

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



1 - 1ª Jornada - 1ª Sessão

31/03/2022 - 9:00

Prova 1 Masc., 200m Livres Juvenis A
31/03/2022 - 9:00 Resultados

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	2:01.04	+0,71	598	
	50m: 28.27 28.27 100m: 59.46 31.19 150m: 1:31.09 31.63 200m: 2:01.04 29.95						
2.	ROQUE Tomas Nunes	06	Benfica	2:02.04	+0,70	583	
	50m: 27.93 27.93 100m: 58.78 30.85 150m: 1:30.74 31.96 200m: 2:02.04 31.30						
3.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	2:02.82	+0,69	572	
	50m: 26.86 26.86 100m: 57.90 31.04 150m: 1:30.15 32.25 200m: 2:02.82 32.67						
4.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:02.83	+0,68	572	
	50m: 28.24 28.24 100m: 59.21 30.97 150m: 1:31.01 31.80 200m: 2:02.83 31.82						
5.	LOUREIRO Bruno Silva	06	Porto	2:03.13	+0,74	568	
	50m: 28.39 28.39 100m: 59.42 31.03 150m: 1:31.63 32.21 200m: 2:03.13 31.50						
6.	JANUARIO Tomas Maia	06	Benfica	2:03.52	+0,72	563	
	50m: 28.93 28.93 100m: 1:00.33 31.40 150m: 1:32.14 31.81 200m: 2:03.52 31.38						
7.	LEMONS Gil Santos	06	Pimpoes/Cimai	2:04.33	+0,61	552	
	50m: 28.75 28.75 100m: 1:00.47 31.72 150m: 1:33.06 32.59 200m: 2:04.33 31.27						
8.	BRANDAO Afonso Aires	06	Desportiva de Viana	2:05.26	+0,72	539	
	50m: 28.85 28.85 100m: 1:00.79 31.94 150m: 1:33.37 32.58 200m: 2:05.26 31.89						
9.	GOMES Joao Almeida	06	Nacional de Natacao	2:06.05	+0,73	529	
	50m: 28.83 28.83 100m: 1:00.14 31.31 150m: 1:33.19 33.05 200m: 2:06.05 32.86						
10.	SIMONES Manuel Costa	06	Uniao Piedense	2:06.74	+0,77	521	
	50m: 28.48 28.48 100m: 59.97 31.49 150m: 1:33.04 33.07 200m: 2:06.74 33.70						
11.	FARIA Eduardo Nuno	06	Braga	2:07.06	+0,85	517	
	50m: 28.41 28.41 100m: 1:00.43 32.02 150m: 1:33.63 33.20 200m: 2:07.06 33.43						
12.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	2:07.45	+0,73	512	
	50m: 28.04 28.04 100m: 59.93 31.89 150m: 1:33.37 33.44 200m: 2:07.45 34.08						

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 18:18 - Página 1

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 1, Masc., 200m Livres

Prova 1 Masc., 200m Livres Juvenis B
31/03/2022 - 9:00 Resultados

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REIS Leonardo Conceicao	07	Sporting	2:03.34	+0,67	565	
	50m: 28.03 28.03 100m: 58.69 30.66 150m: 1:30.97			32.28	200m: 2:03.34	32.37	
2.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	2:03.55	+0,68	562	
	50m: 28.13 28.13 100m: 59.11 30.98 150m: 1:31.63			32.52	200m: 2:03.55	31.92	
3.	MORARI Alexandre	07	Rio Maior	2:03.82	+0,73	559	
	50m: 27.54 27.54 100m: 59.71 32.17 150m: 1:31.93			32.22	200m: 2:03.82	31.89	
4.	CRUZ Leonardo Jose	07	Alcobaca	2:04.39	+0,64	551	
	50m: 28.42 28.42 100m: 59.88 31.46 150m: 1:33.02			33.14	200m: 2:04.39	31.37	
5.	COLACO Goncalo Pereira	07	Ba-Leiria	2:04.70	+0,76	547	
	50m: 28.05 28.05 100m: 58.64 30.59 150m: 1:31.34			32.70	200m: 2:04.70	33.36	
6.	ROQUE Afonso Dinis	07	Ba-Leiria	2:05.61	+0,83	535	
	50m: 28.37 28.37 100m: 59.93 31.56 150m: 1:32.73			32.80	200m: 2:05.61	32.88	
7.	RAMOS Andre Miguel	07	Fisica Torres Vedras	2:06.53	+0,80	523	
	50m: 28.10 28.10 100m: 1:00.53 32.43 150m: 1:33.80			33.27	200m: 2:06.53	32.73	
8.	LARANJO Filipe Manso	07	Desportiva de Viana	2:07.03	+0,76	517	
	50m: 29.86 29.86 100m: 1:02.48 32.62 150m: 1:35.49			33.01	200m: 2:07.03	31.54	
9.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	2:07.13	+0,79	516	
	50m: 29.46 29.46 100m: 1:01.63 32.17 150m: 1:34.83			33.20	200m: 2:07.13	32.30	
10.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:07.84	+0,69	507	
	50m: 29.68 29.68 100m: 1:02.27 32.59 150m: 1:35.37			33.10	200m: 2:07.84	32.47	

Prova 1 Masc., 200m Livres Juvenis
31/03/2022 - 9:00 Resultados

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24/07/2009
Rec Nac Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	2:01.04	+0,71	598	
	50m: 28.27 28.27 100m: 59.46 31.19 150m: 1:31.09			31.63	200m: 2:01.04	29.95	
2.	ROQUE Tomas Nunes	06	Benfica	2:02.04	+0,70	583	
	50m: 27.93 27.93 100m: 58.78 30.85 150m: 1:30.74			31.96	200m: 2:02.04	31.30	
3.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	2:02.82	+0,69	572	
	50m: 26.86 26.86 100m: 57.90 31.04 150m: 1:30.15			32.25	200m: 2:02.82	32.67	
4.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:02.83	+0,68	572	
	50m: 28.24 28.24 100m: 59.21 30.97 150m: 1:31.01			31.80	200m: 2:02.83	31.82	

Splash Meet Manager, 11.72441

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PARCEIROS



Prova 1, Masc., 200m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	LOUREIRO Bruno Silva	06	Porto	2:03.13	+0,74	568	
	50m: 28.39 28.39	100m: 59.42 31.03	150m: 1:31.63 32.21	200m: 2:03.13 31.50			
6.	REIS Leonardo Conceicao	07	Sporting	2:03.34	+0,67	565	
	50m: 28.03 28.03	100m: 58.69 30.66	150m: 1:30.97 32.28	200m: 2:03.34 32.37			
7.	JANUARIO Tomas Maia	06	Benfica	2:03.52	+0,72	563	
	50m: 28.93 28.93	100m: 1:00.33 31.40	150m: 1:32.14 31.81	200m: 2:03.52 31.38			
8.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	2:03.55	+0,68	562	
	50m: 28.13 28.13	100m: 59.11 30.98	150m: 1:31.63 32.52	200m: 2:03.55 31.92			
9.	MORARI Alexandre	07	Rio Maior	2:03.82	+0,73	559	
	50m: 27.54 27.54	100m: 59.71 32.17	150m: 1:31.93 32.22	200m: 2:03.82 31.89			
10.	LEMONS Gil Santos	06	Pimpoes/Cimai	2:04.33	+0,61	552	
	50m: 28.75 28.75	100m: 1:00.47 31.72	150m: 1:33.06 32.59	200m: 2:04.33 31.27			
11.	CRUZ Leonardo Jose	07	Alcobaca	2:04.39	+0,64	551	
	50m: 28.42 28.42	100m: 59.88 31.46	150m: 1:33.02 33.14	200m: 2:04.39 31.37			
12.	COLACO Goncalo Pereira	07	Ba-Leiria	2:04.70	+0,76	547	
	50m: 28.05 28.05	100m: 58.64 30.59	150m: 1:31.34 32.70	200m: 2:04.70 33.36			
13.	BRANDAO Afonso Aires	06	Desportiva de Viana	2:05.26	+0,72	539	
	50m: 28.85 28.85	100m: 1:00.79 31.94	150m: 1:33.37 32.58	200m: 2:05.26 31.89			
14.	ROQUE Afonso Dinis	07	Ba-Leiria	2:05.61	+0,83	535	
	50m: 28.37 28.37	100m: 59.93 31.56	150m: 1:32.73 32.80	200m: 2:05.61 32.88			
15.	GOMES Joao Almeida	06	Nacional de Natacao	2:06.05	+0,73	529	
	50m: 28.83 28.83	100m: 1:00.14 31.31	150m: 1:33.19 33.05	200m: 2:06.05 32.86			
16.	RAMOS Andre Miguel	07	Fisica Torres Vedras	2:06.53	+0,80	523	
	50m: 28.10 28.10	100m: 1:00.53 32.43	150m: 1:33.80 33.27	200m: 2:06.53 32.73			
17.	SIMONES Manuel Costa	06	Uniao Piedense	2:06.74	+0,77	521	
	50m: 28.48 28.48	100m: 59.97 31.49	150m: 1:33.04 33.07	200m: 2:06.74 33.70			
18.	LARANJO Filipe Manso	07	Desportiva de Viana	2:07.03	+0,76	517	
	50m: 29.86 29.86	100m: 1:02.48 32.62	150m: 1:35.49 33.01	200m: 2:07.03 31.54			
19.	FARIA Eduardo Nuno	06	Braga	2:07.06	+0,85	517	
	50m: 28.41 28.41	100m: 1:00.43 32.02	150m: 1:33.63 33.20	200m: 2:07.06 33.43			
20.	SILVA Martim Alexandre	07	Columbifila Cantanhedense	2:07.13	+0,79	516	
	50m: 29.46 29.46	100m: 1:01.63 32.17	150m: 1:34.83 33.20	200m: 2:07.13 32.30			
21.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	2:07.45	+0,73	512	
	50m: 28.04 28.04	100m: 59.93 31.89	150m: 1:33.37 33.44	200m: 2:07.45 34.08			
22.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:07.84	+0,69	507	
	50m: 29.68 29.68	100m: 1:02.27 32.59	150m: 1:35.37 33.10	200m: 2:07.84 32.47			
EXH	FOMIN Yury	06	Louletano / Loule Concelho	2:01.70	+0,76	588	
	50m: 28.58 28.58	100m: 59.31 30.73	150m: 1:30.85 31.54	200m: 2:01.70 30.85			

Prova 2

31/03/2022 - 9:10

Femin., 400m Livres

Juvenis A

Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	4:38.10	+0,76	614	
	50m: 30.98 30.98	150m: 1:40.12 35.32	250m: 2:51.97 36.07	350m: 4:03.88 35.69			
	100m: 1:04.80 33.82	200m: 2:15.90 35.78	300m: 3:28.19 36.22	400m: 4:38.10 34.22			
2.	MESQUITA Mafalda Martins	07	Famalicao	4:39.88	+0,79	603	
	50m: 31.75 31.75	150m: 1:42.91 35.34	250m: 2:54.60 35.95	350m: 4:05.77 34.80			
	100m: 1:07.57 35.82	200m: 2:18.65 35.74	300m: 3:30.97 36.37	400m: 4:39.88 34.11			
3.	CABRAL Carolina Vizinho	07	Natacao de Vagos	4:41.77	+0,96	591	
	50m: 31.78 31.78	150m: 1:42.61 36.22	250m: 2:55.37 36.70	350m: 4:07.66 35.88			
	100m: 1:06.39 34.61	200m: 2:18.67 36.06	300m: 3:31.78 36.41	400m: 4:41.77 34.11			
4.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	4:42.22	+0,65	588	
	50m: 31.47 31.47	150m: 1:41.73 35.81	250m: 2:54.04 36.32	350m: 4:07.34 36.77			
	100m: 1:05.92 34.45	200m: 2:17.72 35.99	300m: 3:30.57 36.53	400m: 4:42.22 34.88			
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:44.94	+0,83	571	
	50m: 31.66 31.66	150m: 1:42.11 35.81	250m: 2:55.35 36.83	350m: 4:08.97 36.91			
	100m: 1:06.30 34.64	200m: 2:18.52 36.41	300m: 3:32.06 36.71	400m: 4:44.94 35.97			
6.	SANTOS Leonor Castanho	07	Sporting	4:47.65	+0,70	555	
	50m: 32.47 32.47	150m: 1:42.54 35.63	250m: 2:56.39 37.09	350m: 4:11.09 37.45			
	100m: 1:06.91 34.44	200m: 2:19.30 36.76	300m: 3:33.64 37.25	400m: 4:47.65 36.56			
7.	RODRIGUES Leonor Carreiro	07	Benfica	4:48.25	+0,69	552	
	50m: 31.88 31.88	150m: 1:43.01 36.33	250m: 2:56.98 37.25	350m: 4:11.85 37.40			
	100m: 1:06.68 34.80	200m: 2:19.73 36.72	300m: 3:34.45 37.47	400m: 4:48.25 36.40			
8.	GOMES Barbara Sofia	07	Leixoes	4:50.14	+0,70	541	
	50m: 32.64 32.64	150m: 1:45.25 35.91	250m: 3:00.02 37.69	350m: 4:14.09 37.05			
	100m: 1:09.34 36.70	200m: 2:22.33 37.08	300m: 3:37.04 37.02	400m: 4:50.14 36.05			
9.	AGUILAR Marta Andre	07	Nautico Academico	4:53.92	+0,79	520	
	50m: 32.52 32.52	150m: 1:44.40 36.69	250m: 2:59.41 37.30	350m: 4:15.93 38.25			
	100m: 1:07.71 35.19	200m: 2:22.11 37.71	300m: 3:37.68 38.27	400m: 4:53.92 37.99			
10.	PINTO Margarida Vieira	07	Braga	4:55.61	+0,86	511	
	50m: 32.17 32.17	150m: 1:44.83 36.30	250m: 3:00.52 37.30	350m: 4:17.42 37.60			
	100m: 1:08.53 36.36	200m: 2:23.22 38.39	300m: 3:39.82 39.30	400m: 4:55.61 38.19			

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PARCEIROS



Prova 2, Femin., 400m Livres

Prova 2 Femin., 400m Livres Juvenis B
31/03/2022 - 9:10 Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	4:46.55	+0,78	561	
	50m: 31.89 31.89	150m: 1:43.50 36.55	250m: 2:56.67 36.50	350m: 4:10.77 37.09			
	100m: 1:06.95 35.06	200m: 2:20.17 36.67	300m: 3:33.68 37.01	400m: 4:46.55 35.78			
2.	FERREIRA Carolina Amadeu	08	Leixoes	4:49.54	+0,86	544	
	50m: 32.34 32.34	150m: 1:43.75 36.46	250m: 2:58.56 37.72	350m: 4:13.61 37.26			
	100m: 1:07.29 34.95	200m: 2:20.84 37.09	300m: 3:36.35 37.79	400m: 4:49.54 35.93			
3.	BARBOSA Sofia Teixeira	08	Porto	4:54.89	+0,91	515	
	50m: 33.82 33.82	150m: 1:48.42 37.17	250m: 3:04.10 37.24	350m: 4:18.38 36.53			
	100m: 1:11.25 37.43	200m: 2:26.86 38.44	300m: 3:41.85 37.75	400m: 4:54.89 36.51			
4.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	4:55.71	+0,90	511	
	50m: 32.40 32.40	150m: 1:46.66 37.78	250m: 3:03.40 38.36	350m: 4:19.57 37.97			
	100m: 1:08.88 36.48	200m: 2:25.04 38.38	300m: 3:41.60 38.20	400m: 4:55.71 36.14			
5.	CRUZ Ana Carolina	08	Famalicao	4:56.41	+0,89	507	
	50m: 31.75 31.75	150m: 1:46.52 37.65	250m: 3:03.43 38.02	350m: 4:20.08 37.52			
	100m: 1:08.87 37.12	200m: 2:25.41 38.89	300m: 3:42.56 39.13	400m: 4:56.41 36.33			
6.	FREITAS Diana Gomes	08	Amigos da Montanha	4:56.43	+0,98	507	
	50m: 33.81 33.81	150m: 1:48.04 37.30	250m: 3:04.27 38.19	350m: 4:20.22 37.81			
	100m: 1:10.74 36.93	200m: 2:26.08 38.04	300m: 3:42.41 38.14	400m: 4:56.43 36.21			
7.	COSTA Maria Joao	08	Vilacondense	4:56.91	+0,83	505	
	50m: 32.64 32.64	150m: 1:46.45 37.62	250m: 3:03.52 38.34	350m: 4:20.44 38.32			
	100m: 1:08.83 36.19	200m: 2:25.18 38.73	300m: 3:42.12 38.60	400m: 4:56.91 36.47			
8.	JORGE Sofia Pereira	08	Galitos / Bresimar	4:58.20	+0,81	498	
	50m: 33.60 33.60	150m: 1:48.00 38.05	250m: 3:04.96 39.06	350m: 4:20.92 37.98			
	100m: 1:09.95 36.35	200m: 2:25.90 37.90	300m: 3:42.94 37.98	400m: 4:58.20 37.28			
9.	BARROS Adriana Ribeiro	08	Braga	4:58.65	+0,77	496	
	50m: 33.04 33.04	150m: 1:47.59 37.70	250m: 3:04.50 38.89	350m: 4:21.78 38.04			
	100m: 1:09.89 36.85	200m: 2:25.61 38.02	300m: 3:43.74 39.24	400m: 4:58.65 36.87			
10.	NEVES Ana Carolina	08	Fluvial Portuense	5:01.44	+0,56	482	
	50m: 33.27 33.27	150m: 1:48.48 38.52	250m: 3:05.48 38.64	350m: 4:22.97 39.08			
	100m: 1:09.96 36.69	200m: 2:26.84 38.36	300m: 3:43.89 38.41	400m: 5:01.44 38.47			
11.	CARVALHO Constanca Isabel	08	Alges	5:04.68	+0,63	467	
	50m: 34.62 34.62	150m: 1:51.12 38.84	250m: 3:09.25 39.18	350m: 4:27.41 39.10			
	100m: 1:12.28 37.66	200m: 2:30.07 38.95	300m: 3:48.31 39.06	400m: 5:04.68 37.27			
12.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	5:04.99	+0,64	466	
	50m: 34.13 34.13	150m: 1:50.42 38.45	250m: 3:09.14 39.63	350m: 4:28.32 39.53			
	100m: 1:11.97 37.84	200m: 2:29.51 39.09	300m: 3:48.79 39.65	400m: 5:04.99 36.67			
13.	PIRES Ana Beatriz	08	Uniao Piedense	5:06.74	+0,94	458	
	50m: 33.57 33.57	150m: 1:49.26 38.46	250m: 3:08.60 39.96	350m: 4:27.60 40.18			
	100m: 1:10.80 37.23	200m: 2:28.64 39.38	300m: 3:47.42 38.82	400m: 5:06.74 39.14			

Prova 2, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ROLIM Beatriz Alexandra	08	Uniao Piedense	5:07.66	+0,86	454	
	50m: 33.85 33.85	150m: 1:50.48 38.77	250m: 3:09.65 39.67	350m: 4:29.62 40.08			
	100m: 1:11.71 37.86	200m: 2:29.98 39.50	300m: 3:49.54 39.89	400m: 5:07.66 38.04			
15.	GOMES Rita Silva	08	Colegio Efanor	5:08.59	+0,89	449	
	50m: 34.63 34.63	150m: 1:51.16 38.76	250m: 3:10.58 39.63	350m: 4:30.17 39.66			
	100m: 1:12.40 37.77	200m: 2:30.95 39.79	300m: 3:50.51 39.93	400m: 5:08.59 38.42			
16.	MARQUES Matilde Catroga	08	Colegio Monte Maior	5:08.89	+0,89	448	
	50m: 34.55 34.55	150m: 1:53.27 40.62	250m: 3:12.54 39.71	350m: 4:31.01 38.68			
	100m: 1:12.65 38.10	200m: 2:32.83 39.56	300m: 3:52.33 39.79	400m: 5:08.89 37.88			
17.	FERREIRA Lara Mota	08	Fafe	5:09.15	+0,85	447	
	50m: 34.41 34.41	150m: 1:53.07 40.05	250m: 3:12.50 39.58	350m: 4:31.30 39.04			
	100m: 1:13.02 38.61	200m: 2:32.92 39.85	300m: 3:52.26 39.76	400m: 5:09.15 37.85			

Prova 2 Femin., 400m Livres Juvenis Resultados

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	4:38.10	+0,76	614	
	50m: 30.98 30.98	150m: 1:40.12 35.32	250m: 2:51.97 36.07	350m: 4:03.88 35.69			
	100m: 1:04.80 33.82	200m: 2:15.90 35.78	300m: 3:28.19 36.22	400m: 4:38.10 34.22			
2.	MESQUITA Mafalda Martins	07	Famalicao	4:39.88	+0,79	603	
	50m: 31.75 31.75	150m: 1:42.91 35.34	250m: 2:54.60 35.95	350m: 4:05.77 34.80			
	100m: 1:07.57 35.82	200m: 2:18.65 35.74	300m: 3:30.97 36.37	400m: 4:39.88 34.11			
3.	CABRAL Carolina Vizinho	07	Natacao de Vagos	4:41.77	+0,96	591	
	50m: 31.78 31.78	150m: 1:42.61 36.22	250m: 2:55.37 36.70	350m: 4:07.66 35.88			
	100m: 1:06.39 34.61	200m: 2:18.67 36.06	300m: 3:31.78 36.41	400m: 4:41.77 34.11			
4.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	4:42.22	+0,65	588	
	50m: 31.47 31.47	150m: 1:41.73 35.81	250m: 2:54.04 36.32	350m: 4:07.34 36.77			
	100m: 1:05.92 34.45	200m: 2:17.72 35.99	300m: 3:30.57 36.53	400m: 4:42.22 34.88			
5.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	4:44.94	+0,83	571	
	50m: 31.66 31.66	150m: 1:42.11 35.81	250m: 2:55.35 36.83	350m: 4:08.97 36.91			
	100m: 1:06.30 34.64	200m: 2:18.52 36.41	300m: 3:32.06 36.71	400m: 4:44.94 35.97			
6.	NEVES Maria Gomes	08	Braga	4:46.55	+0,78	561	
	50m: 31.89 31.89	150m: 1:43.50 36.55	250m: 2:56.67 36.50	350m: 4:10.77 37.09			
	100m: 1:06.95 35.06	200m: 2:20.17 36.67	300m: 3:33.68 37.01	400m: 4:46.55 35.78			
7.	SANTOS Leonor Castanho	07	Sporting	4:47.65	+0,70	555	
	50m: 32.47 32.47	150m: 1:42.54 35.63	250m: 2:56.39 37.09	350m: 4:11.09 37.45			
	100m: 1:06.91 34.44	200m: 2:19.30 36.76	300m: 3:33.64 37.25	400m: 4:47.65 36.56			
8.	RODRIGUES Leonor Carreiro	07	Benfica	4:48.25	+0,69	552	
	50m: 31.88 31.88	150m: 1:43.01 36.33	250m: 2:56.98 37.25	350m: 4:11.85 37.40			
	100m: 1:06.68 34.80	200m: 2:19.73 36.72	300m: 3:34.45 37.47	400m: 4:48.25 36.40			

Prova 2, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FERREIRA Carolina Amadeu	08	Leixoes	4:49.54	+0,86	544	
	50m: 32.34 32.34 150m: 1:43.75 36.46 250m: 2:58.56 37.72 350m: 4:13.61 37.26						
	100m: 1:07.29 34.95 200m: 2:20.84 37.09 300m: 3:36.35 37.79 400m: 4:49.54 35.93						
10.	GOMES Barbara Sofia	07	Leixoes	4:50.14	+0,70	541	
	50m: 32.64 32.64 150m: 1:45.25 35.91 250m: 3:00.02 37.69 350m: 4:14.09 37.05						
	100m: 1:09.34 36.70 200m: 2:22.33 37.08 300m: 3:37.04 37.02 400m: 4:50.14 36.05						
11.	AGUILAR Marta Andre	07	Nautico Academico	4:53.92	+0,79	520	
	50m: 32.52 32.52 150m: 1:44.40 36.69 250m: 2:59.41 37.30 350m: 4:15.93 38.25						
	100m: 1:07.71 35.19 200m: 2:22.11 37.71 300m: 3:37.68 38.27 400m: 4:53.92 37.99						
12.	BARBOSA Sofia Teixeira	08	Porto	4:54.89	+0,91	515	
	50m: 33.82 33.82 150m: 1:48.42 37.17 250m: 3:04.10 37.24 350m: 4:18.38 36.53						
	100m: 1:11.25 37.43 200m: 2:26.86 38.44 300m: 3:41.85 37.75 400m: 4:54.89 36.51						
13.	PINTO Margarida Vieira	07	Braga	4:55.61	+0,86	511	
	50m: 32.17 32.17 150m: 1:44.83 36.30 250m: 3:00.52 37.30 350m: 4:17.42 37.60						
	100m: 1:08.53 36.36 200m: 2:23.22 38.39 300m: 3:39.82 39.30 400m: 4:55.61 38.19						
14.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	4:55.71	+0,90	511	
	50m: 32.40 32.40 150m: 1:46.66 37.78 250m: 3:03.40 38.36 350m: 4:19.57 37.97						
	100m: 1:08.88 36.48 200m: 2:25.04 38.38 300m: 3:41.60 38.20 400m: 4:55.71 36.14						
15.	CRUZ Ana Carolina	08	Famalicao	4:56.41	+0,89	507	
	50m: 31.75 31.75 150m: 1:46.52 37.65 250m: 3:03.43 38.02 350m: 4:20.08 37.52						
	100m: 1:08.87 37.12 200m: 2:25.41 38.89 300m: 3:42.56 39.13 400m: 4:56.41 36.33						
16.	FREITAS Diana Gomes	08	Amigos da Montanha	4:56.43	+0,98	507	
	50m: 33.81 33.81 150m: 1:48.04 37.30 250m: 3:04.27 38.19 350m: 4:20.22 37.81						
	100m: 1:10.74 36.93 200m: 2:26.08 38.04 300m: 3:42.41 38.14 400m: 4:56.43 36.21						
17.	COSTA Maria Joao	08	Vilacondense	4:56.91	+0,83	505	
	50m: 32.64 32.64 150m: 1:46.45 37.62 250m: 3:03.52 38.34 350m: 4:20.44 38.32						
	100m: 1:08.83 36.19 200m: 2:25.18 38.73 300m: 3:42.12 38.60 400m: 4:56.91 36.47						
18.	JORGE Sofia Pereira	08	Galitos / Bresimar	4:58.20	+0,81	498	
	50m: 33.60 33.60 150m: 1:48.00 38.05 250m: 3:04.96 39.06 350m: 4:20.92 37.98						
	100m: 1:09.95 36.35 200m: 2:25.90 37.90 300m: 3:42.94 37.98 400m: 4:58.20 37.28						
19.	BARROS Adriana Ribeiro	08	Braga	4:58.65	+0,77	496	
	50m: 33.04 33.04 150m: 1:47.59 37.70 250m: 3:04.50 38.89 350m: 4:21.78 38.04						
	100m: 1:09.89 36.85 200m: 2:25.61 38.02 300m: 3:43.74 39.24 400m: 4:58.65 36.87						
20.	NEVES Ana Carolina	08	Fluvial Portuense	5:01.44	+0,56	482	
	50m: 33.27 33.27 150m: 1:48.48 38.52 250m: 3:05.48 38.64 350m: 4:22.97 39.08						
	100m: 1:09.96 36.69 200m: 2:26.84 38.36 300m: 3:43.89 38.41 400m: 5:01.44 38.47						
21.	CARVALHO Constanca Isabel	08	Alges	5:04.68	+0,63	467	
	50m: 34.62 34.62 150m: 1:51.12 38.84 250m: 3:09.25 39.18 350m: 4:27.41 39.10						
	100m: 1:12.28 37.66 200m: 2:30.07 38.95 300m: 3:48.31 39.06 400m: 5:04.68 37.27						
22.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	5:04.99	+0,64	466	
	50m: 34.13 34.13 150m: 1:50.42 38.45 250m: 3:09.14 39.63 350m: 4:28.32 39.53						
	100m: 1:11.97 37.84 200m: 2:29.51 39.09 300m: 3:48.79 39.65 400m: 5:04.99 36.67						
23.	PIRES Ana Beatriz	08	Uniao Piedense	5:06.74	+0,94	458	
	50m: 33.57 33.57 150m: 1:49.26 38.46 250m: 3:08.60 39.96 350m: 4:27.60 40.18						
	100m: 1:10.80 37.23 200m: 2:28.64 39.38 300m: 3:47.42 38.82 400m: 5:06.74 39.14						

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 18:18 - Página 7

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 2, Femin., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	ROLIM Beatriz Alexandra	08	Uniao Piedense	5:07.66	+0,86	454	
	50m: 33.85 33.85	150m: 1:50.48 38.77	250m: 3:09.65 39.67	350m: 4:29.62 40.08			
	100m: 1:11.71 37.86	200m: 2:29.98 39.50	300m: 3:49.54 39.89	400m: 5:07.66 38.04			
25.	GOMES Rita Silva	08	Colegio Efanor	5:08.59	+0,89	449	
	50m: 34.63 34.63	150m: 1:51.16 38.76	250m: 3:10.58 39.63	350m: 4:30.17 39.66			
	100m: 1:12.40 37.77	200m: 2:30.95 39.79	300m: 3:50.51 39.93	400m: 5:08.59 38.42			
26.	MARQUES Matilde Catroga	08	Colegio Monte Maior	5:08.89	+0,89	448	
	50m: 34.55 34.55	150m: 1:53.27 40.62	250m: 3:12.54 39.71	350m: 4:31.01 38.68			
	100m: 1:12.65 38.10	200m: 2:32.83 39.56	300m: 3:52.33 39.79	400m: 5:08.89 37.88			
27.	FERREIRA Lara Mota	08	Fafe	5:09.15	+0,85	447	
	50m: 34.41 34.41	150m: 1:53.07 40.05	250m: 3:12.50 39.58	350m: 4:31.30 39.04			
	100m: 1:13.02 38.61	200m: 2:32.92 39.85	300m: 3:52.26 39.76	400m: 5:09.15 37.85			

Prova 3 Masc., 4 x 100m Livres Juvenis A Resultados

Rec Nac Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	19/07/2009
Rec Nac Juv A	3:39.68	Futebol Clube do Porto	Famalicão	19/07/2013
Rec Nac Juv	3:39.68	Futebol Clube do Porto	Famalicão	19/07/2013

TAC 50m: 3:56.02 - 25m: 3:51.30

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Benfica-JUV A	3:44.28	+0,77	591	
	JANUARIO Tomas Maia +0,77 27.23	56.37	BAPTISTA Guilherme Fernandes-0,02	25.79	55.19
	MORAIS David Miguel +0,33 26.45	57.09	ROQUE Tomas Nunes +0,33	26.55	55.63
2.	Sporting-JUV A	3:48.92	+0,64	556	
	FAFTINE Kaio Araujo +0,64 26.71	55.64	MESQUITA Rodrigo Andrade +0,53	28.85	1:01.09
	HERRERO Miguel Mera +0,46 26.75	56.45	VIEIRA Antonio Coelho +0,39	26.23	55.74
3.	Famalicão-JUV A	3:49.12	+0,73	554	
	PEREIRA Rodrigo Ferreira +0,73 26.13	55.01	SILVA Francisco Araujo +0,32	27.03	57.48
	COSTA Tomas Mendes +0,37 26.87	57.05	SANTOS Rui Miguel +0,58	28.00	59.58
4.	Naval do Funchal-JUV A	3:53.43	+0,65	524	
	PITA Pedro Miguel +0,65 26.61	55.69	SETIM Joao Oliveira +0,41	28.97	1:00.23
	FERRAZ Luis Afonso +0,45 28.17	58.64	PAULOS Joao Afonso +0,24	27.40	58.87

Prova 3, Masc., 4 x 100m Livres

Prova 3	Masc., 4 x 100m Livres				Juvenis B
31/03/2022 - 9:25					Resultados
Rec Nac Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	FCP	Faro	19/07/2009
Rec Nac Juv	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nac Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02/08/2019
TAC 50m: 4:01.12 - 25m: 3:55.17					
Pontos: FINA 2022					

Lugar	Clube		Tempo Final	TReac	Pts FINA	Pts
1.	Ba-Leiria-JUV B	Ba-Leiria	3:53.01	+0,74	527	
	COLACO Goncalo Pereira	+0,74 27.75	58.09	CURJOS Cristian	+0,01 27.38	57.72
	ROQUE Afonso Dinis	+0,19 27.58	57.61	FRANCISCO Joao Moura	+0,22 27.40	59.59
2.	Sporting-JUV B	Sporting	3:53.83	+0,92	521	
	GODINHO Rafael Pacheco	+0,92 27.84	59.23	GOMES Miguel Braga	+0,35 28.21	1:00.98
	ASMAR Axel Guedes	+0,06 26.64	57.26	REIS Leonardo Conceicao	+0,08 26.55	56.36
3.	Naval do Funchal-JUV B	Naval do Funchal	4:00.60	+0,64	478	
	PEREIRA Lucas Santos	+0,64 28.09	59.24	RIBEIRO Telmo Drumond	+0,53 29.97	1:02.83
	NEVES Tiago Brazao	+0,10 28.55	59.46	ALMEIDA Joao Francisco	+0,38 28.31	59.07

2 - 1ª Jornada - 2ª Sessão

31/03/2022 - 16:30

Prova 4	Femin., 50m Costas				Juvenis A
31/03/2022 - 16:30					Resultados
Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Juv A	29.42	tempo limite			
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Nuria Resende	07	UD Oliveirense	32.82	+0,71	555	
2.	ANTONIO Rafaela Mariano	07	Portinado	32.86	+0,65	553	
3.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	33.18	+0,96	537	
4.	CASALINHO Catarina Castro	07	Estarreja	33.28	+0,67	532	
5.	ALVES Sara Sofia	07	Naval Setubalense	33.48	+0,85	523	
6.	NETO Leonor Rodrigues	07	Naval do Funchal	33.66	+0,68	514	
7.	PARENTE Leonor Peso	07	Palmela	33.68	+0,72	514	

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 4, Femin., 50m Costas

Prova 4 Femin., 50m Costas Juvenis B
31/03/2022 - 16:30 Resultados

Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Juv B	30.52	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Carolina Amadeu	08	Leixoes	33.00	+0,72	546	
2.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	33.05	+0,66	544	
3.	MARTINS Maria Joao	08	Fafe	33.19	+0,83	537	
4.	ROLIM Beatriz Alexandra	08	Uniao Piedense	33.22	+0,68	535	
5.	MENDES Rafaela Ferreira	08	Torres Novas	33.36	+0,67	528	
6.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	33.48	+0,71	523	

Prova 4 Femin., 50m Costas Juvenis
31/03/2022 - 16:30 Resultados

Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Juv A	29.42	tempo limite			
Rec Nac Juv B	30.52	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Nuria Resende	07	UD Oliveirense	32.82	+0,71	555	
2.	ANTONIO Rafaela Mariano	07	Portinado	32.86	+0,65	553	
3.	FERREIRA Carolina Amadeu	08	Leixoes	33.00	+0,72	546	
4.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	33.05	+0,66	544	
5.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	33.18	+0,96	537	
6.	MARTINS Maria Joao	08	Fafe	33.19	+0,83	537	
7.	ROLIM Beatriz Alexandra	08	Uniao Piedense	33.22	+0,68	535	
8.	CASALINHO Catarina Castro	07	Estarreja	33.28	+0,67	532	
9.	MENDES Rafaela Ferreira	08	Torres Novas	33.36	+0,67	528	
10.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	33.48	+0,71	523	
	ALVES Sara Sofia	07	Naval Setubalense	33.48	+0,85	523	
12.	NETO Leonor Rodrigues	07	Naval do Funchal	33.66	+0,68	514	
13.	PARENTE Leonor Peso	07	Palmela	33.68	+0,72	514	

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Prova 5 Masc., 50m Costas Juvenis A
31/03/2022 - 16:35 Resultados

Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapest (HUN)	17/05/2021
Rec Nac Juv A	27.65	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	28.03	+0,58	612	
2.	PITA Pedro Miguel	06	Naval do Funchal	28.19	+0,62	601	
3.	JANUARIO Tomas Maia	06	Benfica	28.39	+0,69	589	
4.	VIEIRA Antonio Coelho	06	Sporting	28.46	+0,66	584	
5.	SILVA Francisco Araujo	06	Famalicao	28.74	+0,68	567	
6.	DURAO Miguel Costa	06	Braga	29.03	+0,60	551	
7.	ROCHA Miguel Azevedo	06	Penafiel	29.24	+0,70	539	
8.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	29.47	+0,64	526	

Prova 5 Masc., 50m Costas Juvenis B
31/03/2022 - 16:35 Resultados

Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapest (HUN)	17/05/2021
Rec Nac Juv B	28.21	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORREIA Rodrigo Filipe	07	Porto	29.48	+0,79	526	
2.	COSTA Tiago Mendes	07	Famalicao	30.09	+0,78	494	
3.	CARVALHO Luis Filipe	07	Naval Povoense	30.43	+0,70	478	

Prova 5 Masc., 50m Costas Juvenis
31/03/2022 - 16:35 Resultados

Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapest (HUN)	17/05/2021
Rec Nac Juv A	27.65	tempo limite			
Rec Nac Juv B	28.21	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	28.03	+0,58	612	
2.	PITA Pedro Miguel	06	Naval do Funchal	28.19	+0,62	601	
3.	JANUARIO Tomas Maia	06	Benfica	28.39	+0,69	589	
4.	VIEIRA Antonio Coelho	06	Sporting	28.46	+0,66	584	
5.	SILVA Francisco Araujo	06	Famalicao	28.74	+0,68	567	
6.	DURAO Miguel Costa	06	Braga	29.03	+0,60	551	
7.	ROCHA Miguel Azevedo	06	Penafiel	29.24	+0,70	539	
8.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	29.47	+0,64	526	
9.	CORREIA Rodrigo Filipe	07	Porto	29.48	+0,79	526	
10.	COSTA Tiago Mendes	07	Famalicao	30.09	+0,78	494	
11.	CARVALHO Luis Filipe	07	Naval Povoense	30.43	+0,70	478	

Prova 6

Femin., 200m Mariposa

Juvenis A

31/03/2022 - 16:35

Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:24.76	+0,66	595	
	50m: 32.06 32.06	100m: 1:08.60 36.54	150m: 1:46.17 37.57	200m: 2:24.76 38.59			
2.	SOUSA Maria Rita	07	Desportiva de Viana	2:31.18	+0,72	523	
	50m: 32.38 32.38	100m: 1:09.39 37.01	150m: 1:49.33 39.94	200m: 2:31.18 41.85			
3.	CAMARA Ines Cruz	07	Desportivo Nacional	2:31.57	+0,77	519	
	50m: 32.59 32.59	100m: 1:10.49 37.90	150m: 1:50.86 40.37	200m: 2:31.57 40.71			
4.	MARQUES Gabriela Silva	07	Braga	2:34.93	+0,62	486	
	50m: 32.47 32.47	100m: 1:10.96 38.49	150m: 1:51.50 40.54	200m: 2:34.93 43.43			
5.	MATOS Maria Bandarra	07	Sporting	2:38.44		454	
	50m: 34.02 34.02	100m: 1:14.43 40.41	150m: 1:56.72 42.29	200m: 2:38.44 41.72			
6.	GOMES Rita Cunha	07	Viana Natacao	2:39.84		442	
	50m: 35.64 35.64	100m: 1:15.94 40.30	150m: 1:57.46 41.52	200m: 2:39.84 42.38			
7.	BOTELHO Margarida Santos	07	Naval Setubalense	2:45.01	+0,83	402	
	50m: 35.00 35.00	100m: 1:16.37 41.37	150m: 1:59.37 43.00	200m: 2:45.01 45.64			

Prova 6

Femin., 200m Mariposa

Juvenis B

31/03/2022 - 16:35

Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Constanca Santos	08	Alges	2:30.77	+0,74	527	
	50m: 32.30 32.30	100m: 1:10.60 38.30	150m: 1:51.28 40.68	200m: 2:30.77 39.49			
2.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	2:35.69	+0,76	478	
	50m: 34.44 34.44	100m: 1:14.43 39.99	150m: 1:55.86 41.43	200m: 2:35.69 39.83			
3.	SOARES Leonor Carvalho	08	Porto	2:37.83	+0,98	459	
	50m: 33.90 33.90	100m: 1:13.89 39.99	150m: 1:55.64 41.75	200m: 2:37.83 42.19			
4.	LOPES Catarina Maria	08	BUZIOS-Coruche	2:38.19	+0,71	456	
	50m: 35.27 35.27	100m: 1:15.57 40.30	150m: 1:57.35 41.78	200m: 2:38.19 40.84			
5.	ALVES Juliana Rodrigues	08	Desportivo Nacional	2:43.88	+0,77	410	
	50m: 35.08 35.08	100m: 1:16.16 41.08	150m: 1:59.36 43.20	200m: 2:43.88 44.52			
6.	PINTO Lara Filipa	08	Porto	2:46.10	+0,79	394	
	50m: 35.97 35.97	100m: 1:18.02 42.05	150m: 2:02.10 44.08	200m: 2:46.10 44.00			
7.	MARTINS Maria Joao	08	Fafe	2:46.64	+0,83	390	
	50m: 33.46 33.46	100m: 1:14.40 40.94	150m: 1:57.80 43.40	200m: 2:46.64 48.84			

Prova 6, Femin., 200m Mariposa

Prova 6

Femin., 200m Mariposa

Juvenis

31/03/2022 - 16:35

Resultados

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20/07/1995
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04/07/2004

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:24.76	+0,66	595	
	50m: 32.06 32.06	100m: 1:08.60 36.54	150m: 1:46.17 37.57	200m: 2:24.76 38.59			
2.	FERREIRA Constanca Santos	08	Alges	2:30.77	+0,74	527	
	50m: 32.30 32.30	100m: 1:10.60 38.30	150m: 1:51.28 40.68	200m: 2:30.77 39.49			
3.	SOUSA Maria Rita	07	Desportiva de Viana	2:31.18	+0,72	523	
	50m: 32.38 32.38	100m: 1:09.39 37.01	150m: 1:49.33 39.94	200m: 2:31.18 41.85			
4.	CAMARA Ines Cruz	07	Desportivo Nacional	2:31.57	+0,77	519	
	50m: 32.59 32.59	100m: 1:10.49 37.90	150m: 1:50.86 40.37	200m: 2:31.57 40.71			
5.	MARQUES Gabriela Silva	07	Braga	2:34.93	+0,62	486	
	50m: 32.47 32.47	100m: 1:10.96 38.49	150m: 1:51.50 40.54	200m: 2:34.93 43.43			
6.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	2:35.69	+0,76	478	
	50m: 34.44 34.44	100m: 1:14.43 39.99	150m: 1:55.86 41.43	200m: 2:35.69 39.83			
7.	SOARES Leonor Carvalho	08	Porto	2:37.83	+0,98	459	
	50m: 33.90 33.90	100m: 1:13.89 39.99	150m: 1:55.64 41.75	200m: 2:37.83 42.19			
8.	LOPES Catarina Maria	08	BUZIOS-Coruche	2:38.19	+0,71	456	
	50m: 35.27 35.27	100m: 1:15.57 40.30	150m: 1:57.35 41.78	200m: 2:38.19 40.84			
9.	MATOS Maria Bandarra	07	Sporting	2:38.44		454	
	50m: 34.02 34.02	100m: 1:14.43 40.41	150m: 1:56.72 42.29	200m: 2:38.44 41.72			
10.	GOMES Rita Cunha	07	Viana Natacao	2:39.84		442	
	50m: 35.64 35.64	100m: 1:15.94 40.30	150m: 1:57.46 41.52	200m: 2:39.84 42.38			
11.	ALVES Juliana Rodrigues	08	Desportivo Nacional	2:43.88	+0,77	410	
	50m: 35.08 35.08	100m: 1:16.16 41.08	150m: 1:59.36 43.20	200m: 2:43.88 44.52			
12.	BOTELHO Margarida Santos	07	Naval Setubalense	2:45.01	+0,83	402	
	50m: 35.00 35.00	100m: 1:16.37 41.37	150m: 1:59.37 43.00	200m: 2:45.01 45.64			
13.	PINTO Lara Filipa	08	Porto	2:46.10	+0,79	394	
	50m: 35.97 35.97	100m: 1:18.02 42.05	150m: 2:02.10 44.08	200m: 2:46.10 44.00			
14.	MARTINS Maria Joao	08	Fafe	2:46.64	+0,83	390	
	50m: 33.46 33.46	100m: 1:14.40 40.94	150m: 1:57.80 43.40	200m: 2:46.64 48.84			

Prova 7

Masc., 200m Mariposa

Juvenis A Resultados

31/03/2022 - 16:45

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Rodrigo Ferreira	06	Famalicao	2:12.38	+0,60	585	
	50m: 27.76 27.76	100m: 1:00.52 32.76	150m: 1:35.34 34.82	200m: 2:12.38 37.04			
2.	TONA Luca Valentino	06	Pimpoes/Cimai	2:14.68	+0,57	555	
	50m: 31.29 31.29	100m: 1:05.42 34.13	150m: 1:40.86 35.44	200m: 2:14.68 33.82			
3.	RAMOS Gustavo Gomes	06	Porto	2:14.87	+0,76	553	
	50m: 29.30 29.30	100m: 1:04.55 35.25	150m: 1:38.83 34.28	200m: 2:14.87 36.04			
4.	MORAIS David Miguel	06	Benfica	2:15.66	+0,71	543	
	50m: 29.26 29.26	100m: 1:02.26 33.00	150m: 1:37.90 35.64	200m: 2:15.66 37.76			
5.	ZHUKOV Mark	06	Braga	2:15.71	+0,83	543	
	50m: 29.48 29.48	100m: 1:02.78 33.30	150m: 1:37.78 35.00	200m: 2:15.71 37.93			
6.	BARROS Joao Carlos	06	Fluvial Portuense	2:16.72	+0,80	531	
	50m: 29.28 29.28	100m: 1:04.04 34.76	150m: 1:40.24 36.20	200m: 2:16.72 36.48			
7.	FAFTINE Kaio Araujo	06	Sporting	2:17.73	+0,64	519	
	50m: 29.29 29.29	100m: 1:04.00 34.71	150m: 1:40.32 36.32	200m: 2:17.73 37.41			
8.	HERRERO Miguel Mera	06	Sporting	2:18.42	+0,74	511	
	50m: 29.58 29.58	100m: 1:03.56 33.98	150m: 1:39.61 36.05	200m: 2:18.42 38.81			
9.	CHAO Tiago Ventura	06	Naval Setubalense	2:18.52	+0,65	510	
	50m: 30.76 30.76	100m: 1:05.46 34.70	150m: 1:41.83 36.37	200m: 2:18.52 36.69			
10.	SIMOES Manuel Costa	06	Uniao Piedense	2:18.64	+0,73	509	
	50m: 30.89 30.89	100m: 1:05.61 34.72	150m: 1:41.83 36.22	200m: 2:18.64 36.81			
11.	CORREIA Tiago Almeida	06	Natacao do Montijo	2:19.10	+0,88	504	
	50m: 29.94 29.94	100m: 1:04.91 34.97	150m: 1:41.97 37.06	200m: 2:19.10 37.13			
12.	STARYNSKY Daniel	06	Benedita	2:21.72	+0,76	476	
	50m: 30.82 30.82	100m: 1:05.82 35.00	150m: 1:43.71 37.89	200m: 2:21.72 38.01			
13.	LOURENCO Francisco Campos	06	Natacao de Valongo	2:22.39	+0,82	470	
	50m: 29.82 29.82	100m: 1:05.11 35.29	150m: 1:42.23 37.12	200m: 2:22.39 40.16			
14.	PINTO Mark Ronald	06	Louletano / Loule Concelho	2:23.02	+0,78	464	
	50m: 30.96 30.96	100m: 1:07.11 36.15	150m: 1:44.49 37.38	200m: 2:23.02 38.53			
15.	MARQUES Jose Miguel	06	Condeixa Clube	2:24.27	+0,62	452	
	50m: 30.45 30.45	100m: 1:05.82 35.37	150m: 1:44.28 38.46	200m: 2:24.27 39.99			
16.	ABREU Joao Francisco	06	Naval do Funchal	2:27.61	+0,67	422	
	50m: 31.52 31.52	100m: 1:08.24 36.72	150m: 1:46.76 38.52	200m: 2:27.61 40.85			
17.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	2:28.15	+0,64	417	
	50m: 31.22 31.22	100m: 1:07.84 36.62	150m: 1:47.43 39.59	200m: 2:28.15 40.72			

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PARCEIROS



Prova 7, Masc., 200m Mariposa

Prova 7 Masc., 200m Mariposa Juvenis B
31/03/2022 - 16:45 Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTELO Francisco Bernardes	07	Porto	2:17.26	+0,58	525	
	50m: 30.94 30.94 100m: 1:06.17 35.23 150m: 1:41.20 35.03 200m: 2:17.26 36.06						
2.	COSTA Antonio Miguel	07	Fafe	2:17.75	+0,81	519	
	50m: 29.60 29.60 100m: 1:04.25 34.65 150m: 1:40.59 36.34 200m: 2:17.75 37.16						
3.	CORREIA Rodrigo Filipe	07	Porto	2:20.49	+0,91	489	
	50m: 30.71 30.71 100m: 1:05.99 35.28 150m: 1:42.72 36.73 200m: 2:20.49 37.77						
4.	ROQUE Afonso Dinis	07	Ba-Leiria	2:21.15	+0,78	482	
	50m: 29.78 29.78 100m: 1:04.73 34.95 150m: 1:42.42 37.69 200m: 2:21.15 38.73						
5.	ASMAR Axel Guedes	07	Sporting	2:22.75	+0,75	466	
	50m: 30.29 30.29 100m: 1:05.78 35.49 150m: 1:43.31 37.53 200m: 2:22.75 39.44						
6.	FRANCISCO Joao Moura	07	Ba-Leiria	2:22.92	+0,83	465	
	50m: 29.64 29.64 100m: 1:04.94 35.30 150m: 1:43.83 38.89 200m: 2:22.92 39.09						
7.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:24.20	+0,73	452	
	50m: 29.96 29.96 100m: 1:06.11 36.15 150m: 1:44.27 38.16 200m: 2:24.20 39.93						
8.	ALMEIDA Joao Francisco	07	Naval do Funchal	2:25.26	+0,53	442	
	50m: 31.37 31.37 100m: 1:07.25 35.88 150m: 1:46.04 38.79 200m: 2:25.26 39.22						
9.	GODINHO Rafael Pacheco	07	Sporting	2:26.70	+0,96	430	
	50m: 30.11 30.11 100m: 1:05.19 35.08 150m: 1:44.96 39.77 200m: 2:26.70 41.74						
10.	PINTO Pedro Miguel	07	Fafe	2:28.42	+0,83	415	
	50m: 31.36 31.36 100m: 1:08.78 37.42 150m: 1:47.94 39.16 200m: 2:28.42 40.48						
11.	COSTA Guilherme Corte	07	Desportivo Nacional	2:28.50	+0,77	414	
	50m: 31.88 31.88 100m: 1:09.98 38.10 150m: 1:48.82 38.84 200m: 2:28.50 39.68						

DSQ MOURA Leonardo Cunha 07 Foca Quinta da Lixa CNF
SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 100 metros

Prova 7, Masc., 200m Mariposa

Prova 7

Masc., 200m Mariposa

Juvenis

31/03/2022 - 16:45

Resultados

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31/07/2004
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Rodrigo Ferreira	06	Famalicao	2:12.38	+0,60	585	
	50m: 27.76 27.76	100m: 1:00.52 32.76	150m: 1:35.34 34.82	200m: 2:12.38 37.04			
2.	TONA Luca Valentino	06	Pimpoes/Cimai	2:14.68	+0,57	555	
	50m: 31.29 31.29	100m: 1:05.42 34.13	150m: 1:40.86 35.44	200m: 2:14.68 33.82			
3.	RAMOS Gustavo Gomes	06	Porto	2:14.87	+0,76	553	
	50m: 29.30 29.30	100m: 1:04.55 35.25	150m: 1:38.83 34.28	200m: 2:14.87 36.04			
4.	MORAIS David Miguel	06	Benfica	2:15.66	+0,71	543	
	50m: 29.26 29.26	100m: 1:02.26 33.00	150m: 1:37.90 35.64	200m: 2:15.66 37.76			
5.	ZHUKOV Mark	06	Braga	2:15.71	+0,83	543	
	50m: 29.48 29.48	100m: 1:02.78 33.30	150m: 1:37.78 35.00	200m: 2:15.71 37.93			
6.	BARROS Joao Carlos	06	Fluvial Portuense	2:16.72	+0,80	531	
	50m: 29.28 29.28	100m: 1:04.04 34.76	150m: 1:40.24 36.20	200m: 2:16.72 36.48			
7.	MARTELO Francisco Bernardes	07	Porto	2:17.26	+0,58	525	
	50m: 30.94 30.94	100m: 1:06.17 35.23	150m: 1:41.20 35.03	200m: 2:17.26 36.06			
8.	FAFTINE Kaio Araujo	06	Sporting	2:17.73	+0,64	519	
	50m: 29.29 29.29	100m: 1:04.00 34.71	150m: 1:40.32 36.32	200m: 2:17.73 37.41			
9.	COSTA Antonio Miguel	07	Fafe	2:17.75	+0,81	519	
	50m: 29.60 29.60	100m: 1:04.25 34.65	150m: 1:40.59 36.34	200m: 2:17.75 37.16			
10.	HERRERO Miguel Mera	06	Sporting	2:18.42	+0,74	511	
	50m: 29.58 29.58	100m: 1:03.56 33.98	150m: 1:39.61 36.05	200m: 2:18.42 38.81			
11.	CHAO Tiago Ventura	06	Naval Setubalense	2:18.52	+0,65	510	
	50m: 30.76 30.76	100m: 1:05.46 34.70	150m: 1:41.83 36.37	200m: 2:18.52 36.69			
12.	SIMOES Manuel Costa	06	Uniao Piedense	2:18.64	+0,73	509	
	50m: 30.89 30.89	100m: 1:05.61 34.72	150m: 1:41.83 36.22	200m: 2:18.64 36.81			
13.	CORREIA Tiago Almeida	06	Natacao do Montijo	2:19.10	+0,88	504	
	50m: 29.94 29.94	100m: 1:04.91 34.97	150m: 1:41.97 37.06	200m: 2:19.10 37.13			
14.	CORREIA Rodrigo Filipe	07	Porto	2:20.49	+0,91	489	
	50m: 30.71 30.71	100m: 1:05.99 35.28	150m: 1:42.72 36.73	200m: 2:20.49 37.77			
15.	ROQUE Afonso Dinis	07	Ba-Leiria	2:21.15	+0,78	482	
	50m: 29.78 29.78	100m: 1:04.73 34.95	150m: 1:42.42 37.69	200m: 2:21.15 38.73			
16.	STARYNSKY Daniel	06	Benedita	2:21.72	+0,76	476	
	50m: 30.82 30.82	100m: 1:05.82 35.00	150m: 1:43.71 37.89	200m: 2:21.72 38.01			
17.	LOURENCO Francisco Campos	06	Natacao de Valongo	2:22.39	+0,82	470	
	50m: 29.82 29.82	100m: 1:05.11 35.29	150m: 1:42.23 37.12	200m: 2:22.39 40.16			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 18:18 - Página 16

