

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

20-12-2019 - 9:00

Prova 1	Masc., 800m Livres					Absolutos
20-12-2019 - 9:00						Resultados
RN25 Absoluto	7:46.18	NASCIMENTO	Miguel Duarte	SLB	Porto	08-12-2017
RN25 Sen	7:46.18	NASCIMENTO	Miguel Duarte	SLB	Porto	08-12-2017
RN25 Jun18	7:56.76	PINA	Guilherme Filipe	BSCN	Porto	11-12-2015
RN25 Jun17	8:00.80	SANTA	Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Jose Paulo	00	Braga	7:42.14	+0,67	883		
	<i>Rec Nacional, Sen e Abs</i>							
	50m: 25.97	25.97	250m: 2:21.63	29.10	450m: 4:18.12	28.69	650m: 6:14.98	29.35
	100m: 54.45	28.48	300m: 2:50.85	29.22	500m: 4:47.22	29.10	700m: 6:44.40	29.42
	150m: 1:23.29	28.84	350m: 3:20.18	29.33	550m: 5:16.31	29.09	750m: 7:14.09	29.69
	200m: 1:52.53	29.24	400m: 3:49.43	29.25	600m: 5:45.63	29.32	800m: 7:42.14	28.05
2.	GIL Rafael Lourenco	96	Sporting	7:56.53	+0,74	805		
	50m: 27.40	27.40	250m: 2:26.25	29.97	450m: 4:26.51	30.01	650m: 6:26.86	30.17
	100m: 56.63	29.23	300m: 2:56.25	30.00	500m: 4:56.54	30.03	700m: 6:57.05	30.19
	150m: 1:26.30	29.67	350m: 3:26.36	30.11	550m: 5:26.55	30.01	750m: 7:27.24	30.19
	200m: 1:56.28	29.98	400m: 3:56.50	30.14	600m: 5:56.69	30.14	800m: 7:56.53	29.29
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	8:13.31		726		
	50m: 28.61	28.61	250m: 2:32.09	31.04	450m: 4:37.34	31.37	650m: 6:42.05	31.09
	100m: 59.49	30.88	300m: 3:03.36	31.27	500m: 5:08.59	31.25	700m: 7:13.42	31.37
	150m: 1:30.34	30.85	350m: 3:34.40	31.04	550m: 5:39.84	31.25	750m: 7:43.99	30.57
	200m: 2:01.05	30.71	400m: 4:05.97	31.57	600m: 6:10.96	31.12	800m: 8:13.31	29.32
4.	SANTOS Pedro Miguel	01	Porto	8:18.85	+0,63	702		
	50m: 27.74	27.74	250m: 2:27.73	30.17	450m: 4:32.63	31.68	650m: 6:42.77	32.59
	100m: 57.83	30.09	300m: 2:58.36	30.63	500m: 5:04.67	32.04	700m: 7:15.05	32.28
	150m: 1:27.63	29.80	350m: 3:29.56	31.20	550m: 5:37.05	32.38	750m: 7:46.44	31.39
	200m: 1:57.56	29.93	400m: 4:00.95	31.39	600m: 6:10.18	33.13	800m: 8:18.85	32.41
5.	CRUZ Miguel Duarte	99	S15 Belenenses	9:07.81	+0,60	530		
	<i>Rec Nacional S15</i>							
	50m: 30.49	30.49	250m: 2:48.95	35.00	450m: 5:09.52	35.30	650m: 7:28.17	34.27
	100m: 1:04.29	33.80	300m: 3:24.13	35.18	500m: 5:43.94	34.42	700m: 8:01.69	33.52
	150m: 1:39.18	34.89	350m: 3:59.11	34.98	550m: 6:19.10	35.16	750m: 8:35.38	33.69
	200m: 2:13.95	34.77	400m: 4:34.22	35.11	600m: 6:53.90	34.80	800m: 9:07.81	32.43

Juniores

1.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	8:06.66	+1,82	756		
	50m: 27.98	27.98	250m: 2:26.97	30.18	450m: 4:28.95	30.53	650m: 6:33.47	31.45
	100m: 57.21	29.23	300m: 2:57.17	30.20	500m: 4:59.87	30.92	700m: 7:04.79	31.32
	150m: 1:26.86	29.65	350m: 3:27.63	30.46	550m: 5:30.85	30.98	750m: 7:36.14	31.35
	200m: 1:56.79	29.93	400m: 3:58.42	30.79	600m: 6:02.02	31.17	800m: 8:06.66	30.52
2.	DEUS Andre Portugal	02	Naval do Funchal	8:22.48	+0,59	687		
	50m: 27.86	27.86	250m: 2:30.79	31.14	450m: 4:37.44	31.78	650m: 6:44.19	32.16
	100m: 57.94	30.08	300m: 3:02.43	31.64	500m: 5:08.85	31.41	700m: 7:16.89	32.70
	150m: 1:28.56	30.62	350m: 3:34.03	31.60	550m: 5:40.34	31.49	750m: 7:49.76	32.87
	200m: 1:59.65	31.09	400m: 4:05.66	31.63	600m: 6:12.03	31.69	800m: 8:22.48	32.72

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Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	AMARAL Francisco Rodriguez	02	Campinho	8:26.87	+0,73	669	
	50m: 28.40 28.40	250m: 2:31.28	31.26	450m: 4:38.18	31.76	650m: 6:48.05	32.52
	100m: 58.58 30.18	300m: 3:03.12	31.84	500m: 5:10.23	32.05	700m: 7:20.81	32.76
	150m: 1:29.12 30.54	350m: 3:34.75	31.63	550m: 5:42.75	32.52	750m: 7:54.03	33.22
	200m: 2:00.02 30.90	400m: 4:06.42	31.67	600m: 6:15.53	32.78	800m: 8:26.87	32.84

Prova 13

Femin., 4 x 50m Livres

Absolutos

20-12-2019 - 9:00

Resultados

RN25 Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	Alges-SEN			Alges	1:44.40	+0,76	727	
	PEREIRA Raquel Gomes	00	+0,76	26.47	AZEVEDO Rafaela Gomes	02	+0,24	25.97
	SOUSA Ana Reis	02	+0,24	26.36	FRISCHKNECHT Rita Barros	98	+0,23	25.60
2.	Sporting-SEN			Sporting	1:44.49	+0,71	725	
	FERNANDES Ines Camacho	97	+0,71	26.61	HENRIQUES Ines Jacinto	00	+0,42	26.73
	PINTO Mafalda Marques	02	+0,23	26.29	VIEGAS Beatriz Mendes	00	+0,45	24.86
3.	Porto-SEN			Porto	1:45.82	+1,80	698	
	FERREIRA Catarina Maria	98	+1,80	26.36	FARIA Ana Rita	00	+0,66	26.65
	OLIVEIRA Rosa Maria	96	+0,77	26.08	RAMOS Ana Rita	02		26.73
4.	Benfica-SEN			Benfica	1:47.54	+0,57	665	
	PINA Ana Sofia	02	+0,57	27.38	DURAES Diana Margarida	96	+0,42	26.43
	ANDRE Leticia Maia	02	+0,40	26.51	ROLAO Sofia Alexandra	98	+0,36	27.22
5.	Galitos / Bresimar-SEN			Galitos / Bresimar	1:49.72		627	
	AMADOR Joana Costa	01		27.38	MONTEIRO Margarida Cabral	02	+0,43	27.58
	RODRIGUES Ana Margarida	96	+0,31	27.24	SANTOS Ana Pedro	02	+0,30	27.52

Prova 14

Masc., 4 x 50m Livres

Absolutos

20-12-2019 - 9:00

Resultados

RN25 Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
RN25 Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	08-12-2017

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Prova 14, Masc., 4 x 50m Livres

Seniores

1. Sporting-SEN			Sporting		1:31.44	+0,74	715
MOGNE Igor Araujo	96	+0,74	23.31	SANTOS Francisco Rogerio	98	+0,23	22.69
COSTA Tiago Cunha	99	+0,29	23.50	SANTOS Alexis Manacas	92	+0,54	21.94
2. Benfica-SEN			Benfica		1:31.65	+0,66	710
MARQUES Miguel Henriques	00	+0,66	22.91	NASCIMENTO Miguel Duarte	95	+0,36	21.68
CORREIA Joao Mota	97	+0,32	24.08	LEBRE Diogo Ramos	01	+0,17	22.98
3. Alges-SEN			Alges		1:32.75		685
MACHADO Francisco Carvalho	98		23.57	PON Hugo	98	-0,03	23.42
SANTOS Pedro Andre	94	0.00	22.69	BATE Afonso Ribeiro	98	+0,54	23.07
4. Belenenses-SEN			Belenenses		1:33.53	+0,61	668
RAMOS Bruno Miguel	97	+0,61	23.35	CORREIA Diogo Carrasco	95	+0,18	23.70
PADRELA Joao Esteves	99	+0,28	22.97	FERNANDES Joao Diogo	98	+0,24	23.51
5. Porto-SEN			Porto		1:33.90	+0,57	661
NUNES Porfirio Braga	00	+0,57	23.34	MACHADO Bruno Rafael	01	+0,21	23.14
AMORIM Alexandre Ferreira	99	+0,15	23.62	NUNES Diogo Barbosa	00	+0,19	23.80
6. Vikings-SEN			Vikings		1:34.06	+0,68	657
COTOVIO Ricardo Ferreira	91	+0,68	24.02	JESUS Afonso Guilherme	00	+0,42	24.24
LEIRIA David Miguel	93	+0,25	23.22	DIAS Guilherme Pereira	97	+0,33	22.58
7. Famalicao-SEN			Famalicao		1:34.08	+0,66	657
FERNANDES Pedro Miguel	99	+0,66	23.48	FARIA Rui Pedro	94	+0,42	23.86
VAZ Luis Emanuel	91	+0,28	23.43	TINOCO Joao Pereira	00	+0,25	23.31
8. Braga-SEN			Braga		1:34.36	+0,64	651
LOPES Jose Paulo	00	+0,64	23.49	LOPES Joao Francisco	98	+0,14	23.33
SIMÕES Rafael Gomes	00	+0,28	23.69	MACHADO Ricardo Manuel	93	+0,18	23.85
9. Uniao Piedense-SEN			Uniao Piedense		1:37.47	+0,70	591
CAMOES Tiago Maria	01	+0,70	24.29	SANTOS Edgar Filipe	01	+0,26	24.96
LOPES Carlos Filipe	01	+0,22	24.07	CRISTINO David Matias	01	+0,18	24.15

Juniores

1. Sporting-JUN			Sporting		1:36.21	+0,69	614
FERNANDES Eduardo Gomes	02	+0,69	24.07	PINTO Pedro Miguel	02	+0,26	24.36
DOMINGOS Ruy Manuel	02	+0,39	24.18	NUNES Francisco Costa	02	+0,15	23.60
2. Galitos / Bresimar-JUN			Galitos / Bresimar		1:36.59	+1,59	607
MACHADO Tiago Andrade	02	+1,59	23.30	GONCALVES Jorge Miguel	03	+0,58	24.86
RIBEIRO Gustavo Carvalhais	03		23.66	FARDILHA Manuel Cruz	03	+0,97	24.77
3. Uniao Piedense-JUN			Uniao Piedense		1:42.63	+0,65	506
GOMES Tomas Nogueira	03	+0,65	24.38	OSSENBRUGGEN David Van	03	+0,33	26.34
CRISTINO Guilherme Matias	03	+0,33	25.99	CORREIA Luis Carlos	03	+0,77	25.92

Prova 2
20-12-2019 - 9:05

Femin., 100m Bruços

Absolutos
Resultados Elimin

RN25 Absoluto	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:08.02	PEREIRA Raquel Gomes	SAD	Funchal	09-12-2016
RN25 Jun16	1:08.85	RODRIGUES Ana Pinho	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	KAMINSKAYA Victoria	95	Benfica	1:11.29	+0,73	Q	669
	50m: 33.90 33.90	100m: 1:11.29	37.39				
2.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	1:12.11	+0,74	Q	646
	50m: 34.55 34.55	100m: 1:12.11	37.56				
3.	MACHADO Luisa Maria	01	Uniao Piedense	1:12.64	+0,81	Q	632
	50m: 34.87 34.87	100m: 1:12.64	37.77				
4.	PEREIRA Clara Gomes	02	Alges	1:12.85	+1,94	Q	627
	50m: 34.47 34.47	100m: 1:12.85	38.38				
5.	BORGES Claudia Ferreira	99	Sporting	1:12.87	+0,66	Q	626
	50m: 34.56 34.56	100m: 1:12.87	38.31				
6.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	1:13.98	+0,70	Q	598
	50m: 34.79 34.79	100m: 1:13.98	39.19				
7.	LEONARDO Rute Isabel	98	Nautico Abrantes	1:15.15	+0,77	Q	571
	50m: 35.39 35.39	100m: 1:15.15	39.76				
8.	SILVA Natacha Sofia	02	Benfica	1:15.17		Q	570
	50m: 35.33 35.33	100m: 1:15.17	39.84				
9.	TEIXEIRA Ines Oliveira	02	Estarreja	1:15.55		R	562
	50m: 34.91 34.91	100m: 1:15.55	40.64				
10.	LEITAO Rita Fernandes	96	Natacao de Lisboa	1:16.52	+0,81	R	541
	50m: 35.43 35.43	100m: 1:16.52	41.09				
DNS	FIGUEIRA Isabel Maria	79	Braga				

Juniores

1.	CERDEIRA Madalena Reis	03	Sporting	1:12.32	+0,74	Q	641
	50m: 34.55 34.55	100m: 1:12.32	37.77				
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	1:13.83	+0,88	Q	602
	50m: 35.07 35.07	100m: 1:13.83	38.76				
3.	FIAL Sofia Nunes	03	Estamos Juntos	1:14.51		Q	586
	50m: 34.71 34.71	100m: 1:14.51	39.80				
4.	RODRIGUES Lidiana Correia	04	Belenenses	1:14.52	+0,65	Q	586
	50m: 35.08 35.08	100m: 1:14.52	39.44				
5.	CASTRO Maria Freitas	03	Fafe	1:14.73	+0,70	Q	581
	50m: 35.53 35.53	100m: 1:14.73	39.20				
6.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	1:14.91	+0,54	Q	576
	50m: 35.70 35.70	100m: 1:14.91	39.21				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	FERREIRA Margarida Filipe 50m: 35.35 35.35 100m: 1:15.59 40.24	04	Cova da Piedade	1:15.59		Q 561	
8.	DOMINGUES Luana Pinto 50m: 35.65 35.65 100m: 1:15.82 40.17	03	BA-Leiria	1:15.82	+0,61	Q 556	
9.	ALVES Andreia Wongsangnoi 50m: 35.89 35.89 100m: 1:16.50 40.61	03	Colegio Monte Maior	1:16.50	+0,71	R 541	
10.	RODRIGUES Marta Silva 50m: 35.72 35.72 100m: 1:16.70 40.98	04	Naval Povoense	1:16.70	+0,93	R 537	
11.	MORAIS Margarida Mateus 50m: 37.02 37.02 100m: 1:17.35 40.33	04	Torres Novas	1:17.35		524	
12.	DOMINGUES Matilde Mota 50m: 35.95 35.95 100m: 1:17.74 41.79	03	Colegio SMLamas	1:17.74		516	
13.	FERNANDES Ana Catarina 50m: 36.67 36.67 100m: 1:18.02 41.35	03	Naval do Funchal	1:18.02	+0,62	510	
14.	VIANA Carolina Pereira 50m: 35.92 35.92 100m: 1:18.65 42.73	04	Aquatico Silves	1:18.65	+0,75	498	
15.	CARVALHO Bruna Cruz 50m: 38.00 38.00 100m: 1:19.96 41.96	03	S. Pedro Alva	1:19.96	+0,73	474	
16.	HENRIQUES Daniela Mascarenhas 50m: 37.24 37.24 100m: 1:20.12 42.88	03	Gesloures	1:20.12	+0,69	471	
17.	DOMINGOS Marta Pereira 50m: 37.61 37.61 100m: 1:20.54 42.93	04	Uniao Piedense	1:20.54		464	

Prova 3

Masc., 100m Bruços

Absolutos

20-12-2019 - 9:15

Resultados Elimin

RN25 Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Sen	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Jun18	1:01.25	AGOSTINHO Pedro Miguel	SCP	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:02.99	SANTOS Andre Goncalo	LSC	Felgueiras	21-12-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	QUINTAS Francisco Robalo 50m: 28.69 28.69 100m: 1:00.45 31.76	95	Belenenses	1:00.45	+0,64	Q 778	
2.	CARVALHO Diogo Filipe 50m: 28.63 28.63 100m: 1:00.48 31.85	88	Galitos / Bresimar	1:00.48	+0,70	Q 777	
3.	SANTOS Alexis Manacas 50m: 28.92 28.92 100m: 1:00.96 32.04	92	Sporting	1:00.96	+0,65	Q 759	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	LOPES Gabriel Jose 50m: 29.40 29.40	97	Louzan Natacao/EFAPEL	1:01.41 32.01	+0,63	Q	742
5.	SIMOES Rafael Gomes 50m: 28.78 28.78	00	Braga	1:01.54 32.76	+0,80	Q	737
6.	AMORIM Alexandre Ferreira 50m: 29.57 29.57	99	Porto	1:02.13 32.56	+0,67	Q	717
7.	VELOSO Tomas Miguel 50m: 29.45 29.45	96	Nautico Coimbra	1:02.16 32.71	+0,62	Q	716
8.	FRISCHKNECHT Renato Barros 50m: 29.46 29.46	01	Alges	1:02.67 33.21	+1,31	Q	698
9.	PON Hugo 50m: 29.55 29.55	98	Alges	1:02.91 33.36	+1,07	R	690
10.	MENDES Antonio Manuel 50m: 29.90 29.90	99	Sporting	1:02.96 33.06	+0,70	R	689
11.	RAMOS Filipe Carmo 50m: 29.55 29.55	97	Vilacondense	1:03.27 33.72	+0,73		678
12.	CARVALHO Ruben Paiva 50m: 29.84 29.84	94	Academica de Coimbra	1:03.29 33.45	+0,90		678
13.	VITAL Joao Alexandre 50m: 30.13 30.13	98	Sporting	1:03.78 33.65	+0,67		662
14.	GRENHO Andre Tavares 50m: 29.98 29.98	99	Geslours	1:04.04 34.06	+0,63		654
15.	RAMOS Bruno Miguel 50m: 30.74 30.74	97	Belenenses	1:04.99 34.25	+0,63		626
16.	CABRITO Rodrigo Almeida 50m: 31.19 31.19	01	Belenenses	1:06.06 34.87	+0,67		596
17.	MARTINS Bruno Miguel 50m: 30.97 30.97	93	Geslours	1:06.14 35.17	+0,70		594
18.	GOMES Filipe Miguel 50m: 31.24 31.24	97	BA-Leiria	1:06.56 35.32	+0,48		583
19.	VIANA Luis Filipe 50m: 32.01 32.01	89	CLAC-Entroncamento	1:06.92 34.91	+0,72		573
20.	GASPAR Miguel Caridade 50m: 31.67 31.67	99	Academica de Coimbra	1:07.10 35.43	+0,76		569
DNS	CAPITAO Simao Miguel	97	Colegio SMLamas				

Prova 3, Masc., 100m Bruços, Elimin

Juniores

1.	PEREIRA Ricardo Samuel	03	Benfica	1:04.78	+0,65	Q	632
	50m: 31.06 31.06	100m: 1:04.78	33.72				
2.	NUNES Francisco Costa	02	Sporting	1:04.90	+0,70	Q	629
	50m: 31.33 31.33	100m: 1:04.90	33.57				
3.	CARNEIRO Joao Soares	03	Benfica	1:04.97	+0,63	Q	627
	50m: 30.71 30.71	100m: 1:04.97	34.26				
4.	LOPES Luis Afonso	03	Viver Santarem	1:05.79	+0,72	Q	603
	50m: 31.01 31.01	100m: 1:05.79	34.78				
5.	MATEUS Diogo Garcez	02	AONDA-Azeitao	1:06.09	+0,68	Q	595
	50m: 30.65 30.65	100m: 1:06.09	35.44				
6.	JUNIOR Luis Cabral	03	Belenenses	1:06.46	+0,70	Q	585
	50m: 30.70 30.70	100m: 1:06.46	35.76				
7.	MATIAS Rafael Candeias	03	Natacao de Lagos	1:06.65	+1,90	Q	580
	50m: 30.95 30.95	100m: 1:06.65	35.70				
8.	SANTOS Afonso Amaro	02	Geslours	1:06.67	+0,48	Q	580
	50m: 31.18 31.18	100m: 1:06.67	35.49				
9.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	1:07.26	+0,68	R	565
	50m: 31.47 31.47	100m: 1:07.26	35.79				
10.	LEITAO Tomas Almeida	03	Alges	1:08.30	+0,66	R	539
	50m: 31.53 31.53	100m: 1:08.30	36.77				
11.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	1:08.42	+0,66		536
	50m: 32.08 32.08	100m: 1:08.42	36.34				
12.	MALFEITO Martim Rebelo	02	Sporting	1:09.40	+0,72		514
	50m: 32.17 32.17	100m: 1:09.40	37.23				
13.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	1:09.41	+0,63		514
	50m: 32.62 32.62	100m: 1:09.41	36.79				
14.	MATOS Rodrigo Vieira	03	Naval do Funchal	1:09.63	+0,71		509
	50m: 32.48 32.48	100m: 1:09.63	37.15				
DNS	OSSENBRUGGEN David Van	03	Uniao Piedense				

Prova 4

Femin., 100m Livres

Absolutos
Resultados Elimin

20-12-2019 - 9:25

RN25 Absoluto	55.12	RODRIGUES Ana Pinho	ADS	Felgueiras	21-12-2018
RN25 Sen	55.12	RODRIGUES Ana Pinho	ADS	Felgueiras	21-12-2018
RN25 Jun17	56.07	SOUSA Ana Reis	SAD	Felgueiras	21-12-2018
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	VIEGAS Beatriz Mendes	00	Sporting	57.14	+0,60 Q	680
	50m: 27.38 27.38	100m: 57.14	29.76			
2.	SOUSA Ana Reis	02	Alges	57.20	+0,73 Q	677
	50m: 27.87 27.87	100m: 57.20	29.33			
3.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	57.72	+0,74 Q	659
	50m: 27.79 27.79	100m: 57.72	29.93			
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	57.98	Q	650
	50m: 27.80 27.80	100m: 57.98	30.18			
5.	FERREIRA Catarina Maria	98	Porto	58.83	+0,70 Q	623
	50m: 28.11 28.11	100m: 58.83	30.72			
6.	CASTRO Adriana Daniela	97	Leixoes	58.95	+0,55 Q	619
	50m: 28.36 28.36	100m: 58.95	30.59			
7.	OLIVEIRA Rosa Maria	96	Porto	58.99	+0,81 Q	618
	50m: 28.56 28.56	100m: 58.99	30.43			
	ANDRE Leticia Maia	02	Benfica	58.99	+0,65 Q	618
	50m: 28.16 28.16	100m: 58.99	30.83			
9.	FARIA Ana Rita	00	Porto	59.13	+0,70 R	613
	50m: 28.70 28.70	100m: 59.13	30.43			
10.	AMADOR Joana Costa	01	Galitos / Bresimar	59.29	+0,53 R	608
	50m: 28.41 28.41	100m: 59.29	30.88			
11.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	59.72	+0,72	595
	50m: 28.80 28.80	100m: 59.72	30.92			
12.	ROLAO Sofia Alexandra	98	Benfica	59.87	+0,55	591
	50m: 28.56 28.56	100m: 59.87	31.31			
13.	PINTO Mafalda Marques	02	Sporting	59.90		590
	50m: 28.32 28.32	100m: 59.90	31.58			
14.	MOREIRA Matilde Freitas	01	Academica de Coimbra	1:00.07	+0,68	585
	50m: 28.56 28.56	100m: 1:00.07	31.51			

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	58.33	+0,67 Q	639
	50m: 28.41 28.41	100m: 58.33	29.92			
2.	MARQUES Maria Vieira	04	Natacao de Vagos	58.63	+0,72 Q	629
	50m: 28.48 28.48	100m: 58.63	30.15			
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	58.75	+0,80 Q	625
	50m: 28.34 28.34	100m: 58.75	30.41			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	PEREIRA Maria Gomes 50m: 28.12 28.12	04	Alges	58.83 100m: 58.83 30.71	+0,67	Q 623	
5.	MOURA Maria Ferreira 50m: 28.51 28.51	04	Sporting	59.24 100m: 59.24 30.73		Q 610	
6.	SOARES Catarina Silva 50m: 28.45 28.45	03	Porto	1:00.18 100m: 1:00.18 31.73	+0,74	Q 582	
7.	DELFINO Mariana Morais 50m: 29.69 29.69	04	Sporting	1:00.73 100m: 1:00.73 31.04		Q 566	
8.	RODRIGUES Joana Francisca 50m: 29.13 29.13	04	Uniao Coimbra	1:01.06 100m: 1:01.06 31.93		Q 557	
9.	CASAL Beatriz Goncalves 50m: 29.29 29.29	03	Torres Novas	1:01.12 100m: 1:01.12 31.83	+0,72	R 555	
10.	MOITEIRO Bruna Silva 50m: 29.80 29.80	04	Nautico Marinha Grande	1:01.21 100m: 1:01.21 31.41	+0,85	R 553	
11.	RODRIGUES Helena Nunes 50m: 29.45 29.45	03	Alges e Agueda XXI	1:01.77 100m: 1:01.77 32.32		538	
12.	JESUS Maria Crista 50m: 29.57 29.57	03	Louletano / Loule Concelho	1:01.79 100m: 1:01.79 32.22	+0,73	537	
EXH	FOMINA Anna 50m: 28.62 28.62	02	Louletano / Loule Concelho	59.03 100m: 59.03 30.41	+0,66	616	

Prova 5

Masc., 100m Livres

20-12-2019 - 9:35

Absoluto
Resultados Elimin

RN25 Absoluto	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.87	VENANCIO Tiago Andre	CNS	Estoril	14-02-2004
RN25 Juv A	50.82	VENANCIO Tiago Andre	CNS	Braga	23-03-2003
RN25 Juv B	52.29	RIBEIRO Diogo Matos	CUC	Coimbra	11-05-2019
RN25 Inf A	54.35	RIBEIRO Diogo Matos	CUC	S. António Cavaleiros	01-07-2018
RN25 Inf B	57.40	PEREIRA Tiago Filipe	DNMG	Caldas da Rainha	11-07-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	RIBAS Alexandre Lages 50m: 23.81 23.81	97	Desportiva Viana	49.53 100m: 49.53 25.72	+0,67	Q 746	
2.	NASCIMENTO Miguel Duarte 50m: 24.06 24.06	95	Benfica	50.11 100m: 50.11 26.05	+0,62	Q 721	
3.	MADUREIRA Gustavo Almeida 50m: 24.00 24.00	94	Academica de Coimbra	50.53 100m: 50.53 26.53	+0,60	Q 703	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	SANTOS Pedro Andre 50m: 24.12 24.12	94	Alges	50.58	+0,69 Q	701	
5.	COSTA Tiago Cunha 50m: 24.74 24.74	99	Sporting	50.59	+0,63 Q	700	
6.	VELOSO Tomas Miguel 50m: 24.76 24.76	96	Nautico Coimbra	50.88	+0,65 Q	689	
7.	PINHO Manuel Antonio 50m: 24.63 24.63	01	Feirense	50.91	+1,46 Q	687	
	PADRELA Joao Esteves 50m: 24.49 24.49	99	Belenenses	50.91	+0,64 Q	687	
9.	PEDRO Daniel Rochinha 50m: 24.58 24.58	98	Bombeiros Estoris	51.09	+0,63 R	680	
10.	MOGNE Igor Araujo 50m: 24.34 24.34	96	Sporting	51.10	+0,70 R	680	
11.	LEBRE Diogo Ramos 50m: 24.84 24.84	01	Benfica	51.21	+0,68	675	
12.	DIAS Guilherme Pereira 50m: 24.47 24.47	97	Vikings	51.24	+0,66	674	
13.	BATE Afonso Ribeiro 50m: 24.69 24.69	98	Alges	51.32	+0,67	671	
14.	MARQUES Miguel Henriques 50m: 24.02 24.02	00	Benfica	51.42	+0,66	667	
15.	SANTOS Joao Duarte 50m: 25.17 25.17	95	Natacao de Olhao	51.46	+0,87	666	
16.	SANTOS Dario Almeida 50m: 24.27 24.27	93	Leixoes	51.49	+0,64	664	
17.	MACHADO Francisco Carvalho 50m: 25.05 25.05	98	Alges	52.34	+0,60	632	
18.	TINOCO Joao Pereira 50m: 24.98 24.98	00	Famalicao	52.43	+0,70	629	
19.	MORIM Ruben Jose 50m: 25.53 25.53	97	Vilacondense	52.66	+0,72	621	
20.	FERNANDES Pedro Miguel 50m: 25.25 25.25	99	Famalicao	53.00	+0,69	609	
21.	GOMES Filipe Miguel 50m: 26.31 26.31	97	BA-Leiria	55.35	+0,63	535	
22.	CAETANO Gino Santos <i>Rec Nacional S9</i> 50m: 26.80 26.80	94 S9	Galitos / Bresimar	55.67	+0,83	526	988
23.	GRACHAT David Realista 50m: 27.29 27.29	87 S9	Geslours	57.00	+0,77	490	951
24.	VIDEIRA Daniel Carlos 50m: 34.92 34.92	92 S6	Geslours	1:11.17	+1,62	251	842

Prova 5, Masc., 100m Livres, Elimin

Juniores

1.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	51.55	+0,68	Q	662
	50m: 24.91 24.91	100m: 51.55	26.64				
2.	MACHADO Tiago Andrade	02	Galitos / Bresimar	51.87	+0,58	Q	650
	50m: 25.29 25.29	100m: 51.87	26.58				
3.	VAKULYUK Paulo	03	Torres Novas	51.97	+0,69	Q	646
	50m: 24.99 24.99	100m: 51.97	26.98				
4.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	52.16	+1,21	Q	639
	50m: 25.07 25.07	100m: 52.16	27.09				
5.	LOURENCO Tiago Campos	02	Natacao de Valongo	52.83	+0,74	Q	615
	50m: 25.27 25.27	100m: 52.83	27.56				
6.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	52.95	+0,86	Q	611
	50m: 25.22 25.22	100m: 52.95	27.73				
7.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	52.99	+0,67	Q	609
	50m: 25.47 25.47	100m: 52.99	27.52				
8.	JACINTO Rafael Rodrigues	02	Belenenses	53.31	+0,68	Q	599
	50m: 25.47 25.47	100m: 53.31	27.84				
DNS	SIMOES Bernardo Jorge	02	Torres Novas				
DNS	DEUS Andre Portugal	02	Naval do Funchal				

Paralimpicos

1.	CAETANO Gino Santos	94	S9	Galitos / Bresimar	55.67	+0,83	526	988
	<i>Rec Nacional S9</i>							
	50m: 26.80 26.80	100m: 55.67	28.87					
2.	GRACHAT David Realista	87	S9	Geslours	57.00	+0,77	490	951
	50m: 27.29 27.29	100m: 57.00	29.71					
3.	VIDEIRA Daniel Carlos	92	S6	Geslours	1:11.17	+1,62	251	842
	50m: 34.92 34.92	100m: 1:11.17	36.25					
EXH	SILVA Fernando Souza	86		Uniao Piedense	50.54	+0,69	703	
	50m: 23.88 23.88	100m: 50.54	26.66					
EXH	FAUSTINO Matheus Costa	98		Braga	52.19	+1,84	638	
	50m: 24.94 24.94	100m: 52.19	27.25					

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Prova 6
20-12-2019 - 9:45

Femin., 200m Costas

Absolutos
Resultados Elimin

RN25 Absoluto	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Sen	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Jun17	2:11.46	AZEVEDO Rafaela Gomes	SAD	Felgueiras	21-12-2018
RN25 Jun16	2:11.74	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	FRISCHKNECHT Rita Barros	98	Alges	2:14.90	+1,06 Q	690
	50m: 31.31 31.31	100m: 1:04.96	33.65	150m: 1:39.77	34.81	200m: 2:14.90 35.13
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:16.14	+0,63 Q	671
	50m: 30.94 30.94	100m: 1:04.63	33.69	150m: 1:40.46	35.83	200m: 2:16.14 35.68
3.	AZEVEDO Rafaela Gomes	02	Alges	2:17.01	+1,10 Q	659
	50m: 30.34 30.34	100m: 1:04.89	34.55	150m: 1:40.99	36.10	200m: 2:17.01 36.02
4.	RAMOS Ana Rita	02	Porto	2:19.15	+0,63 Q	629
	50m: 31.74 31.74	100m: 1:06.49	34.75	150m: 1:42.83	36.34	200m: 2:19.15 36.32
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:19.36	+0,70 Q	626
	50m: 32.70 32.70	100m: 1:08.12	35.42	150m: 1:43.66	35.54	200m: 2:19.36 35.70
6.	CABRAL Maria Francisca	00	Porto	2:21.09	+0,60 Q	603
	50m: 32.46 32.46	100m: 1:07.90	35.44	150m: 1:44.19	36.29	200m: 2:21.09 36.90
7.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	2:23.24	+0,70 Q	576
	50m: 33.81 33.81	100m: 1:09.95	36.14	150m: 1:46.74	36.79	200m: 2:23.24 36.50
8.	FREIXO Juliana Lima	97	Braga	2:24.42	+0,74 Q	562
	50m: 33.38 33.38	100m: 1:10.03	36.65	150m: 1:47.69	37.66	200m: 2:24.42 36.73
9.	FERREIRA Ana Raquel	98	Natacao de Lisboa	2:25.60	+0,76 R	549
	50m: 33.16 33.16	100m: 1:09.25	36.09	150m: 1:47.37	38.12	200m: 2:25.60 38.23
10.	LASCU Nicoleta	02	Litoral Alentejano	2:28.65	+0,63 R	516
	50m: 35.02 35.02	100m: 1:12.68	37.66	150m: 1:51.22	38.54	200m: 2:28.65 37.43

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:12.70	+1,23 Q	725
	50m: 30.84 30.84	100m: 1:03.94	33.10	150m: 1:38.43	34.49	200m: 2:12.70 34.27
2.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:22.01	+0,55 Q	591
	50m: 32.79 32.79	100m: 1:08.41	35.62	150m: 1:44.95	36.54	200m: 2:22.01 37.06
3.	CRUZ Sara Moura	03	Alges	2:22.05	+0,64 Q	591
	50m: 33.11 33.11	100m: 1:08.54	35.43	150m: 1:45.26	36.72	200m: 2:22.05 36.79
4.	MARTINS Joana Ribeiro	03	Sporting	2:22.13	+0,65 Q	590
	50m: 33.33 33.33	100m: 1:09.40	36.07	150m: 1:46.04	36.64	200m: 2:22.13 36.09
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:23.43	+0,79 Q	574
	50m: 32.79 32.79	100m: 1:09.30	36.51	150m: 1:46.50	37.20	200m: 2:23.43 36.93
6.	PEIXEIRA Filipa Ramos	03	Sporting	2:24.23	+0,69 Q	564
	50m: 32.91 32.91	100m: 1:08.79	35.88	150m: 1:46.58	37.79	200m: 2:24.23 37.65
7.	COSTA Carolina Fale	04	Colegio Monte Maior	2:25.01	+0,61 Q	555
	50m: 34.38 34.38	100m: 1:10.79	36.41	200m: 2:25.01	1:14.22	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	MARQUES Mariana Nunes	03	Estarreja	2:26.50	+0,54 Q	539	
	50m: 33.84 33.84	100m: 1:11.22	37.38 150m: 1:49.14	37.92	200m: 2:26.50	37.36	
9.	SOARES Carolina Silva	03	Natacao de Valongo	2:26.74	+0,61 R	536	
	50m: 34.55 34.55	100m: 1:11.72	37.17 150m: 1:49.54	37.82	200m: 2:26.74	37.20	
10.	FERREIRA Maria Leonor	04	Desportivo Nacional	2:27.29	+0,64 R	530	
	50m: 33.97 33.97	100m: 1:10.65	36.68 150m: 1:49.03	38.38	200m: 2:27.29	38.26	
11.	COSTA Joana Santos	04	Galitos / Bresimar	2:28.75	+0,65	514	
	50m: 35.50 35.50	100m: 1:13.33	37.83 150m: 1:51.15	37.82	200m: 2:28.75	37.60	
12.	ALVES Ines Sofia	04	Portinado	2:29.29	+0,60	509	
	50m: 34.80 34.80	100m: 1:12.45	37.65 150m: 1:51.45	39.00	200m: 2:29.29	37.84	
13.	ROCHA Carolina Neves	04	Fluvial Portuense	2:29.31	+0,75	509	
	50m: 32.47 32.47	100m: 1:09.31	36.84 150m: 1:49.28	39.97	200m: 2:29.31	40.03	
14.	NARCISO Susana Chanoca	04	Cova da Piedade	2:29.57	+0,88	506	
	50m: 35.06 35.06	100m: 1:12.90	37.84 150m: 1:51.44	38.54	200m: 2:29.57	38.13	
15.	RAMOS Ines Asseiceira	03	Torres Novas	2:30.80	+0,58	494	
	50m: 34.39 34.39	100m: 1:12.37	37.98 150m: 1:51.78	39.41	200m: 2:30.80	39.02	
16.	CATARINO Laura Andre	03	CCDSerta	2:30.97	+0,68	492	
	50m: 34.46 34.46	100m: 1:12.81	38.35 150m: 1:52.23	39.42	200m: 2:30.97	38.74	
17.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	2:31.07	+0,85	491	
	50m: 35.20 35.20	100m: 1:12.81	37.61 150m: 1:51.89	39.08	200m: 2:31.07	39.18	
18.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	2:31.12	+0,58	491	
	50m: 35.39 35.39	100m: 1:13.75	38.36 150m: 1:52.81	39.06	200m: 2:31.12	38.31	
19.	TROIA Barbara Daniela	04	Vilacondense	2:35.89	+0,58	447	
	50m: 35.10 35.10	100m: 1:14.17	39.07 150m: 1:55.77	41.60	200m: 2:35.89	40.12	

Prova 7

Masc., 200m Costas

Absolutos

20-12-2019 - 10:00

Resultados Elimin

RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Sen	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (FRA)	16-12-2018
RN25 Jun18	1:58.37	NIZ Adriano Miguel	CFV	Figueira da Foz	03-07-2004
RN25 Jun17	1:59.34	NIZ Adriano Miguel	CFV	Alges	16-05-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	1:59.19	+1,00 Q	696	
	50m: 27.06 27.06	100m: 56.92	29.86 150m: 1:27.46	30.54	200m: 1:59.19	31.73	
2.	SANTOS Francisco Rogerio	98	Sporting	2:00.49	+1,24 Q	673	
	50m: 27.33 27.33	100m: 57.74	30.41 150m: 1:29.50	31.76	200m: 2:00.49	30.99	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	PIRES Ricardo Saraiva	98	Laranjeiro	2:03.95	+0,64 Q	618	
	50m: 29.75 29.75	100m: 1:01.79	32.04 150m: 1:32.96	31.17	200m: 2:03.95	30.99	
4.	BATE Miguel Ribeiro	99	Alges	2:04.14	+0,59 Q	616	
	50m: 28.42 28.42	100m: 1:00.67	32.25 150m: 1:32.50	31.83	200m: 2:04.14	31.64	
5.	CORREIA Joao Mota	97	Benfica	2:04.69	+0,71 Q	607	
	50m: 28.32 28.32	100m: 1:00.01	31.69 150m: 1:32.50	32.49	200m: 2:04.69	32.19	
6.	FERNANDES Joao Diogo	98	Belenenses	2:04.87	+0,55 Q	605	
	50m: 28.77 28.77	100m: 59.86	31.09 150m: 1:31.84	31.98	200m: 2:04.87	33.03	
7.	MACHADO Bruno Rafael	01	Porto	2:05.31	+0,57 Q	598	
	50m: 29.16 29.16	100m: 1:01.06	31.90 150m: 1:32.84	31.78	200m: 2:05.31	32.47	
8.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	2:08.86	+0,59 Q	550	
	50m: 30.25 30.25	100m: 1:02.88	32.63 150m: 1:35.92	33.04	200m: 2:08.86	32.94	
9.	SILVA Job Santos	96	Desportiva Oliveirense	2:09.52	+0,67 R	542	
	50m: 30.62 30.62	100m: 1:04.27	33.65 150m: 1:37.19	32.92	200m: 2:09.52	32.33	
10.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	2:11.81	+0,62 R	514	
	50m: 29.79 29.79	100m: 1:02.83	33.04 150m: 1:36.95	34.12	200m: 2:11.81	34.86	

Juniores

1.	COSTA Diogo Santos	02	Colegio Monte Maior	2:05.55	+0,58 Q	595	
	50m: 28.25 28.25	100m: 59.31	31.06 150m: 1:32.33	33.02	200m: 2:05.55	33.22	
2.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	2:06.51	+0,63 Q	582	
	50m: 28.97 28.97	100m: 1:00.64	31.67 150m: 1:33.37	32.73	200m: 2:06.51	33.14	
3.	ROCHA Ricardo Filipe	02	Aquatico Pacense	2:07.39	+0,59 Q	570	
	50m: 29.84 29.84	100m: 1:02.06	32.22 150m: 1:35.15	33.09	200m: 2:07.39	32.24	
4.	GOMES Tomas Nogueira	03	Uniao Piedense	2:07.84	+0,67 Q	564	
	50m: 30.25 30.25	100m: 1:02.75	32.50 150m: 1:35.20	32.45	200m: 2:07.84	32.64	
5.	FERNANDES Rui Afonso	03	Desportivo Nacional	2:08.16	+0,55 Q	559	
	50m: 29.66 29.66	100m: 1:02.45	32.79 150m: 1:35.39	32.94	200m: 2:08.16	32.77	
6.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	2:09.51	+0,53 Q	542	
	50m: 29.12 29.12	100m: 1:01.64	32.52 150m: 1:35.60	33.96	200m: 2:09.51	33.91	
7.	CASTRO Duarte Monteiro	03	Porto	2:09.82	+0,96 Q	538	
	50m: 29.63 29.63	100m: 1:01.57	31.94 150m: 1:35.53	33.96	200m: 2:09.82	34.29	
8.	MAGALHAES Hugo Nunes	02	Alges	2:09.88	+0,64 Q	537	
	50m: 30.30 30.30	100m: 1:02.90	32.60 150m: 1:36.00	33.10	200m: 2:09.88	33.88	
9.	RIBEIRO Luis Manuel	02	Porto	2:10.02	+0,65 R	536	
	50m: 29.95 29.95	100m: 1:02.65	32.70 150m: 1:36.70	34.05	200m: 2:10.02	33.32	
10.	VIEGAS Hugo Miguel	02	Natacao de Olhao	2:11.00	+0,48 R	524	
	50m: 30.62 30.62	100m: 1:03.70	33.08 150m: 1:37.64	33.94	200m: 2:11.00	33.36	
11.	MARQUES Andre Costa	03	Famalicao	2:11.06	+0,87	523	
	50m: 30.75 30.75	100m: 1:03.66	32.91 150m: 1:37.32	33.66	200m: 2:11.06	33.74	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	SOUZA Francisco Alves	02	Geslours	2:11.10	+0,70	523	
	50m: 29.88 29.88	100m: 1:02.26	32.38 150m: 1:36.34	34.08	200m: 2:11.10	34.76	
13.	GOMES Diogo Sousa	02	Portinado	2:11.29	+0,67	520	
	50m: 30.49 30.49	100m: 1:03.35	32.86 150m: 1:36.97	33.62	200m: 2:11.29	34.32	
14.	COUTINHO Guilherme Pereira	03	Viver Santarem	2:11.41	+0,58	519	
	50m: 30.44 30.44	100m: 1:03.50	33.06 150m: 1:37.61	34.11	200m: 2:11.41	33.80	
15.	DIAS Tiago Miguel	03	Natacao de Lisboa	2:11.76	+0,69	515	
	50m: 30.14 30.14	100m: 1:03.44	33.30 150m: 1:37.95	34.51	200m: 2:11.76	33.81	
16.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	2:13.08	+0,67	500	
	50m: 30.16 30.16	100m: 1:03.27	33.11 150m: 1:37.71	34.44	200m: 2:13.08	35.37	
17.	MORIM Francisco Emanuel	02	Vilacondense	2:13.82	+0,71	491	
	50m: 30.97 30.97	100m: 1:04.68	33.71 150m: 1:39.81	35.13	200m: 2:13.82	34.01	
DSQ	KOBAYASHI Bruno Shinji	02	Vilacondense				
	<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 175 m - SW 6.4</i>						

Prova 8

Femin., 50m Mariposa

Absolutos

20-12-2019 - 10:25

Resultados Elimin

RN25 Absoluto	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Sen	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Jun17	27.32	CRUZ Sara Francisco	ADBA	Leiria	06-12-2009
RN25 Jun16	27.57	TIAGO Filipa Vilas	SCP	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	27.24	+0,60	Q 716	
2.	FERNANDES Ines Camacho	97	Sporting	27.33	+0,69	Q 709	
3.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	27.41	+0,69	Q 703	
4.	MONTEIRO Ana Catarina	93	Vilacondense	27.88	+0,73	Q 668	
5.	VIEGAS Beatriz Mendes	00	Sporting	28.38	+0,63	Q 633	
6.	TEJO Beatriz Costa	02	Academica de Coimbra	28.40	+0,63	Q 632	
7.	LIMA Lia Ana	01	Alges	28.61	+0,78	Q 618	
8.	CASTRO Adriana Daniela	97	Leixoes	28.85	+1,15	Q 603	
9.	HENRIQUES Ines Jacinto	00	Sporting	28.95		R 597	
10.	SANTOS Beatriz Rocha	02	Campinho	29.13	+0,55	R 586	
11.	PEGO Isabel Porfirio	01	Fluvial Portuense	29.17	+0,72	583	
12.	GRAVETO Ana Raquel	02	Benfica	29.22		580	
13.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	29.35	+1,39	573	
14.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	29.42		569	
15.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	29.45	+0,70	567	
	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	29.45	+0,71	567	
17.	ROLAO Sofia Alexandra	98	Benfica	29.48	+0,61	565	
18.	BARBOSA Mariana Fernandes	02	Porto	29.69	+0,72	553	
19.	MARTINS Ana Beatriz	99	Famalicao	29.74	+1,89	550	
	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	29.74	+0,63	550	

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WATER INSTINCT

PARCEIROS



Prova 8, Femin., 50m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
21.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	29.78	+0,67	548	
22.	GOMES Susana Clara	77	Naval do Funchal	29.84	+0,83	545	
DSQ	MESQUITA Francisca Salvador 403 - Falsa partida - SW 4.4	02	Colegio Monte Maior				

Juniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	27.69	+0,69	Q	682
2.	SOARES Catarina Silva	03	Porto	28.72	+0,75	Q	611
3.	MARQUES Maria Vieira	04	Natacao de Vagos	28.80	+0,72	Q	606
4.	AMANTES Beatriz Quintao	03	Uniao Piedense	29.38		Q	571
5.	MACHADO Carolina Alexandra	03	Natacao de Beja	29.52		Q	563
6.	SILVA Leonor Santos	03	Porto	29.87		Q	543
7.	DOMINGUES Matilde Mota	03	Colegio SMLamas	30.13	+0,69	Q	529
8.	TOME Madalena Rodrigues	03	Bombeiros Estoris	30.14		Q	529
9.	MONTEIRO Ana Carolina	04	Uniao Coimbra	30.21	+0,73	R	525
10.	SANTOS Mariana Jacinto	03	Freguesia de Paiao	30.32	+0,98	R	519
11.	ALVES Ines Sofia	04	Portinado	30.36			517
12.	SOARES Carolina Silva	03	Natacao de Valongo	30.47	+0,57		512
13.	PEIXEIRA Filipa Ramos	03	Sporting	30.51	+0,69		510
14.	MATIAS Marta Filipa	03	CCDSerta	30.65	+0,46		503
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	30.77			497
16.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	31.03	+0,70		485
17.	JONES Angelina Bermejo	04	Portinado	31.22			476

Prova 9

Masc., 50m Mariposa

Absolutos

20-12-2019 - 10:30

Resultados Elimin

RN25 Absoluto	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Sen	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Jun18	24.68	ASCENSAO Joao Miguel	FCP	Porto	21-12-2014
RN25 Jun17	25.28	VAKULYUK Paulo	CNTN	Albufeira	10-11-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	SILVA Glauber	86	Foca Quinta da Lixa CNF	24.05	+0,70	A	739
2.	SANTOS Pedro Andre	94	Alges	24.46	+0,68	A	703
3.	NASCIMENTO Miguel Duarte	95	Benfica	24.57	+0,64	A	693
4.	FERNANDES Pedro Miguel	99	Famalicao	24.60	+0,69	A	691
5.	SANTOS Alexis Manacas	92	Sporting	24.63	+0,65	A	688
6.	RIBAS Alexandre Lages	97	Desportiva Viana	24.74	+1,24	A	679
7.	MOGNE Igor Araujo	96	Sporting	24.95	+0,71	A	662
8.	NUNES Porfirio Braga	00	Porto	24.96	+0,60	A	661
9.	MARQUES Miguel Henriques	00	Benfica	25.02	+0,66	B	656
10.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	25.05	+0,61	B	654

Prova 9, Masc., 50m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	PEDROSA Carlos Lopes	94	Bombeiros Ponta Delgada	25.06	+1,14 B	653	
12.	PINHO Manuel Antonio	01	Feirense	25.18	+1,03 B	644	
13.	SOUSA Joao Ribeiro	01	Porto	25.19	+0,63 B	643	
14.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	25.25	+0,65 B	639	
15.	FERNANDES Joao Vitor	00	Escola O Liceu	25.39	+1,28 B	628	
16.	FIDALGO Mateus Valente	01	Estarreja	25.56	+0,73 B	616	
17.	LOPES Joao Francisco	98	Braga	25.57	+0,64 R	615	
18.	CARVALHO Andre Antunes	96	Sporting	25.61	+0,66 R	612	
19.	COSTA Andre Gouveia	01	Condeixa Clube	25.95	+0,66	588	
20.	LOPES David Granja	90	AONDA-Azeitao	25.97	+0,71	587	

Juniores

1.	GORDO Salvador Vieira	03	Sporting	25.34	+0,58 Q	632	
2.	SIMÕES Manuel Baptista	03	Uniao Coimbra	25.45	+0,50 Q	624	
3.	COSTA Diogo Santos	02	Colegio Monte Maior	25.51	+0,65 Q	619	
4.	VAKULYUK Paulo	03	Torres Novas	25.53	+0,67 Q	618	
5.	ALFAMA Martim Primavera	02	Geslours	25.64	+0,67 Q	610	
6.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	25.74	+0,68 Q	603	
7.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	25.91	+0,66 Q	591	
8.	DOMINGOS Ruy Manuel	02	Sporting	25.97	+0,68 Q	587	
9.	PEREIRA Lucas Medeiros	03	Braga	26.03	+0,53 R	583	
10.	LOURENCO Tiago Campos	02	Natacao de Valongo	26.06	+0,75 R	581	
11.	SEQUEIRA Duarte Nunes	02	Natacao de Lagos	26.19	+0,76	572	
12.	LEAL Dinis Barros	03	Aquatico Pacense	26.26	+0,70	568	
DNS	SIMÕES Bernardo Jorge	02	Torres Novas				
DNS	FERNANDES Eduardo Gomes	02	Sporting				
EXH	SILVA Fernando Souza	86	Uniao Piedense	24.70	+0,68	682	

Prova 10

Femin., 400m Estilos

Absolutos

20-12-2019 - 10:40

Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	DURAES Diana Margarida	96	Benfica	4:38.79	+0,74	801	
	50m: 30.99 30.99 150m: 1:41.06 36.11 250m: 2:56.12 39.98 350m: 4:08.04 31.76						
	100m: 1:04.95 33.96 200m: 2:16.14 35.08 300m: 3:36.28 40.16 400m: 4:38.79 30.75						
2.	HENRIQUES Ines Jacinto	00	Sporting	4:45.80	+0,74	743	
	50m: 30.02 30.02 150m: 1:39.66 36.01 250m: 2:58.04 42.73 350m: 4:13.92 33.04						
	100m: 1:03.65 33.63 200m: 2:15.31 35.65 300m: 3:40.88 42.84 400m: 4:45.80 31.88						
3.	MONTEIRO Ana Catarina	93	Vilacondense	4:46.78	+0,72	736	
	50m: 29.80 29.80 150m: 1:41.29 38.17 250m: 3:00.17 41.51 350m: 4:14.93 33.16						
	100m: 1:03.12 33.32 200m: 2:18.66 37.37 300m: 3:41.77 41.60 400m: 4:46.78 31.85						

Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA	
4.	MACHADO Luisa Maria	01	Uniao Piedense	4:49.96	+0,88	712		
	50m: 30.31 30.31	150m: 1:43.42	37.80	250m: 3:00.80	40.12	350m: 4:16.18	34.19	
	100m: 1:05.62 35.31	200m: 2:20.68	37.26	300m: 3:41.99	41.19	400m: 4:49.96	33.78	
5.	CARDEAL Joana Nunes	02	Academico Viseu	4:53.32	+0,76	687		
	50m: 30.37 30.37	150m: 1:43.63	38.13	250m: 3:03.10	41.85	350m: 4:20.52	34.55	
	100m: 1:05.50 35.13	200m: 2:21.25	37.62	300m: 3:45.97	42.87	400m: 4:53.32	32.80	
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	4:55.85	+1,19	670		
	50m: 30.55 30.55	150m: 1:44.86	38.86	250m: 3:05.74	41.99	350m: 4:23.11	34.49	
	100m: 1:06.00 35.45	200m: 2:23.75	38.89	300m: 3:48.62	42.88	400m: 4:55.85	32.74	
7.	PINA Ana Sofia	02	Benfica	4:56.82		663		
	50m: 30.66 30.66	150m: 1:45.07	38.82	250m: 3:05.13	41.95	350m: 4:22.98	34.72	
	100m: 1:06.25 35.59	200m: 2:23.18	38.11	300m: 3:48.26	43.13	400m: 4:56.82	33.84	
8.	LIMA Lia Ana	01	Alges	5:01.12	+0,82	635		
	50m: 30.91 30.91	150m: 1:44.26	38.46	250m: 3:05.57	43.48	350m: 4:26.72	36.69	
	100m: 1:05.80 34.89	200m: 2:22.09	37.83	300m: 3:50.03	44.46	400m: 5:01.12	34.40	
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:04.48	+0,70	615		
	50m: 32.24 32.24	150m: 1:50.22	41.01	250m: 3:12.81	41.80	350m: 4:30.12	35.58	
	100m: 1:09.21 36.97	200m: 2:31.01	40.79	300m: 3:54.54	41.73	400m: 5:04.48	34.36	
10.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:05.11	+0,72	611		
	50m: 32.94 32.94	150m: 1:49.84	40.07	250m: 3:12.70	43.41	350m: 4:30.78	34.52	
	100m: 1:09.77 36.83	200m: 2:29.29	39.45	300m: 3:56.26	43.56	400m: 5:05.11	34.33	
11.	VELOSO Teresa Miguel	00	Sporting	5:05.25	+0,71	610		
	50m: 31.31 31.31	150m: 1:47.49	39.72	250m: 3:09.87	43.04	350m: 4:30.23	35.81	
	100m: 1:07.77 36.46	200m: 2:26.83	39.34	300m: 3:54.42	44.55	400m: 5:05.25	35.02	
12.	RIBEIRO Margarida Messias	98	Geslours	5:06.76		601		
	50m: 33.21 33.21	150m: 1:51.89	39.58	250m: 3:13.33	43.05	350m: 4:32.63	35.05	
	100m: 1:12.31 39.10	200m: 2:30.28	38.39	300m: 3:57.58	44.25	400m: 5:06.76	34.13	
DSQ	SILVA Natacha Sofia	02	Benfica	<i>611 - Perdeu posição dorsal antes da viragem aos ... metros SW 6.2</i>				
DNS	CHEROUATI Souad Nefissa	89	Benfica					

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:51.54	+1,05	700	
	50m: 30.80 30.80	150m: 1:42.41	37.23	250m: 3:01.76	42.91	350m: 4:19.23	33.25
	100m: 1:05.18 34.38	200m: 2:18.85	36.44	300m: 3:45.98	44.22	400m: 4:51.54	32.31
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	4:56.38		666	
	50m: 31.14 31.14	150m: 1:45.24	38.14	250m: 3:04.82	41.74	350m: 4:23.15	35.50
	100m: 1:07.10 35.96	200m: 2:23.08	37.84	300m: 3:47.65	42.83	400m: 4:56.38	33.23
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:02.70	+0,72	625	
	50m: 31.15 31.15	150m: 1:46.43	39.38	250m: 3:09.01	43.52	350m: 4:28.92	35.22
	100m: 1:07.05 35.90	200m: 2:25.49	39.06	300m: 3:53.70	44.69	400m: 5:02.70	33.78
4.	FIAL Sofia Nunes	03	Estamos Juntos	5:06.36	+0,74	603	
	50m: 31.92 31.92	150m: 1:50.39	40.55	250m: 3:12.42	42.46	350m: 4:31.70	36.00
	100m: 1:09.84 37.92	200m: 2:29.96	39.57	300m: 3:55.70	43.28	400m: 5:06.36	34.66
5.	SANTOS Leonor Esteves	04	Avancado EUL	5:06.57		602	
	50m: 32.51 32.51	150m: 1:50.30	41.30	250m: 3:11.79	41.56	350m: 4:31.08	36.80
	100m: 1:09.00 36.49	200m: 2:30.23	39.93	300m: 3:54.28	42.49	400m: 5:06.57	35.49

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	RODRIGUES Lidiana Correia	04	Belenenses	5:12.81	+0,91	567	
	50m: 33.35 33.35 150m: 1:52.96 40.90 250m: 3:15.29 42.90 350m: 4:36.34 37.41						
	100m: 1:12.06 38.71 200m: 2:32.39 39.43 300m: 3:58.93 43.64 400m: 5:12.81 36.47						
7.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	5:19.09	+0,67	534	
	50m: 34.03 34.03 150m: 1:53.79 40.45 250m: 3:19.11 44.68 350m: 4:42.49 37.89						
	100m: 1:13.34 39.31 200m: 2:34.43 40.64 300m: 4:04.60 45.49 400m: 5:19.09 36.60						
8.	DOMINGUES Luana Pinto	03	BA-Leiria	5:20.41	+0,46	527	
	50m: 32.59 32.59 150m: 1:52.94 42.54 250m: 3:18.35 43.54 350m: 4:42.49 38.53						
	100m: 1:10.40 37.81 200m: 2:34.81 41.87 300m: 4:03.96 45.61 400m: 5:20.41 37.92						
9.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	5:22.06	+0,76	519	
	50m: 33.15 33.15 150m: 1:51.27 40.61 250m: 3:17.73 46.27 350m: 4:44.39 38.14						
	100m: 1:10.66 37.51 200m: 2:31.46 40.19 300m: 4:06.25 48.52 400m: 5:22.06 37.67						
10.	INACIO Marta Macedo	04	Sporting	5:23.36	+0,84	513	
	50m: 33.04 33.04 150m: 1:51.39 40.28 250m: 3:19.23 47.98 350m: 4:46.29 37.79						
	100m: 1:11.11 38.07 200m: 2:31.25 39.86 300m: 4:08.50 49.27 400m: 5:23.36 37.07						
DSQ	NEVES Sara Dias	03	Miranda do Corvo				
	<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 125 m - SW 6.4</i>						
DNS	CASTRO Maria Freitas	03	Fafe				
DNS	SANTOS Madalena Almeida	03	Fluvial Portuense				

Prova 11

Masc., 400m Estilos

Absolutos

20-12-2019 - 11:00

Resultados

RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	4:09.66	+0,73	839	
	50m: 26.09 26.09 150m: 1:28.46 32.23 250m: 2:34.00 33.64 350m: 3:39.49 30.54						
	100m: 56.23 30.14 200m: 2:00.36 31.90 300m: 3:08.95 34.95 400m: 4:09.66 30.17						
2.	LOPES Jose Paulo	00	Braga	4:10.71	+0,65	828	
	50m: 27.35 27.35 150m: 1:30.26 32.10 250m: 2:37.55 35.82 350m: 3:42.83 29.70						
	100m: 58.16 30.81 200m: 2:01.73 31.47 300m: 3:13.13 35.58 400m: 4:10.71 27.88						
3.	VITAL Joao Alexandre	98	Sporting	4:12.28	+0,69	813	
	50m: 26.86 26.86 150m: 1:28.93 31.42 250m: 2:35.76 35.61 350m: 3:42.10 30.34						
	100m: 57.51 30.65 200m: 2:00.15 31.22 300m: 3:11.76 36.00 400m: 4:12.28 30.18						
4.	RAMOS Bruno Miguel	97	Belenenses	4:19.44	+1,93	747	
	50m: 27.54 27.54 150m: 1:31.38 32.82 250m: 2:41.31 37.12 350m: 3:49.01 30.39						
	100m: 58.56 31.02 200m: 2:04.19 32.81 300m: 3:18.62 37.31 400m: 4:19.44 30.43						
5.	BASTOS Lucas Pereira	00	Nautico Coimbra	4:23.71	+0,74	712	
	50m: 27.75 27.75 150m: 1:33.81 34.15 250m: 2:43.83 36.16 350m: 3:52.41 31.36						
	100m: 59.66 31.91 200m: 2:07.67 33.86 300m: 3:21.05 37.22 400m: 4:23.71 31.30						

