

1 - 1ª Jornada

16-02-2019 - 15:30

Prova 1 800m Livres 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	11:10.97	RIBEIRO Pedro Miguel	CPN	Mealhada	18-02-2017
S14	13:17.40	RESENDE Sonia Castanheiro	SCA	Mealhada	08-02-2015
S15	9:12.09	NEVES Tiago Correia	CFB	Vila Franca de Xira	03-02-2018
S15	59:00.00	start			
S17	59:00.00				
S17	59:00.00				
S21	12:23.30	RIBEIRO Jose Augusto	POR	Truro (CAN)	22-07-2018
S21	15:42.50	REIS Adriana Godinho	FVCD	Logano (ITA)	22-11-2011

S14 LIMITE Masc. S14: 13:44.52; Femin. S14: 15:57.27 / S15 LIMITE Masc. S15: 10:04.80; Femin. S15: 13:21.36 /
S17 LIMITE Masc. S17: 13:44.52; Femin. S17: 15:57.27 / S21 LIMITE Masc. S21: 13:54.67; Femin. S21: 18:29.63 /
S14 Esp Masc. S14: 11:51.23; Esp Femin. S14: 14:05.24; Sen Masc. S14: 11:44.52; Sen Femin. S14: 13:57.27 /
S15 Esp Masc. S15: 10:10.73; Esp Femin. S15: 11:28.04; Sen Masc. S15: 10:04.80; Sen Femin. S15: 11:21.36 /
S21 Esp Femin. S21: 16:39.05; Sen Masc. S21: 13:54.67; Sen Femin. S21: 16:29.63

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	12:40.08	25m
2 ALMEIDA Andre Reis	00	S21		Sporting	12:47.60	25m
3 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	13:43.84	25m
4 BELEZAS Ricardo Andrade	91	S15		Sporting	NT	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 2 16-02-2019	Femin., 100m Bruços				Absoluto Lista inscritos
S4	3:53.02	BARBOSA Teresa Raquel	FCP	Vila Franca de Xira	03-02-2018
S5	59:00.00	start			
S6	59:00.00	start			
S7	3:28.78	SAMPAIO Ana Branca	ADADA	Mealhada	14-04-2018
S8	1:52.94	CASTRO Ana Filipa	FVCD	Santa Maria da Feira	12-01-2019
S9	1:27.81	PINTO Renata Vaz	ADADA	Recarei	15-12-2018
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:36.10	RESENDE Sonia Castanheiro	SCA	Mealhada	19-02-2017
S15	1:29.70	ALMEIDA Eunice Evora	SCP	Recarei	15-12-2018
S16	59:00.00				
S17	59:00.00				
S21	1:56.27	NG Mannie	POR	Albufeira	30-11-2008

S4 Esp S4: 6:19.85; Sen S4: 6:12.40 / S5 Esp S5: 2:53.17; Sen S5: 2:49.77 / S6 Esp S6: 2:40.65; Sen S6: 2:37.50 / S7 Esp S7: 2:29.94;
Sen S7: 2:27.00 / S8 Esp S8: 2:19.23; Sen S8: 2:16.50 / S9 Esp S9: 2:16.26; Sen S9: 2:13.59 / S11 Esp S11: 2:55.12;
Sen S11: 2:51.69 / S12 Esp S12: 2:45.94; Sen S12: 2:42.69 / S13 Esp S13: 2:34.81; Sen S13: 2:31.77 / S14 Esp S14: 2:27.03;
Sen S14: 2:24.15 / S15 Esp S15: 1:51.24; Sen S15: 1:48.53 / S16 Esp S16: 2:27.03; Sen S16: 2:24.15 / S17 Esp S17 50m: 2:28.69;
Sen S17: 2:24.15 / S21 Esp S21: 2:57.89; Sen S21: 2:54.40

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 PINTO Renata Vaz	99	SB9	1,3,5	ADADA Porto	1:27.81 25m
2 CASTRO Ana Filipa	97	SB8	*12+	Feira Viva	1:52.94 25m
3 REIS Filipa Sa	00	SB21		Sporting de Aveiro	2:06.37 25m
4 VASCO Maria Sio	00	SB9	3, 5, 12+	Desportivo de Odemira	2:12.13 25m
5 CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	2:13.40 25m
6 TORRES Diana Ines	99	SB21		Porto	2:16.10 25m
7 NEVES Camila Anjos	01	SB113		Alhandra	2:19.32 25m
8 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	2:19.86 25m
9 GOMES Barbara Ines	91	SB21		APC Coimbra	2:23.53 25m
10 FRAGOSO Simone Silva	80	SB5	A Y 3,5 12+	Palmela Desporto	2:26.51 50m
11 CASTRO Ana Alexandra	92	SB21		Porto	2:27.56 25m
12 GASPAS Matilde Lucia	06	SB21		APC Coimbra	2:28.56 25m
13 BRAGA Maria Iolanda	01	SB110		ADADA Porto	3:24.94 25m
14 TAVARES Ana Filipa	93	SB7	A 12+	Alhandra	3:38.60 25m
15 BARBOSA Teresa Raquel	90	SB4	W, 6, 12+	Porto	3:53.02 25m
16 OLIVEIRA Ana Maria	80	SB110		ADADA Porto	NT
17 TORRES Iara Pinto	05	SB110		Porto	NT

Prova 3 Masc., 100m Bruços Absoluto
16-02-2019 Lista inscritos

S4	59:00.00	start				
S5	1:43.94	ROCHA Ivo Filipe	FVCD	Mealhada		14-04-2018
S6	2:09.48	ALVES Nuno Diogo	CNMAIA	Porto		07-06-2015
S7	1:31.79	CAMPOS Joao Miguel	ADADA	Mealhada		17-11-2018
S8	1:19.56	CANCELA Diogo Luis	CNMC	Felgueiras		21-12-2018
S9	1:13.09	GRACHAT David Realista	GESL	Vila Franca de Xira		03-02-2018
S11	1:36.40	MENESES Marco Ribeiro	CRASTO	Santa Maria da Feira		12-01-2019
S12	59:00.00	start				
S13	1:29.74	ENCARNACAO Vitor Hugo	CDN	Funchal		11-05-2013
S14	1:27.84	DUARTE Carlos	CNPV	Felgueiras		25-01-1997
S15	1:14.79	CRUZ Miguel Duarte	CFB	Vila Franca de Xira		03-02-2018
S16	4:53.99	MENDES Carlos Barbosa	ASC	Santa Maria da Feira		12-01-2019
S17	59:00.00					
S21	1:31.79	VAZ Joao Francisco	POR	Truro (CAN)		25-07-2018

S4 Esp S4: 8:18.00; Sen S4: 8:08.23 / S5 Esp S5: 2:42.46; Sen S5: 2:39.27 / S6 Esp S6: 2:28.41; Sen S6: 2:25.50 / S7 Esp S7: 2:17.70; Sen S7: 2:15.00 / S8 Esp S8: 2:07.72; Sen S8: 2:05.22 / S9 Esp S9: 2:03.13; Sen S9: 2:00.72 / S11 Esp S11: 2:49.00; Sen S11: 2:45.69 / S12 Esp S12: 2:39.82; Sen S12: 2:36.69 / S13 Esp S13: 2:28.69; Sen S13: 2:25.77 / S14 Esp S14: 2:14.40; Sen S14: 2:11.76 / S15 Esp S15: 1:35.25; Sen S15: 1:32.93 / S16 Esp S16: 2:14.40; Sen S16: 2:11.76 / S17 Esp S17 50m: 2:14.40; Sen S17: 2:11.76 / S21 Esp S21: 2:22.78; Sen S21: 2:19.98

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 JORGE Andre Camara	90	SB16		Escola O Liceu	1:13.04 25m
2 GRACHAT David Realista	87	SB9	1,3,5	Gesloures	1:13.09 25m
3 CANCELA Diogo Luis	02	SB8	1,2,4	Miranda do Corvo	1:19.56 25m
4 CAMPOS Joao Miguel	79	SB7	6,12+	ADADA Porto	1:31.79 25m
5 VAZ Joao Francisco	92	SB21		Sporting	1:34.71 25m
6 BRITO Rui Xavier	99	SB14		Sporting de Aveiro	1:35.79 25m
7 MENESES Marco Ribeiro	01	SB11		O Crasto	1:36.40 25m
8 SILVA Nuno Alexandre	92	SB14		Sporting	1:36.80 25m
9 VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	1:36.82 25m
10 LINHARES Ruben Daniel	97	SB8	3,5,12+	Feira Viva	1:37.99 25m
11 SILVA Marco Paulo	84	SB9	12+	late Santa Cruz	1:42.70 50m
12 ROCHA Ivo Filipe	90	SB5	A 12	Feira Viva	1:43.94 25m
13 NASCIMENTO Levi Daniel	99	SB14		O2 Portimao	1:45.59 25m
14 REGO Diogo Almeida	97	SB21		Sporting de Aveiro	1:48.04 25m
15 SILVA Andre Guimaraes	96	SB14		Porto	1:49.49 25m
16 CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	1:49.94 25m
17 SILVA Jose Miguel	95	SB21		Porto	1:51.38 25m
18 PESTANA Rui Miguel	00	SB21		Porto	1:53.85 25m
19 OLIVEIRA Antonio Pedro	03	SB9	3, 5, 12+	Porto	1:55.11 25m
20 GOUVEIA Francisco Mario	75	SB8	9	Feira Viva	1:55.25 25m
21 MENDES Humberto Julio	90	SB14		Porto	1:56.43 25m
22 AMARAL Joao Costa	95	SB14		Sporting de Espinho	1:57.90 25m
23 AZEVEDO Daniel Torres	01	SB110		Desportiva Limiana	2:13.90 25m
24 ALVES Nuno Diogo	88	SB6	A 12	Propaganda da Natacao	2:14.47 25m
25 PINTO Jose Manuel	00	SB6	A,12	ADADA Porto	2:15.56 25m
26 ROCHA Joao Silva	91	SB7		Porto	2:34.71 25m
27 ALBERNAZ Alexandre Carlos	71	SB110		Individual ANL	NT
28 NEVES Tiago Correia	97	SB15	H	Belenenses	NT
29 MONTEIRO Joao Pedro	04	SB110		Porto	NT

Prova 6
16-02-2019

Femin., 25m Mariposa

10 anos e mais velhos
Lista inscritos

S14	23.24	GOUVEIA Susana Raquel	ADADA	Santa Maria da Feira	12-01-2019
S17	59:00.00				
S21	18.11	REIS Adriana Godinho	FVCD	Vila Franca de Xira	03-02-2018

S14 Esp S14: 40.62; Sen S14: 39.83 / S21 Esp S21: 35.25; Sen S21: 34.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 GOUVEIA Susana Raquel	89	S14		ADADA Porto	23.24	25m
2 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	24.71	25m
3 PELAIO Beatriz Malaquias	99	S17	A	APPDAlCoimbra	25.22	25m
4 SOARES Maria Mafalda	02	S14		ADADA Porto	26.57	25m
5 MACHADO Ana Catarina	94	S21		ADADA Porto	28.86	25m
6 REGO Joana Candeias	04	S14		ADADA Porto	30.64	25m
7 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	31.64	25m
8 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	34.53	25m

Prova 7
16-02-2019

Masc., 25m Mariposa

10 anos e mais velhos
Lista inscritos

S14	15.62	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S17	59:00.00				
S21	15.89	SANTOS Filipe Bjorcke	FCF	Mealhada	19-02-2017

S14 Esp S14: 23.90; Sen S14: 23.43 / S21 Esp S21: 24.31; Sen S21: 23.84

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	16.18	25m
2 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	17.93	25m
3 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	19.17	25m
4 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	19.51	25m
5 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	20.42	25m

Prova 8 Femin., 100m Mariposa Absoluto
16-02-2019 Lista inscritos

S8	1:34.26	CASTRO Ana Filipa	FVCD	Vila Franca de Xira	03-02-2018
S9	1:29.66	PINTO Renata Vaz	ADADA	Mealhada	18-02-2017
S10	1:17.88	NEVES Teresa Lamego	SCP	Algés	29-11-2014
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	1:46.68	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	11-01-2015
S15	1:24.40	LOURENCO Susana Maria	CNA	Alges	21-11-2015
S17	59:00.00				
S21	1:45.21	TORRES Diana Ines	FCP	Santa Maria da Feira	13-01-2019

S8 Esp S8: 2:05.46; Sen S8: 2:03.00 / S9 Esp S9: 2:02.40; Sen S9: 2:00.00 / S10 Esp S10: 1:59.16; Sen S10: 1:56.82 /
S11 Esp S11: 2:18.97; Sen S11: 2:16.24 / S12 Esp S12: 2:14.20; Sen S12: 2:11.57 / S13 Esp S13: 1:46.96; Sen S13: 1:44.87 /
S14 Esp S14: 2:43.22; Sen S14: 2:40.02 / S15 Esp S15: 1:43.81; Sen S15: 1:41.28 / S16 Esp S16: 2:43.22; Sen S16: 2:40.02 /
S17 Esp S17: 2:43.22; Sen S17: 2:40.02 / S21 Esp S21: 2:50.46; Sen S21: 2:47.12

