

Prova 1  
30/10/2022 - 9:00

Femin., 800m Livres

Absolutos  
Resultados

Rec Nac Absoluto	8:20.97	Diana Margarida DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac Sen	8:20.97	Diana Margarida DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac Jun17	8:32.83	Tamila Hryhorivna HOLUB	SCB	Porto	13/12/2015
Rec Nac Jun16	8:45.41	Tamila Hryhorivna HOLUB	SCB	Porto	21/12/2014
Rec Nac Juv A	8:46.74	Ana Claudia SANTOS	SFUAP	Cantanhede	19/12/2004
Rec Nac Juv B	9:00.27	Alexandra Maria SILVA	FCP	Antibes (FRA)	20/12/1980
Rec Nac Inf A	9:03.90	Alexandra Maria SILVA	FCP	Porto	13/07/1980
Rec Nac Inf B	9:33.95	Filipa Vilas RUIVO	DNMG	Nazaré	16/05/2009

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Mafalda Sofia ROSA	03	127310	Rio Maior	<b>8:58.97</b>	+0,76	703	24,0(-)
	50m: 29.82 29.82	300m: 3:19.01 1:06.94	600m: 6:42.41 1:07.90					
	100m: 1:00.59 30.77	400m: 4:26.56 1:07.55	700m: 7:50.97 1:08.56					
	200m: 2:12.07 1:11.48	500m: 5:34.51 1:07.95	800m: 8:58.97 1:08.00					
2.	Mariana Coelho SANTOS	04	130838	Lagoa AC	<b>9:13.57</b>	+0,91	649	22,0(-)
	50m: 32.53 32.53	300m: 3:36.02 1:14.27	600m: 7:21.37 1:15.58					
	100m: 1:08.59 36.06	400m: 4:50.99 1:14.97	700m: 8:36.44 1:15.07					
	200m: 2:21.75 1:13.16	500m: 6:05.79 1:14.80	800m: 9:13.57 37.13					
3.	Bianca Filipa ALMEIDA	07	204110	Alges e Agueda XXI	<b>9:53.05</b>	+0,83	528	21,0(-)
	50m: 31.85 31.85	300m: 3:34.48 1:14.55	600m: 7:22.43 1:16.70					
	100m: 1:06.56 34.71	400m: 4:49.92 1:15.44	700m: 8:38.31 1:15.88					
	200m: 2:19.93 1:13.37	500m: 6:05.73 1:15.81	800m: 9:53.05 1:14.74					
4.	Rafaela Canano SILVA	04	129929	Viver Santarem	<b>9:55.03</b>	+0,78	522	20,0(-)
	50m: 33.49 33.49	300m: 3:39.64 1:15.61	600m: 7:25.69 1:15.70					
	100m: 1:46.92 1:13.43	400m: 4:55.60 1:15.96	700m: 8:41.25 1:15.56					
	200m: 2:24.03 37.11	500m: 6:09.99 1:14.39	800m: 9:55.03 1:13.78					
5.	Ana Teresa ROMAO	06	200128	Naval de Faro	<b>10:00.81</b>	+0,76	507	19,0(-)
	50m: 32.32 32.32	500m: 6:09.96 1:15.71	700m: 8:46.61 1:17.94					
	400m: 4:54.25 4:21.93	600m: 7:28.67 1:18.71	800m: 10:00.81 1:14.20					
6.	Matilde Violante VIANA	07	205552	CNLeiria	<b>10:03.19</b>	+0,91	501	18,0(-)
	50m: 33.14 33.14	300m: 3:39.85 1:16.17	600m: 7:29.98 1:17.27					
	100m: 1:09.03 35.89	400m: 4:56.27 1:16.42	700m: 8:47.31 1:17.33					
	200m: 2:23.68 1:14.65	500m: 6:12.71 1:16.44	800m: 10:03.19 1:15.88					
7.	Diana Patricia NEVES	06	130031	Naval da Horta	<b>10:08.38</b>		489	17,0(-)
	50m: 34.34 34.34	250m: 3:03.96 38.15	450m: 5:38.36 39.24	650m: 8:13.31 38.93				
	100m: 1:10.98 36.64	300m: 3:42.30 38.34	500m: 6:16.79 38.43	700m: 8:52.68 39.37				
	150m: 1:48.07 37.09	350m: 4:20.44 38.14	550m: 6:55.31 38.52	750m: 9:31.24 38.56				
	200m: 2:25.81 37.74	400m: 4:59.12 38.68	600m: 7:34.38 39.07	800m: 10:08.38 37.14				
8.	Susana Pereira VEIGA	00	121936	Colegio Vasco da Gama	<b>10:16.32</b>	+0,89	470	16,0(-)
	50m: 34.71 34.71	250m: 3:04.85 37.97	450m: 5:40.16 39.18	650m: 8:18.70 39.58				
	100m: 1:11.71 37.00	300m: 3:43.48 38.63	500m: 6:19.54 39.38	700m: 8:58.37 39.67				
	150m: 1:49.34 37.63	350m: 4:22.06 38.58	550m: 6:59.20 39.66	750m: 9:37.98 39.61				
	200m: 2:26.88 37.54	400m: 5:00.98 38.92	600m: 7:39.12 39.92	800m: 10:16.32 38.34				
9.	Catarina Soares ARAUJO	09	205861	Penafiel	<b>10:21.19</b>	+0,56	459	15,0(-)
	50m: 34.30 34.30	300m: 4:33.11 1:37.37	600m: 9:28.23 1:38.51					
	100m: 1:21.70 47.40	400m: 6:11.08 1:37.97	700m: 11:06.09 1:37.86					
	200m: 2:55.74 1:34.04	500m: 7:49.72 1:38.64	800m: 10:21.19					
10.	Francisca Santos FERNANDES	08	144798	Miranda do Corvo	<b>10:23.59</b>	+0,75	454	14,0(-)
	50m: 34.15 34.15	250m: 3:09.92 39.30	450m: 5:47.39 38.86	650m: 8:28.63 40.59				
	100m: 1:12.50 38.35	300m: 3:49.14 39.22	500m: 6:26.24 38.85	700m: 9:09.08 40.45				
	150m: 1:51.52 39.02	350m: 4:28.67 39.53	550m: 7:06.52 40.28	750m: 9:47.59 38.51				
	200m: 2:30.62 39.10	400m: 5:08.53 39.86	600m: 7:48.04 41.52	800m: 10:23.59 36.00				
11.	Leonor Garcia FERNANDES	07	200857	O Crasto	<b>10:24.72</b>	+0,72	451	13,0(-)
	50m: 33.13 33.13	300m: 3:43.14 1:18.16	600m: 7:43.75 1:21.31					
	100m: 1:09.51 36.38	400m: 5:02.20 1:19.06	700m: 9:05.24 1:21.49					
	200m: 2:24.98 1:15.47	500m: 6:22.44 1:20.24	800m: 10:24.72 1:19.48					



Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
12.	Alana Costa MATIAS	09	209589	Uniao Coimbra	<b>10:26.11</b>	+0,80	448	12,0(-)
	50m: 34.04 34.04		250m: 3:09.96	39.78	450m: 5:48.67	39.57	650m: 8:30.46	40.45
	100m: 1:12.06 38.02		300m: 3:49.35	39.39	500m: 6:28.92	40.25	700m: 9:10.68	40.22
	150m: 1:50.84 38.78		350m: 4:29.02	39.67	550m: 7:09.41	40.49	750m: 9:49.98	39.30
	200m: 2:30.18 39.34		400m: 5:09.10	40.08	600m: 7:50.01	40.60	800m: 10:26.11	36.13
13.	Filipa Maria PEREIRA	06	201139	Aminata	<b>10:26.87</b>	+0,86	447	11,0(-)
	50m: 34.90 34.90		250m: 3:09.64	39.25	450m: 5:48.54	39.92	650m: 8:28.93	40.75
	100m: 1:12.74 37.84		300m: 3:48.90	39.26	500m: 6:27.74	39.20	700m: 9:09.94	41.01
	150m: 1:51.47 38.73		350m: 4:28.83	39.93	550m: 7:07.28	39.54	750m: 9:49.22	39.28
	200m: 2:30.39 38.92		400m: 5:08.62	39.79	600m: 7:48.18	40.90	800m: 10:26.87	37.65
14.	Violante Pascoal FONTOURA	97	101153	CLIP Teams	<b>10:39.86</b>	+0,89	420	10,0(-)
	50m: 33.38 33.38		250m: 3:11.81	40.53	450m: 5:56.09	40.84	650m: 8:39.71	41.06
	100m: 1:11.19 37.81		300m: 3:52.69	40.88	500m: 6:36.88	40.79	700m: 9:20.29	40.58
	150m: 1:51.02 39.83		350m: 4:34.04	41.35	550m: 7:17.93	41.05	750m: 10:00.82	40.53
	200m: 2:31.28 40.26		400m: 5:15.25	41.21	600m: 7:58.65	40.72	800m: 10:39.86	39.04
15.	Patricia Alexandra KVAS	06	208262	Sao Joao Ver	<b>10:46.07</b>	+0,79	408	9,0(-)
	50m: 34.38 34.38		250m: 3:12.98	40.88	450m: 5:57.06	40.90	650m: 8:42.41	41.39
	100m: 1:12.66 38.28		300m: 3:53.85	40.87	500m: 6:38.78	41.72	700m: 9:24.10	41.69
	150m: 1:52.10 39.44		350m: 4:34.83	40.98	550m: 7:19.73	40.95	750m: 10:06.47	42.37
	200m: 2:32.10 40.00		400m: 5:16.16	41.33	600m: 8:01.02	41.29	800m: 10:46.07	39.60
16.	Leonor Caetano MOREIRA	06	144594	Vieirense	<b>10:50.95</b>	+0,91	399	8,0(-)
	50m: 34.83 34.83		250m: 3:14.12	40.34	450m: 5:57.67	41.18	650m: 8:45.81	42.19
	100m: 1:13.64 38.81		300m: 3:54.75	40.63	500m: 6:39.56	41.89	700m: 9:28.01	42.20
	150m: 1:53.25 39.61		350m: 4:35.44	40.69	550m: 7:21.40	41.84	750m: 10:09.47	41.46
	200m: 2:33.78 40.53		400m: 5:16.49	41.05	600m: 8:03.62	42.22	800m: 10:50.95	41.48
17.	Sofia Isabel SANTOS	04	144708	Naval de Ponta Delgada	<b>10:51.16</b>		398	7,0(-)
	50m: 35.00 35.00		250m: 3:16.26	41.26	450m: 6:01.60	41.84	650m: 8:47.23	40.79
	100m: 1:13.56 38.56		300m: 3:57.72	41.46	500m: 6:43.70	42.10	700m: 9:28.48	41.25
	150m: 1:54.09 40.53		350m: 4:38.61	40.89	550m: 7:25.20	41.50	750m: 10:10.01	41.53
	200m: 2:35.00 40.91		400m: 5:19.76	41.15	600m: 8:06.44	41.24	800m: 10:51.16	41.15
18.	Maria Leonor MOUTINHO	08	213221	Natacao da Maia	<b>11:06.16</b>	+0,93	372	6,0(-)
	50m: 35.59 35.59		250m: 3:19.33	41.05	450m: 6:06.94	41.94	650m: 8:57.44	43.03
	100m: 1:15.94 40.35		300m: 4:00.81	41.48	500m: 6:49.00	42.06	700m: 9:40.62	43.18
	150m: 1:57.28 41.34		350m: 4:42.61	41.80	550m: 7:31.38	42.38	750m: 10:23.46	42.84
	200m: 2:38.28 41.00		400m: 5:25.00	42.39	600m: 8:14.41	43.03	800m: 11:06.16	42.70
19.	Alice Mendes MACEDO	08	208163	Estamos Juntos	<b>11:08.90</b>		367	5,0(-)
	50m: 36.18 36.18		250m: 3:22.17	42.99	450m: 6:12.59	43.03	650m: 9:02.99	43.24
	100m: 1:16.14 39.96		300m: 4:03.96	41.79	500m: 6:55.47	42.88	700m: 9:44.80	41.81
	150m: 1:57.49 41.35		350m: 4:46.94	42.98	550m: 7:37.51	42.04	750m: 10:27.30	42.50
	200m: 2:39.18 41.69		400m: 5:29.56	42.62	600m: 8:19.75	42.24	800m: 11:08.90	41.60
20.	Sara Francisca NOBREGA	08	209056	Sao Roque	<b>11:28.55</b>	+0,56	337	4,0(-)
	50m: 37.69 37.69		250m: 3:26.30	42.90	450m: 6:22.12	43.96	650m: 9:20.94	43.90
	100m: 1:18.16 40.47		300m: 4:09.48	43.18	500m: 7:07.30	45.18	700m: 10:04.63	43.69
	150m: 2:00.76 42.60		350m: 4:53.84	44.36	550m: 7:52.11	44.81	750m: 10:47.09	42.46
	200m: 2:43.40 42.64		400m: 5:38.16	44.32	600m: 8:37.04	44.93	800m: 11:28.55	41.46
21.	Matilde Franco BARBOSA	10	206290	Propaganda da Natacao	<b>11:47.38</b>	+0,78	311	3,0(-)
	50m: 37.83 37.83		250m: 3:33.99	45.26	450m: 6:37.39	46.00	650m: 9:37.82	45.79
	100m: 1:19.61 41.78		300m: 4:19.80	45.81	500m: 7:22.15	44.76	700m: 10:22.96	45.14
	150m: 2:03.01 43.40		350m: 5:05.20	45.40	550m: 8:06.83	44.68	750m: 11:06.74	43.78
	200m: 2:48.73 45.72		400m: 5:51.39	46.19	600m: 8:52.03	45.20	800m: 11:47.38	40.64
22.	Rita Gato COSTA	08	202475	Despertarecorde	<b>11:48.78</b>	+0,90	309	2,0(-)
	50m: 38.66 38.66		250m: 3:37.30	44.86	450m: 6:37.73	44.78	650m: 9:39.05	45.21
	100m: 1:22.78 44.12		300m: 4:22.51	45.21	500m: 7:23.47	45.74	700m: 10:23.48	44.43
	150m: 2:07.61 44.83		350m: 5:07.08	44.57	550m: 8:09.16	45.69	750m: 11:08.10	44.62
	200m: 2:52.44 44.83		400m: 5:52.95	45.87	600m: 8:53.84	44.68	800m: 11:48.78	40.68



Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
23.	Matilde Nabeiro MONRAIA	06	206511	CLAC-Entroncamento	<b>12:40.23</b>	+0,92	250	1,00-
	50m: 38.23 38.23		250m: 3:44.10	48.28	450m: 7:00.43	49.34	650m: 10:17.05	48.82
	100m: 1:21.91 43.68		300m: 4:33.15	49.05	500m: 7:49.87	49.44	700m: 11:06.24	49.19
	150m: 2:08.37 46.46		350m: 5:22.35	49.20	550m: 8:38.67	48.80	750m: 11:54.17	47.93
	200m: 2:55.82 47.45		400m: 6:11.09	48.74	600m: 9:28.23	49.56	800m: 12:40.23	46.06

Prova 2

Masc., 100m Mariposa

Absolutos

30/10/2022 - 9:40

Resultados

Rec Nac Absoluto	51.27	Fernando Souza SILVA	POR	Doha (QAT)	21/10/2021
Rec Nac Sen	51.27	Fernando Souza SILVA	POR	Doha (QAT)	21/10/2021
Rec Nac Jun18	52.87	Diogo Matos RIBEIRO	SLB	Leiria	27/11/2021
Rec Nac Jun17	53.97	Tiago Andre VENANCIO	CNS	Alapraia	15/02/2004
Rec Nac Juv A	55.60	Diogo Gomes SOUSA	CNCVG	Porto	05/12/2010
Rec Nac Juv B	56.68	Diogo Matos RIBEIRO	CUC	Lousã	23/06/2019
Rec Nac Inf A	59.56	Fabio Parrilha da SILVA	CNAL	Leiria	07/04/2001
Rec Nac Inf B	1:01.78	Fabio Parrilha da SILVA	CNAL	Penafiel	01/04/2000

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES	97	24488	Louzan Natacao/EFAPEL	<b>54.08</b>	+0,61	689	25,00
	50m: 24.99 24.99		100m: 54.08	29.09				
2.	Bernardo Jorge SIMOES	04	130250	Colegio Vasco da Gama	<b>56.01</b>	+0,71	620	23,00
	50m: 25.80 25.80		100m: 56.01	30.21				
3.	Jose Pinto CABRAL	05	130623	Viver Santarem	<b>58.09</b>	+0,69	556	22,00
	50m: 27.17 27.17		100m: 58.09	30.92				
4.	Joao Moura FRANCISCO	07	205724	CNLeiria	<b>1:00.22</b>	+0,82	499	21,00
	50m: 27.61 27.61		100m: 1:00.22	32.61				
5.	Rodrigo Miguel ALVES	02	126446	Aminata	<b>1:00.24</b>	+0,76	498	20,00
	50m: 27.73 27.73		100m: 1:00.24	32.51				
6.	Ricardo Filipe GABOLEIRO	05	130050	Rio Maior	<b>1:00.43</b>	+0,63	494	19,00
	50m: 26.89 26.89		100m: 1:00.43	33.54				
7.	Antonio Furtado PIRES	07	148630	CLIP Teams	<b>1:01.03</b>	+0,70	479	18,00
	50m: 27.70 27.70		100m: 1:01.03	33.33				
8.	Diogo Miguel MONTEIRO	04	147200	Despertarecorde	<b>1:01.52</b>	+0,74	468	17,00
	50m: 28.45 28.45		100m: 1:01.52	33.07				
9.	Sandro Emanuel FRANCISCO	99	117818	Vieirense	<b>1:02.28</b>	+0,66	451	16,00
	50m: 28.63 28.63		100m: 1:02.28	33.65				
10.	Eduardo YAKUBENKO	06	205829	Ginasio de Vila Real	<b>1:02.52</b>	+0,72	446	15,00
	50m: 28.22 28.22		100m: 1:02.52	34.30				
11.	Nicolae FISTICANU	06	207881	Naval de Faro	<b>1:03.60</b>	+0,90	424	14,00
	50m: 29.69 29.69		100m: 1:03.60	33.91				
12.	Abel Renato FERREIRA	05	131149	Alges e Agueda XXI	<b>1:03.89</b>	+0,68	418	13,00
	50m: 29.14 29.14		100m: 1:03.89	34.75				
13.	Goncalo Pires FIALHO	05	133333	Amadora	<b>1:04.22</b>	+0,86	411	12,00
	50m: 28.40 28.40		100m: 1:04.22	35.82				
14.	Goncalo Moreira ALVES	04	130939	Sao Joao Ver	<b>1:04.71</b>		402	11,00
	50m: 28.74 28.74		100m: 1:04.71	35.97				
15.	Vitor SOKOLOVSKYY	06	132612	Nautico Abrantes	<b>1:05.27</b>	+0,74	392	10,00
	50m: 29.10 29.10		100m: 1:05.27	36.17				



Prova 2, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
16.	Lucas Andre FERNANDES	04	205757	Propaganda da Natacao	<b>1:06.52</b>		370	9,00
	50m: 29.99 29.99		100m: 1:06.52	36.53				
17.	Afonso Berimbau FERNANDES	07	204768	Juventude Atlantico	<b>1:07.16</b>	+0,84	360	8,00
	50m: 31.38 31.38		100m: 1:07.16	35.78				
18.	Goncalo Fernando FERREIRA	94	121734	Penafiel	<b>1:07.86</b>	+0,93	349	7,00
	50m: 31.28 31.28		100m: 1:07.86	36.58				
19.	Gabriel Correia BAIÃO	08	213313	Lagoa AC	<b>1:08.39</b>	+0,85	341	6,00
	50m: 31.54 31.54		100m: 1:08.39	36.85				
20.	Afonso Jose FRANCISCO	06	144733	Miranda do Corvo	<b>1:12.41</b>		287	5,00
	50m: 33.02 33.02		100m: 1:12.41	39.39				
21.	Afonso Maria BENTO	09	211118	Albicastrense	<b>1:13.03</b>		280	4,00
	50m: 32.57 32.57		100m: 1:13.03	40.46				
22.	Alexandre SHUBIN	09	207643	Campinho	<b>1:16.17</b>		246	3,00
	50m: 34.79 34.79		100m: 1:16.17	41.38				
23.	Gabriel Neto FERREIRA	08	203901	O Crasto	<b>1:26.37</b>		169	2,00
	50m: 38.97 38.97		100m: 1:26.37	47.40				
24.	Diogo Sousa OLIVEIRA	06	148672	Agua de Pau	<b>1:35.39</b>		125	1,00
	50m: 38.43 38.43		100m: 1:35.39	56.96				

Prova 3

Femin., 200m Mariposa

Absolutos

30/10/2022 - 9:45

Resultados

Rec Nac Absoluto	2:05.74	Ana Catarina MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec Nac Sen	2:05.74	Ana Catarina MONTEIRO	POR	Hangzhou (CHN)	12/12/2018
Rec Nac Jun17	2:10.12	Sara Francisco CRUZ	ADBA	Leiria	04/12/2009
Rec Nac Jun16	2:13.60	Ana Rita FRANCISCO	POR	Gelsenkirchen (GER)	11/02/1996
Rec Nac Juv A	2:17.51	Raquel Maria FELGUEIRAS	SCB	Algés	05/03/1995
Rec Nac Juv B	2:18.29	Mariana Pacheco CUNHA	CFP	Felgueiras	15/04/2018
Rec Nac Inf A	2:20.28	Carolina Miranda FERNANDES	CGA	Condeixa	12/05/2018
Rec Nac Inf B	2:31.64	Raquel Maria FELGUEIRAS	SCB	Algés	09/05/1992

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Maria Jardim FIDALGO	04	131429	Colegio Vasco da Gama	<b>2:23.85</b>	+0,70	574	24,0(-)
	50m: 31.54 31.54		100m: 1:07.45	35.91 150m: 1:44.97	37.52	200m: 2:23.85	38.88	
2.	Ana Carolina MONTEIRO	04	129474	Uniao Coimbra	<b>2:24.56</b>	+0,75	566	22,0(-)
	50m: 32.62 32.62		100m: 1:08.97	36.35 150m: 1:46.38	37.41	200m: 2:24.56	38.18	
3.	Laura Fabiana ESTEVENS	05	129315	Naval de Faro	<b>2:25.83</b>	+0,70	551	21,0(-)
	50m: 33.03 33.03		100m: 1:09.98	36.95 150m: 1:47.44	37.46	200m: 2:25.83	38.39	
4.	Luana Pinto DOMINGUES	03	123893	CNLeiria	<b>2:31.96</b>	+0,59	487	20,0(-)
	50m: 32.68 32.68		100m: 1:10.40	37.72 150m: 1:49.84	39.44	200m: 2:31.96	42.12	
5.	Marta Filipa BUCHA	06	132484	Viver Santarem	<b>2:32.42</b>	+0,90	483	19,0(-)
	50m: 32.85 32.85		100m: 1:10.79	37.94 150m: 1:50.99	40.20	200m: 2:32.42	41.43	
6.	Bruna Andreia SIMOES	01	121004	Vieirense	<b>2:32.96</b>	+0,77	478	18,0(-)
	50m: 32.71 32.71		100m: 1:12.06	39.35 150m: 1:53.46	41.40	200m: 2:32.96	39.50	
7.	Maria Joao RIBEIRO	05	133241	Sao Joao Ver	<b>2:35.98</b>	+0,75	450	17,0(-)
	50m: 31.91 31.91		100m: 1:09.86	37.95 150m: 1:51.48	41.62	200m: 2:35.98	44.50	
8.	Catarina Isabel ALVES	06	201198	Aminata	<b>2:36.62</b>	+0,78	445	16,0(-)
	50m: 32.73 32.73		100m: 1:10.78	38.05 150m: 1:52.01	41.23	200m: 2:36.62	44.61	



