900m:	10:27.84	35.45	1300m:	15:13.86	35.63
150m:	1:37.99	34.59	550m:	6:20.29	35.37	950m:	11:03.40	35.56	1350m:	15:49.17	35.31
200m:	2:13.06	35.07	600m:	6:55.26	34.97	1000m:	11:38.70	35.30	1400m:	16:24.32	35.15
250m:	2:47.83	34.77	650m:	7:30.99	35.73	1050m:	12:14.70	36.00	1450m:	16:59.40	35.08
300m:	3:22.88	35.05	700m:	8:06.26	35.27	1100m:	12:50.12	35.42	1500m:	17:32.21	32.81
350m:	3:58.23	35.35	750m:	8:41.56	35.30	1150m:	13:26.35	36.23			
400m:	4:33.77	35.54	800m:	9:16.86	35.30	1200m:	14:01.92	35.57			

8.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:38.98**	+0,78	556	

50m:	30.66	30.66	450m:	5:10.35	35.50	850m:	9:59.52	35.76	1250m:	14:44.60	35.94
100m:	1:04.53	33.87	500m:	5:45.99	35.64	900m:	10:36.11	36.59	1300m:	15:20.46	35.86
150m:	1:39.44	34.91	550m:	6:21.12	35.13	950m:	11:12.39	36.28	1350m:	15:55.59	35.13
200m:	2:15.04	35.60	600m:	6:57.55	36.43	1000m:	11:49.40	37.01	1400m:	16:30.15	34.56
250m:	2:49.06	34.02	650m:	7:34.08	36.53	1050m:	12:24.35	34.95	1450m:	17:04.96	34.81
300m:	3:24.59	35.53	700m:	8:10.42	36.34	1100m:	12:59.40	35.05	1500m:	17:38.98	34.02
350m:	3:59.89	35.30	750m:	8:47.18	36.76	1150m:	13:33.94	34.54			
400m:	4:34.85	34.96	800m:	9:23.76	36.58	1200m:	14:08.66	34.72			

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Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:44.62**	+0,71	547	

50m:	31.02	31.02	450m:	5:13.64	35.86	850m:	9:58.76	35.51	1250m:	14:46.53	36.12
100m:	1:05.17	34.15	500m:	5:49.18	35.54	900m:	10:34.46	35.70	1300m:	15:23.21	36.68
150m:	1:40.09	34.92	550m:	6:24.95	35.77	950m:	11:10.50	36.04	1350m:	15:59.47	36.26
200m:	2:15.35	35.26	600m:	7:00.73	35.78	1000m:	11:45.98	35.48	1400m:	16:35.73	36.26
250m:	2:50.88	35.53	650m:	7:36.33	35.60	1050m:	12:21.91	35.93	1450m:	17:11.43	35.70
300m:	3:26.77	35.89	700m:	8:11.79	35.46	1100m:	12:58.15	36.24	1500m:	17:44.62	33.19
350m:	4:02.48	35.71	750m:	8:47.61	35.82	1150m:	13:34.14	35.99			
400m:	4:37.78	35.30	800m:	9:23.25	35.64	1200m:	14:10.41	36.27			

10.	NETO Rodrigo Jorge	03	Aquatico Pacense	**17:47.14**	+0,71	543	

50m:	31.46	31.46	450m:	5:17.78	35.83	850m:	10:04.23	36.04	1250m:	14:51.76	35.60
100m:	1:06.98	35.52	500m:	5:53.76	35.98	900m:	10:39.69	35.46	1300m:	15:27.21	35.45
150m:	1:42.95	35.97	550m:	6:29.57	35.81	950m:	11:15.77	36.08	1350m:	16:03.35	36.14
200m:	2:18.81	35.86	600m:	7:04.99	35.42	1000m:	11:51.60	35.83	1400m:	16:38.17	34.82
250m:	2:54.25	35.44	650m:	7:40.78	35.79	1050m:	12:27.77	36.17	1450m:	17:13.65	35.48
300m:	3:30.21	35.96	700m:	8:16.51	35.73	1100m:	13:03.91	36.14	1500m:	17:47.14	33.49
350m:	4:05.94	35.73	750m:	8:52.48	35.97	1150m:	13:40.32	36.41			
400m:	4:41.95	36.01	800m:	9:28.19	35.71	1200m:	14:16.16	35.84			

11.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:58.87**	+0,65	526	

50m:	30.87	30.87	450m:	5:19.08	35.79	850m:	10:11.32	36.87	1250m:	15:03.42	36.40
100m:	1:06.09	35.22	500m:	5:55.30	36.22	900m:	10:47.95	36.63	1300m:	15:40.02	36.60
150m:	1:42.03	35.94	550m:	6:31.23	35.93	950m:	11:23.95	36.00	1350m:	16:14.95	34.93
200m:	2:18.26	36.23	600m:	7:08.07	36.84	1000m:	12:01.11	37.16	1400m:	16:51.59	36.64
250m:	2:54.40	36.14	650m:	7:44.00	35.93	1050m:	12:36.91	35.80	1450m:	17:27.47	35.88
300m:	3:30.82	36.42	700m:	8:20.61	36.61	1100m:	13:13.80	36.89	1500m:	17:58.87	31.40
350m:	4:07.00	36.18	750m:	8:57.36	36.75	1150m:	13:50.21	36.41			
400m:	4:43.29	36.29	800m:	9:34.45	37.09	1200m:	14:27.02	36.81			

12.	SA Joao Luis	03	Fluvial Portuense	**18:00.36**	+0,77	524	

50m:	31.25	31.25	450m:	5:18.35	35.96	850m:	10:07.36	36.42	1250m:	14:59.61	36.78
100m:	1:05.96	34.71	500m:	5:54.25	35.90	900m:	10:43.54	36.18	1300m:	15:35.94	36.33
150m:	1:41.92	35.96	550m:	6:30.61	36.36	950m:	11:19.94	36.40	1350m:	16:12.34	36.40
200m:	2:17.49	35.57	600m:	7:06.73	36.12	1000m:	11:56.44	36.50	1400m:	16:49.27	36.93
250m:	2:53.78	36.29	650m:	7:42.77	36.04	1050m:	12:32.87	36.43	1450m:	17:25.48	36.21
300m:	3:30.39	36.61	700m:	8:18.77	36.00	1100m:	13:09.48	36.61	1500m:	18:00.36	34.88
350m:	4:06.27	35.88	750m:	8:54.77	36.00	1150m:	13:45.96	36.48			
400m:	4:42.39	36.12	800m:	9:30.94	36.17	1200m:	14:22.83	36.87			

13.	SANTOS Andre Cardoso	03	Academico Viseu	**18:00.47**	+0,76	523	

50m:	30.27	30.27	450m:	5:14.01	36.30	850m:	10:05.61	36.75	1250m:	14:59.18	37.03
100m:	1:03.81	33.54	500m:	5:50.35	36.34	900m:	10:41.77	36.16	1300m:	15:35.45	36.27
150m:	1:38.68	34.87	550m:	6:26.88	36.53	950m:	11:18.91	37.14	1350m:	16:12.23	36.78
200m:	2:14.06	35.38	600m:	7:03.08	36.20	1000m:	11:55.46	36.55	1400m:	16:48.72	36.49
250m:	2:49.76	35.70	650m:	7:39.74	36.66	1050m:	12:32.00	36.54	1450m:	17:25.02	36.30
300m:	3:25.25	35.49	700m:	8:16.14	36.40	1100m:	13:08.64	36.64	1500m:	18:00.47	35.45
350m:	4:01.40	36.15	750m:	8:52.72	36.58	1150m:	13:45.29	36.65			
400m:	4:37.71	36.31	800m:	9:28.86	36.14	1200m:	14:22.15	36.86			

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PROZIS
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FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 8, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARVALHO Tiago Fonseca	03	Naval Povoense	**18:01.44**	+0,73	522	

50m:	32.25	32.25	450m:	5:22.73	36.48	850m:	10:14.77	36.85	1250m:	15:04.33	35.87
100m:	1:08.07	35.82	500m:	5:58.97	36.24	900m:	10:51.38	36.61	1300m:	15:40.30	35.97
150m:	1:44.68	36.61	550m:	6:35.49	36.52	950m:	11:27.78	36.40	1350m:	16:16.46	36.16
200m:	2:20.75	36.07	600m:	7:11.88	36.39	1000m:	12:04.27	36.49	1400m:	16:52.47	36.01
250m:	2:57.13	36.38	650m:	7:48.23	36.35	1050m:	12:40.29	36.02	1450m:	17:27.60	35.13
300m:	3:33.45	36.32	700m:	8:24.78	36.55	1100m:	13:16.26	35.97	1500m:	18:01.44	33.84
350m:	4:09.97	36.52	750m:	9:01.49	36.71	1150m:	13:52.43	36.17			
400m:	4:46.25	36.28	800m:	9:37.92	36.43	1200m:	14:28.46	36.03			

15.	JORGE Tiago Miguel	03	Rio Maior	**18:02.73**	+0,65	520							
50m:	31.14	31.14	450m:	5:13.55	35.36	850m:	10:04.27	36.39	1250m:	15:00.23	37.14
100m:	1:05.78	34.64	500m:	5:49.76	36.21	900m:	10:41.45	37.18	1300m:	15:37.02	36.79
150m:	1:40.71	34.93	550m:	6:25.57	35.81	950m:	11:17.98	36.53	1350m:	16:13.62	36.60
200m:	2:15.70	34.99	600m:	7:01.92	36.35	1000m:	11:54.89	36.91	1400m:	16:50.75	37.13
250m:	2:50.89	35.19	650m:	7:38.33	36.41	1050m:	12:31.76	36.87	1450m:	17:27.26	36.51
300m:	3:26.61	35.72	700m:	8:14.77	36.44	1100m:	13:09.28	37.52	1500m:	18:02.73	35.47
350m:	4:02.32	35.71	750m:	8:51.57	36.80	1150m:	13:46.10	36.82			
400m:	4:38.19	35.87	800m:	9:27.88	36.31	1200m:	14:23.09	36.99			

16.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**18:04.00**	+0,81	518							
50m:	30.44	30.44	450m:	5:06.94	35.70	850m:	9:59.16	37.36	1250m:	14:58.93	37.66
100m:	1:03.47	33.03	500m:	5:42.90	35.96	900m:	10:36.24	37.08	1300m:	15:36.70	37.77
150m:	1:37.40	33.93	550m:	6:19.24	36.34	950m:	11:13.70	37.46	1350m:	16:13.98	37.28
200m:	2:11.71	34.31	600m:	6:55.74	36.50	1000m:	11:50.85	37.15	1400m:	16:51.00	37.02
250m:	2:46.41	34.70	650m:	7:32.19	36.45	1050m:	12:28.62	37.77	1450m:	17:27.91	36.91
300m:	3:21.37	34.96	700m:	8:08.56	36.37	1100m:	13:06.33	37.71	1500m:	18:04.00	36.09
350m:	3:56.32	34.95	750m:	8:45.40	36.84	1150m:	13:43.66	37.33			
400m:	4:31.24	34.92	800m:	9:21.80	36.40	1200m:	14:21.27	37.61			

17.	SILVA Ruben Filipe	03	Foca	**18:05.81**	+0,96	516							
50m:	32.03	32.03	450m:	5:22.19	36.56	850m:	10:12.74	36.33	1250m:	15:05.81	36.72
100m:	1:07.98	35.95	500m:	5:58.49	36.30	900m:	10:49.31	36.57	1300m:	15:42.36	36.55
150m:	1:43.71	35.73	550m:	6:34.63	36.14	950m:	11:25.91	36.60	1350m:	16:18.79	36.43
200m:	2:20.07	36.36	600m:	7:10.75	36.12	1000m:	12:02.33	36.42	1400m:	16:55.30	36.51
250m:	2:56.45	36.38	650m:	7:46.81	36.06	1050m:	12:39.14	36.81	1450m:	17:30.97	35.67
300m:	3:33.07	36.62	700m:	8:23.19	36.38	1100m:	13:15.84	36.70	1500m:	18:05.81	34.84
350m:	4:09.56	36.49	750m:	8:59.66	36.47	1150m:	13:52.55	36.71			
400m:	4:45.63	36.07	800m:	9:36.41	36.75	1200m:	14:29.09	36.54			

18.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:11.10**	+0,84	508							
50m:	30.96	30.96	450m:	5:20.69	36.61	850m:	10:13.59	36.57	1250m:	15:08.00	36.96
100m:	1:05.88	34.92	500m:	5:57.50	36.81	900m:	10:50.18	36.59	1300m:	15:44.92	36.92
150m:	1:41.92	36.04	550m:	6:33.90	36.40	950m:	11:27.07	36.89	1350m:	16:21.58	36.66
200m:	2:18.37	36.45	600m:	7:10.73	36.83	1000m:	12:03.78	36.71	1400m:	16:58.64	37.06
250m:	2:54.56	36.19	650m:	7:47.12	36.39	1050m:	12:40.52	36.74	1450m:	17:35.15	36.51
300m:	3:31.05	36.49	700m:	8:23.88	36.76	1100m:	13:17.59	37.07	1500m:	18:11.10	35.95
350m:	4:07.56	36.51	750m:	9:00.32	36.44	1150m:	13:54.15	36.56			
400m:	4:44.08	36.52	800m:	9:37.02	36.70	1200m:	14:31.04	36.89			

DNS	VASCONCELOS Bernardo Nunes	03	Foca
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense

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Prova 8, Masc., 1500m Livres

Prova 8 | Masc., 1500m Livres | Juniores
04-04-2019 - 17:00 | Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015

CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDOSO Diogo Santos *Minimos CE Jun*	01	Colegio Monte Maior	**15:52.96**	+0,72	763	

50m:	29.00	29.00	450m:	4:45.35	31.94	850m:	9:01.41	31.78	1250m:	13:16.76	31.77
100m:	1:00.71	31.71	500m:	5:17.88	32.53	900m:	9:33.69	32.28	1300m:	13:48.57	31.81
150m:	1:32.50	31.79	550m:	5:49.76	31.88	950m:	10:05.50	31.81	1350m:	14:20.04	31.47
200m:	2:04.74	32.24	600m:	6:22.02	32.26	1000m:	10:37.52	32.02	1400m:	14:51.95	31.91
250m:	2:36.60	31.86	650m:	6:54.14	32.12	1050m:	11:09.20	31.68	1450m:	15:22.91	30.96
300m:	3:08.82	32.22	700m:	7:26.20	32.06	1100m:	11:41.36	32.16	1500m:	15:52.96	30.05
350m:	3:41.02	32.20	750m:	7:57.72	31.52	1150m:	12:13.00	31.64			
400m:	4:13.41	32.39	800m:	8:29.63	31.91	1200m:	12:44.99	31.99			

2.	SANTOS Pedro Miguel	01	Porto	**16:02.31**	+0,72	741	

50m:	29.24	29.24	450m:	4:43.91	32.18	850m:	8:59.13	32.15	1250m:	13:19.72	33.26
100m:	1:01.02	31.78	500m:	5:15.83	31.92	900m:	9:31.60	32.47	1300m:	13:52.51	32.79
150m:	1:32.61	31.59	550m:	5:47.76	31.93	950m:	10:05.04	33.44	1350m:	14:25.86	33.35
200m:	2:04.00	31.39	600m:	6:19.43	31.67	1000m:	10:37.94	32.90	1400m:	14:58.84	32.98
250m:	2:35.99	31.99	650m:	6:51.24	31.81	1050m:	11:09.72	31.78	1450m:	15:31.68	32.84
300m:	3:07.94	31.95	700m:	7:23.07	31.83	1100m:	11:41.44	31.72	1500m:	16:02.31	30.63
350m:	3:39.89	31.95	750m:	7:55.04	31.97	1150m:	12:14.15	32.71			
400m:	4:11.73	31.84	800m:	8:26.98	31.94	1200m:	12:46.46	32.31			

3.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**16:02.74**	+0,71	740	

50m:	29.31	29.31	450m:	4:41.51	31.66	850m:	8:59.42	32.64	1250m:	13:20.86	32.84
100m:	1:00.53	31.22	500m:	5:13.37	31.86	900m:	9:31.48	32.06	1300m:	13:53.68	32.82
150m:	1:31.95	31.42	550m:	5:45.31	31.94	950m:	10:04.78	33.30	1350m:	14:26.70	33.02
200m:	2:03.56	31.61	600m:	6:17.38	32.07	1000m:	10:37.56	32.78	1400m:	14:59.55	32.85
250m:	2:35.32	31.76	650m:	6:49.44	32.06	1050m:	11:10.20	32.64	1450m:	15:31.58	32.03
300m:	3:06.81	31.49	700m:	7:21.83	32.39	1100m:	11:42.39	32.19	1500m:	16:02.74	31.16
350m:	3:38.38	31.57	750m:	7:54.27	32.44	1150m:	12:15.21	32.82			
400m:	4:09.85	31.47	800m:	8:26.78	32.51	1200m:	12:48.02	32.81			

4.	CARVALHO Daniel Luis	02	Braga	**16:34.11**	+0,84	672	

50m:	29.49	29.49	450m:	4:53.59	33.28	850m:	9:21.39	33.46	1250m:	13:50.17	33.49
100m:	1:01.95	32.46	500m:	5:27.11	33.52	900m:	9:54.81	33.42	1300m:	14:23.71	33.54
150m:	1:34.59	32.64	550m:	6:00.53	33.42	950m:	10:28.35	33.54	1350m:	14:56.98	33.27
200m:	2:07.54	32.95	600m:	6:34.33	33.80	1000m:	11:01.94	33.59	1400m:	15:30.12	33.14
250m:	2:40.38	32.84	650m:	7:07.88	33.55	1050m:	11:35.58	33.64	1450m:	16:02.70	32.58
300m:	3:13.57	33.19	700m:	7:41.41	33.53	1100m:	12:09.32	33.74	1500m:	16:34.11	31.41
350m:	3:46.90	33.33	750m:	8:14.81	33.40	1150m:	12:42.80	33.48			
400m:	4:20.31	33.41	800m:	8:47.93	33.12	1200m:	13:16.68	33.88			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	NUNES Francisco Costa	02	Salvaterra de Magos	**16:45.75**	+0,80	649	

50m:	28.84	28.84	450m:	4:47.58	33.72	850m:	9:20.38	34.65	1250m:	13:54.23	34.09
100m:	59.68	30.84	500m:	5:21.34	33.76	900m:	9:54.41	34.03	1300m:	14:28.78	34.55
150m:	1:31.17	31.49	550m:	5:55.45	34.11	950m:	10:28.65	34.24	1350m:	15:03.87	35.09
200m:	2:02.96	31.79	600m:	6:29.78	34.33	1000m:	11:02.37	33.72	1400m:	15:38.23	34.36
250m:	2:35.08	32.12	650m:	7:04.48	34.70	1050m:	11:36.46	34.09	1450m:	16:12.43	34.20
300m:	3:07.67	32.59	700m:	7:38.11	33.63	1100m:	12:10.61	34.15	1500m:	16:45.75	33.32
350m:	3:40.68	33.01	750m:	8:12.07	33.96	1150m:	12:45.34	34.73			
400m:	4:13.86	33.18	800m:	8:45.73	33.66	1200m:	13:20.14	34.80			

6.	MONTEIRO Tomas Penha	02	Alges	**16:53.17**	+0,71	635							
50m:	29.37	29.37	450m:	4:59.95	34.16	850m:	9:33.08	34.08	1250m:	14:04.75	34.08
100m:	1:02.03	32.66	500m:	5:34.01	34.06	900m:	10:06.91	33.83	1300m:	14:38.72	33.97
150m:	1:35.39	33.36	550m:	6:08.31	34.30	950m:	10:41.02	34.11	1350m:	15:12.76	34.04
200m:	2:09.10	33.71	600m:	6:42.48	34.17	1000m:	11:15.12	34.10	1400m:	15:46.49	33.73
250m:	2:43.20	34.10	650m:	7:17.01	34.53	1050m:	11:49.00	33.88	1450m:	16:20.34	33.85
300m:	3:17.37	34.17	700m:	7:50.78	33.77	1100m:	12:22.70	33.70	1500m:	16:53.17	32.83
350m:	3:51.58	34.21	750m:	8:25.06	34.28	1150m:	12:56.98	34.28			
400m:	4:25.79	34.21	800m:	8:59.00	33.94	1200m:	13:30.67	33.69			

7.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:54.81**	+0,78	632							
50m:	29.15	29.15	450m:	4:49.52	32.79	850m:	9:22.81	34.25	1250m:	14:01.60	34.01
100m:	1:01.26	32.11	500m:	5:23.52	34.00	900m:	9:58.34	35.53	1300m:	14:37.24	35.64
150m:	1:32.87	31.61	550m:	5:56.83	33.31	950m:	10:32.34	34.00	1350m:	15:11.51	34.27
200m:	2:05.52	32.65	600m:	6:31.11	34.28	1000m:	11:07.48	35.14	1400m:	15:46.62	35.11
250m:	2:37.50	31.98	650m:	7:04.53	33.42	1050m:	11:41.87	34.39	1450m:	16:20.63	34.01
300m:	3:10.80	33.30	700m:	7:39.67	35.14	1100m:	12:17.80	35.93	1500m:	16:54.81	34.18
350m:	3:43.21	32.41	750m:	8:13.70	34.03	1150m:	12:52.08	34.28			
400m:	4:16.73	33.52	800m:	8:48.56	34.86	1200m:	13:27.59	35.51			

8.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.49**	+0,77	621							
50m:	29.76	29.76	450m:	5:00.21	34.03	850m:	9:33.56	33.91	1250m:	14:07.34	33.93
100m:	1:02.32	32.56	500m:	5:34.48	34.27	900m:	10:07.95	34.39	1300m:	14:42.01	34.67
150m:	1:35.97	33.65	550m:	6:08.38	33.90	950m:	10:41.48	33.53	1350m:	15:16.04	34.03
200m:	2:09.80	33.83	600m:	6:42.80	34.42	1000m:	11:16.30	34.82	1400m:	15:50.94	34.90
250m:	2:43.62	33.82	650m:	7:16.79	33.99	1050m:	11:50.23	33.93	1450m:	16:25.46	34.52
300m:	3:17.75	34.13	700m:	7:51.23	34.44	1100m:	12:24.78	34.55	1500m:	17:00.49	35.03
350m:	3:51.84	34.09	750m:	8:25.27	34.04	1150m:	12:59.13	34.35			
400m:	4:26.18	34.34	800m:	8:59.65	34.38	1200m:	13:33.41	34.28			

9.	RODRIGUES Pedro Reis	02	Sao Roque	**17:00.66**	+0,70	621							
50m:	29.54	29.54	450m:	4:56.48	34.67	850m:	9:31.89	35.20	1250m:	14:10.12	35.16
100m:	1:01.45	31.91	500m:	5:29.86	33.38	900m:	10:06.56	34.67	1300m:	14:44.06	33.94
150m:	1:34.76	33.31	550m:	6:04.19	34.33	950m:	10:41.61	35.05	1350m:	15:18.78	34.72
200m:	2:07.47	32.71	600m:	6:38.43	34.24	1000m:	11:16.06	34.45	1400m:	15:53.23	34.45
250m:	2:41.05	33.58	650m:	7:12.94	34.51	1050m:	11:51.06	35.00	1450m:	16:27.88	34.65
300m:	3:14.24	33.19	700m:	7:47.19	34.25	1100m:	12:25.31	34.25	1500m:	17:00.66	32.78
350m:	3:48.55	34.31	750m:	8:22.15	34.96	1150m:	13:00.62	35.31			
400m:	4:21.81	33.26	800m:	8:56.69	34.54	1200m:	13:34.96	34.34			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**17:17.00**	+0,74	592	

50m:	28.68	28.68	450m:	5:00.27	34.38	850m:	9:40.71	35.43	1250m:	14:23.25	34.98
100m:	1:00.96	32.28	500m:	5:34.97	34.70	900m:	10:16.39	35.68	1300m:	14:58.71	35.46
150m:	1:34.72	33.76	550m:	6:10.27	35.30	950m:	10:51.07	34.68	1350m:	15:34.02	35.31
200m:	2:08.13	33.41	600m:	6:44.87	34.60	1000m:	11:26.30	35.23	1400m:	16:09.18	35.16
250m:	2:42.28	34.15	650m:	7:20.19	35.32	1050m:	12:02.22	35.92	1450m:	16:43.64	34.46
300m:	3:17.05	34.77	700m:	7:54.89	34.70	1100m:	12:37.12	34.90	1500m:	17:17.00	33.36
350m:	3:51.73	34.68	750m:	8:30.40	35.51	1150m:	13:12.44	35.32			
400m:	4:25.89	34.16	800m:	9:05.28	34.88	1200m:	13:48.27	35.83			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SALGADO Goncalo Sampaio	02	Famalicao	**17:24.88**	+0,76	579	

50m:	29.38	29.38	450m:	5:01.70	34.88	850m:	9:42.20	35.30	1250m:	14:27.25	35.75
100m:	1:02.15	32.77	500m:	5:36.57	34.87	900m:	10:17.34	35.14	1300m:	15:02.82	35.57
150m:	1:35.87	33.72	550m:	6:11.55	34.98	950m:	10:53.06	35.72	1350m:	15:39.10	36.28
200m:	2:09.84	33.97	600m:	6:46.37	34.82	1000m:	11:28.50	35.44	1400m:	16:14.59	35.49
250m:	2:43.83	33.99	650m:	7:21.68	35.31	1050m:	12:04.33	35.83	1450m:	16:50.20	35.61
300m:	3:18.22	34.39	700m:	7:56.59	34.91	1100m:	12:39.73	35.40	1500m:	17:24.88	34.68
350m:	3:52.41	34.19	750m:	8:31.93	35.34	1150m:	13:15.90	36.17			
400m:	4:26.82	34.41	800m:	9:06.90	34.97	1200m:	13:51.50	35.60			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VIEGAS Hugo Miguel	02	Natacao Olhao	**17:34.60**	+0,70	563	

50m:	29.89	29.89	450m:	5:04.92	35.28	850m:	9:48.73	36.04	1250m:	14:37.36	35.96
100m:	1:02.70	32.81	500m:	5:40.26	35.34	900m:	10:24.95	36.22	1300m:	15:13.21	35.85
150m:	1:36.26	33.56	550m:	6:14.79	34.53	950m:	11:01.23	36.28	1350m:	15:49.12	35.91
200m:	2:10.54	34.28	600m:	6:49.92	35.13	1000m:	11:37.17	35.94	1400m:	16:24.87	35.75
250m:	2:45.01	34.47	650m:	7:25.34	35.42	1050m:	12:13.25	36.08	1450m:	17:00.22	35.35
300m:	3:19.83	34.82	700m:	8:01.02	35.68	1100m:	12:49.40	36.15	1500m:	17:34.60	34.38
350m:	3:54.57	34.74	750m:	8:36.76	35.74	1150m:	13:25.44	36.04			
400m:	4:29.64	35.07	800m:	9:12.69	35.93	1200m:	14:01.40	35.96			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**17:38.56**	+0,76	557	

50m:	30.76	30.76	450m:	5:06.29	35.08	850m:	9:51.06	36.42	1250m:	14:40.80	36.21
100m:	1:03.92	33.16	500m:	5:41.59	35.30	900m:	10:27.21	36.15	1300m:	15:16.46	35.66
150m:	1:37.94	34.02	550m:	6:17.49	35.90	950m:	11:03.54	36.33	1350m:	15:52.67	36.21
200m:	2:12.01	34.07	600m:	6:52.81	35.32	1000m:	11:39.56	36.02	1400m:	16:28.63	35.96
250m:	2:46.82	34.81	650m:	7:27.77	34.96	1050m:	12:16.15	36.59	1450m:	17:04.18	35.55
300m:	3:21.31	34.49	700m:	8:02.83	35.06	1100m:	12:52.18	36.03	1500m:	17:38.56	34.38
350m:	3:56.28	34.97	750m:	8:38.38	35.55	1150m:	13:28.42	36.24			
400m:	4:31.21	34.93	800m:	9:14.64	36.26	1200m:	14:04.59	36.17			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CASTELEIRO Diogo Alexandre	01	Sporting	**17:40.39**	+0,78	554	

50m:	30.92	30.92	450m:	5:14.08	35.62	850m:	9:59.89	36.01	1250m:	14:44.44	35.57
100m:	1:05.74	34.82	500m:	5:49.94	35.86	900m:	10:35.74	35.85	1300m:	15:19.97	35.53
150m:	1:40.80	35.06	550m:	6:25.17	35.23	950m:	11:11.17	35.43	1350m:	15:55.94	35.97
200m:	2:15.98	35.18	600m:	7:01.12	35.95	1000m:	11:46.91	35.74	1400m:	16:31.55	35.61
250m:	2:51.38	35.40	650m:	7:36.58	35.46	1050m:	12:22.37	35.46	1450m:	17:06.59	35.04
300m:	3:27.05	35.67	700m:	8:12.51	35.93	1100m:	12:58.05	35.68	1500m:	17:40.39	33.80
350m:	4:02.85	35.80	750m:	8:47.93	35.42	1150m:	13:33.30	35.25			
400m:	4:38.46	35.61	800m:	9:23.88	35.95	1200m:	14:08.87	35.57			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MARQUES Rui Joao	02	Nautico Academico	**17:54.76**	+0,77	532	

50m:	30.88	30.88	450m:	5:06.73	35.24	850m:	9:56.43	36.98	1250m:	14:51.49	36.13
100m:	1:03.62	32.74	500m:	5:42.21	35.48	900m:	10:33.21	36.78	1300m:	15:28.21	36.72
150m:	1:37.74	34.12	550m:	6:17.80	35.59	950m:	11:09.46	36.25	1350m:	16:05.43	37.22
200m:	2:12.08	34.34	600m:	6:53.99	36.19	1000m:	11:46.66	37.20	1400m:	16:42.83	37.40
250m:	2:46.43	34.35	650m:	7:30.34	36.35	1050m:	12:23.21	36.55	1450m:	17:19.22	36.39
300m:	3:21.32	34.89	700m:	8:06.55	36.21	1100m:	13:00.58	37.37	1500m:	17:54.76	35.54
350m:	3:56.27	34.95	750m:	8:43.14	36.59	1150m:	13:38.72	38.14			
400m:	4:31.49	35.22	800m:	9:19.45	36.31	1200m:	14:15.36	36.64			

Prova 8 — Masc., 1500m Livres — Seniores
04-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017

CMPL : 15:07.38 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**15:22.04**	+0,69	843	

50m:	28.24	28.24	450m:	4:30.59	30.97	850m:	8:37.90	31.22	1250m:	12:47.19	31.47
100m:	57.80	29.56	500m:	5:01.25	30.66	900m:	9:08.73	30.83	1300m:	13:18.55	31.36
150m:	1:28.05	30.25	550m:	5:32.39	31.14	950m:	9:39.87	31.14	1350m:	13:49.95	31.40
200m:	1:58.02	29.97	600m:	6:03.04	30.65	1000m:	10:10.92	31.05	1400m:	14:21.37	31.42
250m:	2:28.48	30.46	650m:	6:34.14	31.10	1050m:	10:42.12	31.20	1450m:	14:52.47	31.10
300m:	2:58.62	30.14	700m:	7:04.83	30.69	1100m:	11:13.12	31.00	1500m:	15:22.04	29.57
350m:	3:29.23	30.61	750m:	7:36.10	31.27	1150m:	11:44.36	31.24			
400m:	3:59.62	30.39	800m:	8:06.68	30.58	1200m:	12:15.72	31.36			

2.	LOPES Jose Paulo	00	Braga	**15:33.78**	+0,68	811							
50m:	28.62	28.62	450m:	4:35.37	31.08	850m:	8:45.85	31.45	1250m:	12:57.78	31.43
100m:	58.65	30.03	500m:	5:06.70	31.33	900m:	9:17.44	31.59	1300m:	13:29.29	31.51
150m:	1:29.33	30.68	550m:	5:37.90	31.20	950m:	9:48.99	31.55	1350m:	14:00.85	31.56
200m:	2:00.10	30.77	600m:	6:09.13	31.23	1000m:	10:20.65	31.66	1400m:	14:32.40	31.55
250m:	2:31.13	31.03	650m:	6:40.17	31.04	1050m:	10:52.19	31.54	1450m:	15:03.48	31.08
300m:	3:02.10	30.97	700m:	7:11.47	31.30	1100m:	11:23.73	31.54	1500m:	15:33.78	30.30
350m:	3:33.27	31.17	750m:	7:42.83	31.36	1150m:	11:55.14	31.41			
400m:	4:04.29	31.02	800m:	8:14.40	31.57	1200m:	12:26.35	31.21			

3.	GIL Rafael Lourenco	96	Sporting	**15:37.13**	+0,75	802							
50m:	28.85	28.85	450m:	4:35.66	31.00	850m:	8:46.16	31.28	1250m:	12:59.79	31.47
100m:	59.31	30.46	500m:	5:07.02	31.36	900m:	9:17.81	31.65	1300m:	13:31.77	31.98
150m:	1:29.87	30.56	550m:	5:38.24	31.22	950m:	9:49.26	31.45	1350m:	14:03.30	31.53
200m:	2:00.75	30.88	600m:	6:09.74	31.50	1000m:	10:21.13	31.87	1400m:	14:35.24	31.94
250m:	2:31.53	30.78	650m:	6:40.86	31.12	1050m:	10:52.76	31.63	1450m:	15:06.14	30.90
300m:	3:02.57	31.04	700m:	7:12.11	31.25	1100m:	11:24.64	31.88	1500m:	15:37.13	30.99
350m:	3:33.53	30.96	750m:	7:43.38	31.27	1150m:	11:56.25	31.61			
400m:	4:04.66	31.13	800m:	8:14.88	31.50	1200m:	12:28.32	32.07			

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PARCEIROS

Prova 8, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	CARVALHO Jose Paula	98	Benfica	**16:02.26**	+0,68	741	

50m:	29.10	29.10	450m:	4:44.74	32.42	850m:	9:03.56	32.56	1250m:	13:24.12	33.05
100m:	1:00.52	31.42	500m:	5:17.32	32.58	900m:	9:36.05	32.49	1300m:	13:56.37	32.25
150m:	1:32.27	31.75	550m:	5:49.35	32.03	950m:	10:08.74	32.69	1350m:	14:29.17	32.80
200m:	2:03.89	31.62	600m:	6:21.32	31.97	1000m:	10:41.34	32.60	1400m:	15:01.68	32.51
250m:	2:35.90	32.01	650m:	6:53.82	32.50	1050m:	11:13.56	32.22	1450m:	15:33.25	31.57
300m:	3:07.93	32.03	700m:	7:25.94	32.12	1100m:	11:45.84	32.28	1500m:	16:02.26	29.01
350m:	3:40.19	32.26	750m:	7:58.77	32.83	1150m:	12:18.19	32.35			
400m:	4:12.32	32.13	800m:	8:31.00	32.23	1200m:	12:51.07	32.88			

5.	CAMPOS Tiago Filipe	99	Rio Maior	**16:09.05**	+0,83	726	

50m:	28.93	28.93	450m:	4:45.77	32.02	850m:	9:05.70	32.60	1250m:	13:28.65	32.53
100m:	1:00.63	31.70	500m:	5:18.05	32.28	900m:	9:39.46	33.76	1300m:	14:01.43	32.78
150m:	1:32.20	31.57	550m:	5:50.06	32.01	950m:	10:12.69	33.23	1350m:	14:33.87	32.44
200m:	2:04.90	32.70	600m:	6:22.44	32.38	1000m:	10:45.60	32.91	1400m:	15:06.75	32.88
250m:	2:36.87	31.97	650m:	6:54.77	32.33	1050m:	11:18.53	32.93	1450m:	15:38.60	31.85
300m:	3:09.28	32.41	700m:	7:27.50	32.73	1100m:	11:50.85	32.32	1500m:	16:09.05	30.45
350m:	3:41.31	32.03	750m:	7:59.89	32.39	1150m:	12:23.18	32.33			
400m:	4:13.75	32.44	800m:	8:33.10	33.21	1200m:	12:56.12	32.94			

6.	SANTO Filipe Miguel	00	Benfica	**16:20.50**	+0,78	701	

50m:	28.91	28.91	450m:	4:44.92	33.01	850m:	9:10.84	33.40	1250m:	13:37.59	32.98
100m:	59.46	30.55	500m:	5:17.47	32.55	900m:	9:43.85	33.01	1300m:	14:10.92	33.33
150m:	1:31.22	31.76	550m:	5:50.47	33.00	950m:	10:17.29	33.44	1350m:	14:44.20	33.28
200m:	2:03.21	31.99	600m:	6:23.83	33.36	1000m:	10:50.61	33.32	1400m:	15:17.27	33.07
250m:	2:34.64	31.43	650m:	6:57.67	33.84	1050m:	11:24.39	33.78	1450m:	15:49.72	32.45
300m:	3:06.33	31.69	700m:	7:30.75	33.08	1100m:	11:57.67	33.28	1500m:	16:20.50	30.78
350m:	3:39.39	33.06	750m:	8:04.26	33.51	1150m:	12:31.48	33.81			
400m:	4:11.91	32.52	800m:	8:37.44	33.18	1200m:	13:04.61	33.13			

7.	NUNES Diogo Barbosa	00	Porto	**16:34.06**	+0,72	672	

50m:	28.41	28.41	450m:	4:42.29	32.60	850m:	9:09.00	34.40	1250m:	13:44.48	34.69
100m:	59.17	30.76	500m:	5:14.34	32.05	900m:	9:42.95	33.95	1300m:	14:19.18	34.70
150m:	1:30.51	31.34	550m:	5:47.11	32.77	950m:	10:17.47	34.52	1350m:	14:53.87	34.69
200m:	2:01.71	31.20	600m:	6:19.89	32.78	1000m:	10:51.56	34.09	1400m:	15:28.48	34.61
250m:	2:33.40	31.69	650m:	6:53.49	33.60	1050m:	11:25.92	34.36	1450m:	16:02.45	33.97
300m:	3:05.02	31.62	700m:	7:27.15	33.66	1100m:	12:00.29	34.37	1500m:	16:34.06	31.61
350m:	3:37.44	32.42	750m:	8:01.20	34.05	1150m:	12:35.42	35.13			
400m:	4:09.69	32.25	800m:	8:34.60	33.40	1200m:	13:09.79	34.37			

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PARCEIROS

Prova 8, Masc., 1500m Livres

Prova 8		Masc., 1500m Livres			Absolutos
04-04-2019 - 17:00					Resultados
Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 16:25.61 / CEJun_Masc 15 - 18: 15:56.90 / CMJ_Masc 15 - 18: 15:38.05 / CMPL Sen: 15:07.38 / JO Absoluto: 15:00.99

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**15:22.04**	+0,69	843	

50m:	28.24	28.24	450m:	4:30.59	30.97	850m:	8:37.90	31.22	1250m:	12:47.19	31.47
100m:	57.80	29.56	500m:	5:01.25	30.66	900m:	9:08.73	30.83	1300m:	13:18.55	31.36
150m:	1:28.05	30.25	550m:	5:32.39	31.14	950m:	9:39.87	31.14	1350m:	13:49.95	31.40
200m:	1:58.02	29.97	600m:	6:03.04	30.65	1000m:	10:10.92	31.05	1400m:	14:21.37	31.42
250m:	2:28.48	30.46	650m:	6:34.14	31.10	1050m:	10:42.12	31.20	1450m:	14:52.47	31.10
300m:	2:58.62	30.14	700m:	7:04.83	30.69	1100m:	11:13.12	31.00	1500m:	15:22.04	29.57
350m:	3:29.23	30.61	750m:	7:36.10	31.27	1150m:	11:44.36	31.24			
400m:	3:59.62	30.39	800m:	8:06.68	30.58	1200m:	12:15.72	31.36			

2.	LOPES Jose Paulo	00	Braga	**15:33.78**	+0,68	811					
50m:	28.62	28.62	450m:	4:35.37	31.08	850m:	8:45.85	31.45	1250m:	12:57.78	31.43
100m:	58.65	30.03	500m:	5:06.70	31.33	900m:	9:17.44	31.59	1300m:	13:29.29	31.51
150m:	1:29.33	30.68	550m:	5:37.90	31.20	950m:	9:48.99	31.55	1350m:	14:00.85	31.56
200m:	2:00.10	30.77	600m:	6:09.13	31.23	1000m:	10:20.65	31.66	1400m:	14:32.40	31.55
250m:	2:31.13	31.03	650m:	6:40.17	31.04	1050m:	10:52.19	31.54	1450m:	15:03.48	31.08
300m:	3:02.10	30.97	700m:	7:11.47	31.30	1100m:	11:23.73	31.54	1500m:	15:33.78	30.30
350m:	3:33.27	31.17	750m:	7:42.83	31.36	1150m:	11:55.14	31.41			
400m:	4:04.29	31.02	800m:	8:14.40	31.57	1200m:	12:26.35	31.21			

3.	GIL Rafael Lourenco	96	Sporting	**15:37.13**	+0,75	802					
50m:	28.85	28.85	450m:	4:35.66	31.00	850m:	8:46.16	31.28	1250m:	12:59.79	31.47
100m:	59.31	30.46	500m:	5:07.02	31.36	900m:	9:17.81	31.65	1300m:	13:31.77	31.98
150m:	1:29.87	30.56	550m:	5:38.24	31.22	950m:	9:49.26	31.45	1350m:	14:03.30	31.53
200m:	2:00.75	30.88	600m:	6:09.74	31.50	1000m:	10:21.13	31.87	1400m:	14:35.24	31.94
250m:	2:31.53	30.78	650m:	6:40.86	31.12	1050m:	10:52.76	31.63	1450m:	15:06.14	30.90
300m:	3:02.57	31.04	700m:	7:12.11	31.25	1100m:	11:24.64	31.88	1500m:	15:37.13	30.99
350m:	3:33.53	30.96	750m:	7:43.38	31.27	1150m:	11:56.25	31.61			
400m:	4:04.66	31.13	800m:	8:14.88	31.50	1200m:	12:28.32	32.07			

4.	CARDOSO Diogo Santos *Minimos CE Jun*	01	Colegio Monte Maior	**15:52.96**	+0,72	763					
50m:	29.00	29.00	450m:	4:45.35	31.94	850m:	9:01.41	31.78	1250m:	13:16.76	31.77
100m:	1:00.71	31.71	500m:	5:17.88	32.53	900m:	9:33.69	32.28	1300m:	13:48.57	31.81
150m:	1:32.50	31.79	550m:	5:49.76	31.88	950m:	10:05.50	31.81	1350m:	14:20.04	31.47
200m:	2:04.74	32.24	600m:	6:22.02	32.26	1000m:	10:37.52	32.02	1400m:	14:51.95	31.91
250m:	2:36.60	31.86	650m:	6:54.14	32.12	1050m:	11:09.20	31.68	1450m:	15:22.91	30.96
300m:	3:08.82	32.22	700m:	7:26.20	32.06	1100m:	11:41.36	32.16	1500m:	15:52.96	30.05
350m:	3:41.02	32.20	750m:	7:57.72	31.52	1150m:	12:13.00	31.64			
400m:	4:13.41	32.39	800m:	8:29.63	31.91	1200m:	12:44.99	31.99			

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Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARVALHO Jose Paula	98	Benfica	**16:02.26**	+0,68	741	

50m:	29.10	29.10	450m:	4:44.74	32.42	850m:	9:03.56	32.56	1250m:	13:24.12	33.05
100m:	1:00.52	31.42	500m:	5:17.32	32.58	900m:	9:36.05	32.49	1300m:	13:56.37	32.25
150m:	1:32.27	31.75	550m:	5:49.35	32.03	950m:	10:08.74	32.69	1350m:	14:29.17	32.80
200m:	2:03.89	31.62	600m:	6:21.32	31.97	1000m:	10:41.34	32.60	1400m:	15:01.68	32.51
250m:	2:35.90	32.01	650m:	6:53.82	32.50	1050m:	11:13.56	32.22	1450m:	15:33.25	31.57
300m:	3:07.93	32.03	700m:	7:25.94	32.12	1100m:	11:45.84	32.28	1500m:	16:02.26	29.01
350m:	3:40.19	32.26	750m:	7:58.77	32.83	1150m:	12:18.19	32.35			
400m:	4:12.32	32.13	800m:	8:31.00	32.23	1200m:	12:51.07	32.88			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SANTOS Pedro Miguel	01	Porto	**16:02.31**	+0,72	741	

50m:	29.24	29.24	450m:	4:43.91	32.18	850m:	8:59.13	32.15	1250m:	13:19.72	33.26
100m:	1:01.02	31.78	500m:	5:15.83	31.92	900m:	9:31.60	32.47	1300m:	13:52.51	32.79
150m:	1:32.61	31.59	550m:	5:47.76	31.93	950m:	10:05.04	33.44	1350m:	14:25.86	33.35
200m:	2:04.00	31.39	600m:	6:19.43	31.67	1000m:	10:37.94	32.90	1400m:	14:58.84	32.98
250m:	2:35.99	31.99	650m:	6:51.24	31.81	1050m:	11:09.72	31.78	1450m:	15:31.68	32.84
300m:	3:07.94	31.95	700m:	7:23.07	31.83	1100m:	11:41.44	31.72	1500m:	16:02.31	30.63
350m:	3:39.89	31.95	750m:	7:55.04	31.97	1150m:	12:14.15	32.71			
400m:	4:11.73	31.84	800m:	8:26.98	31.94	1200m:	12:46.46	32.31			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**16:02.74**	+0,71	740	

50m:	29.31	29.31	450m:	4:41.51	31.66	850m:	8:59.42	32.64	1250m:	13:20.86	32.84
100m:	1:00.53	31.22	500m:	5:13.37	31.86	900m:	9:31.48	32.06	1300m:	13:53.68	32.82
150m:	1:31.95	31.42	550m:	5:45.31	31.94	950m:	10:04.78	33.30	1350m:	14:26.70	33.02
200m:	2:03.56	31.61	600m:	6:17.38	32.07	1000m:	10:37.56	32.78	1400m:	14:59.55	32.85
250m:	2:35.32	31.76	650m:	6:49.44	32.06	1050m:	11:10.20	32.64	1450m:	15:31.58	32.03
300m:	3:06.81	31.49	700m:	7:21.83	32.39	1100m:	11:42.39	32.19	1500m:	16:02.74	31.16
350m:	3:38.38	31.57	750m:	7:54.27	32.44	1150m:	12:15.21	32.82			
400m:	4:09.85	31.47	800m:	8:26.78	32.51	1200m:	12:48.02	32.81			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CAMPOS Tiago Filipe	99	Rio Maior	**16:09.05**	+0,83	726	

50m:	28.93	28.93	450m:	4:45.77	32.02	850m:	9:05.70	32.60	1250m:	13:28.65	32.53
100m:	1:00.63	31.70	500m:	5:18.05	32.28	900m:	9:39.46	33.76	1300m:	14:01.43	32.78
150m:	1:32.20	31.57	550m:	5:50.06	32.01	950m:	10:12.69	33.23	1350m:	14:33.87	32.44
200m:	2:04.90	32.70	600m:	6:22.44	32.38	1000m:	10:45.60	32.91	1400m:	15:06.75	32.88
250m:	2:36.87	31.97	650m:	6:54.77	32.33	1050m:	11:18.53	32.93	1450m:	15:38.60	31.85
300m:	3:09.28	32.41	700m:	7:27.50	32.73	1100m:	11:50.85	32.32	1500m:	16:09.05	30.45
350m:	3:41.31	32.03	750m:	7:59.89	32.39	1150m:	12:23.18	32.33			
400m:	4:13.75	32.44	800m:	8:33.10	33.21	1200m:	12:56.12	32.94			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SANTO Filipe Miguel	00	Benfica	**16:20.50**	+0,78	701	

50m:	28.91	28.91	450m:	4:44.92	33.01	850m:	9:10.84	33.40	1250m:	13:37.59	32.98
100m:	59.46	30.55	500m:	5:17.47	32.55	900m:	9:43.85	33.01	1300m:	14:10.92	33.33
150m:	1:31.22	31.76	550m:	5:50.47	33.00	950m:	10:17.29	33.44	1350m:	14:44.20	33.28
200m:	2:03.21	31.99	600m:	6:23.83	33.36	1000m:	10:50.61	33.32	1400m:	15:17.27	33.07
250m:	2:34.64	31.43	650m:	6:57.67	33.84	1050m:	11:24.39	33.78	1450m:	15:49.72	32.45
300m:	3:06.33	31.69	700m:	7:30.75	33.08	1100m:	11:57.67	33.28	1500m:	16:20.50	30.78
350m:	3:39.39	33.06	750m:	8:04.26	33.51	1150m:	12:31.48	33.81			
400m:	4:11.91	32.52	800m:	8:37.44	33.18	1200m:	13:04.61	33.13			

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Prova 8, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	NUNES Diogo Barbosa	00	Porto	**16:34.06**	+0,72	672	

50m:	28.41	28.41	450m:	4:42.29	32.60	850m:	9:09.00	34.40	1250m:	13:44.48	34.69
100m:	59.17	30.76	500m:	5:14.34	32.05	900m:	9:42.95	33.95	1300m:	14:19.18	34.70
150m:	1:30.51	31.34	550m:	5:47.11	32.77	950m:	10:17.47	34.52	1350m:	14:53.87	34.69
200m:	2:01.71	31.20	600m:	6:19.89	32.78	1000m:	10:51.56	34.09	1400m:	15:28.48	34.61
250m:	2:33.40	31.69	650m:	6:53.49	33.60	1050m:	11:25.92	34.36	1450m:	16:02.45	33.97
300m:	3:05.02	31.62	700m:	7:27.15	33.66	1100m:	12:00.29	34.37	1500m:	16:34.06	31.61
350m:	3:37.44	32.42	750m:	8:01.20	34.05	1150m:	12:35.42	35.13			
400m:	4:09.69	32.25	800m:	8:34.60	33.40	1200m:	13:09.79	34.37			

11.	CARVALHO Daniel Luis	02	Braga	**16:34.11**	+0,84	672	

50m:	29.49	29.49	450m:	4:53.59	33.28	850m:	9:21.39	33.46	1250m:	13:50.17	33.49
100m:	1:01.95	32.46	500m:	5:27.11	33.52	900m:	9:54.81	33.42	1300m:	14:23.71	33.54
150m:	1:34.59	32.64	550m:	6:00.53	33.42	950m:	10:28.35	33.54	1350m:	14:56.98	33.27
200m:	2:07.54	32.95	600m:	6:34.33	33.80	1000m:	11:01.94	33.59	1400m:	15:30.12	33.14
250m:	2:40.38	32.84	650m:	7:07.88	33.55	1050m:	11:35.58	33.64	1450m:	16:02.70	32.58
300m:	3:13.57	33.19	700m:	7:41.41	33.53	1100m:	12:09.32	33.74	1500m:	16:34.11	31.41
350m:	3:46.90	33.33	750m:	8:14.81	33.40	1150m:	12:42.80	33.48			
400m:	4:20.31	33.41	800m:	8:47.93	33.12	1200m:	13:16.68	33.88			

12.	MACHADO Martim Miranda	03	Uniao Coimbra	**16:42.18**	+0,79	656	

50m:	30.05	30.05	450m:	4:56.57	33.46	850m:	9:26.09	33.56	1250m:	13:55.29	33.59
100m:	1:02.74	32.69	500m:	5:29.94	33.37	900m:	9:59.69	33.60	1300m:	14:29.07	33.78
150m:	1:35.91	33.17	550m:	6:03.60	33.66	950m:	10:33.40	33.71	1350m:	15:02.70	33.63
200m:	2:09.05	33.14	600m:	6:37.46	33.86	1000m:	11:07.39	33.99	1400m:	15:36.52	33.82
250m:	2:42.60	33.55	650m:	7:11.61	34.15	1050m:	11:41.17	33.78	1450m:	16:09.98	33.46
300m:	3:16.23	33.63	700m:	7:45.41	33.80	1100m:	12:14.42	33.25	1500m:	16:42.18	32.20
350m:	3:49.55	33.32	750m:	8:19.21	33.80	1150m:	12:48.26	33.84			
400m:	4:23.11	33.56	800m:	8:52.53	33.32	1200m:	13:21.70	33.44			

13.	NUNES Francisco Costa	02	Salvaterra de Magos	**16:45.75**	+0,80	649	

50m:	28.84	28.84	450m:	4:47.58	33.72	850m:	9:20.38	34.65	1250m:	13:54.23	34.09
100m:	59.68	30.84	500m:	5:21.34	33.76	900m:	9:54.41	34.03	1300m:	14:28.78	34.55
150m:	1:31.17	31.49	550m:	5:55.45	34.11	950m:	10:28.65	34.24	1350m:	15:03.87	35.09
200m:	2:02.96	31.79	600m:	6:29.78	34.33	1000m:	11:02.37	33.72	1400m:	15:38.23	34.36
250m:	2:35.08	32.12	650m:	7:04.48	34.70	1050m:	11:36.46	34.09	1450m:	16:12.43	34.20
300m:	3:07.67	32.59	700m:	7:38.11	33.63	1100m:	12:10.61	34.15	1500m:	16:45.75	33.32
350m:	3:40.68	33.01	750m:	8:12.07	33.96	1150m:	12:45.34	34.73			
400m:	4:13.86	33.18	800m:	8:45.73	33.66	1200m:	13:20.14	34.80			

14.	MONTEIRO Tomas Penha	02	Alges	**16:53.17**	+0,71	635	

50m:	29.37	29.37	450m:	4:59.95	34.16	850m:	9:33.08	34.08	1250m:	14:04.75	34.08
100m:	1:02.03	32.66	500m:	5:34.01	34.06	900m:	10:06.91	33.83	1300m:	14:38.72	33.97
150m:	1:35.39	33.36	550m:	6:08.31	34.30	950m:	10:41.02	34.11	1350m:	15:12.76	34.04
200m:	2:09.10	33.71	600m:	6:42.48	34.17	1000m:	11:15.12	34.10	1400m:	15:46.49	33.73
250m:	2:43.20	34.10	650m:	7:17.01	34.53	1050m:	11:49.00	33.88	1450m:	16:20.34	33.85
300m:	3:17.37	34.17	700m:	7:50.78	33.77	1100m:	12:22.70	33.70	1500m:	16:53.17	32.83
350m:	3:51.58	34.21	750m:	8:25.06	34.28	1150m:	12:56.98	34.28			
400m:	4:25.79	34.21	800m:	8:59.00	33.94	1200m:	13:30.67	33.69			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**16:53.25**	+0,79	635	

50m:	30.43	30.43	450m:	4:56.38	33.75	850m:	9:27.91	34.05	1250m:	14:00.89	34.95
100m:	1:02.78	32.35	500m:	5:29.95	33.57	900m:	10:02.11	34.20	1300m:	14:35.86	34.97
150m:	1:35.90	33.12	550m:	6:04.04	34.09	950m:	10:35.96	33.85	1350m:	15:10.95	35.09
200m:	2:08.80	32.90	600m:	6:37.81	33.77	1000m:	11:09.73	33.77	1400m:	15:45.60	34.65
250m:	2:42.38	33.58	650m:	7:12.20	34.39	1050m:	11:43.22	33.49	1450m:	16:20.11	34.51
300m:	3:15.56	33.18	700m:	7:45.94	33.74	1100m:	12:17.10	33.88	1500m:	16:53.25	33.14
350m:	3:49.29	33.73	750m:	8:20.15	34.21	1150m:	12:51.33	34.23			
400m:	4:22.63	33.34	800m:	8:53.86	33.71	1200m:	13:25.94	34.61			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:54.81**	+0,78	632	

50m:	29.15	29.15	450m:	4:49.52	32.79	850m:	9:22.81	34.25	1250m:	14:01.60	34.01
100m:	1:01.26	32.11	500m:	5:23.52	34.00	900m:	9:58.34	35.53	1300m:	14:37.24	35.64
150m:	1:32.87	31.61	550m:	5:56.83	33.31	950m:	10:32.34	34.00	1350m:	15:11.51	34.27
200m:	2:05.52	32.65	600m:	6:31.11	34.28	1000m:	11:07.48	35.14	1400m:	15:46.62	35.11
250m:	2:37.50	31.98	650m:	7:04.53	33.42	1050m:	11:41.87	34.39	1450m:	16:20.63	34.01
300m:	3:10.80	33.30	700m:	7:39.67	35.14	1100m:	12:17.80	35.93	1500m:	16:54.81	34.18
350m:	3:43.21	32.41	750m:	8:13.70	34.03	1150m:	12:52.08	34.28			
400m:	4:16.73	33.52	800m:	8:48.56	34.86	1200m:	13:27.59	35.51			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:56.83**	+0,68	628	

50m:	29.43	29.43	450m:	4:59.61	33.91	850m:	9:29.59	34.06	1250m:	14:05.64	33.55
100m:	1:03.22	33.79	500m:	5:33.97	34.36	900m:	10:04.34	34.75	1300m:	14:41.12	35.48
150m:	1:35.64	32.42	550m:	6:05.88	31.91	950m:	10:39.30	34.96	1350m:	15:14.47	33.35
200m:	2:09.40	33.76	600m:	6:39.86	33.98	1000m:	11:13.68	34.38	1400m:	15:49.72	35.25
250m:	2:43.17	33.77	650m:	7:13.30	33.44	1050m:	11:47.31	33.63	1450m:	16:23.51	33.79
300m:	3:17.50	34.33	700m:	7:47.46	34.16	1100m:	12:22.67	35.36	1500m:	16:56.83	33.32
350m:	3:51.27	33.77	750m:	8:21.11	33.65	1150m:	12:56.18	33.51			
400m:	4:25.70	34.43	800m:	8:55.53	34.42	1200m:	13:32.09	35.91			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.49**	+0,77	621	

50m:	29.76	29.76	450m:	5:00.21	34.03	850m:	9:33.56	33.91	1250m:	14:07.34	33.93
100m:	1:02.32	32.56	500m:	5:34.48	34.27	900m:	10:07.95	34.39	1300m:	14:42.01	34.67
150m:	1:35.97	33.65	550m:	6:08.38	33.90	950m:	10:41.48	33.53	1350m:	15:16.04	34.03
200m:	2:09.80	33.83	600m:	6:42.80	34.42	1000m:	11:16.30	34.82	1400m:	15:50.94	34.90
250m:	2:43.62	33.82	650m:	7:16.79	33.99	1050m:	11:50.23	33.93	1450m:	16:25.46	34.52
300m:	3:17.75	34.13	700m:	7:51.23	34.44	1100m:	12:24.78	34.55	1500m:	17:00.49	35.03
350m:	3:51.84	34.09	750m:	8:25.27	34.04	1150m:	12:59.13	34.35			
400m:	4:26.18	34.34	800m:	8:59.65	34.38	1200m:	13:33.41	34.28			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	RODRIGUES Pedro Reis	02	Sao Roque	**17:00.66**	+0,70	621	

50m:	29.54	29.54	450m:	4:56.48	34.67	850m:	9:31.89	35.20	1250m:	14:10.12	35.16
100m:	1:01.45	31.91	500m:	5:29.86	33.38	900m:	10:06.56	34.67	1300m:	14:44.06	33.94
150m:	1:34.76	33.31	550m:	6:04.19	34.33	950m:	10:41.61	35.05	1350m:	15:18.78	34.72
200m:	2:07.47	32.71	600m:	6:38.43	34.24	1000m:	11:16.06	34.45	1400m:	15:53.23	34.45
250m:	2:41.05	33.58	650m:	7:12.94	34.51	1050m:	11:51.06	35.00	1450m:	16:27.88	34.65
300m:	3:14.24	33.19	700m:	7:47.19	34.25	1100m:	12:25.31	34.25	1500m:	17:00.66	32.78
350m:	3:48.55	34.31	750m:	8:22.15	34.96	1150m:	13:00.62	35.31			
400m:	4:21.81	33.26	800m:	8:56.69	34.54	1200m:	13:34.96	34.34			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**17:07.93**	+0,70	608	

50m:	29.17	29.17	450m:	5:04.36	34.82	850m:	9:40.80	34.54	1250m:	14:18.04	34.20
100m:	1:02.19	33.02	500m:	5:39.43	35.07	900m:	10:15.65	34.85	1300m:	14:52.95	34.91
150m:	1:36.51	34.32	550m:	6:13.79	34.36	950m:	10:50.18	34.53	1350m:	15:27.27	34.32
200m:	2:10.82	34.31	600m:	6:48.69	34.90	1000m:	11:25.06	34.88	1400m:	16:01.50	34.23
250m:	2:45.09	34.27	650m:	7:23.11	34.42	1050m:	11:59.61	34.55	1450m:	16:35.43	33.93
300m:	3:19.81	34.72	700m:	7:57.78	34.67	1100m:	12:34.57	34.96	1500m:	17:07.93	32.50
350m:	3:54.56	34.75	750m:	8:31.82	34.04	1150m:	13:09.06	34.49			
400m:	4:29.54	34.98	800m:	9:06.26	34.44	1200m:	13:43.84	34.78			

21.	ALMEIDA Bernardo Victorino	04	Sporting	**17:08.59**	+0,76	607							
50m:	29.04	29.04	450m:	5:02.09	34.89	850m:	9:40.47	34.91	1250m:	14:19.10	34.89
100m:	1:01.75	32.71	500m:	5:36.61	34.52	900m:	10:15.70	35.23	1300m:	14:53.50	34.40
150m:	1:35.89	34.14	550m:	6:11.11	34.50	950m:	10:51.11	35.41	1350m:	15:27.86	34.36
200m:	2:10.13	34.24	600m:	6:45.90	34.79	1000m:	11:25.69	34.58	1400m:	16:02.23	34.37
250m:	2:44.05	33.92	650m:	7:21.07	35.17	1050m:	12:00.79	35.10	1450m:	16:36.80	34.57
300m:	3:18.89	34.84	700m:	7:55.74	34.67	1100m:	12:34.87	34.08	1500m:	17:08.59	31.79
350m:	3:53.05	34.16	750m:	8:30.76	35.02	1150m:	13:09.53	34.66			
400m:	4:27.20	34.15	800m:	9:05.56	34.80	1200m:	13:44.21	34.68			

22.	NUNES Diogo Severino	04	Natacao de Valongo	**17:09.22**	+0,83	606							
50m:	30.26	30.26	450m:	5:05.15	34.67	850m:	9:42.90	34.74	1250m:	14:20.49	34.64
100m:	1:03.80	33.54	500m:	5:39.42	34.27	900m:	10:17.75	34.85	1300m:	14:55.59	35.10
150m:	1:37.93	34.13	550m:	6:13.97	34.55	950m:	10:52.13	34.38	1350m:	15:30.77	35.18
200m:	2:12.69	34.76	600m:	6:48.97	35.00	1000m:	11:26.87	34.74	1400m:	16:04.98	34.21
250m:	2:47.69	35.00	650m:	7:23.51	34.54	1050m:	12:01.56	34.69	1450m:	16:38.82	33.84
300m:	3:21.53	33.84	700m:	7:58.36	34.85	1100m:	12:36.01	34.45	1500m:	17:09.22	30.40
350m:	3:56.05	34.52	750m:	8:32.77	34.41	1150m:	13:10.78	34.77			
400m:	4:30.48	34.43	800m:	9:08.16	35.39	1200m:	13:45.85	35.07			

23.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:11.72**	+0,76	601							
50m:	29.94	29.94	450m:	5:05.13	34.60	850m:	9:42.12	34.86	1250m:	14:20.47	34.57
100m:	1:03.32	33.38	500m:	5:39.81	34.68	900m:	10:17.07	34.95	1300m:	14:54.97	34.50
150m:	1:37.71	34.39	550m:	6:14.21	34.40	950m:	10:52.06	34.99	1350m:	15:29.64	34.67
200m:	2:12.32	34.61	600m:	6:49.03	34.82	1000m:	11:26.70	34.64	1400m:	16:03.90	34.26
250m:	2:46.74	34.42	650m:	7:23.74	34.71	1050m:	12:01.69	34.99	1450m:	16:38.65	34.75
300m:	3:21.37	34.63	700m:	7:58.15	34.41	1100m:	12:36.64	34.95	1500m:	17:11.72	33.07
350m:	3:56.19	34.82	750m:	8:32.64	34.49	1150m:	13:11.42	34.78			
400m:	4:30.53	34.34	800m:	9:07.26	34.62	1200m:	13:45.90	34.48			

24.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**17:17.00**	+0,74	592							
50m:	28.68	28.68	450m:	5:00.27	34.38	850m:	9:40.71	35.43	1250m:	14:23.25	34.98
100m:	1:00.96	32.28	500m:	5:34.97	34.70	900m:	10:16.39	35.68	1300m:	14:58.71	35.46
150m:	1:34.72	33.76	550m:	6:10.27	35.30	950m:	10:51.07	34.68	1350m:	15:34.02	35.31
200m:	2:08.13	33.41	600m:	6:44.87	34.60	1000m:	11:26.30	35.23	1400m:	16:09.18	35.16
250m:	2:42.28	34.15	650m:	7:20.19	35.32	1050m:	12:02.22	35.92	1450m:	16:43.64	34.46
300m:	3:17.05	34.77	700m:	7:54.89	34.70	1100m:	12:37.12	34.90	1500m:	17:17.00	33.36
350m:	3:51.73	34.68	750m:	8:30.40	35.51	1150m:	13:12.44	35.32			
400m:	4:25.89	34.16	800m:	9:05.28	34.88	1200m:	13:48.27	35.83			

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25.	CARVALHO Antonio Lombardi	04	Belenenses	**17:17.85**	+0,79	591	

50m:	31.00	31.00	450m:	5:09.75	35.41	850m:	9:49.59	35.12	1250m:	14:28.66	34.75
100m:	1:05.56	34.56	500m:	5:44.68	34.93	900m:	10:24.00	34.41	1300m:	15:03.31	34.65
150m:	1:39.80	34.24	550m:	6:19.52	34.84	950m:	10:59.50	35.50	1350m:	15:37.97	34.66
200m:	2:14.38	34.58	600m:	6:54.16	34.64	1000m:	11:33.88	34.38	1400m:	16:12.14	34.17
250m:	2:49.35	34.97	650m:	7:29.12	34.96	1050m:	12:09.21	35.33	1450m:	16:46.10	33.96
300m:	3:24.18	34.83	700m:	8:04.43	35.31	1100m:	12:43.57	34.36	1500m:	17:17.85	31.75
350m:	3:59.50	35.32	750m:	8:39.75	35.32	1150m:	13:18.61	35.04			
400m:	4:34.34	34.84	800m:	9:14.47	34.72	1200m:	13:53.91	35.30			

26.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**17:19.42**	+0,81	588					
50m:	29.82	29.82	450m:	5:00.35	34.38	850m:	9:39.72	34.95	1250m:	14:22.65	35.20
100m:	1:02.73	32.91	500m:	5:35.20	34.85	900m:	10:15.12	35.40	1300m:	14:58.30	35.65
150m:	1:36.09	33.36	550m:	6:09.62	34.42	950m:	10:50.36	35.24	1350m:	15:33.17	34.87
200m:	2:09.68	33.59	600m:	6:44.32	34.70	1000m:	11:25.47	35.11	1400m:	16:09.38	36.21
250m:	2:43.36	33.68	650m:	7:19.21	34.89	1050m:	12:00.57	35.10	1450m:	16:44.41	35.03
300m:	3:17.42	34.06	700m:	7:54.31	35.10	1100m:	12:36.42	35.85	1500m:	17:19.42	35.01
350m:	3:51.53	34.11	750m:	8:29.05	34.74	1150m:	13:11.55	35.13			
400m:	4:25.97	34.44	800m:	9:04.77	35.72	1200m:	13:47.45	35.90			

27.	FERREIRA Joao Carlos	03	Porto	**17:23.93**	+0,71	580					
50m:	31.12	31.12	450m:	5:10.78	34.83	850m:	9:50.33	35.25	1250m:	14:31.76	34.87
100m:	1:05.60	34.48	500m:	5:45.16	34.38	900m:	10:25.54	35.21	1300m:	15:06.80	35.04
150m:	1:40.57	34.97	550m:	6:19.53	34.37	950m:	11:01.01	35.47	1350m:	15:41.88	35.08
200m:	2:15.57	35.00	600m:	6:54.36	34.83	1000m:	11:36.22	35.21	1400m:	16:16.58	34.70
250m:	2:50.82	35.25	650m:	7:29.86	35.50	1050m:	12:10.91	34.69	1450m:	16:51.00	34.42
300m:	3:25.73	34.91	700m:	8:04.73	34.87	1100m:	12:46.11	35.20	1500m:	17:23.93	32.93
350m:	4:00.89	35.16	750m:	8:40.23	35.50	1150m:	13:21.66	35.55			
400m:	4:35.95	35.06	800m:	9:15.08	34.85	1200m:	13:56.89	35.23			

28.	SALGADO Goncalo Sampaio	02	Famalicao	**17:24.88**	+0,76	579					
50m:	29.38	29.38	450m:	5:01.70	34.88	850m:	9:42.20	35.30	1250m:	14:27.25	35.75
100m:	1:02.15	32.77	500m:	5:36.57	34.87	900m:	10:17.34	35.14	1300m:	15:02.82	35.57
150m:	1:35.87	33.72	550m:	6:11.55	34.98	950m:	10:53.06	35.72	1350m:	15:39.10	36.28
200m:	2:09.84	33.97	600m:	6:46.37	34.82	1000m:	11:28.50	35.44	1400m:	16:14.59	35.49
250m:	2:43.83	33.99	650m:	7:21.68	35.31	1050m:	12:04.33	35.83	1450m:	16:50.20	35.61
300m:	3:18.22	34.39	700m:	7:56.59	34.91	1100m:	12:39.73	35.40	1500m:	17:24.88	34.68
350m:	3:52.41	34.19	750m:	8:31.93	35.34	1150m:	13:15.90	36.17			
400m:	4:26.82	34.41	800m:	9:06.90	34.97	1200m:	13:51.50	35.60			

29.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:26.64**	+0,72	576					
50m:	30.46	30.46	450m:	5:10.44	34.77	850m:	9:51.00	34.85	1250m:	14:31.69	34.99
100m:	1:04.77	34.31	500m:	5:45.31	34.87	900m:	10:26.08	35.08	1300m:	15:07.39	35.70
150m:	1:39.10	34.33	550m:	6:19.82	34.51	950m:	11:00.91	34.83	1350m:	15:42.75	35.36
200m:	2:14.50	35.40	600m:	6:55.18	35.36	1000m:	11:36.11	35.20	1400m:	16:18.48	35.73
250m:	2:49.80	35.30	650m:	7:29.88	34.70	1050m:	12:11.09	34.98	1450m:	16:52.90	34.42
300m:	3:25.29	35.49	700m:	8:05.63	35.75	1100m:	12:46.35	35.26	1500m:	17:26.64	33.74
350m:	4:00.25	34.96	750m:	8:40.84	35.21	1150m:	13:21.09	34.74			
400m:	4:35.67	35.42	800m:	9:16.15	35.31	1200m:	13:56.70	35.61			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**17:27.13**	+0,75	575	

50m:	30.05	30.05	450m:	5:06.45	34.62	850m:	9:47.51	35.55	1250m:	14:32.87	35.76
100m:	1:03.48	33.43	500m:	5:41.57	35.12	900m:	10:23.54	36.03	1300m:	15:09.23	36.36
150m:	1:37.62	34.14	550m:	6:16.22	34.65	950m:	10:58.93	35.39	1350m:	15:45.26	36.03
200m:	2:12.11	34.49	600m:	6:51.32	35.10	1000m:	11:33.94	35.01	1400m:	16:20.84	35.58
250m:	2:46.88	34.77	650m:	7:26.21	34.89	1050m:	12:09.48	35.54	1450m:	16:54.73	33.89
300m:	3:21.64	34.76	700m:	8:01.22	35.01	1100m:	12:45.24	35.76	1500m:	17:27.13	32.40
350m:	3:56.68	35.04	750m:	8:36.62	35.40	1150m:	13:21.06	35.82			
400m:	4:31.83	35.15	800m:	9:11.96	35.34	1200m:	13:57.11	36.05			

31.	CANADAS Joao Vasco	03	Rio Maior	**17:27.98**	+0,75	574					
50m:	32.01	32.01	450m:	5:10.95	35.10	850m:	9:50.37	35.11	1250m:	14:32.98	35.41
100m:	1:06.36	34.35	500m:	5:45.78	34.83	900m:	10:25.34	34.97	1300m:	15:08.29	35.31
150m:	1:41.20	34.84	550m:	6:20.81	35.03	950m:	11:00.83	35.49	1350m:	15:43.74	35.45
200m:	2:15.91	34.71	600m:	6:55.35	34.54	1000m:	11:36.17	35.34	1400m:	16:18.87	35.13
250m:	2:50.91	35.00	650m:	7:30.58	35.23	1050m:	12:11.33	35.16	1450m:	16:54.01	35.14
300m:	3:25.90	34.99	700m:	8:05.37	34.79	1100m:	12:46.58	35.25	1500m:	17:27.98	33.97
350m:	4:00.94	35.04	750m:	8:40.54	35.17	1150m:	13:22.12	35.54			
400m:	4:35.85	34.91	800m:	9:15.26	34.72	1200m:	13:57.57	35.45			

32.	PEREIRA Alexandre Alves	03	Braga	**17:32.21**	+0,80	567					
50m:	29.83	29.83	450m:	5:09.21	35.44	850m:	9:52.39	35.53	1250m:	14:38.23	36.31
100m:	1:03.40	33.57	500m:	5:44.92	35.71	900m:	10:27.84	35.45	1300m:	15:13.86	35.63
150m:	1:37.99	34.59	550m:	6:20.29	35.37	950m:	11:03.40	35.56	1350m:	15:49.17	35.31
200m:	2:13.06	35.07	600m:	6:55.26	34.97	1000m:	11:38.70	35.30	1400m:	16:24.32	35.15
250m:	2:47.83	34.77	650m:	7:30.99	35.73	1050m:	12:14.70	36.00	1450m:	16:59.40	35.08
300m:	3:22.88	35.05	700m:	8:06.26	35.27	1100m:	12:50.12	35.42	1500m:	17:32.21	32.81
350m:	3:58.23	35.35	750m:	8:41.56	35.30	1150m:	13:26.35	36.23			
400m:	4:33.77	35.54	800m:	9:16.86	35.30	1200m:	14:01.92	35.57			

33.	VIEGAS Hugo Miguel	02	Natacao Olhao	**17:34.60**	+0,70	563					
50m:	29.89	29.89	450m:	5:04.92	35.28	850m:	9:48.73	36.04	1250m:	14:37.36	35.96
100m:	1:02.70	32.81	500m:	5:40.26	35.34	900m:	10:24.95	36.22	1300m:	15:13.21	35.85
150m:	1:36.26	33.56	550m:	6:14.79	34.53	950m:	11:01.23	36.28	1350m:	15:49.12	35.91
200m:	2:10.54	34.28	600m:	6:49.92	35.13	1000m:	11:37.17	35.94	1400m:	16:24.87	35.75
250m:	2:45.01	34.47	650m:	7:25.34	35.42	1050m:	12:13.25	36.08	1450m:	17:00.22	35.35
300m:	3:19.83	34.82	700m:	8:01.02	35.68	1100m:	12:49.40	36.15	1500m:	17:34.60	34.38
350m:	3:54.57	34.74	750m:	8:36.76	35.74	1150m:	13:25.44	36.04			
400m:	4:29.64	35.07	800m:	9:12.69	35.93	1200m:	14:01.40	35.96			

34.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**17:38.56**	+0,76	557					
50m:	30.76	30.76	450m:	5:06.29	35.08	850m:	9:51.06	36.42	1250m:	14:40.80	36.21
100m:	1:03.92	33.16	500m:	5:41.59	35.30	900m:	10:27.21	36.15	1300m:	15:16.46	35.66
150m:	1:37.94	34.02	550m:	6:17.49	35.90	950m:	11:03.54	36.33	1350m:	15:52.67	36.21
200m:	2:12.01	34.07	600m:	6:52.81	35.32	1000m:	11:39.56	36.02	1400m:	16:28.63	35.96
250m:	2:46.82	34.81	650m:	7:27.77	34.96	1050m:	12:16.15	36.59	1450m:	17:04.18	35.55
300m:	3:21.31	34.49	700m:	8:02.83	35.06	1100m:	12:52.18	36.03	1500m:	17:38.56	34.38
350m:	3:56.28	34.97	750m:	8:38.38	35.55	1150m:	13:28.42	36.24			
400m:	4:31.21	34.93	800m:	9:14.64	36.26	1200m:	14:04.59	36.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:38.98**	+0,78	556	

50m:	30.66	30.66	450m:	5:10.35	35.50	850m:	9:59.52	35.76	1250m:	14:44.60	35.94
100m:	1:04.53	33.87	500m:	5:45.99	35.64	900m:	10:36.11	36.59	1300m:	15:20.46	35.86
150m:	1:39.44	34.91	550m:	6:21.12	35.13	950m:	11:12.39	36.28	1350m:	15:55.59	35.13
200m:	2:15.04	35.60	600m:	6:57.55	36.43	1000m:	11:49.40	37.01	1400m:	16:30.15	34.56
250m:	2:49.06	34.02	650m:	7:34.08	36.53	1050m:	12:24.35	34.95	1450m:	17:04.96	34.81
300m:	3:24.59	35.53	700m:	8:10.42	36.34	1100m:	12:59.40	35.05	1500m:	17:38.98	34.02
350m:	3:59.89	35.30	750m:	8:47.18	36.76	1150m:	13:33.94	34.54			
400m:	4:34.85	34.96	800m:	9:23.76	36.58	1200m:	14:08.66	34.72			

36.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:39.37**	+0,92	555	

50m:	31.40	31.40	450m:	5:17.23	35.84	850m:	10:01.52	35.31	1250m:	14:43.65	36.11
100m:	1:06.35	34.95	500m:	5:52.79	35.56	900m:	10:36.77	35.25	1300m:	15:20.38	36.73
150m:	1:42.29	35.94	550m:	6:28.45	35.66	950m:	11:11.39	34.62	1350m:	15:54.94	34.56
200m:	2:18.19	35.90	600m:	7:03.92	35.47	1000m:	11:46.72	35.33	1400m:	16:30.38	35.44
250m:	2:53.90	35.71	650m:	7:39.77	35.85	1050m:	12:22.21	35.49	1450m:	17:05.24	34.86
300m:	3:30.02	36.12	700m:	8:15.45	35.68	1100m:	12:57.35	35.14	1500m:	17:39.37	34.13
350m:	4:05.80	35.78	750m:	8:50.89	35.44	1150m:	13:32.36	35.01			
400m:	4:41.39	35.59	800m:	9:26.21	35.32	1200m:	14:07.54	35.18			

37.	CASTELEIRO Diogo Alexandre	01	Sporting	**17:40.39**	+0,78	554	

50m:	30.92	30.92	450m:	5:14.08	35.62	850m:	9:59.89	36.01	1250m:	14:44.44	35.57
100m:	1:05.74	34.82	500m:	5:49.94	35.86	900m:	10:35.74	35.85	1300m:	15:19.97	35.53
150m:	1:40.80	35.06	550m:	6:25.17	35.23	950m:	11:11.17	35.43	1350m:	15:55.94	35.97
200m:	2:15.98	35.18	600m:	7:01.12	35.95	1000m:	11:46.91	35.74	1400m:	16:31.55	35.61
250m:	2:51.38	35.40	650m:	7:36.58	35.46	1050m:	12:22.37	35.46	1450m:	17:06.59	35.04
300m:	3:27.05	35.67	700m:	8:12.51	35.93	1100m:	12:58.05	35.68	1500m:	17:40.39	33.80
350m:	4:02.85	35.80	750m:	8:47.93	35.42	1150m:	13:33.30	35.25			
400m:	4:38.46	35.61	800m:	9:23.88	35.95	1200m:	14:08.87	35.57			

38.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:43.64**	+0,68	549	

50m:	30.27	30.27	450m:	5:14.22	35.73	850m:	10:02.08	36.11	1250m:	14:48.79	35.75
100m:	1:03.98	33.71	500m:	5:50.09	35.87	900m:	10:37.96	35.88	1300m:	15:24.89	36.10
150m:	1:39.28	35.30	550m:	6:25.90	35.81	950m:	11:13.46	35.50	1350m:	16:00.69	35.80
200m:	2:14.85	35.57	600m:	7:01.88	35.98	1000m:	11:49.41	35.95	1400m:	16:36.00	35.31
250m:	2:50.45	35.60	650m:	7:37.47	35.59	1050m:	12:25.41	36.00	1450m:	17:10.02	34.02
300m:	3:26.54	36.09	700m:	8:13.31	35.84	1100m:	13:01.36	35.95	1500m:	17:43.64	33.62
350m:	4:02.49	35.95	750m:	8:49.75	36.44	1150m:	13:37.01	35.65			
400m:	4:38.49	36.00	800m:	9:25.97	36.22	1200m:	14:13.04	36.03			

39.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:44.62**	+0,71	547	

50m:	31.02	31.02	450m:	5:13.64	35.86	850m:	9:58.76	35.51	1250m:	14:46.53	36.12
100m:	1:05.17	34.15	500m:	5:49.18	35.54	900m:	10:34.46	35.70	1300m:	15:23.21	36.68
150m:	1:40.09	34.92	550m:	6:24.95	35.77	950m:	11:10.50	36.04	1350m:	15:59.47	36.26
200m:	2:15.35	35.26	600m:	7:00.73	35.78	1000m:	11:45.98	35.48	1400m:	16:35.73	36.26
250m:	2:50.88	35.53	650m:	7:36.33	35.60	1050m:	12:21.91	35.93	1450m:	17:11.43	35.70
300m:	3:26.77	35.89	700m:	8:11.79	35.46	1100m:	12:58.15	36.24	1500m:	17:44.62	33.19
350m:	4:02.48	35.71	750m:	8:47.61	35.82	1150m:	13:34.14	35.99			
400m:	4:37.78	35.30	800m:	9:23.25	35.64	1200m:	14:10.41	36.27			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	NETO Rodrigo Jorge	03	Aquatico Pacense	**17:47.14**	+0,71	543	

50m:	31.46	31.46	450m:	5:17.78	35.83	850m:	10:04.23	36.04	1250m:	14:51.76	35.60
100m:	1:06.98	35.52	500m:	5:53.76	35.98	900m:	10:39.69	35.46	1300m:	15:27.21	35.45
150m:	1:42.95	35.97	550m:	6:29.57	35.81	950m:	11:15.77	36.08	1350m:	16:03.35	36.14
200m:	2:18.81	35.86	600m:	7:04.99	35.42	1000m:	11:51.60	35.83	1400m:	16:38.17	34.82
250m:	2:54.25	35.44	650m:	7:40.78	35.79	1050m:	12:27.77	36.17	1450m:	17:13.65	35.48
300m:	3:30.21	35.96	700m:	8:16.51	35.73	1100m:	13:03.91	36.14	1500m:	17:47.14	33.49
350m:	4:05.94	35.73	750m:	8:52.48	35.97	1150m:	13:40.32	36.41			
400m:	4:41.95	36.01	800m:	9:28.19	35.71	1200m:	14:16.16	35.84			

41.	SANTOS Francisco Amaro	04	Gesloures	**17:47.52**	+0,86	543	

50m:	31.54	31.54	450m:	5:19.20	35.78	850m:	10:04.07	35.74	1250m:	14:51.85	36.29
100m:	1:06.83	35.29	500m:	5:54.66	35.46	900m:	10:39.76	35.69	1300m:	15:27.97	36.12
150m:	1:42.84	36.01	550m:	6:30.06	35.40	950m:	11:15.61	35.85	1350m:	16:04.00	36.03
200m:	2:18.94	36.10	600m:	7:05.31	35.25	1000m:	11:51.51	35.90	1400m:	16:39.86	35.86
250m:	2:55.18	36.24	650m:	7:40.98	35.67	1050m:	12:27.46	35.95	1450m:	17:14.43	34.57
300m:	3:31.38	36.20	700m:	8:16.60	35.62	1100m:	13:03.27	35.81	1500m:	17:47.52	33.09
350m:	4:07.77	36.39	750m:	8:52.54	35.94	1150m:	13:39.47	36.20			
400m:	4:43.42	35.65	800m:	9:28.33	35.79	1200m:	14:15.56	36.09			

42.	SANTOS Gabriel Moreira	04	Famalicao	**17:48.53**	+0,77	541	

50m:	30.77	30.77	450m:	5:12.54	35.99	850m:	9:59.54	35.86	1250m:	14:48.85	35.64
100m:	1:04.76	33.99	500m:	5:48.56	36.02	900m:	10:36.10	36.56	1300m:	15:25.16	36.31
150m:	1:39.16	34.40	550m:	6:24.03	35.47	950m:	11:12.19	36.09	1350m:	16:01.11	35.95
200m:	2:14.30	35.14	600m:	7:00.16	36.13	1000m:	11:48.64	36.45	1400m:	16:37.20	36.09
250m:	2:49.55	35.25	650m:	7:36.10	35.94	1050m:	12:24.56	35.92	1450m:	17:13.07	35.87
300m:	3:24.71	35.16	700m:	8:11.84	35.74	1100m:	13:00.65	36.09	1500m:	17:48.53	35.46
350m:	4:00.27	35.56	750m:	8:47.41	35.57	1150m:	13:36.93	36.28			
400m:	4:36.55	36.28	800m:	9:23.68	36.27	1200m:	14:13.21	36.28			

43.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:48.95**	+0,74	541	

50m:	31.50	31.50	450m:	5:17.60	36.26	850m:	10:05.56	35.85	1250m:	14:53.79	35.86
100m:	1:05.83	34.33	500m:	5:53.81	36.21	900m:	10:41.49	35.93	1300m:	15:29.63	35.84
150m:	1:41.02	35.19	550m:	6:29.88	36.07	950m:	11:17.40	35.91	1350m:	16:05.29	35.66
200m:	2:16.85	35.83	600m:	7:05.86	35.98	1000m:	11:53.49	36.09	1400m:	16:40.65	35.36
250m:	2:52.92	36.07	650m:	7:41.88	36.02	1050m:	12:29.53	36.04	1450m:	17:15.31	34.66
300m:	3:28.92	36.00	700m:	8:18.07	36.19	1100m:	13:05.71	36.18	1500m:	17:48.95	33.64
350m:	4:05.18	36.26	750m:	8:53.84	35.77	1150m:	13:41.75	36.04			
400m:	4:41.34	36.16	800m:	9:29.71	35.87	1200m:	14:17.93	36.18			

44.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:52.80**	+0,86	535	

50m:	30.56	30.56	450m:	5:13.30	36.12	850m:	10:05.48	36.25	1250m:	14:54.29	35.97
100m:	1:04.92	34.36	500m:	5:50.08	36.78	900m:	10:41.98	36.50	1300m:	15:30.57	36.28
150m:	1:39.54	34.62	550m:	6:26.35	36.27	950m:	11:17.74	35.76	1350m:	16:06.93	36.36
200m:	2:14.67	35.13	600m:	7:02.87	36.52	1000m:	11:54.02	36.28	1400m:	16:43.78	36.85
250m:	2:50.06	35.39	650m:	7:39.27	36.40	1050m:	12:29.99	35.97	1450m:	17:18.85	35.07
300m:	3:25.45	35.39	700m:	8:16.19	36.92	1100m:	13:06.17	36.18	1500m:	17:52.80	33.95
350m:	4:01.13	35.68	750m:	8:52.23	36.04	1150m:	13:42.15	35.98			
400m:	4:37.18	36.05	800m:	9:29.23	37.00	1200m:	14:18.32	36.17			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	MARQUES Rui Joao	02	Nautico Academico	**17:54.76**	+0,77	532	

50m:	30.88	30.88	450m:	5:06.73	35.24	850m:	9:56.43	36.98	1250m:	14:51.49	36.13
100m:	1:03.62	32.74	500m:	5:42.21	35.48	900m:	10:33.21	36.78	1300m:	15:28.21	36.72
150m:	1:37.74	34.12	550m:	6:17.80	35.59	950m:	11:09.46	36.25	1350m:	16:05.43	37.22
200m:	2:12.08	34.34	600m:	6:53.99	36.19	1000m:	11:46.66	37.20	1400m:	16:42.83	37.40
250m:	2:46.43	34.35	650m:	7:30.34	36.35	1050m:	12:23.21	36.55	1450m:	17:19.22	36.39
300m:	3:21.32	34.89	700m:	8:06.55	36.21	1100m:	13:00.58	37.37	1500m:	17:54.76	35.54
350m:	3:56.27	34.95	750m:	8:43.14	36.59	1150m:	13:38.72	38.14			
400m:	4:31.49	35.22	800m:	9:19.45	36.31	1200m:	14:15.36	36.64			

46.	CARVALHO Martim Henriques	04	Rio Maior	**17:55.83**	+0,79	530					

50m:	31.90	31.90	450m:	5:18.30	35.79	850m:	10:07.68	35.58	1250m:	14:57.38	36.47
100m:	1:07.37	35.47	500m:	5:54.40	36.10	900m:	10:44.20	36.52	1300m:	15:34.31	36.93
150m:	1:43.38	36.01	550m:	6:30.11	35.71	950m:	11:19.75	35.55	1350m:	16:10.26	35.95
200m:	2:19.63	36.25	600m:	7:06.32	36.21	1000m:	11:56.13	36.38	1400m:	16:46.51	36.25
250m:	2:55.33	35.70	650m:	7:42.67	36.35	1050m:	12:32.07	35.94	1450m:	17:21.79	35.28
300m:	3:31.40	36.07	700m:	8:19.41	36.74	1100m:	13:07.86	35.79	1500m:	17:55.83	34.04
350m:	4:06.69	35.29	750m:	8:55.61	36.20	1150m:	13:44.08	36.22			
400m:	4:42.51	35.82	800m:	9:32.10	36.49	1200m:	14:20.91	36.83			

47.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:58.87**	+0,65	526					

50m:	30.87	30.87	450m:	5:19.08	35.79	850m:	10:11.32	36.87	1250m:	15:03.42	36.40
100m:	1:06.09	35.22	500m:	5:55.30	36.22	900m:	10:47.95	36.63	1300m:	15:40.02	36.60
150m:	1:42.03	35.94	550m:	6:31.23	35.93	950m:	11:23.95	36.00	1350m:	16:14.95	34.93
200m:	2:18.26	36.23	600m:	7:08.07	36.84	1000m:	12:01.11	37.16	1400m:	16:51.59	36.64
250m:	2:54.40	36.14	650m:	7:44.00	35.93	1050m:	12:36.91	35.80	1450m:	17:27.47	35.88
300m:	3:30.82	36.42	700m:	8:20.61	36.61	1100m:	13:13.80	36.89	1500m:	17:58.87	31.40
350m:	4:07.00	36.18	750m:	8:57.36	36.75	1150m:	13:50.21	36.41			
400m:	4:43.29	36.29	800m:	9:34.45	37.09	1200m:	14:27.02	36.81			

48.	BORGES David Costa	04	Fluvial Portuense	**17:59.14**	+0,70	525					

50m:	30.28	30.28	450m:	5:19.01	35.85	850m:	10:10.95	36.32	1250m:	15:01.68	35.88
100m:	1:05.51	35.23	500m:	5:55.62	36.61	900m:	10:47.82	36.87	1300m:	15:38.31	36.63
150m:	1:41.97	36.46	550m:	6:31.49	35.87	950m:	11:24.44	36.62	1350m:	16:13.90	35.59
200m:	2:18.99	37.02	600m:	7:09.00	37.51	1000m:	12:00.94	36.50	1400m:	16:50.27	36.37
250m:	2:54.96	35.97	650m:	7:45.07	36.07	1050m:	12:36.57	35.63	1450m:	17:25.00	34.73
300m:	3:31.36	36.40	700m:	8:22.04	36.97	1100m:	13:13.18	36.61	1500m:	17:59.14	34.14
350m:	4:06.59	35.23	750m:	8:57.74	35.70	1150m:	13:49.13	35.95			
400m:	4:43.16	36.57	800m:	9:34.63	36.89	1200m:	14:25.80	36.67			

49.	SA Joao Luis	03	Fluvial Portuense	**18:00.36**	+0,77	524					

50m:	31.25	31.25	450m:	5:18.35	35.96	850m:	10:07.36	36.42	1250m:	14:59.61	36.78
100m:	1:05.96	34.71	500m:	5:54.25	35.90	900m:	10:43.54	36.18	1300m:	15:35.94	36.33
150m:	1:41.92	35.96	550m:	6:30.61	36.36	950m:	11:19.94	36.40	1350m:	16:12.34	36.40
200m:	2:17.49	35.57	600m:	7:06.73	36.12	1000m:	11:56.44	36.50	1400m:	16:49.27	36.93
250m:	2:53.78	36.29	650m:	7:42.77	36.04	1050m:	12:32.87	36.43	1450m:	17:25.48	36.21
300m:	3:30.39	36.61	700m:	8:18.77	36.00	1100m:	13:09.48	36.61	1500m:	18:00.36	34.88
350m:	4:06.27	35.88	750m:	8:54.77	36.00	1150m:	13:45.96	36.48			
400m:	4:42.39	36.12	800m:	9:30.94	36.17	1200m:	14:22.83	36.87			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	SANTOS Andre Cardoso	03	Academico Viseu	**18:00.47**	+0,76	523	

50m:	30.27	30.27	450m:	5:14.01	36.30	850m:	10:05.61	36.75	1250m:	14:59.18	37.03
100m:	1:03.81	33.54	500m:	5:50.35	36.34	900m:	10:41.77	36.16	1300m:	15:35.45	36.27
150m:	1:38.68	34.87	550m:	6:26.88	36.53	950m:	11:18.91	37.14	1350m:	16:12.23	36.78
200m:	2:14.06	35.38	600m:	7:03.08	36.20	1000m:	11:55.46	36.55	1400m:	16:48.72	36.49
250m:	2:49.76	35.70	650m:	7:39.74	36.66	1050m:	12:32.00	36.54	1450m:	17:25.02	36.30
300m:	3:25.25	35.49	700m:	8:16.14	36.40	1100m:	13:08.64	36.64	1500m:	18:00.47	35.45
350m:	4:01.40	36.15	750m:	8:52.72	36.58	1150m:	13:45.29	36.65			
400m:	4:37.71	36.31	800m:	9:28.86	36.14	1200m:	14:22.15	36.86			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
51.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**18:00.70**	+0,76	523	

50m:	30.72	30.72	450m:	5:16.16	36.62	850m:	10:07.78	37.43	1250m:	15:02.71	37.29
100m:	1:04.53	33.81	500m:	5:52.08	35.92	900m:	10:43.75	35.97	1300m:	15:39.47	36.76
150m:	1:39.92	35.39	550m:	6:28.64	36.56	950m:	11:21.48	37.73	1350m:	16:16.72	37.25
200m:	2:15.42	35.50	600m:	7:04.77	36.13	1000m:	11:58.25	36.77	1400m:	16:52.47	35.75
250m:	2:51.38	35.96	650m:	7:41.45	36.68	1050m:	12:35.46	37.21	1450m:	17:28.71	36.24
300m:	3:27.19	35.81	700m:	8:17.74	36.29	1100m:	13:11.73	36.27	1500m:	18:00.70	31.99
350m:	4:03.78	36.59	750m:	8:54.69	36.95	1150m:	13:49.08	37.35			
400m:	4:39.54	35.76	800m:	9:30.35	35.66	1200m:	14:25.42	36.34			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	CARVALHO Tiago Fonseca	03	Naval Povoense	**18:01.44**	+0,73	522	

50m:	32.25	32.25	450m:	5:22.73	36.48	850m:	10:14.77	36.85	1250m:	15:04.33	35.87
100m:	1:08.07	35.82	500m:	5:58.97	36.24	900m:	10:51.38	36.61	1300m:	15:40.30	35.97
150m:	1:44.68	36.61	550m:	6:35.49	36.52	950m:	11:27.78	36.40	1350m:	16:16.46	36.16
200m:	2:20.75	36.07	600m:	7:11.88	36.39	1000m:	12:04.27	36.49	1400m:	16:52.47	36.01
250m:	2:57.13	36.38	650m:	7:48.23	36.35	1050m:	12:40.29	36.02	1450m:	17:27.60	35.13
300m:	3:33.45	36.32	700m:	8:24.78	36.55	1100m:	13:16.26	35.97	1500m:	18:01.44	33.84
350m:	4:09.97	36.52	750m:	9:01.49	36.71	1150m:	13:52.43	36.17			
400m:	4:46.25	36.28	800m:	9:37.92	36.43	1200m:	14:28.46	36.03			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	JORGE Tiago Miguel	03	Rio Maior	**18:02.73**	+0,65	520	

50m:	31.14	31.14	450m:	5:13.55	35.36	850m:	10:04.27	36.39	1250m:	15:00.23	37.14
100m:	1:05.78	34.64	500m:	5:49.76	36.21	900m:	10:41.45	37.18	1300m:	15:37.02	36.79
150m:	1:40.71	34.93	550m:	6:25.57	35.81	950m:	11:17.98	36.53	1350m:	16:13.62	36.60
200m:	2:15.70	34.99	600m:	7:01.92	36.35	1000m:	11:54.89	36.91	1400m:	16:50.75	37.13
250m:	2:50.89	35.19	650m:	7:38.33	36.41	1050m:	12:31.76	36.87	1450m:	17:27.26	36.51
300m:	3:26.61	35.72	700m:	8:14.77	36.44	1100m:	13:09.28	37.52	1500m:	18:02.73	35.47
350m:	4:02.32	35.71	750m:	8:51.57	36.80	1150m:	13:46.10	36.82			
400m:	4:38.19	35.87	800m:	9:27.88	36.31	1200m:	14:23.09	36.99			

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**18:04.00**	+0,81	518	

50m:	30.44	30.44	450m:	5:06.94	35.70	850m:	9:59.16	37.36	1250m:	14:58.93	37.66
100m:	1:03.47	33.03	500m:	5:42.90	35.96	900m:	10:36.24	37.08	1300m:	15:36.70	37.77
150m:	1:37.40	33.93	550m:	6:19.24	36.34	950m:	11:13.70	37.46	1350m:	16:13.98	37.28
200m:	2:11.71	34.31	600m:	6:55.74	36.50	1000m:	11:50.85	37.15	1400m:	16:51.00	37.02
250m:	2:46.41	34.70	650m:	7:32.19	36.45	1050m:	12:28.62	37.77	1450m:	17:27.91	36.91
300m:	3:21.37	34.96	700m:	8:08.56	36.37	1100m:	13:06.33	37.71	1500m:	18:04.00	36.09
350m:	3:56.32	34.95	750m:	8:45.40	36.84	1150m:	13:43.66	37.33			
400m:	4:31.24	34.92	800m:	9:21.80	36.40	1200m:	14:21.27	37.61			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	SILVA Ruben Filipe	03	Foca	**18:05.81**	+0,96	516	

50m:	32.03	32.03	450m:	5:22.19	36.56	850m:	10:12.74	36.33	1250m:	15:05.81	36.72
100m:	1:07.98	35.95	500m:	5:58.49	36.30	900m:	10:49.31	36.57	1300m:	15:42.36	36.55
150m:	1:43.71	35.73	550m:	6:34.63	36.14	950m:	11:25.91	36.60	1350m:	16:18.79	36.43
200m:	2:20.07	36.36	600m:	7:10.75	36.12	1000m:	12:02.33	36.42	1400m:	16:55.30	36.51
250m:	2:56.45	36.38	650m:	7:46.81	36.06	1050m:	12:39.14	36.81	1450m:	17:30.97	35.67
300m:	3:33.07	36.62	700m:	8:23.19	36.38	1100m:	13:15.84	36.70	1500m:	18:05.81	34.84
350m:	4:09.56	36.49	750m:	8:59.66	36.47	1150m:	13:52.55	36.71			
400m:	4:45.63	36.07	800m:	9:36.41	36.75	1200m:	14:29.09	36.54			

56.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:11.10**	+0,84	508	

50m:	30.96	30.96	450m:	5:20.69	36.61	850m:	10:13.59	36.57	1250m:	15:08.00	36.96
100m:	1:05.88	34.92	500m:	5:57.50	36.81	900m:	10:50.18	36.59	1300m:	15:44.92	36.92
150m:	1:41.92	36.04	550m:	6:33.90	36.40	950m:	11:27.07	36.89	1350m:	16:21.58	36.66
200m:	2:18.37	36.45	600m:	7:10.73	36.83	1000m:	12:03.78	36.71	1400m:	16:58.64	37.06
250m:	2:54.56	36.19	650m:	7:47.12	36.39	1050m:	12:40.52	36.74	1450m:	17:35.15	36.51
300m:	3:31.05	36.49	700m:	8:23.88	36.76	1100m:	13:17.59	37.07	1500m:	18:11.10	35.95
350m:	4:07.56	36.51	750m:	9:00.32	36.44	1150m:	13:54.15	36.56			
400m:	4:44.08	36.52	800m:	9:37.02	36.70	1200m:	14:31.04	36.89			

57.	SANTOS Rui Mamede	04	Uniao Coimbra	**18:13.96**	+0,76	504	

50m:	30.77	30.77	450m:	5:19.24	37.12	850m:	10:16.30	37.55	1250m:	15:13.21	36.49
100m:	1:05.45	34.68	500m:	5:56.17	36.93	900m:	10:53.88	37.58	1300m:	15:50.32	37.11
150m:	1:41.12	35.67	550m:	6:33.26	37.09	950m:	11:30.96	37.08	1350m:	16:25.90	35.58
200m:	2:17.02	35.90	600m:	7:10.55	37.29	1000m:	12:08.75	37.79	1400m:	17:02.77	36.87
250m:	2:53.26	36.24	650m:	7:46.78	36.23	1050m:	12:45.25	36.50	1450m:	17:39.21	36.44
300m:	3:29.14	35.88	700m:	8:24.00	37.22	1100m:	13:22.34	37.09	1500m:	18:13.96	34.75
350m:	4:05.65	36.51	750m:	9:01.23	37.23	1150m:	13:59.58	37.24			
400m:	4:42.12	36.47	800m:	9:38.75	37.52	1200m:	14:36.72	37.14			

58.	SANTOS Joao Afonso	04	Sporting	**18:32.51**	+0,87	479	

50m:	32.48	32.48	450m:	5:27.73	37.46	850m:	10:28.68	38.29	1250m:	15:27.18	37.95
100m:	1:08.09	35.61	500m:	6:05.05	37.32	900m:	11:06.14	37.46	1300m:	16:04.19	37.01
150m:	1:44.64	36.55	550m:	6:42.86	37.81	950m:	11:44.05	37.91	1350m:	16:41.75	37.56
200m:	2:21.35	36.71	600m:	7:19.74	36.88	1000m:	12:21.11	37.06	1400m:	17:19.19	37.44
250m:	2:58.46	37.11	650m:	7:57.49	37.75	1050m:	12:58.24	37.13	1450m:	17:56.65	37.46
300m:	3:35.42	36.96	700m:	8:35.00	37.51	1100m:	13:34.61	36.37	1500m:	18:32.51	35.86
350m:	4:12.83	37.41	750m:	9:12.88	37.88	1150m:	14:11.85	37.24			
400m:	4:50.27	37.44	800m:	9:50.39	37.51	1200m:	14:49.23	37.38			

59.	PINTO Guilherme Lobo	04	Foca	**18:35.66**	+0,79	475	

50m:	32.30	32.30	450m:	5:25.61	37.15	850m:	10:25.21	37.55	1250m:	15:27.54	37.88
100m:	1:08.56	36.26	500m:	6:02.85	37.24	900m:	11:02.89	37.68	1300m:	16:05.70	38.16
150m:	1:45.29	36.73	550m:	6:39.89	37.04	950m:	11:40.40	37.51	1350m:	16:43.18	37.48
200m:	2:21.87	36.58	600m:	7:17.63	37.74	1000m:	12:18.22	37.82	1400m:	17:20.84	37.66
250m:	2:57.96	36.09	650m:	7:54.97	37.34	1050m:	12:55.87	37.65	1450m:	17:58.24	37.40
300m:	3:34.61	36.65	700m:	8:32.51	37.54	1100m:	13:33.97	38.10	1500m:	18:35.66	37.42
350m:	4:11.18	36.57	750m:	9:10.20	37.69	1150m:	14:11.74	37.77			
400m:	4:48.46	37.28	800m:	9:47.66	37.46	1200m:	14:49.66	37.92			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
60.	GAGO Tiago Charrua	04	Rio Maior	**18:45.54**	+0,68	463	

50m:	31.72	31.72	450m:	5:26.16	37.18	850m:	10:28.51	38.27	1250m:	15:33.34	37.37
100m:	1:06.97	35.25	500m:	6:03.71	37.55	900m:	11:06.27	37.76	1300m:	16:12.44	39.10
150m:	1:43.49	36.52	550m:	6:41.64	37.93	950m:	11:44.22	37.95	1350m:	16:51.33	38.89
200m:	2:20.26	36.77	600m:	7:18.94	37.30	1000m:	12:21.63	37.41	1400m:	17:29.23	37.90
250m:	2:57.40	37.14	650m:	7:56.51	37.57	1050m:	13:00.04	38.41	1450m:	18:07.70	38.47
300m:	3:34.11	36.71	700m:	8:34.15	37.64	1100m:	13:38.88	38.84	1500m:	18:45.54	37.84
350m:	4:11.90	37.79	750m:	9:12.26	38.11	1150m:	14:17.38	38.50			
400m:	4:48.98	37.08	800m:	9:50.24	37.98	1200m:	14:55.97	38.59			

DNS	VASCONCELOS Bernardo Nunes	03	Foca
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense

EXH	ACIOLI Victor Hugo	02	Feirense	**17:40.41**	+0,69	554	

50m:	29.37	29.37	450m:	5:09.98	35.63	850m:	9:56.49	36.45	1250m:	14:45.34	36.05
100m:	1:02.91	33.54	500m:	5:45.32	35.34	900m:	10:32.51	36.02	1300m:	15:21.54	36.20
150m:	1:37.84	34.93	550m:	6:21.42	36.10	950m:	11:08.99	36.48	1350m:	15:57.19	35.65
200m:	2:13.22	35.38	600m:	6:56.88	35.46	1000m:	11:44.74	35.75	1400m:	16:32.65	35.46
250m:	2:48.29	35.07	650m:	7:32.84	35.96	1050m:	12:21.07	36.33	1450m:	17:07.07	34.42
300m:	3:23.78	35.49	700m:	8:08.37	35.53	1100m:	12:57.17	36.10	1500m:	17:40.41	33.34
350m:	3:58.89	35.11	750m:	8:44.22	35.85	1150m:	13:33.51	36.34			
400m:	4:34.35	35.46	800m:	9:20.04	35.82	1200m:	14:09.29	35.78			

EXH	VASS Erik Norbert	03	Rio Maior	**18:27.39**	+0,83	486	

50m:	32.88	32.88	450m:	5:26.05	36.83	850m:	10:22.41	36.54	1250m:	15:22.49	36.98
100m:	1:08.35	35.47	500m:	6:03.11	37.06	900m:	10:59.91	37.50	1300m:	16:00.46	37.97
150m:	1:44.43	36.08	550m:	6:40.32	37.21	950m:	11:37.41	37.50	1350m:	16:37.76	37.30
200m:	2:21.22	36.79	600m:	7:17.64	37.32	1000m:	12:15.28	37.87	1400m:	17:14.87	37.11
250m:	2:57.91	36.69	650m:	7:54.50	36.86	1050m:	12:52.98	37.70	1450m:	17:51.56	36.69
300m:	3:34.91	37.00	700m:	8:31.89	37.39	1100m:	13:30.16	37.18	1500m:	18:27.39	35.83
350m:	4:11.93	37.02	750m:	9:08.54	36.65	1150m:	14:07.85	37.69			
400m:	4:49.22	37.29	800m:	9:45.87	37.33	1200m:	14:45.51	37.66			

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Prova 9 | Femin., 1500m Livres | Juniores
04-04-2019 - 17:15 | Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015

CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:16.30**	+0,74	700	

50m:	31.46	31.46	450m:	5:05.04	34.21	850m:	9:44.49	34.96	1250m:	14:24.42	34.60
100m:	1:04.54	33.08	500m:	5:40.20	35.16	900m:	10:19.66	35.17	1300m:	14:59.38	34.96
150m:	1:38.11	33.57	550m:	6:14.96	34.76	950m:	10:54.55	34.89	1350m:	15:33.52	34.14
200m:	2:11.93	33.82	600m:	6:49.99	35.03	1000m:	11:29.96	35.41	1400m:	16:08.01	34.49
250m:	2:46.25	34.32	650m:	7:24.68	34.69	1050m:	12:04.58	34.62	1450m:	16:42.28	34.27
300m:	3:20.95	34.70	700m:	7:59.76	35.08	1100m:	12:39.60	35.02	1500m:	17:16.30	34.02
350m:	3:55.72	34.77	750m:	8:34.57	34.81	1150m:	13:14.75	35.15			
400m:	4:30.83	35.11	800m:	9:09.53	34.96	1200m:	13:49.82	35.07			

2.	MENDES Mariana Amaral	02	Colegio Monte Maior	**17:19.16**	+0,81	695							
50m:	32.40	32.40	450m:	5:09.69	35.18	850m:	9:47.71	34.92	1250m:	14:27.96	35.29
100m:	1:06.47	34.07	500m:	5:44.15	34.46	900m:	10:22.34	34.63	1300m:	15:02.88	34.92
150m:	1:41.19	34.72	550m:	6:19.27	35.12	950m:	10:57.44	35.10	1350m:	15:37.76	34.88
200m:	2:15.56	34.37	600m:	6:53.80	34.53	1000m:	11:32.34	34.90	1400m:	16:12.43	34.67
250m:	2:50.27	34.71	650m:	7:28.77	34.97	1050m:	12:07.48	35.14	1450m:	16:46.82	34.39
300m:	3:25.00	34.73	700m:	8:03.41	34.64	1100m:	12:42.55	35.07	1500m:	17:19.16	32.34
350m:	4:00.00	35.00	750m:	8:38.25	34.84	1150m:	13:17.71	35.16			
400m:	4:34.51	34.51	800m:	9:12.79	34.54	1200m:	13:52.67	34.96			

3.	RAMOS Ana Rita	02	Porto	**17:19.83**	+0,73	693							
50m:	31.80	31.80	450m:	5:04.75	34.47	850m:	9:44.33	35.05	1250m:	14:24.95	34.92
100m:	1:05.44	33.64	500m:	5:39.72	34.97	900m:	10:19.50	35.17	1300m:	15:00.34	35.39
150m:	1:38.73	33.29	550m:	6:14.50	34.78	950m:	10:54.48	34.98	1350m:	15:35.75	35.41
200m:	2:12.83	34.10	600m:	6:49.61	35.11	1000m:	11:29.75	35.27	1400m:	16:11.38	35.63
250m:	2:46.89	34.06	650m:	7:24.40	34.79	1050m:	12:04.71	34.96	1450m:	16:46.45	35.07
300m:	3:21.46	34.57	700m:	7:59.40	35.00	1100m:	12:39.91	35.20	1500m:	17:19.83	33.38
350m:	3:55.69	34.23	750m:	8:34.15	34.75	1150m:	13:14.57	34.66			
400m:	4:30.28	34.59	800m:	9:09.28	35.13	1200m:	13:50.03	35.46			

4.	ROSA Mafalda Sofia	03	Rio Maior	**17:20.92**	+0,81	691							
50m:	32.74	32.74	450m:	5:09.76	34.83	850m:	9:46.68	34.72	1250m:	14:27.14	35.13
100m:	1:07.17	34.43	500m:	5:44.24	34.48	900m:	10:21.45	34.77	1300m:	15:02.17	35.03
150m:	1:41.90	34.73	550m:	6:19.03	34.79	950m:	10:56.29	34.84	1350m:	15:37.32	35.15
200m:	2:16.38	34.48	600m:	6:53.58	34.55	1000m:	11:31.37	35.08	1400m:	16:12.19	34.87
250m:	2:51.04	34.66	650m:	7:28.25	34.67	1050m:	12:06.55	35.18	1450m:	16:47.01	34.82
300m:	3:25.59	34.55	700m:	8:02.80	34.55	1100m:	12:41.68	35.13	1500m:	17:20.92	33.91
350m:	4:00.28	34.69	750m:	8:37.45	34.65	1150m:	13:16.63	34.95			
400m:	4:34.93	34.65	800m:	9:11.96	34.51	1200m:	13:52.01	35.38			

5.	AMORIM Maria Leonor	03	Porto	**17:27.95**	+0,78	677							
50m:	31.83	31.83	450m:	5:07.42	34.58	850m:	9:46.45	35.27	1250m:	14:29.38	36.14
100m:	1:05.74	33.91	500m:	5:42.11	34.69	900m:	10:21.48	35.03	1300m:	15:05.47	36.09
150m:	1:40.17	34.43	550m:	6:16.70	34.59	950m:	10:56.86	35.38	1350m:	15:41.55	36.08
200m:	2:14.78	34.61	600m:	6:51.41	34.71	1000m:	11:32.54	35.68	1400m:	16:17.34	35.79
250m:	2:49.08	34.30	650m:	7:26.38	34.97	1050m:	12:08.34	35.80	1450m:	16:53.12	35.78
300m:	3:23.68	34.60	700m:	8:01.31	34.93	1100m:	12:43.76	35.42	1500m:	17:27.95	34.83
350m:	3:58.22	34.54	750m:	8:36.34	35.03	1150m:	13:17.65	33.89			
400m:	4:32.84	34.62	800m:	9:11.18	34.84	1200m:	13:53.24	35.59			

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Prova 9, Femin., 1500m Livres

Prova 9		Femin., 1500m Livres			Seniores
04-04-2019 - 17:15					Resultados
Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018

CMPL 19 +: 16:32.04 / JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM, Minimos JO*	96	Benfica	**16:31.16**	+0,80	800	

50m:	30.95	30.95	450m:	4:56.62	33.39	850m:	9:22.54	33.36	1250m:	13:48.00	33.40
100m:	1:03.81	32.86	500m:	5:29.97	33.35	900m:	9:55.51	32.97	1300m:	14:20.81	32.81
150m:	1:37.10	33.29	550m:	6:03.27	33.30	950m:	10:28.81	33.30	1350m:	14:53.90	33.09
200m:	2:10.34	33.24	600m:	6:36.43	33.16	1000m:	11:01.91	33.10	1400m:	15:26.72	32.82
250m:	2:43.65	33.31	650m:	7:09.82	33.39	1050m:	11:35.15	33.24	1450m:	15:59.72	33.00
300m:	3:16.71	33.06	700m:	7:42.88	33.06	1100m:	12:08.32	33.17	1500m:	16:31.16	31.44
350m:	3:50.04	33.33	750m:	8:16.17	33.29	1150m:	12:41.52	33.20			
400m:	4:23.23	33.19	800m:	8:49.18	33.01	1200m:	13:14.60	33.08			

2.	ANDRE Angelica Maria	94	Fluvial Portuense	**16:59.54**	+0,78	735					
50m:	31.15	31.15	450m:	5:00.64	34.17	850m:	9:34.91	34.48	1250m:	14:10.54	34.31
100m:	1:04.16	33.01	500m:	5:35.11	34.47	900m:	10:09.24	34.33	1300m:	14:44.88	34.34
150m:	1:37.73	33.57	550m:	6:09.44	34.33	950m:	10:43.68	34.44	1350m:	15:19.08	34.20
200m:	2:11.46	33.73	600m:	6:43.58	34.14	1000m:	11:17.96	34.28	1400m:	15:53.28	34.20
250m:	2:45.41	33.95	650m:	7:18.04	34.46	1050m:	11:52.36	34.40	1450m:	16:27.27	33.99
300m:	3:19.00	33.59	700m:	7:52.53	34.49	1100m:	12:27.00	34.64	1500m:	16:59.54	32.27
350m:	3:52.82	33.82	750m:	8:26.34	33.81	1150m:	13:01.65	34.65			
400m:	4:26.47	33.65	800m:	9:00.43	34.09	1200m:	13:36.23	34.58			

3.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**18:06.99**	+0,78	607					
50m:	32.38	32.38	450m:	5:18.07	36.04	850m:	10:11.59	37.03	1250m:	15:05.81	36.86
100m:	1:06.45	34.07	500m:	5:55.04	36.97	900m:	10:48.71	37.12	1300m:	15:42.61	36.80
150m:	1:41.40	34.95	550m:	6:31.40	36.36	950m:	11:25.47	36.76	1350m:	16:19.01	36.40
200m:	2:17.24	35.84	600m:	7:07.99	36.59	1000m:	12:01.89	36.42	1400m:	16:55.36	36.35
250m:	2:52.90	35.66	650m:	7:44.74	36.75	1050m:	12:38.64	36.75	1450m:	17:31.74	36.38
300m:	3:28.98	36.08	700m:	8:21.48	36.74	1100m:	13:15.71	37.07	1500m:	18:06.99	35.25
350m:	4:05.14	36.16	750m:	8:58.12	36.64	1150m:	13:51.98	36.27			
400m:	4:42.03	36.89	800m:	9:34.56	36.44	1200m:	14:28.95	36.97			

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Prova 9, Femin., 1500m Livres

Prova 9		Femin., 1500m Livres			Absolutos
04-04-2019 - 17:15					Resultados
Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

PreJun_Fem Juv: 17:45.82 / CEJun_Fem 14 - 17: 17:14.78 / CMJ_Fem 14 - 17: 16:54.49 / CMPL 19 +: 16:32.04 /
JO Absoluto: 16:32.04

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**16:31.16**	+0,80	800	
	Minimos CM, Minimos JO						

50m:	30.95	30.95	450m:	4:56.62	33.39	850m:	9:22.54	33.36	1250m:	13:48.00	33.40
100m:	1:03.81	32.86	500m:	5:29.97	33.35	900m:	9:55.51	32.97	1300m:	14:20.81	32.81
150m:	1:37.10	33.29	550m:	6:03.27	33.30	950m:	10:28.81	33.30	1350m:	14:53.90	33.09
200m:	2:10.34	33.24	600m:	6:36.43	33.16	1000m:	11:01.91	33.10	1400m:	15:26.72	32.82
250m:	2:43.65	33.31	650m:	7:09.82	33.39	1050m:	11:35.15	33.24	1450m:	15:59.72	33.00
300m:	3:16.71	33.06	700m:	7:42.88	33.06	1100m:	12:08.32	33.17	1500m:	16:31.16	31.44
350m:	3:50.04	33.33	750m:	8:16.17	33.29	1150m:	12:41.52	33.20			
400m:	4:23.23	33.19	800m:	8:49.18	33.01	1200m:	13:14.60	33.08			

2.	ANDRE Angelica Maria			94	Fluvial Portuense			**16:59.54**	+0,78		735		
50m:	31.15	31.15	450m:	5:00.64	34.17	850m:	9:34.91	34.48	1250m:	14:10.54	34.31
100m:	1:04.16	33.01	500m:	5:35.11	34.47	900m:	10:09.24	34.33	1300m:	14:44.88	34.34
150m:	1:37.73	33.57	550m:	6:09.44	34.33	950m:	10:43.68	34.44	1350m:	15:19.08	34.20
200m:	2:11.46	33.73	600m:	6:43.58	34.14	1000m:	11:17.96	34.28	1400m:	15:53.28	34.20
250m:	2:45.41	33.95	650m:	7:18.04	34.46	1050m:	11:52.36	34.40	1450m:	16:27.27	33.99
300m:	3:19.00	33.59	700m:	7:52.53	34.49	1100m:	12:27.00	34.64	1500m:	16:59.54	32.27
350m:	3:52.82	33.82	750m:	8:26.34	33.81	1150m:	13:01.65	34.65			
400m:	4:26.47	33.65	800m:	9:00.43	34.09	1200m:	13:36.23	34.58			

3.	QUEIROZ Ana Rita			02	Condeixa Clube			**17:16.30**	+0,74		700		
50m:	31.46	31.46	450m:	5:05.04	34.21	850m:	9:44.49	34.96	1250m:	14:24.42	34.60
100m:	1:04.54	33.08	500m:	5:40.20	35.16	900m:	10:19.66	35.17	1300m:	14:59.38	34.96
150m:	1:38.11	33.57	550m:	6:14.96	34.76	950m:	10:54.55	34.89	1350m:	15:33.52	34.14
200m:	2:11.93	33.82	600m:	6:49.99	35.03	1000m:	11:29.96	35.41	1400m:	16:08.01	34.49
250m:	2:46.25	34.32	650m:	7:24.68	34.69	1050m:	12:04.58	34.62	1450m:	16:42.28	34.27
300m:	3:20.95	34.70	700m:	7:59.76	35.08	1100m:	12:39.60	35.02	1500m:	17:16.30	34.02
350m:	3:55.72	34.77	750m:	8:34.57	34.81	1150m:	13:14.75	35.15			
400m:	4:30.83	35.11	800m:	9:09.53	34.96	1200m:	13:49.82	35.07			

4.	MENDES Mariana Amaral			02	Colegio Monte Maior			**17:19.16**	+0,81		695		
50m:	32.40	32.40	450m:	5:09.69	35.18	850m:	9:47.71	34.92	1250m:	14:27.96	35.29
100m:	1:06.47	34.07	500m:	5:44.15	34.46	900m:	10:22.34	34.63	1300m:	15:02.88	34.92
150m:	1:41.19	34.72	550m:	6:19.27	35.12	950m:	10:57.44	35.10	1350m:	15:37.76	34.88
200m:	2:15.56	34.37	600m:	6:53.80	34.53	1000m:	11:32.34	34.90	1400m:	16:12.43	34.67
250m:	2:50.27	34.71	650m:	7:28.77	34.97	1050m:	12:07.48	35.14	1450m:	16:46.82	34.39
300m:	3:25.00	34.73	700m:	8:03.41	34.64	1100m:	12:42.55	35.07	1500m:	17:19.16	32.34
350m:	4:00.00	35.00	750m:	8:38.25	34.84	1150m:	13:17.71	35.16			
400m:	4:34.51	34.51	800m:	9:12.79	34.54	1200m:	13:52.67	34.96			

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arena WATER INSTINCT
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PROZIS
PARCEIROS
FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 9, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RAMOS Ana Rita	02	Porto	**17:19.83**	+0,73	693	

50m:	31.80	31.80	450m:	5:04.75	34.47	850m:	9:44.33	35.05	1250m:	14:24.95	34.92
100m:	1:05.44	33.64	500m:	5:39.72	34.97	900m:	10:19.50	35.17	1300m:	15:00.34	35.39
150m:	1:38.73	33.29	550m:	6:14.50	34.78	950m:	10:54.48	34.98	1350m:	15:35.75	35.41
200m:	2:12.83	34.10	600m:	6:49.61	35.11	1000m:	11:29.75	35.27	1400m:	16:11.38	35.63
250m:	2:46.89	34.06	650m:	7:24.40	34.79	1050m:	12:04.71	34.96	1450m:	16:46.45	35.07
300m:	3:21.46	34.57	700m:	7:59.40	35.00	1100m:	12:39.91	35.20	1500m:	17:19.83	33.38
350m:	3:55.69	34.23	750m:	8:34.15	34.75	1150m:	13:14.57	34.66			
400m:	4:30.28	34.59	800m:	9:09.28	35.13	1200m:	13:50.03	35.46			

6.	ROSA Mafalda Sofia	03	Rio Maior	**17:20.92**	+0,81	691	

50m:	32.74	32.74	450m:	5:09.76	34.83	850m:	9:46.68	34.72	1250m:	14:27.14	35.13
100m:	1:07.17	34.43	500m:	5:44.24	34.48	900m:	10:21.45	34.77	1300m:	15:02.17	35.03
150m:	1:41.90	34.73	550m:	6:19.03	34.79	950m:	10:56.29	34.84	1350m:	15:37.32	35.15
200m:	2:16.38	34.48	600m:	6:53.58	34.55	1000m:	11:31.37	35.08	1400m:	16:12.19	34.87
250m:	2:51.04	34.66	650m:	7:28.25	34.67	1050m:	12:06.55	35.18	1450m:	16:47.01	34.82
300m:	3:25.59	34.55	700m:	8:02.80	34.55	1100m:	12:41.68	35.13	1500m:	17:20.92	33.91
350m:	4:00.28	34.69	750m:	8:37.45	34.65	1150m:	13:16.63	34.95			
400m:	4:34.93	34.65	800m:	9:11.96	34.51	1200m:	13:52.01	35.38			

7.	AMORIM Maria Leonor	03	Porto	**17:27.95**	+0,78	677	

50m:	31.83	31.83	450m:	5:07.42	34.58	850m:	9:46.45	35.27	1250m:	14:29.38	36.14
100m:	1:05.74	33.91	500m:	5:42.11	34.69	900m:	10:21.48	35.03	1300m:	15:05.47	36.09
150m:	1:40.17	34.43	550m:	6:16.70	34.59	950m:	10:56.86	35.38	1350m:	15:41.55	36.08
200m:	2:14.78	34.61	600m:	6:51.41	34.71	1000m:	11:32.54	35.68	1400m:	16:17.34	35.79
250m:	2:49.08	34.30	650m:	7:26.38	34.97	1050m:	12:08.34	35.80	1450m:	16:53.12	35.78
300m:	3:23.68	34.60	700m:	8:01.31	34.93	1100m:	12:43.76	35.42	1500m:	17:27.95	34.83
350m:	3:58.22	34.54	750m:	8:36.34	35.03	1150m:	13:17.65	33.89			
400m:	4:32.84	34.62	800m:	9:11.18	34.84	1200m:	13:53.24	35.59			

8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**18:06.99**	+0,78	607	

50m:	32.38	32.38	450m:	5:18.07	36.04	850m:	10:11.59	37.03	1250m:	15:05.81	36.86
100m:	1:06.45	34.07	500m:	5:55.04	36.97	900m:	10:48.71	37.12	1300m:	15:42.61	36.80
150m:	1:41.40	34.95	550m:	6:31.40	36.36	950m:	11:25.47	36.76	1350m:	16:19.01	36.40
200m:	2:17.24	35.84	600m:	7:07.99	36.59	1000m:	12:01.89	36.42	1400m:	16:55.36	36.35
250m:	2:52.90	35.66	650m:	7:44.74	36.75	1050m:	12:38.64	36.75	1450m:	17:31.74	36.38
300m:	3:28.98	36.08	700m:	8:21.48	36.74	1100m:	13:15.71	37.07	1500m:	18:06.99	35.25
350m:	4:05.14	36.16	750m:	8:58.12	36.64	1150m:	13:51.98	36.27			
400m:	4:42.03	36.89	800m:	9:34.56	36.44	1200m:	14:28.95	36.97			

EXH	CHEROUATI Souad Nefissa	89	Benfica	**17:22.13**	+0,83	689	

50m:	32.01	32.01	450m:	5:07.16	34.76	850m:	9:45.43	34.89	1250m:	14:27.71	35.36
100m:	1:05.85	33.84	500m:	5:41.71	34.55	900m:	10:20.44	35.01	1300m:	15:02.97	35.26
150m:	1:40.10	34.25	550m:	6:16.30	34.59	950m:	10:55.78	35.34	1350m:	15:38.35	35.38
200m:	2:14.43	34.33	600m:	6:51.02	34.72	1000m:	11:31.36	35.58	1400m:	16:13.43	35.08
250m:	2:48.92	34.49	650m:	7:25.86	34.84	1050m:	12:06.66	35.30	1450m:	16:48.44	35.01
300m:	3:23.36	34.44	700m:	8:00.74	34.88	1100m:	12:41.96	35.30	1500m:	17:22.13	33.69
350m:	3:57.91	34.55	750m:	8:35.69	34.95	1150m:	13:17.15	35.19			
400m:	4:32.40	34.49	800m:	9:10.54	34.85	1200m:	13:52.35	35.20			

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Prova 1 — Femin., 50m Costas — Absolutos
04-04-2019 - 17:35 — Resultados Final

Rec Nac Absoluto	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	29.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	10-02-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	AZEVEDO Rafaela Gomes *Rec Nac*	02	Alges	**29.02**	+0,60	810	
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**29.69**	+0,63	757	
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**29.74**	+0,55	753	
4.	LOPES Carolina Sofia	96	Natacao de Faro	**30.34**	+0,63	709	
5.	FERREIRA Catarina Maria	98	Porto	**30.78**	+0,60	679	
	CABRAL Maria Francisca	00	Porto	**30.78**	+0,60	679	
7.	OLIVEIRA Ana Rita	04	Naval Povoense	**30.88**	+0,72	672	
8.	FERNANDES Ines Camacho	97	Sporting	**30.97**	+0,69	667	
	FREIXO Juliana Lima	97	Braga	**30.97**	+0,58	667	
10.	PEIXEIRA Filipa Ramos	03	Sporting	**31.06**	+0,65	661	
Final B							
11.	AZEVEDO Francisca Gomes	97	Alges	**31.55**	+0,64	630	
12.	MENDES Lea Alexandra	03	Gualdim Pais	**31.87**	+0,62	612	
13.	CRUZ Sara Moura	03	Alges	**32.16**	+0,64	595	
14.	RAMOS Ines Asseiceira	03	Torres Novas	**32.27**	+0,63	589	
15.	ROLAO Sofia Alexandra	98	Benfica	**32.34**	+0,65	585	
16.	COSTA Joana Santos	04	Galitos / Bresimar	**32.39**	+0,63	583	
17.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.42**	+0,72	581	
18.	LASCU Nicoleta	02	Litoral Alentejano	**32.44**	+0,68	580	
19.	RODRIGUES Sofia Vilardell	04	Gesloures	**32.73**	+0,67	565	
20.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**33.03**	+0,67	549	

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Prova 2 | Masc., 50m Costas | Absolutos
04-04-2019 - 17:40 | Resultados Final

Rec Nac Absoluto	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Sen	25.49	SANTOS Alexis Manacas	SCP	Funchal	22-03-2018
Rec Nac Jun18	26.58	SANTOS Alexis Manacas	SCP	Coimbra	10-04-2010
Rec Nac Jun17	26.91	SANTOS Alexis Manacas	POR	Praga (CZE)	11-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**25.65**	+0,59	819	
2.	SANTOS Alexis Manacas	92	Sporting	**25.69**	+0,58	815	
3.	SANTOS Francisco Rogerio	98	Sporting	**26.04**	+0,64	782	
4.	COSTA Joao Nogueira *Rec Nac*	01	Vitoria Guimaraes	**26.50**	+0,65	742	
5.	KOT Viktor	98	Nautico Marinha Grande	**26.96**	+0,56	705	
6.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.12**	+0,62	693	
7.	ROSA Rodrigo Antonio	96	Benfica	**27.25**	+0,59	683	
8.	ALFAMA Martim Primavera	02	Gesloures	**27.27**	+0,63	681	
9.	BATE Miguel Ribeiro	99	Alges	**27.67**	+0,66	652	
10.	PINHO Manuel Antonio	01	Feirense	**27.96**	+0,62	632	
Final B							
11.	TINOCO Joao Pereira	00	Famalicao	**27.93**	+0,65	634	
12.	ALMEIDA Carlos Afonso	98	Alges	**27.96**	+0,67	632	
13.	FREIRE Carlos Marques	01	Belenenses	**28.66**	+0,63	587	
14.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.69**	+0,61	585	
15.	MACHADO Bruno Rafael	01	Fluvial Portuense	**28.70**	+0,57	584	
	CUNHA Afonso Passos	01	Famalicao	**28.70**	+0,64	584	
17.	FIDALGO Mateus Valente	01	Estarreja	**28.79**	+0,65	579	
18.	DOMINGOS Ruy Manuel	02	Sporting	**28.89**	+0,75	573	
19.	ZENZA Francisco Manuel	01	Natacao da Maia	**28.90**	+0,64	572	
20.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**29.27**	+0,72	551	

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Prova 3 — Femin., 200m Mariposa — Absolutos
04-04-2019 - 17:40 — Resultados Final

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004

PreJun_Fem Juv: 2:21.18 / CEJun_Fem 14 - 17: 2:17.07 / CMJ_Fem 14 - 17: 2:14.38 / CMPL 19 +: 2:09.21 / JO Absoluto: 2:08.43

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. MONTEIRO Ana Catarina — 93 — Vilacondense — **2:08.40** — +0,73 — 853
   Minimos CM, Minimos JO
   50m: 29.14 (29.14) 100m: 1:01.59 (32.45) 150m: 1:34.96 (33.37) 200m: 2:08.40 (33.44)
2. HENRIQUES Ines Jacinto — 00 — Sporting — **2:12.59** — +0,69 — 775
   50m: 30.02 (30.02) 100m: 1:03.12 (33.10) 150m: 1:37.40 (34.28) 200m: 2:12.59 (35.19)
3. VARGAS Giovanna Vaz — 00 — Nautico Marinha Grande — **2:16.45** — +0,78 — 711
   50m: 30.89 (30.89) 100m: 1:05.29 (34.40) 150m: 1:41.19 (35.90) 200m: 2:16.45 (35.26)
4. GRAVETO Ana Raquel — 02 — Benfica — **2:17.33** — +0,74 — 697
   50m: 30.93 (30.93) 100m: 1:05.94 (35.01) 150m: 1:41.62 (35.68) 200m: 2:17.33 (35.71)
5. BARBOSA Mariana Fernandes — 02 — Porto — **2:20.39** — +0,77 — 653
   50m: 31.27 (31.27) 100m: 1:06.44 (35.17) 150m: 1:42.25 (35.81) 200m: 2:20.39 (38.14)
6. CUNHA Mariana Pacheco — 04 — Fluvial Portuense — **2:20.51** — +0,79 — 651
   Minimos Pré-Jun
   50m: 31.41 (31.41) 100m: 1:07.40 (35.99) 150m: 1:43.41 (36.01) 200m: 2:20.51 (37.10)
7. RODRIGUES Ana Margarida — 96 — Galitos / Bresimar — **2:24.23** — +0,81 — 602
   50m: 32.27 (32.27) 100m: 1:08.68 (36.41) 150m: 1:46.22 (37.54) 200m: 2:24.23 (38.01)
8. BARATA Barbara Sofia — 97 — Alges — **2:24.65** — +0,69 — 597
   50m: 31.92 (31.92) 100m: 1:08.98 (37.06) 150m: 1:46.51 (37.53) 200m: 2:24.65 (38.14)
9. LIMA Lia Ana — 01 — Sporting — **2:24.71** — +0,83 — 596
   50m: 31.94 (31.94) 100m: 1:08.41 (36.47) 150m: 1:46.50 (38.09) 200m: 2:24.71 (38.21)
10. MARQUES Maria Alexandra — 04 — Albicastrense — **2:24.92** — +0,74 — 593
    50m: 31.98 (31.98) 100m: 1:08.04 (36.06) 150m: 1:46.00 (37.96) 200m: 2:24.92 (38.92)

Final B

11. MARTINS Joana Ribeiro — 03 — Benfica — **2:24.11** — +0,78 — 603
    50m: 33.01 (33.01) 100m: 1:09.44 (36.43) 150m: 1:46.35 (36.91) 200m: 2:24.11 (37.76)
12. DOMINGUES Luana Pinto — 03 — Bairro dos Anjos/ Leiria — **2:24.67** — +0,59 — 596
    50m: 31.44 (31.44) 100m: 1:07.64 (36.20) 150m: 1:45.18 (37.54) 200m: 2:24.67 (39.49)
13. SILVA Ana Pimenta — 01 — Desportiva Viana — **2:25.84** — +0,80 — 582
    50m: 32.19 (32.19) 100m: 1:08.46 (36.27) 150m: 1:46.84 (38.38) 200m: 2:25.84 (39.00)
14. PEREIRA Clara Gomes — 02 — Alges — **2:26.59** — +0,77 — 573
    50m: 32.11 (32.11) 100m: 1:09.15 (37.04) 150m: 1:47.41 (38.26) 200m: 2:26.59 (39.18)

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arena WATER INSTINCT
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PROZIS
PARCEIROS
FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 3, Femin., 200m Mariposa, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	BERNARDO Ines Silva	00	Benfica	**2:27.58**	+0,71	562	
	50m: 31.71 31.71 100m: 1:08.44 36.73 150m: 1:48.75 40.31 200m: 2:27.58 38.83						
16.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:27.61**	+0,77	561	
	50m: 31.61 31.61 100m: 1:09.09 37.48 150m: 1:48.00 38.91 200m: 2:27.61 39.61						
17.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:30.50**	+0,77	530	
	50m: 31.91 31.91 100m: 1:09.40 37.49 150m: 1:49.27 39.87 200m: 2:30.50 41.23						
18.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.04**	+0,87	524	
	50m: 33.34 33.34 100m: 1:12.65 39.31 150m: 1:52.40 39.75 200m: 2:31.04 38.64						
19.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:34.07**	+0,81	494	
	50m: 34.19 34.19 100m: 1:12.04 37.85 150m: 1:53.16 41.12 200m: 2:34.07 40.91						
20.	SILVA Eduarda Reis	03	Famalicao	**2:34.50**	+0,73	490	
	50m: 33.88 33.88 100m: 1:12.60 38.72 150m: 1:52.26 39.66 200m: 2:34.50 42.24						

Final C

21.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:30.82**	+0,76	526	
	50m: 34.02 34.02 100m: 1:12.11 38.09 150m: 1:51.85 39.74 200m: 2:30.82 38.97						
22.	BELO Rita Afonso	02	Benedita	**2:32.08**	+0,74	513	
	50m: 33.38 33.38 100m: 1:12.51 39.13 150m: 1:51.72 39.21 200m: 2:32.08 40.36						
23.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:32.25**	+0,86	512	
	50m: 33.45 33.45 100m: 1:12.56 39.11 150m: 1:51.69 39.13 200m: 2:32.25 40.56						
24.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:32.42**	+0,73	510	
	50m: 33.38 33.38 100m: 1:11.78 38.40 150m: 1:51.27 39.49 200m: 2:32.42 41.15						
25.	HENRIQUES Carolina Porem	04	Sporting	**2:32.72**	+0,72	507	
	50m: 33.56 33.56 100m: 1:12.67 39.11 150m: 1:52.86 40.19 200m: 2:32.72 39.86						
26.	RINO Maria Pedro	05	Academia dos Acores	**2:33.33**	+0,83	501	
	50m: 33.56 33.56 100m: 1:12.34 38.78 150m: 1:54.12 41.78 200m: 2:33.33 39.21						
27.	NEVES Sara Dias	03	Miranda do Corvo	**2:34.02**	+0,81	494	
	50m: 34.14 34.14 100m: 1:12.66 38.52 150m: 1:53.86 41.20 200m: 2:34.02 40.16						
28.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:34.43**	+0,76	490	
	50m: 33.98 33.98 100m: 1:13.04 39.06 150m: 1:53.99 40.95 200m: 2:34.43 40.44						
29.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**2:37.28**	+0,77	464	
	50m: 33.88 33.88 100m: 1:13.93 40.05 150m: 1:55.79 41.86 200m: 2:37.28 41.49						
30.	BENTO Maria Madalena	05	BUZIOS - Coruche	**2:37.67**	+0,79	461	
	50m: 33.07 33.07 100m: 1:13.07 40.00 150m: 1:56.50 43.43 200m: 2:37.67 41.17						

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Prova 4 — Masc., 200m Mariposa — Absolutos
04-04-2019 - 17:55 — Resultados Final

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:07.54 / CEJun_Masc 15 - 18: 2:03.83 / CMJ_Masc 15 - 18: 2:01.39 / CMPL Sen: 1:56.71 / JO Absoluto: 1:56.48

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. CORDEIRO Tiago Roberto — 00 — Benfica — **2:01.41** — +0,71 — 774