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:17.29 25m
2 VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	1:24.84 25m
3 REIS Adriana Godinho	95	S21		Feira Viva	1:57.69 25m
4 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	2:05.26 25m

Prova 9 Masc., 100m Mariposa Absoluto
16-02-2019 Lista inscritos

S8	1:06.75	CANCELA Diogo Luis	CNMC	Felgueiras	22-12-2018
S9	1:09.38	GRACHAT David Realista	GESL	Santa Maria da Feira	14-01-2018
S10	1:04.08	GONCALVES Emanuel Luis	CNF	Funchal	14-11-2015
S11	1:25.83	CRUZ Amadeu Andre	FVCD	Viseu	29-11-2014
S12	59:00.00	start			
S13	1:04.91	ENCARNACAO Vitor Hugo	CDN	Funchal	29-11-2013
S14	1:18.63	RIBEIRO Pedro Miguel	CPN	Recarei	08-01-2017
S15	58.92	NEVES Tiago Correia	CFB	Porto	09-12-2017
S17	59:00.00				
S21	1:22.16	SANTOS Filipe Bjorcke	POR	Morelia (MEX)	09-11-2014

S8 Esp S8: 1:42.88; Sen S8: 1:40.86 / S9 Esp S9: 1:40.21; Sen S9: 1:38.25 / S10 Esp S10: 1:38.04; Sen S10: 1:36.12 /
S11 Esp S11: 2:11.32; Sen S11: 2:08.74 / S12 Esp S12: 2:06.55; Sen S12: 2:04.07 / S13 Esp S13: 1:39.31; Sen S13: 1:37.37 /
S14 Esp S14: 2:00.30; Sen S14: 1:57.94 / S15 Esp S15: 1:15.73; Sen S15: 1:13.88 / S16 Esp S16: 2:00.30; Sen S16: 1:57.94 /
S17 Esp S17: 2:00.30; Sen S17: 1:57.94 / S21 Esp S21: 2:05.70; Sen S21: 2:03.24

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:06.75 25m
2 CRUZ Miguel Duarte	99	S15	H	Belenenses	1:07.78 25m
3 SILVA Renato Filipe	98	S9		Porto	1:16.28 25m
4 RIBEIRO Jose Carneirinho	90	S14		Sporting	1:35.45 25m
5 CRUZ Joao Tanica	92	S12	A	Palmela Desporto	1:41.63 50m
6 MONTES Francisco Pessanha	02	S21		ADADA Porto	1:44.52 25m

Prova 10		Femin., 200m Bruços			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	3:29.80	RESENDE	Sonia Castanheiro	SCA	Mealhada	18-02-2017
S15	3:21.23	LOURENCO	Susana Maria	SCP	Mealhada	18-02-2017
S17	59:00.00					
S21	3:54.68	NG	Mannie	POR	Albufeira	03-12-2008
S14 Esp S14: 5:20.99; Sen S14: 5:14.70 / S15 Esp S15: 4:07.51; Sen S15: 4:01.48 / S17 Esp S17: 5:20.99; Sen S17: 5:14.70 / S21 Esp S21: 5:59.06; Sen S21: 5:52.02						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 TORRES Diana Ines	99	SB21		Porto	4:41.96	25m
2 GOMES Barbara Ines	91	SB21		APC Coimbra	4:51.98	25m

Prova 11		Masc., 200m Bruços			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	3:13.70	DUARTE	Carlos	CDEC	Cantanhede	11-05-1997
S15	2:49.41	CRUZ	Miguel Duarte	CFB	Alges	22-11-2015
S17	59:00.00					
S21	3:17.07	VAZ	Joao Francisco	SCP	Mealhada	14-04-2018
S14 Esp S14: 4:56.36; Sen S14: 4:50.55 / S15 Esp S15: 3:28.37; Sen S15: 3:23.29 / S17 Esp S17: 4:56.36; Sen S17: 4:50.55 / S21 Esp S21: 5:06.00; Sen S21: 5:00.00						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 SILVA Andre Guimaraes	96	SB14		Porto	3:34.00	25m
2 BRITO Rui Xavier	99	SB14		Sporting de Aveiro	3:37.88	25m
3 PESTANA Rui Miguel	00	SB21		Porto	4:07.03	25m
4 CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	4:16.69	25m

Prova 12		Femin., 200m Mariposa			10 anos e mais velhos	
16-02-2019					Lista inscritos	
S14	59:00.00	start				
S15	3:31.31	LOURENCO	Susana Maria	SCP	Mealhada	18-02-2017
S17	59:00.00					
S21	4:09.50	CASTRO	Ana Alexandra	POR	Estarreja	22-09-2013
S14 Esp S14: 4:35.40; Sen S14: 4:30.00 / S15 Esp S15: 4:19.91; Sen S15: 4:13.57 / S17 Esp S17: 4:35.40; Sen S17: 4:30.00 / S21 Esp S21: 6:21.73; Sen S21: 6:14.25						

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CASTRO Ana Alexandra	92	S21		Porto	4:17.71	25m

Prova 13 Masc., 200m Mariposa 10 anos e mais velhos
16-02-2019 Lista inscritos

S14	3:24.57	BRITO Rui Xavier	SCA	Recarei	15-12-2018
S15	2:20.36	NEVES Tiago Correia	CFB	Vila Franca de Xira	03-02-2018
S17	59:00.00				
S21	3:10.80	VAZ Joao Francisco	POR	Truro (CAN)	26-07-2018

S14 Esp S14: 4:04.80; Sen S14: 4:00.00 / S15 Esp S15: 3:01.35; Sen S15: 2:56.93 / S17 Esp S17: 4:04.80; Sen S17: 4:00.00 / S21 Esp S21: 4:58.78; Sen S21: 4:52.92

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 NEVES Tiago Correia	97	S15	H	Belenenses	2:20.36 25m
2 VAZ Joao Francisco	92	S21		Sporting	3:11.53 25m
3 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	3:35.17 25m

Prova 14 Femin., 25m Bruços Absoluto
16-02-2019 Lista inscritos

S14	19.48	RESENDE Sonia Castanheiro	SCA	Mealhada	19-02-2017
S17	59:00.00				
S21	28.08	REIS Filipa Sa	SCA	Mealhada	19-02-2017

S14 Esp S14: 29.80; Sen S14: 29.22 / S17 Esp S17: 29.80; Sen S17: 29.22 / S21 Esp S21: 42.96; Sen S21: 42.12

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PELAIO Beatriz Malaquias	99	SB17	A	APPDACOimbra	24.12 25m
2 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	29.94 25m
3 GASPARD Matilde Lucia	06	SB21		APC Coimbra	36.24 25m
4 MACHADO Ana Catarina	94	SB21		ADADA Porto	37.90 25m

Prova 15 Masc., 25m Bruços Absoluto
16-02-2019 Lista inscritos

S14	19.35	SOUSA Micael Silva	SCA	Mealhada	19-02-2017
S17	59:00.00				
S21	19.88	VAZ Joao Francisco	SCP	Mealhada	19-02-2017

S14 Esp S14: 29.61; Sen S14: 29.03 / S17 Esp S17: 29.61; Sen S17: 29.03 / S21 Esp S21: 30.42; Sen S21: 29.82

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	21.68 25m
2 CARNEIRO Joao Amaral	95	SB17		APPDACOimbra	22.58 25m
3 AMARAL Joao Costa	95	SB14		Sporting de Espinho	23.44 25m
4 MONTEIRO Luis Miguel	96	SB14		ADADA Porto	23.67 25m
5 SOUSA Noe Martins	82	SB17		APPDACOimbra	25.19 25m
6 SANTOS Jose Guilherme	80	SB17		APPDACOimbra	28.51 25m

Prova 16
16-02-2019

Femin., 50m Livres

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	53.54	FRAGOSO Simone Silva	PDEM	Vila Franca de Xira		03-02-2018
S6	1:23.08	BARBOSA Ana Sofia	FCP	Santa Maria da Feira		14-01-2018
S7	1:03.30	SAMPAIO Ana Branca	ADADA	Vila Franca de Xira		03-02-2018
S8	37.42	CASTRO Ana Filipa	FVCD	Vila Franca de Xira		03-02-2018
S9	34.44	PINTO Renata Vaz	ADADA	Recarei		16-12-2018
S10	34.05	NEVES Teresa Lamego	SCP	Santa Maria da Feira		11-01-2015
S11	1:59.41	NETO Cristiana Marisa	ADADA	Mealhada		17-11-2018
S12	59:00.00	start				
S13	59:00.00	start				
S14	33.30	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira		22-01-2017
S15	30.88	ALMEIDA Eunice Evora	CNA	Vila Real Stº Antonio		07-11-2015
S16	59:00.00					
S17	59:00.00					
S21	41.48	REIS Filipa Sa	POR	Truro (CAN)		21-07-2018

S1 Esp S1: 3:46.96; Sen S1: 3:42.51 / S2 Esp S2: 2:19.93; Sen S2: 2:17.19 / S3 Esp S3: 2:06.22; Sen S3: 2:03.75 / S4 Esp S4: 1:56.28; Sen S4: 1:54.00 / S5 Esp S5: 1:50.16; Sen S5: 1:48.00 / S6 Esp S6: 1:42.51; Sen S6: 1:40.50 / S7 Esp S7: 1:25.59; Sen S7: 1:23.91 / S8 Esp S8: 1:00.94; Sen S8: 59.75 / S9 Esp S9: 53.38; Sen S9: 52.34 / S10 Esp S10: 52.10; Sen S10: 51.08 / S11 Esp S11: 1:12.32; Sen S11: 1:10.91 / S12 Esp S12: 57.02; Sen S12: 55.91 / S13 Esp S13: 50.34; Sen S13: 49.35 / S14 Esp S14: 50.95; Sen S14: 49.95 / S15 Esp S15: 37.98; Sen S15: 37.06 / S16 Esp S16: 50.95; Sen S16: 49.95 / S17 Esp S17: 50.95; Sen S17: 49.95 / S21 Esp S21: 1:08.33; Sen S21: 1:06.99

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	30.52 25m
2 CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	32.78 25m
3 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	34.44 25m
4 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	37.42 25m
5 NEVES Camila Anjos	01	S113		Alhandra	39.59 25m
6 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	40.37 25m
7 GOUVEIA Susana Raquel	89	S14		ADADA Porto	40.41 25m
8 SOARES Maria Mafalda	02	S14		ADADA Porto	40.90 25m
9 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	42.66 25m
10 REIS Filipa Sa	00	S21		Sporting de Aveiro	43.67 25m
11 REIS Adriana Godinho	95	S21		Feira Viva	46.35 25m
12 REGO Joana Candeias	04	S14		ADADA Porto	47.03 25m
13 VASCO Maria Sio	00	S10	3, 5, 12+	Desportivo de Odemira	48.01 25m
14 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	48.23 25m
15 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	49.29 25m
16 DUARTE Sara Isabel	91	S21		Porto	50.35 25m
17 TAVARES Ana Filipa	93	S8	A 12+	Alhandra	54.20 25m
18 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	1:01.15 25m
19 TORRES Iara Pinto	05	S110		Porto	1:02.17 25m
20 SAMPAIO Ana Branca	02	S7	A,1,4,12,+	ADADA Porto	1:03.30 25m
21 BRAGA Maria Iolanda	01	S110		ADADA Porto	1:07.63 25m
22 BARBOSA Teresa Raquel	90	S5	W, 6, 12+	Porto	1:25.69 25m
23 PAIVA Ana Isabel	77	S110		Ginasio Clube	NT
24 OLIVEIRA Ana Maria	80	S110		ADADA Porto	NT

Prova 17 Masc., 50m Livres Absoluto
16-02-2019 Lista inscritos

Rank	Time	Name	Club	City	Date
S2	1:21.46	PINA Joao Alexandre	GESL	S. Antonio Cavaleiros	06-05-2012
S3	59:00.00	start			
S4	56.11	LOPES Nelson Jose	CNCVG	S. Antonio Cavaleiros	06-05-2012
S5	42.43	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	13-01-2019
S6	41.86	ROCHA Ivo Filipe	FVCD	Recarei	08-01-2017
S7	34.09	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira	03-02-2018
S8	29.20	CANCELA Diogo Luis	CNMC	Coimbra	03-02-2019
S9	26.32	CAETANO Gino Santos	CGA	Felgueiras	22-12-2018
S10	26.02	CAETANO Gino Santos	CGA	Porto	09-12-2017
S11	32.38	MENESES Marco Ribeiro	CRASTO	Santa Maria da Feira	13-01-2019
S12	59:00.00	start			
S13	27.90	ENCARNACAO Vitor Hugo	CDN	Funchal	29-11-2013
S14	29.36	SOUSA Micael Silva	SCA	Mealhada	14-04-2018
S15	25.20	CRUZ Miguel Duarte	CFB	Felgueiras	22-12-2018
S16	26.68	JORGE Andre Camara	GEOL	Funchal	07-07-2018
S17	59:00.00				
S21	31.94	SANTOS Filipe Bjorcke	O2ADCP	Lagos	29-11-2014