Prova 3, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
9.	Bianca Filipa ALMEIDA 50m: 34.92 34.92	07	204110	Alges e Agueda XXI 100m: 1:15.41 40.49 150m: 1:58.18 42.77	<b>2:40.73</b>	+0,87	412	15,0(-) 200m: 2:40.73 42.55
10.	Leonor Carvalho OLIVEIRA 50m: 34.15 34.15	07	200901	Despertarecorde 100m: 1:15.55 41.40 150m: 1:59.02 43.47	<b>2:42.23</b>	+0,75	400	14,0(-) 200m: 2:42.23 43.21
11.	Sofia Pereira BRAZ 50m: 33.41 33.41	07	206537	CLIP Teams 100m: 1:14.11 40.70 150m: 1:58.06 43.95	<b>2:43.28</b>	+0,74	393	13,0(-) 200m: 2:43.28 45.22
12.	Silvana Suamade SILVA 50m: 36.34 36.34	06	131322	Sao Roque 100m: 1:18.88 42.54 150m: 2:03.88 45.00	<b>2:49.71</b>	+0,73	350	12,0(-) 200m: 2:49.71 45.83
13.	Julia Maria SOARES 50m: 33.71 33.71	08	144849	Miranda do Corvo 100m: 1:15.34 41.63 150m: 2:02.63 47.29	<b>2:50.75</b>	+0,83	343	11,0(-) 200m: 2:50.75 48.12
14.	Ines Carvalhinho RIBEIRO 50m: 35.96 35.96	09	203712	Natacao da Maia 100m: 1:20.21 44.25 150m: 2:06.74 46.53	<b>2:52.99</b>	+0,72	330	10,0(-) 200m: 2:52.99 46.25
15.	Bruna Filipa LOURENCO 50m: 34.66 34.66	08	203897	O Crasto 100m: 1:15.77 41.11 150m: 2:03.47 47.70	<b>2:54.10</b>	+0,97	324	9,0(-) 200m: 2:54.10 50.63
16.	Maria Ines FONTES 50m: 36.66 36.66	08	133396	Naval da Horta 100m: 1:21.59 44.93 150m: 2:09.19 47.60	<b>2:56.68</b>		310	8,0(-) 200m: 2:56.68 47.49
17.	Margarida Ascenso SANTOS 50m: 35.84 35.84	08	209004	Propaganda da Natacao 100m: 1:20.46 44.62 150m: 2:10.36 49.90	<b>3:00.79</b>	+0,80	289	7,0(-) 200m: 3:00.79 50.43
18.	Beatriz Matias ALMEIDA 50m: 35.66 35.66	06	200222	Lagoa AC 100m: 1:15.82 40.16 150m: 2:03.90 48.08	<b>3:02.07</b>	+0,80	283	6,0(-) 200m: 3:02.07 58.17
19.	Laura Gomes SILVA 50m: 40.29 40.29	08	209384	Estamos Juntos 100m: 1:27.15 46.86 150m: 2:15.05 47.90	<b>3:03.94</b>	+0,88	274	5,0(-) 200m: 3:03.94 48.89
20.	Alice Batista AGOSTINHO 50m: 37.59 37.59	08	201151	Rio Maior 100m: 1:22.85 45.26 150m: 2:13.04 50.19	<b>3:04.63</b>	+0,99	271	4,0(-) 200m: 3:04.63 51.59
21.	Julia Atamas SILVA 50m: 37.98 37.98	06	145917	Naval de Ponta Delgada 100m: 1:31.02 53.04 150m: 2:24.41 53.39	<b>3:15.99</b>		227	3,0(-) 200m: 3:15.99 51.58
22.	Carolina Santos CARRILHO 50m: 42.57 42.57	08	205403	CLAC-Entroncamento 100m: 1:34.28 51.71 150m: 2:30.43 56.15	<b>3:26.11</b>	+0,88	195	2,0(-) 200m: 3:26.11 55.68
DSQ	Leonor Monteiro CONDE 4.2 - Falsa Partida – SW 4.4	09	205863	Penafiel		+0,96		-



Prova 4 30/10/2022 - 10:00	Masc., 100m Bruços				Absolutos Resultados
Rec Nac Absoluto	58.19	Carlos Esteves ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec Nac Sen	58.19	Carlos Esteves ALMEIDA	POR	Chartres (FRA)	22/11/2012
Rec Nac Jun18	1:01.25	Pedro Miguel AGOSTINHO	SCP	S. António Cavaleiros	19/12/2009
Rec Nac Jun17	1:02.99	Andre Goncalo SANTOS	LSC	Felgueiras	21/12/2013
Rec Nac Juv A	1:03.25	Ricardo Samuel PEREIRA	SLB	Algés	13/07/2019
Rec Nac Juv B	1:04.20	Rafael Miguel MIMOSO	SLB	Algés	16/06/2022
Rec Nac Inf A	1:07.92	Andre Goncalo SANTOS	LSC	Viseu	12/03/2011
Rec Nac Inf B	1:09.54	Andre Goncalo SANTOS	LSC	Lousada	15/05/2010

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Luis Afonso LOPES 50m: 30.73 30.73	03	127315	Viver Santarem 100m: 1:05.06 34.33	<b>1:05.06</b>	+0,67	613	25,00
2.	Andre Filipe MAGALHAES 50m: 31.26 31.26	98	111394	Despertarecorde 100m: 1:06.08 34.82	<b>1:06.08</b>	+0,77	585	23,00
3.	Tomas Coelho PEREIRA 50m: 30.76 30.76	05	133202	Penafiel 100m: 1:06.33 35.57	<b>1:06.33</b>	+0,75	578	22,00
4.	Daniel IONAS 50m: 32.28 32.28	07	205631	Amadora 100m: 1:07.91 35.63	<b>1:07.91</b>	+0,67	539	21,00
5.	Bruno Pinto DOMINGUES 50m: 32.02 32.02	00	119682	CNLeiria 100m: 1:08.14 36.12	<b>1:08.14</b>	+0,67	533	20,00
6.	Duarte Jose FERNANDES 50m: 33.09 33.09	06	205623	Louzan Natacao/EFAPEL 100m: 1:10.18 37.09	<b>1:10.18</b>	+0,76	488	19,00
7.	Joao Pedro NEVES 50m: 32.78 32.78	96	104336	Aminata 100m: 1:10.28 37.50	<b>1:10.28</b>	+0,79	486	18,00
8.	Henrique Ferreira MARTINS 50m: 32.51 32.51	06	203907	Alges e Agueda XXI 100m: 1:10.48 37.97	<b>1:10.48</b>	+0,69	482	17,00
9.	Guilherme Filipe GABOLEIRO 50m: 31.86 31.86	05	130049	Rio Maior 100m: 1:10.60 38.74	<b>1:10.60</b>	+0,75	480	16,00
10.	Tomas Jose FRANCISCO 50m: 34.00 34.00	05	131277	Miranda do Corvo 100m: 1:12.06 38.06	<b>1:12.06</b>	+0,73	451	15,00
11.	Vitor KUNYK 50m: 33.64 33.64	05	206856	Lagoa AC 100m: 1:12.33 38.69	<b>1:12.33</b>	+0,84	446	14,00
12.	Ricardo Basilio MARREIROS 50m: 34.01 34.01	97	107317	Colegio Vasco da Gama 100m: 1:12.72 38.71	<b>1:12.72</b>	+0,77	439	13,00
13.	Joao Lourenco HERDEIRO 50m: 33.92 33.92	07	207204	CLIP Teams 100m: 1:13.17 39.25	<b>1:13.17</b>	+0,68	431	12,00
14.	Luis Goncalves PEREIRA 50m: 33.69 33.69	02	119177	Sao Joao Ver 100m: 1:13.20 39.51	<b>1:13.20</b>	+0,73	430	11,00
15.	Daniel Santos CARAPETO 50m: 34.49 34.49	07	200562	Nautico Abrantes 100m: 1:13.59 39.10	<b>1:13.59</b>	+0,69	423	10,00
16.	Lucas Andre FERNANDES 50m: 34.31 34.31	04	205757	Propaganda da Natacao 100m: 1:13.76 39.45	<b>1:13.76</b>	+0,69	420	9,00
17.	Gabriel Mota PATRICIO 50m: 34.50 34.50	08	205311	Vieirense 100m: 1:14.59 40.09	<b>1:14.59</b>	+0,68	407	8,00
18.	Duarte Almeida SOARES 50m: 33.67 33.67	01	124850	Campinho 100m: 1:15.11 41.44	<b>1:15.11</b>	+0,78	398	7,00
19.	Tiago Manuel FERNANDES 50m: 34.71 34.71	08	205831	Ginasio de Vila Real 100m: 1:16.83 42.12	<b>1:16.83</b>	+0,91	372	6,00



Prova 4, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Filipe Saldanha COSTA	09	203900	O Crasto	<b>1:18.20</b>	+0,78	353	5,00
	50m: 37.07 37.07			100m: 1:18.20 41.13				
21.	Diogo Basilio ALVES	07	201709	Juventude Atlantico	<b>1:23.35</b>	+0,62	291	4,00
	50m: 39.47 39.47			100m: 1:23.35 43.88				
22.	Diogo Daniel MARCO	08	211956	Albicastrense	<b>1:31.76</b>	+0,67	218	3,00
	50m: 38.72 38.72			100m: 1:31.76 53.04				
DSQ	Miguel Palma MATOS	08	207745	Naval de Faro		+0,81		-
	<i>7.26 - O(A) nadador(a) tocou na parede com mãos não separadas na chegada - SW 7.6</i>							
DSQ	Santiago Nicolau CABRAL	10	215565	Agua de Pau	<b>1:38.73</b>			-
	50m: 45.65 45.65			100m: 1:38.73 53.08				
DNS	Alexandre Afonso GUERREIRO	07	145712	Naval de Faro				-
DNS	Tomas Neves PROSPERO	08	209338	Propaganda da Natacao				-

Prova 5  
30/10/2022 - 10:05

Femin., 200m Bruços

Absolutos  
Resultados

Rec Nac Absoluto	2:22.12	Raquel Gomes PEREIRA	SAD	Algés	29/06/2019
Rec Nac Sen	2:22.12	Raquel Gomes PEREIRA	SAD	Algés	29/06/2019
Rec Nac Jun17	2:26.47	Raquel Gomes PEREIRA	SAD	Funchal	10/12/2016
Rec Nac Jun16	2:26.87	Raquel Gomes PEREIRA	SAD	Porto	11/12/2015
Rec Nac Juv A	2:32.36	Diana Duarte GOMES	ABVE	Alcobaça	07/02/2004
Rec Nac Juv B	2:34.51	Diana Duarte GOMES	ABVE	Reboleira	28/06/2003
Rec Nac Inf A	2:36.86	Clara Gomes PEREIRA	SAD	Algés	06/06/2015
Rec Nac Inf B	2:45.30	Clara Gomes PEREIRA	SAD	Algés	14/06/2014

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Laura Almeida PINA	07	200859	O Crasto	<b>2:43.42</b>	+0,79	558	24,0(-)
	50m: 35.99 35.99			100m: 1:16.73 40.74	150m: 1:59.88 43.15	200m: 2:43.42 43.54		
2.	Vanessa Liliana ALMEIDA	07	202499	CNLeiria	<b>2:46.66</b>	+0,88	526	22,0(-)
	50m: 37.38 37.38			100m: 1:19.58 42.20	150m: 2:02.93 43.35	200m: 2:46.66 43.73		
3.	Ana Monica ELOI	96	107038	CLIP Teams	<b>2:49.36</b>	+0,79	501	21,0(-)
	50m: 37.76 37.76			100m: 1:20.05 42.29	150m: 2:04.08 44.03	200m: 2:49.36 45.28		
4.	Bruna Ferreira RODRIGUES	05	130938	Sao Joao Ver	<b>2:50.18</b>	+0,70	494	20,0(-)
	50m: 37.08 37.08			100m: 1:19.26 42.18	150m: 2:04.07 44.81	200m: 2:50.18 46.11		
5.	Carolina Ascenso SANTOS	01	121271	Propaganda da Natacao	<b>2:53.23</b>	+0,83	468	19,0(-)
	50m: 39.35 39.35			100m: 1:23.69 44.34	150m: 2:08.12 44.43	200m: 2:53.23 45.11		
6.	Maria Teresa SILVA	07	207636	Aminata	<b>2:55.29</b>	+0,75	452	18,0(-)
	50m: 38.00 38.00			100m: 1:21.16 43.16	150m: 2:06.84 45.68	200m: 2:55.29 48.45		
7.	Beatriz Matias ALMEIDA	06	200222	Lagoa AC	<b>2:57.16</b>	+0,83	438	17,0(-)
	50m: 40.32 40.32			100m: 1:25.64 45.32	150m: 2:10.96 45.32	200m: 2:57.16 46.20		
8.	Marta Oliveira FERREIRA	08	205100	Colegio Vasco da Gama	<b>2:57.94</b>	+0,78	432	16,0(-)
	50m: 41.41 41.41			100m: 1:26.44 45.03	150m: 2:12.82 46.38	200m: 2:57.94 45.12		
9.	Alexandra Noemia SILVANO	08	213220	Natacao da Maia	<b>3:02.50</b>	+0,86	400	15,0(-)
	50m: 40.28 40.28			100m: 1:26.46 46.18	150m: 2:14.23 47.77	200m: 3:02.50 48.27		
10.	Annabela Veronika FARCAS	09	206154	Naval de Faro	<b>3:06.63</b>	+0,79	374	14,0(-)
	50m: 41.11 41.11			100m: 1:28.48 47.37	150m: 2:17.68 49.20	200m: 3:06.63 48.95		
11.	Joana Patricia ANTUNES	06	133117	CLAC-Entroncamento	<b>3:06.83</b>	+0,87	373	13,0(-)
	50m: 41.89 41.89			100m: 1:28.96 47.07	150m: 2:17.01 48.05	200m: 3:06.83 49.82		



Prova 5, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
12.	Raquel Filipa JESUS 50m: 42.48 42.48	08	202993	Uniao Coimbra	<b>3:07.36</b> 100m: 1:30.39 47.91 150m: 2:19.31 48.92	+0,92	370	12,0(-) 200m: 3:07.36 48.05
13.	Mariana Filipa GOMES 50m: 41.99 41.99	04	128450	Penafiel	<b>3:09.30</b> 100m: 1:29.08 47.09 150m: 2:18.74 49.66	+0,88	359	11,0(-) 200m: 3:09.30 50.56
14.	Maria Rita RODRIGUES 50m: 42.52 42.52	08	132574	Naval da Horta	<b>3:09.50</b> 100m: 1:30.35 47.83 150m: 2:20.48 50.13		358	10,0(-) 200m: 3:09.50 49.02
15.	Laura Brites COSTA 50m: 42.40 42.40	09	211108	Rio Maior	<b>3:10.14</b> 100m: 1:29.72 47.32 150m: 2:18.46 48.74	+0,70	354	9,0(-) 200m: 3:10.14 51.68
16.	Catarina Fernandes LUIS 50m: 42.00 42.00	97	109602	Sao Roque	<b>3:10.75</b> 100m: 1:30.02 48.02 150m: 2:20.18 50.16	+0,77	351	8,0(-) 200m: 3:10.75 50.57
17.	Constanca Grincho SOUSA 50m: 41.15 41.15	06	132482	Viver Santarem	<b>3:10.81</b> 100m: 1:29.67 48.52 150m: 2:20.21 50.54	+0,72	350	7,0(-) 200m: 3:10.81 50.60
18.	Laura Silva FERNANDES 50m: 42.12 42.12	08	144855	Miranda do Corvo	<b>3:11.84</b> 100m: 1:29.70 47.58 150m: 2:20.40 50.70	+0,83	345	6,0(-) 200m: 3:11.84 51.44
19.	Mafalda Caetano LOURENCO 50m: 41.11 41.11	06	144595	Vieirense	<b>3:15.27</b> 100m: 1:29.18 48.07 150m: 2:21.02 51.84	+0,75	327	5,0(-) 200m: 3:15.27 54.25
20.	Julia Atamas SILVA 50m: 46.50 46.50	06	145917	Naval de Ponta Delgada	<b>3:24.89</b> 100m: 1:39.52 53.02 150m: 2:32.89 53.37		283	4,0(-) 200m: 3:24.89 52.00
21.	Joana Gato COSTA 50m: 58.53 58.53	11	214309	Despertarecorde	<b>4:10.88</b> 100m: 2:04.04 1:05.51 150m: 3:08.25 1:04.21	+0,98	154	3,0(-) 200m: 4:10.88 1:02.63
DSQ	Beatriz Ferreira MIGUEL 4.2 - Falsa Partida – SW 4.4	09	208423	Alges e Agueda XXI		+0,64		-
DNS	Catarina Maria FRAGOSO	07	213087	Viver Santarem				-
DNS	Isabel Lourenco SILVA	11	209421	Naval de Ponta Delgada				-
DNF	Eduarda Oliveira CARDOSO 10.1 - O(A) nadador(a), nadando uma prova individual, não completou o percurso - SW 10.2	06	205428	Estamos Juntos		+0,72		-

Prova 6

Masc., 50m Livres

Absolutos  
Resultados

30/10/2022 - 10:20

Rec Nac Absoluto	21.57	Miguel Duarte NASCIMENTO	SLB	Coimbra	23/12/2020
Rec Nac Sen	21.57	Miguel Duarte NASCIMENTO	SLB	Coimbra	23/12/2020
Rec Nac Jun18	22.24	Miguel Duarte NASCIMENTO	PORTIN	Porto	08/12/2012
Rec Nac Jun17	23.12	Tiago Andrade MACHADO	SCA	Felgueiras	22/12/2018
Rec Nac Juv A	23.83	Diogo Matos RIBEIRO	CUC	Coimbra	02/02/2020
Rec Nac Juv B	23.96	Diogo Gomes SOUSA	CNCVG	Ponte de Sôr	13/12/2009
Rec Nac Inf A	25.30	Joao Cruz CASTRO	CSM	Funchal	12/04/2014
Rec Nac Inf B	26.65	Gabriel Jose LOPES	CDL	Lousã	19/06/2010

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Simao Valadas BILRO	05	147049	Aminata	<b>24.41</b>	+0,67	563	25,00
2.	Afonso Filipe COSTA	03	126380	Louzan Natacao/EFAPEL	<b>24.58</b>	+0,66	551	23,00
3.	Luis Emanuel VAZ	91	15628	Colegio Vasco da Gama	<b>24.75</b>	+0,78	540	22,00
4.	Guilherme Silva CASTANHEIRA	04	131232	CNLeiria	<b>24.81</b>	+0,81	536	21,00
5.	Vasco Almeida RIBEIRO	05	131214	Sao Joao Ver	<b>25.07</b>	+0,74	520	20,00
6.	Artur Osorio BONANCA	05	153544	Naval de Faro	<b>25.12</b>	+0,74	516	19,00
7.	Tomas Castro SOUSA	04	123239	Propaganda da Natacao	<b>25.31</b>	+0,76	505	18,00
8.	Pedro Guilherme FERREIRA	00	119408	Miranda do Corvo	<b>25.34</b>	+0,61	503	17,00





Prova 6, Masc., 50m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
9.	Sandro Emanuel FRANCISCO	99	117818	Vieirense	<b>25.36</b>	+0,66	502	16,00
10.	Joao Paulo MAGALHAES	95	103578	Despertarecorde	<b>25.38</b>	+0,77	501	15,00
11.	Guilherme Filipe GABOLEIRO	05	130049	Rio Maior	<b>25.50</b>	+0,68	494	14,00
12.	Nuno Gabriel SILVA	05	200591	Campinho	<b>25.55</b>	+0,62	491	13,00
13.	Martim Ribeiro MENESES	06	200854	O Crasto	<b>25.67</b>	+0,75	484	12,00
14.	Eduardo YAKUBENKO	06	205829	Ginasio de Vila Real	<b>25.75</b>	+0,73	479	11,00
15.	Antonio Furtado PIRES	07	148630	CLIP Teams	<b>25.79</b>	+0,65	477	10,00
16.	Dinis Trigueiros PAULO	06	202533	Albicastrense	<b>25.85</b>	+0,78	474	9,00
17.	Artur Paulo ALEKSYEYEV	05	200380	Viver Santarem	<b>25.96</b>	+0,71	468	8,00
18.	Marco Oliveira LOPES	06	202144	Penafiel	<b>26.01</b>	+0,80	465	7,00
19.	Daniel Silva BISPO	06	132578	Nautico Abrantes	<b>26.16</b>	+0,61	457	6,00
20.	Afonso Silvestre ALMEIDA	06	148411	Amadora	<b>26.17</b>	+0,67	457	5,00
21.	Santiago Ganso PERDIGAO	08	207674	Lagoa AC	<b>26.53</b>	+0,69	438	4,00
22.	Daniel KAMOLOV	07	202605	Alges e Agueda XXI	<b>27.58</b>	+0,73	390	3,00
23.	Pedro Martim GONCALVES	09	205087	Juventude Atlantico	<b>27.71</b>	+0,74	385	2,00
24.	Vasco Andrade MEDEIROS	08	208298	Agua de Pau	<b>30.14</b>		299	1,00

Prova 7

Femin., 100m Livres

Absolutos

30/10/2022 - 10:25

Resultados

Rec Nac Absoluto	54.66	Ana Pinho RODRIGUES	ADS	Felgueiras	20/12/2019
Rec Nac Sen	54.66	Ana Pinho RODRIGUES	ADS	Felgueiras	20/12/2019
Rec Nac Jun17	55.54	Carolina Miranda FERNANDES	CGA	Leiria	28/11/2021
Rec Nac Jun16	56.72	Ana Reis SOUSA	CNLA	Porto	08/12/2017
Rec Nac Juv A	56.18	Carolina Miranda FERNANDES	CGA	Mealhada	08/12/2019
Rec Nac Juv B	57.65	Carolina Miranda FERNANDES	CGA	Estarreja	10/06/2019
Rec Nac Inf A	58.55	Carolina Miranda FERNANDES	CGA	Felgueiras	11/03/2018
Rec Nac Inf B	1:00.13	Carolina Miranda FERNANDES	CGA	Mealhada	08/04/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Mafalda Sofia ROSA	03	127310	Rio Maior	<b>1:00.75</b>	+0,78	565	24,0(-)
	50m: 29.87 29.87			100m: 1:00.75 30.88				
2.	Adriana Daniela CASTRO	97	104515	Propaganda da Natacao	<b>1:00.86</b>	+0,69	562	22,0(-)
	50m: 28.98 28.98			100m: 1:00.86 31.88				
3.	Ana Sofia PINA	02	125639	O Crasto	<b>1:02.43</b>	+0,78	521	21,0(-)
	50m: 29.70 29.70			100m: 1:02.43 32.73				
4.	Nuria Soares SILVA	07	203604	Sao Joao Ver	<b>1:02.63</b>	+0,78	516	20,0(-)
	50m: 29.85 29.85			100m: 1:02.63 32.78				
5.	Victoria Frogeri PEREIRA	08	202387	CNLeiria	<b>1:02.78</b>	+0,80	512	19,0(-)
	50m: 30.02 30.02			100m: 1:02.78 32.76				
6.	Filipa Guerreiro RODRIGUES	05	205204	Naval de Faro	<b>1:02.88</b>	+0,74	510	18,0(-)
	50m: 30.11 30.11			100m: 1:02.88 32.77				
7.	Marta Filipa NUNES	07	203167	Viver Santarem	<b>1:03.02</b>	+0,80	506	17,0(-)
	50m: 30.62 30.62			100m: 1:03.02 32.40				
8.	Maria Vitoria GRILO	06	203978	Uniao Coimbra	<b>1:03.30</b>	+0,69	500	16,0(-)
	50m: 30.28 30.28			100m: 1:03.30 33.02				
9.	Catarina Soares ARAUJO	09	205861	Penafiel	<b>1:03.45</b>		496	15,0(-)
	50m: 31.03 31.03			100m: 1:03.45 32.42				
10.	Alexandra Martins CAMPOS	02	127155	Natacao da Maia	<b>1:03.48</b>	+0,79	496	14,0(-)
	50m: 30.49 30.49			100m: 1:03.48 32.99				



Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
11.	Mariana Coelho SANTOS 50m: 30.80 30.80	04	130838	Lagoa AC 100m: 1:03.67 32.87	<b>1:03.67</b>	+0,87	491	13,0(-)
12.	Leonor Correia NUNES 50m: 30.73 30.73	08	207635	Aminata 100m: 1:04.60 33.87	<b>1:04.60</b>	+0,76	470	12,0(-)
13.	Susana Pereira VEIGA 50m: 31.29 31.29	00	121936	Colegio Vasco da Gama 100m: 1:06.14 34.85	<b>1:06.14</b>	+0,85	438	11,0(-)
14.	Leonor Caetano MOREIRA 50m: 31.22 31.22	06	144594	Vieirense 100m: 1:06.43 35.21	<b>1:06.43</b>	+0,80	432	10,0(-)
15.	Ana Leonor LOPES 50m: 30.97 30.97	07	210236	Estamos Juntos 100m: 1:07.28 36.31	<b>1:07.28</b>	+0,76	416	9,0(-)
16.	Violante Pascoal FONTOURA 50m: 32.26 32.26	97	101153	CLIP Teams 100m: 1:07.92 35.66	<b>1:07.92</b>	+0,80	404	8,0(-)
17.	Luciana Amorim IVENS 50m: 31.87 31.87	06	202062	Naval de Ponta Delgada 100m: 1:08.94 37.07	<b>1:08.94</b>		387	7,0(-)
18.	Matilde Nunes RIBEIRO 50m: 32.74 32.74	07	205117	Despertarecorde 100m: 1:09.99 37.25	<b>1:09.99</b>	+0,82	370	6,0(-)
19.	Isabel Silva ROSA 50m: 33.12 33.12	10	212420	Naval da Horta 100m: 1:10.21 37.09	<b>1:10.21</b>		366	5,0(-)
20.	Caetana Amado SANTOS 50m: 33.80 33.80	09	144755	Miranda do Corvo 100m: 1:11.98 38.18	<b>1:11.98</b>	+0,76	340	4,0(-)
21.	Bruna Francisca MARQUES 50m: 34.59 34.59	08	212993	Sao Roque 100m: 1:12.23 37.64	<b>1:12.23</b>	+0,60	336	3,0(-)
22.	M. GONCALVES 50m: 34.36 34.36	06	204108	Alges e Agueda XXI 100m: 1:13.01 38.65	<b>1:13.01</b>	+0,89	326	2,0(-)
23.	Daniela Santos CARRILHO 50m: 37.48 37.48	08	205402	CLAC-Entroncamento 100m: 1:20.20 42.72	<b>1:20.20</b>	+0,89	245	1,0(-)
DNS	Rita Resende NEVES	08	213134	Estamos Juntos				-
DNS	Joana Patricia ANTUNES	06	133117	CLAC-Entroncamento				-
DNS	Bruna Filipa LOURENCO	08	203897	O Crasto				-



