NATAÇÃO PURA

1 - 1ª Jornada - 1ª Sessão (Eliminatórias-Heats) 01-08-2019 - 9:00

Prova 1 — Masc., 1500m Livres — Juvenis
01-08-2019 - 9:00 — Resultados

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

TAC Juv A 50m: 17:59.71 - 25m: 17:21.59; Juv B 50m: 18:14.02 - 25m: 17:43.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**16:34.77**	+1,00	671	
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**16:42.58**	+0,77	655	
3.	ALMEIDA Bernardo Victorino	04	Sporting	**16:46.01**	+0,67	649	
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:47.88**	+0,70	645	

50m:	30.22	30.22	450m:	4:59.32	33.84	850m:	9:26.60	33.53	1250m:	13:51.25	33.06
100m:	1:03.36	33.14	500m:	5:33.11	33.79	900m:	9:59.91	33.31	1300m:	14:24.48	33.23
150m:	1:36.89	33.53	550m:	6:06.92	33.81	950m:	10:32.93	33.02	1350m:	14:57.59	33.11
200m:	2:10.38	33.49	600m:	6:40.47	33.55	1000m:	11:06.35	33.42	1400m:	15:30.99	33.40
250m:	2:44.03	33.65	650m:	7:13.40	32.93	1050m:	11:39.17	32.82	1450m:	16:03.17	32.18
300m:	3:17.83	33.80	700m:	7:46.85	33.45	1100m:	12:12.46	33.29	1500m:	16:34.77	31.60
350m:	3:51.61	33.78	750m:	8:19.99	33.14	1150m:	12:45.17	32.71			
400m:	4:25.48	33.87	800m:	8:53.07	33.08	1200m:	13:18.19	33.02			

50m:	29.33	29.33	450m:	4:58.40	33.66	850m:	9:29.59	33.88	1250m:	13:58.89	33.26
100m:	1:02.12	32.79	500m:	5:32.55	34.15	900m:	10:03.60	34.01	1300m:	14:32.21	33.32
150m:	1:35.56	33.44	550m:	6:06.51	33.96	950m:	10:37.33	33.73	1350m:	15:04.96	32.75
200m:	2:09.58	34.02	600m:	6:40.38	33.87	1000m:	11:11.14	33.81	1400m:	15:38.11	33.15
250m:	2:43.24	33.66	650m:	7:14.06	33.68	1050m:	11:44.54	33.40	1450m:	16:10.30	32.19
300m:	3:17.17	33.93	700m:	7:48.07	34.01	1100m:	12:18.44	33.90	1500m:	16:42.58	32.28
350m:	3:50.87	33.70	750m:	8:21.86	33.79	1150m:	12:51.96	33.52			
400m:	4:24.74	33.87	800m:	8:55.71	33.85	1200m:	13:25.63	33.67			

50m:	29.08	29.08	450m:	4:58.78	34.14	850m:	9:28.72	33.71	1250m:	13:59.16	33.48
100m:	1:01.77	32.69	500m:	5:32.88	34.10	900m:	10:02.79	34.07	1300m:	14:33.06	33.90
150m:	1:34.80	33.03	550m:	6:06.20	33.32	950m:	10:36.77	33.98	1350m:	15:07.09	34.03
200m:	2:08.61	33.81	600m:	6:39.88	33.68	1000m:	11:10.52	33.75	1400m:	15:41.15	34.06
250m:	2:42.39	33.78	650m:	7:13.64	33.76	1050m:	11:44.60	34.08	1450m:	16:14.51	33.36
300m:	3:16.44	34.05	700m:	7:47.56	33.92	1100m:	12:17.86	33.26	1500m:	16:46.01	31.50
350m:	3:50.53	34.09	750m:	8:21.07	33.51	1150m:	12:51.66	33.80			
400m:	4:24.64	34.11	800m:	8:55.01	33.94	1200m:	13:25.68	34.02			

50m:	30.30	30.30	450m:	5:00.87	32.77	850m:	9:29.92	33.72	1250m:	14:00.72	33.33
100m:	1:03.66	33.36	500m:	5:34.40	33.53	900m:	10:03.65	33.73	1300m:	14:35.36	34.64
150m:	1:37.33	33.67	550m:	6:07.83	33.43	950m:	10:37.72	34.07	1350m:	15:08.97	33.61
200m:	2:11.49	34.16	600m:	6:41.64	33.81	1000m:	11:11.52	33.80	1400m:	15:42.80	33.83
250m:	2:45.50	34.01	650m:	7:14.93	33.29	1050m:	11:45.49	33.97	1450m:	16:16.14	33.34
300m:	3:19.63	34.13	700m:	7:48.57	33.64	1100m:	12:19.39	33.90	1500m:	16:47.88	31.74
350m:	3:53.56	33.93	750m:	8:22.84	34.27	1150m:	12:53.66	34.27			
400m:	4:28.10	34.54	800m:	8:56.20	33.36	1200m:	13:27.39	33.73			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**16:55.44**	+0,70	631	

50m:	28.93	28.93	450m:	4:58.48	33.87	850m:	9:30.27	34.01	1250m:	14:04.46	34.12
100m:	1:01.60	32.67	500m:	5:32.39	33.91	900m:	10:04.99	34.72	1300m:	14:39.20	34.74
150m:	1:34.92	33.32	550m:	6:06.40	34.01	950m:	10:39.00	34.01	1350m:	15:13.26	34.06
200m:	2:08.93	34.01	600m:	6:40.39	33.99	1000m:	11:13.77	34.77	1400m:	15:48.12	34.86
250m:	2:42.75	33.82	650m:	7:14.26	33.87	1050m:	11:47.47	33.70	1450m:	16:21.80	33.68
300m:	3:16.77	34.02	700m:	7:48.41	34.15	1100m:	12:21.99	34.52	1500m:	16:55.44	33.64
350m:	3:50.70	33.93	750m:	8:22.25	33.84	1150m:	12:55.70	33.71			
400m:	4:24.61	33.91	800m:	8:56.26	34.01	1200m:	13:30.34	34.64			

6.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:07.25**	+0,74	609	

50m:	30.12	30.12	450m:	5:03.39	34.09	850m:	9:37.01	34.31	1250m:	14:15.76	35.10
100m:	1:03.51	33.39	500m:	5:36.98	33.59	900m:	10:11.51	34.50	1300m:	14:50.82	35.06
150m:	1:37.88	34.37	550m:	6:11.14	34.16	950m:	10:46.27	34.76	1350m:	15:25.56	34.74
200m:	2:11.62	33.74	600m:	6:45.08	33.94	1000m:	11:21.25	34.98	1400m:	16:00.25	34.69
250m:	2:46.33	34.71	650m:	7:19.41	34.33	1050m:	11:56.16	34.91	1450m:	16:34.11	33.86
300m:	3:21.02	34.69	700m:	7:53.65	34.24	1100m:	12:30.72	34.56	1500m:	17:07.25	33.14
350m:	3:55.34	34.32	750m:	8:28.16	34.51	1150m:	13:06.00	35.28			
400m:	4:29.30	33.96	800m:	9:02.70	34.54	1200m:	13:40.66	34.66			

7.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:08.19**	+0,66	607	

50m:	30.63	30.63	450m:	5:08.78	34.72	850m:	9:42.57	34.08	1250m:	14:19.06	34.60
100m:	1:04.83	34.20	500m:	5:43.66	34.88	900m:	10:16.98	34.41	1300m:	14:53.83	34.77
150m:	1:39.43	34.60	550m:	6:17.44	33.78	950m:	10:51.19	34.21	1350m:	15:28.46	34.63
200m:	2:14.09	34.66	600m:	6:51.51	34.07	1000m:	11:25.70	34.51	1400m:	16:02.94	34.48
250m:	2:48.89	34.80	650m:	7:25.62	34.11	1050m:	12:00.32	34.62	1450m:	16:36.88	33.94
300m:	3:24.00	35.11	700m:	8:00.03	34.41	1100m:	12:35.00	34.68	1500m:	17:08.19	31.31
350m:	3:58.98	34.98	750m:	8:34.14	34.11	1150m:	13:09.73	34.73			
400m:	4:34.06	35.08	800m:	9:08.49	34.35	1200m:	13:44.46	34.73			

8.	SANTOS Andre Cardoso	03	Academico Viseu	**17:08.27**	+0,69	607	

50m:	30.57	30.57	450m:	5:08.34	35.06	850m:	9:44.49	33.84	1250m:	14:19.27	34.99
100m:	1:04.38	33.81	500m:	5:43.10	34.76	900m:	10:18.41	33.92	1300m:	14:53.94	34.67
150m:	1:38.97	34.59	550m:	6:17.88	34.78	950m:	10:52.76	34.35	1350m:	15:28.62	34.68
200m:	2:13.39	34.42	600m:	6:52.19	34.31	1000m:	11:27.20	34.44	1400m:	16:03.13	34.51
250m:	2:48.54	35.15	650m:	7:27.15	34.96	1050m:	12:01.35	34.15	1450m:	16:37.22	34.09
300m:	3:23.25	34.71	700m:	8:01.51	34.36	1100m:	12:35.54	34.19	1500m:	17:08.27	31.05
350m:	3:58.17	34.92	750m:	8:36.19	34.68	1150m:	13:09.75	34.21			
400m:	4:33.28	35.11	800m:	9:10.65	34.46	1200m:	13:44.28	34.53			

9.	PEREIRA Alexandre Alves	03	Braga	**17:08.39**	+0,79	607	

50m:	29.29	29.29	450m:	5:01.68	34.71	850m:	9:40.53	35.37	1250m:	14:18.19	34.92
100m:	1:02.25	32.96	500m:	5:36.32	34.64	900m:	10:15.49	34.96	1300m:	14:52.91	34.72
150m:	1:36.03	33.78	550m:	6:11.20	34.88	950m:	10:50.31	34.82	1350m:	15:27.73	34.82
200m:	2:09.69	33.66	600m:	6:45.73	34.53	1000m:	11:25.29	34.98	1400m:	16:02.39	34.66
250m:	2:43.66	33.97	650m:	7:20.49	34.76	1050m:	12:00.35	35.06	1450m:	16:36.45	34.06
300m:	3:17.85	34.19	700m:	7:55.32	34.83	1100m:	12:34.78	34.43	1500m:	17:08.39	31.94
350m:	3:52.40	34.55	750m:	8:30.18	34.86	1150m:	13:08.98	34.20			
400m:	4:26.97	34.57	800m:	9:05.16	34.98	1200m:	13:43.27	34.29			

10.	CARVALHO Martim Henriques	04	Rio Maior	**17:15.46**	+0,70	595	

50m:	30.31	30.31	450m:	5:04.24	34.32	850m:	9:41.30	34.54	1250m:	14:22.86	35.24
100m:	1:04.30	33.99	500m:	5:39.19	34.95	900m:	10:16.84	35.54	1300m:	14:58.67	35.81
150m:	1:38.39	34.09	550m:	6:13.59	34.40	950m:	10:51.38	34.54	1350m:	15:33.38	34.71
200m:	2:13.18	34.79	600m:	6:48.56	34.97	1000m:	11:26.69	35.31	1400m:	16:08.31	34.93
250m:	2:47.05	33.87	650m:	7:22.97	34.41	1050m:	12:01.99	35.30	1450m:	16:42.42	34.11
300m:	3:21.14	34.09	700m:	7:57.83	34.86	1100m:	12:37.33	35.34	1500m:	17:15.46	33.04
350m:	3:55.33	34.19	750m:	8:32.12	34.29	1150m:	13:12.13	34.80			
400m:	4:29.92	34.59	800m:	9:06.76	34.64	1200m:	13:47.62	35.49			

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NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:24.12**	+0,74	580	

50m:	30.31	30.31	450m:	5:03.76	34.21	850m:	9:43.89	35.31	1250m:	14:32.02	36.20
100m:	1:03.38	33.07	500m:	5:38.90	35.14	900m:	10:19.36	35.47	1300m:	15:07.33	35.31
150m:	1:37.29	33.91	550m:	6:13.83	34.93	950m:	10:55.39	36.03	1350m:	15:42.69	35.36
200m:	2:11.94	34.65	600m:	6:48.46	34.63	1000m:	11:31.90	36.51	1400m:	16:18.27	35.58
250m:	2:46.11	34.17	650m:	7:23.07	34.61	1050m:	12:07.52	35.62	1450m:	16:51.11	32.84
300m:	3:20.63	34.52	700m:	7:58.36	35.29	1100m:	12:43.64	36.12	1500m:	17:24.12	33.01
350m:	3:54.75	34.12	750m:	8:33.59	35.23	1150m:	13:19.44	35.80			
400m:	4:29.55	34.80	800m:	9:08.58	34.99	1200m:	13:55.82	36.38			

12.	CANADAS Joao Vasco	03	Rio Maior	**17:24.78**	+0,72	579					
50m:	30.91	30.91	450m:	5:09.05	34.63	850m:	9:50.25	35.24	1250m:	14:33.08	35.19
100m:	1:05.18	34.27	500m:	5:43.83	34.78	900m:	10:25.42	35.17	1300m:	15:08.26	35.18
150m:	1:40.07	34.89	550m:	6:18.87	35.04	950m:	11:01.07	35.65	1350m:	15:43.41	35.15
200m:	2:14.80	34.73	600m:	6:53.85	34.98	1000m:	11:36.27	35.20	1400m:	16:18.33	34.92
250m:	2:49.76	34.96	650m:	7:29.01	35.16	1050m:	12:11.90	35.63	1450m:	16:52.09	33.76
300m:	3:24.58	34.82	700m:	8:04.26	35.25	1100m:	12:47.20	35.30	1500m:	17:24.78	32.69
350m:	3:59.44	34.86	750m:	8:39.62	35.36	1150m:	13:22.58	35.38			
400m:	4:34.42	34.98	800m:	9:15.01	35.39	1200m:	13:57.89	35.31			

13.	NUNES Diogo Severino	04	Natacao de Valongo	**17:26.30**	+0,79	576					
50m:	29.17	29.17	450m:	5:02.41	35.24	850m:	9:44.29	35.73	1250m:	14:29.56	35.84
100m:	1:02.08	32.91	500m:	5:37.43	35.02	900m:	10:19.86	35.57	1300m:	15:05.50	35.94
150m:	1:35.28	33.20	550m:	6:12.45	35.02	950m:	10:55.56	35.70	1350m:	15:40.98	35.48
200m:	2:09.10	33.82	600m:	6:47.55	35.10	1000m:	11:31.09	35.53	1400m:	16:16.54	35.56
250m:	2:43.44	34.34	650m:	7:22.81	35.26	1050m:	12:06.81	35.72	1450m:	16:51.85	35.31
300m:	3:18.06	34.62	700m:	7:57.94	35.13	1100m:	12:42.39	35.58	1500m:	17:26.30	34.45
350m:	3:52.71	34.65	750m:	8:33.49	35.55	1150m:	13:18.20	35.81			
400m:	4:27.17	34.46	800m:	9:08.56	35.07	1200m:	13:53.72	35.52			

14.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:27.24**	+0,84	575					
50m:	31.15	31.15	450m:	5:11.34	34.90	850m:	9:52.35	35.11	1250m:	14:34.04	35.50
100m:	1:05.38	34.23	500m:	5:46.79	35.45	900m:	10:27.56	35.21	1300m:	15:09.61	35.57
150m:	1:40.27	34.89	550m:	6:21.66	34.87	950m:	11:02.61	35.05	1350m:	15:44.53	34.92
200m:	2:15.92	35.65	600m:	6:56.75	35.09	1000m:	11:37.61	35.00	1400m:	16:19.50	34.97
250m:	2:51.13	35.21	650m:	7:31.64	34.89	1050m:	12:12.88	35.27	1450m:	16:53.76	34.26
300m:	3:26.25	35.12	700m:	8:06.98	35.34	1100m:	12:48.04	35.16	1500m:	17:27.24	33.48
350m:	4:01.21	34.96	750m:	8:42.36	35.38	1150m:	13:23.19	35.15			
400m:	4:36.44	35.23	800m:	9:17.24	34.88	1200m:	13:58.54	35.35			

15.	SANTOS Rui Mamede	04	Uniao Coimbra	**17:32.09**	+0,67	567					
50m:	29.67	29.67	450m:	5:07.18	34.57	850m:	9:48.08	35.26	1250m:	14:34.00	35.78
100m:	1:03.18	33.51	500m:	5:41.89	34.71	900m:	10:23.61	35.53	1300m:	15:10.07	36.07
150m:	1:37.85	34.67	550m:	6:17.13	35.24	950m:	10:59.52	35.91	1350m:	15:46.24	36.17
200m:	2:13.33	35.48	600m:	6:52.35	35.22	1000m:	11:34.75	35.23	1400m:	16:22.38	36.14
250m:	2:48.16	34.83	650m:	7:26.95	34.60	1050m:	12:10.64	35.89	1450m:	16:58.25	35.87
300m:	3:23.00	34.84	700m:	8:02.52	35.57	1100m:	12:45.97	35.33	1500m:	17:32.09	33.84
350m:	3:58.29	35.29	750m:	8:37.30	34.78	1150m:	13:22.21	36.24			
400m:	4:32.61	34.32	800m:	9:12.82	35.52	1200m:	13:58.22	36.01			

16.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:32.23**	+0,80	567					
50m:	30.06	30.06	450m:	5:07.77	35.35	850m:	9:50.77	35.24	1250m:	14:34.80	35.21
100m:	1:03.35	33.29	500m:	5:43.60	35.83	900m:	10:26.17	35.40	1300m:	15:10.44	35.64
150m:	1:37.92	34.57	550m:	6:18.48	34.88	950m:	11:02.27	36.10	1350m:	15:46.14	35.70
200m:	2:13.04	35.12	600m:	6:54.30	35.82	1000m:	11:37.42	35.15	1400m:	16:22.65	36.51
250m:	2:47.66	34.62	650m:	7:29.50	35.20	1050m:	12:13.22	35.80	1450m:	16:57.36	34.71
300m:	3:22.78	35.12	700m:	8:05.39	35.89	1100m:	12:49.10	35.88	1500m:	17:32.23	34.87
350m:	3:57.73	34.95	750m:	8:40.29	34.90	1150m:	13:24.49	35.39			
400m:	4:32.42	34.69	800m:	9:15.53	35.24	1200m:	13:59.59	35.10			

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PARCEIROS

NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CARVALHO Goncalo Renato	04	Porto	**17:36.31**	+0,71	560	

50m:	31.55	31.55	450m:	5:11.61	35.19	850m:	9:54.88	35.63	1250m:	14:41.28	35.33
100m:	1:05.90	34.35	500m:	5:46.96	35.35	900m:	10:30.84	35.96	1300m:	15:16.87	35.59
150m:	1:40.73	34.83	550m:	6:22.14	35.18	950m:	11:06.61	35.77	1350m:	15:52.02	35.15
200m:	2:15.48	34.75	600m:	6:57.59	35.45	1000m:	11:42.14	35.53	1400m:	16:27.32	35.30
250m:	2:50.56	35.08	650m:	7:32.62	35.03	1050m:	12:18.22	36.08	1450m:	17:02.38	35.06
300m:	3:25.93	35.37	700m:	8:08.02	35.40	1100m:	12:54.17	35.95	1500m:	17:36.31	33.93
350m:	4:01.07	35.14	750m:	8:43.31	35.29	1150m:	13:29.83	35.66			
400m:	4:36.42	35.35	800m:	9:19.25	35.94	1200m:	14:05.95	36.12			

18.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:37.02**	+0,69	559					
50m:	31.94	31.94	450m:	5:14.18	35.25	850m:	9:56.17	35.31	1250m:	14:41.03	35.22
100m:	1:06.74	34.80	500m:	5:49.72	35.54	900m:	10:31.71	35.54	1300m:	15:16.70	35.67
150m:	1:41.94	35.20	550m:	6:24.71	34.99	950m:	11:07.19	35.48	1350m:	15:52.21	35.51
200m:	2:17.21	35.27	600m:	6:59.88	35.17	1000m:	11:42.66	35.47	1400m:	16:28.06	35.85
250m:	2:52.35	35.14	650m:	7:35.10	35.22	1050m:	12:18.26	35.60	1450m:	17:02.92	34.86
300m:	3:28.09	35.74	700m:	8:10.42	35.32	1100m:	12:54.20	35.94	1500m:	17:37.02	34.10
350m:	4:03.40	35.31	750m:	8:45.79	35.37	1150m:	13:29.85	35.65			
400m:	4:38.93	35.53	800m:	9:20.86	35.07	1200m:	14:05.81	35.96			

19.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:38.35**	+0,74	557					
50m:	30.97	30.97	450m:	5:11.77	35.07	850m:	9:55.21	35.39	1250m:	14:41.32	36.34
100m:	1:05.40	34.43	500m:	5:47.01	35.24	900m:	10:31.08	35.87	1300m:	15:17.45	36.13
150m:	1:40.68	35.28	550m:	6:22.22	35.21	950m:	11:06.69	35.61	1350m:	15:53.46	36.01
200m:	2:15.93	35.25	600m:	6:57.84	35.62	1000m:	11:42.16	35.47	1400m:	16:29.87	36.41
250m:	2:51.10	35.17	650m:	7:32.97	35.13	1050m:	12:17.92	35.76	1450m:	17:04.61	34.74
300m:	3:26.49	35.39	700m:	8:08.82	35.85	1100m:	12:53.47	35.55	1500m:	17:38.35	33.74
350m:	4:01.67	35.18	750m:	8:44.12	35.30	1150m:	13:29.19	35.72			
400m:	4:36.70	35.03	800m:	9:19.82	35.70	1200m:	14:04.98	35.79			

20.	COSTA Hugo Alexandre	03	Natacao de Valongo	**17:44.06**	+0,80	548					
50m:	30.52	30.52	450m:	5:11.54	35.82	850m:	10:00.10	36.35	1250m:	14:49.45	36.31
100m:	1:04.70	34.18	500m:	5:47.60	36.06	900m:	10:36.33	36.23	1300m:	15:25.29	35.84
150m:	1:39.66	34.96	550m:	6:23.57	35.97	950m:	11:12.80	36.47	1350m:	16:01.08	35.79
200m:	2:14.62	34.96	600m:	6:59.64	36.07	1000m:	11:49.18	36.38	1400m:	16:36.49	35.41
250m:	2:49.58	34.96	650m:	7:35.63	35.99	1050m:	12:25.28	36.10	1450m:	17:11.35	34.86
300m:	3:24.97	35.39	700m:	8:11.93	36.30	1100m:	13:01.20	35.92	1500m:	17:44.06	32.71
350m:	4:00.45	35.48	750m:	8:48.15	36.22	1150m:	13:37.03	35.83			
400m:	4:35.72	35.27	800m:	9:23.75	35.60	1200m:	14:13.14	36.11			

21.	CARVALHO Antonio Lombardi	04	Belenenses	**17:45.09**	+0,71	546					
50m:	30.92	30.92	450m:	5:14.29	35.88	850m:	10:03.73	36.41	1250m:	14:47.80	35.77
100m:	1:05.12	34.20	500m:	5:50.32	36.03	900m:	10:38.97	35.24	1300m:	15:24.10	36.30
150m:	1:39.59	34.47	550m:	6:26.63	36.31	950m:	11:14.93	35.96	1350m:	16:00.13	36.03
200m:	2:15.15	35.56	600m:	7:02.70	36.07	1000m:	11:50.79	35.86	1400m:	16:36.15	36.02
250m:	2:50.53	35.38	650m:	7:38.88	36.18	1050m:	12:26.08	35.29	1450m:	17:10.72	34.57
300m:	3:25.91	35.38	700m:	8:14.85	35.97	1100m:	13:00.85	34.77	1500m:	17:45.09	34.37
350m:	4:02.03	36.12	750m:	8:50.70	35.85	1150m:	13:36.28	35.43			
400m:	4:38.41	36.38	800m:	9:27.32	36.62	1200m:	14:12.03	35.75			

22.	CARVALHO Tiago Fonseca	03	Naval Povoense	**17:45.35**	+0,67	546					
50m:	29.68	29.68	450m:	5:12.76	36.22	850m:	10:01.17	36.59	1250m:	14:49.84	35.68
100m:	1:03.07	33.39	500m:	5:48.32	35.56	900m:	10:36.84	35.67	1300m:	15:26.18	36.34
150m:	1:37.41	34.34	550m:	6:24.77	36.45	950m:	11:13.16	36.32	1350m:	16:02.04	35.86
200m:	2:12.81	35.40	600m:	7:00.80	36.03	1000m:	11:49.51	36.35	1400m:	16:37.68	35.64
250m:	2:48.67	35.86	650m:	7:36.62	35.82	1050m:	12:25.57	36.06	1450m:	17:11.38	33.70
300m:	3:24.73	36.06	700m:	8:12.65	36.03	1100m:	13:01.70	36.13	1500m:	17:45.35	33.97
350m:	4:00.57	35.84	750m:	8:48.58	35.93	1150m:	13:37.70	36.00			
400m:	4:36.54	35.97	800m:	9:24.58	36.00	1200m:	14:14.16	36.46			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	ARAUJO Joao Guilherme	03	Natacao da Maia	**17:46.75**	+0,86	544	

50m:	30.49	30.49	450m:	5:12.78	35.51	850m:	9:59.93	35.67	1250m:	14:48.54	36.18
100m:	1:04.72	34.23	500m:	5:48.46	35.68	900m:	10:36.36	36.43	1300m:	15:24.85	36.31
150m:	1:40.03	35.31	550m:	6:24.44	35.98	950m:	11:12.24	35.88	1350m:	16:01.05	36.20
200m:	2:15.45	35.42	600m:	7:00.37	35.93	1000m:	11:48.52	36.28	1400m:	16:37.18	36.13
250m:	2:51.02	35.57	650m:	7:35.98	35.61	1050m:	12:23.98	35.46	1450m:	17:12.46	35.28
300m:	3:26.52	35.50	700m:	8:11.81	35.83	1100m:	13:00.40	36.42	1500m:	17:46.75	34.29
350m:	4:01.76	35.24	750m:	8:48.00	36.19	1150m:	13:36.14	35.74			
400m:	4:37.27	35.51	800m:	9:24.26	36.26	1200m:	14:12.36	36.22			

24.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**17:47.31**	+0,72	543	

50m:	31.59	31.59	450m:	5:15.65	36.25	850m:	10:05.20	36.59	1250m:	14:49.75	35.86
100m:	1:05.39	33.80	500m:	5:52.14	36.49	900m:	10:41.46	36.26	1300m:	15:25.34	35.59
150m:	1:41.02	35.63	550m:	6:28.56	36.42	950m:	11:18.07	36.61	1350m:	16:01.04	35.70
200m:	2:16.39	35.37	600m:	7:04.73	36.17	1000m:	11:52.70	34.63	1400m:	16:36.53	35.49
250m:	2:52.27	35.88	650m:	7:39.44	34.71	1050m:	12:27.62	34.92	1450m:	17:12.93	36.40
300m:	3:27.65	35.38	700m:	8:15.82	36.38	1100m:	13:03.12	35.50	1500m:	17:47.31	34.38
350m:	4:03.72	36.07	750m:	8:52.02	36.20	1150m:	13:38.47	35.35			
400m:	4:39.40	35.68	800m:	9:28.61	36.59	1200m:	14:13.89	35.42			

25.	PINTO Guilherme Lobo	04	Foca	**17:47.70**	+0,68	542	

50m:	31.02	31.02	450m:	5:15.05	35.51	850m:	10:01.18	35.42	1250m:	14:50.37	36.08
100m:	1:05.72	34.70	500m:	5:50.99	35.94	900m:	10:37.37	36.19	1300m:	15:26.26	35.89
150m:	1:41.39	35.67	550m:	6:26.79	35.80	950m:	11:13.59	36.22	1350m:	16:02.15	35.89
200m:	2:17.08	35.69	600m:	7:02.39	35.60	1000m:	11:49.60	36.01	1400m:	16:37.89	35.74
250m:	2:52.65	35.57	650m:	7:38.22	35.83	1050m:	12:25.71	36.11	1450m:	17:13.11	35.22
300m:	3:28.17	35.52	700m:	8:13.85	35.63	1100m:	13:01.91	36.20	1500m:	17:47.70	34.59
350m:	4:03.95	35.78	750m:	8:49.78	35.93	1150m:	13:38.03	36.12			
400m:	4:39.54	35.59	800m:	9:25.76	35.98	1200m:	14:14.29	36.26			

26.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**17:48.54**	+0,75	541	

50m:	30.94	30.94	450m:	5:14.68	35.92	850m:	10:02.25	35.95	1250m:	14:50.80	36.09
100m:	1:05.42	34.48	500m:	5:50.42	35.74	900m:	10:38.36	36.11	1300m:	15:26.52	35.72
150m:	1:41.10	35.68	550m:	6:26.63	36.21	950m:	11:14.76	36.40	1350m:	16:02.49	35.97
200m:	2:16.71	35.61	600m:	7:02.39	35.76	1000m:	11:50.83	36.07	1400m:	16:37.90	35.41
250m:	2:51.74	35.03	650m:	7:38.15	35.76	1050m:	12:27.07	36.24	1450m:	17:13.57	35.67
300m:	3:27.10	35.36	700m:	8:14.30	36.15	1100m:	13:03.00	35.93	1500m:	17:48.54	34.97
350m:	4:03.04	35.94	750m:	8:50.32	36.02	1150m:	13:38.90	35.90			
400m:	4:38.76	35.72	800m:	9:26.30	35.98	1200m:	14:14.71	35.81			

27.	TSYKAL Daniel	04	Alcobaca	**17:49.63**	+0,65	539	

50m:	30.95	30.95	450m:	5:17.99	36.40	850m:	10:07.89	36.00	1250m:	14:53.64	35.77
100m:	1:05.52	34.57	500m:	5:54.46	36.47	900m:	10:43.48	35.59	1300m:	15:29.60	35.96
150m:	1:40.96	35.44	550m:	6:30.72	36.26	950m:	11:19.24	35.76	1350m:	16:05.27	35.67
200m:	2:16.93	35.97	600m:	7:06.97	36.25	1000m:	11:55.09	35.85	1400m:	16:40.85	35.58
250m:	2:52.84	35.91	650m:	7:43.36	36.39	1050m:	12:30.38	35.29	1450m:	17:15.94	35.09
300m:	3:29.21	36.37	700m:	8:19.76	36.40	1100m:	13:06.16	35.78	1500m:	17:49.63	33.69
350m:	4:05.31	36.10	750m:	8:55.62	35.86	1150m:	13:42.08	35.92			
400m:	4:41.59	36.28	800m:	9:31.89	36.27	1200m:	14:17.87	35.79			

28.	SANTOS Francisco Amaro	04	Gesloures	**17:50.52**	+0,81	538	

50m:	30.97	30.97	450m:	5:16.09	36.19	850m:	10:03.20	36.18	1250m:	14:51.40	36.07
100m:	1:05.36	34.39	500m:	5:51.72	35.63	900m:	10:39.18	35.98	1300m:	15:27.34	35.94
150m:	1:40.62	35.26	550m:	6:27.50	35.78	950m:	11:15.03	35.85	1350m:	16:03.38	36.04
200m:	2:16.13	35.51	600m:	7:03.43	35.93	1000m:	11:51.17	36.14	1400m:	16:39.42	36.04
250m:	2:51.95	35.82	650m:	7:39.42	35.99	1050m:	12:26.87	35.70	1450m:	17:15.38	35.96
300m:	3:27.65	35.70	700m:	8:14.96	35.54	1100m:	13:02.98	36.11	1500m:	17:50.52	35.14
350m:	4:03.75	36.10	750m:	8:51.12	36.16	1150m:	13:39.08	36.10			
400m:	4:39.90	36.15	800m:	9:27.02	35.90	1200m:	14:15.33	36.25			

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NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**17:51.23**	+0,87	537	

50m:	32.14	32.14	450m:	5:17.63	35.60	850m:	10:05.25	35.94	1250m:	14:52.65	35.66
100m:	1:07.36	35.22	500m:	5:53.73	36.10	900m:	10:41.26	36.01	1300m:	15:29.05	36.40
150m:	1:42.54	35.18	550m:	6:29.60	35.87	950m:	11:17.02	35.76	1350m:	16:04.93	35.88
200m:	2:18.01	35.47	600m:	7:05.65	36.05	1000m:	11:53.40	36.38	1400m:	16:40.70	35.77
250m:	2:54.10	36.09	650m:	7:41.51	35.86	1050m:	12:29.46	36.06	1450m:	17:16.24	35.54
300m:	3:30.05	35.95	700m:	8:17.18	35.67	1100m:	13:05.17	35.71	1500m:	17:51.23	34.99
350m:	4:05.73	35.68	750m:	8:53.15	35.97	1150m:	13:40.76	35.59			
400m:	4:42.03	36.30	800m:	9:29.31	36.16	1200m:	14:16.99	36.23			

30.	FERREIRA Joao Carlos	03	Porto	**17:52.06**	+0,76	536					
50m:	30.86	30.86	450m:	5:11.68	35.26	850m:	10:00.72	36.03	1250m:	14:51.79	36.34
100m:	1:05.19	34.33	500m:	5:47.51	35.83	900m:	10:36.44	35.72	1300m:	15:28.61	36.82
150m:	1:40.06	34.87	550m:	6:22.78	35.27	950m:	11:12.79	36.35	1350m:	16:05.06	36.45
200m:	2:15.33	35.27	600m:	6:59.01	36.23	1000m:	11:49.24	36.45	1400m:	16:41.42	36.36
250m:	2:50.74	35.41	650m:	7:35.59	36.58	1050m:	12:25.18	35.94	1450m:	17:17.63	36.21
300m:	3:26.16	35.42	700m:	8:11.39	35.80	1100m:	13:02.29	37.11	1500m:	17:52.06	34.43
350m:	4:01.16	35.00	750m:	8:47.79	36.40	1150m:	13:38.74	36.45			
400m:	4:36.42	35.26	800m:	9:24.69	36.90	1200m:	14:15.45	36.71			

31.	SANTOS Gabriel Moreira	04	Famalicao	**17:52.94**	+0,72	535					
50m:	29.40	29.40	450m:	5:09.72	34.92	850m:	9:58.16	36.31	1250m:	14:51.92	36.72
100m:	1:02.98	33.58	500m:	5:45.32	35.60	900m:	10:35.12	36.96	1300m:	15:28.76	36.84
150m:	1:37.45	34.47	550m:	6:20.73	35.41	950m:	11:11.38	36.26	1350m:	16:05.08	36.32
200m:	2:12.65	35.20	600m:	6:56.57	35.84	1000m:	11:48.49	37.11	1400m:	16:41.50	36.42
250m:	2:48.04	35.39	650m:	7:32.47	35.90	1050m:	12:24.73	36.24	1450m:	17:17.46	35.96
300m:	3:23.67	35.63	700m:	8:08.48	36.01	1100m:	13:01.55	36.82	1500m:	17:52.94	35.48
350m:	3:58.75	35.08	750m:	8:44.87	36.39	1150m:	13:38.33	36.78			
400m:	4:34.80	36.05	800m:	9:21.85	36.98	1200m:	14:15.20	36.87			

32.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:55.76**	+0,86	530					
50m:	31.04	31.04	450m:	5:16.39	36.26	850m:	10:08.40	36.65	1250m:	14:57.84	36.51
100m:	1:05.58	34.54	500m:	5:52.50	36.11	900m:	10:44.36	35.96	1300m:	15:34.47	36.63
150m:	1:40.97	35.39	550m:	6:28.93	36.43	950m:	11:20.69	36.33	1350m:	16:10.78	36.31
200m:	2:16.53	35.56	600m:	7:05.61	36.68	1000m:	11:56.34	35.65	1400m:	16:46.72	35.94
250m:	2:52.07	35.54	650m:	7:41.60	35.99	1050m:	12:32.70	36.36	1450m:	17:22.08	35.36
300m:	3:28.01	35.94	700m:	8:18.52	36.92	1100m:	13:08.55	35.85	1500m:	17:55.76	33.68
350m:	4:03.97	35.96	750m:	8:55.04	36.52	1150m:	13:45.50	36.95			
400m:	4:40.13	36.16	800m:	9:31.75	36.71	1200m:	14:21.33	35.83			

33.	CRISTINO Guilherme Matias	03	Uniao Piedense	**17:56.19**	+0,84	530					
50m:	31.62	31.62	450m:	5:13.88	35.36	850m:	10:03.48	36.39	1250m:	14:55.23	36.36
100m:	1:06.15	34.53	500m:	5:49.86	35.98	900m:	10:40.61	37.13	1300m:	15:31.40	36.17
150m:	1:41.25	35.10	550m:	6:25.40	35.54	950m:	11:16.72	36.11	1350m:	16:07.57	36.17
200m:	2:16.85	35.60	600m:	7:01.85	36.45	1000m:	11:53.72	37.00	1400m:	16:44.21	36.64
250m:	2:51.96	35.11	650m:	7:38.20	36.35	1050m:	12:29.56	35.84	1450m:	17:20.82	36.61
300m:	3:27.55	35.59	700m:	8:14.41	36.21	1100m:	13:06.03	36.47	1500m:	17:56.19	35.37
350m:	4:02.94	35.39	750m:	8:50.92	36.51	1150m:	13:42.38	36.35			
400m:	4:38.52	35.58	800m:	9:27.09	36.17	1200m:	14:18.87	36.49			

34.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:59.16**	+0,65	525					
50m:	30.86	30.86	450m:	5:14.50	35.79	850m:	10:01.93	35.93	1250m:	14:54.89	35.94
100m:	1:04.88	34.02	500m:	5:50.79	36.29	900m:	10:37.90	35.97	1300m:	15:32.27	37.38
150m:	1:39.96	35.08	550m:	6:25.56	34.77	950m:	11:14.66	36.76	1350m:	16:09.81	37.54
200m:	2:15.88	35.92	600m:	7:01.08	35.52	1000m:	11:50.60	35.94	1400m:	16:47.50	37.69
250m:	2:51.50	35.62	650m:	7:37.03	35.95	1050m:	12:27.69	37.09	1450m:	17:23.90	36.40
300m:	3:27.17	35.67	700m:	8:13.35	36.32	1100m:	13:04.92	37.23	1500m:	17:59.16	35.26
350m:	4:02.75	35.58	750m:	8:49.84	36.49	1150m:	13:41.54	36.62			
400m:	4:38.71	35.96	800m:	9:26.00	36.16	1200m:	14:18.95	37.41			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**17:59.91**	+0,70	524	

50m:	31.35	31.35	450m:	5:14.88	36.26	850m:	10:06.73	36.42	1250m:	15:00.86	36.87
100m:	1:05.46	34.11	500m:	5:51.30	36.42	900m:	10:43.39	36.66	1300m:	15:37.53	36.67
150m:	1:40.45	34.99	550m:	6:27.73	36.43	950m:	11:19.11	35.72	1350m:	16:13.96	36.43
200m:	2:15.87	35.42	600m:	7:04.36	36.63	1000m:	11:56.14	37.03	1400m:	16:50.43	36.47
250m:	2:51.07	35.20	650m:	7:40.13	35.77	1050m:	12:32.63	36.49	1450m:	17:26.27	35.84
300m:	3:26.83	35.76	700m:	8:16.66	36.53	1100m:	13:09.60	36.97	1500m:	17:59.91	33.64
350m:	4:02.51	35.68	750m:	8:53.52	36.86	1150m:	13:46.94	37.34			
400m:	4:38.62	36.11	800m:	9:30.31	36.79	1200m:	14:23.99	37.05			

36.	BARAONA Andre Azevedo	04	Natacao do Montijo	**18:01.40**	+0,74	522	

50m:	30.37	30.37	450m:	5:14.92	35.83	850m:	10:07.51	36.53	1250m:	15:00.62	36.95
100m:	1:04.05	33.68	500m:	5:51.18	36.26	900m:	10:43.41	35.90	1300m:	15:37.74	37.12
150m:	1:39.51	35.46	550m:	6:27.61	36.43	950m:	11:20.09	36.68	1350m:	16:14.28	36.54
200m:	2:14.99	35.48	600m:	7:04.44	36.83	1000m:	11:56.73	36.64	1400m:	16:50.99	36.71
250m:	2:50.67	35.68	650m:	7:41.26	36.82	1050m:	12:33.69	36.96	1450m:	17:26.80	35.81
300m:	3:26.55	35.88	700m:	8:17.37	36.11	1100m:	13:10.34	36.65	1500m:	18:01.40	34.60
350m:	4:02.84	36.29	750m:	8:54.22	36.85	1150m:	13:47.20	36.86			
400m:	4:39.09	36.25	800m:	9:30.98	36.76	1200m:	14:23.67	36.47			

37.	SILVA Ruben Filipe	03	Foca	**18:02.10**	+0,89	521	

50m:	31.15	31.15	450m:	5:18.08	36.27	850m:	10:09.07	36.95	1250m:	15:01.00	36.66
100m:	1:06.22	35.07	500m:	5:54.12	36.04	900m:	10:45.50	36.43	1300m:	15:37.10	36.10
150m:	1:41.74	35.52	550m:	6:30.43	36.31	950m:	11:22.12	36.62	1350m:	16:13.76	36.66
200m:	2:17.74	36.00	600m:	7:06.67	36.24	1000m:	11:58.22	36.10	1400m:	16:50.50	36.74
250m:	2:54.02	36.28	650m:	7:43.39	36.72	1050m:	12:34.86	36.64	1450m:	17:26.76	36.26
300m:	3:29.80	35.78	700m:	8:19.31	35.92	1100m:	13:11.26	36.40	1500m:	18:02.10	35.34
350m:	4:06.01	36.21	750m:	8:55.74	36.43	1150m:	13:48.24	36.98			
400m:	4:41.81	35.80	800m:	9:32.12	36.38	1200m:	14:24.34	36.10			

38.	UVA Francisco Sousa	04	Alges	**18:05.37**	+0,71	516	

50m:	31.67	31.67	450m:	5:22.65	36.07	850m:	10:14.92	36.40	1250m:	15:04.94	36.26
100m:	1:06.90	35.23	500m:	5:59.37	36.72	900m:	10:51.35	36.43	1300m:	15:41.65	36.71
150m:	1:43.00	36.10	550m:	6:35.99	36.62	950m:	11:27.20	35.85	1350m:	16:17.58	35.93
200m:	2:19.48	36.48	600m:	7:12.82	36.83	1000m:	12:03.84	36.64	1400m:	16:54.29	36.71
250m:	2:56.20	36.72	650m:	7:49.21	36.39	1050m:	12:39.99	36.15	1450m:	17:30.00	35.71
300m:	3:32.96	36.76	700m:	8:26.04	36.83	1100m:	13:16.78	36.79	1500m:	18:05.37	35.37
350m:	4:09.90	36.94	750m:	9:02.10	36.06	1150m:	13:52.31	35.53			
400m:	4:46.58	36.68	800m:	9:38.52	36.42	1200m:	14:28.68	36.37			

39.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**18:06.31**	+0,77	515	

50m:	33.79	33.79	450m:	5:24.26	36.46	850m:	10:15.85	36.29	1250m:	15:08.34	36.21
100m:	1:10.30	36.51	500m:	6:00.94	36.68	900m:	10:52.42	36.57	1300m:	15:44.87	36.53
150m:	1:46.49	36.19	550m:	6:36.96	36.02	950m:	11:28.73	36.31	1350m:	16:20.88	36.01
200m:	2:22.96	36.47	600m:	7:13.66	36.70	1000m:	12:05.54	36.81	1400m:	16:57.00	36.12
250m:	2:58.88	35.92	650m:	7:49.89	36.23	1050m:	12:41.72	36.18	1450m:	17:32.24	35.24
300m:	3:35.62	36.74	700m:	8:26.31	36.42	1100m:	13:18.58	36.86	1500m:	18:06.31	34.07
350m:	4:11.23	35.61	750m:	9:02.88	36.57	1150m:	13:55.47	36.89			
400m:	4:47.80	36.57	800m:	9:39.56	36.68	1200m:	14:32.13	36.66			

40.	RODRIGUES Rodrigo Reis	04	Sao Roque	**18:13.54**	+0,60	505	

50m:	30.54	30.54	450m:	5:17.90	36.27	850m:	10:13.46	37.26	1250m:	15:10.80	37.11
100m:	1:05.05	34.51	500m:	5:54.54	36.64	900m:	10:50.66	37.20	1300m:	15:48.54	37.74
150m:	1:40.59	35.54	550m:	6:31.01	36.47	950m:	11:27.75	37.09	1350m:	16:24.91	36.37
200m:	2:16.79	36.20	600m:	7:08.01	37.00	1000m:	12:05.06	37.31	1400m:	17:02.00	37.09
250m:	2:52.64	35.85	650m:	7:44.89	36.88	1050m:	12:42.48	37.42	1450m:	17:37.57	35.57
300m:	3:28.96	36.32	700m:	8:22.27	37.38	1100m:	13:19.26	36.78	1500m:	18:13.54	35.97
350m:	4:05.10	36.14	750m:	8:58.89	36.62	1150m:	13:56.49	37.23			
400m:	4:41.63	36.53	800m:	9:36.20	37.31	1200m:	14:33.69	37.20			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	MATOS Gil Amaral	04	Academia Acores	**18:26.84**	+0,69	487	

50m:	33.40	33.40	450m:	5:30.91	36.88	850m:	10:26.64	36.87	1250m:	15:25.16	36.97
100m:	1:10.00	36.60	500m:	6:08.13	37.22	900m:	11:04.09	37.45	1300m:	16:03.30	38.14
150m:	1:47.11	37.11	550m:	6:44.60	36.47	950m:	11:41.44	37.35	1350m:	16:39.52	36.22
200m:	2:24.96	37.85	600m:	7:21.50	36.90	1000m:	12:19.06	37.62	1400m:	17:16.08	36.56
250m:	3:02.11	37.15	650m:	7:57.93	36.43	1050m:	12:56.17	37.11	1450m:	17:51.90	35.82
300m:	3:39.27	37.16	700m:	8:35.57	37.64	1100m:	13:33.72	37.55	1500m:	18:26.84	34.94
350m:	4:16.39	37.12	750m:	9:11.94	36.37	1150m:	14:11.11	37.39			
400m:	4:54.03	37.64	800m:	9:49.77	37.83	1200m:	14:48.19	37.08			

42.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:41.59**	+0,78	468					
50m:	31.38	31.38	450m:	5:25.84	37.21	850m:	10:26.49	37.84	1250m:	15:31.59	38.20
100m:	1:06.83	35.45	500m:	6:03.39	37.55	900m:	11:04.54	38.05	1300m:	16:09.96	38.37
150m:	1:43.07	36.24	550m:	6:40.66	37.27	950m:	11:42.22	37.68	1350m:	16:47.94	37.98
200m:	2:20.16	37.09	600m:	7:18.23	37.57	1000m:	12:20.45	38.23	1400m:	17:26.32	38.38
250m:	2:56.98	36.82	650m:	7:55.38	37.15	1050m:	12:58.53	38.08	1450m:	18:04.08	37.76
300m:	3:34.23	37.25	700m:	8:33.15	37.77	1100m:	13:36.80	38.27	1500m:	18:41.59	37.51
350m:	4:11.24	37.01	750m:	9:10.64	37.49	1150m:	14:14.95	38.15			
400m:	4:48.63	37.39	800m:	9:48.65	38.01	1200m:	14:53.39	38.44			

Prova 1 — Masc., 1500m Livres — Open
01-08-2019 - 9:00 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016
Rec Nac Inf A	16:43.48	OLIVEIRA Pedro Fontoura	CFB	Rio Maior	19-06-2004
Rec Nac Inf B	17:21.58	OLIVEIRA Pedro Fontoura	CFB	Restelo	27-07-2003

TAC Sen 50m: 16:51.20 - 25m: 16:24.57; Jun 50m: 17:22.98 - 25m: 16:50.32; Juv A 50m: 17:59.71 - 25m: 17:21.59;
Juv B 50m: 18:14.02 - 25m: 17:43.31

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**15:25.72**	+0,67	833	

50m:	27.92	27.92	450m:	4:35.03	31.17	850m:	8:42.77	30.75	1250m:	12:51.99	31.01
100m:	58.46	30.54	500m:	5:06.17	31.14	900m:	9:13.80	31.03	1300m:	13:23.55	31.56
150m:	1:28.79	30.33	550m:	5:37.29	31.12	950m:	9:44.79	30.99	1350m:	13:54.54	30.99
200m:	1:59.86	31.07	600m:	6:08.76	31.47	1000m:	10:15.88	31.09	1400m:	14:25.70	31.16
250m:	2:30.76	30.90	650m:	6:39.60	30.84	1050m:	10:46.67	30.79	1450m:	14:56.20	30.50
300m:	3:01.66	30.90	700m:	7:10.49	30.89	1100m:	11:18.03	31.36	1500m:	15:25.72	29.52
350m:	3:32.68	31.02	750m:	7:41.07	30.58	1150m:	11:49.41	31.38			
400m:	4:03.86	31.18	800m:	8:12.02	30.95	1200m:	12:20.98	31.57			

2.	PINA Guilherme Filipe	98	Sporting	**15:46.96**	+0,75	778					
50m:	28.38	28.38	450m:	4:35.06	31.08	850m:	8:47.40	32.06	1250m:	13:06.62	32.42
100m:	58.89	30.51	500m:	5:06.26	31.20	900m:	9:19.58	32.18	1300m:	13:39.02	32.40
150m:	1:29.29	30.40	550m:	5:37.44	31.18	950m:	9:51.84	32.26	1350m:	14:11.01	31.99
200m:	2:00.09	30.80	600m:	6:09.02	31.58	1000m:	10:24.29	32.45	1400m:	14:43.23	32.22
250m:	2:30.79	30.70	650m:	6:40.12	31.10	1050m:	10:56.35	32.06	1450m:	15:15.18	31.95
300m:	3:01.76	30.97	700m:	7:11.67	31.55	1100m:	11:29.07	32.72	1500m:	15:46.96	31.78
350m:	3:32.83	31.07	750m:	7:43.31	31.64	1150m:	12:01.49	32.42			
400m:	4:03.98	31.15	800m:	8:15.34	32.03	1200m:	12:34.20	32.71			

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	GIL Rafael Lourenco	96	Sporting	**15:54.10**	+0,71	760	

50m:	28.75	28.75	450m:	4:37.24	31.44	850m:	8:52.20	32.07	1250m:	13:11.59	32.78
100m:	59.61	30.86	500m:	5:08.96	31.72	900m:	9:24.50	32.30	1300m:	13:44.26	32.67
150m:	1:30.07	30.46	550m:	5:40.63	31.67	950m:	9:56.99	32.49	1350m:	14:16.89	32.63
200m:	2:01.04	30.97	600m:	6:12.35	31.72	1000m:	10:29.19	32.20	1400m:	14:49.69	32.80
250m:	2:31.99	30.95	650m:	6:44.31	31.96	1050m:	11:01.42	32.23	1450m:	15:22.08	32.39
300m:	3:03.12	31.13	700m:	7:16.18	31.87	1100m:	11:34.05	32.63	1500m:	15:54.10	32.02
350m:	3:34.27	31.15	750m:	7:48.22	32.04	1150m:	12:06.48	32.43			
400m:	4:05.80	31.53	800m:	8:20.13	31.91	1200m:	12:38.81	32.33			

4.	SANTOS Pedro Miguel	01	Porto	**16:12.01**	+0,68	719					
50m:	28.92	28.92	450m:	4:43.99	32.29	850m:	9:06.50	33.21	1250m:	13:28.80	32.48
100m:	1:00.47	31.55	500m:	5:16.48	32.49	900m:	9:39.86	33.36	1300m:	14:01.91	33.11
150m:	1:31.74	31.27	550m:	5:48.73	32.25	950m:	10:12.99	33.13	1350m:	14:34.46	32.55
200m:	2:03.60	31.86	600m:	6:21.62	32.89	1000m:	10:45.99	33.00	1400m:	15:07.47	33.01
250m:	2:35.45	31.85	650m:	6:54.16	32.54	1050m:	11:18.02	32.03	1450m:	15:39.95	32.48
300m:	3:07.67	32.22	700m:	7:27.32	33.16	1100m:	11:50.47	32.45	1500m:	16:12.01	32.06
350m:	3:39.60	31.93	750m:	8:00.13	32.81	1150m:	12:23.34	32.87			
400m:	4:11.70	32.10	800m:	8:33.29	33.16	1200m:	12:56.32	32.98			

5.	NUNES Diogo Barbosa	00	Porto	**16:15.57**	+0,76	711					
50m:	29.31	29.31	450m:	4:44.82	32.19	850m:	9:06.81	32.95	1250m:	13:30.32	32.90
100m:	1:00.75	31.44	500m:	5:17.53	32.71	900m:	9:39.91	33.10	1300m:	14:03.43	33.11
150m:	1:32.22	31.47	550m:	5:49.72	32.19	950m:	10:12.72	32.81	1350m:	14:36.65	33.22
200m:	2:03.94	31.72	600m:	6:22.42	32.70	1000m:	10:45.57	32.85	1400m:	15:10.31	33.66
250m:	2:35.51	31.57	650m:	6:54.91	32.49	1050m:	11:18.40	32.83	1450m:	15:43.72	33.41
300m:	3:08.04	32.53	700m:	7:27.91	33.00	1100m:	11:51.52	33.12	1500m:	16:15.57	31.85
350m:	3:40.12	32.08	750m:	8:00.80	32.89	1150m:	12:24.34	32.82			
400m:	4:12.63	32.51	800m:	8:33.86	33.06	1200m:	12:57.42	33.08			

6.	DEUS Andre Portugal	02	Naval do Funchal	**16:21.76**	+0,59	698					
50m:	28.51	28.51	450m:	4:47.89	32.72	850m:	9:14.43	33.20	1250m:	13:40.11	32.98
100m:	59.71	31.20	500m:	5:21.32	33.43	900m:	9:48.10	33.67	1300m:	14:12.89	32.78
150m:	1:31.66	31.95	550m:	5:54.30	32.98	950m:	10:20.98	32.88	1350m:	14:45.09	32.20
200m:	2:03.84	32.18	600m:	6:27.73	33.43	1000m:	10:54.40	33.42	1400m:	15:17.73	32.64
250m:	2:36.74	32.90	650m:	7:00.92	33.19	1050m:	11:27.58	33.18	1450m:	15:49.88	32.15
300m:	3:09.51	32.77	700m:	7:34.34	33.42	1100m:	12:00.65	33.07	1500m:	16:21.76	31.88
350m:	3:42.28	32.77	750m:	8:07.72	33.38	1150m:	12:34.22	33.57			
400m:	4:15.17	32.89	800m:	8:41.23	33.51	1200m:	13:07.13	32.91			

7.	CARVALHO Daniel Luis	02	Braga	**16:22.41**	+0,85	696					
50m:	29.08	29.08	450m:	4:49.23	33.08	850m:	9:13.76	32.93	1250m:	13:39.70	33.40
100m:	1:00.66	31.58	500m:	5:21.96	32.73	900m:	9:46.90	33.14	1300m:	14:12.63	32.93
150m:	1:32.94	32.28	550m:	5:55.08	33.12	950m:	10:20.10	33.20	1350m:	14:45.32	32.69
200m:	2:05.27	32.33	600m:	6:28.15	33.07	1000m:	10:53.40	33.30	1400m:	15:18.25	32.93
250m:	2:37.68	32.41	650m:	7:01.22	33.07	1050m:	11:26.62	33.22	1450m:	15:50.75	32.50
300m:	3:10.39	32.71	700m:	7:34.64	33.42	1100m:	11:59.98	33.36	1500m:	16:22.41	31.66
350m:	3:43.27	32.88	750m:	8:07.67	33.03	1150m:	12:33.05	33.07			
400m:	4:16.15	32.88	800m:	8:40.83	33.16	1200m:	13:06.30	33.25			

8.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**16:34.77**	+1,00	671					
50m:	30.22	30.22	450m:	4:59.32	33.84	850m:	9:26.60	33.53	1250m:	13:51.25	33.06
100m:	1:03.36	33.14	500m:	5:33.11	33.79	900m:	9:59.91	33.31	1300m:	14:24.48	33.23
150m:	1:36.89	33.53	550m:	6:06.92	33.81	950m:	10:32.93	33.02	1350m:	14:57.59	33.11
200m:	2:10.38	33.49	600m:	6:40.47	33.55	1000m:	11:06.35	33.42	1400m:	15:30.99	33.40
250m:	2:44.03	33.65	650m:	7:13.40	32.93	1050m:	11:39.17	32.82	1450m:	16:03.17	32.18
300m:	3:17.83	33.80	700m:	7:46.85	33.45	1100m:	12:12.46	33.29	1500m:	16:34.77	31.60
350m:	3:51.61	33.78	750m:	8:19.99	33.14	1150m:	12:45.17	32.71			
400m:	4:25.48	33.87	800m:	8:53.07	33.08	1200m:	13:18.19	33.02			

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PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:41.36**	+0,74	658	

50m:	28.81	28.81	450m:	4:47.56	32.90	850m:	9:15.20	33.53	1250m:	13:49.58	34.35
100m:	1:00.22	31.41	500m:	5:21.26	33.70	900m:	9:49.44	34.24	1300m:	14:24.53	34.95
150m:	1:31.62	31.40	550m:	5:54.32	33.06	950m:	10:23.01	33.57	1350m:	14:58.75	34.22
200m:	2:03.98	32.36	600m:	6:27.92	33.60	1000m:	10:57.61	34.60	1400m:	15:33.66	34.91
250m:	2:36.24	32.26	650m:	7:01.28	33.36	1050m:	11:31.71	34.10	1450m:	16:07.81	34.15
300m:	3:09.01	32.77	700m:	7:34.74	33.46	1100m:	12:06.54	34.83	1500m:	16:41.36	33.55
350m:	3:41.60	32.59	750m:	8:07.76	33.02	1150m:	12:41.16	34.62			
400m:	4:14.66	33.06	800m:	8:41.67	33.91	1200m:	13:15.23	34.07			

10.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**16:42.58**	+0,77	655	

50m:	29.33	29.33	450m:	4:58.40	33.66	850m:	9:29.59	33.88	1250m:	13:58.89	33.26
100m:	1:02.12	32.79	500m:	5:32.55	34.15	900m:	10:03.60	34.01	1300m:	14:32.21	33.32
150m:	1:35.56	33.44	550m:	6:06.51	33.96	950m:	10:37.33	33.73	1350m:	15:04.96	32.75
200m:	2:09.58	34.02	600m:	6:40.38	33.87	1000m:	11:11.14	33.81	1400m:	15:38.11	33.15
250m:	2:43.24	33.66	650m:	7:14.06	33.68	1050m:	11:44.54	33.40	1450m:	16:10.30	32.19
300m:	3:17.17	33.93	700m:	7:48.07	34.01	1100m:	12:18.44	33.90	1500m:	16:42.58	32.28
350m:	3:50.87	33.70	750m:	8:21.86	33.79	1150m:	12:51.96	33.52			
400m:	4:24.74	33.87	800m:	8:55.71	33.85	1200m:	13:25.63	33.67			

11.	ALMEIDA Bernardo Victorino	04	Sporting	**16:46.01**	+0,67	649	

50m:	29.08	29.08	450m:	4:58.78	34.14	850m:	9:28.72	33.71	1250m:	13:59.16	33.48
100m:	1:01.77	32.69	500m:	5:32.88	34.10	900m:	10:02.79	34.07	1300m:	14:33.06	33.90
150m:	1:34.80	33.03	550m:	6:06.20	33.32	950m:	10:36.77	33.98	1350m:	15:07.09	34.03
200m:	2:08.61	33.81	600m:	6:39.88	33.68	1000m:	11:10.52	33.75	1400m:	15:41.15	34.06
250m:	2:42.39	33.78	650m:	7:13.64	33.76	1050m:	11:44.60	34.08	1450m:	16:14.51	33.36
300m:	3:16.44	34.05	700m:	7:47.56	33.92	1100m:	12:17.86	33.26	1500m:	16:46.01	31.50
350m:	3:50.53	34.09	750m:	8:21.07	33.51	1150m:	12:51.66	33.80			
400m:	4:24.64	34.11	800m:	8:55.01	33.94	1200m:	13:25.68	34.02			

12.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:47.88**	+0,70	645	

50m:	30.30	30.30	450m:	5:00.87	32.77	850m:	9:29.92	33.72	1250m:	14:00.72	33.33
100m:	1:03.66	33.36	500m:	5:34.40	33.53	900m:	10:03.65	33.73	1300m:	14:35.36	34.64
150m:	1:37.33	33.67	550m:	6:07.83	33.43	950m:	10:37.72	34.07	1350m:	15:08.97	33.61
200m:	2:11.49	34.16	600m:	6:41.64	33.81	1000m:	11:11.52	33.80	1400m:	15:42.80	33.83
250m:	2:45.50	34.01	650m:	7:14.93	33.29	1050m:	11:45.49	33.97	1450m:	16:16.14	33.34
300m:	3:19.63	34.13	700m:	7:48.57	33.64	1100m:	12:19.39	33.90	1500m:	16:47.88	31.74
350m:	3:53.56	33.93	750m:	8:22.84	34.27	1150m:	12:53.66	34.27			
400m:	4:28.10	34.54	800m:	8:56.20	33.36	1200m:	13:27.39	33.73			

13.	AMARAL Francisco Rodriguez	02	Campinho	**16:49.01**	+0,68	643	

50m:	29.49	29.49	450m:	4:48.36	33.17	850m:	9:16.64	33.90	1250m:	13:54.31	34.79
100m:	1:00.75	31.26	500m:	5:21.60	33.24	900m:	9:51.08	34.44	1300m:	14:29.74	35.43
150m:	1:32.89	32.14	550m:	5:54.70	33.10	950m:	10:25.31	34.23	1350m:	15:04.99	35.25
200m:	2:04.90	32.01	600m:	6:28.20	33.50	1000m:	11:00.24	34.93	1400m:	15:40.78	35.79
250m:	2:37.66	32.76	650m:	7:01.67	33.47	1050m:	11:34.79	34.55	1450m:	16:15.93	35.15
300m:	3:09.95	32.29	700m:	7:35.15	33.48	1100m:	12:09.87	35.08	1500m:	16:49.01	33.08
350m:	3:42.46	32.51	750m:	8:08.93	33.78	1150m:	12:44.51	34.64			
400m:	4:15.19	32.73	800m:	8:42.74	33.81	1200m:	13:19.52	35.01			

14.	FROTA Paulo Andre	02	Condeixa Clube	**16:49.07**	+0,67	643	

50m:	29.88	29.88	450m:	4:53.32	33.82	850m:	9:25.80	34.03	1250m:	13:59.54	34.47
100m:	1:01.49	31.61	500m:	5:27.17	33.85	900m:	10:00.46	34.66	1300m:	14:34.09	34.55
150m:	1:33.69	32.20	550m:	6:01.03	33.86	950m:	10:34.03	33.57	1350m:	15:07.93	33.84
200m:	2:06.28	32.59	600m:	6:35.16	34.13	1000m:	11:08.11	34.08	1400m:	15:41.97	34.04
250m:	2:38.87	32.59	650m:	7:09.01	33.85	1050m:	11:41.87	33.76	1450m:	16:15.84	33.87
300m:	3:12.39	33.52	700m:	7:43.33	34.32	1100m:	12:16.43	34.56	1500m:	16:49.07	33.23
350m:	3:45.71	33.32	750m:	8:17.46	34.13	1150m:	12:50.33	33.90			
400m:	4:19.50	33.79	800m:	8:51.77	34.31	1200m:	13:25.07	34.74			

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PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**16:49.92**	+0,77	641	

50m:	28.52	28.52	450m:	4:59.08	34.09	850m:	9:33.81	33.40	1250m:	14:06.26	33.39
100m:	1:00.70	32.18	500m:	5:33.68	34.60	900m:	10:08.46	34.65	1300m:	14:40.15	33.89
150m:	1:33.71	33.01	550m:	6:07.45	33.77	950m:	10:41.99	33.53	1350m:	15:13.71	33.56
200m:	2:08.00	34.29	600m:	6:42.66	35.21	1000m:	11:16.51	34.52	1400m:	15:47.68	33.97
250m:	2:41.51	33.51	650m:	7:16.76	34.10	1050m:	11:50.24	33.73	1450m:	16:19.04	31.36
300m:	3:15.93	34.42	700m:	7:51.59	34.83	1100m:	12:25.33	35.09	1500m:	16:49.92	30.88
350m:	3:49.96	34.03	750m:	8:25.57	33.98	1150m:	12:58.83	33.50			
400m:	4:24.99	35.03	800m:	9:00.41	34.84	1200m:	13:32.87	34.04			

16.	RODRIGUES Pedro Reis	02	Sao Roque	**16:52.38**	+0,79	636					
50m:	29.20	29.20	450m:	4:56.59	33.87	850m:	9:31.21	34.69	1250m:	14:06.04	34.55
100m:	1:01.59	32.39	500m:	5:30.67	34.08	900m:	10:05.79	34.58	1300m:	14:40.67	34.63
150m:	1:34.48	32.89	550m:	6:04.99	34.32	950m:	10:39.64	33.85	1350m:	15:13.86	33.19
200m:	2:07.72	33.24	600m:	6:39.30	34.31	1000m:	11:13.49	33.85	1400m:	15:47.25	33.39
250m:	2:41.24	33.52	650m:	7:13.70	34.40	1050m:	11:48.41	34.92	1450m:	16:20.35	33.10
300m:	3:15.12	33.88	700m:	7:47.95	34.25	1100m:	12:22.85	34.44	1500m:	16:52.38	32.03
350m:	3:49.22	34.10	750m:	8:22.36	34.41	1150m:	12:57.09	34.24			
400m:	4:22.72	33.50	800m:	8:56.52	34.16	1200m:	13:31.49	34.40			

17.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**16:55.44**	+0,70	631					
50m:	28.93	28.93	450m:	4:58.48	33.87	850m:	9:30.27	34.01	1250m:	14:04.46	34.12
100m:	1:01.60	32.67	500m:	5:32.39	33.91	900m:	10:04.99	34.72	1300m:	14:39.20	34.74
150m:	1:34.92	33.32	550m:	6:06.40	34.01	950m:	10:39.00	34.01	1350m:	15:13.26	34.06
200m:	2:08.93	34.01	600m:	6:40.39	33.99	1000m:	11:13.77	34.77	1400m:	15:48.12	34.86
250m:	2:42.75	33.82	650m:	7:14.26	33.87	1050m:	11:47.47	33.70	1450m:	16:21.80	33.68
300m:	3:16.77	34.02	700m:	7:48.41	34.15	1100m:	12:21.99	34.52	1500m:	16:55.44	33.64
350m:	3:50.70	33.93	750m:	8:22.25	33.84	1150m:	12:55.70	33.71			
400m:	4:24.61	33.91	800m:	8:56.26	34.01	1200m:	13:30.34	34.64			

18.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.31**	+0,77	622					
50m:	30.03	30.03	450m:	4:59.67	34.01	850m:	9:34.23	34.53	1250m:	14:11.82	34.30
100m:	1:02.31	32.28	500m:	5:33.98	34.31	900m:	10:09.20	34.97	1300m:	14:46.81	34.99
150m:	1:35.75	33.44	550m:	6:08.08	34.10	950m:	10:43.24	34.04	1350m:	15:21.13	34.32
200m:	2:09.57	33.82	600m:	6:42.61	34.53	1000m:	11:18.25	35.01	1400m:	15:55.40	34.27
250m:	2:43.10	33.53	650m:	7:16.53	33.92	1050m:	11:52.91	34.66	1450m:	16:29.29	33.89
300m:	3:17.07	33.97	700m:	7:50.95	34.42	1100m:	12:27.75	34.84	1500m:	17:00.31	31.02
350m:	3:51.14	34.07	750m:	8:25.10	34.15	1150m:	13:02.47	34.72			
400m:	4:25.66	34.52	800m:	8:59.70	34.60	1200m:	13:37.52	35.05			

19.	MONTEIRO Tomas Penha	02	Alges	**17:00.79**	+0,71	621					
50m:	30.31	30.31	450m:	5:01.43	33.93	850m:	9:33.27	34.02	1250m:	14:09.45	34.70
100m:	1:03.72	33.41	500m:	5:35.45	34.02	900m:	10:07.67	34.40	1300m:	14:44.45	35.00
150m:	1:37.47	33.75	550m:	6:09.20	33.75	950m:	10:41.62	33.95	1350m:	15:18.75	34.30
200m:	2:11.30	33.83	600m:	6:42.96	33.76	1000m:	11:16.37	34.75	1400m:	15:53.37	34.62
250m:	2:44.93	33.63	650m:	7:16.67	33.71	1050m:	11:50.47	34.10	1450m:	16:28.22	34.85
300m:	3:19.17	34.24	700m:	7:50.85	34.18	1100m:	12:25.28	34.81	1500m:	17:00.79	32.57
350m:	3:53.16	33.99	750m:	8:24.89	34.04	1150m:	12:59.93	34.65			
400m:	4:27.50	34.34	800m:	8:59.25	34.36	1200m:	13:34.75	34.82			

20.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:07.25**	+0,74	609					
50m:	30.12	30.12	450m:	5:03.39	34.09	850m:	9:37.01	34.31	1250m:	14:15.76	35.10
100m:	1:03.51	33.39	500m:	5:36.98	33.59	900m:	10:11.51	34.50	1300m:	14:50.82	35.06
150m:	1:37.88	34.37	550m:	6:11.14	34.16	950m:	10:46.27	34.76	1350m:	15:25.56	34.74
200m:	2:11.62	33.74	600m:	6:45.08	33.94	1000m:	11:21.25	34.98	1400m:	16:00.25	34.69
250m:	2:46.33	34.71	650m:	7:19.41	34.33	1050m:	11:56.16	34.91	1450m:	16:34.11	33.86
300m:	3:21.02	34.69	700m:	7:53.65	34.24	1100m:	12:30.72	34.56	1500m:	17:07.25	33.14
350m:	3:55.34	34.32	750m:	8:28.16	34.51	1150m:	13:06.00	35.28			
400m:	4:29.30	33.96	800m:	9:02.70	34.54	1200m:	13:40.66	34.66			

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NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:08.19**	+0,66	607	

50m:	30.63	30.63	450m:	5:08.78	34.72	850m:	9:42.57	34.08	1250m:	14:19.06	34.60
100m:	1:04.83	34.20	500m:	5:43.66	34.88	900m:	10:16.98	34.41	1300m:	14:53.83	34.77
150m:	1:39.43	34.60	550m:	6:17.44	33.78	950m:	10:51.19	34.21	1350m:	15:28.46	34.63
200m:	2:14.09	34.66	600m:	6:51.51	34.07	1000m:	11:25.70	34.51	1400m:	16:02.94	34.48
250m:	2:48.89	34.80	650m:	7:25.62	34.11	1050m:	12:00.32	34.62	1450m:	16:36.88	33.94
300m:	3:24.00	35.11	700m:	8:00.03	34.41	1100m:	12:35.00	34.68	1500m:	17:08.19	31.31
350m:	3:58.98	34.98	750m:	8:34.14	34.11	1150m:	13:09.73	34.73			
400m:	4:34.06	35.08	800m:	9:08.49	34.35	1200m:	13:44.46	34.73			

22.	SANTOS Andre Cardoso	03	Academico Viseu	**17:08.27**	+0,69	607	

50m:	30.57	30.57	450m:	5:08.34	35.06	850m:	9:44.49	33.84	1250m:	14:19.27	34.99
100m:	1:04.38	33.81	500m:	5:43.10	34.76	900m:	10:18.41	33.92	1300m:	14:53.94	34.67
150m:	1:38.97	34.59	550m:	6:17.88	34.78	950m:	10:52.76	34.35	1350m:	15:28.62	34.68
200m:	2:13.39	34.42	600m:	6:52.19	34.31	1000m:	11:27.20	34.44	1400m:	16:03.13	34.51
250m:	2:48.54	35.15	650m:	7:27.15	34.96	1050m:	12:01.35	34.15	1450m:	16:37.22	34.09
300m:	3:23.25	34.71	700m:	8:01.51	34.36	1100m:	12:35.54	34.19	1500m:	17:08.27	31.05
350m:	3:58.17	34.92	750m:	8:36.19	34.68	1150m:	13:09.75	34.21			
400m:	4:33.28	35.11	800m:	9:10.65	34.46	1200m:	13:44.28	34.53			

23.	PEREIRA Alexandre Alves	03	Braga	**17:08.39**	+0,79	607	

50m:	29.29	29.29	450m:	5:01.68	34.71	850m:	9:40.53	35.37	1250m:	14:18.19	34.92
100m:	1:02.25	32.96	500m:	5:36.32	34.64	900m:	10:15.49	34.96	1300m:	14:52.91	34.72
150m:	1:36.03	33.78	550m:	6:11.20	34.88	950m:	10:50.31	34.82	1350m:	15:27.73	34.82
200m:	2:09.69	33.66	600m:	6:45.73	34.53	1000m:	11:25.29	34.98	1400m:	16:02.39	34.66
250m:	2:43.66	33.97	650m:	7:20.49	34.76	1050m:	12:00.35	35.06	1450m:	16:36.45	34.06
300m:	3:17.85	34.19	700m:	7:55.32	34.83	1100m:	12:34.78	34.43	1500m:	17:08.39	31.94
350m:	3:52.40	34.55	750m:	8:30.18	34.86	1150m:	13:08.98	34.20			
400m:	4:26.97	34.57	800m:	9:05.16	34.98	1200m:	13:43.27	34.29			

24.	SALGADO Goncalo Sampaio	02	Famalicao	**17:13.89**	+0,80	597	

50m:	29.94	29.94	450m:	5:04.26	34.83	850m:	9:43.06	34.88	1250m:	14:21.43	34.69
100m:	1:03.28	33.34	500m:	5:38.91	34.65	900m:	10:17.99	34.93	1300m:	14:56.15	34.72
150m:	1:37.13	33.85	550m:	6:13.98	35.07	950m:	10:52.85	34.86	1350m:	15:30.94	34.79
200m:	2:11.26	34.13	600m:	6:48.64	34.66	1000m:	11:27.64	34.79	1400m:	16:05.71	34.77
250m:	2:45.60	34.34	650m:	7:23.24	34.60	1050m:	12:02.62	34.98	1450m:	16:40.38	34.67
300m:	3:20.10	34.50	700m:	7:58.20	34.96	1100m:	12:37.34	34.72	1500m:	17:13.89	33.51
350m:	3:54.90	34.80	750m:	8:33.14	34.94	1150m:	13:12.21	34.87			
400m:	4:29.43	34.53	800m:	9:08.18	35.04	1200m:	13:46.74	34.53			

25.	MARQUES Rui Joao	02	Nautico Academico	**17:15.25**	+0,67	595	

50m:	32.13	32.13	450m:	5:05.42	34.25	850m:	9:41.04	34.53	1250m:	14:20.80	35.26
100m:	1:06.56	34.43	500m:	5:39.98	34.56	900m:	10:16.17	35.13	1300m:	14:56.52	35.72
150m:	1:40.31	33.75	550m:	6:14.12	34.14	950m:	10:50.94	34.77	1350m:	15:31.69	35.17
200m:	2:14.64	34.33	600m:	6:48.80	34.68	1000m:	11:26.46	35.52	1400m:	16:07.66	35.97
250m:	2:48.60	33.96	650m:	7:23.19	34.39	1050m:	12:01.02	34.56	1450m:	16:41.91	34.25
300m:	3:23.02	34.42	700m:	7:57.51	34.32	1100m:	12:35.91	34.89	1500m:	17:15.25	33.34
350m:	3:56.94	33.92	750m:	8:31.98	34.47	1150m:	13:10.41	34.50			
400m:	4:31.17	34.23	800m:	9:06.51	34.53	1200m:	13:45.54	35.13			

26.	CARVALHO Martim Henriques	04	Rio Maior	**17:15.46**	+0,70	595	

50m:	30.31	30.31	450m:	5:04.24	34.32	850m:	9:41.30	34.54	1250m:	14:22.86	35.24
100m:	1:04.30	33.99	500m:	5:39.19	34.95	900m:	10:16.84	35.54	1300m:	14:58.67	35.81
150m:	1:38.39	34.09	550m:	6:13.59	34.40	950m:	10:51.38	34.54	1350m:	15:33.38	34.71
200m:	2:13.18	34.79	600m:	6:48.56	34.97	1000m:	11:26.69	35.31	1400m:	16:08.31	34.93
250m:	2:47.05	33.87	650m:	7:22.97	34.41	1050m:	12:01.99	35.30	1450m:	16:42.42	34.11
300m:	3:21.14	34.09	700m:	7:57.83	34.86	1100m:	12:37.33	35.34	1500m:	17:15.46	33.04
350m:	3:55.33	34.19	750m:	8:32.12	34.29	1150m:	13:12.13	34.80			
400m:	4:29.92	34.59	800m:	9:06.76	34.64	1200m:	13:47.62	35.49			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:24.12**	+0,74	580	

50m:	30.31	30.31	450m:	5:03.76	34.21	850m:	9:43.89	35.31	1250m:	14:32.02	36.20
100m:	1:03.38	33.07	500m:	5:38.90	35.14	900m:	10:19.36	35.47	1300m:	15:07.33	35.31
150m:	1:37.29	33.91	550m:	6:13.83	34.93	950m:	10:55.39	36.03	1350m:	15:42.69	35.36
200m:	2:11.94	34.65	600m:	6:48.46	34.63	1000m:	11:31.90	36.51	1400m:	16:18.27	35.58
250m:	2:46.11	34.17	650m:	7:23.07	34.61	1050m:	12:07.52	35.62	1450m:	16:51.11	32.84
300m:	3:20.63	34.52	700m:	7:58.36	35.29	1100m:	12:43.64	36.12	1500m:	17:24.12	33.01
350m:	3:54.75	34.12	750m:	8:33.59	35.23	1150m:	13:19.44	35.80			
400m:	4:29.55	34.80	800m:	9:08.58	34.99	1200m:	13:55.82	36.38			

28.	CANADAS Joao Vasco	03	Rio Maior	**17:24.78**	+0,72	579					
50m:	30.91	30.91	450m:	5:09.05	34.63	850m:	9:50.25	35.24	1250m:	14:33.08	35.19
100m:	1:05.18	34.27	500m:	5:43.83	34.78	900m:	10:25.42	35.17	1300m:	15:08.26	35.18
150m:	1:40.07	34.89	550m:	6:18.87	35.04	950m:	11:01.07	35.65	1350m:	15:43.41	35.15
200m:	2:14.80	34.73	600m:	6:53.85	34.98	1000m:	11:36.27	35.20	1400m:	16:18.33	34.92
250m:	2:49.76	34.96	650m:	7:29.01	35.16	1050m:	12:11.90	35.63	1450m:	16:52.09	33.76
300m:	3:24.58	34.82	700m:	8:04.26	35.25	1100m:	12:47.20	35.30	1500m:	17:24.78	32.69
350m:	3:59.44	34.86	750m:	8:39.62	35.36	1150m:	13:22.58	35.38			
400m:	4:34.42	34.98	800m:	9:15.01	35.39	1200m:	13:57.89	35.31			

29.	NUNES Diogo Severino	04	Natacao de Valongo	**17:26.30**	+0,79	576					
50m:	29.17	29.17	450m:	5:02.41	35.24	850m:	9:44.29	35.73	1250m:	14:29.56	35.84
100m:	1:02.08	32.91	500m:	5:37.43	35.02	900m:	10:19.86	35.57	1300m:	15:05.50	35.94
150m:	1:35.28	33.20	550m:	6:12.45	35.02	950m:	10:55.56	35.70	1350m:	15:40.98	35.48
200m:	2:09.10	33.82	600m:	6:47.55	35.10	1000m:	11:31.09	35.53	1400m:	16:16.54	35.56
250m:	2:43.44	34.34	650m:	7:22.81	35.26	1050m:	12:06.81	35.72	1450m:	16:51.85	35.31
300m:	3:18.06	34.62	700m:	7:57.94	35.13	1100m:	12:42.39	35.58	1500m:	17:26.30	34.45
350m:	3:52.71	34.65	750m:	8:33.49	35.55	1150m:	13:18.20	35.81			
400m:	4:27.17	34.46	800m:	9:08.56	35.07	1200m:	13:53.72	35.52			

30.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:27.24**	+0,84	575					
50m:	31.15	31.15	450m:	5:11.34	34.90	850m:	9:52.35	35.11	1250m:	14:34.04	35.50
100m:	1:05.38	34.23	500m:	5:46.79	35.45	900m:	10:27.56	35.21	1300m:	15:09.61	35.57
150m:	1:40.27	34.89	550m:	6:21.66	34.87	950m:	11:02.61	35.05	1350m:	15:44.53	34.92
200m:	2:15.92	35.65	600m:	6:56.75	35.09	1000m:	11:37.61	35.00	1400m:	16:19.50	34.97
250m:	2:51.13	35.21	650m:	7:31.64	34.89	1050m:	12:12.88	35.27	1450m:	16:53.76	34.26
300m:	3:26.25	35.12	700m:	8:06.98	35.34	1100m:	12:48.04	35.16	1500m:	17:27.24	33.48
350m:	4:01.21	34.96	750m:	8:42.36	35.38	1150m:	13:23.19	35.15			
400m:	4:36.44	35.23	800m:	9:17.24	34.88	1200m:	13:58.54	35.35			

31.	SANTOS Rui Mamede	04	Uniao Coimbra	**17:32.09**	+0,67	567					
50m:	29.67	29.67	450m:	5:07.18	34.57	850m:	9:48.08	35.26	1250m:	14:34.00	35.78
100m:	1:03.18	33.51	500m:	5:41.89	34.71	900m:	10:23.61	35.53	1300m:	15:10.07	36.07
150m:	1:37.85	34.67	550m:	6:17.13	35.24	950m:	10:59.52	35.91	1350m:	15:46.24	36.17
200m:	2:13.33	35.48	600m:	6:52.35	35.22	1000m:	11:34.75	35.23	1400m:	16:22.38	36.14
250m:	2:48.16	34.83	650m:	7:26.95	34.60	1050m:	12:10.64	35.89	1450m:	16:58.25	35.87
300m:	3:23.00	34.84	700m:	8:02.52	35.57	1100m:	12:45.97	35.33	1500m:	17:32.09	33.84
350m:	3:58.29	35.29	750m:	8:37.30	34.78	1150m:	13:22.21	36.24			
400m:	4:32.61	34.32	800m:	9:12.82	35.52	1200m:	13:58.22	36.01			

32.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:32.23**	+0,80	567					
50m:	30.06	30.06	450m:	5:07.77	35.35	850m:	9:50.77	35.24	1250m:	14:34.80	35.21
100m:	1:03.35	33.29	500m:	5:43.60	35.83	900m:	10:26.17	35.40	1300m:	15:10.44	35.64
150m:	1:37.92	34.57	550m:	6:18.48	34.88	950m:	11:02.27	36.10	1350m:	15:46.14	35.70
200m:	2:13.04	35.12	600m:	6:54.30	35.82	1000m:	11:37.42	35.15	1400m:	16:22.65	36.51
250m:	2:47.66	34.62	650m:	7:29.50	35.20	1050m:	12:13.22	35.80	1450m:	16:57.36	34.71
300m:	3:22.78	35.12	700m:	8:05.39	35.89	1100m:	12:49.10	35.88	1500m:	17:32.23	34.87
350m:	3:57.73	34.95	750m:	8:40.29	34.90	1150m:	13:24.49	35.39			
400m:	4:32.42	34.69	800m:	9:15.53	35.24	1200m:	13:59.59	35.10			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	CARVALHO Goncalo Renato	04	Porto	**17:36.31**	+0,71	560	

50m:	31.55	31.55	450m:	5:11.61	35.19	850m:	9:54.88	35.63	1250m:	14:41.28	35.33
100m:	1:05.90	34.35	500m:	5:46.96	35.35	900m:	10:30.84	35.96	1300m:	15:16.87	35.59
150m:	1:40.73	34.83	550m:	6:22.14	35.18	950m:	11:06.61	35.77	1350m:	15:52.02	35.15
200m:	2:15.48	34.75	600m:	6:57.59	35.45	1000m:	11:42.14	35.53	1400m:	16:27.32	35.30
250m:	2:50.56	35.08	650m:	7:32.62	35.03	1050m:	12:18.22	36.08	1450m:	17:02.38	35.06
300m:	3:25.93	35.37	700m:	8:08.02	35.40	1100m:	12:54.17	35.95	1500m:	17:36.31	33.93
350m:	4:01.07	35.14	750m:	8:43.31	35.29	1150m:	13:29.83	35.66			
400m:	4:36.42	35.35	800m:	9:19.25	35.94	1200m:	14:05.95	36.12			

34.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:37.02**	+0,69	559					
50m:	31.94	31.94	450m:	5:14.18	35.25	850m:	9:56.17	35.31	1250m:	14:41.03	35.22
100m:	1:06.74	34.80	500m:	5:49.72	35.54	900m:	10:31.71	35.54	1300m:	15:16.70	35.67
150m:	1:41.94	35.20	550m:	6:24.71	34.99	950m:	11:07.19	35.48	1350m:	15:52.21	35.51
200m:	2:17.21	35.27	600m:	6:59.88	35.17	1000m:	11:42.66	35.47	1400m:	16:28.06	35.85
250m:	2:52.35	35.14	650m:	7:35.10	35.22	1050m:	12:18.26	35.60	1450m:	17:02.92	34.86
300m:	3:28.09	35.74	700m:	8:10.42	35.32	1100m:	12:54.20	35.94	1500m:	17:37.02	34.10
350m:	4:03.40	35.31	750m:	8:45.79	35.37	1150m:	13:29.85	35.65			
400m:	4:38.93	35.53	800m:	9:20.86	35.07	1200m:	14:05.81	35.96			

35.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:38.35**	+0,74	557					
50m:	30.97	30.97	450m:	5:11.77	35.07	850m:	9:55.21	35.39	1250m:	14:41.32	36.34
100m:	1:05.40	34.43	500m:	5:47.01	35.24	900m:	10:31.08	35.87	1300m:	15:17.45	36.13
150m:	1:40.68	35.28	550m:	6:22.22	35.21	950m:	11:06.69	35.61	1350m:	15:53.46	36.01
200m:	2:15.93	35.25	600m:	6:57.84	35.62	1000m:	11:42.16	35.47	1400m:	16:29.87	36.41
250m:	2:51.10	35.17	650m:	7:32.97	35.13	1050m:	12:17.92	35.76	1450m:	17:04.61	34.74
300m:	3:26.49	35.39	700m:	8:08.82	35.85	1100m:	12:53.47	35.55	1500m:	17:38.35	33.74
350m:	4:01.67	35.18	750m:	8:44.12	35.30	1150m:	13:29.19	35.72			
400m:	4:36.70	35.03	800m:	9:19.82	35.70	1200m:	14:04.98	35.79			

36.	COSTA Hugo Alexandre	03	Natacao de Valongo	**17:44.06**	+0,80	548					
50m:	30.52	30.52	450m:	5:11.54	35.82	850m:	10:00.10	36.35	1250m:	14:49.45	36.31
100m:	1:04.70	34.18	500m:	5:47.60	36.06	900m:	10:36.33	36.23	1300m:	15:25.29	35.84
150m:	1:39.66	34.96	550m:	6:23.57	35.97	950m:	11:12.80	36.47	1350m:	16:01.08	35.79
200m:	2:14.62	34.96	600m:	6:59.64	36.07	1000m:	11:49.18	36.38	1400m:	16:36.49	35.41
250m:	2:49.58	34.96	650m:	7:35.63	35.99	1050m:	12:25.28	36.10	1450m:	17:11.35	34.86
300m:	3:24.97	35.39	700m:	8:11.93	36.30	1100m:	13:01.20	35.92	1500m:	17:44.06	32.71
350m:	4:00.45	35.48	750m:	8:48.15	36.22	1150m:	13:37.03	35.83			
400m:	4:35.72	35.27	800m:	9:23.75	35.60	1200m:	14:13.14	36.11			

37.	CARVALHO Antonio Lombardi	04	Belenenses	**17:45.09**	+0,71	546					
50m:	30.92	30.92	450m:	5:14.29	35.88	850m:	10:03.73	36.41	1250m:	14:47.80	35.77
100m:	1:05.12	34.20	500m:	5:50.32	36.03	900m:	10:38.97	35.24	1300m:	15:24.10	36.30
150m:	1:39.59	34.47	550m:	6:26.63	36.31	950m:	11:14.93	35.96	1350m:	16:00.13	36.03
200m:	2:15.15	35.56	600m:	7:02.70	36.07	1000m:	11:50.79	35.86	1400m:	16:36.15	36.02
250m:	2:50.53	35.38	650m:	7:38.88	36.18	1050m:	12:26.08	35.29	1450m:	17:10.72	34.57
300m:	3:25.91	35.38	700m:	8:14.85	35.97	1100m:	13:00.85	34.77	1500m:	17:45.09	34.37
350m:	4:02.03	36.12	750m:	8:50.70	35.85	1150m:	13:36.28	35.43			
400m:	4:38.41	36.38	800m:	9:27.32	36.62	1200m:	14:12.03	35.75			

38.	CARVALHO Tiago Fonseca	03	Naval Povoense	**17:45.35**	+0,67	546					
50m:	29.68	29.68	450m:	5:12.76	36.22	850m:	10:01.17	36.59	1250m:	14:49.84	35.68
100m:	1:03.07	33.39	500m:	5:48.32	35.56	900m:	10:36.84	35.67	1300m:	15:26.18	36.34
150m:	1:37.41	34.34	550m:	6:24.77	36.45	950m:	11:13.16	36.32	1350m:	16:02.04	35.86
200m:	2:12.81	35.40	600m:	7:00.80	36.03	1000m:	11:49.51	36.35	1400m:	16:37.68	35.64
250m:	2:48.67	35.86	650m:	7:36.62	35.82	1050m:	12:25.57	36.06	1450m:	17:11.38	33.70
300m:	3:24.73	36.06	700m:	8:12.65	36.03	1100m:	13:01.70	36.13	1500m:	17:45.35	33.97
350m:	4:00.57	35.84	750m:	8:48.58	35.93	1150m:	13:37.70	36.00			
400m:	4:36.54	35.97	800m:	9:24.58	36.00	1200m:	14:14.16	36.46			

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	ARAUJO Joao Guilherme	03	Natacao da Maia	**17:46.75**	+0,86	544	

50m:	30.49	30.49	450m:	5:12.78	35.51	850m:	9:59.93	35.67	1250m:	14:48.54	36.18
100m:	1:04.72	34.23	500m:	5:48.46	35.68	900m:	10:36.36	36.43	1300m:	15:24.85	36.31
150m:	1:40.03	35.31	550m:	6:24.44	35.98	950m:	11:12.24	35.88	1350m:	16:01.05	36.20
200m:	2:15.45	35.42	600m:	7:00.37	35.93	1000m:	11:48.52	36.28	1400m:	16:37.18	36.13
250m:	2:51.02	35.57	650m:	7:35.98	35.61	1050m:	12:23.98	35.46	1450m:	17:12.46	35.28
300m:	3:26.52	35.50	700m:	8:11.81	35.83	1100m:	13:00.40	36.42	1500m:	17:46.75	34.29
350m:	4:01.76	35.24	750m:	8:48.00	36.19	1150m:	13:36.14	35.74			
400m:	4:37.27	35.51	800m:	9:24.26	36.26	1200m:	14:12.36	36.22			

40.	ACIOLI Victor Hugo	02	Feirense	**17:47.17**	+0,67	543	

50m:	29.47	29.47	450m:	5:08.34	35.59	850m:	9:57.07	36.34	1250m:	14:48.83	36.26
100m:	1:02.38	32.91	500m:	5:44.27	35.93	900m:	10:33.40	36.33	1300m:	15:25.34	36.51
150m:	1:36.65	34.27	550m:	6:19.98	35.71	950m:	11:09.96	36.56	1350m:	16:01.27	35.93
200m:	2:11.47	34.82	600m:	6:55.94	35.96	1000m:	11:46.18	36.22	1400m:	16:37.85	36.58
250m:	2:46.27	34.80	650m:	7:32.19	36.25	1050m:	12:22.41	36.23	1450m:	17:13.25	35.40
300m:	3:21.93	35.66	700m:	8:08.19	36.00	1100m:	12:59.07	36.66	1500m:	17:47.17	33.92
350m:	3:57.27	35.34	750m:	8:44.34	36.15	1150m:	13:35.54	36.47			
400m:	4:32.75	35.48	800m:	9:20.73	36.39	1200m:	14:12.57	37.03			

41.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**17:47.31**	+0,72	543	

50m:	31.59	31.59	450m:	5:15.65	36.25	850m:	10:05.20	36.59	1250m:	14:49.75	35.86
100m:	1:05.39	33.80	500m:	5:52.14	36.49	900m:	10:41.46	36.26	1300m:	15:25.34	35.59
150m:	1:41.02	35.63	550m:	6:28.56	36.42	950m:	11:18.07	36.61	1350m:	16:01.04	35.70
200m:	2:16.39	35.37	600m:	7:04.73	36.17	1000m:	11:52.70	34.63	1400m:	16:36.53	35.49
250m:	2:52.27	35.88	650m:	7:39.44	34.71	1050m:	12:27.62	34.92	1450m:	17:12.93	36.40
300m:	3:27.65	35.38	700m:	8:15.82	36.38	1100m:	13:03.12	35.50	1500m:	17:47.31	34.38
350m:	4:03.72	36.07	750m:	8:52.02	36.20	1150m:	13:38.47	35.35			
400m:	4:39.40	35.68	800m:	9:28.61	36.59	1200m:	14:13.89	35.42			

42.	PINTO Guilherme Lobo	04	Foca	**17:47.70**	+0,68	542	

50m:	31.02	31.02	450m:	5:15.05	35.51	850m:	10:01.18	35.42	1250m:	14:50.37	36.08
100m:	1:05.72	34.70	500m:	5:50.99	35.94	900m:	10:37.37	36.19	1300m:	15:26.26	35.89
150m:	1:41.39	35.67	550m:	6:26.79	35.80	950m:	11:13.59	36.22	1350m:	16:02.15	35.89
200m:	2:17.08	35.69	600m:	7:02.39	35.60	1000m:	11:49.60	36.01	1400m:	16:37.89	35.74
250m:	2:52.65	35.57	650m:	7:38.22	35.83	1050m:	12:25.71	36.11	1450m:	17:13.11	35.22
300m:	3:28.17	35.52	700m:	8:13.85	35.63	1100m:	13:01.91	36.20	1500m:	17:47.70	34.59
350m:	4:03.95	35.78	750m:	8:49.78	35.93	1150m:	13:38.03	36.12			
400m:	4:39.54	35.59	800m:	9:25.76	35.98	1200m:	14:14.29	36.26			

43.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**17:48.54**	+0,75	541	

50m:	30.94	30.94	450m:	5:14.68	35.92	850m:	10:02.25	35.95	1250m:	14:50.80	36.09
100m:	1:05.42	34.48	500m:	5:50.42	35.74	900m:	10:38.36	36.11	1300m:	15:26.52	35.72
150m:	1:41.10	35.68	550m:	6:26.63	36.21	950m:	11:14.76	36.40	1350m:	16:02.49	35.97
200m:	2:16.71	35.61	600m:	7:02.39	35.76	1000m:	11:50.83	36.07	1400m:	16:37.90	35.41
250m:	2:51.74	35.03	650m:	7:38.15	35.76	1050m:	12:27.07	36.24	1450m:	17:13.57	35.67
300m:	3:27.10	35.36	700m:	8:14.30	36.15	1100m:	13:03.00	35.93	1500m:	17:48.54	34.97
350m:	4:03.04	35.94	750m:	8:50.32	36.02	1150m:	13:38.90	35.90			
400m:	4:38.76	35.72	800m:	9:26.30	35.98	1200m:	14:14.71	35.81			

44.	TSYKAL Daniel	04	Alcobaca	**17:49.63**	+0,65	539	

50m:	30.95	30.95	450m:	5:17.99	36.40	850m:	10:07.89	36.00	1250m:	14:53.64	35.77
100m:	1:05.52	34.57	500m:	5:54.46	36.47	900m:	10:43.48	35.59	1300m:	15:29.60	35.96
150m:	1:40.96	35.44	550m:	6:30.72	36.26	950m:	11:19.24	35.76	1350m:	16:05.27	35.67
200m:	2:16.93	35.97	600m:	7:06.97	36.25	1000m:	11:55.09	35.85	1400m:	16:40.85	35.58
250m:	2:52.84	35.91	650m:	7:43.36	36.39	1050m:	12:30.38	35.29	1450m:	17:15.94	35.09
300m:	3:29.21	36.37	700m:	8:19.76	36.40	1100m:	13:06.16	35.78	1500m:	17:49.63	33.69
350m:	4:05.31	36.10	750m:	8:55.62	35.86	1150m:	13:42.08	35.92			
400m:	4:41.59	36.28	800m:	9:31.89	36.27	1200m:	14:17.87	35.79			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
45.	SANTOS Francisco Amaro	04	Gesloures	**17:50.52**	+0,81	538	

50m:	30.97	30.97	450m:	5:16.09	36.19	850m:	10:03.20	36.18	1250m:	14:51.40	36.07
100m:	1:05.36	34.39	500m:	5:51.72	35.63	900m:	10:39.18	35.98	1300m:	15:27.34	35.94
150m:	1:40.62	35.26	550m:	6:27.50	35.78	950m:	11:15.03	35.85	1350m:	16:03.38	36.04
200m:	2:16.13	35.51	600m:	7:03.43	35.93	1000m:	11:51.17	36.14	1400m:	16:39.42	36.04
250m:	2:51.95	35.82	650m:	7:39.42	35.99	1050m:	12:26.87	35.70	1450m:	17:15.38	35.96
300m:	3:27.65	35.70	700m:	8:14.96	35.54	1100m:	13:02.98	36.11	1500m:	17:50.52	35.14
350m:	4:03.75	36.10	750m:	8:51.12	36.16	1150m:	13:39.08	36.10			
400m:	4:39.90	36.15	800m:	9:27.02	35.90	1200m:	14:15.33	36.25			