50m:	27.35	27.35	100m:	57.83	30.48	150m:	1:29.74	31.91	200m:	2:01.41	31.67

2. VITAL Joao Alexandre — 98 — Sporting — **2:01.61** — +0,66 — 770

50m:	27.30	27.30	100m:	57.81	30.51	150m:	1:29.50	31.69	200m:	2:01.61	32.11

3. SANTOS Pedro Andre — 94 — Alges — **2:02.81** — +0,73 — 748

50m:	27.35	27.35	100m:	58.63	31.28	150m:	1:30.07	31.44	200m:	2:02.81	32.74

4. CARVALHO Andre Antunes — 96 — Sporting — **2:03.98** — +0,77 — 727

50m:	27.81	27.81	100m:	59.25	31.44	150m:	1:31.56	32.31	200m:	2:03.98	32.42

5. SEQUEIRA Afonso Meneses — 99 — Naval do Funchal — **2:05.66** — +0,74 — 698

50m:	27.38	27.38	100m:	58.77	31.39	150m:	1:31.58	32.81	200m:	2:05.66	34.08

6. PINOTES Pedro Miguel — 89 — Sporting — **2:06.10** — +0,69 — 691

50m:	27.93	27.93	100m:	59.29	31.36	150m:	1:32.41	33.12	200m:	2:06.10	33.69

7. CARNEIRO Joao Soares — 03 — Benfica — **2:06.69** — +0,73 — 681
Minimos Pré-Jun

50m:	28.19	28.19	100m:	1:00.59	32.40	150m:	1:33.28	32.69	200m:	2:06.69	33.41

8. SILVA Joao Carlos — 98 — Famalicao — **2:07.55** — +0,64 — 668

50m:	27.62	27.62	100m:	59.86	32.24	150m:	1:32.50	32.64	200m:	2:07.55	35.05

9. MENDES Antonio Manuel — 99 — Sporting — **2:07.56** — +0,65 — 668

50m:	28.59	28.59	100m:	1:00.97	32.38	150m:	1:34.20	33.23	200m:	2:07.56	33.36

10. CARVALHO Jose Paula — 98 — Benfica — **2:11.22** — +0,72 — 613

50m:	28.90	28.90	100m:	1:02.00	33.10	150m:	1:36.09	34.09	200m:	2:11.22	35.13

Final B

11. CRISTINO David Matias — 01 — Uniao Piedense — **2:07.13** — +0,73 — 674

50m:	28.49	28.49	100m:	1:00.96	32.47	150m:	1:34.13	33.17	200m:	2:07.13	33.00

12. TRAVANCA Sergio Filipe — 00 — Leixoes — **2:07.16** — +0,65 — 674

50m:	27.96	27.96	100m:	1:00.54	32.58	150m:	1:33.62	33.08	200m:	2:07.16	33.54

13. RIBEIRO Diogo Matos — 04 — Uniao Coimbra — **2:08.38** — +0,71 — 655

50m:	28.31	28.31	100m:	1:01.09	32.78	150m:	1:34.26	33.17	200m:	2:08.38	34.12

14. SILVA Henrique Gomes — 02 — Estamos Juntos — **2:08.93** — +0,66 — 646

50m:	28.18	28.18	100m:	1:00.54	32.36	150m:	1:34.24	33.70	200m:	2:08.93	34.69

15. NUNES Porfirio Braga — 00 — Porto — **2:09.95** — +0,69 — 631

50m:	29.27	29.27	100m:	1:02.20	32.93	150m:	1:35.40	33.20	200m:	2:09.95	34.55

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Prova 4, Masc., 200m Mariposa, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	AGUIAR Gabriel Silva	01	Porto	**2:10.08**	+0,65	629	
	50m: 29.21 29.21 100m: 1:03.38 34.17 150m: 1:36.86 33.48 200m: 2:10.08 33.22						
17.	GOMES Vicente Oliveira	02	Sporting	**2:11.10**	+0,73	615	
	50m: 29.41 29.41 100m: 1:03.13 33.72 150m: 1:37.83 34.70 200m: 2:11.10 33.27						
18.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:12.25**	+0,75	599	
	50m: 29.19 29.19 100m: 1:02.58 33.39 150m: 1:37.63 35.05 200m: 2:12.25 34.62						
19.	DIAS Rodrigo Reis	03	Belenenses	**2:12.27**	+0,73	599	
	50m: 29.88 29.88 100m: 1:04.28 34.40 150m: 1:39.34 35.06 200m: 2:12.27 32.93						
DSQ	PINTO Pedro Miguel	02	Sporting				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas após a viragem aos 150 m						

Final C

21.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:10.72**	+0,71	620	
	50m: 30.07 30.07 100m: 1:03.46 33.39 150m: 1:37.75 34.29 200m: 2:10.72 32.97						
22.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:12.43**	+0,82	597	
	50m: 29.70 29.70 100m: 1:03.58 33.88 150m: 1:38.83 35.25 200m: 2:12.43 33.60						
23.	BRANCO Alexandre Miguel	01	Alges	**2:12.47**	+0,75	596	
	50m: 29.31 29.31 100m: 1:01.89 32.58 150m: 1:37.22 35.33 200m: 2:12.47 35.25						
24.	MARTYN David	03	Benedita	**2:13.79**	+0,68	578	
	50m: 30.10 30.10 100m: 1:04.58 34.48 150m: 1:39.63 35.05 200m: 2:13.79 34.16						
25.	PEREIRA Joao Peixoto	01	Braga	**2:13.95**	+0,76	576	
	50m: 29.15 29.15 100m: 1:02.94 33.79 150m: 1:37.79 34.85 200m: 2:13.95 36.16						
26.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:15.01**	+0,83	563	
	50m: 30.05 30.05 100m: 1:04.22 34.17 150m: 1:39.94 35.72 200m: 2:15.01 35.07						
27.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.82**	+0,68	553	
	50m: 29.71 29.71 100m: 1:04.19 34.48 150m: 1:39.90 35.71 200m: 2:15.82 35.92						
28.	LEAL Dinis Barros	03	Aquatico Pacense	**2:16.67**	+0,76	543	
	50m: 29.80 29.80 100m: 1:04.84 35.04 150m: 1:40.99 36.15 200m: 2:16.67 35.68						
29.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:17.87**	+0,74	529	
	50m: 29.46 29.46 100m: 1:04.35 34.89 150m: 1:40.91 36.56 200m: 2:17.87 36.96						
30.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:19.86**	+0,80	506	
	50m: 30.13 30.13 100m: 1:05.08 34.95 150m: 1:41.68 36.60 200m: 2:19.86 38.18						

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Prova 5 — Femin., 100m Livres — Absolutos
04-04-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Sen	56.41	LEITE Ana Sofia	GCVR	Coimbra	04-04-2015
Rec Nac Jun17	57.15	SOUSA Ana Reis	SAD	Oeiras	10-02-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
Rec Nac Juv B	59.10	FERNANDES Carolina Miranda	CGA	Coimbra	04-04-2019

PreJun_Fem Juv: 59.55 / CEJun_Fem 14 - 17: 57.81 / CMJ_Fem 14 - 17: 56.68 / CMPL 19 +: 54.49 / JO Absoluto: 54.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho *Rec Nac*	94	Sanjoanense/FEPSA	**56.39**	+0,68	771	
	50m: 27.16 27.16 100m: 56.39 29.23						
2.	SOUSA Ana Reis *Rec Nac, Minimos CE Jun, Minimos CM Jun*	02	Alges	**56.56**	+0,69	764	
	50m: 27.60 27.60 100m: 56.56 28.96						
3.	FRISCHKNECHT Rita Barros	98	Alges	**57.28**	+0,75	735	
	50m: 27.80 27.80 100m: 57.28 29.48						
4.	MARTINS Francisca Soares *Minimos CE Jun*	03	Foca	**57.76**	+0,73	717	
	50m: 27.98 27.98 100m: 57.76 29.78						
5.	VIEGAS Beatriz Mendes	00	Sporting	**58.05**	+0,60	706	
	50m: 28.42 28.42 100m: 58.05 29.63						
6.	FERNANDES Carolina Miranda *Minimos Pré-Jun*	05	Galitos / Bresimar	**59.12**	+0,74	669	
	50m: 28.50 28.50 100m: 59.12 30.62						
7.	AZEVEDO Madalena Gomes	99	Alges	**59.28**	+0,76	663	
	50m: 28.54 28.54 100m: 59.28 30.74						
8.	PINTO Mafalda Marques	02	Sporting	**59.48**	+0,69	657	
	50m: 28.24 28.24 100m: 59.48 31.24						
9.	FERREIRA Catarina Maria	98	Porto	**59.53**	+0,75	655	
	50m: 28.73 28.73 100m: 59.53 30.80						
10.	FARIA Ana Rita	00	Porto	**1:00.34**	+0,75	629	
	50m: 29.54 29.54 100m: 1:00.34 30.80						
Final B							
11.	PEGO Isabel Porfirio	01	Fluvial Portuense	**59.32**	+0,72	662	
	50m: 28.68 28.68 100m: 59.32 30.64						
12.	MOURA Maria Ferreira *Minimos Pré-Jun*	04	Sporting	**59.54**	+0,73	655	
	50m: 28.90 28.90 100m: 59.54 30.64						

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Prova 5, Femin., 100m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**59.55**	+0,82	654	
	50m: 28.63 28.63 100m: 59.55 30.92						
14.	PEREIRA Maria Gomes	04	Alges	**59.63**	+0,67	652	
	50m: 28.86 28.86 100m: 59.63 30.77						
15.	OLIVEIRA Rosa Maria	96	Porto	**1:00.08**	+0,74	637	
	50m: 28.70 28.70 100m: 1:00.08 31.38						
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:00.66**	+0,77	619	
	50m: 29.52 29.52 100m: 1:00.66 31.14						
17.	PINHO Carolina Teixeira	04	Porto	**1:01.12**	+0,73	605	
	50m: 29.43 29.43 100m: 1:01.12 31.69						
18.	SOARES Catarina Silva	03	Porto	**1:01.20**	+0,72	603	
	50m: 28.81 28.81 100m: 1:01.20 32.39						
19.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**1:01.24**	+0,70	602	
	50m: 28.87 28.87 100m: 1:01.24 32.37						
20.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:02.71**	+0,78	560	
	50m: 29.49 29.49 100m: 1:02.71 33.22						

Final C

21.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**1:01.26**	+0,76	601	
	50m: 29.76 29.76 100m: 1:01.26 31.50						
22.	PIRES Marta Joao	05	Alges	**1:01.43**	+0,73	596	
	50m: 29.82 29.82 100m: 1:01.43 31.61						
23.	PRETO Filipa Manso	04	Porto	**1:01.50**	+0,80	594	
	50m: 30.15 30.15 100m: 1:01.50 31.35						
24.	DELFINO Mariana Morais	04	Sporting	**1:01.83**	+0,86	584	
	50m: 29.84 29.84 100m: 1:01.83 31.99						
25.	REBELO Beatriz Vaz	03	Gesloures	**1:01.88**	+0,82	583	
	50m: 29.97 29.97 100m: 1:01.88 31.91						
26.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.91**	+0,72	582	
	50m: 29.89 29.89 100m: 1:01.91 32.02						
27.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.14**	+0,84	576	
	50m: 29.79 29.79 100m: 1:02.14 32.35						
28.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**1:02.51**	+0,72	566	
	50m: 30.29 30.29 100m: 1:02.51 32.22						
29.	SIMOES Ana Beatriz	05	Sporting	**1:02.52**	+0,81	565	
	50m: 30.47 30.47 100m: 1:02.52 32.05						
30.	RAMOS Ines Asseiceira	03	Torres Novas	**1:02.93**	+0,78	554	
	50m: 30.25 30.25 100m: 1:02.93 32.68						

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Prova 6 — Masc., 100m Livres — Absolutos
04-04-2019 - 18:40 — Resultados Final

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	53.51	VENANCIO Tiago Andre	CNS	Lisboa	19-05-2002

PreJun_Masc Juv: 53.08 / CEJun_Masc 15 - 18: 51.54 / CMJ_Masc 15 - 18: 50.52 / CMPL Sen: 48.80 / JO Absoluto: 48.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	NASCIMENTO Miguel Duarte	95	Benfica	**49.57**	+0,67	847	
	50m: 23.40 23.40 100m: 49.57 26.17						
2.	PEREIRA Luiz Pedro	91	Benfica	**50.48**	+0,69	802	
	50m: 24.04 24.04 100m: 50.48 26.44						
3.	DIAS Guilherme Pereira	97	Benfica	**50.90**	+0,67	782	
	50m: 24.26 24.26 100m: 50.90 26.64						
4.	MOGNE Igor Araujo	96	Sporting	**51.17**	+0,71	770	
	50m: 24.32 24.32 100m: 51.17 26.85						
5.	COSTA Tiago Cunha	99	Sporting	**51.36**	+0,77	761	
	50m: 24.84 24.84 100m: 51.36 26.52						
6.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**51.68**	+0,62	747	
	50m: 24.42 24.42 100m: 51.68 27.26						
7.	LEBRE Diogo Ramos	01	Benfica	**51.99**	+0,73	734	
	50m: 25.03 25.03 100m: 51.99 26.96						
8.	AIRES Rafael Alcantara	01	Benfica	**52.11**	+0,65	729	
	50m: 25.01 25.01 100m: 52.11 27.10						
9.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**52.31**	+0,66	721	
	50m: 24.88 24.88 100m: 52.31 27.43						
10.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**52.81**	+0,63	700	
	50m: 24.70 24.70 100m: 52.81 28.11						
Final B							
11.	MACHADO Joao Daniel	99	Uniao Piedense	**52.35**	+0,66	719	
	50m: 25.16 25.16 100m: 52.35 27.19						
12.	SANTOS Joao Duarte	95	Natacao Olhao	**52.40**	+0,65	717	
	50m: 25.36 25.36 100m: 52.40 27.04						
13.	LOPES Tomas Teixeira	02	Foca	**52.53**	+0,68	712	
	50m: 25.52 25.52 100m: 52.53 27.01						
14.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**53.18**	+0,60	686	
	50m: 25.60 25.60 100m: 53.18 27.58						
15.	VAKULYUK Paulo	03	Torres Novas	**53.32**	+0,70	680	
	50m: 25.93 25.93 100m: 53.32 27.39						

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Prova 6, Masc., 100m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.37**	+0,66	679	
	50m: 25.46 25.46 100m: 53.37 27.91						
17.	FERNANDES Eduardo Gomes	02	Sporting	**53.44**	+0,66	676	
	50m: 26.13 26.13 100m: 53.44 27.31						
18.	COSTA Diogo Santos	02	Colegio Monte Maior	**53.45**	+0,65	676	
	50m: 25.38 25.38 100m: 53.45 28.07						
19.	PINHO Manuel Antonio	01	Feirense	**53.48**	+0,64	674	
	50m: 25.52 25.52 100m: 53.48 27.96						
20.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**53.79**	+0,74	663	
	50m: 26.10 26.10 100m: 53.79 27.69						
Final C							
21.	SIMOES Bernardo Jorge	02	Torres Novas	**53.92**	+0,76	658	
	50m: 26.25 26.25 100m: 53.92 27.67						
22.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**53.98**	+0,72	656	
	50m: 25.61 25.61 100m: 53.98 28.37						
23.	BRITO Bernardo Geada	02	Uniao Piedense	**54.55**	+0,64	635	
	50m: 26.30 26.30 100m: 54.55 28.25						
24.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.57**	+0,65	635	
	50m: 25.91 25.91 100m: 54.57 28.66						
	GOMES Tomas Nogueira	03	Uniao Piedense	**54.57**	+0,64	635	
	50m: 26.46 26.46 100m: 54.57 28.11						
26.	DEUS Andre Portugal	02	Naval do Funchal	**54.68**	+0,61	631	
	50m: 26.71 26.71 100m: 54.68 27.97						
27.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**55.34**	+0,71	609	
	50m: 26.56 26.56 100m: 55.34 28.78						
28.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**56.26**	+0,76	579	
	50m: 26.63 26.63 100m: 56.26 29.63						
29.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**56.63**	+0,86	568	
	50m: 26.94 26.94 100m: 56.63 29.69						
30.	LOPES Luis Afonso	03	Viver Santarem	**56.70**	+0,67	566	
	50m: 27.50 27.50 100m: 56.70 29.20						

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Prova 7 — Femin., 200m Estilos — Absolutos
04-04-2019 - 18:45 — Resultados Final

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010

PreJun_Fem Juv: 2:25.33 / CEJun_Fem 14 - 17: 2:21.10 / CMJ_Fem 14 - 17: 2:18.33 / CMPL 19 +: 2:13.03 / JO Absoluto: 2:12.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. KAMINSKAYA Victoria — 95 — Benfica — **2:14.51** — +0,74 — 824
   50m: 29.13 (29.13) 100m: 1:03.91 (34.78) 150m: 1:41.78 (37.87) 200m: 2:14.51 (32.73)
2. PEREIRA Raquel Gomes — 00 — Alges — **2:18.30** — +0,77 — 758
   50m: 29.36 (29.36) 100m: 1:06.59 (37.23) 150m: 1:45.90 (39.31) 200m: 2:18.30 (32.40)
3. MACHADO Luisa Maria — 01 — Uniao Piedense — **2:20.34** — +0,79 — 725
   50m: 30.03 (30.03) 100m: 1:05.69 (35.66) 150m: 1:46.83 (41.14) 200m: 2:20.34 (33.51)
4. MESQUITA Francisca Salvador — 02 — Colegio Monte Maior — **2:21.43** — +0,74 — 709
   50m: 29.53 (29.53) 100m: 1:06.57 (37.04) 150m: 1:47.87 (41.30) 200m: 2:21.43 (33.56)
5. PINA Ana Sofia — 02 — O Crasto — **2:22.44** — +0,71 — 694
   50m: 30.48 (30.48) 100m: 1:07.11 (36.63) 150m: 1:50.00 (42.89) 200m: 2:22.44 (32.44)
6. REBELO Maria Carlota — 03 — Louzan Natacao/EFAPEL — **2:23.52** — +0,77 — 678
   50m: 31.02 (31.02) 100m: 1:08.30 (37.28) 150m: 1:50.01 (41.71) 200m: 2:23.52 (33.51)
7. SOUSA Ana Reis — 02 — Alges — **2:24.04** — +0,68 — 671
   50m: 30.89 (30.89) 100m: 1:07.72 (36.83) 150m: 1:49.84 (42.12) 200m: 2:24.04 (34.20)
8. CABRAL Maria Francisca — 00 — Porto — **2:24.45** — +0,72 — 665
   50m: 30.65 (30.65) 100m: 1:07.04 (36.39) 150m: 1:50.86 (43.82) 200m: 2:24.45 (33.59)
9. BELEZA Mafalda Gomes — 94 — Sporting — **2:24.72** — +0,68 — 661
   50m: 30.90 (30.90) 100m: 1:08.82 (37.92) 150m: 1:50.99 (42.17) 200m: 2:24.72 (33.73)
10. CUNHA Mariana Pacheco — 04 — Fluvial Portuense — **2:25.72** — +0,78 — 648
    50m: 30.65 (30.65) 100m: 1:09.14 (38.49) 150m: 1:52.02 (42.88) 200m: 2:25.72 (33.70)

Final B

11. CARDEAL Joana Nunes — 02 — Academico Viseu — **2:22.90** — +0,74 — 687
    50m: 29.93 (29.93) 100m: 1:05.38 (35.45) 150m: 1:49.54 (44.16) 200m: 2:22.90 (33.36)
12. VELOSO Teresa Miguel — 00 — Sporting — **2:26.00** — +0,74 — 644
    50m: 31.75 (31.75) 100m: 1:09.04 (37.29) 150m: 1:51.73 (42.69) 200m: 2:26.00 (34.27)
13. VEIGA Ana Filipa — 01 — Gafanha da Encarnacao — **2:27.78** — +0,78 — 621
    50m: 30.89 (30.89) 100m: 1:11.83 (40.94) 150m: 1:52.20 (40.37) 200m: 2:27.78 (35.58)
14. CRUZ Sara Moura — 03 — Alges — **2:27.89** — +0,68 — 620
    50m: 31.60 (31.60) 100m: 1:08.91 (37.31) 150m: 1:54.57 (45.66) 200m: 2:27.89 (33.32)
15. SANTOS Leonor Esteves — 04 — Avancado EUL — **2:30.35** — +0,88 — 590
    50m: 33.04 (33.04) 100m: 1:14.15 (41.11) 150m: 1:55.64 (41.49) 200m: 2:30.35 (34.71)

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Prova 7, Femin., 200m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Lidiana Correia	04	Belenenses	**2:30.44**	+0,79	589	
	50m: 33.19 33.19 100m: 1:13.61 40.42 150m: 1:56.32 42.71 200m: 2:30.44 34.12						
17.	CASTRO Maria Freitas	03	Fafe	**2:30.51**	+0,72	588	
	50m: 31.70 31.70 100m: 1:12.03 40.33 150m: 1:55.83 43.80 200m: 2:30.51 34.68						
18.	LOPES Daniela Magalhaes	05	Famalicao	**2:30.80**	+0,79	584	
	50m: 32.00 32.00 100m: 1:12.16 40.16 150m: 1:56.54 44.38 200m: 2:30.80 34.26						
19.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:31.44**	+0,86	577	
	50m: 32.78 32.78 100m: 1:11.43 38.65 150m: 1:55.29 43.86 200m: 2:31.44 36.15						
20.	DELGADO Soraia Alexandra	05	Sporting	**2:32.58**	+0,67	564	
	50m: 32.15 32.15 100m: 1:11.93 39.78 150m: 1:56.28 44.35 200m: 2:32.58 36.30						

Final C

21.	REIS Erica Cristina	05	Sporting	**2:28.77**	+0,66	609	
	50m: 32.23 32.23 100m: 1:10.90 38.67 150m: 1:54.52 43.62 200m: 2:28.77 34.25						
22.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:29.65**	+0,73	598	
	50m: 31.87 31.87 100m: 1:11.26 39.39 150m: 1:55.56 44.30 200m: 2:29.65 34.09						
23.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:30.91**	+0,74	583	
	50m: 32.64 32.64 100m: 1:10.10 37.46 150m: 1:57.62 47.52 200m: 2:30.91 33.29						
24.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:31.82**	+0,69	573	
	50m: 31.82 31.82 100m: 1:11.40 39.58 150m: 1:57.10 45.70 200m: 2:31.82 34.72						
25.	DIAS Ana Leonor	02	Natacao Olhao	**2:32.12**	+0,77	569	
	50m: 32.21 32.21 100m: 1:13.34 41.13 150m: 1:56.01 42.67 200m: 2:32.12 36.11						
26.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:33.25**	+0,74	557	
	50m: 33.27 33.27 100m: 1:14.39 41.12 150m: 1:57.76 43.37 200m: 2:33.25 35.49						
27.	LOPES Francisca Macedo	05	Vilacondense	**2:33.90**	+0,92	550	
	50m: 33.32 33.32 100m: 1:14.34 41.02 150m: 1:58.45 44.11 200m: 2:33.90 35.45						
28.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:34.93**	+0,76	539	
	50m: 31.94 31.94 100m: 1:11.07 39.13 150m: 1:59.09 48.02 200m: 2:34.93 35.84						
29.	MARQUES Maria Alexandra	04	Albicastrense	**2:35.05**	+0,78	538	
	50m: 31.96 31.96 100m: 1:12.80 40.84 150m: 1:59.63 46.83 200m: 2:35.05 35.42						
30.	NUNES Margarida Domingues	05	Avancado EUL	**2:36.07**	+0,77	527	
	50m: 33.88 33.88 100m: 1:16.32 42.44 150m: 2:00.19 43.87 200m: 2:36.07 35.88						

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3 - 2ª Jornada - 1ª Sessão - Eliminatórias 05-04-2019 - 9:30

Prova 10 | Masc., 100m Costas | Juvenis A
05-04-2019 - 9:30 | Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011

PreJun_Masc Juv: 59.00 / CEJun_Masc 15 - 18: 57.28 / CMJ_Masc 15 - 18: 56.15 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**59.69**	+0,58	655	
	50m: 28.85 28.85 100m: 59.69 30.84						
2.	CASTRO Duarte Monteiro	03	Porto	**1:00.62**	+0,66	625	
	50m: 29.63 29.63 100m: 1:00.62 30.99						
3.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:01.33**	+0,64	604	
	50m: 30.23 30.23 100m: 1:01.33 31.10						
4.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**1:02.49**	+0,72	571	
	50m: 30.24 30.24 100m: 1:02.49 32.25						
5.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:02.78**	+0,65	563	
	50m: 30.35 30.35 100m: 1:02.78 32.43						
	DIAS Tiago Miguel	03	Natacao de Lisboa	**1:02.78**	+0,79	563	
	50m: 30.27 30.27 100m: 1:02.78 32.51						
7.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:03.58**	+0,65	542	
	50m: 30.91 30.91 100m: 1:03.58 32.67						
8.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**1:04.28**	+0,75	524	
	50m: 31.11 31.11 100m: 1:04.28 33.17						
9.	GOMES Goncalo Camara	03	Naval do Funchal	**1:04.36**	+0,60	522	
	50m: 31.20 31.20 100m: 1:04.36 33.16						
10.	IACHIMOVSCHI Nicolae	03	Belenenses	**1:04.87**	+0,73	510	
	50m: 30.56 30.56 100m: 1:04.87 34.31						
11.	MARQUES Andre Costa	03	Famalicao	**1:05.24**	+0,64	502	
	50m: 31.37 31.37 100m: 1:05.24 33.87						
12.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**1:05.50**	+0,69	496	
	50m: 32.08 32.08 100m: 1:05.50 33.42						
13.	CARDOSO Joao Francisco	03	Individual ANCNP	**1:05.91**	+0,71	486	
	50m: 31.84 31.84 100m: 1:05.91 34.07						
14.	MARTYN David	03	Benedita	**1:06.04**	+0,61	483	
	50m: 31.24 31.24 100m: 1:06.04 34.80						
15.	FOLHA Diogo Antonio	03	Leixoes	**1:06.08**	+0,72	483	
	50m: 31.91 31.91 100m: 1:06.08 34.17						
16.	COUTINHO Guilherme Pereira	03	Viver Santarem	**1:06.46**	+0,75	474	
	50m: 32.30 32.30 100m: 1:06.46 34.16						

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Prova 10, Masc., 100m Costas, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**1:06.58**	+0,70	472	
	50m: 32.29 32.29 100m: 1:06.58 34.29						
18.	LEAL Dinis Barros	03	Aquatico Pacense	**1:06.63**	+0,62	471	
	50m: 31.82 31.82 100m: 1:06.63 34.81						
19.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**1:06.98**	+0,55	463	
	50m: 32.74 32.74 100m: 1:06.98 34.24						
20.	CAROCO Dinis Viola	03	Sporting	**1:07.18**	+0,74	459	
	50m: 32.64 32.64 100m: 1:07.18 34.54						
21.	VALENTE Goncalo Filipe	03	Gesloures	**1:07.62**	+0,69	450	
	50m: 32.19 32.19 100m: 1:07.62 35.43						
22.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**1:07.80**	+0,62	447	
	50m: 32.38 32.38 100m: 1:07.80 35.42						
DSQ	SANTOS Miguel Alexandre	03	Natacao de Sao Bras				
	SW 4.4 - Falsa partida						
DNS	CORREIA Pedro Henriques	03	Benfica				

Prova 10 — Masc., 100m Costas — Juvenis B
05-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Juv B	59.97	SOUSA Diogo Gomes	CNCVG	Coimbra	31-07-2010

PreJun_Masc Juv: 59.00 / CEJun_Masc 15 - 18: 57.28 / CMJ_Masc 15 - 18: 56.15 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Gustavo Carvalho	04	Academia dos Acores	**1:02.01**	+0,73	584	
	50m: 29.51 29.51 100m: 1:02.01 32.50						
2.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:03.51**	+0,67	544	
	50m: 30.69 30.69 100m: 1:03.51 32.82						
3.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**1:03.68**	+0,75	539	
	50m: 30.07 30.07 100m: 1:03.68 33.61						
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:03.71**	+0,71	539	
	50m: 31.33 31.33 100m: 1:03.71 32.38						
5.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**1:03.96**	+0,68	532	
	50m: 30.38 30.38 100m: 1:03.96 33.58						
6.	GOMES Guilherme Sousa	04	Aquatico Silves	**1:04.20**	+0,67	526	
	50m: 30.75 30.75 100m: 1:04.20 33.45						
7.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**1:04.24**	+0,61	525	
	50m: 30.79 30.79 100m: 1:04.24 33.45						
8.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**1:04.38**	+0,61	522	
	50m: 30.95 30.95 100m: 1:04.38 33.43						
9.	SIMOES Miguel Costa	04	Cova da Piedade	**1:05.50**	+0,69	496	
	50m: 31.21 31.21 100m: 1:05.50 34.29						

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Prova 10, Masc., 100m Costas, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CAMACHO Afonso Caires	04	Naval do Funchal	**1:05.61**	+0,57	493	
	50m: 30.62 30.62 100m: 1:05.61 34.99						
11.	PALMA Francisco Caetano	04	Zona Azul	**1:05.73**	+0,65	490	
	50m: 32.22 32.22 100m: 1:05.73 33.51						
12.	SANTOS Gabriel Moreira	04	Famalicao	**1:05.91**	+0,79	486	
	50m: 31.80 31.80 100m: 1:05.91 34.11						
13.	MAIA Felipe Menegassi	04	Alges	**1:06.13**	+0,59	482	
	50m: 31.74 31.74 100m: 1:06.13 34.39						
14.	TEIXEIRA Cesar Rego	04	Famalicao	**1:06.17**	+0,78	481	
	50m: 31.65 31.65 100m: 1:06.17 34.52						
15.	SANTOS Guilherme Machado	04	Uniao Piedense	**1:06.23**	+0,65	479	
	50m: 31.87 31.87 100m: 1:06.23 34.36						
16.	FRASQUILHO Afonso Figueiredo	04	Sporting	**1:06.54**	+0,73	473	
	50m: 31.38 31.38 100m: 1:06.54 35.16						
17.	SILVA Frederico Ferreira	04	Famalicao	**1:06.64**	+0,76	471	
	50m: 32.64 32.64 100m: 1:06.64 34.00						
18.	CARVALHO Martim Henriques	04	Rio Maior	**1:07.54**	+0,84	452	
	50m: 32.33 32.33 100m: 1:07.54 35.21						
19.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:07.99**	+0,56	443	
	50m: 33.47 33.47 100m: 1:07.99 34.52						
20.	LOPES Tiago Fanha	04	Natacao do Montijo	**1:08.13**	+0,65	440	
	50m: 33.37 33.37 100m: 1:08.13 34.76						
21.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**1:08.22**	+0,75	439	
	50m: 33.13 33.13 100m: 1:08.22 35.09						
22.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**1:08.91**	+0,69	425	
	50m: 32.77 32.77 100m: 1:08.91 36.14						
23.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**1:09.40**	+0,74	417	
	50m: 33.01 33.01 100m: 1:09.40 36.39						
DSQ	ALMEIDA Bernardo Victorino	04	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

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Prova 10, Masc., 100m Costas, Elimin

Prova 10 | Masc., 100m Costas | Juniores
05-04-2019 - 9:30 | Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.79	LOPES Gabriel Jose	POR	Singapore	25-08-2015
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009

CEJun_Masc 15 - 18: 57.28 / CMJ_Masc 15 - 18: 56.15 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**57.49**	+0,65	733	
	50m: 28.71 28.71 100m: 57.49 28.78						
2.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.84**	+0,60	684	
	50m: 28.17 28.17 100m: 58.84 30.67						
3.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**59.41**	+0,61	664	
	50m: 29.01 29.01 100m: 59.41 30.40						
4.	ALFAMA Martim Primavera	02	Gesloures	**59.98**	+0,63	645	
	50m: 28.85 28.85 100m: 59.98 31.13						
5.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**1:01.61**	+0,60	596	
	50m: 30.13 30.13 100m: 1:01.61 31.48						
6.	VILHENA Tiago Miguel	01	Natacao de Faro	**1:01.65**	+0,63	594	
	50m: 30.19 30.19 100m: 1:01.65 31.46						
7.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:01.77**	+0,71	591	
	50m: 29.81 29.81 100m: 1:01.77 31.96						
8.	DOMINGOS Ruy Manuel	02	Sporting	**1:02.18**	+0,69	579	
	50m: 30.08 30.08 100m: 1:02.18 32.10						
9.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:02.34**	+0,59	575	
	50m: 29.65 29.65 100m: 1:02.34 32.69						
10.	FIDALGO Mateus Valente	01	Estarreja	**1:02.68**	+0,62	566	
	50m: 30.38 30.38 100m: 1:02.68 32.30						
11.	CUNHA Afonso Passos	01	Famalicao	**1:02.70**	+0,66	565	
	50m: 29.61 29.61 100m: 1:02.70 33.09						
12.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**1:03.29**	+0,76	549	
	50m: 30.15 30.15 100m: 1:03.29 33.14						
13.	MACHADO Bruno Rafael	01	Fluvial Portuense	**1:03.71**	+0,52	539	
	50m: 30.30 30.30 100m: 1:03.71 33.41						
14.	MARTINS Samuel Dias	02	Colegio SMLamas	**1:04.02**	+0,61	531	
	50m: 30.85 30.85 100m: 1:04.02 33.17						
15.	SANTOS Edgar Filipe	01	Uniao Piedense	**1:05.18**	+0,65	503	
	50m: 31.36 31.36 100m: 1:05.18 33.82						

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Prova 10, Masc., 100m Costas, Elimin

Prova 10 — Masc., 100m Costas — Seniores
05-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017

CMPL : 54.06 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**55.14**	+0,61	831	
	50m: 27.08 27.08 100m: 55.14 28.06						
2.	SANTOS Francisco Rogerio	98	Sporting	**58.08**	+0,68	711	
	50m: 28.06 28.06 100m: 58.08 30.02						
3.	ROSA Rodrigo Antonio	96	Benfica	**58.75**	+0,60	687	
	50m: 28.64 28.64 100m: 58.75 30.11						
4.	KOT Viktor	98	Nautico Marinha Grande	**59.04**	+0,55	677	
	50m: 29.09 29.09 100m: 59.04 29.95						
5.	TINOCO Joao Pereira	00	Famalicao	**59.52**	+0,66	661	
	50m: 29.22 29.22 100m: 59.52 30.30						
6.	CORREIA Joao Mota	97	Benfica	**59.67**	+0,72	656	
	50m: 28.94 28.94 100m: 59.67 30.73						
7.	BATE Miguel Ribeiro	99	Alges	**59.77**	+0,62	652	
	50m: 28.93 28.93 100m: 59.77 30.84						
8.	FERNANDES Joao Diogo	98	Belenenses	**59.78**	+0,61	652	
	50m: 28.76 28.76 100m: 59.78 31.02						
9.	PIRES Ricardo Saraiva	98	Laranjeiro	**1:00.12**	+0,64	641	
	50m: 29.61 29.61 100m: 1:00.12 30.51						
10.	NUNES Porfirio Braga	00	Porto	**1:00.60**	+0,59	626	
	50m: 29.03 29.03 100m: 1:00.60 31.57						
11.	ALMEIDA Carlos Afonso	98	Alges	**1:00.98**	+0,72	614	
	50m: 29.75 29.75 100m: 1:00.98 31.23						
DNS	RIBEIRO Ivo Pinto	97	Foca				

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Prova 10, Masc., 100m Costas, Elimin

Prova 10 | Masc., 100m Costas | Absolutos
05-04-2019 - 9:30 | Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.79	LOPES Gabriel Jose	POR	Singapore	25-08-2015
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.97	SOUSA Diogo Gomes	CNCVG	Coimbra	31-07-2010

PreJun_Masc Juv: 59.00 / CEJun_Masc 15 - 18: 57.28 / CMJ_Masc 15 - 18: 56.15 / CMPL Sen: 54.06 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**55.14**	+0,61	831	
	50m: 27.08 27.08 100m: 55.14 28.06						
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**57.49**	+0,65	733	
	50m: 28.71 28.71 100m: 57.49 28.78						
3.	SANTOS Francisco Rogerio	98	Sporting	**58.08**	+0,68	711	
	50m: 28.06 28.06 100m: 58.08 30.02						
4.	ROSA Rodrigo Antonio	96	Benfica	**58.75**	+0,60	687	
	50m: 28.64 28.64 100m: 58.75 30.11						
5.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.84**	+0,60	684	
	50m: 28.17 28.17 100m: 58.84 30.67						
6.	KOT Viktor	98	Nautico Marinha Grande	**59.04**	+0,55	677	
	50m: 29.09 29.09 100m: 59.04 29.95						
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**59.41**	+0,61	664	
	50m: 29.01 29.01 100m: 59.41 30.40						
8.	TINOCO Joao Pereira	00	Famalicao	**59.52**	+0,66	661	
	50m: 29.22 29.22 100m: 59.52 30.30						
9.	CORREIA Joao Mota	97	Benfica	**59.67**	+0,72	656	
	50m: 28.94 28.94 100m: 59.67 30.73						
10.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**59.69**	+0,58	655	
	50m: 28.85 28.85 100m: 59.69 30.84						
11.	BATE Miguel Ribeiro	99	Alges	**59.77**	+0,62	652	
	50m: 28.93 28.93 100m: 59.77 30.84						
12.	FERNANDES Joao Diogo	98	Belenenses	**59.78**	+0,61	652	
	50m: 28.76 28.76 100m: 59.78 31.02						
13.	ALFAMA Martim Primavera	02	Gesloures	**59.98**	+0,63	645	
	50m: 28.85 28.85 100m: 59.98 31.13						
14.	PIRES Ricardo Saraiva	98	Laranjeiro	**1:00.12**	+0,64	641	
	50m: 29.61 29.61 100m: 1:00.12 30.51						
15.	NUNES Porfirio Braga	00	Porto	**1:00.60**	+0,59	626	
	50m: 29.03 29.03 100m: 1:00.60 31.57						
16.	CASTRO Duarte Monteiro	03	Porto	**1:00.62**	+0,66	625	
	50m: 29.63 29.63 100m: 1:00.62 30.99						

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Prova 10, Masc., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	ALMEIDA Carlos Afonso	98	Alges	**1:00.98**	+0,72	614	
	50m: 29.75 29.75 100m: 1:00.98 31.23						
18.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:01.33**	+0,64	604	
	50m: 30.23 30.23 100m: 1:01.33 31.10						
19.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**1:01.61**	+0,60	596	
	50m: 30.13 30.13 100m: 1:01.61 31.48						
20.	VILHENA Tiago Miguel	01	Natacao de Faro	**1:01.65**	+0,63	594	
	50m: 30.19 30.19 100m: 1:01.65 31.46						
21.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:01.77**	+0,71	591	
	50m: 29.81 29.81 100m: 1:01.77 31.96						
22.	SILVA Gustavo Carvalho	04	Academia dos Acores	**1:02.01**	+0,73	584	
	50m: 29.51 29.51 100m: 1:02.01 32.50						
23.	DOMINGOS Ruy Manuel	02	Sporting	**1:02.18**	+0,69	579	
	50m: 30.08 30.08 100m: 1:02.18 32.10						
24.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:02.34**	+0,59	575	
	50m: 29.65 29.65 100m: 1:02.34 32.69						
25.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**1:02.49**	+0,72	571	
	50m: 30.24 30.24 100m: 1:02.49 32.25						
26.	FIDALGO Mateus Valente	01	Estarreja	**1:02.68**	+0,62	566	
	50m: 30.38 30.38 100m: 1:02.68 32.30						
27.	CUNHA Afonso Passos	01	Famalicao	**1:02.70**	+0,66	565	
	50m: 29.61 29.61 100m: 1:02.70 33.09						
28.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:02.78**	+0,65	563	
	50m: 30.35 30.35 100m: 1:02.78 32.43						
	DIAS Tiago Miguel	03	Natacao de Lisboa	**1:02.78**	+0,79	563	
	50m: 30.27 30.27 100m: 1:02.78 32.51						
30.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**1:03.29**	+0,76	549	
	50m: 30.15 30.15 100m: 1:03.29 33.14						
31.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:03.51**	+0,67	544	
	50m: 30.69 30.69 100m: 1:03.51 32.82						
32.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:03.58**	+0,65	542	
	50m: 30.91 30.91 100m: 1:03.58 32.67						
33.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**1:03.68**	+0,75	539	
	50m: 30.07 30.07 100m: 1:03.68 33.61						
34.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:03.71**	+0,71	539	
	50m: 31.33 31.33 100m: 1:03.71 32.38						
	MACHADO Bruno Rafael	01	Fluvial Portuense	**1:03.71**	+0,52	539	
	50m: 30.30 30.30 100m: 1:03.71 33.41						
36.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**1:03.96**	+0,68	532	
	50m: 30.38 30.38 100m: 1:03.96 33.58						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	MARTINS Samuel Dias	02	Colegio SMLamas	**1:04.02**	+0,61	531	
	50m: 30.85 30.85 100m: 1:04.02 33.17						
38.	GOMES Guilherme Sousa	04	Aquatico Silves	**1:04.20**	+0,67	526	
	50m: 30.75 30.75 100m: 1:04.20 33.45						
39.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**1:04.24**	+0,61	525	
	50m: 30.79 30.79 100m: 1:04.24 33.45						
40.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**1:04.28**	+0,75	524	
	50m: 31.11 31.11 100m: 1:04.28 33.17						
41.	GOMES Goncalo Camara	03	Naval do Funchal	**1:04.36**	+0,60	522	
	50m: 31.20 31.20 100m: 1:04.36 33.16						
42.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**1:04.38**	+0,61	522	
	50m: 30.95 30.95 100m: 1:04.38 33.43						
43.	IACHIMOVSCHI Nicolae	03	Belenenses	**1:04.87**	+0,73	510	
	50m: 30.56 30.56 100m: 1:04.87 34.31						
44.	SANTOS Edgar Filipe	01	Uniao Piedense	**1:05.18**	+0,65	503	
	50m: 31.36 31.36 100m: 1:05.18 33.82						
45.	MARQUES Andre Costa	03	Famalicao	**1:05.24**	+0,64	502	
	50m: 31.37 31.37 100m: 1:05.24 33.87						
46.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**1:05.50**	+0,69	496	
	50m: 32.08 32.08 100m: 1:05.50 33.42						
	SIMOES Miguel Costa	04	Cova da Piedade	**1:05.50**	+0,69	496	
	50m: 31.21 31.21 100m: 1:05.50 34.29						
48.	CAMACHO Afonso Caires	04	Naval do Funchal	**1:05.61**	+0,57	493	
	50m: 30.62 30.62 100m: 1:05.61 34.99						
49.	PALMA Francisco Caetano	04	Zona Azul	**1:05.73**	+0,65	490	
	50m: 32.22 32.22 100m: 1:05.73 33.51						
50.	CARDOSO Joao Francisco	03	Individual ANCNP	**1:05.91**	+0,71	486	
	50m: 31.84 31.84 100m: 1:05.91 34.07						
	SANTOS Gabriel Moreira	04	Famalicao	**1:05.91**	+0,79	486	
	50m: 31.80 31.80 100m: 1:05.91 34.11						
52.	MARTYN David	03	Benedita	**1:06.04**	+0,61	483	
	50m: 31.24 31.24 100m: 1:06.04 34.80						
53.	FOLHA Diogo Antonio	03	Leixoes	**1:06.08**	+0,72	483	
	50m: 31.91 31.91 100m: 1:06.08 34.17						
54.	MAIA Felipe Menegassi	04	Alges	**1:06.13**	+0,59	482	
	50m: 31.74 31.74 100m: 1:06.13 34.39						
55.	TEIXEIRA Cesar Rego	04	Famalicao	**1:06.17**	+0,78	481	
	50m: 31.65 31.65 100m: 1:06.17 34.52						
56.	SANTOS Guilherme Machado	04	Uniao Piedense	**1:06.23**	+0,65	479	
	50m: 31.87 31.87 100m: 1:06.23 34.36						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	COUTINHO Guilherme Pereira	03	Viver Santarem	**1:06.46**	+0,75	474	
	50m: 32.30 32.30 100m: 1:06.46 34.16						
58.	FRASQUILHO Afonso Figueiredo	04	Sporting	**1:06.54**	+0,73	473	
	50m: 31.38 31.38 100m: 1:06.54 35.16						
59.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**1:06.58**	+0,70	472	
	50m: 32.29 32.29 100m: 1:06.58 34.29						
60.	LEAL Dinis Barros	03	Aquatico Pacense	**1:06.63**	+0,62	471	
	50m: 31.82 31.82 100m: 1:06.63 34.81						
61.	SILVA Frederico Ferreira	04	Famalicao	**1:06.64**	+0,76	471	
	50m: 32.64 32.64 100m: 1:06.64 34.00						
62.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**1:06.98**	+0,55	463	
	50m: 32.74 32.74 100m: 1:06.98 34.24						
63.	CAROCO Dinis Viola	03	Sporting	**1:07.18**	+0,74	459	
	50m: 32.64 32.64 100m: 1:07.18 34.54						
64.	CARVALHO Martim Henriques	04	Rio Maior	**1:07.54**	+0,84	452	
	50m: 32.33 32.33 100m: 1:07.54 35.21						
65.	VALENTE Goncalo Filipe	03	Gesloures	**1:07.62**	+0,69	450	
	50m: 32.19 32.19 100m: 1:07.62 35.43						
66.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**1:07.80**	+0,62	447	
	50m: 32.38 32.38 100m: 1:07.80 35.42						
67.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:07.99**	+0,56	443	
	50m: 33.47 33.47 100m: 1:07.99 34.52						
68.	LOPES Tiago Fanha	04	Natacao do Montijo	**1:08.13**	+0,65	440	
	50m: 33.37 33.37 100m: 1:08.13 34.76						
69.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**1:08.22**	+0,75	439	
	50m: 33.13 33.13 100m: 1:08.22 35.09						
70.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**1:08.91**	+0,69	425	
	50m: 32.77 32.77 100m: 1:08.91 36.14						
71.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**1:09.40**	+0,74	417	
	50m: 33.01 33.01 100m: 1:09.40 36.39						
DSQ	SANTOS Miguel Alexandre	03	Natacao de Sao Bras				
	SW 4.4 - Falsa partida						
DSQ	ALMEIDA Bernardo Victorino	04	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						
DNS	RIBEIRO Ivo Pinto	97	Foca				
DNS	CORREIA Pedro Henriques	03	Benfica				
EXH	NEVES Tiago Correia	97	Belenenses	**1:05.24**	+0,61	502	
	50m: 31.16 31.16 100m: 1:05.24 34.08						

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Prova 11 | Femin., 100m Costas | Juvenis A
05-04-2019 - 9:50 | Resultados Elimin

Rec Nac Absoluto	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012

PreJun_Fem Juv: 1:06.53 / CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Ana Rita *Minimos Pré-Jun*	04	Naval Povoense	**1:06.40**	+0,71	666	
	50m: 32.06 32.06 100m: 1:06.40 34.34						
2.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**1:08.91**	+0,54	596	
	50m: 32.86 32.86 100m: 1:08.91 36.05						
3.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:09.58**	+0,67	579	
	50m: 33.59 33.59 100m: 1:09.58 35.99						
4.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:10.26**	+0,72	562	
	50m: 33.41 33.41 100m: 1:10.26 36.85						
5.	COSTA Joana Santos	04	Galitos / Bresimar	**1:10.33**	+0,62	560	
	50m: 33.74 33.74 100m: 1:10.33 36.59						
6.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:10.59**	+0,63	554	
	50m: 34.12 34.12 100m: 1:10.59 36.47						
7.	RODRIGUES Sofia Vilardell	04	Gesloures	**1:10.61**	+0,71	554	
	50m: 33.84 33.84 100m: 1:10.61 36.77						
8.	ALVES Ines Sofia	04	Portinado	**1:11.13**	+0,56	542	
	50m: 34.99 34.99 100m: 1:11.13 36.14						
9.	DELFINO Mariana Morais	04	Sporting	**1:11.14**	+0,76	541	
	50m: 34.74 34.74 100m: 1:11.14 36.40						
10.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:11.17**	+0,64	541	
	50m: 34.68 34.68 100m: 1:11.17 36.49						
11.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**1:11.42**	+0,75	535	
	50m: 34.71 34.71 100m: 1:11.42 36.71						
12.	PEREIRA Anais Cloe	04	Sporting	**1:11.92**	+0,74	524	
	50m: 34.48 34.48 100m: 1:11.92 37.44						
13.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:12.29**	+0,65	516	
	50m: 34.74 34.74 100m: 1:12.29 37.55						
14.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**1:13.00**	+0,63	501	
	50m: 35.35 35.35 100m: 1:13.00 37.65						
15.	CUNHA Margarida Passos	04	Famalicao	**1:13.13**	+0,54	498	
	50m: 35.70 35.70 100m: 1:13.13 37.43						
16.	INACIO Ana Sofia	04	Sporting	**1:13.41**	+0,97	493	
	50m: 35.79 35.79 100m: 1:13.41 37.62						
17.	ALVES Carina Alexandra	04	Leixoes	**1:13.46**	+0,57	492	
	50m: 34.56 34.56 100m: 1:13.46 38.90						

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Prova 11, Femin., 100m Costas, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ANTUNES Joana Maia	04	Benfica	**1:13.67**	+0,63	487	
	50m: 35.20 35.20 100m: 1:13.67 38.47						
19.	JESUS Leonor Santos	04	Natacao Olhao	**1:14.43**	+0,63	473	
	50m: 36.07 36.07 100m: 1:14.43 38.36						
20.	GONCALVES Maria Margarida	04	Naval do Funchal	**1:14.58**	+0,62	470	
	50m: 35.87 35.87 100m: 1:14.58 38.71						
21.	ABREU Sofia Viola	04	Naval de Peniche	**1:14.64**	+0,89	469	
	50m: 35.66 35.66 100m: 1:14.64 38.98						
22.	BRANCOURT Yonina	04	Gesloures	**1:14.77**	+0,74	466	
	50m: 35.68 35.68 100m: 1:14.77 39.09						
23.	SOUSA Joana Francisca	04	Sao Roque	**1:15.32**	+0,66	456	
	50m: 36.63 36.63 100m: 1:15.32 38.69						
24.	LOPES Raquel Raposo	04	Cova da Piedade	**1:18.09**	+0,73	409	
	50m: 38.02 38.02 100m: 1:18.09 40.07						

Prova 11 — Femin., 100m Costas — Juvenis B
05-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

PreJun_Fem Juv: 1:06.53 / CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda *Minimos Pré-Jun*	05	Galitos / Bresimar	**1:05.90**	+0,67	681	
	50m: 32.04 32.04 100m: 1:05.90 33.86						
2.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.76**	+0,61	550	
	50m: 34.80 34.80 100m: 1:10.76 35.96						
3.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:11.08**	+0,60	543	
	50m: 34.92 34.92 100m: 1:11.08 36.16						
4.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:11.13**	+0,79	542	
	50m: 34.67 34.67 100m: 1:11.13 36.46						
5.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:12.73**	+0,69	507	
	50m: 34.67 34.67 100m: 1:12.73 38.06						
6.	GONCALVES Rita Abibe	05	Gesloures	**1:13.07**	+0,69	500	
	50m: 35.44 35.44 100m: 1:13.07 37.63						
7.	EIRA Maria Carolina	05	Ginasio de Vila Real	**1:13.29**	+0,70	495	
	50m: 35.48 35.48 100m: 1:13.29 37.81						
8.	COSTA Mariana Martins	05	Famalicao	**1:13.75**	+0,68	486	
	50m: 35.30 35.30 100m: 1:13.75 38.45						
9.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:13.95**	+0,68	482	
	50m: 35.08 35.08 100m: 1:13.95 38.87						

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Prova 11, Femin., 100m Costas, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MACHADO Beatriz Alexandra	05	Beja	**1:13.98**	+0,62	481	
	50m: 35.04 35.04 100m: 1:13.98 38.94						
11.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:14.43**	+0,67	473	
	50m: 35.90 35.90 100m: 1:14.43 38.53						
12.	COSTA Mafalda Santos	05	Colegio Monte Maior	**1:14.77**	+0,68	466	
	50m: 35.39 35.39 100m: 1:14.77 39.38						
13.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:15.04**	+0,74	461	
	50m: 36.36 36.36 100m: 1:15.04 38.68						
14.	CANINHAS Maria Pinto	05	Natacao do Fundao	**1:15.26**	+0,82	457	
	50m: 37.15 37.15 100m: 1:15.26 38.11						

Prova 11 — Femin., 100m Costas — Juniores
05-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Jun17	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Jun16	1:03.57	AZEVEDO Rafaela Gomes	SAD	Coimbra	17-03-2018

CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:03.31**	+0,55	768	
	Rec Nac, Minimos CE Jun, Minimos CM Jun						
	50m: 31.04 31.04 100m: 1:03.31 32.27						
2.	AZEVEDO Rafaela Gomes	02	Alges	**1:04.35**	+0,63	732	
	Minimos CE Jun						
	50m: 30.38 30.38 100m: 1:04.35 33.97						
3.	PEIXEIRA Filipa Ramos	03	Sporting	**1:07.92**	+0,67	622	
	50m: 32.70 32.70 100m: 1:07.92 35.22						
4.	CRUZ Sara Moura	03	Alges	**1:08.35**	+0,67	611	
	50m: 33.56 33.56 100m: 1:08.35 34.79						
5.	RAMOS Ana Rita	02	Porto	**1:08.38**	+0,70	610	
	50m: 32.98 32.98 100m: 1:08.38 35.40						
6.	CARDEAL Joana Nunes	02	Academico Viseu	**1:08.75**	+0,68	600	
	50m: 33.32 33.32 100m: 1:08.75 35.43						
7.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:08.86**	+0,65	597	
	50m: 33.20 33.20 100m: 1:08.86 35.66						
8.	MARTINS Joana Ribeiro	03	Benfica	**1:08.95**	+0,68	595	
	50m: 33.63 33.63 100m: 1:08.95 35.32						
9.	LASCU Nicoleta	02	Litoral Alentejano	**1:09.14**	+0,68	590	
	50m: 33.37 33.37 100m: 1:09.14 35.77						
10.	RAMOS Ines Asseiceira	03	Torres Novas	**1:09.67**	+0,60	576	
	50m: 33.58 33.58 100m: 1:09.67 36.09						

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Prova 11, Femin., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	CATARINO Laura Andre	03	CCDSerta	**1:10.83**	+0,63	549	
	50m: 33.93 33.93 100m: 1:10.83 36.90						
12.	MENDES Lea Alexandra	03	Gualdim Pais	**1:11.07**	+0,63	543	
	50m: 33.72 33.72 100m: 1:11.07 37.35						
13.	MARQUES Mariana Nunes	03	Estarreja	**1:11.09**	+0,55	543	
	50m: 34.03 34.03 100m: 1:11.09 37.06						
14.	ESTEVES Maria Mousinho	02	Laranjeiro	**1:11.10**	+0,73	542	
	50m: 34.19 34.19 100m: 1:11.10 36.91						
15.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**1:11.49**	+0,70	534	
	50m: 33.50 33.50 100m: 1:11.49 37.99						
16.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:11.76**	+0,69	528	
	50m: 35.24 35.24 100m: 1:11.76 36.52						
17.	SOARES Ana Beatriz	03	Feirense	**1:12.90**	+0,75	503	
	50m: 33.99 33.99 100m: 1:12.90 38.91						
18.	MELO Barbara Azambujo	02	Academica de Coimbra	**1:13.31**	+0,72	495	
	50m: 33.86 33.86 100m: 1:13.31 39.45						
19.	MAIA Mariana Sousa	02	Famalicao	**1:13.85**	+0,67	484	
	50m: 35.08 35.08 100m: 1:13.85 38.77						

Prova 11 — Femin., 100m Costas — Seniores
05-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015

CMPL 19 +: 1:00.59 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**1:03.88**	+0,69	748	
	50m: 31.10 31.10 100m: 1:03.88 32.78						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.87**	+0,62	714	
	50m: 31.58 31.58 100m: 1:04.87 33.29						
3.	CABRAL Maria Francisca	00	Porto	**1:06.31**	+0,59	669	
	50m: 32.52 32.52 100m: 1:06.31 33.79						
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:06.44**	+0,53	665	
	50m: 31.81 31.81 100m: 1:06.44 34.63						
5.	LOPES Carolina Sofia	96	Natacao de Faro	**1:06.82**	+0,63	653	
	50m: 32.06 32.06 100m: 1:06.82 34.76						
6.	FREIXO Juliana Lima	97	Braga	**1:07.24**	+0,59	641	
	50m: 33.02 33.02 100m: 1:07.24 34.22						
7.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.33**	+0,62	611	
	50m: 33.17 33.17 100m: 1:08.33 35.16						

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FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 11, Femin., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	NEVES Ana Carolina	00	Academica de Coimbra	**1:08.93**	+0,66	595	
	50m: 32.79 32.79 100m: 1:08.93 36.14						
9.	COSTA Ana Filipa	98	Beja	**1:09.36**	+0,65	584	
	50m: 33.97 33.97 100m: 1:09.36 35.39						
10.	RODRIGUES Luana Correia	01	Belenenses	**1:09.61**	+0,67	578	
	50m: 33.62 33.62 100m: 1:09.61 35.99						
11.	FERREIRA Ana Raquel	98	Benfica	**1:10.02**	+0,66	568	
	50m: 33.80 33.80 100m: 1:10.02 36.22						
12.	NUNES Sofia Alexandra	00	Laranjeiro	**1:10.29**	+0,69	561	
	50m: 33.96 33.96 100m: 1:10.29 36.33						
13.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**1:10.69**	+0,71	552	
	50m: 34.42 34.42 100m: 1:10.69 36.27						
14.	MARTINS Maria Esteves	01	Galitos / Bresimar	**1:10.78**	+0,78	550	
	50m: 33.45 33.45 100m: 1:10.78 37.33						
	PEREIRA Beatriz Elisabete	97	Cova da Piedade	**1:10.78**	+0,60	550	
	50m: 33.29 33.29 100m: 1:10.78 37.49						
16.	RODRIGUES Filipa Serrano	01	Benfica	**1:11.29**	+0,66	538	
	50m: 34.82 34.82 100m: 1:11.29 36.47						
DSQ	AZEVEDO Francisca Gomes	97	Alges				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

Prova 11 — Femin., 100m Costas — Absolutos
05-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Jun16	1:03.57	AZEVEDO Rafaela Gomes	SAD	Coimbra	17-03-2018
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

PreJun_Fem Juv: 1:06.53 / CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / CMPL 19 +: 1:00.59 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:03.31**	+0,55	768	
	Rec Nac, Minimos CE Jun, Minimos CM Jun						
	50m: 31.04 31.04 100m: 1:03.31 32.27						
2.	FRISCHKNECHT Rita Barros	98	Alges	**1:03.88**	+0,69	748	
	50m: 31.10 31.10 100m: 1:03.88 32.78						
3.	AZEVEDO Rafaela Gomes	02	Alges	**1:04.35**	+0,63	732	
	Minimos CE Jun						
	50m: 30.38 30.38 100m: 1:04.35 33.97						

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Prova 11, Femin., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.87**	+0,62	714	
	50m: 31.58 31.58 100m: 1:04.87 33.29						
5.	FERNANDES Carolina Miranda *Minimos Pré-Jun*	05	Galitos / Bresimar	**1:05.90**	+0,67	681	
	50m: 32.04 32.04 100m: 1:05.90 33.86						
6.	CABRAL Maria Francisca	00	Porto	**1:06.31**	+0,59	669	
	50m: 32.52 32.52 100m: 1:06.31 33.79						
7.	OLIVEIRA Ana Rita *Minimos Pré-Jun*	04	Naval Povoense	**1:06.40**	+0,71	666	
	50m: 32.06 32.06 100m: 1:06.40 34.34						
8.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:06.44**	+0,53	665	
	50m: 31.81 31.81 100m: 1:06.44 34.63						
9.	LOPES Carolina Sofia	96	Natacao de Faro	**1:06.82**	+0,63	653	
	50m: 32.06 32.06 100m: 1:06.82 34.76						
10.	FREIXO Juliana Lima	97	Braga	**1:07.24**	+0,59	641	
	50m: 33.02 33.02 100m: 1:07.24 34.22						
11.	PEIXEIRA Filipa Ramos	03	Sporting	**1:07.92**	+0,67	622	
	50m: 32.70 32.70 100m: 1:07.92 35.22						
12.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.33**	+0,62	611	
	50m: 33.17 33.17 100m: 1:08.33 35.16						
13.	CRUZ Sara Moura	03	Alges	**1:08.35**	+0,67	611	
	50m: 33.56 33.56 100m: 1:08.35 34.79						
14.	RAMOS Ana Rita	02	Porto	**1:08.38**	+0,70	610	
	50m: 32.98 32.98 100m: 1:08.38 35.40						
15.	CARDEAL Joana Nunes	02	Academico Viseu	**1:08.75**	+0,68	600	
	50m: 33.32 33.32 100m: 1:08.75 35.43						
16.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:08.86**	+0,65	597	
	50m: 33.20 33.20 100m: 1:08.86 35.66						
17.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**1:08.91**	+0,54	596	
	50m: 32.86 32.86 100m: 1:08.91 36.05						
18.	NEVES Ana Carolina	00	Academica de Coimbra	**1:08.93**	+0,66	595	
	50m: 32.79 32.79 100m: 1:08.93 36.14						
19.	MARTINS Joana Ribeiro	03	Benfica	**1:08.95**	+0,68	595	
	50m: 33.63 33.63 100m: 1:08.95 35.32						
20.	LASCU Nicoleta	02	Litoral Alentejano	**1:09.14**	+0,68	590	
	50m: 33.37 33.37 100m: 1:09.14 35.77						
21.	COSTA Ana Filipa	98	Beja	**1:09.36**	+0,65	584	
	50m: 33.97 33.97 100m: 1:09.36 35.39						
22.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:09.58**	+0,67	579	
	50m: 33.59 33.59 100m: 1:09.58 35.99						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	RODRIGUES Luana Correia	01	Belenenses	**1:09.61**	+0,67	578	
	50m: 33.62 33.62 100m: 1:09.61 35.99						
24.	RAMOS Ines Asseiceira	03	Torres Novas	**1:09.67**	+0,60	576	
	50m: 33.58 33.58 100m: 1:09.67 36.09						
25.	FERREIRA Ana Raquel	98	Benfica	**1:10.02**	+0,66	568	
	50m: 33.80 33.80 100m: 1:10.02 36.22						
26.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:10.26**	+0,72	562	
	50m: 33.41 33.41 100m: 1:10.26 36.85						
27.	NUNES Sofia Alexandra	00	Laranjeiro	**1:10.29**	+0,69	561	
	50m: 33.96 33.96 100m: 1:10.29 36.33						
28.	COSTA Joana Santos	04	Galitos / Bresimar	**1:10.33**	+0,62	560	
	50m: 33.74 33.74 100m: 1:10.33 36.59						
29.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:10.59**	+0,63	554	
	50m: 34.12 34.12 100m: 1:10.59 36.47						
30.	RODRIGUES Sofia Vilardell	04	Gesloures	**1:10.61**	+0,71	554	
	50m: 33.84 33.84 100m: 1:10.61 36.77						
31.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**1:10.69**	+0,71	552	
	50m: 34.42 34.42 100m: 1:10.69 36.27						
32.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.76**	+0,61	550	
	50m: 34.80 34.80 100m: 1:10.76 35.96						
33.	MARTINS Maria Esteves	01	Galitos / Bresimar	**1:10.78**	+0,78	550	
	50m: 33.45 33.45 100m: 1:10.78 37.33						
	PEREIRA Beatriz Elisabete	97	Cova da Piedade	**1:10.78**	+0,60	550	
	50m: 33.29 33.29 100m: 1:10.78 37.49						
35.	CATARINO Laura Andre	03	CCDSerta	**1:10.83**	+0,63	549	
	50m: 33.93 33.93 100m: 1:10.83 36.90						
36.	MENDES Lea Alexandra	03	Gualdim Pais	**1:11.07**	+0,63	543	
	50m: 33.72 33.72 100m: 1:11.07 37.35						
37.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:11.08**	+0,60	543	
	50m: 34.92 34.92 100m: 1:11.08 36.16						
38.	MARQUES Mariana Nunes	03	Estarreja	**1:11.09**	+0,55	543	
	50m: 34.03 34.03 100m: 1:11.09 37.06						
39.	ESTEVES Maria Mousinho	02	Laranjeiro	**1:11.10**	+0,73	542	
	50m: 34.19 34.19 100m: 1:11.10 36.91						
40.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:11.13**	+0,79	542	
	50m: 34.67 34.67 100m: 1:11.13 36.46						
	ALVES Ines Sofia	04	Portinado	**1:11.13**	+0,56	542	
	50m: 34.99 34.99 100m: 1:11.13 36.14						
42.	DELFINO Mariana Morais	04	Sporting	**1:11.14**	+0,76	541	
	50m: 34.74 34.74 100m: 1:11.14 36.40						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:11.17**	+0,64	541	
	50m: 34.68 34.68 100m: 1:11.17 36.49						
44.	RODRIGUES Filipa Serrano	01	Benfica	**1:11.29**	+0,66	538	
	50m: 34.82 34.82 100m: 1:11.29 36.47						
45.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**1:11.42**	+0,75	535	
	50m: 34.71 34.71 100m: 1:11.42 36.71						
46.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**1:11.49**	+0,70	534	
	50m: 33.50 33.50 100m: 1:11.49 37.99						
47.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:11.76**	+0,69	528	
	50m: 35.24 35.24 100m: 1:11.76 36.52						
48.	PEREIRA Anais Cloe	04	Sporting	**1:11.92**	+0,74	524	
	50m: 34.48 34.48 100m: 1:11.92 37.44						
49.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:12.29**	+0,65	516	
	50m: 34.74 34.74 100m: 1:12.29 37.55						
50.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:12.73**	+0,69	507	
	50m: 34.67 34.67 100m: 1:12.73 38.06						
51.	SOARES Ana Beatriz	03	Feirense	**1:12.90**	+0,75	503	
	50m: 33.99 33.99 100m: 1:12.90 38.91						
52.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**1:13.00**	+0,63	501	
	50m: 35.35 35.35 100m: 1:13.00 37.65						
53.	GONCALVES Rita Abibe	05	Gesloures	**1:13.07**	+0,69	500	
	50m: 35.44 35.44 100m: 1:13.07 37.63						
54.	CUNHA Margarida Passos	04	Famalicao	**1:13.13**	+0,54	498	
	50m: 35.70 35.70 100m: 1:13.13 37.43						
55.	EIRA Maria Carolina	05	Ginasio de Vila Real	**1:13.29**	+0,70	495	
	50m: 35.48 35.48 100m: 1:13.29 37.81						
56.	MELO Barbara Azambujo	02	Academica de Coimbra	**1:13.31**	+0,72	495	
	50m: 33.86 33.86 100m: 1:13.31 39.45						
57.	INACIO Ana Sofia	04	Sporting	**1:13.41**	+0,97	493	
	50m: 35.79 35.79 100m: 1:13.41 37.62						
58.	ALVES Carina Alexandra	04	Leixoes	**1:13.46**	+0,57	492	
	50m: 34.56 34.56 100m: 1:13.46 38.90						
59.	ANTUNES Joana Maia	04	Benfica	**1:13.67**	+0,63	487	
	50m: 35.20 35.20 100m: 1:13.67 38.47						
60.	COSTA Mariana Martins	05	Famalicao	**1:13.75**	+0,68	486	
	50m: 35.30 35.30 100m: 1:13.75 38.45						
61.	MAIA Mariana Sousa	02	Famalicao	**1:13.85**	+0,67	484	
	50m: 35.08 35.08 100m: 1:13.85 38.77						
62.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:13.95**	+0,68	482	
	50m: 35.08 35.08 100m: 1:13.95 38.87						

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Prova 11, Femin., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
63.	MACHADO Beatriz Alexandra	05	Beja	**1:13.98**	+0,62	481	
	50m: 35.04 35.04 100m: 1:13.98 38.94						
64.	JESUS Leonor Santos	04	Natacao Olhao	**1:14.43**	+0,63	473	
	50m: 36.07 36.07 100m: 1:14.43 38.36						
	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:14.43**	+0,67	473	
	50m: 35.90 35.90 100m: 1:14.43 38.53						
66.	GONCALVES Maria Margarida	04	Naval do Funchal	**1:14.58**	+0,62	470	
	50m: 35.87 35.87 100m: 1:14.58 38.71						
67.	ABREU Sofia Viola	04	Naval de Peniche	**1:14.64**	+0,89	469	
	50m: 35.66 35.66 100m: 1:14.64 38.98						
68.	COSTA Mafalda Santos	05	Colegio Monte Maior	**1:14.77**	+0,68	466	
	50m: 35.39 35.39 100m: 1:14.77 39.38						
	BRANCOURT Yonina	04	Gesloures	**1:14.77**	+0,74	466	
	50m: 35.68 35.68 100m: 1:14.77 39.09						
70.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:15.04**	+0,74	461	
	50m: 36.36 36.36 100m: 1:15.04 38.68						
71.	CANINHAS Maria Pinto	05	Natacao do Fundao	**1:15.26**	+0,82	457	
	50m: 37.15 37.15 100m: 1:15.26 38.11						
72.	SOUSA Joana Francisca	04	Sao Roque	**1:15.32**	+0,66	456	
	50m: 36.63 36.63 100m: 1:15.32 38.69						
73.	LOPES Raquel Raposo	04	Cova da Piedade	**1:18.09**	+0,73	409	
	50m: 38.02 38.02 100m: 1:18.09 40.07						
DSQ	AZEVEDO Francisca Gomes	97	Alges				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

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Prova 12 | Masc., 50m Livres | Juvenis A
05-04-2019 - 10:10 | Resultados Elimin

Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
RNS8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
RNS9	26.42	GRACHAT David Realista	GESL	Coimbra	11-07-2009

JO-Para Absoluto S9: 26.74 / World-Para Absoluto S8: 28.78; Absoluto S9: 27.13 / PreJun_Masc Juv: 24.15 / CEJun_Masc 15 - 18: 23.45 / CMJ_Masc 15 - 18: 22.98 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**24.87**	+0,74	594	

Prova 12 | Masc., 50m Livres | Juniores
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Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
RNS8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
RNS9	26.42	GRACHAT David Realista	GESL	Coimbra	11-07-2009

JO-Para Absoluto S9: 26.74 / World-Para Absoluto S8: 28.78; Absoluto S9: 27.13 / CEJun_Masc 15 - 18: 23.45 / CMJ_Masc 15 - 18: 22.98 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**24.03**	+0,63	658	
2.	LEBRE Diogo Ramos	01	Benfica	**24.28**	+0,72	638	
3.	AIRES Rafael Alcantara	01	Benfica	**24.37**	+0,77	631	
4.	PINHO Manuel Antonio	01	Feirense	**24.42**	+0,66	627	
5.	FERNANDES Eduardo Gomes	02	Sporting	**24.63**	+0,75	611	
6.	MACHADO Bruno Rafael	01	Fluvial Portuense	**24.75**	+0,73	603	
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	**24.77**	+0,72	601	
8.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**25.03**	+0,66	583	
9.	SIMOES Bernardo Jorge	02	Torres Novas	**25.14**	+0,70	575	
10.	BRITO Bernardo Geada	02	Uniao Piedense	**25.38**	+0,62	559	

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Prova 12 | Masc., 50m Livres | Seniores
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Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Sen	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
RNS8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
RNS9	26.42	GRACHAT David Realista	GESL	Coimbra	11-07-2009

JO-Para Absoluto S9: 26.74 / World-Para Absoluto S8: 28.78; Absoluto S9: 27.13 / CMPL : 22.18 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**23.12**	+0,66	739	
2.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**23.49**	+0,64	705	
3.	DIAS Guilherme Pereira	97	Benfica	**23.54**	+0,65	700	
4.	MACHADO Joao Daniel	99	Uniao Piedense	**23.55**	+0,67	699	
5.	MARQUES Miguel Henriques	00	Benfica	**23.58**	+0,61	697	
6.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.78**	+0,64	679	
7.	SANTOS Joao Duarte	95	Natacao Olhao	**23.91**	+0,66	668	
8.	MOGNE Igor Araujo	96	Sporting	**23.98**	+0,73	663	
9.	MACHADO Francisco Carvalho	98	Alges	**24.05**	+0,68	657	
10.	TEIXEIRA Guilherme Miguel	97	Belenenses	**24.07**	+0,72	655	
11.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.22**	+0,63	643	
	PADRELA Joao Esteves	99	Belenenses	**24.22**	+0,62	643	
13.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**24.26**	+0,61	640	
14.	SOARES Tiago Silva	99	Porto	**24.38**	+0,76	630	
15.	FERNANDES Pedro Miguel	99	Famalicao	**24.41**	+0,67	628	
16.	COSTA Tiago Cunha	99	Sporting	**24.48**	+0,64	623	
17.	TINOCO Joao Pereira	00	Famalicao	**24.73**	+0,69	604	
18.	BATE Afonso Ribeiro	98	Alges	**24.86**	+0,72	595	
19.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**24.91**	+0,69	591	
20.	LOPES David Granja	90	AONDA-Azeitao	**25.15**	+0,72	574	
21.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**25.18**	+0,77	572	
22.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**25.21**	+0,70	570	
23.	MAIA Jorge Manuel	89	Famalicao	**25.45**	+0,77	554	

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Prova 12, Masc., 50m Livres, Elimin

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Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Sen	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
RNS8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
RNS9	26.42	GRACHAT David Realista	GESL	Coimbra	11-07-2009

JO-Para Absoluto S9: 26.74 / World-Para Absoluto S8: 28.78; Absoluto S9: 27.13 / PreJun_Masc Juv: 24.15 / CEJun_Masc 15 - 18: 23.45 / CMJ_Masc 15 - 18: 22.98 / CMPL Sen: 22.18 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**23.12**	+0,66	739	
2.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**23.49**	+0,64	705	
3.	DIAS Guilherme Pereira	97	Benfica	**23.54**	+0,65	700	
4.	MACHADO Joao Daniel	99	Uniao Piedense	**23.55**	+0,67	699	
5.	MARQUES Miguel Henriques	00	Benfica	**23.58**	+0,61	697	
6.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.78**	+0,64	679	
7.	SANTOS Joao Duarte	95	Natacao Olhao	**23.91**	+0,66	668	
8.	MOGNE Igor Araujo	96	Sporting	**23.98**	+0,73	663	
9.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**24.03**	+0,63	658	
10.	MACHADO Francisco Carvalho	98	Alges	**24.05**	+0,68	657	
11.	TEIXEIRA Guilherme Miguel	97	Belenenses	**24.07**	+0,72	655	
12.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.22**	+0,63	643	
	PADRELA Joao Esteves	99	Belenenses	**24.22**	+0,62	643	
14.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**24.26**	+0,61	640	
15.	LEBRE Diogo Ramos	01	Benfica	**24.28**	+0,72	638	
16.	AIRES Rafael Alcantara	01	Benfica	**24.37**	+0,77	631	
17.	SOARES Tiago Silva	99	Porto	**24.38**	+0,76	630	
18.	FERNANDES Pedro Miguel	99	Famalicao	**24.41**	+0,67	628	
19.	PINHO Manuel Antonio	01	Feirense	**24.42**	+0,66	627	
20.	COSTA Tiago Cunha	99	Sporting	**24.48**	+0,64	623	
21.	FERNANDES Eduardo Gomes	02	Sporting	**24.63**	+0,75	611	
22.	TINOCO Joao Pereira	00	Famalicao	**24.73**	+0,69	604	
23.	MACHADO Bruno Rafael	01	Fluvial Portuense	**24.75**	+0,73	603	
24.	LOURENCO Tiago Campos	02	Natacao de Valongo	**24.77**	+0,72	601	
25.	BATE Afonso Ribeiro	98	Alges	**24.86**	+0,72	595	
26.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**24.87**	+0,74	594	
27.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**24.91**	+0,69	591	
28.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**25.03**	+0,66	583	
29.	SIMOES Bernardo Jorge	02	Torres Novas	**25.14**	+0,70	575	
30.	LOPES David Granja	90	AONDA-Azeitao	**25.15**	+0,72	574	
31.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**25.18**	+0,77	572	
32.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**25.21**	+0,70	570	
33.	BRITO Bernardo Geada	02	Uniao Piedense	**25.38**	+0,62	559	

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Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 12, Masc., 50m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	MAIA Jorge Manuel	89	Famalicao	**25.45**	+0,77	554	
EXH	SCHILLING Leonardo	93	Benfica	**22.97**	+0,69	754	
EXH	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**25.46**	+0,79	553	
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**26.69**	+0,88	480	
	Minimos Paralympic Games, Minimos Wordl ParaSwim						
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**29.91**	+0,71	341	

Prova 13 — Femin., 50m Livres — Juvenis A
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Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Juv A	26.79	SOARES Catarina Silva	FCP	Oeiras	28-07-2018
RNS8	37.53	CASTRO Ana Filipa	FVCD	Coimbra	11-03-2018
RNS9	29.78	VEIGA Susana Pereira	POR	Dublin (IRL)	19-08-2018

World-Para Absoluto S9: 30.98 / PreJun_Fem Juv: 27.12 / CEJun_Fem 14 - 17: 26.33 / CMJ_Fem 14 - 17: 25.81 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Maria Gomes	04	Alges	**27.32**	+0,69	650	
2.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**28.01**	+0,69	603	
3.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**28.21**	+0,74	590	

Prova 13 — Femin., 50m Livres — Juvenis B
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Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
RNS8	37.53	CASTRO Ana Filipa	FVCD	Coimbra	11-03-2018
RNS9	29.78	VEIGA Susana Pereira	POR	Dublin (IRL)	19-08-2018

World-Para Absoluto S9: 30.98 / PreJun_Fem Juv: 27.12 / CEJun_Fem 14 - 17: 26.33 / CMJ_Fem 14 - 17: 25.81 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NICOLAU Margarida Claudino	05	Torres Novas	**29.15**	+0,80	535	

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Prova 13, Femin., 50m Livres, Elimin

Prova 13 | Femin., 50m Livres | Juniores

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Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
RNS8	37.53	CASTRO Ana Filipa	FVCD	Coimbra	11-03-2018
RNS9	29.78	VEIGA Susana Pereira	POR	Dublin (IRL)	19-08-2018

World-Para Absoluto S9: 30.98 / CEJun_Fem 14 - 17: 26.33 / CMJ_Fem 14 - 17: 25.81 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Ana Reis	02	Alges	**26.88**	+0,68	682	
2.	PINTO Mafalda Marques	02	Sporting	**27.25**	+0,70	655	
3.	SOARES Catarina Silva	03	Porto	**27.50**	+0,73	637	
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.65**	+0,82	627	
5.	TEJO Beatriz Costa	02	Academica de Coimbra	**28.28**	+0,64	586	
6.	COSTA Mafalda Magalhaes	03	Gualdim Pais	**28.37**	+0,74	580	
7.	CASAL Beatriz Goncalves	03	Torres Novas	**28.49**	+0,70	573	
8.	BARBOSA Mariana Fernandes	02	Porto	**28.50**	+0,74	572	
	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**28.50**	+0,76	572	
10.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**28.55**	+0,78	569	
11.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.62**	+0,74	565	
12.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**28.63**	+0,68	565	
13.	MATIAS Marta Filipa	03	CCDSerta	**28.78**	+0,64	556	
14.	REBELO Beatriz Vaz	03	Gesloures	**28.95**	+0,82	546	
15.	MACHADO Joana Sofia	02	Natacao de Valongo	**28.99**	+0,79	544	
16.	SANTOS Matilde Guimaraes	02	Leixoes	**29.03**	+0,70	542	
17.	MACHADO Carolina Alexandra	03	Beja	**29.04**	+0,75	541	
18.	SANTOS Ana Pedro	02	Galitos / Bresimar	**29.22**	+0,71	531	
19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**29.29**	+0,68	527	

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Prova 13, Femin., 50m Livres, Elimin

Prova 13 | Femin., 50m Livres | Seniores
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Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
RNS8	37.53	CASTRO Ana Filipa	FVCD	Coimbra	11-03-2018
RNS9	29.78	VEIGA Susana Pereira	POR	Dublin (IRL)	19-08-2018

World-Para Absoluto S9: 30.98 / CMPL 19 +: 25.04 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**26.59**	+0,69	705	
2.	VIEGAS Beatriz Mendes	00	Sporting	**27.15**	+0,61	662	
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.30**	+0,57	651	
4.	CASTRO Adriana Daniela	97	Leixoes	**27.41**	+0,73	643	
5.	FERREIRA Catarina Maria	98	Porto	**27.49**	+0,72	638	
6.	PEGO Isabel Porfirio	01	Fluvial Portuense	**27.50**	+0,81	637	
7.	OLIVEIRA Rosa Maria	96	Porto	**27.61**	+0,71	630	
8.	AZEVEDO Madalena Gomes	99	Alges	**27.81**	+0,69	616	
9.	ROSA Maria Carolina	94	Sporting	**27.93**	+0,71	608	
10.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**28.08**	+0,71	598	
11.	NUNES Sofia Alexandra	00	Laranjeiro	**28.10**	+0,75	597	
12.	BELEZA Mafalda Gomes	94	Sporting	**28.16**	+0,65	593	
13.	AMADOR Joana Costa	01	Galitos / Bresimar	**28.19**	+0,70	591	
14.	MESTRE Catarina Martins	00	Natacao de Lisboa	**28.27**	+0,82	586	
15.	LOPES Carolina Sofia	96	Natacao de Faro	**28.30**	+0,71	585	
16.	TIAGO Filipa Vilas	94	Benfica	**28.84**	+0,72	552	
17.	ROLAO Sofia Alexandra	98	Benfica	**28.89**	+0,78	549	
18.	MATOS Carolina Lourenco	98	Cova da Piedade	**29.00**	+0,72	543	
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				

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Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.79	SOARES Catarina Silva	FCP	Oeiras	28-07-2018
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
RNS8	37.53	CASTRO Ana Filipa	FVCD	Coimbra	11-03-2018
RNS9	29.78	VEIGA Susana Pereira	POR	Dublin (IRL)	19-08-2018

World-Para Absoluto S9: 30.98 / PreJun_Fem Juv: 27.12 / CEJun_Fem 14 - 17: 26.33 / CMJ_Fem 14 - 17: 25.81 / CMPL 19 +: 25.04 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**26.59**	+0,69	705	
2.	SOUSA Ana Reis	02	Alges	**26.88**	+0,68	682	
3.	VIEGAS Beatriz Mendes	00	Sporting	**27.15**	+0,61	662	
4.	PINTO Mafalda Marques	02	Sporting	**27.25**	+0,70	655	
5.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.30**	+0,57	651	
6.	PEREIRA Maria Gomes	04	Alges	**27.32**	+0,69	650	
7.	CASTRO Adriana Daniela	97	Leixoes	**27.41**	+0,73	643	
8.	FERREIRA Catarina Maria	98	Porto	**27.49**	+0,72	638	
9.	SOARES Catarina Silva	03	Porto	**27.50**	+0,73	637	
	PEGO Isabel Porfirio	01	Fluvial Portuense	**27.50**	+0,81	637	
11.	OLIVEIRA Rosa Maria	96	Porto	**27.61**	+0,71	630	
12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.65**	+0,82	627	
13.	AZEVEDO Madalena Gomes	99	Alges	**27.81**	+0,69	616	
14.	ROSA Maria Carolina	94	Sporting	**27.93**	+0,71	608	
15.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**28.01**	+0,69	603	
16.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**28.08**	+0,71	598	
17.	NUNES Sofia Alexandra	00	Laranjeiro	**28.10**	+0,75	597	
18.	BELEZA Mafalda Gomes	94	Sporting	**28.16**	+0,65	593	
19.	AMADOR Joana Costa	01	Galitos / Bresimar	**28.19**	+0,70	591	
20.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**28.21**	+0,74	590	
21.	MESTRE Catarina Martins	00	Natacao de Lisboa	**28.27**	+0,82	586	
22.	TEJO Beatriz Costa	02	Academica de Coimbra	**28.28**	+0,64	586	
23.	LOPES Carolina Sofia	96	Natacao de Faro	**28.30**	+0,71	585	
24.	COSTA Mafalda Magalhaes	03	Gualdim Pais	**28.37**	+0,74	580	
25.	CASAL Beatriz Goncalves	03	Torres Novas	**28.49**	+0,70	573	
26.	BARBOSA Mariana Fernandes	02	Porto	**28.50**	+0,74	572	
	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**28.50**	+0,76	572	
28.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**28.55**	+0,78	569	
29.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.62**	+0,74	565	
30.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**28.63**	+0,68	565	
31.	MATIAS Marta Filipa	03	CCDSerta	**28.78**	+0,64	556	
32.	TIAGO Filipa Vilas	94	Benfica	**28.84**	+0,72	552	
33.	ROLAO Sofia Alexandra	98	Benfica	**28.89**	+0,78	549	

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Prova 13, Femin., 50m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	REBELO Beatriz Vaz	03	Gesloures	**28.95**	+0,82	546	
35.	MACHADO Joana Sofia	02	Natacao de Valongo	**28.99**	+0,79	544	
36.	MATOS Carolina Lourenco	98	Cova da Piedade	**29.00**	+0,72	543	
37.	SANTOS Matilde Guimaraes	02	Leixoes	**29.03**	+0,70	542	
38.	MACHADO Carolina Alexandra	03	Beja	**29.04**	+0,75	541	
39.	NICOLAU Margarida Claudino	05	Torres Novas	**29.15**	+0,80	535	
40.	SANTOS Ana Pedro	02	Galitos / Bresimar	**29.22**	+0,71	531	
41.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**29.29**	+0,68	527	
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**28.08**	+0,76	598	
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	**30.16**	+0,82	483	
	Minimos Wordl ParaSwim						

Prova 14 — Masc., 100m Bruços — Juvenis A
05-04-2019 - 10:25 — Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Juv A	1:05.43	SANTOS Andre Goncalo	POR	Utrecht (NED)	16-07-2013
RNS8	1:21.46	CANCELA Diogo Luis	POR	Dublin (IRL)	19-08-2018
RNS9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012

JO-Para Absoluto S8: 1:18.83 / World-Para Absoluto S8: 1:22.65 / PreJun_Masc Juv: 1:05.85 / CEJun_Masc 15 - 18: 1:03.93 / CMJ_Masc 15 - 18: 1:02.67 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**1:05.91**	+0,68	650	
	50m: 31.19 31.19 100m: 1:05.91 34.72						
2.	JUNIOR Luis Cabral	03	Belenenses	**1:07.34**	+0,74	609	
	50m: 31.19 31.19 100m: 1:07.34 36.15						
3.	LOPES Luis Afonso	03	Viver Santarem	**1:10.32**	+0,70	535	
	50m: 32.70 32.70 100m: 1:10.32 37.62						
4.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**1:10.63**	+0,76	528	
	50m: 32.83 32.83 100m: 1:10.63 37.80						
5.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.68**	+0,70	527	
	50m: 33.36 33.36 100m: 1:10.68 37.32						
6.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**1:11.19**	+0,62	516	
	50m: 33.23 33.23 100m: 1:11.19 37.96						
7.	OSSENBRUGGEN David Van	03	Uniao Piedense	**1:11.62**	+0,78	506	
	50m: 33.86 33.86 100m: 1:11.62 37.76						
8.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**1:12.12**	+0,82	496	
	50m: 33.03 33.03 100m: 1:12.12 39.09						
9.	MATOS Joao Luis	03	Colegio Vasco da Gama	**1:13.02**	+0,74	478	
	50m: 34.02 34.02 100m: 1:13.02 39.00						

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Prova 14, Masc., 100m Bruços, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	ENGELEN Dario	03	Louletano / Loule Concelho	**1:13.06**	+0,73	477	
	50m: 34.04 34.04 100m: 1:13.06 39.02						
11.	MATIAS Rafael Candeias	03	Natacao de Lagos	**1:13.12**	+0,85	476	
	50m: 34.76 34.76 100m: 1:13.12 38.36						
12.	LEITAO Tomas Almeida	03	Alges	**1:13.25**	+0,65	473	
	50m: 33.12 33.12 100m: 1:13.25 40.13						
	SILVA Rui Pedro	03	Fluvial Portuense	**1:13.25**	+0,80	473	
	50m: 34.31 34.31 100m: 1:13.25 38.94						
14.	LIMOES Sergio Miguel	03	Galitos / Bresimar	**1:13.27**	+0,75	473	
	50m: 34.48 34.48 100m: 1:13.27 38.79						
15.	BRAS Alexandre Miguel	03	S. Pedro Alva	**1:14.55**	+0,87	449	
	50m: 34.72 34.72 100m: 1:14.55 39.83						
16.	PARENTE Salvador Ataide	03	Gesloures	**1:14.80**	+0,78	444	
	50m: 35.20 35.20 100m: 1:14.80 39.60						
17.	CARRASCO Joao Pedro	03	Portinado	**1:14.86**	+0,80	443	
	50m: 33.67 33.67 100m: 1:14.86 41.19						
18.	CRISTINO Guilherme Matias	03	Uniao Piedense	**1:15.11**	+0,77	439	
	50m: 35.20 35.20 100m: 1:15.11 39.91						
19.	SIMOES Manuel Baptista	03	Uniao Coimbra	**1:15.15**	+0,62	438	
	50m: 34.40 34.40 100m: 1:15.15 40.75						
20.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**1:15.26**	+0,87	436	
	50m: 34.97 34.97 100m: 1:15.26 40.29						
21.	NETO Rodrigo Jorge	03	Aquatico Pacense	**1:15.44**	+0,70	433	
	50m: 35.05 35.05 100m: 1:15.44 40.39						
22.	FREIRE Rui Miguel	03	Nucleo Ansiao	**1:16.02**	+0,77	423	
	50m: 35.21 35.21 100m: 1:16.02 40.81						
23.	SANTANA Pedro Maria	03	Torres Novas	**1:16.41**	+0,71	417	
	50m: 35.65 35.65 100m: 1:16.41 40.76						
24.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**1:16.67**	+0,74	413	
	50m: 35.64 35.64 100m: 1:16.67 41.03						
25.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**1:16.81**	+0,89	410	
	50m: 34.91 34.91 100m: 1:16.81 41.90						
26.	FELICIO Tomas Miguel	03	Rio Maior	**1:20.50**	+0,73	356	
	50m: 37.05 37.05 100m: 1:20.50 43.45						
DSQ	MATOS Rodrigo Vieira	03	Individual ANMAD				
	SW 4.4 - Falsa partida						

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Prova 14, Masc., 100m Bruços, Elimin

Prova 14		Masc., 100m Bruços			Juvenis B
05-04-2019 - 10:25					Resultados Elimin
Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
RNS8	1:21.46	CANCELA Diogo Luis	POR	Dublin (IRL)	19-08-2018
RNS9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012

JO-Para Absoluto S8: 1:18.83 / World-Para Absoluto S8: 1:22.65 / PreJun_Masc Juv: 1:05.85 / CEJun_Masc 15 - 18: 1:03.93 / CMJ_Masc 15 - 18: 1:02.67 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:10.17**	+0,78	538	
	50m: 33.16 33.16 100m: 1:10.17 37.01						
2.	FERNANDES Martim Pestana	04	Naval do Funchal	**1:10.80**	+0,62	524	
	50m: 34.10 34.10 100m: 1:10.80 36.70						
3.	REBELO Joao Lourenco	04	Alges	**1:11.37**	+0,66	512	
	50m: 33.98 33.98 100m: 1:11.37 37.39						
4.	OLIVEIRA Joao Campelo	04	Famalicao	**1:11.60**	+0,71	507	
	50m: 34.23 34.23 100m: 1:11.60 37.37						
5.	BARRY Rafael Francisco	04	Naval do Funchal	**1:12.17**	+0,66	495	
	50m: 33.35 33.35 100m: 1:12.17 38.82						
6.	CAMPOS Rafael Alves	04	S. Pedro Alva	**1:12.51**	+0,69	488	
	50m: 33.33 33.33 100m: 1:12.51 39.18						
7.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:12.93**	+0,71	479	
	50m: 34.29 34.29 100m: 1:12.93 38.64						
8.	MOREIRA Joao Pedro	04	Fluvial Portuense	**1:13.08**	+0,85	476	
	50m: 34.47 34.47 100m: 1:13.08 38.61						
9.	CARVALHO Antonio Lombardi	04	Belenenses	**1:13.43**	+0,78	470	
	50m: 33.57 33.57 100m: 1:13.43 39.86						
10.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:13.61**	+0,88	466	
	50m: 34.61 34.61 100m: 1:13.61 39.00						
11.	PEREIRA Jose Goncalo	04	Fafe	**1:13.62**	+0,78	466	
	50m: 34.15 34.15 100m: 1:13.62 39.47						
12.	CHOCAS Afonso Alves	04	Electrico Clube	**1:13.98**	+0,71	459	
	50m: 34.71 34.71 100m: 1:13.98 39.27						
13.	VIEIRA Tomas Sa	04	Alges	**1:14.20**	+0,69	455	
	50m: 34.49 34.49 100m: 1:14.20 39.71						
14.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**1:15.02**	+0,72	440	
	50m: 35.31 35.31 100m: 1:15.02 39.71						
15.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**1:15.15**	+0,83	438	
	50m: 35.51 35.51 100m: 1:15.15 39.64						
16.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**1:15.68**	+0,74	429	
	50m: 36.53 36.53 100m: 1:15.68 39.15						

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Prova 14, Masc., 100m Bruços, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	PINTO Joao Pedro	04	Academia dos Acores	**1:16.13**	+0,68	421	
	50m: 34.73 34.73 100m: 1:16.13 41.40						
18.	SANTOS Vasco Malia	04	Natacao de Lagos	**1:16.20**	+0,84	420	
	50m: 36.53 36.53 100m: 1:16.20 39.67						
19.	SILVA Goncalo Oliveira	04	Foca	**1:16.33**	+0,73	418	
	50m: 35.17 35.17 100m: 1:16.33 41.16						
20.	MATIAS Francisco Miguel	04	CCDSerta	**1:16.87**	+0,75	409	
	50m: 35.29 35.29 100m: 1:16.87 41.58						
21.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**1:16.92**	+0,69	409	
	50m: 36.15 36.15 100m: 1:16.92 40.77						
22.	OLIVEIRA Pedro Nuno	04	Torres Novas	**1:17.35**	+0,81	402	
	50m: 35.84 35.84 100m: 1:17.35 41.51						
23.	NUNES Jaeden Michael	04	Belenenses	**1:17.67**	+0,84	397	
	50m: 35.81 35.81 100m: 1:17.67 41.86						
24.	MATOS Gil Amaral	04	Academia dos Acores	**1:18.61**	+0,73	383	
	50m: 37.01 37.01 100m: 1:18.61 41.60						
25.	TSYKAL Daniel	04	Alcobaca	**1:19.14**	+0,77	375	
	50m: 36.75 36.75 100m: 1:19.14 42.39						
26.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**1:19.59**	+0,84	369	
	50m: 38.16 38.16 100m: 1:19.59 41.43						
27.	SILVA Francisco Oliveira	04	Foca	**1:19.76**	+0,77	366	
	50m: 36.34 36.34 100m: 1:19.76 43.42						
DSQ	CRUZ David Miguel	04	Braga				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						
DSQ	GONCALVES Duarte Cadima	04	Natacao do Montijo				
	SW 4.4 - Falsa partida						

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Prova 14, Masc., 100m Bruços, Elimin

Prova 14 | Masc., 100m Bruços | Juniores
05-04-2019 - 10:25 | Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
RNS8	1:21.46	CANCELA Diogo Luis	POR	Dublin (IRL)	19-08-2018
RNS9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012

JO-Para Absoluto S8: 1:18.83 / World-Para Absoluto S8: 1:22.65 / CEJun_Masc 15 - 18: 1:03.93 / CMJ_Masc 15 - 18: 1:02.67 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.55**	+0,69	603	
	50m: 31.14 31.14 100m: 1:07.55 36.41						
2.	KLIER Afonso Miguel	01	Galitos / Bresimar	**1:07.86**	+0,68	595	
	50m: 31.94 31.94 100m: 1:07.86 35.92						
3.	CABRITO Rodrigo Almeida	01	Belenenses	**1:08.49**	+0,65	579	
	50m: 32.38 32.38 100m: 1:08.49 36.11						
4.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.87**	+0,72	569	
	50m: 31.90 31.90 100m: 1:08.87 36.97						
5.	FRISCHKNECHT Renato Barros	01	Alges	**1:09.27**	+0,63	560	
	50m: 31.49 31.49 100m: 1:09.27 37.78						
6.	MERUJE Joaquim Agra	01	Elvense	**1:09.73**	+0,77	549	
	50m: 32.06 32.06 100m: 1:09.73 37.67						
7.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**1:10.27**	+0,71	536	
	50m: 31.86 31.86 100m: 1:10.27 38.41						
8.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**1:10.33**	+0,75	535	
	50m: 32.57 32.57 100m: 1:10.33 37.76						
9.	SANTOS Afonso Amaro	02	Gesloures	**1:11.05**	+0,65	519	
	50m: 32.23 32.23 100m: 1:11.05 38.82						
10.	MALFEITO Martim Rebelo	02	Sporting	**1:11.29**	+0,72	513	
	50m: 32.73 32.73 100m: 1:11.29 38.56						
11.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**1:11.72**	+0,71	504	
	50m: 33.06 33.06 100m: 1:11.72 38.66						
12.	BRITO Bernardo Geada	02	Uniao Piedense	**1:13.23**	+0,65	474	
	50m: 33.30 33.30 100m: 1:13.23 39.93						
DSQ	ARAUJO Sergio Daniel	02	Naval Povoense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						

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Prova 14, Masc., 100m Bruços, Elimin

Prova 14 | Masc., 100m Bruços | Seniores
05-04-2019 - 10:25 | Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RNS8	1:21.46	CANCELA Diogo Luis	POR	Dublin (IRL)	19-08-2018
RNS9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012

JO-Para Absoluto S8: 1:18.83 / World-Para Absoluto S8: 1:22.65 / CMPL : 59.95 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Alexis Manacas	92	Sporting	**1:04.94**	+0,72	679	
	50m: 30.80 30.80 100m: 1:04.94 34.14						
2.	SIMOES Rafael Gomes	00	Braga	**1:05.05**	+0,79	676	
	50m: 30.83 30.83 100m: 1:05.05 34.22						
3.	AMORIM Alexandre Ferreira	99	Porto	**1:05.16**	+0,68	672	
	50m: 30.79 30.79 100m: 1:05.16 34.37						
4.	MENDES Antonio Manuel	99	Sporting	**1:05.36**	+0,67	666	
	50m: 31.00 31.00 100m: 1:05.36 34.36						
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**1:05.43**	+0,76	664	
	50m: 30.90 30.90 100m: 1:05.43 34.53						
6.	PON Hugo	98	Alges	**1:05.54**	+0,68	661	
	50m: 30.76 30.76 100m: 1:05.54 34.78						
7.	QUINTAS Francisco Robalo	95	Belenenses	**1:05.56**	+0,68	660	
	50m: 31.21 31.21 100m: 1:05.56 34.35						
8.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.13**	+0,69	643	
	50m: 31.16 31.16 100m: 1:06.13 34.97						
	CRUCHINHO Miguel Monteiro	97	Sporting	**1:06.13**	+0,68	643	
	50m: 31.55 31.55 100m: 1:06.13 34.58						
10.	RAMOS Filipe Carmo	97	Vilacondense	**1:06.74**	+0,73	626	
	50m: 31.38 31.38 100m: 1:06.74 35.36						
11.	TEIXEIRA Guilherme Miguel	97	Belenenses	**1:06.78**	+0,77	625	
	50m: 31.92 31.92 100m: 1:06.78 34.86						
12.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**1:07.19**	+0,69	613	
	50m: 31.83 31.83 100m: 1:07.19 35.36						
13.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**1:07.84**	+0,61	596	
	50m: 31.91 31.91 100m: 1:07.84 35.93						
14.	VARGAS Joao Manuel	00	Individual ANL	**1:08.34**	+0,65	583	
	50m: 32.26 32.26 100m: 1:08.34 36.08						
15.	GRENHO Andre Tavares	99	Gesloures	**1:08.38**	+0,73	582	
	50m: 31.79 31.79 100m: 1:08.38 36.59						
16.	MARTINS Bruno Miguel	93	Gesloures	**1:08.97**	+0,73	567	
	50m: 32.17 32.17 100m: 1:08.97 36.80						

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Prova 14, Masc., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	SOARES Miguel Carlos	92	Naval Povoense	**1:10.19**	+0,70	538	
	50m: 31.70 31.70 100m: 1:10.19 38.49						
18.	VIANA Luis Filipe	89	CLAC-Entroncamento	**1:10.54**	+0,81	530	
	50m: 32.03 32.03 100m: 1:10.54 38.51						
DSQ	VIEIRA Jose Gabriel	83	Natacao de Faro				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros						

Prova 14 — Masc., 100m Bruços — Absolutos
05-04-2019 - 10:25 — Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
Rec Nac Juv A	1:05.43	SANTOS Andre Goncalo	POR	Utrecht (NED)	16-07-2013
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
RNS8	1:21.46	CANCELA Diogo Luis	POR	Dublin (IRL)	19-08-2018
RNS9	1:11.87	NASCIMENTO Adriano Miguel	POR	Londres (GBR)	08-09-2012

JO-Para Absoluto S8: 1:18.83 / World-Para Absoluto S8: 1:22.65 / PreJun_Masc Juv: 1:05.85 / CEJun_Masc 15 - 18: 1:03.93 / CMJ_Masc 15 - 18: 1:02.67 / CMPL Sen: 59.95 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Alexis Manacas	92	Sporting	**1:04.94**	+0,72	679	
	50m: 30.80 30.80 100m: 1:04.94 34.14						
2.	SIMOES Rafael Gomes	00	Braga	**1:05.05**	+0,79	676	
	50m: 30.83 30.83 100m: 1:05.05 34.22						
3.	AMORIM Alexandre Ferreira	99	Porto	**1:05.16**	+0,68	672	
	50m: 30.79 30.79 100m: 1:05.16 34.37						
4.	MENDES Antonio Manuel	99	Sporting	**1:05.36**	+0,67	666	
	50m: 31.00 31.00 100m: 1:05.36 34.36						
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**1:05.43**	+0,76	664	
	50m: 30.90 30.90 100m: 1:05.43 34.53						
6.	PON Hugo	98	Alges	**1:05.54**	+0,68	661	
	50m: 30.76 30.76 100m: 1:05.54 34.78						
7.	QUINTAS Francisco Robalo	95	Belenenses	**1:05.56**	+0,68	660	
	50m: 31.21 31.21 100m: 1:05.56 34.35						
8.	PEREIRA Ricardo Samuel	03	Benfica	**1:05.91**	+0,68	650	
	50m: 31.19 31.19 100m: 1:05.91 34.72						
9.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.13**	+0,69	643	
	50m: 31.16 31.16 100m: 1:06.13 34.97						
	CRUCHINHO Miguel Monteiro	97	Sporting	**1:06.13**	+0,68	643	
	50m: 31.55 31.55 100m: 1:06.13 34.58						

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Prova 14, Masc., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	RAMOS Filipe Carmo	97	Vilacondense	**1:06.74**	+0,73	626	
	50m: 31.38 31.38 100m: 1:06.74 35.36						
12.	TEIXEIRA Guilherme Miguel	97	Belenenses	**1:06.78**	+0,77	625	
	50m: 31.92 31.92 100m: 1:06.78 34.86						
13.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**1:07.19**	+0,69	613	
	50m: 31.83 31.83 100m: 1:07.19 35.36						
14.	JUNIOR Luis Cabral	03	Belenenses	**1:07.34**	+0,74	609	
	50m: 31.19 31.19 100m: 1:07.34 36.15						
15.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.55**	+0,69	603	
	50m: 31.14 31.14 100m: 1:07.55 36.41						
16.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**1:07.84**	+0,61	596	
	50m: 31.91 31.91 100m: 1:07.84 35.93						
17.	KLIER Afonso Miguel	01	Galitos / Bresimar	**1:07.86**	+0,68	595	
	50m: 31.94 31.94 100m: 1:07.86 35.92						
18.	VARGAS Joao Manuel	00	Individual ANL	**1:08.34**	+0,65	583	
	50m: 32.26 32.26 100m: 1:08.34 36.08						
19.	GRENHO Andre Tavares	99	Gesloures	**1:08.38**	+0,73	582	
	50m: 31.79 31.79 100m: 1:08.38 36.59						
20.	CABRITO Rodrigo Almeida	01	Belenenses	**1:08.49**	+0,65	579	
	50m: 32.38 32.38 100m: 1:08.49 36.11						
21.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.87**	+0,72	569	
	50m: 31.90 31.90 100m: 1:08.87 36.97						
22.	MARTINS Bruno Miguel	93	Gesloures	**1:08.97**	+0,73	567	
	50m: 32.17 32.17 100m: 1:08.97 36.80						
23.	FRISCHKNECHT Renato Barros	01	Alges	**1:09.27**	+0,63	560	
	50m: 31.49 31.49 100m: 1:09.27 37.78						
24.	MERUJE Joaquim Agra	01	Elvense	**1:09.73**	+0,77	549	
	50m: 32.06 32.06 100m: 1:09.73 37.67						
25.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:10.17**	+0,78	538	
	50m: 33.16 33.16 100m: 1:10.17 37.01						
26.	SOARES Miguel Carlos	92	Naval Povoense	**1:10.19**	+0,70	538	
	50m: 31.70 31.70 100m: 1:10.19 38.49						
27.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**1:10.27**	+0,71	536	
	50m: 31.86 31.86 100m: 1:10.27 38.41						
28.	LOPES Luis Afonso	03	Viver Santarem	**1:10.32**	+0,70	535	
	50m: 32.70 32.70 100m: 1:10.32 37.62						
29.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**1:10.33**	+0,75	535	
	50m: 32.57 32.57 100m: 1:10.33 37.76						
30.	VIANA Luis Filipe	89	CLAC-Entroncamento	**1:10.54**	+0,81	530	
	50m: 32.03 32.03 100m: 1:10.54 38.51						

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CIMAI
Myrtha Pools

Prova 14, Masc., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**1:10.63**	+0,76	528	
	50m: 32.83 32.83 100m: 1:10.63 37.80						
32.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.68**	+0,70	527	
	50m: 33.36 33.36 100m: 1:10.68 37.32						
33.	FERNANDES Martim Pestana	04	Naval do Funchal	**1:10.80**	+0,62	524	
	50m: 34.10 34.10 100m: 1:10.80 36.70						
34.	SANTOS Afonso Amaro	02	Gesloures	**1:11.05**	+0,65	519	
	50m: 32.23 32.23 100m: 1:11.05 38.82						
35.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**1:11.19**	+0,62	516	
	50m: 33.23 33.23 100m: 1:11.19 37.96						
36.	MALFEITO Martim Rebelo	02	Sporting	**1:11.29**	+0,72	513	
	50m: 32.73 32.73 100m: 1:11.29 38.56						
37.	REBELO Joao Lourenco	04	Alges	**1:11.37**	+0,66	512	
	50m: 33.98 33.98 100m: 1:11.37 37.39						
38.	OLIVEIRA Joao Campelo	04	Famalicao	**1:11.60**	+0,71	507	
	50m: 34.23 34.23 100m: 1:11.60 37.37						
39.	OSSENBRUGGEN David Van	03	Uniao Piedense	**1:11.62**	+0,78	506	
	50m: 33.86 33.86 100m: 1:11.62 37.76						
40.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**1:11.72**	+0,71	504	
	50m: 33.06 33.06 100m: 1:11.72 38.66						
41.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**1:12.12**	+0,82	496	
	50m: 33.03 33.03 100m: 1:12.12 39.09						
42.	BARRY Rafael Francisco	04	Naval do Funchal	**1:12.17**	+0,66	495	
	50m: 33.35 33.35 100m: 1:12.17 38.82						
43.	CAMPOS Rafael Alves	04	S. Pedro Alva	**1:12.51**	+0,69	488	
	50m: 33.33 33.33 100m: 1:12.51 39.18						
44.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:12.93**	+0,71	479	
	50m: 34.29 34.29 100m: 1:12.93 38.64						
45.	MATOS Joao Luis	03	Colegio Vasco da Gama	**1:13.02**	+0,74	478	
	50m: 34.02 34.02 100m: 1:13.02 39.00						
46.	ENGELEN Dario	03	Louletano / Loule Concelho	**1:13.06**	+0,73	477	
	50m: 34.04 34.04 100m: 1:13.06 39.02						
47.	MOREIRA Joao Pedro	04	Fluvial Portuense	**1:13.08**	+0,85	476	
	50m: 34.47 34.47 100m: 1:13.08 38.61						
48.	MATIAS Rafael Candeias	03	Natacao de Lagos	**1:13.12**	+0,85	476	
	50m: 34.76 34.76 100m: 1:13.12 38.36						
49.	BRITO Bernardo Geada	02	Uniao Piedense	**1:13.23**	+0,65	474	
	50m: 33.30 33.30 100m: 1:13.23 39.93						
50.	LEITAO Tomas Almeida	03	Alges	**1:13.25**	+0,65	473	
	50m: 33.12 33.12 100m: 1:13.25 40.13						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	SILVA Rui Pedro	03	Fluvial Portuense	**1:13.25**	+0,80	473	
	50m: 34.31 34.31 100m: 1:13.25 38.94						
52.	LIMOES Sergio Miguel	03	Galitos / Bresimar	**1:13.27**	+0,75	473	
	50m: 34.48 34.48 100m: 1:13.27 38.79						
53.	CARVALHO Antonio Lombardi	04	Belenenses	**1:13.43**	+0,78	470	
	50m: 33.57 33.57 100m: 1:13.43 39.86						
54.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:13.61**	+0,88	466	
	50m: 34.61 34.61 100m: 1:13.61 39.00						
55.	PEREIRA Jose Goncalo	04	Fafe	**1:13.62**	+0,78	466	
	50m: 34.15 34.15 100m: 1:13.62 39.47						
56.	CHOCAS Afonso Alves	04	Electrico Clube	**1:13.98**	+0,71	459	
	50m: 34.71 34.71 100m: 1:13.98 39.27						
57.	VIEIRA Tomas Sa	04	Alges	**1:14.20**	+0,69	455	
	50m: 34.49 34.49 100m: 1:14.20 39.71						
58.	BRAS Alexandre Miguel	03	S. Pedro Alva	**1:14.55**	+0,87	449	
	50m: 34.72 34.72 100m: 1:14.55 39.83						
59.	PARENTE Salvador Ataide	03	Gesloures	**1:14.80**	+0,78	444	
	50m: 35.20 35.20 100m: 1:14.80 39.60						
60.	CARRASCO Joao Pedro	03	Portinado	**1:14.86**	+0,80	443	
	50m: 33.67 33.67 100m: 1:14.86 41.19						
61.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**1:15.02**	+0,72	440	
	50m: 35.31 35.31 100m: 1:15.02 39.71						
62.	CRISTINO Guilherme Matias	03	Uniao Piedense	**1:15.11**	+0,77	439	
	50m: 35.20 35.20 100m: 1:15.11 39.91						
63.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**1:15.15**	+0,83	438	
	50m: 35.51 35.51 100m: 1:15.15 39.64						
	SIMOES Manuel Baptista	03	Uniao Coimbra	**1:15.15**	+0,62	438	
	50m: 34.40 34.40 100m: 1:15.15 40.75						
65.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**1:15.26**	+0,87	436	
	50m: 34.97 34.97 100m: 1:15.26 40.29						
66.	NETO Rodrigo Jorge	03	Aquatico Pacense	**1:15.44**	+0,70	433	
	50m: 35.05 35.05 100m: 1:15.44 40.39						
67.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**1:15.68**	+0,74	429	
	50m: 36.53 36.53 100m: 1:15.68 39.15						
68.	FREIRE Rui Miguel	03	Nucleo Ansiao	**1:16.02**	+0,77	423	
	50m: 35.21 35.21 100m: 1:16.02 40.81						
69.	PINTO Joao Pedro	04	Academia dos Acores	**1:16.13**	+0,68	421	
	50m: 34.73 34.73 100m: 1:16.13 41.40						
70.	SANTOS Vasco Malia	04	Natacao de Lagos	**1:16.20**	+0,84	420	
	50m: 36.53 36.53 100m: 1:16.20 39.67						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
71.	SILVA Goncalo Oliveira	04	Foca	**1:16.33**	+0,73	418	
	50m: 35.17 35.17 100m: 1:16.33 41.16						
72.	SANTANA Pedro Maria	03	Torres Novas	**1:16.41**	+0,71	417	
	50m: 35.65 35.65 100m: 1:16.41 40.76						
73.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**1:16.67**	+0,74	413	
	50m: 35.64 35.64 100m: 1:16.67 41.03						
74.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**1:16.81**	+0,89	410	
	50m: 34.91 34.91 100m: 1:16.81 41.90						
75.	MATIAS Francisco Miguel	04	CCDSerta	**1:16.87**	+0,75	409	
	50m: 35.29 35.29 100m: 1:16.87 41.58						
76.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**1:16.92**	+0,69	409	
	50m: 36.15 36.15 100m: 1:16.92 40.77						
77.	OLIVEIRA Pedro Nuno	04	Torres Novas	**1:17.35**	+0,81	402	
	50m: 35.84 35.84 100m: 1:17.35 41.51						
78.	NUNES Jaeden Michael	04	Belenenses	**1:17.67**	+0,84	397	
	50m: 35.81 35.81 100m: 1:17.67 41.86						
79.	MATOS Gil Amaral	04	Academia dos Acores	**1:18.61**	+0,73	383	
	50m: 37.01 37.01 100m: 1:18.61 41.60						
80.	TSYKAL Daniel	04	Alcobaca	**1:19.14**	+0,77	375	
	50m: 36.75 36.75 100m: 1:19.14 42.39						
81.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**1:19.59**	+0,84	369	
	50m: 38.16 38.16 100m: 1:19.59 41.43						
82.	SILVA Francisco Oliveira	04	Foca	**1:19.76**	+0,77	366	
	50m: 36.34 36.34 100m: 1:19.76 43.42						
83.	FELICIO Tomas Miguel	03	Rio Maior	**1:20.50**	+0,73	356	
	50m: 37.05 37.05 100m: 1:20.50 43.45						
DSQ	ARAUJO Sergio Daniel	02	Naval Povoense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DSQ	MATOS Rodrigo Vieira	03	Individual ANMAD				
	SW 4.4 - Falsa partida						
DSQ	CRUZ David Miguel	04	Braga				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						
DSQ	GONCALVES Duarte Cadima	04	Natacao do Montijo				
	SW 4.4 - Falsa partida						
DSQ	VIEIRA Jose Gabriel	83	Natacao de Faro				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	CANCELA Diogo Luis *Minimos Wordl ParaSwim*	02	Miranda do Corvo	**1:22.32**	+0,70	333	
	50m: 39.46 39.46 100m: 1:22.32 42.86						

Prova 15 — Femin., 100m Bruços — Juvenis A
05-04-2019 - 10:45 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009

PreJun_Fem Juv: 1:13.45 / CEJun_Fem 14 - 17: 1:11.31 / CMJ_Fem 14 - 17: 1:09.91 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:15.89**	+0,86	603	
	50m: 35.91 35.91 100m: 1:15.89 39.98						
2.	MORAIS Margarida Mateus	04	Torres Novas	**1:16.82**	+0,76	581	
	50m: 36.15 36.15 100m: 1:16.82 40.67						
3.	RODRIGUES Lidiana Correia	04	Belenenses	**1:17.42**	+0,84	568	
	50m: 36.86 36.86 100m: 1:17.42 40.56						
4.	PEREIRA Maria Gomes	04	Alges	**1:19.44**	+0,72	526	
	50m: 37.24 37.24 100m: 1:19.44 42.20						
5.	DOMINGOS Marta Pereira	04	Uniao Piedense	**1:20.32**	+0,79	508	
	50m: 37.33 37.33 100m: 1:20.32 42.99						
6.	RODRIGUES Marta Silva	04	Naval Povoense	**1:20.91**	+0,78	497	
	50m: 37.95 37.95 100m: 1:20.91 42.96						
7.	BOROZAN Gabriela	04	Louletano / Loule Concelho	**1:21.18**	+0,83	492	
	50m: 37.54 37.54 100m: 1:21.18 43.64						
8.	PRETO Filipa Manso	04	Porto	**1:21.22**	+0,78	492	
	50m: 38.35 38.35 100m: 1:21.22 42.87						
9.	FRANCO Barbara Garrido	04	Elvense	**1:21.38**	+0,83	489	
	50m: 38.99 38.99 100m: 1:21.38 42.39						
10.	SILVA Ines Louro	04	Albicastrense	**1:21.56**	+0,85	486	
	50m: 38.84 38.84 100m: 1:21.56 42.72						
11.	BORCIC Aleksandra Bozanic	04	Alges	**1:21.59**	+0,75	485	
	50m: 38.09 38.09 100m: 1:21.59 43.50						
12.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**1:21.66**	+0,85	484	
	50m: 38.25 38.25 100m: 1:21.66 43.41						
13.	FLORENCIO Matilde Alves	04	Condeixa Clube	**1:21.73**	+0,76	483	
	50m: 37.96 37.96 100m: 1:21.73 43.77						
14.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**1:21.74**	+0,78	482	
	50m: 38.04 38.04 100m: 1:21.74 43.70						

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Prova 15, Femin., 100m Bruços, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	COSTA Catarina Nunes	04	Gesloures	**1:21.81**	+0,91	481	
	50m: 39.09 39.09 100m: 1:21.81 42.72						
16.	LOPES Margarida Santos	04	Estarreja	**1:22.53**	+0,75	469	
	50m: 38.28 38.28 100m: 1:22.53 44.25						
17.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:22.89**	+0,63	463	
	50m: 37.87 37.87 100m: 1:22.89 45.02						
18.	LAMAS Maria Caetano	04	Miranda do Corvo	**1:23.06**	+0,85	460	
	50m: 39.54 39.54 100m: 1:23.06 43.52						
19.	SILVA Alexandra Cordeiro	04	Alcobaca	**1:23.42**	+0,75	454	
	50m: 39.30 39.30 100m: 1:23.42 44.12						
20.	VIANA Carolina Pereira	04	Aquatico Silves	**1:23.63**	+0,74	450	
	50m: 38.96 38.96 100m: 1:23.63 44.67						
21.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:23.72**	+0,82	449	
	50m: 39.16 39.16 100m: 1:23.72 44.56						
22.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**1:23.75**	+0,88	448	
	50m: 41.13 41.13 100m: 1:23.75 42.62						
23.	GERALDES Madalena Graca	04	Sporting	**1:24.82**	+0,89	432	
	50m: 39.32 39.32 100m: 1:24.82 45.50						
24.	BARROS Alexia Bastos	04	Fafe	**1:24.89**	+0,78	431	
	50m: 39.78 39.78 100m: 1:24.89 45.11						
25.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:25.72**	+0,84	418	
	50m: 40.53 40.53 100m: 1:25.72 45.19						
26.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:26.47**	+0,74	407	
	50m: 40.22 40.22 100m: 1:26.47 46.25						
27.	MORGANHO Leonor Alves	04	Alges	**1:26.56**	+0,85	406	
	50m: 41.10 41.10 100m: 1:26.56 45.46						

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PARCEIROS

Prova 15, Femin., 100m Bruços, Elimin

Prova 15 | Femin., 100m Bruços | Juvenis B
05-04-2019 - 10:45 | Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010

PreJun_Fem Juv: 1:13.45 / CEJun_Fem 14 - 17: 1:11.31 / CMJ_Fem 14 - 17: 1:09.91 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Margarida Domingues	05	Avancado EUL	**1:16.68**	+0,75	584	
	50m: 36.14 36.14 100m: 1:16.68 40.54						
2.	REIS Erica Cristina	05	Sporting	**1:18.40**	+0,67	547	
	50m: 37.23 37.23 100m: 1:18.40 41.17						
3.	REGO Ines Faria	05	Famalicao	**1:19.03**	+0,71	534	
	50m: 37.45 37.45 100m: 1:19.03 41.58						
4.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:19.34**	+0,78	528	
	50m: 35.99 35.99 100m: 1:19.34 43.35						
5.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:19.53**	+0,71	524	
	50m: 37.20 37.20 100m: 1:19.53 42.33						
6.	DELGADO Soraia Alexandra	05	Sporting	**1:19.59**	+0,67	523	
	50m: 38.02 38.02 100m: 1:19.59 41.57						
7.	REIS Beatriz Grave	05	Rio Maior	**1:19.75**	+0,71	519	
	50m: 37.89 37.89 100m: 1:19.75 41.86						
8.	RICARDO Maria Correia	05	Naval Setubalense	**1:19.94**	+0,85	516	
	50m: 38.76 38.76 100m: 1:19.94 41.18						
9.	LOPES Francisca Macedo	05	Vilacondense	**1:21.88**	+0,95	480	
	50m: 38.64 38.64 100m: 1:21.88 43.24						
10.	GAMA Joana Fernandes	05	Sporting	**1:22.69**	+0,77	466	
	50m: 39.13 39.13 100m: 1:22.69 43.56						
11.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**1:22.79**	+0,71	464	
	50m: 38.77 38.77 100m: 1:22.79 44.02						
12.	FERREIRA Joana Rosa	05	Naval de Peniche	**1:22.92**	+0,84	462	
	50m: 39.32 39.32 100m: 1:22.92 43.60						
13.	ENGELEN Zoe	05	Louletano / Loule Concelho	**1:23.26**	+0,96	456	
	50m: 39.95 39.95 100m: 1:23.26 43.31						
14.	NICOLAU Margarida Claudino	05	Torres Novas	**1:23.91**	+0,83	446	
	50m: 39.19 39.19 100m: 1:23.91 44.72						
15.	PIRES Laura Joao	05	Natacao do Fundao	**1:24.31**	+0,90	440	
	50m: 40.23 40.23 100m: 1:24.31 44.08						
16.	LOURO Ariana Espirito	05	Gualdim Pais	**1:24.45**	+0,70	437	
	50m: 39.27 39.27 100m: 1:24.45 45.18						
17.	ALVES Maria Ines	05	Academica de Coimbra	**1:24.89**	+0,85	431	
	50m: 39.80 39.80 100m: 1:24.89 45.09						

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Prova 15, Femin., 100m Bruços, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ALMEIDA Ana Rita	05	Campinho	**1:25.59**	+0,72	420	
	50m: 40.28 40.28 100m: 1:25.59 45.31						
19.	MARTINS Margarida Carvalhal	05	Famalicao	**1:25.69**	+0,75	419	
	50m: 40.41 40.41 100m: 1:25.69 45.28						
20.	NEVES Maria Manuel	05	Braga	**1:25.71**	+0,84	418	
	50m: 39.95 39.95 100m: 1:25.71 45.76						
21.	ROCHA Gabriela Santos	05	Natacao de Valongo	**1:26.86**		402	
	50m: 40.24 40.24 100m: 1:26.86 46.62						
22.	MARQUES Maria Ines	05	Alcobaca	**1:27.61**	+0,76	392	
	50m: 40.54 40.54 100m: 1:27.61 47.07						

Prova 15 — Femin., 100m Bruços — Juniores
05-04-2019 - 10:45 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005

CEJun_Fem 14 - 17: 1:11.31 / CMJ_Fem 14 - 17: 1:09.91 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CERDEIRA Madalena Reis	03	Sporting	**1:14.81**	+0,81	629	
	50m: 35.58 35.58 100m: 1:14.81 39.23						
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:16.02**	+0,80	600	
	50m: 36.16 36.16 100m: 1:16.02 39.86						
3.	PEREIRA Clara Gomes	02	Alges	**1:16.51**	+0,75	588	
	50m: 36.43 36.43 100m: 1:16.51 40.08						
4.	CASTRO Maria Freitas	03	Fafe	**1:16.63**	+0,73	586	
	50m: 36.21 36.21 100m: 1:16.63 40.42						
5.	SILVA Natacha Sofia	02	Benfica	**1:16.67**	+0,83	585	
	50m: 35.43 35.43 100m: 1:16.67 41.24						
6.	TEIXEIRA Ines Oliveira	02	Estarreja	**1:17.15**	+0,70	574	
	50m: 35.70 35.70 100m: 1:17.15 41.45						
7.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.70**	+0,57	562	
	50m: 37.30 37.30 100m: 1:17.70 40.40						
8.	DIAS Ana Leonor	02	Natacao Olhao	**1:18.89**	+0,72	537	
	50m: 36.95 36.95 100m: 1:18.89 41.94						
9.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:19.28**	+0,69	529	
	50m: 38.19 38.19 100m: 1:19.28 41.09						
10.	AGOSTINHO Catia Iordan	02	Rio Maior	**1:19.31**	+0,83	528	
	50m: 37.39 37.39 100m: 1:19.31 41.92						
11.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:20.13**	+0,72	512	
	50m: 38.08 38.08 100m: 1:20.13 42.05						

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Prova 15, Femin., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:20.35**	+0,69	508	
	50m: 38.43 38.43 100m: 1:20.35 41.92						
13.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**1:20.50**	+0,89	505	
	50m: 37.43 37.43 100m: 1:20.50 43.07						
14.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**1:20.85**	+0,83	499	
	50m: 37.41 37.41 100m: 1:20.85 43.44						
15.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**1:20.89**	+0,70	498	
	50m: 37.56 37.56 100m: 1:20.89 43.33						
16.	PELAIO Maria Joao	03	Ginasio Figueirense	**1:21.15**	+0,84	493	
	50m: 37.44 37.44 100m: 1:21.15 43.71						
17.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**1:21.21**	+0,76	492	
	50m: 38.17 38.17 100m: 1:21.21 43.04						
18.	FERNANDES Ana Catarina	03	Naval do Funchal	**1:21.39**	+0,71	489	
	50m: 38.09 38.09 100m: 1:21.39 43.30						
19.	FIAL Sofia Nunes	03	Estamos Juntos	**1:21.57**	+0,82	485	
	50m: 38.22 38.22 100m: 1:21.57 43.35						
20.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:21.75**	+0,89	482	
	50m: 38.22 38.22 100m: 1:21.75 43.53						
21.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**1:21.80**	+0,80	481	
	50m: 38.09 38.09 100m: 1:21.80 43.71						
22.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**1:23.48**	+0,85	453	
	50m: 38.51 38.51 100m: 1:23.48 44.97						

Prova 15 — Femin., 100m Bruços — Seniores
05-04-2019 - 10:45 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015

CMPL 19 +: 1:07.43 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**1:11.31**	+0,74	727	
	50m: 33.64 33.64 100m: 1:11.31 37.67						
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:13.98**	+0,71	651	
	50m: 34.87 34.87 100m: 1:13.98 39.11						
3.	BORGES Claudia Ferreira	99	Benfica	**1:14.88**	+0,67	628	
	50m: 35.61 35.61 100m: 1:14.88 39.27						
4.	MACHADO Luisa Maria	01	Uniao Piedense	**1:15.33**	+0,77	616	
	50m: 35.97 35.97 100m: 1:15.33 39.36						
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:15.45**	+0,78	614	
	50m: 36.03 36.03 100m: 1:15.45 39.42						

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Prova 15, Femin., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	GONCALVES Sofia Filipa	01	Leixoes	**1:15.97**	+0,71	601	
	50m: 35.41 35.41 100m: 1:15.97 40.56						
7.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.12**	+0,74	597	
	50m: 36.36 36.36 100m: 1:16.12 39.76						
8.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:16.69**	+0,76	584	
	50m: 36.95 36.95 100m: 1:16.69 39.74						
9.	SILVA Beatriz Santos	01	Porto	**1:17.21**	+0,83	573	
	50m: 35.90 35.90 100m: 1:17.21 41.31						
10.	ROSA Maria Carolina	94	Sporting	**1:17.46**	+0,74	567	
	50m: 35.54 35.54 100m: 1:17.46 41.92						
11.	RIESENBERGER Bruna Martins	97	Laranjeiro	**1:19.10**	+0,74	532	
	50m: 37.45 37.45 100m: 1:19.10 41.65						
12.	DIAS Beatriz Castanheira	99	Academica de Coimbra	**1:19.24**	+0,67	530	
	50m: 37.57 37.57 100m: 1:19.24 41.67						
13.	RODRIGUES Luana Correia	01	Belenenses	**1:19.75**	+0,73	519	
	50m: 37.07 37.07 100m: 1:19.75 42.68						
DSQ	BERNARDO Ines Silva	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina						

Prova 15 — Femin., 100m Bruços — Absolutos
05-04-2019 - 10:45 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010

PreJun_Fem Juv: 1:13.45 / CEJun_Fem 14 - 17: 1:11.31 / CMJ_Fem 14 - 17: 1:09.91 / CMPL 19 +: 1:07.43 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**1:11.31**	+0,74	727	
	50m: 33.64 33.64 100m: 1:11.31 37.67						
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:13.98**	+0,71	651	
	50m: 34.87 34.87 100m: 1:13.98 39.11						
3.	CERDEIRA Madalena Reis	03	Sporting	**1:14.81**	+0,81	629	
	50m: 35.58 35.58 100m: 1:14.81 39.23						
4.	BORGES Claudia Ferreira	99	Benfica	**1:14.88**	+0,67	628	
	50m: 35.61 35.61 100m: 1:14.88 39.27						
5.	MACHADO Luisa Maria	01	Uniao Piedense	**1:15.33**	+0,77	616	
	50m: 35.97 35.97 100m: 1:15.33 39.36						
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:15.45**	+0,78	614	
	50m: 36.03 36.03 100m: 1:15.45 39.42						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:15.89**	+0,86	603	
	50m: 35.91 35.91 100m: 1:15.89 39.98						
8.	GONCALVES Sofia Filipa	01	Leixoes	**1:15.97**	+0,71	601	
	50m: 35.41 35.41 100m: 1:15.97 40.56						
9.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:16.02**	+0,80	600	
	50m: 36.16 36.16 100m: 1:16.02 39.86						
10.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.12**	+0,74	597	
	50m: 36.36 36.36 100m: 1:16.12 39.76						
11.	PEREIRA Clara Gomes	02	Alges	**1:16.51**	+0,75	588	
	50m: 36.43 36.43 100m: 1:16.51 40.08						
12.	CASTRO Maria Freitas	03	Fafe	**1:16.63**	+0,73	586	
	50m: 36.21 36.21 100m: 1:16.63 40.42						
13.	SILVA Natacha Sofia	02	Benfica	**1:16.67**	+0,83	585	
	50m: 35.43 35.43 100m: 1:16.67 41.24						
14.	NUNES Margarida Domingues	05	Avancado EUL	**1:16.68**	+0,75	584	
	50m: 36.14 36.14 100m: 1:16.68 40.54						
15.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:16.69**	+0,76	584	
	50m: 36.95 36.95 100m: 1:16.69 39.74						
16.	MORAIS Margarida Mateus	04	Torres Novas	**1:16.82**	+0,76	581	
	50m: 36.15 36.15 100m: 1:16.82 40.67						
17.	TEIXEIRA Ines Oliveira	02	Estarreja	**1:17.15**	+0,70	574	
	50m: 35.70 35.70 100m: 1:17.15 41.45						
18.	SILVA Beatriz Santos	01	Porto	**1:17.21**	+0,83	573	
	50m: 35.90 35.90 100m: 1:17.21 41.31						
19.	RODRIGUES Lidiana Correia	04	Belenenses	**1:17.42**	+0,84	568	
	50m: 36.86 36.86 100m: 1:17.42 40.56						
20.	ROSA Maria Carolina	94	Sporting	**1:17.46**	+0,74	567	
	50m: 35.54 35.54 100m: 1:17.46 41.92						
21.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.70**	+0,57	562	
	50m: 37.30 37.30 100m: 1:17.70 40.40						
22.	REIS Erica Cristina	05	Sporting	**1:18.40**	+0,67	547	
	50m: 37.23 37.23 100m: 1:18.40 41.17						
23.	DIAS Ana Leonor	02	Natacao Olhao	**1:18.89**	+0,72	537	
	50m: 36.95 36.95 100m: 1:18.89 41.94						
24.	REGO Ines Faria	05	Famalicao	**1:19.03**	+0,71	534	
	50m: 37.45 37.45 100m: 1:19.03 41.58						
25.	RIESENBERGER Bruna Martins	97	Laranjeiro	**1:19.10**	+0,74	532	
	50m: 37.45 37.45 100m: 1:19.10 41.65						
26.	DIAS Beatriz Castanheira	99	Academica de Coimbra	**1:19.24**	+0,67	530	
	50m: 37.57 37.57 100m: 1:19.24 41.67						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:19.28**	+0,69	529	
	50m: 38.19 38.19 100m: 1:19.28 41.09						
28.	AGOSTINHO Catia Iordan	02	Rio Maior	**1:19.31**	+0,83	528	
	50m: 37.39 37.39 100m: 1:19.31 41.92						
29.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:19.34**	+0,78	528	
	50m: 35.99 35.99 100m: 1:19.34 43.35						
30.	PEREIRA Maria Gomes	04	Alges	**1:19.44**	+0,72	526	
	50m: 37.24 37.24 100m: 1:19.44 42.20						
31.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:19.53**	+0,71	524	
	50m: 37.20 37.20 100m: 1:19.53 42.33						
32.	DELGADO Soraia Alexandra	05	Sporting	**1:19.59**	+0,67	523	
	50m: 38.02 38.02 100m: 1:19.59 41.57						
33.	RODRIGUES Luana Correia	01	Belenenses	**1:19.75**	+0,73	519	
	50m: 37.07 37.07 100m: 1:19.75 42.68						
	REIS Beatriz Grave	05	Rio Maior	**1:19.75**	+0,71	519	
	50m: 37.89 37.89 100m: 1:19.75 41.86						
35.	RICARDO Maria Correia	05	Naval Setubalense	**1:19.94**	+0,85	516	
	50m: 38.76 38.76 100m: 1:19.94 41.18						
36.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:20.13**	+0,72	512	
	50m: 38.08 38.08 100m: 1:20.13 42.05						
37.	DOMINGOS Marta Pereira	04	Uniao Piedense	**1:20.32**	+0,79	508	
	50m: 37.33 37.33 100m: 1:20.32 42.99						
38.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:20.35**	+0,69	508	
	50m: 38.43 38.43 100m: 1:20.35 41.92						
39.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**1:20.50**	+0,89	505	
	50m: 37.43 37.43 100m: 1:20.50 43.07						
40.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**1:20.85**	+0,83	499	
	50m: 37.41 37.41 100m: 1:20.85 43.44						
41.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**1:20.89**	+0,70	498	
	50m: 37.56 37.56 100m: 1:20.89 43.33						
42.	RODRIGUES Marta Silva	04	Naval Povoense	**1:20.91**	+0,78	497	
	50m: 37.95 37.95 100m: 1:20.91 42.96						
43.	PELAIO Maria Joao	03	Ginasio Figueirense	**1:21.15**	+0,84	493	
	50m: 37.44 37.44 100m: 1:21.15 43.71						
44.	BOROZAN Gabriela	04	Louletano / Loule Concelho	**1:21.18**	+0,83	492	
	50m: 37.54 37.54 100m: 1:21.18 43.64						
45.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**1:21.21**	+0,76	492	
	50m: 38.17 38.17 100m: 1:21.21 43.04						
46.	PRETO Filipa Manso	04	Porto	**1:21.22**	+0,78	492	
	50m: 38.35 38.35 100m: 1:21.22 42.87						

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Prova 15, Femin., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	FRANCO Barbara Garrido	04	Elvense	**1:21.38**	+0,83	489	
	50m: 38.99 38.99 100m: 1:21.38 42.39						
48.	FERNANDES Ana Catarina	03	Naval do Funchal	**1:21.39**	+0,71	489	
	50m: 38.09 38.09 100m: 1:21.39 43.30						
49.	SILVA Ines Louro	04	Albicastrense	**1:21.56**	+0,85	486	
	50m: 38.84 38.84 100m: 1:21.56 42.72						
50.	FIAL Sofia Nunes	03	Estamos Juntos	**1:21.57**	+0,82	485	
	50m: 38.22 38.22 100m: 1:21.57 43.35						
51.	BORCIC Aleksandra Bozanic	04	Alges	**1:21.59**	+0,75	485	
	50m: 38.09 38.09 100m: 1:21.59 43.50						
52.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**1:21.66**	+0,85	484	
	50m: 38.25 38.25 100m: 1:21.66 43.41						
53.	FLORENCIO Matilde Alves	04	Condeixa Clube	**1:21.73**	+0,76	483	
	50m: 37.96 37.96 100m: 1:21.73 43.77						
54.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**1:21.74**	+0,78	482	
	50m: 38.04 38.04 100m: 1:21.74 43.70						
55.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:21.75**	+0,89	482	
	50m: 38.22 38.22 100m: 1:21.75 43.53						
56.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**1:21.80**	+0,80	481	
	50m: 38.09 38.09 100m: 1:21.80 43.71						
57.	COSTA Catarina Nunes	04	Gesloures	**1:21.81**	+0,91	481	
	50m: 39.09 39.09 100m: 1:21.81 42.72						
58.	LOPES Francisca Macedo	05	Vilacondense	**1:21.88**	+0,95	480	
	50m: 38.64 38.64 100m: 1:21.88 43.24						
59.	LOPES Margarida Santos	04	Estarreja	**1:22.53**	+0,75	469	
	50m: 38.28 38.28 100m: 1:22.53 44.25						
60.	GAMA Joana Fernandes	05	Sporting	**1:22.69**	+0,77	466	
	50m: 39.13 39.13 100m: 1:22.69 43.56						
61.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**1:22.79**	+0,71	464	
	50m: 38.77 38.77 100m: 1:22.79 44.02						
62.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:22.89**	+0,63	463	
	50m: 37.87 37.87 100m: 1:22.89 45.02						
63.	FERREIRA Joana Rosa	05	Naval de Peniche	**1:22.92**	+0,84	462	
	50m: 39.32 39.32 100m: 1:22.92 43.60						
64.	LAMAS Maria Caetano	04	Miranda do Corvo	**1:23.06**	+0,85	460	
	50m: 39.54 39.54 100m: 1:23.06 43.52						
65.	ENGELEN Zoe	05	Louletano / Loule Concelho	**1:23.26**	+0,96	456	
	50m: 39.95 39.95 100m: 1:23.26 43.31						
66.	SILVA Alexandra Cordeiro	04	Alcobaca	**1:23.42**	+0,75	454	
	50m: 39.30 39.30 100m: 1:23.42 44.12						