Prova 8	Masc., 100m Costas				Absolutos
30/10/2022 - 10:30					Resultados
Rec Nac Absoluto	51.48	Gabriel Jose LOPES	POR	Hangzhou (CHN)	11/12/2018
Rec Nac Sen	51.48	Gabriel Jose LOPES	POR	Hangzhou (CHN)	11/12/2018
Rec Nac Jun18	53.88	Alexis Manacas SANTOS	SCP	Leiria	05/12/2009
Rec Nac Jun17	54.97	Gabriel Jose LOPES	CDL	Coimbra	11/05/2014
Rec Nac Juv A	56.45	Diogo Gomes SOUSA	CNCVG	Porto	04/12/2010
Rec Nac Juv B	57.36	Gustavo Carvalho SILVA	ADA	Praia da Vitória	20/07/2019
Rec Nac Inf A	59.50	Ricardo Lopes SILVA	DNMG	Caldas da Rainha	10/06/2017
Rec Nac Inf B	1:04.13	Miguel Reis OLIVEIRA	SCB	Braga	22/05/2022

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Tomas Coelho PEREIRA 50m: 28.24 28.24	05	133202	Penafiel 100m: 57.91 29.67	<b>57.91</b>	+0,61	581	25,00
2.	Samuel Dias MARTINS 50m: 28.40 28.40	02	122190	Sao Joao Ver 100m: 59.85 31.45	<b>59.85</b>	+0,88	526	23,00
3.	Tomas Carvalho SANTOS 50m: 29.56 29.56	05	131298	Louzan Natacao/EFAPEL 100m: 1:01.69 32.13	<b>1:01.69</b>	+0,70	480	22,00
4.	Artur Osorio BONANCA 50m: 29.99 29.99	05	153544	Naval de Faro 100m: 1:01.73 31.74	<b>1:01.73</b>	+0,76	479	21,00
5.	Simao Valadas BILRO 50m: 29.49 29.49	05	147049	Aminata 100m: 1:01.83 32.34	<b>1:01.83</b>	+0,59	477	20,00
6.	Martim Ribeiro MENESES 50m: 29.80 29.80	06	200854	O Crasto 100m: 1:02.01 32.21	<b>1:02.01</b>	+0,65	473	19,00
7.	Jose Pinto CABRAL 50m: 30.09 30.09	05	130623	Viver Santarem 100m: 1:02.32 32.23	<b>1:02.32</b>	+0,92	466	18,00
8.	Tomas Castro SOUSA 50m: 30.55 30.55	04	123239	Propaganda da Natacao 100m: 1:03.16 32.61	<b>1:03.16</b>	+0,70	448	17,00
9.	Francisco Marques SIMOES 50m: 30.72 30.72	07	205719	CNLeiria 100m: 1:03.22 32.50	<b>1:03.22</b>	+0,64	446	16,00
10.	Herman KOVALCHUK 50m: 30.87 30.87	06	147658	Ginasio de Vila Real 100m: 1:03.82 32.95	<b>1:03.82</b>	+0,85	434	15,00
11.	Tomas Santos BRAGA 50m: 30.72 30.72	07	209677	Colegio Vasco da Gama 100m: 1:04.89 34.17	<b>1:04.89</b>	+0,66	413	14,00
12.	Ricardo Filipe GABOLEIRO 50m: 30.86 30.86	05	130050	Rio Maior 100m: 1:05.44 34.58	<b>1:05.44</b>	+0,87	402	13,00
13.	Francisco Jose FRAGOSO 50m: 31.57 31.57	07	206510	Vieirense 100m: 1:06.58 35.01	<b>1:06.58</b>	+0,66	382	12,00
14.	Goncalo Pires FIALHO 50m: 32.75 32.75	05	133333	Amadora 100m: 1:06.96 34.21	<b>1:06.96</b>	+0,80	376	11,00
15.	Miguel Lourenco VELHINHO 50m: 31.73 31.73	07	207677	Lagoa AC 100m: 1:07.05 35.32	<b>1:07.05</b>	+0,92	374	10,00
16.	Filipe Cruz SIMOES 50m: 32.07 32.07	06	144795	Miranda do Corvo 100m: 1:07.09 35.02	<b>1:07.09</b>	+0,64	373	9,00
17.	Diogo Rafael DIAS 50m: 32.62 32.62	05	202931	Despertarecorde 100m: 1:07.10 34.48	<b>1:07.10</b>	+0,85	373	8,00
18.	Andre Coelho PITA 50m: 32.82 32.82	06	201682	Nautico Abrantes 100m: 1:07.79 34.97	<b>1:07.79</b>	+0,79	362	7,00
19.	Pedro Lages MARTINS 50m: 33.25 33.25	07	208429	Alges e Agueda XXI 100m: 1:09.07 35.82	<b>1:09.07</b>	+0,68	342	6,00



Prova 8, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Henrique Almeida LEITE 50m: 33.04 33.04	08	200344	CLIP Teams 100m: 1:09.76 36.72	<b>1:09.76</b>	+0,65	332	5,00
21.	Vasco Andrade MEDEIROS 50m: 34.47 34.47	08	208298	Agua de Pau 100m: 1:11.76 37.29	<b>1:11.76</b>		305	4,00
22.	Afonso Berimbau FERNANDES 50m: 36.25 36.25	07	204768	Juventude Atlantico 100m: 1:13.51 37.26	<b>1:13.51</b>	+0,70	284	3,00
23.	Manuel Vicente TAVEIRA 50m: 36.81 36.81	09	210405	Campinho 100m: 1:14.89 38.08	<b>1:14.89</b>	+0,77	268	2,00
DSQ	Diogo Miguel BARATA 4.2 - Falsa Partida – SW 4.4	06	215067	Albicastrense		+0,93		-
DNS	Tiago Pastor ESCADA	99	108853	Aminata				-
DNS	Miguel Azevedo ROCHA	06	131262	Penafiel				-
DNS	Vitor SOKOLOVSKYY	06	132612	Nautico Abrantes				-

Prova 9

Femin., 200m Costas

Absolutos  
Resultados

30/10/2022 - 10:40

Rec Nac Absoluto	2:07.58	Camila Rodrigues REBELO	ALN	Leiria	26/11/2021
Rec Nac Sen	2:07.58	Camila Rodrigues REBELO	ALN	Leiria	26/11/2021
Rec Nac Jun17	2:11.13	Camila Rodrigues REBELO	ALN	Felgueiras	20/12/2019
Rec Nac Jun16	2:11.74	Camila Rodrigues REBELO	ALN	Felgueiras	21/12/2018
Rec Nac Juv A	2:14.11	Camila Rodrigues REBELO	ALN	Condeixa	12/05/2018
Rec Nac Juv B	2:17.86	Catia Raquel MARTINHEIRA	LDC	Sines	21/12/2008
Rec Nac Inf A	2:21.33	Rafaela Gomes AZEVEDO	SAD	Algés	06/06/2015
Rec Nac Inf B	2:27.90	Carolina Miranda FERNANDES	CGA	Mealhada	26/03/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Teresa ROMAO 50m: 34.67 34.67	06	200128	Naval de Faro 100m: 1:12.92 38.25 150m: 1:51.35 38.43	<b>2:30.45</b>	+0,71	494	24,0(-) 200m: 2:30.45 39.10
2.	Leonor Garcia FERNANDES 50m: 35.78 35.78	07	200857	O Crasto 100m: 1:14.17 38.39 150m: 1:53.30 39.13	<b>2:31.98</b>	+0,75	479	22,0(-) 200m: 2:31.98 38.68
3.	Beatriz Belo CLARA 50m: 36.32 36.32	09	205723	CNLeiria 100m: 1:15.31 38.99 150m: 1:55.47 40.16	<b>2:32.96</b>	+0,73	470	21,0(-) 200m: 2:32.96 37.49
4.	Rebeca Correia FRANCIS 50m: 36.26 36.26	03	128106	Lagoa AC 100m: 1:15.62 39.36 150m: 1:55.05 39.43	<b>2:33.86</b>	+0,61	461	20,0(-) 200m: 2:33.86 38.81
5.	Filipa Maria PEREIRA 50m: 36.04 36.04	06	201139	Aminata 100m: 1:15.31 39.27 150m: 1:56.00 40.69	<b>2:36.87</b>	+0,75	435	19,0(-) 200m: 2:36.87 40.87
6.	Margarida Ascenso SANTOS 50m: 39.19 39.19	08	209004	Propaganda da Natacao 100m: 1:20.58 41.39 150m: 2:02.40 41.82	<b>2:41.57</b>	+0,70	398	18,0(-) 200m: 2:41.57 39.17
7.	Ana Senhorinha SILVA 50m: 37.19 37.19	07	205527	Natacao da Maia 100m: 1:18.03 40.84 150m: 2:00.90 42.87	<b>2:42.01</b>	+0,75	395	17,0(-) 200m: 2:42.01 41.11
8.	Marta Oliveira FERREIRA 50m: 38.25 38.25	08	205100	Colegio Vasco da Gama 100m: 1:19.68 41.43 150m: 2:01.38 41.70	<b>2:42.15</b>	+0,72	394	16,0(-) 200m: 2:42.15 40.77
9.	Caetana Amado SANTOS 50m: 37.89 37.89	09	144755	Miranda do Corvo 100m: 1:20.36 42.47 150m: 2:02.85 42.49	<b>2:43.31</b>	+0,85	386	15,0(-) 200m: 2:43.31 40.46
10.	Constanca Grincho SOUSA 50m: 38.43 38.43	06	132482	Viver Santarem 100m: 1:20.16 41.73 150m: 2:02.75 42.59	<b>2:43.78</b>	+0,68	383	14,0(-) 200m: 2:43.78 41.03
11.	Joana Pereira SANTOS 50m: 38.37 38.37	09	206442	Rio Maior 100m: 1:20.08 41.71 150m: 2:03.05 42.97	<b>2:46.07</b>	+0,80	367	13,0(-) 200m: 2:46.07 43.02

Splash Meet Manager, 11.74660

Registered to Federacao Portuguesa De Natacao

31/10/2022 12:33 - Página 110

ORGANIZAÇÃO

FASE INSULAR

FASE CONTINENTAL

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL

PARCEIROS INSTITUCIONAIS

PARCEIROS



Prova 9, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
12.	Cristina Moreira GONCALVES	06	131791	Sao Joao Ver	<b>2:46.84</b>	+0,78	362	12,0(-)
	50m: 37.87 37.87		100m: 1:20.10 42.23	150m: 2:03.80 43.70	200m: 2:46.84 43.04			
13.	Diana Rita FONSECA	08	205309	Vieirense	<b>2:47.58</b>	+0,68	357	11,0(-)
	50m: 37.72 37.72		100m: 1:19.30 41.58	150m: 2:03.34 44.04	200m: 2:47.58 44.24			
14.	Maria Novais LARETH	09	204619	CLIP Teams	<b>2:47.59</b>	+0,98	357	10,0(-)
	50m: 38.20 38.20		100m: 1:20.48 42.28	150m: 2:04.90 44.42	200m: 2:47.59 42.69			
15.	Maria Rita RODRIGUES	08	132574	Naval da Horta	<b>2:51.34</b>		334	9,0(-)
	50m: 39.85 39.85		100m: 1:23.38 43.53	150m: 2:08.84 45.46	200m: 2:51.34 42.50			
16.	Rita Gato COSTA	08	202475	Despertarecorde	<b>2:52.90</b>	+0,82	325	8,0(-)
	50m: 39.70 39.70		100m: 1:24.62 44.92	150m: 2:09.16 44.54	200m: 2:52.90 43.74			
17.	Diana Costa OLIVEIRA	04	133981	Uniao Coimbra	<b>2:53.05</b>	+0,68	324	7,0(-)
	50m: 38.88 38.88		100m: 1:22.79 43.91	150m: 2:07.99 45.20	200m: 2:53.05 45.06			
18.	Sara Rafaela LEAL	07	204403	Penafiel	<b>2:55.07</b>	+0,93	313	6,0(-)
	50m: 40.07 40.07		100m: 1:24.84 44.77	150m: 2:10.06 45.22	200m: 2:55.07 45.01			
19.	Maria Isabel GOMES	06	202295	Naval de Ponta Delgada	<b>2:55.80</b>		309	5,0(-)
	50m: 38.94 38.94		100m: 1:23.62 44.68	150m: 2:09.65 46.03	200m: 2:55.80 46.15			
20.	Barbara Maia FREITAS	06	147081	CLAC-Entroncamento	<b>3:01.62</b>	+0,89	280	4,0(-)
	50m: 39.53 39.53		100m: 1:24.88 45.35	150m: 2:13.44 48.56	200m: 3:01.62 48.18			
21.	Jessica Santos LUIS	00	111887	Sao Roque	<b>3:04.21</b>	+0,85	269	3,0(-)
	50m: 41.23 41.23		100m: 1:27.39 46.16	150m: 2:16.00 48.61	200m: 3:04.21 48.21			
22.	Mariana Dias PEREIRA	10	214437	Alges e Agueda XXI	<b>3:09.02</b>		249	2,0(-)
	50m: 42.84 42.84		100m: 1:30.51 47.67	150m: 2:19.68 49.17	200m: 3:09.02 49.34			
DSQ	Mariana Pinto COSTA	05	203269	Estamos Juntos		+0,81		-
	<i>6.9 - O(A) nadador(a) não começou a executar a viragem imediatamente após terminar a braçada na posição ventral aos 150 metros - SW 6.4</i>							
DNS	Ana Leonor LOPES	07	210236	Estamos Juntos				-
DNS	Daniela Patricia LARGUINHO	05	217252	Colegio Vasco da Gama				-
DNS	Mariana Medeiros SILVA	08	202256	Naval da Horta				-



Prova 10	Masc., 400m Livres				Absolutos
30/10/2022 - 10:50					Resultados
Rec Nac Absoluto	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Sen	3:42.57	Jose Paulo LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac Jun18	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26/06/2004
Rec Nac Jun17	3:56.54	Rui Filipe COSTA	VSC	Felgueiras	24/11/2007
Rec Nac Juv A	3:58.82	Diogo Matos RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac Juv B	4:02.41	Diogo Matos RIBEIRO	CUC	Lousã	23/06/2019
Rec Nac Inf A	4:12.35	Andre Vilas RUIVO	DNMG	Campo Maior	29/03/2014
Rec Nac Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04/04/2003

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Afonso Filipe COSTA	03	126380	Louzan Natacao/EFAPEL	<b>4:10.62</b>	+0,72	607	25,00
	50m: 27.57 27.57		150m: 1:30.09 31.43	250m: 2:33.54 31.52	350m: 3:38.79 32.63			
	100m: 58.66 31.09		200m: 2:02.02 31.93	300m: 3:06.16 32.62	400m: 4:10.62 31.83			
2.	Alexandre MORARI	07	206445	Rio Maior	<b>4:11.55</b>	+0,74	600	23,00
	50m: 27.72 27.72		150m: 1:30.11 31.57	250m: 2:34.88 32.55	350m: 3:40.33 32.75			
	100m: 58.54 30.82		200m: 2:02.33 32.22	300m: 3:07.58 32.70	400m: 4:11.55 31.22			
3.	Guilherme Pereira COUTINHO	03	130516	Viver Santarem	<b>4:12.16</b>	+0,60	596	22,00
	50m: 27.98 27.98		150m: 1:30.66 31.76	250m: 2:35.99 33.00	350m: 3:42.08 32.61			
	100m: 58.90 30.92		200m: 2:02.99 32.33	300m: 3:09.47 33.48	400m: 4:12.16 30.08			
4.	Francisco Xavier RITA	07	205310	Vieirense	<b>4:22.48</b>	+0,71	528	21,00
	50m: 28.40 28.40		150m: 1:34.03 33.44	250m: 2:42.62 34.37	350m: 3:50.49 33.79			
	100m: 1:00.59 32.19		200m: 2:08.25 34.22	300m: 3:16.70 34.08	400m: 4:22.48 31.99			
5.	Henrique Ferreira MARTINS	06	203907	Alges e Agueda XXI	<b>4:23.81</b>	+0,74	520	20,00
	50m: 28.44 28.44		150m: 1:31.72 31.96	250m: 2:39.79 34.06	350m: 3:49.68 35.30			
	100m: 59.76 31.32		200m: 2:05.73 34.01	300m: 3:14.38 34.59	400m: 4:23.81 34.13			
6.	Goncalo Pereira COLACO	07	205720	CNLeiria	<b>4:24.84</b>	+0,71	514	19,00
	50m: 28.19 28.19		150m: 1:33.34 33.35	250m: 2:41.38 34.18	350m: 3:50.59 34.64			
	100m: 59.99 31.80		200m: 2:07.20 33.86	300m: 3:15.95 34.57	400m: 4:24.84 34.25			
7.	Joao Pedro NEVES	96	104336	Aminata	<b>4:27.53</b>	+0,81	499	18,00
	50m: 30.08 30.08		150m: 1:36.69 33.61	250m: 2:44.23 33.87	350m: 3:53.58 34.46			
	100m: 1:03.08 33.00		200m: 2:10.36 33.67	300m: 3:19.12 34.89	400m: 4:27.53 33.95			
8.	Vasco Almeida RIBEIRO	05	131214	Sao Joao Ver	<b>4:27.78</b>	+0,76	497	17,00
	50m: 28.91 28.91		150m: 1:35.03 33.86	250m: 2:43.84 34.17	350m: 3:54.07 34.85			
	100m: 1:01.17 32.26		200m: 2:09.67 34.64	300m: 3:19.22 35.38	400m: 4:27.78 33.71			
9.	Daniel Casaca CARVALHO	07	205098	Colegio Vasco da Gama	<b>4:29.72</b>	+0,80	487	16,00
	50m: 29.23 29.23		150m: 1:35.77 34.16	250m: 2:44.99 34.80	350m: 3:54.71 35.23			
	100m: 1:01.61 32.38		200m: 2:10.19 34.42	300m: 3:19.48 34.49	400m: 4:29.72 35.01			
10.	Goncalo Andre FERREIRA	07	151733	Ginasio de Vila Real	<b>4:30.83</b>	+0,81	481	15,00
	50m: 29.06 29.06		150m: 1:34.39 33.41	250m: 2:44.07 35.08	350m: 3:55.91 35.84			
	100m: 1:00.98 31.92		200m: 2:08.99 34.60	300m: 3:20.07 36.00	400m: 4:30.83 34.92			
11.	Afonso Miguel OLIVEIRA	07	148420	Juventude Atlantico	<b>4:30.99</b>	+0,61	480	14,00
	50m: 28.84 28.84		150m: 1:36.63 34.16	250m: 2:46.82 35.22	350m: 3:58.41 35.73			
	100m: 1:02.47 33.63		200m: 2:11.60 34.97	300m: 3:22.68 35.86	400m: 4:30.99 32.58			
12.	Vitor KUNYK	05	206856	Lagoa AC	<b>4:31.10</b>	+0,88	479	13,00
	50m: 30.23 30.23		150m: 1:37.96 34.50	250m: 2:48.35 34.93	350m: 3:58.53 35.00			
	100m: 1:03.46 33.23		200m: 2:13.42 35.46	300m: 3:23.53 35.18	400m: 4:31.10 32.57			
13.	Miguel Goncalves RODRIGUES	05	210683	Naval de Faro	<b>4:32.12</b>	+0,68	474	12,00
	50m: 29.14 29.14		150m: 1:34.40 33.27	250m: 2:44.39 35.15	350m: 3:56.41 36.12			
	100m: 1:01.13 31.99		200m: 2:09.24 34.84	300m: 3:20.29 35.90	400m: 4:32.12 35.71			
14.	Andre Filipe FERNANDES	95	101173	Amadora	<b>4:39.47</b>	+0,77	438	11,00
	50m: 30.91 30.91		150m: 1:38.24 34.26	250m: 2:49.31 35.79	350m: 4:02.63 36.75			
	100m: 1:03.98 33.07		200m: 2:13.52 35.28	300m: 3:25.88 36.57	400m: 4:39.47 36.84			

ORGANIZAÇÃO		FASE INSULAR		FASE CONTINENTAL			PATROCINADOR PRINCIPAL	
								
PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS				
								

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
15.	Rodrigo Miguel MARQUES	05	127744	CLIP Teams	<b>4:46.29</b>	+0,86	407	10,00
	50m: 29.47 29.47		150m: 1:38.69 35.58	250m: 2:52.20 36.59	350m: 4:09.31 39.05			
	100m: 1:03.11 33.64		200m: 2:15.61 36.92	300m: 3:30.26 38.06	400m: 4:46.29 36.98			
16.	Rodrigo Santos PERRY	07	205120	Despertarecorde	<b>4:49.78</b>	+0,68	392	9,00
	50m: 31.57 31.57		150m: 1:43.62 36.45	250m: 2:57.98 37.38	350m: 4:12.93 37.09			
	100m: 1:07.17 35.60		200m: 2:20.60 36.98	300m: 3:35.84 37.86	400m: 4:49.78 36.85			
17.	Samuel Dinis MAIA	08	203585	Miranda do Corvo	<b>5:00.32</b>	+0,71	353	8,00
	50m: 32.36 32.36		150m: 1:46.57 37.81	250m: 3:04.31 39.03	350m: 4:22.26 39.22			
	100m: 1:08.76 36.40		200m: 2:25.28 38.71	300m: 3:43.04 38.73	400m: 5:00.32 38.06			
18.	Eduardo Pires TAVARES	07	205385	Albicastrense	<b>5:02.18</b>	+0,93	346	7,00
	50m: 32.70 32.70		150m: 1:47.02 38.08	250m: 3:04.63 38.54	350m: 4:23.27 38.83			
	100m: 1:08.94 36.24		200m: 2:26.09 39.07	300m: 3:44.44 39.81	400m: 5:02.18 38.91			
19.	Antonio Dinis BALDAIA	08	204398	Penafiel	<b>5:07.86</b>	+0,74	327	6,00
	50m: 33.82 33.82		150m: 1:49.40 38.28	250m: 3:09.33 40.39	350m: 4:30.05 40.32			
	100m: 1:11.12 37.30		200m: 2:28.94 39.54	300m: 3:49.73 40.40	400m: 5:07.86 37.81			
20.	Tomas Neves PROSPERO	08	209338	Propaganda da Natacao	<b>5:08.36</b>	+0,78	326	5,00
	50m: 33.17 33.17		150m: 1:50.08 39.04	250m: 3:09.76 40.21	350m: 4:30.55 40.95			
	100m: 1:11.04 37.87		200m: 2:29.55 39.47	300m: 3:49.60 39.84	400m: 5:08.36 37.81			
21.	Mateus Tavares BASTOS	08	214438	Campinho	<b>5:09.17</b>	+0,91	323	4,00
	50m: 34.04 34.04		150m: 1:50.30 38.56	250m: 3:10.66 40.39	350m: 4:31.13 40.62			
	100m: 1:11.74 37.70		200m: 2:30.27 39.97	300m: 3:50.51 39.85	400m: 5:09.17 38.04			
22.	Joao Tomas FERNANDES	08	203911	O Crasto	<b>5:11.17</b>	+0,87	317	3,00
	50m: 33.52 33.52		150m: 1:49.89 38.72	250m: 3:10.16 40.30	350m: 4:31.70 40.89			
	100m: 1:11.17 37.65		200m: 2:29.86 39.97	300m: 3:50.81 40.65	400m: 5:11.17 39.47			
23.	Dinis Maria GARCIA	09	205671	Nautico Abrantes	<b>5:16.71</b>	+0,66	300	2,00
	50m: 34.78 34.78		150m: 1:54.14 40.71	250m: 3:16.27 41.32	350m: 4:38.16 41.14			
	100m: 1:13.43 38.65		200m: 2:34.95 40.81	300m: 3:57.02 40.75	400m: 5:16.71 38.55			
DSQ	Miguel Carreiro SOUSA	08	205609	Agua de Pau	<b>5:09.77</b>			-
	50m: 32.90 32.90		150m: 1:49.25 38.89	250m: 3:09.28 40.14	350m: 4:28.78 39.70			
	100m: 1:10.36 37.46		200m: 2:29.14 39.89	300m: 3:49.08 39.80	400m: 5:09.77 40.99			
DNS	Miguel Antonio ELEKES	06	204249	Aminata				-
DNS	Lucas Andre FERNANDES	04	205757	Propaganda da Natacao				-