ORGANIZAÇÃO

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PARCEIROS



Prova 7, Masc., 200m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ASMAR Axel Guedes	07	Sporting	2:22.75	+0,75	466	
	50m: 30.29 30.29	100m: 1:05.78 35.49	150m: 1:43.31 37.53	200m: 2:22.75 39.44			
19.	FRANCISCO Joao Moura	07	Ba-Leiria	2:22.92	+0,83	465	
	50m: 29.64 29.64	100m: 1:04.94 35.30	150m: 1:43.83 38.89	200m: 2:22.92 39.09			
20.	PINTO Mark Ronald	06	Louletano / Loule Concelho	2:23.02	+0,78	464	
	50m: 30.96 30.96	100m: 1:07.11 36.15	150m: 1:44.49 37.38	200m: 2:23.02 38.53			
21.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:24.20	+0,73	452	
	50m: 29.96 29.96	100m: 1:06.11 36.15	150m: 1:44.27 38.16	200m: 2:24.20 39.93			
22.	MARQUES Jose Miguel	06	Condeixa Clube	2:24.27	+0,62	452	
	50m: 30.45 30.45	100m: 1:05.82 35.37	150m: 1:44.28 38.46	200m: 2:24.27 39.99			
23.	ALMEIDA Joao Francisco	07	Naval do Funchal	2:25.26	+0,53	442	
	50m: 31.37 31.37	100m: 1:07.25 35.88	150m: 1:46.04 38.79	200m: 2:25.26 39.22			
24.	GODINHO Rafael Pacheco	07	Sporting	2:26.70	+0,96	430	
	50m: 30.11 30.11	100m: 1:05.19 35.08	150m: 1:44.96 39.77	200m: 2:26.70 41.74			
25.	ABREU Joao Francisco	06	Naval do Funchal	2:27.61	+0,67	422	
	50m: 31.52 31.52	100m: 1:08.24 36.72	150m: 1:46.76 38.52	200m: 2:27.61 40.85			
26.	OLIVEIRA Tomas Varanda	06	Columbifila Cantanhedense	2:28.15	+0,64	417	
	50m: 31.22 31.22	100m: 1:07.84 36.62	150m: 1:47.43 39.59	200m: 2:28.15 40.72			
27.	PINTO Pedro Miguel	07	Fafe	2:28.42	+0,83	415	
	50m: 31.36 31.36	100m: 1:08.78 37.42	150m: 1:47.94 39.16	200m: 2:28.42 40.48			
28.	COSTA Guilherme Corte	07	Desportivo Nacional	2:28.50	+0,77	414	
	50m: 31.88 31.88	100m: 1:09.98 38.10	150m: 1:48.82 38.84	200m: 2:28.50 39.68			
DSQ	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF				
SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 100 metros							

Prova 8 Femin., 100m Livres Juvenis A Resultados

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRANCO Catarina Andrade	07	Geslours	59.51	+0,63	656	
	50m: 28.79 28.79	100m: 59.51 30.72					
2.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	59.79	+0,75	646	
	50m: 29.29 29.29	100m: 59.79 30.50					
3.	MANO Leonor Mil	07	Nautico Academico	1:00.57	+0,76	622	
	50m: 28.86 28.86	100m: 1:00.57 31.71					
4.	GOMES Barbara Sofia	07	Leixoes	1:00.65	+0,70	619	
	50m: 29.17 29.17	100m: 1:00.65 31.48					

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 8, Femin., 100m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RODRIGUES Leonor Carreiro	07	Benfica	1:01.67	+0,58	589	
	50m: 29.61 29.61	100m: 1:01.67	32.06				
6.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	1:02.20	+0,66	574	
	50m: 30.39 30.39	100m: 1:02.20	31.81				
7.	AMADOR Erica Domitila	07	Estarreja	1:02.67	+0,82	561	
	50m: 30.40 30.40	100m: 1:02.67	32.27				
8.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	1:02.78	+0,75	558	
	50m: 29.79 29.79	100m: 1:02.78	32.99				
9.	SILVA Carolina Martins	07	Estarreja	1:02.81	+0,80	558	
	50m: 30.96 30.96	100m: 1:02.81	31.85				
10.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	1:02.99	+0,82	553	
	50m: 30.07 30.07	100m: 1:02.99	32.92				
11.	CACHACO Beatriz Heitor	07	Geslours	1:03.17	+0,79	548	
	50m: 29.83 29.83	100m: 1:03.17	33.34				
12.	ALVES Sara Sofia	07	Naval Setubalense	1:03.88	+0,94	530	
	50m: 31.28 31.28	100m: 1:03.88	32.60				
13.	NUNES Marta Filipa	07	Viver Santarem	1:04.01	+0,81	527	
	50m: 30.57 30.57	100m: 1:04.01	33.44				
14.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	1:04.17	+0,72	523	
	50m: 30.82 30.82	100m: 1:04.17	33.35				

Prova 8

Femin., 100m Livres

Juvenis B

31/03/2022 - 16:55

Resultados

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Ana Carolina	08	Fluvial Portuense	1:02.53	+0,71	565	
	50m: 30.31 30.31	100m: 1:02.53	32.22				
2.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	1:02.65	+0,76	562	
	50m: 30.31 30.31	100m: 1:02.65	32.34				
3.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	1:03.01	+0,94	552	
	50m: 30.51 30.51	100m: 1:03.01	32.50				
4.	PEREIRA Maria Silva	08	Ginasio de Vila Real	1:03.33	+0,74	544	
	50m: 29.57 29.57	100m: 1:03.33	33.76				
5.	COSTA Maria Joao	08	Vilacondense	1:03.39	+0,85	542	
	50m: 30.47 30.47	100m: 1:03.39	32.92				
6.	PEREIRA Victoria Frogeri	08	Ba-Leiria	1:03.40	+0,81	542	
	50m: 30.11 30.11	100m: 1:03.40	33.29				
7.	BARBOSA Sofia Teixeira	08	Porto	1:04.01	+0,86	527	
	50m: 31.09 31.09	100m: 1:04.01	32.92				

Splash Meet Manager, 11.72441

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 8, Femin., 100m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MARQUES Matilde Catroga	08	Colegio Monte Maior	1:04.48	+0,81	515	
	50m: 30.60 30.60 100m: 1:04.48 33.88						
9.	LIGEIRO Sara Silva	08	Viana Natacao	1:04.56	+0,89	513	
	50m: 30.78 30.78 100m: 1:04.56 33.78						
10.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	1:04.64	+0,61	511	
	50m: 30.56 30.56 100m: 1:04.64 34.08						
11.	NEVES Barbara Maria	08	Alges	1:05.18	+0,74	499	
	50m: 31.27 31.27 100m: 1:05.18 33.91						
12.	CRUZ Ana Carolina	08	Famalicao	1:05.50	+0,99	492	
	50m: 30.75 30.75 100m: 1:05.50 34.75						
13.	LOURENCO Bruna Filipa	08	O Crasto	1:06.00	+0,79	480	
	50m: 31.28 31.28 100m: 1:06.00 34.72						
14.	MENDES Rafaela Ferreira	08	Torres Novas	1:06.17	+0,73	477	
	50m: 31.70 31.70 100m: 1:06.17 34.47						
15.	HENRIQUES Patricia Subtil	08	Geslours	1:06.33	+0,60	473	
	50m: 31.52 31.52 100m: 1:06.33 34.81						
16.	SILVA Carlota Filipa	08	Portinado	1:06.36	+0,75	473	
	50m: 30.72 30.72 100m: 1:06.36 35.64						
17.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	1:06.59	+0,72	468	
	50m: 31.47 31.47 100m: 1:06.59 35.12						
DNS	PIRES Ana Beatriz	08	Uniao Piedense				

Prova 8 Femin., 100m Livres

Juvenis Resultados

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08/07/2009
Rec Nac Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRANCO Catarina Andrade	07	Geslours	59.51	+0,63	656	
	50m: 28.79 28.79 100m: 59.51 30.72						
2.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	59.79	+0,75	646	
	50m: 29.29 29.29 100m: 59.79 30.50						
3.	MANO Leonor Mil	07	Nautico Academico	1:00.57	+0,76	622	
	50m: 28.86 28.86 100m: 1:00.57 31.71						
4.	GOMES Barbara Sofia	07	Leixoes	1:00.65	+0,70	619	
	50m: 29.17 29.17 100m: 1:00.65 31.48						
5.	RODRIGUES Leonor Carreiro	07	Benfica	1:01.67	+0,58	589	
	50m: 29.61 29.61 100m: 1:01.67 32.06						
6.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	1:02.20	+0,66	574	
	50m: 30.39 30.39 100m: 1:02.20 31.81						

Splash Meet Manager, 11.72441

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Prova 8, Femin., 100m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	NEVES Ana Carolina	08	Fluvial Portuense	1:02.53	+0,71	565	
	50m: 30.31 30.31	100m: 1:02.53 32.22					
8.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	1:02.65	+0,76	562	
	50m: 30.31 30.31	100m: 1:02.65 32.34					
9.	AMADOR Erica Domitila	07	Estarreja	1:02.67	+0,82	561	
	50m: 30.40 30.40	100m: 1:02.67 32.27					
10.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	1:02.78	+0,75	558	
	50m: 29.79 29.79	100m: 1:02.78 32.99					
11.	SILVA Carolina Martins	07	Estarreja	1:02.81	+0,80	558	
	50m: 30.96 30.96	100m: 1:02.81 31.85					
12.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	1:02.99	+0,82	553	
	50m: 30.07 30.07	100m: 1:02.99 32.92					
13.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	1:03.01	+0,94	552	
	50m: 30.51 30.51	100m: 1:03.01 32.50					
14.	CACHACO Beatriz Heitor	07	Geslours	1:03.17	+0,79	548	
	50m: 29.83 29.83	100m: 1:03.17 33.34					
15.	PEREIRA Maria Silva	08	Ginasio de Vila Real	1:03.33	+0,74	544	
	50m: 29.57 29.57	100m: 1:03.33 33.76					
16.	COSTA Maria Joao	08	Vilacondense	1:03.39	+0,85	542	
	50m: 30.47 30.47	100m: 1:03.39 32.92					
17.	PEREIRA Victoria Frogeri	08	Ba-Leiria	1:03.40	+0,81	542	
	50m: 30.11 30.11	100m: 1:03.40 33.29					
18.	ALVES Sara Sofia	07	Naval Setubalense	1:03.88	+0,94	530	
	50m: 31.28 31.28	100m: 1:03.88 32.60					
19.	NUNES Marta Filipa	07	Viver Santarem	1:04.01	+0,81	527	
	50m: 30.57 30.57	100m: 1:04.01 33.44					
	BARBOSA Sofia Teixeira	08	Porto	1:04.01	+0,86	527	
	50m: 31.09 31.09	100m: 1:04.01 32.92					
21.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	1:04.17	+0,72	523	
	50m: 30.82 30.82	100m: 1:04.17 33.35					
22.	MARQUES Matilde Catroga	08	Colegio Monte Maior	1:04.48	+0,81	515	
	50m: 30.60 30.60	100m: 1:04.48 33.88					
23.	LIGEIRO Sara Silva	08	Viana Natacao	1:04.56	+0,89	513	
	50m: 30.78 30.78	100m: 1:04.56 33.78					
24.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	1:04.64	+0,61	511	
	50m: 30.56 30.56	100m: 1:04.64 34.08					
25.	NEVES Barbara Maria	08	Alges	1:05.18	+0,74	499	
	50m: 31.27 31.27	100m: 1:05.18 33.91					
26.	CRUZ Ana Carolina	08	Famalicao	1:05.50	+0,99	492	
	50m: 30.75 30.75	100m: 1:05.50 34.75					

Splash Meet Manager, 11.72441

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PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 8, Femin., 100m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	LOURENCO Bruna Filipa	08	O Crasto	1:06.00	+0,79	480	
	50m: 31.28 31.28	100m: 1:06.00	34.72				
28.	MENDES Rafaela Ferreira	08	Torres Novas	1:06.17	+0,73	477	
	50m: 31.70 31.70	100m: 1:06.17	34.47				
29.	HENRIQUES Patricia Subtil	08	Geslours	1:06.33	+0,60	473	
	50m: 31.52 31.52	100m: 1:06.33	34.81				
30.	SILVA Carlota Filipa	08	Portinado	1:06.36	+0,75	473	
	50m: 30.72 30.72	100m: 1:06.36	35.64				
31.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	1:06.59	+0,72	468	
	50m: 31.47 31.47	100m: 1:06.59	35.12				
DNS	PIRES Ana Beatriz	08	Uniao Piedense				

Prova 9 Masc., 100m Livres Juvenis A Resultados

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28/07/2003

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	55.19	+0,69	614	
	50m: 26.19 26.19	100m: 55.19	29.00				
2.	LEMONS Gil Santos	06	Pimpoes/Cimai	55.24	+0,62	612	
	50m: 26.72 26.72	100m: 55.24	28.52				
3.	BAPTISTA Guilherme Fernandes	06	Benfica	55.50	+0,73	603	
	50m: 26.89 26.89	100m: 55.50	28.61				
4.	ROQUE Tomas Nunes	06	Benfica	55.77	+0,78	595	
	50m: 27.31 27.31	100m: 55.77	28.46				
	VIEIRA Antonio Coelho	06	Sporting	55.77	+0,76	595	
	50m: 26.86 26.86	100m: 55.77	28.91				
6.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	55.92	+0,63	590	
	50m: 26.50 26.50	100m: 55.92	29.42				
7.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	56.54	+0,80	571	
	50m: 27.20 27.20	100m: 56.54	29.34				
8.	BONNIZ Pedro Goncalves	06	Geslours	56.64	+0,71	568	
	50m: 27.04 27.04	100m: 56.64	29.60				
9.	CARVALHO Artur Guterres	06	Vilacondense	57.45	+0,69	544	
	50m: 27.56 27.56	100m: 57.45	29.89				

Splash Meet Manager, 11.72441

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PARCEIROS



Prova 9, Masc., 100m Livres

Prova 9 Masc., 100m Livres Juvenis B
31/03/2022 - 17:05 Resultados

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RAMOS Andre Miguel	07	Fisica Torres Vedras	55.48	+0,80	604	
	50m: 26.83 26.83	100m:	55.48 28.65				
2.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	55.79	+0,68	594	
	50m: 27.01 27.01	100m:	55.79 28.78				
3.	CRUZ Leonardo Jose	07	Alcobaca	56.38	+0,68	575	
	50m: 27.11 27.11	100m:	56.38 29.27				
4.	COLACO Goncalo Pereira	07	Ba-Leiria	56.48	+0,74	572	
	50m: 27.24 27.24	100m:	56.48 29.24				
5.	REIS Leonardo Conceicao	07	Sporting	56.69	+0,66	566	
	50m: 27.89 27.89	100m:	56.69 28.80				
6.	NEVES Tiago Brazao	07	Naval do Funchal	58.02	+0,61	528	
	50m: 28.07 28.07	100m:	58.02 29.95				
7.	SILVA Martim Alexandre	07	Columbifila Cantanhedense	58.27	+0,80	521	
	50m: 28.05 28.05	100m:	58.27 30.22				
8.	MAIA Vicente Dias	07	Alges	58.46	+0,78	516	
	50m: 27.23 27.23	100m:	58.46 31.23				
9.	COSTA Antonio Miguel	07	Fafe	58.55	+0,75	514	
	50m: 27.61 27.61	100m:	58.55 30.94				
10.	PIRES Antonio Furtado	07	CLIP Teams	58.57	+0,82	513	
	50m: 28.05 28.05	100m:	58.57 30.52				
11.	BRAGA Tomas Santos	07	Colegio Vasco da Gama	58.59	+0,78	513	
	50m: 27.82 27.82	100m:	58.59 30.77				
12.	PEREIRA Lucas Santos	07	Naval do Funchal	58.67	+0,63	511	
	50m: 28.12 28.12	100m:	58.67 30.55				
13.	CURJOS Cristian	07	Ba-Leiria	58.71	+0,72	510	
	50m: 28.39 28.39	100m:	58.71 30.32				
14.	CARVALHO Luis Filipe	07	Naval Povoense	59.06	+0,73	501	
	50m: 28.80 28.80	100m:	59.06 30.26				
15.	CARAPINHA Joao Pedro	07	Uniao Piedense	59.25	+0,90	496	
	50m: 27.93 27.93	100m:	59.25 31.32				
16.	CALHELHA Afonso Rodrigues	07	Colegio Monte Maior	59.50	+0,75	490	
	50m: 27.80 27.80	100m:	59.50 31.70				
17.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:00.99	+0,70	455	
	50m: 28.64 28.64	100m:	1:00.99 32.35				

Prova 9, Masc., 100m Livres

Prova 9 Masc., 100m Livres Juvenis
31/03/2022 - 17:05 Resultados

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28/07/2003
Rec Nac Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	55.19	+0,69	614	
	50m: 26.19 26.19	100m:	55.19 29.00				
2.	LEMONS Gil Santos	06	Pimpoes/Cimai	55.24	+0,62	612	
	50m: 26.72 26.72	100m:	55.24 28.52				
3.	RAMOS Andre Miguel	07	Fisica Torres Vedras	55.48	+0,80	604	
	50m: 26.83 26.83	100m:	55.48 28.65				
4.	BAPTISTA Guilherme Fernandes	06	Benfica	55.50	+0,73	603	
	50m: 26.89 26.89	100m:	55.50 28.61				
5.	ROQUE Tomas Nunes	06	Benfica	55.77	+0,78	595	
	50m: 27.31 27.31	100m:	55.77 28.46				
	VIEIRA Antonio Coelho	06	Sporting	55.77	+0,76	595	
	50m: 26.86 26.86	100m:	55.77 28.91				
7.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	55.79	+0,68	594	
	50m: 27.01 27.01	100m:	55.79 28.78				
8.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	55.92	+0,63	590	
	50m: 26.50 26.50	100m:	55.92 29.42				
9.	CRUZ Leonardo Jose	07	Alcobaca	56.38	+0,68	575	
	50m: 27.11 27.11	100m:	56.38 29.27				
10.	COLACO Goncalo Pereira	07	Ba-Leiria	56.48	+0,74	572	
	50m: 27.24 27.24	100m:	56.48 29.24				
11.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	56.54	+0,80	571	
	50m: 27.20 27.20	100m:	56.54 29.34				
12.	BONNIZ Pedro Goncalves	06	Geslours	56.64	+0,71	568	
	50m: 27.04 27.04	100m:	56.64 29.60				
13.	REIS Leonardo Conceicao	07	Sporting	56.69	+0,66	566	
	50m: 27.89 27.89	100m:	56.69 28.80				
14.	CARVALHO Artur Guterres	06	Vilacondense	57.45	+0,69	544	
	50m: 27.56 27.56	100m:	57.45 29.89				
15.	NEVES Tiago Brazao	07	Naval do Funchal	58.02	+0,61	528	
	50m: 28.07 28.07	100m:	58.02 29.95				
16.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	58.27	+0,80	521	
	50m: 28.05 28.05	100m:	58.27 30.22				
17.	MAIA Vicente Dias	07	Alges	58.46	+0,78	516	
	50m: 27.23 27.23	100m:	58.46 31.23				

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PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 9, Masc., 100m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	COSTA Antonio Miguel	07	Fafe	58.55	+0,75	514	
	50m: 27.61 27.61	100m:	58.55 30.94				
19.	PIRES Antonio Furtado	07	CLIP Teams	58.57	+0,82	513	
	50m: 28.05 28.05	100m:	58.57 30.52				
20.	BRAGA Tomas Santos	07	Colegio Vasco da Gama	58.59	+0,78	513	
	50m: 27.82 27.82	100m:	58.59 30.77				
21.	PEREIRA Lucas Santos	07	Naval do Funchal	58.67	+0,63	511	
	50m: 28.12 28.12	100m:	58.67 30.55				
22.	CURJOS Cristian	07	Ba-Leiria	58.71	+0,72	510	
	50m: 28.39 28.39	100m:	58.71 30.32				
23.	CARVALHO Luis Filipe	07	Naval Povoense	59.06	+0,73	501	
	50m: 28.80 28.80	100m:	59.06 30.26				
24.	CARAPINHA Joao Pedro	07	Uniao Piedense	59.25	+0,90	496	
	50m: 27.93 27.93	100m:	59.25 31.32				
25.	CALHELHA Afonso Rodrigues	07	Colegio Monte Maior	59.50	+0,75	490	
	50m: 27.80 27.80	100m:	59.50 31.70				
26.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:00.99	+0,70	455	
	50m: 28.64 28.64	100m:	1:00.99 32.35				
EXH	MEDEIROS Caio Salgado	07	Alges	58.13	+0,71	525	
	50m: 27.75 27.75	100m:	58.13 30.38				

Prova 10

31/03/2022 - 17:10

Femin., 200m Estilos

Juvenis A
Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	2:28.19	+0,83	616	
	50m: 32.26 32.26	100m: 1:11.68 39.42	150m: 1:53.03 41.35	200m: 2:28.19 35.16			
2.	PARENTE Leonor Peso	07	Palmela	2:28.76	+0,81	609	
	50m: 31.72 31.72	100m: 1:09.99 38.27	150m: 1:54.46 44.47	200m: 2:28.76 34.30			
3.	PINTO Margarida Vieira	07	Braga	2:32.75	+0,83	562	
	50m: 33.31 33.31	100m: 1:13.51 40.20	150m: 1:57.78 44.27	200m: 2:32.75 34.97			
4.	PIRES Teresa Joao	07	Alges	2:32.78	+0,80	562	
	50m: 31.78 31.78	100m: 1:11.21 39.43	150m: 1:57.80 46.59	200m: 2:32.78 34.98			
5.	LEAL Matilde Barros	07	Aquatico Pacense	2:34.40	+0,80	545	
	50m: 33.56 33.56	100m: 1:16.52 42.96	150m: 1:58.81 42.29	200m: 2:34.40 35.59			
6.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	2:34.62	+0,83	542	
	50m: 32.80 32.80	100m: 1:10.72 37.92	150m: 1:57.48 46.76	200m: 2:34.62 37.14			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 10, Femin., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:35.67	+0,73	531	
	50m: 31.91 31.91 100m: 1:12.57 40.66 150m: 1:58.99 46.42 200m: 2:35.67 36.68						
8.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:37.60	+0,90	512	
	50m: 32.78 32.78 100m: 1:13.55 40.77 150m: 2:00.80 47.25 200m: 2:37.60 36.80						
9.	SILVA Nuria Soares	07	Sao Joao Ver	2:37.61	+0,82	512	
	50m: 31.60 31.60 100m: 1:14.84 43.24 150m: 2:00.94 46.10 200m: 2:37.61 36.67						
10.	PINA Laura Almeida	07	O Crasto	2:39.71	+0,94	492	
	50m: 33.70 33.70 100m: 1:16.43 42.73 150m: 2:01.63 45.20 200m: 2:39.71 38.08						

Prova 10 Femin., 200m Estilos Juvenis B 31/03/2022 - 17:10 Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BARROS Adriana Ribeiro	08	Braga	2:35.01	+0,75	538	
	50m: 32.84 32.84 100m: 1:14.54 41.70 150m: 1:59.12 44.58 200m: 2:35.01 35.89						
2.	GUERRA Matilde Militao	08	Colegio Monte Maior	2:36.06	+0,66	527	
	50m: 35.13 35.13 100m: 1:15.89 40.76 150m: 1:59.63 43.74 200m: 2:36.06 36.43						
3.	NUNES Carolina Mendes	08	Estarreja	2:37.08	+0,86	517	
	50m: 33.59 33.59 100m: 1:14.43 40.84 150m: 2:01.43 47.00 200m: 2:37.08 35.65						
4.	PEREIRA Julia Freitas	08	Naval do Funchal	2:38.07	+0,64	507	
	50m: 33.78 33.78 100m: 1:13.03 39.25 150m: 1:58.33 45.30 200m: 2:38.07 39.74						
5.	SILVA Francisca Lamas	08	Colegio Efanor	2:40.00	+0,75	489	
	50m: 33.91 33.91 100m: 1:15.87 41.96 150m: 2:03.39 47.52 200m: 2:40.00 36.61						
6.	NEVES Barbara Maria	08	Alges	2:44.34	+0,60	451	
	50m: 33.86 33.86 100m: 1:14.44 40.58 150m: 2:05.33 50.89 200m: 2:44.34 39.01						

Prova 10, Femin., 200m Estilos

Prova 10

31/03/2022 - 17:10

Femin., 200m Estilos

Juvenis

Resultados

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04/04/2015
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01/08/2010

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	2:28.19	+0,83	616	
	50m: 32.26 32.26	100m: 1:11.68 39.42	150m: 1:53.03 41.35	200m: 2:28.19 35.16			
2.	PARENTE Leonor Peso	07	Palmela	2:28.76	+0,81	609	
	50m: 31.72 31.72	100m: 1:09.99 38.27	150m: 1:54.46 44.47	200m: 2:28.76 34.30			
3.	PINTO Margarida Vieira	07	Braga	2:32.75	+0,83	562	
	50m: 33.31 33.31	100m: 1:13.51 40.20	150m: 1:57.78 44.27	200m: 2:32.75 34.97			
4.	PIRES Teresa Joao	07	Alges	2:32.78	+0,80	562	
	50m: 31.78 31.78	100m: 1:11.21 39.43	150m: 1:57.80 46.59	200m: 2:32.78 34.98			
5.	LEAL Matilde Barros	07	Aquatico Pacense	2:34.40	+0,80	545	
	50m: 33.56 33.56	100m: 1:16.52 42.96	150m: 1:58.81 42.29	200m: 2:34.40 35.59			
6.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	2:34.62	+0,83	542	
	50m: 32.80 32.80	100m: 1:10.72 37.92	150m: 1:57.48 46.76	200m: 2:34.62 37.14			
7.	BARROS Adriana Ribeiro	08	Braga	2:35.01	+0,75	538	
	50m: 32.84 32.84	100m: 1:14.54 41.70	150m: 1:59.12 44.58	200m: 2:35.01 35.89			
8.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:35.67	+0,73	531	
	50m: 31.91 31.91	100m: 1:12.57 40.66	150m: 1:58.99 46.42	200m: 2:35.67 36.68			
9.	GUERRA Matilde Militao	08	Colegio Monte Maior	2:36.06	+0,66	527	
	50m: 35.13 35.13	100m: 1:15.89 40.76	150m: 1:59.63 43.74	200m: 2:36.06 36.43			
10.	NUNES Carolina Mendes	08	Estarreja	2:37.08	+0,86	517	
	50m: 33.59 33.59	100m: 1:14.43 40.84	150m: 2:01.43 47.00	200m: 2:37.08 35.65			
11.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:37.60	+0,90	512	
	50m: 32.78 32.78	100m: 1:13.55 40.77	150m: 2:00.80 47.25	200m: 2:37.60 36.80			
12.	SILVA Nuria Soares	07	Sao Joao Ver	2:37.61	+0,82	512	
	50m: 31.60 31.60	100m: 1:14.84 43.24	150m: 2:00.94 46.10	200m: 2:37.61 36.67			
13.	PEREIRA Julia Freitas	08	Naval do Funchal	2:38.07	+0,64	507	
	50m: 33.78 33.78	100m: 1:13.03 39.25	150m: 1:58.33 45.30	200m: 2:38.07 39.74			
14.	PINA Laura Almeida	07	O Crasto	2:39.71	+0,94	492	
	50m: 33.70 33.70	100m: 1:16.43 42.73	150m: 2:01.63 45.20	200m: 2:39.71 38.08			
15.	SILVA Francisca Lamas	08	Colegio Efanor	2:40.00	+0,75	489	
	50m: 33.91 33.91	100m: 1:15.87 41.96	150m: 2:03.39 47.52	200m: 2:40.00 36.61			
16.	NEVES Barbara Maria	08	Alges	2:44.34	+0,60	451	
	50m: 33.86 33.86	100m: 1:14.44 40.58	150m: 2:05.33 50.89	200m: 2:44.34 39.01			

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 11

Masc., 4 x 200m Livres

Juvenis A

31/03/2022 - 17:15

Resultados

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nac Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26/07/2012
Rec Nac Juv	7:58.57	tempo limite			

TAC 50m: 8:38.62 - 25m: 8:28.24

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Benfica-JUV A	Benfica	8:19.60	+0,78	587	
JANUARIO Tomas Maia	06 +0,78 28.70	59.37	1:30.50	2:01.39	2:01.39
BAPTISTA Guilherme Fernandes	06 +0,32 27.33	58.98	1:32.63	2:05.92	2:05.92
ROQUE Tomas Nunes	06 +0,33 27.77	59.04	1:32.66	2:07.24	2:07.24
MORAIS David Miguel	06 +0,25 28.36	1:00.07	1:32.52	2:05.05	2:05.05
2. Braga-JUV A	Braga	8:20.07	+0,75	586	
ZHUKOV Mark	06 +0,75 28.83	1:00.23	1:33.46	2:06.00	2:06.00
JEVIC Milan Santos	06 +0,24 27.70	59.27	1:31.84	2:03.83	2:03.83
DURAO Miguel Costa	06 +0,06 26.94	59.41	1:33.63	2:07.07	2:07.07
FARIA Eduardo Nuno	06 +0,20 28.25	59.37	1:31.43	2:03.17	2:03.17
3. Famalicao-JUV A	Famalicao	8:29.94	+0,81	552	
SANTOS Rui Miguel	06 +0,81 28.86	1:00.67	1:33.92	2:06.03	2:06.03
COSTA Tomas Mendes	06 28.36	1:00.47	1:34.32	2:07.79	2:07.79
SILVA Francisco Araujo	06 28.78	1:01.61	1:36.77	2:10.67	2:10.67
PEREIRA Rodrigo Ferreira	06 +0,30 26.60	57.58	1:31.43	2:05.45	2:05.45
4. Sporting-JUV A	Sporting	8:39.08	+0,66	524	
FAFINE Kaio Araujo	06 +0,66 28.23	1:00.64	1:34.00	2:05.89	2:05.89
MESQUITA Rodrigo Andrade	06 +0,14 29.34	1:04.15	1:38.84	2:12.35	2:12.35
HERRERO Miguel Mera	06 +0,46 29.10	1:01.78	1:36.65	2:11.94	2:11.94
VIEIRA Antonio Coelho	06 +0,03 27.33	59.45	1:34.15	2:08.90	2:08.90

Prova 11

Masc., 4 x 200m Livres

Juvenis B

31/03/2022 - 17:15

Resultados

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nac Juv	7:58.57	tempo limite			
Rec Nac Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01/08/2019

TAC 50m: 8:57.01 - 25m: 8:46.13

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Porto-JUV B	Porto	8:38.94	+0,88	524	
CORREIA Rodrigo Filipe	07 +0,88 28.98	1:01.08	1:34.01	2:06.81	2:06.81
SOARES Guilherme Mahua	07 +0,52 28.97	1:01.30	1:34.19	2:07.58	2:07.58
FERREIRA Miguel Guedes	07 +0,60 29.44	1:02.47	1:35.91	2:09.38	2:09.38
MARTELO Francisco Bernardes	07 +0,64 30.70	1:05.99	1:41.06	2:15.17	2:15.17
2. Sporting-JUV B	Sporting	8:48.79	+0,83	495	
GOMES Miguel Braga	07 +0,83 30.45	1:03.73	1:38.72	2:13.27	2:13.27
GODINHO Rafael Pacheco	07 +0,43 30.44	1:05.45	1:42.49	2:17.21	2:17.21
ASMAR Axel Guedes	07 +0,33 28.47	1:01.91	1:37.19	2:11.29	2:11.29
REIS Leonardo Conceicao	07 +0,41 27.78	59.39	1:33.12	2:07.02	2:07.02

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



3 - 2ª Jornada - 1ª Sessão

01/04/2022 - 9:00

Prova 12 Femin., 200m Livres Juvenis A
01/04/2022 - 9:00 Resultados

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27/07/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:08.86	+0,76	673	
	50m: 30.30 30.30 100m: 1:02.78 32.48 150m: 1:35.80 33.02 200m: 2:08.86 33.06						
2.	FRANCO Catarina Andrade	07	Geslours	2:09.68	+0,61	661	
	50m: 30.30 30.30 100m: 1:03.97 33.67 150m: 1:37.28 33.31 200m: 2:09.68 32.40						
3.	MESQUITA Mafalda Martins	07	Famalicao	2:10.82	+0,79	644	
	50m: 30.82 30.82 100m: 1:04.63 33.81 150m: 1:38.22 33.59 200m: 2:10.82 32.60						
4.	GOMES Barbara Sofia	07	Leixoes	2:12.17	+0,69	624	
	50m: 31.01 31.01 100m: 1:03.94 32.93 150m: 1:37.93 33.99 200m: 2:12.17 34.24						
5.	MANO Leonor Mil	07	Nautico Academico	2:13.85	+0,77	601	
	50m: 31.50 31.50 100m: 1:05.53 34.03 150m: 1:39.81 34.28 200m: 2:13.85 34.04						
6.	RODRIGUES Leonor Carreiro	07	Benfica	2:15.61	+0,70	578	
	50m: 30.68 30.68 100m: 1:04.24 33.56 150m: 1:39.87 35.63 200m: 2:15.61 35.74						
7.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	2:15.70	+0,72	577	
	50m: 30.46 30.46 100m: 1:04.28 33.82 150m: 1:39.99 35.71 200m: 2:15.70 35.71						
8.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	2:17.22	+0,82	558	
	50m: 31.69 31.69 100m: 1:06.84 35.15 150m: 1:42.48 35.64 200m: 2:17.22 34.74						
9.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	2:17.38	+0,84	556	
	50m: 30.94 30.94 100m: 1:04.98 34.04 150m: 1:40.84 35.86 200m: 2:17.38 36.54						
10.	CACHACO Beatriz Heitor	07	Geslours	2:18.37	+0,68	544	
	50m: 31.74 31.74 100m: 1:07.53 35.79 150m: 1:42.95 35.42 200m: 2:18.37 35.42						
11.	ALVES Sara Sofia	07	Naval Setubalense	2:20.41	+0,91	520	
	50m: 31.90 31.90 100m: 1:07.77 35.87 150m: 1:44.38 36.61 200m: 2:20.41 36.03						
12.	SANTOS Rita Machita	07	Naval Setubalense	2:23.51	+0,85	487	
	50m: 31.73 31.73 100m: 1:06.84 35.11 150m: 1:44.66 37.82 200m: 2:23.51 38.85						
13.	JORGE Luisa Ponte	07	Uniao Piedense	2:24.25	+0,98	480	
	50m: 32.39 32.39 100m: 1:08.30 35.91 150m: 1:46.33 38.03 200m: 2:24.25 37.92						

Prova 12, Femin., 200m Livres

Prova 12 Femin., 200m Livres Juvenis B
01/04/2022 - 9:00 Resultados

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapest (HUN)	25/07/2017
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	2:13.08	+0,50	611	
	50m: 30.77 30.77	100m: 1:04.62 33.85	150m: 1:38.81 34.19	200m: 2:13.08 34.27			
2.	FERREIRA Carolina Amadeu	08	Leixoes	2:17.88	+0,77	550	
	50m: 32.00 32.00	100m: 1:07.03 35.03	150m: 1:43.27 36.24	200m: 2:17.88 34.61			
3.	NEVES Ana Carolina	08	Fluvial Portuense	2:18.78	+0,58	539	
	50m: 31.70 31.70	100m: 1:06.75 35.05	150m: 1:43.48 36.73	200m: 2:18.78 35.30			
4.	BARBOSA Sofia Teixeira	08	Porto	2:19.39	+0,92	532	
	50m: 32.89 32.89	100m: 1:08.99 36.10	150m: 1:45.30 36.31	200m: 2:19.39 34.09			
5.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	2:19.41	+0,75	532	
	50m: 31.88 31.88	100m: 1:07.29 35.41	150m: 1:43.84 36.55	200m: 2:19.41 35.57			
6.	COSTA Maria Joao	08	Vilacondense	2:19.59	+0,82	530	
	50m: 31.35 31.35	100m: 1:06.78 35.43	150m: 1:43.84 37.06	200m: 2:19.59 35.75			
7.	LIGEIRO Sara Silva	08	Viana Natacao	2:19.93	+0,86	526	
	50m: 33.14 33.14	100m: 1:09.10 35.96	150m: 1:45.32 36.22	200m: 2:19.93 34.61			
8.	BARROS Adriana Ribeiro	08	Braga	2:20.93	+0,72	515	
	50m: 31.49 31.49	100m: 1:06.84 35.35	150m: 1:44.10 37.26	200m: 2:20.93 36.83			
9.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	2:21.41	+0,76	509	
	50m: 31.15 31.15	100m: 1:07.11 35.96	150m: 1:43.60 36.49	200m: 2:21.41 37.81			
10.	CRUZ Ana Carolina	08	Famalicao	2:22.66	+0,73	496	
	50m: 31.64 31.64	100m: 1:07.62 35.98	150m: 1:45.73 38.11	200m: 2:22.66 36.93			
11.	FREITAS Diana Gomes	08	Amigos da Montanha	2:23.19	+0,96	491	
	50m: 33.10 33.10	100m: 1:09.28 36.18	150m: 1:46.54 37.26	200m: 2:23.19 36.65			
12.	PEREIRA Maria Silva	08	Ginasio de Vila Real	2:23.59	+0,81	487	
	50m: 32.44 32.44	100m: 1:08.85 36.41	150m: 1:46.28 37.43	200m: 2:23.59 37.31			
13.	HENRIQUES Patricia Subtil	08	Geslours	2:28.64	+0,79	439	
	50m: 33.19 33.19	100m: 1:10.79 37.60	150m: 1:50.40 39.61	200m: 2:28.64 38.24			
14.	ROLIM Beatriz Alexandra	08	Uniao Piedense	2:29.04	+0,74	435	
	50m: 33.41 33.41	100m: 1:10.99 37.58	150m: 1:50.51 39.52	200m: 2:29.04 38.53			

Prova 12, Femin., 200m Livres

Prova 12

Femin., 200m Livres

Juvenis

01/04/2022 - 9:00

Resultados

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapest (HUN)	25/07/2017
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27/07/2018
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	2:08.86	+0,76	673	
	50m: 30.30 30.30 100m: 1:02.78 32.48 150m: 1:35.80 33.02 200m: 2:08.86 33.06						
2.	FRANCO Catarina Andrade	07	Geslours	2:09.68	+0,61	661	
	50m: 30.30 30.30 100m: 1:03.97 33.67 150m: 1:37.28 33.31 200m: 2:09.68 32.40						
3.	MESQUITA Mafalda Martins	07	Famalicao	2:10.82	+0,79	644	
	50m: 30.82 30.82 100m: 1:04.63 33.81 150m: 1:38.22 33.59 200m: 2:10.82 32.60						
4.	GOMES Barbara Sofia	07	Leixoes	2:12.17	+0,69	624	
	50m: 31.01 31.01 100m: 1:03.94 32.93 150m: 1:37.93 33.99 200m: 2:12.17 34.24						
5.	NEVES Maria Gomes	08	Braga	2:13.08	+0,50	611	
	50m: 30.77 30.77 100m: 1:04.62 33.85 150m: 1:38.81 34.19 200m: 2:13.08 34.27						
6.	MANO Leonor Mil	07	Nautico Academico	2:13.85	+0,77	601	
	50m: 31.50 31.50 100m: 1:05.53 34.03 150m: 1:39.81 34.28 200m: 2:13.85 34.04						
7.	RODRIGUES Leonor Carreiro	07	Benfica	2:15.61	+0,70	578	
	50m: 30.68 30.68 100m: 1:04.24 33.56 150m: 1:39.87 35.63 200m: 2:15.61 35.74						
8.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	2:15.70	+0,72	577	
	50m: 30.46 30.46 100m: 1:04.28 33.82 150m: 1:39.99 35.71 200m: 2:15.70 35.71						
9.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	2:17.22	+0,82	558	
	50m: 31.69 31.69 100m: 1:06.84 35.15 150m: 1:42.48 35.64 200m: 2:17.22 34.74						
10.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	2:17.38	+0,84	556	
	50m: 30.94 30.94 100m: 1:04.98 34.04 150m: 1:40.84 35.86 200m: 2:17.38 36.54						
11.	FERREIRA Carolina Amadeu	08	Leixoes	2:17.88	+0,77	550	
	50m: 32.00 32.00 100m: 1:07.03 35.03 150m: 1:43.27 36.24 200m: 2:17.88 34.61						
12.	CACHACO Beatriz Heitor	07	Geslours	2:18.37	+0,68	544	
	50m: 31.74 31.74 100m: 1:07.53 35.79 150m: 1:42.95 35.42 200m: 2:18.37 35.42						
13.	NEVES Ana Carolina	08	Fluvial Portuense	2:18.78	+0,58	539	
	50m: 31.70 31.70 100m: 1:06.75 35.05 150m: 1:43.48 36.73 200m: 2:18.78 35.30						
14.	BARBOSA Sofia Teixeira	08	Porto	2:19.39	+0,92	532	
	50m: 32.89 32.89 100m: 1:08.99 36.10 150m: 1:45.30 36.31 200m: 2:19.39 34.09						
15.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	2:19.41	+0,75	532	
	50m: 31.88 31.88 100m: 1:07.29 35.41 150m: 1:43.84 36.55 200m: 2:19.41 35.57						
16.	COSTA Maria Joao	08	Vilacondense	2:19.59	+0,82	530	
	50m: 31.35 31.35 100m: 1:06.78 35.43 150m: 1:43.84 37.06 200m: 2:19.59 35.75						
17.	LIGEIRO Sara Silva	08	Viana Natacao	2:19.93	+0,86	526	
	50m: 33.14 33.14 100m: 1:09.10 35.96 150m: 1:45.32 36.22 200m: 2:19.93 34.61						

Splash Meet Manager, 11.72441

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 12, Femin., 200m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ALVES Sara Sofia	07	Naval Setubalense	2:20.41	+0,91	520	
	50m: 31.90 31.90	100m: 1:07.77 35.87	150m: 1:44.38 36.61	200m: 2:20.41 36.03			
19.	BARROS Adriana Ribeiro	08	Braga	2:20.93	+0,72	515	
	50m: 31.49 31.49	100m: 1:06.84 35.35	150m: 1:44.10 37.26	200m: 2:20.93 36.83			
20.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	2:21.41	+0,76	509	
	50m: 31.15 31.15	100m: 1:07.11 35.96	150m: 1:43.60 36.49	200m: 2:21.41 37.81			
21.	CRUZ Ana Carolina	08	Famalicao	2:22.66	+0,73	496	
	50m: 31.64 31.64	100m: 1:07.62 35.98	150m: 1:45.73 38.11	200m: 2:22.66 36.93			
22.	FREITAS Diana Gomes	08	Amigos da Montanha	2:23.19	+0,96	491	
	50m: 33.10 33.10	100m: 1:09.28 36.18	150m: 1:46.54 37.26	200m: 2:23.19 36.65			
23.	SANTOS Rita Machita	07	Naval Setubalense	2:23.51	+0,85	487	
	50m: 31.73 31.73	100m: 1:06.84 35.11	150m: 1:44.66 37.82	200m: 2:23.51 38.85			
24.	PEREIRA Maria Silva	08	Ginasio de Vila Real	2:23.59	+0,81	487	
	50m: 32.44 32.44	100m: 1:08.85 36.41	150m: 1:46.28 37.43	200m: 2:23.59 37.31			
25.	JORGE Luisa Ponte	07	Uniao Piedense	2:24.25	+0,98	480	
	50m: 32.39 32.39	100m: 1:08.30 35.91	150m: 1:46.33 38.03	200m: 2:24.25 37.92			
26.	HENRIQUES Patricia Subtil	08	Geslours	2:28.64	+0,79	439	
	50m: 33.19 33.19	100m: 1:10.79 37.60	150m: 1:50.40 39.61	200m: 2:28.64 38.24			
27.	ROLIM Beatriz Alexandra	08	Uniao Piedense	2:29.04	+0,74	435	
	50m: 33.41 33.41	100m: 1:10.99 37.58	150m: 1:50.51 39.52	200m: 2:29.04 38.53			

Prova 13

Masc., 400m Livres

Juvenis A

01/04/2022 - 9:10

Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	4:17.02	+0,71	627	
	50m: 28.57 28.57	150m: 1:33.36 32.56	250m: 2:39.13 32.95	350m: 3:45.54 33.29			
	100m: 1:00.80 32.23	200m: 2:06.18 32.82	300m: 3:12.25 33.12	400m: 4:17.02 31.48			
2.	ALVES Andre Correia	06	Uniao Piedense	4:17.48	+0,77	624	
	50m: 28.59 28.59	150m: 1:32.66 32.43	250m: 2:38.26 32.26	350m: 3:45.07 32.93			
	100m: 1:00.23 31.64	200m: 2:06.00 33.34	300m: 3:12.14 33.88	400m: 4:17.48 32.41			
3.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:19.28	+0,68	611	
	50m: 28.62 28.62	150m: 1:32.82 32.44	250m: 2:38.43 32.57	350m: 3:45.89 34.17			
	100m: 1:00.38 31.76	200m: 2:05.86 33.04	300m: 3:11.72 33.29	400m: 4:19.28 33.39			
4.	LOUREIRO Bruno Silva	06	Porto	4:21.58	+0,73	595	
	50m: 29.13 29.13	150m: 1:33.83 32.81	250m: 2:40.01 33.99	350m: 3:48.14 34.03			
	100m: 1:01.02 31.89	200m: 2:06.02 32.19	300m: 3:14.11 34.10	400m: 4:21.58 33.44			

Prova 13, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	JEVIC Milan Santos	06	Braga	4:21.93	+0,72	593	
	50m: 29.37 29.37	150m: 1:35.08 33.33	250m: 2:42.12 33.75	350m: 3:48.89 33.30			
	100m: 1:01.75 32.38	200m: 2:08.37 33.29	300m: 3:15.59 33.47	400m: 4:21.93 33.04			
6.	RAMOS Gustavo Gomes	06	Porto	4:25.40	+0,73	570	
	50m: 29.80 29.80	150m: 1:35.53 32.33	250m: 2:42.19 33.24	350m: 3:51.26 34.85			
	100m: 1:03.20 33.40	200m: 2:08.95 33.42	300m: 3:16.41 34.22	400m: 4:25.40 34.14			
7.	FARIA Eduardo Nuno	06	Braga	4:26.39	+0,81	563	
	50m: 29.75 29.75	150m: 1:35.30 33.44	250m: 2:43.22 34.08	350m: 3:53.49 35.12			
	100m: 1:01.86 32.11	200m: 2:09.14 33.84	300m: 3:18.37 35.15	400m: 4:26.39 32.90			
8.	ZHUKOV Mark	06	Braga	4:26.74	+0,80	561	
	50m: 30.46 30.46	150m: 1:36.39 33.34	250m: 2:44.11 34.04	350m: 3:53.28 34.74			
	100m: 1:03.05 32.59	200m: 2:10.07 33.68	300m: 3:18.54 34.43	400m: 4:26.74 33.46			
9.	CARVALHO Artur Guterres	06	Vilacondense	4:27.29	+0,72	558	
	50m: 28.98 28.98	150m: 1:35.73 33.72	250m: 2:44.32 34.27	350m: 3:53.42 34.18			
	100m: 1:02.01 33.03	200m: 2:10.05 34.32	300m: 3:19.24 34.92	400m: 4:27.29 33.87			
10.	BARROS Joao Carlos	06	Fluvial Portuense	4:27.90	+0,68	554	
	50m: 29.91 29.91	150m: 1:37.07 33.92	250m: 2:46.65 34.95	350m: 3:55.57 33.96			
	100m: 1:03.15 33.24	200m: 2:11.70 34.63	300m: 3:21.61 34.96	400m: 4:27.90 32.33			
11.	SANTOS Rui Miguel	06	Famalicao	4:28.08	+0,82	553	
	50m: 29.15 29.15	150m: 1:35.80 34.03	250m: 2:46.10 35.57	350m: 3:56.05 34.53			
	100m: 1:01.77 32.62	200m: 2:10.53 34.73	300m: 3:21.52 35.42	400m: 4:28.08 32.03			
12.	LEMONS Gil Santos	06	Pimpoes/Cimai	4:28.64	+0,64	549	
	50m: 31.08 31.08	150m: 1:39.52 34.44	250m: 2:47.44 33.38	350m: 3:56.13 34.58			
	100m: 1:05.08 34.00	200m: 2:14.06 34.54	300m: 3:21.55 34.11	400m: 4:28.64 32.51			
13.	BRANDAO Afonso Aires	06	Desportiva de Viana	4:29.07	+0,75	547	
	50m: 30.21 30.21	150m: 1:38.19 34.24	250m: 2:47.57 34.93	350m: 3:56.87 34.46			
	100m: 1:03.95 33.74	200m: 2:12.64 34.45	300m: 3:22.41 34.84	400m: 4:29.07 32.20			
14.	GOMES Joao Almeida	06	Nacional de Natacao	4:30.21	+0,68	540	
	50m: 29.71 29.71	150m: 1:36.40 33.84	250m: 2:45.46 35.02	350m: 3:55.76 35.41			
	100m: 1:02.56 32.85	200m: 2:10.44 34.04	300m: 3:20.35 34.89	400m: 4:30.21 34.45			
15.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	4:33.79	+0,80	519	
	50m: 29.34 29.34	150m: 1:36.28 33.65	250m: 2:47.16 35.93	350m: 3:59.02 36.05			
	100m: 1:02.63 33.29	200m: 2:11.23 34.95	300m: 3:22.97 35.81	400m: 4:33.79 34.77			
16.	FERRAZ Luis Afonso	06	Naval do Funchal	4:36.99	+0,66	501	
	50m: 29.48 29.48	150m: 1:37.01 34.73	250m: 2:48.17 35.73	350m: 4:01.38 37.05			
	100m: 1:02.28 32.80	200m: 2:12.44 35.43	300m: 3:24.33 36.16	400m: 4:36.99 35.61			

Prova 13, Masc., 400m Livres

Prova 13

Masc., 400m Livres

Juvenis B

01/04/2022 - 9:10

Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MORARI Alexandre	07	Rio Maior	4:22.28	+0,75	590	
	50m: 30.10 30.10	150m: 1:37.43 33.85	250m: 2:44.08 33.29	350m: 3:50.85 33.32			
	100m: 1:03.58 33.48	200m: 2:10.79 33.36	300m: 3:17.53 33.45	400m: 4:22.28 31.43			
2.	CRUZ Leonardo Jose	07	Alcobaca	4:25.56	+0,71	569	
	50m: 29.53 29.53	150m: 1:36.23 33.58	250m: 2:44.19 34.27	350m: 3:53.10 34.51			
	100m: 1:02.65 33.12	200m: 2:09.92 33.69	300m: 3:18.59 34.40	400m: 4:25.56 32.46			
3.	COSTA Antonio Miguel	07	Fafe	4:25.78	+0,65	567	
	50m: 29.92 29.92	150m: 1:37.68 34.21	250m: 2:45.09 33.77	350m: 3:53.30 34.34			
	100m: 1:03.47 33.55	200m: 2:11.32 33.64	300m: 3:18.96 33.87	400m: 4:25.78 32.48			
4.	ASMAR Axel Guedes	07	Sporting	4:26.97	+0,72	560	
	50m: 29.25 29.25	150m: 1:37.16 33.82	250m: 2:45.18 33.74	350m: 3:53.76 34.20			
	100m: 1:03.34 34.09	200m: 2:11.44 34.28	300m: 3:19.56 34.38	400m: 4:26.97 33.21			
5.	LARANJO Filipe Manso	07	Desportiva de Viana	4:27.07	+0,78	559	
	50m: 29.32 29.32	150m: 1:35.69 33.15	250m: 2:43.96 33.69	350m: 3:53.66 33.51			
	100m: 1:02.54 33.22	200m: 2:10.27 34.58	300m: 3:20.15 36.19	400m: 4:27.07 33.41			
6.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	4:29.82	+0,76	542	
	50m: 29.93 29.93	150m: 1:37.74 34.63	250m: 2:46.97 34.34	350m: 3:56.68 34.93			
	100m: 1:03.11 33.18	200m: 2:12.63 34.89	300m: 3:21.75 34.78	400m: 4:29.82 33.14			
7.	RODRIGUES Gil Afonso	07	Fluvial Portuense	4:31.57	+0,70	532	
	50m: 29.80 29.80	150m: 1:37.86 34.60	250m: 2:47.19 34.86	350m: 3:57.23 35.00			
	100m: 1:03.26 33.46	200m: 2:12.33 34.47	300m: 3:22.23 35.04	400m: 4:31.57 34.34			
8.	BORGES Rodrigo Costa	07	Fluvial Portuense	4:32.55	+0,49	526	
	50m: 30.18 30.18	150m: 1:38.74 35.05	250m: 2:49.72 35.57	350m: 3:58.87 34.38			
	100m: 1:03.69 33.51	200m: 2:14.15 35.41	300m: 3:24.49 34.77	400m: 4:32.55 33.68			
9.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	4:33.46	+0,85	521	
	50m: 30.11 30.11	150m: 1:37.57 34.17	250m: 2:47.61 35.21	350m: 3:58.81 35.57			
	100m: 1:03.40 33.29	200m: 2:12.40 34.83	300m: 3:23.24 35.63	400m: 4:33.46 34.65			
10.	CARAPINHA Joao Pedro	07	Uniao Piedense	4:33.49	+0,74	521	
	50m: 31.01 31.01	150m: 1:40.20 35.14	250m: 2:50.43 34.77	350m: 4:00.28 34.66			
	100m: 1:05.06 34.05	200m: 2:15.66 35.46	300m: 3:25.62 35.19	400m: 4:33.49 33.21			
11.	ALMEIDA Joao Francisco	07	Naval do Funchal	4:33.75	+0,66	519	
	50m: 29.74 29.74	150m: 1:38.73 35.13	250m: 2:50.55 35.99	350m: 4:00.92 34.07			
	100m: 1:03.60 33.86	200m: 2:14.56 35.83	300m: 3:26.85 36.30	400m: 4:33.75 32.83			
12.	SOARES Guilherme Mahua	07	Porto	4:36.29	+0,90	505	
	50m: 31.23 31.23	150m: 1:40.09 33.69	250m: 2:50.13 34.66	350m: 4:01.52 35.56			
	100m: 1:06.40 35.17	200m: 2:15.47 35.38	300m: 3:25.96 35.83	400m: 4:36.29 34.77			
13.	MESQUITA Tomas Afonso	07	Benfica	4:36.53	+0,73	504	
	50m: 30.46 30.46	150m: 1:38.47 33.87	250m: 2:49.01 35.21	350m: 4:00.48 35.61			
	100m: 1:04.60 34.14	200m: 2:13.80 35.33	300m: 3:24.87 35.86	400m: 4:36.53 36.05			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 13, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	NUNES Duarte Ramos	07	Galitos / Bresimar	4:37.69	+0,67	497	
	50m: 30.04 30.04	150m: 1:39.31 35.29	250m: 2:51.58 36.13	350m: 4:02.81 35.11			
	100m: 1:04.02 33.98	200m: 2:15.45 36.14	300m: 3:27.70 36.12	400m: 4:37.69 34.88			
15.	RAMOS Andre Miguel	07	Fisica Torres Vedras	4:37.88	+0,77	496	
	50m: 29.49 29.49	150m: 1:39.05 34.80	250m: 2:50.42 35.48	350m: 4:03.13 35.76			
	100m: 1:04.25 34.76	200m: 2:14.94 35.89	300m: 3:27.37 36.95	400m: 4:37.88 34.75			
16.	LAVAJO Martim Nuno	07	Academico Viseu	4:39.19	+0,79	489	
	50m: 30.80 30.80	150m: 1:40.59 35.11	250m: 2:52.20 35.87	350m: 4:04.33 36.03			
	100m: 1:05.48 34.68	200m: 2:16.33 35.74	300m: 3:28.30 36.10	400m: 4:39.19 34.86			
17.	DORES Tomas Rocha	07	Colegio Efanor	4:42.67	+0,81	471	
	50m: 30.13 30.13	150m: 1:39.18 35.34	250m: 2:51.24 36.38	350m: 4:06.11 38.16			
	100m: 1:03.84 33.71	200m: 2:14.86 35.68	300m: 3:27.95 36.71	400m: 4:42.67 36.56			