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Prova 15, Femin., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
67.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**1:23.48**	+0,85	453	
	50m: 38.51 38.51 100m: 1:23.48 44.97						
68.	VIANA Carolina Pereira	04	Aquatico Silves	**1:23.63**	+0,74	450	
	50m: 38.96 38.96 100m: 1:23.63 44.67						
69.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:23.72**	+0,82	449	
	50m: 39.16 39.16 100m: 1:23.72 44.56						
70.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**1:23.75**	+0,88	448	
	50m: 41.13 41.13 100m: 1:23.75 42.62						
71.	NICOLAU Margarida Claudino	05	Torres Novas	**1:23.91**	+0,83	446	
	50m: 39.19 39.19 100m: 1:23.91 44.72						
72.	PIRES Laura Joao	05	Natacao do Fundao	**1:24.31**	+0,90	440	
	50m: 40.23 40.23 100m: 1:24.31 44.08						
73.	LOURO Ariana Espirito	05	Gualdim Pais	**1:24.45**	+0,70	437	
	50m: 39.27 39.27 100m: 1:24.45 45.18						
74.	GERALDES Madalena Graca	04	Sporting	**1:24.82**	+0,89	432	
	50m: 39.32 39.32 100m: 1:24.82 45.50						
75.	ALVES Maria Ines	05	Academica de Coimbra	**1:24.89**	+0,85	431	
	50m: 39.80 39.80 100m: 1:24.89 45.09						
	BARROS Alexia Bastos	04	Fafe	**1:24.89**	+0,78	431	
	50m: 39.78 39.78 100m: 1:24.89 45.11						
77.	ALMEIDA Ana Rita	05	Campinho	**1:25.59**	+0,72	420	
	50m: 40.28 40.28 100m: 1:25.59 45.31						
78.	MARTINS Margarida Carvalhal	05	Famalicao	**1:25.69**	+0,75	419	
	50m: 40.41 40.41 100m: 1:25.69 45.28						
79.	NEVES Maria Manuel	05	Braga	**1:25.71**	+0,84	418	
	50m: 39.95 39.95 100m: 1:25.71 45.76						
80.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:25.72**	+0,84	418	
	50m: 40.53 40.53 100m: 1:25.72 45.19						
81.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:26.47**	+0,74	407	
	50m: 40.22 40.22 100m: 1:26.47 46.25						
82.	MORGANHO Leonor Alves	04	Alges	**1:26.56**	+0,85	406	
	50m: 41.10 41.10 100m: 1:26.56 45.46						
83.	ROCHA Gabriela Santos	05	Natacao de Valongo	**1:26.86**		402	
	50m: 40.24 40.24 100m: 1:26.86 46.62						
84.	MARQUES Maria Ines	05	Alcobaca	**1:27.61**	+0,76	392	
	50m: 40.54 40.54 100m: 1:27.61 47.07						
DSQ	BERNARDO Ines Silva	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina						

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Prova 16 | Masc., 400m Estilos | Juvenis A
05-04-2019 - 11:05 | Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares *Minimos Pré-Jun*	03	Benfica	**4:38.22**	+0,71	673	

50m:	28.41	28.41	150m:	1:38.09	37.30	250m:	2:52.92	38.27	350m:	4:06.12	33.49
100m:	1:00.79	32.38	200m:	2:14.65	36.56	300m:	3:32.63	39.71	400m:	4:38.22	32.10

2.	VAKULYUK Paulo *Minimos Pré-Jun*	03	Torres Novas	**4:41.53**	+0,71	649	

50m:	28.68	28.68	150m:	1:35.57	35.24	250m:	2:53.25	42.85	350m:	4:10.43	33.77
100m:	1:00.33	31.65	200m:	2:10.40	34.83	300m:	3:36.66	43.41	400m:	4:41.53	31.10

3.	DIAS Rodrigo Reis	03	Belenenses	**4:52.03**	+0,73	582	

50m:	30.57	30.57	150m:	1:44.33	37.35	250m:	3:05.24	44.05	350m:	4:21.48	32.12
100m:	1:06.98	36.41	200m:	2:21.19	36.86	300m:	3:49.36	44.12	400m:	4:52.03	30.55

4.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:55.06**	+0,77	564	

50m:	29.96	29.96	150m:	1:42.87	39.25	250m:	3:03.22	42.55	350m:	4:21.37	35.13
100m:	1:03.62	33.66	200m:	2:20.67	37.80	300m:	3:46.24	43.02	400m:	4:55.06	33.69

5.	MACHADO Martim Miranda	03	Uniao Coimbra	**4:56.80**	+0,77	554	

50m:	29.81	29.81	150m:	1:44.04	39.43	250m:	3:07.33	45.53	350m:	4:25.38	33.77
100m:	1:04.61	34.80	200m:	2:21.80	37.76	300m:	3:51.61	44.28	400m:	4:56.80	31.42

6.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:59.78**	+0,74	538	

50m:	29.54	29.54	150m:	1:42.65	39.00	250m:	3:04.83	44.04	350m:	4:25.25	35.62
100m:	1:03.65	34.11	200m:	2:20.79	38.14	300m:	3:49.63	44.80	400m:	4:59.78	34.53

7.	FERREIRA Joao Carlos	03	Porto	**5:00.03**	+0,69	536	

50m:	30.33	30.33	150m:	1:44.72	39.06	250m:	3:06.87	44.03	350m:	4:26.11	35.52
100m:	1:05.66	35.33	200m:	2:22.84	38.12	300m:	3:50.59	43.72	400m:	5:00.03	33.92

8.	JORGE Tiago Miguel	03	Rio Maior	**5:03.07**	+0,64	520	

50m:	30.37	30.37	150m:	1:47.95	42.38	250m:	3:11.05	42.89	350m:	4:30.57	35.34
100m:	1:05.57	35.20	200m:	2:28.16	40.21	300m:	3:55.23	44.18	400m:	5:03.07	32.50

9.	MARQUES Andre Costa	03	Famalicao	**5:06.08**	+0,70	505	

50m:	31.34	31.34	150m:	1:46.74	38.09	250m:	3:11.81	46.76	350m:	4:32.68	34.67
100m:	1:08.65	37.31	200m:	2:25.05	38.31	300m:	3:58.01	46.20	400m:	5:06.08	33.40

10.	SANTOS Roberto Pinho	03	Estamos Juntos	**5:07.77**	+1,00	497	

50m:	30.71	30.71	150m:	1:48.37	40.85	250m:	3:10.99	42.73	350m:	4:32.19	36.39
100m:	1:07.52	36.81	200m:	2:28.26	39.89	300m:	3:55.80	44.81	400m:	5:07.77	35.58

11.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**5:09.23**	+0,77	490	

50m:	30.49	30.49	150m:	1:45.65	39.93	250m:	3:12.89	46.64	350m:	4:34.98	35.43
100m:	1:05.72	35.23	200m:	2:26.25	40.60	300m:	3:59.55	46.66	400m:	5:09.23	34.25

12.	FELICIO Tomas Miguel	03	Rio Maior	**5:10.29**	+0,79	485	

50m:	31.72	31.72	150m:	1:51.82	42.36	250m:	3:14.78	43.09	350m:	4:35.42	35.98
100m:	1:09.46	37.74	200m:	2:31.69	39.87	300m:	3:59.44	44.66	400m:	5:10.29	34.87

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Prova 16, Masc., 400m Estilos, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	LEAL Dinis Barros	03	Aquatico Pacense	**5:13.28**	+0,79	471	
	50m: 30.87 30.87 150m: 1:50.48 43.38 250m: 3:16.05 44.94 350m: 4:38.56 36.96						
	100m: 1:07.10 36.23 200m: 2:31.11 40.63 300m: 4:01.60 45.55 400m: 5:13.28 34.72						
14.	DIAS Ruben Fonseca	03	Natacao de Valongo	**5:13.53**	+0,73	470	
	50m: 29.83 29.83 150m: 1:44.76 39.88 250m: 3:13.04 48.08 350m: 4:38.04 36.45						
	100m: 1:04.88 35.05 200m: 2:24.96 40.20 300m: 4:01.59 48.55 400m: 5:13.53 35.49						
DSQ	SOUSA Diogo Nunes	03	Vitoria Guimaraes				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 300 metros						
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				
DNS	CORREIA Pedro Henriques	03	Benfica				

Prova 16 — Masc., 400m Estilos — Juvenis B
05-04-2019 - 11:05 — Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:47.13**	+0,74	612	
	50m: 29.68 29.68 150m: 1:40.89 36.57 250m: 2:58.69 40.64 350m: 4:14.64 33.41						
	100m: 1:04.32 34.64 200m: 2:18.05 37.16 300m: 3:41.23 42.54 400m: 4:47.13 32.49						
2.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:48.79**	+0,76	601	
	50m: 29.47 29.47 150m: 1:41.23 36.49 250m: 2:59.83 41.57 350m: 4:16.40 32.56						
	100m: 1:04.74 35.27 200m: 2:18.26 37.03 300m: 3:43.84 44.01 400m: 4:48.79 32.39						
3.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**4:53.04**	+0,71	576	
	50m: 31.14 31.14 150m: 1:46.13 38.72 250m: 3:05.22 41.46 350m: 4:20.93 33.69						
	100m: 1:07.41 36.27 200m: 2:23.76 37.63 300m: 3:47.24 42.02 400m: 4:53.04 32.11						
4.	CARVALHO Antonio Lombardi	04	Belenenses	**4:59.40**	+0,87	540	
	50m: 31.67 31.67 150m: 1:47.24 39.33 250m: 3:08.97 43.02 350m: 4:26.92 34.23						
	100m: 1:07.91 36.24 200m: 2:25.95 38.71 300m: 3:52.69 43.72 400m: 4:59.40 32.48						
5.	ALMEIDA Bernardo Victorino	04	Sporting	**5:01.68**	+0,76	528	
	50m: 30.04 30.04 150m: 1:45.07 39.85 250m: 3:07.70 44.61 350m: 4:28.27 34.63						
	100m: 1:05.22 35.18 200m: 2:23.09 38.02 300m: 3:53.64 45.94 400m: 5:01.68 33.41						
6.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**5:02.57**	+0,75	523	
	50m: 29.62 29.62 150m: 1:46.21 39.89 250m: 3:09.04 44.05 350m: 4:29.46 35.01						
	100m: 1:06.32 36.70 200m: 2:24.99 38.78 300m: 3:54.45 45.41 400m: 5:02.57 33.11						
7.	BORGES David Costa	04	Fluvial Portuense	**5:04.56**	+0,67	513	
	50m: 30.46 30.46 150m: 1:49.98 42.34 250m: 3:15.85 42.98 350m: 4:32.95 33.59						
	100m: 1:07.64 37.18 200m: 2:32.87 42.89 300m: 3:59.36 43.51 400m: 5:04.56 31.61						
8.	CRUZ David Miguel	04	Braga	**5:04.63**	+0,70	512	
	50m: 30.56 30.56 150m: 1:49.58 42.01 250m: 3:12.47 43.28 350m: 4:31.04 35.01						
	100m: 1:07.57 37.01 200m: 2:29.19 39.61 300m: 3:56.03 43.56 400m: 5:04.63 33.59						

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Prova 16, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SIMOES Miguel Costa	04	Cova da Piedade	**5:05.05**	+0,74	510	
	50m: 31.22 31.22 150m: 1:49.40 40.13 250m: 3:13.76 44.89 350m: 4:32.45 33.69						
	100m: 1:09.27 38.05 200m: 2:28.87 39.47 300m: 3:58.76 45.00 400m: 5:05.05 32.60						
10.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**5:07.09**	+0,76	500	
	50m: 31.21 31.21 150m: 1:50.60 43.83 250m: 3:14.88 42.84 350m: 4:33.95 35.25						
	100m: 1:06.77 35.56 200m: 2:32.04 41.44 300m: 3:58.70 43.82 400m: 5:07.09 33.14						
11.	APSENIECE Kevins Alexandre	04	Porto	**5:07.69**	+0,86	497	
	50m: 32.46 32.46 150m: 1:49.33 40.29 250m: 3:12.57 44.73 350m: 4:33.13 35.04						
	100m: 1:09.04 36.58 200m: 2:27.84 38.51 300m: 3:58.09 45.52 400m: 5:07.69 34.56						
12.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**5:09.48**	+0,72	489	
	50m: 32.67 32.67 150m: 1:51.54 41.58 250m: 3:17.04 44.87 350m: 4:36.25 34.76						
	100m: 1:09.96 37.29 200m: 2:32.17 40.63 300m: 4:01.49 44.45 400m: 5:09.48 33.23						
13.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**5:10.61**	+0,80	483	
	50m: 31.17 31.17 150m: 1:47.87 39.41 250m: 3:12.25 46.64 350m: 4:35.48 36.36						
	100m: 1:08.46 37.29 200m: 2:25.61 37.74 300m: 3:59.12 46.87 400m: 5:10.61 35.13						
14.	BARBOSA Pedro Xavier	04	Desportiva Viana	**5:12.03**	+0,71	477	
	50m: 31.79 31.79 150m: 1:48.16 41.23 250m: 3:15.15 47.27 350m: 4:37.94 35.95						
	100m: 1:06.93 35.14 200m: 2:27.88 39.72 300m: 4:01.99 46.84 400m: 5:12.03 34.09						
15.	OLIVEIRA Joao Campelo	04	Famalicao	**5:13.06**	+0,73	472	
	50m: 32.08 32.08 150m: 1:50.23 41.65 250m: 3:15.77 44.45 350m: 4:37.41 36.83						
	100m: 1:08.58 36.50 200m: 2:31.32 41.09 300m: 4:00.58 44.81 400m: 5:13.06 35.65						
16.	TEIXEIRA Cesar Rego	04	Famalicao	**5:13.44**	+0,75	470	
	50m: 31.73 31.73 150m: 1:48.94 40.33 250m: 3:15.87 47.00 350m: 4:38.75 36.10						
	100m: 1:08.61 36.88 200m: 2:28.87 39.93 300m: 4:02.65 46.78 400m: 5:13.44 34.69						
17.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**5:14.01**	+0,86	468	
	50m: 32.84 32.84 150m: 1:54.61 42.56 250m: 3:17.99 41.18 350m: 4:38.33 36.72						
	100m: 1:12.05 39.21 200m: 2:36.81 42.20 300m: 4:01.61 43.62 400m: 5:14.01 35.68						
18.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**5:14.09**	+0,82	467	
	50m: 33.18 33.18 150m: 1:55.02 40.77 250m: 3:20.14 45.05 350m: 4:40.63 34.79						
	100m: 1:14.25 41.07 200m: 2:35.09 40.07 300m: 4:05.84 45.70 400m: 5:14.09 33.46						
19.	CARVALHO Martim Henriques	04	Rio Maior	**5:15.51**	+0,76	461	
	50m: 31.80 31.80 150m: 1:46.96 40.01 250m: 3:16.92 50.69 350m: 4:40.60 34.67						
	100m: 1:06.95 35.15 200m: 2:26.23 39.27 300m: 4:05.93 49.01 400m: 5:15.51 34.91						
20.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**5:16.50**	+0,74	457	
	50m: 31.38 31.38 150m: 1:50.88 41.12 250m: 3:20.41 50.05 350m: 4:43.97 34.40						
	100m: 1:09.76 38.38 200m: 2:30.36 39.48 300m: 4:09.57 49.16 400m: 5:16.50 32.53						
21.	SANTOS Joao Afonso	04	Sporting	**5:16.95**	+0,90	455	
	50m: 31.51 31.51 150m: 1:50.91 42.66 250m: 3:20.02 47.73 350m: 4:43.00 35.76						
	100m: 1:08.25 36.74 200m: 2:32.29 41.38 300m: 4:07.24 47.22 400m: 5:16.95 33.95						
22.	PEREIRA Jose Goncalo	04	Fafe	**5:17.69**	+0,77	452	
	50m: 31.79 31.79 150m: 1:53.12 42.75 250m: 3:18.84 43.51 350m: 4:41.43 37.54						
	100m: 1:10.37 38.58 200m: 2:35.33 42.21 300m: 4:03.89 45.05 400m: 5:17.69 36.26						
23.	SILVA Frederico Ferreira	04	Famalicao	**5:18.56**	+0,86	448	
	50m: 31.52 31.52 150m: 1:50.23 40.68 250m: 3:18.53 49.80 350m: 4:44.01 35.68						
	100m: 1:09.55 38.03 200m: 2:28.73 38.50 300m: 4:08.33 49.80 400m: 5:18.56 34.55						

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Prova 16, Masc., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	PINTO Afonso Cipriano	04	Sporting	**5:23.35**	+0,69	428	
	50m: 31.66 31.66 150m: 1:51.82 41.35 250m: 3:20.73 47.59 350m: 4:46.74 35.99						
	100m: 1:10.47 38.81 200m: 2:33.14 41.32 300m: 4:10.75 50.02 400m: 5:23.35 36.61						
25.	CORREIA Francisco Alves	04	Litoral Alentejano	**5:34.27**	+0,74	388	
	50m: 30.60 30.60 150m: 1:51.62 44.51 250m: 3:23.76 48.36 350m: 4:53.96 41.54						
	100m: 1:07.11 36.51 200m: 2:35.40 43.78 300m: 4:12.42 48.66 400m: 5:34.27 40.31						

Prova 16 — Masc., 400m Estilos — Juniores
05-04-2019 - 11:05 — Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015

CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRISTINO David Matias	01	Uniao Piedense	**4:37.56**	+0,72	678	
	50m: 28.73 28.73 150m: 1:37.41 35.68 250m: 2:53.59 40.93 350m: 4:06.50 31.07						
	100m: 1:01.73 33.00 200m: 2:12.66 35.25 300m: 3:35.43 41.84 400m: 4:37.56 31.06						
2.	SILVA Tomas Antonio	01	Naval do Funchal	**4:41.61**	+0,62	649	
	50m: 29.64 29.64 150m: 1:39.72 35.69 250m: 2:55.81 39.69 350m: 4:09.03 34.11						
	100m: 1:04.03 34.39 200m: 2:16.12 36.40 300m: 3:34.92 39.11 400m: 4:41.61 32.58						
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:41.95**	+0,74	646	
	50m: 30.34 30.34 150m: 1:42.05 37.19 250m: 2:59.72 41.17 350m: 4:11.42 30.95						
	100m: 1:04.86 34.52 200m: 2:18.55 36.50 300m: 3:40.47 40.75 400m: 4:41.95 30.53						
4.	FERNANDES Eduardo Gomes	02	Sporting	**4:46.40**	+0,73	617	
	50m: 29.38 29.38 150m: 1:40.22 36.41 250m: 2:57.31 41.67 350m: 4:13.83 33.85						
	100m: 1:03.81 34.43 200m: 2:15.64 35.42 300m: 3:39.98 42.67 400m: 4:46.40 32.57						
5.	BRAS Ricardo Martins	01	Belenenses	**4:51.13**	+0,70	587	
	50m: 29.94 29.94 150m: 1:43.75 37.83 250m: 3:02.90 41.29 350m: 4:19.17 33.09						
	100m: 1:05.92 35.98 200m: 2:21.61 37.86 300m: 3:46.08 43.18 400m: 4:51.13 31.96						
6.	SILVA Henrique Gomes	02	Estamos Juntos	**4:51.25**	+0,68	586	
	50m: 29.12 29.12 150m: 1:42.47 38.44 250m: 3:01.71 42.15 350m: 4:19.11 33.46						
	100m: 1:04.03 34.91 200m: 2:19.56 37.09 300m: 3:45.65 43.94 400m: 4:51.25 32.14						
7.	MONTEIRO Tomas Penha	02	Alges	**4:52.03**	+0,68	582	
	50m: 29.97 29.97 150m: 1:42.80 38.41 250m: 3:03.47 43.06 350m: 4:19.94 32.42						
	100m: 1:04.39 34.42 200m: 2:20.41 37.61 300m: 3:47.52 44.05 400m: 4:52.03 32.09						
8.	PEREIRA Joao Peixoto	01	Braga	**4:54.13**	+0,73	569	
	50m: 29.39 29.39 150m: 1:42.48 39.43 250m: 3:05.77 44.53 350m: 4:23.01 33.01						
	100m: 1:03.05 33.66 200m: 2:21.24 38.76 300m: 3:50.00 44.23 400m: 4:54.13 31.12						
9.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:54.25**	+0,79	569	
	50m: 29.66 29.66 150m: 1:43.14 38.69 250m: 3:02.99 42.80 350m: 4:22.07 35.20						
	100m: 1:04.45 34.79 200m: 2:20.19 37.05 300m: 3:46.87 43.88 400m: 4:54.25 32.18						
10.	AGUIAR Gabriel Silva	01	Porto	**4:55.44**	+0,65	562	
	50m: 28.80 28.80 150m: 1:41.60 39.35 250m: 3:03.10 42.23 350m: 4:21.98 34.32						
	100m: 1:02.25 33.45 200m: 2:20.87 39.27 300m: 3:47.66 44.56 400m: 4:55.44 33.46						

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Prova 16, Masc., 400m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PINTO Pedro Miguel	02	Sporting	**4:55.63**	+0,84	561	
	50m: 29.98 29.98 150m: 1:44.37 39.10 250m: 3:06.28 41.61 350m: 4:22.88 34.02						
	100m: 1:05.27 35.29 200m: 2:24.67 40.30 300m: 3:48.86 42.58 400m: 4:55.63 32.75						
12.	MALFEITO Martim Rebelo	02	Sporting	**4:56.22**	+0,72	557	
	50m: 31.17 31.17 150m: 1:47.54 41.37 250m: 3:08.13 40.65 350m: 4:23.04 34.20						
	100m: 1:06.17 35.00 200m: 2:27.48 39.94 300m: 3:48.84 40.71 400m: 4:56.22 33.18						
DSQ	RODRIGUES Pedro Simoes	01	Uniao Coimbra				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						

Prova 16 — Masc., 400m Estilos — Seniores
05-04-2019 - 11:05 — Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016

CMPL : 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	**4:27.95**	+0,70	753	
	50m: 27.85 27.85 150m: 1:33.62 34.44 250m: 2:45.06 38.43 350m: 3:56.14 32.66						
	100m: 59.18 31.33 200m: 2:06.63 33.01 300m: 3:23.48 38.42 400m: 4:27.95 31.81						
2.	LOPES Jose Paulo	00	Braga	**4:28.14**	+0,65	752	
	50m: 27.92 27.92 150m: 1:34.56 34.70 250m: 2:46.93 38.87 350m: 3:57.68 32.43						
	100m: 59.86 31.94 200m: 2:08.06 33.50 300m: 3:25.25 38.32 400m: 4:28.14 30.46						
3.	RAMOS Bruno Miguel	97	Belenenses	**4:31.84**		721	
	50m: 27.81 27.81 150m: 1:35.86 35.73 250m: 2:49.37 38.71 350m: 4:00.81 32.47						
	100m: 1:00.13 32.32 200m: 2:10.66 34.80 300m: 3:28.34 38.97 400m: 4:31.84 31.03						
4.	CARVALHO Jose Paula	98	Benfica	**4:32.00**	+0,71	720	
	50m: 28.62 28.62 150m: 1:35.53 34.67 250m: 2:48.47 38.05 350m: 4:00.12 32.96						
	100m: 1:00.86 32.24 200m: 2:10.42 34.89 300m: 3:27.16 38.69 400m: 4:32.00 31.88						
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:33.39**	+0,74	709	
	50m: 28.56 28.56 150m: 1:37.19 36.35 250m: 2:50.77 37.77 350m: 4:01.54 31.87						
	100m: 1:00.84 32.28 200m: 2:13.00 35.81 300m: 3:29.67 38.90 400m: 4:33.39 31.85						
6.	PINOTES Pedro Miguel	89	Sporting	**4:37.18**	+0,75	680	
	50m: 29.37 29.37 150m: 1:37.95 35.73 250m: 2:52.32 39.11 350m: 4:05.77 34.17						
	100m: 1:02.22 32.85 200m: 2:13.21 35.26 300m: 3:31.60 39.28 400m: 4:37.18 31.41						
7.	BATE Miguel Ribeiro	99	Alges	**4:38.87**	+0,68	668	
	50m: 27.76 27.76 150m: 1:36.30 35.25 250m: 2:52.49 41.06 350m: 4:07.84 33.71						
	100m: 1:01.05 33.29 200m: 2:11.43 35.13 300m: 3:34.13 41.64 400m: 4:38.87 31.03						
8.	DANTAS Diogo Leal	00	Sporting	**4:40.15**	+0,63	659	
	50m: 28.03 28.03 150m: 1:36.73 35.80 250m: 2:52.47 39.52 350m: 4:07.51 34.47						
	100m: 1:00.93 32.90 200m: 2:12.95 36.22 300m: 3:33.04 40.57 400m: 4:40.15 32.64						
9.	PINTO Antonio Fernando	99	Benfica	**4:40.58**	+0,77	656	
	50m: 28.48 28.48 150m: 1:39.63 38.21 250m: 2:55.81 38.32 350m: 4:08.16 32.46						
	100m: 1:01.42 32.94 200m: 2:17.49 37.86 300m: 3:35.70 39.89 400m: 4:40.58 32.42						

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Prova 16, Masc., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CATALAO Daniel Nogueira	00	Benfica	**4:40.88**	+0,63	654	
	50m: 28.42 28.42 150m: 1:37.68 36.37 250m: 2:54.09 39.36 350m: 4:08.56 33.43						
	100m: 1:01.31 32.89 200m: 2:14.73 37.05 300m: 3:35.13 41.04 400m: 4:40.88 32.32						
11.	BESSA Antonio Rafael	94	Aquatico Pacense	**4:42.77**	+0,71	641	
	50m: 29.44 29.44 150m: 1:39.35 37.06 250m: 2:56.29 40.48 350m: 4:09.61 32.68						
	100m: 1:02.29 32.85 200m: 2:15.81 36.46 300m: 3:36.93 40.64 400m: 4:42.77 33.16						
12.	GASPAR Miguel Caridade	99	Academica de Coimbra	**4:46.51**	+0,73	616	
	50m: 30.52 30.52 150m: 1:44.57 38.43 250m: 2:59.97 38.22 350m: 4:13.33 34.62						
	100m: 1:06.14 35.62 200m: 2:21.75 37.18 300m: 3:38.71 38.74 400m: 4:46.51 33.18						
13.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**4:49.05**	+0,70	600	
	50m: 28.43 28.43 150m: 1:38.54 36.51 250m: 2:58.18 42.73 350m: 4:15.22 33.61						
	100m: 1:02.03 33.60 200m: 2:15.45 36.91 300m: 3:41.61 43.43 400m: 4:49.05 33.83						
14.	LUZ Filipe Ferreira	98	Gesloures	**4:49.43**	+0,77	597	
	50m: 30.00 30.00 150m: 1:42.26 37.47 250m: 3:01.24 42.61 350m: 4:17.60 32.98						
	100m: 1:04.79 34.79 200m: 2:18.63 36.37 300m: 3:44.62 43.38 400m: 4:49.43 31.83						
15.	SILVA Paulo Filipe	98	Natacao da Maia	**4:50.72**	+0,94	590	
	50m: 30.77 30.77 150m: 1:42.90 38.53 250m: 3:02.85 42.28 350m: 4:18.53 32.73						
	100m: 1:04.37 33.60 200m: 2:20.57 37.67 300m: 3:45.80 42.95 400m: 4:50.72 32.19						
16.	JOAQUIM Andre Serro	00	Portinado	**4:52.91**	+0,80	576	
	50m: 29.87 29.87 150m: 1:42.95 38.06 250m: 3:03.36 42.42 350m: 4:20.79 34.19						
	100m: 1:04.89 35.02 200m: 2:20.94 37.99 300m: 3:46.60 43.24 400m: 4:52.91 32.12						
17.	NUNES Rafael Filipe	96	Benfica	**4:54.21**	+0,63	569	
	50m: 29.54 29.54 150m: 1:42.20 38.85 250m: 3:03.38 43.02 350m: 4:21.31 34.70						
	100m: 1:03.35 33.81 200m: 2:20.36 38.16 300m: 3:46.61 43.23 400m: 4:54.21 32.90						
18.	DINIS Tiago Moises	98	Nautico Academico	**4:57.42**	+0,76	551	
	50m: 29.45 29.45 150m: 1:43.53 39.06 250m: 3:05.77 43.69 350m: 4:23.47 35.29						
	100m: 1:04.47 35.02 200m: 2:22.08 38.55 300m: 3:48.18 42.41 400m: 4:57.42 33.95						
DSQ	CORDEIRO Tiago Roberto	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 250 m						
DSQ	ALVES Nuno Rafael	90	Aquatico Pacense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DNS	VELOSO Tomas Miguel	96	Nautico Academico				

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Prova 16, Masc., 400m Estilos, Elimin

Prova 16 | Masc., 400m Estilos | Absolutos
05-04-2019 - 11:05 | Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / CMPL Sen: 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	**4:27.95**	+0,70	753	
	50m: 27.85 27.85 150m: 1:33.62 34.44 250m: 2:45.06 38.43 350m: 3:56.14 32.66						
	100m: 59.18 31.33 200m: 2:06.63 33.01 300m: 3:23.48 38.42 400m: 4:27.95 31.81						
2.	LOPES Jose Paulo	00	Braga	**4:28.14**	+0,65	752	
	50m: 27.92 27.92 150m: 1:34.56 34.70 250m: 2:46.93 38.87 350m: 3:57.68 32.43						
	100m: 59.86 31.94 200m: 2:08.06 33.50 300m: 3:25.25 38.32 400m: 4:28.14 30.46						
3.	RAMOS Bruno Miguel	97	Belenenses	**4:31.84**		721	
	50m: 27.81 27.81 150m: 1:35.86 35.73 250m: 2:49.37 38.71 350m: 4:00.81 32.47						
	100m: 1:00.13 32.32 200m: 2:10.66 34.80 300m: 3:28.34 38.97 400m: 4:31.84 31.03						
4.	CARVALHO Jose Paula	98	Benfica	**4:32.00**	+0,71	720	
	50m: 28.62 28.62 150m: 1:35.53 34.67 250m: 2:48.47 38.05 350m: 4:00.12 32.96						
	100m: 1:00.86 32.24 200m: 2:10.42 34.89 300m: 3:27.16 38.69 400m: 4:32.00 31.88						
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:33.39**	+0,74	709	
	50m: 28.56 28.56 150m: 1:37.19 36.35 250m: 2:50.77 37.77 350m: 4:01.54 31.87						
	100m: 1:00.84 32.28 200m: 2:13.00 35.81 300m: 3:29.67 38.90 400m: 4:33.39 31.85						
6.	PINOTES Pedro Miguel	89	Sporting	**4:37.18**	+0,75	680	
	50m: 29.37 29.37 150m: 1:37.95 35.73 250m: 2:52.32 39.11 350m: 4:05.77 34.17						
	100m: 1:02.22 32.85 200m: 2:13.21 35.26 300m: 3:31.60 39.28 400m: 4:37.18 31.41						
7.	CRISTINO David Matias	01	Uniao Piedense	**4:37.56**	+0,72	678	
	50m: 28.73 28.73 150m: 1:37.41 35.68 250m: 2:53.59 40.93 350m: 4:06.50 31.07						
	100m: 1:01.73 33.00 200m: 2:12.66 35.25 300m: 3:35.43 41.84 400m: 4:37.56 31.06						
8.	CARNEIRO Joao Soares *Minimos Pré-Jun*	03	Benfica	**4:38.22**	+0,71	673	
	50m: 28.41 28.41 150m: 1:38.09 37.30 250m: 2:52.92 38.27 350m: 4:06.12 33.49						
	100m: 1:00.79 32.38 200m: 2:14.65 36.56 300m: 3:32.63 39.71 400m: 4:38.22 32.10						
9.	BATE Miguel Ribeiro	99	Alges	**4:38.87**	+0,68	668	
	50m: 27.76 27.76 150m: 1:36.30 35.25 250m: 2:52.49 41.06 350m: 4:07.84 33.71						
	100m: 1:01.05 33.29 200m: 2:11.43 35.13 300m: 3:34.13 41.64 400m: 4:38.87 31.03						
10.	DANTAS Diogo Leal	00	Sporting	**4:40.15**	+0,63	659	
	50m: 28.03 28.03 150m: 1:36.73 35.80 250m: 2:52.47 39.52 350m: 4:07.51 34.47						
	100m: 1:00.93 32.90 200m: 2:12.95 36.22 300m: 3:33.04 40.57 400m: 4:40.15 32.64						
11.	PINTO Antonio Fernando	99	Benfica	**4:40.58**	+0,77	656	
	50m: 28.48 28.48 150m: 1:39.63 38.21 250m: 2:55.81 38.32 350m: 4:08.16 32.46						
	100m: 1:01.42 32.94 200m: 2:17.49 37.86 300m: 3:35.70 39.89 400m: 4:40.58 32.42						

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Prova 16, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CATALAO Daniel Nogueira	00	Benfica	**4:40.88**	+0,63	654	
	50m: 28.42 28.42 150m: 1:37.68 36.37 250m: 2:54.09 39.36 350m: 4:08.56 33.43						
	100m: 1:01.31 32.89 200m: 2:14.73 37.05 300m: 3:35.13 41.04 400m: 4:40.88 32.32						
13.	VAKULYUK Paulo *Minimos Pré-Jun*	03	Torres Novas	**4:41.53**	+0,71	649	
	50m: 28.68 28.68 150m: 1:35.57 35.24 250m: 2:53.25 42.85 350m: 4:10.43 33.77						
	100m: 1:00.33 31.65 200m: 2:10.40 34.83 300m: 3:36.66 43.41 400m: 4:41.53 31.10						
14.	SILVA Tomas Antonio	01	Naval do Funchal	**4:41.61**	+0,62	649	
	50m: 29.64 29.64 150m: 1:39.72 35.69 250m: 2:55.81 39.69 350m: 4:09.03 34.11						
	100m: 1:04.03 34.39 200m: 2:16.12 36.40 300m: 3:34.92 39.11 400m: 4:41.61 32.58						
15.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:41.95**	+0,74	646	
	50m: 30.34 30.34 150m: 1:42.05 37.19 250m: 2:59.72 41.17 350m: 4:11.42 30.95						
	100m: 1:04.86 34.52 200m: 2:18.55 36.50 300m: 3:40.47 40.75 400m: 4:41.95 30.53						
16.	BESSA Antonio Rafael	94	Aquatico Pacense	**4:42.77**	+0,71	641	
	50m: 29.44 29.44 150m: 1:39.35 37.06 250m: 2:56.29 40.48 350m: 4:09.61 32.68						
	100m: 1:02.29 32.85 200m: 2:15.81 36.46 300m: 3:36.93 40.64 400m: 4:42.77 33.16						
17.	FERNANDES Eduardo Gomes	02	Sporting	**4:46.40**	+0,73	617	
	50m: 29.38 29.38 150m: 1:40.22 36.41 250m: 2:57.31 41.67 350m: 4:13.83 33.85						
	100m: 1:03.81 34.43 200m: 2:15.64 35.42 300m: 3:39.98 42.67 400m: 4:46.40 32.57						
18.	GASPAR Miguel Caridade	99	Academica de Coimbra	**4:46.51**	+0,73	616	
	50m: 30.52 30.52 150m: 1:44.57 38.43 250m: 2:59.97 38.22 350m: 4:13.33 34.62						
	100m: 1:06.14 35.62 200m: 2:21.75 37.18 300m: 3:38.71 38.74 400m: 4:46.51 33.18						
19.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:47.13**	+0,74	612	
	50m: 29.68 29.68 150m: 1:40.89 36.57 250m: 2:58.69 40.64 350m: 4:14.64 33.41						
	100m: 1:04.32 34.64 200m: 2:18.05 37.16 300m: 3:41.23 42.54 400m: 4:47.13 32.49						
20.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:48.79**	+0,76	601	
	50m: 29.47 29.47 150m: 1:41.23 36.49 250m: 2:59.83 41.57 350m: 4:16.40 32.56						
	100m: 1:04.74 35.27 200m: 2:18.26 37.03 300m: 3:43.84 44.01 400m: 4:48.79 32.39						
21.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**4:49.05**	+0,70	600	
	50m: 28.43 28.43 150m: 1:38.54 36.51 250m: 2:58.18 42.73 350m: 4:15.22 33.61						
	100m: 1:02.03 33.60 200m: 2:15.45 36.91 300m: 3:41.61 43.43 400m: 4:49.05 33.83						
22.	LUZ Filipe Ferreira	98	Gesloures	**4:49.43**	+0,77	597	
	50m: 30.00 30.00 150m: 1:42.26 37.47 250m: 3:01.24 42.61 350m: 4:17.60 32.98						
	100m: 1:04.79 34.79 200m: 2:18.63 36.37 300m: 3:44.62 43.38 400m: 4:49.43 31.83						
23.	SILVA Paulo Filipe	98	Natacao da Maia	**4:50.72**	+0,94	590	
	50m: 30.77 30.77 150m: 1:42.90 38.53 250m: 3:02.85 42.28 350m: 4:18.53 32.73						
	100m: 1:04.37 33.60 200m: 2:20.57 37.67 300m: 3:45.80 42.95 400m: 4:50.72 32.19						
24.	BRAS Ricardo Martins	01	Belenenses	**4:51.13**	+0,70	587	
	50m: 29.94 29.94 150m: 1:43.75 37.83 250m: 3:02.90 41.29 350m: 4:19.17 33.09						
	100m: 1:05.92 35.98 200m: 2:21.61 37.86 300m: 3:46.08 43.18 400m: 4:51.13 31.96						
25.	SILVA Henrique Gomes	02	Estamos Juntos	**4:51.25**	+0,68	586	
	50m: 29.12 29.12 150m: 1:42.47 38.44 250m: 3:01.71 42.15 350m: 4:19.11 33.46						
	100m: 1:04.03 34.91 200m: 2:19.56 37.09 300m: 3:45.65 43.94 400m: 4:51.25 32.14						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MONTEIRO Tomas Penha	02	Alges	**4:52.03**	+0,68	582	
	50m: 29.97 29.97 150m: 1:42.80 38.41 250m: 3:03.47 43.06 350m: 4:19.94 32.42						
	100m: 1:04.39 34.42 200m: 2:20.41 37.61 300m: 3:47.52 44.05 400m: 4:52.03 32.09						
	DIAS Rodrigo Reis	03	Belenenses	**4:52.03**	+0,73	582	
	50m: 30.57 30.57 150m: 1:44.33 37.35 250m: 3:05.24 44.05 350m: 4:21.48 32.12						
	100m: 1:06.98 36.41 200m: 2:21.19 36.86 300m: 3:49.36 44.12 400m: 4:52.03 30.55						
28.	JOAQUIM Andre Serro	00	Portinado	**4:52.91**	+0,80	576	
	50m: 29.87 29.87 150m: 1:42.95 38.06 250m: 3:03.36 42.42 350m: 4:20.79 34.19						
	100m: 1:04.89 35.02 200m: 2:20.94 37.99 300m: 3:46.60 43.24 400m: 4:52.91 32.12						
29.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**4:53.04**	+0,71	576	
	50m: 31.14 31.14 150m: 1:46.13 38.72 250m: 3:05.22 41.46 350m: 4:20.93 33.69						
	100m: 1:07.41 36.27 200m: 2:23.76 37.63 300m: 3:47.24 42.02 400m: 4:53.04 32.11						
30.	PEREIRA Joao Peixoto	01	Braga	**4:54.13**	+0,73	569	
	50m: 29.39 29.39 150m: 1:42.48 39.43 250m: 3:05.77 44.53 350m: 4:23.01 33.01						
	100m: 1:03.05 33.66 200m: 2:21.24 38.76 300m: 3:50.00 44.23 400m: 4:54.13 31.12						
31.	NUNES Rafael Filipe	96	Benfica	**4:54.21**	+0,63	569	
	50m: 29.54 29.54 150m: 1:42.20 38.85 250m: 3:03.38 43.02 350m: 4:21.31 34.70						
	100m: 1:03.35 33.81 200m: 2:20.36 38.16 300m: 3:46.61 43.23 400m: 4:54.21 32.90						
32.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:54.25**	+0,79	569	
	50m: 29.66 29.66 150m: 1:43.14 38.69 250m: 3:02.99 42.80 350m: 4:22.07 35.20						
	100m: 1:04.45 34.79 200m: 2:20.19 37.05 300m: 3:46.87 43.88 400m: 4:54.25 32.18						
33.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:55.06**	+0,77	564	
	50m: 29.96 29.96 150m: 1:42.87 39.25 250m: 3:03.22 42.55 350m: 4:21.37 35.13						
	100m: 1:03.62 33.66 200m: 2:20.67 37.80 300m: 3:46.24 43.02 400m: 4:55.06 33.69						
34.	AGUIAR Gabriel Silva	01	Porto	**4:55.44**	+0,65	562	
	50m: 28.80 28.80 150m: 1:41.60 39.35 250m: 3:03.10 42.23 350m: 4:21.98 34.32						
	100m: 1:02.25 33.45 200m: 2:20.87 39.27 300m: 3:47.66 44.56 400m: 4:55.44 33.46						
35.	PINTO Pedro Miguel	02	Sporting	**4:55.63**	+0,84	561	
	50m: 29.98 29.98 150m: 1:44.37 39.10 250m: 3:06.28 41.61 350m: 4:22.88 34.02						
	100m: 1:05.27 35.29 200m: 2:24.67 40.30 300m: 3:48.86 42.58 400m: 4:55.63 32.75						
36.	MALFEITO Martim Rebelo	02	Sporting	**4:56.22**	+0,72	557	
	50m: 31.17 31.17 150m: 1:47.54 41.37 250m: 3:08.13 40.65 350m: 4:23.04 34.20						
	100m: 1:06.17 35.00 200m: 2:27.48 39.94 300m: 3:48.84 40.71 400m: 4:56.22 33.18						
37.	MACHADO Martim Miranda	03	Uniao Coimbra	**4:56.80**	+0,77	554	
	50m: 29.81 29.81 150m: 1:44.04 39.43 250m: 3:07.33 45.53 350m: 4:25.38 33.77						
	100m: 1:04.61 34.80 200m: 2:21.80 37.76 300m: 3:51.61 44.28 400m: 4:56.80 31.42						
38.	DINIS Tiago Moises	98	Nautico Academico	**4:57.42**	+0,76	551	
	50m: 29.45 29.45 150m: 1:43.53 39.06 250m: 3:05.77 43.69 350m: 4:23.47 35.29						
	100m: 1:04.47 35.02 200m: 2:22.08 38.55 300m: 3:48.18 42.41 400m: 4:57.42 33.95						
39.	CARVALHO Antonio Lombardi	04	Belenenses	**4:59.40**	+0,87	540	
	50m: 31.67 31.67 150m: 1:47.24 39.33 250m: 3:08.97 43.02 350m: 4:26.92 34.23						
	100m: 1:07.91 36.24 200m: 2:25.95 38.71 300m: 3:52.69 43.72 400m: 4:59.40 32.48						
40.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:59.78**	+0,74	538	
	50m: 29.54 29.54 150m: 1:42.65 39.00 250m: 3:04.83 44.04 350m: 4:25.25 35.62						
	100m: 1:03.65 34.11 200m: 2:20.79 38.14 300m: 3:49.63 44.80 400m: 4:59.78 34.53						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	FERREIRA Joao Carlos	03	Porto	**5:00.03**	+0,69	536	
	50m: 30.33 30.33 150m: 1:44.72 39.06 250m: 3:06.87 44.03 350m: 4:26.11 35.52						
	100m: 1:05.66 35.33 200m: 2:22.84 38.12 300m: 3:50.59 43.72 400m: 5:00.03 33.92						
42.	ALMEIDA Bernardo Victorino	04	Sporting	**5:01.68**	+0,76	528	
	50m: 30.04 30.04 150m: 1:45.07 39.85 250m: 3:07.70 44.61 350m: 4:28.27 34.63						
	100m: 1:05.22 35.18 200m: 2:23.09 38.02 300m: 3:53.64 45.94 400m: 5:01.68 33.41						
43.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**5:02.57**	+0,75	523	
	50m: 29.62 29.62 150m: 1:46.21 39.89 250m: 3:09.04 44.05 350m: 4:29.46 35.01						
	100m: 1:06.32 36.70 200m: 2:24.99 38.78 300m: 3:54.45 45.41 400m: 5:02.57 33.11						
44.	JORGE Tiago Miguel	03	Rio Maior	**5:03.07**	+0,64	520	
	50m: 30.37 30.37 150m: 1:47.95 42.38 250m: 3:11.05 42.89 350m: 4:30.57 35.34						
	100m: 1:05.57 35.20 200m: 2:28.16 40.21 300m: 3:55.23 44.18 400m: 5:03.07 32.50						
45.	BORGES David Costa	04	Fluvial Portuense	**5:04.56**	+0,67	513	
	50m: 30.46 30.46 150m: 1:49.98 42.34 250m: 3:15.85 42.98 350m: 4:32.95 33.59						
	100m: 1:07.64 37.18 200m: 2:32.87 42.89 300m: 3:59.36 43.51 400m: 5:04.56 31.61						
46.	CRUZ David Miguel	04	Braga	**5:04.63**	+0,70	512	
	50m: 30.56 30.56 150m: 1:49.58 42.01 250m: 3:12.47 43.28 350m: 4:31.04 35.01						
	100m: 1:07.57 37.01 200m: 2:29.19 39.61 300m: 3:56.03 43.56 400m: 5:04.63 33.59						
47.	SIMOES Miguel Costa	04	Cova da Piedade	**5:05.05**	+0,74	510	
	50m: 31.22 31.22 150m: 1:49.40 40.13 250m: 3:13.76 44.89 350m: 4:32.45 33.69						
	100m: 1:09.27 38.05 200m: 2:28.87 39.47 300m: 3:58.76 45.00 400m: 5:05.05 32.60						
48.	MARQUES Andre Costa	03	Famalicao	**5:06.08**	+0,70	505	
	50m: 31.34 31.34 150m: 1:46.74 38.09 250m: 3:11.81 46.76 350m: 4:32.68 34.67						
	100m: 1:08.65 37.31 200m: 2:25.05 38.31 300m: 3:58.01 46.20 400m: 5:06.08 33.40						
49.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**5:07.09**	+0,76	500	
	50m: 31.21 31.21 150m: 1:50.60 43.83 250m: 3:14.88 42.84 350m: 4:33.95 35.25						
	100m: 1:06.77 35.56 200m: 2:32.04 41.44 300m: 3:58.70 43.82 400m: 5:07.09 33.14						
50.	APSENIECE Kevins Alexandre	04	Porto	**5:07.69**	+0,86	497	
	50m: 32.46 32.46 150m: 1:49.33 40.29 250m: 3:12.57 44.73 350m: 4:33.13 35.04						
	100m: 1:09.04 36.58 200m: 2:27.84 38.51 300m: 3:58.09 45.52 400m: 5:07.69 34.56						
51.	SANTOS Roberto Pinho	03	Estamos Juntos	**5:07.77**	+1,00	497	
	50m: 30.71 30.71 150m: 1:48.37 40.85 250m: 3:10.99 42.73 350m: 4:32.19 36.39						
	100m: 1:07.52 36.81 200m: 2:28.26 39.89 300m: 3:55.80 44.81 400m: 5:07.77 35.58						
52.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**5:09.23**	+0,77	490	
	50m: 30.49 30.49 150m: 1:45.65 39.93 250m: 3:12.89 46.64 350m: 4:34.98 35.43						
	100m: 1:05.72 35.23 200m: 2:26.25 40.60 300m: 3:59.55 46.66 400m: 5:09.23 34.25						
53.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**5:09.48**	+0,72	489	
	50m: 32.67 32.67 150m: 1:51.54 41.58 250m: 3:17.04 44.87 350m: 4:36.25 34.76						
	100m: 1:09.96 37.29 200m: 2:32.17 40.63 300m: 4:01.49 44.45 400m: 5:09.48 33.23						
54.	FELICIO Tomas Miguel	03	Rio Maior	**5:10.29**	+0,79	485	
	50m: 31.72 31.72 150m: 1:51.82 42.36 250m: 3:14.78 43.09 350m: 4:35.42 35.98						
	100m: 1:09.46 37.74 200m: 2:31.69 39.87 300m: 3:59.44 44.66 400m: 5:10.29 34.87						
55.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**5:10.61**	+0,80	483	
	50m: 31.17 31.17 150m: 1:47.87 39.41 250m: 3:12.25 46.64 350m: 4:35.48 36.36						
	100m: 1:08.46 37.29 200m: 2:25.61 37.74 300m: 3:59.12 46.87 400m: 5:10.61 35.13						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	BARBOSA Pedro Xavier	04	Desportiva Viana	**5:12.03**	+0,71	477	
	50m: 31.79 31.79 150m: 1:48.16 41.23 250m: 3:15.15 47.27 350m: 4:37.94 35.95						
	100m: 1:06.93 35.14 200m: 2:27.88 39.72 300m: 4:01.99 46.84 400m: 5:12.03 34.09						
57.	OLIVEIRA Joao Campelo	04	Famalicao	**5:13.06**	+0,73	472	
	50m: 32.08 32.08 150m: 1:50.23 41.65 250m: 3:15.77 44.45 350m: 4:37.41 36.83						
	100m: 1:08.58 36.50 200m: 2:31.32 41.09 300m: 4:00.58 44.81 400m: 5:13.06 35.65						
58.	LEAL Dinis Barros	03	Aquatico Pacense	**5:13.28**	+0,79	471	
	50m: 30.87 30.87 150m: 1:50.48 43.38 250m: 3:16.05 44.94 350m: 4:38.56 36.96						
	100m: 1:07.10 36.23 200m: 2:31.11 40.63 300m: 4:01.60 45.55 400m: 5:13.28 34.72						
59.	TEIXEIRA Cesar Rego	04	Famalicao	**5:13.44**	+0,75	470	
	50m: 31.73 31.73 150m: 1:48.94 40.33 250m: 3:15.87 47.00 350m: 4:38.75 36.10						
	100m: 1:08.61 36.88 200m: 2:28.87 39.93 300m: 4:02.65 46.78 400m: 5:13.44 34.69						
60.	DIAS Ruben Fonseca	03	Natacao de Valongo	**5:13.53**	+0,73	470	
	50m: 29.83 29.83 150m: 1:44.76 39.88 250m: 3:13.04 48.08 350m: 4:38.04 36.45						
	100m: 1:04.88 35.05 200m: 2:24.96 40.20 300m: 4:01.59 48.55 400m: 5:13.53 35.49						
61.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**5:14.01**	+0,86	468	
	50m: 32.84 32.84 150m: 1:54.61 42.56 250m: 3:17.99 41.18 350m: 4:38.33 36.72						
	100m: 1:12.05 39.21 200m: 2:36.81 42.20 300m: 4:01.61 43.62 400m: 5:14.01 35.68						
62.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**5:14.09**	+0,82	467	
	50m: 33.18 33.18 150m: 1:55.02 40.77 250m: 3:20.14 45.05 350m: 4:40.63 34.79						
	100m: 1:14.25 41.07 200m: 2:35.09 40.07 300m: 4:05.84 45.70 400m: 5:14.09 33.46						
63.	CARVALHO Martim Henriques	04	Rio Maior	**5:15.51**	+0,76	461	
	50m: 31.80 31.80 150m: 1:46.96 40.01 250m: 3:16.92 50.69 350m: 4:40.60 34.67						
	100m: 1:06.95 35.15 200m: 2:26.23 39.27 300m: 4:05.93 49.01 400m: 5:15.51 34.91						
64.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**5:16.50**	+0,74	457	
	50m: 31.38 31.38 150m: 1:50.88 41.12 250m: 3:20.41 50.05 350m: 4:43.97 34.40						
	100m: 1:09.76 38.38 200m: 2:30.36 39.48 300m: 4:09.57 49.16 400m: 5:16.50 32.53						
65.	SANTOS Joao Afonso	04	Sporting	**5:16.95**	+0,90	455	
	50m: 31.51 31.51 150m: 1:50.91 42.66 250m: 3:20.02 47.73 350m: 4:43.00 35.76						
	100m: 1:08.25 36.74 200m: 2:32.29 41.38 300m: 4:07.24 47.22 400m: 5:16.95 33.95						
66.	PEREIRA Jose Goncalo	04	Fafe	**5:17.69**	+0,77	452	
	50m: 31.79 31.79 150m: 1:53.12 42.75 250m: 3:18.84 43.51 350m: 4:41.43 37.54						
	100m: 1:10.37 38.58 200m: 2:35.33 42.21 300m: 4:03.89 45.05 400m: 5:17.69 36.26						
67.	SILVA Frederico Ferreira	04	Famalicao	**5:18.56**	+0,86	448	
	50m: 31.52 31.52 150m: 1:50.23 40.68 250m: 3:18.53 49.80 350m: 4:44.01 35.68						
	100m: 1:09.55 38.03 200m: 2:28.73 38.50 300m: 4:08.33 49.80 400m: 5:18.56 34.55						
68.	PINTO Afonso Cipriano	04	Sporting	**5:23.35**	+0,69	428	
	50m: 31.66 31.66 150m: 1:51.82 41.35 250m: 3:20.73 47.59 350m: 4:46.74 35.99						
	100m: 1:10.47 38.81 200m: 2:33.14 41.32 300m: 4:10.75 50.02 400m: 5:23.35 36.61						
69.	CORREIA Francisco Alves	04	Litoral Alentejano	**5:34.27**	+0,74	388	
	50m: 30.60 30.60 150m: 1:51.62 44.51 250m: 3:23.76 48.36 350m: 4:53.96 41.54						
	100m: 1:07.11 36.51 200m: 2:35.40 43.78 300m: 4:12.42 48.66 400m: 5:34.27 40.31						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	CORDEIRO Tiago Roberto	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 250 m						
DSQ	ALVES Nuno Rafael	90	Aquatico Pacense				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DSQ	SOUSA Diogo Nunes	03	Vitoria Guimaraes				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 300 metros						
DSQ	RODRIGUES Pedro Simoes	01	Uniao Coimbra				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DNS	VELOSO Tomas Miguel	96	Nautico Academico				
DNS	CRISTINO Guilherme Matias	03	Uniao Piedense				
DNS	CORREIA Pedro Henriques	03	Benfica				
EXH	NEVES Tiago Correia	97	Belenenses	**5:03.87**	+0,65	516	
	50m: 30.01 30.01 150m: 1:47.30 41.10 250m: 3:11.12 44.03 350m: 4:29.88 34.97						
	100m: 1:06.20 36.19 200m: 2:27.09 39.79 300m: 3:54.91 43.79 400m: 5:03.87 33.99						
EXH	CRUZ Miguel Duarte	99	Belenenses	**5:05.10**	+0,70	510	
	50m: 31.56 31.56 150m: 1:50.09 41.09 250m: 3:13.44 43.66 350m: 4:32.03 34.53						
	100m: 1:09.00 37.44 200m: 2:29.78 39.69 300m: 3:57.50 44.06 400m: 5:05.10 33.07						

Prova 11 — Femin., 100m Costas — Absolutos
05-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	1:03.31	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Jun16	1:03.31	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

PreJun_Fem Juv: 1:06.53 / CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / CMPL 19 +: 1:00.59 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALVES Ines Sofia	04	Portinado	**1:09.54**	+0,53	580	
	50m: 34.26 34.26 100m: 1:09.54 35.28						
2.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:10.03**	+0,70	568	
	50m: 33.95 33.95 100m: 1:10.03 36.08						

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Prova 12 | Masc., 50m Livres | Absolutos
05-04-2019 | Resultados Swim Off Elimin

Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Sen	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
RNS8	29.32	CARREIRA David Pedro	POR	Rio de Janeiro (BRA)	16-09-2016
RNS9	26.42	GRACHAT David Realista	GESL	Coimbra	11-07-2009

JO-Para Absoluto S9: 26.74 / World-Para Absoluto S8: 28.78; Absoluto S9: 27.13 / PreJun_Masc Juv: 24.15 / CEJun_Masc 15 - 18: 23.45 / CMJ_Masc 15 - 18: 22.98 / CMPL Sen: 22.18 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PADRELA Joao Esteves	99	Belenenses	**24.00**	+0,65	661	
2.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.06**	+0,64	656	

Prova 17 | Femin., 800m Livres | Juvenis A
05-04-2019 - 11:55 | Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	**9:27.80**	+0,77	622	

50m:	33.03	33.03	250m:	2:57.16	36.05	450m:	5:20.25	35.72	650m:	7:42.21	35.73
100m:	1:08.88	35.85	300m:	3:32.97	35.81	500m:	5:55.62	35.37	700m:	8:17.77	35.56
150m:	1:45.06	36.18	350m:	4:09.04	36.07	550m:	6:31.01	35.39	750m:	8:53.34	35.57
200m:	2:21.11	36.05	400m:	4:44.53	35.49	600m:	7:06.48	35.47	800m:	9:27.80	34.46

2.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:32.90**	+0,81	605						
50m:	32.05	32.05	250m:	2:55.73	36.00	450m:	5:21.89	36.15	650m:	7:47.37	36.06
100m:	1:07.70	35.65	300m:	3:32.49	36.76	500m:	5:58.82	36.93	700m:	8:24.08	36.71
150m:	1:43.46	35.76	350m:	4:08.69	36.20	550m:	6:34.83	36.01	750m:	8:58.89	34.81
200m:	2:19.73	36.27	400m:	4:45.74	37.05	600m:	7:11.31	36.48	800m:	9:32.90	34.01

3.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**9:32.99**	+0,73	605						
50m:	31.78	31.78	250m:	2:54.25	35.86	450m:	5:19.57	36.19	650m:	7:45.36	36.52
100m:	1:06.61	34.83	300m:	3:30.33	36.08	500m:	5:56.07	36.50	700m:	8:21.91	36.55
150m:	1:42.39	35.78	350m:	4:06.78	36.45	550m:	6:32.63	36.56	750m:	8:58.25	36.34
200m:	2:18.39	36.00	400m:	4:43.38	36.60	600m:	7:08.84	36.21	800m:	9:32.99	34.74

4.	PINHO Carolina Teixeira	04	Porto	**9:33.22**	+0,75	604						
50m:	32.25	32.25	250m:	2:54.45	36.25	450m:	5:18.76	36.14	650m:	7:44.44	36.90
100m:	1:07.01	34.76	300m:	3:30.30	35.85	500m:	5:54.99	36.23	700m:	8:21.40	36.96
150m:	1:42.95	35.94	350m:	4:06.56	36.26	550m:	6:31.35	36.36	750m:	8:58.33	36.93
200m:	2:18.20	35.25	400m:	4:42.62	36.06	600m:	7:07.54	36.19	800m:	9:33.22	34.89

5.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:38.45**	+0,87	588						
50m:	32.72	32.72	250m:	2:56.92	36.74	450m:	5:22.97	36.78	650m:	7:50.40	37.28
100m:	1:07.86	35.14	300m:	3:33.14	36.22	500m:	5:59.11	36.14	700m:	8:27.07	36.67
150m:	1:44.20	36.34	350m:	4:09.91	36.77	550m:	6:36.25	37.14	750m:	9:03.82	36.75
200m:	2:20.18	35.98	400m:	4:46.19	36.28	600m:	7:13.12	36.87	800m:	9:38.45	34.63

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Prova 17, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MOURA Maria Ferreira	04	Sporting	**9:38.76**	+0,72	587	

50m:	31.88	31.88	250m:	2:55.14	36.18	450m:	5:20.83	36.33	650m:	7:47.46	37.14
100m:	1:06.84	34.96	300m:	3:31.31	36.17	500m:	5:57.00	36.17	700m:	8:24.84	37.38
150m:	1:42.85	36.01	350m:	4:07.80	36.49	550m:	6:33.58	36.58	750m:	9:01.75	36.91
200m:	2:18.96	36.11	400m:	4:44.50	36.70	600m:	7:10.32	36.74	800m:	9:38.76	37.01

7.	PRETO Filipa Manso	04	Porto	**9:40.95**	+0,74	581	

50m:	32.28	32.28	250m:	2:55.95	36.33	450m:	5:22.00	36.86	650m:	7:50.04	37.21
100m:	1:07.56	35.28	300m:	3:32.18	36.23	500m:	5:58.69	36.69	700m:	8:27.20	37.16
150m:	1:43.53	35.97	350m:	4:08.46	36.28	550m:	6:35.72	37.03	750m:	9:04.69	37.49
200m:	2:19.62	36.09	400m:	4:45.14	36.68	600m:	7:12.83	37.11	800m:	9:40.95	36.26

8.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:41.96**	+0,89	578	

50m:	32.59	32.59	250m:	2:58.11	36.76	450m:	5:24.89	36.38	650m:	7:52.97	36.95
100m:	1:08.30	35.71	300m:	3:34.76	36.65	500m:	6:01.95	37.06	700m:	8:30.29	37.32
150m:	1:44.71	36.41	350m:	4:11.24	36.48	550m:	6:38.81	36.86	750m:	9:06.68	36.39
200m:	2:21.35	36.64	400m:	4:48.51	37.27	600m:	7:16.02	37.21	800m:	9:41.96	35.28

9.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**9:42.76**	+0,72	575	

50m:	31.43	31.43	250m:	2:52.17	35.56	450m:	5:19.65	37.28	650m:	7:50.90	37.66
100m:	1:05.96	34.53	300m:	3:28.28	36.11	500m:	5:57.33	37.68	700m:	8:29.29	38.39
150m:	1:41.18	35.22	350m:	4:04.84	36.56	550m:	6:35.01	37.68	750m:	9:06.63	37.34
200m:	2:16.61	35.43	400m:	4:42.37	37.53	600m:	7:13.24	38.23	800m:	9:42.76	36.13

10.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:54.78**	+0,87	541	

50m:	33.28	33.28	250m:	3:01.86	37.82	450m:	5:33.53	37.94	650m:	8:03.35	37.63
100m:	1:09.41	36.13	300m:	3:39.49	37.63	500m:	6:11.57	38.04	700m:	8:41.08	37.73
150m:	1:46.46	37.05	350m:	4:17.53	38.04	550m:	6:48.56	36.99	750m:	9:18.57	37.49
200m:	2:24.04	37.58	400m:	4:55.59	38.06	600m:	7:25.72	37.16	800m:	9:54.78	36.21

11.	INACIO Marta Macedo	04	Sporting	**9:55.61**	+0,88	539	

50m:	32.82	32.82	250m:	2:59.46	36.90	450m:	5:29.24	37.68	650m:	8:01.98	38.30
100m:	1:08.61	35.79	300m:	3:36.66	37.20	500m:	6:07.29	38.05	700m:	8:40.14	38.16
150m:	1:45.42	36.81	350m:	4:13.95	37.29	550m:	6:45.21	37.92	750m:	9:18.56	38.42
200m:	2:22.56	37.14	400m:	4:51.56	37.61	600m:	7:23.68	38.47	800m:	9:55.61	37.05

12.	SILVA Ines Martins	04	Vilacondense	**9:57.38**	+0,88	534	

50m:	33.39	33.39	250m:	3:01.02	37.81	450m:	5:33.42	38.28	650m:	8:06.60	38.26
100m:	1:08.82	35.43	300m:	3:38.91	37.89	500m:	6:11.95	38.53	700m:	8:44.34	37.74
150m:	1:45.76	36.94	350m:	4:17.13	38.22	550m:	6:50.04	38.09	750m:	9:21.57	37.23
200m:	2:23.21	37.45	400m:	4:55.14	38.01	600m:	7:28.34	38.30	800m:	9:57.38	35.81

13.	GALANTE Ines Carvalho	04	Vilacondense	**9:59.08**	+0,83	529	

50m:	32.10	32.10	250m:	3:01.93	37.69	450m:	5:34.91	37.49	650m:	8:07.58	37.58
100m:	1:08.75	36.65	300m:	3:40.81	38.88	500m:	6:13.60	38.69	700m:	8:46.21	38.63
150m:	1:45.55	36.80	350m:	4:18.40	37.59	550m:	6:51.16	37.56	750m:	9:22.73	36.52
200m:	2:24.24	38.69	400m:	4:57.42	39.02	600m:	7:30.00	38.84	800m:	9:59.08	36.35

14.	NARRA Vera Figueiredo	04	Amadora	**9:59.77**	+0,77	528	

50m:	34.08	34.08	250m:	3:03.67	37.18	450m:	5:34.17	37.63	650m:	8:06.05	37.94
100m:	1:10.96	36.88	300m:	3:41.15	37.48	500m:	6:12.15	37.98	700m:	8:44.13	38.08
150m:	1:48.39	37.43	350m:	4:18.71	37.56	550m:	6:49.99	37.84	750m:	9:22.50	38.37
200m:	2:26.49	38.10	400m:	4:56.54	37.83	600m:	7:28.11	38.12	800m:	9:59.77	37.27

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FERNANDES Maria Elias	04	Desportiva Viana	**10:00.03**	+0,97	527	

50m:	32.97	32.97	250m:	3:02.71	37.57	450m:	5:34.99	38.32	650m:	8:07.70	38.19
100m:	1:09.56	36.59	300m:	3:40.65	37.94	500m:	6:13.08	38.09	700m:	8:46.08	38.38
150m:	1:47.38	37.82	350m:	4:18.65	38.00	550m:	6:51.06	37.98	750m:	9:23.60	37.52
200m:	2:25.14	37.76	400m:	4:56.67	38.02	600m:	7:29.51	38.45	800m:	10:00.03	36.43

16.	LIGEIRO Daniela Silva	04	Viana Natacao	**10:03.65**	+0,76	517					
50m:	32.74	32.74	250m:	3:04.00	38.10	450m:	5:37.44	38.70	650m:	8:12.09	38.80
100m:	1:09.80	37.06	300m:	3:42.02	38.02	500m:	6:16.00	38.56	700m:	8:49.93	37.84
150m:	1:47.57	37.77	350m:	4:20.56	38.54	550m:	6:54.57	38.57	750m:	9:27.70	37.77
200m:	2:25.90	38.33	400m:	4:58.74	38.18	600m:	7:33.29	38.72	800m:	10:03.65	35.95

17.	LOPES Raquel Raposo	04	Cova da Piedade	**10:04.20**	+0,84	516					
50m:	34.28	34.28	250m:	3:05.36	38.52	450m:	5:38.13	38.60	650m:	8:12.15	38.45
100m:	1:10.90	36.62	300m:	3:43.14	37.78	500m:	6:16.37	38.24	700m:	8:50.05	37.90
150m:	1:49.05	38.15	350m:	4:21.65	38.51	550m:	6:55.29	38.92	750m:	9:27.67	37.62
200m:	2:26.84	37.79	400m:	4:59.53	37.88	600m:	7:33.70	38.41	800m:	10:04.20	36.53

18.	PEDRO Daniela Alexandra	04	Sporting	**10:04.91**	+0,75	514					
50m:	33.13	33.13	250m:	3:04.16	38.30	450m:	5:37.79	38.49	650m:	8:11.67	38.42
100m:	1:10.14	37.01	300m:	3:42.66	38.50	500m:	6:15.91	38.12	700m:	8:50.20	38.53
150m:	1:47.97	37.83	350m:	4:21.00	38.34	550m:	6:54.65	38.74	750m:	9:27.60	37.40
200m:	2:25.86	37.89	400m:	4:59.30	38.30	600m:	7:33.25	38.60	800m:	10:04.91	37.31

19.	JESUS Leonor Santos	04	Natacao Olhao	**10:05.83**	+0,87	512					
50m:	34.33	34.33	250m:	3:05.13	38.01	450m:	5:37.52	38.28	650m:	8:13.54	39.19
100m:	1:11.53	37.20	300m:	3:42.95	37.82	500m:	6:16.12	38.60	700m:	8:51.51	37.97
150m:	1:49.51	37.98	350m:	4:20.96	38.01	550m:	6:55.28	39.16	750m:	9:28.98	37.47
200m:	2:27.12	37.61	400m:	4:59.24	38.28	600m:	7:34.35	39.07	800m:	10:05.83	36.85

20.	HENRIQUES Carolina Porem	04	Sporting	**10:06.71**	+0,69	510					
50m:	34.34	34.34	250m:	3:06.35	37.93	450m:	5:38.62	37.75	650m:	8:12.23	38.27
100m:	1:12.46	38.12	300m:	3:44.56	38.21	500m:	6:17.24	38.62	700m:	8:51.18	38.95
150m:	1:50.06	37.60	350m:	4:22.39	37.83	550m:	6:55.15	37.91	750m:	9:29.07	37.89
200m:	2:28.42	38.36	400m:	5:00.87	38.48	600m:	7:33.96	38.81	800m:	10:06.71	37.64

21.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**10:08.44**	+0,79	505					
50m:	33.26	33.26	250m:	3:04.90	38.22	450m:	5:39.79	38.59	650m:	8:14.60	38.65
100m:	1:10.25	36.99	300m:	3:43.61	38.71	500m:	6:18.42	38.63	700m:	8:53.17	38.57
150m:	1:48.35	38.10	350m:	4:22.35	38.74	550m:	6:57.33	38.91	750m:	9:31.65	38.48
200m:	2:26.68	38.33	400m:	5:01.20	38.85	600m:	7:35.95	38.62	800m:	10:08.44	36.79

22.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**10:09.27**	+0,85	503					
50m:	34.13	34.13	250m:	3:06.40	38.42	450m:	5:40.70	38.28	650m:	8:15.01	38.26
100m:	1:11.56	37.43	300m:	3:45.01	38.61	500m:	6:19.56	38.86	700m:	8:53.64	38.63
150m:	1:49.57	38.01	350m:	4:23.83	38.82	550m:	6:58.40	38.84	750m:	9:32.04	38.40
200m:	2:27.98	38.41	400m:	5:02.42	38.59	600m:	7:36.75	38.35	800m:	10:09.27	37.23

23.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**10:09.83**	+0,83	502					
50m:	33.24	33.24	250m:	3:05.41	38.50	450m:	5:40.40	38.35	650m:	8:15.02	38.22
100m:	1:10.28	37.04	300m:	3:44.53	39.12	500m:	6:19.60	39.20	700m:	8:53.81	38.79
150m:	1:48.10	37.82	350m:	4:23.00	38.47	550m:	6:57.78	38.18	750m:	9:32.04	38.23
200m:	2:26.91	38.81	400m:	5:02.05	39.05	600m:	7:36.80	39.02	800m:	10:09.83	37.79

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**10:10.58**	+0,75	500	

50m:	33.65	33.65	250m:	3:05.06	38.35	450m:	5:40.15	38.78	650m:	8:17.65	39.33
100m:	1:10.84	37.19	300m:	3:43.24	38.18	500m:	6:19.49	39.34	700m:	8:56.80	39.15
150m:	1:48.65	37.81	350m:	4:22.50	39.26	550m:	6:58.42	38.93	750m:	9:34.40	37.60
200m:	2:26.71	38.06	400m:	5:01.37	38.87	600m:	7:38.32	39.90	800m:	10:10.58	36.18

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**10:11.30**	+0,65	498	

50m:	32.42	32.42	250m:	3:04.43	38.58	450m:	5:39.65	38.79	650m:	8:15.94	38.86
100m:	1:09.66	37.24	300m:	3:43.33	38.90	500m:	6:18.73	39.08	700m:	8:55.50	39.56
150m:	1:47.68	38.02	350m:	4:21.91	38.58	550m:	6:57.62	38.89	750m:	9:34.06	38.56
200m:	2:25.85	38.17	400m:	5:00.86	38.95	600m:	7:37.08	39.46	800m:	10:11.30	37.24

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:19.52**	+0,85	479	

50m:	32.60	32.60	250m:	3:06.88	38.89	450m:	5:44.51	39.22	650m:	8:22.87	39.07
100m:	1:10.58	37.98	300m:	3:46.71	39.83	500m:	6:24.57	40.06	700m:	9:02.58	39.71
150m:	1:48.71	38.13	350m:	4:25.51	38.80	550m:	7:03.98	39.41	750m:	9:41.38	38.80
200m:	2:27.99	39.28	400m:	5:05.29	39.78	600m:	7:43.80	39.82	800m:	10:19.52	38.14

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MONTEIRO Barbara Oliveira	04	Braga	**10:21.89**	+0,94	473	

50m:	34.20	34.20	250m:	3:05.80	38.35	450m:	5:42.30	38.73	650m:	8:22.31	40.19
100m:	1:11.28	37.08	300m:	3:44.66	38.86	500m:	6:22.06	39.76	700m:	9:03.06	40.75
150m:	1:49.17	37.89	350m:	4:23.78	39.12	550m:	7:01.66	39.60	750m:	9:43.10	40.04
200m:	2:27.45	38.28	400m:	5:03.57	39.79	600m:	7:42.12	40.46	800m:	10:21.89	38.79

Prova 17 — Femin., 800m Livres — Juvenis B
05-04-2019 - 11:55 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**9:24.59**	+0,78	633	

50m:	31.78	31.78	250m:	2:54.86	36.00	450m:	5:17.52	35.39	650m:	7:39.89	35.53
100m:	1:06.77	34.99	300m:	3:30.91	36.05	500m:	5:52.97	35.45	700m:	8:15.56	35.67
150m:	1:42.91	36.14	350m:	4:06.95	36.04	550m:	6:28.82	35.85	750m:	8:50.79	35.23
200m:	2:18.86	35.95	400m:	4:42.13	35.18	600m:	7:04.36	35.54	800m:	9:24.59	33.80

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:27.51**	+0,76	623	

50m:	31.94	31.94	250m:	2:52.92	35.46	450m:	5:17.12	35.85	650m:	7:42.85	36.02
100m:	1:07.04	35.10	300m:	3:29.07	36.15	500m:	5:53.59	36.47	700m:	8:19.14	36.29
150m:	1:41.88	34.84	350m:	4:04.89	35.82	550m:	6:29.86	36.27	750m:	8:53.98	34.84
200m:	2:17.46	35.58	400m:	4:41.27	36.38	600m:	7:06.83	36.97	800m:	9:27.51	33.53

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	PIRES Marta Joao	05	Alges	**9:31.88**	+0,64	609	

50m:	31.99	31.99	250m:	2:54.26	35.59	450m:	5:19.84	36.23	650m:	7:46.30	36.12
100m:	1:07.31	35.32	300m:	3:30.36	36.10	500m:	5:56.46	36.62	700m:	8:22.75	36.45
150m:	1:42.77	35.46	350m:	4:06.71	36.35	550m:	6:33.40	36.94	750m:	8:58.26	35.51
200m:	2:18.67	35.90	400m:	4:43.61	36.90	600m:	7:10.18	36.78	800m:	9:31.88	33.62

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:32.05**	+0,70	608	

50m:	32.05	32.05	250m:	2:53.54	35.93	450m:	5:19.42	36.18	650m:	7:46.27	36.15
100m:	1:06.98	34.93	300m:	3:30.04	36.50	500m:	5:56.20	36.78	700m:	8:23.31	37.04
150m:	1:41.60	34.62	350m:	4:06.32	36.28	550m:	6:32.92	36.72	750m:	8:58.46	35.15
200m:	2:17.61	36.01	400m:	4:43.24	36.92	600m:	7:10.12	37.20	800m:	9:32.05	33.59

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Prova 17, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	SIMOES Ana Beatriz	05	Sporting	**9:41.46**	+0,82	579	

50m:	32.57	32.57	250m:	2:58.38	37.21	450m:	5:27.13	37.02	650m:	7:55.29	36.91
100m:	1:07.95	35.38	300m:	3:35.66	37.28	500m:	6:04.37	37.24	700m:	8:31.99	36.70
150m:	1:44.40	36.45	350m:	4:13.00	37.34	550m:	6:41.41	37.04	750m:	9:08.28	36.29
200m:	2:21.17	36.77	400m:	4:50.11	37.11	600m:	7:18.38	36.97	800m:	9:41.46	33.18

6.	SEBASTIAO Sofia Antunes	05	Amadora	**9:46.07**	+0,95	565	

50m:	33.51	33.51	250m:	2:57.91	36.54	450m:	5:25.84	37.65	650m:	7:56.19	37.25
100m:	1:08.95	35.44	300m:	3:34.26	36.35	500m:	6:03.22	37.38	700m:	8:33.97	37.78
150m:	1:45.22	36.27	350m:	4:11.57	37.31	550m:	6:41.60	38.38	750m:	9:10.73	36.76
200m:	2:21.37	36.15	400m:	4:48.19	36.62	600m:	7:18.94	37.34	800m:	9:46.07	35.34

7.	HUTYY Adriana Carolina	05	Braga	**9:48.75**	+0,86	558	

50m:	32.80	32.80	250m:	2:57.74	36.63	450m:	5:26.04	36.60	650m:	7:56.06	37.25
100m:	1:08.62	35.82	300m:	3:35.01	37.27	500m:	6:04.08	38.04	700m:	8:34.62	38.56
150m:	1:43.97	35.35	350m:	4:11.67	36.66	550m:	6:40.83	36.75	750m:	9:11.71	37.09
200m:	2:21.11	37.14	400m:	4:49.44	37.77	600m:	7:18.81	37.98	800m:	9:48.75	37.04

8.	CABRAL Ana Matos	05	Condeixa Clube	**9:53.34**	+0,77	545	

50m:	32.13	32.13	250m:	2:59.13	37.04	450m:	5:30.88	38.06	650m:	8:03.35	37.50
100m:	1:08.17	36.04	300m:	3:36.96	37.83	500m:	6:09.65	38.77	700m:	8:41.03	37.68
150m:	1:44.92	36.75	350m:	4:14.52	37.56	550m:	6:47.71	38.06	750m:	9:17.76	36.73
200m:	2:22.09	37.17	400m:	4:52.82	38.30	600m:	7:25.85	38.14	800m:	9:53.34	35.58

9.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**9:59.94**	+0,87	527	

50m:	33.31	33.31	250m:	3:01.93	37.64	450m:	5:34.24	38.27	650m:	8:07.81	37.83
100m:	1:09.32	36.01	300m:	3:40.06	38.13	500m:	6:12.80	38.56	700m:	8:45.72	37.91
150m:	1:46.73	37.41	350m:	4:18.00	37.94	550m:	6:51.36	38.56	750m:	9:23.22	37.50
200m:	2:24.29	37.56	400m:	4:55.97	37.97	600m:	7:29.98	38.62	800m:	9:59.94	36.72

10.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**10:02.53**	+0,72	520	

50m:	33.15	33.15	250m:	3:01.49	38.04	450m:	5:35.02	38.74	650m:	8:10.12	38.80
100m:	1:08.81	35.66	300m:	3:39.41	37.92	500m:	6:13.77	38.75	700m:	8:48.36	38.24
150m:	1:46.12	37.31	350m:	4:17.86	38.45	550m:	6:52.69	38.92	750m:	9:26.41	38.05
200m:	2:23.45	37.33	400m:	4:56.28	38.42	600m:	7:31.32	38.63	800m:	10:02.53	36.12

11.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**10:04.83**	+0,77	514	

50m:	32.84	32.84	250m:	3:03.90	38.73	450m:	5:39.25	39.01	650m:	8:13.41	38.32
100m:	1:08.88	36.04	300m:	3:42.66	38.76	500m:	6:17.70	38.45	700m:	8:51.77	38.36
150m:	1:46.89	38.01	350m:	4:21.47	38.81	550m:	6:56.77	39.07	750m:	9:29.54	37.77
200m:	2:25.17	38.28	400m:	5:00.24	38.77	600m:	7:35.09	38.32	800m:	10:04.83	35.29

12.	COSTA Mariana Martins	05	Famalicao	**10:05.25**	+0,80	513	

50m:	32.89	32.89	250m:	3:03.85	37.78	450m:	5:37.05	38.48	650m:	8:12.17	38.71
100m:	1:10.26	37.37	300m:	3:41.75	37.90	500m:	6:15.73	38.68	700m:	8:50.90	38.73
150m:	1:47.99	37.73	350m:	4:20.08	38.33	550m:	6:54.40	38.67	750m:	9:28.53	37.63
200m:	2:26.07	38.08	400m:	4:58.57	38.49	600m:	7:33.46	39.06	800m:	10:05.25	36.72

13.	PIRES Laura Joao	05	Natacao do Fundao	**10:05.48**	+0,94	513	

50m:	34.79	34.79	250m:	3:05.44	38.37	450m:	5:38.53	38.37	650m:	8:12.63	38.59
100m:	1:11.63	36.84	300m:	3:43.34	37.90	500m:	6:16.91	38.38	700m:	8:51.14	38.51
150m:	1:49.45	37.82	350m:	4:21.79	38.45	550m:	6:55.38	38.47	750m:	9:29.69	38.55
200m:	2:27.07	37.62	400m:	5:00.16	38.37	600m:	7:34.04	38.66	800m:	10:05.48	35.79

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	COSTA Mafalda Santos	05	Colegio Monte Maior	**10:06.47**	+0,91	510	

50m:	32.76	32.76	250m:	3:02.38	37.74	450m:	5:35.80	38.85	650m:	8:10.78	38.88
100m:	1:09.74	36.98	300m:	3:40.60	38.22	500m:	6:14.53	38.73	700m:	8:50.49	39.71
150m:	1:47.03	37.29	350m:	4:18.38	37.78	550m:	6:52.90	38.37	750m:	9:29.04	38.55
200m:	2:24.64	37.61	400m:	4:56.95	38.57	600m:	7:31.90	39.00	800m:	10:06.47	37.43

15.	SANTOS Mariana Marques	05	Gesloures	**10:08.12**	+0,80	506	

50m:	33.05	33.05	250m:	3:05.70	38.00	450m:	5:39.58	38.20	650m:	8:14.89	38.64
100m:	1:10.66	37.61	300m:	3:44.27	38.57	500m:	6:18.95	39.37	700m:	8:53.94	39.05
150m:	1:48.78	38.12	350m:	4:22.45	38.18	550m:	6:57.01	38.06	750m:	9:31.39	37.45
200m:	2:27.70	38.92	400m:	5:01.38	38.93	600m:	7:36.25	39.24	800m:	10:08.12	36.73

16.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	**10:14.12**	+0,97	491	

50m:	33.79	33.79	250m:	3:06.23	38.58	450m:	5:40.16	38.24	650m:	8:16.69	39.11
100m:	1:10.93	37.14	300m:	3:44.97	38.74	500m:	6:19.33	39.17	700m:	8:56.27	39.58
150m:	1:48.92	37.99	350m:	4:23.29	38.32	550m:	6:58.38	39.05	750m:	9:35.69	39.42
200m:	2:27.65	38.73	400m:	5:01.92	38.63	600m:	7:37.58	39.20	800m:	10:14.12	38.43

17.	RINO Maria Pedro	05	Academia dos Acores	**10:15.16**	+0,75	489	

50m:	34.61	34.61	250m:	3:07.51	38.85	450m:	5:43.17	38.99	650m:	8:18.22	38.90
100m:	1:12.10	37.49	300m:	3:46.24	38.73	500m:	6:22.43	39.26	700m:	8:57.83	39.61
150m:	1:49.94	37.84	350m:	4:25.06	38.82	550m:	7:00.63	38.20	750m:	9:37.20	39.37
200m:	2:28.66	38.72	400m:	5:04.18	39.12	600m:	7:39.32	38.69	800m:	10:15.16	37.96

18.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:27.35**	+0,72	461	

50m:	34.42	34.42	250m:	3:08.28	39.14	450m:	5:46.48	39.77	650m:	8:27.86	40.57
100m:	1:11.88	37.46	300m:	3:47.36	39.08	500m:	6:26.72	40.24	700m:	9:08.19	40.33
150m:	1:50.69	38.81	350m:	4:27.21	39.85	550m:	7:07.25	40.53	750m:	9:48.49	40.30
200m:	2:29.14	38.45	400m:	5:06.71	39.50	600m:	7:47.29	40.04	800m:	10:27.35	38.86

19.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:36.97**	+0,93	440	

50m:	34.08	34.08	250m:	3:07.94	39.39	450m:	5:49.26	41.49	650m:	8:35.60	41.85
100m:	1:11.81	37.73	300m:	3:47.13	39.19	500m:	6:30.29	41.03	700m:	9:16.99	41.39
150m:	1:50.42	38.61	350m:	4:27.59	40.46	550m:	7:12.44	42.15	750m:	9:57.80	40.81
200m:	2:28.55	38.13	400m:	5:07.77	40.18	600m:	7:53.75	41.31	800m:	10:36.97	39.17

DNF	BENTO Maria Madalena	05	BUZIOS - Coruche	

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Prova 17, Femin., 800m Livres

Prova 17		Femin., 800m Livres			Juniores
05-04-2019 - 11:55					Resultados
Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita *Minimos CE Jun*	02	Condeixa Clube	**9:04.37**	+0,70	706	

50m:	31.12	31.12	250m:	2:47.32	33.98	450m:	5:05.44	34.30	650m:	7:23.72	34.28
100m:	1:04.80	33.68	300m:	3:21.92	34.60	500m:	5:40.24	34.80	700m:	7:58.50	34.78
150m:	1:38.86	34.06	350m:	3:56.41	34.49	550m:	6:14.54	34.30	750m:	8:31.98	33.48
200m:	2:13.34	34.48	400m:	4:31.14	34.73	600m:	6:49.44	34.90	800m:	9:04.37	32.39

2.	ROSA Mafalda Sofia	03	Rio Maior	**9:06.53**	+0,79	697					
50m:	31.62	31.62	250m:	2:47.66	34.26	450m:	5:05.30	34.31	650m:	7:23.67	34.48
100m:	1:05.16	33.54	300m:	3:22.04	34.38	500m:	5:39.92	34.62	700m:	7:58.28	34.61
150m:	1:38.96	33.80	350m:	3:56.35	34.31	550m:	6:14.36	34.44	750m:	8:32.74	34.46
200m:	2:13.40	34.44	400m:	4:30.99	34.64	600m:	6:49.19	34.83	800m:	9:06.53	33.79

3.	RAMOS Ana Rita	02	Porto	**9:07.73**	+0,74	693					
50m:	31.58	31.58	250m:	2:47.33	34.27	450m:	5:05.29	35.00	650m:	7:24.83	34.78
100m:	1:05.34	33.76	300m:	3:21.58	34.25	500m:	5:40.14	34.85	700m:	7:59.69	34.86
150m:	1:39.00	33.66	350m:	3:55.84	34.26	550m:	6:14.99	34.85	750m:	8:34.23	34.54
200m:	2:13.06	34.06	400m:	4:30.29	34.45	600m:	6:50.05	35.06	800m:	9:07.73	33.50

4.	MARTINS Francisca Soares	03	Foca	**9:09.12**	+0,75	688					
50m:	31.83	31.83	250m:	2:48.70	34.31	450m:	5:07.61	34.33	650m:	7:27.68	35.02
100m:	1:05.69	33.86	300m:	3:23.37	34.67	500m:	5:42.49	34.88	700m:	8:02.86	35.18
150m:	1:40.11	34.42	350m:	3:58.28	34.91	550m:	6:17.41	34.92	750m:	8:36.80	33.94
200m:	2:14.39	34.28	400m:	4:33.28	35.00	600m:	6:52.66	35.25	800m:	9:09.12	32.32

5.	AMORIM Maria Leonor	03	Porto	**9:09.32**	+0,72	687					
50m:	31.66	31.66	250m:	2:48.72	34.61	450m:	5:07.44	34.62	650m:	7:26.87	35.01
100m:	1:05.44	33.78	300m:	3:23.17	34.45	500m:	5:42.12	34.68	700m:	8:01.73	34.86
150m:	1:39.83	34.39	350m:	3:57.96	34.79	550m:	6:17.13	35.01	750m:	8:36.44	34.71
200m:	2:14.11	34.28	400m:	4:32.82	34.86	600m:	6:51.86	34.73	800m:	9:09.32	32.88

6.	PINA Ana Sofia	02	O Crasto	**9:15.67**	+0,71	664					
50m:	31.48	31.48	250m:	2:49.29	34.77	450m:	5:08.51	34.93	650m:	7:29.72	35.56
100m:	1:05.41	33.93	300m:	3:23.93	34.64	500m:	5:43.54	35.03	700m:	8:05.19	35.47
150m:	1:40.08	34.67	350m:	3:58.76	34.83	550m:	6:18.85	35.31	750m:	8:40.98	35.79
200m:	2:14.52	34.44	400m:	4:33.58	34.82	600m:	6:54.16	35.31	800m:	9:15.67	34.69

7.	MENDES Mariana Amaral	02	Colegio Monte Maior	**9:19.34**	+0,77	651					
50m:	32.58	32.58	250m:	2:52.13	35.46	450m:	5:12.90	35.29	650m:	7:34.22	35.53
100m:	1:06.97	34.39	300m:	3:27.01	34.88	500m:	5:47.86	34.96	700m:	8:09.17	34.95
150m:	1:42.04	35.07	350m:	4:02.46	35.45	550m:	6:23.39	35.53	750m:	8:44.99	35.82
200m:	2:16.67	34.63	400m:	4:37.61	35.15	600m:	6:58.69	35.30	800m:	9:19.34	34.35

8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:25.78**	+0,86	629					
50m:	32.22	32.22	250m:	2:53.34	35.59	450m:	5:17.09	35.85	650m:	7:40.51	36.28
100m:	1:06.90	34.68	300m:	3:29.15	35.81	500m:	5:52.65	35.56	700m:	8:16.45	35.94
150m:	1:42.39	35.49	350m:	4:05.36	36.21	550m:	6:28.46	35.81	750m:	8:52.00	35.55
200m:	2:17.75	35.36	400m:	4:41.24	35.88	600m:	7:04.23	35.77	800m:	9:25.78	33.78

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Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SOUSA Ana Reis	02	Alges	**9:36.07**	+0,75	595	

50m:	31.40	31.40	250m:	2:50.73	36.23	450m:	5:19.62	37.02	650m:	7:46.72	36.45
100m:	1:05.05	33.65	300m:	3:28.01	37.28	500m:	5:56.80	37.18	700m:	8:23.36	36.64
150m:	1:39.04	33.99	350m:	4:05.41	37.40	550m:	6:33.37	36.57	750m:	8:59.50	36.14
200m:	2:14.50	35.46	400m:	4:42.60	37.19	600m:	7:10.27	36.90	800m:	9:36.07	36.57

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:44.65**	+0,78	570	

50m:	33.98	33.98	250m:	2:58.41	36.36	450m:	5:24.12	36.49	650m:	7:54.12	37.36
100m:	1:09.86	35.88	300m:	3:34.61	36.20	500m:	6:01.50	37.38	700m:	8:31.54	37.42
150m:	1:46.07	36.21	350m:	4:11.09	36.48	550m:	6:39.09	37.59	750m:	9:09.10	37.56
200m:	2:22.05	35.98	400m:	4:47.63	36.54	600m:	7:16.76	37.67	800m:	9:44.65	35.55

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:47.02**	+0,72	563	

50m:	32.90	32.90	250m:	2:59.41	37.00	450m:	5:27.53	36.92	650m:	7:56.60	36.91
100m:	1:08.69	35.79	300m:	3:36.35	36.94	500m:	6:05.12	37.59	700m:	8:34.00	37.40
150m:	1:45.24	36.55	350m:	4:13.63	37.28	550m:	6:42.51	37.39	750m:	9:10.34	36.34
200m:	2:22.41	37.17	400m:	4:50.61	36.98	600m:	7:19.69	37.18	800m:	9:47.02	36.68

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VARANDAS Joana Filipa	02	Laranjeiro	**9:47.36**	+0,85	562	

50m:	32.55	32.55	250m:	2:57.31	36.89	450m:	5:27.09	38.19	650m:	7:56.87	38.18
100m:	1:07.59	35.04	300m:	3:34.73	37.42	500m:	6:03.70	36.61	700m:	8:33.75	36.88
150m:	1:43.77	36.18	350m:	4:11.77	37.04	550m:	6:41.33	37.63	750m:	9:11.19	37.44
200m:	2:20.42	36.65	400m:	4:48.90	37.13	600m:	7:18.69	37.36	800m:	9:47.36	36.17

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**9:49.58**	+0,75	555	

50m:	33.44	33.44	250m:	2:59.03	37.01	450m:	5:27.09	37.77	650m:	7:57.43	37.94
100m:	1:09.10	35.66	300m:	3:35.68	36.65	500m:	6:04.85	37.76	700m:	8:34.99	37.56
150m:	1:45.41	36.31	350m:	4:12.51	36.83	550m:	6:42.34	37.49	750m:	9:13.03	38.04
200m:	2:22.02	36.61	400m:	4:49.32	36.81	600m:	7:19.49	37.15	800m:	9:49.58	36.55

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SOUSA Ines Matos	03	Uniao Coimbra	**9:50.54**	+0,73	553	

50m:	33.27	33.27	250m:	2:59.01	36.35	450m:	5:26.67	36.95	650m:	7:57.60	38.15
100m:	1:09.09	35.82	300m:	3:35.67	36.66	500m:	6:04.29	37.62	700m:	8:35.78	38.18
150m:	1:45.66	36.57	350m:	4:12.46	36.79	550m:	6:41.64	37.35	750m:	9:13.41	37.63
200m:	2:22.66	37.00	400m:	4:49.72	37.26	600m:	7:19.45	37.81	800m:	9:50.54	37.13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	AMANTES Beatriz Quintao	03	Uniao Piedense	**9:55.58**	+0,67	539	

50m:	33.71	33.71	250m:	3:01.97	37.19	450m:	5:30.07	37.07	650m:	8:02.27	37.73
100m:	1:10.44	36.73	300m:	3:39.03	37.06	500m:	6:07.95	37.88	700m:	8:40.30	38.03
150m:	1:47.74	37.30	350m:	4:15.79	36.76	550m:	6:46.11	38.16	750m:	9:18.68	38.38
200m:	2:24.78	37.04	400m:	4:53.00	37.21	600m:	7:24.54	38.43	800m:	9:55.58	36.90

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**10:04.11**	+0,73	516	

50m:	32.35	32.35	250m:	2:58.71	37.33	450m:	5:30.73	38.68	650m:	8:06.65	39.27
100m:	1:07.99	35.64	300m:	3:36.25	37.54	500m:	6:09.36	38.63	700m:	8:46.34	39.69
150m:	1:44.13	36.14	350m:	4:13.95	37.70	550m:	6:48.27	38.91	750m:	9:25.27	38.93
200m:	2:21.38	37.25	400m:	4:52.05	38.10	600m:	7:27.38	39.11	800m:	10:04.11	38.84

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	LIMA Jessica Soares	02	Braga	**10:07.29**	+0,90	508	

50m:	32.82	32.82	250m:	3:01.31	37.51	450m:	5:35.51	38.62	650m:	8:11.57	39.12
100m:	1:09.27	36.45	300m:	3:39.63	38.32	500m:	6:14.47	38.96	700m:	8:50.48	38.91
150m:	1:46.40	37.13	350m:	4:17.83	38.20	550m:	6:53.45	38.98	750m:	9:29.19	38.71
200m:	2:23.80	37.40	400m:	4:56.89	39.06	600m:	7:32.45	39.00	800m:	10:07.29	38.10

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Prova 17, Femin., 800m Livres

Prova 17		Femin., 800m Livres			Seniores
05-04-2019 - 11:55					Resultados
Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018

CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM*	96	Benfica	**8:37.78**	+0,74	820	

50m:	30.24	30.24	250m:	2:40.04	33.05	450m:	4:50.68	32.46	650m:	7:01.39	32.72
100m:	1:01.98	31.74	300m:	3:12.40	32.36	500m:	5:23.22	32.54	700m:	7:33.98	32.59
150m:	1:34.57	32.59	350m:	3:45.41	33.01	550m:	5:56.01	32.79	750m:	8:06.51	32.53
200m:	2:06.99	32.42	400m:	4:18.22	32.81	600m:	6:28.67	32.66	800m:	8:37.78	31.27

2.	ANDRE Angelica Maria	94	Fluvial Portuense	**8:55.16**	+0,76	743						
50m:	31.29	31.29	250m:	2:44.98	33.89	450m:	5:00.05	33.88	650m:	7:14.96	33.82
100m:	1:04.19	32.90	300m:	3:18.64	33.66	500m:	5:34.01	33.96	700m:	7:48.51	33.55
150m:	1:37.64	33.45	350m:	3:52.43	33.79	550m:	6:07.63	33.62	750m:	8:22.15	33.64
200m:	2:11.09	33.45	400m:	4:26.17	33.74	600m:	6:41.14	33.51	800m:	8:55.16	33.01

3.	HENRIQUES Ines Jacinto	00	Sporting	**8:57.34**	+0,76	734						
50m:	31.49	31.49	250m:	2:46.05	33.68	450m:	5:00.94	33.69	650m:	7:16.63	34.23
100m:	1:05.02	33.53	300m:	3:19.49	33.44	500m:	5:34.66	33.72	700m:	7:50.49	33.86
150m:	1:38.80	33.78	350m:	3:53.37	33.88	550m:	6:08.56	33.90	750m:	8:24.44	33.95
200m:	2:12.37	33.57	400m:	4:27.25	33.88	600m:	6:42.40	33.84	800m:	8:57.34	32.90

4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:28.56**	+0,74	619						
50m:	31.88	31.88	250m:	2:49.17	34.99	450m:	5:14.44	36.60	650m:	7:40.36	36.31
100m:	1:05.08	33.20	300m:	3:25.20	36.03	500m:	5:51.03	36.59	700m:	8:17.18	36.82
150m:	1:39.53	34.45	350m:	4:01.33	36.13	550m:	6:27.44	36.41	750m:	8:53.30	36.12
200m:	2:14.18	34.65	400m:	4:37.84	36.51	600m:	7:04.05	36.61	800m:	9:28.56	35.26

5.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**9:29.40**	+0,79	617						
50m:	31.79	31.79	250m:	2:52.94	35.61	450m:	5:17.69	36.11	650m:	7:42.31	35.79
100m:	1:06.82	35.03	300m:	3:29.29	36.35	500m:	5:54.25	36.56	700m:	8:18.38	36.07
150m:	1:41.55	34.73	350m:	4:05.24	35.95	550m:	6:30.16	35.91	750m:	8:53.86	35.48
200m:	2:17.33	35.78	400m:	4:41.58	36.34	600m:	7:06.52	36.36	800m:	9:29.40	35.54

6.	AMADOR Joana Costa	01	Galitos / Bresimar	**9:29.79**	+0,68	615						
50m:	32.01	32.01	250m:	2:51.22	35.19	450m:	5:15.55	36.62	650m:	7:41.04	36.57
100m:	1:06.18	34.17	300m:	3:26.44	35.22	500m:	5:51.60	36.05	700m:	8:17.07	36.03
150m:	1:41.13	34.95	350m:	4:02.51	36.07	550m:	6:28.02	36.42	750m:	8:53.80	36.73
200m:	2:16.03	34.90	400m:	4:38.93	36.42	600m:	7:04.47	36.45	800m:	9:29.79	35.99

7.	RODRIGUES Filipa Serrano	01	Benfica	**9:36.52**	+0,75	594						
50m:	31.52	31.52	250m:	2:49.86	34.77	450m:	5:13.87	36.61	650m:	7:43.55	37.66
100m:	1:05.19	33.67	300m:	3:25.11	35.25	500m:	5:51.06	37.19	700m:	8:20.83	37.28
150m:	1:40.29	35.10	350m:	4:01.19	36.08	550m:	6:28.83	37.77	750m:	8:59.15	38.32
200m:	2:15.09	34.80	400m:	4:37.26	36.07	600m:	7:05.89	37.06	800m:	9:36.52	37.37

8.	CARVALHO Eva Guerreiro	99	Benfica	**10:13.76**	+0,79	492						
50m:	33.16	33.16	250m:	3:03.45	38.05	450m:	5:39.02	39.21	650m:	8:16.72	39.35
100m:	1:09.55	36.39	300m:	3:42.16	38.71	500m:	6:18.66	39.64	700m:	8:55.86	39.14
150m:	1:47.25	37.70	350m:	4:20.82	38.66	550m:	6:57.98	39.32	750m:	9:35.17	39.31
200m:	2:25.40	38.15	400m:	4:59.81	38.99	600m:	7:37.37	39.39	800m:	10:13.76	38.59

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Prova 17, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Prova 17 — Femin., 800m Livres — Absolutos
05-04-2019 - 11:55 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM*	96	Benfica	**8:37.78**	+0,74	820	

50m:	30.24	30.24	250m:	2:40.04	33.05	450m:	4:50.68	32.46	650m:	7:01.39	32.72
100m:	1:01.98	31.74	300m:	3:12.40	32.36	500m:	5:23.22	32.54	700m:	7:33.98	32.59
150m:	1:34.57	32.59	350m:	3:45.41	33.01	550m:	5:56.01	32.79	750m:	8:06.51	32.53
200m:	2:06.99	32.42	400m:	4:18.22	32.81	600m:	6:28.67	32.66	800m:	8:37.78	31.27

2.	ANDRE Angelica Maria	94	Fluvial Portuense	**8:55.16**	+0,76	743					
50m:	31.29	31.29	250m:	2:44.98	33.89	450m:	5:00.05	33.88	650m:	7:14.96	33.82
100m:	1:04.19	32.90	300m:	3:18.64	33.66	500m:	5:34.01	33.96	700m:	7:48.51	33.55
150m:	1:37.64	33.45	350m:	3:52.43	33.79	550m:	6:07.63	33.62	750m:	8:22.15	33.64
200m:	2:11.09	33.45	400m:	4:26.17	33.74	600m:	6:41.14	33.51	800m:	8:55.16	33.01

3.	HENRIQUES Ines Jacinto	00	Sporting	**8:57.34**	+0,76	734					
50m:	31.49	31.49	250m:	2:46.05	33.68	450m:	5:00.94	33.69	650m:	7:16.63	34.23
100m:	1:05.02	33.53	300m:	3:19.49	33.44	500m:	5:34.66	33.72	700m:	7:50.49	33.86
150m:	1:38.80	33.78	350m:	3:53.37	33.88	550m:	6:08.56	33.90	750m:	8:24.44	33.95
200m:	2:12.37	33.57	400m:	4:27.25	33.88	600m:	6:42.40	33.84	800m:	8:57.34	32.90

4.	QUEIROZ Ana Rita *Minimos CE Jun*	02	Condeixa Clube	**9:04.37**	+0,70	706					
50m:	31.12	31.12	250m:	2:47.32	33.98	450m:	5:05.44	34.30	650m:	7:23.72	34.28
100m:	1:04.80	33.68	300m:	3:21.92	34.60	500m:	5:40.24	34.80	700m:	7:58.50	34.78
150m:	1:38.86	34.06	350m:	3:56.41	34.49	550m:	6:14.54	34.30	750m:	8:31.98	33.48
200m:	2:13.34	34.48	400m:	4:31.14	34.73	600m:	6:49.44	34.90	800m:	9:04.37	32.39

5.	ROSA Mafalda Sofia	03	Rio Maior	**9:06.53**	+0,79	697					
50m:	31.62	31.62	250m:	2:47.66	34.26	450m:	5:05.30	34.31	650m:	7:23.67	34.48
100m:	1:05.16	33.54	300m:	3:22.04	34.38	500m:	5:39.92	34.62	700m:	7:58.28	34.61
150m:	1:38.96	33.80	350m:	3:56.35	34.31	550m:	6:14.36	34.44	750m:	8:32.74	34.46
200m:	2:13.40	34.44	400m:	4:30.99	34.64	600m:	6:49.19	34.83	800m:	9:06.53	33.79

6.	RAMOS Ana Rita	02	Porto	**9:07.73**	+0,74	693					
50m:	31.58	31.58	250m:	2:47.33	34.27	450m:	5:05.29	35.00	650m:	7:24.83	34.78
100m:	1:05.34	33.76	300m:	3:21.58	34.25	500m:	5:40.14	34.85	700m:	7:59.69	34.86
150m:	1:39.00	33.66	350m:	3:55.84	34.26	550m:	6:14.99	34.85	750m:	8:34.23	34.54
200m:	2:13.06	34.06	400m:	4:30.29	34.45	600m:	6:50.05	35.06	800m:	9:07.73	33.50

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Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MARTINS Francisca Soares	03	Foca	**9:09.12**	+0,75	688	

50m:	31.83	31.83	250m:	2:48.70	34.31	450m:	5:07.61	34.33	650m:	7:27.68	35.02
100m:	1:05.69	33.86	300m:	3:23.37	34.67	500m:	5:42.49	34.88	700m:	8:02.86	35.18
150m:	1:40.11	34.42	350m:	3:58.28	34.91	550m:	6:17.41	34.92	750m:	8:36.80	33.94
200m:	2:14.39	34.28	400m:	4:33.28	35.00	600m:	6:52.66	35.25	800m:	9:09.12	32.32

8.	AMORIM Maria Leonor	03	Porto	**9:09.32**	+0,72	687					
50m:	31.66	31.66	250m:	2:48.72	34.61	450m:	5:07.44	34.62	650m:	7:26.87	35.01
100m:	1:05.44	33.78	300m:	3:23.17	34.45	500m:	5:42.12	34.68	700m:	8:01.73	34.86
150m:	1:39.83	34.39	350m:	3:57.96	34.79	550m:	6:17.13	35.01	750m:	8:36.44	34.71
200m:	2:14.11	34.28	400m:	4:32.82	34.86	600m:	6:51.86	34.73	800m:	9:09.32	32.88

9.	PINA Ana Sofia	02	O Crasto	**9:15.67**	+0,71	664					
50m:	31.48	31.48	250m:	2:49.29	34.77	450m:	5:08.51	34.93	650m:	7:29.72	35.56
100m:	1:05.41	33.93	300m:	3:23.93	34.64	500m:	5:43.54	35.03	700m:	8:05.19	35.47
150m:	1:40.08	34.67	350m:	3:58.76	34.83	550m:	6:18.85	35.31	750m:	8:40.98	35.79
200m:	2:14.52	34.44	400m:	4:33.58	34.82	600m:	6:54.16	35.31	800m:	9:15.67	34.69

10.	MENDES Mariana Amaral	02	Colegio Monte Maior	**9:19.34**	+0,77	651					
50m:	32.58	32.58	250m:	2:52.13	35.46	450m:	5:12.90	35.29	650m:	7:34.22	35.53
100m:	1:06.97	34.39	300m:	3:27.01	34.88	500m:	5:47.86	34.96	700m:	8:09.17	34.95
150m:	1:42.04	35.07	350m:	4:02.46	35.45	550m:	6:23.39	35.53	750m:	8:44.99	35.82
200m:	2:16.67	34.63	400m:	4:37.61	35.15	600m:	6:58.69	35.30	800m:	9:19.34	34.35

11.	LOPES Daniela Magalhaes	05	Famalicao	**9:24.59**	+0,78	633					
50m:	31.78	31.78	250m:	2:54.86	36.00	450m:	5:17.52	35.39	650m:	7:39.89	35.53
100m:	1:06.77	34.99	300m:	3:30.91	36.05	500m:	5:52.97	35.45	700m:	8:15.56	35.67
150m:	1:42.91	36.14	350m:	4:06.95	36.04	550m:	6:28.82	35.85	750m:	8:50.79	35.23
200m:	2:18.86	35.95	400m:	4:42.13	35.18	600m:	7:04.36	35.54	800m:	9:24.59	33.80

12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:25.78**	+0,86	629					
50m:	32.22	32.22	250m:	2:53.34	35.59	450m:	5:17.09	35.85	650m:	7:40.51	36.28
100m:	1:06.90	34.68	300m:	3:29.15	35.81	500m:	5:52.65	35.56	700m:	8:16.45	35.94
150m:	1:42.39	35.49	350m:	4:05.36	36.21	550m:	6:28.46	35.81	750m:	8:52.00	35.55
200m:	2:17.75	35.36	400m:	4:41.24	35.88	600m:	7:04.23	35.77	800m:	9:25.78	33.78

13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:27.51**	+0,76	623					
50m:	31.94	31.94	250m:	2:52.92	35.46	450m:	5:17.12	35.85	650m:	7:42.85	36.02
100m:	1:07.04	35.10	300m:	3:29.07	36.15	500m:	5:53.59	36.47	700m:	8:19.14	36.29
150m:	1:41.88	34.84	350m:	4:04.89	35.82	550m:	6:29.86	36.27	750m:	8:53.98	34.84
200m:	2:17.46	35.58	400m:	4:41.27	36.38	600m:	7:06.83	36.97	800m:	9:27.51	33.53

14.	SANTOS Leonor Esteves	04	Avancado EUL	**9:27.80**	+0,77	622					
50m:	33.03	33.03	250m:	2:57.16	36.05	450m:	5:20.25	35.72	650m:	7:42.21	35.73
100m:	1:08.88	35.85	300m:	3:32.97	35.81	500m:	5:55.62	35.37	700m:	8:17.77	35.56
150m:	1:45.06	36.18	350m:	4:09.04	36.07	550m:	6:31.01	35.39	750m:	8:53.34	35.57
200m:	2:21.11	36.05	400m:	4:44.53	35.49	600m:	7:06.48	35.47	800m:	9:27.80	34.46

15.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:28.56**	+0,74	619					
50m:	31.88	31.88	250m:	2:49.17	34.99	450m:	5:14.44	36.60	650m:	7:40.36	36.31
100m:	1:05.08	33.20	300m:	3:25.20	36.03	500m:	5:51.03	36.59	700m:	8:17.18	36.82
150m:	1:39.53	34.45	350m:	4:01.33	36.13	550m:	6:27.44	36.41	750m:	8:53.30	36.12
200m:	2:14.18	34.65	400m:	4:37.84	36.51	600m:	7:04.05	36.61	800m:	9:28.56	35.26

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CIMAI
Myrtha Pools

Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**9:29.40**	+0,79	617	

50m:	31.79	31.79	250m:	2:52.94	35.61	450m:	5:17.69	36.11	650m:	7:42.31	35.79
100m:	1:06.82	35.03	300m:	3:29.29	36.35	500m:	5:54.25	36.56	700m:	8:18.38	36.07
150m:	1:41.55	34.73	350m:	4:05.24	35.95	550m:	6:30.16	35.91	750m:	8:53.86	35.48
200m:	2:17.33	35.78	400m:	4:41.58	36.34	600m:	7:06.52	36.36	800m:	9:29.40	35.54

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	AMADOR Joana Costa	01	Galitos / Bresimar	**9:29.79**	+0,68	615	

50m:	32.01	32.01	250m:	2:51.22	35.19	450m:	5:15.55	36.62	650m:	7:41.04	36.57
100m:	1:06.18	34.17	300m:	3:26.44	35.22	500m:	5:51.60	36.05	700m:	8:17.07	36.03
150m:	1:41.13	34.95	350m:	4:02.51	36.07	550m:	6:28.02	36.42	750m:	8:53.80	36.73
200m:	2:16.03	34.90	400m:	4:38.93	36.42	600m:	7:04.47	36.45	800m:	9:29.79	35.99

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PIRES Marta Joao	05	Alges	**9:31.88**	+0,64	609	

50m:	31.99	31.99	250m:	2:54.26	35.59	450m:	5:19.84	36.23	650m:	7:46.30	36.12
100m:	1:07.31	35.32	300m:	3:30.36	36.10	500m:	5:56.46	36.62	700m:	8:22.75	36.45
150m:	1:42.77	35.46	350m:	4:06.71	36.35	550m:	6:33.40	36.94	750m:	8:58.26	35.51
200m:	2:18.67	35.90	400m:	4:43.61	36.90	600m:	7:10.18	36.78	800m:	9:31.88	33.62

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:32.05**	+0,70	608	

50m:	32.05	32.05	250m:	2:53.54	35.93	450m:	5:19.42	36.18	650m:	7:46.27	36.15
100m:	1:06.98	34.93	300m:	3:30.04	36.50	500m:	5:56.20	36.78	700m:	8:23.31	37.04
150m:	1:41.60	34.62	350m:	4:06.32	36.28	550m:	6:32.92	36.72	750m:	8:58.46	35.15
200m:	2:17.61	36.01	400m:	4:43.24	36.92	600m:	7:10.12	37.20	800m:	9:32.05	33.59

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:32.90**	+0,81	605	

50m:	32.05	32.05	250m:	2:55.73	36.00	450m:	5:21.89	36.15	650m:	7:47.37	36.06
100m:	1:07.70	35.65	300m:	3:32.49	36.76	500m:	5:58.82	36.93	700m:	8:24.08	36.71
150m:	1:43.46	35.76	350m:	4:08.69	36.20	550m:	6:34.83	36.01	750m:	8:58.89	34.81
200m:	2:19.73	36.27	400m:	4:45.74	37.05	600m:	7:11.31	36.48	800m:	9:32.90	34.01

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**9:32.99**	+0,73	605	

50m:	31.78	31.78	250m:	2:54.25	35.86	450m:	5:19.57	36.19	650m:	7:45.36	36.52
100m:	1:06.61	34.83	300m:	3:30.33	36.08	500m:	5:56.07	36.50	700m:	8:21.91	36.55
150m:	1:42.39	35.78	350m:	4:06.78	36.45	550m:	6:32.63	36.56	750m:	8:58.25	36.34
200m:	2:18.39	36.00	400m:	4:43.38	36.60	600m:	7:08.84	36.21	800m:	9:32.99	34.74

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	PINHO Carolina Teixeira	04	Porto	**9:33.22**	+0,75	604	

50m:	32.25	32.25	250m:	2:54.45	36.25	450m:	5:18.76	36.14	650m:	7:44.44	36.90
100m:	1:07.01	34.76	300m:	3:30.30	35.85	500m:	5:54.99	36.23	700m:	8:21.40	36.96
150m:	1:42.95	35.94	350m:	4:06.56	36.26	550m:	6:31.35	36.36	750m:	8:58.33	36.93
200m:	2:18.20	35.25	400m:	4:42.62	36.06	600m:	7:07.54	36.19	800m:	9:33.22	34.89

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	SOUSA Ana Reis	02	Alges	**9:36.07**	+0,75	595	

50m:	31.40	31.40	250m:	2:50.73	36.23	450m:	5:19.62	37.02	650m:	7:46.72	36.45
100m:	1:05.05	33.65	300m:	3:28.01	37.28	500m:	5:56.80	37.18	700m:	8:23.36	36.64
150m:	1:39.04	33.99	350m:	4:05.41	37.40	550m:	6:33.37	36.57	750m:	8:59.50	36.14
200m:	2:14.50	35.46	400m:	4:42.60	37.19	600m:	7:10.27	36.90	800m:	9:36.07	36.57

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	RODRIGUES Filipa Serrano	01	Benfica	**9:36.52**	+0,75	594	

50m:	31.52	31.52	250m:	2:49.86	34.77	450m:	5:13.87	36.61	650m:	7:43.55	37.66
100m:	1:05.19	33.67	300m:	3:25.11	35.25	500m:	5:51.06	37.19	700m:	8:20.83	37.28
150m:	1:40.29	35.10	350m:	4:01.19	36.08	550m:	6:28.83	37.77	750m:	8:59.15	38.32
200m:	2:15.09	34.80	400m:	4:37.26	36.07	600m:	7:05.89	37.06	800m:	9:36.52	37.37

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Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:38.45**	+0,87	588	

50m:	32.72	32.72	250m:	2:56.92	36.74	450m:	5:22.97	36.78	650m:	7:50.40	37.28
100m:	1:07.86	35.14	300m:	3:33.14	36.22	500m:	5:59.11	36.14	700m:	8:27.07	36.67
150m:	1:44.20	36.34	350m:	4:09.91	36.77	550m:	6:36.25	37.14	750m:	9:03.82	36.75
200m:	2:20.18	35.98	400m:	4:46.19	36.28	600m:	7:13.12	36.87	800m:	9:38.45	34.63

26.	MOURA Maria Ferreira	04	Sporting	**9:38.76**	+0,72	587	

50m:	31.88	31.88	250m:	2:55.14	36.18	450m:	5:20.83	36.33	650m:	7:47.46	37.14
100m:	1:06.84	34.96	300m:	3:31.31	36.17	500m:	5:57.00	36.17	700m:	8:24.84	37.38
150m:	1:42.85	36.01	350m:	4:07.80	36.49	550m:	6:33.58	36.58	750m:	9:01.75	36.91
200m:	2:18.96	36.11	400m:	4:44.50	36.70	600m:	7:10.32	36.74	800m:	9:38.76	37.01

27.	PRETO Filipa Manso	04	Porto	**9:40.95**	+0,74	581	

50m:	32.28	32.28	250m:	2:55.95	36.33	450m:	5:22.00	36.86	650m:	7:50.04	37.21
100m:	1:07.56	35.28	300m:	3:32.18	36.23	500m:	5:58.69	36.69	700m:	8:27.20	37.16
150m:	1:43.53	35.97	350m:	4:08.46	36.28	550m:	6:35.72	37.03	750m:	9:04.69	37.49
200m:	2:19.62	36.09	400m:	4:45.14	36.68	600m:	7:12.83	37.11	800m:	9:40.95	36.26

28.	SIMOES Ana Beatriz	05	Sporting	**9:41.46**	+0,82	579	

50m:	32.57	32.57	250m:	2:58.38	37.21	450m:	5:27.13	37.02	650m:	7:55.29	36.91
100m:	1:07.95	35.38	300m:	3:35.66	37.28	500m:	6:04.37	37.24	700m:	8:31.99	36.70
150m:	1:44.40	36.45	350m:	4:13.00	37.34	550m:	6:41.41	37.04	750m:	9:08.28	36.29
200m:	2:21.17	36.77	400m:	4:50.11	37.11	600m:	7:18.38	36.97	800m:	9:41.46	33.18

29.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:41.96**	+0,89	578	

50m:	32.59	32.59	250m:	2:58.11	36.76	450m:	5:24.89	36.38	650m:	7:52.97	36.95
100m:	1:08.30	35.71	300m:	3:34.76	36.65	500m:	6:01.95	37.06	700m:	8:30.29	37.32
150m:	1:44.71	36.41	350m:	4:11.24	36.48	550m:	6:38.81	36.86	750m:	9:06.68	36.39
200m:	2:21.35	36.64	400m:	4:48.51	37.27	600m:	7:16.02	37.21	800m:	9:41.96	35.28

30.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**9:42.76**	+0,72	575	

50m:	31.43	31.43	250m:	2:52.17	35.56	450m:	5:19.65	37.28	650m:	7:50.90	37.66
100m:	1:05.96	34.53	300m:	3:28.28	36.11	500m:	5:57.33	37.68	700m:	8:29.29	38.39
150m:	1:41.18	35.22	350m:	4:04.84	36.56	550m:	6:35.01	37.68	750m:	9:06.63	37.34
200m:	2:16.61	35.43	400m:	4:42.37	37.53	600m:	7:13.24	38.23	800m:	9:42.76	36.13

31.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:44.65**	+0,78	570	

50m:	33.98	33.98	250m:	2:58.41	36.36	450m:	5:24.12	36.49	650m:	7:54.12	37.36
100m:	1:09.86	35.88	300m:	3:34.61	36.20	500m:	6:01.50	37.38	700m:	8:31.54	37.42
150m:	1:46.07	36.21	350m:	4:11.09	36.48	550m:	6:39.09	37.59	750m:	9:09.10	37.56
200m:	2:22.05	35.98	400m:	4:47.63	36.54	600m:	7:16.76	37.67	800m:	9:44.65	35.55

32.	SEBASTIAO Sofia Antunes	05	Amadora	**9:46.07**	+0,95	565	

50m:	33.51	33.51	250m:	2:57.91	36.54	450m:	5:25.84	37.65	650m:	7:56.19	37.25
100m:	1:08.95	35.44	300m:	3:34.26	36.35	500m:	6:03.22	37.38	700m:	8:33.97	37.78
150m:	1:45.22	36.27	350m:	4:11.57	37.31	550m:	6:41.60	38.38	750m:	9:10.73	36.76
200m:	2:21.37	36.15	400m:	4:48.19	36.62	600m:	7:18.94	37.34	800m:	9:46.07	35.34

33.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:47.02**	+0,72	563	

50m:	32.90	32.90	250m:	2:59.41	37.00	450m:	5:27.53	36.92	650m:	7:56.60	36.91
100m:	1:08.69	35.79	300m:	3:36.35	36.94	500m:	6:05.12	37.59	700m:	8:34.00	37.40
150m:	1:45.24	36.55	350m:	4:13.63	37.28	550m:	6:42.51	37.39	750m:	9:10.34	36.34
200m:	2:22.41	37.17	400m:	4:50.61	36.98	600m:	7:19.69	37.18	800m:	9:47.02	36.68

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	VARANDAS Joana Filipa	02	Laranjeiro	**9:47.36**	+0,85	562	

50m:	32.55	32.55	250m:	2:57.31	36.89	450m:	5:27.09	38.19	650m:	7:56.87	38.18
100m:	1:07.59	35.04	300m:	3:34.73	37.42	500m:	6:03.70	36.61	700m:	8:33.75	36.88
150m:	1:43.77	36.18	350m:	4:11.77	37.04	550m:	6:41.33	37.63	750m:	9:11.19	37.44
200m:	2:20.42	36.65	400m:	4:48.90	37.13	600m:	7:18.69	37.36	800m:	9:47.36	36.17

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	HUTYY Adriana Carolina	05	Braga	**9:48.75**	+0,86	558	

50m:	32.80	32.80	250m:	2:57.74	36.63	450m:	5:26.04	36.60	650m:	7:56.06	37.25
100m:	1:08.62	35.82	300m:	3:35.01	37.27	500m:	6:04.08	38.04	700m:	8:34.62	38.56
150m:	1:43.97	35.35	350m:	4:11.67	36.66	550m:	6:40.83	36.75	750m:	9:11.71	37.09
200m:	2:21.11	37.14	400m:	4:49.44	37.77	600m:	7:18.81	37.98	800m:	9:48.75	37.04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**9:49.58**	+0,75	555	

50m:	33.44	33.44	250m:	2:59.03	37.01	450m:	5:27.09	37.77	650m:	7:57.43	37.94
100m:	1:09.10	35.66	300m:	3:35.68	36.65	500m:	6:04.85	37.76	700m:	8:34.99	37.56
150m:	1:45.41	36.31	350m:	4:12.51	36.83	550m:	6:42.34	37.49	750m:	9:13.03	38.04
200m:	2:22.02	36.61	400m:	4:49.32	36.81	600m:	7:19.49	37.15	800m:	9:49.58	36.55

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	SOUSA Ines Matos	03	Uniao Coimbra	**9:50.54**	+0,73	553	

50m:	33.27	33.27	250m:	2:59.01	36.35	450m:	5:26.67	36.95	650m:	7:57.60	38.15
100m:	1:09.09	35.82	300m:	3:35.67	36.66	500m:	6:04.29	37.62	700m:	8:35.78	38.18
150m:	1:45.66	36.57	350m:	4:12.46	36.79	550m:	6:41.64	37.35	750m:	9:13.41	37.63
200m:	2:22.66	37.00	400m:	4:49.72	37.26	600m:	7:19.45	37.81	800m:	9:50.54	37.13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	CABRAL Ana Matos	05	Condeixa Clube	**9:53.34**	+0,77	545	

50m:	32.13	32.13	250m:	2:59.13	37.04	450m:	5:30.88	38.06	650m:	8:03.35	37.50
100m:	1:08.17	36.04	300m:	3:36.96	37.83	500m:	6:09.65	38.77	700m:	8:41.03	37.68
150m:	1:44.92	36.75	350m:	4:14.52	37.56	550m:	6:47.71	38.06	750m:	9:17.76	36.73
200m:	2:22.09	37.17	400m:	4:52.82	38.30	600m:	7:25.85	38.14	800m:	9:53.34	35.58

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:54.78**	+0,87	541	

50m:	33.28	33.28	250m:	3:01.86	37.82	450m:	5:33.53	37.94	650m:	8:03.35	37.63
100m:	1:09.41	36.13	300m:	3:39.49	37.63	500m:	6:11.57	38.04	700m:	8:41.08	37.73
150m:	1:46.46	37.05	350m:	4:17.53	38.04	550m:	6:48.56	36.99	750m:	9:18.57	37.49
200m:	2:24.04	37.58	400m:	4:55.59	38.06	600m:	7:25.72	37.16	800m:	9:54.78	36.21

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	AMANTES Beatriz Quintao	03	Uniao Piedense	**9:55.58**	+0,67	539	

50m:	33.71	33.71	250m:	3:01.97	37.19	450m:	5:30.07	37.07	650m:	8:02.27	37.73
100m:	1:10.44	36.73	300m:	3:39.03	37.06	500m:	6:07.95	37.88	700m:	8:40.30	38.03
150m:	1:47.74	37.30	350m:	4:15.79	36.76	550m:	6:46.11	38.16	750m:	9:18.68	38.38
200m:	2:24.78	37.04	400m:	4:53.00	37.21	600m:	7:24.54	38.43	800m:	9:55.58	36.90

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	INACIO Marta Macedo	04	Sporting	**9:55.61**	+0,88	539	

50m:	32.82	32.82	250m:	2:59.46	36.90	450m:	5:29.24	37.68	650m:	8:01.98	38.30
100m:	1:08.61	35.79	300m:	3:36.66	37.20	500m:	6:07.29	38.05	700m:	8:40.14	38.16
150m:	1:45.42	36.81	350m:	4:13.95	37.29	550m:	6:45.21	37.92	750m:	9:18.56	38.42
200m:	2:22.56	37.14	400m:	4:51.56	37.61	600m:	7:23.68	38.47	800m:	9:55.61	37.05

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	SILVA Ines Martins	04	Vilacondense	**9:57.38**	+0,88	534	

50m:	33.39	33.39	250m:	3:01.02	37.81	450m:	5:33.42	38.28	650m:	8:06.60	38.26
100m:	1:08.82	35.43	300m:	3:38.91	37.89	500m:	6:11.95	38.53	700m:	8:44.34	37.74
150m:	1:45.76	36.94	350m:	4:17.13	38.22	550m:	6:50.04	38.09	750m:	9:21.57	37.23
200m:	2:23.21	37.45	400m:	4:55.14	38.01	600m:	7:28.34	38.30	800m:	9:57.38	35.81

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	GALANTE Ines Carvalho	04	Vilacondense	**9:59.08**	+0,83	529	

50m:	32.10	32.10	250m:	3:01.93	37.69	450m:	5:34.91	37.49	650m:	8:07.58	37.58
100m:	1:08.75	36.65	300m:	3:40.81	38.88	500m:	6:13.60	38.69	700m:	8:46.21	38.63
150m:	1:45.55	36.80	350m:	4:18.40	37.59	550m:	6:51.16	37.56	750m:	9:22.73	36.52
200m:	2:24.24	38.69	400m:	4:57.42	39.02	600m:	7:30.00	38.84	800m:	9:59.08	36.35

44.	NARRA Vera Figueiredo	04	Amadora	**9:59.77**	+0,77	528	

50m:	34.08	34.08	250m:	3:03.67	37.18	450m:	5:34.17	37.63	650m:	8:06.05	37.94
100m:	1:10.96	36.88	300m:	3:41.15	37.48	500m:	6:12.15	37.98	700m:	8:44.13	38.08
150m:	1:48.39	37.43	350m:	4:18.71	37.56	550m:	6:49.99	37.84	750m:	9:22.50	38.37
200m:	2:26.49	38.10	400m:	4:56.54	37.83	600m:	7:28.11	38.12	800m:	9:59.77	37.27

45.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**9:59.94**	+0,87	527	

50m:	33.31	33.31	250m:	3:01.93	37.64	450m:	5:34.24	38.27	650m:	8:07.81	37.83
100m:	1:09.32	36.01	300m:	3:40.06	38.13	500m:	6:12.80	38.56	700m:	8:45.72	37.91
150m:	1:46.73	37.41	350m:	4:18.00	37.94	550m:	6:51.36	38.56	750m:	9:23.22	37.50
200m:	2:24.29	37.56	400m:	4:55.97	37.97	600m:	7:29.98	38.62	800m:	9:59.94	36.72

46.	FERNANDES Maria Elias	04	Desportiva Viana	**10:00.03**	+0,97	527	

50m:	32.97	32.97	250m:	3:02.71	37.57	450m:	5:34.99	38.32	650m:	8:07.70	38.19
100m:	1:09.56	36.59	300m:	3:40.65	37.94	500m:	6:13.08	38.09	700m:	8:46.08	38.38
150m:	1:47.38	37.82	350m:	4:18.65	38.00	550m:	6:51.06	37.98	750m:	9:23.60	37.52
200m:	2:25.14	37.76	400m:	4:56.67	38.02	600m:	7:29.51	38.45	800m:	10:00.03	36.43

47.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**10:02.53**	+0,72	520	

50m:	33.15	33.15	250m:	3:01.49	38.04	450m:	5:35.02	38.74	650m:	8:10.12	38.80
100m:	1:08.81	35.66	300m:	3:39.41	37.92	500m:	6:13.77	38.75	700m:	8:48.36	38.24
150m:	1:46.12	37.31	350m:	4:17.86	38.45	550m:	6:52.69	38.92	750m:	9:26.41	38.05
200m:	2:23.45	37.33	400m:	4:56.28	38.42	600m:	7:31.32	38.63	800m:	10:02.53	36.12

48.	LIGEIRO Daniela Silva	04	Viana Natacao	**10:03.65**	+0,76	517	

50m:	32.74	32.74	250m:	3:04.00	38.10	450m:	5:37.44	38.70	650m:	8:12.09	38.80
100m:	1:09.80	37.06	300m:	3:42.02	38.02	500m:	6:16.00	38.56	700m:	8:49.93	37.84
150m:	1:47.57	37.77	350m:	4:20.56	38.54	550m:	6:54.57	38.57	750m:	9:27.70	37.77
200m:	2:25.90	38.33	400m:	4:58.74	38.18	600m:	7:33.29	38.72	800m:	10:03.65	35.95

49.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**10:04.11**	+0,73	516	

50m:	32.35	32.35	250m:	2:58.71	37.33	450m:	5:30.73	38.68	650m:	8:06.65	39.27
100m:	1:07.99	35.64	300m:	3:36.25	37.54	500m:	6:09.36	38.63	700m:	8:46.34	39.69
150m:	1:44.13	36.14	350m:	4:13.95	37.70	550m:	6:48.27	38.91	750m:	9:25.27	38.93
200m:	2:21.38	37.25	400m:	4:52.05	38.10	600m:	7:27.38	39.11	800m:	10:04.11	38.84

50.	LOPES Raquel Raposo	04	Cova da Piedade	**10:04.20**	+0,84	516	

50m:	34.28	34.28	250m:	3:05.36	38.52	450m:	5:38.13	38.60	650m:	8:12.15	38.45
100m:	1:10.90	36.62	300m:	3:43.14	37.78	500m:	6:16.37	38.24	700m:	8:50.05	37.90
150m:	1:49.05	38.15	350m:	4:21.65	38.51	550m:	6:55.29	38.92	750m:	9:27.67	37.62
200m:	2:26.84	37.79	400m:	4:59.53	37.88	600m:	7:33.70	38.41	800m:	10:04.20	36.53

51.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**10:04.83**	+0,77	514	

50m:	32.84	32.84	250m:	3:03.90	38.73	450m:	5:39.25	39.01	650m:	8:13.41	38.32
100m:	1:08.88	36.04	300m:	3:42.66	38.76	500m:	6:17.70	38.45	700m:	8:51.77	38.36
150m:	1:46.89	38.01	350m:	4:21.47	38.81	550m:	6:56.77	39.07	750m:	9:29.54	37.77
200m:	2:25.17	38.28	400m:	5:00.24	38.77	600m:	7:35.09	38.32	800m:	10:04.83	35.29

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	PEDRO Daniela Alexandra	04	Sporting	**10:04.91**	+0,75	514	

50m:	33.13	33.13	250m:	3:04.16	38.30	450m:	5:37.79	38.49	650m:	8:11.67	38.42
100m:	1:10.14	37.01	300m:	3:42.66	38.50	500m:	6:15.91	38.12	700m:	8:50.20	38.53
150m:	1:47.97	37.83	350m:	4:21.00	38.34	550m:	6:54.65	38.74	750m:	9:27.60	37.40
200m:	2:25.86	37.89	400m:	4:59.30	38.30	600m:	7:33.25	38.60	800m:	10:04.91	37.31

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	COSTA Mariana Martins	05	Famalicao	**10:05.25**	+0,80	513	

50m:	32.89	32.89	250m:	3:03.85	37.78	450m:	5:37.05	38.48	650m:	8:12.17	38.71
100m:	1:10.26	37.37	300m:	3:41.75	37.90	500m:	6:15.73	38.68	700m:	8:50.90	38.73
150m:	1:47.99	37.73	350m:	4:20.08	38.33	550m:	6:54.40	38.67	750m:	9:28.53	37.63
200m:	2:26.07	38.08	400m:	4:58.57	38.49	600m:	7:33.46	39.06	800m:	10:05.25	36.72

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	PIRES Laura Joao	05	Natacao do Fundao	**10:05.48**	+0,94	513	

50m:	34.79	34.79	250m:	3:05.44	38.37	450m:	5:38.53	38.37	650m:	8:12.63	38.59
100m:	1:11.63	36.84	300m:	3:43.34	37.90	500m:	6:16.91	38.38	700m:	8:51.14	38.51
150m:	1:49.45	37.82	350m:	4:21.79	38.45	550m:	6:55.38	38.47	750m:	9:29.69	38.55
200m:	2:27.07	37.62	400m:	5:00.16	38.37	600m:	7:34.04	38.66	800m:	10:05.48	35.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	JESUS Leonor Santos	04	Natacao Olhao	**10:05.83**	+0,87	512	

50m:	34.33	34.33	250m:	3:05.13	38.01	450m:	5:37.52	38.28	650m:	8:13.54	39.19
100m:	1:11.53	37.20	300m:	3:42.95	37.82	500m:	6:16.12	38.60	700m:	8:51.51	37.97
150m:	1:49.51	37.98	350m:	4:20.96	38.01	550m:	6:55.28	39.16	750m:	9:28.98	37.47
200m:	2:27.12	37.61	400m:	4:59.24	38.28	600m:	7:34.35	39.07	800m:	10:05.83	36.85

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	COSTA Mafalda Santos	05	Colegio Monte Maior	**10:06.47**	+0,91	510	

50m:	32.76	32.76	250m:	3:02.38	37.74	450m:	5:35.80	38.85	650m:	8:10.78	38.88
100m:	1:09.74	36.98	300m:	3:40.60	38.22	500m:	6:14.53	38.73	700m:	8:50.49	39.71
150m:	1:47.03	37.29	350m:	4:18.38	37.78	550m:	6:52.90	38.37	750m:	9:29.04	38.55
200m:	2:24.64	37.61	400m:	4:56.95	38.57	600m:	7:31.90	39.00	800m:	10:06.47	37.43

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	HENRIQUES Carolina Porem	04	Sporting	**10:06.71**	+0,69	510	

50m:	34.34	34.34	250m:	3:06.35	37.93	450m:	5:38.62	37.75	650m:	8:12.23	38.27
100m:	1:12.46	38.12	300m:	3:44.56	38.21	500m:	6:17.24	38.62	700m:	8:51.18	38.95
150m:	1:50.06	37.60	350m:	4:22.39	37.83	550m:	6:55.15	37.91	750m:	9:29.07	37.89
200m:	2:28.42	38.36	400m:	5:00.87	38.48	600m:	7:33.96	38.81	800m:	10:06.71	37.64

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	LIMA Jessica Soares	02	Braga	**10:07.29**	+0,90	508	

50m:	32.82	32.82	250m:	3:01.31	37.51	450m:	5:35.51	38.62	650m:	8:11.57	39.12
100m:	1:09.27	36.45	300m:	3:39.63	38.32	500m:	6:14.47	38.96	700m:	8:50.48	38.91
150m:	1:46.40	37.13	350m:	4:17.83	38.20	550m:	6:53.45	38.98	750m:	9:29.19	38.71
200m:	2:23.80	37.40	400m:	4:56.89	39.06	600m:	7:32.45	39.00	800m:	10:07.29	38.10

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	SANTOS Mariana Marques	05	Gesloures	**10:08.12**	+0,80	506	

50m:	33.05	33.05	250m:	3:05.70	38.00	450m:	5:39.58	38.20	650m:	8:14.89	38.64
100m:	1:10.66	37.61	300m:	3:44.27	38.57	500m:	6:18.95	39.37	700m:	8:53.94	39.05
150m:	1:48.78	38.12	350m:	4:22.45	38.18	550m:	6:57.01	38.06	750m:	9:31.39	37.45
200m:	2:27.70	38.92	400m:	5:01.38	38.93	600m:	7:36.25	39.24	800m:	10:08.12	36.73

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
60.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**10:08.44**	+0,79	505	

50m:	33.26	33.26	250m:	3:04.90	38.22	450m:	5:39.79	38.59	650m:	8:14.60	38.65
100m:	1:10.25	36.99	300m:	3:43.61	38.71	500m:	6:18.42	38.63	700m:	8:53.17	38.57
150m:	1:48.35	38.10	350m:	4:22.35	38.74	550m:	6:57.33	38.91	750m:	9:31.65	38.48
200m:	2:26.68	38.33	400m:	5:01.20	38.85	600m:	7:35.95	38.62	800m:	10:08.44	36.79

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
61.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**10:09.27**	+0,85	503	

50m:	34.13	34.13	250m:	3:06.40	38.42	450m:	5:40.70	38.28	650m:	8:15.01	38.26
100m:	1:11.56	37.43	300m:	3:45.01	38.61	500m:	6:19.56	38.86	700m:	8:53.64	38.63
150m:	1:49.57	38.01	350m:	4:23.83	38.82	550m:	6:58.40	38.84	750m:	9:32.04	38.40
200m:	2:27.98	38.41	400m:	5:02.42	38.59	600m:	7:36.75	38.35	800m:	10:09.27	37.23

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
62.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**10:09.83**	+0,83	502	

50m:	33.24	33.24	250m:	3:05.41	38.50	450m:	5:40.40	38.35	650m:	8:15.02	38.22
100m:	1:10.28	37.04	300m:	3:44.53	39.12	500m:	6:19.60	39.20	700m:	8:53.81	38.79
150m:	1:48.10	37.82	350m:	4:23.00	38.47	550m:	6:57.78	38.18	750m:	9:32.04	38.23
200m:	2:26.91	38.81	400m:	5:02.05	39.05	600m:	7:36.80	39.02	800m:	10:09.83	37.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
63.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**10:10.58**	+0,75	500	

50m:	33.65	33.65	250m:	3:05.06	38.35	450m:	5:40.15	38.78	650m:	8:17.65	39.33
100m:	1:10.84	37.19	300m:	3:43.24	38.18	500m:	6:19.49	39.34	700m:	8:56.80	39.15
150m:	1:48.65	37.81	350m:	4:22.50	39.26	550m:	6:58.42	38.93	750m:	9:34.40	37.60
200m:	2:26.71	38.06	400m:	5:01.37	38.87	600m:	7:38.32	39.90	800m:	10:10.58	36.18

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
64.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**10:11.30**	+0,65	498	

50m:	32.42	32.42	250m:	3:04.43	38.58	450m:	5:39.65	38.79	650m:	8:15.94	38.86
100m:	1:09.66	37.24	300m:	3:43.33	38.90	500m:	6:18.73	39.08	700m:	8:55.50	39.56
150m:	1:47.68	38.02	350m:	4:21.91	38.58	550m:	6:57.62	38.89	750m:	9:34.06	38.56
200m:	2:25.85	38.17	400m:	5:00.86	38.95	600m:	7:37.08	39.46	800m:	10:11.30	37.24

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
65.	CARVALHO Eva Guerreiro	99	Benfica	**10:13.76**	+0,79	492	

50m:	33.16	33.16	250m:	3:03.45	38.05	450m:	5:39.02	39.21	650m:	8:16.72	39.35
100m:	1:09.55	36.39	300m:	3:42.16	38.71	500m:	6:18.66	39.64	700m:	8:55.86	39.14
150m:	1:47.25	37.70	350m:	4:20.82	38.66	550m:	6:57.98	39.32	750m:	9:35.17	39.31
200m:	2:25.40	38.15	400m:	4:59.81	38.99	600m:	7:37.37	39.39	800m:	10:13.76	38.59

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
66.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	**10:14.12**	+0,97	491	

50m:	33.79	33.79	250m:	3:06.23	38.58	450m:	5:40.16	38.24	650m:	8:16.69	39.11
100m:	1:10.93	37.14	300m:	3:44.97	38.74	500m:	6:19.33	39.17	700m:	8:56.27	39.58
150m:	1:48.92	37.99	350m:	4:23.29	38.32	550m:	6:58.38	39.05	750m:	9:35.69	39.42
200m:	2:27.65	38.73	400m:	5:01.92	38.63	600m:	7:37.58	39.20	800m:	10:14.12	38.43

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
67.	RINO Maria Pedro	05	Academia dos Acores	**10:15.16**	+0,75	489	