46.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**17:51.23**	+0,87	537	

50m:	32.14	32.14	450m:	5:17.63	35.60	850m:	10:05.25	35.94	1250m:	14:52.65	35.66
100m:	1:07.36	35.22	500m:	5:53.73	36.10	900m:	10:41.26	36.01	1300m:	15:29.05	36.40
150m:	1:42.54	35.18	550m:	6:29.60	35.87	950m:	11:17.02	35.76	1350m:	16:04.93	35.88
200m:	2:18.01	35.47	600m:	7:05.65	36.05	1000m:	11:53.40	36.38	1400m:	16:40.70	35.77
250m:	2:54.10	36.09	650m:	7:41.51	35.86	1050m:	12:29.46	36.06	1450m:	17:16.24	35.54
300m:	3:30.05	35.95	700m:	8:17.18	35.67	1100m:	13:05.17	35.71	1500m:	17:51.23	34.99
350m:	4:05.73	35.68	750m:	8:53.15	35.97	1150m:	13:40.76	35.59			
400m:	4:42.03	36.30	800m:	9:29.31	36.16	1200m:	14:16.99	36.23			

47.	FERREIRA Joao Carlos	03	Porto	**17:52.06**	+0,76	536	

50m:	30.86	30.86	450m:	5:11.68	35.26	850m:	10:00.72	36.03	1250m:	14:51.79	36.34
100m:	1:05.19	34.33	500m:	5:47.51	35.83	900m:	10:36.44	35.72	1300m:	15:28.61	36.82
150m:	1:40.06	34.87	550m:	6:22.78	35.27	950m:	11:12.79	36.35	1350m:	16:05.06	36.45
200m:	2:15.33	35.27	600m:	6:59.01	36.23	1000m:	11:49.24	36.45	1400m:	16:41.42	36.36
250m:	2:50.74	35.41	650m:	7:35.59	36.58	1050m:	12:25.18	35.94	1450m:	17:17.63	36.21
300m:	3:26.16	35.42	700m:	8:11.39	35.80	1100m:	13:02.29	37.11	1500m:	17:52.06	34.43
350m:	4:01.16	35.00	750m:	8:47.79	36.40	1150m:	13:38.74	36.45			
400m:	4:36.42	35.26	800m:	9:24.69	36.90	1200m:	14:15.45	36.71			

48.	SANTOS Gabriel Moreira	04	Famalicao	**17:52.94**	+0,72	535	

50m:	29.40	29.40	450m:	5:09.72	34.92	850m:	9:58.16	36.31	1250m:	14:51.92	36.72
100m:	1:02.98	33.58	500m:	5:45.32	35.60	900m:	10:35.12	36.96	1300m:	15:28.76	36.84
150m:	1:37.45	34.47	550m:	6:20.73	35.41	950m:	11:11.38	36.26	1350m:	16:05.08	36.32
200m:	2:12.65	35.20	600m:	6:56.57	35.84	1000m:	11:48.49	37.11	1400m:	16:41.50	36.42
250m:	2:48.04	35.39	650m:	7:32.47	35.90	1050m:	12:24.73	36.24	1450m:	17:17.46	35.96
300m:	3:23.67	35.63	700m:	8:08.48	36.01	1100m:	13:01.55	36.82	1500m:	17:52.94	35.48
350m:	3:58.75	35.08	750m:	8:44.87	36.39	1150m:	13:38.33	36.78			
400m:	4:34.80	36.05	800m:	9:21.85	36.98	1200m:	14:15.20	36.87			

49.	LOPES Miguel Sanches	01	Academico Viseu	**17:53.44**	+0,67	534	

50m:	30.70	30.70	450m:	5:09.31	34.83	850m:	9:56.60	36.49	1250m:	14:50.81	36.50
100m:	1:04.63	33.93	500m:	5:44.28	34.97	900m:	10:33.49	36.89	1300m:	15:28.57	37.76
150m:	1:39.48	34.85	550m:	6:19.33	35.05	950m:	11:10.80	37.31	1350m:	16:05.00	36.43
200m:	2:14.29	34.81	600m:	6:54.97	35.64	1000m:	11:47.51	36.71	1400m:	16:41.65	36.65
250m:	2:49.40	35.11	650m:	7:30.67	35.70	1050m:	12:23.95	36.44	1450m:	17:17.33	35.68
300m:	3:24.46	35.06	700m:	8:06.72	36.05	1100m:	13:00.80	36.85	1500m:	17:53.44	36.11
350m:	3:59.57	35.11	750m:	8:43.30	36.58	1150m:	13:37.27	36.47			
400m:	4:34.48	34.91	800m:	9:20.11	36.81	1200m:	14:14.31	37.04			

50.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:55.76**	+0,86	530	

50m:	31.04	31.04	450m:	5:16.39	36.26	850m:	10:08.40	36.65	1250m:	14:57.84	36.51
100m:	1:05.58	34.54	500m:	5:52.50	36.11	900m:	10:44.36	35.96	1300m:	15:34.47	36.63
150m:	1:40.97	35.39	550m:	6:28.93	36.43	950m:	11:20.69	36.33	1350m:	16:10.78	36.31
200m:	2:16.53	35.56	600m:	7:05.61	36.68	1000m:	11:56.34	35.65	1400m:	16:46.72	35.94
250m:	2:52.07	35.54	650m:	7:41.60	35.99	1050m:	12:32.70	36.36	1450m:	17:22.08	35.36
300m:	3:28.01	35.94	700m:	8:18.52	36.92	1100m:	13:08.55	35.85	1500m:	17:55.76	33.68
350m:	4:03.97	35.96	750m:	8:55.04	36.52	1150m:	13:45.50	36.95			
400m:	4:40.13	36.16	800m:	9:31.75	36.71	1200m:	14:21.33	35.83			

ORGANIZAÇÃO
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PATROCINADOR OFICIAL
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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
51.	CRISTINO Guilherme Matias	03	Uniao Piedense	**17:56.19**	+0,84	530	

50m:	31.62	31.62	450m:	5:13.88	35.36	850m:	10:03.48	36.39	1250m:	14:55.23	36.36
100m:	1:06.15	34.53	500m:	5:49.86	35.98	900m:	10:40.61	37.13	1300m:	15:31.40	36.17
150m:	1:41.25	35.10	550m:	6:25.40	35.54	950m:	11:16.72	36.11	1350m:	16:07.57	36.17
200m:	2:16.85	35.60	600m:	7:01.85	36.45	1000m:	11:53.72	37.00	1400m:	16:44.21	36.64
250m:	2:51.96	35.11	650m:	7:38.20	36.35	1050m:	12:29.56	35.84	1450m:	17:20.82	36.61
300m:	3:27.55	35.59	700m:	8:14.41	36.21	1100m:	13:06.03	36.47	1500m:	17:56.19	35.37
350m:	4:02.94	35.39	750m:	8:50.92	36.51	1150m:	13:42.38	36.35			
400m:	4:38.52	35.58	800m:	9:27.09	36.17	1200m:	14:18.87	36.49			

52.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:59.16**	+0,65	525

50m:	30.86	30.86	450m:	5:14.50	35.79	850m:	10:01.93	35.93	1250m:	14:54.89	35.94
100m:	1:04.88	34.02	500m:	5:50.79	36.29	900m:	10:37.90	35.97	1300m:	15:32.27	37.38
150m:	1:39.96	35.08	550m:	6:25.56	34.77	950m:	11:14.66	36.76	1350m:	16:09.81	37.54
200m:	2:15.88	35.92	600m:	7:01.08	35.52	1000m:	11:50.60	35.94	1400m:	16:47.50	37.69
250m:	2:51.50	35.62	650m:	7:37.03	35.95	1050m:	12:27.69	37.09	1450m:	17:23.90	36.40
300m:	3:27.17	35.67	700m:	8:13.35	36.32	1100m:	13:04.92	37.23	1500m:	17:59.16	35.26
350m:	4:02.75	35.58	750m:	8:49.84	36.49	1150m:	13:41.54	36.62			
400m:	4:38.71	35.96	800m:	9:26.00	36.16	1200m:	14:18.95	37.41			

53.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**17:59.91**	+0,70	524

50m:	31.35	31.35	450m:	5:14.88	36.26	850m:	10:06.73	36.42	1250m:	15:00.86	36.87
100m:	1:05.46	34.11	500m:	5:51.30	36.42	900m:	10:43.39	36.66	1300m:	15:37.53	36.67
150m:	1:40.45	34.99	550m:	6:27.73	36.43	950m:	11:19.11	35.72	1350m:	16:13.96	36.43
200m:	2:15.87	35.42	600m:	7:04.36	36.63	1000m:	11:56.14	37.03	1400m:	16:50.43	36.47
250m:	2:51.07	35.20	650m:	7:40.13	35.77	1050m:	12:32.63	36.49	1450m:	17:26.27	35.84
300m:	3:26.83	35.76	700m:	8:16.66	36.53	1100m:	13:09.60	36.97	1500m:	17:59.91	33.64
350m:	4:02.51	35.68	750m:	8:53.52	36.86	1150m:	13:46.94	37.34			
400m:	4:38.62	36.11	800m:	9:30.31	36.79	1200m:	14:23.99	37.05			

54.	BARAONA Andre Azevedo	04	Natacao do Montijo	**18:01.40**	+0,74	522

50m:	30.37	30.37	450m:	5:14.92	35.83	850m:	10:07.51	36.53	1250m:	15:00.62	36.95
100m:	1:04.05	33.68	500m:	5:51.18	36.26	900m:	10:43.41	35.90	1300m:	15:37.74	37.12
150m:	1:39.51	35.46	550m:	6:27.61	36.43	950m:	11:20.09	36.68	1350m:	16:14.28	36.54
200m:	2:14.99	35.48	600m:	7:04.44	36.83	1000m:	11:56.73	36.64	1400m:	16:50.99	36.71
250m:	2:50.67	35.68	650m:	7:41.26	36.82	1050m:	12:33.69	36.96	1450m:	17:26.80	35.81
300m:	3:26.55	35.88	700m:	8:17.37	36.11	1100m:	13:10.34	36.65	1500m:	18:01.40	34.60
350m:	4:02.84	36.29	750m:	8:54.22	36.85	1150m:	13:47.20	36.86			
400m:	4:39.09	36.25	800m:	9:30.98	36.76	1200m:	14:23.67	36.47			

55.	SILVA Ruben Filipe	03	Foca	**18:02.10**	+0,89	521

50m:	31.15	31.15	450m:	5:18.08	36.27	850m:	10:09.07	36.95	1250m:	15:01.00	36.66
100m:	1:06.22	35.07	500m:	5:54.12	36.04	900m:	10:45.50	36.43	1300m:	15:37.10	36.10
150m:	1:41.74	35.52	550m:	6:30.43	36.31	950m:	11:22.12	36.62	1350m:	16:13.76	36.66
200m:	2:17.74	36.00	600m:	7:06.67	36.24	1000m:	11:58.22	36.10	1400m:	16:50.50	36.74
250m:	2:54.02	36.28	650m:	7:43.39	36.72	1050m:	12:34.86	36.64	1450m:	17:26.76	36.26
300m:	3:29.80	35.78	700m:	8:19.31	35.92	1100m:	13:11.26	36.40	1500m:	18:02.10	35.34
350m:	4:06.01	36.21	750m:	8:55.74	36.43	1150m:	13:48.24	36.98			
400m:	4:41.81	35.80	800m:	9:32.12	36.38	1200m:	14:24.34	36.10			

56.	UVA Francisco Sousa	04	Alges	**18:05.37**	+0,71	516

50m:	31.67	31.67	450m:	5:22.65	36.07	850m:	10:14.92	36.40	1250m:	15:04.94	36.26
100m:	1:06.90	35.23	500m:	5:59.37	36.72	900m:	10:51.35	36.43	1300m:	15:41.65	36.71
150m:	1:43.00	36.10	550m:	6:35.99	36.62	950m:	11:27.20	35.85	1350m:	16:17.58	35.93
200m:	2:19.48	36.48	600m:	7:12.82	36.83	1000m:	12:03.84	36.64	1400m:	16:54.29	36.71
250m:	2:56.20	36.72	650m:	7:49.21	36.39	1050m:	12:39.99	36.15	1450m:	17:30.00	35.71
300m:	3:32.96	36.76	700m:	8:26.04	36.83	1100m:	13:16.78	36.79	1500m:	18:05.37	35.37
350m:	4:09.90	36.94	750m:	9:02.10	36.06	1150m:	13:52.31	35.53			
400m:	4:46.58	36.68	800m:	9:38.52	36.42	1200m:	14:28.68	36.37			

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**18:06.31**	+0,77	515	

50m:	33.79	33.79	450m:	5:24.26	36.46	850m:	10:15.85	36.29	1250m:	15:08.34	36.21
100m:	1:10.30	36.51	500m:	6:00.94	36.68	900m:	10:52.42	36.57	1300m:	15:44.87	36.53
150m:	1:46.49	36.19	550m:	6:36.96	36.02	950m:	11:28.73	36.31	1350m:	16:20.88	36.01
200m:	2:22.96	36.47	600m:	7:13.66	36.70	1000m:	12:05.54	36.81	1400m:	16:57.00	36.12
250m:	2:58.88	35.92	650m:	7:49.89	36.23	1050m:	12:41.72	36.18	1450m:	17:32.24	35.24
300m:	3:35.62	36.74	700m:	8:26.31	36.42	1100m:	13:18.58	36.86	1500m:	18:06.31	34.07
350m:	4:11.23	35.61	750m:	9:02.88	36.57	1150m:	13:55.47	36.89			
400m:	4:47.80	36.57	800m:	9:39.56	36.68	1200m:	14:32.13	36.66			

58.	RODRIGUES Rodrigo Reis	04	Sao Roque	**18:13.54**	+0,60	505	

50m:	30.54	30.54	450m:	5:17.90	36.27	850m:	10:13.46	37.26	1250m:	15:10.80	37.11
100m:	1:05.05	34.51	500m:	5:54.54	36.64	900m:	10:50.66	37.20	1300m:	15:48.54	37.74
150m:	1:40.59	35.54	550m:	6:31.01	36.47	950m:	11:27.75	37.09	1350m:	16:24.91	36.37
200m:	2:16.79	36.20	600m:	7:08.01	37.00	1000m:	12:05.06	37.31	1400m:	17:02.00	37.09
250m:	2:52.64	35.85	650m:	7:44.89	36.88	1050m:	12:42.48	37.42	1450m:	17:37.57	35.57
300m:	3:28.96	36.32	700m:	8:22.27	37.38	1100m:	13:19.26	36.78	1500m:	18:13.54	35.97
350m:	4:05.10	36.14	750m:	8:58.89	36.62	1150m:	13:56.49	37.23			
400m:	4:41.63	36.53	800m:	9:36.20	37.31	1200m:	14:33.69	37.20			

59.	MATOS Gil Amaral	04	Academia Acores	**18:26.84**	+0,69	487	

50m:	33.40	33.40	450m:	5:30.91	36.88	850m:	10:26.64	36.87	1250m:	15:25.16	36.97
100m:	1:10.00	36.60	500m:	6:08.13	37.22	900m:	11:04.09	37.45	1300m:	16:03.30	38.14
150m:	1:47.11	37.11	550m:	6:44.60	36.47	950m:	11:41.44	37.35	1350m:	16:39.52	36.22
200m:	2:24.96	37.85	600m:	7:21.50	36.90	1000m:	12:19.06	37.62	1400m:	17:16.08	36.56
250m:	3:02.11	37.15	650m:	7:57.93	36.43	1050m:	12:56.17	37.11	1450m:	17:51.90	35.82
300m:	3:39.27	37.16	700m:	8:35.57	37.64	1100m:	13:33.72	37.55	1500m:	18:26.84	34.94
350m:	4:16.39	37.12	750m:	9:11.94	36.37	1150m:	14:11.11	37.39			
400m:	4:54.03	37.64	800m:	9:49.77	37.83	1200m:	14:48.19	37.08			

60.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:41.59**	+0,78	468	

50m:	31.38	31.38	450m:	5:25.84	37.21	850m:	10:26.49	37.84	1250m:	15:31.59	38.20
100m:	1:06.83	35.45	500m:	6:03.39	37.55	900m:	11:04.54	38.05	1300m:	16:09.96	38.37
150m:	1:43.07	36.24	550m:	6:40.66	37.27	950m:	11:42.22	37.68	1350m:	16:47.94	37.98
200m:	2:20.16	37.09	600m:	7:18.23	37.57	1000m:	12:20.45	38.23	1400m:	17:26.32	38.38
250m:	2:56.98	36.82	650m:	7:55.38	37.15	1050m:	12:58.53	38.08	1450m:	18:04.08	37.76
300m:	3:34.23	37.25	700m:	8:33.15	37.77	1100m:	13:36.80	38.27	1500m:	18:41.59	37.51
350m:	4:11.24	37.01	750m:	9:10.64	37.49	1150m:	14:14.95	38.15			
400m:	4:48.63	37.39	800m:	9:48.65	38.01	1200m:	14:53.39	38.44			

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Prova 1, Masc., 1500m Livres

Prova 1 — Masc., 1500m Livres — Absolutos
01-08-2019 - 9:00 — Resultados

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

TAC Sen 50m: 16:51.20 - 25m: 16:24.57; Jun 50m: 17:22.98 - 25m: 16:50.32

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**15:25.72**	+0,67	833	
2.	PINA Guilherme Filipe	98	Sporting	**15:46.96**	+0,75	778	
3.	GIL Rafael Lourenco	96	Sporting	**15:54.10**	+0,71	760	
4.	SANTOS Pedro Miguel	01	Porto	**16:12.01**	+0,68	719	
5.	NUNES Diogo Barbosa	00	Porto	**16:15.57**	+0,76	711	

LOPES Jose Paulo

50m:	27.92	27.92	450m:	4:35.03	31.17	850m:	8:42.77	30.75	1250m:	12:51.99	31.01
100m:	58.46	30.54	500m:	5:06.17	31.14	900m:	9:13.80	31.03	1300m:	13:23.55	31.56
150m:	1:28.79	30.33	550m:	5:37.29	31.12	950m:	9:44.79	30.99	1350m:	13:54.54	30.99
200m:	1:59.86	31.07	600m:	6:08.76	31.47	1000m:	10:15.88	31.09	1400m:	14:25.70	31.16
250m:	2:30.76	30.90	650m:	6:39.60	30.84	1050m:	10:46.67	30.79	1450m:	14:56.20	30.50
300m:	3:01.66	30.90	700m:	7:10.49	30.89	1100m:	11:18.03	31.36	1500m:	15:25.72	29.52
350m:	3:32.68	31.02	750m:	7:41.07	30.58	1150m:	11:49.41	31.38			
400m:	4:03.86	31.18	800m:	8:12.02	30.95	1200m:	12:20.98	31.57			

PINA Guilherme Filipe

50m:	28.38	28.38	450m:	4:35.06	31.08	850m:	8:47.40	32.06	1250m:	13:06.62	32.42
100m:	58.89	30.51	500m:	5:06.26	31.20	900m:	9:19.58	32.18	1300m:	13:39.02	32.40
150m:	1:29.29	30.40	550m:	5:37.44	31.18	950m:	9:51.84	32.26	1350m:	14:11.01	31.99
200m:	2:00.09	30.80	600m:	6:09.02	31.58	1000m:	10:24.29	32.45	1400m:	14:43.23	32.22
250m:	2:30.79	30.70	650m:	6:40.12	31.10	1050m:	10:56.35	32.06	1450m:	15:15.18	31.95
300m:	3:01.76	30.97	700m:	7:11.67	31.55	1100m:	11:29.07	32.72	1500m:	15:46.96	31.78
350m:	3:32.83	31.07	750m:	7:43.31	31.64	1150m:	12:01.49	32.42			
400m:	4:03.98	31.15	800m:	8:15.34	32.03	1200m:	12:34.20	32.71			

GIL Rafael Lourenco

50m:	28.75	28.75	450m:	4:37.24	31.44	850m:	8:52.20	32.07	1250m:	13:11.59	32.78
100m:	59.61	30.86	500m:	5:08.96	31.72	900m:	9:24.50	32.30	1300m:	13:44.26	32.67
150m:	1:30.07	30.46	550m:	5:40.63	31.67	950m:	9:56.99	32.49	1350m:	14:16.89	32.63
200m:	2:01.04	30.97	600m:	6:12.35	31.72	1000m:	10:29.19	32.20	1400m:	14:49.69	32.80
250m:	2:31.99	30.95	650m:	6:44.31	31.96	1050m:	11:01.42	32.23	1450m:	15:22.08	32.39
300m:	3:03.12	31.13	700m:	7:16.18	31.87	1100m:	11:34.05	32.63	1500m:	15:54.10	32.02
350m:	3:34.27	31.15	750m:	7:48.22	32.04	1150m:	12:06.48	32.43			
400m:	4:05.80	31.53	800m:	8:20.13	31.91	1200m:	12:38.81	32.33			

SANTOS Pedro Miguel

50m:	28.92	28.92	450m:	4:43.99	32.29	850m:	9:06.50	33.21	1250m:	13:28.80	32.48
100m:	1:00.47	31.55	500m:	5:16.48	32.49	900m:	9:39.86	33.36	1300m:	14:01.91	33.11
150m:	1:31.74	31.27	550m:	5:48.73	32.25	950m:	10:12.99	33.13	1350m:	14:34.46	32.55
200m:	2:03.60	31.86	600m:	6:21.62	32.89	1000m:	10:45.99	33.00	1400m:	15:07.47	33.01
250m:	2:35.45	31.85	650m:	6:54.16	32.54	1050m:	11:18.02	32.03	1450m:	15:39.95	32.48
300m:	3:07.67	32.22	700m:	7:27.32	33.16	1100m:	11:50.47	32.45	1500m:	16:12.01	32.06
350m:	3:39.60	31.93	750m:	8:00.13	32.81	1150m:	12:23.34	32.87			
400m:	4:11.70	32.10	800m:	8:33.29	33.16	1200m:	12:56.32	32.98			

NUNES Diogo Barbosa

50m:	29.31	29.31	450m:	4:44.82	32.19	850m:	9:06.81	32.95	1250m:	13:30.32	32.90
100m:	1:00.75	31.44	500m:	5:17.53	32.71	900m:	9:39.91	33.10	1300m:	14:03.43	33.11
150m:	1:32.22	31.47	550m:	5:49.72	32.19	950m:	10:12.72	32.81	1350m:	14:36.65	33.22
200m:	2:03.94	31.72	600m:	6:22.42	32.70	1000m:	10:45.57	32.85	1400m:	15:10.31	33.66
250m:	2:35.51	31.57	650m:	6:54.91	32.49	1050m:	11:18.40	32.83	1450m:	15:43.72	33.41
300m:	3:08.04	32.53	700m:	7:27.91	33.00	1100m:	11:51.52	33.12	1500m:	16:15.57	31.85
350m:	3:40.12	32.08	750m:	8:00.80	32.89	1150m:	12:24.34	32.82			
400m:	4:12.63	32.51	800m:	8:33.86	33.06	1200m:	12:57.42	33.08			

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Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	DEUS Andre Portugal	02	Naval do Funchal	**16:21.76**	+0,59	698	

50m:	28.51	28.51	450m:	4:47.89	32.72	850m:	9:14.43	33.20	1250m:	13:40.11	32.98
100m:	59.71	31.20	500m:	5:21.32	33.43	900m:	9:48.10	33.67	1300m:	14:12.89	32.78
150m:	1:31.66	31.95	550m:	5:54.30	32.98	950m:	10:20.98	32.88	1350m:	14:45.09	32.20
200m:	2:03.84	32.18	600m:	6:27.73	33.43	1000m:	10:54.40	33.42	1400m:	15:17.73	32.64
250m:	2:36.74	32.90	650m:	7:00.92	33.19	1050m:	11:27.58	33.18	1450m:	15:49.88	32.15
300m:	3:09.51	32.77	700m:	7:34.34	33.42	1100m:	12:00.65	33.07	1500m:	16:21.76	31.88
350m:	3:42.28	32.77	750m:	8:07.72	33.38	1150m:	12:34.22	33.57			
400m:	4:15.17	32.89	800m:	8:41.23	33.51	1200m:	13:07.13	32.91			

7.	CARVALHO Daniel Luis	02	Braga	**16:22.41**	+0,85	696	

50m:	29.08	29.08	450m:	4:49.23	33.08	850m:	9:13.76	32.93	1250m:	13:39.70	33.40
100m:	1:00.66	31.58	500m:	5:21.96	32.73	900m:	9:46.90	33.14	1300m:	14:12.63	32.93
150m:	1:32.94	32.28	550m:	5:55.08	33.12	950m:	10:20.10	33.20	1350m:	14:45.32	32.69
200m:	2:05.27	32.33	600m:	6:28.15	33.07	1000m:	10:53.40	33.30	1400m:	15:18.25	32.93
250m:	2:37.68	32.41	650m:	7:01.22	33.07	1050m:	11:26.62	33.22	1450m:	15:50.75	32.50
300m:	3:10.39	32.71	700m:	7:34.64	33.42	1100m:	11:59.98	33.36	1500m:	16:22.41	31.66
350m:	3:43.27	32.88	750m:	8:07.67	33.03	1150m:	12:33.05	33.07			
400m:	4:16.15	32.88	800m:	8:40.83	33.16	1200m:	13:06.30	33.25			

8.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:41.36**	+0,74	658	

50m:	28.81	28.81	450m:	4:47.56	32.90	850m:	9:15.20	33.53	1250m:	13:49.58	34.35
100m:	1:00.22	31.41	500m:	5:21.26	33.70	900m:	9:49.44	34.24	1300m:	14:24.53	34.95
150m:	1:31.62	31.40	550m:	5:54.32	33.06	950m:	10:23.01	33.57	1350m:	14:58.75	34.22
200m:	2:03.98	32.36	600m:	6:27.92	33.60	1000m:	10:57.61	34.60	1400m:	15:33.66	34.91
250m:	2:36.24	32.26	650m:	7:01.28	33.36	1050m:	11:31.71	34.10	1450m:	16:07.81	34.15
300m:	3:09.01	32.77	700m:	7:34.74	33.46	1100m:	12:06.54	34.83	1500m:	16:41.36	33.55
350m:	3:41.60	32.59	750m:	8:07.76	33.02	1150m:	12:41.16	34.62			
400m:	4:14.66	33.06	800m:	8:41.67	33.91	1200m:	13:15.23	34.07			

9.	AMARAL Francisco Rodriguez	02	Campinho	**16:49.01**	+0,68	643	

50m:	29.49	29.49	450m:	4:48.36	33.17	850m:	9:16.64	33.90	1250m:	13:54.31	34.79
100m:	1:00.75	31.26	500m:	5:21.60	33.24	900m:	9:51.08	34.44	1300m:	14:29.74	35.43
150m:	1:32.89	32.14	550m:	5:54.70	33.10	950m:	10:25.31	34.23	1350m:	15:04.99	35.25
200m:	2:04.90	32.01	600m:	6:28.20	33.50	1000m:	11:00.24	34.93	1400m:	15:40.78	35.79
250m:	2:37.66	32.76	650m:	7:01.67	33.47	1050m:	11:34.79	34.55	1450m:	16:15.93	35.15
300m:	3:09.95	32.29	700m:	7:35.15	33.48	1100m:	12:09.87	35.08	1500m:	16:49.01	33.08
350m:	3:42.46	32.51	750m:	8:08.93	33.78	1150m:	12:44.51	34.64			
400m:	4:15.19	32.73	800m:	8:42.74	33.81	1200m:	13:19.52	35.01			

10.	FROTA Paulo Andre	02	Condeixa Clube	**16:49.07**	+0,67	643	

50m:	29.88	29.88	450m:	4:53.32	33.82	850m:	9:25.80	34.03	1250m:	13:59.54	34.47
100m:	1:01.49	31.61	500m:	5:27.17	33.85	900m:	10:00.46	34.66	1300m:	14:34.09	34.55
150m:	1:33.69	32.20	550m:	6:01.03	33.86	950m:	10:34.03	33.57	1350m:	15:07.93	33.84
200m:	2:06.28	32.59	600m:	6:35.16	34.13	1000m:	11:08.11	34.08	1400m:	15:41.97	34.04
250m:	2:38.87	32.59	650m:	7:09.01	33.85	1050m:	11:41.87	33.76	1450m:	16:15.84	33.87
300m:	3:12.39	33.52	700m:	7:43.33	34.32	1100m:	12:16.43	34.56	1500m:	16:49.07	33.23
350m:	3:45.71	33.32	750m:	8:17.46	34.13	1150m:	12:50.33	33.90			
400m:	4:19.50	33.79	800m:	8:51.77	34.31	1200m:	13:25.07	34.74			

11.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**16:49.92**	+0,77	641	

50m:	28.52	28.52	450m:	4:59.08	34.09	850m:	9:33.81	33.40	1250m:	14:06.26	33.39
100m:	1:00.70	32.18	500m:	5:33.68	34.60	900m:	10:08.46	34.65	1300m:	14:40.15	33.89
150m:	1:33.71	33.01	550m:	6:07.45	33.77	950m:	10:41.99	33.53	1350m:	15:13.71	33.56
200m:	2:08.00	34.29	600m:	6:42.66	35.21	1000m:	11:16.51	34.52	1400m:	15:47.68	33.97
250m:	2:41.51	33.51	650m:	7:16.76	34.10	1050m:	11:50.24	33.73	1450m:	16:19.04	31.36
300m:	3:15.93	34.42	700m:	7:51.59	34.83	1100m:	12:25.33	35.09	1500m:	16:49.92	30.88
350m:	3:49.96	34.03	750m:	8:25.57	33.98	1150m:	12:58.83	33.50			
400m:	4:24.99	35.03	800m:	9:00.41	34.84	1200m:	13:32.87	34.04			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	RODRIGUES Pedro Reis	02	Sao Roque	**16:52.38**	+0,79	636	

50m:	29.20	29.20	450m:	4:56.59	33.87	850m:	9:31.21	34.69	1250m:	14:06.04	34.55
100m:	1:01.59	32.39	500m:	5:30.67	34.08	900m:	10:05.79	34.58	1300m:	14:40.67	34.63
150m:	1:34.48	32.89	550m:	6:04.99	34.32	950m:	10:39.64	33.85	1350m:	15:13.86	33.19
200m:	2:07.72	33.24	600m:	6:39.30	34.31	1000m:	11:13.49	33.85	1400m:	15:47.25	33.39
250m:	2:41.24	33.52	650m:	7:13.70	34.40	1050m:	11:48.41	34.92	1450m:	16:20.35	33.10
300m:	3:15.12	33.88	700m:	7:47.95	34.25	1100m:	12:22.85	34.44	1500m:	16:52.38	32.03
350m:	3:49.22	34.10	750m:	8:22.36	34.41	1150m:	12:57.09	34.24			
400m:	4:22.72	33.50	800m:	8:56.52	34.16	1200m:	13:31.49	34.40			

13.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.31**	+0,77	622	

50m:	30.03	30.03	450m:	4:59.67	34.01	850m:	9:34.23	34.53	1250m:	14:11.82	34.30
100m:	1:02.31	32.28	500m:	5:33.98	34.31	900m:	10:09.20	34.97	1300m:	14:46.81	34.99
150m:	1:35.75	33.44	550m:	6:08.08	34.10	950m:	10:43.24	34.04	1350m:	15:21.13	34.32
200m:	2:09.57	33.82	600m:	6:42.61	34.53	1000m:	11:18.25	35.01	1400m:	15:55.40	34.27
250m:	2:43.10	33.53	650m:	7:16.53	33.92	1050m:	11:52.91	34.66	1450m:	16:29.29	33.89
300m:	3:17.07	33.97	700m:	7:50.95	34.42	1100m:	12:27.75	34.84	1500m:	17:00.31	31.02
350m:	3:51.14	34.07	750m:	8:25.10	34.15	1150m:	13:02.47	34.72			
400m:	4:25.66	34.52	800m:	8:59.70	34.60	1200m:	13:37.52	35.05			

14.	MONTEIRO Tomas Penha	02	Alges	**17:00.79**	+0,71	621	

50m:	30.31	30.31	450m:	5:01.43	33.93	850m:	9:33.27	34.02	1250m:	14:09.45	34.70
100m:	1:03.72	33.41	500m:	5:35.45	34.02	900m:	10:07.67	34.40	1300m:	14:44.45	35.00
150m:	1:37.47	33.75	550m:	6:09.20	33.75	950m:	10:41.62	33.95	1350m:	15:18.75	34.30
200m:	2:11.30	33.83	600m:	6:42.96	33.76	1000m:	11:16.37	34.75	1400m:	15:53.37	34.62
250m:	2:44.93	33.63	650m:	7:16.67	33.71	1050m:	11:50.47	34.10	1450m:	16:28.22	34.85
300m:	3:19.17	34.24	700m:	7:50.85	34.18	1100m:	12:25.28	34.81	1500m:	17:00.79	32.57
350m:	3:53.16	33.99	750m:	8:24.89	34.04	1150m:	12:59.93	34.65			
400m:	4:27.50	34.34	800m:	8:59.25	34.36	1200m:	13:34.75	34.82			

15.	SALGADO Goncalo Sampaio	02	Famalicao	**17:13.89**	+0,80	597	

50m:	29.94	29.94	450m:	5:04.26	34.83	850m:	9:43.06	34.88	1250m:	14:21.43	34.69
100m:	1:03.28	33.34	500m:	5:38.91	34.65	900m:	10:17.99	34.93	1300m:	14:56.15	34.72
150m:	1:37.13	33.85	550m:	6:13.98	35.07	950m:	10:52.85	34.86	1350m:	15:30.94	34.79
200m:	2:11.26	34.13	600m:	6:48.64	34.66	1000m:	11:27.64	34.79	1400m:	16:05.71	34.77
250m:	2:45.60	34.34	650m:	7:23.24	34.60	1050m:	12:02.62	34.98	1450m:	16:40.38	34.67
300m:	3:20.10	34.50	700m:	7:58.20	34.96	1100m:	12:37.34	34.72	1500m:	17:13.89	33.51
350m:	3:54.90	34.80	750m:	8:33.14	34.94	1150m:	13:12.21	34.87			
400m:	4:29.43	34.53	800m:	9:08.18	35.04	1200m:	13:46.74	34.53			

16.	MARQUES Rui Joao	02	Nautico Academico	**17:15.25**	+0,67	595	

50m:	32.13	32.13	450m:	5:05.42	34.25	850m:	9:41.04	34.53	1250m:	14:20.80	35.26
100m:	1:06.56	34.43	500m:	5:39.98	34.56	900m:	10:16.17	35.13	1300m:	14:56.52	35.72
150m:	1:40.31	33.75	550m:	6:14.12	34.14	950m:	10:50.94	34.77	1350m:	15:31.69	35.17
200m:	2:14.64	34.33	600m:	6:48.80	34.68	1000m:	11:26.46	35.52	1400m:	16:07.66	35.97
250m:	2:48.60	33.96	650m:	7:23.19	34.39	1050m:	12:01.02	34.56	1450m:	16:41.91	34.25
300m:	3:23.02	34.42	700m:	7:57.51	34.32	1100m:	12:35.91	34.89	1500m:	17:15.25	33.34
350m:	3:56.94	33.92	750m:	8:31.98	34.47	1150m:	13:10.41	34.50			
400m:	4:31.17	34.23	800m:	9:06.51	34.53	1200m:	13:45.54	35.13			

17.	LOPES Miguel Sanches	01	Academico Viseu	**17:53.44**	+0,67	534	

50m:	30.70	30.70	450m:	5:09.31	34.83	850m:	9:56.60	36.49	1250m:	14:50.81	36.50
100m:	1:04.63	33.93	500m:	5:44.28	34.97	900m:	10:33.49	36.89	1300m:	15:28.57	37.76
150m:	1:39.48	34.85	550m:	6:19.33	35.05	950m:	11:10.80	37.31	1350m:	16:05.00	36.43
200m:	2:14.29	34.81	600m:	6:54.97	35.64	1000m:	11:47.51	36.71	1400m:	16:41.65	36.65
250m:	2:49.40	35.11	650m:	7:30.67	35.70	1050m:	12:23.95	36.44	1450m:	17:17.33	35.68
300m:	3:24.46	35.06	700m:	8:06.72	36.05	1100m:	13:00.80	36.85	1500m:	17:53.44	36.11
350m:	3:59.57	35.11	750m:	8:43.30	36.58	1150m:	13:37.27	36.47			
400m:	4:34.48	34.91	800m:	9:20.11	36.81	1200m:	14:14.31	37.04			

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NATAÇÃO PURA

Prova 2 — Femin., 1500m Livres — Open
01-08-2019 - 10:15 — Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007
Rec Nac Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24-06-2016
Rec Nac Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05-07-2009

TAC Sen 50m: 17:54.48 - 25m: 17:31.92; Jun 50m: 18:25.21 - 25m: 17:53.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	**16:35.79**	+0,76	789	
2.	ANDRE Angelica Maria	94	Fluvial Portuense	**17:23.10**	+0,75	687	
3.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:27.89**	+0,71	677	
4.	RAMOS Ana Rita	02	Porto	**17:28.25**	+0,68	677	

HOLUB Tamila Hryhorivna

50m:	30.81	30.81	450m:	4:57.20	33.50	850m:	9:24.13	32.99	1250m:	13:50.16	33.09
100m:	1:03.51	32.70	500m:	5:30.93	33.73	900m:	9:57.64	33.51	1300m:	14:23.50	33.34
150m:	1:36.49	32.98	550m:	6:04.36	33.43	950m:	10:30.66	33.02	1350m:	14:56.63	33.13
200m:	2:09.83	33.34	600m:	6:37.89	33.53	1000m:	11:03.90	33.24	1400m:	15:30.08	33.45
250m:	2:43.14	33.31	650m:	7:11.20	33.31	1050m:	11:36.95	33.05	1450m:	16:03.12	33.04
300m:	3:16.66	33.52	700m:	7:44.56	33.36	1100m:	12:10.61	33.66	1500m:	16:35.79	32.67
350m:	3:50.16	33.50	750m:	8:17.73	33.17	1150m:	12:43.69	33.08			
400m:	4:23.70	33.54	800m:	8:51.14	33.41	1200m:	13:17.07	33.38			

ANDRE Angelica Maria

50m:	30.95	30.95	450m:	5:04.00	34.43	850m:	9:43.58	35.20	1250m:	14:26.15	35.35
100m:	1:04.20	33.25	500m:	5:38.83	34.83	900m:	10:18.88	35.30	1300m:	15:01.77	35.62
150m:	1:37.98	33.78	550m:	6:13.37	34.54	950m:	10:54.14	35.26	1350m:	15:37.48	35.71
200m:	2:12.40	34.42	600m:	6:48.35	34.98	1000m:	11:29.53	35.39	1400m:	16:12.87	35.39
250m:	2:46.55	34.15	650m:	7:23.06	34.71	1050m:	12:04.93	35.40	1450m:	16:48.32	35.45
300m:	3:20.95	34.40	700m:	7:58.09	35.03	1100m:	12:40.25	35.32	1500m:	17:23.10	34.78
350m:	3:55.17	34.22	750m:	8:33.30	35.21	1150m:	13:15.78	35.53			
400m:	4:29.57	34.40	800m:	9:08.38	35.08	1200m:	13:50.80	35.02			

QUEIROZ Ana Rita

50m:	31.73	31.73	450m:	5:11.40	34.92	850m:	9:55.61	35.40	1250m:	14:36.90	33.98
100m:	1:05.65	33.92	500m:	5:47.23	35.83	900m:	10:31.59	35.98	1300m:	15:12.39	35.49
150m:	1:40.27	34.62	550m:	6:22.49	35.26	950m:	11:06.59	35.00	1350m:	15:47.07	34.68
200m:	2:15.60	35.33	600m:	6:58.28	35.79	1000m:	11:42.42	35.83	1400m:	16:22.13	35.06
250m:	2:50.27	34.67	650m:	7:33.54	35.26	1050m:	12:17.38	34.96	1450m:	16:55.65	33.52
300m:	3:25.78	35.51	700m:	8:09.29	35.75	1100m:	12:52.69	35.31	1500m:	17:27.89	32.24
350m:	4:00.91	35.13	750m:	8:44.48	35.19	1150m:	13:27.79	35.10			
400m:	4:36.48	35.57	800m:	9:20.21	35.73	1200m:	14:02.92	35.13			

RAMOS Ana Rita

50m:	31.91	31.91	450m:	5:11.65	34.92	850m:	9:54.08	35.00	1250m:	14:36.50	35.07
100m:	1:06.39	34.48	500m:	5:47.31	35.66	900m:	10:29.49	35.41	1300m:	15:11.56	35.06
150m:	1:40.75	34.36	550m:	6:22.20	34.89	950m:	11:05.02	35.53	1350m:	15:46.41	34.85
200m:	2:15.94	35.19	600m:	6:57.95	35.75	1000m:	11:40.23	35.21	1400m:	16:21.80	35.39
250m:	2:50.67	34.73	650m:	7:32.90	34.95	1050m:	12:15.75	35.52	1450m:	16:55.82	34.02
300m:	3:26.21	35.54	700m:	8:08.29	35.39	1100m:	12:50.88	35.13	1500m:	17:28.25	32.43
350m:	4:01.22	35.01	750m:	8:43.28	34.99	1150m:	13:25.91	35.03			
400m:	4:36.73	35.51	800m:	9:19.08	35.80	1200m:	14:01.43	35.52			

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Prova 2, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	AMORIM Maria Leonor	03	Porto	**17:47.66**	+0,74	640	

50m:	31.89	31.89	450m:	5:13.84	35.39	850m:	9:59.41	34.61	1250m:	14:48.53	35.67
100m:	1:06.75	34.86	500m:	5:50.38	36.54	900m:	10:35.57	36.16	1300m:	15:25.01	36.48
150m:	1:41.28	34.53	550m:	6:25.92	35.54	950m:	11:10.80	35.23	1350m:	16:00.64	35.63
200m:	2:16.43	35.15	600m:	7:02.03	36.11	1000m:	11:47.51	36.71	1400m:	16:36.98	36.34
250m:	2:51.34	34.91	650m:	7:37.51	35.48	1050m:	12:23.70	36.19	1450m:	17:12.46	35.48
300m:	3:26.91	35.57	700m:	8:13.48	35.97	1100m:	13:00.31	36.61	1500m:	17:47.66	35.20
350m:	4:02.42	35.51	750m:	8:48.88	35.40	1150m:	13:36.20	35.89			
400m:	4:38.45	36.03	800m:	9:24.80	35.92	1200m:	14:12.86	36.66			

6.	SANTOS Leonor Esteves	04	Avancado EUL	**17:55.98**	+0,81	626					
50m:	33.14	33.14	450m:	5:18.40	35.88	850m:	10:04.80	35.81	1250m:	14:54.67	36.65
100m:	1:08.83	35.69	500m:	5:54.20	35.80	900m:	10:40.79	35.99	1300m:	15:31.21	36.54
150m:	1:44.60	35.77	550m:	6:29.94	35.74	950m:	11:16.99	36.20	1350m:	16:07.77	36.56
200m:	2:20.10	35.50	600m:	7:05.43	35.49	1000m:	11:52.82	35.83	1400m:	16:44.53	36.76
250m:	2:55.80	35.70	650m:	7:41.10	35.67	1050m:	12:29.29	36.47	1450m:	17:20.81	36.28
300m:	3:31.00	35.20	700m:	8:16.81	35.71	1100m:	13:05.29	36.00	1500m:	17:55.98	35.17
350m:	4:07.10	36.10	750m:	8:52.81	36.00	1150m:	13:41.68	36.39			
400m:	4:42.52	35.42	800m:	9:28.99	36.18	1200m:	14:18.02	36.34			

7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**18:08.22**	+0,68	605					
50m:	32.56	32.56	450m:	5:16.32	36.32	850m:	10:08.12	36.72	1250m:	15:04.07	37.01
100m:	1:06.44	33.88	500m:	5:52.65	36.33	900m:	10:44.84	36.72	1300m:	15:41.60	37.53
150m:	1:41.57	35.13	550m:	6:28.79	36.14	950m:	11:21.30	36.46	1350m:	16:18.74	37.14
200m:	2:16.63	35.06	600m:	7:05.09	36.30	1000m:	11:58.35	37.05	1400m:	16:56.19	37.45
250m:	2:52.08	35.45	650m:	7:41.14	36.05	1050m:	12:35.53	37.18	1450m:	17:32.87	36.68
300m:	3:27.61	35.53	700m:	8:17.43	36.29	1100m:	13:12.69	37.16	1500m:	18:08.22	35.35
350m:	4:03.81	36.20	750m:	8:54.41	36.98	1150m:	13:49.87	37.18			
400m:	4:40.00	36.19	800m:	9:31.40	36.99	1200m:	14:27.06	37.19			

Prova 2 — Femin., 1500m Livres — Absolutos
01-08-2019 - 10:15 — Resultados

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

TAC Sen 50m: 17:54.48 - 25m: 17:31.92; Jun 50m: 18:25.21 - 25m: 17:53.53

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	**16:35.79**	+0,76	789	

50m:	30.81	30.81	450m:	4:57.20	33.50	850m:	9:24.13	32.99	1250m:	13:50.16	33.09
100m:	1:03.51	32.70	500m:	5:30.93	33.73	900m:	9:57.64	33.51	1300m:	14:23.50	33.34
150m:	1:36.49	32.98	550m:	6:04.36	33.43	950m:	10:30.66	33.02	1350m:	14:56.63	33.13
200m:	2:09.83	33.34	600m:	6:37.89	33.53	1000m:	11:03.90	33.24	1400m:	15:30.08	33.45
250m:	2:43.14	33.31	650m:	7:11.20	33.31	1050m:	11:36.95	33.05	1450m:	16:03.12	33.04
300m:	3:16.66	33.52	700m:	7:44.56	33.36	1100m:	12:10.61	33.66	1500m:	16:35.79	32.67
350m:	3:50.16	33.50	750m:	8:17.73	33.17	1150m:	12:43.69	33.08			
400m:	4:23.70	33.54	800m:	8:51.14	33.41	1200m:	13:17.07	33.38			

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NATAÇÃO PURA

Prova 2, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	**17:23.10**	+0,75	687	

50m:	30.95	30.95	450m:	5:04.00	34.43	850m:	9:43.58	35.20	1250m:	14:26.15	35.35
100m:	1:04.20	33.25	500m:	5:38.83	34.83	900m:	10:18.88	35.30	1300m:	15:01.77	35.62
150m:	1:37.98	33.78	550m:	6:13.37	34.54	950m:	10:54.14	35.26	1350m:	15:37.48	35.71
200m:	2:12.40	34.42	600m:	6:48.35	34.98	1000m:	11:29.53	35.39	1400m:	16:12.87	35.39
250m:	2:46.55	34.15	650m:	7:23.06	34.71	1050m:	12:04.93	35.40	1450m:	16:48.32	35.45
300m:	3:20.95	34.40	700m:	7:58.09	35.03	1100m:	12:40.25	35.32	1500m:	17:23.10	34.78
350m:	3:55.17	34.22	750m:	8:33.30	35.21	1150m:	13:15.78	35.53			
400m:	4:29.57	34.40	800m:	9:08.38	35.08	1200m:	13:50.80	35.02			

3.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:27.89**	+0,71	677					
50m:	31.73	31.73	450m:	5:11.40	34.92	850m:	9:55.61	35.40	1250m:	14:36.90	33.98
100m:	1:05.65	33.92	500m:	5:47.23	35.83	900m:	10:31.59	35.98	1300m:	15:12.39	35.49
150m:	1:40.27	34.62	550m:	6:22.49	35.26	950m:	11:06.59	35.00	1350m:	15:47.07	34.68
200m:	2:15.60	35.33	600m:	6:58.28	35.79	1000m:	11:42.42	35.83	1400m:	16:22.13	35.06
250m:	2:50.27	34.67	650m:	7:33.54	35.26	1050m:	12:17.38	34.96	1450m:	16:55.65	33.52
300m:	3:25.78	35.51	700m:	8:09.29	35.75	1100m:	12:52.69	35.31	1500m:	17:27.89	32.24
350m:	4:00.91	35.13	750m:	8:44.48	35.19	1150m:	13:27.79	35.10			
400m:	4:36.48	35.57	800m:	9:20.21	35.73	1200m:	14:02.92	35.13			

4.	RAMOS Ana Rita	02	Porto	**17:28.25**	+0,68	677					
50m:	31.91	31.91	450m:	5:11.65	34.92	850m:	9:54.08	35.00	1250m:	14:36.50	35.07
100m:	1:06.39	34.48	500m:	5:47.31	35.66	900m:	10:29.49	35.41	1300m:	15:11.56	35.06
150m:	1:40.75	34.36	550m:	6:22.20	34.89	950m:	11:05.02	35.53	1350m:	15:46.41	34.85
200m:	2:15.94	35.19	600m:	6:57.95	35.75	1000m:	11:40.23	35.21	1400m:	16:21.80	35.39
250m:	2:50.67	34.73	650m:	7:32.90	34.95	1050m:	12:15.75	35.52	1450m:	16:55.82	34.02
300m:	3:26.21	35.54	700m:	8:08.29	35.39	1100m:	12:50.88	35.13	1500m:	17:28.25	32.43
350m:	4:01.22	35.01	750m:	8:43.28	34.99	1150m:	13:25.91	35.03			
400m:	4:36.73	35.51	800m:	9:19.08	35.80	1200m:	14:01.43	35.52			

5.	AMORIM Maria Leonor	03	Porto	**17:47.66**	+0,74	640					
50m:	31.89	31.89	450m:	5:13.84	35.39	850m:	9:59.41	34.61	1250m:	14:48.53	35.67
100m:	1:06.75	34.86	500m:	5:50.38	36.54	900m:	10:35.57	36.16	1300m:	15:25.01	36.48
150m:	1:41.28	34.53	550m:	6:25.92	35.54	950m:	11:10.80	35.23	1350m:	16:00.64	35.63
200m:	2:16.43	35.15	600m:	7:02.03	36.11	1000m:	11:47.51	36.71	1400m:	16:36.98	36.34
250m:	2:51.34	34.91	650m:	7:37.51	35.48	1050m:	12:23.70	36.19	1450m:	17:12.46	35.48
300m:	3:26.91	35.57	700m:	8:13.48	35.97	1100m:	13:00.31	36.61	1500m:	17:47.66	35.20
350m:	4:02.42	35.51	750m:	8:48.88	35.40	1150m:	13:36.20	35.89			
400m:	4:38.45	36.03	800m:	9:24.80	35.92	1200m:	14:12.86	36.66			

6.	SANTOS Leonor Esteves	04	Avancado EUL	**17:55.98**	+0,81	626					
50m:	33.14	33.14	450m:	5:18.40	35.88	850m:	10:04.80	35.81	1250m:	14:54.67	36.65
100m:	1:08.83	35.69	500m:	5:54.20	35.80	900m:	10:40.79	35.99	1300m:	15:31.21	36.54
150m:	1:44.60	35.77	550m:	6:29.94	35.74	950m:	11:16.99	36.20	1350m:	16:07.77	36.56
200m:	2:20.10	35.50	600m:	7:05.43	35.49	1000m:	11:52.82	35.83	1400m:	16:44.53	36.76
250m:	2:55.80	35.70	650m:	7:41.10	35.67	1050m:	12:29.29	36.47	1450m:	17:20.81	36.28
300m:	3:31.00	35.20	700m:	8:16.81	35.71	1100m:	13:05.29	36.00	1500m:	17:55.98	35.17
350m:	4:07.10	36.10	750m:	8:52.81	36.00	1150m:	13:41.68	36.39			
400m:	4:42.52	35.42	800m:	9:28.99	36.18	1200m:	14:18.02	36.34			

7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**18:08.22**	+0,68	605					
50m:	32.56	32.56	450m:	5:16.32	36.32	850m:	10:08.12	36.72	1250m:	15:04.07	37.01
100m:	1:06.44	33.88	500m:	5:52.65	36.33	900m:	10:44.84	36.72	1300m:	15:41.60	37.53
150m:	1:41.57	35.13	550m:	6:28.79	36.14	950m:	11:21.30	36.46	1350m:	16:18.74	37.14
200m:	2:16.63	35.06	600m:	7:05.09	36.30	1000m:	11:58.35	37.05	1400m:	16:56.19	37.45
250m:	2:52.08	35.45	650m:	7:41.14	36.05	1050m:	12:35.53	37.18	1450m:	17:32.87	36.68
300m:	3:27.61	35.53	700m:	8:17.43	36.29	1100m:	13:12.69	37.16	1500m:	18:08.22	35.35
350m:	4:03.81	36.20	750m:	8:54.41	36.98	1150m:	13:49.87	37.18			
400m:	4:40.00	36.19	800m:	9:31.40	36.99	1200m:	14:27.06	37.19			

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Prova 3 — Masc., 50m Mariposa — Open
01-08-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004

TAC Sen 50m: 26.08 - 25m: 25.81; Jun 50m: 26.81 - 25m: 26.59; Juv A 50m: 26.81 - 25m: 26.59; Juv B 50m: 26.81 - 25m: 26.59

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Glauber	86	Foca	**24.55**	+0,71	746	
2.	NASCIMENTO Miguel Duarte	95	Benfica	**24.71**	+0,65	732	
3.	FERNANDES Pedro Miguel	99	Famalicao	**25.31**	+0,69	681	
4.	SILVA Fernando Souza	86	Uniao Piedense	**25.33**	+0,70	679	
5.	MARQUES Miguel Henriques	00	Benfica	**25.37**	+0,64	676	
6.	PINHO Manuel Antonio	01	Feirense	**25.47**	+0,67	668	
7.	SANTOS Alexis Manacas	92	Sporting	**25.52**	+0,66	664	
8.	SANTOS Pedro Andre	94	Alges	**25.53**	+0,69	663	
9.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.57**	+0,61	660	
10.	MOGNE Igor Araujo	96	Sporting	**25.65**	+0,74	654	
11.	FERNANDES Joao Vitor	00	Escola O Liceu	**25.69**	+0,62	651	
12.	LIESS Thomas	95	Turrita Nuoto	**25.70**	+0,68	650	
13.	FERREIRA Miguel Goncalves	93	Desportivo Nacional	**25.95**	+0,63	632	
14.	RAMOS Bruno Miguel	97	Belenenses	**25.96**	+0,63	631	
15.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**26.01**	+0,62	627	
16.	COSTA Diogo Santos	02	Colegio Monte Maior	**26.07**	+0,60	623	
	DIAS Guilherme Pereira	97	Benfica	**26.07**	+0,65	623	
	FIDALGO Mateus Valente	01	Estarreja	**26.07**	+0,73	623	
19.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**26.15**	+0,69	617	
20.	SOUSA Joao Ribeiro	01	Porto	**26.16**	+0,61	616	
21.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**26.19**	+0,67	614	
	GOMES Vicente Oliveira	02	Sporting	**26.19**	+0,68	614	
23.	PELAIO Jose Pedro	01	Galitos / Bresimar	**26.22**	+0,70	612	
24.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**26.23**	+0,68	612	
25.	FERNANDES Eduardo Gomes	02	Sporting	**26.25**	+0,72	610	
	LOURENCO Tiago Campos	02	Natacao de Valongo	**26.25**	+0,72	610	
27.	LOPES Tomas Teixeira	02	Foca	**26.30**	+0,68	607	
28.	NUNES Porfirio Braga	00	Porto	**26.34**	+0,58	604	
29.	SIMOES Manuel Baptista	03	Uniao Coimbra	**26.37**	+0,58	602	
30.	LOPES David Granja	90	AONDA-Azeitao	**26.39**	+0,71	600	
31.	CARVALHO Andre Antunes	96	Sporting	**26.50**	+0,73	593	
32.	MACHADO Bruno Rafael	01	Fluvial Portuense	**26.53**	+0,75	591	
33.	AGUIAR Gabriel Silva	01	Porto	**26.61**	+0,58	586	
34.	CAROLA Hugo Filipe	01	Galitos / Bresimar	**26.70**	+0,75	580	
35.	DOMINGOS Ruy Manuel	02	Sporting	**26.72**	+0,67	578	
36.	LOPES Carlos Filipe	01	Uniao Piedense	**26.78**	+0,69	575	
37.	SIMOES Bernardo Jorge	02	Torres Novas	**26.84**	+0,67	571	
38.	FREIRE Carlos Marques	01	Belenenses	**27.07**	+0,74	556	
39.	AMARAL Francisco Rodriguez	02	Campinho	**27.28**	+0,66	544	

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Prova 3, Masc., 50m Mariposa, Elimin

Prova 3 — Masc., 50m Mariposa — Absolutos
01-08-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004

TAC Sen 50m: 26.08 - 25m: 25.81; Jun 50m: 26.81 - 25m: 26.59; Juv A 50m: 26.81 - 25m: 26.59; Juv B 50m: 26.81 - 25m: 26.59

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**24.71**	+0,65	732	
2.	FERNANDES Pedro Miguel	99	Famalicao	**25.31**	+0,69	681	
3.	MARQUES Miguel Henriques	00	Benfica	**25.37**	+0,64	676	
4.	PINHO Manuel Antonio	01	Feirense	**25.47**	+0,67	668	
5.	SANTOS Alexis Manacas	92	Sporting	**25.52**	+0,66	664	
6.	SANTOS Pedro Andre	94	Alges	**25.53**	+0,69	663	
7.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.57**	+0,61	660	
8.	MOGNE Igor Araujo	96	Sporting	**25.65**	+0,74	654	
9.	FERNANDES Joao Vitor	00	Escola O Liceu	**25.69**	+0,62	651	
10.	FERREIRA Miguel Goncalves	93	Desportivo Nacional	**25.95**	+0,63	632	
11.	RAMOS Bruno Miguel	97	Belenenses	**25.96**	+0,63	631	
12.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**26.01**	+0,62	627	
13.	COSTA Diogo Santos	02	Colegio Monte Maior	**26.07**	+0,60	623	
	DIAS Guilherme Pereira	97	Benfica	**26.07**	+0,65	623	
	FIDALGO Mateus Valente	01	Estarreja	**26.07**	+0,73	623	
16.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**26.15**	+0,69	617	
17.	SOUSA Joao Ribeiro	01	Porto	**26.16**	+0,61	616	
18.	GOMES Vicente Oliveira	02	Sporting	**26.19**	+0,68	614	
19.	PELAIO Jose Pedro	01	Galitos / Bresimar	**26.22**	+0,70	612	
20.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**26.23**	+0,68	612	
21.	FERNANDES Eduardo Gomes	02	Sporting	**26.25**	+0,72	610	
	LOURENCO Tiago Campos	02	Natacao de Valongo	**26.25**	+0,72	610	
23.	LOPES Tomas Teixeira	02	Foca	**26.30**	+0,68	607	
24.	NUNES Porfirio Braga	00	Porto	**26.34**	+0,58	604	
25.	SIMOES Manuel Baptista	03	Uniao Coimbra	**26.37**	+0,58	602	
26.	LOPES David Granja	90	AONDA-Azeitao	**26.39**	+0,71	600	
27.	CARVALHO Andre Antunes	96	Sporting	**26.50**	+0,73	593	
28.	MACHADO Bruno Rafael	01	Fluvial Portuense	**26.53**	+0,75	591	
29.	AGUIAR Gabriel Silva	01	Porto	**26.61**	+0,58	586	
30.	CAROLA Hugo Filipe	01	Galitos / Bresimar	**26.70**	+0,75	580	
31.	DOMINGOS Ruy Manuel	02	Sporting	**26.72**	+0,67	578	
32.	LOPES Carlos Filipe	01	Uniao Piedense	**26.78**	+0,69	575	
33.	SIMOES Bernardo Jorge	02	Torres Novas	**26.84**	+0,67	571	
34.	FREIRE Carlos Marques	01	Belenenses	**27.07**	+0,74	556	
35.	AMARAL Francisco Rodriguez	02	Campinho	**27.28**	+0,66	544	
EXH	NEVES Tiago Correia	97	Belenenses	**26.89**	+0,65	568	
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**32.43**	+0,67	323	

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Prova 4 — Femin., 50m Mariposa — Open
01-08-2019 - 10:25 — Resultados Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009

TAC Sen 50m: 29.93 - 25m: 29.85; Jun 50m: 30.68 - 25m: 30.68; Juv A 50m: 30.68 - 25m: 30.68; Juv B 50m: 30.68 - 25m: 30.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.59**	+0,60	694	
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**27.63**	+0,65	691	
3.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.25**	+0,72	646	
4.	SOARES Catarina Silva	03	Porto	**28.34**	+0,62	640	
5.	FERNANDES Ines Camacho	97	Sporting	**28.46**	+0,72	632	
6.	MONTEIRO Ana Catarina	93	Vilacondense	**28.49**	+0,69	630	
7.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.53**	+0,75	627	
8.	MOURA Maria Ferreira	04	Sporting	**28.62**	+0,69	621	
9.	PEREIRA Raquel Gomes	00	Alges	**28.81**	+0,72	609	
10.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**28.87**	+0,68	605	
11.	VIEGAS Beatriz Mendes	00	Sporting	**29.07**	+0,59	593	
12.	CASTRO Adriana Daniela	97	Leixoes	**29.08**	+0,72	592	
13.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.20**	+0,62	585	
14.	LIMA Lia Ana	01	Sporting	**29.27**	+0,79	581	
15.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**29.31**	+0,74	579	
16.	ROLAO Sofia Alexandra	98	Benfica	**29.37**	+0,73	575	
17.	GRAVETO Ana Raquel	02	Benfica	**29.40**	+0,73	573	
18.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.48**	+0,70	569	
19.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.61**	+0,64	561	
	ROSA Beatriz Jong	00	Desportivo Nacional	**29.61**	+0,73	561	
21.	SANTOS Beatriz Rocha	02	Campinho	**29.70**	+0,69	556	
22.	BENTO Maria Madalena	05	BUZIOS-Coruche	**29.82**	+0,71	549	
23.	CARDEAL Joana Nunes	02	Academico Viseu	**29.85**	+0,77	548	
24.	AMANTES Beatriz Quintao	03	Uniao Piedense	**29.89**	+0,64	546	
25.	MARTINS Ana Beatriz	99	Famalicao	**29.92**	+0,82	544	
26.	SILVA Leonor Santos	03	Porto	**29.98**	+0,75	541	
	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**29.98**	+0,79	541	
28.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**30.00**	+0,71	540	
29.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**30.05**	+0,71	537	
30.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**30.10**	+0,77	534	
31.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**30.12**	+0,71	533	
	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**30.12**	+0,67	533	
	PINTO Sofia Gales	01	Colegio SMLamas	**30.12**	+0,82	533	
34.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**30.13**	+0,75	533	
35.	BARBOSA Mariana Fernandes	02	Porto	**30.19**	+0,78	529	
36.	BARATA Barbara Sofia	97	Alges	**30.23**	+0,69	527	
37.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**30.25**	+0,80	526	
38.	BELO Rita Afonso	02	Benedita	**30.26**	+0,67	526	
39.	GOMES Susana Clara	77	Naval do Funchal	**30.31**	+0,71	523	

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Prova 4, Femin., 50m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	RIBEIRO Margarida Messias	98	Gesloures	**30.40**	+0,70	518	
41.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**30.44**	+0,72	516	
42.	REBELO Beatriz Vaz	03	Gesloures	**30.53**	+0,72	512	
43.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**30.58**	+0,70	509	
44.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**30.69**	+0,71	504	
45.	MACHADO Carolina Alexandra	03	Natacao de Beja	**30.71**	+0,75	503	
46.	PINTO Mafalda Marques	02	Sporting	**30.77**	+0,68	500	
47.	CORREIA Rute Ferreira	03	Clube de Vouzela	**30.83**	+0,76	497	
48.	ALVES Ines Sofia	04	Portinado	**30.92**	+0,72	493	
49.	MATIAS Marta Filipa	03	CCDSerta	**31.29**	+0,59	475	
50.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**31.54**	+0,69	464	
51.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**32.02**	+0,65	444	
DNS	HENRIQUES Ines Jacinto	00	Sporting				

Prova 4 — Femin., 50m Mariposa — Absolutos
01-08-2019 - 10:25 — Resultados Elimin

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009

TAC Sen 50m: 29.93 - 25m: 29.85; Jun 50m: 30.68 - 25m: 30.68; Juv A 50m: 30.68 - 25m: 30.68; Juv B 50m: 30.68 - 25m: 30.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.59**	+0,60	694	
2.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**27.63**	+0,65	691	
3.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.25**	+0,72	646	
4.	SOARES Catarina Silva	03	Porto	**28.34**	+0,62	640	
5.	FERNANDES Ines Camacho	97	Sporting	**28.46**	+0,72	632	
6.	MONTEIRO Ana Catarina	93	Vilacondense	**28.49**	+0,69	630	
7.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.53**	+0,75	627	
8.	MOURA Maria Ferreira	04	Sporting	**28.62**	+0,69	621	
9.	PEREIRA Raquel Gomes	00	Alges	**28.81**	+0,72	609	
10.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**28.87**	+0,68	605	
11.	VIEGAS Beatriz Mendes	00	Sporting	**29.07**	+0,59	593	
12.	CASTRO Adriana Daniela	97	Leixoes	**29.08**	+0,72	592	
13.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.20**	+0,62	585	
14.	LIMA Lia Ana	01	Sporting	**29.27**	+0,79	581	
15.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**29.31**	+0,74	579	
16.	ROLAO Sofia Alexandra	98	Benfica	**29.37**	+0,73	575	
17.	GRAVETO Ana Raquel	02	Benfica	**29.40**	+0,73	573	
18.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.48**	+0,70	569	
19.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.61**	+0,64	561	
	ROSA Beatriz Jong	00	Desportivo Nacional	**29.61**	+0,73	561	
21.	SANTOS Beatriz Rocha	02	Campinho	**29.70**	+0,69	556	
22.	BENTO Maria Madalena	05	BUZIOS-Coruche	**29.82**	+0,71	549	
23.	CARDEAL Joana Nunes	02	Academico Viseu	**29.85**	+0,77	548	

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Prova 4, Femin., 50m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	AMANTES Beatriz Quintao	03	Uniao Piedense	**29.89**	+0,64	546	
25.	MARTINS Ana Beatriz	99	Famalicao	**29.92**	+0,82	544	
26.	SILVA Leonor Santos	03	Porto	**29.98**	+0,75	541	
	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**29.98**	+0,79	541	
28.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**30.00**	+0,71	540	
29.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**30.05**	+0,71	537	
30.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**30.10**	+0,77	534	
31.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**30.12**	+0,71	533	
	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**30.12**	+0,67	533	
	PINTO Sofia Gales	01	Colegio SMLamas	**30.12**	+0,82	533	
34.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**30.13**	+0,75	533	
35.	BARBOSA Mariana Fernandes	02	Porto	**30.19**	+0,78	529	
36.	BARATA Barbara Sofia	97	Alges	**30.23**	+0,69	527	
37.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**30.25**	+0,80	526	
38.	BELO Rita Afonso	02	Benedita	**30.26**	+0,67	526	
39.	GOMES Susana Clara	77	Naval do Funchal	**30.31**	+0,71	523	
40.	RIBEIRO Margarida Messias	98	Gesloures	**30.40**	+0,70	518	
41.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**30.44**	+0,72	516	
42.	REBELO Beatriz Vaz	03	Gesloures	**30.53**	+0,72	512	
43.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**30.58**	+0,70	509	
44.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**30.69**	+0,71	504	
45.	MACHADO Carolina Alexandra	03	Natacao de Beja	**30.71**	+0,75	503	
46.	PINTO Mafalda Marques	02	Sporting	**30.77**	+0,68	500	
47.	CORREIA Rute Ferreira	03	Clube de Vouzela	**30.83**	+0,76	497	
48.	ALVES Ines Sofia	04	Portinado	**30.92**	+0,72	493	
49.	MATIAS Marta Filipa	03	CCDSerta	**31.29**	+0,59	475	
50.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**31.54**	+0,69	464	
51.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**32.02**	+0,65	444	
DNS	HENRIQUES Ines Jacinto	00	Sporting				

NATAÇÃO PURA

Prova 5 — Masc., 100m Bruços — Juvenis
01-08-2019 - 10:35 — Resultados Elimin

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

TAC Juv A 50m: 1:14.51 - 25m: 1:11.41; Juv B 50m: 1:16.66 - 25m: 1:13.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**1:06.40**	+0,62	635	
	50m: 31.25 31.25 100m: 1:06.40 35.15						
2.	JUNIOR Luis Cabral	03	Belenenses	**1:08.45**	+0,69	580	
	50m: 32.22 32.22 100m: 1:08.45 36.23						
3.	LOPES Luis Afonso	03	Viver Santarem	**1:08.57**	+0,67	577	
	50m: 31.89 31.89 100m: 1:08.57 36.68						
4.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:08.83**	+0,80	570	
	50m: 32.43 32.43 100m: 1:08.83 36.40						
5.	CARNEIRO Joao Soares	03	Benfica	**1:09.29**	+0,67	559	
	50m: 33.03 33.03 100m: 1:09.29 36.26						
6.	OLIVEIRA Joao Campelo	04	Famalicao	**1:10.32**	+0,69	535	
	50m: 33.26 33.26 100m: 1:10.32 37.06						
7.	REBELO Joao Lourenco	04	Alges	**1:10.36**	+0,74	534	
	50m: 32.91 32.91 100m: 1:10.36 37.45						
8.	OSSENBRUGGEN David Van	03	Uniao Piedense	**1:10.59**	+0,81	529	
	50m: 33.13 33.13 100m: 1:10.59 37.46						
9.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.94**	+0,66	521	
	50m: 33.18 33.18 100m: 1:10.94 37.76						
10.	FERNANDES Martim Pestana	04	Naval do Funchal	**1:10.97**	+0,62	520	
	50m: 33.31 33.31 100m: 1:10.97 37.66						
11.	FAIA Mateus Costa	03	Famalicao	**1:11.16**	+0,71	516	
	50m: 33.80 33.80 100m: 1:11.16 37.36						
	MATOS Joao Luis	03	Colegio Vasco da Gama	**1:11.16**	+0,68	516	
	50m: 32.80 32.80 100m: 1:11.16 38.36						
13.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**1:11.96**	+0,77	499	
	50m: 33.80 33.80 100m: 1:11.96 38.16						
14.	MOREIRA Joao Pedro	04	Fluvial Portuense	**1:11.97**	+0,73	499	
	50m: 33.78 33.78 100m: 1:11.97 38.19						
15.	CAMPOS Rafael Alves	04	S. Pedro Alva	**1:12.05**	+0,69	497	
	50m: 33.15 33.15 100m: 1:12.05 38.90						
16.	ENGELEN Dario	03	Louletano / Loule Concelho	**1:12.13**	+0,82	496	
	50m: 34.13 34.13 100m: 1:12.13 38.00						
17.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:12.20**	+0,67	494	
	50m: 33.81 33.81 100m: 1:12.20 38.39						
18.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**1:12.26**	+0,83	493	
	50m: 33.51 33.51 100m: 1:12.26 38.75						

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Prova 5, Masc., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	BARRY Rafael Francisco	04	Naval do Funchal	**1:12.26**	+0,63	493	
	50m: 33.46 33.46 100m: 1:12.26 38.80						
20.	LEITAO Tomas Almeida	03	Alges	**1:12.30**	+0,70	492	
	50m: 33.60 33.60 100m: 1:12.30 38.70						
21.	MATIAS Rafael Candeias	03	Natacao de Lagos	**1:12.36**	+0,83	491	
	50m: 33.48 33.48 100m: 1:12.36 38.88						
22.	MATOS Rodrigo Vieira	03	Individual ANMAD	**1:12.39**	+0,69	490	
	50m: 33.85 33.85 100m: 1:12.39 38.54						
23.	JORGE Afonso Goncalves	04	Gesloures	**1:12.47**	+0,58	489	
	50m: 33.95 33.95 100m: 1:12.47 38.52						
24.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:12.71**	+0,81	484	
	50m: 34.18 34.18 100m: 1:12.71 38.53						
25.	VIEIRA Tomas Sa	04	Alges	**1:12.75**	+0,65	483	
	50m: 33.29 33.29 100m: 1:12.75 39.46						
26.	SILVA Rui Pedro	03	Fluvial Portuense	**1:12.79**	+0,84	482	
	50m: 33.74 33.74 100m: 1:12.79 39.05						
	CARVALHO Renato Miguel	03	Galitos / Bresimar	**1:12.79**	+0,61	482	
	50m: 33.32 33.32 100m: 1:12.79 39.47						
28.	CRUZ David Miguel	04	Braga	**1:12.94**	+0,64	479	
	50m: 34.24 34.24 100m: 1:12.94 38.70						
29.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**1:13.12**	+0,69	476	
	50m: 34.75 34.75 100m: 1:13.12 38.37						
30.	CARRASCO Joao Pedro	03	Portinado	**1:13.22**	+0,82	474	
	50m: 33.77 33.77 100m: 1:13.22 39.45						
31.	NETO Rodrigo Jorge	03	Aquatico Pacense	**1:13.33**	+0,69	472	
	50m: 35.07 35.07 100m: 1:13.33 38.26						
32.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**1:13.73**	+0,72	464	
	50m: 34.74 34.74 100m: 1:13.73 38.99						
33.	CHOCAS Afonso Alves	04	Electrico Clube	**1:13.96**	+0,66	460	
	50m: 34.99 34.99 100m: 1:13.96 38.97						
34.	MATIAS Francisco Miguel	04	CCDSerta	**1:14.10**	+0,65	457	
	50m: 34.38 34.38 100m: 1:14.10 39.72						
35.	SILVA Goncalo Oliveira	04	Foca	**1:14.32**	+0,73	453	
	50m: 34.92 34.92 100m: 1:14.32 39.40						
36.	NUNES Jaeden Michael	04	Belenenses	**1:14.33**	+0,75	453	
	50m: 35.13 35.13 100m: 1:14.33 39.20						
37.	PEREIRA Jose Goncalo	04	Fafe	**1:14.34**	+0,75	453	
	50m: 34.40 34.40 100m: 1:14.34 39.94						
38.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:14.38**	+0,68	452	
	50m: 34.71 34.71 100m: 1:14.38 39.67						

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Prova 5, Masc., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**1:14.54**	+0,80	449	
	50m: 34.77 34.77 100m: 1:14.54 39.77						
40.	FREIRE Rui Miguel	03	Nucleo Ansiao	**1:14.57**	+0,70	448	
	50m: 34.04 34.04 100m: 1:14.57 40.53						
41.	FARIAS Alexandre Moreira	04	Louletano / Loule Concelho	**1:14.75**	+0,75	445	
	50m: 34.78 34.78 100m: 1:14.75 39.97						
42.	BRAS Alexandre Miguel	03	S. Pedro Alva	**1:14.78**	+0,80	445	
	50m: 33.96 33.96 100m: 1:14.78 40.82						
43.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**1:14.87**	+0,80	443	
	50m: 35.15 35.15 100m: 1:14.87 39.72						
44.	PARENTE Salvador Ataide	03	Gesloures	**1:15.06**	+0,58	440	
	50m: 34.44 34.44 100m: 1:15.06 40.62						
45.	LOPES Tiago Fanha	04	Natacao do Montijo	**1:15.07**	+0,73	440	
	50m: 35.02 35.02 100m: 1:15.07 40.05						
46.	SANTOS Vasco Malia	04	Natacao de Lagos	**1:15.09**	+0,76	439	
	50m: 35.80 35.80 100m: 1:15.09 39.29						
47.	CRISTINO Guilherme Matias	03	Uniao Piedense	**1:15.26**	+0,80	436	
	50m: 35.75 35.75 100m: 1:15.26 39.51						
48.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**1:15.43**	+0,68	433	
	50m: 34.57 34.57 100m: 1:15.43 40.86						
49.	BORGES David Costa	04	Fluvial Portuense	**1:15.88**	+0,65	426	
	50m: 35.53 35.53 100m: 1:15.88 40.35						
50.	TSYKAL Daniel	04	Alcobaca	**1:16.05**	+0,66	423	
	50m: 36.08 36.08 100m: 1:16.05 39.97						
51.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**1:16.14**	+0,65	421	
	50m: 35.34 35.34 100m: 1:16.14 40.80						
52.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**1:16.16**	+0,79	421	
	50m: 35.75 35.75 100m: 1:16.16 40.41						
53.	COSTA Afonso Vilhena	04	Vilacondense	**1:16.34**	+0,69	418	
	50m: 35.02 35.02 100m: 1:16.34 41.32						
54.	SILVA Francisco Oliveira	04	Foca	**1:16.52**	+0,74	415	
	50m: 36.17 36.17 100m: 1:16.52 40.35						
	CAPATINA Cristian	04	Elvense	**1:16.52**	+0,67	415	
	50m: 35.46 35.46 100m: 1:16.52 41.06						
56.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**1:17.46**	+0,75	400	
	50m: 36.16 36.16 100m: 1:17.46 41.30						
57.	SANTOS Joao Afonso	04	Sporting	**1:17.47**	+0,76	400	
	50m: 35.03 35.03 100m: 1:17.47 42.44						
58.	PINTO Joao Pedro	04	Academia Acores	**1:17.83**	+0,66	394	
	50m: 35.44 35.44 100m: 1:17.83 42.39						

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Prova 5, Masc., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	CANCELA Rodrigo Gil	04	Braga	**1:18.62**	+0,71	383	
	50m: 37.03 37.03	100m: 1:18.62 41.59					

Prova 5 — Masc., 100m Bruços — Open
01-08-2019 - 10:35 — Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
Rec Nac Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25-07-2019
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
Rec Nac Inf A	1:09.82	PEREIRA Ricardo Samuel	CCDPCMS	Vila Franca de Xira	20-05-2017
Rec Nac Inf B	1:11.95	SANTOS Andre Goncalo	LSC	Porto	24-07-2010

TAC Sen 50m: 1:08.06 - 25m: 1:05.83; Jun 50m: 1:10.62 - 25m: 1:07.63; Juv A 50m: 1:14.51 - 25m: 1:11.41; Juv B 50m: 1:16.66 - 25m: 1:13.52

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	**1:03.77**	+0,76	717	
	50m: 30.05 30.05	100m: 1:03.77 33.72					
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**1:03.96**	+0,63	711	
	50m: 30.32 30.32	100m: 1:03.96 33.64					
3.	QUINTAS Francisco Robalo	95	Belenenses	**1:05.06**	+0,64	676	
	50m: 31.78 31.78	100m: 1:05.06 33.28					
4.	AMORIM Alexandre Ferreira	99	Porto	**1:05.36**	+0,68	666	
	50m: 30.62 30.62	100m: 1:05.36 34.74					
5.	DA SILVA Florian	01	Porto	**1:05.56**	+0,67	660	
	50m: 30.91 30.91	100m: 1:05.56 34.65					
6.	PON Hugo	98	Alges	**1:05.79**	+0,67	653	
	50m: 31.05 31.05	100m: 1:05.79 34.74					
7.	TEODORO Diogo Filipe	99	Natacao de Valongo	**1:05.85**	+0,62	651	
	50m: 31.40 31.40	100m: 1:05.85 34.45					
8.	MENDES Antonio Manuel	99	Sporting	**1:05.95**	+0,72	649	
	50m: 31.11 31.11	100m: 1:05.95 34.84					
9.	PEREIRA Ricardo Samuel	03	Benfica	**1:06.40**	+0,62	635	
	50m: 31.25 31.25	100m: 1:06.40 35.15					
10.	SILVA Tomas Antonio	01	Naval do Funchal	**1:06.53**	+0,61	632	
	50m: 30.95 30.95	100m: 1:06.53 35.58					
11.	FRISCHKNECHT Renato Barros	01	Alges	**1:06.57**	+0,62	631	
	50m: 30.87 30.87	100m: 1:06.57 35.70					
12.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.62**	+0,66	629	
	50m: 31.60 31.60	100m: 1:06.62 35.02					
13.	CRUCHINHO Miguel Monteiro	97	Sporting	**1:06.63**	+0,67	629	
	50m: 31.18 31.18	100m: 1:06.63 35.45					

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Prova 5, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ALVES Nuno Rafael	90	Aquatico Pacense	**1:06.65**	+0,76	628	
	50m: 31.68 31.68 100m: 1:06.65 34.97						
15.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.17**	+0,67	614	
	50m: 31.49 31.49 100m: 1:07.17 35.68						
16.	GRENHO Andre Tavares	99	Gesloures	**1:07.21**	+0,63	613	
	50m: 31.07 31.07 100m: 1:07.21 36.14						
17.	ARAUJO Sergio Daniel	02	Naval Povoense	**1:07.37**	+0,68	608	
	50m: 31.82 31.82 100m: 1:07.37 35.55						
18.	DANTAS Diogo Leal	00	Sporting	**1:07.80**	+0,59	597	
	50m: 31.34 31.34 100m: 1:07.80 36.46						
19.	GASPAR Miguel Caridade	99	Academica de Coimbra	**1:07.86**	+0,69	595	
	50m: 32.10 32.10 100m: 1:07.86 35.76						
20.	RAMOS Filipe Carmo	97	Vilacondense	**1:08.15**	+0,73	588	
	50m: 31.69 31.69 100m: 1:08.15 36.46						
21.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.26**	+0,74	585	
	50m: 31.59 31.59 100m: 1:08.26 36.67						
22.	CABRITO Rodrigo Almeida	01	Belenenses	**1:08.42**	+0,66	581	
	50m: 32.15 32.15 100m: 1:08.42 36.27						
23.	JUNIOR Luis Cabral	03	Belenenses	**1:08.45**	+0,69	580	
	50m: 32.22 32.22 100m: 1:08.45 36.23						
24.	VIANA Luis Filipe	89	CLAC-Entroncamento	**1:08.50**	+0,71	579	
	50m: 32.43 32.43 100m: 1:08.50 36.07						
25.	LOPES Luis Afonso	03	Viver Santarem	**1:08.57**	+0,67	577	
	50m: 31.89 31.89 100m: 1:08.57 36.68						
26.	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	**1:08.61**	+0,64	576	
	50m: 31.60 31.60 100m: 1:08.61 37.01						
27.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:08.83**	+0,80	570	
	50m: 32.43 32.43 100m: 1:08.83 36.40						
28.	MERUJE Joaquim Agra	01	Elvense	**1:08.96**	+0,76	567	
	50m: 32.09 32.09 100m: 1:08.96 36.87						
29.	MARTINS Bruno Miguel	93	Gesloures	**1:09.05**	+0,72	565	
	50m: 32.14 32.14 100m: 1:09.05 36.91						
30.	CARNEIRO Joao Soares	03	Benfica	**1:09.29**	+0,67	559	
	50m: 33.03 33.03 100m: 1:09.29 36.26						
31.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:09.62**	+0,73	551	
	50m: 32.45 32.45 100m: 1:09.62 37.17						
32.	SANTOS Afonso Amaro	02	Gesloures	**1:09.66**	+0,62	550	
	50m: 32.30 32.30 100m: 1:09.66 37.36						
33.	MARQUES Goncalo Silva	01	Condeixa Clube	**1:09.69**	+0,63	550	
	50m: 31.77 31.77 100m: 1:09.69 37.92						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	SOARES Miguel Carlos	92	Naval Povoense	**1:09.88**	+0,69	545	
	50m: 31.44 31.44 100m: 1:09.88 38.44						
35.	LEBRE Diogo Ramos	01	Benfica	**1:10.13**	+0,67	539	
	50m: 32.44 32.44 100m: 1:10.13 37.69						
36.	BRITO Bernardo Geada	02	Uniao Piedense	**1:10.17**	+0,62	538	
	50m: 33.07 33.07 100m: 1:10.17 37.10						
37.	MALFEITO Martim Rebelo	02	Sporting	**1:10.25**	+0,73	536	
	50m: 32.47 32.47 100m: 1:10.25 37.78						
38.	OLIVEIRA Joao Campelo	04	Famalicao	**1:10.32**	+0,69	535	
	50m: 33.26 33.26 100m: 1:10.32 37.06						
39.	REBELO Joao Lourenco	04	Alges	**1:10.36**	+0,74	534	
	50m: 32.91 32.91 100m: 1:10.36 37.45						
40.	FERNANDES Pedro Pestana	01	Naval do Funchal	**1:10.39**	+0,57	533	
	50m: 33.34 33.34 100m: 1:10.39 37.05						
41.	OSSENBRUGGEN David Van	03	Uniao Piedense	**1:10.59**	+0,81	529	
	50m: 33.13 33.13 100m: 1:10.59 37.46						
42.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.94**	+0,66	521	
	50m: 33.18 33.18 100m: 1:10.94 37.76						
43.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**1:10.97**	+0,77	520	
	50m: 32.89 32.89 100m: 1:10.97 38.08						
	FERNANDES Martim Pestana	04	Naval do Funchal	**1:10.97**	+0,62	520	
	50m: 33.31 33.31 100m: 1:10.97 37.66						
45.	FAIA Mateus Costa	03	Famalicao	**1:11.16**	+0,71	516	
	50m: 33.80 33.80 100m: 1:11.16 37.36						
	MATOS Joao Luis	03	Colegio Vasco da Gama	**1:11.16**	+0,68	516	
	50m: 32.80 32.80 100m: 1:11.16 38.36						
47.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**1:11.38**	+0,66	511	
	50m: 33.16 33.16 100m: 1:11.38 38.22						
48.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**1:11.96**	+0,77	499	
	50m: 33.80 33.80 100m: 1:11.96 38.16						
49.	MOREIRA Joao Pedro	04	Fluvial Portuense	**1:11.97**	+0,73	499	
	50m: 33.78 33.78 100m: 1:11.97 38.19						
50.	CAMPOS Rafael Alves	04	S. Pedro Alva	**1:12.05**	+0,69	497	
	50m: 33.15 33.15 100m: 1:12.05 38.90						
51.	ENGELEN Dario	03	Louletano / Loule Concelho	**1:12.13**	+0,82	496	
	50m: 34.13 34.13 100m: 1:12.13 38.00						
52.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:12.20**	+0,67	494	
	50m: 33.81 33.81 100m: 1:12.20 38.39						
53.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**1:12.26**	+0,83	493	
	50m: 33.51 33.51 100m: 1:12.26 38.75						

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PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	BARRY Rafael Francisco	04	Naval do Funchal	**1:12.26**	+0,63	493	
	50m: 33.46 33.46 100m: 1:12.26 38.80						
55.	LEITAO Tomas Almeida	03	Alges	**1:12.30**	+0,70	492	
	50m: 33.60 33.60 100m: 1:12.30 38.70						
56.	MATIAS Rafael Candeias	03	Natacao de Lagos	**1:12.36**	+0,83	491	
	50m: 33.48 33.48 100m: 1:12.36 38.88						
57.	MATOS Rodrigo Vieira	03	Individual ANMAD	**1:12.39**	+0,69	490	
	50m: 33.85 33.85 100m: 1:12.39 38.54						
58.	JORGE Afonso Goncalves	04	Gesloures	**1:12.47**	+0,58	489	
	50m: 33.95 33.95 100m: 1:12.47 38.52						
59.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:12.71**	+0,81	484	
	50m: 34.18 34.18 100m: 1:12.71 38.53						
60.	VIEIRA Tomas Sa	04	Alges	**1:12.75**	+0,65	483	
	50m: 33.29 33.29 100m: 1:12.75 39.46						
61.	SILVA Rui Pedro	03	Fluvial Portuense	**1:12.79**	+0,84	482	
	50m: 33.74 33.74 100m: 1:12.79 39.05						
	CARVALHO Renato Miguel	03	Galitos / Bresimar	**1:12.79**	+0,61	482	
	50m: 33.32 33.32 100m: 1:12.79 39.47						
63.	CRUZ David Miguel	04	Braga	**1:12.94**	+0,64	479	
	50m: 34.24 34.24 100m: 1:12.94 38.70						
64.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**1:13.12**	+0,69	476	
	50m: 34.75 34.75 100m: 1:13.12 38.37						
65.	CARRASCO Joao Pedro	03	Portinado	**1:13.22**	+0,82	474	
	50m: 33.77 33.77 100m: 1:13.22 39.45						
66.	NETO Rodrigo Jorge	03	Aquatico Pacense	**1:13.33**	+0,69	472	
	50m: 35.07 35.07 100m: 1:13.33 38.26						
67.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**1:13.73**	+0,72	464	
	50m: 34.74 34.74 100m: 1:13.73 38.99						
68.	CHOCAS Afonso Alves	04	Electrico Clube	**1:13.96**	+0,66	460	
	50m: 34.99 34.99 100m: 1:13.96 38.97						
69.	MATIAS Francisco Miguel	04	CCDSerta	**1:14.10**	+0,65	457	
	50m: 34.38 34.38 100m: 1:14.10 39.72						
70.	SILVA Goncalo Oliveira	04	Foca	**1:14.32**	+0,73	453	
	50m: 34.92 34.92 100m: 1:14.32 39.40						
71.	NUNES Jaeden Michael	04	Belenenses	**1:14.33**	+0,75	453	
	50m: 35.13 35.13 100m: 1:14.33 39.20						
72.	PEREIRA Jose Goncalo	04	Fafe	**1:14.34**	+0,75	453	
	50m: 34.40 34.40 100m: 1:14.34 39.94						
73.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:14.38**	+0,68	452	
	50m: 34.71 34.71 100m: 1:14.38 39.67						

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PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
74.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**1:14.54**	+0,80	449	
	50m: 34.77 34.77 100m: 1:14.54 39.77						
75.	FREIRE Rui Miguel	03	Nucleo Ansiao	**1:14.57**	+0,70	448	
	50m: 34.04 34.04 100m: 1:14.57 40.53						
76.	FARIAS Alexandre Moreira	04	Louletano / Loule Concelho	**1:14.75**	+0,75	445	
	50m: 34.78 34.78 100m: 1:14.75 39.97						
77.	BRAS Alexandre Miguel	03	S. Pedro Alva	**1:14.78**	+0,80	445	
	50m: 33.96 33.96 100m: 1:14.78 40.82						
78.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**1:14.87**	+0,80	443	
	50m: 35.15 35.15 100m: 1:14.87 39.72						
79.	PARENTE Salvador Ataide	03	Gesloures	**1:15.06**	+0,58	440	
	50m: 34.44 34.44 100m: 1:15.06 40.62						
80.	LOPES Tiago Fanha	04	Natacao do Montijo	**1:15.07**	+0,73	440	
	50m: 35.02 35.02 100m: 1:15.07 40.05						
81.	SANTOS Vasco Malia	04	Natacao de Lagos	**1:15.09**	+0,76	439	
	50m: 35.80 35.80 100m: 1:15.09 39.29						
82.	CRISTINO Guilherme Matias	03	Uniao Piedense	**1:15.26**	+0,80	436	
	50m: 35.75 35.75 100m: 1:15.26 39.51						
83.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**1:15.43**	+0,68	433	
	50m: 34.57 34.57 100m: 1:15.43 40.86						
84.	BORGES David Costa	04	Fluvial Portuense	**1:15.88**	+0,65	426	
	50m: 35.53 35.53 100m: 1:15.88 40.35						
85.	TSYKAL Daniel	04	Alcobaca	**1:16.05**	+0,66	423	
	50m: 36.08 36.08 100m: 1:16.05 39.97						
86.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**1:16.14**	+0,65	421	
	50m: 35.34 35.34 100m: 1:16.14 40.80						
87.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**1:16.16**	+0,79	421	
	50m: 35.75 35.75 100m: 1:16.16 40.41						
88.	COSTA Afonso Vilhena	04	Vilacondense	**1:16.34**	+0,69	418	
	50m: 35.02 35.02 100m: 1:16.34 41.32						
89.	SILVA Francisco Oliveira	04	Foca	**1:16.52**	+0,74	415	
	50m: 36.17 36.17 100m: 1:16.52 40.35						
	CAPATINA Cristian	04	Elvense	**1:16.52**	+0,67	415	
	50m: 35.46 35.46 100m: 1:16.52 41.06						
91.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**1:17.46**	+0,75	400	
	50m: 36.16 36.16 100m: 1:17.46 41.30						
92.	SANTOS Joao Afonso	04	Sporting	**1:17.47**	+0,76	400	
	50m: 35.03 35.03 100m: 1:17.47 42.44						
93.	PINTO Joao Pedro	04	Academia Acores	**1:17.83**	+0,66	394	
	50m: 35.44 35.44 100m: 1:17.83 42.39						

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PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
94.	CANCELA Rodrigo Gil	04	Braga	**1:18.62**	+0,71	383	
	50m: 37.03 37.03 100m: 1:18.62 41.59						
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				
DNS	CAPITAO Simao Miguel	97	Individual ANNP				

Prova 5 — Masc., 100m Bruços — Absolutos
01-08-2019 - 10:35 — Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008

TAC Sen 50m: 1:08.06 - 25m: 1:05.83; Jun 50m: 1:10.62 - 25m: 1:07.63

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	**1:03.77**	+0,76	717	
	50m: 30.05 30.05 100m: 1:03.77 33.72						
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**1:03.96**	+0,63	711	
	50m: 30.32 30.32 100m: 1:03.96 33.64						
3.	QUINTAS Francisco Robalo	95	Belenenses	**1:05.06**	+0,64	676	
	50m: 31.78 31.78 100m: 1:05.06 33.28						
4.	AMORIM Alexandre Ferreira	99	Porto	**1:05.36**	+0,68	666	
	50m: 30.62 30.62 100m: 1:05.36 34.74						
5.	DA SILVA Florian	01	Porto	**1:05.56**	+0,67	660	
	50m: 30.91 30.91 100m: 1:05.56 34.65						
6.	PON Hugo	98	Alges	**1:05.79**	+0,67	653	
	50m: 31.05 31.05 100m: 1:05.79 34.74						
7.	TEODORO Diogo Filipe	99	Natacao de Valongo	**1:05.85**	+0,62	651	
	50m: 31.40 31.40 100m: 1:05.85 34.45						
8.	MENDES Antonio Manuel	99	Sporting	**1:05.95**	+0,72	649	
	50m: 31.11 31.11 100m: 1:05.95 34.84						
9.	SILVA Tomas Antonio	01	Naval do Funchal	**1:06.53**	+0,61	632	
	50m: 30.95 30.95 100m: 1:06.53 35.58						
10.	FRISCHKNECHT Renato Barros	01	Alges	**1:06.57**	+0,62	631	
	50m: 30.87 30.87 100m: 1:06.57 35.70						
11.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.62**	+0,66	629	
	50m: 31.60 31.60 100m: 1:06.62 35.02						
12.	CRUCHINHO Miguel Monteiro	97	Sporting	**1:06.63**	+0,67	629	
	50m: 31.18 31.18 100m: 1:06.63 35.45						
13.	ALVES Nuno Rafael	90	Aquatico Pacense	**1:06.65**	+0,76	628	
	50m: 31.68 31.68 100m: 1:06.65 34.97						
14.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.17**	+0,67	614	
	50m: 31.49 31.49 100m: 1:07.17 35.68						

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PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	GRENHO Andre Tavares	99	Gesloures	**1:07.21**	+0,63	613	
	50m: 31.07 31.07 100m: 1:07.21 36.14						
16.	ARAUJO Sergio Daniel	02	Naval Povoense	**1:07.37**	+0,68	608	
	50m: 31.82 31.82 100m: 1:07.37 35.55						
17.	DANTAS Diogo Leal	00	Sporting	**1:07.80**	+0,59	597	
	50m: 31.34 31.34 100m: 1:07.80 36.46						
18.	GASPAR Miguel Caridade	99	Academica de Coimbra	**1:07.86**	+0,69	595	
	50m: 32.10 32.10 100m: 1:07.86 35.76						
19.	RAMOS Filipe Carmo	97	Vilacondense	**1:08.15**	+0,73	588	
	50m: 31.69 31.69 100m: 1:08.15 36.46						
20.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.26**	+0,74	585	
	50m: 31.59 31.59 100m: 1:08.26 36.67						
21.	CABRITO Rodrigo Almeida	01	Belenenses	**1:08.42**	+0,66	581	
	50m: 32.15 32.15 100m: 1:08.42 36.27						
22.	VIANA Luis Filipe	89	CLAC-Entroncamento	**1:08.50**	+0,71	579	
	50m: 32.43 32.43 100m: 1:08.50 36.07						
23.	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	**1:08.61**	+0,64	576	
	50m: 31.60 31.60 100m: 1:08.61 37.01						
24.	MERUJE Joaquim Agra	01	Elvense	**1:08.96**	+0,76	567	
	50m: 32.09 32.09 100m: 1:08.96 36.87						
25.	MARTINS Bruno Miguel	93	Gesloures	**1:09.05**	+0,72	565	
	50m: 32.14 32.14 100m: 1:09.05 36.91						
26.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:09.62**	+0,73	551	
	50m: 32.45 32.45 100m: 1:09.62 37.17						
27.	SANTOS Afonso Amaro	02	Gesloures	**1:09.66**	+0,62	550	
	50m: 32.30 32.30 100m: 1:09.66 37.36						
28.	MARQUES Goncalo Silva	01	Condeixa Clube	**1:09.69**	+0,63	550	
	50m: 31.77 31.77 100m: 1:09.69 37.92						
29.	SOARES Miguel Carlos	92	Naval Povoense	**1:09.88**	+0,69	545	
	50m: 31.44 31.44 100m: 1:09.88 38.44						
30.	LEBRE Diogo Ramos	01	Benfica	**1:10.13**	+0,67	539	
	50m: 32.44 32.44 100m: 1:10.13 37.69						
31.	BRITO Bernardo Geada	02	Uniao Piedense	**1:10.17**	+0,62	538	
	50m: 33.07 33.07 100m: 1:10.17 37.10						
32.	MALFEITO Martim Rebelo	02	Sporting	**1:10.25**	+0,73	536	
	50m: 32.47 32.47 100m: 1:10.25 37.78						
33.	FERNANDES Pedro Pestana	01	Naval do Funchal	**1:10.39**	+0,57	533	
	50m: 33.34 33.34 100m: 1:10.39 37.05						
34.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**1:10.97**	+0,77	520	
	50m: 32.89 32.89 100m: 1:10.97 38.08						

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PARCEIROS

Prova 5, Masc., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**1:11.38**	+0,66	511	
	50m: 33.16 33.16 100m: 1:11.38 38.22						
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				
DNS	CAPITAO Simao Miguel	97	Individual ANNP				

Prova 6 — Femin., 100m Bruços — Juvenis
01-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010