Prova 13 Masc., 400m Livres Juvenis Resultados

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29/07/2006

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BAPTISTA Guilherme Fernandes	06	Benfica	4:17.02	+0,71	627	
	50m: 28.57 28.57	150m: 1:33.36 32.56	250m: 2:39.13 32.95	350m: 3:45.54 33.29			
	100m: 1:00.80 32.23	200m: 2:06.18 32.82	300m: 3:12.25 33.12	400m: 4:17.02 31.48			
2.	ALVES Andre Correia	06	Uniao Piedense	4:17.48	+0,77	624	
	50m: 28.59 28.59	150m: 1:32.66 32.43	250m: 2:38.26 32.26	350m: 3:45.07 32.93			
	100m: 1:00.23 31.64	200m: 2:06.00 33.34	300m: 3:12.14 33.88	400m: 4:17.48 32.41			
3.	FRAZAO Francisco Couto	06	Uniao Coimbra	4:19.28	+0,68	611	
	50m: 28.62 28.62	150m: 1:32.82 32.44	250m: 2:38.43 32.57	350m: 3:45.89 34.17			
	100m: 1:00.38 31.76	200m: 2:05.86 33.04	300m: 3:11.72 33.29	400m: 4:19.28 33.39			
4.	LOUREIRO Bruno Silva	06	Porto	4:21.58	+0,73	595	
	50m: 29.13 29.13	150m: 1:33.83 32.81	250m: 2:40.01 33.99	350m: 3:48.14 34.03			
	100m: 1:01.02 31.89	200m: 2:06.02 32.19	300m: 3:14.11 34.10	400m: 4:21.58 33.44			
5.	JEVIC Milan Santos	06	Braga	4:21.93	+0,72	593	
	50m: 29.37 29.37	150m: 1:35.08 33.33	250m: 2:42.12 33.75	350m: 3:48.89 33.30			
	100m: 1:01.75 32.38	200m: 2:08.37 33.29	300m: 3:15.59 33.47	400m: 4:21.93 33.04			
6.	MORARI Alexandre	07	Rio Maior	4:22.28	+0,75	590	
	50m: 30.10 30.10	150m: 1:37.43 33.85	250m: 2:44.08 33.29	350m: 3:50.85 33.32			
	100m: 1:03.58 33.48	200m: 2:10.79 33.36	300m: 3:17.53 33.45	400m: 4:22.28 31.43			
7.	RAMOS Gustavo Gomes	06	Porto	4:25.40	+0,73	570	
	50m: 29.80 29.80	150m: 1:35.53 32.33	250m: 2:42.19 33.24	350m: 3:51.26 34.85			
	100m: 1:03.20 33.40	200m: 2:08.95 33.42	300m: 3:16.41 34.22	400m: 4:25.40 34.14			
8.	CRUZ Leonardo Jose	07	Alcobaca	4:25.56	+0,71	569	
	50m: 29.53 29.53	150m: 1:36.23 33.58	250m: 2:44.19 34.27	350m: 3:53.10 34.51			
	100m: 1:02.65 33.12	200m: 2:09.92 33.69	300m: 3:18.59 34.40	400m: 4:25.56 32.46			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 13, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	COSTA Antonio Miguel	07	Fafe	4:25.78	+0,65	567	
	50m: 29.92 29.92	150m: 1:37.68 34.21	250m: 2:45.09 33.77	350m: 3:53.30 34.34			
	100m: 1:03.47 33.55	200m: 2:11.32 33.64	300m: 3:18.96 33.87	400m: 4:25.78 32.48			
10.	FARIA Eduardo Nuno	06	Braga	4:26.39	+0,81	563	
	50m: 29.75 29.75	150m: 1:35.30 33.44	250m: 2:43.22 34.08	350m: 3:53.49 35.12			
	100m: 1:01.86 32.11	200m: 2:09.14 33.84	300m: 3:18.37 35.15	400m: 4:26.39 32.90			
11.	ZHUKOV Mark	06	Braga	4:26.74	+0,80	561	
	50m: 30.46 30.46	150m: 1:36.39 33.34	250m: 2:44.11 34.04	350m: 3:53.28 34.74			
	100m: 1:03.05 32.59	200m: 2:10.07 33.68	300m: 3:18.54 34.43	400m: 4:26.74 33.46			
12.	ASMAR Axel Guedes	07	Sporting	4:26.97	+0,72	560	
	50m: 29.25 29.25	150m: 1:37.16 33.82	250m: 2:45.18 33.74	350m: 3:53.76 34.20			
	100m: 1:03.34 34.09	200m: 2:11.44 34.28	300m: 3:19.56 34.38	400m: 4:26.97 33.21			
13.	LARANJO Filipe Manso	07	Desportiva de Viana	4:27.07	+0,78	559	
	50m: 29.32 29.32	150m: 1:35.69 33.15	250m: 2:43.96 33.69	350m: 3:53.66 33.51			
	100m: 1:02.54 33.22	200m: 2:10.27 34.58	300m: 3:20.15 36.19	400m: 4:27.07 33.41			
14.	CARVALHO Artur Guterres	06	Vilacondense	4:27.29	+0,72	558	
	50m: 28.98 28.98	150m: 1:35.73 33.72	250m: 2:44.32 34.27	350m: 3:53.42 34.18			
	100m: 1:02.01 33.03	200m: 2:10.05 34.32	300m: 3:19.24 34.92	400m: 4:27.29 33.87			
15.	BARROS Joao Carlos	06	Fluvial Portuense	4:27.90	+0,68	554	
	50m: 29.91 29.91	150m: 1:37.07 33.92	250m: 2:46.65 34.95	350m: 3:55.57 33.96			
	100m: 1:03.15 33.24	200m: 2:11.70 34.63	300m: 3:21.61 34.96	400m: 4:27.90 32.33			
16.	SANTOS Rui Miguel	06	Famalicao	4:28.08	+0,82	553	
	50m: 29.15 29.15	150m: 1:35.80 34.03	250m: 2:46.10 35.57	350m: 3:56.05 34.53			
	100m: 1:01.77 32.62	200m: 2:10.53 34.73	300m: 3:21.52 35.42	400m: 4:28.08 32.03			
17.	LEMONS Gil Santos	06	Pimpoes/Cimai	4:28.64	+0,64	549	
	50m: 31.08 31.08	150m: 1:39.52 34.44	250m: 2:47.44 33.38	350m: 3:56.13 34.58			
	100m: 1:05.08 34.00	200m: 2:14.06 34.54	300m: 3:21.55 34.11	400m: 4:28.64 32.51			
18.	BRANDAO Afonso Aires	06	Desportiva de Viana	4:29.07	+0,75	547	
	50m: 30.21 30.21	150m: 1:38.19 34.24	250m: 2:47.57 34.93	350m: 3:56.87 34.46			
	100m: 1:03.95 33.74	200m: 2:12.64 34.45	300m: 3:22.41 34.84	400m: 4:29.07 32.20			
19.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	4:29.82	+0,76	542	
	50m: 29.93 29.93	150m: 1:37.74 34.63	250m: 2:46.97 34.34	350m: 3:56.68 34.93			
	100m: 1:03.11 33.18	200m: 2:12.63 34.89	300m: 3:21.75 34.78	400m: 4:29.82 33.14			
20.	GOMES Joao Almeida	06	Nacional de Natacao	4:30.21	+0,68	540	
	50m: 29.71 29.71	150m: 1:36.40 33.84	250m: 2:45.46 35.02	350m: 3:55.76 35.41			
	100m: 1:02.56 32.85	200m: 2:10.44 34.04	300m: 3:20.35 34.89	400m: 4:30.21 34.45			
21.	RODRIGUES Gil Afonso	07	Fluvial Portuense	4:31.57	+0,70	532	
	50m: 29.80 29.80	150m: 1:37.86 34.60	250m: 2:47.19 34.86	350m: 3:57.23 35.00			
	100m: 1:03.26 33.46	200m: 2:12.33 34.47	300m: 3:22.23 35.04	400m: 4:31.57 34.34			
22.	BORGES Rodrigo Costa	07	Fluvial Portuense	4:32.55	+0,49	526	
	50m: 30.18 30.18	150m: 1:38.74 35.05	250m: 2:49.72 35.57	350m: 3:58.87 34.38			
	100m: 1:03.69 33.51	200m: 2:14.15 35.41	300m: 3:24.49 34.77	400m: 4:32.55 33.68			
23.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	4:33.46	+0,85	521	
	50m: 30.11 30.11	150m: 1:37.57 34.17	250m: 2:47.61 35.21	350m: 3:58.81 35.57			
	100m: 1:03.40 33.29	200m: 2:12.40 34.83	300m: 3:23.24 35.63	400m: 4:33.46 34.65			

Prova 13, Masc., 400m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	CARAPINHA Joao Pedro	07	Uniao Piedense	4:33.49	+0,74	521	
	50m: 31.01 31.01	150m: 1:40.20 35.14	250m: 2:50.43 34.77	350m: 4:00.28 34.66			
	100m: 1:05.06 34.05	200m: 2:15.66 35.46	300m: 3:25.62 35.19	400m: 4:33.49 33.21			
25.	ALMEIDA Joao Francisco	07	Naval do Funchal	4:33.75	+0,66	519	
	50m: 29.74 29.74	150m: 1:38.73 35.13	250m: 2:50.55 35.99	350m: 4:00.92 34.07			
	100m: 1:03.60 33.86	200m: 2:14.56 35.83	300m: 3:26.85 36.30	400m: 4:33.75 32.83			
26.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	4:33.79	+0,80	519	
	50m: 29.34 29.34	150m: 1:36.28 33.65	250m: 2:47.16 35.93	350m: 3:59.02 36.05			
	100m: 1:02.63 33.29	200m: 2:11.23 34.95	300m: 3:22.97 35.81	400m: 4:33.79 34.77			
27.	SOARES Guilherme Mahua	07	Porto	4:36.29	+0,90	505	
	50m: 31.23 31.23	150m: 1:40.09 33.69	250m: 2:50.13 34.66	350m: 4:01.52 35.56			
	100m: 1:06.40 35.17	200m: 2:15.47 35.38	300m: 3:25.96 35.83	400m: 4:36.29 34.77			
28.	MESQUITA Tomas Afonso	07	Benfica	4:36.53	+0,73	504	
	50m: 30.46 30.46	150m: 1:38.47 33.87	250m: 2:49.01 35.21	350m: 4:00.48 35.61			
	100m: 1:04.60 34.14	200m: 2:13.80 35.33	300m: 3:24.87 35.86	400m: 4:36.53 36.05			
29.	FERRAZ Luis Afonso	06	Naval do Funchal	4:36.99	+0,66	501	
	50m: 29.48 29.48	150m: 1:37.01 34.73	250m: 2:48.17 35.73	350m: 4:01.38 37.05			
	100m: 1:02.28 32.80	200m: 2:12.44 35.43	300m: 3:24.33 36.16	400m: 4:36.99 35.61			
30.	NUNES Duarte Ramos	07	Galitos / Bresimar	4:37.69	+0,67	497	
	50m: 30.04 30.04	150m: 1:39.31 35.29	250m: 2:51.58 36.13	350m: 4:02.81 35.11			
	100m: 1:04.02 33.98	200m: 2:15.45 36.14	300m: 3:27.70 36.12	400m: 4:37.69 34.88			
31.	RAMOS Andre Miguel	07	Fisica Torres Vedras	4:37.88	+0,77	496	
	50m: 29.49 29.49	150m: 1:39.05 34.80	250m: 2:50.42 35.48	350m: 4:03.13 35.76			
	100m: 1:04.25 34.76	200m: 2:14.94 35.89	300m: 3:27.37 36.95	400m: 4:37.88 34.75			
32.	LAVAJO Martim Nuno	07	Academico Viseu	4:39.19	+0,79	489	
	50m: 30.80 30.80	150m: 1:40.59 35.11	250m: 2:52.20 35.87	350m: 4:04.33 36.03			
	100m: 1:05.48 34.68	200m: 2:16.33 35.74	300m: 3:28.30 36.10	400m: 4:39.19 34.86			
33.	DORES Tomas Rocha	07	Colegio Efanor	4:42.67	+0,81	471	
	50m: 30.13 30.13	150m: 1:39.18 35.34	250m: 2:51.24 36.38	350m: 4:06.11 38.16			
	100m: 1:03.84 33.71	200m: 2:14.86 35.68	300m: 3:27.95 36.71	400m: 4:42.67 36.56			
EXH	FOMIN Yury	06	Louletano / Loule Concelho	4:17.01	+0,73	627	
	50m: 28.98 28.98	150m: 1:33.49 32.60	250m: 2:39.52 33.10	350m: 3:46.00 33.09			
	100m: 1:00.89 31.91	200m: 2:06.42 32.93	300m: 3:12.91 33.39	400m: 4:17.01 31.01			
EXH	TIGRE Pedro Bethlem	06	Sporting	4:24.97	+0,65	572	
	50m: 28.70 28.70	150m: 1:32.56 32.39	250m: 2:40.51 34.15	350m: 3:50.65 34.76			
	100m: 1:00.17 31.47	200m: 2:06.36 33.80	300m: 3:15.89 35.38	400m: 4:24.97 34.32			

Prova 14

01/04/2022 - 9:30

Femin., 4 x 100m Livres

Juvenis A

Resultados

Rec Nac Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Rec Nac Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02/04/2015
Rec Nac Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24/07/2015

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Geslours-JUV A	4:15.65	+0,61	551	
	ALVES Catarina Alexandra +0,61 32.93 1:09.15	SIMÕES Ana Madalena +0,32 31.03 1:05.32			
	CACHACO Beatriz Heitor +0,47 30.33 1:02.21	FRANCO Catarina Andrade +0,34 28.40 58.97			
2.	Naval Setubalense-JUV A	4:17.98	+0,88	537	
	ALVES Sara Sofia +0,88 30.55 1:03.45	BOTELHO Margarida Santos +0,31 31.92 1:06.38			
	MAGALHAES Leticia Rodrigues +0,51 30.89 1:04.51	SANTOS Rita Machita +0,43 30.60 1:03.64			

4 - 2ª Jornada - 2ª Sessão

01/04/2022 - 16:30

Prova 15

01/04/2022 - 16:30

Masc., 100m Costas

Juvenis A

Resultados

Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29/05/2011

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	1:00.34	+0,57	634	
	50m: 29.05 29.05 100m: 1:00.34 31.29						
2.	JANUARIO Tomas Maia	06	Benfica	1:00.81	+0,68	619	
	50m: 28.90 28.90 100m: 1:00.81 31.91						
3.	VIEIRA Antonio Coelho	06	Sporting	1:01.29	+0,64	605	
	50m: 29.47 29.47 100m: 1:01.29 31.82						
4.	SILVA Francisco Araujo	06	Famalicao	1:02.09	+0,62	582	
	50m: 29.78 29.78 100m: 1:02.09 32.31						
5.	PITA Pedro Miguel	06	Naval do Funchal	1:02.27	+0,62	577	
	50m: 29.88 29.88 100m: 1:02.27 32.39						
6.	FAFTINE Kaio Araujo	06	Sporting	1:03.10	+0,62	554	
	50m: 30.77 30.77 100m: 1:03.10 32.33						
7.	DURAO Miguel Costa	06	Braga	1:03.61	+0,59	541	
	50m: 30.25 30.25 100m: 1:03.61 33.36						
8.	ROCHA Miguel Azevedo	06	Penafiel	1:04.18	+0,70	527	
	50m: 30.48 30.48 100m: 1:04.18 33.70						
9.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	1:04.21	+0,63	526	
	50m: 30.98 30.98 100m: 1:04.21 33.23						
10.	HERRERO Miguel Mera	06	Sporting	1:04.66	+0,71	515	
	50m: 31.12 31.12 100m: 1:04.66 33.54						

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Prova 15, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	ALVES Rodrigo Castro	06	Desportiva de Viana	1:04.84	+0,80	511	
	50m: 31.51 31.51	100m: 1:04.84 33.33					
12.	ANTUNES Martim Barata	06	Benfica	1:04.91	+0,68	509	
	50m: 31.38 31.38	100m: 1:04.91 33.53					
13.	FRAZAO Francisco Couto	06	Uniao Coimbra	1:05.17	+0,60	503	
	50m: 31.42 31.42	100m: 1:05.17 33.75					

Prova 15 Masc., 100m Costas Juvenis B Resultados

Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	1:03.99	+0,65	531	
	50m: 31.32 31.32	100m: 1:03.99 32.67					
2.	CORREIA Rodrigo Filipe	07	Porto	1:04.34	+0,76	523	
	50m: 31.29 31.29	100m: 1:04.34 33.05					
3.	NEVES Tiago Brazao	07	Naval do Funchal	1:05.39	+0,58	498	
	50m: 32.18 32.18	100m: 1:05.39 33.21					
4.	SILVA Lourenco Lopes	07	Uniao Piedense	1:05.44	+0,58	497	
	50m: 31.31 31.31	100m: 1:05.44 34.13					
5.	SOARES Guilherme Mahua	07	Porto	1:05.65	+0,90	492	
	50m: 31.78 31.78	100m: 1:05.65 33.87					
6.	CALHELHA Afonso Rodrigues	07	Colegio Monte Maior	1:06.28	+0,67	478	
	50m: 31.80 31.80	100m: 1:06.28 34.48					
7.	OLIVEIRA Joao Pedro	07	Galitos / Bresimar	1:06.35	+0,77	477	
	50m: 31.21 31.21	100m: 1:06.35 35.14					
8.	CARVALHO Luis Filipe	07	Naval Povoense	1:06.86	+0,65	466	
	50m: 31.99 31.99	100m: 1:06.86 34.87					
9.	SIMOES Francisco Marques	07	Ba-Leiria	1:06.99	+0,61	463	
	50m: 32.57 32.57	100m: 1:06.99 34.42					
10.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	1:07.28	+0,73	457	
	50m: 32.52 32.52	100m: 1:07.28 34.76					
11.	KUCHERYAVENKO Daniel	07	Galitos / Bresimar	1:07.59	+0,61	451	
	50m: 32.36 32.36	100m: 1:07.59 35.23					
12.	GODINHO Rafael Pacheco	07	Sporting	1:09.07	+0,82	423	
	50m: 32.13 32.13	100m: 1:09.07 36.94					
DSQ	COSTA Tiago Mendes	07	Famalicao				
	SW 4.4 - Falsa partida						

Prova 15, Masc., 100m Costas

Prova 15

Masc., 100m Costas

Juvenis

01/04/2022 - 16:30

Resultados

Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Juv A	58.61	SOUZA Diogo Gomes	CNCVG	Coimbra	29/05/2011
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	1:00.34	+0,57	634	
	50m: 29.05 29.05	100m: 1:00.34	31.29				
2.	JANUARIO Tomas Maia	06	Benfica	1:00.81	+0,68	619	
	50m: 28.90 28.90	100m: 1:00.81	31.91				
3.	VIEIRA Antonio Coelho	06	Sporting	1:01.29	+0,64	605	
	50m: 29.47 29.47	100m: 1:01.29	31.82				
4.	SILVA Francisco Araujo	06	Famalicao	1:02.09	+0,62	582	
	50m: 29.78 29.78	100m: 1:02.09	32.31				
5.	PITA Pedro Miguel	06	Naval do Funchal	1:02.27	+0,62	577	
	50m: 29.88 29.88	100m: 1:02.27	32.39				
6.	FAFTINE Kaio Araujo	06	Sporting	1:03.10	+0,62	554	
	50m: 30.77 30.77	100m: 1:03.10	32.33				
7.	DURAO Miguel Costa	06	Braga	1:03.61	+0,59	541	
	50m: 30.25 30.25	100m: 1:03.61	33.36				
8.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	1:03.99	+0,65	531	
	50m: 31.32 31.32	100m: 1:03.99	32.67				
9.	ROCHA Miguel Azevedo	06	Penafiel	1:04.18	+0,70	527	
	50m: 30.48 30.48	100m: 1:04.18	33.70				
10.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	1:04.21	+0,63	526	
	50m: 30.98 30.98	100m: 1:04.21	33.23				
11.	CORREIA Rodrigo Filipe	07	Porto	1:04.34	+0,76	523	
	50m: 31.29 31.29	100m: 1:04.34	33.05				
12.	HERRERO Miguel Mera	06	Sporting	1:04.66	+0,71	515	
	50m: 31.12 31.12	100m: 1:04.66	33.54				
13.	ALVES Rodrigo Castro	06	Desportiva de Viana	1:04.84	+0,80	511	
	50m: 31.51 31.51	100m: 1:04.84	33.33				
14.	ANTUNES Martim Barata	06	Benfica	1:04.91	+0,68	509	
	50m: 31.38 31.38	100m: 1:04.91	33.53				
15.	FRAZAO Francisco Couto	06	Uniao Coimbra	1:05.17	+0,60	503	
	50m: 31.42 31.42	100m: 1:05.17	33.75				
16.	NEVES Tiago Brazao	07	Naval do Funchal	1:05.39	+0,58	498	
	50m: 32.18 32.18	100m: 1:05.39	33.21				
17.	SILVA Lourenco Lopes	07	Uniao Piedense	1:05.44	+0,58	497	
	50m: 31.31 31.31	100m: 1:05.44	34.13				

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PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 15, Masc., 100m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SOARES Guilherme Mahua	07	Porto	1:05.65	+0,90	492	
	50m: 31.78 31.78 100m: 1:05.65 33.87						
19.	CALHELHA Afonso Rodrigues	07	Colegio Monte Maior	1:06.28	+0,67	478	
	50m: 31.80 31.80 100m: 1:06.28 34.48						
20.	OLIVEIRA Joao Pedro	07	Galitos / Bresimar	1:06.35	+0,77	477	
	50m: 31.21 31.21 100m: 1:06.35 35.14						
21.	CARVALHO Luis Filipe	07	Naval Povoense	1:06.86	+0,65	466	
	50m: 31.99 31.99 100m: 1:06.86 34.87						
22.	SIMÕES Francisco Marques	07	Ba-Leiria	1:06.99	+0,61	463	
	50m: 32.57 32.57 100m: 1:06.99 34.42						
23.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	1:07.28	+0,73	457	
	50m: 32.52 32.52 100m: 1:07.28 34.76						
24.	KUCHERYAVENKO Daniel	07	Galitos / Bresimar	1:07.59	+0,61	451	
	50m: 32.36 32.36 100m: 1:07.59 35.23						
25.	GODINHO Rafael Pacheco	07	Sporting	1:09.07	+0,82	423	
	50m: 32.13 32.13 100m: 1:09.07 36.94						
DSQ	COSTA Tiago Mendes	07	Famalicao				
	SW 4.4 - Falsa partida						

Prova 16

Femin., 100m Costas

Juvenis A
Resultados

01/04/2022 - 16:35

Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06/04/2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06/04/2012

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	1:07.28	+0,65	622	
	50m: 32.91 32.91 100m: 1:07.28 34.37						
2.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	1:10.33	+0,73	545	
	50m: 34.00 34.00 100m: 1:10.33 36.33						
3.	FIGUEIRA Madalena Almeida	07	Academico Viseu	1:11.42	+0,76	520	
	50m: 34.17 34.17 100m: 1:11.42 37.25						
4.	SILVA Nuria Resende	07	UD Oliveirense	1:11.61	+0,73	516	
	50m: 34.40 34.40 100m: 1:11.61 37.21						
5.	PIRES Teresa Joao	07	Alges	1:11.77	+0,70	512	
	50m: 34.06 34.06 100m: 1:11.77 37.71						
6.	ANTONIO Rafaela Mariano	07	Portinado	1:11.83	+0,70	511	
	50m: 34.57 34.57 100m: 1:11.83 37.26						
7.	ALVES Sara Sofia	07	Naval Setubalense	1:12.00	+0,77	508	
	50m: 35.33 35.33 100m: 1:12.00 36.67						

Splash Meet Manager, 11.72441

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PARCEIROS INSTITUCIONAIS



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Prova 16, Femin., 100m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	1:12.45	+0,86	498	
	50m: 34.59 34.59	100m: 1:12.45 37.86					
9.	CASALINHO Catarina Castro	07	Estarreja	1:13.18	+0,72	483	
	50m: 35.35 35.35	100m: 1:13.18 37.83					
10.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	1:13.39	+0,70	479	
	50m: 35.02 35.02	100m: 1:13.39 38.37					

Prova 16 Femin., 100m Costas Juvenis B 01/04/2022 - 16:35 Resultados

Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25/03/2011

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	1:09.36	+0,62	568	
	50m: 33.77 33.77	100m: 1:09.36 35.59					
2.	ROLIM Beatriz Alexandra	08	Uniao Piedense	1:09.51	+0,65	564	
	50m: 34.60 34.60	100m: 1:09.51 34.91					
3.	MARQUES Matilde Catroga	08	Colegio Monte Maior	1:10.54	+0,69	540	
	50m: 34.12 34.12	100m: 1:10.54 36.42					
4.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	1:11.53	+0,68	518	
	50m: 34.71 34.71	100m: 1:11.53 36.82					
5.	FERREIRA Carolina Amadeu	08	Leixoes	1:11.65	+0,71	515	
	50m: 34.79 34.79	100m: 1:11.65 36.86					
6.	FERREIRA Constanca Santos	08	Alges	1:11.68	+0,78	514	
	50m: 34.73 34.73	100m: 1:11.68 36.95					
7.	MENDES Rafaela Ferreira	08	Torres Novas	1:12.10	+0,65	505	
	50m: 34.70 34.70	100m: 1:12.10 37.40					
8.	MENDES Matilde Marques	08	Gafanha da Encarnacao	1:12.51	+0,72	497	
	50m: 34.88 34.88	100m: 1:12.51 37.63					
9.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	1:13.38	+0,74	479	
	50m: 34.67 34.67	100m: 1:13.38 38.71					
10.	MARTINS Maria Joao	08	Fafe	1:13.48	+0,72	477	
	50m: 34.84 34.84	100m: 1:13.48 38.64					
11.	NEVES Barbara Maria	08	Alges	1:13.79	+0,76	471	
	50m: 35.00 35.00	100m: 1:13.79 38.79					
12.	DIAS Beatriz Costa	08	Aquatico Pacense	1:14.05	+0,65	466	
	50m: 35.99 35.99	100m: 1:14.05 38.06					
13.	SOUSA Mafalda Pinto	08	Fluvial Portuense	1:14.63	+0,71	456	
	50m: 35.47 35.47	100m: 1:14.63 39.16					
14.	GOMES Sofia Vega	08	Naval do Funchal	1:14.98	+0,62	449	
	50m: 36.18 36.18	100m: 1:14.98 38.80					

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PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 16, Femin., 100m Costas, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MARQUES Margarida Catroga	08	Colegio Monte Maior	1:16.94	+0,70	416	
	50m: 36.81 36.81	100m: 1:16.94	40.13				

Prova 16

Femin., 100m Costas

Juvenis Resultados

01/04/2022 - 16:35

Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06/04/2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06/04/2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25/03/2011

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	1:07.28	+0,65	622	
	50m: 32.91 32.91	100m: 1:07.28	34.37				
2.	NEVES Maria Gomes	08	Braga	1:09.36	+0,62	568	
	50m: 33.77 33.77	100m: 1:09.36	35.59				
3.	ROLIM Beatriz Alexandra	08	Uniao Piedense	1:09.51	+0,65	564	
	50m: 34.60 34.60	100m: 1:09.51	34.91				
4.	LOURO Beatriz Silva	07	Louletano / Loule Concelho	1:10.33	+0,73	545	
	50m: 34.00 34.00	100m: 1:10.33	36.33				
5.	MARQUES Matilde Catroga	08	Colegio Monte Maior	1:10.54	+0,69	540	
	50m: 34.12 34.12	100m: 1:10.54	36.42				
6.	FIGUEIRA Madalena Almeida	07	Academico Viseu	1:11.42	+0,76	520	
	50m: 34.17 34.17	100m: 1:11.42	37.25				
7.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	1:11.53	+0,68	518	
	50m: 34.71 34.71	100m: 1:11.53	36.82				
8.	SILVA Nuria Resende	07	UD Oliveirense	1:11.61	+0,73	516	
	50m: 34.40 34.40	100m: 1:11.61	37.21				
9.	FERREIRA Carolina Amadeu	08	Leixoes	1:11.65	+0,71	515	
	50m: 34.79 34.79	100m: 1:11.65	36.86				
10.	FERREIRA Constanca Santos	08	Alges	1:11.68	+0,78	514	
	50m: 34.73 34.73	100m: 1:11.68	36.95				
11.	PIRES Teresa Joao	07	Alges	1:11.77	+0,70	512	
	50m: 34.06 34.06	100m: 1:11.77	37.71				
12.	ANTONIO Rafaela Mariano	07	Portinado	1:11.83	+0,70	511	
	50m: 34.57 34.57	100m: 1:11.83	37.26				
13.	ALVES Sara Sofia	07	Naval Setubalense	1:12.00	+0,77	508	
	50m: 35.33 35.33	100m: 1:12.00	36.67				
14.	MENDES Rafaela Ferreira	08	Torres Novas	1:12.10	+0,65	505	
	50m: 34.70 34.70	100m: 1:12.10	37.40				
15.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	1:12.45	+0,86	498	
	50m: 34.59 34.59	100m: 1:12.45	37.86				

Splash Meet Manager, 11.72441

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PARCEIROS



RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 16, Femin., 100m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MENDES Matilde Marques	08	Gafanha da Encarnacao	1:12.51	+0,72	497	
	50m: 34.88 34.88 100m: 1:12.51 37.63						
17.	CASALINHO Catarina Castro	07	Estarreja	1:13.18	+0,72	483	
	50m: 35.35 35.35 100m: 1:13.18 37.83						
18.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	1:13.38	+0,74	479	
	50m: 34.67 34.67 100m: 1:13.38 38.71						
19.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	1:13.39	+0,70	479	
	50m: 35.02 35.02 100m: 1:13.39 38.37						
20.	MARTINS Maria Joao	08	Fafe	1:13.48	+0,72	477	
	50m: 34.84 34.84 100m: 1:13.48 38.64						
21.	NEVES Barbara Maria	08	Alges	1:13.79	+0,76	471	
	50m: 35.00 35.00 100m: 1:13.79 38.79						
22.	DIAS Beatriz Costa	08	Aquatico Pacense	1:14.05	+0,65	466	
	50m: 35.99 35.99 100m: 1:14.05 38.06						
23.	SOUSA Mafalda Pinto	08	Fluvial Portuense	1:14.63	+0,71	456	
	50m: 35.47 35.47 100m: 1:14.63 39.16						
24.	GOMES Sofia Vega	08	Naval do Funchal	1:14.98	+0,62	449	
	50m: 36.18 36.18 100m: 1:14.98 38.80						
25.	MARQUES Margarida Catroga	08	Colegio Monte Maior	1:16.94	+0,70	416	
	50m: 36.81 36.81 100m: 1:16.94 40.13						

Prova 17

01/04/2022 - 16:45

Masc., 50m Livres

Juvenis A

Resultados

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31/07/2003

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	25.19	+0,69	571	
2.	PEREIRA Rodrigo Ferreira	06	Famalicao	25.55	+0,70	548	
3.	LOUREIRO Bruno Silva	06	Porto	25.60	+0,70	544	
4.	LEMONS Gil Santos	06	Pimpoes/Cimai	25.64	+0,55	542	
5.	ROQUE Tomas Nunes	06	Benfica	26.04	+0,69	517	
6.	TRINCAO Tiago Miguel	06	Torres Novas	26.11	+0,70	513	
	VIEIRA Antonio Coelho	06	Sporting	26.11	+0,76	513	
8.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	26.14	+0,74	511	
9.	CRUZ Rodrigo Costa	06	Academica de Coimbra	26.29	+0,66	503	
10.	PINTO Fabio Jose	06	CCDSerta	26.42	+0,75	495	
11.	HERRERO Miguel Mera	06	Sporting	26.70	+0,72	480	

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Prova 17, Masc., 50m Livres

Prova 17 Masc., 50m Livres Juvenis B
01/04/2022 - 16:45 Resultados

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20/07/2017

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RAMOS Andre Miguel	07	Fisica Torres Vedras	25.27	+0,72	566	
2.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	25.82	+0,69	531	
3.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	25.90	+0,65	526	
4.	MORARI Alexandre	07	Rio Maior	25.92	+0,74	524	
5.	CARAPINHA Joao Pedro	07	Uniao Piedense	26.68	+0,69	481	

Prova 17 Masc., 50m Livres Juvenis
01/04/2022 - 16:45 Resultados

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31/07/2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20/07/2017

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	25.19	+0,69	571	
2.	RAMOS Andre Miguel	07	Fisica Torres Vedras	25.27	+0,72	566	
3.	PEREIRA Rodrigo Ferreira	06	Famalicao	25.55	+0,70	548	
4.	LOUREIRO Bruno Silva	06	Porto	25.60	+0,70	544	
5.	LEMONS Gil Santos	06	Pimpoes/Cimai	25.64	+0,55	542	
6.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	25.82	+0,69	531	
7.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	25.90	+0,65	526	
8.	MORARI Alexandre	07	Rio Maior	25.92	+0,74	524	
9.	ROQUE Tomas Nunes	06	Benfica	26.04	+0,69	517	
10.	TRINCAO Tiago Miguel	06	Torres Novas	26.11	+0,70	513	
	VIEIRA Antonio Coelho	06	Sporting	26.11	+0,76	513	
12.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	26.14	+0,74	511	
13.	CRUZ Rodrigo Costa	06	Academica de Coimbra	26.29	+0,66	503	
14.	PINTO Fabio Jose	06	CCDSerta	26.42	+0,75	495	
15.	CARAPINHA Joao Pedro	07	Uniao Piedense	26.68	+0,69	481	
16.	HERRERO Miguel Mera	06	Sporting	26.70	+0,72	480	

Prova 18 Femin., 50m Livres Juvenis A
01/04/2022 - 16:50 Resultados

Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05/04/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PARENTE Leonor Peso	07	Palmela	27.76	+0,74	619	
2.	MANO Leonor Mil	07	Nautico Academico	27.88	+0,75	611	
3.	FRANCO Catarina Andrade	07	Geslours	27.91	+0,58	609	
4.	AMADOR Erica Domitila	07	Estarreja	28.87	+0,75	551	
	CACHACO Beatriz Heitor	07	Geslours	28.87	+0,76	551	
6.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	29.11	+0,75	537	
7.	SILVA Carolina Martins	07	Estarreja	29.16	+0,81	534	
8.	NUNES Marta Filipa	07	Viver Santarem	29.26	+0,83	529	
9.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	29.42	+0,84	520	
10.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	29.91	+0,70	495	
11.	SOUSA Maria Rita	07	Desportiva de Viana	30.00	+0,75	491	
12.	ANTONIO Rafaela Mariano	07	Portinado	31.94	+0,53	406	

Prova 18 Femin., 50m Livres Juvenis B
01/04/2022 - 16:50 Resultados

Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31/05/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Victoria Frogeri	08	Ba-Leiria	28.40	+0,81	578	
2.	PEREIRA Maria Silva	08	Ginasio de Vila Real	28.82	+0,77	554	
3.	NEVES Ana Carolina	08	Fluvial Portuense	28.90	+0,59	549	
4.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	29.28		528	
5.	SILVA Carlota Filipa	08	Portinado	29.46	+0,66	518	
6.	LIGEIRO Sara Silva	08	Viana Natacao	29.81	+0,85	500	
7.	PIRES Ana Beatriz	08	Uniao Piedense	30.44	+0,82	470	

Prova 18, Femin., 50m Livres

Prova 18 Femin., 50m Livres Juvenis
01/04/2022 - 16:50 Resultados

Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05/04/2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31/05/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PARENTE Leonor Peso	07	Palmela	27.76	+0,74	619	
2.	MANO Leonor Mil	07	Nautico Academico	27.88	+0,75	611	
3.	FRANCO Catarina Andrade	07	Geslours	27.91	+0,58	609	
4.	PEREIRA Victoria Frogeri	08	Ba-Leiria	28.40	+0,81	578	
5.	PEREIRA Maria Silva	08	Ginasio de Vila Real	28.82	+0,77	554	
6.	AMADOR Erica Domitila	07	Estarreja	28.87	+0,75	551	
	CACHACO Beatriz Heitor	07	Geslours	28.87	+0,76	551	
8.	NEVES Ana Carolina	08	Fluvial Portuense	28.90	+0,59	549	
9.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	29.11	+0,75	537	
10.	SILVA Carolina Martins	07	Estarreja	29.16	+0,81	534	
11.	NUNES Marta Filipa	07	Viver Santarem	29.26	+0,83	529	
12.	RODRIGUES Carolina Fernandes	08	Uniao Piedense	29.28		528	
13.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	29.42	+0,84	520	
14.	SILVA Carlota Filipa	08	Portinado	29.46	+0,66	518	
15.	LIGEIRO Sara Silva	08	Viana Natacao	29.81	+0,85	500	
16.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	29.91	+0,70	495	
17.	SOUSA Maria Rita	07	Desportiva de Viana	30.00	+0,75	491	
18.	PIRES Ana Beatriz	08	Uniao Piedense	30.44	+0,82	470	
19.	ANTONIO Rafaela Mariano	07	Portinado	31.94	+0,53	406	

Prova 19 Masc., 100m Bruços Juvenis A
01/04/2022 - 16:50 Resultados

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	1:08.65	+0,68	568	
	50m: 32.74 32.74 100m: 1:08.65 35.91						
2.	BONNIZ Pedro Goncalves	06	Geslours	1:08.91	+0,71	562	
	50m: 32.50 32.50 100m: 1:08.91 36.41						
3.	OLIVEIRA Tomas Varanda	06	Cumbobila Cantanhedense	1:09.02	+0,55	559	
	50m: 32.79 32.79 100m: 1:09.02 36.23						
4.	COSTA Tomas Mendes	06	Famalicao	1:09.66	+0,72	544	
	50m: 32.82 32.82 100m: 1:09.66 36.84						
5.	FERNANDES Leonardo Freitas	06	Famalicao	1:09.93	+0,73	538	
	50m: 32.77 32.77 100m: 1:09.93 37.16						

Prova 19, Masc., 100m Bruços, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MORAIS David Miguel	06	Benfica	1:11.22	+0,72	509	
	50m: 34.19 34.19	100m: 1:11.22 37.03					
7.	ALMEIDA Afonso Silvestre	06	Amadora	1:11.49	+0,75	503	
	50m: 33.47 33.47	100m: 1:11.49 38.02					
8.	FERNANDES Duarte Jose	06	Uniao Coimbra	1:12.14	+0,71	490	
	50m: 33.22 33.22	100m: 1:12.14 38.92					
9.	JEVIC Milan Santos	06	Braga	1:12.80	+0,76	476	
	50m: 33.44 33.44	100m: 1:12.80 39.36					
10.	EVARISTO Bernardo Miguel	06	Gualdim Pais	1:13.28	+0,72	467	
	50m: 32.81 32.81	100m: 1:13.28 40.47					

Prova 19 Masc., 100m Bruços 01/04/2022 - 16:50

Juvenis B Resultados

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26/07/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	1:06.94	+0,75	613	
	50m: 32.42 32.42	100m: 1:06.94 34.52					
2.	COLACO Goncalo Pereira	07	Ba-Leiria	1:11.12	+0,66	511	
	50m: 33.95 33.95	100m: 1:11.12 37.17					
3.	NUNES Duarte Ramos	07	Galitos / Bresimar	1:13.59	+0,63	461	
	50m: 34.75 34.75	100m: 1:13.59 38.84					
4.	SARAGOCA Eduardo Sousa	07	Viana Natacao	1:15.30	+0,82	431	
	50m: 35.08 35.08	100m: 1:15.30 40.22					
5.	IONAS Daniel	07	Amadora	1:15.63	+0,76	425	
	50m: 34.78 34.78	100m: 1:15.63 40.85					
6.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:15.66	+0,63	424	
	50m: 35.31 35.31	100m: 1:15.66 40.35					
7.	MARTINS Diogo Miguel	07	Geslours	1:15.99	+0,67	419	
	50m: 34.87 34.87	100m: 1:15.99 41.12					
8.	SIMÕES Francisco Marques	07	Ba-Leiria	1:16.39	+0,73	412	
	50m: 35.69 35.69	100m: 1:16.39 40.70					
	CARREIRA Duarte Maria	07	Porto	1:16.39	+0,91	412	
	50m: 35.18 35.18	100m: 1:16.39 41.21					

Prova 19, Masc., 100m Bruços

Prova 19

Masc., 100m Bruços

Juvenis

01/04/2022 - 16:50

Resultados

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25/07/2019
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26/07/2018

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	1:06.94	+0,75	613	
	50m: 32.42 32.42	100m: 1:06.94	34.52				
2.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	1:08.65	+0,68	568	
	50m: 32.74 32.74	100m: 1:08.65	35.91				
3.	BONNIZ Pedro Goncalves	06	Geslours	1:08.91	+0,71	562	
	50m: 32.50 32.50	100m: 1:08.91	36.41				
4.	OLIVEIRA Tomas Varanda	06	Cumbobila Cantanhedense	1:09.02	+0,55	559	
	50m: 32.79 32.79	100m: 1:09.02	36.23				
5.	COSTA Tomas Mendes	06	Famalicao	1:09.66	+0,72	544	
	50m: 32.82 32.82	100m: 1:09.66	36.84				
6.	FERNANDES Leonardo Freitas	06	Famalicao	1:09.93	+0,73	538	
	50m: 32.77 32.77	100m: 1:09.93	37.16				
7.	COLACO Goncalo Pereira	07	Ba-Leiria	1:11.12	+0,66	511	
	50m: 33.95 33.95	100m: 1:11.12	37.17				
8.	MORAIS David Miguel	06	Benfica	1:11.22	+0,72	509	
	50m: 34.19 34.19	100m: 1:11.22	37.03				
9.	ALMEIDA Afonso Silvestre	06	Amadora	1:11.49	+0,75	503	
	50m: 33.47 33.47	100m: 1:11.49	38.02				
10.	FERNANDES Duarte Jose	06	Uniao Coimbra	1:12.14	+0,71	490	
	50m: 33.22 33.22	100m: 1:12.14	38.92				
11.	JEVIC Milan Santos	06	Braga	1:12.80	+0,76	476	
	50m: 33.44 33.44	100m: 1:12.80	39.36				
12.	EVARISTO Bernardo Miguel	06	Gualdim Pais	1:13.28	+0,72	467	
	50m: 32.81 32.81	100m: 1:13.28	40.47				
13.	NUNES Duarte Ramos	07	Galitos / Bresimar	1:13.59	+0,63	461	
	50m: 34.75 34.75	100m: 1:13.59	38.84				
14.	SARAGOCA Eduardo Sousa	07	Viana Natacao	1:15.30	+0,82	431	
	50m: 35.08 35.08	100m: 1:15.30	40.22				
15.	IONAS Daniel	07	Amadora	1:15.63	+0,76	425	
	50m: 34.78 34.78	100m: 1:15.63	40.85				
16.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:15.66	+0,63	424	
	50m: 35.31 35.31	100m: 1:15.66	40.35				
17.	MARTINS Diogo Miguel	07	Geslours	1:15.99	+0,67	419	
	50m: 34.87 34.87	100m: 1:15.99	41.12				

Splash Meet Manager, 11.72441

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Prova 19, Masc., 100m Bruços, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SIMÕES Francisco Marques	07	Ba-Leiria	1:16.39	+0,73	412	
	50m: 35.69 35.69	100m: 1:16.39	40.70				
	CARREIRA Duarte Maria	07	Porto	1:16.39	+0,91	412	
	50m: 35.18 35.18	100m: 1:16.39	41.21				

Prova 20

01/04/2022 - 16:55

Femin., 100m Bruços

Juvenis A

Resultados

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31/05/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LEAL Matilde Barros	07	Aquatico Pacense	1:17.20	+0,77	573	
	50m: 36.53 36.53	100m: 1:17.20	40.67				
2.	SILVA Nuria Soares	07	Sao Joao Ver	1:18.02	+0,70	555	
	50m: 36.17 36.17	100m: 1:18.02	41.85				
3.	SANTOS Rita Machita	07	Naval Setubalense	1:19.17	+0,84	531	
	50m: 37.03 37.03	100m: 1:19.17	42.14				
4.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	1:20.34	+0,72	508	
	50m: 37.35 37.35	100m: 1:20.34	42.99				
5.	GONCALVES Valentina Jose	07	Desportivo Nacional	1:20.86	+0,75	498	
	50m: 37.73 37.73	100m: 1:20.86	43.13				
6.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	1:21.08	+0,84	494	
	50m: 38.60 38.60	100m: 1:21.08	42.48				
7.	TEIXEIRA Joana Navega	07	Fluvial Portuense	1:21.11	+0,63	494	
	50m: 38.67 38.67	100m: 1:21.11	42.44				
8.	PEREIRA Beatriz Azevedo	07	Sao Joao Ver	1:21.34	+0,71	490	
	50m: 36.70 36.70	100m: 1:21.34	44.64				
9.	TOJO Clara Vieira	07	Benfica	1:21.55	+0,89	486	
	50m: 38.87 38.87	100m: 1:21.55	42.68				
10.	PINA Laura Almeida	07	O Crasto	1:22.38	+0,92	471	
	50m: 38.18 38.18	100m: 1:22.38	44.20				
11.	CAMARA Ines Cruz	07	Desportivo Nacional	1:22.54	+0,83	469	
	50m: 38.93 38.93	100m: 1:22.54	43.61				
12.	NUNES Noa Pinho	07	Sporting de Aveiro	1:23.49	+0,93	453	
	50m: 38.82 38.82	100m: 1:23.49	44.67				
13.	CUNHA Beatriz Teixeira	07	Leixoes	1:23.95	+0,81	445	
	50m: 38.80 38.80	100m: 1:23.95	45.15				
14.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	1:24.70	+0,80	434	
	50m: 39.84 39.84	100m: 1:24.70	44.86				

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Prova 20, Femin., 100m Bruços

Prova 20 Femin., 100m Bruços Juvenis B
01/04/2022 - 16:55 Resultados

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29/07/2010

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Maria Ines	08	Gafanha da Encarnacao	1:19.19	+0,82	531	
	50m: 37.39 37.39	100m: 1:19.19	41.80				
2.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	1:19.53	+0,67	524	
	50m: 36.70 36.70	100m: 1:19.53	42.83				
3.	GUERRA Matilde Militao	08	Colegio Monte Maior	1:19.90	+0,63	517	
	50m: 37.26 37.26	100m: 1:19.90	42.64				
4.	LEITE Maria Alexandra	08	Braga	1:20.20	+0,69	511	
	50m: 37.48 37.48	100m: 1:20.20	42.72				
5.	PEREIRA Julia Freitas	08	Naval do Funchal	1:21.86	+0,62	480	
	50m: 37.35 37.35	100m: 1:21.86	44.51				
6.	PEREIRA Victoria Frogeri	08	Ba-Leiria	1:23.28	+0,73	456	
	50m: 39.08 39.08	100m: 1:23.28	44.20				
7.	GOMES Rita Silva	08	Colegio Efanor	1:23.64	+0,82	450	
	50m: 38.50 38.50	100m: 1:23.64	45.14				
8.	CASTRO Laura Doellinger	08	Fafe	1:24.30	+0,96	440	
	50m: 39.33 39.33	100m: 1:24.30	44.97				

Prova 20 Femin., 100m Bruços Juvenis B
01/04/2022 - 16:55 Resultados

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31/05/2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29/07/2010

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LEAL Matilde Barros	07	Aquatico Pacense	1:17.20	+0,77	573	
	50m: 36.53 36.53	100m: 1:17.20	40.67				
2.	SILVA Nuria Soares	07	Sao Joao Ver	1:18.02	+0,70	555	
	50m: 36.17 36.17	100m: 1:18.02	41.85				
3.	SANTOS Rita Machita	07	Naval Setubalense	1:19.17	+0,84	531	
	50m: 37.03 37.03	100m: 1:19.17	42.14				
4.	SILVA Maria Ines	08	Gafanha da Encarnacao	1:19.19	+0,82	531	
	50m: 37.39 37.39	100m: 1:19.19	41.80				
5.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	1:19.53	+0,67	524	
	50m: 36.70 36.70	100m: 1:19.53	42.83				
6.	GUERRA Matilde Militao	08	Colegio Monte Maior	1:19.90	+0,63	517	
	50m: 37.26 37.26	100m: 1:19.90	42.64				

Splash Meet Manager, 11.72441

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Prova 20, Femin., 100m Bruços, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	LEITE Maria Alexandra	08	Braga	1:20.20	+0,69	511	
	50m: 37.48 37.48 100m: 1:20.20 42.72						
8.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	1:20.34	+0,72	508	
	50m: 37.35 37.35 100m: 1:20.34 42.99						
9.	GONCALVES Valentina Jose	07	Desportivo Nacional	1:20.86	+0,75	498	
	50m: 37.73 37.73 100m: 1:20.86 43.13						
10.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	1:21.08	+0,84	494	
	50m: 38.60 38.60 100m: 1:21.08 42.48						
11.	TEIXEIRA Joana Navega	07	Fluvial Portuense	1:21.11	+0,63	494	
	50m: 38.67 38.67 100m: 1:21.11 42.44						
12.	PEREIRA Beatriz Azevedo	07	Sao Joao Ver	1:21.34	+0,71	490	
	50m: 36.70 36.70 100m: 1:21.34 44.64						
13.	TOJO Clara Vieira	07	Benfica	1:21.55	+0,89	486	
	50m: 38.87 38.87 100m: 1:21.55 42.68						
14.	PEREIRA Julia Freitas	08	Naval do Funchal	1:21.86	+0,62	480	
	50m: 37.35 37.35 100m: 1:21.86 44.51						
15.	PINA Laura Almeida	07	O Crasto	1:22.38	+0,92	471	
	50m: 38.18 38.18 100m: 1:22.38 44.20						
16.	CAMARA Ines Cruz	07	Desportivo Nacional	1:22.54	+0,83	469	
	50m: 38.93 38.93 100m: 1:22.54 43.61						
17.	PEREIRA Victoria Frogeri	08	Ba-Leiria	1:23.28	+0,73	456	
	50m: 39.08 39.08 100m: 1:23.28 44.20						
18.	NUNES Noa Pinho	07	Sporting de Aveiro	1:23.49	+0,93	453	
	50m: 38.82 38.82 100m: 1:23.49 44.67						
19.	GOMES Rita Silva	08	Colegio Efanor	1:23.64	+0,82	450	
	50m: 38.50 38.50 100m: 1:23.64 45.14						
20.	CUNHA Beatriz Teixeira	07	Leixoes	1:23.95	+0,81	445	
	50m: 38.80 38.80 100m: 1:23.95 45.15						
21.	CASTRO Laura Doellinger	08	Fafe	1:24.30	+0,96	440	
	50m: 39.33 39.33 100m: 1:24.30 44.97						
22.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	1:24.70	+0,80	434	
	50m: 39.84 39.84 100m: 1:24.70 44.86						

Prova 21

01/04/2022 - 17:05

Masc., 400m Estilos

Juvenis A

Resultados

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ZHUKOV Mark	06	Braga	4:51.80	+0,69	583	
	50m: 29.47 29.47	150m: 1:42.45 38.63	250m: 3:01.26 42.09	350m: 4:17.96 34.30			
	100m: 1:03.82 34.35	200m: 2:19.17 36.72	300m: 3:43.66 42.40	400m: 4:51.80 33.84			
2.	ALVES Andre Correia	06	Uniao Piedense	4:53.37	+0,72	574	
	50m: 30.64 30.64	150m: 1:43.62 37.33	250m: 3:03.53 42.95	350m: 4:21.00 34.00			
	100m: 1:06.29 35.65	200m: 2:20.58 36.96	300m: 3:47.00 43.47	400m: 4:53.37 32.37			
3.	FAFTINE Kaio Araujo	06	Sporting	4:55.53	+0,64	561	
	50m: 29.96 29.96	150m: 1:45.08 39.17	250m: 3:06.89 42.44	350m: 4:23.94 33.94			
	100m: 1:05.91 35.95	200m: 2:24.45 39.37	300m: 3:50.00 43.11	400m: 4:55.53 31.59			
4.	CASTRO Vasco Monteiro	06	Porto	4:58.02	+0,96	547	
	50m: 30.80 30.80	150m: 1:45.46 37.77	250m: 3:06.44 43.97	350m: 4:25.34 33.26			
	100m: 1:07.69 36.89	200m: 2:22.47 37.01	300m: 3:52.08 45.64	400m: 4:58.02 32.68			
5.	RAMOS Gustavo Gomes	06	Porto	5:00.88	+0,73	532	
	50m: 30.13 30.13	150m: 1:45.59 40.57	250m: 3:09.62 45.49	350m: 4:28.31 33.44			
	100m: 1:05.02 34.89	200m: 2:24.13 38.54	300m: 3:54.87 45.25	400m: 5:00.88 32.57			
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:00.98	+0,87	531	
	50m: 29.93 29.93	150m: 1:44.41 39.35	250m: 3:08.05 44.89	350m: 4:28.08 34.00			
	100m: 1:05.06 35.13	200m: 2:23.16 38.75	300m: 3:54.08 46.03	400m: 5:00.98 32.90			
7.	SANTOS Rui Miguel	06	Famalicao	5:03.04	+0,83	520	
	50m: 30.38 30.38	150m: 1:46.86 40.12	250m: 3:11.29 44.22	350m: 4:30.88 35.42			
	100m: 1:06.74 36.36	200m: 2:27.07 40.21	300m: 3:55.46 44.17	400m: 5:03.04 32.16			
8.	FARIA Eduardo Nuno	06	Braga	5:03.09	+0,80	520	
	50m: 31.01 31.01	150m: 1:47.50 40.09	250m: 3:10.52 43.28	350m: 4:29.70 34.94			
	100m: 1:07.41 36.40	200m: 2:27.24 39.74	300m: 3:54.76 44.24	400m: 5:03.09 33.39			
9.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	5:04.82	+0,71	511	
	50m: 31.49 31.49	150m: 1:46.74 37.54	250m: 3:10.62 46.23	350m: 4:30.72 34.48			
	100m: 1:09.20 37.71	200m: 2:24.39 37.65	300m: 3:56.24 45.62	400m: 5:04.82 34.10			
10.	PINTO Mark Ronald	06	Louletano / Loule Concelho	5:08.86	+0,75	492	
	50m: 30.61 30.61	150m: 1:46.64 40.55	250m: 3:11.23 45.13	350m: 4:33.68 36.77			
	100m: 1:06.09 35.48	200m: 2:26.10 39.46	300m: 3:56.91 45.68	400m: 5:08.86 35.18			
11.	FERNANDES Duarte Jose	06	Uniao Coimbra	5:10.10	+0,69	486	
	50m: 30.08 30.08	150m: 1:48.67 42.55	250m: 3:11.06 41.91	350m: 4:33.81 37.96			
	100m: 1:06.12 36.04	200m: 2:29.15 40.48	300m: 3:55.85 44.79	400m: 5:10.10 36.29			

DSQ TIGRE Pedro Bethlem 06 Sporting
SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso

Prova 21, Masc., 400m Estilos

Prova 21 Masc., 400m Estilos Juvenis B
01/04/2022 - 17:05 Resultados

Rec Nac Absoluto 4:15.84 SANTOS Alexis Manacas POR Rio de Janeiro (BRA) 06/08/2016
Rec Nac Juv B 4:37.06 VITAL Joao Alexandre POR Utrecht (NED) 16/07/2013

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRUZ Leonardo Jose	07	Alcobaca	4:51.94	+0,57	582	
	50m: 30.19 30.19	150m: 1:43.37 37.81	250m: 3:02.02 41.93	350m: 4:19.31 33.85			
	100m: 1:05.56 35.37	200m: 2:20.09 36.72	300m: 3:45.46 43.44	400m: 4:51.94 32.63			
2.	REIS Leonardo Conceicao	07	Sporting	4:56.11	+0,66	558	
	50m: 29.95 29.95	150m: 1:42.50 37.98	250m: 3:03.90 43.22	350m: 4:22.28 34.67			
	100m: 1:04.52 34.57	200m: 2:20.68 38.18	300m: 3:47.61 43.71	400m: 4:56.11 33.83			
3.	RODRIGUES Gil Afonso	07	Fluvial Portuense	5:03.70	+0,77	517	
	50m: 30.38 30.38	150m: 1:46.92 40.18	250m: 3:09.74 43.34	350m: 4:29.87 35.58			
	100m: 1:06.74 36.36	200m: 2:26.40 39.48	300m: 3:54.29 44.55	400m: 5:03.70 33.83			
4.	ALMEIDA Joao Francisco	07	Naval do Funchal	5:07.02	+0,63	500	
	50m: 31.17 31.17	150m: 1:48.94 41.22	250m: 3:14.07 44.79	350m: 4:33.39 34.94			
	100m: 1:07.72 36.55	200m: 2:29.28 40.34	300m: 3:58.45 44.38	400m: 5:07.02 33.63			
5.	ASMAR Axel Guedes	07	Sporting	5:08.51	+0,73	493	
	50m: 30.10 30.10	150m: 1:47.06 40.54	250m: 3:13.58 45.11	350m: 4:35.22 35.03			
	100m: 1:06.52 36.42	200m: 2:28.47 41.41	300m: 4:00.19 46.61	400m: 5:08.51 33.29			
6.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	5:10.05	+0,64	486	
	50m: 30.19 30.19	150m: 1:46.19 39.51	250m: 3:10.58 45.92	350m: 4:34.54 36.69			
	100m: 1:06.68 36.49	200m: 2:24.66 38.47	300m: 3:57.85 47.27	400m: 5:10.05 35.51			
7.	MARTELO Francisco Bernardes	07	Porto	5:12.70	+0,84	474	
	50m: 30.24 30.24	150m: 1:49.39 43.15	250m: 3:16.61 46.52	350m: 4:38.14 35.27			
	100m: 1:06.24 36.00	200m: 2:30.09 40.70	300m: 4:02.87 46.26	400m: 5:12.70 34.56			
8.	GODINHO Rafael Pacheco	07	Sporting	5:13.65	+0,99	469	
	50m: 30.71 30.71	150m: 1:50.40 42.67	250m: 3:16.07 44.27	350m: 4:38.57 37.04			
	100m: 1:07.73 37.02	200m: 2:31.80 41.40	300m: 4:01.53 45.46	400m: 5:13.65 35.08			
9.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	5:16.92	+0,77	455	
	50m: 32.96 32.96	150m: 1:51.48 40.52	250m: 3:17.73 45.90	350m: 4:41.51 36.79			
	100m: 1:10.96 38.00	200m: 2:31.83 40.35	300m: 4:04.72 46.99	400m: 5:16.92 35.41			
10.	FERREIRA Miguel Guedes	07	Porto	5:17.17	+0,84	454	
	50m: 32.50 32.50	150m: 1:52.78 41.94	250m: 3:21.79 48.54	350m: 4:43.48 34.37			
	100m: 1:10.84 38.34	200m: 2:33.25 40.47	300m: 4:09.11 47.32	400m: 5:17.17 33.69			
11.	DORES Tomas Rocha	07	Colegio Efanor	5:17.19	+0,77	454	
	50m: 30.96 30.96	150m: 1:49.64 40.84	250m: 3:17.39 46.67	350m: 4:41.29 35.48			
	100m: 1:08.80 37.84	200m: 2:30.72 41.08	300m: 4:05.81 48.42	400m: 5:17.19 35.90			
12.	PINTO Pedro Miguel	07	Fafe	5:17.45	+0,94	453	
	50m: 31.87 31.87	150m: 1:51.43 42.29	250m: 3:17.76 45.90	350m: 4:41.95 37.49			
	100m: 1:09.14 37.27	200m: 2:31.86 40.43	300m: 4:04.46 46.70	400m: 5:17.45 35.50			