50m:	34.61	34.61	250m:	3:07.51	38.85	450m:	5:43.17	38.99	650m:	8:18.22	38.90
100m:	1:12.10	37.49	300m:	3:46.24	38.73	500m:	6:22.43	39.26	700m:	8:57.83	39.61
150m:	1:49.94	37.84	350m:	4:25.06	38.82	550m:	7:00.63	38.20	750m:	9:37.20	39.37
200m:	2:28.66	38.72	400m:	5:04.18	39.12	600m:	7:39.32	38.69	800m:	10:15.16	37.96

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:19.52**	+0,85	479	

50m:	32.60	32.60	250m:	3:06.88	38.89	450m:	5:44.51	39.22	650m:	8:22.87	39.07
100m:	1:10.58	37.98	300m:	3:46.71	39.83	500m:	6:24.57	40.06	700m:	9:02.58	39.71
150m:	1:48.71	38.13	350m:	4:25.51	38.80	550m:	7:03.98	39.41	750m:	9:41.38	38.80
200m:	2:27.99	39.28	400m:	5:05.29	39.78	600m:	7:43.80	39.82	800m:	10:19.52	38.14

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
69.	MONTEIRO Barbara Oliveira	04	Braga	**10:21.89**	+0,94	473	

50m:	34.20	34.20	250m:	3:05.80	38.35	450m:	5:42.30	38.73	650m:	8:22.31	40.19
100m:	1:11.28	37.08	300m:	3:44.66	38.86	500m:	6:22.06	39.76	700m:	9:03.06	40.75
150m:	1:49.17	37.89	350m:	4:23.78	39.12	550m:	7:01.66	39.60	750m:	9:43.10	40.04
200m:	2:27.45	38.28	400m:	5:03.57	39.79	600m:	7:42.12	40.46	800m:	10:21.89	38.79

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Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
70.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:27.35**	+0,72	461	
	50m: 34.42 34.42 250m: 3:08.28 39.14 450m: 5:46.48 39.77 650m: 8:27.86 40.57						
	100m: 1:11.88 37.46 300m: 3:47.36 39.08 500m: 6:26.72 40.24 700m: 9:08.19 40.33						
	150m: 1:50.69 38.81 350m: 4:27.21 39.85 550m: 7:07.25 40.53 750m: 9:48.49 40.30						
	200m: 2:29.14 38.45 400m: 5:06.71 39.50 600m: 7:47.29 40.04 800m: 10:27.35 38.86						
71.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:36.97**	+0,93	440	
	50m: 34.08 34.08 250m: 3:07.94 39.39 450m: 5:49.26 41.49 650m: 8:35.60 41.85						
	100m: 1:11.81 37.73 300m: 3:47.13 39.19 500m: 6:30.29 41.03 700m: 9:16.99 41.39						
	150m: 1:50.42 38.61 350m: 4:27.59 40.46 550m: 7:12.44 42.15 750m: 9:57.80 40.81						
	200m: 2:28.55 38.13 400m: 5:07.77 40.18 600m: 7:53.75 41.31 800m: 10:36.97 39.17						
DNS	CHEROUATI Souad Nefissa	89	Benfica				
DNF	BENTO Maria Madalena	05	BUZIOS - Coruche				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**10:01.92**	+0,80	522	
	50m: 31.72 31.72 250m: 3:01.33 37.92 450m: 5:35.07 39.11 650m: 8:09.15 37.63						
	100m: 1:07.29 35.57 300m: 3:38.63 37.30 500m: 6:13.60 38.53 700m: 8:47.75 38.60						
	150m: 1:45.63 38.34 350m: 4:17.57 38.94 550m: 6:51.87 38.27 750m: 9:25.90 38.15						
	200m: 2:23.41 37.78 400m: 4:55.96 38.39 600m: 7:31.52 39.65 800m: 10:01.92 36.02						

Prova 18 — Masc., 800m Livres — Juniores
05-04-2019 - 13:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010

CEJun_Masc 15 - 18: 8:16.80 / CMJ_Masc 15 - 18: 8:07.01 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel	01	Porto	**8:21.57**	+0,71	732	
	50m: 28.90 28.90 250m: 2:33.36 31.02 450m: 4:39.46 31.75 650m: 6:46.89 31.72						
	100m: 1:00.30 31.40 300m: 3:04.76 31.40 500m: 5:10.95 31.49 700m: 7:19.20 32.31						
	150m: 1:31.19 30.89 350m: 3:35.90 31.14 550m: 5:42.98 32.03 750m: 7:50.91 31.71						
	200m: 2:02.34 31.15 400m: 4:07.71 31.81 600m: 6:15.17 32.19 800m: 8:21.57 30.66						
2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**8:26.00**	+0,64	713	
	50m: 28.39 28.39 250m: 2:33.81 32.22 450m: 4:43.25 32.38 650m: 6:51.72 32.18						
	100m: 59.04 30.65 300m: 3:06.06 32.25 500m: 5:15.37 32.12 700m: 7:23.79 32.07						
	150m: 1:30.26 31.22 350m: 3:38.47 32.41 550m: 5:47.29 31.92 750m: 7:55.47 31.68						
	200m: 2:01.59 31.33 400m: 4:10.87 32.40 600m: 6:19.54 32.25 800m: 8:26.00 30.53						
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**8:30.39**	+0,73	695	
	50m: 29.31 29.31 250m: 2:37.71 31.76 450m: 4:46.72 32.11 650m: 6:55.68 32.05						
	100m: 1:01.47 32.16 300m: 3:10.27 32.56 500m: 5:19.00 32.28 700m: 7:28.03 32.35						
	150m: 1:33.43 31.96 350m: 3:42.24 31.97 550m: 5:51.04 32.04 750m: 7:59.44 31.41						
	200m: 2:05.95 32.52 400m: 4:14.61 32.37 600m: 6:23.63 32.59 800m: 8:30.39 30.95						
4.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:42.60**	+0,77	647	
	50m: 28.20 28.20 250m: 2:34.10 32.15 450m: 4:44.14 32.95 650m: 6:58.90 34.33						
	100m: 58.93 30.73 300m: 3:06.36 32.26 500m: 5:17.07 32.93 700m: 7:33.99 35.09						
	150m: 1:30.47 31.54 350m: 3:38.76 32.40 550m: 5:50.68 33.61 750m: 8:09.17 35.18						
	200m: 2:01.95 31.48 400m: 4:11.19 32.43 600m: 6:24.57 33.89 800m: 8:42.60 33.43						

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Prova 18, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	LEBRE Diogo Ramos	01	Benfica	**8:44.79**	+0,75	639	

50m:	28.84	28.84	250m:	2:36.66	32.37	450m:	4:47.99	32.68	650m:	7:03.04	34.03
100m:	1:00.29	31.45	300m:	3:09.43	32.77	500m:	5:21.43	33.44	700m:	7:37.19	34.15
150m:	1:31.93	31.64	350m:	3:42.21	32.78	550m:	5:55.17	33.74	750m:	8:11.10	33.91
200m:	2:04.29	32.36	400m:	4:15.31	33.10	600m:	6:29.01	33.84	800m:	8:44.79	33.69

Prova 18 — Masc., 800m Livres — Seniores
05-04-2019 - 13:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Sen	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007

CMPL : 7:54.31 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**8:06.79**	+0,71	801	

50m:	28.05	28.05	250m:	2:29.07	30.57	450m:	4:32.11	30.90	650m:	6:35.62	30.99
100m:	57.78	29.73	300m:	2:59.72	30.65	500m:	5:02.73	30.62	700m:	7:06.65	31.03
150m:	1:28.06	30.28	350m:	3:30.50	30.78	550m:	5:33.78	31.05	750m:	7:37.38	30.73
200m:	1:58.50	30.44	400m:	4:01.21	30.71	600m:	6:04.63	30.85	800m:	8:06.79	29.41

2.	GIL Rafael Lourenco	96	Sporting	**8:14.83**	+0,70	762					
50m:	28.20	28.20	250m:	2:29.87	30.49	450m:	4:34.59	31.61	650m:	6:41.00	31.89
100m:	58.41	30.21	300m:	3:00.74	30.87	500m:	5:05.89	31.30	700m:	7:12.61	31.61
150m:	1:28.86	30.45	350m:	3:31.84	31.10	550m:	5:37.57	31.68	750m:	7:44.24	31.63
200m:	1:59.38	30.52	400m:	4:02.98	31.14	600m:	6:09.11	31.54	800m:	8:14.83	30.59

3.	SANTO Filipe Miguel	00	Benfica	**8:24.16**	+0,80	721					
50m:	28.25	28.25	250m:	2:34.09	32.42	450m:	4:42.90	31.94	650m:	6:50.63	31.73
100m:	58.48	30.23	300m:	3:06.42	32.33	500m:	5:14.94	32.04	700m:	7:22.71	32.08
150m:	1:29.76	31.28	350m:	3:38.60	32.18	550m:	5:46.57	31.63	750m:	7:54.62	31.91
200m:	2:01.67	31.91	400m:	4:10.96	32.36	600m:	6:18.90	32.33	800m:	8:24.16	29.54

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Prova 18, Masc., 800m Livres

Prova 18 — Masc., 800m Livres — Absolutos
05-04-2019 - 13:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Sen	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	8:43.31	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 8:31.70 / CEJun_Masc 15 - 18: 8:16.80 / CMJ_Masc 15 - 18: 8:07.01 / CMPL Sen: 7:54.31 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**8:06.79**	+0,71	801	

50m:	28.05	28.05	250m:	2:29.07	30.57	450m:	4:32.11	30.90	650m:	6:35.62	30.99
100m:	57.78	29.73	300m:	2:59.72	30.65	500m:	5:02.73	30.62	700m:	7:06.65	31.03
150m:	1:28.06	30.28	350m:	3:30.50	30.78	550m:	5:33.78	31.05	750m:	7:37.38	30.73
200m:	1:58.50	30.44	400m:	4:01.21	30.71	600m:	6:04.63	30.85	800m:	8:06.79	29.41

2.	GIL Rafael Lourenco	96	Sporting	**8:14.83**	+0,70	762					
50m:	28.20	28.20	250m:	2:29.87	30.49	450m:	4:34.59	31.61	650m:	6:41.00	31.89
100m:	58.41	30.21	300m:	3:00.74	30.87	500m:	5:05.89	31.30	700m:	7:12.61	31.61
150m:	1:28.86	30.45	350m:	3:31.84	31.10	550m:	5:37.57	31.68	750m:	7:44.24	31.63
200m:	1:59.38	30.52	400m:	4:02.98	31.14	600m:	6:09.11	31.54	800m:	8:14.83	30.59

3.	SANTOS Pedro Miguel	01	Porto	**8:21.57**	+0,71	732					
50m:	28.90	28.90	250m:	2:33.36	31.02	450m:	4:39.46	31.75	650m:	6:46.89	31.72
100m:	1:00.30	31.40	300m:	3:04.76	31.40	500m:	5:10.95	31.49	700m:	7:19.20	32.31
150m:	1:31.19	30.89	350m:	3:35.90	31.14	550m:	5:42.98	32.03	750m:	7:50.91	31.71
200m:	2:02.34	31.15	400m:	4:07.71	31.81	600m:	6:15.17	32.19	800m:	8:21.57	30.66

4.	SANTO Filipe Miguel	00	Benfica	**8:24.16**	+0,80	721					
50m:	28.25	28.25	250m:	2:34.09	32.42	450m:	4:42.90	31.94	650m:	6:50.63	31.73
100m:	58.48	30.23	300m:	3:06.42	32.33	500m:	5:14.94	32.04	700m:	7:22.71	32.08
150m:	1:29.76	31.28	350m:	3:38.60	32.18	550m:	5:46.57	31.63	750m:	7:54.62	31.91
200m:	2:01.67	31.91	400m:	4:10.96	32.36	600m:	6:18.90	32.33	800m:	8:24.16	29.54

5.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**8:26.00**	+0,64	713					
50m:	28.39	28.39	250m:	2:33.81	32.22	450m:	4:43.25	32.38	650m:	6:51.72	32.18
100m:	59.04	30.65	300m:	3:06.06	32.25	500m:	5:15.37	32.12	700m:	7:23.79	32.07
150m:	1:30.26	31.22	350m:	3:38.47	32.41	550m:	5:47.29	31.92	750m:	7:55.47	31.68
200m:	2:01.59	31.33	400m:	4:10.87	32.40	600m:	6:19.54	32.25	800m:	8:26.00	30.53

6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**8:30.39**	+0,73	695					
50m:	29.31	29.31	250m:	2:37.71	31.76	450m:	4:46.72	32.11	650m:	6:55.68	32.05
100m:	1:01.47	32.16	300m:	3:10.27	32.56	500m:	5:19.00	32.28	700m:	7:28.03	32.35
150m:	1:33.43	31.96	350m:	3:42.24	31.97	550m:	5:51.04	32.04	750m:	7:59.44	31.41
200m:	2:05.95	32.52	400m:	4:14.61	32.37	600m:	6:23.63	32.59	800m:	8:30.39	30.95

7.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:42.60**	+0,77	647					
50m:	28.20	28.20	250m:	2:34.10	32.15	450m:	4:44.14	32.95	650m:	6:58.90	34.33
100m:	58.93	30.73	300m:	3:06.36	32.26	500m:	5:17.07	32.93	700m:	7:33.99	35.09
150m:	1:30.47	31.54	350m:	3:38.76	32.40	550m:	5:50.68	33.61	750m:	8:09.17	35.18
200m:	2:01.95	31.48	400m:	4:11.19	32.43	600m:	6:24.57	33.89	800m:	8:42.60	33.43

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Prova 18, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LEBRE Diogo Ramos	01	Benfica	**8:44.79**	+0,75	639	

50m:	28.84	28.84	250m:	2:36.66	32.37	450m:	4:47.99	32.68	650m:	7:03.04	34.03
100m:	1:00.29	31.45	300m:	3:09.43	32.77	500m:	5:21.43	33.44	700m:	7:37.19	34.15
150m:	1:31.93	31.64	350m:	3:42.21	32.78	550m:	5:55.17	33.74	750m:	8:11.10	33.91
200m:	2:04.29	32.36	400m:	4:15.31	33.10	600m:	6:29.01	33.84	800m:	8:44.79	33.69

4 - 2ª Jornada - 2ª Sessão - Finais 05-04-2019 - 17:00

Prova 17 — Femin., 800m Livres — Juvenis A
05-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	**9:27.80**	+0,77	622	

50m:	33.03	33.03	250m:	2:57.16	36.05	450m:	5:20.25	35.72	650m:	7:42.21	35.73
100m:	1:08.88	35.85	300m:	3:32.97	35.81	500m:	5:55.62	35.37	700m:	8:17.77	35.56
150m:	1:45.06	36.18	350m:	4:09.04	36.07	550m:	6:31.01	35.39	750m:	8:53.34	35.57
200m:	2:21.11	36.05	400m:	4:44.53	35.49	600m:	7:06.48	35.47	800m:	9:27.80	34.46

2.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:32.90**	+0,81	605					
50m:	32.05	32.05	250m:	2:55.73	36.00	450m:	5:21.89	36.15	650m:	7:47.37	36.06
100m:	1:07.70	35.65	300m:	3:32.49	36.76	500m:	5:58.82	36.93	700m:	8:24.08	36.71
150m:	1:43.46	35.76	350m:	4:08.69	36.20	550m:	6:34.83	36.01	750m:	8:58.89	34.81
200m:	2:19.73	36.27	400m:	4:45.74	37.05	600m:	7:11.31	36.48	800m:	9:32.90	34.01

3.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**9:32.99**	+0,73	605					
50m:	31.78	31.78	250m:	2:54.25	35.86	450m:	5:19.57	36.19	650m:	7:45.36	36.52
100m:	1:06.61	34.83	300m:	3:30.33	36.08	500m:	5:56.07	36.50	700m:	8:21.91	36.55
150m:	1:42.39	35.78	350m:	4:06.78	36.45	550m:	6:32.63	36.56	750m:	8:58.25	36.34
200m:	2:18.39	36.00	400m:	4:43.38	36.60	600m:	7:08.84	36.21	800m:	9:32.99	34.74

4.	PINHO Carolina Teixeira	04	Porto	**9:33.22**	+0,75	604					
50m:	32.25	32.25	250m:	2:54.45	36.25	450m:	5:18.76	36.14	650m:	7:44.44	36.90
100m:	1:07.01	34.76	300m:	3:30.30	35.85	500m:	5:54.99	36.23	700m:	8:21.40	36.96
150m:	1:42.95	35.94	350m:	4:06.56	36.26	550m:	6:31.35	36.36	750m:	8:58.33	36.93
200m:	2:18.20	35.25	400m:	4:42.62	36.06	600m:	7:07.54	36.19	800m:	9:33.22	34.89

5.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:38.45**	+0,87	588					
50m:	32.72	32.72	250m:	2:56.92	36.74	450m:	5:22.97	36.78	650m:	7:50.40	37.28
100m:	1:07.86	35.14	300m:	3:33.14	36.22	500m:	5:59.11	36.14	700m:	8:27.07	36.67
150m:	1:44.20	36.34	350m:	4:09.91	36.77	550m:	6:36.25	37.14	750m:	9:03.82	36.75
200m:	2:20.18	35.98	400m:	4:46.19	36.28	600m:	7:13.12	36.87	800m:	9:38.45	34.63

6.	MOURA Maria Ferreira	04	Sporting	**9:38.76**	+0,72	587					
50m:	31.88	31.88	250m:	2:55.14	36.18	450m:	5:20.83	36.33	650m:	7:47.46	37.14
100m:	1:06.84	34.96	300m:	3:31.31	36.17	500m:	5:57.00	36.17	700m:	8:24.84	37.38
150m:	1:42.85	36.01	350m:	4:07.80	36.49	550m:	6:33.58	36.58	750m:	9:01.75	36.91
200m:	2:18.96	36.11	400m:	4:44.50	36.70	600m:	7:10.32	36.74	800m:	9:38.76	37.01

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Prova 17, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PRETO Filipa Manso	04	Porto	**9:40.95**	+0,74	581	

50m:	32.28	32.28	250m:	2:55.95	36.33	450m:	5:22.00	36.86	650m:	7:50.04	37.21
100m:	1:07.56	35.28	300m:	3:32.18	36.23	500m:	5:58.69	36.69	700m:	8:27.20	37.16
150m:	1:43.53	35.97	350m:	4:08.46	36.28	550m:	6:35.72	37.03	750m:	9:04.69	37.49
200m:	2:19.62	36.09	400m:	4:45.14	36.68	600m:	7:12.83	37.11	800m:	9:40.95	36.26

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:41.96**	+0,89	578	

50m:	32.59	32.59	250m:	2:58.11	36.76	450m:	5:24.89	36.38	650m:	7:52.97	36.95
100m:	1:08.30	35.71	300m:	3:34.76	36.65	500m:	6:01.95	37.06	700m:	8:30.29	37.32
150m:	1:44.71	36.41	350m:	4:11.24	36.48	550m:	6:38.81	36.86	750m:	9:06.68	36.39
200m:	2:21.35	36.64	400m:	4:48.51	37.27	600m:	7:16.02	37.21	800m:	9:41.96	35.28

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**9:42.76**	+0,72	575	

50m:	31.43	31.43	250m:	2:52.17	35.56	450m:	5:19.65	37.28	650m:	7:50.90	37.66
100m:	1:05.96	34.53	300m:	3:28.28	36.11	500m:	5:57.33	37.68	700m:	8:29.29	38.39
150m:	1:41.18	35.22	350m:	4:04.84	36.56	550m:	6:35.01	37.68	750m:	9:06.63	37.34
200m:	2:16.61	35.43	400m:	4:42.37	37.53	600m:	7:13.24	38.23	800m:	9:42.76	36.13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:54.78**	+0,87	541	

50m:	33.28	33.28	250m:	3:01.86	37.82	450m:	5:33.53	37.94	650m:	8:03.35	37.63
100m:	1:09.41	36.13	300m:	3:39.49	37.63	500m:	6:11.57	38.04	700m:	8:41.08	37.73
150m:	1:46.46	37.05	350m:	4:17.53	38.04	550m:	6:48.56	36.99	750m:	9:18.57	37.49
200m:	2:24.04	37.58	400m:	4:55.59	38.06	600m:	7:25.72	37.16	800m:	9:54.78	36.21

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	INACIO Marta Macedo	04	Sporting	**9:55.61**	+0,88	539	

50m:	32.82	32.82	250m:	2:59.46	36.90	450m:	5:29.24	37.68	650m:	8:01.98	38.30
100m:	1:08.61	35.79	300m:	3:36.66	37.20	500m:	6:07.29	38.05	700m:	8:40.14	38.16
150m:	1:45.42	36.81	350m:	4:13.95	37.29	550m:	6:45.21	37.92	750m:	9:18.56	38.42
200m:	2:22.56	37.14	400m:	4:51.56	37.61	600m:	7:23.68	38.47	800m:	9:55.61	37.05

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Ines Martins	04	Vilacondense	**9:57.38**	+0,88	534	

50m:	33.39	33.39	250m:	3:01.02	37.81	450m:	5:33.42	38.28	650m:	8:06.60	38.26
100m:	1:08.82	35.43	300m:	3:38.91	37.89	500m:	6:11.95	38.53	700m:	8:44.34	37.74
150m:	1:45.76	36.94	350m:	4:17.13	38.22	550m:	6:50.04	38.09	750m:	9:21.57	37.23
200m:	2:23.21	37.45	400m:	4:55.14	38.01	600m:	7:28.34	38.30	800m:	9:57.38	35.81

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	GALANTE Ines Carvalho	04	Vilacondense	**9:59.08**	+0,83	529	

50m:	32.10	32.10	250m:	3:01.93	37.69	450m:	5:34.91	37.49	650m:	8:07.58	37.58
100m:	1:08.75	36.65	300m:	3:40.81	38.88	500m:	6:13.60	38.69	700m:	8:46.21	38.63
150m:	1:45.55	36.80	350m:	4:18.40	37.59	550m:	6:51.16	37.56	750m:	9:22.73	36.52
200m:	2:24.24	38.69	400m:	4:57.42	39.02	600m:	7:30.00	38.84	800m:	9:59.08	36.35

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	NARRA Vera Figueiredo	04	Amadora	**9:59.77**	+0,77	528	

50m:	34.08	34.08	250m:	3:03.67	37.18	450m:	5:34.17	37.63	650m:	8:06.05	37.94
100m:	1:10.96	36.88	300m:	3:41.15	37.48	500m:	6:12.15	37.98	700m:	8:44.13	38.08
150m:	1:48.39	37.43	350m:	4:18.71	37.56	550m:	6:49.99	37.84	750m:	9:22.50	38.37
200m:	2:26.49	38.10	400m:	4:56.54	37.83	600m:	7:28.11	38.12	800m:	9:59.77	37.27

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FERNANDES Maria Elias	04	Desportiva Viana	**10:00.03**	+0,97	527	

50m:	32.97	32.97	250m:	3:02.71	37.57	450m:	5:34.99	38.32	650m:	8:07.70	38.19
100m:	1:09.56	36.59	300m:	3:40.65	37.94	500m:	6:13.08	38.09	700m:	8:46.08	38.38
150m:	1:47.38	37.82	350m:	4:18.65	38.00	550m:	6:51.06	37.98	750m:	9:23.60	37.52
200m:	2:25.14	37.76	400m:	4:56.67	38.02	600m:	7:29.51	38.45	800m:	10:00.03	36.43

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	LIGEIRO Daniela Silva	04	Viana Natacao	**10:03.65**	+0,76	517	

50m:	32.74	32.74	250m:	3:04.00	38.10	450m:	5:37.44	38.70	650m:	8:12.09	38.80
100m:	1:09.80	37.06	300m:	3:42.02	38.02	500m:	6:16.00	38.56	700m:	8:49.93	37.84
150m:	1:47.57	37.77	350m:	4:20.56	38.54	550m:	6:54.57	38.57	750m:	9:27.70	37.77
200m:	2:25.90	38.33	400m:	4:58.74	38.18	600m:	7:33.29	38.72	800m:	10:03.65	35.95

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	LOPES Raquel Raposo	04	Cova da Piedade	**10:04.20**	+0,84	516	

50m:	34.28	34.28	250m:	3:05.36	38.52	450m:	5:38.13	38.60	650m:	8:12.15	38.45
100m:	1:10.90	36.62	300m:	3:43.14	37.78	500m:	6:16.37	38.24	700m:	8:50.05	37.90
150m:	1:49.05	38.15	350m:	4:21.65	38.51	550m:	6:55.29	38.92	750m:	9:27.67	37.62
200m:	2:26.84	37.79	400m:	4:59.53	37.88	600m:	7:33.70	38.41	800m:	10:04.20	36.53

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PEDRO Daniela Alexandra	04	Sporting	**10:04.91**	+0,75	514	

50m:	33.13	33.13	250m:	3:04.16	38.30	450m:	5:37.79	38.49	650m:	8:11.67	38.42
100m:	1:10.14	37.01	300m:	3:42.66	38.50	500m:	6:15.91	38.12	700m:	8:50.20	38.53
150m:	1:47.97	37.83	350m:	4:21.00	38.34	550m:	6:54.65	38.74	750m:	9:27.60	37.40
200m:	2:25.86	37.89	400m:	4:59.30	38.30	600m:	7:33.25	38.60	800m:	10:04.91	37.31

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	JESUS Leonor Santos	04	Natacao Olhao	**10:05.83**	+0,87	512	

50m:	34.33	34.33	250m:	3:05.13	38.01	450m:	5:37.52	38.28	650m:	8:13.54	39.19
100m:	1:11.53	37.20	300m:	3:42.95	37.82	500m:	6:16.12	38.60	700m:	8:51.51	37.97
150m:	1:49.51	37.98	350m:	4:20.96	38.01	550m:	6:55.28	39.16	750m:	9:28.98	37.47
200m:	2:27.12	37.61	400m:	4:59.24	38.28	600m:	7:34.35	39.07	800m:	10:05.83	36.85

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	HENRIQUES Carolina Porem	04	Sporting	**10:06.71**	+0,69	510	

50m:	34.34	34.34	250m:	3:06.35	37.93	450m:	5:38.62	37.75	650m:	8:12.23	38.27
100m:	1:12.46	38.12	300m:	3:44.56	38.21	500m:	6:17.24	38.62	700m:	8:51.18	38.95
150m:	1:50.06	37.60	350m:	4:22.39	37.83	550m:	6:55.15	37.91	750m:	9:29.07	37.89
200m:	2:28.42	38.36	400m:	5:00.87	38.48	600m:	7:33.96	38.81	800m:	10:06.71	37.64

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**10:08.44**	+0,79	505	

50m:	33.26	33.26	250m:	3:04.90	38.22	450m:	5:39.79	38.59	650m:	8:14.60	38.65
100m:	1:10.25	36.99	300m:	3:43.61	38.71	500m:	6:18.42	38.63	700m:	8:53.17	38.57
150m:	1:48.35	38.10	350m:	4:22.35	38.74	550m:	6:57.33	38.91	750m:	9:31.65	38.48
200m:	2:26.68	38.33	400m:	5:01.20	38.85	600m:	7:35.95	38.62	800m:	10:08.44	36.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**10:09.27**	+0,85	503	

50m:	34.13	34.13	250m:	3:06.40	38.42	450m:	5:40.70	38.28	650m:	8:15.01	38.26
100m:	1:11.56	37.43	300m:	3:45.01	38.61	500m:	6:19.56	38.86	700m:	8:53.64	38.63
150m:	1:49.57	38.01	350m:	4:23.83	38.82	550m:	6:58.40	38.84	750m:	9:32.04	38.40
200m:	2:27.98	38.41	400m:	5:02.42	38.59	600m:	7:36.75	38.35	800m:	10:09.27	37.23

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**10:09.83**	+0,83	502	

50m:	33.24	33.24	250m:	3:05.41	38.50	450m:	5:40.40	38.35	650m:	8:15.02	38.22
100m:	1:10.28	37.04	300m:	3:44.53	39.12	500m:	6:19.60	39.20	700m:	8:53.81	38.79
150m:	1:48.10	37.82	350m:	4:23.00	38.47	550m:	6:57.78	38.18	750m:	9:32.04	38.23
200m:	2:26.91	38.81	400m:	5:02.05	39.05	600m:	7:36.80	39.02	800m:	10:09.83	37.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**10:10.58**	+0,75	500	

50m:	33.65	33.65	250m:	3:05.06	38.35	450m:	5:40.15	38.78	650m:	8:17.65	39.33
100m:	1:10.84	37.19	300m:	3:43.24	38.18	500m:	6:19.49	39.34	700m:	8:56.80	39.15
150m:	1:48.65	37.81	350m:	4:22.50	39.26	550m:	6:58.42	38.93	750m:	9:34.40	37.60
200m:	2:26.71	38.06	400m:	5:01.37	38.87	600m:	7:38.32	39.90	800m:	10:10.58	36.18

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**10:11.30**	+0,65	498	

50m:	32.42	32.42	250m:	3:04.43	38.58	450m:	5:39.65	38.79	650m:	8:15.94	38.86
100m:	1:09.66	37.24	300m:	3:43.33	38.90	500m:	6:18.73	39.08	700m:	8:55.50	39.56
150m:	1:47.68	38.02	350m:	4:21.91	38.58	550m:	6:57.62	38.89	750m:	9:34.06	38.56
200m:	2:25.85	38.17	400m:	5:00.86	38.95	600m:	7:37.08	39.46	800m:	10:11.30	37.24

26.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:19.52**	+0,85	479	

50m:	32.60	32.60	250m:	3:06.88	38.89	450m:	5:44.51	39.22	650m:	8:22.87	39.07
100m:	1:10.58	37.98	300m:	3:46.71	39.83	500m:	6:24.57	40.06	700m:	9:02.58	39.71
150m:	1:48.71	38.13	350m:	4:25.51	38.80	550m:	7:03.98	39.41	750m:	9:41.38	38.80
200m:	2:27.99	39.28	400m:	5:05.29	39.78	600m:	7:43.80	39.82	800m:	10:19.52	38.14

27.	MONTEIRO Barbara Oliveira	04	Braga	**10:21.89**	+0,94	473	

50m:	34.20	34.20	250m:	3:05.80	38.35	450m:	5:42.30	38.73	650m:	8:22.31	40.19
100m:	1:11.28	37.08	300m:	3:44.66	38.86	500m:	6:22.06	39.76	700m:	9:03.06	40.75
150m:	1:49.17	37.89	350m:	4:23.78	39.12	550m:	7:01.66	39.60	750m:	9:43.10	40.04
200m:	2:27.45	38.28	400m:	5:03.57	39.79	600m:	7:42.12	40.46	800m:	10:21.89	38.79

Prova 17 — Femin., 800m Livres — Juvenis B
05-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**9:24.59**	+0,78	633	

50m:	31.78	31.78	250m:	2:54.86	36.00	450m:	5:17.52	35.39	650m:	7:39.89	35.53
100m:	1:06.77	34.99	300m:	3:30.91	36.05	500m:	5:52.97	35.45	700m:	8:15.56	35.67
150m:	1:42.91	36.14	350m:	4:06.95	36.04	550m:	6:28.82	35.85	750m:	8:50.79	35.23
200m:	2:18.86	35.95	400m:	4:42.13	35.18	600m:	7:04.36	35.54	800m:	9:24.59	33.80

2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:27.51**	+0,76	623	

50m:	31.94	31.94	250m:	2:52.92	35.46	450m:	5:17.12	35.85	650m:	7:42.85	36.02
100m:	1:07.04	35.10	300m:	3:29.07	36.15	500m:	5:53.59	36.47	700m:	8:19.14	36.29
150m:	1:41.88	34.84	350m:	4:04.89	35.82	550m:	6:29.86	36.27	750m:	8:53.98	34.84
200m:	2:17.46	35.58	400m:	4:41.27	36.38	600m:	7:06.83	36.97	800m:	9:27.51	33.53

3.	PIRES Marta Joao	05	Alges	**9:31.88**	+0,64	609	

50m:	31.99	31.99	250m:	2:54.26	35.59	450m:	5:19.84	36.23	650m:	7:46.30	36.12
100m:	1:07.31	35.32	300m:	3:30.36	36.10	500m:	5:56.46	36.62	700m:	8:22.75	36.45
150m:	1:42.77	35.46	350m:	4:06.71	36.35	550m:	6:33.40	36.94	750m:	8:58.26	35.51
200m:	2:18.67	35.90	400m:	4:43.61	36.90	600m:	7:10.18	36.78	800m:	9:31.88	33.62

4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:32.05**	+0,70	608	

50m:	32.05	32.05	250m:	2:53.54	35.93	450m:	5:19.42	36.18	650m:	7:46.27	36.15
100m:	1:06.98	34.93	300m:	3:30.04	36.50	500m:	5:56.20	36.78	700m:	8:23.31	37.04
150m:	1:41.60	34.62	350m:	4:06.32	36.28	550m:	6:32.92	36.72	750m:	8:58.46	35.15
200m:	2:17.61	36.01	400m:	4:43.24	36.92	600m:	7:10.12	37.20	800m:	9:32.05	33.59

5.	SIMOES Ana Beatriz	05	Sporting	**9:41.46**	+0,82	579	

50m:	32.57	32.57	250m:	2:58.38	37.21	450m:	5:27.13	37.02	650m:	7:55.29	36.91
100m:	1:07.95	35.38	300m:	3:35.66	37.28	500m:	6:04.37	37.24	700m:	8:31.99	36.70
150m:	1:44.40	36.45	350m:	4:13.00	37.34	550m:	6:41.41	37.04	750m:	9:08.28	36.29
200m:	2:21.17	36.77	400m:	4:50.11	37.11	600m:	7:18.38	36.97	800m:	9:41.46	33.18

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Prova 17, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SEBASTIAO Sofia Antunes	05	Amadora	**9:46.07**	+0,95	565	

50m:	33.51	33.51	250m:	2:57.91	36.54	450m:	5:25.84	37.65	650m:	7:56.19	37.25
100m:	1:08.95	35.44	300m:	3:34.26	36.35	500m:	6:03.22	37.38	700m:	8:33.97	37.78
150m:	1:45.22	36.27	350m:	4:11.57	37.31	550m:	6:41.60	38.38	750m:	9:10.73	36.76
200m:	2:21.37	36.15	400m:	4:48.19	36.62	600m:	7:18.94	37.34	800m:	9:46.07	35.34

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	HUTYY Adriana Carolina	05	Braga	**9:48.75**	+0,86	558	

50m:	32.80	32.80	250m:	2:57.74	36.63	450m:	5:26.04	36.60	650m:	7:56.06	37.25
100m:	1:08.62	35.82	300m:	3:35.01	37.27	500m:	6:04.08	38.04	700m:	8:34.62	38.56
150m:	1:43.97	35.35	350m:	4:11.67	36.66	550m:	6:40.83	36.75	750m:	9:11.71	37.09
200m:	2:21.11	37.14	400m:	4:49.44	37.77	600m:	7:18.81	37.98	800m:	9:48.75	37.04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CABRAL Ana Matos	05	Condeixa Clube	**9:53.34**	+0,77	545	

50m:	32.13	32.13	250m:	2:59.13	37.04	450m:	5:30.88	38.06	650m:	8:03.35	37.50
100m:	1:08.17	36.04	300m:	3:36.96	37.83	500m:	6:09.65	38.77	700m:	8:41.03	37.68
150m:	1:44.92	36.75	350m:	4:14.52	37.56	550m:	6:47.71	38.06	750m:	9:17.76	36.73
200m:	2:22.09	37.17	400m:	4:52.82	38.30	600m:	7:25.85	38.14	800m:	9:53.34	35.58

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**9:59.94**	+0,87	527	

50m:	33.31	33.31	250m:	3:01.93	37.64	450m:	5:34.24	38.27	650m:	8:07.81	37.83
100m:	1:09.32	36.01	300m:	3:40.06	38.13	500m:	6:12.80	38.56	700m:	8:45.72	37.91
150m:	1:46.73	37.41	350m:	4:18.00	37.94	550m:	6:51.36	38.56	750m:	9:23.22	37.50
200m:	2:24.29	37.56	400m:	4:55.97	37.97	600m:	7:29.98	38.62	800m:	9:59.94	36.72

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**10:02.53**	+0,72	520	

50m:	33.15	33.15	250m:	3:01.49	38.04	450m:	5:35.02	38.74	650m:	8:10.12	38.80
100m:	1:08.81	35.66	300m:	3:39.41	37.92	500m:	6:13.77	38.75	700m:	8:48.36	38.24
150m:	1:46.12	37.31	350m:	4:17.86	38.45	550m:	6:52.69	38.92	750m:	9:26.41	38.05
200m:	2:23.45	37.33	400m:	4:56.28	38.42	600m:	7:31.32	38.63	800m:	10:02.53	36.12

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**10:04.83**	+0,77	514	

50m:	32.84	32.84	250m:	3:03.90	38.73	450m:	5:39.25	39.01	650m:	8:13.41	38.32
100m:	1:08.88	36.04	300m:	3:42.66	38.76	500m:	6:17.70	38.45	700m:	8:51.77	38.36
150m:	1:46.89	38.01	350m:	4:21.47	38.81	550m:	6:56.77	39.07	750m:	9:29.54	37.77
200m:	2:25.17	38.28	400m:	5:00.24	38.77	600m:	7:35.09	38.32	800m:	10:04.83	35.29

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	COSTA Mariana Martins	05	Famalicao	**10:05.25**	+0,80	513	

50m:	32.89	32.89	250m:	3:03.85	37.78	450m:	5:37.05	38.48	650m:	8:12.17	38.71
100m:	1:10.26	37.37	300m:	3:41.75	37.90	500m:	6:15.73	38.68	700m:	8:50.90	38.73
150m:	1:47.99	37.73	350m:	4:20.08	38.33	550m:	6:54.40	38.67	750m:	9:28.53	37.63
200m:	2:26.07	38.08	400m:	4:58.57	38.49	600m:	7:33.46	39.06	800m:	10:05.25	36.72

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	PIRES Laura Joao	05	Natacao do Fundao	**10:05.48**	+0,94	513	

50m:	34.79	34.79	250m:	3:05.44	38.37	450m:	5:38.53	38.37	650m:	8:12.63	38.59
100m:	1:11.63	36.84	300m:	3:43.34	37.90	500m:	6:16.91	38.38	700m:	8:51.14	38.51
150m:	1:49.45	37.82	350m:	4:21.79	38.45	550m:	6:55.38	38.47	750m:	9:29.69	38.55
200m:	2:27.07	37.62	400m:	5:00.16	38.37	600m:	7:34.04	38.66	800m:	10:05.48	35.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	COSTA Mafalda Santos	05	Colegio Monte Maior	**10:06.47**	+0,91	510	

50m:	32.76	32.76	250m:	3:02.38	37.74	450m:	5:35.80	38.85	650m:	8:10.78	38.88
100m:	1:09.74	36.98	300m:	3:40.60	38.22	500m:	6:14.53	38.73	700m:	8:50.49	39.71
150m:	1:47.03	37.29	350m:	4:18.38	37.78	550m:	6:52.90	38.37	750m:	9:29.04	38.55
200m:	2:24.64	37.61	400m:	4:56.95	38.57	600m:	7:31.90	39.00	800m:	10:06.47	37.43

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	SANTOS Mariana Marques	05	Gesloures	**10:08.12**	+0,80	506	

50m:	33.05	33.05	250m:	3:05.70	38.00	450m:	5:39.58	38.20	650m:	8:14.89	38.64
100m:	1:10.66	37.61	300m:	3:44.27	38.57	500m:	6:18.95	39.37	700m:	8:53.94	39.05
150m:	1:48.78	38.12	350m:	4:22.45	38.18	550m:	6:57.01	38.06	750m:	9:31.39	37.45
200m:	2:27.70	38.92	400m:	5:01.38	38.93	600m:	7:36.25	39.24	800m:	10:08.12	36.73

16.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	**10:14.12**	+0,97	491					
50m:	33.79	33.79	250m:	3:06.23	38.58	450m:	5:40.16	38.24	650m:	8:16.69	39.11
100m:	1:10.93	37.14	300m:	3:44.97	38.74	500m:	6:19.33	39.17	700m:	8:56.27	39.58
150m:	1:48.92	37.99	350m:	4:23.29	38.32	550m:	6:58.38	39.05	750m:	9:35.69	39.42
200m:	2:27.65	38.73	400m:	5:01.92	38.63	600m:	7:37.58	39.20	800m:	10:14.12	38.43

17.	RINO Maria Pedro	05	Academia dos Acores	**10:15.16**	+0,75	489					
50m:	34.61	34.61	250m:	3:07.51	38.85	450m:	5:43.17	38.99	650m:	8:18.22	38.90
100m:	1:12.10	37.49	300m:	3:46.24	38.73	500m:	6:22.43	39.26	700m:	8:57.83	39.61
150m:	1:49.94	37.84	350m:	4:25.06	38.82	550m:	7:00.63	38.20	750m:	9:37.20	39.37
200m:	2:28.66	38.72	400m:	5:04.18	39.12	600m:	7:39.32	38.69	800m:	10:15.16	37.96

18.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:27.35**	+0,72	461					
50m:	34.42	34.42	250m:	3:08.28	39.14	450m:	5:46.48	39.77	650m:	8:27.86	40.57
100m:	1:11.88	37.46	300m:	3:47.36	39.08	500m:	6:26.72	40.24	700m:	9:08.19	40.33
150m:	1:50.69	38.81	350m:	4:27.21	39.85	550m:	7:07.25	40.53	750m:	9:48.49	40.30
200m:	2:29.14	38.45	400m:	5:06.71	39.50	600m:	7:47.29	40.04	800m:	10:27.35	38.86

19.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:36.97**	+0,93	440					
50m:	34.08	34.08	250m:	3:07.94	39.39	450m:	5:49.26	41.49	650m:	8:35.60	41.85
100m:	1:11.81	37.73	300m:	3:47.13	39.19	500m:	6:30.29	41.03	700m:	9:16.99	41.39
150m:	1:50.42	38.61	350m:	4:27.59	40.46	550m:	7:12.44	42.15	750m:	9:57.80	40.81
200m:	2:28.55	38.13	400m:	5:07.77	40.18	600m:	7:53.75	41.31	800m:	10:36.97	39.17

DNF	BENTO Maria Madalena	05	BUZIOS - Coruche								

Prova 17 — Femin., 800m Livres — Juniores
05-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	QUEIROZ Ana Rita *Minimos CE Jun*	02	Condeixa Clube	**9:04.37**	+0,70	706	

50m:	31.12	31.12	250m:	2:47.32	33.98	450m:	5:05.44	34.30	650m:	7:23.72	34.28
100m:	1:04.80	33.68	300m:	3:21.92	34.60	500m:	5:40.24	34.80	700m:	7:58.50	34.78
150m:	1:38.86	34.06	350m:	3:56.41	34.49	550m:	6:14.54	34.30	750m:	8:31.98	33.48
200m:	2:13.34	34.48	400m:	4:31.14	34.73	600m:	6:49.44	34.90	800m:	9:04.37	32.39

2.	ROSA Mafalda Sofia	03	Rio Maior	**9:06.53**	+0,79	697					
50m:	31.62	31.62	250m:	2:47.66	34.26	450m:	5:05.30	34.31	650m:	7:23.67	34.48
100m:	1:05.16	33.54	300m:	3:22.04	34.38	500m:	5:39.92	34.62	700m:	7:58.28	34.61
150m:	1:38.96	33.80	350m:	3:56.35	34.31	550m:	6:14.36	34.44	750m:	8:32.74	34.46
200m:	2:13.40	34.44	400m:	4:30.99	34.64	600m:	6:49.19	34.83	800m:	9:06.53	33.79

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	RAMOS Ana Rita	02	Porto	**9:07.73**	+0,74	693	

50m:	31.58	31.58	250m:	2:47.33	34.27	450m:	5:05.29	35.00	650m:	7:24.83	34.78
100m:	1:05.34	33.76	300m:	3:21.58	34.25	500m:	5:40.14	34.85	700m:	7:59.69	34.86
150m:	1:39.00	33.66	350m:	3:55.84	34.26	550m:	6:14.99	34.85	750m:	8:34.23	34.54
200m:	2:13.06	34.06	400m:	4:30.29	34.45	600m:	6:50.05	35.06	800m:	9:07.73	33.50

4.	MARTINS Francisca Soares	03	Foca	**9:09.12**	+0,75	688					
50m:	31.83	31.83	250m:	2:48.70	34.31	450m:	5:07.61	34.33	650m:	7:27.68	35.02
100m:	1:05.69	33.86	300m:	3:23.37	34.67	500m:	5:42.49	34.88	700m:	8:02.86	35.18
150m:	1:40.11	34.42	350m:	3:58.28	34.91	550m:	6:17.41	34.92	750m:	8:36.80	33.94
200m:	2:14.39	34.28	400m:	4:33.28	35.00	600m:	6:52.66	35.25	800m:	9:09.12	32.32

5.	AMORIM Maria Leonor	03	Porto	**9:09.32**	+0,72	687					
50m:	31.66	31.66	250m:	2:48.72	34.61	450m:	5:07.44	34.62	650m:	7:26.87	35.01
100m:	1:05.44	33.78	300m:	3:23.17	34.45	500m:	5:42.12	34.68	700m:	8:01.73	34.86
150m:	1:39.83	34.39	350m:	3:57.96	34.79	550m:	6:17.13	35.01	750m:	8:36.44	34.71
200m:	2:14.11	34.28	400m:	4:32.82	34.86	600m:	6:51.86	34.73	800m:	9:09.32	32.88

6.	PINA Ana Sofia	02	O Crasto	**9:15.67**	+0,71	664					
50m:	31.48	31.48	250m:	2:49.29	34.77	450m:	5:08.51	34.93	650m:	7:29.72	35.56
100m:	1:05.41	33.93	300m:	3:23.93	34.64	500m:	5:43.54	35.03	700m:	8:05.19	35.47
150m:	1:40.08	34.67	350m:	3:58.76	34.83	550m:	6:18.85	35.31	750m:	8:40.98	35.79
200m:	2:14.52	34.44	400m:	4:33.58	34.82	600m:	6:54.16	35.31	800m:	9:15.67	34.69

7.	MENDES Mariana Amaral	02	Colegio Monte Maior	**9:19.34**	+0,77	651					
50m:	32.58	32.58	250m:	2:52.13	35.46	450m:	5:12.90	35.29	650m:	7:34.22	35.53
100m:	1:06.97	34.39	300m:	3:27.01	34.88	500m:	5:47.86	34.96	700m:	8:09.17	34.95
150m:	1:42.04	35.07	350m:	4:02.46	35.45	550m:	6:23.39	35.53	750m:	8:44.99	35.82
200m:	2:16.67	34.63	400m:	4:37.61	35.15	600m:	6:58.69	35.30	800m:	9:19.34	34.35

8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:25.78**	+0,86	629					
50m:	32.22	32.22	250m:	2:53.34	35.59	450m:	5:17.09	35.85	650m:	7:40.51	36.28
100m:	1:06.90	34.68	300m:	3:29.15	35.81	500m:	5:52.65	35.56	700m:	8:16.45	35.94
150m:	1:42.39	35.49	350m:	4:05.36	36.21	550m:	6:28.46	35.81	750m:	8:52.00	35.55
200m:	2:17.75	35.36	400m:	4:41.24	35.88	600m:	7:04.23	35.77	800m:	9:25.78	33.78

9.	SOUSA Ana Reis	02	Alges	**9:36.07**	+0,75	595					
50m:	31.40	31.40	250m:	2:50.73	36.23	450m:	5:19.62	37.02	650m:	7:46.72	36.45
100m:	1:05.05	33.65	300m:	3:28.01	37.28	500m:	5:56.80	37.18	700m:	8:23.36	36.64
150m:	1:39.04	33.99	350m:	4:05.41	37.40	550m:	6:33.37	36.57	750m:	8:59.50	36.14
200m:	2:14.50	35.46	400m:	4:42.60	37.19	600m:	7:10.27	36.90	800m:	9:36.07	36.57

10.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:44.65**	+0,78	570					
50m:	33.98	33.98	250m:	2:58.41	36.36	450m:	5:24.12	36.49	650m:	7:54.12	37.36
100m:	1:09.86	35.88	300m:	3:34.61	36.20	500m:	6:01.50	37.38	700m:	8:31.54	37.42
150m:	1:46.07	36.21	350m:	4:11.09	36.48	550m:	6:39.09	37.59	750m:	9:09.10	37.56
200m:	2:22.05	35.98	400m:	4:47.63	36.54	600m:	7:16.76	37.67	800m:	9:44.65	35.55

11.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:47.02**	+0,72	563					
50m:	32.90	32.90	250m:	2:59.41	37.00	450m:	5:27.53	36.92	650m:	7:56.60	36.91
100m:	1:08.69	35.79	300m:	3:36.35	36.94	500m:	6:05.12	37.59	700m:	8:34.00	37.40
150m:	1:45.24	36.55	350m:	4:13.63	37.28	550m:	6:42.51	37.39	750m:	9:10.34	36.34
200m:	2:22.41	37.17	400m:	4:50.61	36.98	600m:	7:19.69	37.18	800m:	9:47.02	36.68

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Prova 17, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VARANDAS Joana Filipa	02	Laranjeiro	**9:47.36**	+0,85	562	

50m:	32.55	32.55	250m:	2:57.31	36.89	450m:	5:27.09	38.19	650m:	7:56.87	38.18
100m:	1:07.59	35.04	300m:	3:34.73	37.42	500m:	6:03.70	36.61	700m:	8:33.75	36.88
150m:	1:43.77	36.18	350m:	4:11.77	37.04	550m:	6:41.33	37.63	750m:	9:11.19	37.44
200m:	2:20.42	36.65	400m:	4:48.90	37.13	600m:	7:18.69	37.36	800m:	9:47.36	36.17

13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**9:49.58**	+0,75	555					
50m:	33.44	33.44	250m:	2:59.03	37.01	450m:	5:27.09	37.77	650m:	7:57.43	37.94
100m:	1:09.10	35.66	300m:	3:35.68	36.65	500m:	6:04.85	37.76	700m:	8:34.99	37.56
150m:	1:45.41	36.31	350m:	4:12.51	36.83	550m:	6:42.34	37.49	750m:	9:13.03	38.04
200m:	2:22.02	36.61	400m:	4:49.32	36.81	600m:	7:19.49	37.15	800m:	9:49.58	36.55

14.	SOUSA Ines Matos	03	Uniao Coimbra	**9:50.54**	+0,73	553					
50m:	33.27	33.27	250m:	2:59.01	36.35	450m:	5:26.67	36.95	650m:	7:57.60	38.15
100m:	1:09.09	35.82	300m:	3:35.67	36.66	500m:	6:04.29	37.62	700m:	8:35.78	38.18
150m:	1:45.66	36.57	350m:	4:12.46	36.79	550m:	6:41.64	37.35	750m:	9:13.41	37.63
200m:	2:22.66	37.00	400m:	4:49.72	37.26	600m:	7:19.45	37.81	800m:	9:50.54	37.13

15.	AMANTES Beatriz Quintao	03	Uniao Piedense	**9:55.58**	+0,67	539					
50m:	33.71	33.71	250m:	3:01.97	37.19	450m:	5:30.07	37.07	650m:	8:02.27	37.73
100m:	1:10.44	36.73	300m:	3:39.03	37.06	500m:	6:07.95	37.88	700m:	8:40.30	38.03
150m:	1:47.74	37.30	350m:	4:15.79	36.76	550m:	6:46.11	38.16	750m:	9:18.68	38.38
200m:	2:24.78	37.04	400m:	4:53.00	37.21	600m:	7:24.54	38.43	800m:	9:55.58	36.90

16.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**10:04.11**	+0,73	516					
50m:	32.35	32.35	250m:	2:58.71	37.33	450m:	5:30.73	38.68	650m:	8:06.65	39.27
100m:	1:07.99	35.64	300m:	3:36.25	37.54	500m:	6:09.36	38.63	700m:	8:46.34	39.69
150m:	1:44.13	36.14	350m:	4:13.95	37.70	550m:	6:48.27	38.91	750m:	9:25.27	38.93
200m:	2:21.38	37.25	400m:	4:52.05	38.10	600m:	7:27.38	39.11	800m:	10:04.11	38.84

17.	LIMA Jessica Soares	02	Braga	**10:07.29**	+0,90	508					
50m:	32.82	32.82	250m:	3:01.31	37.51	450m:	5:35.51	38.62	650m:	8:11.57	39.12
100m:	1:09.27	36.45	300m:	3:39.63	38.32	500m:	6:14.47	38.96	700m:	8:50.48	38.91
150m:	1:46.40	37.13	350m:	4:17.83	38.20	550m:	6:53.45	38.98	750m:	9:29.19	38.71
200m:	2:23.80	37.40	400m:	4:56.89	39.06	600m:	7:32.45	39.00	800m:	10:07.29	38.10

Prova 17 — Femin., 800m Livres — Seniores
05-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018

CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM*	96	Benfica	**8:37.78**	+0,74	820	

50m:	30.24	30.24	250m:	2:40.04	33.05	450m:	4:50.68	32.46	650m:	7:01.39	32.72
100m:	1:01.98	31.74	300m:	3:12.40	32.36	500m:	5:23.22	32.54	700m:	7:33.98	32.59
150m:	1:34.57	32.59	350m:	3:45.41	33.01	550m:	5:56.01	32.79	750m:	8:06.51	32.53
200m:	2:06.99	32.42	400m:	4:18.22	32.81	600m:	6:28.67	32.66	800m:	8:37.78	31.27

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Prova 17, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	**8:55.16**	+0,76	743	

50m:	31.29	31.29	250m:	2:44.98	33.89	450m:	5:00.05	33.88	650m:	7:14.96	33.82
100m:	1:04.19	32.90	300m:	3:18.64	33.66	500m:	5:34.01	33.96	700m:	7:48.51	33.55
150m:	1:37.64	33.45	350m:	3:52.43	33.79	550m:	6:07.63	33.62	750m:	8:22.15	33.64
200m:	2:11.09	33.45	400m:	4:26.17	33.74	600m:	6:41.14	33.51	800m:	8:55.16	33.01

3.	HENRIQUES Ines Jacinto	00	Sporting	**8:57.34**	+0,76	734					
50m:	31.49	31.49	250m:	2:46.05	33.68	450m:	5:00.94	33.69	650m:	7:16.63	34.23
100m:	1:05.02	33.53	300m:	3:19.49	33.44	500m:	5:34.66	33.72	700m:	7:50.49	33.86
150m:	1:38.80	33.78	350m:	3:53.37	33.88	550m:	6:08.56	33.90	750m:	8:24.44	33.95
200m:	2:12.37	33.57	400m:	4:27.25	33.88	600m:	6:42.40	33.84	800m:	8:57.34	32.90

4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:28.56**	+0,74	619					
50m:	31.88	31.88	250m:	2:49.17	34.99	450m:	5:14.44	36.60	650m:	7:40.36	36.31
100m:	1:05.08	33.20	300m:	3:25.20	36.03	500m:	5:51.03	36.59	700m:	8:17.18	36.82
150m:	1:39.53	34.45	350m:	4:01.33	36.13	550m:	6:27.44	36.41	750m:	8:53.30	36.12
200m:	2:14.18	34.65	400m:	4:37.84	36.51	600m:	7:04.05	36.61	800m:	9:28.56	35.26

5.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**9:29.40**	+0,79	617					
50m:	31.79	31.79	250m:	2:52.94	35.61	450m:	5:17.69	36.11	650m:	7:42.31	35.79
100m:	1:06.82	35.03	300m:	3:29.29	36.35	500m:	5:54.25	36.56	700m:	8:18.38	36.07
150m:	1:41.55	34.73	350m:	4:05.24	35.95	550m:	6:30.16	35.91	750m:	8:53.86	35.48
200m:	2:17.33	35.78	400m:	4:41.58	36.34	600m:	7:06.52	36.36	800m:	9:29.40	35.54

6.	AMADOR Joana Costa	01	Galitos / Bresimar	**9:29.79**	+0,68	615					
50m:	32.01	32.01	250m:	2:51.22	35.19	450m:	5:15.55	36.62	650m:	7:41.04	36.57
100m:	1:06.18	34.17	300m:	3:26.44	35.22	500m:	5:51.60	36.05	700m:	8:17.07	36.03
150m:	1:41.13	34.95	350m:	4:02.51	36.07	550m:	6:28.02	36.42	750m:	8:53.80	36.73
200m:	2:16.03	34.90	400m:	4:38.93	36.42	600m:	7:04.47	36.45	800m:	9:29.79	35.99

7.	RODRIGUES Filipa Serrano	01	Benfica	**9:36.52**	+0,75	594					
50m:	31.52	31.52	250m:	2:49.86	34.77	450m:	5:13.87	36.61	650m:	7:43.55	37.66
100m:	1:05.19	33.67	300m:	3:25.11	35.25	500m:	5:51.06	37.19	700m:	8:20.83	37.28
150m:	1:40.29	35.10	350m:	4:01.19	36.08	550m:	6:28.83	37.77	750m:	8:59.15	38.32
200m:	2:15.09	34.80	400m:	4:37.26	36.07	600m:	7:05.89	37.06	800m:	9:36.52	37.37

8.	CARVALHO Eva Guerreiro	99	Benfica	**10:13.76**	+0,79	492					
50m:	33.16	33.16	250m:	3:03.45	38.05	450m:	5:39.02	39.21	650m:	8:16.72	39.35
100m:	1:09.55	36.39	300m:	3:42.16	38.71	500m:	6:18.66	39.64	700m:	8:55.86	39.14
150m:	1:47.25	37.70	350m:	4:20.82	38.66	550m:	6:57.98	39.32	750m:	9:35.17	39.31
200m:	2:25.40	38.15	400m:	4:59.81	38.99	600m:	7:37.37	39.39	800m:	10:13.76	38.59

DNS	CHEROUATI Souad Nefissa	89	Benfica

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Prova 17 — Femin., 800m Livres — Absolutos
05-04-2019 - 17:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

PreJun_Fem Juv: 9:21.31 / CEJun_Fem 14 - 17: 9:04.96 / CMJ_Fem 14 - 17: 8:54.28 / CMPL 19 +: 8:38.56 / JO Absoluto: 8:33.36

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida *Minimos CM*	96	Benfica	**8:37.78**	+0,74	820	

50m:	30.24	30.24	250m:	2:40.04	33.05	450m:	4:50.68	32.46	650m:	7:01.39	32.72
100m:	1:01.98	31.74	300m:	3:12.40	32.36	500m:	5:23.22	32.54	700m:	7:33.98	32.59
150m:	1:34.57	32.59	350m:	3:45.41	33.01	550m:	5:56.01	32.79	750m:	8:06.51	32.53
200m:	2:06.99	32.42	400m:	4:18.22	32.81	600m:	6:28.67	32.66	800m:	8:37.78	31.27

2.	ANDRE Angelica Maria	94	Fluvial Portuense	**8:55.16**	+0,76	743					
50m:	31.29	31.29	250m:	2:44.98	33.89	450m:	5:00.05	33.88	650m:	7:14.96	33.82
100m:	1:04.19	32.90	300m:	3:18.64	33.66	500m:	5:34.01	33.96	700m:	7:48.51	33.55
150m:	1:37.64	33.45	350m:	3:52.43	33.79	550m:	6:07.63	33.62	750m:	8:22.15	33.64
200m:	2:11.09	33.45	400m:	4:26.17	33.74	600m:	6:41.14	33.51	800m:	8:55.16	33.01

3.	HENRIQUES Ines Jacinto	00	Sporting	**8:57.34**	+0,76	734					
50m:	31.49	31.49	250m:	2:46.05	33.68	450m:	5:00.94	33.69	650m:	7:16.63	34.23
100m:	1:05.02	33.53	300m:	3:19.49	33.44	500m:	5:34.66	33.72	700m:	7:50.49	33.86
150m:	1:38.80	33.78	350m:	3:53.37	33.88	550m:	6:08.56	33.90	750m:	8:24.44	33.95
200m:	2:12.37	33.57	400m:	4:27.25	33.88	600m:	6:42.40	33.84	800m:	8:57.34	32.90

4.	QUEIROZ Ana Rita *Minimos CE Jun*	02	Condeixa Clube	**9:04.37**	+0,70	706					
50m:	31.12	31.12	250m:	2:47.32	33.98	450m:	5:05.44	34.30	650m:	7:23.72	34.28
100m:	1:04.80	33.68	300m:	3:21.92	34.60	500m:	5:40.24	34.80	700m:	7:58.50	34.78
150m:	1:38.86	34.06	350m:	3:56.41	34.49	550m:	6:14.54	34.30	750m:	8:31.98	33.48
200m:	2:13.34	34.48	400m:	4:31.14	34.73	600m:	6:49.44	34.90	800m:	9:04.37	32.39

5.	ROSA Mafalda Sofia	03	Rio Maior	**9:06.53**	+0,79	697					
50m:	31.62	31.62	250m:	2:47.66	34.26	450m:	5:05.30	34.31	650m:	7:23.67	34.48
100m:	1:05.16	33.54	300m:	3:22.04	34.38	500m:	5:39.92	34.62	700m:	7:58.28	34.61
150m:	1:38.96	33.80	350m:	3:56.35	34.31	550m:	6:14.36	34.44	750m:	8:32.74	34.46
200m:	2:13.40	34.44	400m:	4:30.99	34.64	600m:	6:49.19	34.83	800m:	9:06.53	33.79

6.	RAMOS Ana Rita	02	Porto	**9:07.73**	+0,74	693					
50m:	31.58	31.58	250m:	2:47.33	34.27	450m:	5:05.29	35.00	650m:	7:24.83	34.78
100m:	1:05.34	33.76	300m:	3:21.58	34.25	500m:	5:40.14	34.85	700m:	7:59.69	34.86
150m:	1:39.00	33.66	350m:	3:55.84	34.26	550m:	6:14.99	34.85	750m:	8:34.23	34.54
200m:	2:13.06	34.06	400m:	4:30.29	34.45	600m:	6:50.05	35.06	800m:	9:07.73	33.50

7.	MARTINS Francisca Soares	03	Foca	**9:09.12**	+0,75	688					
50m:	31.83	31.83	250m:	2:48.70	34.31	450m:	5:07.61	34.33	650m:	7:27.68	35.02
100m:	1:05.69	33.86	300m:	3:23.37	34.67	500m:	5:42.49	34.88	700m:	8:02.86	35.18
150m:	1:40.11	34.42	350m:	3:58.28	34.91	550m:	6:17.41	34.92	750m:	8:36.80	33.94
200m:	2:14.39	34.28	400m:	4:33.28	35.00	600m:	6:52.66	35.25	800m:	9:09.12	32.32

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	AMORIM Maria Leonor	03	Porto	**9:09.32**	+0,72	687	

50m:	31.66	31.66	250m:	2:48.72	34.61	450m:	5:07.44	34.62	650m:	7:26.87	35.01
100m:	1:05.44	33.78	300m:	3:23.17	34.45	500m:	5:42.12	34.68	700m:	8:01.73	34.86
150m:	1:39.83	34.39	350m:	3:57.96	34.79	550m:	6:17.13	35.01	750m:	8:36.44	34.71
200m:	2:14.11	34.28	400m:	4:32.82	34.86	600m:	6:51.86	34.73	800m:	9:09.32	32.88

9.	PINA Ana Sofia	02	O Crasto	**9:15.67**	+0,71	664					
50m:	31.48	31.48	250m:	2:49.29	34.77	450m:	5:08.51	34.93	650m:	7:29.72	35.56
100m:	1:05.41	33.93	300m:	3:23.93	34.64	500m:	5:43.54	35.03	700m:	8:05.19	35.47
150m:	1:40.08	34.67	350m:	3:58.76	34.83	550m:	6:18.85	35.31	750m:	8:40.98	35.79
200m:	2:14.52	34.44	400m:	4:33.58	34.82	600m:	6:54.16	35.31	800m:	9:15.67	34.69

10.	MENDES Mariana Amaral	02	Colegio Monte Maior	**9:19.34**	+0,77	651					
50m:	32.58	32.58	250m:	2:52.13	35.46	450m:	5:12.90	35.29	650m:	7:34.22	35.53
100m:	1:06.97	34.39	300m:	3:27.01	34.88	500m:	5:47.86	34.96	700m:	8:09.17	34.95
150m:	1:42.04	35.07	350m:	4:02.46	35.45	550m:	6:23.39	35.53	750m:	8:44.99	35.82
200m:	2:16.67	34.63	400m:	4:37.61	35.15	600m:	6:58.69	35.30	800m:	9:19.34	34.35

11.	LOPES Daniela Magalhaes	05	Famalicao	**9:24.59**	+0,78	633					
50m:	31.78	31.78	250m:	2:54.86	36.00	450m:	5:17.52	35.39	650m:	7:39.89	35.53
100m:	1:06.77	34.99	300m:	3:30.91	36.05	500m:	5:52.97	35.45	700m:	8:15.56	35.67
150m:	1:42.91	36.14	350m:	4:06.95	36.04	550m:	6:28.82	35.85	750m:	8:50.79	35.23
200m:	2:18.86	35.95	400m:	4:42.13	35.18	600m:	7:04.36	35.54	800m:	9:24.59	33.80

12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:25.78**	+0,86	629					
50m:	32.22	32.22	250m:	2:53.34	35.59	450m:	5:17.09	35.85	650m:	7:40.51	36.28
100m:	1:06.90	34.68	300m:	3:29.15	35.81	500m:	5:52.65	35.56	700m:	8:16.45	35.94
150m:	1:42.39	35.49	350m:	4:05.36	36.21	550m:	6:28.46	35.81	750m:	8:52.00	35.55
200m:	2:17.75	35.36	400m:	4:41.24	35.88	600m:	7:04.23	35.77	800m:	9:25.78	33.78

13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:27.51**	+0,76	623					
50m:	31.94	31.94	250m:	2:52.92	35.46	450m:	5:17.12	35.85	650m:	7:42.85	36.02
100m:	1:07.04	35.10	300m:	3:29.07	36.15	500m:	5:53.59	36.47	700m:	8:19.14	36.29
150m:	1:41.88	34.84	350m:	4:04.89	35.82	550m:	6:29.86	36.27	750m:	8:53.98	34.84
200m:	2:17.46	35.58	400m:	4:41.27	36.38	600m:	7:06.83	36.97	800m:	9:27.51	33.53

14.	SANTOS Leonor Esteves	04	Avancado EUL	**9:27.80**	+0,77	622					
50m:	33.03	33.03	250m:	2:57.16	36.05	450m:	5:20.25	35.72	650m:	7:42.21	35.73
100m:	1:08.88	35.85	300m:	3:32.97	35.81	500m:	5:55.62	35.37	700m:	8:17.77	35.56
150m:	1:45.06	36.18	350m:	4:09.04	36.07	550m:	6:31.01	35.39	750m:	8:53.34	35.57
200m:	2:21.11	36.05	400m:	4:44.53	35.49	600m:	7:06.48	35.47	800m:	9:27.80	34.46

15.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:28.56**	+0,74	619					
50m:	31.88	31.88	250m:	2:49.17	34.99	450m:	5:14.44	36.60	650m:	7:40.36	36.31
100m:	1:05.08	33.20	300m:	3:25.20	36.03	500m:	5:51.03	36.59	700m:	8:17.18	36.82
150m:	1:39.53	34.45	350m:	4:01.33	36.13	550m:	6:27.44	36.41	750m:	8:53.30	36.12
200m:	2:14.18	34.65	400m:	4:37.84	36.51	600m:	7:04.05	36.61	800m:	9:28.56	35.26

16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**9:29.40**	+0,79	617					
50m:	31.79	31.79	250m:	2:52.94	35.61	450m:	5:17.69	36.11	650m:	7:42.31	35.79
100m:	1:06.82	35.03	300m:	3:29.29	36.35	500m:	5:54.25	36.56	700m:	8:18.38	36.07
150m:	1:41.55	34.73	350m:	4:05.24	35.95	550m:	6:30.16	35.91	750m:	8:53.86	35.48
200m:	2:17.33	35.78	400m:	4:41.58	36.34	600m:	7:06.52	36.36	800m:	9:29.40	35.54

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	AMADOR Joana Costa	01	Galitos / Bresimar	**9:29.79**	+0,68	615	

50m:	32.01	32.01	250m:	2:51.22	35.19	450m:	5:15.55	36.62	650m:	7:41.04	36.57
100m:	1:06.18	34.17	300m:	3:26.44	35.22	500m:	5:51.60	36.05	700m:	8:17.07	36.03
150m:	1:41.13	34.95	350m:	4:02.51	36.07	550m:	6:28.02	36.42	750m:	8:53.80	36.73
200m:	2:16.03	34.90	400m:	4:38.93	36.42	600m:	7:04.47	36.45	800m:	9:29.79	35.99

18.	PIRES Marta Joao	05	Alges	**9:31.88**	+0,64	609					
50m:	31.99	31.99	250m:	2:54.26	35.59	450m:	5:19.84	36.23	650m:	7:46.30	36.12
100m:	1:07.31	35.32	300m:	3:30.36	36.10	500m:	5:56.46	36.62	700m:	8:22.75	36.45
150m:	1:42.77	35.46	350m:	4:06.71	36.35	550m:	6:33.40	36.94	750m:	8:58.26	35.51
200m:	2:18.67	35.90	400m:	4:43.61	36.90	600m:	7:10.18	36.78	800m:	9:31.88	33.62

19.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:32.05**	+0,70	608					
50m:	32.05	32.05	250m:	2:53.54	35.93	450m:	5:19.42	36.18	650m:	7:46.27	36.15
100m:	1:06.98	34.93	300m:	3:30.04	36.50	500m:	5:56.20	36.78	700m:	8:23.31	37.04
150m:	1:41.60	34.62	350m:	4:06.32	36.28	550m:	6:32.92	36.72	750m:	8:58.46	35.15
200m:	2:17.61	36.01	400m:	4:43.24	36.92	600m:	7:10.12	37.20	800m:	9:32.05	33.59

20.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:32.90**	+0,81	605					
50m:	32.05	32.05	250m:	2:55.73	36.00	450m:	5:21.89	36.15	650m:	7:47.37	36.06
100m:	1:07.70	35.65	300m:	3:32.49	36.76	500m:	5:58.82	36.93	700m:	8:24.08	36.71
150m:	1:43.46	35.76	350m:	4:08.69	36.20	550m:	6:34.83	36.01	750m:	8:58.89	34.81
200m:	2:19.73	36.27	400m:	4:45.74	37.05	600m:	7:11.31	36.48	800m:	9:32.90	34.01

21.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**9:32.99**	+0,73	605					
50m:	31.78	31.78	250m:	2:54.25	35.86	450m:	5:19.57	36.19	650m:	7:45.36	36.52
100m:	1:06.61	34.83	300m:	3:30.33	36.08	500m:	5:56.07	36.50	700m:	8:21.91	36.55
150m:	1:42.39	35.78	350m:	4:06.78	36.45	550m:	6:32.63	36.56	750m:	8:58.25	36.34
200m:	2:18.39	36.00	400m:	4:43.38	36.60	600m:	7:08.84	36.21	800m:	9:32.99	34.74

22.	PINHO Carolina Teixeira	04	Porto	**9:33.22**	+0,75	604					
50m:	32.25	32.25	250m:	2:54.45	36.25	450m:	5:18.76	36.14	650m:	7:44.44	36.90
100m:	1:07.01	34.76	300m:	3:30.30	35.85	500m:	5:54.99	36.23	700m:	8:21.40	36.96
150m:	1:42.95	35.94	350m:	4:06.56	36.26	550m:	6:31.35	36.36	750m:	8:58.33	36.93
200m:	2:18.20	35.25	400m:	4:42.62	36.06	600m:	7:07.54	36.19	800m:	9:33.22	34.89

23.	SOUSA Ana Reis	02	Alges	**9:36.07**	+0,75	595					
50m:	31.40	31.40	250m:	2:50.73	36.23	450m:	5:19.62	37.02	650m:	7:46.72	36.45
100m:	1:05.05	33.65	300m:	3:28.01	37.28	500m:	5:56.80	37.18	700m:	8:23.36	36.64
150m:	1:39.04	33.99	350m:	4:05.41	37.40	550m:	6:33.37	36.57	750m:	8:59.50	36.14
200m:	2:14.50	35.46	400m:	4:42.60	37.19	600m:	7:10.27	36.90	800m:	9:36.07	36.57

24.	RODRIGUES Filipa Serrano	01	Benfica	**9:36.52**	+0,75	594					
50m:	31.52	31.52	250m:	2:49.86	34.77	450m:	5:13.87	36.61	650m:	7:43.55	37.66
100m:	1:05.19	33.67	300m:	3:25.11	35.25	500m:	5:51.06	37.19	700m:	8:20.83	37.28
150m:	1:40.29	35.10	350m:	4:01.19	36.08	550m:	6:28.83	37.77	750m:	8:59.15	38.32
200m:	2:15.09	34.80	400m:	4:37.26	36.07	600m:	7:05.89	37.06	800m:	9:36.52	37.37

25.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:38.45**	+0,87	588					
50m:	32.72	32.72	250m:	2:56.92	36.74	450m:	5:22.97	36.78	650m:	7:50.40	37.28
100m:	1:07.86	35.14	300m:	3:33.14	36.22	500m:	5:59.11	36.14	700m:	8:27.07	36.67
150m:	1:44.20	36.34	350m:	4:09.91	36.77	550m:	6:36.25	37.14	750m:	9:03.82	36.75
200m:	2:20.18	35.98	400m:	4:46.19	36.28	600m:	7:13.12	36.87	800m:	9:38.45	34.63

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MOURA Maria Ferreira	04	Sporting	**9:38.76**	+0,72	587	

50m:	31.88	31.88	250m:	2:55.14	36.18	450m:	5:20.83	36.33	650m:	7:47.46	37.14
100m:	1:06.84	34.96	300m:	3:31.31	36.17	500m:	5:57.00	36.17	700m:	8:24.84	37.38
150m:	1:42.85	36.01	350m:	4:07.80	36.49	550m:	6:33.58	36.58	750m:	9:01.75	36.91
200m:	2:18.96	36.11	400m:	4:44.50	36.70	600m:	7:10.32	36.74	800m:	9:38.76	37.01

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	PRETO Filipa Manso	04	Porto	**9:40.95**	+0,74	581	

50m:	32.28	32.28	250m:	2:55.95	36.33	450m:	5:22.00	36.86	650m:	7:50.04	37.21
100m:	1:07.56	35.28	300m:	3:32.18	36.23	500m:	5:58.69	36.69	700m:	8:27.20	37.16
150m:	1:43.53	35.97	350m:	4:08.46	36.28	550m:	6:35.72	37.03	750m:	9:04.69	37.49
200m:	2:19.62	36.09	400m:	4:45.14	36.68	600m:	7:12.83	37.11	800m:	9:40.95	36.26

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	SIMOES Ana Beatriz	05	Sporting	**9:41.46**	+0,82	579	

50m:	32.57	32.57	250m:	2:58.38	37.21	450m:	5:27.13	37.02	650m:	7:55.29	36.91
100m:	1:07.95	35.38	300m:	3:35.66	37.28	500m:	6:04.37	37.24	700m:	8:31.99	36.70
150m:	1:44.40	36.45	350m:	4:13.00	37.34	550m:	6:41.41	37.04	750m:	9:08.28	36.29
200m:	2:21.17	36.77	400m:	4:50.11	37.11	600m:	7:18.38	36.97	800m:	9:41.46	33.18

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:41.96**	+0,89	578	

50m:	32.59	32.59	250m:	2:58.11	36.76	450m:	5:24.89	36.38	650m:	7:52.97	36.95
100m:	1:08.30	35.71	300m:	3:34.76	36.65	500m:	6:01.95	37.06	700m:	8:30.29	37.32
150m:	1:44.71	36.41	350m:	4:11.24	36.48	550m:	6:38.81	36.86	750m:	9:06.68	36.39
200m:	2:21.35	36.64	400m:	4:48.51	37.27	600m:	7:16.02	37.21	800m:	9:41.96	35.28

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**9:42.76**	+0,72	575	

50m:	31.43	31.43	250m:	2:52.17	35.56	450m:	5:19.65	37.28	650m:	7:50.90	37.66
100m:	1:05.96	34.53	300m:	3:28.28	36.11	500m:	5:57.33	37.68	700m:	8:29.29	38.39
150m:	1:41.18	35.22	350m:	4:04.84	36.56	550m:	6:35.01	37.68	750m:	9:06.63	37.34
200m:	2:16.61	35.43	400m:	4:42.37	37.53	600m:	7:13.24	38.23	800m:	9:42.76	36.13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:44.65**	+0,78	570	

50m:	33.98	33.98	250m:	2:58.41	36.36	450m:	5:24.12	36.49	650m:	7:54.12	37.36
100m:	1:09.86	35.88	300m:	3:34.61	36.20	500m:	6:01.50	37.38	700m:	8:31.54	37.42
150m:	1:46.07	36.21	350m:	4:11.09	36.48	550m:	6:39.09	37.59	750m:	9:09.10	37.56
200m:	2:22.05	35.98	400m:	4:47.63	36.54	600m:	7:16.76	37.67	800m:	9:44.65	35.55

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	SEBASTIAO Sofia Antunes	05	Amadora	**9:46.07**	+0,95	565	

50m:	33.51	33.51	250m:	2:57.91	36.54	450m:	5:25.84	37.65	650m:	7:56.19	37.25
100m:	1:08.95	35.44	300m:	3:34.26	36.35	500m:	6:03.22	37.38	700m:	8:33.97	37.78
150m:	1:45.22	36.27	350m:	4:11.57	37.31	550m:	6:41.60	38.38	750m:	9:10.73	36.76
200m:	2:21.37	36.15	400m:	4:48.19	36.62	600m:	7:18.94	37.34	800m:	9:46.07	35.34

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:47.02**	+0,72	563	

50m:	32.90	32.90	250m:	2:59.41	37.00	450m:	5:27.53	36.92	650m:	7:56.60	36.91
100m:	1:08.69	35.79	300m:	3:36.35	36.94	500m:	6:05.12	37.59	700m:	8:34.00	37.40
150m:	1:45.24	36.55	350m:	4:13.63	37.28	550m:	6:42.51	37.39	750m:	9:10.34	36.34
200m:	2:22.41	37.17	400m:	4:50.61	36.98	600m:	7:19.69	37.18	800m:	9:47.02	36.68

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	VARANDAS Joana Filipa	02	Laranjeiro	**9:47.36**	+0,85	562	

50m:	32.55	32.55	250m:	2:57.31	36.89	450m:	5:27.09	38.19	650m:	7:56.87	38.18
100m:	1:07.59	35.04	300m:	3:34.73	37.42	500m:	6:03.70	36.61	700m:	8:33.75	36.88
150m:	1:43.77	36.18	350m:	4:11.77	37.04	550m:	6:41.33	37.63	750m:	9:11.19	37.44
200m:	2:20.42	36.65	400m:	4:48.90	37.13	600m:	7:18.69	37.36	800m:	9:47.36	36.17

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	HUTYY Adriana Carolina	05	Braga	**9:48.75**	+0,86	558	

50m:	32.80	32.80	250m:	2:57.74	36.63	450m:	5:26.04	36.60	650m:	7:56.06	37.25
100m:	1:08.62	35.82	300m:	3:35.01	37.27	500m:	6:04.08	38.04	700m:	8:34.62	38.56
150m:	1:43.97	35.35	350m:	4:11.67	36.66	550m:	6:40.83	36.75	750m:	9:11.71	37.09
200m:	2:21.11	37.14	400m:	4:49.44	37.77	600m:	7:18.81	37.98	800m:	9:48.75	37.04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**9:49.58**	+0,75	555	

50m:	33.44	33.44	250m:	2:59.03	37.01	450m:	5:27.09	37.77	650m:	7:57.43	37.94
100m:	1:09.10	35.66	300m:	3:35.68	36.65	500m:	6:04.85	37.76	700m:	8:34.99	37.56
150m:	1:45.41	36.31	350m:	4:12.51	36.83	550m:	6:42.34	37.49	750m:	9:13.03	38.04
200m:	2:22.02	36.61	400m:	4:49.32	36.81	600m:	7:19.49	37.15	800m:	9:49.58	36.55

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	SOUSA Ines Matos	03	Uniao Coimbra	**9:50.54**	+0,73	553	

50m:	33.27	33.27	250m:	2:59.01	36.35	450m:	5:26.67	36.95	650m:	7:57.60	38.15
100m:	1:09.09	35.82	300m:	3:35.67	36.66	500m:	6:04.29	37.62	700m:	8:35.78	38.18
150m:	1:45.66	36.57	350m:	4:12.46	36.79	550m:	6:41.64	37.35	750m:	9:13.41	37.63
200m:	2:22.66	37.00	400m:	4:49.72	37.26	600m:	7:19.45	37.81	800m:	9:50.54	37.13

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	CABRAL Ana Matos	05	Condeixa Clube	**9:53.34**	+0,77	545	

50m:	32.13	32.13	250m:	2:59.13	37.04	450m:	5:30.88	38.06	650m:	8:03.35	37.50
100m:	1:08.17	36.04	300m:	3:36.96	37.83	500m:	6:09.65	38.77	700m:	8:41.03	37.68
150m:	1:44.92	36.75	350m:	4:14.52	37.56	550m:	6:47.71	38.06	750m:	9:17.76	36.73
200m:	2:22.09	37.17	400m:	4:52.82	38.30	600m:	7:25.85	38.14	800m:	9:53.34	35.58

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:54.78**	+0,87	541	

50m:	33.28	33.28	250m:	3:01.86	37.82	450m:	5:33.53	37.94	650m:	8:03.35	37.63
100m:	1:09.41	36.13	300m:	3:39.49	37.63	500m:	6:11.57	38.04	700m:	8:41.08	37.73
150m:	1:46.46	37.05	350m:	4:17.53	38.04	550m:	6:48.56	36.99	750m:	9:18.57	37.49
200m:	2:24.04	37.58	400m:	4:55.59	38.06	600m:	7:25.72	37.16	800m:	9:54.78	36.21

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	AMANTES Beatriz Quintao	03	Uniao Piedense	**9:55.58**	+0,67	539	

50m:	33.71	33.71	250m:	3:01.97	37.19	450m:	5:30.07	37.07	650m:	8:02.27	37.73
100m:	1:10.44	36.73	300m:	3:39.03	37.06	500m:	6:07.95	37.88	700m:	8:40.30	38.03
150m:	1:47.74	37.30	350m:	4:15.79	36.76	550m:	6:46.11	38.16	750m:	9:18.68	38.38
200m:	2:24.78	37.04	400m:	4:53.00	37.21	600m:	7:24.54	38.43	800m:	9:55.58	36.90

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	INACIO Marta Macedo	04	Sporting	**9:55.61**	+0,88	539	

50m:	32.82	32.82	250m:	2:59.46	36.90	450m:	5:29.24	37.68	650m:	8:01.98	38.30
100m:	1:08.61	35.79	300m:	3:36.66	37.20	500m:	6:07.29	38.05	700m:	8:40.14	38.16
150m:	1:45.42	36.81	350m:	4:13.95	37.29	550m:	6:45.21	37.92	750m:	9:18.56	38.42
200m:	2:22.56	37.14	400m:	4:51.56	37.61	600m:	7:23.68	38.47	800m:	9:55.61	37.05

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	SILVA Ines Martins	04	Vilacondense	**9:57.38**	+0,88	534	

50m:	33.39	33.39	250m:	3:01.02	37.81	450m:	5:33.42	38.28	650m:	8:06.60	38.26
100m:	1:08.82	35.43	300m:	3:38.91	37.89	500m:	6:11.95	38.53	700m:	8:44.34	37.74
150m:	1:45.76	36.94	350m:	4:17.13	38.22	550m:	6:50.04	38.09	750m:	9:21.57	37.23
200m:	2:23.21	37.45	400m:	4:55.14	38.01	600m:	7:28.34	38.30	800m:	9:57.38	35.81

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	GALANTE Ines Carvalho	04	Vilacondense	**9:59.08**	+0,83	529	

50m:	32.10	32.10	250m:	3:01.93	37.69	450m:	5:34.91	37.49	650m:	8:07.58	37.58
100m:	1:08.75	36.65	300m:	3:40.81	38.88	500m:	6:13.60	38.69	700m:	8:46.21	38.63
150m:	1:45.55	36.80	350m:	4:18.40	37.59	550m:	6:51.16	37.56	750m:	9:22.73	36.52
200m:	2:24.24	38.69	400m:	4:57.42	39.02	600m:	7:30.00	38.84	800m:	9:59.08	36.35

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	NARRA Vera Figueiredo	04	Amadora	**9:59.77**	+0,77	528	

50m:	34.08	34.08	250m:	3:03.67	37.18	450m:	5:34.17	37.63	650m:	8:06.05	37.94
100m:	1:10.96	36.88	300m:	3:41.15	37.48	500m:	6:12.15	37.98	700m:	8:44.13	38.08
150m:	1:48.39	37.43	350m:	4:18.71	37.56	550m:	6:49.99	37.84	750m:	9:22.50	38.37
200m:	2:26.49	38.10	400m:	4:56.54	37.83	600m:	7:28.11	38.12	800m:	9:59.77	37.27

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**9:59.94**	+0,87	527	

50m:	33.31	33.31	250m:	3:01.93	37.64	450m:	5:34.24	38.27	650m:	8:07.81	37.83
100m:	1:09.32	36.01	300m:	3:40.06	38.13	500m:	6:12.80	38.56	700m:	8:45.72	37.91
150m:	1:46.73	37.41	350m:	4:18.00	37.94	550m:	6:51.36	38.56	750m:	9:23.22	37.50
200m:	2:24.29	37.56	400m:	4:55.97	37.97	600m:	7:29.98	38.62	800m:	9:59.94	36.72

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	FERNANDES Maria Elias	04	Desportiva Viana	**10:00.03**	+0,97	527	

50m:	32.97	32.97	250m:	3:02.71	37.57	450m:	5:34.99	38.32	650m:	8:07.70	38.19
100m:	1:09.56	36.59	300m:	3:40.65	37.94	500m:	6:13.08	38.09	700m:	8:46.08	38.38
150m:	1:47.38	37.82	350m:	4:18.65	38.00	550m:	6:51.06	37.98	750m:	9:23.60	37.52
200m:	2:25.14	37.76	400m:	4:56.67	38.02	600m:	7:29.51	38.45	800m:	10:00.03	36.43

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**10:02.53**	+0,72	520	

50m:	33.15	33.15	250m:	3:01.49	38.04	450m:	5:35.02	38.74	650m:	8:10.12	38.80
100m:	1:08.81	35.66	300m:	3:39.41	37.92	500m:	6:13.77	38.75	700m:	8:48.36	38.24
150m:	1:46.12	37.31	350m:	4:17.86	38.45	550m:	6:52.69	38.92	750m:	9:26.41	38.05
200m:	2:23.45	37.33	400m:	4:56.28	38.42	600m:	7:31.32	38.63	800m:	10:02.53	36.12

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	LIGEIRO Daniela Silva	04	Viana Natacao	**10:03.65**	+0,76	517	

50m:	32.74	32.74	250m:	3:04.00	38.10	450m:	5:37.44	38.70	650m:	8:12.09	38.80
100m:	1:09.80	37.06	300m:	3:42.02	38.02	500m:	6:16.00	38.56	700m:	8:49.93	37.84
150m:	1:47.57	37.77	350m:	4:20.56	38.54	550m:	6:54.57	38.57	750m:	9:27.70	37.77
200m:	2:25.90	38.33	400m:	4:58.74	38.18	600m:	7:33.29	38.72	800m:	10:03.65	35.95

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**10:04.11**	+0,73	516	

50m:	32.35	32.35	250m:	2:58.71	37.33	450m:	5:30.73	38.68	650m:	8:06.65	39.27
100m:	1:07.99	35.64	300m:	3:36.25	37.54	500m:	6:09.36	38.63	700m:	8:46.34	39.69
150m:	1:44.13	36.14	350m:	4:13.95	37.70	550m:	6:48.27	38.91	750m:	9:25.27	38.93
200m:	2:21.38	37.25	400m:	4:52.05	38.10	600m:	7:27.38	39.11	800m:	10:04.11	38.84

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	LOPES Raquel Raposo	04	Cova da Piedade	**10:04.20**	+0,84	516	

50m:	34.28	34.28	250m:	3:05.36	38.52	450m:	5:38.13	38.60	650m:	8:12.15	38.45
100m:	1:10.90	36.62	300m:	3:43.14	37.78	500m:	6:16.37	38.24	700m:	8:50.05	37.90
150m:	1:49.05	38.15	350m:	4:21.65	38.51	550m:	6:55.29	38.92	750m:	9:27.67	37.62
200m:	2:26.84	37.79	400m:	4:59.53	37.88	600m:	7:33.70	38.41	800m:	10:04.20	36.53

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
51.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**10:04.83**	+0,77	514	

50m:	32.84	32.84	250m:	3:03.90	38.73	450m:	5:39.25	39.01	650m:	8:13.41	38.32
100m:	1:08.88	36.04	300m:	3:42.66	38.76	500m:	6:17.70	38.45	700m:	8:51.77	38.36
150m:	1:46.89	38.01	350m:	4:21.47	38.81	550m:	6:56.77	39.07	750m:	9:29.54	37.77
200m:	2:25.17	38.28	400m:	5:00.24	38.77	600m:	7:35.09	38.32	800m:	10:04.83	35.29

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	PEDRO Daniela Alexandra	04	Sporting	**10:04.91**	+0,75	514	

50m:	33.13	33.13	250m:	3:04.16	38.30	450m:	5:37.79	38.49	650m:	8:11.67	38.42
100m:	1:10.14	37.01	300m:	3:42.66	38.50	500m:	6:15.91	38.12	700m:	8:50.20	38.53
150m:	1:47.97	37.83	350m:	4:21.00	38.34	550m:	6:54.65	38.74	750m:	9:27.60	37.40
200m:	2:25.86	37.89	400m:	4:59.30	38.30	600m:	7:33.25	38.60	800m:	10:04.91	37.31

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	COSTA Mariana Martins	05	Famalicao	**10:05.25**	+0,80	513	

50m:	32.89	32.89	250m:	3:03.85	37.78	450m:	5:37.05	38.48	650m:	8:12.17	38.71
100m:	1:10.26	37.37	300m:	3:41.75	37.90	500m:	6:15.73	38.68	700m:	8:50.90	38.73
150m:	1:47.99	37.73	350m:	4:20.08	38.33	550m:	6:54.40	38.67	750m:	9:28.53	37.63
200m:	2:26.07	38.08	400m:	4:58.57	38.49	600m:	7:33.46	39.06	800m:	10:05.25	36.72

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	PIRES Laura Joao	05	Natacao do Fundao	**10:05.48**	+0,94	513	

50m:	34.79	34.79	250m:	3:05.44	38.37	450m:	5:38.53	38.37	650m:	8:12.63	38.59
100m:	1:11.63	36.84	300m:	3:43.34	37.90	500m:	6:16.91	38.38	700m:	8:51.14	38.51
150m:	1:49.45	37.82	350m:	4:21.79	38.45	550m:	6:55.38	38.47	750m:	9:29.69	38.55
200m:	2:27.07	37.62	400m:	5:00.16	38.37	600m:	7:34.04	38.66	800m:	10:05.48	35.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	JESUS Leonor Santos	04	Natacao Olhao	**10:05.83**	+0,87	512	

50m:	34.33	34.33	250m:	3:05.13	38.01	450m:	5:37.52	38.28	650m:	8:13.54	39.19
100m:	1:11.53	37.20	300m:	3:42.95	37.82	500m:	6:16.12	38.60	700m:	8:51.51	37.97
150m:	1:49.51	37.98	350m:	4:20.96	38.01	550m:	6:55.28	39.16	750m:	9:28.98	37.47
200m:	2:27.12	37.61	400m:	4:59.24	38.28	600m:	7:34.35	39.07	800m:	10:05.83	36.85

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	COSTA Mafalda Santos	05	Colegio Monte Maior	**10:06.47**	+0,91	510	

50m:	32.76	32.76	250m:	3:02.38	37.74	450m:	5:35.80	38.85	650m:	8:10.78	38.88
100m:	1:09.74	36.98	300m:	3:40.60	38.22	500m:	6:14.53	38.73	700m:	8:50.49	39.71
150m:	1:47.03	37.29	350m:	4:18.38	37.78	550m:	6:52.90	38.37	750m:	9:29.04	38.55
200m:	2:24.64	37.61	400m:	4:56.95	38.57	600m:	7:31.90	39.00	800m:	10:06.47	37.43

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	HENRIQUES Carolina Porem	04	Sporting	**10:06.71**	+0,69	510	

50m:	34.34	34.34	250m:	3:06.35	37.93	450m:	5:38.62	37.75	650m:	8:12.23	38.27
100m:	1:12.46	38.12	300m:	3:44.56	38.21	500m:	6:17.24	38.62	700m:	8:51.18	38.95
150m:	1:50.06	37.60	350m:	4:22.39	37.83	550m:	6:55.15	37.91	750m:	9:29.07	37.89
200m:	2:28.42	38.36	400m:	5:00.87	38.48	600m:	7:33.96	38.81	800m:	10:06.71	37.64

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	LIMA Jessica Soares	02	Braga	**10:07.29**	+0,90	508	

50m:	32.82	32.82	250m:	3:01.31	37.51	450m:	5:35.51	38.62	650m:	8:11.57	39.12
100m:	1:09.27	36.45	300m:	3:39.63	38.32	500m:	6:14.47	38.96	700m:	8:50.48	38.91
150m:	1:46.40	37.13	350m:	4:17.83	38.20	550m:	6:53.45	38.98	750m:	9:29.19	38.71
200m:	2:23.80	37.40	400m:	4:56.89	39.06	600m:	7:32.45	39.00	800m:	10:07.29	38.10

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	SANTOS Mariana Marques	05	Gesloures	**10:08.12**	+0,80	506	

50m:	33.05	33.05	250m:	3:05.70	38.00	450m:	5:39.58	38.20	650m:	8:14.89	38.64
100m:	1:10.66	37.61	300m:	3:44.27	38.57	500m:	6:18.95	39.37	700m:	8:53.94	39.05
150m:	1:48.78	38.12	350m:	4:22.45	38.18	550m:	6:57.01	38.06	750m:	9:31.39	37.45
200m:	2:27.70	38.92	400m:	5:01.38	38.93	600m:	7:36.25	39.24	800m:	10:08.12	36.73

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
60.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**10:08.44**	+0,79	505	

50m:	33.26	33.26	250m:	3:04.90	38.22	450m:	5:39.79	38.59	650m:	8:14.60	38.65
100m:	1:10.25	36.99	300m:	3:43.61	38.71	500m:	6:18.42	38.63	700m:	8:53.17	38.57
150m:	1:48.35	38.10	350m:	4:22.35	38.74	550m:	6:57.33	38.91	750m:	9:31.65	38.48
200m:	2:26.68	38.33	400m:	5:01.20	38.85	600m:	7:35.95	38.62	800m:	10:08.44	36.79

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
61.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**10:09.27**	+0,85	503	

50m:	34.13	34.13	250m:	3:06.40	38.42	450m:	5:40.70	38.28	650m:	8:15.01	38.26
100m:	1:11.56	37.43	300m:	3:45.01	38.61	500m:	6:19.56	38.86	700m:	8:53.64	38.63
150m:	1:49.57	38.01	350m:	4:23.83	38.82	550m:	6:58.40	38.84	750m:	9:32.04	38.40
200m:	2:27.98	38.41	400m:	5:02.42	38.59	600m:	7:36.75	38.35	800m:	10:09.27	37.23

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62.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**10:09.83**	+0,83	502	

50m:	33.24	33.24	250m:	3:05.41	38.50	450m:	5:40.40	38.35	650m:	8:15.02	38.22
100m:	1:10.28	37.04	300m:	3:44.53	39.12	500m:	6:19.60	39.20	700m:	8:53.81	38.79
150m:	1:48.10	37.82	350m:	4:23.00	38.47	550m:	6:57.78	38.18	750m:	9:32.04	38.23
200m:	2:26.91	38.81	400m:	5:02.05	39.05	600m:	7:36.80	39.02	800m:	10:09.83	37.79

63.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**10:10.58**	+0,75	500	

50m:	33.65	33.65	250m:	3:05.06	38.35	450m:	5:40.15	38.78	650m:	8:17.65	39.33
100m:	1:10.84	37.19	300m:	3:43.24	38.18	500m:	6:19.49	39.34	700m:	8:56.80	39.15
150m:	1:48.65	37.81	350m:	4:22.50	39.26	550m:	6:58.42	38.93	750m:	9:34.40	37.60
200m:	2:26.71	38.06	400m:	5:01.37	38.87	600m:	7:38.32	39.90	800m:	10:10.58	36.18

64.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**10:11.30**	+0,65	498	

50m:	32.42	32.42	250m:	3:04.43	38.58	450m:	5:39.65	38.79	650m:	8:15.94	38.86
100m:	1:09.66	37.24	300m:	3:43.33	38.90	500m:	6:18.73	39.08	700m:	8:55.50	39.56
150m:	1:47.68	38.02	350m:	4:21.91	38.58	550m:	6:57.62	38.89	750m:	9:34.06	38.56
200m:	2:25.85	38.17	400m:	5:00.86	38.95	600m:	7:37.08	39.46	800m:	10:11.30	37.24

65.	CARVALHO Eva Guerreiro	99	Benfica	**10:13.76**	+0,79	492	

50m:	33.16	33.16	250m:	3:03.45	38.05	450m:	5:39.02	39.21	650m:	8:16.72	39.35
100m:	1:09.55	36.39	300m:	3:42.16	38.71	500m:	6:18.66	39.64	700m:	8:55.86	39.14
150m:	1:47.25	37.70	350m:	4:20.82	38.66	550m:	6:57.98	39.32	750m:	9:35.17	39.31
200m:	2:25.40	38.15	400m:	4:59.81	38.99	600m:	7:37.37	39.39	800m:	10:13.76	38.59

66.	JUNQUEIRA Manuela Paccola	05	Naval de Peniche	**10:14.12**	+0,97	491	

50m:	33.79	33.79	250m:	3:06.23	38.58	450m:	5:40.16	38.24	650m:	8:16.69	39.11
100m:	1:10.93	37.14	300m:	3:44.97	38.74	500m:	6:19.33	39.17	700m:	8:56.27	39.58
150m:	1:48.92	37.99	350m:	4:23.29	38.32	550m:	6:58.38	39.05	750m:	9:35.69	39.42
200m:	2:27.65	38.73	400m:	5:01.92	38.63	600m:	7:37.58	39.20	800m:	10:14.12	38.43

67.	RINO Maria Pedro	05	Academia dos Acores	**10:15.16**	+0,75	489	

50m:	34.61	34.61	250m:	3:07.51	38.85	450m:	5:43.17	38.99	650m:	8:18.22	38.90
100m:	1:12.10	37.49	300m:	3:46.24	38.73	500m:	6:22.43	39.26	700m:	8:57.83	39.61
150m:	1:49.94	37.84	350m:	4:25.06	38.82	550m:	7:00.63	38.20	750m:	9:37.20	39.37
200m:	2:28.66	38.72	400m:	5:04.18	39.12	600m:	7:39.32	38.69	800m:	10:15.16	37.96

68.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:19.52**	+0,85	479	

50m:	32.60	32.60	250m:	3:06.88	38.89	450m:	5:44.51	39.22	650m:	8:22.87	39.07
100m:	1:10.58	37.98	300m:	3:46.71	39.83	500m:	6:24.57	40.06	700m:	9:02.58	39.71
150m:	1:48.71	38.13	350m:	4:25.51	38.80	550m:	7:03.98	39.41	750m:	9:41.38	38.80
200m:	2:27.99	39.28	400m:	5:05.29	39.78	600m:	7:43.80	39.82	800m:	10:19.52	38.14

69.	MONTEIRO Barbara Oliveira	04	Braga	**10:21.89**	+0,94	473	

50m:	34.20	34.20	250m:	3:05.80	38.35	450m:	5:42.30	38.73	650m:	8:22.31	40.19
100m:	1:11.28	37.08	300m:	3:44.66	38.86	500m:	6:22.06	39.76	700m:	9:03.06	40.75
150m:	1:49.17	37.89	350m:	4:23.78	39.12	550m:	7:01.66	39.60	750m:	9:43.10	40.04
200m:	2:27.45	38.28	400m:	5:03.57	39.79	600m:	7:42.12	40.46	800m:	10:21.89	38.79

70.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:27.35**	+0,72	461	

50m:	34.42	34.42	250m:	3:08.28	39.14	450m:	5:46.48	39.77	650m:	8:27.86	40.57
100m:	1:11.88	37.46	300m:	3:47.36	39.08	500m:	6:26.72	40.24	700m:	9:08.19	40.33
150m:	1:50.69	38.81	350m:	4:27.21	39.85	550m:	7:07.25	40.53	750m:	9:48.49	40.30
200m:	2:29.14	38.45	400m:	5:06.71	39.50	600m:	7:47.29	40.04	800m:	10:27.35	38.86

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Prova 17, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
71.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:36.97**	+0,93	440	

50m:	34.08	34.08	250m:	3:07.94	39.39	450m:	5:49.26	41.49	650m:	8:35.60	41.85
100m:	1:11.81	37.73	300m:	3:47.13	39.19	500m:	6:30.29	41.03	700m:	9:16.99	41.39
150m:	1:50.42	38.61	350m:	4:27.59	40.46	550m:	7:12.44	42.15	750m:	9:57.80	40.81
200m:	2:28.55	38.13	400m:	5:07.77	40.18	600m:	7:53.75	41.31	800m:	10:36.97	39.17

DNS	CHEROUATI Souad Nefissa	89	Benfica				
DNF	BENTO Maria Madalena	05	BUZIOS - Coruche				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**10:01.92**	+0,80	522	

50m:	31.72	31.72	250m:	3:01.33	37.92	450m:	5:35.07	39.11	650m:	8:09.15	37.63
100m:	1:07.29	35.57	300m:	3:38.63	37.30	500m:	6:13.60	38.53	700m:	8:47.75	38.60
150m:	1:45.63	38.34	350m:	4:17.57	38.94	550m:	6:51.87	38.27	750m:	9:25.90	38.15
200m:	2:23.41	37.78	400m:	4:55.96	38.39	600m:	7:31.52	39.65	800m:	10:01.92	36.02

Prova 18 — Masc., 800m Livres — Juniores
05-04-2019 - 17:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010

CEJun_Masc 15 - 18: 8:16.80 / CMJ_Masc 15 - 18: 8:07.01 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel	01	Porto	**8:21.57**	+0,71	732	

50m:	28.90	28.90	250m:	2:33.36	31.02	450m:	4:39.46	31.75	650m:	6:46.89	31.72
100m:	1:00.30	31.40	300m:	3:04.76	31.40	500m:	5:10.95	31.49	700m:	7:19.20	32.31
150m:	1:31.19	30.89	350m:	3:35.90	31.14	550m:	5:42.98	32.03	750m:	7:50.91	31.71
200m:	2:02.34	31.15	400m:	4:07.71	31.81	600m:	6:15.17	32.19	800m:	8:21.57	30.66

2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**8:26.00**	+0,64	713	

50m:	28.39	28.39	250m:	2:33.81	32.22	450m:	4:43.25	32.38	650m:	6:51.72	32.18
100m:	59.04	30.65	300m:	3:06.06	32.25	500m:	5:15.37	32.12	700m:	7:23.79	32.07
150m:	1:30.26	31.22	350m:	3:38.47	32.41	550m:	5:47.29	31.92	750m:	7:55.47	31.68
200m:	2:01.59	31.33	400m:	4:10.87	32.40	600m:	6:19.54	32.25	800m:	8:26.00	30.53

3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**8:30.39**	+0,73	695	

50m:	29.31	29.31	250m:	2:37.71	31.76	450m:	4:46.72	32.11	650m:	6:55.68	32.05
100m:	1:01.47	32.16	300m:	3:10.27	32.56	500m:	5:19.00	32.28	700m:	7:28.03	32.35
150m:	1:33.43	31.96	350m:	3:42.24	31.97	550m:	5:51.04	32.04	750m:	7:59.44	31.41
200m:	2:05.95	32.52	400m:	4:14.61	32.37	600m:	6:23.63	32.59	800m:	8:30.39	30.95

4.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:42.60**	+0,77	647	

50m:	28.20	28.20	250m:	2:34.10	32.15	450m:	4:44.14	32.95	650m:	6:58.90	34.33
100m:	58.93	30.73	300m:	3:06.36	32.26	500m:	5:17.07	32.93	700m:	7:33.99	35.09
150m:	1:30.47	31.54	350m:	3:38.76	32.40	550m:	5:50.68	33.61	750m:	8:09.17	35.18
200m:	2:01.95	31.48	400m:	4:11.19	32.43	600m:	6:24.57	33.89	800m:	8:42.60	33.43

5.	LEBRE Diogo Ramos	01	Benfica	**8:44.79**	+0,75	639	

50m:	28.84	28.84	250m:	2:36.66	32.37	450m:	4:47.99	32.68	650m:	7:03.04	34.03
100m:	1:00.29	31.45	300m:	3:09.43	32.77	500m:	5:21.43	33.44	700m:	7:37.19	34.15
150m:	1:31.93	31.64	350m:	3:42.21	32.78	550m:	5:55.17	33.74	750m:	8:11.10	33.91
200m:	2:04.29	32.36	400m:	4:15.31	33.10	600m:	6:29.01	33.84	800m:	8:44.79	33.69

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Prova 18, Masc., 800m Livres

Prova 18 — Masc., 800m Livres — Seniores
05-04-2019 - 17:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Sen	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007

CMPL : 7:54.31 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**8:06.79**	+0,71	801	

50m:	28.05	28.05	250m:	2:29.07	30.57	450m:	4:32.11	30.90	650m:	6:35.62	30.99
100m:	57.78	29.73	300m:	2:59.72	30.65	500m:	5:02.73	30.62	700m:	7:06.65	31.03
150m:	1:28.06	30.28	350m:	3:30.50	30.78	550m:	5:33.78	31.05	750m:	7:37.38	30.73
200m:	1:58.50	30.44	400m:	4:01.21	30.71	600m:	6:04.63	30.85	800m:	8:06.79	29.41

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	GIL Rafael Lourenco	96	Sporting	**8:14.83**	+0,70	762	

50m:	28.20	28.20	250m:	2:29.87	30.49	450m:	4:34.59	31.61	650m:	6:41.00	31.89
100m:	58.41	30.21	300m:	3:00.74	30.87	500m:	5:05.89	31.30	700m:	7:12.61	31.61
150m:	1:28.86	30.45	350m:	3:31.84	31.10	550m:	5:37.57	31.68	750m:	7:44.24	31.63
200m:	1:59.38	30.52	400m:	4:02.98	31.14	600m:	6:09.11	31.54	800m:	8:14.83	30.59

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	SANTO Filipe Miguel	00	Benfica	**8:24.16**	+0,80	721	

50m:	28.25	28.25	250m:	2:34.09	32.42	450m:	4:42.90	31.94	650m:	6:50.63	31.73
100m:	58.48	30.23	300m:	3:06.42	32.33	500m:	5:14.94	32.04	700m:	7:22.71	32.08
150m:	1:29.76	31.28	350m:	3:38.60	32.18	550m:	5:46.57	31.63	750m:	7:54.62	31.91
200m:	2:01.67	31.91	400m:	4:10.96	32.36	600m:	6:18.90	32.33	800m:	8:24.16	29.54

Prova 18 — Masc., 800m Livres — Absolutos
05-04-2019 - 17:10 — Resultados

Rec Nac Absoluto	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Sen	8:05.35	COSTA Fernando Eurico	LSC	Aveiro	27-07-2007
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	8:43.31	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

PreJun_Masc Juv: 8:31.70 / CEJun_Masc 15 - 18: 8:16.80 / CMJ_Masc 15 - 18: 8:07.01 / CMPL Sen: 7:54.31 / JO Absoluto: 7:54.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINA Guilherme Filipe	98	Sporting	**8:06.79**	+0,71	801	

50m:	28.05	28.05	250m:	2:29.07	30.57	450m:	4:32.11	30.90	650m:	6:35.62	30.99
100m:	57.78	29.73	300m:	2:59.72	30.65	500m:	5:02.73	30.62	700m:	7:06.65	31.03
150m:	1:28.06	30.28	350m:	3:30.50	30.78	550m:	5:33.78	31.05	750m:	7:37.38	30.73
200m:	1:58.50	30.44	400m:	4:01.21	30.71	600m:	6:04.63	30.85	800m:	8:06.79	29.41

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	GIL Rafael Lourenco	96	Sporting	**8:14.83**	+0,70	762	

50m:	28.20	28.20	250m:	2:29.87	30.49	450m:	4:34.59	31.61	650m:	6:41.00	31.89
100m:	58.41	30.21	300m:	3:00.74	30.87	500m:	5:05.89	31.30	700m:	7:12.61	31.61
150m:	1:28.86	30.45	350m:	3:31.84	31.10	550m:	5:37.57	31.68	750m:	7:44.24	31.63
200m:	1:59.38	30.52	400m:	4:02.98	31.14	600m:	6:09.11	31.54	800m:	8:14.83	30.59

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	SANTOS Pedro Miguel	01	Porto	**8:21.57**	+0,71	732	

50m:	28.90	28.90	250m:	2:33.36	31.02	450m:	4:39.46	31.75	650m:	6:46.89	31.72
100m:	1:00.30	31.40	300m:	3:04.76	31.40	500m:	5:10.95	31.49	700m:	7:19.20	32.31
150m:	1:31.19	30.89	350m:	3:35.90	31.14	550m:	5:42.98	32.03	750m:	7:50.91	31.71
200m:	2:02.34	31.15	400m:	4:07.71	31.81	600m:	6:15.17	32.19	800m:	8:21.57	30.66

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Prova 18, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	SANTO Filipe Miguel	00	Benfica	**8:24.16**	+0,80	721	

50m:	28.25	28.25	250m:	2:34.09	32.42	450m:	4:42.90	31.94	650m:	6:50.63	31.73
100m:	58.48	30.23	300m:	3:06.42	32.33	500m:	5:14.94	32.04	700m:	7:22.71	32.08
150m:	1:29.76	31.28	350m:	3:38.60	32.18	550m:	5:46.57	31.63	750m:	7:54.62	31.91
200m:	2:01.67	31.91	400m:	4:10.96	32.36	600m:	6:18.90	32.33	800m:	8:24.16	29.54

5.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**8:26.00**	+0,64	713					
50m:	28.39	28.39	250m:	2:33.81	32.22	450m:	4:43.25	32.38	650m:	6:51.72	32.18
100m:	59.04	30.65	300m:	3:06.06	32.25	500m:	5:15.37	32.12	700m:	7:23.79	32.07
150m:	1:30.26	31.22	350m:	3:38.47	32.41	550m:	5:47.29	31.92	750m:	7:55.47	31.68
200m:	2:01.59	31.33	400m:	4:10.87	32.40	600m:	6:19.54	32.25	800m:	8:26.00	30.53

6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**8:30.39**	+0,73	695					
50m:	29.31	29.31	250m:	2:37.71	31.76	450m:	4:46.72	32.11	650m:	6:55.68	32.05
100m:	1:01.47	32.16	300m:	3:10.27	32.56	500m:	5:19.00	32.28	700m:	7:28.03	32.35
150m:	1:33.43	31.96	350m:	3:42.24	31.97	550m:	5:51.04	32.04	750m:	7:59.44	31.41
200m:	2:05.95	32.52	400m:	4:14.61	32.37	600m:	6:23.63	32.59	800m:	8:30.39	30.95

7.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:42.60**	+0,77	647					
50m:	28.20	28.20	250m:	2:34.10	32.15	450m:	4:44.14	32.95	650m:	6:58.90	34.33
100m:	58.93	30.73	300m:	3:06.36	32.26	500m:	5:17.07	32.93	700m:	7:33.99	35.09
150m:	1:30.47	31.54	350m:	3:38.76	32.40	550m:	5:50.68	33.61	750m:	8:09.17	35.18
200m:	2:01.95	31.48	400m:	4:11.19	32.43	600m:	6:24.57	33.89	800m:	8:42.60	33.43

8.	LEBRE Diogo Ramos	01	Benfica	**8:44.79**	+0,75	639					
50m:	28.84	28.84	250m:	2:36.66	32.37	450m:	4:47.99	32.68	650m:	7:03.04	34.03
100m:	1:00.29	31.45	300m:	3:09.43	32.77	500m:	5:21.43	33.44	700m:	7:37.19	34.15
150m:	1:31.93	31.64	350m:	3:42.21	32.78	550m:	5:55.17	33.74	750m:	8:11.10	33.91
200m:	2:04.29	32.36	400m:	4:15.31	33.10	600m:	6:29.01	33.84	800m:	8:44.79	33.69

Prova 10 — Masc., 100m Costas — Absolutos
05-04-2019 - 17:20 — Resultados Final

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.79	LOPES Gabriel Jose	POR	Singapore	25-08-2015
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.97	SOUSA Diogo Gomes	CNCVG	Coimbra	31-07-2010

PreJun_Masc Juv: 59.00 / CEJun_Masc 15 - 18: 57.28 / CMJ_Masc 15 - 18: 56.15 / CMPL Sen: 54.06 / JO Absoluto: 53.85

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**55.02**	+0,62	836					
50m:	26.45	26.45	100m:	55.02	28.57						

2.	SANTOS Francisco Rogerio	98	Sporting	**56.08**	+0,67	790					
50m:	26.58	26.58	100m:	56.08	29.50						

3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**56.27**	+0,63	782					
	Minimos CE Jun										
50m:	27.50	27.50	100m:	56.27	28.77						

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Prova 10, Masc., 100m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	KOT Viktor	98	Nautico Marinha Grande	**56.84**	+0,54	759	
	50m: 27.56 27.56 100m: 56.84 29.28						
5.	ROSA Rodrigo Antonio	96	Benfica	**57.87**	+0,61	719	
	50m: 28.25 28.25 100m: 57.87 29.62						
6.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.23**	+0,67	706	
	50m: 28.39 28.39 100m: 58.23 29.84						
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**59.35**	+0,57	666	
	50m: 29.40 29.40 100m: 59.35 29.95						
8.	TINOCO Joao Pereira	00	Famalicao	**59.61**	+0,68	658	
	50m: 28.44 28.44 100m: 59.61 31.17						
9.	CORREIA Joao Mota	97	Benfica	**1:00.17**	+0,69	639	
	50m: 28.93 28.93 100m: 1:00.17 31.24						
10.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:00.51**	+0,57	629	
	50m: 29.02 29.02 100m: 1:00.51 31.49						

Final B

11.	ALFAMA Martim Primavera	02	Gesloures	**59.14**	+0,61	673	
	50m: 28.41 28.41 100m: 59.14 30.73						
12.	FERNANDES Joao Diogo	98	Belenenses	**59.40**	+0,60	665	
	50m: 29.00 29.00 100m: 59.40 30.40						
13.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**1:00.36**	+0,57	633	
	50m: 29.38 29.38 100m: 1:00.36 30.98						
14.	BATE Miguel Ribeiro	99	Alges	**1:00.75**	+0,58	621	
	50m: 28.93 28.93 100m: 1:00.75 31.82						
	CASTRO Duarte Monteiro	03	Porto	**1:00.75**	+0,59	621	
	50m: 29.50 29.50 100m: 1:00.75 31.25						
16.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:01.17**	+0,60	609	
	50m: 29.90 29.90 100m: 1:01.17 31.27						
17.	DOMINGOS Ruy Manuel	02	Sporting	**1:01.19**	+0,71	608	
	50m: 29.52 29.52 100m: 1:01.19 31.67						
18.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:01.30**	+0,70	605	
	50m: 30.04 30.04 100m: 1:01.30 31.26						
19.	SILVA Gustavo Carvalho	04	Academia dos Acores	**1:01.86**	+0,79	588	
	50m: 29.89 29.89 100m: 1:01.86 31.97						
20.	VILHENA Tiago Miguel	01	Natacao de Faro	**1:02.73**	+0,66	564	
	50m: 30.38 30.38 100m: 1:02.73 32.35						

Final C

21.	FIDALGO Mateus Valente	01	Estarreja	**1:01.21**	+0,60	607	
	50m: 29.70 29.70 100m: 1:01.21 31.51						

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Prova 10, Masc., 100m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**1:01.93**	+0,65	586	
	50m: 29.83 29.83 100m: 1:01.93 32.10						
23.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:02.04**	+0,57	583	
	50m: 29.54 29.54 100m: 1:02.04 32.50						
24.	CUNHA Afonso Passos	01	Famalicao	**1:02.06**	+0,66	583	
	50m: 30.10 30.10 100m: 1:02.06 31.96						
25.	DIAS Tiago Miguel	03	Natacao de Lisboa	**1:02.55**	+0,73	569	
	50m: 30.33 30.33 100m: 1:02.55 32.22						
26.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:02.92**	+0,60	559	
	50m: 30.19 30.19 100m: 1:02.92 32.73						
27.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:03.59**	+0,67	542	
	50m: 31.21 31.21 100m: 1:03.59 32.38						
28.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:04.37**	+0,76	522	
	50m: 30.49 30.49 100m: 1:04.37 33.88						
29.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:04.46**	+0,66	520	
	50m: 31.00 31.00 100m: 1:04.46 33.46						
DSQ	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

Prova 11 — Femin., 100m Costas — Absolutos
05-04-2019 - 17:25 — Resultados Final

Rec Nac Absoluto	1:03.31	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:03.39	AZEVEDO Rafaela Gomes	SAD	Oeiras	09-02-2019
Rec Nac Jun16	1:03.31	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

PreJun_Fem Juv: 1:06.53 / CEJun_Fem 14 - 17: 1:04.59 / CMJ_Fem 14 - 17: 1:03.33 / CMPL 19 +: 1:00.59 / JO Absoluto: 1:00.25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	AZEVEDO Rafaela Gomes	02	Alges	**1:01.97**	+0,62	819	
	Rec Nac, Minimos CE Jun, Minimos CM Jun						
	50m: 30.29 30.29 100m: 1:01.97 31.68						
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:03.21**	+0,56	772	
	Rec Nac, Minimos CE Jun, Minimos CM Jun						
	50m: 31.20 31.20 100m: 1:03.21 32.01						
3.	FRISCHKNECHT Rita Barros	98	Alges	**1:04.08**	+0,67	741	
	50m: 31.09 31.09 100m: 1:04.08 32.99						

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Prova 11, Femin., 100m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.62**	+0,64	723	
	50m: 31.27 31.27 100m: 1:04.62 33.35						
5.	CABRAL Maria Francisca	00	Porto	**1:06.16**	+0,63	673	
	50m: 32.08 32.08 100m: 1:06.16 34.08						
6.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:06.71**	+0,75	657	
	50m: 32.64 32.64 100m: 1:06.71 34.07						
7.	LOPES Carolina Sofia	96	Natacao de Faro	**1:07.03**	+0,65	647	
	50m: 32.23 32.23 100m: 1:07.03 34.80						
8.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:07.19**	+0,67	643	
	50m: 32.29 32.29 100m: 1:07.19 34.90						
9.	PEIXEIRA Filipa Ramos	03	Sporting	**1:07.21**	+0,65	642	
	50m: 31.91 31.91 100m: 1:07.21 35.30						
10.	FREIXO Juliana Lima	97	Braga	**1:07.45**	+0,58	635	
	50m: 32.67 32.67 100m: 1:07.45 34.78						
Final B							
11.	CARDEAL Joana Nunes	02	Academico Viseu	**1:06.69**	+0,68	657	
	50m: 32.42 32.42 100m: 1:06.69 34.27						
12.	CRUZ Sara Moura	03	Alges	**1:08.08**	+0,64	618	
	50m: 33.28 33.28 100m: 1:08.08 34.80						
13.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.34**	+0,61	611	
	50m: 33.37 33.37 100m: 1:08.34 34.97						
14.	NEVES Ana Carolina	00	Academica de Coimbra	**1:08.54**	+0,66	605	
	50m: 32.85 32.85 100m: 1:08.54 35.69						
15.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:08.76**	+0,61	600	
	50m: 33.27 33.27 100m: 1:08.76 35.49						
16.	RAMOS Ana Rita	02	Porto	**1:08.89**	+0,67	596	
	50m: 33.29 33.29 100m: 1:08.89 35.60						
17.	LASCU Nicoleta	02	Litoral Alentejano	**1:09.11**	+0,70	591	
	50m: 33.46 33.46 100m: 1:09.11 35.65						
18.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**1:09.70**	+0,56	576	
	50m: 33.32 33.32 100m: 1:09.70 36.38						
19.	MARTINS Joana Ribeiro	03	Benfica	**1:09.86**	+0,68	572	
	50m: 33.88 33.88 100m: 1:09.86 35.98						
20.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:09.91**	+0,61	571	
	50m: 33.51 33.51 100m: 1:09.91 36.40						
Final C							
21.	RAMOS Ines Asseiceira	03	Torres Novas	**1:09.14**	+0,57	590	
	50m: 33.60 33.60 100m: 1:09.14 35.54						

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Prova 11, Femin., 100m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:09.70**	+0,62	576	
	50m: 33.34 33.34 100m: 1:09.70 36.36						
23.	CATARINO Laura Andre	03	CCDSerta	**1:10.20**	+0,64	563	
	50m: 33.90 33.90 100m: 1:10.20 36.30						
24.	MARQUES Mariana Nunes	03	Estarreja	**1:10.30**	+0,58	561	
	50m: 33.45 33.45 100m: 1:10.30 36.85						
25.	COSTA Joana Santos	04	Galitos / Bresimar	**1:10.46**	+0,61	557	
	50m: 34.64 34.64 100m: 1:10.46 35.82						
26.	MENDES Lea Alexandra	03	Gualdim Pais	**1:10.58**	+0,67	554	
	50m: 33.76 33.76 100m: 1:10.58 36.82						
27.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.88**	+0,61	547	
	50m: 34.34 34.34 100m: 1:10.88 36.54						
28.	RODRIGUES Sofia Vilardell	04	Gesloures	**1:11.36**	+0,74	536	
	50m: 34.80 34.80 100m: 1:11.36 36.56						
29.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:12.34**	+0,71	515	
	50m: 34.77 34.77 100m: 1:12.34 37.57						
30.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:12.40**	+0,68	514	
	50m: 34.49 34.49 100m: 1:12.40 37.91						

Prova 12 — Masc., 50m Livres — Absolutos
05-04-2019 - 17:35 — Resultados Final

Rec Nac Absoluto	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Sen	22.36	AGOSTINHO Alexandre Escudier	PORTIN	Coimbra	30-05-2009
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017

PreJun_Masc Juv: 24.15 / CEJun_Masc 15 - 18: 23.45 / CMJ_Masc 15 - 18: 22.98 / CMPL Sen: 22.18 / JO Absoluto: 22.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	NASCIMENTO Miguel Duarte	95	Benfica	**22.17**	+0,63	839	
	Rec Nac, Minimos CM						
2.	DIAS Guilherme Pereira	97	Benfica	**23.17**	+0,64	734	
	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.17**	+0,65	734	
4.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**23.24**	+0,61	728	
5.	MACHADO Joao Daniel	99	Uniao Piedense	**23.53**	+0,66	701	
6.	MARQUES Miguel Henriques	00	Benfica	**23.54**	+0,64	700	
	MOGNE Igor Araujo	96	Sporting	**23.54**	+0,72	700	
8.	MACHADO Francisco Carvalho	98	Alges	**23.71**	+0,67	685	
9.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**23.92**	+0,60	668	

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Prova 12, Masc., 50m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SANTOS Joao Duarte	95	Natacao Olhao	**23.96**	+0,66	664	
Final B							
11.	TEIXEIRA Guilherme Miguel	97	Belenenses	**24.20**	+0,68	645	
12.	PADRELA Joao Esteves	99	Belenenses	**24.27**	+0,63	639	
13.	LEBRE Diogo Ramos	01	Benfica	**24.29**	+0,72	637	
14.	AIRES Rafael Alcantara	01	Benfica	**24.45**	+0,78	625	
15.	FERNANDES Eduardo Gomes	02	Sporting	**24.49**	+0,71	622	
16.	PINHO Manuel Antonio	01	Feirense	**24.55**	+0,62	617	
17.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**24.67**	+0,67	608	
18.	MACHADO Bruno Rafael	01	Fluvial Portuense	**24.86**	+0,71	595	
19.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**24.99**	+0,66	585	
20.	LOURENCO Tiago Campos	02	Natacao de Valongo	**25.08**	+0,73	579	

Prova 13 — Femin., 50m Livres — Absolutos
05-04-2019 - 17:35 — Resultados Final

Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.79	SOARES Catarina Silva	FCP	Oeiras	28-07-2018
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015

PreJun_Fem Juv: 27.12 / CEJun_Fem 14 - 17: 26.33 / CMJ_Fem 14 - 17: 25.81 / CMPL 19 +: 25.04 / JO Absoluto: 24.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**25.71**	+0,67	780	
2.	PEREIRA Maria Gomes	04	Alges	**26.78**	+0,66	690	
	Rec Nac, Minimos Pré-Jun						
3.	SOUSA Ana Reis	02	Alges	**26.79**	+0,69	689	
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**26.88**	+0,63	682	
5.	VIEGAS Beatriz Mendes	00	Sporting	**26.94**	+0,63	678	
6.	SOARES Catarina Silva	03	Porto	**26.98**	+0,71	675	
7.	FERREIRA Catarina Maria	98	Porto	**27.06**	+0,73	669	
8.	PINTO Mafalda Marques	02	Sporting	**27.10**	+0,69	666	
9.	CASTRO Adriana Daniela	97	Leixoes	**27.22**	+0,71	657	
10.	PEGO Isabel Porfirio	01	Fluvial Portuense	**27.48**	+0,78	639	
Final B							
11.	OLIVEIRA Rosa Maria	96	Porto	**27.29**	+0,72	652	
12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.85**	+0,82	613	
13.	AZEVEDO Madalena Gomes	99	Alges	**28.00**	+0,68	604	
14.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**28.01**	+0,71	603	
15.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**28.06**	+0,74	600	
16.	TEJO Beatriz Costa	02	Academica de Coimbra	**28.16**	+0,66	593	

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Prova 13, Femin., 50m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CASAL Beatriz Goncalves	03	Torres Novas	**28.18**	+0,71	592	
18.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**28.21**	+0,74	590	
19.	COSTA Mafalda Magalhaes	03	Gualdim Pais	**28.48**	+0,81	574	
20.	BARBOSA Mariana Fernandes	02	Porto	**28.54**	+0,77	570	

Prova 14 — Masc., 100m Bruços — Absolutos
05-04-2019 - 18:10 — Resultados Final

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
Rec Nac Juv A	1:05.43	SANTOS Andre Goncalo	POR	Utrecht (NED)	16-07-2013
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018

PreJun_Masc Juv: 1:05.85 / CEJun_Masc 15 - 18: 1:03.93 / CMJ_Masc 15 - 18: 1:02.67 / CMPL Sen: 59.95 / JO Absoluto: 59.93

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	AMORIM Alexandre Ferreira	99	Porto	**1:03.66**	+0,65	721	
	50m: 29.92 29.92 100m: 1:03.66 33.74						
2.	SIMOES Rafael Gomes	00	Braga	**1:04.59**	+0,80	690	
	50m: 30.80 30.80 100m: 1:04.59 33.79						
3.	MENDES Antonio Manuel	99	Sporting	**1:04.77**	+0,67	685	
	50m: 30.91 30.91 100m: 1:04.77 33.86						
4.	PON Hugo	98	Alges	**1:04.78**	+0,65	684	
	50m: 30.38 30.38 100m: 1:04.78 34.40						
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**1:04.81**	+0,68	683	
	50m: 30.02 30.02 100m: 1:04.81 34.79						
6.	QUINTAS Francisco Robalo	95	Belenenses	**1:05.02**	+0,63	677	
	50m: 29.73 29.73 100m: 1:05.02 35.29						
7.	CRUCHINHO Miguel Monteiro	97	Sporting	**1:05.31**	+0,68	668	
	50m: 31.08 31.08 100m: 1:05.31 34.23						
8.	PEREIRA Ricardo Samuel *Rec Nac, Minimos Pré-Jun*	03	Benfica	**1:05.33**	+0,67	667	
	50m: 30.79 30.79 100m: 1:05.33 34.54						
9.	RAMOS Filipe Carmo	97	Vilacondense	**1:05.57**	+0,73	660	
	50m: 30.89 30.89 100m: 1:05.57 34.68						
10.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.19**	+0,67	641	
	50m: 30.90 30.90 100m: 1:06.19 35.29						
Final B							
11.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**1:05.86**	+0,66	651	
	50m: 31.87 31.87 100m: 1:05.86 33.99						

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Prova 14, Masc., 100m Bruços, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	TEIXEIRA Guilherme Miguel	97	Belenenses	**1:06.37**	+0,72	636	
	50m: 31.67 31.67 100m: 1:06.37 34.70						
13.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.26**	+0,81	611	
	50m: 32.20 32.20 100m: 1:07.26 35.06						
14.	CABRITO Rodrigo Almeida	01	Belenenses	**1:07.42**	+0,66	607	
	50m: 31.74 31.74 100m: 1:07.42 35.68						
15.	JUNIOR Luis Cabral	03	Belenenses	**1:07.75**	+0,70	598	
	50m: 31.67 31.67 100m: 1:07.75 36.08						
16.	FRISCHKNECHT Renato Barros	01	Alges	**1:07.84**	+0,62	596	
	50m: 31.17 31.17 100m: 1:07.84 36.67						
17.	KLIER Afonso Miguel	01	Galitos / Bresimar	**1:07.95**	+0,66	593	
	50m: 32.12 32.12 100m: 1:07.95 35.83						
18.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.50**	+0,72	579	
	50m: 32.36 32.36 100m: 1:08.50 36.14						
19.	MERUJE Joaquim Agra	01	Elvense	**1:09.17**	+0,78	562	
	50m: 32.02 32.02 100m: 1:09.17 37.15						
20.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**1:10.11**	+0,72	540	
	50m: 31.47 31.47 100m: 1:10.11 38.64						
Final C							
21.	SANTOS Afonso Amaro	02	Gesloures	**1:09.71**	+0,63	549	
	50m: 33.08 33.08 100m: 1:09.71 36.63						
22.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**1:10.11**	+0,75	540	
	50m: 33.57 33.57 100m: 1:10.11 36.54						
23.	MALFEITO Martim Rebelo	02	Sporting	**1:10.16**	+0,73	539	
	50m: 32.81 32.81 100m: 1:10.16 37.35						
24.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.26**	+0,71	536	
	50m: 33.10 33.10 100m: 1:10.26 37.16						
25.	REBELO Joao Lourenco	04	Alges	**1:10.53**	+0,67	530	
	50m: 33.36 33.36 100m: 1:10.53 37.17						
26.	LOPES Luis Afonso	03	Viver Santarem	**1:11.09**	+0,70	518	
	50m: 33.15 33.15 100m: 1:11.09 37.94						
27.	FERNANDES Martim Pestana	04	Naval do Funchal	**1:11.43**	+0,61	510	
	50m: 33.61 33.61 100m: 1:11.43 37.82						
28.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**1:11.98**	+0,81	499	
	50m: 33.19 33.19 100m: 1:11.98 38.79						
29.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**1:12.46**	+0,63	489	
	50m: 33.22 33.22 100m: 1:12.46 39.24						
30.	OLIVEIRA Joao Campelo	04	Famalicao	**1:12.61**	+0,76	486	
	50m: 33.57 33.57 100m: 1:12.61 39.04						

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Prova 15 — Femin., 100m Bruços — Absolutos
05-04-2019 - 18:15 — Resultados Final

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010

PreJun_Fem Juv: 1:13.45 / CEJun_Fem 14 - 17: 1:11.31 / CMJ_Fem 14 - 17: 1:09.91 / CMPL 19 +: 1:07.43 / JO Absoluto: 1:07.07

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	PEREIRA Raquel Gomes	00	Alges	**1:09.96**	+0,74	770	
	50m: 33.49 33.49 100m: 1:09.96 36.47						
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:10.63**	+0,72	748	
	50m: 33.28 33.28 100m: 1:10.63 37.35						
3.	BORGES Claudia Ferreira	99	Benfica	**1:13.25**	+0,68	671	
	50m: 35.48 35.48 100m: 1:13.25 37.77						
4.	MACHADO Luisa Maria	01	Uniao Piedense	**1:14.44**	+0,78	639	
	50m: 35.52 35.52 100m: 1:14.44 38.92						
5.	CERDEIRA Madalena Reis	03	Sporting	**1:14.63**	+0,77	634	
	50m: 35.35 35.35 100m: 1:14.63 39.28						
6.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:15.54**	+0,82	611	
	50m: 35.90 35.90 100m: 1:15.54 39.64						
	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:15.54**	+0,75	611	
	50m: 35.97 35.97 100m: 1:15.54 39.57						
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:16.12**	+0,76	597	
	50m: 36.03 36.03 100m: 1:16.12 40.09						
9.	GONCALVES Sofia Filipa	01	Leixoes	**1:16.41**	+0,74	591	
	50m: 35.40 35.40 100m: 1:16.41 41.01						
10.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.87**	+0,76	580	
	50m: 35.96 35.96 100m: 1:16.87 40.91						
Final B							
11.	PEREIRA Clara Gomes	02	Alges	**1:15.02**	+0,73	624	
	50m: 35.56 35.56 100m: 1:15.02 39.46						
12.	CASTRO Maria Freitas	03	Fafe	**1:15.32**	+0,72	617	
	50m: 36.55 36.55 100m: 1:15.32 38.77						
13.	SILVA Natacha Sofia	02	Benfica	**1:16.50**	+0,82	589	
	50m: 36.37 36.37 100m: 1:16.50 40.13						
14.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:16.78**	+0,80	582	
	50m: 36.26 36.26 100m: 1:16.78 40.52						
15.	SILVA Beatriz Santos	01	Porto	**1:17.19**	+0,77	573	
	50m: 35.47 35.47 100m: 1:17.19 41.72						

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Prova 15, Femin., 100m Bruços, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	TEIXEIRA Ines Oliveira	02	Estarreja	**1:17.35**	+0,71	569	
	50m: 35.86 35.86 100m: 1:17.35 41.49						
17.	MORAIS Margarida Mateus	04	Torres Novas	**1:17.49**	+0,76	566	
	50m: 37.08 37.08 100m: 1:17.49 40.41						
18.	RODRIGUES Lidiana Correia	04	Belenenses	**1:17.67**	+0,83	562	
	50m: 36.60 36.60 100m: 1:17.67 41.07						
19.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.91**	+0,54	557	
	50m: 36.22 36.22 100m: 1:17.91 41.69						
20.	NUNES Margarida Domingues	05	Avancado EUL	**1:19.10**	+0,86	532	
	50m: 37.27 37.27 100m: 1:19.10 41.83						

Final C

21.	REIS Erica Cristina	05	Sporting	**1:16.81**	+0,64	582	
	50m: 36.74 36.74 100m: 1:16.81 40.07						
22.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:18.16**	+0,72	552	
	50m: 36.96 36.96 100m: 1:18.16 41.20						
23.	REGO Ines Faria	05	Famalicao	**1:18.26**	+0,72	550	
	50m: 37.32 37.32 100m: 1:18.26 40.94						
24.	PEREIRA Maria Gomes	04	Alges	**1:18.50**	+0,81	545	
	50m: 37.36 37.36 100m: 1:18.50 41.14						
25.	DIAS Ana Leonor	02	Natacao Olhao	**1:18.76**	+0,77	539	
	50m: 37.35 37.35 100m: 1:18.76 41.41						
26.	DELGADO Soraia Alexandra	05	Sporting	**1:19.11**	+0,67	532	
	50m: 37.90 37.90 100m: 1:19.11 41.21						
27.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:19.21**	+0,73	530	
	50m: 37.59 37.59 100m: 1:19.21 41.62						
28.	AGOSTINHO Catia Iordan	02	Rio Maior	**1:19.37**	+0,81	527	
	50m: 37.24 37.24 100m: 1:19.37 42.13						
29.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:19.63**	+0,83	522	
	50m: 37.03 37.03 100m: 1:19.63 42.60						
30.	REIS Beatriz Grave	05	Rio Maior	**1:19.95**	+0,73	516	
	50m: 37.61 37.61 100m: 1:19.95 42.34						

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Prova 16 — Masc., 400m Estilos — Absolutos
05-04-2019 - 18:25 — Resultados Final

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013

PreJun_Masc Juv: 4:41.79 / CEJun_Masc 15 - 18: 4:33.58 / CMJ_Masc 15 - 18: 4:28.20 / CMPL Sen: 4:17.90 / JO Absoluto: 4:15.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. VITAL Joao Alexandre — 98 — Sporting — **4:18.06** — +0,65 — 843

50m:	27.15	27.15	150m:	1:30.20	32.58	250m:	2:39.36	37.51	350m:	3:47.86	31.17
100m:	57.62	30.47	200m:	2:01.85	31.65	300m:	3:16.69	37.33	400m:	4:18.06	30.20

2. LOPES Jose Paulo — 00 — Braga — **4:22.07** — +0,66 — 805

50m:	27.24	27.24	150m:	1:32.02	33.52	250m:	2:42.83	37.54	350m:	3:52.41	31.09
100m:	58.50	31.26	200m:	2:05.29	33.27	300m:	3:21.32	38.49	400m:	4:22.07	29.66

3. RAMOS Bruno Miguel — 97 — Belenenses — **4:25.68** — +0,68 — 773

50m:	27.57	27.57	150m:	1:33.76	34.32	250m:	2:46.10	38.19	350m:	3:56.19	31.06
100m:	59.44	31.87	200m:	2:07.91	34.15	300m:	3:25.13	39.03	400m:	4:25.68	29.49

4. CARVALHO Jose Paula — 98 — Benfica — **4:30.54** — +0,72 — 732

50m:	28.58	28.58	150m:	1:35.85	35.01	250m:	2:48.64	38.89	350m:	3:59.53	31.85
100m:	1:00.84	32.26	200m:	2:09.75	33.90	300m:	3:27.68	39.04	400m:	4:30.54	31.01

5. PINOTES Pedro Miguel — 89 — Sporting — **4:32.10** — +0,73 — 719

50m:	28.42	28.42	150m:	1:37.32	35.83	250m:	2:50.86	37.96	350m:	4:01.27	31.77
100m:	1:01.49	33.07	200m:	2:12.90	35.58	300m:	3:29.50	38.64	400m:	4:32.10	30.83

6. BASTOS Lucas Pereira — 00 — Nautico Academico — **4:34.04** — +0,63 — 704

50m:	28.66	28.66	150m:	1:37.34	36.35	250m:	2:51.62	38.10	350m:	4:02.45	32.17
100m:	1:00.99	32.33	200m:	2:13.52	36.18	300m:	3:30.28	38.66	400m:	4:34.04	31.59

7. CARNEIRO Joao Soares — 03 — Benfica — **4:37.17** — +0,74 — 680
Minimos Pré-Jun

50m:	28.77	28.77	150m:	1:38.67	36.59	250m:	2:53.03	38.59	350m:	4:04.94	33.03
100m:	1:02.08	33.31	200m:	2:14.44	35.77	300m:	3:31.91	38.88	400m:	4:37.17	32.23

8. DANTAS Diogo Leal — 00 — Sporting — **4:37.48** — +0,64 — 678

50m:	27.90	27.90	150m:	1:37.20	36.00	250m:	2:51.63	38.31	350m:	4:04.58	32.79
100m:	1:01.20	33.30	200m:	2:13.32	36.12	300m:	3:31.79	40.16	400m:	4:37.48	32.90