TAC Juv A 50m: 1:23.71 - 25m: 1:20.58; Juv B 50m: 1:24.70 - 25m: 1:21.86

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:13.75**	+0,72	657	
	50m: 34.29 34.29 100m: 1:13.75 39.46						
2.	RODRIGUES Lidiana Correia	04	Belenenses	**1:17.18**	+0,76	573	
	50m: 36.28 36.28 100m: 1:17.18 40.90						
3.	REIS Erica Cristina	05	Sporting	**1:17.33**	+0,64	570	
	50m: 36.69 36.69 100m: 1:17.33 40.64						
4.	DELGADO Soraia Alexandra	05	Sporting	**1:17.59**	+0,63	564	
	50m: 36.57 36.57 100m: 1:17.59 41.02						
5.	NUNES Margarida Domingues	05	Avancado EUL	**1:17.61**	+0,71	564	
	50m: 37.37 37.37 100m: 1:17.61 40.24						
6.	PEREIRA Maria Gomes	04	Alges	**1:18.41**	+0,76	547	
	50m: 36.45 36.45 100m: 1:18.41 41.96						
7.	MORAIS Margarida Mateus	04	Torres Novas	**1:18.50**	+0,75	545	
	50m: 36.92 36.92 100m: 1:18.50 41.58						
8.	REGO Ines Faria	05	Famalicao	**1:18.55**	+0,70	544	
	50m: 36.98 36.98 100m: 1:18.55 41.57						
9.	PEREIRA Carolina Rei	05	Natacao de Vagos	**1:18.99**	+0,70	535	
	50m: 36.68 36.68 100m: 1:18.99 42.31						
10.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:19.45**	+0,72	525	
	50m: 37.48 37.48 100m: 1:19.45 41.97						
11.	DOMINGOS Marta Pereira	04	Uniao Piedense	**1:19.71**	+0,75	520	
	50m: 36.87 36.87 100m: 1:19.71 42.84						
12.	RODRIGUES Marta Silva	04	Naval Povoense	**1:20.27**	+0,70	509	
	50m: 36.84 36.84 100m: 1:20.27 43.43						
13.	FERREIRA Joana Rosa	05	Naval de Peniche	**1:20.28**	+0,81	509	
	50m: 37.55 37.55 100m: 1:20.28 42.73						
14.	PRETO Filipa Manso	04	Porto	**1:20.55**	+0,80	504	
	50m: 38.16 38.16 100m: 1:20.55 42.39						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	COSTA Catarina Nunes	04	Gesloures	**1:21.30**	+0,86	490	
	50m: 38.49 38.49 100m: 1:21.30 42.81						
16.	GAMA Joana Fernandes	05	Sporting	**1:21.73**	+0,80	483	
	50m: 38.31 38.31 100m: 1:21.73 43.42						
17.	LOPES Francisca Macedo	05	Vilacondense	**1:21.75**	+0,86	482	
	50m: 38.27 38.27 100m: 1:21.75 43.48						
18.	BORCIC Aleksandra Bozanic	04	Alges	**1:21.96**	+0,76	479	
	50m: 38.01 38.01 100m: 1:21.96 43.95						
19.	REIS Beatriz Grave	05	Rio Maior	**1:22.05**	+0,63	477	
	50m: 38.79 38.79 100m: 1:22.05 43.26						
20.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:22.26**	+0,78	473	
	50m: 37.91 37.91 100m: 1:22.26 44.35						
21.	SILVA Ines Louro	04	Albicastrense	**1:22.30**	+0,74	473	
	50m: 39.07 39.07 100m: 1:22.30 43.23						
22.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:22.38**	+0,63	471	
	50m: 37.51 37.51 100m: 1:22.38 44.87						
23.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:22.49**	+0,78	469	
	50m: 38.47 38.47 100m: 1:22.49 44.02						
24.	LOPES Margarida Santos	04	Estarreja	**1:22.50**	+0,70	469	
	50m: 38.48 38.48 100m: 1:22.50 44.02						
25.	LAMAS Maria Caetano	04	Miranda do Corvo	**1:22.56**	+0,86	468	
	50m: 39.64 39.64 100m: 1:22.56 42.92						
26.	ALMEIDA Ana Rita	05	Campinho	**1:22.68**	+0,73	466	
	50m: 37.86 37.86 100m: 1:22.68 44.82						
27.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**1:22.70**	+0,58	466	
	50m: 38.58 38.58 100m: 1:22.70 44.12						
28.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**1:22.76**	+0,75	465	
	50m: 39.35 39.35 100m: 1:22.76 43.41						
29.	PIRES Laura Joao	05	Natacao do Fundao	**1:22.77**	+0,79	465	
	50m: 39.45 39.45 100m: 1:22.77 43.32						
30.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:22.88**	+0,70	463	
	50m: 38.99 38.99 100m: 1:22.88 43.89						
	MELO Sara Carreira	05	Gesloures	**1:22.88**	+0,70	463	
	50m: 38.59 38.59 100m: 1:22.88 44.29						
32.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**1:22.94**	+0,83	462	
	50m: 38.64 38.64 100m: 1:22.94 44.30						
33.	HENRIQUES Carolina Porem	04	Sporting	**1:23.10**	+0,67	459	
	50m: 38.78 38.78 100m: 1:23.10 44.32						
34.	ENGELEN Zoe	05	Louletano / Loule Concelho	**1:23.14**	+0,97	458	
	50m: 39.62 39.62 100m: 1:23.14 43.52						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	NICOLAU Margarida Claudino	05	Torres Novas	**1:23.83**	+0,82	447	
	50m: 39.62 39.62 100m: 1:23.83 44.21						
36.	RIBEIRO Maria Joao	05	Feirense	**1:23.93**	+0,83	446	
	50m: 38.55 38.55 100m: 1:23.93 45.38						
37.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:24.11**	+0,76	443	
	50m: 39.89 39.89 100m: 1:24.11 44.22						
38.	FRANCO Barbara Garrido	04	Elvense	**1:24.14**	+0,74	442	
	50m: 39.66 39.66 100m: 1:24.14 44.48						
39.	FERNANDES Maria Teresa	05	Alges	**1:24.20**	+0,65	441	
	50m: 39.68 39.68 100m: 1:24.20 44.52						
40.	ALVES Carina Alexandra	04	Leixoes	**1:24.22**	+0,62	441	
	50m: 39.13 39.13 100m: 1:24.22 45.09						
41.	VIANA Carolina Pereira	04	Aquatico Silves	**1:24.37**	+0,76	439	
	50m: 39.08 39.08 100m: 1:24.37 45.29						
42.	SILVA Alexandra Cordeiro	04	Alcobaca	**1:24.69**	+0,75	434	
	50m: 39.91 39.91 100m: 1:24.69 44.78						
43.	NEVES Maria Manuel	05	Braga	**1:25.32**	+0,71	424	
	50m: 38.82 38.82 100m: 1:25.32 46.50						
44.	ANDRE Isadora Maia	05	Benfica	**1:25.35**	+0,70	424	
	50m: 40.55 40.55 100m: 1:25.35 44.80						
45.	SOUSA Ana Correia	04	Pimpoes/Cimai	**1:25.52**	+0,71	421	
	50m: 39.86 39.86 100m: 1:25.52 45.66						
46.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:25.82**	+0,59	417	
	50m: 39.69 39.69 100m: 1:25.82 46.13						
47.	BOROZAN Gabriela	04	Louletano / Loule Concelho	**1:26.17**	+0,82	412	
	50m: 40.55 40.55 100m: 1:26.17 45.62						
48.	MELO Beatriz Coelho	05	Feirense	**1:26.30**	+0,88	410	
	50m: 40.58 40.58 100m: 1:26.30 45.72						
49.	ALVES Maria Ines	05	Academica de Coimbra	**1:27.51**	+0,75	393	
	50m: 40.61 40.61 100m: 1:27.51 46.90						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin

Prova 6 — Femin., 100m Bruços — Open
01-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010
Rec Nac Inf A	1:15.49	RODRIGUES Ana Pinho	AEJ	Coimbra	08-07-2007
Rec Nac Inf B	1:18.66	PEREIRA Clara Gomes	SAD	Loulé	20-07-2014

TAC Sen 50m: 1:17.77 - 25m: 1:15.69; Jun 50m: 1:20.38 - 25m: 1:17.66; Juv A 50m: 1:23.71 - 25m: 1:20.58; Juv B 50m: 1:24.70 - 25m: 1:21.86

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:13.75**	+0,72	657	
	50m: 34.29 34.29 100m: 1:13.75 39.46						
2.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:14.16**	+0,74	646	
	50m: 35.11 35.11 100m: 1:14.16 39.05						
3.	BORGES Claudia Ferreira	99	Benfica	**1:14.40**	+0,61	640	
	50m: 35.33 35.33 100m: 1:14.40 39.07						
4.	SOUSA Ana Reis	02	Alges	**1:14.72**	+0,70	632	
	50m: 35.64 35.64 100m: 1:14.72 39.08						
5.	CERDEIRA Madalena Reis	03	Sporting	**1:15.07**	+0,76	623	
	50m: 35.37 35.37 100m: 1:15.07 39.70						
6.	MACHADO Luisa Maria	01	Uniao Piedense	**1:15.21**	+0,80	619	
	50m: 35.78 35.78 100m: 1:15.21 39.43						
7.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:15.71**	+0,66	607	
	50m: 35.52 35.52 100m: 1:15.71 40.19						
8.	CASTRO Maria Freitas	03	Fafe	**1:15.91**	+0,68	602	
	50m: 36.15 36.15 100m: 1:15.91 39.76						
9.	OLIVEIRA Rosa Maria	96	Porto	**1:16.08**	+0,71	598	
	50m: 37.05 37.05 100m: 1:16.08 39.03						
10.	GONCALVES Sofia Filipa	01	Leixoes	**1:16.22**	+0,73	595	
	50m: 35.91 35.91 100m: 1:16.22 40.31						
11.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:16.26**	+0,69	594	
	50m: 36.16 36.16 100m: 1:16.26 40.10						
12.	RODRIGUES Luana Correia	01	Belenenses	**1:16.39**	+0,73	591	
	50m: 35.73 35.73 100m: 1:16.39 40.66						
13.	SILVA Natacha Sofia	02	Benfica	**1:16.49**	+0,73	589	
	50m: 35.90 35.90 100m: 1:16.49 40.59						
14.	PEREIRA Clara Gomes	02	Alges	**1:16.51**	+0,68	588	
	50m: 36.38 36.38 100m: 1:16.51 40.13						
15.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.62**	+0,71	586	
	50m: 35.82 35.82 100m: 1:16.62 40.80						

ORGANIZAÇÃO
PARCEIROS INSTITUCIONAIS
PATROCINADOR OFICIAL
FORNECEDOR OFICIAL
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SILVA Beatriz Santos	01	Porto	**1:17.03**	+0,76	577	
	50m: 35.98 35.98 100m: 1:17.03 41.05						
17.	RODRIGUES Lidiana Correia	04	Belenenses	**1:17.18**	+0,76	573	
	50m: 36.28 36.28 100m: 1:17.18 40.90						
18.	REIS Erica Cristina	05	Sporting	**1:17.33**	+0,64	570	
	50m: 36.69 36.69 100m: 1:17.33 40.64						
19.	DELGADO Soraia Alexandra	05	Sporting	**1:17.59**	+0,63	564	
	50m: 36.57 36.57 100m: 1:17.59 41.02						
20.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:17.60**	+0,73	564	
	50m: 36.81 36.81 100m: 1:17.60 40.79						
21.	NUNES Margarida Domingues	05	Avancado EUL	**1:17.61**	+0,71	564	
	50m: 37.37 37.37 100m: 1:17.61 40.24						
22.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.64**	+0,56	563	
	50m: 36.92 36.92 100m: 1:17.64 40.72						
23.	ROSA Maria Carolina	94	Sporting	**1:18.16**	+0,72	552	
	50m: 35.72 35.72 100m: 1:18.16 42.44						
24.	PEREIRA Maria Gomes	04	Alges	**1:18.41**	+0,76	547	
	50m: 36.45 36.45 100m: 1:18.41 41.96						
25.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:18.50**	+0,66	545	
	50m: 36.44 36.44 100m: 1:18.50 42.06						
	MORAIS Margarida Mateus	04	Torres Novas	**1:18.50**	+0,75	545	
	50m: 36.92 36.92 100m: 1:18.50 41.58						
	TEIXEIRA Ines Oliveira	02	Estarreja	**1:18.50**	+0,65	545	
	50m: 36.44 36.44 100m: 1:18.50 42.06						
28.	REGO Ines Faria	05	Famalicao	**1:18.55**	+0,70	544	
	50m: 36.98 36.98 100m: 1:18.55 41.57						
29.	RIBEIRO Margarida Messias	98	Gesloures	**1:18.66**	+0,65	541	
	50m: 36.95 36.95 100m: 1:18.66 41.71						
30.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:18.71**	+0,83	540	
	50m: 37.70 37.70 100m: 1:18.71 41.01						
31.	PEREIRA Carolina Rei	05	Natacao de Vagos	**1:18.99**	+0,70	535	
	50m: 36.68 36.68 100m: 1:18.99 42.31						
32.	MAIA Joana Marques	91	Ginasio Santo Tirso	**1:19.00**	+0,80	534	
	50m: 36.16 36.16 100m: 1:19.00 42.84						
33.	BERNARDO Ines Silva	00	Benfica	**1:19.28**	+0,71	529	
	50m: 37.38 37.38 100m: 1:19.28 41.90						
34.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:19.45**	+0,72	525	
	50m: 37.48 37.48 100m: 1:19.45 41.97						
35.	DOMINGOS Marta Pereira	04	Uniao Piedense	**1:19.71**	+0,75	520	
	50m: 36.87 36.87 100m: 1:19.71 42.84						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	FERNANDES Ana Catarina	03	Naval do Funchal	**1:20.00**	+0,61	515	
	50m: 36.87 36.87 100m: 1:20.00 43.13						
37.	RODRIGUES Marta Silva	04	Naval Povoense	**1:20.27**	+0,70	509	
	50m: 36.84 36.84 100m: 1:20.27 43.43						
38.	FERREIRA Joana Rosa	05	Naval de Peniche	**1:20.28**	+0,81	509	
	50m: 37.55 37.55 100m: 1:20.28 42.73						
39.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:20.29**	+0,68	509	
	50m: 37.40 37.40 100m: 1:20.29 42.89						
40.	PRETO Filipa Manso	04	Porto	**1:20.55**	+0,80	504	
	50m: 38.16 38.16 100m: 1:20.55 42.39						
41.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**1:21.17**	+0,70	493	
	50m: 37.22 37.22 100m: 1:21.17 43.95						
42.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**1:21.21**	+0,74	492	
	50m: 38.36 38.36 100m: 1:21.21 42.85						
43.	COSTA Catarina Nunes	04	Gesloures	**1:21.30**	+0,86	490	
	50m: 38.49 38.49 100m: 1:21.30 42.81						
44.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**1:21.40**	+0,65	489	
	50m: 37.30 37.30 100m: 1:21.40 44.10						
45.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:21.46**	+0,75	487	
	50m: 37.81 37.81 100m: 1:21.46 43.65						
46.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**1:21.48**	+0,82	487	
	50m: 37.52 37.52 100m: 1:21.48 43.96						
47.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**1:21.52**	+0,81	486	
	50m: 37.66 37.66 100m: 1:21.52 43.86						
48.	GAMA Joana Fernandes	05	Sporting	**1:21.73**	+0,80	483	
	50m: 38.31 38.31 100m: 1:21.73 43.42						
49.	LOPES Francisca Macedo	05	Vilacondense	**1:21.75**	+0,86	482	
	50m: 38.27 38.27 100m: 1:21.75 43.48						
50.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**1:21.91**	+0,76	479	
	50m: 38.23 38.23 100m: 1:21.91 43.68						
51.	BORCIC Aleksandra Bozanic	04	Alges	**1:21.96**	+0,76	479	
	50m: 38.01 38.01 100m: 1:21.96 43.95						
52.	REIS Beatriz Grave	05	Rio Maior	**1:22.05**	+0,63	477	
	50m: 38.79 38.79 100m: 1:22.05 43.26						
53.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:22.26**	+0,78	473	
	50m: 37.91 37.91 100m: 1:22.26 44.35						
54.	SILVA Ines Louro	04	Albicastrense	**1:22.30**	+0,74	473	
	50m: 39.07 39.07 100m: 1:22.30 43.23						
55.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**1:22.38**	+0,63	471	
	50m: 37.51 37.51 100m: 1:22.38 44.87						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:22.49**	+0,78	469	
	50m: 38.47 38.47 100m: 1:22.49 44.02						
57.	LOPES Margarida Santos	04	Estarreja	**1:22.50**	+0,70	469	
	50m: 38.48 38.48 100m: 1:22.50 44.02						
58.	LAMAS Maria Caetano	04	Miranda do Corvo	**1:22.56**	+0,86	468	
	50m: 39.64 39.64 100m: 1:22.56 42.92						
59.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**1:22.63**	+0,76	467	
	50m: 38.82 38.82 100m: 1:22.63 43.81						
60.	ALMEIDA Ana Rita	05	Campinho	**1:22.68**	+0,73	466	
	50m: 37.86 37.86 100m: 1:22.68 44.82						
61.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**1:22.70**	+0,58	466	
	50m: 38.58 38.58 100m: 1:22.70 44.12						
62.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**1:22.76**	+0,75	465	
	50m: 39.35 39.35 100m: 1:22.76 43.41						
63.	PIRES Laura Joao	05	Natacao do Fundao	**1:22.77**	+0,79	465	
	50m: 39.45 39.45 100m: 1:22.77 43.32						
64.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:22.88**	+0,70	463	
	50m: 38.99 38.99 100m: 1:22.88 43.89						
	MELO Sara Carreira	05	Gesloures	**1:22.88**	+0,70	463	
	50m: 38.59 38.59 100m: 1:22.88 44.29						
66.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**1:22.94**	+0,83	462	
	50m: 38.64 38.64 100m: 1:22.94 44.30						
67.	HENRIQUES Carolina Porem	04	Sporting	**1:23.10**	+0,67	459	
	50m: 38.78 38.78 100m: 1:23.10 44.32						
68.	ENGELEN Zoe	05	Louletano / Loule Concelho	**1:23.14**	+0,97	458	
	50m: 39.62 39.62 100m: 1:23.14 43.52						
69.	NICOLAU Margarida Claudino	05	Torres Novas	**1:23.83**	+0,82	447	
	50m: 39.62 39.62 100m: 1:23.83 44.21						
70.	RIBEIRO Maria Joao	05	Feirense	**1:23.93**	+0,83	446	
	50m: 38.55 38.55 100m: 1:23.93 45.38						
71.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:24.11**	+0,76	443	
	50m: 39.89 39.89 100m: 1:24.11 44.22						
72.	FRANCO Barbara Garrido	04	Elvense	**1:24.14**	+0,74	442	
	50m: 39.66 39.66 100m: 1:24.14 44.48						
73.	FERNANDES Maria Teresa	05	Alges	**1:24.20**	+0,65	441	
	50m: 39.68 39.68 100m: 1:24.20 44.52						
74.	ALVES Carina Alexandra	04	Leixoes	**1:24.22**	+0,62	441	
	50m: 39.13 39.13 100m: 1:24.22 45.09						
75.	VIANA Carolina Pereira	04	Aquatico Silves	**1:24.37**	+0,76	439	
	50m: 39.08 39.08 100m: 1:24.37 45.29						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
76.	SILVA Alexandra Cordeiro	04	Alcobaca	**1:24.69**	+0,75	434	
	50m: 39.91 39.91 100m: 1:24.69 44.78						
77.	NEVES Maria Manuel	05	Braga	**1:25.32**	+0,71	424	
	50m: 38.82 38.82 100m: 1:25.32 46.50						
78.	ANDRE Isadora Maia	05	Benfica	**1:25.35**	+0,70	424	
	50m: 40.55 40.55 100m: 1:25.35 44.80						
79.	SOUSA Ana Correia	04	Pimpoes/Cimai	**1:25.52**	+0,71	421	
	50m: 39.86 39.86 100m: 1:25.52 45.66						
80.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:25.82**	+0,59	417	
	50m: 39.69 39.69 100m: 1:25.82 46.13						
81.	BOROZAN Gabriela	04	Louletano / Loule Concelho	**1:26.17**	+0,82	412	
	50m: 40.55 40.55 100m: 1:26.17 45.62						
82.	MELO Beatriz Coelho	05	Feirense	**1:26.30**	+0,88	410	
	50m: 40.58 40.58 100m: 1:26.30 45.72						
83.	ALVES Maria Ines	05	Academica de Coimbra	**1:27.51**	+0,75	393	
	50m: 40.61 40.61 100m: 1:27.51 46.90						
DSQ	DIAS Ana Leonor	02	Natacao Olhao				
	721 - Não chegou com as mãos na parede simultaneamente na chegada - SW 7.6						

Prova 6 — Femin., 100m Bruços — Absolutos
01-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005

TAC Sen 50m: 1:17.77 - 25m: 1:15.69; Jun 50m: 1:20.38 - 25m: 1:17.66

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:14.16**	+0,74	646	
	50m: 35.11 35.11 100m: 1:14.16 39.05						
2.	BORGES Claudia Ferreira	99	Benfica	**1:14.40**	+0,61	640	
	50m: 35.33 35.33 100m: 1:14.40 39.07						
3.	SOUSA Ana Reis	02	Alges	**1:14.72**	+0,70	632	
	50m: 35.64 35.64 100m: 1:14.72 39.08						
4.	CERDEIRA Madalena Reis	03	Sporting	**1:15.07**	+0,76	623	
	50m: 35.37 35.37 100m: 1:15.07 39.70						
5.	MACHADO Luisa Maria	01	Uniao Piedense	**1:15.21**	+0,80	619	
	50m: 35.78 35.78 100m: 1:15.21 39.43						
6.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:15.71**	+0,66	607	
	50m: 35.52 35.52 100m: 1:15.71 40.19						
7.	CASTRO Maria Freitas	03	Fafe	**1:15.91**	+0,68	602	
	50m: 36.15 36.15 100m: 1:15.91 39.76						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	OLIVEIRA Rosa Maria	96	Porto	**1:16.08**	+0,71	598	
	50m: 37.05 37.05 100m: 1:16.08 39.03						
9.	GONCALVES Sofia Filipa	01	Leixoes	**1:16.22**	+0,73	595	
	50m: 35.91 35.91 100m: 1:16.22 40.31						
10.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:16.26**	+0,69	594	
	50m: 36.16 36.16 100m: 1:16.26 40.10						
11.	RODRIGUES Luana Correia	01	Belenenses	**1:16.39**	+0,73	591	
	50m: 35.73 35.73 100m: 1:16.39 40.66						
12.	SILVA Natacha Sofia	02	Benfica	**1:16.49**	+0,73	589	
	50m: 35.90 35.90 100m: 1:16.49 40.59						
13.	PEREIRA Clara Gomes	02	Alges	**1:16.51**	+0,68	588	
	50m: 36.38 36.38 100m: 1:16.51 40.13						
14.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.62**	+0,71	586	
	50m: 35.82 35.82 100m: 1:16.62 40.80						
15.	SILVA Beatriz Santos	01	Porto	**1:17.03**	+0,76	577	
	50m: 35.98 35.98 100m: 1:17.03 41.05						
16.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:17.60**	+0,73	564	
	50m: 36.81 36.81 100m: 1:17.60 40.79						
17.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.64**	+0,56	563	
	50m: 36.92 36.92 100m: 1:17.64 40.72						
18.	ROSA Maria Carolina	94	Sporting	**1:18.16**	+0,72	552	
	50m: 35.72 35.72 100m: 1:18.16 42.44						
19.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:18.50**	+0,66	545	
	50m: 36.44 36.44 100m: 1:18.50 42.06						
	TEIXEIRA Ines Oliveira	02	Estarreja	**1:18.50**	+0,65	545	
	50m: 36.44 36.44 100m: 1:18.50 42.06						
21.	RIBEIRO Margarida Messias	98	Gesloures	**1:18.66**	+0,65	541	
	50m: 36.95 36.95 100m: 1:18.66 41.71						
22.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:18.71**	+0,83	540	
	50m: 37.70 37.70 100m: 1:18.71 41.01						
23.	MAIA Joana Marques	91	Ginasio Santo Tirso	**1:19.00**	+0,80	534	
	50m: 36.16 36.16 100m: 1:19.00 42.84						
24.	BERNARDO Ines Silva	00	Benfica	**1:19.28**	+0,71	529	
	50m: 37.38 37.38 100m: 1:19.28 41.90						
25.	FERNANDES Ana Catarina	03	Naval do Funchal	**1:20.00**	+0,61	515	
	50m: 36.87 36.87 100m: 1:20.00 43.13						
26.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:20.29**	+0,68	509	
	50m: 37.40 37.40 100m: 1:20.29 42.89						
27.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**1:21.17**	+0,70	493	
	50m: 37.22 37.22 100m: 1:21.17 43.95						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 6, Femin., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**1:21.21**	+0,74	492	
	50m: 38.36 38.36 100m: 1:21.21 42.85						
29.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**1:21.40**	+0,65	489	
	50m: 37.30 37.30 100m: 1:21.40 44.10						
30.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:21.46**	+0,75	487	
	50m: 37.81 37.81 100m: 1:21.46 43.65						
31.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**1:21.48**	+0,82	487	
	50m: 37.52 37.52 100m: 1:21.48 43.96						
32.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**1:21.52**	+0,81	486	
	50m: 37.66 37.66 100m: 1:21.52 43.86						
33.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**1:21.91**	+0,76	479	
	50m: 38.23 38.23 100m: 1:21.91 43.68						
34.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**1:22.63**	+0,76	467	
	50m: 38.82 38.82 100m: 1:22.63 43.81						
DSQ	DIAS Ana Leonor	02	Natacao Olhao				
	721 - Não chegou com as mãos na parede simultaneamente na chegada - SW 7.6						

Prova 7 — Masc., 50m Costas — Open
01-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Sen	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Jun18	26.26	COSTA Joao Nogueira	POR	Kazan (RUS)	06-07-2019
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14-04-2019

TAC Sen 50m: 28.32 - 25m: 27.32; Jun 50m: 29.25 - 25m: 28.17; Juv A 50m: 29.25 - 25m: 28.17; Juv B 50m: 29.25 - 25m: 28.17

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**26.43**	+0,65	748	
2.	SILVA Glauber	86	Foca	**26.47**	+0,67	745	
3.	SANTOS Francisco Rogerio	98	Sporting	**26.55**	+0,68	738	
4.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**26.64**	+0,60	731	
5.	KOT Viktor	98	Nautico Marinha Grande	**26.69**	+0,68	727	
6.	SANTOS Alexis Manacas	92	Sporting	**26.93**	+0,62	707	
7.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.24**	+0,56	683	
8.	ALFAMA Martim Primavera	02	Gesloures	**27.27**	+0,60	681	
9.	NUNES Porfirio Braga	00	Porto	**27.43**	+0,53	669	
10.	BATE Miguel Ribeiro	99	Alges	**27.47**	+0,64	666	
11.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**27.61**	+0,56	656	
12.	PINHO Manuel Antonio	01	Feirense	**27.64**	+0,67	654	
13.	ROSA Rodrigo Antonio	96	Benfica	**27.83**	+0,69	641	
14.	TINOCO Joao Pereira	00	Famalicao	**28.01**	+0,78	629	
15.	FERNANDES Joao Diogo	98	Belenenses	**28.07**	+0,63	625	
16.	CASTRO Duarte Monteiro	03	Porto	**28.11**	+0,59	622	

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 7, Masc., 50m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.29**	+0,59	610	
18.	CORREIA Joao Mota	97	Benfica	**28.30**	+0,71	609	
19.	SILVA Gustavo Carvalho	04	Academia Acores	**28.31**	+0,82	609	
20.	ALMEIDA Carlos Afonso	98	Alges	**28.34**	+0,74	607	
21.	CORREIA Diogo Carrasco	95	Belenenses	**28.39**	+0,61	604	
22.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**28.47**	+0,62	599	
23.	WANZELLER Goncalo Henriques	03	Belenenses	**28.51**	+0,61	596	
24.	CRISTINO David Matias	01	Uniao Piedense	**28.54**	+0,72	594	
25.	SANTOS Dario Almeida	93	Leixoes	**28.55**	+0,61	594	
26.	FIDALGO Mateus Valente	01	Estarreja	**28.56**	+0,65	593	
27.	ZENZA Francisco Manuel	01	Natacao da Maia	**28.62**	+0,58	589	
28.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**28.68**	+0,73	585	
	MACHADO Bruno Rafael	01	Fluvial Portuense	**28.68**	+0,55	585	
30.	DOMINGOS Ruy Manuel	02	Sporting	**28.80**	+0,72	578	
31.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**28.91**	+0,73	572	
32.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**28.95**	+0,64	569	
33.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**28.97**	+0,66	568	
	LOURENCO Tiago Campos	02	Natacao de Valongo	**28.97**	+0,65	568	
35.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**29.04**	+0,55	564	
36.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**29.05**	+0,64	563	
37.	FREIRE Carlos Marques	01	Belenenses	**29.14**	+0,65	558	
38.	MAGALHAES Hugo Nunes	02	Alges	**29.34**	+0,61	547	
39.	SOUSA Joao Ribeiro	01	Porto	**29.62**	+0,66	531	
40.	MORIM Francisco Emanuel	02	Vilacondense	**30.47**	+0,82	488	
DNS	CANCELA Diogo Luis	02	Miranda do Corvo				

Prova 7 — Masc., 50m Costas — Absolutos
01-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Sen	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Jun18	26.26	COSTA Joao Nogueira	POR	Kazan (RUS)	06-07-2019
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14-04-2019

TAC Sen 50m: 28.32 - 25m: 27.32; Jun 50m: 29.25 - 25m: 28.17; Juv A 50m: 29.25 - 25m: 28.17; Juv B 50m: 29.25 - 25m: 28.17

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**26.43**	+0,65	748	
2.	SANTOS Francisco Rogerio	98	Sporting	**26.55**	+0,68	738	
3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**26.64**	+0,60	731	
4.	KOT Viktor	98	Nautico Marinha Grande	**26.69**	+0,68	727	
5.	SANTOS Alexis Manacas	92	Sporting	**26.93**	+0,62	707	
6.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.24**	+0,56	683	
7.	ALFAMA Martim Primavera	02	Gesloures	**27.27**	+0,60	681	
8.	NUNES Porfirio Braga	00	Porto	**27.43**	+0,53	669	
9.	BATE Miguel Ribeiro	99	Alges	**27.47**	+0,64	666	
10.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**27.61**	+0,56	656	
11.	PINHO Manuel Antonio	01	Feirense	**27.64**	+0,67	654	

ORGANIZAÇÃO
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PARCEIROS

Prova 7, Masc., 50m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ROSA Rodrigo Antonio	96	Benfica	**27.83**	+0,69	641	
13.	TINOCO Joao Pereira	00	Famalicao	**28.01**	+0,78	629	
14.	FERNANDES Joao Diogo	98	Belenenses	**28.07**	+0,63	625	
15.	CASTRO Duarte Monteiro	03	Porto	**28.11**	+0,59	622	
16.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.29**	+0,59	610	
17.	CORREIA Joao Mota	97	Benfica	**28.30**	+0,71	609	
18.	SILVA Gustavo Carvalho	04	Academia Acores	**28.31**	+0,82	609	
19.	ALMEIDA Carlos Afonso	98	Alges	**28.34**	+0,74	607	
20.	CORREIA Diogo Carrasco	95	Belenenses	**28.39**	+0,61	604	
21.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**28.47**	+0,62	599	
22.	WANZELLER Goncalo Henriques	03	Belenenses	**28.51**	+0,61	596	
23.	CRISTINO David Matias	01	Uniao Piedense	**28.54**	+0,72	594	
24.	SANTOS Dario Almeida	93	Leixoes	**28.55**	+0,61	594	
25.	FIDALGO Mateus Valente	01	Estarreja	**28.56**	+0,65	593	
26.	ZENZA Francisco Manuel	01	Natacao da Maia	**28.62**	+0,58	589	
27.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**28.68**	+0,73	585	
	MACHADO Bruno Rafael	01	Fluvial Portuense	**28.68**	+0,55	585	
29.	DOMINGOS Ruy Manuel	02	Sporting	**28.80**	+0,72	578	
30.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**28.91**	+0,73	572	
31.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**28.95**	+0,64	569	
32.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**28.97**	+0,66	568	
	LOURENCO Tiago Campos	02	Natacao de Valongo	**28.97**	+0,65	568	
34.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**29.04**	+0,55	564	
35.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**29.05**	+0,64	563	
36.	FREIRE Carlos Marques	01	Belenenses	**29.14**	+0,65	558	
37.	MAGALHAES Hugo Nunes	02	Alges	**29.34**	+0,61	547	
38.	SOUSA Joao Ribeiro	01	Porto	**29.62**	+0,66	531	
39.	MORIM Francisco Emanuel	02	Vilacondense	**30.47**	+0,82	488	
DNS	CANCELA Diogo Luis	02	Miranda do Corvo				

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 7, Masc., 50m Costas, Elimin

Prova 7 — Masc., 50m Costas — Classe S8
01-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Sen	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Jun18	26.26	COSTA Joao Nogueira	POR	Kazan (RUS)	06-07-2019
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14-04-2019

TAC Sen 50m: 28.32 - 25m: 27.32; Jun 50m: 29.25 - 25m: 28.17; Juv A 50m: 29.25 - 25m: 28.17; Juv B 50m: 29.25 - 25m: 28.17

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	CANCELA Diogo Luis	02	Miranda do Corvo				
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**32.73**	+0,75	394	

Prova 8 — Femin., 50m Costas — Open
01-08-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

TAC Sen 50m: 32.25 - 25m: 31.30; Jun 50m: 33.22 - 25m: 32.24; Juv A 50m: 33.22 - 25m: 32.24; Juv B 50m: 33.22 - 25m: 32.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**30.17**	+0,68	715	
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**30.20**	+0,60	713	
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**30.43**	+0,64	696	
4.	FREIXO Juliana Lima	97	Braga	**30.99**	+0,58	659	
5.	FERNANDES Ines Camacho	97	Sporting	**31.08**	+0,71	654	
6.	CABRAL Maria Francisca	00	Porto	**31.12**	+0,63	651	
7.	FERREIRA Catarina Maria	98	Porto	**31.28**	+0,74	641	
8.	OLIVEIRA Ana Rita	04	Naval Povoense	**31.30**	+0,60	640	
9.	PEIXEIRA Filipa Ramos	03	Sporting	**31.46**	+0,66	630	
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**31.48**	+0,72	629	
11.	MARQUES Maria Vieira	04	Natacao de Vagos	**31.70**	+0,57	616	
12.	NEVES Ana Carolina	00	Academica de Coimbra	**31.83**	+0,70	608	
13.	ROLAO Sofia Alexandra	98	Benfica	**31.95**	+0,70	602	
14.	CRUZ Sara Moura	03	Alges	**31.99**	+0,61	599	
15.	CARDEAL Joana Nunes	02	Academico Viseu	**32.08**	+0,66	594	
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**32.09**	+0,70	594	
17.	CATARINO Laura Andre	03	CCDSerta	**32.15**	+0,67	590	
18.	RAMOS Ines Asseiceira	03	Torres Novas	**32.21**	+0,66	587	
19.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.25**	+0,72	585	
20.	MARQUES Mariana Nunes	03	Estarreja	**32.30**	+0,57	582	
21.	MELO Barbara Azambujo	02	Academica de Coimbra	**32.32**	+0,65	581	
	MENDES Lea Alexandra	03	Gualdim Pais	**32.32**	+0,71	581	
23.	LASCU Nicoleta	02	Litoral Alentejano	**32.41**	+0,67	576	

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Prova 8, Femin., 50m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	RODRIGUES Sofia Vilardell	04	Gesloures	**32.42**	+0,71	576	
25.	COSTA Ana Filipa	98	Natacao de Beja	**32.52**	+0,74	571	
26.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**32.54**	+0,66	569	
27.	COSTA Joana Santos	04	Galitos / Bresimar	**32.64**	+0,66	564	
28.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**32.65**	+0,63	564	
29.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**32.66**	+0,79	563	
30.	MARTINS Matilde Pereira	99	Natacao de Sao Bras	**32.70**	+0,68	561	
31.	BRANCOURT Yonina	04	Gesloures	**32.73**	+0,66	560	
32.	SOARES Ana Beatriz	03	Feirense	**32.74**	+0,77	559	
33.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**32.75**	+0,62	559	
34.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**32.76**	+0,66	558	
35.	FERREIRA Leonor Marques	03	Campinho	**33.01**	+0,61	545	
36.	JESUS Maria Crista	03	Louletano / Loule Concelho	**33.13**	+0,66	540	
37.	MACHADO Carolina Alexandra	03	Natacao de Beja	**33.14**	+0,64	539	
38.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**33.20**	+0,62	536	
39.	TROIA Barbara Daniela	04	Vilacondense	**33.27**	+0,60	533	
40.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**33.40**	+0,64	527	
41.	TEIXEIRA Ines Oliveira	02	Estarreja	**33.99**	+0,68	500	
42.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**34.19**	+0,58	491	

Prova 8 — Femin., 50m Costas — Absolutos
01-08-2019 - 11:30 — Resultados Elimin

Rec Nac Absoluto	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

TAC Sen 50m: 32.25 - 25m: 31.30; Jun 50m: 33.22 - 25m: 32.24; Juv A 50m: 33.22 - 25m: 32.24; Juv B 50m: 33.22 - 25m: 32.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**30.17**	+0,68	715	
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**30.20**	+0,60	713	
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**30.43**	+0,64	696	
4.	FREIXO Juliana Lima	97	Braga	**30.99**	+0,58	659	
5.	FERNANDES Ines Camacho	97	Sporting	**31.08**	+0,71	654	
6.	CABRAL Maria Francisca	00	Porto	**31.12**	+0,63	651	
7.	FERREIRA Catarina Maria	98	Porto	**31.28**	+0,74	641	
8.	OLIVEIRA Ana Rita	04	Naval Povoense	**31.30**	+0,60	640	
9.	PEIXEIRA Filipa Ramos	03	Sporting	**31.46**	+0,66	630	
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**31.48**	+0,72	629	
11.	MARQUES Maria Vieira	04	Natacao de Vagos	**31.70**	+0,57	616	
12.	NEVES Ana Carolina	00	Academica de Coimbra	**31.83**	+0,70	608	
13.	ROLAO Sofia Alexandra	98	Benfica	**31.95**	+0,70	602	
14.	CRUZ Sara Moura	03	Alges	**31.99**	+0,61	599	
15.	CARDEAL Joana Nunes	02	Academico Viseu	**32.08**	+0,66	594	
16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**32.09**	+0,70	594	

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Prova 8, Femin., 50m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CATARINO Laura Andre	03	CCDSerta	**32.15**	+0,67	590	
18.	RAMOS Ines Asseiceira	03	Torres Novas	**32.21**	+0,66	587	
19.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.25**	+0,72	585	
20.	MARQUES Mariana Nunes	03	Estarreja	**32.30**	+0,57	582	
21.	MELO Barbara Azambujo	02	Academica de Coimbra	**32.32**	+0,65	581	
	MENDES Lea Alexandra	03	Gualdim Pais	**32.32**	+0,71	581	
23.	LASCU Nicoleta	02	Litoral Alentejano	**32.41**	+0,67	576	
24.	RODRIGUES Sofia Vilardell	04	Gesloures	**32.42**	+0,71	576	
25.	COSTA Ana Filipa	98	Natacao de Beja	**32.52**	+0,74	571	
26.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**32.54**	+0,66	569	
27.	COSTA Joana Santos	04	Galitos / Bresimar	**32.64**	+0,66	564	
28.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**32.65**	+0,63	564	
29.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**32.66**	+0,79	563	
30.	MARTINS Matilde Pereira	99	Natacao de Sao Bras	**32.70**	+0,68	561	
31.	BRANCOURT Yonina	04	Gesloures	**32.73**	+0,66	560	
32.	SOARES Ana Beatriz	03	Feirense	**32.74**	+0,77	559	
33.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**32.75**	+0,62	559	
34.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**32.76**	+0,66	558	
35.	FERREIRA Leonor Marques	03	Campinho	**33.01**	+0,61	545	
36.	JESUS Maria Crista	03	Louletano / Loule Concelho	**33.13**	+0,66	540	
37.	MACHADO Carolina Alexandra	03	Natacao de Beja	**33.14**	+0,64	539	
38.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**33.20**	+0,62	536	
39.	TROIA Barbara Daniela	04	Vilacondense	**33.27**	+0,60	533	
40.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**33.40**	+0,64	527	
41.	TEIXEIRA Ines Oliveira	02	Estarreja	**33.99**	+0,68	500	
42.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**34.19**	+0,58	491	

Prova 3 — Masc., 50m Mariposa — Open
01-08-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004

TAC Sen 50m: 26.08 - 25m: 25.81; Jun 50m: 26.81 - 25m: 26.59; Juv A 50m: 26.81 - 25m: 26.59; Juv B 50m: 26.81 - 25m: 26.59

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**25.96**	+0,65	631	
2.	GOMES Vicente Oliveira	02	Sporting	**26.11**	+0,70	620	

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Prova 9 — Masc., 4 x 200m Livres — Juvenis
01-08-2019 - 11:40 — Resultados

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
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_estafetas 50m: 8:38.62 - 25m: 8:28.24

Pontos: FINA 2019

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Bairro dos Anjos/ Leiria-JUV *Recorde Nacional, Juv B*	Bairro dos Anjos/ Leiria	**8:09.89**	+0,66	623	

SILVA Nuno Marques	04	+0,66	28.05	59.08	1:31.14	2:03.38	2:03.38
CASTANHEIRA Guilherme Silva	04	+0,18	27.39	58.93	1:32.79	2:07.65	2:07.65
CLARA Vitor Belo	04	+0,48	27.58	57.97	1:29.49	2:01.15	2:01.15
REIS Rodrigo Miguel	04	+0,26	26.30	55.79	1:26.63	1:57.71	1:57.71

2.	Uniao Coimbra-JUV	Uniao Coimbra	**8:13.19**	+0,70	611

RIBEIRO Diogo Matos	04	+0,70	26.28	54.94	1:24.37	1:54.86	1:54.86
MOITA Goncalo Brites	04	+0,26	28.54	59.68	1:31.43	2:02.45	2:02.45
MARTINS Alexandre Viegas	04	+0,33	28.36	1:00.62	1:34.16	2:08.30	2:08.30
SANTOS Rui Mamede	04	+0,28	27.40	59.82	1:34.40	2:07.58	2:07.58

3.	Fundacao Beatriz Santos-JUV	Fundacao Beatriz Santos	**8:13.68**	+0,72	609

MARQUES Gustavo Pires	04	+0,72	28.41	1:00.01	1:32.55	2:03.85	2:03.85
GOMES Goncalo Andre	03	+0,29	27.63	58.19	1:29.59	2:00.56	2:00.56
DIAS Jose Diogo	04	+0,39	28.09	59.21	1:32.28	2:05.88	2:05.88
DIOGO Dinis Miranda	04	+0,26	27.89	59.09	1:31.65	2:03.39	2:03.39

4.	Belenenses-JUV	Belenenses	**8:15.95**	+0,67	601

WANZELLER Goncalo Henriques	03	+0,67	28.00	58.79	1:30.71	2:03.02	2:03.02
JUNIOR Luis Cabral	03	+0,26	28.83	1:00.65	1:32.87	2:05.99	2:05.99
CARVALHO Antonio Lombardi	04	+0,56	27.92	59.98	1:33.27	2:07.49	2:07.49
DIAS Rodrigo Reis	03	+0,35	26.70	57.08	1:28.15	1:59.45	1:59.45

5.	Famalicao-JUV	Famalicao	**8:19.35**	+0,72	588

SANTOS Gabriel Moreira	04	+0,72	27.06	57.23	1:27.91	2:00.25	2:00.25
MARQUES Andre Costa	03	+0,52	27.40	58.16	1:30.59	2:05.27	2:05.27
FAIA Mateus Costa	03	+0,51	28.63	1:00.78	1:34.83	2:09.67	2:09.67
OLIVEIRA Joao Campelo	04	+0,29	27.33	59.48	1:31.82	2:04.16	2:04.16

6.	Viver Santarem-JUV	Viver Santarem	**8:20.41**	+0,70	585

LOPES Luis Afonso	03	+0,70	28.18	59.29	1:30.06	2:01.13	2:01.13
ALVES Rui Chagas	03	+0,29	28.58	1:01.04	1:34.15	2:08.07	2:08.07
COUTINHO Guilherme Pereira	03	+0,52	27.96	1:00.28	1:32.68	2:05.73	2:05.73
CRISTOVAO Goncalo Magalhaes	03	+0,29	27.74	59.57	1:32.38	2:05.48	2:05.48

7.	Galitos / Bresimar-JUV	Galitos / Bresimar	**8:21.48**	+0,68	581

FARDILHA Manuel Cruz	03	+0,68	27.97	58.70	1:30.68	2:03.81	2:03.81
ANTUNES Joao Afonso	04	+0,28	26.94	58.53	1:31.26	2:04.25	2:04.25
JESUS Pedro Duarte	04	+0,37	28.93	1:01.47	1:34.86	2:06.53	2:06.53
PEREIRA Tiago Maia	04	+0,60	28.60	1:00.48	1:33.51	2:06.89	2:06.89

8.	Sporting-JUV	Sporting	**8:23.12**	+0,65	575

ALMEIDA Bernardo Victorino	04	+0,65	27.53	57.26	1:27.98	1:58.98	1:58.98
SANTOS Joao Afonso	04	+0,20	28.47	1:02.28	1:37.00	2:08.90	2:08.90
PINTO Afonso Cipriano	04	+0,39	29.33	1:02.69	1:37.22	2:11.40	2:11.40
FRASQUILHO Afonso Figueiredo	04	+0,20	27.81	58.91	1:31.48	2:03.84	2:03.84

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Prova 9, Masc., 4 x 200m Livres, Juvenis

Lugar			Clube				Tempo Final	TReac	Pts FINA	Pts
9.	Bombeiros Ponta Delgada-JUV		Bombeiros Ponta Delgada				**8:26.75**	+0,71	563	
	BORGES Rafael Braga	03	+0,71	28.45	1:00.86	1:34.44	2:07.99	2:07.99		
	GOMES Nuno Antonio	03	+0,37	27.53	59.71	1:33.01	2:06.78	2:06.78		
	SANTOS Joao Pedro	03	+0,37	28.35	1:00.59	1:33.98	2:07.82	2:07.82		
	PAZ Antonio Manuel	04	+0,46	28.09	59.42	1:31.96	2:04.16	2:04.16		
10.	Colegio Vasco da Gama-JUV		Colegio Vasco da Gama				**8:32.75**	+0,73	543	
	SIMOES Bernardo Jorge	04	+0,73	27.47	56.87	1:26.90	1:57.31	1:57.31		
	MATOS Joao Luis	03	+0,35	29.33	1:02.60	1:36.04	2:09.11	2:09.11		
	MANZ Guilherme Carmo	03	+0,37	30.77	1:06.23	1:42.98	2:19.05	2:19.05		
	VALENTE Henrique Pinheiro	03	+0,12	28.33	1:01.16	1:34.79	2:07.28	2:07.28		
11.	Naval do Funchal-JUV		Naval do Funchal				**8:34.39**	+0,62	538	
	GOMES Goncalo Camara	03	+0,62	28.00	58.66	1:29.76	2:02.00	2:02.00		
	FERNANDES Diogo Henrique	04	+0,13	28.49	1:01.23	1:34.85	2:08.84	2:08.84		
	FERREIRA Leonardo Filipe	04	+0,13	28.38	1:01.89	1:37.60	2:13.78	2:13.78		
	BARRY Rafael Francisco	04	+0,29	29.33	1:02.08	1:35.69	2:09.77	2:09.77		
12.	Uniao Piedense-JUV		Uniao Piedense				**8:35.52**	+0,73	535	
	LOPES Rafael Caceres	04	+0,73	29.44	1:03.16	1:37.65	2:12.93	2:12.93		
	GOMES Tomas Nogueira	03	+0,46	26.86	57.05	1:28.66	1:59.12	1:59.12		
	SANTOS Guilherme Machado	04	+0,56	29.85	1:03.10	1:37.02	2:10.59	2:10.59		
	CRISTINO Guilherme Matias	03	+0,26	28.92	1:02.39	1:38.40	2:12.88	2:12.88		
13.	Benfica-JUV		Benfica				**8:35.53**	+0,64	535	
	CARNEIRO Joao Soares	03	+0,64	27.77	58.49	1:30.47	2:02.83	2:02.83		
	PEREIRA Ricardo Samuel	03	+0,39	28.58	1:01.41	1:35.72	2:09.20	2:09.20		
	FIDALGO Joao Matos	03	+0,38	28.70	1:01.63	1:35.81	2:09.47	2:09.47		
	CORREIA Pedro Henriques	03	+0,08	29.95	1:03.65	1:38.68	2:14.03	2:14.03		
14.	Vitoria Guimaraes-JUV		Vitoria Guimaraes				**8:40.76**	+0,63	519	
	MADUREIRA Rui Pedro	04	+0,63	28.28	1:00.47	1:33.26	2:06.53	2:06.53		
	PEREIRA Diogo Guimaraes	03	+0,04	29.57	1:02.91	1:36.54	2:09.08	2:09.08		
	SOUSA Diogo Nunes	03	+0,30	28.59	1:02.23	1:36.94	2:11.17	2:11.17		
	ARAUJO Jose Miguel	03	+0,27	29.00	1:02.23	1:37.51	2:13.98	2:13.98		
15.	Aquatico Pacense-JUV		Aquatico Pacense				**8:41.21**	+0,65	517	
	LEAL Dinis Barros	03	+0,65	28.57	1:00.71	1:34.28	2:08.44	2:08.44		
	TEIXEIRA Pedro Rui	03	+0,22	29.74	1:03.80	1:39.31	2:15.62	2:15.62		
	CARNEIRO Andre Martins	03	+0,37	30.26	1:03.77	1:38.42	2:13.58	2:13.58		
	NETO Rodrigo Jorge	03	+0,23	28.50	59.96	1:32.05	2:03.57	2:03.57		
16.	Gesloures-JUV		Gesloures				**8:42.56**	+0,69	513	
	PENELAS Joao Pedro	04	+0,69	28.77	1:01.09	1:34.51	2:07.75	2:07.75		
	SANTOS Francisco Amaro	04	+0,26	30.33	1:03.91	1:37.93	2:11.54	2:11.54		
	PARENTE Salvador Ataide	03	+0,49	29.23	1:02.79	1:37.02	2:10.54	2:10.54		
	VALENTE Goncalo Filipe	03	+0,20	29.68	1:03.08	1:37.60	2:12.73	2:12.73		
17.	Academia Acores-JUV		Academia Acores				**8:48.68**	+0,65	496	
	PINTO Joao Pedro	04	+0,65	30.37	1:04.87	1:42.00	2:18.99	2:18.99		
	MATOS Gil Amaral	04	+0,15	30.25	1:04.61	1:39.84	2:14.47	2:14.47		
	AGUIAR Vasco Ormonde	04	+0,54	28.08	1:00.93	1:36.07	2:11.23	2:11.23		
	SILVA Gustavo Carvalho	04	+0,44	27.91	59.12	1:31.41	2:03.99	2:03.99		
DNS	Cova da Piedade-JUV		Cova da Piedade							

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Prova 10 — Femin., 4 x 200m Livres — Juvenis
01-08-2019 - 12:00 — Resultados

Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14-04-2019
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
Rec Nac Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26-07-2012

TAC_estafetas 50m: 9:25.95 - 25m: 9:14.63

Pontos: FINA 2019

Lugar			Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-JUV		Sporting				**8:52.50**	+0,77	653	
	INACIO Marta Macedo	04	+0,77	31.48	1:06.01	1:41.37	2:16.02	2:16.02		
	SIMOES Ana Beatriz	05	+0,28	30.92	1:05.54	1:40.05	2:14.46	2:14.46		
	REIS Erica Cristina	05	+0,13	31.01	1:04.76	1:39.47	2:13.85	2:13.85		
	MOURA Maria Ferreira	04	+0,34	30.12	1:03.55	1:36.36	2:08.17	2:08.17		
2.	Galitos / Bresimar-JUV		Galitos / Bresimar				**9:08.31**	+0,74	598	
	FERNANDES Carolina Miranda	05	+0,74	30.18	1:03.89	1:37.49	2:10.36	2:10.36		
	ALMEIDA Maria Carolina	05	+0,35	31.18	48.50	1:43.14	2:19.37	2:19.37		
	COSTA Joana Santos	04	+0,66	32.93	1:08.14	1:44.61	2:19.91	2:19.91		
	ALMEIDA Catarina Nunes	04	+0,58	31.22	1:06.16	1:42.57	2:18.67	2:18.67		
3.	Porto-JUV		Porto				**9:10.54**	+0,69	591	
	PINHO Carolina Teixeira	04	+0,69	30.44	1:04.09	1:38.40	2:13.71	2:13.71		
	PRETO Filipa Manso	04	+0,43	30.60	1:04.79	1:39.25	2:14.02	2:14.02		
	MARTINS Ines Correia	04	+0,28	31.96	1:07.54	1:43.22	2:19.77	2:19.77		
	SILVA Maria Ines	05	+0,35	30.66	1:06.87	1:44.76	2:23.04	2:23.04		
4.	Bairro dos Anjos/ Leiria-JUV		Bairro dos Anjos/ Leiria				**9:12.11**	+0,75	586	
	VIANA Margarida Violante	04	+0,75	31.63	1:05.50	1:40.43	2:15.32	2:15.32		
	LAGOA Carlota Macedo	05	+0,61	31.79	1:06.72	1:42.95	2:19.39	2:19.39		
	SIMOES Rita Mendes	04	+0,25	30.74	1:05.71	1:41.96	2:18.14	2:18.14		
	ALVES Maria Francisca	04	+0,60	31.30	1:06.25	1:42.74	2:19.26	2:19.26		
5.	Vilacondense-JUV		Vilacondense				**9:17.28**	+0,86	570	
	SILVA Ines Martins	04	+0,86	31.97	1:06.53	1:42.78	2:19.18	2:19.18		
	TROIA Beatriz Rosa	04	+0,59	30.82	1:05.15	1:42.77	2:19.96	2:19.96		
	LOPES Francisca Macedo	05	+0,47	31.38	1:07.04	1:44.01	2:20.66	2:20.66		
	GALANTE Ines Carvalho	04	+0,19	31.22	1:05.86	1:42.05	2:17.48	2:17.48		
6.	Avancado EUL-JUV		Avancado EUL				**9:18.55**	+0,79	566	
	NUNES Margarida Domingues	05	+0,79	32.07	1:07.17	1:43.76	2:20.36	2:20.36		
	VIEIRA Carmo Dias	05	+0,39	31.58	1:07.23	1:43.77	2:19.68	2:19.68		
	LOPO Lara Moreira	05	+0,59	32.56	1:08.73	1:47.45	2:26.32	2:26.32		
	SANTOS Leonor Esteves	04	+0,54	30.83	1:04.21	1:38.27	2:12.19	2:12.19		
7.	Gesloures-JUV		Gesloures				**9:21.74**	+0,86	556	
	COSTA Catarina Nunes	04	+0,86	34.15	1:10.58	1:47.12	2:23.10	2:23.10		
	SANTOS Mariana Marques	05	+0,16	31.38	1:06.52	1:42.92	2:19.15	2:19.15		
	MELO Sara Carreira	05	+0,20	30.29	1:05.53	1:41.12	2:19.66	2:19.66		
	MORGADO Alice Jesus	04	+0,47	31.63	1:07.53	1:43.79	2:19.83	2:19.83		
8.	Natacao de Vagos-JUV		Natacao de Vagos				**9:22.20**	+0,67	555	
	PEREIRA Carolina Rei	05	+0,67	31.23	1:05.57	1:40.93	2:16.32	2:16.32		
	STELMASHCHUK Catarina Cruz	05	+0,13	32.49	1:10.09	1:49.46	2:27.72	2:27.72		
	VIANA Jacinta Martins	04	+0,24	31.67	1:07.79	1:45.64	2:22.27	2:22.27		
	MARQUES Maria Vieira	04	+0,23	30.13	1:04.46	1:40.84	2:15.89	2:15.89		

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Prova 10, Femin., 4 x 200m Livres, Juvenis

Lugar			Clube				Tempo Final	TReac	Pts FINA	Pts
9.	Colegio Vasco da Gama-JUV		Colegio Vasco da Gama				**9:31.73**	+0,69	527	
	BARAO Margarida Carvalho	04	+0,69	32.02	1:07.37	1:44.21	2:20.43	2:20.43		
	MARQUES Catarina Alexandra	04	+0,42	32.10	1:08.76	1:46.90	2:24.72	2:24.72		
	BARAO Matilde Carvalho	04	+0,48	33.03	1:10.56	1:50.33	2:28.38	2:28.38		
	FIDALGO Maria Jardim	04	+0,33	30.77	1:05.08	1:41.52	2:18.20	2:18.20		
DSQ	Benfica-JUV		Benfica							
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11									
	TRIBUNA Francisca Otao	05	+0,74	32.82	1:09.02	1:46.37	2:22.61	2:22.61		
	ANDRE Isadora Maia	05	+0,39	32.37	1:07.50	1:43.45	2:18.64	2:18.64		
	FERREIRA Joana Rocha	05	+0,36	31.53	1:06.66	1:42.93	2:18.85	2:18.85		
	GUTERRES Mariana Fragoso	04	-0,04							

2 - 1ª Jornada - 2ª Sessão (Finais-Finals) 01-08-2019 - 17:00

Prova 11 Masc., 4 x 50m Livres Open
01-08-2019 - 17:00 Resultados

Rec Nac Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bon	FCP	Faro	18-07-2009
Rec Nac Sen	1:32.94	Futebol Clube do Porto	FCP	Oeiras	26-07-2012
Rec Nac Jun	1:36.69	Futebol Clube do Porto/Imperio Bon	FCP	Lisboa	27-03-2009

Pontos: FINA 2019

Lugar				Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-ABS			Sporting				**1:34.01**	+0,66	735	
	COSTA Tiago Cunha	99	+0,66	24.17	MOGNE Igor Araujo	96	+0,50	23.24			
	SANTOS Francisco Rogerio	98	+0,26	23.27	SANTOS Alexis Manacas	92	+0,29	23.33			
2.	Benfica-ABS			Benfica				**1:34.37**	+0,65	726	
	DIAS Guilherme Pereira	97	+0,65	23.55	AIRES Rafael Alcantara	01	+0,20	23.60			
	MARQUES Miguel Henriques	00	+0,46	23.30	LEBRE Diogo Ramos	01	+0,15	23.92			
3.	Belenenses-ABS			Belenenses				**1:35.91**	+0,64	692	
	RAMOS Bruno Miguel	97	+0,64	23.98	CORREIA Diogo Carrasco	95	+0,23	24.22			
	PADRELA Joao Esteves	99	+0,18	23.17	FERNANDES Joao Diogo	98	+0,32	24.54			
4.	Porto-ABS			Porto				**1:36.73**	+0,68	674	
	AMORIM Alexandre Ferreira	99	+0,68	24.21	SOUSA Joao Ribeiro	01	+0,28	24.75			
	NUNES Porfirio Braga	00	+0,38	23.99	SOARES Tiago Silva	99	+0,41	23.78			
5.	Uniao Piedense-ABS			Uniao Piedense				**1:37.54**	+0,69	658	
	CAMOES Tiago Maria	01	+0,69	25.04	LOPES Carlos Filipe	01	+0,27	24.83			
	SILVA Fernando Souza	86	+0,28	23.05	BRITO Bernardo Geada	02	+0,26	24.62			
6.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria				**1:38.77**	+0,63	633	
	GOMES Filipe Miguel	97	+0,63	24.03	SILVA Joao Jose	03	+0,71	25.94			
	SANTOS Nuno Goncalo	96	+0,42	24.02	REIS Rodrigo Miguel	04	+0,42	24.78			
7.	Gesloures-ABS			Gesloures				**1:41.34**	+0,61	586	
	SANTOS Afonso Amaro	02	+0,61	26.16	ALFAMA Martim Primavera	02	+0,45	24.91			
	SOUZA Francisco Alves	02	+0,34	25.64	MARTINS Bruno Miguel	93	+0,25	24.63			

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Prova 11, Masc., 4 x 50m Livres, Open

Lugar				Clube			Tempo Final	TReac	Pts FINA	Pts
DSQ	Fundacao Beatriz Santos-ABS			Fundacao Beatriz Santos						
	111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11									
	AGOSTINHO Miguel Diogo	00	+0,65	24.46	PEREIRA Joao Neto	02	-0,07			
	DOMINGUES Ricardo Jorge	02	+0,48	25.66	GOMES Rodrigo Ribeiro	00	+0,22			

Prova 12 — Femin., 4 x 50m Livres — Absolutos
01-08-2019 - 17:05 — Resultados

Rec Nac Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Rec Nac Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Rec Nac Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa	27-03-2009

Pontos: FINA 2019

Lugar				Clube			Tempo Final	TReac	Pts FINA	Pts
1.	Porto-ABS			Porto			**1:47.46**	+0,65	723	
	SOARES Catarina Silva	03	+0,65	26.77	FARIA Ana Rita	00	+0,57	26.86		
	OLIVEIRA Rosa Maria	96		26.82	FERREIRA Catarina Maria	98	+0,47	27.01		
2.	Sporting-ABS			Sporting			**1:48.22**	+0,59	708	
	VIEGAS Beatriz Mendes	00	+0,59	26.63	FERNANDES Ines Camacho	97	+0,34	27.04		
	PINTO Mafalda Marques	02	+0,59	27.57	BELEZA Mafalda Gomes	94	+0,36	26.98		
3.	Galitos / Bresimar-ABS			Galitos / Bresimar			**1:50.40**	+0,68	667	
	FERNANDES Carolina Miranda	05	+0,68	27.27	SANTOS Ana Pedro	02	+0,34	28.24		
	AMADOR Joana Costa	01	+0,41	27.53	RODRIGUES Ana Margarida	96	+0,46	27.36		
4.	Academica de Coimbra-ABS			Academica de Coimbra			**1:51.04**	+0,61	655	
	TEJO Beatriz Costa	02	+0,61	28.16	MOREIRA Matilde Freitas	01	+0,38	27.65		
	NEVES Ana Carolina	00	+0,11	28.20	CRAVEIRO Beatriz Neves	97	+0,01	27.03		
5.	Benfica-ABS			Benfica			**1:51.26**	+0,69	651	
	ANDRE Leticia Maia	02	+0,69	28.37	ROLAO Sofia Alexandra	98	+0,30	27.80		
	GRAVETO Ana Raquel	02	+0,16	26.92	BORGES Claudia Ferreira	99	+0,37	28.17		
6.	Fluvial Portuense-ABS			Fluvial Portuense			**1:51.95**	+0,71	639	
	PEGO Isabel Porfirio	01	+0,71	27.06	PEREIRA Isabel dos Santos	05	+0,57	29.26		
	CUNHA Mariana Pacheco	04	+0,71	27.60	ANDRE Angelica Maria	94	+0,26	28.03		
7.	Torres Novas-ABS			Torres Novas			**1:53.08**	+0,73	620	
	CASAL Beatriz Goncalves	03	+0,73	28.14	NICOLAU Margarida Claudino	05	+0,37	28.60		
	RAMOS Ines Asseiceira	03	+0,40	28.43	NEVES Carolina Marques	01	+0,62	27.91		
8.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria			**1:55.33**	+0,64	585	
	JUNQUEIRA Sofia Ribeiro	02	+0,64	28.35	LAGOA Laura Macedo	04	+0,17	28.72		
	LOPES Sara Santos	03	+0,28	28.95	JACINTO Ines Filipa	03	+0,29	29.31		

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NATAÇÃO PURA

Prova 1 — Masc., 1500m Livres — Juvenis
01-08-2019 - 17:05 — 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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**16:34.77**	+1,00	671	
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**16:42.58**	+0,77	655	
3.	ALMEIDA Bernardo Victorino	04	Sporting	**16:46.01**	+0,67	649	
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:47.88**	+0,70	645	
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**16:55.44**	+0,70	631	

50m:	30.22	30.22	450m:	4:59.32	33.84	850m:	9:26.60	33.53	1250m:	13:51.25	33.06
100m:	1:03.36	33.14	500m:	5:33.11	33.79	900m:	9:59.91	33.31	1300m:	14:24.48	33.23
150m:	1:36.89	33.53	550m:	6:06.92	33.81	950m:	10:32.93	33.02	1350m:	14:57.59	33.11
200m:	2:10.38	33.49	600m:	6:40.47	33.55	1000m:	11:06.35	33.42	1400m:	15:30.99	33.40
250m:	2:44.03	33.65	650m:	7:13.40	32.93	1050m:	11:39.17	32.82	1450m:	16:03.17	32.18
300m:	3:17.83	33.80	700m:	7:46.85	33.45	1100m:	12:12.46	33.29	1500m:	16:34.77	31.60
350m:	3:51.61	33.78	750m:	8:19.99	33.14	1150m:	12:45.17	32.71			
400m:	4:25.48	33.87	800m:	8:53.07	33.08	1200m:	13:18.19	33.02			

50m:	29.33	29.33	450m:	4:58.40	33.66	850m:	9:29.59	33.88	1250m:	13:58.89	33.26
100m:	1:02.12	32.79	500m:	5:32.55	34.15	900m:	10:03.60	34.01	1300m:	14:32.21	33.32
150m:	1:35.56	33.44	550m:	6:06.51	33.96	950m:	10:37.33	33.73	1350m:	15:04.96	32.75
200m:	2:09.58	34.02	600m:	6:40.38	33.87	1000m:	11:11.14	33.81	1400m:	15:38.11	33.15
250m:	2:43.24	33.66	650m:	7:14.06	33.68	1050m:	11:44.54	33.40	1450m:	16:10.30	32.19
300m:	3:17.17	33.93	700m:	7:48.07	34.01	1100m:	12:18.44	33.90	1500m:	16:42.58	32.28
350m:	3:50.87	33.70	750m:	8:21.86	33.79	1150m:	12:51.96	33.52			
400m:	4:24.74	33.87	800m:	8:55.71	33.85	1200m:	13:25.63	33.67			

50m:	29.08	29.08	450m:	4:58.78	34.14	850m:	9:28.72	33.71	1250m:	13:59.16	33.48
100m:	1:01.77	32.69	500m:	5:32.88	34.10	900m:	10:02.79	34.07	1300m:	14:33.06	33.90
150m:	1:34.80	33.03	550m:	6:06.20	33.32	950m:	10:36.77	33.98	1350m:	15:07.09	34.03
200m:	2:08.61	33.81	600m:	6:39.88	33.68	1000m:	11:10.52	33.75	1400m:	15:41.15	34.06
250m:	2:42.39	33.78	650m:	7:13.64	33.76	1050m:	11:44.60	34.08	1450m:	16:14.51	33.36
300m:	3:16.44	34.05	700m:	7:47.56	33.92	1100m:	12:17.86	33.26	1500m:	16:46.01	31.50
350m:	3:50.53	34.09	750m:	8:21.07	33.51	1150m:	12:51.66	33.80			
400m:	4:24.64	34.11	800m:	8:55.01	33.94	1200m:	13:25.68	34.02			

50m:	30.30	30.30	450m:	5:00.87	32.77	850m:	9:29.92	33.72	1250m:	14:00.72	33.33
100m:	1:03.66	33.36	500m:	5:34.40	33.53	900m:	10:03.65	33.73	1300m:	14:35.36	34.64
150m:	1:37.33	33.67	550m:	6:07.83	33.43	950m:	10:37.72	34.07	1350m:	15:08.97	33.61
200m:	2:11.49	34.16	600m:	6:41.64	33.81	1000m:	11:11.52	33.80	1400m:	15:42.80	33.83
250m:	2:45.50	34.01	650m:	7:14.93	33.29	1050m:	11:45.49	33.97	1450m:	16:16.14	33.34
300m:	3:19.63	34.13	700m:	7:48.57	33.64	1100m:	12:19.39	33.90	1500m:	16:47.88	31.74
350m:	3:53.56	33.93	750m:	8:22.84	34.27	1150m:	12:53.66	34.27			
400m:	4:28.10	34.54	800m:	8:56.20	33.36	1200m:	13:27.39	33.73			

50m:	28.93	28.93	450m:	4:58.48	33.87	850m:	9:30.27	34.01	1250m:	14:04.46	34.12
100m:	1:01.60	32.67	500m:	5:32.39	33.91	900m:	10:04.99	34.72	1300m:	14:39.20	34.74
150m:	1:34.92	33.32	550m:	6:06.40	34.01	950m:	10:39.00	34.01	1350m:	15:13.26	34.06
200m:	2:08.93	34.01	600m:	6:40.39	33.99	1000m:	11:13.77	34.77	1400m:	15:48.12	34.86
250m:	2:42.75	33.82	650m:	7:14.26	33.87	1050m:	11:47.47	33.70	1450m:	16:21.80	33.68
300m:	3:16.77	34.02	700m:	7:48.41	34.15	1100m:	12:21.99	34.52	1500m:	16:55.44	33.64
350m:	3:50.70	33.93	750m:	8:22.25	33.84	1150m:	12:55.70	33.71			
400m:	4:24.61	33.91	800m:	8:56.26	34.01	1200m:	13:30.34	34.64			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:07.25**	+0,74	609	

50m:	30.12	30.12	450m:	5:03.39	34.09	850m:	9:37.01	34.31	1250m:	14:15.76	35.10
100m:	1:03.51	33.39	500m:	5:36.98	33.59	900m:	10:11.51	34.50	1300m:	14:50.82	35.06
150m:	1:37.88	34.37	550m:	6:11.14	34.16	950m:	10:46.27	34.76	1350m:	15:25.56	34.74
200m:	2:11.62	33.74	600m:	6:45.08	33.94	1000m:	11:21.25	34.98	1400m:	16:00.25	34.69
250m:	2:46.33	34.71	650m:	7:19.41	34.33	1050m:	11:56.16	34.91	1450m:	16:34.11	33.86
300m:	3:21.02	34.69	700m:	7:53.65	34.24	1100m:	12:30.72	34.56	1500m:	17:07.25	33.14
350m:	3:55.34	34.32	750m:	8:28.16	34.51	1150m:	13:06.00	35.28			
400m:	4:29.30	33.96	800m:	9:02.70	34.54	1200m:	13:40.66	34.66			

7.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:08.19**	+0,66	607	

50m:	30.63	30.63	450m:	5:08.78	34.72	850m:	9:42.57	34.08	1250m:	14:19.06	34.60
100m:	1:04.83	34.20	500m:	5:43.66	34.88	900m:	10:16.98	34.41	1300m:	14:53.83	34.77
150m:	1:39.43	34.60	550m:	6:17.44	33.78	950m:	10:51.19	34.21	1350m:	15:28.46	34.63
200m:	2:14.09	34.66	600m:	6:51.51	34.07	1000m:	11:25.70	34.51	1400m:	16:02.94	34.48
250m:	2:48.89	34.80	650m:	7:25.62	34.11	1050m:	12:00.32	34.62	1450m:	16:36.88	33.94
300m:	3:24.00	35.11	700m:	8:00.03	34.41	1100m:	12:35.00	34.68	1500m:	17:08.19	31.31
350m:	3:58.98	34.98	750m:	8:34.14	34.11	1150m:	13:09.73	34.73			
400m:	4:34.06	35.08	800m:	9:08.49	34.35	1200m:	13:44.46	34.73			

8.	SANTOS Andre Cardoso	03	Academico Viseu	**17:08.27**	+0,69	607	

50m:	30.57	30.57	450m:	5:08.34	35.06	850m:	9:44.49	33.84	1250m:	14:19.27	34.99
100m:	1:04.38	33.81	500m:	5:43.10	34.76	900m:	10:18.41	33.92	1300m:	14:53.94	34.67
150m:	1:38.97	34.59	550m:	6:17.88	34.78	950m:	10:52.76	34.35	1350m:	15:28.62	34.68
200m:	2:13.39	34.42	600m:	6:52.19	34.31	1000m:	11:27.20	34.44	1400m:	16:03.13	34.51
250m:	2:48.54	35.15	650m:	7:27.15	34.96	1050m:	12:01.35	34.15	1450m:	16:37.22	34.09
300m:	3:23.25	34.71	700m:	8:01.51	34.36	1100m:	12:35.54	34.19	1500m:	17:08.27	31.05
350m:	3:58.17	34.92	750m:	8:36.19	34.68	1150m:	13:09.75	34.21			
400m:	4:33.28	35.11	800m:	9:10.65	34.46	1200m:	13:44.28	34.53			

9.	PEREIRA Alexandre Alves	03	Braga	**17:08.39**	+0,79	607	

50m:	29.29	29.29	450m:	5:01.68	34.71	850m:	9:40.53	35.37	1250m:	14:18.19	34.92
100m:	1:02.25	32.96	500m:	5:36.32	34.64	900m:	10:15.49	34.96	1300m:	14:52.91	34.72
150m:	1:36.03	33.78	550m:	6:11.20	34.88	950m:	10:50.31	34.82	1350m:	15:27.73	34.82
200m:	2:09.69	33.66	600m:	6:45.73	34.53	1000m:	11:25.29	34.98	1400m:	16:02.39	34.66
250m:	2:43.66	33.97	650m:	7:20.49	34.76	1050m:	12:00.35	35.06	1450m:	16:36.45	34.06
300m:	3:17.85	34.19	700m:	7:55.32	34.83	1100m:	12:34.78	34.43	1500m:	17:08.39	31.94
350m:	3:52.40	34.55	750m:	8:30.18	34.86	1150m:	13:08.98	34.20			
400m:	4:26.97	34.57	800m:	9:05.16	34.98	1200m:	13:43.27	34.29			

10.	CARVALHO Martim Henriques	04	Rio Maior	**17:15.46**	+0,70	595	

50m:	30.31	30.31	450m:	5:04.24	34.32	850m:	9:41.30	34.54	1250m:	14:22.86	35.24
100m:	1:04.30	33.99	500m:	5:39.19	34.95	900m:	10:16.84	35.54	1300m:	14:58.67	35.81
150m:	1:38.39	34.09	550m:	6:13.59	34.40	950m:	10:51.38	34.54	1350m:	15:33.38	34.71
200m:	2:13.18	34.79	600m:	6:48.56	34.97	1000m:	11:26.69	35.31	1400m:	16:08.31	34.93
250m:	2:47.05	33.87	650m:	7:22.97	34.41	1050m:	12:01.99	35.30	1450m:	16:42.42	34.11
300m:	3:21.14	34.09	700m:	7:57.83	34.86	1100m:	12:37.33	35.34	1500m:	17:15.46	33.04
350m:	3:55.33	34.19	750m:	8:32.12	34.29	1150m:	13:12.13	34.80			
400m:	4:29.92	34.59	800m:	9:06.76	34.64	1200m:	13:47.62	35.49			

11.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:24.12**	+0,74	580	

50m:	30.31	30.31	450m:	5:03.76	34.21	850m:	9:43.89	35.31	1250m:	14:32.02	36.20
100m:	1:03.38	33.07	500m:	5:38.90	35.14	900m:	10:19.36	35.47	1300m:	15:07.33	35.31
150m:	1:37.29	33.91	550m:	6:13.83	34.93	950m:	10:55.39	36.03	1350m:	15:42.69	35.36
200m:	2:11.94	34.65	600m:	6:48.46	34.63	1000m:	11:31.90	36.51	1400m:	16:18.27	35.58
250m:	2:46.11	34.17	650m:	7:23.07	34.61	1050m:	12:07.52	35.62	1450m:	16:51.11	32.84
300m:	3:20.63	34.52	700m:	7:58.36	35.29	1100m:	12:43.64	36.12	1500m:	17:24.12	33.01
350m:	3:54.75	34.12	750m:	8:33.59	35.23	1150m:	13:19.44	35.80			
400m:	4:29.55	34.80	800m:	9:08.58	34.99	1200m:	13:55.82	36.38			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	CANADAS Joao Vasco	03	Rio Maior	**17:24.78**	+0,72	579	

50m:	30.91	30.91	450m:	5:09.05	34.63	850m:	9:50.25	35.24	1250m:	14:33.08	35.19
100m:	1:05.18	34.27	500m:	5:43.83	34.78	900m:	10:25.42	35.17	1300m:	15:08.26	35.18
150m:	1:40.07	34.89	550m:	6:18.87	35.04	950m:	11:01.07	35.65	1350m:	15:43.41	35.15
200m:	2:14.80	34.73	600m:	6:53.85	34.98	1000m:	11:36.27	35.20	1400m:	16:18.33	34.92
250m:	2:49.76	34.96	650m:	7:29.01	35.16	1050m:	12:11.90	35.63	1450m:	16:52.09	33.76
300m:	3:24.58	34.82	700m:	8:04.26	35.25	1100m:	12:47.20	35.30	1500m:	17:24.78	32.69
350m:	3:59.44	34.86	750m:	8:39.62	35.36	1150m:	13:22.58	35.38			
400m:	4:34.42	34.98	800m:	9:15.01	35.39	1200m:	13:57.89	35.31			

13.	NUNES Diogo Severino	04	Natacao de Valongo	**17:26.30**	+0,79	576	

50m:	29.17	29.17	450m:	5:02.41	35.24	850m:	9:44.29	35.73	1250m:	14:29.56	35.84
100m:	1:02.08	32.91	500m:	5:37.43	35.02	900m:	10:19.86	35.57	1300m:	15:05.50	35.94
150m:	1:35.28	33.20	550m:	6:12.45	35.02	950m:	10:55.56	35.70	1350m:	15:40.98	35.48
200m:	2:09.10	33.82	600m:	6:47.55	35.10	1000m:	11:31.09	35.53	1400m:	16:16.54	35.56
250m:	2:43.44	34.34	650m:	7:22.81	35.26	1050m:	12:06.81	35.72	1450m:	16:51.85	35.31
300m:	3:18.06	34.62	700m:	7:57.94	35.13	1100m:	12:42.39	35.58	1500m:	17:26.30	34.45
350m:	3:52.71	34.65	750m:	8:33.49	35.55	1150m:	13:18.20	35.81			
400m:	4:27.17	34.46	800m:	9:08.56	35.07	1200m:	13:53.72	35.52			

14.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:27.24**	+0,84	575	

50m:	31.15	31.15	450m:	5:11.34	34.90	850m:	9:52.35	35.11	1250m:	14:34.04	35.50
100m:	1:05.38	34.23	500m:	5:46.79	35.45	900m:	10:27.56	35.21	1300m:	15:09.61	35.57
150m:	1:40.27	34.89	550m:	6:21.66	34.87	950m:	11:02.61	35.05	1350m:	15:44.53	34.92
200m:	2:15.92	35.65	600m:	6:56.75	35.09	1000m:	11:37.61	35.00	1400m:	16:19.50	34.97
250m:	2:51.13	35.21	650m:	7:31.64	34.89	1050m:	12:12.88	35.27	1450m:	16:53.76	34.26
300m:	3:26.25	35.12	700m:	8:06.98	35.34	1100m:	12:48.04	35.16	1500m:	17:27.24	33.48
350m:	4:01.21	34.96	750m:	8:42.36	35.38	1150m:	13:23.19	35.15			
400m:	4:36.44	35.23	800m:	9:17.24	34.88	1200m:	13:58.54	35.35			

15.	SANTOS Rui Mamede	04	Uniao Coimbra	**17:32.09**	+0,67	567	

50m:	29.67	29.67	450m:	5:07.18	34.57	850m:	9:48.08	35.26	1250m:	14:34.00	35.78
100m:	1:03.18	33.51	500m:	5:41.89	34.71	900m:	10:23.61	35.53	1300m:	15:10.07	36.07
150m:	1:37.85	34.67	550m:	6:17.13	35.24	950m:	10:59.52	35.91	1350m:	15:46.24	36.17
200m:	2:13.33	35.48	600m:	6:52.35	35.22	1000m:	11:34.75	35.23	1400m:	16:22.38	36.14
250m:	2:48.16	34.83	650m:	7:26.95	34.60	1050m:	12:10.64	35.89	1450m:	16:58.25	35.87
300m:	3:23.00	34.84	700m:	8:02.52	35.57	1100m:	12:45.97	35.33	1500m:	17:32.09	33.84
350m:	3:58.29	35.29	750m:	8:37.30	34.78	1150m:	13:22.21	36.24			
400m:	4:32.61	34.32	800m:	9:12.82	35.52	1200m:	13:58.22	36.01			

16.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:32.23**	+0,80	567	

50m:	30.06	30.06	450m:	5:07.77	35.35	850m:	9:50.77	35.24	1250m:	14:34.80	35.21
100m:	1:03.35	33.29	500m:	5:43.60	35.83	900m:	10:26.17	35.40	1300m:	15:10.44	35.64
150m:	1:37.92	34.57	550m:	6:18.48	34.88	950m:	11:02.27	36.10	1350m:	15:46.14	35.70
200m:	2:13.04	35.12	600m:	6:54.30	35.82	1000m:	11:37.42	35.15	1400m:	16:22.65	36.51
250m:	2:47.66	34.62	650m:	7:29.50	35.20	1050m:	12:13.22	35.80	1450m:	16:57.36	34.71
300m:	3:22.78	35.12	700m:	8:05.39	35.89	1100m:	12:49.10	35.88	1500m:	17:32.23	34.87
350m:	3:57.73	34.95	750m:	8:40.29	34.90	1150m:	13:24.49	35.39			
400m:	4:32.42	34.69	800m:	9:15.53	35.24	1200m:	13:59.59	35.10			

17.	CARVALHO Goncalo Renato	04	Porto	**17:36.31**	+0,71	560	

50m:	31.55	31.55	450m:	5:11.61	35.19	850m:	9:54.88	35.63	1250m:	14:41.28	35.33
100m:	1:05.90	34.35	500m:	5:46.96	35.35	900m:	10:30.84	35.96	1300m:	15:16.87	35.59
150m:	1:40.73	34.83	550m:	6:22.14	35.18	950m:	11:06.61	35.77	1350m:	15:52.02	35.15
200m:	2:15.48	34.75	600m:	6:57.59	35.45	1000m:	11:42.14	35.53	1400m:	16:27.32	35.30
250m:	2:50.56	35.08	650m:	7:32.62	35.03	1050m:	12:18.22	36.08	1450m:	17:02.38	35.06
300m:	3:25.93	35.37	700m:	8:08.02	35.40	1100m:	12:54.17	35.95	1500m:	17:36.31	33.93
350m:	4:01.07	35.14	750m:	8:43.31	35.29	1150m:	13:29.83	35.66			
400m:	4:36.42	35.35	800m:	9:19.25	35.94	1200m:	14:05.95	36.12			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:37.02**	+0,69	559	

50m:	31.94	31.94	450m:	5:14.18	35.25	850m:	9:56.17	35.31	1250m:	14:41.03	35.22
100m:	1:06.74	34.80	500m:	5:49.72	35.54	900m:	10:31.71	35.54	1300m:	15:16.70	35.67
150m:	1:41.94	35.20	550m:	6:24.71	34.99	950m:	11:07.19	35.48	1350m:	15:52.21	35.51
200m:	2:17.21	35.27	600m:	6:59.88	35.17	1000m:	11:42.66	35.47	1400m:	16:28.06	35.85
250m:	2:52.35	35.14	650m:	7:35.10	35.22	1050m:	12:18.26	35.60	1450m:	17:02.92	34.86
300m:	3:28.09	35.74	700m:	8:10.42	35.32	1100m:	12:54.20	35.94	1500m:	17:37.02	34.10
350m:	4:03.40	35.31	750m:	8:45.79	35.37	1150m:	13:29.85	35.65			
400m:	4:38.93	35.53	800m:	9:20.86	35.07	1200m:	14:05.81	35.96			

19.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:38.35**	+0,74	557	

50m:	30.97	30.97	450m:	5:11.77	35.07	850m:	9:55.21	35.39	1250m:	14:41.32	36.34
100m:	1:05.40	34.43	500m:	5:47.01	35.24	900m:	10:31.08	35.87	1300m:	15:17.45	36.13
150m:	1:40.68	35.28	550m:	6:22.22	35.21	950m:	11:06.69	35.61	1350m:	15:53.46	36.01
200m:	2:15.93	35.25	600m:	6:57.84	35.62	1000m:	11:42.16	35.47	1400m:	16:29.87	36.41
250m:	2:51.10	35.17	650m:	7:32.97	35.13	1050m:	12:17.92	35.76	1450m:	17:04.61	34.74
300m:	3:26.49	35.39	700m:	8:08.82	35.85	1100m:	12:53.47	35.55	1500m:	17:38.35	33.74
350m:	4:01.67	35.18	750m:	8:44.12	35.30	1150m:	13:29.19	35.72			
400m:	4:36.70	35.03	800m:	9:19.82	35.70	1200m:	14:04.98	35.79			

20.	COSTA Hugo Alexandre	03	Natacao de Valongo	**17:44.06**	+0,80	548	

50m:	30.52	30.52	450m:	5:11.54	35.82	850m:	10:00.10	36.35	1250m:	14:49.45	36.31
100m:	1:04.70	34.18	500m:	5:47.60	36.06	900m:	10:36.33	36.23	1300m:	15:25.29	35.84
150m:	1:39.66	34.96	550m:	6:23.57	35.97	950m:	11:12.80	36.47	1350m:	16:01.08	35.79
200m:	2:14.62	34.96	600m:	6:59.64	36.07	1000m:	11:49.18	36.38	1400m:	16:36.49	35.41
250m:	2:49.58	34.96	650m:	7:35.63	35.99	1050m:	12:25.28	36.10	1450m:	17:11.35	34.86
300m:	3:24.97	35.39	700m:	8:11.93	36.30	1100m:	13:01.20	35.92	1500m:	17:44.06	32.71
350m:	4:00.45	35.48	750m:	8:48.15	36.22	1150m:	13:37.03	35.83			
400m:	4:35.72	35.27	800m:	9:23.75	35.60	1200m:	14:13.14	36.11			

21.	CARVALHO Antonio Lombardi	04	Belenenses	**17:45.09**	+0,71	546	

50m:	30.92	30.92	450m:	5:14.29	35.88	850m:	10:03.73	36.41	1250m:	14:47.80	35.77
100m:	1:05.12	34.20	500m:	5:50.32	36.03	900m:	10:38.97	35.24	1300m:	15:24.10	36.30
150m:	1:39.59	34.47	550m:	6:26.63	36.31	950m:	11:14.93	35.96	1350m:	16:00.13	36.03
200m:	2:15.15	35.56	600m:	7:02.70	36.07	1000m:	11:50.79	35.86	1400m:	16:36.15	36.02
250m:	2:50.53	35.38	650m:	7:38.88	36.18	1050m:	12:26.08	35.29	1450m:	17:10.72	34.57
300m:	3:25.91	35.38	700m:	8:14.85	35.97	1100m:	13:00.85	34.77	1500m:	17:45.09	34.37
350m:	4:02.03	36.12	750m:	8:50.70	35.85	1150m:	13:36.28	35.43			
400m:	4:38.41	36.38	800m:	9:27.32	36.62	1200m:	14:12.03	35.75			

22.	CARVALHO Tiago Fonseca	03	Naval Povoense	**17:45.35**	+0,67	546	

50m:	29.68	29.68	450m:	5:12.76	36.22	850m:	10:01.17	36.59	1250m:	14:49.84	35.68
100m:	1:03.07	33.39	500m:	5:48.32	35.56	900m:	10:36.84	35.67	1300m:	15:26.18	36.34
150m:	1:37.41	34.34	550m:	6:24.77	36.45	950m:	11:13.16	36.32	1350m:	16:02.04	35.86
200m:	2:12.81	35.40	600m:	7:00.80	36.03	1000m:	11:49.51	36.35	1400m:	16:37.68	35.64
250m:	2:48.67	35.86	650m:	7:36.62	35.82	1050m:	12:25.57	36.06	1450m:	17:11.38	33.70
300m:	3:24.73	36.06	700m:	8:12.65	36.03	1100m:	13:01.70	36.13	1500m:	17:45.35	33.97
350m:	4:00.57	35.84	750m:	8:48.58	35.93	1150m:	13:37.70	36.00			
400m:	4:36.54	35.97	800m:	9:24.58	36.00	1200m:	14:14.16	36.46			

23.	ARAUJO Joao Guilherme	03	Natacao da Maia	**17:46.75**	+0,86	544	

50m:	30.49	30.49	450m:	5:12.78	35.51	850m:	9:59.93	35.67	1250m:	14:48.54	36.18
100m:	1:04.72	34.23	500m:	5:48.46	35.68	900m:	10:36.36	36.43	1300m:	15:24.85	36.31
150m:	1:40.03	35.31	550m:	6:24.44	35.98	950m:	11:12.24	35.88	1350m:	16:01.05	36.20
200m:	2:15.45	35.42	600m:	7:00.37	35.93	1000m:	11:48.52	36.28	1400m:	16:37.18	36.13
250m:	2:51.02	35.57	650m:	7:35.98	35.61	1050m:	12:23.98	35.46	1450m:	17:12.46	35.28
300m:	3:26.52	35.50	700m:	8:11.81	35.83	1100m:	13:00.40	36.42	1500m:	17:46.75	34.29
350m:	4:01.76	35.24	750m:	8:48.00	36.19	1150m:	13:36.14	35.74			
400m:	4:37.27	35.51	800m:	9:24.26	36.26	1200m:	14:12.36	36.22			

ORGANIZAÇÃO
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PARCEIROS

NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**17:47.31**	+0,72	543	

50m:	31.59	31.59	450m:	5:15.65	36.25	850m:	10:05.20	36.59	1250m:	14:49.75	35.86
100m:	1:05.39	33.80	500m:	5:52.14	36.49	900m:	10:41.46	36.26	1300m:	15:25.34	35.59
150m:	1:41.02	35.63	550m:	6:28.56	36.42	950m:	11:18.07	36.61	1350m:	16:01.04	35.70
200m:	2:16.39	35.37	600m:	7:04.73	36.17	1000m:	11:52.70	34.63	1400m:	16:36.53	35.49
250m:	2:52.27	35.88	650m:	7:39.44	34.71	1050m:	12:27.62	34.92	1450m:	17:12.93	36.40
300m:	3:27.65	35.38	700m:	8:15.82	36.38	1100m:	13:03.12	35.50	1500m:	17:47.31	34.38
350m:	4:03.72	36.07	750m:	8:52.02	36.20	1150m:	13:38.47	35.35			
400m:	4:39.40	35.68	800m:	9:28.61	36.59	1200m:	14:13.89	35.42			

25.	PINTO Guilherme Lobo	04	Foca	**17:47.70**	+0,68	542	

50m:	31.02	31.02	450m:	5:15.05	35.51	850m:	10:01.18	35.42	1250m:	14:50.37	36.08
100m:	1:05.72	34.70	500m:	5:50.99	35.94	900m:	10:37.37	36.19	1300m:	15:26.26	35.89
150m:	1:41.39	35.67	550m:	6:26.79	35.80	950m:	11:13.59	36.22	1350m:	16:02.15	35.89
200m:	2:17.08	35.69	600m:	7:02.39	35.60	1000m:	11:49.60	36.01	1400m:	16:37.89	35.74
250m:	2:52.65	35.57	650m:	7:38.22	35.83	1050m:	12:25.71	36.11	1450m:	17:13.11	35.22
300m:	3:28.17	35.52	700m:	8:13.85	35.63	1100m:	13:01.91	36.20	1500m:	17:47.70	34.59
350m:	4:03.95	35.78	750m:	8:49.78	35.93	1150m:	13:38.03	36.12			
400m:	4:39.54	35.59	800m:	9:25.76	35.98	1200m:	14:14.29	36.26			

26.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**17:48.54**	+0,75	541	

50m:	30.94	30.94	450m:	5:14.68	35.92	850m:	10:02.25	35.95	1250m:	14:50.80	36.09
100m:	1:05.42	34.48	500m:	5:50.42	35.74	900m:	10:38.36	36.11	1300m:	15:26.52	35.72
150m:	1:41.10	35.68	550m:	6:26.63	36.21	950m:	11:14.76	36.40	1350m:	16:02.49	35.97
200m:	2:16.71	35.61	600m:	7:02.39	35.76	1000m:	11:50.83	36.07	1400m:	16:37.90	35.41
250m:	2:51.74	35.03	650m:	7:38.15	35.76	1050m:	12:27.07	36.24	1450m:	17:13.57	35.67
300m:	3:27.10	35.36	700m:	8:14.30	36.15	1100m:	13:03.00	35.93	1500m:	17:48.54	34.97
350m:	4:03.04	35.94	750m:	8:50.32	36.02	1150m:	13:38.90	35.90			
400m:	4:38.76	35.72	800m:	9:26.30	35.98	1200m:	14:14.71	35.81			

27.	TSYKAL Daniel	04	Alcobaca	**17:49.63**	+0,65	539	

50m:	30.95	30.95	450m:	5:17.99	36.40	850m:	10:07.89	36.00	1250m:	14:53.64	35.77
100m:	1:05.52	34.57	500m:	5:54.46	36.47	900m:	10:43.48	35.59	1300m:	15:29.60	35.96
150m:	1:40.96	35.44	550m:	6:30.72	36.26	950m:	11:19.24	35.76	1350m:	16:05.27	35.67
200m:	2:16.93	35.97	600m:	7:06.97	36.25	1000m:	11:55.09	35.85	1400m:	16:40.85	35.58
250m:	2:52.84	35.91	650m:	7:43.36	36.39	1050m:	12:30.38	35.29	1450m:	17:15.94	35.09
300m:	3:29.21	36.37	700m:	8:19.76	36.40	1100m:	13:06.16	35.78	1500m:	17:49.63	33.69
350m:	4:05.31	36.10	750m:	8:55.62	35.86	1150m:	13:42.08	35.92			
400m:	4:41.59	36.28	800m:	9:31.89	36.27	1200m:	14:17.87	35.79			

28.	SANTOS Francisco Amaro	04	Gesloures	**17:50.52**	+0,81	538	

50m:	30.97	30.97	450m:	5:16.09	36.19	850m:	10:03.20	36.18	1250m:	14:51.40	36.07
100m:	1:05.36	34.39	500m:	5:51.72	35.63	900m:	10:39.18	35.98	1300m:	15:27.34	35.94
150m:	1:40.62	35.26	550m:	6:27.50	35.78	950m:	11:15.03	35.85	1350m:	16:03.38	36.04
200m:	2:16.13	35.51	600m:	7:03.43	35.93	1000m:	11:51.17	36.14	1400m:	16:39.42	36.04
250m:	2:51.95	35.82	650m:	7:39.42	35.99	1050m:	12:26.87	35.70	1450m:	17:15.38	35.96
300m:	3:27.65	35.70	700m:	8:14.96	35.54	1100m:	13:02.98	36.11	1500m:	17:50.52	35.14
350m:	4:03.75	36.10	750m:	8:51.12	36.16	1150m:	13:39.08	36.10			
400m:	4:39.90	36.15	800m:	9:27.02	35.90	1200m:	14:15.33	36.25			

29.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**17:51.23**	+0,87	537	

50m:	32.14	32.14	450m:	5:17.63	35.60	850m:	10:05.25	35.94	1250m:	14:52.65	35.66
100m:	1:07.36	35.22	500m:	5:53.73	36.10	900m:	10:41.26	36.01	1300m:	15:29.05	36.40
150m:	1:42.54	35.18	550m:	6:29.60	35.87	950m:	11:17.02	35.76	1350m:	16:04.93	35.88
200m:	2:18.01	35.47	600m:	7:05.65	36.05	1000m:	11:53.40	36.38	1400m:	16:40.70	35.77
250m:	2:54.10	36.09	650m:	7:41.51	35.86	1050m:	12:29.46	36.06	1450m:	17:16.24	35.54
300m:	3:30.05	35.95	700m:	8:17.18	35.67	1100m:	13:05.17	35.71	1500m:	17:51.23	34.99
350m:	4:05.73	35.68	750m:	8:53.15	35.97	1150m:	13:40.76	35.59			
400m:	4:42.03	36.30	800m:	9:29.31	36.16	1200m:	14:16.99	36.23			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	FERREIRA Joao Carlos	03	Porto	**17:52.06**	+0,76	536	

50m:	30.86	30.86	450m:	5:11.68	35.26	850m:	10:00.72	36.03	1250m:	14:51.79	36.34
100m:	1:05.19	34.33	500m:	5:47.51	35.83	900m:	10:36.44	35.72	1300m:	15:28.61	36.82
150m:	1:40.06	34.87	550m:	6:22.78	35.27	950m:	11:12.79	36.35	1350m:	16:05.06	36.45
200m:	2:15.33	35.27	600m:	6:59.01	36.23	1000m:	11:49.24	36.45	1400m:	16:41.42	36.36
250m:	2:50.74	35.41	650m:	7:35.59	36.58	1050m:	12:25.18	35.94	1450m:	17:17.63	36.21
300m:	3:26.16	35.42	700m:	8:11.39	35.80	1100m:	13:02.29	37.11	1500m:	17:52.06	34.43
350m:	4:01.16	35.00	750m:	8:47.79	36.40	1150m:	13:38.74	36.45			
400m:	4:36.42	35.26	800m:	9:24.69	36.90	1200m:	14:15.45	36.71			

31.	SANTOS Gabriel Moreira	04	Famalicao	**17:52.94**	+0,72	535	

50m:	29.40	29.40	450m:	5:09.72	34.92	850m:	9:58.16	36.31	1250m:	14:51.92	36.72
100m:	1:02.98	33.58	500m:	5:45.32	35.60	900m:	10:35.12	36.96	1300m:	15:28.76	36.84
150m:	1:37.45	34.47	550m:	6:20.73	35.41	950m:	11:11.38	36.26	1350m:	16:05.08	36.32
200m:	2:12.65	35.20	600m:	6:56.57	35.84	1000m:	11:48.49	37.11	1400m:	16:41.50	36.42
250m:	2:48.04	35.39	650m:	7:32.47	35.90	1050m:	12:24.73	36.24	1450m:	17:17.46	35.96
300m:	3:23.67	35.63	700m:	8:08.48	36.01	1100m:	13:01.55	36.82	1500m:	17:52.94	35.48
350m:	3:58.75	35.08	750m:	8:44.87	36.39	1150m:	13:38.33	36.78			
400m:	4:34.80	36.05	800m:	9:21.85	36.98	1200m:	14:15.20	36.87			