DSQ MIMOSO Rafael Miguel 07 Benfica
SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso

Prova 21, Masc., 400m Estilos

Prova 21

Masc., 400m Estilos

Juvenis

01/04/2022 - 17:05

Resultados

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16/07/2013

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ZHUKOV Mark	06	Braga	4:51.80	+0,69	583	
	50m: 29.47 29.47	150m: 1:42.45 38.63	250m: 3:01.26 42.09	350m: 4:17.96 34.30			
	100m: 1:03.82 34.35	200m: 2:19.17 36.72	300m: 3:43.66 42.40	400m: 4:51.80 33.84			
2.	CRUZ Leonardo Jose	07	Alcobaca	4:51.94	+0,57	582	
	50m: 30.19 30.19	150m: 1:43.37 37.81	250m: 3:02.02 41.93	350m: 4:19.31 33.85			
	100m: 1:05.56 35.37	200m: 2:20.09 36.72	300m: 3:45.46 43.44	400m: 4:51.94 32.63			
3.	ALVES Andre Correia	06	Uniao Piedense	4:53.37	+0,72	574	
	50m: 30.64 30.64	150m: 1:43.62 37.33	250m: 3:03.53 42.95	350m: 4:21.00 34.00			
	100m: 1:06.29 35.65	200m: 2:20.58 36.96	300m: 3:47.00 43.47	400m: 4:53.37 32.37			
4.	FAFTINE Kaio Araujo	06	Sporting	4:55.53	+0,64	561	
	50m: 29.96 29.96	150m: 1:45.08 39.17	250m: 3:06.89 42.44	350m: 4:23.94 33.94			
	100m: 1:05.91 35.95	200m: 2:24.45 39.37	300m: 3:50.00 43.11	400m: 4:55.53 31.59			
5.	REIS Leonardo Conceicao	07	Sporting	4:56.11	+0,66	558	
	50m: 29.95 29.95	150m: 1:42.50 37.98	250m: 3:03.90 43.22	350m: 4:22.28 34.67			
	100m: 1:04.52 34.57	200m: 2:20.68 38.18	300m: 3:47.61 43.71	400m: 4:56.11 33.83			
6.	CASTRO Vasco Monteiro	06	Porto	4:58.02	+0,96	547	
	50m: 30.80 30.80	150m: 1:45.46 37.77	250m: 3:06.44 43.97	350m: 4:25.34 33.26			
	100m: 1:07.69 36.89	200m: 2:22.47 37.01	300m: 3:52.08 45.64	400m: 4:58.02 32.68			
7.	RAMOS Gustavo Gomes	06	Porto	5:00.88	+0,73	532	
	50m: 30.13 30.13	150m: 1:45.59 40.57	250m: 3:09.62 45.49	350m: 4:28.31 33.44			
	100m: 1:05.02 34.89	200m: 2:24.13 38.54	300m: 3:54.87 45.25	400m: 5:00.88 32.57			
8.	CORREIA Tiago Almeida	06	Natacao do Montijo	5:00.98	+0,87	531	
	50m: 29.93 29.93	150m: 1:44.41 39.35	250m: 3:08.05 44.89	350m: 4:28.08 34.00			
	100m: 1:05.06 35.13	200m: 2:23.16 38.75	300m: 3:54.08 46.03	400m: 5:00.98 32.90			
9.	SANTOS Rui Miguel	06	Famalicao	5:03.04	+0,83	520	
	50m: 30.38 30.38	150m: 1:46.86 40.12	250m: 3:11.29 44.22	350m: 4:30.88 35.42			
	100m: 1:06.74 36.36	200m: 2:27.07 40.21	300m: 3:55.46 44.17	400m: 5:03.04 32.16			
10.	FARIA Eduardo Nuno	06	Braga	5:03.09	+0,80	520	
	50m: 31.01 31.01	150m: 1:47.50 40.09	250m: 3:10.52 43.28	350m: 4:29.70 34.94			
	100m: 1:07.41 36.40	200m: 2:27.24 39.74	300m: 3:54.76 44.24	400m: 5:03.09 33.39			
11.	RODRIGUES Gil Afonso	07	Fluvial Portuense	5:03.70	+0,77	517	
	50m: 30.38 30.38	150m: 1:46.92 40.18	250m: 3:09.74 43.34	350m: 4:29.87 35.58			
	100m: 1:06.74 36.36	200m: 2:26.40 39.48	300m: 3:54.29 44.55	400m: 5:03.70 33.83			
12.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	5:04.82	+0,71	511	
	50m: 31.49 31.49	150m: 1:46.74 37.54	250m: 3:10.62 46.23	350m: 4:30.72 34.48			
	100m: 1:09.20 37.71	200m: 2:24.39 37.65	300m: 3:56.24 45.62	400m: 5:04.82 34.10			
13.	ALMEIDA Joao Francisco	07	Naval do Funchal	5:07.02	+0,63	500	
	50m: 31.17 31.17	150m: 1:48.94 41.22	250m: 3:14.07 44.79	350m: 4:33.39 34.94			
	100m: 1:07.72 36.55	200m: 2:29.28 40.34	300m: 3:58.45 44.38	400m: 5:07.02 33.63			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO

CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL

PARCEIROS



Prova 21, Masc., 400m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ASMAR Axel Guedes	07	Sporting	5:08.51	+0,73	493	
	50m: 30.10 30.10	150m: 1:47.06 40.54	250m: 3:13.58 45.11	350m: 4:35.22 35.03			
	100m: 1:06.52 36.42	200m: 2:28.47 41.41	300m: 4:00.19 46.61	400m: 5:08.51 33.29			
15.	PINTO Mark Ronald	06	Louletano / Loule Concelho	5:08.86	+0,75	492	
	50m: 30.61 30.61	150m: 1:46.64 40.55	250m: 3:11.23 45.13	350m: 4:33.68 36.77			
	100m: 1:06.09 35.48	200m: 2:26.10 39.46	300m: 3:56.91 45.68	400m: 5:08.86 35.18			
16.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	5:10.05	+0,64	486	
	50m: 30.19 30.19	150m: 1:46.19 39.51	250m: 3:10.58 45.92	350m: 4:34.54 36.69			
	100m: 1:06.68 36.49	200m: 2:24.66 38.47	300m: 3:57.85 47.27	400m: 5:10.05 35.51			
17.	FERNANDES Duarte Jose	06	Uniao Coimbra	5:10.10	+0,69	486	
	50m: 30.08 30.08	150m: 1:48.67 42.55	250m: 3:11.06 41.91	350m: 4:33.81 37.96			
	100m: 1:06.12 36.04	200m: 2:29.15 40.48	300m: 3:55.85 44.79	400m: 5:10.10 36.29			
18.	MARTELO Francisco Bernardes	07	Porto	5:12.70	+0,84	474	
	50m: 30.24 30.24	150m: 1:49.39 43.15	250m: 3:16.61 46.52	350m: 4:38.14 35.27			
	100m: 1:06.24 36.00	200m: 2:30.09 40.70	300m: 4:02.87 46.26	400m: 5:12.70 34.56			
19.	GODINHO Rafael Pacheco	07	Sporting	5:13.65	+0,99	469	
	50m: 30.71 30.71	150m: 1:50.40 42.67	250m: 3:16.07 44.27	350m: 4:38.57 37.04			
	100m: 1:07.73 37.02	200m: 2:31.80 41.40	300m: 4:01.53 45.46	400m: 5:13.65 35.08			
20.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	5:16.92	+0,77	455	
	50m: 32.96 32.96	150m: 1:51.48 40.52	250m: 3:17.73 45.90	350m: 4:41.51 36.79			
	100m: 1:10.96 38.00	200m: 2:31.83 40.35	300m: 4:04.72 46.99	400m: 5:16.92 35.41			
21.	FERREIRA Miguel Guedes	07	Porto	5:17.17	+0,84	454	
	50m: 32.50 32.50	150m: 1:52.78 41.94	250m: 3:21.79 48.54	350m: 4:43.48 34.37			
	100m: 1:10.84 38.34	200m: 2:33.25 40.47	300m: 4:09.11 47.32	400m: 5:17.17 33.69			
22.	DORES Tomas Rocha	07	Colegio Efanor	5:17.19	+0,77	454	
	50m: 30.96 30.96	150m: 1:49.64 40.84	250m: 3:17.39 46.67	350m: 4:41.29 35.48			
	100m: 1:08.80 37.84	200m: 2:30.72 41.08	300m: 4:05.81 48.42	400m: 5:17.19 35.90			
23.	PINTO Pedro Miguel	07	Fafe	5:17.45	+0,94	453	
	50m: 31.87 31.87	150m: 1:51.43 42.29	250m: 3:17.76 45.90	350m: 4:41.95 37.49			
	100m: 1:09.14 37.27	200m: 2:31.86 40.43	300m: 4:04.46 46.70	400m: 5:17.45 35.50			
DSQ	TIGRE Pedro Bethlem	06	Sporting				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso						
DSQ	MIMOSO Rafael Miguel	07	Benfica				
	SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso						
EXH	FOMIN Yury	06	Louletano / Loule Concelho	4:46.15	+0,70	618	
	50m: 29.95 29.95	150m: 1:42.37 37.25	250m: 2:59.61 41.39	350m: 4:13.92 32.92			
	100m: 1:05.12 35.17	200m: 2:18.22 35.85	300m: 3:41.00 41.39	400m: 4:46.15 32.23			

Prova 22 Femin., 4 x 200m Livres Juvenis A
01/04/2022 - 17:20 Resultados

Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14/04/2019
Rec Nac Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01/04/2015
Rec Nac Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23/07/2015

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Naval Setubalense-JUV A	9:38.79	+0,78	503	
	SANTOS Rita Machita	07 +0,78 32.35 1:08.04	1:44.79 2:21.40	2:21.40	
	MAGALHAES Leticia Rodrigues	07 33.35 1:11.53	1:51.27 2:29.50	2:29.50	
	BOTELHO Margarida Santos	07 +0,21 32.56 1:09.67	1:49.07 2:28.37	2:28.37	
	ALVES Sara Sofia	07 +0,55 31.18 1:06.65	1:43.27 2:19.52	2:19.52	

5 - 3ª Jornada - 1ª Sessão 02/04/2022 - 9:00

Prova 23 Masc., 800m Livres Juvenis A
02/04/2022 - 9:00 Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	8:53.23	+0,69	609	
	50m: 29.98 29.98	250m: 2:45.11 33.32	450m: 4:59.98 33.45	650m: 7:14.01 33.22			
	100m: 1:03.67 33.69	300m: 3:19.21 34.10	500m: 5:32.90 32.92	700m: 7:47.83 33.82			
	150m: 1:37.67 34.00	350m: 3:52.62 33.41	550m: 6:06.70 33.80	750m: 8:21.00 33.17			
	200m: 2:11.79 34.12	400m: 4:26.53 33.91	600m: 6:40.79 34.09	800m: 8:53.23 32.23			
2.	ALVES Andre Correia	06	Uniao Piedense	8:58.30	+0,72	592	
	50m: 29.57 29.57	250m: 2:45.23 33.86	450m: 5:01.22 33.87	650m: 7:18.39 33.89			
	100m: 1:02.62 33.05	300m: 3:19.01 33.78	500m: 5:35.36 34.14	700m: 7:52.18 33.79			
	150m: 1:37.14 34.52	350m: 3:53.09 34.08	550m: 6:10.25 34.89	750m: 8:25.89 33.71			
	200m: 2:11.37 34.23	400m: 4:27.35 34.26	600m: 6:44.50 34.25	800m: 8:58.30 32.41			
3.	BAPTISTA Guilherme Fernandes	06	Benfica	9:04.03	+0,76	573	
	50m: 29.68 29.68	250m: 2:45.66 33.96	450m: 5:03.22 34.70	650m: 7:22.88 34.53			
	100m: 1:03.29 33.61	300m: 3:19.81 34.15	500m: 5:37.83 34.61	700m: 7:57.97 35.09			
	150m: 1:37.50 34.21	350m: 3:54.07 34.26	550m: 6:12.94 35.11	750m: 8:31.98 34.01			
	200m: 2:11.70 34.20	400m: 4:28.52 34.45	600m: 6:48.35 35.41	800m: 9:04.03 32.05			
4.	FARIA Eduardo Nuno	06	Braga	9:04.06	+0,74	573	
	50m: 30.38 30.38	250m: 2:46.75 34.65	450m: 5:05.11 34.37	650m: 7:24.84 34.49			
	100m: 1:03.37 32.99	300m: 3:21.50 34.75	500m: 5:40.26 35.15	700m: 7:59.22 34.38			
	150m: 1:37.56 34.19	350m: 3:55.89 34.39	550m: 6:15.24 34.98	750m: 8:32.14 32.92			
	200m: 2:12.10 34.54	400m: 4:30.74 34.85	600m: 6:50.35 35.11	800m: 9:04.06 31.92			
5.	FRAZAO Francisco Couto	06	Uniao Coimbra	9:06.67	+0,66	565	
	50m: 30.84 30.84	250m: 2:49.90 34.50	450m: 5:09.92 33.88	650m: 7:26.68 33.90			
	100m: 1:05.21 34.37	300m: 3:24.84 34.94	500m: 5:44.41 34.49	700m: 8:00.68 34.00			
	150m: 1:40.30 35.09	350m: 4:00.71 35.87	550m: 6:18.57 34.16	750m: 8:34.53 33.85			
	200m: 2:15.40 35.10	400m: 4:36.04 35.33	600m: 6:52.78 34.21	800m: 9:06.67 32.14			

Prova 23, Masc., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	9:10.03	+0,78	555	
	50m: 29.63 29.63	250m: 2:46.64 35.40	450m: 5:08.69 35.45	650m: 7:29.39 35.03			
	100m: 1:02.16 32.53	300m: 3:22.18 35.54	500m: 5:43.93 35.24	700m: 8:04.71 35.32			
	150m: 1:36.69 34.53	350m: 3:57.74 35.56	550m: 6:19.09 35.16	750m: 8:38.39 33.68			
	200m: 2:11.24 34.55	400m: 4:33.24 35.50	600m: 6:54.36 35.27	800m: 9:10.03 31.64			
7.	DURAO Miguel Costa	06	Braga	9:11.31	+0,66	551	
	50m: 29.95 29.95	250m: 2:46.90 34.59	450m: 5:06.86 35.16	650m: 7:27.65 34.93			
	100m: 1:03.40 33.45	300m: 3:21.63 34.73	500m: 5:42.11 35.25	700m: 8:02.99 35.34			
	150m: 1:37.92 34.52	350m: 3:56.81 35.18	550m: 6:17.62 35.51	750m: 8:38.08 35.09			
	200m: 2:12.31 34.39	400m: 4:31.70 34.89	600m: 6:52.72 35.10	800m: 9:11.31 33.23			
8.	BARROS Joao Carlos	06	Fluvial Portuense	9:11.44	+0,67	551	
	50m: 31.38 31.38	250m: 2:50.10 34.94	450m: 5:10.34 34.91	650m: 7:30.32 35.24			
	100m: 1:05.12 33.74	300m: 3:25.46 35.36	500m: 5:45.07 34.73	700m: 8:05.11 34.79			
	150m: 1:39.84 34.72	350m: 4:00.30 34.84	550m: 6:19.91 34.84	750m: 8:38.53 33.42			
	200m: 2:15.16 35.32	400m: 4:35.43 35.13	600m: 6:55.08 35.17	800m: 9:11.44 32.91			
9.	BRANDAO Afonso Aires	06	Desportiva de Viana	9:12.69	+0,63	547	
	50m: 30.12 30.12	250m: 2:49.84 35.57	450m: 5:12.71 35.85	650m: 7:33.37 34.59			
	100m: 1:04.11 33.99	300m: 3:25.32 35.48	500m: 5:48.07 35.36	700m: 8:07.64 34.27			
	150m: 1:39.21 35.10	350m: 4:01.07 35.75	550m: 6:23.33 35.26	750m: 8:40.58 32.94			
	200m: 2:14.27 35.06	400m: 4:36.86 35.79	600m: 6:58.78 35.45	800m: 9:12.69 32.11			
10.	JEVIC Milan Santos	06	Braga	9:12.77	+0,82	547	
	50m: 29.84 29.84	250m: 2:46.86 34.67	450m: 5:07.21 35.38	650m: 7:28.73 35.24			
	100m: 1:03.39 33.55	300m: 3:21.77 34.91	500m: 5:42.76 35.55	700m: 8:04.39 35.66			
	150m: 1:37.51 34.12	350m: 3:56.46 34.69	550m: 6:18.16 35.40	750m: 8:38.77 34.38			
	200m: 2:12.19 34.68	400m: 4:31.83 35.37	600m: 6:53.49 35.33	800m: 9:12.77 34.00			
11.	SANTOS Rui Miguel	06	Famalicao	9:19.72	+0,85	527	
	50m: 29.98 29.98	250m: 2:48.77 35.70	450m: 5:11.37 35.60	650m: 7:36.31 36.71			
	100m: 1:03.72 33.74	300m: 3:24.19 35.42	500m: 5:47.34 35.97	700m: 8:11.68 35.37			
	150m: 1:38.26 34.54	350m: 3:59.76 35.57	550m: 6:23.23 35.89	750m: 8:46.40 34.72			
	200m: 2:13.07 34.81	400m: 4:35.77 36.01	600m: 6:59.60 36.37	800m: 9:19.72 33.32			
12.	SIMÕES Manuel Costa	06	Uniao Piedense	9:29.68	+0,68	499	
	50m: 30.09 30.09	250m: 2:48.23 35.69	450m: 5:12.74 36.34	650m: 7:40.31 37.00			
	100m: 1:03.21 33.12	300m: 3:24.03 35.80	500m: 5:49.55 36.81	700m: 8:17.33 37.02			
	150m: 1:37.75 34.54	350m: 4:00.06 36.03	550m: 6:26.51 36.96	750m: 8:53.96 36.63			
	200m: 2:12.54 34.79	400m: 4:36.40 36.34	600m: 7:03.31 36.80	800m: 9:29.68 35.72			

Prova 23, Masc., 800m Livres

Prova 23

Masc., 800m Livres

Juvenis B

02/04/2022 - 9:00

Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ASMAR Axel Guedes	07	Sporting	9:14.88	+0,67	540	
	50m: 29.57 29.57	250m: 2:47.75 35.49	450m: 5:09.23 35.48	650m: 7:31.28 35.54			
	100m: 1:03.06 33.49	300m: 3:22.91 35.16	500m: 5:44.75 35.52	700m: 8:06.61 35.33			
	150m: 1:37.55 34.49	350m: 3:58.45 35.54	550m: 6:20.62 35.87	750m: 8:41.19 34.58			
	200m: 2:12.26 34.71	400m: 4:33.75 35.30	600m: 6:55.74 35.12	800m: 9:14.88 33.69			
2.	LARANJO Filipe Manso	07	Desportiva de Viana	9:15.17	+0,72	540	
	50m: 30.74 30.74	250m: 2:49.79 34.71	450m: 5:12.21 36.02	650m: 7:35.12 35.92			
	100m: 1:04.86 34.12	300m: 3:25.10 35.31	500m: 5:48.11 35.90	700m: 8:09.69 34.57			
	150m: 1:39.75 34.89	350m: 4:01.33 36.23	550m: 6:23.68 35.57	750m: 8:43.67 33.98			
	200m: 2:15.08 35.33	400m: 4:36.19 34.86	600m: 6:59.20 35.52	800m: 9:15.17 31.50			
3.	ROQUE Afonso Dinis	07	Ba-Leiria	9:20.34	+0,80	525	
	50m: 29.34 29.34	250m: 2:47.50 35.38	450m: 5:12.01 35.85	650m: 7:35.44 34.62			
	100m: 1:02.31 32.97	300m: 3:23.85 36.35	500m: 5:48.58 36.57	700m: 8:10.82 35.38			
	150m: 1:36.64 34.33	350m: 3:59.82 35.97	550m: 6:24.77 36.19	750m: 8:46.35 35.53			
	200m: 2:12.12 35.48	400m: 4:36.16 36.34	600m: 7:00.82 36.05	800m: 9:20.34 33.99			
4.	MESQUITA Tomas Afonso	07	Benfica	9:24.88	+0,67	512	
	50m: 31.24 31.24	250m: 2:52.43 36.07	450m: 5:16.05 35.94	650m: 7:38.30 35.51			
	100m: 1:05.83 34.59	300m: 3:28.25 35.82	500m: 5:51.84 35.79	700m: 8:14.48 36.18			
	150m: 1:41.00 35.17	350m: 4:04.23 35.98	550m: 6:27.13 35.29	750m: 8:49.93 35.45			
	200m: 2:16.36 35.36	400m: 4:40.11 35.88	600m: 7:02.79 35.66	800m: 9:24.88 34.95			
5.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	9:25.45	+0,81	511	
	50m: 30.31 30.31	250m: 2:47.75 35.21	450m: 5:10.57 35.71	650m: 7:36.11 36.27			
	100m: 1:03.44 33.13	300m: 3:23.21 35.46	500m: 5:46.76 36.19	700m: 8:12.83 36.72			
	150m: 1:37.95 34.51	350m: 3:59.17 35.96	550m: 6:23.61 36.85	750m: 8:49.19 36.36			
	200m: 2:12.54 34.59	400m: 4:34.86 35.69	600m: 6:59.84 36.23	800m: 9:25.45 36.26			
6.	BORGES Rodrigo Costa	07	Fluvial Portuense	9:26.76	+0,65	507	
	50m: 30.39 30.39	250m: 2:51.97 36.06	450m: 5:16.44 35.96	650m: 7:40.87 35.77			
	100m: 1:04.93 34.54	300m: 3:28.10 36.13	500m: 5:52.60 36.16	700m: 8:17.07 36.20			
	150m: 1:40.37 35.44	350m: 4:04.27 36.17	550m: 6:28.71 36.11	750m: 8:52.33 35.26			
	200m: 2:15.91 35.54	400m: 4:40.48 36.21	600m: 7:05.10 36.39	800m: 9:26.76 34.43			
7.	CARAPINHA Joao Pedro	07	Uniao Piedense	9:33.16	+0,78	490	
	50m: 31.86 31.86	250m: 2:53.79 35.34	450m: 5:18.13 35.81	650m: 7:44.19 36.43			
	100m: 1:06.61 34.75	300m: 3:30.00 36.21	500m: 5:54.61 36.48	700m: 8:20.95 36.76			
	150m: 1:42.25 35.64	350m: 4:06.25 36.25	550m: 6:30.96 36.35	750m: 8:57.17 36.22			
	200m: 2:18.45 36.20	400m: 4:42.32 36.07	600m: 7:07.76 36.80	800m: 9:33.16 35.99			
8.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	10:05.79	+0,77	415	
	50m: 32.44 32.44	250m: 3:01.67 38.10	450m: 5:35.74 38.90	650m: 8:10.81 38.68			
	100m: 1:08.32 35.88	300m: 3:40.93 38.36	500m: 6:14.84 39.10	700m: 8:49.72 38.91			
	150m: 1:45.56 37.24	350m: 4:17.99 37.96	550m: 6:53.36 38.52	750m: 9:28.05 38.33			
	200m: 2:23.57 38.01	400m: 4:56.84 38.85	600m: 7:32.13 38.77	800m: 10:05.79 37.74			

Prova 23, Masc., 800m Livres

Prova 23

Masc., 800m Livres

Juvenis

02/04/2022 - 9:00

Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapest (HUN)	22/05/2021
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	8:53.23	+0,69	609	
	50m: 29.98 29.98	250m: 2:45.11 33.32	450m: 4:59.98 33.45	650m: 7:14.01 33.22			
	100m: 1:03.67 33.69	300m: 3:19.21 34.10	500m: 5:32.90 32.92	700m: 7:47.83 33.82			
	150m: 1:37.67 34.00	350m: 3:52.62 33.41	550m: 6:06.70 33.80	750m: 8:21.00 33.17			
	200m: 2:11.79 34.12	400m: 4:26.53 33.91	600m: 6:40.79 34.09	800m: 8:53.23 32.23			
2.	ALVES Andre Correia	06	Uniao Piedense	8:58.30	+0,72	592	
	50m: 29.57 29.57	250m: 2:45.23 33.86	450m: 5:01.22 33.87	650m: 7:18.39 33.89			
	100m: 1:02.62 33.05	300m: 3:19.01 33.78	500m: 5:35.36 34.14	700m: 7:52.18 33.79			
	150m: 1:37.14 34.52	350m: 3:53.09 34.08	550m: 6:10.25 34.89	750m: 8:25.89 33.71			
	200m: 2:11.37 34.23	400m: 4:27.35 34.26	600m: 6:44.50 34.25	800m: 8:58.30 32.41			
3.	BAPTISTA Guilherme Fernandes	06	Benfica	9:04.03	+0,76	573	
	50m: 29.68 29.68	250m: 2:45.66 33.96	450m: 5:03.22 34.70	650m: 7:22.88 34.53			
	100m: 1:03.29 33.61	300m: 3:19.81 34.15	500m: 5:37.83 34.61	700m: 7:57.97 35.09			
	150m: 1:37.50 34.21	350m: 3:54.07 34.26	550m: 6:12.94 35.11	750m: 8:31.98 34.01			
	200m: 2:11.70 34.20	400m: 4:28.52 34.45	600m: 6:48.35 35.41	800m: 9:04.03 32.05			
4.	FARIA Eduardo Nuno	06	Braga	9:04.06	+0,74	573	
	50m: 30.38 30.38	250m: 2:46.75 34.65	450m: 5:05.11 34.37	650m: 7:24.84 34.49			
	100m: 1:03.37 32.99	300m: 3:21.50 34.75	500m: 5:40.26 35.15	700m: 7:59.22 34.38			
	150m: 1:37.56 34.19	350m: 3:55.89 34.39	550m: 6:15.24 34.98	750m: 8:32.14 32.92			
	200m: 2:12.10 34.54	400m: 4:30.74 34.85	600m: 6:50.35 35.11	800m: 9:04.06 31.92			
5.	FRAZAO Francisco Couto	06	Uniao Coimbra	9:06.67	+0,66	565	
	50m: 30.84 30.84	250m: 2:49.90 34.50	450m: 5:09.92 33.88	650m: 7:26.68 33.90			
	100m: 1:05.21 34.37	300m: 3:24.84 34.94	500m: 5:44.41 34.49	700m: 8:00.68 34.00			
	150m: 1:40.30 35.09	350m: 4:00.71 35.87	550m: 6:18.57 34.16	750m: 8:34.53 33.85			
	200m: 2:15.40 35.10	400m: 4:36.04 35.33	600m: 6:52.78 34.21	800m: 9:06.67 32.14			
6.	CORREIA Tiago Almeida	06	Natacao do Montijo	9:10.03	+0,78	555	
	50m: 29.63 29.63	250m: 2:46.64 35.40	450m: 5:08.69 35.45	650m: 7:29.39 35.03			
	100m: 1:02.16 32.53	300m: 3:22.18 35.54	500m: 5:43.93 35.24	700m: 8:04.71 35.32			
	150m: 1:36.69 34.53	350m: 3:57.74 35.56	550m: 6:19.09 35.16	750m: 8:38.39 33.68			
	200m: 2:11.24 34.55	400m: 4:33.24 35.50	600m: 6:54.36 35.27	800m: 9:10.03 31.64			
7.	DURAO Miguel Costa	06	Braga	9:11.31	+0,66	551	
	50m: 29.95 29.95	250m: 2:46.90 34.59	450m: 5:06.86 35.16	650m: 7:27.65 34.93			
	100m: 1:03.40 33.45	300m: 3:21.63 34.73	500m: 5:42.11 35.25	700m: 8:02.99 35.34			
	150m: 1:37.92 34.52	350m: 3:56.81 35.18	550m: 6:17.62 35.51	750m: 8:38.08 35.09			
	200m: 2:12.31 34.39	400m: 4:31.70 34.89	600m: 6:52.72 35.10	800m: 9:11.31 33.23			
8.	BARROS Joao Carlos	06	Fluvial Portuense	9:11.44	+0,67	551	
	50m: 31.38 31.38	250m: 2:50.10 34.94	450m: 5:10.34 34.91	650m: 7:30.32 35.24			
	100m: 1:05.12 33.74	300m: 3:25.46 35.36	500m: 5:45.07 34.73	700m: 8:05.11 34.79			
	150m: 1:39.84 34.72	350m: 4:00.30 34.84	550m: 6:19.91 34.84	750m: 8:38.53 33.42			
	200m: 2:15.16 35.32	400m: 4:35.43 35.13	600m: 6:55.08 35.17	800m: 9:11.44 32.91			

ORGANIZAÇÃO

CÂMARA MUNICIPAL
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA
E ALIMENTAÇÃO FUNCIONAL

PARCEIROS



Prova 23, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	BRANDAO Afonso Aires	06	Desportiva de Viana	9:12.69	+0,63	547	
	50m: 30.12 30.12	250m: 2:49.84 35.57	450m: 5:12.71 35.85	650m: 7:33.37 34.59			
	100m: 1:04.11 33.99	300m: 3:25.32 35.48	500m: 5:48.07 35.36	700m: 8:07.64 34.27			
	150m: 1:39.21 35.10	350m: 4:01.07 35.75	550m: 6:23.33 35.26	750m: 8:40.58 32.94			
	200m: 2:14.27 35.06	400m: 4:36.86 35.79	600m: 6:58.78 35.45	800m: 9:12.69 32.11			
10.	JEVIC Milan Santos	06	Braga	9:12.77	+0,82	547	
	50m: 29.84 29.84	250m: 2:46.86 34.67	450m: 5:07.21 35.38	650m: 7:28.73 35.24			
	100m: 1:03.39 33.55	300m: 3:21.77 34.91	500m: 5:42.76 35.55	700m: 8:04.39 35.66			
	150m: 1:37.51 34.12	350m: 3:56.46 34.69	550m: 6:18.16 35.40	750m: 8:38.77 34.38			
	200m: 2:12.19 34.68	400m: 4:31.83 35.37	600m: 6:53.49 35.33	800m: 9:12.77 34.00			
11.	ASMAR Axel Guedes	07	Sporting	9:14.88	+0,67	540	
	50m: 29.57 29.57	250m: 2:47.75 35.49	450m: 5:09.23 35.48	650m: 7:31.28 35.54			
	100m: 1:03.06 33.49	300m: 3:22.91 35.16	500m: 5:44.75 35.52	700m: 8:06.61 35.33			
	150m: 1:37.55 34.49	350m: 3:58.45 35.54	550m: 6:20.62 35.87	750m: 8:41.19 34.58			
	200m: 2:12.26 34.71	400m: 4:33.75 35.30	600m: 6:55.74 35.12	800m: 9:14.88 33.69			
12.	LARANJO Filipe Manso	07	Desportiva de Viana	9:15.17	+0,72	540	
	50m: 30.74 30.74	250m: 2:49.79 34.71	450m: 5:12.21 36.02	650m: 7:35.12 35.92			
	100m: 1:04.86 34.12	300m: 3:25.10 35.31	500m: 5:48.11 35.90	700m: 8:09.69 34.57			
	150m: 1:39.75 34.89	350m: 4:01.33 36.23	550m: 6:23.68 35.57	750m: 8:43.67 33.98			
	200m: 2:15.08 35.33	400m: 4:36.19 34.86	600m: 6:59.20 35.52	800m: 9:15.17 31.50			
13.	SANTOS Rui Miguel	06	Famalicao	9:19.72	+0,85	527	
	50m: 29.98 29.98	250m: 2:48.77 35.70	450m: 5:11.37 35.60	650m: 7:36.31 36.71			
	100m: 1:03.72 33.74	300m: 3:24.19 35.42	500m: 5:47.34 35.97	700m: 8:11.68 35.37			
	150m: 1:38.26 34.54	350m: 3:59.76 35.57	550m: 6:23.23 35.89	750m: 8:46.40 34.72			
	200m: 2:13.07 34.81	400m: 4:35.77 36.01	600m: 6:59.60 36.37	800m: 9:19.72 33.32			
14.	ROQUE Afonso Dinis	07	Ba-Leiria	9:20.34	+0,80	525	
	50m: 29.34 29.34	250m: 2:47.50 35.38	450m: 5:12.01 35.85	650m: 7:35.44 34.62			
	100m: 1:02.31 32.97	300m: 3:23.85 36.35	500m: 5:48.58 36.57	700m: 8:10.82 35.38			
	150m: 1:36.64 34.33	350m: 3:59.82 35.97	550m: 6:24.77 36.19	750m: 8:46.35 35.53			
	200m: 2:12.12 35.48	400m: 4:36.16 36.34	600m: 7:00.82 36.05	800m: 9:20.34 33.99			
15.	MESQUITA Tomas Afonso	07	Benfica	9:24.88	+0,67	512	
	50m: 31.24 31.24	250m: 2:52.43 36.07	450m: 5:16.05 35.94	650m: 7:38.30 35.51			
	100m: 1:05.83 34.59	300m: 3:28.25 35.82	500m: 5:51.84 35.79	700m: 8:14.48 36.18			
	150m: 1:41.00 35.17	350m: 4:04.23 35.98	550m: 6:27.13 35.29	750m: 8:49.93 35.45			
	200m: 2:16.36 35.36	400m: 4:40.11 35.88	600m: 7:02.79 35.66	800m: 9:24.88 34.95			
16.	SILVA Martim Alexandre	07	Columbifila Cantanhedense	9:25.45	+0,81	511	
	50m: 30.31 30.31	250m: 2:47.75 35.21	450m: 5:10.57 35.71	650m: 7:36.11 36.27			
	100m: 1:03.44 33.13	300m: 3:23.21 35.46	500m: 5:46.76 36.19	700m: 8:12.83 36.72			
	150m: 1:37.95 34.51	350m: 3:59.17 35.96	550m: 6:23.61 36.85	750m: 8:49.19 36.36			
	200m: 2:12.54 34.59	400m: 4:34.86 35.69	600m: 6:59.84 36.23	800m: 9:25.45 36.26			
17.	BORGES Rodrigo Costa	07	Fluvial Portuense	9:26.76	+0,65	507	
	50m: 30.39 30.39	250m: 2:51.97 36.06	450m: 5:16.44 35.96	650m: 7:40.87 35.77			
	100m: 1:04.93 34.54	300m: 3:28.10 36.13	500m: 5:52.60 36.16	700m: 8:17.07 36.20			
	150m: 1:40.37 35.44	350m: 4:04.27 36.17	550m: 6:28.71 36.11	750m: 8:52.33 35.26			
	200m: 2:15.91 35.54	400m: 4:40.48 36.21	600m: 7:05.10 36.39	800m: 9:26.76 34.43			

Prova 23, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SIMÕES Manuel Costa	06	Uniao Piedense	9:29.68	+0,68	499	
	50m: 30.09 30.09	250m: 2:48.23 35.69	450m: 5:12.74 36.34	650m: 7:40.31 37.00			
	100m: 1:03.21 33.12	300m: 3:24.03 35.80	500m: 5:49.55 36.81	700m: 8:17.33 37.02			
	150m: 1:37.75 34.54	350m: 4:00.06 36.03	550m: 6:26.51 36.96	750m: 8:53.96 36.63			
	200m: 2:12.54 34.79	400m: 4:36.40 36.34	600m: 7:03.31 36.80	800m: 9:29.68 35.72			
19.	CARAPINHA Joao Pedro	07	Uniao Piedense	9:33.16	+0,78	490	
	50m: 31.86 31.86	250m: 2:53.79 35.34	450m: 5:18.13 35.81	650m: 7:44.19 36.43			
	100m: 1:06.61 34.75	300m: 3:30.00 36.21	500m: 5:54.61 36.48	700m: 8:20.95 36.76			
	150m: 1:42.25 35.64	350m: 4:06.25 36.25	550m: 6:30.96 36.35	750m: 8:57.17 36.22			
	200m: 2:18.45 36.20	400m: 4:42.32 36.07	600m: 7:07.76 36.80	800m: 9:33.16 35.99			
20.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	10:05.79	+0,77	415	
	50m: 32.44 32.44	250m: 3:01.67 38.10	450m: 5:35.74 38.90	650m: 8:10.81 38.68			
	100m: 1:08.32 35.88	300m: 3:40.03 38.36	500m: 6:14.84 39.10	700m: 8:49.72 38.91			
	150m: 1:45.56 37.24	350m: 4:17.99 37.96	550m: 6:53.36 38.52	750m: 9:28.05 38.33			
	200m: 2:23.57 38.01	400m: 4:56.84 38.85	600m: 7:32.13 38.77	800m: 10:05.79 37.74			
EXH	TIGRE Pedro Bethlem	06	Sporting	8:54.00	+0,61	606	
	50m: 29.70 29.70	250m: 2:44.11 33.69	450m: 4:59.27 33.78	650m: 7:15.14 33.86			
	100m: 1:02.95 33.25	300m: 3:17.85 33.74	500m: 5:33.50 34.23	700m: 7:49.55 34.41			
	150m: 1:36.80 33.85	350m: 3:51.53 33.68	550m: 6:06.95 33.45	750m: 8:22.28 32.73			
	200m: 2:10.42 33.62	400m: 4:25.49 33.96	600m: 6:41.28 34.33	800m: 8:54.00 31.72			

Prova 24 Femin., 1500m Livres Juvenis A

02/04/2022 - 9:20						Resultados
Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa		09/02/2020
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)		11/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	18:25.04	+0,84	577	
	50m: 33.77 33.77	450m: 5:30.87 37.25	850m: 10:29.91 37.10	1250m: 15:26.55 36.81			
	100m: 1:10.44 36.67	500m: 6:08.25 37.38	900m: 11:07.00 37.09	1300m: 16:03.40 36.85			
	150m: 1:47.06 36.62	550m: 6:46.04 37.79	950m: 11:44.36 37.36	1350m: 16:40.55 37.15			
	200m: 2:24.14 37.08	600m: 7:23.32 37.28	1000m: 12:21.60 37.24	1400m: 17:16.78 36.23			
	250m: 3:01.64 37.50	650m: 8:00.63 37.31	1050m: 12:58.80 37.20	1450m: 17:51.40 34.62			
	300m: 3:38.88 37.24	700m: 8:37.82 37.19	1100m: 13:35.97 37.17	1500m: 18:25.04 33.64			
	350m: 4:16.15 37.27	750m: 9:15.46 37.64	1150m: 14:13.29 37.32				
	400m: 4:53.62 37.47	800m: 9:52.81 37.35	1200m: 14:49.74 36.45				
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	18:52.45	+0,88	537	
	50m: 33.70 33.70	450m: 5:34.37 37.69	850m: 10:39.23 38.11	1250m: 15:45.74 38.46			
	100m: 1:10.80 37.10	500m: 6:11.92 37.55	900m: 11:17.50 38.27	1300m: 16:24.27 38.53			
	150m: 1:48.31 37.51	550m: 6:49.67 37.75	950m: 11:55.71 38.21	1350m: 17:02.26 37.99			
	200m: 2:25.87 37.56	600m: 7:27.83 38.16	1000m: 12:33.98 38.27	1400m: 17:40.51 38.25			
	250m: 3:03.59 37.72	650m: 8:06.14 38.31	1050m: 13:12.32 38.34	1450m: 18:17.98 37.47			
	300m: 3:41.31 37.72	700m: 8:44.27 38.13	1100m: 13:50.61 38.29	1500m: 18:52.45 34.47			
	350m: 4:18.90 37.59	750m: 9:22.65 38.38	1150m: 14:29.01 38.40				
	400m: 4:56.68 37.78	800m: 10:01.12 38.47	1200m: 15:07.28 38.27				

Prova 24, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	VIANA Matilde Violante	07	Ba-Leiria	18:52.91	+0,74	536	
	50m: 33.42 33.42	450m: 5:34.34 38.15	850m: 10:35.94 37.87	1250m: 15:43.48 38.69			
	100m: 1:09.74 36.32	500m: 6:11.94 37.60	900m: 11:14.17 38.23	1300m: 16:22.35 38.87			
	150m: 1:46.81 37.07	550m: 6:49.80 37.86	950m: 11:52.76 38.59	1350m: 17:01.15 38.80			
	200m: 2:24.57 37.76	600m: 7:27.72 37.92	1000m: 12:31.14 38.38	1400m: 17:38.56 37.41			
	250m: 3:02.21 37.64	650m: 8:05.24 37.52	1050m: 13:09.15 38.01	1450m: 18:16.33 37.77			
	300m: 3:39.98 37.77	700m: 8:42.82 37.58	1100m: 13:47.56 38.41	1500m: 18:52.91 36.58			
	350m: 4:18.06 38.08	750m: 9:20.57 37.75	1150m: 14:25.88 38.32				
	400m: 4:56.19 38.13	800m: 9:58.07 37.50	1200m: 15:04.79 38.91				
4.	GOMES Barbara Sofia	07	Leixoes	19:09.48	+0,68	513	
	50m: 34.09 34.09	450m: 5:38.71 38.88	850m: 10:47.34 39.07	1250m: 16:01.06 39.02			
	100m: 1:10.88 36.79	500m: 6:17.08 38.37	900m: 11:25.86 38.52	1300m: 16:39.46 38.40			
	150m: 1:48.24 37.36	550m: 6:56.26 39.18	950m: 12:05.16 39.30	1350m: 17:18.33 38.87			
	200m: 2:26.26 38.02	600m: 7:33.65 37.39	1000m: 12:44.33 39.17	1400m: 17:57.27 38.94			
	250m: 3:04.20 37.94	650m: 8:12.86 39.21	1050m: 13:23.54 39.21	1450m: 18:34.80 37.53			
	300m: 3:42.55 38.35	700m: 8:51.25 38.39	1100m: 14:03.34 39.80	1500m: 19:09.48 34.68			
	350m: 4:21.04 38.49	750m: 9:30.29 39.04	1150m: 14:42.59 39.25				
	400m: 4:59.83 38.79	800m: 10:08.27 37.98	1200m: 15:22.04 39.45				
5.	GOMES Rita Cunha	07	Viana Natacao	19:11.21		511	
	50m: 35.12 35.12	450m: 5:39.50 39.32	850m: 10:49.86 39.08	1250m: 16:00.84 39.36			
	100m: 1:12.10 36.98	500m: 6:18.58 39.08	900m: 11:27.80 37.94	1300m: 16:39.48 38.64			
	150m: 1:49.80 37.70	550m: 6:58.05 39.47	950m: 12:06.64 38.84	1350m: 17:18.44 38.96			
	200m: 2:27.50 37.70	600m: 7:36.47 38.42	1000m: 12:45.08 38.44	1400m: 17:57.14 38.70			
	250m: 3:05.46 37.96	650m: 8:14.93 38.46	1050m: 13:24.14 39.06	1450m: 18:35.01 37.87			
	300m: 3:43.41 37.95	700m: 8:53.66 38.73	1100m: 14:03.28 39.14	1500m: 19:11.21 36.20			
	350m: 4:21.55 38.14	750m: 9:32.35 38.69	1150m: 14:43.12 39.84				
	400m: 5:00.18 38.63	800m: 10:10.78 38.43	1200m: 15:21.48 38.36				
6.	SANTOS Leonor Castanho	07	Sporting	19:14.00	+0,82	507	
	50m: 32.91 32.91	450m: 5:36.16 38.92	850m: 10:48.10 39.48	1250m: 16:00.81 39.15			
	100m: 1:09.17 36.26	500m: 6:15.26 39.10	900m: 11:27.62 39.52	1300m: 16:40.38 39.57			
	150m: 1:46.22 37.05	550m: 6:53.90 38.64	950m: 12:05.94 38.32	1350m: 17:18.53 38.15			
	200m: 2:24.07 37.85	600m: 7:33.26 39.36	1000m: 12:45.17 39.23	1400m: 17:58.52 39.99			
	250m: 3:01.84 37.77	650m: 8:11.89 38.63	1050m: 13:23.95 38.78	1450m: 18:37.56 39.04			
	300m: 3:40.13 38.29	700m: 8:50.88 38.99	1100m: 14:02.89 38.94	1500m: 19:14.00 36.44			
	350m: 4:18.14 38.01	750m: 9:28.99 38.11	1150m: 14:41.48 38.59				
	400m: 4:57.24 39.10	800m: 10:08.62 39.63	1200m: 15:21.66 40.18				
7.	AGUILAR Marta Andre	07	Nautico Academico	19:18.83	+0,64	501	
	50m: 33.35 33.35	450m: 5:30.47 37.87	850m: 10:38.17 39.07	1250m: 16:00.99 40.48			
	100m: 1:09.37 36.02	500m: 6:08.64 38.17	900m: 11:17.91 39.74	1300m: 16:41.38 40.39			
	150m: 1:45.95 36.58	550m: 6:47.00 38.36	950m: 11:57.70 39.79	1350m: 17:22.06 40.68			
	200m: 2:22.84 36.89	600m: 7:24.32 37.32	1000m: 12:37.80 40.10	1400m: 18:02.09 40.03			
	250m: 2:59.86 37.02	650m: 8:02.38 38.06	1050m: 13:18.09 40.29	1450m: 18:41.09 39.00			
	300m: 3:37.29 37.43	700m: 8:40.93 38.55	1100m: 13:59.11 41.02	1500m: 19:18.83 37.74			
	350m: 4:14.95 37.66	750m: 9:19.65 38.72	1150m: 14:40.06 40.95				
	400m: 4:52.60 37.65	800m: 9:59.10 39.45	1200m: 15:20.51 40.45				

Prova 24, Femin., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	19:33.76	+0,85	482	
	50m: 33.87 33.87	450m: 5:33.11 38.31	850m: 10:52.93 40.97	1250m: 16:15.57 40.18			
	100m: 1:10.39 36.52	500m: 6:11.36 38.25	900m: 11:33.75 40.82	1300m: 16:55.64 40.07			
	150m: 1:47.25 36.86	550m: 6:50.79 39.43	950m: 12:14.08 40.33	1350m: 17:36.50 40.86			
	200m: 2:24.25 37.00	600m: 7:30.25 39.46	1000m: 12:54.49 40.41	1400m: 18:16.10 39.60			
	250m: 3:01.94 37.69	650m: 8:10.68 40.43	1050m: 13:34.70 40.21	1450m: 18:55.19 39.09			
	300m: 3:39.28 37.34	700m: 8:50.95 40.27	1100m: 14:15.20 40.50	1500m: 19:33.76 38.57			
	350m: 4:16.97 37.69	750m: 9:31.31 40.36	1150m: 14:55.43 40.23				
	400m: 4:54.80 37.83	800m: 10:11.96 40.65	1200m: 15:35.39 39.96				
9.	BERNAT Elena Del Rio	07	Alges	20:26.60	+0,71	422	
	50m: 34.94 34.94	450m: 5:52.19 40.62	850m: 11:20.10 41.62	1250m: 16:56.19 42.62			
	100m: 1:13.38 38.44	500m: 6:32.47 40.28	900m: 12:01.45 41.35	1300m: 17:38.98 42.79			
	150m: 1:52.73 39.35	550m: 7:13.11 40.64	950m: 12:43.62 42.17	1350m: 18:22.32 43.34			
	200m: 2:32.04 39.31	600m: 7:53.64 40.53	1000m: 13:25.27 41.65	1400m: 19:04.72 42.40			
	250m: 3:12.04 40.00	650m: 8:34.58 40.94	1050m: 14:07.33 42.06	1450m: 19:46.29 41.57			
	300m: 3:51.62 39.58	700m: 9:15.37 40.79	1100m: 14:49.12 41.79	1500m: 20:26.60 40.31			
	350m: 4:31.89 40.27	750m: 9:57.11 41.74	1150m: 15:31.16 42.04				
	400m: 5:11.57 39.68	800m: 10:38.48 41.37	1200m: 16:13.57 42.41				

Prova 24 Femin., 1500m Livres Juvenis B

02/04/2022 - 9:20

Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08/07/2007

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Carolina Amadeu	08	Leixoes	18:59.71	+0,62	526	
	50m: 34.28 34.28	450m: 5:43.51 38.69	850m: 10:49.15 38.22	1250m: 15:53.15 38.01			
	100m: 1:12.14 37.86	500m: 6:21.62 38.11	900m: 11:27.23 38.08	1300m: 16:31.37 38.22			
	150m: 1:50.32 38.18	550m: 6:59.60 37.98	950m: 12:05.36 38.13	1350m: 17:09.57 38.20			
	200m: 2:29.21 38.89	600m: 7:37.88 38.28	1000m: 12:43.21 37.85	1400m: 17:47.40 37.83			
	250m: 3:08.21 39.00	650m: 8:16.28 38.40	1050m: 13:21.12 37.91	1450m: 18:24.26 36.86			
	300m: 3:47.24 39.03	700m: 8:54.75 38.47	1100m: 13:59.22 38.10	1500m: 18:59.71 35.45			
	350m: 4:25.94 38.70	750m: 9:33.02 38.27	1150m: 14:37.15 37.93				
	400m: 5:04.82 38.88	800m: 10:10.93 37.91	1200m: 15:15.14 37.99				
2.	BARBOSA Sofia Teixeira	08	Porto	19:09.37	+0,91	513	
	50m: 33.79 33.79	450m: 5:38.86 38.65	850m: 10:46.99 38.57	1250m: 15:56.17 38.20			
	100m: 1:10.83 37.04	500m: 6:17.28 38.42	900m: 11:26.27 39.28	1300m: 16:35.44 39.27			
	150m: 1:48.67 37.84	550m: 6:55.44 38.16	950m: 12:05.10 38.83	1350m: 17:13.97 38.53			
	200m: 2:26.67 38.00	600m: 7:33.78 38.34	1000m: 12:43.93 38.83	1400m: 17:53.37 39.40			
	250m: 3:04.76 38.09	650m: 8:12.30 38.52	1050m: 13:21.97 38.04	1450m: 18:31.37 38.00			
	300m: 3:43.32 38.56	700m: 8:51.27 38.97	1100m: 14:01.18 39.21	1500m: 19:09.37 38.00			
	350m: 4:21.54 38.22	750m: 9:29.67 38.40	1150m: 14:39.40 38.22				
	400m: 5:00.21 38.67	800m: 10:08.42 38.75	1200m: 15:17.97 38.57				

Prova 24, Femin., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	LOPES Catarina Maria	08	BUZIOS-Coruche	19:27.61	+0,88	489	
	50m: 35.32 35.32	450m: 5:44.33 39.65	850m: 10:58.41 39.94	1250m: 16:14.26 39.80			
	100m: 1:13.53 38.21	500m: 6:23.60 39.27	900m: 11:37.79 39.38	1300m: 16:53.80 39.54			
	150m: 1:51.35 37.82	550m: 7:02.71 39.11	950m: 12:17.54 39.75	1350m: 17:33.90 40.10			
	200m: 2:29.94 38.59	600m: 7:41.71 39.00	1000m: 12:56.97 39.43	1400m: 18:12.73 38.83			
	250m: 3:08.30 38.36	650m: 8:21.09 39.38	1050m: 13:37.00 40.03	1450m: 18:51.80 39.07			
	300m: 3:47.00 38.70	700m: 9:00.07 38.98	1100m: 14:16.32 39.32	1500m: 19:27.61 35.81			
	350m: 4:26.08 39.08	750m: 9:39.19 39.12	1150m: 14:55.65 39.33				
	400m: 5:04.68 38.60	800m: 10:18.47 39.28	1200m: 15:34.46 38.81				
4.	JORGE Sofia Pereira	08	Galitos / Bresimar	19:46.24	+0,89	467	
	50m: 34.90 34.90	450m: 5:49.94 39.81	850m: 11:06.75 40.54	1250m: 16:27.15 40.71			
	100m: 1:12.88 37.98	500m: 6:29.48 39.54	900m: 11:46.39 39.64	1300m: 17:07.45 40.30			
	150m: 1:52.36 39.48	550m: 7:08.96 39.48	950m: 12:26.15 39.76	1350m: 17:47.53 40.08			
	200m: 2:31.39 39.03	600m: 7:48.51 39.55	1000m: 13:05.65 39.50	1400m: 18:27.67 40.14			
	250m: 3:11.46 40.07	650m: 8:28.04 39.53	1050m: 13:45.62 39.97	1450m: 19:07.31 39.64			
	300m: 3:50.61 39.15	700m: 9:07.33 39.29	1100m: 14:25.73 40.11	1500m: 19:46.24 38.93			
	350m: 4:30.59 39.98	750m: 9:46.70 39.37	1150m: 15:06.39 40.66				
	400m: 5:10.13 39.54	800m: 10:26.21 39.51	1200m: 15:46.44 40.05				

Prova 24

02/04/2022 - 9:20

Femin., 1500m Livres

Juvenis

Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11/07/2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08/07/2007

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	18:25.04	+0,84	577	
	50m: 33.77 33.77	450m: 5:30.87 37.25	850m: 10:29.91 37.10	1250m: 15:26.55 36.81			
	100m: 1:10.44 36.67	500m: 6:08.25 37.38	900m: 11:07.00 37.09	1300m: 16:03.40 36.85			
	150m: 1:47.06 36.62	550m: 6:46.04 37.79	950m: 11:44.36 37.36	1350m: 16:40.55 37.15			
	200m: 2:24.14 37.08	600m: 7:23.32 37.28	1000m: 12:21.60 37.24	1400m: 17:16.78 36.23			
	250m: 3:01.64 37.50	650m: 8:00.63 37.31	1050m: 12:58.80 37.20	1450m: 17:51.40 34.62			
	300m: 3:38.88 37.24	700m: 8:37.82 37.19	1100m: 13:35.97 37.17	1500m: 18:25.04 33.64			
	350m: 4:16.15 37.27	750m: 9:15.46 37.64	1150m: 14:13.29 37.32				
	400m: 4:53.62 37.47	800m: 9:52.81 37.35	1200m: 14:49.74 36.45				
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	18:52.45	+0,88	537	
	50m: 33.70 33.70	450m: 5:34.37 37.69	850m: 10:39.23 38.11	1250m: 15:45.74 38.46			
	100m: 1:10.80 37.10	500m: 6:11.92 37.55	900m: 11:17.50 38.27	1300m: 16:24.27 38.53			
	150m: 1:48.31 37.51	550m: 6:49.67 37.75	950m: 11:55.71 38.21	1350m: 17:02.26 37.99			
	200m: 2:25.87 37.56	600m: 7:27.83 38.16	1000m: 12:33.98 38.27	1400m: 17:40.51 38.25			
	250m: 3:03.59 37.72	650m: 8:06.14 38.31	1050m: 13:12.32 38.34	1450m: 18:17.98 37.47			
	300m: 3:41.31 37.72	700m: 8:44.27 38.13	1100m: 13:50.61 38.29	1500m: 18:52.45 34.47			
	350m: 4:18.90 37.59	750m: 9:22.65 38.38	1150m: 14:29.01 38.40				
	400m: 4:56.68 37.78	800m: 10:01.12 38.47	1200m: 15:07.28 38.27				