S1 Esp S1: 2:19.93; Sen S1: 2:17.19 / S2 Esp S2: 2:04.63; Sen S2: 2:02.19 / S3 Esp S3: 1:50.93; Sen S3: 1:48.75 / S4 Esp S4: 1:25.85; Sen S4: 1:24.16 / S5 Esp S5: 1:13.44; Sen S5: 1:12.00 / S6 Esp S6: 1:04.05; Sen S6: 1:02.79 / S7 Esp S7: 53.55; Sen S7: 52.50 / S8 Esp S8: 45.64; Sen S8: 44.75 / S9 Esp S9: 40.88; Sen S9: 40.08 / S10 Esp S10: 40.30; Sen S10: 39.51 / S11 Esp S11: 57.02; Sen S11: 55.91 / S12 Esp S12: 49.37; Sen S12: 48.41 / S13 Esp S13: 42.69; Sen S13: 41.85 / S14 Esp S14: 45.84; Sen S14: 44.94 / S15 Esp S15: 33.17; Sen S15: 32.36 / S16 Esp S16: 45.84; Sen S16: 44.94 / S17 Esp S17: 45.84; Sen S17: 44.94 / S21 Esp S21: 48.87; Sen S21: 47.91

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CRUZ Miguel Duarte	99	S15	H	Belenenses	25.20 25m
2 CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	26.02 25m
3 GRACHAT David Realista	87	S9	1,3,5	Geslores	26.37 25m
4 BELEZAS Ricardo Andrade	91	S15		Sporting	26.39 25m
5 JORGE Andre Camara	90	S16		Escola O Liceu	26.61 25m
6 SOUSA Micael Silva	00	S14		Sporting de Aveiro	29.36 25m
7 SILVA Renato Filipe	98	S9		Porto	29.46 25m
8 LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	29.81 25m
9 SILVA Marco Paulo	84	S110	12+	late Santa Cruz	30.12 25m
10 PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	30.70 25m
11 MENESES Marco Ribeiro	01	S11		O Crasto	32.38 25m
12 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	32.58 25m
13 SILVA Nuno Alexandre	92	S14		Sporting	32.81 25m
14 SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslores	32.93 25m
15 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	33.74 25m
16 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	33.99 25m
17 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	34.05 25m
18 ASSUNCAO Luis Miguel	01	S110		Porto	34.07 25m
19 VIDEIRA Daniel Carlos	92	S6	3,5,12+	Geslores	34.09 25m
20 MATOS Diogo Alexandre	99	S21		Geslores	34.59 25m
21 MENDES Humberto Julio	90	S14		Porto	34.68 25m
22 SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	35.06 25m
23 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	35.20 25m
24 RIBEIRO Jose Carneirinho	90	S14		Sporting	35.55 25m
25 SILVA Jose Miguel	95	S21		Porto	35.56 25m
26 CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslores	36.23 25m

Prova 17, Masc., 50m Livres

27	REGO Diogo Almeida	97	S21		Sporting de Aveiro	36.31	25m
28	GOUVEIA Francisco Mario	75	S9	9	Feira Viva	36.69	25m
29	AZEVEDO Daniel Torres	01	S110		Desportiva Limiana	36.76	25m
30	ALMEIDA Andre Reis	00	S21		Sporting	36.77	25m
31	OLIVEIRA Antonio Pedro	03	S10	3, 5, 12+	Porto	37.17	25m
32	PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	38.34	25m
33	CRUZ Joao Tanica	92	S12	A	Palmela Desporto	38.66	25m
34	BRANCO Miguel Paiva	97	S17	A	APPDACOimbra	38.71	25m
35	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	38.81	25m
36	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	38.87	25m
37	SANTOS Diogo Filipe	91	S21		Feira Viva	39.00	25m
38	DUARTE Samuel Lima	04	S14		Feira Viva	39.36	25m
39	GASPAR Duarte Miguel	84	S8	1,2,4	Palmela Desporto	40.12	50m
40	SANTOS Tomas Aniceto	99	S21		Feira Viva	40.87	25m
41	FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	40.97	25m
42	VICENTE Francisco Jose	99	S21		Sporting	41.75	25m
43	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	41.98	25m
44	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	42.03	25m
45	GONFIER Davis	92	S17	W	Sporting de Aveiro	42.19	25m
46	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	42.24	25m
47	PEREIRA Vicente Barros	05	S21	W	Sporting	42.24	25m
48	PINTO Jose Manuel	00	S7	A,12	ADADA Porto	42.36	25m
49	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	42.43	25m
50	FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	42.72	25m
51	GOMES Diogo Lopes	96	S21		Sporting de Aveiro	43.26	25m
52	SILVA Alexandre Martins	99	S21		O2 Portimao	44.40	25m
53	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	46.03	25m
54	CAIRES Bruno Miguel	96	S7	A 12+	FC Ferreiras/AlgarExperience	46.65	25m
55	PEREIRA Joel Alexandre	92	S21		APC Coimbra	47.10	25m
56	MONTOIA David Emanuel	00	S7	3, 5, 12+	Porto	48.93	25m
57	SA Luis Bernardo	96	S6	A 12	Feira Viva	52.04	25m
58	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	53.67	25m
59	PINHO Joao Pedro	92	S5	A,12+	ADADA Porto	55.57	25m
60	ROCHA Joao Silva	91	S8		Porto	56.17	25m
61	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:03.70	25m
62	MOREIRA Ricardo Jorge	01	S110		Porto	1:05.52	25m
63	CARVALHO Diogo Andre	99	S4	A 5	Propaganda da Natacao	2:42.85	25m
64	ALBERNAZ Alexandre Carlos	71	S110		Individual ANL	NT	
65	MONTEIRO Joao Pedro	04	S110		Porto	NT	

Inscrições rejeitadas

RJC	MENDES Gil Mota	09	S9		Escola Carregal do Sal	47.40	25m
RJC	SANTOS Ruben Jose	80	S21		APC Coimbra	51.57	25m

Prova 18 16-02-2019	4 x 100m Estilos	Absoluto Lista inscritos
S14		
S14		30-12-1899
S14		
S14		30-12-1899
S21		
S21		30-12-1899
S21		
S21		30-12-1899
34P		
34P		30-12-1899
34P		
34P		30-12-1899

	Classe	cod excp	Clube	Tp Inscr.
1	Feira Viva-34Pts		Feira Viva	6:25.07
2	Sporting-S21		Sporting	6:46.11
3	O2 Portimao-S14		O2 Portimao	6:59.61
4	Feira Viva-S14		Feira Viva	7:05.20
5	ADADA Porto-S14		ADADA Porto	NT
6	Porto-34Pts		Porto	NT
7	Porto-S14		Porto	NT
8	Sporting de Aveiro-S14		Sporting de Aveiro	NT
9	Sporting de Aveiro-S21		Sporting de Aveiro	NT
10	Gesloures-34Pts		Gesloures	NT

2 - 2ª Jornada - 1ª Sessão

17-02-2019 - 9:00

Prova 19 17-02-2019	Femin., 100m Livres					Absoluto Lista inscritos
S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	1:53.82	FRAGOSO Simone Silva	SCP	Lisboa		18-10-2015
S6	3:04.93	BARBOSA Ana Sofia	FCP	Santa Maria da Feira		13-01-2018
S7	2:15.39	SAMPAIO Ana Branca	ADADA	Vila Franca de Xira		04-02-2018
S8	1:21.51	CASTRO Ana Filipa	FVCD	Santa Maria da Feira		13-01-2018
S9	1:15.54	PINTO Renata Vaz	ADADA	Recarei		15-12-2018
S10	1:11.62	NEVES Teresa Lamego	SCP	Algés		28-11-2014
S11	4:52.55	LUCAS Mariana Filipa	ASC	Mealhada		18-11-2018
S12	59:00.00	start				
S13	59:00.00	start				
S14	1:16.11	RESENDE Sonia Castanheiro	SCA	Recarei		07-01-2017
S15	1:08.07	ALMEIDA Eunice Evora	CNA	Vila Real Stº Antonio		08-11-2015
S16	59:00.00					
S17	59:00.00					
S21	1:34.67	REIS Filipa Sa	POR	Truro (CAN)		21-07-2018

S1 Esp S1: 3:38.52; Sen S1: 3:37.90 / S2 Esp S2: 4:31.61; Sen S2: 4:26.28 / S3 Esp S3: 4:08.78; Sen S3: 4:03.90 / S4 Esp S4: 3:15.23; Sen S4: 3:11.40 / S5 Esp S5: 2:54.14; Sen S5: 2:50.73 / S6 Esp S6: 2:44.47; Sen S6: 2:41.25 / S7 Esp S7: 2:37.35; Sen S7: 2:34.26 / S8 Esp S8: 1:47.77; Sen S8: 1:45.66 / S9 Esp S9: 1:47.10; Sen S9: 1:45.00 / S10 Esp S10: 1:45.57; Sen S10: 1:43.50 / S11 Esp S11: 2:11.23; Sen S11: 2:08.66 / S12 Esp S12: 1:52.64; Sen S12: 1:50.43 / S13 Esp S13: 1:37.34; Sen S13: 1:35.43 / S14 Esp S14: 1:56.45; Sen S14: 1:54.17 / S15 Esp S15: 1:23.73; Sen S15: 1:21.68 / S16 Esp S16: 1:56.45; Sen S16: 1:54.17 / S17 Esp S17: 1:56.45; Sen S17: 1:54.17 / S21 Esp S21: 2:13.06; Sen S21: 2:28.09

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	1:06.52	25m
2 CORREIA Ana Beatriz	98	S10	8	Natacao de Faro	1:10.75	25m
3 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	1:15.54	25m
4 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	1:21.51	25m
5 NEVES Camila Anjos	01	S113		Alhandra	1:28.44	25m
6 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	1:30.05	25m
7 SOARES Maria Mafalda	02	S14		ADADA Porto	1:31.27	25m
8 GOUVEIA Susana Raquel	89	S14		ADADA Porto	1:31.45	25m
9 REIS Filipa Sa	00	S21		Sporting de Aveiro	1:37.19	25m
10 TORRES Diana Ines	99	S21		Porto	1:39.31	25m
11 REIS Adriana Godinho	95	S21		Feira Viva	1:44.65	25m
12 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	1:46.44	25m
13 REGO Joana Candeias	04	S14		ADADA Porto	1:50.89	25m
14 GOMES Barbara Ines	91	S21		APC Coimbra	1:59.20	25m
15 DUARTE Sara Isabel	91	S21		Porto	2:00.79	25m
16 TAVARES Ana Filipa	93	S8	A 12+	Alhandra	2:01.57	25m
17 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	2:02.63	25m
18 LOURENCO Carolina Caetano	94	S21		APC Coimbra	2:15.28	25m
19 SAMPAIO Ana Branca	02	S7	A,1,4,12,+	ADADA Porto	2:15.39	25m
20 BRAGA Maria Iolanda	01	S110		ADADA Porto	2:27.42	25m
21 TORRES Iara Pinto	05	S110		Porto	2:32.24	25m
22 OLIVEIRA Ana Maria	80	S110		ADADA Porto		NT

Prova 19, Femin., 100m Livres

Inscrições rejeitadas

RJC GASPAS Matilde Lucia 06 S21 APC Coimbra 2:27.46 25m

Prova 20
17-02-2019

Masc., 100m Livres

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	2:47.52	PINA Joao Alexandre	GESL	S. Antonio Cavaleiros		06-05-2012
S3	59:00.00	start				
S4	1:57.60	LOPES Nelson Jose	CNCVG	S. Antonio Cavaleiros		06-05-2012
S5	1:28.95	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		12-01-2019
S6	1:27.72	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		21-01-2017
S7	1:12.50	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira		04-02-2018
S8	1:03.83	CANCELA Diogo Luis	CNMC	Coimbra		02-02-2019
S9	56.95	CAETANO Gino Santos	CGA	Felgueiras		21-12-2018
S10	55.89	CAETANO Gino Santos	CGA	Porto		08-12-2017
S11	1:13.09	MENESES Marco Ribeiro	CRASTO	Mealhada		18-11-2018
S12	59:00.00	start				
S13	58.62	ENCARNACAO Vitor Hugo	CDN	Funchal		28-11-2013
S14	1:05.84	SOUSA Micael Silva	SCA	Mealhada		15-04-2018
S15	54.89	NEVES Tiago Correia	CFB	Felgueiras		21-12-2018
S16	1:09.97	PINTO Filipe Cardoso	CNLX	Sines		08-04-2017
S17	59:00.00	start				
S21	1:16.59	SANTOS Filipe Bjorcke	FCF	Olhao		18-03-2017