32.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:55.76**	+0,86	530	

50m:	31.04	31.04	450m:	5:16.39	36.26	850m:	10:08.40	36.65	1250m:	14:57.84	36.51
100m:	1:05.58	34.54	500m:	5:52.50	36.11	900m:	10:44.36	35.96	1300m:	15:34.47	36.63
150m:	1:40.97	35.39	550m:	6:28.93	36.43	950m:	11:20.69	36.33	1350m:	16:10.78	36.31
200m:	2:16.53	35.56	600m:	7:05.61	36.68	1000m:	11:56.34	35.65	1400m:	16:46.72	35.94
250m:	2:52.07	35.54	650m:	7:41.60	35.99	1050m:	12:32.70	36.36	1450m:	17:22.08	35.36
300m:	3:28.01	35.94	700m:	8:18.52	36.92	1100m:	13:08.55	35.85	1500m:	17:55.76	33.68
350m:	4:03.97	35.96	750m:	8:55.04	36.52	1150m:	13:45.50	36.95			
400m:	4:40.13	36.16	800m:	9:31.75	36.71	1200m:	14:21.33	35.83			

33.	CRISTINO Guilherme Matias	03	Uniao Piedense	**17:56.19**	+0,84	530	

50m:	31.62	31.62	450m:	5:13.88	35.36	850m:	10:03.48	36.39	1250m:	14:55.23	36.36
100m:	1:06.15	34.53	500m:	5:49.86	35.98	900m:	10:40.61	37.13	1300m:	15:31.40	36.17
150m:	1:41.25	35.10	550m:	6:25.40	35.54	950m:	11:16.72	36.11	1350m:	16:07.57	36.17
200m:	2:16.85	35.60	600m:	7:01.85	36.45	1000m:	11:53.72	37.00	1400m:	16:44.21	36.64
250m:	2:51.96	35.11	650m:	7:38.20	36.35	1050m:	12:29.56	35.84	1450m:	17:20.82	36.61
300m:	3:27.55	35.59	700m:	8:14.41	36.21	1100m:	13:06.03	36.47	1500m:	17:56.19	35.37
350m:	4:02.94	35.39	750m:	8:50.92	36.51	1150m:	13:42.38	36.35			
400m:	4:38.52	35.58	800m:	9:27.09	36.17	1200m:	14:18.87	36.49			

34.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:59.16**	+0,65	525	

50m:	30.86	30.86	450m:	5:14.50	35.79	850m:	10:01.93	35.93	1250m:	14:54.89	35.94
100m:	1:04.88	34.02	500m:	5:50.79	36.29	900m:	10:37.90	35.97	1300m:	15:32.27	37.38
150m:	1:39.96	35.08	550m:	6:25.56	34.77	950m:	11:14.66	36.76	1350m:	16:09.81	37.54
200m:	2:15.88	35.92	600m:	7:01.08	35.52	1000m:	11:50.60	35.94	1400m:	16:47.50	37.69
250m:	2:51.50	35.62	650m:	7:37.03	35.95	1050m:	12:27.69	37.09	1450m:	17:23.90	36.40
300m:	3:27.17	35.67	700m:	8:13.35	36.32	1100m:	13:04.92	37.23	1500m:	17:59.16	35.26
350m:	4:02.75	35.58	750m:	8:49.84	36.49	1150m:	13:41.54	36.62			
400m:	4:38.71	35.96	800m:	9:26.00	36.16	1200m:	14:18.95	37.41			

35.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**17:59.91**	+0,70	524	

50m:	31.35	31.35	450m:	5:14.88	36.26	850m:	10:06.73	36.42	1250m:	15:00.86	36.87
100m:	1:05.46	34.11	500m:	5:51.30	36.42	900m:	10:43.39	36.66	1300m:	15:37.53	36.67
150m:	1:40.45	34.99	550m:	6:27.73	36.43	950m:	11:19.11	35.72	1350m:	16:13.96	36.43
200m:	2:15.87	35.42	600m:	7:04.36	36.63	1000m:	11:56.14	37.03	1400m:	16:50.43	36.47
250m:	2:51.07	35.20	650m:	7:40.13	35.77	1050m:	12:32.63	36.49	1450m:	17:26.27	35.84
300m:	3:26.83	35.76	700m:	8:16.66	36.53	1100m:	13:09.60	36.97	1500m:	17:59.91	33.64
350m:	4:02.51	35.68	750m:	8:53.52	36.86	1150m:	13:46.94	37.34			
400m:	4:38.62	36.11	800m:	9:30.31	36.79	1200m:	14:23.99	37.05			

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Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	BARAONA Andre Azevedo	04	Natacao do Montijo	**18:01.40**	+0,74	522	

50m:	30.37	30.37	450m:	5:14.92	36.83	850m:	10:07.51	36.53	1250m:	15:00.62	36.95
100m:	1:04.05	33.68	500m:	5:51.18	36.26	900m:	10:43.41	35.90	1300m:	15:37.74	37.12
150m:	1:39.51	35.46	550m:	6:27.61	36.43	950m:	11:20.09	36.68	1350m:	16:14.28	36.54
200m:	2:14.99	35.48	600m:	7:04.44	36.83	1000m:	11:56.73	36.64	1400m:	16:50.99	36.71
250m:	2:50.67	35.68	650m:	7:41.26	36.82	1050m:	12:33.69	36.96	1450m:	17:26.80	35.81
300m:	3:26.55	35.88	700m:	8:17.37	36.11	1100m:	13:10.34	36.65	1500m:	18:01.40	34.60
350m:	4:02.84	36.29	750m:	8:54.22	36.85	1150m:	13:47.20	36.86			
400m:	4:39.09	36.25	800m:	9:30.98	36.76	1200m:	14:23.67	36.47			

37.	SILVA Ruben Filipe	03	Foca	**18:02.10**	+0,89	521	

50m:	31.15	31.15	450m:	5:18.08	36.27	850m:	10:09.07	36.95	1250m:	15:01.00	36.66
100m:	1:06.22	35.07	500m:	5:54.12	36.04	900m:	10:45.50	36.43	1300m:	15:37.10	36.10
150m:	1:41.74	35.52	550m:	6:30.43	36.31	950m:	11:22.12	36.62	1350m:	16:13.76	36.66
200m:	2:17.74	36.00	600m:	7:06.67	36.24	1000m:	11:58.22	36.10	1400m:	16:50.50	36.74
250m:	2:54.02	36.28	650m:	7:43.39	36.72	1050m:	12:34.86	36.64	1450m:	17:26.76	36.26
300m:	3:29.80	35.78	700m:	8:19.31	35.92	1100m:	13:11.26	36.40	1500m:	18:02.10	35.34
350m:	4:06.01	36.21	750m:	8:55.74	36.43	1150m:	13:48.24	36.98			
400m:	4:41.81	35.80	800m:	9:32.12	36.38	1200m:	14:24.34	36.10			

38.	UVA Francisco Sousa	04	Alges	**18:05.37**	+0,71	516	

50m:	31.67	31.67	450m:	5:22.65	36.07	850m:	10:14.92	36.40	1250m:	15:04.94	36.26
100m:	1:06.90	35.23	500m:	5:59.37	36.72	900m:	10:51.35	36.43	1300m:	15:41.65	36.71
150m:	1:43.00	36.10	550m:	6:35.99	36.62	950m:	11:27.20	35.85	1350m:	16:17.58	35.93
200m:	2:19.48	36.48	600m:	7:12.82	36.83	1000m:	12:03.84	36.64	1400m:	16:54.29	36.71
250m:	2:56.20	36.72	650m:	7:49.21	36.39	1050m:	12:39.99	36.15	1450m:	17:30.00	35.71
300m:	3:32.96	36.76	700m:	8:26.04	36.83	1100m:	13:16.78	36.79	1500m:	18:05.37	35.37
350m:	4:09.90	36.94	750m:	9:02.10	36.06	1150m:	13:52.31	35.53			
400m:	4:46.58	36.68	800m:	9:38.52	36.42	1200m:	14:28.68	36.37			

39.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**18:06.31**	+0,77	515	

50m:	33.79	33.79	450m:	5:24.26	36.46	850m:	10:15.85	36.29	1250m:	15:08.34	36.21
100m:	1:10.30	36.51	500m:	6:00.94	36.68	900m:	10:52.42	36.57	1300m:	15:44.87	36.53
150m:	1:46.49	36.19	550m:	6:36.96	36.02	950m:	11:28.73	36.31	1350m:	16:20.88	36.01
200m:	2:22.96	36.47	600m:	7:13.66	36.70	1000m:	12:05.54	36.81	1400m:	16:57.00	36.12
250m:	2:58.88	35.92	650m:	7:49.89	36.23	1050m:	12:41.72	36.18	1450m:	17:32.24	35.24
300m:	3:35.62	36.74	700m:	8:26.31	36.42	1100m:	13:18.58	36.86	1500m:	18:06.31	34.07
350m:	4:11.23	35.61	750m:	9:02.88	36.57	1150m:	13:55.47	36.89			
400m:	4:47.80	36.57	800m:	9:39.56	36.68	1200m:	14:32.13	36.66			

40.	RODRIGUES Rodrigo Reis	04	Sao Roque	**18:13.54**	+0,60	505	

50m:	30.54	30.54	450m:	5:17.90	36.27	850m:	10:13.46	37.26	1250m:	15:10.80	37.11
100m:	1:05.05	34.51	500m:	5:54.54	36.64	900m:	10:50.66	37.20	1300m:	15:48.54	37.74
150m:	1:40.59	35.54	550m:	6:31.01	36.47	950m:	11:27.75	37.09	1350m:	16:24.91	36.37
200m:	2:16.79	36.20	600m:	7:08.01	37.00	1000m:	12:05.06	37.31	1400m:	17:02.00	37.09
250m:	2:52.64	35.85	650m:	7:44.89	36.88	1050m:	12:42.48	37.42	1450m:	17:37.57	35.57
300m:	3:28.96	36.32	700m:	8:22.27	37.38	1100m:	13:19.26	36.78	1500m:	18:13.54	35.97
350m:	4:05.10	36.14	750m:	8:58.89	36.62	1150m:	13:56.49	37.23			
400m:	4:41.63	36.53	800m:	9:36.20	37.31	1200m:	14:33.69	37.20			

41.	MATOS Gil Amaral	04	Academia Acores	**18:26.84**	+0,69	487	

50m:	33.40	33.40	450m:	5:30.91	36.88	850m:	10:26.64	36.87	1250m:	15:25.16	36.97
100m:	1:10.00	36.60	500m:	6:08.13	37.22	900m:	11:04.09	37.45	1300m:	16:03.30	38.14
150m:	1:47.11	37.11	550m:	6:44.60	36.47	950m:	11:41.44	37.35	1350m:	16:39.52	36.22
200m:	2:24.96	37.85	600m:	7:21.50	36.90	1000m:	12:19.06	37.62	1400m:	17:16.08	36.56
250m:	3:02.11	37.15	650m:	7:57.93	36.43	1050m:	12:56.17	37.11	1450m:	17:51.90	35.82
300m:	3:39.27	37.16	700m:	8:35.57	37.64	1100m:	13:33.72	37.55	1500m:	18:26.84	34.94
350m:	4:16.39	37.12	750m:	9:11.94	36.37	1150m:	14:11.11	37.39			
400m:	4:54.03	37.64	800m:	9:49.77	37.83	1200m:	14:48.19	37.08			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:41.59**	+0,78	468	

50m:	31.38	31.38	450m:	5:25.84	37.21	850m:	10:26.49	37.84	1250m:	15:31.59	38.20
100m:	1:06.83	35.45	500m:	6:03.39	37.55	900m:	11:04.54	38.05	1300m:	16:09.96	38.37
150m:	1:43.07	36.24	550m:	6:40.66	37.27	950m:	11:42.22	37.68	1350m:	16:47.94	37.98
200m:	2:20.16	37.09	600m:	7:18.23	37.57	1000m:	12:20.45	38.23	1400m:	17:26.32	38.38
250m:	2:56.98	36.82	650m:	7:55.38	37.15	1050m:	12:58.53	38.08	1450m:	18:04.08	37.76
300m:	3:34.23	37.25	700m:	8:33.15	37.77	1100m:	13:36.80	38.27	1500m:	18:41.59	37.51
350m:	4:11.24	37.01	750m:	9:10.64	37.49	1150m:	14:14.95	38.15			
400m:	4:48.63	37.39	800m:	9:48.65	38.01	1200m:	14:53.39	38.44			

Prova 1 — Masc., 1500m Livres — Open
01-08-2019 - 17:05 — Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore	30-08-2015
Rec Nac Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016
Rec Nac Inf A	16:43.48	OLIVEIRA Pedro Fontoura	CFB	Rio Maior	19-06-2004
Rec Nac Inf B	17:21.58	OLIVEIRA Pedro Fontoura	CFB	Restelo	27-07-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**15:25.72**	+0,67	833	

50m:	27.92	27.92	450m:	4:35.03	31.17	850m:	8:42.77	30.75	1250m:	12:51.99	31.01
100m:	58.46	30.54	500m:	5:06.17	31.14	900m:	9:13.80	31.03	1300m:	13:23.55	31.56
150m:	1:28.79	30.33	550m:	5:37.29	31.12	950m:	9:44.79	30.99	1350m:	13:54.54	30.99
200m:	1:59.86	31.07	600m:	6:08.76	31.47	1000m:	10:15.88	31.09	1400m:	14:25.70	31.16
250m:	2:30.76	30.90	650m:	6:39.60	30.84	1050m:	10:46.67	30.79	1450m:	14:56.20	30.50
300m:	3:01.66	30.90	700m:	7:10.49	30.89	1100m:	11:18.03	31.36	1500m:	15:25.72	29.52
350m:	3:32.68	31.02	750m:	7:41.07	30.58	1150m:	11:49.41	31.38			
400m:	4:03.86	31.18	800m:	8:12.02	30.95	1200m:	12:20.98	31.57			

2.	PINA Guilherme Filipe	98	Sporting	**15:46.96**	+0,75	778	

50m:	28.38	28.38	450m:	4:35.06	31.08	850m:	8:47.40	32.06	1250m:	13:06.62	32.42
100m:	58.89	30.51	500m:	5:06.26	31.20	900m:	9:19.58	32.18	1300m:	13:39.02	32.40
150m:	1:29.29	30.40	550m:	5:37.44	31.18	950m:	9:51.84	32.26	1350m:	14:11.01	31.99
200m:	2:00.09	30.80	600m:	6:09.02	31.58	1000m:	10:24.29	32.45	1400m:	14:43.23	32.22
250m:	2:30.79	30.70	650m:	6:40.12	31.10	1050m:	10:56.35	32.06	1450m:	15:15.18	31.95
300m:	3:01.76	30.97	700m:	7:11.67	31.55	1100m:	11:29.07	32.72	1500m:	15:46.96	31.78
350m:	3:32.83	31.07	750m:	7:43.31	31.64	1150m:	12:01.49	32.42			
400m:	4:03.98	31.15	800m:	8:15.34	32.03	1200m:	12:34.20	32.71			

3.	GIL Rafael Lourenco	96	Sporting	**15:54.10**	+0,71	760	

50m:	28.75	28.75	450m:	4:37.24	31.44	850m:	8:52.20	32.07	1250m:	13:11.59	32.78
100m:	59.61	30.86	500m:	5:08.96	31.72	900m:	9:24.50	32.30	1300m:	13:44.26	32.67
150m:	1:30.07	30.46	550m:	5:40.63	31.67	950m:	9:56.99	32.49	1350m:	14:16.89	32.63
200m:	2:01.04	30.97	600m:	6:12.35	31.72	1000m:	10:29.19	32.20	1400m:	14:49.69	32.80
250m:	2:31.99	30.95	650m:	6:44.31	31.96	1050m:	11:01.42	32.23	1450m:	15:22.08	32.39
300m:	3:03.12	31.13	700m:	7:16.18	31.87	1100m:	11:34.05	32.63	1500m:	15:54.10	32.02
350m:	3:34.27	31.15	750m:	7:48.22	32.04	1150m:	12:06.48	32.43			
400m:	4:05.80	31.53	800m:	8:20.13	31.91	1200m:	12:38.81	32.33			

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	SANTOS Pedro Miguel	01	Porto	**16:12.01**	+0,68	719	

50m:	28.92	28.92	450m:	4:43.99	32.29	850m:	9:06.50	33.21	1250m:	13:28.80	32.48
100m:	1:00.47	31.55	500m:	5:16.48	32.49	900m:	9:39.86	33.36	1300m:	14:01.91	33.11
150m:	1:31.74	31.27	550m:	5:48.73	32.25	950m:	10:12.99	33.13	1350m:	14:34.46	32.55
200m:	2:03.60	31.86	600m:	6:21.62	32.89	1000m:	10:45.99	33.00	1400m:	15:07.47	33.01
250m:	2:35.45	31.85	650m:	6:54.16	32.54	1050m:	11:18.02	32.03	1450m:	15:39.95	32.48
300m:	3:07.67	32.22	700m:	7:27.32	33.16	1100m:	11:50.47	32.45	1500m:	16:12.01	32.06
350m:	3:39.60	31.93	750m:	8:00.13	32.81	1150m:	12:23.34	32.87			
400m:	4:11.70	32.10	800m:	8:33.29	33.16	1200m:	12:56.32	32.98			

5.	NUNES Diogo Barbosa	00	Porto	**16:15.57**	+0,76	711	

50m:	29.31	29.31	450m:	4:44.82	32.19	850m:	9:06.81	32.95	1250m:	13:30.32	32.90
100m:	1:00.75	31.44	500m:	5:17.53	32.71	900m:	9:39.91	33.10	1300m:	14:03.43	33.11
150m:	1:32.22	31.47	550m:	5:49.72	32.19	950m:	10:12.72	32.81	1350m:	14:36.65	33.22
200m:	2:03.94	31.72	600m:	6:22.42	32.70	1000m:	10:45.57	32.85	1400m:	15:10.31	33.66
250m:	2:35.51	31.57	650m:	6:54.91	32.49	1050m:	11:18.40	32.83	1450m:	15:43.72	33.41
300m:	3:08.04	32.53	700m:	7:27.91	33.00	1100m:	11:51.52	33.12	1500m:	16:15.57	31.85
350m:	3:40.12	32.08	750m:	8:00.80	32.89	1150m:	12:24.34	32.82			
400m:	4:12.63	32.51	800m:	8:33.86	33.06	1200m:	12:57.42	33.08			

6.	DEUS Andre Portugal	02	Naval do Funchal	**16:21.76**	+0,59	698	

50m:	28.51	28.51	450m:	4:47.89	32.72	850m:	9:14.43	33.20	1250m:	13:40.11	32.98
100m:	59.71	31.20	500m:	5:21.32	33.43	900m:	9:48.10	33.67	1300m:	14:12.89	32.78
150m:	1:31.66	31.95	550m:	5:54.30	32.98	950m:	10:20.98	32.88	1350m:	14:45.09	32.20
200m:	2:03.84	32.18	600m:	6:27.73	33.43	1000m:	10:54.40	33.42	1400m:	15:17.73	32.64
250m:	2:36.74	32.90	650m:	7:00.92	33.19	1050m:	11:27.58	33.18	1450m:	15:49.88	32.15
300m:	3:09.51	32.77	700m:	7:34.34	33.42	1100m:	12:00.65	33.07	1500m:	16:21.76	31.88
350m:	3:42.28	32.77	750m:	8:07.72	33.38	1150m:	12:34.22	33.57			
400m:	4:15.17	32.89	800m:	8:41.23	33.51	1200m:	13:07.13	32.91			

7.	CARVALHO Daniel Luis	02	Braga	**16:22.41**	+0,85	696	

50m:	29.08	29.08	450m:	4:49.23	33.08	850m:	9:13.76	32.93	1250m:	13:39.70	33.40
100m:	1:00.66	31.58	500m:	5:21.96	32.73	900m:	9:46.90	33.14	1300m:	14:12.63	32.93
150m:	1:32.94	32.28	550m:	5:55.08	33.12	950m:	10:20.10	33.20	1350m:	14:45.32	32.69
200m:	2:05.27	32.33	600m:	6:28.15	33.07	1000m:	10:53.40	33.30	1400m:	15:18.25	32.93
250m:	2:37.68	32.41	650m:	7:01.22	33.07	1050m:	11:26.62	33.22	1450m:	15:50.75	32.50
300m:	3:10.39	32.71	700m:	7:34.64	33.42	1100m:	11:59.98	33.36	1500m:	16:22.41	31.66
350m:	3:43.27	32.88	750m:	8:07.67	33.03	1150m:	12:33.05	33.07			
400m:	4:16.15	32.88	800m:	8:40.83	33.16	1200m:	13:06.30	33.25			

8.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**16:34.77**	+1,00	671	

50m:	30.22	30.22	450m:	4:59.32	33.84	850m:	9:26.60	33.53	1250m:	13:51.25	33.06
100m:	1:03.36	33.14	500m:	5:33.11	33.79	900m:	9:59.91	33.31	1300m:	14:24.48	33.23
150m:	1:36.89	33.53	550m:	6:06.92	33.81	950m:	10:32.93	33.02	1350m:	14:57.59	33.11
200m:	2:10.38	33.49	600m:	6:40.47	33.55	1000m:	11:06.35	33.42	1400m:	15:30.99	33.40
250m:	2:44.03	33.65	650m:	7:13.40	32.93	1050m:	11:39.17	32.82	1450m:	16:03.17	32.18
300m:	3:17.83	33.80	700m:	7:46.85	33.45	1100m:	12:12.46	33.29	1500m:	16:34.77	31.60
350m:	3:51.61	33.78	750m:	8:19.99	33.14	1150m:	12:45.17	32.71			
400m:	4:25.48	33.87	800m:	8:53.07	33.08	1200m:	13:18.19	33.02			

9.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:41.36**	+0,74	658	

50m:	28.81	28.81	450m:	4:47.56	32.90	850m:	9:15.20	33.53	1250m:	13:49.58	34.35
100m:	1:00.22	31.41	500m:	5:21.26	33.70	900m:	9:49.44	34.24	1300m:	14:24.53	34.95
150m:	1:31.62	31.40	550m:	5:54.32	33.06	950m:	10:23.01	33.57	1350m:	14:58.75	34.22
200m:	2:03.98	32.36	600m:	6:27.92	33.60	1000m:	10:57.61	34.60	1400m:	15:33.66	34.91
250m:	2:36.24	32.26	650m:	7:01.28	33.36	1050m:	11:31.71	34.10	1450m:	16:07.81	34.15
300m:	3:09.01	32.77	700m:	7:34.74	33.46	1100m:	12:06.54	34.83	1500m:	16:41.36	33.55
350m:	3:41.60	32.59	750m:	8:07.76	33.02	1150m:	12:41.16	34.62			
400m:	4:14.66	33.06	800m:	8:41.67	33.91	1200m:	13:15.23	34.07			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**16:42.58**	+0,77	655	

50m:	29.33	29.33	450m:	4:58.40	33.66	850m:	9:29.59	33.88	1250m:	13:58.89	33.26
100m:	1:02.12	32.79	500m:	5:32.55	34.15	900m:	10:03.60	34.01	1300m:	14:32.21	33.32
150m:	1:35.56	33.44	550m:	6:06.51	33.96	950m:	10:37.33	33.73	1350m:	15:04.96	32.75
200m:	2:09.58	34.02	600m:	6:40.38	33.87	1000m:	11:11.14	33.81	1400m:	15:38.11	33.15
250m:	2:43.24	33.66	650m:	7:14.06	33.68	1050m:	11:44.54	33.40	1450m:	16:10.30	32.19
300m:	3:17.17	33.93	700m:	7:48.07	34.01	1100m:	12:18.44	33.90	1500m:	16:42.58	32.28
350m:	3:50.87	33.70	750m:	8:21.86	33.79	1150m:	12:51.96	33.52			
400m:	4:24.74	33.87	800m:	8:55.71	33.85	1200m:	13:25.63	33.67			

11.	ALMEIDA Bernardo Victorino	04	Sporting	**16:46.01**	+0,67	649	

50m:	29.08	29.08	450m:	4:58.78	34.14	850m:	9:28.72	33.71	1250m:	13:59.16	33.48
100m:	1:01.77	32.69	500m:	5:32.88	34.10	900m:	10:02.79	34.07	1300m:	14:33.06	33.90
150m:	1:34.80	33.03	550m:	6:06.20	33.32	950m:	10:36.77	33.98	1350m:	15:07.09	34.03
200m:	2:08.61	33.81	600m:	6:39.88	33.68	1000m:	11:10.52	33.75	1400m:	15:41.15	34.06
250m:	2:42.39	33.78	650m:	7:13.64	33.76	1050m:	11:44.60	34.08	1450m:	16:14.51	33.36
300m:	3:16.44	34.05	700m:	7:47.56	33.92	1100m:	12:17.86	33.26	1500m:	16:46.01	31.50
350m:	3:50.53	34.09	750m:	8:21.07	33.51	1150m:	12:51.66	33.80			
400m:	4:24.64	34.11	800m:	8:55.01	33.94	1200m:	13:25.68	34.02			

12.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**16:47.88**	+0,70	645	

50m:	30.30	30.30	450m:	5:00.87	32.77	850m:	9:29.92	33.72	1250m:	14:00.72	33.33
100m:	1:03.66	33.36	500m:	5:34.40	33.53	900m:	10:03.65	33.73	1300m:	14:35.36	34.64
150m:	1:37.33	33.67	550m:	6:07.83	33.43	950m:	10:37.72	34.07	1350m:	15:08.97	33.61
200m:	2:11.49	34.16	600m:	6:41.64	33.81	1000m:	11:11.52	33.80	1400m:	15:42.80	33.83
250m:	2:45.50	34.01	650m:	7:14.93	33.29	1050m:	11:45.49	33.97	1450m:	16:16.14	33.34
300m:	3:19.63	34.13	700m:	7:48.57	33.64	1100m:	12:19.39	33.90	1500m:	16:47.88	31.74
350m:	3:53.56	33.93	750m:	8:22.84	34.27	1150m:	12:53.66	34.27			
400m:	4:28.10	34.54	800m:	8:56.20	33.36	1200m:	13:27.39	33.73			

13.	AMARAL Francisco Rodriguez	02	Campinho	**16:49.01**	+0,68	643	

50m:	29.49	29.49	450m:	4:48.36	33.17	850m:	9:16.64	33.90	1250m:	13:54.31	34.79
100m:	1:00.75	31.26	500m:	5:21.60	33.24	900m:	9:51.08	34.44	1300m:	14:29.74	35.43
150m:	1:32.89	32.14	550m:	5:54.70	33.10	950m:	10:25.31	34.23	1350m:	15:04.99	35.25
200m:	2:04.90	32.01	600m:	6:28.20	33.50	1000m:	11:00.24	34.93	1400m:	15:40.78	35.79
250m:	2:37.66	32.76	650m:	7:01.67	33.47	1050m:	11:34.79	34.55	1450m:	16:15.93	35.15
300m:	3:09.95	32.29	700m:	7:35.15	33.48	1100m:	12:09.87	35.08	1500m:	16:49.01	33.08
350m:	3:42.46	32.51	750m:	8:08.93	33.78	1150m:	12:44.51	34.64			
400m:	4:15.19	32.73	800m:	8:42.74	33.81	1200m:	13:19.52	35.01			

14.	FROTA Paulo Andre	02	Condeixa Clube	**16:49.07**	+0,67	643	

50m:	29.88	29.88	450m:	4:53.32	33.82	850m:	9:25.80	34.03	1250m:	13:59.54	34.47
100m:	1:01.49	31.61	500m:	5:27.17	33.85	900m:	10:00.46	34.66	1300m:	14:34.09	34.55
150m:	1:33.69	32.20	550m:	6:01.03	33.86	950m:	10:34.03	33.57	1350m:	15:07.93	33.84
200m:	2:06.28	32.59	600m:	6:35.16	34.13	1000m:	11:08.11	34.08	1400m:	15:41.97	34.04
250m:	2:38.87	32.59	650m:	7:09.01	33.85	1050m:	11:41.87	33.76	1450m:	16:15.84	33.87
300m:	3:12.39	33.52	700m:	7:43.33	34.32	1100m:	12:16.43	34.56	1500m:	16:49.07	33.23
350m:	3:45.71	33.32	750m:	8:17.46	34.13	1150m:	12:50.33	33.90			
400m:	4:19.50	33.79	800m:	8:51.77	34.31	1200m:	13:25.07	34.74			

15.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**16:49.92**	+0,77	641	

50m:	28.52	28.52	450m:	4:59.08	34.09	850m:	9:33.81	33.40	1250m:	14:06.26	33.39
100m:	1:00.70	32.18	500m:	5:33.68	34.60	900m:	10:08.46	34.65	1300m:	14:40.15	33.89
150m:	1:33.71	33.01	550m:	6:07.45	33.77	950m:	10:41.99	33.53	1350m:	15:13.71	33.56
200m:	2:08.00	34.29	600m:	6:42.66	35.21	1000m:	11:16.51	34.52	1400m:	15:47.68	33.97
250m:	2:41.51	33.51	650m:	7:16.76	34.10	1050m:	11:50.24	33.73	1450m:	16:19.04	31.36
300m:	3:15.93	34.42	700m:	7:51.59	34.83	1100m:	12:25.33	35.09	1500m:	16:49.92	30.88
350m:	3:49.96	34.03	750m:	8:25.57	33.98	1150m:	12:58.83	33.50			
400m:	4:24.99	35.03	800m:	9:00.41	34.84	1200m:	13:32.87	34.04			

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PARCEIROS

NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Pedro Reis	02	Sao Roque	**16:52.38**	+0,79	636	

50m:	29.20	29.20	450m:	4:56.59	33.87	850m:	9:31.21	34.69	1250m:	14:06.04	34.55
100m:	1:01.59	32.39	500m:	5:30.67	34.08	900m:	10:05.79	34.58	1300m:	14:40.67	34.63
150m:	1:34.48	32.89	550m:	6:04.99	34.32	950m:	10:39.64	33.85	1350m:	15:13.86	33.19
200m:	2:07.72	33.24	600m:	6:39.30	34.31	1000m:	11:13.49	33.85	1400m:	15:47.25	33.39
250m:	2:41.24	33.52	650m:	7:13.70	34.40	1050m:	11:48.41	34.92	1450m:	16:20.35	33.10
300m:	3:15.12	33.88	700m:	7:47.95	34.25	1100m:	12:22.85	34.44	1500m:	16:52.38	32.03
350m:	3:49.22	34.10	750m:	8:22.36	34.41	1150m:	12:57.09	34.24			
400m:	4:22.72	33.50	800m:	8:56.52	34.16	1200m:	13:31.49	34.40			

17.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**16:55.44**	+0,70	631					
50m:	28.93	28.93	450m:	4:58.48	33.87	850m:	9:30.27	34.01	1250m:	14:04.46	34.12
100m:	1:01.60	32.67	500m:	5:32.39	33.91	900m:	10:04.99	34.72	1300m:	14:39.20	34.74
150m:	1:34.92	33.32	550m:	6:06.40	34.01	950m:	10:39.00	34.01	1350m:	15:13.26	34.06
200m:	2:08.93	34.01	600m:	6:40.39	33.99	1000m:	11:13.77	34.77	1400m:	15:48.12	34.86
250m:	2:42.75	33.82	650m:	7:14.26	33.87	1050m:	11:47.47	33.70	1450m:	16:21.80	33.68
300m:	3:16.77	34.02	700m:	7:48.41	34.15	1100m:	12:21.99	34.52	1500m:	16:55.44	33.64
350m:	3:50.70	33.93	750m:	8:22.25	33.84	1150m:	12:55.70	33.71			
400m:	4:24.61	33.91	800m:	8:56.26	34.01	1200m:	13:30.34	34.64			

18.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.31**	+0,77	622					
50m:	30.03	30.03	450m:	4:59.67	34.01	850m:	9:34.23	34.53	1250m:	14:11.82	34.30
100m:	1:02.31	32.28	500m:	5:33.98	34.31	900m:	10:09.20	34.97	1300m:	14:46.81	34.99
150m:	1:35.75	33.44	550m:	6:08.08	34.10	950m:	10:43.24	34.04	1350m:	15:21.13	34.32
200m:	2:09.57	33.82	600m:	6:42.61	34.53	1000m:	11:18.25	35.01	1400m:	15:55.40	34.27
250m:	2:43.10	33.53	650m:	7:16.53	33.92	1050m:	11:52.91	34.66	1450m:	16:29.29	33.89
300m:	3:17.07	33.97	700m:	7:50.95	34.42	1100m:	12:27.75	34.84	1500m:	17:00.31	31.02
350m:	3:51.14	34.07	750m:	8:25.10	34.15	1150m:	13:02.47	34.72			
400m:	4:25.66	34.52	800m:	8:59.70	34.60	1200m:	13:37.52	35.05			

19.	MONTEIRO Tomas Penha	02	Alges	**17:00.79**	+0,71	621					
50m:	30.31	30.31	450m:	5:01.43	33.93	850m:	9:33.27	34.02	1250m:	14:09.45	34.70
100m:	1:03.72	33.41	500m:	5:35.45	34.02	900m:	10:07.67	34.40	1300m:	14:44.45	35.00
150m:	1:37.47	33.75	550m:	6:09.20	33.75	950m:	10:41.62	33.95	1350m:	15:18.75	34.30
200m:	2:11.30	33.83	600m:	6:42.96	33.76	1000m:	11:16.37	34.75	1400m:	15:53.37	34.62
250m:	2:44.93	33.63	650m:	7:16.67	33.71	1050m:	11:50.47	34.10	1450m:	16:28.22	34.85
300m:	3:19.17	34.24	700m:	7:50.85	34.18	1100m:	12:25.28	34.81	1500m:	17:00.79	32.57
350m:	3:53.16	33.99	750m:	8:24.89	34.04	1150m:	12:59.93	34.65			
400m:	4:27.50	34.34	800m:	8:59.25	34.36	1200m:	13:34.75	34.82			

20.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**17:07.25**	+0,74	609					
50m:	30.12	30.12	450m:	5:03.39	34.09	850m:	9:37.01	34.31	1250m:	14:15.76	35.10
100m:	1:03.51	33.39	500m:	5:36.98	33.59	900m:	10:11.51	34.50	1300m:	14:50.82	35.06
150m:	1:37.88	34.37	550m:	6:11.14	34.16	950m:	10:46.27	34.76	1350m:	15:25.56	34.74
200m:	2:11.62	33.74	600m:	6:45.08	33.94	1000m:	11:21.25	34.98	1400m:	16:00.25	34.69
250m:	2:46.33	34.71	650m:	7:19.41	34.33	1050m:	11:56.16	34.91	1450m:	16:34.11	33.86
300m:	3:21.02	34.69	700m:	7:53.65	34.24	1100m:	12:30.72	34.56	1500m:	17:07.25	33.14
350m:	3:55.34	34.32	750m:	8:28.16	34.51	1150m:	13:06.00	35.28			
400m:	4:29.30	33.96	800m:	9:02.70	34.54	1200m:	13:40.66	34.66			

21.	DUARTE Pedro Esteves	03	Cova da Piedade	**17:08.19**	+0,66	607					
50m:	30.63	30.63	450m:	5:08.78	34.72	850m:	9:42.57	34.08	1250m:	14:19.06	34.60
100m:	1:04.83	34.20	500m:	5:43.66	34.88	900m:	10:16.98	34.41	1300m:	14:53.83	34.77
150m:	1:39.43	34.60	550m:	6:17.44	33.78	950m:	10:51.19	34.21	1350m:	15:28.46	34.63
200m:	2:14.09	34.66	600m:	6:51.51	34.07	1000m:	11:25.70	34.51	1400m:	16:02.94	34.48
250m:	2:48.89	34.80	650m:	7:25.62	34.11	1050m:	12:00.32	34.62	1450m:	16:36.88	33.94
300m:	3:24.00	35.11	700m:	8:00.03	34.41	1100m:	12:35.00	34.68	1500m:	17:08.19	31.31
350m:	3:58.98	34.98	750m:	8:34.14	34.11	1150m:	13:09.73	34.73			
400m:	4:34.06	35.08	800m:	9:08.49	34.35	1200m:	13:44.46	34.73			

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	SANTOS Andre Cardoso	03	Academico Viseu	**17:08.27**	+0,69	607	

50m:	30.57	30.57	450m:	5:08.34	35.06	850m:	9:44.49	33.84	1250m:	14:19.27	34.99
100m:	1:04.38	33.81	500m:	5:43.10	34.76	900m:	10:18.41	33.92	1300m:	14:53.94	34.67
150m:	1:38.97	34.59	550m:	6:17.88	34.78	950m:	10:52.76	34.35	1350m:	15:28.62	34.68
200m:	2:13.39	34.42	600m:	6:52.19	34.31	1000m:	11:27.20	34.44	1400m:	16:03.13	34.51
250m:	2:48.54	35.15	650m:	7:27.15	34.96	1050m:	12:01.35	34.15	1450m:	16:37.22	34.09
300m:	3:23.25	34.71	700m:	8:01.51	34.36	1100m:	12:35.54	34.19	1500m:	17:08.27	31.05
350m:	3:58.17	34.92	750m:	8:36.19	34.68	1150m:	13:09.75	34.21			
400m:	4:33.28	35.11	800m:	9:10.65	34.46	1200m:	13:44.28	34.53			

23.	PEREIRA Alexandre Alves	03	Braga	**17:08.39**	+0,79	607					
50m:	29.29	29.29	450m:	5:01.68	34.71	850m:	9:40.53	35.37	1250m:	14:18.19	34.92
100m:	1:02.25	32.96	500m:	5:36.32	34.64	900m:	10:15.49	34.96	1300m:	14:52.91	34.72
150m:	1:36.03	33.78	550m:	6:11.20	34.88	950m:	10:50.31	34.82	1350m:	15:27.73	34.82
200m:	2:09.69	33.66	600m:	6:45.73	34.53	1000m:	11:25.29	34.98	1400m:	16:02.39	34.66
250m:	2:43.66	33.97	650m:	7:20.49	34.76	1050m:	12:00.35	35.06	1450m:	16:36.45	34.06
300m:	3:17.85	34.19	700m:	7:55.32	34.83	1100m:	12:34.78	34.43	1500m:	17:08.39	31.94
350m:	3:52.40	34.55	750m:	8:30.18	34.86	1150m:	13:08.98	34.20			
400m:	4:26.97	34.57	800m:	9:05.16	34.98	1200m:	13:43.27	34.29			

24.	SALGADO Goncalo Sampaio	02	Famalicao	**17:13.89**	+0,80	597					
50m:	29.94	29.94	450m:	5:04.26	34.83	850m:	9:43.06	34.88	1250m:	14:21.43	34.69
100m:	1:03.28	33.34	500m:	5:38.91	34.65	900m:	10:17.99	34.93	1300m:	14:56.15	34.72
150m:	1:37.13	33.85	550m:	6:13.98	35.07	950m:	10:52.85	34.86	1350m:	15:30.94	34.79
200m:	2:11.26	34.13	600m:	6:48.64	34.66	1000m:	11:27.64	34.79	1400m:	16:05.71	34.77
250m:	2:45.60	34.34	650m:	7:23.24	34.60	1050m:	12:02.62	34.98	1450m:	16:40.38	34.67
300m:	3:20.10	34.50	700m:	7:58.20	34.96	1100m:	12:37.34	34.72	1500m:	17:13.89	33.51
350m:	3:54.90	34.80	750m:	8:33.14	34.94	1150m:	13:12.21	34.87			
400m:	4:29.43	34.53	800m:	9:08.18	35.04	1200m:	13:46.74	34.53			

25.	MARQUES Rui Joao	02	Nautico Academico	**17:15.25**	+0,67	595					
50m:	32.13	32.13	450m:	5:05.42	34.25	850m:	9:41.04	34.53	1250m:	14:20.80	35.26
100m:	1:06.56	34.43	500m:	5:39.98	34.56	900m:	10:16.17	35.13	1300m:	14:56.52	35.72
150m:	1:40.31	33.75	550m:	6:14.12	34.14	950m:	10:50.94	34.77	1350m:	15:31.69	35.17
200m:	2:14.64	34.33	600m:	6:48.80	34.68	1000m:	11:26.46	35.52	1400m:	16:07.66	35.97
250m:	2:48.60	33.96	650m:	7:23.19	34.39	1050m:	12:01.02	34.56	1450m:	16:41.91	34.25
300m:	3:23.02	34.42	700m:	7:57.51	34.32	1100m:	12:35.91	34.89	1500m:	17:15.25	33.34
350m:	3:56.94	33.92	750m:	8:31.98	34.47	1150m:	13:10.41	34.50			
400m:	4:31.17	34.23	800m:	9:06.51	34.53	1200m:	13:45.54	35.13			

26.	CARVALHO Martim Henriques	04	Rio Maior	**17:15.46**	+0,70	595					
50m:	30.31	30.31	450m:	5:04.24	34.32	850m:	9:41.30	34.54	1250m:	14:22.86	35.24
100m:	1:04.30	33.99	500m:	5:39.19	34.95	900m:	10:16.84	35.54	1300m:	14:58.67	35.81
150m:	1:38.39	34.09	550m:	6:13.59	34.40	950m:	10:51.38	34.54	1350m:	15:33.38	34.71
200m:	2:13.18	34.79	600m:	6:48.56	34.97	1000m:	11:26.69	35.31	1400m:	16:08.31	34.93
250m:	2:47.05	33.87	650m:	7:22.97	34.41	1050m:	12:01.99	35.30	1450m:	16:42.42	34.11
300m:	3:21.14	34.09	700m:	7:57.83	34.86	1100m:	12:37.33	35.34	1500m:	17:15.46	33.04
350m:	3:55.33	34.19	750m:	8:32.12	34.29	1150m:	13:12.13	34.80			
400m:	4:29.92	34.59	800m:	9:06.76	34.64	1200m:	13:47.62	35.49			

27.	DIAS Ruben Fonseca	03	Natacao de Valongo	**17:24.12**	+0,74	580					
50m:	30.31	30.31	450m:	5:03.76	34.21	850m:	9:43.89	35.31	1250m:	14:32.02	36.20
100m:	1:03.38	33.07	500m:	5:38.90	35.14	900m:	10:19.36	35.47	1300m:	15:07.33	35.31
150m:	1:37.29	33.91	550m:	6:13.83	34.93	950m:	10:55.39	36.03	1350m:	15:42.69	35.36
200m:	2:11.94	34.65	600m:	6:48.46	34.63	1000m:	11:31.90	36.51	1400m:	16:18.27	35.58
250m:	2:46.11	34.17	650m:	7:23.07	34.61	1050m:	12:07.52	35.62	1450m:	16:51.11	32.84
300m:	3:20.63	34.52	700m:	7:58.36	35.29	1100m:	12:43.64	36.12	1500m:	17:24.12	33.01
350m:	3:54.75	34.12	750m:	8:33.59	35.23	1150m:	13:19.44	35.80			
400m:	4:29.55	34.80	800m:	9:08.58	34.99	1200m:	13:55.82	36.38			

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	CANADAS Joao Vasco	03	Rio Maior	**17:24.78**	+0,72	579	

50m:	30.91	30.91	450m:	5:09.05	34.63	850m:	9:50.25	35.24	1250m:	14:33.08	35.19
100m:	1:05.18	34.27	500m:	5:43.83	34.78	900m:	10:25.42	35.17	1300m:	15:08.26	35.18
150m:	1:40.07	34.89	550m:	6:18.87	35.04	950m:	11:01.07	35.65	1350m:	15:43.41	35.15
200m:	2:14.80	34.73	600m:	6:53.85	34.98	1000m:	11:36.27	35.20	1400m:	16:18.33	34.92
250m:	2:49.76	34.96	650m:	7:29.01	35.16	1050m:	12:11.90	35.63	1450m:	16:52.09	33.76
300m:	3:24.58	34.82	700m:	8:04.26	35.25	1100m:	12:47.20	35.30	1500m:	17:24.78	32.69
350m:	3:59.44	34.86	750m:	8:39.62	35.36	1150m:	13:22.58	35.38			
400m:	4:34.42	34.98	800m:	9:15.01	35.39	1200m:	13:57.89	35.31			

29.	NUNES Diogo Severino	04	Natacao de Valongo	**17:26.30**	+0,79	576	

50m:	29.17	29.17	450m:	5:02.41	35.24	850m:	9:44.29	35.73	1250m:	14:29.56	35.84
100m:	1:02.08	32.91	500m:	5:37.43	35.02	900m:	10:19.86	35.57	1300m:	15:05.50	35.94
150m:	1:35.28	33.20	550m:	6:12.45	35.02	950m:	10:55.56	35.70	1350m:	15:40.98	35.48
200m:	2:09.10	33.82	600m:	6:47.55	35.10	1000m:	11:31.09	35.53	1400m:	16:16.54	35.56
250m:	2:43.44	34.34	650m:	7:22.81	35.26	1050m:	12:06.81	35.72	1450m:	16:51.85	35.31
300m:	3:18.06	34.62	700m:	7:57.94	35.13	1100m:	12:42.39	35.58	1500m:	17:26.30	34.45
350m:	3:52.71	34.65	750m:	8:33.49	35.55	1150m:	13:18.20	35.81			
400m:	4:27.17	34.46	800m:	9:08.56	35.07	1200m:	13:53.72	35.52			

30.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**17:27.24**	+0,84	575	

50m:	31.15	31.15	450m:	5:11.34	34.90	850m:	9:52.35	35.11	1250m:	14:34.04	35.50
100m:	1:05.38	34.23	500m:	5:46.79	35.45	900m:	10:27.56	35.21	1300m:	15:09.61	35.57
150m:	1:40.27	34.89	550m:	6:21.66	34.87	950m:	11:02.61	35.05	1350m:	15:44.53	34.92
200m:	2:15.92	35.65	600m:	6:56.75	35.09	1000m:	11:37.61	35.00	1400m:	16:19.50	34.97
250m:	2:51.13	35.21	650m:	7:31.64	34.89	1050m:	12:12.88	35.27	1450m:	16:53.76	34.26
300m:	3:26.25	35.12	700m:	8:06.98	35.34	1100m:	12:48.04	35.16	1500m:	17:27.24	33.48
350m:	4:01.21	34.96	750m:	8:42.36	35.38	1150m:	13:23.19	35.15			
400m:	4:36.44	35.23	800m:	9:17.24	34.88	1200m:	13:58.54	35.35			

31.	SANTOS Rui Mamede	04	Uniao Coimbra	**17:32.09**	+0,67	567	

50m:	29.67	29.67	450m:	5:07.18	34.57	850m:	9:48.08	35.26	1250m:	14:34.00	35.78
100m:	1:03.18	33.51	500m:	5:41.89	34.71	900m:	10:23.61	35.53	1300m:	15:10.07	36.07
150m:	1:37.85	34.67	550m:	6:17.13	35.24	950m:	10:59.52	35.91	1350m:	15:46.24	36.17
200m:	2:13.33	35.48	600m:	6:52.35	35.22	1000m:	11:34.75	35.23	1400m:	16:22.38	36.14
250m:	2:48.16	34.83	650m:	7:26.95	34.60	1050m:	12:10.64	35.89	1450m:	16:58.25	35.87
300m:	3:23.00	34.84	700m:	8:02.52	35.57	1100m:	12:45.97	35.33	1500m:	17:32.09	33.84
350m:	3:58.29	35.29	750m:	8:37.30	34.78	1150m:	13:22.21	36.24			
400m:	4:32.61	34.32	800m:	9:12.82	35.52	1200m:	13:58.22	36.01			

32.	FRASQUILHO Afonso Figueiredo	04	Sporting	**17:32.23**	+0,80	567	

50m:	30.06	30.06	450m:	5:07.77	35.35	850m:	9:50.77	35.24	1250m:	14:34.80	35.21
100m:	1:03.35	33.29	500m:	5:43.60	35.83	900m:	10:26.17	35.40	1300m:	15:10.44	35.64
150m:	1:37.92	34.57	550m:	6:18.48	34.88	950m:	11:02.27	36.10	1350m:	15:46.14	35.70
200m:	2:13.04	35.12	600m:	6:54.30	35.82	1000m:	11:37.42	35.15	1400m:	16:22.65	36.51
250m:	2:47.66	34.62	650m:	7:29.50	35.20	1050m:	12:13.22	35.80	1450m:	16:57.36	34.71
300m:	3:22.78	35.12	700m:	8:05.39	35.89	1100m:	12:49.10	35.88	1500m:	17:32.23	34.87
350m:	3:57.73	34.95	750m:	8:40.29	34.90	1150m:	13:24.49	35.39			
400m:	4:32.42	34.69	800m:	9:15.53	35.24	1200m:	13:59.59	35.10			

33.	CARVALHO Goncalo Renato	04	Porto	**17:36.31**	+0,71	560	

50m:	31.55	31.55	450m:	5:11.61	35.19	850m:	9:54.88	35.63	1250m:	14:41.28	35.33
100m:	1:05.90	34.35	500m:	5:46.96	35.35	900m:	10:30.84	35.96	1300m:	15:16.87	35.59
150m:	1:40.73	34.83	550m:	6:22.14	35.18	950m:	11:06.61	35.77	1350m:	15:52.02	35.15
200m:	2:15.48	34.75	600m:	6:57.59	35.45	1000m:	11:42.14	35.53	1400m:	16:27.32	35.30
250m:	2:50.56	35.08	650m:	7:32.62	35.03	1050m:	12:18.22	36.08	1450m:	17:02.38	35.06
300m:	3:25.93	35.37	700m:	8:08.02	35.40	1100m:	12:54.17	35.95	1500m:	17:36.31	33.93
350m:	4:01.07	35.14	750m:	8:43.31	35.29	1150m:	13:29.83	35.66			
400m:	4:36.42	35.35	800m:	9:19.25	35.94	1200m:	14:05.95	36.12			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**17:37.02**	+0,69	559	

50m:	31.94	31.94	450m:	5:14.18	35.25	850m:	9:56.17	35.31	1250m:	14:41.03	35.22
100m:	1:06.74	34.80	500m:	5:49.72	35.54	900m:	10:31.71	35.54	1300m:	15:16.70	35.67
150m:	1:41.94	35.20	550m:	6:24.71	34.99	950m:	11:07.19	35.48	1350m:	15:52.21	35.51
200m:	2:17.21	35.27	600m:	6:59.88	35.17	1000m:	11:42.66	35.47	1400m:	16:28.06	35.85
250m:	2:52.35	35.14	650m:	7:35.10	35.22	1050m:	12:18.26	35.60	1450m:	17:02.92	34.86
300m:	3:28.09	35.74	700m:	8:10.42	35.32	1100m:	12:54.20	35.94	1500m:	17:37.02	34.10
350m:	4:03.40	35.31	750m:	8:45.79	35.37	1150m:	13:29.85	35.65			
400m:	4:38.93	35.53	800m:	9:20.86	35.07	1200m:	14:05.81	35.96			

35.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**17:38.35**	+0,74	557					
50m:	30.97	30.97	450m:	5:11.77	35.07	850m:	9:55.21	35.39	1250m:	14:41.32	36.34
100m:	1:05.40	34.43	500m:	5:47.01	35.24	900m:	10:31.08	35.87	1300m:	15:17.45	36.13
150m:	1:40.68	35.28	550m:	6:22.22	35.21	950m:	11:06.69	35.61	1350m:	15:53.46	36.01
200m:	2:15.93	35.25	600m:	6:57.84	35.62	1000m:	11:42.16	35.47	1400m:	16:29.87	36.41
250m:	2:51.10	35.17	650m:	7:32.97	35.13	1050m:	12:17.92	35.76	1450m:	17:04.61	34.74
300m:	3:26.49	35.39	700m:	8:08.82	35.85	1100m:	12:53.47	35.55	1500m:	17:38.35	33.74
350m:	4:01.67	35.18	750m:	8:44.12	35.30	1150m:	13:29.19	35.72			
400m:	4:36.70	35.03	800m:	9:19.82	35.70	1200m:	14:04.98	35.79			

36.	COSTA Hugo Alexandre	03	Natacao de Valongo	**17:44.06**	+0,80	548					
50m:	30.52	30.52	450m:	5:11.54	35.82	850m:	10:00.10	36.35	1250m:	14:49.45	36.31
100m:	1:04.70	34.18	500m:	5:47.60	36.06	900m:	10:36.33	36.23	1300m:	15:25.29	35.84
150m:	1:39.66	34.96	550m:	6:23.57	35.97	950m:	11:12.80	36.47	1350m:	16:01.08	35.79
200m:	2:14.62	34.96	600m:	6:59.64	36.07	1000m:	11:49.18	36.38	1400m:	16:36.49	35.41
250m:	2:49.58	34.96	650m:	7:35.63	35.99	1050m:	12:25.28	36.10	1450m:	17:11.35	34.86
300m:	3:24.97	35.39	700m:	8:11.93	36.30	1100m:	13:01.20	35.92	1500m:	17:44.06	32.71
350m:	4:00.45	35.48	750m:	8:48.15	36.22	1150m:	13:37.03	35.83			
400m:	4:35.72	35.27	800m:	9:23.75	35.60	1200m:	14:13.14	36.11			

37.	CARVALHO Antonio Lombardi	04	Belenenses	**17:45.09**	+0,71	546					
50m:	30.92	30.92	450m:	5:14.29	35.88	850m:	10:03.73	36.41	1250m:	14:47.80	35.77
100m:	1:05.12	34.20	500m:	5:50.32	36.03	900m:	10:38.97	35.24	1300m:	15:24.10	36.30
150m:	1:39.59	34.47	550m:	6:26.63	36.31	950m:	11:14.93	35.96	1350m:	16:00.13	36.03
200m:	2:15.15	35.56	600m:	7:02.70	36.07	1000m:	11:50.79	35.86	1400m:	16:36.15	36.02
250m:	2:50.53	35.38	650m:	7:38.88	36.18	1050m:	12:26.08	35.29	1450m:	17:10.72	34.57
300m:	3:25.91	35.38	700m:	8:14.85	35.97	1100m:	13:00.85	34.77	1500m:	17:45.09	34.37
350m:	4:02.03	36.12	750m:	8:50.70	35.85	1150m:	13:36.28	35.43			
400m:	4:38.41	36.38	800m:	9:27.32	36.62	1200m:	14:12.03	35.75			

38.	CARVALHO Tiago Fonseca	03	Naval Povoense	**17:45.35**	+0,67	546					
50m:	29.68	29.68	450m:	5:12.76	36.22	850m:	10:01.17	36.59	1250m:	14:49.84	35.68
100m:	1:03.07	33.39	500m:	5:48.32	35.56	900m:	10:36.84	35.67	1300m:	15:26.18	36.34
150m:	1:37.41	34.34	550m:	6:24.77	36.45	950m:	11:13.16	36.32	1350m:	16:02.04	35.86
200m:	2:12.81	35.40	600m:	7:00.80	36.03	1000m:	11:49.51	36.35	1400m:	16:37.68	35.64
250m:	2:48.67	35.86	650m:	7:36.62	35.82	1050m:	12:25.57	36.06	1450m:	17:11.38	33.70
300m:	3:24.73	36.06	700m:	8:12.65	36.03	1100m:	13:01.70	36.13	1500m:	17:45.35	33.97
350m:	4:00.57	35.84	750m:	8:48.58	35.93	1150m:	13:37.70	36.00			
400m:	4:36.54	35.97	800m:	9:24.58	36.00	1200m:	14:14.16	36.46			

39.	ARAUJO Joao Guilherme	03	Natacao da Maia	**17:46.75**	+0,86	544					
50m:	30.49	30.49	450m:	5:12.78	35.51	850m:	9:59.93	35.67	1250m:	14:48.54	36.18
100m:	1:04.72	34.23	500m:	5:48.46	35.68	900m:	10:36.36	36.43	1300m:	15:24.85	36.31
150m:	1:40.03	35.31	550m:	6:24.44	35.98	950m:	11:12.24	35.88	1350m:	16:01.05	36.20
200m:	2:15.45	35.42	600m:	7:00.37	35.93	1000m:	11:48.52	36.28	1400m:	16:37.18	36.13
250m:	2:51.02	35.57	650m:	7:35.98	35.61	1050m:	12:23.98	35.46	1450m:	17:12.46	35.28
300m:	3:26.52	35.50	700m:	8:11.81	35.83	1100m:	13:00.40	36.42	1500m:	17:46.75	34.29
350m:	4:01.76	35.24	750m:	8:48.00	36.19	1150m:	13:36.14	35.74			
400m:	4:37.27	35.51	800m:	9:24.26	36.26	1200m:	14:12.36	36.22			

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PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	ACIOLI Victor Hugo	02	Feirense	**17:47.17**	+0,67	543	

50m:	29.47	29.47	450m:	5:08.34	35.59	850m:	9:57.07	36.34	1250m:	14:48.83	36.26
100m:	1:02.38	32.91	500m:	5:44.27	35.93	900m:	10:33.40	36.33	1300m:	15:25.34	36.51
150m:	1:36.65	34.27	550m:	6:19.98	35.71	950m:	11:09.96	36.56	1350m:	16:01.27	35.93
200m:	2:11.47	34.82	600m:	6:55.94	35.96	1000m:	11:46.18	36.22	1400m:	16:37.85	36.58
250m:	2:46.27	34.80	650m:	7:32.19	36.25	1050m:	12:22.41	36.23	1450m:	17:13.25	35.40
300m:	3:21.93	35.66	700m:	8:08.19	36.00	1100m:	12:59.07	36.66	1500m:	17:47.17	33.92
350m:	3:57.27	35.34	750m:	8:44.34	36.15	1150m:	13:35.54	36.47			
400m:	4:32.75	35.48	800m:	9:20.73	36.39	1200m:	14:12.57	37.03			

41.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**17:47.31**	+0,72	543	

50m:	31.59	31.59	450m:	5:15.65	36.25	850m:	10:05.20	36.59	1250m:	14:49.75	35.86
100m:	1:05.39	33.80	500m:	5:52.14	36.49	900m:	10:41.46	36.26	1300m:	15:25.34	35.59
150m:	1:41.02	35.63	550m:	6:28.56	36.42	950m:	11:18.07	36.61	1350m:	16:01.04	35.70
200m:	2:16.39	35.37	600m:	7:04.73	36.17	1000m:	11:52.70	34.63	1400m:	16:36.53	35.49
250m:	2:52.27	35.88	650m:	7:39.44	34.71	1050m:	12:27.62	34.92	1450m:	17:12.93	36.40
300m:	3:27.65	35.38	700m:	8:15.82	36.38	1100m:	13:03.12	35.50	1500m:	17:47.31	34.38
350m:	4:03.72	36.07	750m:	8:52.02	36.20	1150m:	13:38.47	35.35			
400m:	4:39.40	35.68	800m:	9:28.61	36.59	1200m:	14:13.89	35.42			

42.	PINTO Guilherme Lobo	04	Foca	**17:47.70**	+0,68	542	

50m:	31.02	31.02	450m:	5:15.05	35.51	850m:	10:01.18	35.42	1250m:	14:50.37	36.08
100m:	1:05.72	34.70	500m:	5:50.99	35.94	900m:	10:37.37	36.19	1300m:	15:26.26	35.89
150m:	1:41.39	35.67	550m:	6:26.79	35.80	950m:	11:13.59	36.22	1350m:	16:02.15	35.89
200m:	2:17.08	35.69	600m:	7:02.39	35.60	1000m:	11:49.60	36.01	1400m:	16:37.89	35.74
250m:	2:52.65	35.57	650m:	7:38.22	35.83	1050m:	12:25.71	36.11	1450m:	17:13.11	35.22
300m:	3:28.17	35.52	700m:	8:13.85	35.63	1100m:	13:01.91	36.20	1500m:	17:47.70	34.59
350m:	4:03.95	35.78	750m:	8:49.78	35.93	1150m:	13:38.03	36.12			
400m:	4:39.54	35.59	800m:	9:25.76	35.98	1200m:	14:14.29	36.26			

43.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**17:48.54**	+0,75	541	

50m:	30.94	30.94	450m:	5:14.68	35.92	850m:	10:02.25	35.95	1250m:	14:50.80	36.09
100m:	1:05.42	34.48	500m:	5:50.42	35.74	900m:	10:38.36	36.11	1300m:	15:26.52	35.72
150m:	1:41.10	35.68	550m:	6:26.63	36.21	950m:	11:14.76	36.40	1350m:	16:02.49	35.97
200m:	2:16.71	35.61	600m:	7:02.39	35.76	1000m:	11:50.83	36.07	1400m:	16:37.90	35.41
250m:	2:51.74	35.03	650m:	7:38.15	35.76	1050m:	12:27.07	36.24	1450m:	17:13.57	35.67
300m:	3:27.10	35.36	700m:	8:14.30	36.15	1100m:	13:03.00	35.93	1500m:	17:48.54	34.97
350m:	4:03.04	35.94	750m:	8:50.32	36.02	1150m:	13:38.90	35.90			
400m:	4:38.76	35.72	800m:	9:26.30	35.98	1200m:	14:14.71	35.81			

44.	TSYKAL Daniel	04	Alcobaca	**17:49.63**	+0,65	539	

50m:	30.95	30.95	450m:	5:17.99	36.40	850m:	10:07.89	36.00	1250m:	14:53.64	35.77
100m:	1:05.52	34.57	500m:	5:54.46	36.47	900m:	10:43.48	35.59	1300m:	15:29.60	35.96
150m:	1:40.96	35.44	550m:	6:30.72	36.26	950m:	11:19.24	35.76	1350m:	16:05.27	35.67
200m:	2:16.93	35.97	600m:	7:06.97	36.25	1000m:	11:55.09	35.85	1400m:	16:40.85	35.58
250m:	2:52.84	35.91	650m:	7:43.36	36.39	1050m:	12:30.38	35.29	1450m:	17:15.94	35.09
300m:	3:29.21	36.37	700m:	8:19.76	36.40	1100m:	13:06.16	35.78	1500m:	17:49.63	33.69
350m:	4:05.31	36.10	750m:	8:55.62	35.86	1150m:	13:42.08	35.92			
400m:	4:41.59	36.28	800m:	9:31.89	36.27	1200m:	14:17.87	35.79			

45.	SANTOS Francisco Amaro	04	Gesloures	**17:50.52**	+0,81	538	

50m:	30.97	30.97	450m:	5:16.09	36.19	850m:	10:03.20	36.18	1250m:	14:51.40	36.07
100m:	1:05.36	34.39	500m:	5:51.72	35.63	900m:	10:39.18	35.98	1300m:	15:27.34	35.94
150m:	1:40.62	35.26	550m:	6:27.50	35.78	950m:	11:15.03	35.85	1350m:	16:03.38	36.04
200m:	2:16.13	35.51	600m:	7:03.43	35.93	1000m:	11:51.17	36.14	1400m:	16:39.42	36.04
250m:	2:51.95	35.82	650m:	7:39.42	35.99	1050m:	12:26.87	35.70	1450m:	17:15.38	35.96
300m:	3:27.65	35.70	700m:	8:14.96	35.54	1100m:	13:02.98	36.11	1500m:	17:50.52	35.14
350m:	4:03.75	36.10	750m:	8:51.12	36.16	1150m:	13:39.08	36.10			
400m:	4:39.90	36.15	800m:	9:27.02	35.90	1200m:	14:15.33	36.25			

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PARCEIROS

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**17:51.23**	+0,87	537	

50m:	32.14	32.14	450m:	5:17.63	35.60	850m:	10:05.25	35.94	1250m:	14:52.65	35.66
100m:	1:07.36	35.22	500m:	5:53.73	36.10	900m:	10:41.26	36.01	1300m:	15:29.05	36.40
150m:	1:42.54	35.18	550m:	6:29.60	35.87	950m:	11:17.02	35.76	1350m:	16:04.93	35.88
200m:	2:18.01	35.47	600m:	7:05.65	36.05	1000m:	11:53.40	36.38	1400m:	16:40.70	35.77
250m:	2:54.10	36.09	650m:	7:41.51	35.86	1050m:	12:29.46	36.06	1450m:	17:16.24	35.54
300m:	3:30.05	35.95	700m:	8:17.18	35.67	1100m:	13:05.17	35.71	1500m:	17:51.23	34.99
350m:	4:05.73	35.68	750m:	8:53.15	35.97	1150m:	13:40.76	35.59			
400m:	4:42.03	36.30	800m:	9:29.31	36.16	1200m:	14:16.99	36.23			

47.	FERREIRA Joao Carlos	03	Porto	**17:52.06**	+0,76	536	

50m:	30.86	30.86	450m:	5:11.68	35.26	850m:	10:00.72	36.03	1250m:	14:51.79	36.34
100m:	1:05.19	34.33	500m:	5:47.51	35.83	900m:	10:36.44	35.72	1300m:	15:28.61	36.82
150m:	1:40.06	34.87	550m:	6:22.78	35.27	950m:	11:12.79	36.35	1350m:	16:05.06	36.45
200m:	2:15.33	35.27	600m:	6:59.01	36.23	1000m:	11:49.24	36.45	1400m:	16:41.42	36.36
250m:	2:50.74	35.41	650m:	7:35.59	36.58	1050m:	12:25.18	35.94	1450m:	17:17.63	36.21
300m:	3:26.16	35.42	700m:	8:11.39	35.80	1100m:	13:02.29	37.11	1500m:	17:52.06	34.43
350m:	4:01.16	35.00	750m:	8:47.79	36.40	1150m:	13:38.74	36.45			
400m:	4:36.42	35.26	800m:	9:24.69	36.90	1200m:	14:15.45	36.71			

48.	SANTOS Gabriel Moreira	04	Famalicao	**17:52.94**	+0,72	535	

50m:	29.40	29.40	450m:	5:09.72	34.92	850m:	9:58.16	36.31	1250m:	14:51.92	36.72
100m:	1:02.98	33.58	500m:	5:45.32	35.60	900m:	10:35.12	36.96	1300m:	15:28.76	36.84
150m:	1:37.45	34.47	550m:	6:20.73	35.41	950m:	11:11.38	36.26	1350m:	16:05.08	36.32
200m:	2:12.65	35.20	600m:	6:56.57	35.84	1000m:	11:48.49	37.11	1400m:	16:41.50	36.42
250m:	2:48.04	35.39	650m:	7:32.47	35.90	1050m:	12:24.73	36.24	1450m:	17:17.46	35.96
300m:	3:23.67	35.63	700m:	8:08.48	36.01	1100m:	13:01.55	36.82	1500m:	17:52.94	35.48
350m:	3:58.75	35.08	750m:	8:44.87	36.39	1150m:	13:38.33	36.78			
400m:	4:34.80	36.05	800m:	9:21.85	36.98	1200m:	14:15.20	36.87			

49.	LOPES Miguel Sanches	01	Academico Viseu	**17:53.44**	+0,67	534	

50m:	30.70	30.70	450m:	5:09.31	34.83	850m:	9:56.60	36.49	1250m:	14:50.81	36.50
100m:	1:04.63	33.93	500m:	5:44.28	34.97	900m:	10:33.49	36.89	1300m:	15:28.57	37.76
150m:	1:39.48	34.85	550m:	6:19.33	35.05	950m:	11:10.80	37.31	1350m:	16:05.00	36.43
200m:	2:14.29	34.81	600m:	6:54.97	35.64	1000m:	11:47.51	36.71	1400m:	16:41.65	36.65
250m:	2:49.40	35.11	650m:	7:30.67	35.70	1050m:	12:23.95	36.44	1450m:	17:17.33	35.68
300m:	3:24.46	35.06	700m:	8:06.72	36.05	1100m:	13:00.80	36.85	1500m:	17:53.44	36.11
350m:	3:59.57	35.11	750m:	8:43.30	36.58	1150m:	13:37.27	36.47			
400m:	4:34.48	34.91	800m:	9:20.11	36.81	1200m:	14:14.31	37.04			

50.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**17:55.76**	+0,86	530	

50m:	31.04	31.04	450m:	5:16.39	36.26	850m:	10:08.40	36.65	1250m:	14:57.84	36.51
100m:	1:05.58	34.54	500m:	5:52.50	36.11	900m:	10:44.36	35.96	1300m:	15:34.47	36.63
150m:	1:40.97	35.39	550m:	6:28.93	36.43	950m:	11:20.69	36.33	1350m:	16:10.78	36.31
200m:	2:16.53	35.56	600m:	7:05.61	36.68	1000m:	11:56.34	35.65	1400m:	16:46.72	35.94
250m:	2:52.07	35.54	650m:	7:41.60	35.99	1050m:	12:32.70	36.36	1450m:	17:22.08	35.36
300m:	3:28.01	35.94	700m:	8:18.52	36.92	1100m:	13:08.55	35.85	1500m:	17:55.76	33.68
350m:	4:03.97	35.96	750m:	8:55.04	36.52	1150m:	13:45.50	36.95			
400m:	4:40.13	36.16	800m:	9:31.75	36.71	1200m:	14:21.33	35.83			

51.	CRISTINO Guilherme Matias	03	Uniao Piedense	**17:56.19**	+0,84	530	

50m:	31.62	31.62	450m:	5:13.88	35.36	850m:	10:03.48	36.39	1250m:	14:55.23	36.36
100m:	1:06.15	34.53	500m:	5:49.86	35.98	900m:	10:40.61	37.13	1300m:	15:31.40	36.17
150m:	1:41.25	35.10	550m:	6:25.40	35.54	950m:	11:16.72	36.11	1350m:	16:07.57	36.17
200m:	2:16.85	35.60	600m:	7:01.85	36.45	1000m:	11:53.72	37.00	1400m:	16:44.21	36.64
250m:	2:51.96	35.11	650m:	7:38.20	36.35	1050m:	12:29.56	35.84	1450m:	17:20.82	36.61
300m:	3:27.55	35.59	700m:	8:14.41	36.21	1100m:	13:06.03	36.47	1500m:	17:56.19	35.37
350m:	4:02.94	35.39	750m:	8:50.92	36.51	1150m:	13:42.38	36.35			
400m:	4:38.52	35.58	800m:	9:27.09	36.17	1200m:	14:18.87	36.49			

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NATAÇÃO PURA

Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	LOURENCO Goncalo Pires	03	Fundacao Beatriz Santos	**17:59.16**	+0,65	525	

50m:	30.86	30.86	450m:	5:14.50	35.79	850m:	10:01.93	35.93	1250m:	14:54.89	35.94
100m:	1:04.88	34.02	500m:	5:50.79	36.29	900m:	10:37.90	35.97	1300m:	15:32.27	37.38
150m:	1:39.96	35.08	550m:	6:25.56	34.77	950m:	11:14.66	36.76	1350m:	16:09.81	37.54
200m:	2:15.88	35.92	600m:	7:01.08	35.52	1000m:	11:50.60	35.94	1400m:	16:47.50	37.69
250m:	2:51.50	35.62	650m:	7:37.03	35.95	1050m:	12:27.69	37.09	1450m:	17:23.90	36.40
300m:	3:27.17	35.67	700m:	8:13.35	36.32	1100m:	13:04.92	37.23	1500m:	17:59.16	35.26
350m:	4:02.75	35.58	750m:	8:49.84	36.49	1150m:	13:41.54	36.62			
400m:	4:38.71	35.96	800m:	9:26.00	36.16	1200m:	14:18.95	37.41			

53.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**17:59.91**	+0,70	524	

50m:	31.35	31.35	450m:	5:14.88	36.26	850m:	10:06.73	36.42	1250m:	15:00.86	36.87
100m:	1:05.46	34.11	500m:	5:51.30	36.42	900m:	10:43.39	36.66	1300m:	15:37.53	36.67
150m:	1:40.45	34.99	550m:	6:27.73	36.43	950m:	11:19.11	35.72	1350m:	16:13.96	36.43
200m:	2:15.87	35.42	600m:	7:04.36	36.63	1000m:	11:56.14	37.03	1400m:	16:50.43	36.47
250m:	2:51.07	35.20	650m:	7:40.13	35.77	1050m:	12:32.63	36.49	1450m:	17:26.27	35.84
300m:	3:26.83	35.76	700m:	8:16.66	36.53	1100m:	13:09.60	36.97	1500m:	17:59.91	33.64
350m:	4:02.51	35.68	750m:	8:53.52	36.86	1150m:	13:46.94	37.34			
400m:	4:38.62	36.11	800m:	9:30.31	36.79	1200m:	14:23.99	37.05			

54.	BARAONA Andre Azevedo	04	Natacao do Montijo	**18:01.40**	+0,74	522	

50m:	30.37	30.37	450m:	5:14.92	35.83	850m:	10:07.51	36.53	1250m:	15:00.62	36.95
100m:	1:04.05	33.68	500m:	5:51.18	36.26	900m:	10:43.41	35.90	1300m:	15:37.74	37.12
150m:	1:39.51	35.46	550m:	6:27.61	36.43	950m:	11:20.09	36.68	1350m:	16:14.28	36.54
200m:	2:14.99	35.48	600m:	7:04.44	36.83	1000m:	11:56.73	36.64	1400m:	16:50.99	36.71
250m:	2:50.67	35.68	650m:	7:41.26	36.82	1050m:	12:33.69	36.96	1450m:	17:26.80	35.81
300m:	3:26.55	35.88	700m:	8:17.37	36.11	1100m:	13:10.34	36.65	1500m:	18:01.40	34.60
350m:	4:02.84	36.29	750m:	8:54.22	36.85	1150m:	13:47.20	36.86			
400m:	4:39.09	36.25	800m:	9:30.98	36.76	1200m:	14:23.67	36.47			

55.	SILVA Ruben Filipe	03	Foca	**18:02.10**	+0,89	521	

50m:	31.15	31.15	450m:	5:18.08	36.27	850m:	10:09.07	36.95	1250m:	15:01.00	36.66
100m:	1:06.22	35.07	500m:	5:54.12	36.04	900m:	10:45.50	36.43	1300m:	15:37.10	36.10
150m:	1:41.74	35.52	550m:	6:30.43	36.31	950m:	11:22.12	36.62	1350m:	16:13.76	36.66
200m:	2:17.74	36.00	600m:	7:06.67	36.24	1000m:	11:58.22	36.10	1400m:	16:50.50	36.74
250m:	2:54.02	36.28	650m:	7:43.39	36.72	1050m:	12:34.86	36.64	1450m:	17:26.76	36.26
300m:	3:29.80	35.78	700m:	8:19.31	35.92	1100m:	13:11.26	36.40	1500m:	18:02.10	35.34
350m:	4:06.01	36.21	750m:	8:55.74	36.43	1150m:	13:48.24	36.98			
400m:	4:41.81	35.80	800m:	9:32.12	36.38	1200m:	14:24.34	36.10			

56.	UVA Francisco Sousa	04	Alges	**18:05.37**	+0,71	516	

50m:	31.67	31.67	450m:	5:22.65	36.07	850m:	10:14.92	36.40	1250m:	15:04.94	36.26
100m:	1:06.90	35.23	500m:	5:59.37	36.72	900m:	10:51.35	36.43	1300m:	15:41.65	36.71
150m:	1:43.00	36.10	550m:	6:35.99	36.62	950m:	11:27.20	35.85	1350m:	16:17.58	35.93
200m:	2:19.48	36.48	600m:	7:12.82	36.83	1000m:	12:03.84	36.64	1400m:	16:54.29	36.71
250m:	2:56.20	36.72	650m:	7:49.21	36.39	1050m:	12:39.99	36.15	1450m:	17:30.00	35.71
300m:	3:32.96	36.76	700m:	8:26.04	36.83	1100m:	13:16.78	36.79	1500m:	18:05.37	35.37
350m:	4:09.90	36.94	750m:	9:02.10	36.06	1150m:	13:52.31	35.53			
400m:	4:46.58	36.68	800m:	9:38.52	36.42	1200m:	14:28.68	36.37			

57.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**18:06.31**	+0,77	515	

50m:	33.79	33.79	450m:	5:24.26	36.46	850m:	10:15.85	36.29	1250m:	15:08.34	36.21
100m:	1:10.30	36.51	500m:	6:00.94	36.68	900m:	10:52.42	36.57	1300m:	15:44.87	36.53
150m:	1:46.49	36.19	550m:	6:36.96	36.02	950m:	11:28.73	36.31	1350m:	16:20.88	36.01
200m:	2:22.96	36.47	600m:	7:13.66	36.70	1000m:	12:05.54	36.81	1400m:	16:57.00	36.12
250m:	2:58.88	35.92	650m:	7:49.89	36.23	1050m:	12:41.72	36.18	1450m:	17:32.24	35.24
300m:	3:35.62	36.74	700m:	8:26.31	36.42	1100m:	13:18.58	36.86	1500m:	18:06.31	34.07
350m:	4:11.23	35.61	750m:	9:02.88	36.57	1150m:	13:55.47	36.89			
400m:	4:47.80	36.57	800m:	9:39.56	36.68	1200m:	14:32.13	36.66			

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Prova 1, Masc., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	RODRIGUES Rodrigo Reis	04	Sao Roque	**18:13.54**	+0,60	505	

50m:	30.54	30.54	450m:	5:17.90	36.27	850m:	10:13.46	37.26	1250m:	15:10.80	37.11
100m:	1:05.05	34.51	500m:	5:54.54	36.64	900m:	10:50.66	37.20	1300m:	15:48.54	37.74
150m:	1:40.59	35.54	550m:	6:31.01	36.47	950m:	11:27.75	37.09	1350m:	16:24.91	36.37
200m:	2:16.79	36.20	600m:	7:08.01	37.00	1000m:	12:05.06	37.31	1400m:	17:02.00	37.09
250m:	2:52.64	35.85	650m:	7:44.89	36.88	1050m:	12:42.48	37.42	1450m:	17:37.57	35.57
300m:	3:28.96	36.32	700m:	8:22.27	37.38	1100m:	13:19.26	36.78	1500m:	18:13.54	35.97
350m:	4:05.10	36.14	750m:	8:58.89	36.62	1150m:	13:56.49	37.23			
400m:	4:41.63	36.53	800m:	9:36.20	37.31	1200m:	14:33.69	37.20			

59.	MATOS Gil Amaral	04	Academia Acores	**18:26.84**	+0,69	487					
50m:	33.40	33.40	450m:	5:30.91	36.88	850m:	10:26.64	36.87	1250m:	15:25.16	36.97
100m:	1:10.00	36.60	500m:	6:08.13	37.22	900m:	11:04.09	37.45	1300m:	16:03.30	38.14
150m:	1:47.11	37.11	550m:	6:44.60	36.47	950m:	11:41.44	37.35	1350m:	16:39.52	36.22
200m:	2:24.96	37.85	600m:	7:21.50	36.90	1000m:	12:19.06	37.62	1400m:	17:16.08	36.56
250m:	3:02.11	37.15	650m:	7:57.93	36.43	1050m:	12:56.17	37.11	1450m:	17:51.90	35.82
300m:	3:39.27	37.16	700m:	8:35.57	37.64	1100m:	13:33.72	37.55	1500m:	18:26.84	34.94
350m:	4:16.39	37.12	750m:	9:11.94	36.37	1150m:	14:11.11	37.39			
400m:	4:54.03	37.64	800m:	9:49.77	37.83	1200m:	14:48.19	37.08			

60.	TOME Diogo Bernardo	03	Salvaterra de Magos	**18:41.59**	+0,78	468					
50m:	31.38	31.38	450m:	5:25.84	37.21	850m:	10:26.49	37.84	1250m:	15:31.59	38.20
100m:	1:06.83	35.45	500m:	6:03.39	37.55	900m:	11:04.54	38.05	1300m:	16:09.96	38.37
150m:	1:43.07	36.24	550m:	6:40.66	37.27	950m:	11:42.22	37.68	1350m:	16:47.94	37.98
200m:	2:20.16	37.09	600m:	7:18.23	37.57	1000m:	12:20.45	38.23	1400m:	17:26.32	38.38
250m:	2:56.98	36.82	650m:	7:55.38	37.15	1050m:	12:58.53	38.08	1450m:	18:04.08	37.76
300m:	3:34.23	37.25	700m:	8:33.15	37.77	1100m:	13:36.80	38.27	1500m:	18:41.59	37.51
350m:	4:11.24	37.01	750m:	9:10.64	37.49	1150m:	14:14.95	38.15			
400m:	4:48.63	37.39	800m:	9:48.65	38.01	1200m:	14:53.39	38.44			

Prova 1 — Masc., 1500m Livres — Absolutos
01-08-2019 - 17:05 — Resultados

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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**15:25.72**	+0,67	833	

50m:	27.92	27.92	450m:	4:35.03	31.17	850m:	8:42.77	30.75	1250m:	12:51.99	31.01
100m:	58.46	30.54	500m:	5:06.17	31.14	900m:	9:13.80	31.03	1300m:	13:23.55	31.56
150m:	1:28.79	30.33	550m:	5:37.29	31.12	950m:	9:44.79	30.99	1350m:	13:54.54	30.99
200m:	1:59.86	31.07	600m:	6:08.76	31.47	1000m:	10:15.88	31.09	1400m:	14:25.70	31.16
250m:	2:30.76	30.90	650m:	6:39.60	30.84	1050m:	10:46.67	30.79	1450m:	14:56.20	30.50
300m:	3:01.66	30.90	700m:	7:10.49	30.89	1100m:	11:18.03	31.36	1500m:	15:25.72	29.52
350m:	3:32.68	31.02	750m:	7:41.07	30.58	1150m:	11:49.41	31.38			
400m:	4:03.86	31.18	800m:	8:12.02	30.95	1200m:	12:20.98	31.57			

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Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	PINA Guilherme Filipe	98	Sporting	**15:46.96**	+0,75	778	

50m:	28.38	28.38	450m:	4:35.06	31.08	850m:	8:47.40	32.06	1250m:	13:06.62	32.42
100m:	58.89	30.51	500m:	5:06.26	31.20	900m:	9:19.58	32.18	1300m:	13:39.02	32.40
150m:	1:29.29	30.40	550m:	5:37.44	31.18	950m:	9:51.84	32.26	1350m:	14:11.01	31.99
200m:	2:00.09	30.80	600m:	6:09.02	31.58	1000m:	10:24.29	32.45	1400m:	14:43.23	32.22
250m:	2:30.79	30.70	650m:	6:40.12	31.10	1050m:	10:56.35	32.06	1450m:	15:15.18	31.95
300m:	3:01.76	30.97	700m:	7:11.67	31.55	1100m:	11:29.07	32.72	1500m:	15:46.96	31.78
350m:	3:32.83	31.07	750m:	7:43.31	31.64	1150m:	12:01.49	32.42			
400m:	4:03.98	31.15	800m:	8:15.34	32.03	1200m:	12:34.20	32.71			

3.	GIL Rafael Lourenco	96	Sporting	**15:54.10**	+0,71	760	

50m:	28.75	28.75	450m:	4:37.24	31.44	850m:	8:52.20	32.07	1250m:	13:11.59	32.78
100m:	59.61	30.86	500m:	5:08.96	31.72	900m:	9:24.50	32.30	1300m:	13:44.26	32.67
150m:	1:30.07	30.46	550m:	5:40.63	31.67	950m:	9:56.99	32.49	1350m:	14:16.89	32.63
200m:	2:01.04	30.97	600m:	6:12.35	31.72	1000m:	10:29.19	32.20	1400m:	14:49.69	32.80
250m:	2:31.99	30.95	650m:	6:44.31	31.96	1050m:	11:01.42	32.23	1450m:	15:22.08	32.39
300m:	3:03.12	31.13	700m:	7:16.18	31.87	1100m:	11:34.05	32.63	1500m:	15:54.10	32.02
350m:	3:34.27	31.15	750m:	7:48.22	32.04	1150m:	12:06.48	32.43			
400m:	4:05.80	31.53	800m:	8:20.13	31.91	1200m:	12:38.81	32.33			

4.	SANTOS Pedro Miguel	01	Porto	**16:12.01**	+0,68	719	

50m:	28.92	28.92	450m:	4:43.99	32.29	850m:	9:06.50	33.21	1250m:	13:28.80	32.48
100m:	1:00.47	31.55	500m:	5:16.48	32.49	900m:	9:39.86	33.36	1300m:	14:01.91	33.11
150m:	1:31.74	31.27	550m:	5:48.73	32.25	950m:	10:12.99	33.13	1350m:	14:34.46	32.55
200m:	2:03.60	31.86	600m:	6:21.62	32.89	1000m:	10:45.99	33.00	1400m:	15:07.47	33.01
250m:	2:35.45	31.85	650m:	6:54.16	32.54	1050m:	11:18.02	32.03	1450m:	15:39.95	32.48
300m:	3:07.67	32.22	700m:	7:27.32	33.16	1100m:	11:50.47	32.45	1500m:	16:12.01	32.06
350m:	3:39.60	31.93	750m:	8:00.13	32.81	1150m:	12:23.34	32.87			
400m:	4:11.70	32.10	800m:	8:33.29	33.16	1200m:	12:56.32	32.98			

5.	NUNES Diogo Barbosa	00	Porto	**16:15.57**	+0,76	711	

50m:	29.31	29.31	450m:	4:44.82	32.19	850m:	9:06.81	32.95	1250m:	13:30.32	32.90
100m:	1:00.75	31.44	500m:	5:17.53	32.71	900m:	9:39.91	33.10	1300m:	14:03.43	33.11
150m:	1:32.22	31.47	550m:	5:49.72	32.19	950m:	10:12.72	32.81	1350m:	14:36.65	33.22
200m:	2:03.94	31.72	600m:	6:22.42	32.70	1000m:	10:45.57	32.85	1400m:	15:10.31	33.66
250m:	2:35.51	31.57	650m:	6:54.91	32.49	1050m:	11:18.40	32.83	1450m:	15:43.72	33.41
300m:	3:08.04	32.53	700m:	7:27.91	33.00	1100m:	11:51.52	33.12	1500m:	16:15.57	31.85
350m:	3:40.12	32.08	750m:	8:00.80	32.89	1150m:	12:24.34	32.82			
400m:	4:12.63	32.51	800m:	8:33.86	33.06	1200m:	12:57.42	33.08			

6.	DEUS Andre Portugal	02	Naval do Funchal	**16:21.76**	+0,59	698	

50m:	28.51	28.51	450m:	4:47.89	32.72	850m:	9:14.43	33.20	1250m:	13:40.11	32.98
100m:	59.71	31.20	500m:	5:21.32	33.43	900m:	9:48.10	33.67	1300m:	14:12.89	32.78
150m:	1:31.66	31.95	550m:	5:54.30	32.98	950m:	10:20.98	32.88	1350m:	14:45.09	32.20
200m:	2:03.84	32.18	600m:	6:27.73	33.43	1000m:	10:54.40	33.42	1400m:	15:17.73	32.64
250m:	2:36.74	32.90	650m:	7:00.92	33.19	1050m:	11:27.58	33.18	1450m:	15:49.88	32.15
300m:	3:09.51	32.77	700m:	7:34.34	33.42	1100m:	12:00.65	33.07	1500m:	16:21.76	31.88
350m:	3:42.28	32.77	750m:	8:07.72	33.38	1150m:	12:34.22	33.57			
400m:	4:15.17	32.89	800m:	8:41.23	33.51	1200m:	13:07.13	32.91			

7.	CARVALHO Daniel Luis	02	Braga	**16:22.41**	+0,85	696	

50m:	29.08	29.08	450m:	4:49.23	33.08	850m:	9:13.76	32.93	1250m:	13:39.70	33.40
100m:	1:00.66	31.58	500m:	5:21.96	32.73	900m:	9:46.90	33.14	1300m:	14:12.63	32.93
150m:	1:32.94	32.28	550m:	5:55.08	33.12	950m:	10:20.10	33.20	1350m:	14:45.32	32.69
200m:	2:05.27	32.33	600m:	6:28.15	33.07	1000m:	10:53.40	33.30	1400m:	15:18.25	32.93
250m:	2:37.68	32.41	650m:	7:01.22	33.07	1050m:	11:26.62	33.22	1450m:	15:50.75	32.50
300m:	3:10.39	32.71	700m:	7:34.64	33.42	1100m:	11:59.98	33.36	1500m:	16:22.41	31.66
350m:	3:43.27	32.88	750m:	8:07.67	33.03	1150m:	12:33.05	33.07			
400m:	4:16.15	32.88	800m:	8:40.83	33.16	1200m:	13:06.30	33.25			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	JORGE Duarte Miguel	01	Galitos / Bresimar	**16:41.36**	+0,74	658	

50m:	28.81	28.81	450m:	4:47.56	32.90	850m:	9:15.20	33.53	1250m:	13:49.58	34.35
100m:	1:00.22	31.41	500m:	5:21.26	33.70	900m:	9:49.44	34.24	1300m:	14:24.53	34.95
150m:	1:31.62	31.40	550m:	5:54.32	33.06	950m:	10:23.01	33.57	1350m:	14:58.75	34.22
200m:	2:03.98	32.36	600m:	6:27.92	33.60	1000m:	10:57.61	34.60	1400m:	15:33.66	34.91
250m:	2:36.24	32.26	650m:	7:01.28	33.36	1050m:	11:31.71	34.10	1450m:	16:07.81	34.15
300m:	3:09.01	32.77	700m:	7:34.74	33.46	1100m:	12:06.54	34.83	1500m:	16:41.36	33.55
350m:	3:41.60	32.59	750m:	8:07.76	33.02	1150m:	12:41.16	34.62			
400m:	4:14.66	33.06	800m:	8:41.67	33.91	1200m:	13:15.23	34.07			

9.	AMARAL Francisco Rodriguez	02	Campinho	**16:49.01**	+0,68	643	

50m:	29.49	29.49	450m:	4:48.36	33.17	850m:	9:16.64	33.90	1250m:	13:54.31	34.79
100m:	1:00.75	31.26	500m:	5:21.60	33.24	900m:	9:51.08	34.44	1300m:	14:29.74	35.43
150m:	1:32.89	32.14	550m:	5:54.70	33.10	950m:	10:25.31	34.23	1350m:	15:04.99	35.25
200m:	2:04.90	32.01	600m:	6:28.20	33.50	1000m:	11:00.24	34.93	1400m:	15:40.78	35.79
250m:	2:37.66	32.76	650m:	7:01.67	33.47	1050m:	11:34.79	34.55	1450m:	16:15.93	35.15
300m:	3:09.95	32.29	700m:	7:35.15	33.48	1100m:	12:09.87	35.08	1500m:	16:49.01	33.08
350m:	3:42.46	32.51	750m:	8:08.93	33.78	1150m:	12:44.51	34.64			
400m:	4:15.19	32.73	800m:	8:42.74	33.81	1200m:	13:19.52	35.01			

10.	FROTA Paulo Andre	02	Condeixa Clube	**16:49.07**	+0,67	643	

50m:	29.88	29.88	450m:	4:53.32	33.82	850m:	9:25.80	34.03	1250m:	13:59.54	34.47
100m:	1:01.49	31.61	500m:	5:27.17	33.85	900m:	10:00.46	34.66	1300m:	14:34.09	34.55
150m:	1:33.69	32.20	550m:	6:01.03	33.86	950m:	10:34.03	33.57	1350m:	15:07.93	33.84
200m:	2:06.28	32.59	600m:	6:35.16	34.13	1000m:	11:08.11	34.08	1400m:	15:41.97	34.04
250m:	2:38.87	32.59	650m:	7:09.01	33.85	1050m:	11:41.87	33.76	1450m:	16:15.84	33.87
300m:	3:12.39	33.52	700m:	7:43.33	34.32	1100m:	12:16.43	34.56	1500m:	16:49.07	33.23
350m:	3:45.71	33.32	750m:	8:17.46	34.13	1150m:	12:50.33	33.90			
400m:	4:19.50	33.79	800m:	8:51.77	34.31	1200m:	13:25.07	34.74			

11.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**16:49.92**	+0,77	641	

50m:	28.52	28.52	450m:	4:59.08	34.09	850m:	9:33.81	33.40	1250m:	14:06.26	33.39
100m:	1:00.70	32.18	500m:	5:33.68	34.60	900m:	10:08.46	34.65	1300m:	14:40.15	33.89
150m:	1:33.71	33.01	550m:	6:07.45	33.77	950m:	10:41.99	33.53	1350m:	15:13.71	33.56
200m:	2:08.00	34.29	600m:	6:42.66	35.21	1000m:	11:16.51	34.52	1400m:	15:47.68	33.97
250m:	2:41.51	33.51	650m:	7:16.76	34.10	1050m:	11:50.24	33.73	1450m:	16:19.04	31.36
300m:	3:15.93	34.42	700m:	7:51.59	34.83	1100m:	12:25.33	35.09	1500m:	16:49.92	30.88
350m:	3:49.96	34.03	750m:	8:25.57	33.98	1150m:	12:58.83	33.50			
400m:	4:24.99	35.03	800m:	9:00.41	34.84	1200m:	13:32.87	34.04			

12.	RODRIGUES Pedro Reis	02	Sao Roque	**16:52.38**	+0,79	636	

50m:	29.20	29.20	450m:	4:56.59	33.87	850m:	9:31.21	34.69	1250m:	14:06.04	34.55
100m:	1:01.59	32.39	500m:	5:30.67	34.08	900m:	10:05.79	34.58	1300m:	14:40.67	34.63
150m:	1:34.48	32.89	550m:	6:04.99	34.32	950m:	10:39.64	33.85	1350m:	15:13.86	33.19
200m:	2:07.72	33.24	600m:	6:39.30	34.31	1000m:	11:13.49	33.85	1400m:	15:47.25	33.39
250m:	2:41.24	33.52	650m:	7:13.70	34.40	1050m:	11:48.41	34.92	1450m:	16:20.35	33.10
300m:	3:15.12	33.88	700m:	7:47.95	34.25	1100m:	12:22.85	34.44	1500m:	16:52.38	32.03
350m:	3:49.22	34.10	750m:	8:22.36	34.41	1150m:	12:57.09	34.24			
400m:	4:22.72	33.50	800m:	8:56.52	34.16	1200m:	13:31.49	34.40			

13.	JACINTO Rafael Rodrigues	02	Belenenses	**17:00.31**	+0,77	622	

50m:	30.03	30.03	450m:	4:59.67	34.01	850m:	9:34.23	34.53	1250m:	14:11.82	34.30
100m:	1:02.31	32.28	500m:	5:33.98	34.31	900m:	10:09.20	34.97	1300m:	14:46.81	34.99
150m:	1:35.75	33.44	550m:	6:08.08	34.10	950m:	10:43.24	34.04	1350m:	15:21.13	34.32
200m:	2:09.57	33.82	600m:	6:42.61	34.53	1000m:	11:18.25	35.01	1400m:	15:55.40	34.27
250m:	2:43.10	33.53	650m:	7:16.53	33.92	1050m:	11:52.91	34.66	1450m:	16:29.29	33.89
300m:	3:17.07	33.97	700m:	7:50.95	34.42	1100m:	12:27.75	34.84	1500m:	17:00.31	31.02
350m:	3:51.14	34.07	750m:	8:25.10	34.15	1150m:	13:02.47	34.72			
400m:	4:25.66	34.52	800m:	8:59.70	34.60	1200m:	13:37.52	35.05			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 1, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MONTEIRO Tomas Penha	02	Alges	**17:00.79**	+0,71	621	

50m:	30.31	30.31	450m:	5:01.43	33.93	850m:	9:33.27	34.02	1250m:	14:09.45	34.70
100m:	1:03.72	33.41	500m:	5:35.45	34.02	900m:	10:07.67	34.40	1300m:	14:44.45	35.00
150m:	1:37.47	33.75	550m:	6:09.20	33.75	950m:	10:41.62	33.95	1350m:	15:18.75	34.30
200m:	2:11.30	33.83	600m:	6:42.96	33.76	1000m:	11:16.37	34.75	1400m:	15:53.37	34.62
250m:	2:44.93	33.63	650m:	7:16.67	33.71	1050m:	11:50.47	34.10	1450m:	16:28.22	34.85
300m:	3:19.17	34.24	700m:	7:50.85	34.18	1100m:	12:25.28	34.81	1500m:	17:00.79	32.57
350m:	3:53.16	33.99	750m:	8:24.89	34.04	1150m:	12:59.93	34.65			
400m:	4:27.50	34.34	800m:	8:59.25	34.36	1200m:	13:34.75	34.82			

15.	SALGADO Goncalo Sampaio	02	Famalicao	**17:13.89**	+0,80	597	

50m:	29.94	29.94	450m:	5:04.26	34.83	850m:	9:43.06	34.88	1250m:	14:21.43	34.69
100m:	1:03.28	33.34	500m:	5:38.91	34.65	900m:	10:17.99	34.93	1300m:	14:56.15	34.72
150m:	1:37.13	33.85	550m:	6:13.98	35.07	950m:	10:52.85	34.86	1350m:	15:30.94	34.79
200m:	2:11.26	34.13	600m:	6:48.64	34.66	1000m:	11:27.64	34.79	1400m:	16:05.71	34.77
250m:	2:45.60	34.34	650m:	7:23.24	34.60	1050m:	12:02.62	34.98	1450m:	16:40.38	34.67
300m:	3:20.10	34.50	700m:	7:58.20	34.96	1100m:	12:37.34	34.72	1500m:	17:13.89	33.51
350m:	3:54.90	34.80	750m:	8:33.14	34.94	1150m:	13:12.21	34.87			
400m:	4:29.43	34.53	800m:	9:08.18	35.04	1200m:	13:46.74	34.53			

16.	MARQUES Rui Joao	02	Nautico Academico	**17:15.25**	+0,67	595	

50m:	32.13	32.13	450m:	5:05.42	34.25	850m:	9:41.04	34.53	1250m:	14:20.80	35.26
100m:	1:06.56	34.43	500m:	5:39.98	34.56	900m:	10:16.17	35.13	1300m:	14:56.52	35.72
150m:	1:40.31	33.75	550m:	6:14.12	34.14	950m:	10:50.94	34.77	1350m:	15:31.69	35.17
200m:	2:14.64	34.33	600m:	6:48.80	34.68	1000m:	11:26.46	35.52	1400m:	16:07.66	35.97
250m:	2:48.60	33.96	650m:	7:23.19	34.39	1050m:	12:01.02	34.56	1450m:	16:41.91	34.25
300m:	3:23.02	34.42	700m:	7:57.51	34.32	1100m:	12:35.91	34.89	1500m:	17:15.25	33.34
350m:	3:56.94	33.92	750m:	8:31.98	34.47	1150m:	13:10.41	34.50			
400m:	4:31.17	34.23	800m:	9:06.51	34.53	1200m:	13:45.54	35.13			