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	CRISTINO David Matias	01	Uniao Piedense	4:24.95	+0,79	702	
	50m: 28.64 28.64	150m: 1:34.18	33.19	250m: 2:46.29	39.40	350m: 3:55.95	31.22
	100m: 1:00.99 32.35	200m: 2:06.89	32.71	300m: 3:24.73	38.44	400m: 4:24.95	29.00
7.	SILVA Tomas Antonio	01	Naval do Funchal	4:27.98	+0,57	678	
	50m: 27.77 27.77	150m: 1:35.04	34.64	250m: 2:47.72	37.52	350m: 3:58.18	31.93
	100m: 1:00.40 32.63	200m: 2:10.20	35.16	300m: 3:26.25	38.53	400m: 4:27.98	29.80
8.	SIMOES Rafael Gomes	00	Braga	4:28.72	+0,82	673	
	50m: 28.51 28.51	150m: 1:36.95	35.91	250m: 2:49.84	37.24	350m: 3:58.49	31.03
	100m: 1:01.04 32.53	200m: 2:12.60	35.65	300m: 3:27.46	37.62	400m: 4:28.72	30.23
9.	DANTAS Diogo Leal	00	Sporting	4:29.72	+0,57	665	
	50m: 27.78 27.78	150m: 1:35.00	34.51	250m: 2:47.04	37.58	350m: 3:58.69	32.60
	100m: 1:00.49 32.71	200m: 2:09.46	34.46	300m: 3:26.09	39.05	400m: 4:29.72	31.03
10.	CORDEIRO Tiago Roberto	00	Benfica	4:30.23	+0,68	661	
	50m: 27.30 27.30	150m: 1:31.70	33.71	250m: 2:44.72	38.69	350m: 3:58.34	33.00
	100m: 57.99 30.69	200m: 2:06.03	34.33	300m: 3:25.34	40.62	400m: 4:30.23	31.89
11.	ALVES Nuno Rafael	90	Aquatico Pacense	4:30.63	+0,79	658	
	50m: 28.88 28.88	150m: 1:37.20	35.80	250m: 2:49.39	37.15	350m: 3:59.07	31.84
	100m: 1:01.40 32.52	200m: 2:12.24	35.04	300m: 3:27.23	37.84	400m: 4:30.63	31.56
12.	CATALAO Daniel Nogueira	00	Benfica	4:31.67	+0,48	651	
	50m: 28.13 28.13	150m: 1:36.12	34.95	250m: 2:48.33	36.70	350m: 3:59.43	32.63
	100m: 1:01.17 33.04	200m: 2:11.63	35.51	300m: 3:26.80	38.47	400m: 4:31.67	32.24
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	4:36.20	+0,73	619	
	50m: 30.20 30.20	150m: 1:41.80	36.45	250m: 2:53.82	36.30	350m: 4:04.76	33.76
	100m: 1:05.35 35.15	200m: 2:17.52	35.72	300m: 3:31.00	37.18	400m: 4:36.20	31.44
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:37.29	+0,58	612	
	50m: 30.09 30.09	150m: 1:40.74	37.10	250m: 2:56.43	40.06	350m: 4:07.06	31.02
	100m: 1:03.64 33.55	200m: 2:16.37	35.63	300m: 3:36.04	39.61	400m: 4:37.29	30.23
15.	NUNES Rafael Filipe	96	Benfica	4:41.16	+1,90	587	
	50m: 29.56 29.56	150m: 1:39.75	36.72	250m: 2:55.46	40.25	350m: 4:09.39	33.52
	100m: 1:03.03 33.47	200m: 2:15.21	35.46	300m: 3:35.87	40.41	400m: 4:41.16	31.77
16.	PIEIDADE Sebastiao Limbert	00	Alges	4:43.28	+0,72	574	
	50m: 29.42 29.42	150m: 1:39.99	36.62	250m: 2:56.50	40.23	350m: 4:10.83	33.01
	100m: 1:03.37 33.95	200m: 2:16.27	36.28	300m: 3:37.82	41.32	400m: 4:43.28	32.45
17.	NEVES Tiago Correia	97	SM15 Belenenses	4:53.10	+0,97	518	
	50m: 30.63 30.63	150m: 1:45.30	38.87	250m: 3:04.44	41.73	350m: 4:20.16	33.78
	100m: 1:06.43 35.80	200m: 2:22.71	37.41	300m: 3:46.38	41.94	400m: 4:53.10	32.94
18.	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.93	+0,66	498	
	50m: 30.92 30.92	150m: 1:46.20	39.22	250m: 3:06.90	42.69	350m: 4:23.80	34.13
	100m: 1:06.98 36.06	200m: 2:24.21	38.01	300m: 3:49.67	42.77	400m: 4:56.93	33.13
DSQ	SAMPAIO Jose Pedro	98	Porto				
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 250 m - SW 7.1</i>						

Prova 11, Masc., 400m Estilos

Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	4:30.89	+0,67	657	
	50m: 28.61 28.61	150m: 1:36.57	34.14	250m: 2:48.38	37.45	350m: 3:59.49	32.15
	100m: 1:02.43 33.82	200m: 2:10.93	34.36	300m: 3:27.34	38.96	400m: 4:30.89	31.40
2.	CARNEIRO Joao Soares	03	Benfica	4:31.45	+0,61	652	
	50m: 28.52 28.52	150m: 1:36.55	36.00	250m: 2:50.42	38.19	350m: 4:00.62	31.79
	100m: 1:00.55 32.03	200m: 2:12.23	35.68	300m: 3:28.83	38.41	400m: 4:31.45	30.83
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:37.54	+0,81	610	
	50m: 29.16 29.16	150m: 1:38.19	36.13	250m: 2:53.19	39.93	350m: 4:06.18	32.87
	100m: 1:02.06 32.90	200m: 2:13.26	35.07	300m: 3:33.31	40.12	400m: 4:37.54	31.36
4.	LOPES Luis Afonso	03	Viver Santarem	4:40.24	+0,72	593	
	50m: 29.78 29.78	150m: 1:38.54	34.24	250m: 2:53.12	39.66	350m: 4:07.81	33.92
	100m: 1:04.30 34.52	200m: 2:13.46	34.92	300m: 3:33.89	40.77	400m: 4:40.24	32.43
5.	PINTO Pedro Miguel	02	Sporting	4:41.76	+0,76	583	
	50m: 29.51 29.51	150m: 1:39.78	36.33	250m: 2:56.29	39.68	350m: 4:10.40	33.02
	100m: 1:03.45 33.94	200m: 2:16.61	36.83	300m: 3:37.38	41.09	400m: 4:41.76	31.36
6.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:42.47	+0,65	579	
	50m: 28.88 28.88	150m: 1:39.81	36.79	250m: 2:56.72	40.20	350m: 4:09.89	32.17
	100m: 1:03.02 34.14	200m: 2:16.52	36.71	300m: 3:37.72	41.00	400m: 4:42.47	32.58
7.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:45.59	+0,79	560	
	50m: 29.06 29.06	150m: 1:39.97	37.16	250m: 2:56.69	40.56	350m: 4:12.18	34.15
	100m: 1:02.81 33.75	200m: 2:16.13	36.16	300m: 3:38.03	41.34	400m: 4:45.59	33.41
8.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	4:48.37	+0,74	544	
	50m: 30.13 30.13	150m: 1:42.45	38.17	250m: 3:01.69	42.19	350m: 4:16.08	33.23
	100m: 1:04.28 34.15	200m: 2:19.50	37.05	300m: 3:42.85	41.16	400m: 4:48.37	32.29
9.	DIAS Rodrigo Reis	03	Belenenses	4:48.71	+0,67	542	
	50m: 29.46 29.46	150m: 1:41.04	36.82	250m: 3:00.91	42.75	350m: 4:16.72	32.00
	100m: 1:04.22 34.76	200m: 2:18.16	37.12	300m: 3:44.72	43.81	400m: 4:48.71	31.99
DNS	RELVAS David Ferreira	03	Nautico Marinha Grande				

Prova 12

Femin., 1500m Livres

Absolutos
Resultados

20-12-2019 - 11:15

RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	15:58.30	+0,76	883	
	<i>Minimos CMundo PC aos 800m</i>						
	50m: 29.82 29.82	400m: 4:11.78	31.90	750m: 7:55.91	32.10	1100m: 11:41.37	32.37
	100m: 1:01.33 31.51	450m: 4:43.75	31.97	800m: 8:28.08	32.17	1150m: 12:13.48	32.11
	150m: 1:32.97 31.64	500m: 5:15.84	32.09	850m: 9:00.23	32.15	1200m: 12:45.77	32.29
	200m: 2:04.62 31.65	550m: 5:47.87	32.03	900m: 9:32.34	32.11	1250m: 13:18.17	32.40
	250m: 2:36.41 31.79	600m: 6:19.81	31.94	950m: 10:04.56	32.22	1300m: 13:50.48	32.31
	300m: 3:08.07 31.66	650m: 6:51.75	31.94	1000m: 10:36.78	32.22	1350m: 14:22.71	32.23
	350m: 3:39.88 31.81	700m: 7:23.81	32.06	1050m: 11:09.00	32.22	1400m: 14:55.01	32.30

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS



Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA	
	1450m: 15:27.25	32.24	1500m: 15:58.30	31.05				
2.	HOLUB Tamila Hryhorivna	99	Braga	16:17.62		832		
	50m: 31.08	31.08	450m: 4:48.75	32.60	850m: 9:10.50	32.80	1250m: 13:33.25	32.81
	100m: 1:02.70	31.62	500m: 5:21.43	32.68	900m: 9:43.26	32.76	1300m: 14:06.20	32.95
	150m: 1:34.68	31.98	550m: 5:54.05	32.62	950m: 10:16.27	33.01	1350m: 14:39.14	32.94
	200m: 2:06.96	32.28	600m: 6:26.54	32.49	1000m: 10:49.15	32.88	1400m: 15:12.03	32.89
	250m: 2:39.12	32.16	650m: 6:59.29	32.75	1050m: 11:22.11	32.96	1450m: 15:45.56	33.53
	300m: 3:11.16	32.04	700m: 7:32.04	32.75	1100m: 11:54.89	32.78	1500m: 16:17.62	32.06
	350m: 3:43.63	32.47	750m: 8:04.79	32.75	1150m: 12:27.52	32.63		
	400m: 4:16.15	32.52	800m: 8:37.70	32.91	1200m: 13:00.44	32.92		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	16:50.07	+0,70	754		
	50m: 30.27	30.27	450m: 4:54.22	33.74	850m: 9:26.42	34.18	1250m: 13:59.04	34.45
	100m: 1:01.94	31.67	500m: 5:28.12	33.90	900m: 10:00.53	34.11	1300m: 14:33.70	34.66
	150m: 1:34.33	32.39	550m: 6:01.99	33.87	950m: 10:34.69	34.16	1350m: 15:08.20	34.50
	200m: 2:07.31	32.98	600m: 6:35.69	33.70	1000m: 11:08.76	34.07	1400m: 15:42.75	34.55
	250m: 2:40.36	33.05	650m: 7:09.62	33.93	1050m: 11:42.15	33.39	1450m: 16:17.07	34.32
	300m: 3:13.78	33.42	700m: 7:43.82	34.20	1100m: 12:16.21	34.06	1500m: 16:50.07	33.00
	350m: 3:47.14	33.36	750m: 8:17.97	34.15	1150m: 12:50.39	34.18		
	400m: 4:20.48	33.34	800m: 8:52.24	34.27	1200m: 13:24.59	34.20		
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	16:51.59	+1,07	751		
	50m: 31.17	31.17	450m: 4:59.60	33.87	850m: 9:30.61	33.76	1250m: 14:03.35	34.09
	100m: 1:04.41	33.24	500m: 5:33.44	33.84	900m: 10:04.53	33.92	1300m: 14:37.55	34.20
	150m: 1:37.87	33.46	550m: 6:07.40	33.96	950m: 10:38.59	34.06	1350m: 15:11.69	34.14
	200m: 2:11.25	33.38	600m: 6:41.45	34.05	1000m: 11:12.52	33.93	1400m: 15:45.80	34.11
	250m: 2:44.75	33.50	650m: 7:15.30	33.85	1050m: 11:46.65	34.13	1450m: 16:19.49	33.69
	300m: 3:18.44	33.69	700m: 7:49.16	33.86	1100m: 12:20.91	34.26	1500m: 16:51.59	32.10
	350m: 3:52.13	33.69	750m: 8:23.08	33.92	1150m: 12:54.97	34.06		
	400m: 4:25.73	33.60	800m: 8:56.85	33.77	1200m: 13:29.26	34.29		
5.	RAMOS Ana Rita	02	Porto	17:12.00	+0,76	707		
	50m: 31.94	31.94	450m: 5:01.21	33.85	850m: 9:35.26	34.51	1250m: 14:15.80	35.55
	100m: 1:05.04	33.10	500m: 5:35.77	34.56	900m: 10:09.97	34.71	1300m: 14:51.13	35.33
	150m: 1:38.03	32.99	550m: 6:09.55	33.78	950m: 10:44.81	34.84	1350m: 15:26.61	35.48
	200m: 2:11.77	33.74	600m: 6:44.05	34.50	1000m: 11:19.81	35.00	1400m: 16:02.05	35.44
	250m: 2:45.67	33.90	650m: 7:18.38	34.33	1050m: 11:55.05	35.24	1450m: 16:37.41	35.36
	300m: 3:19.95	34.28	700m: 7:52.33	33.95	1100m: 12:29.89	34.84	1500m: 17:12.00	34.59
	350m: 3:53.52	33.57	750m: 8:26.88	34.55	1150m: 13:05.03	35.14		
	400m: 4:27.36	33.84	800m: 9:00.75	33.87	1200m: 13:40.25	35.22		
6.	QUEIROZ Ana Rita	02	Condeixa Clube	17:16.92	+0,55	697		
	50m: 31.31	31.31	450m: 5:04.25	34.63	850m: 9:42.61	35.61	1250m: 14:23.37	35.06
	100m: 1:05.22	33.91	500m: 5:38.69	34.44	900m: 10:17.53	34.92	1300m: 14:58.70	35.33
	150m: 1:38.69	33.47	550m: 6:13.12	34.43	950m: 10:52.24	34.71	1350m: 15:33.65	34.95
	200m: 2:12.75	34.06	600m: 6:47.63	34.51	1000m: 11:27.36	35.12	1400m: 16:08.66	35.01
	250m: 2:47.00	34.25	650m: 7:22.28	34.65	1050m: 12:02.81	35.45	1450m: 16:42.92	34.26
	300m: 3:21.05	34.05	700m: 7:57.61	35.33	1100m: 12:37.48	34.67	1500m: 17:16.92	34.00
	350m: 3:55.32	34.27	750m: 8:32.66	35.05	1150m: 13:12.71	35.23		
	400m: 4:29.62	34.30	800m: 9:07.00	34.34	1200m: 13:48.31	35.60		
DNS	CHEROUATI Souad Nefissa	89	Benfica					

Prova 12, Femin., 1500m Livres

Juniores

1. ROSA Mafalda Sofia	03	Rio Maior	17:00.30	732
50m: 31.54 31.54	450m: 5:01.15	33.98	850m: 9:34.45	34.21
100m: 1:04.64 33.10	500m: 5:35.24	34.09	900m: 10:08.61	34.16
150m: 1:37.97 33.33	550m: 6:09.32	34.08	950m: 10:42.64	34.03
200m: 2:11.53 33.56	600m: 6:43.51	34.19	1000m: 11:16.79	34.15
250m: 2:45.51 33.98	650m: 7:17.75	34.24	1050m: 11:50.98	34.19
300m: 3:19.53 34.02	700m: 7:51.92	34.17	1100m: 12:25.22	34.24
350m: 3:53.34 33.81	750m: 8:26.13	34.21	1150m: 12:59.62	34.40
400m: 4:27.17 33.83	800m: 9:00.24	34.11	1200m: 13:34.05	34.43
2. AMORIM Maria Leonor	03	Porto	17:23.09	685
50m: 31.83 31.83	450m: 5:06.89	34.77	850m: 9:46.74	34.94
100m: 1:05.52 33.69	500m: 5:41.76	34.87	900m: 10:21.93	35.19
150m: 1:39.55 34.03	550m: 6:16.66	34.90	950m: 10:56.94	35.01
200m: 2:13.90 34.35	600m: 6:51.76	35.10	1000m: 11:32.32	35.38
250m: 2:48.20 34.30	650m: 7:26.53	34.77	1050m: 12:07.19	34.87
300m: 3:22.77 34.57	700m: 8:01.88	35.35	1100m: 12:42.74	35.55
350m: 3:57.39 34.62	750m: 8:36.78	34.90	1150m: 13:17.79	35.05
400m: 4:32.12 34.73	800m: 9:11.80	35.02	1200m: 13:52.97	35.18
3. CARDEAL Beatriz Nunes	04	Academico Viseu	17:37.23	658
50m: 31.71 31.71	450m: 5:13.50	35.44	850m: 9:57.80	35.42
100m: 1:05.93 34.22	500m: 5:49.18	35.68	900m: 10:33.21	35.41
150m: 1:40.89 34.96	550m: 6:24.88	35.70	950m: 11:09.09	35.88
200m: 2:16.37 35.48	600m: 7:00.40	35.52	1000m: 11:44.72	35.63
250m: 2:51.75 35.38	650m: 7:36.09	35.69	1050m: 12:20.36	35.64
300m: 3:26.96 35.21	700m: 8:11.62	35.53	1100m: 12:56.06	35.70
350m: 4:02.36 35.40	750m: 8:46.91	35.29	1150m: 13:31.74	35.68
400m: 4:38.06 35.70	800m: 9:22.38	35.47	1200m: 14:07.15	35.41
4. PINHEIRO Ines Mariana	03	Academica de Coimbra	17:45.14	+0,70
50m: 31.75 31.75	450m: 5:12.74	35.48	850m: 9:57.26	35.70
100m: 1:05.99 34.24	500m: 5:48.17	35.43	900m: 10:33.02	35.76
150m: 1:41.44 35.45	550m: 6:23.45	35.28	950m: 11:09.02	36.00
200m: 2:16.60 35.16	600m: 6:59.10	35.65	1000m: 11:45.06	36.04
250m: 2:51.49 34.89	650m: 7:34.76	35.66	1050m: 12:21.40	36.34
300m: 3:26.49 35.00	700m: 8:10.52	35.76	1100m: 12:57.19	35.79
350m: 4:01.83 35.34	750m: 8:45.77	35.25	1150m: 13:33.29	36.10
400m: 4:37.26 35.43	800m: 9:21.56	35.79	1200m: 14:09.56	36.27
5. RODRIGUES Joana Francisca	04	Uniao Coimbra	17:57.62	621
50m: 32.12 32.12	450m: 5:17.68	35.87	850m: 10:06.41	36.06
100m: 1:06.93 34.81	500m: 5:53.66	35.98	900m: 10:42.71	36.30
150m: 1:42.57 35.64	550m: 6:29.79	36.13	950m: 11:18.86	36.15
200m: 2:18.33 35.76	600m: 7:05.76	35.97	1000m: 11:55.03	36.17
250m: 2:54.21 35.88	650m: 7:41.81	36.05	1050m: 12:31.39	36.36
300m: 3:30.02 35.81	700m: 8:17.97	36.16	1100m: 13:07.90	36.51
350m: 4:06.01 35.99	750m: 8:54.25	36.28	1150m: 13:44.47	36.57
400m: 4:41.81 35.80	800m: 9:30.35	36.10	1200m: 14:21.19	36.72
6. PIMENTEL Marta Lima	04	Fluvial Portuense	18:06.68	+1,75
50m: 31.65 31.65	450m: 5:16.46	36.68	850m: 10:10.23	36.66
100m: 1:05.88 34.23	500m: 5:53.06	36.60	900m: 10:46.80	36.57
150m: 1:40.91 35.03	550m: 6:29.92	36.86	950m: 11:23.27	36.47
200m: 2:16.48 35.57	600m: 7:06.35	36.43	1000m: 12:00.21	36.94
250m: 2:51.96 35.48	650m: 7:42.85	36.50	1050m: 12:36.91	36.70
300m: 3:27.65 35.69	700m: 8:19.84	36.99	1100m: 13:13.67	36.76
350m: 4:03.39 35.74	750m: 8:56.49	36.65	1150m: 13:50.71	37.04
400m: 4:39.78 36.39	800m: 9:33.57	37.08	1200m: 14:27.47	36.76

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



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PARCEIROS



Prova 15	Masc., 4 x 100m Estilos					Absolutos
20-12-2019 - 11:35						Resultados
RN25 Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto		19-12-2014
RN25 Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto		19-12-2014
RN25 Jun	3:50.30	Sporting Clube de Braga	SCB	Porto		08-12-2017

Pontos: FINA 2019

Lugar			Clube			Tempo Final	TReac	FINA	PARA
Seniores									
1.	Sporting-SEN		Sporting		3:36.28	+1,20	780		
	SANTOS Francisco Rogerio	+1,20	25.50	53.26	MOGNE Igor Araujo	+0,44	24.91	53.16	
	SANTOS Alexis Manacas	+0,30	27.72	59.45	COSTA Tiago Cunha	+0,19	24.16	50.41	
2.	Belenenses-SEN		Belenenses		3:41.33	+0,58	728		
	FERNANDES Joao Diogo	+0,58	27.24	56.16	RAMOS Bruno Miguel	+0,27	25.05	54.50	
	QUINTAS Francisco Robalo	+0,11	27.86	59.68	PADRELA Joao Esteves	+0,44	24.24	50.99	
3.	Porto-SEN		Porto		3:43.70	+0,53	705		
	NUNES Porfirio Braga	+0,53	27.07	56.67	SOUSA Joao Ribeiro	+1,78	24.97	55.04	
	AMORIM Alexandre Ferreira	+0,35	28.00	1:00.21	SANTOS Pedro Miguel	+0,47	24.75	51.78	
4.	Alges-SEN		Alges		3:46.25	+0,58	682		
	BATE Miguel Ribeiro	+0,58	27.48	57.21	SANTOS Pedro Andre	+0,33	24.87	53.78	
	PON Hugo	+0,04	29.17	1:03.70	MACHADO Francisco Carvalho	+0,32	24.92	51.56	
5.	Vikings-SEN		Vikings		3:48.29	+0,79	663		
	ROSA Rodrigo Antonio	+0,79	27.49	56.92	COTOVIO Ricardo Ferreira	+0,46	25.65	55.79	
	JESUS Afonso Guilherme	+0,51	30.31	1:05.10	DIAS Guilherme Pereira	+0,38	24.02	50.48	
6.	Uniao Piedense-SEN		Uniao Piedense		3:55.02	+0,60	608		
	SANTOS Edgar Filipe	+0,60	28.73	59.31	LOPES Carlos Filipe	+0,38	25.85	56.28	
	CRISTINO David Matias	+0,39	31.16	1:06.72	CAMOES Tiago Maria	+0,37	24.97	52.71	

Juniores

1.	Sporting-JUN		Sporting		3:47.99	+0,59	666		
	<i>Rec Nacional</i>								
	DOMINGOS Ruy Manuel	+0,59	27.64	57.56	GORDO Salvador Vieira	+0,50	25.28	55.10	
	NUNES Francisco Costa	+0,52	29.59	1:03.77	FERNANDES Eduardo Gomes	+0,01	24.13	51.56	
2.	Fundacao Beatriz Santos-JUN		Fundacao Beatriz Santos		3:55.77	+0,61	602		
	DIAS Joao Pedro	+0,61	28.27	58.31	DOMINGUES Ricardo Jorge	+0,62	26.28	56.72	
	PAIS Joao Ventura	+0,43	31.30	1:08.07	PEREIRA Joao Neto	+0,17	24.96	52.67	
3.	Gesloures-JUN		Gesloures		3:56.65	+0,72	596		
	ALFAMA Martim Primavera	+0,72	26.28	55.39	VALE David Manuel	+0,42	28.18	1:01.25	
	SANTOS Afonso Amaro	+0,15	30.49	1:05.97	SOUZA Francisco Alves	+0,05	25.24	54.04	
4.	Galitos / Bresimar-JUN		Galitos / Bresimar		3:59.16	+0,55	577		
	MACHADO Tiago Andrade	+0,55	27.88	58.03	RIBEIRO Gustavo Carvalhais	+0,25	26.62	57.44	
	RODRIGUES Miguel Carvalho	-0,02	30.38	1:05.91	CARVALHO Renato Miguel	+0,29	27.41	57.78	
5.	Belenenses-JUN		Belenenses		4:00.15	+0,64	570		
	IACHIMOVSKI Nicolae	+0,64	29.27	1:01.26	DIAS Rodrigo Reis	+0,52	26.63	58.79	
	JUNIOR Luis Cabral	+0,65	31.01	1:06.34	JACINTO Rafael Rodrigues	+1,90	25.74	53.76	
6.	Alges-JUN		Alges		4:02.57	+0,62	553		
	FREIRE Bernardo Araujo	+0,62	29.21	1:01.64	MAGALHAES Hugo Nunes	-0,01	27.10	59.81	
	LEITAO Tomas Almeida		30.95	1:07.27	VIEIRA Pedro Machado	+0,12	25.42	53.85	

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
7.	AONDA-Azeitao-JUN	4:03.33	+0,63	548	
	FERREIRA Ricardo Martins +0,63 29.98 1:02.54	MATEUS Joao Garcez +0,32 27.74	1:00.58		
	MATEUS Diogo Garcez +0,43 29.73 1:05.00	LOPES Rodrigo Beja +0,24 26.42	55.21		
8.	Famalicao-JUN	4:03.95	+0,60	544	
	MARQUES Andre Costa +0,60 29.91 1:01.61	COENTRAO Diogo Silva +0,40 26.85	59.41		
	FAIA Mateus Costa +0,41 31.55 1:07.96	SILVA Jason +0,96 26.54	54.97		
9.	Viver Santarem-JUN	4:05.40	+0,65	534	
	COUTINHO Guilherme Pereira +0,65 29.69 1:00.98	ALVES Rui Chagas +0,15 28.42	1:02.25		
	LOPES Luis Afonso 31.94 1:07.11	CRISTOVAO Goncalo Magalhaes+0,27 26.39	55.06		
10.	Estamos Juntos-JUN	4:06.33	+1,34	528	
	PINHO Duarte Sa +1,34 30.16 1:03.32	SILVA Henrique Gomes +0,31 26.48	57.02		
	SANTOS Roberto Pinho +0,28 31.87 1:09.53	SANTOS Guilherme Clara +0,33 26.60	56.46		
11.	Vitoria Guimaraes-JUN	4:08.07	+0,58	517	
	SOUSA Diogo Nunes +0,58 30.96 1:04.22	MAGALHAES Eduardo Miguel -0,03 26.85	58.57		
	PEREIRA Diogo Guimaraes +0,11 31.64 1:08.95	MAGALHAES Vitor Pedro -0,02 26.47	56.33		
12.	Uniao Piedense-JUN	4:09.38	+0,58	509	
	GOMES Tomas Nogueira +0,58 28.21 58.78	CORREIA Luis Carlos +0,42 28.12	1:03.47		
	OSSENBRUGGEN David Van +0,16 32.09 1:10.28	CRISTINO Guilherme Matias +0,24 26.52	56.85		
13.	Feirense-JUN	4:11.44	+0,75	496	
	SANTOS Rafael Pinto +0,75 31.74 1:05.54	GOMES Rodrigo Guedes +0,35 27.86	1:01.17		
	CERDEIRINHA Xavier Gomes +0,13 31.13 1:08.44	PINHO Gabriel Alexandre +0,32 26.71	56.29		
DSQ	Vilacondense-JUN				
	<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>				
	KOBAYASHI Bruno Shinji +0,54 29.80 1:01.41	RIBEIRO Joao Pedro +0,19			
	FANGUEIRO Diogo Morgado -0,06	MORIM Francisco Emanuel +0,35			
DNS	Torres Novas-JUN				
DNS	Aquatico Pacense-JUN				

Prova 16 Femin., 4 x 100m Estilos Absolutos
20-12-2019 - 11:45 Resultados

RN25 Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1.	Alges-SEN	4:06.52	+0,78	762	
	<i>Rec Nacional, Sen parcial 100m</i>				
	AZEVEDO Rafaela Gomes +0,78 28.86 59.68	LIMA Lia Ana +0,41 28.33	1:02.03		
	PEREIRA Raquel Gomes +0,23 32.07 1:08.18	SOUSA Ana Reis +0,43 27.13	56.63		
2.	Sporting-SEN	4:12.67	+0,61	708	
	FERNANDES Ines Camacho +0,61 30.19 1:02.39	HENRIQUES Ines Jacinto +0,43 29.32	1:02.89		
	BORGES Claudia Ferreira +0,42 33.58 1:10.96	VIEGAS Beatriz Mendes +0,37 26.71	56.43		
3.	Benfica-SEN	4:17.26	+0,70	670	
	ROLAO Sofia Alexandra +0,70 31.71 1:06.50	GRAVETO Ana Raquel +0,48 29.26	1:02.64		
	KAMINSKAYA Victoria +0,50 32.89 1:10.10	ANDRE Leticia Maia +0,40 27.70	58.02		

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
4.	Porto-SEN Porto	4:19.77	+0,66	651	
	RAMOS Ana Rita +0,66 31.08 1:04.48	BARBOSA Mariana Fernandes +0,47 29.59	1:03.30		
	OLIVEIRA Rosa Maria +0,12 34.93 1:14.31	FERREIRA Catarina Maria 26.81	57.68		
5.	Galitos / Bresimar-SEN Galitos / Bresimar	4:24.16	+1,10	619	
	SANTOS Ana Pedro +1,10 31.95 1:06.27	RODRIGUES Ana Margarida +0,45 29.62	1:03.70		
	MONTEIRO Margarida Cabral +0,60 35.79 1:15.49	AMADOR Joana Costa +0,46 28.15	58.70		
6.	Braga-SEN Braga	4:25.03	+0,58	613	
	FREIXO Juliana Lima +0,58 31.93 1:05.46	SILVA Maria Madalena +0,68 29.64	1:04.64		
	MIRANDA Rita Catarina +0,47 34.67 1:14.89	HOLUB Tamila Hryhorivna +0,70 28.87	1:00.04		
7.	Academica de Coimbra-SEN Academica de Coimbra	4:27.74	+0,61	595	
	NEVES Ana Carolina +0,61 31.89 1:06.21	TEJO Beatriz Costa 29.34	1:03.27		
	MOREIRA Matilde Freitas +0,26 35.64 1:17.72	CRAVEIRO Beatriz Neves +0,28 28.92	1:00.54		
8.	Natacao de Lisboa-SEN Natacao de Lisboa	4:30.38	+0,65	577	
	FERREIRA Ana Raquel +0,65 32.07 1:06.41	MESTRE Catarina Martins +0,25 30.30	1:05.35		
	LEITAO Rita Fernandes +0,37 34.60 1:15.48	FERREIRA Catarina Trigo +0,33 29.85	1:03.14		
9.	Vitoria Guimaraes-SEN Vitoria Guimaraes	4:31.90	+0,69	568	
	ALMEIDA Catarina Isabel +0,69 32.50 1:08.05	FERNANDES Filipa Viamonte +0,50 30.68	1:06.43		
	VIEIRA Valeria Goncalves +0,29 36.06 1:17.93	FERNANDES Ana Ines +0,23 28.21	59.49		

Juniores

1.	Sporting-JUN Sporting	4:22.27	+0,76	633	
	PEIXEIRA Filipa Ramos +0,76 31.63 1:05.53	MARTINS Joana Ribeiro +0,51 30.83	1:06.75		
	CERDEIRA Madalena Reis +0,47 33.98 1:12.35	MOURA Maria Ferreira +0,39 27.34	57.64		
2.	Porto-JUN Porto	4:31.31	+0,73	571	
	MARTINS Ines Correia +0,73 34.69 1:11.33	SILVA Leonor Santos +0,62 30.25	1:05.85		
	AMORIM Maria Leonor +0,66 35.15 1:15.38	SOARES Catarina Silva +0,73 27.78	58.75		
3.	Fundacao Beatriz Santos-JUN Fundacao Beatriz Santos	4:34.23		553	
	CUNHA Leonor Correia 33.81 1:10.06	MENDES Daniela Portela +0,47 30.71	1:07.33		
	TOMAS Beatriz Monteiro 34.37 1:13.70	SILVA Ana Catarina 30.16	1:03.14		
4.	Gesloures-JUN Gesloures	4:34.91	+0,59	549	
	RODRIGUES Sofia Vilardell +0,59 32.68 1:07.48	MORGADO Alice Jesus +0,39 30.69	1:07.12		
	HENRIQUES Daniela Mascarenhas 37.03 1:19.85	NEVES Leonor Maria 28.66	1:00.46		

2 - 1ª Jornada - 2ª Sessão (finais)

20-12-2019 - 17:00

Prova 12	Femin., 1500m Livres				Absolutos
20-12-2019 - 17:00					Resultados
RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	15:58.30	+0,76	883		
	<i>Minimos CMundo PC aos 800m</i>							
	50m: 29.82	29.82	450m: 4:43.75	31.97	850m: 9:00.23	32.15	1250m: 13:18.17	32.40
	100m: 1:01.33	31.51	500m: 5:15.84	32.09	900m: 9:32.34	32.11	1300m: 13:50.48	32.31
	150m: 1:32.97	31.64	550m: 5:47.87	32.03	950m: 10:04.56	32.22	1350m: 14:22.71	32.23
	200m: 2:04.62	31.65	600m: 6:19.81	31.94	1000m: 10:36.78	32.22	1400m: 14:55.01	32.30
	250m: 2:36.41	31.79	650m: 6:51.75	31.94	1050m: 11:09.00	32.22	1450m: 15:27.25	32.24
	300m: 3:08.07	31.66	700m: 7:23.81	32.06	1100m: 11:41.37	32.37	1500m: 15:58.30	31.05
	350m: 3:39.88	31.81	750m: 7:55.91	32.10	1150m: 12:13.48	32.11		
	400m: 4:11.78	31.90	800m: 8:28.08	32.17	1200m: 12:45.77	32.29		
2.	HOLUB Tamila Hryhorivna	99	Braga	16:17.62		832		
	50m: 31.08	31.08	450m: 4:48.75	32.60	850m: 9:10.50	32.80	1250m: 13:33.25	32.81
	100m: 1:02.70	31.62	500m: 5:21.43	32.68	900m: 9:43.26	32.76	1300m: 14:06.20	32.95
	150m: 1:34.68	31.98	550m: 5:54.05	32.62	950m: 10:16.27	33.01	1350m: 14:39.14	32.94
	200m: 2:06.96	32.28	600m: 6:26.54	32.49	1000m: 10:49.15	32.88	1400m: 15:12.03	32.89
	250m: 2:39.12	32.16	650m: 6:59.29	32.75	1050m: 11:22.11	32.96	1450m: 15:45.56	33.53
	300m: 3:11.16	32.04	700m: 7:32.04	32.75	1100m: 11:54.89	32.78	1500m: 16:17.62	32.06
	350m: 3:43.63	32.47	750m: 8:04.79	32.75	1150m: 12:27.52	32.63		
	400m: 4:16.15	32.52	800m: 8:37.70	32.91	1200m: 13:00.44	32.92		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	16:50.07	+0,70	754		
	50m: 30.27	30.27	450m: 4:54.22	33.74	850m: 9:26.42	34.18	1250m: 13:59.04	34.45
	100m: 1:01.94	31.67	500m: 5:28.12	33.90	900m: 10:00.53	34.11	1300m: 14:33.70	34.66
	150m: 1:34.33	32.39	550m: 6:01.99	33.87	950m: 10:34.69	34.16	1350m: 15:08.20	34.50
	200m: 2:07.31	32.98	600m: 6:35.69	33.70	1000m: 11:08.76	34.07	1400m: 15:42.75	34.55
	250m: 2:40.36	33.05	650m: 7:09.62	33.93	1050m: 11:42.15	33.39	1450m: 16:17.07	34.32
	300m: 3:13.78	33.42	700m: 7:43.82	34.20	1100m: 12:16.21	34.06	1500m: 16:50.07	33.00
	350m: 3:47.14	33.36	750m: 8:17.97	34.15	1150m: 12:50.39	34.18		
	400m: 4:20.48	33.34	800m: 8:52.24	34.27	1200m: 13:24.59	34.20		
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	16:51.59	+1,07	751		
	50m: 31.17	31.17	450m: 4:59.60	33.87	850m: 9:30.61	33.76	1250m: 14:03.35	34.09
	100m: 1:04.41	33.24	500m: 5:33.44	33.84	900m: 10:04.53	33.92	1300m: 14:37.55	34.20
	150m: 1:37.87	33.46	550m: 6:07.40	33.96	950m: 10:38.59	34.06	1350m: 15:11.69	34.14
	200m: 2:11.25	33.38	600m: 6:41.45	34.05	1000m: 11:12.52	33.93	1400m: 15:45.80	34.11
	250m: 2:44.75	33.50	650m: 7:15.30	33.85	1050m: 11:46.65	34.13	1450m: 16:19.49	33.69
	300m: 3:18.44	33.69	700m: 7:49.16	33.86	1100m: 12:20.91	34.26	1500m: 16:51.59	32.10
	350m: 3:52.13	33.69	750m: 8:23.08	33.92	1150m: 12:54.97	34.06		
	400m: 4:25.73	33.60	800m: 8:56.85	33.77	1200m: 13:29.26	34.29		

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PARCEIROS



Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	RAMOS Ana Rita	02	Porto	17:12.00	+0,76	707	
	50m: 31.94 31.94	450m: 5:01.21	33.85	850m: 9:35.26	34.51	1250m: 14:15.80	35.55
	100m: 1:05.04 33.10	500m: 5:35.77	34.56	900m: 10:09.97	34.71	1300m: 14:51.13	35.33
	150m: 1:38.03 32.99	550m: 6:09.55	33.78	950m: 10:44.81	34.84	1350m: 15:26.61	35.48
	200m: 2:11.77 33.74	600m: 6:44.05	34.50	1000m: 11:19.81	35.00	1400m: 16:02.05	35.44
	250m: 2:45.67 33.90	650m: 7:18.38	34.33	1050m: 11:55.05	35.24	1450m: 16:37.41	35.36
	300m: 3:19.95 34.28	700m: 7:52.33	33.95	1100m: 12:29.89	34.84	1500m: 17:12.00	34.59
	350m: 3:53.52 33.57	750m: 8:26.88	34.55	1150m: 13:05.03	35.14		
	400m: 4:27.36 33.84	800m: 9:00.75	33.87	1200m: 13:40.25	35.22		
6.	QUEIROZ Ana Rita	02	Condeixa Clube	17:16.92	+0,55	697	
	50m: 31.31 31.31	450m: 5:04.25	34.63	850m: 9:42.61	35.61	1250m: 14:23.37	35.06
	100m: 1:05.22 33.91	500m: 5:38.69	34.44	900m: 10:17.53	34.92	1300m: 14:58.70	35.33
	150m: 1:38.69 33.47	550m: 6:13.12	34.43	950m: 10:52.24	34.71	1350m: 15:33.65	34.95
	200m: 2:12.75 34.06	600m: 6:47.63	34.51	1000m: 11:27.36	35.12	1400m: 16:08.66	35.01
	250m: 2:47.00 34.25	650m: 7:22.28	34.65	1050m: 12:02.81	35.45	1450m: 16:42.92	34.26
	300m: 3:21.05 34.05	700m: 7:57.61	35.33	1100m: 12:37.48	34.67	1500m: 17:16.92	34.00
	350m: 3:55.32 34.27	750m: 8:32.66	35.05	1150m: 13:12.71	35.23		
	400m: 4:29.62 34.30	800m: 9:07.00	34.34	1200m: 13:48.31	35.60		
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	ROSA Mafalda Sofia	03	Rio Maior	17:00.30		732	
	50m: 31.54 31.54	450m: 5:01.15	33.98	850m: 9:34.45	34.21	1250m: 14:08.45	34.40
	100m: 1:04.64 33.10	500m: 5:35.24	34.09	900m: 10:08.61	34.16	1300m: 14:42.90	34.45
	150m: 1:37.97 33.33	550m: 6:09.32	34.08	950m: 10:42.64	34.03	1350m: 15:17.61	34.71
	200m: 2:11.53 33.56	600m: 6:43.51	34.19	1000m: 11:16.79	34.15	1400m: 15:52.18	34.57
	250m: 2:45.51 33.98	650m: 7:17.75	34.24	1050m: 11:50.98	34.19	1450m: 16:26.68	34.50
	300m: 3:19.53 34.02	700m: 7:51.92	34.17	1100m: 12:25.22	34.24	1500m: 17:00.30	33.62
	350m: 3:53.34 33.81	750m: 8:26.13	34.21	1150m: 12:59.62	34.40		
	400m: 4:27.17 33.83	800m: 9:00.24	34.11	1200m: 13:34.05	34.43		
2.	AMORIM Maria Leonor	03	Porto	17:23.09		685	
	50m: 31.83 31.83	450m: 5:06.89	34.77	850m: 9:46.74	34.94	1250m: 14:28.29	35.32
	100m: 1:05.52 33.69	500m: 5:41.76	34.87	900m: 10:21.93	35.19	1300m: 15:03.46	35.17
	150m: 1:39.55 34.03	550m: 6:16.66	34.90	950m: 10:56.94	35.01	1350m: 15:38.83	35.37
	200m: 2:13.90 34.35	600m: 6:51.76	35.10	1000m: 11:32.32	35.38	1400m: 16:14.09	35.26
	250m: 2:48.20 34.30	650m: 7:26.53	34.77	1050m: 12:07.19	34.87	1450m: 16:49.15	35.06
	300m: 3:22.77 34.57	700m: 8:01.88	35.35	1100m: 12:42.74	35.55	1500m: 17:23.09	33.94
	350m: 3:57.39 34.62	750m: 8:36.78	34.90	1150m: 13:17.79	35.05		
	400m: 4:32.12 34.73	800m: 9:11.80	35.02	1200m: 13:52.97	35.18		
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:37.23		658	
	50m: 31.71 31.71	450m: 5:13.50	35.44	850m: 9:57.80	35.42	1250m: 14:42.57	35.42
	100m: 1:05.93 34.22	500m: 5:49.18	35.68	900m: 10:33.21	35.41	1300m: 15:18.25	35.68
	150m: 1:40.89 34.96	550m: 6:24.88	35.70	950m: 11:09.09	35.88	1350m: 15:53.99	35.74
	200m: 2:16.37 35.48	600m: 7:00.40	35.52	1000m: 11:44.72	35.63	1400m: 16:29.27	35.28
	250m: 2:51.75 35.38	650m: 7:36.09	35.69	1050m: 12:20.36	35.64	1450m: 17:04.24	34.97
	300m: 3:26.96 35.21	700m: 8:11.62	35.53	1100m: 12:56.06	35.70	1500m: 17:37.23	32.99
	350m: 4:02.36 35.40	750m: 8:46.91	35.29	1150m: 13:31.74	35.68		
	400m: 4:38.06 35.70	800m: 9:22.38	35.47	1200m: 14:07.15	35.41		

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	PINHEIRO Ines Mariana	03	Academica de Coimbra	17:45.14	+0,70	643	
	50m: 31.75 31.75	450m: 5:12.74	35.48	850m: 9:57.26	35.70	1250m: 14:45.90	36.34
	100m: 1:05.99 34.24	500m: 5:48.17	35.43	900m: 10:33.02	35.76	1300m: 15:22.38	36.48
	150m: 1:41.44 35.45	550m: 6:23.45	35.28	950m: 11:09.02	36.00	1350m: 15:58.92	36.54
	200m: 2:16.60 35.16	600m: 6:59.10	35.65	1000m: 11:45.06	36.04	1400m: 16:35.52	36.60
	250m: 2:51.49 34.89	650m: 7:34.76	35.66	1050m: 12:21.40	36.34	1450m: 17:11.75	36.23
	300m: 3:26.49 35.00	700m: 8:10.52	35.76	1100m: 12:57.19	35.79	1500m: 17:45.14	33.39
	350m: 4:01.83 35.34	750m: 8:45.77	35.25	1150m: 13:33.29	36.10		
	400m: 4:37.26 35.43	800m: 9:21.56	35.79	1200m: 14:09.56	36.27		
5.	RODRIGUES Joana Francisca	04	Uniao Coimbra	17:57.62		621	
	50m: 32.12 32.12	450m: 5:17.68	35.87	850m: 10:06.41	36.06	1250m: 14:57.80	36.61
	100m: 1:06.93 34.81	500m: 5:53.66	35.98	900m: 10:42.71	36.30	1300m: 15:34.03	36.23
	150m: 1:42.57 35.64	550m: 6:29.79	36.13	950m: 11:18.86	36.15	1350m: 16:10.44	36.41
	200m: 2:18.33 35.76	600m: 7:05.76	35.97	1000m: 11:55.03	36.17	1400m: 16:46.82	36.38
	250m: 2:54.21 35.88	650m: 7:41.81	36.05	1050m: 12:31.39	36.36	1450m: 17:22.67	35.85
	300m: 3:30.02 35.81	700m: 8:17.97	36.16	1100m: 13:07.90	36.51	1500m: 17:57.62	34.95
	350m: 4:06.01 35.99	750m: 8:54.25	36.28	1150m: 13:44.47	36.57		
	400m: 4:41.81 35.80	800m: 9:30.35	36.10	1200m: 14:21.19	36.72		
6.	PIMENTEL Marta Lima	04	Fluvial Portuense	18:06.68	+1,75	606	
	50m: 31.65 31.65	450m: 5:16.46	36.68	850m: 10:10.23	36.66	1250m: 15:04.40	36.93
	100m: 1:05.88 34.23	500m: 5:53.06	36.60	900m: 10:46.80	36.57	1300m: 15:41.27	36.87
	150m: 1:40.91 35.03	550m: 6:29.92	36.86	950m: 11:23.27	36.47	1350m: 16:18.10	36.83
	200m: 2:16.48 35.57	600m: 7:06.35	36.43	1000m: 12:00.21	36.94	1400m: 16:54.79	36.69
	250m: 2:51.96 35.48	650m: 7:42.85	36.50	1050m: 12:36.91	36.70	1450m: 17:31.45	36.66
	300m: 3:27.65 35.69	700m: 8:19.84	36.99	1100m: 13:13.67	36.76	1500m: 18:06.68	35.23
	350m: 4:03.39 35.74	750m: 8:56.49	36.65	1150m: 13:50.71	37.04		
	400m: 4:39.78 36.39	800m: 9:33.57	37.08	1200m: 14:27.47	36.76		

Prova 1	Masc., 800m Livres	Absolutos
20-12-2019 - 17:20		Resultados
RN25 Absoluto	7:46.18 NASCIMENTO Miguel Duarte SLB Porto	08-12-2017
RN25 Sen	7:46.18 NASCIMENTO Miguel Duarte SLB Porto	08-12-2017
RN25 Jun18	7:56.76 PINA Guilherme Filipe BSCN Porto	11-12-2015
RN25 Jun17	8:00.80 SANTA Gustavo Manuel CNLA Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	7:42.14	+0,67	883	
	<i>Rec Nacional, Sen e Abs</i>						
	50m: 25.97 25.97	250m: 2:21.63	29.10	450m: 4:18.12	28.69	650m: 6:14.98	29.35
	100m: 54.45 28.48	300m: 2:50.85	29.22	500m: 4:47.22	29.10	700m: 6:44.40	29.42
	150m: 1:23.29 28.84	350m: 3:20.18	29.33	550m: 5:16.31	29.09	750m: 7:14.09	29.69
	200m: 1:52.53 29.24	400m: 3:49.43	29.25	600m: 5:45.63	29.32	800m: 7:42.14	28.05
2.	GIL Rafael Lourenco	96	Sporting	7:56.53	+0,74	805	
	50m: 27.40 27.40	250m: 2:26.25	29.97	450m: 4:26.51	30.01	650m: 6:26.86	30.17
	100m: 56.63 29.23	300m: 2:56.25	30.00	500m: 4:56.54	30.03	700m: 6:57.05	30.19
	150m: 1:26.30 29.67	350m: 3:26.36	30.11	550m: 5:26.55	30.01	750m: 7:27.24	30.19
	200m: 1:56.28 29.98	400m: 3:56.50	30.14	600m: 5:56.69	30.14	800m: 7:56.53	29.29

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	8:13.31		726	
	50m: 28.61 28.61	250m: 2:32.09	31.04	450m: 4:37.34	31.37	650m: 6:42.05	31.09
	100m: 59.49 30.88	300m: 3:03.36	31.27	500m: 5:08.59	31.25	700m: 7:13.42	31.37
	150m: 1:30.34 30.85	350m: 3:34.40	31.04	550m: 5:39.84	31.25	750m: 7:43.99	30.57
	200m: 2:01.05 30.71	400m: 4:05.97	31.57	600m: 6:10.96	31.12	800m: 8:13.31	29.32
4.	SANTOS Pedro Miguel	01	Porto	8:18.85	+0,63	702	
	50m: 27.74 27.74	250m: 2:27.73	30.17	450m: 4:32.63	31.68	650m: 6:42.77	32.59
	100m: 57.83 30.09	300m: 2:58.36	30.63	500m: 5:04.67	32.04	700m: 7:15.05	32.28
	150m: 1:27.63 29.80	350m: 3:29.56	31.20	550m: 5:37.05	32.38	750m: 7:46.44	31.39
	200m: 1:57.56 29.93	400m: 4:00.95	31.39	600m: 6:10.18	33.13	800m: 8:18.85	32.41
5.	CRUZ Miguel Duarte <i>Rec Nacional S15</i>	99 S15	Belenenses	9:07.81	+0,60	530	
	50m: 30.49 30.49	250m: 2:48.95	35.00	450m: 5:09.52	35.30	650m: 7:28.17	34.27
	100m: 1:04.29 33.80	300m: 3:24.13	35.18	500m: 5:43.94	34.42	700m: 8:01.69	33.52
	150m: 1:39.18 34.89	350m: 3:59.11	34.98	550m: 6:19.10	35.16	750m: 8:35.38	33.69
	200m: 2:13.95 34.77	400m: 4:34.22	35.11	600m: 6:53.90	34.80	800m: 9:07.81	32.43

Juniores

1.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	8:06.66	+1,82	756	
	50m: 27.98 27.98	250m: 2:26.97	30.18	450m: 4:28.95	30.53	650m: 6:33.47	31.45
	100m: 57.21 29.23	300m: 2:57.17	30.20	500m: 4:59.87	30.92	700m: 7:04.79	31.32
	150m: 1:26.86 29.65	350m: 3:27.63	30.46	550m: 5:30.85	30.98	750m: 7:36.14	31.35
	200m: 1:56.79 29.93	400m: 3:58.42	30.79	600m: 6:02.02	31.17	800m: 8:06.66	30.52
2.	DEUS Andre Portugal	02	Naval do Funchal	8:22.48	+0,59	687	
	50m: 27.86 27.86	250m: 2:30.79	31.14	450m: 4:37.44	31.78	650m: 6:44.19	32.16
	100m: 57.94 30.08	300m: 3:02.43	31.64	500m: 5:08.85	31.41	700m: 7:16.89	32.70
	150m: 1:28.56 30.62	350m: 3:34.03	31.60	550m: 5:40.34	31.49	750m: 7:49.76	32.87
	200m: 1:59.65 31.09	400m: 4:05.66	31.63	600m: 6:12.03	31.69	800m: 8:22.48	32.72
3.	AMARAL Francisco Rodriguez	02	Campinho	8:26.87	+0,73	669	
	50m: 28.40 28.40	250m: 2:31.28	31.26	450m: 4:38.18	31.76	650m: 6:48.05	32.52
	100m: 58.58 30.18	300m: 3:03.12	31.84	500m: 5:10.23	32.05	700m: 7:20.81	32.76
	150m: 1:29.12 30.54	350m: 3:34.75	31.63	550m: 5:42.75	32.52	750m: 7:54.03	33.22
	200m: 2:00.02 30.90	400m: 4:06.42	31.67	600m: 6:15.53	32.78	800m: 8:26.87	32.84

Prova 13 Femin., 4 x 50m Livres Absolutos
20-12-2019 - 17:30 Resultados

RN25 Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA	
Seniores						
1.	Alges-SEN	Alges	1:44.40	+0,76	727	
	PEREIRA Raquel Gomes	00 +0,76	26.47	AZEVEDO Rafaela Gomes	02 +0,24	25.97
	SOUSA Ana Reis	02 +0,24	26.36	FRISCHKNECHT Rita Barros	98 +0,23	25.60
2.	Sporting-SEN	Sporting	1:44.49	+0,71	725	
	FERNANDES Ines Camacho	97 +0,71	26.61	HENRIQUES Ines Jacinto	00 +0,42	26.73
	PINTO Mafalda Marques	02 +0,23	26.29	VIEGAS Beatriz Mendes	00 +0,45	24.86
3.	Porto-SEN	Porto	1:45.82	+1,80	698	
	FERREIRA Catarina Maria	98 +1,80	26.36	FARIA Ana Rita	00 +0,66	26.65
	OLIVEIRA Rosa Maria	96 +0,77	26.08	RAMOS Ana Rita	02	26.73
4.	Benfica-SEN	Benfica	1:47.54	+0,57	665	
	PINA Ana Sofia	02 +0,57	27.38	DURAES Diana Margarida	96 +0,42	26.43
	ANDRE Leticia Maia	02 +0,40	26.51	ROLAO Sofia Alexandra	98 +0,36	27.22
5.	Galitos / Bresimar-SEN	Galitos / Bresimar	1:49.72		627	
	AMADOR Joana Costa	01	27.38	MONTEIRO Margarida Cabral	02 +0,43	27.58
	RODRIGUES Ana Margarida	96 +0,31	27.24	SANTOS Ana Pedro	02 +0,30	27.52

Prova 14 Masc., 4 x 50m Livres Absolutos
20-12-2019 - 17:30 Resultados

RN25 Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
RN25 Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	21-12-2018
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	08-12-2017

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA	
Seniores						
1.	Sporting-SEN	Sporting	1:31.44	+0,74	715	
	MOGNE Igor Araujo	96 +0,74	23.31	SANTOS Francisco Rogerio	98 +0,23	22.69
	COSTA Tiago Cunha	99 +0,29	23.50	SANTOS Alexis Manacas	92 +0,54	21.94
2.	Benfica-SEN	Benfica	1:31.65	+0,66	710	
	MARQUES Miguel Henriques	00 +0,66	22.91	NASCIMENTO Miguel Duarte	95 +0,36	21.68
	CORREIA Joao Mota	97 +0,32	24.08	LEBRE Diogo Ramos	01 +0,17	22.98
3.	Alges-SEN	Alges	1:32.75		685	
	MACHADO Francisco Carvalho	98	23.57	PON Hugo	98 -0,03	23.42
	SANTOS Pedro Andre	94 0,00	22.69	BATE Afonso Ribeiro	98 +0,54	23.07
4.	Belenenses-SEN	Belenenses	1:33.53	+0,61	668	
	RAMOS Bruno Miguel	97 +0,61	23.35	CORREIA Diogo Carrasco	95 +0,18	23.70
	PADRELA Joao Esteves	99 +0,28	22.97	FERNANDES Joao Diogo	98 +0,24	23.51
5.	Porto-SEN	Porto	1:33.90	+0,57	661	
	NUNES Porfirio Braga	00 +0,57	23.34	MACHADO Bruno Rafael	01 +0,21	23.14
	AMORIM Alexandre Ferreira	99 +0,15	23.62	NUNES Diogo Barbosa	00 +0,19	23.80

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA	
6.	Vikings-SEN COTOVIO Ricardo Ferreira LEIRIA David Miguel	Vikings 24.02 23.22	JESUS Afonso Guilherme DIAS Guilherme Pereira	1:34.06 00 97	+0,68 +0,42 +0,33	657 24.24 22.58
7.	Famalicao-SEN FERNANDES Pedro Miguel VAZ Luis Emanuel	Famalicao 23.48 23.43	FARIA Rui Pedro TINOCO Joao Pereira	1:34.08 94 00	+0,66 +0,42 +0,25	657 23.86 23.31
8.	Braga-SEN LOPES Jose Paulo SIMOES Rafael Gomes	Braga 23.49 23.69	LOPES Joao Francisco MACHADO Ricardo Manuel	1:34.36 98 93	+0,64 +0,14 +0,18	651 23.33 23.85
9.	Uniao Piedense-SEN CAMOES Tiago Maria LOPES Carlos Filipe	Uniao Piedense 24.29 24.07	SANTOS Edgar Filipe CRISTINO David Matias	1:37.47 01 01	+0,70 +0,26 +0,18	591 24.96 24.15

Juniores

1.	Sporting-JUN FERNANDES Eduardo Gomes DOMINGOS Ruy Manuel	Sporting 24.07 24.18	PINTO Pedro Miguel NUNES Francisco Costa	1:36.21 02 02	+0,69 +0,26 +0,15	614 24.36 23.60
2.	Galitos / Bresimar-JUN MACHADO Tiago Andrade RIBEIRO Gustavo Carvalhais	Galitos / Bresimar 23.30 23.66	GONCALVES Jorge Miguel FARDILHA Manuel Cruz	1:36.59 03 03	+1,59 +0,58 +0,97	607 24.86 24.77
3.	Uniao Piedense-JUN GOMES Tomas Nogueira CRISTINO Guilherme Matias	Uniao Piedense 24.38 25.99	OSSENBRUGGEN David Van CORREIA Luis Carlos	1:42.63 03 03	+0,65 +0,33 +0,77	506 26.34 25.92

Prova 2
20-12-2019 - 17:55

Femin., 100m Bruços

Absolutos
Resultados Final

RN25 Absoluto	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:08.02	PEREIRA Raquel Gomes	SAD	Funchal	09-12-2016
RN25 Jun16	1:08.85	RODRIGUES Ana Pinho	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	CERDEIRA Madalena Reis 50m: 33.79 33.79 100m: 1:11.58	03	Sporting 37.79	1:11.58	+0,77	661	
2.	REBELO Maria Carlota 50m: 34.67 34.67 100m: 1:12.78	03	Louzan Natacao/EFAPEL 38.11	1:12.78	+0,67	629	
3.	FERREIRA Margarida Filipe 50m: 34.11 34.11 100m: 1:13.15	04	Cova da Piedade 39.04	1:13.15	+0,76	619	
4.	FIAL Sofia Nunes 50m: 34.51 34.51 100m: 1:13.18	03	Estamos Juntos 38.67	1:13.18	+0,80	618	
5.	RODRIGUES Lidiana Correia 50m: 35.22 35.22 100m: 1:14.00	04	Belenenses 38.78	1:14.00	+1,15	598	
6.	DOMINGUES Luana Pinto 50m: 35.26 35.26 100m: 1:15.33	03	BA-Leiria 40.07	1:15.33	+0,44	567	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	TOMAS Beatriz Monteiro 50m: 35.51 35.51	03	Fundacao Beatriz Santos	1:15.35 39.84		566	
8.	CASTRO Maria Freitas 50m: 35.20 35.20	03	Fafe	1:15.41 40.21	+0,69	565	

Seniores

1.	KAMINSKAYA Victoria 50m: 32.71 32.71	95	Benfica	1:08.82 36.11	+0,77	744	
2.	MACHADO Luisa Maria 50m: 33.75 33.75	01	Uniao Piedense	1:10.88 37.13	+0,82	681	
3.	BORGES Claudia Ferreira 50m: 33.57 33.57	99	Sporting	1:10.89 37.32	+0,66	680	
4.	VEIGA Ana Filipa 50m: 34.21 34.21	01	Gafanha da Encarnacao	1:11.14 36.93	+0,78	673	
5.	PEREIRA Clara Gomes 50m: 34.19 34.19	02	Alges	1:12.09 37.90	+1,54	647	
6.	CARPINTEIRO Carolina Silverio 50m: 34.74 34.74	02	Natacao do Tejo	1:13.26 38.52	+0,66	616	
7.	SILVA Natacha Sofia 50m: 35.34 35.34	02	Benfica	1:14.68 39.34	+0,61	582	
8.	LEONARDO Rute Isabel 50m: 35.03 35.03	98	Nautico Abrantes	1:14.82 39.79	+0,74	578	

Prova 3

Masc., 100m Bruços

Absolutos

20-12-2019 - 18:00

Resultados Final

RN25 Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Sen	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Jun18	1:01.25	AGOSTINHO Pedro Miguel	SCP	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:02.99	SANTOS Andre Goncalo	LSC	Felgueiras	21-12-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	NUNES Francisco Costa 50m: 29.86 29.86	02	Sporting	1:03.37 33.51	+0,54	675	
2.	PEREIRA Ricardo Samuel 50m: 30.29 30.29	03	Benfica	1:03.68 33.39	+0,60	665	
3.	JUNIOR Luis Cabral 50m: 30.57 30.57	03	Belenenses	1:04.53 33.96	+0,69	639	
4.	CARNEIRO Joao Soares 50m: 30.65 30.65	03	Benfica	1:04.65 34.00	+0,59	636	
5.	MATIAS Rafael Candeias 50m: 30.76 30.76	03	Natacao de Lagos	1:05.50 34.74	+0,94	611	

Prova 3, Masc., 100m Bruços, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	MATEUS Diogo Garcez 50m: 30.38 30.38	02	AONDA-Azeitao	1:05.93	+0,74	600	
7.	LOPES Luis Afonso 50m: 31.37 31.37	03	Viver Santarem	1:06.59	+0,92	582	
8.	SANTOS Afonso Amaro 50m: 31.48 31.48	02	Geslours	1:07.97	+0,58	547	

Seniores

1.	SANTOS Alexis Manacas 50m: 27.76 27.76	92	Sporting	58.82	+0,67	845	
2.	CARVALHO Diogo Filipe 50m: 27.87 27.87	88	Galitos / Bresimar	59.01	+0,64	836	
3.	QUINTAS Francisco Robalo 50m: 27.52 27.52	95	Belenenses	59.16	+0,59	830	
4.	LOPES Gabriel Jose 50m: 28.64 28.64	97	Louzan Natacao/EFAPEL	1:00.23		787	
5.	AMORIM Alexandre Ferreira 50m: 28.41 28.41	99	Porto	1:00.44	+0,69	778	
6.	VELOSO Tomas Miguel 50m: 29.22 29.22	96	Nautico Coimbra	1:02.23	+0,48	713	
7.	FRISCHKNECHT Renato Barros 50m: 28.93 28.93	01	Alges	1:02.39	+0,67	708	
8.	PON Hugo 50m: 30.03 30.03	98	Alges	1:03.06	+0,65	685	

Prova 4
20-12-2019 - 18:05

Femin., 100m Livres

Absolutos
Resultados Final

RN25 Absoluto	55.12	RODRIGUES Ana Pinho	ADS	Felgueiras	21-12-2018
RN25 Sen	55.12	RODRIGUES Ana Pinho	ADS	Felgueiras	21-12-2018
RN25 Jun17	56.07	SOUSA Ana Reis	SAD	Felgueiras	21-12-2018
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MARTINS Francisca Soares 50m: 27.34 27.34	03	Foca Quinta da Lixa CNF	56.35	+0,67	709	
2.	CONCEICAO Ema Jeronimo 50m: 27.68 27.68	03	Fisica Torres Vedras	57.40	+0,79	670	
3.	MARQUES Maria Vieira 50m: 27.94 27.94	04	Natacao de Vagos	58.06	+0,64	648	
4.	PEREIRA Maria Gomes 50m: 28.11 28.11	04	Alges	58.33	+0,95	639	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	MOURA Maria Ferreira 50m: 27.96 27.96 100m: 58.35 30.39	04	Sporting	58.35	+0,82	638	
6.	SOARES Catarina Silva 50m: 28.07 28.07 100m: 59.34 31.27	03	Porto	59.34	+0,68	607	
7.	RODRIGUES Joana Francisca 50m: 29.07 29.07 100m: 1:00.54 31.47	04	Uniao Coimbra	1:00.54		571	
8.	DELFINO Mariana Morais 50m: 29.44 29.44 100m: 1:00.56 31.12	04	Sporting	1:00.56	+0,81	571	

Seniores

1.	RODRIGUES Ana Pinho <i>Rec Nacional, Sen e Abs</i> 50m: 26.21 26.21 100m: 54.66 28.45	94	Sanjoanense/FEPSA	54.66	+0,71	776	
2.	SOUSA Ana Reis 50m: 27.52 27.52 100m: 56.91 29.39	02	Alges	56.91	+0,73	688	
3.	VIEGAS Beatriz Mendes 50m: 26.99 26.99 100m: 57.25 30.26	00	Sporting	57.25	+0,56	676	
4.	FERREIRA Catarina Maria 50m: 27.68 27.68 100m: 57.43 29.75	98	Porto	57.43	+0,72	669	
5.	ANDRE Leticia Maia 50m: 27.80 27.80 100m: 57.62 29.82	02	Benfica	57.62	+0,55	663	
6.	PEGO Isabel Porfirio 50m: 27.83 27.83 100m: 58.04 30.21	01	Fluvial Portuense	58.04		648	
7.	CASTRO Adriana Daniela 50m: 27.97 27.97 100m: 58.52 30.55	97	Leixoes	58.52	+0,70	633	
8.	OLIVEIRA Rosa Maria 50m: 28.13 28.13 100m: 58.61 30.48	96	Porto	58.61	+0,72	630	