Prova 11	Femin., 200m Estilos				Absolutos
30/10/2022 - 11:10					Resultados
Rec Nac Absoluto	2:12.08	Victoria KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec Nac Sen	2:12.08	Victoria KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec Nac Jun17	2:15.10	Mariana Pacheco CUNHA	CNCE	Felgueiras	10/04/2021
Rec Nac Jun16	2:14.94	Maria Carolina ROSA	SCP	S. António Cavaleiros	19/12/2009
Rec Nac Juv A	2:18.13	Mariana Pacheco CUNHA	CFP	Felgueiras	27/04/2019
Rec Nac Juv B	2:19.79	Mariana Pacheco CUNHA	CFP	Felgueiras	14/04/2018
Rec Nac Inf A	2:21.36	Carolina Miranda FERNANDES	CGA	Felgueiras	10/03/2018
Rec Nac Inf B	2:28.04	Carolina Miranda FERNANDES	CGA	Mealhada	08/04/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Laura Fabiana ESTEVENS	05	129315	Naval de Faro	<b>2:22.87</b>	+0,74	620	24,0(-)
	50m: 30.93 30.93		100m: 1:07.61 36.68	150m: 1:48.58 40.97	200m: 2:22.87 34.29			
2.	Ana Carolina MONTEIRO	04	129474	Uniao Coimbra	<b>2:28.38</b>	+0,76	553	22,0(-)
	50m: 31.33 31.33		100m: 1:10.92 39.59	150m: 1:53.44 42.52	200m: 2:28.38 34.94			
3.	Maria Francisca FROIS	06	129330	CNLeiria	<b>2:31.17</b>	+0,75	523	21,0(-)
	50m: 31.87 31.87		100m: 1:09.96 38.09	150m: 1:55.34 45.38	200m: 2:31.17 35.83			
4.	Laura Almeida PINA	07	200859	O Crasto	<b>2:31.19</b>	+0,81	523	20,0(-)
	50m: 33.03 33.03		100m: 1:13.45 40.42	150m: 1:56.41 42.96	200m: 2:31.19 34.78			
5.	Maria Jardim FIDALGO	04	131429	Colegio Vasco da Gama	<b>2:31.62</b>	+0,73	519	19,0(-)
	50m: 32.27 32.27		100m: 1:12.89 40.62	150m: 1:57.44 44.55	200m: 2:31.62 34.18			
6.	Ana Monica ELOI	96	107038	CLIP Teams	<b>2:34.49</b>	+0,79	490	18,0(-)
	50m: 32.40 32.40		100m: 1:12.52 40.12	150m: 1:57.65 45.13	200m: 2:34.49 36.84			
7.	Bruna Ferreira RODRIGUES	05	130938	Sao Joao Ver	<b>2:35.85</b>	+0,73	478	17,0(-)
	50m: 33.01 33.01		100m: 1:13.45 40.44	150m: 1:59.00 45.55	200m: 2:35.85 36.85			
8.	Diana Patricia NEVES	06	130031	Naval da Horta	<b>2:37.40</b>		464	16,0(-)
	50m: 33.00 33.00		100m: 1:13.01 40.01	150m: 2:01.28 48.27	200m: 2:37.40 36.12			
9.	Bruna Andreia SIMOES	01	121004	Vieirense	<b>2:38.26</b>	+0,78	456	15,0(-)
	50m: 32.35 32.35		100m: 1:13.30 40.95	150m: 2:00.49 47.19	200m: 2:38.26 37.77			
10.	Leonor Carvalho OLIVEIRA	07	200901	Despertarecorde	<b>2:38.94</b>	+0,74	450	14,0(-)
	50m: 32.71 32.71		100m: 1:12.93 40.22	150m: 2:00.89 47.96	200m: 2:38.94 38.05			
11.	Marta Filipa BUCHA	06	132484	Viver Santarem	<b>2:40.93</b>	+0,93	434	13,0(-)
	50m: 33.02 33.02		100m: 1:14.68 41.66	150m: 2:03.56 48.88	200m: 2:40.93 37.37			
12.	Leonor Correia NUNES	08	207635	Aminata	<b>2:40.97</b>	+0,87	433	12,0(-)
	50m: 33.02 33.02		100m: 1:16.77 43.75	150m: 2:03.06 46.29	200m: 2:40.97 37.91			
13.	Silvana Suamade SILVA	06	131322	Sao Roque	<b>2:41.26</b>	+0,71	431	11,0(-)
	50m: 34.85 34.85		100m: 1:17.38 42.53	150m: 2:03.53 46.15	200m: 2:41.26 37.73			
14.	Eduarda Oliveira CARDOSO	06	205428	Estamos Juntos	<b>2:41.52</b>	+0,76	429	10,0(-)
	50m: 32.89 32.89		100m: 1:15.76 42.87	150m: 2:02.00 46.24	200m: 2:41.52 39.52			
15.	Carolina Ascenso SANTOS	01	121271	Propaganda da Natacao	<b>2:41.95</b>	+0,82	426	9,0(-)
	50m: 34.75 34.75		100m: 1:16.88 42.13	150m: 2:03.23 46.35	200m: 2:41.95 38.72			
16.	Raquel Grilo OLIVEIRA	07	207740	Lagoa AC	<b>2:43.19</b>	+0,72	416	8,0(-)
	50m: 33.69 33.69		100m: 1:16.40 42.71	150m: 2:04.86 48.46	200m: 2:43.19 38.33			
17.	Ana Gabriela SILVA	08	203708	Natacao da Maia	<b>2:43.24</b>	+0,82	416	7,0(-)
	50m: 34.43 34.43		100m: 1:15.20 40.77	150m: 2:03.43 48.23	200m: 2:43.24 39.81			
18.	Sofia Isabel SANTOS	04	144708	Naval de Ponta Delgada	<b>2:45.10</b>		402	6,0(-)
	50m: 35.81 35.81		100m: 1:18.64 42.83	150m: 2:05.74 47.10	200m: 2:45.10 39.36			
19.	Francisca Santos FERNANDES	08	144798	Miranda do Corvo	<b>2:45.26</b>	+0,77	400	5,0(-)
	50m: 34.20 34.20		100m: 1:14.73 40.53	150m: 2:05.87 51.14	200m: 2:45.26 39.39			





Prova 11, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Laura Brites COSTA	09	211108	Rio Maior	<b>2:47.17</b>	+0,67	387	4,0(-)
	50m: 35.09 35.09			100m: 1:19.44 44.35	150m: 2:08.54 49.10	200m: 2:47.17	38.63	
21.	Matilde Faria SILVESTRE	10	209233	Penafiel	<b>2:55.48</b>	+0,86	334	3,0(-)
	50m: 39.69 39.69			100m: 1:23.31 43.62	150m: 2:16.03 52.72	200m: 2:55.48	39.45	
22.	Daniela Santos CARRILHO	08	205402	CLAC-Entroncamento	<b>3:13.46</b>	+0,87	249	2,0(-)
	50m: 45.74 45.74			100m: 1:33.85 48.11	150m: 2:26.69 52.84	200m: 3:13.46	46.77	
23.	Maria Miguel CANASTRA	09	213562	Alges e Agueda XXI	<b>3:13.58</b>	+0,78	249	1,0(-)
	50m: 44.66 44.66			100m: 1:34.77 50.11	150m: 2:30.66 55.89	200m: 3:13.58	42.92	

Prova 12  
30/10/2022 - 11:25

Masc., 4 x 100m Livres

Absolutos  
Resultados

Rec Nac Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec Nac Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec Nac Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23/12/2018
Rec Nac Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nac Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	11/07/2014
Rec Nac Juv B	3:42.17	Assoc Desp Cult Rec Bairro dos ArADBA		Leiria	22/06/2019
Rec Nac Inf A	3:48.35	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede	29/03/2014
Rec Nac Inf	3:48.35	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede	29/03/2014
Rec Nac Inf B	4:05.06	Grupo Desp. Natacao V. N. FamalicGDNVNF		Vila Praia Ancora	28/06/2013

Pontos: FINA 2022

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA				
1. Viver Santarem		Viver Santarem	<b>3:37.99</b>	+0,66	591	25,00			
		Luis Afonso LOPES	+0,66	25.60	53.16	Guilherme Pereira COUTINHO	+0,24	25.16	54.13
		Joao Marques FERREIRA	+0,28	26.22	55.91	Jose Pinto CABRAL	+0,16	25.83	54.79
2. Aminata		Aminata	<b>3:40.16</b>	+0,68	574	23,00			
		Simao Valadas BILRO	+0,68	25.70	54.31	Luis Miguel NEVES	+0,25	25.72	54.97
		Rodrigo Miguel ALVES	+0,34	26.15	55.27	Joao Pedro NEVES	+0,46	26.14	55.61
3. CNLeiria		CNLeiria	<b>3:41.08</b>	+0,71	567	22,00			
		Vitor Belo CLARA	+0,71	25.48	52.86	Manuel Maria FROIS	+0,26	27.53	59.85
		Micael Dmitrievich DENISOV	+0,42	24.79	53.59	Guilherme Silva CASTANHEIRA	+0,37	25.73	54.78
4. Louzan Natacao/EFAPEL		Louzan Natacao/EFAPEL	<b>3:41.15</b>	+0,72	566	21,00			
		Goncalo Carvalho SANTOS	+0,72	26.91	56.43	Diogo Luis CANCELA	+0,99	29.52	1:02.54
		Afonso Filipe COSTA	+0,43	25.17	52.60	Gabriel Jose LOPES	+0,99	23.70	49.58
5. Despertarecorde		Despertarecorde	<b>3:41.17</b>	+0,71	566	20,00			
		Jose Paula CARVALHO	+0,71	27.05	54.95	Diogo Rafael DIAS	+0,44	26.15	57.10
		Joao Paulo MAGALHAES	+0,25	26.08	55.13	Andre Filipe MAGALHAES	+0,42	25.45	53.99
6. Colegio Vasco da Gama		Colegio Vasco da Gama	<b>3:41.62</b>	+0,70	563	19,00			
		Bernardo Jorge SIMOES	+0,70	25.17	52.74	Ricardo Basilio MARREIROS	+0,57	26.76	58.06
		Tomas Santos BRAGA	+0,46	27.17	56.59	Luis Emanuel VAZ	+0,34	25.72	54.23
7. Sao Joao Ver		Sao Joao Ver	<b>3:45.14</b>	+0,82	537	18,00			
		Vasco Almeida RIBEIRO	+0,82	26.34	54.88	Guilherme Sousa FONTES	+0,49	27.97	59.72
		Romulo Neves PINTO	+0,61	26.19	55.40	Samuel Dias MARTINS	+0,36	25.83	55.14
8. Ginasio de Vila Real		Ginasio de Vila Real	<b>3:50.05</b>	+0,77	503	17,00			
		Rafael Afonso FIALHO	+0,77	27.70	59.51	Herman KOVALCHUK	+0,54	26.46	56.58
		Rodrigo Daniel SILVA	+0,49	27.59	58.28	Eduardo YAKUBENKO	+0,54	26.57	55.68
9. Rio Maior		Rio Maior	<b>3:50.23</b>	+0,68	502	16,00			
		Leonardo Gomes SILVA	+0,68	28.83	1:01.61	Ricardo Filipe GABOLEIRO	+0,40	26.73	57.86
		Guilherme Filipe GABOLEIRO	+0,26	26.07	56.45	Alexandre MORARI	+0,40	25.31	54.31



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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA			
10. Amadora		Amadora	<b>3:50.42</b>	+0,92	501	15,00		
	+0,92	27.93	58.33	Daniel IONAS	+0,46	27.34	57.52	
	+0,49	27.13	56.15	Andre Filipe FERNANDES	+0,58	27.89	58.42	
11. Vieiraense		Vieiraense	<b>3:50.88</b>	+0,72	498	14,00		
	+0,72	28.28	59.15	Edgar Francisco SIMOES	+0,38	27.93	59.81	
	+0,37	26.96	55.21	Francisco Xavier RITA	+0,50	26.90	56.71	
12. Penafiel		Penafiel	<b>3:51.53</b>	+0,73	494	13,00		
	+0,73	25.24	51.92	Goncalo Fernando FERREIRA	+0,38	28.42	1:00.30	
	+0,60	27.64	57.60	Antonio Dinis BALDAIA	+0,49	29.33	1:01.71	
13. Nautico Abrantes		Nautico Abrantes	<b>3:53.00</b>	+0,70	484	12,00		
	+0,70	27.45	56.90	Andre Coelho PITA	+0,50	28.23	59.53	
	+0,46	27.47	58.06	Daniel Silva BISPO	+0,47	27.50	58.51	
14. Miranda do Corvo		Miranda do Corvo	<b>3:53.39</b>	+0,61	482	11,00		
	+0,61	27.19	57.10	Filipe Cruz SIMOES	+0,92	28.21	59.74	
	+0,99	28.58	1:00.87	Daniel Filipe PAIVA	+0,98	26.38	55.68	
15. Lagoa AC		Lagoa AC	<b>3:56.47</b>	+0,79	463	10,00		
	+0,79	27.86	57.86	Miguel Lourenco VELHINHO	+0,30	28.35	59.91	
	+0,73	29.40	1:01.56	Goncalo Gualberto BARBARA	+0,27	27.16	57.14	
16. Propaganda da Natacao		Propaganda da Natacao	<b>3:58.16</b>	+0,82	453	9,00		
	+0,82	28.67	1:01.53	Goncalo Alves MOUTINHO	+0,32	29.53	1:03.30	
	+0,43	28.08	58.18	Tomas Castro SOUSA	+0,35	25.97	55.15	
17. Naval de Faro		Naval de Faro	<b>3:58.46</b>	+0,84	452	8,00		
	+0,84	28.87	1:00.03	Artur Osorio BONANCA	+0,23	26.16	55.11	
	+0,33	29.62	1:05.48	Miguel Goncalves RODRIGUES	+0,39	27.09	57.84	
18. CLIP Teams		CLIP Teams	<b>3:59.72</b>	+0,72	445	7,00		
	+0,72	27.35	57.19	Rodrigo Miguel MARQUES	+0,57	28.60	1:00.22	
	+0,63	30.41	1:04.55	Joao Lourenco HERDEIRO	+0,13	26.69	57.76	
19. Alges e Agueda XXI		Alges e Agueda XXI	<b>4:01.00</b>	+0,73	438	6,00		
	+0,73	26.31	56.13	Diogo Fonseca NEVES	+0,55	30.61	1:06.28	
	+0,73	29.15	1:01.92	Abel Renato FERREIRA	+0,50	26.94	56.67	
20. Juventude Atlantico		Juventude Atlantico	<b>4:08.03</b>	+0,65	401	5,00		
	+0,65	27.59	57.89	Pedro Martim GONCALVES	+0,27	29.48	1:02.67	
	+0,63	30.49	1:03.06	Diogo Basilio ALVES	+0,21	30.87	1:04.41	
21. Campinho		Campinho	<b>4:09.32</b>	+0,79	395	4,00		
	+0,79	27.68	59.38	Jorge Lucas MELO	+0,99	31.38	1:06.25	
	+0,74	32.13	1:07.65	Nuno Gabriel SILVA	+0,58	26.03	56.04	
22. O Crasto		O Crasto	<b>4:14.37</b>	+0,73	372	3,00		
	+0,73	27.42	57.21	Gabriel Neto FERREIRA	+0,51	32.61	1:08.31	
	+0,45	31.66	1:03.55	Joao Tomas FERNANDES	+0,50	31.57	1:05.30	
23. Albcastrense		Albcastrense	<b>4:36.05</b>	+0,92	291	2,00		
	+0,92	34.70	1:09.95	Diogo Daniel MARCO	+0,39	33.37	1:09.39	
	+0,36	36.51	1:16.75	Dinis Trigueiros PAULO	+0,46	28.47	59.96	
24. Agua de Pau 1		Agua de Pau	<b>4:36.85</b>		288	1,00		
		08	31.08	1:06.05	Diogo Sousa OLIVEIRA	06	33.62	1:12.26
		08	31.99	1:06.70	Henrique Ferreira SANTOS	08	34.49	1:11.84



Prova 13	Femin., 4 x 100m Estilos				Absolutos
30/10/2022 - 11:40					Resultados
Rec Nac Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009
Rec Nac Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19/12/2009
Rec Nac Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21/12/2018
Rec Nac Juv A	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
Rec Nac Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	14/07/2019
Rec Nac Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15/06/2006
Rec Nac Inf A	4:40.29	Grupo Desp. Natacao V. N. FamalicGDNVNF	Viseu	Viseu	12/03/2011
Rec Nac Inf	4:40.29	Grupo Desp. Natacao V. N. FamalicGDNVNF	Viseu	Viseu	12/03/2011
Rec Nac Inf B	4:57.35	Grupo Desp. Natacao V. N. FamalicGDNVNF	Ponte da Barca	Ponte da Barca	06/03/2010

Pontos: FINA 2022

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA		
1. CNLeiria		CNLeiria	<b>4:37.42</b>	<b>+0,66</b>	530	24,0(-)	
	+0,66	33.50	1:08.28	Luana Pinto DOMINGUES	+0,60	31.96	1:08.22
	+0,22	36.24	1:17.58	Maria Francisca FROIS	+0,55	29.87	1:03.34
2. Naval de Faro		Naval de Faro	<b>4:42.35</b>	<b>+0,70</b>	502	22,0(-)	
	+0,70	33.76	1:09.34	Laura Fabiana ESTEVENS	+0,55	30.08	1:04.23
	+0,51	39.79	1:25.62	Ana Teresa ROMAO	+0,56	30.30	1:03.16
3. Aminata		Aminata	<b>4:43.48</b>	<b>+0,73</b>	496	21,0(-)	
	+0,73	35.12	1:13.04	Catarina Isabel ALVES	+0,53	30.82	1:07.10
	+0,65	36.74	1:19.61	Leonor Correia NUNES	+0,34	30.42	1:03.73
4. O Crasto		O Crasto	<b>4:44.84</b>	<b>+0,80</b>	489	20,0(-)	
	+0,80	34.94	1:11.35	Bruna Filipa LOURENCO	+0,58	33.67	1:13.14
	+0,55	36.29	1:18.07	Ana Sofia PINA	+0,39	29.54	1:02.28
5. Uniao Coimbra		Uniao Coimbra	<b>4:49.48</b>	<b>+0,66</b>	466	19,0(-)	
	+0,66	35.14	1:15.11	Ana Carolina MONTEIRO	+0,17	29.77	1:04.92
	+0,27	40.08	1:26.03	Maria Vitoria GRILO	+0,51	30.41	1:03.42
6. Sao Joao Ver		Sao Joao Ver	<b>4:50.94</b>	<b>+0,74</b>	459	18,0(-)	
	+0,74	38.73	1:20.67	Maria Joao RIBEIRO	+0,86	31.25	1:07.67
	+0,60	36.67	1:17.68	Beatriz Azevedo PEREIRA	+0,90	30.27	1:04.92
7. Colegio Vasco da Gama		Colegio Vasco da Gama	<b>4:52.82</b>	<b>+0,63</b>	450	17,0(-)	
	+0,63	37.90	1:18.51	Maria Jardim FIDALGO		30.48	1:05.65
	+0,54	39.43	1:23.53	Susana Pereira VEIGA	+0,20	30.95	1:05.13
8. CLIP Teams		CLIP Teams	<b>4:53.04</b>	<b>+0,69</b>	449	16,0(-)	
	+0,69	35.43	1:16.37	Sofia Pereira BRAZ	+0,38	32.70	1:11.98
	+0,46	36.93	1:19.81	Violante Pascoal FONTOURA	+0,27	30.43	1:04.88
9. Natacao da Maia		Natacao da Maia	<b>4:53.97</b>	<b>+0,72</b>	445	15,0(-)	
	+0,72	36.23	1:12.98	Ana Gabriela SILVA	+0,30	33.63	1:13.74
	+0,51	38.99	1:24.61	Alexandra Martins CAMPOS	+0,37	29.75	1:02.64
10. Viver Santarem		Viver Santarem	<b>4:54.84</b>	<b>+0,85</b>	441	14,0(-)	
	+0,85	35.36	1:14.41	Margarida Miguel MENDES	+0,75	32.81	1:11.99
	+0,68	39.73	1:24.50	Rafaela Canano SILVA	+0,31	30.40	1:03.94
11. Propaganda da Natacao		Propaganda da Natacao	<b>4:56.65</b>	<b>+0,79</b>	433	13,0(-)	
	+0,79	34.69	1:12.96	Adriana Daniela CASTRO	+0,29	31.03	1:08.12
	+0,43	38.05	1:23.68	Matilde Franco BARBOSA	+0,65	34.28	1:11.89
12. Estamos Juntos		Estamos Juntos	<b>5:05.42</b>	<b>+0,84</b>	397	12,0(-)	
	+0,84	36.50	1:15.41	Laura Gomes SILVA	+0,47	36.08	1:18.54
	+0,31	37.25	1:20.10	Rita Resende NEVES	+0,53	34.38	1:11.37
13. Vieiraense		Vieiraense	<b>5:05.79</b>	<b>+0,77</b>	395	11,0(-)	
	+0,77	36.76	1:18.62	Bruna Andreia SIMOES	+1,03		1:08.93
	+0,97	40.15	1:27.68	Carolina Ferreira FONSECA	+0,82	32.95	1:10.56
14. Penafiel		Penafiel	<b>5:13.73</b>	<b>+0,99</b>	366	10,0(-)	
	+0,99	39.31	1:20.80	Eva Oliveira SILVA	+0,65	37.06	1:23.37
	+0,57	40.29	1:26.10	Catarina Soares ARAUJO	+0,59	30.47	1:03.46

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA		
15. Miranda do Corvo		Miranda do Corvo	<b>5:14.95</b>	+0,74	362	9,0(-)	
Francisca Santos FERNANDES	+0,74	37.01	1:16.19	Julia Maria SOARES	+0,44	35.53	1:17.60
Laura Silva FERNANDES	+0,48	41.11	1:28.57	Caetana Amado SANTOS		33.56	1:12.59
16. Rio Maior		Rio Maior	<b>5:19.88</b>	+0,78	345	8,0(-)	
Alice Batista AGOSTINHO	+0,78	40.15	1:22.80	Laura Brites COSTA	+0,35	34.85	1:16.80
Laura Calheiros FRAZAO	+0,32	39.94	1:29.09	Lara Paixao SILVA	+0,44	33.66	1:11.19
17. Naval de Ponta Delgada		Naval de Ponta Delgada	<b>5:20.19</b>		344	7,0(-)	
Maria Isabel GOMES	06	38.32	1:20.86	Sofia Isabel SANTOS	04	36.11	1:19.37
Julia Atamas SILVA	06	42.66	1:32.83	Luciana Amorim IVENS	06	30.93	1:07.13
18. Sao Roque		Sao Roque	<b>5:24.98</b>	+0,71	329	6,0(-)	
Jessica Santos LUIS	+0,71	39.83	1:24.49	Silvana Suamade SILVA	+0,29	34.60	1:16.39
Catarina Fernandes LUIS	+0,34	42.12	1:31.24	Bruna Francisca MARQUES	+0,15	33.98	1:12.86
19. Alges e Agueda XXI		Alges e Agueda XXI	<b>5:35.27</b>	+0,77	300	5,0(-)	
Madalena Gameiro GONCALVES	+0,77	43.30	1:29.04	Bianca Filipa ALMEIDA	+0,64	32.29	1:09.38
Mariana Dias PEREIRA	+0,90	47.02	1:40.61	Beatriz Ferreira MIGUEL	+0,82	36.74	1:16.24
20. CLAC-Entroncamento		CLAC-Entroncamento	<b>5:39.32</b>	+0,87	289	4,0(-)	
Daniela Santos CARRILHO	+0,87	44.96	1:31.19	Barbara Maia FREITAS	+0,59	38.21	1:24.83
Joana Patricia ANTUNES	+0,69	40.64	1:27.41	Matilde Nabeiro MONRAIA	+0,55	34.88	1:15.89
21. Despertarecorde		Despertarecorde	<b>5:39.91</b>	+0,77	288	3,0(-)	
Rita Gato COSTA	+0,77	38.54	1:20.85	Leonor Carvalho OLIVEIRA		31.12	1:09.42
Joana Gato COSTA	+0,53	55.84	2:00.61	Matilde Nunes RIBEIRO	+0,23	31.98	1:09.03
DSQ Lagoa AC		Lagoa AC		+0,82		-	
<i>10.18 - Rendição Antecipada do 2 Nadador(a) - SW 10.11</i>							
Rebeca Correia FRANCIS	+0,82	35.52	1:13.69	Raquel Grilo OLIVEIRA			
Beatriz Matias ALMEIDA	-0,32			Maria Teresa LUIZ			
DSQ Naval da Horta		Naval da Horta	<b>5:05.50</b>			-	
Diana Patricia NEVES	06	35.61	1:11.99	Maria Ines FONTES	08	34.57	1:17.14
Maria Rita RODRIGUES	08	41.39	1:27.25	Isabel Silva ROSA	10	32.37	1:09.12

Prova 14

Masc., 800m Livres

Absolutos

30/10/2022 - 16:30

Resultados

Rec Nac Absoluto	7:42.14	Jose Paulo LOPES	SCB	Felgueiras	20/12/2019
Rec Nac Sen	7:42.14	Jose Paulo LOPES	SCB	Felgueiras	20/12/2019
Rec Nac Jun18	7:56.76	Guilherme Filipe PINA	BSCN	Porto	11/12/2015
Rec Nac Jun17	8:00.80	Gustavo Manuel SANTA	CNLA	Leiria	06/12/2009
Rec Nac Juv A	8:09.43	Rui Filipe COSTA	VSC	Senhora da Hora	12/05/2007
Rec Nac Juv B	8:27.18	Rui Filipe COSTA	VSC	Senhora da Hora	13/05/2006
Rec Nac Inf A	8:36.36	Andre Vilas RUIVO	DNMG	Nazaré	25/05/2014
Rec Nac Inf B	9:07.20	Andre Vilas RUIVO	DNMG	Leiria	03/03/2013

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Alexandre MORARI	07	206445	Rio Maior	<b>8:43.94</b>	+0,79	606	25,00
	50m: 29.22	29.22	250m: 2:39.92	33.13	450m: 4:53.42	33.22	650m: 7:07.91	33.40
	100m: 1:01.43	32.21	300m: 3:13.44	33.52	500m: 5:27.07	33.65	700m: 7:41.95	34.04
	150m: 1:34.16	32.73	350m: 3:46.93	33.49	550m: 6:00.56	33.49	750m: 8:14.76	32.81
	200m: 2:06.79	32.63	400m: 4:20.20	33.27	600m: 6:34.51	33.95	800m: 8:43.94	29.18
2.	Guilherme Pereira COUTINHO	03	130516	Viver Santarem	<b>8:44.56</b>	+0,65	604	23,00
	50m: 28.96	28.96	250m: 2:39.94	33.16	450m: 4:53.61	33.34	650m: 7:08.12	33.39
	100m: 1:01.10	32.14	300m: 3:13.44	33.50	500m: 5:27.26	33.65	700m: 7:41.74	33.62
	150m: 1:34.14	33.04	350m: 3:46.94	33.50	550m: 6:00.74	33.48	750m: 8:14.76	33.02
	200m: 2:06.78	32.64	400m: 4:20.27	33.33	600m: 6:34.73	33.99	800m: 8:44.56	29.80