17.	LOPES Miguel Sanches	01	Academico Viseu	**17:53.44**	+0,67	534	

50m:	30.70	30.70	450m:	5:09.31	34.83	850m:	9:56.60	36.49	1250m:	14:50.81	36.50
100m:	1:04.63	33.93	500m:	5:44.28	34.97	900m:	10:33.49	36.89	1300m:	15:28.57	37.76
150m:	1:39.48	34.85	550m:	6:19.33	35.05	950m:	11:10.80	37.31	1350m:	16:05.00	36.43
200m:	2:14.29	34.81	600m:	6:54.97	35.64	1000m:	11:47.51	36.71	1400m:	16:41.65	36.65
250m:	2:49.40	35.11	650m:	7:30.67	35.70	1050m:	12:23.95	36.44	1450m:	17:17.33	35.68
300m:	3:24.46	35.06	700m:	8:06.72	36.05	1100m:	13:00.80	36.85	1500m:	17:53.44	36.11
350m:	3:59.57	35.11	750m:	8:43.30	36.58	1150m:	13:37.27	36.47			
400m:	4:34.48	34.91	800m:	9:20.11	36.81	1200m:	14:14.31	37.04			

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 2 — Femin., 1500m Livres — Open
01-08-2019 - 17:40 — Resultados

Rec Nac Absoluto	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Sen	16:15.60	DURAES Diana Margarida	POR	Canet-en-Roussillon (FRA)	09-06-2018
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore	29-08-2015
Rec Nac Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
Rec Nac Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007
Rec Nac Inf A	18:05.56	ROSA Mafalda Sofia	CNRM	Rio Maior	24-06-2016
Rec Nac Inf B	18:11.07	RUIVO Filipa Vilas	DNMG	Coimbra	05-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	**16:35.79**	+0,76	789	
2.	ANDRE Angelica Maria	94	Fluvial Portuense	**17:23.10**	+0,75	687	
3.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:27.89**	+0,71	677	
4.	RAMOS Ana Rita	02	Porto	**17:28.25**	+0,68	677	

HOLUB Tamila Hryhorivna

50m:	30.81	30.81	450m:	4:57.20	33.50	850m:	9:24.13	32.99	1250m:	13:50.16	33.09
100m:	1:03.51	32.70	500m:	5:30.93	33.73	900m:	9:57.64	33.51	1300m:	14:23.50	33.34
150m:	1:36.49	32.98	550m:	6:04.36	33.43	950m:	10:30.66	33.02	1350m:	14:56.63	33.13
200m:	2:09.83	33.34	600m:	6:37.89	33.53	1000m:	11:03.90	33.24	1400m:	15:30.08	33.45
250m:	2:43.14	33.31	650m:	7:11.20	33.31	1050m:	11:36.95	33.05	1450m:	16:03.12	33.04
300m:	3:16.66	33.52	700m:	7:44.56	33.36	1100m:	12:10.61	33.66	1500m:	16:35.79	32.67
350m:	3:50.16	33.50	750m:	8:17.73	33.17	1150m:	12:43.69	33.08			
400m:	4:23.70	33.54	800m:	8:51.14	33.41	1200m:	13:17.07	33.38			

ANDRE Angelica Maria

50m:	30.95	30.95	450m:	5:04.00	34.43	850m:	9:43.58	35.20	1250m:	14:26.15	35.35
100m:	1:04.20	33.25	500m:	5:38.83	34.83	900m:	10:18.88	35.30	1300m:	15:01.77	35.62
150m:	1:37.98	33.78	550m:	6:13.37	34.54	950m:	10:54.14	35.26	1350m:	15:37.48	35.71
200m:	2:12.40	34.42	600m:	6:48.35	34.98	1000m:	11:29.53	35.39	1400m:	16:12.87	35.39
250m:	2:46.55	34.15	650m:	7:23.06	34.71	1050m:	12:04.93	35.40	1450m:	16:48.32	35.45
300m:	3:20.95	34.40	700m:	7:58.09	35.03	1100m:	12:40.25	35.32	1500m:	17:23.10	34.78
350m:	3:55.17	34.22	750m:	8:33.30	35.21	1150m:	13:15.78	35.53			
400m:	4:29.57	34.40	800m:	9:08.38	35.08	1200m:	13:50.80	35.02			

QUEIROZ Ana Rita

50m:	31.73	31.73	450m:	5:11.40	34.92	850m:	9:55.61	35.40	1250m:	14:36.90	33.98
100m:	1:05.65	33.92	500m:	5:47.23	35.83	900m:	10:31.59	35.98	1300m:	15:12.39	35.49
150m:	1:40.27	34.62	550m:	6:22.49	35.26	950m:	11:06.59	35.00	1350m:	15:47.07	34.68
200m:	2:15.60	35.33	600m:	6:58.28	35.79	1000m:	11:42.42	35.83	1400m:	16:22.13	35.06
250m:	2:50.27	34.67	650m:	7:33.54	35.26	1050m:	12:17.38	34.96	1450m:	16:55.65	33.52
300m:	3:25.78	35.51	700m:	8:09.29	35.75	1100m:	12:52.69	35.31	1500m:	17:27.89	32.24
350m:	4:00.91	35.13	750m:	8:44.48	35.19	1150m:	13:27.79	35.10			
400m:	4:36.48	35.57	800m:	9:20.21	35.73	1200m:	14:02.92	35.13			

RAMOS Ana Rita

50m:	31.91	31.91	450m:	5:11.65	34.92	850m:	9:54.08	35.00	1250m:	14:36.50	35.07
100m:	1:06.39	34.48	500m:	5:47.31	35.66	900m:	10:29.49	35.41	1300m:	15:11.56	35.06
150m:	1:40.75	34.36	550m:	6:22.20	34.89	950m:	11:05.02	35.53	1350m:	15:46.41	34.85
200m:	2:15.94	35.19	600m:	6:57.95	35.75	1000m:	11:40.23	35.21	1400m:	16:21.80	35.39
250m:	2:50.67	34.73	650m:	7:32.90	34.95	1050m:	12:15.75	35.52	1450m:	16:55.82	34.02
300m:	3:26.21	35.54	700m:	8:08.29	35.39	1100m:	12:50.88	35.13	1500m:	17:28.25	32.43
350m:	4:01.22	35.01	750m:	8:43.28	34.99	1150m:	13:25.91	35.03			
400m:	4:36.73	35.51	800m:	9:19.08	35.80	1200m:	14:01.43	35.52			

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Prova 2, Femin., 1500m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	AMORIM Maria Leonor	03	Porto	**17:47.66**	+0,74	640	

50m:	31.89	31.89	450m:	5:13.84	35.39	850m:	9:59.41	34.61	1250m:	14:48.53	35.67
100m:	1:06.75	34.86	500m:	5:50.38	36.54	900m:	10:35.57	36.16	1300m:	15:25.01	36.48
150m:	1:41.28	34.53	550m:	6:25.92	35.54	950m:	11:10.80	35.23	1350m:	16:00.64	35.63
200m:	2:16.43	35.15	600m:	7:02.03	36.11	1000m:	11:47.51	36.71	1400m:	16:36.98	36.34
250m:	2:51.34	34.91	650m:	7:37.51	35.48	1050m:	12:23.70	36.19	1450m:	17:12.46	35.48
300m:	3:26.91	35.57	700m:	8:13.48	35.97	1100m:	13:00.31	36.61	1500m:	17:47.66	35.20
350m:	4:02.42	35.51	750m:	8:48.88	35.40	1150m:	13:36.20	35.89			
400m:	4:38.45	36.03	800m:	9:24.80	35.92	1200m:	14:12.86	36.66			

6.	SANTOS Leonor Esteves	04	Avancado EUL	**17:55.98**	+0,81	626					
50m:	33.14	33.14	450m:	5:18.40	35.88	850m:	10:04.80	35.81	1250m:	14:54.67	36.65
100m:	1:08.83	35.69	500m:	5:54.20	35.80	900m:	10:40.79	35.99	1300m:	15:31.21	36.54
150m:	1:44.60	35.77	550m:	6:29.94	35.74	950m:	11:16.99	36.20	1350m:	16:07.77	36.56
200m:	2:20.10	35.50	600m:	7:05.43	35.49	1000m:	11:52.82	35.83	1400m:	16:44.53	36.76
250m:	2:55.80	35.70	650m:	7:41.10	35.67	1050m:	12:29.29	36.47	1450m:	17:20.81	36.28
300m:	3:31.00	35.20	700m:	8:16.81	35.71	1100m:	13:05.29	36.00	1500m:	17:55.98	35.17
350m:	4:07.10	36.10	750m:	8:52.81	36.00	1150m:	13:41.68	36.39			
400m:	4:42.52	35.42	800m:	9:28.99	36.18	1200m:	14:18.02	36.34			

7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**18:08.22**	+0,68	605					
50m:	32.56	32.56	450m:	5:16.32	36.32	850m:	10:08.12	36.72	1250m:	15:04.07	37.01
100m:	1:06.44	33.88	500m:	5:52.65	36.33	900m:	10:44.84	36.72	1300m:	15:41.60	37.53
150m:	1:41.57	35.13	550m:	6:28.79	36.14	950m:	11:21.30	36.46	1350m:	16:18.74	37.14
200m:	2:16.63	35.06	600m:	7:05.09	36.30	1000m:	11:58.35	37.05	1400m:	16:56.19	37.45
250m:	2:52.08	35.45	650m:	7:41.14	36.05	1050m:	12:35.53	37.18	1450m:	17:32.87	36.68
300m:	3:27.61	35.53	700m:	8:17.43	36.29	1100m:	13:12.69	37.16	1500m:	18:08.22	35.35
350m:	4:03.81	36.20	750m:	8:54.41	36.98	1150m:	13:49.87	37.18			
400m:	4:40.00	36.19	800m:	9:31.40	36.99	1200m:	14:27.06	37.19			

Prova 2 — Femin., 1500m Livres — Absolutos
01-08-2019 - 17:40 — Resultados

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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	**16:35.79**	+0,76	789	

50m:	30.81	30.81	450m:	4:57.20	33.50	850m:	9:24.13	32.99	1250m:	13:50.16	33.09
100m:	1:03.51	32.70	500m:	5:30.93	33.73	900m:	9:57.64	33.51	1300m:	14:23.50	33.34
150m:	1:36.49	32.98	550m:	6:04.36	33.43	950m:	10:30.66	33.02	1350m:	14:56.63	33.13
200m:	2:09.83	33.34	600m:	6:37.89	33.53	1000m:	11:03.90	33.24	1400m:	15:30.08	33.45
250m:	2:43.14	33.31	650m:	7:11.20	33.31	1050m:	11:36.95	33.05	1450m:	16:03.12	33.04
300m:	3:16.66	33.52	700m:	7:44.56	33.36	1100m:	12:10.61	33.66	1500m:	16:35.79	32.67
350m:	3:50.16	33.50	750m:	8:17.73	33.17	1150m:	12:43.69	33.08			
400m:	4:23.70	33.54	800m:	8:51.14	33.41	1200m:	13:17.07	33.38			

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NATAÇÃO PURA

Prova 2, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	ANDRE Angelica Maria	94	Fluvial Portuense	**17:23.10**	+0,75	687	

50m:	30.95	30.95	450m:	5:04.00	34.43	850m:	9:43.58	35.20	1250m:	14:26.15	35.35
100m:	1:04.20	33.25	500m:	5:38.83	34.83	900m:	10:18.88	35.30	1300m:	15:01.77	35.62
150m:	1:37.98	33.78	550m:	6:13.37	34.54	950m:	10:54.14	35.26	1350m:	15:37.48	35.71
200m:	2:12.40	34.42	600m:	6:48.35	34.98	1000m:	11:29.53	35.39	1400m:	16:12.87	35.39
250m:	2:46.55	34.15	650m:	7:23.06	34.71	1050m:	12:04.93	35.40	1450m:	16:48.32	35.45
300m:	3:20.95	34.40	700m:	7:58.09	35.03	1100m:	12:40.25	35.32	1500m:	17:23.10	34.78
350m:	3:55.17	34.22	750m:	8:33.30	35.21	1150m:	13:15.78	35.53			
400m:	4:29.57	34.40	800m:	9:08.38	35.08	1200m:	13:50.80	35.02			

3.	QUEIROZ Ana Rita	02	Condeixa Clube	**17:27.89**	+0,71	677					
50m:	31.73	31.73	450m:	5:11.40	34.92	850m:	9:55.61	35.40	1250m:	14:36.90	33.98
100m:	1:05.65	33.92	500m:	5:47.23	35.83	900m:	10:31.59	35.98	1300m:	15:12.39	35.49
150m:	1:40.27	34.62	550m:	6:22.49	35.26	950m:	11:06.59	35.00	1350m:	15:47.07	34.68
200m:	2:15.60	35.33	600m:	6:58.28	35.79	1000m:	11:42.42	35.83	1400m:	16:22.13	35.06
250m:	2:50.27	34.67	650m:	7:33.54	35.26	1050m:	12:17.38	34.96	1450m:	16:55.65	33.52
300m:	3:25.78	35.51	700m:	8:09.29	35.75	1100m:	12:52.69	35.31	1500m:	17:27.89	32.24
350m:	4:00.91	35.13	750m:	8:44.48	35.19	1150m:	13:27.79	35.10			
400m:	4:36.48	35.57	800m:	9:20.21	35.73	1200m:	14:02.92	35.13			

4.	RAMOS Ana Rita	02	Porto	**17:28.25**	+0,68	677					
50m:	31.91	31.91	450m:	5:11.65	34.92	850m:	9:54.08	35.00	1250m:	14:36.50	35.07
100m:	1:06.39	34.48	500m:	5:47.31	35.66	900m:	10:29.49	35.41	1300m:	15:11.56	35.06
150m:	1:40.75	34.36	550m:	6:22.20	34.89	950m:	11:05.02	35.53	1350m:	15:46.41	34.85
200m:	2:15.94	35.19	600m:	6:57.95	35.75	1000m:	11:40.23	35.21	1400m:	16:21.80	35.39
250m:	2:50.67	34.73	650m:	7:32.90	34.95	1050m:	12:15.75	35.52	1450m:	16:55.82	34.02
300m:	3:26.21	35.54	700m:	8:08.29	35.39	1100m:	12:50.88	35.13	1500m:	17:28.25	32.43
350m:	4:01.22	35.01	750m:	8:43.28	34.99	1150m:	13:25.91	35.03			
400m:	4:36.73	35.51	800m:	9:19.08	35.80	1200m:	14:01.43	35.52			

5.	AMORIM Maria Leonor	03	Porto	**17:47.66**	+0,74	640					
50m:	31.89	31.89	450m:	5:13.84	35.39	850m:	9:59.41	34.61	1250m:	14:48.53	35.67
100m:	1:06.75	34.86	500m:	5:50.38	36.54	900m:	10:35.57	36.16	1300m:	15:25.01	36.48
150m:	1:41.28	34.53	550m:	6:25.92	35.54	950m:	11:10.80	35.23	1350m:	16:00.64	35.63
200m:	2:16.43	35.15	600m:	7:02.03	36.11	1000m:	11:47.51	36.71	1400m:	16:36.98	36.34
250m:	2:51.34	34.91	650m:	7:37.51	35.48	1050m:	12:23.70	36.19	1450m:	17:12.46	35.48
300m:	3:26.91	35.57	700m:	8:13.48	35.97	1100m:	13:00.31	36.61	1500m:	17:47.66	35.20
350m:	4:02.42	35.51	750m:	8:48.88	35.40	1150m:	13:36.20	35.89			
400m:	4:38.45	36.03	800m:	9:24.80	35.92	1200m:	14:12.86	36.66			

6.	SANTOS Leonor Esteves	04	Avancado EUL	**17:55.98**	+0,81	626					
50m:	33.14	33.14	450m:	5:18.40	35.88	850m:	10:04.80	35.81	1250m:	14:54.67	36.65
100m:	1:08.83	35.69	500m:	5:54.20	35.80	900m:	10:40.79	35.99	1300m:	15:31.21	36.54
150m:	1:44.60	35.77	550m:	6:29.94	35.74	950m:	11:16.99	36.20	1350m:	16:07.77	36.56
200m:	2:20.10	35.50	600m:	7:05.43	35.49	1000m:	11:52.82	35.83	1400m:	16:44.53	36.76
250m:	2:55.80	35.70	650m:	7:41.10	35.67	1050m:	12:29.29	36.47	1450m:	17:20.81	36.28
300m:	3:31.00	35.20	700m:	8:16.81	35.71	1100m:	13:05.29	36.00	1500m:	17:55.98	35.17
350m:	4:07.10	36.10	750m:	8:52.81	36.00	1150m:	13:41.68	36.39			
400m:	4:42.52	35.42	800m:	9:28.99	36.18	1200m:	14:18.02	36.34			

7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**18:08.22**	+0,68	605					
50m:	32.56	32.56	450m:	5:16.32	36.32	850m:	10:08.12	36.72	1250m:	15:04.07	37.01
100m:	1:06.44	33.88	500m:	5:52.65	36.33	900m:	10:44.84	36.72	1300m:	15:41.60	37.53
150m:	1:41.57	35.13	550m:	6:28.79	36.14	950m:	11:21.30	36.46	1350m:	16:18.74	37.14
200m:	2:16.63	35.06	600m:	7:05.09	36.30	1000m:	11:58.35	37.05	1400m:	16:56.19	37.45
250m:	2:52.08	35.45	650m:	7:41.14	36.05	1050m:	12:35.53	37.18	1450m:	17:32.87	36.68
300m:	3:27.61	35.53	700m:	8:17.43	36.29	1100m:	13:12.69	37.16	1500m:	18:08.22	35.35
350m:	4:03.81	36.20	750m:	8:54.41	36.98	1150m:	13:49.87	37.18			
400m:	4:40.00	36.19	800m:	9:31.40	36.99	1200m:	14:27.06	37.19			

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Prova 3 — Masc., 50m Mariposa — Open
01-08-2019 - 18:00 — Resultados Final

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Málaga (ESP)	05-04-2009
Rec Nac Jun18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
Rec Nac Jun17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SILVA Glauber	86	Foca	**24.54**	+0,70	747	
2.	NASCIMENTO Miguel Duarte	95	Benfica	**24.56**	+0,65	745	
3.	FERNANDES Pedro Miguel	99	Famalicao	**24.93**	+0,66	712	
4.	MARQUES Miguel Henriques	00	Benfica	**25.08**	+0,65	700	
5.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**25.23**	+0,67	687	
6.	PINHO Manuel Antonio	01	Feirense	**25.25**	+0,64	686	
7.	MOGNE Igor Araujo	96	Sporting	**25.31**	+0,71	681	
8.	SANTOS Pedro Andre	94	Alges	**25.33**	+0,68	679	
9.	FERNANDES Joao Vitor	00	Escola O Liceu	**25.36**	+0,64	677	
10.	SILVA Fernando Souza	86	Uniao Piedense	**25.49**	+0,68	666	
Final B							
11.	RAMOS Bruno Miguel	97	Belenenses	**25.59**	+0,62	659	
12.	LIESS Thomas	95	Turrita Nuoto	**25.61**	+0,69	657	
13.	FIDALGO Mateus Valente	01	Estarreja	**25.74**	+0,68	647	
14.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**25.77**	+0,59	645	
15.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**25.85**	+0,65	639	
16.	FERREIRA Miguel Goncalves	93	Desportivo Nacional	**26.00**	+0,66	628	
17.	COSTA Diogo Santos	02	Colegio Monte Maior	**26.22**	+0,59	612	
18.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**26.30**	+0,67	607	
19.	DIAS Guilherme Pereira	97	Benfica	**26.97**	+0,80	563	
DSQ	SOUSA Joao Ribeiro	01	Porto				

817 - Não rompeu a superfície da água com a cabeça até aos 15 metros após partida - SW 8.5

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Prova 4 — Femin., 50m Mariposa — Open
01-08-2019 - 18:05 — Resultados Final

Rec Nac Absoluto	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Sen	27.27	OLIVEIRA Sara Freitas	POR	Eindhoven (NED)	07-04-2011
Rec Nac Jun17	27.63	GUEDES Ana Margarida	GCVR	Funchal	25-03-2018
Rec Nac Jun16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	GUEDES Ana Margarida *Recorde Nacional, Sen e Abs*	01	Ginasio de Vila Real	**27.00**	+0,58	740	
2.	MONTEIRO Ana Catarina	93	Vilacondense	**28.03**	+0,69	662	
3.	SOARES Catarina Silva	03	Porto	**28.08**	+0,66	658	
4.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**28.11**	+0,70	656	
5.	FERNANDES Ines Camacho	97	Sporting	**28.13**	+0,71	655	
6.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.66**	+0,79	619	
	MOURA Maria Ferreira	04	Sporting	**28.66**	+0,73	619	
8.	PEREIRA Raquel Gomes	00	Alges	**28.69**	+0,73	617	
9.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**29.12**	+0,71	590	
10.	VIEGAS Beatriz Mendes	00	Sporting	**29.21**	+0,60	585	
Final B							
11.	LIMA Lia Ana	01	Sporting	**28.98**	+0,78	599	
12.	CASTRO Adriana Daniela	97	Leixoes	**29.14**	+0,68	589	
13.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**29.17**	+0,69	587	
14.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**29.20**	+0,65	585	
15.	ROLAO Sofia Alexandra	98	Benfica	**29.32**	+0,74	578	
	GRAVETO Ana Raquel	02	Benfica	**29.32**	+0,72	578	
17.	TEJO Beatriz Costa	02	Academica de Coimbra	**29.36**	+0,63	576	
18.	SANTOS Beatriz Rocha	02	Campinho	**29.77**	+0,70	552	
19.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**29.81**	+0,68	550	
20.	ROSA Beatriz Jong	00	Desportivo Nacional	**29.85**	+0,74	548	

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Prova 5 — Masc., 100m Bruços — Juvenis
01-08-2019 - 18:35 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**1:05.12**	+0,65	674	
	50m: 30.86 30.86 100m: 1:05.12 34.26						
2.	CARNEIRO Joao Soares	03	Benfica	**1:06.98**	+0,63	619	
	50m: 31.51 31.51 100m: 1:06.98 35.47						
3.	JUNIOR Luis Cabral	03	Belenenses	**1:07.72**	+0,70	599	
	50m: 31.62 31.62 100m: 1:07.72 36.10						
4.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**1:08.07**	+0,71	590	
	50m: 32.01 32.01 100m: 1:08.07 36.06						
5.	LOPES Luis Afonso	03	Viver Santarem	**1:08.62**	+0,72	576	
	50m: 32.00 32.00 100m: 1:08.62 36.62						
6.	REBELO Joao Lourenco	04	Alges	**1:08.87**	+0,65	569	
	50m: 32.33 32.33 100m: 1:08.87 36.54						
7.	OLIVEIRA Joao Campelo	04	Famalicao	**1:10.03**	+0,69	542	
	50m: 33.11 33.11 100m: 1:10.03 36.92						
8.	FERNANDES Martim Pestana	04	Naval do Funchal	**1:10.35**	+0,63	534	
	50m: 33.11 33.11 100m: 1:10.35 37.24						
9.	OSSENBRUGGEN David Van	03	Uniao Piedense	**1:10.68**	+0,83	527	
	50m: 32.87 32.87 100m: 1:10.68 37.81						
10.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**1:10.69**	+0,61	527	
	50m: 32.92 32.92 100m: 1:10.69 37.77						

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Prova 5, Masc., 100m Bruços, Final

Prova 5 — Masc., 100m Bruços — Open
01-08-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
Rec Nac Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25-07-2019
Rec Nac Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
Rec Nac Inf A	1:09.82	PEREIRA Ricardo Samuel	CCDPCMS	Vila Franca de Xira	20-05-2017
Rec Nac Inf B	1:11.95	SANTOS Andre Goncalo	LSC	Porto	24-07-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**1:02.58**	+0,58	759	
	50m: 29.65 29.65 100m: 1:02.58 32.93						
2.	QUINTAS Francisco Robalo	95	Belenenses	**1:03.26**	+0,63	735	
	50m: 28.69 28.69 100m: 1:03.26 34.57						
3.	SIMOES Rafael Gomes	00	Braga	**1:03.53**	+0,76	726	
	50m: 29.83 29.83 100m: 1:03.53 33.70						
4.	AMORIM Alexandre Ferreira	99	Porto	**1:03.93**	+0,67	712	
	50m: 29.88 29.88 100m: 1:03.93 34.05						
5.	DA SILVA Florian	01	Porto	**1:04.22**	+0,69	702	
	50m: 30.23 30.23 100m: 1:04.22 33.99						
6.	PON Hugo	98	Alges	**1:05.51**	+0,65	662	
	50m: 30.62 30.62 100m: 1:05.51 34.89						
7.	TEODORO Diogo Filipe	99	Natacao de Valongo	**1:05.63**	+0,61	658	
	50m: 30.87 30.87 100m: 1:05.63 34.76						
	MENDES Antonio Manuel	99	Sporting	**1:05.63**	+0,63	658	
	50m: 30.85 30.85 100m: 1:05.63 34.78						
9.	SILVA Tomas Antonio	01	Naval do Funchal	**1:05.65**	+0,57	657	
	50m: 30.62 30.62 100m: 1:05.65 35.03						
10.	FRISCHKNECHT Renato Barros	01	Alges	**1:05.81**	+0,61	653	
	50m: 30.13 30.13 100m: 1:05.81 35.68						
Final B							
11.	CRUCHINHO Miguel Monteiro	97	Sporting	**1:05.90**	+0,66	650	
	50m: 30.73 30.73 100m: 1:05.90 35.17						
12.	SILVA Pedro Miguel	94	Colegio Monte Maior	**1:06.91**	+0,66	621	
	50m: 31.62 31.62 100m: 1:06.91 35.29						
13.	GRENHO Andre Tavares	99	Gesloures	**1:07.15**	+0,66	614	
	50m: 30.82 30.82 100m: 1:07.15 36.33						
14.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:07.18**	+0,65	614	
	50m: 30.91 30.91 100m: 1:07.18 36.27						
15.	DANTAS Diogo Leal	00	Sporting	**1:07.28**	+0,57	611	
	50m: 31.41 31.41 100m: 1:07.28 35.87						

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Prova 5, Masc., 100m Bruços, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RAMOS Filipe Carmo	97	Vilacondense	**1:07.33**	+0,72	609	
	50m: 31.62 31.62 100m: 1:07.33 35.71						
17.	ALVES Nuno Rafael	90	Aquatico Pacense	**1:07.40**	+0,78	608	
	50m: 32.11 32.11 100m: 1:07.40 35.29						
18.	GASPAR Miguel Caridade	99	Academica de Coimbra	**1:07.70**	+0,66	599	
	50m: 31.91 31.91 100m: 1:07.70 35.79						
19.	ARAUJO Sergio Daniel	02	Naval Povoense	**1:07.80**	+0,66	597	
	50m: 31.58 31.58 100m: 1:07.80 36.22						
20.	CALDEIRA Goncalo Silveirinha	01	Sporting	**1:08.30**	+0,74	584	
	50m: 32.29 32.29 100m: 1:08.30 36.01						

Prova 6 — Femin., 100m Bruços — Juvenis
01-08-2019 - 18:45 — Resultados Final

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**1:13.78**	+0,72	656	
	50m: 34.02 34.02 100m: 1:13.78 39.76						
2.	NUNES Margarida Domingues	05	Avancado EUL	**1:14.33**	+0,69	642	
	50m: 35.43 35.43 100m: 1:14.33 38.90						
3.	RODRIGUES Lidiana Correia	04	Belenenses	**1:16.06**	+0,77	599	
	50m: 35.71 35.71 100m: 1:16.06 40.35						
4.	REIS Erica Cristina	05	Sporting	**1:16.68**	+0,64	584	
	50m: 36.39 36.39 100m: 1:16.68 40.29						
5.	MORAIS Margarida Mateus	04	Torres Novas	**1:17.37**	+0,72	569	
	50m: 36.45 36.45 100m: 1:17.37 40.92						
6.	DELGADO Soraia Alexandra	05	Sporting	**1:17.43**	+0,68	568	
	50m: 36.78 36.78 100m: 1:17.43 40.65						
7.	REGO Ines Faria	05	Famalicao	**1:17.98**	+0,71	556	
	50m: 36.87 36.87 100m: 1:17.98 41.11						
8.	PEREIRA Maria Gomes	04	Alges	**1:18.41**	+0,82	547	
	50m: 36.87 36.87 100m: 1:18.41 41.54						
9.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:18.95**	+0,73	535	
	50m: 37.47 37.47 100m: 1:18.95 41.48						
10.	PEREIRA Carolina Rei	05	Natacao de Vagos	**1:19.06**	+0,68	533	
	50m: 36.52 36.52 100m: 1:19.06 42.54						

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Prova 6, Femin., 100m Bruços, Final

Prova 6 — Femin., 100m Bruços — Open
01-08-2019 - 18:45 — Resultados Final

Rec Nac Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
Rec Nac Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010
Rec Nac Inf A	1:15.49	RODRIGUES Ana Pinho	AEJ	Coimbra	08-07-2007
Rec Nac Inf B	1:18.66	PEREIRA Clara Gomes	SAD	Loulé	20-07-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**1:10.21**	+0,69	762	
	50m: 32.50 32.50 100m: 1:10.21 37.71						
2.	SOUSA Ana Reis	02	Alges	**1:13.08**	+0,71	675	
	50m: 34.77 34.77 100m: 1:13.08 38.31						
3.	BORGES Claudia Ferreira	99	Benfica	**1:13.13**	+0,66	674	
	50m: 34.89 34.89 100m: 1:13.13 38.24						
4.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**1:13.28**	+0,72	670	
	50m: 34.67 34.67 100m: 1:13.28 38.61						
5.	MACHADO Luisa Maria	01	Uniao Piedense	**1:14.73**	+0,76	631	
	50m: 35.55 35.55 100m: 1:14.73 39.18						
6.	CERDEIRA Madalena Reis	03	Sporting	**1:15.33**	+0,73	616	
	50m: 35.61 35.61 100m: 1:15.33 39.72						
7.	OLIVEIRA Rosa Maria	96	Porto	**1:15.47**	+0,69	613	
	50m: 36.19 36.19 100m: 1:15.47 39.28						
8.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**1:16.42**	+0,68	590	
	50m: 36.23 36.23 100m: 1:16.42 40.19						
9.	CASTRO Maria Freitas	03	Fafe	**1:16.47**	+0,70	589	
	50m: 35.88 35.88 100m: 1:16.47 40.59						
10.	GONCALVES Sofia Filipa	01	Leixoes	**1:16.50**	+0,76	589	
	50m: 36.16 36.16 100m: 1:16.50 40.34						
Final B							
11.	PEREIRA Clara Gomes	02	Alges	**1:15.20**	+0,70	620	
	50m: 35.55 35.55 100m: 1:15.20 39.65						
12.	SILVA Natacha Sofia	02	Benfica	**1:16.02**	+0,75	600	
	50m: 35.87 35.87 100m: 1:16.02 40.15						
13.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:16.17**	+0,76	596	
	50m: 36.31 36.31 100m: 1:16.17 39.86						
14.	LEONARDO Rute Isabel	98	Nautico Abrantes	**1:16.30**	+0,71	593	
	50m: 35.48 35.48 100m: 1:16.30 40.82						
15.	RODRIGUES Luana Correia	01	Belenenses	**1:16.34**	+0,71	592	
	50m: 35.71 35.71 100m: 1:16.34 40.63						

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Prova 6, Femin., 100m Bruços, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SILVA Beatriz Santos	01	Porto	**1:16.47**	+0,79	589	
	50m: 35.83 35.83 100m: 1:16.47 40.64						
17.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**1:17.48**	+0,57	567	
	50m: 35.98 35.98 100m: 1:17.48 41.50						
18.	ROSA Maria Carolina	94	Sporting	**1:18.98**	+0,72	535	
	50m: 36.00 36.00 100m: 1:18.98 42.98						
19.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**1:19.03**	+0,66	534	
	50m: 36.77 36.77 100m: 1:19.03 42.26						
20.	TEIXEIRA Ines Oliveira	02	Estarreja	**1:21.46**	+0,69	487	
	50m: 37.82 37.82 100m: 1:21.46 43.64						

Prova 7 — Masc., 50m Costas — Open
01-08-2019 - 18:50 — Resultados Final

Rec Nac Absoluto	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Sen	25.44	SANTOS Alexis Manacas	SCP	Oeiras	14-04-2019
Rec Nac Jun18	26.26	COSTA Joao Nogueira	POR	Kazan (RUS)	06-07-2019
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14-04-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SANTOS Alexis Manacas *Recorde Nacional, Sen e Abs*	92	Sporting	**25.42**	+0,59	841	
2.	SANTOS Francisco Rogerio	98	Sporting	**25.68**	+0,69	816	
3.	NASCIMENTO Miguel Duarte	95	Benfica	**26.05**	+0,61	782	
4.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**26.37**	+0,57	753	
5.	SILVA Glauber	86	Foca	**26.40**	+0,71	751	
6.	KOT Viktor	98	Nautico Marinha Grande	**26.81**	+0,63	717	
7.	COSTA Diogo Santos	02	Colegio Monte Maior	**27.10**	+0,54	694	
8.	ALFAMA Martim Primavera	02	Gesloures	**27.13**	+0,59	692	
9.	NUNES Porfirio Braga	00	Porto	**27.15**	+0,51	690	
10.	BATE Miguel Ribeiro	99	Alges	**27.35**	+0,54	675	
Final B							
11.	PINHO Manuel Antonio	01	Feirense	**27.25**	+0,68	683	
12.	ROSA Rodrigo Antonio	96	Benfica	**27.34**	+0,65	676	
13.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**27.51**	+0,59	663	
14.	FERNANDES Joao Diogo	98	Belenenses	**27.68**	+0,62	651	
15.	ALMEIDA Carlos Afonso	98	Alges	**28.00**	+0,69	629	
16.	SILVA Gustavo Carvalho	04	Academia Acores	**28.21**	+0,74	615	
17.	CORREIA Joao Mota	97	Benfica	**28.25**	+0,69	613	
18.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**28.29**	+0,57	610	
19.	CASTRO Duarte Monteiro	03	Porto	**28.37**	+0,59	605	
20.	TINOCO Joao Pereira	00	Famalicao	**28.38**	+0,76	604	

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Prova 8 — Femin., 50m Costas — Open
01-08-2019 - 18:55 — Resultados Final

Rec Nac Absoluto	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Sen	29.40	MARINHO Marta Vieira	FCP	Coimbra	10-04-2010
Rec Nac Sen	29.40	LEITE Ana Sofia	POR	Malaga (ESP)	29-03-2015
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	MESTRE Catarina Martins	00	Natacao de Lisboa	**29.98**	+0,58	728	
2.	FRISCHKNECHT Rita Barros	98	Alges	**30.04**	+0,67	724	
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**30.10**	+0,68	720	
4.	FERNANDES Ines Camacho	97	Sporting	**30.29**	+0,69	706	
5.	FERREIRA Catarina Maria	98	Porto	**30.77**	+0,63	674	
6.	CABRAL Maria Francisca	00	Porto	**30.91**	+0,62	665	
7.	PEIXEIRA Filipa Ramos	03	Sporting	**30.96**	+0,66	661	
8.	FREIXO Juliana Lima	97	Braga	**31.09**	+0,58	653	
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**31.28**	+0,69	641	
10.	OLIVEIRA Ana Rita	04	Naval Povoense	**31.40**	+0,66	634	
Final B							
11.	MARQUES Maria Vieira	04	Natacao de Vagos	**30.93**	+0,58	663	
12.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**31.49**	+0,65	628	
13.	CARDEAL Joana Nunes	02	Academico Viseu	**31.55**	+0,72	625	
14.	ROLAO Sofia Alexandra	98	Benfica	**31.59**	+0,64	622	
15.	NEVES Ana Carolina	00	Academica de Coimbra	**31.75**	+0,65	613	
16.	CATARINO Laura Andre	03	CCDSerta	**32.02**	+0,64	598	
17.	CRUZ Sara Moura	03	Alges	**32.05**	+0,61	596	
18.	ROCHA Carolina Neves	04	Fluvial Portuense	**32.21**	+0,72	587	
19.	RAMOS Ines Asseiceira	03	Torres Novas	**32.40**	+0,66	577	
20.	MARQUES Mariana Nunes	03	Estarreja	**32.42**	+0,57	576	

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Prova 13 — Masc., 4 x 200m Livres — Open
01-08-2019 - 19:20 — Resultados

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nac Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nac Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14-04-2019
Rec Nac Jun	7:44.42	Associacao Naval Amorense	ANAM	Coimbra	05-04-2014
Rec Nac Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26-07-2012
Rec Nac Juv	7:58.57	tempo limite			
Rec Nac Juv B X	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01-08-2019
Rec Nac Inf A	8:31.60	Assoc Desp Cult Rec Bairro dos Ar	ADBA	mcai	Coimbra	06-07-2018
Rec Nac Inf	8:31.60	Assoc Desp Cult Rec Bairro dos Ar	ADBA	mcai	Coimbra	06-07-2018
Rec Nac Inf B	8:58.21	Associacao Naval Amorense	ANAM	Loulé	18-07-2014

Pontos: FINA 2019

Lugar			Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-ABS		Sporting				**7:38.59**	+0,72	760	
	MOGNE Igor Araujo	96	+0,72	27.18	56.04	1:24.69	1:52.74	1:52.74		
	COSTA Tiago Cunha	99	+0,13	25.56	54.18	1:23.59	1:53.01	1:53.01		
	SANTOS Francisco Rogerio	98	+0,43	25.95	55.37	1:25.58	1:55.94	1:55.94		
	SANTOS Alexis Manacas	92	+0,67	26.52	55.38	1:25.54	1:56.90	1:56.90		
2.	Porto-ABS		Porto				**7:41.50**	+0,70	745	
	NUNES Diogo Barbosa	00	+0,70	27.28	56.16	1:25.32	1:54.94	1:54.94		
	SANTOS Pedro Miguel	01	+0,32	26.50	55.52	1:25.04	1:54.64	1:54.64		
	NUNES Porfirio Braga	00	+0,36	26.53	56.72	1:25.77	1:55.69	1:55.69		
	SOARES Tiago Silva	99	+0,41	25.31	54.10	1:24.91	1:56.23	1:56.23		
3.	Benfica-ABS		Benfica				**7:45.27**	+0,71	727	
	CORDEIRO Tiago Roberto	00	+0,71	27.64	57.71	1:27.43	1:57.36	1:57.36		
	AIRES Rafael Alcantara	01	+0,12	25.81	54.19	1:23.52	1:52.90	1:52.90		
	LEBRE Diogo Ramos	01	+0,32	27.27	56.73	1:26.64	1:56.52	1:56.52		
	CORREIA Joao Mota	97	+0,46	26.62	55.75	1:26.64	1:58.49	1:58.49		
4.	Nautico Academico-ABS		Nautico Academico				**7:52.27**	+0,73	696	
	BASTOS Lucas Pereira	00	+0,73	26.70	55.62	1:25.26	1:55.77	1:55.77		
	BASTOS Vasco Pereira	02	+0,23	27.95	59.83	1:32.69	2:05.83	2:05.83		
	DINIS Tiago Moises	98	+0,29	26.03	56.10	1:27.28	1:58.31	1:58.31		
	VELOSO Tomas Miguel	96	+0,30	25.81	53.71	1:22.47	1:52.36	1:52.36		
5.	Uniao Piedense-ABS		Uniao Piedense				**7:55.89**	+0,66	680	
	CAMOES Tiago Maria	01	+0,66	27.74	58.72	1:30.09	2:01.47	2:01.47		
	CRISTINO David Matias	01	+0,36	26.84	56.98	1:27.08	1:56.68	1:56.68		
	BRITO Bernardo Geada	02	+0,31	27.16	57.53	1:28.14	1:58.78	1:58.78		
	SILVA Fernando Souza	86	+0,24	26.28	56.40	1:26.89	1:58.96	1:58.96		
6.	Fundacao Beatriz Santos-ABS		Fundacao Beatriz Santos				**8:01.79**	+0,66	655	
	AGOSTINHO Miguel Diogo	00	+0,66	27.03	57.22	1:27.89	1:58.38	1:58.38		
	PEREIRA Joao Neto	02	+0,26	27.79	58.74	1:30.48	2:02.76	2:02.76		
	GOMES Goncalo Andre	03	+0,19	26.97	58.03	1:29.80	2:00.97	2:00.97		
	GOMES Rodrigo Ribeiro	00	+0,44	27.11	56.87	1:27.91	1:59.68	1:59.68		
7.	Gesloures-ABS		Gesloures				**8:18.58**	+0,68	591	
	SOUZA Francisco Alves	02	+0,68	28.31	59.64	1:31.56	2:03.27	2:03.27		
	SANTOS Afonso Amaro	02	+0,32	28.39	1:00.67	1:33.77	2:06.77	2:06.77		
	CARVALHO Guilherme Ventura	01	+0,13	28.23	1:00.03	1:33.05	2:06.65	2:06.65		
	ALFAMA Martim Primavera	02	+0,04	26.52	57.05	1:29.24	2:01.89	2:01.89		

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Prova 14 — Femin., 4 x 200m Livres — Open
01-08-2019 - 19:30 — Resultados

Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14-04-2019
Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14-04-2019
Rec Nac Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	18-03-2018
Rec Nac Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	26-07-2018
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
Rec Nac Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26-07-2012
Rec Nac Inf A	9:07.81	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Lisboa	22-07-2011
Rec Nac Inf	9:07.81	tempo limite		Lisboa	22-07-2011
Rec Nac Inf B	9:28.03	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Porto	23-07-2010

Pontos: FINA 2019

Lugar			Clube					Tempo Final	TReac	Pts FINA	Pts
1.	Porto-ABS		Porto					**8:28.94**	+0,71	748	
	RAMOS Ana Rita	02	+0,71	29.42	1:00.67	1:32.83	2:05.20	2:05.20			
	CABRAL Maria Francisca	00	+0,54	29.70	1:02.51	1:35.93	2:10.13	2:10.13			
	FARIA Ana Rita	00	+0,61	29.33	1:01.48	1:34.28	2:06.52	2:06.52			
	BARBOSA Mariana Fernandes	02	+0,51	29.26	1:01.56	1:34.34	2:07.09	2:07.09			
2.	Sporting-ABS		Sporting					**8:35.66**	+0,70	719	
	MOURA Maria Ferreira	04	+0,70	29.88	1:01.86	1:34.07	2:06.63	2:06.63			
	PINTO Mafalda Marques	02	+0,32	29.61	1:02.78	1:36.22	2:09.41	2:09.41			
	FERNANDES Ines Camacho	97	+0,53	29.94	1:03.42	1:36.79	2:10.76	2:10.76			
	BELEZA Mafalda Gomes	94	+0,36	29.52	1:02.23	1:35.47	2:08.86	2:08.86			
3.	Fluvial Portuense-ABS		Fluvial Portuense					**8:45.87**	+0,69	678	
	PEGO Isabel Porfirio	01	+0,69	29.63	1:01.46	1:34.59	2:07.97	2:07.97			
	CUNHA Mariana Pacheco	04	+0,48	29.30	1:02.64	1:37.27	2:11.28	2:11.28			
	PIMENTEL Marta Lima	04	+0,40	31.58	1:06.29	1:42.00	2:17.20	2:17.20			
	ANDRE Angelica Maria	94	+0,10	29.83	1:02.03	1:35.80	2:09.42	2:09.42			
4.	Galitos / Bresimar-ABS		Galitos / Bresimar					**8:49.88**	+0,65	663	
	AMADOR Joana Costa	01	+0,65	30.18	1:02.35	1:35.51	2:09.71	2:09.71			
	RODRIGUES Ana Margarida	96	+0,37	29.33	1:02.26	1:36.91	2:12.92	2:12.92			
	SANTOS Ana Pedro	02	+0,46	30.66	1:04.46	1:39.37	2:15.37	2:15.37			
	MONTEIRO Margarida Cabral	02	+0,39	30.59	1:03.93	1:38.03	2:11.88	2:11.88			
5.	Benfica-ABS		Benfica					**8:50.74**	+0,65	659	
	ANDRE Leticia Maia	02	+0,65	28.87	1:00.00	1:31.87	2:04.33	2:04.33			
	ROLAO Sofia Alexandra	98	+0,44	29.77	1:03.70	1:39.01	2:14.91	2:14.91			
	GRAVETO Ana Raquel	02	+0,50	30.55	1:04.70	1:39.87	2:14.10	2:14.10			
	BERNARDO Ines Silva	00	+0,46	31.51	1:06.01	1:41.69	2:17.40	2:17.40			
6.	Academica de Coimbra-ABS		Academica de Coimbra					**8:56.88**	+0,66	637	
	TEJO Beatriz Costa	02	+0,66	30.68	1:04.72	1:39.80	2:15.63	2:15.63			
	MOREIRA Matilde Freitas	01	+0,30	29.04	1:02.03	1:36.93	2:13.47	2:13.47			
	NEVES Ana Carolina	00	+0,31	29.94	1:04.30	1:39.69	2:16.29	2:16.29			
	CRAVEIRO Beatriz Neves	97	+0,24	29.76	1:02.93	1:37.02	2:11.49	2:11.49			
7.	Columbofila Cantanhedense-ABS		Columbofila Cantanhedense					**9:01.64**	+0,71	620	
	ALVES Sara Sofia	01	+0,71	31.02	1:04.09	1:38.87	2:13.17	2:13.17			
	SILVA Camila Alexandra	03	+0,04	30.35	1:03.67	1:38.68	2:14.06	2:14.06			
	NOBRE Marisa Isabel	05	+0,50	30.21	1:03.84	1:38.96	2:13.06	2:13.06			
	LOISAS Beatriz Ferreira	05	+0,50	31.77	1:06.95	1:44.42	2:21.35	2:21.35			

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3 - 2ª Jornada - 1ª Sessão (Eliminatórias-Heats) 02-08-2019 - 9:00

Prova 15 — Masc., 400m Estilos — Juvenis
02-08-2019 - 9:00 — Resultados Elimin

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

TAC Juv A 50m: 5:06.23 - 25m: 4:56.53; Juv B 50m: 5:14.55 - 25m: 5:03.73

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:45.16**	+0,75	625	
	50m: 29.90 29.90 150m: 1:42.39 37.38 250m: 3:00.08 40.28 350m: 4:13.38 31.94						
	100m: 1:05.01 35.11 200m: 2:19.80 37.41 300m: 3:41.44 41.36 400m: 4:45.16 31.78						
2.	CARNEIRO Joao Soares	03	Benfica	**4:47.15**	+0,64	612	
	50m: 29.23 29.23 150m: 1:41.86 38.81 250m: 2:59.56 40.02 350m: 4:13.92 35.30						
	100m: 1:03.05 33.82 200m: 2:19.54 37.68 300m: 3:38.62 39.06 400m: 4:47.15 33.23						
3.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**4:51.82**	+0,69	583	
	50m: 30.47 30.47 150m: 1:43.94 37.94 250m: 3:03.57 41.51 350m: 4:18.77 33.33						
	100m: 1:06.00 35.53 200m: 2:22.06 38.12 300m: 3:45.44 41.87 400m: 4:51.82 33.05						
4.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**4:52.69**	+0,75	578	
	50m: 29.88 29.88 150m: 1:45.65 39.81 250m: 3:04.00 39.80 350m: 4:20.42 34.97						
	100m: 1:05.84 35.96 200m: 2:24.20 38.55 300m: 3:45.45 41.45 400m: 4:52.69 32.27						
5.	DIAS Rodrigo Reis	03	Belenenses	**4:54.62**	+0,65	566	
	50m: 30.68 30.68 150m: 1:44.60 38.03 250m: 3:06.65 43.91 350m: 4:22.55 32.39						
	100m: 1:06.57 35.89 200m: 2:22.74 38.14 300m: 3:50.16 43.51 400m: 4:54.62 32.07						
6.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**4:55.74**	+0,68	560	
	50m: 30.18 30.18 150m: 1:46.27 39.80 250m: 3:07.19 42.52 350m: 4:23.75 33.52						
	100m: 1:06.47 36.29 200m: 2:24.67 38.40 300m: 3:50.23 43.04 400m: 4:55.74 31.99						
7.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:55.92**	+0,84	559	
	50m: 30.12 30.12 150m: 1:44.28 40.01 250m: 3:05.12 42.82 350m: 4:22.12 34.54						
	100m: 1:04.27 34.15 200m: 2:22.30 38.02 300m: 3:47.58 42.46 400m: 4:55.92 33.80						
8.	CRUZ David Miguel	04	Braga	**4:56.50**	+0,69	556	
	50m: 30.60 30.60 150m: 1:46.94 40.46 250m: 3:08.22 42.89 350m: 4:24.19 33.75						
	100m: 1:06.48 35.88 200m: 2:25.33 38.39 300m: 3:50.44 42.22 400m: 4:56.50 32.31						
9.	CARVALHO Martim Henriques	04	Rio Maior	**4:57.66**	+0,85	549	
	50m: 30.64 30.64 150m: 1:42.58 37.59 250m: 3:04.98 45.65 350m: 4:25.67 33.28						
	100m: 1:04.99 34.35 200m: 2:19.33 36.75 300m: 3:52.39 47.41 400m: 4:57.66 31.99						
10.	OLIVEIRA Joao Campelo	04	Famalicao	**4:58.01**	+0,68	547	
	50m: 29.49 29.49 150m: 1:43.40 39.25 250m: 3:04.94 42.93 350m: 4:23.64 35.13						
	100m: 1:04.15 34.66 200m: 2:22.01 38.61 300m: 3:48.51 43.57 400m: 4:58.01 34.37						
11.	FELICIO Tomas Miguel	03	Rio Maior	**4:58.78**	+0,75	543	
	50m: 30.94 30.94 150m: 1:47.61 40.12 250m: 3:08.27 42.57 350m: 4:25.12 34.24						
	100m: 1:07.49 36.55 200m: 2:25.70 38.09 300m: 3:50.88 42.61 400m: 4:58.78 33.66						
12.	FERREIRA Joao Carlos	03	Porto	**4:58.97**	+0,65	542	
	50m: 30.93 30.93 150m: 1:45.90 39.20 250m: 3:07.49 43.43 350m: 4:25.43 34.41						
	100m: 1:06.70 35.77 200m: 2:24.06 38.16 300m: 3:51.02 43.53 400m: 4:58.97 33.54						

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Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	BORGES David Costa	04	Fluvial Portuense	**4:59.66**	+0,65	538	
	50m: 29.96 29.96 150m: 1:46.08 40.55 250m: 3:08.65 42.65 350m: 4:26.57 33.38						
	100m: 1:05.53 35.57 200m: 2:26.00 39.92 300m: 3:53.19 44.54 400m: 4:59.66 33.09						
14.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:59.77**	+0,70	538	
	50m: 29.90 29.90 150m: 1:43.19 38.31 250m: 3:06.69 44.93 350m: 4:25.47 33.94						
	100m: 1:04.88 34.98 200m: 2:21.76 38.57 300m: 3:51.53 44.84 400m: 4:59.77 34.30						
15.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**5:00.04**	+0,72	536	
	50m: 30.09 30.09 150m: 1:43.94 39.50 250m: 3:06.66 42.87 350m: 4:26.56 35.22						
	100m: 1:04.44 34.35 200m: 2:23.79 39.85 300m: 3:51.34 44.68 400m: 5:00.04 33.48						
16.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**5:01.42**	+0,70	529	
	50m: 31.38 31.38 150m: 1:45.43 38.84 250m: 3:08.13 45.03 350m: 4:27.90 35.23						
	100m: 1:06.59 35.21 200m: 2:23.10 37.67 300m: 3:52.67 44.54 400m: 5:01.42 33.52						
17.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**5:03.22**	+0,79	520	
	50m: 31.41 31.41 150m: 1:48.87 40.78 250m: 3:10.22 42.15 350m: 4:28.56 35.13						
	100m: 1:08.09 36.68 200m: 2:28.07 39.20 300m: 3:53.43 43.21 400m: 5:03.22 34.66						
18.	WANZELLER Goncalo Henriques	03	Belenenses	**5:04.28**	+0,63	514	
	50m: 29.37 29.37 150m: 1:42.93 38.45 250m: 3:06.54 44.63 350m: 4:29.44 34.95						
	100m: 1:04.48 35.11 200m: 2:21.91 38.98 300m: 3:54.49 47.95 400m: 5:04.28 34.84						
19.	COSTA Hugo Alexandre	03	Natacao de Valongo	**5:04.54**	+0,75	513	
	50m: 30.99 30.99 150m: 1:47.87 40.73 250m: 3:12.29 44.35 350m: 4:31.60 34.57						
	100m: 1:07.14 36.15 200m: 2:27.94 40.07 300m: 3:57.03 44.74 400m: 5:04.54 32.94						
20.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**5:05.02**	+0,73	510	
	50m: 31.33 31.33 150m: 1:49.21 42.08 250m: 3:11.02 41.52 350m: 4:29.59 35.25						
	100m: 1:07.13 35.80 200m: 2:29.50 40.29 300m: 3:54.34 43.32 400m: 5:05.02 35.43						
21.	TSYKAL Daniel	04	Alcobaca	**5:05.58**	+0,67	508	
	50m: 33.16 33.16 150m: 1:52.81 41.35 250m: 3:15.18 42.92 350m: 4:33.52 35.42						
	100m: 1:11.46 38.30 200m: 2:32.26 39.45 300m: 3:58.10 42.92 400m: 5:05.58 32.06						
22.	CARVALHO Antonio Lombardi	04	Belenenses	**5:05.59**	+0,70	508	
	50m: 31.33 31.33 150m: 1:46.87 39.29 250m: 3:10.87 44.96 350m: 4:31.34 34.90						
	100m: 1:07.58 36.25 200m: 2:25.91 39.04 300m: 3:56.44 45.57 400m: 5:05.59 34.25						
23.	RODRIGUES Rodrigo Reis	04	Sao Roque	**5:06.55**	+0,61	503	
	50m: 32.32 32.32 150m: 1:50.36 40.00 250m: 3:12.95 43.16 350m: 4:32.59 34.46						
	100m: 1:10.36 38.04 200m: 2:29.79 39.43 300m: 3:58.13 45.18 400m: 5:06.55 33.96						
24.	SANTOS Roberto Pinho	03	Estamos Juntos	**5:07.88**	+0,80	496	
	50m: 30.72 30.72 150m: 1:48.64 40.57 250m: 3:10.84 41.98 350m: 4:32.87 36.81						
	100m: 1:08.07 37.35 200m: 2:28.86 40.22 300m: 3:56.06 45.22 400m: 5:07.88 35.01						
25.	PEREIRA Diogo Guimaraes	03	Vitoria Guimaraes	**5:08.39**	+0,83	494	
	50m: 31.46 31.46 150m: 1:49.58 40.98 250m: 3:12.11 41.98 350m: 4:33.41 37.40						
	100m: 1:08.60 37.14 200m: 2:30.13 40.55 300m: 3:56.01 43.90 400m: 5:08.39 34.98						
26.	TEIXEIRA Cesar Rego	04	Famalicao	**5:08.78**	+0,79	492	
	50m: 31.18 31.18 150m: 1:46.68 39.55 250m: 3:11.69 45.61 350m: 4:33.45 35.65						
	100m: 1:07.13 35.95 200m: 2:26.08 39.40 300m: 3:57.80 46.11 400m: 5:08.78 35.33						
27.	PINTO Afonso Cipriano	04	Sporting	**5:09.02**	+0,66	491	
	50m: 32.01 32.01 150m: 1:49.80 40.78 250m: 3:14.40 45.75 350m: 4:34.92 34.22						
	100m: 1:09.02 37.01 200m: 2:28.65 38.85 300m: 4:00.70 46.30 400m: 5:09.02 34.10						

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Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**5:09.05**	+0,76	491	
	50m: 32.29 32.29 150m: 1:51.14 41.65 250m: 3:16.15 44.23 350m: 4:36.20 34.63						
	100m: 1:09.49 37.20 200m: 2:31.92 40.78 300m: 4:01.57 45.42 400m: 5:09.05 32.85						
29.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**5:09.72**	+0,89	487	
	50m: 32.43 32.43 150m: 1:52.12 40.72 250m: 3:14.54 41.99 350m: 4:34.58 36.50						
	100m: 1:11.40 38.97 200m: 2:32.55 40.43 300m: 3:58.08 43.54 400m: 5:09.72 35.14						
30.	CORREIA Pedro Henriques	03	Benfica	**5:09.78**	+0,67	487	
	50m: 31.18 31.18 150m: 1:47.27 40.02 250m: 3:12.71 45.92 350m: 4:34.64 34.70						
	100m: 1:07.25 36.07 200m: 2:26.79 39.52 300m: 3:59.94 47.23 400m: 5:09.78 35.14						
31.	CRISTINO Guilherme Matias	03	Uniao Piedense	**5:09.94**	+0,77	486	
	50m: 32.35 32.35 150m: 1:51.88 41.98 250m: 3:13.98 43.19 350m: 4:35.53 37.35						
	100m: 1:09.90 37.55 200m: 2:30.79 38.91 300m: 3:58.18 44.20 400m: 5:09.94 34.41						
32.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**5:10.00**	+0,75	486	
	50m: 31.31 31.31 150m: 1:46.36 39.55 250m: 3:11.81 46.93 350m: 4:35.18 36.81						
	100m: 1:06.81 35.50 200m: 2:24.88 38.52 300m: 3:58.37 46.56 400m: 5:10.00 34.82						
33.	PINTO Guilherme Lobo	04	Foca	**5:12.00**	+0,67	477	
	50m: 32.41 32.41 150m: 1:50.33 40.06 250m: 3:15.68 46.00 350m: 4:37.00 34.57						
	100m: 1:10.27 37.86 200m: 2:29.68 39.35 300m: 4:02.43 46.75 400m: 5:12.00 35.00						
34.	CARVALHO Goncalo Renato	04	Porto	**5:12.41**	+0,70	475	
	50m: 33.04 33.04 150m: 1:53.06 40.93 250m: 3:18.14 44.06 350m: 4:38.91 35.23						
	100m: 1:12.13 39.09 200m: 2:34.08 41.02 300m: 4:03.68 45.54 400m: 5:12.41 33.50						
35.	MATOS Rodrigo Vieira	03	Individual ANMAD	**5:12.54**	+0,78	474	
	50m: 31.83 31.83 150m: 1:52.35 44.71 250m: 3:16.20 40.76 350m: 4:37.01 37.86						
	100m: 1:07.64 35.81 200m: 2:35.44 43.09 300m: 3:59.15 42.95 400m: 5:12.54 35.53						
36.	PARENTE Salvador Ataide	03	Gesloures	**5:12.81**	+0,65	473	
	50m: 30.61 30.61 150m: 1:48.88 42.35 250m: 3:13.97 44.03 350m: 4:37.16 36.94						
	100m: 1:06.53 35.92 200m: 2:29.94 41.06 300m: 4:00.22 46.25 400m: 5:12.81 35.65						
37.	PEREIRA Jose Goncalo	04	Fafe	**5:12.96**	+0,75	472	
	50m: 31.93 31.93 150m: 1:52.19 42.67 250m: 3:14.93 41.71 350m: 4:36.38 37.71						
	100m: 1:09.52 37.59 200m: 2:33.22 41.03 300m: 3:58.67 43.74 400m: 5:12.96 36.58						
38.	NEAGU Tiberius Sebastian	04	Academico Viseu	**5:13.27**	+0,69	471	
	50m: 30.93 30.93 150m: 1:50.39 41.98 250m: 3:15.21 43.66 350m: 4:37.71 36.98						
	100m: 1:08.41 37.48 200m: 2:31.55 41.16 300m: 4:00.73 45.52 400m: 5:13.27 35.56						
39.	CORREIA Francisco Alves	04	Litoral Alentejano	**5:13.39**	+0,78	471	
	50m: 30.43 30.43 150m: 1:46.77 40.74 250m: 3:13.27 45.16 350m: 4:35.59 36.54						
	100m: 1:06.03 35.60 200m: 2:28.11 41.34 300m: 3:59.05 45.78 400m: 5:13.39 37.80						
40.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**5:14.65**	+0,64	465	
	50m: 31.25 31.25 150m: 1:50.72 42.00 250m: 3:15.27 42.85 350m: 4:38.42 37.99						
	100m: 1:08.72 37.47 200m: 2:32.42 41.70 300m: 4:00.43 45.16 400m: 5:14.65 36.23						
41.	LOPES Tiago Fanha	04	Natacao do Montijo	**5:14.94**	+0,72	464	
	50m: 33.28 33.28 150m: 1:52.49 39.53 250m: 3:17.10 43.97 350m: 4:38.93 35.91						
	100m: 1:12.96 39.68 200m: 2:33.13 40.64 300m: 4:03.02 45.92 400m: 5:14.94 36.01						
42.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**5:15.13**	+0,78	463	
	50m: 30.87 30.87 150m: 1:50.12 43.93 250m: 3:18.17 45.31 350m: 4:40.52 36.92						
	100m: 1:06.19 35.32 200m: 2:32.86 42.74 300m: 4:03.60 45.43 400m: 5:15.13 34.61						

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Prova 15, Masc., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
43.	SILVA Frederico Ferreira	04	Famalicao	**5:16.10**	+0,79	459	
	50m: 30.74 30.74 150m: 1:47.25 39.80 250m: 3:14.93 48.68 350m: 4:40.79 36.31						
	100m: 1:07.45 36.71 200m: 2:26.25 39.00 300m: 4:04.48 49.55 400m: 5:16.10 35.31						
44.	SANTOS Joao Afonso	04	Sporting	**5:18.48**	+0,76	448	
	50m: 32.62 32.62 150m: 1:51.18 41.48 250m: 3:17.93 46.33 350m: 4:41.93 37.35						
	100m: 1:09.70 37.08 200m: 2:31.60 40.42 300m: 4:04.58 46.65 400m: 5:18.48 36.55						
DSQ	APSENIECE Kevins Alexandre	04	Porto				
	722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6						
DNS	FAIA Mateus Costa	03	Famalicao				
DNS	SIMOES Miguel Costa	04	Cova da Piedade				

Prova 15 — Masc., 400m Estilos — Open
02-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
Rec Nac Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
Rec Nac Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013

TAC Sen 50m: 4:46.31 - 25m: 4:39.69; Jun 50m: 4:55.96 - 25m: 4:45.97; Juv A 50m: 5:06.23 - 25m: 4:56.53; Juv B 50m: 5:14.55 - 25m: 5:03.73

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	**4:27.44**	+0,62	757	
	50m: 27.67 27.67 150m: 1:32.74 33.94 250m: 2:43.95 38.10 350m: 3:55.12 32.79						
	100m: 58.80 31.13 200m: 2:05.85 33.11 300m: 3:22.33 38.38 400m: 4:27.44 32.32						
2.	LOPES Jose Paulo	00	Braga	**4:28.21**	+0,67	751	
	50m: 28.13 28.13 150m: 1:34.90 35.13 250m: 2:47.22 38.26 350m: 3:57.80 31.61						
	100m: 59.77 31.64 200m: 2:08.96 34.06 300m: 3:26.19 38.97 400m: 4:28.21 30.41						
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**4:36.17**	+0,62	688	
	50m: 28.30 28.30 150m: 1:37.64 36.19 250m: 2:52.62 39.62 350m: 4:06.23 33.75						
	100m: 1:01.45 33.15 200m: 2:13.00 35.36 300m: 3:32.48 39.86 400m: 4:36.17 29.94						
4.	CRISTINO David Matias	01	Uniao Piedense	**4:36.81**	+0,74	683	
	50m: 29.07 29.07 150m: 1:38.28 35.21 250m: 2:54.47 41.32 350m: 4:07.26 31.21						
	100m: 1:03.07 34.00 200m: 2:13.15 34.87 300m: 3:36.05 41.58 400m: 4:36.81 29.55						
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:36.88**	+0,72	683	
	50m: 28.70 28.70 150m: 1:38.91 37.19 250m: 2:53.97 38.58 350m: 4:06.28 33.01						
	100m: 1:01.72 33.02 200m: 2:15.39 36.48 300m: 3:33.27 39.30 400m: 4:36.88 30.60						
6.	SIMOES Rafael Gomes	00	Braga	**4:38.09**	+0,81	674	
	50m: 28.67 28.67 150m: 1:39.62 37.39 250m: 2:53.44 38.32 350m: 4:06.16 33.70						
	100m: 1:02.23 33.56 200m: 2:15.12 35.50 300m: 3:32.46 39.02 400m: 4:38.09 31.93						
7.	SILVA Tomas Antonio	01	Naval do Funchal	**4:38.60**	+0,58	670	
	50m: 28.91 28.91 150m: 1:38.84 36.03 250m: 2:54.37 38.65 350m: 4:06.40 32.55						
	100m: 1:02.81 33.90 200m: 2:15.72 36.88 300m: 3:33.85 39.48 400m: 4:38.60 32.20						

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Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CORDEIRO Tiago Roberto	00	Benfica	**4:39.89**	+0,67	661	
	50m: 28.12 28.12 150m: 1:36.89 36.86 250m: 2:54.01 41.17 350m: 4:07.75 32.77						
	100m: 1:00.03 31.91 200m: 2:12.84 35.95 300m: 3:34.98 40.97 400m: 4:39.89 32.14						
9.	FERNANDES Eduardo Gomes	02	Sporting	**4:40.21**	+0,73	658	
	50m: 29.65 29.65 150m: 1:41.70 37.00 250m: 2:56.40 39.19 350m: 4:09.34 32.69						
	100m: 1:04.70 35.05 200m: 2:17.21 35.51 300m: 3:36.65 40.25 400m: 4:40.21 30.87						
10.	CATALAO Daniel Nogueira	00	Benfica	**4:40.93**	+0,59	653	
	50m: 28.55 28.55 150m: 1:38.14 36.87 250m: 2:54.69 39.54 350m: 4:08.39 33.11						
	100m: 1:01.27 32.72 200m: 2:15.15 37.01 300m: 3:35.28 40.59 400m: 4:40.93 32.54						
11.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**4:42.83**	+0,71	640	
	50m: 28.43 28.43 150m: 1:37.34 35.79 250m: 2:55.25 41.35 350m: 4:10.51 32.13						
	100m: 1:01.55 33.12 200m: 2:13.90 36.56 300m: 3:38.38 43.13 400m: 4:42.83 32.32						
12.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:45.16**	+0,75	625	
	50m: 29.90 29.90 150m: 1:42.39 37.38 250m: 3:00.08 40.28 350m: 4:13.38 31.94						
	100m: 1:05.01 35.11 200m: 2:19.80 37.41 300m: 3:41.44 41.36 400m: 4:45.16 31.78						
13.	SILVA Henrique Gomes	02	Estamos Juntos	**4:46.53**	+0,66	616	
	50m: 29.03 29.03 150m: 1:40.18 36.87 250m: 2:57.55 40.98 350m: 4:14.11 33.71						
	100m: 1:03.31 34.28 200m: 2:16.57 36.39 300m: 3:40.40 42.85 400m: 4:46.53 32.42						
14.	CARNEIRO Joao Soares	03	Benfica	**4:47.15**	+0,64	612	
	50m: 29.23 29.23 150m: 1:41.86 38.81 250m: 2:59.56 40.02 350m: 4:13.92 35.30						
	100m: 1:03.05 33.82 200m: 2:19.54 37.68 300m: 3:38.62 39.06 400m: 4:47.15 33.23						
15.	ALVES Nuno Rafael	90	Aquatico Pacense	**4:47.65**	+0,80	609	
	50m: 30.03 30.03 150m: 1:43.24 38.92 250m: 3:01.16 40.41 350m: 4:14.87 33.55						
	100m: 1:04.32 34.29 200m: 2:20.75 37.51 300m: 3:41.32 40.16 400m: 4:47.65 32.78						
16.	GASPAR Miguel Caridade	99	Academica de Coimbra	**4:48.14**	+0,67	606	
	50m: 30.95 30.95 150m: 1:45.69 38.72 250m: 3:00.76 37.65 350m: 4:14.39 35.00						
	100m: 1:06.97 36.02 200m: 2:23.11 37.42 300m: 3:39.39 38.63 400m: 4:48.14 33.75						
17.	DINIS Tiago Moises	98	Nautico Academico	**4:49.37**	+0,69	598	
	50m: 29.35 29.35 150m: 1:41.24 37.83 250m: 3:00.29 41.47 350m: 4:16.99 34.46						
	100m: 1:03.41 34.06 200m: 2:18.82 37.58 300m: 3:42.53 42.24 400m: 4:49.37 32.38						
18.	SILVA Pedro Miguel	94	Colegio Monte Maior	**4:49.76**	+0,66	595	
	50m: 30.26 30.26 150m: 1:43.90 37.63 250m: 3:01.15 40.09 350m: 4:16.24 34.33						
	100m: 1:06.27 36.01 200m: 2:21.06 37.16 300m: 3:41.91 40.76 400m: 4:49.76 33.52						
19.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:49.92**	+0,76	594	
	50m: 29.59 29.59 150m: 1:42.14 38.42 250m: 3:01.82 41.49 350m: 4:17.92 34.74						
	100m: 1:03.72 34.13 200m: 2:20.33 38.19 300m: 3:43.18 41.36 400m: 4:49.92 32.00						
20.	SILVA Paulo Filipe	98	Natacao da Maia	**4:50.66**	+0,86	590	
	50m: 29.70 29.70 150m: 1:40.96 37.46 250m: 3:00.01 42.72 350m: 4:18.25 33.92						
	100m: 1:03.50 33.80 200m: 2:17.29 36.33 300m: 3:44.33 44.32 400m: 4:50.66 32.41						
21.	LUZ Filipe Ferreira	98	Gesloures	**4:51.65**	+0,71	584	
	50m: 30.53 30.53 150m: 1:43.10 36.86 250m: 3:02.83 43.16 350m: 4:19.38 33.12						
	100m: 1:06.24 35.71 200m: 2:19.67 36.57 300m: 3:46.26 43.43 400m: 4:51.65 32.27						
22.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**4:51.82**	+0,69	583	
	50m: 30.47 30.47 150m: 1:43.94 37.94 250m: 3:03.57 41.51 350m: 4:18.77 33.33						
	100m: 1:06.00 35.53 200m: 2:22.06 38.12 300m: 3:45.44 41.87 400m: 4:51.82 33.05						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	MALFEITO Martim Rebelo	02	Sporting	**4:52.35**	+0,73	580	
	50m: 30.78 30.78 150m: 1:47.11 40.54 250m: 3:05.86 39.17 350m: 4:19.54 33.57						
	100m: 1:06.57 35.79 200m: 2:26.69 39.58 300m: 3:45.97 40.11 400m: 4:52.35 32.81						
24.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**4:52.69**	+0,75	578	
	50m: 29.88 29.88 150m: 1:45.65 39.81 250m: 3:04.00 39.80 350m: 4:20.42 34.97						
	100m: 1:05.84 35.96 200m: 2:24.20 38.55 300m: 3:45.45 41.45 400m: 4:52.69 32.27						
25.	MONTEIRO Tomas Penha	02	Alges	**4:53.06**	+0,65	576	
	50m: 30.32 30.32 150m: 1:44.00 38.69 250m: 3:05.06 43.37 350m: 4:21.42 32.33						
	100m: 1:05.31 34.99 200m: 2:21.69 37.69 300m: 3:49.09 44.03 400m: 4:53.06 31.64						
26.	JOAQUIM Andre Serro	00	Portinado	**4:53.37**	+0,73	574	
	50m: 30.00 30.00 150m: 1:41.08 37.37 250m: 3:00.75 42.63 350m: 4:18.03 33.30						
	100m: 1:03.71 33.71 200m: 2:18.12 37.04 300m: 3:44.73 43.98 400m: 4:53.37 35.34						
27.	BRAS Ricardo Martins	01	Belenenses	**4:53.66**	+0,66	572	
	50m: 30.85 30.85 150m: 1:45.71 38.29 250m: 3:04.82 40.92 350m: 4:21.56 34.28						
	100m: 1:07.42 36.57 200m: 2:23.90 38.19 300m: 3:47.28 42.46 400m: 4:53.66 32.10						
28.	PINTO Pedro Miguel	02	Sporting	**4:53.93**	+0,71	570	
	50m: 29.38 29.38 150m: 1:42.76 39.16 250m: 3:03.61 41.95 350m: 4:19.85 34.02						
	100m: 1:03.60 34.22 200m: 2:21.66 38.90 300m: 3:45.83 42.22 400m: 4:53.93 34.08						
29.	AGUIAR Gabriel Silva	01	Porto	**4:54.28**	+0,59	568	
	50m: 28.93 28.93 150m: 1:41.63 39.24 250m: 3:02.63 41.62 350m: 4:20.59 35.82						
	100m: 1:02.39 33.46 200m: 2:21.01 39.38 300m: 3:44.77 42.14 400m: 4:54.28 33.69						
30.	DIAS Rodrigo Reis	03	Belenenses	**4:54.62**	+0,65	566	
	50m: 30.68 30.68 150m: 1:44.60 38.03 250m: 3:06.65 43.91 350m: 4:22.55 32.39						
	100m: 1:06.57 35.89 200m: 2:22.74 38.14 300m: 3:50.16 43.51 400m: 4:54.62 32.07						
31.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**4:55.74**	+0,68	560	
	50m: 30.18 30.18 150m: 1:46.27 39.80 250m: 3:07.19 42.52 350m: 4:23.75 33.52						
	100m: 1:06.47 36.29 200m: 2:24.67 38.40 300m: 3:50.23 43.04 400m: 4:55.74 31.99						
32.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:55.92**	+0,84	559	
	50m: 30.12 30.12 150m: 1:44.28 40.01 250m: 3:05.12 42.82 350m: 4:22.12 34.54						
	100m: 1:04.27 34.15 200m: 2:22.30 38.02 300m: 3:47.58 42.46 400m: 4:55.92 33.80						
33.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**4:56.03**	+0,76	558	
	50m: 29.98 29.98 150m: 1:45.89 41.04 250m: 3:03.99 39.27 350m: 4:21.21 37.57						
	100m: 1:04.85 34.87 200m: 2:24.72 38.83 300m: 3:43.64 39.65 400m: 4:56.03 34.82						
34.	CRUZ David Miguel	04	Braga	**4:56.50**	+0,69	556	
	50m: 30.60 30.60 150m: 1:46.94 40.46 250m: 3:08.22 42.89 350m: 4:24.19 33.75						
	100m: 1:06.48 35.88 200m: 2:25.33 38.39 300m: 3:50.44 42.22 400m: 4:56.50 32.31						
35.	PIEDADE Sebastiao Limbert	00	Alges	**4:57.46**	+0,71	550	
	50m: 29.97 29.97 150m: 1:43.88 38.14 250m: 3:05.41 42.41 350m: 4:22.90 33.97						
	100m: 1:05.74 35.77 200m: 2:23.00 39.12 300m: 3:48.93 43.52 400m: 4:57.46 34.56						
36.	CARVALHO Martim Henriques	04	Rio Maior	**4:57.66**	+0,85	549	
	50m: 30.64 30.64 150m: 1:42.58 37.59 250m: 3:04.98 45.65 350m: 4:25.67 33.28						
	100m: 1:04.99 34.35 200m: 2:19.33 36.75 300m: 3:52.39 47.41 400m: 4:57.66 31.99						
37.	OLIVEIRA Joao Campelo	04	Famalicao	**4:58.01**	+0,68	547	
	50m: 29.49 29.49 150m: 1:43.40 39.25 250m: 3:04.94 42.93 350m: 4:23.64 35.13						
	100m: 1:04.15 34.66 200m: 2:22.01 38.61 300m: 3:48.51 43.57 400m: 4:58.01 34.37						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	FELICIO Tomas Miguel	03	Rio Maior	**4:58.78**	+0,75	543	
	50m: 30.94 30.94 150m: 1:47.61 40.12 250m: 3:08.27 42.57 350m: 4:25.12 34.24						
	100m: 1:07.49 36.55 200m: 2:25.70 38.09 300m: 3:50.88 42.61 400m: 4:58.78 33.66						
39.	FERREIRA Joao Carlos	03	Porto	**4:58.97**	+0,65	542	
	50m: 30.93 30.93 150m: 1:45.90 39.20 250m: 3:07.49 43.43 350m: 4:25.43 34.41						
	100m: 1:06.70 35.77 200m: 2:24.06 38.16 300m: 3:51.02 43.53 400m: 4:58.97 33.54						
40.	BORGES David Costa	04	Fluvial Portuense	**4:59.66**	+0,65	538	
	50m: 29.96 29.96 150m: 1:46.08 40.55 250m: 3:08.65 42.65 350m: 4:26.57 33.38						
	100m: 1:05.53 35.57 200m: 2:26.00 39.92 300m: 3:53.19 44.54 400m: 4:59.66 33.09						
41.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:59.77**	+0,70	538	
	50m: 29.90 29.90 150m: 1:43.19 38.31 250m: 3:06.69 44.93 350m: 4:25.47 33.94						
	100m: 1:04.88 34.98 200m: 2:21.76 38.57 300m: 3:51.53 44.84 400m: 4:59.77 34.30						
42.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**5:00.04**	+0,72	536	
	50m: 30.09 30.09 150m: 1:43.94 39.50 250m: 3:06.66 42.87 350m: 4:26.56 35.22						
	100m: 1:04.44 34.35 200m: 2:23.79 39.85 300m: 3:51.34 44.68 400m: 5:00.04 33.48						
43.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**5:01.42**	+0,70	529	
	50m: 31.38 31.38 150m: 1:45.43 38.84 250m: 3:08.13 45.03 350m: 4:27.90 35.23						
	100m: 1:06.59 35.21 200m: 2:23.10 37.67 300m: 3:52.67 44.54 400m: 5:01.42 33.52						
44.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**5:03.22**	+0,79	520	
	50m: 31.41 31.41 150m: 1:48.87 40.78 250m: 3:10.22 42.15 350m: 4:28.56 35.13						
	100m: 1:08.09 36.68 200m: 2:28.07 39.20 300m: 3:53.43 43.21 400m: 5:03.22 34.66						
45.	WANZELLER Goncalo Henriques	03	Belenenses	**5:04.28**	+0,63	514	
	50m: 29.37 29.37 150m: 1:42.93 38.45 250m: 3:06.54 44.63 350m: 4:29.44 34.95						
	100m: 1:04.48 35.11 200m: 2:21.91 38.98 300m: 3:54.49 47.95 400m: 5:04.28 34.84						
46.	COSTA Hugo Alexandre	03	Natacao de Valongo	**5:04.54**	+0,75	513	
	50m: 30.99 30.99 150m: 1:47.87 40.73 250m: 3:12.29 44.35 350m: 4:31.60 34.57						
	100m: 1:07.14 36.15 200m: 2:27.94 40.07 300m: 3:57.03 44.74 400m: 5:04.54 32.94						
47.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**5:05.02**	+0,73	510	
	50m: 31.33 31.33 150m: 1:49.21 42.08 250m: 3:11.02 41.52 350m: 4:29.59 35.25						
	100m: 1:07.13 35.80 200m: 2:29.50 40.29 300m: 3:54.34 43.32 400m: 5:05.02 35.43						
48.	TSYKAL Daniel	04	Alcobaca	**5:05.58**	+0,67	508	
	50m: 33.16 33.16 150m: 1:52.81 41.35 250m: 3:15.18 42.92 350m: 4:33.52 35.42						
	100m: 1:11.46 38.30 200m: 2:32.26 39.45 300m: 3:58.10 42.92 400m: 5:05.58 32.06						
49.	CARVALHO Antonio Lombardi	04	Belenenses	**5:05.59**	+0,70	508	
	50m: 31.33 31.33 150m: 1:46.87 39.29 250m: 3:10.87 44.96 350m: 4:31.34 34.90						
	100m: 1:07.58 36.25 200m: 2:25.91 39.04 300m: 3:56.44 45.57 400m: 5:05.59 34.25						
50.	RODRIGUES Rodrigo Reis	04	Sao Roque	**5:06.55**	+0,61	503	
	50m: 32.32 32.32 150m: 1:50.36 40.00 250m: 3:12.95 43.16 350m: 4:32.59 34.46						
	100m: 1:10.36 38.04 200m: 2:29.79 39.43 300m: 3:58.13 45.18 400m: 5:06.55 33.96						
51.	SANTOS Roberto Pinho	03	Estamos Juntos	**5:07.88**	+0,80	496	
	50m: 30.72 30.72 150m: 1:48.64 40.57 250m: 3:10.84 41.98 350m: 4:32.87 36.81						
	100m: 1:08.07 37.35 200m: 2:28.86 40.22 300m: 3:56.06 45.22 400m: 5:07.88 35.01						
52.	PEREIRA Diogo Guimaraes	03	Vitoria Guimaraes	**5:08.39**	+0,83	494	
	50m: 31.46 31.46 150m: 1:49.58 40.98 250m: 3:12.11 41.98 350m: 4:33.41 37.40						
	100m: 1:08.60 37.14 200m: 2:30.13 40.55 300m: 3:56.01 43.90 400m: 5:08.39 34.98						

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Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	TEIXEIRA Cesar Rego	04	Famalicao	**5:08.78**	+0,79	492	
	50m: 31.18 31.18 150m: 1:46.68 39.55 250m: 3:11.69 45.61 350m: 4:33.45 35.65						
	100m: 1:07.13 35.95 200m: 2:26.08 39.40 300m: 3:57.80 46.11 400m: 5:08.78 35.33						
54.	PINTO Afonso Cipriano	04	Sporting	**5:09.02**	+0,66	491	
	50m: 32.01 32.01 150m: 1:49.80 40.78 250m: 3:14.40 45.75 350m: 4:34.92 34.22						
	100m: 1:09.02 37.01 200m: 2:28.65 38.85 300m: 4:00.70 46.30 400m: 5:09.02 34.10						
55.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**5:09.05**	+0,76	491	
	50m: 32.29 32.29 150m: 1:51.14 41.65 250m: 3:16.15 44.23 350m: 4:36.20 34.63						
	100m: 1:09.49 37.20 200m: 2:31.92 40.78 300m: 4:01.57 45.42 400m: 5:09.05 32.85						
56.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**5:09.72**	+0,89	487	
	50m: 32.43 32.43 150m: 1:52.12 40.72 250m: 3:14.54 41.99 350m: 4:34.58 36.50						
	100m: 1:11.40 38.97 200m: 2:32.55 40.43 300m: 3:58.08 43.54 400m: 5:09.72 35.14						
57.	CORREIA Pedro Henriques	03	Benfica	**5:09.78**	+0,67	487	
	50m: 31.18 31.18 150m: 1:47.27 40.02 250m: 3:12.71 45.92 350m: 4:34.64 34.70						
	100m: 1:07.25 36.07 200m: 2:26.79 39.52 300m: 3:59.94 47.23 400m: 5:09.78 35.14						
58.	MELO Filipe Ferrao	01	Naval Setubalense	**5:09.81**	+0,69	487	
	50m: 30.05 30.05 150m: 1:46.32 41.21 250m: 3:10.06 43.27 350m: 4:33.05 38.48						
	100m: 1:05.11 35.06 200m: 2:26.79 40.47 300m: 3:54.57 44.51 400m: 5:09.81 36.76						
59.	CRISTINO Guilherme Matias	03	Uniao Piedense	**5:09.94**	+0,77	486	
	50m: 32.35 32.35 150m: 1:51.88 41.98 250m: 3:13.98 43.19 350m: 4:35.53 37.35						
	100m: 1:09.90 37.55 200m: 2:30.79 38.91 300m: 3:58.18 44.20 400m: 5:09.94 34.41						
60.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**5:10.00**	+0,75	486	
	50m: 31.31 31.31 150m: 1:46.36 39.55 250m: 3:11.81 46.93 350m: 4:35.18 36.81						
	100m: 1:06.81 35.50 200m: 2:24.88 38.52 300m: 3:58.37 46.56 400m: 5:10.00 34.82						
61.	PINTO Guilherme Lobo	04	Foca	**5:12.00**	+0,67	477	
	50m: 32.41 32.41 150m: 1:50.33 40.06 250m: 3:15.68 46.00 350m: 4:37.00 34.57						
	100m: 1:10.27 37.86 200m: 2:29.68 39.35 300m: 4:02.43 46.75 400m: 5:12.00 35.00						
62.	CARVALHO Goncalo Renato	04	Porto	**5:12.41**	+0,70	475	
	50m: 33.04 33.04 150m: 1:53.06 40.93 250m: 3:18.14 44.06 350m: 4:38.91 35.23						
	100m: 1:12.13 39.09 200m: 2:34.08 41.02 300m: 4:03.68 45.54 400m: 5:12.41 33.50						
63.	MATOS Rodrigo Vieira	03	Individual ANMAD	**5:12.54**	+0,78	474	
	50m: 31.83 31.83 150m: 1:52.35 44.71 250m: 3:16.20 40.76 350m: 4:37.01 37.86						
	100m: 1:07.64 35.81 200m: 2:35.44 43.09 300m: 3:59.15 42.95 400m: 5:12.54 35.53						
64.	PARENTE Salvador Ataide	03	Gesloures	**5:12.81**	+0,65	473	
	50m: 30.61 30.61 150m: 1:48.88 42.35 250m: 3:13.97 44.03 350m: 4:37.16 36.94						
	100m: 1:06.53 35.92 200m: 2:29.94 41.06 300m: 4:00.22 46.25 400m: 5:12.81 35.65						
65.	PEREIRA Jose Goncalo	04	Fafe	**5:12.96**	+0,75	472	
	50m: 31.93 31.93 150m: 1:52.19 42.67 250m: 3:14.93 41.71 350m: 4:36.38 37.71						
	100m: 1:09.52 37.59 200m: 2:33.22 41.03 300m: 3:58.67 43.74 400m: 5:12.96 36.58						
66.	NEAGU Tiberius Sebastian	04	Academico Viseu	**5:13.27**	+0,69	471	
	50m: 30.93 30.93 150m: 1:50.39 41.98 250m: 3:15.21 43.66 350m: 4:37.71 36.98						
	100m: 1:08.41 37.48 200m: 2:31.55 41.16 300m: 4:00.73 45.52 400m: 5:13.27 35.56						
67.	CORREIA Francisco Alves	04	Litoral Alentejano	**5:13.39**	+0,78	471	
	50m: 30.43 30.43 150m: 1:46.77 40.74 250m: 3:13.27 45.16 350m: 4:35.59 36.54						
	100m: 1:06.03 35.60 200m: 2:28.11 41.34 300m: 3:59.05 45.78 400m: 5:13.39 37.80						

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Prova 15, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**5:14.65**	+0,64	465	
	50m: 31.25 31.25 150m: 1:50.72 42.00 250m: 3:15.27 42.85 350m: 4:38.42 37.99						
	100m: 1:08.72 37.47 200m: 2:32.42 41.70 300m: 4:00.43 45.16 400m: 5:14.65 36.23						
69.	LOPES Tiago Fanha	04	Natacao do Montijo	**5:14.94**	+0,72	464	
	50m: 33.28 33.28 150m: 1:52.49 39.53 250m: 3:17.10 43.97 350m: 4:38.93 35.91						
	100m: 1:12.96 39.68 200m: 2:33.13 40.64 300m: 4:03.02 45.92 400m: 5:14.94 36.01						
70.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**5:15.13**	+0,78	463	
	50m: 30.87 30.87 150m: 1:50.12 43.93 250m: 3:18.17 45.31 350m: 4:40.52 36.92						
	100m: 1:06.19 35.32 200m: 2:32.86 42.74 300m: 4:03.60 45.43 400m: 5:15.13 34.61						
71.	SILVA Frederico Ferreira	04	Famalicao	**5:16.10**	+0,79	459	
	50m: 30.74 30.74 150m: 1:47.25 39.80 250m: 3:14.93 48.68 350m: 4:40.79 36.31						
	100m: 1:07.45 36.71 200m: 2:26.25 39.00 300m: 4:04.48 49.55 400m: 5:16.10 35.31						
72.	SANTOS Joao Afonso	04	Sporting	**5:18.48**	+0,76	448	
	50m: 32.62 32.62 150m: 1:51.18 41.48 250m: 3:17.93 46.33 350m: 4:41.93 37.35						
	100m: 1:09.70 37.08 200m: 2:31.60 40.42 300m: 4:04.58 46.65 400m: 5:18.48 36.55						
DSQ	GONCALVES Rodrigo Oliveira	02	Porto				
	722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6						
DSQ	APSENIECE Kevins Alexandre	04	Porto				
	722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6						
DNS	FAIA Mateus Costa	03	Famalicao				
DNS	SIMOES Miguel Costa	04	Cova da Piedade				

Prova 15 — Masc., 400m Estilos — Absolutos
02-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015

TAC Sen 50m: 4:46.31 - 25m: 4:39.69; Jun 50m: 4:55.96 - 25m: 4:45.97

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VITAL Joao Alexandre	98	Sporting	**4:27.44**	+0,62	757	
	50m: 27.67 27.67 150m: 1:32.74 33.94 250m: 2:43.95 38.10 350m: 3:55.12 32.79						
	100m: 58.80 31.13 200m: 2:05.85 33.11 300m: 3:22.33 38.38 400m: 4:27.44 32.32						
2.	LOPES Jose Paulo	00	Braga	**4:28.21**	+0,67	751	
	50m: 28.13 28.13 150m: 1:34.90 35.13 250m: 2:47.22 38.26 350m: 3:57.80 31.61						
	100m: 59.77 31.64 200m: 2:08.96 34.06 300m: 3:26.19 38.97 400m: 4:28.21 30.41						
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**4:36.17**	+0,62	688	
	50m: 28.30 28.30 150m: 1:37.64 36.19 250m: 2:52.62 39.62 350m: 4:06.23 33.75						
	100m: 1:01.45 33.15 200m: 2:13.00 35.36 300m: 3:32.48 39.86 400m: 4:36.17 29.94						
4.	CRISTINO David Matias	01	Uniao Piedense	**4:36.81**	+0,74	683	
	50m: 29.07 29.07 150m: 1:38.28 35.21 250m: 2:54.47 41.32 350m: 4:07.26 31.21						
	100m: 1:03.07 34.00 200m: 2:13.15 34.87 300m: 3:36.05 41.58 400m: 4:36.81 29.55						

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Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:36.88**	+0,72	683	
	50m: 28.70 28.70 150m: 1:38.91 37.19 250m: 2:53.97 38.58 350m: 4:06.28 33.01						
	100m: 1:01.72 33.02 200m: 2:15.39 36.48 300m: 3:33.27 39.30 400m: 4:36.88 30.60						
6.	SIMOES Rafael Gomes	00	Braga	**4:38.09**	+0,81	674	
	50m: 28.67 28.67 150m: 1:39.62 37.39 250m: 2:53.44 38.32 350m: 4:06.16 33.70						
	100m: 1:02.23 33.56 200m: 2:15.12 35.50 300m: 3:32.46 39.02 400m: 4:38.09 31.93						
7.	SILVA Tomas Antonio	01	Naval do Funchal	**4:38.60**	+0,58	670	
	50m: 28.91 28.91 150m: 1:38.84 36.03 250m: 2:54.37 38.65 350m: 4:06.40 32.55						
	100m: 1:02.81 33.90 200m: 2:15.72 36.88 300m: 3:33.85 39.48 400m: 4:38.60 32.20						
8.	CORDEIRO Tiago Roberto	00	Benfica	**4:39.89**	+0,67	661	
	50m: 28.12 28.12 150m: 1:36.89 36.86 250m: 2:54.01 41.17 350m: 4:07.75 32.77						
	100m: 1:00.03 31.91 200m: 2:12.84 35.95 300m: 3:34.98 40.97 400m: 4:39.89 32.14						
9.	FERNANDES Eduardo Gomes	02	Sporting	**4:40.21**	+0,73	658	
	50m: 29.65 29.65 150m: 1:41.70 37.00 250m: 2:56.40 39.19 350m: 4:09.34 32.69						
	100m: 1:04.70 35.05 200m: 2:17.21 35.51 300m: 3:36.65 40.25 400m: 4:40.21 30.87						
10.	CATALAO Daniel Nogueira	00	Benfica	**4:40.93**	+0,59	653	
	50m: 28.55 28.55 150m: 1:38.14 36.87 250m: 2:54.69 39.54 350m: 4:08.39 33.11						
	100m: 1:01.27 32.72 200m: 2:15.15 37.01 300m: 3:35.28 40.59 400m: 4:40.93 32.54						
11.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**4:42.83**	+0,71	640	
	50m: 28.43 28.43 150m: 1:37.34 35.79 250m: 2:55.25 41.35 350m: 4:10.51 32.13						
	100m: 1:01.55 33.12 200m: 2:13.90 36.56 300m: 3:38.38 43.13 400m: 4:42.83 32.32						
12.	SILVA Henrique Gomes	02	Estamos Juntos	**4:46.53**	+0,66	616	
	50m: 29.03 29.03 150m: 1:40.18 36.87 250m: 2:57.55 40.98 350m: 4:14.11 33.71						
	100m: 1:03.31 34.28 200m: 2:16.57 36.39 300m: 3:40.40 42.85 400m: 4:46.53 32.42						
13.	ALVES Nuno Rafael	90	Aquatico Pacense	**4:47.65**	+0,80	609	
	50m: 30.03 30.03 150m: 1:43.24 38.92 250m: 3:01.16 40.41 350m: 4:14.87 33.55						
	100m: 1:04.32 34.29 200m: 2:20.75 37.51 300m: 3:41.32 40.16 400m: 4:47.65 32.78						
14.	GASPAR Miguel Caridade	99	Academica de Coimbra	**4:48.14**	+0,67	606	
	50m: 30.95 30.95 150m: 1:45.69 38.72 250m: 3:00.76 37.65 350m: 4:14.39 35.00						
	100m: 1:06.97 36.02 200m: 2:23.11 37.42 300m: 3:39.39 38.63 400m: 4:48.14 33.75						
15.	DINIS Tiago Moises	98	Nautico Academico	**4:49.37**	+0,69	598	
	50m: 29.35 29.35 150m: 1:41.24 37.83 250m: 3:00.29 41.47 350m: 4:16.99 34.46						
	100m: 1:03.41 34.06 200m: 2:18.82 37.58 300m: 3:42.53 42.24 400m: 4:49.37 32.38						
16.	SILVA Pedro Miguel	94	Colegio Monte Maior	**4:49.76**	+0,66	595	
	50m: 30.26 30.26 150m: 1:43.90 37.63 250m: 3:01.15 40.09 350m: 4:16.24 34.33						
	100m: 1:06.27 36.01 200m: 2:21.06 37.16 300m: 3:41.91 40.76 400m: 4:49.76 33.52						
17.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:49.92**	+0,76	594	
	50m: 29.59 29.59 150m: 1:42.14 38.42 250m: 3:01.82 41.49 350m: 4:17.92 34.74						
	100m: 1:03.72 34.13 200m: 2:20.33 38.19 300m: 3:43.18 41.36 400m: 4:49.92 32.00						
18.	SILVA Paulo Filipe	98	Natacao da Maia	**4:50.66**	+0,86	590	
	50m: 29.70 29.70 150m: 1:40.96 37.46 250m: 3:00.01 42.72 350m: 4:18.25 33.92						
	100m: 1:03.50 33.80 200m: 2:17.29 36.33 300m: 3:44.33 44.32 400m: 4:50.66 32.41						
19.	LUZ Filipe Ferreira	98	Gesloures	**4:51.65**	+0,71	584	
	50m: 30.53 30.53 150m: 1:43.10 36.86 250m: 3:02.83 43.16 350m: 4:19.38 33.12						
	100m: 1:06.24 35.71 200m: 2:19.67 36.57 300m: 3:46.26 43.43 400m: 4:51.65 32.27						

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Prova 15, Masc., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	MALFEITO Martim Rebelo	02	Sporting	**4:52.35**	+0,73	580	
	50m: 30.78 30.78 150m: 1:47.11 40.54 250m: 3:05.86 39.17 350m: 4:19.54 33.57						
	100m: 1:06.57 35.79 200m: 2:26.69 39.58 300m: 3:45.97 40.11 400m: 4:52.35 32.81						
21.	MONTEIRO Tomas Penha	02	Alges	**4:53.06**	+0,65	576	
	50m: 30.32 30.32 150m: 1:44.00 38.69 250m: 3:05.06 43.37 350m: 4:21.42 32.33						
	100m: 1:05.31 34.99 200m: 2:21.69 37.69 300m: 3:49.09 44.03 400m: 4:53.06 31.64						
22.	JOAQUIM Andre Serro	00	Portinado	**4:53.37**	+0,73	574	
	50m: 30.00 30.00 150m: 1:41.08 37.37 250m: 3:00.75 42.63 350m: 4:18.03 33.30						
	100m: 1:03.71 33.71 200m: 2:18.12 37.04 300m: 3:44.73 43.98 400m: 4:53.37 35.34						
23.	BRAS Ricardo Martins	01	Belenenses	**4:53.66**	+0,66	572	
	50m: 30.85 30.85 150m: 1:45.71 38.29 250m: 3:04.82 40.92 350m: 4:21.56 34.28						
	100m: 1:07.42 36.57 200m: 2:23.90 38.19 300m: 3:47.28 42.46 400m: 4:53.66 32.10						
24.	PINTO Pedro Miguel	02	Sporting	**4:53.93**	+0,71	570	
	50m: 29.38 29.38 150m: 1:42.76 39.16 250m: 3:03.61 41.95 350m: 4:19.85 34.02						
	100m: 1:03.60 34.22 200m: 2:21.66 38.90 300m: 3:45.83 42.22 400m: 4:53.93 34.08						
25.	AGUIAR Gabriel Silva	01	Porto	**4:54.28**	+0,59	568	
	50m: 28.93 28.93 150m: 1:41.63 39.24 250m: 3:02.63 41.62 350m: 4:20.59 35.82						
	100m: 1:02.39 33.46 200m: 2:21.01 39.38 300m: 3:44.77 42.14 400m: 4:54.28 33.69						
26.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**4:56.03**	+0,76	558	
	50m: 29.98 29.98 150m: 1:45.89 41.04 250m: 3:03.99 39.27 350m: 4:21.21 37.57						
	100m: 1:04.85 34.87 200m: 2:24.72 38.83 300m: 3:43.64 39.65 400m: 4:56.03 34.82						
27.	PIEDADE Sebastiao Limbert	00	Alges	**4:57.46**	+0,71	550	
	50m: 29.97 29.97 150m: 1:43.88 38.14 250m: 3:05.41 42.41 350m: 4:22.90 33.97						
	100m: 1:05.74 35.77 200m: 2:23.00 39.12 300m: 3:48.93 43.52 400m: 4:57.46 34.56						
28.	MELO Filipe Ferrao	01	Naval Setubalense	**5:09.81**	+0,69	487	
	50m: 30.05 30.05 150m: 1:46.32 41.21 250m: 3:10.06 43.27 350m: 4:33.05 38.48						
	100m: 1:05.11 35.06 200m: 2:26.79 40.47 300m: 3:54.57 44.51 400m: 5:09.81 36.76						
DSQ	GONCALVES Rodrigo Oliveira	02	Porto				
	722 - Tocou com uma mão na parede na viragem aos 300 m - SW 7.6						
EXH	NEVES Tiago Correia	97	Belenenses	**5:05.02**	+0,67	510	
	50m: 31.09 31.09 150m: 1:49.15 41.01 250m: 3:12.07 43.91 350m: 4:31.43 36.00						
	100m: 1:08.14 37.05 200m: 2:28.16 39.01 300m: 3:55.43 43.36 400m: 5:05.02 33.59						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 16 — Femin., 400m Estilos — Juvenis
02-08-2019 - 9:50 — Resultados Elimin