Prova 5
20-12-2019 - 18:10

Masc., 100m Livres

Absolutos
Resultados Final

RN25 Absoluto	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.87	VENANCIO Tiago Andre	CNS	Estoril	14-02-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 5, Masc., 100m Livres, Final

Juniores

1.	MACHADO Tiago Andrade	02	Galitos / Bresimar	50.61	+0,65	700
	50m: 24.05 24.05	100m: 50.61	26.56			
2.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	50.72	+1,23	695
	50m: 24.33 24.33	100m: 50.72	26.39			
3.	VAKULYUK Paulo	03	Torres Novas	51.46	+0,71	666
	50m: 24.75 24.75	100m: 51.46	26.71			
4.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	51.58	+0,63	661
	50m: 24.66 24.66	100m: 51.58	26.92			
5.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	52.22	+0,68	637
	50m: 24.75 24.75	100m: 52.22	27.47			
6.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	52.60	+0,79	623
	50m: 25.02 25.02	100m: 52.60	27.58			
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	52.62	+0,82	622
	50m: 24.93 24.93	100m: 52.62	27.69			
8.	JACINTO Rafael Rodrigues	02	Belenenses	53.65	+0,67	587
	50m: 25.72 25.72	100m: 53.65	27.93			

Seniores

1.	NASCIMENTO Miguel Duarte	95	Benfica	49.50	+0,60	748
	50m: 23.50 23.50	100m: 49.50	26.00			
2.	RIBAS Alexandre Lages	97	Desportiva Viana	49.91	+0,65	730
	50m: 23.79 23.79	100m: 49.91	26.12			
3.	SANTOS Pedro Andre	94	Alges	50.14	+1,52	720
	50m: 24.23 24.23	100m: 50.14	25.91			
4.	VELOSO Tomas Miguel	96	Nautico Coimbra	50.18	+0,59	718
	50m: 24.48 24.48	100m: 50.18	25.70			
5.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	50.25	+0,65	715
	50m: 23.77 23.77	100m: 50.25	26.48			
6.	COSTA Tiago Cunha	99	Sporting	50.39	+0,70	709
	50m: 24.35 24.35	100m: 50.39	26.04			
7.	PINHO Manuel Antonio	01	Feirense	50.82	+0,59	691
	50m: 24.46 24.46	100m: 50.82	26.36			
8.	PADRELA Joao Esteves	99	Belenenses	51.31	+0,68	671
	50m: 24.78 24.78	100m: 51.31	26.53			

Prova 6

Femin., 200m Costas

Absolutos

20-12-2019 - 18:10

Resultados Final

RN25 Absoluto	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Sen	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Jun17	2:11.46	AZEVEDO Rafaela Gomes	SAD	Felgueiras	21-12-2018
RN25 Jun16	2:11.74	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	REBELO Camila Rodrigues <i>Rec Nacional, Jun 17</i>	03	Louzan Natacao/EFAPEL	2:11.13	+0,58	751	
	50m: 30.57 30.57	100m: 1:03.84	33.27	150m: 1:37.67	33.83	200m: 2:11.13	33.46
2.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:19.75	+0,54	621	
	50m: 32.21 32.21	100m: 1:07.49	35.28	150m: 1:43.02	35.53	200m: 2:19.75	36.73
3.	CRUZ Sara Moura	03	Alges	2:20.62	+0,58	609	
	50m: 32.55 32.55	100m: 1:07.63	35.08	150m: 1:44.10	36.47	200m: 2:20.62	36.52
4.	MARTINS Joana Ribeiro	03	Sporting	2:20.69	+0,61	608	
	50m: 32.76 32.76	100m: 1:08.50	35.74	150m: 1:44.42	35.92	200m: 2:20.69	36.27
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:21.90	+0,66	593	
	50m: 32.46 32.46	100m: 1:08.60	36.14	150m: 1:45.33	36.73	200m: 2:21.90	36.57
6.	PEIXEIRA Filipa Ramos	03	Sporting	2:22.01	+0,63	591	
	50m: 32.18 32.18	100m: 1:07.82	35.64	150m: 1:44.95	37.13	200m: 2:22.01	37.06
7.	COSTA Carolina Fale	04	Colegio Monte Maior	2:22.59	+0,57	584	
	50m: 33.64 33.64	100m: 1:09.80	36.16	150m: 1:46.15	36.35	200m: 2:22.59	36.44
8.	MARQUES Mariana Nunes	03	Estarreja	2:23.72	+0,50	570	
	50m: 33.11 33.11	100m: 1:09.20	36.09	150m: 1:46.65	37.45	200m: 2:23.72	37.07

Seniores

1.	FRISCHKNECHT Rita Barros	98	Alges	2:09.64	+0,79	777	
	50m: 30.10 30.10	100m: 1:02.45	32.35	150m: 1:35.74	33.29	200m: 2:09.64	33.90
2.	AZEVEDO Rafaela Gomes	02	Alges	2:10.43	+0,65	763	
	50m: 30.10 30.10	100m: 1:03.18	33.08	150m: 1:37.24	34.06	200m: 2:10.43	33.19
3.	CARDEAL Joana Nunes	02	Academico Viseu	2:14.39	+0,65	698	
	50m: 31.50 31.50	100m: 1:05.50	34.00	150m: 1:40.23	34.73	200m: 2:14.39	34.16
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:15.01	+0,60	688	
	50m: 30.67 30.67	100m: 1:04.21	33.54	150m: 1:39.44	35.23	200m: 2:15.01	35.57
5.	RAMOS Ana Rita	02	Porto	2:19.02	+0,64	630	
	50m: 32.20 32.20	100m: 1:05.86	33.66	150m: 1:42.24	36.38	200m: 2:19.02	36.78
6.	CABRAL Maria Francisca	00	Porto	2:19.84	+0,61	619	
	50m: 32.36 32.36	100m: 1:07.10	34.74	150m: 1:43.01	35.91	200m: 2:19.84	36.83
7.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	2:23.11	+0,69	578	
	50m: 33.35 33.35	100m: 1:09.23	35.88	150m: 1:46.35	37.12	200m: 2:23.11	36.76
8.	FREIXO Juliana Lima	97	Braga	2:24.65	+0,58	560	
	50m: 33.35 33.35	100m: 1:09.75	36.40	150m: 1:47.37	37.62	200m: 2:24.65	37.28

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



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WATER INSTINCT

PARCEIROS



Prova 7

Masc., 200m Costas

Absolutos

20-12-2019 - 18:20

Resultados Final

RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Sen	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (FRA)	16-12-2018
RN25 Jun18	1:58.37	NIZ Adriano Miguel	CFV	Figueira da Foz	03-07-2004
RN25 Jun17	1:59.34	NIZ Adriano Miguel	CFV	Alges	16-05-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	COSTA Diogo Santos	02	Colegio Monte Maior	2:00.52	+0,94	673	
	50m: 27.95 27.95	100m: 58.35	30.40 150m: 1:29.28	30.93	200m: 2:00.52	31.24	
2.	ROCHA Ricardo Filipe	02	Aquatico Pacense	2:03.63	+0,62	623	
	50m: 28.87 28.87	100m: 59.99	31.12 150m: 1:31.85	31.86	200m: 2:03.63	31.78	
3.	GOMES Tomas Nogueira	03	Uniao Piedense	2:05.42	+0,56	597	
	50m: 29.33 29.33	100m: 1:01.32	31.99 150m: 1:33.67	32.35	200m: 2:05.42	31.75	
4.	FERNANDES Rui Afonso	03	Desportivo Nacional	2:05.84	+0,69	591	
	50m: 29.46 29.46	100m: 1:01.69	32.23 150m: 1:33.84	32.15	200m: 2:05.84	32.00	
5.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	2:06.11	+0,71	587	
	50m: 29.33 29.33	100m: 1:01.20	31.87 150m: 1:33.72	32.52	200m: 2:06.11	32.39	
6.	MAGALHAES Hugo Nunes	02	Alges	2:09.16	+0,64	546	
	50m: 30.05 30.05	100m: 1:02.64	32.59 150m: 1:35.65	33.01	200m: 2:09.16	33.51	
7.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	2:10.85	+0,54	526	
	50m: 30.48 30.48	100m: 1:04.47	33.99 150m: 1:37.92	33.45	200m: 2:10.85	32.93	

DSQ CASTRO Duarte Monteiro 03 Porto
604 - Durante o percurso perdeu a posição dorsal - SW 6.2

Seniores

1.	SANTOS Francisco Rogerio	98	Sporting	1:53.59	+0,63	804	
	50m: 26.20 26.20	100m: 54.79	28.59 150m: 1:24.07	29.28	200m: 1:53.59	29.52	
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	1:57.23	+0,72	731	
	50m: 26.87 26.87	100m: 57.17	30.30 150m: 1:27.33	30.16	200m: 1:57.23	29.90	
3.	CORREIA Joao Mota	97	Benfica	2:01.81	+0,68	652	
	50m: 28.44 28.44	100m: 59.42	30.98 150m: 1:30.75	31.33	200m: 2:01.81	31.06	
4.	PIRES Ricardo Saraiva	98	Laranjeiro	2:03.69	+0,62	622	
	50m: 29.01 29.01	100m: 1:00.28	31.27 150m: 1:31.86	31.58	200m: 2:03.69	31.83	
5.	FERNANDES Joao Diogo	98	Belenenses	2:03.95	+0,53	618	
	50m: 28.39 28.39	100m: 59.64	31.25 150m: 1:31.64	32.00	200m: 2:03.95	32.31	
6.	BATE Miguel Ribeiro	99	Alges	2:04.41	+0,58	612	
	50m: 28.09 28.09	100m: 59.75	31.66 150m: 1:32.23	32.48	200m: 2:04.41	32.18	
7.	MACHADO Bruno Rafael	01	Porto	2:05.27	+0,56	599	
	50m: 29.39 29.39	100m: 1:00.70	31.31 150m: 1:32.64	31.94	200m: 2:05.27	32.63	
8.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	2:09.69	+0,61	540	
	50m: 29.87 29.87	100m: 1:02.19	32.32 150m: 1:35.16	32.97	200m: 2:09.69	34.53	

ORGANIZAÇÃO



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PARCEIROS



Prova 8
20-12-2019 - 18:25

Femin., 50m Mariposa

Absolutos
Resultados Final

RN25 Absoluto	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Sen	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Jun17	27.32	CRUZ Sara Francisco	ADBA	Leiria	06-12-2009
RN25 Jun16	27.57	TIAGO Filipa Vilas	SCP	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	CUNHA Mariana Pacheco <i>Rec Nacional, Jun 16</i>	04	Colegio Efanor	27.42	+0,71	702	
2.	SOARES Catarina Silva	03	Porto	28.47	+0,68	627	
3.	MARQUES Maria Vieira	04	Natacao de Vagos	28.76	+0,74	609	
4.	AMANTES Beatriz Quintao	03	Uniao Piedense	29.03	+0,95	592	
5.	MACHADO Carolina Alexandra	03	Natacao de Beja	29.33	+0,77	574	
6.	SILVA Leonor Santos	03	Porto	29.83	+0,58	545	
7.	DOMINGUES Matilde Mota	03	Colegio SMLamas	29.92	+0,69	541	
8.	TOME Madalena Rodrigues	03	Bombeiros Estoris	30.21		525	

Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.90	+0,57	744	
2.	FERNANDES Ines Camacho	97	Sporting	27.13	+0,68	725	
3.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	27.28	+0,66	713	
4.	MONTEIRO Ana Catarina	93	Vilacondense	27.76	+1,10	677	
5.	TEJO Beatriz Costa	02	Academica de Coimbra	28.26	+0,49	642	
6.	VIEGAS Beatriz Mendes	00	Sporting	28.54	+0,71	623	
7.	CASTRO Adriana Daniela	97	Leixoes	28.88	+0,57	601	
8.	LIMA Lia Ana	01	Alges	28.95	+0,86	597	

Prova 9
20-12-2019 - 18:30

Masc., 50m Mariposa

Absolutos
Resultados Final

RN25 Absoluto	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Sen	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Jun18	24.68	ASCENSAO Joao Miguel	FCP	Porto	21-12-2014
RN25 Jun17	25.28	VAKULYUK Paulo	CNTN	Albufeira	10-11-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	GORDO Salvador Vieira <i>Rec Nacional, Jun 17</i>	03	Sporting	24.96	+0,62	661	
2.	VAKULYUK Paulo	03	Torres Novas	25.04	+1,14	655	
3.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	25.38	+0,66	629	
4.	SIMOES Manuel Baptista	03	Uniao Coimbra	25.57	+0,56	615	
5.	ALFAMA Martim Primavera	02	Geslours	25.63	+0,72	611	
6.	DOMINGOS Ruy Manuel	02	Sporting	25.65	+0,62	609	
7.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	25.85	+0,67	595	
8.	COSTA Diogo Santos	02	Colegio Monte Maior	27.49	+0,70	495	

Prova 9, Masc., 50m Mariposa, Final

Seniores

Final A

1.	SANTOS Alexis Manacas	92	Sporting	23.67	+0,69	775
2.	SANTOS Pedro Andre	94	Alges	23.92	+0,66	751
3.	SILVA Glauber	86	Foca Quinta da Lixa CNF	23.95	+0,74	748
4.	NASCIMENTO Miguel Duarte	95	Benfica	24.57	+0,67	693
5.	FERNANDES Pedro Miguel	99	Famalicao	24.60	+1,45	691

Final B

9.	MOGNE Igor Araujo	96	Sporting	24.42	+0,72	706
10.	RIBAS Alexandre Lages	97	Desportiva Viana	24.79	+0,66	675
11.	NUNES Porfirio Braga	00	Porto	24.88	+0,60	668
12.	MARQUES Miguel Henriques	00	Benfica	25.07	+1,88	653

Prova 10

Femin., 400m Estilos

Absolutos

20-12-2019 - 19:15

Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	4:38.79	+0,74	801
	50m: 30.99 30.99 150m: 1:41.06 36.11 250m: 2:56.12 39.98 350m: 4:08.04 31.76					
	100m: 1:04.95 33.96 200m: 2:16.14 35.08 300m: 3:36.28 40.16 400m: 4:38.79 30.75					
2.	HENRIQUES Ines Jacinto	00	Sporting	4:45.80	+0,74	743
	50m: 30.02 30.02 150m: 1:39.66 36.01 250m: 2:58.04 42.73 350m: 4:13.92 33.04					
	100m: 1:03.65 33.63 200m: 2:15.31 35.65 300m: 3:40.88 42.84 400m: 4:45.80 31.88					
3.	MONTEIRO Ana Catarina	93	Vilacondense	4:46.78	+0,72	736
	50m: 29.80 29.80 150m: 1:41.29 38.17 250m: 3:00.17 41.51 350m: 4:14.93 33.16					
	100m: 1:03.12 33.32 200m: 2:18.66 37.37 300m: 3:41.77 41.60 400m: 4:46.78 31.85					
4.	MACHADO Luisa Maria	01	Uniao Piedense	4:49.96	+0,88	712
	50m: 30.31 30.31 150m: 1:43.42 37.80 250m: 3:00.80 40.12 350m: 4:16.18 34.19					
	100m: 1:05.62 35.31 200m: 2:20.68 37.26 300m: 3:41.99 41.19 400m: 4:49.96 33.78					
5.	CARDEAL Joana Nunes	02	Academico Viseu	4:53.32	+0,76	687
	50m: 30.37 30.37 150m: 1:43.63 38.13 250m: 3:03.10 41.85 350m: 4:20.52 34.55					
	100m: 1:05.50 35.13 200m: 2:21.25 37.62 300m: 3:45.97 42.87 400m: 4:53.32 32.80					
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	4:55.85	+1,19	670
	50m: 30.55 30.55 150m: 1:44.86 38.86 250m: 3:05.74 41.99 350m: 4:23.11 34.49					
	100m: 1:06.00 35.45 200m: 2:23.75 38.89 300m: 3:48.62 42.88 400m: 4:55.85 32.74					
7.	PINA Ana Sofia	02	Benfica	4:56.82		663
	50m: 30.66 30.66 150m: 1:45.07 38.82 250m: 3:05.13 41.95 350m: 4:22.98 34.72					
	100m: 1:06.25 35.59 200m: 2:23.18 38.11 300m: 3:48.26 43.13 400m: 4:56.82 33.84					
8.	LIMA Lia Ana	01	Alges	5:01.12	+0,82	635
	50m: 30.91 30.91 150m: 1:44.26 38.46 250m: 3:05.57 43.48 350m: 4:26.72 36.69					
	100m: 1:05.80 34.89 200m: 2:22.09 37.83 300m: 3:50.03 44.46 400m: 5:01.12 34.40					

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:04.48	+0,70	615	
	50m: 32.24 32.24	150m: 1:50.22	41.01	250m: 3:12.81	41.80	350m: 4:30.12	35.58
	100m: 1:09.21 36.97	200m: 2:31.01	40.79	300m: 3:54.54	41.73	400m: 5:04.48	34.36
10.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	5:05.11	+0,72	611	
	50m: 32.94 32.94	150m: 1:49.84	40.07	250m: 3:12.70	43.41	350m: 4:30.78	34.52
	100m: 1:09.77 36.83	200m: 2:29.29	39.45	300m: 3:56.26	43.56	400m: 5:05.11	34.33
11.	VELOSO Teresa Miguel	00	Sporting	5:05.25	+0,71	610	
	50m: 31.31 31.31	150m: 1:47.49	39.72	250m: 3:09.87	43.04	350m: 4:30.23	35.81
	100m: 1:07.77 36.46	200m: 2:26.83	39.34	300m: 3:54.42	44.55	400m: 5:05.25	35.02
12.	RIBEIRO Margarida Messias	98	Geslours	5:06.76		601	
	50m: 33.21 33.21	150m: 1:51.89	39.58	250m: 3:13.33	43.05	350m: 4:32.63	35.05
	100m: 1:12.31 39.10	200m: 2:30.28	38.39	300m: 3:57.58	44.25	400m: 5:06.76	34.13
DSQ	SILVA Natacha Sofia	02	Benfica				
	<i>611 - Perdeu posição dorsal antes da viragem aos ... metros SW 6.2</i>						
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:51.54	+1,05	700	
	50m: 30.80 30.80	150m: 1:42.41	37.23	250m: 3:01.76	42.91	350m: 4:19.23	33.25
	100m: 1:05.18 34.38	200m: 2:18.85	36.44	300m: 3:45.98	44.22	400m: 4:51.54	32.31
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	4:56.38		666	
	50m: 31.14 31.14	150m: 1:45.24	38.14	250m: 3:04.82	41.74	350m: 4:23.15	35.50
	100m: 1:07.10 35.96	200m: 2:23.08	37.84	300m: 3:47.65	42.83	400m: 4:56.38	33.23
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	5:02.70	+0,72	625	
	50m: 31.15 31.15	150m: 1:46.43	39.38	250m: 3:09.01	43.52	350m: 4:28.92	35.22
	100m: 1:07.05 35.90	200m: 2:25.49	39.06	300m: 3:53.70	44.69	400m: 5:02.70	33.78
4.	FIAL Sofia Nunes	03	Estamos Juntos	5:06.36	+0,74	603	
	50m: 31.92 31.92	150m: 1:50.39	40.55	250m: 3:12.42	42.46	350m: 4:31.70	36.00
	100m: 1:09.84 37.92	200m: 2:29.96	39.57	300m: 3:55.70	43.28	400m: 5:06.36	34.66
5.	SANTOS Leonor Esteves	04	Avancado EUL	5:06.57		602	
	50m: 32.51 32.51	150m: 1:50.30	41.30	250m: 3:11.79	41.56	350m: 4:31.08	36.80
	100m: 1:09.00 36.49	200m: 2:30.23	39.93	300m: 3:54.28	42.49	400m: 5:06.57	35.49
6.	RODRIGUES Lidiana Correia	04	Belenenses	5:12.81	+0,91	567	
	50m: 33.35 33.35	150m: 1:52.96	40.90	250m: 3:15.29	42.90	350m: 4:36.34	37.41
	100m: 1:12.06 38.71	200m: 2:32.39	39.43	300m: 3:58.93	43.64	400m: 5:12.81	36.47
7.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	5:19.09	+0,67	534	
	50m: 34.03 34.03	150m: 1:53.79	40.45	250m: 3:19.11	44.68	350m: 4:42.49	37.89
	100m: 1:13.34 39.31	200m: 2:34.43	40.64	300m: 4:04.60	45.49	400m: 5:19.09	36.60
8.	DOMINGUES Luana Pinto	03	BA-Leiria	5:20.41	+0,46	527	
	50m: 32.59 32.59	150m: 1:52.94	42.54	250m: 3:18.35	43.54	350m: 4:42.49	38.53
	100m: 1:10.40 37.81	200m: 2:34.81	41.87	300m: 4:03.96	45.61	400m: 5:20.41	37.92
9.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	5:22.06	+0,76	519	
	50m: 33.15 33.15	150m: 1:51.27	40.61	250m: 3:17.73	46.27	350m: 4:44.39	38.14
	100m: 1:10.66 37.51	200m: 2:31.46	40.19	300m: 4:06.25	48.52	400m: 5:22.06	37.67

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	INACIO Marta Macedo	04	Sporting	5:23.36	+0,84	513	
	50m: 33.04 33.04	150m: 1:51.39	40.28	250m: 3:19.23	47.98	350m: 4:46.29	37.79
	100m: 1:11.11 38.07	200m: 2:31.25	39.86	300m: 4:08.50	49.27	400m: 5:23.36	37.07
DSQ	NEVES Sara Dias	03	Miranda do Corvo				
	<i>613 - Efectuou deslizamento após conclusão da braçada na viragem aos 125 m - SW 6.4</i>						
DNS	CASTRO Maria Freitas	03	Fafe				
DNS	SANTOS Madalena Almeida	03	Fluvial Portuense				

Prova 11

Masc., 400m Estilos

Absolutos

20-12-2019 - 19:20

Resultados

RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	4:09.66	+0,73	839	
	50m: 26.09 26.09	150m: 1:28.46	32.23	250m: 2:34.00	33.64	350m: 3:39.49	30.54
	100m: 56.23 30.14	200m: 2:00.36	31.90	300m: 3:08.95	34.95	400m: 4:09.66	30.17
2.	LOPES Jose Paulo	00	Braga	4:10.71	+0,65	828	
	50m: 27.35 27.35	150m: 1:30.26	32.10	250m: 2:37.55	35.82	350m: 3:42.83	29.70
	100m: 58.16 30.81	200m: 2:01.73	31.47	300m: 3:13.13	35.58	400m: 4:10.71	27.88
3.	VITAL Joao Alexandre	98	Sporting	4:12.28	+0,69	813	
	50m: 26.86 26.86	150m: 1:28.93	31.42	250m: 2:35.76	35.61	350m: 3:42.10	30.34
	100m: 57.51 30.65	200m: 2:00.15	31.22	300m: 3:11.76	36.00	400m: 4:12.28	30.18
4.	RAMOS Bruno Miguel	97	Belenenses	4:19.44	+1,93	747	
	50m: 27.54 27.54	150m: 1:31.38	32.82	250m: 2:41.31	37.12	350m: 3:49.01	30.39
	100m: 58.56 31.02	200m: 2:04.19	32.81	300m: 3:18.62	37.31	400m: 4:19.44	30.43
5.	BASTOS Lucas Pereira	00	Nautico Coimbra	4:23.71	+0,74	712	
	50m: 27.75 27.75	150m: 1:33.81	34.15	250m: 2:43.83	36.16	350m: 3:52.41	31.36
	100m: 59.66 31.91	200m: 2:07.67	33.86	300m: 3:21.05	37.22	400m: 4:23.71	31.30
6.	CRISTINO David Matias	01	Uniao Piedense	4:24.95	+0,79	702	
	50m: 28.64 28.64	150m: 1:34.18	33.19	250m: 2:46.29	39.40	350m: 3:55.95	31.22
	100m: 1:00.99 32.35	200m: 2:06.89	32.71	300m: 3:24.73	38.44	400m: 4:24.95	29.00
7.	SILVA Tomas Antonio	01	Naval do Funchal	4:27.98	+0,57	678	
	50m: 27.77 27.77	150m: 1:35.04	34.64	250m: 2:47.72	37.52	350m: 3:58.18	31.93
	100m: 1:00.40 32.63	200m: 2:10.20	35.16	300m: 3:26.25	38.53	400m: 4:27.98	29.80
8.	SIMOES Rafael Gomes	00	Braga	4:28.72	+0,82	673	
	50m: 28.51 28.51	150m: 1:36.95	35.91	250m: 2:49.84	37.24	350m: 3:58.49	31.03
	100m: 1:01.04 32.53	200m: 2:12.60	35.65	300m: 3:27.46	37.62	400m: 4:28.72	30.23
9.	DANTAS Diogo Leal	00	Sporting	4:29.72	+0,57	665	
	50m: 27.78 27.78	150m: 1:35.00	34.51	250m: 2:47.04	37.58	350m: 3:58.69	32.60
	100m: 1:00.49 32.71	200m: 2:09.46	34.46	300m: 3:26.09	39.05	400m: 4:29.72	31.03

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	CORDEIRO Tiago Roberto	00	Benfica	4:30.23	+0,68	661	
	50m: 27.30 27.30 150m: 1:31.70 33.71 250m: 2:44.72 38.69 350m: 3:58.34 33.00						
	100m: 57.99 30.69 200m: 2:06.03 34.33 300m: 3:25.34 40.62 400m: 4:30.23 31.89						
11.	ALVES Nuno Rafael	90	Aquatico Pacense	4:30.63	+0,79	658	
	50m: 28.88 28.88 150m: 1:37.20 35.80 250m: 2:49.39 37.15 350m: 3:59.07 31.84						
	100m: 1:01.40 32.52 200m: 2:12.24 35.04 300m: 3:27.23 37.84 400m: 4:30.63 31.56						
12.	CATALAO Daniel Nogueira	00	Benfica	4:31.67	+0,48	651	
	50m: 28.13 28.13 150m: 1:36.12 34.95 250m: 2:48.33 36.70 350m: 3:59.43 32.63						
	100m: 1:01.17 33.04 200m: 2:11.63 35.51 300m: 3:26.80 38.47 400m: 4:31.67 32.24						
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	4:36.20	+0,73	619	
	50m: 30.20 30.20 150m: 1:41.80 36.45 250m: 2:53.82 36.30 350m: 4:04.76 33.76						
	100m: 1:05.35 35.15 200m: 2:17.52 35.72 300m: 3:31.00 37.18 400m: 4:36.20 31.44						
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:37.29	+0,58	612	
	50m: 30.09 30.09 150m: 1:40.74 37.10 250m: 2:56.43 40.06 350m: 4:07.06 31.02						
	100m: 1:03.64 33.55 200m: 2:16.37 35.63 300m: 3:36.04 39.61 400m: 4:37.29 30.23						
15.	NUNES Rafael Filipe	96	Benfica	4:41.16	+1,90	587	
	50m: 29.56 29.56 150m: 1:39.75 36.72 250m: 2:55.46 40.25 350m: 4:09.39 33.52						
	100m: 1:03.03 33.47 200m: 2:15.21 35.46 300m: 3:35.87 40.41 400m: 4:41.16 31.77						
16.	PIEIDADE Sebastiao Limbert	00	Alges	4:43.28	+0,72	574	
	50m: 29.42 29.42 150m: 1:39.99 36.62 250m: 2:56.50 40.23 350m: 4:10.83 33.01						
	100m: 1:03.37 33.95 200m: 2:16.27 36.28 300m: 3:37.82 41.32 400m: 4:43.28 32.45						
17.	NEVES Tiago Correia	97	SM15 Belenenses	4:53.10	+0,97	518	
	50m: 30.63 30.63 150m: 1:45.30 38.87 250m: 3:04.44 41.73 350m: 4:20.16 33.78						
	100m: 1:06.43 35.80 200m: 2:22.71 37.41 300m: 3:46.38 41.94 400m: 4:53.10 32.94						
18.	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.93	+0,66	498	
	50m: 30.92 30.92 150m: 1:46.20 39.22 250m: 3:06.90 42.69 350m: 4:23.80 34.13						
	100m: 1:06.98 36.06 200m: 2:24.21 38.01 300m: 3:49.67 42.77 400m: 4:56.93 33.13						
DSQ	SAMPAIO Jose Pedro	98	Porto				
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 250 m - SW 7.1</i>						

Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	4:30.89	+0,67	657	
	50m: 28.61 28.61 150m: 1:36.57 34.14 250m: 2:48.38 37.45 350m: 3:59.49 32.15						
	100m: 1:02.43 33.82 200m: 2:10.93 34.36 300m: 3:27.34 38.96 400m: 4:30.89 31.40						
2.	CARNEIRO Joao Soares	03	Benfica	4:31.45	+0,61	652	
	50m: 28.52 28.52 150m: 1:36.55 36.00 250m: 2:50.42 38.19 350m: 4:00.62 31.79						
	100m: 1:00.55 32.03 200m: 2:12.23 35.68 300m: 3:28.83 38.41 400m: 4:31.45 30.83						
3.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:37.54	+0,81	610	
	50m: 29.16 29.16 150m: 1:38.19 36.13 250m: 2:53.19 39.93 350m: 4:06.18 32.87						
	100m: 1:02.06 32.90 200m: 2:13.26 35.07 300m: 3:33.31 40.12 400m: 4:37.54 31.36						
4.	LOPES Luis Afonso	03	Viver Santarem	4:40.24	+0,72	593	
	50m: 29.78 29.78 150m: 1:38.54 34.24 250m: 2:53.12 39.66 350m: 4:07.81 33.92						
	100m: 1:04.30 34.52 200m: 2:13.46 34.92 300m: 3:33.89 40.77 400m: 4:40.24 32.43						
5.	PINTO Pedro Miguel	02	Sporting	4:41.76	+0,76	583	
	50m: 29.51 29.51 150m: 1:39.78 36.33 250m: 2:56.29 39.68 350m: 4:10.40 33.02						
	100m: 1:03.45 33.94 200m: 2:16.61 36.83 300m: 3:37.38 41.09 400m: 4:41.76 31.36						

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:42.47	+0,65	579	
	50m: 28.88 28.88 150m: 1:39.81 36.79 250m: 2:56.72 40.20 350m: 4:09.89 32.17						
	100m: 1:03.02 34.14 200m: 2:16.52 36.71 300m: 3:37.72 41.00 400m: 4:42.47 32.58						
7.	ARAUJO Joao Guilherme	03	Natacao da Maia	4:45.59	+0,79	560	
	50m: 29.06 29.06 150m: 1:39.97 37.16 250m: 2:56.69 40.56 350m: 4:12.18 34.15						
	100m: 1:02.81 33.75 200m: 2:16.13 36.16 300m: 3:38.03 41.34 400m: 4:45.59 33.41						
8.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	4:48.37	+0,74	544	
	50m: 30.13 30.13 150m: 1:42.45 38.17 250m: 3:01.69 42.19 350m: 4:16.08 33.23						
	100m: 1:04.28 34.15 200m: 2:19.50 37.05 300m: 3:42.85 41.16 400m: 4:48.37 32.29						
9.	DIAS Rodrigo Reis	03	Belenenses	4:48.71	+0,67	542	
	50m: 29.46 29.46 150m: 1:41.04 36.82 250m: 3:00.91 42.75 350m: 4:16.72 32.00						
	100m: 1:04.22 34.76 200m: 2:18.16 37.12 300m: 3:44.72 43.81 400m: 4:48.71 31.99						
DNS	RELVAS David Ferreira	03	Nautico Marinha Grande				

Prova 16
20-12-2019 - 19:25

Femin., 4 x 100m Estilos

Absolutos
Resultados

RN25 Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Alges-SEN <i>Rec Nacional, Sen parcial 100m</i>	Alges	4:06.52	+0,78	762
	AZEVEDO Rafaela Gomes +0,78 28.86 59.68 LIMA Lia Ana +0,41 28.33 1:02.03				
	PEREIRA Raquel Gomes +0,23 32.07 1:08.18 SOUSA Ana Reis +0,43 27.13 56.63				
2.	Sporting-SEN	Sporting	4:12.67	+0,61	708
	FERNANDES Ines Camacho +0,61 30.19 1:02.39 HENRIQUES Ines Jacinto +0,43 29.32 1:02.89				
	BORGES Claudia Ferreira +0,42 33.58 1:10.96 VIEGAS Beatriz Mendes +0,37 26.71 56.43				
3.	Benfica-SEN	Benfica	4:17.26	+0,70	670
	ROLAO Sofia Alexandra +0,70 31.71 1:06.50 GRAVETO Ana Raquel +0,48 29.26 1:02.64				
	KAMINSKAYA Victoria +0,50 32.89 1:10.10 ANDRE Leticia Maia +0,40 27.70 58.02				
4.	Porto-SEN	Porto	4:19.77	+0,66	651
	RAMOS Ana Rita +0,66 31.08 1:04.48 BARBOSA Mariana Fernandes +0,47 29.59 1:03.30				
	OLIVEIRA Rosa Maria +0,12 34.93 1:14.31 FERREIRA Catarina Maria 26.81 57.68				
5.	Galitos / Bresimar-SEN	Galitos / Bresimar	4:24.16	+1,10	619
	SANTOS Ana Pedro +1,10 31.95 1:06.27 RODRIGUES Ana Margarida +0,45 29.62 1:03.70				
	MONTEIRO Margarida Cabral +0,60 35.79 1:15.49 AMADOR Joana Costa +0,46 28.15 58.70				
6.	Braga-SEN	Braga	4:25.03	+0,58	613
	FREIXO Juliana Lima +0,58 31.93 1:05.46 SILVA Maria Madalena +0,68 29.64 1:04.64				
	MIRANDA Rita Catarina +0,47 34.67 1:14.89 HOLUB Tamila Hryhorivna +0,70 28.87 1:00.04				
7.	Academica de Coimbra-SEN	Academica de Coimbra	4:27.74	+0,61	595
	NEVES Ana Carolina +0,61 31.89 1:06.21 TEJO Beatriz Costa 29.34 1:03.27				
	MOREIRA Matilde Freitas +0,26 35.64 1:17.72 CRAVEIRO Beatriz Neves +0,28 28.92 1:00.54				

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
8.	Natacao de Lisboa-SEN	4:30.38	+0,65	577	
	FERREIRA Ana Raquel +0,65 32.07 1:06.41	MESTRE Catarina Martins +0,25 30.30	1:05.35		
	LEITAO Rita Fernandes +0,37 34.60 1:15.48	FERREIRA Catarina Trigo +0,33 29.85	1:03.14		
9.	Vitoria Guimaraes-SEN	4:31.90	+0,69	568	
	ALMEIDA Catarina Isabel +0,69 32.50 1:08.05	FERNANDES Filipa Viamonte +0,50 30.68	1:06.43		
	VIEIRA Valeria Goncalves +0,29 36.06 1:17.93	FERNANDES Ana Ines +0,23 28.21	59.49		

Juniores

1.	Sporting-JUN	4:22.27	+0,76	633	
	PEIXEIRA Filipa Ramos +0,76 31.63 1:05.53	MARTINS Joana Ribeiro +0,51 30.83	1:06.75		
	CERDEIRA Madalena Reis +0,47 33.98 1:12.35	MOURA Maria Ferreira +0,39 27.34	57.64		
2.	Porto-JUN	4:31.31	+0,73	571	
	MARTINS Ines Correia +0,73 34.69 1:11.33	SILVA Leonor Santos +0,62 30.25	1:05.85		
	AMORIM Maria Leonor +0,66 35.15 1:15.38	SOARES Catarina Silva +0,73 27.78	58.75		
3.	Fundacao Beatriz Santos-JUN	4:34.23		553	
	CUNHA Leonor Correia 33.81 1:10.06	MENDES Daniela Portela +0,47 30.71	1:07.33		
	TOMAS Beatriz Monteiro 34.37 1:13.70	SILVA Ana Catarina 30.16	1:03.14		
4.	Gesloures-JUN	4:34.91	+0,59	549	
	RODRIGUES Sofia Vilardell +0,59 32.68 1:07.48	MORGADO Alice Jesus +0,39 30.69	1:07.12		
	HENRIQUES Daniela Mascarenhas 37.03 1:19.85	NEVES Leonor Maria 28.66	1:00.46		

Prova 15

Masc., 4 x 100m Estilos

Absolutos

20-12-2019 - 19:30

Resultados

RN25 Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Jun	3:50.30	Sporting Clube de Braga	SCB	Porto	08-12-2017

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1.	Sporting-SEN	3:36.28	+1,20	780	
	SANTOS Francisco Rogerio +1,20 25.50 53.26	MOGNE Igor Araujo +0,44 24.91	53.16		
	SANTOS Alexis Manacas +0,30 27.72 59.45	COSTA Tiago Cunha +0,19 24.16	50.41		
2.	Belenenses-SEN	3:41.33	+0,58	728	
	FERNANDES Joao Diogo +0,58 27.24 56.16	RAMOS Bruno Miguel +0,27 25.05	54.50		
	QUINTAS Francisco Robalo +0,11 27.86 59.68	PADRELA Joao Esteves +0,44 24.24	50.99		
3.	Porto-SEN	3:43.70	+0,53	705	
	NUNES Porfirio Braga +0,53 27.07 56.67	SOUSA Joao Ribeiro +1,78 24.97	55.04		
	AMORIM Alexandre Ferreira +0,35 28.00 1:00.21	SANTOS Pedro Miguel +0,47 24.75	51.78		
4.	Alges-SEN	3:46.25	+0,58	682	
	BATE Miguel Ribeiro +0,58 27.48 57.21	SANTOS Pedro Andre +0,33 24.87	53.78		
	PON Hugo +0,04 29.17 1:03.70	MACHADO Francisco Carvalho +0,32 24.92	51.56		
5.	Vikings-SEN	3:48.29	+0,79	663	
	ROSA Rodrigo Antonio +0,79 27.49 56.92	COTOVIO Ricardo Ferreira +0,46 25.65	55.79		
	JESUS Afonso Guilherme +0,51 30.31 1:05.10	DIAS Guilherme Pereira +0,38 24.02	50.48		

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
6.	Uniao Piedense-SEN	3:55.02	+0,60	608	
	SANTOS Edgar Filipe +0,60 28.73 59.31	LOPES Carlos Filipe +0,38 25.85	56.28		
	CRISTINO David Matias +0,39 31.16 1:06.72	CAMOES Tiago Maria +0,37 24.97	52.71		

Juniores

1.	Sporting-JUN <i>Rec Nacional</i>	3:47.99	+0,59	666	
	DOMINGOS Ruy Manuel +0,59 27.64 57.56	GORDO Salvador Vieira +0,50 25.28	55.10		
	NUNES Francisco Costa +0,52 29.59 1:03.77	FERNANDES Eduardo Gomes +0,01 24.13	51.56		
2.	Fundacao Beatriz Santos-JUN	3:55.77	+0,61	602	
	DIAS Joao Pedro +0,61 28.27 58.31	DOMINGUES Ricardo Jorge +0,62 26.28	56.72		
	PAIS Joao Ventura +0,43 31.30 1:08.07	PEREIRA Joao Neto +0,17 24.96	52.67		
3.	Gesloures-JUN	3:56.65	+0,72	596	
	ALFAMA Martim Primavera +0,72 26.28 55.39	VALE David Manuel +0,42 28.18	1:01.25		
	SANTOS Afonso Amaro +0,15 30.49 1:05.97	SOUZA Francisco Alves +0,05 25.24	54.04		
4.	Galitos / Bresimar-JUN	3:59.16	+0,55	577	
	MACHADO Tiago Andrade +0,55 27.88 58.03	RIBEIRO Gustavo Carvalhais +0,25 26.62	57.44		
	RODRIGUES Miguel Carvalho -0,02 30.38 1:05.91	CARVALHO Renato Miguel +0,29 27.41	57.78		
5.	Belenenses-JUN	4:00.15	+0,64	570	
	IACHIMOVSKI Nicolae +0,64 29.27 1:01.26	DIAS Rodrigo Reis +0,52 26.63	58.79		
	JUNIOR Luis Cabral +0,65 31.01 1:06.34	JACINTO Rafael Rodrigues +1,90 25.74	53.76		
6.	Alges-JUN	4:02.57	+0,62	553	
	FREIRE Bernardo Araujo +0,62 29.21 1:01.64	MAGALHAES Hugo Nunes -0,01 27.10	59.81		
	LEITAO Tomas Almeida 30.95 1:07.27	VIEIRA Pedro Machado +0,12 25.42	53.85		
7.	AONDA-Azeitao-JUN	4:03.33	+0,63	548	
	FERREIRA Ricardo Martins +0,63 29.98 1:02.54	MATEUS Joao Garcez +0,32 27.74	1:00.58		
	MATEUS Diogo Garcez +0,43 29.73 1:05.00	LOPES Rodrigo Beja +0,24 26.42	55.21		
8.	Famalicao-JUN	4:03.95	+0,60	544	
	MARQUES Andre Costa +0,60 29.91 1:01.61	COENTRAO Diogo Silva +0,40 26.85	59.41		
	FAIA Mateus Costa +0,41 31.55 1:07.96	SILVA Jason +0,96 26.54	54.97		
9.	Viver Santarem-JUN	4:05.40	+0,65	534	
	COUTINHO Guilherme Pereira +0,65 29.69 1:00.98	ALVES Rui Chagas +0,15 28.42	1:02.25		
	LOPES Luis Afonso 31.94 1:07.11	CRISTOVAO Goncalo Magalhaes +0,27 26.39	55.06		
10.	Estamos Juntos-JUN	4:06.33	+1,34	528	
	PINHO Duarte Sa +1,34 30.16 1:03.32	SILVA Henrique Gomes +0,31 26.48	57.02		
	SANTOS Roberto Pinho +0,28 31.87 1:09.53	SANTOS Guilherme Clara +0,33 26.60	56.46		
11.	Vitoria Guimaraes-JUN	4:08.07	+0,58	517	
	SOUSA Diogo Nunes +0,58 30.96 1:04.22	MAGALHAES Eduardo Miguel -0,03 26.85	58.57		
	PEREIRA Diogo Guimaraes +0,11 31.64 1:08.95	MAGALHAES Vitor Pedro -0,02 26.47	56.33		
12.	Uniao Piedense-JUN	4:09.38	+0,58	509	
	GOMES Tomas Nogueira +0,58 28.21 58.78	CORREIA Luis Carlos +0,42 28.12	1:03.47		
	OSSENBRUGGEN David Van +0,16 32.09 1:10.28	CRISTINO Guilherme Matias +0,24 26.52	56.85		
13.	Feirense-JUN	4:11.44	+0,75	496	
	SANTOS Rafael Pinto +0,75 31.74 1:05.54	GOMES Rodrigo Guedes +0,35 27.86	1:01.17		
	CERDEIRINHA Xavier Gomes +0,13 31.13 1:08.44	PINHO Gabriel Alexandre +0,32 26.71	56.29		

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
DSQ	Vilacondense-JUN 111 - <i>Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>				
	KOBAYASHI Bruno Shinji +0,54 29.80 1:01.41	RIBEIRO Joao Pedro +0,19			
	FANGUEIRO Diogo Morgado -0,06	MORIM Francisco Emanuel +0,35			
DNS	Torres Novas-JUN	Torres Novas			
DNS	Aquatico Pacense-JUN	Aquatico Pacense			

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

21-12-2019 - 9:00

Prova 29 21-12-2019 - 9:00	Masc., 4 x 50m Estilos					Absolutos Resultados
RN25 Absoluto	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras		21-12-2013

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN	Sporting	1:40.08	+0,58	737
	SANTOS Francisco Rogerio 98 +0,58 24.58	SANTOS Alexis Manacas 92 +0,38 23.90			
	MENDES Antonio Manuel 99 +0,27 28.48	DANTAS Diogo Leal 00 +0,29 23.12			
2.	Alges-SEN	Alges	1:40.89	+0,55	720
	BATE Miguel Ribeiro 99 +0,55 26.29	SANTOS Pedro Andre 94 +0,48 23.87			
	FRISCHKNECHT Renato Barros 01 +0,20 28.06	BATE Afonso Ribeiro 98 +0,18 22.67			
3.	Porto-SEN	Porto	1:41.09	+0,96	716
	MACHADO Bruno Rafael 01 +0,96 26.34	SOUSA Joao Ribeiro 01 +0,15 24.80			
	AMORIM Alexandre Ferreira 99 +0,04 27.30	NUNES Porfirio Braga 00 +0,07 22.65			
4.	Belenenses-SEN	Belenenses	1:41.54	+0,55	706
	FERNANDES Joao Diogo 98 +0,55 26.51	RAMOS Bruno Miguel 97 +0,14 24.67			
	QUINTAS Francisco Robalo 95 +0,19 27.60	PADRELA Joao Esteves 99 +0,32 22.76			
5.	Braga-SEN	Braga	1:42.63	+0,55	684
	LOPES Jose Paulo 00 +0,55 25.56	LOPES Joao Francisco 98 +0,13 24.89			
	SIMÕES Rafael Gomes 00 +0,16 28.31	MACHADO Ricardo Manuel 93 +0,14 23.87			
6.	Academica de Coimbra-SEN	Academica de Coimbra	1:43.30	+0,59	671
	LUCAS Joao Filipe 94 +0,59 27.52	CLEMENTE Bernardo Santos 98 +0,33 25.14			
	CARVALHO Ruben Paiva 94 +0,30 27.81	MADUREIRA Gustavo Almeida 94 +0,23 22.83			
7.	Vikings-SEN	Vikings	1:43.62	+0,59	664
	ROSA Rodrigo Antonio 96 +0,59 26.48	COTOVIO Ricardo Ferreira 91 +0,59 24.65			
	LEIRIA David Miguel 93 +0,73 29.44	DIAS Guilherme Pereira 97 +0,94 23.05			
8.	Famalicao-SEN	Famalicao	1:45.72	+0,63	626
	TINOCO Joao Pereira 00 +0,63 27.21	FERNANDES Pedro Miguel 99 +0,38 24.58			
	FARIA Rui Pedro 94 +0,07 30.55	VAZ Luis Emanuel 91 +0,20 23.38			
9.	Foca Quinta da Lixa CNF-SEN	Foca Quinta da Lixa CNF	1:45.75	+0,59	625
	RIBEIRO Ivo Pinto 97 +0,59 27.41	SILVA Glauber 86 +0,27 23.86			
	PEREIRA Marcelo Goncalo 90 +0,19 30.39	SILVA Pedro Ferraz 98 +0,36 24.09			

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
10.	Uniao Piedense-SEN	1:48.97	+0,63	571	
	SANTOS Edgar Filipe 01 +0,63 27.94	LOPES Carlos Filipe 01 +0,26 25.58			
	CRISTINO David Matias 01 +0,08 31.21	CAMOES Tiago Maria 01 +0,39 24.24			
DNS	Vitoria Guimaraes-SEN	Vitoria Guimaraes			

Juniores

1.	Sporting-JUN <i>Rec Nacional</i>	Sporting	1:44.33	+1,09	651
	DOMINGOS Ruy Manuel 02 +1,09 26.68	GORDO Salvador Vieira 03 +0,44 24.97			
	NUNES Francisco Costa 02 +0,48 29.03	FERNANDES Eduardo Gomes 02 +0,46 23.65			
2.	Galitos / Bresimar-JUN	Galitos / Bresimar	1:47.18	+0,65	600
	MACHADO Tiago Andrade 02 +0,65 26.32	RIBEIRO Gustavo Carvalhais 03 +0,56 25.94			
	RODRIGUES Miguel Carvalho 02 +0,30 30.07	FARDILHA Manuel Cruz 03 +0,31 24.85			
3.	Gesloures-JUN	Gesloures	1:47.82	+0,55	590
	ALFAMA Martim Primavera 02 +0,55 25.76	VALE David Manuel 03 +0,39 27.68			
	SANTOS Afonso Amaro 02 29.85	SOUZA Francisco Alves 02 +0,20 24.53			
4.	Fundacao Beatriz Santos-JUN	Fundacao Beatriz Santos	1:49.10	+0,66	569
	DIAS Joao Pedro 02 +0,66 27.42	DOMINGUES Ricardo Jorge 02 +1,16 25.67			
	PAIS Joao Ventura 02 +0,43 31.30	PEREIRA Joao Neto 02 +0,49 24.71			
5.	Belenenses-JUN	Belenenses	1:49.11	+0,59	569
	IACHIMOVSKI Nicolae 03 +0,59 28.58	DIAS Rodrigo Reis 03 +0,26 26.02			
	JUNIOR Luis Cabral 03 +0,21 30.01	JACINTO Rafael Rodrigues 02 +0,33 24.50			
6.	Alges-JUN	Alges	1:49.99	+0,60	555
	FREIRE Bernardo Araujo 03 +0,60 28.01	MAGALHAES Hugo Nunes 02 +0,17 26.23			
	LEITAO Tomas Almeida 03 +0,38 30.99	VIEIRA Pedro Machado 02 +0,31 24.76			
7.	Uniao Piedense-JUN	Uniao Piedense	1:53.13	+1,11	510
	GOMES Tomas Nogueira 03 +1,11 27.27	CORREIA Luis Carlos 03 +0,43 28.26			
	OSSENBRUGGEN David Van 03 +0,39 31.68	CRISTINO Guilherme Matias 03 +0,22 25.92			
DSQ	Vitoria Guimaraes-JUN <i>403 - Falsa partida - SW 4.4</i>	Vitoria Guimaraes			
	SOUSA Diogo Nunes, PEREIRA Diogo Guimaraes, MAGALHAES Eduardo Miguel, MAGALHAES Vitor Pedro				
DNS	Aquatico Pacense-JUN	Aquatico Pacense			

Prova 30	Femin., 4 x 50m Estilos					Absolutos
21-12-2019 - 9:05						Resultados
RN25 Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012	
RN25 Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012	
RN25 Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018	

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. Alges-SEN	Alges				1:53.11	+0,57	741
<i>Rec Nacional, Sen e Abs e na passagem aos 50m costas Sen Abs</i>							
AZEVEDO Rafaela Gomes	02	+0,57	27.45	LIMA Lia Ana	01	+0,44	28.31
PEREIRA Raquel Gomes	00	+0,29	31.47	FRISCHKNECHT Rita Barros	98	+0,53	25.88
2. Sporting-SEN	Sporting				1:54.06	+1,05	723
FERNANDES Ines Camacho	97	+1,05	28.18	VIEGAS Beatriz Mendes	00	+0,55	27.74
BORGES Claudia Ferreira	99	+0,42	32.13	PINTO Mafalda Marques	02	0.00	26.01
3. Porto-SEN	Porto				1:57.45	+0,57	662
CABRAL Maria Francisca	00	+0,57	29.81	BARBOSA Mariana Fernandes	02	+0,28	28.67
OLIVEIRA Rosa Maria	96	+0,32	33.08	FERREIRA Catarina Maria	98	+0,27	25.89
4. Braga-SEN	Braga				2:01.16	+0,55	603
FREIXO Juliana Lima	97	+0,55	29.75	SILVA Maria Madalena	98	+0,35	29.23
MIRANDA Rita Catarina	97	+0,25	34.55	HOLUB Tamila Hryhorivna	99	+0,38	27.63
Benfica-SEN	Benfica				2:01.16	+0,59	603
ROLAO Sofia Alexandra	98	+0,59	30.64	GRAVETO Ana Raquel	02	+0,45	28.87
SILVA Natacha Sofia	02	+0,40	34.86	ANDRE Leticia Maia	02	+0,23	26.79
6. Academica de Coimbra-SEN	Academica de Coimbra				2:01.60	+0,68	596
NEVES Ana Carolina	00	+0,68	30.63	TEJO Beatriz Costa	02	+0,43	28.41
MOREIRA Matilde Freitas	01		35.14	CRAVEIRO Beatriz Neves	97	+0,40	27.42
7. Galitos / Bresimar-SEN	Galitos / Bresimar				2:01.63	+0,55	596
SANTOS Ana Pedro	02	+0,55	31.28	RODRIGUES Ana Margarida	96	+0,45	28.70
MONTEIRO Margarida Cabral	02	+0,37	34.73	AMADOR Joana Costa	01	+0,44	26.92
8. Natacao de Lisboa-SEN	Natacao de Lisboa				2:03.46	+1,35	570
FERREIRA Ana Raquel	98	+1,35	31.70	MESTRE Catarina Martins	00	+0,41	28.48
LEITAO Rita Fernandes	96	+0,53	34.45	FERREIRA Catarina Trigo	02	+0,38	28.83
9. Vitoria Guimaraes-SEN	Vitoria Guimaraes				2:03.54	+0,61	569
ALMEIDA Catarina Isabel	02	+0,61	31.94	FERNANDES Filipa Viamonte	02	+0,30	28.65
VIEIRA Valeria Goncalves	02	+0,13	35.79	FERNANDES Ana Ines	00	+0,15	27.16

Juniores

1. Sporting-JUN	Sporting				1:59.34	+0,59	631
PEIXEIRA Filipa Ramos	03	+0,59	30.19	MOURA Maria Ferreira	04	+0,56	28.61
CERDEIRA Madalena Reis	03	+1,96	32.81	DELFINO Mariana Morais	04	+0,50	27.73
2. Torres Novas-JUN	Torres Novas				2:03.86	+0,56	564
RAMOS Ines Asseiceira	03	+0,56	30.86	VICENTE Joana Fernandes	04	+0,54	32.01
MORAIS Margarida Mateus	04	+1,98	33.84	CASAL Beatriz Goncalves	03	+0,16	27.15
3. Gesloures-JUN	Gesloures				2:07.04	+1,14	523
RODRIGUES Sofia Vilardell	04	+1,14	31.53	BRANCOURT Yonina	04	+0,30	31.08
HENRIQUES Daniela Mascarenhas	03	+0,38	36.37	NEVES Leonor Maria	03	+0,41	28.06

Prova 17 Masc., 400m Livres Absoluto
21-12-2019 - 9:10 Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2019

Lugar Nome Ano Clube Tempo Final TReac FINA PARA

Seniores

1.	LOPES Jose Paulo	00	Braga	3:45.21	+0,64	837
	50m: 26.01 26.01	150m: 1:22.64	28.48	250m: 2:20.41	28.74	350m: 3:17.88
	100m: 54.16 28.15	200m: 1:51.67	29.03	300m: 2:49.26	28.85	400m: 3:45.21
2.	VELOSO Tomas Miguel	96	Nautico Coimbra	3:45.56	+0,64	833
	50m: 26.14 26.14	150m: 1:22.99	28.57	250m: 2:20.39	28.54	350m: 3:17.82
	100m: 54.42 28.28	200m: 1:51.85	28.86	300m: 2:49.15	28.76	400m: 3:45.56
3.	MOGNE Igor Araujo	96	Sporting	3:48.89	+0,74	797
	50m: 26.29 26.29	150m: 1:23.47	28.70	250m: 2:21.53	28.99	350m: 3:19.87
	100m: 54.77 28.48	200m: 1:52.54	29.07	300m: 2:50.77	29.24	400m: 3:48.89
4.	COSTA Tiago Cunha	99	Sporting	3:51.08	+0,56	774
	50m: 26.21 26.21	150m: 1:23.73	29.01	250m: 2:22.27	29.41	350m: 3:21.70
	100m: 54.72 28.51	200m: 1:52.86	29.13	300m: 2:52.06	29.79	400m: 3:51.08
5.	GIL Rafael Lourenco	96	Sporting	3:53.01	+0,76	755
	50m: 26.88 26.88	150m: 1:24.56	29.09	250m: 2:23.69	29.45	350m: 3:23.31
	100m: 55.47 28.59	200m: 1:54.24	29.68	300m: 2:53.56	29.87	400m: 3:53.01
6.	VITAL Joao Alexandre	98	Sporting	3:53.34	+0,66	752
	50m: 26.61 26.61	150m: 1:25.24	29.71	250m: 2:25.05	29.79	350m: 3:24.10
	100m: 55.53 28.92	200m: 1:55.26	30.02	300m: 2:54.86	29.81	400m: 3:53.34
7.	SANTOS Pedro Miguel	01	Porto	3:54.67	+0,65	739
	50m: 27.33 27.33	150m: 1:25.91	29.65	250m: 2:25.43	29.59	350m: 3:24.85
	100m: 56.26 28.93	200m: 1:55.84	29.93	300m: 2:55.09	29.66	400m: 3:54.67
8.	BASTOS Lucas Pereira	00	Nautico Coimbra	3:57.38	+0,67	714
	50m: 27.51 27.51	150m: 1:27.57	30.27	250m: 2:27.38	29.43	350m: 3:27.39
	100m: 57.30 29.79	200m: 1:57.95	30.38	300m: 2:57.26	29.88	400m: 3:57.38
9.	BATE Afonso Ribeiro	98	Alges	3:57.81	+0,71	710
	50m: 27.70 27.70	150m: 1:28.82	30.86	250m: 2:29.87	30.38	350m: 3:30.31
	100m: 57.96 30.26	200m: 1:59.49	30.67	300m: 3:00.16	30.29	400m: 3:57.81
10.	CRISTINO David Matias	01	Uniao Piedense	3:58.50	+1,93	704
	50m: 27.80 27.80	150m: 1:28.94	30.76	250m: 2:29.55	30.06	350m: 3:29.68
	100m: 58.18 30.38	200m: 1:59.49	30.55	300m: 2:59.89	30.34	400m: 3:58.50
11.	NUNES Diogo Barbosa	00	Porto	4:01.06	+0,78	682
	50m: 27.49 27.49	150m: 1:27.05	29.88	250m: 2:27.69	30.38	350m: 3:29.62
	100m: 57.17 29.68	200m: 1:57.31	30.26	300m: 2:58.15	30.46	400m: 4:01.06
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:06.50		638
	50m: 28.99 28.99	150m: 1:31.27	30.94	250m: 2:33.54	31.27	350m: 3:36.06
	100m: 1:00.33 31.34	200m: 2:02.27	31.00	300m: 3:04.85	31.31	400m: 4:06.50

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



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PARCEIROS



Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	MORIM Ruben Jose	97	Vilacondense	4:13.66	+0,80	585	
	50m: 28.33 28.33	150m: 1:31.20	31.86	250m: 2:35.23	31.98	350m: 3:41.15	32.86
	100m: 59.34 31.01	200m: 2:03.25	32.05	300m: 3:08.29	33.06	400m: 4:13.66	32.51
14.	GRACHAT David Realista	87 S9	Geslours	4:22.36	+0,75	529	936
	50m: 28.89 28.89	150m: 1:33.36	32.60	250m: 2:39.48	32.97	350m: 3:47.69	34.55
	100m: 1:00.76 31.87	200m: 2:06.51	33.15	300m: 3:13.14	33.66	400m: 4:22.36	34.67
15.	CRUZ Miguel Duarte	99 S15	Belenenses	4:23.64	+0,65	521	
	50m: 29.97 29.97	150m: 1:35.46	32.91	250m: 2:42.51	33.59	350m: 3:50.61	34.02
	100m: 1:02.55 32.58	200m: 2:08.92	33.46	300m: 3:16.59	34.08	400m: 4:23.64	33.03
16.	VIDEIRA Daniel Carlos	92 S6	Geslours	5:23.37	+0,89	282	851
	50m: 37.60 37.60	150m: 2:00.32	41.59	250m: 3:22.60	41.00	350m: 4:44.70	40.75
	100m: 1:18.73 41.13	200m: 2:41.60	41.28	300m: 4:03.95	41.35	400m: 5:23.37	38.67

Juniores

1.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	3:55.42	+0,65	732	
	50m: 26.78 26.78	150m: 1:25.11	29.61	250m: 2:24.66	29.87	350m: 3:25.29	30.17
	100m: 55.50 28.72	200m: 1:54.79	29.68	300m: 2:55.12	30.46	400m: 3:55.42	30.13
2.	DEUS Andre Portugal	02	Naval do Funchal	4:00.44	+0,63	687	
	50m: 27.84 27.84	150m: 1:28.03	30.22	250m: 2:29.65	30.88	350m: 3:30.42	30.03
	100m: 57.81 29.97	200m: 1:58.77	30.74	300m: 3:00.39	30.74	400m: 4:00.44	30.02
3.	NUNES Francisco Costa	02	Sporting	4:02.45	+0,76	670	
	50m: 27.73 27.73	150m: 1:28.25	30.53	250m: 2:30.18	30.97	350m: 3:32.78	31.18
	100m: 57.72 29.99	200m: 1:59.21	30.96	300m: 3:01.60	31.42	400m: 4:02.45	29.67
4.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:03.65	+0,80	661	
	50m: 27.75 27.75	150m: 1:28.06	30.24	250m: 2:29.66	30.86	350m: 3:32.39	31.24
	100m: 57.82 30.07	200m: 1:58.80	30.74	300m: 3:01.15	31.49	400m: 4:03.65	31.26
5.	AMARAL Francisco Rodriguez	02	Campinho	4:04.51	+0,69	654	
	50m: 27.72 27.72	150m: 1:28.49	30.69	250m: 2:30.66	31.21	350m: 3:33.49	31.45
	100m: 57.80 30.08	200m: 1:59.45	30.96	300m: 3:02.04	31.38	400m: 4:04.51	31.02
6.	CARVALHO Daniel Luis	02	Braga	4:06.41	+0,80	639	
	50m: 27.91 27.91	150m: 1:29.46	31.00	250m: 2:32.53	31.54	350m: 3:35.59	31.50
	100m: 58.46 30.55	200m: 2:00.99	31.53	300m: 3:04.09	31.56	400m: 4:06.41	30.82
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:07.25	+0,68	632	
	50m: 28.44 28.44	150m: 1:31.25	31.75	250m: 2:34.03	31.48	350m: 3:37.63	31.91
	100m: 59.50 31.06	200m: 2:02.55	31.30	300m: 3:05.72	31.69	400m: 4:07.25	29.62
8.	JACINTO Rafael Rodrigues	02	Belenenses	4:07.99	+1,56	626	
	50m: 28.30 28.30	150m: 1:29.61	31.00	250m: 2:33.65	31.76	350m: 3:37.30	31.07
	100m: 58.61 30.31	200m: 2:01.89	32.28	300m: 3:06.23	32.58	400m: 4:07.99	30.69
9.	MACHADO Martim Miranda	03	Uniao Coimbra	4:09.69	+0,76	614	
	50m: 28.08 28.08	150m: 1:29.70	31.06	250m: 2:33.80	32.18	350m: 3:38.47	32.26
	100m: 58.64 30.56	200m: 2:01.62	31.92	300m: 3:06.21	32.41	400m: 4:09.69	31.22
10.	SILVA Henrique Gomes	02	Estamos Juntos	4:11.01	+0,65	604	
	50m: 27.63 27.63	150m: 1:29.45	31.35	250m: 2:34.10	32.32	350m: 3:39.27	32.64
	100m: 58.10 30.47	200m: 2:01.78	32.33	300m: 3:06.63	32.53	400m: 4:11.01	31.74
11.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:16.71	+0,70	565	
	50m: 28.26 28.26	150m: 1:32.54	32.65	250m: 2:38.08	32.77	350m: 3:44.27	33.17
	100m: 59.89 31.63	200m: 2:05.31	32.77	300m: 3:11.10	33.02	400m: 4:16.71	32.44

Prova 17, Masc., 400m Livres

Classe S15

1. CRUZ Miguel Duarte	99	S15	Belenenses	4:23.64	+0,65	521
50m: 29.97 29.97	150m: 1:35.46	32.91	250m: 2:42.51	33.59	350m: 3:50.61	34.02
100m: 1:02.55 32.58	200m: 2:08.92	33.46	300m: 3:16.59	34.08	400m: 4:23.64	33.03