S1 Esp S1: 3:27.99; Sen S1: 3:27.40 / S2 Esp S2: 4:16.31; Sen S2: 4:11.28 / S3 Esp S3: 3:45.83; Sen S3: 3:41.40 / S4 Esp S4: 2:59.93; Sen S4: 2:56.40 / S5 Esp S5: 2:37.59; Sen S5: 2:34.50 / S6 Esp S6: 2:14.21; Sen S6: 2:11.58 / S7 Esp S7: 1:56.95; Sen S7: 1:54.66 / S8 Esp S8: 1:40.12; Sen S8: 1:38.16 / S9 Esp S9: 1:28.02; Sen S9: 1:26.29 / S10 Esp S10: 1:25.99; Sen S10: 1:24.30 / S11 Esp S11: 2:03.58; Sen S11: 2:01.16 / S12 Esp S12: 1:44.99; Sen S12: 1:42.93 / S13 Esp S13: 1:29.69; Sen S13: 1:27.93 / S14 Esp S14: 1:44.35; Sen S14: 1:42.30 / S15 Esp S15: 1:11.41; Sen S15: 1:09.67 / S16 Esp S16: 1:44.35; Sen S16: 1:42.30 / S17 Esp S17: 1:44.35; Sen S17: 1:42.30 / S21 Esp S21: 1:58.70; Sen S21: 1:56.37

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	55.89 25m
2 GRACHAT David Realista	87	S9	1,3,5	Gesloures	57.35 25m
3 BELEZAS Ricardo Andrade	91	S15		Sporting	58.09 25m
4 SILVA Renato Filipe	98	S9		Porto	1:04.18 25m
5 LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	1:05.34 25m
6 SOUSA Micael Silva	00	S14		Sporting de Aveiro	1:05.84 25m
7 CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:08.56 25m
8 SILVA Marco Paulo	84	S110	12+	late Santa Cruz	1:09.35 25m
9 SOARES Ricardo Aderneira	99	S8	3,5,12+	Gesloures	1:09.35 25m
10 JORGE Andre Camara	90	S16		Escola O Liceu	1:10.15 25m
11 SILVA Nuno Alexandre	92	S14		Sporting	1:10.70 25m
12 VIDEIRA Daniel Carlos	92	S6	3,5,12+	Gesloures	1:12.50 25m
13 BRITO Rui Xavier	99	S14		Sporting de Aveiro	1:12.68 25m
14 MENESES Marco Ribeiro	01	S11		O Crasto	1:13.09 25m
15 ASSUNCAO Luis Miguel	01	S110		Porto	1:14.72 25m
16 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	1:15.33 25m
17 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	1:17.04 25m
18 MATOS Diogo Alexandre	99	S21		Gesloures	1:17.07 25m
19 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	1:17.40 25m
20 ALMEIDA Andre Reis	00	S21		Sporting	1:18.25 25m

Prova 20, Masc., 100m Livres

21	DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	1:18.66	25m
22	CASTANHEIRA Rodolfo Francisco	01	S8	9	Gesloures	1:18.69	25m
23	SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	1:18.75	25m
24	RIBEIRO Jose Carneirinho	90	S14		Sporting	1:19.45	25m
25	GOUBEIA Francisco Mario	75	S9	9	Feira Viva	1:19.63	25m
26	OLIVEIRA Antonio Pedro	03	S10	3, 5, 12+	Porto	1:21.09	25m
27	BRANCO Miguel Paiva	97	S17	A	APPDAlCoimbra	1:21.71	25m
28	SANTOS Diogo Filipe	91	S21		Feira Viva	1:25.48	25m
29	REGO Diogo Almeida	97	S21		Sporting de Aveiro	1:26.39	25m
30	DUARTE Samuel Lima	04	S14		Feira Viva	1:26.95	25m
31	PESTANA Rui Miguel	00	S21		Porto	1:27.45	25m
32	ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	1:28.95	25m
33	SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	1:31.79	25m
34	GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	1:32.08	25m
35	AMARAL Joao Costa	95	S14		Sporting de Espinho	1:32.91	25m
36	FERREIRA Joao Mario	98	S14		Sporting de Aveiro	1:36.58	25m
37	PINTO Jose Manuel	00	S7	A,12	ADADA Porto	1:37.21	25m
38	ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	1:37.34	25m
39	ROCHA Simao Pedro	06	S14		Aquatico Pacense	1:37.40	25m
40	PEREIRA Vicente Barros	05	S21	W	Sporting	1:37.48	25m
41	VICENTE Francisco Jose	99	S21		Sporting	1:38.30	25m
42	EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	1:39.29	25m
43	MARQUES Diogo Jose	99	S114		Alhandra	1:42.24	25m
44	SILVA Alexandre Martins	99	S21		O2 Portimao	1:42.50	25m
45	RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	1:44.68	25m
46	GOMES Diogo Lopes	96	S21		Sporting de Aveiro	1:47.07	25m
47	GONCALVES Hugo Bernardo	96	S21		Porto	1:49.03	25m
48	SANTOS Ruben Jose	80	S21		APC Coimbra	1:49.06	25m
49	ANTUNES Joao Pedro	87	S21		O2 Portimao	1:55.72	25m
50	SA Luis Bernardo	96	S6	A 12	Feira Viva	1:56.67	25m
51	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	1:57.83	25m
52	PINHO Joao Pedro	92	S5	A,12+	ADADA Porto	2:04.11	25m
53	ROCHA Joao Silva	91	S8		Porto	2:08.15	25m
54	COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	2:16.49	25m
55	MOREIRA Ricardo Jorge	01	S110		Porto	2:29.00	25m
56	MONTEIRO Joao Pedro	04	S110		Porto	NT	
WDR	PEREIRA Joel Alexandre	92	S21		APC Coimbra	1:47.22	25m

Inscrições rejeitadas

RJC	CRUZ Henrique Benevides	83	S14		Naval de Ponta Delgada	1:44.59	25m
RJC	MENDES Gil Mota	09	S9		Escola Carregal do Sal	1:58.01	25m
RJC	GONFIER Davis	92	S17	W	Sporting de Aveiro	NT	

ORGANIZAÇÃO



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PARCEIROS



Prova 21 Femin., 25m Costas Absoluto
17-02-2019 Lista inscritos

S14	20.22	RESENDE	Sonia Castanheiro	SCA	Mealhada	19-02-2017
S17	59:00.00					
S21	25.03	REIS	Filipa Sa	POR	Loano (ITA)	09-11-2015

S14 Esp S14: 30.94; Sen S14: 30.33 / S17 Esp S17: 30.94; Sen S17: 1:03.84 / S21 Esp S21: 38.30; Sen S21: 37.55

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 SOARES Maria Mafalda	02	S14		ADADA Porto	22.49	25m
2 REGO Joana Candeias	04	S14		ADADA Porto	26.40	25m
3 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	28.12	25m
4 DUARTE Sara Isabel	91	S21		Porto	29.63	25m
5 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	30.96	25m
6 MACHADO Ana Catarina	94	S21		ADADA Porto	34.31	25m
WDR LOURENCO Carolina Caetano	94	S21		APC Coimbra	32.84	25m

Prova 22 Masc., 25m Costas Absoluto
17-02-2019 Lista inscritos

S14	12.45	MENDES	Humberto Julio	FCP	Vila Franca de Xira	03-02-2018
S17	59:00.00					
S21	18.78	MADEIRA	Pedro Filipe	POR	Estarreja	22-09-2013

S14 Esp S14: 27.00; Sen S14: 26.47 / S17 Esp S17: 27.00; Sen S17: 28.17 / S21 Esp S21: 28.73; Sen S21: 28.17

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 FERREIRA Joao Mario	98	S14		Sporting de Aveiro	20.79	25m
2 MONTEIRO Luis Miguel	96	S14		ADADA Porto	21.27	25m
3 SILVA Bruno Miguel	93	S14		Porto	22.35	25m
4 CRUZ Diogo Rafael	03	S14		Sporting de Espinho	22.50	25m
5 EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	22.62	25m
6 PEREIRA Joel Alexandre	92	S21		APC Coimbra	23.44	25m
7 FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	23.51	25m
8 FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	23.82	25m
9 SANTOS Carlos Manuel	87	S17	A	APPDACOimbra	23.89	25m
10 GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	24.34	25m
11 GOMES Diogo Lopes	96	S21		Sporting de Aveiro	25.58	25m
12 SANTOS Ruben Jose	80	S21		APC Coimbra	25.64	25m
13 DUARTE Samuel Lima	04	S14		Feira Viva	25.67	25m
14 CARNEIRO Joao Amaral	95	S17		APPDACOimbra	25.78	25m

Inscrições rejeitadas

RJC GONFIER Davis	92	S17	W	Sporting de Aveiro	NT
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Prova 23 Absoluto
17-02-2019 Lista inscritos

Femin., 200m Costas

S14	3:38.42	CARDOSO Vera Lucia	SCE	Vila Franca de Xira	04-02-2018
S15	59:00.00	start			
S17	59:00.00				
S21	3:35.19	NG Mannie	POR	Albufeira	30-11-2008

S14 Esp S14: 5:58.75; Sen S14: 5:51.72 / S15 Esp S15: 2:58.89; Sen S15: 2:54.53 / S17 Esp S17: 5:58.75; Sen S17: 5:51.72 / S21 Esp S21: 5:29.24; Sen S21: 5:22.79

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	3:38.42 25m
2 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	4:12.31 25m
3 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	4:57.96 25m

Prova 24 Absoluto
17-02-2019 Lista inscritos

Masc., 200m Costas

S14	2:48.51	SILVA Nuno Alexandre	SCP	Mealhada	19-02-2017
S15	2:18.43	NEVES Tiago Correia	CFB	Vila Real St. Antonio	04-11-2018
S17	59:00.00				
S21	3:08.02	VAZ Joao Francisco	POR	Truro (CAN)	24-07-2018

S14 Esp S14: 4:17.82; Sen S14: 4:12.76 / S15 Esp S15: 2:52.74; Sen S15: 2:48.53 / S17 Esp S17: 4:17.82; Sen S17: 4:12.76 / S21 Esp S21: 5:19.30; Sen S21: 5:13.04

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	2:50.68 25m
2 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	3:21.60 25m
3 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	3:24.37 25m
4 SILVA Jose Miguel	95	S21		Porto	3:28.40 25m
5 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	3:29.13 25m
6 MONTES Francisco Pessanha	02	S21		ADADA Porto	3:39.72 25m
7 MENDES Humberto Julio	90	S14		Porto	3:40.49 25m
8 SILVA Bruno Miguel	93	S14		Porto	3:46.04 25m
9 PEREIRA Joel Alexandre	92	S21		APC Coimbra	3:59.40 25m

Prova 25
17-02-2019

Femin., 150m Estilos

10 anos e mais velhos
Lista inscritos

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	59:00.00	start

S1 Esp S1: 9:58.35; Sen S1: 9:46.62 / S2 Esp S2: 9:27.75; Sen S2: 9:16.62 / S3 Esp S3: 9:12.45; Sen S3: 9:01.62 / S4 Esp S4: 7:47.32;
Sen S4: 7:38.16

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
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Prova 26
17-02-2019

Masc., 150m Estilos

10 anos e mais velhos
Lista inscritos

S1	59:00.00	start
S2	59:00.00	start
S3	59:00.00	start
S4	59:00.00	start

S1 Esp S1: 9:27.75; Sen S1: 9:16.62 / S2 Esp S2: 8:57.15; Sen S2: 6:26.19 / S3 Esp S3: 8:26.55; Sen S3: 8:16.62 / S4 Esp S4: 7:28.35;
Sen S4: 7:19.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PRAZERES Pedro Moreira	00	SM4	A 3,5,12+	Fluvial Portuense	6:38.59 25m