9. CRISTINO David Matias — 01 — Uniao Piedense — **4:40.14** — +0,73 — 659

50m:	29.41	29.41	150m:	1:38.17	35.33	250m:	2:55.58	42.18	350m:	4:09.92	32.32
100m:	1:02.84	33.43	200m:	2:13.40	35.23	300m:	3:37.60	42.02	400m:	4:40.14	30.22

10. BATE Miguel Ribeiro — 99 — Alges — **4:46.89** — +0,70 — 614

50m:	29.15	29.15	150m:	1:40.20	37.04	250m:	2:58.13	41.53	350m:	4:14.47	33.73
100m:	1:03.16	34.01	200m:	2:16.60	36.40	300m:	3:40.74	42.61	400m:	4:46.89	32.42

Final B

11. PINTO Antonio Fernando — 99 — Benfica — **4:36.69** — +0,72 — 684

50m:	27.66	27.66	150m:	1:36.61	36.88	250m:	2:52.52	39.14	350m:	4:05.13	32.81
100m:	59.73	32.07	200m:	2:13.38	36.77	300m:	3:32.32	39.80	400m:	4:36.69	31.56

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Prova 16, Masc., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Tomas Antonio	01	Naval do Funchal	**4:40.13**	+0,68	659	
	50m: 29.50 29.50 150m: 1:40.56 36.51 250m: 2:55.95 38.27 350m: 4:08.74 34.25						
	100m: 1:04.05 34.55 200m: 2:17.68 37.12 300m: 3:34.49 38.54 400m: 4:40.13 31.39						
13.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:40.63**	+0,73	656	
	50m: 30.33 30.33 150m: 1:42.61 38.43 250m: 2:59.69 41.00 350m: 4:10.88 31.30						
	100m: 1:04.18 33.85 200m: 2:18.69 36.08 300m: 3:39.58 39.89 400m: 4:40.63 29.75						
14.	SILVA Henrique Gomes	02	Estamos Juntos	**4:43.63**	+0,67	635	
	50m: 28.43 28.43 150m: 1:39.69 37.86 250m: 2:58.30 41.89 350m: 4:14.07 32.83						
	100m: 1:01.83 33.40 200m: 2:16.41 36.72 300m: 3:41.24 42.94 400m: 4:43.63 29.56						
15.	VAKULYUK Paulo	03	Torres Novas	**4:43.87**	+0,73	633	
	50m: 28.60 28.60 150m: 1:37.26 36.26 250m: 2:56.59 43.77 350m: 4:13.65 32.42						
	100m: 1:01.00 32.40 200m: 2:12.82 35.56 300m: 3:41.23 44.64 400m: 4:43.87 30.22						
16.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:47.04**	+0,73	613	
	50m: 29.38 29.38 150m: 1:41.18 37.23 250m: 2:59.39 40.72 350m: 4:15.31 32.73						
	100m: 1:03.95 34.57 200m: 2:18.67 37.49 300m: 3:42.58 43.19 400m: 4:47.04 31.73						
17.	CATALAO Daniel Nogueira	00	Benfica	**4:49.84**	+0,61	595	
	50m: 28.91 28.91 150m: 1:39.04 37.46 250m: 2:56.36 40.16 350m: 4:14.17 36.18						
	100m: 1:01.58 32.67 200m: 2:16.20 37.16 300m: 3:37.99 41.63 400m: 4:49.84 35.67						
18.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:53.99**	+0,77	570	
	50m: 27.55 27.55 150m: 1:37.81 38.16 250m: 3:00.54 44.37 350m: 4:20.14 33.86						
	100m: 59.65 32.10 200m: 2:16.17 38.36 300m: 3:46.28 45.74 400m: 4:53.99 33.85						
19.	BRAS Ricardo Martins	01	Belenenses	**4:59.33**	+0,67	540	
	50m: 30.03 30.03 150m: 1:45.40 39.15 250m: 3:06.58 42.50 350m: 4:25.05 34.04						
	100m: 1:06.25 36.22 200m: 2:24.08 38.68 300m: 3:51.01 44.43 400m: 4:59.33 34.28						
DSQ	MONTEIRO Tomas Penha	02	Alges				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas após a viragem aos 50 m						

Final C

21.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:49.76**	+0,82	595	
	50m: 29.65 29.65 150m: 1:44.21 39.43 250m: 3:03.28 41.63 350m: 4:18.18 33.18						
	100m: 1:04.78 35.13 200m: 2:21.65 37.44 300m: 3:45.00 41.72 400m: 4:49.76 31.58						
22.	PEREIRA Joao Peixoto	01	Braga	**4:51.63**	+0,82	584	
	50m: 29.44 29.44 150m: 1:42.26 39.07 250m: 3:04.25 43.88 350m: 4:20.56 32.57						
	100m: 1:03.19 33.75 200m: 2:20.37 38.11 300m: 3:47.99 43.74 400m: 4:51.63 31.07						
23.	DIAS Rodrigo Reis	03	Belenenses	**4:52.71**	+0,72	578	
	50m: 30.56 30.56 150m: 1:43.95 37.31 250m: 3:05.95 44.27 350m: 4:20.71 31.24						
	100m: 1:06.64 36.08 200m: 2:21.68 37.73 300m: 3:49.47 43.52 400m: 4:52.71 32.00						
24.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:54.74**	+0,83	566	
	50m: 29.88 29.88 150m: 1:43.93 39.77 250m: 3:04.82 42.89 350m: 4:22.04 33.71						
	100m: 1:04.16 34.28 200m: 2:21.93 38.00 300m: 3:48.33 43.51 400m: 4:54.74 32.70						
25.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:55.39**	+0,78	562	
	50m: 29.50 29.50 150m: 1:43.46 38.72 250m: 3:04.43 42.96 350m: 4:22.55 33.70						
	100m: 1:04.74 35.24 200m: 2:21.47 38.01 300m: 3:48.85 44.42 400m: 4:55.39 32.84						

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Prova 16, Masc., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	ALMEIDA Bernardo Victorino	04	Sporting	**4:55.43**	+0,77	562	
	50m: 29.63 29.63 150m: 1:43.63 38.67 250m: 3:04.95 43.02 350m: 4:23.26 33.17						
	100m: 1:04.96 35.33 200m: 2:21.93 38.30 300m: 3:50.09 45.14 400m: 4:55.43 32.17						
27.	AGUIAR Gabriel Silva	01	Porto	**4:56.83**	+0,61	554	
	50m: 29.38 29.38 150m: 1:42.98 39.77 250m: 3:05.08 42.79 350m: 4:23.70 34.79						
	100m: 1:03.21 33.83 200m: 2:22.29 39.31 300m: 3:48.91 43.83 400m: 4:56.83 33.13						
28.	MACHADO Martim Miranda	03	Uniao Coimbra	**5:00.28**	+0,78	535	
	50m: 29.41 29.41 150m: 1:44.28 39.85 250m: 3:08.83 45.49 350m: 4:27.10 32.78						
	100m: 1:04.43 35.02 200m: 2:23.34 39.06 300m: 3:54.32 45.49 400m: 5:00.28 33.18						
29.	FERREIRA Joao Carlos	03	Porto	**5:00.53**	+0,80	534	
	50m: 30.42 30.42 150m: 1:45.55 39.45 250m: 3:07.99 44.60 350m: 4:27.32 34.95						
	100m: 1:06.10 35.68 200m: 2:23.39 37.84 300m: 3:52.37 44.38 400m: 5:00.53 33.21						
30.	CARVALHO Antonio Lombardi	04	Belenenses	**5:00.76**	+0,76	532	
	50m: 30.80 30.80 150m: 1:46.12 39.41 250m: 3:08.23 43.76 350m: 4:27.82 34.83						
	100m: 1:06.71 35.91 200m: 2:24.47 38.35 300m: 3:52.99 44.76 400m: 5:00.76 32.94						

5 - 3ª Jornada - 1ª Sessão - Eliminatórias — 06-04-2019 - 9:30

Prova 19 — Masc., 100m Mariposa — Juvenis A
06-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
RNS15	1:00.21	NEVES Tiago Correia	CFB	Funchal	24-03-2018

PreJun_Masc Juv: 56.91 / CEJun_Masc 15 - 18: 55.25 / CMJ_Masc 15 - 18: 54.16 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo *Minimos Pré-Jun*	03	Torres Novas	**56.69**	+0,71	678	
	50m: 26.46 26.46 100m: 56.69 30.23						
2.	CARNEIRO Joao Soares	03	Benfica	**58.38**	+0,72	621	
	50m: 27.60 27.60 100m: 58.38 30.78						
3.	MARTYN David	03	Benedita	**59.62**	+0,62	583	
	50m: 27.99 27.99 100m: 59.62 31.63						
4.	SIMOES Manuel Baptista	03	Uniao Coimbra	**59.99**	+0,63	572	
	50m: 27.35 27.35 100m: 59.99 32.64						
5.	DIAS Rodrigo Reis	03	Belenenses	**1:00.02**	+0,69	571	
	50m: 28.13 28.13 100m: 1:00.02 31.89						
6.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**1:00.21**	+0,80	566	
	50m: 27.70 27.70 100m: 1:00.21 32.51						
7.	PEREIRA Lucas Medeiros	03	Braga	**1:00.34**	+0,68	562	
	50m: 28.16 28.16 100m: 1:00.34 32.18						

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Prova 19, Masc., 100m Mariposa, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LEAL Dinis Barros	03	Aquatico Pacense	**1:00.82**	+0,74	549	
	50m: 28.72 28.72 100m: 1:00.82 32.10						
9.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:00.94**	+0,68	546	
	50m: 28.12 28.12 100m: 1:00.94 32.82						
10.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**1:01.08**	+0,67	542	
	50m: 28.03 28.03 100m: 1:01.08 33.05						
11.	ARAUJO Joao Guilherme	03	Natacao da Maia	**1:01.36**	+0,79	535	
	50m: 28.85 28.85 100m: 1:01.36 32.51						
12.	JUNIOR Luis Cabral	03	Belenenses	**1:02.77**	+0,71	499	
	50m: 28.55 28.55 100m: 1:02.77 34.22						
13.	FIDALGO Joao Matos	03	Benfica	**1:02.98**	+0,81	494	
	50m: 29.66 29.66 100m: 1:02.98 33.32						
14.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**1:03.19**	+0,66	490	
	50m: 29.29 29.29 100m: 1:03.19 33.90						
15.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**1:03.27**	+0,65	488	
	50m: 28.97 28.97 100m: 1:03.27 34.30						
16.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**1:03.96**	+0,70	472	
	50m: 29.99 29.99 100m: 1:03.96 33.97						
17.	MATOS Rodrigo Vieira	03	Individual ANMAD	**1:04.04**	+0,72	470	
	50m: 29.50 29.50 100m: 1:04.04 34.54						
18.	JORGE Tiago Miguel	03	Rio Maior	**1:04.20**	+0,64	467	
	50m: 29.57 29.57 100m: 1:04.20 34.63						
19.	VALE David Manuel	03	Gesloures	**1:04.58**	+0,79	459	
	50m: 30.49 30.49 100m: 1:04.58 34.09						
20.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**1:04.73**	+0,73	455	
	50m: 29.90 29.90 100m: 1:04.73 34.83						
21.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**1:04.79**	+0,69	454	
	50m: 30.38 30.38 100m: 1:04.79 34.41						
22.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**1:04.82**	+0,74	454	
	50m: 30.78 30.78 100m: 1:04.82 34.04						
DSQ	LIMOES Sergio Miguel	03	Galitos / Bresimar				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas após a partida						

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PARCEIROS

Prova 19, Masc., 100m Mariposa, Elimin

Prova 19		Masc., 100m Mariposa			Juvenis B
06-04-2019 - 9:30					Resultados Elimin
Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Juv B	57.39	VAKULYUK Paulo	CNTN	Oeiras	28-07-2018
RNS15	1:00.21	NEVES Tiago Correia	CFB	Funchal	24-03-2018

PreJun_Masc Juv: 56.91 / CEJun_Masc 15 - 18: 55.25 / CMJ_Masc 15 - 18: 54.16 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos *Rec Nac*	04	Uniao Coimbra	**57.24**	+0,76	659	
	50m: 26.24 26.24 100m: 57.24 31.00						
2.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**59.98**	+0,69	573	
	50m: 27.90 27.90 100m: 59.98 32.08						
3.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:01.26**	+0,77	537	
	50m: 28.26 28.26 100m: 1:01.26 33.00						
4.	COSTA Afonso Vilhena	04	Vilacondense	**1:01.63**	+0,73	528	
	50m: 28.65 28.65 100m: 1:01.63 32.98						
5.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**1:01.93**	+0,72	520	
	50m: 28.93 28.93 100m: 1:01.93 33.00						
6.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:01.98**	+0,71	519	
	50m: 29.38 29.38 100m: 1:01.98 32.60						
7.	BORGES David Costa	04	Fluvial Portuense	**1:02.23**	+0,70	513	
	50m: 29.02 29.02 100m: 1:02.23 33.21						
8.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.42**	+0,76	508	
	50m: 29.00 29.00 100m: 1:02.42 33.42						
9.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**1:02.70**	+0,69	501	
	50m: 28.60 28.60 100m: 1:02.70 34.10						
10.	BARRY Rafael Francisco	04	Naval do Funchal	**1:02.80**	+0,65	499	
	50m: 28.60 28.60 100m: 1:02.80 34.20						
11.	OLIVEIRA Joao Campelo	04	Famalicao	**1:03.04**	+0,75	493	
	50m: 29.34 29.34 100m: 1:03.04 33.70						
12.	VIEIRA Tomas Sa	04	Alges	**1:03.14**	+0,71	491	
	50m: 29.29 29.29 100m: 1:03.14 33.85						
13.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**1:03.17**	+0,67	490	
	50m: 28.69 28.69 100m: 1:03.17 34.48						
14.	RODEIA Jose Miguel	04	Natacao de Faro	**1:03.26**	+0,66	488	
	50m: 28.94 28.94 100m: 1:03.26 34.32						
15.	BARBOSA Pedro Xavier	04	Desportiva Viana	**1:03.39**	+0,71	485	
	50m: 29.73 29.73 100m: 1:03.39 33.66						
16.	APSENIECE Kevins Alexandre	04	Porto	**1:04.03**	+0,72	471	
	50m: 29.82 29.82 100m: 1:04.03 34.21						

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PARCEIROS

Prova 19, Masc., 100m Mariposa, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**1:04.26**	+0,68	466	
	50m: 29.25 29.25 100m: 1:04.26 35.01						
18.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**1:04.33**	+0,78	464	
	50m: 30.40 30.40 100m: 1:04.33 33.93						
19.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**1:04.75**	+0,75	455	
	50m: 30.83 30.83 100m: 1:04.75 33.92						
20.	CORREIA Francisco Alves	04	Litoral Alentejano	**1:04.99**	+0,75	450	
	50m: 30.52 30.52 100m: 1:04.99 34.47						
21.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:05.29**	+0,70	444	
	50m: 30.16 30.16 100m: 1:05.29 35.13						
22.	MATOS Gil Amaral	04	Academia dos Acores	**1:05.71**	+0,65	435	
	50m: 30.51 30.51 100m: 1:05.71 35.20						
23.	PINTO Afonso Cipriano	04	Sporting	**1:05.86**	+0,68	432	
	50m: 30.31 30.31 100m: 1:05.86 35.55						
24.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**1:05.89**	+0,74	432	
	50m: 30.32 30.32 100m: 1:05.89 35.57						
25.	RODRIGUES Rodrigo Reis	04	Sao Roque	**1:09.78**	+0,67	363	
	50m: 32.79 32.79 100m: 1:09.78 36.99						

Prova 19 — Masc., 100m Mariposa — Juniores
06-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.66	CARVALHO Diogo Filipe	CGA	Lisboa	25-03-2006
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
RNS15	1:00.21	NEVES Tiago Correia	CFB	Funchal	24-03-2018

CEJun_Masc 15 - 18: 55.25 / CMJ_Masc 15 - 18: 54.16 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOUSA Joao Ribeiro	01	Porto	**56.97**	+0,68	668	
	50m: 26.44 26.44 100m: 56.97 30.53						
2.	GOMES Vicente Oliveira	02	Sporting	**57.74**	+0,73	642	
	50m: 26.70 26.70 100m: 57.74 31.04						
3.	AGUIAR Gabriel Silva	01	Porto	**57.85**	+0,63	638	
	50m: 27.50 27.50 100m: 57.85 30.35						
4.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**58.01**	+0,76	633	
	50m: 26.94 26.94 100m: 58.01 31.07						
5.	LOPES Carlos Filipe	01	Uniao Piedense	**58.15**	+0,70	628	
	50m: 26.99 26.99 100m: 58.15 31.16						
6.	DOMINGOS Ruy Manuel	02	Sporting	**58.18**	+0,74	627	
	50m: 27.11 27.11 100m: 58.18 31.07						

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PARCEIROS

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PINHO Manuel Antonio	01	Feirense	**58.43**	+0,63	619	
	50m: 26.99 26.99 100m: 58.43 31.44						
8.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**58.50**	+0,70	617	
	50m: 27.13 27.13 100m: 58.50 31.37						
9.	SILVA Henrique Gomes	02	Estamos Juntos	**58.65**	+0,69	612	
	50m: 27.60 27.60 100m: 58.65 31.05						
10.	PELAIO Jose Pedro	01	Galitos / Bresimar	**59.04**	+0,67	600	
	50m: 27.11 27.11 100m: 59.04 31.93						
11.	BRANCO Alexandre Miguel	01	Alges	**59.94**	+0,74	574	
	50m: 27.85 27.85 100m: 59.94 32.09						
12.	LOURENCO Tiago Campos	02	Natacao de Valongo	**1:00.18**	+0,75	567	
	50m: 27.25 27.25 100m: 1:00.18 32.93						
13.	SIMOES Bernardo Jorge	02	Torres Novas	**1:00.93**	+0,65	546	
	50m: 28.35 28.35 100m: 1:00.93 32.58						
14.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**1:02.73**	+0,71	500	
	50m: 28.55 28.55 100m: 1:02.73 34.18						

Prova 19 — Masc., 100m Mariposa — Seniores
06-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RNS15	1:00.21	NEVES Tiago Correia	CFB	Funchal	24-03-2018

CMPL : 51.96 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Andre	94	Alges	**56.21**	+0,73	696	
	50m: 26.47 26.47 100m: 56.21 29.74						
2.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.93**	+0,69	670	
	50m: 26.90 26.90 100m: 56.93 30.03						
3.	PEREIRA Luiz Pedro	91	Benfica	**57.08**	+0,68	664	
	50m: 26.07 26.07 100m: 57.08 31.01						
4.	CARVALHO Andre Antunes	96	Sporting	**57.40**	+0,74	653	
	50m: 27.36 27.36 100m: 57.40 30.04						
5.	CORDEIRO Tiago Roberto	00	Benfica	**57.87**	+0,70	638	
	50m: 27.46 27.46 100m: 57.87 30.41						
6.	SILVA Joao Carlos	98	Famalicao	**58.21**	+0,63	626	
	50m: 27.41 27.41 100m: 58.21 30.80						
7.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**58.48**	+0,68	618	
	50m: 27.12 27.12 100m: 58.48 31.36						
8.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**58.62**	+0,77	613	
	50m: 27.11 27.11 100m: 58.62 31.51						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SANTANA Joao Miguel	00	Benfica	**58.63**	+0,68	613	
	50m: 27.44 27.44 100m: 58.63 31.19						
10.	DUARTE Joao Silverio	99	Electrico Clube	**59.05**	+0,80	600	
	50m: 27.81 27.81 100m: 59.05 31.24						
11.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**59.19**	+0,72	596	
	50m: 27.44 27.44 100m: 59.19 31.75						
12.	MESTRE Afonso Godinho	95	Natacao de Lisboa	**59.66**	+0,68	582	
	50m: 27.44 27.44 100m: 59.66 32.22						
13.	SILVA Martim Moniz	99	Naval do Funchal	**59.77**	+0,66	579	
	50m: 27.63 27.63 100m: 59.77 32.14						
14.	WEUSTINK Koen	00	Ginasio de Vila Real	**1:00.81**	+0,72	549	
	50m: 27.19 27.19 100m: 1:00.81 33.62						
DNS	SANTOS Joao Duarte	95	Natacao Olhao				

Prova 19 — Masc., 100m Mariposa — Absolutos
06-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.66	CARVALHO Diogo Filipe	CGA	Lisboa	25-03-2006
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.39	VAKULYUK Paulo	CNTN	Oeiras	28-07-2018
RNS15	1:00.21	NEVES Tiago Correia	CFB	Funchal	24-03-2018

PreJun_Masc Juv: 56.91 / CEJun_Masc 15 - 18: 55.25 / CMJ_Masc 15 - 18: 54.16 / CMPL Sen: 51.96 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Andre	94	Alges	**56.21**	+0,73	696	
	50m: 26.47 26.47 100m: 56.21 29.74						
2.	VAKULYUK Paulo *Minimos Pré-Jun*	03	Torres Novas	**56.69**	+0,71	678	
	50m: 26.46 26.46 100m: 56.69 30.23						
3.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.93**	+0,69	670	
	50m: 26.90 26.90 100m: 56.93 30.03						
4.	SOUSA Joao Ribeiro	01	Porto	**56.97**	+0,68	668	
	50m: 26.44 26.44 100m: 56.97 30.53						
5.	PEREIRA Luiz Pedro	91	Benfica	**57.08**	+0,68	664	
	50m: 26.07 26.07 100m: 57.08 31.01						
6.	RIBEIRO Diogo Matos *Rec Nac*	04	Uniao Coimbra	**57.24**	+0,76	659	
	50m: 26.24 26.24 100m: 57.24 31.00						
7.	CARVALHO Andre Antunes	96	Sporting	**57.40**	+0,74	653	
	50m: 27.36 27.36 100m: 57.40 30.04						

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Prova 19, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	GOMES Vicente Oliveira	02	Sporting	**57.74**	+0,73	642	
	50m: 26.70 26.70 100m: 57.74 31.04						
9.	AGUIAR Gabriel Silva	01	Porto	**57.85**	+0,63	638	
	50m: 27.50 27.50 100m: 57.85 30.35						
10.	CORDEIRO Tiago Roberto	00	Benfica	**57.87**	+0,70	638	
	50m: 27.46 27.46 100m: 57.87 30.41						
11.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**58.01**	+0,76	633	
	50m: 26.94 26.94 100m: 58.01 31.07						
12.	LOPES Carlos Filipe	01	Uniao Piedense	**58.15**	+0,70	628	
	50m: 26.99 26.99 100m: 58.15 31.16						
13.	DOMINGOS Ruy Manuel	02	Sporting	**58.18**	+0,74	627	
	50m: 27.11 27.11 100m: 58.18 31.07						
14.	SILVA Joao Carlos	98	Famalicao	**58.21**	+0,63	626	
	50m: 27.41 27.41 100m: 58.21 30.80						
15.	CARNEIRO Joao Soares	03	Benfica	**58.38**	+0,72	621	
	50m: 27.60 27.60 100m: 58.38 30.78						
16.	PINHO Manuel Antonio	01	Feirense	**58.43**	+0,63	619	
	50m: 26.99 26.99 100m: 58.43 31.44						
17.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**58.48**	+0,68	618	
	50m: 27.12 27.12 100m: 58.48 31.36						
18.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**58.50**	+0,70	617	
	50m: 27.13 27.13 100m: 58.50 31.37						
19.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**58.62**	+0,77	613	
	50m: 27.11 27.11 100m: 58.62 31.51						
20.	SANTANA Joao Miguel	00	Benfica	**58.63**	+0,68	613	
	50m: 27.44 27.44 100m: 58.63 31.19						
21.	SILVA Henrique Gomes	02	Estamos Juntos	**58.65**	+0,69	612	
	50m: 27.60 27.60 100m: 58.65 31.05						
22.	PELAIO Jose Pedro	01	Galitos / Bresimar	**59.04**	+0,67	600	
	50m: 27.11 27.11 100m: 59.04 31.93						
23.	DUARTE Joao Silverio	99	Electrico Clube	**59.05**	+0,80	600	
	50m: 27.81 27.81 100m: 59.05 31.24						
24.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**59.19**	+0,72	596	
	50m: 27.44 27.44 100m: 59.19 31.75						
25.	MARTYN David	03	Benedita	**59.62**	+0,62	583	
	50m: 27.99 27.99 100m: 59.62 31.63						
26.	MESTRE Afonso Godinho	95	Natacao de Lisboa	**59.66**	+0,68	582	
	50m: 27.44 27.44 100m: 59.66 32.22						
27.	SILVA Martim Moniz	99	Naval do Funchal	**59.77**	+0,66	579	
	50m: 27.63 27.63 100m: 59.77 32.14						

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PROZIS
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FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 19, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	BRANCO Alexandre Miguel	01	Alges	**59.94**	+0,74	574	
	50m: 27.85 27.85 100m: 59.94 32.09						
29.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**59.98**	+0,69	573	
	50m: 27.90 27.90 100m: 59.98 32.08						
30.	SIMOES Manuel Baptista	03	Uniao Coimbra	**59.99**	+0,63	572	
	50m: 27.35 27.35 100m: 59.99 32.64						
31.	DIAS Rodrigo Reis	03	Belenenses	**1:00.02**	+0,69	571	
	50m: 28.13 28.13 100m: 1:00.02 31.89						
32.	LOURENCO Tiago Campos	02	Natacao de Valongo	**1:00.18**	+0,75	567	
	50m: 27.25 27.25 100m: 1:00.18 32.93						
33.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**1:00.21**	+0,80	566	
	50m: 27.70 27.70 100m: 1:00.21 32.51						
34.	PEREIRA Lucas Medeiros	03	Braga	**1:00.34**	+0,68	562	
	50m: 28.16 28.16 100m: 1:00.34 32.18						
35.	WEUSTINK Koen	00	Ginasio de Vila Real	**1:00.81**	+0,72	549	
	50m: 27.19 27.19 100m: 1:00.81 33.62						
36.	LEAL Dinis Barros	03	Aquatico Pacense	**1:00.82**	+0,74	549	
	50m: 28.72 28.72 100m: 1:00.82 32.10						
37.	SIMOES Bernardo Jorge	02	Torres Novas	**1:00.93**	+0,65	546	
	50m: 28.35 28.35 100m: 1:00.93 32.58						
38.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:00.94**	+0,68	546	
	50m: 28.12 28.12 100m: 1:00.94 32.82						
39.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**1:01.08**	+0,67	542	
	50m: 28.03 28.03 100m: 1:01.08 33.05						
40.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:01.26**	+0,77	537	
	50m: 28.26 28.26 100m: 1:01.26 33.00						
41.	ARAUJO Joao Guilherme	03	Natacao da Maia	**1:01.36**	+0,79	535	
	50m: 28.85 28.85 100m: 1:01.36 32.51						
42.	COSTA Afonso Vilhena	04	Vilacondense	**1:01.63**	+0,73	528	
	50m: 28.65 28.65 100m: 1:01.63 32.98						
43.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**1:01.93**	+0,72	520	
	50m: 28.93 28.93 100m: 1:01.93 33.00						
44.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:01.98**	+0,71	519	
	50m: 29.38 29.38 100m: 1:01.98 32.60						
45.	BORGES David Costa	04	Fluvial Portuense	**1:02.23**	+0,70	513	
	50m: 29.02 29.02 100m: 1:02.23 33.21						
46.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.42**	+0,76	508	
	50m: 29.00 29.00 100m: 1:02.42 33.42						
47.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**1:02.70**	+0,69	501	
	50m: 28.60 28.60 100m: 1:02.70 34.10						

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PARCEIROS

Prova 19, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**1:02.73**	+0,71	500	
	50m: 28.55 28.55 100m: 1:02.73 34.18						
49.	JUNIOR Luis Cabral	03	Belenenses	**1:02.77**	+0,71	499	
	50m: 28.55 28.55 100m: 1:02.77 34.22						
50.	BARRY Rafael Francisco	04	Naval do Funchal	**1:02.80**	+0,65	499	
	50m: 28.60 28.60 100m: 1:02.80 34.20						
51.	FIDALGO Joao Matos	03	Benfica	**1:02.98**	+0,81	494	
	50m: 29.66 29.66 100m: 1:02.98 33.32						
52.	OLIVEIRA Joao Campelo	04	Famalicao	**1:03.04**	+0,75	493	
	50m: 29.34 29.34 100m: 1:03.04 33.70						
53.	VIEIRA Tomas Sa	04	Alges	**1:03.14**	+0,71	491	
	50m: 29.29 29.29 100m: 1:03.14 33.85						
54.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**1:03.17**	+0,67	490	
	50m: 28.69 28.69 100m: 1:03.17 34.48						
55.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**1:03.19**	+0,66	490	
	50m: 29.29 29.29 100m: 1:03.19 33.90						
56.	RODEIA Jose Miguel	04	Natacao de Faro	**1:03.26**	+0,66	488	
	50m: 28.94 28.94 100m: 1:03.26 34.32						
57.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**1:03.27**	+0,65	488	
	50m: 28.97 28.97 100m: 1:03.27 34.30						
58.	BARBOSA Pedro Xavier	04	Desportiva Viana	**1:03.39**	+0,71	485	
	50m: 29.73 29.73 100m: 1:03.39 33.66						
59.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**1:03.96**	+0,70	472	
	50m: 29.99 29.99 100m: 1:03.96 33.97						
60.	APSENIECE Kevins Alexandre	04	Porto	**1:04.03**	+0,72	471	
	50m: 29.82 29.82 100m: 1:04.03 34.21						
61.	MATOS Rodrigo Vieira	03	Individual ANMAD	**1:04.04**	+0,72	470	
	50m: 29.50 29.50 100m: 1:04.04 34.54						
62.	JORGE Tiago Miguel	03	Rio Maior	**1:04.20**	+0,64	467	
	50m: 29.57 29.57 100m: 1:04.20 34.63						
63.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**1:04.26**	+0,68	466	
	50m: 29.25 29.25 100m: 1:04.26 35.01						
64.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**1:04.33**	+0,78	464	
	50m: 30.40 30.40 100m: 1:04.33 33.93						
65.	VALE David Manuel	03	Gesloures	**1:04.58**	+0,79	459	
	50m: 30.49 30.49 100m: 1:04.58 34.09						
66.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**1:04.73**	+0,73	455	
	50m: 29.90 29.90 100m: 1:04.73 34.83						
67.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**1:04.75**	+0,75	455	
	50m: 30.83 30.83 100m: 1:04.75 33.92						

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Prova 19, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**1:04.79**	+0,69	454	
	50m: 30.38 30.38 100m: 1:04.79 34.41						
69.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**1:04.82**	+0,74	454	
	50m: 30.78 30.78 100m: 1:04.82 34.04						
70.	CORREIA Francisco Alves	04	Litoral Alentejano	**1:04.99**	+0,75	450	
	50m: 30.52 30.52 100m: 1:04.99 34.47						
71.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:05.29**	+0,70	444	
	50m: 30.16 30.16 100m: 1:05.29 35.13						
72.	MATOS Gil Amaral	04	Academia dos Acores	**1:05.71**	+0,65	435	
	50m: 30.51 30.51 100m: 1:05.71 35.20						
73.	PINTO Afonso Cipriano	04	Sporting	**1:05.86**	+0,68	432	
	50m: 30.31 30.31 100m: 1:05.86 35.55						
74.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**1:05.89**	+0,74	432	
	50m: 30.32 30.32 100m: 1:05.89 35.57						
75.	RODRIGUES Rodrigo Reis	04	Sao Roque	**1:09.78**	+0,67	363	
	50m: 32.79 32.79 100m: 1:09.78 36.99						
DSQ	LIMOES Sergio Miguel	03	Galitos / Bresimar				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas após a partida						
DNS	SANTOS Joao Duarte	95	Natacao Olhao				
EXH	SCHILLING Leonardo	93	Benfica	**54.57**	+0,73	760	
	50m: 25.60 25.60 100m: 54.57 28.97						
EXH	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**57.93**	+0,68	636	
	50m: 27.45 27.45 100m: 57.93 30.48						
EXH	NEVES Tiago Correia	97	Belenenses	**1:00.16**	+0,66	567	
	Rec Nac S15						
	50m: 27.83 27.83 100m: 1:00.16 32.33						

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PARCEIROS

Prova 20 | Femin., 100m Mariposa | Juvenis A
06-04-2019 - 9:50 | Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Juv A	1:03.14	FRANCISCO Ana Rita	SFUAP	Coimbra	05-08-1995

PreJun_Fem Juv: 1:03.54 / CEJun_Fem 14 - 17: 1:01.69 / CMJ_Fem 14 - 17: 1:00.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco *Rec Nac, Minimos Pré-Jun*	04	Fluvial Portuense	**1:02.49**	+0,75	699	
	50m: 29.60 29.60 100m: 1:02.49 32.89						
2.	MOURA Maria Ferreira	04	Sporting	**1:05.63**	+0,75	604	
	50m: 30.18 30.18 100m: 1:05.63 35.45						
3.	MARQUES Maria Alexandra	04	Albicastrense	**1:06.93**	+0,71	569	
	50m: 31.59 31.59 100m: 1:06.93 35.34						
4.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:07.20**	+0,74	562	
	50m: 31.00 31.00 100m: 1:07.20 36.20						
5.	ALVES Ines Sofia	04	Portinado	**1:08.32**	+0,76	535	
	50m: 32.93 32.93 100m: 1:08.32 35.39						
6.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:09.21**	+0,78	515	
	50m: 32.54 32.54 100m: 1:09.21 36.67						
7.	COSTA Rita Salome	04	Aquatico Pacense	**1:09.72**	+0,92	503	
	50m: 33.05 33.05 100m: 1:09.72 36.67						
8.	MORGADO Alice Jesus	04	Gesloures	**1:10.11**	+0,89	495	
	50m: 33.29 33.29 100m: 1:10.11 36.82						
9.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:10.43**	+0,81	488	
	50m: 33.09 33.09 100m: 1:10.43 37.34						
10.	MENDES Ana Sebastiao	04	Portinado	**1:10.55**	+0,67	486	
	50m: 32.43 32.43 100m: 1:10.55 38.12						
11.	NARRA Vera Figueiredo	04	Amadora	**1:10.57**	+0,77	485	
	50m: 33.15 33.15 100m: 1:10.57 37.42						
12.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:10.70**	+0,72	483	
	50m: 32.82 32.82 100m: 1:10.70 37.88						
13.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**1:10.80**	+0,78	481	
	50m: 32.46 32.46 100m: 1:10.80 38.34						
14.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:11.58**	+0,86	465	
	50m: 33.47 33.47 100m: 1:11.58 38.11						
15.	FLORENCIO Matilde Alves	04	Condeixa Clube	**1:11.77**	+0,75	461	
	50m: 32.92 32.92 100m: 1:11.77 38.85						
16.	LIMA Catarina Cardoso	04	Naval Povoense	**1:11.88**	+0,78	459	
	50m: 32.82 32.82 100m: 1:11.88 39.06						
17.	HENRIQUES Carolina Porem	04	Sporting	**1:11.92**	+0,69	459	
	50m: 33.41 33.41 100m: 1:11.92 38.51						

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PROZIS
PARCEIROS
FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 20, Femin., 100m Mariposa, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	BARROS Alexia Bastos	04	Fafe	**1:12.10**	+0,78	455	
	50m: 33.76 33.76 100m: 1:12.10 38.34						
19.	MENDES Daniela Portela	04	Fundacao Beatriz Santos	**1:12.47**	+0,74	448	
	50m: 32.79 32.79 100m: 1:12.47 39.68						
20.	COSTA Joana Santos	04	Galitos / Bresimar	**1:12.96**	+0,76	439	
	50m: 33.42 33.42 100m: 1:12.96 39.54						
21.	SOUSA Joana Francisca	04	Sao Roque	**1:13.76**	+0,73	425	
	50m: 34.22 34.22 100m: 1:13.76 39.54						
22.	GUTERRES Mariana Fragoso	04	Benfica	**1:13.79**	+0,75	425	
	50m: 34.21 34.21 100m: 1:13.79 39.58						
23.	TAVARES Mariana Silva	04	Estarreja	**1:14.40**	+0,78	414	
	50m: 33.11 33.11 100m: 1:14.40 41.29						
24.	SILVA Maria Ines	04	Alcobaca	**1:14.57**	+0,89	411	
	50m: 34.32 34.32 100m: 1:14.57 40.25						

Prova 20 — Femin., 100m Mariposa — Juvenis B

06-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Juv B	1:03.73	CUNHA Mariana Pacheco	POR	Coimbra	19-05-2018

PreJun_Fem Juv: 1:03.54 / CEJun_Fem 14 - 17: 1:01.69 / CMJ_Fem 14 - 17: 1:00.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:03.82**	+0,78	656	
	50m: 30.16 30.16 100m: 1:03.82 33.66						
2.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:07.26**	+0,79	561	
	50m: 31.71 31.71 100m: 1:07.26 35.55						
3.	BENTO Maria Madalena	05	BUZIOS - Coruche	**1:07.64**	+0,72	551	
	50m: 32.01 32.01 100m: 1:07.64 35.63						
4.	ANDRE Isadora Maia	05	Benfica	**1:09.76**	+0,83	503	
	50m: 32.84 32.84 100m: 1:09.76 36.92						
5.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.68**	+0,71	483	
	50m: 33.10 33.10 100m: 1:10.68 37.58						
6.	RINO Maria Pedro	05	Academia dos Acores	**1:10.83**	+0,79	480	
	50m: 32.53 32.53 100m: 1:10.83 38.30						
7.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:10.98**	+0,75	477	
	50m: 33.33 33.33 100m: 1:10.98 37.65						
8.	VIEIRA Carmo Dias	05	Avancado EUL	**1:13.25**	+0,71	434	
	50m: 34.90 34.90 100m: 1:13.25 38.35						
9.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**1:13.82**	+0,78	424	
	50m: 34.28 34.28 100m: 1:13.82 39.54						

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PARCEIROS

Prova 20, Femin., 100m Mariposa, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SILVA Joana Ferreira	05	Leixoes	**1:13.88**	+0,70	423	
	50m: 33.86 33.86 100m: 1:13.88 40.02						
11.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**1:14.27**	+0,88	416	
	50m: 34.75 34.75 100m: 1:14.27 39.52						
12.	NOVO Marta Luisa	05	Viana Natacao	**1:14.29**	+0,84	416	
	50m: 33.94 33.94 100m: 1:14.29 40.35						
13.	CORREIA Ines Alves	05	Leixoes	**1:14.96**	+0,83	405	
	50m: 34.49 34.49 100m: 1:14.96 40.47						
DSQ	FRANCA Nicole Patriarca	05	Sporting				
	SW 4.4 - Falsa partida						

Prova 20 — Femin., 100m Mariposa — Juniores
06-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009

CEJun_Fem 14 - 17: 1:01.69 / CMJ_Fem 14 - 17: 1:00.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GRAVETO Ana Raquel	02	Benfica	**1:03.90**	+0,74	654	
	50m: 29.98 29.98 100m: 1:03.90 33.92						
2.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:05.23**	+0,68	615	
	50m: 30.29 30.29 100m: 1:05.23 34.94						
3.	BARBOSA Mariana Fernandes	02	Porto	**1:05.44**	+0,75	609	
	50m: 30.33 30.33 100m: 1:05.44 35.11						
4.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.49**	+0,79	607	
	50m: 30.98 30.98 100m: 1:05.49 34.51						
5.	CRUZ Sara Moura	03	Alges	**1:07.19**	+0,69	562	
	50m: 31.71 31.71 100m: 1:07.19 35.48						
6.	MARTINS Joana Ribeiro	03	Benfica	**1:07.47**	+0,77	556	
	50m: 30.86 30.86 100m: 1:07.47 36.61						
7.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**1:07.55**	+0,87	554	
	50m: 31.20 31.20 100m: 1:07.55 36.35						
8.	SILVA Eduarda Reis	03	Famalicao	**1:07.74**	+0,76	549	
	50m: 32.03 32.03 100m: 1:07.74 35.71						
9.	BELO Rita Afonso	02	Benedita	**1:07.78**	+0,72	548	
	50m: 31.53 31.53 100m: 1:07.78 36.25						
10.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:07.87**	+0,74	546	
	50m: 30.98 30.98 100m: 1:07.87 36.89						
11.	SANTOS Beatriz Rocha	02	Campinho	**1:08.02**	+0,76	542	
	50m: 31.10 31.10 100m: 1:08.02 36.92						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CORREIA Rute Ferreira	03	Clube de Vouzela	**1:08.38**	+0,80	534	
	50m: 31.46 31.46 100m: 1:08.38 36.92						
13.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	**1:09.45**	+0,68	509	
	50m: 31.97 31.97 100m: 1:09.45 37.48						
14.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:09.51**	+0,75	508	
	50m: 32.10 32.10 100m: 1:09.51 37.41						
15.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**1:09.67**	+0,71	504	
	50m: 31.85 31.85 100m: 1:09.67 37.82						
16.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:09.85**	+0,76	501	
	50m: 31.74 31.74 100m: 1:09.85 38.11						
17.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**1:10.17**	+0,69	494	
	50m: 32.67 32.67 100m: 1:10.17 37.50						

Prova 20 — Femin., 100m Mariposa — Seniores
06-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010

CMPL 19 +: 58.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:01.42**	+0,73	737	
	50m: 28.95 28.95 100m: 1:01.42 32.47						
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:02.34**	+0,64	704	
	50m: 28.68 28.68 100m: 1:02.34 33.66						
3.	FERNANDES Ines Camacho	97	Sporting	**1:02.91**	+0,73	685	
	50m: 29.74 29.74 100m: 1:02.91 33.17						
4.	HENRIQUES Ines Jacinto	00	Sporting	**1:02.97**	+0,71	683	
	50m: 29.74 29.74 100m: 1:02.97 33.23						
5.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:03.07**	+0,78	680	
	50m: 29.62 29.62 100m: 1:03.07 33.45						
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:03.84**	+0,73	656	
	50m: 30.38 30.38 100m: 1:03.84 33.46						
7.	LIMA Lia Ana	01	Sporting	**1:04.00**	+0,88	651	
	50m: 29.95 29.95 100m: 1:04.00 34.05						
8.	AZEVEDO Francisca Gomes	97	Alges	**1:04.91**	+0,79	624	
	50m: 30.74 30.74 100m: 1:04.91 34.17						
9.	VIEGAS Beatriz Mendes	00	Sporting	**1:05.70**	+0,65	602	
	50m: 30.01 30.01 100m: 1:05.70 35.69						
10.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:05.75**	+0,75	600	
	50m: 30.87 30.87 100m: 1:05.75 34.88						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	MARTINS Ana Beatriz	99	Famalicao	**1:05.93**	+0,78	595	
	50m: 30.26 30.26 100m: 1:05.93 35.67						
12.	BARATA Barbara Sofia	97	Alges	**1:06.28**	+0,70	586	
	50m: 31.48 31.48 100m: 1:06.28 34.80						
13.	ROSA Beatriz Jong	00	Desportivo Nacional	**1:06.35**	+0,78	584	
	50m: 30.92 30.92 100m: 1:06.35 35.43						
14.	CASTRO Adriana Daniela	97	Leixoes	**1:07.69**	+0,78	550	
	50m: 30.98 30.98 100m: 1:07.69 36.71						
15.	TIAGO Filipa Vilas	94	Benfica	**1:08.35**	+0,69	534	
	50m: 31.09 31.09 100m: 1:08.35 37.26						
16.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**1:09.27**	+0,71	513	
	50m: 32.08 32.08 100m: 1:09.27 37.19						

Prova 20 — Femin., 100m Mariposa — Absolutos
06-04-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
Rec Nac Juv A	1:03.14	FRANCISCO Ana Rita	SFUAP	Coimbra	05-08-1995
Rec Nac Juv B	1:03.73	CUNHA Mariana Pacheco	POR	Coimbra	19-05-2018

PreJun_Fem Juv: 1:03.54 / CEJun_Fem 14 - 17: 1:01.69 / CMJ_Fem 14 - 17: 1:00.48 / CMPL 19 +: 58.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:01.42**	+0,73	737	
	50m: 28.95 28.95 100m: 1:01.42 32.47						
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:02.34**	+0,64	704	
	50m: 28.68 28.68 100m: 1:02.34 33.66						
3.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**1:02.49**	+0,75	699	
	Rec Nac, Minimos Pré-Jun						
	50m: 29.60 29.60 100m: 1:02.49 32.89						
4.	FERNANDES Ines Camacho	97	Sporting	**1:02.91**	+0,73	685	
	50m: 29.74 29.74 100m: 1:02.91 33.17						
5.	HENRIQUES Ines Jacinto	00	Sporting	**1:02.97**	+0,71	683	
	50m: 29.74 29.74 100m: 1:02.97 33.23						
6.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:03.07**	+0,78	680	
	50m: 29.62 29.62 100m: 1:03.07 33.45						
7.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:03.82**	+0,78	656	
	50m: 30.16 30.16 100m: 1:03.82 33.66						
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:03.84**	+0,73	656	
	50m: 30.38 30.38 100m: 1:03.84 33.46						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	GRAVETO Ana Raquel	02	Benfica	**1:03.90**	+0,74	654	
	50m: 29.98 29.98 100m: 1:03.90 33.92						
10.	LIMA Lia Ana	01	Sporting	**1:04.00**	+0,88	651	
	50m: 29.95 29.95 100m: 1:04.00 34.05						
11.	AZEVEDO Francisca Gomes	97	Alges	**1:04.91**	+0,79	624	
	50m: 30.74 30.74 100m: 1:04.91 34.17						
12.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:05.23**	+0,68	615	
	50m: 30.29 30.29 100m: 1:05.23 34.94						
13.	BARBOSA Mariana Fernandes	02	Porto	**1:05.44**	+0,75	609	
	50m: 30.33 30.33 100m: 1:05.44 35.11						
14.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.49**	+0,79	607	
	50m: 30.98 30.98 100m: 1:05.49 34.51						
15.	MOURA Maria Ferreira	04	Sporting	**1:05.63**	+0,75	604	
	50m: 30.18 30.18 100m: 1:05.63 35.45						
16.	VIEGAS Beatriz Mendes	00	Sporting	**1:05.70**	+0,65	602	
	50m: 30.01 30.01 100m: 1:05.70 35.69						
17.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:05.75**	+0,75	600	
	50m: 30.87 30.87 100m: 1:05.75 34.88						
18.	MARTINS Ana Beatriz	99	Famalicao	**1:05.93**	+0,78	595	
	50m: 30.26 30.26 100m: 1:05.93 35.67						
19.	BARATA Barbara Sofia	97	Alges	**1:06.28**	+0,70	586	
	50m: 31.48 31.48 100m: 1:06.28 34.80						
20.	ROSA Beatriz Jong	00	Desportivo Nacional	**1:06.35**	+0,78	584	
	50m: 30.92 30.92 100m: 1:06.35 35.43						
21.	MARQUES Maria Alexandra	04	Albicastrense	**1:06.93**	+0,71	569	
	50m: 31.59 31.59 100m: 1:06.93 35.34						
22.	CRUZ Sara Moura	03	Alges	**1:07.19**	+0,69	562	
	50m: 31.71 31.71 100m: 1:07.19 35.48						
23.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:07.20**	+0,74	562	
	50m: 31.00 31.00 100m: 1:07.20 36.20						
24.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:07.26**	+0,79	561	
	50m: 31.71 31.71 100m: 1:07.26 35.55						
25.	MARTINS Joana Ribeiro	03	Benfica	**1:07.47**	+0,77	556	
	50m: 30.86 30.86 100m: 1:07.47 36.61						
26.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**1:07.55**	+0,87	554	
	50m: 31.20 31.20 100m: 1:07.55 36.35						
27.	BENTO Maria Madalena	05	BUZIOS - Coruche	**1:07.64**	+0,72	551	
	50m: 32.01 32.01 100m: 1:07.64 35.63						
28.	CASTRO Adriana Daniela	97	Leixoes	**1:07.69**	+0,78	550	
	50m: 30.98 30.98 100m: 1:07.69 36.71						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	SILVA Eduarda Reis	03	Famalicao	**1:07.74**	+0,76	549	
	50m: 32.03 32.03 100m: 1:07.74 35.71						
30.	BELO Rita Afonso	02	Benedita	**1:07.78**	+0,72	548	
	50m: 31.53 31.53 100m: 1:07.78 36.25						
31.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:07.87**	+0,74	546	
	50m: 30.98 30.98 100m: 1:07.87 36.89						
32.	SANTOS Beatriz Rocha	02	Campinho	**1:08.02**	+0,76	542	
	50m: 31.10 31.10 100m: 1:08.02 36.92						
33.	ALVES Ines Sofia	04	Portinado	**1:08.32**	+0,76	535	
	50m: 32.93 32.93 100m: 1:08.32 35.39						
34.	TIAGO Filipa Vilas	94	Benfica	**1:08.35**	+0,69	534	
	50m: 31.09 31.09 100m: 1:08.35 37.26						
35.	CORREIA Rute Ferreira	03	Clube de Vouzela	**1:08.38**	+0,80	534	
	50m: 31.46 31.46 100m: 1:08.38 36.92						
36.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:09.21**	+0,78	515	
	50m: 32.54 32.54 100m: 1:09.21 36.67						
37.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**1:09.27**	+0,71	513	
	50m: 32.08 32.08 100m: 1:09.27 37.19						
38.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	**1:09.45**	+0,68	509	
	50m: 31.97 31.97 100m: 1:09.45 37.48						
39.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:09.51**	+0,75	508	
	50m: 32.10 32.10 100m: 1:09.51 37.41						
40.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**1:09.67**	+0,71	504	
	50m: 31.85 31.85 100m: 1:09.67 37.82						
41.	COSTA Rita Salome	04	Aquatico Pacense	**1:09.72**	+0,92	503	
	50m: 33.05 33.05 100m: 1:09.72 36.67						
42.	ANDRE Isadora Maia	05	Benfica	**1:09.76**	+0,83	503	
	50m: 32.84 32.84 100m: 1:09.76 36.92						
43.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:09.85**	+0,76	501	
	50m: 31.74 31.74 100m: 1:09.85 38.11						
44.	MORGADO Alice Jesus	04	Gesloures	**1:10.11**	+0,89	495	
	50m: 33.29 33.29 100m: 1:10.11 36.82						
45.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**1:10.17**	+0,69	494	
	50m: 32.67 32.67 100m: 1:10.17 37.50						
46.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:10.43**	+0,81	488	
	50m: 33.09 33.09 100m: 1:10.43 37.34						
47.	MENDES Ana Sebastiao	04	Portinado	**1:10.55**	+0,67	486	
	50m: 32.43 32.43 100m: 1:10.55 38.12						
48.	NARRA Vera Figueiredo	04	Amadora	**1:10.57**	+0,77	485	
	50m: 33.15 33.15 100m: 1:10.57 37.42						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
49.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.68**	+0,71	483	
	50m: 33.10 33.10 100m: 1:10.68 37.58						
50.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:10.70**	+0,72	483	
	50m: 32.82 32.82 100m: 1:10.70 37.88						
51.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**1:10.80**	+0,78	481	
	50m: 32.46 32.46 100m: 1:10.80 38.34						
52.	RINO Maria Pedro	05	Academia dos Acores	**1:10.83**	+0,79	480	
	50m: 32.53 32.53 100m: 1:10.83 38.30						
53.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:10.98**	+0,75	477	
	50m: 33.33 33.33 100m: 1:10.98 37.65						
54.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:11.58**	+0,86	465	
	50m: 33.47 33.47 100m: 1:11.58 38.11						
55.	FLORENCIO Matilde Alves	04	Condeixa Clube	**1:11.77**	+0,75	461	
	50m: 32.92 32.92 100m: 1:11.77 38.85						
56.	LIMA Catarina Cardoso	04	Naval Povoense	**1:11.88**	+0,78	459	
	50m: 32.82 32.82 100m: 1:11.88 39.06						
57.	HENRIQUES Carolina Porem	04	Sporting	**1:11.92**	+0,69	459	
	50m: 33.41 33.41 100m: 1:11.92 38.51						
58.	BARROS Alexia Bastos	04	Fafe	**1:12.10**	+0,78	455	
	50m: 33.76 33.76 100m: 1:12.10 38.34						
59.	MENDES Daniela Portela	04	Fundacao Beatriz Santos	**1:12.47**	+0,74	448	
	50m: 32.79 32.79 100m: 1:12.47 39.68						
60.	COSTA Joana Santos	04	Galitos / Bresimar	**1:12.96**	+0,76	439	
	50m: 33.42 33.42 100m: 1:12.96 39.54						
61.	VIEIRA Carmo Dias	05	Avancado EUL	**1:13.25**	+0,71	434	
	50m: 34.90 34.90 100m: 1:13.25 38.35						
62.	SOUSA Joana Francisca	04	Sao Roque	**1:13.76**	+0,73	425	
	50m: 34.22 34.22 100m: 1:13.76 39.54						
63.	GUTERRES Mariana Fragoso	04	Benfica	**1:13.79**	+0,75	425	
	50m: 34.21 34.21 100m: 1:13.79 39.58						
64.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**1:13.82**	+0,78	424	
	50m: 34.28 34.28 100m: 1:13.82 39.54						
65.	SILVA Joana Ferreira	05	Leixoes	**1:13.88**	+0,70	423	
	50m: 33.86 33.86 100m: 1:13.88 40.02						
66.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**1:14.27**	+0,88	416	
	50m: 34.75 34.75 100m: 1:14.27 39.52						
67.	NOVO Marta Luisa	05	Viana Natacao	**1:14.29**	+0,84	416	
	50m: 33.94 33.94 100m: 1:14.29 40.35						
68.	TAVARES Mariana Silva	04	Estarreja	**1:14.40**	+0,78	414	
	50m: 33.11 33.11 100m: 1:14.40 41.29						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
69.	SILVA Maria Ines	04	Alcobaca	**1:14.57**	+0,89	411	
	50m: 34.32 34.32 100m: 1:14.57 40.25						
70.	CORREIA Ines Alves	05	Leixoes	**1:14.96**	+0,83	405	
	50m: 34.49 34.49 100m: 1:14.96 40.47						
DSQ	FRANCA Nicole Patriarca	05	Sporting				
	SW 4.4 - Falsa partida						

Prova 21 — Masc., 50m Bruços — Juvenis A
06-04-2019 - 10:05 — Resultados Elimin

Rec Nac	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**30.22**	+0,60	633	
2.	JUNIOR Luis Cabral	03	Belenenses	**30.98**	+0,71	587	

Prova 21 — Masc., 50m Bruços — Juniores
06-04-2019 - 10:05 — Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Renato Barros	01	Alges	**30.53**	+0,57	614	
2.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.73**	+0,69	602	
3.	KLIER Afonso Miguel	01	Galitos / Bresimar	**30.80**	+0,66	598	
4.	CABRITO Rodrigo Almeida	01	Belenenses	**31.71**	+0,67	548	
5.	CALDEIRA Goncalo Silveirinha	01	Sporting	**31.83**	+0,74	541	
6.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**31.84**	+0,68	541	
7.	BRITO Bernardo Geada	02	Uniao Piedense	**31.97**	+0,65	534	
8.	MERUJE Joaquim Agra	01	Elvense	**32.02**	+0,77	532	
9.	ZENZA Francisco Manuel	01	Natacao da Maia	**32.58**	+0,79	505	
10.	SANTOS Afonso Amaro	02	Gesloures	**32.64**	+0,66	502	
11.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**32.74**	+0,74	497	

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Prova 21, Masc., 50m Bruços, Elimin

Prova 21 — Masc., 50m Bruços — Seniores
06-04-2019 - 10:05 — Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMORIM Alexandre Ferreira	99	Porto	**29.13**	+0,65	706	
2.	TEIXEIRA Guilherme Miguel	97	Belenenses	**29.30**	+0,72	694	
3.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**29.54**	+0,66	677	
4.	QUINTAS Francisco Robalo	95	Belenenses	**29.69**	+0,64	667	
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**29.87**	+0,70	655	
6.	PON Hugo	98	Alges	**30.15**	+0,65	637	
7.	MENDES Antonio Manuel	99	Sporting	**30.28**	+0,66	629	
8.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.30**	+0,67	628	
9.	SIMOES Rafael Gomes	00	Braga	**30.72**	+0,77	602	
10.	RAMOS Filipe Carmo	97	Vilacondense	**30.85**	+0,85	595	
11.	SOARES Miguel Carlos	92	Naval Povoense	**30.87**	+0,67	594	
12.	MARQUES Miguel Henriques	00	Benfica	**30.92**	+0,67	591	
13.	SILVA Pedro Miguel	94	Colegio Monte Maior	**30.99**	+0,69	587	
	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**30.99**	+0,62	587	
15.	GRENHO Andre Tavares	99	Gesloures	**31.02**	+0,70	585	

Prova 21 — Masc., 50m Bruços — Absolutos
06-04-2019 - 10:05 — Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMORIM Alexandre Ferreira	99	Porto	**29.13**	+0,65	706	
2.	TEIXEIRA Guilherme Miguel	97	Belenenses	**29.30**	+0,72	694	
3.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**29.54**	+0,66	677	
4.	QUINTAS Francisco Robalo	95	Belenenses	**29.69**	+0,64	667	
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**29.87**	+0,70	655	
6.	PON Hugo	98	Alges	**30.15**	+0,65	637	
7.	PEREIRA Ricardo Samuel	03	Benfica	**30.22**	+0,60	633	
8.	MENDES Antonio Manuel	99	Sporting	**30.28**	+0,66	629	
9.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.30**	+0,67	628	
10.	FRISCHKNECHT Renato Barros	01	Alges	**30.53**	+0,57	614	
11.	SIMOES Rafael Gomes	00	Braga	**30.72**	+0,77	602	
12.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.73**	+0,69	602	
13.	KLIER Afonso Miguel	01	Galitos / Bresimar	**30.80**	+0,66	598	
14.	RAMOS Filipe Carmo	97	Vilacondense	**30.85**	+0,85	595	
15.	SOARES Miguel Carlos	92	Naval Povoense	**30.87**	+0,67	594	

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Prova 21, Masc., 50m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MARQUES Miguel Henriques	00	Benfica	**30.92**	+0,67	591	
17.	JUNIOR Luis Cabral	03	Belenenses	**30.98**	+0,71	587	
18.	SILVA Pedro Miguel	94	Colegio Monte Maior	**30.99**	+0,69	587	
	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**30.99**	+0,62	587	
20.	GRENHO Andre Tavares	99	Gesloures	**31.02**	+0,70	585	
21.	CABRITO Rodrigo Almeida	01	Belenenses	**31.71**	+0,67	548	
22.	CALDEIRA Goncalo Silveirinha	01	Sporting	**31.83**	+0,74	541	
23.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**31.84**	+0,68	541	
24.	BRITO Bernardo Geada	02	Uniao Piedense	**31.97**	+0,65	534	
25.	MERUJE Joaquim Agra	01	Elvense	**32.02**	+0,77	532	
26.	ZENZA Francisco Manuel	01	Natacao da Maia	**32.58**	+0,79	505	
27.	SANTOS Afonso Amaro	02	Gesloures	**32.64**	+0,66	502	
28.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**32.74**	+0,74	497	
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**38.28**	+0,70	311	
EXH	VIEIRA Jose Gabriel	83	Natacao de Faro	**43.85**	+0,84	207	

Prova 22 — Femin., 50m Bruços — Juvenis A
06-04-2019 - 10:10 — Resultados Elimin

Rec Nac	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MORAIS Margarida Mateus	04	Torres Novas	**34.70**	+0,77	608	
2.	FERREIRA Margarida Filipe	04	Cova da Piedade	**35.01**	+0,86	592	
3.	RODRIGUES Marta Silva	04	Naval Povoense	**36.35**	+0,75	529	

Prova 22 — Femin., 50m Bruços — Juvenis B
06-04-2019 - 10:10 — Resultados Elimin

Rec Nac	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**36.28**	+0,81	532	
2.	REGO Ines Faria	05	Famalicao	**37.14**	+0,71	496	

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PARCEIROS

Prova 22, Femin., 50m Bruços, Elimin

Prova 22 — Femin., 50m Bruços — Juniores
06-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Clara Gomes	02	Alges	**34.89**	+0,67	598	
2.	TEIXEIRA Ines Oliveira	02	Estarreja	**34.90**	+0,72	597	
3.	CERDEIRA Madalena Reis	03	Sporting	**35.19**	+0,77	583	
4.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**35.57**	+0,59	564	
5.	DIAS Ana Leonor	02	Natacao Olhao	**35.65**	+0,74	560	
6.	CASTRO Maria Freitas	03	Fafe	**35.73**	+0,72	557	
7.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**35.99**	+0,70	545	
8.	FIAL Sofia Nunes	03	Estamos Juntos	**36.20**	+0,79	535	
9.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**36.24**	+0,67	533	
10.	COSTA Ana Ferreira	02	Nautico Marinha Grande	**36.25**	+0,75	533	
11.	SILVA Natacha Sofia	02	Benfica	**36.38**	+0,77	527	
12.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**36.43**	+0,74	525	
13.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**36.53**	+0,83	521	
14.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**36.82**	+0,77	509	
15.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**36.84**	+0,76	508	
16.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**36.87**	+0,71	507	
17.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**37.03**	+0,81	500	
18.	FERNANDES Ana Catarina	03	Naval do Funchal	**37.05**	+0,67	499	
19.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**37.32**	+0,68	488	
20.	SILVA Margarida Mota	03	Palmela	**37.75**	+0,78	472	
21.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**37.92**	+0,88	466	

Prova 22 — Femin., 50m Bruços — Seniores
06-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**32.59**	+0,70	734	
2.	PEREIRA Raquel Gomes	00	Alges	**33.33**	+0,76	686	
3.	BORGES Claudia Ferreira	99	Benfica	**34.08**	+0,65	642	
4.	SILVA Beatriz Santos	01	Porto	**34.23**	+0,75	633	
5.	OLIVEIRA Rosa Maria	96	Porto	**34.35**	+0,71	626	
6.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**34.56**	+0,75	615	
7.	GONCALVES Sofia Filipa	01	Leixoes	**35.22**	+0,71	581	
8.	RODRIGUES Luana Correia	01	Belenenses	**35.23**	+0,72	581	
9.	LEONARDO Rute Isabel	98	Nautico Abrantes	**35.39**	+0,78	573	
10.	MATOS Carolina Lourenco	98	Cova da Piedade	**35.50**	+0,75	568	

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Prova 22, Femin., 50m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SILVA Maria Madalena	98	Braga	**35.68**	+0,71	559	
12.	CARVALHO Beatriz Antunes	99	Sporting	**35.71**	+0,75	558	
13.	VASCONCELOS Mariana Graca	99	Bombeiros Estoris	**35.96**	+0,78	546	
14.	RIESENBERGER Bruna Martins	97	Laranjeiro	**36.29**	+0,70	531	
15.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**36.45**	+0,74	524	
DSQ	ROSA Maria Carolina	94	Sporting				
	SW 4.4 - Falsa partida						

Prova 22 — Femin., 50m Bruços — Absolutos
06-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**32.59**	+0,70	734	
2.	PEREIRA Raquel Gomes	00	Alges	**33.33**	+0,76	686	
3.	BORGES Claudia Ferreira	99	Benfica	**34.08**	+0,65	642	
4.	SILVA Beatriz Santos	01	Porto	**34.23**	+0,75	633	
5.	OLIVEIRA Rosa Maria	96	Porto	**34.35**	+0,71	626	
6.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**34.56**	+0,75	615	
7.	MORAIS Margarida Mateus	04	Torres Novas	**34.70**	+0,77	608	
8.	PEREIRA Clara Gomes	02	Alges	**34.89**	+0,67	598	
9.	TEIXEIRA Ines Oliveira	02	Estarreja	**34.90**	+0,72	597	
10.	FERREIRA Margarida Filipe	04	Cova da Piedade	**35.01**	+0,86	592	
11.	CERDEIRA Madalena Reis	03	Sporting	**35.19**	+0,77	583	
12.	GONCALVES Sofia Filipa	01	Leixoes	**35.22**	+0,71	581	
13.	RODRIGUES Luana Correia	01	Belenenses	**35.23**	+0,72	581	
14.	LEONARDO Rute Isabel	98	Nautico Abrantes	**35.39**	+0,78	573	
15.	MATOS Carolina Lourenco	98	Cova da Piedade	**35.50**	+0,75	568	
16.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**35.57**	+0,59	564	
17.	DIAS Ana Leonor	02	Natacao Olhao	**35.65**	+0,74	560	
18.	SILVA Maria Madalena	98	Braga	**35.68**	+0,71	559	
19.	CARVALHO Beatriz Antunes	99	Sporting	**35.71**	+0,75	558	
20.	CASTRO Maria Freitas	03	Fafe	**35.73**	+0,72	557	
21.	VASCONCELOS Mariana Graca	99	Bombeiros Estoris	**35.96**	+0,78	546	
22.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**35.99**	+0,70	545	
23.	FIAL Sofia Nunes	03	Estamos Juntos	**36.20**	+0,79	535	
24.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**36.24**	+0,67	533	
25.	COSTA Ana Ferreira	02	Nautico Marinha Grande	**36.25**	+0,75	533	
26.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**36.28**	+0,81	532	
27.	RIESENBERGER Bruna Martins	97	Laranjeiro	**36.29**	+0,70	531	
28.	RODRIGUES Marta Silva	04	Naval Povoense	**36.35**	+0,75	529	

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Prova 22, Femin., 50m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	SILVA Natacha Sofia	02	Benfica	**36.38**	+0,77	527	
30.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**36.43**	+0,74	525	
31.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**36.45**	+0,74	524	
32.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**36.53**	+0,83	521	
33.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**36.82**	+0,77	509	
34.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**36.84**	+0,76	508	
35.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**36.87**	+0,71	507	
36.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**37.03**	+0,81	500	
37.	FERNANDES Ana Catarina	03	Naval do Funchal	**37.05**	+0,67	499	
38.	REGO Ines Faria	05	Famalicao	**37.14**	+0,71	496	
39.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**37.32**	+0,68	488	
40.	SILVA Margarida Mota	03	Palmela	**37.75**	+0,78	472	
41.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**37.92**	+0,88	466	
DSQ	ROSA Maria Carolina *SW 4.4 - Falsa partida*	94	Sporting				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**36.78**	+0,80	510	

Prova 23 — Masc., 200m Estilos — Juvenis A
06-04-2019 - 10:20 — Resultados Elimin

Rec Nac Absoluto	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004

PreJun_Masc Juv: 2:10.88 / CEJun_Masc 15 - 18: 2:07.06 / CMJ_Masc 15 - 18: 2:04.56 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	**2:11.82**	+0,71	646	
	50m: 28.25 28.25 100m: 1:02.70 34.45 150m: 1:40.86 38.16 200m: 2:11.82 30.96						
2.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:16.17**	+0,67	586	
	50m: 29.26 29.26 100m: 1:03.33 34.07 150m: 1:44.87 41.54 200m: 2:16.17 31.30						
3.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:16.56**	+0,68	581	
	50m: 28.91 28.91 100m: 1:03.32 34.41 150m: 1:45.09 41.77 200m: 2:16.56 31.47						
4.	PEREIRA Ricardo Samuel	03	Benfica	**2:18.25**	+0,68	560	
	50m: 31.14 31.14 100m: 1:07.27 36.13 150m: 1:44.69 37.42 200m: 2:18.25 33.56						
5.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:19.50**	+0,81	545	
	50m: 29.19 29.19 100m: 1:06.82 37.63 150m: 1:47.48 40.66 200m: 2:19.50 32.02						
6.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.66**	+0,74	543	
	50m: 29.07 29.07 100m: 1:04.93 35.86 150m: 1:46.30 41.37 200m: 2:19.66 33.36						
7.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:23.88**	+0,78	497	
	50m: 30.30 30.30 100m: 1:06.93 36.63 150m: 1:50.47 43.54 200m: 2:23.88 33.41						
8.	CARRASCO Joao Pedro	03	Portinado	**2:26.00**	+0,83	476	
	50m: 29.68 29.68 100m: 1:07.88 38.20 150m: 1:50.48 42.60 200m: 2:26.00 35.52						

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arena WATER INSTINCT
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PROZIS
PARCEIROS
FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 23, Masc., 200m Estilos, Elimin

Prova 23 | Masc., 200m Estilos | Juvenis B
06-04-2019 - 10:20 | Resultados Elimin

Rec Nac Absoluto	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:10.88 / CEJun_Masc 15 - 18: 2:07.06 / CMJ_Masc 15 - 18: 2:04.56 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:16.25**	+0,84	585	
	50m: 29.30 29.30 100m: 1:05.38 36.08 150m: 1:43.76 38.38 200m: 2:16.25 32.49						
2.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:17.64**	+0,71	568	
	50m: 30.47 30.47 100m: 1:05.57 35.10 150m: 1:45.91 40.34 200m: 2:17.64 31.73						
3.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:19.55**	+0,88	545	
	50m: 28.90 28.90 100m: 1:04.82 35.92 150m: 1:47.09 42.27 200m: 2:19.55 32.46						
4.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:19.63**	+0,68	544	
	50m: 29.11 29.11 100m: 1:06.18 37.07 150m: 1:47.56 41.38 200m: 2:19.63 32.07						
5.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:21.14**	+0,72	526	
	50m: 29.72 29.72 100m: 1:06.72 37.00 150m: 1:49.39 42.67 200m: 2:21.14 31.75						
6.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:21.18**	+0,70	526	
	50m: 29.56 29.56 100m: 1:06.48 36.92 150m: 1:49.28 42.80 200m: 2:21.18 31.90						
7.	REBELO Joao Lourenco	04	Alges	**2:21.27**	+0,66	525	
	50m: 30.08 30.08 100m: 1:09.13 39.05 150m: 1:49.56 40.43 200m: 2:21.27 31.71						
8.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:21.82**	+0,78	519	
	50m: 29.76 29.76 100m: 1:04.43 34.67 150m: 1:48.82 44.39 200m: 2:21.82 33.00						
9.	OLIVEIRA Joao Campelo	04	Famalicao	**2:22.33**	+0,74	513	
	50m: 29.69 29.69 100m: 1:07.51 37.82 150m: 1:49.45 41.94 200m: 2:22.33 32.88						
10.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:22.63**	+0,80	510	
	50m: 30.30 30.30 100m: 1:07.82 37.52 150m: 1:50.89 43.07 200m: 2:22.63 31.74						
11.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:22.87**	+0,83	508	
	50m: 30.07 30.07 100m: 1:07.50 37.43 150m: 1:50.48 42.98 200m: 2:22.87 32.39						
12.	CRUZ David Miguel	04	Braga	**2:24.00**	+0,71	496	
	50m: 30.10 30.10 100m: 1:09.72 39.62 150m: 1:51.24 41.52 200m: 2:24.00 32.76						
13.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:24.51**	+0,69	490	
	50m: 29.81 29.81 100m: 1:06.20 36.39 150m: 1:50.57 44.37 200m: 2:24.51 33.94						
14.	BARRY Rafael Francisco	04	Naval do Funchal	**2:25.26**	+0,66	483	
	50m: 30.09 30.09 100m: 1:08.33 38.24 150m: 1:50.89 42.56 200m: 2:25.26 34.37						
	SIMOES Miguel Costa	04	Cova da Piedade	**2:25.26**	+0,68	483	
	50m: 31.13 31.13 100m: 1:08.92 37.79 150m: 1:52.76 43.84 200m: 2:25.26 32.50						
16.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.56**	+0,71	480	
	50m: 30.41 30.41 100m: 1:08.06 37.65 150m: 1:51.06 43.00 200m: 2:25.56 34.50						
17.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:25.64**	+0,69	479	
	50m: 30.42 30.42 100m: 1:08.84 38.42 150m: 1:52.17 43.33 200m: 2:25.64 33.47						

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Prova 23, Masc., 200m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:25.69**	+0,70	479	
	50m: 32.45 32.45 100m: 1:10.63 38.18 150m: 1:53.95 43.32 200m: 2:25.69 31.74						
19.	SILVA Frederico Ferreira	04	Famalicao	**2:26.14**	+0,85	474	
	50m: 31.21 31.21 100m: 1:07.43 36.22 150m: 1:53.76 46.33 200m: 2:26.14 32.38						
20.	TEIXEIRA Cesar Rego	04	Famalicao	**2:27.04**	+0,70	466	
	50m: 31.08 31.08 100m: 1:07.05 35.97 150m: 1:53.86 46.81 200m: 2:27.04 33.18						

Prova 23 — Masc., 200m Estilos — Juniores
06-04-2019 - 10:20 — Resultados Elimin

Rec Nac Absoluto	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005

CEJun_Masc 15 - 18: 2:07.06 / CMJ_Masc 15 - 18: 2:04.56 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VILHENA Tiago Miguel	01	Natacao de Faro	**2:09.57**	+0,72	681	
	50m: 27.83 27.83 100m: 59.98 32.15 150m: 1:39.25 39.27 200m: 2:09.57 30.32						
2.	CRISTINO David Matias	01	Uniao Piedense	**2:11.61**	+0,74	649	
	50m: 28.31 28.31 100m: 1:01.74 33.43 150m: 1:42.11 40.37 200m: 2:11.61 29.50						
3.	FERNANDES Eduardo Gomes	02	Sporting	**2:11.69**	+0,77	648	
	50m: 28.43 28.43 100m: 1:03.40 34.97 150m: 1:41.69 38.29 200m: 2:11.69 30.00						
4.	SILVA Tomas Antonio	01	Naval do Funchal	**2:12.72**	+0,64	633	
	50m: 28.74 28.74 100m: 1:02.37 33.63 150m: 1:41.04 38.67 200m: 2:12.72 31.68						
5.	SILVA Henrique Gomes	02	Estamos Juntos	**2:12.81**	+0,66	632	
	50m: 28.23 28.23 100m: 1:02.95 34.72 150m: 1:42.40 39.45 200m: 2:12.81 30.41						
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:16.01**	+0,73	588	
	50m: 29.16 29.16 100m: 1:05.42 36.26 150m: 1:45.74 40.32 200m: 2:16.01 30.27						
7.	DOMINGOS Ruy Manuel	02	Sporting	**2:18.40**	+0,76	558	
	50m: 28.47 28.47 100m: 1:04.13 35.66 150m: 1:47.10 42.97 200m: 2:18.40 31.30						
8.	PINTO Pedro Miguel	02	Sporting	**2:18.41**	+0,78	558	
	50m: 28.95 28.95 100m: 1:05.44 36.49 150m: 1:46.85 41.41 200m: 2:18.41 31.56						
9.	CABRITO Rodrigo Almeida	01	Belenenses	**2:20.13**	+0,68	538	
	50m: 30.97 30.97 100m: 1:07.99 37.02 150m: 1:48.52 40.53 200m: 2:20.13 31.61						
10.	COSTA Marco Antonio	02	Natacao Guarda	**2:20.31**	+0,78	536	
	50m: 29.16 29.16 100m: 1:05.90 36.74 150m: 1:49.39 43.49 200m: 2:20.31 30.92						
DSQ	GOMES Vicente Oliveira	02	Sporting				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						

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Prova 23, Masc., 200m Estilos, Elimin

Prova 23 | Masc., 200m Estilos | Seniores
06-04-2019 - 10:20 | Resultados Elimin

Rec Nac Absoluto	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Sen	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017

CMPL : 2:00.22 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose *Rec Nac, Minimos CM, Minimos JO*	97	Louzan Natacao/EFAPEL	**1:58.59**	+0,61	888	
	50m: 25.61 25.61 100m: 54.81 29.20 150m: 1:29.19 34.38 200m: 1:58.59 29.40						
2.	SANTOS Alexis Manacas	92	Sporting	**2:06.45**	+0,71	732	
	50m: 26.00 26.00 100m: 57.81 31.81 150m: 1:34.07 36.26 200m: 2:06.45 32.38						
3.	PINOTES Pedro Miguel	89	Sporting	**2:08.51**	+0,71	698	
	50m: 27.53 27.53 100m: 1:00.93 33.40 150m: 1:38.15 37.22 200m: 2:08.51 30.36						
4.	LOPES Jose Paulo	00	Braga	**2:08.65**	+0,66	695	
	50m: 27.06 27.06 100m: 58.89 31.83 150m: 1:36.41 37.52 200m: 2:08.65 32.24						
5.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**2:09.31**	+0,70	685	
	50m: 25.93 25.93 100m: 57.27 31.34 150m: 1:33.98 36.71 200m: 2:09.31 35.33						
6.	DANTAS Diogo Leal	00	Sporting	**2:09.95**	+0,63	675	
	50m: 27.03 27.03 100m: 1:00.52 33.49 150m: 1:38.49 37.97 200m: 2:09.95 31.46						
7.	SIMOES Rafael Gomes	00	Braga	**2:10.02**	+0,81	674	
	50m: 28.05 28.05 100m: 1:01.75 33.70 150m: 1:38.82 37.07 200m: 2:10.02 31.20						
8.	NUNES Porfirio Braga	00	Porto	**2:10.16**	+0,66	671	
	50m: 26.97 26.97 100m: 59.61 32.64 150m: 1:38.18 38.57 200m: 2:10.16 31.98						
9.	CARVALHO Jose Paula	98	Benfica	**2:10.78**	+0,73	662	
	50m: 27.53 27.53 100m: 1:00.67 33.14 150m: 1:39.80 39.13 200m: 2:10.78 30.98						
10.	CORREIA Joao Mota	97	Benfica	**2:11.13**	+0,74	657	
	50m: 27.29 27.29 100m: 1:00.34 33.05 150m: 1:39.94 39.60 200m: 2:11.13 31.19						
11.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.18**	+0,70	656	
	50m: 27.92 27.92 100m: 1:01.46 33.54 150m: 1:41.05 39.59 200m: 2:11.18 30.13						
12.	BASTOS Lucas Pereira	00	Nautico Academico	**2:11.51**	+0,73	651	
	50m: 28.08 28.08 100m: 1:01.43 33.35 150m: 1:39.34 37.91 200m: 2:11.51 32.17						
13.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:13.32**	+0,72	625	
	50m: 29.15 29.15 100m: 1:03.83 34.68 150m: 1:41.89 38.06 200m: 2:13.32 31.43						
14.	CATALAO Daniel Nogueira	00	Benfica	**2:13.34**	+0,62	624	
	50m: 27.86 27.86 100m: 1:02.63 34.77 150m: 1:41.35 38.72 200m: 2:13.34 31.99						
15.	CORDEIRO Tiago Roberto	00	Benfica	**2:13.89**	+0,74	617	
	50m: 27.78 27.78 100m: 1:01.91 34.13 150m: 1:42.85 40.94 200m: 2:13.89 31.04						
16.	PINTO Antonio Fernando	99	Benfica	**2:14.09**	+0,73	614	
	50m: 27.56 27.56 100m: 1:02.32 34.76 150m: 1:41.75 39.43 200m: 2:14.09 32.34						

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Prova 23, Masc., 200m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	DINIS Tiago Moises	98	Nautico Academico	**2:14.95**	+0,80	602	
	50m: 28.74 28.74 100m: 1:03.31 34.57 150m: 1:42.95 39.64 200m: 2:14.95 32.00						
18.	BESSA Antonio Rafael	94	Aquatico Pacense	**2:14.96**	+0,68	602	
	50m: 28.60 28.60 100m: 1:02.62 34.02 150m: 1:43.00 40.38 200m: 2:14.96 31.96						
19.	TINOCO Joao Pereira	00	Famalicao	**2:15.61**	+0,73	594	
	50m: 28.01 28.01 100m: 1:02.20 34.19 150m: 1:44.30 42.10 200m: 2:15.61 31.31						
20.	JOAQUIM Andre Serro	00	Portinado	**2:16.88**	+0,90	577	
	50m: 28.92 28.92 100m: 1:03.37 34.45 150m: 1:45.56 42.19 200m: 2:16.88 31.32						
21.	QUINTAS Francisco Robalo	95	Belenenses	**2:19.28**	+0,71	548	
	50m: 28.19 28.19 100m: 1:03.00 34.81 150m: 1:44.50 41.50 200m: 2:19.28 34.78						

Prova 23 — Masc., 200m Estilos — Absolutos
06-04-2019 - 10:20 — Resultados Elimin

Rec Nac Absoluto	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Sen	1:58.88	SANTOS Alexis Manacas	SCP	Coimbra	01-04-2017
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:10.88 / CEJun_Masc 15 - 18: 2:07.06 / CMJ_Masc 15 - 18: 2:04.56 / CMPL Sen: 2:00.22 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose *Rec Nac, Minimos CM, Minimos JO*	97	Louzan Natacao/EFAPEL	**1:58.59**	+0,61	888	
	50m: 25.61 25.61 100m: 54.81 29.20 150m: 1:29.19 34.38 200m: 1:58.59 29.40						
2.	SANTOS Alexis Manacas	92	Sporting	**2:06.45**	+0,71	732	
	50m: 26.00 26.00 100m: 57.81 31.81 150m: 1:34.07 36.26 200m: 2:06.45 32.38						
3.	PINOTES Pedro Miguel	89	Sporting	**2:08.51**	+0,71	698	
	50m: 27.53 27.53 100m: 1:00.93 33.40 150m: 1:38.15 37.22 200m: 2:08.51 30.36						
4.	LOPES Jose Paulo	00	Braga	**2:08.65**	+0,66	695	
	50m: 27.06 27.06 100m: 58.89 31.83 150m: 1:36.41 37.52 200m: 2:08.65 32.24						
5.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**2:09.31**	+0,70	685	
	50m: 25.93 25.93 100m: 57.27 31.34 150m: 1:33.98 36.71 200m: 2:09.31 35.33						
6.	VILHENA Tiago Miguel	01	Natacao de Faro	**2:09.57**	+0,72	681	
	50m: 27.83 27.83 100m: 59.98 32.15 150m: 1:39.25 39.27 200m: 2:09.57 30.32						
7.	DANTAS Diogo Leal	00	Sporting	**2:09.95**	+0,63	675	
	50m: 27.03 27.03 100m: 1:00.52 33.49 150m: 1:38.49 37.97 200m: 2:09.95 31.46						
8.	SIMOES Rafael Gomes	00	Braga	**2:10.02**	+0,81	674	
	50m: 28.05 28.05 100m: 1:01.75 33.70 150m: 1:38.82 37.07 200m: 2:10.02 31.20						
9.	NUNES Porfirio Braga	00	Porto	**2:10.16**	+0,66	671	
	50m: 26.97 26.97 100m: 59.61 32.64 150m: 1:38.18 38.57 200m: 2:10.16 31.98						

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Prova 23, Masc., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CARVALHO Jose Paula	98	Benfica	**2:10.78**	+0,73	662	
	50m: 27.53 27.53 100m: 1:00.67 33.14 150m: 1:39.80 39.13 200m: 2:10.78 30.98						
11.	CORREIA Joao Mota	97	Benfica	**2:11.13**	+0,74	657	
	50m: 27.29 27.29 100m: 1:00.34 33.05 150m: 1:39.94 39.60 200m: 2:11.13 31.19						
12.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.18**	+0,70	656	
	50m: 27.92 27.92 100m: 1:01.46 33.54 150m: 1:41.05 39.59 200m: 2:11.18 30.13						
13.	BASTOS Lucas Pereira	00	Nautico Academico	**2:11.51**	+0,73	651	
	50m: 28.08 28.08 100m: 1:01.43 33.35 150m: 1:39.34 37.91 200m: 2:11.51 32.17						
14.	CRISTINO David Matias	01	Uniao Piedense	**2:11.61**	+0,74	649	
	50m: 28.31 28.31 100m: 1:01.74 33.43 150m: 1:42.11 40.37 200m: 2:11.61 29.50						
15.	FERNANDES Eduardo Gomes	02	Sporting	**2:11.69**	+0,77	648	
	50m: 28.43 28.43 100m: 1:03.40 34.97 150m: 1:41.69 38.29 200m: 2:11.69 30.00						
16.	CARNEIRO Joao Soares	03	Benfica	**2:11.82**	+0,71	646	
	50m: 28.25 28.25 100m: 1:02.70 34.45 150m: 1:40.86 38.16 200m: 2:11.82 30.96						
17.	SILVA Tomas Antonio	01	Naval do Funchal	**2:12.72**	+0,64	633	
	50m: 28.74 28.74 100m: 1:02.37 33.63 150m: 1:41.04 38.67 200m: 2:12.72 31.68						
18.	SILVA Henrique Gomes	02	Estamos Juntos	**2:12.81**	+0,66	632	
	50m: 28.23 28.23 100m: 1:02.95 34.72 150m: 1:42.40 39.45 200m: 2:12.81 30.41						
19.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:13.32**	+0,72	625	
	50m: 29.15 29.15 100m: 1:03.83 34.68 150m: 1:41.89 38.06 200m: 2:13.32 31.43						
20.	CATALAO Daniel Nogueira	00	Benfica	**2:13.34**	+0,62	624	
	50m: 27.86 27.86 100m: 1:02.63 34.77 150m: 1:41.35 38.72 200m: 2:13.34 31.99						
21.	CORDEIRO Tiago Roberto	00	Benfica	**2:13.89**	+0,74	617	
	50m: 27.78 27.78 100m: 1:01.91 34.13 150m: 1:42.85 40.94 200m: 2:13.89 31.04						
22.	PINTO Antonio Fernando	99	Benfica	**2:14.09**	+0,73	614	
	50m: 27.56 27.56 100m: 1:02.32 34.76 150m: 1:41.75 39.43 200m: 2:14.09 32.34						
23.	DINIS Tiago Moises	98	Nautico Academico	**2:14.95**	+0,80	602	
	50m: 28.74 28.74 100m: 1:03.31 34.57 150m: 1:42.95 39.64 200m: 2:14.95 32.00						
24.	BESSA Antonio Rafael	94	Aquatico Pacense	**2:14.96**	+0,68	602	
	50m: 28.60 28.60 100m: 1:02.62 34.02 150m: 1:43.00 40.38 200m: 2:14.96 31.96						
25.	TINOCO Joao Pereira	00	Famalicao	**2:15.61**	+0,73	594	
	50m: 28.01 28.01 100m: 1:02.20 34.19 150m: 1:44.30 42.10 200m: 2:15.61 31.31						
26.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:16.01**	+0,73	588	
	50m: 29.16 29.16 100m: 1:05.42 36.26 150m: 1:45.74 40.32 200m: 2:16.01 30.27						
27.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:16.17**	+0,67	586	
	50m: 29.26 29.26 100m: 1:03.33 34.07 150m: 1:44.87 41.54 200m: 2:16.17 31.30						
28.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:16.25**	+0,84	585	
	50m: 29.30 29.30 100m: 1:05.38 36.08 150m: 1:43.76 38.38 200m: 2:16.25 32.49						
29.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:16.56**	+0,68	581	
	50m: 28.91 28.91 100m: 1:03.32 34.41 150m: 1:45.09 41.77 200m: 2:16.56 31.47						

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Prova 23, Masc., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	JOAQUIM Andre Serro	00	Portinado	**2:16.88**	+0,90	577	
	50m: 28.92 28.92 100m: 1:03.37 34.45 150m: 1:45.56 42.19 200m: 2:16.88 31.32						
31.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:17.64**	+0,71	568	
	50m: 30.47 30.47 100m: 1:05.57 35.10 150m: 1:45.91 40.34 200m: 2:17.64 31.73						
32.	PEREIRA Ricardo Samuel	03	Benfica	**2:18.25**	+0,68	560	
	50m: 31.14 31.14 100m: 1:07.27 36.13 150m: 1:44.69 37.42 200m: 2:18.25 33.56						
33.	DOMINGOS Ruy Manuel	02	Sporting	**2:18.40**	+0,76	558	
	50m: 28.47 28.47 100m: 1:04.13 35.66 150m: 1:47.10 42.97 200m: 2:18.40 31.30						
34.	PINTO Pedro Miguel	02	Sporting	**2:18.41**	+0,78	558	
	50m: 28.95 28.95 100m: 1:05.44 36.49 150m: 1:46.85 41.41 200m: 2:18.41 31.56						
35.	QUINTAS Francisco Robalo	95	Belenenses	**2:19.28**	+0,71	548	
	50m: 28.19 28.19 100m: 1:03.00 34.81 150m: 1:44.50 41.50 200m: 2:19.28 34.78						
36.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:19.50**	+0,81	545	
	50m: 29.19 29.19 100m: 1:06.82 37.63 150m: 1:47.48 40.66 200m: 2:19.50 32.02						
37.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:19.55**	+0,88	545	
	50m: 28.90 28.90 100m: 1:04.82 35.92 150m: 1:47.09 42.27 200m: 2:19.55 32.46						
38.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:19.63**	+0,68	544	
	50m: 29.11 29.11 100m: 1:06.18 37.07 150m: 1:47.56 41.38 200m: 2:19.63 32.07						
39.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.66**	+0,74	543	
	50m: 29.07 29.07 100m: 1:04.93 35.86 150m: 1:46.30 41.37 200m: 2:19.66 33.36						
40.	CABRITO Rodrigo Almeida	01	Belenenses	**2:20.13**	+0,68	538	
	50m: 30.97 30.97 100m: 1:07.99 37.02 150m: 1:48.52 40.53 200m: 2:20.13 31.61						
41.	COSTA Marco Antonio	02	Natacao Guarda	**2:20.31**	+0,78	536	
	50m: 29.16 29.16 100m: 1:05.90 36.74 150m: 1:49.39 43.49 200m: 2:20.31 30.92						
42.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:21.14**	+0,72	526	
	50m: 29.72 29.72 100m: 1:06.72 37.00 150m: 1:49.39 42.67 200m: 2:21.14 31.75						
43.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:21.18**	+0,70	526	
	50m: 29.56 29.56 100m: 1:06.48 36.92 150m: 1:49.28 42.80 200m: 2:21.18 31.90						
44.	REBELO Joao Lourenco	04	Alges	**2:21.27**	+0,66	525	
	50m: 30.08 30.08 100m: 1:09.13 39.05 150m: 1:49.56 40.43 200m: 2:21.27 31.71						
45.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:21.82**	+0,78	519	
	50m: 29.76 29.76 100m: 1:04.43 34.67 150m: 1:48.82 44.39 200m: 2:21.82 33.00						
46.	OLIVEIRA Joao Campelo	04	Famalicao	**2:22.33**	+0,74	513	
	50m: 29.69 29.69 100m: 1:07.51 37.82 150m: 1:49.45 41.94 200m: 2:22.33 32.88						
47.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:22.63**	+0,80	510	
	50m: 30.30 30.30 100m: 1:07.82 37.52 150m: 1:50.89 43.07 200m: 2:22.63 31.74						
48.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:22.87**	+0,83	508	
	50m: 30.07 30.07 100m: 1:07.50 37.43 150m: 1:50.48 42.98 200m: 2:22.87 32.39						
49.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:23.88**	+0,78	497	
	50m: 30.30 30.30 100m: 1:06.93 36.63 150m: 1:50.47 43.54 200m: 2:23.88 33.41						

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Prova 23, Masc., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	CRUZ David Miguel	04	Braga	**2:24.00**	+0,71	496	
	50m: 30.10 30.10 100m: 1:09.72 39.62 150m: 1:51.24 41.52 200m: 2:24.00 32.76						
51.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:24.51**	+0,69	490	
	50m: 29.81 29.81 100m: 1:06.20 36.39 150m: 1:50.57 44.37 200m: 2:24.51 33.94						
52.	BARRY Rafael Francisco	04	Naval do Funchal	**2:25.26**	+0,66	483	
	50m: 30.09 30.09 100m: 1:08.33 38.24 150m: 1:50.89 42.56 200m: 2:25.26 34.37						
	SIMOES Miguel Costa	04	Cova da Piedade	**2:25.26**	+0,68	483	
	50m: 31.13 31.13 100m: 1:08.92 37.79 150m: 1:52.76 43.84 200m: 2:25.26 32.50						
54.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.56**	+0,71	480	
	50m: 30.41 30.41 100m: 1:08.06 37.65 150m: 1:51.06 43.00 200m: 2:25.56 34.50						
55.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:25.64**	+0,69	479	
	50m: 30.42 30.42 100m: 1:08.84 38.42 150m: 1:52.17 43.33 200m: 2:25.64 33.47						
56.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:25.69**	+0,70	479	
	50m: 32.45 32.45 100m: 1:10.63 38.18 150m: 1:53.95 43.32 200m: 2:25.69 31.74						
57.	CARRASCO Joao Pedro	03	Portinado	**2:26.00**	+0,83	476	
	50m: 29.68 29.68 100m: 1:07.88 38.20 150m: 1:50.48 42.60 200m: 2:26.00 35.52						
58.	SILVA Frederico Ferreira	04	Famalicao	**2:26.14**	+0,85	474	
	50m: 31.21 31.21 100m: 1:07.43 36.22 150m: 1:53.76 46.33 200m: 2:26.14 32.38						
59.	TEIXEIRA Cesar Rego	04	Famalicao	**2:27.04**	+0,70	466	
	50m: 31.08 31.08 100m: 1:07.05 35.97 150m: 1:53.86 46.81 200m: 2:27.04 33.18						
DSQ	GOMES Vicente Oliveira	02	Sporting				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						
EXH	CRUZ Miguel Duarte	99	Belenenses	**2:25.19**	+0,67	484	
	50m: 29.92 29.92 100m: 1:08.30 38.38 150m: 1:51.97 43.67 200m: 2:25.19 33.22						

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Prova 24 | Femin., 400m Estilos | Juvenis A
06-04-2019 - 10:40 | Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011

PreJun_Fem Juv: 5:04.74 / CEJun_Fem 14 - 17: 4:55.87 / CMJ_Fem 14 - 17: 4:50.07 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Maria Gomes	04	Alges	**5:16.49**	+0,77	596	
	50m: 32.62 (32.62) 150m: 1:54.17 (43.33) 250m: 3:20.21 (44.62) 350m: 4:41.64 (36.22)						
	100m: 1:10.84 (38.22) 200m: 2:35.59 (41.42) 300m: 4:05.42 (45.21) 400m: 5:16.49 (34.85)						
2.	RODRIGUES Lidiana Correia	04	Belenenses	**5:16.87**	+0,77	593	
	50m: 33.16 (33.16) 150m: 1:54.37 (42.61) 250m: 3:19.21 (43.41) 350m: 4:41.14 (37.35)						
	100m: 1:11.76 (38.60) 200m: 2:35.80 (41.43) 300m: 4:03.79 (44.58) 400m: 5:16.87 (35.73)						
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	**5:21.13**	+0,74	570	
	50m: 32.53 (32.53) 150m: 1:52.88 (42.52) 250m: 3:20.90 (46.92) 350m: 4:45.65 (37.16)						
	100m: 1:10.36 (37.83) 200m: 2:33.98 (41.10) 300m: 4:08.49 (47.59) 400m: 5:21.13 (35.48)						
4.	MARQUES Maria Alexandra	04	Albicastrense	**5:26.94**	+0,74	540	
	50m: 32.43 (32.43) 150m: 1:52.64 (42.37) 250m: 3:22.84 (48.13) 350m: 4:49.89 (37.09)						
	100m: 1:10.27 (37.84) 200m: 2:34.71 (42.07) 300m: 4:12.80 (49.96) 400m: 5:26.94 (37.05)						
5.	FERREIRA Maria Leonor	04	Desportivo Nacional	**5:28.09**	+0,77	535	
	50m: 35.53 (35.53) 150m: 1:58.10 (42.21) 250m: 3:25.73 (46.61) 350m: 4:51.21 (38.16)						
	100m: 1:15.89 (40.36) 200m: 2:39.12 (41.02) 300m: 4:13.05 (47.32) 400m: 5:28.09 (36.88)						
6.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:30.28**	+0,80	524	
	50m: 34.94 (34.94) 150m: 1:59.23 (43.40) 250m: 3:27.25 (46.06) 350m: 4:53.74 (38.98)						
	100m: 1:15.83 (40.89) 200m: 2:41.19 (41.96) 300m: 4:14.76 (47.51) 400m: 5:30.28 (36.54)						
7.	ALVES Ines Sofia	04	Portinado	**5:30.73**	+0,84	522	
	50m: 34.53 (34.53) 150m: 1:56.61 (41.52) 250m: 3:25.05 (47.22) 350m: 4:53.12 (38.49)						
	100m: 1:15.09 (40.56) 200m: 2:37.83 (41.22) 300m: 4:14.63 (49.58) 400m: 5:30.73 (37.61)						
8.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**5:31.23**	+0,72	520	
	50m: 34.46 (34.46) 150m: 1:59.57 (44.61) 250m: 3:29.97 (46.56) 350m: 4:55.13 (37.66)						
	100m: 1:14.96 (40.50) 200m: 2:43.41 (43.84) 300m: 4:17.47 (47.50) 400m: 5:31.23 (36.10)						
9.	COSTA Carolina Fale	04	Colegio Monte Maior	**5:31.52**	+0,82	518	
	50m: 34.40 (34.40) 150m: 1:55.70 (43.23) 250m: 3:27.66 (50.73) 350m: 4:55.61 (37.48)						
	100m: 1:12.47 (38.07) 200m: 2:36.93 (41.23) 300m: 4:18.13 (50.47) 400m: 5:31.52 (35.91)						
10.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**5:32.58**	+0,72	513	
	50m: 33.38 (33.38) 150m: 1:55.58 (43.35) 250m: 3:27.22 (48.50) 350m: 4:54.46 (38.82)						
	100m: 1:12.23 (38.85) 200m: 2:38.72 (43.14) 300m: 4:15.64 (48.42) 400m: 5:32.58 (38.12)						
11.	MORGANHO Leonor Alves	04	Alges	**5:32.85**	+0,86	512	
	50m: 35.04 (35.04) 150m: 1:59.67 (45.53) 250m: 3:29.39 (46.05) 350m: 4:55.94 (38.70)						
	100m: 1:14.14 (39.10) 200m: 2:43.34 (43.67) 300m: 4:17.24 (47.85) 400m: 5:32.85 (36.91)						
12.	COSTA Catarina Nunes	04	Gesloures	**5:32.91**	+0,92	512	
	50m: 35.31 (35.31) 150m: 2:01.37 (44.57) 250m: 3:30.83 (45.90) 350m: 4:56.02 (38.39)						
	100m: 1:16.80 (41.49) 200m: 2:44.93 (43.56) 300m: 4:17.63 (46.80) 400m: 5:32.91 (36.89)						
13.	MORGADO Alice Jesus	04	Gesloures	**5:34.95**	+0,96	502	
	50m: 34.55 (34.55) 150m: 1:57.93 (43.75) 250m: 3:28.94 (48.40) 350m: 4:56.79 (38.82)						
	100m: 1:14.18 (39.63) 200m: 2:40.54 (42.61) 300m: 4:17.97 (49.03) 400m: 5:34.95 (38.16)						

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Prova 24, Femin., 400m Estilos, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	HENRIQUES Carolina Porem	04	Sporting	**5:35.63**	+0,71	499	
	50m: 34.78 34.78 150m: 1:59.93 44.63 250m: 3:32.05 47.49 350m: 4:58.94 38.20						
	100m: 1:15.30 40.52 200m: 2:44.56 44.63 300m: 4:20.74 48.69 400m: 5:35.63 36.69						
15.	LAMAS Maria Caetano	04	Miranda do Corvo	**5:35.99**	+0,82	498	
	50m: 33.80 33.80 150m: 1:59.98 43.46 250m: 3:31.02 46.03 350m: 4:57.73 38.39						
	100m: 1:16.52 42.72 200m: 2:44.99 45.01 300m: 4:19.34 48.32 400m: 5:35.99 38.26						
16.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**5:36.89**	+0,87	494	
	50m: 35.59 35.59 150m: 2:05.13 46.61 250m: 3:35.42 46.65 350m: 5:00.27 37.91						
	100m: 1:18.52 42.93 200m: 2:48.77 43.64 300m: 4:22.36 46.94 400m: 5:36.89 36.62						
17.	PIMENTEL Marta Lima	04	Fluvial Portuense	**5:37.62**	+0,90	491	
	50m: 36.07 36.07 150m: 2:03.32 44.27 250m: 3:36.24 49.96 350m: 5:03.41 36.55						
	100m: 1:19.05 42.98 200m: 2:46.28 42.96 300m: 4:26.86 50.62 400m: 5:37.62 34.21						
18.	RIOS Maria Manuel	04	Leixoes	**5:38.47**	+0,70	487	
	50m: 32.90 32.90 150m: 1:58.62 46.14 250m: 3:31.87 49.09 350m: 5:01.49 38.56						
	100m: 1:12.48 39.58 200m: 2:42.78 44.16 300m: 4:22.93 51.06 400m: 5:38.47 36.98						
19.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**5:39.50**	+0,75	482	
	50m: 34.50 34.50 150m: 1:57.78 41.65 250m: 3:27.99 48.61 350m: 4:58.67 42.00						
	100m: 1:16.13 41.63 200m: 2:39.38 41.60 300m: 4:16.67 48.68 400m: 5:39.50 40.83						
20.	SILVA Alexandra Cordeiro	04	Alcobaca	**5:46.13**	+0,77	455	
	50m: 36.68 36.68 150m: 2:07.84 45.30 250m: 3:39.30 47.88 350m: 5:08.04 39.79						
	100m: 1:22.54 45.86 200m: 2:51.42 43.58 300m: 4:28.25 48.95 400m: 5:46.13 38.09						
21.	MONTEIRO Barbara Oliveira	04	Braga	**5:47.58**	+1,02	450	
	50m: 35.99 35.99 150m: 2:05.21 45.95 250m: 3:40.36 49.85 350m: 5:09.76 38.00						
	100m: 1:19.26 43.27 200m: 2:50.51 45.30 300m: 4:31.76 51.40 400m: 5:47.58 37.82						
DSQ	MENDES Ana Sebastiao	04	Portinado				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros						

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Prova 24, Femin., 400m Estilos, Elimin

Prova 24 | Femin., 400m Estilos | Juvenis B
06-04-2019 - 10:40 | Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

PreJun_Fem Juv: 5:04.74 / CEJun_Fem 14 - 17: 4:55.87 / CMJ_Fem 14 - 17: 4:50.07 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**5:15.19**	+0,78	603	

50m:	32.44	32.44	150m:	1:53.97	42.50	250m:	3:20.90	45.20	350m:	4:41.49	35.07
100m:	1:11.47	39.03	200m:	2:35.70	41.73	300m:	4:06.42	45.52	400m:	5:15.19	33.70

2.	DELGADO Soraia Alexandra	05	Sporting	**5:18.41**	+0,72	585						
50m:	32.64	32.64	150m:	1:52.84	42.68	250m:	3:17.16	44.42	350m:	4:40.29	37.72
100m:	1:10.16	37.52	200m:	2:32.74	39.90	300m:	4:02.57	45.41	400m:	5:18.41	38.12
3.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**5:22.27**	+0,72	564						
50m:	33.47	33.47	150m:	1:57.60	44.52	250m:	3:24.61	43.68	350m:	4:46.73	37.26
100m:	1:13.08	39.61	200m:	2:40.93	43.33	300m:	4:09.47	44.86	400m:	5:22.27	35.54
4.	REIS Erica Cristina	05	Sporting	**5:23.56**	+0,68	557						
50m:	34.94	34.94	150m:	1:57.98	41.82	250m:	3:23.94	44.88	350m:	4:47.23	37.42
100m:	1:16.16	41.22	200m:	2:39.06	41.08	300m:	4:09.81	45.87	400m:	5:23.56	36.33
5.	LOURO Ariana Espirito	05	Gualdim Pais	**5:30.32**	+0,68	524						
50m:	34.84	34.84	150m:	1:58.97	43.22	250m:	3:26.50	46.10	350m:	4:52.70	38.67
100m:	1:15.75	40.91	200m:	2:40.40	41.43	300m:	4:14.03	47.53	400m:	5:30.32	37.62
6.	LOPES Francisca Macedo	05	Vilacondense	**5:30.41**	+0,76	523						
50m:	35.04	35.04	150m:	1:59.87	42.86	250m:	3:29.00	46.81	350m:	4:53.41	37.96
100m:	1:17.01	41.97	200m:	2:42.19	42.32	300m:	4:15.45	46.45	400m:	5:30.41	37.00
7.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**5:34.65**	+0,73	504						
50m:	35.07	35.07	150m:	2:00.87	43.98	250m:	3:32.13	48.02	350m:	4:58.60	37.12
100m:	1:16.89	41.82	200m:	2:44.11	43.24	300m:	4:21.48	49.35	400m:	5:34.65	36.05
8.	GAMA Joana Fernandes	05	Sporting	**5:37.82**	+0,84	490						
50m:	35.66	35.66	150m:	2:01.57	46.99	250m:	3:34.07	47.24	350m:	5:00.79	38.82
100m:	1:14.58	38.92	200m:	2:46.83	45.26	300m:	4:21.97	47.90	400m:	5:37.82	37.03
9.	RINO Maria Pedro	05	Academia dos Acores	**5:38.66**	+0,83	486						
50m:	34.28	34.28	150m:	1:58.22	44.58	250m:	3:30.64	49.22	350m:	4:59.89	39.30
100m:	1:13.64	39.36	200m:	2:41.42	43.20	300m:	4:20.59	49.95	400m:	5:38.66	38.77
10.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**5:41.07**	+0,80	476						
50m:	33.75	33.75	150m:	1:58.34	45.37	250m:	3:32.58	50.48	350m:	5:03.00	40.54
100m:	1:12.97	39.22	200m:	2:42.10	43.76	300m:	4:22.46	49.88	400m:	5:41.07	38.07
11.	FERREIRA Joana Rosa	05	Naval de Peniche	**5:42.96**	+0,88	468						
50m:	34.85	34.85	150m:	2:03.74	46.67	250m:	3:34.77	46.95	350m:	5:03.78	41.30
100m:	1:17.07	42.22	200m:	2:47.82	44.08	300m:	4:22.48	47.71	400m:	5:42.96	39.18
DSQ	NUNES Margarida Domingues	05	Avancado EUL									

SW 8.1 - O (a) atleta saiu na posição dorsal após a viragem aos 50 metros

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Prova 24, Femin., 400m Estilos, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	MARQUES Maria Ines	05	Alcobaca				

SW 7.6 - O (a) atleta tocou com uma mão na parede na viragem aos 250 metros

Prova 24 — Femin., 400m Estilos — Juniores
06-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017

CEJun_Fem 14 - 17: 4:55.87 / CMJ_Fem 14 - 17: 4:50.07 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**5:01.53**	+0,78	689	
	50m: 32.13 32.13 150m: 1:47.69 40.23 250m: 3:10.59 43.14 350m: 4:27.46 35.14						
	100m: 1:07.46 35.33 200m: 2:27.45 39.76 300m: 3:52.32 41.73 400m: 5:01.53 34.07						
2.	PINA Ana Sofia	02	O Crasto	**5:01.81**	+0,75	687	
	50m: 31.18 31.18 150m: 1:46.69 39.69 250m: 3:10.12 44.54 350m: 4:28.77 34.66						
	100m: 1:07.00 35.82 200m: 2:25.58 38.89 300m: 3:54.11 43.99 400m: 5:01.81 33.04						
3.	CARDEAL Joana Nunes	02	Academico Viseu	**5:05.19**	+0,79	664	
	50m: 31.40 31.40 150m: 1:46.99 39.80 250m: 3:11.25 45.44 350m: 4:31.91 35.18						
	100m: 1:07.19 35.79 200m: 2:25.81 38.82 300m: 3:56.73 45.48 400m: 5:05.19 33.28						
4.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**5:07.30**	+0,75	651	
	50m: 31.80 31.80 150m: 1:49.57 40.62 250m: 3:12.69 43.07 350m: 4:32.18 35.72						
	100m: 1:08.95 37.15 200m: 2:29.62 40.05 300m: 3:56.46 43.77 400m: 5:07.30 35.12						
5.	MENDES Mariana Amaral	02	Colegio Monte Maior	**5:08.74**	+0,80	642	
	50m: 32.82 32.82 150m: 1:49.77 40.43 250m: 3:15.35 45.78 350m: 4:34.73 35.61						
	100m: 1:09.34 36.52 200m: 2:29.57 39.80 300m: 3:59.12 43.77 400m: 5:08.74 34.01						
6.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**5:16.94**	+0,56	593	
	50m: 32.48 32.48 150m: 1:52.77 42.86 250m: 3:18.66 44.20 350m: 4:40.87 37.29						
	100m: 1:09.91 37.43 200m: 2:34.46 41.69 300m: 4:03.58 44.92 400m: 5:16.94 36.07						
7.	NEVES Sara Dias	03	Miranda do Corvo	**5:20.52**	+0,79	573	
	50m: 33.56 33.56 150m: 1:54.09 41.87 250m: 3:21.56 46.34 350m: 4:44.57 37.34						
	100m: 1:12.22 38.66 200m: 2:35.22 41.13 300m: 4:07.23 45.67 400m: 5:20.52 35.95						
8.	AGOSTINHO Catia Iordan	02	Rio Maior	**5:20.82**	+0,82	572	
	50m: 32.79 32.79 150m: 1:53.72 41.05 250m: 3:19.95 45.59 350m: 4:43.53 37.57						
	100m: 1:12.67 39.88 200m: 2:34.36 40.64 300m: 4:05.96 46.01 400m: 5:20.82 37.29						
9.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**5:26.04**	+0,75	545	
	50m: 33.73 33.73 150m: 1:56.02 43.23 250m: 3:23.59 45.75 350m: 4:49.08 38.36						
	100m: 1:12.79 39.06 200m: 2:37.84 41.82 300m: 4:10.72 47.13 400m: 5:26.04 36.96						
10.	CASTRO Maria Freitas	03	Fafe	**5:27.21**	+0,73	539	
	50m: 32.92 32.92 150m: 1:55.66 44.16 250m: 3:22.67 45.73 350m: 4:49.88 40.23						
	100m: 1:11.50 38.58 200m: 2:36.94 41.28 300m: 4:09.65 46.98 400m: 5:27.21 37.33						
11.	MARQUES Mariana Nunes	03	Estarreja	**5:28.41**	+0,75	533	
	50m: 33.14 33.14 150m: 1:53.62 41.92 250m: 3:23.03 48.85 350m: 4:51.40 39.39						
	100m: 1:11.70 38.56 200m: 2:34.18 40.56 300m: 4:12.01 48.98 400m: 5:28.41 37.01						

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Prova 24, Femin., 400m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:28.87**	+0,91	531	
	50m: 32.90 32.90 150m: 1:55.14 43.57 250m: 3:26.08 49.40 350m: 4:52.42 37.90						
	100m: 1:11.57 38.67 200m: 2:36.68 41.54 300m: 4:14.52 48.44 400m: 5:28.87 36.45						
13.	FIAL Sofia Nunes	03	Estamos Juntos	**5:30.24**	+0,79	524	
	50m: 34.34 34.34 150m: 1:59.41 43.54 250m: 3:27.33 44.65 350m: 4:53.19 37.90						
	100m: 1:15.87 41.53 200m: 2:42.68 43.27 300m: 4:15.29 47.96 400m: 5:30.24 37.05						
14.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**5:33.20**	+0,82	510	
	50m: 33.49 33.49 150m: 1:55.06 42.28 250m: 3:26.43 50.76 350m: 4:54.95 38.51						
	100m: 1:12.78 39.29 200m: 2:35.67 40.61 300m: 4:16.44 50.01 400m: 5:33.20 38.25						
15.	SILVA Eduarda Reis	03	Famalicao	**5:35.95**	+0,67	498	
	50m: 34.47 34.47 150m: 1:56.96 44.75 250m: 3:32.57 51.94 350m: 5:00.08 37.55						
	100m: 1:12.21 37.74 200m: 2:40.63 43.67 300m: 4:22.53 49.96 400m: 5:35.95 35.87						
16.	LIMA Jessica Soares	02	Braga	**5:38.35**	+0,99	487	
	50m: 34.41 34.41 150m: 1:59.26 45.72 250m: 3:32.32 47.30 350m: 5:00.39 38.27						
	100m: 1:13.54 39.13 200m: 2:45.02 45.76 300m: 4:22.12 49.80 400m: 5:38.35 37.96						
17.	CERDEIRA Madalena Reis	03	Sporting	**5:40.73**	+0,83	477	
	50m: 35.10 35.10 150m: 2:04.33 46.08 250m: 3:33.57 45.59 350m: 5:01.50 40.24						
	100m: 1:18.25 43.15 200m: 2:47.98 43.65 300m: 4:21.26 47.69 400m: 5:40.73 39.23						

Prova 24 — Femin., 400m Estilos — Seniores
06-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017

CMPL 19 +: 4:43.06 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**4:51.87**	+0,56	760	
	50m: 30.32 30.32 150m: 1:42.65 38.65 250m: 3:00.50 40.20 350m: 4:16.76 35.84						
	100m: 1:04.00 33.68 200m: 2:20.30 37.65 300m: 3:40.92 40.42 400m: 4:51.87 35.11						
2.	MACHADO Luisa Maria	01	Uniao Piedense	**5:02.10**	+0,82	685	
	50m: 31.04 31.04 150m: 1:48.54 40.69 250m: 3:09.45 41.89 350m: 4:28.14 36.30						
	100m: 1:07.85 36.81 200m: 2:27.56 39.02 300m: 3:51.84 42.39 400m: 5:02.10 33.96						
3.	ANDRE Angelica Maria	94	Fluvial Portuense	**5:03.20**	+0,77	677	
	50m: 32.14 32.14 150m: 1:48.38 40.82 250m: 3:10.74 42.10 350m: 4:27.41 35.07						
	100m: 1:07.56 35.42 200m: 2:28.64 40.26 300m: 3:52.34 41.60 400m: 5:03.20 35.79						
4.	MONTEIRO Ana Catarina	93	Vilacondense	**5:04.95**	+0,72	666	
	50m: 30.90 30.90 150m: 1:45.29 39.81 250m: 3:08.61 44.58 350m: 4:29.33 36.69						
	100m: 1:05.48 34.58 200m: 2:24.03 38.74 300m: 3:52.64 44.03 400m: 5:04.95 35.62						
5.	CABRAL Maria Francisca	00	Porto	**5:07.01**	+0,77	653	
	50m: 31.93 31.93 150m: 1:46.98 37.85 250m: 3:10.43 46.23 350m: 4:31.38 35.99						
	100m: 1:09.13 37.20 200m: 2:24.20 37.22 300m: 3:55.39 44.96 400m: 5:07.01 35.63						
6.	VELOSO Teresa Miguel	00	Sporting	**5:13.27**	+0,75	614	
	50m: 32.32 32.32 150m: 1:50.85 40.83 250m: 3:16.10 44.47 350m: 4:37.87 35.76						
	100m: 1:10.02 37.70 200m: 2:31.63 40.78 300m: 4:02.11 46.01 400m: 5:13.27 35.40						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**5:16.12**	+0,77	598	
	50m: 32.32 32.32 150m: 1:53.43 42.64 250m: 3:17.38 41.82 350m: 4:38.98 38.06						
	100m: 1:10.79 38.47 200m: 2:35.56 42.13 300m: 4:00.92 43.54 400m: 5:16.12 37.14						
8.	BERNARDO Ines Silva	00	Benfica	**5:17.07**	+0,77	592	
	50m: 32.61 32.61 150m: 1:52.83 42.33 250m: 3:18.31 43.91 350m: 4:40.13 36.52						
	100m: 1:10.50 37.89 200m: 2:34.40 41.57 300m: 4:03.61 45.30 400m: 5:17.07 36.94						
9.	RIBEIRO Margarida Messias	98	Gesloures	**5:18.21**	+0,72	586	
	50m: 33.83 33.83 150m: 1:55.11 41.59 250m: 3:19.39 43.52 350m: 4:42.23 37.34						
	100m: 1:13.52 39.69 200m: 2:35.87 40.76 300m: 4:04.89 45.50 400m: 5:18.21 35.98						

Prova 24 — Femin., 400m Estilos — Absolutos
06-04-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

PreJun_Fem Juv: 5:04.74 / CEJun_Fem 14 - 17: 4:55.87 / CMJ_Fem 14 - 17: 4:50.07 / CMPL 19 +: 4:43.06 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**4:51.87**	+0,56	760	
	50m: 30.32 30.32 150m: 1:42.65 38.65 250m: 3:00.50 40.20 350m: 4:16.76 35.84						
	100m: 1:04.00 33.68 200m: 2:20.30 37.65 300m: 3:40.92 40.42 400m: 4:51.87 35.11						
2.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**5:01.53**	+0,78	689	
	50m: 32.13 32.13 150m: 1:47.69 40.23 250m: 3:10.59 43.14 350m: 4:27.46 35.14						
	100m: 1:07.46 35.33 200m: 2:27.45 39.76 300m: 3:52.32 41.73 400m: 5:01.53 34.07						
3.	PINA Ana Sofia	02	O Crasto	**5:01.81**	+0,75	687	
	50m: 31.18 31.18 150m: 1:46.69 39.69 250m: 3:10.12 44.54 350m: 4:28.77 34.66						
	100m: 1:07.00 35.82 200m: 2:25.58 38.89 300m: 3:54.11 43.99 400m: 5:01.81 33.04						
4.	MACHADO Luisa Maria	01	Uniao Piedense	**5:02.10**	+0,82	685	
	50m: 31.04 31.04 150m: 1:48.54 40.69 250m: 3:09.45 41.89 350m: 4:28.14 36.30						
	100m: 1:07.85 36.81 200m: 2:27.56 39.02 300m: 3:51.84 42.39 400m: 5:02.10 33.96						
5.	ANDRE Angelica Maria	94	Fluvial Portuense	**5:03.20**	+0,77	677	
	50m: 32.14 32.14 150m: 1:48.38 40.82 250m: 3:10.74 42.10 350m: 4:27.41 35.07						
	100m: 1:07.56 35.42 200m: 2:28.64 40.26 300m: 3:52.34 41.60 400m: 5:03.20 35.79						
6.	MONTEIRO Ana Catarina	93	Vilacondense	**5:04.95**	+0,72	666	
	50m: 30.90 30.90 150m: 1:45.29 39.81 250m: 3:08.61 44.58 350m: 4:29.33 36.69						
	100m: 1:05.48 34.58 200m: 2:24.03 38.74 300m: 3:52.64 44.03 400m: 5:04.95 35.62						
7.	CARDEAL Joana Nunes	02	Academico Viseu	**5:05.19**	+0,79	664	
	50m: 31.40 31.40 150m: 1:46.99 39.80 250m: 3:11.25 45.44 350m: 4:31.91 35.18						
	100m: 1:07.19 35.79 200m: 2:25.81 38.82 300m: 3:56.73 45.48 400m: 5:05.19 33.28						
8.	CABRAL Maria Francisca	00	Porto	**5:07.01**	+0,77	653	
	50m: 31.93 31.93 150m: 1:46.98 37.85 250m: 3:10.43 46.23 350m: 4:31.38 35.99						
	100m: 1:09.13 37.20 200m: 2:24.20 37.22 300m: 3:55.39 44.96 400m: 5:07.01 35.63						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**5:07.30**	+0,75	651	
	50m: 31.80 31.80 150m: 1:49.57 40.62 250m: 3:12.69 43.07 350m: 4:32.18 35.72						
	100m: 1:08.95 37.15 200m: 2:29.62 40.05 300m: 3:56.46 43.77 400m: 5:07.30 35.12						
10.	MENDES Mariana Amaral	02	Colegio Monte Maior	**5:08.74**	+0,80	642	
	50m: 32.82 32.82 150m: 1:49.77 40.43 250m: 3:15.35 45.78 350m: 4:34.73 35.61						
	100m: 1:09.34 36.52 200m: 2:29.57 39.80 300m: 3:59.12 43.77 400m: 5:08.74 34.01						
11.	VELOSO Teresa Miguel	00	Sporting	**5:13.27**	+0,75	614	
	50m: 32.32 32.32 150m: 1:50.85 40.83 250m: 3:16.10 44.47 350m: 4:37.87 35.76						
	100m: 1:10.02 37.70 200m: 2:31.63 40.78 300m: 4:02.11 46.01 400m: 5:13.27 35.40						
12.	LOPES Daniela Magalhaes	05	Famalicao	**5:15.19**	+0,78	603	
	50m: 32.44 32.44 150m: 1:53.97 42.50 250m: 3:20.90 45.20 350m: 4:41.49 35.07						
	100m: 1:11.47 39.03 200m: 2:35.70 41.73 300m: 4:06.42 45.52 400m: 5:15.19 33.70						
13.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**5:16.12**	+0,77	598	
	50m: 32.32 32.32 150m: 1:53.43 42.64 250m: 3:17.38 41.82 350m: 4:38.98 38.06						
	100m: 1:10.79 38.47 200m: 2:35.56 42.13 300m: 4:00.92 43.54 400m: 5:16.12 37.14						
14.	PEREIRA Maria Gomes	04	Alges	**5:16.49**	+0,77	596	
	50m: 32.62 32.62 150m: 1:54.17 43.33 250m: 3:20.21 44.62 350m: 4:41.64 36.22						
	100m: 1:10.84 38.22 200m: 2:35.59 41.42 300m: 4:05.42 45.21 400m: 5:16.49 34.85						
15.	RODRIGUES Lidiana Correia	04	Belenenses	**5:16.87**	+0,77	593	
	50m: 33.16 33.16 150m: 1:54.37 42.61 250m: 3:19.21 43.41 350m: 4:41.14 37.35						
	100m: 1:11.76 38.60 200m: 2:35.80 41.43 300m: 4:03.79 44.58 400m: 5:16.87 35.73						
16.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**5:16.94**	+0,56	593	
	50m: 32.48 32.48 150m: 1:52.77 42.86 250m: 3:18.66 44.20 350m: 4:40.87 37.29						
	100m: 1:09.91 37.43 200m: 2:34.46 41.69 300m: 4:03.58 44.92 400m: 5:16.94 36.07						
17.	BERNARDO Ines Silva	00	Benfica	**5:17.07**	+0,77	592	
	50m: 32.61 32.61 150m: 1:52.83 42.33 250m: 3:18.31 43.91 350m: 4:40.13 36.52						
	100m: 1:10.50 37.89 200m: 2:34.40 41.57 300m: 4:03.61 45.30 400m: 5:17.07 36.94						
18.	RIBEIRO Margarida Messias	98	Gesloures	**5:18.21**	+0,72	586	
	50m: 33.83 33.83 150m: 1:55.11 41.59 250m: 3:19.39 43.52 350m: 4:42.23 37.34						
	100m: 1:13.52 39.69 200m: 2:35.87 40.76 300m: 4:04.89 45.50 400m: 5:18.21 35.98						
19.	DELGADO Soraia Alexandra	05	Sporting	**5:18.41**	+0,72	585	
	50m: 32.64 32.64 150m: 1:52.84 42.68 250m: 3:17.16 44.42 350m: 4:40.29 37.72						
	100m: 1:10.16 37.52 200m: 2:32.74 39.90 300m: 4:02.57 45.41 400m: 5:18.41 38.12						
20.	NEVES Sara Dias	03	Miranda do Corvo	**5:20.52**	+0,79	573	
	50m: 33.56 33.56 150m: 1:54.09 41.87 250m: 3:21.56 46.34 350m: 4:44.57 37.34						
	100m: 1:12.22 38.66 200m: 2:35.22 41.13 300m: 4:07.23 45.67 400m: 5:20.52 35.95						
21.	AGOSTINHO Catia Iordan	02	Rio Maior	**5:20.82**	+0,82	572	
	50m: 32.79 32.79 150m: 1:53.72 41.05 250m: 3:19.95 45.59 350m: 4:43.53 37.57						
	100m: 1:12.67 39.88 200m: 2:34.36 40.64 300m: 4:05.96 46.01 400m: 5:20.82 37.29						
22.	CARDEAL Beatriz Nunes	04	Academico Viseu	**5:21.13**	+0,74	570	
	50m: 32.53 32.53 150m: 1:52.88 42.52 250m: 3:20.90 46.92 350m: 4:45.65 37.16						
	100m: 1:10.36 37.83 200m: 2:33.98 41.10 300m: 4:08.49 47.59 400m: 5:21.13 35.48						
23.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**5:22.27**	+0,72	564	
	50m: 33.47 33.47 150m: 1:57.60 44.52 250m: 3:24.61 43.68 350m: 4:46.73 37.26						
	100m: 1:13.08 39.61 200m: 2:40.93 43.33 300m: 4:09.47 44.86 400m: 5:22.27 35.54						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	REIS Erica Cristina	05	Sporting	**5:23.56**	+0,68	557	
	50m: 34.94 34.94 150m: 1:57.98 41.82 250m: 3:23.94 44.88 350m: 4:47.23 37.42						
	100m: 1:16.16 41.22 200m: 2:39.06 41.08 300m: 4:09.81 45.87 400m: 5:23.56 36.33						
25.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**5:26.04**	+0,75	545	
	50m: 33.73 33.73 150m: 1:56.02 43.23 250m: 3:23.59 45.75 350m: 4:49.08 38.36						
	100m: 1:12.79 39.06 200m: 2:37.84 41.82 300m: 4:10.72 47.13 400m: 5:26.04 36.96						
26.	MARQUES Maria Alexandra	04	Albicastrense	**5:26.94**	+0,74	540	
	50m: 32.43 32.43 150m: 1:52.64 42.37 250m: 3:22.84 48.13 350m: 4:49.89 37.09						
	100m: 1:10.27 37.84 200m: 2:34.71 42.07 300m: 4:12.80 49.96 400m: 5:26.94 37.05						
27.	CASTRO Maria Freitas	03	Fafe	**5:27.21**	+0,73	539	
	50m: 32.92 32.92 150m: 1:55.66 44.16 250m: 3:22.67 45.73 350m: 4:49.88 40.23						
	100m: 1:11.50 38.58 200m: 2:36.94 41.28 300m: 4:09.65 46.98 400m: 5:27.21 37.33						
28.	FERREIRA Maria Leonor	04	Desportivo Nacional	**5:28.09**	+0,77	535	
	50m: 35.53 35.53 150m: 1:58.10 42.21 250m: 3:25.73 46.61 350m: 4:51.21 38.16						
	100m: 1:15.89 40.36 200m: 2:39.12 41.02 300m: 4:13.05 47.32 400m: 5:28.09 36.88						
29.	MARQUES Mariana Nunes	03	Estarreja	**5:28.41**	+0,75	533	
	50m: 33.14 33.14 150m: 1:53.62 41.92 250m: 3:23.03 48.85 350m: 4:51.40 39.39						
	100m: 1:11.70 38.56 200m: 2:34.18 40.56 300m: 4:12.01 48.98 400m: 5:28.41 37.01						
30.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:28.87**	+0,91	531	
	50m: 32.90 32.90 150m: 1:55.14 43.57 250m: 3:26.08 49.40 350m: 4:52.42 37.90						
	100m: 1:11.57 38.67 200m: 2:36.68 41.54 300m: 4:14.52 48.44 400m: 5:28.87 36.45						
31.	FIAL Sofia Nunes	03	Estamos Juntos	**5:30.24**	+0,79	524	
	50m: 34.34 34.34 150m: 1:59.41 43.54 250m: 3:27.33 44.65 350m: 4:53.19 37.90						
	100m: 1:15.87 41.53 200m: 2:42.68 43.27 300m: 4:15.29 47.96 400m: 5:30.24 37.05						
32.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:30.28**	+0,80	524	
	50m: 34.94 34.94 150m: 1:59.23 43.40 250m: 3:27.25 46.06 350m: 4:53.74 38.98						
	100m: 1:15.83 40.89 200m: 2:41.19 41.96 300m: 4:14.76 47.51 400m: 5:30.28 36.54						
33.	LOURO Ariana Espirito	05	Gualdim Pais	**5:30.32**	+0,68	524	
	50m: 34.84 34.84 150m: 1:58.97 43.22 250m: 3:26.50 46.10 350m: 4:52.70 38.67						
	100m: 1:15.75 40.91 200m: 2:40.40 41.43 300m: 4:14.03 47.53 400m: 5:30.32 37.62						
34.	LOPES Francisca Macedo	05	Vilacondense	**5:30.41**	+0,76	523	
	50m: 35.04 35.04 150m: 1:59.87 42.86 250m: 3:29.00 46.81 350m: 4:53.41 37.96						
	100m: 1:17.01 41.97 200m: 2:42.19 42.32 300m: 4:15.45 46.45 400m: 5:30.41 37.00						
35.	ALVES Ines Sofia	04	Portinado	**5:30.73**	+0,84	522	
	50m: 34.53 34.53 150m: 1:56.61 41.52 250m: 3:25.05 47.22 350m: 4:53.12 38.49						
	100m: 1:15.09 40.56 200m: 2:37.83 41.22 300m: 4:14.63 49.58 400m: 5:30.73 37.61						
36.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**5:31.23**	+0,72	520	
	50m: 34.46 34.46 150m: 1:59.57 44.61 250m: 3:29.97 46.56 350m: 4:55.13 37.66						
	100m: 1:14.96 40.50 200m: 2:43.41 43.84 300m: 4:17.47 47.50 400m: 5:31.23 36.10						
37.	COSTA Carolina Fale	04	Colegio Monte Maior	**5:31.52**	+0,82	518	
	50m: 34.40 34.40 150m: 1:55.70 43.23 250m: 3:27.66 50.73 350m: 4:55.61 37.48						
	100m: 1:12.47 38.07 200m: 2:36.93 41.23 300m: 4:18.13 50.47 400m: 5:31.52 35.91						
38.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**5:32.58**	+0,72	513	
	50m: 33.38 33.38 150m: 1:55.58 43.35 250m: 3:27.22 48.50 350m: 4:54.46 38.82						
	100m: 1:12.23 38.85 200m: 2:38.72 43.14 300m: 4:15.64 48.42 400m: 5:32.58 38.12						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	MORGANHO Leonor Alves	04	Alges	**5:32.85**	+0,86	512	
	50m: 35.04 35.04 150m: 1:59.67 45.53 250m: 3:29.39 46.05 350m: 4:55.94 38.70						
	100m: 1:14.14 39.10 200m: 2:43.34 43.67 300m: 4:17.24 47.85 400m: 5:32.85 36.91						
40.	COSTA Catarina Nunes	04	Gesloures	**5:32.91**	+0,92	512	
	50m: 35.31 35.31 150m: 2:01.37 44.57 250m: 3:30.83 45.90 350m: 4:56.02 38.39						
	100m: 1:16.80 41.49 200m: 2:44.93 43.56 300m: 4:17.63 46.80 400m: 5:32.91 36.89						
41.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**5:33.20**	+0,82	510	
	50m: 33.49 33.49 150m: 1:55.06 42.28 250m: 3:26.43 50.76 350m: 4:54.95 38.51						
	100m: 1:12.78 39.29 200m: 2:35.67 40.61 300m: 4:16.44 50.01 400m: 5:33.20 38.25						
42.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**5:34.65**	+0,73	504	
	50m: 35.07 35.07 150m: 2:00.87 43.98 250m: 3:32.13 48.02 350m: 4:58.60 37.12						
	100m: 1:16.89 41.82 200m: 2:44.11 43.24 300m: 4:21.48 49.35 400m: 5:34.65 36.05						
43.	MORGADO Alice Jesus	04	Gesloures	**5:34.95**	+0,96	502	
	50m: 34.55 34.55 150m: 1:57.93 43.75 250m: 3:28.94 48.40 350m: 4:56.79 38.82						
	100m: 1:14.18 39.63 200m: 2:40.54 42.61 300m: 4:17.97 49.03 400m: 5:34.95 38.16						
44.	HENRIQUES Carolina Porem	04	Sporting	**5:35.63**	+0,71	499	
	50m: 34.78 34.78 150m: 1:59.93 44.63 250m: 3:32.05 47.49 350m: 4:58.94 38.20						
	100m: 1:15.30 40.52 200m: 2:44.56 44.63 300m: 4:20.74 48.69 400m: 5:35.63 36.69						
45.	SILVA Eduarda Reis	03	Famalicao	**5:35.95**	+0,67	498	
	50m: 34.47 34.47 150m: 1:56.96 44.75 250m: 3:32.57 51.94 350m: 5:00.08 37.55						
	100m: 1:12.21 37.74 200m: 2:40.63 43.67 300m: 4:22.53 49.96 400m: 5:35.95 35.87						
46.	LAMAS Maria Caetano	04	Miranda do Corvo	**5:35.99**	+0,82	498	
	50m: 33.80 33.80 150m: 1:59.98 43.46 250m: 3:31.02 46.03 350m: 4:57.73 38.39						
	100m: 1:16.52 42.72 200m: 2:44.99 45.01 300m: 4:19.34 48.32 400m: 5:35.99 38.26						
47.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**5:36.89**	+0,87	494	
	50m: 35.59 35.59 150m: 2:05.13 46.61 250m: 3:35.42 46.65 350m: 5:00.27 37.91						
	100m: 1:18.52 42.93 200m: 2:48.77 43.64 300m: 4:22.36 46.94 400m: 5:36.89 36.62						
48.	PIMENTEL Marta Lima	04	Fluvial Portuense	**5:37.62**	+0,90	491	
	50m: 36.07 36.07 150m: 2:03.32 44.27 250m: 3:36.24 49.96 350m: 5:03.41 36.55						
	100m: 1:19.05 42.98 200m: 2:46.28 42.96 300m: 4:26.86 50.62 400m: 5:37.62 34.21						
49.	GAMA Joana Fernandes	05	Sporting	**5:37.82**	+0,84	490	
	50m: 35.66 35.66 150m: 2:01.57 46.99 250m: 3:34.07 47.24 350m: 5:00.79 38.82						
	100m: 1:14.58 38.92 200m: 2:46.83 45.26 300m: 4:21.97 47.90 400m: 5:37.82 37.03						
50.	LIMA Jessica Soares	02	Braga	**5:38.35**	+0,99	487	
	50m: 34.41 34.41 150m: 1:59.26 45.72 250m: 3:32.32 47.30 350m: 5:00.39 38.27						
	100m: 1:13.54 39.13 200m: 2:45.02 45.76 300m: 4:22.12 49.80 400m: 5:38.35 37.96						
51.	RIOS Maria Manuel	04	Leixoes	**5:38.47**	+0,70	487	
	50m: 32.90 32.90 150m: 1:58.62 46.14 250m: 3:31.87 49.09 350m: 5:01.49 38.56						
	100m: 1:12.48 39.58 200m: 2:42.78 44.16 300m: 4:22.93 51.06 400m: 5:38.47 36.98						
52.	RINO Maria Pedro	05	Academia dos Acores	**5:38.66**	+0,83	486	
	50m: 34.28 34.28 150m: 1:58.22 44.58 250m: 3:30.64 49.22 350m: 4:59.89 39.30						
	100m: 1:13.64 39.36 200m: 2:41.42 43.20 300m: 4:20.59 49.95 400m: 5:38.66 38.77						
53.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**5:39.50**	+0,75	482	
	50m: 34.50 34.50 150m: 1:57.78 41.65 250m: 3:27.99 48.61 350m: 4:58.67 42.00						
	100m: 1:16.13 41.63 200m: 2:39.38 41.60 300m: 4:16.67 48.68 400m: 5:39.50 40.83						

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Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	CERDEIRA Madalena Reis	03	Sporting	**5:40.73**	+0,83	477	
	50m: 35.10 35.10 150m: 2:04.33 46.08 250m: 3:33.57 45.59 350m: 5:01.50 40.24						
	100m: 1:18.25 43.15 200m: 2:47.98 43.65 300m: 4:21.26 47.69 400m: 5:40.73 39.23						
55.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**5:41.07**	+0,80	476	
	50m: 33.75 33.75 150m: 1:58.34 45.37 250m: 3:32.58 50.48 350m: 5:03.00 40.54						
	100m: 1:12.97 39.22 200m: 2:42.10 43.76 300m: 4:22.46 49.88 400m: 5:41.07 38.07						
56.	FERREIRA Joana Rosa	05	Naval de Peniche	**5:42.96**	+0,88	468	
	50m: 34.85 34.85 150m: 2:03.74 46.67 250m: 3:34.77 46.95 350m: 5:03.78 41.30						
	100m: 1:17.07 42.22 200m: 2:47.82 44.08 300m: 4:22.48 47.71 400m: 5:42.96 39.18						
57.	SILVA Alexandra Cordeiro	04	Alcobaca	**5:46.13**	+0,77	455	
	50m: 36.68 36.68 150m: 2:07.84 45.30 250m: 3:39.30 47.88 350m: 5:08.04 39.79						
	100m: 1:22.54 45.86 200m: 2:51.42 43.58 300m: 4:28.25 48.95 400m: 5:46.13 38.09						
58.	MONTEIRO Barbara Oliveira	04	Braga	**5:47.58**	+1,02	450	
	50m: 35.99 35.99 150m: 2:05.21 45.95 250m: 3:40.36 49.85 350m: 5:09.76 38.00						
	100m: 1:19.26 43.27 200m: 2:50.51 45.30 300m: 4:31.76 51.40 400m: 5:47.58 37.82						
DSQ	NUNES Margarida Domingues	05	Avancado EUL				
	SW 8.1 - O (a) atleta saiu na posição dorsal após a viragem aos 50 metros						
DSQ	MARQUES Maria Ines	05	Alcobaca				
	SW 7.6 - O (a) atleta tocou com uma mão na parede na viragem aos 250 metros						
DSQ	MENDES Ana Sebastiao	04	Portinado				
	SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros						

Prova 25 — Masc., 200m Livres — Juvenis A
06-04-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009

PreJun_Masc Juv: 1:57.09 / CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**1:57.46**	+0,71	654	
	50m: 27.73 27.73 100m: 57.65 29.92 150m: 1:28.37 30.72 200m: 1:57.46 29.09						
2.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:59.49**	+0,66	622	
	50m: 27.18 27.18 100m: 57.25 30.07 150m: 1:28.82 31.57 200m: 1:59.49 30.67						
3.	MARTYN David	03	Benedita	**2:00.36**	+0,63	608	
	50m: 28.41 28.41 100m: 58.65 30.24 150m: 1:29.93 31.28 200m: 2:00.36 30.43						
4.	LOPES Luis Afonso	03	Viver Santarem	**2:00.47**	+0,68	606	
	50m: 28.73 28.73 100m: 59.10 30.37 150m: 1:30.44 31.34 200m: 2:00.47 30.03						
5.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**2:00.72**	+0,64	603	
	50m: 28.00 28.00 100m: 58.75 30.75 150m: 1:29.89 31.14 200m: 2:00.72 30.83						