Paralimpicos

1. GRACHAT David Realista	87	S9	Geslours	4:22.36	+0,75	529	936
50m: 28.89 28.89	150m: 1:33.36	32.60	250m: 2:39.48	32.97	350m: 3:47.69	34.55	
100m: 1:00.76 31.87	200m: 2:06.51	33.15	300m: 3:13.14	33.66	400m: 4:22.36	34.67	
2. VIDEIRA Daniel Carlos	92	S6	Geslours	5:23.37	+0,89	282	851
50m: 37.60 37.60	150m: 2:00.32	41.59	250m: 3:22.60	41.00	350m: 4:44.70	40.75	
100m: 1:18.73 41.13	200m: 2:41.60	41.28	300m: 4:03.95	41.35	400m: 5:23.37	38.67	

Prova 18

Femin., 400m Livres

Absoluto
Resultados

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. DURAES Diana Margarida	96		Benfica	4:06.62	+0,73	853
<i>Minimos CMundo PC</i>						
50m: 29.08 29.08	150m: 1:30.65	30.94	250m: 2:32.73	30.90	350m: 3:35.75	31.58
100m: 59.71 30.63	200m: 2:01.83	31.18	300m: 3:04.17	31.44	400m: 4:06.62	30.87
2. HOLUB Tamila Hryhorivna	99		Braga	4:12.59	+0,74	794
50m: 29.56 29.56	150m: 1:32.59	31.64	250m: 2:36.33	31.96	350m: 3:40.95	32.33
100m: 1:00.95 31.39	200m: 2:04.37	31.78	300m: 3:08.62	32.29	400m: 4:12.59	31.64
3. HENRIQUES Ines Jacinto	00		Sporting	4:16.31	+0,68	760
50m: 29.83 29.83	150m: 1:34.53	32.47	250m: 2:39.19	32.26	350m: 3:44.28	32.56
100m: 1:02.06 32.23	200m: 2:06.93	32.40	300m: 3:11.72	32.53	400m: 4:16.31	32.03
4. CARDEAL Joana Nunes	02		Academico Viseu	4:18.05	+0,82	744
50m: 29.46 29.46	150m: 1:33.78	32.56	250m: 2:39.44	32.85	350m: 3:46.05	33.20
100m: 1:01.22 31.76	200m: 2:06.59	32.81	300m: 3:12.85	33.41	400m: 4:18.05	32.00
5. RAMOS Ana Rita	02		Porto	4:19.75	+0,73	730
50m: 30.26 30.26	150m: 1:35.08	32.27	250m: 2:39.98	32.65	350m: 3:46.61	33.46
100m: 1:02.81 32.55	200m: 2:07.33	32.25	300m: 3:13.15	33.17	400m: 4:19.75	33.14
6. MONTEIRO Ana Catarina	93		Vilacondense	4:20.69	+0,69	722
50m: 30.45 30.45	150m: 1:36.00	32.80	250m: 2:41.41	32.41	350m: 3:47.83	33.25
100m: 1:03.20 32.75	200m: 2:09.00	33.00	300m: 3:14.58	33.17	400m: 4:20.69	32.86

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Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	FRAZAO Alexandra Couto	02	Sporting	4:21.77	+0,74	713	
	50m: 30.20 30.20	150m: 1:35.73	32.46	250m: 2:41.73	32.93	350m: 3:48.71	33.60
	100m: 1:03.27 33.07	200m: 2:08.80	33.07	300m: 3:15.11	33.38	400m: 4:21.77	33.06
8.	QUEIROZ Ana Rita	02	Condeixa Clube	4:25.53	+0,81	683	
	50m: 30.42 30.42	150m: 1:36.98	33.49	250m: 2:44.64	33.86	350m: 3:52.56	33.85
	100m: 1:03.49 33.07	200m: 2:10.78	33.80	300m: 3:18.71	34.07	400m: 4:25.53	32.97
9.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:26.04		679	
	50m: 30.50 30.50	150m: 1:37.25	33.73	250m: 2:45.07	33.84	350m: 3:53.15	34.17
	100m: 1:03.52 33.02	200m: 2:11.23	33.98	300m: 3:18.98	33.91	400m: 4:26.04	32.89
10.	AMADOR Joana Costa	01	Galitos / Bresimar	4:27.05	+0,72	672	
	50m: 30.38 30.38	150m: 1:37.02	33.88	250m: 2:45.31	34.07	350m: 3:53.54	34.30
	100m: 1:03.14 32.76	200m: 2:11.24	34.22	300m: 3:19.24	33.93	400m: 4:27.05	33.51
11.	SOUSA Ana Reis	02	Alges	4:27.17	+0,72	671	
	50m: 29.47 29.47	150m: 1:34.73	33.06	250m: 2:42.63	34.23	350m: 3:52.37	35.05
	100m: 1:01.67 32.20	200m: 2:08.40	33.67	300m: 3:17.32	34.69	400m: 4:27.17	34.80
12.	PINA Ana Sofia	02	Benfica	4:27.45		669	
	50m: 30.39 30.39	150m: 1:36.38	33.12	250m: 2:44.52	34.29	350m: 3:53.46	34.39
	100m: 1:03.26 32.87	200m: 2:10.23	33.85	300m: 3:19.07	34.55	400m: 4:27.45	33.99
13.	VELOSO Teresa Miguel	00	Sporting	4:30.99		643	
	50m: 31.11 31.11	150m: 1:38.16	33.88	250m: 2:46.56	34.07	350m: 3:55.87	34.86
	100m: 1:04.28 33.17	200m: 2:12.49	34.33	300m: 3:21.01	34.45	400m: 4:30.99	35.12
14.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	4:56.55		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:15.49	+0,69	767	
	50m: 29.53 29.53	150m: 1:32.79	31.96	250m: 2:37.55	32.36	350m: 3:43.28	32.93
	100m: 1:00.83 31.30	200m: 2:05.19	32.40	300m: 3:10.35	32.80	400m: 4:15.49	32.21
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:26.51		676	
	50m: 30.25 30.25	150m: 1:36.28	33.40	250m: 2:44.19	34.04	350m: 3:52.85	34.41
	100m: 1:02.88 32.63	200m: 2:10.15	33.87	300m: 3:18.44	34.25	400m: 4:26.51	33.66
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:31.20	+0,80	641	
	50m: 30.23 30.23	150m: 1:37.11	34.10	250m: 2:46.35	34.65	350m: 3:57.03	35.51
	100m: 1:03.01 32.78	200m: 2:11.70	34.59	300m: 3:21.52	35.17	400m: 4:31.20	34.17
4.	AMORIM Maria Leonor	03	Porto	4:32.45	+0,79	632	
	50m: 30.68 30.68	150m: 1:38.60	34.75	250m: 2:48.43	34.53	350m: 3:58.34	34.69
	100m: 1:03.85 33.17	200m: 2:13.90	35.30	300m: 3:23.65	35.22	400m: 4:32.45	34.11
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:32.79	+0,73	630	
	50m: 31.48 31.48	150m: 1:40.38	34.79	250m: 2:50.95	35.13	350m: 4:00.93	34.94
	100m: 1:05.59 34.11	200m: 2:15.82	35.44	300m: 3:25.99	35.04	400m: 4:32.79	31.86
6.	SOARES Carolina Silva	03	Natacao de Valongo	4:34.99	+0,59	615	
	50m: 31.01 31.01	150m: 1:38.93	34.25	250m: 2:48.85	34.99	350m: 4:00.01	35.78
	100m: 1:04.68 33.67	200m: 2:13.86	34.93	300m: 3:24.23	35.38	400m: 4:34.99	34.98

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	4:35.45	+0,75	612	
	50m: 31.63 31.63	150m: 1:40.02	34.32	250m: 2:49.68	35.20	350m: 4:00.86	35.27
	100m: 1:05.70 34.07	200m: 2:14.48	34.46	300m: 3:25.59	35.91	400m: 4:35.45	34.59
8.	SANTOS Leonor Esteves	04	Avancado EUL	4:37.30	+0,85	600	
	50m: 31.76 31.76	150m: 1:40.65	34.66	250m: 2:50.78	35.15	350m: 4:01.92	35.58
	100m: 1:05.99 34.23	200m: 2:15.63	34.98	300m: 3:26.34	35.56	400m: 4:37.30	35.38
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:39.32	+0,92	587	
	50m: 31.42 31.42	150m: 1:40.95	35.20	250m: 2:52.59	36.06	350m: 4:04.66	35.88
	100m: 1:05.75 34.33	200m: 2:16.53	35.58	300m: 3:28.78	36.19	400m: 4:39.32	34.66
10.	VIANA Margarida Violante	04	BA-Leiria	4:39.52		586	
	50m: 32.09 32.09	150m: 1:42.13	35.36	250m: 2:53.31	35.57	350m: 4:04.42	35.53
	100m: 1:06.77 34.68	200m: 2:17.74	35.61	300m: 3:28.89	35.58	400m: 4:39.52	35.10
11.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	4:40.59	+0,71	579	
	50m: 31.39 31.39	150m: 1:41.58	35.19	250m: 2:52.38	35.41	350m: 4:04.73	36.40
	100m: 1:06.39 35.00	200m: 2:16.97	35.39	300m: 3:28.33	35.95	400m: 4:40.59	35.86
12.	LIGEIRO Daniela Silva	04	Viana Natacao	4:41.31		574	
	50m: 31.71 31.71	150m: 1:42.29	35.73	250m: 2:54.64	36.30	350m: 4:07.04	36.03
	100m: 1:06.56 34.85	200m: 2:18.34	36.05	300m: 3:31.01	36.37	400m: 4:41.31	34.27
13.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:41.43	+0,87	574	
	50m: 32.00 32.00	150m: 1:42.08	35.39	250m: 2:53.75	35.91	350m: 4:06.32	36.42
	100m: 1:06.69 34.69	200m: 2:17.84	35.76	300m: 3:29.90	36.15	400m: 4:41.43	35.11
14.	INACIO Marta Macedo	04	Sporting	4:48.19	+0,78	534	
	50m: 32.71 32.71	150m: 1:44.30	36.27	250m: 2:57.18	36.61	350m: 4:11.02	37.19
	100m: 1:08.03 35.32	200m: 2:20.57	36.27	300m: 3:33.83	36.65	400m: 4:48.19	37.17
DNS	MONTEIRO Ines Maria	04	Naval Praia da Vitoria				

Paralimpicos

1.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	4:56.55		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25

Prova 19 Masc., 50m Costas Absolutos
21-12-2019 - 9:45 Resultados Elimin

RN25 Absoluto	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	SANTOS Alexis Manacas	92	Sporting	25.05	+1,29 Q	697	
2.	SANTOS Francisco Rogerio	98	Sporting	25.35	+1,71 Q	673	
3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	25.54	+0,93 Q	658	
4.	PINHO Manuel Antonio	01	Feirense	25.86	+0,97 Q	634	
5.	BATE Miguel Ribeiro	99	Alges	26.24	+0,55 Q	607	
6.	MACHADO Bruno Rafael	01	Porto	26.31	+0,52 Q	602	
7.	DANTAS Diogo Leal	00	Sporting	26.34	+1,94 Q	600	
8.	ROSA Rodrigo Antonio	96	Vikings	26.43	+0,58 Q	594	
9.	FIDALGO Mateus Valente	01	Estarreja	26.51	+0,59 R	588	
10.	FERNANDES Joao Diogo	98	Belenenses	26.68	+0,55 R	577	
11.	LOPES Joao Francisco	98	Braga	26.83	+0,51	568	
12.	LEIRIA David Miguel	93	Vikings	26.87	+0,61	565	
13.	ZENZA Francisco Manuel	01	Natacao da Maia	27.09	+0,56	551	
14.	TINOCO Joao Pereira	00	Famalicao	27.29	+0,74	539	
15.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	27.34	+0,62	536	
16.	PIRES Ricardo Saraiva	98	Laranjeiro	27.41	+0,58	532	
17.	SANTOS Dario Almeida	93	Leixoes	27.43	+0,59	531	
18.	CORREIA Joao Mota	97	Benfica	27.46	+0,68	529	
19.	RIBEIRO Ivo Pinto	97	Foca Quinta da Lixa CNF	27.68	+0,55	517	
DNS	THEODORIS Nathan Keith	95	Louletano / Loule Concelho				

Juniores

1.	ALFAMA Martim Primavera	02	Geslours	25.98	+0,55 Q	625	
2.	COSTA Diogo Santos	02	Colegio Monte Maior	26.17	+0,54 Q	612	
3.	MACHADO Tiago Andrade	02	Galitos / Bresimar	27.05	+0,52 Q	554	
	DOMINGOS Ruy Manuel	02	Sporting	27.05	+0,57 Q	554	
5.	CASTRO Duarte Monteiro	03	Porto	27.11	+0,71 Q	550	
6.	GOMES Tomas Nogueira	03	Uniao Piedense	27.35	+1,92 Q	536	
7.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	27.48	+0,66 Q	528	
8.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	27.50	+0,63 Q	527	
9.	FERNANDES Rui Afonso	03	Desportivo Nacional	27.52	+0,55 R	526	
10.	MAGALHAES Hugo Nunes	02	Alges	27.62	+0,60 R	520	
11.	COSTA Samson Silva	02	Colegio Efanor	27.63	+0,63	520	
12.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	27.65	+0,52	518	
13.	GOMES Goncalo Camara	03	Naval do Funchal	27.70	+0,44	516	
14.	FREIRE Bernardo Araujo	03	Alges	27.94	+0,62	502	
15.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	28.13	+0,57	492	
16.	MORIM Francisco Emanuel	02	Vilacondense	28.91	+0,68	454	
EXH	FAUSTINO Matheus Costa	98	Braga	27.35	+0,48	536	

Prova 20	Femin., 50m Costas				Absolutos
21-12-2019 - 9:55					Resultados Elimin
RN25 Absoluto	27.68	AZEVEDO Rafaela Gomes	POR	Lausanne (SUI)	13-12-2019
RN25 Sen	27.68	AZEVEDO Rafaela Gomes	POR	Lausanne (SUI)	13-12-2019
RN25 Jun17	28.50	AZEVEDO Rafaela Gomes	SAD	Felgueiras	22-12-2018
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	AZEVEDO Rafaela Gomes	02	Alges	28.03	+1,36 Q	768	
2.	FERNANDES Ines Camacho	97	Sporting	28.41	+0,60 Q	737	
3.	FRISCHKNECHT Rita Barros	98	Alges	28.75	+0,61 Q	711	
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	28.81	+1,48 Q	707	
5.	CABRAL Maria Francisca	00	Porto	29.74	+0,56 Q	643	
6.	FERREIRA Catarina Maria	98	Porto	30.18	+0,58 Q	615	
7.	FREIXO Juliana Lima	97	Braga	30.38	+0,54 Q	603	
8.	NEVES Ana Carolina	00	Academica de Coimbra	30.54	+0,58 Q	593	
9.	ROLAO Sofia Alexandra	98	Benfica	30.90	+0,68 R	573	
10.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	30.97	+0,58 R	569	
11.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	30.98	+0,65	568	
12.	SANTOS Ana Pedro	02	Galitos / Bresimar	31.31	+1,91	551	
13.	LASCU Nicoleta	02	Litoral Alentejano	31.38	+0,62	547	
14.	ESTEVES Maria Mousinho	02	Laranjeiro	31.40	+0,62	546	
15.	COSTA Ana Filipa	98	Natacao de Beja	31.46	+0,60	543	
16.	MELO Barbara Azambujo	02	Academica de Coimbra	31.64	+0,73	534	

Juniores

1.	REBELO Camila Rodrigues <i>Rec Nacional, Jun 17</i>	03	Louzan Natacao/EFAPEL	28.32	+1,86 Q	744	
2.	MARQUES Maria Vieira	04	Natacao de Vagos	30.20	+1,13 Q	614	
3.	OLIVEIRA Ana Rita	04	Colegio Efanor	30.27	+1,16 Q	609	
4.	PEIXEIRA Filipa Ramos	03	Sporting	30.95	+0,65 Q	570	
5.	AMADO Maria Lopes	04	Nautico Marinha Grande	30.96	+0,53 Q	569	
6.	MARQUES Mariana Nunes	03	Estarreja	31.00	+1,00 Q	567	
7.	FERREIRA Leonor Marques	03	Campinho	31.13	+0,72 Q	560	
8.	SOARES Ines Apolinario	03	Pimpoes/Cimai	31.14	+0,60 Q	560	
9.	ROCHA Carolina Neves	04	Fluvial Portuense	31.37	+0,66 R	547	
10.	RAMOS Ines Asseiceira	03	Torres Novas	31.42	+0,57 R	545	
11.	MACHADO Carolina Alexandra	03	Natacao de Beja	31.43	+0,53	544	
12.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	31.53	+0,76	539	
13.	DELFINO Mariana Morais	04	Sporting	31.56	+0,70	538	
14.	RODRIGUES Sofia Vilardell	04	Geslours	31.57	+0,60	537	
15.	CATARINO Laura Andre	03	CCDSerta	31.66	+0,62	533	
16.	CRUZ Sara Moura	03	Alges	31.69	+0,57	531	
17.	COSTA Joana Santos	04	Galitos / Bresimar	31.73	+1,46	529	
18.	SOARES Ana Beatriz	03	Feirense	32.15	+0,64	509	
19.	MARTINS Joana Ribeiro	03	Sporting	32.24	+0,63	504	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	BRANCOURT Yonina	04	Gesloures	32.29	+0,73	502	
21.	TROIA Barbara Daniela	04	Vilacondense	33.09	+0,58	466	

Prova 21

Masc., 200m Bruços

Absolutos

21-12-2019 - 10:00

Resultados Elimin

RN25 Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Sen	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Jun18	2:13.22	SANTOS Andre Goncalo	LSC	Porto	19-12-2014
RN25 Jun17	2:16.24	SILVA Jorge Jesus	SCB	Funchal	10-12-2016

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:11.62	+0,71	Q	760
	50m: 30.17 30.17	100m: 1:03.64	33.47	150m: 1:37.44	33.80	200m: 2:11.62	34.18
2.	SIMOES Rafael Gomes	00	Braga	2:17.14	+0,81	Q	672
	50m: 31.63 31.63	100m: 1:06.94	35.31	150m: 1:42.30	35.36	200m: 2:17.14	34.84
3.	MENDES Antonio Manuel	99	Sporting	2:17.54	+0,68	Q	666
	50m: 31.41 31.41	100m: 1:06.52	35.11	150m: 1:42.10	35.58	200m: 2:17.54	35.44
4.	ALVES Nuno Rafael	90	Aquatico Pacense	2:17.82	+0,77	Q	662
	50m: 31.76 31.76	100m: 1:06.58	34.82	150m: 1:42.01	35.43	200m: 2:17.82	35.81
5.	QUINTAS Francisco Robalo	95	Belenenses	2:18.56	+0,57	Q	652
	50m: 31.92 31.92	100m: 1:08.37	36.45	150m: 1:44.03	35.66	200m: 2:18.56	34.53
6.	FRISCHKNECHT Renato Barros	01	Alges	2:19.34	+0,62	Q	641
	50m: 32.20 32.20	100m: 1:08.90	36.70	150m: 1:44.23	35.33	200m: 2:19.34	35.11
7.	AMORIM Alexandre Ferreira	99	Porto	2:20.23	+0,69	Q	629
	50m: 30.60 30.60	100m: 1:05.65	35.05	150m: 1:42.06	36.41	200m: 2:20.23	38.17
8.	CABRITO Rodrigo Almeida	01	Belenenses	2:20.56		Q	624
	50m: 31.60 31.60	100m: 1:06.85	35.25	150m: 1:43.18	36.33	200m: 2:20.56	37.38
9.	CATALAO Daniel Nogueira	00	Benfica	2:20.58	+0,64	R	624
	50m: 32.41 32.41	100m: 1:08.29	35.88	150m: 1:44.18	35.89	200m: 2:20.58	36.40
10.	VARGAS Joao Manuel	00	Benfica	2:21.91	+0,68	R	607
	50m: 32.00 32.00	100m: 1:08.07	36.07	150m: 1:44.87	36.80	200m: 2:21.91	37.04
11.	GASPAR Miguel Caridade	99	Academica de Coimbra	2:23.62			585
	50m: 32.35 32.35	100m: 1:08.87	36.52	150m: 1:45.93	37.06	200m: 2:23.62	37.69
12.	JESUS Afonso Guilherme	00	Vikings	2:25.43	+0,58		564
	50m: 32.44 32.44	100m: 1:09.01	36.57	150m: 1:47.10	38.09	200m: 2:25.43	38.33
13.	GOMES Filipe Miguel	97	BA-Leiria	2:25.69	+0,69		561
	50m: 32.41 32.41	100m: 1:08.71	36.30	150m: 1:46.49	37.78	200m: 2:25.69	39.20
14.	MERUJE Joaquim Agra	01	Uniao Coimbra	2:26.65	+0,72		550
	50m: 32.56 32.56	100m: 1:09.11	36.55	150m: 1:47.15	38.04	200m: 2:26.65	39.50

DSQ PON Hugo 98 Alges
735 - Efectuou toque não simultaneo na viragem aos 125 metros - SW 7.6

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DSQ	DINIS Tiago Moises <i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 150 m - SW 7.1</i>	98	Nautico Coimbra				
DNS	CARVALHO Diogo Filipe	88	Galitos / Bresimar				

Juniores

1.	CARNEIRO Joao Soares	03	Benfica	2:22.44	+0,66	Q	600
	50m: 31.85 31.85 100m: 1:08.63 36.78 150m: 1:44.97 36.34 200m: 2:22.44 37.47						
2.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	2:23.43	+0,69	Q	587
	50m: 32.51 32.51 100m: 1:09.17 36.66 150m: 1:46.14 36.97 200m: 2:23.43 37.29						
3.	LOPES Luis Afonso	03	Viver Santarem	2:25.61	+0,71	Q	561
	50m: 32.73 32.73 100m: 1:10.03 37.30 150m: 1:48.00 37.97 200m: 2:25.61 37.61						
4.	NUNES Francisco Costa	02	Sporting	2:26.53	+0,71	Q	551
	50m: 33.76 33.76 100m: 1:11.94 38.18 150m: 1:49.29 37.35 200m: 2:26.53 37.24						
5.	MATIAS Rafael Candeias	03	Natacao de Lagos	2:27.43	+0,81	Q	541
	50m: 33.29 33.29 100m: 1:11.33 38.04 150m: 1:49.20 37.87 200m: 2:27.43 38.23						
6.	PINTO Pedro Miguel	02	Sporting	2:27.49	+0,76	Q	540
	50m: 33.36 33.36 100m: 1:11.33 37.97 150m: 1:49.30 37.97 200m: 2:27.49 38.19						
7.	MATEUS Diogo Garcez	02	AONDA-Azeitao	2:27.58	+0,71	Q	539
	50m: 31.67 31.67 100m: 1:09.25 37.58 150m: 1:47.94 38.69 200m: 2:27.58 39.64						
8.	CRISTINO Guilherme Matias	03	Uniao Piedense	2:28.25	+0,76	Q	532
	50m: 33.67 33.67 100m: 1:11.71 38.04 150m: 1:49.88 38.17 200m: 2:28.25 38.37						
9.	ENGELEN Dario	03	Louletano / Loule Concelho	2:28.29	+0,87	R	532
	50m: 33.67 33.67 100m: 1:11.82 38.15 150m: 1:50.50 38.68 200m: 2:28.29 37.79						
10.	FAIA Mateus Costa	03	Famalicao	2:28.70	+0,72	R	527
	50m: 33.25 33.25 100m: 1:10.21 36.96 150m: 1:48.45 38.24 200m: 2:28.70 40.25						
11.	SANTANA Pedro Maria	03	Torres Novas	2:28.90	+0,66		525
	50m: 34.27 34.27 100m: 1:12.56 38.29 150m: 1:50.82 38.26 200m: 2:28.90 38.08						
12.	PEREIRA Ricardo Samuel	03	Benfica	2:28.95			524
	50m: 33.13 33.13 100m: 1:11.11 37.98 150m: 1:50.13 39.02 200m: 2:28.95 38.82						
13.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	2:29.63			517
	50m: 33.88 33.88 100m: 1:11.76 37.88 150m: 1:50.43 38.67 200m: 2:29.63 39.20						
14.	FANGUEIRO Diogo Morgado	02	Vilacondense	2:30.61	+0,69		507
	50m: 33.61 33.61 100m: 1:11.47 37.86 150m: 1:50.53 39.06 200m: 2:30.61 40.08						
15.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	2:32.17	+0,66		492
	50m: 34.18 34.18 100m: 1:12.90 38.72 150m: 1:52.01 39.11 200m: 2:32.17 40.16						
16.	JUNIOR Luis Cabral	03	Belenenses	2:33.68	+0,74		477
	50m: 34.38 34.38 100m: 1:13.02 38.64 150m: 1:53.28 40.26 200m: 2:33.68 40.40						
17.	MALFEITO Martim Rebelo	02	Sporting	2:33.74	+0,72		477
	50m: 34.14 34.14 100m: 1:13.39 39.25 150m: 1:53.41 40.02 200m: 2:33.74 40.33						
DNS	OSSENBRUGGEN David Van	03	Uniao Piedense				

Prova 22
21-12-2019 - 10:20

Femin., 200m Bruços

Absolutos
Resultados Elimin

RN25 Absoluto	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
RN25 Sen	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
RN25 Jun17	2:26.47	PEREIRA Raquel Gomes	SAD	Funchal	10-12-2016
RN25 Jun16	2:26.87	PEREIRA Raquel Gomes	SAD	Porto	11-12-2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	PEREIRA Raquel Gomes	00	Alges	2:31.10	+0,75 Q	706	
	50m: 34.45 34.45	100m: 1:12.92	38.47	150m: 1:51.80	38.88	200m: 2:31.10	39.30
2.	KAMINSKAYA Victoria	95	Benfica	2:31.19	+0,78 Q	705	
	50m: 34.33 34.33	100m: 1:12.71	38.38	150m: 1:51.69	38.98	200m: 2:31.19	39.50
3.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:32.82	+0,76 Q	682	
	50m: 35.43 35.43	100m: 1:14.12	38.69	150m: 1:53.51	39.39	200m: 2:32.82	39.31
4.	BORGES Claudia Ferreira	99	Sporting	2:34.45	+0,69 Q	661	
	50m: 35.47 35.47	100m: 1:14.61	39.14	150m: 1:54.03	39.42	200m: 2:34.45	40.42
5.	ANDRE Angelica Maria	94	Fluvial Portuense	2:34.86	+0,62 Q	656	
	50m: 35.16 35.16	100m: 1:14.04	38.88	150m: 1:53.96	39.92	200m: 2:34.86	40.90
6.	MACHADO Luisa Maria	01	Uniao Piedense	2:35.02	+0,76 Q	654	
	50m: 35.07 35.07	100m: 1:14.69	39.62	150m: 1:54.90	40.21	200m: 2:35.02	40.12
7.	PEREIRA Clara Gomes	02	Alges	2:39.02	+0,71 Q	606	
	50m: 35.54 35.54	100m: 1:15.99	40.45	150m: 1:56.94	40.95	200m: 2:39.02	42.08
8.	SILVA Natacha Sofia	02	Benfica	2:39.97	Q	595	
	50m: 35.99 35.99	100m: 1:16.55	40.56	150m: 1:57.84	41.29	200m: 2:39.97	42.13
9.	MAIA Joana Marques	91	Ginasio Santo Tirso	2:40.92	+0,85 R	584	
	50m: 36.19 36.19	100m: 1:17.05	40.86	150m: 1:58.84	41.79	200m: 2:40.92	42.08
10.	RODRIGUES Luana Correia	01	Belenenses	2:42.87	+0,56 R	564	
	50m: 37.23 37.23	100m: 1:18.38	41.15	150m: 2:00.46	42.08	200m: 2:42.87	42.41
11.	LEITAO Rita Fernandes	96	Natacao de Lisboa	2:47.22	+0,82	521	
	50m: 37.18 37.18	100m: 1:18.67	41.49	150m: 2:02.26	43.59	200m: 2:47.22	44.96
12.	LEONARDO Rute Isabel	98	Nautico Abrantes	2:48.89	+0,76	505	
	50m: 36.62 36.62	100m: 1:19.13	42.51	150m: 2:03.44	44.31	200m: 2:48.89	45.45
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:36.00	+0,72 Q	641	
	50m: 35.52 35.52	100m: 1:14.76	39.24	150m: 1:55.01	40.25	200m: 2:36.00	40.99
2.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	2:38.91	+0,72 Q	607	
	50m: 36.21 36.21	100m: 1:16.49	40.28	150m: 1:57.90	41.41	200m: 2:38.91	41.01
3.	FIAL Sofia Nunes	03	Estamos Juntos	2:40.39	Q	590	
	50m: 35.99 35.99	100m: 1:16.91	40.92	150m: 1:58.75	41.84	200m: 2:40.39	41.64
	CERDEIRA Madalena Reis	03	Sporting	2:40.39	Q	590	
	50m: 36.26 36.26	100m: 1:17.38	41.12	150m: 1:58.89	41.51	200m: 2:40.39	41.50

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	RODRIGUES Lidiana Correia 50m: 36.41 36.41	04	Belenenses	2:40.83 41.80 200m: 2:40.83	+0,79 Q	585	41.97
6.	CASTRO Maria Freitas 50m: 35.92 35.92	03	Fafe	2:41.39 42.49 200m: 2:41.39	+0,73 Q	579	41.62
7.	FERREIRA Margarida Filipe 50m: 35.87 35.87	04	Cova da Piedade	2:42.09 42.22 200m: 2:42.09	Q	572	43.22
8.	DOMINGUES Luana Pinto 50m: 37.12 37.12	03	BA-Leiria	2:46.26 43.33 200m: 2:46.26	+0,63 Q	530	44.21
9.	DIAS Ana Amarante 50m: 36.61 36.61	03	Naval de Ponta Delgada	2:46.51 43.69 200m: 2:46.51	R	527	44.73
10.	RODRIGUES Marta Silva 50m: 37.04 37.04	04	Naval Povoense	2:47.36 43.99 200m: 2:47.36	R	519	43.46
11.	SOUSA Ana Pereira 50m: 37.84 37.84	03	Ginasio Figueirense	2:48.14 43.79 200m: 2:48.14	+0,88	512	44.25
12.	BORCIC Aleksandra Bozanic 50m: 37.18 37.18	04	Alges	2:49.53 44.33 200m: 2:49.53	+0,61	500	44.99
13.	FRANCO Barbara Garrido 50m: 37.44 37.44	04	Elvense	2:49.58 44.23 200m: 2:49.58		499	45.41
14.	COSTA Catarina Nunes 50m: 38.80 38.80	04	Geslours	2:50.39 44.36 200m: 2:50.39		492	43.29
15.	FERREIRA Maria Leonor 50m: 38.11 38.11	04	Desportivo Nacional	2:50.52 44.39 200m: 2:50.52	+0,77	491	44.79
16.	FERREIRA Marta Oliveira 50m: 38.72 38.72	04	Ginasio Santo Tirso	2:50.55 44.57 200m: 2:50.55	+0,44	491	44.43
17.	MORAIS Margarida Mateus 50m: 40.36 40.36	04	Torres Novas	2:51.24 43.55 200m: 2:51.24		485	43.58
18.	FLORENCIO Matilde Alves 50m: 38.84 38.84	04	Condeixa Clube	2:53.48 45.74 200m: 2:53.48	+0,74	466	44.96
19.	DOMINGOS Marta Pereira 50m: 38.00 38.00	04	Uniao Piedense	2:53.67 45.74 200m: 2:53.67		465	45.82

Prova 23
21-12-2019 - 10:35

Masc., 100m Mariposa

Absolutos
Resultados Elimin

RN25 Absoluto	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Sen	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Jun18	53.87	VENANCIO Tiago Andre	CNS	Cantanhede	19-12-2004
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia	15-02-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	SILVA Glauber	86	Foca Quinta da Lixa CNF	53.99	+0,74 Q	706
	50m: 25.03 25.03	100m: 53.99	28.96			
2.	SANTOS Pedro Andre	94	Alges	54.94	+0,72 Q	670
	50m: 25.19 25.19	100m: 54.94	29.75			
3.	SOUSA Joao Ribeiro	01	Porto	55.71	+0,61 Q	642
	50m: 25.98 25.98	100m: 55.71	29.73			
4.	CARVALHO Andre Antunes	96	Sporting	55.80	+0,73 Q	639
	50m: 26.27 26.27	100m: 55.80	29.53			
5.	SANTOS Joao Duarte	95	Natacao de Olhao	55.99	+0,65 Q	633
	50m: 25.94 25.94	100m: 55.99	30.05			
6.	PEDROSA Carlos Lopes	94	Bombeiros Ponta Delgada	56.10	+0,70 Q	629
	50m: 25.94 25.94	100m: 56.10	30.16			
7.	VITAL Joao Alexandre	98	Sporting	56.14	+0,69 Q	628
	50m: 26.29 26.29	100m: 56.14	29.85			
8.	COSTA Andre Gouveia	01	Condeixa Clube	56.35	+0,69 Q	621
	50m: 26.31 26.31	100m: 56.35	30.04			
9.	CORDEIRO Tiago Roberto	00	Benfica	56.43	+0,66 R	618
	50m: 26.78 26.78	100m: 56.43	29.65			
10.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	56.73	+0,67 R	608
	50m: 26.36 26.36	100m: 56.73	30.37			
11.	FERREIRA Ricardo Pinela	01	Benfica	57.12	+0,60	596
	50m: 26.38 26.38	100m: 57.12	30.74			
12.	TRAVANCA Sergio Filipe	00	Leixoes	57.49	+0,72	584
	50m: 26.36 26.36	100m: 57.49	31.13			
13.	CLEMENTE Bernardo Santos	98	Academica de Coimbra	58.00	+0,73	569
	50m: 27.03 27.03	100m: 58.00	30.97			
14.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	58.20		563
	50m: 27.02 27.02	100m: 58.20	31.18			
15.	LOPES Carlos Filipe	01	Uniao Piedense	58.30	+0,66	560
	50m: 27.18 27.18	100m: 58.30	31.12			
16.	NEVES Tiago Correia	97	S15 Belenenses	58.67	+0,66	550
	Rec Nacional S15					
	50m: 27.54 27.54	100m: 58.67	31.13			

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Prova 23, Masc., 100m Mariposa, Elimin

Juniores

1.	ROCHA Ricardo Filipe	02	Aquatico Pacense	55.92	+0,74	Q	635
	50m: 26.08 26.08	100m: 55.92	29.84				
2.	GORDO Salvador Vieira	03	Sporting	56.41		Q	619
	50m: 26.68 26.68	100m: 56.41	29.73				
3.	VAKULYUK Paulo	03	Torres Novas	56.72	+0,69	Q	609
	50m: 26.39 26.39	100m: 56.72	30.33				
4.	DOMINGOS Ruy Manuel	02	Sporting	57.06		Q	598
	50m: 26.72 26.72	100m: 57.06	30.34				
5.	MARTYN David	03	Benedita	57.36	+0,66	Q	588
	50m: 26.67 26.67	100m: 57.36	30.69				
6.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	57.81	+0,70	Q	575
	50m: 27.19 27.19	100m: 57.81	30.62				
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	57.89	+0,75	Q	572
	50m: 26.63 26.63	100m: 57.89	31.26				
8.	DIAS Rodrigo Reis	03	Belenenses	58.24	+0,67	Q	562
	50m: 27.15 27.15	100m: 58.24	31.09				
9.	VIEGAS Hugo Miguel	02	Natacao de Olhao	58.31	+0,69	R	560
	50m: 27.56 27.56	100m: 58.31	30.75				
10.	LEAL Dinis Barros	03	Aquatico Pacense	58.54		R	554
	50m: 27.75 27.75	100m: 58.54	30.79				
11.	SILVA Joao Jose	03	BA-Leiria	58.84	+0,72		545
	50m: 27.27 27.27	100m: 58.84	31.57				
12.	FERNANDES Rui Afonso	03	Desportivo Nacional	59.11	+0,69		538
	50m: 27.42 27.42	100m: 59.11	31.69				
13.	MAGALHAES Eduardo Miguel	02	Vitoria Guimaraes	59.36	+0,69		531
	50m: 27.91 27.91	100m: 59.36	31.45				

Prova 24
21-12-2019 - 10:45

Femin., 100m Mariposa

Absolutos
Resultados Elimin

RN25 Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Sen	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Jun17	59.65	CRUZ Sara Francisco	ADBA	Leiria	05-12-2009
RN25 Jun16	1:01.56	TIAGO Filipa Vilas	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:00.01	+0,61	Q	753
	50m: 27.65 27.65	100m: 1:00.01	32.36				
2.	MONTEIRO Ana Catarina	93	Vilacondense	1:01.94	+0,72	Q	685
	50m: 29.15 29.15	100m: 1:01.94	32.79				
3.	HENRIQUES Ines Jacinto	00	Sporting	1:02.11	+0,69	Q	679
	50m: 29.30 29.30	100m: 1:02.11	32.81				

Prova 24, Femin., 100m Mariposa, Elimina, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	TEJO Beatriz Costa 50m: 29.69 29.69 100m: 1:02.98 33.29	02	Academica de Coimbra	1:02.98		Q 651	
5.	RODRIGUES Ana Margarida 50m: 29.94 29.94 100m: 1:03.12 33.18	96	Galitos / Bresimar	1:03.12	+0,76	Q 647	
6.	GRAVETO Ana Raquel 50m: 29.97 29.97 100m: 1:03.19 33.22	02	Benfica	1:03.19	+0,78	Q 645	
7.	MESQUITA Francisca Salvador 50m: 29.75 29.75 100m: 1:03.26 33.51	02	Colegio Monte Maior	1:03.26	+0,73	Q 643	
8.	VARGAS Giovanna Vaz 50m: 30.02 30.02 100m: 1:03.78 33.76	00	Nautico Marinha Grande	1:03.78	+0,80	Q 627	
9.	BARBOSA Mariana Fernandes 50m: 30.09 30.09 100m: 1:03.83 33.74	02	Porto	1:03.83		R 626	
10.	ANDRE Angelica Maria 50m: 30.57 30.57 100m: 1:04.10 33.53	94	Fluvial Portuense	1:04.10		R 618	
11.	LIMA Lia Ana 50m: 30.69 30.69 100m: 1:04.52 33.83	01	Alges	1:04.52			606
12.	BARATA Barbara Sofia 50m: 30.49 30.49 100m: 1:04.75 34.26	97	Alges	1:04.75	+0,55		599
13.	CARPINTEIRO Carolina Silverio 50m: 30.01 30.01 100m: 1:04.76 34.75	02	Natacao do Tejo	1:04.76	+0,73		599
14.	SANTOS Beatriz Rocha 50m: 30.64 30.64 100m: 1:05.04 34.40	02	Campinho	1:05.04	+0,73		591
15.	MARTINS Ana Beatriz 50m: 30.31 30.31 100m: 1:05.38 35.07	99	Famalicao	1:05.38	+0,87		582
16.	CRAVEIRO Beatriz Neves 50m: 30.55 30.55 100m: 1:05.60 35.05	97	Academica de Coimbra	1:05.60	+0,76		576
17.	FERNANDES Filipa Viamonte 50m: 31.11 31.11 100m: 1:05.75 34.64	02	Vitoria Guimaraes	1:05.75			572
18.	SILVA Ines Pereira 50m: 30.73 30.73 100m: 1:06.69 35.96	02	Fundacao Beatriz Santos	1:06.69	+0,79		549
19.	BELO Rita Afonso 50m: 31.27 31.27 100m: 1:07.28 36.01	02	Benedita	1:07.28			534

Juniores

1.	CUNHA Mariana Pacheco 50m: 29.09 29.09 100m: 1:01.98 32.89	04	Colegio Efanor	1:01.98	+0,75	Q 684	
2.	MOURA Maria Ferreira 50m: 29.42 29.42 100m: 1:03.55 34.13	04	Sporting	1:03.55	+0,72	Q 634	
3.	MENDES Ana Sebastiao 50m: 30.69 30.69 100m: 1:04.49 33.80	04	Natacao de Lagos	1:04.49		Q 607	
4.	MONTEIRO Ana Carolina 50m: 30.48 30.48 100m: 1:05.57 35.09	04	Uniao Coimbra	1:05.57	+0,52	Q 577	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	MACHADO Carolina Alexandra 50m: 31.08 31.08 100m: 1:06.38 35.30	03	Natacao de Beja	1:06.38	+0,74	Q	556
6.	FIDALGO Maria Jardim 50m: 31.07 31.07 100m: 1:06.65 35.58	04	Colegio Vasco da Gama	1:06.65	+0,67	Q	550
7.	SILVA Leonor Santos 50m: 30.72 30.72 100m: 1:06.69 35.97	03	Porto	1:06.69	+0,73	Q	549
8.	MARTINS Joana Ribeiro 50m: 31.38 31.38 100m: 1:06.97 35.59	03	Sporting	1:06.97	+0,81	Q	542
9.	SILVA Eduarda Reis 50m: 31.92 31.92 100m: 1:07.30 35.38	03	Famalicao	1:07.30	+0,78	R	534
10.	ALVES Ines Sofia 50m: 31.57 31.57 100m: 1:07.53 35.96	04	Portinado	1:07.53	+0,74	R	528
11.	TOME Madalena Rodrigues 50m: 31.02 31.02 100m: 1:07.71 36.69	03	Bombeiros Estoris	1:07.71			524
12.	SILVA Margarida Borges 50m: 31.65 31.65 100m: 1:07.90 36.25	04	Bombeiros Ponta Delgada	1:07.90	+0,72		520
13.	COSTA Carolina Fale 50m: 32.65 32.65 100m: 1:08.12 35.47	04	Colegio Monte Maior	1:08.12	+0,75		515
14.	RODRIGUES Helena Nunes 50m: 31.83 31.83 100m: 1:09.08 37.25	03	Alges e Agueda XXI	1:09.08			494
15.	TROIA Beatriz Rosa 50m: 32.59 32.59 100m: 1:09.18 36.59	04	Vilacondense	1:09.18	+0,74		491

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Prova 25	Masc., 50m Livres				Absoluto
21-12-2019 - 11:05					Resultados Elimin
RN25 Absoluto	21.60	NASCIMENTO Miguel Duarte	SLB	Felgueiras	22-12-2018
RN25 Sen	21.60	NASCIMENTO Miguel Duarte	SLB	Felgueiras	22-12-2018
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto	08-12-2012
RN25 Jun17	23.12	MACHADO Tiago Andrade	SCA	Felgueiras	22-12-2018
RN25 Juv A	23.88	RODRIGUES Tiago Moura	SANNP	Abrantes	26-01-2019
RN25 Juv B	23.96	SOUSA Diogo Gomes	CNCVG	Ponte de Sôr	13-12-2009
RN25 Inf A	25.30	CASTRO Joao Cruz	CSM	Funchal	12-04-2014
RN25 Inf B	26.65	LOPES Gabriel Jose	CDL	Lousã	19-06-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	NASCIMENTO Miguel Duarte	95	Benfica	22.88	+0,68 Q	694	
2.	RIBAS Alexandre Lages	97	Desportiva Viana	23.01	+0,67 Q	682	
3.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	23.14	+0,64 Q	671	
4.	DIAS Guilherme Pereira	97	Vikings	23.15	+0,66 Q	670	
5.	PINHO Manuel Antonio	01	Feirense	23.20	+0,62 Q	665	
6.	MARQUES Miguel Henriques	00	Benfica	23.28	+0,66 Q	659	
7.	PADRELA Joao Esteves	99	Belenenses	23.40	+0,66 Q	649	
8.	MACHADO Francisco Carvalho	98	Alges	23.41	+0,67 Q	648	
9.	FERNANDES Pedro Miguel	99	Famalicao	23.47	+0,62 R	643	
10.	SANTOS Francisco Rogerio	98	Sporting	23.53	+0,80 R	638	
11.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	23.55	+0,63	636	
12.	SANTOS Joao Duarte	95	Natacao de Olhao	23.66	+0,65	627	
13.	LEBRE Diogo Ramos	01	Benfica	23.77	+0,62	619	
14.	BATE Afonso Ribeiro	98	Alges	23.87	+0,69	611	
15.	SANTOS Dario Almeida	93	Leixoes	24.02	+0,64	600	
	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	24.02	+0,61	600	
17.	GOMES Filipe Miguel	97	BA-Leiria	24.07	+0,69	596	
	MACHADO Bruno Rafael	01	Porto	24.07	+0,72	596	
19.	TINOCO Joao Pereira	00	Famalicao	24.15	+0,71	590	
20.	LOPES David Granja	90	AONDA-Azeitao	24.43	+0,70	570	
21.	CAETANO Gino Santos	94	S9 Galitos / Bresimar	25.62	+0,83	494	994
	<i>Rec Nacional S9</i>						

Juniores

1.	MACHADO Tiago Andrade	02	Galitos / Bresimar	23.35	+0,59 Q	653	
2.	VAKULYUK Paulo	03	Torres Novas	23.65	+0,72 Q	628	
3.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	23.85	+0,69 Q	612	
4.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	23.88	+0,74 Q	610	
5.	COSTA Diogo Santos	02	Colegio Monte Maior	23.99	+0,65 Q	602	
6.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	24.14	+0,68 Q	591	
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	24.19	+0,71 Q	587	
8.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	24.30	+0,73 Q	579	
DNS	SIMOES Bernardo Jorge	02	Torres Novas				
DNS	FERNANDES Eduardo Gomes	02	Sporting				

Prova 25, Masc., 50m Livres, Elimin

Paralimpicos

1.	CAETANO Gino Santos <i>Rec Nacional S9</i>	94	S9	Galitos / Bresimar	25.62	+0,83	494	994
EXH	SILVA Fernando Souza	86		Uniao Piedense	22.99	+0,68	684	

Prova 26

Femin., 50m Livres

21-12-2019 - 11:10

Absoluto
Resultados Elimin

RN25 Absoluto	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	25.95	VIEGAS Beatriz Mendes	TNC	Vila Real Stº Antonio	12-11-2016
RN25 Jun16	26.14	ROSA Maria Carolina	SCP	S. António Cavaleiros	20-12-2009
RN25 Juv A	26.37	FERNANDES Carolina Miranda	CGA	Albufeira	09-11-2019
RN25 Juv B	26.85	GUEDES Ana Margarida	GCVR	Bragança	05-07-2015
RN25 Inf A	27.43	Brites Marta Lopes	CNPDL	Ponta Delgada	12-07-2019
RN25 Inf B	27.89	FERNANDES Carolina Miranda	CGA	Espinho	13-05-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	VIEGAS Beatriz Mendes	00	Sporting	25.60	+0,61	Q	718
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	26.19	+0,67	Q	671
3.	PEGO Isabel Porfirio	01	Fluvial Portuense	26.52	+0,71	Q	646
4.	OLIVEIRA Rosa Maria	96	Porto	26.60	+0,72	Q	640
5.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.62	+0,62	Q	639
6.	CASTRO Adriana Daniela	97	Leixoes	26.87	+0,68	Q	621
7.	FERREIRA Catarina Maria	98	Porto	26.97	+0,66	Q	614
8.	FARIA Ana Rita	00	Porto	27.00	+0,77	Q	612
9.	ANDRE Leticia Maia	02	Benfica	27.32	+0,67	R	591
10.	MOREIRA Matilde Freitas	01	Academica de Coimbra	27.36	+0,68	R	588
11.	PINTO Mafalda Marques	02	Sporting	27.37	+0,68		588
12.	NUNES Sofia Alexandra	00	Laranjeiro	27.49	+0,71		580
13.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	27.70	+0,74		567
14.	TEJO Beatriz Costa	02	Academica de Coimbra	27.81	+0,61		560
15.	ROLAO Sofia Alexandra	98	Benfica	27.86	+0,79		557
16.	AMADOR Joana Costa	01	Galitos / Bresimar	27.89	+0,50		555
17.	MESTRE Catarina Martins	00	Natacao de Lisboa	27.91	+0,76		554
18.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	28.02	+0,74		548
19.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00	S9 Colegio Vasco da Gama	29.27	+0,81		480 974

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	26.65	+0,70	Q	636
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	26.89	+0,76	Q	620
3.	PEREIRA Maria Gomes	04	Alges	27.02	+0,67	Q	611
4.	SOARES Catarina Silva	03	Porto	27.08	+0,68	Q	607
5.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	27.16	+0,73	Q	601
6.	MARQUES Maria Vieira	04	Natacao de Vagos	27.35	+0,80	Q	589

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Prova 26, Femin., 50m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	CASAL Beatriz Goncalves	03	Torres Novas	27.74		Q 564	
8.	COSTA Mafalda Magalhaes	03	Gualdim Pais	27.79	+0,72	Q 561	
9.	OLIVEIRA Ana Rita	04	Colegio Efanor	27.87		R 556	
10.	PINHEIRO Ines Mariana	03	Academica de Coimbra	27.88	+0,66	R 556	
11.	RODRIGUES Joana Francisca	04	Uniao Coimbra	27.90		555	
12.	ALVES Carina Alexandra	04	Leixoes	27.97	+0,60	550	
13.	JESUS Maria Crista	03	Louletano / Loule Concelho	28.00	+0,67	549	
14.	MATIAS Marta Filipa	03	CCDSerta	28.05	+0,59	546	
15.	RIBEIRO Barbara Almeida	04	Colegio Vasco da Gama	28.08	+0,73	544	
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	28.09	+0,80	543	
17.	VIANA Carolina Pereira	04	Aquatico Silves	28.14		541	
18.	DELFINO Mariana Morais	04	Sporting	28.20	+0,71	537	
19.	SOARES Ana Margarida	03	Naval Setubalense	28.33	+0,66	530	
20.	NEVES Leonor Maria	03	Gesloures	28.39	+0,72	526	
21.	AMANTES Beatriz Quintao	03	Uniao Piedense	28.41	+0,63	525	
22.	JONES Angelina Bermejo	04	Portinado	28.48	+0,73	521	
23.	PEIXEIRA Filipa Ramos	03	Sporting	28.84	+0,90	502	
DNS	DOMINGUES Anna Luiza	04	Braga				

Paralimpicos

1.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00	S9	Colegio Vasco da Gama	29.27	+0,81	480	974
EXH	FOMINA Anna	02		Louletano / Loule Concelho	27.68	+0,64	568	

Prova 27

Masc., 200m Estilos

Absolutos

21-12-2019 - 11:20

Resultados Elimin

RN25 Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Sen	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Jun18	2:00.59	LOPES Gabriel Jose	ALN	Coimbra	10-05-2015
RN25 Jun17	2:02.96	CARVALHO Diogo Filipe	CGA	Mealhada	06-03-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	LOPES Jose Paulo	00	Braga	2:01.47	+0,67	Q 735	
	50m: 26.79 26.79 100m: 56.78 29.99 150m: 1:31.72 34.94 200m: 2:01.47 29.75						
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	2:03.21	+0,75	Q 704	
	50m: 25.43 25.43 100m: 55.95 30.52 150m: 1:30.23 34.28 200m: 2:03.21 32.98						
3.	SANTOS Alexis Manacas	92	Sporting	2:04.68	+0,74	Q 679	
	50m: 26.70 26.70 100m: 57.43 30.73 150m: 1:34.36 36.93 200m: 2:04.68 30.32						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	NUNES Porfirio Braga 50m: 26.74 26.74	00	Porto	2:04.77 36.94 200m: 2:04.77	+0,66 Q	678	30.45
5.	RAMOS Bruno Miguel 50m: 26.57 26.57	97	Belenenses	2:04.84 36.75 200m: 2:04.84	+0,66 Q	677	30.23
6.	DANTAS Diogo Leal 50m: 26.76 26.76	00	Sporting	2:04.87 36.16 200m: 2:04.87	+0,64 Q	676	29.72
7.	BASTOS Lucas Pereira 50m: 27.60 27.60	00	Nautico Coimbra	2:05.62 35.90 200m: 2:05.62	+0,66 Q	664	30.27
8.	SAMPAIO Jose Pedro 50m: 27.19 27.19	98	Porto	2:05.63 37.00 200m: 2:05.63	+0,68 Q	664	29.57
9.	CATALAO Daniel Nogueira 50m: 27.18 27.18	00	Benfica	2:05.94 36.39 200m: 2:05.94	+0,64 R	659	30.12
10.	SILVA Tomas Antonio 50m: 27.28 27.28	01	Naval do Funchal	2:06.60 36.70 200m: 2:06.60	+0,63 R	649	30.43
11.	SIMÕES Rafael Gomes 50m: 26.86 26.86	00	Braga	2:07.21 36.30 200m: 2:07.21	+0,79	640	30.46
12.	CRISTINO David Matias 50m: 27.25 27.25	01	Uniao Piedense	2:08.38 39.46 200m: 2:08.38	+0,79	622	30.28
13.	JOAQUIM Andre Serro 50m: 28.26 28.26	00	Natacao de Olhao	2:09.05 37.94 200m: 2:09.05	+0,55	613	29.76
14.	DINIS Tiago Moises 50m: 28.30 28.30	98	Nautico Coimbra	2:09.10 37.05 200m: 2:09.10	+0,58	612	30.23
15.	CORDEIRO Tiago Roberto 50m: 27.36 27.36	00	Benfica	2:09.21 37.40 200m: 2:09.21	+0,81	610	30.56
16.	SILVA Paulo Filipe 50m: 27.95 27.95	98	Natacao da Maia	2:14.39 39.94 200m: 2:14.39	+0,77	542	32.33
17.	NEVES Tiago Correia 50m: 29.32 29.32	97	SM15 Belenenses	2:17.20 40.08 200m: 2:17.20	+0,69	510	31.03

Juniores

1.	SILVA Henrique Gomes 50m: 27.62 27.62	02	Estamos Juntos	2:07.89 37.61 200m: 2:07.89	+0,63 Q	629	29.68
2.	ALFAMA Martim Primavera 50m: 28.23 28.23	02	Geslours	2:08.91 39.26 200m: 2:08.91	+0,66 Q	615	29.78
3.	RIBEIRO Gustavo Carvalhais 50m: 27.81 27.81	03	Galitos / Bresimar	2:10.87 38.68 200m: 2:10.87	+0,75 Q	587	30.58
4.	CARNEIRO Joao Soares 50m: 27.46 27.46	03	Benfica	2:11.79 37.49 200m: 2:11.79	+0,73 Q	575	31.59
5.	PINTO Pedro Miguel 50m: 28.76 28.76	02	Sporting	2:12.39 39.01 200m: 2:12.39	+0,75 Q	567	30.22
6.	LOPES Luis Afonso 50m: 28.30 28.30	03	Viver Santarem	2:12.60 38.75 200m: 2:12.60	+0,68 Q	565	31.48

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	2:14.86	+0,78	Q 537	
	50m: 27.85 27.85	100m: 1:02.38	34.53	150m: 1:42.22	39.84	200m: 2:14.86	32.64
8.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	2:17.62	+0,52	Q 505	
	50m: 28.79 28.79	100m: 1:03.36	34.57	150m: 1:44.48	41.12	200m: 2:17.62	33.14
DNS	RELVAS David Ferreira	03	Nautico Marinha Grande				
DNS	DOMINGOS Ruy Manuel	02	Sporting				

Prova 28

Femin., 200m Estilos

Absolutos

21-12-2019 - 11:35

Resultados Elimin

RN25 Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:16.22	PEREIRA Raquel Gomes	SAD	Algés	19-11-2016
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	FERNANDES Ines Camacho	97	Sporting	2:19.55	+0,72	Q 665	
	50m: 29.94 29.94	100m: 1:05.56	35.62	150m: 1:44.46	38.90	200m: 2:19.55	35.09
2.	CARDEAL Joana Nunes	02	Academico Viseu	2:20.06	+0,81	Q 658	
	50m: 29.90 29.90	100m: 1:05.66	35.76	150m: 1:46.58	40.92	200m: 2:20.06	33.48
3.	MACHADO Luisa Maria	01	Uniao Piedense	2:20.11	+0,79	Q 657	
	50m: 30.05 30.05	100m: 1:05.94	35.89	150m: 1:46.00	40.06	200m: 2:20.11	34.11
4.	MONTEIRO Ana Catarina	93	Vilacondense	2:20.14	+0,69	Q 657	
	50m: 29.90 29.90	100m: 1:06.99	37.09	150m: 1:47.99	41.00	200m: 2:20.14	32.15
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	2:21.75		Q 635	
	50m: 30.32 30.32	100m: 1:07.11	36.79	150m: 1:48.45	41.34	200m: 2:21.75	33.30
6.	PINA Ana Sofia	02	Benfica	2:21.79		Q 634	
	50m: 30.99 30.99	100m: 1:08.20	37.21	150m: 1:49.00	40.80	200m: 2:21.79	32.79
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:22.61	+0,78	Q 623	
	50m: 30.78 30.78	100m: 1:08.82	38.04	150m: 1:48.25	39.43	200m: 2:22.61	34.36
8.	RIBEIRO Margarida Messias	98	Geslours	2:23.58	+0,73	Q 611	
	50m: 31.84 31.84	100m: 1:09.64	37.80	150m: 1:50.27	40.63	200m: 2:23.58	33.31
9.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	2:24.33	+0,72	R 601	
	50m: 31.25 31.25	100m: 1:08.22	36.97	150m: 1:50.83	42.61	200m: 2:24.33	33.50
10.	VELOSO Teresa Miguel	00	Sporting	2:24.39	+0,73	R 601	
	50m: 31.02 31.02	100m: 1:08.09	37.07	150m: 1:49.94	41.85	200m: 2:24.39	34.45
11.	MENDES Mariana Amaral	02	Colegio Monte Maior	2:24.68	+0,58	597	
	50m: 31.70 31.70	100m: 1:09.37	37.67	150m: 1:51.40	42.03	200m: 2:24.68	33.28
DNS	RIESENBERGER Bruna Martins	97	Laranjeiro				



Prova 28, Femin., 200m Estilos, Elimin

Juniores

1.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:22.07	+0,70	Q	631
	50m: 30.82 30.82	100m: 1:06.78	35.96 150m: 1:47.91	41.13	200m: 2:22.07	34.16	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:22.96	+0,73	Q	619
	50m: 29.82 29.82	100m: 1:06.21	36.39 150m: 1:48.47	42.26	200m: 2:22.96	34.49	
3.	PEREIRA Maria Gomes	04	Alges	2:25.69	+0,69	Q	585
	50m: 30.66 30.66	100m: 1:09.27	38.61 150m: 1:51.59	42.32	200m: 2:25.69	34.10	
4.	CRUZ Sara Moura	03	Alges	2:26.02	+0,66	Q	581
	50m: 32.13 32.13	100m: 1:08.33	36.20 150m: 1:52.32	43.99	200m: 2:26.02	33.70	
5.	NEVES Sara Dias	03	Miranda do Corvo	2:27.28		Q	566
	50m: 31.08 31.08	100m: 1:08.69	37.61 150m: 1:52.21	43.52	200m: 2:27.28	35.07	
6.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:27.43	+0,65	Q	564
	50m: 31.14 31.14	100m: 1:07.18	36.04 150m: 1:51.44	44.26	200m: 2:27.43	35.99	
7.	FIAL Sofia Nunes	03	Estamos Juntos	2:28.26	+0,86	Q	555
	50m: 32.10 32.10	100m: 1:10.72	38.62 150m: 1:53.44	42.72	200m: 2:28.26	34.82	
8.	RODRIGUES Lidiana Correia	04	Belenenses	2:28.42	+0,78	Q	553
	50m: 32.46 32.46	100m: 1:11.95	39.49 150m: 1:53.35	41.40	200m: 2:28.42	35.07	
9.	CERDEIRA Madalena Reis	03	Sporting	2:31.13	+0,83	R	524
	50m: 32.52 32.52	100m: 1:12.09	39.57 150m: 1:55.00	42.91	200m: 2:31.13	36.13	
10.	MARQUES Mariana Nunes	03	Estarreja	2:31.23	+0,74	R	523
	50m: 32.09 32.09	100m: 1:09.33	37.24 150m: 1:55.86	46.53	200m: 2:31.23	35.37	
11.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	2:32.29			512
	50m: 32.33 32.33	100m: 1:10.62	38.29 150m: 1:56.70	46.08	200m: 2:32.29	35.59	
12.	INACIO Marta Macedo	04	Sporting	2:33.87	+0,79		496
	50m: 31.97 31.97	100m: 1:10.70	38.73 150m: 1:56.87	46.17	200m: 2:33.87	37.00	
13.	CASTRO Maria Freitas	03	Fafe	2:34.13	+0,70		494
	50m: 32.74 32.74	100m: 1:13.50	40.76 150m: 1:57.27	43.77	200m: 2:34.13	36.86	

Campeonato Nacional Juniores e Seniores de Piscina Curta
Felgueiras, 20 a 22 de Dezembro de 2019



Prova 31 21-12-2019 - 11:50	Masc., 4 x 200m Livres				Absolutos Resultados
RN25 Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Jun	7:35.58	Associação Naval Amorense	ANAM	Felgueiras	22-12-2013

Pontos: FINA 2019

Lugar	Clube		Tempo Final	TReac	FINA	PARA
Seniores						
1.	Sporting-SEN	Sporting	7:11.99	+0,66	835	
	<i>Minimos CMundo PC no primeiro percurso</i>					
	SANTOS Alexis Manacas	92	+0,66	24.34	50.91	1:17.89 1:44.73 1:44.73
	SANTOS Francisco Rogerio	98	+0,37	24.08	51.87	1:20.24 1:48.64 1:48.64
	COSTA Tiago Cunha	99	+0,20	25.13	52.94	1:21.64 1:50.58 1:50.58
	MOGNE Igor Araujo	96	+0,37	24.42	52.02	1:19.86 1:48.04 1:48.04
2.	Nautico Coimbra-SEN	Nautico Coimbra	7:26.07	+0,65	758	
	VELOSO Tomas Miguel	96	+0,65	25.68	52.72	1:20.56 1:48.77 1:48.77
	PEREIRA Mario Alexandre	92	+0,30	24.20	51.72	1:20.97 1:51.28 1:51.28
	DINIS Tiago Moises	98	+0,34	25.83	54.63	1:24.39 1:54.20 1:54.20
	BASTOS Lucas Pereira	00	+0,32	25.16	52.87	1:21.85 1:51.82 1:51.82
3.	Porto-SEN	Porto	7:28.01	+0,72	748	
	NUNES Diogo Barbosa	00	+0,72	25.64	53.80	1:22.99 1:53.09 1:53.09
	NUNES Porfirio Braga	00	+0,17	24.73	51.99	1:20.39 1:50.52 1:50.52
	SAMPAIO Jose Pedro	98	+0,35	25.80	55.14	1:24.50 1:53.08 1:53.08
	SANTOS Pedro Miguel	01	+0,10	25.16	53.19	1:21.91 1:51.32 1:51.32
4.	Belenenses-SEN	Belenenses	7:31.16	+0,68	733	
	PADRELA Joao Esteves	99	+0,68	25.83	53.96	1:23.05 1:52.43 1:52.43
	RAMOS Bruno Miguel	97	+0,36	24.83	52.12	1:20.09 1:48.29 1:48.29
	CORREIA Diogo Carrasco	95	+0,37	25.48	54.58	1:25.25 1:55.43 1:55.43
	QUINTAS Francisco Robalo	95	+0,47	26.06	54.72	1:24.51 1:55.01 1:55.01
5.	Alges-SEN	Alges	7:33.42	+0,69	722	
	BATE Afonso Ribeiro	98	+0,69	26.07	54.28	1:23.46 1:52.09 1:52.09
	SANTOS Pedro Andre	94	+0,44	25.46	54.20	1:23.10 1:51.11 1:51.11
	BATE Miguel Ribeiro	99	+0,41	25.22	54.70	1:24.65 1:54.35 1:54.35
	CARVALHO Jose Paula	98	+0,29	26.25	54.81	1:25.19 1:55.87 1:55.87
6.	Benfica-SEN	Benfica	7:37.72	+0,77	702	
	CORREIA Joao Mota	97	+0,77	25.67	53.96	1:23.64 1:55.31 1:55.31
	NASCIMENTO Miguel Duarte	95	+0,40	24.45	51.90	1:20.56 1:49.32 1:49.32
	MARQUES Miguel Henriques	00	+0,34	23.83	52.79	1:25.95 1:59.69 1:59.69
	LEBRE Diogo Ramos	01	+0,03	24.46	51.68	1:21.48 1:53.40 1:53.40
7.	Braga-SEN	Braga	7:38.61	+0,72	697	
	LOPES Jose Paulo	00	+0,72	25.46	53.12	1:20.99 1:48.65 1:48.65
	SIMOES Rafael Gomes	00	+0,29	25.35	54.26	1:24.14 1:54.23 1:54.23
	PEREIRA Joao Peixoto	01	+0,25	26.54	55.97	1:25.96 1:56.40 1:56.40
	RIBEIRO Edgar Oliveira	93	+0,21	25.52	55.11	1:26.58 1:59.33 1:59.33
8.	Uniao Piedense-SEN	Uniao Piedense	7:45.86	+0,68	665	
	CAMOES Tiago Maria	01	+0,68	26.05	54.90	1:25.75 1:57.48 1:57.48
	LOPES Carlos Filipe	01		26.11	55.46	1:25.75 1:57.36 1:57.36
	SANTOS Edgar Filipe	01	+0,14	26.11	56.43	1:27.66 1:58.97 1:58.97
	CRISTINO David Matias	01	+0,19	25.35	53.96	1:23.31 1:52.05 1:52.05