Prova 27 17-02-2019	Femin., 200m Estilos				Absoluto Lista inscritos
S5	4:44.26	FRAGOSO Simone Silva	SCP	Lisboa	18-10-2015
S6	59:00.00	start			
S7	5:49.99	SAMPAIO Ana Branca	ADADA	Mealhada	15-04-2018
S8	3:25.08	CASTRO Ana Filipa	FVCD	Santa Maria da Feira	14-01-2018
S9	2:59.30	PINTO Renata Vaz	ADADA	Santa Maria da Feira	13-01-2019
S10	2:54.93	NEVES Teresa Lamego	SCP	Lisboa	18-10-2015
S11	59:00.00	start			
S12	59:00.00	start			
S13	59:00.00	start			
S14	3:43.02	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	30-03-2014
S15	3:12.74	ALMEIDA Eunice Evora	CNA	Setubal	24-10-2015
S17	59:00.00				
S21	3:59.81	TORRES Diana Ines	POR	Loano (ITA)	08-11-2015

S5 Esp S5: 7:14.92; Sen S5: 7:06.39 / S6 Esp S6: 5:50.49; Sen S6: 5:43.62 / S7 Esp S7: 5:18.24; Sen S7: 5:12.00 / S8 Esp S8: 4:30.81; Sen S8: 4:25.50 / S9 Esp S9: 4:21.63; Sen S9: 4:16.50 / S10 Esp S10: 4:12.45; Sen S10: 4:07.50 / S11 Esp S11: 5:13.65; Sen S11: 5:07.50 / S12 Esp S12: 4:50.70; Sen S12: 4:45.00 / S13 Esp S13: 4:13.98; Sen S13: 4:09.00 / S14 Esp S14: 5:41.22; Sen S14: 5:34.53 / S15 Esp S15: 3:57.07; Sen S15: 3:51.29 / S16 Esp S16: 5:41.22; Sen S16: 5:34.53 / S17 Esp S17: 5:41.22; Sen S17: 5:34.53 / S21 Esp S21: 6:06.91; Sen S21: 5:59.72

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 VEIGA Susana Pereira	00	SM9	9	Colegio Vasco da Gama	2:57.10 25m
2 PINTO Renata Vaz	99	SM9	1,3,5	ADADA Porto	2:59.30 25m
3 CORREIA Ana Beatriz	98	SM10	8	Natacao de Faro	3:03.97 50m
4 CASTRO Ana Filipa	97	SM8	*12+	Feira Viva	3:25.08 25m
5 TORRES Diana Ines	99	SM21		Porto	4:03.72 25m
6 CASTRO Ana Alexandra	92	SM21		Porto	4:16.46 25m
7 GOMES Barbara Ines	91	SM21		APC Coimbra	4:49.58 25m

Prova 28	Masc., 200m Estilos				Absoluto
17-02-2019					Lista inscritos
S5	3:33.49	ROCHA Ivo Filipe	FVCD	Recarei	16-12-2018
S6	3:28.92	ROCHA Ivo Filipe	FVCD	Mealhada	15-04-2018
S7	3:26.59	CAMPOS Joao Miguel	ADADA	Mealhada	18-11-2018
S8	2:37.84	CARREIRA David Pedro	ADBA	Leiria	21-11-2015
S9	2:24.23	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
S10	2:25.05	GONCALVES Emanuel Luis	CNF	Funchal	12-05-2012
S11	2:56.87	MENESES Marco Ribeiro	CRASTO	Mealhada	18-11-2018
S12	59:00.00	start			
S13	2:36.86	ENCARNACAO Vitor Hugo	CDN	Funchal	10-07-2014
S14	2:52.08	SOUSA Micael Silva	SCA	Mealhada	15-04-2018
S15	2:14.80	NEVES Tiago Correia	CFB	Felgueiras	22-12-2018
S17	59:00.00				
S21	2:58.16	VAZ Joao Francisco	POR	Truro (CAN)	22-07-2018

S5 Esp S5: 7:03.81; Sen S5: 6:55.50 / S6 Esp S6: 5:35.19; Sen S6: 5:28.62 / S7 Esp S7: 4:47.64; Sen S7: 4:42.00 / S8 Esp S8: 4:01.50; Sen S8: 3:56.76 / S9 Esp S9: 3:51.03; Sen S9: 3:46.50 / S10 Esp S10: 3:41.93; Sen S10: 3:37.57 / S11 Esp S11: 5:05.11; Sen S11: 4:59.13 / S12 Esp S12: 4:39.99; Sen S12: 4:34.50 / S13 Esp S13: 4:00.00; Sen S13: 3:55.29 / S14 Esp S14: 4:30.79; Sen S14: 4:25.48 / S15 Esp S15: 2:57.81; Sen S15: 2:53.47 / S16 Esp S16: 4:30.79; Sen S16: 4:25.48 / S17 Esp S17: 4:30.79; Sen S17: 4:25.48 / S21 Esp S21: 4:44.52; Sen S21: 4:38.94

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 CRUZ Miguel Duarte	99	SM15	H	Beleneses	2:21.04	25m
2 CAETANO Gino Santos	94	SM9	9	Galitos/ Bresimar	2:27.52	25m
3 CANCELA Diogo Luis	02	SM8	1,2,4	Miranda do Corvo	2:33.05	25m
4 SOUSA Micael Silva	00	SM14		Sporting de Aveiro	2:52.08	25m
5 LINHARES Ruben Daniel	97	SM8	3,5,12+	Feira Viva	2:56.00	25m
6 MENESES Marco Ribeiro	01	SM11		O Crasto	2:56.87	25m
7 VAZ Joao Francisco	92	SM21		Sporting	3:03.88	25m
8 SOARES Ricardo Aderneira	99	SM8	3,5,12+	Geslores	3:05.49	25m
9 SILVA Andre Guimaraes	96	SM14		Porto	3:13.66	25m
10 CRUZ Joao Tanica	92	SM12	A	Palmela Desporto	3:23.28	25m
11 CAMPOS Joao Miguel	79	SM7	6,12+	ADADA Porto	3:26.59	25m
12 MONTES Francisco Pessanha	02	SM21		ADADA Porto	3:26.88	25m
13 OLIVEIRA Antonio Pedro	03	SM10	3, 5, 12+	Porto	3:41.71	25m
14 GOUVEIA Francisco Mario	75	SM9	9	Feira Viva	3:46.03	25m
15 SANTOS Tomas Aniceto	99	SM21		Feira Viva	4:04.72	25m
16 ALVES Nuno Diogo	88	SM7	A 12	Propaganda da Natacao	4:14.86	25m
17 PINTO Jose Manuel	00	SM7	A,12	ADADA Porto	4:18.60	25m
18 ROCHA Simao Pedro	06	SM14		Aquatico Pacense	4:21.50	25m
19 SA Luis Bernardo	96	SM6	A 12	Feira Viva	5:27.49	25m
20 PINHO Joao Pedro	92	SM5	A,12+	ADADA Porto	6:24.39	25m
21 MOREIRA Ricardo Jorge	01	SM110		Porto		NT
22 ROCHA Joao Silva	91	SM8		Porto		NT
23 CASTANHEIRA Rodolfo Francisco	01	SM8	9	Geslores		NT
24 VIDEIRA Daniel Carlos	92	SM6	3,5,12+	Geslores		NT

Prova 29
17-02-2019

Femin., 50m Bruços

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S14	42.64	RESENDE Sonia Castanheiro	SCA	Mealhada		19-02-2017
S15	41.73	LOURENCO Susana Maria	SCP	Mealhada		19-02-2017
S16	59:00.00					
S17	59:00.00					
S21	54.29	NG Mannie	POR	Albufeira		02-12-2008

S1 Esp S1: 4:15.98; Sen S1: 4:10.97 / S2 Esp S2: 4:00.68; Sen S2: 3:55.97 / S3 Esp S3: 3:31.77; Sen S3: 3:27.61 /
S14 Esp S14: 1:05.24; Sen S14: 1:03.96 / S15 Esp S15: 51.33; Sen S15: 50.08 / S16 Esp S16: 1:05.24; Sen S16: 1:03.96 /
S17 Esp S17: 1:05.24; Sen S17: 1:03.96 / S21 Esp S21: 1:23.06; Sen S21: 1:21.43

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 PELAIO Beatriz Malaquias	99	SB17	A	APPDAlcoimbra	52.49	25m
2 CARDOSO Vera Lucia	00	SB14		Sporting de Espinho	55.56	25m
3 REIS Filipa Sa	00	SB21		Sporting de Aveiro	1:01.96	25m
4 LOURENCO Carolina Caetano	94	SB21		APC Coimbra	1:04.87	25m
5 GASPARD Matilde Lucia	06	SB21		APC Coimbra	1:10.62	25m
6 MACHADO Ana Catarina	94	SB21		ADADA Porto	1:20.78	25m
WDR TAVARES Ana Filipa	93	SB7	A 12+	Alhandra		NT

Prova 30
17-02-2019

Masc., 50m Bruços

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S14	39.44	DUARTE Carlos	CNPV	Felgueiras		25-01-1997
S15	34.87	CRUZ Miguel Duarte	CFB	Vila Franca de Xira		03-02-2018
S16	32.08	JORGE Andre Camara	CEOL	Funchal		02-12-2018
S17	59:00.00					
S21	42.18	VIEIRA Jose Gabriel	POR	Estarreja		19-09-2013

S1 Esp S1: 4:08.33; Sen S1: 4:03.47 / S2 Esp S2: 3:53.03; Sen S2: 3:48.46 / S3 Esp S3: 2:23.38; Sen S3: 2:20.56 /
S14 Esp S14: 1:00.34; Sen S14: 59.16 / S15 Esp S15: 44.23; Sen S15: 43.15 / S16 Esp S16: 1:00.34; Sen S16: 59.16 /
S17 Esp S17: 1:00.34; Sen S17: 59.16 / S21 Esp S21: 1:04.54; Sen S21: 1:03.27

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 JORGE Andre Camara	90	SB16		Escola O Liceu	32.08	25m
2 VIEIRA Jose Gabriel	83	SB21		Natacao de Faro	43.32	25m
3 BRITO Rui Xavier	99	SB14		Sporting de Aveiro	43.60	25m
4 VAZ Joao Francisco	92	SB21		Sporting	43.64	25m
5 MATOS Diogo Alexandre	99	SB21		Gesloures	45.16	25m
6 SILVA Nuno Alexandre	92	SB14		Sporting	46.12	50m
7 CRUZ Henrique Benevides	83	SB14		Naval de Ponta Delgada	48.19	25m
8 NASCIMENTO Levi Daniel	99	SB14		O2 Portimao	48.82	25m
9 REGO Diogo Almeida	97	SB21		Sporting de Aveiro	49.26	25m
10 PESTANA Rui Miguel	00	SB21		Porto	49.70	25m
11 CARNEIRO Joao Amaral	95	SB17		APPDAlcoimbra	50.73	25m
12 MONTEIRO Luis Miguel	96	SB14		ADADA Porto	50.97	25m
13 MENDES Humberto Julio	90	SB14		Porto	52.18	25m

Prova 30, Masc., 50m Bruços

14	AMARAL Joao Costa	95	SB14	Sporting de Espinho	52.52	25m
15	MARQUES Diogo Jose	99	SB114	Alhandra	54.82	25m
16	SOUSA Noe Martins	82	SB17	APPDAlCoimbra	57.39	25m
17	VALADARES David Joao	00	SB14	Alhandra	57.87	25m
18	PRAZERES Pedro Moreira	00	SB3	A 3,5,12+	Fluval Portuense	1:41.66 25m
19	NEVES Tiago Correia	97	SB15	H	Belenenses	NT

Prova 31
17-02-2019

Femin., 50m Mariposa

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	1:07.19	FRAGOSO Simone Silva	PDEM	Vila Franca de Xira		04-02-2018
S6	59:00.00	start				
S7	59:00.00	start				
S14	43.40	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira		16-01-2016
S15	35.69	ALMEIDA Eunice Evora	SCP	Recarei		15-12-2018
S17	59:00.00					
S21	45.76	TORRES Diana Ines	FCP	Mealhada		17-11-2018

S1 Esp S1: 3:52.56; Sen S1: 3:48.00 / S2 Esp S2: 3:37.26; Sen S2: 3:33.00 / S3 Esp S3: 3:23.49; Sen S3: 3:19.50 / S4 Esp S4: 3:03.60; Sen S4: 3:00.00 / S5 Esp S5: 2:53.50; Sen S5: 2:50.10 / S6 Esp S6: 1:27.33; Sen S6: 1:25.62 / S7 Esp S7: 1:18.03; Sen S7: 1:16.50 / S14 Esp S14: 1:06.40; Sen S14: 1:05.10 / S15 Esp S15: 44.44; Sen S15: 43.36 / S16 Esp S16: 1:06.40; Sen S16: 1:05.10 / S17 Esp S17: 1:06.40; Sen S17: 1:05.10 / S21 Esp S21: 1:15.44; Sen S21: 1:13.97

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 REIS Adriana Godinho	95	S21		Feira Viva	52.69	25m
2 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	53.71	25m
3 GOUVEIA Susana Raquel	89	S14		ADADA Porto	54.34	25m
4 CASTRO Ana Alexandra	92	S21		Porto	54.53	25m
5 FRAGOSO Simone Silva	80	S5	A Y 3,5 12+	Palmela Desporto	1:07.19	25m