Prova 24, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	VIANA Matilde Violante	07	Ba-Leiria	18:52.91	+0,74	536	
	50m: 33.42 33.42	450m: 5:34.34 38.15	850m: 10:35.94 37.87	1250m: 15:43.48 38.69			
	100m: 1:09.74 36.32	500m: 6:11.94 37.60	900m: 11:14.17 38.23	1300m: 16:22.35 38.87			
	150m: 1:46.81 37.07	550m: 6:49.80 37.86	950m: 11:52.76 38.59	1350m: 17:01.15 38.80			
	200m: 2:24.57 37.76	600m: 7:27.72 37.92	1000m: 12:31.14 38.38	1400m: 17:38.56 37.41			
	250m: 3:02.21 37.64	650m: 8:05.24 37.52	1050m: 13:09.15 38.01	1450m: 18:16.33 37.77			
	300m: 3:39.98 37.77	700m: 8:42.82 37.58	1100m: 13:47.56 38.41	1500m: 18:52.91 36.58			
	350m: 4:18.06 38.08	750m: 9:20.57 37.75	1150m: 14:25.88 38.32				
	400m: 4:56.19 38.13	800m: 9:58.07 37.50	1200m: 15:04.79 38.91				
4.	FERREIRA Carolina Amadeu	08	Leixoes	18:59.71	+0,62	526	
	50m: 34.28 34.28	450m: 5:43.51 38.69	850m: 10:49.15 38.22	1250m: 15:53.15 38.01			
	100m: 1:12.14 37.86	500m: 6:21.62 38.11	900m: 11:27.23 38.08	1300m: 16:31.37 38.22			
	150m: 1:50.32 38.18	550m: 6:59.60 37.98	950m: 12:05.36 38.13	1350m: 17:09.57 38.20			
	200m: 2:29.21 38.89	600m: 7:37.88 38.28	1000m: 12:43.21 37.85	1400m: 17:47.40 37.83			
	250m: 3:08.21 39.00	650m: 8:16.28 38.40	1050m: 13:21.12 37.91	1450m: 18:24.26 36.86			
	300m: 3:47.24 39.03	700m: 8:54.75 38.47	1100m: 13:59.22 38.10	1500m: 18:59.71 35.45			
	350m: 4:25.94 38.70	750m: 9:33.02 38.27	1150m: 14:37.15 37.93				
	400m: 5:04.82 38.88	800m: 10:10.93 37.91	1200m: 15:15.14 37.99				
5.	BARBOSA Sofia Teixeira	08	Porto	19:09.37	+0,91	513	
	50m: 33.79 33.79	450m: 5:38.86 38.65	850m: 10:46.99 38.57	1250m: 15:56.17 38.20			
	100m: 1:10.83 37.04	500m: 6:17.28 38.42	900m: 11:26.27 39.28	1300m: 16:35.44 39.27			
	150m: 1:48.67 37.84	550m: 6:55.44 38.16	950m: 12:05.10 38.83	1350m: 17:13.97 38.53			
	200m: 2:26.67 38.00	600m: 7:33.78 38.34	1000m: 12:43.93 38.83	1400m: 17:53.37 39.40			
	250m: 3:04.76 38.09	650m: 8:12.30 38.52	1050m: 13:21.97 38.04	1450m: 18:31.37 38.00			
	300m: 3:43.32 38.56	700m: 8:51.27 38.97	1100m: 14:01.18 39.21	1500m: 19:09.37 38.00			
	350m: 4:21.54 38.22	750m: 9:29.67 38.40	1150m: 14:39.40 38.22				
	400m: 5:00.21 38.67	800m: 10:08.42 38.75	1200m: 15:17.97 38.57				
6.	GOMES Barbara Sofia	07	Leixoes	19:09.48	+0,68	513	
	50m: 34.09 34.09	450m: 5:38.71 38.88	850m: 10:47.34 39.07	1250m: 16:01.06 39.02			
	100m: 1:10.88 36.79	500m: 6:17.08 38.37	900m: 11:25.86 38.52	1300m: 16:39.46 38.40			
	150m: 1:48.24 37.36	550m: 6:56.26 39.18	950m: 12:05.16 39.30	1350m: 17:18.33 38.87			
	200m: 2:26.26 38.02	600m: 7:33.65 37.39	1000m: 12:44.33 39.17	1400m: 17:57.27 38.94			
	250m: 3:04.20 37.94	650m: 8:12.86 39.21	1050m: 13:23.54 39.21	1450m: 18:34.80 37.53			
	300m: 3:42.55 38.35	700m: 8:51.25 38.39	1100m: 14:03.34 39.80	1500m: 19:09.48 34.68			
	350m: 4:21.04 38.49	750m: 9:30.29 39.04	1150m: 14:42.59 39.25				
	400m: 4:59.83 38.79	800m: 10:08.27 37.98	1200m: 15:22.04 39.45				
7.	GOMES Rita Cunha	07	Viana Natacao	19:11.21		511	
	50m: 35.12 35.12	450m: 5:39.50 39.32	850m: 10:49.86 39.08	1250m: 16:00.84 39.36			
	100m: 1:12.10 36.98	500m: 6:18.58 39.08	900m: 11:27.80 37.94	1300m: 16:39.48 38.64			
	150m: 1:49.80 37.70	550m: 6:58.05 39.47	950m: 12:06.64 38.84	1350m: 17:18.44 38.96			
	200m: 2:27.50 37.70	600m: 7:36.47 38.42	1000m: 12:45.08 38.44	1400m: 17:57.14 38.70			
	250m: 3:05.46 37.96	650m: 8:14.93 38.46	1050m: 13:24.14 39.06	1450m: 18:35.01 37.87			
	300m: 3:43.41 37.95	700m: 8:53.66 38.73	1100m: 14:03.28 39.14	1500m: 19:11.21 36.20			
	350m: 4:21.55 38.14	750m: 9:32.35 38.69	1150m: 14:43.12 39.84				
	400m: 5:00.18 38.63	800m: 10:10.78 38.43	1200m: 15:21.48 38.36				

Prova 24, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	SANTOS Leonor Castanho	07	Sporting	19:14.00	+0,82	507	
	50m: 32.91 32.91	450m: 5:36.16	38.92	850m: 10:48.10	39.48	1250m: 16:00.81	39.15
	100m: 1:09.17 36.26	500m: 6:15.26	39.10	900m: 11:27.62	39.52	1300m: 16:40.38	39.57
	150m: 1:46.22 37.05	550m: 6:53.90	38.64	950m: 12:05.94	38.32	1350m: 17:18.53	38.15
	200m: 2:24.07 37.85	600m: 7:33.26	39.36	1000m: 12:45.17	39.23	1400m: 17:58.52	39.99
	250m: 3:01.84 37.77	650m: 8:11.89	38.63	1050m: 13:23.95	38.78	1450m: 18:37.56	39.04
	300m: 3:40.13 38.29	700m: 8:50.88	38.99	1100m: 14:02.89	38.94	1500m: 19:14.00	36.44
	350m: 4:18.14 38.01	750m: 9:28.99	38.11	1150m: 14:41.48	38.59		
	400m: 4:57.24 39.10	800m: 10:08.62	39.63	1200m: 15:21.66	40.18		
9.	AGUILAR Marta Andre	07	Nautico Academico	19:18.83	+0,64	501	
	50m: 33.35 33.35	450m: 5:30.47	37.87	850m: 10:38.17	39.07	1250m: 16:00.99	40.48
	100m: 1:09.37 36.02	500m: 6:08.64	38.17	900m: 11:17.91	39.74	1300m: 16:41.38	40.39
	150m: 1:45.95 36.58	550m: 6:47.00	38.36	950m: 11:57.70	39.79	1350m: 17:22.06	40.68
	200m: 2:22.84 36.89	600m: 7:24.32	37.32	1000m: 12:37.80	40.10	1400m: 18:02.09	40.03
	250m: 2:59.86 37.02	650m: 8:02.38	38.06	1050m: 13:18.09	40.29	1450m: 18:41.09	39.00
	300m: 3:37.29 37.43	700m: 8:40.93	38.55	1100m: 13:59.11	41.02	1500m: 19:18.83	37.74
	350m: 4:14.95 37.66	750m: 9:19.65	38.72	1150m: 14:40.06	40.95		
	400m: 4:52.60 37.65	800m: 9:59.10	39.45	1200m: 15:20.51	40.45		
10.	LOPES Catarina Maria	08	BUZIOS-Coruche	19:27.61	+0,88	489	
	50m: 35.32 35.32	450m: 5:44.33	39.65	850m: 10:58.41	39.94	1250m: 16:14.26	39.80
	100m: 1:13.53 38.21	500m: 6:23.60	39.27	900m: 11:37.79	39.38	1300m: 16:53.80	39.54
	150m: 1:51.35 37.82	550m: 7:02.71	39.11	950m: 12:17.54	39.75	1350m: 17:33.90	40.10
	200m: 2:29.94 38.59	600m: 7:41.71	39.00	1000m: 12:56.97	39.43	1400m: 18:12.73	38.83
	250m: 3:08.30 38.36	650m: 8:21.09	39.38	1050m: 13:37.00	40.03	1450m: 18:51.80	39.07
	300m: 3:47.00 38.70	700m: 9:00.07	38.98	1100m: 14:16.32	39.32	1500m: 19:27.61	35.81
	350m: 4:26.08 39.08	750m: 9:39.19	39.12	1150m: 14:55.65	39.33		
	400m: 5:04.68 38.60	800m: 10:18.47	39.28	1200m: 15:34.46	38.81		
11.	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI	19:33.76	+0,85	482	
	50m: 33.87 33.87	450m: 5:33.11	38.31	850m: 10:52.93	40.97	1250m: 16:15.57	40.18
	100m: 1:10.39 36.52	500m: 6:11.36	38.25	900m: 11:33.75	40.82	1300m: 16:55.64	40.07
	150m: 1:47.25 36.86	550m: 6:50.79	39.43	950m: 12:14.08	40.33	1350m: 17:36.50	40.86
	200m: 2:24.25 37.00	600m: 7:30.25	39.46	1000m: 12:54.49	40.41	1400m: 18:16.10	39.60
	250m: 3:01.94 37.69	650m: 8:10.68	40.43	1050m: 13:34.70	40.21	1450m: 18:55.19	39.09
	300m: 3:39.28 37.34	700m: 8:50.95	40.27	1100m: 14:15.20	40.50	1500m: 19:33.76	38.57
	350m: 4:16.97 37.69	750m: 9:31.31	40.36	1150m: 14:55.43	40.23		
	400m: 4:54.80 37.83	800m: 10:11.96	40.65	1200m: 15:35.39	39.96		
12.	JORGE Sofia Pereira	08	Galitos / Bresimar	19:46.24	+0,89	467	
	50m: 34.90 34.90	450m: 5:49.94	39.81	850m: 11:06.75	40.54	1250m: 16:27.15	40.71
	100m: 1:12.88 37.98	500m: 6:29.48	39.54	900m: 11:46.39	39.64	1300m: 17:07.45	40.30
	150m: 1:52.36 39.48	550m: 7:08.96	39.48	950m: 12:26.15	39.76	1350m: 17:47.53	40.08
	200m: 2:31.39 39.03	600m: 7:48.51	39.55	1000m: 13:05.65	39.50	1400m: 18:27.67	40.14
	250m: 3:11.46 40.07	650m: 8:28.04	39.53	1050m: 13:45.62	39.97	1450m: 19:07.31	39.64
	300m: 3:50.61 39.15	700m: 9:07.33	39.29	1100m: 14:25.73	40.11	1500m: 19:46.24	38.93
	350m: 4:30.59 39.98	750m: 9:46.70	39.37	1150m: 15:06.39	40.66		
	400m: 5:10.13 39.54	800m: 10:26.21	39.51	1200m: 15:46.44	40.05		

Prova 24, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	BERNAT Elena Del Rio	07	Alges	20:26.60	+0,71	422	
	50m: 34.94 34.94	450m: 5:52.19 40.62	850m: 11:20.10 41.62	1250m: 16:56.19 42.62			
	100m: 1:13.38 38.44	500m: 6:32.47 40.28	900m: 12:01.45 41.35	1300m: 17:38.98 42.79			
	150m: 1:52.73 39.35	550m: 7:13.11 40.64	950m: 12:43.62 42.17	1350m: 18:22.32 43.34			
	200m: 2:32.04 39.31	600m: 7:53.64 40.53	1000m: 13:25.27 41.65	1400m: 19:04.72 42.40			
	250m: 3:12.04 40.00	650m: 8:34.58 40.94	1050m: 14:07.33 42.06	1450m: 19:46.29 41.57			
	300m: 3:51.62 39.58	700m: 9:15.37 40.79	1100m: 14:49.12 41.79	1500m: 20:26.60 40.31			
	350m: 4:31.89 40.27	750m: 9:57.11 41.74	1150m: 15:31.16 42.04				
	400m: 5:11.57 39.68	800m: 10:38.48 41.37	1200m: 16:13.57 42.41				

Prova 25 Misto, 4 x 100m Estilos Juvenis A

02/04/2022 - 10:00

Resultados

Rec Nac Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Rec Nac Jun	4:09.98	Clube Natacao Colegio Efanor	CNCE	Coimbra	28/03/2021
Rec Nac Juv A	4:25.59	Sport Alges e Dafundo	SAD	Oeiras	01/08/2021
Rec Nac Juv	4:15.97	Clube dos Galitos / Bresimar	CGA	Oeiras	01/08/2021
Rec Nac Juv B	4:24.01	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Oeiras	01/08/2021

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Geslours-JUV A Rec Nac	4:23.79	+0,67	561	
	BEATO Rafael Duarte +0,67 32.57 1:07.10	FRANCO Catarina Andrade +0,21 29.54 1:05.28			
	BONNIZ Pedro Goncalves +0,44 32.16 1:09.41	CACHACO Beatriz Heitor +0,24 28.94 1:02.00			
2.	Braga-JUV A	4:28.66	+0,59	531	
	DURAO Miguel Costa +0,59 30.39 1:04.21	MARQUES Gabriela Silva 30.65 1:07.12			
	PINTO Margarida Vieira +0,25 36.67 1:20.50	JEVIC Milan Santos +0,33 26.92 56.83			
3.	Naval Setubalense-JUV A	4:31.68	+0,78	513	
	ALVES Sara Sofia +0,78 34.65 1:11.54	CHAO Tiago Ventura +0,15 28.13 1:01.29			
	SANTOS Rita Machita +0,38 37.32 1:18.96	TORRES Martim Daniel +0,46 28.95 59.89			
DSQ	Famalicao-JUV A				
	<i>SW 10.11 - Rendição antecipada do(a) 3 nadador(a)</i>				
	SOARES Rita Marques +0,75 36.19 1:14.38	PEREIRA Rodrigo Ferreira -0,07			
	COSTA Tomas Mendes +0,30 32.25 1:09.23	MESQUITA Mafalda Martins +0,22			
DSQ	Benfica-JUV A				
	<i>SW 10.11 - Rendição antecipada do(a) 4 nadador(a)</i>				
	JANUARIO Tomas Maia +0,66 29.59 1:01.09	MORAIS David Miguel +0,15 27.42 1:00.46			
	TOJO Clara Vieira +0,46 38.01 1:21.15	RODRIGUES Leonor Carreiro -0,17			

Prova 25, Misto, 4 x 100m Estilos

Prova 25 Misto, 4 x 100m Estilos Juvenis B
02/04/2022 - 10:00 Resultados

Rec Nac Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Rec Nac Juv A	4:25.59	Sport Alges e Dafundo	SAD	Oeiras	01/08/2021
Rec Nac Juv	4:15.97	Clube dos Galitos / Bresimar	CGA	Oeiras	01/08/2021
Rec Nac Juv B	4:24.01	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Oeiras	01/08/2021
Rec Nac Inf A	4:33.31	Sporting Clube de Portugal	SCP	Famalicão	17/07/2016
Rec Nac Inf	4:33.31	Sporting Clube de Portugal	SCP	Famalicão	17/07/2016

Pontos: FINA 2022

Lugar	Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Galitos / Bresimar-JUV B			Galitos / Bresimar	4:35.06	+0,68	494	
	LAMEIRO Matilde Pinheiro	+0,68	33.99	1:13.01	NUNES Duarte Ramos		29.26	1:04.41
	MIRANDA Matilde Pinguicha		35.25	1:17.92	KUCHERYAVENKO Daniel	+0,53	28.05	59.72
2.	Porto-JUV B			Porto	4:39.07	+0,74	473	
	CORREIA Rodrigo Filipe	+0,74	30.99	1:04.14	SOARES Leonor Carvalho	+0,84	33.42	1:13.75
	CARREIRA Duarte Maria	+0,69	34.08	1:15.24	BARBOSA Sofia Teixeira	+0,73	31.06	1:05.94
3.	Naval do Funchal-JUV B			Naval do Funchal	4:42.77	+0,63	455	
	GOMES Sofia Vega	+0,63	36.72	1:15.44	ALMEIDA Joao Francisco	+0,24	29.67	1:04.28
	PEREIRA Julia Freitas	+0,64	38.71	1:24.28	NEVES Tiago Brazao	+0,07	27.26	58.77
EXH	Louletano / Loule Concelho-JUV A			Louletano / Loule Concelho	4:28.76	+0,81	530	
	LOURO Beatriz Silva	+0,81	33.75	1:12.12	PINTO Mark Ronald	+0,32	29.07	1:02.36
	FOMIN Yury	+0,02	32.33	1:10.04	RODEIA Mariana Figueira	+0,40	30.70	1:04.24

6 - 3ª Jornada - 2ª Sessão

02/04/2022 - 16:30

Prova 26	Masc., 100m Mariposa				Juvenis A
02/04/2022 - 16:30					Resultados
Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal	03/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Rodrigo Ferreira	06	Famalicao	58.18	+0,70	614	
	50m: 26.82 26.82	100m:	58.18 31.36				
2.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	59.45	+0,65	575	
	50m: 27.62 27.62	100m:	59.45 31.83				
3.	PITA Pedro Miguel	06	Naval do Funchal	59.46	+0,67	575	
	50m: 27.27 27.27	100m:	59.46 32.19				
4.	LOURENCO Francisco Campos	06	Natacao de Valongo	59.84	+0,79	564	
	50m: 27.63 27.63	100m:	59.84 32.21				
5.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	59.99	+0,59	560	
	50m: 27.50 27.50	100m:	59.99 32.49				
6.	HERRERO Miguel Mera	06	Sporting	1:00.15	+0,71	555	
	50m: 27.49 27.49	100m:	1:00.15 32.66				
7.	ROQUE Tomas Nunes	06	Benfica	1:01.27	+0,74	525	
	50m: 28.24 28.24	100m:	1:01.27 33.03				
8.	LEMONS Gil Santos	06	Pimpoes/Cimai	1:01.34	+0,70	523	
	50m: 28.80 28.80	100m:	1:01.34 32.54				
9.	TONA Luca Valentino	06	Pimpoes/Cimai	1:01.37	+0,62	523	
	50m: 28.72 28.72	100m:	1:01.37 32.65				
10.	MORAIS David Miguel	06	Benfica	1:01.72	+0,69	514	
	50m: 28.09 28.09	100m:	1:01.72 33.63				
11.	CHAO Tiago Ventura	06	Naval Setubalense	1:01.73	+0,59	514	
	50m: 28.77 28.77	100m:	1:01.73 32.96				
12.	CORREIA Tiago Almeida	06	Natacao do Montijo	1:02.48	+0,73	495	
	50m: 28.84 28.84	100m:	1:02.48 33.64				
13.	PINTO Mark Ronald	06	Louletano / Loule Concelho	1:02.57	+0,72	493	
	50m: 29.28 29.28	100m:	1:02.57 33.29				
14.	BARROS Joao Carlos	06	Fluvial Portuense	1:02.73	+0,76	489	
	50m: 29.22 29.22	100m:	1:02.73 33.51				
15.	CONCEICAO Rodrigo Santos	06	Naval Povoense	1:03.03	+0,77	482	
	50m: 28.81 28.81	100m:	1:03.03 34.22				
16.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	1:03.33	+0,70	476	
	50m: 29.41 29.41	100m:	1:03.33 33.92				

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 18:18 - Página 69

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 26, Masc., 100m Mariposa

Prova 26 Masc., 100m Mariposa Juvenis B
02/04/2022 - 16:30 Resultados

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal	03/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	1:00.10	+0,71	557	
	50m: 28.26 28.26	100m: 1:00.10	31.84				
2.	FRANCISCO Joao Moura	07	Ba-Leiria	1:00.53	+0,78	545	
	50m: 28.03 28.03	100m: 1:00.53	32.50				
3.	ROQUE Afonso Dinis	07	Ba-Leiria	1:01.01	+0,83	532	
	50m: 28.24 28.24	100m: 1:01.01	32.77				
4.	CORREIA Rodrigo Filipe	07	Porto	1:02.43	+0,88	496	
	50m: 28.71 28.71	100m: 1:02.43	33.72				
5.	COSTA Antonio Miguel	07	Fafe	1:02.45	+0,72	496	
	50m: 28.61 28.61	100m: 1:02.45	33.84				
6.	MARTELO Francisco Bernardes	07	Porto	1:03.03	+0,77	482	
	50m: 28.75 28.75	100m: 1:03.03	34.28				
7.	GODINHO Rafael Pacheco	07	Sporting	1:03.76	+0,70	466	
	50m: 29.04 29.04	100m: 1:03.76	34.72				
8.	SANTOS Rodrigo Malia	07	Natacao de Lagos	1:05.30	+0,75	434	
	50m: 29.60 29.60	100m: 1:05.30	35.70				
9.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:05.68	+0,67	426	
	50m: 30.12 30.12	100m: 1:05.68	35.56				
10.	OLIVEIRA Afonso Miguel	07	Juventude Atlantico	1:06.87	+0,59	404	
	50m: 30.36 30.36	100m: 1:06.87	36.51				

Prova 26 Masc., 100m Mariposa Juvenis B
02/04/2022 - 16:30 Resultados

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal	03/08/2019
Rec Nac Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal	03/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Rodrigo Ferreira	06	Famalicao	58.18	+0,70	614	
	50m: 26.82 26.82	100m: 58.18	31.36				
2.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	59.45	+0,65	575	
	50m: 27.62 27.62	100m: 59.45	31.83				
3.	PITA Pedro Miguel	06	Naval do Funchal	59.46	+0,67	575	
	50m: 27.27 27.27	100m: 59.46	32.19				
4.	LOURENCO Francisco Campos	06	Natacao de Valongo	59.84	+0,79	564	
	50m: 27.63 27.63	100m: 59.84	32.21				

Prova 26, Masc., 100m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	59.99	+0,59	560	
	50m: 27.50 27.50	100m: 59.99 32.49					
6.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	1:00.10	+0,71	557	
	50m: 28.26 28.26	100m: 1:00.10 31.84					
7.	HERRERO Miguel Mera	06	Sporting	1:00.15	+0,71	555	
	50m: 27.49 27.49	100m: 1:00.15 32.66					
8.	FRANCISCO Joao Moura	07	Ba-Leiria	1:00.53	+0,78	545	
	50m: 28.03 28.03	100m: 1:00.53 32.50					
9.	ROQUE Afonso Dinis	07	Ba-Leiria	1:01.01	+0,83	532	
	50m: 28.24 28.24	100m: 1:01.01 32.77					
10.	ROQUE Tomas Nunes	06	Benfica	1:01.27	+0,74	525	
	50m: 28.24 28.24	100m: 1:01.27 33.03					
11.	LEMONS Gil Santos	06	Pimpoes/Cimai	1:01.34	+0,70	523	
	50m: 28.80 28.80	100m: 1:01.34 32.54					
12.	TONA Luca Valentino	06	Pimpoes/Cimai	1:01.37	+0,62	523	
	50m: 28.72 28.72	100m: 1:01.37 32.65					
13.	MORAIS David Miguel	06	Benfica	1:01.72	+0,69	514	
	50m: 28.09 28.09	100m: 1:01.72 33.63					
14.	CHAO Tiago Ventura	06	Naval Setubalense	1:01.73	+0,59	514	
	50m: 28.77 28.77	100m: 1:01.73 32.96					
15.	CORREIA Rodrigo Filipe	07	Porto	1:02.43	+0,88	496	
	50m: 28.71 28.71	100m: 1:02.43 33.72					
16.	COSTA Antonio Miguel	07	Fafe	1:02.45	+0,72	496	
	50m: 28.61 28.61	100m: 1:02.45 33.84					
17.	CORREIA Tiago Almeida	06	Natacao do Montijo	1:02.48	+0,73	495	
	50m: 28.84 28.84	100m: 1:02.48 33.64					
18.	PINTO Mark Ronald	06	Louletano / Loule Concelho	1:02.57	+0,72	493	
	50m: 29.28 29.28	100m: 1:02.57 33.29					
19.	BARROS Joao Carlos	06	Fluvial Portuense	1:02.73	+0,76	489	
	50m: 29.22 29.22	100m: 1:02.73 33.51					
20.	CONCEICAO Rodrigo Santos	06	Naval Povoense	1:03.03	+0,77	482	
	50m: 28.81 28.81	100m: 1:03.03 34.22					
	MARTELO Francisco Bernardes	07	Porto	1:03.03	+0,77	482	
	50m: 28.75 28.75	100m: 1:03.03 34.28					
22.	FIGUEIRA Diogo Morgado	06	CPCD-Povoa St Iria	1:03.33	+0,70	476	
	50m: 29.41 29.41	100m: 1:03.33 33.92					
23.	GODINHO Rafael Pacheco	07	Sporting	1:03.76	+0,70	466	
	50m: 29.04 29.04	100m: 1:03.76 34.72					
24.	SANTOS Rodrigo Malia	07	Natacao de Lagos	1:05.30	+0,75	434	
	50m: 29.60 29.60	100m: 1:05.30 35.70					

Splash Meet Manager, 11.72441

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PARCEIROS



Prova 26, Masc., 100m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	1:05.68	+0,67	426	
	50m: 30.12 30.12	100m: 1:05.68 35.56					
26.	OLIVEIRA Afonso Miguel	07	Juventude Atlantico	1:06.87	+0,59	404	
	50m: 30.36 30.36	100m: 1:06.87 36.51					

Prova 27

02/04/2022 - 16:35

Femin., 100m Mariposa

Juvenis A
Resultados

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03/08/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	1:06.25	+0,66	587	
	50m: 31.15 31.15	100m: 1:06.25 35.10					
2.	FRANCO Catarina Andrade	07	Geslours	1:06.49	+0,63	580	
	50m: 30.98 30.98	100m: 1:06.49 35.51					
3.	SOUSA Maria Rita	07	Desportiva de Viana	1:06.79	+0,79	573	
	50m: 31.18 31.18	100m: 1:06.79 35.61					
4.	MARQUES Gabriela Silva	07	Braga	1:07.99	+0,59	543	
	50m: 31.70 31.70	100m: 1:07.99 36.29					
5.	CAMARA Ines Cruz	07	Desportivo Nacional	1:08.17	+0,79	539	
	50m: 31.69 31.69	100m: 1:08.17 36.48					
6.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	1:08.87	+0,75	522	
	50m: 31.81 31.81	100m: 1:08.87 37.06					
7.	FIGUEIRA Madalena Almeida	07	Academico Viseu	1:09.20	+0,81	515	
	50m: 32.07 32.07	100m: 1:09.20 37.13					
8.	MANO Leonor Mil	07	Nautico Academico	1:09.47	+0,77	509	
	50m: 32.69 32.69	100m: 1:09.47 36.78					
9.	MATOS Maria Bandarra	07	Sporting	1:09.82	+0,91	501	
	50m: 32.35 32.35	100m: 1:09.82 37.47					
10.	CABRAL Carolina Vizinho	07	Natacao de Vagos	1:10.15	+0,81	494	
	50m: 32.75 32.75	100m: 1:10.15 37.40					
11.	PIRES Teresa Joao	07	Alges	1:10.69	+0,81	483	
	50m: 31.74 31.74	100m: 1:10.69 38.95					
12.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	1:11.41	+0,72	468	
	50m: 32.63 32.63	100m: 1:11.41 38.78					
13.	SILVA Carolina Martins	07	Estarreja	1:11.54	+0,62	466	
	50m: 33.30 33.30	100m: 1:11.54 38.24					
14.	LEAL Matilde Barros	07	Aquatico Pacense	1:11.78	+0,87	461	
	50m: 33.41 33.41	100m: 1:11.78 38.37					

Splash Meet Manager, 11.72441

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 27, Femin., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MONIZ Ana Rita	07	Nucleo Sporting da Terceira	1:12.50	+0,64	448	
	50m: 34.04 34.04	100m: 1:12.50 38.46					
16.	NETO Leonor Rodrigues	07	Naval do Funchal	1:13.27	+0,67	434	
	50m: 33.19 33.19	100m: 1:13.27 40.08					

Prova 27 Femin., 100m Mariposa Juvenis B 02/04/2022 - 16:35 Resultados

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SOARES Leonor Carvalho	08	Porto	1:10.69	+0,87	483	
	50m: 33.51 33.51	100m: 1:10.69 37.18					
2.	LOPES Catarina Maria	08	BUZIOS-Coruche	1:11.14		474	
	50m: 33.50 33.50	100m: 1:11.14 37.64					
3.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	1:11.80		461	
	50m: 33.66 33.66	100m: 1:11.80 38.14					
4.	ANDRADE Matilde Sousa	08	Naval do Funchal	1:12.33	+0,75	451	
	50m: 33.94 33.94	100m: 1:12.33 38.39					
5.	LIGEIRO Sara Silva	08	Viana Natacao	1:12.58	+0,84	446	
	50m: 33.88 33.88	100m: 1:12.58 38.70					
6.	MARTINS Maria Joao	08	Fafe	1:12.99	+0,81	439	
	50m: 32.40 32.40	100m: 1:12.99 40.59					
7.	SILVA Francisca Lamas	08	Colegio Efanor	1:13.24	+0,74	434	
	50m: 33.40 33.40	100m: 1:13.24 39.84					
	SILVA Ana Gabriela	08	Natacao da Maia	1:13.24	+0,88	434	
	50m: 34.44 34.44	100m: 1:13.24 38.80					
9.	ALVES Juliana Rodrigues	08	Desportivo Nacional	1:14.40	+0,74	414	
	50m: 33.57 33.57	100m: 1:14.40 40.83					

Prova 27, Femin., 100m Mariposa

Prova 27
02/04/2022 - 16:35

Femin., 100m Mariposa

Juvenis
Resultados

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03/08/2019
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24/07/2019

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	1:06.25	+0,66	587	
	50m: 31.15 31.15	100m: 1:06.25	35.10				
2.	FRANCO Catarina Andrade	07	Geslours	1:06.49	+0,63	580	
	50m: 30.98 30.98	100m: 1:06.49	35.51				
3.	SOUSA Maria Rita	07	Desportiva de Viana	1:06.79	+0,79	573	
	50m: 31.18 31.18	100m: 1:06.79	35.61				
4.	MARQUES Gabriela Silva	07	Braga	1:07.99	+0,59	543	
	50m: 31.70 31.70	100m: 1:07.99	36.29				
5.	CAMARA Ines Cruz	07	Desportivo Nacional	1:08.17	+0,79	539	
	50m: 31.69 31.69	100m: 1:08.17	36.48				
6.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	1:08.87	+0,75	522	
	50m: 31.81 31.81	100m: 1:08.87	37.06				
7.	FIGUEIRA Madalena Almeida	07	Academico Viseu	1:09.20	+0,81	515	
	50m: 32.07 32.07	100m: 1:09.20	37.13				
8.	MANO Leonor Mil	07	Nautico Academico	1:09.47	+0,77	509	
	50m: 32.69 32.69	100m: 1:09.47	36.78				
9.	MATOS Maria Bandarra	07	Sporting	1:09.82	+0,91	501	
	50m: 32.35 32.35	100m: 1:09.82	37.47				
10.	CABRAL Carolina Vizinho	07	Natacao de Vagos	1:10.15	+0,81	494	
	50m: 32.75 32.75	100m: 1:10.15	37.40				
11.	PIRES Teresa Joao	07	Alges	1:10.69	+0,81	483	
	50m: 31.74 31.74	100m: 1:10.69	38.95				
	SOARES Leonor Carvalho	08	Porto	1:10.69	+0,87	483	
	50m: 33.51 33.51	100m: 1:10.69	37.18				
13.	LOPES Catarina Maria	08	BUZIOS-Coruche	1:11.14		474	
	50m: 33.50 33.50	100m: 1:11.14	37.64				
14.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	1:11.41	+0,72	468	
	50m: 32.63 32.63	100m: 1:11.41	38.78				
15.	SILVA Carolina Martins	07	Estarreja	1:11.54	+0,62	466	
	50m: 33.30 33.30	100m: 1:11.54	38.24				
16.	LEAL Matilde Barros	07	Aquatico Pacense	1:11.78	+0,87	461	
	50m: 33.41 33.41	100m: 1:11.78	38.37				
17.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	1:11.80		461	
	50m: 33.66 33.66	100m: 1:11.80	38.14				

Splash Meet Manager, 11.72441

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Prova 27, Femin., 100m Mariposa, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ANDRADE Matilde Sousa	08	Naval do Funchal	1:12.33	+0,75	451	
	50m: 33.94 33.94	100m: 1:12.33	38.39				
19.	MONIZ Ana Rita	07	Nucleo Sporting da Terceira	1:12.50	+0,64	448	
	50m: 34.04 34.04	100m: 1:12.50	38.46				
20.	LIGEIRO Sara Silva	08	Viana Natacao	1:12.58	+0,84	446	
	50m: 33.88 33.88	100m: 1:12.58	38.70				
21.	MARTINS Maria Joao	08	Fafe	1:12.99	+0,81	439	
	50m: 32.40 32.40	100m: 1:12.99	40.59				
22.	SILVA Francisca Lamas	08	Colegio Efanor	1:13.24	+0,74	434	
	50m: 33.40 33.40	100m: 1:13.24	39.84				
	SILVA Ana Gabriela	08	Natacao da Maia	1:13.24	+0,88	434	
	50m: 34.44 34.44	100m: 1:13.24	38.80				
24.	NETO Leonor Rodrigues	07	Naval do Funchal	1:13.27	+0,67	434	
	50m: 33.19 33.19	100m: 1:13.27	40.08				
25.	ALVES Juliana Rodrigues	08	Desportivo Nacional	1:14.40	+0,74	414	
	50m: 33.57 33.57	100m: 1:14.40	40.83				

Prova 28

Masc., 50m Bruços

Juvenis A

02/04/2022 - 16:45

Resultados

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Juv A	29.75	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	31.21	+0,68	574	
2.	BONNIZ Pedro Goncalves	06	Geslours	31.47	+0,68	560	
3.	COSTA Tomas Mendes	06	Famalicao	31.83	+0,70	541	
4.	OLIVEIRA Tomas Varanda	06	Columbifila Cantanhedense	31.90	+0,59	538	
5.	FERNANDES Leonardo Freitas	06	Famalicao	32.74	+0,69	497	
6.	ALMEIDA Afonso Silvestre	06	Amadora	32.82	+0,75	494	
7.	JEVIC Milan Santos	06	Braga	32.83	+0,76	493	
8.	FERNANDES Duarte Jose	06	Uniao Coimbra	32.90	+0,66	490	
9.	SETIM Joao Oliveira	06	Naval do Funchal	33.12	+0,66	480	
10.	MORAIS David Miguel	06	Benfica	33.34	+0,71	471	
11.	EVARISTO Bernardo Miguel	06	Gualdim Pais	33.49	+0,71	465	
12.	PAULOS Joao Afonso	06	Naval do Funchal	34.54	+0,63	424	
13.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	34.88	+0,76	411	

Prova 28, Masc., 50m Bruços

Prova 28 Masc., 50m Bruços Juvenis B
02/04/2022 - 16:45 Resultados

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Juv B	30.57	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	31.14	+0,68	578	
2.	IONAS Daniel	07	Amadora	34.54	+0,75	424	
3.	REBELO Goncalo Moniz	07	Agua de Pau	35.24	+0,77	399	

Prova 28 Masc., 50m Bruços Juvenis
02/04/2022 - 16:45 Resultados

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Juv A	29.75	tempo limite			
Rec Nac Juv B	30.57	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	31.14	+0,68	578	
2.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	31.21	+0,68	574	
3.	BONNIZ Pedro Goncalves	06	Geslours	31.47	+0,68	560	
4.	COSTA Tomas Mendes	06	Famalicao	31.83	+0,70	541	
5.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	31.90	+0,59	538	
6.	FERNANDES Leonardo Freitas	06	Famalicao	32.74	+0,69	497	
7.	ALMEIDA Afonso Silvestre	06	Amadora	32.82	+0,75	494	
8.	JEVIC Milan Santos	06	Braga	32.83	+0,76	493	
9.	FERNANDES Duarte Jose	06	Uniao Coimbra	32.90	+0,66	490	
10.	SETIM Joao Oliveira	06	Naval do Funchal	33.12	+0,66	480	
11.	MORAIS David Miguel	06	Benfica	33.34	+0,71	471	
12.	EVARISTO Bernardo Miguel	06	Gualdim Pais	33.49	+0,71	465	
13.	PAULOS Joao Afonso	06	Naval do Funchal	34.54	+0,63	424	
	IONAS Daniel	07	Amadora	34.54	+0,75	424	
15.	MARTINS Henrique Ferreira	06	Alges e Agueda XXI	34.88	+0,76	411	
16.	REBELO Goncalo Moniz	07	Agua de Pau	35.24	+0,77	399	

Prova 29 Femin., 50m Bruços Juvenis A
02/04/2022 - 16:45 Resultados

Rec Nac Absoluto 31.35 RODRIGUES Ana Pinho AEJ Coimbra 01/04/2017
Rec Nac Juv A 32.04 tempo limite

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PARENTE Leonor Peso	07	Palmela	35.09	+0,76	582	
2.	LEAL Matilde Barros	07	Aquatico Pacense	35.96	+0,88	540	
	SILVA Nuria Soares	07	Sao Joao Ver	35.96	+0,83	540	
4.	GOMES Francisca Martins	07	Porto	36.21	+0,87	529	
5.	GONCALVES Valentina Jose	07	Desportivo Nacional	36.48	+0,74	518	
6.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	36.70	+0,83	508	
7.	PINA Laura Almeida	07	O Crasto	36.81	+0,88	504	
8.	PEREIRA Beatriz Azevedo	07	Sao Joao Ver	36.87	+0,72	501	
9.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	36.97	+0,73	497	
10.	TEIXEIRA Joana Navega	07	Fluvial Portuense	36.98		497	
11.	TOJO Clara Vieira	07	Benfica	37.16	+0,85	490	
12.	CUNHA Beatriz Teixeira	07	Leixoes	38.04	+0,76	456	

Prova 29 Femin., 50m Bruços Juvenis B
02/04/2022 - 16:45 Resultados

Rec Nac Absoluto 31.35 RODRIGUES Ana Pinho AEJ Coimbra 01/04/2017
Rec Nac Juv B 34.12 tempo limite

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	35.22	+0,64	575	
2.	GUERRA Matilde Militao	08	Colegio Monte Maior	35.98	+0,75	540	
3.	LEITE Maria Alexandra	08	Braga	36.83	+0,68	503	
4.	RODRIGUES Luisa Goncalves	08	Fisica Torres Vedras	37.66	+0,74	470	
5.	SILVA Maria Ines	08	Gafanha da Encarnacao	37.72	+0,94	468	
6.	PEREIRA Julia Freitas	08	Naval do Funchal	37.92	+0,62	461	

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 29, Femin., 50m Bruços

Prova 29 Femin., 50m Bruços Juvenis
02/04/2022 - 16:45 Resultados

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017
Rec Nac Juv A	32.04	tempo limite			
Rec Nac Juv B	34.12	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PARENTE Leonor Peso	07	Palmela	35.09	+0,76	582	
2.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	35.22	+0,64	575	
3.	LEAL Matilde Barros	07	Aquatico Pacense	35.96	+0,88	540	
	SILVA Nuria Soares	07	Sao Joao Ver	35.96	+0,83	540	
5.	GUERRA Matilde Militao	08	Colegio Monte Maior	35.98	+0,75	540	
6.	GOMES Francisca Martins	07	Porto	36.21	+0,87	529	
7.	GONCALVES Valentina Jose	07	Desportivo Nacional	36.48	+0,74	518	
8.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	36.70	+0,83	508	
9.	PINA Laura Almeida	07	O Crasto	36.81	+0,88	504	
10.	LEITE Maria Alexandra	08	Braga	36.83	+0,68	503	
11.	PEREIRA Beatriz Azevedo	07	Sao Joao Ver	36.87	+0,72	501	
12.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	36.97	+0,73	497	
13.	TEIXEIRA Joana Navega	07	Fluvial Portuense	36.98		497	
14.	TOJO Clara Vieira	07	Benfica	37.16	+0,85	490	
15.	RODRIGUES Luisa Goncalves	08	Fisica Torres Vedras	37.66	+0,74	470	
16.	SILVA Maria Ines	08	Gafanha da Encarnacao	37.72	+0,94	468	
17.	PEREIRA Julia Freitas	08	Naval do Funchal	37.92	+0,62	461	
18.	CUNHA Beatriz Teixeira	07	Leixoes	38.04	+0,76	456	

Prova 30 Masc., 200m Estilos Juvenis A
02/04/2022 - 16:50 Resultados

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31/07/2004

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ZHUKOV Mark	06	Braga	2:15.56	+0,77	594	
	50m: 29.01 29.01 100m: 1:04.32 35.31 150m: 1:43.74 39.42 200m: 2:15.56 31.82						
2.	FAFTINE Kaio Araujo	06	Sporting	2:15.63	+0,66	593	
	50m: 28.60 28.60 100m: 1:03.52 34.92 150m: 1:43.50 39.98 200m: 2:15.63 32.13						
3.	ALVES Andre Correia	06	Uniao Piedense	2:16.97	+0,70	576	
	50m: 28.86 28.86 100m: 1:03.32 34.46 150m: 1:45.06 41.74 200m: 2:16.97 31.91						
4.	COSTA Tomas Mendes	06	Famalicao	2:19.94	+0,73	540	
	50m: 30.16 30.16 100m: 1:10.67 40.51 150m: 1:47.90 37.23 200m: 2:19.94 32.04						
5.	CASTRO Vasco Monteiro	06	Porto	2:20.17	+0,89	537	
	50m: 30.23 30.23 100m: 1:05.50 35.27 150m: 1:48.86 43.36 200m: 2:20.17 31.31						
6.	SILVA Francisco Araujo	06	Famalicao	2:20.58	+0,75	533	
	50m: 28.54 28.54 100m: 1:03.78 35.24 150m: 1:46.27 42.49 200m: 2:20.58 34.31						

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 30, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:25.98	+0,69	476	
	50m: 29.22 29.22	100m: 1:09.09 39.87	150m: 1:50.37 41.28	200m: 2:25.98 35.61			
8.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:29.20	+0,69	446	
	50m: 31.16 31.16	100m: 1:12.07 40.91	150m: 1:51.50 39.43	200m: 2:29.20 37.70			

Prova 30 Masc., 200m Estilos Juvenis B 02/04/2022 - 16:50 Resultados

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CRUZ Leonardo Jose	07	Alcobaca	2:15.69	+0,53	593	
	50m: 29.58 29.58	100m: 1:04.71 35.13	150m: 1:44.65 39.94	200m: 2:15.69 31.04			
2.	REIS Leonardo Conceicao	07	Sporting	2:16.58	+0,65	581	
	50m: 29.63 29.63	100m: 1:04.55 34.92	150m: 1:45.57 41.02	200m: 2:16.58 31.01			
3.	COLACO Goncalo Pereira	07	Ba-Leiria	2:19.49	+0,66	545	
	50m: 30.04 30.04	100m: 1:06.27 36.23	150m: 1:46.28 40.01	200m: 2:19.49 33.21			
4.	MIMOSO Rafael Miguel	07	Benfica	2:20.72	+0,69	531	
	50m: 30.87 30.87	100m: 1:10.20 39.33	150m: 1:47.21 37.01	200m: 2:20.72 33.51			
5.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:22.55	+0,65	511	
	50m: 30.01 30.01	100m: 1:08.45 38.44	150m: 1:49.79 41.34	200m: 2:22.55 32.76			
6.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	2:22.74	+0,81	509	
	50m: 30.26 30.26	100m: 1:07.04 36.78	150m: 1:50.33 43.29	200m: 2:22.74 32.41			
7.	COSTA Tiago Mendes	07	Famalicao	2:23.62	+0,77	500	
	50m: 29.39 29.39	100m: 1:05.97 36.58	150m: 1:49.44 43.47	200m: 2:23.62 34.18			
8.	MESQUITA Tomas Afonso	07	Benfica	2:25.18	+0,68	484	
	50m: 30.69 30.69	100m: 1:07.72 37.03	150m: 1:50.70 42.98	200m: 2:25.18 34.48			
9.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:25.33	+0,76	482	
	50m: 29.81 29.81	100m: 1:08.26 38.45	150m: 1:51.50 43.24	200m: 2:25.33 33.83			
10.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	2:25.73	+0,70	478	
	50m: 30.17 30.17	100m: 1:07.65 37.48	150m: 1:51.86 44.21	200m: 2:25.73 33.87			
11.	ALMEIDA Joao Francisco	07	Naval do Funchal	2:25.81	+0,65	477	
	50m: 30.37 30.37	100m: 1:09.66 39.29	150m: 1:52.89 43.23	200m: 2:25.81 32.92			
12.	MAIA Vicente Dias	07	Alges	2:26.32	+0,79	472	
	50m: 29.99 29.99	100m: 1:06.93 36.94	150m: 1:51.34 44.41	200m: 2:26.32 34.98			
13.	SIMÕES Francisco Marques	07	Ba-Leiria	2:26.44	+0,78	471	
	50m: 31.13 31.13	100m: 1:09.24 38.11	150m: 1:52.46 43.22	200m: 2:26.44 33.98			
14.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	2:27.21	+0,71	464	
	50m: 30.60 30.60	100m: 1:11.98 41.38	150m: 1:53.72 41.74	200m: 2:27.21 33.49			
15.	DORES Tomas Rocha	07	Colegio Efanor	2:27.35	+0,65	463	
	50m: 30.00 30.00	100m: 1:08.08 38.08	150m: 1:53.80 45.72	200m: 2:27.35 33.55			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 30, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CARVALHO Luis Filipe	07	Naval Povoense	2:30.53	+0,72	434	
	50m: 30.93 30.93	100m: 1:07.79 36.86	150m: 1:56.22 48.43	200m: 2:30.53 34.31			

Prova 30 Masc., 200m Estilos Juvenis Resultados

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31/07/2004
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ZHUKOV Mark	06	Braga	2:15.56	+0,77	594	
	50m: 29.01 29.01	100m: 1:04.32 35.31	150m: 1:43.74 39.42	200m: 2:15.56 31.82			
2.	FAFTINE Kaio Araujo	06	Sporting	2:15.63	+0,66	593	
	50m: 28.60 28.60	100m: 1:03.52 34.92	150m: 1:43.50 39.98	200m: 2:15.63 32.13			
3.	CRUZ Leonardo Jose	07	Alcobaca	2:15.69	+0,53	593	
	50m: 29.58 29.58	100m: 1:04.71 35.13	150m: 1:44.65 39.94	200m: 2:15.69 31.04			
4.	REIS Leonardo Conceicao	07	Sporting	2:16.58	+0,65	581	
	50m: 29.63 29.63	100m: 1:04.55 34.92	150m: 1:45.57 41.02	200m: 2:16.58 31.01			
5.	ALVES Andre Correia	06	Uniao Piedense	2:16.97	+0,70	576	
	50m: 28.86 28.86	100m: 1:03.32 34.46	150m: 1:45.06 41.74	200m: 2:16.97 31.91			
6.	COLACO Goncalo Pereira	07	Ba-Leiria	2:19.49	+0,66	545	
	50m: 30.04 30.04	100m: 1:06.27 36.23	150m: 1:46.28 40.01	200m: 2:19.49 33.21			
7.	COSTA Tomas Mendes	06	Famalicao	2:19.94	+0,73	540	
	50m: 30.16 30.16	100m: 1:10.67 40.51	150m: 1:47.90 37.23	200m: 2:19.94 32.04			
8.	CASTRO Vasco Monteiro	06	Porto	2:20.17	+0,89	537	
	50m: 30.23 30.23	100m: 1:05.50 35.27	150m: 1:48.86 43.36	200m: 2:20.17 31.31			
9.	SILVA Francisco Araujo	06	Famalicao	2:20.58	+0,75	533	
	50m: 28.54 28.54	100m: 1:03.78 35.24	150m: 1:46.27 42.49	200m: 2:20.58 34.31			
10.	MIMOSO Rafael Miguel	07	Benfica	2:20.72	+0,69	531	
	50m: 30.87 30.87	100m: 1:10.20 39.33	150m: 1:47.21 37.01	200m: 2:20.72 33.51			
11.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:22.55	+0,65	511	
	50m: 30.01 30.01	100m: 1:08.45 38.44	150m: 1:49.79 41.34	200m: 2:22.55 32.76			
12.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	2:22.74	+0,81	509	
	50m: 30.26 30.26	100m: 1:07.04 36.78	150m: 1:50.33 43.29	200m: 2:22.74 32.41			
13.	COSTA Tiago Mendes	07	Famalicao	2:23.62	+0,77	500	
	50m: 29.39 29.39	100m: 1:05.97 36.58	150m: 1:49.44 43.47	200m: 2:23.62 34.18			
14.	MESQUITA Tomas Afonso	07	Benfica	2:25.18	+0,68	484	
	50m: 30.69 30.69	100m: 1:07.72 37.03	150m: 1:50.70 42.98	200m: 2:25.18 34.48			
15.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:25.33	+0,76	482	
	50m: 29.81 29.81	100m: 1:08.26 38.45	150m: 1:51.50 43.24	200m: 2:25.33 33.83			

Prova 30, Masc., 200m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	2:25.73	+0,70	478	
	50m: 30.17 30.17	100m: 1:07.65 37.48	150m: 1:51.86 44.21	200m: 2:25.73 33.87			
17.	ALMEIDA Joao Francisco	07	Naval do Funchal	2:25.81	+0,65	477	
	50m: 30.37 30.37	100m: 1:09.66 39.29	150m: 1:52.89 43.23	200m: 2:25.81 32.92			
18.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:25.98	+0,69	476	
	50m: 29.22 29.22	100m: 1:09.09 39.87	150m: 1:50.37 41.28	200m: 2:25.98 35.61			
19.	MAIA Vicente Dias	07	Alges	2:26.32	+0,79	472	
	50m: 29.99 29.99	100m: 1:06.93 36.94	150m: 1:51.34 44.41	200m: 2:26.32 34.98			
20.	SIMÕES Francisco Marques	07	Ba-Leiria	2:26.44	+0,78	471	
	50m: 31.13 31.13	100m: 1:09.24 38.11	150m: 1:52.46 43.22	200m: 2:26.44 33.98			
21.	CHOCAS Rodrigo Martins	07	Electrico Clube/ FGil.pt	2:27.21	+0,71	464	
	50m: 30.60 30.60	100m: 1:11.98 41.38	150m: 1:53.72 41.74	200m: 2:27.21 33.49			
22.	DORES Tomas Rocha	07	Colegio Efanor	2:27.35	+0,65	463	
	50m: 30.00 30.00	100m: 1:08.08 38.08	150m: 1:53.80 45.72	200m: 2:27.35 33.55			
23.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:29.20	+0,69	446	
	50m: 31.16 31.16	100m: 1:12.07 40.91	150m: 1:51.50 39.43	200m: 2:29.20 37.70			
24.	CARVALHO Luis Filipe	07	Naval Povoense	2:30.53	+0,72	434	
	50m: 30.93 30.93	100m: 1:07.79 36.86	150m: 1:56.22 48.43	200m: 2:30.53 34.31			
EXH	FOMIN Yury	06	Louletano / Loule Concelho	2:14.39	+0,60	610	
	50m: 28.77 28.77	100m: 1:03.10 34.33	150m: 1:43.42 40.32	200m: 2:14.39 30.97			
EXH	TIGRE Pedro Bethlem	06	Sporting	2:24.59	+0,64	490	
	50m: 30.22 30.22	100m: 1:06.91 36.69	150m: 1:52.92 46.01	200m: 2:24.59 31.67			

Prova 31

Femin., 400m Estilos

Juvenis A

02/04/2022 - 17:00

Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Pova de Varzim	05/08/2011

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	5:15.14	+0,86	603	
	50m: 33.45 33.45	150m: 1:54.81 42.41	250m: 3:18.96 42.46	350m: 4:40.50 38.74			
	100m: 1:12.40 38.95	200m: 2:36.50 41.69	300m: 4:01.76 42.80	400m: 5:15.14 34.64			
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:16.14	+0,66	598	
	50m: 32.44 32.44	150m: 1:49.73 40.56	250m: 3:17.22 47.09	350m: 4:40.42 36.30			
	100m: 1:09.17 36.73	200m: 2:30.13 40.40	300m: 4:04.12 46.90	400m: 5:16.14 35.72			
3.	RODRIGUES Leonor Carreiro	07	Benfica	5:26.39	+0,60	543	
	50m: 33.79 33.79	150m: 1:59.60 45.94	250m: 3:28.02 45.84	350m: 4:51.59 37.48			
	100m: 1:13.66 39.87	200m: 2:42.18 42.58	300m: 4:14.11 46.09	400m: 5:26.39 34.80			

Prova 31, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	PIRES Teresa Joao	07	Alges	5:28.56	+0,90	532	
	50m: 33.94 33.94	150m: 1:58.33 43.89	250m: 3:29.47 48.89	350m: 4:54.31 36.13			
	100m: 1:14.44 40.50	200m: 2:40.58 42.25	300m: 4:18.18 48.71	400m: 5:28.56 34.25			
5.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.91	+0,93	526	
	50m: 33.43 33.43	150m: 1:54.61 42.00	250m: 3:25.43 49.08	350m: 4:52.70 38.96			
	100m: 1:12.61 39.18	200m: 2:36.35 41.74	300m: 4:13.74 48.31	400m: 5:29.91 37.21			
6.	PINTO Margarida Vieira	07	Braga	5:33.11	+0,81	511	
	50m: 34.70 34.70	150m: 2:00.69 42.98	250m: 3:28.80 46.41	350m: 4:54.98 38.64			
	100m: 1:17.71 43.01	200m: 2:42.39 41.70	300m: 4:16.34 47.54	400m: 5:33.11 38.13			
7.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:33.97	+0,85	507	
	50m: 34.17 34.17	150m: 1:58.11 41.03	250m: 3:26.79 48.38	350m: 4:55.97 39.90			
	100m: 1:17.08 42.91	200m: 2:38.41 40.30	300m: 4:16.07 49.28	400m: 5:33.97 38.00			
8.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:46.77	+0,84	453	
	50m: 36.01 36.01	150m: 2:00.84 41.90	250m: 3:33.59 50.19	350m: 5:05.78 40.52			
	100m: 1:18.94 42.93	200m: 2:43.40 42.56	300m: 4:25.26 51.67	400m: 5:46.77 40.99			

DSQ BERNAT Elena Del Rio 07 Alges
SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 250 metros

Prova 31 Femin., 400m Estilos Juvenis B 02/04/2022 - 17:00 Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Constanca Santos	08	Alges	5:24.61	+0,74	552	
	50m: 32.02 32.02	150m: 1:53.38 43.13	250m: 3:22.56 46.60	350m: 4:48.26 37.75			
	100m: 1:10.25 38.23	200m: 2:35.96 42.58	300m: 4:10.51 47.95	400m: 5:24.61 36.35			
2.	BARROS Adriana Ribeiro	08	Braga	5:35.55	+0,76	500	
	50m: 34.16 34.16	150m: 2:01.01 44.70	250m: 3:30.50 45.92	350m: 4:57.97 39.46			
	100m: 1:16.31 42.15	200m: 2:44.58 43.57	300m: 4:18.51 48.01	400m: 5:35.55 37.58			
3.	NUNES Carolina Mendes	08	Estarreja	5:37.35	+0,90	492	
	50m: 35.65 35.65	150m: 2:02.08 44.65	250m: 3:33.69 48.21	350m: 4:59.68 38.56			
	100m: 1:17.43 41.78	200m: 2:45.48 43.40	300m: 4:21.12 47.43	400m: 5:37.35 37.67			
4.	SILVA Francisca Lamas	08	Colegio Efanor	5:40.45	+0,77	478	
	50m: 34.90 34.90	150m: 2:00.77 44.72	250m: 3:33.26 48.67	350m: 5:01.88 39.08			
	100m: 1:16.05 41.15	200m: 2:44.59 43.82	300m: 4:22.80 49.54	400m: 5:40.45 38.57			
5.	COSTA Maria Joao	08	Vilacondense	5:42.02	+0,75	472	
	50m: 32.81 32.81	150m: 1:58.92 45.30	250m: 3:34.10 50.50	350m: 5:04.34 37.92			
	100m: 1:13.62 40.81	200m: 2:43.60 44.68	300m: 4:26.42 52.32	400m: 5:42.02 37.68			
6.	FREITAS Diana Gomes	08	Amigos da Montanha	5:43.00	+0,91	468	
	50m: 34.31 34.31	150m: 2:00.37 44.22	250m: 3:33.93 50.27	350m: 5:05.45 39.49			
	100m: 1:16.15 41.84	200m: 2:43.66 43.29	300m: 4:25.96 52.03	400m: 5:43.00 37.55			