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
3.	Jose Paula CARVALHO	98	111450	Despertarecorde	<b>8:53.33</b>	+0,73	574	22,00
	50m: 29.56 29.56	250m: 2:41.80	33.68	450m: 4:57.06	33.90	650m: 7:12.79	33.73	
	100m: 1:01.70 32.14	300m: 3:15.62	33.82	500m: 5:31.07	34.01	700m: 7:46.67	33.88	
	150m: 1:34.90 33.20	350m: 3:49.58	33.96	550m: 6:04.65	33.58	750m: 8:20.58	33.91	
	200m: 2:08.12 33.22	400m: 4:23.16	33.58	600m: 6:39.06	34.41	800m: 8:53.33	32.75	
4.	Francisco Xavier RITA	07	205310	Vieirense	<b>8:59.81</b>	+0,74	554	21,00
	50m: 30.28 30.28	250m: 2:47.27	34.64	450m: 5:06.60	34.96	650m: 7:22.81	33.50	
	100m: 1:03.73 33.45	300m: 3:22.43	35.16	500m: 5:40.80	34.20	700m: 7:56.57	33.76	
	150m: 1:38.11 34.38	350m: 3:57.07	34.64	550m: 6:15.45	34.65	750m: 8:28.66	32.09	
	200m: 2:12.63 34.52	400m: 4:31.64	34.57	600m: 6:49.31	33.86	800m: 8:59.81	31.15	
5.	Goncalo Carvalho SANTOS	05	131299	Louzan Natacao/EFAPEL	<b>9:13.16</b>	+0,74	515	20,00
	50m: 29.94 29.94	250m: 2:45.79	34.75	450m: 5:06.31	35.62	650m: 7:28.00	35.57	
	100m: 1:03.09 33.15	300m: 3:20.71	34.92	500m: 5:42.02	35.71	700m: 8:03.46	35.46	
	150m: 1:36.74 33.65	350m: 3:55.76	35.05	550m: 6:17.27	35.25	750m: 8:38.99	35.53	
	200m: 2:11.04 34.30	400m: 4:30.69	34.93	600m: 6:52.43	35.16	800m: 9:13.16	34.17	
6.	Luis Emanuel VAZ	91	15628	Colegio Vasco da Gama	<b>9:16.25</b>	+0,80	506	19,00
	50m: 30.34 30.34	250m: 2:45.63	35.09	450m: 5:05.98	34.51	650m: 7:28.22	36.09	
	100m: 1:02.73 32.39	300m: 3:20.51	34.88	500m: 5:40.95	34.97	700m: 8:04.41	36.19	
	150m: 1:36.23 33.50	350m: 3:55.82	35.31	550m: 6:16.29	35.34	750m: 8:40.97	36.56	
	200m: 2:10.54 34.31	400m: 4:31.47	35.65	600m: 6:52.13	35.84	800m: 9:16.25	35.28	
7.	Goncalo Andre FERREIRA	07	151733	Ginasio de Vila Real	<b>9:17.29</b>	+0,86	503	18,00
	50m: 30.25 30.25	250m: 2:48.39	34.95	450m: 5:09.73	35.48	650m: 7:32.97	35.41	
	100m: 1:03.61 33.36	300m: 3:23.66	35.27	500m: 5:45.45	35.72	700m: 8:08.87	35.90	
	150m: 1:38.37 34.76	350m: 3:58.67	35.01	550m: 6:21.13	35.68	750m: 8:43.80	34.93	
	200m: 2:13.44 35.07	400m: 4:34.25	35.58	600m: 6:57.56	36.43	800m: 9:17.29	33.49	
8.	Afonso Dinis ROQUE	07	205541	CNLeiria	<b>9:17.76</b>	+0,86	502	17,00
	50m: 29.07 29.07	250m: 2:43.57	34.59	450m: 5:05.81	35.68	650m: 7:29.71	36.12	
	100m: 1:01.38 32.31	300m: 3:18.58	35.01	500m: 5:41.83	36.02	700m: 8:06.43	36.72	
	150m: 1:34.92 33.54	350m: 3:54.08	35.50	550m: 6:17.90	36.07	750m: 8:42.22	35.79	
	200m: 2:08.98 34.06	400m: 4:30.13	36.05	600m: 6:53.59	35.69	800m: 9:17.76	35.54	
9.	Miguel Goncalves RODRIGUES	05	210683	Naval de Faro	<b>9:21.05</b>	+0,70	493	16,00
	50m: 30.64 30.64	250m: 2:47.83	34.89	450m: 5:11.25	35.95	650m: 7:35.76	36.00	
	100m: 1:04.22 33.58	300m: 3:23.31	35.48	500m: 5:47.10	35.85	700m: 8:12.27	36.51	
	150m: 1:38.34 34.12	350m: 3:59.27	35.96	550m: 6:23.31	36.21	750m: 8:47.20	34.93	
	200m: 2:12.94 34.60	400m: 4:35.30	36.03	600m: 6:59.76	36.45	800m: 9:21.05	33.85	
10.	Tomas Jose FRANCISCO	05	131277	Miranda do Corvo	<b>9:25.11</b>	+0,80	483	15,00
	50m: 30.85 30.85	250m: 2:48.41	34.89	450m: 5:11.12	35.81	650m: 7:35.70	36.05	
	100m: 1:04.86 34.01	300m: 3:23.97	35.56	500m: 5:46.75	35.63	700m: 8:12.50	36.80	
	150m: 1:39.02 34.16	350m: 3:59.77	35.80	550m: 6:23.07	36.32	750m: 8:49.22	36.72	
	200m: 2:13.52 34.50	400m: 4:35.31	35.54	600m: 6:59.65	36.58	800m: 9:25.11	35.89	
11.	Vitor KUNYK	05	206856	Lagoa AC	<b>9:29.45</b>	+0,75	472	14,00
	50m: 31.12 31.12	250m: 2:53.04	35.65	450m: 5:17.22	35.77	650m: 7:43.24	36.07	
	100m: 1:05.96 34.84	300m: 3:29.09	36.05	500m: 5:53.54	36.32	700m: 8:19.05	35.81	
	150m: 1:41.83 35.87	350m: 4:05.20	36.11	550m: 6:30.35	36.81	750m: 8:55.08	36.03	
	200m: 2:17.39 35.56	400m: 4:41.45	36.25	600m: 7:07.17	36.82	800m: 9:29.45	34.37	
12.	Andre Filipe FERNANDES	95	101173	Amadora	<b>9:37.22</b>	+0,76	453	13,00
	50m: 32.53 32.53	250m: 2:53.43	35.86	450m: 5:18.76	36.47	650m: 7:45.83	36.87	
	100m: 1:07.28 34.75	300m: 3:29.68	36.25	500m: 5:55.45	36.69	700m: 8:23.01	37.18	
	150m: 1:42.28 35.00	350m: 4:05.96	36.28	550m: 6:32.24	36.79	750m: 9:00.77	37.76	
	200m: 2:17.57 35.29	400m: 4:42.29	36.33	600m: 7:08.96	36.72	800m: 9:37.22	36.45	
13.	Joao Lourenco HERDEIRO	07	207204	CLIP Teams	<b>9:42.04</b>	+0,77	442	12,00
	50m: 31.08 31.08	250m: 2:54.29	36.55	450m: 5:23.55	37.32	650m: 7:53.59	37.28	
	100m: 1:05.74 34.66	300m: 3:31.53	37.24	500m: 6:00.73	37.18	700m: 8:31.24	37.65	
	150m: 1:41.55 35.81	350m: 4:08.66	37.13	550m: 6:38.32	37.59	750m: 9:08.63	37.39	
	200m: 2:17.74 36.19	400m: 4:46.23	37.57	600m: 7:16.31	37.99	800m: 9:42.04	33.41	

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
14.	Tiago Holbeche SILVA	05	147204	Aminata	<b>9:49.60</b>	+0,70	425	11,00
	50m: 31.06 31.06	250m: 2:53.71	35.79	450m: 5:23.23	37.50	650m: 7:58.01	39.33	
	100m: 1:04.81 33.75	300m: 3:30.18	36.47	500m: 6:00.89	37.66	700m: 8:37.25	39.24	
	150m: 1:41.10 36.29	350m: 4:07.60	37.42	550m: 6:39.35	38.46	750m: 9:13.51	36.26	
	200m: 2:17.92 36.82	400m: 4:45.73	38.13	600m: 7:18.68	39.33	800m: 9:49.60	36.09	
15.	Pedro Lages MARTINS	07	208429	Alges e Agueda XXI	<b>9:51.17</b>	+0,71	421	10,00
	50m: 31.47 31.47	250m: 2:58.22	37.12	450m: 5:27.76	37.52	650m: 7:59.57	38.05	
	100m: 1:07.10 35.63	300m: 3:35.08	36.86	500m: 6:05.78	38.02	700m: 8:37.76	38.19	
	150m: 1:43.78 36.68	350m: 4:12.49	37.41	550m: 6:43.60	37.82	750m: 9:15.31	37.55	
	200m: 2:21.10 37.32	400m: 4:50.24	37.75	600m: 7:21.52	37.92	800m: 9:51.17	35.86	
16.	Duarte Costa NUNES	07	206934	Juventude Atlantico	<b>10:10.28</b>	+0,83	383	9,00
	50m: 32.03 32.03	250m: 3:03.57	38.65	450m: 5:37.55	38.66	650m: 8:16.62	40.08	
	100m: 1:08.80 36.77	300m: 3:42.40	38.83	500m: 6:16.74	39.19	700m: 8:56.00	39.38	
	150m: 1:46.84 38.04	350m: 4:21.31	38.91	550m: 6:55.84	39.10	750m: 9:34.62	38.62	
	200m: 2:24.92 38.08	400m: 4:58.89	37.58	600m: 7:36.54	40.70	800m: 10:10.28	35.66	
17.	Guilherme Sousa FONTES	04	129852	Sao Joao Ver	<b>10:30.67</b>	+0,73	347	8,00
	50m: 31.08 31.08	250m: 2:59.80	39.10	450m: 5:44.74	42.02	650m: 8:30.25	41.51	
	100m: 1:05.97 34.89	300m: 3:40.27	40.47	500m: 6:25.91	41.17	700m: 9:11.39	41.14	
	150m: 1:42.68 36.71	350m: 4:21.38	41.11	550m: 7:07.43	41.52	750m: 9:51.69	40.30	
	200m: 2:20.70 38.02	400m: 5:02.72	41.34	600m: 7:48.74	41.31	800m: 10:30.67	38.98	
18.	Miguel Carreiro SOUSA	08	205609	Agua de Pau	<b>10:34.61</b>		341	7,00
	50m: 34.40 34.40	250m: 3:10.93	39.56	450m: 5:53.23	41.43	650m: 8:37.28	42.17	
	100m: 1:13.04 38.64	300m: 3:50.76	39.83	500m: 6:34.22	40.99	700m: 9:17.36	40.08	
	150m: 1:52.04 39.00	350m: 4:31.17	40.41	550m: 7:14.50	40.28	750m: 9:57.34	39.98	
	200m: 2:31.37 39.33	400m: 5:11.80	40.63	600m: 7:55.11	40.61	800m: 10:34.61	37.27	
19.	Gabriel Neto FERREIRA	08	203901	O Crasto	<b>10:39.27</b>	+0,79	333	6,00
	50m: 35.00 35.00	250m: 3:17.68	41.52	450m: 6:00.92	40.64	650m: 8:44.19	40.43	
	100m: 1:14.60 39.60	300m: 3:58.65	40.97	500m: 6:41.75	40.83	700m: 9:23.92	39.73	
	150m: 1:55.35 40.75	350m: 4:39.55	40.90	550m: 7:22.41	40.66	750m: 10:04.03	40.11	
	200m: 2:36.16 40.81	400m: 5:20.28	40.73	600m: 8:03.76	41.35	800m: 10:39.27	35.24	
20.	Alex LUKYANCHYKOV	07	209361	Propaganda da Natacao	<b>10:45.88</b>	+0,86	323	5,00
	50m: 33.39 33.39	250m: 3:12.62	41.50	450m: 5:55.09	41.39	650m: 8:43.11	42.58	
	100m: 1:10.97 37.58	300m: 3:53.13	40.51	500m: 6:36.25	41.16	700m: 9:25.88	42.77	
	150m: 1:51.17 40.20	350m: 4:33.89	40.76	550m: 7:19.10	42.85	750m: 10:07.32	41.44	
	200m: 2:31.12 39.95	400m: 5:13.70	39.81	600m: 8:00.53	41.43	800m: 10:45.88	38.56	
21.	Mateus Tavares BASTOS	08	214438	Campinho	<b>10:50.24</b>	+0,92	317	4,00
	50m: 35.14 35.14	250m: 3:20.07	41.47	450m: 6:06.14	41.20	650m: 8:52.59	40.84	
	100m: 1:15.77 40.63	300m: 4:01.58	41.51	500m: 6:47.50	41.36	700m: 9:33.70	41.11	
	150m: 1:56.75 40.98	350m: 4:43.71	42.13	550m: 7:29.62	42.12	750m: 10:13.93	40.23	
	200m: 2:38.60 41.85	400m: 5:24.94	41.23	600m: 8:11.75	42.13	800m: 10:50.24	36.31	
22.	Dinis Maria GARCIA	09	205671	Nautico Abrantes	<b>10:51.38</b>	+0,71	315	3,00
	50m: 36.22 36.22	250m: 3:21.39	41.65	450m: 6:08.94	41.92	650m: 8:52.87	40.80	
	100m: 1:16.27 40.05	300m: 4:03.23	41.84	500m: 6:50.52	41.58	700m: 9:33.91	41.04	
	150m: 1:57.57 41.30	350m: 4:45.22	41.99	550m: 7:31.81	41.29	750m: 10:13.91	40.00	
	200m: 2:39.74 42.17	400m: 5:27.02	41.80	600m: 8:12.07	40.26	800m: 10:51.38	37.47	
23.	Diogo Daniel MARCO	08	211956	Albicastrense	<b>11:05.43</b>	+0,59	295	2,00
	50m: 35.56 35.56	250m: 3:18.21	41.97	450m: 6:10.93	43.60	650m: 9:02.12	43.08	
	100m: 1:14.59 39.03	300m: 4:00.78	42.57	500m: 6:53.65	42.72	700m: 9:44.15	42.03	
	150m: 1:55.15 40.56	350m: 4:43.95	43.17	550m: 7:36.56	42.91	750m: 10:25.82	41.67	
	200m: 2:36.24 41.09	400m: 5:27.33	43.38	600m: 8:19.04	42.48	800m: 11:05.43	39.61	
24.	Pedro Machado FERREIRA	08	201134	Penafiel	<b>11:35.70</b>	+0,93	258	1,00
	50m: 39.31 39.31	250m: 3:31.82	43.07	450m: 6:29.97	44.33	650m: 9:28.11	43.82	
	100m: 1:22.13 42.82	300m: 4:16.58	44.76	500m: 7:14.97	45.00	700m: 10:12.10	43.99	
	150m: 2:05.15 43.02	350m: 5:01.58	45.00	550m: 7:59.93	44.96	750m: 10:55.07	42.97	
	200m: 2:48.75 43.60	400m: 5:45.64	44.06	600m: 8:44.29	44.36	800m: 11:35.70	40.63	
DNS	Angelo Gabriel GOMES	08	200992	Penafiel				-
DNS	Joao Tomas FERNANDES	08	203911	O Crasto				-

Prova 15  
30/10/2022 - 17:10

Femin., 100m Mariposa

Absolutos  
Resultados

Rec Nac Absoluto	58.31	Sara Freitas OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec Nac Sen	58.31	Sara Freitas OLIVEIRA	POR	Dubai (UAE)	18/12/2010
Rec Nac Jun17	59.36	Mariana Pacheco CUNHA	CNCE	Felgueiras	10/04/2021
Rec Nac Jun16	1:00.66	Carolina Miranda FERNANDES	CGA	Gafanha de Nazaré	25/04/2021
Rec Nac Juv A	1:00.43	Carolina Miranda FERNANDES	CGA	Mealhada	08/12/2019
Rec Nac Juv B	1:02.36	Mariana Pacheco CUNHA	CFP	Felgueiras	14/04/2018
Rec Nac Inf A	1:02.30	Carolina Miranda FERNANDES	CGA	Felgueiras	11/03/2018
Rec Nac Inf B	1:05.51	Carolina Miranda FERNANDES	CGA	Gafanha de Nazaré	06/05/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Laura Fabiana ESTEVENS 50m: 30.62 30.62	05	129315	Naval de Faro 100m: 1:04.79 34.17	<b>1:04.79</b>	+0,74	598	24,0(-)
2.	Ana Carolina MONTEIRO 50m: 30.64 30.64	04	129474	Uniao Coimbra 100m: 1:05.31 34.67	<b>1:05.31</b>	+0,74	583	22,0(-)
3.	Catarina Isabel ALVES 50m: 31.20 31.20	06	201198	Aminata 100m: 1:07.28 36.08	<b>1:07.28</b>	+0,79	534	21,0(-)
4.	Maria Joao RIBEIRO 50m: 31.84 31.84	05	133241	Sao Joao Ver 100m: 1:07.69 35.85	<b>1:07.69</b>	+0,76	524	20,0(-)
5.	Bruna Andreia SIMOES 50m: 31.57 31.57	01	121004	Vieirense 100m: 1:08.89 37.32	<b>1:08.89</b>	+0,76	497	19,0(-)
6.	Adriana Daniela CASTRO 50m: 31.46 31.46	97	104515	Propaganda da Natacao 100m: 1:09.03 37.57	<b>1:09.03</b>	+0,69	494	18,0(-)
7.	Luana Pinto DOMINGUES 50m: 32.19 32.19	03	123893	CNLeiria 100m: 1:09.84 37.65	<b>1:09.84</b>	+0,62	477	17,0(-)
8.	Sofia Pereira BRAZ 50m: 32.78 32.78	07	206537	CLIP Teams 100m: 1:11.19 38.41	<b>1:11.19</b>	+0,76	450	16,0(-)
9.	Margarida Miguel MENDES 50m: 32.58 32.58	06	205367	Viver Santarem 100m: 1:11.64 39.06	<b>1:11.64</b>	+0,84	442	15,0(-)
10.	Laura Almeida PINA 50m: 33.22 33.22	07	200859	O Crasto 100m: 1:12.68 39.46	<b>1:12.68</b>	+0,77	423	14,0(-)
11.	Julia Maria SOARES 50m: 33.27 33.27	08	144849	Miranda do Corvo 100m: 1:13.81 40.54	<b>1:13.81</b>	+0,82	404	13,0(-)
12.	Ana Gabriela SILVA 50m: 34.81 34.81	08	203708	Natacao da Maia 100m: 1:14.37 39.56	<b>1:14.37</b>	+0,83	395	12,0(-)
13.	Sara Costa GUERRA 50m: 34.06 34.06	99	117600	Colegio Vasco da Gama 100m: 1:15.30 41.24	<b>1:15.30</b>	+0,75	381	11,0(-)
14.	Silvana Suamade SILVA 50m: 34.69 34.69	06	131322	Sao Roque 100m: 1:16.11 41.42	<b>1:16.11</b>	+0,71	368	10,0(-)
15.	Raquel Grilo OLIVEIRA 50m: 34.10 34.10	07	207740	Lagoa AC 100m: 1:16.32 42.22	<b>1:16.32</b>	+0,75	365	9,0(-)
16.	Maria Ines FONTES 50m: 35.56 35.56	08	133396	Naval da Horta 100m: 1:16.57 41.01	<b>1:16.57</b>		362	8,0(-)
17.	Laura Brites COSTA 50m: 34.90 34.90	09	211108	Rio Maior 100m: 1:16.91 42.01	<b>1:16.91</b>	+0,66	357	7,0(-)
18.	Matilde Nunes RIBEIRO 50m: 34.53 34.53	07	205117	Despertarecorde 100m: 1:17.50 42.97	<b>1:17.50</b>	+0,79	349	6,0(-)
19.	Sofia Isabel SANTOS 50m: 36.71 36.71	04	144708	Naval de Ponta Delgada 100m: 1:19.24 42.53	<b>1:19.24</b>		326	5,0(-)



Prova 15, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Laura Gomes SILVA 50m: 37.05 37.05	08	209384	Estamos Juntos 100m: 1:20.00 42.95	<b>1:20.00</b>	+0,89	317	4,0(-)
21.	Barbara Maia FREITAS 50m: 38.21 38.21	06	147081	CLAC-Entroncamento 100m: 1:22.44 44.23	<b>1:22.44</b>	+0,96	290	3,0(-)
22.	Eva Oliveira SILVA 50m: 37.31 37.31	07	201964	Penafiel 100m: 1:23.07 45.76	<b>1:23.07</b>	+0,97	283	2,0(-)
23.	Mariana Dias PEREIRA 50m: 41.37 41.37	10	214437	Alges e Agueda XXI 100m: 1:31.98 50.61	<b>1:31.98</b>		209	1,0(-)
DNS	Marta Filipa BUCHA	06	132484	Viver Santarem				-

Prova 16

Masc., 200m Mariposa

30/10/2022 - 17:15

Absolutos  
Resultados

Rec Nac Absoluto	1:53.39	Diogo Filipe CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec Nac Sen	1:53.39	Diogo Filipe CARVALHO	POR	Istambul (TUR)	12/12/2009
Rec Nac Jun18	1:58.64	Diogo Filipe CARVALHO	CGA	Tomar	09/12/2005
Rec Nac Jun17	1:59.93	Diogo Filipe CARVALHO	CGA	Mealhada	05/03/2005
Rec Nac Juv A	2:03.38	Diogo Parrilha da SILVA	CNAL	Alcobaça	13/06/2009
Rec Nac Juv B	2:06.17	Diogo Matos RIBEIRO	CUC	Felgueiras	27/04/2019
Rec Nac Inf A	2:12.42	Tomas Miguel FREITAS	CDN	Funchal	11/07/2004
Rec Nac Inf B	2:19.18	Andre Vilas RUIVO	DNMG	Nazaré	01/06/2013

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES 50m: 27.28 27.28	97	24488	Louzan Natacao/EFAPEL 100m: 58.36 31.08 150m: 1:30.07 31.71	<b>2:01.28</b>	+0,62	710	25,00 200m: 2:01.28 31.21
2.	Bernardo Jorge SIMOES 50m: 27.77 27.77	04	130250	Colegio Vasco da Gama 100m: 59.96 32.19 150m: 1:33.27 33.31	<b>2:08.32</b>	+0,75	600	23,00 200m: 2:08.32 35.05
3.	Jose Pinto CABRAL 50m: 28.61 28.61	05	130623	Viver Santarem 100m: 1:01.57 32.96 150m: 1:34.94 33.37	<b>2:09.60</b>	+0,70	582	22,00 200m: 2:09.60 34.66
4.	Goncalo Gualberto BARBARA 50m: 30.49 30.49	00	118851	Lagoa AC 100m: 1:05.45 34.96 150m: 1:41.56 36.11	<b>2:18.43</b>	+0,67	478	21,00 200m: 2:18.43 36.87
5.	Miguel Antonio ELEKES 50m: 29.96 29.96	06	204249	Aminata 100m: 1:05.56 35.60 150m: 1:41.96 36.40	<b>2:19.54</b>	+0,74	466	20,00 200m: 2:19.54 37.58
6.	Alexandre MORARI 50m: 30.86 30.86	07	206445	Rio Maior 100m: 1:07.26 36.40 150m: 1:45.23 37.97	<b>2:21.36</b>	+0,73	448	19,00 200m: 2:21.36 36.13
7.	Afonso Miguel OLIVEIRA 50m: 32.10 32.10	07	148420	Juventude Atlantico 100m: 1:07.81 35.71 150m: 1:45.33 37.52	<b>2:23.24</b>	+0,66	431	18,00 200m: 2:23.24 37.91
8.	Abel Renato FERREIRA 50m: 30.96 30.96	05	131149	Alges e Agueda XXI 100m: 1:06.14 35.18 150m: 1:43.92 37.78	<b>2:24.26</b>	+0,68	422	17,00 200m: 2:24.26 40.34
9.	Edgar Francisco SIMOES 50m: 31.58 31.58	06	144599	Vieirense 100m: 1:08.65 37.07 150m: 1:45.92 37.27	<b>2:24.27</b>	+0,78	422	16,00 200m: 2:24.27 38.35
10.	Andre Coelho PITA 50m: 31.14 31.14	06	201682	Nautico Abrantes 100m: 1:07.48 36.34 150m: 1:45.59 38.11	<b>2:24.55</b>	+0,84	419	15,00 200m: 2:24.55 38.96
11.	Diogo Miguel MONTEIRO 50m: 31.07 31.07	04	147200	Despertarecorde 100m: 1:08.05 36.98 150m: 1:45.27 37.22	<b>2:24.68</b>	+0,77	418	14,00 200m: 2:24.68 39.41
12.	Rodrigo Miguel MARQUES 50m: 33.65 33.65	05	127744	CLIP Teams 100m: 1:09.29 35.64 150m: 1:46.47 37.18	<b>2:24.80</b>	+0,85	417	13,00 200m: 2:24.80 38.33
13.	Nicolae FISTICANU 50m: 31.33 31.33	06	207881	Naval de Faro 100m: 1:09.00 37.67 150m: 1:48.67 39.67	<b>2:29.01</b>	+0,86	383	12,00 200m: 2:29.01 40.34