Prova 32 Masc., 50m Mariposa Absoluto
17-02-2019 Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	49.69	ROCHA Ivo Filipe	FVCD	Recarei		15-12-2018
S6	52.08	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		21-01-2017
S7	40.63	CAMPOS Joao Miguel	ADADA	Santa Maria da Feira		13-01-2019
S14	34.35	RIBEIRO Pedro Miguel	CNMAIA	Aveiro		28-11-2015
S15	26.42	NEVES Tiago Correia	CFB	Felgueiras		21-12-2018
S17	59:00.00					
S21	34.15	SANTOS Filipe Bjorcke	POR	Morelia (MEX)		09-11-2014

S1 Esp S1: 3:44.91; Sen S1: 3:40.50 / S2 Esp S2: 3:29.61; Sen S2: 3:25.50 / S3 Esp S3: 3:15.84; Sen S3: 3:12.00 / S4 Esp S4: 2:55.95; Sen S4: 2:52.50 / S5 Esp S5: 2:44.32; Sen S5: 2:41.10 / S6 Esp S6: 1:19.68; Sen S6: 1:18.12 / S7 Esp S7: 1:10.38; Sen S7: 1:09.00 / S14 Esp S14: 52.56; Sen S14: 51.53 / S15 Esp S15: 33.25; Sen S15: 32.44 / S16 Esp S16: 52.56; Sen S16: 51.53 / S17 Esp S17: 52.56; Sen S17: 51.53 / S21 Esp S21: 52.25; Sen S21: 51.22

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CRUZ Miguel Duarte	99	S15	H	Belenenses	29.28 25m
2 BELEZAS Ricardo Andrade	91	S15		Sporting	29.96 25m
3 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	34.88 25m
4 SILVA Jose Miguel	95	S21		Porto	39.72 25m
5 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	40.30 25m
6 ALMEIDA Andre Reis	00	S21		Sporting	40.40 25m
7 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	40.63 25m
8 SILVA Andre Guimaraes	96	S14		Porto	40.68 25m
9 RIBEIRO Jose Carneirinho	90	S14		Sporting	41.85 25m
10 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	42.61 25m
11 VIEIRA Jose Gabriel	83	S21		Natacao de Faro	45.32 25m
12 SANTOS Tomas Aniceto	99	S21		Feira Viva	46.06 25m
13 SANTOS Diogo Filipe	91	S21		Feira Viva	46.44 25m
14 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	46.98 25m
15 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	47.20 25m
16 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	48.04 25m
17 ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	49.69 25m
18 VICENTE Francisco Jose	99	S21		Sporting	50.53 25m
19 SILVA Alexandre Martins	99	S21		O2 Portimao	50.89 50m
20 CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	1:05.45 25m

Inscrições rejeitadas

RJC PEREIRA Vicente Barros	05	S21	W	Sporting	57.60 25m
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Prova 33 1500m Livres 10 anos e mais velhos
17-02-2019 Lista inscritos

S14	21:56.25	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S14	26:51.73	SIMÕES Diana Vieira	SCA	Mealhada	19-02-2017
S15	17:50.97	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018
S15	59:00.00	start			
S17	59:00.00				
S17	59:00.00				
S21	24:13.78	RIBEIRO Jose Augusto	POR	Truro (CAN)	26-07-2018
S21	30:00.75	TORRES Diana Ines	POR	Loano (ITA)	10-11-2015

S14 LIMITE Masc. S14: 26:02.06; Femin. S14: 30:12.32 / S15 LIMITE Masc. S15: 22:15.26; Femin. S15: 22:16.56 /
S17 LIMITE Masc. S17: 26:02.06; Femin. S17: 30:12.32 / S21 LIMITE Masc. S21: 28:46.56; Femin. S21: 34:30.79 /
S14 Esp Masc. S14: 23:15.23; Esp Femin. S14: 28:28.43; Sen Masc. S14: 23:02.06; Sen Femin. S14: 28:12.32 /
S15 Esp Masc. S15: 20:27.17; Esp Femin. S15: 21:29.08; Sen Masc. S15: 20:15.26; Sen Femin. S15: 21:16.56 /
S17 Esp Masc. S17: 23:15.23; Esp Femin. S17: 28:28.43; Sen Femin. S17: 28:12.32 / S21 Esp Masc. S21: 27:01.86;
Esp Femin. S21: 31:48.80; Sen Masc. S21: 26:46.56

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 NEVES Tiago Correia	97	S15	H	Belenenses	17:50.97 25m
2 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	22:42.47 25m
3 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	24:25.12 25m
4 SIMÕES Diana Vieira	98	S14	W	Sporting de Aveiro	27:14.82 25m

3 - 2ª Jornada - 2ª Sessão

17-02-2019 - 15:30

Prova 34 Femin., 400m Livres Absoluto
17-02-2019 Lista inscritos

S6	59:00.00	start				
S7	10:06.61	SAMPAIO Ana Branca	ADADA	Mealhada		15-04-2018
S8	5:44.91	CASTRO Ana Filipa	FVCD	Vila Franca de Xira		04-02-2018
S9	5:06.13	VEIGA Susana Pereira	CNCVG	Alcobaça		19-01-2019
S10	5:25.56	NEVES Teresa Lamego	SCP	Lisboa		16-11-2014
S11	59:00.00	start				
S12	59:00.00	start				
S13	59:00.00	start				
S14	6:01.88	RESENDE Sonia Castanheiro	SCA	Mealhada		19-02-2017
S15	6:04.92	ALMEIDA Eunice Evora	CNA	Lisboa		18-10-2015
S16	59:00.00					
S17	59:00.00					
S21	7:35.74	TORRES Diana Ines	FCP	Mealhada		18-11-2018

S6 Esp S6: 9:41.45; Sen S6: 9:30.04 / S7 Esp S7: 9:00.09; Sen S7: 8:49.50 / S8 Esp S8: 8:36.90; Sen S8: 8:26.76 / S9 Esp S9: 8:26.43; Sen S9: 8:16.50 / S10 Esp S10: 8:18.11; Sen S10: 8:08.34 / S11 Esp S11: 9:29.14; Sen S11: 9:17.99 / S12 Esp S12: 8:57.03; Sen S12: 8:46.50 / S13 Esp S13: 6:51.80; Sen S13: 6:43.72 / S14 Esp S14: 9:13.68; Sen S14: 9:02.82 / S15 Esp S15: 7:28.85; Sen S15: 7:17.90 / S16 Esp S16: 9:13.68; Sen S16: 9:02.82 / S17 Esp S17: 9:13.68; Sen S17: 9:02.82 / S21 Esp S21: 11:39.81; Sen S21: 11:26.08

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 VEIGA Susana Pereira	00	S9	9	Colegio Vasco da Gama	5:06.13 25m
2 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	5:42.30 25m
3 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	5:44.91 25m
4 SOARES Maria Mafalda	02	S14		ADADA Porto	7:05.29 25m
5 GOUVEIA Susana Raquel	89	S14		ADADA Porto	7:15.75 25m
6 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	7:44.14 25m
7 REIS Adriana Godinho	95	S21		Feira Viva	7:56.16 25m
8 CASTRO Ana Alexandra	92	S21		Porto	8:35.48 25m
9 GOMES Barbara Ines	91	S21		APC Coimbra	8:41.77 25m

Prova 35 17-02-2019	Masc., 400m Livres				Absoluto Lista inscritos
S6	6:04.03	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	21-01-2017
S7	5:26.37	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira	04-02-2018
S8	4:59.08	CANCELA Diogo Luis	CNMC	Coimbra	03-02-2019
S9	4:20.60	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
S10	4:23.44	GONCALVES Emanuel Luis	CDN	Funchal	14-03-2014
S11	5:18.37	MENESES Marco Ribeiro	CRASTO	Mealhada	18-11-2018
S12	59:00.00	start			
S13	4:24.15	ENCARNACAO Vitor Hugo	CDN	Funchal	05-07-2013
S14	5:22.28	RIBEIRO Pedro Miguel	CPN	Mealhada	19-02-2017
S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018
S16	5:03.78	JORGE Andre Camara	CEOL	Funchal	01-12-2018
S17	59:00.00				
S21	6:04.14	SANTOS Filipe Bjorcke	POR	Estarreja	19-09-2013

S6 Esp S6: 9:16.97; Sen S6: 9:06.05 / S7 Esp S7: 8:44.79; Sen S7: 8:34.50 / S8 Esp S8: 8:13.92; Sen S8: 8:04.26 / S9 Esp S9: 6:38.75; Sen S9: 6:30.93 / S10 Esp S10: 6:36.27; Sen S10: 6:28.50 / S11 Esp S11: 9:13.84; Sen S11: 9:02.99 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Esp S13: 6:44.15; Sen S13: 6:36.22 / S14 Esp S14: 8:13.09; Sen S14: 8:03.42 / S15 Esp S15: 5:57.76; Sen S15: 5:49.03 / S16 Esp S16: 8:13.09; Sen S16: 8:03.42 / S17 Esp S17: 8:13.09; Sen S17: 8:03.42 / S21 Esp S21: 9:17.13; Sen S21: 9:06.21

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 GRACHAT David Realista	87	S9	1,3,5	Geslores	4:20.60 25m
2 BELEZAS Ricardo Andrade	91	S15		Sporting	4:23.45 25m
3 CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	4:25.98 25m
4 CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	4:59.17 25m
5 LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	5:02.46 25m
6 SOARES Ricardo Aderneira	99	S8	3,5,12+	Geslores	5:04.93 25m
7 SILVA Renato Filipe	98	S9		Porto	5:15.28 25m
8 MENESES Marco Ribeiro	01	S11		O Crasto	5:18.37 25m
9 VIDEIRA Daniel Carlos	92	S6	3,5,12+	Geslores	5:26.37 25m
10 SOUSA Micael Silva	00	S14		Sporting de Aveiro	5:31.75 25m
11 ASSUNCAO Luis Miguel	01	S110		Porto	5:40.71 25m
12 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	5:57.69 25m
13 ALMEIDA Andre Reis	00	S21		Sporting	6:05.47 25m
14 BRANCO Miguel Paiva	97	S17	A	APPDACOimbra	6:05.57 25m
15 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	6:08.61 25m
16 SILVA Andre Guimaraes	96	S14		Porto	6:08.64 25m
17 GOUVEIA Francisco Mario	75	S9	9	Feira Viva	6:13.39 25m
18 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	6:19.07 25m
19 CASTANHEIRA Rodolfo Francisco	01	S8	9	Geslores	6:20.30 25m
20 RIBEIRO Jose Carneirinho	90	S14		Sporting	6:22.07 25m
21 SILVA Jose Miguel	95	S21		Porto	6:23.09 25m
22 SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	6:25.95 25m
23 MENDES Humberto Julio	90	S14		Porto	6:31.61 25m
24 MONTES Francisco Pessanha	02	S21		ADADA Porto	6:37.25 25m
25 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	6:58.41 25m
26 ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	7:01.35 25m
27 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	7:05.78 25m
28 PEREIRA Joel Alexandre	92	S21		APC Coimbra	7:44.17 25m
29 PINTO Jose Manuel	00	S7	A,12	ADADA Porto	7:50.47 25m
30 MONTOIA David Emanuel	00	S7	3, 5, 12+	Porto	8:24.40 25m

Prova 35, Masc., 400m Livres

31	CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	8:45.94	25m
32	GONCALVES Hugo Bernardo	96	S21		Porto	8:47.95	25m
33	SA Luis Bernardo	96	S6	A 12	Feira Viva	8:56.86	25m
34	ROCHA Joao Silva	91	S8		Porto	9:53.79	25m
35	MOREIRA Ricardo Jorge	01	S110		Porto	12:22.41	25m

Prova 36
17-02-2019

Femin., 50m Costas

Absoluto
Lista inscritos

S1	59:00.00	start					
S2	59:00.00	start					
S3	59:00.00	start					
S4	59:00.00	start					
S5	59.57	FRAGOSO Simone Silva	SCP		S. Antonio Cavaleiros		06-05-2012
S14	42.56	RESENDE Sonia Castanheiro	SCA		Mealhada		19-02-2017
S15	59:00.00	start					
S16	59:00.00						
S17	59:00.00						
S21	46.80	NG Mannie	POR		Albufeira		03-12-2008

S1 Esp S1: 2:48.99; Sen S1: 2:45.68 / S2 Esp S2: 2:17.01; Sen S2: 2:14.32 / S3 Esp S3: 1:54.06; Sen S3: 1:51.82 / S4 Esp S4: 1:33.67; Sen S4: 1:31.83 / S5 Esp S5: 1:31.14; Sen S5: 1:29.36 / S14 Esp S14: 1:05.12; Sen S14: 1:03.84 / S15 Esp S15: 48.35; Sen S15: 47.17 / S16 Esp S16: 1:05.12; Sen S16: 1:03.84 / S17 Esp S17: 1:05.12; Sen S17: 1:03.84 / S21 Esp S21: 1:11.60; Sen S21: 1:10.20