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Prova 25, Masc., 200m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:01.89**	+0,76	585	
	50m: 28.00 28.00 100m: 58.42 30.42 150m: 1:30.29 31.87 200m: 2:01.89 31.60						
7.	CARVALHO Fernando Costa	03	Foca	**2:02.13**		582	
	50m: 27.40 27.40 100m: 57.91 30.51 150m: 1:29.45 31.54 200m: 2:02.13 32.68						
8.	GOMES Goncalo Camara	03	Naval do Funchal	**2:03.07**	+0,63	569	
	50m: 27.81 27.81 100m: 59.06 31.25 150m: 1:31.08 32.02 200m: 2:03.07 31.99						
9.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:03.68**	+0,66	560	
	50m: 27.50 27.50 100m: 58.01 30.51 150m: 1:30.60 32.59 200m: 2:03.68 33.08						
10.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**2:04.07**	+0,74	555	
	50m: 28.65 28.65 100m: 59.96 31.31 150m: 1:32.10 32.14 200m: 2:04.07 31.97						
11.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:04.47**	+0,76	550	
	50m: 28.20 28.20 100m: 59.56 31.36 150m: 1:32.37 32.81 200m: 2:04.47 32.10						
12.	COSTA Afonso Filipe	03	Naval da Nazare	**2:05.04**	+0,72	542	
	50m: 27.90 27.90 100m: 59.12 31.22 150m: 1:31.40 32.28 200m: 2:05.04 33.64						
13.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:05.60**	+0,75	535	
	50m: 28.50 28.50 100m: 59.77 31.27 150m: 1:32.26 32.49 200m: 2:05.60 33.34						
14.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:06.41**	+0,85	525	
	50m: 27.84 27.84 100m: 1:00.09 32.25 150m: 1:34.18 34.09 200m: 2:06.41 32.23						
15.	MACHADO Martim Miranda	03	Uniao Coimbra	**2:06.44**	+0,78	524	
	50m: 28.99 28.99 100m: 1:00.91 31.92 150m: 1:33.84 32.93 200m: 2:06.44 32.60						
16.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:06.56**	+0,73	523	
	50m: 28.70 28.70 100m: 1:00.48 31.78 150m: 1:33.50 33.02 200m: 2:06.56 33.06						
17.	ALVES Rui Chagas	03	Viver Santarem	**2:08.93**	+0,66	495	
	50m: 29.03 29.03 100m: 1:01.08 32.05 150m: 1:34.77 33.69 200m: 2:08.93 34.16						
DNS	FARDILHA Manuel Cruz	03	Galitos / Bresimar				

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Prova 25, Masc., 200m Livres, Elimin

Prova 25 | Masc., 200m Livres | Juvenis B

06-04-2019 - 11:35 | Resultados Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015

PreJun_Masc Juv: 1:57.09 / CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**1:57.16**	+0,72	659	
	50m: 27.14 (27.14) 100m: 56.96 (29.82) 150m: 1:27.13 (30.17) 200m: 1:57.16 (30.03)						
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**1:59.63**	+0,73	619	
	50m: 27.60 (27.60) 100m: 57.42 (29.82) 150m: 1:28.39 (30.97) 200m: 1:59.63 (31.24)						
3.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:02.13**	+0,73	582	
	50m: 28.54 (28.54) 100m: 59.37 (30.83) 150m: 1:30.96 (31.59) 200m: 2:02.13 (31.17)						
4.	SANTOS Gabriel Moreira	04	Famalicao	**2:02.28**	+0,68	580	
	50m: 27.76 (27.76) 100m: 57.71 (29.95) 150m: 1:29.27 (31.56) 200m: 2:02.28 (33.01)						
5.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**2:02.79**	+0,69	573	
	50m: 27.98 (27.98) 100m: 58.50 (30.52) 150m: 1:30.64 (32.14) 200m: 2:02.79 (32.15)						
6.	ALMEIDA Bernardo Victorino	04	Sporting	**2:02.84**	+0,77	572	
	50m: 27.92 (27.92) 100m: 59.25 (31.33) 150m: 1:30.86 (31.61) 200m: 2:02.84 (31.98)						
7.	NUNES Diogo Severino	04	Natacao de Valongo	**2:04.29**	+0,78	552	
	50m: 28.00 (28.00) 100m: 59.21 (31.21) 150m: 1:32.11 (32.90) 200m: 2:04.29 (32.18)						
8.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**2:04.53**	+0,74	549	
	50m: 28.29 (28.29) 100m: 1:00.18 (31.89) 150m: 1:32.60 (32.42) 200m: 2:04.53 (31.93)						
9.	CHOCAS Afonso Alves	04	Electrico Clube	**2:06.77**	+0,67	520	
	50m: 29.98 (29.98) 100m: 1:02.22 (32.24) 150m: 1:35.04 (32.82) 200m: 2:06.77 (31.73)						
10.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:07.06**	+0,73	517	
	50m: 28.92 (28.92) 100m: 1:01.38 (32.46) 150m: 1:34.85 (33.47) 200m: 2:07.06 (32.21)						
11.	COSTA Afonso Vilhena	04	Vilacondense	**2:07.09**	+0,75	516	
	50m: 29.48 (29.48) 100m: 1:01.80 (32.32) 150m: 1:34.25 (32.45) 200m: 2:07.09 (32.84)						
12.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:07.31**	+0,74	514	
	50m: 28.84 (28.84) 100m: 1:00.59 (31.75) 150m: 1:33.82 (33.23) 200m: 2:07.31 (33.49)						
13.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:07.77**	+0,77	508	
	50m: 29.28 (29.28) 100m: 1:01.50 (32.22) 150m: 1:34.56 (33.06) 200m: 2:07.77 (33.21)						
14.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**2:08.34**	+0,72	502	
	50m: 28.65 (28.65) 100m: 1:00.62 (31.97) 150m: 1:33.79 (33.17) 200m: 2:08.34 (34.55)						
15.	CRUZ David Miguel	04	Braga	**2:08.68**	+0,69	498	
	50m: 30.05 (30.05) 100m: 1:02.82 (32.77) 150m: 1:36.28 (33.46) 200m: 2:08.68 (32.40)						
16.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:08.75**	+0,77	497	
	50m: 29.47 (29.47) 100m: 1:01.69 (32.22) 150m: 1:35.42 (33.73) 200m: 2:08.75 (33.33)						
17.	RODEIA Jose Miguel	04	Natacao de Faro	**2:09.50**	+0,65	488	
	50m: 28.75 (28.75) 100m: 1:00.67 (31.92) 150m: 1:34.92 (34.25) 200m: 2:09.50 (34.58)						

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Prova 25, Masc., 200m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SANTOS Joao Afonso	04	Sporting	**2:09.52**	+0,83	488	
	50m: 29.64 29.64 100m: 1:04.18 34.54 150m: 1:36.94 32.76 200m: 2:09.52 32.58						
19.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:11.90**	+0,69	462	
	50m: 29.13 29.13 100m: 1:01.84 32.71 150m: 1:36.25 34.41 200m: 2:11.90 35.65						
DNS	GOMES Guilherme Sousa	04	Aquatico Silves				

Prova 25 — Masc., 200m Livres — Juniores
06-04-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.32	SANTA Gustavo Manuel	CNLA	Coimbra	30-07-2010

CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel *Minimos CE Jun*	01	Porto	**1:52.67**	+0,65	741	
	50m: 26.89 26.89 100m: 54.96 28.07 150m: 1:23.76 28.80 200m: 1:52.67 28.91						
2.	LEBRE Diogo Ramos	01	Benfica	**1:54.25**	+0,73	711	
	50m: 26.48 26.48 100m: 55.10 28.62 150m: 1:24.45 29.35 200m: 1:54.25 29.80						
3.	LOPES Tomas Teixeira	02	Foca	**1:55.64**	+0,67	686	
	50m: 26.53 26.53 100m: 55.40 28.87 150m: 1:25.53 30.13 200m: 1:55.64 30.11						
4.	COSTA Diogo Santos	02	Colegio Monte Maior	**1:56.67**	+0,66	668	
	50m: 28.13 28.13 100m: 58.06 29.93 150m: 1:26.90 28.84 200m: 1:56.67 29.77						
5.	AIRES Rafael Alcantara	01	Benfica	**1:56.69**	+0,63	667	
	50m: 25.69 25.69 100m: 54.41 28.72 150m: 1:24.10 29.69 200m: 1:56.69 32.59						
6.	PINHO Manuel Antonio	01	Feirense	**1:56.95**	+0,65	663	
	50m: 26.62 26.62 100m: 55.71 29.09 150m: 1:26.30 30.59 200m: 1:56.95 30.65						
7.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:58.02**	+0,73	645	
	50m: 27.76 27.76 100m: 57.89 30.13 150m: 1:28.05 30.16 200m: 1:58.02 29.97						
8.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**1:58.20**	+0,59	642	
	50m: 26.61 26.61 100m: 56.51 29.90 150m: 1:27.12 30.61 200m: 1:58.20 31.08						
9.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**1:58.31**	+0,66	640	
	50m: 27.01 27.01 100m: 56.61 29.60 150m: 1:27.33 30.72 200m: 1:58.31 30.98						
10.	DEUS Andre Portugal	02	Naval do Funchal	**1:58.82**	+0,63	632	
	50m: 27.67 27.67 100m: 57.61 29.94 150m: 1:28.20 30.59 200m: 1:58.82 30.62						
11.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:59.65**	+0,80	619	
	50m: 27.80 27.80 100m: 57.52 29.72 150m: 1:28.21 30.69 200m: 1:59.65 31.44						
12.	PEREIRA Joao Peixoto	01	Braga	**1:59.80**	+0,77	617	
	50m: 27.88 27.88 100m: 58.15 30.27 150m: 1:28.96 30.81 200m: 1:59.80 30.84						
13.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**2:00.11**	+0,66	612	
	50m: 26.76 26.76 100m: 56.62 29.86 150m: 1:27.61 30.99 200m: 2:00.11 32.50						

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Prova 25, Masc., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SIMOES Bernardo Jorge	02	Torres Novas	**2:01.02**	+0,76	598	
	50m: 27.22 27.22 100m: 57.10 29.88 150m: 1:28.66 31.56 200m: 2:01.02 32.36						
15.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:01.10**	+0,80	597	
	50m: 27.62 27.62 100m: 57.89 30.27 150m: 1:29.57 31.68 200m: 2:01.10 31.53						
16.	JACINTO Rafael Rodrigues	02	Belenenses	**2:01.71**		588	
	50m: 27.13 27.13 100m: 56.40 29.27 150m: 1:27.61 31.21 200m: 2:01.71 34.10						
17.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:01.73**	+0,68	588	
	50m: 27.04 27.04 100m: 56.86 29.82 150m: 1:28.27 31.41 200m: 2:01.73 33.46						

Prova 25 — Masc., 200m Livres — Seniores
06-04-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Sen	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017

CMPL : 1:47.40 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**1:52.77**	+0,65	739	
	50m: 26.57 26.57 100m: 55.01 28.44 150m: 1:23.97 28.96 200m: 1:52.77 28.80						
2.	NASCIMENTO Miguel Duarte	95	Benfica	**1:53.07**	+0,67	734	
	50m: 25.74 25.74 100m: 54.08 28.34 150m: 1:23.39 29.31 200m: 1:53.07 29.68						
3.	VELOSO Tomas Miguel	96	Nautico Academico	**1:53.64**	+0,64	723	
	50m: 26.25 26.25 100m: 54.31 28.06 150m: 1:23.90 29.59 200m: 1:53.64 29.74						
4.	VITAL Joao Alexandre	98	Sporting	**1:54.02**	+0,63	715	
	50m: 26.29 26.29 100m: 55.03 28.74 150m: 1:24.02 28.99 200m: 1:54.02 30.00						
5.	MOGNE Igor Araujo	96	Sporting	**1:54.47**	+0,71	707	
	50m: 27.02 27.02 100m: 55.72 28.70 150m: 1:25.32 29.60 200m: 1:54.47 29.15						
6.	COSTA Tiago Cunha	99	Sporting	**1:54.53**	+0,65	706	
	50m: 26.36 26.36 100m: 55.00 28.64 150m: 1:24.90 29.90 200m: 1:54.53 29.63						
7.	DIAS Guilherme Pereira	97	Benfica	**1:54.81**	+0,67	701	
	50m: 26.19 26.19 100m: 55.09 28.90 150m: 1:24.87 29.78 200m: 1:54.81 29.94						
8.	MORIM Ruben Jose	97	Vilacondense	**1:55.34**	+0,78	691	
	50m: 27.32 27.32 100m: 56.37 29.05 150m: 1:26.00 29.63 200m: 1:55.34 29.34						
9.	RAMOS Bruno Miguel	97	Belenenses	**1:55.43**	+0,63	689	
	50m: 26.36 26.36 100m: 54.91 28.55 150m: 1:24.87 29.96 200m: 1:55.43 30.56						
10.	NUNES Diogo Barbosa	00	Porto	**1:56.06**	+0,74	678	
	50m: 26.84 26.84 100m: 55.68 28.84 150m: 1:25.65 29.97 200m: 1:56.06 30.41						
11.	BASTOS Lucas Pereira	00	Nautico Academico	**1:56.25**	+0,71	675	
	50m: 27.32 27.32 100m: 56.27 28.95 150m: 1:25.76 29.49 200m: 1:56.25 30.49						
12.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**1:56.36**	+0,65	673	
	50m: 27.00 27.00 100m: 55.93 28.93 150m: 1:26.03 30.10 200m: 1:56.36 30.33						

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Prova 25, Masc., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	SOARES Tiago Silva	99	Porto	**1:56.64**	+0,77	668	
	50m: 26.25 (26.25) 100m: 55.50 (29.25) 150m: 1:25.65 (30.15) 200m: 1:56.64 (30.99)						
14.	GIL Rafael Lourenco	96	Sporting	**1:56.73**	+0,70	667	
	50m: 26.99 (26.99) 100m: 56.75 (29.76) 150m: 1:26.83 (30.08) 200m: 1:56.73 (29.90)						
15.	DANTAS Diogo Leal	00	Sporting	**1:56.78**	+0,61	666	
	50m: 26.73 (26.73) 100m: 56.25 (29.52) 150m: 1:26.22 (29.97) 200m: 1:56.78 (30.56)						
16.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**1:57.23**	+0,75	658	
	50m: 26.78 (26.78) 100m: 55.87 (29.09) 150m: 1:26.52 (30.65) 200m: 1:57.23 (30.71)						
17.	BATE Afonso Ribeiro	98	Alges	**1:57.38**	+0,68	656	
	50m: 26.79 (26.79) 100m: 55.72 (28.93) 150m: 1:26.66 (30.94) 200m: 1:57.38 (30.72)						
18.	CAMPOS Tiago Filipe	99	Rio Maior	**1:57.54**	+0,76	653	
	50m: 26.89 (26.89) 100m: 56.30 (29.41) 150m: 1:26.59 (30.29) 200m: 1:57.54 (30.95)						
19.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**1:59.40**	+0,73	623	
	50m: 27.54 (27.54) 100m: 57.47 (29.93) 150m: 1:27.53 (30.06) 200m: 1:59.40 (31.87)						
20.	GONCALVES Francisco Xavier	97	Nautico Academico	**1:59.46**	+0,70	622	
	50m: 26.79 (26.79) 100m: 56.78 (29.99) 150m: 1:27.65 (30.87) 200m: 1:59.46 (31.81)						
21.	CORDEIRO Tiago Roberto	00	Benfica	**1:59.95**	+0,71	614	
	50m: 27.55 (27.55) 100m: 57.38 (29.83) 150m: 1:28.21 (30.83) 200m: 1:59.95 (31.74)						
22.	SANTOS Dario Almeida	93	Leixoes	**2:01.02**	+0,73	598	
	50m: 27.21 (27.21) 100m: 57.37 (30.16) 150m: 1:28.19 (30.82) 200m: 2:01.02 (32.83)						
DNS	SANTOS Joao Duarte	95	Natacao Olhao				

Prova 25 — Masc., 200m Livres — Absolutos
06-04-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Sen	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.32	SANTA Gustavo Manuel	CNLA	Coimbra	30-07-2010
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015

PreJun_Masc Juv: 1:57.09 / CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / CMPL Sen: 1:47.40 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel *Minimos CE Jun*	01	Porto	**1:52.67**	+0,65	741	
	50m: 26.89 (26.89) 100m: 54.96 (28.07) 150m: 1:23.76 (28.80) 200m: 1:52.67 (28.91)						
2.	LOPES Jose Paulo	00	Braga	**1:52.77**	+0,65	739	
	50m: 26.57 (26.57) 100m: 55.01 (28.44) 150m: 1:23.97 (28.96) 200m: 1:52.77 (28.80)						
3.	NASCIMENTO Miguel Duarte	95	Benfica	**1:53.07**	+0,67	734	
	50m: 25.74 (25.74) 100m: 54.08 (28.34) 150m: 1:23.39 (29.31) 200m: 1:53.07 (29.68)						

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Prova 25, Masc., 200m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	VELOSO Tomas Miguel	96	Nautico Academico	**1:53.64**	+0,64	723	
	50m: 26.25 (26.25) 100m: 54.31 (28.06) 150m: 1:23.90 (29.59) 200m: 1:53.64 (29.74)						
5.	VITAL Joao Alexandre	98	Sporting	**1:54.02**	+0,63	715	
	50m: 26.29 (26.29) 100m: 55.03 (28.74) 150m: 1:24.02 (28.99) 200m: 1:54.02 (30.00)						
6.	LEBRE Diogo Ramos	01	Benfica	**1:54.25**	+0,73	711	
	50m: 26.48 (26.48) 100m: 55.10 (28.62) 150m: 1:24.45 (29.35) 200m: 1:54.25 (29.80)						
7.	MOGNE Igor Araujo	96	Sporting	**1:54.47**	+0,71	707	
	50m: 27.02 (27.02) 100m: 55.72 (28.70) 150m: 1:25.32 (29.60) 200m: 1:54.47 (29.15)						
8.	COSTA Tiago Cunha	99	Sporting	**1:54.53**	+0,65	706	
	50m: 26.36 (26.36) 100m: 55.00 (28.64) 150m: 1:24.90 (29.90) 200m: 1:54.53 (29.63)						
9.	DIAS Guilherme Pereira	97	Benfica	**1:54.81**	+0,67	701	
	50m: 26.19 (26.19) 100m: 55.09 (28.90) 150m: 1:24.87 (29.78) 200m: 1:54.81 (29.94)						
10.	MORIM Ruben Jose	97	Vilacondense	**1:55.34**	+0,78	691	
	50m: 27.32 (27.32) 100m: 56.37 (29.05) 150m: 1:26.00 (29.63) 200m: 1:55.34 (29.34)						
11.	RAMOS Bruno Miguel	97	Belenenses	**1:55.43**	+0,63	689	
	50m: 26.36 (26.36) 100m: 54.91 (28.55) 150m: 1:24.87 (29.96) 200m: 1:55.43 (30.56)						
12.	LOPES Tomas Teixeira	02	Foca	**1:55.64**	+0,67	686	
	50m: 26.53 (26.53) 100m: 55.40 (28.87) 150m: 1:25.53 (30.13) 200m: 1:55.64 (30.11)						
13.	NUNES Diogo Barbosa	00	Porto	**1:56.06**	+0,74	678	
	50m: 26.84 (26.84) 100m: 55.68 (28.84) 150m: 1:25.65 (29.97) 200m: 1:56.06 (30.41)						
14.	BASTOS Lucas Pereira	00	Nautico Academico	**1:56.25**	+0,71	675	
	50m: 27.32 (27.32) 100m: 56.27 (28.95) 150m: 1:25.76 (29.49) 200m: 1:56.25 (30.49)						
15.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**1:56.36**	+0,65	673	
	50m: 27.00 (27.00) 100m: 55.93 (28.93) 150m: 1:26.03 (30.10) 200m: 1:56.36 (30.33)						
16.	SOARES Tiago Silva	99	Porto	**1:56.64**	+0,77	668	
	50m: 26.25 (26.25) 100m: 55.50 (29.25) 150m: 1:25.65 (30.15) 200m: 1:56.64 (30.99)						
17.	COSTA Diogo Santos	02	Colegio Monte Maior	**1:56.67**	+0,66	668	
	50m: 28.13 (28.13) 100m: 58.06 (29.93) 150m: 1:26.90 (28.84) 200m: 1:56.67 (29.77)						
18.	AIRES Rafael Alcantara	01	Benfica	**1:56.69**	+0,63	667	
	50m: 25.69 (25.69) 100m: 54.41 (28.72) 150m: 1:24.10 (29.69) 200m: 1:56.69 (32.59)						
19.	GIL Rafael Lourenco	96	Sporting	**1:56.73**	+0,70	667	
	50m: 26.99 (26.99) 100m: 56.75 (29.76) 150m: 1:26.83 (30.08) 200m: 1:56.73 (29.90)						
20.	DANTAS Diogo Leal	00	Sporting	**1:56.78**	+0,61	666	
	50m: 26.73 (26.73) 100m: 56.25 (29.52) 150m: 1:26.22 (29.97) 200m: 1:56.78 (30.56)						
21.	PINHO Manuel Antonio	01	Feirense	**1:56.95**	+0,65	663	
	50m: 26.62 (26.62) 100m: 55.71 (29.09) 150m: 1:26.30 (30.59) 200m: 1:56.95 (30.65)						
22.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**1:57.16**	+0,72	659	
	50m: 27.14 (27.14) 100m: 56.96 (29.82) 150m: 1:27.13 (30.17) 200m: 1:57.16 (30.03)						
23.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**1:57.23**	+0,75	658	
	50m: 26.78 (26.78) 100m: 55.87 (29.09) 150m: 1:26.52 (30.65) 200m: 1:57.23 (30.71)						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	BATE Afonso Ribeiro	98	Alges	**1:57.38**	+0,68	656	
	50m: 26.79 26.79 100m: 55.72 28.93 150m: 1:26.66 30.94 200m: 1:57.38 30.72						
25.	VAKULYUK Paulo	03	Torres Novas	**1:57.46**	+0,71	654	
	50m: 27.73 27.73 100m: 57.65 29.92 150m: 1:28.37 30.72 200m: 1:57.46 29.09						
26.	CAMPOS Tiago Filipe	99	Rio Maior	**1:57.54**	+0,76	653	
	50m: 26.89 26.89 100m: 56.30 29.41 150m: 1:26.59 30.29 200m: 1:57.54 30.95						
27.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:58.02**	+0,73	645	
	50m: 27.76 27.76 100m: 57.89 30.13 150m: 1:28.05 30.16 200m: 1:58.02 29.97						
28.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**1:58.20**	+0,59	642	
	50m: 26.61 26.61 100m: 56.51 29.90 150m: 1:27.12 30.61 200m: 1:58.20 31.08						
29.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**1:58.31**	+0,66	640	
	50m: 27.01 27.01 100m: 56.61 29.60 150m: 1:27.33 30.72 200m: 1:58.31 30.98						
30.	DEUS Andre Portugal	02	Naval do Funchal	**1:58.82**	+0,63	632	
	50m: 27.67 27.67 100m: 57.61 29.94 150m: 1:28.20 30.59 200m: 1:58.82 30.62						
31.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**1:59.40**	+0,73	623	
	50m: 27.54 27.54 100m: 57.47 29.93 150m: 1:27.53 30.06 200m: 1:59.40 31.87						
32.	GONCALVES Francisco Xavier	97	Nautico Academico	**1:59.46**	+0,70	622	
	50m: 26.79 26.79 100m: 56.78 29.99 150m: 1:27.65 30.87 200m: 1:59.46 31.81						
33.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:59.49**	+0,66	622	
	50m: 27.18 27.18 100m: 57.25 30.07 150m: 1:28.82 31.57 200m: 1:59.49 30.67						
34.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**1:59.63**	+0,73	619	
	50m: 27.60 27.60 100m: 57.42 29.82 150m: 1:28.39 30.97 200m: 1:59.63 31.24						
35.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:59.65**	+0,80	619	
	50m: 27.80 27.80 100m: 57.52 29.72 150m: 1:28.21 30.69 200m: 1:59.65 31.44						
36.	PEREIRA Joao Peixoto	01	Braga	**1:59.80**	+0,77	617	
	50m: 27.88 27.88 100m: 58.15 30.27 150m: 1:28.96 30.81 200m: 1:59.80 30.84						
37.	CORDEIRO Tiago Roberto	00	Benfica	**1:59.95**	+0,71	614	
	50m: 27.55 27.55 100m: 57.38 29.83 150m: 1:28.21 30.83 200m: 1:59.95 31.74						
38.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**2:00.11**	+0,66	612	
	50m: 26.76 26.76 100m: 56.62 29.86 150m: 1:27.61 30.99 200m: 2:00.11 32.50						
39.	MARTYN David	03	Benedita	**2:00.36**	+0,63	608	
	50m: 28.41 28.41 100m: 58.65 30.24 150m: 1:29.93 31.28 200m: 2:00.36 30.43						
40.	LOPES Luis Afonso	03	Viver Santarem	**2:00.47**	+0,68	606	
	50m: 28.73 28.73 100m: 59.10 30.37 150m: 1:30.44 31.34 200m: 2:00.47 30.03						
41.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**2:00.72**	+0,64	603	
	50m: 28.00 28.00 100m: 58.75 30.75 150m: 1:29.89 31.14 200m: 2:00.72 30.83						
42.	SANTOS Dario Almeida	93	Leixoes	**2:01.02**	+0,73	598	
	50m: 27.21 27.21 100m: 57.37 30.16 150m: 1:28.19 30.82 200m: 2:01.02 32.83						
	SIMOES Bernardo Jorge	02	Torres Novas	**2:01.02**	+0,76	598	
	50m: 27.22 27.22 100m: 57.10 29.88 150m: 1:28.66 31.56 200m: 2:01.02 32.36						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:01.10**	+0,80	597	
	50m: 27.62 27.62 100m: 57.89 30.27 150m: 1:29.57 31.68 200m: 2:01.10 31.53						
45.	JACINTO Rafael Rodrigues	02	Belenenses	**2:01.71**		588	
	50m: 27.13 27.13 100m: 56.40 29.27 150m: 1:27.61 31.21 200m: 2:01.71 34.10						
46.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:01.73**	+0,68	588	
	50m: 27.04 27.04 100m: 56.86 29.82 150m: 1:28.27 31.41 200m: 2:01.73 33.46						
47.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:01.89**	+0,76	585	
	50m: 28.00 28.00 100m: 58.42 30.42 150m: 1:30.29 31.87 200m: 2:01.89 31.60						
48.	CARVALHO Fernando Costa	03	Foca	**2:02.13**		582	
	50m: 27.40 27.40 100m: 57.91 30.51 150m: 1:29.45 31.54 200m: 2:02.13 32.68						
	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:02.13**	+0,73	582	
	50m: 28.54 28.54 100m: 59.37 30.83 150m: 1:30.96 31.59 200m: 2:02.13 31.17						
50.	SANTOS Gabriel Moreira	04	Famalicao	**2:02.28**	+0,68	580	
	50m: 27.76 27.76 100m: 57.71 29.95 150m: 1:29.27 31.56 200m: 2:02.28 33.01						
51.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**2:02.79**	+0,69	573	
	50m: 27.98 27.98 100m: 58.50 30.52 150m: 1:30.64 32.14 200m: 2:02.79 32.15						
52.	ALMEIDA Bernardo Victorino	04	Sporting	**2:02.84**	+0,77	572	
	50m: 27.92 27.92 100m: 59.25 31.33 150m: 1:30.86 31.61 200m: 2:02.84 31.98						
53.	GOMES Goncalo Camara	03	Naval do Funchal	**2:03.07**	+0,63	569	
	50m: 27.81 27.81 100m: 59.06 31.25 150m: 1:31.08 32.02 200m: 2:03.07 31.99						
54.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:03.68**	+0,66	560	
	50m: 27.50 27.50 100m: 58.01 30.51 150m: 1:30.60 32.59 200m: 2:03.68 33.08						
55.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**2:04.07**	+0,74	555	
	50m: 28.65 28.65 100m: 59.96 31.31 150m: 1:32.10 32.14 200m: 2:04.07 31.97						
56.	NUNES Diogo Severino	04	Natacao de Valongo	**2:04.29**	+0,78	552	
	50m: 28.00 28.00 100m: 59.21 31.21 150m: 1:32.11 32.90 200m: 2:04.29 32.18						
57.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:04.47**	+0,76	550	
	50m: 28.20 28.20 100m: 59.56 31.36 150m: 1:32.37 32.81 200m: 2:04.47 32.10						
58.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**2:04.53**	+0,74	549	
	50m: 28.29 28.29 100m: 1:00.18 31.89 150m: 1:32.60 32.42 200m: 2:04.53 31.93						
59.	COSTA Afonso Filipe	03	Naval da Nazare	**2:05.04**	+0,72	542	
	50m: 27.90 27.90 100m: 59.12 31.22 150m: 1:31.40 32.28 200m: 2:05.04 33.64						
60.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:05.60**	+0,75	535	
	50m: 28.50 28.50 100m: 59.77 31.27 150m: 1:32.26 32.49 200m: 2:05.60 33.34						
61.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:06.41**	+0,85	525	
	50m: 27.84 27.84 100m: 1:00.09 32.25 150m: 1:34.18 34.09 200m: 2:06.41 32.23						
62.	MACHADO Martim Miranda	03	Uniao Coimbra	**2:06.44**	+0,78	524	
	50m: 28.99 28.99 100m: 1:00.91 31.92 150m: 1:33.84 32.93 200m: 2:06.44 32.60						
63.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:06.56**	+0,73	523	
	50m: 28.70 28.70 100m: 1:00.48 31.78 150m: 1:33.50 33.02 200m: 2:06.56 33.06						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
64.	CHOCAS Afonso Alves	04	Electrico Clube	**2:06.77**	+0,67	520	
	50m: 29.98 29.98 100m: 1:02.22 32.24 150m: 1:35.04 32.82 200m: 2:06.77 31.73						
65.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:07.06**	+0,73	517	
	50m: 28.92 28.92 100m: 1:01.38 32.46 150m: 1:34.85 33.47 200m: 2:07.06 32.21						
66.	COSTA Afonso Vilhena	04	Vilacondense	**2:07.09**	+0,75	516	
	50m: 29.48 29.48 100m: 1:01.80 32.32 150m: 1:34.25 32.45 200m: 2:07.09 32.84						
67.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:07.31**	+0,74	514	
	50m: 28.84 28.84 100m: 1:00.59 31.75 150m: 1:33.82 33.23 200m: 2:07.31 33.49						
68.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:07.77**	+0,77	508	
	50m: 29.28 29.28 100m: 1:01.50 32.22 150m: 1:34.56 33.06 200m: 2:07.77 33.21						
69.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**2:08.34**	+0,72	502	
	50m: 28.65 28.65 100m: 1:00.62 31.97 150m: 1:33.79 33.17 200m: 2:08.34 34.55						
70.	CRUZ David Miguel	04	Braga	**2:08.68**	+0,69	498	
	50m: 30.05 30.05 100m: 1:02.82 32.77 150m: 1:36.28 33.46 200m: 2:08.68 32.40						
71.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:08.75**	+0,77	497	
	50m: 29.47 29.47 100m: 1:01.69 32.22 150m: 1:35.42 33.73 200m: 2:08.75 33.33						
72.	ALVES Rui Chagas	03	Viver Santarem	**2:08.93**	+0,66	495	
	50m: 29.03 29.03 100m: 1:01.08 32.05 150m: 1:34.77 33.69 200m: 2:08.93 34.16						
73.	RODEIA Jose Miguel	04	Natacao de Faro	**2:09.50**	+0,65	488	
	50m: 28.75 28.75 100m: 1:00.67 31.92 150m: 1:34.92 34.25 200m: 2:09.50 34.58						
74.	SANTOS Joao Afonso	04	Sporting	**2:09.52**	+0,83	488	
	50m: 29.64 29.64 100m: 1:04.18 34.54 150m: 1:36.94 32.76 200m: 2:09.52 32.58						
75.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:11.90**	+0,69	462	
	50m: 29.13 29.13 100m: 1:01.84 32.71 150m: 1:36.25 34.41 200m: 2:11.90 35.65						
DNS	SANTOS Joao Duarte	95	Natacao Olhao				
DNS	GOMES Guilherme Sousa	04	Aquatico Silves				
DNS	FARDILHA Manuel Cruz	03	Galitos / Bresimar				
EXH	BELEZAS Ricardo Andrade	91	Sporting	**2:09.64**	+0,73	487	
	50m: 29.72 29.72 100m: 1:02.03 32.31 150m: 1:36.11 34.08 200m: 2:09.64 33.53						

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Prova 26 | Femin., 400m Livres | Juvenis A
06-04-2019 - 12:00 | Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	**4:35.95**	+0,84	629	

50m:	32.49	32.49	150m:	1:41.98	34.91	250m:	2:51.51	34.86	350m:	4:01.61	35.13
100m:	1:07.07	34.58	200m:	2:16.65	34.67	300m:	3:26.48	34.97	400m:	4:35.95	34.34

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**4:36.15**	+0,64	627	

50m:	31.22	31.22	150m:	1:40.80	35.21	250m:	2:51.95	35.63	350m:	4:02.33	35.01
100m:	1:05.59	34.37	200m:	2:16.32	35.52	300m:	3:27.32	35.37	400m:	4:36.15	33.82

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	MOURA Maria Ferreira	04	Sporting	**4:36.72**	+0,75	623	

50m:	30.37	30.37	150m:	1:38.48	34.87	250m:	2:50.10	36.35	350m:	4:02.71	36.28
100m:	1:03.61	33.24	200m:	2:13.75	35.27	300m:	3:26.43	36.33	400m:	4:36.72	34.01

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	PINHO Carolina Teixeira	04	Porto	**4:38.08**	+0,74	614	

50m:	31.37	31.37	150m:	1:40.17	34.66	250m:	2:51.08	35.28	350m:	4:02.38	35.42
100m:	1:05.51	34.14	200m:	2:15.80	35.63	300m:	3:26.96	35.88	400m:	4:38.08	35.70

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PRETO Filipa Manso	04	Porto	**4:38.10**	+0,77	614	

50m:	31.96	31.96	150m:	1:41.73	35.09	250m:	2:52.27	35.21	350m:	4:03.94	35.95
100m:	1:06.64	34.68	200m:	2:17.06	35.33	300m:	3:27.99	35.72	400m:	4:38.10	34.16

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**4:38.85**	+0,75	609	

50m:	31.22	31.22	150m:	1:40.97	35.50	250m:	2:52.71	36.11	350m:	4:04.66	35.86
100m:	1:05.47	34.25	200m:	2:16.60	35.63	300m:	3:28.80	36.09	400m:	4:38.85	34.19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**4:45.72**	+0,83	566	

50m:	32.65	32.65	150m:	1:44.17	36.49	250m:	2:57.18	36.87	350m:	4:10.61	36.85
100m:	1:07.68	35.03	200m:	2:20.31	36.14	300m:	3:33.76	36.58	400m:	4:45.72	35.11

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	INACIO Marta Macedo	04	Sporting	**4:48.15**	+0,84	552	

50m:	31.50	31.50	150m:	1:42.78	36.31	250m:	2:56.63	37.05	350m:	4:11.45	37.49
100m:	1:06.47	34.97	200m:	2:19.58	36.80	300m:	3:33.96	37.33	400m:	4:48.15	36.70

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**4:49.04**	+0,82	547	

50m:	31.82	31.82	150m:	1:42.96	36.37	250m:	2:57.74	37.95	350m:	4:13.23	38.34
100m:	1:06.59	34.77	200m:	2:19.79	36.83	300m:	3:34.89	37.15	400m:	4:49.04	35.81

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**4:49.18**	+0,84	546	

50m:	31.19	31.19	150m:	1:43.50	36.90	250m:	2:57.86	37.34	350m:	4:13.14	37.96
100m:	1:06.60	35.41	200m:	2:20.52	37.02	300m:	3:35.18	37.32	400m:	4:49.18	36.04

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	PIMENTEL Marta Lima	04	Fluvial Portuense	**4:49.40**	+0,87	545	

50m:	33.00	33.00	150m:	1:45.52	36.40	250m:	3:00.02	37.19	350m:	4:14.21	36.72
100m:	1:09.12	36.12	200m:	2:22.83	37.31	300m:	3:37.49	37.47	400m:	4:49.40	35.19

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Ines Martins	04	Vilacondense	**4:50.35**	+0,85	540	

50m:	32.69	32.69	150m:	1:44.46	36.43	250m:	2:59.08	37.25	350m:	4:14.35	37.66
100m:	1:08.03	35.34	200m:	2:21.83	37.37	300m:	3:36.69	37.61	400m:	4:50.35	36.00

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FisioPartner
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 26, Femin., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**4:52.49**	+0,77	528	
	50m: 32.51 32.51 150m: 1:46.57 37.21 250m: 3:01.49 36.51 350m: 4:16.50 37.17						
	100m: 1:09.36 36.85 200m: 2:24.98 38.41 300m: 3:39.33 37.84 400m: 4:52.49 35.99						
14.	GALANTE Ines Carvalho	04	Vilacondense	**4:54.72**	+0,80	516	
	50m: 32.40 32.40 150m: 1:46.17 37.15 250m: 3:02.26 37.90 350m: 4:18.00 37.73						
	100m: 1:09.02 36.62 200m: 2:24.36 38.19 300m: 3:40.27 38.01 400m: 4:54.72 36.72						
15.	FERNANDES Maria Elias	04	Desportiva Viana	**4:55.50**	+0,97	512	
	50m: 32.86 32.86 150m: 1:47.10 37.38 250m: 3:02.73 38.02 350m: 4:18.85 37.97						
	100m: 1:09.72 36.86 200m: 2:24.71 37.61 300m: 3:40.88 38.15 400m: 4:55.50 36.65						
16.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**4:55.75**	+0,76	511	
	50m: 32.39 32.39 150m: 1:46.84 37.61 250m: 3:03.05 37.98 350m: 4:19.34 38.06						
	100m: 1:09.23 36.84 200m: 2:25.07 38.23 300m: 3:41.28 38.23 400m: 4:55.75 36.41						
17.	NARRA Vera Figueiredo	04	Amadora	**4:56.32**	+0,78	508	
	50m: 33.57 33.57 150m: 1:47.63 37.77 250m: 3:03.43 37.93 350m: 4:19.33 38.18						
	100m: 1:09.86 36.29 200m: 2:25.50 37.87 300m: 3:41.15 37.72 400m: 4:56.32 36.99						
18.	LIGEIRO Daniela Silva	04	Viana Natacao	**4:57.40**	+0,64	502	
	50m: 32.20 32.20 150m: 1:46.37 37.83 250m: 3:02.72 38.36 350m: 4:19.69 38.44						
	100m: 1:08.54 36.34 200m: 2:24.36 37.99 300m: 3:41.25 38.53 400m: 4:57.40 37.71						
DNS	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria				

Prova 26 — Femin., 400m Livres — Juvenis B
06-04-2019 - 12:00 — Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:33.97**	+0,68	642	
	50m: 31.86 31.86 150m: 1:40.88 35.01 250m: 2:50.78 35.03 350m: 4:00.57 34.69						
	100m: 1:05.87 34.01 200m: 2:15.75 34.87 300m: 3:25.88 35.10 400m: 4:33.97 33.40						
2.	LOPES Daniela Magalhaes	05	Famalicao	**4:34.14**	+0,78	641	
	50m: 31.62 31.62 150m: 1:41.28 35.11 250m: 2:51.04 35.19 350m: 4:00.83 34.43						
	100m: 1:06.17 34.55 200m: 2:15.85 34.57 300m: 3:26.40 35.36 400m: 4:34.14 33.31						
3.	PIRES Marta Joao	05	Alges	**4:36.92**	+0,76	622	
	50m: 31.55 31.55 150m: 1:41.11 35.31 250m: 2:51.89 35.76 350m: 4:03.49 35.91						
	100m: 1:05.80 34.25 200m: 2:16.13 35.02 300m: 3:27.58 35.69 400m: 4:36.92 33.43						
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:37.28**	+0,72	620	
	50m: 32.02 32.02 150m: 1:40.16 34.72 250m: 2:51.86 36.10 350m: 4:04.10 35.82						
	100m: 1:05.44 33.42 200m: 2:15.76 35.60 300m: 3:28.28 36.42 400m: 4:37.28 33.18						
5.	SIMOES Ana Beatriz	05	Sporting	**4:42.14**	+0,81	588	
	50m: 31.12 31.12 150m: 1:40.47 35.22 250m: 2:52.79 36.33 350m: 4:06.16 36.41						
	100m: 1:05.25 34.13 200m: 2:16.46 35.99 300m: 3:29.75 36.96 400m: 4:42.14 35.98						

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Prova 26, Femin., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SEBASTIAO Sofia Antunes	05	Amadora	**4:46.78**	+0,83	560	
	50m: 31.87 31.87 150m: 1:43.96 36.58 250m: 2:57.24 37.00 350m: 4:11.14 37.21						
	100m: 1:07.38 35.51 200m: 2:20.24 36.28 300m: 3:33.93 36.69 400m: 4:46.78 35.64						
7.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**4:49.10**		547	
	50m: 32.08 32.08 150m: 1:43.65 36.64 250m: 2:58.33 37.43 350m: 4:13.33 37.45						
	100m: 1:07.01 34.93 200m: 2:20.90 37.25 300m: 3:35.88 37.55 400m: 4:49.10 35.77						
8.	CABRAL Ana Matos	05	Condeixa Clube	**4:49.64**	+0,73	544	
	50m: 32.60 32.60 150m: 1:45.55 37.04 250m: 2:59.97 37.50 350m: 4:14.25 37.66						
	100m: 1:08.51 35.91 200m: 2:22.47 36.92 300m: 3:36.59 36.62 400m: 4:49.64 35.39						
9.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**4:52.18**	+0,84	530	
	50m: 32.62 32.62 150m: 1:45.78 36.51 250m: 3:00.66 37.02 350m: 4:15.52 37.16						
	100m: 1:09.27 36.65 200m: 2:23.64 37.86 300m: 3:38.36 37.70 400m: 4:52.18 36.66						
10.	COSTA Mafalda Santos	05	Colegio Monte Maior	**4:52.32**	+0,86	529	
	50m: 32.18 32.18 150m: 1:44.25 36.64 250m: 2:59.07 37.43 350m: 4:15.00 38.09						
	100m: 1:07.61 35.43 200m: 2:21.64 37.39 300m: 3:36.91 37.84 400m: 4:52.32 37.32						
11.	COSTA Mariana Martins	05	Famalicao	**4:53.75**	+0,78	521	
	50m: 32.19 32.19 150m: 1:45.38 36.44 250m: 3:00.55 36.91 350m: 4:16.39 37.07						
	100m: 1:08.94 36.75 200m: 2:23.64 38.26 300m: 3:39.32 38.77 400m: 4:53.75 37.36						
12.	NEVES Natalia Passeira	05	Natacao de Valongo	**4:54.69**	+0,93	516	
	50m: 32.52 32.52 150m: 1:45.26 36.51 250m: 3:01.19 38.01 350m: 4:17.09 37.94						
	100m: 1:08.75 36.23 200m: 2:23.18 37.92 300m: 3:39.15 37.96 400m: 4:54.69 37.60						
13.	HUTYY Adriana Carolina	05	Braga	**4:55.09**	+0,86	514	
	50m: 32.58 32.58 150m: 1:45.26 37.08 250m: 3:01.28 38.26 350m: 4:17.45 38.16						
	100m: 1:08.18 35.60 200m: 2:23.02 37.76 300m: 3:39.29 38.01 400m: 4:55.09 37.64						
14.	CANINHAS Maria Pinto	05	Natacao do Fundao	**4:55.74**	+0,86	511	
	50m: 32.93 32.93 150m: 1:46.70 38.06 250m: 3:02.91 38.42 350m: 4:19.09 37.96						
	100m: 1:08.64 35.71 200m: 2:24.49 37.79 300m: 3:41.13 38.22 400m: 4:55.74 36.65						
15.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**4:57.92**	+0,80	500	
	50m: 34.05 34.05 150m: 1:49.50 38.35 250m: 3:06.11 38.75 350m: 4:22.17 38.10						
	100m: 1:11.15 37.10 200m: 2:27.36 37.86 300m: 3:44.07 37.96 400m: 4:57.92 35.75						
16.	PIRES Laura Joao	05	Natacao do Fundao	**4:57.99**	+0,91	499	
	50m: 33.86 33.86 150m: 1:48.47 38.12 250m: 3:05.33 38.62 350m: 4:22.20 38.31						
	100m: 1:10.35 36.49 200m: 2:26.71 38.24 300m: 3:43.89 38.56 400m: 4:57.99 35.79						
17.	SANTOS Mariana Marques	05	Gesloures	**4:58.24**	+0,76	498	
	50m: 33.26 33.26 150m: 1:47.59 37.60 250m: 3:04.06 38.22 350m: 4:20.64 37.82						
	100m: 1:09.99 36.73 200m: 2:25.84 38.25 300m: 3:42.82 38.76 400m: 4:58.24 37.60						
18.	ANDRE Isadora Maia	05	Benfica	**5:01.57**	+0,76	482	
	50m: 32.47 32.47 150m: 1:45.89 37.58 250m: 3:03.20 39.03 350m: 4:22.69 40.10						
	100m: 1:08.31 35.84 200m: 2:24.17 38.28 300m: 3:42.59 39.39 400m: 5:01.57 38.88						
19.	RINO Maria Pedro	05	Academia dos Acores	**5:07.17**	+0,83	456	
	50m: 33.46 33.46 150m: 1:49.62 38.57 250m: 3:09.07 39.16 350m: 4:28.39 39.09						
	100m: 1:11.05 37.59 200m: 2:29.91 40.29 300m: 3:49.30 40.23 400m: 5:07.17 38.78						
20.	NICOLAU Margarida Claudino	05	Torres Novas	**5:11.27**	+0,82	438	
	50m: 31.96 31.96 150m: 1:48.56 39.50 250m: 3:08.29 40.55 350m: 4:30.94 41.27						
	100m: 1:09.06 37.10 200m: 2:27.74 39.18 300m: 3:49.67 41.38 400m: 5:11.27 40.33						

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Prova 26, Femin., 400m Livres, Elimin

Prova 26 | Femin., 400m Livres | Juniores
06-04-2019 - 12:00 | Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	**4:25.75**	+0,80	704	
	50m: 30.92 (30.92) 150m: 1:37.70 (33.67) 250m: 2:45.25 (33.90) 350m: 3:52.95 (33.76)						
	100m: 1:04.03 (33.11) 200m: 2:11.35 (33.65) 300m: 3:19.19 (33.94) 400m: 4:25.75 (32.80)						
2.	PINA Ana Sofia	02	O Crasto	**4:27.81**	+0,77	688	
	50m: 30.91 (30.91) 150m: 1:38.39 (33.96) 250m: 2:46.45 (34.01) 350m: 3:54.48 (33.88)						
	100m: 1:04.43 (33.52) 200m: 2:12.44 (34.05) 300m: 3:20.60 (34.15) 400m: 4:27.81 (33.33)						
3.	RAMOS Ana Rita	02	Porto	**4:27.89**	+0,71	687	
	50m: 30.09 (30.09) 150m: 1:36.01 (33.89) 250m: 2:44.96 (34.87) 350m: 3:53.96 (34.47)						
	100m: 1:02.12 (32.03) 200m: 2:10.09 (34.08) 300m: 3:19.49 (34.53) 400m: 4:27.89 (33.93)						
4.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:30.27**	+0,71	669	
	50m: 31.08 (31.08) 150m: 1:38.19 (33.91) 250m: 2:46.65 (34.22) 350m: 3:56.25 (34.83)						
	100m: 1:04.28 (33.20) 200m: 2:12.43 (34.24) 300m: 3:21.42 (34.77) 400m: 4:30.27 (34.02)						
5.	SOUSA Ana Reis	02	Alges	**4:31.50**	+0,52	660	
	50m: 30.17 (30.17) 150m: 1:37.18 (33.98) 250m: 2:46.79 (35.06) 350m: 3:56.81 (35.15)						
	100m: 1:03.20 (33.03) 200m: 2:11.73 (34.55) 300m: 3:21.66 (34.87) 400m: 4:31.50 (34.69)						
6.	AMORIM Maria Leonor	03	Porto	**4:32.37**	+0,72	654	
	50m: 31.07 (31.07) 150m: 1:39.00 (34.67) 250m: 2:49.06 (35.07) 350m: 3:58.74 (34.96)						
	100m: 1:04.33 (33.26) 200m: 2:13.99 (34.99) 300m: 3:23.78 (34.72) 400m: 4:32.37 (33.63)						
7.	ROSA Mafalda Sofia	03	Rio Maior	**4:33.14**	+0,80	648	
	50m: 31.57 (31.57) 150m: 1:38.93 (33.82) 250m: 2:47.85 (34.39) 350m: 3:58.04 (35.00)						
	100m: 1:05.11 (33.54) 200m: 2:13.46 (34.53) 300m: 3:23.04 (35.19) 400m: 4:33.14 (35.10)						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**4:36.34**	+0,80	626	
	50m: 30.65 (30.65) 150m: 1:38.44 (34.43) 250m: 2:49.07 (35.60) 350m: 4:01.12 (35.94)						
	100m: 1:04.01 (33.36) 200m: 2:13.47 (35.03) 300m: 3:25.18 (36.11) 400m: 4:36.34 (35.22)						
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:38.31**	+0,77	613	
	50m: 31.92 (31.92) 150m: 1:41.78 (34.99) 250m: 2:52.45 (35.01) 350m: 4:03.80 (35.57)						
	100m: 1:06.79 (34.87) 200m: 2:17.44 (35.66) 300m: 3:28.23 (35.78) 400m: 4:38.31 (34.51)						
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:38.77**	+0,86	610	
	50m: 31.69 (31.69) 150m: 1:40.55 (34.78) 250m: 2:51.23 (35.81) 350m: 4:04.19 (36.66)						
	100m: 1:05.77 (34.08) 200m: 2:15.42 (34.87) 300m: 3:27.53 (36.30) 400m: 4:38.77 (34.58)						
11.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:40.18**	+0,77	601	
	50m: 32.41 (32.41) 150m: 1:41.34 (34.94) 250m: 2:52.75 (35.95) 350m: 4:05.35 (36.26)						
	100m: 1:06.40 (33.99) 200m: 2:16.80 (35.46) 300m: 3:29.09 (36.34) 400m: 4:40.18 (34.83)						

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Prova 26, Femin., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	PINTO Mafalda Marques	02	Sporting	**4:44.25**	+0,72	575	
	50m: 30.48 30.48 150m: 1:39.83 35.35 250m: 2:55.02 37.90 350m: 4:09.06 35.16						
	100m: 1:04.48 34.00 200m: 2:17.12 37.29 300m: 3:33.90 38.88 400m: 4:44.25 35.19						
13.	SOARES Carolina Silva	03	Natacao de Valongo	**4:44.33**	+0,81	575	
	50m: 31.55 31.55 150m: 1:41.55 34.89 250m: 2:54.07 36.00 350m: 4:07.99 36.45						
	100m: 1:06.66 35.11 200m: 2:18.07 36.52 300m: 3:31.54 37.47 400m: 4:44.33 36.34						
14.	VARANDAS Joana Filipa	02	Laranjeiro	**4:47.55**	+0,83	556	
	50m: 32.01 32.01 150m: 1:43.32 36.08 250m: 2:57.09 37.20 350m: 4:11.39 37.00						
	100m: 1:07.24 35.23 200m: 2:19.89 36.57 300m: 3:34.39 37.30 400m: 4:47.55 36.16						
15.	SOUSA Ines Matos	03	Uniao Coimbra	**4:48.66**	+0,79	549	
	50m: 32.66 32.66 150m: 1:44.60 36.63 250m: 2:58.20 37.19 350m: 4:12.41 37.33						
	100m: 1:07.97 35.31 200m: 2:21.01 36.41 300m: 3:35.08 36.88 400m: 4:48.66 36.25						
16.	DIAS Ana Leonor	02	Natacao Olhao	**4:49.75**	+0,75	543	
	50m: 33.18 33.18 150m: 1:46.90 37.23 250m: 3:00.47 35.99 350m: 4:13.74 36.56						
	100m: 1:09.67 36.49 200m: 2:24.48 37.58 300m: 3:37.18 36.71 400m: 4:49.75 36.01						
17.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**4:54.14**	+0,74	519	
	50m: 33.00 33.00 150m: 1:46.62 37.33 250m: 3:01.92 37.65 350m: 4:17.19 37.70						
	100m: 1:09.29 36.29 200m: 2:24.27 37.65 300m: 3:39.49 37.57 400m: 4:54.14 36.95						

Prova 26 — Femin., 400m Livres — Seniores
06-04-2019 - 12:00 — Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**4:23.50**		722	
	50m: 30.65 30.65 150m: 1:36.78 33.36 250m: 2:43.65 33.22 350m: 3:50.09 33.32						
	100m: 1:03.42 32.77 200m: 2:10.43 33.65 300m: 3:16.77 33.12 400m: 4:23.50 33.41						
2.	HENRIQUES Ines Jacinto	00	Sporting	**4:25.81**	+0,72	703	
	50m: 30.60 30.60 150m: 1:36.81 33.51 250m: 2:43.86 33.62 350m: 3:51.99 34.40						
	100m: 1:03.30 32.70 200m: 2:10.24 33.43 300m: 3:17.59 33.73 400m: 4:25.81 33.82						
3.	FARIA Ana Rita	00	Porto	**4:29.30**	+0,74	676	
	50m: 31.01 31.01 150m: 1:38.25 33.66 250m: 2:46.45 33.82 350m: 3:55.03 33.96						
	100m: 1:04.59 33.58 200m: 2:12.63 34.38 300m: 3:21.07 34.62 400m: 4:29.30 34.27						
4.	AZEVEDO Madalena Gomes	99	Alges	**4:32.00**	+0,73	657	
	50m: 30.38 30.38 150m: 1:37.56 33.81 250m: 2:47.11 35.14 350m: 3:57.54 34.72						
	100m: 1:03.75 33.37 200m: 2:11.97 34.41 300m: 3:22.82 35.71 400m: 4:32.00 34.46						
5.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:34.83**	+0,65	636	
	50m: 31.53 31.53 150m: 1:39.83 34.34 250m: 2:49.35 34.71 350m: 4:00.08 35.43						
	100m: 1:05.49 33.96 200m: 2:14.64 34.81 300m: 3:24.65 35.30 400m: 4:34.83 34.75						

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Prova 26, Femin., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:36.14**	+0,74	627	
	50m: 32.06 32.06 150m: 1:41.42 35.42 250m: 2:51.56 34.97 350m: 4:02.38 35.44						
	100m: 1:06.00 33.94 200m: 2:16.59 35.17 300m: 3:26.94 35.38 400m: 4:36.14 33.76						
7.	RODRIGUES Filipa Serrano	01	Benfica	**4:36.80**	+0,80	623	
	50m: 31.40 31.40 150m: 1:39.78 34.65 250m: 2:50.05 34.94 350m: 4:01.42 35.98						
	100m: 1:05.13 33.73 200m: 2:15.11 35.33 300m: 3:25.44 35.39 400m: 4:36.80 35.38						
8.	VELOSO Teresa Miguel	00	Sporting	**4:40.95**	+0,80	596	
	50m: 31.39 31.39 150m: 1:41.45 35.68 250m: 2:53.46 35.88 350m: 4:05.44 35.97						
	100m: 1:05.77 34.38 200m: 2:17.58 36.13 300m: 3:29.47 36.01 400m: 4:40.95 35.51						
9.	RIESENBERGER Bruna Martins	97	Laranjeiro	**4:46.10**	+0,71	564	
	50m: 32.14 32.14 150m: 1:42.77 35.94 250m: 2:55.85 36.79 350m: 4:09.95 37.01						
	100m: 1:06.83 34.69 200m: 2:19.06 36.29 300m: 3:32.94 37.09 400m: 4:46.10 36.15						
10.	CARVALHO Eva Guerreiro	99	Benfica	**4:50.99**	+0,77	536	
	50m: 32.49 32.49 150m: 1:43.60 35.79 250m: 2:57.49 36.85 350m: 4:12.92 37.60						
	100m: 1:07.81 35.32 200m: 2:20.64 37.04 300m: 3:35.32 37.83 400m: 4:50.99 38.07						
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Prova 26 — Femin., 400m Livres — Absolutos
06-04-2019 - 12:00 — Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RNS8	5:42.97	CASTRO Ana Filipa	FVCD	Coimbra	02-03-2019
RNS9	5:07.79	VEIGA Susana Pereira	POR	Dublin (IRL)	18-08-2018

JO-Para Absoluto S9: 5:04.07 / World-Para Absoluto S9: 5:10.46 / PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**4:23.50**		722	
	50m: 30.65 30.65 150m: 1:36.78 33.36 250m: 2:43.65 33.22 350m: 3:50.09 33.32						
	100m: 1:03.42 32.77 200m: 2:10.43 33.65 300m: 3:16.77 33.12 400m: 4:23.50 33.41						
2.	MARTINS Francisca Soares	03	Foca	**4:25.75**	+0,80	704	
	50m: 30.92 30.92 150m: 1:37.70 33.67 250m: 2:45.25 33.90 350m: 3:52.95 33.76						
	100m: 1:04.03 33.11 200m: 2:11.35 33.65 300m: 3:19.19 33.94 400m: 4:25.75 32.80						
3.	HENRIQUES Ines Jacinto	00	Sporting	**4:25.81**	+0,72	703	
	50m: 30.60 30.60 150m: 1:36.81 33.51 250m: 2:43.86 33.62 350m: 3:51.99 34.40						
	100m: 1:03.30 32.70 200m: 2:10.24 33.43 300m: 3:17.59 33.73 400m: 4:25.81 33.82						
4.	PINA Ana Sofia	02	O Crasto	**4:27.81**	+0,77	688	
	50m: 30.91 30.91 150m: 1:38.39 33.96 250m: 2:46.45 34.01 350m: 3:54.48 33.88						
	100m: 1:04.43 33.52 200m: 2:12.44 34.05 300m: 3:20.60 34.15 400m: 4:27.81 33.33						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RAMOS Ana Rita	02	Porto	**4:27.89**	+0,71	687	
	50m: 30.09 30.09 150m: 1:36.01 33.89 250m: 2:44.96 34.87 350m: 3:53.96 34.47						
	100m: 1:02.12 32.03 200m: 2:10.09 34.08 300m: 3:19.49 34.53 400m: 4:27.89 33.93						
6.	FARIA Ana Rita	00	Porto	**4:29.30**	+0,74	676	
	50m: 31.01 31.01 150m: 1:38.25 33.66 250m: 2:46.45 33.82 350m: 3:55.03 33.96						
	100m: 1:04.59 33.58 200m: 2:12.63 34.38 300m: 3:21.07 34.62 400m: 4:29.30 34.27						
7.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:30.27**	+0,71	669	
	50m: 31.08 31.08 150m: 1:38.19 33.91 250m: 2:46.65 34.22 350m: 3:56.25 34.83						
	100m: 1:04.28 33.20 200m: 2:12.43 34.24 300m: 3:21.42 34.77 400m: 4:30.27 34.02						
8.	SOUSA Ana Reis	02	Alges	**4:31.50**	+0,52	660	
	50m: 30.17 30.17 150m: 1:37.18 33.98 250m: 2:46.79 35.06 350m: 3:56.81 35.15						
	100m: 1:03.20 33.03 200m: 2:11.73 34.55 300m: 3:21.66 34.87 400m: 4:31.50 34.69						
9.	AZEVEDO Madalena Gomes	99	Alges	**4:32.00**	+0,73	657	
	50m: 30.38 30.38 150m: 1:37.56 33.81 250m: 2:47.11 35.14 350m: 3:57.54 34.72						
	100m: 1:03.75 33.37 200m: 2:11.97 34.41 300m: 3:22.82 35.71 400m: 4:32.00 34.46						
10.	AMORIM Maria Leonor	03	Porto	**4:32.37**	+0,72	654	
	50m: 31.07 31.07 150m: 1:39.00 34.67 250m: 2:49.06 35.07 350m: 3:58.74 34.96						
	100m: 1:04.33 33.26 200m: 2:13.99 34.99 300m: 3:23.78 34.72 400m: 4:32.37 33.63						
11.	ROSA Mafalda Sofia	03	Rio Maior	**4:33.14**	+0,80	648	
	50m: 31.57 31.57 150m: 1:38.93 33.82 250m: 2:47.85 34.39 350m: 3:58.04 35.00						
	100m: 1:05.11 33.54 200m: 2:13.46 34.53 300m: 3:23.04 35.19 400m: 4:33.14 35.10						
12.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:33.97**	+0,68	642	
	50m: 31.86 31.86 150m: 1:40.88 35.01 250m: 2:50.78 35.03 350m: 4:00.57 34.69						
	100m: 1:05.87 34.01 200m: 2:15.75 34.87 300m: 3:25.88 35.10 400m: 4:33.97 33.40						
13.	LOPES Daniela Magalhaes	05	Famalicao	**4:34.14**	+0,78	641	
	50m: 31.62 31.62 150m: 1:41.28 35.11 250m: 2:51.04 35.19 350m: 4:00.83 34.43						
	100m: 1:06.17 34.55 200m: 2:15.85 34.57 300m: 3:26.40 35.36 400m: 4:34.14 33.31						
14.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:34.83**	+0,65	636	
	50m: 31.53 31.53 150m: 1:39.83 34.34 250m: 2:49.35 34.71 350m: 4:00.08 35.43						
	100m: 1:05.49 33.96 200m: 2:14.64 34.81 300m: 3:24.65 35.30 400m: 4:34.83 34.75						
15.	SANTOS Leonor Esteves	04	Avancado EUL	**4:35.95**	+0,84	629	
	50m: 32.49 32.49 150m: 1:41.98 34.91 250m: 2:51.51 34.86 350m: 4:01.61 35.13						
	100m: 1:07.07 34.58 200m: 2:16.65 34.67 300m: 3:26.48 34.97 400m: 4:35.95 34.34						
16.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:36.14**	+0,74	627	
	50m: 32.06 32.06 150m: 1:41.42 35.42 250m: 2:51.56 34.97 350m: 4:02.38 35.44						
	100m: 1:06.00 33.94 200m: 2:16.59 35.17 300m: 3:26.94 35.38 400m: 4:36.14 33.76						
17.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**4:36.15**	+0,64	627	
	50m: 31.22 31.22 150m: 1:40.80 35.21 250m: 2:51.95 35.63 350m: 4:02.33 35.01						
	100m: 1:05.59 34.37 200m: 2:16.32 35.52 300m: 3:27.32 35.37 400m: 4:36.15 33.82						
18.	CARDEAL Joana Nunes	02	Academico Viseu	**4:36.34**	+0,80	626	
	50m: 30.65 30.65 150m: 1:38.44 34.43 250m: 2:49.07 35.60 350m: 4:01.12 35.94						
	100m: 1:04.01 33.36 200m: 2:13.47 35.03 300m: 3:25.18 36.11 400m: 4:36.34 35.22						
19.	MOURA Maria Ferreira	04	Sporting	**4:36.72**	+0,75	623	
	50m: 30.37 30.37 150m: 1:38.48 34.87 250m: 2:50.10 36.35 350m: 4:02.71 36.28						
	100m: 1:03.61 33.24 200m: 2:13.75 35.27 300m: 3:26.43 36.33 400m: 4:36.72 34.01						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	RODRIGUES Filipa Serrano	01	Benfica	**4:36.80**	+0,80	623	
	50m: 31.40 (31.40) 150m: 1:39.78 (34.65) 250m: 2:50.05 (34.94) 350m: 4:01.42 (35.98)						
	100m: 1:05.13 (33.73) 200m: 2:15.11 (35.33) 300m: 3:25.44 (35.39) 400m: 4:36.80 (35.38)						
21.	PIRES Marta Joao	05	Alges	**4:36.92**	+0,76	622	
	50m: 31.55 (31.55) 150m: 1:41.11 (35.31) 250m: 2:51.89 (35.76) 350m: 4:03.49 (35.91)						
	100m: 1:05.80 (34.25) 200m: 2:16.13 (35.02) 300m: 3:27.58 (35.69) 400m: 4:36.92 (33.43)						
22.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:37.28**	+0,72	620	
	50m: 32.02 (32.02) 150m: 1:40.16 (34.72) 250m: 2:51.86 (36.10) 350m: 4:04.10 (35.82)						
	100m: 1:05.44 (33.42) 200m: 2:15.76 (35.60) 300m: 3:28.28 (36.42) 400m: 4:37.28 (33.18)						
23.	PINHO Carolina Teixeira	04	Porto	**4:38.08**	+0,74	614	
	50m: 31.37 (31.37) 150m: 1:40.17 (34.66) 250m: 2:51.08 (35.28) 350m: 4:02.38 (35.42)						
	100m: 1:05.51 (34.14) 200m: 2:15.80 (35.63) 300m: 3:26.96 (35.88) 400m: 4:38.08 (35.70)						
24.	PRETO Filipa Manso	04	Porto	**4:38.10**	+0,77	614	
	50m: 31.96 (31.96) 150m: 1:41.73 (35.09) 250m: 2:52.27 (35.21) 350m: 4:03.94 (35.95)						
	100m: 1:06.64 (34.68) 200m: 2:17.06 (35.33) 300m: 3:27.99 (35.72) 400m: 4:38.10 (34.16)						
25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:38.31**	+0,77	613	
	50m: 31.92 (31.92) 150m: 1:41.78 (34.99) 250m: 2:52.45 (35.01) 350m: 4:03.80 (35.57)						
	100m: 1:06.79 (34.87) 200m: 2:17.44 (35.66) 300m: 3:28.23 (35.78) 400m: 4:38.31 (34.51)						
26.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:38.77**	+0,86	610	
	50m: 31.69 (31.69) 150m: 1:40.55 (34.78) 250m: 2:51.23 (35.81) 350m: 4:04.19 (36.66)						
	100m: 1:05.77 (34.08) 200m: 2:15.42 (34.87) 300m: 3:27.53 (36.30) 400m: 4:38.77 (34.58)						
27.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**4:38.85**	+0,75	609	
	50m: 31.22 (31.22) 150m: 1:40.97 (35.50) 250m: 2:52.71 (36.11) 350m: 4:04.66 (35.86)						
	100m: 1:05.47 (34.25) 200m: 2:16.60 (35.63) 300m: 3:28.80 (36.09) 400m: 4:38.85 (34.19)						
28.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:40.18**	+0,77	601	
	50m: 32.41 (32.41) 150m: 1:41.34 (34.94) 250m: 2:52.75 (35.95) 350m: 4:05.35 (36.26)						
	100m: 1:06.40 (33.99) 200m: 2:16.80 (35.46) 300m: 3:29.09 (36.34) 400m: 4:40.18 (34.83)						
29.	VELOSO Teresa Miguel	00	Sporting	**4:40.95**	+0,80	596	
	50m: 31.39 (31.39) 150m: 1:41.45 (35.68) 250m: 2:53.46 (35.88) 350m: 4:05.44 (35.97)						
	100m: 1:05.77 (34.38) 200m: 2:17.58 (36.13) 300m: 3:29.47 (36.01) 400m: 4:40.95 (35.51)						
30.	SIMOES Ana Beatriz	05	Sporting	**4:42.14**	+0,81	588	
	50m: 31.12 (31.12) 150m: 1:40.47 (35.22) 250m: 2:52.79 (36.33) 350m: 4:06.16 (36.41)						
	100m: 1:05.25 (34.13) 200m: 2:16.46 (35.99) 300m: 3:29.75 (36.96) 400m: 4:42.14 (35.98)						
31.	PINTO Mafalda Marques	02	Sporting	**4:44.25**	+0,72	575	
	50m: 30.48 (30.48) 150m: 1:39.83 (35.35) 250m: 2:55.02 (37.90) 350m: 4:09.06 (35.16)						
	100m: 1:04.48 (34.00) 200m: 2:17.12 (37.29) 300m: 3:33.90 (38.88) 400m: 4:44.25 (35.19)						
32.	SOARES Carolina Silva	03	Natacao de Valongo	**4:44.33**	+0,81	575	
	50m: 31.55 (31.55) 150m: 1:41.55 (34.89) 250m: 2:54.07 (36.00) 350m: 4:07.99 (36.45)						
	100m: 1:06.66 (35.11) 200m: 2:18.07 (36.52) 300m: 3:31.54 (37.47) 400m: 4:44.33 (36.34)						
33.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**4:45.72**	+0,83	566	
	50m: 32.65 (32.65) 150m: 1:44.17 (36.49) 250m: 2:57.18 (36.87) 350m: 4:10.61 (36.85)						
	100m: 1:07.68 (35.03) 200m: 2:20.31 (36.14) 300m: 3:33.76 (36.58) 400m: 4:45.72 (35.11)						
34.	RIESENBERGER Bruna Martins	97	Laranjeiro	**4:46.10**	+0,71	564	
	50m: 32.14 (32.14) 150m: 1:42.77 (35.94) 250m: 2:55.85 (36.79) 350m: 4:09.95 (37.01)						
	100m: 1:06.83 (34.69) 200m: 2:19.06 (36.29) 300m: 3:32.94 (37.09) 400m: 4:46.10 (36.15)						

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Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	SEBASTIAO Sofia Antunes	05	Amadora	**4:46.78**	+0,83	560	
	50m: 31.87 31.87 150m: 1:43.96 36.58 250m: 2:57.24 37.00 350m: 4:11.14 37.21						
	100m: 1:07.38 35.51 200m: 2:20.24 36.28 300m: 3:33.93 36.69 400m: 4:46.78 35.64						
36.	VARANDAS Joana Filipa	02	Laranjeiro	**4:47.55**	+0,83	556	
	50m: 32.01 32.01 150m: 1:43.32 36.08 250m: 2:57.09 37.20 350m: 4:11.39 37.00						
	100m: 1:07.24 35.23 200m: 2:19.89 36.57 300m: 3:34.39 37.30 400m: 4:47.55 36.16						
37.	INACIO Marta Macedo	04	Sporting	**4:48.15**	+0,84	552	
	50m: 31.50 31.50 150m: 1:42.78 36.31 250m: 2:56.63 37.05 350m: 4:11.45 37.49						
	100m: 1:06.47 34.97 200m: 2:19.58 36.80 300m: 3:33.96 37.33 400m: 4:48.15 36.70						
38.	SOUSA Ines Matos	03	Uniao Coimbra	**4:48.66**	+0,79	549	
	50m: 32.66 32.66 150m: 1:44.60 36.63 250m: 2:58.20 37.19 350m: 4:12.41 37.33						
	100m: 1:07.97 35.31 200m: 2:21.01 36.41 300m: 3:35.08 36.88 400m: 4:48.66 36.25						
39.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**4:49.04**	+0,82	547	
	50m: 31.82 31.82 150m: 1:42.96 36.37 250m: 2:57.74 37.95 350m: 4:13.23 38.34						
	100m: 1:06.59 34.77 200m: 2:19.79 36.83 300m: 3:34.89 37.15 400m: 4:49.04 35.81						
40.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**4:49.10**		547	
	50m: 32.08 32.08 150m: 1:43.65 36.64 250m: 2:58.33 37.43 350m: 4:13.33 37.45						
	100m: 1:07.01 34.93 200m: 2:20.90 37.25 300m: 3:35.88 37.55 400m: 4:49.10 35.77						
41.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**4:49.18**	+0,84	546	
	50m: 31.19 31.19 150m: 1:43.50 36.90 250m: 2:57.86 37.34 350m: 4:13.14 37.96						
	100m: 1:06.60 35.41 200m: 2:20.52 37.02 300m: 3:35.18 37.32 400m: 4:49.18 36.04						
42.	PIMENTEL Marta Lima	04	Fluvial Portuense	**4:49.40**	+0,87	545	
	50m: 33.00 33.00 150m: 1:45.52 36.40 250m: 3:00.02 37.19 350m: 4:14.21 36.72						
	100m: 1:09.12 36.12 200m: 2:22.83 37.31 300m: 3:37.49 37.47 400m: 4:49.40 35.19						
43.	CABRAL Ana Matos	05	Condeixa Clube	**4:49.64**	+0,73	544	
	50m: 32.60 32.60 150m: 1:45.55 37.04 250m: 2:59.97 37.50 350m: 4:14.25 37.66						
	100m: 1:08.51 35.91 200m: 2:22.47 36.92 300m: 3:36.59 36.62 400m: 4:49.64 35.39						
44.	DIAS Ana Leonor	02	Natacao Olhao	**4:49.75**	+0,75	543	
	50m: 33.18 33.18 150m: 1:46.90 37.23 250m: 3:00.47 35.99 350m: 4:13.74 36.56						
	100m: 1:09.67 36.49 200m: 2:24.48 37.58 300m: 3:37.18 36.71 400m: 4:49.75 36.01						
45.	SILVA Ines Martins	04	Vilacondense	**4:50.35**	+0,85	540	
	50m: 32.69 32.69 150m: 1:44.46 36.43 250m: 2:59.08 37.25 350m: 4:14.35 37.66						
	100m: 1:08.03 35.34 200m: 2:21.83 37.37 300m: 3:36.69 37.61 400m: 4:50.35 36.00						
46.	CARVALHO Eva Guerreiro	99	Benfica	**4:50.99**	+0,77	536	
	50m: 32.49 32.49 150m: 1:43.60 35.79 250m: 2:57.49 36.85 350m: 4:12.92 37.60						
	100m: 1:07.81 35.32 200m: 2:20.64 37.04 300m: 3:35.32 37.83 400m: 4:50.99 38.07						
47.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**4:52.18**	+0,84	530	
	50m: 32.62 32.62 150m: 1:45.78 36.51 250m: 3:00.66 37.02 350m: 4:15.52 37.16						
	100m: 1:09.27 36.65 200m: 2:23.64 37.86 300m: 3:38.36 37.70 400m: 4:52.18 36.66						
48.	COSTA Mafalda Santos	05	Colegio Monte Maior	**4:52.32**	+0,86	529	
	50m: 32.18 32.18 150m: 1:44.25 36.64 250m: 2:59.07 37.43 350m: 4:15.00 38.09						
	100m: 1:07.61 35.43 200m: 2:21.64 37.39 300m: 3:36.91 37.84 400m: 4:52.32 37.32						
49.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**4:52.49**	+0,77	528	
	50m: 32.51 32.51 150m: 1:46.57 37.21 250m: 3:01.49 36.51 350m: 4:16.50 37.17						
	100m: 1:09.36 36.85 200m: 2:24.98 38.41 300m: 3:39.33 37.84 400m: 4:52.49 35.99						

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Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	COSTA Mariana Martins	05	Famalicao	**4:53.75**	+0,78	521	
	50m: 32.19 32.19 150m: 1:45.38 36.44 250m: 3:00.55 36.91 350m: 4:16.39 37.07						
	100m: 1:08.94 36.75 200m: 2:23.64 38.26 300m: 3:39.32 38.77 400m: 4:53.75 37.36						
51.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**4:54.14**	+0,74	519	
	50m: 33.00 33.00 150m: 1:46.62 37.33 250m: 3:01.92 37.65 350m: 4:17.19 37.70						
	100m: 1:09.29 36.29 200m: 2:24.27 37.65 300m: 3:39.49 37.57 400m: 4:54.14 36.95						
52.	NEVES Natalia Passeira	05	Natacao de Valongo	**4:54.69**	+0,93	516	
	50m: 32.52 32.52 150m: 1:45.26 36.51 250m: 3:01.19 38.01 350m: 4:17.09 37.94						
	100m: 1:08.75 36.23 200m: 2:23.18 37.92 300m: 3:39.15 37.96 400m: 4:54.69 37.60						
53.	GALANTE Ines Carvalho	04	Vilacondense	**4:54.72**	+0,80	516	
	50m: 32.40 32.40 150m: 1:46.17 37.15 250m: 3:02.26 37.90 350m: 4:18.00 37.73						
	100m: 1:09.02 36.62 200m: 2:24.36 38.19 300m: 3:40.27 38.01 400m: 4:54.72 36.72						
54.	HUTYY Adriana Carolina	05	Braga	**4:55.09**	+0,86	514	
	50m: 32.58 32.58 150m: 1:45.26 37.08 250m: 3:01.28 38.26 350m: 4:17.45 38.16						
	100m: 1:08.18 35.60 200m: 2:23.02 37.76 300m: 3:39.29 38.01 400m: 4:55.09 37.64						
55.	FERNANDES Maria Elias	04	Desportiva Viana	**4:55.50**	+0,97	512	
	50m: 32.86 32.86 150m: 1:47.10 37.38 250m: 3:02.73 38.02 350m: 4:18.85 37.97						
	100m: 1:09.72 36.86 200m: 2:24.71 37.61 300m: 3:40.88 38.15 400m: 4:55.50 36.65						
56.	CANINHAS Maria Pinto	05	Natacao do Fundao	**4:55.74**	+0,86	511	
	50m: 32.93 32.93 150m: 1:46.70 38.06 250m: 3:02.91 38.42 350m: 4:19.09 37.96						
	100m: 1:08.64 35.71 200m: 2:24.49 37.79 300m: 3:41.13 38.22 400m: 4:55.74 36.65						
57.	FREIXIEIRO Beatriz Maria	04	Rio Maior	**4:55.75**	+0,76	511	
	50m: 32.39 32.39 150m: 1:46.84 37.61 250m: 3:03.05 37.98 350m: 4:19.34 38.06						
	100m: 1:09.23 36.84 200m: 2:25.07 38.23 300m: 3:41.28 38.23 400m: 4:55.75 36.41						
58.	NARRA Vera Figueiredo	04	Amadora	**4:56.32**	+0,78	508	
	50m: 33.57 33.57 150m: 1:47.63 37.77 250m: 3:03.43 37.93 350m: 4:19.33 38.18						
	100m: 1:09.86 36.29 200m: 2:25.50 37.87 300m: 3:41.15 37.72 400m: 4:56.32 36.99						
59.	LIGEIRO Daniela Silva	04	Viana Natacao	**4:57.40**	+0,64	502	
	50m: 32.20 32.20 150m: 1:46.37 37.83 250m: 3:02.72 38.36 350m: 4:19.69 38.44						
	100m: 1:08.54 36.34 200m: 2:24.36 37.99 300m: 3:41.25 38.53 400m: 4:57.40 37.71						
60.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**4:57.92**	+0,80	500	
	50m: 34.05 34.05 150m: 1:49.50 38.35 250m: 3:06.11 38.75 350m: 4:22.17 38.10						
	100m: 1:11.15 37.10 200m: 2:27.36 37.86 300m: 3:44.07 37.96 400m: 4:57.92 35.75						
61.	PIRES Laura Joao	05	Natacao do Fundao	**4:57.99**	+0,91	499	
	50m: 33.86 33.86 150m: 1:48.47 38.12 250m: 3:05.33 38.62 350m: 4:22.20 38.31						
	100m: 1:10.35 36.49 200m: 2:26.71 38.24 300m: 3:43.89 38.56 400m: 4:57.99 35.79						
62.	SANTOS Mariana Marques	05	Gesloures	**4:58.24**	+0,76	498	
	50m: 33.26 33.26 150m: 1:47.59 37.60 250m: 3:04.06 38.22 350m: 4:20.64 37.82						
	100m: 1:09.99 36.73 200m: 2:25.84 38.25 300m: 3:42.82 38.76 400m: 4:58.24 37.60						
63.	ANDRE Isadora Maia	05	Benfica	**5:01.57**	+0,76	482	
	50m: 32.47 32.47 150m: 1:45.89 37.58 250m: 3:03.20 39.03 350m: 4:22.69 40.10						
	100m: 1:08.31 35.84 200m: 2:24.17 38.28 300m: 3:42.59 39.39 400m: 5:01.57 38.88						
64.	RINO Maria Pedro	05	Academia dos Acores	**5:07.17**	+0,83	456	
	50m: 33.46 33.46 150m: 1:49.62 38.57 250m: 3:09.07 39.16 350m: 4:28.39 39.09						
	100m: 1:11.05 37.59 200m: 2:29.91 40.29 300m: 3:49.30 40.23 400m: 5:07.17 38.78						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
65.	NICOLAU Margarida Claudino	05	Torres Novas	**5:11.27**	+0,82	438	
	50m: 31.96 31.96 150m: 1:48.56 39.50 250m: 3:08.29 40.55 350m: 4:30.94 41.27						
	100m: 1:09.06 37.10 200m: 2:27.74 39.18 300m: 3:49.67 41.38 400m: 5:11.27 40.33						
DNS	LACARTA Lydia Foj	01	Louletano / Loule Concelho				
DNS	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria				
DNS	CHEROUATI Souad Nefissa	89	Benfica				
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	**5:03.76**	+0,83	471	
	Rec Nac S9, Minimos Paralympic Games, Minimos Wordl ParaSwim						
	50m: 33.87 33.87 150m: 1:48.50 38.20 250m: 3:05.94 38.99 350m: 4:25.30 40.11						
	100m: 1:10.30 36.43 200m: 2:26.95 38.45 300m: 3:45.19 39.25 400m: 5:03.76 38.46						

Prova 25 — Masc., 200m Livres — Absolutos

06-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Sen	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.32	SANTA Gustavo Manuel	CNLA	Coimbra	30-07-2010
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015

PreJun_Masc Juv: 1:57.09 / CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / CMPL Sen: 1:47.40 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARVALHO Fernando Costa	03	Foca	**2:01.93**		585	
	50m: 29.02 29.02 100m: 59.38 30.36 150m: 1:30.76 31.38 200m: 2:01.93 31.17						
2.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:03.34**		565	
	50m: 28.14 28.14 100m: 58.54 30.40 150m: 1:31.05 32.51 200m: 2:03.34 32.29						

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6 - 3ª Jornada - 2ª Sessão - Finais 06-04-2019 - 17:00

Prova 19 | Masc., 100m Mariposa | Absolutos
06-04-2019 - 17:00 | Resultados Final

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.66	CARVALHO Diogo Filipe	CGA	Lisboa	25-03-2006
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.24	RIBEIRO Diogo Matos	CUC	Coimbra	06-04-2019

PreJun_Masc Juv: 56.91 / CEJun_Masc 15 - 18: 55.25 / CMJ_Masc 15 - 18: 54.16 / CMPL Sen: 51.96 / JO Absoluto: 51.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	PEREIRA Luiz Pedro	91	Benfica	**53.51**	+0,65	807	
	50m: 24.90 24.90 100m: 53.51 28.61						
2.	SANTOS Pedro Andre	94	Alges	**55.96**	+0,71	705	
	50m: 25.93 25.93 100m: 55.96 30.03						
3.	CARVALHO Andre Antunes	96	Sporting	**56.12**	+0,72	699	
	50m: 26.34 26.34 100m: 56.12 29.78						
4.	CORDEIRO Tiago Roberto	00	Benfica	**56.47**	+0,70	686	
	50m: 26.67 26.67 100m: 56.47 29.80						
5.	VAKULYUK Paulo *Minimos Pré-Jun*	03	Torres Novas	**56.49**	+0,67	685	
	50m: 26.54 26.54 100m: 56.49 29.95						
6.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.61**	+0,69	681	
	50m: 26.64 26.64 100m: 56.61 29.97						
7.	SOUSA Joao Ribeiro	01	Porto	**56.84**	+0,67	673	
	50m: 26.38 26.38 100m: 56.84 30.46						
8.	RIBEIRO Diogo Matos *Rec Nac*	04	Uniao Coimbra	**57.23**	+0,72	659	
	50m: 26.46 26.46 100m: 57.23 30.77						
9.	AGUIAR Gabriel Silva	01	Porto	**57.51**	+0,61	650	
	50m: 26.93 26.93 100m: 57.51 30.58						
10.	GOMES Vicente Oliveira	02	Sporting	**57.87**	+0,73	638	
	50m: 26.70 26.70 100m: 57.87 31.17						
Final B							
11.	DOMINGOS Ruy Manuel	02	Sporting	**57.00**	+0,74	667	
	50m: 26.54 26.54 100m: 57.00 30.46						
12.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**57.75**	+0,69	642	
	50m: 27.12 27.12 100m: 57.75 30.63						
13.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**57.86**	+0,75	638	
	50m: 27.15 27.15 100m: 57.86 30.71						

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Prova 19, Masc., 100m Mariposa, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SILVA Joao Carlos	98	Famalicao	**57.90**	+0,62	637	
	50m: 27.12 27.12 100m: 57.90 30.78						
15.	LOPES Carlos Filipe	01	Uniao Piedense	**58.05**	+0,72	632	
	50m: 27.19 27.19 100m: 58.05 30.86						
16.	CARNEIRO Joao Soares	03	Benfica	**58.41**	+0,69	620	
	50m: 27.48 27.48 100m: 58.41 30.93						
17.	PINHO Manuel Antonio	01	Feirense	**58.51**	+0,62	617	
	50m: 27.44 27.44 100m: 58.51 31.07						
18.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**58.75**	+0,71	609	
	50m: 27.07 27.07 100m: 58.75 31.68						
19.	PELAIO Jose Pedro	01	Galitos / Bresimar	**59.72**	+0,69	580	
	50m: 27.66 27.66 100m: 59.72 32.06						
20.	SILVA Henrique Gomes	02	Estamos Juntos	**59.77**	+0,69	579	
	50m: 28.06 28.06 100m: 59.77 31.71						

Final C

21.	DIAS Rodrigo Reis	03	Belenenses	**59.35**	+0,69	591	
	50m: 27.83 27.83 100m: 59.35 31.52						
22.	BRANCO Alexandre Miguel	01	Alges	**59.54**	+0,73	585	
	50m: 28.12 28.12 100m: 59.54 31.42						
23.	SIMOES Bernardo Jorge	02	Torres Novas	**59.71**	+0,75	580	
	50m: 27.62 27.62 100m: 59.71 32.09						
24.	LOURENCO Tiago Campos	02	Natacao de Valongo	**59.84**	+0,74	577	
	50m: 27.04 27.04 100m: 59.84 32.80						
25.	MARTYN David	03	Benedita	**1:00.18**	+0,62	567	
	50m: 28.08 28.08 100m: 1:00.18 32.10						
26.	PEREIRA Lucas Medeiros	03	Braga	**1:00.20**	+0,69	566	
	50m: 27.64 27.64 100m: 1:00.20 32.56						
27.	SIMOES Manuel Baptista	03	Uniao Coimbra	**1:00.26**	+0,65	565	
	50m: 27.30 27.30 100m: 1:00.26 32.96						
28.	LEAL Dinis Barros	03	Aquatico Pacense	**1:00.40**	+0,72	561	
	50m: 28.31 28.31 100m: 1:00.40 32.09						
29.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**1:00.52**	+0,78	557	
	50m: 28.15 28.15 100m: 1:00.52 32.37						
30.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**1:00.67**	+0,76	553	
	50m: 28.00 28.00 100m: 1:00.67 32.67						

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Prova 20 — Femin., 100m Mariposa — Absolutos
06-04-2019 - 17:05 — Resultados Final

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
Rec Nac Juv A	1:02.49	CUNHA Mariana Pacheco	CFP	Coimbra	06-04-2019
Rec Nac Juv B	1:03.73	CUNHA Mariana Pacheco	POR	Coimbra	19-05-2018

PreJun_Fem Juv: 1:03.54 / CEJun_Fem 14 - 17: 1:01.69 / CMJ_Fem 14 - 17: 1:00.48 / CMPL 19 +: 58.48 / JO Absoluto: 57.92

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:00.37**	+0,70	776	
	50m: 28.71 28.71 100m: 1:00.37 31.66						
2.	FERNANDES Ines Camacho	97	Sporting	**1:01.78**	+0,74	724	
	50m: 29.12 29.12 100m: 1:01.78 32.66						
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:01.83**	+0,66	722	
	50m: 28.87 28.87 100m: 1:01.83 32.96						
4.	CUNHA Mariana Pacheco *Rec Nac, Minimos Pré-Jun*	04	Fluvial Portuense	**1:02.34**	+0,76	704	
	50m: 30.05 30.05 100m: 1:02.34 32.29						
5.	GRAVETO Ana Raquel	02	Benfica	**1:03.16**	+0,74	677	
	50m: 30.88 30.88 100m: 1:03.16 32.28						
6.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:03.17**	+0,79	677	
	50m: 29.73 29.73 100m: 1:03.17 33.44						
7.	LIMA Lia Ana	01	Sporting	**1:03.64**	+0,82	662	
	50m: 30.08 30.08 100m: 1:03.64 33.56						
8.	FERNANDES Carolina Miranda *Rec Nac*	05	Galitos / Bresimar	**1:03.66**	+0,81	661	
	50m: 29.98 29.98 100m: 1:03.66 33.68						
9.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:03.96**	+0,72	652	
	50m: 30.35 30.35 100m: 1:03.96 33.61						
10.	AZEVEDO Francisca Gomes	97	Alges	**1:05.63**	+0,77	604	
	50m: 29.55 29.55 100m: 1:05.63 36.08						
Final B							
11.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:04.30**	+0,64	642	
	50m: 29.79 29.79 100m: 1:04.30 34.51						
12.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:04.55**	+0,72	634	
	50m: 30.32 30.32 100m: 1:04.55 34.23						
13.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.00**	+0,79	621	
	50m: 30.75 30.75 100m: 1:05.00 34.25						
14.	BARBOSA Mariana Fernandes	02	Porto	**1:05.06**	+0,73	620	
	50m: 30.36 30.36 100m: 1:05.06 34.70						

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Prova 20, Femin., 100m Mariposa, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MOURA Maria Ferreira	04	Sporting	**1:05.22**	+0,76	615	
	50m: 30.05 30.05 100m: 1:05.22 35.17						
16.	VIEGAS Beatriz Mendes	00	Sporting	**1:06.07**	+0,60	592	
	50m: 31.03 31.03 100m: 1:06.07 35.04						
17.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:06.64**	+0,72	577	
	50m: 31.28 31.28 100m: 1:06.64 35.36						
18.	MARQUES Maria Alexandra	04	Albicastrense	**1:06.73**	+0,76	574	
	50m: 31.34 31.34 100m: 1:06.73 35.39						
19.	CRUZ Sara Moura	03	Alges	**1:07.28**	+0,68	560	
	50m: 32.29 32.29 100m: 1:07.28 34.99						
20.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:08.38**	+0,79	534	
	50m: 31.38 31.38 100m: 1:08.38 37.00						
Final C							
21.	MARTINS Joana Ribeiro	03	Benfica	**1:06.23**	+0,78	587	
	50m: 31.32 31.32 100m: 1:06.23 34.91						
22.	BENTO Maria Madalena	05	BUZIOS - Coruche	**1:06.32**	+0,71	585	
	50m: 30.93 30.93 100m: 1:06.32 35.39						
23.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**1:08.08**	+0,87	541	
	50m: 31.45 31.45 100m: 1:08.08 36.63						
24.	ANDRE Isadora Maia	05	Benfica	**1:08.17**	+0,72	539	
	50m: 32.67 32.67 100m: 1:08.17 35.50						
25.	SILVA Eduarda Reis	03	Famalicao	**1:08.58**	+0,69	529	
	50m: 32.09 32.09 100m: 1:08.58 36.49						
26.	ALVES Ines Sofia	04	Portinado	**1:08.69**	+0,74	526	
	50m: 31.85 31.85 100m: 1:08.69 36.84						
27.	COSTA Rita Salome	04	Aquatico Pacense	**1:08.87**	+0,85	522	
	50m: 32.50 32.50 100m: 1:08.87 36.37						
28.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:09.35**	+0,75	512	
	50m: 32.72 32.72 100m: 1:09.35 36.63						
29.	MORGADO Alice Jesus	04	Gesloures	**1:10.20**	+0,85	493	
	50m: 32.87 32.87 100m: 1:10.20 37.33						
	LIGEIRO Daniela Silva	04	Viana Natacao	**1:10.20**	+0,78	493	
	50m: 32.18 32.18 100m: 1:10.20 38.02						

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Prova 21 | Masc., 50m Bruços | Absolutos
06-04-2019 - 17:10 | Resultados Final

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	AMORIM Alexandre Ferreira	99	Porto	**28.86**	+0,65	726	
2.	QUINTAS Francisco Robalo	95	Belenenses	**29.12**	+0,67	707	
3.	TEIXEIRA Guilherme Miguel	97	Belenenses	**29.21**	+0,72	701	
4.	CARVALHO Ruben Paiva	94	Academica de Coimbra	**29.32**	+0,61	693	
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	**29.85**	+0,68	657	
6.	MENDES Antonio Manuel	99	Sporting	**29.95**	+0,66	650	
7.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.01**	+0,66	646	
8.	PON Hugo	98	Alges	**30.04**	+0,67	644	
9.	FRISCHKNECHT Renato Barros	01	Alges	**30.20**	+0,61	634	
10.	PEREIRA Ricardo Samuel	03	Benfica	**31.00**	+0,67	586	
Final B							
11.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.05**	+0,69	643	
12.	SIMOES Rafael Gomes	00	Braga	**30.33**	+0,81	626	
13.	JUNIOR Luis Cabral	03	Belenenses	**30.36**	+0,71	624	
14.	RAMOS Filipe Carmo	97	Vilacondense	**30.45**	+0,86	618	
15.	KLIER Afonso Miguel	01	Galitos / Bresimar	**30.71**	+0,62	603	
16.	MERUJE Joaquim Agra	01	Elvense	**31.14**	+0,76	578	
17.	CABRITO Rodrigo Almeida	01	Belenenses	**31.17**	+0,67	577	
18.	MATEUS Diogo Garcez	02	AONDA-Azeitao	**31.39**	+0,66	564	
19.	BRITO Bernardo Geada	02	Uniao Piedense	**32.26**	+0,62	520	
20.	CALDEIRA Goncalo Silveirinha	01	Sporting	**32.31**	+0,74	518	

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Prova 22 | Femin., 50m Bruços | Absolutos
06-04-2019 - 17:15 | Resultados Final

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**32.03**	+0,70	773	
2.	PEREIRA Raquel Gomes	00	Alges	**33.27**	+0,76	690	
3.	SILVA Beatriz Santos	01	Porto	**33.70**	+0,79	663	
4.	BORGES Claudia Ferreira	99	Benfica	**33.93**	+0,67	650	
5.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**34.04**	+0,77	644	
6.	FERREIRA Margarida Filipe	04	Cova da Piedade	**34.29**	+0,80	630	
7.	PEREIRA Clara Gomes	02	Alges	**34.37**	+0,72	625	
8.	OLIVEIRA Rosa Maria	96	Porto	**34.66**	+0,70	610	
9.	MORAIS Margarida Mateus	04	Torres Novas	**34.69**	+0,72	608	
10.	TEIXEIRA Ines Oliveira	02	Estarreja	**35.06**	+0,70	589	
Final B							
11.	GONCALVES Sofia Filipa	01	Leixoes	**35.08**	+0,69	588	
12.	CERDEIRA Madalena Reis	03	Sporting	**35.17**	+0,77	584	
13.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**35.18**	+0,56	583	
14.	RODRIGUES Luana Correia	01	Belenenses	**35.34**	+0,70	575	
15.	CASTRO Maria Freitas	03	Fafe	**35.73**	+0,71	557	
16.	COSTA Ana Ferreira	02	Nautico Marinha Grande	**35.79**	+0,74	554	
17.	FIAL Sofia Nunes	03	Estamos Juntos	**36.01**	+0,79	544	
18.	DIAS Ana Leonor	02	Natacao Olhao	**36.04**	+0,73	542	
19.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**36.65**	+0,68	516	
20.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**36.75**	+0,68	512	

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FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 23 | Masc., 200m Estilos | Absolutos
06-04-2019 - 17:20 | Resultados Final

Rec Nac Absoluto	1:58.59	LOPES Gabriel Jose	ALN	Coimbra	06-04-2019
Rec Nac Sen	1:58.59	LOPES Gabriel Jose	ALN	Coimbra	06-04-2019
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015

PreJun_Masc Juv: 2:10.88 / CEJun_Masc 15 - 18: 2:07.06 / CMJ_Masc 15 - 18: 2:04.56 / CMPL Sen: 2:00.22 / JO Absoluto: 1:59.67

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. SANTOS Alexis Manacas — 92 — Sporting — **1:58.19** — +0,70 — 897
   Rec Nac, Minimos CM, Minimos JO

50m:	25.56	25.56	100m:	55.18	29.62	150m:	1:29.59	34.41	200m:	1:58.19	28.60	

2. CARVALHO Diogo Filipe — 88 — Galitos / Bresimar — **2:00.55** — +0,72 — 845

50m:	25.30	25.30	100m:	56.27	30.97	150m:	1:30.55	34.28	200m:	2:00.55	30.00	

3. LOPES Jose Paulo — 00 — Braga — **2:04.36** — +0,67 — 770

50m:	26.98	26.98	100m:	57.82	30.84	150m:	1:34.83	37.01	200m:	2:04.36	29.53	

4. PINOTES Pedro Miguel — 89 — Sporting — **2:07.21** — +0,72 — 719

50m:	27.17	27.17	100m:	59.97	32.80	150m:	1:36.91	36.94	200m:	2:07.21	30.30	

5. SIMOES Rafael Gomes — 00 — Braga — **2:08.95** — +0,85 — 690

50m:	28.31	28.31	100m:	1:03.19	34.88	150m:	1:38.88	35.69	200m:	2:08.95	30.07	

6. DANTAS Diogo Leal — 00 — Sporting — **2:09.01** — +0,63 — 689

50m:	27.16	27.16	100m:	1:00.22	33.06	150m:	1:37.51	37.29	200m:	2:09.01	31.50	

7. VILHENA Tiago Miguel — 01 — Natacao de Faro — **2:09.13** — +0,70 — 688

50m:	27.72	27.72	100m:	1:00.03	32.31	150m:	1:38.23	38.20	200m:	2:09.13	30.90	

8. NUNES Porfirio Braga — 00 — Porto — **2:09.87** — +0,65 — 676

50m:	27.11	27.11	100m:	1:00.47	33.36	150m:	1:38.56	38.09	200m:	2:09.87	31.31	

9. SAMPAIO Jose Pedro — 98 — Fluvial Portuense — **2:10.77** — +0,70 — 662

50m:	27.55	27.55	100m:	1:01.44	33.89	150m:	1:40.58	39.14	200m:	2:10.77	30.19	

10. CARVALHO Jose Paula — 98 — Benfica — **2:11.07** — +0,70 — 657

50m:	28.07	28.07	100m:	1:01.22	33.15	150m:	1:39.21	37.99	200m:	2:11.07	31.86	

Final B

11. BASTOS Lucas Pereira — 00 — Nautico Academico — **2:08.46** — +0,69 — 698

50m:	27.99	27.99	100m:	1:00.71	32.72	150m:	1:37.46	36.75	200m:	2:08.46	31.00	

12. SILVA Tomas Antonio — 01 — Naval do Funchal — **2:10.64** — +0,66 — 664

50m:	28.51	28.51	100m:	1:01.08	32.57	150m:	1:40.19	39.11	200m:	2:10.64	30.45	

13. FERNANDES Eduardo Gomes — 02 — Sporting — **2:11.22** — +0,75 — 655

50m:	28.78	28.78	100m:	1:02.40	33.62	150m:	1:41.32	38.92	200m:	2:11.22	29.90	

14. SILVA Henrique Gomes — 02 — Estamos Juntos — **2:11.36** — +0,68 — 653

50m:	27.92	27.92	100m:	1:02.28	34.36	150m:	1:41.20	38.92	200m:	2:11.36	30.16	

15. CRISTINO David Matias — 01 — Uniao Piedense — **2:11.51** — +0,71 — 651

50m:	28.18	28.18	100m:	1:00.94	32.76	150m:	1:41.78	40.84	200m:	2:11.51	29.73	

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COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 23, Masc., 200m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CARNEIRO Joao Soares	03	Benfica	**2:12.40**	+0,73	638	
	50m: 28.26 28.26 100m: 1:03.07 34.81 150m: 1:41.38 38.31 200m: 2:12.40 31.02						
17.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:13.29**	+0,77	625	
	50m: 28.35 28.35 100m: 1:03.67 35.32 150m: 1:41.23 37.56 200m: 2:13.29 32.06						
18.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**2:14.35**	+0,79	610	
	50m: 29.76 29.76 100m: 1:04.40 34.64 150m: 1:44.37 39.97 200m: 2:14.35 29.98						
19.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:17.84**	+0,74	565	
	50m: 28.90 28.90 100m: 1:04.55 35.65 150m: 1:45.96 41.41 200m: 2:17.84 31.88						
20.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:18.32**	+0,67	559	
	50m: 29.06 29.06 100m: 1:03.27 34.21 150m: 1:45.95 42.68 200m: 2:18.32 32.37						

Final C

21.	DOMINGOS Ruy Manuel	02	Sporting	**2:16.07**	+0,76	588	
	50m: 27.81 27.81 100m: 1:02.28 34.47 150m: 1:44.22 41.94 200m: 2:16.07 31.85						
22.	PINTO Pedro Miguel	02	Sporting	**2:17.49**	+0,78	570	
	50m: 28.93 28.93 100m: 1:06.05 37.12 150m: 1:46.61 40.56 200m: 2:17.49 30.88						
23.	CABRITO Rodrigo Almeida	01	Belenenses	**2:18.24**	+0,67	560	
	50m: 29.76 29.76 100m: 1:06.77 37.01 150m: 1:44.85 38.08 200m: 2:18.24 33.39						
24.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:18.44**	+0,72	558	
	50m: 30.13 30.13 100m: 1:05.37 35.24 150m: 1:46.70 41.33 200m: 2:18.44 31.74						
25.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:19.31**	+0,83	547	
	50m: 29.02 29.02 100m: 1:05.71 36.69 150m: 1:47.13 41.42 200m: 2:19.31 32.18						
26.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.68**	+0,72	543	
	50m: 29.60 29.60 100m: 1:06.04 36.44 150m: 1:46.82 40.78 200m: 2:19.68 32.86						
27.	PEREIRA Ricardo Samuel	03	Benfica	**2:19.88**	+0,70	541	
	50m: 30.38 30.38 100m: 1:06.80 36.42 150m: 1:45.75 38.95 200m: 2:19.88 34.13						
28.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:20.03**	+0,78	539	
	50m: 28.88 28.88 100m: 1:05.99 37.11 150m: 1:48.04 42.05 200m: 2:20.03 31.99						
29.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:20.52**	+0,74	533	
	50m: 29.27 29.27 100m: 1:06.23 36.96 150m: 1:47.89 41.66 200m: 2:20.52 32.63						
30.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:23.33**	+0,68	503	
	50m: 29.54 29.54 100m: 1:07.82 38.28 150m: 1:49.53 41.71 200m: 2:23.33 33.80						

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Prova 24 | Femin., 400m Estilos | Absolutos
06-04-2019 - 17:30 | Resultados Final

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

PreJun_Fem Juv: 5:04.74 / CEJun_Fem 14 - 17: 4:55.87 / CMJ_Fem 14 - 17: 4:50.07 / CMPL 19 +: 4:43.06 / JO Absoluto: 4:38.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. KAMINSKAYA Victoria — 95 — Benfica — **4:41.04** — +0,79 — 851
   Minimos CM

50m:	29.54	29.54	150m:	1:39.41	36.56	250m:	2:54.21	38.53	350m:	4:07.87	34.60
100m:	1:02.85	33.31	200m:	2:15.68	36.27	300m:	3:33.27	39.06	400m:	4:41.04	33.17

2. MONTEIRO Ana Catarina — 93 — Vilacondense — **4:52.26** — +0,75 — 757

50m:	30.03	30.03	150m:	1:41.81	38.57	250m:	3:01.71	42.66	350m:	4:18.97	34.84
100m:	1:03.24	33.21	200m:	2:19.05	37.24	300m:	3:44.13	42.42	400m:	4:52.26	33.29

3. MESQUITA Francisca Salvador — 02 — Colegio Monte Maior — **4:55.04** — +0,73 — 735
   Minimos CE Jun

50m:	30.58	30.58	150m:	1:45.31	39.73	250m:	3:05.92	42.01	350m:	4:22.00	34.20
100m:	1:05.58	35.00	200m:	2:23.91	38.60	300m:	3:47.80	41.88	400m:	4:55.04	33.04

4. MACHADO Luisa Maria — 01 — Uniao Piedense — **4:58.50** — +0,81 — 710

50m:	30.90	30.90	150m:	1:46.39	39.41	250m:	3:05.91	41.14	350m:	4:24.02	35.88
100m:	1:06.98	36.08	200m:	2:24.77	38.38	300m:	3:48.14	42.23	400m:	4:58.50	34.48

5. ANDRE Angelica Maria — 94 — Fluvial Portuense — **5:01.18** — +0,80 — 691

50m:	32.19	32.19	150m:	1:49.08	40.84	250m:	3:11.23	41.92	350m:	4:27.06	33.83
100m:	1:08.24	36.05	200m:	2:29.31	40.23	300m:	3:53.23	42.00	400m:	5:01.18	34.12

6. CARDEAL Joana Nunes — 02 — Academico Viseu — **5:04.10** — +0,83 — 671

50m:	30.45	30.45	150m:	1:46.22	39.50	250m:	3:09.59	44.39	350m:	4:30.41	34.89
100m:	1:06.72	36.27	200m:	2:25.20	38.98	300m:	3:55.52	45.93	400m:	5:04.10	33.69

7. MENDES Mariana Amaral — 02 — Colegio Monte Maior — **5:05.58** — +0,76 — 662

50m:	32.93	32.93	150m:	1:49.61	40.77	250m:	3:14.01	44.38	350m:	4:32.37	34.24
100m:	1:08.84	35.91	200m:	2:29.63	40.02	300m:	3:58.13	44.12	400m:	5:05.58	33.21

8. REBELO Maria Carlota — 03 — Louzan Natacao/EFAPEL — **5:06.93** — +0,76 — 653

50m:	32.05	32.05	150m:	1:48.77	39.87	250m:	3:12.04	43.63	350m:	4:32.14	35.92
100m:	1:08.90	36.85	200m:	2:28.41	39.64	300m:	3:56.22	44.18	400m:	5:06.93	34.79

9. VELOSO Teresa Miguel — 00 — Sporting — **5:10.05** — +0,84 — 634

50m:	32.11	32.11	150m:	1:50.23	40.58	250m:	3:15.30	44.67	350m:	4:36.10	35.48
100m:	1:09.65	37.54	200m:	2:30.63	40.40	300m:	4:00.62	45.32	400m:	5:10.05	33.95

10. VEIGA Ana Filipa — 01 — Gafanha da Encarnacao — **5:15.86** — +0,77 — 599

50m:	32.25	32.25	150m:	1:55.30	44.25	250m:	3:19.89	41.33	350m:	4:39.20	37.07
100m:	1:11.05	38.80	200m:	2:38.56	43.26	300m:	4:02.13	42.24	400m:	5:15.86	36.66

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Prova 24, Femin., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final B

11. BERNARDO Ines Silva — 00 — Benfica — **5:12.68** — +0,76 — 618

50m:	32.38	32.38	150m:	1:51.09	41.74	250m:	3:16.15	43.71	350m:	4:37.21	37.05
100m:	1:09.35	36.97	200m:	2:32.44	41.35	300m:	4:00.16	44.01	400m:	5:12.68	35.47

12. PEREIRA Maria Gomes — 04 — Alges — **5:13.71** — +0,80 — 612

50m:	33.71	33.71	150m:	1:54.44	42.52	250m:	3:19.23	44.42	350m:	4:39.28	35.96
100m:	1:11.92	38.21	200m:	2:34.81	40.37	300m:	4:03.32	44.09	400m:	5:13.71	34.43

13. RODRIGUES Lidiana Correia — 04 — Belenenses — **5:15.63** — +0,77 — 600

50m:	34.00	34.00	150m:	1:55.78	42.94	250m:	3:20.22	43.61	350m:	4:40.82	36.55
100m:	1:12.84	38.84	200m:	2:36.61	40.83	300m:	4:04.27	44.05	400m:	5:15.63	34.81

14. AGOSTINHO Catia Iordan — 02 — Rio Maior — **5:17.09** — +0,83 — 592

50m:	33.01	33.01	150m:	1:53.85	41.09	250m:	3:18.60	44.77	350m:	4:40.86	37.02
100m:	1:12.76	39.75	200m:	2:33.83	39.98	300m:	4:03.84	45.24	400m:	5:17.09	36.23

15. REIS Erica Cristina — 05 — Sporting — **5:17.72** — +0,64 — 589

50m:	33.19	33.19	150m:	1:55.30	42.78	250m:	3:21.40	44.80	350m:	4:42.88	36.07
100m:	1:12.52	39.33	200m:	2:36.60	41.30	300m:	4:06.81	45.41	400m:	5:17.72	34.84

16. MONTEIRO Margarida Cabral — 02 — Galitos / Bresimar — **5:19.28** — +0,74 — 580

50m:	33.08	33.08	150m:	1:52.94	41.71	250m:	3:19.08	44.39	350m:	4:42.90	37.14
100m:	1:11.23	38.15	200m:	2:34.69	41.75	300m:	4:05.76	46.68	400m:	5:19.28	36.38

17. RIBEIRO Margarida Messias — 98 — Gesloures — **5:21.32** — +0,77 — 569

50m:	33.63	33.63	150m:	1:57.05	42.92	250m:	3:23.47	44.64	350m:	4:46.55	36.85
100m:	1:14.13	40.50	200m:	2:38.83	41.78	300m:	4:09.70	46.23	400m:	5:21.32	34.77

18. DELGADO Soraia Alexandra — 05 — Sporting — **5:21.73** — +0,68 — 567

50m:	33.16	33.16	150m:	1:54.40	43.01	250m:	3:20.66	45.49	350m:	4:43.64	37.79
100m:	1:11.39	38.23	200m:	2:35.17	40.77	300m:	4:05.85	45.19	400m:	5:21.73	38.09

19. NEVES Sara Dias — 03 — Miranda do Corvo — **5:21.87** — +0,83 — 566

50m:	33.67	33.67	150m:	1:54.68	41.65	250m:	3:22.35	46.40	350m:	4:46.07	36.96
100m:	1:13.03	39.36	200m:	2:35.95	41.27	300m:	4:09.11	46.76	400m:	5:21.87	35.80

20. CARDEAL Beatriz Nunes — 04 — Academico Viseu — **5:25.82** — +0,81 — 546

50m:	34.41	34.41	150m:	1:56.15	43.00	250m:	3:25.47	47.15	350m:	4:49.44	37.37
100m:	1:13.15	38.74	200m:	2:38.32	42.17	300m:	4:12.07	46.60	400m:	5:25.82	36.38

Final C

21. CASTRO Maria Freitas — 03 — Fafe — **5:18.57** — +0,73 — 584

50m:	33.21	33.21	150m:	1:56.14	43.19	250m:	3:22.44	44.41	350m:	4:42.29	35.83
100m:	1:12.95	39.74	200m:	2:38.03	41.89	300m:	4:06.46	44.02	400m:	5:18.57	36.28

22. LOPES Francisca Macedo — 05 — Vilacondense — **5:22.69** — +0,90 — 562

50m:	34.63	34.63	150m:	1:57.64	42.17	250m:	3:23.96	44.68	350m:	4:46.49	36.76
100m:	1:15.47	40.84	200m:	2:39.28	41.64	300m:	4:09.73	45.77	400m:	5:22.69	36.20

23. MARQUES Maria Alexandra — 04 — Albicastrense — **5:26.90** — +0,70 — 540

50m:	32.72	32.72	150m:	1:52.45	42.82	250m:	3:22.55	48.68	350m:	4:49.15	38.61
100m:	1:09.63	36.91	200m:	2:33.87	41.42	300m:	4:10.54	47.99	400m:	5:26.90	37.75

24. ALVES Ines Sofia — 04 — Portinado — **5:27.69** — +0,86 — 537

50m:	34.28	34.28	150m:	1:55.40	41.18	250m:	3:25.58	48.83	350m:	4:51.77	38.31
100m:	1:14.22	39.94	200m:	2:36.75	41.35	300m:	4:13.46	47.88	400m:	5:27.69	35.92

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Prova 24, Femin., 400m Estilos, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	LOURO Ariana Espirito	05	Gualdim Pais	**5:27.99**	+0,74	535	
	50m: 34.78 34.78 150m: 1:57.82 42.22 250m: 3:26.67 46.43 350m: 4:51.58 37.95						
	100m: 1:15.60 40.82 200m: 2:40.24 42.42 300m: 4:13.63 46.96 400m: 5:27.99 36.41						
26.	MARQUES Mariana Nunes	03	Estarreja	**5:29.25**	+0,77	529	
	50m: 33.50 33.50 150m: 1:55.31 42.74 250m: 3:25.07 48.65 350m: 4:52.63 38.11						
	100m: 1:12.57 39.07 200m: 2:36.42 41.11 300m: 4:14.52 49.45 400m: 5:29.25 36.62						
27.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:29.30**	+0,90	529	
	50m: 32.98 32.98 150m: 1:56.69 44.01 250m: 3:27.73 48.32 350m: 4:52.92 36.58						
	100m: 1:12.68 39.70 200m: 2:39.41 42.72 300m: 4:16.34 48.61 400m: 5:29.30 36.38						
28.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:29.74**	+0,68	527	
	50m: 35.01 35.01 150m: 1:59.04 43.46 250m: 3:27.56 46.00 350m: 4:53.75 38.44						
	100m: 1:15.58 40.57 200m: 2:41.56 42.52 300m: 4:15.31 47.75 400m: 5:29.74 35.99						
29.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**5:30.98**	+0,74	521	
	50m: 34.35 34.35 150m: 1:59.21 44.48 250m: 3:30.12 46.88 350m: 4:55.25 37.26						
	100m: 1:14.73 40.38 200m: 2:43.24 44.03 300m: 4:17.99 47.87 400m: 5:30.98 35.73						
30.	COSTA Carolina Fale	04	Colegio Monte Maior	**5:36.14**	+0,76	497	
	50m: 33.55 33.55 150m: 1:54.63 42.44 250m: 3:27.49 51.02 350m: 4:57.71 38.11						
	100m: 1:12.19 38.64 200m: 2:36.47 41.84 300m: 4:19.60 52.11 400m: 5:36.14 38.43						

Prova 25 — Masc., 200m Livres — Absolutos
06-04-2019 - 18:20 — Resultados Final

Rec Nac Absoluto	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Sen	1:48.39	SANTOS Alexis Manacas	SCP	Coimbra	31-03-2017
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.32	SANTA Gustavo Manuel	CNLA	Coimbra	30-07-2010
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015
Rec Nac Juv B	1:57.11	AGOSTINHO Miguel Diogo	FBSC	Coimbra	24-07-2015

PreJun_Masc Juv: 1:57.09 / CEJun_Masc 15 - 18: 1:53.68 / CMJ_Masc 15 - 18: 1:51.44 / CMPL Sen: 1:47.40 / JO Absoluto: 1:47.02

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	NASCIMENTO Miguel Duarte *Rec Nac*	95	Benfica	**1:47.97**	+0,66	843	
	50m: 24.88 24.88 100m: 52.18 27.30 150m: 1:20.15 27.97 200m: 1:47.97 27.82						
2.	MOGNE Igor Araujo	96	Sporting	**1:51.87**	+0,74	757	
	50m: 25.63 25.63 100m: 53.69 28.06 150m: 1:23.02 29.33 200m: 1:51.87 28.85						
3.	COSTA Tiago Cunha	99	Sporting	**1:51.89**	+0,66	757	
	50m: 25.86 25.86 100m: 53.92 28.06 150m: 1:22.55 28.63 200m: 1:51.89 29.34						
4.	LOPES Jose Paulo	00	Braga	**1:52.00**	+0,67	755	
	50m: 26.40 26.40 100m: 54.62 28.22 150m: 1:23.26 28.64 200m: 1:52.00 28.74						
5.	VELOSO Tomas Miguel	96	Nautico Academico	**1:52.07**	+0,63	753	
	50m: 26.15 26.15 100m: 54.41 28.26 150m: 1:23.05 28.64 200m: 1:52.07 29.02						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	VITAL Joao Alexandre	98	Sporting	**1:53.19**	+0,63	731	
	50m: 26.42 (26.42) 100m: 54.68 (28.26) 150m: 1:24.12 (29.44) 200m: 1:53.19 (29.07)						
7.	SANTOS Pedro Miguel	01	Porto	**1:54.63**	+0,67	704	
	50m: 26.55 (26.55) 100m: 55.22 (28.67) 150m: 1:24.95 (29.73) 200m: 1:54.63 (29.68)						
8.	LEBRE Diogo Ramos	01	Benfica	**1:54.77**	+0,77	701	
	50m: 26.89 (26.89) 100m: 55.87 (28.98) 150m: 1:25.41 (29.54) 200m: 1:54.77 (29.36)						
9.	MORIM Ruben Jose	97	Vilacondense	**1:55.84**	+0,80	682	
	50m: 26.83 (26.83) 100m: 56.55 (29.72) 150m: 1:26.21 (29.66) 200m: 1:55.84 (29.63)						
10.	DIAS Guilherme Pereira	97	Benfica	**2:25.05**	+0,66	347	
	50m: 24.07 (24.07) 100m: 51.40 (27.33) 150m: 1:44.08 (52.68) 200m: 2:25.05 (40.97)						

Final B

11.	RAMOS Bruno Miguel	97	Belenenses	**1:52.11**	+0,66	753	
	50m: 26.02 (26.02) 100m: 53.95 (27.93) 150m: 1:23.42 (29.47) 200m: 1:52.11 (28.69)						
12.	LOPES Tomas Teixeira	02	Foca	**1:54.04**	+0,69	715	
	50m: 26.73 (26.73) 100m: 55.51 (28.78) 150m: 1:24.91 (29.40) 200m: 1:54.04 (29.13)						
13.	AIRES Rafael Alcantara	01	Benfica	**1:54.66**	+0,65	703	
	50m: 26.97 (26.97) 100m: 55.69 (28.72) 150m: 1:25.06 (29.37) 200m: 1:54.66 (29.60)						
14.	NUNES Diogo Barbosa	00	Porto	**1:56.03**	+0,70	679	
	50m: 26.45 (26.45) 100m: 55.01 (28.56) 150m: 1:24.97 (29.96) 200m: 1:56.03 (31.06)						
15.	RIBEIRO Diogo Matos *Rec Nac, Minimos Pré-Jun*	04	Uniao Coimbra	**1:56.35**	+0,71	673	
	50m: 26.63 (26.63) 100m: 55.64 (29.01) 150m: 1:25.83 (30.19) 200m: 1:56.35 (30.52)						
16.	PINHO Manuel Antonio	01	Feirense	**1:56.44**	+0,62	672	
	50m: 26.81 (26.81) 100m: 55.97 (29.16) 150m: 1:26.15 (30.18) 200m: 1:56.44 (30.29)						
17.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:57.26**	+0,70	658	
	50m: 27.49 (27.49) 100m: 57.02 (29.53) 150m: 1:27.41 (30.39) 200m: 1:57.26 (29.85)						
18.	COSTA Diogo Santos	02	Colegio Monte Maior	**1:59.19**	+0,68	626	
	50m: 27.13 (27.13) 100m: 56.58 (29.45) 150m: 1:27.40 (30.82) 200m: 1:59.19 (31.79)						
19.	VAKULYUK Paulo	03	Torres Novas	**1:59.96**	+0,71	614	
	50m: 27.28 (27.28) 100m: 57.45 (30.17) 150m: 1:29.16 (31.71) 200m: 1:59.96 (30.80)						
20.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**2:19.13**	+0,63	394	
	50m: 30.30 (30.30) 100m: 1:05.45 (35.15) 150m: 1:41.63 (36.18) 200m: 2:19.13 (37.50)						

Final C

21.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**1:57.05**	+0,66	661	
	50m: 27.83 (27.83) 100m: 57.37 (29.54) 150m: 1:27.37 (30.00) 200m: 1:57.05 (29.68)						
22.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:58.00**	+0,78	645	
	50m: 27.66 (27.66) 100m: 57.56 (29.90) 150m: 1:27.80 (30.24) 200m: 1:58.00 (30.20)						
23.	DEUS Andre Portugal	02	Naval do Funchal	**1:58.70**	+0,61	634	
	50m: 27.90 (27.90) 100m: 57.70 (29.80) 150m: 1:28.56 (30.86) 200m: 1:58.70 (30.14)						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:00.17**	+0,74	611	
	50m: 27.36 27.36 100m: 57.39 30.03 150m: 1:28.77 31.38 200m: 2:00.17 31.40						
25.	MARTYN David	03	Benedita	**2:00.38**	+0,66	608	
	50m: 28.05 28.05 100m: 58.79 30.74 150m: 1:29.82 31.03 200m: 2:00.38 30.56						
26.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:00.79**	+0,65	602	
	50m: 27.15 27.15 100m: 57.23 30.08 150m: 1:28.41 31.18 200m: 2:00.79 32.38						
27.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**2:02.24**	+0,74	580	
	50m: 27.93 27.93 100m: 58.92 30.99 150m: 1:30.87 31.95 200m: 2:02.24 31.37						
28.	CARVALHO Fernando Costa	03	Foca	**2:02.70**	+0,70	574	
	50m: 28.29 28.29 100m: 1:00.47 32.18 150m: 1:31.29 30.82 200m: 2:02.70 31.41						
29.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:02.89**	+0,74	571	
	50m: 28.17 28.17 100m: 59.18 31.01 150m: 1:31.53 32.35 200m: 2:02.89 31.36						
30.	LOPES Luis Afonso	03	Viver Santarem	**2:05.42**	+0,73	537	
	50m: 28.79 28.79 100m: 1:00.27 31.48 150m: 1:32.58 32.31 200m: 2:05.42 32.84						

Prova 26 — Femin., 400m Livres — Absolutos
06-04-2019 - 18:25 — Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014

PreJun_Fem Juv: 4:31.34 / CEJun_Fem 14 - 17: 4:23.44 / CMJ_Fem 14 - 17: 4:18.27 / CMPL 19 +: 4:10.57 / JO Absoluto: 4:07.90

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1.	HENRIQUES Ines Jacinto	00	Sporting	**4:20.21**	+0,70	750	
	50m: 30.39 30.39 150m: 1:36.06 33.17 250m: 2:41.34 32.44 350m: 3:47.64 33.51						
	100m: 1:02.89 32.50 200m: 2:08.90 32.84 300m: 3:14.13 32.79 400m: 4:20.21 32.57						
2.	PINA Ana Sofia	02	O Crasto	**4:24.25**	+0,72	716	
	50m: 30.47 30.47 150m: 1:36.66 33.55 250m: 2:44.03 33.75 350m: 3:51.48 33.62						
	100m: 1:03.11 32.64 200m: 2:10.28 33.62 300m: 3:17.86 33.83 400m: 4:24.25 32.77						
3.	MARTINS Francisca Soares	03	Foca	**4:25.36**	+0,72	707	
	50m: 30.56 30.56 150m: 1:36.53 33.43 250m: 2:44.19 33.97 350m: 3:52.40 34.17						
	100m: 1:03.10 32.54 200m: 2:10.22 33.69 300m: 3:18.23 34.04 400m: 4:25.36 32.96						
4.	SOUSA Ana Reis	02	Alges	**4:25.97**	+0,70	702	
	50m: 29.66 29.66 150m: 1:35.68 33.59 250m: 2:44.66 34.67 350m: 3:53.12 34.15						
	100m: 1:02.09 32.43 200m: 2:09.99 34.31 300m: 3:18.97 34.31 400m: 4:25.97 32.85						
5.	AZEVEDO Madalena Gomes	99	Alges	**4:26.87**	+0,73	695	
	50m: 29.97 29.97 150m: 1:37.16 34.00 250m: 2:45.72 34.37 350m: 3:54.10 33.76						
	100m: 1:03.16 33.19 200m: 2:11.35 34.19 300m: 3:20.34 34.62 400m: 4:26.87 32.77						

ORGANIZAÇÃO
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Prova 26, Femin., 400m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	RAMOS Ana Rita	02	Porto	**4:27.10**	+0,79	693	
	50m: 30.43 30.43 150m: 1:36.54 33.28 250m: 2:44.66 34.09 350m: 3:53.55 34.15						
	100m: 1:03.26 32.83 200m: 2:10.57 34.03 300m: 3:19.40 34.74 400m: 4:27.10 33.55						
7.	FARIA Ana Rita	00	Porto	**4:27.97**	+0,76	687	
	50m: 30.31 30.31 150m: 1:37.16 33.79 250m: 2:45.26 34.14 350m: 3:53.92 34.49						
	100m: 1:03.37 33.06 200m: 2:11.12 33.96 300m: 3:19.43 34.17 400m: 4:27.97 34.05						
8.	ROSA Mafalda Sofia	03	Rio Maior	**4:32.44**	+0,79	653	
	50m: 31.46 31.46 150m: 1:39.95 34.38 250m: 2:49.03 34.18 350m: 3:58.14 34.35						
	100m: 1:05.57 34.11 200m: 2:14.85 34.90 300m: 3:23.79 34.76 400m: 4:32.44 34.30						
9.	AMORIM Maria Leonor	03	Porto	**4:35.28**	+0,76	633	
	50m: 31.08 31.08 150m: 1:40.07 34.83 250m: 2:50.52 34.95 350m: 4:01.10 35.24						
	100m: 1:05.24 34.16 200m: 2:15.57 35.50 300m: 3:25.86 35.34 400m: 4:35.28 34.18						
10.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:36.85**	+0,75	623	
	50m: 30.16 30.16 150m: 1:38.14 34.56 250m: 2:48.83 35.25 350m: 4:00.91 36.11						
	100m: 1:03.58 33.42 200m: 2:13.58 35.44 300m: 3:24.80 35.97 400m: 4:36.85 35.94						

Final B

11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:29.93**	+0,73	672	
	50m: 31.24 31.24 150m: 1:38.42 33.99 250m: 2:47.34 34.79 350m: 3:56.72 34.79						
	100m: 1:04.43 33.19 200m: 2:12.55 34.13 300m: 3:21.93 34.59 400m: 4:29.93 33.21						
12.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:31.69**	+0,67	659	
	50m: 30.96 30.96 150m: 1:38.88 34.29 250m: 2:48.08 34.74 350m: 3:58.12 35.31						
	100m: 1:04.59 33.63 200m: 2:13.34 34.46 300m: 3:22.81 34.73 400m: 4:31.69 33.57						
13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:32.10**	+0,74	656	
	50m: 31.55 31.55 150m: 1:39.66 34.31 250m: 2:49.98 35.16 350m: 3:59.33 34.48						
	100m: 1:05.35 33.80 200m: 2:14.82 35.16 300m: 3:24.85 34.87 400m: 4:32.10 32.77						
14.	LOPES Daniela Magalhaes	05	Famalicao	**4:32.72**	+0,76	651	
	50m: 31.12 31.12 150m: 1:39.89 34.72 250m: 2:49.97 35.25 350m: 3:59.55 34.27						
	100m: 1:05.17 34.05 200m: 2:14.72 34.83 300m: 3:25.28 35.31 400m: 4:32.72 33.17						
15.	CARDEAL Joana Nunes	02	Academico Viseu	**4:32.96**	+0,83	650	
	50m: 30.72 30.72 150m: 1:38.68 34.43 250m: 2:48.71 35.10 350m: 3:59.37 35.27						
	100m: 1:04.25 33.53 200m: 2:13.61 34.93 300m: 3:24.10 35.39 400m: 4:32.96 33.59						
16.	MOURA Maria Ferreira	04	Sporting	**4:34.11**	+0,74	641	
	50m: 30.34 30.34 150m: 1:38.54 34.64 250m: 2:49.14 35.25 350m: 3:59.90 35.05						
	100m: 1:03.90 33.56 200m: 2:13.89 35.35 300m: 3:24.85 35.71 400m: 4:34.11 34.21						
17.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**4:34.78**	+0,72	637	
	50m: 31.53 31.53 150m: 1:40.89 34.77 250m: 2:50.46 34.65 350m: 4:00.22 34.77						
	100m: 1:06.12 34.59 200m: 2:15.81 34.92 300m: 3:25.45 34.99 400m: 4:34.78 34.56						
18.	PIRES Marta Joao	05	Alges	**4:37.21**	+0,72	620	
	50m: 31.77 31.77 150m: 1:41.60 35.36 250m: 2:52.13 35.11 350m: 4:03.23 35.45						
	100m: 1:06.24 34.47 200m: 2:17.02 35.42 300m: 3:27.78 35.65 400m: 4:37.21 33.98						
19.	SANTOS Leonor Esteves	04	Avancado EUL	**4:39.96**	+0,84	602	
	50m: 32.04 32.04 150m: 1:41.27 34.85 250m: 2:51.88 35.42 350m: 4:03.81 35.96						
	100m: 1:06.42 34.38 200m: 2:16.46 35.19 300m: 3:27.85 35.97 400m: 4:39.96 36.15						

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Prova 26, Femin., 400m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:40.82**	+0,73	597	
	50m: 31.84 31.84 150m: 1:41.76 35.28 250m: 2:53.20 35.30 350m: 4:05.12 35.62						
	100m: 1:06.48 34.64 200m: 2:17.90 36.14 300m: 3:29.50 36.30 400m: 4:40.82 35.70						

Final C

21.	PINHO Carolina Teixeira	04	Porto	**4:34.29**	+0,71	640	
	50m: 31.68 31.68 150m: 1:41.50 35.30 250m: 2:51.68 35.09 350m: 4:01.54 34.85						
	100m: 1:06.20 34.52 200m: 2:16.59 35.09 300m: 3:26.69 35.01 400m: 4:34.29 32.75						
22.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:35.06**	+0,84	635	
	50m: 31.67 31.67 150m: 1:41.29 35.14 250m: 2:52.15 35.42 350m: 4:01.67 34.31						
	100m: 1:06.15 34.48 200m: 2:16.73 35.44 300m: 3:27.36 35.21 400m: 4:35.06 33.39						
23.	PRETO Filipa Manso	04	Porto	**4:36.36**	+0,76	626	
	50m: 31.88 31.88 150m: 1:41.51 35.14 250m: 2:51.98 35.31 350m: 4:02.46 35.32						
	100m: 1:06.37 34.49 200m: 2:16.67 35.16 300m: 3:27.14 35.16 400m: 4:36.36 33.90						
24.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**4:38.89**	+0,75	609	
	50m: 31.41 31.41 150m: 1:41.12 35.45 250m: 2:52.48 35.89 350m: 4:04.27 35.83						
	100m: 1:05.67 34.26 200m: 2:16.59 35.47 300m: 3:28.44 35.96 400m: 4:38.89 34.62						
25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:39.25**	+0,75	607	
	50m: 31.60 31.60 150m: 1:41.67 35.37 250m: 2:52.52 35.61 350m: 4:04.83 36.42						
	100m: 1:06.30 34.70 200m: 2:16.91 35.24 300m: 3:28.41 35.89 400m: 4:39.25 34.42						
26.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:41.25**	+0,79	594	
	50m: 32.01 32.01 150m: 1:40.94 34.80 250m: 2:53.40 35.91 350m: 4:06.12 35.91						
	100m: 1:06.14 34.13 200m: 2:17.49 36.55 300m: 3:30.21 36.81 400m: 4:41.25 35.13						
27.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**4:41.80**	+0,84	590	
	50m: 31.74 31.74 150m: 1:41.85 35.24 250m: 2:54.25 36.12 350m: 4:06.80 36.02						
	100m: 1:06.61 34.87 200m: 2:18.13 36.28 300m: 3:30.78 36.53 400m: 4:41.80 35.00						
28.	SIMOES Ana Beatriz	05	Sporting	**4:46.02**	+0,82	565	
	50m: 31.87 31.87 150m: 1:42.73 35.91 250m: 2:56.32 37.03 350m: 4:10.44 37.01						
	100m: 1:06.82 34.95 200m: 2:19.29 36.56 300m: 3:33.43 37.11 400m: 4:46.02 35.58						
29.	INACIO Marta Macedo	04	Sporting	**4:48.61**	+0,84	549	
	50m: 31.40 31.40 150m: 1:42.45 35.88 250m: 2:55.92 36.60 350m: 4:11.05 37.45						
	100m: 1:06.57 35.17 200m: 2:19.32 36.87 300m: 3:33.60 37.68 400m: 4:48.61 37.56						
30.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**4:50.45**	+0,90	539	
	50m: 32.52 32.52 150m: 1:43.90 36.21 250m: 2:58.17 37.31 350m: 4:13.87 38.00						
	100m: 1:07.69 35.17 200m: 2:20.86 36.96 300m: 3:35.87 37.70 400m: 4:50.45 36.58						

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PARCEIROS

7 - 4ª Jornada - 1ª Sessão - Eliminatórias 07-04-2019 - 9:00

Prova 27 | Femin., 200m Costas | Juvenis A
07-04-2019 - 9:00 | Resultados Elimin

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012

PreJun_Fem Juv: 2:22.78 / CEJun_Fem 14 - 17: 2:18.63 / CMJ_Fem 14 - 17: 2:15.91 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:29.06**	+0,75	576	
	50m: 33.34 33.34 100m: 1:11.30 37.96 150m: 1:50.58 39.28 200m: 2:29.06 38.48						
2.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:30.79**	+0,57	556	
	50m: 34.75 34.75 100m: 1:12.69 37.94 150m: 1:51.63 38.94 200m: 2:30.79 39.16						
3.	ALVES Ines Sofia	04	Portinado	**2:31.80**	+0,60	545	
	50m: 35.42 35.42 100m: 1:14.22 38.80 150m: 1:52.88 38.66 200m: 2:31.80 38.92						
4.	ROCHA Carolina Neves	04	Fluvial Portuense	**2:32.45**	+0,75	538	
	50m: 34.25 34.25 100m: 1:13.09 38.84 150m: 1:53.14 40.05 200m: 2:32.45 39.31						
5.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:32.66**	+0,65	536	
	50m: 35.17 35.17 100m: 1:13.47 38.30 150m: 1:53.78 40.31 200m: 2:32.66 38.88						
6.	PEREIRA Anais Cloe	04	Sporting	**2:32.67**	+0,71	536	
	50m: 35.65 35.65 100m: 1:14.23 38.58 150m: 1:53.36 39.13 200m: 2:32.67 39.31						
7.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:32.93**	+0,67	533	
	50m: 35.06 35.06 100m: 1:13.56 38.50 150m: 1:53.34 39.78 200m: 2:32.93 39.59						
8.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:33.40**	+0,62	528	
	50m: 35.35 35.35 100m: 1:14.17 38.82 150m: 1:53.98 39.81 200m: 2:33.40 39.42						
9.	COSTA Joana Santos	04	Galitos / Bresimar	**2:34.64**	+0,62	516	
	50m: 34.85 34.85 100m: 1:14.53 39.68 150m: 1:54.59 40.06 200m: 2:34.64 40.05						
10.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**2:34.73**	+0,62	515	
	50m: 35.40 35.40 100m: 1:15.36 39.96 150m: 1:55.17 39.81 200m: 2:34.73 39.56						
11.	RODRIGUES Sofia Vilardell	04	Gesloures	**2:35.27**	+0,70	510	
	50m: 36.76 36.76 100m: 1:17.25 40.49 150m: 1:56.97 39.72 200m: 2:35.27 38.30						
12.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:36.13**	+0,76	501	
	50m: 36.94 36.94 100m: 1:16.44 39.50 150m: 1:56.53 40.09 200m: 2:36.13 39.60						
13.	INACIO Ana Sofia	04	Sporting	**2:36.66**	+0,86	496	
	50m: 35.98 35.98 100m: 1:15.22 39.24 150m: 1:56.55 41.33 200m: 2:36.66 40.11						
14.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:36.92**	+0,70	494	
	50m: 35.46 35.46 100m: 1:15.35 39.89 150m: 1:56.85 41.50 200m: 2:36.92 40.07						
15.	DELFINO Mariana Morais	04	Sporting	**2:37.14**	+0,79	492	
	50m: 36.64 36.64 100m: 1:15.71 39.07 150m: 1:55.90 40.19 200m: 2:37.14 41.24						
16.	JESUS Leonor Santos	04	Natacao Olhao	**2:37.58**	+0,60	487	
	50m: 36.04 36.04 100m: 1:14.78 38.74 150m: 1:56.98 42.20 200m: 2:37.58 40.60						

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DESPORTO PARA TODOS
FORNECEDOR OFICIAL
arena WATER INSTINCT
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PROZIS
PARCEIROS
FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 27, Femin., 200m Costas, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CUNHA Margarida Passos	04	Famalicao	**2:37.90**	+0,57	485	
	50m: 36.32 36.32 100m: 1:15.89 39.57 150m: 1:57.15 41.26 200m: 2:37.90 40.75						
18.	SOUSA Joana Francisca	04	Sao Roque	**2:37.92**	+0,70	484	
	50m: 37.17 37.17 100m: 1:16.77 39.60 150m: 1:57.59 40.82 200m: 2:37.92 40.33						
19.	ABREU Sofia Viola	04	Naval de Peniche	**2:39.38**	+0,91	471	
	50m: 36.92 36.92 100m: 1:18.04 41.12 150m: 2:00.15 42.11 200m: 2:39.38 39.23						
20.	CORREIA Beatriz Santos	04	Academico Viseu	**2:40.32**	+0,70	463	
	50m: 36.88 36.88 100m: 1:17.60 40.72 150m: 2:00.13 42.53 200m: 2:40.32 40.19						
21.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**2:40.76**	+0,64	459	
	50m: 36.50 36.50 100m: 1:16.58 40.08 150m: 1:59.38 42.80 200m: 2:40.76 41.38						
22.	ANTUNES Joana Maia	04	Benfica	**2:41.44**	+0,66	453	
	50m: 37.10 37.10 100m: 1:17.20 40.10 150m: 1:59.44 42.24 200m: 2:41.44 42.00						
23.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**2:42.40**	+0,62	445	
	50m: 34.89 34.89 100m: 1:14.82 39.93 150m: 1:58.21 43.39 200m: 2:42.40 44.19						
24.	GONCALVES Maria Margarida	04	Naval do Funchal	**2:43.25**	+0,57	438	
	50m: 37.07 37.07 100m: 1:17.79 40.72 150m: 2:01.34 43.55 200m: 2:43.25 41.91						
25.	LOPES Raquel Raposo	04	Cova da Piedade	**2:43.81**	+0,70	434	
	50m: 37.84 37.84 100m: 1:19.17 41.33 150m: 2:01.87 42.70 200m: 2:43.81 41.94						
26.	BRANCOURT Yonina	04	Gesloures	**2:47.70**	+0,69	404	
	50m: 36.99 36.99 100m: 1:18.92 41.93 150m: 2:02.61 43.69 200m: 2:47.70 45.09						

Prova 27 | Femin., 200m Costas | Juvenis B

07-04-2019 - 9:00 | Resultados Elimin

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017

PreJun_Fem Juv: 2:22.78 / CEJun_Fem 14 - 17: 2:18.63 / CMJ_Fem 14 - 17: 2:15.91 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:29.98**	+0,69	565	
	50m: 34.31 34.31 100m: 1:12.24 37.93 150m: 1:51.95 39.71 200m: 2:29.98 38.03						
2.	REIS Erica Cristina	05	Sporting	**2:32.16**	+0,62	541	
	50m: 34.79 34.79 100m: 1:13.71 38.92 150m: 1:53.04 39.33 200m: 2:32.16 39.12						
3.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:33.74**	+0,71	525	
	50m: 34.64 34.64 100m: 1:13.02 38.38 150m: 1:53.40 40.38 200m: 2:33.74 40.34						
4.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:34.70**	+0,65	515	
	50m: 35.84 35.84 100m: 1:15.58 39.74 150m: 1:55.11 39.53 200m: 2:34.70 39.59						
5.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:34.76**	+0,62	515	
	50m: 37.09 37.09 100m: 1:15.71 38.62 150m: 1:55.90 40.19 200m: 2:34.76 38.86						
6.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**2:36.36**	+0,71	499	
	50m: 36.42 36.42 100m: 1:16.65 40.23 150m: 1:56.42 39.77 200m: 2:36.36 39.94						