Splash Meet Manager, 11.74660

Registered to Federacao Portuguesa De Natacao

31/10/2022 12:33 - Página 122

ORGANIZAÇÃO

FASE INSULAR

FASE CONTINENTAL

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL

PARCEIROS INSTITUCIONAIS

PARCEIROS





Prova 16, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
14.	Vasco Almeida RIBEIRO	05	131214	Sao Joao Ver	<b>2:30.32</b>	+0,78	373	11,00
	50m: 31.71 31.71			100m: 1:10.54 38.83	150m: 1:50.18 39.64	200m: 2:30.32 40.14		
15.	Eduardo YAKUBENKO	06	205829	Ginasio de Vila Real	<b>2:39.80</b>	+0,75	310	10,00
	50m: 31.24 31.24			100m: 1:09.64 38.40	150m: 1:53.54 43.90	200m: 2:39.80 46.26		
16.	Alexandre SHUBIN	09	207643	Campinho	<b>2:50.22</b>	+0,79	257	9,00
	50m: 36.95 36.95			100m: 1:20.19 43.24	150m: 2:05.81 45.62	200m: 2:50.22 44.41		
17.	Afonso Maria BENTO	09	211118	Albicastrense	<b>2:51.56</b>	+0,69	251	8,00
	50m: 35.48 35.48			100m: 1:18.86 43.38	150m: 2:05.60 46.74	200m: 2:51.56 45.96		
18.	Vasco Andrade MEDEIROS	08	208298	Agua de Pau	<b>2:53.35</b>		243	7,00
	50m: 35.37 35.37			100m: 1:18.47 43.10	150m: 2:05.92 47.45	200m: 2:53.35 47.43		
19.	Samuel Dinis MAIA	08	203585	Miranda do Corvo	<b>2:54.75</b>	+0,72	237	6,00
	50m: 36.64 36.64			100m: 1:22.34 45.70	150m: 2:07.98 45.64	200m: 2:54.75 46.77		
20.	Gabriel Ramada COELHO	08	208105	Penafiel	<b>3:01.01</b>	+0,96	213	5,00
	50m: 37.27 37.27			100m: 1:22.18 44.91	150m: 2:11.08 48.90	200m: 3:01.01 49.93		
21.	Joao Tomas FERNANDES	08	203911	O Crasto	<b>3:03.59</b>	+0,93	204	4,00
	50m: 39.54 39.54			100m: 1:26.84 47.30	150m: 2:15.17 48.33	200m: 3:03.59 48.42		
22.	Salvador Miguel VIEIRA	09	206294	Propaganda da Natacao	<b>3:17.30</b>	+0,74	165	3,00
	50m: 39.88 39.88			100m: 1:27.66 47.78	150m: 2:20.08 52.42	200m: 3:17.30 57.22		
23.	Tomas Moura RAMOS	08	205636	Amadora	<b>3:24.28</b>	+0,71	148	2,00
	50m: 39.35 39.35			100m: 1:28.35 49.00	150m: 2:24.87 56.52	200m: 3:24.28 59.41		
DSQ	Joao Moura FRANCISCO	07	205724	CNLeiria		+0,90		-
	7.22 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 150 metros – SW 7.6							
DNS	Antonio Furtado PIRES	07	148630	CLIP Teams				-
DNS	Gabriel Neto FERREIRA	08	203901	O Crasto				-
DNS	Miguel Carreiro SOUSA	08	205609	Agua de Pau				-

Prova 17

Femin., 100m Bruços

Absolutos  
Resultados

30/10/2022 - 17:25

Rec Nac Absoluto	1:06.82	Ana Pinho RODRIGUES	EDV	Estarreja	04/12/2021
Rec Nac Sen	1:06.82	Ana Pinho RODRIGUES	EDV	Estarreja	04/12/2021
Rec Nac Jun17	1:08.02	Raquel Gomes PEREIRA	SAD	Funchal	09/12/2016
Rec Nac Jun16	1:08.85	Ana Pinho RODRIGUES	AEJ	Ponte de Sôr	13/12/2009
Rec Nac Juv A	1:09.59	Diana Duarte GOMES	ABVE	Tomar	13/03/2004
Rec Nac Juv B	1:11.76	Diana Duarte GOMES	ABVE	Reboleira	28/06/2003
Rec Nac Inf A	1:13.43	Raquel Gomes PEREIRA	SANL	Abrantes	13/04/2013
Rec Nac Inf B	1:17.79	Mariana Ferrinha CUNHA	AAC	Coimbra	19/03/1995

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Beatriz Matias ALMEIDA	06	200222	Lagoa AC	<b>1:16.06</b>	+0,79	551	24,0(-)
	50m: 35.64 35.64			100m: 1:16.06 40.42				
2.	Nuria Soares SILVA	07	203604	Sao Joao Ver	<b>1:17.91</b>	+0,82	512	22,0(-)
	50m: 36.96 36.96			100m: 1:17.91 40.95				
3.	Vanessa Liliana ALMEIDA	07	202499	CNLeiria	<b>1:18.09</b>	+0,89	509	21,0(-)
	50m: 37.46 37.46			100m: 1:18.09 40.63				
4.	Ana Monica ELOI	96	107038	CLIP Teams	<b>1:19.59</b>	+0,78	480	20,0(-)
	50m: 37.21 37.21			100m: 1:19.59 42.38				



Prova 17, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
5.	Maria Teresa SILVA 50m: 36.95 36.95	07	207636	Aminata 100m: 1:20.02 43.07	<b>1:20.02</b>	+0,73	473	19,0(-)
6.	Eduarda Oliveira CARDOSO 50m: 37.96 37.96	06	205428	Estamos Juntos 100m: 1:20.06 42.10	<b>1:20.06</b>	+0,76	472	18,0(-)
7.	Ana Sofia PINA 50m: 38.36 38.36	02	125639	O Crasto 100m: 1:21.02 42.66	<b>1:21.02</b>	+0,77	455	17,0(-)
8.	Margarida Ascenso SANTOS 50m: 40.71 40.71	08	209004	Propaganda da Natacao 100m: 1:23.80 43.09	<b>1:23.80</b>	+0,95	412	16,0(-)
9.	Marta Filipa NUNES 50m: 41.22 41.22	07	203167	Viver Santarem 100m: 1:23.81 42.59	<b>1:23.81</b>	+0,92	411	15,0(-)
10.	Marta Oliveira FERREIRA 50m: 41.00 41.00	08	205100	Colegio Vasco da Gama 100m: 1:24.17 43.17	<b>1:24.17</b>	+0,77	406	14,0(-)
11.	Alexandra Noemia SILVANO 50m: 40.23 40.23	08	213220	Natacao da Maia 100m: 1:25.33 45.10	<b>1:25.33</b>	+0,88	390	13,0(-)
12.	Maria Rita RODRIGUES 50m: 40.25 40.25	08	132574	Naval da Horta 100m: 1:26.29 46.04	<b>1:26.29</b>		377	12,0(-)
13.	Mariana Filipa GOMES 50m: 40.88 40.88	04	128450	Penafiel 100m: 1:26.39 45.51	<b>1:26.39</b>	+0,92	376	11,0(-)
14.	Laura Calheiros FRAZAO 50m: 40.85 40.85	07	206443	Rio Maior 100m: 1:26.83 45.98	<b>1:26.83</b>	+0,79	370	10,0(-)
15.	Laura Silva FERNANDES 50m: 41.35 41.35	08	144855	Miranda do Corvo 100m: 1:27.79 46.44	<b>1:27.79</b>	+0,77	358	9,0(-)
16.	Joana Patricia ANTUNES 50m: 40.86 40.86	06	133117	CLAC-Entroncamento 100m: 1:28.12 47.26	<b>1:28.12</b>	+0,84	354	8,0(-)
17.	Mafalda Caetano LOURENCO 50m: 41.28 41.28	06	144595	Vieirense 100m: 1:28.25 46.97	<b>1:28.25</b>	+0,77	352	7,0(-)
18.	Raquel Filipa JESUS 50m: 42.07 42.07	08	202993	Uniao Coimbra 100m: 1:28.75 46.68	<b>1:28.75</b>	+0,92	346	6,0(-)
19.	Joana Santos CRUZ 50m: 41.29 41.29	06	207280	Naval de Faro 100m: 1:29.60 48.31	<b>1:29.60</b>	+0,77	337	5,0(-)
20.	Catarina Fernandes LUIS 50m: 42.68 42.68	97	109602	Sao Roque 100m: 1:31.91 49.23	<b>1:31.91</b>	+0,78	312	4,0(-)
21.	Julia Atamas SILVA 50m: 44.79 44.79	06	145917	Naval de Ponta Delgada 100m: 1:34.31 49.52	<b>1:34.31</b>		289	3,0(-)
22.	M. GONCALVES 50m: 44.25 44.25	06	204108	Alges e Agueda XXI 100m: 1:35.90 51.65	<b>1:35.90</b>	+0,91	274	2,0(-)
DSQ	Rita Gato COSTA 7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Durante o percurso	08	202475	Despertarecorde		+0,93		-



Prova 18  
30/10/2022 - 17:35

Masc., 200m Bruços

Absolutos  
Resultados

Rec Nac Absoluto	2:05.59	Carlos Esteves ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec Nac Sen	2:05.59	Carlos Esteves ALMEIDA	POR	Chartres (FRA)	25/11/2012
Rec Nac Jun18	2:13.22	Andre Goncalo SANTOS	LSC	Porto	19/12/2014
Rec Nac Jun17	2:16.24	Jorge Jesus SILVA	SCB	Funchal	10/12/2016
Rec Nac Juv A	2:18.22	Andre Goncalo SANTOS	LSC	Felgueiras	08/03/2013
Rec Nac Juv B	2:18.99	Rafael Miguel MIMOSO	SLB	Felgueiras	08/05/2022
Rec Nac Inf A	2:29.20	Paulo Rodrigues ALVES	CDN	Funchal	01/08/2018
Rec Nac Inf B	2:37.57	Tomas Miguel FREITAS	CDN	Funchal	13/07/2003

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Luis Afonso LOPES	03	127315	Viver Santarem	<b>2:27.41</b>	+0,69	541	25,00
	50m: 32.75 32.75	100m: 1:11.00	38.25	150m: 1:49.32	38.32	200m: 2:27.41	38.09	
2.	Andre Filipe MAGALHAES	98	111394	Despertarecorde	<b>2:30.94</b>	+0,71	504	23,00
	50m: 32.56 32.56	100m: 1:11.24	38.68	150m: 1:51.59	40.35	200m: 2:30.94	39.35	
3.	Goncalo Gualberto BARBARA	00	118851	Lagoa AC	<b>2:31.80</b>	+0,69	495	22,00
	50m: 33.79 33.79	100m: 1:12.46	38.67	150m: 1:51.95	39.49	200m: 2:31.80	39.85	
4.	Duarte Jose FERNANDES	06	205623	Louzan Natacao/EFAPEL	<b>2:32.46</b>	+0,82	489	21,00
	50m: 34.40 34.40	100m: 1:12.28	37.88	150m: 1:51.83	39.55	200m: 2:32.46	40.63	
5.	Daniel IONAS	07	205631	Amadora	<b>2:34.11</b>	+0,73	474	20,00
	50m: 35.52 35.52	100m: 1:16.19	40.67	150m: 1:56.05	39.86	200m: 2:34.11	38.06	
6.	Tomas Jose FRANCISCO	05	131277	Miranda do Corvo	<b>2:34.33</b>	+0,72	471	19,00
	50m: 34.76 34.76	100m: 1:14.54	39.78	150m: 1:54.52	39.98	200m: 2:34.33	39.81	
7.	Goncalo Pereira COLACO	07	205720	CNLeiria	<b>2:35.45</b>	+0,85	461	18,00
	50m: 34.96 34.96	100m: 1:14.26	39.30	150m: 1:54.90	40.64	200m: 2:35.45	40.55	
8.	Ricardo Basilio MARREIROS	97	107317	Colegio Vasco da Gama	<b>2:41.62</b>	+0,75	410	17,00
	50m: 35.31 35.31	100m: 1:15.47	40.16	150m: 1:57.81	42.34	200m: 2:41.62	43.81	
9.	Joao Lourenco HERDEIRO	07	207204	CLIP Teams	<b>2:41.85</b>	+0,73	409	16,00
	50m: 35.34 35.34	100m: 1:16.25	40.91	150m: 1:59.47	43.22	200m: 2:41.85	42.38	
10.	Daniel Santos CARAPETO	07	200562	Nautico Abrantes	<b>2:41.91</b>	+0,72	408	15,00
	50m: 35.73 35.73	100m: 1:16.34	40.61	150m: 1:58.70	42.36	200m: 2:41.91	43.21	
11.	Rodrigo Miguel ALVES	02	126446	Aminata	<b>2:43.17</b>	+0,77	399	14,00
	50m: 35.26 35.26	100m: 1:16.06	40.80	150m: 1:59.08	43.02	200m: 2:43.17	44.09	
12.	Luis Goncalves PEREIRA	02	119177	Sao Joao Ver	<b>2:43.95</b>	+0,80	393	13,00
	50m: 35.49 35.49	100m: 1:16.54	41.05	150m: 1:59.63	43.09	200m: 2:43.95	44.32	
13.	Jose Maria TEMUDO	06	206962	Rio Maior	<b>2:46.49</b>	+0,68	375	12,00
	50m: 36.67 36.67	100m: 1:19.48	42.81	150m: 2:03.11	43.63	200m: 2:46.49	43.38	
14.	Duarte Almeida SOARES	01	124850	Campinho	<b>2:47.07</b>	+0,83	372	11,00
	50m: 38.24 38.24	100m: 1:21.08	42.84	150m: 2:04.38	43.30	200m: 2:47.07	42.69	
15.	Gabriel Mota PATRICIO	08	205311	Vieirense	<b>2:47.40</b>	+0,72	369	10,00
	50m: 35.45 35.45	100m: 1:17.32	41.87	150m: 2:01.63	44.31	200m: 2:47.40	45.77	
16.	Tiago Manuel FERNANDES	08	205831	Ginasio de Vila Real	<b>2:47.44</b>	+0,87	369	9,00
	50m: 35.50 35.50	100m: 1:17.32	41.82	150m: 2:02.21	44.89	200m: 2:47.44	45.23	
17.	Daniel KAMOLOV	07	202605	Alges e Agueda XXI	<b>2:47.46</b>	+0,67	369	8,00
	50m: 38.26 38.26	100m: 1:21.01	42.75	150m: 2:03.77	42.76	200m: 2:47.46	43.69	
18.	Filipe Saldanha COSTA	09	203900	O Crasto	<b>2:52.05</b>	+0,72	340	7,00
	50m: 38.62 38.62	100m: 1:23.27	44.65	150m: 2:08.52	45.25	200m: 2:52.05	43.53	
19.	Miguel Palma MATOS	08	207745	Naval de Faro	<b>2:57.13</b>	+0,86	312	6,00
	50m: 37.71 37.71	100m: 1:22.86	45.15	150m: 2:10.29	47.43	200m: 2:57.13	46.84	



Prova 18, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Eduardo Pires TAVARES	07	205385	Albicastrense	<b>3:02.24</b>	+0,97	286	5,00
	50m: 40.77 40.77		100m: 1:27.79 47.02	150m: 2:15.47 47.68	200m: 3:02.24 46.77			
21.	Diogo Basilio ALVES	07	201709	Juventude Atlantico	<b>3:02.68</b>	+0,51	284	4,00
	50m: 40.69 40.69		100m: 1:28.08 47.39	150m: 2:16.35 48.27	200m: 3:02.68 46.33			
22.	Tomas Neves PROSPERO	08	209338	Propaganda da Natacao	<b>3:02.95</b>	+0,78	283	3,00
	50m: 38.78 38.78		100m: 1:26.27 47.49	150m: 2:15.33 49.06	200m: 3:02.95 47.62			
23.	Simao Noronha NOVO	10	213798	Agua de Pau	<b>3:59.53</b>		126	2,00
	50m: 53.63 53.63		100m: 1:53.47 59.84	150m: 2:57.33 1:03.86	200m: 3:59.53 1:02.20			
DSQ	Antonio Dinis BALDAIA	08	204398	Penafiel		+0,66		-
	7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Durante o Percurso							
DNS	Tomas Coelho PEREIRA	05	133202	Penafiel				-

Prova 19

Femin., 50m Livres

Absolutos  
Resultados

30/10/2022 - 17:45

Rec Nac Absoluto	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nac Sen	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20/12/2009
Rec Nac Jun17	25.42	Carolina Miranda FERNANDES	CGA	Albufeira	14/11/2021
Rec Nac Jun16	26.07	Carolina Miranda FERNANDES	CGA	Gafanha de Nazaré	18/07/2021
Rec Nac Juv A	26.37	Carolina Miranda FERNANDES	CGA	Albufeira	09/11/2019
Rec Nac Juv B	26.85	Ana Margarida GUEDES	GCVR	Bragança	05/07/2015
Rec Nac Inf A	27.43	Marta Lopes BRITES	CNPDL	Ponta Delgada	12/07/2019
Rec Nac Inf B	27.89	Carolina Miranda FERNANDES	CGA	Espinho	13/05/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Adriana Daniela CASTRO	97	104515	Propaganda da Natacao	<b>27.55</b>	+0,67	576	24,0(-)
2.	Victoria Frogeri PEREIRA	08	202387	CNLeiria	<b>28.04</b>	+0,80	546	22,0(-)
3.	Maria Vitoria GRILO	06	203978	Uniao Coimbra	<b>28.65</b>	+0,71	512	21,0(-)
4.	Ana Sofia PINA	02	125639	O Crasto	<b>28.96</b>	+0,74	496	20,0(-)
5.	Raquel Grilo OLIVEIRA	07	207740	Lagoa AC	<b>28.98</b>	+0,82	495	19,0(-)
	Filipa Guerreiro RODRIGUES	05	205204	Naval de Faro	<b>28.98</b>	+0,80	495	19,0(-)
7.	Marta Filipa NUNES	07	203167	Viver Santarem	<b>29.04</b>	+0,78	492	17,0(-)
8.	Alexandra Martins CAMPOS	02	127155	Natacao da Maia	<b>29.52</b>	+0,79	468	16,0(-)
9.	Leonor Correia NUNES	08	207635	Aminata	<b>29.54</b>	+0,78	467	15,0(-)
10.	Catarina Soares ARAUJO	09	205861	Penafiel	<b>29.65</b>	+0,85	462	14,0(-)
11.	Ana Leonor LOPES	07	210236	Estamos Juntos	<b>29.83</b>	+0,89	454	13,0(-)
12.	Beatriz Azevedo PEREIRA	07	203589	Sao Joao Ver	<b>29.90</b>	+0,74	451	12,0(-)
	Susana Pereira VEIGA	00	121936	Colegio Vasco da Gama	<b>29.90</b>	+0,86	451	12,0(-)
14.	Luciana Amorim IVENS	06	202062	Naval de Ponta Delgada	<b>30.40</b>		429	10,0(-)
15.	Joana Franco AMARAL	06	207657	CLIP Teams	<b>30.64</b>	+0,67	419	9,0(-)
16.	Maria Ines FONTES	08	133396	Naval da Horta	<b>30.83</b>		411	8,0(-)
17.	Joana Patricia ANTUNES	06	133117	CLAC-Entroncamento	<b>31.26</b>	+0,85	394	7,0(-)
18.	Laura Calheiros FRAZAO	07	206443	Rio Maior	<b>31.52</b>	+0,78	384	6,0(-)
19.	Caetana Amado SANTOS	09	144755	Miranda do Corvo	<b>32.68</b>	+0,75	345	5,0(-)
20.	M. FERNANDES	06	144602	Vieirense	<b>32.70</b>	+0,82	344	4,0(-)
	Bruna Francisca MARQUES	08	212993	Sao Roque	<b>32.70</b>	+0,58	344	4,0(-)
22.	Maria Miguel CANASTRA	09	213562	Alges e Agueda XXI	<b>36.06</b>	+0,72	257	2,0(-)
23.	Joana Gato COSTA	11	214309	Despertarecorde	<b>41.54</b>	+0,94	168	1,0(-)
DNS	Barbara Maia FREITAS	06	147081	CLAC-Entroncamento				-
DNS	Ines Rodrigues ALMEIDA	06	200855	O Crasto				-

Splash Meet Manager, 11.74660

Registered to Federacao Portuguesa De Natacao

31/10/2022 12:33 - Página 126

ORGANIZAÇÃO

FASE INSULAR

FASE CONTINENTAL

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL

PARCEIROS INSTITUCIONAIS

PARCEIROS



Prova 20	Masc., 100m Livres				Absolutos
30/10/2022 - 17:50					Resultados
Rec Nac Absoluto	47.26	Miguel Duarte NASCIMENTO	SLB	Coimbra	22/12/2020
Rec Nac Sen	47.26	Miguel Duarte NASCIMENTO	SLB	Coimbra	22/12/2020
Rec Nac Jun18	48.32	Diogo Matos RIBEIRO	SLB	Leiria	26/11/2021
Rec Nac Jun17	49.56	Diogo Matos RIBEIRO	CUC	Coimbra	22/12/2020
Rec Nac Juv A	50.82	Tiago Andre VENANCIO	CNS	Braga	23/03/2003
Rec Nac Juv B	52.29	Diogo Matos RIBEIRO	CUC	Coimbra	11/05/2019
Rec Nac Inf A	54.35	Diogo Matos RIBEIRO	CUC	S. António Cavaleiros	01/07/2018
Rec Nac Inf B	57.40	Tiago Filipe PEREIRA	DNMG	Caldas da Rainha	11/07/2004

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Afonso Filipe COSTA	03	126380	Louzan Natacao/EFAPEL	<b>52.92</b>	+0,69	608	25,00
	50m: 25.52 25.52			100m: 52.92 27.40				
2.	Simao Valadas BILRO	05	147049	Aminata	<b>53.33</b>	+0,67	594	23,00
	50m: 25.06 25.06			100m: 53.33 28.27				
3.	Henrique Ferreira MARTINS	06	203907	Alges e Agueda XXI	<b>54.34</b>	+0,73	561	22,00
	50m: 26.20 26.20			100m: 54.34 28.14				
4.	Micael Dmitrievich DENISOV	06	129793	CNLeiria	<b>55.01</b>	+0,75	541	21,00
	50m: 25.67 25.67			100m: 55.01 29.34				
5.	Tomas Castro SOUSA	04	123239	Propaganda da Natacao	<b>55.31</b>	+0,90	532	20,00
	50m: 27.04 27.04			100m: 55.31 28.27				
6.	Sandro Emanuel FRANCISCO	99	117818	Vieirense	<b>55.59</b>	+0,69	524	19,00
	50m: 26.77 26.77			100m: 55.59 28.82				
7.	Guilherme Filipe GABOLEIRO	05	130049	Rio Maior	<b>55.87</b>	+0,72	516	18,00
	50m: 26.64 26.64			100m: 55.87 29.23				
8.	Joao Paulo MAGALHAES	95	103578	Despertarecorde	<b>55.88</b>	+0,66	516	17,00
	50m: 26.28 26.28			100m: 55.88 29.60				
9.	Afonso Silvestre ALMEIDA	06	148411	Amadora	<b>55.90</b>	+0,84	516	16,00
	50m: 27.11 27.11			100m: 55.90 28.79				
10.	Artur Paulo ALEKSYEYEV	05	200380	Viver Santarem	<b>56.40</b>	+0,72	502	15,00
	50m: 27.13 27.13			100m: 56.40 29.27				
11.	Romulo Neves PINTO	06	131795	Sao Joao Ver	<b>56.66</b>	+0,77	495	14,00
	50m: 27.07 27.07			100m: 56.66 29.59				
12.	Nuno Gabriel SILVA	05	200591	Campinho	<b>56.71</b>	+0,63	494	13,00
	50m: 27.45 27.45			100m: 56.71 29.26				
13.	Miguel Goncalves RODRIGUES	05	210683	Naval de Faro	<b>56.86</b>	+0,66	490	12,00
	50m: 27.39 27.39			100m: 56.86 29.47				
14.	Daniel Filipe PAIVA	98	110265	Miranda do Corvo	<b>56.91</b>	+0,66	489	11,00
	50m: 27.50 27.50			100m: 56.91 29.41				
15.	Marco Oliveira LOPES	06	202144	Penafiel	<b>57.40</b>	+0,83	476	10,00
	50m: 27.58 27.58			100m: 57.40 29.82				
16.	Herman KOVALCHUK	06	147658	Ginasio de Vila Real	<b>57.59</b>	+0,63	472	9,00
	50m: 27.30 27.30			100m: 57.59 30.29				
17.	Martim Ribeiro MENESES	06	200854	O Crasto	<b>57.84</b>	+0,76	465	8,00
	50m: 27.44 27.44			100m: 57.84 30.40				
18.	Tomas Santos BRAGA	07	209677	Colegio Vasco da Gama	<b>58.00</b>	+0,70	462	7,00
	50m: 27.55 27.55			100m: 58.00 30.45				
19.	Santiago Ganso PERDIGAO	08	207674	Lagoa AC	<b>58.72</b>	+0,71	445	6,00
	50m: 28.45 28.45			100m: 58.72 30.27				