Prova 31, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	PINTO Lara Filipa	08	Porto	5:44.76	+0,78	461	
	50m: 35.23 35.23	150m: 2:02.33 44.55	250m: 3:36.12 50.00	350m: 5:05.93 39.06			
	100m: 1:17.78 42.55	200m: 2:46.12 43.79	300m: 4:26.87 50.75	400m: 5:44.76 38.83			
8.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:49.94	+0,88	440	
	50m: 35.55 35.55	150m: 2:07.72 47.94	250m: 3:41.60 46.15	350m: 5:08.71 39.90			
	100m: 1:19.78 44.23	200m: 2:55.45 47.73	300m: 4:28.81 47.21	400m: 5:49.94 41.23			

Prova 31 Femin., 400m Estilos Juvenis Resultados

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24/07/2015

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	5:15.14	+0,86	603	
	50m: 33.45 33.45	150m: 1:54.81 42.41	250m: 3:18.96 42.46	350m: 4:40.50 38.74			
	100m: 1:12.40 38.95	200m: 2:36.50 41.69	300m: 4:01.76 42.80	400m: 5:15.14 34.64			
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	5:16.14	+0,66	598	
	50m: 32.44 32.44	150m: 1:49.73 40.56	250m: 3:17.22 47.09	350m: 4:40.42 36.30			
	100m: 1:09.17 36.73	200m: 2:30.13 40.40	300m: 4:04.12 46.90	400m: 5:16.14 35.72			
3.	FERREIRA Constanca Santos	08	Alges	5:24.61	+0,74	552	
	50m: 32.02 32.02	150m: 1:53.38 43.13	250m: 3:22.56 46.60	350m: 4:48.26 37.75			
	100m: 1:10.25 38.23	200m: 2:35.96 42.58	300m: 4:10.51 47.95	400m: 5:24.61 36.35			
4.	RODRIGUES Leonor Carreiro	07	Benfica	5:26.39	+0,60	543	
	50m: 33.79 33.79	150m: 1:59.60 45.94	250m: 3:28.02 45.84	350m: 4:51.59 37.48			
	100m: 1:13.66 39.87	200m: 2:42.18 42.58	300m: 4:14.11 46.09	400m: 5:26.39 34.80			
5.	PIRES Teresa Joao	07	Alges	5:28.56	+0,90	532	
	50m: 33.94 33.94	150m: 1:58.33 43.89	250m: 3:29.47 48.89	350m: 4:54.31 36.13			
	100m: 1:14.44 40.50	200m: 2:40.58 42.25	300m: 4:18.18 48.71	400m: 5:28.56 34.25			
6.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	5:29.91	+0,93	526	
	50m: 33.43 33.43	150m: 1:54.61 42.00	250m: 3:25.43 49.08	350m: 4:52.70 38.96			
	100m: 1:12.61 39.18	200m: 2:36.35 41.74	300m: 4:13.74 48.31	400m: 5:29.91 37.21			
7.	PINTO Margarida Vieira	07	Braga	5:33.11	+0,81	511	
	50m: 34.70 34.70	150m: 2:00.69 42.98	250m: 3:28.80 46.41	350m: 4:54.98 38.64			
	100m: 1:17.71 43.01	200m: 2:42.39 41.70	300m: 4:16.34 47.54	400m: 5:33.11 38.13			
8.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	5:33.97	+0,85	507	
	50m: 34.17 34.17	150m: 1:58.11 41.03	250m: 3:26.79 48.38	350m: 4:55.97 39.90			
	100m: 1:17.08 42.91	200m: 2:38.41 40.30	300m: 4:16.07 49.28	400m: 5:33.97 38.00			
9.	BARROS Adriana Ribeiro	08	Braga	5:35.55	+0,76	500	
	50m: 34.16 34.16	150m: 2:01.01 44.70	250m: 3:30.50 45.92	350m: 4:57.97 39.46			
	100m: 1:16.31 42.15	200m: 2:44.58 43.57	300m: 4:18.51 48.01	400m: 5:35.55 37.58			
10.	NUNES Carolina Mendes	08	Estarreja	5:37.35	+0,90	492	
	50m: 35.65 35.65	150m: 2:02.08 44.65	250m: 3:33.69 48.21	350m: 4:59.68 38.56			
	100m: 1:17.43 41.78	200m: 2:45.48 43.40	300m: 4:21.12 47.43	400m: 5:37.35 37.67			

Prova 31, Femin., 400m Estilos, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SILVA Francisca Lamas	08	Colegio Efanor	5:40.45	+0,77	478	
	50m: 34.90 34.90	150m: 2:00.77 44.72	250m: 3:33.26 48.67	350m: 5:01.88 39.08			
	100m: 1:16.05 41.15	200m: 2:44.59 43.82	300m: 4:22.80 49.54	400m: 5:40.45 38.57			
12.	COSTA Maria Joao	08	Vilacondense	5:42.02	+0,75	472	
	50m: 32.81 32.81	150m: 1:58.92 45.30	250m: 3:34.10 50.50	350m: 5:04.34 37.92			
	100m: 1:13.62 40.81	200m: 2:43.60 44.68	300m: 4:26.42 52.32	400m: 5:42.02 37.68			
13.	FREITAS Diana Gomes	08	Amigos da Montanha	5:43.00	+0,91	468	
	50m: 34.31 34.31	150m: 2:00.37 44.22	250m: 3:33.93 50.27	350m: 5:05.45 39.49			
	100m: 1:16.15 41.84	200m: 2:43.66 43.29	300m: 4:25.96 52.03	400m: 5:43.00 37.55			
14.	PINTO Lara Filipa	08	Porto	5:44.76	+0,78	461	
	50m: 35.23 35.23	150m: 2:02.33 44.55	250m: 3:36.12 50.00	350m: 5:05.93 39.06			
	100m: 1:17.78 42.55	200m: 2:46.12 43.79	300m: 4:26.87 50.75	400m: 5:44.76 38.83			
15.	SOUSA Matilde Filipe	07	Nucleo Sporting da Terceira	5:46.77	+0,84	453	
	50m: 36.01 36.01	150m: 2:00.84 41.90	250m: 3:33.59 50.19	350m: 5:05.78 40.52			
	100m: 1:18.94 42.93	200m: 2:43.40 42.56	300m: 4:25.26 51.67	400m: 5:46.77 40.99			
16.	SILVA Maria Ines	08	Gafanha da Encarnacao	5:49.94	+0,88	440	
	50m: 35.55 35.55	150m: 2:07.72 47.94	250m: 3:41.60 46.15	350m: 5:08.71 39.90			
	100m: 1:19.78 44.23	200m: 2:55.45 47.73	300m: 4:28.81 47.21	400m: 5:49.94 41.23			

DSQ BERNAT Elena Del Rio 07 Alges
SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 250 metros

Prova 32 Masc., 4 x 100m Estilos Juvenis A

02/04/2022 - 17:15	Resultados
Rec Nac Absoluto 3:44.22 Sporting Clube de Portugal SCP Oeiras	13/04/2019
Rec Nac Juv A 4:03.65 Sporting Clube de Portugal SCP Oeiras	29/07/2018
Rec Nac Juv 4:03.65 Sporting Clube de Portugal SCP Oeiras	29/07/2018

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Benfica-JUV A	4:06.26		592	
	JANUARIO Tomas Maia 06 29.05 1:00.51	ROQUE Tomas Nunes 06 28.33	1:00.92		
	MORAIS David Miguel 06 32.45 1:10.98	BAPTISTA Guilherme Fernandes 06 25.08	53.85		
2.	Famalicao-JUV A	4:07.82	+0,67	580	
	SILVA Francisco Araujo +0,67 30.36 1:02.43	PEREIRA Rodrigo Ferreira +0,28 26.11	57.92		
	COSTA Tomas Mendes +0,44 32.43 1:08.80	SANTOS Rui Miguel +0,60 27.72	58.67		
3.	Sporting-JUV A	4:13.79	+0,65	540	
	VIEIRA Antonio Coelho +0,65 29.69 1:02.42	HERRERO Miguel Mera +0,56 27.72	1:00.01		
	MESQUITA Rodrigo Andrade +0,18 34.72 1:15.50	FAFTINE Kaio Araujo +0,29 26.77	55.86		
4.	Braga-JUV A	4:18.47	+0,61	512	
	DURAO Miguel Costa +0,61 30.41 1:04.20	ZHUKOV Mark +0,03 28.58	1:02.28		
	JEVIC Milan Santos +0,41 33.61 1:13.75	FARIA Eduardo Nuno +0,39 27.64	58.24		

Prova 32, Masc., 4 x 100m Estilos, Juvenis A

Lugar			Clube	Tempo Final	TReac	Pts FINA	Pts	
5.	Naval do Funchal-JUV A		Naval do Funchal	4:19.67	+0,62	504		
	PITA Pedro Miguel	+0,62	30.44	1:03.63	FERRAZ Luis Afonso	+0,57	29.90	1:04.11
	SETIM Joao Oliveira	+0,53	33.93	1:13.67	PAULOS Joao Afonso	+0,02	26.88	58.26
6.	CCDSerta-JUV A		CCDSerta	4:32.99	+0,72	434		
	PERES Lucas Farinha	+0,72	32.88	1:10.33	RIBEIRO Francisco Martins	+0,32	29.89	1:05.40
	ANTUNES Simao Pedro	+0,16	34.42	1:18.81	PINTO Fabio Jose	+0,70	27.69	58.45
DSQ	Geslours-JUV A		Geslours					
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina							
	PALARE Rodrigo Franco	+0,77	32.20	1:07.87	FIGUEIREDO Luis Pedro	+0,26		
	BONNIZ Pedro Goncalves	+0,51			LOPES Rafael Filipe	+0,20		

Prova 32 Masc., 4 x 100m Estilos Juvenis B

02/04/2022 - 17:15

Resultados

Rec Nac Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13/04/2019
Rec Nac Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nac Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23/07/2017

Pontos: FINA 2022

Lugar	Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Ba-Leiria				4:16.45	+0,57	524	
	SIMOES Francisco Marques	+0,57	32.65	1:06.58	FRANCISCO Joao Moura	+0,22	27.49	1:00.06
	COLACO Goncalo Pereira	+0,03	34.15	1:13.26	ROQUE Afonso Dinis	+0,15	27.19	56.55
2.	Porto				4:19.43	+0,78	506	
	CORREIA Rodrigo Filipe	+0,78	31.37	1:05.01	MARTELO Francisco Bernardes	+0,54	29.18	1:02.39
	CARREIRA Duarte Maria	+0,45	34.43	1:14.43	SOARES Guilherme Mahua	+0,57	27.54	57.60
3.	Naval do Funchal				4:21.92		492	
	NEVES Tiago Brazao	07	31.91	1:05.09	RIBEIRO Telmo Drumond	07	30.07	1:04.27
	ALMEIDA Joao Francisco	07	34.99	1:14.93	PEREIRA Lucas Santos	07	27.65	57.63
4.	Sporting				4:22.66	+0,67	487	
	REIS Leonardo Conceicao	+0,67	31.49	1:04.83	GODINHO Rafael Pacheco	+0,10	28.98	1:02.84
	GOMES Miguel Braga	+0,49	35.42	1:17.32	ASMAR Axel Guedes	+0,16	27.30	57.67

7 - 4ª Jornada - 1ª Sessão

03/04/2022 - 9:00

Prova 33 Femin., 800m Livres Juvenis A
03/04/2022 - 9:00 Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27/07/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:53.63	+0,78	544	
	50m: 32.57 32.57	250m: 2:59.88	37.60	450m: 5:30.65	37.56	650m: 8:02.09	37.89
	100m: 1:08.27 35.70	300m: 3:37.72	37.84	500m: 6:08.47	37.82	700m: 8:40.20	38.11
	150m: 1:45.04 36.77	350m: 4:15.40	37.68	550m: 6:46.10	37.63	750m: 9:17.62	37.42
	200m: 2:22.28 37.24	400m: 4:53.09	37.69	600m: 7:24.20	38.10	800m: 9:53.63	36.01
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	9:55.26	+0,86	540	
	50m: 33.10 33.10	250m: 3:02.85	38.43	450m: 5:34.53	38.21	650m: 8:07.06	38.58
	100m: 1:09.13 36.03	300m: 3:40.59	37.74	500m: 6:12.29	37.76	700m: 8:44.44	37.38
	150m: 1:47.10 37.97	350m: 4:18.67	38.08	550m: 6:50.63	38.34	750m: 9:21.81	37.37
	200m: 2:24.42 37.32	400m: 4:56.32	37.65	600m: 7:28.48	37.85	800m: 9:55.26	33.45
3.	AGUILAR Marta Andre	07	Nautico Academico	9:59.39	+0,61	529	
	50m: 34.13 34.13	250m: 3:04.00	37.13	450m: 5:34.72	38.38	650m: 8:08.11	39.09
	100m: 1:10.89 36.76	300m: 3:41.25	37.25	500m: 6:12.87	38.15	700m: 8:46.26	38.15
	150m: 1:49.30 38.41	350m: 4:19.06	37.81	550m: 6:51.60	38.73	750m: 9:24.14	37.88
	200m: 2:26.87 37.57	400m: 4:56.34	37.28	600m: 7:29.02	37.42	800m: 9:59.39	35.25
4.	GOMES Rita Cunha	07	Viana Natacao	9:59.73		528	
	50m: 34.28 34.28	250m: 3:03.77	37.47	450m: 5:36.12	37.64	650m: 8:08.40	37.86
	100m: 1:10.98 36.70	300m: 3:42.32	38.55	500m: 6:14.13	38.01	700m: 8:45.92	37.52
	150m: 1:48.27 37.29	350m: 4:20.12	37.80	550m: 6:52.16	38.03	750m: 9:22.89	36.97
	200m: 2:26.30 38.03	400m: 4:58.48	38.36	600m: 7:30.54	38.38	800m: 9:59.73	36.84
5.	VIANA Matilde Violante	07	Ba-Leiria	10:01.59	+0,84	523	
	50m: 33.15 33.15	250m: 3:04.56	38.42	450m: 5:37.54	38.35	650m: 8:10.35	38.26
	100m: 1:09.97 36.82	300m: 3:42.81	38.25	500m: 6:15.71	38.17	700m: 8:48.26	37.91
	150m: 1:48.01 38.04	350m: 4:20.97	38.16	550m: 6:53.98	38.27	750m: 9:25.04	36.78
	200m: 2:26.14 38.13	400m: 4:59.19	38.22	600m: 7:32.09	38.11	800m: 10:01.59	36.55
6.	PINTO Margarida Vieira	07	Braga	10:03.88	+0,72	517	
	50m: 32.63 32.63	250m: 3:03.23	38.42	450m: 5:36.61	38.69	650m: 8:11.47	38.78
	100m: 1:09.30 36.67	300m: 3:41.20	37.97	500m: 6:15.23	38.62	700m: 8:50.47	39.00
	150m: 1:47.02 37.72	350m: 4:19.74	38.54	550m: 6:54.11	38.88	750m: 9:28.41	37.94
	200m: 2:24.81 37.79	400m: 4:57.92	38.18	600m: 7:32.69	38.58	800m: 10:03.88	35.47
7.	CAMARA Ines Cruz	07	Desportivo Nacional	10:06.11	+0,85	511	
	50m: 33.78 33.78	250m: 3:04.87	38.18	450m: 5:37.51	38.19	650m: 8:11.30	38.41
	100m: 1:10.62 36.84	300m: 3:42.93	38.06	500m: 6:15.87	38.36	700m: 8:50.32	39.02
	150m: 1:48.33 37.71	350m: 4:21.17	38.24	550m: 6:54.13	38.26	750m: 9:28.60	38.28
	200m: 2:26.69 38.36	400m: 4:59.32	38.15	600m: 7:32.89	38.76	800m: 10:06.11	37.51
8.	RODRIGUES Leonor Carreiro	07	Benfica	10:07.12	+0,71	509	
	50m: 33.42 33.42	250m: 3:03.63	38.56	450m: 5:38.15	39.01	650m: 8:13.43	38.80
	100m: 1:09.95 36.53	300m: 3:41.83	38.20	500m: 6:16.76	38.61	700m: 8:51.89	38.46
	150m: 1:47.44 37.49	350m: 4:20.39	38.56	550m: 6:56.04	39.28	750m: 9:30.27	38.38
	200m: 2:25.07 37.63	400m: 4:59.14	38.75	600m: 7:34.63	38.59	800m: 10:07.12	36.85

Prova 33, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:19.68	+0,70	478	
	50m: 29.29 29.29	250m: 2:59.91 49.00	450m: 5:39.97 39.88	650m: 8:20.54 40.28			
	100m: 1:02.02 32.73	300m: 3:40.86 40.95	500m: 6:19.86 39.89	700m: 9:00.15 39.61			
	150m: 1:36.57 34.55	350m: 4:20.47 39.61	550m: 7:00.19 40.33	750m: 9:40.19 40.04			
	200m: 2:10.91 34.34	400m: 5:00.09 39.62	600m: 7:40.26 40.07	800m: 10:19.68 39.49			
DNS	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI				

Prova 33 Femin., 800m Livres Juvenis B Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10/09/1981

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	9:57.04		535	
	50m: 31.03 31.03	250m: 2:57.86 37.85	450m: 5:29.77 38.00	650m: 8:03.47 38.56			
	100m: 1:06.08 35.05	300m: 3:35.62 37.76	500m: 6:08.11 38.34	700m: 8:42.14 38.67			
	150m: 1:42.80 36.72	350m: 4:13.49 37.87	550m: 6:46.35 38.24	750m: 9:20.04 37.90			
	200m: 2:20.01 37.21	400m: 4:51.77 38.28	600m: 7:24.91 38.56	800m: 9:57.04 37.00			
2.	BARBOSA Sofia Teixeira	08	Porto	10:04.76	+0,79	515	
	50m: 33.38 33.38	250m: 3:06.21 38.25	450m: 5:39.88 38.60	650m: 8:14.46 38.74			
	100m: 1:10.51 37.13	300m: 3:44.61 38.40	500m: 6:18.35 38.47	700m: 8:52.66 38.20			
	150m: 1:49.39 38.88	350m: 4:22.95 38.34	550m: 6:57.14 38.79	750m: 9:30.23 37.57			
	200m: 2:27.96 38.57	400m: 5:01.28 38.33	600m: 7:35.72 38.58	800m: 10:04.76 34.53			
3.	FREITAS Diana Gomes	08	Amigos da Montanha	10:08.64	+0,95	505	
	50m: 34.63 34.63	250m: 3:06.67 38.25	450m: 5:41.59 38.92	650m: 8:16.34 38.37			
	100m: 1:12.32 37.69	300m: 3:45.39 38.72	500m: 6:20.42 38.83	700m: 8:54.93 38.59			
	150m: 1:50.09 37.77	350m: 4:23.84 38.45	550m: 6:59.28 38.86	750m: 9:32.10 37.17			
	200m: 2:28.42 38.33	400m: 5:02.67 38.83	600m: 7:37.97 38.69	800m: 10:08.64 36.54			
4.	SOARES Leonor Carvalho	08	Porto	10:11.08	+0,90	499	
	50m: 33.92 33.92	250m: 3:06.11 38.65	450m: 5:40.56 38.65	650m: 8:15.91 38.99			
	100m: 1:10.65 36.73	300m: 3:44.31 38.20	500m: 6:19.11 38.55	700m: 8:54.67 38.76			
	150m: 1:49.26 38.61	350m: 4:23.26 38.95	550m: 6:58.27 39.16	750m: 9:33.35 38.68			
	200m: 2:27.46 38.20	400m: 5:01.91 38.65	600m: 7:36.92 38.65	800m: 10:11.08 37.73			
5.	LOPES Catarina Maria	08	BUZIOS-Coruche	10:15.53	+0,78	488	
	50m: 34.64 34.64	250m: 3:09.23 39.46	450m: 5:46.13 39.45	650m: 8:22.06 38.77			
	100m: 1:12.57 37.93	300m: 3:48.58 39.35	500m: 6:25.12 38.99	700m: 9:00.74 38.68			
	150m: 1:50.96 38.39	350m: 4:27.69 39.11	550m: 7:04.18 39.06	750m: 9:38.98 38.24			
	200m: 2:29.77 38.81	400m: 5:06.68 38.99	600m: 7:43.29 39.11	800m: 10:15.53 36.55			
6.	JORGE Sofia Pereira	08	Galitos / Bresimar	10:16.20	+0,97	486	
	50m: 33.83 33.83	250m: 3:05.32 38.28	450m: 5:41.59 38.56	650m: 8:18.94 38.81			
	100m: 1:11.07 37.24	300m: 3:44.87 39.55	500m: 6:21.33 39.74	700m: 8:58.73 39.79			
	150m: 1:48.48 37.41	350m: 4:23.44 38.57	550m: 7:00.18 38.85	750m: 9:37.04 38.31			
	200m: 2:27.04 38.56	400m: 5:03.03 39.59	600m: 7:40.13 39.95	800m: 10:16.20 39.16			
7.	FERREIRA Constanca Santos	08	Alges	10:18.00	+0,63	482	
	50m: 34.47 34.47	250m: 3:09.01 39.21	450m: 5:45.30 39.40	650m: 8:22.17 38.98			
	100m: 1:12.00 37.53	300m: 3:47.88 38.87	500m: 6:24.49 39.19	700m: 9:01.17 39.00			
	150m: 1:50.80 38.80	350m: 4:26.62 38.74	550m: 7:04.07 39.58	750m: 9:40.40 39.23			
	200m: 2:29.80 39.00	400m: 5:05.90 39.28	600m: 7:43.19 39.12	800m: 10:18.00 37.60			

Prova 33, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CARVALHO Constanca Isabel	08	Alges	10:21.32	+0,81	475	
	50m: 34.68 34.68	250m: 3:08.89 39.18	450m: 5:46.48 39.38	650m: 8:24.39 39.64			
	100m: 1:11.94 37.26	300m: 3:48.08 39.19	500m: 6:25.77 39.29	700m: 9:04.05 39.66			
	150m: 1:50.60 38.66	350m: 4:27.66 39.58	550m: 7:05.01 39.24	750m: 9:43.23 39.18			
	200m: 2:29.71 39.11	400m: 5:07.10 39.44	600m: 7:44.75 39.74	800m: 10:21.32 38.09			
9.	NEVES Ana Carolina	08	Fluvial Portuense	10:21.91	+0,69	473	
	50m: 33.70 33.70	250m: 3:07.80 38.98	450m: 5:45.08 39.45	650m: 8:24.54 40.12			
	100m: 1:11.03 37.33	300m: 3:46.95 39.15	500m: 6:24.70 39.62	700m: 9:04.34 39.80			
	150m: 1:49.70 38.67	350m: 4:26.19 39.24	550m: 7:04.50 39.80	750m: 9:43.88 39.54			
	200m: 2:28.82 39.12	400m: 5:05.63 39.44	600m: 7:44.42 39.92	800m: 10:21.91 38.03			
10.	COSTA Maria Joao	08	Vilacondense	10:24.97	+0,82	466	
	50m: 33.80 33.80	250m: 3:09.11 39.61	450m: 5:47.28 39.82	650m: 8:27.54 40.49			
	100m: 1:11.25 37.45	300m: 3:48.34 39.23	500m: 6:26.98 39.70	700m: 9:07.03 39.49			
	150m: 1:50.27 39.02	350m: 4:27.83 39.49	550m: 7:07.23 40.25	750m: 9:46.81 39.78			
	200m: 2:29.50 39.23	400m: 5:07.46 39.63	600m: 7:47.05 39.82	800m: 10:24.97 38.16			
11.	PIRES Ana Beatriz	08	Uniao Piedense	10:28.18	+0,95	459	
	50m: 35.22 35.22	250m: 3:11.20 39.06	450m: 5:47.94 39.50	650m: 8:28.54 40.66			
	100m: 1:13.18 37.96	300m: 3:50.28 39.08	500m: 6:27.59 39.65	700m: 9:09.24 40.70			
	150m: 1:52.75 39.57	350m: 4:29.37 39.09	550m: 7:07.62 40.03	750m: 9:50.18 40.94			
	200m: 2:32.14 39.39	400m: 5:08.44 39.07	600m: 7:47.88 40.26	800m: 10:28.18 38.00			
12.	LUIZ Margarida Maria	08	Lagoa AC	10:28.32		459	
	50m: 34.57 34.57	250m: 3:11.21 39.64	450m: 5:50.49 39.84	650m: 8:31.66 40.46			
	100m: 1:12.48 37.91	300m: 3:51.03 39.82	500m: 6:30.47 39.98	700m: 9:10.92 39.26			
	150m: 1:52.19 39.71	350m: 4:30.97 39.94	550m: 7:10.80 40.33	750m: 9:50.85 39.93			
	200m: 2:31.57 39.38	400m: 5:10.65 39.68	600m: 7:51.20 40.40	800m: 10:28.32 37.47			
13.	NUNES Carolina Mendes	08	Estarreja	10:36.49	+0,89	441	
	50m: 35.19 35.19	250m: 3:11.97 39.54	450m: 5:52.45 40.48	650m: 8:36.37 41.46			
	100m: 1:13.49 38.30	300m: 3:51.45 39.48	500m: 6:33.00 40.55	700m: 9:17.05 40.68			
	150m: 1:53.10 39.61	350m: 4:31.68 40.23	550m: 7:13.89 40.89	750m: 9:57.22 40.17			
	200m: 2:32.43 39.33	400m: 5:11.97 40.29	600m: 7:54.91 41.02	800m: 10:36.49 39.27			
14.	GOMES Rita Silva	08	Colegio Efanor	10:41.71	+0,96	431	
	50m: 35.73 35.73	250m: 3:13.58 39.74	450m: 5:56.76 40.49	650m: 8:40.76 41.17			
	100m: 1:14.47 38.74	300m: 3:54.49 40.91	500m: 6:37.92 41.16	700m: 9:22.10 41.34			
	150m: 1:54.15 39.68	350m: 4:35.64 41.15	550m: 7:18.82 40.90	750m: 10:02.86 40.76			
	200m: 2:33.84 39.69	400m: 5:16.27 40.63	600m: 7:59.59 40.77	800m: 10:41.71 38.85			
15.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	10:45.28	+0,62	424	
	50m: 34.85 34.85	250m: 3:12.47 40.38	450m: 5:57.08 41.16	650m: 8:43.02 41.40			
	100m: 1:12.91 38.06	300m: 3:53.69 41.22	500m: 6:38.73 41.65	700m: 9:24.76 41.74			
	150m: 1:51.78 38.87	350m: 4:34.70 41.01	550m: 7:20.03 41.30	750m: 10:05.74 40.98			
	200m: 2:32.09 40.31	400m: 5:15.92 41.22	600m: 8:01.62 41.59	800m: 10:45.28 39.54			

Prova 33, Femin., 800m Livres

Prova 33

Femin., 800m Livres

Juvenis

03/04/2022 - 9:00

Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27/07/2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10/09/1981

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	9:53.63	+0,78	544	
	50m: 32.57 32.57	250m: 2:59.88 37.60	450m: 5:30.65 37.56	650m: 8:02.09 37.89			
	100m: 1:08.27 35.70	300m: 3:37.72 37.84	500m: 6:08.47 37.82	700m: 8:40.20 38.11			
	150m: 1:45.04 36.77	350m: 4:15.40 37.68	550m: 6:46.10 37.63	750m: 9:17.62 37.42			
	200m: 2:22.28 37.24	400m: 4:53.09 37.69	600m: 7:24.20 38.10	800m: 9:53.63 36.01			
2.	CABRAL Carolina Vizinho	07	Natacao de Vagos	9:55.26	+0,86	540	
	50m: 33.10 33.10	250m: 3:02.85 38.43	450m: 5:34.53 38.21	650m: 8:07.06 38.58			
	100m: 1:09.13 36.03	300m: 3:40.59 37.74	500m: 6:12.29 37.76	700m: 8:44.44 37.38			
	150m: 1:47.10 37.97	350m: 4:18.67 38.08	550m: 6:50.63 38.34	750m: 9:21.81 37.37			
	200m: 2:24.42 37.32	400m: 4:56.32 37.65	600m: 7:28.48 37.85	800m: 9:55.26 33.45			
3.	NEVES Maria Gomes	08	Braga	9:57.04		535	
	50m: 31.03 31.03	250m: 2:57.86 37.85	450m: 5:29.77 38.00	650m: 8:03.47 38.56			
	100m: 1:06.08 35.05	300m: 3:35.62 37.76	500m: 6:08.11 38.34	700m: 8:42.14 38.67			
	150m: 1:42.80 36.72	350m: 4:13.49 37.87	550m: 6:46.35 38.24	750m: 9:20.04 37.90			
	200m: 2:20.01 37.21	400m: 4:51.77 38.28	600m: 7:24.91 38.56	800m: 9:57.04 37.00			
4.	AGUILAR Marta Andre	07	Nautico Academico	9:59.39	+0,61	529	
	50m: 34.13 34.13	250m: 3:04.00 37.13	450m: 5:34.72 38.38	650m: 8:08.11 39.09			
	100m: 1:10.89 36.76	300m: 3:41.25 37.25	500m: 6:12.87 38.15	700m: 8:46.26 38.15			
	150m: 1:49.30 38.41	350m: 4:19.06 37.81	550m: 6:51.60 38.73	750m: 9:24.14 37.88			
	200m: 2:26.87 37.57	400m: 4:56.34 37.28	600m: 7:29.02 37.42	800m: 9:59.39 35.25			
5.	GOMES Rita Cunha	07	Viana Natacao	9:59.73		528	
	50m: 34.28 34.28	250m: 3:03.77 37.47	450m: 5:36.12 37.64	650m: 8:08.40 37.86			
	100m: 1:10.98 36.70	300m: 3:42.32 38.55	500m: 6:14.13 38.01	700m: 8:45.92 37.52			
	150m: 1:48.27 37.29	350m: 4:20.12 37.80	550m: 6:52.16 38.03	750m: 9:22.89 36.97			
	200m: 2:26.30 38.03	400m: 4:58.48 38.36	600m: 7:30.54 38.38	800m: 9:59.73 36.84			
6.	VIANA Matilde Violante	07	Ba-Leiria	10:01.59	+0,84	523	
	50m: 33.15 33.15	250m: 3:04.56 38.42	450m: 5:37.54 38.35	650m: 8:10.35 38.26			
	100m: 1:09.97 36.82	300m: 3:42.81 38.25	500m: 6:15.71 38.17	700m: 8:48.26 37.91			
	150m: 1:48.01 38.04	350m: 4:20.97 38.16	550m: 6:53.98 38.27	750m: 9:25.04 36.78			
	200m: 2:26.14 38.13	400m: 4:59.19 38.22	600m: 7:32.09 38.11	800m: 10:01.59 36.55			
7.	PINTO Margarida Vieira	07	Braga	10:03.88	+0,72	517	
	50m: 32.63 32.63	250m: 3:03.23 38.42	450m: 5:36.61 38.69	650m: 8:11.47 38.78			
	100m: 1:09.30 36.67	300m: 3:41.20 37.97	500m: 6:15.23 38.62	700m: 8:50.47 39.00			
	150m: 1:47.02 37.72	350m: 4:19.74 38.54	550m: 6:54.11 38.88	750m: 9:28.41 37.94			
	200m: 2:24.81 37.79	400m: 4:57.92 38.18	600m: 7:32.69 38.58	800m: 10:03.88 35.47			
8.	BARBOSA Sofia Teixeira	08	Porto	10:04.76	+0,79	515	
	50m: 33.38 33.38	250m: 3:06.21 38.25	450m: 5:39.88 38.60	650m: 8:14.46 38.74			
	100m: 1:10.51 37.13	300m: 3:44.61 38.40	500m: 6:18.35 38.47	700m: 8:52.66 38.20			
	150m: 1:49.39 38.88	350m: 4:22.95 38.34	550m: 6:57.14 38.79	750m: 9:30.23 37.57			
	200m: 2:27.96 38.57	400m: 5:01.28 38.33	600m: 7:35.72 38.58	800m: 10:04.76 34.53			

Prova 33, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	CAMARA Ines Cruz	07	Desportivo Nacional	10:06.11	+0,85	511	
	50m: 33.78 33.78	250m: 3:04.87 38.18	450m: 5:37.51 38.19	650m: 8:11.30 38.41			
	100m: 1:10.62 36.84	300m: 3:42.93 38.06	500m: 6:15.87 38.36	700m: 8:50.32 39.02			
	150m: 1:48.33 37.71	350m: 4:21.17 38.24	550m: 6:54.13 38.26	750m: 9:28.60 38.28			
	200m: 2:26.69 38.36	400m: 4:59.32 38.15	600m: 7:32.89 38.76	800m: 10:06.11 37.51			
10.	RODRIGUES Leonor Carreiro	07	Benfica	10:07.12	+0,71	509	
	50m: 33.42 33.42	250m: 3:03.63 38.56	450m: 5:38.15 39.01	650m: 8:13.43 38.80			
	100m: 1:09.95 36.53	300m: 3:41.83 38.20	500m: 6:16.76 38.61	700m: 8:51.89 38.46			
	150m: 1:47.44 37.49	350m: 4:20.39 38.56	550m: 6:56.04 39.28	750m: 9:30.27 38.38			
	200m: 2:25.07 37.63	400m: 4:59.14 38.75	600m: 7:34.63 38.59	800m: 10:07.12 36.85			
11.	FREITAS Diana Gomes	08	Amigos da Montanha	10:08.64	+0,95	505	
	50m: 34.63 34.63	250m: 3:06.67 38.25	450m: 5:41.59 38.92	650m: 8:16.34 38.37			
	100m: 1:12.32 37.69	300m: 3:45.39 38.72	500m: 6:20.42 38.83	700m: 8:54.93 38.59			
	150m: 1:50.09 37.77	350m: 4:23.84 38.45	550m: 6:59.28 38.86	750m: 9:32.10 37.17			
	200m: 2:28.42 38.33	400m: 5:02.67 38.83	600m: 7:37.97 38.69	800m: 10:08.64 36.54			
12.	SOARES Leonor Carvalho	08	Porto	10:11.08	+0,90	499	
	50m: 33.92 33.92	250m: 3:06.11 38.65	450m: 5:40.56 38.65	650m: 8:15.91 38.99			
	100m: 1:10.65 36.73	300m: 3:44.31 38.20	500m: 6:19.11 38.55	700m: 8:54.67 38.76			
	150m: 1:49.26 38.61	350m: 4:23.26 38.95	550m: 6:58.27 39.16	750m: 9:33.35 38.68			
	200m: 2:27.46 38.20	400m: 5:01.91 38.65	600m: 7:36.92 38.65	800m: 10:11.08 37.73			
13.	LOPES Catarina Maria	08	BUZIOS-Coruche	10:15.53	+0,78	488	
	50m: 34.64 34.64	250m: 3:09.23 39.46	450m: 5:46.13 39.45	650m: 8:22.06 38.77			
	100m: 1:12.57 37.93	300m: 3:48.58 39.35	500m: 6:25.12 38.99	700m: 9:00.74 38.68			
	150m: 1:50.96 38.39	350m: 4:27.69 39.11	550m: 7:04.18 39.06	750m: 9:38.98 38.24			
	200m: 2:29.77 38.81	400m: 5:06.68 38.99	600m: 7:43.29 39.11	800m: 10:15.53 36.55			
14.	JORGE Sofia Pereira	08	Galitos / Bresimar	10:16.20	+0,97	486	
	50m: 33.83 33.83	250m: 3:05.32 38.28	450m: 5:41.59 38.56	650m: 8:18.94 38.81			
	100m: 1:11.07 37.24	300m: 3:44.87 39.55	500m: 6:21.33 39.74	700m: 8:58.73 39.79			
	150m: 1:48.48 37.41	350m: 4:23.44 38.57	550m: 7:00.18 38.85	750m: 9:37.04 38.31			
	200m: 2:27.04 38.56	400m: 5:03.03 39.59	600m: 7:40.13 39.95	800m: 10:16.20 39.16			
15.	FERREIRA Constanca Santos	08	Alges	10:18.00	+0,63	482	
	50m: 34.47 34.47	250m: 3:09.01 39.21	450m: 5:45.30 39.40	650m: 8:22.17 38.98			
	100m: 1:12.00 37.53	300m: 3:47.88 38.87	500m: 6:24.49 39.19	700m: 9:01.17 39.00			
	150m: 1:50.80 38.80	350m: 4:26.62 38.74	550m: 7:04.07 39.58	750m: 9:40.40 39.23			
	200m: 2:29.80 39.00	400m: 5:05.90 39.28	600m: 7:43.19 39.12	800m: 10:18.00 37.60			
16.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	10:19.68	+0,70	478	
	50m: 29.29 29.29	250m: 2:59.91 49.00	450m: 5:39.97 39.88	650m: 8:20.54 40.28			
	100m: 1:02.02 32.73	300m: 3:40.86 40.95	500m: 6:19.86 39.89	700m: 9:00.15 39.61			
	150m: 1:36.57 34.55	350m: 4:20.47 39.61	550m: 7:00.19 40.33	750m: 9:40.19 40.04			
	200m: 2:10.91 34.34	400m: 5:00.09 39.62	600m: 7:40.26 40.07	800m: 10:19.68 39.49			
17.	CARVALHO Constanca Isabel	08	Alges	10:21.32	+0,81	475	
	50m: 34.68 34.68	250m: 3:08.89 39.18	450m: 5:46.48 39.38	650m: 8:24.39 39.64			
	100m: 1:11.94 37.26	300m: 3:48.08 39.19	500m: 6:25.77 39.29	700m: 9:04.05 39.66			
	150m: 1:50.60 38.66	350m: 4:27.66 39.58	550m: 7:05.01 39.24	750m: 9:43.23 39.18			
	200m: 2:29.71 39.11	400m: 5:07.10 39.44	600m: 7:44.75 39.74	800m: 10:21.32 38.09			

Prova 33, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	NEVES Ana Carolina	08	Fluvial Portuense	10:21.91	+0,69	473	
	50m: 33.70 33.70	250m: 3:07.80 38.98	450m: 5:45.08 39.45	650m: 8:24.54 40.12			
	100m: 1:11.03 37.33	300m: 3:46.95 39.15	500m: 6:24.70 39.62	700m: 9:04.34 39.80			
	150m: 1:49.70 38.67	350m: 4:26.19 39.24	550m: 7:04.50 39.80	750m: 9:43.88 39.54			
	200m: 2:28.82 39.12	400m: 5:05.63 39.44	600m: 7:44.42 39.92	800m: 10:21.91 38.03			
19.	COSTA Maria Joao	08	Vilacondense	10:24.97	+0,82	466	
	50m: 33.80 33.80	250m: 3:09.11 39.61	450m: 5:47.28 39.82	650m: 8:27.54 40.49			
	100m: 1:11.25 37.45	300m: 3:48.34 39.23	500m: 6:26.98 39.70	700m: 9:07.03 39.49			
	150m: 1:50.27 39.02	350m: 4:27.83 39.49	550m: 7:07.23 40.25	750m: 9:46.81 39.78			
	200m: 2:29.50 39.23	400m: 5:07.46 39.63	600m: 7:47.05 39.82	800m: 10:24.97 38.16			
20.	PIRES Ana Beatriz	08	Uniao Piedense	10:28.18	+0,95	459	
	50m: 35.22 35.22	250m: 3:11.20 39.06	450m: 5:47.94 39.50	650m: 8:28.54 40.66			
	100m: 1:13.18 37.96	300m: 3:50.28 39.08	500m: 6:27.59 39.65	700m: 9:09.24 40.70			
	150m: 1:52.75 39.57	350m: 4:29.37 39.09	550m: 7:07.62 40.03	750m: 9:50.18 40.94			
	200m: 2:32.14 39.39	400m: 5:08.44 39.07	600m: 7:47.88 40.26	800m: 10:28.18 38.00			
21.	LUIZ Margarida Maria	08	Lagoa AC	10:28.32		459	
	50m: 34.57 34.57	250m: 3:11.21 39.64	450m: 5:50.49 39.84	650m: 8:31.66 40.46			
	100m: 1:12.48 37.91	300m: 3:51.03 39.82	500m: 6:30.47 39.98	700m: 9:10.92 39.26			
	150m: 1:52.19 39.71	350m: 4:30.97 39.94	550m: 7:10.80 40.33	750m: 9:50.85 39.93			
	200m: 2:31.57 39.38	400m: 5:10.65 39.68	600m: 7:51.20 40.40	800m: 10:28.32 37.47			
22.	NUNES Carolina Mendes	08	Estarreja	10:36.49	+0,89	441	
	50m: 35.19 35.19	250m: 3:11.97 39.54	450m: 5:52.45 40.48	650m: 8:36.37 41.46			
	100m: 1:13.49 38.30	300m: 3:51.45 39.48	500m: 6:33.00 40.55	700m: 9:17.05 40.68			
	150m: 1:53.10 39.61	350m: 4:31.68 40.23	550m: 7:13.89 40.89	750m: 9:57.22 40.17			
	200m: 2:32.43 39.33	400m: 5:11.97 40.29	600m: 7:54.91 41.02	800m: 10:36.49 39.27			
23.	GOMES Rita Silva	08	Colegio Efanor	10:41.71	+0,96	431	
	50m: 35.73 35.73	250m: 3:13.58 39.74	450m: 5:56.76 40.49	650m: 8:40.76 41.17			
	100m: 1:14.47 38.74	300m: 3:54.49 40.91	500m: 6:37.92 41.16	700m: 9:22.10 41.34			
	150m: 1:54.15 39.68	350m: 4:35.64 41.15	550m: 7:18.82 40.90	750m: 10:02.86 40.76			
	200m: 2:33.84 39.69	400m: 5:16.27 40.63	600m: 7:59.59 40.77	800m: 10:41.71 38.85			
24.	GONCALVES Maria Meleiro	08	Galitos / Bresimar	10:45.28	+0,62	424	
	50m: 34.85 34.85	250m: 3:12.47 40.38	450m: 5:57.08 41.16	650m: 8:43.02 41.40			
	100m: 1:12.91 38.06	300m: 3:53.69 41.22	500m: 6:38.73 41.65	700m: 9:24.76 41.74			
	150m: 1:51.78 38.87	350m: 4:34.70 41.01	550m: 7:20.03 41.30	750m: 10:05.74 40.98			
	200m: 2:32.09 40.31	400m: 5:15.92 41.22	600m: 8:01.62 41.59	800m: 10:45.28 39.54			
DNS	ALMEIDA Bianca Filipa	07	Alges e Agueda XXI				

Prova 34

Masc., 1500m Livres

Juvenis A

03/04/2022 - 9:35

Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	17:07.62	+0,73	608	
	50m: 30.41 30.41	450m: 5:03.25 33.89	850m: 9:39.71 34.20	1250m: 14:17.12 34.68			
	100m: 1:04.12 33.71	500m: 5:37.70 34.45	900m: 10:14.16 34.45	1300m: 14:51.89 34.77			
	150m: 1:38.83 34.71	550m: 6:12.13 34.43	950m: 10:48.94 34.78	1350m: 15:25.91 34.02			
	200m: 2:12.89 34.06	600m: 6:47.04 34.91	1000m: 11:24.23 35.29	1400m: 16:00.08 34.17			
	250m: 2:46.23 33.34	650m: 7:21.51 34.47	1050m: 11:58.31 34.08	1450m: 16:34.41 34.33			
	300m: 3:21.26 35.03	700m: 7:56.03 34.52	1100m: 12:32.94 34.63	1500m: 17:07.62 33.21			
	350m: 3:55.04 33.78	750m: 8:30.64 34.61	1150m: 13:07.39 34.45				
	400m: 4:29.36 34.32	800m: 9:05.51 34.87	1200m: 13:42.44 35.05				
2.	BAPTISTA Guilherme Fernandes	06	Benfica	17:26.36	+0,78	576	
	50m: 30.29 30.29	450m: 5:09.68 35.04	850m: 9:49.10 34.78	1250m: 14:31.69 35.64			
	100m: 1:04.17 33.88	500m: 5:44.61 34.93	900m: 10:24.58 35.48	1300m: 15:07.11 35.42			
	150m: 1:39.66 35.49	550m: 6:19.67 35.06	950m: 10:59.64 35.06	1350m: 15:42.58 35.47			
	200m: 2:14.48 34.82	600m: 6:54.62 34.95	1000m: 11:34.51 34.87	1400m: 16:17.92 35.34			
	250m: 2:49.64 35.16	650m: 7:29.74 35.12	1050m: 12:09.76 35.25	1450m: 16:52.42 34.50			
	300m: 3:24.76 35.12	700m: 8:04.48 34.74	1100m: 12:44.88 35.12	1500m: 17:26.36 33.94			
	350m: 3:59.80 35.04	750m: 8:39.54 35.06	1150m: 13:20.55 35.67				
	400m: 4:34.64 34.84	800m: 9:14.32 34.78	1200m: 13:56.05 35.50				
3.	BARROS Joao Carlos	06	Fluvial Portuense	17:31.06	+0,71	569	
	50m: 31.05 31.05	450m: 5:09.52 35.55	850m: 9:52.97 35.58	1250m: 14:37.49 35.43			
	100m: 1:04.47 33.42	500m: 5:45.10 35.58	900m: 10:28.48 35.51	1300m: 15:12.98 35.49			
	150m: 1:38.76 34.29	550m: 6:20.07 34.97	950m: 11:04.17 35.69	1350m: 15:48.46 35.48			
	200m: 2:13.70 34.94	600m: 6:55.36 35.29	1000m: 11:39.71 35.54	1400m: 16:23.95 35.49			
	250m: 2:48.57 34.87	650m: 7:30.71 35.35	1050m: 12:15.36 35.65	1450m: 16:57.83 33.88			
	300m: 3:23.82 35.25	700m: 8:06.26 35.55	1100m: 12:50.81 35.45	1500m: 17:31.06 33.23			
	350m: 3:58.82 35.00	750m: 8:41.71 35.45	1150m: 13:26.22 35.41				
	400m: 4:33.97 35.15	800m: 9:17.39 35.68	1200m: 14:02.06 35.84				
4.	DURAO Miguel Costa	06	Braga	17:34.41	+0,81	563	
	50m: 30.61 30.61	450m: 5:09.62 35.61	850m: 9:54.72 35.68	1250m: 14:39.90 35.46			
	100m: 1:04.60 33.99	500m: 5:45.35 35.73	900m: 10:30.34 35.62	1300m: 15:15.56 35.66			
	150m: 1:39.26 34.66	550m: 6:20.77 35.42	950m: 11:06.25 35.91	1350m: 15:51.06 35.50			
	200m: 2:13.89 34.63	600m: 6:56.64 35.87	1000m: 11:42.08 35.83	1400m: 16:26.40 35.34			
	250m: 2:48.65 34.76	650m: 7:32.24 35.60	1050m: 12:17.59 35.51	1450m: 17:01.03 34.63			
	300m: 3:24.01 35.36	700m: 8:07.80 35.56	1100m: 12:53.50 35.91	1500m: 17:34.41 33.38			
	350m: 3:58.89 34.88	750m: 8:43.34 35.54	1150m: 13:28.68 35.18				
	400m: 4:34.01 35.12	800m: 9:19.04 35.70	1200m: 14:04.44 35.76				
5.	CORREIA Tiago Almeida	06	Natacao do Montijo	17:38.69	+0,84	556	
	50m: 29.95 29.95	450m: 5:10.12 35.49	850m: 9:56.89 35.88	1250m: 14:43.08 36.00			
	100m: 1:03.00 33.05	500m: 5:45.89 35.77	900m: 10:32.57 35.68	1300m: 15:19.08 36.00			
	150m: 1:37.54 34.54	550m: 6:21.74 35.85	950m: 11:08.11 35.54	1350m: 15:54.40 35.32			
	200m: 2:12.37 34.83	600m: 6:57.86 36.12	1000m: 11:43.86 35.75	1400m: 16:30.07 35.67			
	250m: 2:47.51 35.14	650m: 7:33.29 35.43	1050m: 12:19.53 35.67	1450m: 17:04.96 34.89			
	300m: 3:23.27 35.76	700m: 8:09.31 36.02	1100m: 12:55.40 35.87	1500m: 17:38.69 33.73			
	350m: 3:58.86 35.59	750m: 8:45.15 35.84	1150m: 13:31.18 35.78				
	400m: 4:34.63 35.77	800m: 9:21.01 35.86	1200m: 14:07.08 35.90				

Prova 34, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	JEVIC Milan Santos	06	Braga	17:45.91	+0,74	545	
	50m: 30.06 30.06	450m: 5:05.91 34.91	850m: 9:51.50 35.42	1250m: 14:45.24 36.99			
	100m: 1:03.55 33.49	500m: 5:41.45 35.54	900m: 10:28.26 36.76	1300m: 15:21.90 36.66			
	150m: 1:37.30 33.75	550m: 6:17.16 35.71	950m: 11:04.84 36.58	1350m: 15:59.48 37.58			
	200m: 2:11.48 34.18	600m: 6:53.32 36.16	1000m: 11:41.24 36.40	1400m: 16:35.31 35.83			
	250m: 2:46.06 34.58	650m: 7:28.89 35.57	1050m: 12:18.24 37.00	1450m: 17:10.84 35.53			
	300m: 3:21.10 35.04	700m: 8:05.12 36.23	1100m: 12:55.03 36.79	1500m: 17:45.91 35.07			
	350m: 3:55.86 34.76	750m: 8:40.08 34.96	1150m: 13:31.31 36.28				
	400m: 4:31.00 35.14	800m: 9:16.08 36.00	1200m: 14:08.25 36.94				
7.	PEREIRA Tomas Veiga	06	Nautico Academico	17:46.57	+0,88	544	
	50m: 31.96 31.96	450m: 5:17.01 35.48	850m: 10:05.27 35.75	1250m: 14:49.70 35.15			
	100m: 1:06.94 34.98	500m: 5:53.37 36.36	900m: 10:41.25 35.98	1300m: 15:25.39 35.69			
	150m: 1:42.06 35.12	550m: 6:28.99 35.62	950m: 11:17.03 35.78	1350m: 16:00.50 35.11			
	200m: 2:17.83 35.77	600m: 7:05.40 36.41	1000m: 11:53.21 36.18	1400m: 16:36.51 36.01			
	250m: 2:53.48 35.65	650m: 7:41.20 35.80	1050m: 12:28.32 35.11	1450m: 17:11.81 35.30			
	300m: 3:29.73 36.25	700m: 8:17.59 36.39	1100m: 13:03.99 35.67	1500m: 17:46.57 34.76			
	350m: 4:05.47 35.74	750m: 8:53.28 35.69	1150m: 13:38.96 34.97				
	400m: 4:41.53 36.06	800m: 9:29.52 36.24	1200m: 14:14.55 35.59				
8.	SANTOS Rui Miguel	06	Famalicao	17:51.56	+0,73	537	
	50m: 30.18 30.18	450m: 5:14.81 36.05	850m: 10:05.16 37.11	1250m: 14:54.30 34.90			
	100m: 1:04.51 34.33	500m: 5:50.43 35.62	900m: 10:42.31 37.15	1300m: 15:30.45 36.15			
	150m: 1:40.00 35.49	550m: 6:27.06 36.63	950m: 11:19.68 37.37	1350m: 16:06.95 36.50			
	200m: 2:15.38 35.38	600m: 7:02.22 35.16	1000m: 11:56.24 36.56	1400m: 16:43.04 36.09			
	250m: 2:50.94 35.56	650m: 7:38.65 36.43	1050m: 12:32.88 36.64	1450m: 17:18.23 35.19			
	300m: 3:26.88 35.94	700m: 8:15.01 36.36	1100m: 13:08.71 35.83	1500m: 17:51.56 33.33			
	350m: 4:03.02 36.14	750m: 8:51.39 36.38	1150m: 13:44.22 35.51				
	400m: 4:38.76 35.74	800m: 9:28.05 36.66	1200m: 14:19.40 35.18				
9.	FARIA Eduardo Nuno	06	Braga	17:56.90	+0,77	529	
	50m: 31.25 31.25	450m: 5:12.20 35.54	850m: 10:01.44 36.38	1250m: 14:54.26 36.02			
	100m: 1:05.20 33.95	500m: 5:48.06 35.86	900m: 10:38.09 36.65	1300m: 15:31.49 37.23			
	150m: 1:40.16 34.96	550m: 6:24.02 35.96	950m: 11:15.08 36.99	1350m: 16:08.95 37.46			
	200m: 2:15.30 35.14	600m: 6:59.81 35.79	1000m: 11:51.48 36.40	1400m: 16:44.64 35.69			
	250m: 2:50.90 35.60	650m: 7:35.86 36.05	1050m: 12:28.39 36.91	1450m: 17:21.01 36.37			
	300m: 3:26.08 35.18	700m: 8:12.17 36.31	1100m: 13:04.69 36.30	1500m: 17:56.90 35.89			
	350m: 4:01.37 35.29	750m: 8:48.38 36.21	1150m: 13:41.75 37.06				
	400m: 4:36.66 35.29	800m: 9:25.06 36.68	1200m: 14:18.24 36.49				
10.	LUCAS Joao Neves	06	Columbofila Cantanhedense	18:01.86	+0,89	521	
	50m: 32.49 32.49	450m: 5:21.76 36.35	850m: 10:09.58 36.13	1250m: 15:00.52 36.47			
	100m: 1:08.41 35.92	500m: 5:57.84 36.08	900m: 10:45.52 35.94	1300m: 15:36.96 36.44			
	150m: 1:44.71 36.30	550m: 6:34.04 36.20	950m: 11:21.67 36.15	1350m: 16:13.75 36.79			
	200m: 2:21.17 36.46	600m: 7:09.82 35.78	1000m: 11:57.84 36.17	1400m: 16:50.18 36.43			
	250m: 2:57.12 35.95	650m: 7:45.66 35.84	1050m: 12:34.28 36.44	1450m: 17:26.61 36.43			
	300m: 3:33.56 36.44	700m: 8:21.37 35.71	1100m: 13:10.91 36.63	1500m: 18:01.86 35.25			
	350m: 4:09.58 36.02	750m: 8:57.18 35.81	1150m: 13:47.34 36.43				
	400m: 4:45.41 35.83	800m: 9:33.45 36.27	1200m: 14:24.05 36.71				

Prova 34, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	BRANDAO Afonso Aires	06	Desportiva de Viana	18:06.10	+0,70	515	
	50m: 30.53 30.53	450m: 5:18.35 37.31	850m: 10:10.21 36.51	1250m: 15:04.78 36.62			
	100m: 1:05.03 34.50	500m: 5:54.82 36.47	900m: 10:46.64 36.43	1300m: 15:42.08 37.30			
	150m: 1:40.68 35.65	550m: 6:31.58 36.76	950m: 11:23.47 36.83	1350m: 16:19.30 37.22			
	200m: 2:16.49 35.81	600m: 7:07.73 36.15	1000m: 12:00.38 36.91	1400m: 16:56.49 37.19			
	250m: 2:52.71 36.22	650m: 7:43.76 36.03	1050m: 12:36.94 36.56	1450m: 17:31.90 35.41			
	300m: 3:28.72 36.01	700m: 8:20.20 36.44	1100m: 13:13.58 36.64	1500m: 18:06.10 34.20			
	350m: 4:04.70 35.98	750m: 8:56.94 36.74	1150m: 13:51.17 37.59				
	400m: 4:41.04 36.34	800m: 9:33.70 36.76	1200m: 14:28.16 36.99				
12.	MESQUITA Rodrigo Andrade	06	Sporting	18:09.28	+0,74	511	
	50m: 31.39 31.39	450m: 5:18.59 36.63	850m: 10:10.73 36.19	1250m: 15:08.49 37.72			
	100m: 1:06.34 34.95	500m: 5:54.70 36.11	900m: 10:48.19 37.46	1300m: 15:45.37 36.88			
	150m: 1:42.21 35.87	550m: 6:31.43 36.73	950m: 11:24.32 36.13	1350m: 16:22.88 37.51			
	200m: 2:17.79 35.58	600m: 7:07.62 36.19	1000m: 12:01.84 37.52	1400m: 16:58.95 36.07			
	250m: 2:53.76 35.97	650m: 7:44.14 36.52	1050m: 12:39.57 37.73	1450m: 17:35.65 36.70			
	300m: 3:29.95 36.19	700m: 8:20.75 36.61	1100m: 13:17.42 37.85	1500m: 18:09.28 33.63			
	350m: 4:06.23 36.28	750m: 8:57.70 36.95	1150m: 13:54.01 36.59				
	400m: 4:41.96 35.73	800m: 9:34.54 36.84	1200m: 14:30.77 36.76				
13.	SIMÕES Manuel Costa	06	Uniao Piedense	18:16.41	+0,72	501	
	50m: 31.31 31.31	450m: 5:17.93 36.03	850m: 10:12.21 36.58	1250m: 15:10.64 37.34			
	100m: 1:05.38 34.07	500m: 5:54.76 36.83	900m: 10:49.41 37.20	1300m: 15:48.18 37.54			
	150m: 1:40.66 35.28	550m: 6:31.27 36.51	950m: 11:26.44 37.03	1350m: 16:25.78 37.60			
	200m: 2:16.58 35.92	600m: 7:08.33 37.06	1000m: 12:03.65 37.21	1400m: 17:02.97 37.19			
	250m: 2:52.36 35.78	650m: 7:45.14 36.81	1050m: 12:40.90 37.25	1450m: 17:40.12 37.15			
	300m: 3:28.60 36.24	700m: 8:21.97 36.83	1100m: 13:18.32 37.42	1500m: 18:16.41 36.29			
	350m: 4:05.01 36.41	750m: 8:58.78 36.81	1150m: 13:55.84 37.52				
	400m: 4:41.90 36.89	800m: 9:35.63 36.85	1200m: 14:33.30 37.46				
14.	FIGUEIREDO Joao Pinto	06	O Crasto	18:48.34	+0,84	460	
	50m: 32.13 32.13	450m: 5:28.24 37.63	850m: 10:33.55 38.55	1250m: 15:39.58 38.32			
	100m: 1:08.10 35.97	500m: 6:05.72 37.48	900m: 11:12.21 38.66	1300m: 16:17.72 38.14			
	150m: 1:44.95 36.85	550m: 6:43.58 37.86	950m: 11:50.47 38.26	1350m: 16:56.29 38.57			
	200m: 2:21.69 36.74	600m: 7:21.83 38.25	1000m: 12:28.55 38.08	1400m: 17:34.68 38.39			
	250m: 2:58.72 37.03	650m: 7:59.96 38.13	1050m: 13:06.94 38.39	1450m: 18:12.66 37.98			
	300m: 3:35.78 37.06	700m: 8:38.26 38.30	1100m: 13:44.99 38.05	1500m: 18:48.34 35.68			
	350m: 4:12.96 37.18	750m: 9:16.75 38.49	1150m: 14:23.15 38.16				
	400m: 4:50.61 37.65	800m: 9:55.00 38.25	1200m: 15:01.26 38.11				