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 31, Masc., 4 x 200m Livres

Juniores

Rank	Club	Time	Diff	Score	Time	Time	Time
1.	Galitos / Bresimar-JUN	7:41.19	+0,75	686			
	RIBEIRO Gustavo Carvalhais	03	+0,75	26.61	55.01	1:23.71	1:52.34
	GONCALVES Jorge Miguel	03	+0,20	27.00	56.88	1:27.95	1:59.86
	MACHADO Tiago Andrade	02	+0,13	25.66	53.76	1:22.90	1:52.65
	FARDILHA Manuel Cruz	03	+0,13	26.47	55.69	1:26.12	1:56.34
2.	Sporting-JUN	7:42.60	+0,68	680			
	FERNANDES Eduardo Gomes	02	+0,68	26.95	56.00	1:25.65	1:55.57
	PINTO Pedro Miguel	02	+0,21	27.16	57.52	1:27.78	1:57.35
	DOMINGOS Ruy Manuel	02	+0,14	26.22	55.67	1:26.50	1:56.47
	NUNES Francisco Costa	02	+0,29	25.75	54.10	1:23.43	1:53.21
3.	Fundacao Beatriz Santos-JUN	7:56.90	+0,70	620			
	PEREIRA Joao Neto	02	+0,70	27.16	57.39	1:28.75	2:00.97
	DIAS Joao Pedro	02	+0,37	26.93	57.41	1:28.56	1:59.37
	GOMES Goncalo Andre	03	+0,49	27.05	57.45	1:28.50	1:58.85
	DOMINGUES Ricardo Jorge	02	+0,59	26.74	57.34	1:28.28	1:57.71
4.	Belenenses-JUN	7:58.16	+0,64	615			
	JACINTO Rafael Rodrigues	02	+0,64	26.97	55.61	1:25.55	1:55.58
	JUNIOR Luis Cabral	03	+0,42	27.38	57.56	1:28.48	2:00.61
	DIAS Rodrigo Reis	03	+0,36	26.48	56.26	1:27.59	1:58.62
	GOMES Pedro Pires	03	+0,09	27.02	57.85	1:30.39	2:03.35
5.	Viver Santarem-JUN	8:04.89	+0,83	590			
	CRISTOVAO Goncalo Magalhaes	03	+0,83	28.51	58.87	1:30.58	2:01.15
	COUTINHO Guilherme Pereira	03	+0,66	27.35	57.51	1:28.56	1:59.53
	ALVES Rui Chagas	03	+0,16	28.03	59.57	1:32.36	2:05.78
	LOPES Luis Afonso	03	+0,47	26.48	56.33	1:27.58	1:58.43
DNS	Aquatico Pacense-JUN						
DNS	Uniao Piedense-JUN						

Prova 32
21-12-2019 - 12:00

Femin., 4 x 200m Livres

Absolutos
Resultados

RN25 Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24-11-2018
RN25 Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	09-12-2017
RN25 Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018
RN25 Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1.	Alges-SEN	8:10.55	+0,77	786	
	FRISCHKNECHT Rita Barros	98	+0,77	27.77	58.04
	SOUSA Ana Reis	02	+0,27	27.69	58.88
	PEREIRA Raquel Gomes	00	+0,30	27.63	58.70
	AZEVEDO Rafaela Gomes	02	+0,31	27.96	59.63
2.	Benfica-SEN	8:19.66	+0,69	744	
	ANDRE Leticia Maia	02	+0,69	28.87	1:00.67
	KAMINSKAYA Victoria	95	+0,50	28.25	59.83
	PINA Ana Sofia	02	+0,42	28.43	59.64
	DURAES Diana Margarida	96	+0,28	28.17	58.21

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
3.	Porto-SEN Porto	8:20.77	+0,72	739	
	RAMOS Ana Rita 02	+0,72 29.15 1:00.07 1:31.72 2:03.89	2:03.89		
	FARIA Ana Rita 00	28.71 1:00.55 1:33.40 2:06.38	2:06.38		
	CABRAL Maria Francisca 00	28.66 1:00.64 1:33.71 2:06.77	2:06.77		
	BARBOSA Mariana Fernandes 02	+0,42 28.71 59.83 1:31.75 2:03.73	2:03.73		
4.	Sporting-SEN Sporting	8:21.02	+0,68	738	
	HENRIQUES Ines Jacinto 00	+0,68 28.83 1:00.17 1:32.59 2:04.96	2:04.96		
	FRAZAO Alexandra Couto 02	+0,16 28.65 1:00.13 1:32.39 2:04.50	2:04.50		
	VELOSO Teresa Miguel 00	+0,35 28.77 1:01.13 1:34.53 2:08.30	2:08.30		
	FERNANDES Ines Camacho 97	+0,57 28.36 59.34 1:31.08 2:03.26	2:03.26		
5.	Galitos / Bresimar-SEN Galitos / Bresimar	8:37.24	+0,70	671	
	AMADOR Joana Costa 01	+0,70 29.88 1:01.85 1:34.08 2:06.27	2:06.27		
	RODRIGUES Ana Margarida 96	+0,55 29.62 1:01.94 1:35.75 2:10.02	2:10.02		
	MONTEIRO Margarida Cabral 02	29.65 1:01.69 1:34.86 2:08.46	2:08.46		
	SANTOS Ana Pedro 02	+0,43 28.88 1:01.36 1:36.19 2:12.49	2:12.49		

Juniores

1.	Sporting-JUN Sporting	8:38.86	+0,66	664	
	MARTINS Joana Ribeiro 03	+0,66 30.11 1:02.99 1:36.14 2:08.69	2:08.69		
	PEIXEIRA Filipa Ramos 03	+0,39 29.48 1:02.86 1:37.43 2:11.82	2:11.82		
	DELFINO Mariana Morais 04	+0,30 29.87 1:03.25 1:38.27 2:13.52	2:13.52		
	MOURA Maria Ferreira 04	+0,17 27.70 58.57 1:31.09 2:04.83	2:04.83		
2.	Porto-JUN Porto	8:51.77	+0,80	617	
	AMORIM Maria Leonor 03	+0,80 30.00 1:02.44 1:36.26 2:09.96	2:09.96		
	SOARES Catarina Silva 03	+0,40 28.12 1:00.67 1:35.38 2:09.28	2:09.28		
	SILVA Leonor Santos 03	30.21 1:02.99 1:38.30 2:13.98	2:13.98		
	MARTINS Ines Correia 04	+0,29 31.91 1:07.12 1:43.28 2:18.55	2:18.55		

4 - 2ª Jornada - 2ª Sessão (finais)

21-12-2019 - 17:00

Prova 29	Masc., 4 x 50m Estilos					Absolutos
21-12-2019 - 17:00						Resultados
RN25 Absoluto	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras		21-12-2019

Pontos: FINA 2019

Lugar			Clube			Tempo Final	TReac	FINA	PARA
Seniores									
1.	Sporting-SEN		Sporting		1:40.08	+0,58		737	
		SANTOS Francisco Rogerio	98	+0,58	24.58	SANTOS Alexis Manacas	92	+0,38	23.90
		MENDES Antonio Manuel	99	+0,27	28.48	DANTAS Diogo Leal	00	+0,29	23.12
2.	Alges-SEN		Alges		1:40.89	+0,55		720	
		BATE Miguel Ribeiro	99	+0,55	26.29	SANTOS Pedro Andre	94	+0,48	23.87
		FRISCHKNECHT Renato Barros	01	+0,20	28.06	BATE Afonso Ribeiro	98	+0,18	22.67
3.	Porto-SEN		Porto		1:41.09	+0,96		716	
		MACHADO Bruno Rafael	01	+0,96	26.34	SOUSA Joao Ribeiro	01	+0,15	24.80
		AMORIM Alexandre Ferreira	99	+0,04	27.30	NUNES Porfirio Braga	00	+0,07	22.65
4.	Belenenses-SEN		Belenenses		1:41.54	+0,55		706	
		FERNANDES Joao Diogo	98	+0,55	26.51	RAMOS Bruno Miguel	97	+0,14	24.67
		QUINTAS Francisco Robalo	95	+0,19	27.60	PADRELA Joao Esteves	99	+0,32	22.76
5.	Braga-SEN		Braga		1:42.63	+0,55		684	
		LOPES Jose Paulo	00	+0,55	25.56	LOPES Joao Francisco	98	+0,13	24.89
		SIMÕES Rafael Gomes	00	+0,16	28.31	MACHADO Ricardo Manuel	93	+0,14	23.87
6.	Academica de Coimbra-SEN		Academica de Coimbra		1:43.30	+0,59		671	
		LUCAS Joao Filipe	94	+0,59	27.52	CLEMENTE Bernardo Santos	98	+0,33	25.14
		CARVALHO Ruben Paiva	94	+0,30	27.81	MADUREIRA Gustavo Almeida	94	+0,23	22.83
7.	Vikings-SEN		Vikings		1:43.62	+0,59		664	
		ROSA Rodrigo Antonio	96	+0,59	26.48	COTOVIO Ricardo Ferreira	91	+0,59	24.65
		LEIRIA David Miguel	93	+0,73	29.44	DIAS Guilherme Pereira	97	+0,94	23.05
8.	Famalicao-SEN		Famalicao		1:45.72	+0,63		626	
		TINOCO Joao Pereira	00	+0,63	27.21	FERNANDES Pedro Miguel	99	+0,38	24.58
		FARIA Rui Pedro	94	+0,07	30.55	VAZ Luis Emanuel	91	+0,20	23.38
9.	Foca Quinta da Lixa CNF-SEN		Foca Quinta da Lixa CNF		1:45.75	+0,59		625	
		RIBEIRO Ivo Pinto	97	+0,59	27.41	SILVA Glauber	86	+0,27	23.86
		PEREIRA Marcelo Goncalo	90	+0,19	30.39	SILVA Pedro Ferraz	98	+0,36	24.09
10.	Uniao Piedense-SEN		Uniao Piedense		1:48.97	+0,63		571	
		SANTOS Edgar Filipe	01	+0,63	27.94	LOPES Carlos Filipe	01	+0,26	25.58
		CRISTINO David Matias	01	+0,08	31.21	CAMOES Tiago Maria	01	+0,39	24.24
DNS	Vitoria Guimaraes-SEN		Vitoria Guimaraes						

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 29, Masc., 4 x 50m Estilos

Juniores

1. Sporting-JUN <i>Rec Nacional</i>	Sporting		1:44.33	+1,09	651
DOMINGOS Ruy Manuel	02	+1,09	26.68	GORDO Salvador Vieira	03 +0,44 24.97
NUNES Francisco Costa	02	+0,48	29.03	FERNANDES Eduardo Gomes	02 +0,46 23.65
2. Galitos / Bresimar-JUN	Galitos / Bresimar		1:47.18	+0,65	600
MACHADO Tiago Andrade	02	+0,65	26.32	RIBEIRO Gustavo Carvalhais	03 +0,56 25.94
RODRIGUES Miguel Carvalho	02	+0,30	30.07	FARDILHA Manuel Cruz	03 +0,31 24.85
3. Gesloures-JUN	Gesloures		1:47.82	+0,55	590
ALFAMA Martim Primavera	02	+0,55	25.76	VALE David Manuel	03 +0,39 27.68
SANTOS Afonso Amaro	02		29.85	SOUZA Francisco Alves	02 +0,20 24.53
4. Fundacao Beatriz Santos-JUN	Fundacao Beatriz Santos		1:49.10	+0,66	569
DIAS Joao Pedro	02	+0,66	27.42	DOMINGUES Ricardo Jorge	02 +1,16 25.67
PAIS Joao Ventura	02	+0,43	31.30	PEREIRA Joao Neto	02 +0,49 24.71
5. Belenenses-JUN	Belenenses		1:49.11	+0,59	569
IACHIMOVSKI Nicolae	03	+0,59	28.58	DIAS Rodrigo Reis	03 +0,26 26.02
JUNIOR Luis Cabral	03	+0,21	30.01	JACINTO Rafael Rodrigues	02 +0,33 24.50
6. Alges-JUN	Alges		1:49.99	+0,60	555
FREIRE Bernardo Araujo	03	+0,60	28.01	MAGALHAES Hugo Nunes	02 +0,17 26.23
LEITAO Tomas Almeida	03	+0,38	30.99	VIEIRA Pedro Machado	02 +0,31 24.76
7. Uniao Piedense-JUN	Uniao Piedense		1:53.13	+1,11	510
GOMES Tomas Nogueira	03	+1,11	27.27	CORREIA Luis Carlos	03 +0,43 28.26
OSSENBRUGGEN David Van	03	+0,39	31.68	CRISTINO Guilherme Matias	03 +0,22 25.92
DSQ Vitoria Guimaraes-JUN <i>403 - Falsa partida - SW 4.4</i>	Vitoria Guimaraes				
SOUSA Diogo Nunes, PEREIRA Diogo Guimaraes, MAGALHAES Eduardo Miguel, MAGALHAES Vitor Pedro					
DNS Aquatico Pacense-JUN	Aquatico Pacense				

Prova 30

Femin., 4 x 50m Estilos

Absolutos
Resultados

21-12-2019 - 17:05

RN25 Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
RN25 Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
RN25 Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1. Alges-SEN <i>Rec Nacional, Sen e Abs e na passagem aos 50m costas Sen Abs</i>	Alges	1:53.11	+0,57	741	
AZEVEDO Rafaela Gomes	02	+0,57	27.45	LIMA Lia Ana	01 +0,44 28.31
PEREIRA Raquel Gomes	00	+0,29	31.47	FRISCHKNECHT Rita Barros	98 +0,53 25.88
2. Sporting-SEN	Sporting	1:54.06	+1,05	723	
FERNANDES Ines Camacho	97	+1,05	28.18	VIEGAS Beatriz Mendes	00 +0,55 27.74
BORGES Claudia Ferreira	99	+0,42	32.13	PINTO Mafalda Marques	02 0.00 26.01
3. Porto-SEN	Porto	1:57.45	+0,57	662	
CABRAL Maria Francisca	00	+0,57	29.81	BARBOSA Mariana Fernandes	02 +0,28 28.67
OLIVEIRA Rosa Maria	96	+0,32	33.08	FERREIRA Catarina Maria	98 +0,27 25.89

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
4.	Braga-SEN	2:01.16	+0,55	603	
	FREIXO Juliana Lima 97 +0,55 29.75 SILVA Maria Madalena 98 +0,35 29.23				
	MIRANDA Rita Catarina 97 +0,25 34.55 HOLUB Tamila Hryhorivna 99 +0,38 27.63				
	Benfica-SEN	2:01.16	+0,59	603	
	ROLAO Sofia Alexandra 98 +0,59 30.64 GRAVETO Ana Raquel 02 +0,45 28.87				
	SILVA Natacha Sofia 02 +0,40 34.86 ANDRE Leticia Maia 02 +0,23 26.79				
6.	Academica de Coimbra-SEN	2:01.60	+0,68	596	
	NEVES Ana Carolina 00 +0,68 30.63 TEJO Beatriz Costa 02 +0,43 28.41				
	MOREIRA Matilde Freitas 01 35.14 CRAVEIRO Beatriz Neves 97 +0,40 27.42				
7.	Galitos / Bresimar-SEN	2:01.63	+0,55	596	
	SANTOS Ana Pedro 02 +0,55 31.28 RODRIGUES Ana Margarida 96 +0,45 28.70				
	MONTEIRO Margarida Cabral 02 +0,37 34.73 AMADOR Joana Costa 01 +0,44 26.92				
8.	Natacao de Lisboa-SEN	2:03.46	+1,35	570	
	FERREIRA Ana Raquel 98 +1,35 31.70 MESTRE Catarina Martins 00 +0,41 28.48				
	LEITAO Rita Fernandes 96 +0,53 34.45 FERREIRA Catarina Trigo 02 +0,38 28.83				
9.	Vitoria Guimaraes-SEN	2:03.54	+0,61	569	
	ALMEIDA Catarina Isabel 02 +0,61 31.94 FERNANDES Filipa Viamonte 02 +0,30 28.65				
	VIEIRA Valeria Goncalves 02 +0,13 35.79 FERNANDES Ana Ines 00 +0,15 27.16				

Juniores

1.	Sporting-JUN	1:59.34	+0,59	631	
	PEIXEIRA Filipa Ramos 03 +0,59 30.19 MOURA Maria Ferreira 04 +0,56 28.61				
	CERDEIRA Madalena Reis 03 +1,96 32.81 DELFINO Mariana Morais 04 +0,50 27.73				
2.	Torres Novas-JUN	2:03.86	+0,56	564	
	RAMOS Ines Asseiceira 03 +0,56 30.86 VICENTE Joana Fernandes 04 +0,54 32.01				
	MORAIS Margarida Mateus 04 +1,98 33.84 CASAL Beatriz Goncalves 03 +0,16 27.15				
3.	Gesloures-JUN	2:07.04	+1,14	523	
	RODRIGUES Sofia Vilardell 04 +1,14 31.53 BRANCOURT Yonina 04 +0,30 31.08				
	HENRIQUES Daniela Mascarenhas 03 +0,38 36.37 NEVES Leonor Maria 03 +0,41 28.06				

Prova 17
21-12-2019 - 17:05

Masc., 400m Livres

Absoluto
Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	3:45.21	+0,64	837	
	50m: 26.01 26.01	150m: 1:22.64	28.48	250m: 2:20.41	28.74	350m: 3:17.88	28.62
	100m: 54.16 28.15	200m: 1:51.67	29.03	300m: 2:49.26	28.85	400m: 3:45.21	27.33
2.	VELOSO Tomas Miguel	96	Nautico Coimbra	3:45.56	+0,64	833	
	50m: 26.14 26.14	150m: 1:22.99	28.57	250m: 2:20.39	28.54	350m: 3:17.82	28.67
	100m: 54.42 28.28	200m: 1:51.85	28.86	300m: 2:49.15	28.76	400m: 3:45.56	27.74
3.	MOGNE Igor Araujo	96	Sporting	3:48.89	+0,74	797	
	50m: 26.29 26.29	150m: 1:23.47	28.70	250m: 2:21.53	28.99	350m: 3:19.87	29.10
	100m: 54.77 28.48	200m: 1:52.54	29.07	300m: 2:50.77	29.24	400m: 3:48.89	29.02
4.	COSTA Tiago Cunha	99	Sporting	3:51.08	+0,56	774	
	50m: 26.21 26.21	150m: 1:23.73	29.01	250m: 2:22.27	29.41	350m: 3:21.70	29.64
	100m: 54.72 28.51	200m: 1:52.86	29.13	300m: 2:52.06	29.79	400m: 3:51.08	29.38
5.	GIL Rafael Lourenco	96	Sporting	3:53.01	+0,76	755	
	50m: 26.88 26.88	150m: 1:24.56	29.09	250m: 2:23.69	29.45	350m: 3:23.31	29.75
	100m: 55.47 28.59	200m: 1:54.24	29.68	300m: 2:53.56	29.87	400m: 3:53.01	29.70
6.	VITAL Joao Alexandre	98	Sporting	3:53.34	+0,66	752	
	50m: 26.61 26.61	150m: 1:25.24	29.71	250m: 2:25.05	29.79	350m: 3:24.10	29.24
	100m: 55.53 28.92	200m: 1:55.26	30.02	300m: 2:54.86	29.81	400m: 3:53.34	29.24
7.	SANTOS Pedro Miguel	01	Porto	3:54.67	+0,65	739	
	50m: 27.33 27.33	150m: 1:25.91	29.65	250m: 2:25.43	29.59	350m: 3:24.85	29.76
	100m: 56.26 28.93	200m: 1:55.84	29.93	300m: 2:55.09	29.66	400m: 3:54.67	29.82
8.	BASTOS Lucas Pereira	00	Nautico Coimbra	3:57.38	+0,67	714	
	50m: 27.51 27.51	150m: 1:27.57	30.27	250m: 2:27.38	29.43	350m: 3:27.39	30.13
	100m: 57.30 29.79	200m: 1:57.95	30.38	300m: 2:57.26	29.88	400m: 3:57.38	29.99
9.	BATE Afonso Ribeiro	98	Alges	3:57.81	+0,71	710	
	50m: 27.70 27.70	150m: 1:28.82	30.86	250m: 2:29.87	30.38	350m: 3:30.31	30.15
	100m: 57.96 30.26	200m: 1:59.49	30.67	300m: 3:00.16	30.29	400m: 3:57.81	27.50
10.	CRISTINO David Matias	01	Uniao Piedense	3:58.50	+1,93	704	
	50m: 27.80 27.80	150m: 1:28.94	30.76	250m: 2:29.55	30.06	350m: 3:29.68	29.79
	100m: 58.18 30.38	200m: 1:59.49	30.55	300m: 2:59.89	30.34	400m: 3:58.50	28.82
11.	NUNES Diogo Barbosa	00	Porto	4:01.06	+0,78	682	
	50m: 27.49 27.49	150m: 1:27.05	29.88	250m: 2:27.69	30.38	350m: 3:29.62	31.47
	100m: 57.17 29.68	200m: 1:57.31	30.26	300m: 2:58.15	30.46	400m: 4:01.06	31.44
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:06.50		638	
	50m: 28.99 28.99	150m: 1:31.27	30.94	250m: 2:33.54	31.27	350m: 3:36.06	31.21
	100m: 1:00.33 31.34	200m: 2:02.27	31.00	300m: 3:04.85	31.31	400m: 4:06.50	30.44

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	MORIM Ruben Jose	97	Vilacondense	4:13.66	+0,80	585	
	50m: 28.33 28.33	150m: 1:31.20	31.86	250m: 2:35.23	31.98	350m: 3:41.15	32.86
	100m: 59.34 31.01	200m: 2:03.25	32.05	300m: 3:08.29	33.06	400m: 4:13.66	32.51
14.	GRACHAT David Realista	87 S9	Geslours	4:22.36	+0,75	529	936
	50m: 28.89 28.89	150m: 1:33.36	32.60	250m: 2:39.48	32.97	350m: 3:47.69	34.55
	100m: 1:00.76 31.87	200m: 2:06.51	33.15	300m: 3:13.14	33.66	400m: 4:22.36	34.67
15.	CRUZ Miguel Duarte	99 S15	Belenenses	4:23.64	+0,65	521	
	50m: 29.97 29.97	150m: 1:35.46	32.91	250m: 2:42.51	33.59	350m: 3:50.61	34.02
	100m: 1:02.55 32.58	200m: 2:08.92	33.46	300m: 3:16.59	34.08	400m: 4:23.64	33.03
16.	VIDEIRA Daniel Carlos	92 S6	Geslours	5:23.37	+0,89	282	851
	50m: 37.60 37.60	150m: 2:00.32	41.59	250m: 3:22.60	41.00	350m: 4:44.70	40.75
	100m: 1:18.73 41.13	200m: 2:41.60	41.28	300m: 4:03.95	41.35	400m: 5:23.37	38.67

Juniores

1.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	3:55.42	+0,65	732	
	50m: 26.78 26.78	150m: 1:25.11	29.61	250m: 2:24.66	29.87	350m: 3:25.29	30.17
	100m: 55.50 28.72	200m: 1:54.79	29.68	300m: 2:55.12	30.46	400m: 3:55.42	30.13
2.	DEUS Andre Portugal	02	Naval do Funchal	4:00.44	+0,63	687	
	50m: 27.84 27.84	150m: 1:28.03	30.22	250m: 2:29.65	30.88	350m: 3:30.42	30.03
	100m: 57.81 29.97	200m: 1:58.77	30.74	300m: 3:00.39	30.74	400m: 4:00.44	30.02
3.	NUNES Francisco Costa	02	Sporting	4:02.45	+0,76	670	
	50m: 27.73 27.73	150m: 1:28.25	30.53	250m: 2:30.18	30.97	350m: 3:32.78	31.18
	100m: 57.72 29.99	200m: 1:59.21	30.96	300m: 3:01.60	31.42	400m: 4:02.45	29.67
4.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	4:03.65	+0,80	661	
	50m: 27.75 27.75	150m: 1:28.06	30.24	250m: 2:29.66	30.86	350m: 3:32.39	31.24
	100m: 57.82 30.07	200m: 1:58.80	30.74	300m: 3:01.15	31.49	400m: 4:03.65	31.26
5.	AMARAL Francisco Rodriguez	02	Campinho	4:04.51	+0,69	654	
	50m: 27.72 27.72	150m: 1:28.49	30.69	250m: 2:30.66	31.21	350m: 3:33.49	31.45
	100m: 57.80 30.08	200m: 1:59.45	30.96	300m: 3:02.04	31.38	400m: 4:04.51	31.02
6.	CARVALHO Daniel Luis	02	Braga	4:06.41	+0,80	639	
	50m: 27.91 27.91	150m: 1:29.46	31.00	250m: 2:32.53	31.54	350m: 3:35.59	31.50
	100m: 58.46 30.55	200m: 2:00.99	31.53	300m: 3:04.09	31.56	400m: 4:06.41	30.82
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	4:07.25	+0,68	632	
	50m: 28.44 28.44	150m: 1:31.25	31.75	250m: 2:34.03	31.48	350m: 3:37.63	31.91
	100m: 59.50 31.06	200m: 2:02.55	31.30	300m: 3:05.72	31.69	400m: 4:07.25	29.62
8.	JACINTO Rafael Rodrigues	02	Belenenses	4:07.99	+1,56	626	
	50m: 28.30 28.30	150m: 1:29.61	31.00	250m: 2:33.65	31.76	350m: 3:37.30	31.07
	100m: 58.61 30.31	200m: 2:01.89	32.28	300m: 3:06.23	32.58	400m: 4:07.99	30.69
9.	MACHADO Martim Miranda	03	Uniao Coimbra	4:09.69	+0,76	614	
	50m: 28.08 28.08	150m: 1:29.70	31.06	250m: 2:33.80	32.18	350m: 3:38.47	32.26
	100m: 58.64 30.56	200m: 2:01.62	31.92	300m: 3:06.21	32.41	400m: 4:09.69	31.22
10.	SILVA Henrique Gomes	02	Estamos Juntos	4:11.01	+0,65	604	
	50m: 27.63 27.63	150m: 1:29.45	31.35	250m: 2:34.10	32.32	350m: 3:39.27	32.64
	100m: 58.10 30.47	200m: 2:01.78	32.33	300m: 3:06.63	32.53	400m: 4:11.01	31.74
11.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	4:16.71	+0,70	565	
	50m: 28.26 28.26	150m: 1:32.54	32.65	250m: 2:38.08	32.77	350m: 3:44.27	33.17
	100m: 59.89 31.63	200m: 2:05.31	32.77	300m: 3:11.10	33.02	400m: 4:16.71	32.44

Prova 17, Masc., 400m Livres

Classe S15

1. CRUZ Miguel Duarte	99 S15	Belenenses	4:23.64	+0,65	521
50m: 29.97 29.97	150m: 1:35.46 32.91	250m: 2:42.51 33.59	350m: 3:50.61 34.02		
100m: 1:02.55 32.58	200m: 2:08.92 33.46	300m: 3:16.59 34.08	400m: 4:23.64 33.03		

Paralimpicos

1. GRACHAT David Realista	87 S9	Geslours	4:22.36	+0,75	529	936
50m: 28.89 28.89	150m: 1:33.36 32.60	250m: 2:39.48 32.97	350m: 3:47.69 34.55			
100m: 1:00.76 31.87	200m: 2:06.51 33.15	300m: 3:13.14 33.66	400m: 4:22.36 34.67			
2. VIDEIRA Daniel Carlos	92 S6	Geslours	5:23.37	+0,89	282	851
50m: 37.60 37.60	150m: 2:00.32 41.59	250m: 3:22.60 41.00	350m: 4:44.70 40.75			
100m: 1:18.73 41.13	200m: 2:41.60 41.28	300m: 4:03.95 41.35	400m: 5:23.37 38.67			

Prova 18

Femin., 400m Livres

Absoluto
Resultados

21-12-2019 - 17:10

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. DURAES Diana Margarida	96	Benfica	4:06.62	+0,73	853	
<i>Minimos CMundo PC</i>						
50m: 29.08 29.08	150m: 1:30.65 30.94	250m: 2:32.73 30.90	350m: 3:35.75 31.58			
100m: 59.71 30.63	200m: 2:01.83 31.18	300m: 3:04.17 31.44	400m: 4:06.62 30.87			
2. HOLUB Tamila Hryhorivna	99	Braga	4:12.59	+0,74	794	
50m: 29.56 29.56	150m: 1:32.59 31.64	250m: 2:36.33 31.96	350m: 3:40.95 32.33			
100m: 1:00.95 31.39	200m: 2:04.37 31.78	300m: 3:08.62 32.29	400m: 4:12.59 31.64			
3. HENRIQUES Ines Jacinto	00	Sporting	4:16.31	+0,68	760	
50m: 29.83 29.83	150m: 1:34.53 32.47	250m: 2:39.19 32.26	350m: 3:44.28 32.56			
100m: 1:02.06 32.23	200m: 2:06.93 32.40	300m: 3:11.72 32.53	400m: 4:16.31 32.03			
4. CARDEAL Joana Nunes	02	Academico Viseu	4:18.05	+0,82	744	
50m: 29.46 29.46	150m: 1:33.78 32.56	250m: 2:39.44 32.85	350m: 3:46.05 33.20			
100m: 1:01.22 31.76	200m: 2:06.59 32.81	300m: 3:12.85 33.41	400m: 4:18.05 32.00			
5. RAMOS Ana Rita	02	Porto	4:19.75	+0,73	730	
50m: 30.26 30.26	150m: 1:35.08 32.27	250m: 2:39.98 32.65	350m: 3:46.61 33.46			
100m: 1:02.81 32.55	200m: 2:07.33 32.25	300m: 3:13.15 33.17	400m: 4:19.75 33.14			
6. MONTEIRO Ana Catarina	93	Vilacondense	4:20.69	+0,69	722	
50m: 30.45 30.45	150m: 1:36.00 32.80	250m: 2:41.41 32.41	350m: 3:47.83 33.25			
100m: 1:03.20 32.75	200m: 2:09.00 33.00	300m: 3:14.58 33.17	400m: 4:20.69 32.86			

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Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	FRAZAO Alexandra Couto	02	Sporting	4:21.77	+0,74	713	
	50m: 30.20 30.20	150m: 1:35.73	32.46	250m: 2:41.73	32.93	350m: 3:48.71	33.60
	100m: 1:03.27 33.07	200m: 2:08.80	33.07	300m: 3:15.11	33.38	400m: 4:21.77	33.06
8.	QUEIROZ Ana Rita	02	Condeixa Clube	4:25.53	+0,81	683	
	50m: 30.42 30.42	150m: 1:36.98	33.49	250m: 2:44.64	33.86	350m: 3:52.56	33.85
	100m: 1:03.49 33.07	200m: 2:10.78	33.80	300m: 3:18.71	34.07	400m: 4:25.53	32.97
9.	MENDES Mariana Amaral	02	Colegio Monte Maior	4:26.04		679	
	50m: 30.50 30.50	150m: 1:37.25	33.73	250m: 2:45.07	33.84	350m: 3:53.15	34.17
	100m: 1:03.52 33.02	200m: 2:11.23	33.98	300m: 3:18.98	33.91	400m: 4:26.04	32.89
10.	AMADOR Joana Costa	01	Galitos / Bresimar	4:27.05	+0,72	672	
	50m: 30.38 30.38	150m: 1:37.02	33.88	250m: 2:45.31	34.07	350m: 3:53.54	34.30
	100m: 1:03.14 32.76	200m: 2:11.24	34.22	300m: 3:19.24	33.93	400m: 4:27.05	33.51
11.	SOUSA Ana Reis	02	Alges	4:27.17	+0,72	671	
	50m: 29.47 29.47	150m: 1:34.73	33.06	250m: 2:42.63	34.23	350m: 3:52.37	35.05
	100m: 1:01.67 32.20	200m: 2:08.40	33.67	300m: 3:17.32	34.69	400m: 4:27.17	34.80
12.	PINA Ana Sofia	02	Benfica	4:27.45		669	
	50m: 30.39 30.39	150m: 1:36.38	33.12	250m: 2:44.52	34.29	350m: 3:53.46	34.39
	100m: 1:03.26 32.87	200m: 2:10.23	33.85	300m: 3:19.07	34.55	400m: 4:27.45	33.99
13.	VELOSO Teresa Miguel	00	Sporting	4:30.99		643	
	50m: 31.11 31.11	150m: 1:38.16	33.88	250m: 2:46.56	34.07	350m: 3:55.87	34.86
	100m: 1:04.28 33.17	200m: 2:12.49	34.33	300m: 3:21.01	34.45	400m: 4:30.99	35.12
14.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	4:56.55		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:15.49	+0,69	767	
	50m: 29.53 29.53	150m: 1:32.79	31.96	250m: 2:37.55	32.36	350m: 3:43.28	32.93
	100m: 1:00.83 31.30	200m: 2:05.19	32.40	300m: 3:10.35	32.80	400m: 4:15.49	32.21
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:26.51		676	
	50m: 30.25 30.25	150m: 1:36.28	33.40	250m: 2:44.19	34.04	350m: 3:52.85	34.41
	100m: 1:02.88 32.63	200m: 2:10.15	33.87	300m: 3:18.44	34.25	400m: 4:26.51	33.66
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:31.20	+0,80	641	
	50m: 30.23 30.23	150m: 1:37.11	34.10	250m: 2:46.35	34.65	350m: 3:57.03	35.51
	100m: 1:03.01 32.78	200m: 2:11.70	34.59	300m: 3:21.52	35.17	400m: 4:31.20	34.17
4.	AMORIM Maria Leonor	03	Porto	4:32.45	+0,79	632	
	50m: 30.68 30.68	150m: 1:38.60	34.75	250m: 2:48.43	34.53	350m: 3:58.34	34.69
	100m: 1:03.85 33.17	200m: 2:13.90	35.30	300m: 3:23.65	35.22	400m: 4:32.45	34.11
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	4:32.79	+0,73	630	
	50m: 31.48 31.48	150m: 1:40.38	34.79	250m: 2:50.95	35.13	350m: 4:00.93	34.94
	100m: 1:05.59 34.11	200m: 2:15.82	35.44	300m: 3:25.99	35.04	400m: 4:32.79	31.86
6.	SOARES Carolina Silva	03	Natacao de Valongo	4:34.99	+0,59	615	
	50m: 31.01 31.01	150m: 1:38.93	34.25	250m: 2:48.85	34.99	350m: 4:00.01	35.78
	100m: 1:04.68 33.67	200m: 2:13.86	34.93	300m: 3:24.23	35.38	400m: 4:34.99	34.98

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	4:35.45	+0,75	612	
	50m: 31.63 31.63	150m: 1:40.02	34.32	250m: 2:49.68	35.20	350m: 4:00.86	35.27
	100m: 1:05.70 34.07	200m: 2:14.48	34.46	300m: 3:25.59	35.91	400m: 4:35.45	34.59
8.	SANTOS Leonor Esteves	04	Avancado EUL	4:37.30	+0,85	600	
	50m: 31.76 31.76	150m: 1:40.65	34.66	250m: 2:50.78	35.15	350m: 4:01.92	35.58
	100m: 1:05.99 34.23	200m: 2:15.63	34.98	300m: 3:26.34	35.56	400m: 4:37.30	35.38
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	4:39.32	+0,92	587	
	50m: 31.42 31.42	150m: 1:40.95	35.20	250m: 2:52.59	36.06	350m: 4:04.66	35.88
	100m: 1:05.75 34.33	200m: 2:16.53	35.58	300m: 3:28.78	36.19	400m: 4:39.32	34.66
10.	VIANA Margarida Violante	04	BA-Leiria	4:39.52		586	
	50m: 32.09 32.09	150m: 1:42.13	35.36	250m: 2:53.31	35.57	350m: 4:04.42	35.53
	100m: 1:06.77 34.68	200m: 2:17.74	35.61	300m: 3:28.89	35.58	400m: 4:39.52	35.10
11.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	4:40.59	+0,71	579	
	50m: 31.39 31.39	150m: 1:41.58	35.19	250m: 2:52.38	35.41	350m: 4:04.73	36.40
	100m: 1:06.39 35.00	200m: 2:16.97	35.39	300m: 3:28.33	35.95	400m: 4:40.59	35.86
12.	LIGEIRO Daniela Silva	04	Viana Natacao	4:41.31		574	
	50m: 31.71 31.71	150m: 1:42.29	35.73	250m: 2:54.64	36.30	350m: 4:07.04	36.03
	100m: 1:06.56 34.85	200m: 2:18.34	36.05	300m: 3:31.01	36.37	400m: 4:41.31	34.27
13.	PIMENTEL Marta Lima	04	Fluvial Portuense	4:41.43	+0,87	574	
	50m: 32.00 32.00	150m: 1:42.08	35.39	250m: 2:53.75	35.91	350m: 4:06.32	36.42
	100m: 1:06.69 34.69	200m: 2:17.84	35.76	300m: 3:29.90	36.15	400m: 4:41.43	35.11
14.	INACIO Marta Macedo	04	Sporting	4:48.19	+0,78	534	
	50m: 32.71 32.71	150m: 1:44.30	36.27	250m: 2:57.18	36.61	350m: 4:11.02	37.19
	100m: 1:08.03 35.32	200m: 2:20.57	36.27	300m: 3:33.83	36.65	400m: 4:48.19	37.17
DNS	MONTEIRO Ines Maria	04	Naval Praia da Vitoria				

Paralimpicos

1.	VEIGA Susana Pereira <i>Rec Nacional S9</i>	00 S9	Colegio Vasco da Gama	4:56.55		490	908
	50m: 33.23 33.23	150m: 1:45.46	36.60	250m: 3:00.87	38.10	350m: 4:18.30	38.81
	100m: 1:08.86 35.63	200m: 2:22.77	37.31	300m: 3:39.49	38.62	400m: 4:56.55	38.25

Prova 19 Masc., 50m Costas Absolutos
21-12-2019 - 17:35 Resultados Final

RN25 Absoluto	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	ALFAMA Martim Primavera	02	Geslours	25.63	+0,54	651	
2.	COSTA Diogo Santos	02	Colegio Monte Maior	25.73	+0,52	644	
3.	MACHADO Tiago Andrade	02	Galitos / Bresimar	26.47	+1,10	591	
4.	DOMINGOS Ruy Manuel	02	Sporting	26.59	+0,57	583	
5.	CASTRO Duarte Monteiro	03	Porto	26.79	+0,71	570	
6.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	27.06	+0,62	553	
7.	GOMES Tomas Nogueira	03	Uniao Piedense	27.23	+0,57	543	
8.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	27.47	+0,64	529	

Seniores

1.	SANTOS Alexis Manacas	92	Sporting	23.69	+0,53	825	
<i>Rec Nacional, Sen e Abs igualado</i>							
2.	SANTOS Francisco Rogerio	98	Sporting	24.56	+0,55	740	
3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	25.28	+0,57	679	
4.	PINHO Manuel Antonio	01	Feirense	25.59	+0,48	654	
5.	ROSA Rodrigo Antonio	96	Vikings	26.11	+0,51	616	
6.	BATE Miguel Ribeiro	99	Alges	26.23	+0,55	607	
7.	DANTAS Diogo Leal	00	Sporting	26.45	+0,53	592	
8.	MACHADO Bruno Rafael	01	Porto	26.53	+0,53	587	

Prova 20 Femin., 50m Costas Absolutos
21-12-2019 - 17:40 Resultados Final

RN25 Absoluto	27.45	AZEVEDO Rafaela Gomes	SAD	Felgueiras	21-12-2019
RN25 Sen	27.45	AZEVEDO Rafaela Gomes	SAD	Felgueiras	21-12-2019
RN25 Jun17	28.32	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2019
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	28.22	+0,52	752	
<i>Rec Nacional, Jun 17</i>							
2.	MARQUES Maria Vieira	04	Natacao de Vagos	29.91	+0,60	632	
3.	OLIVEIRA Ana Rita	04	Colegio Efanor	29.93	+1,10	630	
4.	PEIXEIRA Filipa Ramos	03	Sporting	30.59	+0,62	590	
5.	AMADO Maria Lopes	04	Nautico Marinha Grande	30.78	+0,61	580	
6.	FERREIRA Leonor Marques	03	Campinho	30.79	+0,59	579	
7.	MARQUES Mariana Nunes	03	Estarreja	31.08	+0,52	563	
8.	SOARES Ines Apolinario	03	Pimpoes/Cimai	31.10	+0,54	562	

Prova 20, Femin., 50m Costas, Final

Seniores

1.	FERNANDES Ines Camacho	97	Sporting	28.35	+0,60	742
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	28.69	+0,56	716
3.	FRISCHKNECHT Rita Barros	98	Alges	29.04	+0,63	690
4.	FERREIRA Catarina Maria	98	Porto	29.71	+0,58	645
5.	CABRAL Maria Francisca	00	Porto	29.96	+0,67	629
6.	FREIXO Juliana Lima	97	Braga	30.25	+0,57	611
7.	NEVES Ana Carolina	00	Academica de Coimbra	30.73	+0,58	582
DSQ	AZEVEDO Rafaela Gomes	02	Alges			

403 - Falsa partida - SW 4.4

Prova 21

21-12-2019 - 17:45

Masc., 200m Bruços

Absolutos

Resultados Final

RN25 Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Sen	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Jun18	2:13.22	SANTOS Andre Goncalo	LSC	Porto	19-12-2014
RN25 Jun17	2:16.24	SILVA Jorge Jesus	SCB	Funchal	10-12-2016

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	CARNEIRO Joao Soares	03	Benfica	2:20.87	+0,62	620	
	50m: 31.55 31.55	100m: 1:07.92	36.37	150m: 1:44.77	36.85	200m: 2:20.87	36.10
2.	NUNES Francisco Costa	02	Sporting	2:21.31	+0,71	614	
	50m: 31.54 31.54	100m: 1:08.18	36.64	150m: 1:45.20	37.02	200m: 2:21.31	36.11
3.	LOPES Luis Afonso	03	Viver Santarem	2:21.84	+0,69	607	
	50m: 32.38 32.38	100m: 1:08.31	35.93	150m: 1:45.52	37.21	200m: 2:21.84	36.32
4.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	2:22.66	+0,69	597	
	50m: 31.89 31.89	100m: 1:08.22	36.33	150m: 1:45.24	37.02	200m: 2:22.66	37.42
5.	MATEUS Diogo Garcez	02	AONDA-Azeitao	2:25.73	+0,69	560	
	50m: 31.87 31.87	100m: 1:09.40	37.53	150m: 1:47.31	37.91	200m: 2:25.73	38.42
6.	MATIAS Rafael Candeias	03	Natacao de Lagos	2:25.83	+0,81	559	
	50m: 32.55 32.55	100m: 1:09.50	36.95	150m: 1:47.38	37.88	200m: 2:25.83	38.45
7.	PINTO Pedro Miguel	02	Sporting	2:26.67	+0,71	549	
	50m: 32.99 32.99	100m: 1:10.29	37.30	150m: 1:48.20	37.91	200m: 2:26.67	38.47
8.	CRISTINO Guilherme Matias	03	Uniao Piedense	2:27.96	+0,74	535	
	50m: 33.02 33.02	100m: 1:10.17	37.15	150m: 1:48.66	38.49	200m: 2:27.96	39.30

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PARCEIROS



Prova 21, Masc., 200m Bruços, Final

Seniores

1.	QUINTAS Francisco Robalo	95	Belenenses	2:08.84	+0,64	811
	50m: 28.77 28.77	100m: 1:01.67	32.90	150m: 1:35.65	33.98	200m: 2:08.84 33.19
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:09.52	+0,63	798
	50m: 29.44 29.44	100m: 1:02.17	32.73	150m: 1:35.68	33.51	200m: 2:09.52 33.84
3.	MENDES Antonio Manuel	99	Sporting	2:14.75	+0,69	709
	50m: 30.32 30.32	100m: 1:04.23	33.91	150m: 1:39.29	35.06	200m: 2:14.75 35.46
4.	SIMOES Rafael Gomes	00	Braga	2:16.03	+0,82	689
	50m: 31.27 31.27	100m: 1:06.01	34.74	150m: 1:41.37	35.36	200m: 2:16.03 34.66
5.	FRISCHKNECHT Renato Barros	01	Alges	2:17.39	+0,62	668
	50m: 31.36 31.36	100m: 1:06.96	35.60	150m: 1:42.19	35.23	200m: 2:17.39 35.20
6.	ALVES Nuno Rafael	90	Aquatico Pacense	2:18.02	+0,75	659
	50m: 31.48 31.48	100m: 1:06.36	34.88	150m: 1:42.19	35.83	200m: 2:18.02 35.83
7.	CATALAO Daniel Nogueira	00	Benfica	2:19.32	+0,60	641
	50m: 31.58 31.58	100m: 1:06.93	35.35	150m: 1:42.64	35.71	200m: 2:19.32 36.68
8.	CABRITO Rodrigo Almeida	01	Belenenses	2:19.35	+0,64	641
	50m: 31.12 31.12	100m: 1:05.95	34.83	150m: 1:42.16	36.21	200m: 2:19.35 37.19

Prova 22

21-12-2019 - 17:50

Femin., 200m Bruços

Absolutos

Resultados Final

RN25 Absoluto	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
RN25 Sen	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
RN25 Jun17	2:26.47	PEREIRA Raquel Gomes	SAD	Funchal	10-12-2016
RN25 Jun16	2:26.87	PEREIRA Raquel Gomes	SAD	Porto	11-12-2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:33.96	+0,69	667
	50m: 35.08 35.08	100m: 1:13.82	38.74	150m: 1:53.43	39.61	200m: 2:33.96 40.53
2.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	2:34.96	+0,72	654
	50m: 35.88 35.88	100m: 1:15.22	39.34	150m: 1:55.01	39.79	200m: 2:34.96 39.95
3.	CERDEIRA Madalena Reis	03	Sporting	2:36.92	+0,79	630
	50m: 35.65 35.65	100m: 1:15.76	40.11	150m: 1:57.43	41.67	200m: 2:36.92 39.49
4.	CASTRO Maria Freitas	03	Fafe	2:37.19		627
	50m: 36.75 36.75	100m: 1:17.67	40.92	150m: 1:58.13	40.46	200m: 2:37.19 39.06
5.	FERREIRA Margarida Filipe	04	Cova da Piedade	2:37.39	+0,74	625
	50m: 34.81 34.81	100m: 1:13.91	39.10	150m: 1:54.97	41.06	200m: 2:37.39 42.42
6.	RODRIGUES Lidiana Correia	04	Belenenses	2:40.37	+0,83	590
	50m: 36.26 36.26	100m: 1:17.01	40.75	150m: 1:58.99	41.98	200m: 2:40.37 41.38
7.	FIAL Sofia Nunes	03	Estamos Juntos	2:41.59	+0,78	577
	50m: 35.90 35.90	100m: 1:16.17	40.27	150m: 1:58.93	42.76	200m: 2:41.59 42.66
8.	DIAS Ana Amarante	03	Naval de Ponta Delgada	2:46.01	+0,76	532
	50m: 37.34 37.34	100m: 1:18.74	41.40	150m: 2:01.85	43.11	200m: 2:46.01 44.16

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Prova 22, Femin., 200m Bruços, Final

Seniores

1.	KAMINSKAYA Victoria	95	Benfica	2:23.28	+0,77	828
	<i>Minimos CMundo PC</i>					
	50m: 33.25 33.25	100m: 1:09.58	36.33	150m: 1:46.31	36.73	200m: 2:23.28 36.97
2.	PEREIRA Raquel Gomes	00	Alges	2:24.73	+0,77	803
	50m: 33.54 33.54	100m: 1:09.81	36.27	150m: 1:46.93	37.12	200m: 2:24.73 37.80
3.	ANDRE Angelica Maria	94	Fluvial Portuense	2:30.91	+0,71	709
	50m: 34.55 34.55	100m: 1:13.31	38.76	150m: 1:52.04	38.73	200m: 2:30.91 38.87
4.	BORGES Claudia Ferreira	99	Sporting	2:31.25	+0,64	704
	50m: 34.94 34.94	100m: 1:13.59	38.65	150m: 1:52.50	38.91	200m: 2:31.25 38.75
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:34.05	+0,77	666
	50m: 34.27 34.27	100m: 1:13.13	38.86	150m: 1:52.74	39.61	200m: 2:34.05 41.31
6.	PEREIRA Clara Gomes	02	Alges	2:35.49	+0,71	648
	50m: 35.53 35.53	100m: 1:15.24	39.71	150m: 1:55.49	40.25	200m: 2:35.49 40.00
7.	SILVA Natacha Sofia	02	Benfica	2:40.63	+0,84	587
	50m: 36.45 36.45	100m: 1:17.56	41.11	150m: 1:58.66	41.10	200m: 2:40.63 41.97
8.	RODRIGUES Luana Correia	01	Belenenses	2:43.88	+0,70	553
	50m: 36.93 36.93	100m: 1:18.15	41.22	150m: 2:00.53	42.38	200m: 2:43.88 43.35

Prova 23
21-12-2019 - 18:00

Masc., 100m Mariposa

Absolutos
Resultados Final

RN25 Absoluto	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Sen	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Jun18	53.87	VENANCIO Tiago Andre	CNS	Cantanhede	19-12-2004
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia	15-02-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	VAKULYUK Paulo	03	Torres Novas	54.09	+0,65	702	
	50m: 25.35 25.35	100m: 54.09	28.74				
2.	GORDO Salvador Vieira	03	Sporting	55.07	+0,59	665	
	50m: 25.53 25.53	100m: 55.07	29.54				
3.	DOMINGOS Ruy Manuel	02	Sporting	56.65	+0,66	611	
	50m: 26.42 26.42	100m: 56.65	30.23				
4.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	56.82	+0,70	605	
	50m: 26.44 26.44	100m: 56.82	30.38				
5.	MARTYN David	03	Benedita	57.46	+0,63	585	
	50m: 26.74 26.74	100m: 57.46	30.72				
6.	LOURENCO Tiago Campos	02	Natacao de Valongo	57.55	+0,70	583	
	50m: 26.55 26.55	100m: 57.55	31.00				
7.	DIAS Rodrigo Reis	03	Belenenses	57.56	+0,68	582	
	50m: 26.83 26.83	100m: 57.56	30.73				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	VIEGAS Hugo Miguel	02	Natacao de Olhao	57.87	+0,69	573	
	50m: 27.37 27.37	100m: 57.87	30.50				

Seniores

1.	SILVA Glauber	86	Foca Quinta da Lixa CNF	53.32	+0,71	733	
	50m: 24.43 24.43	100m: 53.32	28.89				
2.	SOUSA Joao Ribeiro	01	Porto	55.31	+0,60	656	
	50m: 25.59 25.59	100m: 55.31	29.72				
3.	PEDROSA Carlos Lopes	94	Bombeiros Ponta Delgada	55.86	+0,73	637	
	50m: 25.95 25.95	100m: 55.86	29.91				
4.	CARVALHO Andre Antunes	96	Sporting	55.87	+0,72	637	
	50m: 26.21 26.21	100m: 55.87	29.66				
5.	SANTOS Joao Duarte	95	Natacao de Olhao	55.98	+0,68	633	
	50m: 26.01 26.01	100m: 55.98	29.97				
6.	COSTA Andre Gouveia	01	Condeixa Clube	56.13	+0,67	628	
	50m: 26.24 26.24	100m: 56.13	29.89				
7.	VITAL Joao Alexandre	98	Sporting	56.43	+0,67	618	
	50m: 26.69 26.69	100m: 56.43	29.74				

DSQ SANTOS Pedro Andre 94 Alges
814 - Tocou com uma mão na parede na viragem aos 50 m - SW 8.4

Prova 24

Femin., 100m Mariposa

Absolutos

21-12-2019 - 18:05

Resultados Final

RN25 Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Sen	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Jun17	59.65	CRUZ Sara Francisco	ADBA	Leiria	05-12-2009
RN25 Jun16	1:01.56	TIAGO Filipa Vilas	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:01.05	+0,73	715	
	<i>Rec Nacional, Jun 16</i>						
	50m: 28.60 28.60	100m: 1:01.05	32.45				
2.	MOURA Maria Ferreira	04	Sporting	1:02.35	+0,72	671	
	50m: 29.40 29.40	100m: 1:02.35	32.95				
3.	MENDES Ana Sebastiao	04	Natacao de Lagos	1:03.83	+0,69	626	
	50m: 30.56 30.56	100m: 1:03.83	33.27				
4.	MONTEIRO Ana Carolina	04	Uniao Coimbra	1:05.64	+0,69	575	
	50m: 30.56 30.56	100m: 1:05.64	35.08				
5.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	1:06.06	+0,73	564	
	50m: 31.05 31.05	100m: 1:06.06	35.01				

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PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	MACHADO Carolina Alexandra	03	Natacao de Beja	1:06.12	+0,58	563	
	50m: 30.49 30.49	100m: 1:06.12	35.63				
7.	MARTINS Joana Ribeiro	03	Sporting	1:06.21	+0,77	561	
	50m: 30.92 30.92	100m: 1:06.21	35.29				
8.	SILVA Leonor Santos	03	Porto	1:07.33	+0,69	533	
	50m: 30.73 30.73	100m: 1:07.33	36.60				

Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	59.69	+0,61	765	
	50m: 27.80 27.80	100m: 59.69	31.89				
2.	MONTEIRO Ana Catarina	93	Vilacondense	1:00.00	+0,70	753	
	50m: 28.44 28.44	100m: 1:00.00	31.56				
3.	HENRIQUES Ines Jacinto	00	Sporting	1:02.20	+0,68	676	
	50m: 29.39 29.39	100m: 1:02.20	32.81				
4.	TEJO Beatriz Costa	02	Academica de Coimbra	1:02.83	+0,63	656	
	50m: 29.55 29.55	100m: 1:02.83	33.28				
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	1:03.29	+0,60	642	
	50m: 29.65 29.65	100m: 1:03.29	33.64				
6.	GRAVETO Ana Raquel	02	Benfica	1:03.39	+0,76	639	
	50m: 29.98 29.98	100m: 1:03.39	33.41				
7.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	1:03.48	+0,76	636	
	50m: 30.14 30.14	100m: 1:03.48	33.34				
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	1:03.78	+0,80	627	
	50m: 29.87 29.87	100m: 1:03.78	33.91				

Prova 25

Masc., 50m Livres

Absolutos

21-12-2019 - 18:05

Resultados Final

RN25 Absoluto	21.60	NASCIMENTO Miguel Duarte	SLB	Felgueiras	22-12-2018
RN25 Sen	21.60	NASCIMENTO Miguel Duarte	SLB	Felgueiras	22-12-2018
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto	08-12-2012
RN25 Jun17	23.12	MACHADO Tiago Andrade	SCA	Felgueiras	22-12-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	MACHADO Tiago Andrade	02	Galitos / Bresimar	23.07	+0,63	677	
2.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	23.29	+0,57	658	
3.	VAKULYUK Paulo	03	Torres Novas	23.46	+0,64	644	
4.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	23.77	+0,61	619	
5.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	23.82	+0,68	615	
6.	COSTA Diogo Santos	02	Colegio Monte Maior	23.89	+0,62	609	
7.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	24.00	+0,68	601	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	LOURENCO Tiago Campos	02	Natacao de Valongo	24.31	+0,73	578	

Seniores

1.	NASCIMENTO Miguel Duarte	95	Benfica	22.09	+0,65	771	
2.	MARQUES Miguel Henriques	00	Benfica	22.79	+0,60	702	
3.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	22.80	+0,67	701	
4.	RIBAS Alexandre Lages	97	Desportiva Viana	22.87	+0,66	695	
5.	DIAS Guilherme Pereira	97	Vikings	23.03	+0,63	680	
6.	PADRELA Joao Esteves	99	Belenenses	23.20	+0,65	665	
7.	PINHO Manuel Antonio	01	Feirense	23.27	+0,65	659	
8.	MACHADO Francisco Carvalho	98	Alges	23.46	+0,68	644	

Prova 26

21-12-2019 - 18:10

Femin., 50m Livres

Absolutos
Resultados Final

RN25 Absoluto	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	25.95	VIEGAS Beatriz Mendes	TNC	Vila Real Stº Antonio	12-11-2016
RN25 Jun16	26.14	ROSA Maria Carolina	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	26.30	+0,64	662	
2.	PEREIRA Maria Gomes	04	Alges	26.59	+0,66	641	
3.	SOARES Catarina Silva	03	Porto	26.60	+0,66	640	
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	26.67	+0,76	635	
5.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	26.69	+0,75	634	
6.	MARQUES Maria Vieira	04	Natacao de Vagos	27.18	+0,71	600	
7.	COSTA Mafalda Magalhaes	03	Gualdim Pais	27.58	+0,78	574	
8.	CASAL Beatriz Goncalves	03	Torres Novas	27.67	+0,73	569	

Seniores

1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	24.96	+0,67	775	
2.	VIEGAS Beatriz Mendes	00	Sporting	25.47	+0,59	729	
3.	PEGO Isabel Porfirio	01	Fluvial Portuense	26.40	+0,70	655	
4.	CASTRO Adriana Daniela	97	Leixoes	26.46	+0,51	650	
5.	OLIVEIRA Rosa Maria	96	Porto	26.55	+0,69	644	
6.	FERREIRA Catarina Maria	98	Porto	26.75	+0,64	629	
7.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.82	+0,67	624	
8.	FARIA Ana Rita	00	Porto	27.05	+0,78	609	

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Prova 27

Masc., 200m Estilos

Absolutos

21-12-2019 - 18:15

Resultados Final

RN25 Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Sen	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Jun18	2:00.59	LOPES Gabriel Jose	ALN	Coimbra	10-05-2015
RN25 Jun17	2:02.96	CARVALHO Diogo Filipe	CGA	Mealhada	06-03-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	2:02.71	+0,58	713	
	50m: 27.44 27.44	100m: 58.13	30.69 150m: 1:33.57	35.44	200m: 2:02.71	29.14	
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	2:06.91	+0,76	644	
	50m: 27.47 27.47	100m: 1:00.46	32.99 150m: 1:38.59	38.13	200m: 2:06.91	28.32	
3.	ROCHA Ricardo Filipe	02	Aquatico Pacense	2:07.22	+0,76	639	
	50m: 27.20 27.20	100m: 59.02	31.82 150m: 1:37.39	38.37	200m: 2:07.22	29.83	
4.	CARNEIRO Joao Soares	03	Benfica	2:07.91	+0,65	629	
	50m: 27.52 27.52	100m: 1:01.71	34.19 150m: 1:38.59	36.88	200m: 2:07.91	29.32	
5.	ALFAMA Martim Primavera	02	Geslours	2:08.26	+0,69	624	
	50m: 27.59 27.59	100m: 58.76	31.17 150m: 1:38.27	39.51	200m: 2:08.26	29.99	
6.	LOPES Luis Afonso	03	Viver Santarem	2:09.61	+0,65	605	
	50m: 28.70 28.70	100m: 1:02.70	34.00 150m: 1:39.45	36.75	200m: 2:09.61	30.16	
7.	PINTO Pedro Miguel	02	Sporting	2:11.98	+0,71	573	
	50m: 28.43 28.43	100m: 1:02.50	34.07 150m: 1:41.37	38.87	200m: 2:11.98	30.61	
8.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	2:14.89	+0,71	536	
	50m: 28.47 28.47	100m: 1:02.22	33.75 150m: 1:42.62	40.40	200m: 2:14.89	32.27	

Seniores

1.	LOPES Jose Paulo	00	Braga	1:58.89	+0,67	784	
	50m: 26.09 26.09	100m: 56.09	30.00 150m: 1:30.46	34.37	200m: 1:58.89	28.43	
2.	RAMOS Bruno Miguel	97	Belenenses	1:59.87	+0,63	764	
	50m: 26.15 26.15	100m: 57.47	31.32 150m: 1:32.03	34.56	200m: 1:59.87	27.84	
3.	DANTAS Diogo Leal	00	Sporting	2:03.59	+0,61	697	
	50m: 26.47 26.47	100m: 58.38	31.91 150m: 1:33.90	35.52	200m: 2:03.59	29.69	
4.	NUNES Porfirio Braga	00	Porto	2:04.06	+0,65	690	
	50m: 26.48 26.48	100m: 57.97	31.49 150m: 1:34.42	36.45	200m: 2:04.06	29.64	
5.	BASTOS Lucas Pereira	00	Nautico Coimbra	2:04.44	+0,67	683	
	50m: 27.46 27.46	100m: 59.35	31.89 150m: 1:34.45	35.10	200m: 2:04.44	29.99	
6.	SAMPAIO Jose Pedro	98	Porto	2:07.00	+0,69	643	
	50m: 26.99 26.99	100m: 58.21	31.22 150m: 1:35.42	37.21	200m: 2:07.00	31.58	
7.	CATALAO Daniel Nogueira	00	Benfica	2:08.59	+0,56	619	
	50m: 27.41 27.41	100m: 59.99	32.58 150m: 1:37.28	37.29	200m: 2:08.59	31.31	

DSQ CARVALHO Diogo Filipe 88 Galitos / Bresimar
609 - Não terminou percurso de costas na posição dorsal - SW 6.5