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Prova 27, Femin., 200m Costas, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SEBASTIAO Sofia Antunes	05	Amadora	**2:38.77**	+0,78	477	
	50m: 36.60 36.60 100m: 1:17.62 41.02 150m: 1:58.14 40.52 200m: 2:38.77 40.63						
8.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:38.83**	+0,79	476	
	50m: 37.38 37.38 100m: 1:17.82 40.44 150m: 1:58.57 40.75 200m: 2:38.83 40.26						
9.	GONCALVES Rita Abibe	05	Gesloures	**2:39.24**	+0,73	472	
	50m: 37.63 37.63 100m: 1:17.75 40.12 150m: 2:00.63 42.88 200m: 2:39.24 38.61						
10.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:39.90**	+0,70	467	
	50m: 36.25 36.25 100m: 1:17.90 41.65 150m: 1:59.18 41.28 200m: 2:39.90 40.72						
11.	MACHADO Beatriz Alexandra	05	Beja	**2:40.02**	+0,66	465	
	50m: 36.86 36.86 100m: 1:16.97 40.11 150m: 1:58.87 41.90 200m: 2:40.02 41.15						
12.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:40.33**	+0,78	463	
	50m: 36.92 36.92 100m: 1:17.47 40.55 150m: 1:59.66 42.19 200m: 2:40.33 40.67						
13.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:40.72**	+0,68	459	
	50m: 36.49 36.49 100m: 1:17.57 41.08 150m: 1:59.28 41.71 200m: 2:40.72 41.44						
14.	NEVES Maria Manuel	05	Braga	**2:42.73**	+0,70	443	
	50m: 37.73 37.73 100m: 1:18.48 40.75 150m: 2:01.20 42.72 200m: 2:42.73 41.53						

Prova 27 — Femin., 200m Costas — Juniores
07-04-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:17.98	MARTINHEIRA Catia Raquel	POR	Lima (PER)	18-08-2011

CEJun_Fem 14 - 17: 2:18.63 / CMJ_Fem 14 - 17: 2:15.91 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues *Minimos CE Jun*	03	Louzan Natacao/EFAPEL	**2:18.55**	+0,58	717	
	50m: 32.22 32.22 100m: 1:06.72 34.50 150m: 1:43.24 36.52 200m: 2:18.55 35.31						
2.	CARDEAL Joana Nunes	02	Academico Viseu	**2:24.01**	+0,68	639	
	50m: 33.73 33.73 100m: 1:10.11 36.38 150m: 1:47.37 37.26 200m: 2:24.01 36.64						
3.	AZEVEDO Rafaela Gomes	02	Alges	**2:25.01**	+0,64	626	
	50m: 32.51 32.51 100m: 1:08.98 36.47 150m: 1:46.85 37.87 200m: 2:25.01 38.16						
4.	PEIXEIRA Filipa Ramos	03	Sporting	**2:26.42**	+0,65	608	
	50m: 33.67 33.67 100m: 1:10.88 37.21 150m: 1:48.85 37.97 200m: 2:26.42 37.57						
5.	RAMOS Ana Rita	02	Porto	**2:26.77**	+0,68	603	
	50m: 33.55 33.55 100m: 1:09.76 36.21 150m: 1:48.17 38.41 200m: 2:26.77 38.60						
6.	CRUZ Sara Moura	03	Alges	**2:27.23**	+0,65	598	
	50m: 34.77 34.77 100m: 1:12.33 37.56 150m: 1:50.34 38.01 200m: 2:27.23 36.89						
7.	MARTINS Joana Ribeiro	03	Benfica	**2:29.77**	+0,68	568	
	50m: 35.39 35.39 100m: 1:13.38 37.99 150m: 1:52.65 39.27 200m: 2:29.77 37.12						

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Prova 27, Femin., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LASCU Nicoleta	02	Litoral Alentejano	**2:31.11**	+0,68	553	
	50m: 34.93 34.93 100m: 1:13.14 38.21 150m: 1:51.92 38.78 200m: 2:31.11 39.19						
9.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**2:32.59**	+0,60	537	
	50m: 35.88 35.88 100m: 1:14.42 38.54 150m: 1:53.91 39.49 200m: 2:32.59 38.68						
10.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:33.03**	+0,69	532	
	50m: 34.16 34.16 100m: 1:12.90 38.74 150m: 1:53.21 40.31 200m: 2:33.03 39.82						
11.	MARQUES Mariana Nunes	03	Estarreja	**2:33.36**	+0,63	529	
	50m: 34.77 34.77 100m: 1:13.47 38.70 150m: 1:53.64 40.17 200m: 2:33.36 39.72						
12.	RAMOS Ines Asseiceira	03	Torres Novas	**2:33.69**	+0,61	525	
	50m: 34.31 34.31 100m: 1:12.58 38.27 150m: 1:52.13 39.55 200m: 2:33.69 41.56						
13.	AMORIM Maria Leonor	03	Porto	**2:34.13**	+0,69	521	
	50m: 35.28 35.28 100m: 1:14.72 39.44 150m: 1:54.61 39.89 200m: 2:34.13 39.52						
14.	SOARES Carolina Silva	03	Natacao de Valongo	**2:34.38**	+0,62	518	
	50m: 35.81 35.81 100m: 1:14.30 38.49 150m: 1:54.28 39.98 200m: 2:34.38 40.10						
15.	CATARINO Laura Andre	03	CCDSerta	**2:34.85**	+0,60	514	
	50m: 34.77 34.77 100m: 1:13.96 39.19 150m: 1:55.13 41.17 200m: 2:34.85 39.72						
16.	SOARES Ana Margarida	03	Naval Setubalense	**2:35.37**	+0,61	509	
	50m: 34.84 34.84 100m: 1:13.74 38.90 150m: 1:53.92 40.18 200m: 2:35.37 41.45						
17.	BARBOSA Adriana Freixo	03	Viana Natacao	**2:35.38**	+0,58	508	
	50m: 35.54 35.54 100m: 1:14.84 39.30 150m: 1:55.60 40.76 200m: 2:35.38 39.78						
18.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**2:36.90**	+0,77	494	
	50m: 36.30 36.30 100m: 1:15.42 39.12 150m: 1:56.19 40.77 200m: 2:36.90 40.71						
19.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:37.36**	+0,74	490	
	50m: 36.77 36.77 100m: 1:16.08 39.31 150m: 1:57.03 40.95 200m: 2:37.36 40.33						

Prova 27 — Femin., 200m Costas — Seniores
07-04-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Sen	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	02-04-2015

CMPL 19 +: 2:11.53 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:17.75**	+0,67	730	
	50m: 31.64 31.64 100m: 1:05.60 33.96 150m: 1:41.11 35.51 200m: 2:17.75 36.64						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:22.02**	+0,65	666	
	50m: 32.36 32.36 100m: 1:07.62 35.26 150m: 1:45.04 37.42 200m: 2:22.02 36.98						
3.	CABRAL Maria Francisca	00	Porto	**2:22.88**	+0,63	654	
	50m: 33.42 33.42 100m: 1:08.99 35.57 150m: 1:45.98 36.99 200m: 2:22.88 36.90						
4.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:27.20**	+0,69	598	
	50m: 34.20 34.20 100m: 1:10.97 36.77 150m: 1:49.00 38.03 200m: 2:27.20 38.20						

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Prova 27, Femin., 200m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:27.53**	+0,66	594	
	50m: 35.04 35.04 100m: 1:11.99 36.95 150m: 1:50.10 38.11 200m: 2:27.53 37.43						
6.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:27.78**	+0,63	591	
	50m: 34.31 34.31 100m: 1:11.30 36.99 150m: 1:50.06 38.76 200m: 2:27.78 37.72						
7.	FREIXO Juliana Lima	97	Braga	**2:27.89**	+0,59	590	
	50m: 33.70 33.70 100m: 1:10.83 37.13 150m: 1:49.43 38.60 200m: 2:27.89 38.46						
8.	RODRIGUES Luana Correia	01	Belenenses	**2:29.06**	+0,58	576	
	50m: 34.61 34.61 100m: 1:11.80 37.19 150m: 1:50.43 38.63 200m: 2:29.06 38.63						
9.	RODRIGUES Filipa Serrano	01	Benfica	**2:29.25**	+0,67	574	
	50m: 34.86 34.86 100m: 1:11.58 36.72 150m: 1:50.02 38.44 200m: 2:29.25 39.23						
10.	FERREIRA Ana Raquel	98	Benfica	**2:30.25**	+0,69	562	
	50m: 34.46 34.46 100m: 1:12.34 37.88 150m: 1:51.32 38.98 200m: 2:30.25 38.93						
11.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**2:30.71**	+0,69	557	
	50m: 34.24 34.24 100m: 1:12.25 38.01 150m: 1:51.02 38.77 200m: 2:30.71 39.69						
12.	NUNES Sofia Alexandra	00	Laranjeiro	**2:31.40**	+0,72	550	
	50m: 35.59 35.59 100m: 1:13.13 37.54 150m: 1:52.67 39.54 200m: 2:31.40 38.73						
13.	COSTA Ana Filipa	98	Beja	**2:31.79**	+0,67	545	
	50m: 35.27 35.27 100m: 1:14.04 38.77 150m: 1:53.58 39.54 200m: 2:31.79 38.21						

Prova 27 — Femin., 200m Costas — Absolutos
07-04-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Sen	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	02-04-2015
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:17.98	MARTINHEIRA Catia Raquel	POR	Lima (PER)	18-08-2011
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017

PreJun_Fem Juv: 2:22.78 / CEJun_Fem 14 - 17: 2:18.63 / CMJ_Fem 14 - 17: 2:15.91 / CMPL 19 +: 2:11.53 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:17.75**	+0,67	730	
	50m: 31.64 31.64 100m: 1:05.60 33.96 150m: 1:41.11 35.51 200m: 2:17.75 36.64						
2.	REBELO Camila Rodrigues *Minimos CE Jun*	03	Louzan Natacao/EFAPEL	**2:18.55**	+0,58	717	
	50m: 32.22 32.22 100m: 1:06.72 34.50 150m: 1:43.24 36.52 200m: 2:18.55 35.31						
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:22.02**	+0,65	666	
	50m: 32.36 32.36 100m: 1:07.62 35.26 150m: 1:45.04 37.42 200m: 2:22.02 36.98						
4.	CABRAL Maria Francisca	00	Porto	**2:22.88**	+0,63	654	
	50m: 33.42 33.42 100m: 1:08.99 35.57 150m: 1:45.98 36.99 200m: 2:22.88 36.90						
5.	CARDEAL Joana Nunes	02	Academico Viseu	**2:24.01**	+0,68	639	
	50m: 33.73 33.73 100m: 1:10.11 36.38 150m: 1:47.37 37.26 200m: 2:24.01 36.64						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	AZEVEDO Rafaela Gomes	02	Alges	**2:25.01**	+0,64	626	
	50m: 32.51 (32.51) 100m: 1:08.98 (36.47) 150m: 1:46.85 (37.87) 200m: 2:25.01 (38.16)						
7.	PEIXEIRA Filipa Ramos	03	Sporting	**2:26.42**	+0,65	608	
	50m: 33.67 (33.67) 100m: 1:10.88 (37.21) 150m: 1:48.85 (37.97) 200m: 2:26.42 (37.57)						
8.	RAMOS Ana Rita	02	Porto	**2:26.77**	+0,68	603	
	50m: 33.55 (33.55) 100m: 1:09.76 (36.21) 150m: 1:48.17 (38.41) 200m: 2:26.77 (38.60)						
9.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:27.20**	+0,69	598	
	50m: 34.20 (34.20) 100m: 1:10.97 (36.77) 150m: 1:49.00 (38.03) 200m: 2:27.20 (38.20)						
10.	CRUZ Sara Moura	03	Alges	**2:27.23**	+0,65	598	
	50m: 34.77 (34.77) 100m: 1:12.33 (37.56) 150m: 1:50.34 (38.01) 200m: 2:27.23 (36.89)						
11.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:27.53**	+0,66	594	
	50m: 35.04 (35.04) 100m: 1:11.99 (36.95) 150m: 1:50.10 (38.11) 200m: 2:27.53 (37.43)						
12.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:27.78**	+0,63	591	
	50m: 34.31 (34.31) 100m: 1:11.30 (36.99) 150m: 1:50.06 (38.76) 200m: 2:27.78 (37.72)						
13.	FREIXO Juliana Lima	97	Braga	**2:27.89**	+0,59	590	
	50m: 33.70 (33.70) 100m: 1:10.83 (37.13) 150m: 1:49.43 (38.60) 200m: 2:27.89 (38.46)						
14.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:29.06**	+0,75	576	
	50m: 33.34 (33.34) 100m: 1:11.30 (37.96) 150m: 1:50.58 (39.28) 200m: 2:29.06 (38.48)						
	RODRIGUES Luana Correia	01	Belenenses	**2:29.06**	+0,58	576	
	50m: 34.61 (34.61) 100m: 1:11.80 (37.19) 150m: 1:50.43 (38.63) 200m: 2:29.06 (38.63)						
16.	RODRIGUES Filipa Serrano	01	Benfica	**2:29.25**	+0,67	574	
	50m: 34.86 (34.86) 100m: 1:11.58 (36.72) 150m: 1:50.02 (38.44) 200m: 2:29.25 (39.23)						
17.	MARTINS Joana Ribeiro	03	Benfica	**2:29.77**	+0,68	568	
	50m: 35.39 (35.39) 100m: 1:13.38 (37.99) 150m: 1:52.65 (39.27) 200m: 2:29.77 (37.12)						
18.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:29.98**	+0,69	565	
	50m: 34.31 (34.31) 100m: 1:12.24 (37.93) 150m: 1:51.95 (39.71) 200m: 2:29.98 (38.03)						
19.	FERREIRA Ana Raquel	98	Benfica	**2:30.25**	+0,69	562	
	50m: 34.46 (34.46) 100m: 1:12.34 (37.88) 150m: 1:51.32 (38.98) 200m: 2:30.25 (38.93)						
20.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**2:30.71**	+0,69	557	
	50m: 34.24 (34.24) 100m: 1:12.25 (38.01) 150m: 1:51.02 (38.77) 200m: 2:30.71 (39.69)						
21.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:30.79**	+0,57	556	
	50m: 34.75 (34.75) 100m: 1:12.69 (37.94) 150m: 1:51.63 (38.94) 200m: 2:30.79 (39.16)						
22.	LASCU Nicoleta	02	Litoral Alentejano	**2:31.11**	+0,68	553	
	50m: 34.93 (34.93) 100m: 1:13.14 (38.21) 150m: 1:51.92 (38.78) 200m: 2:31.11 (39.19)						
23.	NUNES Sofia Alexandra	00	Laranjeiro	**2:31.40**	+0,72	550	
	50m: 35.59 (35.59) 100m: 1:13.13 (37.54) 150m: 1:52.67 (39.54) 200m: 2:31.40 (38.73)						
24.	COSTA Ana Filipa	98	Beja	**2:31.79**	+0,67	545	
	50m: 35.27 (35.27) 100m: 1:14.04 (38.77) 150m: 1:53.58 (39.54) 200m: 2:31.79 (38.21)						
25.	ALVES Ines Sofia	04	Portinado	**2:31.80**	+0,60	545	
	50m: 35.42 (35.42) 100m: 1:14.22 (38.80) 150m: 1:52.88 (38.66) 200m: 2:31.80 (38.92)						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	REIS Erica Cristina	05	Sporting	**2:32.16**	+0,62	541	
	50m: 34.79 (34.79) 100m: 1:13.71 (38.92) 150m: 1:53.04 (39.33) 200m: 2:32.16 (39.12)						
27.	ROCHA Carolina Neves	04	Fluvial Portuense	**2:32.45**	+0,75	538	
	50m: 34.25 (34.25) 100m: 1:13.09 (38.84) 150m: 1:53.14 (40.05) 200m: 2:32.45 (39.31)						
28.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**2:32.59**	+0,60	537	
	50m: 35.88 (35.88) 100m: 1:14.42 (38.54) 150m: 1:53.91 (39.49) 200m: 2:32.59 (38.68)						
29.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:32.66**	+0,65	536	
	50m: 35.17 (35.17) 100m: 1:13.47 (38.30) 150m: 1:53.78 (40.31) 200m: 2:32.66 (38.88)						
30.	PEREIRA Anais Cloe	04	Sporting	**2:32.67**	+0,71	536	
	50m: 35.65 (35.65) 100m: 1:14.23 (38.58) 150m: 1:53.36 (39.13) 200m: 2:32.67 (39.31)						
31.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:32.93**	+0,67	533	
	50m: 35.06 (35.06) 100m: 1:13.56 (38.50) 150m: 1:53.34 (39.78) 200m: 2:32.93 (39.59)						
32.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:33.03**	+0,69	532	
	50m: 34.16 (34.16) 100m: 1:12.90 (38.74) 150m: 1:53.21 (40.31) 200m: 2:33.03 (39.82)						
33.	MARQUES Mariana Nunes	03	Estarreja	**2:33.36**	+0,63	529	
	50m: 34.77 (34.77) 100m: 1:13.47 (38.70) 150m: 1:53.64 (40.17) 200m: 2:33.36 (39.72)						
34.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:33.40**	+0,62	528	
	50m: 35.35 (35.35) 100m: 1:14.17 (38.82) 150m: 1:53.98 (39.81) 200m: 2:33.40 (39.42)						
35.	RAMOS Ines Asseiceira	03	Torres Novas	**2:33.69**	+0,61	525	
	50m: 34.31 (34.31) 100m: 1:12.58 (38.27) 150m: 1:52.13 (39.55) 200m: 2:33.69 (41.56)						
36.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:33.74**	+0,71	525	
	50m: 34.64 (34.64) 100m: 1:13.02 (38.38) 150m: 1:53.40 (40.38) 200m: 2:33.74 (40.34)						
37.	AMORIM Maria Leonor	03	Porto	**2:34.13**	+0,69	521	
	50m: 35.28 (35.28) 100m: 1:14.72 (39.44) 150m: 1:54.61 (39.89) 200m: 2:34.13 (39.52)						
38.	SOARES Carolina Silva	03	Natacao de Valongo	**2:34.38**	+0,62	518	
	50m: 35.81 (35.81) 100m: 1:14.30 (38.49) 150m: 1:54.28 (39.98) 200m: 2:34.38 (40.10)						
39.	COSTA Joana Santos	04	Galitos / Bresimar	**2:34.64**	+0,62	516	
	50m: 34.85 (34.85) 100m: 1:14.53 (39.68) 150m: 1:54.59 (40.06) 200m: 2:34.64 (40.05)						
40.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:34.70**	+0,65	515	
	50m: 35.84 (35.84) 100m: 1:15.58 (39.74) 150m: 1:55.11 (39.53) 200m: 2:34.70 (39.59)						
41.	SILVA Constanca Alexandra	04	Pimpoes/Cimai	**2:34.73**	+0,62	515	
	50m: 35.40 (35.40) 100m: 1:15.36 (39.96) 150m: 1:55.17 (39.81) 200m: 2:34.73 (39.56)						
42.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:34.76**	+0,62	515	
	50m: 37.09 (37.09) 100m: 1:15.71 (38.62) 150m: 1:55.90 (40.19) 200m: 2:34.76 (38.86)						
43.	CATARINO Laura Andre	03	CCDSerta	**2:34.85**	+0,60	514	
	50m: 34.77 (34.77) 100m: 1:13.96 (39.19) 150m: 1:55.13 (41.17) 200m: 2:34.85 (39.72)						
44.	RODRIGUES Sofia Vilardell	04	Gesloures	**2:35.27**	+0,70	510	
	50m: 36.76 (36.76) 100m: 1:17.25 (40.49) 150m: 1:56.97 (39.72) 200m: 2:35.27 (38.30)						
45.	SOARES Ana Margarida	03	Naval Setubalense	**2:35.37**	+0,61	509	
	50m: 34.84 (34.84) 100m: 1:13.74 (38.90) 150m: 1:53.92 (40.18) 200m: 2:35.37 (41.45)						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	BARBOSA Adriana Freixo	03	Viana Natacao	**2:35.38**	+0,58	508	
	50m: 35.54 35.54 100m: 1:14.84 39.30 150m: 1:55.60 40.76 200m: 2:35.38 39.78						
47.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:36.13**	+0,76	501	
	50m: 36.94 36.94 100m: 1:16.44 39.50 150m: 1:56.53 40.09 200m: 2:36.13 39.60						
48.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**2:36.36**	+0,71	499	
	50m: 36.42 36.42 100m: 1:16.65 40.23 150m: 1:56.42 39.77 200m: 2:36.36 39.94						
49.	INACIO Ana Sofia	04	Sporting	**2:36.66**	+0,86	496	
	50m: 35.98 35.98 100m: 1:15.22 39.24 150m: 1:56.55 41.33 200m: 2:36.66 40.11						
50.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**2:36.90**	+0,77	494	
	50m: 36.30 36.30 100m: 1:15.42 39.12 150m: 1:56.19 40.77 200m: 2:36.90 40.71						
51.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:36.92**	+0,70	494	
	50m: 35.46 35.46 100m: 1:15.35 39.89 150m: 1:56.85 41.50 200m: 2:36.92 40.07						
52.	DELFINO Mariana Morais	04	Sporting	**2:37.14**	+0,79	492	
	50m: 36.64 36.64 100m: 1:15.71 39.07 150m: 1:55.90 40.19 200m: 2:37.14 41.24						
53.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:37.36**	+0,74	490	
	50m: 36.77 36.77 100m: 1:16.08 39.31 150m: 1:57.03 40.95 200m: 2:37.36 40.33						
54.	JESUS Leonor Santos	04	Natacao Olhao	**2:37.58**	+0,60	487	
	50m: 36.04 36.04 100m: 1:14.78 38.74 150m: 1:56.98 42.20 200m: 2:37.58 40.60						
55.	CUNHA Margarida Passos	04	Famalicao	**2:37.90**	+0,57	485	
	50m: 36.32 36.32 100m: 1:15.89 39.57 150m: 1:57.15 41.26 200m: 2:37.90 40.75						
56.	SOUSA Joana Francisca	04	Sao Roque	**2:37.92**	+0,70	484	
	50m: 37.17 37.17 100m: 1:16.77 39.60 150m: 1:57.59 40.82 200m: 2:37.92 40.33						
57.	SEBASTIAO Sofia Antunes	05	Amadora	**2:38.77**	+0,78	477	
	50m: 36.60 36.60 100m: 1:17.62 41.02 150m: 1:58.14 40.52 200m: 2:38.77 40.63						
58.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:38.83**	+0,79	476	
	50m: 37.38 37.38 100m: 1:17.82 40.44 150m: 1:58.57 40.75 200m: 2:38.83 40.26						
59.	GONCALVES Rita Abibe	05	Gesloures	**2:39.24**	+0,73	472	
	50m: 37.63 37.63 100m: 1:17.75 40.12 150m: 2:00.63 42.88 200m: 2:39.24 38.61						
60.	ABREU Sofia Viola	04	Naval de Peniche	**2:39.38**	+0,91	471	
	50m: 36.92 36.92 100m: 1:18.04 41.12 150m: 2:00.15 42.11 200m: 2:39.38 39.23						
61.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:39.90**	+0,70	467	
	50m: 36.25 36.25 100m: 1:17.90 41.65 150m: 1:59.18 41.28 200m: 2:39.90 40.72						
62.	MACHADO Beatriz Alexandra	05	Beja	**2:40.02**	+0,66	465	
	50m: 36.86 36.86 100m: 1:16.97 40.11 150m: 1:58.87 41.90 200m: 2:40.02 41.15						
63.	CORREIA Beatriz Santos	04	Academico Viseu	**2:40.32**	+0,70	463	
	50m: 36.88 36.88 100m: 1:17.60 40.72 150m: 2:00.13 42.53 200m: 2:40.32 40.19						
64.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:40.33**	+0,78	463	
	50m: 36.92 36.92 100m: 1:17.47 40.55 150m: 1:59.66 42.19 200m: 2:40.33 40.67						
65.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:40.72**	+0,68	459	
	50m: 36.49 36.49 100m: 1:17.57 41.08 150m: 1:59.28 41.71 200m: 2:40.72 41.44						

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Prova 27, Femin., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
66.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**2:40.76**	+0,64	459	
	50m: 36.50 36.50 100m: 1:16.58 40.08 150m: 1:59.38 42.80 200m: 2:40.76 41.38						
67.	ANTUNES Joana Maia	04	Benfica	**2:41.44**	+0,66	453	
	50m: 37.10 37.10 100m: 1:17.20 40.10 150m: 1:59.44 42.24 200m: 2:41.44 42.00						
68.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**2:42.40**	+0,62	445	
	50m: 34.89 34.89 100m: 1:14.82 39.93 150m: 1:58.21 43.39 200m: 2:42.40 44.19						
69.	NEVES Maria Manuel	05	Braga	**2:42.73**	+0,70	443	
	50m: 37.73 37.73 100m: 1:18.48 40.75 150m: 2:01.20 42.72 200m: 2:42.73 41.53						
70.	GONCALVES Maria Margarida	04	Naval do Funchal	**2:43.25**	+0,57	438	
	50m: 37.07 37.07 100m: 1:17.79 40.72 150m: 2:01.34 43.55 200m: 2:43.25 41.91						
71.	LOPES Raquel Raposo	04	Cova da Piedade	**2:43.81**	+0,70	434	
	50m: 37.84 37.84 100m: 1:19.17 41.33 150m: 2:01.87 42.70 200m: 2:43.81 41.94						
72.	BRANCOURT Yonina	04	Gesloures	**2:47.70**	+0,69	404	
	50m: 36.99 36.99 100m: 1:18.92 41.93 150m: 2:02.61 43.69 200m: 2:47.70 45.09						

Prova 28 — Masc., 200m Costas — Juvenis A
07-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014

PreJun_Masc Juv: 2:08.48 / CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:12.98**	+0,59	596	
	50m: 31.15 31.15 100m: 1:05.28 34.13 150m: 1:39.45 34.17 200m: 2:12.98 33.53						
2.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:13.35**	+0,57	591	
	50m: 30.17 30.17 100m: 1:03.78 33.61 150m: 1:38.71 34.93 200m: 2:13.35 34.64						
3.	CASTRO Duarte Monteiro	03	Porto	**2:14.21**	+0,65	579	
	50m: 30.09 30.09 100m: 1:03.29 33.20 150m: 1:38.18 34.89 200m: 2:14.21 36.03						
4.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.13**	+0,62	568	
	50m: 31.37 31.37 100m: 1:05.83 34.46 150m: 1:40.59 34.76 200m: 2:15.13 34.54						
5.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:16.99**	+0,74	545	
	50m: 31.00 31.00 100m: 1:05.24 34.24 150m: 1:41.59 36.35 200m: 2:16.99 35.40						
6.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:18.07**	+0,62	532	
	50m: 31.36 31.36 100m: 1:06.01 34.65 150m: 1:42.17 36.16 200m: 2:18.07 35.90						
7.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:20.34**	+0,73	507	
	50m: 31.41 31.41 100m: 1:07.13 35.72 150m: 1:44.64 37.51 200m: 2:20.34 35.70						
	MARQUES Andre Costa	03	Famalicao	**2:20.34**	+0,65	507	
	50m: 33.86 33.86 100m: 1:10.00 36.14 150m: 1:44.67 34.67 200m: 2:20.34 35.67						
9.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:20.48**	+0,67	505	
	50m: 32.41 32.41 100m: 1:08.28 35.87 150m: 1:44.29 36.01 200m: 2:20.48 36.19						

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Prova 28, Masc., 200m Costas, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:21.07**	+0,68	499	
	50m: 33.14 33.14 100m: 1:08.90 35.76 150m: 1:45.41 36.51 200m: 2:21.07 35.66						
11.	SANTOS Andre Cardoso	03	Academico Viseu	**2:21.30**	+0,67	496	
	50m: 32.76 32.76 100m: 1:07.65 34.89 150m: 1:44.53 36.88 200m: 2:21.30 36.77						
12.	COUTINHO Guilherme Pereira	03	Viver Santarem	**2:21.95**	+0,67	490	
	50m: 33.26 33.26 100m: 1:09.15 35.89 150m: 1:46.00 36.85 200m: 2:21.95 35.95						
13.	FOLHA Diogo Antonio	03	Leixoes	**2:22.38**	+0,75	485	
	50m: 32.04 32.04 100m: 1:07.71 35.67 150m: 1:45.72 38.01 200m: 2:22.38 36.66						
14.	CARDOSO Joao Francisco	03	Individual ANCNP	**2:22.59**	+0,77	483	
	50m: 32.07 32.07 100m: 1:07.96 35.89 150m: 1:45.56 37.60 200m: 2:22.59 37.03						
15.	GOMES Goncalo Camara	03	Naval do Funchal	**2:23.05**	+0,61	478	
	50m: 31.61 31.61 100m: 1:07.30 35.69 150m: 1:44.88 37.58 200m: 2:23.05 38.17						
16.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**2:23.98**	+0,62	469	
	50m: 32.89 32.89 100m: 1:08.57 35.68 150m: 1:45.89 37.32 200m: 2:23.98 38.09						
17.	IACHIMOVSCHI Nicolae	03	Belenenses	**2:25.33**	+0,74	456	
	50m: 33.25 33.25 100m: 1:10.26 37.01 150m: 1:48.55 38.29 200m: 2:25.33 36.78						
18.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**2:25.34**	+0,61	456	
	50m: 33.32 33.32 100m: 1:09.51 36.19 150m: 1:47.36 37.85 200m: 2:25.34 37.98						
19.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:26.91**	+0,60	442	
	50m: 33.80 33.80 100m: 1:10.53 36.73 150m: 1:49.01 38.48 200m: 2:26.91 37.90						
20.	VALENTE Goncalo Filipe	03	Gesloures	**2:27.32**	+0,65	438	
	50m: 33.61 33.61 100m: 1:10.67 37.06 150m: 1:49.10 38.43 200m: 2:27.32 38.22						
DSQ	COUTINHO David Valdagua	03	Columbofila Cantanhedense				
	SW 4.4 - Falsa partida						
DSQ	CAROCO Dinis Viola	03	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						
DNS	GOMES Joao Campelo	03	Famalicao				
DNS	CORREIA Pedro Henriques	03	Benfica				

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Prova 28, Masc., 200m Costas, Elimin

Prova 28 | Masc., 200m Costas | Juvenis B
07-04-2019 - 9:30 | Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

PreJun_Masc Juv: 2:08.48 / CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:16.75**	+0,76	548	
	50m: 31.20 (31.20) 100m: 1:06.17 (34.97) 150m: 1:41.55 (35.38) 200m: 2:16.75 (35.20)						
2.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:18.42**	+0,71	528	
	50m: 32.25 (32.25) 100m: 1:06.41 (34.16) 150m: 1:42.43 (36.02) 200m: 2:18.42 (35.99)						
3.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:18.99**	+0,76	522	
	50m: 32.24 (32.24) 100m: 1:07.70 (35.46) 150m: 1:44.15 (36.45) 200m: 2:18.99 (34.84)						
4.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**2:21.18**	+0,64	498	
	50m: 31.64 (31.64) 100m: 1:07.50 (35.86) 150m: 1:44.60 (37.10) 200m: 2:21.18 (36.58)						
5.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:22.04**	+0,61	489	
	50m: 32.16 (32.16) 100m: 1:07.86 (35.70) 150m: 1:44.43 (36.57) 200m: 2:22.04 (37.61)						
6.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:22.06**	+0,68	488	
	50m: 32.85 (32.85) 100m: 1:08.54 (35.69) 150m: 1:45.88 (37.34) 200m: 2:22.06 (36.18)						
7.	SANTOS Guilherme Machado	04	Uniao Piedense	**2:22.16**	+0,63	487	
	50m: 32.67 (32.67) 100m: 1:08.09 (35.42) 150m: 1:45.16 (37.07) 200m: 2:22.16 (37.00)						
8.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:22.68**	+0,67	482	
	50m: 32.26 (32.26) 100m: 1:08.63 (36.37) 150m: 1:44.76 (36.13) 200m: 2:22.68 (37.92)						
9.	SIMOES Miguel Costa	04	Cova da Piedade	**2:23.24**	+0,65	477	
	50m: 33.25 (33.25) 100m: 1:10.57 (37.32) 150m: 1:48.05 (37.48) 200m: 2:23.24 (35.19)						
10.	GOMES Guilherme Sousa	04	Aquatico Silves	**2:23.41**	+0,69	475	
	50m: 32.73 (32.73) 100m: 1:08.99 (36.26) 150m: 1:46.43 (37.44) 200m: 2:23.41 (36.98)						
11.	MAIA Felipe Menegassi	04	Alges	**2:23.74**	+0,61	472	
	50m: 32.79 (32.79) 100m: 1:08.54 (35.75) 150m: 1:46.76 (38.22) 200m: 2:23.74 (36.98)						
12.	CARVALHO Martim Henriques	04	Rio Maior	**2:23.76**	+0,77	471	
	50m: 33.58 (33.58) 100m: 1:10.01 (36.43) 150m: 1:47.28 (37.27) 200m: 2:23.76 (36.48)						
13.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:23.97**	+0,84	469	
	50m: 34.42 (34.42) 100m: 1:11.82 (37.40) 150m: 1:48.19 (36.37) 200m: 2:23.97 (35.78)						
14.	PALMA Francisco Caetano	04	Zona Azul	**2:24.08**	+0,71	468	
	50m: 33.15 (33.15) 100m: 1:09.24 (36.09) 150m: 1:47.37 (38.13) 200m: 2:24.08 (36.71)						
15.	TEIXEIRA Cesar Rego	04	Famalicao	**2:24.17**	+0,75	467	
	50m: 33.34 (33.34) 100m: 1:10.27 (36.93) 150m: 1:47.62 (37.35) 200m: 2:24.17 (36.55)						
16.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.27**	+0,61	457	
	50m: 33.45 (33.45) 100m: 1:09.70 (36.25) 150m: 1:47.76 (38.06) 200m: 2:25.27 (37.51)						
17.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:25.37**	+0,56	456	
	50m: 33.38 (33.38) 100m: 1:10.76 (37.38) 150m: 1:49.36 (38.60) 200m: 2:25.37 (36.01)						

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Prova 28, Masc., 200m Costas, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**2:26.49**	+0,73	445	
	50m: 34.71 34.71 100m: 1:12.04 37.33 150m: 1:49.69 37.65 200m: 2:26.49 36.80						
19.	SILVA Frederico Ferreira	04	Famalicao	**2:28.33**	+0,67	429	
	50m: 34.20 34.20 100m: 1:11.20 37.00 150m: 1:50.30 39.10 200m: 2:28.33 38.03						
20.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:29.28**	+0,70	421	
	50m: 34.25 34.25 100m: 1:13.25 39.00 150m: 1:51.77 38.52 200m: 2:29.28 37.51						
21.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:30.63**	+0,70	410	
	50m: 34.26 34.26 100m: 1:11.39 37.13 150m: 1:51.01 39.62 200m: 2:30.63 39.62						
22.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:31.98**	+0,67	399	
	50m: 34.25 34.25 100m: 1:12.20 37.95 150m: 1:52.06 39.86 200m: 2:31.98 39.92						
DSQ	FRASQUILHO Afonso Figueiredo	04	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						

Prova 28 — Masc., 200m Costas — Juniores
07-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005

CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**2:05.58**	+0,64	707	
	50m: 28.88 28.88 100m: 1:00.26 31.38 150m: 1:32.94 32.68 200m: 2:05.58 32.64						
2.	ALFAMA Martim Primavera	02	Gesloures	**2:10.64**	+0,60	628	
	50m: 29.71 29.71 100m: 1:03.00 33.29 150m: 1:36.92 33.92 200m: 2:10.64 33.72						
3.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:10.91**	+0,62	624	
	50m: 30.18 30.18 100m: 1:02.61 32.43 150m: 1:36.58 33.97 200m: 2:10.91 34.33						
4.	FERNANDES Eduardo Gomes	02	Sporting	**2:12.80**	+0,76	598	
	50m: 30.91 30.91 100m: 1:04.32 33.41 150m: 1:38.66 34.34 200m: 2:12.80 34.14						
5.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:13.09**	+0,73	594	
	50m: 30.58 30.58 100m: 1:04.23 33.65 150m: 1:39.21 34.98 200m: 2:13.09 33.88						
6.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:13.83**	+0,68	584	
	50m: 30.17 30.17 100m: 1:03.68 33.51 150m: 1:39.07 35.39 200m: 2:13.83 34.76						
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:14.01**	+0,60	582	
	50m: 29.99 29.99 100m: 1:03.23 33.24 150m: 1:38.14 34.91 200m: 2:14.01 35.87						
8.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:14.46**	+0,57	576	
	50m: 30.50 30.50 100m: 1:03.26 32.76 150m: 1:38.09 34.83 200m: 2:14.46 36.37						
9.	MORIM Francisco Emanuel	02	Vilacondense	**2:16.94**	+0,70	545	
	50m: 32.15 32.15 100m: 1:07.08 34.93 150m: 1:43.04 35.96 200m: 2:16.94 33.90						
10.	KOBAYASHI Bruno Shinji	02	Vilacondense	**2:18.43**	+0,59	528	
	50m: 31.92 31.92 100m: 1:07.20 35.28 150m: 1:42.78 35.58 200m: 2:18.43 35.65						

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Prova 28, Masc., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	MAGALHAES Hugo Nunes	02	Alges	**2:18.53**	+0,64	527	
	50m: 32.24 32.24 100m: 1:06.53 34.29 150m: 1:41.90 35.37 200m: 2:18.53 36.63						
12.	MACHADO Bruno Rafael	01	Fluvial Portuense	**2:18.95**	+0,60	522	
	50m: 31.21 31.21 100m: 1:05.97 34.76 150m: 1:42.35 36.38 200m: 2:18.95 36.60						
13.	CUNHA Afonso Passos	01	Famalicao	**2:19.56**	+0,83	515	
	50m: 32.15 32.15 100m: 1:07.41 35.26 150m: 1:43.15 35.74 200m: 2:19.56 36.41						
14.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**2:19.90**	+0,71	512	
	50m: 30.99 30.99 100m: 1:05.99 35.00 150m: 1:42.55 36.56 200m: 2:19.90 37.35						
15.	CARVALHO Guilherme Ventura	01	Gesloures	**2:19.99**	+0,80	511	
	50m: 31.53 31.53 100m: 1:07.40 35.87 150m: 1:43.59 36.19 200m: 2:19.99 36.40						

Prova 28 — Masc., 200m Costas — Seniores
07-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012

CMPL : 1:58.34 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio	98	Sporting	**2:02.85**	+0,67	756	
	50m: 27.95 27.95 100m: 58.77 30.82 150m: 1:31.21 32.44 200m: 2:02.85 31.64						
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:05.72**	+0,67	705	
	50m: 28.52 28.52 100m: 59.74 31.22 150m: 1:32.88 33.14 200m: 2:05.72 32.84						
3.	VITAL Joao Alexandre	98	Sporting	**2:08.78**	+0,65	656	
	50m: 29.04 29.04 100m: 1:00.78 31.74 150m: 1:34.83 34.05 200m: 2:08.78 33.95						
4.	TINOCO Joao Pereira	00	Famalicao	**2:08.96**	+0,65	653	
	50m: 29.64 29.64 100m: 1:01.84 32.20 150m: 1:35.21 33.37 200m: 2:08.96 33.75						
5.	KOT Viktor	98	Nautico Marinha Grande	**2:09.58**	+0,56	644	
	50m: 30.07 30.07 100m: 1:02.68 32.61 150m: 1:36.41 33.73 200m: 2:09.58 33.17						
6.	ROSA Rodrigo Antonio	96	Benfica	**2:09.80**	+0,63	641	
	50m: 29.86 29.86 100m: 1:02.02 32.16 150m: 1:35.83 33.81 200m: 2:09.80 33.97						
7.	CORREIA Joao Mota	97	Benfica	**2:10.87**	+0,77	625	
	50m: 29.69 29.69 100m: 1:02.33 32.64 150m: 1:36.66 34.33 200m: 2:10.87 34.21						
8.	BATE Miguel Ribeiro	99	Alges	**2:11.19**	+0,57	620	
	50m: 29.60 29.60 100m: 1:02.47 32.87 150m: 1:37.33 34.86 200m: 2:11.19 33.86						
9.	PIRES Ricardo Saraiva	98	Laranjeiro	**2:11.51**	+0,64	616	
	50m: 30.86 30.86 100m: 1:04.18 33.32 150m: 1:37.98 33.80 200m: 2:11.51 33.53						
10.	ALMEIDA Carlos Afonso	98	Alges	**2:13.51**	+0,67	589	
	50m: 30.75 30.75 100m: 1:04.54 33.79 150m: 1:39.27 34.73 200m: 2:13.51 34.24						
11.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	**2:15.00**	+0,65	569	
	50m: 31.72 31.72 100m: 1:05.45 33.73 150m: 1:40.27 34.82 200m: 2:15.00 34.73						

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Prova 28, Masc., 200m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	JAENES Daniel Sanchez	97	Louletano / Loule Concelho				

SW 6.4 - O (a) atleta interrompe o movimento contínuo dos braços , antes da viragem aos 150 metros

Prova 28 — Masc., 200m Costas — Absolutos
07-04-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

PreJun_Masc Juv: 2:08.48 / CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / CMPL Sen: 1:58.34 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio	98	Sporting	**2:02.85**	+0,67	756	
	50m: 27.95 27.95 100m: 58.77 30.82 150m: 1:31.21 32.44 200m: 2:02.85 31.64						
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**2:05.58**	+0,64	707	
	50m: 28.88 28.88 100m: 1:00.26 31.38 150m: 1:32.94 32.68 200m: 2:05.58 32.64						
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:05.72**	+0,67	705	
	50m: 28.52 28.52 100m: 59.74 31.22 150m: 1:32.88 33.14 200m: 2:05.72 32.84						
4.	VITAL Joao Alexandre	98	Sporting	**2:08.78**	+0,65	656	
	50m: 29.04 29.04 100m: 1:00.78 31.74 150m: 1:34.83 34.05 200m: 2:08.78 33.95						
5.	TINOCO Joao Pereira	00	Famalicao	**2:08.96**	+0,65	653	
	50m: 29.64 29.64 100m: 1:01.84 32.20 150m: 1:35.21 33.37 200m: 2:08.96 33.75						
6.	KOT Viktor	98	Nautico Marinha Grande	**2:09.58**	+0,56	644	
	50m: 30.07 30.07 100m: 1:02.68 32.61 150m: 1:36.41 33.73 200m: 2:09.58 33.17						
7.	ROSA Rodrigo Antonio	96	Benfica	**2:09.80**	+0,63	641	
	50m: 29.86 29.86 100m: 1:02.02 32.16 150m: 1:35.83 33.81 200m: 2:09.80 33.97						
8.	ALFAMA Martim Primavera	02	Gesloures	**2:10.64**	+0,60	628	
	50m: 29.71 29.71 100m: 1:03.00 33.29 150m: 1:36.92 33.92 200m: 2:10.64 33.72						
9.	CORREIA Joao Mota	97	Benfica	**2:10.87**	+0,77	625	
	50m: 29.69 29.69 100m: 1:02.33 32.64 150m: 1:36.66 34.33 200m: 2:10.87 34.21						
10.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:10.91**	+0,62	624	
	50m: 30.18 30.18 100m: 1:02.61 32.43 150m: 1:36.58 33.97 200m: 2:10.91 34.33						
11.	BATE Miguel Ribeiro	99	Alges	**2:11.19**	+0,57	620	
	50m: 29.60 29.60 100m: 1:02.47 32.87 150m: 1:37.33 34.86 200m: 2:11.19 33.86						
12.	PIRES Ricardo Saraiva	98	Laranjeiro	**2:11.51**	+0,64	616	
	50m: 30.86 30.86 100m: 1:04.18 33.32 150m: 1:37.98 33.80 200m: 2:11.51 33.53						
13.	FERNANDES Eduardo Gomes	02	Sporting	**2:12.80**	+0,76	598	
	50m: 30.91 30.91 100m: 1:04.32 33.41 150m: 1:38.66 34.34 200m: 2:12.80 34.14						
14.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:12.98**	+0,59	596	
	50m: 31.15 31.15 100m: 1:05.28 34.13 150m: 1:39.45 34.17 200m: 2:12.98 33.53						

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Prova 28, Masc., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:13.09**	+0,73	594	
	50m: 30.58 30.58 100m: 1:04.23 33.65 150m: 1:39.21 34.98 200m: 2:13.09 33.88						
16.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:13.35**	+0,57	591	
	50m: 30.17 30.17 100m: 1:03.78 33.61 150m: 1:38.71 34.93 200m: 2:13.35 34.64						
17.	ALMEIDA Carlos Afonso	98	Alges	**2:13.51**	+0,67	589	
	50m: 30.75 30.75 100m: 1:04.54 33.79 150m: 1:39.27 34.73 200m: 2:13.51 34.24						
18.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:13.83**	+0,68	584	
	50m: 30.17 30.17 100m: 1:03.68 33.51 150m: 1:39.07 35.39 200m: 2:13.83 34.76						
19.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:14.01**	+0,60	582	
	50m: 29.99 29.99 100m: 1:03.23 33.24 150m: 1:38.14 34.91 200m: 2:14.01 35.87						
20.	CASTRO Duarte Monteiro	03	Porto	**2:14.21**	+0,65	579	
	50m: 30.09 30.09 100m: 1:03.29 33.20 150m: 1:38.18 34.89 200m: 2:14.21 36.03						
21.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:14.46**	+0,57	576	
	50m: 30.50 30.50 100m: 1:03.26 32.76 150m: 1:38.09 34.83 200m: 2:14.46 36.37						
22.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	**2:15.00**	+0,65	569	
	50m: 31.72 31.72 100m: 1:05.45 33.73 150m: 1:40.27 34.82 200m: 2:15.00 34.73						
23.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.13**	+0,62	568	
	50m: 31.37 31.37 100m: 1:05.83 34.46 150m: 1:40.59 34.76 200m: 2:15.13 34.54						
24.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:16.75**	+0,76	548	
	50m: 31.20 31.20 100m: 1:06.17 34.97 150m: 1:41.55 35.38 200m: 2:16.75 35.20						
25.	MORIM Francisco Emanuel	02	Vilacondense	**2:16.94**	+0,70	545	
	50m: 32.15 32.15 100m: 1:07.08 34.93 150m: 1:43.04 35.96 200m: 2:16.94 33.90						
26.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:16.99**	+0,74	545	
	50m: 31.00 31.00 100m: 1:05.24 34.24 150m: 1:41.59 36.35 200m: 2:16.99 35.40						
27.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:18.07**	+0,62	532	
	50m: 31.36 31.36 100m: 1:06.01 34.65 150m: 1:42.17 36.16 200m: 2:18.07 35.90						
28.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:18.42**	+0,71	528	
	50m: 32.25 32.25 100m: 1:06.41 34.16 150m: 1:42.43 36.02 200m: 2:18.42 35.99						
29.	KOBAYASHI Bruno Shinji	02	Vilacondense	**2:18.43**	+0,59	528	
	50m: 31.92 31.92 100m: 1:07.20 35.28 150m: 1:42.78 35.58 200m: 2:18.43 35.65						
30.	MAGALHAES Hugo Nunes	02	Alges	**2:18.53**	+0,64	527	
	50m: 32.24 32.24 100m: 1:06.53 34.29 150m: 1:41.90 35.37 200m: 2:18.53 36.63						
31.	MACHADO Bruno Rafael	01	Fluvial Portuense	**2:18.95**	+0,60	522	
	50m: 31.21 31.21 100m: 1:05.97 34.76 150m: 1:42.35 36.38 200m: 2:18.95 36.60						
32.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:18.99**	+0,76	522	
	50m: 32.24 32.24 100m: 1:07.70 35.46 150m: 1:44.15 36.45 200m: 2:18.99 34.84						
33.	CUNHA Afonso Passos	01	Famalicao	**2:19.56**	+0,83	515	
	50m: 32.15 32.15 100m: 1:07.41 35.26 150m: 1:43.15 35.74 200m: 2:19.56 36.41						
34.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**2:19.90**	+0,71	512	
	50m: 30.99 30.99 100m: 1:05.99 35.00 150m: 1:42.55 36.56 200m: 2:19.90 37.35						

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Prova 28, Masc., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	CARVALHO Guilherme Ventura	01	Gesloures	**2:19.99**	+0,80	511	
	50m: 31.53 31.53 100m: 1:07.40 35.87 150m: 1:43.59 36.19 200m: 2:19.99 36.40						
36.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:20.34**	+0,73	507	
	50m: 31.41 31.41 100m: 1:07.13 35.72 150m: 1:44.64 37.51 200m: 2:20.34 35.70						
	MARQUES Andre Costa	03	Famalicao	**2:20.34**	+0,65	507	
	50m: 33.86 33.86 100m: 1:10.00 36.14 150m: 1:44.67 34.67 200m: 2:20.34 35.67						
38.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:20.48**	+0,67	505	
	50m: 32.41 32.41 100m: 1:08.28 35.87 150m: 1:44.29 36.01 200m: 2:20.48 36.19						
39.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:21.07**	+0,68	499	
	50m: 33.14 33.14 100m: 1:08.90 35.76 150m: 1:45.41 36.51 200m: 2:21.07 35.66						
40.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**2:21.18**	+0,64	498	
	50m: 31.64 31.64 100m: 1:07.50 35.86 150m: 1:44.60 37.10 200m: 2:21.18 36.58						
41.	SANTOS Andre Cardoso	03	Academico Viseu	**2:21.30**	+0,67	496	
	50m: 32.76 32.76 100m: 1:07.65 34.89 150m: 1:44.53 36.88 200m: 2:21.30 36.77						
42.	COUTINHO Guilherme Pereira	03	Viver Santarem	**2:21.95**	+0,67	490	
	50m: 33.26 33.26 100m: 1:09.15 35.89 150m: 1:46.00 36.85 200m: 2:21.95 35.95						
43.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:22.04**	+0,61	489	
	50m: 32.16 32.16 100m: 1:07.86 35.70 150m: 1:44.43 36.57 200m: 2:22.04 37.61						
44.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:22.06**	+0,68	488	
	50m: 32.85 32.85 100m: 1:08.54 35.69 150m: 1:45.88 37.34 200m: 2:22.06 36.18						
45.	SANTOS Guilherme Machado	04	Uniao Piedense	**2:22.16**	+0,63	487	
	50m: 32.67 32.67 100m: 1:08.09 35.42 150m: 1:45.16 37.07 200m: 2:22.16 37.00						
46.	FOLHA Diogo Antonio	03	Leixoes	**2:22.38**	+0,75	485	
	50m: 32.04 32.04 100m: 1:07.71 35.67 150m: 1:45.72 38.01 200m: 2:22.38 36.66						
47.	CARDOSO Joao Francisco	03	Individual ANCNP	**2:22.59**	+0,77	483	
	50m: 32.07 32.07 100m: 1:07.96 35.89 150m: 1:45.56 37.60 200m: 2:22.59 37.03						
48.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:22.68**	+0,67	482	
	50m: 32.26 32.26 100m: 1:08.63 36.37 150m: 1:44.76 36.13 200m: 2:22.68 37.92						
49.	GOMES Goncalo Camara	03	Naval do Funchal	**2:23.05**	+0,61	478	
	50m: 31.61 31.61 100m: 1:07.30 35.69 150m: 1:44.88 37.58 200m: 2:23.05 38.17						
50.	SIMOES Miguel Costa	04	Cova da Piedade	**2:23.24**	+0,65	477	
	50m: 33.25 33.25 100m: 1:10.57 37.32 150m: 1:48.05 37.48 200m: 2:23.24 35.19						
51.	GOMES Guilherme Sousa	04	Aquatico Silves	**2:23.41**	+0,69	475	
	50m: 32.73 32.73 100m: 1:08.99 36.26 150m: 1:46.43 37.44 200m: 2:23.41 36.98						
52.	MAIA Felipe Menegassi	04	Alges	**2:23.74**	+0,61	472	
	50m: 32.79 32.79 100m: 1:08.54 35.75 150m: 1:46.76 38.22 200m: 2:23.74 36.98						
53.	CARVALHO Martim Henriques	04	Rio Maior	**2:23.76**	+0,77	471	
	50m: 33.58 33.58 100m: 1:10.01 36.43 150m: 1:47.28 37.27 200m: 2:23.76 36.48						
54.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:23.97**	+0,84	469	
	50m: 34.42 34.42 100m: 1:11.82 37.40 150m: 1:48.19 36.37 200m: 2:23.97 35.78						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
55.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**2:23.98**	+0,62	469	
	50m: 32.89 32.89 100m: 1:08.57 35.68 150m: 1:45.89 37.32 200m: 2:23.98 38.09						
56.	PALMA Francisco Caetano	04	Zona Azul	**2:24.08**	+0,71	468	
	50m: 33.15 33.15 100m: 1:09.24 36.09 150m: 1:47.37 38.13 200m: 2:24.08 36.71						
57.	TEIXEIRA Cesar Rego	04	Famalicao	**2:24.17**	+0,75	467	
	50m: 33.34 33.34 100m: 1:10.27 36.93 150m: 1:47.62 37.35 200m: 2:24.17 36.55						
58.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.27**	+0,61	457	
	50m: 33.45 33.45 100m: 1:09.70 36.25 150m: 1:47.76 38.06 200m: 2:25.27 37.51						
59.	IACHIMOVSCHI Nicolae	03	Belenenses	**2:25.33**	+0,74	456	
	50m: 33.25 33.25 100m: 1:10.26 37.01 150m: 1:48.55 38.29 200m: 2:25.33 36.78						
60.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**2:25.34**	+0,61	456	
	50m: 33.32 33.32 100m: 1:09.51 36.19 150m: 1:47.36 37.85 200m: 2:25.34 37.98						
61.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:25.37**	+0,56	456	
	50m: 33.38 33.38 100m: 1:10.76 37.38 150m: 1:49.36 38.60 200m: 2:25.37 36.01						
62.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**2:26.49**	+0,73	445	
	50m: 34.71 34.71 100m: 1:12.04 37.33 150m: 1:49.69 37.65 200m: 2:26.49 36.80						
63.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:26.91**	+0,60	442	
	50m: 33.80 33.80 100m: 1:10.53 36.73 150m: 1:49.01 38.48 200m: 2:26.91 37.90						
64.	VALENTE Goncalo Filipe	03	Gesloures	**2:27.32**	+0,65	438	
	50m: 33.61 33.61 100m: 1:10.67 37.06 150m: 1:49.10 38.43 200m: 2:27.32 38.22						
65.	SILVA Frederico Ferreira	04	Famalicao	**2:28.33**	+0,67	429	
	50m: 34.20 34.20 100m: 1:11.20 37.00 150m: 1:50.30 39.10 200m: 2:28.33 38.03						
66.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:29.28**	+0,70	421	
	50m: 34.25 34.25 100m: 1:13.25 39.00 150m: 1:51.77 38.52 200m: 2:29.28 37.51						
67.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:30.63**	+0,70	410	
	50m: 34.26 34.26 100m: 1:11.39 37.13 150m: 1:51.01 39.62 200m: 2:30.63 39.62						
68.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:31.98**	+0,67	399	
	50m: 34.25 34.25 100m: 1:12.20 37.95 150m: 1:52.06 39.86 200m: 2:31.98 39.92						
DSQ	JAENES Daniel Sanchez	97	Louletano / Loule Concelho				
	SW 6.4 - O (a) atleta interrompe o movimento contínuo dos braços , antes da viragem aos 150 metros						
DSQ	COUTINHO David Valdagua	03	Columbofila Cantanhedense				
	SW 4.4 - Falsa partida						
DSQ	CAROCO Dinis Viola	03	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						
DSQ	FRASQUILHO Afonso Figueiredo	04	Sporting				
	SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida						
DNS	GOMES Joao Campelo	03	Famalicao				
DNS	CORREIA Pedro Henriques	03	Benfica				

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Prova 29 — Femin., 50m Mariposa — Juvenis A
07-04-2019 - 10:00 — Resultados Elimin

Rec Nac	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
RNS5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

World-Para Absoluto S5: 1:13.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.32**	+0,75	641	
2.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**30.60**	+0,72	508	
3.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**31.12**	+0,73	483	

Prova 29 — Femin., 50m Mariposa — Juniores
07-04-2019 - 10:00 — Resultados Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009
RNS5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

World-Para Absoluto S5: 1:13.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOARES Catarina Silva	03	Porto	**28.99**	+0,67	598	
2.	GRAVETO Ana Raquel	02	Benfica	**29.33**	+0,73	577	
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**29.35**	+0,73	576	
4.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.50**	+0,63	567	
5.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.69**	+0,74	557	
6.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**29.81**	+0,75	550	
7.	BARBOSA Mariana Fernandes	02	Porto	**30.04**	+0,71	537	
8.	BELO Rita Afonso	02	Benedita	**30.33**	+0,69	522	
9.	PEIXEIRA Filipa Ramos	03	Sporting	**30.53**	+0,84	512	
10.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**30.56**	+0,91	510	
11.	AMANTES Beatriz Quintao	03	Uniao Piedense	**30.60**	+0,65	508	
12.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**30.61**	+0,79	508	
13.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**30.62**	+0,73	507	
14.	MACHADO Carolina Alexandra	03	Beja	**30.84**	+0,78	497	
15.	CORREIA Rute Ferreira	03	Clube de Vouzela	**30.91**	+0,77	493	
16.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**31.03**	+0,68	488	
17.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**31.04**	+0,76	487	
18.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**31.19**	+0,72	480	
19.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**31.21**	+0,78	479	
20.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**31.34**	+0,70	473	

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Prova 29, Femin., 50m Mariposa, Elimin

Prova 29 | Femin., 50m Mariposa | Seniores
07-04-2019 - 10:00 | Resultados Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
RNS5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

World-Para Absoluto S5: 1:13.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.52**	+0,62	699	
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**27.85**	+0,69	674	
3.	MONTEIRO Ana Catarina	93	Vilacondense	**28.37**	+0,71	638	
4.	FERNANDES Ines Camacho	97	Sporting	**28.54**	+0,71	627	
5.	LIMA Lia Ana	01	Sporting	**28.89**	+0,81	604	
6.	AZEVEDO Francisca Gomes	97	Alges	**28.99**	+0,64	598	
7.	CASTRO Adriana Daniela	97	Leixoes	**29.09**	+0,67	592	
8.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**29.11**	+0,77	591	
9.	TIAGO Filipa Vilas	94	Benfica	**29.26**	+0,69	582	
10.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.73**	+0,72	554	
11.	GOMES Susana Clara	77	Naval do Funchal	**29.75**	+0,71	553	
	ROLAO Sofia Alexandra	98	Benfica	**29.75**	+0,82	553	
13.	PINTO Sofia Gales	01	Colegio SMLamas	**29.81**	+0,79	550	
14.	MARTINS Ana Beatriz	99	Famalicao	**29.86**	+0,77	547	
15.	ROSA Beatriz Jong	00	Desportivo Nacional	**29.90**	+0,77	545	
16.	VIEGAS Beatriz Mendes	00	Sporting	**29.98**	+0,59	541	
17.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**29.99**	+0,76	540	
18.	BARATA Barbara Sofia	97	Alges	**30.04**	+0,68	537	
19.	SILVA Maria Madalena	98	Braga	**30.05**	+0,72	537	
20.	RIBEIRO Margarida Messias	98	Gesloures	**30.61**	+0,66	508	

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Prova 29, Femin., 50m Mariposa, Elimin

Prova 29 | Femin., 50m Mariposa | Absolutos
07-04-2019 - 10:00 | Resultados Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009
RNS5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

World-Para Absoluto S5: 1:13.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.52**	+0,62	699	
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**27.85**	+0,69	674	
3.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.32**	+0,75	641	
4.	MONTEIRO Ana Catarina	93	Vilacondense	**28.37**	+0,71	638	
5.	FERNANDES Ines Camacho	97	Sporting	**28.54**	+0,71	627	
6.	LIMA Lia Ana	01	Sporting	**28.89**	+0,81	604	
7.	SOARES Catarina Silva	03	Porto	**28.99**	+0,67	598	
	AZEVEDO Francisca Gomes	97	Alges	**28.99**	+0,64	598	
9.	CASTRO Adriana Daniela	97	Leixoes	**29.09**	+0,67	592	
10.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**29.11**	+0,77	591	
11.	TIAGO Filipa Vilas	94	Benfica	**29.26**	+0,69	582	
12.	GRAVETO Ana Raquel	02	Benfica	**29.33**	+0,73	577	
13.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**29.35**	+0,73	576	
14.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.50**	+0,63	567	
15.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.69**	+0,74	557	
16.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.73**	+0,72	554	
17.	GOMES Susana Clara	77	Naval do Funchal	**29.75**	+0,71	553	
	ROLAO Sofia Alexandra	98	Benfica	**29.75**	+0,82	553	
19.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**29.81**	+0,75	550	
	PINTO Sofia Gales	01	Colegio SMLamas	**29.81**	+0,79	550	
21.	MARTINS Ana Beatriz	99	Famalicao	**29.86**	+0,77	547	
22.	ROSA Beatriz Jong	00	Desportivo Nacional	**29.90**	+0,77	545	
23.	VIEGAS Beatriz Mendes	00	Sporting	**29.98**	+0,59	541	
24.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**29.99**	+0,76	540	
25.	BARBOSA Mariana Fernandes	02	Porto	**30.04**	+0,71	537	
	BARATA Barbara Sofia	97	Alges	**30.04**	+0,68	537	
27.	SILVA Maria Madalena	98	Braga	**30.05**	+0,72	537	
28.	BELO Rita Afonso	02	Benedita	**30.33**	+0,69	522	
29.	PEIXEIRA Filipa Ramos	03	Sporting	**30.53**	+0,84	512	
30.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**30.56**	+0,91	510	
31.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**30.60**	+0,72	508	
	AMANTES Beatriz Quintao	03	Uniao Piedense	**30.60**	+0,65	508	
33.	RIBEIRO Margarida Messias	98	Gesloures	**30.61**	+0,66	508	
	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**30.61**	+0,79	508	
35.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**30.62**	+0,73	507	
36.	MACHADO Carolina Alexandra	03	Beja	**30.84**	+0,78	497	

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Prova 29, Femin., 50m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	CORREIA Rute Ferreira	03	Clube de Vouzela	**30.91**	+0,77	493	
38.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**31.03**	+0,68	488	
39.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**31.04**	+0,76	487	
40.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**31.12**	+0,73	483	
41.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**31.19**	+0,72	480	
42.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**31.21**	+0,78	479	
43.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**31.34**	+0,70	473	
EXH	FRAGOSO Simone Silva *Minimos ParaSwim*	80	Palmela	**1:02.89**	+0,67	58	

Prova 30 — Masc., 50m Mariposa — Juvenis A
07-04-2019 - 10:10 — Resultados Elimin

Rec Nac	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
RNS15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Manuel Baptista	03	Uniao Coimbra	**26.53**	+0,63	591	

Prova 30 — Masc., 50m Mariposa — Juniores
07-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004
RNS15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PINHO Manuel Antonio	01	Feirense	**25.80**	+0,64	643	
2.	SOUSA Joao Ribeiro	01	Porto	**25.92**	+0,63	634	
3.	FIDALGO Mateus Valente	01	Estarreja	**26.02**	+0,66	626	
4.	GOMES Vicente Oliveira	02	Sporting	**26.18**	+0,73	615	
5.	PELAIO Jose Pedro	01	Galitos / Bresimar	**26.32**	+0,62	605	
6.	LOURENCO Tiago Campos	02	Natacao de Valongo	**26.47**	+0,75	595	
7.	AGUIAR Gabriel Silva	01	Porto	**26.52**	+0,61	592	
	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**26.52**	+0,70	592	
9.	FREIRE Carlos Marques	01	Belenenses	**26.78**	+0,73	575	
10.	CAROLA Hugo Filipe	01	Galitos / Bresimar	**26.85**	+0,74	570	
11.	DOMINGOS Ruy Manuel	02	Sporting	**26.86**	+0,79	569	
12.	LOPES Carlos Filipe	01	Uniao Piedense	**26.89**	+0,75	568	
13.	COSTA Diogo Santos	02	Colegio Monte Maior	**26.92**	+0,68	566	
DNS	LOPES Tomas Teixeira	02	Foca				

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Prova 30, Masc., 50m Mariposa, Elimin

Prova 30 — Masc., 50m Mariposa — Seniores
07-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
RNS15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Miguel Henriques	00	Benfica	**25.09**	+0,71	699	
2.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**25.26**	+0,64	685	
3.	FERNANDES Pedro Miguel	99	Famalicao	**25.29**	+0,69	682	
4.	PEREIRA Luiz Pedro	91	Benfica	**25.35**	+0,68	677	
5.	SANTOS Alexis Manacas	92	Sporting	**25.42**	+0,67	672	
6.	SANTOS Pedro Andre	94	Alges	**25.62**	+0,71	656	
7.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.83**	+0,66	640	
8.	NUNES Porfirio Braga	00	Porto	**26.03**	+0,61	626	
9.	QUINTANILHA Nuno Goncalo	87	Belenenses	**26.09**	+0,69	621	
10.	LOPES David Granja	90	AONDA-Azeitao	**26.12**	+0,70	619	
11.	FERNANDES Joao Vitor	00	Escola O Liceu	**26.14**	+0,70	618	
	CARVALHO Andre Antunes	96	Sporting	**26.14**	+0,71	618	
	WEUSTINK Koen	00	Ginasio de Vila Real	**26.14**	+0,65	618	
14.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**26.66**	+0,80	582	

Prova 30 — Masc., 50m Mariposa — Absolutos
07-04-2019 - 10:10 — Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004
RNS15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Miguel Henriques	00	Benfica	**25.09**	+0,71	699	
2.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**25.26**	+0,64	685	
3.	FERNANDES Pedro Miguel	99	Famalicao	**25.29**	+0,69	682	
4.	PEREIRA Luiz Pedro	91	Benfica	**25.35**	+0,68	677	
5.	SANTOS Alexis Manacas	92	Sporting	**25.42**	+0,67	672	
6.	SANTOS Pedro Andre	94	Alges	**25.62**	+0,71	656	
7.	PINHO Manuel Antonio	01	Feirense	**25.80**	+0,64	643	
8.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.83**	+0,66	640	
9.	SOUSA Joao Ribeiro	01	Porto	**25.92**	+0,63	634	
10.	FIDALGO Mateus Valente	01	Estarreja	**26.02**	+0,66	626	
11.	NUNES Porfirio Braga	00	Porto	**26.03**	+0,61	626	
12.	QUINTANILHA Nuno Goncalo	87	Belenenses	**26.09**	+0,69	621	
13.	LOPES David Granja	90	AONDA-Azeitao	**26.12**	+0,70	619	
14.	FERNANDES Joao Vitor	00	Escola O Liceu	**26.14**	+0,70	618	
	CARVALHO Andre Antunes	96	Sporting	**26.14**	+0,71	618	

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Prova 30, Masc., 50m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	WEUSTINK Koen	00	Ginasio de Vila Real	**26.14**	+0,65	618	
17.	GOMES Vicente Oliveira	02	Sporting	**26.18**	+0,73	615	
18.	PELAIO Jose Pedro	01	Galitos / Bresimar	**26.32**	+0,62	605	
19.	LOURENCO Tiago Campos	02	Natacao de Valongo	**26.47**	+0,75	595	
20.	AGUIAR Gabriel Silva	01	Porto	**26.52**	+0,61	592	
	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**26.52**	+0,70	592	
22.	SIMOES Manuel Baptista	03	Uniao Coimbra	**26.53**	+0,63	591	
23.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	**26.66**	+0,80	582	
24.	FREIRE Carlos Marques	01	Belenenses	**26.78**	+0,73	575	
25.	CAROLA Hugo Filipe	01	Galitos / Bresimar	**26.85**	+0,74	570	
26.	DOMINGOS Ruy Manuel	02	Sporting	**26.86**	+0,79	569	
27.	LOPES Carlos Filipe	01	Uniao Piedense	**26.89**	+0,75	568	
28.	COSTA Diogo Santos	02	Colegio Monte Maior	**26.92**	+0,68	566	
DNS	LOPES Tomas Teixeira	02	Foca				
EXH	SCHILLING Leonardo	93	Benfica	**24.39**	+0,70	761	
EXH	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**26.03**	+0,66	626	
EXH	NEVES Tiago Correia	97	Belenenses	**27.07**	+0,69	556	
EXH	BELEZAS Ricardo Andrade	91	Sporting	**30.13**	+0,73	403	
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**31.86**	+0,72	341	

Prova 31 — Femin., 200m Bruços — Juvenis A
07-04-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004

PreJun_Fem Juv: 2:40.16 / CEJun_Fem 14 - 17: 2:35.49 / CMJ_Fem 14 - 17: 2:32.44 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Lidiana Correia	04	Belenenses	**2:47.03**	+0,80	577	
	50m: 38.07 (38.07) 100m: 1:21.29 (43.22) 150m: 2:04.01 (42.72) 200m: 2:47.03 (43.02)						
2.	SANTOS Leonor Esteves	04	Avancado EUL	**2:48.17**	+0,73	566	
	50m: 37.95 (37.95) 100m: 1:20.59 (42.64) 150m: 2:03.42 (42.83) 200m: 2:48.17 (44.75)						
3.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:48.45**	+0,81	563	
	50m: 37.08 (37.08) 100m: 1:19.74 (42.66) 150m: 2:03.60 (43.86) 200m: 2:48.45 (44.85)						
4.	PEREIRA Maria Gomes	04	Alges	**2:50.49**	+0,76	543	
	50m: 38.33 (38.33) 100m: 1:22.17 (43.84) 150m: 2:06.51 (44.34) 200m: 2:50.49 (43.98)						
5.	MORAIS Margarida Mateus	04	Torres Novas	**2:51.06**	+0,78	537	
	50m: 39.76 (39.76) 100m: 1:23.61 (43.85) 150m: 2:07.61 (44.00) 200m: 2:51.06 (43.45)						
6.	FLORENCIO Matilde Alves	04	Condeixa Clube	**2:54.35**	+0,75	507	
	50m: 39.69 (39.69) 100m: 1:23.81 (44.12) 150m: 2:09.36 (45.55) 200m: 2:54.35 (44.99)						
7.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**2:55.35**	+0,85	499	
	50m: 40.53 (40.53) 100m: 1:24.48 (43.95) 150m: 2:10.10 (45.62) 200m: 2:55.35 (45.25)						

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Prova 31, Femin., 200m Bruços, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	FRANCO Barbara Garrido	04	Elvense	**2:55.43**	+0,83	498	
	50m: 40.20 40.20 100m: 1:24.49 44.29 150m: 2:10.26 45.77 200m: 2:55.43 45.17						
9.	RODRIGUES Marta Silva	04	Naval Povoense	**2:56.41**	+0,80	490	
	50m: 39.72 39.72 100m: 1:24.74 45.02 150m: 2:11.40 46.66 200m: 2:56.41 45.01						
10.	DOMINGOS Marta Pereira	04	Uniao Piedense	**2:57.28**	+0,78	483	
	50m: 38.89 38.89 100m: 1:23.53 44.64 150m: 2:10.24 46.71 200m: 2:57.28 47.04						
11.	BORCIC Aleksandra Bozanic	04	Alges	**2:57.43**	+0,82	481	
	50m: 38.81 38.81 100m: 1:23.50 44.69 150m: 2:10.66 47.16 200m: 2:57.43 46.77						
12.	COSTA Catarina Nunes	04	Gesloures	**2:57.58**	+0,89	480	
	50m: 40.60 40.60 100m: 1:26.49 45.89 150m: 2:13.26 46.77 200m: 2:57.58 44.32						
13.	PRETO Filipa Manso	04	Porto	**2:57.59**	+0,79	480	
	50m: 40.51 40.51 100m: 1:25.52 45.01 150m: 2:11.19 45.67 200m: 2:57.59 46.40						
14.	LAMAS Maria Caetano	04	Miranda do Corvo	**2:58.38**	+0,85	474	
	50m: 40.43 40.43 100m: 1:25.88 45.45 150m: 2:12.58 46.70 200m: 2:58.38 45.80						
15.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**2:58.68**		471	
	50m: 40.78 40.78 100m: 1:26.93 46.15 150m: 2:12.62 45.69 200m: 2:58.68 46.06						
16.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:59.19**	+0,80	467	
	50m: 40.25 40.25 100m: 1:25.81 45.56 150m: 2:11.73 45.92 200m: 2:59.19 47.46						
17.	BARROS Alexia Bastos	04	Fafe	**2:59.44**	+0,81	465	
	50m: 40.47 40.47 100m: 1:26.14 45.67 150m: 2:12.13 45.99 200m: 2:59.44 47.31						
18.	SILVA Alexandra Cordeiro	04	Alcobaca	**2:59.64**	+0,76	464	
	50m: 41.17 41.17 100m: 1:26.89 45.72 150m: 2:13.41 46.52 200m: 2:59.64 46.23						
19.	HENRIQUES Carolina Porem	04	Sporting	**3:00.00**	+0,73	461	
	50m: 41.02 41.02 100m: 1:27.89 46.87 150m: 2:14.21 46.32 200m: 3:00.00 45.79						
20.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**3:00.37**	+0,74	458	
	50m: 40.19 40.19 100m: 1:25.62 45.43 150m: 2:12.29 46.67 200m: 3:00.37 48.08						
21.	CRUZ Jessica Catarina	04	Aquatico Pacense	**3:00.57**	+0,85	457	
	50m: 41.97 41.97 100m: 1:28.13 46.16 150m: 2:14.74 46.61 200m: 3:00.57 45.83						
22.	GERALDES Madalena Graca	04	Sporting	**3:00.94**	+0,85	454	
	50m: 39.78 39.78 100m: 1:25.56 45.78 150m: 2:13.22 47.66 200m: 3:00.94 47.72						
23.	LOPES Margarida Santos	04	Estarreja	**3:01.25**	+0,77	452	
	50m: 40.31 40.31 100m: 1:26.17 45.86 150m: 2:13.25 47.08 200m: 3:01.25 48.00						
24.	BATISTA Barbara Vivas	04	Luso-Internacional Porto	**3:01.29**	+0,86	451	
	50m: 40.30 40.30 100m: 1:26.04 45.74 150m: 2:13.98 47.94 200m: 3:01.29 47.31						
25.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**3:01.97**	+0,86	446	
	50m: 40.56 40.56 100m: 1:26.94 46.38 150m: 2:14.68 47.74 200m: 3:01.97 47.29						
26.	MORGANHO Leonor Alves	04	Alges	**3:02.18**	+0,83	445	
	50m: 42.29 42.29 100m: 1:28.54 46.25 150m: 2:15.61 47.07 200m: 3:02.18 46.57						
27.	SILVA Ines Louro	04	Albicastrense	**3:06.03**	+0,87	418	
	50m: 41.12 41.12 100m: 1:26.91 45.79 150m: 2:17.35 50.44 200m: 3:06.03 48.68						

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FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 31, Femin., 200m Bruços, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	MONTEIRO Ines Maria	04	Naval Praia da Vitoria				

Prova 31 — Femin., 200m Bruços — Juvenis B
07-04-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003

PreJun_Fem Juv: 2:40.16 / CEJun_Fem 14 - 17: 2:35.49 / CMJ_Fem 14 - 17: 2:32.44 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:44.42**	+0,74	605	
	50m: 37.77 37.77 100m: 1:19.49 41.72 150m: 2:01.83 42.34 200m: 2:44.42 42.59						
2.	REGO Ines Faria	05	Famalicao	**2:47.95**	+0,69	568	
	50m: 37.85 37.85 100m: 1:20.96 43.11 150m: 2:04.58 43.62 200m: 2:47.95 43.37						
3.	NUNES Margarida Domingues	05	Avancado EUL	**2:48.26**	+0,74	565	
	50m: 38.68 38.68 100m: 1:21.40 42.72 150m: 2:04.86 43.46 200m: 2:48.26 43.40						
4.	DELGADO Soraia Alexandra	05	Sporting	**2:49.80**	+0,66	549	
	50m: 38.71 38.71 100m: 1:21.61 42.90 150m: 2:05.42 43.81 200m: 2:49.80 44.38						
5.	REIS Beatriz Grave	05	Rio Maior	**2:49.93**	+0,70	548	
	50m: 39.43 39.43 100m: 1:22.60 43.17 150m: 2:06.36 43.76 200m: 2:49.93 43.57						
6.	REIS Erica Cristina	05	Sporting	**2:50.01**	+0,63	547	
	50m: 38.52 38.52 100m: 1:22.74 44.22 150m: 2:07.86 45.12 200m: 2:50.01 42.15						
7.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:53.17**	+0,83	518	
	50m: 40.05 40.05 100m: 1:25.19 45.14 150m: 2:09.26 44.07 200m: 2:53.17 43.91						
8.	LOPES Francisca Macedo	05	Vilacondense	**2:56.71**	+0,95	487	
	50m: 39.11 39.11 100m: 1:24.75 45.64 150m: 2:10.48 45.73 200m: 2:56.71 46.23						
9.	FERREIRA Joana Rosa	05	Naval de Peniche	**2:57.69**	+0,88	479	
	50m: 40.60 40.60 100m: 1:26.27 45.67 150m: 2:12.69 46.42 200m: 2:57.69 45.00						
10.	GAMA Joana Fernandes	05	Sporting	**2:59.81**	+0,82	463	
	50m: 40.31 40.31 100m: 1:26.38 46.07 150m: 2:13.65 47.27 200m: 2:59.81 46.16						
11.	RICARDO Maria Correia	05	Naval Setubalense	**2:59.98**	+0,85	461	
	50m: 40.34 40.34 100m: 1:25.99 45.65 150m: 2:13.05 47.06 200m: 2:59.98 46.93						
12.	LOURO Ariana Espirito	05	Gualdim Pais	**3:00.19**	+0,65	460	
	50m: 41.20 41.20 100m: 1:28.27 47.07 150m: 2:14.90 46.63 200m: 3:00.19 45.29						
13.	ALVES Maria Ines	05	Academica de Coimbra	**3:03.17**	+0,88	438	
	50m: 41.41 41.41 100m: 1:28.34 46.93 150m: 2:16.15 47.81 200m: 3:03.17 47.02						
14.	ENGELEN Zoe	05	Louletano / Loule Concelho	**3:03.19**	+1,02	437	
	50m: 44.59 44.59 100m: 1:32.80 48.21 150m: 2:18.51 45.71 200m: 3:03.19 44.68						
15.	ALMEIDA Ana Rita	05	Campinho	**3:03.72**	+0,74	434	
	50m: 41.73 41.73 100m: 1:28.54 46.81 150m: 2:16.58 48.04 200m: 3:03.72 47.14						
16.	SANTOS Catarina Bentes	05	Aquatico Pacense	**3:05.21**	+1,16	423	
	50m: 42.22 42.22 100m: 1:29.37 47.15 150m: 2:17.29 47.92 200m: 3:05.21 47.92						

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Prova 31, Femin., 200m Bruços, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	NEVES Maria Manuel	05	Braga	**3:05.42**	+0,78	422	
	50m: 41.87 41.87 100m: 1:28.67 46.80 150m: 2:17.30 48.63 200m: 3:05.42 48.12						
18.	ROCHA Gabriela Santos	05	Natacao de Valongo	**3:06.63**	+0,74	414	
	50m: 39.61 39.61 100m: 1:26.85 47.24 150m: 2:16.54 49.69 200m: 3:06.63 50.09						
19.	MARTINS Margarida Carvalhal	05	Famalicao	**3:07.94**	+0,77	405	
	50m: 42.34 42.34 100m: 1:29.69 47.35 150m: 2:18.01 48.32 200m: 3:07.94 49.93						
20.	MARQUES Maria Ines	05	Alcobaca	**3:12.91**	+0,83	374	
	50m: 44.01 44.01 100m: 1:32.59 48.58 150m: 2:23.13 50.54 200m: 3:12.91 49.78						

Prova 31 — Femin., 200m Bruços — Juniores
07-04-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005

CEJun_Fem 14 - 17: 2:35.49 / CMJ_Fem 14 - 17: 2:32.44 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Clara Gomes	02	Alges	**2:40.76**	+0,74	647	
	50m: 36.52 36.52 100m: 1:16.65 40.13 150m: 1:58.56 41.91 200m: 2:40.76 42.20						
2.	CASTRO Maria Freitas	03	Fafe	**2:42.18**	+0,75	631	
	50m: 38.22 38.22 100m: 1:20.25 42.03 150m: 2:01.90 41.65 200m: 2:42.18 40.28						
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:42.47**	+0,76	627	
	50m: 37.00 37.00 100m: 1:18.18 41.18 150m: 2:00.28 42.10 200m: 2:42.47 42.19						
4.	SILVA Natacha Sofia	02	Benfica	**2:43.46**	+0,84	616	
	50m: 37.21 37.21 100m: 1:18.22 41.01 150m: 2:00.47 42.25 200m: 2:43.46 42.99						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:45.85**	+0,75	590	
	50m: 38.11 38.11 100m: 1:20.01 41.90 150m: 2:02.76 42.75 200m: 2:45.85 43.09						
6.	CERDEIRA Madalena Reis	03	Sporting	**2:46.34**	+0,81	584	
	50m: 37.75 37.75 100m: 1:19.96 42.21 150m: 2:03.54 43.58 200m: 2:46.34 42.80						
7.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:48.53**	+0,77	562	
	50m: 39.56 39.56 100m: 1:22.53 42.97 150m: 2:05.96 43.43 200m: 2:48.53 42.57						
8.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:48.83**	+0,67	559	
	50m: 38.02 38.02 100m: 1:20.62 42.60 150m: 2:04.62 44.00 200m: 2:48.83 44.21						
9.	TEIXEIRA Ines Oliveira	02	Estarreja	**2:50.73**	+0,72	540	
	50m: 36.30 36.30 100m: 1:20.66 44.36 150m: 2:05.40 44.74 200m: 2:50.73 45.33						
10.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:51.28**	+0,59	535	
	50m: 37.83 37.83 100m: 1:21.26 43.43 150m: 2:05.79 44.53 200m: 2:51.28 45.49						
11.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:51.64**	+0,85	532	
	50m: 38.45 38.45 100m: 1:22.25 43.80 150m: 2:06.60 44.35 200m: 2:51.64 45.04						
12.	SOUSA Ana Pereira	03	Ginasio Figueirense	**2:53.29**	+0,87	517	
	50m: 39.30 39.30 100m: 1:23.17 43.87 150m: 2:08.44 45.27 200m: 2:53.29 44.85						

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Prova 31, Femin., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**2:53.59**	+0,91	514	
	50m: 38.54 38.54 100m: 1:22.35 43.81 150m: 2:07.71 45.36 200m: 2:53.59 45.88						
14.	FIAL Sofia Nunes	03	Estamos Juntos	**2:54.29**	+0,81	508	
	50m: 38.48 38.48 100m: 1:23.26 44.78 150m: 2:08.75 45.49 200m: 2:54.29 45.54						
15.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:55.12**	+0,73	501	
	50m: 39.66 39.66 100m: 1:24.40 44.74 150m: 2:09.62 45.22 200m: 2:55.12 45.50						
16.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**2:55.23**	+0,83	500	
	50m: 38.57 38.57 100m: 1:22.81 44.24 150m: 2:09.03 46.22 200m: 2:55.23 46.20						
17.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:55.47**	+0,90	498	
	50m: 39.44 39.44 100m: 1:23.03 43.59 150m: 2:09.01 45.98 200m: 2:55.47 46.46						
18.	COSTA Ana Ferreira	02	Nautico Marinha Grande	**2:55.98**	+0,75	493	
	50m: 40.69 40.69 100m: 1:25.21 44.52 150m: 2:11.64 46.43 200m: 2:55.98 44.34						
19.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**2:56.92**	+0,75	486	
	50m: 38.01 38.01 100m: 1:22.49 44.48 150m: 2:08.72 46.23 200m: 2:56.92 48.20						
20.	NEVES Sara Dias	03	Miranda do Corvo	**2:58.72**	+0,82	471	
	50m: 40.06 40.06 100m: 1:25.14 45.08 150m: 2:11.85 46.71 200m: 2:58.72 46.87						
21.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**3:00.88**	+0,76	454	
	50m: 39.15 39.15 100m: 1:24.75 45.60 150m: 2:12.44 47.69 200m: 3:00.88 48.44						
DNS	DIAS Ana Leonor	02	Natacao Olhao				

Prova 31 — Femin., 200m Bruços — Seniores
07-04-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018

CMPL 19 +: 2:25.91 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**2:35.68**	+0,77	713	
	50m: 35.27 35.27 100m: 1:14.51 39.24 150m: 1:54.98 40.47 200m: 2:35.68 40.70						
2.	KAMINSKAYA Victoria	95	Benfica	**2:37.73**	+0,72	686	
	50m: 36.30 36.30 100m: 1:15.77 39.47 150m: 1:56.90 41.13 200m: 2:37.73 40.83						
3.	BORGES Claudia Ferreira	99	Benfica	**2:41.68**	+0,76	636	
	50m: 37.31 37.31 100m: 1:18.42 41.11 150m: 2:00.43 42.01 200m: 2:41.68 41.25						
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:42.09**	+0,75	632	
	50m: 37.14 37.14 100m: 1:17.83 40.69 150m: 1:59.52 41.69 200m: 2:42.09 42.57						
5.	ANDRE Angelica Maria	94	Fluvial Portuense	**2:42.46**	+0,70	627	
	50m: 36.85 36.85 100m: 1:17.58 40.73 150m: 1:59.37 41.79 200m: 2:42.46 43.09						
6.	MAIA Joana Marques	91	Ginasio Santo Tirso	**2:47.35**	+0,86	574	
	50m: 37.06 37.06 100m: 1:19.70 42.64 150m: 2:03.47 43.77 200m: 2:47.35 43.88						
7.	DIAS Beatriz Castanheira	99	Academica de Coimbra	**2:48.20**	+0,68	565	
	50m: 38.38 38.38 100m: 1:21.61 43.23 150m: 2:05.11 43.50 200m: 2:48.20 43.09						

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Prova 31, Femin., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	GONCALVES Sofia Filipa	01	Leixoes	**2:49.17**	+0,72	556	
	50m: 36.61 36.61 100m: 1:18.63 42.02 150m: 2:03.45 44.82 200m: 2:49.17 45.72						
9.	BERNARDO Ines Silva	00	Benfica	**2:53.62**	+0,75	514	
	50m: 38.98 38.98 100m: 1:23.50 44.52 150m: 2:08.24 44.74 200m: 2:53.62 45.38						
10.	CARVALHO Beatriz Antunes	99	Sporting	**2:55.44**	+0,81	498	
	50m: 38.96 38.96 100m: 1:23.69 44.73 150m: 2:09.64 45.95 200m: 2:55.44 45.80						
DSQ	MACHADO Luisa Maria	01	Uniao Piedense				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 50 m						

Prova 31 — Femin., 200m Bruços — Absolutos
07-04-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003

PreJun_Fem Juv: 2:40.16 / CEJun_Fem 14 - 17: 2:35.49 / CMJ_Fem 14 - 17: 2:32.44 / CMPL 19 +: 2:25.91 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**2:35.68**	+0,77	713	
	50m: 35.27 35.27 100m: 1:14.51 39.24 150m: 1:54.98 40.47 200m: 2:35.68 40.70						
2.	KAMINSKAYA Victoria	95	Benfica	**2:37.73**	+0,72	686	
	50m: 36.30 36.30 100m: 1:15.77 39.47 150m: 1:56.90 41.13 200m: 2:37.73 40.83						
3.	PEREIRA Clara Gomes	02	Alges	**2:40.76**	+0,74	647	
	50m: 36.52 36.52 100m: 1:16.65 40.13 150m: 1:58.56 41.91 200m: 2:40.76 42.20						
4.	BORGES Claudia Ferreira	99	Benfica	**2:41.68**	+0,76	636	
	50m: 37.31 37.31 100m: 1:18.42 41.11 150m: 2:00.43 42.01 200m: 2:41.68 41.25						
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:42.09**	+0,75	632	
	50m: 37.14 37.14 100m: 1:17.83 40.69 150m: 1:59.52 41.69 200m: 2:42.09 42.57						
6.	CASTRO Maria Freitas	03	Fafe	**2:42.18**	+0,75	631	
	50m: 38.22 38.22 100m: 1:20.25 42.03 150m: 2:01.90 41.65 200m: 2:42.18 40.28						
7.	ANDRE Angelica Maria	94	Fluvial Portuense	**2:42.46**	+0,70	627	
	50m: 36.85 36.85 100m: 1:17.58 40.73 150m: 1:59.37 41.79 200m: 2:42.46 43.09						
8.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:42.47**	+0,76	627	
	50m: 37.00 37.00 100m: 1:18.18 41.18 150m: 2:00.28 42.10 200m: 2:42.47 42.19						
9.	SILVA Natacha Sofia	02	Benfica	**2:43.46**	+0,84	616	
	50m: 37.21 37.21 100m: 1:18.22 41.01 150m: 2:00.47 42.25 200m: 2:43.46 42.99						
10.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:44.42**	+0,74	605	
	50m: 37.77 37.77 100m: 1:19.49 41.72 150m: 2:01.83 42.34 200m: 2:44.42 42.59						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:45.85**	+0,75	590	
	50m: 38.11 38.11 100m: 1:20.01 41.90 150m: 2:02.76 42.75 200m: 2:45.85 43.09						
12.	CERDEIRA Madalena Reis	03	Sporting	**2:46.34**	+0,81	584	
	50m: 37.75 37.75 100m: 1:19.96 42.21 150m: 2:03.54 43.58 200m: 2:46.34 42.80						
13.	RODRIGUES Lidiana Correia	04	Belenenses	**2:47.03**	+0,80	577	
	50m: 38.07 38.07 100m: 1:21.29 43.22 150m: 2:04.01 42.72 200m: 2:47.03 43.02						
14.	MAIA Joana Marques	91	Ginasio Santo Tirso	**2:47.35**	+0,86	574	
	50m: 37.06 37.06 100m: 1:19.70 42.64 150m: 2:03.47 43.77 200m: 2:47.35 43.88						
15.	REGO Ines Faria	05	Famalicao	**2:47.95**	+0,69	568	
	50m: 37.85 37.85 100m: 1:20.96 43.11 150m: 2:04.58 43.62 200m: 2:47.95 43.37						
16.	SANTOS Leonor Esteves	04	Avancado EUL	**2:48.17**	+0,73	566	
	50m: 37.95 37.95 100m: 1:20.59 42.64 150m: 2:03.42 42.83 200m: 2:48.17 44.75						
17.	DIAS Beatriz Castanheira	99	Academica de Coimbra	**2:48.20**	+0,68	565	
	50m: 38.38 38.38 100m: 1:21.61 43.23 150m: 2:05.11 43.50 200m: 2:48.20 43.09						
18.	NUNES Margarida Domingues	05	Avancado EUL	**2:48.26**	+0,74	565	
	50m: 38.68 38.68 100m: 1:21.40 42.72 150m: 2:04.86 43.46 200m: 2:48.26 43.40						
19.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:48.45**	+0,81	563	
	50m: 37.08 37.08 100m: 1:19.74 42.66 150m: 2:03.60 43.86 200m: 2:48.45 44.85						
20.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:48.53**	+0,77	562	
	50m: 39.56 39.56 100m: 1:22.53 42.97 150m: 2:05.96 43.43 200m: 2:48.53 42.57						
21.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:48.83**	+0,67	559	
	50m: 38.02 38.02 100m: 1:20.62 42.60 150m: 2:04.62 44.00 200m: 2:48.83 44.21						
22.	GONCALVES Sofia Filipa	01	Leixoes	**2:49.17**	+0,72	556	
	50m: 36.61 36.61 100m: 1:18.63 42.02 150m: 2:03.45 44.82 200m: 2:49.17 45.72						
23.	DELGADO Soraia Alexandra	05	Sporting	**2:49.80**	+0,66	549	
	50m: 38.71 38.71 100m: 1:21.61 42.90 150m: 2:05.42 43.81 200m: 2:49.80 44.38						
24.	REIS Beatriz Grave	05	Rio Maior	**2:49.93**	+0,70	548	
	50m: 39.43 39.43 100m: 1:22.60 43.17 150m: 2:06.36 43.76 200m: 2:49.93 43.57						
25.	REIS Erica Cristina	05	Sporting	**2:50.01**	+0,63	547	
	50m: 38.52 38.52 100m: 1:22.74 44.22 150m: 2:07.86 45.12 200m: 2:50.01 42.15						
26.	PEREIRA Maria Gomes	04	Alges	**2:50.49**	+0,76	543	
	50m: 38.33 38.33 100m: 1:22.17 43.84 150m: 2:06.51 44.34 200m: 2:50.49 43.98						
27.	TEIXEIRA Ines Oliveira	02	Estarreja	**2:50.73**	+0,72	540	
	50m: 36.30 36.30 100m: 1:20.66 44.36 150m: 2:05.40 44.74 200m: 2:50.73 45.33						
28.	MORAIS Margarida Mateus	04	Torres Novas	**2:51.06**	+0,78	537	
	50m: 39.76 39.76 100m: 1:23.61 43.85 150m: 2:07.61 44.00 200m: 2:51.06 43.45						
29.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:51.28**	+0,59	535	
	50m: 37.83 37.83 100m: 1:21.26 43.43 150m: 2:05.79 44.53 200m: 2:51.28 45.49						
30.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:51.64**	+0,85	532	
	50m: 38.45 38.45 100m: 1:22.25 43.80 150m: 2:06.60 44.35 200m: 2:51.64 45.04						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:53.17**	+0,83	518	
	50m: 40.05 40.05 100m: 1:25.19 45.14 150m: 2:09.26 44.07 200m: 2:53.17 43.91						
32.	SOUSA Ana Pereira	03	Ginasio Figueirense	**2:53.29**	+0,87	517	
	50m: 39.30 39.30 100m: 1:23.17 43.87 150m: 2:08.44 45.27 200m: 2:53.29 44.85						
33.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**2:53.59**	+0,91	514	
	50m: 38.54 38.54 100m: 1:22.35 43.81 150m: 2:07.71 45.36 200m: 2:53.59 45.88						
34.	BERNARDO Ines Silva	00	Benfica	**2:53.62**	+0,75	514	
	50m: 38.98 38.98 100m: 1:23.50 44.52 150m: 2:08.24 44.74 200m: 2:53.62 45.38						
35.	FIAL Sofia Nunes	03	Estamos Juntos	**2:54.29**	+0,81	508	
	50m: 38.48 38.48 100m: 1:23.26 44.78 150m: 2:08.75 45.49 200m: 2:54.29 45.54						
36.	FLORENCIO Matilde Alves	04	Condeixa Clube	**2:54.35**	+0,75	507	
	50m: 39.69 39.69 100m: 1:23.81 44.12 150m: 2:09.36 45.55 200m: 2:54.35 44.99						
37.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:55.12**	+0,73	501	
	50m: 39.66 39.66 100m: 1:24.40 44.74 150m: 2:09.62 45.22 200m: 2:55.12 45.50						
38.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**2:55.23**	+0,83	500	
	50m: 38.57 38.57 100m: 1:22.81 44.24 150m: 2:09.03 46.22 200m: 2:55.23 46.20						
39.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**2:55.35**	+0,85	499	
	50m: 40.53 40.53 100m: 1:24.48 43.95 150m: 2:10.10 45.62 200m: 2:55.35 45.25						
40.	FRANCO Barbara Garrido	04	Elvense	**2:55.43**	+0,83	498	
	50m: 40.20 40.20 100m: 1:24.49 44.29 150m: 2:10.26 45.77 200m: 2:55.43 45.17						
41.	CARVALHO Beatriz Antunes	99	Sporting	**2:55.44**	+0,81	498	
	50m: 38.96 38.96 100m: 1:23.69 44.73 150m: 2:09.64 45.95 200m: 2:55.44 45.80						
42.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:55.47**	+0,90	498	
	50m: 39.44 39.44 100m: 1:23.03 43.59 150m: 2:09.01 45.98 200m: 2:55.47 46.46						
43.	COSTA Ana Ferreira	02	Nautico Marinha Grande	**2:55.98**	+0,75	493	
	50m: 40.69 40.69 100m: 1:25.21 44.52 150m: 2:11.64 46.43 200m: 2:55.98 44.34						
44.	RODRIGUES Marta Silva	04	Naval Povoense	**2:56.41**	+0,80	490	
	50m: 39.72 39.72 100m: 1:24.74 45.02 150m: 2:11.40 46.66 200m: 2:56.41 45.01						
45.	LOPES Francisca Macedo	05	Vilacondense	**2:56.71**	+0,95	487	
	50m: 39.11 39.11 100m: 1:24.75 45.64 150m: 2:10.48 45.73 200m: 2:56.71 46.23						
46.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**2:56.92**	+0,75	486	
	50m: 38.01 38.01 100m: 1:22.49 44.48 150m: 2:08.72 46.23 200m: 2:56.92 48.20						
47.	DOMINGOS Marta Pereira	04	Uniao Piedense	**2:57.28**	+0,78	483	
	50m: 38.89 38.89 100m: 1:23.53 44.64 150m: 2:10.24 46.71 200m: 2:57.28 47.04						
48.	BORCIC Aleksandra Bozanic	04	Alges	**2:57.43**	+0,82	481	
	50m: 38.81 38.81 100m: 1:23.50 44.69 150m: 2:10.66 47.16 200m: 2:57.43 46.77						
49.	COSTA Catarina Nunes	04	Gesloures	**2:57.58**	+0,89	480	
	50m: 40.60 40.60 100m: 1:26.49 45.89 150m: 2:13.26 46.77 200m: 2:57.58 44.32						
50.	PRETO Filipa Manso	04	Porto	**2:57.59**	+0,79	480	
	50m: 40.51 40.51 100m: 1:25.52 45.01 150m: 2:11.19 45.67 200m: 2:57.59 46.40						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
51.	FERREIRA Joana Rosa	05	Naval de Peniche	**2:57.69**	+0,88	479	
	50m: 40.60 40.60 100m: 1:26.27 45.67 150m: 2:12.69 46.42 200m: 2:57.69 45.00						
52.	LAMAS Maria Caetano	04	Miranda do Corvo	**2:58.38**	+0,85	474	
	50m: 40.43 40.43 100m: 1:25.88 45.45 150m: 2:12.58 46.70 200m: 2:58.38 45.80						
53.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**2:58.68**		471	
	50m: 40.78 40.78 100m: 1:26.93 46.15 150m: 2:12.62 45.69 200m: 2:58.68 46.06						
54.	NEVES Sara Dias	03	Miranda do Corvo	**2:58.72**	+0,82	471	
	50m: 40.06 40.06 100m: 1:25.14 45.08 150m: 2:11.85 46.71 200m: 2:58.72 46.87						
55.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:59.19**	+0,80	467	
	50m: 40.25 40.25 100m: 1:25.81 45.56 150m: 2:11.73 45.92 200m: 2:59.19 47.46						
56.	BARROS Alexia Bastos	04	Fafe	**2:59.44**	+0,81	465	
	50m: 40.47 40.47 100m: 1:26.14 45.67 150m: 2:12.13 45.99 200m: 2:59.44 47.31						
57.	SILVA Alexandra Cordeiro	04	Alcobaca	**2:59.64**	+0,76	464	
	50m: 41.17 41.17 100m: 1:26.89 45.72 150m: 2:13.41 46.52 200m: 2:59.64 46.23						
58.	GAMA Joana Fernandes	05	Sporting	**2:59.81**	+0,82	463	
	50m: 40.31 40.31 100m: 1:26.38 46.07 150m: 2:13.65 47.27 200m: 2:59.81 46.16						
59.	RICARDO Maria Correia	05	Naval Setubalense	**2:59.98**	+0,85	461	
	50m: 40.34 40.34 100m: 1:25.99 45.65 150m: 2:13.05 47.06 200m: 2:59.98 46.93						
60.	HENRIQUES Carolina Porem	04	Sporting	**3:00.00**	+0,73	461	
	50m: 41.02 41.02 100m: 1:27.89 46.87 150m: 2:14.21 46.32 200m: 3:00.00 45.79						
61.	LOURO Ariana Espirito	05	Gualdim Pais	**3:00.19**	+0,65	460	
	50m: 41.20 41.20 100m: 1:28.27 47.07 150m: 2:14.90 46.63 200m: 3:00.19 45.29						
62.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**3:00.37**	+0,74	458	
	50m: 40.19 40.19 100m: 1:25.62 45.43 150m: 2:12.29 46.67 200m: 3:00.37 48.08						
63.	CRUZ Jessica Catarina	04	Aquatico Pacense	**3:00.57**	+0,85	457	
	50m: 41.97 41.97 100m: 1:28.13 46.16 150m: 2:14.74 46.61 200m: 3:00.57 45.83						
64.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**3:00.88**	+0,76	454	
	50m: 39.15 39.15 100m: 1:24.75 45.60 150m: 2:12.44 47.69 200m: 3:00.88 48.44						
65.	GERALDES Madalena Graca	04	Sporting	**3:00.94**	+0,85	454	
	50m: 39.78 39.78 100m: 1:25.56 45.78 150m: 2:13.22 47.66 200m: 3:00.94 47.72						
66.	LOPES Margarida Santos	04	Estarreja	**3:01.25**	+0,77	452	
	50m: 40.31 40.31 100m: 1:26.17 45.86 150m: 2:13.25 47.08 200m: 3:01.25 48.00						
67.	BATISTA Barbara Vivas	04	Luso-Internacional Porto	**3:01.29**	+0,86	451	
	50m: 40.30 40.30 100m: 1:26.04 45.74 150m: 2:13.98 47.94 200m: 3:01.29 47.31						
68.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**3:01.97**	+0,86	446	
	50m: 40.56 40.56 100m: 1:26.94 46.38 150m: 2:14.68 47.74 200m: 3:01.97 47.29						
69.	MORGANHO Leonor Alves	04	Alges	**3:02.18**	+0,83	445	
	50m: 42.29 42.29 100m: 1:28.54 46.25 150m: 2:15.61 47.07 200m: 3:02.18 46.57						
70.	ALVES Maria Ines	05	Academica de Coimbra	**3:03.17**	+0,88	438	
	50m: 41.41 41.41 100m: 1:28.34 46.93 150m: 2:16.15 47.81 200m: 3:03.17 47.02						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
71.	ENGELEN Zoe	05	Louletano / Loule Concelho	**3:03.19**	+1,02	437	
	50m: 44.59 44.59 100m: 1:32.80 48.21 150m: 2:18.51 45.71 200m: 3:03.19 44.68						
72.	ALMEIDA Ana Rita	05	Campinho	**3:03.72**	+0,74	434	
	50m: 41.73 41.73 100m: 1:28.54 46.81 150m: 2:16.58 48.04 200m: 3:03.72 47.14						
73.	SANTOS Catarina Bentes	05	Aquatico Pacense	**3:05.21**	+1,16	423	
	50m: 42.22 42.22 100m: 1:29.37 47.15 150m: 2:17.29 47.92 200m: 3:05.21 47.92						
74.	NEVES Maria Manuel	05	Braga	**3:05.42**	+0,78	422	
	50m: 41.87 41.87 100m: 1:28.67 46.80 150m: 2:17.30 48.63 200m: 3:05.42 48.12						
75.	SILVA Ines Louro	04	Albicastrense	**3:06.03**	+0,87	418	
	50m: 41.12 41.12 100m: 1:26.91 45.79 150m: 2:17.35 50.44 200m: 3:06.03 48.68						
76.	ROCHA Gabriela Santos	05	Natacao de Valongo	**3:06.63**	+0,74	414	
	50m: 39.61 39.61 100m: 1:26.85 47.24 150m: 2:16.54 49.69 200m: 3:06.63 50.09						
77.	MARTINS Margarida Carvalhal	05	Famalicao	**3:07.94**	+0,77	405	
	50m: 42.34 42.34 100m: 1:29.69 47.35 150m: 2:18.01 48.32 200m: 3:07.94 49.93						
78.	MARQUES Maria Ines	05	Alcobaca	**3:12.91**	+0,83	374	
	50m: 44.01 44.01 100m: 1:32.59 48.58 150m: 2:23.13 50.54 200m: 3:12.91 49.78						
DSQ	MACHADO Luisa Maria	01	Uniao Piedense				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 50 m						
DNS	DIAS Ana Leonor	02	Natacao Olhao				
DNS	MONTEIRO Ines Maria	04	Naval Praia da Vitoria				

Prova 32 — Masc., 200m Bruços — Juvenis A
07-04-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016

PreJun_Masc Juv: 2:23.43 / CEJun_Masc 15 - 18: 2:19.25 / CMJ_Masc 15 - 18: 2:16.51 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**2:25.27**	+0,69	662	
	50m: 32.23 32.23 100m: 1:09.31 37.08 150m: 1:47.42 38.11 200m: 2:25.27 37.85						
2.	CARNEIRO Joao Soares	03	Benfica	**2:25.76**	+0,71	656	
	50m: 33.48 33.48 100m: 1:10.64 37.16 150m: 1:48.18 37.54 200m: 2:25.76 37.58						
3.	JUNIOR Luis Cabral	03	Belenenses	**2:33.52**	+0,68	561	
	50m: 35.02 35.02 100m: 1:14.67 39.65 150m: 1:55.29 40.62 200m: 2:33.52 38.23						
4.	ENGELEN Dario	03	Louletano / Loule Concelho	**2:36.64**	+0,75	528	
	50m: 36.62 36.62 100m: 1:16.54 39.92 150m: 1:57.47 40.93 200m: 2:36.64 39.17						
5.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:36.69**	+0,76	528	
	50m: 35.02 35.02 100m: 1:15.34 40.32 150m: 1:56.11 40.77 200m: 2:36.69 40.58						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:37.25**	+0,69	522	
	50m: 35.40 35.40 100m: 1:14.32 38.92 150m: 1:56.20 41.88 200m: 2:37.25 41.05						
7.	LOPES Luis Afonso	03	Viver Santarem	**2:38.08**	+0,70	514	
	50m: 34.57 34.57 100m: 1:14.35 39.78 150m: 1:56.89 42.54 200m: 2:38.08 41.19						
8.	CRISTINO Guilherme Matias	03	Uniao Piedense	**2:38.22**	+0,77	513	
	50m: 35.91 35.91 100m: 1:16.10 40.19 150m: 1:56.81 40.71 200m: 2:38.22 41.41						
9.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:38.26**	+0,75	512	
	50m: 33.86 33.86 100m: 1:13.42 39.56 150m: 1:55.93 42.51 200m: 2:38.26 42.33						
10.	CARRASCO Joao Pedro	03	Portinado	**2:39.94**	+0,84	496	
	50m: 34.34 34.34 100m: 1:14.87 40.53 150m: 1:56.59 41.72 200m: 2:39.94 43.35						
11.	LIMOES Sergio Miguel	03	Galitos / Bresimar	**2:40.29**	+0,80	493	
	50m: 35.67 35.67 100m: 1:15.64 39.97 150m: 1:57.82 42.18 200m: 2:40.29 42.47						
12.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**2:40.37**	+0,78	492	
	50m: 34.68 34.68 100m: 1:16.42 41.74 150m: 1:58.72 42.30 200m: 2:40.37 41.65						
13.	PARENTE Salvador Ataide	03	Gesloures	**2:41.36**	+0,70	483	
	50m: 36.46 36.46 100m: 1:18.20 41.74 150m: 2:00.30 42.10 200m: 2:41.36 41.06						
14.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:41.72**	+0,68	480	
	50m: 36.31 36.31 100m: 1:18.22 41.91 150m: 1:59.27 41.05 200m: 2:41.72 42.45						
15.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**2:41.73**	+0,65	480	
	50m: 36.50 36.50 100m: 1:18.25 41.75 150m: 1:59.84 41.59 200m: 2:41.73 41.89						
16.	LEITAO Tomas Almeida	03	Alges	**2:41.99**	+0,67	478	
	50m: 36.64 36.64 100m: 1:17.26 40.62 150m: 2:00.06 42.80 200m: 2:41.99 41.93						
17.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**2:42.56**	+0,62	473	
	50m: 34.59 34.59 100m: 1:15.69 41.10 150m: 1:58.01 42.32 200m: 2:42.56 44.55						
18.	FERREIRA Joao Carlos	03	Porto	**2:43.01**	+0,74	469	
	50m: 36.42 36.42 100m: 1:17.87 41.45 150m: 1:59.20 41.33 200m: 2:43.01 43.81						
19.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**2:43.06**	+0,68	468	
	50m: 37.59 37.59 100m: 1:19.33 41.74 150m: 2:01.62 42.29 200m: 2:43.06 41.44						
20.	SANTANA Pedro Maria	03	Torres Novas	**2:43.09**	+0,67	468	
	50m: 36.83 36.83 100m: 1:18.99 42.16 150m: 2:01.68 42.69 200m: 2:43.09 41.41						
21.	BRAS Alexandre Miguel	03	S. Pedro Alva	**2:44.66**	+0,76	455	
	50m: 35.11 35.11 100m: 1:17.39 42.28 150m: 2:00.85 43.46 200m: 2:44.66 43.81						
22.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:45.61**	+0,93	447	
	50m: 36.55 36.55 100m: 1:18.81 42.26 150m: 2:02.40 43.59 200m: 2:45.61 43.21						
23.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**2:45.63**	+0,81	447	
	50m: 36.88 36.88 100m: 1:18.89 42.01 150m: 2:02.20 43.31 200m: 2:45.63 43.43						
24.	MATIAS Rafael Candeias	03	Natacao de Lagos	**2:46.81**	+0,88	437	
	50m: 36.62 36.62 100m: 1:19.64 43.02 150m: 2:02.15 42.51 200m: 2:46.81 44.66						
25.	FELICIO Tomas Miguel	03	Rio Maior	**2:48.23**	+0,70	426	
	50m: 36.07 36.07 100m: 1:18.44 42.37 150m: 2:02.50 44.06 200m: 2:48.23 45.73						

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Prova 32, Masc., 200m Bruços, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	CARNEIRO Joao Torres	03	Famalicao	**2:48.36**	+0,70	425	
	50m: 36.35 36.35 100m: 1:19.39 43.04 150m: 2:03.33 43.94 200m: 2:48.36 45.03						

Prova 32 — Masc., 200m Bruços — Juvenis B
07-04-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006

PreJun_Masc Juv: 2:23.43 / CEJun_Masc 15 - 18: 2:19.25 / CMJ_Masc 15 - 18: 2:16.51 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:30.28**	+0,82	598	
	50m: 34.11 34.11 100m: 1:12.41 38.30 150m: 1:50.82 38.41 200m: 2:30.28 39.46						
2.	REBELO Joao Lourenco	04	Alges	**2:33.49**	+0,65	562	
	50m: 34.65 34.65 100m: 1:14.32 39.67 150m: 1:53.72 39.40 200m: 2:33.49 39.77						
3.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:35.76**	+0,70	537	
	50m: 34.89 34.89 100m: 1:14.53 39.64 150m: 1:55.20 40.67 200m: 2:35.76 40.56						
4.	CARVALHO Antonio Lombardi	04	Belenenses	**2:38.72**	+0,76	508	
	50m: 35.76 35.76 100m: 1:17.52 41.76 150m: 1:58.27 40.75 200m: 2:38.72 40.45						
5.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:39.94**	+0,66	496	
	50m: 34.80 34.80 100m: 1:15.62 40.82 150m: 1:56.94 41.32 200m: 2:39.94 43.00						
6.	CRUZ David Miguel	04	Braga	**2:40.67**	+0,67	490	
	50m: 35.49 35.49 100m: 1:17.00 41.51 150m: 1:58.33 41.33 200m: 2:40.67 42.34						
7.	OLIVEIRA Joao Campelo	04	Famalicao	**2:41.01**	+0,74	486	
	50m: 35.91 35.91 100m: 1:16.82 40.91 150m: 1:59.23 42.41 200m: 2:41.01 41.78						
8.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**2:41.19**	+0,76	485	
	50m: 36.01 36.01 100m: 1:17.29 41.28 150m: 1:58.94 41.65 200m: 2:41.19 42.25						
9.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**2:42.47**	+0,69	473	
	50m: 37.91 37.91 100m: 1:22.15 44.24 150m: 2:04.02 41.87 200m: 2:42.47 38.45						
10.	PEREIRA Jose Goncalo	04	Fafe	**2:42.65**	+0,79	472	
	50m: 37.37 37.37 100m: 1:19.47 42.10 150m: 2:01.21 41.74 200m: 2:42.65 41.44						
11.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**2:43.49**	+0,67	465	
	50m: 36.76 36.76 100m: 1:18.11 41.35 150m: 2:02.50 44.39 200m: 2:43.49 40.99						
12.	SILVA Goncalo Oliveira	04	Foca	**2:43.57**	+0,78	464	
	50m: 36.34 36.34 100m: 1:17.81 41.47 150m: 2:00.71 42.90 200m: 2:43.57 42.86						
13.	SANTOS Vasco Malia	04	Natacao de Lagos	**2:43.73**	+0,79	463	
	50m: 37.86 37.86 100m: 1:20.54 42.68 150m: 2:03.32 42.78 200m: 2:43.73 40.41						
14.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:44.41**	+0,77	457	
	50m: 36.48 36.48 100m: 1:18.00 41.52 150m: 2:00.35 42.35 200m: 2:44.41 44.06						
15.	CAMPOS Rafael Alves	04	S. Pedro Alva	**2:44.44**	+0,72	457	
	50m: 37.66 37.66 100m: 1:19.18 41.52 150m: 2:01.89 42.71 200m: 2:44.44 42.55						

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TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 32, Masc., 200m Bruços, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	TSYKAL Daniel	04	Alcobaca	**2:45.05**	+0,76	452	
	50m: 37.44 37.44 100m: 1:20.14 42.70 150m: 2:03.23 43.09 200m: 2:45.05 41.82						
17.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:45.57**	+0,69	447	
	50m: 36.71 36.71 100m: 1:18.93 42.22 150m: 2:02.67 43.74 200m: 2:45.57 42.90						
18.	MATOS Gil Amaral	04	Academia dos Acores	**2:46.46**	+0,64	440	
	50m: 37.80 37.80 100m: 1:21.59 43.79 150m: 2:03.16 41.57 200m: 2:46.46 43.30						
19.	MATIAS Francisco Miguel	04	CCDSerta	**2:46.89**	+0,73	437	
	50m: 37.94 37.94 100m: 1:21.53 43.59 150m: 2:05.86 44.33 200m: 2:46.89 41.03						
20.	CHOCAS Afonso Alves	04	Electrico Clube	**2:47.26**	+0,70	434	
	50m: 36.75 36.75 100m: 1:19.79 43.04 150m: 2:03.88 44.09 200m: 2:47.26 43.38						
21.	NUNES Jaeden Michael	04	Belenenses	**2:47.45**	+0,80	432	
	50m: 37.57 37.57 100m: 1:20.04 42.47 150m: 2:03.71 43.67 200m: 2:47.45 43.74						
22.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**2:47.67**	+0,78	431	
	50m: 38.92 38.92 100m: 1:20.48 41.56 150m: 2:04.87 44.39 200m: 2:47.67 42.80						
23.	VIEIRA Tomas Sa	04	Alges	**2:47.70**	+0,71	430	
	50m: 36.45 36.45 100m: 1:19.51 43.06 150m: 2:03.74 44.23 200m: 2:47.70 43.96						
24.	PINTO Joao Pedro	04	Academia dos Acores	**2:48.80**	+0,63	422	
	50m: 37.67 37.67 100m: 1:21.16 43.49 150m: 2:06.15 44.99 200m: 2:48.80 42.65						
25.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:52.17**	+0,77	398	
	50m: 38.99 38.99 100m: 1:22.10 43.11 150m: 2:06.45 44.35 200m: 2:52.17 45.72						
26.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:54.55**	+0,70	382	
	50m: 37.15 37.15 100m: 1:20.67 43.52 150m: 2:07.27 46.60 200m: 2:54.55 47.28						
DSQ	PEREIRA Tiago Maia	04	Galitos / Bresimar				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DSQ	FERNANDES Martim Pestana	04	Naval do Funchal				
	SW 4.4 - Falsa partida						
DSQ	SILVA Francisco Oliveira	04	Foca				
	SW 4.4 - Falsa partida						

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Prova 32, Masc., 200m Bruços, Elimin

Prova 32 | Masc., 200m Bruços | Juniores
07-04-2019 - 10:50 | Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014

CEJun_Masc 15 - 18: 2:19.25 / CMJ_Masc 15 - 18: 2:16.51 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Tomas Antonio	01	Naval do Funchal	**2:25.88**	+0,65	654	
	50m: 32.83 32.83 100m: 1:10.41 37.58 150m: 1:48.16 37.75 200m: 2:25.88 37.72						
2.	CABRITO Rodrigo Almeida	01	Belenenses	**2:27.60**	+0,66	632	
	50m: 32.87 32.87 100m: 1:10.37 37.50 150m: 1:48.34 37.97 200m: 2:27.60 39.26						
3.	CALDEIRA Goncalo Silveirinha	01	Sporting	**2:29.04**	+0,73	613	
	50m: 33.46 33.46 100m: 1:10.77 37.31 150m: 1:49.19 38.42 200m: 2:29.04 39.85						
4.	MALFEITO Martim Rebelo	02	Sporting	**2:31.46**	+0,69	584	
	50m: 34.88 34.88 100m: 1:14.71 39.83 150m: 1:52.92 38.21 200m: 2:31.46 38.54						
5.	KLIER Afonso Miguel	01	Galitos / Bresimar	**2:31.55**	+0,64	583	
	50m: 33.53 33.53 100m: 1:11.81 38.28 150m: 1:51.38 39.57 200m: 2:31.55 40.17						
6.	MERUJE Joaquim Agra	01	Elvense	**2:31.97**	+0,83	579	
	50m: 33.42 33.42 100m: 1:11.49 38.07 150m: 1:51.33 39.84 200m: 2:31.97 40.64						
7.	ARAUJO Sergio Daniel	02	Naval Povoense	**2:32.65**	+0,70	571	
	50m: 32.85 32.85 100m: 1:11.29 38.44 150m: 1:51.48 40.19 200m: 2:32.65 41.17						
8.	BRAS Ricardo Martins	01	Belenenses	**2:33.36**	+0,69	563	
	50m: 34.68 34.68 100m: 1:14.65 39.97 150m: 1:54.32 39.67 200m: 2:33.36 39.04						
9.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:33.79**	+0,75	558	
	50m: 33.40 33.40 100m: 1:12.23 38.83 150m: 1:52.20 39.97 200m: 2:33.79 41.59						
10.	SOUSA Duarte Anastacio	02	Uniao Coimbra	**2:33.91**	+0,59	557	
	50m: 34.23 34.23 100m: 1:12.83 38.60 150m: 1:52.71 39.88 200m: 2:33.91 41.20						
11.	SANTOS Afonso Amaro	02	Gesloures	**2:34.23**	+0,67	554	
	50m: 34.25 34.25 100m: 1:12.68 38.43 150m: 1:52.87 40.19 200m: 2:34.23 41.36						
12.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	**2:34.39**	+0,81	552	
	50m: 34.31 34.31 100m: 1:13.80 39.49 150m: 1:53.20 39.40 200m: 2:34.39 41.19						
13.	VIEIRA Hugo Azurara	01	Naval Povoense	**2:34.44**	+0,70	551	
	50m: 34.43 34.43 100m: 1:12.89 38.46 150m: 1:53.28 40.39 200m: 2:34.44 41.16						
14.	FERNANDES Pedro Pestana	01	Naval do Funchal	**2:34.53**	+0,59	550	
	50m: 34.31 34.31 100m: 1:13.96 39.65 150m: 1:54.45 40.49 200m: 2:34.53 40.08						
15.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**2:34.66**	+0,69	549	
	50m: 34.52 34.52 100m: 1:14.28 39.76 150m: 1:55.01 40.73 200m: 2:34.66 39.65						
16.	PINTO Pedro Miguel	02	Sporting	**2:36.38**	+0,76	531	
	50m: 35.06 35.06 100m: 1:14.63 39.57 150m: 1:55.43 40.80 200m: 2:36.38 40.95						

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Prova 32, Masc., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	FRISCHKNECHT Renato Barros *SW 4.4 - Falsa partida*	01	Alges				

Prova 32 — Masc., 200m Bruços — Seniores
07-04-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013

CMPL : 2:11.00 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	**2:20.62**	+0,82	730	
	50m: 31.32 (31.32) 100m: 1:06.94 (35.62) 150m: 1:43.64 (36.70) 200m: 2:20.62 (36.98)						
2.	CRUCHINHO Miguel Monteiro	97	Sporting	**2:22.74**	+0,67	698	
	50m: 32.17 (32.17) 100m: 1:07.54 (35.37) 150m: 1:45.46 (37.92) 200m: 2:22.74 (37.28)						
3.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:22.95**	+0,73	695	
	50m: 33.04 (33.04) 100m: 1:09.57 (36.53) 150m: 1:46.30 (36.73) 200m: 2:22.95 (36.65)						
4.	PON Hugo	98	Alges	**2:23.75**	+0,66	684	
	50m: 32.86 (32.86) 100m: 1:08.78 (35.92) 150m: 1:46.31 (37.53) 200m: 2:23.75 (37.44)						
5.	RAMOS Filipe Carmo	97	Vilacondense	**2:24.41**	+0,74	674	
	50m: 33.12 (33.12) 100m: 1:10.05 (36.93) 150m: 1:46.95 (36.90) 200m: 2:24.41 (37.46)						
6.	SANTOS Alexis Manacas	92	Sporting	**2:24.76**	+0,70	670	
	50m: 32.19 (32.19) 100m: 1:08.66 (36.47) 150m: 1:46.78 (38.12) 200m: 2:24.76 (37.98)						
7.	VELOSO Tomas Miguel	96	Nautico Academico	**2:25.01**	+0,66	666	
	50m: 32.89 (32.89) 100m: 1:09.39 (36.50) 150m: 1:46.98 (37.59) 200m: 2:25.01 (38.03)						
8.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:25.53**	+0,70	659	
	50m: 32.45 (32.45) 100m: 1:09.47 (37.02) 150m: 1:47.25 (37.78) 200m: 2:25.53 (38.28)						
9.	PINOTES Pedro Miguel	89	Sporting	**2:25.93**	+0,73	654	
	50m: 33.17 (33.17) 100m: 1:10.09 (36.92) 150m: 1:48.23 (38.14) 200m: 2:25.93 (37.70)						
10.	GASPAR Miguel Caridade	99	Academica de Coimbra	**2:26.47**	+0,69	646	
	50m: 33.27 (33.27) 100m: 1:10.26 (36.99) 150m: 1:47.94 (37.68) 200m: 2:26.47 (38.53)						
11.	AMORIM Alexandre Ferreira	99	Porto	**2:26.85**	+0,70	641	
	50m: 33.34 (33.34) 100m: 1:09.81 (36.47) 150m: 1:47.27 (37.46) 200m: 2:26.85 (39.58)						
12.	VARGAS Joao Manuel	00	Individual ANL	**2:27.64**	+0,62	631	
	50m: 33.31 (33.31) 100m: 1:10.52 (37.21) 150m: 1:48.77 (38.25) 200m: 2:27.64 (38.87)						
13.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**2:28.34**	+0,59	622	
	50m: 32.77 (32.77) 100m: 1:10.17 (37.40) 150m: 1:48.67 (38.50) 200m: 2:28.34 (39.67)						
14.	PINTO Antonio Fernando	99	Benfica	**2:28.50**	+0,75	620	
	50m: 33.24 (33.24) 100m: 1:10.65 (37.41) 150m: 1:49.14 (38.49) 200m: 2:28.50 (39.36)						
15.	QUINTAS Francisco Robalo	95	Belenenses	**2:30.06**	+0,69	601	
	50m: 33.05 (33.05) 100m: 1:10.16 (37.11) 150m: 1:49.47 (39.31) 200m: 2:30.06 (40.59)						

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TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 32, Masc., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	DINIS Tiago Moises	98	Nautico Academico	**2:30.09**	+0,70	601	
	50m: 33.36 33.36 100m: 1:11.72 38.36 150m: 1:50.40 38.68 200m: 2:30.09 39.69						
17.	MARTINS Bruno Miguel	93	Gesloures	**2:31.30**	+0,77	586	
	50m: 33.73 33.73 100m: 1:12.56 38.83 150m: 1:51.30 38.74 200m: 2:31.30 40.00						
18.	GRENHO Andre Tavares	99	Gesloures	**2:34.18**	+0,71	554	
	50m: 33.92 33.92 100m: 1:12.53 38.61 150m: 1:52.47 39.94 200m: 2:34.18 41.71						
DSQ	CARVALHO Diogo Filipe	88	Galitos / Bresimar				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 50 m						
DSQ	MENDES Antonio Manuel	99	Sporting				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 150 m						
DSQ	CATALAO Daniel Nogueira	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						
DNS	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL				

Prova 32 — Masc., 200m Bruços — Absolutos
07-04-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006

PreJun_Masc Juv: 2:23.43 / CEJun_Masc 15 - 18: 2:19.25 / CMJ_Masc 15 - 18: 2:16.51 / CMPL Sen: 2:11.00 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	**2:20.62**	+0,82	730	
	50m: 31.32 31.32 100m: 1:06.94 35.62 150m: 1:43.64 36.70 200m: 2:20.62 36.98						
2.	CRUCHINHO Miguel Monteiro	97	Sporting	**2:22.74**	+0,67	698	
	50m: 32.17 32.17 100m: 1:07.54 35.37 150m: 1:45.46 37.92 200m: 2:22.74 37.28						
3.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:22.95**	+0,73	695	
	50m: 33.04 33.04 100m: 1:09.57 36.53 150m: 1:46.30 36.73 200m: 2:22.95 36.65						
4.	PON Hugo	98	Alges	**2:23.75**	+0,66	684	
	50m: 32.86 32.86 100m: 1:08.78 35.92 150m: 1:46.31 37.53 200m: 2:23.75 37.44						
5.	RAMOS Filipe Carmo	97	Vilacondense	**2:24.41**	+0,74	674	
	50m: 33.12 33.12 100m: 1:10.05 36.93 150m: 1:46.95 36.90 200m: 2:24.41 37.46						
6.	SANTOS Alexis Manacas	92	Sporting	**2:24.76**	+0,70	670	
	50m: 32.19 32.19 100m: 1:08.66 36.47 150m: 1:46.78 38.12 200m: 2:24.76 37.98						
7.	VELOSO Tomas Miguel	96	Nautico Academico	**2:25.01**	+0,66	666	
	50m: 32.89 32.89 100m: 1:09.39 36.50 150m: 1:46.98 37.59 200m: 2:25.01 38.03						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	PEREIRA Ricardo Samuel	03	Benfica	**2:25.27**	+0,69	662	
	50m: 32.23 32.23 100m: 1:09.31 37.08 150m: 1:47.42 38.11 200m: 2:25.27 37.85						
9.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:25.53**	+0,70	659	
	50m: 32.45 32.45 100m: 1:09.47 37.02 150m: 1:47.25 37.78 200m: 2:25.53 38.28						
10.	CARNEIRO Joao Soares	03	Benfica	**2:25.76**	+0,71	656	
	50m: 33.48 33.48 100m: 1:10.64 37.16 150m: 1:48.18 37.54 200m: 2:25.76 37.58						
11.	SILVA Tomas Antonio	01	Naval do Funchal	**2:25.88**	+0,65	654	
	50m: 32.83 32.83 100m: 1:10.41 37.58 150m: 1:48.16 37.75 200m: 2:25.88 37.72						
12.	PINOTES Pedro Miguel	89	Sporting	**2:25.93**	+0,73	654	
	50m: 33.17 33.17 100m: 1:10.09 36.92 150m: 1:48.23 38.14 200m: 2:25.93 37.70						
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	**2:26.47**	+0,69	646	
	50m: 33.27 33.27 100m: 1:10.26 36.99 150m: 1:47.94 37.68 200m: 2:26.47 38.53						
14.	AMORIM Alexandre Ferreira	99	Porto	**2:26.85**	+0,70	641	
	50m: 33.34 33.34 100m: 1:09.81 36.47 150m: 1:47.27 37.46 200m: 2:26.85 39.58						
15.	CABRITO Rodrigo Almeida	01	Belenenses	**2:27.60**	+0,66	632	
	50m: 32.87 32.87 100m: 1:10.37 37.50 150m: 1:48.34 37.97 200m: 2:27.60 39.26						
16.	VARGAS Joao Manuel	00	Individual ANL	**2:27.64**	+0,62	631	
	50m: 33.31 33.31 100m: 1:10.52 37.21 150m: 1:48.77 38.25 200m: 2:27.64 38.87						
17.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**2:28.34**	+0,59	622	
	50m: 32.77 32.77 100m: 1:10.17 37.40 150m: 1:48.67 38.50 200m: 2:28.34 39.67						
18.	PINTO Antonio Fernando	99	Benfica	**2:28.50**	+0,75	620	
	50m: 33.24 33.24 100m: 1:10.65 37.41 150m: 1:49.14 38.49 200m: 2:28.50 39.36						
19.	CALDEIRA Goncalo Silveirinha	01	Sporting	**2:29.04**	+0,73	613	
	50m: 33.46 33.46 100m: 1:10.77 37.31 150m: 1:49.19 38.42 200m: 2:29.04 39.85						
20.	QUINTAS Francisco Robalo	95	Belenenses	**2:30.06**	+0,69	601	
	50m: 33.05 33.05 100m: 1:10.16 37.11 150m: 1:49.47 39.31 200m: 2:30.06 40.59						
21.	DINIS Tiago Moises	98	Nautico Academico	**2:30.09**	+0,70	601	
	50m: 33.36 33.36 100m: 1:11.72 38.36 150m: 1:50.40 38.68 200m: 2:30.09 39.69						
22.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:30.28**	+0,82	598	
	50m: 34.11 34.11 100m: 1:12.41 38.30 150m: 1:50.82 38.41 200m: 2:30.28 39.46						
23.	MARTINS Bruno Miguel	93	Gesloures	**2:31.30**	+0,77	586	
	50m: 33.73 33.73 100m: 1:12.56 38.83 150m: 1:51.30 38.74 200m: 2:31.30 40.00						
24.	MALFEITO Martim Rebelo	02	Sporting	**2:31.46**	+0,69	584	
	50m: 34.88 34.88 100m: 1:14.71 39.83 150m: 1:52.92 38.21 200m: 2:31.46 38.54						
25.	KLIER Afonso Miguel	01	Galitos / Bresimar	**2:31.55**	+0,64	583	
	50m: 33.53 33.53 100m: 1:11.81 38.28 150m: 1:51.38 39.57 200m: 2:31.55 40.17						
26.	MERUJE Joaquim Agra	01	Elvense	**2:31.97**	+0,83	579	
	50m: 33.42 33.42 100m: 1:11.49 38.07 150m: 1:51.33 39.84 200m: 2:31.97 40.64						
27.	ARAUJO Sergio Daniel	02	Naval Povoense	**2:32.65**	+0,70	571	
	50m: 32.85 32.85 100m: 1:11.29 38.44 150m: 1:51.48 40.19 200m: 2:32.65 41.17						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	BRAS Ricardo Martins	01	Belenenses	**2:33.36**	+0,69	563	
	50m: 34.68 34.68 100m: 1:14.65 39.97 150m: 1:54.32 39.67 200m: 2:33.36 39.04						
29.	REBELO Joao Lourenco	04	Alges	**2:33.49**	+0,65	562	
	50m: 34.65 34.65 100m: 1:14.32 39.67 150m: 1:53.72 39.40 200m: 2:33.49 39.77						
30.	JUNIOR Luis Cabral	03	Belenenses	**2:33.52**	+0,68	561	
	50m: 35.02 35.02 100m: 1:14.67 39.65 150m: 1:55.29 40.62 200m: 2:33.52 38.23						
31.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:33.79**	+0,75	558	
	50m: 33.40 33.40 100m: 1:12.23 38.83 150m: 1:52.20 39.97 200m: 2:33.79 41.59						
32.	SOUSA Duarte Anastacio	02	Uniao Coimbra	**2:33.91**	+0,59	557	
	50m: 34.23 34.23 100m: 1:12.83 38.60 150m: 1:52.71 39.88 200m: 2:33.91 41.20						
33.	GRENHO Andre Tavares	99	Gesloures	**2:34.18**	+0,71	554	
	50m: 33.92 33.92 100m: 1:12.53 38.61 150m: 1:52.47 39.94 200m: 2:34.18 41.71						
34.	SANTOS Afonso Amaro	02	Gesloures	**2:34.23**	+0,67	554	
	50m: 34.25 34.25 100m: 1:12.68 38.43 150m: 1:52.87 40.19 200m: 2:34.23 41.36						
35.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	**2:34.39**	+0,81	552	
	50m: 34.31 34.31 100m: 1:13.80 39.49 150m: 1:53.20 39.40 200m: 2:34.39 41.19						
36.	VIEIRA Hugo Azurara	01	Naval Povoense	**2:34.44**	+0,70	551	
	50m: 34.43 34.43 100m: 1:12.89 38.46 150m: 1:53.28 40.39 200m: 2:34.44 41.16						
37.	FERNANDES Pedro Pestana	01	Naval do Funchal	**2:34.53**	+0,59	550	
	50m: 34.31 34.31 100m: 1:13.96 39.65 150m: 1:54.45 40.49 200m: 2:34.53 40.08						
38.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**2:34.66**	+0,69	549	
	50m: 34.52 34.52 100m: 1:14.28 39.76 150m: 1:55.01 40.73 200m: 2:34.66 39.65						
39.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:35.76**	+0,70	537	
	50m: 34.89 34.89 100m: 1:14.53 39.64 150m: 1:55.20 40.67 200m: 2:35.76 40.56						
40.	PINTO Pedro Miguel	02	Sporting	**2:36.38**	+0,76	531	
	50m: 35.06 35.06 100m: 1:14.63 39.57 150m: 1:55.43 40.80 200m: 2:36.38 40.95						
41.	ENGELEN Dario	03	Louletano / Loule Concelho	**2:36.64**	+0,75	528	
	50m: 36.62 36.62 100m: 1:16.54 39.92 150m: 1:57.47 40.93 200m: 2:36.64 39.17						
42.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:36.69**	+0,76	528	
	50m: 35.02 35.02 100m: 1:15.34 40.32 150m: 1:56.11 40.77 200m: 2:36.69 40.58						
43.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:37.25**	+0,69	522	
	50m: 35.40 35.40 100m: 1:14.32 38.92 150m: 1:56.20 41.88 200m: 2:37.25 41.05						
44.	LOPES Luis Afonso	03	Viver Santarem	**2:38.08**	+0,70	514	
	50m: 34.57 34.57 100m: 1:14.35 39.78 150m: 1:56.89 42.54 200m: 2:38.08 41.19						
45.	CRISTINO Guilherme Matias	03	Uniao Piedense	**2:38.22**	+0,77	513	
	50m: 35.91 35.91 100m: 1:16.10 40.19 150m: 1:56.81 40.71 200m: 2:38.22 41.41						
46.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:38.26**	+0,75	512	
	50m: 33.86 33.86 100m: 1:13.42 39.56 150m: 1:55.93 42.51 200m: 2:38.26 42.33						
47.	CARVALHO Antonio Lombardi	04	Belenenses	**2:38.72**	+0,76	508	
	50m: 35.76 35.76 100m: 1:17.52 41.76 150m: 1:58.27 40.75 200m: 2:38.72 40.45						

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48.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:39.94**	+0,66	496	
	50m: 34.80 34.80 100m: 1:15.62 40.82 150m: 1:56.94 41.32 200m: 2:39.94 43.00						
	CARRASCO Joao Pedro	03	Portinado	**2:39.94**	+0,84	496	
	50m: 34.34 34.34 100m: 1:14.87 40.53 150m: 1:56.59 41.72 200m: 2:39.94 43.35						
50.	LIMOES Sergio Miguel	03	Galitos / Bresimar	**2:40.29**	+0,80	493	
	50m: 35.67 35.67 100m: 1:15.64 39.97 150m: 1:57.82 42.18 200m: 2:40.29 42.47						
51.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**2:40.37**	+0,78	492	
	50m: 34.68 34.68 100m: 1:16.42 41.74 150m: 1:58.72 42.30 200m: 2:40.37 41.65						
52.	CRUZ David Miguel	04	Braga	**2:40.67**	+0,67	490	
	50m: 35.49 35.49 100m: 1:17.00 41.51 150m: 1:58.33 41.33 200m: 2:40.67 42.34						
53.	OLIVEIRA Joao Campelo	04	Famalicao	**2:41.01**	+0,74	486	
	50m: 35.91 35.91 100m: 1:16.82 40.91 150m: 1:59.23 42.41 200m: 2:41.01 41.78						
54.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**2:41.19**	+0,76	485	
	50m: 36.01 36.01 100m: 1:17.29 41.28 150m: 1:58.94 41.65 200m: 2:41.19 42.25						
55.	PARENTE Salvador Ataide	03	Gesloures	**2:41.36**	+0,70	483	
	50m: 36.46 36.46 100m: 1:18.20 41.74 150m: 2:00.30 42.10 200m: 2:41.36 41.06						
56.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:41.72**	+0,68	480	
	50m: 36.31 36.31 100m: 1:18.22 41.91 150m: 1:59.27 41.05 200m: 2:41.72 42.45						
57.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**2:41.73**	+0,65	480	
	50m: 36.50 36.50 100m: 1:18.25 41.75 150m: 1:59.84 41.59 200m: 2:41.73 41.89						
58.	LEITAO Tomas Almeida	03	Alges	**2:41.99**	+0,67	478	
	50m: 36.64 36.64 100m: 1:17.26 40.62 150m: 2:00.06 42.80 200m: 2:41.99 41.93						
59.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**2:42.47**	+0,69	473	
	50m: 37.91 37.91 100m: 1:22.15 44.24 150m: 2:04.02 41.87 200m: 2:42.47 38.45						
60.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**2:42.56**	+0,62	473	
	50m: 34.59 34.59 100m: 1:15.69 41.10 150m: 1:58.01 42.32 200m: 2:42.56 44.55						
61.	PEREIRA Jose Goncalo	04	Fafe	**2:42.65**	+0,79	472	
	50m: 37.37 37.37 100m: 1:19.47 42.10 150m: 2:01.21 41.74 200m: 2:42.65 41.44						
62.	FERREIRA Joao Carlos	03	Porto	**2:43.01**	+0,74	469	
	50m: 36.42 36.42 100m: 1:17.87 41.45 150m: 1:59.20 41.33 200m: 2:43.01 43.81						
63.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**2:43.06**	+0,68	468	
	50m: 37.59 37.59 100m: 1:19.33 41.74 150m: 2:01.62 42.29 200m: 2:43.06 41.44						
64.	SANTANA Pedro Maria	03	Torres Novas	**2:43.09**	+0,67	468	
	50m: 36.83 36.83 100m: 1:18.99 42.16 150m: 2:01.68 42.69 200m: 2:43.09 41.41						
65.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**2:43.49**	+0,67	465	
	50m: 36.76 36.76 100m: 1:18.11 41.35 150m: 2:02.50 44.39 200m: 2:43.49 40.99						
66.	SILVA Goncalo Oliveira	04	Foca	**2:43.57**	+0,78	464	
	50m: 36.34 36.34 100m: 1:17.81 41.47 150m: 2:00.71 42.90 200m: 2:43.57 42.86						
67.	SANTOS Vasco Malia	04	Natacao de Lagos	**2:43.73**	+0,79	463	
	50m: 37.86 37.86 100m: 1:20.54 42.68 150m: 2:03.32 42.78 200m: 2:43.73 40.41						