Prova 34, Masc., 1500m Livres

Prova 34 Masc., 1500m Livres Juvenis B
03/04/2022 - 9:35 Resultados

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

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MORARI Alexandre	07	Rio Maior	17:32.06	+0,73	567	
	50m: 30.51 30.51	450m: 5:08.86 34.43	850m: 9:50.99 35.12	1250m: 14:35.94 35.67			
	100m: 1:04.94 34.43	500m: 5:43.85 34.99	900m: 10:26.39 35.40	1300m: 15:11.94 36.00			
	150m: 1:39.98 35.04	550m: 6:18.47 34.62	950m: 11:01.86 35.47	1350m: 15:47.74 35.80			
	200m: 2:14.96 34.98	600m: 6:54.02 35.55	1000m: 11:37.51 35.65	1400m: 16:24.11 36.37			
	250m: 2:49.64 34.68	650m: 7:29.21 35.19	1050m: 12:13.47 35.96	1450m: 16:58.67 34.56			
	300m: 3:24.49 34.85	700m: 8:05.10 35.89	1100m: 12:49.23 35.76	1500m: 17:32.06 33.39			
	350m: 3:59.55 35.06	750m: 8:40.15 35.05	1150m: 13:24.50 35.27				
	400m: 4:34.43 34.88	800m: 9:15.87 35.72	1200m: 14:00.27 35.77				
2.	ASMAR Axel Guedes	07	Sporting	17:36.31	+0,69	560	
	50m: 29.68 29.68	450m: 5:09.95 35.04	850m: 9:54.40 34.82	1250m: 14:38.68 35.05			
	100m: 1:04.12 34.44	500m: 5:45.87 35.92	900m: 10:30.38 35.98	1300m: 15:14.99 36.31			
	150m: 1:38.70 34.58	550m: 6:20.99 35.12	950m: 11:05.56 35.18	1350m: 15:50.37 35.38			
	200m: 2:14.07 35.37	600m: 6:57.46 36.47	1000m: 11:41.58 36.02	1400m: 16:26.64 36.27			
	250m: 2:48.74 34.67	650m: 7:32.72 35.26	1050m: 12:16.41 34.83	1450m: 17:01.89 35.25			
	300m: 3:24.16 35.42	700m: 8:08.52 35.80	1100m: 12:52.21 35.80	1500m: 17:36.31 34.42			
	350m: 3:59.11 34.95	750m: 8:43.49 34.97	1150m: 13:27.41 35.20				
	400m: 4:34.91 35.80	800m: 9:19.58 36.09	1200m: 14:03.63 36.22				
3.	BORGES Rodrigo Costa	07	Fluvial Portuense	17:36.49	+0,68	560	
	50m: 30.42 30.42	450m: 5:13.42 35.56	850m: 9:58.95 35.89	1250m: 14:42.27 35.55			
	100m: 1:04.46 34.04	500m: 5:49.05 35.63	900m: 10:34.36 35.41	1300m: 15:17.39 35.12			
	150m: 1:39.94 35.48	550m: 6:24.88 35.83	950m: 11:09.93 35.57	1350m: 15:52.56 35.17			
	200m: 2:15.65 35.71	600m: 7:00.43 35.55	1000m: 11:45.58 35.65	1400m: 16:27.55 34.99			
	250m: 2:51.07 35.42	650m: 7:36.26 35.83	1050m: 12:20.86 35.28	1450m: 17:02.40 34.85			
	300m: 3:26.61 35.54	700m: 8:11.88 35.62	1100m: 12:56.19 35.33	1500m: 17:36.49 34.09			
	350m: 4:02.40 35.79	750m: 8:47.59 35.71	1150m: 13:31.58 35.39				
	400m: 4:37.86 35.46	800m: 9:23.06 35.47	1200m: 14:06.72 35.14				
4.	LARANJO Filipe Manso	07	Desportiva de Viana	17:40.49	+0,80	554	
	50m: 30.88 30.88	450m: 5:14.06 35.04	850m: 10:00.83 35.85	1250m: 14:47.94 35.82			
	100m: 1:06.31 35.43	500m: 5:50.01 35.95	900m: 10:36.75 35.92	1300m: 15:23.00 35.06			
	150m: 1:41.13 34.82	550m: 6:25.15 35.14	950m: 11:12.95 36.20	1350m: 15:58.72 35.72			
	200m: 2:16.28 35.15	600m: 7:01.20 36.05	1000m: 11:49.06 36.11	1400m: 16:33.59 34.87			
	250m: 2:51.68 35.40	650m: 7:36.66 35.46	1050m: 12:24.14 35.08	1450m: 17:07.62 34.03			
	300m: 3:27.70 36.02	700m: 8:12.18 35.52	1100m: 13:00.72 36.58	1500m: 17:40.49 32.87			
	350m: 4:02.63 34.93	750m: 8:48.54 36.36	1150m: 13:36.50 35.78				
	400m: 4:39.02 36.39	800m: 9:24.98 36.44	1200m: 14:12.12 35.62				
5.	MESQUITA Tomas Afonso	07	Benfica	17:52.47	+0,72	535	
	50m: 31.31 31.31	450m: 5:14.71 35.61	850m: 10:03.12 36.25	1250m: 14:51.59 36.31			
	100m: 1:06.01 34.70	500m: 5:50.56 35.85	900m: 10:39.26 36.14	1300m: 15:28.31 36.72			
	150m: 1:40.87 34.86	550m: 6:26.42 35.86	950m: 11:14.82 35.56	1350m: 16:04.62 36.31			
	200m: 2:16.52 35.65	600m: 7:02.61 36.19	1000m: 11:51.08 36.26	1400m: 16:41.05 36.43			
	250m: 2:51.87 35.35	650m: 7:38.39 35.78	1050m: 12:26.79 35.71	1450m: 17:17.09 36.04			
	300m: 3:27.54 35.67	700m: 8:14.60 36.21	1100m: 13:02.83 36.04	1500m: 17:52.47 35.38			
	350m: 4:03.04 35.50	750m: 8:50.64 36.04	1150m: 13:38.90 36.07				
	400m: 4:39.10 36.06	800m: 9:26.87 36.23	1200m: 14:15.28 36.38				

Prova 34, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	OLIVEIRA Marco Dimitar	07	Nautico Academico	18:07.82	+0,76	513	
	50m: 32.18 32.18	450m: 5:21.30 36.44	850m: 10:13.99 36.97	1250m: 15:08.39 37.12			
	100m: 1:07.69 35.51	500m: 5:57.87 36.57	900m: 10:50.72 36.73	1300m: 15:45.34 36.95			
	150m: 1:43.53 35.84	550m: 6:34.31 36.44	950m: 11:27.61 36.89	1350m: 16:22.63 37.29			
	200m: 2:19.72 36.19	600m: 7:10.71 36.40	1000m: 12:04.41 36.80	1400m: 16:58.38 35.75			
	250m: 2:55.77 36.05	650m: 7:47.01 36.30	1050m: 12:41.30 36.89	1450m: 17:33.81 35.43			
	300m: 3:32.21 36.44	700m: 8:23.61 36.60	1100m: 13:17.82 36.52	1500m: 18:07.82 34.01			
	350m: 4:08.65 36.44	750m: 9:00.20 36.59	1150m: 13:54.44 36.62				
	400m: 4:44.86 36.21	800m: 9:37.02 36.82	1200m: 14:31.27 36.83				
7.	GOMES Miguel Braga	07	Sporting	18:08.36	+0,84	512	
	50m: 32.02 32.02	450m: 5:21.04 36.83	850m: 10:13.43 37.21	1250m: 15:07.76 37.15			
	100m: 1:06.95 34.93	500m: 5:57.38 36.34	900m: 10:50.31 36.88	1300m: 15:44.65 36.89			
	150m: 1:42.82 35.87	550m: 6:33.52 36.14	950m: 11:27.61 37.30	1350m: 16:21.76 37.11			
	200m: 2:18.84 36.02	600m: 7:09.82 36.30	1000m: 12:03.96 36.35	1400m: 16:58.35 36.59			
	250m: 2:55.41 36.57	650m: 7:46.42 36.60	1050m: 12:40.23 36.27	1450m: 17:33.86 35.51			
	300m: 3:31.66 36.25	700m: 8:22.77 36.35	1100m: 13:16.67 36.44	1500m: 18:08.36 34.50			
	350m: 4:08.15 36.49	750m: 8:59.45 36.68	1150m: 13:53.87 37.20				
	400m: 4:44.21 36.06	800m: 9:36.22 36.77	1200m: 14:30.61 36.74				
8.	ROQUE Afonso Dinis	07	Ba-Leiria	18:10.44	+0,81	509	
	50m: 31.05 31.05	450m: 5:18.28 35.12	850m: 10:10.20 36.08	1250m: 15:05.19 37.43			
	100m: 1:05.63 34.58	500m: 5:55.29 37.01	900m: 10:45.45 35.25	1300m: 15:42.81 37.62			
	150m: 1:41.45 35.82	550m: 6:32.13 36.84	950m: 11:21.77 36.32	1350m: 16:20.43 37.62			
	200m: 2:17.68 36.23	600m: 7:08.74 36.61	1000m: 11:59.10 37.33	1400m: 16:57.55 37.12			
	250m: 2:53.79 36.11	650m: 7:44.67 35.93	1050m: 12:36.25 37.15	1450m: 17:34.37 36.82			
	300m: 3:29.88 36.09	700m: 8:20.85 36.18	1100m: 13:12.51 36.26	1500m: 18:10.44 36.07			
	350m: 4:06.45 36.57	750m: 8:56.90 36.05	1150m: 13:50.04 37.53				
	400m: 4:43.16 36.71	800m: 9:34.12 37.22	1200m: 14:27.76 37.72				
9.	SOARES Guilherme Mahua	07	Porto	18:11.26	+0,78	508	
	50m: 32.80 32.80	450m: 5:21.92 36.58	850m: 10:13.64 36.66	1250m: 15:08.75 36.88			
	100m: 1:09.30 36.50	500m: 5:58.15 36.23	900m: 10:50.22 36.58	1300m: 15:45.68 36.93			
	150m: 1:46.25 36.95	550m: 6:33.74 35.59	950m: 11:27.18 36.96	1350m: 16:22.62 36.94			
	200m: 2:22.61 36.36	600m: 7:10.37 36.63	1000m: 12:04.00 36.82	1400m: 16:59.31 36.69			
	250m: 2:58.65 36.04	650m: 7:46.82 36.45	1050m: 12:41.20 37.20	1450m: 17:35.95 36.64			
	300m: 3:35.03 36.38	700m: 8:23.57 36.75	1100m: 13:17.86 36.66	1500m: 18:11.26 35.31			
	350m: 4:09.30 34.27	750m: 9:00.47 36.90	1150m: 13:54.99 37.13				
	400m: 4:45.34 36.04	800m: 9:36.98 36.51	1200m: 14:31.87 36.88				
10.	CARAPINHA Joao Pedro	07	Uniao Piedense	18:11.62	+0,75	508	
	50m: 32.24 32.24	450m: 5:26.68 37.09	850m: 10:18.68 36.29	1250m: 15:07.36 37.00			
	100m: 1:08.27 36.03	500m: 6:03.98 37.30	900m: 10:55.20 36.52	1300m: 15:44.83 37.47			
	150m: 1:44.55 36.28	550m: 6:39.52 35.54	950m: 11:29.87 34.67	1350m: 16:21.73 36.90			
	200m: 2:21.24 36.69	600m: 7:16.19 36.67	1000m: 12:05.66 35.79	1400m: 16:59.85 38.12			
	250m: 2:58.08 36.84	650m: 7:52.76 36.57	1050m: 12:41.60 35.94	1450m: 17:36.13 36.28			
	300m: 3:35.42 37.34	700m: 8:29.43 36.67	1100m: 13:17.59 35.99	1500m: 18:11.62 35.49			
	350m: 4:12.21 36.79	750m: 9:05.63 36.20	1150m: 13:53.58 35.99				
	400m: 4:49.59 37.38	800m: 9:42.39 36.76	1200m: 14:30.36 36.78				

Prova 34, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	18:13.78	+0,85	505	
	50m: 31.30 31.30	450m: 5:17.88 36.80	850m: 10:14.00 37.60	1250m: 15:09.78 37.22			
	100m: 1:05.51 34.21	500m: 5:54.12 36.24	900m: 10:50.98 36.98	1300m: 15:46.59 36.81			
	150m: 1:41.09 35.58	550m: 6:31.14 37.02	950m: 11:28.40 37.42	1350m: 16:23.86 37.27			
	200m: 2:16.42 35.33	600m: 7:07.73 36.59	1000m: 12:05.12 36.72	1400m: 17:00.59 36.73			
	250m: 2:52.64 36.22	650m: 7:44.93 37.20	1050m: 12:42.26 37.14	1450m: 17:37.64 37.05			
	300m: 3:28.57 35.93	700m: 8:22.43 37.50	1100m: 13:19.58 37.32	1500m: 18:13.78 36.14			
	350m: 4:04.63 36.06	750m: 9:00.10 37.67	1150m: 13:55.99 36.41				
	400m: 4:41.08 36.45	800m: 9:36.40 36.30	1200m: 14:32.56 36.57				
12.	FERREIRA Miguel Guedes	07	Porto	18:18.32	+0,82	498	
	50m: 33.02 33.02	450m: 5:26.83 36.90	850m: 10:20.04 36.52	1250m: 15:15.07 36.72			
	100m: 1:08.97 35.95	500m: 6:03.48 36.65	900m: 10:56.74 36.70	1300m: 15:52.18 37.11			
	150m: 1:46.10 37.13	550m: 6:40.30 36.82	950m: 11:33.71 36.97	1350m: 16:29.00 36.82			
	200m: 2:23.02 36.92	600m: 7:16.99 36.69	1000m: 12:10.68 36.97	1400m: 17:06.14 37.14			
	250m: 2:59.72 36.70	650m: 7:53.74 36.75	1050m: 12:47.63 36.95	1450m: 17:42.78 36.64			
	300m: 3:36.51 36.79	700m: 8:30.29 36.55	1100m: 13:24.49 36.86	1500m: 18:18.32 35.54			
	350m: 4:13.15 36.64	750m: 9:07.01 36.72	1150m: 14:01.32 36.83				
	400m: 4:49.93 36.78	800m: 9:43.52 36.51	1200m: 14:38.35 37.03				
13.	JESUS David Duarte	07	Nautico Academico	18:19.60	+0,80	497	
	50m: 32.17 32.17	450m: 5:23.19 36.72	850m: 10:17.86 36.75	1250m: 15:13.77 37.11			
	100m: 1:08.18 36.01	500m: 6:00.12 36.93	900m: 10:54.43 36.57	1300m: 15:51.25 37.48			
	150m: 1:43.69 35.51	550m: 6:37.30 37.18	950m: 11:30.96 36.53	1350m: 16:28.79 37.54			
	200m: 2:19.81 36.12	600m: 7:13.48 36.18	1000m: 12:07.84 36.88	1400m: 17:06.50 37.71			
	250m: 2:56.13 36.32	650m: 7:50.58 37.10	1050m: 12:44.82 36.98	1450m: 17:43.13 36.63			
	300m: 3:32.74 36.61	700m: 8:27.17 36.59	1100m: 13:22.24 37.42	1500m: 18:19.60 36.47			
	350m: 4:09.48 36.74	750m: 9:03.85 36.68	1150m: 13:59.64 37.40				
	400m: 4:46.47 36.99	800m: 9:41.11 37.26	1200m: 14:36.66 37.02				
14.	SARAGOCA Eduardo Sousa	07	Viana Natacao	18:35.80	+0,69	475	
	50m: 32.99 32.99	450m: 5:29.52 36.86	850m: 10:28.18 38.05	1250m: 15:29.09 37.98			
	100m: 1:09.33 36.34	500m: 6:06.78 37.26	900m: 11:05.26 37.08	1300m: 16:06.86 37.77			
	150m: 1:46.98 37.65	550m: 6:44.03 37.25	950m: 11:43.06 37.80	1350m: 16:44.65 37.79			
	200m: 2:23.95 36.97	600m: 7:20.99 36.96	1000m: 12:20.22 37.16	1400m: 17:22.03 37.38			
	250m: 3:01.69 37.74	650m: 7:58.14 37.15	1050m: 12:58.24 38.02	1450m: 17:59.49 37.46			
	300m: 3:38.89 37.20	700m: 8:35.50 37.36	1100m: 13:35.80 37.56	1500m: 18:35.80 36.31			
	350m: 4:15.77 36.88	750m: 9:12.89 37.39	1150m: 14:13.52 37.72				
	400m: 4:52.66 36.89	800m: 9:50.13 37.24	1200m: 14:51.11 37.59				
15.	LAVAJO Martim Nuno	07	Academico Viseu	18:52.76	+0,89	454	
	50m: 32.52 32.52	450m: 5:33.69 37.93	850m: 10:38.11 38.30	1250m: 15:47.13 38.67			
	100m: 1:10.10 37.58	500m: 6:11.98 38.29	900m: 11:16.24 38.13	1300m: 16:25.72 38.59			
	150m: 1:47.21 37.11	550m: 6:49.40 37.42	950m: 11:54.98 38.74	1350m: 17:03.43 37.71			
	200m: 2:24.42 37.21	600m: 7:27.96 38.56	1000m: 12:33.38 38.40	1400m: 17:40.81 37.38			
	250m: 3:01.95 37.53	650m: 8:05.68 37.72	1050m: 13:11.80 38.42	1450m: 18:17.48 36.67			
	300m: 3:40.14 38.19	700m: 8:43.77 38.09	1100m: 13:50.98 39.18	1500m: 18:52.76 35.28			
	350m: 4:17.48 37.34	750m: 9:21.51 37.74	1150m: 14:29.57 38.59				
	400m: 4:55.76 38.28	800m: 9:59.81 38.30	1200m: 15:08.46 38.89				

Prova 34, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	ALVES Mateus Jose	07	Bombeiros de Ponta Delgada	19:12.69	+0,72	431	
	50m: 32.05 32.05	450m: 5:32.65 38.40	850m: 10:43.18 39.07	1250m: 15:57.38 39.58			
	100m: 1:08.01 35.96	500m: 6:11.28 38.63	900m: 11:22.53 39.35	1300m: 16:36.87 39.49			
	150m: 1:45.22 37.21	550m: 6:49.82 38.54	950m: 12:01.66 39.13	1350m: 17:16.08 39.21			
	200m: 2:22.64 37.42	600m: 7:28.39 38.57	1000m: 12:40.79 39.13	1400m: 17:55.33 39.25			
	250m: 3:00.49 37.85	650m: 8:07.49 39.10	1050m: 13:20.23 39.44	1450m: 18:34.91 39.58			
	300m: 3:38.21 37.72	700m: 8:46.43 38.94	1100m: 13:59.80 39.57	1500m: 19:12.69 37.78			
	350m: 4:16.30 38.09	750m: 9:25.18 38.75	1150m: 14:38.79 38.99				
	400m: 4:54.25 37.95	800m: 10:04.11 38.93	1200m: 15:17.80 39.01				

Prova 34 Masc., 1500m Livres Juvenis
03/04/2022 - 9:35 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21/07/2016

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOUREIRO Bruno Silva	06	Porto	17:07.62	+0,73	608	
	50m: 30.41 30.41	450m: 5:03.25 33.89	850m: 9:39.71 34.20	1250m: 14:17.12 34.68			
	100m: 1:04.12 33.71	500m: 5:37.70 34.45	900m: 10:14.16 34.45	1300m: 14:51.89 34.77			
	150m: 1:38.83 34.71	550m: 6:12.13 34.43	950m: 10:48.94 34.78	1350m: 15:25.91 34.02			
	200m: 2:12.89 34.06	600m: 6:47.04 34.91	1000m: 11:24.23 35.29	1400m: 16:00.08 34.17			
	250m: 2:46.23 33.34	650m: 7:21.51 34.47	1050m: 11:58.31 34.08	1450m: 16:34.41 34.33			
	300m: 3:21.26 35.03	700m: 7:56.03 34.52	1100m: 12:32.94 34.63	1500m: 17:07.62 33.21			
	350m: 3:55.04 33.78	750m: 8:30.64 34.61	1150m: 13:07.39 34.45				
	400m: 4:29.36 34.32	800m: 9:05.51 34.87	1200m: 13:42.44 35.05				
2.	BAPTISTA Guilherme Fernandes	06	Benfica	17:26.36	+0,78	576	
	50m: 30.29 30.29	450m: 5:09.68 35.04	850m: 9:49.10 34.78	1250m: 14:31.69 35.64			
	100m: 1:04.17 33.88	500m: 5:44.61 34.93	900m: 10:24.58 35.48	1300m: 15:07.11 35.42			
	150m: 1:39.66 35.49	550m: 6:19.67 35.06	950m: 10:59.64 35.06	1350m: 15:42.58 35.47			
	200m: 2:14.48 34.82	600m: 6:54.62 34.95	1000m: 11:34.51 34.87	1400m: 16:17.92 35.34			
	250m: 2:49.64 35.16	650m: 7:29.74 35.12	1050m: 12:09.76 35.25	1450m: 16:52.42 34.50			
	300m: 3:24.76 35.12	700m: 8:04.48 34.74	1100m: 12:44.88 35.12	1500m: 17:26.36 33.94			
	350m: 3:59.80 35.04	750m: 8:39.54 35.06	1150m: 13:20.55 35.67				
	400m: 4:34.64 34.84	800m: 9:14.32 34.78	1200m: 13:56.05 35.50				
3.	BARROS Joao Carlos	06	Fluvial Portuense	17:31.06	+0,71	569	
	50m: 31.05 31.05	450m: 5:09.52 35.55	850m: 9:52.97 35.58	1250m: 14:37.49 35.43			
	100m: 1:04.47 33.42	500m: 5:45.10 35.58	900m: 10:28.48 35.51	1300m: 15:12.98 35.49			
	150m: 1:38.76 34.29	550m: 6:20.07 34.97	950m: 11:04.17 35.69	1350m: 15:48.46 35.48			
	200m: 2:13.70 34.94	600m: 6:55.36 35.29	1000m: 11:39.71 35.54	1400m: 16:23.95 35.49			
	250m: 2:48.57 34.87	650m: 7:30.71 35.35	1050m: 12:15.36 35.65	1450m: 16:57.83 33.88			
	300m: 3:23.82 35.25	700m: 8:06.26 35.55	1100m: 12:50.81 35.45	1500m: 17:31.06 33.23			
	350m: 3:58.82 35.00	750m: 8:41.71 35.45	1150m: 13:26.22 35.41				
	400m: 4:33.97 35.15	800m: 9:17.39 35.68	1200m: 14:02.06 35.84				

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MORARI Alexandre	07	Rio Maior	17:32.06	+0,73	567	
	50m: 30.51 30.51	450m: 5:08.86 34.43	850m: 9:50.99 35.12	1250m: 14:35.94 35.67			
	100m: 1:04.94 34.43	500m: 5:43.85 34.99	900m: 10:26.39 35.40	1300m: 15:11.94 36.00			
	150m: 1:39.98 35.04	550m: 6:18.47 34.62	950m: 11:01.86 35.47	1350m: 15:47.74 35.80			
	200m: 2:14.96 34.98	600m: 6:54.02 35.55	1000m: 11:37.51 35.65	1400m: 16:24.11 36.37			
	250m: 2:49.64 34.68	650m: 7:29.21 35.19	1050m: 12:13.47 35.96	1450m: 16:58.67 34.56			
	300m: 3:24.49 34.85	700m: 8:05.10 35.89	1100m: 12:49.23 35.76	1500m: 17:32.06 33.39			
	350m: 3:59.55 35.06	750m: 8:40.15 35.05	1150m: 13:24.50 35.27				
	400m: 4:34.43 34.88	800m: 9:15.87 35.72	1200m: 14:00.27 35.77				
5.	DURAO Miguel Costa	06	Braga	17:34.41	+0,81	563	
	50m: 30.61 30.61	450m: 5:09.62 35.61	850m: 9:54.72 35.68	1250m: 14:39.90 35.46			
	100m: 1:04.60 33.99	500m: 5:45.35 35.73	900m: 10:30.34 35.62	1300m: 15:15.56 35.66			
	150m: 1:39.26 34.66	550m: 6:20.77 35.42	950m: 11:06.25 35.91	1350m: 15:51.06 35.50			
	200m: 2:13.89 34.63	600m: 6:56.64 35.87	1000m: 11:42.08 35.83	1400m: 16:26.40 35.34			
	250m: 2:48.65 34.76	650m: 7:32.24 35.60	1050m: 12:17.59 35.51	1450m: 17:01.03 34.63			
	300m: 3:24.01 35.36	700m: 8:07.80 35.56	1100m: 12:53.50 35.91	1500m: 17:34.41 33.38			
	350m: 3:58.89 34.88	750m: 8:43.34 35.54	1150m: 13:28.68 35.18				
	400m: 4:34.01 35.12	800m: 9:19.04 35.70	1200m: 14:04.44 35.76				
6.	ASMAR Axel Guedes	07	Sporting	17:36.31	+0,69	560	
	50m: 29.68 29.68	450m: 5:09.95 35.04	850m: 9:54.40 34.82	1250m: 14:38.68 35.05			
	100m: 1:04.12 34.44	500m: 5:45.87 35.92	900m: 10:30.38 35.98	1300m: 15:14.99 36.31			
	150m: 1:38.70 34.58	550m: 6:20.99 35.12	950m: 11:05.56 35.18	1350m: 15:50.37 35.38			
	200m: 2:14.07 35.37	600m: 6:57.46 36.47	1000m: 11:41.58 36.02	1400m: 16:26.64 36.27			
	250m: 2:48.74 34.67	650m: 7:32.72 35.26	1050m: 12:16.41 34.83	1450m: 17:01.89 35.25			
	300m: 3:24.16 35.42	700m: 8:08.52 35.80	1100m: 12:52.21 35.80	1500m: 17:36.31 34.42			
	350m: 3:59.11 34.95	750m: 8:43.49 34.97	1150m: 13:27.41 35.20				
	400m: 4:34.91 35.80	800m: 9:19.58 36.09	1200m: 14:03.63 36.22				
7.	BORGES Rodrigo Costa	07	Fluvial Portuense	17:36.49	+0,68	560	
	50m: 30.42 30.42	450m: 5:13.42 35.56	850m: 9:58.95 35.89	1250m: 14:42.27 35.55			
	100m: 1:04.46 34.04	500m: 5:49.05 35.63	900m: 10:34.36 35.41	1300m: 15:17.39 35.12			
	150m: 1:39.94 35.48	550m: 6:24.88 35.83	950m: 11:09.93 35.57	1350m: 15:52.56 35.17			
	200m: 2:15.65 35.71	600m: 7:00.43 35.55	1000m: 11:45.58 35.65	1400m: 16:27.55 34.99			
	250m: 2:51.07 35.42	650m: 7:36.26 35.83	1050m: 12:20.86 35.28	1450m: 17:02.40 34.85			
	300m: 3:26.61 35.54	700m: 8:11.88 35.62	1100m: 12:56.19 35.33	1500m: 17:36.49 34.09			
	350m: 4:02.40 35.79	750m: 8:47.59 35.71	1150m: 13:31.58 35.39				
	400m: 4:37.86 35.46	800m: 9:23.06 35.47	1200m: 14:06.72 35.14				
8.	CORREIA Tiago Almeida	06	Natacao do Montijo	17:38.69	+0,84	556	
	50m: 29.95 29.95	450m: 5:10.12 35.49	850m: 9:56.89 35.88	1250m: 14:43.08 36.00			
	100m: 1:03.00 33.05	500m: 5:45.89 35.77	900m: 10:32.57 35.68	1300m: 15:19.08 36.00			
	150m: 1:37.54 34.54	550m: 6:21.74 35.85	950m: 11:08.11 35.54	1350m: 15:54.40 35.32			
	200m: 2:12.37 34.83	600m: 6:57.86 36.12	1000m: 11:43.86 35.75	1400m: 16:30.07 35.67			
	250m: 2:47.51 35.14	650m: 7:33.29 35.43	1050m: 12:19.53 35.67	1450m: 17:04.96 34.89			
	300m: 3:23.27 35.76	700m: 8:09.31 36.02	1100m: 12:55.40 35.87	1500m: 17:38.69 33.73			
	350m: 3:58.86 35.59	750m: 8:45.15 35.84	1150m: 13:31.18 35.78				
	400m: 4:34.63 35.77	800m: 9:21.01 35.86	1200m: 14:07.08 35.90				

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	LARANJO Filipe Manso	07	Desportiva de Viana	17:40.49	+0,80	554	
	50m: 30.88 30.88	450m: 5:14.06 35.04	850m: 10:00.83 35.85	1250m: 14:47.94 35.82			
	100m: 1:06.31 35.43	500m: 5:50.01 35.95	900m: 10:36.75 35.92	1300m: 15:23.00 35.06			
	150m: 1:41.13 34.82	550m: 6:25.15 35.14	950m: 11:12.95 36.20	1350m: 15:58.72 35.72			
	200m: 2:16.28 35.15	600m: 7:01.20 36.05	1000m: 11:49.06 36.11	1400m: 16:33.59 34.87			
	250m: 2:51.68 35.40	650m: 7:36.66 35.46	1050m: 12:24.14 35.08	1450m: 17:07.62 34.03			
	300m: 3:27.70 36.02	700m: 8:12.18 35.52	1100m: 13:00.72 36.58	1500m: 17:40.49 32.87			
	350m: 4:02.63 34.93	750m: 8:48.54 36.36	1150m: 13:36.50 35.78				
	400m: 4:39.02 36.39	800m: 9:24.98 36.44	1200m: 14:12.12 35.62				
10.	JEVIC Milan Santos	06	Braga	17:45.91	+0,74	545	
	50m: 30.06 30.06	450m: 5:05.91 34.91	850m: 9:51.50 35.42	1250m: 14:45.24 36.99			
	100m: 1:03.55 33.49	500m: 5:41.45 35.54	900m: 10:28.26 36.76	1300m: 15:21.90 36.66			
	150m: 1:37.30 33.75	550m: 6:17.16 35.71	950m: 11:04.84 36.58	1350m: 15:59.48 37.58			
	200m: 2:11.48 34.18	600m: 6:53.32 36.16	1000m: 11:41.24 36.40	1400m: 16:35.31 35.83			
	250m: 2:46.06 34.58	650m: 7:28.89 35.57	1050m: 12:18.24 37.00	1450m: 17:10.84 35.53			
	300m: 3:21.10 35.04	700m: 8:05.12 36.23	1100m: 12:55.03 36.79	1500m: 17:45.91 35.07			
	350m: 3:55.86 34.76	750m: 8:40.08 34.96	1150m: 13:31.31 36.28				
	400m: 4:31.00 35.14	800m: 9:16.08 36.00	1200m: 14:08.25 36.94				
11.	PEREIRA Tomas Veiga	06	Nautico Academico	17:46.57	+0,88	544	
	50m: 31.96 31.96	450m: 5:17.01 35.48	850m: 10:05.27 35.75	1250m: 14:49.70 35.15			
	100m: 1:06.94 34.98	500m: 5:53.37 36.36	900m: 10:41.25 35.98	1300m: 15:25.39 35.69			
	150m: 1:42.06 35.12	550m: 6:28.99 35.62	950m: 11:17.03 35.78	1350m: 16:00.50 35.11			
	200m: 2:17.83 35.77	600m: 7:05.40 36.41	1000m: 11:53.21 36.18	1400m: 16:36.51 36.01			
	250m: 2:53.48 35.65	650m: 7:41.20 35.80	1050m: 12:28.32 35.11	1450m: 17:11.81 35.30			
	300m: 3:29.73 36.25	700m: 8:17.59 36.39	1100m: 13:03.99 35.67	1500m: 17:46.57 34.76			
	350m: 4:05.47 35.74	750m: 8:53.28 35.69	1150m: 13:38.96 34.97				
	400m: 4:41.53 36.06	800m: 9:29.52 36.24	1200m: 14:14.55 35.59				
12.	SANTOS Rui Miguel	06	Famalicao	17:51.56	+0,73	537	
	50m: 30.18 30.18	450m: 5:14.81 36.05	850m: 10:05.16 37.11	1250m: 14:54.30 34.90			
	100m: 1:04.51 34.33	500m: 5:50.43 35.62	900m: 10:42.31 37.15	1300m: 15:30.45 36.15			
	150m: 1:40.00 35.49	550m: 6:27.06 36.63	950m: 11:19.68 37.37	1350m: 16:06.95 36.50			
	200m: 2:15.38 35.38	600m: 7:02.22 35.16	1000m: 11:56.24 36.56	1400m: 16:43.04 36.09			
	250m: 2:50.94 35.56	650m: 7:38.65 36.43	1050m: 12:32.88 36.64	1450m: 17:18.23 35.19			
	300m: 3:26.88 35.94	700m: 8:15.01 36.36	1100m: 13:08.71 35.83	1500m: 17:51.56 33.33			
	350m: 4:03.02 36.14	750m: 8:51.39 36.38	1150m: 13:44.22 35.51				
	400m: 4:38.76 35.74	800m: 9:28.05 36.66	1200m: 14:19.40 35.18				
13.	MESQUITA Tomas Afonso	07	Benfica	17:52.47	+0,72	535	
	50m: 31.31 31.31	450m: 5:14.71 35.61	850m: 10:03.12 36.25	1250m: 14:51.59 36.31			
	100m: 1:06.01 34.70	500m: 5:50.56 35.85	900m: 10:39.26 36.14	1300m: 15:28.31 36.72			
	150m: 1:40.87 34.86	550m: 6:26.42 35.86	950m: 11:14.82 35.56	1350m: 16:04.62 36.31			
	200m: 2:16.52 35.65	600m: 7:02.61 36.19	1000m: 11:51.08 36.26	1400m: 16:41.05 36.43			
	250m: 2:51.87 35.35	650m: 7:38.39 35.78	1050m: 12:26.79 35.71	1450m: 17:17.09 36.04			
	300m: 3:27.54 35.67	700m: 8:14.60 36.21	1100m: 13:02.83 36.04	1500m: 17:52.47 35.38			
	350m: 4:03.04 35.50	750m: 8:50.64 36.04	1150m: 13:38.90 36.07				
	400m: 4:39.10 36.06	800m: 9:26.87 36.23	1200m: 14:15.28 36.38				

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FARIA Eduardo Nuno	06	Braga	17:56.90	+0,77	529	
	50m: 31.25 31.25	450m: 5:12.20 35.54	850m: 10:01.44 36.38	1250m: 14:54.26 36.02			
	100m: 1:05.20 33.95	500m: 5:48.06 35.86	900m: 10:38.09 36.65	1300m: 15:31.49 37.23			
	150m: 1:40.16 34.96	550m: 6:24.02 35.96	950m: 11:15.08 36.99	1350m: 16:08.95 37.46			
	200m: 2:15.30 35.14	600m: 6:59.81 35.79	1000m: 11:51.48 36.40	1400m: 16:44.64 35.69			
	250m: 2:50.90 35.60	650m: 7:35.86 36.05	1050m: 12:28.39 36.91	1450m: 17:21.01 36.37			
	300m: 3:26.08 35.18	700m: 8:12.17 36.31	1100m: 13:04.69 36.30	1500m: 17:56.90 35.89			
	350m: 4:01.37 35.29	750m: 8:48.38 36.21	1150m: 13:41.75 37.06				
	400m: 4:36.66 35.29	800m: 9:25.06 36.68	1200m: 14:18.24 36.49				
15.	LUCAS Joao Neves	06	Cumbobifila Cantanhedense	18:01.86	+0,89	521	
	50m: 32.49 32.49	450m: 5:21.76 36.35	850m: 10:09.58 36.13	1250m: 15:00.52 36.47			
	100m: 1:08.41 35.92	500m: 5:57.84 36.08	900m: 10:45.52 35.94	1300m: 15:36.96 36.44			
	150m: 1:44.71 36.30	550m: 6:34.04 36.20	950m: 11:21.67 36.15	1350m: 16:13.75 36.79			
	200m: 2:21.17 36.46	600m: 7:09.82 35.78	1000m: 11:57.84 36.17	1400m: 16:50.18 36.43			
	250m: 2:57.12 35.95	650m: 7:45.66 35.84	1050m: 12:34.28 36.44	1450m: 17:26.61 36.43			
	300m: 3:33.56 36.44	700m: 8:21.37 35.71	1100m: 13:10.91 36.63	1500m: 18:01.86 35.25			
	350m: 4:09.58 36.02	750m: 8:57.18 35.81	1150m: 13:47.34 36.43				
	400m: 4:45.41 35.83	800m: 9:33.45 36.27	1200m: 14:24.05 36.71				
16.	BRANDAO Afonso Aires	06	Desportiva de Viana	18:06.10	+0,70	515	
	50m: 30.53 30.53	450m: 5:18.35 37.31	850m: 10:10.21 36.51	1250m: 15:04.78 36.62			
	100m: 1:05.03 34.50	500m: 5:54.82 36.47	900m: 10:46.64 36.43	1300m: 15:42.08 37.30			
	150m: 1:40.68 35.65	550m: 6:31.58 36.76	950m: 11:23.47 36.83	1350m: 16:19.30 37.22			
	200m: 2:16.49 35.81	600m: 7:07.73 36.15	1000m: 12:00.38 36.91	1400m: 16:56.49 37.19			
	250m: 2:52.71 36.22	650m: 7:43.76 36.03	1050m: 12:36.94 36.56	1450m: 17:31.90 35.41			
	300m: 3:28.72 36.01	700m: 8:20.20 36.44	1100m: 13:13.58 36.64	1500m: 18:06.10 34.20			
	350m: 4:04.70 35.98	750m: 8:56.94 36.74	1150m: 13:51.17 37.59				
	400m: 4:41.04 36.34	800m: 9:33.70 36.76	1200m: 14:28.16 36.99				
17.	OLIVEIRA Marco Dimitar	07	Nautico Academico	18:07.82	+0,76	513	
	50m: 32.18 32.18	450m: 5:21.30 36.44	850m: 10:13.99 36.97	1250m: 15:08.39 37.12			
	100m: 1:07.69 35.51	500m: 5:57.87 36.57	900m: 10:50.72 36.73	1300m: 15:45.34 36.95			
	150m: 1:43.53 35.84	550m: 6:34.31 36.44	950m: 11:27.61 36.89	1350m: 16:22.63 37.29			
	200m: 2:19.72 36.19	600m: 7:10.71 36.40	1000m: 12:04.41 36.80	1400m: 16:58.38 35.75			
	250m: 2:55.77 36.05	650m: 7:47.01 36.30	1050m: 12:41.30 36.89	1450m: 17:33.81 35.43			
	300m: 3:32.21 36.44	700m: 8:23.61 36.60	1100m: 13:17.82 36.52	1500m: 18:07.82 34.01			
	350m: 4:08.65 36.44	750m: 9:00.20 36.59	1150m: 13:54.44 36.62				
	400m: 4:44.86 36.21	800m: 9:37.02 36.82	1200m: 14:31.27 36.83				
18.	GOMES Miguel Braga	07	Sporting	18:08.36	+0,84	512	
	50m: 32.02 32.02	450m: 5:21.04 36.83	850m: 10:13.43 37.21	1250m: 15:07.76 37.15			
	100m: 1:06.95 34.93	500m: 5:57.38 36.34	900m: 10:50.31 36.88	1300m: 15:44.65 36.89			
	150m: 1:42.82 35.87	550m: 6:33.52 36.14	950m: 11:27.61 37.30	1350m: 16:21.76 37.11			
	200m: 2:18.84 36.02	600m: 7:09.82 36.30	1000m: 12:03.96 36.35	1400m: 16:58.35 36.59			
	250m: 2:55.41 36.57	650m: 7:46.42 36.60	1050m: 12:40.23 36.27	1450m: 17:33.86 35.51			
	300m: 3:31.66 36.25	700m: 8:22.77 36.35	1100m: 13:16.67 36.44	1500m: 18:08.36 34.50			
	350m: 4:08.15 36.49	750m: 8:59.45 36.68	1150m: 13:53.87 37.20				
	400m: 4:44.21 36.06	800m: 9:36.22 36.77	1200m: 14:30.61 36.74				

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	MESQUITA Rodrigo Andrade	06	Sporting	18:09.28	+0,74	511	
	50m: 31.39 31.39	450m: 5:18.59 36.63	850m: 10:10.73 36.19	1250m: 15:08.49 37.72			
	100m: 1:06.34 34.95	500m: 5:54.70 36.11	900m: 10:48.19 37.46	1300m: 15:45.37 36.88			
	150m: 1:42.21 35.87	550m: 6:31.43 36.73	950m: 11:24.32 36.13	1350m: 16:22.88 37.51			
	200m: 2:17.79 35.58	600m: 7:07.62 36.19	1000m: 12:01.84 37.52	1400m: 16:58.95 36.07			
	250m: 2:53.76 35.97	650m: 7:44.14 36.52	1050m: 12:39.57 37.73	1450m: 17:35.65 36.70			
	300m: 3:29.95 36.19	700m: 8:20.75 36.61	1100m: 13:17.42 37.85	1500m: 18:09.28 33.63			
	350m: 4:06.23 36.28	750m: 8:57.70 36.95	1150m: 13:54.01 36.59				
	400m: 4:41.96 35.73	800m: 9:34.54 36.84	1200m: 14:30.77 36.76				
20.	ROQUE Afonso Dinis	07	Ba-Leiria	18:10.44	+0,81	509	
	50m: 31.05 31.05	450m: 5:18.28 35.12	850m: 10:10.20 36.08	1250m: 15:05.19 37.43			
	100m: 1:05.63 34.58	500m: 5:55.29 37.01	900m: 10:45.45 35.25	1300m: 15:42.81 37.62			
	150m: 1:41.45 35.82	550m: 6:32.13 36.84	950m: 11:21.77 36.32	1350m: 16:20.43 37.62			
	200m: 2:17.68 36.23	600m: 7:08.74 36.61	1000m: 11:59.10 37.33	1400m: 16:57.55 37.12			
	250m: 2:53.79 36.11	650m: 7:44.67 35.93	1050m: 12:36.25 37.15	1450m: 17:34.37 36.82			
	300m: 3:29.88 36.09	700m: 8:20.85 36.18	1100m: 13:12.51 36.26	1500m: 18:10.44 36.07			
	350m: 4:06.45 36.57	750m: 8:56.90 36.05	1150m: 13:50.04 37.53				
	400m: 4:43.16 36.71	800m: 9:34.12 37.22	1200m: 14:27.76 37.72				
21.	SOARES Guilherme Mahua	07	Porto	18:11.26	+0,78	508	
	50m: 32.80 32.80	450m: 5:21.92 36.58	850m: 10:13.64 36.66	1250m: 15:08.75 36.88			
	100m: 1:09.30 36.50	500m: 5:58.15 36.23	900m: 10:50.22 36.58	1300m: 15:45.68 36.93			
	150m: 1:46.25 36.95	550m: 6:33.74 35.59	950m: 11:27.18 36.96	1350m: 16:22.62 36.94			
	200m: 2:22.61 36.36	600m: 7:10.37 36.63	1000m: 12:04.00 36.82	1400m: 16:59.31 36.69			
	250m: 2:58.65 36.04	650m: 7:46.82 36.45	1050m: 12:41.20 37.20	1450m: 17:35.95 36.64			
	300m: 3:35.03 36.38	700m: 8:23.57 36.75	1100m: 13:17.86 36.66	1500m: 18:11.26 35.31			
	350m: 4:09.30 34.27	750m: 9:00.47 36.90	1150m: 13:54.99 37.13				
	400m: 4:45.34 36.04	800m: 9:36.98 36.51	1200m: 14:31.87 36.88				
22.	CARAPINHA Joao Pedro	07	Uniao Piedense	18:11.62	+0,75	508	
	50m: 32.24 32.24	450m: 5:26.68 37.09	850m: 10:18.68 36.29	1250m: 15:07.36 37.00			
	100m: 1:08.27 36.03	500m: 6:03.98 37.30	900m: 10:55.20 36.52	1300m: 15:44.83 37.47			
	150m: 1:44.55 36.28	550m: 6:39.52 35.54	950m: 11:29.87 34.67	1350m: 16:21.73 36.90			
	200m: 2:21.24 36.69	600m: 7:16.19 36.67	1000m: 12:05.66 35.79	1400m: 16:59.85 38.12			
	250m: 2:58.08 36.84	650m: 7:52.76 36.57	1050m: 12:41.60 35.94	1450m: 17:36.13 36.28			
	300m: 3:35.42 37.34	700m: 8:29.43 36.67	1100m: 13:17.59 35.99	1500m: 18:11.62 35.49			
	350m: 4:12.21 36.79	750m: 9:05.63 36.20	1150m: 13:53.58 35.99				
	400m: 4:49.59 37.38	800m: 9:42.39 36.76	1200m: 14:30.36 36.78				
23.	SILVA Martim Alexandre	07	Columbofila Cantanhedense	18:13.78	+0,85	505	
	50m: 31.30 31.30	450m: 5:17.88 36.80	850m: 10:14.00 37.60	1250m: 15:09.78 37.22			
	100m: 1:05.51 34.21	500m: 5:54.12 36.24	900m: 10:50.98 36.98	1300m: 15:46.59 36.81			
	150m: 1:41.09 35.58	550m: 6:31.14 37.02	950m: 11:28.40 37.42	1350m: 16:23.86 37.27			
	200m: 2:16.42 35.33	600m: 7:07.73 36.59	1000m: 12:05.12 36.72	1400m: 17:00.59 36.73			
	250m: 2:52.64 36.22	650m: 7:44.93 37.20	1050m: 12:42.26 37.14	1450m: 17:37.64 37.05			
	300m: 3:28.57 35.93	700m: 8:22.43 37.50	1100m: 13:19.58 37.32	1500m: 18:13.78 36.14			
	350m: 4:04.63 36.06	750m: 9:00.10 37.67	1150m: 13:55.99 36.41				
	400m: 4:41.08 36.45	800m: 9:36.40 36.30	1200m: 14:32.56 36.57				

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	SIMÕES Manuel Costa	06	Uniao Piedense	18:16.41	+0,72	501	
	50m: 31.31 31.31	450m: 5:17.93	36.03	850m: 10:12.21	36.58	1250m: 15:10.64	37.34
	100m: 1:05.38 34.07	500m: 5:54.76	36.83	900m: 10:49.41	37.20	1300m: 15:48.18	37.54
	150m: 1:40.66 35.28	550m: 6:31.27	36.51	950m: 11:26.44	37.03	1350m: 16:25.78	37.60
	200m: 2:16.58 35.92	600m: 7:08.33	37.06	1000m: 12:03.65	37.21	1400m: 17:02.97	37.19
	250m: 2:52.36 35.78	650m: 7:45.14	36.81	1050m: 12:40.90	37.25	1450m: 17:40.12	37.15
	300m: 3:28.60 36.24	700m: 8:21.97	36.83	1100m: 13:18.32	37.42	1500m: 18:16.41	36.29
	350m: 4:05.01 36.41	750m: 8:58.78	36.81	1150m: 13:55.84	37.52		
	400m: 4:41.90 36.89	800m: 9:35.63	36.85	1200m: 14:33.30	37.46		
25.	FERREIRA Miguel Guedes	07	Porto	18:18.32	+0,82	498	
	50m: 33.02 33.02	450m: 5:26.83	36.90	850m: 10:20.04	36.52	1250m: 15:15.07	36.72
	100m: 1:08.97 35.95	500m: 6:03.48	36.65	900m: 10:56.74	36.70	1300m: 15:52.18	37.11
	150m: 1:46.10 37.13	550m: 6:40.30	36.82	950m: 11:33.71	36.97	1350m: 16:29.00	36.82
	200m: 2:23.02 36.92	600m: 7:16.99	36.69	1000m: 12:10.68	36.97	1400m: 17:06.14	37.14
	250m: 2:59.72 36.70	650m: 7:53.74	36.75	1050m: 12:47.63	36.95	1450m: 17:42.78	36.64
	300m: 3:36.51 36.79	700m: 8:30.29	36.55	1100m: 13:24.49	36.86	1500m: 18:18.32	35.54
	350m: 4:13.15 36.64	750m: 9:07.01	36.72	1150m: 14:01.32	36.83		
	400m: 4:49.93 36.78	800m: 9:43.52	36.51	1200m: 14:38.35	37.03		
26.	JESUS David Duarte	07	Nautico Academico	18:19.60	+0,80	497	
	50m: 32.17 32.17	450m: 5:23.19	36.72	850m: 10:17.86	36.75	1250m: 15:13.77	37.11
	100m: 1:08.18 36.01	500m: 6:00.12	36.93	900m: 10:54.43	36.57	1300m: 15:51.25	37.48
	150m: 1:43.69 35.51	550m: 6:37.30	37.18	950m: 11:30.96	36.53	1350m: 16:28.79	37.54
	200m: 2:19.81 36.12	600m: 7:13.48	36.18	1000m: 12:07.84	36.88	1400m: 17:06.50	37.71
	250m: 2:56.13 36.32	650m: 7:50.58	37.10	1050m: 12:44.82	36.98	1450m: 17:43.13	36.63
	300m: 3:32.74 36.61	700m: 8:27.17	36.59	1100m: 13:22.24	37.42	1500m: 18:19.60	36.47
	350m: 4:09.48 36.74	750m: 9:03.85	36.68	1150m: 13:59.64	37.40		
	400m: 4:46.47 36.99	800m: 9:41.11	37.26	1200m: 14:36.66	37.02		
27.	SARAGOCA Eduardo Sousa	07	Viana Natacao	18:35.80	+0,69	475	
	50m: 32.99 32.99	450m: 5:29.52	36.86	850m: 10:28.18	38.05	1250m: 15:29.09	37.98
	100m: 1:09.33 36.34	500m: 6:06.78	37.26	900m: 11:05.26	37.08	1300m: 16:06.86	37.77
	150m: 1:46.98 37.65	550m: 6:44.03	37.25	950m: 11:43.06	37.80	1350m: 16:44.65	37.79
	200m: 2:23.95 36.97	600m: 7:20.99	36.96	1000m: 12:20.22	37.16	1400m: 17:22.03	37.38
	250m: 3:01.69 37.74	650m: 7:58.14	37.15	1050m: 12:58.24	38.02	1450m: 17:59.49	37.46
	300m: 3:38.89 37.20	700m: 8:35.50	37.36	1100m: 13:35.80	37.56	1500m: 18:35.80	36.31
	350m: 4:15.77 36.88	750m: 9:12.89	37.39	1150m: 14:13.52	37.72		
	400m: 4:52.66 36.89	800m: 9:50.13	37.24	1200m: 14:51.11	37.59		
28.	FIGUEIREDO Joao Pinto	06	O Crasto	18:48.34	+0,84	460	
	50m: 32.13 32.13	450m: 5:28.24	37.63	850m: 10:33.55	38.55	1250m: 15:39.58	38.32
	100m: 1:08.10 35.97	500m: 6:05.72	37.48	900m: 11:12.21	38.66	1300m: 16:17.72	38.14
	150m: 1:44.95 36.85	550m: 6:43.58	37.86	950m: 11:50.47	38.26	1350m: 16:56.29	38.57
	200m: 2:21.69 36.74	600m: 7:21.83	38.25	1000m: 12:28.55	38.08	1400m: 17:34.68	38.39
	250m: 2:58.72 37.03	650m: 7:59.96	38.13	1050m: 13:06.94	38.39	1450m: 18:12.66	37.98
	300m: 3:35.78 37.06	700m: 8:38.26	38.30	1100m: 13:44.99	38.05	1500m: 18:48.34	35.68
	350m: 4:12.96 37.18	750m: 9:16.75	38.49	1150m: 14:23.15	38.16		
	400m: 4:50.61 37.65	800m: 9:55.00	38.25	1200m: 15:01.26	38.11		

Prova 34, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	LAVAJO Martim Nuno	07	Academico Viseu	18:52.76	+0,89	454	
	50m: 32.52 32.52	450m: 5:33.69 37.93	850m: 10:38.11 38.30	1250m: 15:47.13 38.67			
	100m: 1:10.10 37.58	500m: 6:11.98 38.29	900m: 11:16.24 38.13	1300m: 16:25.72 38.59			
	150m: 1:47.21 37.11	550m: 6:49.40 37.42	950m: 11:54.98 38.74	1350m: 17:03.43 37.71			
	200m: 2:24.42 37.21	600m: 7:27.96 38.56	1000m: 12:33.38 38.40	1400m: 17:40.81 37.38			
	250m: 3:01.95 37.53	650m: 8:05.68 37.72	1050m: 13:11.80 38.42	1450m: 18:17.48 36.67			
	300m: 3:40.14 38.19	700m: 8:43.77 38.09	1100m: 13:50.98 39.18	1500m: 18:52.76 35.28			
	350m: 4:17.48 37.34	750m: 9:21.51 37.74	1150m: 14:29.57 38.59				
	400m: 4:55.76 38.28	800m: 9:59.81 38.30	1200m: 15:08.46 38.89				
30.	ALVES Mateus Jose	07	Bombeiros de Ponta Delgada	19:12.69	+0,72	431	
	50m: 32.05 32.05	450m: 5:32.65 38.40	850m: 10:43.18 39.07	1250m: 15:57.38 39.58			
	100m: 1:08.01 35.96	500m: 6:11.28 38.63	900m: 11:22.53 39.35	1300m: 16:36.87 39.49			
	150m: 1:45.22 37.21	550m: 6:49.82 38.54	950m: 12:01.66 39.13	1350m: 17:16.08 39.21			
	200m: 2:22.64 37.42	600m: 7:28.39 38.57	1000m: 12:40.79 39.13	1400m: 17:55.33 39.25			
	250m: 3:00.49 37.85	650m: 8:07.49 39.10	1050m: 13:20.23 39.44	1450m: 18:34.91 39.58			
	300m: 3:38.21 37.72	700m: 8:46.43 38.94	1100m: 13:59.80 39.57	1500m: 19:12.69 37.78			
	350m: 4:16.30 38.09	750m: 9:25.18 38.75	1150m: 14:38.79 38.99				
	400m: 4:54.25 37.95	800m: 10:04.11 38.93	1200m: 15:17.80 39.01				
EXH	TIGRE Pedro Bethlem	06	Sporting	17:12.31	+0,53	600	
	50m: 31.21 31.21	450m: 5:14.39 35.71	850m: 9:50.47 34.51	1250m: 14:22.59 33.88			
	100m: 1:05.54 34.33	500m: 5:50.00 35.61	900m: 10:24.51 34.04	1300m: 14:57.05 34.46			
	150m: 1:40.65 35.11	550m: 6:25.34 35.34	950m: 10:58.02 33.51	1350m: 15:32.06 35.01			
	200m: 2:16.13 35.48	600m: 6:59.41 34.07	1000m: 11:32.17 34.15	1400m: 16:05.95 33.89			
	250m: 2:51.67 35.54	650m: 7:33.62 34.21	1050m: 12:05.92 33.75	1450m: 16:39.18 33.23			
	300m: 3:27.38 35.71	700m: 8:07.93 34.31	1100m: 12:39.95 34.03	1500m: 17:12.31 33.13			
	350m: 4:03.27 35.89	750m: 8:41.81 33.88	1150m: 13:14.45 34.50				
	400m: 4:38.68 35.41	800m: 9:15.96 34.15	1200m: 13:48.71 34.26				