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Prova 28
21-12-2019 - 18:20

Femin., 200m Estilos

Absolutos
Resultados Final

RN25 Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:16.22	PEREIRA Raquel Gomes	SAD	Algés	19-11-2016
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:19.69	+0,70	663	
	50m: 30.57 30.57	100m: 1:05.96	35.39	150m: 1:46.72	40.76	200m: 2:19.69	32.97
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:20.66	+0,74	650	
	50m: 29.74 29.74	100m: 1:06.30	36.56	150m: 1:48.13	41.83	200m: 2:20.66	32.53
3.	PEREIRA Maria Gomes	04	Alges	2:23.25	+0,75	615	
	50m: 31.14 31.14	100m: 1:08.72	37.58	150m: 1:50.99	42.27	200m: 2:23.25	32.26
4.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:25.17		591	
	50m: 31.14 31.14	100m: 1:07.84	36.70	150m: 1:51.19	43.35	200m: 2:25.17	33.98
5.	CRUZ Sara Moura	03	Alges	2:25.31	+0,70	589	
	50m: 31.06 31.06	100m: 1:07.80	36.74	150m: 1:52.18	44.38	200m: 2:25.31	33.13
6.	FIAL Sofia Nunes	03	Estamos Juntos	2:26.82	+0,82	571	
	50m: 32.27 32.27	100m: 1:10.92	38.65	150m: 1:53.61	42.69	200m: 2:26.82	33.21
7.	RODRIGUES Lidiana Correia	04	Belenenses	2:27.94	+0,79	558	
	50m: 32.21 32.21	100m: 1:11.70	39.49	150m: 1:53.42	41.72	200m: 2:27.94	34.52
8.	NEVES Sara Dias	03	Miranda do Corvo	2:28.34	+0,72	554	
	50m: 31.54 31.54	100m: 1:09.60	38.06	150m: 1:53.39	43.79	200m: 2:28.34	34.95

Seniores

1.	MACHADO Luisa Maria	01	Uniao Piedense	2:14.22	+0,79	748	
	50m: 29.15 29.15	100m: 1:03.66	34.51	150m: 1:42.20	38.54	200m: 2:14.22	32.02
2.	FERNANDES Ines Camacho	97	Sporting	2:14.95	+0,72	736	
	50m: 29.15 29.15	100m: 1:03.98	34.83	150m: 1:42.66	38.68	200m: 2:14.95	32.29
3.	MONTEIRO Ana Catarina	93	Vilacondense	2:16.19	+0,74	716	
	50m: 29.22 29.22	100m: 1:04.84	35.62	150m: 1:44.36	39.52	200m: 2:16.19	31.83
4.	CARDEAL Joana Nunes	02	Academico Viseu	2:18.16	+0,80	686	
	50m: 29.25 29.25	100m: 1:04.28	35.03	150m: 1:45.47	41.19	200m: 2:18.16	32.69
5.	PINA Ana Sofia	02	Benfica	2:20.84	+0,54	647	
	50m: 30.49 30.49	100m: 1:07.31	36.82	150m: 1:47.82	40.51	200m: 2:20.84	33.02
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	2:21.35	+0,77	640	
	50m: 30.31 30.31	100m: 1:06.61	36.30	150m: 1:48.15	41.54	200m: 2:21.35	33.20
7.	RIBEIRO Margarida Messias	98	Geslours	2:25.34	+0,68	589	
	50m: 32.25 32.25	100m: 1:09.67	37.42	150m: 1:51.67	42.00	200m: 2:25.34	33.67
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:27.49	+0,74	564	
	50m: 31.82 31.82	100m: 1:11.47	39.65	150m: 1:52.70	41.23	200m: 2:27.49	34.79

Prova 31	Masc., 4 x 200m Livres				Absolutos
21-12-2019 - 19:20					Resultados
RN25 Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA			
Seniores								
1.	Sporting-SEN	Sporting	7:11.99	+0,66	835			
<i>Minimos CMundo PC no primeiro percurso</i>								
	SANTOS Alexis Manacas	92	+0,66	24.34	50.91	1:17.89	1:44.73	1:44.73
	SANTOS Francisco Rogerio	98	+0,37	24.08	51.87	1:20.24	1:48.64	1:48.64
	COSTA Tiago Cunha	99	+0,20	25.13	52.94	1:21.64	1:50.58	1:50.58
	MOGNE Igor Araujo	96	+0,37	24.42	52.02	1:19.86	1:48.04	1:48.04
2.	Nautico Coimbra-SEN	Nautico Coimbra	7:26.07	+0,65	758			
	VELOSO Tomas Miguel	96	+0,65	25.68	52.72	1:20.56	1:48.77	1:48.77
	PEREIRA Mario Alexandre	92	+0,30	24.20	51.72	1:20.97	1:51.28	1:51.28
	DINIS Tiago Moises	98	+0,34	25.83	54.63	1:24.39	1:54.20	1:54.20
	BASTOS Lucas Pereira	00	+0,32	25.16	52.87	1:21.85	1:51.82	1:51.82
3.	Porto-SEN	Porto	7:28.01	+0,72	748			
	NUNES Diogo Barbosa	00	+0,72	25.64	53.80	1:22.99	1:53.09	1:53.09
	NUNES Porfirio Braga	00	+0,17	24.73	51.99	1:20.39	1:50.52	1:50.52
	SAMPAIO Jose Pedro	98	+0,35	25.80	55.14	1:24.50	1:53.08	1:53.08
	SANTOS Pedro Miguel	01	+0,10	25.16	53.19	1:21.91	1:51.32	1:51.32
4.	Belenenses-SEN	Belenenses	7:31.16	+0,68	733			
	PADRELA Joao Esteves	99	+0,68	25.83	53.96	1:23.05	1:52.43	1:52.43
	RAMOS Bruno Miguel	97	+0,36	24.83	52.12	1:20.09	1:48.29	1:48.29
	CORREIA Diogo Carrasco	95	+0,37	25.48	54.58	1:25.25	1:55.43	1:55.43
	QUINTAS Francisco Robalo	95	+0,47	26.06	54.72	1:24.51	1:55.01	1:55.01
5.	Alges-SEN	Alges	7:33.42	+0,69	722			
	BATE Afonso Ribeiro	98	+0,69	26.07	54.28	1:23.46	1:52.09	1:52.09
	SANTOS Pedro Andre	94	+0,44	25.46	54.20	1:23.10	1:51.11	1:51.11
	BATE Miguel Ribeiro	99	+0,41	25.22	54.70	1:24.65	1:54.35	1:54.35
	CARVALHO Jose Paula	98	+0,29	26.25	54.81	1:25.19	1:55.87	1:55.87
6.	Benfica-SEN	Benfica	7:37.72	+0,77	702			
	CORREIA Joao Mota	97	+0,77	25.67	53.96	1:23.64	1:55.31	1:55.31
	NASCIMENTO Miguel Duarte	95	+0,40	24.45	51.90	1:20.56	1:49.32	1:49.32
	MARQUES Miguel Henriques	00	+0,34	23.83	52.79	1:25.95	1:59.69	1:59.69
	LEBRE Diogo Ramos	01	+0,03	24.46	51.68	1:21.48	1:53.40	1:53.40
7.	Braga-SEN	Braga	7:38.61	+0,72	697			
	LOPES Jose Paulo	00	+0,72	25.46	53.12	1:20.99	1:48.65	1:48.65
	SIMOES Rafael Gomes	00	+0,29	25.35	54.26	1:24.14	1:54.23	1:54.23
	PEREIRA Joao Peixoto	01	+0,25	26.54	55.97	1:25.96	1:56.40	1:56.40
	RIBEIRO Edgar Oliveira	93	+0,21	25.52	55.11	1:26.58	1:59.33	1:59.33
8.	Uniao Piedense-SEN	Uniao Piedense	7:45.86	+0,68	665			
	CAMOES Tiago Maria	01	+0,68	26.05	54.90	1:25.75	1:57.48	1:57.48
	LOPES Carlos Filipe	01		26.11	55.46	1:25.75	1:57.36	1:57.36
	SANTOS Edgar Filipe	01	+0,14	26.11	56.43	1:27.66	1:58.97	1:58.97
	CRISTINO David Matias	01	+0,19	25.35	53.96	1:23.31	1:52.05	1:52.05

Prova 31, Masc., 4 x 200m Livres

Juniores

Rank	Club	Time	Diff	Score	Time	Time	Time
1.	Galitos / Bresimar-JUN	7:41.19	+0,75	686			
	RIBEIRO Gustavo Carvalhais	03	+0,75	26.61	55.01	1:23.71	1:52.34
	GONCALVES Jorge Miguel	03	+0,20	27.00	56.88	1:27.95	1:59.86
	MACHADO Tiago Andrade	02	+0,13	25.66	53.76	1:22.90	1:52.65
	FARDILHA Manuel Cruz	03	+0,13	26.47	55.69	1:26.12	1:56.34
2.	Sporting-JUN	7:42.60	+0,68	680			
	FERNANDES Eduardo Gomes	02	+0,68	26.95	56.00	1:25.65	1:55.57
	PINTO Pedro Miguel	02	+0,21	27.16	57.52	1:27.78	1:57.35
	DOMINGOS Ruy Manuel	02	+0,14	26.22	55.67	1:26.50	1:56.47
	NUNES Francisco Costa	02	+0,29	25.75	54.10	1:23.43	1:53.21
3.	Fundacao Beatriz Santos-JUN	7:56.90	+0,70	620			
	PEREIRA Joao Neto	02	+0,70	27.16	57.39	1:28.75	2:00.97
	DIAS Joao Pedro	02	+0,37	26.93	57.41	1:28.56	1:59.37
	GOMES Goncalo Andre	03	+0,49	27.05	57.45	1:28.50	1:58.85
	DOMINGUES Ricardo Jorge	02	+0,59	26.74	57.34	1:28.28	1:57.71
4.	Belenenses-JUN	7:58.16	+0,64	615			
	JACINTO Rafael Rodrigues	02	+0,64	26.97	55.61	1:25.55	1:55.58
	JUNIOR Luis Cabral	03	+0,42	27.38	57.56	1:28.48	2:00.61
	DIAS Rodrigo Reis	03	+0,36	26.48	56.26	1:27.59	1:58.62
	GOMES Pedro Pires	03	+0,09	27.02	57.85	1:30.39	2:03.35
5.	Viver Santarem-JUN	8:04.89	+0,83	590			
	CRISTOVAO Goncalo Magalhaes	03	+0,83	28.51	58.87	1:30.58	2:01.15
	COUTINHO Guilherme Pereira	03	+0,66	27.35	57.51	1:28.56	1:59.53
	ALVES Rui Chagas	03	+0,16	28.03	59.57	1:32.36	2:05.78
	LOPES Luis Afonso	03	+0,47	26.48	56.33	1:27.58	1:58.43
DNS	Aquatico Pacense-JUN						
DNS	Uniao Piedense-JUN						

Prova 32
21-12-2019 - 19:25

Femin., 4 x 200m Livres

Absolutos
Resultados

Rank	Time	Club	Time	Club	Time
RN25 Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24-11-2018
RN25 Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	09-12-2017
RN25 Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018
RN25 Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018

Pontos: FINA 2019

Lugar Clube Tempo Final TReac FINA PARA

Seniores

Rank	Club	Time	Diff	Score	Time	Time	Time
1.	Alges-SEN	8:10.55	+0,77	786			
	FRISCHKNECHT Rita Barros	98	+0,77	27.77	58.04	1:29.25	2:01.00
	SOUSA Ana Reis	02	+0,27	27.69	58.88	1:30.89	2:02.59
	PEREIRA Raquel Gomes	00	+0,30	27.63	58.70	1:31.08	2:03.16
	AZEVEDO Rafaela Gomes	02	+0,31	27.96	59.63	1:32.15	2:03.80
2.	Benfica-SEN	8:19.66	+0,69	744			
	ANDRE Leticia Maia	02	+0,69	28.87	1:00.67	1:34.60	2:08.97
	KAMINSKAYA Victoria	95	+0,50	28.25	59.83	1:32.91	2:05.58
	PINA Ana Sofia	02	+0,42	28.43	59.64	1:32.34	2:05.02
	DURAES Diana Margarida	96	+0,28	28.17	58.21	1:29.10	2:00.09

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
3.	Porto-SEN Porto	8:20.77	+0,72	739	
	RAMOS Ana Rita 02	+0,72 29.15 1:00.07 1:31.72 2:03.89	2:03.89		
	FARIA Ana Rita 00	28.71 1:00.55 1:33.40 2:06.38	2:06.38		
	CABRAL Maria Francisca 00	28.66 1:00.64 1:33.71 2:06.77	2:06.77		
	BARBOSA Mariana Fernandes 02	+0,42 28.71 59.83 1:31.75 2:03.73	2:03.73		
4.	Sporting-SEN Sporting	8:21.02	+0,68	738	
	HENRIQUES Ines Jacinto 00	+0,68 28.83 1:00.17 1:32.59 2:04.96	2:04.96		
	FRAZAO Alexandra Couto 02	+0,16 28.65 1:00.13 1:32.39 2:04.50	2:04.50		
	VELOSO Teresa Miguel 00	+0,35 28.77 1:01.13 1:34.53 2:08.30	2:08.30		
	FERNANDES Ines Camacho 97	+0,57 28.36 59.34 1:31.08 2:03.26	2:03.26		
5.	Galitos / Bresimar-SEN Galitos / Bresimar	8:37.24	+0,70	671	
	AMADOR Joana Costa 01	+0,70 29.88 1:01.85 1:34.08 2:06.27	2:06.27		
	RODRIGUES Ana Margarida 96	+0,55 29.62 1:01.94 1:35.75 2:10.02	2:10.02		
	MONTEIRO Margarida Cabral 02	29.65 1:01.69 1:34.86 2:08.46	2:08.46		
	SANTOS Ana Pedro 02	+0,43 28.88 1:01.36 1:36.19 2:12.49	2:12.49		

Juniores

1.	Sporting-JUN Sporting	8:38.86	+0,66	664	
	MARTINS Joana Ribeiro 03	+0,66 30.11 1:02.99 1:36.14 2:08.69	2:08.69		
	PEIXEIRA Filipa Ramos 03	+0,39 29.48 1:02.86 1:37.43 2:11.82	2:11.82		
	DELFINO Mariana Morais 04	+0,30 29.87 1:03.25 1:38.27 2:13.52	2:13.52		
	MOURA Maria Ferreira 04	+0,17 27.70 58.57 1:31.09 2:04.83	2:04.83		
2.	Porto-JUN Porto	8:51.77	+0,80	617	
	AMORIM Maria Leonor 03	+0,80 30.00 1:02.44 1:36.26 2:09.96	2:09.96		
	SOARES Catarina Silva 03	+0,40 28.12 1:00.67 1:35.38 2:09.28	2:09.28		
	SILVA Leonor Santos 03	30.21 1:02.99 1:38.30 2:13.98	2:13.98		
	MARTINS Ines Correia 04	+0,29 31.91 1:07.12 1:43.28 2:18.55	2:18.55		

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

22-12-2019 - 9:00

Prova 33	Femin., 800m Livres					Absolutos
22-12-2019 - 9:00						Resultados
RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)		04-12-2019
RN25 Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)		04-12-2019
RN25 Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto		13-12-2015
RN25 Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto		21-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	8:27.30	+0,74	843	
	<i>Minimos CMundo PC</i>						
	50m: 29.63 29.63	250m: 2:37.09	31.67	450m: 4:44.26	31.70	650m: 6:51.63	31.88
	100m: 1:01.29 31.66	300m: 3:08.97	31.88	500m: 5:16.03	31.77	700m: 7:23.51	31.88
	150m: 1:33.47 32.18	350m: 3:40.73	31.76	550m: 5:47.85	31.82	750m: 7:55.49	31.98
	200m: 2:05.42 31.95	400m: 4:12.56	31.83	600m: 6:19.75	31.90	800m: 8:27.30	31.81
2.	HOLUB Tamila Hryhorivna	99	Braga	8:32.61	+0,74	817	
	<i>Minimos CMundo PC</i>						
	50m: 29.65 29.65	250m: 2:37.07	32.00	450m: 4:45.71	32.09	650m: 6:55.66	32.61
	100m: 1:01.24 31.59	300m: 3:09.29	32.22	500m: 5:18.09	32.38	700m: 7:28.15	32.49
	150m: 1:33.13 31.89	350m: 3:41.37	32.08	550m: 5:50.59	32.50	750m: 8:00.75	32.60
	200m: 2:05.07 31.94	400m: 4:13.62	32.25	600m: 6:23.05	32.46	800m: 8:32.61	31.86
3.	ANDRE Angelica Maria	94	Fluvial Portuense	8:50.23	+0,71	738	
	50m: 30.15 30.15	250m: 2:39.64	33.21	450m: 4:53.96	33.93	650m: 7:09.47	33.61
	100m: 1:01.72 31.57	300m: 3:12.89	33.25	500m: 5:27.89	33.93	700m: 7:43.17	33.70
	150m: 1:33.90 32.18	350m: 3:46.41	33.52	550m: 6:01.98	34.09	750m: 8:16.71	33.54
	200m: 2:06.43 32.53	400m: 4:20.03	33.62	600m: 6:35.86	33.88	800m: 8:50.23	33.52
4.	FRAZAO Alexandra Couto	02	Sporting	8:52.05	+0,74	731	
	50m: 30.78 30.78	250m: 2:45.71	34.24	450m: 5:00.73	33.41	650m: 7:13.53	32.91
	100m: 1:03.85 33.07	300m: 3:19.44	33.73	500m: 5:33.72	32.99	700m: 7:46.49	32.96
	150m: 1:37.47 33.62	350m: 3:53.27	33.83	550m: 6:07.14	33.42	750m: 8:19.63	33.14
	200m: 2:11.47 34.00	400m: 4:27.32	34.05	600m: 6:40.62	33.48	800m: 8:52.05	32.42
5.	QUEIROZ Ana Rita	02	Condeixa Clube	8:56.08	+0,70	714	
	50m: 31.49 31.49	250m: 2:46.98	33.49	450m: 5:02.99	33.84	650m: 7:17.77	33.51
	100m: 1:05.20 33.71	300m: 3:21.16	34.18	500m: 5:36.72	33.73	700m: 7:51.55	33.78
	150m: 1:38.86 33.66	350m: 3:55.28	34.12	550m: 6:10.40	33.68	750m: 8:24.46	32.91
	200m: 2:13.49 34.63	400m: 4:29.15	33.87	600m: 6:44.26	33.86	800m: 8:56.08	31.62
6.	RAMOS Ana Rita	02	Porto	8:56.28	+0,75	714	
	50m: 30.86 30.86	250m: 2:45.22	33.71	450m: 5:00.96	33.85	650m: 7:15.01	33.53
	100m: 1:03.99 33.13	300m: 3:19.14	33.92	500m: 5:34.11	33.15	700m: 7:48.83	33.82
	150m: 1:37.62 33.63	350m: 3:53.09	33.95	550m: 6:07.67	33.56	750m: 8:23.14	34.31
	200m: 2:11.51 33.89	400m: 4:27.11	34.02	600m: 6:41.48	33.81	800m: 8:56.28	33.14
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	8:57.09		710	
	50m: 31.44 31.44	250m: 2:46.68	34.04	450m: 5:02.24	33.93	650m: 7:17.70	33.89
	100m: 1:04.85 33.41	300m: 3:20.50	33.82	500m: 5:36.20	33.96	700m: 7:51.38	33.68
	150m: 1:38.62 33.77	350m: 3:54.53	34.03	550m: 6:10.09	33.89	750m: 8:24.90	33.52
	200m: 2:12.64 34.02	400m: 4:28.31	33.78	600m: 6:43.81	33.72	800m: 8:57.09	32.19

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Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	PINA Ana Sofia	02	Benfica	9:07.68	+0,68	670	
	50m: 31.30 31.30	250m: 2:48.54	34.91	450m: 5:07.25	34.50	650m: 7:26.28	34.54
	100m: 1:04.66 33.36	300m: 3:23.02	34.48	500m: 5:42.05	34.80	700m: 8:01.07	34.79
	150m: 1:38.96 34.30	350m: 3:57.63	34.61	550m: 6:16.87	34.82	750m: 8:35.51	34.44
	200m: 2:13.63 34.67	400m: 4:32.75	35.12	600m: 6:51.74	34.87	800m: 9:07.68	32.17
9.	VELOSO Teresa Miguel	00	Sporting	9:19.35	+0,68	629	
	50m: 31.96 31.96	250m: 2:50.58	34.83	450m: 5:11.80	35.28	650m: 7:34.88	36.16
	100m: 1:06.33 34.37	300m: 3:25.66	35.08	500m: 5:47.05	35.25	700m: 8:10.74	35.86
	150m: 1:40.90 34.57	350m: 4:01.04	35.38	550m: 6:22.69	35.64	750m: 8:45.51	34.77
	200m: 2:15.75 34.85	400m: 4:36.52	35.48	600m: 6:58.72	36.03	800m: 9:19.35	33.84
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	AMORIM Maria Leonor	03	Porto	9:01.18	+0,80	694	
	50m: 31.64 31.64	250m: 2:47.28	34.16	450m: 5:03.89	34.00	650m: 7:20.76	34.60
	100m: 1:05.28 33.64	300m: 3:21.39	34.11	500m: 5:37.91	34.02	700m: 7:55.18	34.42
	150m: 1:39.16 33.88	350m: 3:55.66	34.27	550m: 6:12.24	34.33	750m: 8:29.39	34.21
	200m: 2:13.12 33.96	400m: 4:29.89	34.23	600m: 6:46.16	33.92	800m: 9:01.18	31.79
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:07.66	+0,58	670	
	50m: 30.98 30.98	250m: 2:48.87	35.16	450m: 5:08.20	34.67	650m: 7:26.55	34.61
	100m: 1:04.51 33.53	300m: 3:23.77	34.90	500m: 5:42.73	34.53	700m: 8:01.25	34.70
	150m: 1:38.93 34.42	350m: 3:58.58	34.81	550m: 6:17.17	34.44	750m: 8:35.50	34.25
	200m: 2:13.71 34.78	400m: 4:33.53	34.95	600m: 6:51.94	34.77	800m: 9:07.66	32.16
3.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:16.96	+0,72	637	
	50m: 32.37 32.37	250m: 2:52.79	35.48	450m: 5:14.53	34.82	650m: 7:34.21	34.92
	100m: 1:06.95 34.58	300m: 3:28.27	35.48	500m: 5:49.42	34.89	700m: 8:09.42	35.21
	150m: 1:42.18 35.23	350m: 4:04.09	35.82	550m: 6:24.15	34.73	750m: 8:44.74	35.32
	200m: 2:17.31 35.13	400m: 4:39.71	35.62	600m: 6:59.29	35.14	800m: 9:16.96	32.22
4.	SANTOS Leonor Esteves	04	Avancado EUL	9:26.47	+0,82	605	
	50m: 32.65 32.65	250m: 2:53.85	35.27	450m: 5:15.39	35.28	650m: 7:38.51	35.89
	100m: 1:08.03 35.38	300m: 3:29.28	35.43	500m: 5:50.74	35.35	700m: 8:14.70	36.19
	150m: 1:43.31 35.28	350m: 4:04.61	35.33	550m: 6:26.77	36.03	750m: 8:51.08	36.38
	200m: 2:18.58 35.27	400m: 4:40.11	35.50	600m: 7:02.62	35.85	800m: 9:26.47	35.39
5.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:30.86	+0,82	592	
	50m: 32.12 32.12	250m: 2:53.70	36.03	450m: 5:18.46	36.15	650m: 7:43.31	36.34
	100m: 1:06.89 34.77	300m: 3:29.73	36.03	500m: 5:54.36	35.90	700m: 8:19.97	36.66
	150m: 1:41.96 35.07	350m: 4:05.92	36.19	550m: 6:30.70	36.34	750m: 8:56.22	36.25
	200m: 2:17.67 35.71	400m: 4:42.31	36.39	600m: 7:06.97	36.27	800m: 9:30.86	34.64
6.	VIANA Margarida Violante	04	BA-Leiria	9:35.68	+0,83	577	
	50m: 33.06 33.06	250m: 2:57.42	36.23	450m: 5:21.98	36.12	650m: 7:47.55	36.34
	100m: 1:08.76 35.70	300m: 3:33.58	36.16	500m: 5:58.42	36.44	700m: 8:24.18	36.63
	150m: 1:44.97 36.21	350m: 4:09.59	36.01	550m: 6:34.85	36.43	750m: 9:00.45	36.27
	200m: 2:21.19 36.22	400m: 4:45.86	36.27	600m: 7:11.21	36.36	800m: 9:35.68	35.23
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:36.90		573	
	50m: 31.95 31.95	250m: 2:56.22	36.48	450m: 5:22.26	36.54	650m: 7:48.33	36.56
	100m: 1:07.25 35.30	300m: 3:32.84	36.62	500m: 5:58.75	36.49	700m: 8:24.89	36.56
	150m: 1:43.32 36.07	350m: 4:09.35	36.51	550m: 6:35.37	36.62	750m: 9:01.35	36.46
	200m: 2:19.74 36.42	400m: 4:45.72	36.37	600m: 7:11.77	36.40	800m: 9:36.90	35.55

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	LIGEIRO Daniela Silva	04	Viana Natacao	9:37.53	+0,63	571	
	50m: 32.58 32.58	250m: 2:57.21	36.52	450m: 5:24.58	36.43	650m: 7:50.58	36.31
	100m: 1:07.97 35.39	300m: 3:34.02	36.81	500m: 6:01.00	36.42	700m: 8:27.27	36.69
	150m: 1:44.06 36.09	350m: 4:11.17	37.15	550m: 6:37.88	36.88	750m: 9:03.24	35.97
	200m: 2:20.69 36.63	400m: 4:48.15	36.98	600m: 7:14.27	36.39	800m: 9:37.53	34.29
9.	MONTEIRO Barbara Oliveira	04	Braga	9:37.82		570	
	50m: 32.79 32.79	250m: 2:56.81	36.40	450m: 5:24.13	36.98	650m: 7:51.03	36.59
	100m: 1:08.14 35.35	300m: 3:33.54	36.73	500m: 6:00.81	36.68	700m: 8:27.95	36.92
	150m: 1:44.03 35.89	350m: 4:10.23	36.69	550m: 6:37.64	36.83	750m: 9:04.53	36.58
	200m: 2:20.41 36.38	400m: 4:47.15	36.92	600m: 7:14.44	36.80	800m: 9:37.82	33.29
10.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	9:41.99	+0,74	558	
	50m: 32.30 32.30	250m: 2:56.56	36.34	450m: 5:23.42	37.01	650m: 7:52.44	37.10
	100m: 1:07.92 35.62	300m: 3:33.18	36.62	500m: 6:00.76	37.34	700m: 8:29.64	37.20
	150m: 1:43.87 35.95	350m: 4:09.65	36.47	550m: 6:37.99	37.23	750m: 9:06.48	36.84
	200m: 2:20.22 36.35	400m: 4:46.41	36.76	600m: 7:15.34	37.35	800m: 9:41.99	35.51
11.	AMANTES Beatriz Quintao	03	Uniao Piedense	9:47.54	+0,61	543	
	50m: 32.09 32.09	250m: 2:58.72	37.44	450m: 5:28.96	37.59	650m: 7:59.15	37.48
	100m: 1:07.66 35.57	300m: 3:36.34	37.62	500m: 6:06.31	37.35	700m: 8:36.94	37.79
	150m: 1:44.16 36.50	350m: 4:13.97	37.63	550m: 6:44.03	37.72	750m: 9:13.37	36.43
	200m: 2:21.28 37.12	400m: 4:51.37	37.40	600m: 7:21.67	37.64	800m: 9:47.54	34.17
12.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:48.31	+0,76	540	
	50m: 32.76 32.76	250m: 2:58.06	37.02	450m: 5:27.03	37.46	650m: 7:57.26	37.74
	100m: 1:08.39 35.63	300m: 3:34.83	36.77	500m: 6:04.40	37.37	700m: 8:34.98	37.72
	150m: 1:44.57 36.18	350m: 4:12.17	37.34	550m: 6:41.76	37.36	750m: 9:12.12	37.14
	200m: 2:21.04 36.47	400m: 4:49.57	37.40	600m: 7:19.52	37.76	800m: 9:48.31	36.19
13.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	9:50.01		536	
	50m: 32.14 32.14	250m: 2:56.01	36.47	450m: 5:22.95	36.68	650m: 7:55.04	39.19
	100m: 1:07.20 35.06	300m: 3:32.56	36.55	500m: 6:00.17	37.22	700m: 8:34.00	38.96
	150m: 1:43.13 35.93	350m: 4:09.26	36.70	550m: 6:37.86	37.69	750m: 9:12.38	38.38
	200m: 2:19.54 36.41	400m: 4:46.27	37.01	600m: 7:15.85	37.99	800m: 9:50.01	37.63
DNS	INACIO Marta Macedo	04	Sporting				

Prova 34

22-12-2019 - 9:20

Masc., 50m Bruços

Absolutos
Resultados Elimin

RN25 Absoluto	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Sen	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Jun18	28.55	CAPITAO Simao Miguel	CLAMAS	Senhora da Hora	24-05-2015
RN25 Jun17	28.56	AGOSTINHO Pedro Miguel	SLB	S. António Cavaleiros	03-05-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 34, Masc., 50m Bruços, Elimin

Seniores

1.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	28.04	+0,71	Q	730
2.	SANTOS Alexis Manacas	92	Sporting	28.39	+0,67	Q	703
3.	QUINTAS Francisco Robalo	95	Belenenses	28.42	+0,61	Q	701
4.	CARVALHO Ruben Paiva	94	Academica de Coimbra	28.58	+0,68	Q	689
5.	AMORIM Alexandre Ferreira	99	Porto	28.62	+0,64	Q	686
6.	FRISCHKNECHT Renato Barros	01	Alges	28.68	+0,63	Q	682
7.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	28.81	+0,64	Q	673
8.	SIMÕES Rafael Gomes	00	Braga	28.87	+0,76	Q	669
9.	MENDES Antonio Manuel	99	Sporting	29.14	+0,67	R	650
10.	NASCIMENTO Miguel Duarte	95	Benfica	29.23	+0,63	R	644
11.	RAMOS Filipe Carmo	97	Vilacondense	29.34	+0,71		637
12.	VELOSO Tomas Miguel	96	Nautico Coimbra	29.44	+0,63		630
13.	SOUSA Joao Claudio	93	Aquatico Pacense	29.45	+0,69		630
14.	GOMES Filipe Miguel	97	BA-Leiria	29.65	+0,63		617
15.	PON Hugo	98	Alges	29.73	+0,66		612
16.	GRENHO Andre Tavares	99	Gesloures	29.75	+0,51		611
17.	SILVA Tomas Antonio	01	Naval do Funchal	29.94	+0,64		599
18.	SILVA Luis Pedro	98	Desportivo Nacional	30.16	+0,72		586
19.	VOS MIRKA Artem	00	Galitos / Bresimar	30.18	+0,67		585
20.	CAPITAO Simao Miguel	97	Colegio SMLamas	30.32	+0,73		577
21.	CABRITO Rodrigo Almeida	01	Belenenses	30.87	+0,64		547
22.	MARQUES Miguel Henriques	00	Benfica	31.70	+0,68		505

Juniores

1.	JUNIOR Luis Cabral	03	Belenenses	29.26	+0,67	Q	642
2.	PEREIRA Ricardo Samuel	03	Benfica	29.45	+0,66	Q	630
3.	NUNES Francisco Costa	02	Sporting	29.63	+0,76	Q	618
4.	LOPES Luis Afonso	03	Viver Santarem	30.15	+0,67	Q	587
5.	MATEUS Diogo Garcez	02	AONDA-Azeitao	30.36	+0,71	Q	575
6.	CARVALHO Renato Miguel	03	Galitos / Bresimar	30.53	+0,55	Q	565
7.	MATIAS Rafael Candeias	03	Natacao de Lagos	30.66	+0,77	Q	558
8.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	30.78	+0,46	Q	552
9.	SANTOS Afonso Amaro	02	Gesloures	30.89	+0,66	R	546
10.	MATOS Joao Luis	03	Colegio Vasco da Gama	31.07	+0,71	R	536
11.	BRAS Alexandre Miguel	03	S. Pedro Alva	31.19	+0,77		530
12.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	32.01	+0,62		490

Prova 35
22-12-2019 - 9:30

Femin., 50m Bruços

Absolutos
Resultados Elimin

RN25 Absoluto	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Sen	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Jun17	32.09	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	31.46	RODRIGUES Ana Pinho	AEJ	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	32.39	+0,70 Q	685	
2.	KAMINSKAYA Victoria	95	Benfica	33.16	+0,75 Q	638	
3.	PEREIRA Clara Gomes	02	Alges	33.46	+0,70 Q	621	
4.	OLIVEIRA Rosa Maria	96	Porto	33.56	+0,69 Q	616	
5.	BARATA Barbara Sofia	97	Alges	33.89	+0,68 Q	598	
	VEIGA Ana Filipa	01	Gafanha da Encarnacao	33.89	+0,75 Q	598	
7.	TEIXEIRA Ines Oliveira	02	Estarreja	34.04	+0,67 Q	590	
8.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	34.27	+0,69 Q	578	
9.	SILVA Maria Madalena	98	Braga	34.71	+0,76 R	557	
10.	RODRIGUES Luana Correia	01	Belenenses	34.91	+0,70 R	547	
11.	MIRANDA Rita Catarina	97	Braga	35.00	+0,75	543	
12.	LEITAO Rita Fernandes	96	Natacao de Lisboa	35.20	+0,78	534	
13.	SILVA Natacha Sofia	02	Benfica	35.29	+0,76	530	
14.	LEONARDO Rute Isabel	98	Nautico Abrantes	35.45	+0,75	522	
15.	VASCONCELOS Mariana Graca	99	Bombeiros Estoris	35.52		519	
DSQ	BORGES Claudia Ferreira 403 - Falsa partida - SW 4.4	99	Sporting				
DNS	FIGUEIRA Isabel Maria	79	Braga				

Juniores

1.	CERDEIRA Madalena Reis	03	Sporting	33.62	+0,66 Q	613	
2.	FIAL Sofia Nunes	03	Estamos Juntos	34.20	+0,81 Q	582	
3.	FERREIRA Margarida Filipe	04	Cova da Piedade	34.36	+0,73 Q	574	
4.	MORAIS Margarida Mateus	04	Torres Novas	34.47	+0,70 Q	568	
5.	PEREIRA Maria Gomes	04	Alges	34.60	+0,66 Q	562	
6.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	34.72	+0,68 Q	556	
7.	VIANA Carolina Pereira	04	Aquatico Silves	34.80	+0,72 Q	552	
8.	DOMINGUES Luana Pinto	03	BA-Leiria	34.94	+0,60 Q	546	
9.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	34.97	+0,71 R	544	
10.	RODRIGUES Lidiana Correia	04	Belenenses	35.13	+0,76 R	537	
11.	RODRIGUES Marta Silva	04	Naval Povoense	35.34	+0,56	527	
12.	DOMINGUES Matilde Mota	03	Colegio SMLamas	35.44	+0,72	523	
13.	FERNANDES Ana Catarina	03	Naval do Funchal	35.50		520	
14.	DIAS Ana Amarante	03	Naval de Ponta Delgada	35.75	+0,75	509	
15.	CASTRO Maria Freitas	03	Fafe	36.09	+0,52	495	
16.	LAMAS Maria Caetano	04	Miranda do Corvo	36.10		495	
17.	LOPES Margarida Santos	04	Estarreja	36.19	+0,78	491	
18.	DOMINGOS Marta Pereira	04	Uniao Piedense	36.26	+0,71	488	
19.	BOROZAN Gabriela	04	Louletano / Loule Concelho	36.52	+0,84	478	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
20.	HENRIQUES Daniela Mascarenhas	03	Gesloures	37.18	+0,75	453	

Prova 36

Masc., 100m Costas

Absolutos

22-12-2019 - 9:40

Resultados Elimin

RN25 Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	53.88	SANTOS Alexis Manacas	SCP	Leiria	05-12-2009
RN25 Jun17	54.97	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	54.78	+0,54	Q	710
	50m: 25.81 25.81	100m: 54.78	28.97				
2.	SANTOS Francisco Rogerio	98	Sporting	55.89	+0,56	Q	668
	50m: 27.16 27.16	100m: 55.89	28.73				
3.	FERNANDES Joao Diogo	98	Belenenses	56.25	+0,51	Q	656
	50m: 27.09 27.09	100m: 56.25	29.16				
4.	MACHADO Bruno Rafael	01	Porto	57.17	+0,53	Q	625
	50m: 27.42 27.42	100m: 57.17	29.75				
5.	PINHO Manuel Antonio	01	Feirense	57.26	+1,01	Q	622
	50m: 27.75 27.75	100m: 57.26	29.51				
6.	FIDALGO Mateus Valente	01	Estarreja	57.36	+0,53	Q	618
	50m: 27.40 27.40	100m: 57.36	29.96				
7.	PIRES Ricardo Saraiva	98	Laranjeiro	57.95	+0,71	Q	600
	50m: 28.47 28.47	100m: 57.95	29.48				
8.	CORREIA Joao Mota	97	Benfica	57.97	+0,65	Q	599
	50m: 27.99 27.99	100m: 57.97	29.98				
9.	TINOCO Joao Pereira	00	Famalicao	58.25	+1,13	R	590
	50m: 28.01 28.01	100m: 58.25	30.24				
10.	ZENZA Francisco Manuel	01	Natacao da Maia	58.99	+0,65	R	568
	50m: 28.03 28.03	100m: 58.99	30.96				
11.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	59.57	+0,79		552
	50m: 28.89 28.89	100m: 59.57	30.68				
12.	BATE Miguel Ribeiro	99	Alges	59.64	+0,49		550
	50m: 28.08 28.08	100m: 59.64	31.56				

DSQ RIBEIRO Ivo Pinto 97 Foca Quinta da Lixa CNF
606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS



Prova 36, Masc., 100m Costas, Elimin

Juniores

1.	ALFAMA Martim Primavera	02	Gesloures	55.57	+0,54	Q	680
	50m: 26.58 26.58	100m: 55.57	28.99				
2.	ROCHA Ricardo Filipe	02	Aquatico Pacense	57.09	+0,59	Q	627
	50m: 27.31 27.31	100m: 57.09	29.78				
3.	COSTA Diogo Santos	02	Colegio Monte Maior	57.80	+0,59	Q	604
	50m: 28.16 28.16	100m: 57.80	29.64				
4.	DOMINGOS Ruy Manuel	02	Sporting	57.90	+0,60	Q	601
	50m: 28.01 28.01	100m: 57.90	29.89				
5.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	58.22	+0,60	Q	591
	50m: 28.35 28.35	100m: 58.22	29.87				
6.	GOMES Tomas Nogueira	03	Uniao Piedense	58.29	+0,58	Q	589
	50m: 28.32 28.32	100m: 58.29	29.97				
7.	CASTRO Duarte Monteiro	03	Porto	58.32	+0,59	Q	588
	50m: 28.41 28.41	100m: 58.32	29.91				
8.	MAGALHAES Hugo Nunes	02	Alges	59.06	+0,63	Q	566
	50m: 28.34 28.34	100m: 59.06	30.72				
9.	COSTA Samson Silva	02	Colegio Efanor	59.24	+0,63	R	561
	50m: 28.14 28.14	100m: 59.24	31.10				
10.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	59.41	+0,58	R	556
	50m: 28.64 28.64	100m: 59.41	30.77				
11.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	59.56	+0,71		552
	50m: 28.66 28.66	100m: 59.56	30.90				
12.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	59.64	+0,57		550
	50m: 28.84 28.84	100m: 59.64	30.80				
13.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	59.71	+0,66		548
	50m: 28.98 28.98	100m: 59.71	30.73				
14.	DIAS Tiago Miguel	03	Natacao de Lisboa	59.96	+0,72		541
	50m: 28.99 28.99	100m: 59.96	30.97				
15.	LOURENCO Tiago Campos	02	Natacao de Valongo	1:00.61	+0,65		524
	50m: 29.53 29.53	100m: 1:00.61	31.08				
16.	KOBAYASHI Bruno Shinji	02	Vilacondense	1:01.64	+0,53		498
	50m: 29.91 29.91	100m: 1:01.64	31.73				
17.	MORIM Francisco Emanuel	02	Vilacondense	1:02.47	+0,69		479
	50m: 30.75 30.75	100m: 1:02.47	31.72				

Prova 37

Femin., 100m Costas

Absolutos
Resultados Elimin

22-12-2019 - 9:50

RN25 Absoluto	59.61	AZEVEDO Rafaela Gomes	SAD	Algés	29-06-2019
RN25 Sen	59.68	AZEVEDO Rafaela Gomes	SAD	Felgueiras	20-12-2019
RN25 Jun17	59.61	AZEVEDO Rafaela Gomes	SAD	Algés	29-06-2019
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto	08-12-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	FRISCHKNECHT Rita Barros	98	Alges	1:01.95	+0,60 Q	700	
	50m: 29.79 29.79	100m: 1:01.95	32.16				
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	1:02.83	+0,57 Q	671	
	50m: 30.35 30.35	100m: 1:02.83	32.48				
3.	AZEVEDO Rafaela Gomes	02	Alges	1:03.23	+0,63 Q	659	
	50m: 29.87 29.87	100m: 1:03.23	33.36				
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:03.69	+1,04 Q	645	
	50m: 30.28 30.28	100m: 1:03.69	33.41				
5.	FERNANDES Ines Camacho	97	Sporting	1:03.85	+0,60 Q	640	
	50m: 30.90 30.90	100m: 1:03.85	32.95				
6.	FREIXO Juliana Lima	97	Braga	1:05.13	+0,56 Q	603	
	50m: 31.92 31.92	100m: 1:05.13	33.21				
7.	NUNES Sofia Alexandra	00	Laranjeiro	1:05.37	+0,60 Q	596	
	50m: 31.79 31.79	100m: 1:05.37	33.58				
8.	CABRAL Maria Francisca	00	Porto	1:05.65	+0,57 Q	588	
	50m: 31.21 31.21	100m: 1:05.65	34.44				
9.	FERREIRA Catarina Maria	98	Porto	1:05.83	+0,56 R	584	
	50m: 31.91 31.91	100m: 1:05.83	33.92				
10.	NEVES Ana Carolina	00	Academica de Coimbra	1:06.15	+0,73 R	575	
	50m: 32.02 32.02	100m: 1:06.15	34.13				
11.	FERREIRA Ana Raquel	98	Natacao de Lisboa	1:06.63	+0,67	563	
	50m: 32.25 32.25	100m: 1:06.63	34.38				
12.	LASCU Nicoleta	02	Litoral Alentejano	1:06.65	+0,59	562	
	50m: 32.63 32.63	100m: 1:06.65	34.02				
13.	ROLAO Sofia Alexandra	98	Benfica	1:06.84	+0,68	558	
	50m: 31.95 31.95	100m: 1:06.84	34.89				
14.	COSTA Ana Filipa	98	Natacao de Beja	1:06.93	+0,57	555	
	50m: 32.76 32.76	100m: 1:06.93	34.17				
15.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	1:07.21	+0,60	548	
	50m: 32.38 32.38	100m: 1:07.21	34.83				
16.	RODRIGUES Luana Correia	01	Belenenses	1:07.38	+0,67	544	
	50m: 32.67 32.67	100m: 1:07.38	34.71				
17.	ESTEVES Maria Mousinho	02	Laranjeiro	1:07.55	+1,15	540	
	50m: 32.38 32.38	100m: 1:07.55	35.17				
18.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	1:08.12	+0,65	527	
	50m: 32.30 32.30	100m: 1:08.12	35.82				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 37, Femin., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
19.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	1:08.42	+0,60	520	
	50m: 32.43 32.43	100m: 1:08.42	35.99				

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	1:01.64	+0,63	Q	711
	50m: 29.70 29.70	100m: 1:01.64	31.94				
2.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:05.00	+1,19	Q	606
	50m: 31.23 31.23	100m: 1:05.00	33.77				
3.	AMADO Maria Lopes	04	Nautico Marinha Grande	1:05.49	+0,54	Q	593
	50m: 31.47 31.47	100m: 1:05.49	34.02				
4.	PEIXEIRA Filipa Ramos	03	Sporting	1:06.12	+0,64	Q	576
	50m: 31.94 31.94	100m: 1:06.12	34.18				
5.	MARQUES Maria Vieira	04	Natacao de Vagos	1:06.37	+0,56	Q	570
	50m: 31.59 31.59	100m: 1:06.37	34.78				
6.	RAMOS Ines Asseiceira	03	Torres Novas	1:06.61	+0,58	Q	563
	50m: 31.99 31.99	100m: 1:06.61	34.62				
7.	CRUZ Sara Moura	03	Alges	1:06.73	+0,61	Q	560
	50m: 32.26 32.26	100m: 1:06.73	34.47				
8.	MARQUES Mariana Nunes	03	Estarreja	1:07.06	+0,50	Q	552
	50m: 32.65 32.65	100m: 1:07.06	34.41				
9.	COSTA Carolina Fale	04	Colegio Monte Maior	1:07.24	+1,13	R	548
	50m: 33.15 33.15	100m: 1:07.24	34.09				
10.	ROCHA Carolina Neves	04	Fluvial Portuense	1:07.41	+0,61	R	544
	50m: 32.29 32.29	100m: 1:07.41	35.12				
11.	CATARINO Laura Andre	03	CCDSerta	1:07.52	+0,63		541
	50m: 32.73 32.73	100m: 1:07.52	34.79				
12.	COSTA Joana Santos	04	Galitos / Bresimar	1:07.92	+0,62		531
	50m: 33.11 33.11	100m: 1:07.92	34.81				
13.	NARCISO Susana Chanoca	04	Cova da Piedade	1:08.76	+0,72		512
	50m: 33.26 33.26	100m: 1:08.76	35.50				
14.	DELFINO Mariana Morais	04	Sporting	1:08.88	+0,77		509
	50m: 33.56 33.56	100m: 1:08.88	35.32				
15.	FERREIRA Maria Leonor	04	Desportivo Nacional	1:09.06	+0,61		505
	50m: 33.47 33.47	100m: 1:09.06	35.59				
16.	TROIA Barbara Daniela	04	Vilacondense	1:09.10	+0,57		505
	50m: 33.85 33.85	100m: 1:09.10	35.25				
17.	ALVES Ines Sofia	04	Portinado	1:09.32	+0,55		500
	50m: 33.45 33.45	100m: 1:09.32	35.87				
18.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	1:09.60	+0,64		494
	50m: 33.35 33.35	100m: 1:09.60	36.25				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
19.	SOARES Carolina Silva	03	Natacao de Valongo	1:09.61	+0,59	494	
	50m: 33.80 33.80	100m: 1:09.61	35.81				
20.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	1:11.09	+0,64	463	
	50m: 34.82 34.82	100m: 1:11.09	36.27				
21.	SOARES Ana Beatriz	03	Feirense	1:11.42	+0,62	457	
	50m: 33.26 33.26	100m: 1:11.42	38.16				

Prova 38

Masc., 200m Mariposa

Absolutos
Resultados Elimin

22-12-2019 - 10:00

RN25 Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Sen	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Jun18	1:58.64	CARVALHO Diogo Filipe	CGA	Tomar	09-12-2005
RN25 Jun17	1:59.93	CARVALHO Diogo Filipe	CGA	Mealhada	05-03-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	CORDEIRO Tiago Roberto	00	Benfica	1:59.66	+0,74 Q	740	
	50m: 27.62 27.62	100m: 58.17	30.55	150m: 1:28.81	30.64	200m: 1:59.66	30.85
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	2:00.22	+0,70 Q	729	
	50m: 26.50 26.50	100m: 56.97	30.47	150m: 1:28.07	31.10	200m: 2:00.22	32.15
3.	LOPES Jose Paulo	00	Braga	2:01.31	+0,64 Q	710	
	50m: 27.42 27.42	100m: 58.72	31.30	150m: 1:29.89	31.17	200m: 2:01.31	31.42
4.	COSTA Andre Gouveia	01	Condeixa Clube	2:01.61	+0,65 Q	705	
	50m: 27.36 27.36	100m: 58.13	30.77	150m: 1:29.81	31.68	200m: 2:01.61	31.80
5.	VITAL Joao Alexandre	98	Sporting	2:02.16	+0,65 Q	695	
	50m: 27.63 27.63	100m: 58.70	31.07	150m: 1:30.29	31.59	200m: 2:02.16	31.87
6.	SANTOS Pedro Andre	94	Alges	2:02.36	+0,73 Q	692	
	50m: 27.26 27.26	100m: 58.41	31.15	150m: 1:29.76	31.35	200m: 2:02.36	32.60
7.	MENDES Antonio Manuel	99	Sporting	2:02.93	+0,68 Q	682	
	50m: 27.96 27.96	100m: 59.34	31.38	150m: 1:31.45	32.11	200m: 2:02.93	31.48
8.	CARVALHO Andre Antunes	96	Sporting	2:03.39	+0,69 Q	675	
	50m: 27.69 27.69	100m: 58.98	31.29	150m: 1:31.61	32.63	200m: 2:03.39	31.78
9.	CRISTINO David Matias	01	Uniao Piedense	2:03.65	+0,72 R	670	
	50m: 27.73 27.73	100m: 59.06	31.33	150m: 1:31.08	32.02	200m: 2:03.65	32.57
10.	NUNES Porfirio Braga	00	Porto	2:03.98	+0,61 R	665	
	50m: 27.71 27.71	100m: 58.41	30.70	150m: 1:29.85	31.44	200m: 2:03.98	34.13
11.	SAMPAIO Jose Pedro	98	Porto	2:04.45	+0,70	657	
	50m: 27.62 27.62	100m: 59.36	31.74	150m: 1:31.86	32.50	200m: 2:04.45	32.59

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	CARVALHO Jose Paula	98	Alges	2:07.30	+0,73	614	
	50m: 28.62 28.62	100m: 1:00.67	32.05 150m: 1:33.85	33.18	200m: 2:07.30	33.45	
13.	TRAVANCA Sergio Filipe	00	Leixoes	2:07.47	+0,71	612	
	50m: 27.91 27.91	100m: 1:00.03	32.12 150m: 1:32.98	32.95	200m: 2:07.47	34.49	
14.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	2:08.40	+0,70	599	
	50m: 27.86 27.86	100m: 59.61	31.75 150m: 1:32.90	33.29	200m: 2:08.40	35.50	
15.	BRANCO Alexandre Miguel	01	Alges	2:08.41	+0,74	598	
	50m: 24.54 24.54	100m: 1:01.08	36.54 150m: 1:34.57	33.49	200m: 2:08.41	33.84	
16.	CARDOSO Diogo Santos	01	Colegio Monte Maior	2:08.55	+0,56	596	
	50m: 29.43 29.43	100m: 1:02.35	32.92 150m: 1:35.61	33.26	200m: 2:08.55	32.94	
17.	PEDROSA Carlos Lopes	94	Bombeiros Ponta Delgada	2:08.98	+0,76	591	
	50m: 27.73 27.73	100m: 59.65	31.92 150m: 1:33.75	34.10	200m: 2:08.98	35.23	
18.	CAMOES Tiago Maria	01	Uniao Piedense	2:09.11	+0,70	589	
	50m: 28.13 28.13	100m: 1:00.24	32.11 150m: 1:34.43	34.19	200m: 2:09.11	34.68	
19.	PEREIRA Joao Peixoto	01	Braga	2:11.89	+0,76	552	
	50m: 28.83 28.83	100m: 1:01.33	32.50 150m: 1:35.81	34.48	200m: 2:11.89	36.08	
DSQ	REBELO Diogo Nogueira	98	Colegio Monte Maior				
	<i>812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 125 m - SW 8.4</i>						
DNS	SILVA Joao Carlos	98	Famalicao				
DNS	BESSA Antonio Rafael	94	Aquatico Pacense				

Juniores

1.	GORDO Salvador Vieira	03	Sporting	2:06.43	+0,58 Q	627	
	50m: 28.17 28.17	100m: 1:00.70	32.53 150m: 1:33.28	32.58	200m: 2:06.43	33.15	
2.	SILVA Henrique Gomes	02	Estamos Juntos	2:07.41	+0,80 Q	613	
	50m: 28.47 28.47	100m: 1:00.68	32.21 150m: 1:33.45	32.77	200m: 2:07.41	33.96	
3.	CARNEIRO Joao Soares	03	Benfica	2:07.90	+0,68 Q	606	
	50m: 27.83 27.83	100m: 59.93	32.10 150m: 1:33.46	33.53	200m: 2:07.90	34.44	
4.	DIAS Rodrigo Reis	03	Belenenses	2:08.55	+0,70 Q	596	
	50m: 28.86 28.86	100m: 1:01.71	32.85 150m: 1:35.79	34.08	200m: 2:08.55	32.76	
5.	AMARAL Francisco Rodriguez	02	Campinho	2:09.06	+0,56 Q	589	
	50m: 29.40 29.40	100m: 1:01.88	32.48 150m: 1:35.29	33.41	200m: 2:09.06	33.77	
6.	LEAL Dinis Barros	03	Aquatico Pacense	2:09.15	+0,70 Q	588	
	50m: 29.13 29.13	100m: 1:02.31	33.18 150m: 1:35.95	33.64	200m: 2:09.15	33.20	
7.	MARTYN David	03	Benedita	2:09.17	+0,65 Q	588	
	50m: 27.76 27.76	100m: 1:00.81	33.05 150m: 1:34.90	34.09	200m: 2:09.17	34.27	
	PINTO Pedro Miguel	02	Sporting	2:09.17		Q	588
	50m: 29.04 29.04	100m: 1:02.27	33.23 150m: 1:35.64	33.37	200m: 2:09.17	33.53	
9.	SILVA Joao Jose	03	BA-Leiria	2:11.07	+0,75 R	563	
	50m: 28.88 28.88	100m: 1:01.36	32.48 150m: 1:35.09	33.73	200m: 2:11.07	35.98	
10.	MAGALHAES Eduardo Miguel	02	Vitoria Guimaraes	2:12.14	+0,69 R	549	
	50m: 28.80 28.80	100m: 1:01.88	33.08 150m: 1:36.89	35.01	200m: 2:12.14	35.25	

Prova 38, Masc., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	2:12.22	+0,65	548	
	50m: 29.56 29.56 100m: 1:03.12 33.56 150m: 1:37.36 34.24 200m: 2:12.22 34.86						
12.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	2:12.23	+0,71	548	
	50m: 28.29 28.29 100m: 1:01.81 33.52 150m: 1:35.86 34.05 200m: 2:12.23 36.37						
13.	DIAS Ruben Fonseca	03	Natacao de Valongo	2:13.04	+0,72	538	
	50m: 29.11 29.11 100m: 1:02.70 33.59 150m: 1:37.31 34.61 200m: 2:13.04 35.73						
14.	ARAUJO Joao Guilherme	03	Natacao da Maia	2:13.37	+0,85	534	
	50m: 29.39 29.39 100m: 1:03.00 33.61 150m: 1:37.69 34.69 200m: 2:13.37 35.68						
15.	FERNANDES Rui Afonso	03	Desportivo Nacional	2:13.47	+0,68	533	
	50m: 29.26 29.26 100m: 1:03.16 33.90 150m: 1:38.14 34.98 200m: 2:13.47 35.33						
DSQ	PEREIRA Lucas Medeiros	03	Braga				
	403 - Falsa partida - SW 4.4						

Prova 39

Femin., 200m Mariposa

Absolutos

22-12-2019 - 10:15

Resultados Elimin

RN25 Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Sen	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Jun17	2:10.12	CRUZ Sara Francisco	ADBA	Leiria	04-12-2009
RN25 Jun16	2:13.60	FRANCISCO Ana Rita	POR	Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MONTEIRO Ana Catarina	93	Vilacondense	2:10.83	+0,74 Q	764	
	50m: 29.81 29.81 100m: 1:02.70 32.89 150m: 1:36.61 33.91 200m: 2:10.83 34.22						
2.	HENRIQUES Ines Jacinto	00	Sporting	2:15.68	+0,66 Q	685	
	50m: 30.19 30.19 100m: 1:04.49 34.30 150m: 1:40.13 35.64 200m: 2:15.68 35.55						
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	2:17.07	+0,82 Q	664	
	50m: 31.26 31.26 100m: 1:05.19 33.93 150m: 1:41.23 36.04 200m: 2:17.07 35.84						
4.	BARBOSA Mariana Fernandes	02	Porto	2:18.26	+0,78 Q	647	
	50m: 30.90 30.90 100m: 1:05.33 34.43 150m: 1:40.95 35.62 200m: 2:18.26 37.31						
5.	LIMA Lia Ana	01	Alges	2:18.36	+0,80 Q	646	
	50m: 31.33 31.33 100m: 1:06.30 34.97 150m: 1:41.80 35.50 200m: 2:18.36 36.56						
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	2:19.80	+0,71 Q	626	
	50m: 31.03 31.03 100m: 1:06.52 35.49 150m: 1:43.25 36.73 200m: 2:19.80 36.55						
7.	GRAVETO Ana Raquel	02	Benfica	2:19.85	+0,81 Q	625	
	50m: 31.19 31.19 100m: 1:06.73 35.54 150m: 1:43.09 36.36 200m: 2:19.85 36.76						
8.	BARATA Barbara Sofia	97	Alges	2:21.33	+0,68 Q	606	
	50m: 32.74 32.74 100m: 1:09.46 36.72 150m: 1:45.12 35.66 200m: 2:21.33 36.21						
9.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	2:21.80	+0,82 R	600	
	50m: 31.78 31.78 100m: 1:07.27 35.49 150m: 1:43.94 36.67 200m: 2:21.80 37.86						
10.	PEREIRA Clara Gomes	02	Alges	2:22.68	+0,71 R	589	
	50m: 31.89 31.89 100m: 1:07.66 35.77 150m: 1:44.84 37.18 200m: 2:22.68 37.84						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	TEJO Beatriz Costa	02	Academica de Coimbra	2:24.82	+0,60	563	
	50m: 31.31 31.31	100m: 1:07.56	36.25 150m: 1:45.28	37.72	200m: 2:24.82	39.54	
12.	MENDES Mariana Amaral	02	Colegio Monte Maior	2:24.92	+0,57	562	
	50m: 32.37 32.37	100m: 1:08.76	36.39 150m: 1:46.86	38.10	200m: 2:24.92	38.06	
13.	MATOS Ana Rita	02	Belenenses	2:25.14	+0,71	559	
	50m: 31.77 31.77	100m: 1:08.11	36.34 150m: 1:45.78	37.67	200m: 2:25.14	39.36	
14.	MENDES Mariana Sebastiao	01	Natacao de Lagos	2:25.15	+0,71	559	
	50m: 32.13 32.13	100m: 1:08.86	36.73 150m: 1:45.94	37.08	200m: 2:25.15	39.21	
15.	MONTEIRO Ines Rosado	00	Natacao de Vagos	2:27.09	+0,70	537	
	50m: 32.15 32.15	100m: 1:08.47	36.32 150m: 1:47.05	38.58	200m: 2:27.09	40.04	
16.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	2:27.25	+0,78	535	
	50m: 33.47 33.47	100m: 1:12.37	38.90 150m: 1:50.23	37.86	200m: 2:27.25	37.02	
17.	SILVA Natacha Sofia	02	Benfica	2:30.51	+0,83	501	
	50m: 34.25 34.25	100m: 1:11.67	37.42 150m: 1:51.05	39.38	200m: 2:30.51	39.46	

Juniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:19.05	+0,76 Q	636	
	50m: 30.33 30.33	100m: 1:04.83	34.50 150m: 1:41.01	36.18	200m: 2:19.05	38.04	
2.	MOURA Maria Ferreira	04	Sporting	2:21.42	+0,71 Q	605	
	50m: 31.09 31.09	100m: 1:06.50	35.41 150m: 1:43.08	36.58	200m: 2:21.42	38.34	
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:23.12	+0,74 Q	583	
	50m: 31.28 31.28	100m: 1:07.26	35.98 150m: 1:44.49	37.23	200m: 2:23.12	38.63	
4.	DOMINGUES Luana Pinto	03	BA-Leiria	2:24.65	+0,60 Q	565	
	50m: 32.49 32.49	100m: 1:09.45	36.96 150m: 1:46.76	37.31	200m: 2:24.65	37.89	
5.	SILVA Eduarda Reis	03	Famalicao	2:26.54	+0,83 Q	543	
	50m: 32.49 32.49	100m: 1:09.14	36.65 150m: 1:46.86	37.72	200m: 2:26.54	39.68	
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:27.01	+0,72 Q	538	
	50m: 32.14 32.14	100m: 1:09.32	37.18 150m: 1:48.66	39.34	200m: 2:27.01	38.35	
7.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	2:27.02	+0,68 Q	538	
	50m: 32.96 32.96	100m: 1:10.77	37.81 150m: 1:48.87	38.10	200m: 2:27.02	38.15	
8.	MORGADO Alice Jesus	04	Geslours	2:27.56	+0,85 Q	532	
	50m: 32.88 32.88	100m: 1:09.35	36.47 150m: 1:47.42	38.07	200m: 2:27.56	40.14	
9.	MONTEIRO Ana Carolina	04	Uniao Coimbra	2:28.79	+0,76 R	519	
	50m: 32.05 32.05	100m: 1:09.24	37.19 150m: 1:48.09	38.85	200m: 2:28.79	40.70	
10.	LIGEIRO Daniela Silva	04	Viana Natacao	2:29.02		R 517	
	50m: 33.42 33.42	100m: 1:11.58	38.16 150m: 1:50.53	38.95	200m: 2:29.02	38.49	
11.	NEVES Sara Dias	03	Miranda do Corvo	2:29.66	+0,71	510	
	50m: 32.98 32.98	100m: 1:10.38	37.40 150m: 1:49.42	39.04	200m: 2:29.66	40.24	
12.	MARTINS Joana Ribeiro	03	Sporting	2:30.57		501	
	50m: 32.13 32.13	100m: 1:09.38	37.25 150m: 1:49.53	40.15	200m: 2:30.57	41.04	
13.	HENRIQUES Daniela Mascarenhas	03	Geslours	2:31.38	+0,62	493	
	50m: 33.82 33.82	100m: 1:11.89	38.07 150m: 1:51.06	39.17	200m: 2:31.38	40.32	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	2:32.37		483	
	50m: 33.34 33.34	100m: 1:11.74	38.40	150m: 1:51.60	39.86	200m: 2:32.37	40.77
15.	MENDES Ana Sebastiao	04	Natacao de Lagos	2:33.70	+0,72	471	
	50m: 35.34 35.34	100m: 1:16.00	40.66	150m: 1:53.97	37.97	200m: 2:33.70	39.73
16.	TROIA Beatriz Rosa	04	Vilacondense	2:33.77	+0,81	470	
	50m: 34.60 34.60	100m: 1:13.18	38.58	150m: 1:52.80	39.62	200m: 2:33.77	40.97
17.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	2:33.85	+0,76	469	
	50m: 33.74 33.74	100m: 1:11.96	38.22	150m: 1:52.41	40.45	200m: 2:33.85	41.44
18.	SILVA Leonor Santos	03	Porto	2:35.35	+0,73	456	
	50m: 34.31 34.31	100m: 1:13.49	39.18	150m: 1:53.66	40.17	200m: 2:35.35	41.69
19.	TOME Madalena Rodrigues	03	Bombeiros Estoris	2:41.40	+0,79	406	
	50m: 34.50 34.50	100m: 1:15.18	40.68	150m: 1:57.49	42.31	200m: 2:41.40	43.91
20.	ALVES Ines Sofia	04	Portinado	2:43.35	+0,82	392	
	50m: 34.67 34.67	100m: 1:16.01	41.34	150m: 1:59.84	43.83	200m: 2:43.35	43.51