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

TAC Juv A 50m: 5:40.41 - 25m: 5:26.20; Juv B 50m: 5:44.75 - 25m: 5:32.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**5:11.91**	+0,75	622	
	50m: 32.10 32.10 150m: 1:51.43 41.82 250m: 3:17.94 44.68 350m: 4:37.44 34.97						
	100m: 1:09.61 37.51 200m: 2:33.26 41.83 300m: 4:02.47 44.53 400m: 5:11.91 34.47						
2.	DELGADO Soraia Alexandra	05	Sporting	**5:13.18**	+0,70	615	
	50m: 32.70 32.70 150m: 1:52.03 41.87 250m: 3:15.45 43.17 350m: 4:36.32 36.16						
	100m: 1:10.16 37.46 200m: 2:32.28 40.25 300m: 4:00.16 44.71 400m: 5:13.18 36.86						
3.	REIS Erica Cristina	05	Sporting	**5:17.62**	+0,64	589	
	50m: 33.45 33.45 150m: 1:55.44 43.31 250m: 3:20.80 44.34 350m: 4:42.50 36.18						
	100m: 1:12.13 38.68 200m: 2:36.46 41.02 300m: 4:06.32 45.52 400m: 5:17.62 35.12						
4.	SANTOS Leonor Esteves	04	Avancado EUL	**5:18.60**	+0,80	584	
	50m: 34.52 34.52 150m: 1:57.66 44.37 250m: 3:22.15 42.72 350m: 4:42.77 36.69						
	100m: 1:13.29 38.77 200m: 2:39.43 41.77 300m: 4:06.08 43.93 400m: 5:18.60 35.83						
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	**5:19.71**	+0,71	578	
	50m: 33.08 33.08 150m: 1:53.40 42.40 250m: 3:20.55 45.62 350m: 4:44.16 36.82						
	100m: 1:11.00 37.92 200m: 2:34.93 41.53 300m: 4:07.34 46.79 400m: 5:19.71 35.55						
6.	RODRIGUES Lidiana Correia	04	Belenenses	**5:23.06**	+0,77	560	
	50m: 33.27 33.27 150m: 1:56.83 44.19 250m: 3:22.62 43.37 350m: 4:46.11 38.18						
	100m: 1:12.64 39.37 200m: 2:39.25 42.42 300m: 4:07.93 45.31 400m: 5:23.06 36.95						
7.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**5:26.43**	+0,69	543	
	50m: 33.88 33.88 150m: 1:56.59 41.98 250m: 3:25.92 48.53 350m: 4:51.73 35.83						
	100m: 1:14.61 40.73 200m: 2:37.39 40.80 300m: 4:15.90 49.98 400m: 5:26.43 34.70						
8.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:28.08**	+0,57	535	
	50m: 34.70 34.70 150m: 1:57.53 42.59 250m: 3:25.37 45.89 350m: 4:51.77 38.70						
	100m: 1:14.94 40.24 200m: 2:39.48 41.95 300m: 4:13.07 47.70 400m: 5:28.08 36.31						
9.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**5:28.27**	+0,72	534	
	50m: 33.48 33.48 150m: 1:57.20 44.16 250m: 3:25.86 45.80 350m: 4:50.97 37.98						
	100m: 1:13.04 39.56 200m: 2:40.06 42.86 300m: 4:12.99 47.13 400m: 5:28.27 37.30						
10.	NUNES Margarida Domingues	05	Avancado EUL	**5:28.61**	+0,77	532	
	50m: 35.48 35.48 150m: 2:01.60 45.08 250m: 3:28.70 42.89 350m: 4:52.12 37.79						
	100m: 1:16.52 41.04 200m: 2:45.81 44.21 300m: 4:14.33 45.63 400m: 5:28.61 36.49						
11.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**5:29.35**	+0,76	528	
	50m: 33.32 33.32 150m: 1:54.35 42.84 250m: 3:24.59 48.11 350m: 4:52.61 39.26						
	100m: 1:11.51 38.19 200m: 2:36.48 42.13 300m: 4:13.35 48.76 400m: 5:29.35 36.74						
12.	LOURO Ariana Espirito	05	Gualdim Pais	**5:29.79**	+0,59	526	
	50m: 34.78 34.78 150m: 1:58.61 44.12 250m: 3:25.88 46.37 350m: 4:52.36 39.49						
	100m: 1:14.49 39.71 200m: 2:39.51 40.90 300m: 4:12.87 46.99 400m: 5:29.79 37.43						
13.	MORGADO Alice Jesus	04	Gesloures	**5:31.86**	+0,84	517	
	50m: 33.90 33.90 150m: 1:55.97 43.09 250m: 3:26.62 47.32 350m: 4:54.25 38.59						
	100m: 1:12.88 38.98 200m: 2:39.30 43.33 300m: 4:15.66 49.04 400m: 5:31.86 37.61						

ORGANIZAÇÃO
PARCEIROS INSTITUCIONAIS
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PARCEIROS

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	LAMAS Maria Caetano	04	Miranda do Corvo	**5:31.91**	+0,91	516	
	50m: 33.79 33.79 150m: 2:00.00 46.32 250m: 3:30.14 46.41 350m: 4:55.36 38.74						
	100m: 1:13.68 39.89 200m: 2:43.73 43.73 300m: 4:16.62 46.48 400m: 5:31.91 36.55						
15.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**5:32.65**	+0,77	513	
	50m: 35.18 35.18 150m: 2:02.26 45.49 250m: 3:32.38 46.23 350m: 4:56.18 37.35						
	100m: 1:16.77 41.59 200m: 2:46.15 43.89 300m: 4:18.83 46.45 400m: 5:32.65 36.47						
16.	RIOS Maria Manuel	04	Leixoes	**5:33.18**	+0,64	510	
	50m: 32.82 32.82 150m: 1:57.57 44.71 250m: 3:28.39 47.36 350m: 4:55.60 37.98						
	100m: 1:12.86 40.04 200m: 2:41.03 43.46 300m: 4:17.62 49.23 400m: 5:33.18 37.58						
17.	INACIO Marta Macedo	04	Sporting	**5:33.95**	+0,81	507	
	50m: 33.20 33.20 150m: 1:55.65 43.03 250m: 3:26.10 48.31 350m: 4:56.10 39.30						
	100m: 1:12.62 39.42 200m: 2:37.79 42.14 300m: 4:16.80 50.70 400m: 5:33.95 37.85						
18.	MORGANHO Leonor Alves	04	Alges	**5:34.05**	+0,81	506	
	50m: 35.18 35.18 150m: 2:01.74 47.01 250m: 3:32.03 46.06 350m: 4:56.84 38.29						
	100m: 1:14.73 39.55 200m: 2:45.97 44.23 300m: 4:18.55 46.52 400m: 5:34.05 37.21						
19.	GAMA Joana Fernandes	05	Sporting	**5:34.08**	+0,81	506	
	50m: 34.89 34.89 150m: 2:01.66 46.36 250m: 3:32.31 46.60 350m: 4:58.07 37.84						
	100m: 1:15.30 40.41 200m: 2:45.71 44.05 300m: 4:20.23 47.92 400m: 5:34.08 36.01						
20.	CRUZ Jessica Catarina	04	Aquatico Pacense	**5:34.28**	+0,88	505	
	50m: 33.41 33.41 150m: 1:55.46 44.25 250m: 3:26.35 48.28 350m: 4:54.96 40.41						
	100m: 1:11.21 37.80 200m: 2:38.07 42.61 300m: 4:14.55 48.20 400m: 5:34.28 39.32						
21.	COSTA Catarina Nunes	04	Gesloures	**5:34.37**	+0,83	505	
	50m: 34.58 34.58 150m: 2:01.84 46.83 250m: 3:32.32 46.52 350m: 4:58.16 38.72						
	100m: 1:15.01 40.43 200m: 2:45.80 43.96 300m: 4:19.44 47.12 400m: 5:34.37 36.21						
22.	SOUSA Joana Francisca	04	Sao Roque	**5:34.50**	+0,68	504	
	50m: 33.50 33.50 150m: 1:56.31 42.87 250m: 3:26.77 47.67 350m: 4:55.72 39.64						
	100m: 1:13.44 39.94 200m: 2:39.10 42.79 300m: 4:16.08 49.31 400m: 5:34.50 38.78						
23.	CANINHAS Maria Pinto	05	Natacao do Fundao	**5:35.06**	+0,77	502	
	50m: 34.46 34.46 150m: 1:57.41 42.18 250m: 3:28.87 51.22 350m: 4:59.30 37.91						
	100m: 1:15.23 40.77 200m: 2:37.65 40.24 300m: 4:21.39 52.52 400m: 5:35.06 35.76						
24.	MONTEIRO Barbara Oliveira	04	Braga	**5:35.55**	+0,96	500	
	50m: 35.87 35.87 150m: 2:03.15 45.71 250m: 3:35.22 47.36 350m: 5:00.27 36.56						
	100m: 1:17.44 41.57 200m: 2:47.86 44.71 300m: 4:23.71 48.49 400m: 5:35.55 35.28						
25.	LOPES Francisca Macedo	05	Vilacondense	**5:35.58**	+0,80	500	
	50m: 34.38 34.38 150m: 2:00.51 43.26 250m: 3:30.97 47.82 350m: 4:58.23 37.75						
	100m: 1:17.25 42.87 200m: 2:43.15 42.64 300m: 4:20.48 49.51 400m: 5:35.58 37.35						
26.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**5:35.64**	+0,68	499	
	50m: 32.89 32.89 150m: 1:57.03 45.38 250m: 3:30.53 48.59 350m: 4:58.17 38.36						
	100m: 1:11.65 38.76 200m: 2:41.94 44.91 300m: 4:19.81 49.28 400m: 5:35.64 37.47						
27.	RINO Maria Pedro	05	Academia Acores	**5:36.06**	+0,80	497	
	50m: 33.21 33.21 150m: 1:55.52 43.47 250m: 3:26.56 47.95 350m: 4:57.14 39.61						
	100m: 1:12.05 38.84 200m: 2:38.61 43.09 300m: 4:17.53 50.97 400m: 5:36.06 38.92						
28.	HENRIQUES Carolina Porem	04	Sporting	**5:36.23**	+0,66	497	
	50m: 34.56 34.56 150m: 2:00.88 45.57 250m: 3:32.98 47.17 350m: 4:58.68 37.60						
	100m: 1:15.31 40.75 200m: 2:45.81 44.93 300m: 4:21.08 48.10 400m: 5:36.23 37.55						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 16, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	TAVARES Mariana Silva	04	Estarreja	**5:38.24**	+0,93	488	
	50m: 33.90 33.90 150m: 1:58.46 42.98 250m: 3:32.16 50.90 350m: 5:01.70 38.96						
	100m: 1:15.48 41.58 200m: 2:41.26 42.80 300m: 4:22.74 50.58 400m: 5:38.24 36.54						
30.	PIMENTEL Marta Lima	04	Fluvial Portuense	**5:38.44**	+0,92	487	
	50m: 35.39 35.39 150m: 2:01.62 44.49 250m: 3:34.89 50.74 350m: 5:02.98 36.99						
	100m: 1:17.13 41.74 200m: 2:44.15 42.53 300m: 4:25.99 51.10 400m: 5:38.44 35.46						
31.	FERREIRA Joana Rosa	05	Naval de Peniche	**5:39.67**	+0,81	482	
	50m: 34.52 34.52 150m: 2:02.08 45.55 250m: 3:33.49 47.10 350m: 5:01.06 40.28						
	100m: 1:16.53 42.01 200m: 2:46.39 44.31 300m: 4:20.78 47.29 400m: 5:39.67 38.61						
32.	SILVA Joana Ferreira	05	Leixoes	**5:42.71**	+0,67	469	
	50m: 33.79 33.79 150m: 1:59.48 45.16 250m: 3:32.45 49.16 350m: 5:03.75 40.02						
	100m: 1:14.32 40.53 200m: 2:43.29 43.81 300m: 4:23.73 51.28 400m: 5:42.71 38.96						
33.	FRANCO Barbara Garrido	04	Elvense	**5:43.96**	+0,78	464	
	50m: 34.82 34.82 150m: 2:02.87 46.04 250m: 3:35.30 47.46 350m: 5:04.26 40.90						
	100m: 1:16.83 42.01 200m: 2:47.84 44.97 300m: 4:23.36 48.06 400m: 5:43.96 39.70						
34.	SILVA Mariana Azevedo	05	Sanjoanense/FEPSA	**5:44.94**	+0,81	460	
	50m: 35.31 35.31 150m: 2:03.03 44.41 250m: 3:35.46 50.28 350m: 5:07.53 40.68						
	100m: 1:18.62 43.31 200m: 2:45.18 42.15 300m: 4:26.85 51.39 400m: 5:44.94 37.41						
35.	LIMA Eduarda Filipa	04	Vilacondense	**5:47.58**	+0,86	450	
	50m: 34.78 34.78 150m: 1:59.72 43.84 250m: 3:35.95 52.00 350m: 5:08.41 39.87						
	100m: 1:15.88 41.10 200m: 2:43.95 44.23 300m: 4:28.54 52.59 400m: 5:47.58 39.17						
36.	MARQUES Maria Ines	05	Alcobaca	**5:48.10**	+0,73	448	
	50m: 36.24 36.24 150m: 2:06.49 46.16 250m: 3:39.63 49.39 350m: 5:09.38 39.75						
	100m: 1:20.33 44.09 200m: 2:50.24 43.75 300m: 4:29.63 50.00 400m: 5:48.10 38.72						
37.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**5:49.31**	+0,72	443	
	50m: 34.50 34.50 150m: 2:03.88 48.57 250m: 3:39.37 49.08 350m: 5:10.04 40.70						
	100m: 1:15.31 40.81 200m: 2:50.29 46.41 300m: 4:29.34 49.97 400m: 5:49.31 39.27						
38.	MARTINS Margarida Carvalhal	05	Famalicao	**5:49.73**	+0,72	441	
	50m: 35.65 35.65 150m: 2:04.80 45.72 250m: 3:39.14 51.47 350m: 5:12.30 41.51						
	100m: 1:19.08 43.43 200m: 2:47.67 42.87 300m: 4:30.79 51.65 400m: 5:49.73 37.43						
39.	SILVA Alexandra Cordeiro	04	Alcobaca	**6:00.02**	+0,78	404	
	50m: 37.48 37.48 150m: 2:13.60 49.16 250m: 3:48.97 49.09 350m: 5:20.84 42.26						
	100m: 1:24.44 46.96 200m: 2:59.88 46.28 300m: 4:38.58 49.61 400m: 6:00.02 39.18						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 16, Femin., 400m Estilos, Elimin

Prova 16 — Femin., 400m Estilos — Open
02-08-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
Rec Nac Juv A	4:58.08	DURAES Diana Margarida	FOCA	Póvoa de Varzim	05-08-2011
Rec Nac Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015
Rec Nac Inf A	5:11.29	ROCHA Diana Ramos	EDV	Faro	20-07-2007
Rec Nac Inf B	5:14.05	RUIVO Filipa Vilas	DNMG	S. João da Madeira	24-07-2009

TAC Sen 50m: 5:18.97 - 25m: 5:09.44; Jun 50m: 5:30.09 - 25m: 5:19.73; Juv A 50m: 5:40.41 - 25m: 5:26.20; Juv B 50m: 5:44.75 - 25m: 5:32.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**4:54.19**	+0,74	742	
	50m: 30.14 30.14 150m: 1:43.18 39.24 250m: 3:02.36 40.68 350m: 4:19.33 35.49						
	100m: 1:03.94 33.80 200m: 2:21.68 38.50 300m: 3:43.84 41.48 400m: 4:54.19 34.86						
2.	DURAES Diana Margarida	96	Benfica	**4:58.79**	+0,77	708	
	50m: 31.96 31.96 150m: 1:48.18 40.04 250m: 3:08.56 42.09 350m: 4:25.42 34.64						
	100m: 1:08.14 36.18 200m: 2:26.47 38.29 300m: 3:50.78 42.22 400m: 4:58.79 33.37						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**5:01.92**	+0,77	686	
	50m: 31.13 31.13 150m: 1:49.20 41.68 250m: 3:10.10 41.17 350m: 4:27.83 35.64						
	100m: 1:07.52 36.39 200m: 2:28.93 39.73 300m: 3:52.19 42.09 400m: 5:01.92 34.09						
4.	SOUSA Ana Reis	02	Alges	**5:03.04**	+0,69	679	
	50m: 31.70 31.70 150m: 1:48.32 40.12 250m: 3:10.62 43.46 350m: 4:29.18 35.32						
	100m: 1:08.20 36.50 200m: 2:27.16 38.84 300m: 3:53.86 43.24 400m: 5:03.04 33.86						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**5:03.85**	+0,68	673	
	50m: 30.45 30.45 150m: 1:47.67 41.53 250m: 3:10.95 43.34 350m: 4:29.57 35.25						
	100m: 1:06.14 35.69 200m: 2:27.61 39.94 300m: 3:54.32 43.37 400m: 5:03.85 34.28						
6.	ANDRE Angelica Maria	94	Fluvial Portuense	**5:07.31**	+0,70	651	
	50m: 32.33 32.33 150m: 1:50.85 41.82 250m: 3:14.41 42.80 350m: 4:32.43 35.47						
	100m: 1:09.03 36.70 200m: 2:31.61 40.76 300m: 3:56.96 42.55 400m: 5:07.31 34.88						
7.	CARDEAL Joana Nunes	02	Academico Viseu	**5:08.52**	+0,79	643	
	50m: 31.53 31.53 150m: 1:48.71 40.79 250m: 3:13.04 45.13 350m: 4:34.14 35.43						
	100m: 1:07.92 36.39 200m: 2:27.91 39.20 300m: 3:58.71 45.67 400m: 5:08.52 34.38						
8.	MONTEIRO Ana Catarina	93	Vilacondense	**5:09.00**	+0,68	640	
	50m: 30.20 30.20 150m: 1:44.72 40.71 250m: 3:09.41 44.88 350m: 4:32.55 37.58						
	100m: 1:04.01 33.81 200m: 2:24.53 39.81 300m: 3:54.97 45.56 400m: 5:09.00 36.45						
9.	LOPES Daniela Magalhaes	05	Famalicao	**5:11.91**	+0,75	622	
	50m: 32.10 32.10 150m: 1:51.43 41.82 250m: 3:17.94 44.68 350m: 4:37.44 34.97						
	100m: 1:09.61 37.51 200m: 2:33.26 41.83 300m: 4:02.47 44.53 400m: 5:11.91 34.47						
10.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**5:12.03**	+0,70	622	
	50m: 31.73 31.73 150m: 1:50.31 41.50 250m: 3:15.43 44.06 350m: 4:36.57 36.46						
	100m: 1:08.81 37.08 200m: 2:31.37 41.06 300m: 4:00.11 44.68 400m: 5:12.03 35.46						
11.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**5:12.77**	+0,74	617	
	50m: 32.63 32.63 150m: 1:52.17 42.56 250m: 3:17.29 43.22 350m: 4:37.44 36.98						
	100m: 1:09.61 36.98 200m: 2:34.07 41.90 300m: 4:00.46 43.17 400m: 5:12.77 35.33						

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Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	VELOSO Teresa Miguel	00	Sporting	**5:12.81**	+0,76	617	
	50m: 31.99 31.99 150m: 1:51.63 41.85 250m: 3:16.46 43.85 350m: 4:37.21 36.05						
	100m: 1:09.78 37.79 200m: 2:32.61 40.98 300m: 4:01.16 44.70 400m: 5:12.81 35.60						
13.	DELGADO Soraia Alexandra	05	Sporting	**5:13.18**	+0,70	615	
	50m: 32.70 32.70 150m: 1:52.03 41.87 250m: 3:15.45 43.17 350m: 4:36.32 36.16						
	100m: 1:10.16 37.46 200m: 2:32.28 40.25 300m: 4:00.16 44.71 400m: 5:13.18 36.86						
14.	AMORIM Maria Leonor	03	Porto	**5:16.95**	+0,73	593	
	50m: 33.01 33.01 150m: 1:53.62 40.44 250m: 3:19.10 45.88 350m: 4:41.90 35.61						
	100m: 1:13.18 40.17 200m: 2:33.22 39.60 300m: 4:06.29 47.19 400m: 5:16.95 35.05						
15.	REIS Erica Cristina	05	Sporting	**5:17.62**	+0,64	589	
	50m: 33.45 33.45 150m: 1:55.44 43.31 250m: 3:20.80 44.34 350m: 4:42.50 36.18						
	100m: 1:12.13 38.68 200m: 2:36.46 41.02 300m: 4:06.32 45.52 400m: 5:17.62 35.12						
16.	SANTOS Leonor Esteves	04	Avancado EUL	**5:18.60**	+0,80	584	
	50m: 34.52 34.52 150m: 1:57.66 44.37 250m: 3:22.15 42.72 350m: 4:42.77 36.69						
	100m: 1:13.29 38.77 200m: 2:39.43 41.77 300m: 4:06.08 43.93 400m: 5:18.60 35.83						
17.	RIBEIRO Margarida Messias	98	Gesloures	**5:19.17**	+0,65	581	
	50m: 33.57 33.57 150m: 1:54.82 42.14 250m: 3:19.37 43.89 350m: 4:43.20 38.12						
	100m: 1:12.68 39.11 200m: 2:35.48 40.66 300m: 4:05.08 45.71 400m: 5:19.17 35.97						
18.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**5:19.41**	+0,69	579	
	50m: 33.87 33.87 150m: 1:54.85 41.98 250m: 3:22.32 45.59 350m: 4:44.42 35.93						
	100m: 1:12.87 39.00 200m: 2:36.73 41.88 300m: 4:08.49 46.17 400m: 5:19.41 34.99						
19.	CARDEAL Beatriz Nunes	04	Academico Viseu	**5:19.71**	+0,71	578	
	50m: 33.08 33.08 150m: 1:53.40 42.40 250m: 3:20.55 45.62 350m: 4:44.16 36.82						
	100m: 1:11.00 37.92 200m: 2:34.93 41.53 300m: 4:07.34 46.79 400m: 5:19.71 35.55						
20.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**5:20.60**	+0,53	573	
	50m: 31.81 31.81 150m: 1:50.96 42.05 250m: 3:16.70 44.44 350m: 4:42.13 38.71						
	100m: 1:08.91 37.10 200m: 2:32.26 41.30 300m: 4:03.42 46.72 400m: 5:20.60 38.47						
21.	NEVES Sara Dias	03	Miranda do Corvo	**5:20.80**	+0,67	572	
	50m: 33.56 33.56 150m: 1:53.02 41.17 250m: 3:19.88 46.13 350m: 4:44.29 37.80						
	100m: 1:11.85 38.29 200m: 2:33.75 40.73 300m: 4:06.49 46.61 400m: 5:20.80 36.51						
22.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:20.84**	+0,80	572	
	50m: 32.48 32.48 150m: 1:53.30 43.03 250m: 3:21.70 47.72 350m: 4:45.69 36.47						
	100m: 1:10.27 37.79 200m: 2:33.98 40.68 300m: 4:09.22 47.52 400m: 5:20.84 35.15						
23.	SILVA Natacha Sofia	02	Benfica	**5:21.54**	+0,77	568	
	50m: 32.95 32.95 150m: 1:55.74 44.74 250m: 3:23.01 43.18 350m: 4:45.30 37.73						
	100m: 1:11.00 38.05 200m: 2:39.83 44.09 300m: 4:07.57 44.56 400m: 5:21.54 36.24						
24.	RODRIGUES Lidiana Correia	04	Belenenses	**5:23.06**	+0,77	560	
	50m: 33.27 33.27 150m: 1:56.83 44.19 250m: 3:22.62 43.37 350m: 4:46.11 38.18						
	100m: 1:12.64 39.37 200m: 2:39.25 42.42 300m: 4:07.93 45.31 400m: 5:23.06 36.95						
25.	MATOS Ana Rita	02	Belenenses	**5:23.92**	+0,70	556	
	50m: 33.24 33.24 150m: 1:52.46 41.53 250m: 3:19.73 46.87 350m: 4:45.74 38.54						
	100m: 1:10.93 37.69 200m: 2:32.86 40.40 300m: 4:07.20 47.47 400m: 5:23.92 38.18						
26.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**5:26.43**	+0,69	543	
	50m: 33.88 33.88 150m: 1:56.59 41.98 250m: 3:25.92 48.53 350m: 4:51.73 35.83						
	100m: 1:14.61 40.73 200m: 2:37.39 40.80 300m: 4:15.90 49.98 400m: 5:26.43 34.70						

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NATAÇÃO PURA

Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	MARQUES Mariana Nunes	03	Estarreja	**5:27.91**	+0,71	535	
	50m: 33.29 33.29 150m: 1:55.06 42.87 250m: 3:25.65 49.63 350m: 4:51.91 37.33						
	100m: 1:12.19 38.90 200m: 2:36.02 40.96 300m: 4:14.58 48.93 400m: 5:27.91 36.00						
28.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:28.08**	+0,57	535	
	50m: 34.70 34.70 150m: 1:57.53 42.59 250m: 3:25.37 45.89 350m: 4:51.77 38.70						
	100m: 1:14.94 40.24 200m: 2:39.48 41.95 300m: 4:13.07 47.70 400m: 5:28.08 36.31						
29.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**5:28.27**	+0,72	534	
	50m: 33.48 33.48 150m: 1:57.20 44.16 250m: 3:25.86 45.80 350m: 4:50.97 37.98						
	100m: 1:13.04 39.56 200m: 2:40.06 42.86 300m: 4:12.99 47.13 400m: 5:28.27 37.30						
30.	NUNES Margarida Domingues	05	Avancado EUL	**5:28.61**	+0,77	532	
	50m: 35.48 35.48 150m: 2:01.60 45.08 250m: 3:28.70 42.89 350m: 4:52.12 37.79						
	100m: 1:16.52 41.04 200m: 2:45.81 44.21 300m: 4:14.33 45.63 400m: 5:28.61 36.49						
31.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**5:29.35**	+0,76	528	
	50m: 33.32 33.32 150m: 1:54.35 42.84 250m: 3:24.59 48.11 350m: 4:52.61 39.26						
	100m: 1:11.51 38.19 200m: 2:36.48 42.13 300m: 4:13.35 48.76 400m: 5:29.35 36.74						
32.	LOURO Ariana Espirito	05	Gualdim Pais	**5:29.79**	+0,59	526	
	50m: 34.78 34.78 150m: 1:58.61 44.12 250m: 3:25.88 46.37 350m: 4:52.36 39.49						
	100m: 1:14.49 39.71 200m: 2:39.51 40.90 300m: 4:12.87 46.99 400m: 5:29.79 37.43						
33.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**5:31.40**	+0,72	519	
	50m: 34.14 34.14 150m: 1:55.79 41.51 250m: 3:25.99 49.98 350m: 4:54.42 37.80						
	100m: 1:14.28 40.14 200m: 2:36.01 40.22 300m: 4:16.62 50.63 400m: 5:31.40 36.98						
34.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**5:31.42**	+0,75	519	
	50m: 33.42 33.42 150m: 1:55.75 43.74 250m: 3:25.90 46.96 350m: 4:53.62 39.83						
	100m: 1:12.01 38.59 200m: 2:38.94 43.19 300m: 4:13.79 47.89 400m: 5:31.42 37.80						
35.	MORGADO Alice Jesus	04	Gesloures	**5:31.86**	+0,84	517	
	50m: 33.90 33.90 150m: 1:55.97 43.09 250m: 3:26.62 47.32 350m: 4:54.25 38.59						
	100m: 1:12.88 38.98 200m: 2:39.30 43.33 300m: 4:15.66 49.04 400m: 5:31.86 37.61						
36.	LAMAS Maria Caetano	04	Miranda do Corvo	**5:31.91**	+0,91	516	
	50m: 33.79 33.79 150m: 2:00.00 46.32 250m: 3:30.14 46.41 350m: 4:55.36 38.74						
	100m: 1:13.68 39.89 200m: 2:43.73 43.73 300m: 4:16.62 46.48 400m: 5:31.91 36.55						
37.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**5:32.65**	+0,77	513	
	50m: 35.18 35.18 150m: 2:02.26 45.49 250m: 3:32.38 46.23 350m: 4:56.18 37.35						
	100m: 1:16.77 41.59 200m: 2:46.15 43.89 300m: 4:18.83 46.45 400m: 5:32.65 36.47						
38.	RIOS Maria Manuel	04	Leixoes	**5:33.18**	+0,64	510	
	50m: 32.82 32.82 150m: 1:57.57 44.71 250m: 3:28.39 47.36 350m: 4:55.60 37.98						
	100m: 1:12.86 40.04 200m: 2:41.03 43.46 300m: 4:17.62 49.23 400m: 5:33.18 37.58						
39.	INACIO Marta Macedo	04	Sporting	**5:33.95**	+0,81	507	
	50m: 33.20 33.20 150m: 1:55.65 43.03 250m: 3:26.10 48.31 350m: 4:56.10 39.30						
	100m: 1:12.62 39.42 200m: 2:37.79 42.14 300m: 4:16.80 50.70 400m: 5:33.95 37.85						
40.	MORGANHO Leonor Alves	04	Alges	**5:34.05**	+0,81	506	
	50m: 35.18 35.18 150m: 2:01.74 47.01 250m: 3:32.03 46.06 350m: 4:56.84 38.29						
	100m: 1:14.73 39.55 200m: 2:45.97 44.23 300m: 4:18.55 46.52 400m: 5:34.05 37.21						
41.	GAMA Joana Fernandes	05	Sporting	**5:34.08**	+0,81	506	
	50m: 34.89 34.89 150m: 2:01.66 46.36 250m: 3:32.31 46.60 350m: 4:58.07 37.84						
	100m: 1:15.30 40.41 200m: 2:45.71 44.05 300m: 4:20.23 47.92 400m: 5:34.08 36.01						

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Prova 16, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
42.	CRUZ Jessica Catarina	04	Aquatico Pacense	**5:34.28**	+0,88	505	
	50m: 33.41 33.41 150m: 1:55.46 44.25 250m: 3:26.35 48.28 350m: 4:54.96 40.41						
	100m: 1:11.21 37.80 200m: 2:38.07 42.61 300m: 4:14.55 48.20 400m: 5:34.28 39.32						
43.	COSTA Catarina Nunes	04	Gesloures	**5:34.37**	+0,83	505	
	50m: 34.58 34.58 150m: 2:01.84 46.83 250m: 3:32.32 46.52 350m: 4:58.16 38.72						
	100m: 1:15.01 40.43 200m: 2:45.80 43.96 300m: 4:19.44 47.12 400m: 5:34.37 36.21						
44.	SOUSA Joana Francisca	04	Sao Roque	**5:34.50**	+0,68	504	
	50m: 33.50 33.50 150m: 1:56.31 42.87 250m: 3:26.77 47.67 350m: 4:55.72 39.64						
	100m: 1:13.44 39.94 200m: 2:39.10 42.79 300m: 4:16.08 49.31 400m: 5:34.50 38.78						
45.	CANINHAS Maria Pinto	05	Natacao do Fundao	**5:35.06**	+0,77	502	
	50m: 34.46 34.46 150m: 1:57.41 42.18 250m: 3:28.87 51.22 350m: 4:59.30 37.91						
	100m: 1:15.23 40.77 200m: 2:37.65 40.24 300m: 4:21.39 52.52 400m: 5:35.06 35.76						
46.	MONTEIRO Barbara Oliveira	04	Braga	**5:35.55**	+0,96	500	
	50m: 35.87 35.87 150m: 2:03.15 45.71 250m: 3:35.22 47.36 350m: 5:00.27 36.56						
	100m: 1:17.44 41.57 200m: 2:47.86 44.71 300m: 4:23.71 48.49 400m: 5:35.55 35.28						
47.	LOPES Francisca Macedo	05	Vilacondense	**5:35.58**	+0,80	500	
	50m: 34.38 34.38 150m: 2:00.51 43.26 250m: 3:30.97 47.82 350m: 4:58.23 37.75						
	100m: 1:17.25 42.87 200m: 2:43.15 42.64 300m: 4:20.48 49.51 400m: 5:35.58 37.35						
48.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**5:35.64**	+0,68	499	
	50m: 32.89 32.89 150m: 1:57.03 45.38 250m: 3:30.53 48.59 350m: 4:58.17 38.36						
	100m: 1:11.65 38.76 200m: 2:41.94 44.91 300m: 4:19.81 49.28 400m: 5:35.64 37.47						
49.	RINO Maria Pedro	05	Academia Acores	**5:36.06**	+0,80	497	
	50m: 33.21 33.21 150m: 1:55.52 43.47 250m: 3:26.56 47.95 350m: 4:57.14 39.61						
	100m: 1:12.05 38.84 200m: 2:38.61 43.09 300m: 4:17.53 50.97 400m: 5:36.06 38.92						
50.	HENRIQUES Carolina Porem	04	Sporting	**5:36.23**	+0,66	497	
	50m: 34.56 34.56 150m: 2:00.88 45.57 250m: 3:32.98 47.17 350m: 4:58.68 37.60						
	100m: 1:15.31 40.75 200m: 2:45.81 44.93 300m: 4:21.08 48.10 400m: 5:36.23 37.55						
51.	TAVARES Mariana Silva	04	Estarreja	**5:38.24**	+0,93	488	
	50m: 33.90 33.90 150m: 1:58.46 42.98 250m: 3:32.16 50.90 350m: 5:01.70 38.96						
	100m: 1:15.48 41.58 200m: 2:41.26 42.80 300m: 4:22.74 50.58 400m: 5:38.24 36.54						
52.	PIMENTEL Marta Lima	04	Fluvial Portuense	**5:38.44**	+0,92	487	
	50m: 35.39 35.39 150m: 2:01.62 44.49 250m: 3:34.89 50.74 350m: 5:02.98 36.99						
	100m: 1:17.13 41.74 200m: 2:44.15 42.53 300m: 4:25.99 51.10 400m: 5:38.44 35.46						
53.	FERREIRA Joana Rosa	05	Naval de Peniche	**5:39.67**	+0,81	482	
	50m: 34.52 34.52 150m: 2:02.08 45.55 250m: 3:33.49 47.10 350m: 5:01.06 40.28						
	100m: 1:16.53 42.01 200m: 2:46.39 44.31 300m: 4:20.78 47.29 400m: 5:39.67 38.61						
54.	SILVA Joana Ferreira	05	Leixoes	**5:42.71**	+0,67	469	
	50m: 33.79 33.79 150m: 1:59.48 45.16 250m: 3:32.45 49.16 350m: 5:03.75 40.02						
	100m: 1:14.32 40.53 200m: 2:43.29 43.81 300m: 4:23.73 51.28 400m: 5:42.71 38.96						
55.	FRANCO Barbara Garrido	04	Elvense	**5:43.96**	+0,78	464	
	50m: 34.82 34.82 150m: 2:02.87 46.04 250m: 3:35.30 47.46 350m: 5:04.26 40.90						
	100m: 1:16.83 42.01 200m: 2:47.84 44.97 300m: 4:23.36 48.06 400m: 5:43.96 39.70						
56.	SILVA Mariana Azevedo	05	Sanjoanense/FEPSA	**5:44.94**	+0,81	460	
	50m: 35.31 35.31 150m: 2:03.03 44.41 250m: 3:35.46 50.28 350m: 5:07.53 40.68						
	100m: 1:18.62 43.31 200m: 2:45.18 42.15 300m: 4:26.85 51.39 400m: 5:44.94 37.41						

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PARCEIROS

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	LIMA Eduarda Filipa	04	Vilacondense	**5:47.58**	+0,86	450	
	50m: 34.78 34.78 150m: 1:59.72 43.84 250m: 3:35.95 52.00 350m: 5:08.41 39.87						
	100m: 1:15.88 41.10 200m: 2:43.95 44.23 300m: 4:28.54 52.59 400m: 5:47.58 39.17						
58.	MARQUES Maria Ines	05	Alcobaca	**5:48.10**	+0,73	448	
	50m: 36.24 36.24 150m: 2:06.49 46.16 250m: 3:39.63 49.39 350m: 5:09.38 39.75						
	100m: 1:20.33 44.09 200m: 2:50.24 43.75 300m: 4:29.63 50.00 400m: 5:48.10 38.72						
59.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**5:49.31**	+0,72	443	
	50m: 34.50 34.50 150m: 2:03.88 48.57 250m: 3:39.37 49.08 350m: 5:10.04 40.70						
	100m: 1:15.31 40.81 200m: 2:50.29 46.41 300m: 4:29.34 49.97 400m: 5:49.31 39.27						
60.	MARTINS Margarida Carvalhal	05	Famalicao	**5:49.73**	+0,72	441	
	50m: 35.65 35.65 150m: 2:04.80 45.72 250m: 3:39.14 51.47 350m: 5:12.30 41.51						
	100m: 1:19.08 43.43 200m: 2:47.67 42.87 300m: 4:30.79 51.65 400m: 5:49.73 37.43						
61.	SILVA Alexandra Cordeiro	04	Alcobaca	**6:00.02**	+0,78	404	
	50m: 37.48 37.48 150m: 2:13.60 49.16 250m: 3:48.97 49.09 350m: 5:20.84 42.26						
	100m: 1:24.44 46.96 200m: 2:59.88 46.28 300m: 4:38.58 49.61 400m: 6:00.02 39.18						
DNS	HENRIQUES Ines Jacinto	00	Sporting				

Prova 16 — Femin., 400m Estilos — Absolutos
02-08-2019 - 9:50 — Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017

TAC Sen 50m: 5:18.97 - 25m: 5:09.44; Jun 50m: 5:30.09 - 25m: 5:19.73

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**4:54.19**	+0,74	742	
	50m: 30.14 30.14 150m: 1:43.18 39.24 250m: 3:02.36 40.68 350m: 4:19.33 35.49						
	100m: 1:03.94 33.80 200m: 2:21.68 38.50 300m: 3:43.84 41.48 400m: 4:54.19 34.86						
2.	DURAES Diana Margarida	96	Benfica	**4:58.79**	+0,77	708	
	50m: 31.96 31.96 150m: 1:48.18 40.04 250m: 3:08.56 42.09 350m: 4:25.42 34.64						
	100m: 1:08.14 36.18 200m: 2:26.47 38.29 300m: 3:50.78 42.22 400m: 4:58.79 33.37						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**5:01.92**	+0,77	686	
	50m: 31.13 31.13 150m: 1:49.20 41.68 250m: 3:10.10 41.17 350m: 4:27.83 35.64						
	100m: 1:07.52 36.39 200m: 2:28.93 39.73 300m: 3:52.19 42.09 400m: 5:01.92 34.09						
4.	SOUSA Ana Reis	02	Alges	**5:03.04**	+0,69	679	
	50m: 31.70 31.70 150m: 1:48.32 40.12 250m: 3:10.62 43.46 350m: 4:29.18 35.32						
	100m: 1:08.20 36.50 200m: 2:27.16 38.84 300m: 3:53.86 43.24 400m: 5:03.04 33.86						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**5:03.85**	+0,68	673	
	50m: 30.45 30.45 150m: 1:47.67 41.53 250m: 3:10.95 43.34 350m: 4:29.57 35.25						
	100m: 1:06.14 35.69 200m: 2:27.61 39.94 300m: 3:54.32 43.37 400m: 5:03.85 34.28						
6.	ANDRE Angelica Maria	94	Fluvial Portuense	**5:07.31**	+0,70	651	
	50m: 32.33 32.33 150m: 1:50.85 41.82 250m: 3:14.41 42.80 350m: 4:32.43 35.47						
	100m: 1:09.03 36.70 200m: 2:31.61 40.76 300m: 3:56.96 42.55 400m: 5:07.31 34.88						

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Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	CARDEAL Joana Nunes	02	Academico Viseu	**5:08.52**	+0,79	643	
	50m: 31.53 31.53 150m: 1:48.71 40.79 250m: 3:13.04 45.13 350m: 4:34.14 35.43						
	100m: 1:07.92 36.39 200m: 2:27.91 39.20 300m: 3:58.71 45.67 400m: 5:08.52 34.38						
8.	MONTEIRO Ana Catarina	93	Vilacondense	**5:09.00**	+0,68	640	
	50m: 30.20 30.20 150m: 1:44.72 40.71 250m: 3:09.41 44.88 350m: 4:32.55 37.58						
	100m: 1:04.01 33.81 200m: 2:24.53 39.81 300m: 3:54.97 45.56 400m: 5:09.00 36.45						
9.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**5:12.03**	+0,70	622	
	50m: 31.73 31.73 150m: 1:50.31 41.50 250m: 3:15.43 44.06 350m: 4:36.57 36.46						
	100m: 1:08.81 37.08 200m: 2:31.37 41.06 300m: 4:00.11 44.68 400m: 5:12.03 35.46						
10.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**5:12.77**	+0,74	617	
	50m: 32.63 32.63 150m: 1:52.17 42.56 250m: 3:17.29 43.22 350m: 4:37.44 36.98						
	100m: 1:09.61 36.98 200m: 2:34.07 41.90 300m: 4:00.46 43.17 400m: 5:12.77 35.33						
11.	VELOSO Teresa Miguel	00	Sporting	**5:12.81**	+0,76	617	
	50m: 31.99 31.99 150m: 1:51.63 41.85 250m: 3:16.46 43.85 350m: 4:37.21 36.05						
	100m: 1:09.78 37.79 200m: 2:32.61 40.98 300m: 4:01.16 44.70 400m: 5:12.81 35.60						
12.	AMORIM Maria Leonor	03	Porto	**5:16.95**	+0,73	593	
	50m: 33.01 33.01 150m: 1:53.62 40.44 250m: 3:19.10 45.88 350m: 4:41.90 35.61						
	100m: 1:13.18 40.17 200m: 2:33.22 39.60 300m: 4:06.29 47.19 400m: 5:16.95 35.05						
13.	RIBEIRO Margarida Messias	98	Gesloures	**5:19.17**	+0,65	581	
	50m: 33.57 33.57 150m: 1:54.82 42.14 250m: 3:19.37 43.89 350m: 4:43.20 38.12						
	100m: 1:12.68 39.11 200m: 2:35.48 40.66 300m: 4:05.08 45.71 400m: 5:19.17 35.97						
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**5:19.41**	+0,69	579	
	50m: 33.87 33.87 150m: 1:54.85 41.98 250m: 3:22.32 45.59 350m: 4:44.42 35.93						
	100m: 1:12.87 39.00 200m: 2:36.73 41.88 300m: 4:08.49 46.17 400m: 5:19.41 34.99						
15.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**5:20.60**	+0,53	573	
	50m: 31.81 31.81 150m: 1:50.96 42.05 250m: 3:16.70 44.44 350m: 4:42.13 38.71						
	100m: 1:08.91 37.10 200m: 2:32.26 41.30 300m: 4:03.42 46.72 400m: 5:20.60 38.47						
16.	NEVES Sara Dias	03	Miranda do Corvo	**5:20.80**	+0,67	572	
	50m: 33.56 33.56 150m: 1:53.02 41.17 250m: 3:19.88 46.13 350m: 4:44.29 37.80						
	100m: 1:11.85 38.29 200m: 2:33.75 40.73 300m: 4:06.49 46.61 400m: 5:20.80 36.51						
17.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:20.84**	+0,80	572	
	50m: 32.48 32.48 150m: 1:53.30 43.03 250m: 3:21.70 47.72 350m: 4:45.69 36.47						
	100m: 1:10.27 37.79 200m: 2:33.98 40.68 300m: 4:09.22 47.52 400m: 5:20.84 35.15						
18.	SILVA Natacha Sofia	02	Benfica	**5:21.54**	+0,77	568	
	50m: 32.95 32.95 150m: 1:55.74 44.74 250m: 3:23.01 43.18 350m: 4:45.30 37.73						
	100m: 1:11.00 38.05 200m: 2:39.83 44.09 300m: 4:07.57 44.56 400m: 5:21.54 36.24						
19.	MATOS Ana Rita	02	Belenenses	**5:23.92**	+0,70	556	
	50m: 33.24 33.24 150m: 1:52.46 41.53 250m: 3:19.73 46.87 350m: 4:45.74 38.54						
	100m: 1:10.93 37.69 200m: 2:32.86 40.40 300m: 4:07.20 47.47 400m: 5:23.92 38.18						
20.	MARQUES Mariana Nunes	03	Estarreja	**5:27.91**	+0,71	535	
	50m: 33.29 33.29 150m: 1:55.06 42.87 250m: 3:25.65 49.63 350m: 4:51.91 37.33						
	100m: 1:12.19 38.90 200m: 2:36.02 40.96 300m: 4:14.58 48.93 400m: 5:27.91 36.00						
21.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**5:31.40**	+0,72	519	
	50m: 34.14 34.14 150m: 1:55.79 41.51 250m: 3:25.99 49.98 350m: 4:54.42 37.80						
	100m: 1:14.28 40.14 200m: 2:36.01 40.22 300m: 4:16.62 50.63 400m: 5:31.40 36.98						

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Prova 16, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
22.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**5:31.42**	+0,75	519	
	50m: 33.42 33.42 150m: 1:55.75 43.74 250m: 3:25.90 46.96 350m: 4:53.62 39.83						
	100m: 1:12.01 38.59 200m: 2:38.94 43.19 300m: 4:13.79 47.89 400m: 5:31.42 37.80						
DNS	HENRIQUES Ines Jacinto	00	Sporting				

Prova 17 — Masc., 200m Livres — Juvenis
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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	1:54.85	RIBEIRO Diogo Matos	POR	Baku (AZE)	25-07-2019

TAC Juv A 50m: 2:04.66 - 25m: 2:02.03; Juv B 50m: 2:07.76 - 25m: 2:05.62

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**1:58.50**	+0,67	637	
	50m: 26.82 26.82 100m: 56.73 29.91 150m: 1:26.79 30.06 200m: 1:58.50 31.71						
2.	LOPES Luis Afonso	03	Viver Santarem	**1:59.67**	+0,62	619	
	50m: 28.19 28.19 100m: 58.99 30.80 150m: 1:29.19 30.20 200m: 1:59.67 30.48						
3.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:00.06**	+0,69	613	
	50m: 27.34 27.34 100m: 57.58 30.24 150m: 1:29.08 31.50 200m: 2:00.06 30.98						
4.	ALMEIDA Bernardo Victorino	04	Sporting	**2:00.41**	+0,66	607	
	50m: 27.68 27.68 100m: 57.85 30.17 150m: 1:28.97 31.12 200m: 2:00.41 31.44						
5.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:00.46**	+0,74	607	
	50m: 27.95 27.95 100m: 58.86 30.91 150m: 1:29.68 30.82 200m: 2:00.46 30.78						
6.	SANTOS Gabriel Moreira	04	Famalicao	**2:00.62**	+0,68	604	
	50m: 27.82 27.82 100m: 58.66 30.84 150m: 1:29.52 30.86 200m: 2:00.62 31.10						
7.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**2:00.75**	+0,68	602	
	50m: 27.34 27.34 100m: 58.10 30.76 150m: 1:30.15 32.05 200m: 2:00.75 30.60						
8.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:01.06**	+0,65	598	
	50m: 27.74 27.74 100m: 58.32 30.58 150m: 1:29.50 31.18 200m: 2:01.06 31.56						
9.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**2:01.61**	+0,71	590	
	50m: 28.33 28.33 100m: 59.09 30.76 150m: 1:30.97 31.88 200m: 2:01.61 30.64						
10.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:01.90**	+0,68	585	
	50m: 28.93 28.93 100m: 59.47 30.54 150m: 1:31.30 31.83 200m: 2:01.90 30.60						
11.	CARVALHO Fernando Costa	03	Foca	**2:02.03**	+0,66	583	
	50m: 28.16 28.16 100m: 59.11 30.95 150m: 1:30.37 31.26 200m: 2:02.03 31.66						
12.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**2:02.24**	+0,66	580	
	50m: 28.17 28.17 100m: 59.30 31.13 150m: 1:30.73 31.43 200m: 2:02.24 31.51						
13.	COSTA Afonso Filipe	03	Naval da Nazare	**2:02.56**	+0,70	576	
	50m: 28.27 28.27 100m: 59.77 31.50 150m: 1:31.30 31.53 200m: 2:02.56 31.26						
14.	NUNES Diogo Severino	04	Natacao de Valongo	**2:02.74**	+0,78	573	
	50m: 28.01 28.01 100m: 58.90 30.89 150m: 1:31.10 32.20 200m: 2:02.74 31.64						

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Prova 17, Masc., 200m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:03.56**	+0,75	562	
	50m: 29.22 29.22 100m: 1:00.72 31.50 150m: 1:32.58 31.86 200m: 2:03.56 30.98						
16.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:04.15**	+0,70	554	
	50m: 28.63 28.63 100m: 1:00.55 31.92 150m: 1:32.96 32.41 200m: 2:04.15 31.19						
17.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:04.35**	+0,67	551	
	50m: 28.73 28.73 100m: 59.98 31.25 150m: 1:32.10 32.12 200m: 2:04.35 32.25						
18.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:04.51**	+0,69	549	
	50m: 28.47 28.47 100m: 1:00.51 32.04 150m: 1:32.77 32.26 200m: 2:04.51 31.74						
19.	PENELAS Joao Pedro	04	Gesloures	**2:04.56**	+0,64	549	
	50m: 28.19 28.19 100m: 1:00.17 31.98 150m: 1:32.29 32.12 200m: 2:04.56 32.27						
20.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:04.64**	+0,63	548	
	50m: 28.10 28.10 100m: 1:00.20 32.10 150m: 1:32.38 32.18 200m: 2:04.64 32.26						
21.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:04.75**	+0,69	546	
	50m: 28.30 28.30 100m: 1:01.38 33.08 150m: 1:33.77 32.39 200m: 2:04.75 30.98						
22.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:05.11**	+0,71	541	
	50m: 28.98 28.98 100m: 1:00.53 31.55 150m: 1:32.84 32.31 200m: 2:05.11 32.27						
23.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:05.34**	+0,76	538	
	50m: 29.20 29.20 100m: 1:01.05 31.85 150m: 1:33.96 32.91 200m: 2:05.34 31.38						
24.	REBELO Joao Lourenco	04	Alges	**2:05.37**	+0,64	538	
	50m: 28.52 28.52 100m: 1:00.15 31.63 150m: 1:32.88 32.73 200m: 2:05.37 32.49						
25.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:05.49**	+0,75	536	
	50m: 28.73 28.73 100m: 1:00.30 31.57 150m: 1:32.90 32.60 200m: 2:05.49 32.59						
26.	COSTA Afonso Vilhena	04	Vilacondense	**2:05.73**	+0,68	533	
	50m: 29.28 29.28 100m: 1:01.88 32.60 150m: 1:33.67 31.79 200m: 2:05.73 32.06						
27.	RODEIA Jose Miguel	04	Natacao de Faro	**2:05.89**	+0,64	531	
	50m: 28.86 28.86 100m: 1:00.81 31.95 150m: 1:32.56 31.75 200m: 2:05.89 33.33						
28.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:06.06**	+0,71	529	
	50m: 28.05 28.05 100m: 59.03 30.98 150m: 1:32.39 33.36 200m: 2:06.06 33.67						
29.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**2:06.51**	+0,63	524	
	50m: 28.39 28.39 100m: 1:00.64 32.25 150m: 1:33.03 32.39 200m: 2:06.51 33.48						
30.	JESUS Pedro Duarte	04	Galitos / Bresimar	**2:06.75**	+0,77	521	
	50m: 29.40 29.40 100m: 1:01.41 32.01 150m: 1:34.40 32.99 200m: 2:06.75 32.35						
31.	ALVES Rui Chagas	03	Viver Santarem	**2:06.80**	+0,62	520	
	50m: 29.04 29.04 100m: 1:01.34 32.30 150m: 1:33.99 32.65 200m: 2:06.80 32.81						
32.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:07.41**	+0,80	513	
	50m: 28.92 28.92 100m: 1:01.12 32.20 150m: 1:34.44 33.32 200m: 2:07.41 32.97						
33.	COSTA Hugo Alexandre	03	Natacao de Valongo	**2:07.75**	+0,78	509	
	50m: 29.30 29.30 100m: 1:01.52 32.22 150m: 1:34.76 33.24 200m: 2:07.75 32.99						
34.	CHOCAS Afonso Alves	04	Electrico Clube	**2:08.60**	+0,66	498	
	50m: 29.98 29.98 100m: 1:02.77 32.79 150m: 1:35.88 33.11 200m: 2:08.60 32.72						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:08.67**	+0,73	498	
	50m: 29.40 29.40 100m: 1:01.91 32.51 150m: 1:35.71 33.80 200m: 2:08.67 32.96						
36.	SANTOS Joao Afonso	04	Sporting	**2:09.21**	+0,71	491	
	50m: 29.03 29.03 100m: 1:01.60 32.57 150m: 1:36.11 34.51 200m: 2:09.21 33.10						
37.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:09.24**	+0,81	491	
	50m: 29.83 29.83 100m: 1:02.45 32.62 150m: 1:36.36 33.91 200m: 2:09.24 32.88						
38.	SILVA Miguel Madeira	04	AONDA-Azeitao	**2:09.92**	+0,71	483	
	50m: 29.29 29.29 100m: 1:02.83 33.54 150m: 1:37.56 34.73 200m: 2:09.92 32.36						
39.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**2:10.57**	+0,74	476	
	50m: 29.15 29.15 100m: 1:01.88 32.73 150m: 1:36.24 34.36 200m: 2:10.57 34.33						
40.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:11.33**	+0,67	468	
	50m: 29.23 29.23 100m: 1:02.62 33.39 150m: 1:36.86 34.24 200m: 2:11.33 34.47						
41.	SANTOS Rui Mamede	04	Uniao Coimbra	**2:11.91**	+0,81	462	
	50m: 29.53 29.53 100m: 1:01.91 32.38 150m: 1:36.63 34.72 200m: 2:11.91 35.28						

Prova 17 — Masc., 200m Livres — Open
02-08-2019 - 10:35 — Resultados Elimin

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.20	LOPES Tomas Teixeira	POR	Kazan (RUS)	06-07-2019
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
Rec Nac Juv B	1:54.85	RIBEIRO Diogo Matos	POR	Baku (AZE)	25-07-2019
Rec Nac Inf A	2:00.20	RIBEIRO Diogo Matos	CUC	S. João da Madeira	21-07-2018
Rec Nac Inf B	2:06.18	NUNES Joao Magalhaes	CNA	Rio Maior	21-07-2012

TAC Sen 50m: 1:56.94 - 25m: 1:54.59; Jun 50m: 2:00.10 - 25m: 1:57.21; Juv A 50m: 2:04.66 - 25m: 2:02.03; Juv B 50m: 2:07.76 - 25m: 2:05.62

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LIESS Thomas	95	Turrita Nuoto	**1:53.09**	+0,69	733	
	50m: 26.16 26.16 100m: 54.71 28.55 150m: 1:23.65 28.94 200m: 1:53.09 29.44						
2.	VELOSO Tomas Miguel	96	Nautico Academico	**1:53.61**	+0,62	723	
	50m: 26.63 26.63 100m: 55.27 28.64 150m: 1:24.30 29.03 200m: 1:53.61 29.31						
3.	AIRES Rafael Alcantara	01	Benfica	**1:54.44**	+0,66	708	
	50m: 26.62 26.62 100m: 55.31 28.69 150m: 1:24.82 29.51 200m: 1:54.44 29.62						
4.	MOGNE Igor Araujo	96	Sporting	**1:54.61**	+0,72	704	
	50m: 27.12 27.12 100m: 56.45 29.33 150m: 1:25.68 29.23 200m: 1:54.61 28.93						
5.	SANTOS Joao Duarte	95	Natacao Olhao	**1:55.20**	+0,69	694	
	50m: 26.74 26.74 100m: 56.09 29.35 150m: 1:25.48 29.39 200m: 1:55.20 29.72						
6.	LOPES Tomas Teixeira	02	Foca	**1:55.29**	+0,70	692	
	50m: 26.98 26.98 100m: 56.07 29.09 150m: 1:25.29 29.22 200m: 1:55.29 30.00						
7.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**1:55.34**	+0,67	691	
	50m: 26.52 26.52 100m: 55.61 29.09 150m: 1:25.01 29.40 200m: 1:55.34 30.33						

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Prova 17, Masc., 200m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	SANTOS Pedro Miguel	01	Porto	**1:55.36**	+0,65	691	
	50m: 27.66 27.66 100m: 57.08 29.42 150m: 1:26.35 29.27 200m: 1:55.36 29.01						
9.	BATE Afonso Ribeiro	98	Alges	**1:55.48**	+0,66	689	
	50m: 27.66 27.66 100m: 57.17 29.51 150m: 1:27.05 29.88 200m: 1:55.48 28.43						
10.	COSTA Tiago Cunha	99	Sporting	**1:56.27**	+0,66	675	
	50m: 27.46 27.46 100m: 57.29 29.83 150m: 1:27.68 30.39 200m: 1:56.27 28.59						
11.	NUNES Diogo Barbosa	00	Porto	**1:56.87**	+0,72	664	
	50m: 27.45 27.45 100m: 56.70 29.25 150m: 1:27.04 30.34 200m: 1:56.87 29.83						
12.	LEBRE Diogo Ramos	01	Benfica	**1:57.13**	+0,67	660	
	50m: 27.67 27.67 100m: 57.54 29.87 150m: 1:27.65 30.11 200m: 1:57.13 29.48						
13.	DANTAS Diogo Leal	00	Sporting	**1:57.21**	+0,59	659	
	50m: 27.13 27.13 100m: 56.43 29.30 150m: 1:26.63 30.20 200m: 1:57.21 30.58						
14.	DEUS Andre Portugal	02	Naval do Funchal	**1:57.30**	+0,59	657	
	50m: 27.77 27.77 100m: 57.99 30.22 150m: 1:28.39 30.40 200m: 1:57.30 28.91						
15.	TRAVANCA Sergio Filipe	00	Leixoes	**1:57.49**	+0,65	654	
	50m: 26.93 26.93 100m: 56.87 29.94 150m: 1:26.80 29.93 200m: 1:57.49 30.69						
16.	PINHO Manuel Antonio	01	Feirense	**1:57.59**	+0,63	652	
	50m: 27.74 27.74 100m: 57.52 29.78 150m: 1:27.67 30.15 200m: 1:57.59 29.92						
17.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:58.00**	+0,76	645	
	50m: 27.86 27.86 100m: 57.95 30.09 150m: 1:28.16 30.21 200m: 1:58.00 29.84						
18.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:58.03**	+0,70	645	
	50m: 27.20 27.20 100m: 56.77 29.57 150m: 1:26.65 29.88 200m: 1:58.03 31.38						
19.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**1:58.08**	+0,61	644	
	50m: 27.37 27.37 100m: 57.42 30.05 150m: 1:28.16 30.74 200m: 1:58.08 29.92						
	FERRAO Goncalo Carvalho	01	Cova da Piedade	**1:58.08**	+0,61	644	
	50m: 27.77 27.77 100m: 57.89 30.12 150m: 1:28.10 30.21 200m: 1:58.08 29.98						
21.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**1:58.24**	+0,69	641	
	50m: 26.85 26.85 100m: 56.66 29.81 150m: 1:26.92 30.26 200m: 1:58.24 31.32						
22.	VAKULYUK Paulo	03	Torres Novas	**1:58.50**	+0,67	637	
	50m: 26.82 26.82 100m: 56.73 29.91 150m: 1:26.79 30.06 200m: 1:58.50 31.71						
23.	SOARES Tiago Silva	99	Porto	**1:58.64**	+0,82	635	
	50m: 27.07 27.07 100m: 57.30 30.23 150m: 1:27.40 30.10 200m: 1:58.64 31.24						
24.	SIMOES Bernardo Jorge	02	Torres Novas	**1:59.16**	+0,69	627	
	50m: 27.13 27.13 100m: 57.02 29.89 150m: 1:28.68 31.66 200m: 1:59.16 30.48						
25.	CORDEIRO Tiago Roberto	00	Benfica	**1:59.31**	+0,66	624	
	50m: 27.78 27.78 100m: 57.91 30.13 150m: 1:28.79 30.88 200m: 1:59.31 30.52						
26.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**1:59.35**	+0,60	624	
	50m: 27.43 27.43 100m: 57.63 30.20 150m: 1:28.16 30.53 200m: 1:59.35 31.19						
27.	LOPES Luis Afonso	03	Viver Santarem	**1:59.67**	+0,62	619	
	50m: 28.19 28.19 100m: 58.99 30.80 150m: 1:29.19 30.20 200m: 1:59.67 30.48						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	JACINTO Rafael Rodrigues	02	Belenenses	**1:59.93**	+0,71	615	
	50m: 28.05 28.05 100m: 58.60 30.55 150m: 1:29.24 30.64 200m: 1:59.93 30.69						
29.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:00.06**	+0,69	613	
	50m: 27.34 27.34 100m: 57.58 30.24 150m: 1:29.08 31.50 200m: 2:00.06 30.98						
30.	ALMEIDA Bernardo Victorino	04	Sporting	**2:00.41**	+0,66	607	
	50m: 27.68 27.68 100m: 57.85 30.17 150m: 1:28.97 31.12 200m: 2:00.41 31.44						
31.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:00.45**	+0,65	607	
	50m: 27.69 27.69 100m: 58.19 30.50 150m: 1:28.68 30.49 200m: 2:00.45 31.77						
32.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:00.46**	+0,74	607	
	50m: 27.95 27.95 100m: 58.86 30.91 150m: 1:29.68 30.82 200m: 2:00.46 30.78						
33.	SANTOS Gabriel Moreira	04	Famalicao	**2:00.62**	+0,68	604	
	50m: 27.82 27.82 100m: 58.66 30.84 150m: 1:29.52 30.86 200m: 2:00.62 31.10						
34.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**2:00.75**	+0,68	602	
	50m: 27.34 27.34 100m: 58.10 30.76 150m: 1:30.15 32.05 200m: 2:00.75 30.60						
35.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:01.06**	+0,65	598	
	50m: 27.74 27.74 100m: 58.32 30.58 150m: 1:29.50 31.18 200m: 2:01.06 31.56						
36.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**2:01.17**	+0,72	596	
	50m: 28.22 28.22 100m: 58.36 30.14 150m: 1:28.83 30.47 200m: 2:01.17 32.34						
37.	AMARAL Francisco Rodriguez	02	Campinho	**2:01.52**	+0,64	591	
	50m: 27.91 27.91 100m: 58.41 30.50 150m: 1:29.92 31.51 200m: 2:01.52 31.60						
38.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**2:01.61**	+0,71	590	
	50m: 28.33 28.33 100m: 59.09 30.76 150m: 1:30.97 31.88 200m: 2:01.61 30.64						
39.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:01.90**	+0,68	585	
	50m: 28.93 28.93 100m: 59.47 30.54 150m: 1:31.30 31.83 200m: 2:01.90 30.60						
40.	CARVALHO Fernando Costa	03	Foca	**2:02.03**	+0,66	583	
	50m: 28.16 28.16 100m: 59.11 30.95 150m: 1:30.37 31.26 200m: 2:02.03 31.66						
41.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**2:02.24**	+0,66	580	
	50m: 28.17 28.17 100m: 59.30 31.13 150m: 1:30.73 31.43 200m: 2:02.24 31.51						
42.	COSTA Afonso Filipe	03	Naval da Nazare	**2:02.56**	+0,70	576	
	50m: 28.27 28.27 100m: 59.77 31.50 150m: 1:31.30 31.53 200m: 2:02.56 31.26						
43.	NUNES Diogo Severino	04	Natacao de Valongo	**2:02.74**	+0,78	573	
	50m: 28.01 28.01 100m: 58.90 30.89 150m: 1:31.10 32.20 200m: 2:02.74 31.64						
44.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**2:03.56**	+0,75	562	
	50m: 29.22 29.22 100m: 1:00.72 31.50 150m: 1:32.58 31.86 200m: 2:03.56 30.98						
45.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:04.15**	+0,70	554	
	50m: 28.63 28.63 100m: 1:00.55 31.92 150m: 1:32.96 32.41 200m: 2:04.15 31.19						
46.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:04.35**	+0,67	551	
	50m: 28.73 28.73 100m: 59.98 31.25 150m: 1:32.10 32.12 200m: 2:04.35 32.25						
47.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:04.51**	+0,69	549	
	50m: 28.47 28.47 100m: 1:00.51 32.04 150m: 1:32.77 32.26 200m: 2:04.51 31.74						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	PENELAS Joao Pedro	04	Gesloures	**2:04.56**	+0,64	549	
	50m: 28.19 28.19 100m: 1:00.17 31.98 150m: 1:32.29 32.12 200m: 2:04.56 32.27						
49.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**2:04.64**	+0,63	548	
	50m: 28.10 28.10 100m: 1:00.20 32.10 150m: 1:32.38 32.18 200m: 2:04.64 32.26						
50.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:04.75**	+0,69	546	
	50m: 28.30 28.30 100m: 1:01.38 33.08 150m: 1:33.77 32.39 200m: 2:04.75 30.98						
51.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:05.11**	+0,71	541	
	50m: 28.98 28.98 100m: 1:00.53 31.55 150m: 1:32.84 32.31 200m: 2:05.11 32.27						
52.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:05.34**	+0,76	538	
	50m: 29.20 29.20 100m: 1:01.05 31.85 150m: 1:33.96 32.91 200m: 2:05.34 31.38						
53.	REBELO Joao Lourenco	04	Alges	**2:05.37**	+0,64	538	
	50m: 28.52 28.52 100m: 1:00.15 31.63 150m: 1:32.88 32.73 200m: 2:05.37 32.49						
54.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:05.49**	+0,75	536	
	50m: 28.73 28.73 100m: 1:00.30 31.57 150m: 1:32.90 32.60 200m: 2:05.49 32.59						
55.	COSTA Afonso Vilhena	04	Vilacondense	**2:05.73**	+0,68	533	
	50m: 29.28 29.28 100m: 1:01.88 32.60 150m: 1:33.67 31.79 200m: 2:05.73 32.06						
56.	RODEIA Jose Miguel	04	Natacao de Faro	**2:05.89**	+0,64	531	
	50m: 28.86 28.86 100m: 1:00.81 31.95 150m: 1:32.56 31.75 200m: 2:05.89 33.33						
57.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:06.06**	+0,71	529	
	50m: 28.05 28.05 100m: 59.03 30.98 150m: 1:32.39 33.36 200m: 2:06.06 33.67						
58.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**2:06.51**	+0,63	524	
	50m: 28.39 28.39 100m: 1:00.64 32.25 150m: 1:33.03 32.39 200m: 2:06.51 33.48						
59.	JESUS Pedro Duarte	04	Galitos / Bresimar	**2:06.75**	+0,77	521	
	50m: 29.40 29.40 100m: 1:01.41 32.01 150m: 1:34.40 32.99 200m: 2:06.75 32.35						
60.	ALVES Rui Chagas	03	Viver Santarem	**2:06.80**	+0,62	520	
	50m: 29.04 29.04 100m: 1:01.34 32.30 150m: 1:33.99 32.65 200m: 2:06.80 32.81						
61.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:07.41**	+0,80	513	
	50m: 28.92 28.92 100m: 1:01.12 32.20 150m: 1:34.44 33.32 200m: 2:07.41 32.97						
62.	COSTA Hugo Alexandre	03	Natacao de Valongo	**2:07.75**	+0,78	509	
	50m: 29.30 29.30 100m: 1:01.52 32.22 150m: 1:34.76 33.24 200m: 2:07.75 32.99						
63.	CHOCAS Afonso Alves	04	Electrico Clube	**2:08.60**	+0,66	498	
	50m: 29.98 29.98 100m: 1:02.77 32.79 150m: 1:35.88 33.11 200m: 2:08.60 32.72						
64.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:08.67**	+0,73	498	
	50m: 29.40 29.40 100m: 1:01.91 32.51 150m: 1:35.71 33.80 200m: 2:08.67 32.96						
65.	SANTOS Joao Afonso	04	Sporting	**2:09.21**	+0,71	491	
	50m: 29.03 29.03 100m: 1:01.60 32.57 150m: 1:36.11 34.51 200m: 2:09.21 33.10						
66.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:09.24**	+0,81	491	
	50m: 29.83 29.83 100m: 1:02.45 32.62 150m: 1:36.36 33.91 200m: 2:09.24 32.88						
67.	SILVA Miguel Madeira	04	AONDA-Azeitao	**2:09.92**	+0,71	483	
	50m: 29.29 29.29 100m: 1:02.83 33.54 150m: 1:37.56 34.73 200m: 2:09.92 32.36						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**2:10.57**	+0,74	476	
	50m: 29.15 29.15 100m: 1:01.88 32.73 150m: 1:36.24 34.36 200m: 2:10.57 34.33						
69.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:11.33**	+0,67	468	
	50m: 29.23 29.23 100m: 1:02.62 33.39 150m: 1:36.86 34.24 200m: 2:11.33 34.47						
70.	SANTOS Rui Mamede	04	Uniao Coimbra	**2:11.91**	+0,81	462	
	50m: 29.53 29.53 100m: 1:01.91 32.38 150m: 1:36.63 34.72 200m: 2:11.91 35.28						

Prova 17 — Masc., 200m Livres — Absolutos
02-08-2019 - 10:35 — Resultados Elimin

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.20	LOPES Tomas Teixeira	POR	Kazan (RUS)	06-07-2019

TAC Sen 50m: 1:56.94 - 25m: 1:54.59; Jun 50m: 2:00.10 - 25m: 1:57.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	**1:53.61**	+0,62	723	
	50m: 26.63 26.63 100m: 55.27 28.64 150m: 1:24.30 29.03 200m: 1:53.61 29.31						
2.	AIRES Rafael Alcantara	01	Benfica	**1:54.44**	+0,66	708	
	50m: 26.62 26.62 100m: 55.31 28.69 150m: 1:24.82 29.51 200m: 1:54.44 29.62						
3.	MOGNE Igor Araujo	96	Sporting	**1:54.61**	+0,72	704	
	50m: 27.12 27.12 100m: 56.45 29.33 150m: 1:25.68 29.23 200m: 1:54.61 28.93						
4.	SANTOS Joao Duarte	95	Natacao Olhao	**1:55.20**	+0,69	694	
	50m: 26.74 26.74 100m: 56.09 29.35 150m: 1:25.48 29.39 200m: 1:55.20 29.72						
5.	LOPES Tomas Teixeira	02	Foca	**1:55.29**	+0,70	692	
	50m: 26.98 26.98 100m: 56.07 29.09 150m: 1:25.29 29.22 200m: 1:55.29 30.00						
6.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**1:55.34**	+0,67	691	
	50m: 26.52 26.52 100m: 55.61 29.09 150m: 1:25.01 29.40 200m: 1:55.34 30.33						
7.	SANTOS Pedro Miguel	01	Porto	**1:55.36**	+0,65	691	
	50m: 27.66 27.66 100m: 57.08 29.42 150m: 1:26.35 29.27 200m: 1:55.36 29.01						
8.	BATE Afonso Ribeiro	98	Alges	**1:55.48**	+0,66	689	
	50m: 27.66 27.66 100m: 57.17 29.51 150m: 1:27.05 29.88 200m: 1:55.48 28.43						
9.	COSTA Tiago Cunha	99	Sporting	**1:56.27**	+0,66	675	
	50m: 27.46 27.46 100m: 57.29 29.83 150m: 1:27.68 30.39 200m: 1:56.27 28.59						
10.	NUNES Diogo Barbosa	00	Porto	**1:56.87**	+0,72	664	
	50m: 27.45 27.45 100m: 56.70 29.25 150m: 1:27.04 30.34 200m: 1:56.87 29.83						
11.	LEBRE Diogo Ramos	01	Benfica	**1:57.13**	+0,67	660	
	50m: 27.67 27.67 100m: 57.54 29.87 150m: 1:27.65 30.11 200m: 1:57.13 29.48						
12.	DANTAS Diogo Leal	00	Sporting	**1:57.21**	+0,59	659	
	50m: 27.13 27.13 100m: 56.43 29.30 150m: 1:26.63 30.20 200m: 1:57.21 30.58						
13.	DEUS Andre Portugal	02	Naval do Funchal	**1:57.30**	+0,59	657	
	50m: 27.77 27.77 100m: 57.99 30.22 150m: 1:28.39 30.40 200m: 1:57.30 28.91						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	TRAVANCA Sergio Filipe	00	Leixoes	**1:57.49**	+0,65	654	
	50m: 26.93 26.93 100m: 56.87 29.94 150m: 1:26.80 29.93 200m: 1:57.49 30.69						
15.	PINHO Manuel Antonio	01	Feirense	**1:57.59**	+0,63	652	
	50m: 27.74 27.74 100m: 57.52 29.78 150m: 1:27.67 30.15 200m: 1:57.59 29.92						
16.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:58.00**	+0,76	645	
	50m: 27.86 27.86 100m: 57.95 30.09 150m: 1:28.16 30.21 200m: 1:58.00 29.84						
17.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:58.03**	+0,70	645	
	50m: 27.20 27.20 100m: 56.77 29.57 150m: 1:26.65 29.88 200m: 1:58.03 31.38						
18.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**1:58.08**	+0,61	644	
	50m: 27.37 27.37 100m: 57.42 30.05 150m: 1:28.16 30.74 200m: 1:58.08 29.92						
	FERRAO Goncalo Carvalho	01	Cova da Piedade	**1:58.08**	+0,61	644	
	50m: 27.77 27.77 100m: 57.89 30.12 150m: 1:28.10 30.21 200m: 1:58.08 29.98						
20.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**1:58.24**	+0,69	641	
	50m: 26.85 26.85 100m: 56.66 29.81 150m: 1:26.92 30.26 200m: 1:58.24 31.32						
21.	SOARES Tiago Silva	99	Porto	**1:58.64**	+0,82	635	
	50m: 27.07 27.07 100m: 57.30 30.23 150m: 1:27.40 30.10 200m: 1:58.64 31.24						
22.	SIMOES Bernardo Jorge	02	Torres Novas	**1:59.16**	+0,69	627	
	50m: 27.13 27.13 100m: 57.02 29.89 150m: 1:28.68 31.66 200m: 1:59.16 30.48						
23.	CORDEIRO Tiago Roberto	00	Benfica	**1:59.31**	+0,66	624	
	50m: 27.78 27.78 100m: 57.91 30.13 150m: 1:28.79 30.88 200m: 1:59.31 30.52						
24.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**1:59.35**	+0,60	624	
	50m: 27.43 27.43 100m: 57.63 30.20 150m: 1:28.16 30.53 200m: 1:59.35 31.19						
25.	JACINTO Rafael Rodrigues	02	Belenenses	**1:59.93**	+0,71	615	
	50m: 28.05 28.05 100m: 58.60 30.55 150m: 1:29.24 30.64 200m: 1:59.93 30.69						
26.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:00.45**	+0,65	607	
	50m: 27.69 27.69 100m: 58.19 30.50 150m: 1:28.68 30.49 200m: 2:00.45 31.77						
27.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**2:01.17**	+0,72	596	
	50m: 28.22 28.22 100m: 58.36 30.14 150m: 1:28.83 30.47 200m: 2:01.17 32.34						
28.	AMARAL Francisco Rodriguez	02	Campinho	**2:01.52**	+0,64	591	
	50m: 27.91 27.91 100m: 58.41 30.50 150m: 1:29.92 31.51 200m: 2:01.52 31.60						
EXH	CRUZ Miguel Duarte	99	Belenenses	**2:08.30**	+0,70	502	
	50m: 30.35 30.35 100m: 1:03.19 32.84 150m: 1:35.55 32.36 200m: 2:08.30 32.75						
EXH	BELEZAS Ricardo Andrade	91	Sporting	**2:13.51**	+0,73	445	
	50m: 30.19 30.19 100m: 1:03.75 33.56 150m: 1:37.97 34.22 200m: 2:13.51 35.54						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 18 — Femin., 200m Livres — Juvenis
02-08-2019 - 11:00 — Resultados Elimin

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

TAC Juv A 50m: 2:17.65 - 25m: 2:15.89; Juv B 50m: 2:20.29 - 25m: 2:18.64

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:09.61**	+0,68	662	
	50m: 29.79 29.79 100m: 1:02.79 33.00 150m: 1:36.94 34.15 200m: 2:09.61 32.67						
2.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:10.54**	+0,65	648	
	50m: 30.23 30.23 100m: 1:03.34 33.11 150m: 1:36.92 33.58 200m: 2:10.54 33.62						
3.	PRETO Filipa Manso	04	Porto	**2:11.76**	+0,78	630	
	50m: 31.24 31.24 100m: 1:05.04 33.80 150m: 1:38.77 33.73 200m: 2:11.76 32.99						
4.	PINHO Carolina Teixeira	04	Porto	**2:11.82**	+0,66	629	
	50m: 30.53 30.53 100m: 1:03.96 33.43 150m: 1:37.77 33.81 200m: 2:11.82 34.05						
5.	SIMOES Ana Beatriz	05	Sporting	**2:12.35**	+0,77	622	
	50m: 32.02 32.02 100m: 1:05.69 33.67 150m: 1:38.72 33.03 200m: 2:12.35 33.63						
6.	PIRES Marta Joao	05	Alges	**2:12.46**	+0,72	620	
	50m: 30.90 30.90 100m: 1:04.68 33.78 150m: 1:38.57 33.89 200m: 2:12.46 33.89						
7.	MOURA Maria Ferreira	04	Sporting	**2:12.93**	+0,72	613	
	50m: 29.64 29.64 100m: 1:03.98 34.34 150m: 1:38.76 34.78 200m: 2:12.93 34.17						
8.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**2:13.79**	+0,76	602	
	50m: 31.56 31.56 100m: 1:04.99 33.43 150m: 1:39.23 34.24 200m: 2:13.79 34.56						
9.	SEBASTIAO Sofia Antunes	05	Amadora	**2:13.81**	+0,82	601	
	50m: 30.69 30.69 100m: 1:04.25 33.56 150m: 1:38.69 34.44 200m: 2:13.81 35.12						
10.	LOPES Daniela Magalhaes	05	Famalicao	**2:14.15**	+0,81	597	
	50m: 30.80 30.80 100m: 1:05.26 34.46 150m: 1:39.50 34.24 200m: 2:14.15 34.65						
11.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:14.51**	+0,70	592	
	50m: 31.15 31.15 100m: 1:05.32 34.17 150m: 1:40.08 34.76 200m: 2:14.51 34.43						
12.	COSTA Mariana Martins	05	Famalicao	**2:14.63**	+0,81	590	
	50m: 31.58 31.58 100m: 1:05.94 34.36 150m: 1:40.69 34.75 200m: 2:14.63 33.94						
13.	PEREIRA Carolina Rei	05	Natacao de Vagos	**2:15.26**	+0,67	582	
	50m: 30.99 30.99 100m: 1:05.87 34.88 150m: 1:40.67 34.80 200m: 2:15.26 34.59						
14.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:16.13**	+0,77	571	
	50m: 31.61 31.61 100m: 1:05.81 34.20 150m: 1:41.13 35.32 200m: 2:16.13 35.00						
15.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**2:16.23**	+0,74	570	
	50m: 31.71 31.71 100m: 1:06.46 34.75 150m: 1:41.38 34.92 200m: 2:16.23 34.85						
16.	SILVA Ana Filipa	04	Academica de Coimbra	**2:16.31**	+0,73	569	
	50m: 31.89 31.89 100m: 1:06.42 34.53 150m: 1:41.75 35.33 200m: 2:16.31 34.56						
17.	ALVES Joana Silva	05	Benedita	**2:16.56**	+0,78	566	
	50m: 31.60 31.60 100m: 1:06.08 34.48 150m: 1:41.90 35.82 200m: 2:16.56 34.66						
18.	TROIA Beatriz Rosa	04	Vilacondense	**2:17.17**	+0,68	558	
	50m: 31.67 31.67 100m: 1:06.26 34.59 150m: 1:41.25 34.99 200m: 2:17.17 35.92						

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Prova 18, Femin., 200m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	MARQUES Maria Alexandra	04	Albicastrense	**2:17.19**	+0,72	558	
	50m: 32.20 32.20 100m: 1:06.68 34.48 150m: 1:41.83 35.15 200m: 2:17.19 35.36						
20.	ANDRE Isadora Maia	05	Benfica	**2:17.43**	+0,66	555	
	50m: 31.58 31.58 100m: 1:05.81 34.23 150m: 1:41.28 35.47 200m: 2:17.43 36.15						
21.	NICOLAU Margarida Claudino	05	Torres Novas	**2:17.49**	+0,76	554	
	50m: 30.62 30.62 100m: 1:04.77 34.15 150m: 1:41.09 36.32 200m: 2:17.49 36.40						
22.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**2:17.55**	+0,74	554	
	50m: 32.50 32.50 100m: 1:07.81 35.31 150m: 1:43.19 35.38 200m: 2:17.55 34.36						
23.	BENTO Maria Madalena	05	BUZIOS-Coruche	**2:18.03**	+0,69	548	
	50m: 31.96 31.96 100m: 1:06.46 34.50 150m: 1:42.73 36.27 200m: 2:18.03 35.30						
24.	SIMOES Rita Mendes	04	Bairro dos Anjos/ Leiria	**2:18.28**	+0,88	545	
	50m: 31.72 31.72 100m: 1:06.83 35.11 150m: 1:42.87 36.04 200m: 2:18.28 35.41						
25.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**2:18.41**	+0,72	543	
	50m: 31.16 31.16 100m: 1:05.86 34.70 150m: 1:42.07 36.21 200m: 2:18.41 36.34						
26.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:18.57**	+0,81	541	
	50m: 31.82 31.82 100m: 1:06.86 35.04 150m: 1:42.94 36.08 200m: 2:18.57 35.63						
27.	FERNANDES Maria Elias	04	Desportiva Viana	**2:18.60**	+0,94	541	
	50m: 32.17 32.17 100m: 1:07.58 35.41 150m: 1:43.79 36.21 200m: 2:18.60 34.81						
28.	NARRA Vera Figueiredo	04	Amadora	**2:18.63**	+0,71	541	
	50m: 31.67 31.67 100m: 1:07.01 35.34 150m: 1:42.72 35.71 200m: 2:18.63 35.91						
29.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:18.87**	+0,70	538	
	50m: 31.99 31.99 100m: 1:07.21 35.22 150m: 1:42.84 35.63 200m: 2:18.87 36.03						
30.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**2:19.15**	+0,67	535	
	50m: 32.49 32.49 100m: 1:07.72 35.23 150m: 1:43.86 36.14 200m: 2:19.15 35.29						
31.	VIANA Carolina Pereira	04	Aquatico Silves	**2:19.45**	+0,70	531	
	50m: 31.72 31.72 100m: 1:06.80 35.08 150m: 1:43.39 36.59 200m: 2:19.45 36.06						
32.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:19.46**	+0,61	531	
	50m: 31.43 31.43 100m: 1:06.33 34.90 150m: 1:42.62 36.29 200m: 2:19.46 36.84						
33.	PIMENTEL Marta Lima	04	Fluvial Portuense	**2:19.51**	+0,85	531	
	50m: 32.74 32.74 100m: 1:08.11 35.37 150m: 1:44.28 36.17 200m: 2:19.51 35.23						
34.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**2:19.54**	+0,76	530	
	50m: 32.32 32.32 100m: 1:07.68 35.36 150m: 1:44.10 36.42 200m: 2:19.54 35.44						
35.	TRIBUNA Francisca Otao	05	Benfica	**2:19.56**	+0,82	530	
	50m: 32.22 32.22 100m: 1:07.80 35.58 150m: 1:44.31 36.51 200m: 2:19.56 35.25						
36.	FERREIRA Joana Rocha	05	Benfica	**2:20.16**	+0,77	523	
	50m: 32.95 32.95 100m: 1:09.19 36.24 150m: 1:45.33 36.14 200m: 2:20.16 34.83						
37.	GALANTE Ines Carvalho	04	Vilacondense	**2:20.25**	+0,83	522	
	50m: 31.92 31.92 100m: 1:07.23 35.31 150m: 1:43.60 36.37 200m: 2:20.25 36.65						
38.	HUTYY Adriana Carolina	05	Braga	**2:20.40**	+0,82	521	
	50m: 32.70 32.70 100m: 1:08.04 35.34 150m: 1:44.49 36.45 200m: 2:20.40 35.91						

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PARCEIROS

Prova 18, Femin., 200m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	MELO Beatriz Costa	04	Alges	**2:20.76**	+0,68	517	
	50m: 31.76 31.76 100m: 1:07.51 35.75 150m: 1:44.40 36.89 200m: 2:20.76 36.36						
40.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**2:20.89**	+0,78	515	
	50m: 31.75 31.75 100m: 1:07.45 35.70 150m: 1:44.35 36.90 200m: 2:20.89 36.54						
41.	SANTOS Mariana Marques	05	Gesloures	**2:20.93**	+0,65	515	
	50m: 32.39 32.39 100m: 1:08.54 36.15 150m: 1:45.24 36.70 200m: 2:20.93 35.69						
42.	VIEIRA Carmo Dias	05	Avancado EUL	**2:21.18**	+0,65	512	
	50m: 32.45 32.45 100m: 1:08.51 36.06 150m: 1:45.54 37.03 200m: 2:21.18 35.64						
43.	FERNANDES Maria Teresa	05	Alges	**2:21.33**	+0,68	510	
	50m: 32.51 32.51 100m: 1:08.25 35.74 150m: 1:45.16 36.91 200m: 2:21.33 36.17						
44.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:21.57**	+0,76	508	
	50m: 32.34 32.34 100m: 1:08.09 35.75 150m: 1:45.48 37.39 200m: 2:21.57 36.09						
45.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:22.80**	+0,88	495	
	50m: 32.18 32.18 100m: 1:08.71 36.53 150m: 1:45.83 37.12 200m: 2:22.80 36.97						
46.	PIRES Laura Joao	05	Natacao do Fundao	**2:24.31**	+0,80	479	
	50m: 33.25 33.25 100m: 1:09.46 36.21 150m: 1:47.21 37.75 200m: 2:24.31 37.10						
47.	SILVA Ana Margarida	05	Natacao do Fundao	**2:28.25**	+0,78	442	
	50m: 32.90 32.90 100m: 1:09.45 36.55 150m: 1:48.19 38.74 200m: 2:28.25 40.06						

Prova 18 — Femin., 200m Livres — Open
02-08-2019 - 11:00 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.18	SOUSA Ana Reis	SAD	Coimbra	07-04-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014
Rec Nac Inf A	2:10.86	FRAZAO Alexandra Couto	CNA	Oeiras	11-04-2015
Rec Nac Inf B	2:12.20	RUIVO Filipa Vilas	DNMG	S. João da Madeira	24-07-2009

TAC Sen 50m: 2:10.94 - 25m: 2:08.60; Jun 50m: 2:13.74 - 25m: 2:11.68; Juv A 50m: 2:17.65 - 25m: 2:15.89; Juv B 50m: 2:20.29 - 25m: 2:18.64

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:04.46**	+0,80	748	
	50m: 28.70 28.70 100m: 59.79 31.09 150m: 1:31.73 31.94 200m: 2:04.46 32.73						
2.	DURAES Diana Margarida	96	Benfica	**2:05.74**	+0,73	725	
	50m: 30.19 30.19 100m: 1:02.38 32.19 150m: 1:34.34 31.96 200m: 2:05.74 31.40						
3.	MARTINS Francisca Soares	03	Foca	**2:06.36**	+0,65	714	
	50m: 29.54 29.54 100m: 1:01.66 32.12 150m: 1:34.42 32.76 200m: 2:06.36 31.94						
4.	HOLUB Tamila Hryhorivna	99	Braga	**2:06.48**	+0,71	712	
	50m: 30.08 30.08 100m: 1:01.94 31.86 150m: 1:34.34 32.40 200m: 2:06.48 32.14						
5.	ANDRE Leticia Maia	02	Benfica	**2:06.84**	+0,66	706	
	50m: 29.68 29.68 100m: 1:01.53 31.85 150m: 1:34.51 32.98 200m: 2:06.84 32.33						

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NATAÇÃO PURA

Prova 18, Femin., 200m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**2:07.28**	+0,69	699	
	50m: 30.06 30.06 100m: 1:02.49 32.43 150m: 1:35.32 32.83 200m: 2:07.28 31.96						
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:07.56**	+0,71	694	
	50m: 29.90 29.90 100m: 1:02.30 32.40 150m: 1:35.06 32.76 200m: 2:07.56 32.50						
8.	BARBOSA Mariana Fernandes	02	Porto	**2:08.85**	+0,73	674	
	50m: 30.32 30.32 100m: 1:02.89 32.57 150m: 1:35.91 33.02 200m: 2:08.85 32.94						
9.	FARIA Ana Rita	00	Porto	**2:09.09**	+0,69	670	
	50m: 30.34 30.34 100m: 1:03.10 32.76 150m: 1:36.21 33.11 200m: 2:09.09 32.88						
10.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:09.61**	+0,68	662	
	50m: 29.79 29.79 100m: 1:02.79 33.00 150m: 1:36.94 34.15 200m: 2:09.61 32.67						
11.	BELEZA Mafalda Gomes	94	Sporting	**2:09.62**	+0,64	662	
	50m: 30.18 30.18 100m: 1:03.09 32.91 150m: 1:36.22 33.13 200m: 2:09.62 33.40						
	PEGO Isabel Porfirio	01	Fluvial Portuense	**2:09.62**	+0,69	662	
	50m: 29.65 29.65 100m: 1:02.15 32.50 150m: 1:35.49 33.34 200m: 2:09.62 34.13						
13.	AMADOR Joana Costa	01	Galitos / Bresimar	**2:09.65**	+0,64	661	
	50m: 30.44 30.44 100m: 1:02.79 32.35 150m: 1:35.93 33.14 200m: 2:09.65 33.72						
14.	GIGON Meryl	95	Turrita Nuoto	**2:09.67**	+0,70	661	
	50m: 30.20 30.20 100m: 1:02.41 32.21 150m: 1:36.54 34.13 200m: 2:09.67 33.13						
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:09.76**	+0,73	660	
	50m: 30.35 30.35 100m: 1:03.00 32.65 150m: 1:36.22 33.22 200m: 2:09.76 33.54						
16.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:10.54**	+0,65	648	
	50m: 30.23 30.23 100m: 1:03.34 33.11 150m: 1:36.92 33.58 200m: 2:10.54 33.62						
17.	SOARES Catarina Silva	03	Porto	**2:10.72**	+0,67	645	
	50m: 29.54 29.54 100m: 1:01.98 32.44 150m: 1:36.14 34.16 200m: 2:10.72 34.58						
18.	FRAZAO Alexandra Couto	02	Condeixa Clube	**2:10.73**	+0,68	645	
	50m: 30.89 30.89 100m: 1:04.14 33.25 150m: 1:37.38 33.24 200m: 2:10.73 33.35						
19.	PINTO Mafalda Marques	02	Sporting	**2:10.82**	+0,68	644	
	50m: 29.81 29.81 100m: 1:03.76 33.95 150m: 1:38.04 34.28 200m: 2:10.82 32.78						
20.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:11.71**	+0,72	631	
	50m: 30.61 30.61 100m: 1:03.96 33.35 150m: 1:37.92 33.96 200m: 2:11.71 33.79						
21.	PRETO Filipa Manso	04	Porto	**2:11.76**	+0,78	630	
	50m: 31.24 31.24 100m: 1:05.04 33.80 150m: 1:38.77 33.73 200m: 2:11.76 32.99						
22.	PINHO Carolina Teixeira	04	Porto	**2:11.82**	+0,66	629	
	50m: 30.53 30.53 100m: 1:03.96 33.43 150m: 1:37.77 33.81 200m: 2:11.82 34.05						
23.	SIMOES Ana Beatriz	05	Sporting	**2:12.35**	+0,77	622	
	50m: 32.02 32.02 100m: 1:05.69 33.67 150m: 1:38.72 33.03 200m: 2:12.35 33.63						
24.	PIRES Marta Joao	05	Alges	**2:12.46**	+0,72	620	
	50m: 30.90 30.90 100m: 1:04.68 33.78 150m: 1:38.57 33.89 200m: 2:12.46 33.89						
25.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**2:12.68**	+0,74	617	
	50m: 31.36 31.36 100m: 1:04.49 33.13 150m: 1:38.15 33.66 200m: 2:12.68 34.53						