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



8 - 4ª Jornada - 2ª Sessão

03/04/2022 - 16:30

Prova 35 Femin., 200m Costas Juvenis A
03/04/2022 - 16:30 Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	2:28.01	+0,69	578	
	50m: 35.25 35.25 100m: 1:13.23 37.98 150m: 1:52.13 38.90 200m: 2:28.01 35.88						
2.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:31.71	+0,67	537	
	50m: 35.03 35.03 100m: 1:12.95 37.92 150m: 1:52.52 39.57 200m: 2:31.71 39.19						
3.	ALVES Sara Sofia	07	Naval Setubalense	2:34.18	+0,76	512	
	50m: 36.11 36.11 100m: 1:15.80 39.69 150m: 1:55.53 39.73 200m: 2:34.18 38.65						
4.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:34.29	+0,73	510	
	50m: 34.67 34.67 100m: 1:13.32 38.65 150m: 1:54.20 40.88 200m: 2:34.29 40.09						
5.	PIRES Teresa Joao	07	Alges	2:34.51	+0,69	508	
	50m: 35.96 35.96 100m: 1:15.76 39.80 150m: 1:55.83 40.07 200m: 2:34.51 38.68						
6.	CONCEICAO Sara Oliveira	07	Feirense	2:35.12	+0,70	502	
	50m: 35.22 35.22 100m: 1:14.09 38.87 150m: 1:55.01 40.92 200m: 2:35.12 40.11						
7.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:35.27	+0,82	501	
	50m: 35.51 35.51 100m: 1:14.68 39.17 150m: 1:55.41 40.73 200m: 2:35.27 39.86						
8.	PARENTE Leonor Peso	07	Palmela	2:35.36	+0,61	500	
	50m: 35.08 35.08 100m: 1:13.74 38.66 150m: 1:54.51 40.77 200m: 2:35.36 40.85						
9.	CASALINHO Catarina Castro	07	Estarreja	2:35.41	+0,76	500	
	50m: 36.45 36.45 100m: 1:16.54 40.09 150m: 1:57.55 41.01 200m: 2:35.41 37.86						
10.	SANTOS Leonor Castanho	07	Sporting	2:35.97	+0,76	494	
	50m: 35.37 35.37 100m: 1:15.73 40.36 150m: 1:55.29 39.56 200m: 2:35.97 40.68						
11.	DIOGO Ines Miranda	07	Nautico Academico	2:36.71	+0,67	487	
	50m: 35.75 35.75 100m: 1:15.46 39.71 150m: 1:56.30 40.84 200m: 2:36.71 40.41						
12.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	2:38.48	+0,82	471	
	50m: 36.08 36.08 100m: 1:16.03 39.95 150m: 1:57.62 41.59 200m: 2:38.48 40.86						

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Prova 35, Femin., 200m Costas

Prova 35

Femin., 200m Costas

Juvenis B

03/04/2022 - 16:30

Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES Maria Gomes	08	Braga	2:28.89	+0,66	568	
	50m: 34.87 34.87	100m: 1:13.14 38.27	150m: 1:52.32 39.18	200m: 2:28.89 36.57			
2.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	2:30.97	+0,70	545	
	50m: 35.88 35.88	100m: 1:13.48 37.60	150m: 1:51.99 38.51	200m: 2:30.97 38.98			
3.	ROLIM Beatriz Alexandra	08	Uniao Piedense	2:32.72	+0,60	526	
	50m: 35.12 35.12	100m: 1:13.34 38.22	150m: 1:53.13 39.79	200m: 2:32.72 39.59			
4.	MARQUES Matilde Catroga	08	Colegio Monte Maior	2:34.87	+0,67	505	
	50m: 36.43 36.43	100m: 1:16.61 40.18	150m: 1:55.99 39.38	200m: 2:34.87 38.88			
5.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	2:36.68	+0,71	487	
	50m: 35.27 35.27	100m: 1:14.44 39.17	150m: 1:56.13 41.69	200m: 2:36.68 40.55			
6.	MENDES Matilde Marques	08	Gafanha da Encarnacao	2:37.43	+0,70	481	
	50m: 36.20 36.20	100m: 1:16.22 40.02	150m: 1:56.95 40.73	200m: 2:37.43 40.48			
7.	NEVES Barbara Maria	08	Alges	2:37.75	+0,77	478	
	50m: 36.92 36.92	100m: 1:17.23 40.31	150m: 1:58.66 41.43	200m: 2:37.75 39.09			
8.	DIAS Beatriz Costa	08	Aquatico Pacense	2:37.97	+0,67	476	
	50m: 36.78 36.78	100m: 1:16.95 40.17	150m: 1:58.56 41.61	200m: 2:37.97 39.41			
9.	SOUSA Mafalda Pinto	08	Fluvial Portuense	2:38.50	+0,76	471	
	50m: 37.20 37.20	100m: 1:17.28 40.08	150m: 1:58.72 41.44	200m: 2:38.50 39.78			
10.	MENDES Rafaela Ferreira	08	Torres Novas	2:41.23	+0,76	447	
	50m: 36.06 36.06	100m: 1:17.13 41.07	150m: 2:00.38 43.25	200m: 2:41.23 40.85			
11.	FERNANDES Francisca Santos	08	Miranda do Corvo	2:42.63	+0,77	436	
	50m: 36.52 36.52	100m: 1:16.94 40.42	150m: 2:00.20 43.26	200m: 2:42.63 42.43			
12.	PEREIRA Maria Silva	08	Ginasio de Vila Real	2:43.24	+0,70	431	
	50m: 36.94 36.94	100m: 1:17.71 40.77	150m: 2:00.58 42.87	200m: 2:43.24 42.66			
13.	FONSECA Lara Sofia	08	Academico Viseu	2:44.45	+0,70	422	
	50m: 37.68 37.68	100m: 1:18.98 41.30	150m: 2:02.14 43.16	200m: 2:44.45 42.31			

Prova 35, Femin., 200m Costas

Prova 35

Femin., 200m Costas

Juvenis

03/04/2022 - 16:30

Resultados

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21/07/2017

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MESQUITA Mafalda Martins	07	Famalicao	2:28.01	+0,69	578	
	50m: 35.25 35.25	100m: 1:13.23 37.98	150m: 1:52.13 38.90	200m: 2:28.01 35.88			
2.	NEVES Maria Gomes	08	Braga	2:28.89	+0,66	568	
	50m: 34.87 34.87	100m: 1:13.14 38.27	150m: 1:52.32 39.18	200m: 2:28.89 36.57			
3.	BOLEIXA Carlota Costa	08	Louletano / Loule Concelho	2:30.97	+0,70	545	
	50m: 35.88 35.88	100m: 1:13.48 37.60	150m: 1:51.99 38.51	200m: 2:30.97 38.98			
4.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	2:31.71	+0,67	537	
	50m: 35.03 35.03	100m: 1:12.95 37.92	150m: 1:52.52 39.57	200m: 2:31.71 39.19			
5.	ROLIM Beatriz Alexandra	08	Uniao Piedense	2:32.72	+0,60	526	
	50m: 35.12 35.12	100m: 1:13.34 38.22	150m: 1:53.13 39.79	200m: 2:32.72 39.59			
6.	ALVES Sara Sofia	07	Naval Setubalense	2:34.18	+0,76	512	
	50m: 36.11 36.11	100m: 1:15.80 39.69	150m: 1:55.53 39.73	200m: 2:34.18 38.65			
7.	FIGUEIRA Madalena Almeida	07	Academico Viseu	2:34.29	+0,73	510	
	50m: 34.67 34.67	100m: 1:13.32 38.65	150m: 1:54.20 40.88	200m: 2:34.29 40.09			
8.	PIRES Teresa Joao	07	Alges	2:34.51	+0,69	508	
	50m: 35.96 35.96	100m: 1:15.76 39.80	150m: 1:55.83 40.07	200m: 2:34.51 38.68			
9.	MARQUES Matilde Catroga	08	Colegio Monte Maior	2:34.87	+0,67	505	
	50m: 36.43 36.43	100m: 1:16.61 40.18	150m: 1:55.99 39.38	200m: 2:34.87 38.88			
10.	CONCEICAO Sara Oliveira	07	Feirense	2:35.12	+0,70	502	
	50m: 35.22 35.22	100m: 1:14.09 38.87	150m: 1:55.01 40.92	200m: 2:35.12 40.11			
11.	SIMÕES Dania Rodrigues	07	Louzan Natacao/EFAPEL	2:35.27	+0,82	501	
	50m: 35.51 35.51	100m: 1:14.68 39.17	150m: 1:55.41 40.73	200m: 2:35.27 39.86			
12.	PARENTE Leonor Peso	07	Palmela	2:35.36	+0,61	500	
	50m: 35.08 35.08	100m: 1:13.74 38.66	150m: 1:54.51 40.77	200m: 2:35.36 40.85			
13.	CASALINHO Catarina Castro	07	Estarreja	2:35.41	+0,76	500	
	50m: 36.45 36.45	100m: 1:16.54 40.09	150m: 1:57.55 41.01	200m: 2:35.41 37.86			
14.	SANTOS Leonor Castanho	07	Sporting	2:35.97	+0,76	494	
	50m: 35.37 35.37	100m: 1:15.73 40.36	150m: 1:55.29 39.56	200m: 2:35.97 40.68			
15.	LAMEIRO Matilde Pinheiro	08	Galitos / Bresimar	2:36.68	+0,71	487	
	50m: 35.27 35.27	100m: 1:14.44 39.17	150m: 1:56.13 41.69	200m: 2:36.68 40.55			
16.	DIOGO Ines Miranda	07	Nautico Academico	2:36.71	+0,67	487	
	50m: 35.75 35.75	100m: 1:15.46 39.71	150m: 1:56.30 40.84	200m: 2:36.71 40.41			
17.	MENDES Matilde Marques	08	Gafanha da Encarnacao	2:37.43	+0,70	481	
	50m: 36.20 36.20	100m: 1:16.22 40.02	150m: 1:56.95 40.73	200m: 2:37.43 40.48			

Splash Meet Manager, 11.72441

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RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 35, Femin., 200m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	NEVES Barbara Maria	08	Alges	2:37.75	+0,77	478	
	50m: 36.92 36.92	100m: 1:17.23 40.31	150m: 1:58.66 41.43	200m: 2:37.75 39.09			
19.	DIAS Beatriz Costa	08	Aquatico Pacense	2:37.97	+0,67	476	
	50m: 36.78 36.78	100m: 1:16.95 40.17	150m: 1:58.56 41.61	200m: 2:37.97 39.41			
20.	MAGALHAES Leticia Rodrigues	07	Naval Setubalense	2:38.48	+0,82	471	
	50m: 36.08 36.08	100m: 1:16.03 39.95	150m: 1:57.62 41.59	200m: 2:38.48 40.86			
21.	SOUSA Mafalda Pinto	08	Fluvial Portuense	2:38.50	+0,76	471	
	50m: 37.20 37.20	100m: 1:17.28 40.08	150m: 1:58.72 41.44	200m: 2:38.50 39.78			
22.	MENDES Rafaela Ferreira	08	Torres Novas	2:41.23	+0,76	447	
	50m: 36.06 36.06	100m: 1:17.13 41.07	150m: 2:00.38 43.25	200m: 2:41.23 40.85			
23.	FERNANDES Francisca Santos	08	Miranda do Corvo	2:42.63	+0,77	436	
	50m: 36.52 36.52	100m: 1:16.94 40.42	150m: 2:00.20 43.26	200m: 2:42.63 42.43			
24.	PEREIRA Maria Silva	08	Ginasio de Vila Real	2:43.24	+0,70	431	
	50m: 36.94 36.94	100m: 1:17.71 40.77	150m: 2:00.58 42.87	200m: 2:43.24 42.66			
25.	FONSECA Lara Sofia	08	Academico Viseu	2:44.45	+0,70	422	
	50m: 37.68 37.68	100m: 1:18.98 41.30	150m: 2:02.14 43.16	200m: 2:44.45 42.31			

Prova 36

03/04/2022 - 16:40

Masc., 200m Costas

Juvenis A

Resultados

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28/06/2014

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	JANUARIO Tomas Maia	06	Benfica	2:12.19	+0,75	606	
	50m: 31.03 31.03	100m: 1:04.74 33.71	150m: 1:39.16 34.42	200m: 2:12.19 33.03			
2.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	2:14.19	+0,57	580	
	50m: 30.44 30.44	100m: 1:03.89 33.45	150m: 1:38.99 35.10	200m: 2:14.19 35.20			
3.	SILVA Francisco Araujo	06	Famalicao	2:14.42	+0,67	577	
	50m: 30.26 30.26	100m: 1:03.56 33.30	150m: 1:38.72 35.16	200m: 2:14.42 35.70			
4.	ALVES Andre Correia	06	Uniao Piedense	2:16.89	+0,70	546	
	50m: 31.61 31.61	100m: 1:06.34 34.73	150m: 1:41.97 35.63	200m: 2:16.89 34.92			
5.	ALVES Rodrigo Castro	06	Desportiva de Viana	2:17.89	+0,70	534	
	50m: 31.96 31.96	100m: 1:06.60 34.64	150m: 1:43.12 36.52	200m: 2:17.89 34.77			
6.	CASTRO Vasco Monteiro	06	Porto	2:18.53	+0,81	527	
	50m: 32.19 32.19	100m: 1:06.97 34.78	150m: 1:43.36 36.39	200m: 2:18.53 35.17			
7.	FAFTINE Kaio Araujo	06	Sporting	2:18.96	+0,62	522	
	50m: 32.01 32.01	100m: 1:08.58 36.57	150m: 1:44.74 36.16	200m: 2:18.96 34.22			
8.	DURAO Miguel Costa	06	Braga	2:19.95	+0,65	511	
	50m: 31.16 31.16	100m: 1:06.87 35.71	150m: 1:43.52 36.65	200m: 2:19.95 36.43			

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PARCEIROS



RUMO A PARIS 2024

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Coimbra, 31 de Março a 03 de Abril de 2022



Prova 36, Masc., 200m Costas, Juvenis A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	VIEIRA Antonio Coelho	06	Sporting	2:20.83	+0,68	501	
	50m: 31.93 31.93	100m: 1:06.56 34.63	150m: 1:42.87 36.31	200m: 2:20.83 37.96			
10.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:21.36	+0,66	496	
	50m: 32.30 32.30	100m: 1:08.36 36.06	150m: 1:44.93 36.57	200m: 2:21.36 36.43			
11.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	2:21.76	+0,68	492	
	50m: 31.74 31.74	100m: 1:08.04 36.30	150m: 1:44.92 36.88	200m: 2:21.76 36.84			
DNS	PITA Pedro Miguel	06	Naval do Funchal				

Prova 36 Masc., 200m Costas Juvenis B 03/04/2022 - 16:40 Resultados

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17/07/2013

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORREIA Rodrigo Filipe	07	Porto	2:19.17	+0,71	520	
	50m: 32.08 32.08	100m: 1:07.48 35.40	150m: 1:43.90 36.42	200m: 2:19.17 35.27			
2.	COSTA Tiago Mendes	07	Famalicao	2:19.18	+0,77	519	
	50m: 32.34 32.34	100m: 1:07.85 35.51	150m: 1:43.98 36.13	200m: 2:19.18 35.20			
3.	REIS Leonardo Conceicao	07	Sporting	2:20.58	+0,71	504	
	50m: 31.69 31.69	100m: 1:07.28 35.59	150m: 1:44.15 36.87	200m: 2:20.58 36.43			
4.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	2:22.40	+0,65	485	
	50m: 33.10 33.10	100m: 1:09.32 36.22	150m: 1:46.22 36.90	200m: 2:22.40 36.18			
5.	FREITAS Afonso Bjork	07	Nacional de Natacao	2:22.90	+0,71	480	
	50m: 31.57 31.57	100m: 1:07.11 35.54	150m: 1:45.43 38.32	200m: 2:22.90 37.47			
6.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	2:23.16	+0,67	477	
	50m: 32.80 32.80	100m: 1:09.59 36.79	150m: 1:46.23 36.64	200m: 2:23.16 36.93			
7.	OLIVEIRA Joao Pedro	07	Galitos / Bresimar	2:24.65	+0,75	463	
	50m: 32.13 32.13	100m: 1:08.73 36.60	150m: 1:47.91 39.18	200m: 2:24.65 36.74			
8.	NEVES Tiago Brazao	07	Naval do Funchal	2:25.21	+0,63	457	
	50m: 33.23 33.23	100m: 1:09.99 36.76	150m: 1:47.82 37.83	200m: 2:25.21 37.39			
9.	KUCHERYAVENKO Daniel	07	Galitos / Bresimar	2:25.76	+0,62	452	
	50m: 33.08 33.08	100m: 1:09.70 36.62	150m: 1:48.06 38.36	200m: 2:25.76 37.70			
10.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	2:25.92	+0,72	451	
	50m: 33.79 33.79	100m: 1:10.25 36.46	150m: 1:48.59 38.34	200m: 2:25.92 37.33			
11.	SIMOES Francisco Marques	07	Ba-Leiria	2:26.01	+0,58	450	
	50m: 32.81 32.81	100m: 1:10.02 37.21	150m: 1:48.97 38.95	200m: 2:26.01 37.04			

Splash Meet Manager, 11.72441

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PARCEIROS



Prova 36, Masc., 200m Costas

Prova 36 Masc., 200m Costas Juvenis
03/04/2022 - 16:40 Resultados

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28/06/2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17/07/2013

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	JANUARIO Tomas Maia	06	Benfica	2:12.19	+0,75	606	
	50m: 31.03 31.03 100m: 1:04.74 33.71 150m: 1:39.16 34.42 200m: 2:12.19 33.03						
2.	RODRIGUES Rodrigo Vieira	06	Sporting de Espinho	2:14.19	+0,57	580	
	50m: 30.44 30.44 100m: 1:03.89 33.45 150m: 1:38.99 35.10 200m: 2:14.19 35.20						
3.	SILVA Francisco Araujo	06	Famalicao	2:14.42	+0,67	577	
	50m: 30.26 30.26 100m: 1:03.56 33.30 150m: 1:38.72 35.16 200m: 2:14.42 35.70						
4.	ALVES Andre Correia	06	Uniao Piedense	2:16.89	+0,70	546	
	50m: 31.61 31.61 100m: 1:06.34 34.73 150m: 1:41.97 35.63 200m: 2:16.89 34.92						
5.	ALVES Rodrigo Castro	06	Desportiva de Viana	2:17.89	+0,70	534	
	50m: 31.96 31.96 100m: 1:06.60 34.64 150m: 1:43.12 36.52 200m: 2:17.89 34.77						
6.	CASTRO Vasco Monteiro	06	Porto	2:18.53	+0,81	527	
	50m: 32.19 32.19 100m: 1:06.97 34.78 150m: 1:43.36 36.39 200m: 2:18.53 35.17						
7.	FAFTINE Kaio Araujo	06	Sporting	2:18.96	+0,62	522	
	50m: 32.01 32.01 100m: 1:08.58 36.57 150m: 1:44.74 36.16 200m: 2:18.96 34.22						
8.	CORREIA Rodrigo Filipe	07	Porto	2:19.17	+0,71	520	
	50m: 32.08 32.08 100m: 1:07.48 35.40 150m: 1:43.90 36.42 200m: 2:19.17 35.27						
9.	COSTA Tiago Mendes	07	Famalicao	2:19.18	+0,77	519	
	50m: 32.34 32.34 100m: 1:07.85 35.51 150m: 1:43.98 36.13 200m: 2:19.18 35.20						
10.	DURAO Miguel Costa	06	Braga	2:19.95	+0,65	511	
	50m: 31.16 31.16 100m: 1:06.87 35.71 150m: 1:43.52 36.65 200m: 2:19.95 36.43						
11.	REIS Leonardo Conceicao	07	Sporting	2:20.58	+0,71	504	
	50m: 31.69 31.69 100m: 1:07.28 35.59 150m: 1:44.15 36.87 200m: 2:20.58 36.43						
12.	VIEIRA Antonio Coelho	06	Sporting	2:20.83	+0,68	501	
	50m: 31.93 31.93 100m: 1:06.56 34.63 150m: 1:42.87 36.31 200m: 2:20.83 37.96						
13.	FRAZAO Francisco Couto	06	Uniao Coimbra	2:21.36	+0,66	496	
	50m: 32.30 32.30 100m: 1:08.36 36.06 150m: 1:44.93 36.57 200m: 2:21.36 36.43						
14.	OLIVEIRA Tomas Ferreira	06	Natacao da Maia	2:21.76	+0,68	492	
	50m: 31.74 31.74 100m: 1:08.04 36.30 150m: 1:44.92 36.88 200m: 2:21.76 36.84						
15.	DZYAKANAU Alexandre	07	Louzan Natacao/EFAPEL	2:22.40	+0,65	485	
	50m: 33.10 33.10 100m: 1:09.32 36.22 150m: 1:46.22 36.90 200m: 2:22.40 36.18						
16.	FREITAS Afonso Bjork	07	Nacional de Natacao	2:22.90	+0,71	480	
	50m: 31.57 31.57 100m: 1:07.11 35.54 150m: 1:45.43 38.32 200m: 2:22.90 37.47						
17.	AZEVEDO Goncalo Carlos	07	Natacao da Maia	2:23.16	+0,67	477	
	50m: 32.80 32.80 100m: 1:09.59 36.79 150m: 1:46.23 36.64 200m: 2:23.16 36.93						

RUMO A PARIS 2024

Campeonato Nacional de Juvenis PL
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 36, Masc., 200m Costas, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	OLIVEIRA Joao Pedro	07	Galitos / Bresimar	2:24.65	+0,75	463	
	50m: 32.13 32.13 100m: 1:08.73 36.60 150m: 1:47.91 39.18 200m: 2:24.65 36.74						
19.	NEVES Tiago Brazao	07	Naval do Funchal	2:25.21	+0,63	457	
	50m: 33.23 33.23 100m: 1:09.99 36.76 150m: 1:47.82 37.83 200m: 2:25.21 37.39						
20.	KUCHERYAVENKO Daniel	07	Galitos / Bresimar	2:25.76	+0,62	452	
	50m: 33.08 33.08 100m: 1:09.70 36.62 150m: 1:48.06 38.36 200m: 2:25.76 37.70						
21.	TEIXEIRA Renato Gouveia	07	Foca Quinta da Lixa CNF	2:25.92	+0,72	451	
	50m: 33.79 33.79 100m: 1:10.25 36.46 150m: 1:48.59 38.34 200m: 2:25.92 37.33						
22.	SIMÕES Francisco Marques	07	Ba-Leiria	2:26.01	+0,58	450	
	50m: 32.81 32.81 100m: 1:10.02 37.21 150m: 1:48.97 38.95 200m: 2:26.01 37.04						
DNS	PITA Pedro Miguel	06	Naval do Funchal				
EXH	FOMIN Yury	06	Louletano / Loule Concelho	2:13.03	+0,74	595	
	50m: 31.53 31.53 100m: 1:05.38 33.85 150m: 1:39.83 34.45 200m: 2:13.03 33.20						

Prova 37

03/04/2022 - 16:55

Femin., 50m Mariposa

Juvenis A

Resultados

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Juv A	27.98	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRANCO Catarina Andrade	07	Geslours	29.36	+0,60	576	
2.	MARQUES Gabriela Silva	07	Braga	29.93	+0,70	543	
3.	SOUSA Maria Rita	07	Desportiva de Viana	29.97	+0,67	541	
4.	MANO Leonor Mil	07	Nautico Academico	30.07	+0,76	536	
5.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	30.61	+0,60	508	
6.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	30.66	+0,71	505	
7.	JORGE Luisa Ponte	07	Uniao Piedense	30.71	+0,85	503	
8.	SILVA Carolina Martins	07	Estarreja	30.75	+0,84	501	
9.	CACHACO Beatriz Heitor	07	Geslours	31.17	+0,77	481	
10.	MATOS Maria Bandarra	07	Sporting	31.27	+0,86	476	
11.	CAMARA Ines Cruz	07	Desportivo Nacional	31.31	+0,82	475	
12.	FIGUEIRA Madalena Almeida	07	Academico Viseu	31.47	+0,61	467	
13.	ALMEIDA Rita Sacadura	07	Alges	31.51	+0,59	466	
14.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	31.66	+0,72	459	
15.	MONIZ Ana Rita	07	Nucleo Sporting da Terceira	32.46	+0,71	426	

Splash Meet Manager, 11.72441

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Prova 37, Femin., 50m Mariposa

Prova 37 Femin., 50m Mariposa Juvenis B
03/04/2022 - 16:55 Resultados

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Juv B	28.51	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Constanca Santos	08	Alges	30.07	+0,75	536	
2.	PEREIRA Maria Silva	08	Ginasio de Vila Real	30.98	+0,73	490	
3.	MARTINS Maria Joao	08	Fafe	32.14	+0,75	439	
4.	LIGEIRO Sara Silva	08	Viana Natacao	32.23	+0,69	435	
5.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	32.92	+0,73	408	
6.	SILVA Ana Castro	08	Famalicao	33.36	+0,74	392	

Prova 37 Femin., 50m Mariposa Juvenis
03/04/2022 - 16:55 Resultados

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Juv A	27.98	tempo limite			
Rec Nac Juv B	28.51	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRANCO Catarina Andrade	07	Geslours	29.36	+0,60	576	
2.	MARQUES Gabriela Silva	07	Braga	29.93	+0,70	543	
3.	SOUSA Maria Rita	07	Desportiva de Viana	29.97	+0,67	541	
4.	FERREIRA Constanca Santos	08	Alges	30.07	+0,75	536	
	MANO Leonor Mil	07	Nautico Academico	30.07	+0,76	536	
6.	CARVALHO Sofia Alexandra	07	Fluvial Portuense	30.61	+0,60	508	
7.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	30.66	+0,71	505	
8.	JORGE Luisa Ponte	07	Uniao Piedense	30.71	+0,85	503	
9.	SILVA Carolina Martins	07	Estarreja	30.75	+0,84	501	
10.	PEREIRA Maria Silva	08	Ginasio de Vila Real	30.98	+0,73	490	
11.	CACHACO Beatriz Heitor	07	Geslours	31.17	+0,77	481	
12.	MATOS Maria Bandarra	07	Sporting	31.27	+0,86	476	
13.	CAMARA Ines Cruz	07	Desportivo Nacional	31.31	+0,82	475	
14.	FIGUEIRA Madalena Almeida	07	Academico Viseu	31.47	+0,61	467	
15.	ALMEIDA Rita Sacadura	07	Alges	31.51	+0,59	466	
16.	RODEIA Mariana Figueira	07	Louletano / Loule Concelho	31.66	+0,72	459	
17.	MARTINS Maria Joao	08	Fafe	32.14	+0,75	439	
18.	LIGEIRO Sara Silva	08	Viana Natacao	32.23	+0,69	435	
19.	MONIZ Ana Rita	07	Nucleo Sporting da Terceira	32.46	+0,71	426	
20.	PAIXAO Maria Saraiva	08	Gafanha da Encarnacao	32.92	+0,73	408	
21.	SILVA Ana Castro	08	Famalicao	33.36	+0,74	392	

Prova 38 Masc., 50m Mariposa Juvenis A
03/04/2022 - 17:00 Resultados

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Juv A	25.63	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	26.41	+0,68	599	
2.	PEREIRA Rodrigo Ferreira	06	Famalicao	26.43	+0,73	598	
3.	PITA Pedro Miguel	06	Naval do Funchal	26.45	+0,66	596	
4.	HERRERO Miguel Mera	06	Sporting	26.94	+0,72	564	

Prova 38 Masc., 50m Mariposa Juvenis B
03/04/2022 - 17:00 Resultados

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Juv B	26.18	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	27.16	+0,68	551	

Prova 38 Masc., 50m Mariposa Juvenis
03/04/2022 - 17:00 Resultados

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Juv A	25.63	tempo limite			
Rec Nac Juv B	26.18	tempo limite			

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	TAVARES Daniel Batista	06	Bombeiros Mealhada/ CA	26.41	+0,68	599	
2.	PEREIRA Rodrigo Ferreira	06	Famalicao	26.43	+0,73	598	
3.	PITA Pedro Miguel	06	Naval do Funchal	26.45	+0,66	596	
4.	HERRERO Miguel Mera	06	Sporting	26.94	+0,72	564	
5.	MOURA Leonardo Cunha	07	Foca Quinta da Lixa CNF	27.16	+0,68	551	

Prova 39

03/04/2022 - 17:00

Femin., 200m Bruços

Juvenis A Resultados

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27/06/2004

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	2:41.16	+0,84	640	
	50m: 38.12 38.12	100m: 1:18.98 40.86	150m: 2:00.00 41.02	200m: 2:41.16 41.16			
2.	LEAL Matilde Barros	07	Aquatico Pacense	2:44.75	+0,85	599	
	50m: 38.15 38.15	100m: 1:20.31 42.16	150m: 2:01.86 41.55	200m: 2:44.75 42.89			
3.	GOMES Barbara Sofia	07	Leixoes	2:52.89	+0,66	519	
	50m: 38.93 38.93	100m: 1:21.41 42.48	150m: 2:06.62 45.21	200m: 2:52.89 46.27			
4.	PINA Laura Almeida	07	O Crasto	2:53.45	+0,90	514	
	50m: 37.93 37.93	100m: 1:21.48 43.55	150m: 2:07.51 46.03	200m: 2:53.45 45.94			
5.	GOMES Francisca Martins	07	Porto	2:54.05		508	
	50m: 39.90 39.90	100m: 1:24.78 44.88	150m: 2:10.02 45.24	200m: 2:54.05 44.03			
6.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	2:54.07	+0,85	508	
	50m: 39.02 39.02	100m: 1:24.31 45.29	150m: 2:09.92 45.61	200m: 2:54.07 44.15			
7.	SILVA Nuria Soares	07	Sao Joao Ver	2:54.55	+0,78	504	
	50m: 37.86 37.86	100m: 1:22.74 44.88	150m: 2:08.78 46.04	200m: 2:54.55 45.77			
8.	TEIXEIRA Joana Navega	07	Fluvial Portuense	2:55.12	+0,71	499	
	50m: 38.67 38.67	100m: 1:24.57 45.90	150m: 2:09.20 44.63	200m: 2:55.12 45.92			
9.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	2:55.92	+0,79	492	
	50m: 39.17 39.17	100m: 1:23.84 44.67	150m: 2:09.44 45.60	200m: 2:55.92 46.48			
10.	GONCALVES Valentina Jose	07	Desportivo Nacional	2:56.33	+0,74	489	
	50m: 39.13 39.13	100m: 1:22.96 43.83	150m: 2:08.83 45.87	200m: 2:56.33 47.50			
11.	TOJO Clara Vieira	07	Benfica	2:56.40	+0,89	488	
	50m: 39.14 39.14	100m: 1:24.51 45.37	150m: 2:09.99 45.48	200m: 2:56.40 46.41			
12.	NUNES Noa Pinho	07	Sporting de Aveiro	2:59.41	+0,87	464	
	50m: 39.44 39.44	100m: 1:24.41 44.97	150m: 2:10.86 46.45	200m: 2:59.41 48.55			
13.	FRISCHKNECHT Matilde Anjos	07	Naval Setubalense	2:59.51	+0,88	463	
	50m: 41.00 41.00	100m: 1:26.47 45.47	150m: 2:13.14 46.67	200m: 2:59.51 46.37			
14.	BERNAT Elena Del Rio	07	Alges	3:00.96	+0,79	452	
	50m: 40.72 40.72	100m: 1:25.81 45.09	150m: 2:13.77 47.96	200m: 3:00.96 47.19			
DSQ	LOURO Beatriz Silva	07	Louletano / Loule Concelho				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						
DSQ	PINTO Margarida Vieira	07	Braga				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						

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PARCEIROS



Prova 39, Femin., 200m Bruços

Prova 39

Femin., 200m Bruços

Juvenis B

03/04/2022 - 17:00

Resultados

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28/07/2003

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Maria Ines	08	Gafanha da Encarnacao	2:47.57	+0,89	570	
	50m: 38.45 38.45	100m: 1:20.45 42.00	150m: 2:03.83 43.38	200m: 2:47.57 43.74			
2.	GUERRA Matilde Militao	08	Colegio Monte Maior	2:53.37	+0,74	514	
	50m: 38.95 38.95	100m: 1:23.34 44.39	150m: 2:07.92 44.58	200m: 2:53.37 45.45			
3.	LEITE Maria Alexandra	08	Braga	2:53.85	+0,75	510	
	50m: 38.66 38.66	100m: 1:23.12 44.46	150m: 2:08.30 45.18	200m: 2:53.85 45.55			
4.	LOURENCO Bruna Filipa	08	O Crasto	2:54.22	+0,80	507	
	50m: 39.52 39.52	100m: 1:22.58 43.06	150m: 2:07.95 45.37	200m: 2:54.22 46.27			
5.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	2:55.23	+0,71	498	
	50m: 39.79 39.79	100m: 1:24.42 44.63	150m: 2:10.49 46.07	200m: 2:55.23 44.74			
6.	BARROS Adriana Ribeiro	08	Braga	2:57.33	+0,71	481	
	50m: 38.99 38.99	100m: 1:23.91 44.92	150m: 2:11.05 47.14	200m: 2:57.33 46.28			
7.	PEREIRA Victoria Frogeri	08	Ba-Leiria	2:57.96	+0,89	476	
	50m: 40.41 40.41	100m: 1:25.49 45.08	150m: 2:12.19 46.70	200m: 2:57.96 45.77			
8.	NASCIMENTO Leonor Serrao	08	Alges	2:58.07	+0,75	475	
	50m: 39.79 39.79	100m: 1:23.93 44.14	150m: 2:10.04 46.11	200m: 2:58.07 48.03			
9.	NUNES Carolina Mendes	08	Estarreja	2:59.21	+0,88	466	
	50m: 40.85 40.85	100m: 1:27.19 46.34	150m: 2:13.91 46.72	200m: 2:59.21 45.30			
10.	CASTRO Laura Doellinger	08	Fafe	3:00.07	+0,97	459	
	50m: 40.91 40.91	100m: 1:28.34 47.43	150m: 2:14.20 45.86	200m: 3:00.07 45.87			
11.	FERREIRA Mariana Pinto	08	Foca Quinta da Lixa CNF	3:00.59	+0,91	455	
	50m: 39.90 39.90	100m: 1:26.66 46.76	150m: 2:14.55 47.89	200m: 3:00.59 46.04			
12.	SILVA Rita Rocha	08	Alcobaca	3:01.46	+0,80	448	
	50m: 40.97 40.97	100m: 1:26.60 45.63	150m: 2:14.20 47.60	200m: 3:01.46 47.26			
13.	GOMES Rita Silva	08	Colegio Efanor	3:01.85	+0,92	446	
	50m: 39.63 39.63	100m: 1:25.93 46.30	150m: 2:14.07 48.14	200m: 3:01.85 47.78			
14.	LOPES Catarina Maria	08	BUZIOS-Coruche	3:02.35	+0,90	442	
	50m: 40.86 40.86	100m: 1:27.14 46.28	150m: 2:15.20 48.06	200m: 3:02.35 47.15			
15.	PEREIRA Julia Freitas	08	Naval do Funchal	3:05.63	+0,53	419	
	50m: 41.28 41.28	100m: 1:28.22 46.94	150m: 2:16.84 48.62	200m: 3:05.63 48.79			

Prova 39, Femin., 200m Bruços

Prova 39

Femin., 200m Bruços

Juvenis

03/04/2022 - 17:00

Resultados

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27/06/2004
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28/07/2003

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Rita Machita	07	Naval Setubalense	2:41.16	+0,84	640	
	50m: 38.12 38.12	100m: 1:18.98 40.86	150m: 2:00.00 41.02	200m: 2:41.16 41.16			
2.	LEAL Matilde Barros	07	Aquatico Pacense	2:44.75	+0,85	599	
	50m: 38.15 38.15	100m: 1:20.31 42.16	150m: 2:01.86 41.55	200m: 2:44.75 42.89			
3.	SILVA Maria Ines	08	Gafanha da Encarnacao	2:47.57	+0,89	570	
	50m: 38.45 38.45	100m: 1:20.45 42.00	150m: 2:03.83 43.38	200m: 2:47.57 43.74			
4.	GOMES Barbara Sofia	07	Leixoes	2:52.89	+0,66	519	
	50m: 38.93 38.93	100m: 1:21.41 42.48	150m: 2:06.62 45.21	200m: 2:52.89 46.27			
5.	GUERRA Matilde Militao	08	Colegio Monte Maior	2:53.37	+0,74	514	
	50m: 38.95 38.95	100m: 1:23.34 44.39	150m: 2:07.92 44.58	200m: 2:53.37 45.45			
6.	PINA Laura Almeida	07	O Crasto	2:53.45	+0,90	514	
	50m: 37.93 37.93	100m: 1:21.48 43.55	150m: 2:07.51 46.03	200m: 2:53.45 45.94			
7.	LEITE Maria Alexandra	08	Braga	2:53.85	+0,75	510	
	50m: 38.66 38.66	100m: 1:23.12 44.46	150m: 2:08.30 45.18	200m: 2:53.85 45.55			
8.	GOMES Francisca Martins	07	Porto	2:54.05		508	
	50m: 39.90 39.90	100m: 1:24.78 44.88	150m: 2:10.02 45.24	200m: 2:54.05 44.03			
9.	ALMEIDA Vanessa Liliana	07	Ba-Leiria	2:54.07	+0,85	508	
	50m: 39.02 39.02	100m: 1:24.31 45.29	150m: 2:09.92 45.61	200m: 2:54.07 44.15			
10.	LOURENCO Bruna Filipa	08	O Crasto	2:54.22	+0,80	507	
	50m: 39.52 39.52	100m: 1:22.58 43.06	150m: 2:07.95 45.37	200m: 2:54.22 46.27			
11.	SILVA Nuria Soares	07	Sao Joao Ver	2:54.55	+0,78	504	
	50m: 37.86 37.86	100m: 1:22.74 44.88	150m: 2:08.78 46.04	200m: 2:54.55 45.77			
12.	TEIXEIRA Joana Navega	07	Fluvial Portuense	2:55.12	+0,71	499	
	50m: 38.67 38.67	100m: 1:24.57 45.90	150m: 2:09.20 44.63	200m: 2:55.12 45.92			
13.	MIRANDA Matilde Pinguicha	08	Galitos / Bresimar	2:55.23	+0,71	498	
	50m: 39.79 39.79	100m: 1:24.42 44.63	150m: 2:10.49 46.07	200m: 2:55.23 44.74			
14.	CARDOSO Mafalda Rodrigues	07	Sporting de Espinho	2:55.92	+0,79	492	
	50m: 39.17 39.17	100m: 1:23.84 44.67	150m: 2:09.44 45.60	200m: 2:55.92 46.48			
15.	GONCALVES Valentina Jose	07	Desportivo Nacional	2:56.33	+0,74	489	
	50m: 39.13 39.13	100m: 1:22.96 43.83	150m: 2:08.83 45.87	200m: 2:56.33 47.50			
16.	TOJO Clara Vieira	07	Benfica	2:56.40	+0,89	488	
	50m: 39.14 39.14	100m: 1:24.51 45.37	150m: 2:09.99 45.48	200m: 2:56.40 46.41			
17.	BARROS Adriana Ribeiro	08	Braga	2:57.33	+0,71	481	
	50m: 38.99 38.99	100m: 1:23.91 44.92	150m: 2:11.05 47.14	200m: 2:57.33 46.28			

Splash Meet Manager, 11.72441

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PARCEIROS



Prova 39, Femin., 200m Bruços, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PEREIRA Victoria Frogeri	08	Ba-Leiria	2:57.96	+0,89	476	
	50m: 40.41 40.41 100m: 1:25.49 45.08 150m: 2:12.19 46.70 200m: 2:57.96 45.77						
19.	NASCIMENTO Leonor Serrao	08	Alges	2:58.07	+0,75	475	
	50m: 39.79 39.79 100m: 1:23.93 44.14 150m: 2:10.04 46.11 200m: 2:58.07 48.03						
20.	NUNES Carolina Mendes	08	Estarreja	2:59.21	+0,88	466	
	50m: 40.85 40.85 100m: 1:27.19 46.34 150m: 2:13.91 46.72 200m: 2:59.21 45.30						
21.	NUNES Noa Pinho	07	Sporting de Aveiro	2:59.41	+0,87	464	
	50m: 39.44 39.44 100m: 1:24.41 44.97 150m: 2:10.86 46.45 200m: 2:59.41 48.55						
22.	FRISCHKNECHT Matilde Anjos	07	Naval Setubalense	2:59.51	+0,88	463	
	50m: 41.00 41.00 100m: 1:26.47 45.47 150m: 2:13.14 46.67 200m: 2:59.51 46.37						
23.	CASTRO Laura Doellinger	08	Fafe	3:00.07	+0,97	459	
	50m: 40.91 40.91 100m: 1:28.34 47.43 150m: 2:14.20 45.86 200m: 3:00.07 45.87						
24.	FERREIRA Mariana Pinto	08	Foca Quinta da Lixa CNF	3:00.59	+0,91	455	
	50m: 39.90 39.90 100m: 1:26.66 46.76 150m: 2:14.55 47.89 200m: 3:00.59 46.04						
25.	BERNAT Elena Del Rio	07	Alges	3:00.96	+0,79	452	
	50m: 40.72 40.72 100m: 1:25.81 45.09 150m: 2:13.77 47.96 200m: 3:00.96 47.19						
26.	SILVA Rita Rocha	08	Alcobaca	3:01.46	+0,80	448	
	50m: 40.97 40.97 100m: 1:26.60 45.63 150m: 2:14.20 47.60 200m: 3:01.46 47.26						
27.	GOMES Rita Silva	08	Colegio Efanor	3:01.85	+0,92	446	
	50m: 39.63 39.63 100m: 1:25.93 46.30 150m: 2:14.07 48.14 200m: 3:01.85 47.78						
28.	LOPES Catarina Maria	08	BUZIOS-Coruche	3:02.35	+0,90	442	
	50m: 40.86 40.86 100m: 1:27.14 46.28 150m: 2:15.20 48.06 200m: 3:02.35 47.15						
29.	PEREIRA Julia Freitas	08	Naval do Funchal	3:05.63	+0,53	419	
	50m: 41.28 41.28 100m: 1:28.22 46.94 150m: 2:16.84 48.62 200m: 3:05.63 48.79						
DSQ	LOURO Beatriz Silva	07	Louletano / Loule Concelho				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						
DSQ	PINTO Margarida Vieira	07	Braga				
	SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina após a partida						

Prova 40

Masc., 200m Bruços

Juvenis A
Resultados

03/04/2022 - 17:15

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23/07/2016

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Tomas Mendes	06	Famalicao	2:27.83	+0,70	620	
	50m: 33.34 33.34	100m: 1:11.16 37.82	150m: 1:49.62 38.46	200m: 2:27.83 38.21			
2.	BONNIZ Pedro Goncalves	06	Geslours	2:28.34	+0,72	614	
	50m: 33.76 33.76	100m: 1:12.31 38.55	150m: 1:50.65 38.34	200m: 2:28.34 37.69			
3.	FERNANDES Leonardo Freitas	06	Famalicao	2:33.52	+0,74	554	
	50m: 33.33 33.33	100m: 1:11.89 38.56	150m: 1:52.21 40.32	200m: 2:33.52 41.31			
4.	OLIVEIRA Tomas Varanda	06	Cumbobila Cantanhedense	2:34.28	+0,57	546	
	50m: 34.30 34.30	100m: 1:12.65 38.35	150m: 1:53.14 40.49	200m: 2:34.28 41.14			
5.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:34.36	+0,70	545	
	50m: 33.76 33.76	100m: 1:12.22 38.46	150m: 1:52.96 40.74	200m: 2:34.36 41.40			
6.	ZHUKOV Mark	06	Braga	2:35.28	+0,70	535	
	50m: 35.09 35.09	100m: 1:15.49 40.40	150m: 1:54.37 38.88	200m: 2:35.28 40.91			
7.	ALMEIDA Afonso Silvestre	06	Amadora	2:36.54	+0,63	522	
	50m: 35.18 35.18	100m: 1:13.94 38.76	150m: 1:54.64 40.70	200m: 2:36.54 41.90			
8.	EVARISTO Bernardo Miguel	06	Gualdim Pais	2:40.27	+0,71	487	
	50m: 36.25 36.25	100m: 1:17.36 41.11	150m: 1:58.78 41.42	200m: 2:40.27 41.49			
9.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	2:41.19	+0,85	479	
	50m: 36.30 36.30	100m: 1:16.72 40.42	150m: 1:58.87 42.15	200m: 2:41.19 42.32			
10.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:43.21	+0,67	461	
	50m: 34.25 34.25	100m: 1:14.66 40.41	150m: 1:57.52 42.86	200m: 2:43.21 45.69			
11.	FISTICANU Nicolae	06	Naval de Faro	2:51.11	+0,75	400	
	50m: 37.34 37.34	100m: 1:20.21 42.87	150m: 2:04.44 44.23	200m: 2:51.11 46.67			

DSQ MORAIS David Miguel 06 Benfica
SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso

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PARCEIROS



Prova 40, Masc., 200m Bruços

Prova 40

Masc., 200m Bruços

Juvenis B

03/04/2022 - 17:15

Resultados

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10/06/2006

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	2:24.92	+0,63	659	
	50m: 33.53 33.53	100m: 1:10.81 37.28	150m: 1:48.28 37.47	200m: 2:24.92 36.64			
2.	COLACO Goncalo Pereira	07	Ba-Leiria	2:37.72	+0,74	511	
	50m: 34.89 34.89	100m: 1:14.34 39.45	150m: 1:55.66 41.32	200m: 2:37.72 42.06			
3.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:40.25	+0,63	487	
	50m: 36.74 36.74	100m: 1:18.55 41.81	150m: 1:59.52 40.97	200m: 2:40.25 40.73			
4.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:43.01	+0,76	463	
	50m: 36.78 36.78	100m: 1:19.69 42.91	150m: 2:00.62 40.93	200m: 2:43.01 42.39			
5.	RODRIGUES Joao Alves	07	Famalicao	2:43.31	+0,88	460	
	50m: 36.00 36.00	100m: 1:18.07 42.07	150m: 2:00.99 42.92	200m: 2:43.31 42.32			
6.	SARAGOCA Eduardo Sousa	07	Viana Natacao	2:45.07	+0,63	446	
	50m: 36.11 36.11	100m: 1:17.17 41.06	150m: 2:01.16 43.99	200m: 2:45.07 43.91			
7.	MARICI Dario Cristiano	07	Louletano / Loule Concelho	2:45.29	+0,74	444	
	50m: 37.84 37.84	100m: 1:20.14 42.30	150m: 2:03.12 42.98	200m: 2:45.29 42.17			
8.	CARREIRA Duarte Maria	07	Porto	2:45.46	+0,85	442	
	50m: 36.68 36.68	100m: 1:19.57 42.89	150m: 2:01.22 41.65	200m: 2:45.46 44.24			
9.	SIMOES Francisco Marques	07	Ba-Leiria	2:45.64	+0,70	441	
	50m: 36.52 36.52	100m: 1:17.99 41.47	150m: 2:01.56 43.57	200m: 2:45.64 44.08			
10.	SANTOS Rodrigo Malia	07	Natacao de Lagos	2:45.73	+0,73	440	
	50m: 37.44 37.44	100m: 1:19.97 42.53	150m: 2:02.65 42.68	200m: 2:45.73 43.08			
11.	GOMES Miguel Braga	07	Sporting	2:47.02	+0,86	430	
	50m: 38.23 38.23	100m: 1:20.98 42.75	150m: 2:04.70 43.72	200m: 2:47.02 42.32			
12.	IONAS Daniel	07	Amadora	2:50.13	+0,70	407	
	50m: 38.01 38.01	100m: 1:21.94 43.93	150m: 2:07.35 45.41	200m: 2:50.13 42.78			

ORGANIZAÇÃO



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PARCEIROS



Prova 40, Masc., 200m Bruços

Prova 40

Masc., 200m Bruços

Juvenis

03/04/2022 - 17:15

Resultados

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23/07/2016
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10/06/2006

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MIMOSO Rafael Miguel	07	Benfica	2:24.92	+0,63	659	
	50m: 33.53 33.53	100m: 1:10.81 37.28	150m: 1:48.28 37.47	200m: 2:24.92 36.64			
2.	COSTA Tomas Mendes	06	Famalicao	2:27.83	+0,70	620	
	50m: 33.34 33.34	100m: 1:11.16 37.82	150m: 1:49.62 38.46	200m: 2:27.83 38.21			
3.	BONNIZ Pedro Goncalves	06	Geslours	2:28.34	+0,72	614	
	50m: 33.76 33.76	100m: 1:12.31 38.55	150m: 1:50.65 38.34	200m: 2:28.34 37.69			
4.	FERNANDES Leonardo Freitas	06	Famalicao	2:33.52	+0,74	554	
	50m: 33.33 33.33	100m: 1:11.89 38.56	150m: 1:52.21 40.32	200m: 2:33.52 41.31			
5.	OLIVEIRA Tomas Varanda	06	Columbofila Cantanhedense	2:34.28	+0,57	546	
	50m: 34.30 34.30	100m: 1:12.65 38.35	150m: 1:53.14 40.49	200m: 2:34.28 41.14			
6.	RODRIGUES Joao Carvalho	06	Galitos / Bresimar	2:34.36	+0,70	545	
	50m: 33.76 33.76	100m: 1:12.22 38.46	150m: 1:52.96 40.74	200m: 2:34.36 41.40			
7.	ZHUKOV Mark	06	Braga	2:35.28	+0,70	535	
	50m: 35.09 35.09	100m: 1:15.49 40.40	150m: 1:54.37 38.88	200m: 2:35.28 40.91			
8.	ALMEIDA Afonso Silvestre	06	Amadora	2:36.54	+0,63	522	
	50m: 35.18 35.18	100m: 1:13.94 38.76	150m: 1:54.64 40.70	200m: 2:36.54 41.90			
9.	COLACO Goncalo Pereira	07	Ba-Leiria	2:37.72	+0,74	511	
	50m: 34.89 34.89	100m: 1:14.34 39.45	150m: 1:55.66 41.32	200m: 2:37.72 42.06			
10.	NUNES Duarte Ramos	07	Galitos / Bresimar	2:40.25	+0,63	487	
	50m: 36.74 36.74	100m: 1:18.55 41.81	150m: 1:59.52 40.97	200m: 2:40.25 40.73			
11.	EVARISTO Bernardo Miguel	06	Gualdim Pais	2:40.27	+0,71	487	
	50m: 36.25 36.25	100m: 1:17.36 41.11	150m: 1:58.78 41.42	200m: 2:40.27 41.49			
12.	CAMPOS Ricardo Lima	06	Sanjoanense/FEPSA	2:41.19	+0,85	479	
	50m: 36.30 36.30	100m: 1:16.72 40.42	150m: 1:58.87 42.15	200m: 2:41.19 42.32			
13.	RODRIGUES Gil Afonso	07	Fluvial Portuense	2:43.01	+0,76	463	
	50m: 36.78 36.78	100m: 1:19.69 42.91	150m: 2:00.62 40.93	200m: 2:43.01 42.39			
14.	FERNANDES Duarte Jose	06	Uniao Coimbra	2:43.21	+0,67	461	
	50m: 34.25 34.25	100m: 1:14.66 40.41	150m: 1:57.52 42.86	200m: 2:43.21 45.69			
15.	RODRIGUES Joao Alves	07	Famalicao	2:43.31	+0,88	460	
	50m: 36.00 36.00	100m: 1:18.07 42.07	150m: 2:00.99 42.92	200m: 2:43.31 42.32			
16.	SARAGOCA Eduardo Sousa	07	Viana Natacao	2:45.07	+0,63	446	
	50m: 36.11 36.11	100m: 1:17.17 41.06	150m: 2:01.16 43.99	200m: 2:45.07 43.91			
17.	MARICI Dario Cristiano	07	Louletano / Loule Concelho	2:45.29	+0,74	444	
	50m: 37.84 37.84	100m: 1:20.14 42.30	150m: 2:03.12 42.98	200m: 2:45.29 42.17			

Splash Meet Manager, 11.72441

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E ALIMENTAÇÃO FUNCIONAL

PARCEIROS



Prova 40, Masc., 200m Bruços, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	CARREIRA Duarte Maria	07	Porto	2:45.46	+0,85	442	
	50m: 36.68 36.68 100m: 1:19.57 42.89 150m: 2:01.22 41.65 200m: 2:45.46 44.24						
19.	SIMÕES Francisco Marques	07	Ba-Leiria	2:45.64	+0,70	441	
	50m: 36.52 36.52 100m: 1:17.99 41.47 150m: 2:01.56 43.57 200m: 2:45.64 44.08						
20.	SANTOS Rodrigo Malia	07	Natacao de Lagos	2:45.73	+0,73	440	
	50m: 37.44 37.44 100m: 1:19.97 42.53 150m: 2:02.65 42.68 200m: 2:45.73 43.08						
21.	GOMES Miguel Braga	07	Sporting	2:47.02	+0,86	430	
	50m: 38.23 38.23 100m: 1:20.98 42.75 150m: 2:04.70 43.72 200m: 2:47.02 42.32						
22.	IONAS Daniel	07	Amadora	2:50.13	+0,70	407	
	50m: 38.01 38.01 100m: 1:21.94 43.93 150m: 2:07.35 45.41 200m: 2:50.13 42.78						
23.	FISTICANU Nicolae	06	Naval de Faro	2:51.11	+0,75	400	
	50m: 37.34 37.34 100m: 1:20.21 42.87 150m: 2:04.44 44.23 200m: 2:51.11 46.67						
DSQ	MORAIS David Miguel	06	Benfica				
	SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso						

Prova 41

03/04/2022 - 17:25

Femin., 4 x 100m Estilos

Juvenis A

Resultados

Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Rec Nac Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
Rec Nac Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016

Pontos: FINA 2022

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Naval Setubalense-JUV A	4:48.14	+0,80	511	
	ALVES Sara Sofia +0,80 34.33 1:11.02 BOTELHO Margarida Santos 33.36 1:13.74				
	SANTOS Rita Machita +0,50 36.60 1:16.72 MAGALHAES Leticia Rodrigues 31.43 1:06.66				
2.	Nautico Academico-JUV A	4:52.86	+0,67	486	
	DIOGO Ines Miranda +0,67 35.57 1:13.60 MANO Leonor Mil +0,26 31.04 1:09.00				
	FERNANDES Maria Ines +0,13 39.77 1:25.57 AGUILAR Marta Andre +0,16 30.59 1:04.69				

Prova 41, Femin., 4 x 100m Estilos

Prova 41
03/04/2022 - 17:25

Femin., 4 x 100m Estilos

Juvenis B
Resultados

Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Rec Nac Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016
Rec Nac Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008

Pontos: FINA 2022

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Alges-JUV B	Alges	4:47.62	+0,72	514	
	NEVES Barbara Maria	+0,72 35.20 1:12.74	FERREIRA Constanca Santos	+0,22 30.35	1:05.98	
	NASCIMENTO Leonor Serrao	38.98 1:23.58	CARVALHO Constanca Isabel	+0,43 31.14	1:05.32	
2.	Galitos / Bresimar-JUV B	Galitos / Bresimar	4:53.96	+0,69	481	
	LAMEIRO Matilde Pinheiro	+0,69 34.96 1:13.09	GONCALVES Maria Meleiro	+0,34 34.07	1:14.07	
	MIRANDA Matilde Pinguicha	+0,11 37.16 1:20.70	JORGE Sofia Pereira	+0,28 31.27	1:06.10	
3.	Braga-JUV B	Braga	4:57.10	+0,64	466	
	NEVES Maria Gomes	+0,64 34.55 1:11.63	BARROS Adriana Ribeiro	+0,35 33.85	1:15.04	
	LEITE Maria Alexandra	37.72 1:20.15	COSTA Beatriz Silva	+0,21 32.74	1:10.28	
4.	Gafanha da Encarnacao-JUV B	Gafanha da Encarnacao	4:58.04	+0,73	461	
	MENDES Matilde Marques	+0,73 35.63 1:13.27	PAIXAO Maria Saraiva	+0,50 34.25	1:12.91	
	SILVA Maria Ines	+0,40 37.85 1:19.63	ANDRADE Andreina Nunes	+0,53 34.89	1:12.23	

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