Prova 40

Masc., 200m Livres

Absolutos

22-12-2019 - 10:45

Resultados Elimin

RN25 Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Sen	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Jun18	1:47.73	VENANCIO Tiago Andre	POR	Viena (AUT)	12-12-2004
RN25 Jun17	1:50.28	LOPES Tomas Teixeira	FOCA	Felgueiras	28-04-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MOGNE Igor Araujo	96	Sporting	1:51.48	+0,78 Q	708	
	50m: 26.36 26.36	100m: 54.19	27.83	150m: 1:22.73	28.54	200m: 1:51.48	28.75
2.	RAMOS Bruno Miguel	97	Belenenses	1:51.56	+0,65 Q	706	
	50m: 26.07 26.07	100m: 54.15	28.08	150m: 1:22.87	28.72	200m: 1:51.56	28.69
3.	VELOSO Tomas Miguel	96	Nautico Coimbra	1:52.35	+0,68 Q	691	
	50m: 26.51 26.51	100m: 54.90	28.39	150m: 1:23.49	28.59	200m: 1:52.35	28.86
4.	SANTOS Joao Duarte	95	Natacao de Olhao	1:52.38	+0,66 Q	691	
	50m: 26.16 26.16	100m: 54.87	28.71	150m: 1:24.05	29.18	200m: 1:52.38	28.33
5.	SANTOS Pedro Miguel	01	Porto	1:52.47	+0,65 Q	689	
	50m: 26.82 26.82	100m: 56.04	29.22	150m: 1:24.21	28.17	200m: 1:52.47	28.26
6.	BATE Afonso Ribeiro	98	Alges	1:52.48	+0,68 Q	689	
	50m: 26.67 26.67	100m: 55.94	29.27	150m: 1:24.94	29.00	200m: 1:52.48	27.54
7.	PINHO Manuel Antonio	01	Feirense	1:52.88	+0,63 Q	682	
	50m: 26.18 26.18	100m: 55.17	28.99	150m: 1:23.97	28.80	200m: 1:52.88	28.91
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	1:52.92	+0,66 Q	681	
	50m: 26.88 26.88	100m: 55.76	28.88	150m: 1:25.00	29.24	200m: 1:52.92	27.92

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	NUNES Diogo Barbosa 50m: 26.81 26.81	00	Porto	1:52.93 28.70 200m: 1:52.93	+0,70 R	681	28.51
10.	BASTOS Lucas Pereira 50m: 26.43 26.43	00	Nautico Coimbra	1:53.03 28.82 200m: 1:53.03	+0,76 R	679	29.29
11.	DANTAS Diogo Leal 50m: 26.46 26.46	00	Sporting	1:53.13 29.12 200m: 1:53.13	+0,64	677	28.73
12.	COSTA Tiago Cunha 50m: 26.34 26.34	99	Sporting	1:53.64 29.47 200m: 1:53.64	+0,69	668	29.17
13.	LEBRE Diogo Ramos 50m: 26.82 26.82	01	Benfica	1:54.03 29.50 200m: 1:54.03	+0,65	661	29.14
14.	SANTOS Dario Almeida 50m: 26.62 26.62	93	Leixoes	1:54.25 29.19 200m: 1:54.25	+0,66	657	29.66
15.	VITAL Joao Alexandre 50m: 26.38 26.38	98	Sporting	1:54.71 29.63 200m: 1:54.71	+0,67	650	29.98
16.	SANTOS Francisco Rogerio 50m: 26.75 26.75	98	Sporting	1:54.93 29.94 200m: 1:54.93	+0,68	646	28.93
17.	MORIM Ruben Jose 50m: 26.89 26.89	97	Vilacondense	1:56.56 30.32 200m: 1:56.56	+0,75	619	29.90
18.	NEVES Tiago Correia 50m: 28.13 28.13	97 S15	Belenenses	2:01.75 31.77 200m: 2:01.75	+0,68	543	31.05
DNS	SIMOES Rafael Gomes	00	Braga				
EXH	DEUS Andre Portugal 50m: 26.76 26.76	02	Naval do Funchal	1:53.47 28.95 200m: 1:53.47	+0,65	671	29.23

Prova 41
22-12-2019 - 10:55

Femin., 200m Livres

Absoluto
Resultados Elimin

RN25 Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	1:59.62	ANDRE Leticia Maia	SLB	Felgueiras	23-12-2018
RN25 Jun16	2:01.12	MARTINS Francisca Soares	FOCA	Felgueiras	27-04-2019
RN25 Juv A	2:03.90	MOURA Maria Ferreira	SCP	Algés	29-06-2019
RN25 Juv B	2:04.38	REBELO Camila Rodrigues	SANC	Coimbra	25-06-2017
RN25 Inf A	2:07.47	FERNANDES Carolina Miranda	CGA	Felgueiras	09-03-2018
RN25 Inf B	2:11.27	FERNANDES Carolina Miranda	CGA	Mealhada	25-03-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	FRAZAO Alexandra Couto 50m: 29.64 29.64	02	Sporting	2:05.28 32.10 200m: 2:05.28	+0,72 Q	684	31.60
2.	PINA Ana Sofia 50m: 29.45 29.45	02	Benfica	2:06.54 32.72 200m: 2:06.54	+0,71 Q	664	32.41
3.	AMADOR Joana Costa 50m: 29.72 29.72	01	Galitos / Bresimar	2:06.78 32.89 200m: 2:06.78	+0,65 Q	660	32.17

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	RAMOS Ana Rita 50m: 29.51 29.51	02	Porto	2:07.32 100m: 1:01.95 32.44 150m: 1:34.87 32.92	+0,77 Q	652	32.45
5.	PEGO Isabel Porfirio 50m: 29.96 29.96	01	Fluvial Portuense	2:07.72 100m: 1:02.66 32.70 150m: 1:35.02 32.36	+0,69 Q	646	32.70
6.	ANDRE Leticia Maia 50m: 30.05 30.05	02	Benfica	2:07.81 100m: 1:02.54 32.49 150m: 1:35.36 32.82	+0,75 Q	645	32.45
7.	SOUSA Ana Reis 50m: 29.32 29.32	02	Alges	2:08.50 100m: 1:01.84 32.52 150m: 1:35.28 33.44	+0,75 Q	634	33.22
8.	FARIA Ana Rita 50m: 30.19 30.19	00	Porto	2:08.86 100m: 1:03.08 32.89 150m: 1:35.99 32.91	+0,75 Q	629	32.87
9.	PINTO Mafalda Marques 50m: 29.34 29.34	02	Sporting	2:10.43 100m: 1:01.65 32.31 150m: 1:35.77 34.12	+0,54 R	606	34.66
10.	ROLAO Sofia Alexandra 50m: 30.81 30.81	98	Benfica	2:11.93 100m: 1:03.84 33.03 150m: 1:37.71 33.87	R	586	34.22
11.	VEIGA Susana Pereira <i>Rec Nacional S9, no parcial aos 100m</i> 50m: 30.35 30.35	00 S9	Colegio Vasco da Gama	2:29.02 100m: 1:03.95 33.60 150m: 1:48.30 44.35	+0,80	406	889 40.72

Juniores

1.	REBELO Camila Rodrigues 50m: 29.82 29.82	03	Louzan Natacao/EFAPEL	2:05.57 100m: 1:01.96 32.14 150m: 1:33.99 32.03	+0,75 Q	680	31.58
2.	MARTINS Francisca Soares 50m: 29.39 29.39	03	Foca Quinta da Lixa CNF	2:06.10 100m: 1:01.56 32.17 150m: 1:34.13 32.57	+0,67 Q	671	31.97
3.	MOURA Maria Ferreira 50m: 30.00 30.00	04	Sporting	2:06.49 100m: 1:02.15 32.15 150m: 1:34.42 32.27	+0,73 Q	665	32.07
4.	CONCEICAO Ema Jeronimo 50m: 29.92 29.92	03	Fisica Torres Vedras	2:07.93 100m: 1:02.38 32.46 150m: 1:35.24 32.86	+0,81 Q	643	32.69
5.	RODRIGUES Joana Francisca 50m: 30.10 30.10	04	Uniao Coimbra	2:11.03 100m: 1:03.24 33.14 150m: 1:37.39 34.15	Q	598	33.64
6.	SILVA Camila Alexandra 50m: 30.62 30.62	03	Columbofila Cantanhedens	2:11.45 100m: 1:03.28 32.66 150m: 1:37.62 34.34	+0,60 Q	592	33.83
7.	PINHEIRO Ines Mariana 50m: 30.11 30.11	03	Academica de Coimbra	2:11.68 100m: 1:03.03 32.92 150m: 1:36.96 33.93	+0,71 Q	589	34.72
8.	SOARES Carolina Silva 50m: 30.45 30.45	03	Natacao de Valongo	2:11.81 100m: 1:03.74 33.29 150m: 1:38.02 34.28	+0,59 Q	588	33.79
9.	INACIO Marta Macedo 50m: 31.53 31.53	04	Sporting	2:16.51 100m: 1:05.44 33.91 150m: 1:40.86 35.42	+0,84 R	529	35.65
10.	MONTEIRO Ines Maria 50m: 31.10 31.10	04	Naval Praia da Vitoria	2:18.33 100m: 1:05.86 34.76 150m: 1:42.22 36.36	+0,75 R	508	36.11

Prova 41, Femin., 200m Livres, Elimin

Paralimpicos

1.	VEIGA Susana Pereira	00	S9	Colegio Vasco da Gama	2:29.02	+0,80	406	889		
	<i>Rec Nacional S9, no parcial aos 100m</i>									
	50m:	30.35	30.35	100m:	1:03.95	33.60	150m:	1:48.30		
							44.35	200m:	2:29.02	40.72

Prova 42

22-12-2019 - 11:05

Masc., 100m Estilos

Absolutos
Resultados Elimin

RN25 Absoluto	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Sen	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	SANTOS Alexis Manacas	92	Sporting	56.43	+0,70	Q	706
	50m:	25.64	25.64	100m:	56.43	30.79	
2.	DANTAS Diogo Leal	00	Sporting	56.63	+0,60	Q	699
	50m:	25.76	25.76	100m:	56.63	30.87	
3.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	56.76	+0,69	Q	694
	50m:	25.48	25.48	100m:	56.76	31.28	
4.	SANTOS Pedro Andre	94	Alges	56.96	+0,73	Q	687
	50m:	25.40	25.40	100m:	56.96	31.56	
5.	NASCIMENTO Miguel Duarte	95	Benfica	57.59	+0,70	Q	664
	50m:	26.00	26.00	100m:	57.59	31.59	
6.	FRISCHKNECHT Renato Barros	01	Alges	57.81	+0,59	Q	657
	50m:	26.77	26.77	100m:	57.81	31.04	
7.	AMORIM Alexandre Ferreira	99	Porto	58.61	+0,63	Q	630
	50m:	26.67	26.67	100m:	58.61	31.94	
8.	SILVA Tomas Antonio	01	Naval do Funchal	58.72	+0,59	Q	627
	50m:	26.76	26.76	100m:	58.72	31.96	
9.	OLIVEIRA Luis Carlos	97	Natacao da Maia	59.52	+0,66	R	602
	50m:	27.64	27.64	100m:	59.52	31.88	
10.	MACHADO Bruno Rafael	01	Porto	59.62	+0,71	R	599
	50m:	27.07	27.07	100m:	59.62	32.55	
11.	ZENZA Francisco Manuel	01	Natacao da Maia	1:00.51	+0,74		573
	50m:	27.76	27.76	100m:	1:00.51	32.75	
12.	GOMES Filipe Miguel	97	BA-Leiria	1:00.52	+0,62		572
	50m:	28.42	28.42	100m:	1:00.52	32.10	

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Prova 42, Masc., 100m Estilos, Elimin

Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	58.08	+0,65	Q	648
	50m: 26.88 26.88	100m: 58.08	31.20				
2.	GORDO Salvador Vieira	03	Sporting	58.33	+0,42	Q	639
	50m: 26.82 26.82	100m: 58.33	31.51				
3.	COSTA Diogo Santos	02	Colegio Monte Maior	58.97	+0,68	Q	619
	50m: 26.87 26.87	100m: 58.97	32.10				
4.	ROCHA Ricardo Filipe	02	Aquatico Pacense	59.31	+0,72	Q	608
	50m: 26.51 26.51	100m: 59.31	32.80				
5.	ALFAMA Martim Primavera	02	Geslours	59.41	+0,68	Q	605
	50m: 25.95 25.95	100m: 59.41	33.46				
6.	VAKULYUK Paulo	03	Torres Novas	59.56	+0,67	Q	600
	50m: 26.23 26.23	100m: 59.56	33.33				
7.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	1:00.83	+0,71	Q	564
	50m: 27.14 27.14	100m: 1:00.83	33.69				
8.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	1:00.86	+0,70	Q	563
	50m: 27.90 27.90	100m: 1:00.86	32.96				
9.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	1:00.92	+0,62	R	561
	50m: 27.87 27.87	100m: 1:00.92	33.05				
10.	JUNIOR Luis Cabral	03	Belenenses	1:03.09	+0,72	R	505
	50m: 29.52 29.52	100m: 1:03.09	33.57				
DNS	FERNANDES Eduardo Gomes	02	Sporting				
EXH	SILVA Fernando Souza	86	Uniao Piedense	56.37	+0,70		708
	50m: 25.64 25.64	100m: 56.37	30.73				

Prova 43
22-12-2019 - 11:10

Femin., 100m Estilos

Absolutos
Resultados Elimin

RN25 Absoluto	1:01.83	RODRIGUES Ana Pinho	ADS	Felgueiras	23-12-2018
RN25 Sen	1:01.83	RODRIGUES Ana Pinho	ADS	Felgueiras	23-12-2018
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:04.11	ROSA Maria Carolina	SCP	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	PEREIRA Raquel Gomes	00	Alges	1:04.71	+0,75	Q	665
	50m: 30.44 30.44	100m: 1:04.71	34.27				
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:04.76	+0,59	Q	664
	50m: 29.02 29.02	100m: 1:04.76	35.74				
3.	FERNANDES Ines Camacho	97	Sporting	1:05.12	+0,75	Q	653
	50m: 29.40 29.40	100m: 1:05.12	35.72				
4.	MACHADO Luisa Maria	01	Uniao Piedense	1:05.30	+0,79	Q	648
	50m: 30.87 30.87	100m: 1:05.30	34.43				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	CARDEAL Joana Nunes 50m: 29.60 29.60	02	Academico Viseu	1:05.67	+0,76	Q	637
6.	RODRIGUES Ana Pinho 50m: 30.73 30.73	94	Sanjoanense/FEPSA	1:06.48	+0,66	Q	614
7.	CARPINTEIRO Carolina Silverio 50m: 31.36 31.36	02	Natacao do Tejo	1:06.63	+0,69	Q	610
8.	MONTEIRO Margarida Cabral 50m: 30.95 30.95	02	Galitos / Bresimar	1:06.79	+0,70	Q	605
9.	MESQUITA Francisca Salvador 50m: 30.53 30.53	02	Colegio Monte Maior	1:07.04	+0,77	R	598
10.	VEIGA Ana Filipa 50m: 32.51 32.51	01	Gafanha da Encarnacao	1:07.28	+0,75	?	592
	RIBEIRO Margarida Messias 50m: 31.59 31.59	98	Geslours	1:07.28	+0,63	?	592
12.	SILVA Maria Madalena 50m: 30.86 30.86	98	Braga	1:07.52	+0,81		586
13.	RIESENBERGER Bruna Martins 50m: 31.27 31.27	97	Laranjeiro	1:07.55	+0,67		585
14.	MARTINS Ana Beatriz 50m: 31.17 31.17	99	Famalicao	1:07.62	+0,79		583
15.	RODRIGUES Ana Margarida 50m: 31.13 31.13	96	Galitos / Bresimar	1:07.92	+0,75		575
16.	FREIXO Juliana Lima 50m: 30.23 30.23	97	Braga	1:08.31	+0,70		566

Juniores

1.	CUNHA Mariana Pacheco 50m: 30.09 30.09	04	Colegio Efanor	1:05.78	+0,74	Q	634
2.	REBELO Maria Carlota 50m: 30.64 30.64	03	Louzan Natacao/EFAPEL	1:06.23	+0,69	Q	621
3.	MARQUES Maria Vieira 50m: 30.43 30.43	04	Natacao de Vagos	1:06.67	+0,73	Q	608
4.	PEREIRA Maria Gomes 50m: 30.77 30.77	04	Alges	1:07.38	+0,70	Q	589
5.	OLIVEIRA Ana Rita 50m: 30.57 30.57	04	Colegio Efanor	1:07.49	+0,74	Q	587
6.	AMADO Maria Lopes 50m: 32.01 32.01	04	Nautico Marinha Grande	1:08.34	+0,43	Q	565
7.	CERDEIRA Madalena Reis 50m: 32.78 32.78	03	Sporting	1:08.71	+0,84	Q	556
8.	SOARES Ines Apolinario 50m: 31.99 31.99	03	Pimpoes/Cimai	1:08.98	+0,62	Q	549

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	FIAL Sofia Nunes 50m: 32.77 32.77 100m: 1:09.02 36.25	03	Estamos Juntos	1:09.02	+0,82 R	548	
10.	CRUZ Sara Moura 50m: 31.55 31.55 100m: 1:09.03 37.48	03	Alges	1:09.03	+0,67 R	548	
11.	RODRIGUES Lidiana Correia 50m: 33.68 33.68 100m: 1:09.49 35.81	04	Belenenses	1:09.49	+0,74	537	
12.	RAMOS Ines Asseiceira 50m: 31.66 31.66 100m: 1:09.67 38.01	03	Torres Novas	1:09.67	+0,76	533	
13.	RODRIGUES Helena Nunes 50m: 31.47 31.47 100m: 1:09.81 38.34	03	Alges e Agueda XXI	1:09.81	+0,73	530	
14.	RODRIGUES Sofia Vilardell 50m: 31.78 31.78 100m: 1:10.12 38.34	04	Geslours	1:10.12	+0,80	523	
15.	NEVES Sara Dias 50m: 32.42 32.42 100m: 1:10.21 37.79	03	Miranda do Corvo	1:10.21	+0,66	521	
16.	ALVES Carina Alexandra 50m: 32.11 32.11 100m: 1:10.36 38.25	04	Leixoes	1:10.36	+0,61	518	
17.	VIANA Carolina Pereira 50m: 33.22 33.22 100m: 1:10.55 37.33	04	Aquatico Silves	1:10.55	+0,75	513	
18.	CASTRO Maria Freitas 50m: 33.17 33.17 100m: 1:11.70 38.53	03	Fafe	1:11.70		489	
19.	ALVES Ines Sofia 50m: 33.87 33.87 100m: 1:12.16 38.29	04	Portinado	1:12.16	+0,76	480	
DNS	CASAL Beatriz Goncalves	03	Torres Novas				

Prova 44

22-12-2019 - 11:25

Masc., 1500m Livres

Absolutos
Resultados

RN25 Absoluto	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
RN25 Sen	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26-03-2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	LOPES Jose Paulo <i>Rec Nacional, Minimos CMundo PC, Sen e Abs</i> 50m: 26.33 26.33 100m: 55.39 29.06 150m: 1:24.54 29.15 200m: 1:54.04 29.50 250m: 2:23.66 29.62 300m: 2:53.16 29.50 350m: 3:22.77 29.61 400m: 3:52.61 29.84 450m: 4:22.33 29.72 500m: 4:52.21 29.88 550m: 5:21.94 29.73 600m: 5:52.06 30.12 650m: 6:21.92 29.86 700m: 6:51.67 29.75 750m: 7:21.43 29.76 800m: 7:51.34 29.91 850m: 8:21.38 30.04 900m: 8:51.23 29.85 950m: 9:21.25 30.02 1000m: 9:51.25 30.00 1050m: 10:21.72 30.47 1100m: 10:51.87 30.15 1150m: 11:21.93 30.06 1200m: 11:51.97 30.04 1250m: 12:21.81 29.84 1300m: 12:51.65 29.84 1350m: 13:21.74 30.09 1400m: 13:51.54 29.80 1450m: 14:21.00 29.46 1500m: 14:48.89 27.89	00	Braga	14:48.89	+0,65	868	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	CARDOSO Diogo Santos	01	Colegio Monte Maior	15:19.83	+0,80	783	
	50m: 28.83 28.83	450m: 4:37.83	31.18	850m: 8:44.14	30.72	1250m: 12:49.88	30.84
	100m: 59.68 30.85	500m: 5:08.97	31.14	900m: 9:14.78	30.64	1300m: 13:20.49	30.61
	150m: 1:30.97 31.29	550m: 5:39.75	30.78	950m: 9:45.58	30.80	1350m: 13:50.95	30.46
	200m: 2:02.14 31.17	600m: 6:10.76	31.01	1000m: 10:16.23	30.65	1400m: 14:21.37	30.42
	250m: 2:33.50 31.36	650m: 6:41.74	30.98	1050m: 10:46.80	30.57	1450m: 14:51.31	29.94
	300m: 3:04.52 31.02	700m: 7:12.27	30.53	1100m: 11:17.35	30.55	1500m: 15:19.83	28.52
	350m: 3:35.49 30.97	750m: 7:42.71	30.44	1150m: 11:48.09	30.74		
	400m: 4:06.65 31.16	800m: 8:13.42	30.71	1200m: 12:19.04	30.95		
3.	GIL Rafael Lourenco	96	Sporting	15:30.28	+0,73	757	
	50m: 27.22 27.22	450m: 4:29.75	30.97	850m: 8:39.20	31.54	1250m: 12:52.61	31.91
	100m: 56.43 29.21	500m: 5:00.56	30.81	900m: 9:10.63	31.43	1300m: 13:24.57	31.96
	150m: 1:26.44 30.01	550m: 5:31.60	31.04	950m: 9:42.35	31.72	1350m: 13:56.52	31.95
	200m: 1:56.68 30.24	600m: 6:02.72	31.12	1000m: 10:14.02	31.67	1400m: 14:27.93	31.41
	250m: 2:27.03 30.35	650m: 6:33.81	31.09	1050m: 10:45.82	31.80	1450m: 14:59.19	31.26
	300m: 2:57.50 30.47	700m: 7:04.99	31.18	1100m: 11:17.36	31.54	1500m: 15:30.28	31.09
	350m: 3:27.96 30.46	750m: 7:36.37	31.38	1150m: 11:49.11	31.75		
	400m: 3:58.78 30.82	800m: 8:07.66	31.29	1200m: 12:20.70	31.59		
4.	SANTOS Pedro Miguel	01	Porto	15:42.37	+0,62	728	
	50m: 28.21 28.21	450m: 4:36.45	31.25	850m: 8:46.83	31.72	1250m: 13:02.85	32.28
	100m: 58.63 30.42	500m: 5:07.63	31.18	900m: 9:18.50	31.67	1300m: 13:35.14	32.29
	150m: 1:28.96 30.33	550m: 5:38.96	31.33	950m: 9:50.37	31.87	1350m: 14:07.39	32.25
	200m: 2:00.20 31.24	600m: 6:10.53	31.57	1000m: 10:22.40	32.03	1400m: 14:39.35	31.96
	250m: 2:31.48 31.28	650m: 6:42.04	31.51	1050m: 10:54.63	32.23	1450m: 15:11.36	32.01
	300m: 3:02.81 31.33	700m: 7:12.75	30.71	1100m: 11:26.22	31.59	1500m: 15:42.37	31.01
	350m: 3:33.94 31.13	750m: 7:43.77	31.02	1150m: 11:58.19	31.97		
	400m: 4:05.20 31.26	800m: 8:15.11	31.34	1200m: 12:30.57	32.38		
5.	NUNES Diogo Barbosa	00	Porto	16:14.40	+0,66	659	
	50m: 28.20 28.20	450m: 4:39.40	32.00	850m: 8:59.69	32.58	1250m: 13:27.48	33.69
	100m: 58.91 30.71	500m: 5:11.67	32.27	900m: 9:32.46	32.77	1300m: 14:01.05	33.57
	150m: 1:29.91 31.00	550m: 5:43.99	32.32	950m: 10:06.00	33.54	1350m: 14:35.06	34.01
	200m: 2:01.05 31.14	600m: 6:16.26	32.27	1000m: 10:39.38	33.38	1400m: 15:08.61	33.55
	250m: 2:32.20 31.15	650m: 6:48.84	32.58	1050m: 11:12.60	33.22	1450m: 15:42.03	33.42
	300m: 3:03.88 31.68	700m: 7:21.67	32.83	1100m: 11:46.45	33.85	1500m: 16:14.40	32.37
	350m: 3:35.51 31.63	750m: 7:54.24	32.57	1150m: 12:20.40	33.95		
	400m: 4:07.40 31.89	800m: 8:27.11	32.87	1200m: 12:53.79	33.39		
6.	CRUZ Miguel Duarte <i>Rec Nacional S15</i>	99 S15	Belenenses	17:29.93	+0,77	526	
	50m: 31.39 31.39	450m: 5:06.67	34.83	850m: 9:47.48	35.40	1250m: 14:32.35	35.86
	100m: 1:05.37 33.98	500m: 5:41.64	34.97	900m: 10:22.80	35.32	1300m: 15:08.13	35.78
	150m: 1:38.62 33.25	550m: 6:16.65	35.01	950m: 10:58.25	35.45	1350m: 15:43.94	35.81
	200m: 2:13.00 34.38	600m: 6:51.62	34.97	1000m: 11:34.06	35.81	1400m: 16:20.06	36.12
	250m: 2:47.63 34.63	650m: 7:26.66	35.04	1050m: 12:09.75	35.69	1450m: 16:55.92	35.86
	300m: 3:22.29 34.66	700m: 8:01.74	35.08	1100m: 12:45.34	35.59	1500m: 17:29.93	34.01
	350m: 3:56.98 34.69	750m: 8:36.81	35.07	1150m: 13:20.77	35.43		
	400m: 4:31.84 34.86	800m: 9:12.08	35.27	1200m: 13:56.49	35.72		

Prova 44, Masc., 1500m Livres

Juniores

1. CARVALHO Daniel Luis	02	Braga	16:00.02	+0,78	689
50m: 28.23 28.23	450m: 4:39.41	32.01 850m: 8:58.71	32.12 1250m: 13:18.73		32.69
100m: 59.19 30.96	500m: 5:11.48	32.07 900m: 9:30.81	32.10 1300m: 13:51.49		32.76
150m: 1:30.36 31.17	550m: 5:43.61	32.13 950m: 10:03.11	32.30 1350m: 14:23.83		32.34
200m: 2:01.61 31.25	600m: 6:16.19	32.58 1000m: 10:35.81	32.70 1400m: 14:56.49		32.66
250m: 2:32.85 31.24	650m: 6:48.87	32.68 1050m: 11:08.27	32.46 1450m: 15:28.67		32.18
300m: 3:04.29 31.44	700m: 7:21.66	32.79 1100m: 11:40.94	32.67 1500m: 16:00.02		31.35
350m: 3:35.85 31.56	750m: 7:54.14	32.48 1150m: 12:13.57	32.63		
400m: 4:07.40 31.55	800m: 8:26.59	32.45 1200m: 12:46.04	32.47		
2. RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	16:05.07		678
50m: 27.27 27.27	450m: 4:38.56	41.63 850m: 9:04.30	32.95 1250m: 13:24.02		32.43
100m: 56.39 29.12	500m: 5:13.38	34.82 900m: 9:36.77	32.47 1300m: 13:56.78		32.76
150m: 1:25.76 29.37	550m: 5:47.23	33.85 950m: 10:09.48	32.71 1350m: 14:29.09		32.31
200m: 1:55.77 30.01	600m: 6:20.33	33.10 1000m: 10:42.13	32.65 1400m: 15:01.28		32.19
250m: 2:25.55 29.78	650m: 6:53.16	32.83 1050m: 11:14.95	32.82 1450m: 15:33.39		32.11
300m: 2:55.90 30.35	700m: 7:26.07	32.91 1100m: 11:47.76	32.81 1500m: 16:05.07		31.68
350m: 3:26.52 30.62	750m: 7:58.78	32.71 1150m: 12:19.39	31.63		
400m: 3:56.93 30.41	800m: 8:31.35	32.57 1200m: 12:51.59	32.20		
3. DEUS Andre Portugal	02	Naval do Funchal	16:07.82	+0,72	672
50m: 28.05 28.05	450m: 4:42.13	32.33 850m: 9:03.66	32.60 1250m: 13:25.96		32.92
100m: 58.57 30.52	500m: 5:14.96	32.83 900m: 9:36.62	32.96 1300m: 13:58.88		32.92
150m: 1:29.80 31.23	550m: 5:47.55	32.59 950m: 10:09.14	32.52 1350m: 14:31.71		32.83
200m: 2:01.29 31.49	600m: 6:20.12	32.57 1000m: 10:41.97	32.83 1400m: 15:04.36		32.65
250m: 2:33.31 32.02	650m: 6:52.84	32.72 1050m: 11:14.79	32.82 1450m: 15:36.46		32.10
300m: 3:05.39 32.08	700m: 7:25.48	32.64 1100m: 11:47.36	32.57 1500m: 16:07.82		31.36
350m: 3:37.54 32.15	750m: 7:58.23	32.75 1150m: 12:20.22	32.86		
400m: 4:09.80 32.26	800m: 8:31.06	32.83 1200m: 12:53.04	32.82		
4. MACHADO Martim Miranda	03	Uniao Coimbra	16:08.59	+0,78	671
50m: 29.42 29.42	450m: 4:49.24	32.21 850m: 9:08.08	32.56 1250m: 13:27.95		32.39
100m: 1:01.12 31.70	500m: 5:21.43	32.19 900m: 9:40.53	32.45 1300m: 14:00.19		32.24
150m: 1:33.46 32.34	550m: 5:53.96	32.53 950m: 10:13.07	32.54 1350m: 14:32.83		32.64
200m: 2:06.37 32.91	600m: 6:26.37	32.41 1000m: 10:45.38	32.31 1400m: 15:05.19		32.36
250m: 2:39.38 33.01	650m: 6:58.58	32.21 1050m: 11:17.93	32.55 1450m: 15:37.91		32.72
300m: 3:11.70 32.32	700m: 7:30.68	32.10 1100m: 11:50.58	32.65 1500m: 16:08.59		30.68
350m: 3:44.24 32.54	750m: 8:03.07	32.39 1150m: 12:22.95	32.37		
400m: 4:17.03 32.79	800m: 8:35.52	32.45 1200m: 12:55.56	32.61		
5. LOPES Luis Afonso	03	Viver Santarem	16:11.97	+0,67	664
50m: 29.31 29.31	450m: 4:50.42	32.32 850m: 9:11.23	31.75 1250m: 13:31.66		32.85
100m: 1:01.70 32.39	500m: 5:22.67	32.25 900m: 9:43.55	32.32 1300m: 14:04.49		32.83
150m: 1:34.09 32.39	550m: 5:55.33	32.66 950m: 10:16.28	32.73 1350m: 14:37.25		32.76
200m: 2:07.05 32.96	600m: 6:28.12	32.79 1000m: 10:48.98	32.70 1400m: 15:09.57		32.32
250m: 2:40.13 33.08	650m: 7:01.01	32.89 1050m: 11:21.16	32.18 1450m: 15:41.79		32.22
300m: 3:12.86 32.73	700m: 7:33.73	32.72 1100m: 11:53.58	32.42 1500m: 16:11.97		30.18
350m: 3:45.55 32.69	750m: 8:06.37	32.64 1150m: 12:25.83	32.25		
400m: 4:18.10 32.55	800m: 8:39.48	33.11 1200m: 12:58.81	32.98		
6. RIBEIRO Luis Manuel	02	Porto	16:15.74	+0,68	656
50m: 29.00 29.00	450m: 4:48.30	32.49 850m: 9:10.76	32.81 1250m: 13:33.56		33.11
100m: 1:00.22 31.22	500m: 5:21.17	32.87 900m: 9:43.57	32.81 1300m: 14:06.28		32.72
150m: 1:32.13 31.91	550m: 5:54.01	32.84 950m: 10:15.85	32.28 1350m: 14:39.29		33.01
200m: 2:04.57 32.44	600m: 6:26.77	32.76 1000m: 10:48.66	32.81 1400m: 15:12.86		33.57
250m: 2:37.01 32.44	650m: 6:59.33	32.56 1050m: 11:21.42	32.76 1450m: 15:45.54		32.68
300m: 3:10.09 33.08	700m: 7:31.99	32.66 1100m: 11:54.88	33.46 1500m: 16:15.74		30.20
350m: 3:43.09 33.00	750m: 8:04.96	32.97 1150m: 12:27.81	32.93		
400m: 4:15.81 32.72	800m: 8:37.95	32.99 1200m: 13:00.45	32.64		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	JACINTO Rafael Rodrigues	02	Belenenses	16:57.10	+0,72	579	
	50m: 29.25 29.25	450m: 4:54.61	33.98	850m: 9:28.21	34.48	1250m: 14:07.44	35.06
	100m: 1:01.90 32.65	500m: 5:28.41	33.80	900m: 10:02.87	34.66	1300m: 14:42.23	34.79
	150m: 1:34.52 32.62	550m: 6:02.58	34.17	950m: 10:37.76	34.89	1350m: 15:17.27	35.04
	200m: 2:07.46 32.94	600m: 6:36.68	34.10	1000m: 11:12.57	34.81	1400m: 15:51.72	34.45
	250m: 2:40.58 33.12	650m: 7:10.91	34.23	1050m: 11:47.18	34.61	1450m: 16:24.91	33.19
	300m: 3:14.10 33.52	700m: 7:44.90	33.99	1100m: 12:22.03	34.85	1500m: 16:57.10	32.19
	350m: 3:47.30 33.20	750m: 8:19.08	34.18	1150m: 12:57.20	35.17		
	400m: 4:20.63 33.33	800m: 8:53.73	34.65	1200m: 13:32.38	35.18		
14.	SALGADO Gonçalo Sampaio	02	Famalicao	16:58.92	+0,78	576	
	50m: 29.13 29.13	450m: 4:54.61	33.46	850m: 9:28.18	34.64	1250m: 14:06.88	34.90
	100m: 1:01.75 32.62	500m: 5:28.46	33.85	900m: 10:02.88	34.70	1300m: 14:42.03	35.15
	150m: 1:34.89 33.14	550m: 6:02.48	34.02	950m: 10:37.49	34.61	1350m: 15:16.93	34.90
	200m: 2:07.96 33.07	600m: 6:36.49	34.01	1000m: 11:12.02	34.53	1400m: 15:51.63	34.70
	250m: 2:41.14 33.18	650m: 7:10.53	34.04	1050m: 11:46.76	34.74	1450m: 16:25.78	34.15
	300m: 3:14.64 33.50	700m: 7:44.77	34.24	1100m: 12:21.77	35.01	1500m: 16:58.92	33.14
	350m: 3:47.84 33.20	750m: 8:18.92	34.15	1150m: 12:56.80	35.03		
	400m: 4:21.15 33.31	800m: 8:53.54	34.62	1200m: 13:31.98	35.18		
15.	ALVES Manuel Landeiro	02	Naval Praia da Vitoria	17:00.33		574	
	50m: 31.40 31.40	450m: 4:56.74	33.36	850m: 9:27.11	34.36	1250m: 14:05.29	34.94
	100m: 1:04.77 33.37	500m: 5:30.63	33.89	900m: 10:01.12	34.01	1300m: 14:40.53	35.24
	150m: 1:37.40 32.63	550m: 6:04.20	33.57	950m: 10:35.25	34.13	1350m: 15:15.44	34.91
	200m: 2:10.20 32.80	600m: 6:37.54	33.34	1000m: 11:10.03	34.78	1400m: 15:51.10	35.66
	250m: 2:43.42 33.22	650m: 7:11.21	33.67	1050m: 11:44.90	34.87	1450m: 16:26.15	35.05
	300m: 3:16.61 33.19	700m: 7:45.20	33.99	1100m: 12:19.85	34.95	1500m: 17:00.33	34.18
	350m: 3:50.09 33.48	750m: 8:19.04	33.84	1150m: 12:55.24	35.39		
	400m: 4:23.38 33.29	800m: 8:52.75	33.71	1200m: 13:30.35	35.11		
16.	NUNES Francisco Costa	02	Sporting	17:02.84	+0,76	569	
	50m: 29.03 29.03	450m: 4:52.76	34.54	850m: 9:32.14	34.83	1250m: 14:10.63	35.36
	100m: 1:00.65 31.62	500m: 5:27.70	34.94	900m: 10:07.24	35.10	1300m: 14:45.83	35.20
	150m: 1:33.10 32.45	550m: 6:02.71	35.01	950m: 10:42.10	34.86	1350m: 15:20.48	34.65
	200m: 2:06.22 33.12	600m: 6:38.03	35.32	1000m: 11:17.05	34.95	1400m: 15:54.95	34.47
	250m: 2:38.93 32.71	650m: 7:13.25	35.22	1050m: 11:51.04	33.99	1450m: 16:29.48	34.53
	300m: 3:11.25 32.32	700m: 7:47.80	34.55	1100m: 12:24.80	33.76	1500m: 17:02.84	33.36
	350m: 3:44.46 33.21	750m: 8:22.15	34.35	1150m: 13:00.08	35.28		
	400m: 4:18.22 33.76	800m: 8:57.31	35.16	1200m: 13:35.27	35.19		
17.	FERREIRA Joao Carlos	03	Porto	17:27.34	+0,77	530	
	50m: 30.40 30.40	450m: 4:59.71	35.29	850m: 9:46.15	35.51	1250m: 14:31.61	35.31
	100m: 1:02.54 32.14	500m: 5:35.19	35.48	900m: 10:22.26	36.11	1300m: 15:07.11	35.50
	150m: 1:35.12 32.58	550m: 6:10.88	35.69	950m: 10:57.84	35.58	1350m: 15:42.63	35.52
	200m: 2:08.09 32.97	600m: 6:47.14	36.26	1000m: 11:33.75	35.91	1400m: 16:17.75	35.12
	250m: 2:41.68 33.59	650m: 7:23.25	36.11	1050m: 12:09.46	35.71	1450m: 16:53.24	35.49
	300m: 3:15.42 33.74	700m: 7:58.96	35.71	1100m: 12:44.97	35.51	1500m: 17:27.34	34.10
	350m: 3:49.48 34.06	750m: 8:35.07	36.11	1150m: 13:20.72	35.75		
	400m: 4:24.42 34.94	800m: 9:10.64	35.57	1200m: 13:56.30	35.58		
18.	DUARTE Pedro Esteves	03	Cova da Piedade	17:55.04	+0,79	490	
	50m: 30.85 30.85	450m: 5:17.50	36.16	850m: 10:05.34	36.07	1250m: 14:55.00	36.29
	100m: 1:04.89 34.04	500m: 5:53.48	35.98	900m: 10:41.26	35.92	1300m: 15:31.45	36.45
	150m: 1:40.43 35.54	550m: 6:29.39	35.91	950m: 11:17.10	35.84	1350m: 16:08.07	36.62
	200m: 2:16.29 35.86	600m: 7:05.07	35.68	1000m: 11:53.14	36.04	1400m: 16:44.34	36.27
	250m: 2:52.34 36.05	650m: 7:41.06	35.99	1050m: 12:29.35	36.21	1450m: 17:19.83	35.49
	300m: 3:28.82 36.48	700m: 8:17.08	36.02	1100m: 13:05.60	36.25	1500m: 17:55.04	35.21
	350m: 4:05.17 36.35	750m: 8:53.27	36.19	1150m: 13:42.36	36.76		
	400m: 4:41.34 36.17	800m: 9:29.27	36.00	1200m: 14:18.71	36.35		
DNS	ACIOLI Victor Hugo	02	Feirense				



Prova 45	Femin., 4 x 100m Livres					Absolutos
22-12-2019 - 12:20						Resultados
RN25 Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
RN25 Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
RN25 Jun	3:54.55	Futebol Clube do Porto	FCP	Felgueiras		23-12-2018

Pontos: FINA 2019

Lugar			Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	Alges-SEN		Alges		3:47.05	+0,81	752	
	AZEVEDO Rafaela Gomes	+0,81	27.78	57.71	SOUSA Ana Reis	+0,40	27.09	56.71
	FRISCHKNECHT Rita Barros	+0,37	26.61	56.13	PEREIRA Raquel Gomes	+0,38	27.16	56.50
2.	Sporting-SEN		Sporting		3:49.75	+0,62	726	
	VIEGAS Beatriz Mendes	+0,62	26.50	56.33	HENRIQUES Ines Jacinto	+0,30	27.85	57.79
	FRAZAO Alexandra Couto	+0,30	28.26	58.75	FERNANDES Ines Camacho	+0,39	27.21	56.88
3.	Porto-SEN		Porto		3:49.95	+0,75	724	
	RAMOS Ana Rita	+0,75	27.82	57.71	FARIA Ana Rita	+0,53	27.77	58.09
	OLIVEIRA Rosa Maria	+0,26	27.70	58.05	FERREIRA Catarina Maria	+0,27	26.42	56.10
4.	Benfica-SEN		Benfica		3:53.21	+0,67	694	
	ANDRE Leticia Maia	+0,67	27.98	58.70	KAMINSKAYA Victoria	+0,47	27.68	57.92
	DURAES Diana Margarida	+0,32	28.13	57.86	PINA Ana Sofia	+0,40	28.31	58.73
5.	Galitos / Bresimar-SEN		Galitos / Bresimar		3:58.01	+0,48	653	
	AMADOR Joana Costa	+0,48	28.49	59.19	MONTEIRO Margarida Cabral	+0,43	29.23	59.88
	RODRIGUES Ana Margarida	+0,36	28.32	59.05	SANTOS Ana Pedro	+0,11	28.14	59.89
6.	Academica de Coimbra-SEN		Academica de Coimbra		3:58.57	+0,64	648	
	TEJO Beatriz Costa	+0,64	28.25	59.29	NEVES Ana Carolina	+0,49	28.20	59.74
	MOREIRA Matilde Freitas	+0,37	28.29	59.81	CRAVEIRO Beatriz Neves	+0,42	28.56	59.73
7.	Natacao de Lisboa-SEN		Natacao de Lisboa		4:02.05	+0,76	621	
	MESTRE Catarina Martins	+0,76	28.31	59.09	FERREIRA Ana Raquel	+0,22	28.60	1:00.75
	LEITAO Rita Fernandes	+0,36	28.08	59.92	FERREIRA Catarina Trigo	+0,31	29.30	1:02.29

Juniores

1.	Sporting-JUN		Sporting		4:03.39	+0,73	611	
	DELFINO Mariana Morais	+0,73	29.13	1:00.45	MARTINS Joana Ribeiro	+0,45	29.86	1:01.80
	PEIXEIRA Filipa Ramos	+0,33	29.09	1:01.17	MOURA Maria Ferreira	+0,47	28.47	59.97
2.	Gesloures-JUN		Gesloures		4:08.78	+0,72	572	
	NEVES Leonor Maria	+0,72	29.28	1:01.79	MORGADO Alice Jesus	+0,53	29.89	1:02.91
	BRANCOURT Yonina	+0,50	29.53	1:02.58	RODRIGUES Sofia Vilardell	+0,51	29.14	1:01.50

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS



Prova 46	Masc., 4 x 100m Livres					Absolutos
22-12-2019 - 12:25						Resultados
RN25 Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018	
RN25 Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018	
RN25 Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018	

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN	3:18.90	+0,67	779	
	SANTOS Francisco Rogerio	+0,67 24.18	50.26	COSTA Tiago Cunha	+0,22 24.60 50.96
	MOGNE Igor Araujo	+0,48 23.88	49.84	SANTOS Alexis Manacas	+0,46 23.02 47.84
2.	Benfica-SEN	3:20.56	+0,63	760	
	LEBRE Diogo Ramos	+0,63 24.27	50.78	NASCIMENTO Miguel Duarte	+0,29 22.59 48.00
	CORREIA Joao Mota	+0,11 24.25	51.82	MARQUES Miguel Henriques	+0,35 22.74 49.96
3.	Alges-SEN	3:24.26	+0,66	719	
	MACHADO Francisco Carvalho	+0,66 24.77	52.10	PON Hugo	+0,14 24.63 51.68
	BATE Afonso Ribeiro	+0,33 24.22	50.70	SANTOS Pedro Andre	+0,26 23.62 49.78
4.	Belenenses-SEN	3:25.28	+0,66	708	
	RAMOS Bruno Miguel	+0,66 24.32	50.12	CORREIA Diogo Carrasco	+0,29 24.93 52.18
	PADRELA Joao Esteves	+0,34 24.08	50.18	FERNANDES Joao Diogo	+0,36 24.26 52.80
5.	Porto-SEN	3:26.02	+0,64	701	
	NUNES Porfirio Braga	+0,64 23.98	50.67	SANTOS Pedro Miguel	+0,17 24.65 51.69
	NUNES Diogo Barbosa	+0,21 24.52	52.07	MACHADO Bruno Rafael	+0,25 23.99 51.59
6.	Famalicao-SEN	3:29.03	+0,68	671	
	FERNANDES Pedro Miguel	+0,68 24.87	52.25	FARIA Rui Pedro	+0,36 25.21 53.08
	VAZ Luis Emanuel	+0,24 24.67	51.82	TINOCO Joao Pereira	+0,31 24.23 51.88
7.	Braga-SEN	3:30.27	+0,63	659	
	LOPES Jose Paulo	+0,63 24.75	50.94	RIBEIRO Edgar Oliveira	+0,28 25.04 55.06
	SIMOES Rafael Gomes	+0,21 24.43	51.81	MACHADO Ricardo Manuel	+0,14 24.62 52.46
8.	Academica de Coimbra-SEN	3:31.99	+0,64	643	
	MADUREIRA Gustavo Almeida	+0,64 23.73	50.05	CARVALHO Ruben Paiva	+0,33 25.24 53.81
	CLEMENTE Bernardo Santos	+0,28 25.18	52.99	GASPAR Miguel Caridade	+0,39 26.60 55.14

Juniores

1.	Sporting-JUN	3:29.59	+0,68	665	
	FERNANDES Eduardo Gomes	+0,68 25.04	51.77	DOMINGOS Ruy Manuel	+0,38 24.32 51.49
	PINTO Pedro Miguel	+0,38 25.21	53.55	GORDO Salvador Vieira	+0,44 24.92 52.78
2.	Galitos / Bresimar-JUN	3:31.05	+0,45	652	
	MACHADO Tiago Andrade	+0,45 24.98	51.46	RIBEIRO Gustavo Carvalhais	+0,10 23.99 50.50
	GONCALVES Jorge Miguel	+0,35 26.09	55.05	FARDILHA Manuel Cruz	+0,39 25.87 54.04
3.	Fundacao Beatriz Santos-JUN	3:36.83	+0,73	601	
	DOMINGUES Ricardo Jorge	+0,73 26.17	54.69	DIAS Joao Pedro	+0,48 26.07 54.54
	PAIS Joao Ventura	+0,29 25.36	54.02	PEREIRA Joao Neto	+0,27 25.29 53.58
4.	Belenenses-JUN	3:37.78	+0,68	593	
	JACINTO Rafael Rodrigues	+0,68 26.84	54.96	GOMES Pedro Pires	+0,15 26.04 55.27
	JUNIOR Luis Cabral	+0,38 26.12	54.48	DIAS Rodrigo Reis	+0,36 25.25 53.07
5.	Viver Santarem-JUN	3:42.53	+0,64	556	
	ALVES Rui Chagas	+0,64 26.82	56.06	COUTINHO Guilherme Pereira	+0,66 26.98 55.70
	LOPES Luis Afonso	+0,54 26.44	55.48	CRISTOVAO Goncalo Magalhaes	+0,44 26.64 55.29

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
DNS	Torres Novas-JUN				
DNS	Aquatico Pacense-JUN				
DNS	Uniao Piedense-JUN				

6 - 3ª Jornada - 2ª Sessão (finais)

22-12-2019 - 16:00

Prova 44 Masc., 1500m Livres Absolutos Resultados
22-12-2019 - 16:00

RN25 Absoluto	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
RN25 Sen	14:49.86	LOPES Jose Paulo	SCB	Glasgow (GBR)	05-12-2019
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26-03-2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. LOPES Jose Paulo 00 Braga **14:48.89** +0,65 868

Rec Nacional, Minimos CMundo PC, Sen e Abs

50m:	26.33	26.33	450m:	4:22.33	29.72	850m:	8:21.38	30.04	1250m:	12:21.81	29.84
100m:	55.39	29.06	500m:	4:52.21	29.88	900m:	8:51.23	29.85	1300m:	12:51.65	29.84
150m:	1:24.54	29.15	550m:	5:21.94	29.73	950m:	9:21.25	30.02	1350m:	13:21.74	30.09
200m:	1:54.04	29.50	600m:	5:52.06	30.12	1000m:	9:51.25	30.00	1400m:	13:51.54	29.80
250m:	2:23.66	29.62	650m:	6:21.92	29.86	1050m:	10:21.72	30.47	1450m:	14:21.00	29.46
300m:	2:53.16	29.50	700m:	6:51.67	29.75	1100m:	10:51.87	30.15	1500m:	14:48.89	27.89
350m:	3:22.77	29.61	750m:	7:21.43	29.76	1150m:	11:21.93	30.06			
400m:	3:52.61	29.84	800m:	7:51.34	29.91	1200m:	11:51.97	30.04			

2. CARDOSO Diogo Santos 01 Colegio Monte Maior **15:19.83** +0,80 783

50m:	28.83	28.83	450m:	4:37.83	31.18	850m:	8:44.14	30.72	1250m:	12:49.88	30.84
100m:	59.68	30.85	500m:	5:08.97	31.14	900m:	9:14.78	30.64	1300m:	13:20.49	30.61
150m:	1:30.97	31.29	550m:	5:39.75	30.78	950m:	9:45.58	30.80	1350m:	13:50.95	30.46
200m:	2:02.14	31.17	600m:	6:10.76	31.01	1000m:	10:16.23	30.65	1400m:	14:21.37	30.42
250m:	2:33.50	31.36	650m:	6:41.74	30.98	1050m:	10:46.80	30.57	1450m:	14:51.31	29.94
300m:	3:04.52	31.02	700m:	7:12.27	30.53	1100m:	11:17.35	30.55	1500m:	15:19.83	28.52
350m:	3:35.49	30.97	750m:	7:42.71	30.44	1150m:	11:48.09	30.74			
400m:	4:06.65	31.16	800m:	8:13.42	30.71	1200m:	12:19.04	30.95			

3. GIL Rafael Lourenco 96 Sporting **15:30.28** +0,73 757

50m:	27.22	27.22	450m:	4:29.75	30.97	850m:	8:39.20	31.54	1250m:	12:52.61	31.91
100m:	56.43	29.21	500m:	5:00.56	30.81	900m:	9:10.63	31.43	1300m:	13:24.57	31.96
150m:	1:26.44	30.01	550m:	5:31.60	31.04	950m:	9:42.35	31.72	1350m:	13:56.52	31.95
200m:	1:56.68	30.24	600m:	6:02.72	31.12	1000m:	10:14.02	31.67	1400m:	14:27.93	31.41
250m:	2:27.03	30.35	650m:	6:33.81	31.09	1050m:	10:45.82	31.80	1450m:	14:59.19	31.26
300m:	2:57.50	30.47	700m:	7:04.99	31.18	1100m:	11:17.36	31.54	1500m:	15:30.28	31.09
350m:	3:27.96	30.46	750m:	7:36.37	31.38	1150m:	11:49.11	31.75			
400m:	3:58.78	30.82	800m:	8:07.66	31.29	1200m:	12:20.70	31.59			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube		Tempo Final	TReac	FINA	PARA
4.	SANTOS Pedro Miguel	01	Porto		15:42.37	+0,62	728	
	50m: 28.21 28.21	450m: 4:36.45	31.25	850m: 8:46.83	31.72	1250m: 13:02.85	32.28	
	100m: 58.63 30.42	500m: 5:07.63	31.18	900m: 9:18.50	31.67	1300m: 13:35.14	32.29	
	150m: 1:28.96 30.33	550m: 5:38.96	31.33	950m: 9:50.37	31.87	1350m: 14:07.39	32.25	
	200m: 2:00.20 31.24	600m: 6:10.53	31.57	1000m: 10:22.40	32.03	1400m: 14:39.35	31.96	
	250m: 2:31.48 31.28	650m: 6:42.04	31.51	1050m: 10:54.63	32.23	1450m: 15:11.36	32.01	
	300m: 3:02.81 31.33	700m: 7:12.75	30.71	1100m: 11:26.22	31.59	1500m: 15:42.37	31.01	
	350m: 3:33.94 31.13	750m: 7:43.77	31.02	1150m: 11:58.19	31.97			
	400m: 4:05.20 31.26	800m: 8:15.11	31.34	1200m: 12:30.57	32.38			
5.	NUNES Diogo Barbosa	00	Porto		16:14.40	+0,66	659	
	50m: 28.20 28.20	450m: 4:39.40	32.00	850m: 8:59.69	32.58	1250m: 13:27.48	33.69	
	100m: 58.91 30.71	500m: 5:11.67	32.27	900m: 9:32.46	32.77	1300m: 14:01.05	33.57	
	150m: 1:29.91 31.00	550m: 5:43.99	32.32	950m: 10:06.00	33.54	1350m: 14:35.06	34.01	
	200m: 2:01.05 31.14	600m: 6:16.26	32.27	1000m: 10:39.38	33.38	1400m: 15:08.61	33.55	
	250m: 2:32.20 31.15	650m: 6:48.84	32.58	1050m: 11:12.60	33.22	1450m: 15:42.03	33.42	
	300m: 3:03.88 31.68	700m: 7:21.67	32.83	1100m: 11:46.45	33.85	1500m: 16:14.40	32.37	
	350m: 3:35.51 31.63	750m: 7:54.24	32.57	1150m: 12:20.40	33.95			
	400m: 4:07.40 31.89	800m: 8:27.11	32.87	1200m: 12:53.79	33.39			
6.	CRUZ Miguel Duarte	99	S15	Belenenses	17:29.93	+0,77	526	
	<i>Rec Nacional S15</i>							
	50m: 31.39 31.39	450m: 5:06.67	34.83	850m: 9:47.48	35.40	1250m: 14:32.35	35.86	
	100m: 1:05.37 33.98	500m: 5:41.64	34.97	900m: 10:22.80	35.32	1300m: 15:08.13	35.78	
	150m: 1:38.62 33.25	550m: 6:16.65	35.01	950m: 10:58.25	35.45	1350m: 15:43.94	35.81	
	200m: 2:13.00 34.38	600m: 6:51.62	34.97	1000m: 11:34.06	35.81	1400m: 16:20.06	36.12	
	250m: 2:47.63 34.63	650m: 7:26.66	35.04	1050m: 12:09.75	35.69	1450m: 16:55.92	35.86	
	300m: 3:22.29 34.66	700m: 8:01.74	35.08	1100m: 12:45.34	35.59	1500m: 17:29.93	34.01	
	350m: 3:56.98 34.69	750m: 8:36.81	35.07	1150m: 13:20.77	35.43			
	400m: 4:31.84 34.86	800m: 9:12.08	35.27	1200m: 13:56.49	35.72			

Juniores

1.	CARVALHO Daniel Luis	02	Braga		16:00.02	+0,78	689	
	50m: 28.23 28.23	450m: 4:39.41	32.01	850m: 8:58.71	32.12	1250m: 13:18.73	32.69	
	100m: 59.19 30.96	500m: 5:11.48	32.07	900m: 9:30.81	32.10	1300m: 13:51.49	32.76	
	150m: 1:30.36 31.17	550m: 5:43.61	32.13	950m: 10:03.11	32.30	1350m: 14:23.83	32.34	
	200m: 2:01.61 31.25	600m: 6:16.19	32.58	1000m: 10:35.81	32.70	1400m: 14:56.49	32.66	
	250m: 2:32.85 31.24	650m: 6:48.87	32.68	1050m: 11:08.27	32.46	1450m: 15:28.67	32.18	
	300m: 3:04.29 31.44	700m: 7:21.66	32.79	1100m: 11:40.94	32.67	1500m: 16:00.02	31.35	
	350m: 3:35.85 31.56	750m: 7:54.14	32.48	1150m: 12:13.57	32.63			
	400m: 4:07.40 31.55	800m: 8:26.59	32.45	1200m: 12:46.04	32.47			
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar		16:05.07		678	
	50m: 27.27 27.27	450m: 4:38.56	41.63	850m: 9:04.30	32.95	1250m: 13:24.02	32.43	
	100m: 56.39 29.12	500m: 5:13.38	34.82	900m: 9:36.77	32.47	1300m: 13:56.78	32.76	
	150m: 1:25.76 29.37	550m: 5:47.23	33.85	950m: 10:09.48	32.71	1350m: 14:29.09	32.31	
	200m: 1:55.77 30.01	600m: 6:20.33	33.10	1000m: 10:42.13	32.65	1400m: 15:01.28	32.19	
	250m: 2:25.55 29.78	650m: 6:53.16	32.83	1050m: 11:14.95	32.82	1450m: 15:33.39	32.11	
	300m: 2:55.90 30.35	700m: 7:26.07	32.91	1100m: 11:47.76	32.81	1500m: 16:05.07	31.68	
	350m: 3:26.52 30.62	750m: 7:58.78	32.71	1150m: 12:19.39	31.63			
	400m: 3:56.93 30.41	800m: 8:31.35	32.57	1200m: 12:51.59	32.20			