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Prova 18, Femin., 200m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	MOURA Maria Ferreira	04	Sporting	**2:12.93**	+0,72	613	
	50m: 29.64 29.64 100m: 1:03.98 34.34 150m: 1:38.76 34.78 200m: 2:12.93 34.17						
27.	ROLAO Sofia Alexandra	98	Benfica	**2:13.16**	+0,75	610	
	50m: 29.94 29.94 100m: 1:03.60 33.66 150m: 1:38.31 34.71 200m: 2:13.16 34.85						
28.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**2:13.79**	+0,76	602	
	50m: 31.56 31.56 100m: 1:04.99 33.43 150m: 1:39.23 34.24 200m: 2:13.79 34.56						
29.	SEBASTIAO Sofia Antunes	05	Amadora	**2:13.81**	+0,82	601	
	50m: 30.69 30.69 100m: 1:04.25 33.56 150m: 1:38.69 34.44 200m: 2:13.81 35.12						
30.	LOPES Daniela Magalhaes	05	Famalicao	**2:14.15**	+0,81	597	
	50m: 30.80 30.80 100m: 1:05.26 34.46 150m: 1:39.50 34.24 200m: 2:14.15 34.65						
31.	MARTINS Ana Beatriz	99	Famalicao	**2:14.39**	+0,75	594	
	50m: 30.89 30.89 100m: 1:04.86 33.97 150m: 1:39.87 35.01 200m: 2:14.39 34.52						
32.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:14.51**	+0,70	592	
	50m: 31.15 31.15 100m: 1:05.32 34.17 150m: 1:40.08 34.76 200m: 2:14.51 34.43						
33.	COSTA Mariana Martins	05	Famalicao	**2:14.63**	+0,81	590	
	50m: 31.58 31.58 100m: 1:05.94 34.36 150m: 1:40.69 34.75 200m: 2:14.63 33.94						
34.	FOMINA Anna	02	Louletano / Loule Concelho	**2:14.64**	+0,76	590	
	50m: 30.97 30.97 100m: 1:04.85 33.88 150m: 1:39.63 34.78 200m: 2:14.64 35.01						
35.	DIAS Ana Leonor	02	Natacao Olhao	**2:14.72**	+0,73	589	
	50m: 30.71 30.71 100m: 1:04.73 34.02 150m: 1:39.83 35.10 200m: 2:14.72 34.89						
	PINA Ana Sofia	02	O Crasto	**2:14.72**	+0,69	589	
	50m: 30.70 30.70 100m: 1:04.12 33.42 150m: 1:39.19 35.07 200m: 2:14.72 35.53						
37.	SANTOS Ana Pedro	02	Galitos / Bresimar	**2:14.77**	+0,77	589	
	50m: 32.26 32.26 100m: 1:06.27 34.01 150m: 1:40.17 33.90 200m: 2:14.77 34.60						
38.	SOARES Carolina Silva	03	Natacao de Valongo	**2:15.16**	+0,78	584	
	50m: 30.75 30.75 100m: 1:04.55 33.80 150m: 1:39.70 35.15 200m: 2:15.16 35.46						
39.	PEREIRA Carolina Rei	05	Natacao de Vagos	**2:15.26**	+0,67	582	
	50m: 30.99 30.99 100m: 1:05.87 34.88 150m: 1:40.67 34.80 200m: 2:15.26 34.59						
40.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:16.13**	+0,77	571	
	50m: 31.61 31.61 100m: 1:05.81 34.20 150m: 1:41.13 35.32 200m: 2:16.13 35.00						
41.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**2:16.23**	+0,74	570	
	50m: 31.71 31.71 100m: 1:06.46 34.75 150m: 1:41.38 34.92 200m: 2:16.23 34.85						
42.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:16.26**	+0,72	570	
	50m: 31.12 31.12 100m: 1:05.22 34.10 150m: 1:40.37 35.15 200m: 2:16.26 35.89						
43.	SILVA Ana Filipa	04	Academica de Coimbra	**2:16.31**	+0,73	569	
	50m: 31.89 31.89 100m: 1:06.42 34.53 150m: 1:41.75 35.33 200m: 2:16.31 34.56						
44.	ALVES Joana Silva	05	Benedita	**2:16.56**	+0,78	566	
	50m: 31.60 31.60 100m: 1:06.08 34.48 150m: 1:41.90 35.82 200m: 2:16.56 34.66						
45.	TROIA Beatriz Rosa	04	Vilacondense	**2:17.17**	+0,68	558	
	50m: 31.67 31.67 100m: 1:06.26 34.59 150m: 1:41.25 34.99 200m: 2:17.17 35.92						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 18, Femin., 200m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
46.	MARQUES Maria Alexandra	04	Albicastrense	**2:17.19**	+0,72	558	
	50m: 32.20 32.20 100m: 1:06.68 34.48 150m: 1:41.83 35.15 200m: 2:17.19 35.36						
47.	ANDRE Isadora Maia	05	Benfica	**2:17.43**	+0,66	555	
	50m: 31.58 31.58 100m: 1:05.81 34.23 150m: 1:41.28 35.47 200m: 2:17.43 36.15						
48.	NICOLAU Margarida Claudino	05	Torres Novas	**2:17.49**	+0,76	554	
	50m: 30.62 30.62 100m: 1:04.77 34.15 150m: 1:41.09 36.32 200m: 2:17.49 36.40						
49.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**2:17.55**	+0,74	554	
	50m: 32.50 32.50 100m: 1:07.81 35.31 150m: 1:43.19 35.38 200m: 2:17.55 34.36						
50.	BENTO Maria Madalena	05	BUZIOS-Coruche	**2:18.03**	+0,69	548	
	50m: 31.96 31.96 100m: 1:06.46 34.50 150m: 1:42.73 36.27 200m: 2:18.03 35.30						
51.	SIMOES Rita Mendes	04	Bairro dos Anjos/ Leiria	**2:18.28**	+0,88	545	
	50m: 31.72 31.72 100m: 1:06.83 35.11 150m: 1:42.87 36.04 200m: 2:18.28 35.41						
52.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**2:18.41**	+0,72	543	
	50m: 31.16 31.16 100m: 1:05.86 34.70 150m: 1:42.07 36.21 200m: 2:18.41 36.34						
53.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:18.57**	+0,81	541	
	50m: 31.82 31.82 100m: 1:06.86 35.04 150m: 1:42.94 36.08 200m: 2:18.57 35.63						
54.	FERNANDES Maria Elias	04	Desportiva Viana	**2:18.60**	+0,94	541	
	50m: 32.17 32.17 100m: 1:07.58 35.41 150m: 1:43.79 36.21 200m: 2:18.60 34.81						
55.	NARRA Vera Figueiredo	04	Amadora	**2:18.63**	+0,71	541	
	50m: 31.67 31.67 100m: 1:07.01 35.34 150m: 1:42.72 35.71 200m: 2:18.63 35.91						
56.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:18.87**	+0,70	538	
	50m: 31.99 31.99 100m: 1:07.21 35.22 150m: 1:42.84 35.63 200m: 2:18.87 36.03						
57.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**2:19.15**	+0,67	535	
	50m: 32.49 32.49 100m: 1:07.72 35.23 150m: 1:43.86 36.14 200m: 2:19.15 35.29						
58.	VIANA Carolina Pereira	04	Aquatico Silves	**2:19.45**	+0,70	531	
	50m: 31.72 31.72 100m: 1:06.80 35.08 150m: 1:43.39 36.59 200m: 2:19.45 36.06						
59.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:19.46**	+0,61	531	
	50m: 31.43 31.43 100m: 1:06.33 34.90 150m: 1:42.62 36.29 200m: 2:19.46 36.84						
60.	PIMENTEL Marta Lima	04	Fluvial Portuense	**2:19.51**	+0,85	531	
	50m: 32.74 32.74 100m: 1:08.11 35.37 150m: 1:44.28 36.17 200m: 2:19.51 35.23						
61.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**2:19.54**	+0,76	530	
	50m: 32.32 32.32 100m: 1:07.68 35.36 150m: 1:44.10 36.42 200m: 2:19.54 35.44						
62.	TRIBUNA Francisca Otao	05	Benfica	**2:19.56**	+0,82	530	
	50m: 32.22 32.22 100m: 1:07.80 35.58 150m: 1:44.31 36.51 200m: 2:19.56 35.25						
63.	FERREIRA Joana Rocha	05	Benfica	**2:20.16**	+0,77	523	
	50m: 32.95 32.95 100m: 1:09.19 36.24 150m: 1:45.33 36.14 200m: 2:20.16 34.83						
64.	GALANTE Ines Carvalho	04	Vilacondense	**2:20.25**	+0,83	522	
	50m: 31.92 31.92 100m: 1:07.23 35.31 150m: 1:43.60 36.37 200m: 2:20.25 36.65						
65.	HUTYY Adriana Carolina	05	Braga	**2:20.40**	+0,82	521	
	50m: 32.70 32.70 100m: 1:08.04 35.34 150m: 1:44.49 36.45 200m: 2:20.40 35.91						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
66.	MELO Beatriz Costa	04	Alges	**2:20.76**	+0,68	517	
	50m: 31.76 31.76 100m: 1:07.51 35.75 150m: 1:44.40 36.89 200m: 2:20.76 36.36						
67.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**2:20.89**	+0,78	515	
	50m: 31.75 31.75 100m: 1:07.45 35.70 150m: 1:44.35 36.90 200m: 2:20.89 36.54						
68.	SANTOS Mariana Marques	05	Gesloures	**2:20.93**	+0,65	515	
	50m: 32.39 32.39 100m: 1:08.54 36.15 150m: 1:45.24 36.70 200m: 2:20.93 35.69						
69.	VIEIRA Carmo Dias	05	Avancado EUL	**2:21.18**	+0,65	512	
	50m: 32.45 32.45 100m: 1:08.51 36.06 150m: 1:45.54 37.03 200m: 2:21.18 35.64						
70.	FERNANDES Maria Teresa	05	Alges	**2:21.33**	+0,68	510	
	50m: 32.51 32.51 100m: 1:08.25 35.74 150m: 1:45.16 36.91 200m: 2:21.33 36.17						
71.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:21.57**	+0,76	508	
	50m: 32.34 32.34 100m: 1:08.09 35.75 150m: 1:45.48 37.39 200m: 2:21.57 36.09						
72.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:22.80**	+0,88	495	
	50m: 32.18 32.18 100m: 1:08.71 36.53 150m: 1:45.83 37.12 200m: 2:22.80 36.97						
73.	PIRES Laura Joao	05	Natacao do Fundao	**2:24.31**	+0,80	479	
	50m: 33.25 33.25 100m: 1:09.46 36.21 150m: 1:47.21 37.75 200m: 2:24.31 37.10						
74.	SILVA Ana Margarida	05	Natacao do Fundao	**2:28.25**	+0,78	442	
	50m: 32.90 32.90 100m: 1:09.45 36.55 150m: 1:48.19 38.74 200m: 2:28.25 40.06						

Prova 18 — Femin., 200m Livres — Absolutos
02-08-2019 - 11:00 — Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.18	SOUSA Ana Reis	SAD	Coimbra	07-04-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018

TAC Sen 50m: 2:10.94 - 25m: 2:08.60; Jun 50m: 2:13.74 - 25m: 2:11.68

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:04.46**	+0,80	748	
	50m: 28.70 28.70 100m: 59.79 31.09 150m: 1:31.73 31.94 200m: 2:04.46 32.73						
2.	DURAES Diana Margarida	96	Benfica	**2:05.74**	+0,73	725	
	50m: 30.19 30.19 100m: 1:02.38 32.19 150m: 1:34.34 31.96 200m: 2:05.74 31.40						
3.	MARTINS Francisca Soares	03	Foca	**2:06.36**	+0,65	714	
	50m: 29.54 29.54 100m: 1:01.66 32.12 150m: 1:34.42 32.76 200m: 2:06.36 31.94						
4.	HOLUB Tamila Hryhorivna	99	Braga	**2:06.48**	+0,71	712	
	50m: 30.08 30.08 100m: 1:01.94 31.86 150m: 1:34.34 32.40 200m: 2:06.48 32.14						
5.	ANDRE Leticia Maia	02	Benfica	**2:06.84**	+0,66	706	
	50m: 29.68 29.68 100m: 1:01.53 31.85 150m: 1:34.51 32.98 200m: 2:06.84 32.33						
6.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**2:07.28**	+0,69	699	
	50m: 30.06 30.06 100m: 1:02.49 32.43 150m: 1:35.32 32.83 200m: 2:07.28 31.96						
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:07.56**	+0,71	694	
	50m: 29.90 29.90 100m: 1:02.30 32.40 150m: 1:35.06 32.76 200m: 2:07.56 32.50						

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Prova 18, Femin., 200m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	BARBOSA Mariana Fernandes	02	Porto	**2:08.85**	+0,73	674	
	50m: 30.32 30.32 100m: 1:02.89 32.57 150m: 1:35.91 33.02 200m: 2:08.85 32.94						
9.	FARIA Ana Rita	00	Porto	**2:09.09**	+0,69	670	
	50m: 30.34 30.34 100m: 1:03.10 32.76 150m: 1:36.21 33.11 200m: 2:09.09 32.88						
10.	BELEZA Mafalda Gomes	94	Sporting	**2:09.62**	+0,64	662	
	50m: 30.18 30.18 100m: 1:03.09 32.91 150m: 1:36.22 33.13 200m: 2:09.62 33.40						
	PEGO Isabel Porfirio	01	Fluvial Portuense	**2:09.62**	+0,69	662	
	50m: 29.65 29.65 100m: 1:02.15 32.50 150m: 1:35.49 33.34 200m: 2:09.62 34.13						
12.	AMADOR Joana Costa	01	Galitos / Bresimar	**2:09.65**	+0,64	661	
	50m: 30.44 30.44 100m: 1:02.79 32.35 150m: 1:35.93 33.14 200m: 2:09.65 33.72						
13.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:09.76**	+0,73	660	
	50m: 30.35 30.35 100m: 1:03.00 32.65 150m: 1:36.22 33.22 200m: 2:09.76 33.54						
14.	SOARES Catarina Silva	03	Porto	**2:10.72**	+0,67	645	
	50m: 29.54 29.54 100m: 1:01.98 32.44 150m: 1:36.14 34.16 200m: 2:10.72 34.58						
15.	FRAZAO Alexandra Couto	02	Condeixa Clube	**2:10.73**	+0,68	645	
	50m: 30.89 30.89 100m: 1:04.14 33.25 150m: 1:37.38 33.24 200m: 2:10.73 33.35						
16.	PINTO Mafalda Marques	02	Sporting	**2:10.82**	+0,68	644	
	50m: 29.81 29.81 100m: 1:03.76 33.95 150m: 1:38.04 34.28 200m: 2:10.82 32.78						
17.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:11.71**	+0,72	631	
	50m: 30.61 30.61 100m: 1:03.96 33.35 150m: 1:37.92 33.96 200m: 2:11.71 33.79						
18.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**2:12.68**	+0,74	617	
	50m: 31.36 31.36 100m: 1:04.49 33.13 150m: 1:38.15 33.66 200m: 2:12.68 34.53						
19.	ROLAO Sofia Alexandra	98	Benfica	**2:13.16**	+0,75	610	
	50m: 29.94 29.94 100m: 1:03.60 33.66 150m: 1:38.31 34.71 200m: 2:13.16 34.85						
20.	MARTINS Ana Beatriz	99	Famalicao	**2:14.39**	+0,75	594	
	50m: 30.89 30.89 100m: 1:04.86 33.97 150m: 1:39.87 35.01 200m: 2:14.39 34.52						
21.	DIAS Ana Leonor	02	Natacao Olhao	**2:14.72**	+0,73	589	
	50m: 30.71 30.71 100m: 1:04.73 34.02 150m: 1:39.83 35.10 200m: 2:14.72 34.89						
	PINA Ana Sofia	02	O Crasto	**2:14.72**	+0,69	589	
	50m: 30.70 30.70 100m: 1:04.12 33.42 150m: 1:39.19 35.07 200m: 2:14.72 35.53						
23.	SANTOS Ana Pedro	02	Galitos / Bresimar	**2:14.77**	+0,77	589	
	50m: 32.26 32.26 100m: 1:06.27 34.01 150m: 1:40.17 33.90 200m: 2:14.77 34.60						
24.	SOARES Carolina Silva	03	Natacao de Valongo	**2:15.16**	+0,78	584	
	50m: 30.75 30.75 100m: 1:04.55 33.80 150m: 1:39.70 35.15 200m: 2:15.16 35.46						
25.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:16.26**	+0,72	570	
	50m: 31.12 31.12 100m: 1:05.22 34.10 150m: 1:40.37 35.15 200m: 2:16.26 35.89						

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Prova 19 — Masc., 50m Bruços — Open
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Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

TAC Sen 50m: 30.95 - 25m: 30.31; Jun 50m: 32.01 - 25m: 31.24; Juv A 50m: 32.01 - 25m: 31.24; Juv B 50m: 32.01 - 25m: 31.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMORIM Alexandre Ferreira	99	Porto	**28.66**	+0,65	742	
2.	QUINTAS Francisco Robalo	95	Belenenses	**29.44**	+0,62	684	
3.	SANTOS Alexis Manacas	92	Sporting	**29.49**	+0,67	681	
4.	DA SILVA Florian	01	Porto	**29.54**	+0,63	677	
	MENDES Antonio Manuel	99	Sporting	**29.54**	+0,65	677	
6.	SIMOES Rafael Gomes	00	Braga	**29.57**	+0,78	675	
7.	PEREIRA Ricardo Samuel	03	Benfica	**29.75**	+0,62	663	
8.	TEODORO Diogo Filipe	99	Natacao de Valongo	**29.93**	+0,60	651	
9.	FRISCHKNECHT Renato Barros	01	Alges	**30.02**	+0,61	645	
10.	PON Hugo	98	Alges	**30.18**	+0,64	635	
11.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.31**	+0,66	627	
12.	GRENHO Andre Tavares	99	Gesloures	**30.36**	+0,64	624	
13.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.40**	+0,68	622	
14.	SOARES Miguel Carlos	92	Naval Povoense	**30.51**	+0,70	615	
15.	SANTOS Pedro Andre	94	Alges	**30.71**	+0,68	603	
16.	RAMOS Filipe Carmo	97	Vilacondense	**30.78**	+0,71	599	
17.	JUNIOR Luis Cabral	03	Belenenses	**30.94**	+0,67	589	
18.	SILVA Pedro Miguel	94	Colegio Monte Maior	**31.20**	+0,65	575	
19.	CALDEIRA Goncalo Silveirinha	01	Sporting	**31.27**	+0,73	571	
20.	MARQUES Miguel Henriques	00	Benfica	**31.30**	+0,64	569	
21.	SILVA Luis Pedro	98	Desportivo Nacional	**31.38**	+0,71	565	
22.	ARAUJO Sergio Daniel	02	Naval Povoense	**31.42**	+0,65	563	
23.	BRITO Bernardo Geada	02	Uniao Piedense	**31.43**	+0,60	562	
24.	CABRITO Rodrigo Almeida	01	Belenenses	**31.46**	+0,63	561	
25.	SANTOS Afonso Amaro	02	Gesloures	**31.53**	+0,62	557	
26.	MARQUES Goncalo Silva	01	Condeixa Clube	**31.73**	+0,57	547	
27.	MERUJE Joaquim Agra	01	Elvense	**32.03**	+0,84	531	
28.	ZENZA Francisco Manuel	01	Natacao da Maia	**32.11**	+0,69	527	
29.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**32.61**	+0,66	503	
DNS	NASCIMENTO Miguel Duarte	95	Benfica				
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				
DNS	CAPITAO Simao Miguel	97	Individual ANNP				

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Prova 19, Masc., 50m Bruços, Elimin

Prova 19 — Masc., 50m Bruços — Absolutos
02-08-2019 - 11:25 — Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

TAC Sen 50m: 30.95 - 25m: 30.31; Jun 50m: 32.01 - 25m: 31.24; Juv A 50m: 32.01 - 25m: 31.24; Juv B 50m: 32.01 - 25m: 31.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMORIM Alexandre Ferreira	99	Porto	**28.66**	+0,65	742	
2.	QUINTAS Francisco Robalo	95	Belenenses	**29.44**	+0,62	684	
3.	SANTOS Alexis Manacas	92	Sporting	**29.49**	+0,67	681	
4.	DA SILVA Florian	01	Porto	**29.54**	+0,63	677	
	MENDES Antonio Manuel	99	Sporting	**29.54**	+0,65	677	
6.	SIMOES Rafael Gomes	00	Braga	**29.57**	+0,78	675	
7.	PEREIRA Ricardo Samuel	03	Benfica	**29.75**	+0,62	663	
8.	TEODORO Diogo Filipe	99	Natacao de Valongo	**29.93**	+0,60	651	
9.	FRISCHKNECHT Renato Barros	01	Alges	**30.02**	+0,61	645	
10.	PON Hugo	98	Alges	**30.18**	+0,64	635	
11.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.31**	+0,66	627	
12.	GRENHO Andre Tavares	99	Gesloures	**30.36**	+0,64	624	
13.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.40**	+0,68	622	
14.	SOARES Miguel Carlos	92	Naval Povoense	**30.51**	+0,70	615	
15.	SANTOS Pedro Andre	94	Alges	**30.71**	+0,68	603	
16.	RAMOS Filipe Carmo	97	Vilacondense	**30.78**	+0,71	599	
17.	JUNIOR Luis Cabral	03	Belenenses	**30.94**	+0,67	589	
18.	SILVA Pedro Miguel	94	Colegio Monte Maior	**31.20**	+0,65	575	
19.	CALDEIRA Goncalo Silveirinha	01	Sporting	**31.27**	+0,73	571	
20.	MARQUES Miguel Henriques	00	Benfica	**31.30**	+0,64	569	
21.	SILVA Luis Pedro	98	Desportivo Nacional	**31.38**	+0,71	565	
22.	ARAUJO Sergio Daniel	02	Naval Povoense	**31.42**	+0,65	563	
23.	BRITO Bernardo Geada	02	Uniao Piedense	**31.43**	+0,60	562	
24.	CABRITO Rodrigo Almeida	01	Belenenses	**31.46**	+0,63	561	
25.	SANTOS Afonso Amaro	02	Gesloures	**31.53**	+0,62	557	
26.	MARQUES Goncalo Silva	01	Condeixa Clube	**31.73**	+0,57	547	
27.	MERUJE Joaquim Agra	01	Elvense	**32.03**	+0,84	531	
28.	ZENZA Francisco Manuel	01	Natacao da Maia	**32.11**	+0,69	527	
29.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**32.61**	+0,66	503	
DNS	NASCIMENTO Miguel Duarte	95	Benfica				
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				
DNS	CAPITAO Simao Miguel	97	Individual ANNP				
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**38.36**	+0,67	309	

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Prova 20 — Femin., 50m Bruços — Open
02-08-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

TAC Sen 50m: 35.66 - 25m: 35.01; Jun 50m: 36.95 - 25m: 36.21; Juv A 50m: 36.95 - 25m: 36.21; Juv B 50m: 36.95 - 25m: 36.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**32.45**	+0,68	743	
2.	PEREIRA Raquel Gomes	00	Alges	**32.89**	+0,70	714	
3.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**33.13**	+0,73	698	
4.	OLIVEIRA Rosa Maria	96	Porto	**33.83**	+0,69	656	
5.	FERREIRA Margarida Filipe	04	Cova da Piedade	**33.89**	+0,72	652	
6.	BORGES Claudia Ferreira	99	Benfica	**34.00**	+0,62	646	
7.	SILVA Beatriz Santos	01	Porto	**34.06**	+0,65	643	
8.	MORAIS Margarida Mateus	04	Torres Novas	**34.31**	+0,69	629	
9.	ROSA Maria Carolina	94	Sporting	**34.34**	+0,70	627	
10.	BARATA Barbara Sofia	97	Alges	**34.43**	+0,69	622	
11.	PEREIRA Clara Gomes	02	Alges	**34.69**	+0,68	608	
12.	CERDEIRA Madalena Reis	03	Sporting	**34.72**	+0,70	607	
13.	LEONARDO Rute Isabel	98	Nautico Abrantes	**34.83**	+0,67	601	
14.	RODRIGUES Luana Correia	01	Belenenses	**35.05**	+0,69	590	
15.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**35.44**	+0,66	570	
16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**35.48**	+0,73	568	
17.	GONCALVES Sofia Filipa	01	Leixoes	**35.54**	+0,71	566	
18.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**35.84**	+0,55	551	
19.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**35.97**	+0,67	546	
	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**35.97**	+0,70	546	
21.	PEREIRA Maria Gomes	04	Alges	**36.03**	+0,71	543	
22.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**36.05**	+0,72	542	
23.	DOMINGOS Marta Pereira	04	Uniao Piedense	**36.07**	+0,76	541	
24.	FERNANDES Ana Catarina	03	Naval do Funchal	**36.10**	+0,59	540	
25.	TEIXEIRA Ines Oliveira	02	Estarreja	**36.11**	+0,69	539	
26.	RODRIGUES Marta Silva	04	Naval Povoense	**36.25**	+0,70	533	
27.	CASTRO Maria Freitas	03	Fafe	**36.28**	+0,68	532	
28.	REGO Ines Faria	05	Famalicao	**36.30**	+0,65	531	
29.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**36.56**	+0,69	520	
30.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**36.62**	+0,69	517	
31.	MACHADO Joana Sofia	02	Natacao de Valongo	**36.82**	+0,78	509	
32.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**36.91**	+0,67	505	
33.	REBELO Beatriz Vaz	03	Gesloures	**36.92**	+0,75	504	
34.	DIAS Ana Leonor	02	Natacao Olhao	**37.04**	+0,74	500	
35.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**37.12**	+0,78	496	
36.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**37.19**	+0,82	494	
37.	RODRIGUES Sofia Vilardell	04	Gesloures	**37.23**	+0,69	492	
38.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**37.32**	+0,74	488	
39.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**37.46**	+0,75	483	

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Prova 20, Femin., 50m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
40.	LEMOS Maria Ines	02	Sport de Mirandela	**37.51**	+0,68	481	
41.	LOPES Margarida Santos	04	Estarreja	**37.73**	+0,69	473	
42.	FOMINA Anna	02	Louletano / Loule Concelho	**37.91**	+0,77	466	
43.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**38.72**	+0,67	437	

Prova 20 — Femin., 50m Bruços — Absolutos
02-08-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

TAC Sen 50m: 35.66 - 25m: 35.01; Jun 50m: 36.95 - 25m: 36.21; Juv A 50m: 36.95 - 25m: 36.21; Juv B 50m: 36.95 - 25m: 36.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**32.45**	+0,68	743	
2.	PEREIRA Raquel Gomes	00	Alges	**32.89**	+0,70	714	
3.	FIGUEIRA Isabel Maria	79	Natacao de Faro	**33.13**	+0,73	698	
4.	OLIVEIRA Rosa Maria	96	Porto	**33.83**	+0,69	656	
5.	FERREIRA Margarida Filipe	04	Cova da Piedade	**33.89**	+0,72	652	
6.	BORGES Claudia Ferreira	99	Benfica	**34.00**	+0,62	646	
7.	SILVA Beatriz Santos	01	Porto	**34.06**	+0,65	643	
8.	MORAIS Margarida Mateus	04	Torres Novas	**34.31**	+0,69	629	
9.	ROSA Maria Carolina	94	Sporting	**34.34**	+0,70	627	
10.	BARATA Barbara Sofia	97	Alges	**34.43**	+0,69	622	
11.	PEREIRA Clara Gomes	02	Alges	**34.69**	+0,68	608	
12.	CERDEIRA Madalena Reis	03	Sporting	**34.72**	+0,70	607	
13.	LEONARDO Rute Isabel	98	Nautico Abrantes	**34.83**	+0,67	601	
14.	RODRIGUES Luana Correia	01	Belenenses	**35.05**	+0,69	590	
15.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**35.44**	+0,66	570	
16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**35.48**	+0,73	568	
17.	GONCALVES Sofia Filipa	01	Leixoes	**35.54**	+0,71	566	
18.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**35.84**	+0,55	551	
19.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**35.97**	+0,67	546	
	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**35.97**	+0,70	546	
21.	PEREIRA Maria Gomes	04	Alges	**36.03**	+0,71	543	
22.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**36.05**	+0,72	542	
23.	DOMINGOS Marta Pereira	04	Uniao Piedense	**36.07**	+0,76	541	
24.	FERNANDES Ana Catarina	03	Naval do Funchal	**36.10**	+0,59	540	
25.	TEIXEIRA Ines Oliveira	02	Estarreja	**36.11**	+0,69	539	
26.	RODRIGUES Marta Silva	04	Naval Povoense	**36.25**	+0,70	533	
27.	CASTRO Maria Freitas	03	Fafe	**36.28**	+0,68	532	
28.	REGO Ines Faria	05	Famalicao	**36.30**	+0,65	531	
29.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**36.56**	+0,69	520	
30.	DOMINGUES Matilde Mota	03	Colegio SMLamas	**36.62**	+0,69	517	
31.	MACHADO Joana Sofia	02	Natacao de Valongo	**36.82**	+0,78	509	
32.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**36.91**	+0,67	505	

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Prova 20, Femin., 50m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	REBELO Beatriz Vaz	03	Gesloures	**36.92**	+0,75	504	
34.	DIAS Ana Leonor	02	Natacao Olhao	**37.04**	+0,74	500	
35.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**37.12**	+0,78	496	
36.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	**37.19**	+0,82	494	
37.	RODRIGUES Sofia Vilardell	04	Gesloures	**37.23**	+0,69	492	
38.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**37.32**	+0,74	488	
39.	CARVALHO Bruna Cruz	03	S. Pedro Alva	**37.46**	+0,75	483	
40.	LEMOS Maria Ines	02	Sport de Mirandela	**37.51**	+0,68	481	
41.	LOPES Margarida Santos	04	Estarreja	**37.73**	+0,69	473	
42.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**38.72**	+0,67	437	

Prova 21 — Masc., 200m Costas — Juvenis
02-08-2019 - 11:40 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

TAC Juv A 50m: 2:24.02 - 25m: 2:17.86; Juv B 50m: 2:25.37 - 25m: 2:21.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CASTRO Duarte Monteiro	03	Porto	**2:08.27**	+0,69	664	
	50m: 29.93 29.93 100m: 1:01.76 31.83 150m: 1:34.37 32.61 200m: 2:08.27 33.90						
2.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:15.22**	+0,82	567	
	50m: 31.18 31.18 100m: 1:05.32 34.14 150m: 1:40.60 35.28 200m: 2:15.22 34.62						
3.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.49**	+0,59	563	
	50m: 30.93 30.93 100m: 1:04.78 33.85 150m: 1:40.28 35.50 200m: 2:15.49 35.21						
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:15.60**	+0,62	562	
	50m: 30.77 30.77 100m: 1:05.63 34.86 150m: 1:40.98 35.35 200m: 2:15.60 34.62						
5.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:16.04**	+0,60	556	
	50m: 31.44 31.44 100m: 1:06.27 34.83 150m: 1:41.71 35.44 200m: 2:16.04 34.33						
6.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**2:16.47**	+0,74	551	
	50m: 31.09 31.09 100m: 1:06.34 35.25 150m: 1:42.45 36.11 200m: 2:16.47 34.02						
7.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:16.87**	+0,73	546	
	50m: 31.98 31.98 100m: 1:07.03 35.05 150m: 1:42.24 35.21 200m: 2:16.87 34.63						
8.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:17.71**	+0,70	536	
	50m: 32.02 32.02 100m: 1:06.27 34.25 150m: 1:41.99 35.72 200m: 2:17.71 35.72						
9.	CARVALHO Martim Henriques	04	Rio Maior	**2:18.04**	+0,79	532	
	50m: 32.28 32.28 100m: 1:07.67 35.39 150m: 1:42.92 35.25 200m: 2:18.04 35.12						
10.	COUTINHO Guilherme Pereira	03	Viver Santarem	**2:18.25**	+0,63	530	
	50m: 32.58 32.58 100m: 1:07.63 35.05 150m: 1:43.52 35.89 200m: 2:18.25 34.73						
11.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:18.30**	+0,60	529	
	50m: 31.82 31.82 100m: 1:06.63 34.81 150m: 1:42.32 35.69 200m: 2:18.30 35.98						

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Prova 21, Masc., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SILVA Gustavo Carvalho	04	Academia Acores	**2:18.58**	+0,77	526	
	50m: 31.96 31.96 100m: 1:07.20 35.24 150m: 1:43.18 35.98 200m: 2:18.58 35.40						
13.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:19.10**	+0,59	520	
	50m: 31.42 31.42 100m: 1:05.89 34.47 150m: 1:42.02 36.13 200m: 2:19.10 37.08						
14.	MARQUES Andre Costa	03	Famalicao	**2:19.14**	+0,79	520	
	50m: 31.86 31.86 100m: 1:06.35 34.49 150m: 1:42.43 36.08 200m: 2:19.14 36.71						
15.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:19.18**	+0,69	519	
	50m: 31.15 31.15 100m: 1:07.10 35.95 150m: 1:44.55 37.45 200m: 2:19.18 34.63						
16.	SANTOS Andre Cardoso	03	Academico Viseu	**2:19.26**	+0,63	519	
	50m: 32.52 32.52 100m: 1:08.23 35.71 150m: 1:43.97 35.74 200m: 2:19.26 35.29						
17.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:19.48**	+0,75	516	
	50m: 31.51 31.51 100m: 1:06.18 34.67 150m: 1:43.11 36.93 200m: 2:19.48 36.37						
18.	MAIA Felipe Menegassi	04	Alges	**2:19.52**	+0,58	516	
	50m: 31.93 31.93 100m: 1:07.14 35.21 150m: 1:42.78 35.64 200m: 2:19.52 36.74						
19.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:20.14**	+0,57	509	
	50m: 31.21 31.21 100m: 1:06.75 35.54 150m: 1:44.01 37.26 200m: 2:20.14 36.13						
20.	MATRENO Diogo Miguel	03	Torres Novas	**2:20.98**	+0,71	500	
	50m: 33.24 33.24 100m: 1:08.78 35.54 150m: 1:45.24 36.46 200m: 2:20.98 35.74						
21.	LEAL Dinis Barros	03	Aquatico Pacense	**2:21.18**	+0,62	498	
	50m: 32.02 32.02 100m: 1:08.63 36.61 150m: 1:45.51 36.88 200m: 2:21.18 35.67						
22.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:21.36**	+0,59	496	
	50m: 32.21 32.21 100m: 1:07.81 35.60 150m: 1:44.25 36.44 200m: 2:21.36 37.11						
23.	SANTOS Guilherme Machado	04	Uniao Piedense	**2:21.56**	+0,74	494	
	50m: 31.86 31.86 100m: 1:07.20 35.34 150m: 1:43.89 36.69 200m: 2:21.56 37.67						
24.	IACHIMOVSCHI Nicolae	03	Belenenses	**2:21.86**	+0,82	491	
	50m: 33.33 33.33 100m: 1:09.52 36.19 150m: 1:45.94 36.42 200m: 2:21.86 35.92						
25.	GOMES Goncalo Camara	03	Naval do Funchal	**2:21.96**	+0,56	490	
	50m: 31.35 31.35 100m: 1:06.87 35.52 150m: 1:44.35 37.48 200m: 2:21.96 37.61						
26.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:21.97**	+0,64	489	
	50m: 32.82 32.82 100m: 1:08.85 36.03 150m: 1:45.34 36.49 200m: 2:21.97 36.63						
27.	LIMA Gaspar Pinheiro	04	Leixoes	**2:22.00**	+0,74	489	
	50m: 31.68 31.68 100m: 1:08.10 36.42 150m: 1:45.19 37.09 200m: 2:22.00 36.81						
28.	GOMES Pedro Pires	03	Belenenses	**2:22.12**	+0,69	488	
	50m: 32.56 32.56 100m: 1:08.00 35.44 150m: 1:45.42 37.42 200m: 2:22.12 36.70						
29.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**2:22.41**	+0,69	485	
	50m: 33.33 33.33 100m: 1:09.44 36.11 150m: 1:46.22 36.78 200m: 2:22.41 36.19						
30.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:22.44**	+0,83	485	
	50m: 33.14 33.14 100m: 1:09.25 36.11 150m: 1:46.18 36.93 200m: 2:22.44 36.26						
31.	GOMES Guilherme Sousa	04	Aquatico Silves	**2:22.49**	+0,72	484	
	50m: 31.62 31.62 100m: 1:07.12 35.50 150m: 1:44.91 37.79 200m: 2:22.49 37.58						

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Prova 21, Masc., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**2:22.64**	+0,68	483	
	50m: 32.57 32.57 100m: 1:09.04 36.47 150m: 1:45.64 36.60 200m: 2:22.64 37.00						
33.	CARDOSO Joao Francisco	03	Individual ANCNP	**2:22.67**	+0,66	482	
	50m: 32.61 32.61 100m: 1:08.00 35.39 150m: 1:44.97 36.97 200m: 2:22.67 37.70						
34.	OLIVEIRA Daniel Valente	03	Sporting de Aveiro	**2:23.00**	+0,60	479	
	50m: 32.80 32.80 100m: 1:09.95 37.15 150m: 1:46.87 36.92 200m: 2:23.00 36.13						
35.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:23.03**	+0,73	479	
	50m: 32.87 32.87 100m: 1:09.41 36.54 150m: 1:46.44 37.03 200m: 2:23.03 36.59						
36.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:23.46**	+0,73	474	
	50m: 32.64 32.64 100m: 1:09.19 36.55 150m: 1:47.46 38.27 200m: 2:23.46 36.00						
37.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**2:23.57**	+0,75	473	
	50m: 34.24 34.24 100m: 1:10.90 36.66 150m: 1:48.38 37.48 200m: 2:23.57 35.19						
38.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**2:24.18**	+0,56	467	
	50m: 32.10 32.10 100m: 1:07.68 35.58 150m: 1:45.73 38.05 200m: 2:24.18 38.45						
39.	PALMA Francisco Caetano	04	Zona Azul	**2:24.23**	+0,77	467	
	50m: 33.03 33.03 100m: 1:09.51 36.48 150m: 1:47.52 38.01 200m: 2:24.23 36.71						
40.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**2:24.45**	+0,69	465	
	50m: 33.88 33.88 100m: 1:10.97 37.09 150m: 1:48.07 37.10 200m: 2:24.45 36.38						
41.	VALENTE Goncalo Filipe	03	Gesloures	**2:25.15**	+0,63	458	
	50m: 33.41 33.41 100m: 1:10.31 36.90 150m: 1:47.65 37.34 200m: 2:25.15 37.50						
42.	TEIXEIRA Cesar Rego	04	Famalicao	**2:25.26**	+0,77	457	
	50m: 32.48 32.48 100m: 1:09.47 36.99 150m: 1:47.97 38.50 200m: 2:25.26 37.29						
43.	GOMES Joao Campelo	03	Famalicao	**2:25.39**	+0,81	456	
	50m: 32.88 32.88 100m: 1:09.90 37.02 150m: 1:47.74 37.84 200m: 2:25.39 37.65						
44.	PINTO Afonso Cipriano	04	Sporting	**2:25.88**	+0,72	451	
	50m: 34.34 34.34 100m: 1:12.13 37.79 150m: 1:49.82 37.69 200m: 2:25.88 36.06						
45.	SILVA Frederico Ferreira	04	Famalicao	**2:26.34**	+0,73	447	
	50m: 34.51 34.51 100m: 1:11.64 37.13 150m: 1:49.78 38.14 200m: 2:26.34 36.56						
46.	TRISTAO Miguel Salomao	04	Portinado	**2:26.37**	+0,74	447	
	50m: 32.91 32.91 100m: 1:09.40 36.49 150m: 1:47.93 38.53 200m: 2:26.37 38.44						
47.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**2:27.23**	+0,56	439	
	50m: 33.47 33.47 100m: 1:10.61 37.14 150m: 1:48.89 38.28 200m: 2:27.23 38.34						
48.	CHOCAS Afonso Alves	04	Electrico Clube	**2:27.30**	+0,59	438	
	50m: 34.36 34.36 100m: 1:12.29 37.93 150m: 1:50.58 38.29 200m: 2:27.30 36.72						
49.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:27.69**	+0,83	435	
	50m: 32.72 32.72 100m: 1:09.41 36.69 150m: 1:49.06 39.65 200m: 2:27.69 38.63						
50.	FRANCISCO Ruben Filipe	04	Portinado	**2:28.78**	+0,80	425	
	50m: 33.60 33.60 100m: 1:10.98 37.38 150m: 1:49.59 38.61 200m: 2:28.78 39.19						
51.	CORREIA Pedro Henriques	03	Benfica	**2:29.55**	+0,78	419	
	50m: 34.31 34.31 100m: 1:11.83 37.52 150m: 1:50.34 38.51 200m: 2:29.55 39.21						

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Prova 21, Masc., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	AGUIAR Vasco Ormonde	04	Academia Acores	**2:30.01**	+0,77	415	
	50m: 34.57 34.57 100m: 1:12.16 37.59 150m: 1:50.94 38.78 200m: 2:30.01 39.07						
DNS	SIMOES Miguel Costa	04	Cova da Piedade				

Prova 21 — Masc., 200m Costas — Open
02-08-2019 - 11:40 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013
Rec Nac Inf A	2:14.56	RIBAS Alexandre Lages	EDV	Lisboa	23-07-2011
Rec Nac Inf B	2:20.07	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	13-07-2013

TAC Sen 50m: 2:13.96 - 25m: 2:08.46; Jun 50m: 2:18.48 - 25m: 2:12.27; Juv A 50m: 2:24.02 - 25m: 2:17.86; Juv B 50m: 2:25.37 - 25m: 2:21.24

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio	98	Sporting	**2:07.72**	+0,60	672	
	50m: 29.00 29.00 100m: 1:01.55 32.55 150m: 1:34.99 33.44 200m: 2:07.72 32.73						
2.	VITAL Joao Alexandre	98	Sporting	**2:08.13**	+0,72	666	
	50m: 29.78 29.78 100m: 1:01.60 31.82 150m: 1:34.67 33.07 200m: 2:08.13 33.46						
3.	CASTRO Duarte Monteiro	03	Porto	**2:08.27**	+0,69	664	
	50m: 29.93 29.93 100m: 1:01.76 31.83 150m: 1:34.37 32.61 200m: 2:08.27 33.90						
4.	KOT Viktor	98	Nautico Marinha Grande	**2:09.23**	+0,63	649	
	50m: 29.73 29.73 100m: 1:02.28 32.55 150m: 1:35.67 33.39 200m: 2:09.23 33.56						
5.	TINOCO Joao Pereira	00	Famalicao	**2:09.24**	+0,76	649	
	50m: 29.74 29.74 100m: 1:02.02 32.28 150m: 1:35.47 33.45 200m: 2:09.24 33.77						
6.	ROSA Rodrigo Antonio	96	Benfica	**2:09.44**	+0,67	646	
	50m: 29.83 29.83 100m: 1:02.44 32.61 150m: 1:36.10 33.66 200m: 2:09.44 33.34						
7.	CORREIA Joao Mota	97	Benfica	**2:09.73**	+0,69	642	
	50m: 29.52 29.52 100m: 1:02.56 33.04 150m: 1:36.04 33.48 200m: 2:09.73 33.69						
8.	FERNANDES Joao Diogo	98	Belenenses	**2:10.37**	+0,62	632	
	50m: 30.18 30.18 100m: 1:02.93 32.75 150m: 1:36.70 33.77 200m: 2:10.37 33.67						
9.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:10.61**	+0,56	629	
	50m: 29.81 29.81 100m: 1:02.19 32.38 150m: 1:36.30 34.11 200m: 2:10.61 34.31						
10.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:10.68**	+0,70	628	
	50m: 30.12 30.12 100m: 1:03.03 32.91 150m: 1:36.60 33.57 200m: 2:10.68 34.08						
11.	ALFAMA Martim Primavera	02	Gesloures	**2:11.23**	+0,64	620	
	50m: 29.76 29.76 100m: 1:02.85 33.09 150m: 1:36.61 33.76 200m: 2:11.23 34.62						
12.	BATE Miguel Ribeiro	99	Alges	**2:11.71**	+0,66	613	
	50m: 29.48 29.48 100m: 1:02.72 33.24 150m: 1:36.92 34.20 200m: 2:11.71 34.79						
13.	NUNES Porfirio Braga	00	Porto	**2:11.96**	+0,60	610	
	50m: 30.31 30.31 100m: 1:03.42 33.11 150m: 1:37.30 33.88 200m: 2:11.96 34.66						

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Prova 21, Masc., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:12.25**	+0,63	606	
	50m: 30.66 30.66 100m: 1:03.75 33.09 150m: 1:37.74 33.99 200m: 2:12.25 34.51						
15.	SILVA Job Santos	96	Feirense	**2:12.94**	+0,73	596	
	50m: 30.36 30.36 100m: 1:03.90 33.54 150m: 1:38.66 34.76 200m: 2:12.94 34.28						
16.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:12.99**	+0,64	596	
	50m: 29.85 29.85 100m: 1:03.37 33.52 150m: 1:37.82 34.45 200m: 2:12.99 35.17						
17.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:13.17**	+0,70	593	
	50m: 30.70 30.70 100m: 1:03.99 33.29 150m: 1:38.78 34.79 200m: 2:13.17 34.39						
18.	MACHADO Bruno Rafael	01	Fluvial Portuense	**2:13.64**	+0,56	587	
	50m: 30.83 30.83 100m: 1:05.11 34.28 150m: 1:39.04 33.93 200m: 2:13.64 34.60						
19.	ALMEIDA Carlos Afonso	98	Alges	**2:13.70**	+0,69	586	
	50m: 30.74 30.74 100m: 1:04.29 33.55 150m: 1:38.33 34.04 200m: 2:13.70 35.37						
20.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	**2:13.81**	+0,64	585	
	50m: 31.44 31.44 100m: 1:04.93 33.49 150m: 1:39.19 34.26 200m: 2:13.81 34.62						
21.	FERREIRA Tiago Barros	94	Alges	**2:14.57**	+0,70	575	
	50m: 31.51 31.51 100m: 1:05.48 33.97 150m: 1:40.16 34.68 200m: 2:14.57 34.41						
22.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:15.22**	+0,82	567	
	50m: 31.18 31.18 100m: 1:05.32 34.14 150m: 1:40.60 35.28 200m: 2:15.22 34.62						
23.	JAENES Daniel Sanchez	97	Louletano / Loule Concelho	**2:15.38**	+0,61	565	
	50m: 31.53 31.53 100m: 1:05.79 34.26 150m: 1:40.46 34.67 200m: 2:15.38 34.92						
24.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.49**	+0,59	563	
	50m: 30.93 30.93 100m: 1:04.78 33.85 150m: 1:40.28 35.50 200m: 2:15.49 35.21						
25.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:15.60**	+0,62	562	
	50m: 30.77 30.77 100m: 1:05.63 34.86 150m: 1:40.98 35.35 200m: 2:15.60 34.62						
26.	VIEGAS Hugo Miguel	02	Natacao Olhao	**2:15.63**	+0,58	561	
	50m: 31.88 31.88 100m: 1:06.75 34.87 150m: 1:41.13 34.38 200m: 2:15.63 34.50						
27.	PEIXOTO Joao Freitas	01	Fafe	**2:15.77**	+0,55	560	
	50m: 31.80 31.80 100m: 1:06.24 34.44 150m: 1:40.89 34.65 200m: 2:15.77 34.88						
28.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:16.04**	+0,60	556	
	50m: 31.44 31.44 100m: 1:06.27 34.83 150m: 1:41.71 35.44 200m: 2:16.04 34.33						
29.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**2:16.47**	+0,74	551	
	50m: 31.09 31.09 100m: 1:06.34 35.25 150m: 1:42.45 36.11 200m: 2:16.47 34.02						
30.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:16.87**	+0,73	546	
	50m: 31.98 31.98 100m: 1:07.03 35.05 150m: 1:42.24 35.21 200m: 2:16.87 34.63						
31.	KOBAYASHI Bruno Shinji	02	Vilacondense	**2:17.45**	+0,64	539	
	50m: 31.96 31.96 100m: 1:06.67 34.71 150m: 1:42.53 35.86 200m: 2:17.45 34.92						
32.	BRAS Ricardo Martins	01	Belenenses	**2:17.66**	+0,74	537	
	50m: 32.43 32.43 100m: 1:07.44 35.01 150m: 1:42.80 35.36 200m: 2:17.66 34.86						
33.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:17.71**	+0,70	536	
	50m: 32.02 32.02 100m: 1:06.27 34.25 150m: 1:41.99 35.72 200m: 2:17.71 35.72						

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Prova 21, Masc., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**2:17.87**	+0,69	534	
	50m: 31.55 31.55 100m: 1:06.60 35.05 150m: 1:42.03 35.43 200m: 2:17.87 35.84						
35.	CARVALHO Martim Henriques	04	Rio Maior	**2:18.04**	+0,79	532	
	50m: 32.28 32.28 100m: 1:07.67 35.39 150m: 1:42.92 35.25 200m: 2:18.04 35.12						
36.	COUTINHO Guilherme Pereira	03	Viver Santarem	**2:18.25**	+0,63	530	
	50m: 32.58 32.58 100m: 1:07.63 35.05 150m: 1:43.52 35.89 200m: 2:18.25 34.73						
37.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:18.30**	+0,60	529	
	50m: 31.82 31.82 100m: 1:06.63 34.81 150m: 1:42.32 35.69 200m: 2:18.30 35.98						
38.	GONCALVES Rodrigo Oliveira	02	Porto	**2:18.31**	+0,60	529	
	50m: 31.88 31.88 100m: 1:06.41 34.53 150m: 1:42.27 35.86 200m: 2:18.31 36.04						
39.	MAGALHAES Hugo Nunes	02	Alges	**2:18.40**	+0,63	528	
	50m: 31.88 31.88 100m: 1:06.58 34.70 150m: 1:41.76 35.18 200m: 2:18.40 36.64						
40.	MORIM Francisco Emanuel	02	Vilacondense	**2:18.56**	+0,76	526	
	50m: 32.24 32.24 100m: 1:08.21 35.97 150m: 1:44.36 36.15 200m: 2:18.56 34.20						
41.	SILVA Gustavo Carvalho	04	Academia Acores	**2:18.58**	+0,77	526	
	50m: 31.96 31.96 100m: 1:07.20 35.24 150m: 1:43.18 35.98 200m: 2:18.58 35.40						
42.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**2:19.10**	+0,59	520	
	50m: 31.42 31.42 100m: 1:05.89 34.47 150m: 1:42.02 36.13 200m: 2:19.10 37.08						
	SOUZA Francisco Alves	02	Gesloures	**2:19.10**	+0,72	520	
	50m: 31.19 31.19 100m: 1:05.15 33.96 150m: 1:40.83 35.68 200m: 2:19.10 38.27						
44.	MARQUES Andre Costa	03	Famalicao	**2:19.14**	+0,79	520	
	50m: 31.86 31.86 100m: 1:06.35 34.49 150m: 1:42.43 36.08 200m: 2:19.14 36.71						
45.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**2:19.18**	+0,69	519	
	50m: 31.15 31.15 100m: 1:07.10 35.95 150m: 1:44.55 37.45 200m: 2:19.18 34.63						
46.	SANTOS Andre Cardoso	03	Academico Viseu	**2:19.26**	+0,63	519	
	50m: 32.52 32.52 100m: 1:08.23 35.71 150m: 1:43.97 35.74 200m: 2:19.26 35.29						
47.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:19.48**	+0,75	516	
	50m: 31.51 31.51 100m: 1:06.18 34.67 150m: 1:43.11 36.93 200m: 2:19.48 36.37						
48.	MAIA Felipe Menegassi	04	Alges	**2:19.52**	+0,58	516	
	50m: 31.93 31.93 100m: 1:07.14 35.21 150m: 1:42.78 35.64 200m: 2:19.52 36.74						
49.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:20.14**	+0,57	509	
	50m: 31.21 31.21 100m: 1:06.75 35.54 150m: 1:44.01 37.26 200m: 2:20.14 36.13						
50.	MATRENO Diogo Miguel	03	Torres Novas	**2:20.98**	+0,71	500	
	50m: 33.24 33.24 100m: 1:08.78 35.54 150m: 1:45.24 36.46 200m: 2:20.98 35.74						
51.	LEAL Dinis Barros	03	Aquatico Pacense	**2:21.18**	+0,62	498	
	50m: 32.02 32.02 100m: 1:08.63 36.61 150m: 1:45.51 36.88 200m: 2:21.18 35.67						
	CARVALHO Guilherme Ventura	01	Gesloures	**2:21.18**	+0,73	498	
	50m: 32.35 32.35 100m: 1:08.26 35.91 150m: 1:45.01 36.75 200m: 2:21.18 36.17						
53.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:21.29**	+0,73	497	
	50m: 31.99 31.99 100m: 1:06.66 34.67 150m: 1:43.58 36.92 200m: 2:21.29 37.71						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**2:21.36**	+0,59	496	
	50m: 32.21 32.21 100m: 1:07.81 35.60 150m: 1:44.25 36.44 200m: 2:21.36 37.11						
55.	SANTOS Guilherme Machado	04	Uniao Piedense	**2:21.56**	+0,74	494	
	50m: 31.86 31.86 100m: 1:07.20 35.34 150m: 1:43.89 36.69 200m: 2:21.56 37.67						
56.	IACHIMOVSCHI Nicolae	03	Belenenses	**2:21.86**	+0,82	491	
	50m: 33.33 33.33 100m: 1:09.52 36.19 150m: 1:45.94 36.42 200m: 2:21.86 35.92						
57.	GOMES Goncalo Camara	03	Naval do Funchal	**2:21.96**	+0,56	490	
	50m: 31.35 31.35 100m: 1:06.87 35.52 150m: 1:44.35 37.48 200m: 2:21.96 37.61						
58.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:21.97**	+0,64	489	
	50m: 32.82 32.82 100m: 1:08.85 36.03 150m: 1:45.34 36.49 200m: 2:21.97 36.63						
59.	LIMA Gaspar Pinheiro	04	Leixoes	**2:22.00**	+0,74	489	
	50m: 31.68 31.68 100m: 1:08.10 36.42 150m: 1:45.19 37.09 200m: 2:22.00 36.81						
60.	GOMES Pedro Pires	03	Belenenses	**2:22.12**	+0,69	488	
	50m: 32.56 32.56 100m: 1:08.00 35.44 150m: 1:45.42 37.42 200m: 2:22.12 36.70						
61.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**2:22.41**	+0,69	485	
	50m: 33.33 33.33 100m: 1:09.44 36.11 150m: 1:46.22 36.78 200m: 2:22.41 36.19						
62.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:22.44**	+0,83	485	
	50m: 33.14 33.14 100m: 1:09.25 36.11 150m: 1:46.18 36.93 200m: 2:22.44 36.26						
63.	GOMES Guilherme Sousa	04	Aquatico Silves	**2:22.49**	+0,72	484	
	50m: 31.62 31.62 100m: 1:07.12 35.50 150m: 1:44.91 37.79 200m: 2:22.49 37.58						
64.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**2:22.64**	+0,68	483	
	50m: 32.57 32.57 100m: 1:09.04 36.47 150m: 1:45.64 36.60 200m: 2:22.64 37.00						
65.	CARDOSO Joao Francisco	03	Individual ANCNP	**2:22.67**	+0,66	482	
	50m: 32.61 32.61 100m: 1:08.00 35.39 150m: 1:44.97 36.97 200m: 2:22.67 37.70						
66.	OLIVEIRA Daniel Valente	03	Sporting de Aveiro	**2:23.00**	+0,60	479	
	50m: 32.80 32.80 100m: 1:09.95 37.15 150m: 1:46.87 36.92 200m: 2:23.00 36.13						
67.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:23.03**	+0,73	479	
	50m: 32.87 32.87 100m: 1:09.41 36.54 150m: 1:46.44 37.03 200m: 2:23.03 36.59						
68.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:23.46**	+0,73	474	
	50m: 32.64 32.64 100m: 1:09.19 36.55 150m: 1:47.46 38.27 200m: 2:23.46 36.00						
69.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**2:23.57**	+0,75	473	
	50m: 34.24 34.24 100m: 1:10.90 36.66 150m: 1:48.38 37.48 200m: 2:23.57 35.19						
70.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**2:24.18**	+0,56	467	
	50m: 32.10 32.10 100m: 1:07.68 35.58 150m: 1:45.73 38.05 200m: 2:24.18 38.45						
71.	PALMA Francisco Caetano	04	Zona Azul	**2:24.23**	+0,77	467	
	50m: 33.03 33.03 100m: 1:09.51 36.48 150m: 1:47.52 38.01 200m: 2:24.23 36.71						
72.	COUTINHO David Valdagua	03	Columbofila Cantanhedense	**2:24.45**	+0,69	465	
	50m: 33.88 33.88 100m: 1:10.97 37.09 150m: 1:48.07 37.10 200m: 2:24.45 36.38						
73.	VALENTE Goncalo Filipe	03	Gesloures	**2:25.15**	+0,63	458	
	50m: 33.41 33.41 100m: 1:10.31 36.90 150m: 1:47.65 37.34 200m: 2:25.15 37.50						

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PARCEIROS

Prova 21, Masc., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
74.	TEIXEIRA Cesar Rego	04	Famalicao	**2:25.26**	+0,77	457	
	50m: 32.48 32.48 100m: 1:09.47 36.99 150m: 1:47.97 38.50 200m: 2:25.26 37.29						
75.	GOMES Joao Campelo	03	Famalicao	**2:25.39**	+0,81	456	
	50m: 32.88 32.88 100m: 1:09.90 37.02 150m: 1:47.74 37.84 200m: 2:25.39 37.65						
76.	PINTO Afonso Cipriano	04	Sporting	**2:25.88**	+0,72	451	
	50m: 34.34 34.34 100m: 1:12.13 37.79 150m: 1:49.82 37.69 200m: 2:25.88 36.06						
77.	SILVA Frederico Ferreira	04	Famalicao	**2:26.34**	+0,73	447	
	50m: 34.51 34.51 100m: 1:11.64 37.13 150m: 1:49.78 38.14 200m: 2:26.34 36.56						
78.	TRISTAO Miguel Salomao	04	Portinado	**2:26.37**	+0,74	447	
	50m: 32.91 32.91 100m: 1:09.40 36.49 150m: 1:47.93 38.53 200m: 2:26.37 38.44						
79.	ARAUJO Jose Miguel	03	Vitoria Guimaraes	**2:27.23**	+0,56	439	
	50m: 33.47 33.47 100m: 1:10.61 37.14 150m: 1:48.89 38.28 200m: 2:27.23 38.34						
80.	CHOCAS Afonso Alves	04	Electrico Clube	**2:27.30**	+0,59	438	
	50m: 34.36 34.36 100m: 1:12.29 37.93 150m: 1:50.58 38.29 200m: 2:27.30 36.72						
81.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:27.69**	+0,83	435	
	50m: 32.72 32.72 100m: 1:09.41 36.69 150m: 1:49.06 39.65 200m: 2:27.69 38.63						
82.	FRANCISCO Ruben Filipe	04	Portinado	**2:28.78**	+0,80	425	
	50m: 33.60 33.60 100m: 1:10.98 37.38 150m: 1:49.59 38.61 200m: 2:28.78 39.19						
83.	CORREIA Pedro Henriques	03	Benfica	**2:29.55**	+0,78	419	
	50m: 34.31 34.31 100m: 1:11.83 37.52 150m: 1:50.34 38.51 200m: 2:29.55 39.21						
84.	AGUIAR Vasco Ormonde	04	Academia Acores	**2:30.01**	+0,77	415	
	50m: 34.57 34.57 100m: 1:12.16 37.59 150m: 1:50.94 38.78 200m: 2:30.01 39.07						
DNS	SIMOES Miguel Costa	04	Cova da Piedade				

Prova 21 — Masc., 200m Costas — Absolutos
02-08-2019 - 11:40 — Resultados Elimin

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005

TAC Sen 50m: 2:13.96 - 25m: 2:08.46; Jun 50m: 2:18.48 - 25m: 2:12.27

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio	98	Sporting	**2:07.72**	+0,60	672	
	50m: 29.00 29.00 100m: 1:01.55 32.55 150m: 1:34.99 33.44 200m: 2:07.72 32.73						
2.	VITAL Joao Alexandre	98	Sporting	**2:08.13**	+0,72	666	
	50m: 29.78 29.78 100m: 1:01.60 31.82 150m: 1:34.67 33.07 200m: 2:08.13 33.46						
3.	KOT Viktor	98	Nautico Marinha Grande	**2:09.23**	+0,63	649	
	50m: 29.73 29.73 100m: 1:02.28 32.55 150m: 1:35.67 33.39 200m: 2:09.23 33.56						
4.	TINOCO Joao Pereira	00	Famalicao	**2:09.24**	+0,76	649	
	50m: 29.74 29.74 100m: 1:02.02 32.28 150m: 1:35.47 33.45 200m: 2:09.24 33.77						

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NATAÇÃO PURA

Prova 21, Masc., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	ROSA Rodrigo Antonio	96	Benfica	**2:09.44**	+0,67	646	
	50m: 29.83 29.83 100m: 1:02.44 32.61 150m: 1:36.10 33.66 200m: 2:09.44 33.34						
6.	CORREIA Joao Mota	97	Benfica	**2:09.73**	+0,69	642	
	50m: 29.52 29.52 100m: 1:02.56 33.04 150m: 1:36.04 33.48 200m: 2:09.73 33.69						
7.	FERNANDES Joao Diogo	98	Belenenses	**2:10.37**	+0,62	632	
	50m: 30.18 30.18 100m: 1:02.93 32.75 150m: 1:36.70 33.77 200m: 2:10.37 33.67						
8.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:10.61**	+0,56	629	
	50m: 29.81 29.81 100m: 1:02.19 32.38 150m: 1:36.30 34.11 200m: 2:10.61 34.31						
9.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:10.68**	+0,70	628	
	50m: 30.12 30.12 100m: 1:03.03 32.91 150m: 1:36.60 33.57 200m: 2:10.68 34.08						
10.	ALFAMA Martim Primavera	02	Gesloures	**2:11.23**	+0,64	620	
	50m: 29.76 29.76 100m: 1:02.85 33.09 150m: 1:36.61 33.76 200m: 2:11.23 34.62						
11.	BATE Miguel Ribeiro	99	Alges	**2:11.71**	+0,66	613	
	50m: 29.48 29.48 100m: 1:02.72 33.24 150m: 1:36.92 34.20 200m: 2:11.71 34.79						
12.	NUNES Porfirio Braga	00	Porto	**2:11.96**	+0,60	610	
	50m: 30.31 30.31 100m: 1:03.42 33.11 150m: 1:37.30 33.88 200m: 2:11.96 34.66						
13.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:12.25**	+0,63	606	
	50m: 30.66 30.66 100m: 1:03.75 33.09 150m: 1:37.74 33.99 200m: 2:12.25 34.51						
14.	SILVA Job Santos	96	Feirense	**2:12.94**	+0,73	596	
	50m: 30.36 30.36 100m: 1:03.90 33.54 150m: 1:38.66 34.76 200m: 2:12.94 34.28						
15.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:12.99**	+0,64	596	
	50m: 29.85 29.85 100m: 1:03.37 33.52 150m: 1:37.82 34.45 200m: 2:12.99 35.17						
16.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:13.17**	+0,70	593	
	50m: 30.70 30.70 100m: 1:03.99 33.29 150m: 1:38.78 34.79 200m: 2:13.17 34.39						
17.	MACHADO Bruno Rafael	01	Fluvial Portuense	**2:13.64**	+0,56	587	
	50m: 30.83 30.83 100m: 1:05.11 34.28 150m: 1:39.04 33.93 200m: 2:13.64 34.60						
18.	ALMEIDA Carlos Afonso	98	Alges	**2:13.70**	+0,69	586	
	50m: 30.74 30.74 100m: 1:04.29 33.55 150m: 1:38.33 34.04 200m: 2:13.70 35.37						
19.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	**2:13.81**	+0,64	585	
	50m: 31.44 31.44 100m: 1:04.93 33.49 150m: 1:39.19 34.26 200m: 2:13.81 34.62						
20.	FERREIRA Tiago Barros	94	Alges	**2:14.57**	+0,70	575	
	50m: 31.51 31.51 100m: 1:05.48 33.97 150m: 1:40.16 34.68 200m: 2:14.57 34.41						
21.	VIEGAS Hugo Miguel	02	Natacao Olhao	**2:15.63**	+0,58	561	
	50m: 31.88 31.88 100m: 1:06.75 34.87 150m: 1:41.13 34.38 200m: 2:15.63 34.50						
22.	PEIXOTO Joao Freitas	01	Fafe	**2:15.77**	+0,55	560	
	50m: 31.80 31.80 100m: 1:06.24 34.44 150m: 1:40.89 34.65 200m: 2:15.77 34.88						
23.	KOBAYASHI Bruno Shinji	02	Vilacondense	**2:17.45**	+0,64	539	
	50m: 31.96 31.96 100m: 1:06.67 34.71 150m: 1:42.53 35.86 200m: 2:17.45 34.92						
24.	BRAS Ricardo Martins	01	Belenenses	**2:17.66**	+0,74	537	
	50m: 32.43 32.43 100m: 1:07.44 35.01 150m: 1:42.80 35.36 200m: 2:17.66 34.86						

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Prova 21, Masc., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**2:17.87**	+0,69	534	
	50m: 31.55 31.55 100m: 1:06.60 35.05 150m: 1:42.03 35.43 200m: 2:17.87 35.84						
26.	GONCALVES Rodrigo Oliveira	02	Porto	**2:18.31**	+0,60	529	
	50m: 31.88 31.88 100m: 1:06.41 34.53 150m: 1:42.27 35.86 200m: 2:18.31 36.04						
27.	MAGALHAES Hugo Nunes	02	Alges	**2:18.40**	+0,63	528	
	50m: 31.88 31.88 100m: 1:06.58 34.70 150m: 1:41.76 35.18 200m: 2:18.40 36.64						
28.	MORIM Francisco Emanuel	02	Vilacondense	**2:18.56**	+0,76	526	
	50m: 32.24 32.24 100m: 1:08.21 35.97 150m: 1:44.36 36.15 200m: 2:18.56 34.20						
29.	SOUZA Francisco Alves	02	Gesloures	**2:19.10**	+0,72	520	
	50m: 31.19 31.19 100m: 1:05.15 33.96 150m: 1:40.83 35.68 200m: 2:19.10 38.27						
30.	CARVALHO Guilherme Ventura	01	Gesloures	**2:21.18**	+0,73	498	
	50m: 32.35 32.35 100m: 1:08.26 35.91 150m: 1:45.01 36.75 200m: 2:21.18 36.17						
31.	PEREIRA Joao Neto	02	Fundacao Beatriz Santos	**2:21.29**	+0,73	497	
	50m: 31.99 31.99 100m: 1:06.66 34.67 150m: 1:43.58 36.92 200m: 2:21.29 37.71						

Prova 22 — Femin., 200m Costas — Juvenis
02-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
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

TAC Juv A 50m: 2:38.93 - 25m: 2:33.30; Juv B 50m: 2:39.58 - 25m: 2:34.71

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMADO Maria Lopes	04	Individual ANDL	**2:26.45**	+0,55	607	
	50m: 34.27 34.27 100m: 1:10.75 36.48 150m: 1:48.54 37.79 200m: 2:26.45 37.91						
2.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:27.20**	+0,64	598	
	50m: 33.78 33.78 100m: 1:11.27 37.49 150m: 1:49.90 38.63 200m: 2:27.20 37.30						
3.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:30.28**	+0,71	562	
	50m: 34.25 34.25 100m: 1:11.96 37.71 150m: 1:51.17 39.21 200m: 2:30.28 39.11						
4.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:31.23**	+0,62	552	
	50m: 35.63 35.63 100m: 1:14.20 38.57 150m: 1:52.86 38.66 200m: 2:31.23 38.37						
5.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:32.09**	+0,67	542	
	50m: 35.34 35.34 100m: 1:13.69 38.35 150m: 1:52.96 39.27 200m: 2:32.09 39.13						
6.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:32.41**	+0,62	539	
	50m: 35.33 35.33 100m: 1:13.62 38.29 150m: 1:53.15 39.53 200m: 2:32.41 39.26						
7.	ALVES Ines Sofia	04	Portinado	**2:32.42**	+0,63	539	
	50m: 35.85 35.85 100m: 1:14.07 38.22 150m: 1:53.71 39.64 200m: 2:32.42 38.71						
8.	COSTA Joana Santos	04	Galitos / Bresimar	**2:32.80**	+0,73	535	
	50m: 35.77 35.77 100m: 1:14.26 38.49 150m: 1:53.45 39.19 200m: 2:32.80 39.35						
9.	REIS Erica Cristina	05	Sporting	**2:33.28**	+0,63	530	
	50m: 35.48 35.48 100m: 1:14.72 39.24 150m: 1:54.27 39.55 200m: 2:33.28 39.01						

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Prova 22, Femin., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	GONCALVES Rita Abibe	05	Gesloures	**2:33.36**	+0,76	529	
	50m: 37.05 37.05 100m: 1:16.60 39.55 150m: 1:56.18 39.58 200m: 2:33.36 37.18						
11.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:33.51**	+0,69	527	
	50m: 34.26 34.26 100m: 1:12.88 38.62 150m: 1:53.75 40.87 200m: 2:33.51 39.76						
12.	ROCHA Carolina Neves	04	Fluvial Portuense	**2:34.50**	+0,77	517	
	50m: 34.45 34.45 100m: 1:13.38 38.93 150m: 1:54.47 41.09 200m: 2:34.50 40.03						
13.	SEBASTIAO Sofia Antunes	05	Amadora	**2:34.57**	+0,80	517	
	50m: 35.36 35.36 100m: 1:14.58 39.22 150m: 1:54.98 40.40 200m: 2:34.57 39.59						
14.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:34.83**	+0,72	514	
	50m: 35.86 35.86 100m: 1:15.02 39.16 150m: 1:54.72 39.70 200m: 2:34.83 40.11						
15.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**2:34.89**	+0,60	513	
	50m: 36.69 36.69 100m: 1:16.39 39.70 150m: 1:56.32 39.93 200m: 2:34.89 38.57						
16.	DELFINO Mariana Morais	04	Sporting	**2:34.98**	+0,71	512	
	50m: 36.09 36.09 100m: 1:14.51 38.42 150m: 1:54.49 39.98 200m: 2:34.98 40.49						
17.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:35.05**	+0,74	512	
	50m: 36.95 36.95 100m: 1:16.45 39.50 150m: 1:56.31 39.86 200m: 2:35.05 38.74						
18.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**2:35.24**	+0,70	510	
	50m: 35.41 35.41 100m: 1:14.75 39.34 150m: 1:55.33 40.58 200m: 2:35.24 39.91						
19.	MARTINS Ines Correia	04	Porto	**2:36.00**	+0,76	502	
	50m: 36.05 36.05 100m: 1:15.04 38.99 150m: 1:55.37 40.33 200m: 2:36.00 40.63						
	NARRA Vera Figueiredo	04	Amadora	**2:36.00**	+0,70	502	
	50m: 36.97 36.97 100m: 1:16.54 39.57 150m: 1:56.02 39.48 200m: 2:36.00 39.98						
21.	SOUSA Joana Francisca	04	Sao Roque	**2:36.74**	+0,64	495	
	50m: 36.34 36.34 100m: 1:16.26 39.92 150m: 1:56.54 40.28 200m: 2:36.74 40.20						
22.	PEREIRA Anais Cloe	04	Sporting	**2:36.75**	+0,68	495	
	50m: 36.83 36.83 100m: 1:16.14 39.31 150m: 1:57.18 41.04 200m: 2:36.75 39.57						
23.	TROIA Barbara Daniela	04	Vilacondense	**2:36.97**	+0,60	493	
	50m: 34.13 34.13 100m: 1:12.00 37.87 150m: 1:53.51 41.51 200m: 2:36.97 43.46						
24.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:37.11**	+0,59	492	
	50m: 37.79 37.79 100m: 1:17.65 39.86 150m: 1:56.78 39.13 200m: 2:37.11 40.33						
	JONES Angelina Bermejo	04	Portinado	**2:37.11**	+0,70	492	
	50m: 35.85 35.85 100m: 1:15.80 39.95 150m: 1:57.14 41.34 200m: 2:37.11 39.97						
26.	SILVA Maria Ines	05	Porto	**2:37.78**	+0,63	486	
	50m: 35.50 35.50 100m: 1:15.66 40.16 150m: 1:57.53 41.87 200m: 2:37.78 40.25						
27.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**2:38.11**	+0,69	483	
	50m: 35.27 35.27 100m: 1:15.78 40.51 150m: 1:56.26 40.48 200m: 2:38.11 41.85						
28.	JESUS Leonor Santos	04	Natacao Olhao	**2:38.41**	+0,60	480	
	50m: 36.78 36.78 100m: 1:16.79 40.01 150m: 1:57.37 40.58 200m: 2:38.41 41.04						
29.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:39.54**	+0,87	470	
	50m: 37.56 37.56 100m: 1:17.95 40.39 150m: 1:58.82 40.87 200m: 2:39.54 40.72						

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Prova 22, Femin., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	QUINTA Luisa Coelho	05	Leixoes	**2:39.75**	+0,81	468	
	50m: 35.78 35.78 100m: 1:16.18 40.40 150m: 1:57.96 41.78 200m: 2:39.75 41.79						
31.	VENTURA Barbara Cunha	05	Benfica	**2:39.81**	+0,68	467	
	50m: 37.67 37.67 100m: 1:17.93 40.26 150m: 1:59.44 41.51 200m: 2:39.81 40.37						
32.	RODRIGUES Sofia Vilardell	04	Gesloures	**2:39.82**	+0,71	467	
	50m: 37.07 37.07 100m: 1:17.46 40.39 150m: 1:58.71 41.25 200m: 2:39.82 41.11						
33.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:39.83**	+0,66	467	
	50m: 37.06 37.06 100m: 1:17.41 40.35 150m: 1:59.06 41.65 200m: 2:39.83 40.77						
34.	GONCALVES Maria Margarida	04	Naval do Funchal	**2:39.90**	+0,63	467	
	50m: 36.28 36.28 100m: 1:16.60 40.32 150m: 1:58.55 41.95 200m: 2:39.90 41.35						
35.	BRANCOURT Yonina	04	Gesloures	**2:40.38**	+0,63	462	
	50m: 35.89 35.89 100m: 1:15.82 39.93 150m: 1:57.73 41.91 200m: 2:40.38 42.65						
36.	NEVES Maria Manuel	05	Braga	**2:40.59**	+0,70	461	
	50m: 36.78 36.78 100m: 1:17.73 40.95 150m: 1:59.61 41.88 200m: 2:40.59 40.98						
37.	MACHADO Beatriz Alexandra	05	Natacao de Beja	**2:40.72**	+0,62	459	
	50m: 37.43 37.43 100m: 1:17.78 40.35 150m: 1:59.72 41.94 200m: 2:40.72 41.00						
38.	CORREIA Beatriz Santos	04	Academico Viseu	**2:41.16**	+0,70	456	
	50m: 37.83 37.83 100m: 1:18.77 40.94 150m: 2:00.62 41.85 200m: 2:41.16 40.54						
39.	MONTEIRO Simone Filipe	05	Gesloures	**2:41.81**	+0,62	450	
	50m: 37.48 37.48 100m: 1:17.64 40.16 150m: 1:59.89 42.25 200m: 2:41.81 41.92						
40.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:42.22**	+0,84	447	
	50m: 37.06 37.06 100m: 1:19.04 41.98 150m: 2:01.33 42.29 200m: 2:42.22 40.89						
41.	GOMES Rita Ferreira	05	Alges	**2:42.57**	+0,56	444	
	50m: 37.07 37.07 100m: 1:18.89 41.82 150m: 2:01.82 42.93 200m: 2:42.57 40.75						
42.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:43.59**	+0,69	436	
	50m: 37.70 37.70 100m: 1:20.03 42.33 150m: 2:01.95 41.92 200m: 2:43.59 41.64						
43.	MARQUES Maria Vieira	04	Natacao de Vagos	**2:43.93**	+0,54	433	
	50m: 35.66 35.66 100m: 1:17.20 41.54 150m: 2:00.27 43.07 200m: 2:43.93 43.66						
44.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:44.87**	+0,69	426	
	50m: 37.37 37.37 100m: 1:19.60 42.23 150m: 2:02.42 42.82 200m: 2:44.87 42.45						
45.	NOVO Marta Luisa	05	Viana Natacao	**2:45.38**	+0,68	422	
	50m: 37.42 37.42 100m: 1:19.41 41.99 150m: 2:03.32 43.91 200m: 2:45.38 42.06						
46.	CUNHA Margarida Passos	04	Famalicao	**2:48.75**	+0,56	397	
	50m: 38.99 38.99 100m: 1:21.53 42.54 150m: 2:05.16 43.63 200m: 2:48.75 43.59						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 22, Femin., 200m Costas, Elimin

Prova 22 — Femin., 200m Costas — Open
02-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Sen	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019
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
Rec Nac Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20-06-2015
Rec Nac Inf B	2:33.03	SOUSA Keissy Joselin	FCP	Famalicão	27-07-1997

TAC Sen 50m: 2:29.34 - 25m: 2:25.10; Jun 50m: 2:34.42 - 25m: 2:28.28; Juv A 50m: 2:38.93 - 25m: 2:33.30; Juv B 50m: 2:39.58 - 25m: 2:34.71

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:20.80**	+0,70	684	
	50m: 32.08 32.08 100m: 1:07.07 34.99 150m: 1:43.28 36.21 200m: 2:20.80 37.52						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:21.59**	+0,57	672	
	50m: 32.23 32.23 100m: 1:07.64 35.41 150m: 1:44.68 37.04 200m: 2:21.59 36.91						
3.	CABRAL Maria Francisca	00	Porto	**2:24.14**	+0,60	637	
	50m: 34.04 34.04 100m: 1:09.89 35.85 150m: 1:47.21 37.32 200m: 2:24.14 36.93						
4.	CARDEAL Joana Nunes	02	Academico Viseu	**2:24.67**	+0,70	630	
	50m: 33.36 33.36 100m: 1:09.81 36.45 150m: 1:47.91 38.10 200m: 2:24.67 36.76						
5.	RAMOS Ana Rita	02	Porto	**2:24.78**	+0,65	629	
	50m: 34.01 34.01 100m: 1:10.63 36.62 150m: 1:47.33 36.70 200m: 2:24.78 37.45						
6.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:25.94**	+0,68	614	
	50m: 34.75 34.75 100m: 1:11.59 36.84 150m: 1:49.16 37.57 200m: 2:25.94 36.78						
7.	FREIXO Juliana Lima	97	Braga	**2:26.04**	+0,57	613	
	50m: 33.69 33.69 100m: 1:10.34 36.65 150m: 1:48.39 38.05 200m: 2:26.04 37.65						
8.	PEIXEIRA Filipa Ramos	03	Sporting	**2:26.23**	+0,68	610	
	50m: 33.48 33.48 100m: 1:10.19 36.71 150m: 1:48.54 38.35 200m: 2:26.23 37.69						
9.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:26.31**	+0,71	609	
	50m: 34.18 34.18 100m: 1:10.60 36.42 150m: 1:48.23 37.63 200m: 2:26.31 38.08						
10.	AMADO Maria Lopes	04	Individual ANDL	**2:26.45**	+0,55	607	
	50m: 34.27 34.27 100m: 1:10.75 36.48 150m: 1:48.54 37.79 200m: 2:26.45 37.91						
11.	CRUZ Sara Moura	03	Alges	**2:26.89**	+0,61	602	
	50m: 34.39 34.39 100m: 1:11.40 37.01 150m: 1:49.32 37.92 200m: 2:26.89 37.57						
12.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:27.20**	+0,64	598	
	50m: 33.78 33.78 100m: 1:11.27 37.49 150m: 1:49.90 38.63 200m: 2:27.20 37.30						
13.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:28.84**	+0,62	579	
	50m: 34.14 34.14 100m: 1:11.21 37.07 150m: 1:50.02 38.81 200m: 2:28.84 38.82						
14.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**2:29.42**	+0,68	572	
	50m: 34.11 34.11 100m: 1:11.21 37.10 150m: 1:50.17 38.96 200m: 2:29.42 39.25						
15.	RAMOS Ines Asseiceira	03	Torres Novas	**2:29.78**	+0,61	568	
	50m: 34.53 34.53 100m: 1:13.02 38.49 150m: 1:51.71 38.69 200m: 2:29.78 38.07						

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PARCEIROS

Prova 22, Femin., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Luana Correia	01	Belenenses	**2:29.87**	+0,57	567	
	50m: 34.69 34.69 100m: 1:12.62 37.93 150m: 1:51.27 38.65 200m: 2:29.87 38.60						
17.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:30.28**	+0,71	562	
	50m: 34.25 34.25 100m: 1:11.96 37.71 150m: 1:51.17 39.21 200m: 2:30.28 39.11						
18.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:31.23**	+0,62	552	
	50m: 35.63 35.63 100m: 1:14.20 38.57 150m: 1:52.86 38.66 200m: 2:31.23 38.37						
19.	LASCU Nicoleta	02	Litoral Alentejano	**2:31.25**	+0,67	551	
	50m: 35.45 35.45 100m: 1:14.14 38.69 150m: 1:53.55 39.41 200m: 2:31.25 37.70						
20.	MARQUES Mariana Nunes	03	Estarreja	**2:31.70**	+0,59	546	
	50m: 34.35 34.35 100m: 1:12.81 38.46 150m: 1:52.59 39.78 200m: 2:31.70 39.11						
21.	CATARINO Laura Andre	03	CCDSerta	**2:31.82**	+0,70	545	
	50m: 33.77 33.77 100m: 1:11.48 37.71 150m: 1:51.86 40.38 200m: 2:31.82 39.96						
22.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:32.09**	+0,67	542	
	50m: 35.34 35.34 100m: 1:13.69 38.35 150m: 1:52.96 39.27 200m: 2:32.09 39.13						
23.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:32.41**	+0,62	539	
	50m: 35.33 35.33 100m: 1:13.62 38.29 150m: 1:53.15 39.53 200m: 2:32.41 39.26						
24.	ALVES Ines Sofia	04	Portinado	**2:32.42**	+0,63	539	
	50m: 35.85 35.85 100m: 1:14.07 38.22 150m: 1:53.71 39.64 200m: 2:32.42 38.71						
25.	COSTA Joana Santos	04	Galitos / Bresimar	**2:32.80**	+0,73	535	
	50m: 35.77 35.77 100m: 1:14.26 38.49 150m: 1:53.45 39.19 200m: 2:32.80 39.35						
26.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:32.87**	+0,66	534	
	50m: 34.08 34.08 100m: 1:12.84 38.76 150m: 1:52.98 40.14 200m: 2:32.87 39.89						
27.	REIS Erica Cristina	05	Sporting	**2:33.28**	+0,63	530	
	50m: 35.48 35.48 100m: 1:14.72 39.24 150m: 1:54.27 39.55 200m: 2:33.28 39.01						
28.	GONCALVES Rita Abibe	05	Gesloures	**2:33.36**	+0,76	529	
	50m: 37.05 37.05 100m: 1:16.60 39.55 150m: 1:56.18 39.58 200m: 2:33.36 37.18						
29.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:33.51**	+0,69	527	
	50m: 34.26 34.26 100m: 1:12.88 38.62 150m: 1:53.75 40.87 200m: 2:33.51 39.76						
30.	SOARES Ana Margarida	03	Naval Setubalense	**2:33.97**	+0,61	523	
	50m: 35.60 35.60 100m: 1:15.05 39.45 150m: 1:54.22 39.17 200m: 2:33.97 39.75						
31.	ROCHA Carolina Neves	04	Fluvial Portuense	**2:34.50**	+0,77	517	
	50m: 34.45 34.45 100m: 1:13.38 38.93 150m: 1:54.47 41.09 200m: 2:34.50 40.03						
32.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**2:34.52**	+0,69	517	
	50m: 35.40 35.40 100m: 1:14.42 39.02 150m: 1:54.60 40.18 200m: 2:34.52 39.92						
33.	BARBOSA Adriana Freixo	03	Viana Natacao	**2:34.56**	+0,55	517	
	50m: 35.24 35.24 100m: 1:14.07 38.83 150m: 1:54.98 40.91 200m: 2:34.56 39.58						
34.	SEBASTIAO Sofia Antunes	05	Amadora	**2:34.57**	+0,80	517	
	50m: 35.36 35.36 100m: 1:14.58 39.22 150m: 1:54.98 40.40 200m: 2:34.57 39.59						
35.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**2:34.83**	+0,72	514	
	50m: 35.86 35.86 100m: 1:15.02 39.16 150m: 1:54.72 39.70 200m: 2:34.83 40.11						

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PARCEIROS

Prova 22, Femin., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**2:34.89**	+0,60	513	
	50m: 36.69 36.69 100m: 1:16.39 39.70 150m: 1:56.32 39.93 200m: 2:34.89 38.57						
37.	DELFINO Mariana Morais	04	Sporting	**2:34.98**	+0,71	512	
	50m: 36.09 36.09 100m: 1:14.51 38.42 150m: 1:54.49 39.98 200m: 2:34.98 40.49						
38.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:35.05**	+0,74	512	
	50m: 36.95 36.95 100m: 1:16.45 39.50 150m: 1:56.31 39.86 200m: 2:35.05 38.74						
39.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**2:35.24**	+0,70	510	
	50m: 35.41 35.41 100m: 1:14.75 39.34 150m: 1:55.33 40.58 200m: 2:35.24 39.91						
40.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**2:35.81**	+0,64	504	
	50m: 35.96 35.96 100m: 1:15.34 39.38 150m: 1:56.17 40.83 200m: 2:35.81 39.64						
41.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**2:35.99**	+0,79	503	
	50m: 36.81 36.81 100m: 1:16.23 39.42 150m: 1:56.57 40.34 200m: 2:35.99 39.42						
42.	MARTINS Ines Correia	04	Porto	**2:36.00**	+0,76	502	
	50m: 36.05 36.05 100m: 1:15.04 38.99 150m: 1:55.37 40.33 200m: 2:36.00 40.63						
	NARRA Vera Figueiredo	04	Amadora	**2:36.00**	+0,70	502	
	50m: 36.97 36.97 100m: 1:16.54 39.57 150m: 1:56.02 39.48 200m: 2:36.00 39.98						
44.	SOUSA Joana Francisca	04	Sao Roque	**2:36.74**	+0,64	495	
	50m: 36.34 36.34 100m: 1:16.26 39.92 150m: 1:56.54 40.28 200m: 2:36.74 40.20						
45.	PEREIRA Anais Cloe	04	Sporting	**2:36.75**	+0,68	495	
	50m: 36.83 36.83 100m: 1:16.14 39.31 150m: 1:57.18 41.04 200m: 2:36.75 39.57						
46.	TROIA Barbara Daniela	04	Vilacondense	**2:36.97**	+0,60	493	
	50m: 34.13 34.13 100m: 1:12.00 37.87 150m: 1:53.51 41.51 200m: 2:36.97 43.46						
47.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:37.11**	+0,59	492	
	50m: 37.79 37.79 100m: 1:17.65 39.86 150m: 1:56.78 39.13 200m: 2:37.11 40.33						
	JONES Angelina Bermejo	04	Portinado	**2:37.11**	+0,70	492	
	50m: 35.85 35.85 100m: 1:15.80 39.95 150m: 1:57.14 41.34 200m: 2:37.11 39.97						
49.	SILVA Maria Ines	05	Porto	**2:37.78**	+0,63	486	
	50m: 35.50 35.50 100m: 1:15.66 40.16 150m: 1:57.53 41.87 200m: 2:37.78 40.25						
50.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**2:38.11**	+0,69	483	
	50m: 35.27 35.27 100m: 1:15.78 40.51 150m: 1:56.26 40.48 200m: 2:38.11 41.85						
51.	JESUS Leonor Santos	04	Natacao Olhao	**2:38.41**	+0,60	480	
	50m: 36.78 36.78 100m: 1:16.79 40.01 150m: 1:57.37 40.58 200m: 2:38.41 41.04						
52.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**2:39.54**	+0,87	470	
	50m: 37.56 37.56 100m: 1:17.95 40.39 150m: 1:58.82 40.87 200m: 2:39.54 40.72						
53.	QUINTA Luisa Coelho	05	Leixoes	**2:39.75**	+0,81	468	
	50m: 35.78 35.78 100m: 1:16.18 40.40 150m: 1:57.96 41.78 200m: 2:39.75 41.79						
54.	VENTURA Barbara Cunha	05	Benfica	**2:39.81**	+0,68	467	
	50m: 37.67 37.67 100m: 1:17.93 40.26 150m: 1:59.44 41.51 200m: 2:39.81 40.37						
55.	RODRIGUES Sofia Vilardell	04	Gesloures	**2:39.82**	+0,71	467	
	50m: 37.07 37.07 100m: 1:17.46 40.39 150m: 1:58.71 41.25 200m: 2:39.82 41.11						

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Prova 22, Femin., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:39.83**	+0,66	467	
	50m: 37.06 37.06 100m: 1:17.41 40.35 150m: 1:59.06 41.65 200m: 2:39.83 40.77						
57.	GONCALVES Maria Margarida	04	Naval do Funchal	**2:39.90**	+0,63	467	
	50m: 36.28 36.28 100m: 1:16.60 40.32 150m: 1:58.55 41.95 200m: 2:39.90 41.35						
58.	BRANCOURT Yonina	04	Gesloures	**2:40.38**	+0,63	462	
	50m: 35.89 35.89 100m: 1:15.82 39.93 150m: 1:57.73 41.91 200m: 2:40.38 42.65						
59.	NEVES Maria Manuel	05	Braga	**2:40.59**	+0,70	461	
	50m: 36.78 36.78 100m: 1:17.73 40.95 150m: 1:59.61 41.88 200m: 2:40.59 40.98						
60.	MACHADO Beatriz Alexandra	05	Natacao de Beja	**2:40.72**	+0,62	459	
	50m: 37.43 37.43 100m: 1:17.78 40.35 150m: 1:59.72 41.94 200m: 2:40.72 41.00						
61.	CORREIA Beatriz Santos	04	Academico Viseu	**2:41.16**	+0,70	456	
	50m: 37.83 37.83 100m: 1:18.77 40.94 150m: 2:00.62 41.85 200m: 2:41.16 40.54						
62.	MONTEIRO Simone Filipe	05	Gesloures	**2:41.81**	+0,62	450	
	50m: 37.48 37.48 100m: 1:17.64 40.16 150m: 1:59.89 42.25 200m: 2:41.81 41.92						
63.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**2:42.22**	+0,84	447	
	50m: 37.06 37.06 100m: 1:19.04 41.98 150m: 2:01.33 42.29 200m: 2:42.22 40.89						
64.	GOMES Rita Ferreira	05	Alges	**2:42.57**	+0,56	444	
	50m: 37.07 37.07 100m: 1:18.89 41.82 150m: 2:01.82 42.93 200m: 2:42.57 40.75						
65.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**2:43.59**	+0,69	436	
	50m: 37.70 37.70 100m: 1:20.03 42.33 150m: 2:01.95 41.92 200m: 2:43.59 41.64						
66.	MARQUES Maria Vieira	04	Natacao de Vagos	**2:43.93**	+0,54	433	
	50m: 35.66 35.66 100m: 1:17.20 41.54 150m: 2:00.27 43.07 200m: 2:43.93 43.66						
67.	NEVES Natalia Passeira	05	Natacao de Valongo	**2:44.87**	+0,69	426	
	50m: 37.37 37.37 100m: 1:19.60 42.23 150m: 2:02.42 42.82 200m: 2:44.87 42.45						
68.	NOVO Marta Luisa	05	Viana Natacao	**2:45.38**	+0,68	422	
	50m: 37.42 37.42 100m: 1:19.41 41.99 150m: 2:03.32 43.91 200m: 2:45.38 42.06						
69.	CUNHA Margarida Passos	04	Famalicao	**2:48.75**	+0,56	397	
	50m: 38.99 38.99 100m: 1:21.53 42.54 150m: 2:05.16 43.63 200m: 2:48.75 43.59						
DNS	COSTA Ana Filipa	98	Natacao de Beja				

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Prova 22, Femin., 200m Costas, Elimin

Prova 22 — Femin., 200m Costas — Absolutos
02-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Sen	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019

TAC Sen 50m: 2:29.34 - 25m: 2:25.10; Jun 50m: 2:34.42 - 25m: 2:28.28

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:20.80**	+0,70	684	
	50m: 32.08 32.08 100m: 1:07.07 34.99 150m: 1:43.28 36.21 200m: 2:20.80 37.52						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:21.59**	+0,57	672	
	50m: 32.23 32.23 100m: 1:07.64 35.41 150m: 1:44.68 37.04 200m: 2:21.59 36.91						
3.	CABRAL Maria Francisca	00	Porto	**2:24.14**	+0,60	637	
	50m: 34.04 34.04 100m: 1:09.89 35.85 150m: 1:47.21 37.32 200m: 2:24.14 36.93						
4.	CARDEAL Joana Nunes	02	Academico Viseu	**2:24.67**	+0,70	630	
	50m: 33.36 33.36 100m: 1:09.81 36.45 150m: 1:47.91 38.10 200m: 2:24.67 36.76						
5.	RAMOS Ana Rita	02	Porto	**2:24.78**	+0,65	629	
	50m: 34.01 34.01 100m: 1:10.63 36.62 150m: 1:47.33 36.70 200m: 2:24.78 37.45						
6.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:25.94**	+0,68	614	
	50m: 34.75 34.75 100m: 1:11.59 36.84 150m: 1:49.16 37.57 200m: 2:25.94 36.78						
7.	FREIXO Juliana Lima	97	Braga	**2:26.04**	+0,57	613	
	50m: 33.69 33.69 100m: 1:10.34 36.65 150m: 1:48.39 38.05 200m: 2:26.04 37.65						
8.	PEIXEIRA Filipa Ramos	03	Sporting	**2:26.23**	+0,68	610	
	50m: 33.48 33.48 100m: 1:10.19 36.71 150m: 1:48.54 38.35 200m: 2:26.23 37.69						
9.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:26.31**	+0,71	609	
	50m: 34.18 34.18 100m: 1:10.60 36.42 150m: 1:48.23 37.63 200m: 2:26.31 38.08						
10.	CRUZ Sara Moura	03	Alges	**2:26.89**	+0,61	602	
	50m: 34.39 34.39 100m: 1:11.40 37.01 150m: 1:49.32 37.92 200m: 2:26.89 37.57						
11.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:28.84**	+0,62	579	
	50m: 34.14 34.14 100m: 1:11.21 37.07 150m: 1:50.02 38.81 200m: 2:28.84 38.82						
12.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**2:29.42**	+0,68	572	
	50m: 34.11 34.11 100m: 1:11.21 37.10 150m: 1:50.17 38.96 200m: 2:29.42 39.25						
13.	RAMOS Ines Asseiceira	03	Torres Novas	**2:29.78**	+0,61	568	
	50m: 34.53 34.53 100m: 1:13.02 38.49 150m: 1:51.71 38.69 200m: 2:29.78 38.07						
14.	RODRIGUES Luana Correia	01	Belenenses	**2:29.87**	+0,57	567	
	50m: 34.69 34.69 100m: 1:12.62 37.93 150m: 1:51.27 38.65 200m: 2:29.87 38.60						
15.	LASCU Nicoleta	02	Litoral Alentejano	**2:31.25**	+0,67	551	
	50m: 35.45 35.45 100m: 1:14.14 38.69 150m: 1:53.55 39.41 200m: 2:31.25 37.70						
16.	MARQUES Mariana Nunes	03	Estarreja	**2:31.70**	+0,59	546	
	50m: 34.35 34.35 100m: 1:12.81 38.46 150m: 1:52.59 39.78 200m: 2:31.70 39.11						
17.	CATARINO Laura Andre	03	CCDSerta	**2:31.82**	+0,70	545	
	50m: 33.77 33.77 100m: 1:11.48 37.71 150m: 1:51.86 40.38 200m: 2:31.82 39.96						

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PARCEIROS

Prova 22, Femin., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:32.87**	+0,66	534	
	50m: 34.08 34.08 100m: 1:12.84 38.76 150m: 1:52.98 40.14 200m: 2:32.87 39.89						
19.	SOARES Ana Margarida	03	Naval Setubalense	**2:33.97**	+0,61	523	
	50m: 35.60 35.60 100m: 1:15.05 39.45 150m: 1:54.22 39.17 200m: 2:33.97 39.75						
20.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**2:34.52**	+0,69	517	
	50m: 35.40 35.40 100m: 1:14.42 39.02 150m: 1:54.60 40.18 200m: 2:34.52 39.92						
21.	BARBOSA Adriana Freixo	03	Viana Natacao	**2:34.56**	+0,55	517	
	50m: 35.24 35.24 100m: 1:14.07 38.83 150m: 1:54.98 40.91 200m: 2:34.56 39.58						
22.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**2:35.81**	+0,64	504	
	50m: 35.96 35.96 100m: 1:15.34 39.38 150m: 1:56.17 40.83 200m: 2:35.81 39.64						
23.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**2:35.99**	+0,79	503	
	50m: 36.81 36.81 100m: 1:16.23 39.42 150m: 1:56.57 40.34 200m: 2:35.99 39.42						
DNS	COSTA Ana Filipa	98	Natacao de Beja				

Prova 23 — Masc., 4 x 100m Livres — Juvenis

02-08-2019 - 12:45 — Resultados

Rec Nac Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bon	FCP	Faro	19-07-2009
Rec Nac Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicão	19-07-2013
Rec Nac Juv	3:39.68	tempo limite	FCP	Famalicão	19-07-2013
Rec Nac Juv B	3:45.99	Futebol Clube do Porto	FCP	Jamor	27-07-2012

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

Pontos: FINA 2019

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Uniao Coimbra-JUV	Uniao Coimbra	**3:42.81**	+0,70	603	
	MOITA Goncalo Brites +0,70 27.13 55.86 MARTINS Alexandre Viegas +0,34 27.69 58.11					
	SIMOES Manuel Baptista +0,27 26.05 56.18 RIBEIRO Diogo Matos +0,43 24.99 52.66					
2.	Bairro dos Anjos/ Leiria-JUV	Bairro dos Anjos/ Leiria	**3:44.52**	+0,73	589	
	Recorde Nacional, Juv B					
	CASTANHEIRA Guilherme Silva +0,73 26.88 57.89 FARIA Ricardo Morais +0,42 26.79 56.17					
	CLARA Vitor Belo +0,53 27.20 56.41 REIS Rodrigo Miguel +0,40 25.69 54.05					
3.	Belenenses-JUV	Belenenses	**3:45.87**	+0,65	578	
	WANZELLER Goncalo Henrique +0,65 26.11 55.29 GOMES Pedro Pires +0,14 27.35 58.31					
	JUNIOR Luis Cabral +0,13 26.75 56.38 DIAS Rodrigo Reis +0,38 26.12 55.89					
4.	Viver Santarem-JUV	Viver Santarem	**3:45.88**	+0,58	578	
	ALVES Rui Chagas +0,58 27.35 57.44 COUTINHO Guilherme Pereira +0,52 27.17 57.70					
	LOPES Luis Afonso +0,31 26.38 54.96 CRISTOVAO Goncalo Magalhae +0,19 26.48 55.78					
5.	Famalicao-JUV	Famalicao	**3:47.26**	+0,71	568	
	SANTOS Gabriel Moreira +0,71 27.02 56.13 SILVA Frederico Ferreira +0,51 27.63 57.66					
	MARQUES Andre Costa +0,38 27.00 56.92 OLIVEIRA Joao Campelo +0,50 27.37 56.55					
6.	Torres Novas-JUV	Torres Novas	**3:47.67**	+0,64	565	
	VAKULYUK Paulo +0,64 25.41 53.60 MATRENO Diogo Miguel +0,20 27.69 58.02					
	MENDES Guilherme Marques +0,01 27.67 58.53 OLIVEIRA Pedro Nuno +0,72 27.25 57.52					

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Prova 23, Masc., 4 x 100m Livres, Juvenis

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
7.	Galitos / Bresimar-JUV			Galitos / Bresimar		**3:49.66**	+0,64	550	
	FARDILHA Manuel Cruz	+0,64	27.44	56.68	JESUS Pedro Duarte	+0,26	27.57	57.60	
	ANTUNES Joao Afonso	+0,33	26.54	56.33	PEREIRA Tiago Maia	+0,59	28.77	59.05	
8.	Bombeiros Ponta Delgada-JUV			Bombeiros Ponta Delgada		**3:49.91**	+0,69	548	
	GOMES Nuno Antonio	+0,69	27.71	58.15	SANTOS Joao Pedro	+0,13	26.89	57.64	
	BORGES Rafael Braga	+0,21	27.48	57.68	PAZ Antonio Manuel	+0,32	26.58	56.44	
9.	Sporting-JUV			Sporting		**3:50.08**	+0,64	547	
	ALMEIDA Bernardo Victorino	+0,64	26.35	55.61	FRASQUILHO Afonso Figueired	+0,49	27.62	57.12	
	SANTOS Joao Afonso	+0,27	27.64	57.84	PINTO Afonso Cipriano	+0,26	28.04	59.51	
10.	Benfica-JUV			Benfica		**3:50.91**	+0,64	541	
	PEREIRA Ricardo Samuel	+0,64	27.81	57.67	CARNEIRO Joao Soares	+0,34	26.68	55.13	
	FIDALGO Joao Matos	+0,41	28.23	59.11	CORREIA Pedro Henriques	+0,05	28.09	59.00	
11.	Fundacao Beatriz Santos-JUV			Fundacao Beatriz Santos		**3:51.24**	+0,70	539	
	MARQUES Gustavo Pires	+0,70	28.02	58.07	DIAS Jose Diogo	+0,46	28.04	58.36	
	GOMES Goncalo Andre	+0,38	27.58	57.38	DIOGO Dinis Miranda	+0,21	27.21	57.43	
12.	Colegio Vasco da Gama-JUV			Colegio Vasco da Gama		**3:51.67**	+0,70	536	
	SIMOES Bernardo Jorge	+0,70	26.03	54.42	MANZ Guilherme Carmo	+0,29	28.32	1:00.98	
	MATOS Joao Luis	+0,42	27.89	58.58	VALENTE Henrique Pinheiro	+0,30	27.59	57.69	
13.	Naval do Funchal-JUV			Naval do Funchal		**3:51.99**	+0,69	534	
	FERNANDES Diogo Henrique	+0,69	27.81	58.21	FERREIRA Leonardo Filipe	+0,01	27.63	59.13	
	BARRY Rafael Francisco	+0,33	27.35	58.26	GOMES Goncalo Camara	+0,44	26.91	56.39	
14.	Uniao Piedense-JUV			Uniao Piedense		**3:52.63**	+0,65	529	
	SANTOS Guilherme Machado	+0,65	28.29	59.88	GOMES Tomas Nogueira	+0,24	26.06	54.92	
	CRISTINO Guilherme Matias	+0,10	27.59	59.17	LOPES Rafael Caceres	+0,34	27.92	58.66	
15.	Academia Acores-JUV			Academia Acores		**3:52.88**	+0,66	528	
	MATOS Gil Amaral	+0,66	29.10	1:00.22	AGUIAR Vasco Ormonde	+0,46	27.24	57.71	
	PINTO Joao Pedro	+0,50	28.38	59.48	SILVA Gustavo Carvalho	+0,48	27.01	55.47	
16.	Vitoria Guimaraes-JUV			Vitoria Guimaraes		**3:52.97**	+0,74	527	
	SOUSA Tomas Castro	+0,74	27.79	58.07	PEREIRA Diogo Guimaraes	+0,05	28.31	59.01	
	MADUREIRA Rui Pedro	+0,08	27.16	57.33	CASTRO Helder Ribeiro	+0,16	27.07	58.56	
17.	Aquatico Pacense-JUV			Aquatico Pacense		**3:54.00**	+0,67	520	
	LEAL Dinis Barros	+0,67	27.81	58.54	CARNEIRO Andre Martins	+0,28	28.29	1:00.17	
	TEIXEIRA Pedro Rui	+0,01	27.81	59.50	NETO Rodrigo Jorge	+0,26	26.44	55.79	
18.	AONDA-Azeitao-JUV			AONDA-Azeitao		**3:57.23**	+0,77	499	
	FERREIRA Ricardo Martins	+0,77	28.25	58.50	SILVA Miguel Madeira	+0,44	28.41	59.19	
	RAPOSO Goncalo Nuno	+0,57	28.89	1:00.74	LOPES Rodrigo Beja	+0,49	27.84	58.80	