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68.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:44.41**	+0,77	457	
	50m: 36.48 36.48 100m: 1:18.00 41.52 150m: 2:00.35 42.35 200m: 2:44.41 44.06						
69.	CAMPOS Rafael Alves	04	S. Pedro Alva	**2:44.44**	+0,72	457	
	50m: 37.66 37.66 100m: 1:19.18 41.52 150m: 2:01.89 42.71 200m: 2:44.44 42.55						
70.	BRAS Alexandre Miguel	03	S. Pedro Alva	**2:44.66**	+0,76	455	
	50m: 35.11 35.11 100m: 1:17.39 42.28 150m: 2:00.85 43.46 200m: 2:44.66 43.81						
71.	TSYKAL Daniel	04	Alcobaca	**2:45.05**	+0,76	452	
	50m: 37.44 37.44 100m: 1:20.14 42.70 150m: 2:03.23 43.09 200m: 2:45.05 41.82						
72.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:45.57**	+0,69	447	
	50m: 36.71 36.71 100m: 1:18.93 42.22 150m: 2:02.67 43.74 200m: 2:45.57 42.90						
73.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:45.61**	+0,93	447	
	50m: 36.55 36.55 100m: 1:18.81 42.26 150m: 2:02.40 43.59 200m: 2:45.61 43.21						
74.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**2:45.63**	+0,81	447	
	50m: 36.88 36.88 100m: 1:18.89 42.01 150m: 2:02.20 43.31 200m: 2:45.63 43.43						
75.	MATOS Gil Amaral	04	Academia dos Acores	**2:46.46**	+0,64	440	
	50m: 37.80 37.80 100m: 1:21.59 43.79 150m: 2:03.16 41.57 200m: 2:46.46 43.30						
76.	MATIAS Rafael Candeias	03	Natacao de Lagos	**2:46.81**	+0,88	437	
	50m: 36.62 36.62 100m: 1:19.64 43.02 150m: 2:02.15 42.51 200m: 2:46.81 44.66						
77.	MATIAS Francisco Miguel	04	CCDSerta	**2:46.89**	+0,73	437	
	50m: 37.94 37.94 100m: 1:21.53 43.59 150m: 2:05.86 44.33 200m: 2:46.89 41.03						
78.	CHOCAS Afonso Alves	04	Electrico Clube	**2:47.26**	+0,70	434	
	50m: 36.75 36.75 100m: 1:19.79 43.04 150m: 2:03.88 44.09 200m: 2:47.26 43.38						
79.	NUNES Jaeden Michael	04	Belenenses	**2:47.45**	+0,80	432	
	50m: 37.57 37.57 100m: 1:20.04 42.47 150m: 2:03.71 43.67 200m: 2:47.45 43.74						
80.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**2:47.67**	+0,78	431	
	50m: 38.92 38.92 100m: 1:20.48 41.56 150m: 2:04.87 44.39 200m: 2:47.67 42.80						
81.	VIEIRA Tomas Sa	04	Alges	**2:47.70**	+0,71	430	
	50m: 36.45 36.45 100m: 1:19.51 43.06 150m: 2:03.74 44.23 200m: 2:47.70 43.96						
82.	FELICIO Tomas Miguel	03	Rio Maior	**2:48.23**	+0,70	426	
	50m: 36.07 36.07 100m: 1:18.44 42.37 150m: 2:02.50 44.06 200m: 2:48.23 45.73						
83.	CARNEIRO Joao Torres	03	Famalicao	**2:48.36**	+0,70	425	
	50m: 36.35 36.35 100m: 1:19.39 43.04 150m: 2:03.33 43.94 200m: 2:48.36 45.03						
84.	PINTO Joao Pedro	04	Academia dos Acores	**2:48.80**	+0,63	422	
	50m: 37.67 37.67 100m: 1:21.16 43.49 150m: 2:06.15 44.99 200m: 2:48.80 42.65						
85.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:52.17**	+0,77	398	
	50m: 38.99 38.99 100m: 1:22.10 43.11 150m: 2:06.45 44.35 200m: 2:52.17 45.72						
86.	AGUIAR Vasco Ormonde	04	Academia dos Acores	**2:54.55**	+0,70	382	
	50m: 37.15 37.15 100m: 1:20.67 43.52 150m: 2:07.27 46.60 200m: 2:54.55 47.28						

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DSQ	CARVALHO Diogo Filipe	88	Galitos / Bresimar				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 50 m						
DSQ	MENDES Antonio Manuel	99	Sporting				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 150 m						
DSQ	CATALAO Daniel Nogueira	00	Benfica				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 100 m						
DSQ	FRISCHKNECHT Renato Barros	01	Alges				
	SW 4.4 - Falsa partida						
DSQ	PEREIRA Tiago Maia	04	Galitos / Bresimar				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						
DSQ	FERNANDES Martim Pestana	04	Naval do Funchal				
	SW 4.4 - Falsa partida						
DSQ	SILVA Francisco Oliveira	04	Foca				
	SW 4.4 - Falsa partida						
DNS	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL				

Prova 28 — Masc., 200m Costas — Absolutos
07-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

PreJun_Masc Juv: 2:08.48 / CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / CMPL Sen: 1:58.34 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:18.14**	+0,65	531	
	50m: 32.63 (32.63) 100m: 1:07.83 (35.20) 150m: 1:44.80 (36.97) 200m: 2:18.14 (33.34)						
2.	MARQUES Andre Costa	03	Famalicao	**2:18.52**	+0,61	527	
	50m: 32.31 (32.31) 100m: 1:07.17 (34.86) 150m: 1:43.25 (36.08) 200m: 2:18.52 (35.27)						

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Prova 29 — Femin., 50m Mariposa — Absolutos
07-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009
RNS5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

World-Para Absoluto S5: 1:13.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ROLAO Sofia Alexandra	98	Benfica	**29.56**	+0,75	564	
2.	GOMES Susana Clara	77	Naval do Funchal	**29.84**	+0,68	548	

Prova 30 — Masc., 50m Mariposa — Absolutos
07-04-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004
RNS15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	WEUSTINK Koen	00	Ginasio de Vila Real	**25.89**	+0,66	636	
2.	FERNANDES Joao Vitor	00	Escola O Liceu	**26.00**	+0,65	628	
3.	CARVALHO Andre Antunes	96	Sporting	**26.21**	+0,71	613	

Prova 33 — Femin., 200m Livres — Juvenis A
07-04-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018

PreJun_Fem Juv: 2:08.65 / CEJun_Fem 14 - 17: 2:04.90 / CMJ_Fem 14 - 17: 2:02.45 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Maria Ferreira	04	Sporting	**2:09.12**	+0,74	669	
	50m: 29.63 (29.63) 100m: 1:01.54 (31.91) 150m: 1:34.84 (33.30) 200m: 2:09.12 (34.28)						
2.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**2:11.76**	+0,73	630	
	50m: 30.64 (30.64) 100m: 1:03.86 (33.22) 150m: 1:38.43 (34.57) 200m: 2:11.76 (33.33)						
3.	PINHO Carolina Teixeira	04	Porto	**2:11.87**	+0,76	628	
	50m: 30.41 (30.41) 100m: 1:03.28 (32.87) 150m: 1:37.46 (34.18) 200m: 2:11.87 (34.41)						
4.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:13.05**	+0,65	612	
	50m: 30.63 (30.63) 100m: 1:04.48 (33.85) 150m: 1:38.83 (34.35) 200m: 2:13.05 (34.22)						
5.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:15.79**	+0,73	575	
	50m: 30.71 (30.71) 100m: 1:04.26 (33.55) 150m: 1:39.74 (35.48) 200m: 2:15.79 (36.05)						

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Prova 33, Femin., 200m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**2:16.37**	+0,74	568	
	50m: 30.46 30.46 100m: 1:04.54 34.08 150m: 1:40.38 35.84 200m: 2:16.37 35.99						
7.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:16.61**	+0,80	565	
	50m: 31.46 31.46 100m: 1:06.04 34.58 150m: 1:41.21 35.17 200m: 2:16.61 35.40						
8.	INACIO Marta Macedo	04	Sporting	**2:17.02**	+0,84	560	
	50m: 30.47 30.47 100m: 1:04.63 34.16 150m: 1:40.61 35.98 200m: 2:17.02 36.41						
9.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**2:17.11**	+0,83	559	
	50m: 30.47 30.47 100m: 1:05.19 34.72 150m: 1:41.44 36.25 200m: 2:17.11 35.67						
10.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:18.27**	+0,65	545	
	50m: 30.51 30.51 100m: 1:05.28 34.77 150m: 1:41.01 35.73 200m: 2:18.27 37.26						
11.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**2:18.84**	+0,73	538	
	50m: 31.35 31.35 100m: 1:06.42 35.07 150m: 1:43.40 36.98 200m: 2:18.84 35.44						
12.	NARRA Vera Figueiredo	04	Amadora	**2:19.15**	+0,80	535	
	50m: 32.12 32.12 100m: 1:07.05 34.93 150m: 1:43.26 36.21 200m: 2:19.15 35.89						
13.	MARQUES Maria Alexandra	04	Albicastrense	**2:19.27**	+0,74	533	
	50m: 31.87 31.87 100m: 1:06.40 34.53 150m: 1:42.41 36.01 200m: 2:19.27 36.86						
14.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**2:19.66**	+0,81	529	
	50m: 31.38 31.38 100m: 1:05.75 34.37 150m: 1:42.89 37.14 200m: 2:19.66 36.77						
15.	DELFINO Mariana Morais	04	Sporting	**2:21.39**	+0,84	510	
	50m: 31.82 31.82 100m: 1:07.21 35.39 150m: 1:44.31 37.10 200m: 2:21.39 37.08						
16.	VIANA Carolina Pereira	04	Aquatico Silves	**2:22.40**	+0,74	499	
	50m: 32.14 32.14 100m: 1:07.50 35.36 150m: 1:44.65 37.15 200m: 2:22.40 37.75						
17.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:27.94**	+0,63	445	
	50m: 30.94 30.94 100m: 1:07.53 36.59 150m: 1:47.49 39.96 200m: 2:27.94 40.45						
DSQ	FREIXIEIRO Beatriz Maria	04	Rio Maior				
	SW 4.4 - Falsa partida						

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Prova 33, Femin., 200m Livres, Elimin

Prova 33 | Femin., 200m Livres | Juvenis B
07-04-2019 - 11:30 | Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

PreJun_Fem Juv: 2:08.65 / CEJun_Fem 14 - 17: 2:04.90 / CMJ_Fem 14 - 17: 2:02.45 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	**2:11.48**	+0,73	634	
	50m: 31.07 (31.07) 100m: 1:04.52 (33.45) 150m: 1:38.66 (34.14) 200m: 2:11.48 (32.82)						
2.	LOPES Daniela Magalhaes	05	Famalicao	**2:11.53**	+0,78	633	
	50m: 30.80 (30.80) 100m: 1:04.39 (33.59) 150m: 1:38.62 (34.23) 200m: 2:11.53 (32.91)						
3.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:12.54**	+0,78	619	
	50m: 29.31 (29.31) 100m: 1:03.20 (33.89) 150m: 1:37.73 (34.53) 200m: 2:12.54 (34.81)						
4.	SIMOES Ana Beatriz	05	Sporting	**2:12.68**	+0,75	617	
	50m: 30.49 (30.49) 100m: 1:04.01 (33.52) 150m: 1:38.35 (34.34) 200m: 2:12.68 (34.33)						
5.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**2:12.89**	+0,72	614	
	50m: 31.07 (31.07) 100m: 1:03.92 (32.85) 150m: 1:38.50 (34.58) 200m: 2:12.89 (34.39)						
6.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:13.07**	+0,70	612	
	50m: 29.92 (29.92) 100m: 1:03.35 (33.43) 150m: 1:38.03 (34.68) 200m: 2:13.07 (35.04)						
7.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**2:15.95**	+0,71	573	
	50m: 31.48 (31.48) 100m: 1:05.36 (33.88) 150m: 1:40.92 (35.56) 200m: 2:15.95 (35.03)						
8.	BENTO Maria Madalena	05	BUZIOS - Coruche	**2:17.45**	+0,71	555	
	50m: 31.51 (31.51) 100m: 1:06.37 (34.86) 150m: 1:42.19 (35.82) 200m: 2:17.45 (35.26)						
9.	COSTA Mariana Martins	05	Famalicao	**2:17.92**	+0,73	549	
	50m: 31.47 (31.47) 100m: 1:05.98 (34.51) 150m: 1:41.93 (35.95) 200m: 2:17.92 (35.99)						
10.	ANDRE Isadora Maia	05	Benfica	**2:18.62**	+0,73	541	
	50m: 31.18 (31.18) 100m: 1:05.57 (34.39) 150m: 1:41.52 (35.95) 200m: 2:18.62 (37.10)						
11.	SEBASTIAO Sofia Antunes	05	Amadora	**2:18.74**	+0,95	540	
	50m: 31.36 (31.36) 100m: 1:07.09 (35.73) 150m: 1:42.98 (35.89) 200m: 2:18.74 (35.76)						
12.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**2:18.91**	+0,83	538	
	50m: 32.68 (32.68) 100m: 1:07.90 (35.22) 150m: 1:43.92 (36.02) 200m: 2:18.91 (34.99)						
13.	REIS Beatriz Grave	05	Rio Maior	**2:18.99**	+0,74	537	
	50m: 32.36 (32.36) 100m: 1:07.51 (35.15) 150m: 1:44.03 (36.52) 200m: 2:18.99 (34.96)						
14.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:19.53**	+0,77	530	
	50m: 31.01 (31.01) 100m: 1:05.78 (34.77) 150m: 1:43.48 (37.70) 200m: 2:19.53 (36.05)						
15.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:19.60**	+0,88	530	
	50m: 32.37 (32.37) 100m: 1:07.87 (35.50) 150m: 1:44.75 (36.88) 200m: 2:19.60 (34.85)						
16.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:20.02**	+0,84	525	
	50m: 32.38 (32.38) 100m: 1:07.77 (35.39) 150m: 1:43.95 (36.18) 200m: 2:20.02 (36.07)						
17.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**2:20.50**	+0,74	519	
	50m: 32.30 (32.30) 100m: 1:07.91 (35.61) 150m: 1:44.76 (36.85) 200m: 2:20.50 (35.74)						

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Prova 33, Femin., 200m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	NICOLAU Margarida Claudino	05	Torres Novas	**2:22.26**	+0,82	500	
	50m: 30.89 30.89 100m: 1:06.03 35.14 150m: 1:44.01 37.98 200m: 2:22.26 38.25						
19.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:23.08**	+0,92	492	
	50m: 32.35 32.35 100m: 1:08.94 36.59 150m: 1:46.45 37.51 200m: 2:23.08 36.63						
20.	ROSA Sara Henriques	05	Nucleo Sportinguista Terceira	**2:23.85**	+0,98	484	
	50m: 32.08 32.08 100m: 1:07.09 35.01 150m: 1:44.75 37.66 200m: 2:23.85 39.10						
21.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:24.03**	+1,00	482	
	50m: 32.26 32.26 100m: 1:08.18 35.92 150m: 1:46.53 38.35 200m: 2:24.03 37.50						
22.	PIRES Laura Joao	05	Natacao do Fundao	**2:24.21**	+0,87	480	
	50m: 33.43 33.43 100m: 1:09.72 36.29 150m: 1:47.44 37.72 200m: 2:24.21 36.77						
23.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:26.12**	+0,77	462	
	50m: 32.08 32.08 100m: 1:08.69 36.61 150m: 1:48.15 39.46 200m: 2:26.12 37.97						

Prova 33 — Femin., 200m Livres — Juniores
07-04-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.65	SOUSA Ana Reis	SAD	Oeiras	09-02-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018

CEJun_Fem 14 - 17: 2:04.90 / CMJ_Fem 14 - 17: 2:02.45 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	**2:05.12**	+0,72	736	
	50m: 29.50 29.50 100m: 1:00.81 31.31 150m: 1:33.68 32.87 200m: 2:05.12 31.44						
2.	SOUSA Ana Reis	02	Alges	**2:07.49**	+0,70	695	
	50m: 28.57 28.57 100m: 1:00.32 31.75 150m: 1:33.69 33.37 200m: 2:07.49 33.80						
3.	RAMOS Ana Rita	02	Porto	**2:07.83**	+0,76	690	
	50m: 29.95 29.95 100m: 1:01.67 31.72 150m: 1:34.58 32.91 200m: 2:07.83 33.25						
4.	PINTO Mafalda Marques	02	Sporting	**2:08.27**	+0,70	683	
	50m: 29.87 29.87 100m: 1:03.09 33.22 150m: 1:35.71 32.62 200m: 2:08.27 32.56						
5.	PINA Ana Sofia	02	O Crasto	**2:08.81**	+0,73	674	
	50m: 29.79 29.79 100m: 1:01.80 32.01 150m: 1:35.26 33.46 200m: 2:08.81 33.55						
6.	BARBOSA Mariana Fernandes	02	Porto	**2:09.74**	+0,71	660	
	50m: 29.84 29.84 100m: 1:02.60 32.76 150m: 1:35.96 33.36 200m: 2:09.74 33.78						
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:10.17**	+0,82	653	
	50m: 30.27 30.27 100m: 1:02.90 32.63 150m: 1:37.23 34.33 200m: 2:10.17 32.94						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**2:11.32**	+0,78	636	
	50m: 30.30 30.30 100m: 1:03.54 33.24 150m: 1:37.51 33.97 200m: 2:11.32 33.81						
9.	ROSA Mafalda Sofia	03	Rio Maior	**2:13.49**	+0,75	606	
	50m: 31.56 31.56 100m: 1:05.60 34.04 150m: 1:39.84 34.24 200m: 2:13.49 33.65						
10.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:13.55**	+0,75	605	
	50m: 31.01 31.01 100m: 1:04.57 33.56 150m: 1:39.00 34.43 200m: 2:13.55 34.55						

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Prova 33, Femin., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	MENDES Mariana Amaral	02	Colegio Monte Maior	**2:13.57**	+0,77	605	
	50m: 31.45 31.45 100m: 1:05.06 33.61 150m: 1:39.60 34.54 200m: 2:13.57 33.97						
12.	SOARES Catarina Silva	03	Porto	**2:14.73**	+0,71	589	
	50m: 29.45 29.45 100m: 1:02.65 33.20 150m: 1:38.74 36.09 200m: 2:14.73 35.99						
13.	SOARES Carolina Silva	03	Natacao de Valongo	**2:15.83**	+0,79	575	
	50m: 31.00 31.00 100m: 1:05.59 34.59 150m: 1:40.32 34.73 200m: 2:15.83 35.51						
14.	DIAS Ana Leonor	02	Natacao Olhao	**2:16.61**	+0,75	565	
	50m: 31.61 31.61 100m: 1:06.08 34.47 150m: 1:41.50 35.42 200m: 2:16.61 35.11						
15.	SILVA Eduarda Reis	03	Famalicao	**2:18.28**	+0,73	545	
	50m: 31.40 31.40 100m: 1:06.51 35.11 150m: 1:42.31 35.80 200m: 2:18.28 35.97						

Prova 33 — Femin., 200m Livres — Seniores
07-04-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017

CMPL 19 +: 1:58.66 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HENRIQUES Ines Jacinto	00	Sporting	**2:06.87**	+0,70	706	
	50m: 29.89 29.89 100m: 1:01.85 31.96 150m: 1:34.40 32.55 200m: 2:06.87 32.47						
2.	FARIA Ana Rita	00	Porto	**2:07.28**	+0,75	699	
	50m: 29.81 29.81 100m: 1:01.94 32.13 150m: 1:34.86 32.92 200m: 2:07.28 32.42						
3.	AZEVEDO Madalena Gomes	99	Alges	**2:07.34**	+0,71	698	
	50m: 29.77 29.77 100m: 1:01.62 31.85 150m: 1:34.58 32.96 200m: 2:07.34 32.76						
4.	BELEZA Mafalda Gomes	94	Sporting	**2:08.03**	+0,69	687	
	50m: 29.83 29.83 100m: 1:01.87 32.04 150m: 1:34.97 33.10 200m: 2:08.03 33.06						
5.	MONTEIRO Ana Catarina	93	Vilacondense	**2:08.26**	+0,72	683	
	50m: 29.80 29.80 100m: 1:01.87 32.07 150m: 1:35.43 33.56 200m: 2:08.26 32.83						
6.	PEGO Isabel Porfirio	01	Fluvial Portuense	**2:09.44**	+0,75	664	
	50m: 29.96 29.96 100m: 1:02.37 32.41 150m: 1:35.42 33.05 200m: 2:09.44 34.02						
7.	RODRIGUES Filipa Serrano	01	Benfica	**2:10.67**	+0,79	646	
	50m: 30.87 30.87 100m: 1:03.17 32.30 150m: 1:36.62 33.45 200m: 2:10.67 34.05						
8.	AMADOR Joana Costa	01	Galitos / Bresimar	**2:10.79**	+0,67	644	
	50m: 30.08 30.08 100m: 1:03.02 32.94 150m: 1:36.22 33.20 200m: 2:10.79 34.57						
9.	VELOSO Teresa Miguel	00	Sporting	**2:12.00**	+0,78	627	
	50m: 30.33 30.33 100m: 1:03.26 32.93 150m: 1:37.53 34.27 200m: 2:12.00 34.47						
10.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:12.15**	+0,73	624	
	50m: 30.52 30.52 100m: 1:03.35 32.83 150m: 1:37.99 34.64 200m: 2:12.15 34.16						
11.	NEVES Carolina Marques	01	Torres Novas	**2:12.98**	+0,77	613	
	50m: 29.99 29.99 100m: 1:03.65 33.66 150m: 1:38.55 34.90 200m: 2:12.98 34.43						

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Prova 33, Femin., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VIEGAS Beatriz Mendes	00	Sporting	**2:13.29**	+0,68	608	
	50m: 30.16 30.16 100m: 1:03.69 33.53 150m: 1:38.12 34.43 200m: 2:13.29 35.17						
DNS	FRISCHKNECHT Rita Barros	98	Alges				
DNS	DURAES Diana Margarida	96	Benfica				

Prova 33 — Femin., 200m Livres — Absolutos
07-04-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.65	SOUSA Ana Reis	SAD	Oeiras	09-02-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

PreJun_Fem Juv: 2:08.65 / CEJun_Fem 14 - 17: 2:04.90 / CMJ_Fem 14 - 17: 2:02.45 / CMPL 19 +: 1:58.66 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca	**2:05.12**	+0,72	736	
	50m: 29.50 29.50 100m: 1:00.81 31.31 150m: 1:33.68 32.87 200m: 2:05.12 31.44						
2.	HENRIQUES Ines Jacinto	00	Sporting	**2:06.87**	+0,70	706	
	50m: 29.89 29.89 100m: 1:01.85 31.96 150m: 1:34.40 32.55 200m: 2:06.87 32.47						
3.	FARIA Ana Rita	00	Porto	**2:07.28**	+0,75	699	
	50m: 29.81 29.81 100m: 1:01.94 32.13 150m: 1:34.86 32.92 200m: 2:07.28 32.42						
4.	AZEVEDO Madalena Gomes	99	Alges	**2:07.34**	+0,71	698	
	50m: 29.77 29.77 100m: 1:01.62 31.85 150m: 1:34.58 32.96 200m: 2:07.34 32.76						
5.	SOUSA Ana Reis	02	Alges	**2:07.49**	+0,70	695	
	50m: 28.57 28.57 100m: 1:00.32 31.75 150m: 1:33.69 33.37 200m: 2:07.49 33.80						
6.	RAMOS Ana Rita	02	Porto	**2:07.83**	+0,76	690	
	50m: 29.95 29.95 100m: 1:01.67 31.72 150m: 1:34.58 32.91 200m: 2:07.83 33.25						
7.	BELEZA Mafalda Gomes	94	Sporting	**2:08.03**	+0,69	687	
	50m: 29.83 29.83 100m: 1:01.87 32.04 150m: 1:34.97 33.10 200m: 2:08.03 33.06						
8.	MONTEIRO Ana Catarina	93	Vilacondense	**2:08.26**	+0,72	683	
	50m: 29.80 29.80 100m: 1:01.87 32.07 150m: 1:35.43 33.56 200m: 2:08.26 32.83						
9.	PINTO Mafalda Marques	02	Sporting	**2:08.27**	+0,70	683	
	50m: 29.87 29.87 100m: 1:03.09 33.22 150m: 1:35.71 32.62 200m: 2:08.27 32.56						
10.	PINA Ana Sofia	02	O Crasto	**2:08.81**	+0,73	674	
	50m: 29.79 29.79 100m: 1:01.80 32.01 150m: 1:35.26 33.46 200m: 2:08.81 33.55						
11.	MOURA Maria Ferreira	04	Sporting	**2:09.12**	+0,74	669	
	50m: 29.63 29.63 100m: 1:01.54 31.91 150m: 1:34.84 33.30 200m: 2:09.12 34.28						
12.	PEGO Isabel Porfirio	01	Fluvial Portuense	**2:09.44**	+0,75	664	
	50m: 29.96 29.96 100m: 1:02.37 32.41 150m: 1:35.42 33.05 200m: 2:09.44 34.02						
13.	BARBOSA Mariana Fernandes	02	Porto	**2:09.74**	+0,71	660	
	50m: 29.84 29.84 100m: 1:02.60 32.76 150m: 1:35.96 33.36 200m: 2:09.74 33.78						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:10.17**	+0,82	653	
	50m: 30.27 30.27 100m: 1:02.90 32.63 150m: 1:37.23 34.33 200m: 2:10.17 32.94						
15.	RODRIGUES Filipa Serrano	01	Benfica	**2:10.67**	+0,79	646	
	50m: 30.87 30.87 100m: 1:03.17 32.30 150m: 1:36.62 33.45 200m: 2:10.67 34.05						
16.	AMADOR Joana Costa	01	Galitos / Bresimar	**2:10.79**	+0,67	644	
	50m: 30.08 30.08 100m: 1:03.02 32.94 150m: 1:36.22 33.20 200m: 2:10.79 34.57						
17.	CARDEAL Joana Nunes	02	Academico Viseu	**2:11.32**	+0,78	636	
	50m: 30.30 30.30 100m: 1:03.54 33.24 150m: 1:37.51 33.97 200m: 2:11.32 33.81						
18.	PIRES Marta Joao	05	Alges	**2:11.48**	+0,73	634	
	50m: 31.07 31.07 100m: 1:04.52 33.45 150m: 1:38.66 34.14 200m: 2:11.48 32.82						
19.	LOPES Daniela Magalhaes	05	Famalicao	**2:11.53**	+0,78	633	
	50m: 30.80 30.80 100m: 1:04.39 33.59 150m: 1:38.62 34.23 200m: 2:11.53 32.91						
20.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**2:11.76**	+0,73	630	
	50m: 30.64 30.64 100m: 1:03.86 33.22 150m: 1:38.43 34.57 200m: 2:11.76 33.33						
21.	PINHO Carolina Teixeira	04	Porto	**2:11.87**	+0,76	628	
	50m: 30.41 30.41 100m: 1:03.28 32.87 150m: 1:37.46 34.18 200m: 2:11.87 34.41						
22.	VELOSO Teresa Miguel	00	Sporting	**2:12.00**	+0,78	627	
	50m: 30.33 30.33 100m: 1:03.26 32.93 150m: 1:37.53 34.27 200m: 2:12.00 34.47						
23.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:12.15**	+0,73	624	
	50m: 30.52 30.52 100m: 1:03.35 32.83 150m: 1:37.99 34.64 200m: 2:12.15 34.16						
24.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:12.54**	+0,78	619	
	50m: 29.31 29.31 100m: 1:03.20 33.89 150m: 1:37.73 34.53 200m: 2:12.54 34.81						
25.	SIMOES Ana Beatriz	05	Sporting	**2:12.68**	+0,75	617	
	50m: 30.49 30.49 100m: 1:04.01 33.52 150m: 1:38.35 34.34 200m: 2:12.68 34.33						
26.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**2:12.89**	+0,72	614	
	50m: 31.07 31.07 100m: 1:03.92 32.85 150m: 1:38.50 34.58 200m: 2:12.89 34.39						
27.	NEVES Carolina Marques	01	Torres Novas	**2:12.98**	+0,77	613	
	50m: 29.99 29.99 100m: 1:03.65 33.66 150m: 1:38.55 34.90 200m: 2:12.98 34.43						
28.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:13.05**	+0,65	612	
	50m: 30.63 30.63 100m: 1:04.48 33.85 150m: 1:38.83 34.35 200m: 2:13.05 34.22						
29.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:13.07**	+0,70	612	
	50m: 29.92 29.92 100m: 1:03.35 33.43 150m: 1:38.03 34.68 200m: 2:13.07 35.04						
30.	VIEGAS Beatriz Mendes	00	Sporting	**2:13.29**	+0,68	608	
	50m: 30.16 30.16 100m: 1:03.69 33.53 150m: 1:38.12 34.43 200m: 2:13.29 35.17						
31.	ROSA Mafalda Sofia	03	Rio Maior	**2:13.49**	+0,75	606	
	50m: 31.56 31.56 100m: 1:05.60 34.04 150m: 1:39.84 34.24 200m: 2:13.49 33.65						
32.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:13.55**	+0,75	605	
	50m: 31.01 31.01 100m: 1:04.57 33.56 150m: 1:39.00 34.43 200m: 2:13.55 34.55						
33.	MENDES Mariana Amaral	02	Colegio Monte Maior	**2:13.57**	+0,77	605	
	50m: 31.45 31.45 100m: 1:05.06 33.61 150m: 1:39.60 34.54 200m: 2:13.57 33.97						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	SOARES Catarina Silva	03	Porto	**2:14.73**	+0,71	589	
	50m: 29.45 29.45 100m: 1:02.65 33.20 150m: 1:38.74 36.09 200m: 2:14.73 35.99						
35.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:15.79**	+0,73	575	
	50m: 30.71 30.71 100m: 1:04.26 33.55 150m: 1:39.74 35.48 200m: 2:15.79 36.05						
36.	SOARES Carolina Silva	03	Natacao de Valongo	**2:15.83**	+0,79	575	
	50m: 31.00 31.00 100m: 1:05.59 34.59 150m: 1:40.32 34.73 200m: 2:15.83 35.51						
37.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**2:15.95**	+0,71	573	
	50m: 31.48 31.48 100m: 1:05.36 33.88 150m: 1:40.92 35.56 200m: 2:15.95 35.03						
38.	MARQUES Maria Vieira	04	Clube Natacao de Vagos	**2:16.37**	+0,74	568	
	50m: 30.46 30.46 100m: 1:04.54 34.08 150m: 1:40.38 35.84 200m: 2:16.37 35.99						
39.	DIAS Ana Leonor	02	Natacao Olhao	**2:16.61**	+0,75	565	
	50m: 31.61 31.61 100m: 1:06.08 34.47 150m: 1:41.50 35.42 200m: 2:16.61 35.11						
	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:16.61**	+0,80	565	
	50m: 31.46 31.46 100m: 1:06.04 34.58 150m: 1:41.21 35.17 200m: 2:16.61 35.40						
41.	INACIO Marta Macedo	04	Sporting	**2:17.02**	+0,84	560	
	50m: 30.47 30.47 100m: 1:04.63 34.16 150m: 1:40.61 35.98 200m: 2:17.02 36.41						
42.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**2:17.11**	+0,83	559	
	50m: 30.47 30.47 100m: 1:05.19 34.72 150m: 1:41.44 36.25 200m: 2:17.11 35.67						
43.	BENTO Maria Madalena	05	BUZIOS - Coruche	**2:17.45**	+0,71	555	
	50m: 31.51 31.51 100m: 1:06.37 34.86 150m: 1:42.19 35.82 200m: 2:17.45 35.26						
44.	COSTA Mariana Martins	05	Famalicao	**2:17.92**	+0,73	549	
	50m: 31.47 31.47 100m: 1:05.98 34.51 150m: 1:41.93 35.95 200m: 2:17.92 35.99						
45.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:18.27**	+0,65	545	
	50m: 30.51 30.51 100m: 1:05.28 34.77 150m: 1:41.01 35.73 200m: 2:18.27 37.26						
46.	SILVA Eduarda Reis	03	Famalicao	**2:18.28**	+0,73	545	
	50m: 31.40 31.40 100m: 1:06.51 35.11 150m: 1:42.31 35.80 200m: 2:18.28 35.97						
47.	ANDRE Isadora Maia	05	Benfica	**2:18.62**	+0,73	541	
	50m: 31.18 31.18 100m: 1:05.57 34.39 150m: 1:41.52 35.95 200m: 2:18.62 37.10						
48.	SEBASTIAO Sofia Antunes	05	Amadora	**2:18.74**	+0,95	540	
	50m: 31.36 31.36 100m: 1:07.09 35.73 150m: 1:42.98 35.89 200m: 2:18.74 35.76						
49.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**2:18.84**	+0,73	538	
	50m: 31.35 31.35 100m: 1:06.42 35.07 150m: 1:43.40 36.98 200m: 2:18.84 35.44						
50.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	**2:18.91**	+0,83	538	
	50m: 32.68 32.68 100m: 1:07.90 35.22 150m: 1:43.92 36.02 200m: 2:18.91 34.99						
51.	REIS Beatriz Grave	05	Rio Maior	**2:18.99**	+0,74	537	
	50m: 32.36 32.36 100m: 1:07.51 35.15 150m: 1:44.03 36.52 200m: 2:18.99 34.96						
52.	NARRA Vera Figueiredo	04	Amadora	**2:19.15**	+0,80	535	
	50m: 32.12 32.12 100m: 1:07.05 34.93 150m: 1:43.26 36.21 200m: 2:19.15 35.89						
53.	MARQUES Maria Alexandra	04	Albicastrense	**2:19.27**	+0,74	533	
	50m: 31.87 31.87 100m: 1:06.40 34.53 150m: 1:42.41 36.01 200m: 2:19.27 36.86						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:19.53**	+0,77	530	
	50m: 31.01 31.01 100m: 1:05.78 34.77 150m: 1:43.48 37.70 200m: 2:19.53 36.05						
55.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:19.60**	+0,88	530	
	50m: 32.37 32.37 100m: 1:07.87 35.50 150m: 1:44.75 36.88 200m: 2:19.60 34.85						
56.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**2:19.66**	+0,81	529	
	50m: 31.38 31.38 100m: 1:05.75 34.37 150m: 1:42.89 37.14 200m: 2:19.66 36.77						
57.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:20.02**	+0,84	525	
	50m: 32.38 32.38 100m: 1:07.77 35.39 150m: 1:43.95 36.18 200m: 2:20.02 36.07						
58.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**2:20.50**	+0,74	519	
	50m: 32.30 32.30 100m: 1:07.91 35.61 150m: 1:44.76 36.85 200m: 2:20.50 35.74						
59.	DELFINO Mariana Morais	04	Sporting	**2:21.39**	+0,84	510	
	50m: 31.82 31.82 100m: 1:07.21 35.39 150m: 1:44.31 37.10 200m: 2:21.39 37.08						
60.	NICOLAU Margarida Claudino	05	Torres Novas	**2:22.26**	+0,82	500	
	50m: 30.89 30.89 100m: 1:06.03 35.14 150m: 1:44.01 37.98 200m: 2:22.26 38.25						
61.	VIANA Carolina Pereira	04	Aquatico Silves	**2:22.40**	+0,74	499	
	50m: 32.14 32.14 100m: 1:07.50 35.36 150m: 1:44.65 37.15 200m: 2:22.40 37.75						
62.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:23.08**	+0,92	492	
	50m: 32.35 32.35 100m: 1:08.94 36.59 150m: 1:46.45 37.51 200m: 2:23.08 36.63						
63.	ROSA Sara Henriques	05	Nucleo Sportinguista Terceira	**2:23.85**	+0,98	484	
	50m: 32.08 32.08 100m: 1:07.09 35.01 150m: 1:44.75 37.66 200m: 2:23.85 39.10						
64.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:24.03**	+1,00	482	
	50m: 32.26 32.26 100m: 1:08.18 35.92 150m: 1:46.53 38.35 200m: 2:24.03 37.50						
65.	PIRES Laura Joao	05	Natacao do Fundao	**2:24.21**	+0,87	480	
	50m: 33.43 33.43 100m: 1:09.72 36.29 150m: 1:47.44 37.72 200m: 2:24.21 36.77						
66.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:26.12**	+0,77	462	
	50m: 32.08 32.08 100m: 1:08.69 36.61 150m: 1:48.15 39.46 200m: 2:26.12 37.97						
67.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:27.94**	+0,63	445	
	50m: 30.94 30.94 100m: 1:07.53 36.59 150m: 1:47.49 39.96 200m: 2:27.94 40.45						
DSQ	FREIXIEIRO Beatriz Maria	04	Rio Maior				
	SW 4.4 - Falsa partida						
DNS	FRISCHKNECHT Rita Barros	98	Alges				
DNS	DURAES Diana Margarida	96	Benfica				
EXH	LACARTA Lydia Foj	01	Louletano / Loule Concelho	**2:11.98**	+0,70	627	
	50m: 30.60 30.60 100m: 1:04.10 33.50 150m: 1:38.13 34.03 200m: 2:11.98 33.85						
EXH	FOMINA Anna	02	Louletano / Loule Concelho	**2:12.96**	+0,77	613	
	50m: 31.21 31.21 100m: 1:04.64 33.43 150m: 1:39.12 34.48 200m: 2:12.96 33.84						

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Prova 34 — Masc., 400m Livres — Juvenis A
07-04-2019 - 11:55 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun_Masc Juv: 4:08.52 / CEJun_Masc 15 - 18: 4:01.28 / CMJ_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**4:10.48**	+0,78	678	
	50m: 28.55 28.55 150m: 1:31.65 32.02 250m: 2:35.89 32.42 350m: 3:40.72 32.52						
	100m: 59.63 31.08 200m: 2:03.47 31.82 300m: 3:08.20 32.31 400m: 4:10.48 29.76						
2.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:15.02**	+0,73	642	
	50m: 29.36 29.36 150m: 1:34.28 32.47 250m: 2:38.68 32.43 350m: 3:44.23 32.60						
	100m: 1:01.81 32.45 200m: 2:06.25 31.97 300m: 3:11.63 32.95 400m: 4:15.02 30.79						
3.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**4:15.10**	+0,71	642	
	50m: 29.88 29.88 150m: 1:34.01 32.19 250m: 2:38.87 32.74 350m: 3:43.91 32.66						
	100m: 1:01.82 31.94 200m: 2:06.13 32.12 300m: 3:11.25 32.38 400m: 4:15.10 31.19						
4.	LOPES Luis Afonso	03	Viver Santarem	**4:19.61**	+0,72	609	
	50m: 30.13 30.13 150m: 1:35.58 33.22 250m: 2:41.74 32.52 350m: 3:48.03 33.06						
	100m: 1:02.36 32.23 200m: 2:09.22 33.64 300m: 3:14.97 33.23 400m: 4:19.61 31.58						
5.	DIAS Rodrigo Reis	03	Belenenses	**4:19.96**	+0,69	606	
	50m: 29.92 29.92 150m: 1:36.33 33.01 250m: 2:41.90 31.72 350m: 3:47.86 32.63						
	100m: 1:03.32 33.40 200m: 2:10.18 33.85 300m: 3:15.23 33.33 400m: 4:19.96 32.10						
6.	MACHADO Martim Miranda	03	Uniao Coimbra	**4:20.27**	+0,71	604	
	50m: 29.51 29.51 150m: 1:35.66 32.93 250m: 2:42.59 32.94 350m: 3:49.29 33.11						
	100m: 1:02.73 33.22 200m: 2:09.65 33.99 300m: 3:16.18 33.59 400m: 4:20.27 30.98						
7.	CARVALHO Fernando Costa	03	Foca	**4:20.54**	+0,69	602	
	50m: 29.30 29.30 150m: 1:34.72 33.12 250m: 2:41.73 33.84 350m: 3:48.18 33.05						
	100m: 1:01.60 32.30 200m: 2:07.89 33.17 300m: 3:15.13 33.40 400m: 4:20.54 32.36						
8.	DIAS Ruben Fonseca	03	Natacao de Valongo	**4:26.04**	+0,73	566	
	50m: 29.47 29.47 150m: 1:35.31 33.57 250m: 2:44.05 34.31 350m: 3:52.52 34.39						
	100m: 1:01.74 32.27 200m: 2:09.74 34.43 300m: 3:18.13 34.08 400m: 4:26.04 33.52						
9.	DUARTE Pedro Esteves	03	Cova da Piedade	**4:27.20**	+0,72	558	
	50m: 30.12 30.12 150m: 1:38.18 34.79 250m: 2:47.40 35.02 350m: 3:55.66 34.38						
	100m: 1:03.39 33.27 200m: 2:12.38 34.20 300m: 3:21.28 33.88 400m: 4:27.20 31.54						
10.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**4:27.92**	+0,73	554	
	50m: 29.20 29.20 150m: 1:36.56 33.95 250m: 2:44.65 34.09 350m: 3:53.81 34.64						
	100m: 1:02.61 33.41 200m: 2:10.56 34.00 300m: 3:19.17 34.52 400m: 4:27.92 34.11						
11.	CANADAS Joao Vasco	03	Rio Maior	**4:29.67**	+0,74	543	
	50m: 30.57 30.57 150m: 1:37.95 33.84 250m: 2:47.45 34.83 350m: 3:56.25 33.92						
	100m: 1:04.11 33.54 200m: 2:12.62 34.67 300m: 3:22.33 34.88 400m: 4:29.67 33.42						
12.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**4:29.78**	+0,68	542	
	50m: 29.65 29.65 150m: 1:35.82 33.93 250m: 2:45.20 34.91 350m: 3:56.56 36.02						
	100m: 1:01.89 32.24 200m: 2:10.29 34.47 300m: 3:20.54 35.34 400m: 4:29.78 33.22						

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COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 34, Masc., 400m Livres, Elimin, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	COUTINHO Guilherme Pereira	03	Viver Santarem	**4:30.09**	+0,69	540	
	50m: 30.01 30.01 150m: 1:38.32 33.91 250m: 2:47.50 34.14 350m: 3:57.42 34.56						
	100m: 1:04.41 34.40 200m: 2:13.36 35.04 300m: 3:22.86 35.36 400m: 4:30.09 32.67						
14.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:30.37**	+0,76	539	
	50m: 29.51 29.51 150m: 1:36.22 33.31 250m: 2:43.96 33.10 350m: 3:54.52 34.58						
	100m: 1:02.91 33.40 200m: 2:10.86 34.64 300m: 3:19.94 35.98 400m: 4:30.37 35.85						
15.	GOMES Goncalo Camara	03	Naval do Funchal	**4:32.09**	+0,62	529	
	50m: 29.20 29.20 150m: 1:35.75 33.81 250m: 2:45.88 35.08 350m: 3:57.31 35.66						
	100m: 1:01.94 32.74 200m: 2:10.80 35.05 300m: 3:21.65 35.77 400m: 4:32.09 34.78						
16.	MARTYN David	03	Benedita	**4:34.06**	+0,66	517	
	50m: 29.61 29.61 150m: 1:36.86 34.11 250m: 2:47.55 35.57 350m: 3:59.10 35.83						
	100m: 1:02.75 33.14 200m: 2:11.98 35.12 300m: 3:23.27 35.72 400m: 4:34.06 34.96						
17.	COSTA Afonso Filipe	03	Naval da Nazare	**4:35.79**	+0,73	508	
	50m: 31.27 31.27 150m: 1:39.93 34.11 250m: 2:48.83 34.24 350m: 4:00.30 35.83						
	100m: 1:05.82 34.55 200m: 2:14.59 34.66 300m: 3:24.47 35.64 400m: 4:35.79 35.49						

Prova 34 — Masc., 400m Livres — Juvenis B
07-04-2019 - 11:55 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun_Masc Juv: 4:08.52 / CEJun_Masc 15 - 18: 4:01.28 / CMJ_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:14.71**	+0,74	644	
	50m: 28.98 28.98 150m: 1:33.76 32.84 250m: 2:39.32 32.84 350m: 3:44.00 31.97						
	100m: 1:00.92 31.94 200m: 2:06.48 32.72 300m: 3:12.03 32.71 400m: 4:14.71 30.71						
2.	ALMEIDA Bernardo Victorino	04	Sporting	**4:18.44**	+0,74	617	
	50m: 29.25 29.25 150m: 1:34.73 33.08 250m: 2:41.29 33.41 350m: 3:47.48 33.20						
	100m: 1:01.65 32.40 200m: 2:07.88 33.15 300m: 3:14.28 32.99 400m: 4:18.44 30.96						
3.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**4:20.35**	+0,71	603	
	50m: 29.28 29.28 150m: 1:34.80 33.31 250m: 2:40.83 32.74 350m: 3:48.16 33.46						
	100m: 1:01.49 32.21 200m: 2:08.09 33.29 300m: 3:14.70 33.87 400m: 4:20.35 32.19						
4.	NUNES Diogo Severino	04	Natacao de Valongo	**4:22.51**	+0,79	589	
	50m: 29.35 29.35 150m: 1:34.26 32.76 250m: 2:41.15 33.45 350m: 3:49.22 34.12						
	100m: 1:01.50 32.15 200m: 2:07.70 33.44 300m: 3:15.10 33.95 400m: 4:22.51 33.29						
5.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**4:22.84**	+0,75	586	
	50m: 30.35 30.35 150m: 1:36.78 33.51 250m: 2:43.29 33.21 350m: 3:49.97 33.09						
	100m: 1:03.27 32.92 200m: 2:10.08 33.30 300m: 3:16.88 33.59 400m: 4:22.84 32.87						
6.	CARVALHO Antonio Lombardi	04	Belenenses	**4:24.19**	+0,78	578	
	50m: 29.94 29.94 150m: 1:36.86 34.02 250m: 2:44.91 34.16 350m: 3:52.14 33.49						
	100m: 1:02.84 32.90 200m: 2:10.75 33.89 300m: 3:18.65 33.74 400m: 4:24.19 32.05						

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Prova 34, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**4:26.28**	+0,72	564	
	50m: 28.80 28.80 150m: 1:34.74 33.65 250m: 2:43.93 34.41 350m: 3:53.92 34.54						
	100m: 1:01.09 32.29 200m: 2:09.52 34.78 300m: 3:19.38 35.45 400m: 4:26.28 32.36						
8.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:26.53**	+0,74	562	
	50m: 28.79 28.79 150m: 1:34.68 33.93 250m: 2:42.86 33.60 350m: 3:51.38 34.47						
	100m: 1:00.75 31.96 200m: 2:09.26 34.58 300m: 3:16.91 34.05 400m: 4:26.53 35.15						
9.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**4:26.72**	+0,75	561	
	50m: 29.70 29.70 150m: 1:36.49 33.94 250m: 2:44.73 33.87 350m: 3:53.23 34.16						
	100m: 1:02.55 32.85 200m: 2:10.86 34.37 300m: 3:19.07 34.34 400m: 4:26.72 33.49						
10.	SANTOS Gabriel Moreira	04	Famalicao	**4:27.40**	+0,70	557	
	50m: 28.87 28.87 150m: 1:36.33 34.29 250m: 2:45.39 34.29 350m: 3:53.02 34.00						
	100m: 1:02.04 33.17 200m: 2:11.10 34.77 300m: 3:19.02 33.63 400m: 4:27.40 34.38						
11.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**4:29.17**	+0,70	546	
	50m: 30.51 30.51 150m: 1:37.82 33.97 250m: 2:47.47 34.61 350m: 3:56.58 34.23						
	100m: 1:03.85 33.34 200m: 2:12.86 35.04 300m: 3:22.35 34.88 400m: 4:29.17 32.59						
12.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**4:29.28**	+0,77	545	
	50m: 30.27 30.27 150m: 1:36.47 33.80 250m: 2:46.28 35.06 350m: 3:56.52 34.96						
	100m: 1:02.67 32.40 200m: 2:11.22 34.75 300m: 3:21.56 35.28 400m: 4:29.28 32.76						
13.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**4:29.45**	+0,79	544	
	50m: 29.51 29.51 150m: 1:36.76 34.05 250m: 2:45.79 34.76 350m: 3:55.42 34.72						
	100m: 1:02.71 33.20 200m: 2:11.03 34.27 300m: 3:20.70 34.91 400m: 4:29.45 34.03						
14.	BORGES David Costa	04	Fluvial Portuense	**4:32.10**	+0,69	529	
	50m: 30.07 30.07 150m: 1:39.05 35.17 250m: 2:49.19 35.13 350m: 3:58.31 33.83						
	100m: 1:03.88 33.81 200m: 2:14.06 35.01 300m: 3:24.48 35.29 400m: 4:32.10 33.79						
15.	SILVA Gustavo Carvalho	04	Academia dos Acores	**4:33.30**	+0,80	522	
	50m: 29.87 29.87 150m: 1:37.49 34.08 250m: 2:47.46 34.99 350m: 3:58.50 35.56						
	100m: 1:03.41 33.54 200m: 2:12.47 34.98 300m: 3:22.94 35.48 400m: 4:33.30 34.80						
16.	RODEIA Jose Miguel	04	Natacao de Faro	**4:33.69**	+0,66	519	
	50m: 30.23 30.23 150m: 1:37.94 34.16 250m: 2:48.36 35.08 350m: 3:58.52 35.12						
	100m: 1:03.78 33.55 200m: 2:13.28 35.34 300m: 3:23.40 35.04 400m: 4:33.69 35.17						
17.	MOREIRA Joao Pedro	04	Fluvial Portuense	**4:33.80**	+0,83	519	
	50m: 30.38 30.38 150m: 1:38.88 35.13 250m: 2:48.97 35.37 350m: 4:00.01 35.23						
	100m: 1:03.75 33.37 200m: 2:13.60 34.72 300m: 3:24.78 35.81 400m: 4:33.80 33.79						
18.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**4:33.98**	+0,73	518	
	50m: 31.32 31.32 150m: 1:39.09 34.52 250m: 2:49.48 35.57 350m: 4:00.28 35.23						
	100m: 1:04.57 33.25 200m: 2:13.91 34.82 300m: 3:25.05 35.57 400m: 4:33.98 33.70						
19.	MOITA Goncalo Brites	04	Uniao Coimbra	**4:34.28**	+0,65	516	
	50m: 30.02 30.02 150m: 1:38.98 34.99 250m: 2:49.25 34.90 350m: 4:00.32 35.52						
	100m: 1:03.99 33.97 200m: 2:14.35 35.37 300m: 3:24.80 35.55 400m: 4:34.28 33.96						
20.	BARBOSA Pedro Xavier	04	Desportiva Viana	**4:36.22**	+0,76	505	
	50m: 30.76 30.76 150m: 1:39.81 35.49 250m: 2:50.67 35.72 350m: 4:02.65 35.91						
	100m: 1:04.32 33.56 200m: 2:14.95 35.14 300m: 3:26.74 36.07 400m: 4:36.22 33.57						
21.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**4:39.40**	+0,67	488	
	50m: 30.65 30.65 150m: 1:37.76 34.24 250m: 2:48.65 36.14 350m: 4:02.77 36.88						
	100m: 1:03.52 32.87 200m: 2:12.51 34.75 300m: 3:25.89 37.24 400m: 4:39.40 36.63						

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Prova 34, Masc., 400m Livres, Elimin, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	GOMES Guilherme Sousa	04	Aquatico Silves	**4:41.98**	+0,79	475	

50m:	29.44	29.44	150m:	1:39.35	35.54	250m:	2:52.18	36.58	350m:	4:06.22	36.83
100m:	1:03.81	34.37	200m:	2:15.60	36.25	300m:	3:29.39	37.21	400m:	4:41.98	35.76

Prova 34 — Masc., 400m Livres — Juniores
07-04-2019 - 11:55 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / CEJun_Masc 15 - 18: 4:01.28 / CMJ_Masc 15 - 18: 3:56.53 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Miguel	01	Porto	**4:04.24**	+0,67	731	

50m:	28.31	28.31	150m:	1:29.65	30.81	250m:	2:31.78	31.27	350m:	3:35.03	31.73
100m:	58.84	30.53	200m:	2:00.51	30.86	300m:	3:03.30	31.52	400m:	4:04.24	29.21

2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**4:04.77**	+0,64	726					
50m:	28.24	28.24	150m:	1:29.49	30.75	250m:	2:31.81	31.18	350m:	3:34.76	31.48
100m:	58.74	30.50	200m:	2:00.63	31.14	300m:	3:03.28	31.47	400m:	4:04.77	30.01

3.	LOPES Tomas Teixeira	02	Foca	**4:05.38**	+0,70	721					
50m:	27.85	27.85	150m:	1:29.93	31.59	250m:	2:32.90	31.70	350m:	3:35.36	31.06
100m:	58.34	30.49	200m:	2:01.20	31.27	300m:	3:04.30	31.40	400m:	4:05.38	30.02

4.	CRISTINO David Matias	01	Uniao Piedense	**4:08.50**	+0,74	694					
50m:	28.58	28.58	150m:	1:31.28	31.76	250m:	2:35.15	31.88	350m:	3:38.05	30.96
100m:	59.52	30.94	200m:	2:03.27	31.99	300m:	3:07.09	31.94	400m:	4:08.50	30.45

5.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:09.20**	+0,72	688					
50m:	27.99	27.99	150m:	1:29.66	30.80	250m:	2:32.97	31.53	350m:	3:37.39	32.05
100m:	58.86	30.87	200m:	2:01.44	31.78	300m:	3:05.34	32.37	400m:	4:09.20	31.81

6.	AMARAL Francisco Rodriguez	02	Campinho	**4:11.35**	+0,67	671					
50m:	28.92	28.92	150m:	1:31.90	31.83	250m:	2:36.12	32.10	350m:	3:40.16	31.91
100m:	1:00.07	31.15	200m:	2:04.02	32.12	300m:	3:08.25	32.13	400m:	4:11.35	31.19

7.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:11.55**	+0,78	669					
50m:	28.98	28.98	150m:	1:31.18	30.86	250m:	2:34.92	31.61	350m:	3:39.87	32.12
100m:	1:00.32	31.34	200m:	2:03.31	32.13	300m:	3:07.75	32.83	400m:	4:11.55	31.68

8.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:12.12**	+0,79	665					
50m:	29.61	29.61	150m:	1:32.71	31.55	250m:	2:36.60	31.73	350m:	3:40.90	32.04
100m:	1:01.16	31.55	200m:	2:04.87	32.16	300m:	3:08.86	32.26	400m:	4:12.12	31.22

9.	CARVALHO Daniel Luis	02	Braga	**4:14.68**	+0,83	645					
50m:	28.77	28.77	150m:	1:32.70	32.10	250m:	2:37.86	32.59	350m:	3:43.15	32.33
100m:	1:00.60	31.83	200m:	2:05.27	32.57	300m:	3:10.82	32.96	400m:	4:14.68	31.53

10.	JACINTO Rafael Rodrigues	02	Belenenses	**4:15.53**	+0,77	638					
50m:	29.17	29.17	150m:	1:33.87	32.58	250m:	2:39.45	32.52	350m:	3:44.15	31.88
100m:	1:01.29	32.12	200m:	2:06.93	33.06	300m:	3:12.27	32.82	400m:	4:15.53	31.38

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Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	DEUS Andre Portugal	02	Naval do Funchal	**4:15.69**	+0,63	637	
	50m: 28.87 28.87 150m: 1:32.45 32.38 250m: 2:38.65 33.24 350m: 3:44.34 32.77						
	100m: 1:00.07 31.20 200m: 2:05.41 32.96 300m: 3:11.57 32.92 400m: 4:15.69 31.35						
12.	LEBRE Diogo Ramos	01	Benfica	**4:16.40**	+0,76	632	
	50m: 29.35 29.35 150m: 1:33.40 32.09 250m: 2:38.74 32.22 350m: 3:43.53 32.14						
	100m: 1:01.31 31.96 200m: 2:06.52 33.12 300m: 3:11.39 32.65 400m: 4:16.40 32.87						
13.	PEREIRA Joao Peixoto	01	Braga	**4:18.34**	+0,77	618	
	50m: 29.06 29.06 150m: 1:33.25 32.45 250m: 2:38.67 32.53 350m: 3:44.64 32.97						
	100m: 1:00.80 31.74 200m: 2:06.14 32.89 300m: 3:11.67 33.00 400m: 4:18.34 33.70						
14.	MONTEIRO Tomas Penha	02	Alges	**4:18.77**	+0,66	615	
	50m: 29.18 29.18 150m: 1:33.91 32.55 250m: 2:38.86 32.72 350m: 3:45.57 33.78						
	100m: 1:01.36 32.18 200m: 2:06.14 32.23 300m: 3:11.79 32.93 400m: 4:18.77 33.20						
15.	SILVA Henrique Gomes	02	Estamos Juntos	**4:21.74**	+0,66	594	
	50m: 28.93 28.93 150m: 1:34.24 32.49 250m: 2:40.48 32.78 350m: 3:48.21 33.60						
	100m: 1:01.75 32.82 200m: 2:07.70 33.46 300m: 3:14.61 34.13 400m: 4:21.74 33.53						
16.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**4:30.07**	+0,71	541	
	50m: 29.88 29.88 150m: 1:37.00 33.74 250m: 2:46.48 34.79 350m: 3:56.43 35.10						
	100m: 1:03.26 33.38 200m: 2:11.69 34.69 300m: 3:21.33 34.85 400m: 4:30.07 33.64						
DNS	MACHADO Tiago Andrade	02	Sporting de Aveiro				

Prova 34 — Masc., 400m Livres — Seniores
07-04-2019 - 11:55 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / CMPL : 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**3:59.89**	+0,68	772	
	50m: 27.58 27.58 150m: 1:27.90 30.42 250m: 2:28.29 29.87 350m: 3:29.23 30.67						
	100m: 57.48 29.90 200m: 1:58.42 30.52 300m: 2:58.56 30.27 400m: 3:59.89 30.66						
2.	PINA Guilherme Filipe	98	Sporting	**4:00.27**	+0,69	768	
	50m: 28.00 28.00 150m: 1:27.99 30.32 250m: 2:28.88 30.62 350m: 3:29.91 30.69						
	100m: 57.67 29.67 200m: 1:58.26 30.27 300m: 2:59.22 30.34 400m: 4:00.27 30.36						
3.	MOGNE Igor Araujo	96	Sporting	**4:03.61**	+0,72	737	
	50m: 27.77 27.77 150m: 1:28.84 30.88 250m: 2:30.87 31.19 350m: 3:33.09 31.17						
	100m: 57.96 30.19 200m: 1:59.68 30.84 300m: 3:01.92 31.05 400m: 4:03.61 30.52						
4.	COSTA Tiago Cunha	99	Sporting	**4:04.12**	+0,68	732	
	50m: 27.50 27.50 150m: 1:27.89 30.50 250m: 2:29.42 30.88 350m: 3:32.63 31.78						
	100m: 57.39 29.89 200m: 1:58.54 30.65 300m: 3:00.85 31.43 400m: 4:04.12 31.49						
5.	GIL Rafael Lourenco	96	Sporting	**4:04.56**	+0,72	728	
	50m: 28.00 28.00 150m: 1:29.24 31.15 250m: 2:30.81 31.01 350m: 3:33.21 31.22						
	100m: 58.09 30.09 200m: 1:59.80 30.56 300m: 3:01.99 31.18 400m: 4:04.56 31.35						

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Prova 34, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	SANTO Filipe Miguel	00	Benfica	**4:06.15**	+0,78	714	
	50m: 27.89 27.89 150m: 1:28.77 30.85 250m: 2:31.65 31.43 350m: 3:36.46 32.41						
	100m: 57.92 30.03 200m: 2:00.22 31.45 300m: 3:04.05 32.40 400m: 4:06.15 29.69						
7.	CARVALHO Jose Paula	98	Benfica	**4:07.45**	+0,68	703	
	50m: 28.28 28.28 150m: 1:29.27 30.77 250m: 2:31.95 31.48 350m: 3:36.65 32.31						
	100m: 58.50 30.22 200m: 2:00.47 31.20 300m: 3:04.34 32.39 400m: 4:07.45 30.80						
8.	BASTOS Lucas Pereira	00	Nautico Academico	**4:07.81**	+0,69	700	
	50m: 27.88 27.88 150m: 1:29.88 31.24 250m: 2:33.01 31.10 350m: 3:36.01 31.48						
	100m: 58.64 30.76 200m: 2:01.91 32.03 300m: 3:04.53 31.52 400m: 4:07.81 31.80						
9.	CAMPOS Tiago Filipe	99	Rio Maior	**4:08.71**	+0,77	692	
	50m: 27.73 27.73 150m: 1:29.95 31.49 250m: 2:33.11 31.54 350m: 3:37.43 31.99						
	100m: 58.46 30.73 200m: 2:01.57 31.62 300m: 3:05.44 32.33 400m: 4:08.71 31.28						
10.	NUNES Diogo Barbosa	00	Porto	**4:09.08**	+0,74	689	
	50m: 28.32 28.32 150m: 1:29.98 31.24 250m: 2:32.68 31.21 350m: 3:36.94 32.24						
	100m: 58.74 30.42 200m: 2:01.47 31.49 300m: 3:04.70 32.02 400m: 4:09.08 32.14						
11.	RAMOS Bruno Miguel	97	Belenenses	**4:09.14**	+0,71	689	
	50m: 28.19 28.19 150m: 1:28.88 30.85 250m: 2:32.32 32.07 350m: 3:37.60 32.57						
	100m: 58.03 29.84 200m: 2:00.25 31.37 300m: 3:05.03 32.71 400m: 4:09.14 31.54						
12.	TRAVANCA Sergio Filipe	00	Leixoes	**4:10.39**	+0,64	678	
	50m: 27.83 27.83 150m: 1:30.12 31.56 250m: 2:33.52 31.45 350m: 3:38.17 32.24						
	100m: 58.56 30.73 200m: 2:02.07 31.95 300m: 3:05.93 32.41 400m: 4:10.39 32.22						
13.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**4:10.46**	+0,76	678	
	50m: 28.51 28.51 150m: 1:30.69 31.22 250m: 2:34.48 31.89 350m: 3:38.57 31.06						
	100m: 59.47 30.96 200m: 2:02.59 31.90 300m: 3:07.51 33.03 400m: 4:10.46 31.89						
14.	DANTAS Diogo Leal	00	Sporting	**4:11.47**	+0,62	670	
	50m: 27.59 27.59 150m: 1:29.17 31.10 250m: 2:33.41 32.33 350m: 3:39.33 33.29						
	100m: 58.07 30.48 200m: 2:01.08 31.91 300m: 3:06.04 32.63 400m: 4:11.47 32.14						
15.	MORIM Ruben Jose	97	Vilacondense	**4:15.17**	+0,79	641	
	50m: 28.66 28.66 150m: 1:31.72 31.71 250m: 2:36.46 32.25 350m: 3:42.44 33.16						
	100m: 1:00.01 31.35 200m: 2:04.21 32.49 300m: 3:09.28 32.82 400m: 4:15.17 32.73						
16.	GONCALVES Francisco Xavier	97	Nautico Academico	**4:27.85**	+0,74	554	
	50m: 28.22 28.22 150m: 1:33.15 32.83 250m: 2:41.20 33.81 350m: 3:51.95 35.18						
	100m: 1:00.32 32.10 200m: 2:07.39 34.24 300m: 3:16.77 35.57 400m: 4:27.85 35.90						

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Prova 34 | Masc., 400m Livres | Absolutos
07-04-2019 - 11:55 | Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RNS8	5:07.29	LINHARES Ruben Daniel	POR	Dublin (IRL)	14-08-2018
RNS9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012

JO-Para Absoluto S9: 4:29.80 / World-Para Absoluto S9: 4:36.34 / PreJun_Masc Juv: 4:08.52 / CEJun_Masc 15 - 18: 4:01.28 / CMJ_Masc 15 - 18: 3:56.53 / CMPL Sen: 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**3:59.89**	+0,68	772	
	50m: 27.58 27.58 150m: 1:27.90 30.42 250m: 2:28.29 29.87 350m: 3:29.23 30.67						
	100m: 57.48 29.90 200m: 1:58.42 30.52 300m: 2:58.56 30.27 400m: 3:59.89 30.66						
2.	PINA Guilherme Filipe	98	Sporting	**4:00.27**	+0,69	768	
	50m: 28.00 28.00 150m: 1:27.99 30.32 250m: 2:28.88 30.62 350m: 3:29.91 30.69						
	100m: 57.67 29.67 200m: 1:58.26 30.27 300m: 2:59.22 30.34 400m: 4:00.27 30.36						
3.	MOGNE Igor Araujo	96	Sporting	**4:03.61**	+0,72	737	
	50m: 27.77 27.77 150m: 1:28.84 30.88 250m: 2:30.87 31.19 350m: 3:33.09 31.17						
	100m: 57.96 30.19 200m: 1:59.68 30.84 300m: 3:01.92 31.05 400m: 4:03.61 30.52						
4.	COSTA Tiago Cunha	99	Sporting	**4:04.12**	+0,68	732	
	50m: 27.50 27.50 150m: 1:27.89 30.50 250m: 2:29.42 30.88 350m: 3:32.63 31.78						
	100m: 57.39 29.89 200m: 1:58.54 30.65 300m: 3:00.85 31.43 400m: 4:04.12 31.49						
5.	SANTOS Pedro Miguel	01	Porto	**4:04.24**	+0,67	731	
	50m: 28.31 28.31 150m: 1:29.65 30.81 250m: 2:31.78 31.27 350m: 3:35.03 31.73						
	100m: 58.84 30.53 200m: 2:00.51 30.86 300m: 3:03.30 31.52 400m: 4:04.24 29.21						
6.	GIL Rafael Lourenco	96	Sporting	**4:04.56**	+0,72	728	
	50m: 28.00 28.00 150m: 1:29.24 31.15 250m: 2:30.81 31.01 350m: 3:33.21 31.22						
	100m: 58.09 30.09 200m: 1:59.80 30.56 300m: 3:01.99 31.18 400m: 4:04.56 31.35						
7.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	**4:04.77**	+0,64	726	
	50m: 28.24 28.24 150m: 1:29.49 30.75 250m: 2:31.81 31.18 350m: 3:34.76 31.48						
	100m: 58.74 30.50 200m: 2:00.63 31.14 300m: 3:03.28 31.47 400m: 4:04.77 30.01						
8.	LOPES Tomas Teixeira	02	Foca	**4:05.38**	+0,70	721	
	50m: 27.85 27.85 150m: 1:29.93 31.59 250m: 2:32.90 31.70 350m: 3:35.36 31.06						
	100m: 58.34 30.49 200m: 2:01.20 31.27 300m: 3:04.30 31.40 400m: 4:05.38 30.02						
9.	SANTO Filipe Miguel	00	Benfica	**4:06.15**	+0,78	714	
	50m: 27.89 27.89 150m: 1:28.77 30.85 250m: 2:31.65 31.43 350m: 3:36.46 32.41						
	100m: 57.92 30.03 200m: 2:00.22 31.45 300m: 3:04.05 32.40 400m: 4:06.15 29.69						
10.	CARVALHO Jose Paula	98	Benfica	**4:07.45**	+0,68	703	
	50m: 28.28 28.28 150m: 1:29.27 30.77 250m: 2:31.95 31.48 350m: 3:36.65 32.31						
	100m: 58.50 30.22 200m: 2:00.47 31.20 300m: 3:04.34 32.39 400m: 4:07.45 30.80						
11.	BASTOS Lucas Pereira	00	Nautico Academico	**4:07.81**	+0,69	700	
	50m: 27.88 27.88 150m: 1:29.88 31.24 250m: 2:33.01 31.10 350m: 3:36.01 31.48						
	100m: 58.64 30.76 200m: 2:01.91 32.03 300m: 3:04.53 31.52 400m: 4:07.81 31.80						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CRISTINO David Matias	01	Uniao Piedense	**4:08.50**	+0,74	694	
	50m: 28.58 28.58 150m: 1:31.28 31.76 250m: 2:35.15 31.88 350m: 3:38.05 30.96						
	100m: 59.52 30.94 200m: 2:03.27 31.99 300m: 3:07.09 31.94 400m: 4:08.50 30.45						
13.	CAMPOS Tiago Filipe	99	Rio Maior	**4:08.71**	+0,77	692	
	50m: 27.73 27.73 150m: 1:29.95 31.49 250m: 2:33.11 31.54 350m: 3:37.43 31.99						
	100m: 58.46 30.73 200m: 2:01.57 31.62 300m: 3:05.44 32.33 400m: 4:08.71 31.28						
14.	NUNES Diogo Barbosa	00	Porto	**4:09.08**	+0,74	689	
	50m: 28.32 28.32 150m: 1:29.98 31.24 250m: 2:32.68 31.21 350m: 3:36.94 32.24						
	100m: 58.74 30.42 200m: 2:01.47 31.49 300m: 3:04.70 32.02 400m: 4:09.08 32.14						
15.	RAMOS Bruno Miguel	97	Belenenses	**4:09.14**	+0,71	689	
	50m: 28.19 28.19 150m: 1:28.88 30.85 250m: 2:32.32 32.07 350m: 3:37.60 32.57						
	100m: 58.03 29.84 200m: 2:00.25 31.37 300m: 3:05.03 32.71 400m: 4:09.14 31.54						
16.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:09.20**	+0,72	688	
	50m: 27.99 27.99 150m: 1:29.66 30.80 250m: 2:32.97 31.53 350m: 3:37.39 32.05						
	100m: 58.86 30.87 200m: 2:01.44 31.78 300m: 3:05.34 32.37 400m: 4:09.20 31.81						
17.	TRAVANCA Sergio Filipe	00	Leixoes	**4:10.39**	+0,64	678	
	50m: 27.83 27.83 150m: 1:30.12 31.56 250m: 2:33.52 31.45 350m: 3:38.17 32.24						
	100m: 58.56 30.73 200m: 2:02.07 31.95 300m: 3:05.93 32.41 400m: 4:10.39 32.22						
18.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**4:10.46**	+0,76	678	
	50m: 28.51 28.51 150m: 1:30.69 31.22 250m: 2:34.48 31.89 350m: 3:38.57 31.06						
	100m: 59.47 30.96 200m: 2:02.59 31.90 300m: 3:07.51 33.03 400m: 4:10.46 31.89						
19.	VAKULYUK Paulo	03	Torres Novas	**4:10.48**	+0,78	678	
	50m: 28.55 28.55 150m: 1:31.65 32.02 250m: 2:35.89 32.42 350m: 3:40.72 32.52						
	100m: 59.63 31.08 200m: 2:03.47 31.82 300m: 3:08.20 32.31 400m: 4:10.48 29.76						
20.	AMARAL Francisco Rodriguez	02	Campinho	**4:11.35**	+0,67	671	
	50m: 28.92 28.92 150m: 1:31.90 31.83 250m: 2:36.12 32.10 350m: 3:40.16 31.91						
	100m: 1:00.07 31.15 200m: 2:04.02 32.12 300m: 3:08.25 32.13 400m: 4:11.35 31.19						
21.	DANTAS Diogo Leal	00	Sporting	**4:11.47**	+0,62	670	
	50m: 27.59 27.59 150m: 1:29.17 31.10 250m: 2:33.41 32.33 350m: 3:39.33 33.29						
	100m: 58.07 30.48 200m: 2:01.08 31.91 300m: 3:06.04 32.63 400m: 4:11.47 32.14						
22.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:11.55**	+0,78	669	
	50m: 28.98 28.98 150m: 1:31.18 30.86 250m: 2:34.92 31.61 350m: 3:39.87 32.12						
	100m: 1:00.32 31.34 200m: 2:03.31 32.13 300m: 3:07.75 32.83 400m: 4:11.55 31.68						
23.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:12.12**	+0,79	665	
	50m: 29.61 29.61 150m: 1:32.71 31.55 250m: 2:36.60 31.73 350m: 3:40.90 32.04						
	100m: 1:01.16 31.55 200m: 2:04.87 32.16 300m: 3:08.86 32.26 400m: 4:12.12 31.22						
24.	CARVALHO Daniel Luis	02	Braga	**4:14.68**	+0,83	645	
	50m: 28.77 28.77 150m: 1:32.70 32.10 250m: 2:37.86 32.59 350m: 3:43.15 32.33						
	100m: 1:00.60 31.83 200m: 2:05.27 32.57 300m: 3:10.82 32.96 400m: 4:14.68 31.53						
25.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:14.71**	+0,74	644	
	50m: 28.98 28.98 150m: 1:33.76 32.84 250m: 2:39.32 32.84 350m: 3:44.00 31.97						
	100m: 1:00.92 31.94 200m: 2:06.48 32.72 300m: 3:12.03 32.71 400m: 4:14.71 30.71						
26.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:15.02**	+0,73	642	
	50m: 29.36 29.36 150m: 1:34.28 32.47 250m: 2:38.68 32.43 350m: 3:44.23 32.60						
	100m: 1:01.81 32.45 200m: 2:06.25 31.97 300m: 3:11.63 32.95 400m: 4:15.02 30.79						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**4:15.10**	+0,71	642	
	50m: 29.88 29.88 150m: 1:34.01 32.19 250m: 2:38.87 32.74 350m: 3:43.91 32.66						
	100m: 1:01.82 31.94 200m: 2:06.13 32.12 300m: 3:11.25 32.38 400m: 4:15.10 31.19						
28.	MORIM Ruben Jose	97	Vilacondense	**4:15.17**	+0,79	641	
	50m: 28.66 28.66 150m: 1:31.72 31.71 250m: 2:36.46 32.25 350m: 3:42.44 33.16						
	100m: 1:00.01 31.35 200m: 2:04.21 32.49 300m: 3:09.28 32.82 400m: 4:15.17 32.73						
29.	JACINTO Rafael Rodrigues	02	Belenenses	**4:15.53**	+0,77	638	
	50m: 29.17 29.17 150m: 1:33.87 32.58 250m: 2:39.45 32.52 350m: 3:44.15 31.88						
	100m: 1:01.29 32.12 200m: 2:06.93 33.06 300m: 3:12.27 32.82 400m: 4:15.53 31.38						
30.	DEUS Andre Portugal	02	Naval do Funchal	**4:15.69**	+0,63	637	
	50m: 28.87 28.87 150m: 1:32.45 32.38 250m: 2:38.65 33.24 350m: 3:44.34 32.77						
	100m: 1:00.07 31.20 200m: 2:05.41 32.96 300m: 3:11.57 32.92 400m: 4:15.69 31.35						
31.	LEBRE Diogo Ramos	01	Benfica	**4:16.40**	+0,76	632	
	50m: 29.35 29.35 150m: 1:33.40 32.09 250m: 2:38.74 32.22 350m: 3:43.53 32.14						
	100m: 1:01.31 31.96 200m: 2:06.52 33.12 300m: 3:11.39 32.65 400m: 4:16.40 32.87						
32.	PEREIRA Joao Peixoto	01	Braga	**4:18.34**	+0,77	618	
	50m: 29.06 29.06 150m: 1:33.25 32.45 250m: 2:38.67 32.53 350m: 3:44.64 32.97						
	100m: 1:00.80 31.74 200m: 2:06.14 32.89 300m: 3:11.67 33.00 400m: 4:18.34 33.70						
33.	ALMEIDA Bernardo Victorino	04	Sporting	**4:18.44**	+0,74	617	
	50m: 29.25 29.25 150m: 1:34.73 33.08 250m: 2:41.29 33.41 350m: 3:47.48 33.20						
	100m: 1:01.65 32.40 200m: 2:07.88 33.15 300m: 3:14.28 32.99 400m: 4:18.44 30.96						
34.	MONTEIRO Tomas Penha	02	Alges	**4:18.77**	+0,66	615	
	50m: 29.18 29.18 150m: 1:33.91 32.55 250m: 2:38.86 32.72 350m: 3:45.57 33.78						
	100m: 1:01.36 32.18 200m: 2:06.14 32.23 300m: 3:11.79 32.93 400m: 4:18.77 33.20						
35.	LOPES Luis Afonso	03	Viver Santarem	**4:19.61**	+0,72	609	
	50m: 30.13 30.13 150m: 1:35.58 33.22 250m: 2:41.74 32.52 350m: 3:48.03 33.06						
	100m: 1:02.36 32.23 200m: 2:09.22 33.64 300m: 3:14.97 33.23 400m: 4:19.61 31.58						
36.	DIAS Rodrigo Reis	03	Belenenses	**4:19.96**	+0,69	606	
	50m: 29.92 29.92 150m: 1:36.33 33.01 250m: 2:41.90 31.72 350m: 3:47.86 32.63						
	100m: 1:03.32 33.40 200m: 2:10.18 33.85 300m: 3:15.23 33.33 400m: 4:19.96 32.10						
37.	MACHADO Martim Miranda	03	Uniao Coimbra	**4:20.27**	+0,71	604	
	50m: 29.51 29.51 150m: 1:35.66 32.93 250m: 2:42.59 32.94 350m: 3:49.29 33.11						
	100m: 1:02.73 33.22 200m: 2:09.65 33.99 300m: 3:16.18 33.59 400m: 4:20.27 30.98						
38.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**4:20.35**	+0,71	603	
	50m: 29.28 29.28 150m: 1:34.80 33.31 250m: 2:40.83 32.74 350m: 3:48.16 33.46						
	100m: 1:01.49 32.21 200m: 2:08.09 33.29 300m: 3:14.70 33.87 400m: 4:20.35 32.19						
39.	CARVALHO Fernando Costa	03	Foca	**4:20.54**	+0,69	602	
	50m: 29.30 29.30 150m: 1:34.72 33.12 250m: 2:41.73 33.84 350m: 3:48.18 33.05						
	100m: 1:01.60 32.30 200m: 2:07.89 33.17 300m: 3:15.13 33.40 400m: 4:20.54 32.36						
40.	SILVA Henrique Gomes	02	Estamos Juntos	**4:21.74**	+0,66	594	
	50m: 28.93 28.93 150m: 1:34.24 32.49 250m: 2:40.48 32.78 350m: 3:48.21 33.60						
	100m: 1:01.75 32.82 200m: 2:07.70 33.46 300m: 3:14.61 34.13 400m: 4:21.74 33.53						
41.	NUNES Diogo Severino	04	Natacao de Valongo	**4:22.51**	+0,79	589	
	50m: 29.35 29.35 150m: 1:34.26 32.76 250m: 2:41.15 33.45 350m: 3:49.22 34.12						
	100m: 1:01.50 32.15 200m: 2:07.70 33.44 300m: 3:15.10 33.95 400m: 4:22.51 33.29						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**4:22.84**	+0,75	586	
	50m: 30.35 30.35 150m: 1:36.78 33.51 250m: 2:43.29 33.21 350m: 3:49.97 33.09						
	100m: 1:03.27 32.92 200m: 2:10.08 33.30 300m: 3:16.88 33.59 400m: 4:22.84 32.87						
43.	CARVALHO Antonio Lombardi	04	Belenenses	**4:24.19**	+0,78	578	
	50m: 29.94 29.94 150m: 1:36.86 34.02 250m: 2:44.91 34.16 350m: 3:52.14 33.49						
	100m: 1:02.84 32.90 200m: 2:10.75 33.89 300m: 3:18.65 33.74 400m: 4:24.19 32.05						
44.	DIAS Ruben Fonseca	03	Natacao de Valongo	**4:26.04**	+0,73	566	
	50m: 29.47 29.47 150m: 1:35.31 33.57 250m: 2:44.05 34.31 350m: 3:52.52 34.39						
	100m: 1:01.74 32.27 200m: 2:09.74 34.43 300m: 3:18.13 34.08 400m: 4:26.04 33.52						
45.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**4:26.28**	+0,72	564	
	50m: 28.80 28.80 150m: 1:34.74 33.65 250m: 2:43.93 34.41 350m: 3:53.92 34.54						
	100m: 1:01.09 32.29 200m: 2:09.52 34.78 300m: 3:19.38 35.45 400m: 4:26.28 32.36						
46.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:26.53**	+0,74	562	
	50m: 28.79 28.79 150m: 1:34.68 33.93 250m: 2:42.86 33.60 350m: 3:51.38 34.47						
	100m: 1:00.75 31.96 200m: 2:09.26 34.58 300m: 3:16.91 34.05 400m: 4:26.53 35.15						
47.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**4:26.72**	+0,75	561	
	50m: 29.70 29.70 150m: 1:36.49 33.94 250m: 2:44.73 33.87 350m: 3:53.23 34.16						
	100m: 1:02.55 32.85 200m: 2:10.86 34.37 300m: 3:19.07 34.34 400m: 4:26.72 33.49						
48.	DUARTE Pedro Esteves	03	Cova da Piedade	**4:27.20**	+0,72	558	
	50m: 30.12 30.12 150m: 1:38.18 34.79 250m: 2:47.40 35.02 350m: 3:55.66 34.38						
	100m: 1:03.39 33.27 200m: 2:12.38 34.20 300m: 3:21.28 33.88 400m: 4:27.20 31.54						
49.	SANTOS Gabriel Moreira	04	Famalicao	**4:27.40**	+0,70	557	
	50m: 28.87 28.87 150m: 1:36.33 34.29 250m: 2:45.39 34.29 350m: 3:53.02 34.00						
	100m: 1:02.04 33.17 200m: 2:11.10 34.77 300m: 3:19.02 33.63 400m: 4:27.40 34.38						
50.	GONCALVES Francisco Xavier	97	Nautico Academico	**4:27.85**	+0,74	554	
	50m: 28.22 28.22 150m: 1:33.15 32.83 250m: 2:41.20 33.81 350m: 3:51.95 35.18						
	100m: 1:00.32 32.10 200m: 2:07.39 34.24 300m: 3:16.77 35.57 400m: 4:27.85 35.90						
51.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**4:27.92**	+0,73	554	
	50m: 29.20 29.20 150m: 1:36.56 33.95 250m: 2:44.65 34.09 350m: 3:53.81 34.64						
	100m: 1:02.61 33.41 200m: 2:10.56 34.00 300m: 3:19.17 34.52 400m: 4:27.92 34.11						
52.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**4:29.17**	+0,70	546	
	50m: 30.51 30.51 150m: 1:37.82 33.97 250m: 2:47.47 34.61 350m: 3:56.58 34.23						
	100m: 1:03.85 33.34 200m: 2:12.86 35.04 300m: 3:22.35 34.88 400m: 4:29.17 32.59						
53.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**4:29.28**	+0,77	545	
	50m: 30.27 30.27 150m: 1:36.47 33.80 250m: 2:46.28 35.06 350m: 3:56.52 34.96						
	100m: 1:02.67 32.40 200m: 2:11.22 34.75 300m: 3:21.56 35.28 400m: 4:29.28 32.76						
54.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**4:29.45**	+0,79	544	
	50m: 29.51 29.51 150m: 1:36.76 34.05 250m: 2:45.79 34.76 350m: 3:55.42 34.72						
	100m: 1:02.71 33.20 200m: 2:11.03 34.27 300m: 3:20.70 34.91 400m: 4:29.45 34.03						
55.	CANADAS Joao Vasco	03	Rio Maior	**4:29.67**	+0,74	543	
	50m: 30.57 30.57 150m: 1:37.95 33.84 250m: 2:47.45 34.83 350m: 3:56.25 33.92						
	100m: 1:04.11 33.54 200m: 2:12.62 34.67 300m: 3:22.33 34.88 400m: 4:29.67 33.42						
56.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**4:29.78**	+0,68	542	
	50m: 29.65 29.65 150m: 1:35.82 33.93 250m: 2:45.20 34.91 350m: 3:56.56 36.02						
	100m: 1:01.89 32.24 200m: 2:10.29 34.47 300m: 3:20.54 35.34 400m: 4:29.78 33.22						

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Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	**4:30.07**	+0,71	541	
	50m: 29.88 29.88 150m: 1:37.00 33.74 250m: 2:46.48 34.79 350m: 3:56.43 35.10						
	100m: 1:03.26 33.38 200m: 2:11.69 34.69 300m: 3:21.33 34.85 400m: 4:30.07 33.64						
58.	COUTINHO Guilherme Pereira	03	Viver Santarem	**4:30.09**	+0,69	540	
	50m: 30.01 30.01 150m: 1:38.32 33.91 250m: 2:47.50 34.14 350m: 3:57.42 34.56						
	100m: 1:04.41 34.40 200m: 2:13.36 35.04 300m: 3:22.86 35.36 400m: 4:30.09 32.67						
59.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:30.37**	+0,76	539	
	50m: 29.51 29.51 150m: 1:36.22 33.31 250m: 2:43.96 33.10 350m: 3:54.52 34.58						
	100m: 1:02.91 33.40 200m: 2:10.86 34.64 300m: 3:19.94 35.98 400m: 4:30.37 35.85						
60.	GOMES Goncalo Camara	03	Naval do Funchal	**4:32.09**	+0,62	529	
	50m: 29.20 29.20 150m: 1:35.75 33.81 250m: 2:45.88 35.08 350m: 3:57.31 35.66						
	100m: 1:01.94 32.74 200m: 2:10.80 35.05 300m: 3:21.65 35.77 400m: 4:32.09 34.78						
61.	BORGES David Costa	04	Fluvial Portuense	**4:32.10**	+0,69	529	
	50m: 30.07 30.07 150m: 1:39.05 35.17 250m: 2:49.19 35.13 350m: 3:58.31 33.83						
	100m: 1:03.88 33.81 200m: 2:14.06 35.01 300m: 3:24.48 35.29 400m: 4:32.10 33.79						
62.	SILVA Gustavo Carvalho	04	Academia dos Acores	**4:33.30**	+0,80	522	
	50m: 29.87 29.87 150m: 1:37.49 34.08 250m: 2:47.46 34.99 350m: 3:58.50 35.56						
	100m: 1:03.41 33.54 200m: 2:12.47 34.98 300m: 3:22.94 35.48 400m: 4:33.30 34.80						
63.	RODEIA Jose Miguel	04	Natacao de Faro	**4:33.69**	+0,66	519	
	50m: 30.23 30.23 150m: 1:37.94 34.16 250m: 2:48.36 35.08 350m: 3:58.52 35.12						
	100m: 1:03.78 33.55 200m: 2:13.28 35.34 300m: 3:23.40 35.04 400m: 4:33.69 35.17						
64.	MOREIRA Joao Pedro	04	Fluvial Portuense	**4:33.80**	+0,83	519	
	50m: 30.38 30.38 150m: 1:38.88 35.13 250m: 2:48.97 35.37 350m: 4:00.01 35.23						
	100m: 1:03.75 33.37 200m: 2:13.60 34.72 300m: 3:24.78 35.81 400m: 4:33.80 33.79						
65.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**4:33.98**	+0,73	518	
	50m: 31.32 31.32 150m: 1:39.09 34.52 250m: 2:49.48 35.57 350m: 4:00.28 35.23						
	100m: 1:04.57 33.25 200m: 2:13.91 34.82 300m: 3:25.05 35.57 400m: 4:33.98 33.70						
66.	MARTYN David	03	Benedita	**4:34.06**	+0,66	517	
	50m: 29.61 29.61 150m: 1:36.86 34.11 250m: 2:47.55 35.57 350m: 3:59.10 35.83						
	100m: 1:02.75 33.14 200m: 2:11.98 35.12 300m: 3:23.27 35.72 400m: 4:34.06 34.96						
67.	MOITA Goncalo Brites	04	Uniao Coimbra	**4:34.28**	+0,65	516	
	50m: 30.02 30.02 150m: 1:38.98 34.99 250m: 2:49.25 34.90 350m: 4:00.32 35.52						
	100m: 1:03.99 33.97 200m: 2:14.35 35.37 300m: 3:24.80 35.55 400m: 4:34.28 33.96						
68.	COSTA Afonso Filipe	03	Naval da Nazare	**4:35.79**	+0,73	508	
	50m: 31.27 31.27 150m: 1:39.93 34.11 250m: 2:48.83 34.24 350m: 4:00.30 35.83						
	100m: 1:05.82 34.55 200m: 2:14.59 34.66 300m: 3:24.47 35.64 400m: 4:35.79 35.49						
69.	BARBOSA Pedro Xavier	04	Desportiva Viana	**4:36.22**	+0,76	505	
	50m: 30.76 30.76 150m: 1:39.81 35.49 250m: 2:50.67 35.72 350m: 4:02.65 35.91						
	100m: 1:04.32 33.56 200m: 2:14.95 35.14 300m: 3:26.74 36.07 400m: 4:36.22 33.57						
70.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**4:39.40**	+0,67	488	
	50m: 30.65 30.65 150m: 1:37.76 34.24 250m: 2:48.65 36.14 350m: 4:02.77 36.88						
	100m: 1:03.52 32.87 200m: 2:12.51 34.75 300m: 3:25.89 37.24 400m: 4:39.40 36.63						
71.	GOMES Guilherme Sousa	04	Aquatico Silves	**4:41.98**	+0,79	475	
	50m: 29.44 29.44 150m: 1:39.35 35.54 250m: 2:52.18 36.58 350m: 4:06.22 36.83						
	100m: 1:03.81 34.37 200m: 2:15.60 36.25 300m: 3:29.39 37.21 400m: 4:41.98 35.76						

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Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	MACHADO Tiago Andrade	02	Sporting de Aveiro				
EXH	BELEZAS Ricardo Andrade	91	Sporting	**4:34.29**	+0,76	516	
	50m: 31.25 31.25 150m: 1:39.12 33.68 250m: 2:48.95 34.50 350m: 3:59.64 34.87						
	100m: 1:05.44 34.19 200m: 2:14.45 35.33 300m: 3:24.77 35.82 400m: 4:34.29 34.65						
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**4:34.68**	+0,89	514	
	Minimos Wordl ParaSwim						
	50m: 31.49 31.49 150m: 1:39.07 34.20 250m: 2:49.03 34.60 350m: 3:59.69 35.25						
	100m: 1:04.87 33.38 200m: 2:14.43 35.36 300m: 3:24.44 35.41 400m: 4:34.68 34.99						

8 - 4ª Jornada - 2ª Sessão - Finais — 07-04-2019 - 16:00

Prova 27 — Femin., 200m Costas — Absolutos
07-04-2019 - 16:00 — Resultados Final

Rec Nac Absoluto	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	20-06-2015
Rec Nac Sen	2:15.27	AZEVEDO Francisca Gomes	SAD	Coimbra	02-04-2015
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:17.98	MARTINHEIRA Catia Raquel	POR	Lima (PER)	18-08-2011
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017

PreJun_Fem Juv: 2:22.78 / CEJun_Fem 14 - 17: 2:18.63 / CMJ_Fem 14 - 17: 2:15.91 / CMPL 19 +: 2:11.53 / JO Absoluto: 2:10.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**2:15.72**	+0,55	763	
	Rec Nac, Minimos CE Jun, Minimos CM Jun						
	50m: 32.45 32.45 100m: 1:06.91 34.46 150m: 1:41.92 35.01 200m: 2:15.72 33.80						
2.	AZEVEDO Rafaela Gomes	02	Alges	**2:16.02**	+0,65	758	
	Minimos CE Jun						
	50m: 31.93 31.93 100m: 1:06.91 34.98 150m: 1:41.90 34.99 200m: 2:16.02 34.12						
3.	FRISCHKNECHT Rita Barros	98	Alges	**2:16.55**	+0,66	749	
	50m: 31.70 31.70 100m: 1:05.41 33.71 150m: 1:40.42 35.01 200m: 2:16.55 36.13						
4.	CABRAL Maria Francisca	00	Porto	**2:20.18**	+0,60	693	
	50m: 33.24 33.24 100m: 1:08.42 35.18 150m: 1:44.42 36.00 200m: 2:20.18 35.76						
5.	CARDEAL Joana Nunes	02	Academico Viseu	**2:22.44**	+0,69	660	
	50m: 33.40 33.40 100m: 1:09.26 35.86 150m: 1:46.44 37.18 200m: 2:22.44 36.00						
6.	RAMOS Ana Rita	02	Porto	**2:23.88**	+0,64	641	
	50m: 33.31 33.31 100m: 1:09.82 36.51 150m: 1:46.64 36.82 200m: 2:23.88 37.24						
7.	PEIXEIRA Filipa Ramos	03	Sporting	**2:24.15**	+0,62	637	
	50m: 33.08 33.08 100m: 1:09.64 36.56 150m: 1:46.99 37.35 200m: 2:24.15 37.16						

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Prova 27, Femin., 200m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:25.32**	+0,65	622	
	50m: 32.35 32.35 100m: 1:08.49 36.14 150m: 1:47.39 38.90 200m: 2:25.32 37.93						
9.	CRUZ Sara Moura	03	Alges	**2:25.61**	+0,64	618	
	50m: 33.94 33.94 100m: 1:10.86 36.92 150m: 1:48.16 37.30 200m: 2:25.61 37.45						
10.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:26.75**	+0,70	604	
	50m: 34.05 34.05 100m: 1:11.21 37.16 150m: 1:48.60 37.39 200m: 2:26.75 38.15						

Final B

11.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:24.71**	+0,65	630	
	50m: 33.77 33.77 100m: 1:10.04 36.27 150m: 1:47.59 37.55 200m: 2:24.71 37.12						
12.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:25.32**	+0,69	622	
	50m: 34.63 34.63 100m: 1:11.17 36.54 150m: 1:48.67 37.50 200m: 2:25.32 36.65						
13.	MARTINS Joana Ribeiro	03	Benfica	**2:25.86**	+0,64	615	
	50m: 34.16 34.16 100m: 1:11.09 36.93 150m: 1:49.00 37.91 200m: 2:25.86 36.86						
14.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:26.06**	+0,74	612	
	50m: 33.82 33.82 100m: 1:10.41 36.59 150m: 1:48.94 38.53 200m: 2:26.06 37.12						
15.	LASCU Nicoleta	02	Litoral Alentejano	**2:30.06**	+0,70	565	
	50m: 34.97 34.97 100m: 1:11.64 36.67 150m: 1:50.32 38.68 200m: 2:30.06 39.74						
16.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**2:31.17**	+0,69	552	
	50m: 35.25 35.25 100m: 1:13.76 38.51 150m: 1:53.03 39.27 200m: 2:31.17 38.14						
17.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:31.83**	+0,72	545	
	50m: 34.59 34.59 100m: 1:12.43 37.84 150m: 1:52.54 40.11 200m: 2:31.83 39.29						
18.	ALVES Ines Sofia	04	Portinado	**2:32.89**	+0,60	534	
	50m: 35.91 35.91 100m: 1:14.69 38.78 150m: 1:54.41 39.72 200m: 2:32.89 38.48						
19.	ROCHA Carolina Neves	04	Fluvial Portuense	**2:34.10**	+0,72	521	
	50m: 34.29 34.29 100m: 1:13.56 39.27 150m: 1:54.11 40.55 200m: 2:34.10 39.99						
20.	AMADO Maria Lopes	04	Bairro dos Anjos/ Leiria	**2:36.93**	+0,54	494	
	50m: 35.33 35.33 100m: 1:14.67 39.34 150m: 1:55.22 40.55 200m: 2:36.93 41.71						

Final C

21.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:31.13**	+0,69	553	
	50m: 33.97 33.97 100m: 1:11.83 37.86 150m: 1:51.74 39.91 200m: 2:31.13 39.39						
22.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:31.20**	+0,61	552	
	50m: 35.38 35.38 100m: 1:13.74 38.36 150m: 1:52.56 38.82 200m: 2:31.20 38.64						
23.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:32.29**	+0,62	540	
	50m: 34.86 34.86 100m: 1:13.12 38.26 150m: 1:53.25 40.13 200m: 2:32.29 39.04						
24.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:32.42**	+0,63	539	
	50m: 35.42 35.42 100m: 1:14.89 39.47 150m: 1:53.54 38.65 200m: 2:32.42 38.88						
25.	MARQUES Mariana Nunes	03	Estarreja	**2:33.13**	+0,59	531	
	50m: 34.85 34.85 100m: 1:13.67 38.82 150m: 1:53.74 40.07 200m: 2:33.13 39.39						

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Prova 27, Femin., 200m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:33.22**	+0,75	530	
	50m: 34.49 34.49 100m: 1:13.56 39.07 150m: 1:53.99 40.43 200m: 2:33.22 39.23						
27.	COSTA Joana Santos	04	Galitos / Bresimar	**2:33.61**	+0,67	526	
	50m: 35.23 35.23 100m: 1:14.19 38.96 150m: 1:54.47 40.28 200m: 2:33.61 39.14						
28.	PEREIRA Anais Cloe	04	Sporting	**2:33.67**	+0,71	526	
	50m: 35.64 35.64 100m: 1:14.57 38.93 150m: 1:54.79 40.22 200m: 2:33.67 38.88						
29.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:33.87**	+0,61	524	
	50m: 35.66 35.66 100m: 1:14.33 38.67 150m: 1:54.52 40.19 200m: 2:33.87 39.35						
30.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:36.70**	+0,59	496	
	50m: 36.69 36.69 100m: 1:16.20 39.51 150m: 1:56.99 40.79 200m: 2:36.70 39.71						

Prova 28 — Masc., 200m Costas — Absolutos
07-04-2019 - 16:10 — Resultados Final

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

PreJun_Masc Juv: 2:08.48 / CEJun_Masc 15 - 18: 2:04.74 / CMJ_Masc 15 - 18: 2:02.28 / CMPL Sen: 1:58.34 / JO Absoluto: 1:57.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SANTOS Francisco Rogerio	98	Sporting	**1:59.31**	+0,71	825	
	50m: 27.96 27.96 100m: 58.24 30.28 150m: 1:29.33 31.09 200m: 1:59.31 29.98						
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:00.53**	+0,65	800	
	50m: 27.87 27.87 100m: 58.09 30.22 150m: 1:29.18 31.09 200m: 2:00.53 31.35						
3.	COSTA Joao Nogueira *Minimos CE Jun*	01	Vitoria Guimaraes	**2:02.65**	+0,62	759	
	50m: 28.77 28.77 100m: 1:00.02 31.25 150m: 1:31.82 31.80 200m: 2:02.65 30.83						
4.	KOT Viktor	98	Nautico Marinha Grande	**2:05.28**	+0,56	712	
	50m: 28.55 28.55 100m: 59.99 31.44 150m: 1:32.77 32.78 200m: 2:05.28 32.51						
5.	ROSA Rodrigo Antonio	96	Benfica	**2:06.13**	+0,61	698	
	50m: 29.05 29.05 100m: 1:00.59 31.54 150m: 1:33.18 32.59 200m: 2:06.13 32.95						
6.	TINOCO Joao Pereira	00	Famalicao	**2:07.01**	+0,71	684	
	50m: 29.25 29.25 100m: 1:01.36 32.11 150m: 1:34.42 33.06 200m: 2:07.01 32.59						
7.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:08.89**	+0,68	654	
	50m: 29.68 29.68 100m: 1:03.37 33.69 150m: 1:36.84 33.47 200m: 2:08.89 32.05						
8.	CORREIA Joao Mota	97	Benfica	**2:09.11**	+0,77	651	
	50m: 29.61 29.61 100m: 1:02.27 32.66 150m: 1:35.43 33.16 200m: 2:09.11 33.68						

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Prova 28, Masc., 200m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	ALFAMA Martim Primavera	02	Gesloures	**2:10.11**	+0,61	636	
	50m: 29.74 29.74 100m: 1:03.43 33.69 150m: 1:37.03 33.60 200m: 2:10.11 33.08						
10.	BATE Miguel Ribeiro	99	Alges	**2:10.94**	+0,64	624	
	50m: 29.32 29.32 100m: 1:03.05 33.73 150m: 1:37.04 33.99 200m: 2:10.94 33.90						

Final B

11.	CASTRO Duarte Monteiro	03	Porto	**2:09.90**	+0,70	639	
	50m: 30.78 30.78 100m: 1:03.89 33.11 150m: 1:36.75 32.86 200m: 2:09.90 33.15						
12.	ALMEIDA Carlos Afonso	98	Alges	**2:10.86**	+0,71	625	
	50m: 30.93 30.93 100m: 1:04.95 34.02 150m: 1:38.59 33.64 200m: 2:10.86 32.27						
13.	PIRES Ricardo Saraiva	98	Laranjeiro	**2:11.45**	+0,59	617	
	50m: 31.00 31.00 100m: 1:04.06 33.06 150m: 1:37.66 33.60 200m: 2:11.45 33.79						
14.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:12.23**	+0,69	606	
	50m: 30.65 30.65 100m: 1:04.66 34.01 150m: 1:39.07 34.41 200m: 2:12.23 33.16						
15.	FERNANDES Eduardo Gomes	02	Sporting	**2:12.83**	+0,69	598	
	50m: 31.36 31.36 100m: 1:04.97 33.61 150m: 1:39.10 34.13 200m: 2:12.83 33.73						
16.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:12.84**	+0,63	598	
	50m: 30.56 30.56 100m: 1:04.41 33.85 150m: 1:39.26 34.85 200m: 2:12.84 33.58						
17.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:13.27**	+0,61	592	
	50m: 30.98 30.98 100m: 1:05.30 34.32 150m: 1:39.64 34.34 200m: 2:13.27 33.63						
18.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:14.35**	+0,59	578	
	50m: 32.02 32.02 100m: 1:06.06 34.04 150m: 1:40.94 34.88 200m: 2:14.35 33.41						
19.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:15.63**	+0,60	561	
	50m: 31.30 31.30 100m: 1:05.44 34.14 150m: 1:40.80 35.36 200m: 2:15.63 34.83						
20.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:18.50**	+0,62	527	
	50m: 31.33 31.33 100m: 1:05.88 34.55 150m: 1:41.54 35.66 200m: 2:18.50 36.96						

Final C

21.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:14.02**	+0,59	582	
	50m: 31.26 31.26 100m: 1:05.44 34.18 150m: 1:40.30 34.86 200m: 2:14.02 33.72						
22.	MORIM Francisco Emanuel	02	Vilacondense	**2:16.34**	+0,70	553	
	50m: 31.88 31.88 100m: 1:06.97 35.09 150m: 1:43.06 36.09 200m: 2:16.34 33.28						
	KOBAYASHI Bruno Shinji	02	Vilacondense	**2:16.34**	+0,62	553	
	50m: 33.04 33.04 100m: 1:08.29 35.25 150m: 1:43.47 35.18 200m: 2:16.34 32.87						
24.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:17.11**	+0,81	543	
	50m: 31.70 31.70 100m: 1:06.45 34.75 150m: 1:42.18 35.73 200m: 2:17.11 34.93						
25.	SILVA Gustavo Carvalho	04	Academia dos Acores	**2:17.28**	+0,72	541	
	50m: 32.22 32.22 100m: 1:07.53 35.31 150m: 1:43.42 35.89 200m: 2:17.28 33.86						
26.	MAGALHAES Hugo Nunes	02	Alges	**2:19.37**	+0,62	517	
	50m: 32.43 32.43 100m: 1:08.11 35.68 150m: 1:44.04 35.93 200m: 2:19.37 35.33						

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Prova 28, Masc., 200m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:19.47**	+0,64	516	
	50m: 32.29 32.29 100m: 1:08.50 36.21 150m: 1:44.82 36.32 200m: 2:19.47 34.65						
28.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:20.16**	+0,70	509	
	50m: 32.35 32.35 100m: 1:08.22 35.87 150m: 1:44.52 36.30 200m: 2:20.16 35.64						
29.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:20.22**	+0,69	508	
	50m: 33.27 33.27 100m: 1:08.88 35.61 150m: 1:44.65 35.77 200m: 2:20.22 35.57						
30.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:22.21**	+0,84	487	
	50m: 31.52 31.52 100m: 1:08.42 36.90 150m: 1:46.16 37.74 200m: 2:22.21 36.05						

Prova 29 — Femin., 50m Mariposa — Absolutos
07-04-2019 - 16:20 — Resultados Final

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.47**	+0,62	703	
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**27.63**	+0,67	691	
3.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.03**	+0,72	662	
4.	MONTEIRO Ana Catarina	93	Vilacondense	**28.25**	+0,74	646	
5.	LIMA Lia Ana	01	Sporting	**28.33**	+0,77	641	
6.	SOARES Catarina Silva	03	Porto	**28.41**	+0,68	635	
7.	FERNANDES Ines Camacho	97	Sporting	**28.48**	+0,70	631	
8.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.74**	+0,74	614	
9.	AZEVEDO Francisca Gomes	97	Alges	**28.86**	+0,69	606	
10.	CASTRO Adriana Daniela	97	Leixoes	**28.92**	+0,71	602	
Final B							
11.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.00**	+0,66	597	
12.	TIAGO Filipa Vilas	94	Benfica	**29.14**	+0,69	589	
13.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**29.39**	+0,76	574	
14.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.56**	+0,68	564	
15.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.61**	+0,73	561	
16.	BARBOSA Mariana Fernandes	02	Porto	**29.72**	+0,70	555	
17.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**29.73**	+0,72	554	
18.	PEIXEIRA Filipa Ramos	03	Sporting	**29.88**	+0,84	546	
19.	BELO Rita Afonso	02	Benedita	**30.37**	+0,74	520	
DSQ	GRAVETO Ana Raquel	02	Benfica				
	SW 4.4 - Falsa partida						

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Prova 30 | Masc., 50m Mariposa | Absolutos
07-04-2019 - 16:25 | Resultados Final

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	PEREIRA Luiz Pedro	91	Benfica	**24.30**	+0,68	769	
2.	SANTOS Alexis Manacas	92	Sporting	**24.82**	+0,66	722	
3.	SANTOS Pedro Andre	94	Alges	**25.02**	+0,69	705	
4.	MARQUES Miguel Henriques	00	Benfica	**25.07**	+0,63	700	
5.	POLIAKOV Artiom Viatcheslavovitc	93	Oriental	**25.14**	+0,62	695	
6.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.23**	+0,63	687	
7.	FERNANDES Pedro Miguel	99	Famalicao	**25.50**	+0,72	666	
8.	FIDALGO Mateus Valente	01	Estarreja	**25.72**	+0,72	649	
9.	PINHO Manuel Antonio	01	Feirense	**25.80**	+0,64	643	
10.	SOUSA Joao Ribeiro	01	Porto	**25.83**	+0,64	640	
Final B							
11.	LOPES David Granja	90	AONDA-Azeitao	**26.01**	+0,72	627	
12.	GOMES Vicente Oliveira	02	Sporting	**26.10**	+0,72	621	
13.	PELAIO Jose Pedro	01	Galitos / Bresimar	**26.15**	+0,77	617	
14.	AGUIAR Gabriel Silva	01	Porto	**26.22**	+0,61	612	
15.	SIMOES Manuel Baptista	03	Uniao Coimbra	**26.44**	+0,61	597	
16.	LOURENCO Tiago Campos	02	Natacao de Valongo	**26.49**	+0,69	594	
17.	NUNES Porfirio Braga	00	Porto	**26.52**	+0,60	592	
18.	CAROLA Hugo Filipe	01	Galitos / Bresimar	**26.56**	+0,79	589	
19.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**26.65**	+0,69	583	
20.	FREIRE Carlos Marques	01	Belenenses	**26.81**	+0,65	573	

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Prova 31 — Femin., 200m Bruços — Absolutos
07-04-2019 - 16:30 — Resultados Final

Rec Nac Absoluto	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:27.19	KAMINSKAYA Victoria	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003

PreJun_Fem Juv: 2:40.16 / CEJun_Fem 14 - 17: 2:35.49 / CMJ_Fem 14 - 17: 2:32.44 / CMPL 19 +: 2:25.91 / JO Absoluto: 2:25.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. KAMINSKAYA Victoria — 95 — Benfica — **2:28.44** — +0,76 — 823

50m:	34.54	34.54	100m:	1:11.71	37.17	150m:	1:49.83	38.12	200m:	2:28.44	38.61

2. PEREIRA Raquel Gomes — 00 — Alges — **2:29.77** — +0,76 — 801

50m:	34.15	34.15	100m:	1:12.08	37.93	150m:	1:50.88	38.80	200m:	2:29.77	38.89

3. ANDRE Angelica Maria — 94 — Fluvial Portuense — **2:37.22** — +0,71 — 692

50m:	36.31	36.31	100m:	1:16.82	40.51	150m:	1:57.28	40.46	200m:	2:37.22	39.94

4. VEIGA Ana Filipa — 01 — Gafanha da Encarnacao — **2:39.39** — +0,78 — 664

50m:	36.17	36.17	100m:	1:16.35	40.18	150m:	1:57.44	41.09	200m:	2:39.39	41.95

5. BORGES Claudia Ferreira — 99 — Benfica — **2:39.84** — +0,72 — 659

50m:	37.67	37.67	100m:	1:18.24	40.57	150m:	1:59.42	41.18	200m:	2:39.84	40.42

6. REBELO Maria Carlota — 03 — Louzan Natacao/EFAPEL — **2:40.22** — +0,76 — 654

50m:	37.01	37.01	100m:	1:17.67	40.66	150m:	1:58.57	40.90	200m:	2:40.22	41.65

7. CASTRO Maria Freitas — 03 — Fafe — **2:40.27** — +0,74 — 653

50m:	37.42	37.42	100m:	1:19.85	42.43	150m:	2:00.51	40.66	200m:	2:40.27	39.76

8. PEREIRA Clara Gomes — 02 — Alges — **2:40.36** — +0,70 — 652

50m:	36.26	36.26	100m:	1:16.65	40.39	150m:	1:58.17	41.52	200m:	2:40.36	42.19

9. SILVA Natacha Sofia — 02 — Benfica — **2:41.63** — +0,82 — 637

50m:	36.62	36.62	100m:	1:17.59	40.97	150m:	1:59.33	41.74	200m:	2:41.63	42.30

10. ESTEVENS Laura Fabiana — 05 — Natacao Olhao — **2:46.91** — +0,79 — 578

50m:	37.69	37.69	100m:	1:20.18	42.49	150m:	2:03.03	42.85	200m:	2:46.91	43.88

Final B

11. CERDEIRA Madalena Reis — 03 — Sporting — **2:42.69** — +0,74 — 625

50m:	36.50	36.50	100m:	1:18.35	41.85	150m:	2:01.48	43.13	200m:	2:42.69	41.21

12. MESQUITA Francisca Salvador — 02 — Colegio Monte Maior — **2:43.83** — +0,75 — 612

50m:	38.64	38.64	100m:	1:19.37	40.73	150m:	2:01.74	42.37	200m:	2:43.83	42.09

13. DIAS Beatriz Castanheira — 99 — Academica de Coimbra — **2:43.96** — +0,68 — 610

50m:	38.00	38.00	100m:	1:20.57	42.57	150m:	2:02.83	42.26	200m:	2:43.96	41.13

14. TOMAS Beatriz Monteiro — 03 — Fundacao Beatriz Santos — **2:46.15** — +0,70 — 586

50m:	38.19	38.19	100m:	1:20.47	42.28	150m:	2:03.16	42.69	200m:	2:46.15	42.99

15. RODRIGUES Lidiana Correia — 04 — Belenenses — **2:46.78** — +0,82 — 580

50m:	37.93	37.93	100m:	1:20.45	42.52	150m:	2:03.92	43.47	200m:	2:46.78	42.86

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Prova 31, Femin., 200m Bruços, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SANTOS Leonor Esteves	04	Avancado EUL	**2:46.89**	+0,87	579	
	50m: 38.45 38.45 100m: 1:20.97 42.52 150m: 2:03.85 42.88 200m: 2:46.89 43.04						
17.	NUNES Margarida Domingues	05	Avancado EUL	**2:46.91**	+0,85	578	
	50m: 39.30 39.30 100m: 1:21.56 42.26 150m: 2:04.55 42.99 200m: 2:46.91 42.36						
18.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:49.13**	+0,77	556	
	50m: 38.18 38.18 100m: 1:22.34 44.16 150m: 2:06.42 44.08 200m: 2:49.13 42.71						
19.	REGO Ines Faria	05	Famalicao	**2:51.02**	+0,70	538	
	50m: 38.52 38.52 100m: 1:22.10 43.58 150m: 2:06.95 44.85 200m: 2:51.02 44.07						
DSQ	MAIA Joana Marques	91	Ginasio Santo Tirso				
	SW 7.4 - O (a) atleta efectuou movimento alternado de pernas durante o percurso subaquatico após a partida						

Final C

21.	REIS Erica Cristina	05	Sporting	**2:45.53**	+0,56	593	
	50m: 37.09 37.09 100m: 1:19.08 41.99 150m: 2:02.69 43.61 200m: 2:45.53 42.84						
22.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:48.52**	+0,55	562	
	50m: 37.30 37.30 100m: 1:19.64 42.34 150m: 2:03.89 44.25 200m: 2:48.52 44.63						
23.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:48.74**	+0,82	560	
	50m: 38.41 38.41 100m: 1:21.95 43.54 150m: 2:05.82 43.87 200m: 2:48.74 42.92						
24.	TEIXEIRA Ines Oliveira	02	Estarreja	**2:49.66**	+0,68	551	
	50m: 36.22 36.22 100m: 1:19.27 43.05 150m: 2:04.58 45.31 200m: 2:49.66 45.08						
25.	REIS Beatriz Grave	05	Rio Maior	**2:49.98**	+0,78	548	
	50m: 38.87 38.87 100m: 1:21.98 43.11 150m: 2:06.22 44.24 200m: 2:49.98 43.76						
26.	PEREIRA Maria Gomes	04	Alges	**2:50.06**	+0,85	547	
	50m: 38.46 38.46 100m: 1:22.01 43.55 150m: 2:06.27 44.26 200m: 2:50.06 43.79						
27.	AGOSTINHO Catia Iordan	02	Rio Maior	**2:50.23**	+0,79	545	
	50m: 37.89 37.89 100m: 1:21.36 43.47 150m: 2:05.28 43.92 200m: 2:50.23 44.95						
28.	DELGADO Soraia Alexandra	05	Sporting	**2:51.61**	+0,66	532	
	50m: 39.02 39.02 100m: 1:22.54 43.52 150m: 2:07.55 45.01 200m: 2:51.61 44.06						
29.	MORAIS Margarida Mateus	04	Torres Novas	**2:52.52**	+0,74	524	
	50m: 39.01 39.01 100m: 1:22.71 43.70 150m: 2:07.50 44.79 200m: 2:52.52 45.02						
30.	FLORENCIO Matilde Alves	04	Condeixa Clube	**2:53.89**	+0,75	511	
	50m: 38.96 38.96 100m: 1:24.27 45.31 150m: 2:09.06 44.79 200m: 2:53.89 44.83						

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Prova 32 | Masc., 200m Bruços | Absolutos
07-04-2019 - 16:40 | Resultados Final

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006

PreJun_Masc Juv: 2:23.43 / CEJun_Masc 15 - 18: 2:19.25 / CMJ_Masc 15 - 18: 2:16.51 / CMPL Sen: 2:11.00 / JO Absoluto: 2:10.35

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. SANTOS Alexis Manacas — 92 — Sporting — **2:17.46** — +0,67 — 782
   50m: 30.94 (30.94) 100m: 1:05.87 (34.93) 150m: 1:41.64 (35.77) 200m: 2:17.46 (35.82)
2. PON Hugo — 98 — Alges — **2:18.48** — +0,69 — 765
   50m: 31.48 (31.48) 100m: 1:06.69 (35.21) 150m: 1:42.27 (35.58) 200m: 2:18.48 (36.21)
3. SIMOES Rafael Gomes — 00 — Braga — **2:19.08** — +0,87 — 755
   50m: 31.41 (31.41) 100m: 1:06.94 (35.53) 150m: 1:43.21 (36.27) 200m: 2:19.08 (35.87)
4. CRUCHINHO Miguel Monteiro — 97 — Sporting — **2:20.04** — +0,66 — 740
   50m: 31.40 (31.40) 100m: 1:06.99 (35.59) 150m: 1:43.82 (36.83) 200m: 2:20.04 (36.22)
5. ALVES Nuno Rafael — 90 — Aquatico Pacense — **2:23.54** — +0,76 — 687
   50m: 32.78 (32.78) 100m: 1:09.21 (36.43) 150m: 1:46.57 (37.36) 200m: 2:23.54 (36.97)
6. RAMOS Filipe Carmo — 97 — Vilacondense — **2:23.71** — +0,73 — 684
   50m: 32.86 (32.86) 100m: 1:09.82 (36.96) 150m: 1:46.83 (37.01) 200m: 2:23.71 (36.88)
7. SILVA Tomas Antonio — 01 — Naval do Funchal — **2:23.72** — +0,66 — 684
   50m: 32.07 (32.07) 100m: 1:09.24 (37.17) 150m: 1:45.96 (36.72) 200m: 2:23.72 (37.76)
8. PEREIRA Ricardo Samuel — 03 — Benfica — **2:25.02** — +0,67 — 666
   50m: 33.03 (33.03) 100m: 1:10.34 (37.31) 150m: 1:48.61 (38.27) 200m: 2:25.02 (36.41)
9. CARNEIRO Joao Soares — 03 — Benfica — **2:25.42** — +0,69 — 660
   50m: 33.37 (33.37) 100m: 1:10.92 (37.55) 150m: 1:48.52 (37.60) 200m: 2:25.42 (36.90)
10. SILVA Pedro Miguel — 94 — Colegio Monte Maior — **2:26.32** — +0,68 — 648
    50m: 32.71 (32.71) 100m: 1:09.66 (36.95) 150m: 1:47.76 (38.10) 200m: 2:26.32 (38.56)

Final B

11. VARGAS Joao Manuel — 00 — Individual ANL — **2:26.12** — +0,64 — 651
    50m: 33.55 (33.55) 100m: 1:10.70 (37.15) 150m: 1:48.54 (37.84) 200m: 2:26.12 (37.58)
12. GASPAR Miguel Caridade — 99 — Academica de Coimbra — **2:26.24** — +0,68 — 649
    50m: 33.14 (33.14) 100m: 1:10.19 (37.05) 150m: 1:48.06 (37.87) 200m: 2:26.24 (38.18)
13. CABRITO Rodrigo Almeida — 01 — Belenenses — **2:27.10** — +0,67 — 638
    50m: 32.90 (32.90) 100m: 1:10.18 (37.28) 150m: 1:48.39 (38.21) 200m: 2:27.10 (38.71)
14. MALFEITO Martim Rebelo — 02 — Sporting — **2:31.72** — +0,71 — 581
    50m: 34.29 (34.29) 100m: 1:13.48 (39.19) 150m: 1:52.27 (38.79) 200m: 2:31.72 (39.45)
15. ARAUJO Sergio Daniel — 02 — Naval Povoense — **2:32.29** — +0,74 — 575
    50m: 34.97 (34.97) 100m: 1:13.93 (38.96) 150m: 1:53.52 (39.59) 200m: 2:32.29 (38.77)

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Prova 32, Masc., 200m Bruços, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	KLIER Afonso Miguel	01	Galitos / Bresimar	**2:32.32**	+0,66	575	
	50m: 34.24 34.24 100m: 1:12.89 38.65 150m: 1:53.11 40.22 200m: 2:32.32 39.21						
17.	MERUJE Joaquim Agra	01	Elvense	**2:34.10**	+0,74	555	
	50m: 32.85 32.85 100m: 1:11.82 38.97 150m: 1:52.40 40.58 200m: 2:34.10 41.70						
18.	BRAS Ricardo Martins	01	Belenenses	**2:35.18**	+0,71	543	
	50m: 33.90 33.90 100m: 1:14.28 40.38 150m: 1:54.87 40.59 200m: 2:35.18 40.31						
19.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:36.59**	+0,80	529	
	50m: 34.34 34.34 100m: 1:13.34 39.00 150m: 1:55.24 41.90 200m: 2:36.59 41.35						
DSQ	CALDEIRA Goncalo Silveirinha	01	Sporting				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						

Final C

21.	REBELO Joao Lourenco	04	Alges	**2:31.14**	+0,66	588	
	50m: 34.76 34.76 100m: 1:13.42 38.66 150m: 1:52.99 39.57 200m: 2:31.14 38.15						
22.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:32.96**	+0,78	567	
	50m: 33.80 33.80 100m: 1:11.75 37.95 150m: 1:51.76 40.01 200m: 2:32.96 41.20						
23.	JUNIOR Luis Cabral	03	Belenenses	**2:32.99**	+0,69	567	
	50m: 34.13 34.13 100m: 1:13.08 38.95 150m: 1:53.84 40.76 200m: 2:32.99 39.15						
24.	SANTOS Afonso Amaro	02	Gesloures	**2:34.17**	+0,64	554	
	50m: 34.79 34.79 100m: 1:13.82 39.03 150m: 1:54.29 40.47 200m: 2:34.17 39.88						
25.	SOUSA Duarte Anastacio	02	Uniao Coimbra	**2:34.22**	+0,66	554	
	50m: 34.39 34.39 100m: 1:13.88 39.49 150m: 1:54.03 40.15 200m: 2:34.22 40.19						
26.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:35.48**	+0,72	540	
	50m: 35.03 35.03 100m: 1:14.51 39.48 150m: 1:55.42 40.91 200m: 2:35.48 40.06						
27.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:36.53**	+0,80	529	
	50m: 35.21 35.21 100m: 1:15.77 40.56 150m: 1:55.95 40.18 200m: 2:36.53 40.58						
28.	ENGELEN Dario	03	Louletano / Loule Concelho	**2:37.18**	+0,76	523	
	50m: 35.84 35.84 100m: 1:15.35 39.51 150m: 1:56.05 40.70 200m: 2:37.18 41.13						
29.	CRISTINO Guilherme Matias	03	Uniao Piedense	**2:38.45**	+0,79	510	
	50m: 34.93 34.93 100m: 1:15.38 40.45 150m: 1:56.48 41.10 200m: 2:38.45 41.97						
30.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:39.14**	+0,71	504	
	50m: 35.66 35.66 100m: 1:16.01 40.35 150m: 1:58.86 42.85 200m: 2:39.14 40.28						

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Prova 33 | Femin., 200m Livres | Absolutos
07-04-2019 - 17:20 | Resultados Final

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.65	SOUSA Ana Reis	SAD	Oeiras	09-02-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

PreJun_Fem Juv: 2:08.65 / CEJun_Fem 14 - 17: 2:04.90 / CMJ_Fem 14 - 17: 2:02.45 / CMPL 19 +: 1:58.66 / JO Absoluto: 1:57.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. SOUSA Ana Reis — 02 — Alges — **2:03.18** — +0,67 — 771
   Rec Nac, Minimos CE Jun
   50m: 28.80 (28.80) 100m: 59.76 (30.96) 150m: 1:31.65 (31.89) 200m: 2:03.18 (31.53)
2. MARTINS Francisca Soares — 03 — Foca — **2:04.87** — +0,72 — 740
   Minimos CE Jun
   50m: 29.41 (29.41) 100m: 1:00.74 (31.33) 150m: 1:33.04 (32.30) 200m: 2:04.87 (31.83)
3. HENRIQUES Ines Jacinto — 00 — Sporting — **2:05.01** — +0,70 — 738
   50m: 29.61 (29.61) 100m: 1:00.90 (31.29) 150m: 1:33.17 (32.27) 200m: 2:05.01 (31.84)
4. AZEVEDO Madalena Gomes — 99 — Alges — **2:05.56** — +0,71 — 728
   50m: 29.54 (29.54) 100m: 1:01.16 (31.62) 150m: 1:33.39 (32.23) 200m: 2:05.56 (32.17)
5. FARIA Ana Rita — 00 — Porto — **2:06.52** — +0,75 — 712
   50m: 29.77 (29.77) 100m: 1:01.80 (32.03) 150m: 1:34.25 (32.45) 200m: 2:06.52 (32.27)
6. RAMOS Ana Rita — 02 — Porto — **2:06.68** — +0,76 — 709
   50m: 29.84 (29.84) 100m: 1:01.76 (31.92) 150m: 1:34.23 (32.47) 200m: 2:06.68 (32.45)
7. MONTEIRO Ana Catarina — 93 — Vilacondense — **2:07.47** — +0,69 — 696
   50m: 29.72 (29.72) 100m: 1:02.21 (32.49) 150m: 1:34.77 (32.56) 200m: 2:07.47 (32.70)
8. PINA Ana Sofia — 02 — O Crasto — **2:07.62** — +0,72 — 693
   50m: 29.92 (29.92) 100m: 1:02.39 (32.47) 150m: 1:34.68 (32.29) 200m: 2:07.62 (32.94)
9. BELEZA Mafalda Gomes — 94 — Sporting — **2:07.72** — +0,69 — 692
   50m: 29.94 (29.94) 100m: 1:02.07 (32.13) 150m: 1:34.99 (32.92) 200m: 2:07.72 (32.73)
10. PINTO Mafalda Marques — 02 — Sporting — **2:09.57** — +0,70 — 662
    50m: 29.79 (29.79) 100m: 1:01.64 (31.85) 150m: 1:35.54 (33.90) 200m: 2:09.57 (34.03)

Final B

11. MOURA Maria Ferreira — 04 — Sporting — **2:07.58** — +0,72 — 694
    Minimos Pré-Jun
    50m: 30.17 (30.17) 100m: 1:02.52 (32.35) 150m: 1:35.25 (32.73) 200m: 2:07.58 (32.33)
12. PEGO Isabel Porfirio — 01 — Fluvial Portuense — **2:07.88** — +0,72 — 689
    50m: 30.44 (30.44) 100m: 1:02.88 (32.44) 150m: 1:35.48 (32.60) 200m: 2:07.88 (32.40)
13. BARBOSA Mariana Fernandes — 02 — Porto — **2:08.90** — +0,72 — 673
    50m: 30.30 (30.30) 100m: 1:02.73 (32.43) 150m: 1:35.80 (33.07) 200m: 2:08.90 (33.10)

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Prova 33, Femin., 200m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARDEAL Joana Nunes	02	Academico Viseu	**2:10.24**	+0,79	652	
	50m: 30.06 30.06 100m: 1:03.10 33.04 150m: 1:36.65 33.55 200m: 2:10.24 33.59						
15.	RODRIGUES Filipa Serrano	01	Benfica	**2:10.49**	+0,79	649	
	50m: 30.80 30.80 100m: 1:03.20 32.40 150m: 1:36.95 33.75 200m: 2:10.49 33.54						
16.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:11.30**	+0,81	637	
	50m: 30.36 30.36 100m: 1:03.39 33.03 150m: 1:37.40 34.01 200m: 2:11.30 33.90						
17.	PINHO Carolina Teixeira	04	Porto	**2:12.34**	+0,74	622	
	50m: 30.76 30.76 100m: 1:04.78 34.02 150m: 1:38.45 33.67 200m: 2:12.34 33.89						
18.	PIRES Marta Joao	05	Alges	**2:12.55**	+0,73	619	
	50m: 30.91 30.91 100m: 1:04.26 33.35 150m: 1:38.62 34.36 200m: 2:12.55 33.93						
19.	RODRIGUES Joana Francisca	04	Uniao Coimbra	**2:12.58**	+0,74	618	
	50m: 31.09 31.09 100m: 1:04.64 33.55 150m: 1:38.99 34.35 200m: 2:12.58 33.59						
20.	LOPES Daniela Magalhaes	05	Famalicao	**2:12.85**	+0,75	615	
	50m: 30.81 30.81 100m: 1:04.80 33.99 150m: 1:39.27 34.47 200m: 2:12.85 33.58						

Final C

21.	SOARES Catarina Silva	03	Porto	**2:10.61**	+0,70	647	
	50m: 29.72 29.72 100m: 1:02.86 33.14 150m: 1:36.86 34.00 200m: 2:10.61 33.75						
22.	MENDES Mariana Amaral	02	Colegio Monte Maior	**2:12.02**	+0,76	626	
	50m: 31.32 31.32 100m: 1:05.07 33.75 150m: 1:38.81 33.74 200m: 2:12.02 33.21						
23.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:12.04**	+0,62	626	
	50m: 30.99 30.99 100m: 1:04.56 33.57 150m: 1:39.43 34.87 200m: 2:12.04 32.61						
24.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:12.54**	+0,78	619	
	50m: 30.68 30.68 100m: 1:04.62 33.94 150m: 1:39.60 34.98 200m: 2:12.54 32.94						
25.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**2:12.60**	+0,72	618	
	50m: 31.09 31.09 100m: 1:04.88 33.79 150m: 1:39.53 34.65 200m: 2:12.60 33.07						
26.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada / CA	**2:13.69**	+0,74	603	
	50m: 30.79 30.79 100m: 1:04.33 33.54 150m: 1:39.12 34.79 200m: 2:13.69 34.57						
27.	SOARES Carolina Silva	03	Natacao de Valongo	**2:14.73**	+0,83	589	
	50m: 31.19 31.19 100m: 1:05.14 33.95 150m: 1:40.49 35.35 200m: 2:14.73 34.24						
28.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:15.36**	+0,77	581	
	50m: 31.16 31.16 100m: 1:05.27 34.11 150m: 1:40.24 34.97 200m: 2:15.36 35.12						
29.	PEREIRA Carolina Rei	05	Clube Natacao de Vagos	**2:17.55**	+0,72	554	
	50m: 31.15 31.15 100m: 1:05.71 34.56 150m: 1:40.93 35.22 200m: 2:17.55 36.62						
30.	SIMOES Ana Beatriz	05	Sporting	**2:18.14**	+0,77	547	
	50m: 30.55 30.55 100m: 1:04.83 34.28 150m: 1:41.10 36.27 200m: 2:18.14 37.04						

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Prova 34 — Masc., 400m Livres — Absolutos
07-04-2019 - 17:30 — Resultados Final

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

PreJun_Masc Juv: 4:08.52 / CEJun_Masc 15 - 18: 4:01.28 / CMJ_Masc 15 - 18: 3:56.53 / CMPL Sen: 3:48.15 / JO Absoluto: 3:46.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1. LOPES Jose Paulo — 00 — Braga — **3:55.33** — +0,66 — 817

50m:	27.12	27.12	150m:	1:26.47	29.88	250m:	2:26.34	29.64	350m:	3:26.08	30.05
100m:	56.59	29.47	200m:	1:56.70	30.23	300m:	2:56.03	29.69	400m:	3:55.33	29.25

2. MOGNE Igor Araujo — 96 — Sporting — **3:55.65** — +0,74 — 814

50m:	27.07	27.07	150m:	1:26.53	29.99	250m:	2:27.23	30.33	350m:	3:27.06	29.85
100m:	56.54	29.47	200m:	1:56.90	30.37	300m:	2:57.21	29.98	400m:	3:55.65	28.59

3. PINA Guilherme Filipe — 98 — Sporting — **3:56.78** — +0,66 — 802

50m:	27.64	27.64	150m:	1:27.25	30.09	250m:	2:27.38	29.98	350m:	3:27.42	30.16
100m:	57.16	29.52	200m:	1:57.40	30.15	300m:	2:57.26	29.88	400m:	3:56.78	29.36

4. COSTA Tiago Cunha — 99 — Sporting — **3:58.39** — +0,68 — 786

50m:	27.21	27.21	150m:	1:26.27	29.81	250m:	2:27.11	30.48	350m:	3:29.25	31.09
100m:	56.46	29.25	200m:	1:56.63	30.36	300m:	2:58.16	31.05	400m:	3:58.39	29.14

5. SANTOS Pedro Miguel — 01 — Porto — **3:59.55** — +0,65 — 775
Minimos CE Jun

50m:	27.65	27.65	150m:	1:27.46	30.03	250m:	2:27.89	30.29	350m:	3:29.45	31.06
100m:	57.43	29.78	200m:	1:57.60	30.14	300m:	2:58.39	30.50	400m:	3:59.55	30.10

6. GIL Rafael Lourenco — 96 — Sporting — **4:01.49** — +0,70 — 756

50m:	27.70	27.70	150m:	1:28.22	30.26	250m:	2:29.72	30.50	350m:	3:31.26	30.74
100m:	57.96	30.26	200m:	1:59.22	31.00	300m:	3:00.52	30.80	400m:	4:01.49	30.23

7. JOSE Diogo Coelho — 01 — Columbofila Cantanhedense — **4:02.76** — +0,66 — 744

50m:	28.00	28.00	150m:	1:28.14	30.29	250m:	2:29.76	31.03	350m:	3:32.60	31.47
100m:	57.85	29.85	200m:	1:58.73	30.59	300m:	3:01.13	31.37	400m:	4:02.76	30.16

8. SANTO Filipe Miguel — 00 — Benfica — **4:05.86** — +0,78 — 717

50m:	28.17	28.17	150m:	1:29.19	31.23	250m:	2:31.62	30.78	350m:	3:35.66	31.95
100m:	57.96	29.79	200m:	2:00.84	31.65	300m:	3:03.71	32.09	400m:	4:05.86	30.20

9. CARVALHO Jose Paula — 98 — Benfica — **4:07.85** — +0,71 — 700

50m:	28.52	28.52	150m:	1:31.44	31.64	250m:	2:35.20	31.54	350m:	3:37.53	30.47
100m:	59.80	31.28	200m:	2:03.66	32.22	300m:	3:07.06	31.86	400m:	4:07.85	30.32

10. LOPES Tomas Teixeira — 02 — Foca — **4:34.51** — +0,66 — 515

50m:	26.54	26.54	150m:	1:24.48	29.25	250m:	2:38.83	45.14	350m:	3:57.95	38.13
100m:	55.23	28.69	200m:	1:53.69	29.21	300m:	3:19.82	40.99	400m:	4:34.51	36.56

Final B

11. CRISTINO David Matias — 01 — Uniao Piedense — **4:05.48** — +0,71 — 720

50m:	28.01	28.01	150m:	1:30.14	31.40	250m:	2:32.51	30.76	350m:	3:35.37	31.31
100m:	58.74	30.73	200m:	2:01.75	31.61	300m:	3:04.06	31.55	400m:	4:05.48	30.11

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FISIOPARTNER
TURBO
Sotécnica
COSMOS VIAGENS
pro'audio
CIMAI
Myrtha Pools

Prova 34, Masc., 400m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	NUNES Diogo Barbosa	00	Porto	**4:06.35**	+0,71	712	
	50m: 27.58 27.58 150m: 1:28.54 31.00 250m: 2:31.29 31.42 350m: 3:35.38 32.22						
	100m: 57.54 29.96 200m: 1:59.87 31.33 300m: 3:03.16 31.87 400m: 4:06.35 30.97						
13.	BASTOS Lucas Pereira	00	Nautico Academico	**4:06.42**	+0,69	712	
	50m: 28.06 28.06 150m: 1:28.86 30.83 250m: 2:31.02 30.84 350m: 3:34.88 32.16						
	100m: 58.03 29.97 200m: 2:00.18 31.32 300m: 3:02.72 31.70 400m: 4:06.42 31.54						
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	**4:08.32**	+0,75	696	
	50m: 29.51 29.51 150m: 1:32.51 31.50 250m: 2:35.45 31.19 350m: 3:38.08 31.03						
	100m: 1:01.01 31.50 200m: 2:04.26 31.75 300m: 3:07.05 31.60 400m: 4:08.32 30.24						
15.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:12.57**	+0,73	661	
	50m: 27.40 27.40 150m: 1:27.55 30.60 250m: 2:30.99 32.16 350m: 3:38.86 34.46						
	100m: 56.95 29.55 200m: 1:58.83 31.28 300m: 3:04.40 33.41 400m: 4:12.57 33.71						
16.	AMARAL Francisco Rodriguez	02	Campinho	**4:13.59**	+0,64	653	
	50m: 28.76 28.76 150m: 1:31.86 31.90 250m: 2:36.45 32.16 350m: 3:41.61 32.56						
	100m: 59.96 31.20 200m: 2:04.29 32.43 300m: 3:09.05 32.60 400m: 4:13.59 31.98						
17.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:14.17**	+0,74	649	
	50m: 28.77 28.77 150m: 1:32.81 32.07 250m: 2:37.63 32.10 350m: 3:42.46 31.97						
	100m: 1:00.74 31.97 200m: 2:05.53 32.72 300m: 3:10.49 32.86 400m: 4:14.17 31.71						
18.	VAKULYUK Paulo	03	Torres Novas	**4:14.36**	+0,68	647	
	50m: 27.67 27.67 150m: 1:29.55 31.22 250m: 2:34.91 32.96 350m: 3:42.65 34.30						
	100m: 58.33 30.66 200m: 2:01.95 32.40 300m: 3:08.35 33.44 400m: 4:14.36 31.71						
19.	CARVALHO Daniel Luis	02	Braga	**4:16.54**	+0,83	631	
	50m: 28.58 28.58 150m: 1:32.67 32.80 250m: 2:38.41 33.16 350m: 3:44.85 33.24						
	100m: 59.87 31.29 200m: 2:05.25 32.58 300m: 3:11.61 33.20 400m: 4:16.54 31.69						
20.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:17.13**	+0,80	626	
	50m: 28.61 28.61 150m: 1:31.45 31.52 250m: 2:36.07 32.45 350m: 3:42.89 33.43						
	100m: 59.93 31.32 200m: 2:03.62 32.17 300m: 3:09.46 33.39 400m: 4:17.13 34.24						
Final C							
21.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:13.44**	+0,68	654	
	50m: 29.44 29.44 150m: 1:34.68 33.01 250m: 2:37.92 31.69 350m: 3:42.50 32.26						
	100m: 1:01.67 32.23 200m: 2:06.23 31.55 300m: 3:10.24 32.32 400m: 4:13.44 30.94						
22.	JACINTO Rafael Rodrigues	02	Belenenses	**4:13.94**	+0,76	650	
	50m: 29.00 29.00 150m: 1:33.10 32.62 250m: 2:37.18 31.83 350m: 3:41.61 32.43						
	100m: 1:00.48 31.48 200m: 2:05.35 32.25 300m: 3:09.18 32.00 400m: 4:13.94 32.33						
23.	DEUS Andre Portugal	02	Naval do Funchal	**4:16.99**	+0,66	627	
	50m: 28.99 28.99 150m: 1:33.99 32.64 250m: 2:40.19 32.94 350m: 3:46.21 32.78						
	100m: 1:01.35 32.36 200m: 2:07.25 33.26 300m: 3:13.43 33.24 400m: 4:16.99 30.78						
24.	ALMEIDA Bernardo Victorino	04	Sporting	**4:17.20**	+0,80	626	
	50m: 28.63 28.63 150m: 1:33.48 32.58 250m: 2:39.29 32.58 350m: 3:45.69 32.85						
	100m: 1:00.90 32.27 200m: 2:06.71 33.23 300m: 3:12.84 33.55 400m: 4:17.20 31.51						
25.	OLIVEIRA Vitor Teixeira	03	Columbofila Cantanhedense	**4:17.47**	+0,70	624	
	50m: 29.39 29.39 150m: 1:34.47 32.67 250m: 2:39.97 32.64 350m: 3:46.14 33.13						
	100m: 1:01.80 32.41 200m: 2:07.33 32.86 300m: 3:13.01 33.04 400m: 4:17.47 31.33						

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Prova 34, Masc., 400m Livres, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	CARVALHO Fernando Costa	03	Foca	**4:22.61**	+0,74	588	
	50m: 29.23 29.23 150m: 1:36.66 33.59 250m: 2:43.90 32.85 350m: 3:50.34 32.70						
	100m: 1:03.07 33.84 200m: 2:11.05 34.39 300m: 3:17.64 33.74 400m: 4:22.61 32.27						
27.	MACHADO Martim Miranda	03	Uniao Coimbra	**4:23.50**	+0,77	582	
	50m: 29.86 29.86 150m: 1:35.44 33.22 250m: 2:42.51 34.00 350m: 3:50.47 34.21						
	100m: 1:02.22 32.36 200m: 2:08.51 33.07 300m: 3:16.26 33.75 400m: 4:23.50 33.03						
28.	DIAS Rodrigo Reis	03	Belenenses	**4:27.17**	+0,68	558	
	50m: 28.74 28.74 150m: 1:35.71 33.84 250m: 2:43.95 33.84 350m: 3:53.29 34.47						
	100m: 1:01.87 33.13 200m: 2:10.11 34.40 300m: 3:18.82 34.87 400m: 4:27.17 33.88						
29.	LOPES Luis Afonso	03	Viver Santarem	**4:32.00**	+0,72	529	
	50m: 30.28 30.28 150m: 1:37.00 33.96 250m: 2:47.24 35.21 350m: 3:57.32 34.85						
	100m: 1:03.04 32.76 200m: 2:12.03 35.03 300m: 3:22.47 35.23 400m: 4:32.00 34.68						
DSQ	LEBRE Diogo Ramos	01	Benfica				
	- Comportamento anti-desportivo						

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