Prova 44, Masc., 1500m Livres, Júniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	DEUS Andre Portugal	02	Naval do Funchal	16:07.82	+0,72	672	
	50m: 28.05 28.05	450m: 4:42.13	32.33	850m: 9:03.66	32.60	1250m: 13:25.96	32.92
	100m: 58.57 30.52	500m: 5:14.96	32.83	900m: 9:36.62	32.96	1300m: 13:58.88	32.92
	150m: 1:29.80 31.23	550m: 5:47.55	32.59	950m: 10:09.14	32.52	1350m: 14:31.71	32.83
	200m: 2:01.29 31.49	600m: 6:20.12	32.57	1000m: 10:41.97	32.83	1400m: 15:04.36	32.65
	250m: 2:33.31 32.02	650m: 6:52.84	32.72	1050m: 11:14.79	32.82	1450m: 15:36.46	32.10
	300m: 3:05.39 32.08	700m: 7:25.48	32.64	1100m: 11:47.36	32.57	1500m: 16:07.82	31.36
	350m: 3:37.54 32.15	750m: 7:58.23	32.75	1150m: 12:20.22	32.86		
	400m: 4:09.80 32.26	800m: 8:31.06	32.83	1200m: 12:53.04	32.82		
4.	MACHADO Martim Miranda	03	Uniao Coimbra	16:08.59	+0,78	671	
	50m: 29.42 29.42	450m: 4:49.24	32.21	850m: 9:08.08	32.56	1250m: 13:27.95	32.39
	100m: 1:01.12 31.70	500m: 5:21.43	32.19	900m: 9:40.53	32.45	1300m: 14:00.19	32.24
	150m: 1:33.46 32.34	550m: 5:53.96	32.53	950m: 10:13.07	32.54	1350m: 14:32.83	32.64
	200m: 2:06.37 32.91	600m: 6:26.37	32.41	1000m: 10:45.38	32.31	1400m: 15:05.19	32.36
	250m: 2:39.38 33.01	650m: 6:58.58	32.21	1050m: 11:17.93	32.55	1450m: 15:37.91	32.72
	300m: 3:11.70 32.32	700m: 7:30.68	32.10	1100m: 11:50.58	32.65	1500m: 16:08.59	30.68
	350m: 3:44.24 32.54	750m: 8:03.07	32.39	1150m: 12:22.95	32.37		
	400m: 4:17.03 32.79	800m: 8:35.52	32.45	1200m: 12:55.56	32.61		
5.	LOPES Luis Afonso	03	Viver Santarem	16:11.97	+0,67	664	
	50m: 29.31 29.31	450m: 4:50.42	32.32	850m: 9:11.23	31.75	1250m: 13:31.66	32.85
	100m: 1:01.70 32.39	500m: 5:22.67	32.25	900m: 9:43.55	32.32	1300m: 14:04.49	32.83
	150m: 1:34.09 32.39	550m: 5:55.33	32.66	950m: 10:16.28	32.73	1350m: 14:37.25	32.76
	200m: 2:07.05 32.96	600m: 6:28.12	32.79	1000m: 10:48.98	32.70	1400m: 15:09.57	32.32
	250m: 2:40.13 33.08	650m: 7:01.01	32.89	1050m: 11:21.16	32.18	1450m: 15:41.79	32.22
	300m: 3:12.86 32.73	700m: 7:33.73	32.72	1100m: 11:53.58	32.42	1500m: 16:11.97	30.18
	350m: 3:45.55 32.69	750m: 8:06.37	32.64	1150m: 12:25.83	32.25		
	400m: 4:18.10 32.55	800m: 8:39.48	33.11	1200m: 12:58.81	32.98		
6.	RIBEIRO Luis Manuel	02	Porto	16:15.74	+0,68	656	
	50m: 29.00 29.00	450m: 4:48.30	32.49	850m: 9:10.76	32.81	1250m: 13:33.56	33.11
	100m: 1:00.22 31.22	500m: 5:21.17	32.87	900m: 9:43.57	32.81	1300m: 14:06.28	32.72
	150m: 1:32.13 31.91	550m: 5:54.01	32.84	950m: 10:15.85	32.28	1350m: 14:39.29	33.01
	200m: 2:04.57 32.44	600m: 6:26.77	32.76	1000m: 10:48.66	32.81	1400m: 15:12.86	33.57
	250m: 2:37.01 32.44	650m: 6:59.33	32.56	1050m: 11:21.42	32.76	1450m: 15:45.54	32.68
	300m: 3:10.09 33.08	700m: 7:31.99	32.66	1100m: 11:54.88	33.46	1500m: 16:15.74	30.20
	350m: 3:43.09 33.00	750m: 8:04.96	32.97	1150m: 12:27.81	32.93		
	400m: 4:15.81 32.72	800m: 8:37.95	32.99	1200m: 13:00.45	32.64		
7.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	16:27.71	+0,66	632	
	50m: 29.07 29.07	450m: 4:49.80	32.38	850m: 9:12.59	33.43	1250m: 13:41.30	33.54
	100m: 1:01.31 32.24	500m: 5:22.26	32.46	900m: 9:46.17	33.58	1300m: 14:14.75	33.45
	150m: 1:33.66 32.35	550m: 5:54.78	32.52	950m: 10:19.95	33.78	1350m: 14:48.26	33.51
	200m: 2:06.53 32.87	600m: 6:27.54	32.76	1000m: 10:53.34	33.39	1400m: 15:22.31	34.05
	250m: 2:39.23 32.70	650m: 7:00.15	32.61	1050m: 11:27.05	33.71	1450m: 15:56.04	33.73
	300m: 3:11.94 32.71	700m: 7:32.94	32.79	1100m: 12:00.66	33.61	1500m: 16:27.71	31.67
	350m: 3:44.81 32.87	750m: 8:06.02	33.08	1150m: 12:34.09	33.43		
	400m: 4:17.42 32.61	800m: 8:39.16	33.14	1200m: 13:07.76	33.67		
8.	RODRIGUES Pedro Reis	02	Sao Roque	16:33.98	+0,75	621	
	50m: 29.07 29.07	450m: 4:51.52	33.31	850m: 9:20.25	33.73	1250m: 13:50.66	33.87
	100m: 1:01.22 32.15	500m: 5:25.02	33.50	900m: 9:53.76	33.51	1300m: 14:24.26	33.60
	150m: 1:33.56 32.34	550m: 5:58.50	33.48	950m: 10:27.41	33.65	1350m: 14:57.86	33.60
	200m: 2:06.42 32.86	600m: 6:31.84	33.34	1000m: 11:01.36	33.95	1400m: 15:30.87	33.01
	250m: 2:39.44 33.02	650m: 7:05.48	33.64	1050m: 11:35.22	33.86	1450m: 16:03.23	32.36
	300m: 3:12.11 32.67	700m: 7:39.00	33.52	1100m: 12:08.91	33.69	1500m: 16:33.98	30.75
	350m: 3:44.99 32.88	750m: 8:12.65	33.65	1150m: 12:42.89	33.98		
	400m: 4:18.21 33.22	800m: 8:46.52	33.87	1200m: 13:16.79	33.90		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	COUTINHO Guilherme Pereira	03	Viver Santarem	16:36.66	+0,66	616	
	50m: 29.71 29.71	450m: 4:53.58	33.31	850m: 9:22.75	33.50	1250m: 13:51.66	33.86
	100m: 1:01.40 31.69	500m: 5:26.86	33.28	900m: 9:56.29	33.54	1300m: 14:25.15	33.49
	150m: 1:33.77 32.37	550m: 6:00.62	33.76	950m: 10:29.96	33.67	1350m: 14:58.38	33.23
	200m: 2:06.51 32.74	600m: 6:34.25	33.63	1000m: 11:03.71	33.75	1400m: 15:32.26	33.88
	250m: 2:39.61 33.10	650m: 7:08.42	34.17	1050m: 11:37.22	33.51	1450m: 16:05.12	32.86
	300m: 3:13.13 33.52	700m: 7:42.12	33.70	1100m: 12:10.70	33.48	1500m: 16:36.66	31.54
	350m: 3:46.64 33.51	750m: 8:15.49	33.37	1150m: 12:44.21	33.51		
	400m: 4:20.27 33.63	800m: 8:49.25	33.76	1200m: 13:17.80	33.59		
10.	PEREIRA Alexandre Alves	03	Braga	16:52.43	+0,72	587	
	50m: 29.51 29.51	450m: 4:54.79	34.11	850m: 9:26.45	34.10	1250m: 14:02.51	34.69
	100m: 1:01.40 31.89	500m: 5:28.71	33.92	900m: 10:00.70	34.25	1300m: 14:37.54	35.03
	150m: 1:33.74 32.34	550m: 6:02.24	33.53	950m: 10:35.07	34.37	1350m: 15:12.23	34.69
	200m: 2:06.52 32.78	600m: 6:36.24	34.00	1000m: 11:10.01	34.94	1400m: 15:47.29	35.06
	250m: 2:40.05 33.53	650m: 7:09.97	33.73	1050m: 11:44.42	34.41	1450m: 16:21.37	34.08
	300m: 3:13.48 33.43	700m: 7:43.93	33.96	1100m: 12:18.72	34.30	1500m: 16:52.43	31.06
	350m: 3:47.15 33.67	750m: 8:18.07	34.14	1150m: 12:53.16	34.44		
	400m: 4:20.68 33.53	800m: 8:52.35	34.28	1200m: 13:27.82	34.66		
11.	DIAS Ruben Fonseca	03	Natacao de Valongo	16:52.71	+0,71	587	
	50m: 29.55 29.55	450m: 4:55.07	34.23	850m: 9:30.06	34.62	1250m: 14:07.69	35.34
	100m: 1:01.49 31.94	500m: 5:29.10	34.03	900m: 10:05.58	35.52	1300m: 14:40.92	33.23
	150m: 1:34.05 32.56	550m: 6:03.28	34.18	950m: 10:40.36	34.78	1350m: 15:15.23	34.31
	200m: 2:07.03 32.98	600m: 6:37.18	33.90	1000m: 11:15.00	34.64	1400m: 15:49.18	33.95
	250m: 2:40.33 33.30	650m: 7:11.53	34.35	1050m: 11:48.81	33.81	1450m: 16:22.19	33.01
	300m: 3:13.96 33.63	700m: 7:46.10	34.57	1100m: 12:23.81	35.00	1500m: 16:52.71	30.52
	350m: 3:46.63 32.67	750m: 8:21.17	35.07	1150m: 12:57.50	33.69		
	400m: 4:20.84 34.21	800m: 8:55.44	34.27	1200m: 13:32.35	34.85		
12.	SANTOS Andre Cardoso	03	Academico Viseu	16:52.86	+0,82	586	
	50m: 30.15 30.15	450m: 5:01.34	33.96	850m: 9:33.14	33.83	1250m: 14:06.21	34.63
	100m: 1:03.22 33.07	500m: 5:35.34	34.00	900m: 10:07.46	34.32	1300m: 14:40.12	33.91
	150m: 1:36.97 33.75	550m: 6:09.32	33.98	950m: 10:41.29	33.83	1350m: 15:14.29	34.17
	200m: 2:11.16 34.19	600m: 6:43.47	34.15	1000m: 11:15.15	33.86	1400m: 15:48.33	34.04
	250m: 2:45.22 34.06	650m: 7:17.33	33.86	1050m: 11:49.11	33.96	1450m: 16:21.89	33.56
	300m: 3:19.37 34.15	700m: 7:51.25	33.92	1100m: 12:23.51	34.40	1500m: 16:52.86	30.97
	350m: 3:53.41 34.04	750m: 8:25.60	34.35	1150m: 12:57.44	33.93		
	400m: 4:27.38 33.97	800m: 8:59.31	33.71	1200m: 13:31.58	34.14		
13.	JACINTO Rafael Rodrigues	02	Belenenses	16:57.10	+0,72	579	
	50m: 29.25 29.25	450m: 4:54.61	33.98	850m: 9:28.21	34.48	1250m: 14:07.44	35.06
	100m: 1:01.90 32.65	500m: 5:28.41	33.80	900m: 10:02.87	34.66	1300m: 14:42.23	34.79
	150m: 1:34.52 32.62	550m: 6:02.58	34.17	950m: 10:37.76	34.89	1350m: 15:17.27	35.04
	200m: 2:07.46 32.94	600m: 6:36.68	34.10	1000m: 11:12.57	34.81	1400m: 15:51.72	34.45
	250m: 2:40.58 33.12	650m: 7:10.91	34.23	1050m: 11:47.18	34.61	1450m: 16:24.91	33.19
	300m: 3:14.10 33.52	700m: 7:44.90	33.99	1100m: 12:22.03	34.85	1500m: 16:57.10	32.19
	350m: 3:47.30 33.20	750m: 8:19.08	34.18	1150m: 12:57.20	35.17		
	400m: 4:20.63 33.33	800m: 8:53.73	34.65	1200m: 13:32.38	35.18		
14.	SALGADO Goncalo Sampaio	02	Famalicao	16:58.92	+0,78	576	
	50m: 29.13 29.13	450m: 4:54.61	33.46	850m: 9:28.18	34.64	1250m: 14:06.88	34.90
	100m: 1:01.75 32.62	500m: 5:28.46	33.85	900m: 10:02.88	34.70	1300m: 14:42.03	35.15
	150m: 1:34.89 33.14	550m: 6:02.48	34.02	950m: 10:37.49	34.61	1350m: 15:16.93	34.90
	200m: 2:07.96 33.07	600m: 6:36.49	34.01	1000m: 11:12.02	34.53	1400m: 15:51.63	34.70
	250m: 2:41.14 33.18	650m: 7:10.53	34.04	1050m: 11:46.76	34.74	1450m: 16:25.78	34.15
	300m: 3:14.64 33.50	700m: 7:44.77	34.24	1100m: 12:21.77	35.01	1500m: 16:58.92	33.14
	350m: 3:47.84 33.20	750m: 8:18.92	34.15	1150m: 12:56.80	35.03		
	400m: 4:21.15 33.31	800m: 8:53.54	34.62	1200m: 13:31.98	35.18		

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	ALVES Manuel Landeiro	02	Naval Praia da Vitoria	17:00.33		574	
	50m: 31.40 31.40	450m: 4:56.74	33.36	850m: 9:27.11	34.36	1250m: 14:05.29	34.94
	100m: 1:04.77 33.37	500m: 5:30.63	33.89	900m: 10:01.12	34.01	1300m: 14:40.53	35.24
	150m: 1:37.40 32.63	550m: 6:04.20	33.57	950m: 10:35.25	34.13	1350m: 15:15.44	34.91
	200m: 2:10.20 32.80	600m: 6:37.54	33.34	1000m: 11:10.03	34.78	1400m: 15:51.10	35.66
	250m: 2:43.42 33.22	650m: 7:11.21	33.67	1050m: 11:44.90	34.87	1450m: 16:26.15	35.05
	300m: 3:16.61 33.19	700m: 7:45.20	33.99	1100m: 12:19.85	34.95	1500m: 17:00.33	34.18
	350m: 3:50.09 33.48	750m: 8:19.04	33.84	1150m: 12:55.24	35.39		
	400m: 4:23.38 33.29	800m: 8:52.75	33.71	1200m: 13:30.35	35.11		
16.	NUNES Francisco Costa	02	Sporting	17:02.84	+0,76	569	
	50m: 29.03 29.03	450m: 4:52.76	34.54	850m: 9:32.14	34.83	1250m: 14:10.63	35.36
	100m: 1:00.65 31.62	500m: 5:27.70	34.94	900m: 10:07.24	35.10	1300m: 14:45.83	35.20
	150m: 1:33.10 32.45	550m: 6:02.71	35.01	950m: 10:42.10	34.86	1350m: 15:20.48	34.65
	200m: 2:06.22 33.12	600m: 6:38.03	35.32	1000m: 11:17.05	34.95	1400m: 15:54.95	34.47
	250m: 2:38.93 32.71	650m: 7:13.25	35.22	1050m: 11:51.04	33.99	1450m: 16:29.48	34.53
	300m: 3:11.25 32.32	700m: 7:47.80	34.55	1100m: 12:24.80	33.76	1500m: 17:02.84	33.36
	350m: 3:44.46 33.21	750m: 8:22.15	34.35	1150m: 13:00.08	35.28		
	400m: 4:18.22 33.76	800m: 8:57.31	35.16	1200m: 13:35.27	35.19		
17.	FERREIRA Joao Carlos	03	Porto	17:27.34	+0,77	530	
	50m: 30.40 30.40	450m: 4:59.71	35.29	850m: 9:46.15	35.51	1250m: 14:31.61	35.31
	100m: 1:02.54 32.14	500m: 5:35.19	35.48	900m: 10:22.26	36.11	1300m: 15:07.11	35.50
	150m: 1:35.12 32.58	550m: 6:10.88	35.69	950m: 10:57.84	35.58	1350m: 15:42.63	35.52
	200m: 2:08.09 32.97	600m: 6:47.14	36.26	1000m: 11:33.75	35.91	1400m: 16:17.75	35.12
	250m: 2:41.68 33.59	650m: 7:23.25	36.11	1050m: 12:09.46	35.71	1450m: 16:53.24	35.49
	300m: 3:15.42 33.74	700m: 7:58.96	35.71	1100m: 12:44.97	35.51	1500m: 17:27.34	34.10
	350m: 3:49.48 34.06	750m: 8:35.07	36.11	1150m: 13:20.72	35.75		
	400m: 4:24.42 34.94	800m: 9:10.64	35.57	1200m: 13:56.30	35.58		
18.	DUARTE Pedro Esteves	03	Cova da Piedade	17:55.04	+0,79	490	
	50m: 30.85 30.85	450m: 5:17.50	36.16	850m: 10:05.34	36.07	1250m: 14:55.00	36.29
	100m: 1:04.89 34.04	500m: 5:53.48	35.98	900m: 10:41.26	35.92	1300m: 15:31.45	36.45
	150m: 1:40.43 35.54	550m: 6:29.39	35.91	950m: 11:17.10	35.84	1350m: 16:08.07	36.62
	200m: 2:16.29 35.86	600m: 7:05.07	35.68	1000m: 11:53.14	36.04	1400m: 16:44.34	36.27
	250m: 2:52.34 36.05	650m: 7:41.06	35.99	1050m: 12:29.35	36.21	1450m: 17:19.83	35.49
	300m: 3:28.82 36.48	700m: 8:17.08	36.02	1100m: 13:05.60	36.25	1500m: 17:55.04	35.21
	350m: 4:05.17 36.35	750m: 8:53.27	36.19	1150m: 13:42.36	36.76		
	400m: 4:41.34 36.17	800m: 9:29.27	36.00	1200m: 14:18.71	36.35		
DNS	ACIOLI Victor Hugo	02	Feirense				

Prova 33 Femin., 800m Livres Absolutos
22-12-2019 - 16:20 Resultados

RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019
RN25 Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019
RN25 Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015
RN25 Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	8:27.30	+0,74	843		
	<i>Minimos CMundo PC</i>							
	50m: 29.63	29.63	250m: 2:37.09	31.67	450m: 4:44.26	31.70	650m: 6:51.63	31.88
	100m: 1:01.29	31.66	300m: 3:08.97	31.88	500m: 5:16.03	31.77	700m: 7:23.51	31.88
	150m: 1:33.47	32.18	350m: 3:40.73	31.76	550m: 5:47.85	31.82	750m: 7:55.49	31.98
	200m: 2:05.42	31.95	400m: 4:12.56	31.83	600m: 6:19.75	31.90	800m: 8:27.30	31.81
2.	HOLUB Tamila Hryhorivna	99	Braga	8:32.61	+0,74	817		
	<i>Minimos CMundo PC</i>							
	50m: 29.65	29.65	250m: 2:37.07	32.00	450m: 4:45.71	32.09	650m: 6:55.66	32.61
	100m: 1:01.24	31.59	300m: 3:09.29	32.22	500m: 5:18.09	32.38	700m: 7:28.15	32.49
	150m: 1:33.13	31.89	350m: 3:41.37	32.08	550m: 5:50.59	32.50	750m: 8:00.75	32.60
	200m: 2:05.07	31.94	400m: 4:13.62	32.25	600m: 6:23.05	32.46	800m: 8:32.61	31.86
3.	ANDRE Angelica Maria	94	Fluvial Portuense	8:50.23	+0,71	738		
	50m: 30.15	30.15	250m: 2:39.64	33.21	450m: 4:53.96	33.93	650m: 7:09.47	33.61
	100m: 1:01.72	31.57	300m: 3:12.89	33.25	500m: 5:27.89	33.93	700m: 7:43.17	33.70
	150m: 1:33.90	32.18	350m: 3:46.41	33.52	550m: 6:01.98	34.09	750m: 8:16.71	33.54
	200m: 2:06.43	32.53	400m: 4:20.03	33.62	600m: 6:35.86	33.88	800m: 8:50.23	33.52
4.	FRAZAO Alexandra Couto	02	Sporting	8:52.05	+0,74	731		
	50m: 30.78	30.78	250m: 2:45.71	34.24	450m: 5:00.73	33.41	650m: 7:13.53	32.91
	100m: 1:03.85	33.07	300m: 3:19.44	33.73	500m: 5:33.72	32.99	700m: 7:46.49	32.96
	150m: 1:37.47	33.62	350m: 3:53.27	33.83	550m: 6:07.14	33.42	750m: 8:19.63	33.14
	200m: 2:11.47	34.00	400m: 4:27.32	34.05	600m: 6:40.62	33.48	800m: 8:52.05	32.42
5.	QUEIROZ Ana Rita	02	Condeixa Clube	8:56.08	+0,70	714		
	50m: 31.49	31.49	250m: 2:46.98	33.49	450m: 5:02.99	33.84	650m: 7:17.77	33.51
	100m: 1:05.20	33.71	300m: 3:21.16	34.18	500m: 5:36.72	33.73	700m: 7:51.55	33.78
	150m: 1:38.86	33.66	350m: 3:55.28	34.12	550m: 6:10.40	33.68	750m: 8:24.46	32.91
	200m: 2:13.49	34.63	400m: 4:29.15	33.87	600m: 6:44.26	33.86	800m: 8:56.08	31.62
6.	RAMOS Ana Rita	02	Porto	8:56.28	+0,75	714		
	50m: 30.86	30.86	250m: 2:45.22	33.71	450m: 5:00.96	33.85	650m: 7:15.01	33.53
	100m: 1:03.99	33.13	300m: 3:19.14	33.92	500m: 5:34.11	33.15	700m: 7:48.83	33.82
	150m: 1:37.62	33.63	350m: 3:53.09	33.95	550m: 6:07.67	33.56	750m: 8:23.14	34.31
	200m: 2:11.51	33.89	400m: 4:27.11	34.02	600m: 6:41.48	33.81	800m: 8:56.28	33.14
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	8:57.09		710		
	50m: 31.44	31.44	250m: 2:46.68	34.04	450m: 5:02.24	33.93	650m: 7:17.70	33.89
	100m: 1:04.85	33.41	300m: 3:20.50	33.82	500m: 5:36.20	33.96	700m: 7:51.38	33.68
	150m: 1:38.62	33.77	350m: 3:54.53	34.03	550m: 6:10.09	33.89	750m: 8:24.90	33.52
	200m: 2:12.64	34.02	400m: 4:28.31	33.78	600m: 6:43.81	33.72	800m: 8:57.09	32.19
8.	PINA Ana Sofia	02	Benfica	9:07.68	+0,68	670		
	50m: 31.30	31.30	250m: 2:48.54	34.91	450m: 5:07.25	34.50	650m: 7:26.28	34.54
	100m: 1:04.66	33.36	300m: 3:23.02	34.48	500m: 5:42.05	34.80	700m: 8:01.07	34.79
	150m: 1:38.96	34.30	350m: 3:57.63	34.61	550m: 6:16.87	34.82	750m: 8:35.51	34.44
	200m: 2:13.63	34.67	400m: 4:32.75	35.12	600m: 6:51.74	34.87	800m: 9:07.68	32.17

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	VELOSO Teresa Miguel	00	Sporting	9:19.35	+0,68	629	
	50m: 31.96 31.96	250m: 2:50.58	34.83 450m: 5:11.80	35.28	650m: 7:34.88	36.16	
	100m: 1:06.33 34.37	300m: 3:25.66	35.08 500m: 5:47.05	35.25	700m: 8:10.74	35.86	
	150m: 1:40.90 34.57	350m: 4:01.04	35.38 550m: 6:22.69	35.64	750m: 8:45.51	34.77	
	200m: 2:15.75 34.85	400m: 4:36.52	35.48 600m: 6:58.72	36.03	800m: 9:19.35	33.84	
DNS	CHEROUATI Souad Nefissa	89	Benfica				

Juniores

1.	AMORIM Maria Leonor	03	Porto	9:01.18	+0,80	694	
	50m: 31.64 31.64	250m: 2:47.28	34.16 450m: 5:03.89	34.00	650m: 7:20.76	34.60	
	100m: 1:05.28 33.64	300m: 3:21.39	34.11 500m: 5:37.91	34.02	700m: 7:55.18	34.42	
	150m: 1:39.16 33.88	350m: 3:55.66	34.27 550m: 6:12.24	34.33	750m: 8:29.39	34.21	
	200m: 2:13.12 33.96	400m: 4:29.89	34.23 600m: 6:46.16	33.92	800m: 9:01.18	31.79	
2.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:07.66	+0,58	670	
	50m: 30.98 30.98	250m: 2:48.87	35.16 450m: 5:08.20	34.67	650m: 7:26.55	34.61	
	100m: 1:04.51 33.53	300m: 3:23.77	34.90 500m: 5:42.73	34.53	700m: 8:01.25	34.70	
	150m: 1:38.93 34.42	350m: 3:58.58	34.81 550m: 6:17.17	34.44	750m: 8:35.50	34.25	
	200m: 2:13.71 34.78	400m: 4:33.53	34.95 600m: 6:51.94	34.77	800m: 9:07.66	32.16	
3.	PINHEIRO Ines Mariana	03	Academica de Coimbra	9:16.96	+0,72	637	
	50m: 32.37 32.37	250m: 2:52.79	35.48 450m: 5:14.53	34.82	650m: 7:34.21	34.92	
	100m: 1:06.95 34.58	300m: 3:28.27	35.48 500m: 5:49.42	34.89	700m: 8:09.42	35.21	
	150m: 1:42.18 35.23	350m: 4:04.09	35.82 550m: 6:24.15	34.73	750m: 8:44.74	35.32	
	200m: 2:17.31 35.13	400m: 4:39.71	35.62 600m: 6:59.29	35.14	800m: 9:16.96	32.22	
4.	SANTOS Leonor Esteves	04	Avancado EUL	9:26.47	+0,82	605	
	50m: 32.65 32.65	250m: 2:53.85	35.27 450m: 5:15.39	35.28	650m: 7:38.51	35.89	
	100m: 1:08.03 35.38	300m: 3:29.28	35.43 500m: 5:50.74	35.35	700m: 8:14.70	36.19	
	150m: 1:43.31 35.28	350m: 4:04.61	35.33 550m: 6:26.77	36.03	750m: 8:51.08	36.38	
	200m: 2:18.58 35.27	400m: 4:40.11	35.50 600m: 7:02.62	35.85	800m: 9:26.47	35.39	
5.	PIMENTEL Marta Lima	04	Fluvial Portuense	9:30.86	+0,82	592	
	50m: 32.12 32.12	250m: 2:53.70	36.03 450m: 5:18.46	36.15	650m: 7:43.31	36.34	
	100m: 1:06.89 34.77	300m: 3:29.73	36.03 500m: 5:54.36	35.90	700m: 8:19.97	36.66	
	150m: 1:41.96 35.07	350m: 4:05.92	36.19 550m: 6:30.70	36.34	750m: 8:56.22	36.25	
	200m: 2:17.67 35.71	400m: 4:42.31	36.39 600m: 7:06.97	36.27	800m: 9:30.86	34.64	
6.	VIANA Margarida Violante	04	BA-Leiria	9:35.68	+0,83	577	
	50m: 33.06 33.06	250m: 2:57.42	36.23 450m: 5:21.98	36.12	650m: 7:47.55	36.34	
	100m: 1:08.76 35.70	300m: 3:33.58	36.16 500m: 5:58.42	36.44	700m: 8:24.18	36.63	
	150m: 1:44.97 36.21	350m: 4:09.59	36.01 550m: 6:34.85	36.43	750m: 9:00.45	36.27	
	200m: 2:21.19 36.22	400m: 4:45.86	36.27 600m: 7:11.21	36.36	800m: 9:35.68	35.23	
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	9:36.90		573	
	50m: 31.95 31.95	250m: 2:56.22	36.48 450m: 5:22.26	36.54	650m: 7:48.33	36.56	
	100m: 1:07.25 35.30	300m: 3:32.84	36.62 500m: 5:58.75	36.49	700m: 8:24.89	36.56	
	150m: 1:43.32 36.07	350m: 4:09.35	36.51 550m: 6:35.37	36.62	750m: 9:01.35	36.46	
	200m: 2:19.74 36.42	400m: 4:45.72	36.37 600m: 7:11.77	36.40	800m: 9:36.90	35.55	
8.	LIGEIRO Daniela Silva	04	Viana Natacao	9:37.53	+0,63	571	
	50m: 32.58 32.58	250m: 2:57.21	36.52 450m: 5:24.58	36.43	650m: 7:50.58	36.31	
	100m: 1:07.97 35.39	300m: 3:34.02	36.81 500m: 6:01.00	36.42	700m: 8:27.27	36.69	
	150m: 1:44.06 36.09	350m: 4:11.17	37.15 550m: 6:37.88	36.88	750m: 9:03.24	35.97	
	200m: 2:20.69 36.63	400m: 4:48.15	36.98 600m: 7:14.27	36.39	800m: 9:37.53	34.29	

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PARCEIROS



Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	MONTEIRO Barbara Oliveira	04	Braga	9:37.82		570	
	50m: 32.79 32.79	250m: 2:56.81	36.40	450m: 5:24.13	36.98	650m: 7:51.03	36.59
	100m: 1:08.14 35.35	300m: 3:33.54	36.73	500m: 6:00.81	36.68	700m: 8:27.95	36.92
	150m: 1:44.03 35.89	350m: 4:10.23	36.69	550m: 6:37.64	36.83	750m: 9:04.53	36.58
	200m: 2:20.41 36.38	400m: 4:47.15	36.92	600m: 7:14.44	36.80	800m: 9:37.82	33.29
10.	GASPAR Beatriz Ferreira	04	Uniao Coimbra	9:41.99	+0,74	558	
	50m: 32.30 32.30	250m: 2:56.56	36.34	450m: 5:23.42	37.01	650m: 7:52.44	37.10
	100m: 1:07.92 35.62	300m: 3:33.18	36.62	500m: 6:00.76	37.34	700m: 8:29.64	37.20
	150m: 1:43.87 35.95	350m: 4:09.65	36.47	550m: 6:37.99	37.23	750m: 9:06.48	36.84
	200m: 2:20.22 36.35	400m: 4:46.41	36.76	600m: 7:15.34	37.35	800m: 9:41.99	35.51
11.	AMANTES Beatriz Quintao	03	Uniao Piedense	9:47.54	+0,61	543	
	50m: 32.09 32.09	250m: 2:58.72	37.44	450m: 5:28.96	37.59	650m: 7:59.15	37.48
	100m: 1:07.66 35.57	300m: 3:36.34	37.62	500m: 6:06.31	37.35	700m: 8:36.94	37.79
	150m: 1:44.16 36.50	350m: 4:13.97	37.63	550m: 6:44.03	37.72	750m: 9:13.37	36.43
	200m: 2:21.28 37.12	400m: 4:51.37	37.40	600m: 7:21.67	37.64	800m: 9:47.54	34.17
12.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	9:48.31	+0,76	540	
	50m: 32.76 32.76	250m: 2:58.06	37.02	450m: 5:27.03	37.46	650m: 7:57.26	37.74
	100m: 1:08.39 35.63	300m: 3:34.83	36.77	500m: 6:04.40	37.37	700m: 8:34.98	37.72
	150m: 1:44.57 36.18	350m: 4:12.17	37.34	550m: 6:41.76	37.36	750m: 9:12.12	37.14
	200m: 2:21.04 36.47	400m: 4:49.57	37.40	600m: 7:19.52	37.76	800m: 9:48.31	36.19
13.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	9:50.01		536	
	50m: 32.14 32.14	250m: 2:56.01	36.47	450m: 5:22.95	36.68	650m: 7:55.04	39.19
	100m: 1:07.20 35.06	300m: 3:32.56	36.55	500m: 6:00.17	37.22	700m: 8:34.00	38.96
	150m: 1:43.13 35.93	350m: 4:09.26	36.70	550m: 6:37.86	37.69	750m: 9:12.38	38.38
	200m: 2:19.54 36.41	400m: 4:46.27	37.01	600m: 7:15.85	37.99	800m: 9:50.01	37.63
DNS	INACIO Marta Macedo	04	Sporting				

Prova 34

Masc., 50m Bruços

Absolutos

22-12-2019 - 16:30

Resultados Final

RN25 Absoluto	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Sen	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Jun18	28.55	CAPITAO Simao Miguel	CLAMAS	Senhora da Hora	24-05-2015
RN25 Jun17	28.56	AGOSTINHO Pedro Miguel	SLB	S. António Cavaleiros	03-05-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	JUNIOR Luis Cabral	03	Belenenses	29.02	+0,67	658	
2.	PEREIRA Ricardo Samuel	03	Benfica	29.17	+0,66	648	
3.	NUNES Francisco Costa	02	Sporting	29.49	+0,69	627	
4.	MATEUS Diogo Garcez	02	AONDA-Azeitao	30.00		596	
5.	LOPES Luis Afonso	03	Viver Santarem	30.29	+0,68	579	
6.	MATIAS Rafael Candeias	03	Natacao de Lagos	30.36	+0,76	575	
7.	CARVALHO Renato Miguel	03	Galitos / Bresimar	30.97	+0,57	541	
8.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	31.18	+0,65	531	

Prova 34, Masc., 50m Bruços, Final

Seniores

1.	SANTOS Alexis Manacas <i>Rec Nacional, Sen e Abs</i>	92	Sporting	27.12	+0,66	807
2.	QUINTAS Francisco Robalo	95	Belenenses	27.50	+0,64	774
3.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	27.61	+0,74	764
4.	AMORIM Alexandre Ferreira	99	Porto	27.64	+0,48	762
5.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	28.48	+0,63	696
6.	FRISCHKNECHT Renato Barros	01	Alges	28.52	+0,59	693
7.	CARVALHO Ruben Paiva	94	Academica de Coimbra	28.55	+0,63	691
8.	SIMOES Rafael Gomes	00	Braga	28.98	+0,77	661

Prova 35

Femin., 50m Bruços

Absolutos

22-12-2019 - 16:30

Resultados Final

RN25 Absoluto	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Sen	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Jun17	32.09	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	31.46	RODRIGUES Ana Pinho	AEJ	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	CERDEIRA Madalena Reis	03	Sporting	33.43	+0,73	623
2.	FERREIRA Margarida Filipe	04	Cova da Piedade	33.44	+0,72	622
3.	FIAL Sofia Nunes	03	Estamos Juntos	33.55	+0,73	616
4.	MORAIS Margarida Mateus	04	Torres Novas	34.40	+0,71	572
5.	PEREIRA Maria Gomes	04	Alges	34.62		561
6.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	34.88		548
7.	DOMINGUES Luana Pinto	03	BA-Leiria	34.98	+0,64	544
8.	VIANA Carolina Pereira	04	Aquatico Silves	35.15	+0,71	536

Seniores

1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	30.96	+0,65	785
2.	KAMINSKAYA Victoria	95	Benfica	32.76	+0,72	662
3.	OLIVEIRA Rosa Maria	96	Porto	33.52	+0,70	618
4.	PEREIRA Clara Gomes	02	Alges	33.55	+0,70	616
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	33.75	+0,61	605
6.	BARATA Barbara Sofia	97	Alges	33.84		601
7.	TEIXEIRA Ines Oliveira	02	Estarreja	33.91	+0,64	597
8.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	34.36	+0,70	574

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PARCEIROS INSTITUCIONAIS



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PARCEIROS



Prova 36 Masc., 100m Costas Absolutos
22-12-2019 - 16:55 Resultados Final

RN25 Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	53.88	SANTOS Alexis Manacas	SCP	Leiria	05-12-2009
RN25 Jun17	54.97	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	COSTA Diogo Santos	02	Colegio Monte Maior	55.34	+0,51	689
	50m: 26.85 26.85	100m: 55.34	28.49			
2.	ROCHA Ricardo Filipe	02	Aquatico Pacense	55.42	+0,52	686
	50m: 27.23 27.23	100m: 55.42	28.19			
3.	ALFAMA Martim Primavera	02	Geslours	55.84	+0,53	670
	50m: 26.60 26.60	100m: 55.84	29.24			
4.	CASTRO Duarte Monteiro	03	Porto	56.43	+0,57	649
	50m: 27.26 27.26	100m: 56.43	29.17			
5.	DOMINGOS Ruy Manuel	02	Sporting	57.62	+0,63	610
	50m: 27.77 27.77	100m: 57.62	29.85			
6.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	58.10	+0,84	595
	50m: 28.23 28.23	100m: 58.10	29.87			
	GOMES Tomas Nogueira	03	Uniao Piedense	58.10	+0,58	595
	50m: 28.21 28.21	100m: 58.10	29.89			
8.	MAGALHAES Hugo Nunes	02	Alges	59.01	+0,61	568
	50m: 28.00 28.00	100m: 59.01	31.01			

Seniores

1.	SANTOS Francisco Rogerio	98	Sporting	52.71	+0,57	797
	50m: 25.52 25.52	100m: 52.71	27.19			
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	54.29	+0,55	729
	50m: 26.07 26.07	100m: 54.29	28.22			
3.	PINHO Manuel Antonio	01	Feirense	56.37	+0,61	652
	50m: 27.56 27.56	100m: 56.37	28.81			
4.	FERNANDES Joao Diogo	98	Belenenses	56.66	+0,78	642
	50m: 26.60 26.60	100m: 56.66	30.06			
5.	FIDALGO Mateus Valente	01	Estarreja	56.95	+0,54	632
	50m: 27.03 27.03	100m: 56.95	29.92			
6.	PIRES Ricardo Saraiva	98	Laranjeiro	57.17	+0,59	625
	50m: 27.78 27.78	100m: 57.17	29.39			
7.	MACHADO Bruno Rafael	01	Porto	57.35	+0,51	619
	50m: 27.16 27.16	100m: 57.35	30.19			
8.	CORREIA Joao Mota	97	Benfica	57.59	+0,65	611
	50m: 27.75 27.75	100m: 57.59	29.84			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 37
22-12-2019 - 17:00

Femin., 100m Costas

Absolutos
Resultados Final

RN25 Absoluto	59.61	AZEVEDO Rafaela Gomes	SAD	Algés	29-06-2019
RN25 Sen	59.68	AZEVEDO Rafaela Gomes	SAD	Felgueiras	20-12-2019
RN25 Jun17	59.61	AZEVEDO Rafaela Gomes	SAD	Algés	29-06-2019
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto	08-12-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	1:01.16	+0,59	728	
	50m: 29.54 29.54	100m: 1:01.16	31.62				
2.	AMADO Maria Lopes	04	Nautico Marinha Grande	1:04.17	+0,76	630	
	50m: 30.82 30.82	100m: 1:04.17	33.35				
3.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:04.67	+0,66	616	
	50m: 31.19 31.19	100m: 1:04.67	33.48				
4.	MARQUES Maria Vieira	04	Natacao de Vagos	1:05.82	+0,65	584	
	50m: 31.15 31.15	100m: 1:05.82	34.67				
5.	PEIXEIRA Filipa Ramos	03	Sporting	1:06.20	+0,63	574	
	50m: 31.76 31.76	100m: 1:06.20	34.44				
6.	MARQUES Mariana Nunes	03	Estarreja	1:06.21	+0,45	574	
	50m: 32.32 32.32	100m: 1:06.21	33.89				
7.	CRUZ Sara Moura	03	Alges	1:06.48	+0,60	567	
	50m: 32.22 32.22	100m: 1:06.48	34.26				
8.	RAMOS Ines Asseiceira	03	Torres Novas	1:07.32	+0,59	546	
	50m: 32.25 32.25	100m: 1:07.32	35.07				

Seniores

1.	AZEVEDO Rafaela Gomes	02	Alges	58.65	+0,83	826	
	<i>Rec Nacional, Sen e Abs</i>						
	50m: 28.37 28.37	100m: 58.65	30.28				
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	1:01.03	+0,57	733	
	50m: 29.84 29.84	100m: 1:01.03	31.19				
3.	FRISCHKNECHT Rita Barros	98	Alges	1:01.56	+0,61	714	
	50m: 29.56 29.56	100m: 1:01.56	32.00				
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:02.90	+0,48	669	
	50m: 30.42 30.42	100m: 1:02.90	32.48				
5.	FREIXO Juliana Lima	97	Braga	1:04.60	+0,56	618	
	50m: 31.58 31.58	100m: 1:04.60	33.02				
6.	CABRAL Maria Francisca	00	Porto	1:04.63	+0,57	617	
	50m: 31.68 31.68	100m: 1:04.63	32.95				
7.	FERREIRA Catarina Maria	98	Porto	1:05.43	+0,56	594	
	50m: 31.92 31.92	100m: 1:05.43	33.51				
8.	NUNES Sofia Alexandra	00	Laranjeiro	1:06.01	+0,59	579	
	50m: 31.71 31.71	100m: 1:06.01	34.30				

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PARCEIROS



Prova 38
22-12-2019 - 17:05

Masc., 200m Mariposa

Absolutos
Resultados Final

RN25 Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Sen	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Jun18	1:58.64	CARVALHO Diogo Filipe	CGA	Tomar	09-12-2005
RN25 Jun17	1:59.93	CARVALHO Diogo Filipe	CGA	Mealhada	05-03-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	2:03.47	+0,69	673	
	50m: 27.76 27.76	100m: 59.40	31.64	150m: 1:32.18	32.78	200m: 2:03.47	31.29
2.	GORDO Salvador Vieira	03	Sporting	2:03.49	+0,59	673	
	50m: 27.71 27.71	100m: 59.10	31.39	150m: 1:31.58	32.48	200m: 2:03.49	31.91
3.	CARNEIRO Joao Soares	03	Benfica	2:03.82	+0,67	668	
	50m: 27.71 27.71	100m: 58.94	31.23	150m: 1:31.39	32.45	200m: 2:03.82	32.43
4.	DIAS Rodrigo Reis	03	Belenenses	2:06.45	+0,68	627	
	50m: 28.00 28.00	100m: 1:00.49	32.49	150m: 1:33.27	32.78	200m: 2:06.45	33.18
5.	MARTYN David	03	Benedita	2:08.44	+0,68	598	
	50m: 29.43 29.43	100m: 1:02.19	32.76	150m: 1:35.03	32.84	200m: 2:08.44	33.41
6.	AMARAL Francisco Rodriguez	02	Campinho	2:08.92	+0,69	591	
	50m: 28.91 28.91	100m: 1:00.88	31.97	150m: 1:34.08	33.20	200m: 2:08.92	34.84
7.	LEAL Dinis Barros	03	Aquatico Pacense	2:08.94	+0,69	591	
	50m: 28.51 28.51	100m: 1:01.43	32.92	150m: 1:34.81	33.38	200m: 2:08.94	34.13
8.	PINTO Pedro Miguel	02	Sporting	2:09.02	+0,73	590	
	50m: 28.74 28.74	100m: 1:01.84	33.10	150m: 1:35.13	33.29	200m: 2:09.02	33.89

Seniores

1.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	1:56.64	+0,70	799	
	50m: 25.86 25.86	100m: 55.42	29.56	150m: 1:25.54	30.12	200m: 1:56.64	31.10
2.	CORDEIRO Tiago Roberto	00	Benfica	1:58.93	+0,69	753	
	50m: 26.89 26.89	100m: 57.33	30.44	150m: 1:27.80	30.47	200m: 1:58.93	31.13
3.	LOPES Jose Paulo	00	Braga	1:59.86	+0,64	736	
	50m: 26.95 26.95	100m: 57.81	30.86	150m: 1:28.82	31.01	200m: 1:59.86	31.04
4.	SANTOS Pedro Andre	94	Alges	2:00.68	+0,76	721	
	50m: 27.01 27.01	100m: 57.68	30.67	150m: 1:28.99	31.31	200m: 2:00.68	31.69
5.	MENDES Antonio Manuel	99	Sporting	2:02.09	+0,63	696	
	50m: 27.34 27.34	100m: 58.23	30.89	150m: 1:30.22	31.99	200m: 2:02.09	31.87
6.	COSTA Andre Gouveia	01	Condeixa Clube	2:02.36	+0,67	692	
	50m: 26.98 26.98	100m: 58.20	31.22	150m: 1:29.92	31.72	200m: 2:02.36	32.44
7.	CRISTINO David Matias	01	Uniao Piedense	2:03.11	+0,79	679	
	50m: 28.12 28.12	100m: 59.64	31.52	150m: 1:31.29	31.65	200m: 2:03.11	31.82
8.	CARVALHO Andre Antunes	96	Sporting	2:03.18	+0,74	678	
	50m: 27.56 27.56	100m: 58.90	31.34	150m: 1:30.91	32.01	200m: 2:03.18	32.27

ORGANIZAÇÃO



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Prova 39
22-12-2019 - 17:10

Femin., 200m Mariposa

Absolutos
Resultados Final

RN25 Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Sen	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Jun17	2:10.12	CRUZ Sara Francisco	ADBA	Leiria	04-12-2009
RN25 Jun16	2:13.60	FRANCISCO Ana Rita	POR	Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	MOURA Maria Ferreira	04	Sporting	2:16.88	+0,74	667	
	50m: 30.02 30.02	100m: 1:04.15	34.13 150m: 1:40.12	35.97	200m: 2:16.88	36.76	
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	2:20.13	+0,72	621	
	50m: 30.80 30.80	100m: 1:06.06	35.26 150m: 1:42.90	36.84	200m: 2:20.13	37.23	
3.	DOMINGUES Luana Pinto	03	BA-Leiria	2:20.63	+0,64	615	
	50m: 31.17 31.17	100m: 1:06.29	35.12 150m: 1:42.73	36.44	200m: 2:20.63	37.90	
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:22.64	+0,74	589	
	50m: 31.22 31.22	100m: 1:06.52	35.30 150m: 1:43.89	37.37	200m: 2:22.64	38.75	
5.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	2:24.90	+0,47	562	
	50m: 32.42 32.42	100m: 1:08.53	36.11 150m: 1:46.30	37.77	200m: 2:24.90	38.60	
6.	SILVA Eduarda Reis	03	Famalicao	2:26.66	+0,84	542	
	50m: 32.49 32.49	100m: 1:09.41	36.92 150m: 1:47.80	38.39	200m: 2:26.66	38.86	
7.	MONTEIRO Ana Carolina	04	Uniao Coimbra	2:26.86	+0,71	540	
	50m: 31.58 31.58	100m: 1:08.57	36.99 150m: 1:46.89	38.32	200m: 2:26.86	39.97	
8.	MORGADO Alice Jesus	04	Gesloures	2:27.20	+0,79	536	
	50m: 32.62 32.62	100m: 1:09.75	37.13 150m: 1:47.86	38.11	200m: 2:27.20	39.34	

Seniores

1.	MONTEIRO Ana Catarina <i>Minimos CMundo PC</i>	93	Vilacondense	2:08.91	+0,71	798	
	50m: 28.94 28.94	100m: 1:01.06	32.12 150m: 1:34.36	33.30	200m: 2:08.91	34.55	
2.	HENRIQUES Ines Jacinto	00	Sporting	2:12.42	+0,73	736	
	50m: 29.74 29.74	100m: 1:03.30	33.56 150m: 1:37.56	34.26	200m: 2:12.42	34.86	
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	2:13.59	+0,77	717	
	50m: 30.08 30.08	100m: 1:03.63	33.55 150m: 1:38.33	34.70	200m: 2:13.59	35.26	
4.	LIMA Lia Ana	01	Alges	2:14.65	+0,76	700	
	50m: 30.15 30.15	100m: 1:03.97	33.82 150m: 1:39.34	35.37	200m: 2:14.65	35.31	
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	2:16.73	+0,61	669	
	50m: 30.78 30.78	100m: 1:05.35	34.57 150m: 1:41.01	35.66	200m: 2:16.73	35.72	
6.	BARBOSA Mariana Fernandes	02	Porto	2:18.26	+0,72	647	
	50m: 30.60 30.60	100m: 1:06.18	35.58 150m: 1:41.29	35.11	200m: 2:18.26	36.97	
7.	GRAVETO Ana Raquel	02	Benfica	2:18.40	+0,77	645	
	50m: 30.89 30.89	100m: 1:06.11	35.22 150m: 1:42.21	36.10	200m: 2:18.40	36.19	
8.	BARATA Barbara Sofia	97	Alges	2:22.25	+0,67	594	
	50m: 31.94 31.94	100m: 1:07.75	35.81 150m: 1:44.89	37.14	200m: 2:22.25	37.36	

Prova 40
22-12-2019 - 17:15

Masc., 200m Livres

Absolutos
Resultados Final

RN25 Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Sen	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Jun18	1:47.73	VENANCIO Tiago Andre	POR	Viena (AUT)	12-12-2004
RN25 Jun17	1:50.28	LOPES Tomas Teixeira	FOCA	Felgueiras	28-04-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	LOPES Tomas Teixeira	02	Foca Quinta da Lixa CNF	1:49.15	+0,64	754	
	50m: 25.22 25.22	100m: 52.65	27.43	150m: 1:20.81	28.16	200m: 1:49.15	28.34
2.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	1:52.00	+0,68	698	
	50m: 26.07 26.07	100m: 54.53	28.46	150m: 1:23.59	29.06	200m: 1:52.00	28.41
3.	MACHADO Tiago Andrade	02	Galitos / Bresimar	1:53.07	+0,65	678	
	50m: 26.24 26.24	100m: 54.42	28.18	150m: 1:23.78	29.36	200m: 1:53.07	29.29
4.	NUNES Francisco Costa	02	Sporting	1:53.11	+0,72	678	
	50m: 26.15 26.15	100m: 54.66	28.51	150m: 1:23.99	29.33	200m: 1:53.11	29.12
5.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	1:53.12	+0,76	677	
	50m: 26.33 26.33	100m: 55.24	28.91	150m: 1:24.84	29.60	200m: 1:53.12	28.28
6.	JACINTO Rafael Rodrigues	02	Belenenses	1:54.79	+0,65	648	
	50m: 26.95 26.95	100m: 56.15	29.20	150m: 1:25.65	29.50	200m: 1:54.79	29.14
DNS	SIMOES Bernardo Jorge	02	Torres Novas				

Seniores

1.	VELOSO Tomas Miguel	96	Nautico Coimbra	1:47.69	+0,63	785	
	50m: 25.77 25.77	100m: 52.99	27.22	150m: 1:20.38	27.39	200m: 1:47.69	27.31
2.	RAMOS Bruno Miguel	97	Belenenses	1:47.79	+0,68	783	
	50m: 25.66 25.66	100m: 53.13	27.47	150m: 1:20.65	27.52	200m: 1:47.79	27.14
3.	MOGNE Igor Araujo	96	Sporting	1:48.58	+0,73	766	
	50m: 25.59 25.59	100m: 52.89	27.30	150m: 1:20.77	27.88	200m: 1:48.58	27.81
4.	SANTOS Joao Duarte	95	Natacao de Olhao	1:51.17	+0,69	714	
	50m: 26.03 26.03	100m: 54.29	28.26	150m: 1:22.99	28.70	200m: 1:51.17	28.18
5.	BATE Afonso Ribeiro	98	Alges	1:51.69	+0,68	704	
	50m: 26.11 26.11	100m: 54.75	28.64	150m: 1:23.44	28.69	200m: 1:51.69	28.25
6.	PINHO Manuel Antonio	01	Feirense	1:52.42	+0,58	690	
	50m: 26.17 26.17	100m: 54.65	28.48	150m: 1:24.14	29.49	200m: 1:52.42	28.28
7.	SANTOS Pedro Miguel	01	Porto	1:52.81	+0,65	683	
	50m: 26.63 26.63	100m: 54.49	27.86	150m: 1:23.50	29.01	200m: 1:52.81	29.31
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	1:52.85	+0,64	682	
	50m: 26.26 26.26	100m: 54.97	28.71	150m: 1:24.37	29.40	200m: 1:52.85	28.48

Prova 41
22-12-2019 - 17:25

Femin., 200m Livres

Absolutos
Resultados Final

RN25 Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	1:59.62	ANDRE Leticia Maia	SLB	Felgueiras	23-12-2018
RN25 Jun16	2:01.12	MARTINS Francisca Soares	FOCA	Felgueiras	27-04-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:01.83	+0,70	744	
	50m: 28.29 28.29	100m: 58.93	30.64	150m: 1:30.19	31.26	200m: 2:01.83	31.64
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:02.30	+0,76	736	
	50m: 29.07 29.07	100m: 1:00.14	31.07	150m: 1:32.01	31.87	200m: 2:02.30	30.29
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	2:05.27	+0,74	685	
	50m: 28.35 28.35	100m: 59.73	31.38	150m: 1:32.51	32.78	200m: 2:05.27	32.76
4.	MOURA Maria Ferreira	04	Sporting	2:07.95	+0,72	642	
	50m: 29.91 29.91	100m: 1:02.01	32.10	150m: 1:35.26	33.25	200m: 2:07.95	32.69
5.	PINHEIRO Ines Mariana	03	Academica de Coimbra	2:08.17	+0,70	639	
	50m: 30.63 30.63	100m: 1:03.51	32.88	150m: 1:36.85	33.34	200m: 2:08.17	31.32
6.	RODRIGUES Joana Francisca	04	Uniao Coimbra	2:08.24	+0,81	638	
	50m: 30.08 30.08	100m: 1:02.81	32.73	150m: 1:35.70	32.89	200m: 2:08.24	32.54
7.	SOARES Carolina Silva	03	Natacao de Valongo	2:08.55	+0,78	633	
	50m: 29.59 29.59	100m: 1:01.89	32.30	150m: 1:35.33	33.44	200m: 2:08.55	33.22
8.	SILVA Camila Alexandra	03	Columbifila Cantanhedense	2:11.19	+0,62	596	
	50m: 30.37 30.37	100m: 1:03.38	33.01	150m: 1:37.32	33.94	200m: 2:11.19	33.87

Seniores

1.	SOUSA Ana Reis	02	Alges	2:03.40	+0,74	716	
	50m: 28.79 28.79	100m: 1:00.15	31.36	150m: 1:32.09	31.94	200m: 2:03.40	31.31
2.	RAMOS Ana Rita	02	Porto	2:04.19	+0,76	703	
	50m: 29.18 29.18	100m: 1:00.18	31.00	150m: 1:32.16	31.98	200m: 2:04.19	32.03
3.	ANDRE Leticia Maia	02	Benfica	2:04.49	+0,69	698	
	50m: 28.95 28.95	100m: 1:00.19	31.24	150m: 1:32.59	32.40	200m: 2:04.49	31.90
4.	AMADOR Joana Costa	01	Galitos / Bresimar	2:05.21	+0,65	686	
	50m: 29.59 29.59	100m: 1:01.21	31.62	150m: 1:33.41	32.20	200m: 2:05.21	31.80
5.	PEGO Isabel Porfirio	01	Fluvial Portuense	2:05.37	+0,71	683	
	50m: 29.33 29.33	100m: 1:00.95	31.62	150m: 1:33.22	32.27	200m: 2:05.37	32.15
6.	PINA Ana Sofia	02	Benfica	2:06.48	+0,70	665	
	50m: 29.18 29.18	100m: 1:00.73	31.55	150m: 1:33.36	32.63	200m: 2:06.48	33.12
7.	FARIA Ana Rita	00	Porto	2:07.75	+0,75	645	
	50m: 29.90 29.90	100m: 1:01.85	31.95	150m: 1:34.74	32.89	200m: 2:07.75	33.01
8.	FRAZAO Alexandra Couto	02	Sporting	2:07.76	+0,75	645	
	50m: 30.06 30.06	100m: 1:02.08	32.02	150m: 1:35.03	32.95	200m: 2:07.76	32.73

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Prova 42
22-12-2019 - 17:30

Masc., 100m Estilos

Absolutos
Resultados Final

RN25 Absoluto	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Sen	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	57.05	+0,66	683
	50m: 26.82 26.82	100m: 57.05	30.23			
2.	COSTA Diogo Santos	02	Colegio Monte Maior	57.47	+0,67	668
	50m: 26.01 26.01	100m: 57.47	31.46			
3.	VAKULYUK Paulo	03	Torres Novas	57.55	+0,63	666
	50m: 25.70 25.70	100m: 57.55	31.85			
4.	ROCHA Ricardo Filipe	02	Aquatico Pacense	57.65	+0,76	662
	50m: 27.41 27.41	100m: 57.65	30.24			
5.	GORDO Salvador Vieira	03	Sporting	58.21	+0,60	643
	50m: 26.83 26.83	100m: 58.21	31.38			
6.	ALFAMA Martim Primavera	02	Geslours	59.41	+0,71	605
	50m: 26.55 26.55	100m: 59.41	32.86			
7.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	59.83	+0,67	592
	50m: 26.66 26.66	100m: 59.83	33.17			
8.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	1:00.53	+0,69	572
	50m: 27.64 27.64	100m: 1:00.53	32.89			

Seniores

1.	SANTOS Alexis Manacas	92	Sporting	53.39	+0,70	834
	50m: 24.33 24.33	100m: 53.39	29.06			
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	53.95	+0,68	808
	50m: 24.86 24.86	100m: 53.95	29.09			
3.	NASCIMENTO Miguel Duarte	95	Benfica	54.73	+0,64	774
	50m: 25.01 25.01	100m: 54.73	29.72			
4.	SANTOS Pedro Andre	94	Alges	54.75	+0,68	773
	50m: 24.72 24.72	100m: 54.75	30.03			
5.	AMORIM Alexandre Ferreira	99	Porto	56.94	+0,65	687
	50m: 26.07 26.07	100m: 56.94	30.87			
6.	DANTAS Diogo Leal	00	Sporting	57.05	+0,62	683
	50m: 25.60 25.60	100m: 57.05	31.45			
7.	FRISCHKNECHT Renato Barros	01	Alges	57.74	+0,59	659
	50m: 26.83 26.83	100m: 57.74	30.91			
8.	SILVA Tomas Antonio	01	Naval do Funchal	58.34	+0,65	639
	50m: 26.56 26.56	100m: 58.34	31.78			

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PARCEIROS



Prova 43 Femin., 100m Estilos
22-12-2019 - 17:35 Absolutos
Resultados Final

RN25 Absoluto	1:01.83	RODRIGUES Ana Pinho	ADS	Felgueiras	23-12-2018
RN25 Sen	1:01.83	RODRIGUES Ana Pinho	ADS	Felgueiras	23-12-2018
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:04.11	ROSA Maria Carolina	SCP	Leiria	06-12-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	CUNHA Mariana Pacheco <i>Rec Nacional, Jun 16</i>	04	Colegio Efanor	1:03.25	+0,73	713
	50m: 29.09 29.09	100m: 1:03.25	34.16			
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	1:05.30	+0,65	648
	50m: 30.00 30.00	100m: 1:05.30	35.30			
3.	PEREIRA Maria Gomes	04	Alges	1:05.44	+0,66	643
	50m: 31.46 31.46	100m: 1:05.44	33.98			
4.	MARQUES Maria Vieira	04	Natacao de Vagos	1:05.66	+0,75	637
	50m: 29.74 29.74	100m: 1:05.66	35.92			
5.	AMADO Maria Lopes	04	Nautico Marinha Grande	1:06.74	+0,65	607
	50m: 30.64 30.64	100m: 1:06.74	36.10			
6.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:07.22	+0,80	594
	50m: 30.72 30.72	100m: 1:07.22	36.50			
7.	SOARES Ines Apolinario	03	Pimpoes/Cimai	1:08.74	+0,82	555
	50m: 31.51 31.51	100m: 1:08.74	37.23			
8.	CERDEIRA Madalena Reis	03	Sporting	1:09.24	+0,74	543
	50m: 33.36 33.36	100m: 1:09.24	35.88			

Seniores

1.	RODRIGUES Ana Pinho <i>Rec Nacional, Sen e Abs</i>	94	Sanjoanense/FEPSA	1:01.58	+0,64	772
	50m: 28.64 28.64	100m: 1:01.58	32.94			
2.	PEREIRA Raquel Gomes	00	Alges	1:02.35	+0,74	744
	50m: 30.13 30.13	100m: 1:02.35	32.22			
3.	FERNANDES Ines Camacho	97	Sporting	1:02.89	+0,71	725
	50m: 27.98 27.98	100m: 1:02.89	34.91			
4.	MACHADO Luisa Maria	01	Uniao Piedense	1:02.97	+0,78	722
	50m: 30.39 30.39	100m: 1:02.97	32.58			
5.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:04.34	+0,61	677
	50m: 28.64 28.64	100m: 1:04.34	35.70			
6.	CARDEAL Joana Nunes	02	Academico Viseu	1:05.71	+0,79	636
	50m: 29.56 29.56	100m: 1:05.71	36.15			
7.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	1:05.92	+0,73	629
	50m: 30.73 30.73	100m: 1:05.92	35.19			
8.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	1:06.63	+0,68	610
	50m: 30.76 30.76	100m: 1:06.63	35.87			

ORGANIZAÇÃO



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PARCEIROS



Prova 46	Masc., 4 x 100m Livres				Absolutos
22-12-2019 - 18:20					Resultados
RN25 Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
RN25 Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
RN25 Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. Sporting-SEN	Sporting		3:18.90	+0,67	779		
SANTOS Francisco Rogerio	+0,67	24.18	50.26	COSTA Tiago Cunha	+0,22	24.60	50.96
MOGNE Igor Araujo	+0,48	23.88	49.84	SANTOS Alexis Manacas	+0,46	23.02	47.84
2. Benfica-SEN	Benfica		3:20.56	+0,63	760		
LEBRE Diogo Ramos	+0,63	24.27	50.78	NASCIMENTO Miguel Duarte	+0,29	22.59	48.00
CORREIA Joao Mota	+0,11	24.25	51.82	MARQUES Miguel Henriques	+0,35	22.74	49.96
3. Alges-SEN	Alges		3:24.26	+0,66	719		
MACHADO Francisco Carvalho	+0,66	24.77	52.10	PON Hugo	+0,14	24.63	51.68
BATE Afonso Ribeiro	+0,33	24.22	50.70	SANTOS Pedro Andre	+0,26	23.62	49.78
4. Belenenses-SEN	Belenenses		3:25.28	+0,66	708		
RAMOS Bruno Miguel	+0,66	24.32	50.12	CORREIA Diogo Carrasco	+0,29	24.93	52.18
PADRELA Joao Esteves	+0,34	24.08	50.18	FERNANDES Joao Diogo	+0,36	24.26	52.80
5. Porto-SEN	Porto		3:26.02	+0,64	701		
NUNES Porfirio Braga	+0,64	23.98	50.67	SANTOS Pedro Miguel	+0,17	24.65	51.69
NUNES Diogo Barbosa	+0,21	24.52	52.07	MACHADO Bruno Rafael	+0,25	23.99	51.59
6. Famalicao-SEN	Famalicao		3:29.03	+0,68	671		
FERNANDES Pedro Miguel	+0,68	24.87	52.25	FARIA Rui Pedro	+0,36	25.21	53.08
VAZ Luis Emanuel	+0,24	24.67	51.82	TINOCO Joao Pereira	+0,31	24.23	51.88
7. Braga-SEN	Braga		3:30.27	+0,63	659		
LOPES Jose Paulo	+0,63	24.75	50.94	RIBEIRO Edgar Oliveira	+0,28	25.04	55.06
SIMOES Rafael Gomes	+0,21	24.43	51.81	MACHADO Ricardo Manuel	+0,14	24.62	52.46
8. Academica de Coimbra-SEN	Academica de Coimbra		3:31.99	+0,64	643		
MADUREIRA Gustavo Almeida	+0,64	23.73	50.05	CARVALHO Ruben Paiva	+0,33	25.24	53.81
CLEMENTE Bernardo Santos	+0,28	25.18	52.99	GASPAR Miguel Caridade	+0,39	26.60	55.14

Juniores

1. Sporting-JUN	Sporting		3:29.59	+0,68	665		
FERNANDES Eduardo Gomes	+0,68	25.04	51.77	DOMINGOS Ruy Manuel	+0,38	24.32	51.49
PINTO Pedro Miguel	+0,38	25.21	53.55	GORDO Salvador Vieira	+0,44	24.92	52.78
2. Galitos / Bresimar-JUN	Galitos / Bresimar		3:31.05	+0,45	652		
MACHADO Tiago Andrade	+0,45	24.98	51.46	RIBEIRO Gustavo Carvalhais	+0,10	23.99	50.50
GONCALVES Jorge Miguel	+0,35	26.09	55.05	FARDILHA Manuel Cruz	+0,39	25.87	54.04
3. Fundacao Beatriz Santos-JUN	Fundacao Beatriz Santos		3:36.83	+0,73	601		
DOMINGUES Ricardo Jorge	+0,73	26.17	54.69	DIAS Joao Pedro	+0,48	26.07	54.54
PAIS Joao Ventura	+0,29	25.36	54.02	PEREIRA Joao Neto	+0,27	25.29	53.58
4. Belenenses-JUN	Belenenses		3:37.78	+0,68	593		
JACINTO Rafael Rodrigues	+0,68	26.84	54.96	GOMES Pedro Pires	+0,15	26.04	55.27
JUNIOR Luis Cabral	+0,38	26.12	54.48	DIAS Rodrigo Reis	+0,36	25.25	53.07
5. Viver Santarem-JUN	Viver Santarem		3:42.53	+0,64	556		
ALVES Rui Chagas	+0,64	26.82	56.06	COUTINHO Guilherme Pereira	+0,66	26.98	55.70
LOPES Luis Afonso	+0,54	26.44	55.48	CRISTOVAO Goncalo Magalhaes	+0,44	26.64	55.29

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
DNS	Torres Novas-JUN				
DNS	Aquatico Pacense-JUN				
DNS	Uniao Piedense-JUN				

Prova 45
22-12-2019 - 18:25

Femin., 4 x 100m Livres

Absolutos
Resultados

RN25 Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Jun	3:54.55	Futebol Clube do Porto	FCP	Felgueiras	23-12-2018

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	Alges-SEN			Alges	3:47.05	+0,81	752	
	AZEVEDO Rafaela Gomes	+0,81	27.78	57.71	SOUSA Ana Reis	+0,40	27.09	56.71
	FRISCHKNECHT Rita Barros	+0,37	26.61	56.13	PEREIRA Raquel Gomes	+0,38	27.16	56.50
2.	Sporting-SEN			Sporting	3:49.75	+0,62	726	
	VIEGAS Beatriz Mendes	+0,62	26.50	56.33	HENRIQUES Ines Jacinto	+0,30	27.85	57.79
	FRAZAO Alexandra Couto	+0,30	28.26	58.75	FERNANDES Ines Camacho	+0,39	27.21	56.88
3.	Porto-SEN			Porto	3:49.95	+0,75	724	
	RAMOS Ana Rita	+0,75	27.82	57.71	FARIA Ana Rita	+0,53	27.77	58.09
	OLIVEIRA Rosa Maria	+0,26	27.70	58.05	FERREIRA Catarina Maria	+0,27	26.42	56.10
4.	Benfica-SEN			Benfica	3:53.21	+0,67	694	
	ANDRE Leticia Maia	+0,67	27.98	58.70	KAMINSKAYA Victoria	+0,47	27.68	57.92
	DURAES Diana Margarida	+0,32	28.13	57.86	PINA Ana Sofia	+0,40	28.31	58.73
5.	Galitos / Bresimar-SEN			Galitos / Bresimar	3:58.01	+0,48	653	
	AMADOR Joana Costa	+0,48	28.49	59.19	MONTEIRO Margarida Cabral	+0,43	29.23	59.88
	RODRIGUES Ana Margarida	+0,36	28.32	59.05	SANTOS Ana Pedro	+0,11	28.14	59.89
6.	Academica de Coimbra-SEN			Academica de Coimbra	3:58.57	+0,64	648	
	TEJO Beatriz Costa	+0,64	28.25	59.29	NEVES Ana Carolina	+0,49	28.20	59.74
	MOREIRA Matilde Freitas	+0,37	28.29	59.81	CRAVEIRO Beatriz Neves	+0,42	28.56	59.73
7.	Natacao de Lisboa-SEN			Natacao de Lisboa	4:02.05	+0,76	621	
	MESTRE Catarina Martins	+0,76	28.31	59.09	FERREIRA Ana Raquel	+0,22	28.60	1:00.75
	LEITAO Rita Fernandes	+0,36	28.08	59.92	FERREIRA Catarina Trigo	+0,31	29.30	1:02.29

Juniores

1.	Sporting-JUN			Sporting	4:03.39	+0,73	611	
	DELFINO Mariana Morais	+0,73	29.13	1:00.45	MARTINS Joana Ribeiro	+0,45	29.86	1:01.80
	PEIXEIRA Filipa Ramos	+0,33	29.09	1:01.17	MOURA Maria Ferreira	+0,47	28.47	59.97
2.	Gesloures-JUN			Gesloures	4:08.78	+0,72	572	
	NEVES Leonor Maria	+0,72	29.28	1:01.79	MORGADO Alice Jesus	+0,53	29.89	1:02.91
	BRANCOURT Yonina	+0,50	29.53	1:02.58	RODRIGUES Sofia Vilardell	+0,51	29.14	1:01.50