Prova 20, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
20.	Daniel Silva BISPO 50m: 28.62 28.62	06	132578	Nautico Abrantes 100m: 58.86 30.24	<b>58.86</b>	+0,63	442	5,00
21.	Dinis Trigueiros PAULO 50m: 28.10 28.10	06	202533	Albicastrense 100m: 59.06 30.96	<b>59.06</b>	+0,73	437	4,00
22.	Rodrigo Miguel MARQUES 50m: 28.77 28.77	05	127744	CLIP Teams 100m: 1:01.43 32.66	<b>1:01.43</b>	+0,79	388	3,00
23.	Pedro Martim GONCALVES 50m: 29.94 29.94	09	205087	Juventude Atlantico 100m: 1:02.48 32.54	<b>1:02.48</b>	+0,79	369	2,00
24.	Diogo Sousa OLIVEIRA 50m: 32.70 32.70	06	148672	Agua de Pau 100m: 1:10.61 37.91	<b>1:10.61</b>		256	1,00
DNS	Guilherme Silva CASTANHEIR/04	131232	CNLeiria					-

Prova 21  
30/10/2022 - 18:00

Femin., 100m Costas

Absolutos  
Resultados

Rec Nac Absoluto	58.39	Rafaela Gomes AZEVEDO	SAD	Albufeira	14/11/2021
Rec Nac Sen	58.39	Rafaela Gomes AZEVEDO	SAD	Albufeira	14/11/2021
Rec Nac Jun17	59.61	Rafaela Gomes AZEVEDO	SAD	Algés	29/06/2019
Rec Nac Jun16	1:01.55	Ines Camacho FERNANDES	SCP	Porto	08/12/2013
Rec Nac Juv A	1:01.43	Ines Camacho FERNANDES	SCP	Mealhada	17/12/2011
Rec Nac Juv B	1:02.96	Ines Camacho FERNANDES	SCP	Alapraia	12/02/2011
Rec Nac Inf A	1:04.85	Filipa Ramos PEIXEIRA	SCP	Tomar	18/03/2016
Rec Nac Inf B	1:06.85	Carolina Miranda FERNANDES	CGA	Mealhada	07/04/2017

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Teresa ROMAO 50m: 33.56 33.56	06	200128	Naval de Faro 100m: 1:08.16 34.60	<b>1:08.16</b>	+0,66	522	24,0(-)
2.	Carlota Macedo LAGOA 50m: 33.72 33.72	05	132179	CNLeiria 100m: 1:08.73 35.01	<b>1:08.73</b>	+0,64	509	22,0(-)
3.	Leonor Garcia FERNANDES 50m: 34.56 34.56	07	200857	O Crasto 100m: 1:10.97 36.41	<b>1:10.97</b>	+0,81	462	21,0(-)
4.	Filipa Maria PEREIRA 50m: 35.31 35.31	06	201139	Aminata 100m: 1:12.74 37.43	<b>1:12.74</b>	+0,92	429	20,0(-)
5.	Nuria Soares SILVA 50m: 35.18 35.18	07	203604	Sao Joao Ver 100m: 1:12.99 37.81	<b>1:12.99</b>	+0,84	425	19,0(-)
6.	Carolina Ascenso SANTOS 50m: 35.66 35.66	01	121271	Propaganda da Natacao 100m: 1:13.03 37.37	<b>1:13.03</b>	+0,71	424	18,0(-)
7.	Rebeca Correia FRANCIS 50m: 35.86 35.86	03	128106	Lagoa AC 100m: 1:13.71 37.85	<b>1:13.71</b>	+0,57	412	17,0(-)
8.	Ines Carvalhinho RIBEIRO 50m: 35.94 35.94	09	203712	Natacao da Maia 100m: 1:13.72 37.78	<b>1:13.72</b>	+0,85	412	16,0(-)
9.	Marta Filipa BUCHA 50m: 35.69 35.69	06	132484	Viver Santarem 100m: 1:14.32 38.63	<b>1:14.32</b>	+0,71	402	15,0(-)
10.	Barbara Almeida SIMOES 50m: 35.55 35.55	05	152886	Uniao Coimbra 100m: 1:14.76 39.21	<b>1:14.76</b>	+0,59	395	14,0(-)
11.	Ana Leonor LOPES 50m: 36.36 36.36	07	210236	Estamos Juntos 100m: 1:15.08 38.72	<b>1:15.08</b>	+0,84	390	13,0(-)
12.	Francisca Santos FERNANDES 50m: 36.10 36.10	08	144798	Miranda do Corvo 100m: 1:15.48 39.38	<b>1:15.48</b>	+0,68	384	12,0(-)

Splash Meet Manager, 11.74660

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO

FASE INSULAR

FASE CONTINENTAL

PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL

PARCEIROS INSTITUCIONAIS

PARCEIROS



Prova 21, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
13.	Matilde Nunes RIBEIRO 50m: 36.91 36.91	07	205117	Despertarecorde 100m: 1:16.66 39.75	<b>1:16.66</b>	+0,82	367	11,0(-)
14.	Diana Rita FONSECA 50m: 37.36 37.36	08	205309	Vieirense 100m: 1:16.77 39.41	<b>1:16.77</b>	+0,70	365	10,0(-)
15.	Joana Franco AMARAL 50m: 36.59 36.59	06	207657	CLIP Teams 100m: 1:17.02 40.43	<b>1:17.02</b>	+0,70	361	9,0(-)
16.	Daniela Patricia LARGUINHO 50m: 38.02 38.02	05	217252	Colegio Vasco da Gama 100m: 1:17.20 39.18	<b>1:17.20</b>	+0,67	359	8,0(-)
17.	Joana Pereira SANTOS 50m: 38.87 38.87	09	206442	Rio Maior 100m: 1:19.24 40.37	<b>1:19.24</b>	+0,83	332	7,0(-)
18.	Isabel Silva ROSA 50m: 39.01 39.01	10	212420	Naval da Horta 100m: 1:19.91 40.90	<b>1:19.91</b>		324	6,0(-)
19.	Maria Isabel GOMES 50m: 38.61 38.61	06	202295	Naval de Ponta Delgada 100m: 1:20.95 42.34	<b>1:20.95</b>		311	5,0(-)
20.	Sara Rafaela LEAL 50m: 39.44 39.44	07	204403	Penafiel 100m: 1:21.61 42.17	<b>1:21.61</b>	+0,99	304	4,0(-)
21.	Barbara Maia FREITAS 50m: 39.43 39.43	06	147081	CLAC-Entroncamento 100m: 1:21.67 42.24	<b>1:21.67</b>	+0,74	303	3,0(-)
22.	Jessica Santos LUIS 50m: 39.84 39.84	00	111887	Sao Roque 100m: 1:23.87 44.03	<b>1:23.87</b>	+0,77	280	2,0(-)
23.	Beatriz Ferreira MIGUEL 50m: 44.00 44.00	09	208423	Alges e Agueda XXI 100m: 1:29.06 45.06	<b>1:29.06</b>	+0,87	234	1,0(-)
DNS	Mariana Pinto COSTA	05	203269	Estamos Juntos				-
DNS	Daniela Santos CARRILHO	08	205402	CLAC-Entroncamento				-
DNS	Cristina Moreira GONCALVES	06	131791	Sao Joao Ver				-
DNS	Constanca Grincho SOUSA	06	132482	Viver Santarem				-

Prova 22

Masc., 200m Costas

Absolutos

30/10/2022 - 18:05

Resultados

Rec Nac Absoluto	1:52.66	Gabriel Jose LOPES	POR	Hangzhou (CHN)	16/12/2018
Rec Nac Sen	1:52.66	Gabriel Jose LOPES	POR	Hangzhou (FRA)	16/12/2018
Rec Nac Jun18	1:58.37	Adriano Miguel NIZ	CFV	Figueira da Foz	03/07/2004
Rec Nac Jun17	1:59.34	Adriano Miguel NIZ	CFV	Alges	16/05/2003
Rec Nac Juv A	2:01.43	Diogo Gomes SOUSA	CNCVG	Algés	04/06/2011
Rec Nac Juv B	2:04.99	Joao Alexandre VITAL	ADRCIMM	Alapraia	09/03/2013
Rec Nac Inf A	2:09.17	Joao Alexandre VITAL	ADRCIMM	Algés	29/06/2012
Rec Nac Inf B	2:15.27	Andre Vilas RUIVO	DNMG	S. António Cavaleiros	16/03/2013

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Tomas Coelho PEREIRA 50m: 29.97 29.97	05	133202	Penafiel 100m: 1:03.46 33.49 150m: 1:36.94 33.48	<b>2:09.20</b>	+0,61	546	25,00
2.	Bernardo Jorge SIMOES 50m: 29.87 29.87	04	130250	Colegio Vasco da Gama 100m: 1:03.05 33.18 150m: 1:36.43 33.38	<b>2:09.24</b>	+0,68	545	23,00
3.	Francisco Marques SIMOES 50m: 30.84 30.84	07	205719	CNLeiria 100m: 1:05.81 34.97 150m: 1:41.30 35.49	<b>2:15.97</b>	+0,64	468	22,00
4.	Artur Osorio BONANCA 50m: 30.20 30.20	05	153544	Naval de Faro 100m: 1:04.48 34.28 150m: 1:40.74 36.26	<b>2:16.39</b>	+0,79	464	21,00



Prova 22, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
5.	Samuel Dias MARTINS	02	122190	Sao Joao Ver	<b>2:17.49</b>	+0,57	453	20,00
	50m: 30.70 30.70		100m: 1:06.09	35.39	150m: 1:42.03	35.94	200m: 2:17.49	35.46
6.	Guilherme Pereira COUTINHO	03	130516	Viver Santarem	<b>2:17.53</b>	+0,63	453	19,00
	50m: 30.46 30.46		100m: 1:05.20	34.74	150m: 1:41.70	36.50	200m: 2:17.53	35.83
7.	Alexandre DZYAKANAU	07	131765	Louzan Natacao/EFAPEL	<b>2:19.20</b>	+0,77	436	18,00
	50m: 32.56 32.56		100m: 1:07.63	35.07	150m: 1:43.58	35.95	200m: 2:19.20	35.62
8.	Ricardo Filipe GABOLEIRO	05	130050	Rio Maior	<b>2:19.84</b>	+0,66	430	17,00
	50m: 31.74 31.74		100m: 1:07.13	35.39	150m: 1:44.26	37.13	200m: 2:19.84	35.58
9.	Filipe Cruz SIMOES	06	144795	Miranda do Corvo	<b>2:22.40</b>	+0,72	408	16,00
	50m: 33.62 33.62		100m: 1:10.04	36.42	150m: 1:46.70	36.66	200m: 2:22.40	35.70
10.	Vitor SOKOLOVSKYY	06	132612	Nautico Abrantes	<b>2:22.99</b>	+0,72	403	15,00
	50m: 32.35 32.35		100m: 1:08.05	35.70	150m: 1:45.51	37.46	200m: 2:22.99	37.48
11.	Goncalo Pires FIALHO	05	133333	Amadora	<b>2:23.42</b>	+0,70	399	14,00
	50m: 33.53 33.53		100m: 1:09.37	35.84	150m: 1:46.15	36.78	200m: 2:23.42	37.27
12.	Miguel Antonio ELEKES	06	204249	Aminata	<b>2:24.54</b>	+0,73	390	13,00
	50m: 32.96 32.96		100m: 1:09.22	36.26	150m: 1:47.06	37.84	200m: 2:24.54	37.48
13.	Francisco Jose FRAGOSO	07	206510	Vieirense	<b>2:24.55</b>	+0,97	390	12,00
	50m: 33.00 33.00		100m: 1:09.41	36.41	150m: 1:47.14	37.73	200m: 2:24.55	37.41
14.	Miguel Lourenco VELHINHO	07	207677	Lagoa AC	<b>2:24.69</b>	+0,73	389	11,00
	50m: 32.80 32.80		100m: 1:09.35	36.55	150m: 1:47.78	38.43	200m: 2:24.69	36.91
15.	Rodrigo Daniel SILVA	06	147587	Ginasio de Vila Real	<b>2:25.28</b>	+0,73	384	10,00
	50m: 32.94 32.94		100m: 1:08.93	35.99	150m: 1:47.05	38.12	200m: 2:25.28	38.23
16.	Pedro Lages MARTINS	07	208429	Alges e Agueda XXI	<b>2:32.59</b>	+0,74	331	9,00
	50m: 34.10 34.10		100m: 1:12.55	38.45	150m: 1:52.68	40.13	200m: 2:32.59	39.91
17.	Afonso Berimbau FERNANDES	07	204768	Juventude Atlantico	<b>2:39.58</b>	+0,68	290	8,00
	50m: 37.68 37.68		100m: 1:18.17	40.49	150m: 2:00.40	42.23	200m: 2:39.58	39.18
18.	Duarte Gomes SANTOS	08	205329	Despertarecorde	<b>2:41.75</b>	+0,89	278	7,00
	50m: 37.52 37.52		100m: 1:18.91	41.39	150m: 2:01.34	42.43	200m: 2:41.75	40.41
19.	Manuel Vicente TAVEIRA	09	210405	Campinho	<b>2:42.99</b>	+0,79	272	6,00
	50m: 38.89 38.89		100m: 1:20.66	41.77	150m: 2:02.90	42.24	200m: 2:42.99	40.09
20.	Pedro Pereira BRAZ	08	206536	CLIP Teams	<b>2:43.17</b>	+0,74	271	5,00
	50m: 36.66 36.66		100m: 1:18.62	41.96	150m: 2:02.21	43.59	200m: 2:43.17	40.96
21.	Salvador Miguel VIEIRA	09	206294	Propaganda da Natacao	<b>2:44.00</b>	+0,89	267	4,00
	50m: 38.76 38.76		100m: 1:20.21	41.45	150m: 2:02.89	42.68	200m: 2:44.00	41.11
22.	Guilherme Almeida BIANCHI	09	210624	O Crasto	<b>2:50.95</b>	+0,77	235	3,00
	50m: 40.86 40.86		100m: 1:24.25	43.39	150m: 2:08.16	43.91	200m: 2:50.95	42.79
23.	Diogo Daniel MARCO	08	211956	Albicastrense	<b>2:51.99</b>	+0,86	231	2,00
	50m: 39.70 39.70		100m: 1:23.64	43.94	150m: 2:08.67	45.03	200m: 2:51.99	43.32
DSQ	Vasco Andrade MEDEIROS	08	208298	Agua de Pau	<b>2:38.88</b>			-
	50m: 36.09 36.09		100m: 1:16.16	40.07	150m: 1:59.06	42.90	200m: 2:38.88	39.82
DNS	Tiago Pastor ESCADA	99	108853	Aminata				-
DNS	Miguel Azevedo ROCHA	06	131262	Penafiel				-
DNS	Andre Coelho PITA	06	201682	Nautico Abrantes				-
DNS	Dimas PASICHNYUK	09	213108	Rio Maior				-





Prova 23  
30/10/2022 - 18:20

Femin., 400m Livres

Absolutos  
Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Mafalda Sofia ROSA	03	127310	Rio Maior	<b>4:25.66</b>	+0,79	682	24,0(-)
	50m: 29.99 29.99	150m: 1:37.05 36.05	250m: 2:44.84 33.38	350m: 3:52.29 33.90	100m: 1:01.00 31.01	200m: 2:11.46 34.41	300m: 3:18.39 33.55	400m: 4:25.66 33.37
2.	Maria Jardim FIDALGO	04	131429	Colegio Vasco da Gama	<b>4:42.62</b>	+0,72	567	22,0(-)
	50m: 32.28 32.28	150m: 1:42.43 35.05	250m: 2:54.39 36.02	350m: 4:07.44 36.75	100m: 1:07.38 35.10	200m: 2:18.37 35.94	300m: 3:30.69 36.30	400m: 4:42.62 35.18
3.	Maria Francisca FROIS	06	129330	CNLeiria	<b>4:42.66</b>	+0,76	566	21,0(-)
	50m: 30.98 30.98	150m: 1:42.10 36.15	250m: 2:54.58 36.70	350m: 4:07.69 36.42	100m: 1:05.95 34.97	200m: 2:17.88 35.78	300m: 3:31.27 36.69	400m: 4:42.66 34.97
4.	Maria Joao RIBEIRO	05	133241	Sao Joao Ver	<b>4:42.98</b>	+0,79	564	20,0(-)
	50m: 31.89 31.89	150m: 1:42.23 35.33	250m: 2:53.80 36.23	350m: 4:07.57 36.99	100m: 1:06.90 35.01	200m: 2:17.57 35.34	300m: 3:30.58 36.78	400m: 4:42.98 35.41
5.	Bianca Filipa ALMEIDA	07	204110	Alges e Agueda XXI	<b>4:47.41</b>	+0,84	539	19,0(-)
	50m: 32.15 32.15	150m: 1:43.66 36.31	250m: 2:57.36 37.11	350m: 4:11.20 36.76	100m: 1:07.35 35.20	200m: 2:20.25 36.59	300m: 3:34.44 37.08	400m: 4:47.41 36.21
6.	Rafaela Canano SILVA	04	129929	Viver Santarem	<b>4:49.56</b>	+0,79	527	18,0(-)
	50m: 32.91 32.91	150m: 1:45.47 36.78	250m: 2:59.23 37.07	350m: 4:13.06 37.03	100m: 1:08.69 35.78	200m: 2:22.16 36.69	300m: 3:36.03 36.80	400m: 4:49.56 36.50
7.	Maria Teresa LUIZ	06	211815	Lagoa AC	<b>4:51.29</b>	+0,88	517	17,0(-)
	50m: 32.92 32.92	150m: 1:44.72 36.22	250m: 2:58.96 37.53	350m: 4:14.51 37.78	100m: 1:08.50 35.58	200m: 2:21.43 36.71	300m: 3:36.73 37.77	400m: 4:51.29 36.78
8.	Catarina Isabel ALVES	06	201198	Aminata	<b>4:52.48</b>	+0,81	511	16,0(-)
	50m: 34.10 34.10	150m: 1:48.77 37.71	250m: 3:04.29 37.68	350m: 4:18.42 37.38	100m: 1:11.06 36.96	200m: 2:26.61 37.84	300m: 3:41.04 36.75	400m: 4:52.48 34.06
9.	Diana Patricia NEVES	06	130031	Naval da Horta	<b>4:53.33</b>		507	15,0(-)
	50m: 33.44 33.44	150m: 1:46.30 36.59	250m: 3:00.16 37.41	350m: 4:16.16 37.77	100m: 1:09.71 36.27	200m: 2:22.75 36.45	300m: 3:38.39 38.23	400m: 4:53.33 37.17
10.	Sofia Pereira BRAZ	07	206537	CLIP Teams	<b>4:53.53</b>	+0,80	506	14,0(-)
	50m: 32.02 32.02	150m: 1:44.12 36.72	250m: 2:59.39 37.72	350m: 4:17.35 38.51	100m: 1:07.40 35.38	200m: 2:21.67 37.55	300m: 3:38.84 39.45	400m: 4:53.53 36.18
11.	Bruna Filipa LOURENCO	08	203897	O Crasto	<b>4:55.96</b>	+0,93	493	13,0(-)
	50m: 32.54 32.54	150m: 1:44.97 36.92	250m: 3:01.37 38.42	350m: 4:17.95 38.19	100m: 1:08.05 35.51	200m: 2:22.95 37.98	300m: 3:39.76 38.39	400m: 4:55.96 38.01
12.	Alexandra Martins CAMPOS	02	127155	Natacao da Maia	<b>5:01.21</b>	+0,80	468	12,0(-)
	50m: 31.77 31.77	150m: 1:44.04 36.72	250m: 3:00.47 38.60	350m: 4:20.29 40.30	100m: 1:07.32 35.55	200m: 2:21.87 37.83	300m: 3:39.99 39.52	400m: 5:01.21 40.92
13.	Leonor Carvalho OLIVEIRA	07	200901	Despertarecorde	<b>5:03.14</b>	+0,77	459	11,0(-)
	50m: 31.51 31.51	150m: 1:45.15 37.67	250m: 3:02.49 39.35	350m: 4:23.21 40.97	100m: 1:07.48 35.97	200m: 2:23.14 37.99	300m: 3:42.24 39.75	400m: 5:03.14 39.93
14.	Alana Costa MATIAS	09	209589	Uniao Coimbra	<b>5:05.22</b>	+0,83	450	10,0(-)
	50m: 33.11 33.11	150m: 1:48.33 38.05	250m: 3:06.61 39.37	350m: 4:26.43 40.05	100m: 1:10.28 37.17	200m: 2:27.24 38.91	300m: 3:46.38 39.77	400m: 5:05.22 38.79



Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
15.	Julia Maria SOARES	08	144849	Miranda do Corvo	<b>5:05.90</b>	+0,86	447	9,0(-)
	50m: 33.63 33.63		150m: 1:49.20	37.82	250m: 3:07.19	39.21	350m: 4:27.32	40.22
	100m: 1:11.38 37.75		200m: 2:27.98	38.78	300m: 3:47.10	39.91	400m: 5:05.90	38.58
16.	Annabela Veronika FARCAS	09	206154	Naval de Faro	<b>5:09.21</b>	+0,88	432	8,0(-)
	50m: 34.15 34.15		150m: 1:52.14	39.89	250m: 3:11.64	39.53	350m: 4:31.13	39.66
	100m: 1:12.25 38.10		200m: 2:32.11	39.97	300m: 3:51.47	39.83	400m: 5:09.21	38.08
17.	Leonor Caetano MOREIRA	06	144594	Vieirense	<b>5:22.38</b>	+0,93	382	7,0(-)
	50m: 35.04 35.04		150m: 1:55.01	40.38	250m: 3:17.52	41.31	350m: 4:41.79	42.30
	100m: 1:14.63 39.59		200m: 2:36.21	41.20	300m: 3:59.49	41.97	400m: 5:22.38	40.59
18.	Alice Mendes MACEDO	08	208163	Estamos Juntos	<b>5:29.61</b>		357	6,0(-)
	50m: 35.12 35.12		150m: 1:54.86	41.07	250m: 3:21.89	43.56	350m: 4:49.05	43.66
	100m: 1:13.79 38.67		200m: 2:38.33	43.47	300m: 4:05.39	43.50	400m: 5:29.61	40.56
19.	Luciana Amorim IVENS	06	202062	Naval de Ponta Delgada	<b>5:32.19</b>		349	5,0(-)
	50m: 36.42 36.42		150m: 1:59.76	42.00	250m: 3:25.66	42.73	350m: 4:51.61	43.30
	100m: 1:17.76 41.34		200m: 2:42.93	43.17	300m: 4:08.31	42.65	400m: 5:32.19	40.58
20.	Sara Francisca NOBREGA	08	209056	Sao Roque	<b>5:32.41</b>	+0,54	348	4,0(-)
	50m: 38.29 38.29		150m: 2:02.48	42.21	250m: 3:26.68	42.44	350m: 4:51.13	42.19
	100m: 1:20.27 41.98		200m: 2:44.24	41.76	300m: 4:08.94	42.26	400m: 5:32.41	41.28
21.	Matilde Franco BARBOSA	10	206290	Propaganda da Natacao	<b>5:40.97</b>	+0,81	322	3,0(-)
	50m: 38.47 38.47		150m: 2:05.94	44.50	250m: 3:33.58	43.39	350m: 5:01.09	43.43
	100m: 1:21.44 42.97		200m: 2:50.19	44.25	300m: 4:17.66	44.08	400m: 5:40.97	39.88
22.	Gabriela Oliveira SILVA	07	201965	Penafiel	<b>5:48.86</b>	+0,94	301	2,0(-)
	50m: 38.61 38.61		150m: 2:04.41	43.09	250m: 3:33.18	44.73	350m: 5:05.12	46.67
	100m: 1:21.32 42.71		200m: 2:48.45	44.04	300m: 4:18.45	45.27	400m: 5:48.86	43.74
23.	Matilde Nabeiro MONRAIA	06	206511	CLAC-Entroncamento	<b>6:01.02</b>	+0,81	272	1,0(-)
	50m: 38.79 38.79		150m: 2:07.05	45.13	250m: 3:41.23	47.42	350m: 5:17.33	47.80
	100m: 1:21.92 43.13		200m: 2:53.81	46.76	300m: 4:29.53	48.30	400m: 6:01.02	43.69
DNS	Matilde Violante VIANA	07	205552	CNLeiria				-

Prova 24

Masc., 200m Estilos

Absolutos  
Resultados

30/10/2022 - 18:40

Rec Nac Absoluto	1:53.45	Diogo Filipe CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec Nac Sen	1:53.45	Diogo Filipe CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec Nac Jun18	2:00.59	Gabriel Jose LOPES	ALN	Coimbra	10/05/2015
Rec Nac Jun17	2:02.96	Diogo Filipe CARVALHO	CGA	Mealhada	06/03/2005
Rec Nac Juv A	2:05.34	Diogo Filipe CARVALHO	CGA	Aveiro	15/05/2004
Rec Nac Juv B	2:08.27	Diogo Filipe CARVALHO	CGA	Fafe	10/05/2003
Rec Nac Inf A	2:13.38	Tomas Miguel FREITAS	CDN	Funchal	17/07/2004
Rec Nac Inf B	2:17.96	Andre Vilas RUIVO	DNMG	Nazaré	02/06/2013