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	46.01 25m
2 TORRES Diana Ines	99	S21		Porto	50.49 25m
3 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	55.18 25m
4 DUARTE Sara Isabel	91	S21		Porto	1:02.22 25m
5 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	1:08.54 25m
6 FRAGOSO Simone Silva	80	S5	A Y 3,5 12+	Palmela Desporto	1:11.60 25m

Prova 37 Masc., 50m Costas Absoluto
17-02-2019 Lista inscritos

S1	59:00.00	start				
S2	1:19.55	PINA Joao Alexandre	GESL	S. Antonio Cavaleiros		06-05-2012
S3	59:00.00	start				
S4	56.22	LOPES Nelson Jose	CNCVG	S. Antonio Cavaleiros		06-05-2012
S5	48.78	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		12-01-2019
S14	35.67	PONTE Andre Carreiro	CNPDL	Ponta Delgada		24-02-2018
S15	30.70	NEVES Tiago Correia	CFB	Vila Real St. Antonio		03-11-2018
S16	37.28	PINTO Filipe Cardoso	CNLX	Vila Franca de Xira		03-02-2018
S17	59:00.00					
S21	39.79	SANTOS Filipe Bjorcke	POR	Truro (CAN)		25-07-2018

S1 Esp S1: 2:33.69; Sen S1: 2:30.67 / S2 Esp S2: 2:01.71; Sen S2: 1:59.33 / S3 Esp S3: 1:46.41; Sen S3: 1:44.32 / S4 Esp S4: 1:26.02; Sen S4: 1:24.33 / S5 Esp S5: 1:24.15; Sen S5: 1:22.50 / S14 Esp S14: 55.74; Sen S14: 54.64 / S15 Esp S15: 43.43; Sen S15: 42.37 / S16 Esp S16: 55.74; Sen S16: 54.64 / S17 Esp S17: 55.74; Sen S17: 54.64 / S21 Esp S21: 1:08.87; Sen S21: 1:07.51

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.	
1 PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	35.67	25m
2 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	40.68	25m
3 MENDES Humberto Julio	90	S14		Porto	41.63	25m
4 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	41.83	25m
5 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	43.82	25m
6 SANTOS Tomas Aniceto	99	S21		Feira Viva	48.25	25m
7 ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	48.78	25m
8 GONCALVES Rui Pedro	01	S17		Alhandra	49.28	25m
9 FERREIRA Joao Mario	98	S14		Sporting de Aveiro	49.44	25m
10 FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	50.37	25m
11 CRUZ Diogo Rafael	03	S14		Sporting de Espinho	51.09	25m
12 FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	51.36	25m
13 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	51.43	25m
14 GONFIER Davis	92	S17	W	Sporting de Aveiro	52.02	25m
15 SILVA Alexandre Martins	99	S21		O2 Portimao	52.24	25m
16 PEREIRA Joel Alexandre	92	S21		APC Coimbra	53.04	25m
17 DUARTE Samuel Lima	04	S14		Feira Viva	54.23	25m
18 ROCHA Simao Pedro	06	S14		Aquatico Pacense	54.23	25m
19 GOMES Diogo Lopes	96	S21		Sporting de Aveiro	54.50	25m
20 PINHO Joao Pedro	92	S5	A,12+	ADADA Porto	57.17	25m
21 SANTOS Ruben Jose	80	S21		APC Coimbra	57.38	25m
22 ANTUNES Joao Pedro	87	S21		O2 Portimao	1:03.86	25m
23 COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	1:04.66	25m
24 INGLES Samuel Godinho	85	S21	W	FC Ferreiras/AlgarExperience	1:07.18	25m

Inscrições rejeitadas

RJC AMARAL Joao Costa	95	S14		Sporting de Espinho	56.08	25m
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Prova 38
17-02-2019

Femin., 100m Costas

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S6	2:52.78	BARBOSA Ana Sofia	FCP	Vila Franca de Xira		04-02-2018
S7	2:28.35	SAMPAIO Ana Branca	ADADA	Vila Franca de Xira		04-02-2018
S8	1:39.37	CASTRO Ana Filipa	FVCD	Santa Maria da Feira		13-01-2019
S9	1:21.86	PINTO Renata Vaz	ADADA	Mealhada		19-02-2017
S10	1:26.06	NEVES Teresa Lamego	SCP	Lisboa		28-04-2013
S11	4:03.79	LUCAS Mariana Filipa	ASC	Recarei		15-12-2018
S12	59:00.00	start				
S13	59:00.00	start				
S14	1:28.75	RESENDE Sonia Castanheiro	SCA	Mealhada		19-02-2017
S15	59:00.00	start				
S16	59:00.00	start				
S17	59:00.00	start				
S21	1:40.98	TORRES Diana Ines	POR	Morelia (MEX)		09-11-2014

S1 Esp S1: 5:33.54; Sen S1: 5:27.00 / S2 Esp S2: 4:55.83; Sen S2: 4:50.02 / S6 Esp S6: 4:07.86; Sen S6: 4:03.00 / S7 Esp S7: 3:21.96; Sen S7: 3:18.00 / S8 Esp S8: 2:01.97; Sen S8: 1:59.58 / S9 Esp S9: 1:57.81; Sen S9: 1:55.50 / S10 Esp S10: 1:54.75; Sen S10: 1:52.50 / S11 Esp S11: 2:30.03; Sen S11: 2:27.09 / S12 Esp S12: 2:17.79; Sen S12: 2:15.09 / S13 Esp S13: 2:03.18; Sen S13: 2:00.17 / S14 Esp S14: 2:15.79; Sen S14: 2:13.13 / S15 Esp S15: 1:25.40; Sen S15: 1:23.32 / S16 Esp S16: 2:15.79; Sen S16: 2:13.13 / S17 Esp S17: 2:15.79; Sen S17: 2:13.13 / S21 Esp S21: 2:34.50; Sen S21: 2:31.47

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 PINTO Renata Vaz	99	S9	1,3,5	ADADA Porto	1:23.39 25m
2 CASTRO Ana Filipa	97	S8	*12+	Feira Viva	1:39.37 25m
3 CARDOSO Vera Lucia	00	S14		Sporting de Espinho	1:41.05 25m
4 NEVES Camila Anjos	01	S113		Alhandra	1:48.79 25m
5 MONTEIRO Raquel Rocilio	98	S14		Feira Viva	1:57.90 25m
6 OLIVEIRA Sonia Cristina	98	S7	A 3,5,12+	Vilacondense	2:10.61 25m
7 TORRES Iara Pinto	05	S110		Porto	2:25.69 25m
8 SAMPAIO Ana Branca	02	S7	A,1,4,12,+	ADADA Porto	2:28.35 25m
9 BRAGA Maria Iolanda	01	S110		ADADA Porto	3:04.53 25m
10 OLIVEIRA Ana Maria	80	S110		ADADA Porto	NT

Prova 39 Masc., 100m Costas Absoluto
17-02-2019 Lista inscritos

Classificação	Tempo	Nome	Classe	Clube	Data
S1	59:00.00	start			
S2	2:58.35	PINA Joao Alexandre	GESL	Porto	06-06-2015
S6	1:39.92	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira	14-01-2018
S7	1:24.89	VIDEIRA Daniel Carlos	GESL	Vila Franca de Xira	03-02-2018
S8	1:13.38	CANCELA Diogo Luis	CNMC	Felgueiras	23-12-2018
S9	1:05.47	CAETANO Gino Santos	CGA	Felgueiras	23-12-2018
S10	1:03.85	CAETANO Gino Santos	SCA	Espinho	27-05-2012
S11	1:10.48	MENESES Marco Ribeiro	CRASTO	Mealhada	17-11-2018
S12	59:00.00	start			
S13	1:17.51	ENCARNACAO Vitor Hugo	CDN	Funchal	11-05-2013
S14	1:19.11	PONTE Andre Carreiro	CNPDL	Vila Franca de Xira	04-02-2018
S15	1:02.97	NEVES Tiago Correia	CFB	Vila Real St. Antonio	03-11-2018
S16	1:27.70	PINTO Filipe Cardoso	ACP	Funchal	16-01-2015
S17	59:00.00				
S21	1:27.88	ALMEIDA Andre Reis	POR	Truro (CAN)	22-07-2018

S1 Esp S1: 5:18.24; Sen S1: 5:12.00 / S2 Esp S2: 4:32.88; Sen S2: 4:27.53 / S6 Esp S6: 2:33.75; Sen S6: 2:30.74 / S7 Esp S7: 2:13.11; Sen S7: 2:10.50 / S8 Esp S8: 1:55.96; Sen S8: 1:53.69 / S9 Esp S9: 1:52.39; Sen S9: 1:50.19 / S10 Esp S10: 1:37.69; Sen S10: 1:35.78 / S11 Esp S11: 2:22.38; Sen S11: 2:19.59 / S12 Esp S12: 2:13.20; Sen S12: 2:10.59 / S13 Esp S13: 1:58.59; Sen S13: 1:56.26 / S14 Esp S14: 2:03.52; Sen S14: 2:01.09 / S15 Esp S15: 1:20.48; Sen S15: 1:18.52 / S16 Esp S16: 2:03.52; Sen S16: 2:01.09 / S17 Esp S17: 2:03.52; Sen S17: 2:01.09 / S21 Esp S21: 2:29.63; Sen S21: 2:26.70

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 NEVES Tiago Correia	97	S15	H	Belenenses	1:02.97 25m
2 CAETANO Gino Santos	94	S9	9	Galitos/ Bresimar	1:05.47 25m
3 MENESES Marco Ribeiro	01	S11		O Crasto	1:10.48 25m
4 CANCELA Diogo Luis	02	S8	1,2,4	Miranda do Corvo	1:12.73 25m
5 SILVA Renato Filipe	98	S9		Porto	1:18.25 25m
6 PONTE Andre Carreiro	92	S14		Naval de Ponta Delgada	1:19.11 25m
7 LINHARES Ruben Daniel	97	S8	3,5,12+	Feira Viva	1:22.07 25m
8 OLIVEIRA Antonio Pedro	03	S10	3, 5, 12+	Porto	1:24.36 25m
9 ASSUNCAO Luis Miguel	01	S110		Porto	1:25.02 25m
10 SILVA Nuno Alexandre	92	S14		Sporting	1:25.20 25m
11 SILVA Andre Guimaraes	96	S14		Porto	1:30.41 25m
12 LEAL Pedro Miguel	90	S14		Propaganda da Natacao	1:33.55 25m
13 PATRICIO Rodrigo Oliveira	05	S14		Feira Viva	1:35.06 25m
14 VAZ Joao Francisco	92	S21		Sporting	1:35.54 25m
15 PINTO Jose Manuel	00	S7	A,12	ADADA Porto	1:35.80 25m
16 GOUVEIA Francisco Mario	75	S9	9	Feira Viva	1:41.82 25m
17 SANTOS Tomas Aniceto	99	S21		Feira Viva	1:42.23 25m
18 SANTOS Diogo Filipe	91	S21		Feira Viva	1:43.46 25m
19 SILVA Bruno Miguel	93	S14		Porto	1:44.18 25m
20 SANTOS Flavio Martino	89	S9	A 12+	Torres Novas	1:46.44 25m
21 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	1:48.27 25m
22 CAMPOS Joao Miguel	79	S7	6,12+	ADADA Porto	1:54.82 25m
23 GONCALVES Rui Pedro	01	S17		Alhandra	1:56.78 25m
24 ALVES Nuno Diogo	88	S7	A 12	Propaganda da Natacao	2:00.20 25m
25 CATARINO Jaime Lopes	91	S6	A	Sporting de Aveiro	2:01.42 25m
26 SA Luis Bernardo	96	S6	A 12	Feira Viva	2:14.34 25m
27 ROCHA Joao Silva	91	S8		Porto	2:25.40 25m
28 MOREIRA Ricardo Jorge	01	S110		Porto	2:30.33 25m

Prova 39, Masc., 100m Costas

29	ALBERNAZ Alexandre Carlos	71	S110	Individual ANL	NT
30	MONTEIRO Joao Pedro	04	S110	Porto	NT

Inscrições rejeitadas

RJC	MENDES Gil Mota	09	S9	Escola Carregal do Sal	2:05.78 25m
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Prova 40
17-02-2019

Femin., 200m Livres

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	59:00.00	start				
S3	59:00.00	start				
S4	59:00.00	start				
S5	6:14.13	BARBOSA Teresa Raquel	FCP	Vila Franca de Xira	04-02-2018	
S14	2:51.05	RESENDE Sonia Castanheiro	SCA	Santa Maria da Feira	22-01-2017	
S15	2:34.67	ALMEIDA Eunice Evora	SCP	Recarei	16-12-2018	
S16	59:00.00					
S17	59:00.00					
S21	3:27.39	TORRES Diana Ines	POR	Loano (ITA)	09-11-2015	

S1 Esp S1: 10:56.40; Sen S1: 7:30.47 / S2 Esp S2: 9:32.25; Sen S2: 9:21.03 / S3 Esp S3: 8:31.02; Sen S3: 8:21.00 /
S4 Esp S4: 8:08.07; Sen S4: 7:58.50 / S5 Esp S5: 7:39.00; Sen S5: 7:30.00 / S14 Esp S14: 4:21.71; Sen S14: 4:16.57 /
S15 Esp S15: 2:38.70; Sen S15: 3:10.44 / S16 Esp S16: 4:12.71; Sen S16: 4:16.57 / S17 Esp S17: 4:21.71; Sen S17: 4:16.57 /
S21 Esp S21: 5:17.31; Sen S21: 5:11.09

Nome atleta	Ano	Classe	cod excp	Clube	Tp Inscr.
1 SIMOES Diana Vieira	98	S14	W	Sporting de Aveiro	3:14.31 25m
2 SOARES Maria Mafalda	02	S14		ADADA Porto	3:22.11 25m
3 GOUVEIA Susana Raquel	89	S14		ADADA Porto	3:23.75 25m
4 REIS Filipa Sa	00	S21		Sporting de Aveiro	3:40.37 25m
5 REIS Adriana Godinho	95	S21		Feira Viva	3:49.14 25m
6 REGO Joana Candeias	04	S14		ADADA Porto	4:07.83 25m
7 GOMES Barbara Ines	91	S21		APC Coimbra	4:10.86 25m
8 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	4:11.24 25m
9 CASTRO Ana Alexandra	92	S21		Porto	4:16.54 25m
10 MOREIRA Carina Barbosa	81	S21		Propaganda da Natacao	4:24.80 25m
11 BARBOSA Teresa Raquel	90	S5	W, 6, 12+	Porto	6:14.13 25m

Prova 41
17-02-2019

Masc., 200m Livres

Absoluto
Lista inscritos

S1	59:00.00	start				
S2	5:49.02	PINA Joao Alexandre	GESL	Porto		07-06-2015
S3	59:00.00	start				
S4	59:00.00	start				
S5	3:01.54	ROCHA Ivo Filipe	FVCD	Santa Maria da Feira		13-01-2019
S14	2:28.57	SOUSA Micael Silva	SCA	Mealhada		15-04-2018
S15	1:59.52	NEVES Tiago Correia	CFB	Felgueiras		23-12-2018
S16	2:28.88	JORGE Andre Camara	CEOL	Funchal		01-12-2018
S17	59:00.00					
S21	2:52.92	ALMEIDA Andre Reis	POR	Truro (CAN)		24-07-2018

S1 Esp S1: 7:10.70; Sen S1: 7:09.47 / S2 Esp S2: 8:54.00; Sen S2: 8:43.53 / S3 Esp S3: 8:08.07; Sen S3: 7:58.50 / S4 Esp S4: 7:37.47; Sen S4: 7:28.50 / S5 Esp S5: 6:40.60; Sen S5: 6:32.75 / S14 Esp S14: 3:48.49; Sen S14: 3:44.01 / S15 Esp S15: 2:38.90; Sen S15: 2:35.04 / S16 Esp S16: 3:48.49; Sen S16: 3:44.01 / S17 Esp S17: 3:48.49; Sen S17: 3:44.01 / S21 Esp S21: 4:26.88; Sen S21: 4:21.64

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 BELEZAS Ricardo Andrade	91	S15		Sporting	2:04.81 25m
2 BRITO Rui Xavier	99	S14		Sporting de Aveiro	2:33.49 25m
3 NASCIMENTO Levi Daniel	99	S14		O2 Portimao	2:48.46 25m
4 RIBEIRO Jose Augusto	92	S21		Propaganda da Natacao	2:55.11 25m
5 ALMEIDA Andre Reis	00	S21		Sporting	2:57.84 25m
6 ROCHA Ivo Filipe	90	S5	A 12	Feira Viva	3:01.54 25m
7 SILVA Jose Miguel	95	S21		Porto	3:03.12 25m
8 RIBEIRO Jose Carneirinho	90	S14		Sporting	3:04.66 25m
9 REGO Diogo Almeida	97	S21		Sporting de Aveiro	3:07.89 25m
10 MONTES Francisco Pessanha	02	S21		ADADA Porto	3:10.88 25m
11 SANTOS Diogo Filipe	91	S21		Feira Viva	3:13.85 25m
12 MONTEIRO Luis Miguel	96	S14		ADADA Porto	3:13.91 25m
13 PESTANA Rui Miguel	00	S21		Porto	3:23.35 25m
14 GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	3:26.89 25m
15 VICENTE Francisco Jose	99	S21		Sporting	3:31.40 25m
16 ROCHA Simao Pedro	06	S14		Aquatico Pacense	3:37.27 25m
17 SILVA Alexandre Martins	99	S21		O2 Portimao	3:40.70 25m
18 SILVA Bruno Miguel	93	S14		Porto	3:41.06 25m
19 PEREIRA Vicente Barros	05	S21	W	Sporting	3:47.73 25m
20 EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	3:48.66 25m
21 SANTOS Ruben Jose	80	S21		APC Coimbra	4:02.22 25m
22 GONCALVES Hugo Bernardo	96	S21		Porto	4:04.93 25m
23 ANTUNES Joao Pedro	87	S21		O2 Portimao	4:12.12 25m
24 PINHO Joao Pedro	92	S5	A,12+	ADADA Porto	4:24.98 25m
25 COSTA Jose Antonio	85	S5	A E Y 12+	APC Coimbra	4:49.42 25m
26 CRUZ Miguel Duarte	99	S15	H	Belenenses	NT

Prova 42 400m Estilos 10 anos e mais velhos
17-02-2019 Lista inscritos

S14	6:18.20	RIBEIRO Pedro Miguel	CPN	Santa Maria da Feira	14-01-2018
S14	59:00.00	start			
S15	5:06.30	CRUZ Miguel Duarte	CFB	Vila Franca de Xira	04-02-2018
S15	6:57.39	LOURENCO Susana Maria	SCP	S. Antonio Cavaleiros	21-02-2016
S17	59:00.00				
S17	59:00.00				
S21	6:27.83	VAZ Joao Francisco	SCP	Mealhada	15-04-2018
S21	8:21.29	TORRES Diana Ines	FCP	Recarei	15-12-2018

S14 Esp Masc. S14: 6:43.54; Esp Femin. S14: 7:14.60; Sen Masc. S14: 6:39.73; Sen Femin. S14: 7:10.50 / S15 Esp Masc. S15: 5:41.70; Esp Femin. S15: 7:09.91; Sen Masc. S15: 5:38.38; Sen Femin. S15: 7:05.74 / S21 Esp Femin. S21: 8:59.36; Sen Masc. S21: 6:56.79; Sen Femin. S21: 8:54.27

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 VAZ Joao Francisco	92	SM21		Sporting	6:27.83 25m
2 TORRES Diana Ines	99	SM21		Porto	8:21.29 25m

Prova 43 Femin., 25m Livres Absoluto
17-02-2019 Lista inscritos

S14	16.65	SIMÕES Diana Vieira	SCA	Vila Franca de Xira	03-02-2018
S17	59:00.00				
S21	19.79	REIS Adriana Godinho	FVCD	Porto	07-06-2015

S14 Esp S14: 27.37; Sen S14: 26.84 / S17 Esp S17: 27.37; Sen S17: 26.84 / S21 Esp S21: 30.28; Sen S21: 29.68

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.
1 PELAIO Beatriz Malaquias	99	S17	A	APPDACOimbra	20.49 25m
2 SIMÕES Diana Vieira	98	S14	W	Sporting de Aveiro	20.51 25m
3 REIS Filipa Sa	00	S21		Sporting de Aveiro	20.60 25m
4 DUARTE Sara Isabel	91	S21		Porto	21.49 25m
5 REGO Joana Candeias	04	S14		ADADA Porto	22.39 25m
6 ALMEIDA Beatriz Moreira	04	S14		ADADA Porto	23.71 25m
7 MACHADO Ana Catarina	94	S21		ADADA Porto	26.31 25m
8 COSTA Noemi Pereira	93	S21		Propaganda da Natacao	28.36 25m
9 GASPAR Matilde Lucia	06	S21		APC Coimbra	30.10 25m

Prova 44 Masc., 25m Livres Absoluto
17-02-2019 Lista inscritos

S14	14.35	SOUZA Micael Silva	SCA	Mealhada	18-02-2017
S17	59:00.00				
S21	14.15	SANTOS Filipe Bjorcke	FCF	Mealhada	19-02-2017

S14 Esp S14: 21.96; Sen S14: 21.53 / S17 Esp S17: 21.96; Sen S17: 21.23 / S21 Esp S21: 21.65; Sen S21: 21.23

Nome atleta	Ano	Classe	cod expc	Clube	Tp Inscr.	
1 SOUSA Micael Silva	00	S14		Sporting de Aveiro	14.54	25m
2 SANTOS Filipe Bjorcke	88	S21		O2 Portimao	15.39	25m
3 BRITO Rui Xavier	99	S14		Sporting de Aveiro	15.48	25m
4 DUARTE Orlando Constancio	89	S14		Sporting de Aveiro	15.77	25m
5 TEIXEIRA Joao Meirinhos	96	S14		Sporting de Aveiro	15.84	25m
6 MONTEIRO Luis Miguel	96	S14		ADADA Porto	16.50	25m
7 PESTANA Rui Miguel	00	S21		Porto	17.08	25m
8 FERNANDES Tiago Miguel	04	S14		Sporting de Aveiro	17.12	25m
9 BRANCO Miguel Paiva	97	S17	A	APPDACOimbra	17.16	25m
10 REGO Diogo Almeida	97	S21		Sporting de Aveiro	17.37	25m
11 FERREIRA Joao Mario	98	S14		Sporting de Aveiro	17.38	25m
12 GONFIER Davis	92	S17	W	Sporting de Aveiro	18.65	25m
13 SANTOS Carlos Manuel	87	S17	A	APPDACOimbra	18.98	25m
14 EUSEBIO Marcelo Esteves	02	S21		ADADA Porto	19.07	25m
15 FREIRE Hugo Filipe	04	S14		Sporting de Aveiro	19.14	25m
16 SEBASTIAO Miguel Pereira	98	S21		Sporting de Aveiro	19.19	25m
17 AMARAL Joao Costa	95	S14		Sporting de Espinho	19.29	25m
18 FERREIRA Sergio Emanuel	95	S14		APPDACOimbra	19.42	25m
19 GUIMARAES Bruno Ricardo	94	S14		ADADA Porto	19.47	25m
20 GOMES Diogo Lopes	96	S21		Sporting de Aveiro	19.70	25m
21 DUARTE Samuel Lima	04	S14		Feira Viva	19.90	25m
22 RIBEIRO David Saraiva	96	S21		Sporting de Aveiro	20.68	25m
23 RIBEIRO Jorge Filipe	81	S14		ADADA Porto	21.35	25m
24 CRUZ Diogo Rafael	03	S14		Sporting de Espinho	21.95	25m

Inscrições rejeitadas

RJC PEREIRA Vicente Barros	05	S21	W	Sporting	21.84	25m
RJC SILVA Nuno Alexandre	92	S14		Sporting	NT	
RJC VICENTE Francisco Jose	99	S21		Sporting	NT	

Prova 45 17-02-2019	4 x 100m Livres	Absoluto Lista inscritos
S14		
S14		30-12-1899
S14		
S14		30-12-1899
S21		
S21		30-12-1899
S21		
S21		30-12-1899
34P		
34P		30-12-1899
34P		
34P		30-12-1899

	Classe	cod excp	Clube	Tp Inscr.
1	Sporting de Aveiro	S14	Sporting de Aveiro	4:54.58
2	Sporting	S21	Sporting	5:59.07
3	Feira Viva	S14	Feira Viva	6:00.23
4	Feira Viva	34Pts	Feira Viva	6:08.99
5	O2 Portimao	S14	O2 Portimao	6:13.90
6	Sporting de Aveiro	S21	Sporting de Aveiro	6:29.93
7	ADADA Porto	S14	ADADA Porto	NT
8	ADADA Porto	34Pts	ADADA Porto	NT
9	ADADA Porto	S14	ADADA Porto	NT
10	Porto	34Pts	Porto	NT
11	Porto	S14	Porto	NT