Pontos: FINA 2022

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES	97	24488	Louzan Natacao/EFAPEL	<b>1:58.13</b>	+0,61	799	25,00
	50m: 25.87 25.87		100m: 55.08	29.21	150m: 1:29.03	33.95	200m: 1:58.13	29.10
2.	Vitor Belo CLARA	04	127243	CNLeiria	<b>2:08.94</b>	+0,73	614	23,00
	50m: 27.14 27.14		100m: 59.59	32.45	150m: 1:37.75	38.16	200m: 2:08.94	31.19
3.	Luis Afonso LOPES	03	127315	Viver Santarem	<b>2:11.85</b>	+0,67	574	22,00
	50m: 27.86 27.86		100m: 1:02.92	35.06	150m: 1:39.94	37.02	200m: 2:11.85	31.91
4.	Joao Pedro NEVES	96	104336	Aminata	<b>2:18.31</b>	+0,86	497	21,00
	50m: 29.39 29.39		100m: 1:05.48	36.09	150m: 1:46.29	40.81	200m: 2:18.31	32.02



Prova 24, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	
5.	Goncalo Gualberto BARBARA	00	118851	Lagoa AC	<b>2:18.73</b>	+0,73	493	20,00
	50m: 29.97 29.97		100m: 1:07.32	37.35	150m: 1:45.81	38.49	200m: 2:18.73	32.92
6.	Abel Renato FERREIRA	05	131149	Alges e Agueda XXI	<b>2:20.26</b>	+0,75	477	19,00
	50m: 29.91 29.91		100m: 1:06.41	36.50	150m: 1:48.79	42.38	200m: 2:20.26	31.47
7.	Afonso Silvestre ALMEIDA	06	148411	Amadora	<b>2:20.47</b>	+0,85	475	18,00
	50m: 30.08 30.08		100m: 1:08.23	38.15	150m: 1:47.77	39.54	200m: 2:20.47	32.70
8.	Diogo Miguel MONTEIRO	04	147200	Despertarecorde	<b>2:20.52</b>	+0,75	474	17,00
	50m: 30.03 30.03		100m: 1:08.51	38.48	150m: 1:47.99	39.48	200m: 2:20.52	32.53
9.	Ricardo Basilio MARREIROS	97	107317	Colegio Vasco da Gama	<b>2:21.26</b>	+0,76	467	16,00
	50m: 29.04 29.04		100m: 1:05.54	36.50	150m: 1:46.80	41.26	200m: 2:21.26	34.46
10.	Jose Maria TEMUDO	06	206962	Rio Maior	<b>2:24.69</b>	+0,66	434	15,00
	50m: 30.03 30.03		100m: 1:09.22	39.19	150m: 1:51.92	42.70	200m: 2:24.69	32.77
11.	Francisco Xavier RITA	07	205310	Vieirense	<b>2:24.73</b>	+0,75	434	14,00
	50m: 30.63 30.63		100m: 1:08.65	38.02	150m: 1:52.97	44.32	200m: 2:24.73	31.76
12.	Daniel Santos CARAPETO	07	200562	Nautico Abrantes	<b>2:24.92</b>	+0,69	432	13,00
	50m: 31.32 31.32		100m: 1:11.00	39.68	150m: 1:51.74	40.74	200m: 2:24.92	33.18
13.	Lucas Andre FERNANDES	04	205757	Propaganda da Natacao	<b>2:27.80</b>	+0,80	408	12,00
	50m: 30.32 30.32		100m: 1:11.16	40.84	150m: 1:53.01	41.85	200m: 2:27.80	34.79
14.	Goncalo Andre FERREIRA	07	151733	Ginasio de Vila Real	<b>2:28.14</b>	+0,80	405	11,00
	50m: 31.36 31.36		100m: 1:10.57	39.21	150m: 1:55.44	44.87	200m: 2:28.14	32.70
15.	Antonio Furtado PIRES	07	148630	CLIP Teams	<b>2:28.81</b>	+0,75	399	10,00
	50m: 28.17 28.17		100m: 1:07.03	38.86	150m: 1:54.84	47.81	200m: 2:28.81	33.97
16.	Romulo Neves PINTO	06	131795	Sao Joao Ver	<b>2:29.74</b>	+0,89	392	9,00
	50m: 31.16 31.16		100m: 1:11.43	40.27	150m: 1:55.98	44.55	200m: 2:29.74	33.76
17.	Nuno Gabriel SILVA	05	200591	Campinho	<b>2:31.98</b>	+0,65	375	8,00
	50m: 30.20 30.20		100m: 1:10.48	40.28	150m: 1:56.58	46.10	200m: 2:31.98	35.40
18.	Antonio Dinis BALDAIA	08	204398	Penafiel	<b>2:32.90</b>	+0,86	368	7,00
	50m: 33.91 33.91		100m: 1:15.42	41.51	150m: 1:59.63	44.21	200m: 2:32.90	33.27
19.	Samuel Dinis MAIA	08	203585	Miranda do Corvo	<b>2:36.55</b>	+0,78	343	6,00
	50m: 34.36 34.36		100m: 1:14.99	40.63	150m: 2:00.19	45.20	200m: 2:36.55	36.36
20.	Filipe Saldanha COSTA	09	203900	O Crasto	<b>2:40.70</b>	+0,78	317	5,00
	50m: 35.23 35.23		100m: 1:19.14	43.91	150m: 2:05.30	46.16	200m: 2:40.70	35.40
21.	Eduardo Pires TAVARES	07	205385	Albicastrense	<b>2:42.36</b>	+0,88	307	4,00
	50m: 35.94 35.94		100m: 1:18.26	42.32	150m: 2:07.36	49.10	200m: 2:42.36	35.00
22.	Alexandre Afonso GUERREIRO	07	145712	Naval de Faro	<b>2:44.14</b>	+0,70	297	3,00
	50m: 34.05 34.05		100m: 1:15.76	41.71	150m: 2:02.44	46.68	200m: 2:44.14	41.70
DSQ	Afonso Miguel OLIVEIRA	07	148420	Juventude Atlantico				-
DSQ	Santiago Nicolau CABRAL	10	215565	Agua de Pau	<b>3:30.69</b>			-
	50m: 50.33 50.33		100m: 1:50.33	1:00.00	150m: 2:44.28	53.95	200m: 3:30.69	46.41
DNS	Rodrigo Miguel MARQUES	05	127744	CLIP Teams				-
DNS	Goncalo Pereira COLACO	07	205720	CNLeiria				-



Prova 25	Femin., 4 x 100m Livres				Absolutos
30/10/2022 - 18:50					Resultados
Rec Nac Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04/12/2010
Rec Nac Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04/12/2010
Rec Nac Jun	3:52.24	Clube dos Galitos / Bresimar	CGA	Leiria	28/11/2021
Rec Nac Juv A	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	08/12/2019
Rec Nac Juv	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	08/12/2019
Rec Nac Juv B	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja	10/06/2019
Rec Nac Inf A	4:13.11	Clube dos Galitos / Bresimar	CGA	Felgueiras	11/03/2018
Rec Nac Inf	4:13.11	Clube dos Galitos / Bresimar	CGA	Felgueiras	11/03/2018
Rec Nac Inf B	4:23.50	Clube Galitos de Aveiro	CGA	Mealhada	21/05/2017

Pontos: FINA 2022

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA				
1. Naval de Faro		Naval de Faro	<b>4:11.25</b>	<b>+0,74</b>	555	24,0(-)			
		Laura Fabiana ESTEVENS	+0,74	28.78	59.69	Annabela Veronika FARCAS	+0,63	31.59	1:05.42
		Filipa Guerreiro RODRIGUES	+0,57	30.41	1:03.32	Ana Teresa ROMAO	+0,49	30.05	1:02.82
2. Lagoa AC		Lagoa AC	<b>4:12.80</b>	<b>+0,84</b>	545	22,0(-)			
		Maria Teresa LUIZ	+0,84	30.99	1:03.37	Mariana Coelho SANTOS	+0,59	29.66	1:02.19
		Raquel Grilo OLIVEIRA	+0,62	31.43	1:05.06	Beatriz Matias ALMEIDA	+0,84	29.26	1:02.18
3. CNLeiria		CNLeiria	<b>4:14.50</b>	<b>+0,92</b>	534	21,0(-)			
		Beatriz Belo CLARA	+0,92	31.56	1:05.00	Victoria Frogeri PEREIRA	+0,06	28.81	1:01.73
		Vanessa Liliana ALMEIDA	+0,26	31.13	1:05.21	Maria Francisca FROIS	+0,48	29.42	1:02.56
4. Aminata		Aminata	<b>4:14.96</b>	<b>+0,79</b>	531	20,0(-)			
		Catarina Isabel ALVES	+0,79	29.50	1:02.14	Maria Teresa SILVA	+0,63	29.82	1:03.40
		Leonor Correia NUNES	+0,47	30.80	1:05.39	Filipa Maria PEREIRA	+0,41	30.47	1:04.03
5. O Crasto		O Crasto	<b>4:15.28</b>	<b>+0,81</b>	529	19,0(-)			
		Laura Almeida PINA	+0,81	30.77	1:04.54	Bruna Filipa LOURENCO	+0,76	31.23	1:04.53
		Ana Sofia PINA	+0,49	29.84	1:02.44	Leonor Garcia FERNANDES	+0,54	30.58	1:03.77
6. Uniao Coimbra		Uniao Coimbra	<b>4:16.16</b>	<b>+0,83</b>	524	18,0(-)			
		Alana Costa MATIAS	+0,83	31.85	1:06.48	Maria Vitoria GRILO	+0,33	29.86	1:03.53
		Ana Carolina MONTEIRO	+0,34	29.33	1:01.28	Barbara Almeida SIMOES	+0,54	30.88	1:04.87
7. Sao Joao Ver		Sao Joao Ver	<b>4:17.65</b>	<b>+0,82</b>	515	17,0(-)			
		Nuria Soares SILVA	+0,82	30.46	1:02.99	Bruna Ferreira RODRIGUES	+0,57	29.64	1:02.42
		Beatriz Azevedo PEREIRA	+0,65	31.28	1:06.18	Patricia Alexandra KVAS	+0,52	31.37	1:06.06
8. CLIP Teams		CLIP Teams	<b>4:21.80</b>	<b>+0,79</b>	490	16,0(-)			
		Sofia Pereira BRAZ	+0,79	30.58	1:04.57	Joana Franco AMARAL	+0,22	31.64	1:09.68
		Ana Monica ELOI	+0,55	29.52	1:02.67	Violante Pascoal FONTOURA	+0,65	30.78	1:04.88
9. Colegio Vasco da Gama		Colegio Vasco da Gama	<b>4:22.05</b>	<b>+0,72</b>	489	15,0(-)			
		Maria Jardim FIDALGO	+0,72	29.81	1:01.25	Marta Oliveira FERREIRA	+0,51	31.65	1:06.59
		Susana Pereira VEIGA	+0,35	30.77	1:04.82	Sara Costa GUERRA	+0,36	32.94	1:09.39
10. Viver Santarem		Viver Santarem	<b>4:24.24</b>	<b>+0,80</b>	477	14,0(-)			
		Marta Filipa NUNES	+0,80	31.57	1:04.61	Marta Filipa BUCHA	+0,54	31.80	1:06.59
		Constanca Grincho SOUSA	+0,63	32.16	1:08.73	Rafaela Canano SILVA	+0,32	30.87	1:04.31
11. Propaganda da Natacao		Propaganda da Natacao	<b>4:26.40</b>	<b>+0,82</b>	465	13,0(-)			
		Carolina Ascenso SANTOS	+0,82	31.26	1:05.17	Margarida Ascenso SANTOS	+0,41	30.94	1:04.85
		Matilde Franco BARBOSA	+0,60	35.83	1:15.53	Adriana Daniela CASTRO	+0,93	28.77	1:00.85
12. Rio Maior		Rio Maior	<b>4:26.68</b>	<b>+0,92</b>	464	12,0(-)			
		Alice Batista AGOSTINHO	+0,92	33.24	1:08.59	Laura Brites COSTA	+0,60	32.39	1:08.58
		Joana Pereira SANTOS	+0,37	32.94	1:08.51	Mafalda Sofia ROSA	+0,15	29.63	1:01.00
13. Penafiel		Penafiel	<b>4:27.13</b>	<b>+0,97</b>	462	11,0(-)			
		Eva Oliveira SILVA	+0,97	32.57	1:07.84	Mariana Filipa GOMES	+0,55	31.93	1:06.51
		Sara Rafaela LEAL	+0,43	32.63	1:09.24	Catarina Soares ARAUJO	+0,74	30.70	1:03.54
14. Naval de Ponta Delgada		Naval de Ponta Delgada	<b>4:33.05</b>		432	10,0(-)			
		Sofia Isabel SANTOS	04	32.35	1:07.02	Julia Atamas SILVA	06	33.03	1:10.53
		Maria Isabel GOMES	06	31.78	1:08.18	Luciana Amorim IVENS	06	31.42	1:07.32

ORGANIZAÇÃO	FASE INSULAR	FASE CONTINENTAL	PATROCINADOR PRINCIPAL
	 	  	 
PATROCINADOR OFICIAL	PARCEIROS INSTITUCIONAIS	PARCEIROS	
	 	  	

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	
15. Estamos Juntos		Estamos Juntos	<b>4:34.05</b>	+0,73	428	9,0(-)
		Eduarda Oliveira CARDOSO	+0,73 31.13 1:06.57	Ana Leonor LOPES	+0,54 31.80	1:08.65
		Rita Resende NEVES	+0,40 33.85 1:10.30	Laura Gomes SILVA	+0,54 33.04	1:08.53
16. Naval da Horta		Naval da Horta	<b>4:35.20</b>		422	8,0(-)
	08	Maria Rita RODRIGUES	32.82 1:09.05	Maria Ines FONTES	08 32.71	1:09.03
	06	Sofia Pereira MACHADO	33.72 1:12.54	Diana Patricia NEVES	06 30.91	1:04.58
17. Vieiraense		Vieiraense	<b>4:36.23</b>	+0,76	417	7,0(-)
	+0,76	Bruna Andreia SIMOES	31.78 1:07.93	Mariana Magalhaes FERNANDES	+0,49 32.53	1:11.60
	+0,62	Carolina Ferreira FONSECA	33.00 1:09.60	Leonor Caetano MOREIRA	+0,58 31.69	1:07.10
18. Natacao da Maia		Natacao da Maia	<b>4:37.01</b>	+0,85	414	6,0(-)
	+0,85	Maria Leonor MOUTINHO	33.57 1:10.08	Ines Carvalhinho RIBEIRO	+0,47 32.21	1:09.37
	+0,41	Ana Senhorinha SILVA	33.64 1:11.87	Alexandra Martins CAMPOS	+0,57 31.26	1:05.69
19. Miranda do Corvo		Miranda do Corvo	<b>4:40.13</b>	+0,73	400	5,0(-)
	+0,73	Caetana Amado SANTOS	34.09 1:13.26	Mariana Bagagem CARVALHO	+0,56 34.07	1:12.06
	+0,44	Francisca Santos FERNANDES	31.80 1:07.01	Julia Maria SOARES	+0,37 31.24	1:07.80
20. Alges e Agueda XXI		Alges e Agueda XXI	<b>4:50.30</b>	+0,78	360	4,0(-)
	+0,78	Bianca Filipa ALMEIDA	30.68 1:02.75	Beatriz Ferreira MIGUEL	+0,74 37.20	1:17.44
	+0,92	Madalena Gameiro GONCALVES	33.07 1:11.44	Maria Miguel CANASTRA	+0,85 37.48	1:18.67
21. Sao Roque		Sao Roque	<b>4:52.75</b>	+0,73	351	3,0(-)
	+0,73	Silvana Suamade SILVA	33.08 1:09.65	Jessica Santos LUIS	+0,45 36.39	1:17.79
	+0,39	Catarina Fernandes LUIS	33.40 1:10.79	Bruna Francisca MARQUES	+0,28 34.54	1:14.52
22. Despertarecorde		Despertarecorde	<b>5:01.78</b>	+0,92	320	2,0(-)
	+0,92	Joana Gato COSTA	45.00 1:33.01	Rita Gato COSTA	+0,42 35.72	1:15.46
	+0,22	Matilde Nunes RIBEIRO	33.06 1:10.89	Leonor Carvalho OLIVEIRA	+0,30 29.93	1:02.42
23. CLAC-Entroncamento		CLAC-Entroncamento	<b>5:05.64</b>	+0,88	308	1,0(-)
	+0,88	Joana Patricia ANTUNES	33.08 1:10.32	Daniela Santos CARRILHO	+0,83 37.83	1:18.92
	+0,85	Barbara Maia FREITAS	36.20 1:15.56	Carolina Cupertino MARCHANTE	+0,62 39.09	1:20.84

Prova 26  
30/10/2022 - 19:10

Masc., 4 x 100m Estilos

Absolutos  
Resultados

Rec Nac Absoluto	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec Nac Sen	3:33.86	Sporting Clube de Portugal	SCP	Leiria	26/11/2021
Rec Nac Jun	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	20/12/2019
Rec Nac Juv A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec Nac Juv	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14/07/2019
Rec Nac Juv B	4:04.46	Grupo Desp. Natacao V. N. FamalicGDVNF		Estarreja	14/12/2014
Rec Nac Inf A	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016
Rec Nac Inf	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20/03/2016
Rec Nac Inf B	4:35.54	Grupo Desp. Natacao V. N. FamalicGDVNF		Porto	17/03/2013

Pontos: FINA 2022

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	
1. Louzan Natacao/EFAPEL		Louzan Natacao/EFAPEL	<b>3:57.77</b>	+0,72	587	25,00
	+0,72	Tomas Carvalho SANTOS	30.22 1:02.17	Gabriel Jose LOPES	+0,43 24.76	53.21
	+0,43	Duarte Jose FERNANDES	32.65 1:09.67	Afonso Filipe COSTA	+0,42 25.01	52.72
2. Viver Santarem		Viver Santarem	<b>4:02.21</b>	+0,62	555	23,00
	+0,62	Guilherme Pereira COUTINHO	29.83 1:01.96	Jose Pinto CABRAL	+0,27 26.76	58.75
	+0,21	Luis Afonso LOPES	30.65 1:06.28	Joao Marques FERREIRA	+0,08 25.84	55.22
3. Despertarecorde		Despertarecorde	<b>4:05.38</b>	+0,70	534	22,00
	+0,70	Jose Paula CARVALHO	30.94 1:03.77	Diogo Miguel MONTEIRO	+0,41 27.72	1:00.54
	+0,47	Andre Filipe MAGALHAES	30.52 1:05.86	Joao Paulo MAGALHAES	+0,01 26.28	55.21



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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	
4.		<b>Colegio Vasco da Gama</b>	<b>4:06.95</b>	<b>+0,69</b>	<b>524</b>	<b>21,00</b>
		Tomas Santos BRAGA	1:05.07	+0,37	26.20	56.61
	+0,69 30.88	Ricardo Basilio MARREIROS	1:12.32	+0,93	25.48	52.95
5.		<b>Aminata</b>	<b>4:08.31</b>	<b>+0,54</b>	<b>515</b>	<b>20,00</b>
		Simao Valadas BILRO	1:01.53	+0,48	27.51	1:00.49
	+0,54 29.25	Joao Pedro NEVES	1:11.40	+0,34	26.09	54.89
6.		<b>CNLeiria</b>	<b>4:11.04</b>	<b>+0,65</b>	<b>499</b>	<b>19,00</b>
		Francisco Marques SIMOES	1:03.22	+0,25	27.09	1:00.66
	+0,65 30.95	Goncalo Pereira COLACO	1:10.47	+0,44	27.06	56.69
7.		<b>Rio Maior</b>	<b>4:13.97</b>	<b>+0,78</b>	<b>482</b>	<b>18,00</b>
		Ricardo Filipe GABOLEIRO	1:05.75	+0,57	29.33	1:04.25
	+0,78 31.34	Guilherme Filipe GABOLEIRO	1:10.02	+0,53	25.80	53.95
8.		<b>Sao Joao Ver</b>	<b>4:14.30</b>	<b>+0,55</b>	<b>480</b>	<b>17,00</b>
		Samuel Dias MARTINS	1:01.40	+0,48	29.20	1:04.95
	+0,55 29.82	Luis Goncalves PEREIRA	1:13.18	+0,72	26.12	54.77
9.		<b>Amadora</b>	<b>4:14.94</b>	<b>+0,68</b>	<b>476</b>	<b>16,00</b>
		Afonso Silvestre ALMEIDA	1:07.08	+0,84	28.92	1:02.97
	+0,68 32.59	Daniel IONAS	1:07.61	+0,31	27.23	57.28
10.		<b>Miranda do Corvo</b>	<b>4:18.49</b>	<b>+0,70</b>	<b>457</b>	<b>15,00</b>
		Pedro Guilherme FERREIRA	1:04.18	+0,27	30.88	1:06.72
	+0,70 30.78	Tomas Jose FRANCISCO	1:11.78	+0,09	26.68	55.81
11.		<b>Lagoa AC</b>	<b>4:19.81</b>	<b>+0,78</b>	<b>450</b>	<b>14,00</b>
		Miguel Lourenco VELHINHO	1:07.36	+0,40	30.71	1:07.09
	+0,78 32.08	Goncalo Gualberto BARBARA	1:08.90	+0,43	26.74	56.46
12.		<b>Ginasio de Vila Real</b>	<b>4:19.84</b>	<b>+0,76</b>	<b>450</b>	<b>13,00</b>
		Rodrigo Daniel SILVA	1:06.76	+0,40	28.24	1:02.63
	+0,76 31.84	Tiago Manuel FERNANDES	1:14.65	+0,20	25.92	55.80
13.		<b>Vieirense</b>	<b>4:20.54</b>	<b>+0,64</b>	<b>446</b>	<b>12,00</b>
		Francisco Jose FRAGOSO	1:06.95	+0,48	29.18	1:02.36
	+0,64 31.89	Gabriel Mota PATRICIO	1:15.66	+0,36	26.68	55.57
14.		<b>Naval de Faro</b>	<b>4:21.00</b>	<b>+0,97</b>	<b>444</b>	<b>11,00</b>
		Artur Osorio BONANCA	1:02.21	+0,31	29.23	1:04.43
	+0,97 30.04	Miguel Palma MATOS	1:18.69	+0,31	17.33	55.67
15.		<b>Nautico Abrantes</b>	<b>4:25.10</b>	<b>+0,72</b>	<b>424</b>	<b>10,00</b>
		Vitor SOKOLOVSKYY	1:06.07	+0,62	29.74	1:04.85
	+0,72 31.97	Daniel Santos CARAPETO	1:15.64	+0,87	27.56	58.54
16.		<b>CLIP Teams</b>	<b>4:25.45</b>	<b>+0,53</b>	<b>422</b>	<b>9,00</b>
		Henrique Almeida LEITE	1:09.30	+0,57	28.50	1:02.48
	+0,53 33.26	Joao Lourenco HERDEIRO	1:13.19	+0,63	28.64	1:00.48
17.		<b>Alges e Agueda XXI</b>	<b>4:26.45</b>	<b>+0,89</b>	<b>417</b>	<b>8,00</b>
		Pedro Lages MARTINS	1:10.01	+0,35	29.53	1:04.06
	+0,89 33.77	Henrique Ferreira MARTINS	1:11.81	+0,53	28.38	1:00.57
18.		<b>Penafiel</b>	<b>4:29.37</b>	<b>+0,73</b>	<b>404</b>	<b>7,00</b>
		Goncalo Fernando FERREIRA	1:13.22	+0,70	29.89	1:04.53
	+0,73 34.88	Tomas Coelho PEREIRA	1:06.93	+0,56	30.55	1:04.69
19.		<b>Campinho</b>	<b>4:42.80</b>	<b>+0,86</b>	<b>349</b>	<b>6,00</b>
		Manuel Vicente TAVEIRA	1:17.74	+0,37	33.95	1:15.66
	+0,86 37.96	Duarte Almeida SOARES	1:12.68		27.34	56.72
20.		<b>Juventude Atlantico</b>	<b>4:43.15</b>	<b>+0,67</b>	<b>347</b>	<b>5,00</b>
		Afonso Berimbau FERNANDES	1:13.02	+0,40	29.19	1:02.59
	+0,67 35.57	Diogo Basilio ALVES	1:25.07	+0,64	29.42	1:02.47



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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA				
21.		O Crasto	<b>4:53.73</b>	+0,65	311	4,00			
		Martim Ribeiro MENESES	+0,65	29.91	1:02.69	Joao Tomas FERNANDES	+0,53	36.89	1:20.47
		Tiago Alexandre RELVA	+0,69	41.13	1:25.39	Rodrigo Ferreira RODRIGUES	+0,43	29.32	1:05.18
22.		Albicastrense	<b>5:00.75</b>	+0,83	290	3,00			
		Eduardo Pires TAVARES	+0,83	37.42	1:17.18	Afonso Maria BENTO	+0,72	33.64	1:15.16
		Diogo Daniel MARCO	+0,64	40.51	1:28.67	Dinis Trigueiros PAULO	+0,40	27.29	59.74
23.		Agua de Pau 1	<b>5:27.84</b>		224	2,00			
		Vasco Andrade MEDEIROS	08	35.00	1:12.29	Miguel Carreiro SOUSA	08	38.74	1:22.59
		Santiago Nicolau CABRAL	10	47.49	1:42.60	Diogo Sousa OLIVEIRA	06	32.85	1:10.36
DSQ		Propaganda da Natacao					+0,82		-
		<i>10.18 - Rendição Antecipada do 4 Nadador(a) - SW 10.11</i>							
		Tomas Castro SOUSA	+0,82	30.58	1:03.26	Lucas Andre FERNANDES	+0,26	30.95	1:07.37
		Tomas Neves PROSPERO	+0,50	39.01	1:25.57	Alex LUKYANCHYKOV	-0,13		