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NATAÇÃO PURA

Prova 24 — Femin., 4 x 100m Livres — Juvenis
02-08-2019 - 12:55 — 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
Rec Nac Juv B	4:10.72	Clube Nautico Academico de Coimb	CNAC	Povoa de Varzim	05-08-2011

TAC_estafetas 50m: 4:21.37 - 25m: 4:16.14

Pontos: FINA 2019

Lugar				Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-JUV			Sporting				**4:06.58**	+0,77	618	
	INACIO Marta Macedo	+0,77	30.26	1:03.39	REIS Erica Cristina			+0,18	29.70	1:01.09	
	DELFINO Mariana Morais	+0,58	29.92	1:02.65	MOURA Maria Ferreira			+0,43	28.23	59.45	
2.	Galitos / Bresimar-JUV			Galitos / Bresimar				**4:08.89**	+0,68	601	
	FERNANDES Carolina Miranda	+0,68	28.45	58.45	VASCONCELOS Lara Rodrigues			+0,48	30.12	1:03.59	
	ALMEIDA Maria Carolina	+0,42	29.87	1:03.25	COSTA Joana Santos			+0,60	30.70	1:03.60	
3.	Gesloures-JUV			Gesloures				**4:14.14**	+0,69	564	
	GONCALVES Rita Abibe	+0,69	31.10	1:04.52	BRANCOURT Yonina			+0,32	29.88	1:02.98	
	MELO Sara Carreira	+0,25	29.28	1:02.76	RODRIGUES Sofia Vilardell			+0,32	30.26	1:03.88	
4.	Natacao de Vagos-JUV			Natacao de Vagos				**4:14.21**	+0,64	564	
	PEREIRA Carolina Rei	+0,64	29.34	1:01.89	STELMASHCHUK Catarina Cruz			+0,15	32.24	1:07.40	
	VIANA Jacinta Martins	+0,31	30.60	1:04.14	MARQUES Maria Vieira			+0,26	28.73	1:00.78	
5.	Porto-JUV			Porto				**4:14.32**	+0,66	563	
	PINHO Carolina Teixeira	+0,66	29.78	1:01.62	MARTINS Ines Correia			+0,35	31.75	1:06.81	
	PRETO Filipa Manso	+0,53	29.36	1:01.18	SILVA Maria Ines			+0,21	30.24	1:04.71	
6.	Bairro dos Anjos/ Leiria-JUV			Bairro dos Anjos/ Leiria				**4:16.13**	+0,61	551	
	ALVES Maria Francisca	+0,61	30.33	1:03.53	LAGOA Carlota Macedo			+0,42	31.35	1:04.94	
	SIMOES Rita Mendes	+0,42	30.50	1:03.92	VIANA Margarida Violante			+0,33	30.68	1:03.74	
7.	Vilacondense-JUV			Vilacondense				**4:17.02**	+0,83	545	
	LOPES Francisca Macedo	+0,83	30.69	1:04.54	TROIA Beatriz Rosa			+0,47	30.14	1:03.41	
	GALANTE Ines Carvalho	+0,20	31.58	1:05.46	TROIA Barbara Daniela			+0,18	29.73	1:03.61	
8.	Avancado EUL-JUV			Avancado EUL				**4:18.03**	+0,82	539	
	SANTOS Leonor Esteves	+0,82	30.93	1:03.35	LOPO Lara Moreira			+0,46	32.21	1:06.17	
	VIEIRA Carmo Dias	+0,18	31.40	1:04.92	NUNES Margarida Domingues			+0,55	30.19	1:03.59	
9.	BUZIOS-Coruche-JUV			BUZIOS-Coruche				**4:18.48**	+0,78	536	
	CARLOTA Catarina Isabel	+0,78	31.23	1:04.76	MIRA Leonor Maria			+0,49	30.77	1:04.51	
	MACHARREU Matilde Isabel	+0,65	31.44	1:06.28	BENTO Maria Madalena			+0,56	30.20	1:02.93	
10.	Leixoes-JUV			Leixoes				**4:19.36**	+0,82	531	
	QUINTA Luisa Coelho	+0,82	30.66	1:05.43	SILVA Joana Ferreira			+0,27	30.97	1:05.87	
	RIOS Maria Manuel	+0,25	30.76	1:05.28	ALVES Carina Alexandra			+0,05	28.70	1:02.78	

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4 - 2ª Jornada - 2ª Sessão (Finais-Finals) 02-08-2019 - 17:00

Prova 15 — Masc., 400m Estilos — Juvenis
02-08-2019 - 17:00 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	**4:37.93**	+0,66	675	
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:41.60**	+0,70	649	
3.	DIAS Rodrigo Reis	03	Belenenses	**4:49.37**	+0,66	598	
4.	ARAUJO Joao Guilherme	03	Natacao da Maia	**4:49.73**	+0,81	596	
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**4:51.56**	+0,67	584	
6.	CARVALHO Martim Henriques	04	Rio Maior	**4:52.92**	+0,71	576	
7.	CRUZ David Miguel	04	Braga	**4:55.29**	+0,71	563	
8.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**4:56.29**	+0,70	557	
9.	FELICIO Tomas Miguel	03	Rio Maior	**4:58.38**	+0,71	545	
10.	FERREIRA Joao Carlos	03	Porto	**4:59.46**	+0,71	539	

1.	50m: 28.69	28.69	150m: 1:40.01	37.88	250m: 2:54.89	38.61	350m: 4:06.46	32.99
	100m: 1:02.13	33.44	200m: 2:16.28	36.27	300m: 3:33.47	38.58	400m: 4:37.93	31.47
2.	50m: 29.83	29.83	150m: 1:41.21	37.03	250m: 2:57.50	39.93	350m: 4:10.73	32.25
	100m: 1:04.18	34.35	200m: 2:17.57	36.36	300m: 3:38.48	40.98	400m: 4:41.60	30.87
3.	50m: 29.90	29.90	150m: 1:43.08	37.88	250m: 3:04.16	42.92	350m: 4:19.62	31.68
	100m: 1:05.20	35.30	200m: 2:21.24	38.16	300m: 3:47.94	43.78	400m: 4:49.37	29.75
4.	50m: 29.65	29.65	150m: 1:42.81	39.01	250m: 3:02.49	41.76	350m: 4:17.44	33.29
	100m: 1:03.80	34.15	200m: 2:20.73	37.92	300m: 3:44.15	41.66	400m: 4:49.73	32.29
5.	50m: 29.96	29.96	150m: 1:42.88	37.84	250m: 3:02.40	41.83	350m: 4:18.37	33.99
	100m: 1:05.04	35.08	200m: 2:20.57	37.69	300m: 3:44.38	41.98	400m: 4:51.56	33.19
6.	50m: 30.39	30.39	150m: 1:41.64	36.97	250m: 3:03.05	45.08	350m: 4:21.01	32.23
	100m: 1:04.67	34.28	200m: 2:17.97	36.33	300m: 3:48.78	45.73	400m: 4:52.92	31.91
7.	50m: 30.52	30.52	150m: 1:47.17	40.26	250m: 3:07.65	41.94	350m: 4:23.50	33.47
	100m: 1:06.91	36.39	200m: 2:25.71	38.54	300m: 3:50.03	42.38	400m: 4:55.29	31.79
8.	50m: 30.27	30.27	150m: 1:46.91	39.93	250m: 3:07.06	42.99	350m: 4:24.15	32.90
	100m: 1:06.98	36.71	200m: 2:24.07	37.16	300m: 3:51.25	44.19	400m: 4:56.29	32.14
9.	50m: 30.55	30.55	150m: 1:47.24	40.07	250m: 3:06.75	41.06	350m: 4:24.29	34.83
	100m: 1:07.17	36.62	200m: 2:25.69	38.45	300m: 3:49.46	42.71	400m: 4:58.38	34.09
10.	50m: 30.49	30.49	150m: 1:44.82	38.71	250m: 3:06.98	43.98	350m: 4:26.23	34.67
	100m: 1:06.11	35.62	200m: 2:23.00	38.18	300m: 3:51.56	44.58	400m: 4:59.46	33.23

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Prova 15, Masc., 400m Estilos, Final

Prova 15 — Masc., 400m Estilos — Open
02-08-2019 - 17:00 — Resultados Final

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore	29-08-2015
Rec Nac Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
Rec Nac Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
Rec Nac Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
Rec Nac Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	VITAL Joao Alexandre *Minimos CEPL*	98	Sporting	**4:18.98**	+0,62	834	
2.	LOPES Jose Paulo *Minimos CEPL*	00	Braga	**4:20.67**	+0,68	818	
3.	LOPES Gabriel Jose *Minimos CEPL*	97	Louzan Natacao/EFAPEL	**4:22.52**	+0,62	801	
4.	SIMOES Rafael Gomes	00	Braga	**4:29.45**	+0,82	741	
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:30.84**	+0,70	729	
6.	SILVA Tomas Antonio	01	Naval do Funchal	**4:34.10**	+0,58	704	
7.	CORDEIRO Tiago Roberto	00	Benfica	**4:34.11**	+0,61	703	
8.	CRISTINO David Matias	01	Uniao Piedense	**4:37.73**	+0,74	676	
9.	FERNANDES Eduardo Gomes	02	Sporting	**4:39.76**	+0,74	662	
10.	CATALAO Daniel Nogueira	00	Benfica	**4:44.52**	+0,58	629	

VITAL Joao Alexandre	50m:	27.50	27.50	150m:	1:32.17	33.25	250m:	2:41.68	37.15	350m:	3:48.85	30.26
	100m:	58.92	31.42	200m:	2:04.53	32.36	300m:	3:18.59	36.91	400m:	4:18.98	30.13
LOPES Jose Paulo	50m:	27.51	27.51	150m:	1:32.57	33.59	250m:	2:43.11	37.01	350m:	3:51.80	31.01
	100m:	58.98	31.47	200m:	2:06.10	33.53	300m:	3:20.79	37.68	400m:	4:20.67	28.87
LOPES Gabriel Jose	50m:	27.83	27.83	150m:	1:33.55	33.67	250m:	2:44.24	36.43	350m:	3:51.86	30.97
	100m:	59.88	32.05	200m:	2:07.81	34.26	300m:	3:20.89	36.65	400m:	4:22.52	30.66
SIMOES Rafael Gomes	50m:	28.43	28.43	150m:	1:38.04	36.28	250m:	2:49.02	36.14	350m:	3:58.17	31.58
	100m:	1:01.76	33.33	200m:	2:12.88	34.84	300m:	3:26.59	37.57	400m:	4:29.45	31.28
BASTOS Lucas Pereira	50m:	28.68	28.68	150m:	1:37.47	36.04	250m:	2:50.04	37.09	350m:	3:59.96	31.49
	100m:	1:01.43	32.75	200m:	2:12.95	35.48	300m:	3:28.47	38.43	400m:	4:30.84	30.88
SILVA Tomas Antonio	50m:	28.17	28.17	150m:	1:36.85	34.78	250m:	2:51.22	38.69	350m:	4:02.83	32.46
	100m:	1:02.07	33.90	200m:	2:12.53	35.68	300m:	3:30.37	39.15	400m:	4:34.10	31.27
CORDEIRO Tiago Roberto	50m:	27.86	27.86	150m:	1:35.14	35.48	250m:	2:49.97	39.74	350m:	4:02.71	31.62
	100m:	59.66	31.80	200m:	2:10.23	35.09	300m:	3:31.09	41.12	400m:	4:34.11	31.40
CRISTINO David Matias	50m:	28.95	28.95	150m:	1:37.31	34.81	250m:	2:53.07	41.72	350m:	4:07.22	31.76
	100m:	1:02.50	33.55	200m:	2:11.35	34.04	300m:	3:35.46	42.39	400m:	4:37.73	30.51
FERNANDES Eduardo Gomes	50m:	29.24	29.24	150m:	1:40.91	36.75	250m:	2:55.97	39.41	350m:	4:09.30	32.68
	100m:	1:04.16	34.92	200m:	2:16.56	35.65	300m:	3:36.62	40.65	400m:	4:39.76	30.46
CATALAO Daniel Nogueira	50m:	27.91	27.91	150m:	1:37.39	36.89	250m:	2:53.15	39.37	350m:	4:09.31	35.46
	100m:	1:00.50	32.59	200m:	2:13.78	36.39	300m:	3:33.85	40.70	400m:	4:44.52	35.21

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Prova 15, Masc., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final B							
11.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**4:37.13**	+0,72	681	
	50m: 28.39 28.39 150m: 1:36.93 35.48 250m: 2:52.70 40.23 350m: 4:05.69 32.04						
	100m: 1:01.45 33.06 200m: 2:12.47 35.54 300m: 3:33.65 40.95 400m: 4:37.13 31.44						
12.	SILVA Henrique Gomes	02	Estamos Juntos	**4:41.79**	+0,68	647	
	50m: 28.98 28.98 150m: 1:39.75 37.20 250m: 2:55.43 39.55 350m: 4:10.15 33.42						
	100m: 1:02.55 33.57 200m: 2:15.88 36.13 300m: 3:36.73 41.30 400m: 4:41.79 31.64						
13.	DINIS Tiago Moises	98	Nautico Academico	**4:45.17**	+0,73	625	
	50m: 29.57 29.57 150m: 1:42.29 37.67 250m: 3:00.01 40.53 350m: 4:14.47 33.60						
	100m: 1:04.62 35.05 200m: 2:19.48 37.19 300m: 3:40.87 40.86 400m: 4:45.17 30.70						
14.	GASPAR Miguel Caridade	99	Academica de Coimbra	**4:45.40**	+0,63	623	
	50m: 30.75 30.75 150m: 1:45.93 38.99 250m: 3:00.97 37.39 350m: 4:13.53 34.15						
	100m: 1:06.94 36.19 200m: 2:23.58 37.65 300m: 3:39.38 38.41 400m: 4:45.40 31.87						
15.	GORDO Goncalo Morais	02	Colegio Monte Maior	**4:46.02**	+0,77	619	
	50m: 29.87 29.87 150m: 1:42.80 38.09 250m: 2:59.74 40.11 350m: 4:14.66 33.77						
	100m: 1:04.71 34.84 200m: 2:19.63 36.83 300m: 3:40.89 41.15 400m: 4:46.02 31.36						
16.	ALVES Nuno Rafael	90	Aquatico Pacense	**4:46.56**	+0,75	616	
	50m: 29.53 29.53 150m: 1:42.06 38.35 250m: 2:58.72 39.15 350m: 4:13.38 34.15						
	100m: 1:03.71 34.18 200m: 2:19.57 37.51 300m: 3:39.23 40.51 400m: 4:46.56 33.18						
17.	LUZ Filipe Ferreira	98	Gesloures	**4:48.48**	+0,73	603	
	50m: 30.26 30.26 150m: 1:42.01 36.66 250m: 3:00.43 42.46 350m: 4:16.55 33.20						
	100m: 1:05.35 35.09 200m: 2:17.97 35.96 300m: 3:43.35 42.92 400m: 4:48.48 31.93						
18.	SILVA Paulo Filipe	98	Natacao da Maia	**4:51.38**	+0,88	586	
	50m: 28.98 28.98 150m: 1:41.71 37.92 250m: 3:00.61 41.69 350m: 4:18.20 33.22						
	100m: 1:03.79 34.81 200m: 2:18.92 37.21 300m: 3:44.98 44.37 400m: 4:51.38 33.18						
19.	MONTEIRO Tomas Penha	02	Alges	**4:54.87**	+0,67	565	
	50m: 30.21 30.21 150m: 1:44.34 38.90 250m: 3:06.24 43.30 350m: 4:22.90 32.20						
	100m: 1:05.44 35.23 200m: 2:22.94 38.60 300m: 3:50.70 44.46 400m: 4:54.87 31.97						
20.	MALFEITO Martim Rebelo	02	Sporting	**5:00.19**	+0,72	535	
	50m: 30.89 30.89 150m: 1:49.56 41.69 250m: 3:09.82 39.79 350m: 4:26.84 34.58						
	100m: 1:07.87 36.98 200m: 2:30.03 40.47 300m: 3:52.26 42.44 400m: 5:00.19 33.35						

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Prova 16 — Femin., 400m Estilos — Juvenis
02-08-2019 - 17:20 — Resultados Final

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

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Leonor Esteves	04	Avancado EUL	**5:06.03**	+0,70	659	
	50m: 32.56 32.56 150m: 1:51.12 41.81 250m: 3:13.05 41.82 350m: 4:31.76 35.97						
	100m: 1:09.31 36.75 200m: 2:31.23 40.11 300m: 3:55.79 42.74 400m: 5:06.03 34.27						
2.	LOPES Daniela Magalhaes	05	Famalicao	**5:07.21**	+0,73	651	
	50m: 31.94 31.94 150m: 1:51.35 41.82 250m: 3:16.81 44.67 350m: 4:34.17 34.29						
	100m: 1:09.53 37.59 200m: 2:32.14 40.79 300m: 3:59.88 43.07 400m: 5:07.21 33.04						
3.	DELGADO Soraia Alexandra	05	Sporting	**5:09.91**	+0,65	634	
	50m: 32.38 32.38 150m: 1:51.73 42.01 250m: 3:14.64 42.69 350m: 4:34.17 35.82						
	100m: 1:09.72 37.34 200m: 2:31.95 40.22 300m: 3:58.35 43.71 400m: 5:09.91 35.74						
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	**5:15.15**	+0,71	603	
	50m: 32.26 32.26 150m: 1:51.96 42.40 250m: 3:17.46 45.19 350m: 4:39.67 36.24						
	100m: 1:09.56 37.30 200m: 2:32.27 40.31 300m: 4:03.43 45.97 400m: 5:15.15 35.48						
5.	REIS Erica Cristina	05	Sporting	**5:18.53**	+0,60	584	
	50m: 33.21 33.21 150m: 1:55.69 43.90 250m: 3:22.60 45.19 350m: 4:43.75 35.80						
	100m: 1:11.79 38.58 200m: 2:37.41 41.72 300m: 4:07.95 45.35 400m: 5:18.53 34.78						
6.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**5:20.90**	+0,69	571	
	50m: 33.38 33.38 150m: 1:55.63 41.95 250m: 3:23.65 47.44 350m: 4:47.21 34.77						
	100m: 1:13.68 40.30 200m: 2:36.21 40.58 300m: 4:12.44 48.79 400m: 5:20.90 33.69						
7.	RODRIGUES Lidiana Correia	04	Belenenses	**5:21.38**	+0,77	569	
	50m: 33.67 33.67 150m: 1:55.84 43.36 250m: 3:20.79 43.82 350m: 4:44.55 38.64						
	100m: 1:12.48 38.81 200m: 2:36.97 41.13 300m: 4:05.91 45.12 400m: 5:21.38 36.83						
8.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**5:22.25**	+0,69	564	
	50m: 33.52 33.52 150m: 1:56.06 42.56 250m: 3:23.20 45.24 350m: 4:46.80 37.52						
	100m: 1:13.50 39.98 200m: 2:37.96 41.90 300m: 4:09.28 46.08 400m: 5:22.25 35.45						
9.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**5:29.11**	+0,52	530	
	50m: 34.83 34.83 150m: 1:58.70 42.65 250m: 3:26.80 45.86 350m: 4:53.09 38.81						
	100m: 1:16.05 41.22 200m: 2:40.94 42.24 300m: 4:14.28 47.48 400m: 5:29.11 36.02						
10.	NUNES Margarida Domingues	05	Avancado EUL	**5:36.01**	+0,81	498	
	50m: 36.22 36.22 150m: 2:04.54 46.45 250m: 3:36.19 46.34 350m: 4:59.66 37.63						
	100m: 1:18.09 41.87 200m: 2:49.85 45.31 300m: 4:22.03 45.84 400m: 5:36.01 36.35						

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Prova 16, Femin., 400m Estilos, Final

Prova 16 — Femin., 400m Estilos — Open
02-08-2019 - 17:20 — Resultados Final

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	KAMINSKAYA Victoria	95	Benfica	**4:47.80**	+0,73	792	
	50m: 29.60 29.60 150m: 1:41.82 38.10 250m: 2:57.97 39.35 350m: 4:13.20 35.31						
	100m: 1:03.72 34.12 200m: 2:18.62 36.80 300m: 3:37.89 39.92 400m: 4:47.80 34.60						
2.	DURAES Diana Margarida	96	Benfica	**4:50.98**	+0,74	767	
	50m: 31.34 31.34 150m: 1:45.43 38.48 250m: 3:04.33 41.61 350m: 4:19.18 33.33						
	100m: 1:06.95 35.61 200m: 2:22.72 37.29 300m: 3:45.85 41.52 400m: 4:50.98 31.80						
3.	ANDRE Angelica Maria	94	Fluvial Portuense	**4:56.42**	+0,71	725	
	50m: 31.73 31.73 150m: 1:46.49 39.28 250m: 3:07.79 41.85 350m: 4:23.11 33.89						
	100m: 1:07.21 35.48 200m: 2:25.94 39.45 300m: 3:49.22 41.43 400m: 4:56.42 33.31						
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**5:00.59**	+0,68	695	
	50m: 30.60 30.60 150m: 1:47.15 40.88 250m: 3:10.27 42.90 350m: 4:27.97 35.16						
	100m: 1:06.27 35.67 200m: 2:27.37 40.22 300m: 3:52.81 42.54 400m: 5:00.59 32.62						
5.	MACHADO Luisa Maria	01	Uniao Piedense	**5:00.60**	+0,76	695	
	50m: 30.75 30.75 150m: 1:48.14 40.72 250m: 3:09.65 41.77 350m: 4:26.42 34.80						
	100m: 1:07.42 36.67 200m: 2:27.88 39.74 300m: 3:51.62 41.97 400m: 5:00.60 34.18						
6.	SOUSA Ana Reis	02	Alges	**5:05.11**	+0,71	665	
	50m: 32.01 32.01 150m: 1:48.64 40.15 250m: 3:10.74 42.96 350m: 4:30.46 36.26						
	100m: 1:08.49 36.48 200m: 2:27.78 39.14 300m: 3:54.20 43.46 400m: 5:05.11 34.65						
7.	CARDEAL Joana Nunes	02	Academico Viseu	**5:05.43**	+0,79	663	
	50m: 31.12 31.12 150m: 1:48.52 40.69 250m: 3:11.75 44.08 350m: 4:31.50 35.04						
	100m: 1:07.83 36.71 200m: 2:27.67 39.15 300m: 3:56.46 44.71 400m: 5:05.43 33.93						
8.	VELOSO Teresa Miguel	00	Sporting	**5:07.52**	+0,73	649	
	50m: 32.02 32.02 150m: 1:50.17 40.88 250m: 3:14.27 43.00 350m: 4:33.46 34.89						
	100m: 1:09.29 37.27 200m: 2:31.27 41.10 300m: 3:58.57 44.30 400m: 5:07.52 34.06						
9.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**5:08.71**	+0,69	642	
	50m: 32.16 32.16 150m: 1:49.96 40.89 250m: 3:13.71 42.70 350m: 4:33.53 35.76						
	100m: 1:09.07 36.91 200m: 2:31.01 41.05 300m: 3:57.77 44.06 400m: 5:08.71 35.18						
10.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**5:10.47**	+0,70	631	
	50m: 32.62 32.62 150m: 1:53.50 42.84 250m: 3:17.51 42.17 350m: 4:35.60 36.12						
	100m: 1:10.66 38.04 200m: 2:35.34 41.84 300m: 3:59.48 41.97 400m: 5:10.47 34.87						
Final B							
11.	AMORIM Maria Leonor	03	Porto	**5:09.63**	+0,74	636	
	50m: 32.48 32.48 150m: 1:51.53 40.11 250m: 3:15.61 44.98 350m: 4:35.88 35.32						
	100m: 1:11.42 38.94 200m: 2:30.63 39.10 300m: 4:00.56 44.95 400m: 5:09.63 33.75						
12.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**5:14.97**	+0,69	604	
	50m: 33.09 33.09 150m: 1:53.28 42.08 250m: 3:19.95 44.55 350m: 4:41.25 35.74						
	100m: 1:11.20 38.11 200m: 2:35.40 42.12 300m: 4:05.51 45.56 400m: 5:14.97 33.72						

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Prova 16, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	SILVA Natacha Sofia	02	Benfica	**5:15.20**	+0,80	603	
	50m: 33.30 33.30 150m: 1:54.08 42.86 250m: 3:19.01 42.64 350m: 4:39.67 36.88						
	100m: 1:11.22 37.92 200m: 2:36.37 42.29 300m: 4:02.79 43.78 400m: 5:15.20 35.53						
14.	RIBEIRO Margarida Messias	98	Gesloures	**5:21.04**	+0,71	571	
	50m: 33.24 33.24 150m: 1:56.44 43.68 250m: 3:21.80 44.37 350m: 4:45.40 38.34						
	100m: 1:12.76 39.52 200m: 2:37.43 40.99 300m: 4:07.06 45.26 400m: 5:21.04 35.64						
15.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**5:22.09**	+0,78	565	
	50m: 32.74 32.74 150m: 1:53.51 43.13 250m: 3:22.89 46.76 350m: 4:46.68 36.17						
	100m: 1:10.38 37.64 200m: 2:36.13 42.62 300m: 4:10.51 47.62 400m: 5:22.09 35.41						
16.	NEVES Sara Dias	03	Miranda do Corvo	**5:22.96**	+0,70	560	
	50m: 33.73 33.73 150m: 1:54.65 42.00 250m: 3:22.66 46.71 350m: 4:46.41 36.99						
	100m: 1:12.65 38.92 200m: 2:35.95 41.30 300m: 4:09.42 46.76 400m: 5:22.96 36.55						
17.	MATOS Ana Rita	02	Belenenses	**5:25.85**	+0,72	546	
	50m: 32.35 32.35 150m: 1:51.89 41.56 250m: 3:20.39 47.39 350m: 4:47.49 38.21						
	100m: 1:10.33 37.98 200m: 2:33.00 41.11 300m: 4:09.28 48.89 400m: 5:25.85 38.36						
18.	SANTOS Madalena Almeida	03	Bombeiros Ponta Delgada	**5:31.47**	+0,75	518	
	50m: 34.37 34.37 150m: 1:56.86 42.01 250m: 3:27.48 49.22 350m: 4:54.96 37.48						
	100m: 1:14.85 40.48 200m: 2:38.26 41.40 300m: 4:17.48 50.00 400m: 5:31.47 36.51						
19.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**5:33.39**	+0,73	509	
	50m: 33.30 33.30 150m: 1:56.32 44.46 250m: 3:26.87 47.44 350m: 4:54.99 39.63						
	100m: 1:11.86 38.56 200m: 2:39.43 43.11 300m: 4:15.36 48.49 400m: 5:33.39 38.40						
DSQ	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria				
	403 - Falsa partida - SW 4.4						

Prova 17 — Masc., 200m Livres — Juvenis
02-08-2019 - 17:40 — Resultados Final

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	1:54.85	RIBEIRO Diogo Matos	POR	Baku (AZE)	25-07-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**1:53.96**	+0,67	717	
	Recorde Nacional, Juv B						
	50m: 26.81 26.81 100m: 56.01 29.20 150m: 1:25.14 29.13 200m: 1:53.96 28.82						
2.	VAKULYUK Paulo	03	Torres Novas	**1:55.71**	+0,68	684	
	50m: 26.87 26.87 100m: 56.45 29.58 150m: 1:26.07 29.62 200m: 1:55.71 29.64						
3.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:56.70**	+0,67	667	
	50m: 27.39 27.39 100m: 57.17 29.78 150m: 1:27.21 30.04 200m: 1:56.70 29.49						
4.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**1:59.75**	+0,64	617	
	50m: 27.19 27.19 100m: 57.66 30.47 150m: 1:28.55 30.89 200m: 1:59.75 31.20						
5.	ALMEIDA Bernardo Victorino	04	Sporting	**1:59.83**	+0,67	616	
	50m: 27.74 27.74 100m: 58.67 30.93 150m: 1:29.83 31.16 200m: 1:59.83 30.00						

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Prova 17, Masc., 200m Livres, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	LOPES Luis Afonso	03	Viver Santarem	**1:59.86**	+0,67	616	
	50m: 28.02 28.02 100m: 58.45 30.43 150m: 1:29.37 30.92 200m: 1:59.86 30.49						
7.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**2:00.69**	+0,70	603	
	50m: 27.61 27.61 100m: 57.99 30.38 150m: 1:29.62 31.63 200m: 2:00.69 31.07						
8.	SANTOS Gabriel Moreira	04	Famalicao	**2:02.52**	+0,69	577	
	50m: 27.93 27.93 100m: 58.93 31.00 150m: 1:30.18 31.25 200m: 2:02.52 32.34						
9.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:03.81**	+0,68	559	
	50m: 28.27 28.27 100m: 59.44 31.17 150m: 1:31.57 32.13 200m: 2:03.81 32.24						
10.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**2:04.18**	+0,71	554	
	50m: 28.42 28.42 100m: 59.79 31.37 150m: 1:31.95 32.16 200m: 2:04.18 32.23						

Prova 17 — Masc., 200m Livres — Open
02-08-2019 - 17:40 — Resultados Final

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
Rec Nac Jun17	1:53.20	LOPES Tomas Teixeira	POR	Kazan (RUS)	06-07-2019
Rec Nac Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
Rec Nac Juv B	1:54.85	RIBEIRO Diogo Matos	POR	Baku (AZE)	25-07-2019
Rec Nac Inf A	2:00.20	RIBEIRO Diogo Matos	CUC	S. João da Madeira	21-07-2018
Rec Nac Inf B	2:06.18	NUNES Joao Magalhaes	CNA	Rio Maior	21-07-2012

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	VELOSO Tomas Miguel	96	Nautico Academico	**1:50.61**	+0,62	784	
	50m: 26.23 26.23 100m: 54.50 28.27 150m: 1:22.59 28.09 200m: 1:50.61 28.02						
2.	AIRES Rafael Alcantara	01	Benfica	**1:52.66**	+0,67	742	
	50m: 26.42 26.42 100m: 55.26 28.84 150m: 1:23.98 28.72 200m: 1:52.66 28.68						
3.	LOPES Tomas Teixeira	02	Foca	**1:52.84**	+0,62	738	
	Recorde Nacional, Jun 17						
	50m: 26.21 26.21 100m: 54.50 28.29 150m: 1:23.57 29.07 200m: 1:52.84 29.27						
4.	LIESS Thomas	95	Turrita Nuoto	**1:53.44**	+0,70	726	
	50m: 26.25 26.25 100m: 55.39 29.14 150m: 1:24.26 28.87 200m: 1:53.44 29.18						
5.	SANTOS Joao Duarte	95	Natacao Olhao	**1:54.48**	+0,70	707	
	50m: 26.93 26.93 100m: 56.08 29.15 150m: 1:25.57 29.49 200m: 1:54.48 28.91						
6.	COSTA Tiago Cunha	99	Sporting	**1:54.57**	+0,64	705	
	50m: 26.51 26.51 100m: 55.05 28.54 150m: 1:24.71 29.66 200m: 1:54.57 29.86						
7.	SANTOS Pedro Miguel	01	Porto	**1:54.92**	+0,62	699	
	50m: 27.19 27.19 100m: 56.02 28.83 150m: 1:25.05 29.03 200m: 1:54.92 29.87						
8.	BATE Afonso Ribeiro	98	Alges	**1:54.97**	+0,72	698	
	50m: 26.95 26.95 100m: 56.42 29.47 150m: 1:26.29 29.87 200m: 1:54.97 28.68						
9.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**1:55.03**	+0,68	697	
	50m: 26.85 26.85 100m: 56.19 29.34 150m: 1:25.72 29.53 200m: 1:55.03 29.31						

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Prova 17, Masc., 200m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	NUNES Diogo Barbosa	00	Porto	**1:56.63**	+0,70	668	
	50m: 27.12 27.12 100m: 56.60 29.48 150m: 1:26.36 29.76 200m: 1:56.63 30.27						

Final B

11.	PINHO Manuel Antonio	01	Feirense	**1:56.12**	+0,66	677	
	50m: 27.13 27.13 100m: 56.60 29.47 150m: 1:26.84 30.24 200m: 1:56.12 29.28						
12.	LEBRE Diogo Ramos	01	Benfica	**1:56.40**	+0,71	672	
	50m: 27.76 27.76 100m: 57.24 29.48 150m: 1:26.91 29.67 200m: 1:56.40 29.49						
13.	JORGE Duarte Miguel	01	Galitos / Bresimar	**1:56.85**	+0,72	665	
	50m: 27.59 27.59 100m: 57.46 29.87 150m: 1:26.99 29.53 200m: 1:56.85 29.86						
14.	DANTAS Diogo Leal	00	Sporting	**1:56.95**	+0,59	663	
	50m: 26.79 26.79 100m: 56.22 29.43 150m: 1:26.92 30.70 200m: 1:56.95 30.03						
15.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**1:56.98**	+0,69	662	
	50m: 26.91 26.91 100m: 56.99 30.08 150m: 1:27.45 30.46 200m: 1:56.98 29.53						
16.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**1:57.38**	+0,61	656	
	50m: 27.00 27.00 100m: 56.69 29.69 150m: 1:27.04 30.35 200m: 1:57.38 30.34						
17.	DEUS Andre Portugal	02	Naval do Funchal	**1:57.78**	+0,58	649	
	50m: 27.68 27.68 100m: 57.61 29.93 150m: 1:28.03 30.42 200m: 1:57.78 29.75						
18.	NUNES Francisco Costa	02	Salvaterra de Magos	**1:57.88**	+0,73	647	
	50m: 27.16 27.16 100m: 57.19 30.03 150m: 1:27.58 30.39 200m: 1:57.88 30.30						
19.	TRAVANCA Sergio Filipe	00	Leixoes	**1:58.06**	+0,65	644	
	50m: 27.29 27.29 100m: 57.22 29.93 150m: 1:27.50 30.28 200m: 1:58.06 30.56						
20.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**1:58.55**	+0,61	636	
	50m: 26.94 26.94 100m: 56.77 29.83 150m: 1:27.65 30.88 200m: 1:58.55 30.90						

Prova 18 — Femin., 200m Livres — Juvenis

02-08-2019 - 17:45 — Resultados Final

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
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOURA Maria Ferreira	04	Sporting	**2:06.08**	+0,69	719	
	50m: 29.45 29.45 100m: 1:01.08 31.63 150m: 1:33.28 32.20 200m: 2:06.08 32.80						
2.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**2:07.64**	+0,69	693	
	50m: 29.42 29.42 100m: 1:01.68 32.26 150m: 1:34.69 33.01 200m: 2:07.64 32.95						
3.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**2:08.93**	+0,65	672	
	50m: 30.09 30.09 100m: 1:02.53 32.44 150m: 1:35.91 33.38 200m: 2:08.93 33.02						
4.	PINHO Carolina Teixeira	04	Porto	**2:11.02**	+0,68	641	
	50m: 30.27 30.27 100m: 1:03.09 32.82 150m: 1:36.83 33.74 200m: 2:11.02 34.19						

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Prova 18, Femin., 200m Livres, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PIRES Marta Joao	05	Alges	**2:11.11**	+0,76	639	
	50m: 30.49 30.49 100m: 1:03.76 33.27 150m: 1:37.45 33.69 200m: 2:11.11 33.66						
6.	PRETO Filipa Manso	04	Porto	**2:11.18**	+0,72	638	
	50m: 30.68 30.68 100m: 1:04.08 33.40 150m: 1:38.01 33.93 200m: 2:11.18 33.17						
7.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**2:12.12**	+0,81	625	
	50m: 31.00 31.00 100m: 1:04.61 33.61 150m: 1:38.52 33.91 200m: 2:12.12 33.60						
8.	SEBASTIAO Sofia Antunes	05	Amadora	**2:14.47**	+0,83	593	
	50m: 30.70 30.70 100m: 1:04.58 33.88 150m: 1:40.03 35.45 200m: 2:14.47 34.44						
9.	SIMOES Ana Beatriz	05	Sporting	**2:15.19**	+0,78	583	
	50m: 31.95 31.95 100m: 1:05.96 34.01 150m: 1:40.20 34.24 200m: 2:15.19 34.99						
10.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:15.84**	+0,71	575	
	50m: 30.51 30.51 100m: 1:04.67 34.16 150m: 1:39.78 35.11 200m: 2:15.84 36.06						

Prova 18 — Femin., 200m Livres — Open
02-08-2019 - 17:45 — Resultados Final

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
Rec Nac Jun17	2:03.18	SOUSA Ana Reis	SAD	Coimbra	07-04-2019
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
Rec Nac Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
Rec Nac Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014
Rec Nac Inf A	2:10.86	FRAZAO Alexandra Couto	CNA	Oeiras	11-04-2015
Rec Nac Inf B	2:12.20	RUIVO Filipa Vilas	DNMG	S. João da Madeira	24-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	HOLUB Tamila Hryhorivna	99	Braga	**2:03.53**	+0,75	765	
	50m: 29.63 29.63 100m: 1:01.09 31.46 150m: 1:32.81 31.72 200m: 2:03.53 30.72						
2.	DURAES Diana Margarida	96	Benfica	**2:04.40**	+0,76	749	
	50m: 29.83 29.83 100m: 1:01.48 31.65 150m: 1:33.31 31.83 200m: 2:04.40 31.09						
3.	ANDRE Leticia Maia	02	Benfica	**2:04.99**	+0,70	738	
	50m: 29.76 29.76 100m: 1:01.69 31.93 150m: 1:34.00 32.31 200m: 2:04.99 30.99						
4.	MARTINS Francisca Soares	03	Foca	**2:05.38**	+0,66	731	
	50m: 29.70 29.70 100m: 1:01.67 31.97 150m: 1:33.99 32.32 200m: 2:05.38 31.39						
5.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**2:05.85**	+0,76	723	
	50m: 29.84 29.84 100m: 1:01.88 32.04 150m: 1:34.16 32.28 200m: 2:05.85 31.69						
6.	FARIA Ana Rita	00	Porto	**2:07.20**	+0,74	700	
	50m: 29.91 29.91 100m: 1:02.24 32.33 150m: 1:34.94 32.70 200m: 2:07.20 32.26						
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	**2:08.15**	+0,71	685	
	50m: 29.71 29.71 100m: 1:02.27 32.56 150m: 1:35.30 33.03 200m: 2:08.15 32.85						
8.	BARBOSA Mariana Fernandes	02	Porto	**2:08.35**	+0,75	682	
	50m: 30.41 30.41 100m: 1:02.97 32.56 150m: 1:35.90 32.93 200m: 2:08.35 32.45						

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Prova 18, Femin., 200m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	BELEZA Mafalda Gomes	94	Sporting	**2:08.78**	+0,64	675	
	50m: 30.57 30.57 100m: 1:03.13 32.56 150m: 1:36.19 33.06 200m: 2:08.78 32.59						
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**2:08.85**	+0,70	674	
	50m: 29.94 29.94 100m: 1:02.62 32.68 150m: 1:35.97 33.35 200m: 2:08.85 32.88						
Final B							
11.	PINTO Mafalda Marques	02	Sporting	**2:08.84**	+0,68	674	
	50m: 30.28 30.28 100m: 1:03.98 33.70 150m: 1:36.62 32.64 200m: 2:08.84 32.22						
12.	AMADOR Joana Costa	01	Galitos / Bresimar	**2:08.94**	+0,67	672	
	50m: 30.54 30.54 100m: 1:03.44 32.90 150m: 1:36.29 32.85 200m: 2:08.94 32.65						
13.	FRAZAO Alexandra Couto	02	Condeixa Clube	**2:08.99**	+0,68	671	
	50m: 30.76 30.76 100m: 1:03.08 32.32 150m: 1:35.83 32.75 200m: 2:08.99 33.16						
14.	GIGON Meryl	95	Turrita Nuoto	**2:09.62**	+0,78	662	
	50m: 30.66 30.66 100m: 1:03.59 32.93 150m: 1:36.88 33.29 200m: 2:09.62 32.74						
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**2:09.69**	+0,75	661	
	50m: 30.40 30.40 100m: 1:03.41 33.01 150m: 1:36.70 33.29 200m: 2:09.69 32.99						
16.	SOARES Catarina Silva	03	Porto	**2:11.65**	+0,69	632	
	50m: 29.98 29.98 100m: 1:03.21 33.23 150m: 1:36.99 33.78 200m: 2:11.65 34.66						
17.	ROLAO Sofia Alexandra	98	Benfica	**2:12.87**	+0,71	614	
	50m: 30.32 30.32 100m: 1:03.89 33.57 150m: 1:38.20 34.31 200m: 2:12.87 34.67						
18.	MARTINS Ana Beatriz	99	Famalicao	**2:13.25**	+0,83	609	
	50m: 30.65 30.65 100m: 1:04.90 34.25 150m: 1:39.13 34.23 200m: 2:13.25 34.12						
19.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:13.84**	+0,77	601	
	50m: 30.99 30.99 100m: 1:04.38 33.39 150m: 1:39.28 34.90 200m: 2:13.84 34.56						
20.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**2:13.86**	+0,84	601	
	50m: 31.31 31.31 100m: 1:04.95 33.64 150m: 1:39.72 34.77 200m: 2:13.86 34.14						

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Prova 19 — Masc., 50m Bruços — Open
02-08-2019 - 18:15 — Resultados Final

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SANTOS Alexis Manacas	92	Sporting	**28.45**	+0,66	758	
2.	QUINTAS Francisco Robalo	95	Belenenses	**28.50**	+0,60	754	
3.	AMORIM Alexandre Ferreira	99	Porto	**28.91**	+0,65	723	
4.	DA SILVA Florian	01	Porto	**29.57**	+0,63	675	
5.	SIMOES Rafael Gomes	00	Braga	**29.72**	+0,75	665	
6.	MENDES Antonio Manuel	99	Sporting	**29.82**	+0,66	659	
7.	TEODORO Diogo Filipe	99	Natacao de Valongo	**29.92**	+0,61	652	
8.	PEREIRA Ricardo Samuel	03	Benfica	**30.10**	+0,58	640	
9.	PON Hugo	98	Alges	**30.29**	+0,63	628	
10.	FRISCHKNECHT Renato Barros	01	Alges	**30.43**	+0,64	620	
Final B							
11.	CRUCHINHO Miguel Monteiro	97	Sporting	**30.35**	+0,68	625	
12.	SANTOS Pedro Andre	94	Alges	**30.37**	+0,69	623	
13.	GRENHO Andre Tavares	99	Gesloures	**30.62**	+0,63	608	
14.	NUNES Francisco Costa	02	Salvaterra de Magos	**30.68**	+0,66	605	
15.	RAMOS Filipe Carmo	97	Vilacondense	**30.70**	+0,73	603	
16.	SILVA Pedro Miguel	94	Colegio Monte Maior	**30.88**	+0,64	593	
17.	MARQUES Miguel Henriques	00	Benfica	**30.95**	+0,68	589	
18.	JUNIOR Luis Cabral	03	Belenenses	**30.97**	+0,66	588	
19.	SOARES Miguel Carlos	92	Naval Povoense	**31.03**	+0,66	584	
20.	CALDEIRA Goncalo Silveirinha	01	Sporting	**31.37**	+0,69	566	

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Prova 20 — Femin., 50m Bruços — Open

02-08-2019 - 18:20 — Resultados Final

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**31.89**	+0,65	783	
2.	PEREIRA Raquel Gomes	00	Alges	**33.17**	+0,72	696	
	FIGUEIRA Isabel Maria	79	Natacao de Faro	**33.17**	+0,71	696	
4.	BORGES Claudia Ferreira	99	Benfica	**33.57**	+0,60	671	
5.	FERREIRA Margarida Filipe	04	Cova da Piedade	**33.76**	+0,72	660	
6.	OLIVEIRA Rosa Maria	96	Porto	**33.78**	+0,67	659	
7.	SILVA Beatriz Santos	01	Porto	**34.25**	+0,69	632	
8.	BARATA Barbara Sofia	97	Alges	**34.60**	+0,68	613	
9.	ROSA Maria Carolina	94	Sporting	**34.93**	+0,72	596	
10.	MORAIS Margarida Mateus	04	Torres Novas	**34.96**	+0,74	594	
Final B							
11.	PEREIRA Clara Gomes	02	Alges	**34.65**	+0,71	610	
12.	CERDEIRA Madalena Reis	03	Sporting	**34.71**	+0,61	607	
13.	LEONARDO Rute Isabel	98	Nautico Abrantes	**35.27**	+0,69	579	
	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**35.27**	+0,72	579	
15.	RODRIGUES Luana Correia	01	Belenenses	**35.39**	+0,72	573	
16.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**35.61**	+0,68	562	
17.	GONCALVES Sofia Filipa	01	Leixoes	**35.73**	+0,75	557	
18.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**36.25**	+0,55	533	
	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**36.25**	+0,69	533	
20.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**36.47**	+0,65	523	

Prova 21 — Masc., 200m Costas — Juvenis

02-08-2019 - 18:25 — Resultados Final

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CASTRO Duarte Monteiro	03	Porto	**2:08.72**	+0,60	657	
	50m: 30.45 30.45 100m: 1:03.81 33.36 150m: 1:36.57 32.76 200m: 2:08.72 32.15						
2.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:12.15**	+0,69	607	
	50m: 30.85 30.85 100m: 1:04.92 34.07 150m: 1:38.80 33.88 200m: 2:12.15 33.35						
3.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:12.29**	+0,66	605	
	50m: 31.10 31.10 100m: 1:04.67 33.57 150m: 1:38.43 33.76 200m: 2:12.29 33.86						
4.	DIAS Tiago Miguel	03	Natacao de Lisboa	**2:14.87**	+0,74	571	
	50m: 30.87 30.87 100m: 1:05.17 34.30 150m: 1:40.87 35.70 200m: 2:14.87 34.00						

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Prova 21, Masc., 200m Costas, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:15.52**	+0,62	563	
	50m: 30.66 30.66 100m: 1:04.93 34.27 150m: 1:40.42 35.49 200m: 2:15.52 35.10						
6.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**2:16.25**	+0,66	554	
	50m: 30.67 30.67 100m: 1:05.99 35.32 150m: 1:41.19 35.20 200m: 2:16.25 35.06						
7.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:16.40**	+0,66	552	
	50m: 31.83 31.83 100m: 1:06.63 34.80 150m: 1:42.11 35.48 200m: 2:16.40 34.29						
8.	COUTINHO Guilherme Pereira	03	Viver Santarem	**2:17.32**	+0,52	541	
	50m: 32.01 32.01 100m: 1:07.44 35.43 150m: 1:43.03 35.59 200m: 2:17.32 34.29						
9.	CARVALHO Martim Henriques	04	Rio Maior	**2:19.90**	+0,84	512	
	50m: 32.62 32.62 100m: 1:07.48 34.86 150m: 1:43.78 36.30 200m: 2:19.90 36.12						
10.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**2:20.85**	+0,59	501	
	50m: 31.88 31.88 100m: 1:06.54 34.66 150m: 1:43.22 36.68 200m: 2:20.85 37.63						

Prova 21 — Masc., 200m Costas — Open
02-08-2019 - 18:25 — Resultados Final

Rec Nac Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
Rec Nac Jun18	2:02.21	OLIVEIRA Pedro Diogo	CNRM	Coimbra	28-07-2006
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
Rec Nac Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013
Rec Nac Inf A	2:14.56	RIBAS Alexandre Lages	EDV	Lisboa	23-07-2011
Rec Nac Inf B	2:20.07	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	13-07-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SANTOS Francisco Rogerio	98	Sporting	**2:00.08**	+0,70	809	
	50m: 27.80 27.80 100m: 58.92 31.12 150m: 1:30.22 31.30 200m: 2:00.08 29.86						
2.	VITAL Joao Alexandre	98	Sporting	**2:03.61**	+0,71	742	
	50m: 29.16 29.16 100m: 1:00.41 31.25 150m: 1:32.22 31.81 200m: 2:03.61 31.39						
3.	ROSA Rodrigo Antonio	96	Benfica	**2:07.09**	+0,64	682	
	50m: 29.51 29.51 100m: 1:01.62 32.11 150m: 1:34.54 32.92 200m: 2:07.09 32.55						
4.	KOT Viktor	98	Nautico Marinha Grande	**2:07.60**	+0,69	674	
	50m: 29.02 29.02 100m: 1:00.91 31.89 150m: 1:34.41 33.50 200m: 2:07.60 33.19						
5.	CORREIA Joao Mota	97	Benfica	**2:08.91**	+0,68	654	
	50m: 29.56 29.56 100m: 1:02.18 32.62 150m: 1:35.50 33.32 200m: 2:08.91 33.41						
6.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:09.02**	+0,58	652	
	50m: 29.91 29.91 100m: 1:02.96 33.05 150m: 1:35.60 32.64 200m: 2:09.02 33.42						
7.	TINOCO Joao Pereira	00	Famalicao	**2:10.44**	+0,82	631	
	50m: 29.62 29.62 100m: 1:02.12 32.50 150m: 1:35.57 33.45 200m: 2:10.44 34.87						
8.	FERNANDES Joao Diogo	98	Belenenses	**2:10.60**	+0,58	629	
	50m: 29.80 29.80 100m: 1:02.79 32.99 150m: 1:36.12 33.33 200m: 2:10.60 34.48						

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Prova 21, Masc., 200m Costas, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	ALFAMA Martim Primavera	02	Gesloures	**2:12.32**	+0,64	605	
	50m: 29.68 29.68 100m: 1:03.30 33.62 150m: 1:37.61 34.31 200m: 2:12.32 34.71						
10.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**2:14.08**	+0,60	581	
	50m: 30.41 30.41 100m: 1:04.34 33.93 150m: 1:39.38 35.04 200m: 2:14.08 34.70						

Final B

11.	BATE Miguel Ribeiro	99	Alges	**2:10.80**	+0,57	626	
	50m: 29.93 29.93 100m: 1:04.35 34.42 150m: 1:38.33 33.98 200m: 2:10.80 32.47						
12.	NUNES Porfirio Braga	00	Porto	**2:11.46**	+0,58	617	
	50m: 30.21 30.21 100m: 1:04.27 34.06 150m: 1:38.91 34.64 200m: 2:11.46 32.55						
13.	ALMEIDA Carlos Afonso	98	Alges	**2:12.48**	+0,70	602	
	50m: 30.84 30.84 100m: 1:04.59 33.75 150m: 1:39.01 34.42 200m: 2:12.48 33.47						
14.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**2:12.67**	+0,64	600	
	50m: 30.81 30.81 100m: 1:04.85 34.04 150m: 1:39.83 34.98 200m: 2:12.67 32.84						
15.	SILVA Job Santos	96	Feirense	**2:13.20**	+0,75	593	
	50m: 30.31 30.31 100m: 1:04.72 34.41 150m: 1:39.68 34.96 200m: 2:13.20 33.52						
16.	MACHADO Bruno Rafael	01	Fluvial Portuense	**2:13.65**	+0,58	587	
	50m: 30.60 30.60 100m: 1:04.44 33.84 150m: 1:39.02 34.58 200m: 2:13.65 34.63						
17.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**2:13.85**	+0,67	584	
	50m: 30.74 30.74 100m: 1:04.37 33.63 150m: 1:39.68 35.31 200m: 2:13.85 34.17						
18.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	**2:14.15**	+0,71	580	
	50m: 31.89 31.89 100m: 1:06.18 34.29 150m: 1:40.59 34.41 200m: 2:14.15 33.56						
19.	FERREIRA Tiago Barros	94	Alges	**2:15.12**	+0,66	568	
	50m: 31.51 31.51 100m: 1:05.97 34.46 150m: 1:40.62 34.65 200m: 2:15.12 34.50						
20.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**2:15.34**	+0,68	565	
	50m: 30.12 30.12 100m: 1:04.11 33.99 150m: 1:39.80 35.69 200m: 2:15.34 35.54						

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NATAÇÃO PURA

Prova 22 — Femin., 200m Costas — Juvenis
02-08-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMADO Maria Lopes	04	Individual ANDL	**2:23.61**	+0,56	644	
	50m: 32.95 32.95 100m: 1:08.63 35.68 150m: 1:45.62 36.99 200m: 2:23.61 37.99						
2.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:26.17**	+0,62	611	
	50m: 33.05 33.05 100m: 1:09.22 36.17 150m: 1:47.65 38.43 200m: 2:26.17 38.52						
3.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**2:28.93**	+0,67	578	
	50m: 35.14 35.14 100m: 1:12.80 37.66 150m: 1:50.83 38.03 200m: 2:28.93 38.10						
4.	REIS Erica Cristina	05	Sporting	**2:30.65**	+0,72	558	
	50m: 35.37 35.37 100m: 1:13.06 37.69 150m: 1:52.48 39.42 200m: 2:30.65 38.17						
5.	FERREIRA Maria Leonor	04	Desportivo Nacional	**2:30.73**	+0,66	557	
	50m: 34.35 34.35 100m: 1:12.19 37.84 150m: 1:51.68 39.49 200m: 2:30.73 39.05						
6.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:31.10**	+0,60	553	
	50m: 34.92 34.92 100m: 1:12.99 38.07 150m: 1:51.35 38.36 200m: 2:31.10 39.75						
7.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**2:31.80**	+0,70	545	
	50m: 34.57 34.57 100m: 1:12.26 37.69 150m: 1:51.73 39.47 200m: 2:31.80 40.07						
8.	ALVES Ines Sofia	04	Portinado	**2:33.35**	+0,64	529	
	50m: 36.00 36.00 100m: 1:14.28 38.28 150m: 1:53.85 39.57 200m: 2:33.35 39.50						
9.	COSTA Joana Santos	04	Galitos / Bresimar	**2:33.47**	+0,71	528	
	50m: 35.33 35.33 100m: 1:13.53 38.20 150m: 1:53.78 40.25 200m: 2:33.47 39.69						
10.	GONCALVES Rita Abibe	05	Gesloures	**2:34.69**	+0,72	515	
	50m: 36.30 36.30 100m: 1:15.51 39.21 150m: 1:55.94 40.43 200m: 2:34.69 38.75						

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Prova 22, Femin., 200m Costas, Final

Prova 22 — Femin., 200m Costas — Open
02-08-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Sen	2:15.03	FRISCHKNECHT Rita Barros	SAD	Oeiras	14-04-2019
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019
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
Rec Nac Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20-06-2015
Rec Nac Inf B	2:33.03	SOUSA Keissy Joselin	FCP	Famalicão	27-07-1997

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	FRISCHKNECHT Rita Barros	98	Alges	**2:17.01**	+0,67	742	
	50m: 31.71 31.71 100m: 1:05.96 34.25 150m: 1:41.62 35.66 200m: 2:17.01 35.39						
2.	CABRAL Maria Francisca	00	Porto	**2:21.25**	+0,60	677	
	50m: 33.41 33.41 100m: 1:09.24 35.83 150m: 1:45.22 35.98 200m: 2:21.25 36.03						
3.	RAMOS Ana Rita	02	Porto	**2:22.25**	+0,63	663	
	50m: 33.41 33.41 100m: 1:09.38 35.97 150m: 1:45.49 36.11 200m: 2:22.25 36.76						
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	**2:23.22**	+0,58	649	
	50m: 32.37 32.37 100m: 1:07.76 35.39 150m: 1:45.33 37.57 200m: 2:23.22 37.89						
5.	PEIXEIRA Filipa Ramos	03	Sporting	**2:24.47**	+0,66	633	
	50m: 33.26 33.26 100m: 1:09.74 36.48 150m: 1:47.13 37.39 200m: 2:24.47 37.34						
6.	CARDEAL Joana Nunes	02	Academico Viseu	**2:25.25**	+0,72	623	
	50m: 33.68 33.68 100m: 1:10.76 37.08 150m: 1:48.36 37.60 200m: 2:25.25 36.89						
7.	FREIXO Juliana Lima	97	Braga	**2:26.00**	+0,59	613	
	50m: 33.56 33.56 100m: 1:10.25 36.69 150m: 1:48.27 38.02 200m: 2:26.00 37.73						
8.	CRUZ Sara Moura	03	Alges	**2:26.63**	+0,58	605	
	50m: 33.93 33.93 100m: 1:11.20 37.27 150m: 1:48.94 37.74 200m: 2:26.63 37.69						
9.	BERNARDO Joana Beatriz	99	Fundacao Beatriz Santos	**2:26.76**	+0,69	604	
	50m: 34.73 34.73 100m: 1:11.67 36.94 150m: 1:49.70 38.03 200m: 2:26.76 37.06						
10.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**2:27.62**	+0,61	593	
	50m: 34.41 34.41 100m: 1:11.82 37.41 150m: 1:49.23 37.41 200m: 2:27.62 38.39						
Final B							
11.	RODRIGUES Luana Correia	01	Belenenses	**2:28.10**	+0,53	587	
	50m: 34.76 34.76 100m: 1:12.45 37.69 150m: 1:50.25 37.80 200m: 2:28.10 37.85						
12.	MARTINS Maria Esteves	01	Galitos / Bresimar	**2:29.11**	+0,62	575	
	50m: 34.29 34.29 100m: 1:11.44 37.15 150m: 1:49.95 38.51 200m: 2:29.11 39.16						
13.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**2:29.63**	+0,65	569	
	50m: 34.60 34.60 100m: 1:12.27 37.67 150m: 1:51.05 38.78 200m: 2:29.63 38.58						
14.	RAMOS Ines Asseiceira	03	Torres Novas	**2:29.75**	+0,71	568	
	50m: 34.60 34.60 100m: 1:12.87 38.27 150m: 1:52.01 39.14 200m: 2:29.75 37.74						
15.	LASCU Nicoleta	02	Litoral Alentejano	**2:30.87**	+0,74	556	
	50m: 35.38 35.38 100m: 1:13.43 38.05 150m: 1:52.79 39.36 200m: 2:30.87 38.08						

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Prova 22, Femin., 200m Costas, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MARQUES Mariana Nunes	03	Estarreja	**2:32.15**	+0,55	542	
	50m: 34.60 34.60 100m: 1:13.17 38.57 150m: 1:52.69 39.52 200m: 2:32.15 39.46						
17.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**2:32.54**	+0,67	537	
	50m: 34.41 34.41 100m: 1:13.49 39.08 150m: 1:53.38 39.89 200m: 2:32.54 39.16						
18.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**2:33.94**	+0,79	523	
	50m: 34.84 34.84 100m: 1:14.08 39.24 150m: 1:53.89 39.81 200m: 2:33.94 40.05						
19.	CATARINO Laura Andre	03	CCDSerta	**2:34.00**	+0,63	522	
	50m: 34.25 34.25 100m: 1:13.96 39.71 150m: 1:54.75 40.79 200m: 2:34.00 39.25						
20.	SOARES Ana Margarida	03	Naval Setubalense	**2:34.09**	+0,62	521	
	50m: 35.95 35.95 100m: 1:15.14 39.19 150m: 1:54.63 39.49 200m: 2:34.09 39.46						

Prova 25 — Masc., 4 x 100m Livres — Open
02-08-2019 - 19:10 — Resultados

Rec Nac Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bon	FCP	Faro	19-07-2009
Rec Nac Sen	3:25.00	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nac Jun	3:34.25	Futebol Clube do Porto/Imperio Bon	FCP	Lisboa	27-03-2009
Rec Nac Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicão	19-07-2013
Rec Nac Juv	3:39.68	tempo limite	FCP	Famalicão	19-07-2013
Rec Nac Juv B X	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02-08-2019
Rec Nac Juv B	3:45.99	Futebol Clube do Porto	FCP	Jamor	27-07-2012
Rec Nac Inf A	3:52.27	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	19-07-2014
Rec Nac Inf	3:52.27	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	19-07-2014
Rec Nac Inf B	4:06.16	Associacao Naval Amorense	ANAM	Loulé	19-07-2014

Pontos: FINA 2019

Lugar				Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-ABS				Sporting			**3:26.72**	+0,69	755	
	MOGNE Igor Araujo	+0,69	24.88	51.42	SANTOS Francisco Rogerio	+0,35	24.26	52.20			
	COSTA Tiago Cunha	+0,32	25.58	52.18	SANTOS Alexis Manacas	+0,34	24.55	50.92			
2.	Benfica-ABS				Benfica			**3:27.30**	+0,69	748	
	LEBRE Diogo Ramos	+0,69	25.26	52.31	AIRES Rafael Alcantara	+0,29	24.45	50.79			
	MARQUES Miguel Henriques	+0,27	24.14	52.85	DIAS Guilherme Pereira	+0,38	24.48	51.35			
3.	Belenenses-ABS				Belenenses			**3:32.07**	+0,68	699	
	JACINTO Rafael Rodrigues	+0,68	26.42	54.65	PADRELA Joao Esteves	+0,27	24.79	52.09			
	RAMOS Bruno Miguel	+0,40	24.40	51.64	QUINTAS Francisco Robalo	+0,22	25.79	53.69			
4.	Uniao Piedense-ABS				Uniao Piedense			**3:33.25**	+0,66	687	
	CAMOES Tiago Maria	+0,66	26.23	54.64	CRISTINO David Matias	+0,10	25.50	54.18			
	BRITO Bernardo Geada	+0,19	25.34	53.68	SILVA Fernando Souza	+0,27	23.86	50.75			
5.	Porto-ABS				Porto			**3:33.73**	+0,64	683	
	SANTOS Pedro Miguel	+0,64	26.04	54.22	NUNES Porfirio Braga	+0,33	24.64	52.91			
	AMORIM Alexandre Ferreira	+0,07	25.67	53.89	SOARES Tiago Silva	+0,38	24.44	52.71			
6.	Fundacao Beatriz Santos-ABS				Fundacao Beatriz Santos			**3:38.83**	+0,63	636	
	AGOSTINHO Miguel Diogo	+0,63	25.34	53.11	COSTA Andre Gouveia	+0,18	26.89	56.82			
	PEREIRA Joao Neto	+0,13	26.21	54.33	GOMES Rodrigo Ribeiro	+0,39	25.44	54.57			

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Prova 26 — Femin., 4 x 100m Livres — Open
02-08-2019 - 19:15 — Resultados

Rec Nac Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nac Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Rec Nac Jun	4:00.84	Sporting Clube de Portugal	SCP	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
Rec Nac Juv B	4:10.72	Clube Nautico Academico de Coimb	CNAC	Povoa de Varzim	05-08-2011
Rec Nac Inf A	4:17.13	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Lisboa	24-07-2011
Rec Nac Inf	4:17.13	tempo limite	GDNVNF	Lisboa	24-07-2011
Rec Nac Inf B	4:26.09	Grupo Desportivo Natacao V. N. Fa	GDNVNF	Porto	25-07-2010

Pontos: FINA 2019

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
1.	Alges-ABS			Alges		**3:53.70**	+0,67	726	
	SOUSA Ana Reis	+0,67	28.24	57.84	PEREIRA Raquel Gomes	+0,46	28.02	58.14	
	AZEVEDO Rafaela Gomes	+0,29	27.83	59.05	FRISCHKNECHT Rita Barros	+0,52	28.21	58.67	
2.	Porto-ABS			Porto		**3:55.51**	+0,70	709	
	FERREIRA Catarina Maria	+0,70	28.43	58.63	FARIA Ana Rita	+0,63	28.09	58.86	
	SOARES Catarina Silva	+0,50	28.01	59.37	OLIVEIRA Rosa Maria	+0,48	28.85	58.65	
3.	Sporting-ABS			Sporting		**3:58.35**	+0,59	684	
	VIEGAS Beatriz Mendes	+0,59	28.62	59.29	FERNANDES Ines Camacho	+0,37	27.65	58.92	
	PINTO Mafalda Marques	+0,36	28.76	1:00.55	BELEZA Mafalda Gomes	+0,35	28.68	59.59	
4.	Galitos / Bresimar-ABS			Galitos / Bresimar		**4:00.73**	+0,68	664	
	FERNANDES Carolina Miranda	+0,68	28.72	59.19	AMADOR Joana Costa	+0,54	28.93	1:00.32	
	RODRIGUES Ana Margarida	+0,46	28.58	59.79	MONTEIRO Margarida Cabral	+0,43	29.43	1:01.43	
5.	Academica de Coimbra-ABS			Academica de Coimbra		**4:04.44**	+0,69	634	
	MOREIRA Matilde Freitas	+0,69	29.31	1:01.06	NEVES Ana Carolina	+0,25	29.13	1:01.97	
	TEJO Beatriz Costa	+0,26	29.00	1:01.40	CRAVEIRO Beatriz Neves	+0,17	28.76	1:00.01	
6.	Benfica-ABS			Benfica		**4:04.64**	+0,74	632	
	ROLAO Sofia Alexandra	+0,74	29.19	1:01.25	GRAVETO Ana Raquel	+0,17	28.90	1:01.11	
	ANDRE Leticia Maia	+0,22	28.26	58.86	BERNARDO Ines Silva	+0,45	29.99	1:03.42	
7.	Fluvial Portuense-ABS			Fluvial Portuense		**4:04.77**	+0,69	631	
	PEGO Isabel Porfirio	+0,69	28.41	59.95	PEREIRA Isabel dos Santos	+0,33	30.26	1:04.30	
	CUNHA Mariana Pacheco	+0,33	28.53	1:00.28	ANDRE Angelica Maria	+0,08	29.43	1:00.24	
8.	Torres Novas-ABS			Torres Novas		**4:07.98**	+0,66	607	
	CASAL Beatriz Goncalves	+0,66	29.34	1:02.86	NICOLAU Margarida Claudino	+0,45	29.83	1:02.29	
	NEVES Carolina Marques	+0,46	28.95	1:00.75	RAMOS Ines Asseiceira	+0,31	29.44	1:02.08	
9.	Gesloures-ABS			Gesloures		**4:09.73**	+0,70	595	
	NEVES Leonor Maria	+0,70	29.35	1:02.45	RIBEIRO Margarida Messias	+0,38	30.26	1:02.57	
	MELO Sara Carreira	+0,40	29.89	1:03.16	REBELO Beatriz Vaz	+0,46	29.17	1:01.55	
10.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria		**4:15.71**	+0,69	554	
	JACINTO Ines Filipa	+0,69	30.04	1:03.73	JUNQUEIRA Sofia Ribeiro	+0,14	29.06	1:03.24	
	DOMINGUES Luana Pinto	+0,21	30.74	1:05.57	LOPES Sara Santos	+0,37	29.66	1:03.17	

ORGANIZAÇÃO
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5 - 3ª Jornada - 1ª Sessão (Eliminatórias-Heats) 03-08-2019 - 9:00

Prova 27 — Femin., 100m Mariposa — Juvenis
03-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Juv A	1:01.86	CUNHA Mariana Pacheco	POR	Baku (AZE)	24-07-2019
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019

TAC Juv A 50m: 1:11.32 - 25m: 1:09.53; Juv B 50m: 1:11.98 - 25m: 1:10.71

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**1:03.89**	+0,70	654	
	50m: 30.29 30.29 100m: 1:03.89 33.60						
2.	MOURA Maria Ferreira	04	Sporting	**1:04.95**	+0,70	623	
	50m: 30.30 30.30 100m: 1:04.95 34.65						
3.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:05.17**	+0,71	616	
	50m: 30.60 30.60 100m: 1:05.17 34.57						
4.	BENTO Maria Madalena	05	BUZIOS-Coruche	**1:05.62**	+0,70	604	
	50m: 30.51 30.51 100m: 1:05.62 35.11						
5.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:05.79**	+0,65	599	
	50m: 30.53 30.53 100m: 1:05.79 35.26						
6.	MARQUES Maria Alexandra	04	Albicastrense	**1:06.37**	+0,68	584	
	50m: 31.25 31.25 100m: 1:06.37 35.12						
7.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:06.90**	+0,69	570	
	50m: 31.48 31.48 100m: 1:06.90 35.42						
8.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:08.15**	+0,69	539	
	50m: 31.68 31.68 100m: 1:08.15 36.47						
9.	MENDES Ana Sebastiao	04	Individual ANALG	**1:08.25**	+0,70	537	
	50m: 31.99 31.99 100m: 1:08.25 36.26						
10.	ALVES Ines Sofia	04	Portinado	**1:08.56**	+0,73	529	
	50m: 31.63 31.63 100m: 1:08.56 36.93						
11.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**1:08.78**	+0,69	524	
	50m: 31.98 31.98 100m: 1:08.78 36.80						
12.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:08.86**	+0,71	523	
	50m: 32.38 32.38 100m: 1:08.86 36.48						
13.	TROIA Beatriz Rosa	04	Vilacondense	**1:09.20**	+0,69	515	
	50m: 32.27 32.27 100m: 1:09.20 36.93						
14.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:09.30**	+0,72	513	
	50m: 31.91 31.91 100m: 1:09.30 37.39						
15.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:09.33**	+0,64	512	
	50m: 30.84 30.84 100m: 1:09.33 38.49						
16.	DELGADO Soraia Alexandra	05	Sporting	**1:09.45**	+0,64	509	
	50m: 31.65 31.65 100m: 1:09.45 37.80						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:09.48**	+0,85	509	
	50m: 32.34 32.34 100m: 1:09.48 37.14						
18.	RINO Maria Pedro	05	Academia Acores	**1:09.53**	+0,75	508	
	50m: 32.08 32.08 100m: 1:09.53 37.45						
19.	FERREIRA Joana Rocha	05	Benfica	**1:09.83**	+0,80	501	
	50m: 33.01 33.01 100m: 1:09.83 36.82						
20.	COSTA Rita Salome	04	Aquatico Pacense	**1:09.99**	+0,85	498	
	50m: 32.22 32.22 100m: 1:09.99 37.77						
21.	CARDEAL Beatriz Nunes	04	Academico Viseu	**1:10.14**	+0,74	494	
	50m: 32.31 32.31 100m: 1:10.14 37.83						
22.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.18**	+0,67	494	
	50m: 32.15 32.15 100m: 1:10.18 38.03						
23.	ANDRE Isadora Maia	05	Benfica	**1:10.27**	+0,70	492	
	50m: 32.93 32.93 100m: 1:10.27 37.34						
24.	LOURO Ariana Espirito	05	Gualdim Pais	**1:10.59**	+0,71	485	
	50m: 32.13 32.13 100m: 1:10.59 38.46						
25.	NARRA Vera Figueiredo	04	Amadora	**1:10.87**	+0,70	479	
	50m: 32.49 32.49 100m: 1:10.87 38.38						
26.	MORGADO Alice Jesus	04	Gesloures	**1:11.10**	+0,85	475	
	50m: 32.52 32.52 100m: 1:11.10 38.58						
27.	SILVA Joana Ferreira	05	Leixoes	**1:11.57**	+0,65	465	
	50m: 32.88 32.88 100m: 1:11.57 38.69						
28.	VIEIRA Carmo Dias	05	Avancado EUL	**1:11.85**	+0,75	460	
	50m: 33.80 33.80 100m: 1:11.85 38.05						
29.	JONES Angelina Bermejo	04	Portinado	**1:12.32**	+0,71	451	
	50m: 31.72 31.72 100m: 1:12.32 40.60						
30.	MENDES Daniela Portela	04	Fundacao Beatriz Santos	**1:12.60**	+0,71	446	
	50m: 32.05 32.05 100m: 1:12.60 40.55						
31.	NEVES Daniela Lourenco	05	CCDSerta	**1:12.70**	+0,69	444	
	50m: 33.06 33.06 100m: 1:12.70 39.64						
32.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:12.71**	+0,76	444	
	50m: 33.88 33.88 100m: 1:12.71 38.83						
33.	TORGAL Madalena Sampaio	05	Bombeiros Estoris	**1:12.75**	+0,79	443	
	50m: 32.98 32.98 100m: 1:12.75 39.77						
34.	TROIA Barbara Daniela	04	Vilacondense	**1:14.55**	+0,72	412	
	50m: 33.23 33.23 100m: 1:14.55 41.32						

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Prova 27, Femin., 100m Mariposa, Elimin

Prova 27 — Femin., 100m Mariposa — Open
03-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
Rec Nac Juv A	1:01.86	CUNHA Mariana Pacheco	POR	Baku (AZE)	24-07-2019
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019
Rec Nac Inf A	1:03.83	FERNANDES Carolina Miranda	CGA	S. João da Madeira	21-07-2018
Rec Nac Inf B	1:07.00	FERNANDES Carolina Miranda	SCP	S. João da Madeira	15-06-2017

TAC Sen 50m: 1:06.44 - 25m: 1:05.67; Jun 50m: 1:08.40 - 25m: 1:07.38; Juv A 50m: 1:11.32 - 25m: 1:09.53; Juv B 50m: 1:11.98 - 25m: 1:10.71

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:01.73**	+0,69	725	
	50m: 29.33 29.33 100m: 1:01.73 32.40						
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:02.34**	+0,58	704	
	50m: 28.44 28.44 100m: 1:02.34 33.90						
3.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:03.32**	+0,77	672	
	50m: 29.86 29.86 100m: 1:03.32 33.46						
4.	FERNANDES Ines Camacho	97	Sporting	**1:03.59**	+0,70	664	
	50m: 29.57 29.57 100m: 1:03.59 34.02						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**1:03.64**	+0,69	662	
	50m: 29.80 29.80 100m: 1:03.64 33.84						
6.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**1:03.89**	+0,70	654	
	50m: 30.29 30.29 100m: 1:03.89 33.60						
7.	LIMA Lia Ana	01	Sporting	**1:04.10**	+0,78	648	
	50m: 30.32 30.32 100m: 1:04.10 33.78						
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:04.19**	+0,71	645	
	50m: 30.37 30.37 100m: 1:04.19 33.82						
9.	GRAVETO Ana Raquel	02	Benfica	**1:04.32**	+0,75	641	
	50m: 30.35 30.35 100m: 1:04.32 33.97						
10.	ANDRE Leticia Maia	02	Benfica	**1:04.37**	+0,65	640	
	50m: 29.93 29.93 100m: 1:04.37 34.44						
11.	MOURA Maria Ferreira	04	Sporting	**1:04.95**	+0,70	623	
	50m: 30.30 30.30 100m: 1:04.95 34.65						
12.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:05.17**	+0,71	616	
	50m: 30.60 30.60 100m: 1:05.17 34.57						
13.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:05.39**	+0,63	610	
	50m: 30.55 30.55 100m: 1:05.39 34.84						
14.	BARBOSA Mariana Fernandes	02	Porto	**1:05.49**	+0,69	607	
	50m: 30.45 30.45 100m: 1:05.49 35.04						
15.	BENTO Maria Madalena	05	BUZIOS-Coruche	**1:05.62**	+0,70	604	
	50m: 30.51 30.51 100m: 1:05.62 35.11						

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Prova 27, Femin., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:05.79**	+0,65	599	
	50m: 30.53 30.53 100m: 1:05.79 35.26						
17.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.86**	+0,69	597	
	50m: 30.78 30.78 100m: 1:05.86 35.08						
18.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:06.08**	+0,68	591	
	50m: 30.83 30.83 100m: 1:06.08 35.25						
19.	BARATA Barbara Sofia	97	Alges	**1:06.12**	+0,68	590	
	50m: 30.61 30.61 100m: 1:06.12 35.51						
20.	BELO Rita Afonso	02	Benedita	**1:06.27**	+0,62	586	
	50m: 30.60 30.60 100m: 1:06.27 35.67						
21.	MARQUES Maria Alexandra	04	Albicastrense	**1:06.37**	+0,68	584	
	50m: 31.25 31.25 100m: 1:06.37 35.12						
22.	SANTOS Beatriz Rocha	02	Campinho	**1:06.64**	+0,71	577	
	50m: 31.35 31.35 100m: 1:06.64 35.29						
23.	SILVA Leonor Santos	03	Porto	**1:06.84**	+0,72	571	
	50m: 30.68 30.68 100m: 1:06.84 36.16						
24.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:06.90**	+0,69	570	
	50m: 31.48 31.48 100m: 1:06.90 35.42						
25.	ROSA Beatriz Jong	00	Desportivo Nacional	**1:07.05**	+0,74	566	
	50m: 31.27 31.27 100m: 1:07.05 35.78						
26.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:07.13**	+0,71	564	
	50m: 30.63 30.63 100m: 1:07.13 36.50						
27.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**1:07.24**	+0,64	561	
	50m: 31.55 31.55 100m: 1:07.24 35.69						
28.	PINTO Sofia Gales	01	Colegio SMLamas	**1:07.34**	+0,86	559	
	50m: 31.04 31.04 100m: 1:07.34 36.30						
29.	PEREIRA Clara Gomes	02	Alges	**1:07.36**	+0,70	558	
	50m: 31.28 31.28 100m: 1:07.36 36.08						
30.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**1:07.64**	+0,80	551	
	50m: 31.07 31.07 100m: 1:07.64 36.57						
31.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:07.83**	+0,81	547	
	50m: 30.76 30.76 100m: 1:07.83 37.07						
32.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**1:07.88**	+0,74	545	
	50m: 31.72 31.72 100m: 1:07.88 36.16						
33.	MARTINS Ana Beatriz	99	Famalicao	**1:07.91**	+0,81	545	
	50m: 31.06 31.06 100m: 1:07.91 36.85						
34.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:08.15**	+0,69	539	
	50m: 31.68 31.68 100m: 1:08.15 36.47						
35.	SILVA Eduarda Reis	03	Famalicao	**1:08.24**	+0,66	537	
	50m: 31.65 31.65 100m: 1:08.24 36.59						

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Prova 27, Femin., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MENDES Ana Sebastiao	04	Individual ANALG	**1:08.25**	+0,70	537	
	50m: 31.99 31.99 100m: 1:08.25 36.26						
37.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**1:08.48**	+0,73	531	
	50m: 31.74 31.74 100m: 1:08.48 36.74						
38.	ALVES Ines Sofia	04	Portinado	**1:08.56**	+0,73	529	
	50m: 31.63 31.63 100m: 1:08.56 36.93						
39.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**1:08.78**	+0,69	524	
	50m: 31.98 31.98 100m: 1:08.78 36.80						
40.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:08.86**	+0,71	523	
	50m: 32.38 32.38 100m: 1:08.86 36.48						
41.	CRUZ Sara Moura	03	Alges	**1:08.91**	+0,61	521	
	50m: 31.95 31.95 100m: 1:08.91 36.96						
42.	CORREIA Rute Ferreira	03	Clube de Vouzela	**1:09.15**	+0,75	516	
	50m: 31.26 31.26 100m: 1:09.15 37.89						
43.	TROIA Beatriz Rosa	04	Vilacondense	**1:09.20**	+0,69	515	
	50m: 32.27 32.27 100m: 1:09.20 36.93						
44.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:09.30**	+0,72	513	
	50m: 31.91 31.91 100m: 1:09.30 37.39						
45.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:09.33**	+0,64	512	
	50m: 30.84 30.84 100m: 1:09.33 38.49						
46.	DELGADO Soraia Alexandra	05	Sporting	**1:09.45**	+0,64	509	
	50m: 31.65 31.65 100m: 1:09.45 37.80						
47.	CRUZ Jessica Catarina	04	Aquatico Pacense	**1:09.48**	+0,85	509	
	50m: 32.34 32.34 100m: 1:09.48 37.14						
48.	RINO Maria Pedro	05	Academia Acores	**1:09.53**	+0,75	508	
	50m: 32.08 32.08 100m: 1:09.53 37.45						
49.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**1:09.59**	+0,69	506	
	50m: 31.27 31.27 100m: 1:09.59 38.32						
50.	FERREIRA Joana Rocha	05	Benfica	**1:09.83**	+0,80	501	
	50m: 33.01 33.01 100m: 1:09.83 36.82						
51.	COSTA Rita Salome	04	Aquatico Pacense	**1:09.99**	+0,85	498	
	50m: 32.22 32.22 100m: 1:09.99 37.77						
52.	MACHADO Carolina Alexandra	03	Natacao de Beja	**1:10.03**	+0,74	497	
	50m: 31.81 31.81 100m: 1:10.03 38.22						
53.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:10.08**	+0,74	496	
	50m: 32.08 32.08 100m: 1:10.08 38.00						
54.	CARDEAL Beatriz Nunes	04	Academico Viseu	**1:10.14**	+0,74	494	
	50m: 32.31 32.31 100m: 1:10.14 37.83						
55.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.18**	+0,67	494	
	50m: 32.15 32.15 100m: 1:10.18 38.03						

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PARCEIROS

Prova 27, Femin., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	ANDRE Isadora Maia	05	Benfica	**1:10.27**	+0,70	492	
	50m: 32.93 32.93 100m: 1:10.27 37.34						
57.	LOURO Ariana Espirito	05	Gualdim Pais	**1:10.59**	+0,71	485	
	50m: 32.13 32.13 100m: 1:10.59 38.46						
58.	NARRA Vera Figueiredo	04	Amadora	**1:10.87**	+0,70	479	
	50m: 32.49 32.49 100m: 1:10.87 38.38						
59.	MORGADO Alice Jesus	04	Gesloures	**1:11.10**	+0,85	475	
	50m: 32.52 32.52 100m: 1:11.10 38.58						
60.	SILVA Joana Ferreira	05	Leixoes	**1:11.57**	+0,65	465	
	50m: 32.88 32.88 100m: 1:11.57 38.69						
61.	VIEIRA Carmo Dias	05	Avancado EUL	**1:11.85**	+0,75	460	
	50m: 33.80 33.80 100m: 1:11.85 38.05						
62.	JONES Angelina Bermejo	04	Portinado	**1:12.32**	+0,71	451	
	50m: 31.72 31.72 100m: 1:12.32 40.60						
63.	MENDES Daniela Portela	04	Fundacao Beatriz Santos	**1:12.60**	+0,71	446	
	50m: 32.05 32.05 100m: 1:12.60 40.55						
64.	NEVES Daniela Lourenco	05	CCDSerta	**1:12.70**	+0,69	444	
	50m: 33.06 33.06 100m: 1:12.70 39.64						
65.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:12.71**	+0,76	444	
	50m: 33.88 33.88 100m: 1:12.71 38.83						
66.	TORGAL Madalena Sampaio	05	Bombeiros Estoris	**1:12.75**	+0,79	443	
	50m: 32.98 32.98 100m: 1:12.75 39.77						
67.	TROIA Barbara Daniela	04	Vilacondense	**1:14.55**	+0,72	412	
	50m: 33.23 33.23 100m: 1:14.55 41.32						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 27, Femin., 100m Mariposa, Elimin

Prova 27 — Femin., 100m Mariposa — Absolutos
03-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009

TAC Sen 50m: 1:06.44 - 25m: 1:05.67; Jun 50m: 1:08.40 - 25m: 1:07.38

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:01.73**	+0,69	725	
	50m: 29.33 29.33 100m: 1:01.73 32.40						
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:02.34**	+0,58	704	
	50m: 28.44 28.44 100m: 1:02.34 33.90						
3.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:03.32**	+0,77	672	
	50m: 29.86 29.86 100m: 1:03.32 33.46						
4.	FERNANDES Ines Camacho	97	Sporting	**1:03.59**	+0,70	664	
	50m: 29.57 29.57 100m: 1:03.59 34.02						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**1:03.64**	+0,69	662	
	50m: 29.80 29.80 100m: 1:03.64 33.84						
6.	LIMA Lia Ana	01	Sporting	**1:04.10**	+0,78	648	
	50m: 30.32 30.32 100m: 1:04.10 33.78						
7.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:04.19**	+0,71	645	
	50m: 30.37 30.37 100m: 1:04.19 33.82						
8.	GRAVETO Ana Raquel	02	Benfica	**1:04.32**	+0,75	641	
	50m: 30.35 30.35 100m: 1:04.32 33.97						
9.	ANDRE Leticia Maia	02	Benfica	**1:04.37**	+0,65	640	
	50m: 29.93 29.93 100m: 1:04.37 34.44						
10.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:05.39**	+0,63	610	
	50m: 30.55 30.55 100m: 1:05.39 34.84						
11.	BARBOSA Mariana Fernandes	02	Porto	**1:05.49**	+0,69	607	
	50m: 30.45 30.45 100m: 1:05.49 35.04						
12.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.86**	+0,69	597	
	50m: 30.78 30.78 100m: 1:05.86 35.08						
13.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:06.08**	+0,68	591	
	50m: 30.83 30.83 100m: 1:06.08 35.25						
14.	BARATA Barbara Sofia	97	Alges	**1:06.12**	+0,68	590	
	50m: 30.61 30.61 100m: 1:06.12 35.51						
15.	BELO Rita Afonso	02	Benedita	**1:06.27**	+0,62	586	
	50m: 30.60 30.60 100m: 1:06.27 35.67						
16.	SANTOS Beatriz Rocha	02	Campinho	**1:06.64**	+0,71	577	
	50m: 31.35 31.35 100m: 1:06.64 35.29						
17.	SILVA Leonor Santos	03	Porto	**1:06.84**	+0,72	571	
	50m: 30.68 30.68 100m: 1:06.84 36.16						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 27, Femin., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ROSA Beatriz Jong	00	Desportivo Nacional	**1:07.05**	+0,74	566	
	50m: 31.27 31.27 100m: 1:07.05 35.78						
19.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:07.13**	+0,71	564	
	50m: 30.63 30.63 100m: 1:07.13 36.50						
20.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**1:07.24**	+0,64	561	
	50m: 31.55 31.55 100m: 1:07.24 35.69						
21.	PINTO Sofia Gales	01	Colegio SMLamas	**1:07.34**	+0,86	559	
	50m: 31.04 31.04 100m: 1:07.34 36.30						
22.	PEREIRA Clara Gomes	02	Alges	**1:07.36**	+0,70	558	
	50m: 31.28 31.28 100m: 1:07.36 36.08						
23.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**1:07.64**	+0,80	551	
	50m: 31.07 31.07 100m: 1:07.64 36.57						
24.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**1:07.83**	+0,81	547	
	50m: 30.76 30.76 100m: 1:07.83 37.07						
25.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**1:07.88**	+0,74	545	
	50m: 31.72 31.72 100m: 1:07.88 36.16						
26.	MARTINS Ana Beatriz	99	Famalicao	**1:07.91**	+0,81	545	
	50m: 31.06 31.06 100m: 1:07.91 36.85						
27.	SILVA Eduarda Reis	03	Famalicao	**1:08.24**	+0,66	537	
	50m: 31.65 31.65 100m: 1:08.24 36.59						
28.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**1:08.48**	+0,73	531	
	50m: 31.74 31.74 100m: 1:08.48 36.74						
29.	CRUZ Sara Moura	03	Alges	**1:08.91**	+0,61	521	
	50m: 31.95 31.95 100m: 1:08.91 36.96						
30.	CORREIA Rute Ferreira	03	Clube de Vouzela	**1:09.15**	+0,75	516	
	50m: 31.26 31.26 100m: 1:09.15 37.89						
31.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	**1:09.59**	+0,69	506	
	50m: 31.27 31.27 100m: 1:09.59 38.32						
32.	MACHADO Carolina Alexandra	03	Natacao de Beja	**1:10.03**	+0,74	497	
	50m: 31.81 31.81 100m: 1:10.03 38.22						
33.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**1:10.08**	+0,74	496	
	50m: 32.08 32.08 100m: 1:10.08 38.00						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
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NATAÇÃO PURA

Prova 28 — Masc., 100m Mariposa — Juvenis
03-08-2019 - 9:15 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.23	RIBEIRO Diogo Matos	CUC	Coimbra	06-04-2019

TAC Juv A 50m: 1:02.58 - 25m: 1:01.43; Juv B 50m: 1:04.49 - 25m: 1:03.30

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**57.64**	+0,69	645	
	50m: 27.02 27.02 100m: 57.64 30.62						
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**58.69**	+0,69	611	
	50m: 27.79 27.79 100m: 58.69 30.90						
3.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**59.29**	+0,71	593	
	50m: 27.74 27.74 100m: 59.29 31.55						
4.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**59.50**	+0,66	587	
	50m: 27.65 27.65 100m: 59.50 31.85						
5.	LEAL Dinis Barros	03	Aquatico Pacense	**1:00.03**	+0,66	571	
	50m: 27.98 27.98 100m: 1:00.03 32.05						
6.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**1:00.05**	+0,67	571	
	50m: 27.58 27.58 100m: 1:00.05 32.47						
7.	DIAS Rodrigo Reis	03	Belenenses	**1:00.15**	+0,66	568	
	50m: 28.26 28.26 100m: 1:00.15 31.89						
8.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:00.55**	+0,65	557	
	50m: 28.36 28.36 100m: 1:00.55 32.19						
9.	BARRY Rafael Francisco	04	Naval do Funchal	**1:01.08**	+0,60	542	
	50m: 28.18 28.18 100m: 1:01.08 32.90						
10.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**1:01.19**	+0,72	539	
	50m: 28.89 28.89 100m: 1:01.19 32.30						
11.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:01.34**	+0,63	535	
	50m: 28.25 28.25 100m: 1:01.34 33.09						
12.	ARAUJO Joao Guilherme	03	Natacao da Maia	**1:01.42**	+0,80	533	
	50m: 29.04 29.04 100m: 1:01.42 32.38						
13.	BARBOSA Pedro Xavier	04	Desportiva Viana	**1:01.50**	+0,71	531	
	50m: 29.28 29.28 100m: 1:01.50 32.22						
14.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**1:01.59**	+0,65	529	
	50m: 28.33 28.33 100m: 1:01.59 33.26						
15.	RELVAS David Ferreira	03	Nautico Marinha Grande	**1:01.77**	+0,71	524	
	50m: 28.51 28.51 100m: 1:01.77 33.26						
	DIAS Ruben Fonseca	03	Natacao de Valongo	**1:01.77**	+0,71	524	
	50m: 28.80 28.80 100m: 1:01.77 32.97						
17.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**1:01.80**	+0,65	523	
	50m: 28.56 28.56 100m: 1:01.80 33.24						
18.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**1:01.84**	+0,68	522	
	50m: 28.84 28.84 100m: 1:01.84 33.00						

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Prova 28, Masc., 100m Mariposa, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	ANTUNES David Alexandre	04	Leixoes	**1:01.90**	+0,80	521	
	50m: 28.44 28.44 100m: 1:01.90 33.46						
20.	COSTA Afonso Vilhena	04	Vilacondense	**1:01.93**	+0,66	520	
	50m: 28.56 28.56 100m: 1:01.93 33.37						
21.	BORGES David Costa	04	Fluvial Portuense	**1:02.09**	+0,64	516	
	50m: 28.90 28.90 100m: 1:02.09 33.19						
22.	APSENIECE Kevins Alexandre	04	Porto	**1:02.61**	+0,75	503	
	50m: 29.25 29.25 100m: 1:02.61 33.36						
23.	VIEIRA Tomas Sa	04	Alges	**1:02.65**	+0,67	502	
	50m: 29.10 29.10 100m: 1:02.65 33.55						
24.	NUNES Diogo Severino	04	Natacao de Valongo	**1:02.66**	+0,78	502	
	50m: 29.44 29.44 100m: 1:02.66 33.22						
25.	FERREIRA Tomas Soares	03	Estarreja	**1:02.68**	+0,67	502	
	50m: 28.97 28.97 100m: 1:02.68 33.71						
26.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.70**	+0,67	501	
	50m: 28.58 28.58 100m: 1:02.70 34.12						
27.	WANZELLER Goncalo Henriques	03	Belenenses	**1:02.94**	+0,66	495	
	50m: 28.48 28.48 100m: 1:02.94 34.46						
28.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**1:02.98**	+0,60	494	
	50m: 29.17 29.17 100m: 1:02.98 33.81						
29.	AGUIAR Vasco Ormonde	04	Academia Acores	**1:02.99**	+0,68	494	
	50m: 29.25 29.25 100m: 1:02.99 33.74						
30.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**1:03.07**	+0,68	492	
	50m: 29.02 29.02 100m: 1:03.07 34.05						
31.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:03.33**	+0,68	486	
	50m: 29.28 29.28 100m: 1:03.33 34.05						
32.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:03.38**	+0,82	485	
	50m: 29.93 29.93 100m: 1:03.38 33.45						
33.	RODEIA Jose Miguel	04	Natacao de Faro	**1:03.79**	+0,66	476	
	50m: 29.29 29.29 100m: 1:03.79 34.50						
34.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**1:04.21**	+0,63	467	
	50m: 29.51 29.51 100m: 1:04.21 34.70						
35.	CORREIA Francisco Alves	04	Litoral Alentejano	**1:04.25**	+0,75	466	
	50m: 29.21 29.21 100m: 1:04.25 35.04						
36.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**1:04.44**	+0,61	462	
	50m: 30.06 30.06 100m: 1:04.44 34.38						
37.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**1:04.76**	+0,79	455	
	50m: 30.08 30.08 100m: 1:04.76 34.68						
DSQ	PEREIRA Lucas Medeiros	03	Braga				
	403 - Falsa partida - SW 4.4						

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PARCEIROS

Prova 28, Masc., 100m Mariposa, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	SIMOES Manuel Baptista	03	Uniao Coimbra				
	814 - Tocou com uma mão na parede na viragem aos 50 m - SW 8.4						

Prova 28 — Masc., 100m Mariposa — Open
03-08-2019 - 9:15 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.23	RIBEIRO Diogo Matos	CUC	Coimbra	06-04-2019
Rec Nac Inf A	59.19	RIBEIRO Diogo Matos	CUC	S. João da Madeira	21-07-2018
Rec Nac Inf B	1:03.64	SILVA Fabio Parrilha da	CNAL	S. João da Madeira	22-07-2000

TAC Sen 50m: 58.20 - 25m: 57.23; Jun 50m: 59.76 - 25m: 58.57; Juv A 50m: 1:02.58 - 25m: 1:01.43; Juv B 50m: 1:04.49 - 25m: 1:03.30

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Glauber	86	Foca	**55.37**	+0,73	728	
	50m: 25.38 25.38 100m: 55.37 29.99						
2.	SANTOS Pedro Andre	94	Alges	**56.30**	+0,74	692	
	50m: 26.04 26.04 100m: 56.30 30.26						
3.	SILVA Fernando Souza	86	Uniao Piedense	**56.32**	+0,71	692	
	50m: 25.85 25.85 100m: 56.32 30.47						
4.	NUNES Porfirio Braga	00	Porto	**56.34**	+0,61	691	
	50m: 26.49 26.49 100m: 56.34 29.85						
5.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.41**	+0,65	688	
	50m: 26.19 26.19 100m: 56.41 30.22						
6.	MOGNE Igor Araujo	96	Sporting	**56.88**	+0,77	671	
	50m: 26.81 26.81 100m: 56.88 30.07						
7.	CORDEIRO Tiago Roberto	00	Benfica	**57.20**	+0,67	660	
	50m: 26.99 26.99 100m: 57.20 30.21						
8.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**57.25**	+0,61	658	
	50m: 26.61 26.61 100m: 57.25 30.64						
9.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**57.34**	+0,67	655	
	50m: 26.90 26.90 100m: 57.34 30.44						
10.	RAMOS Bruno Miguel	97	Belenenses	**57.38**	+0,64	654	
	50m: 26.84 26.84 100m: 57.38 30.54						
11.	GOMES Vicente Oliveira	02	Sporting	**57.64**	+0,65	645	
	50m: 26.93 26.93 100m: 57.64 30.71						
	VAKULYUK Paulo	03	Torres Novas	**57.64**	+0,69	645	
	50m: 27.02 27.02 100m: 57.64 30.62						
13.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**57.78**	+0,71	641	
	50m: 26.99 26.99 100m: 57.78 30.79						

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Prova 28, Masc., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SANTOS Joao Duarte	95	Natacao Olhao	**57.86**	+0,68	638	
	50m: 26.88 26.88 100m: 57.86 30.98						
15.	CARVALHO Andre Antunes	96	Sporting	**57.87**	+0,74	638	
	50m: 27.56 27.56 100m: 57.87 30.31						
16.	COSTA Diogo Santos	02	Colegio Monte Maior	**57.94**	+0,63	635	
	50m: 26.42 26.42 100m: 57.94 31.52						
17.	SOUSA Joao Ribeiro	01	Porto	**58.00**	+0,65	633	
	50m: 27.40 27.40 100m: 58.00 30.60						
18.	AGUIAR Gabriel Silva	01	Porto	**58.01**	+0,57	633	
	50m: 27.32 27.32 100m: 58.01 30.69						
19.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**58.02**	+0,70	633	
	50m: 27.16 27.16 100m: 58.02 30.86						
20.	PINHO Manuel Antonio	01	Feirense	**58.28**	+0,68	624	
	50m: 27.12 27.12 100m: 58.28 31.16						
21.	SILVA Henrique Gomes	02	Estamos Juntos	**58.31**	+0,63	623	
	50m: 27.42 27.42 100m: 58.31 30.89						
22.	LOURENCO Tiago Campos	02	Natacao de Valongo	**58.62**	+0,75	613	
	50m: 27.12 27.12 100m: 58.62 31.50						
23.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**58.69**	+0,69	611	
	50m: 27.79 27.79 100m: 58.69 30.90						
24.	LOPES Carlos Filipe	01	Uniao Piedense	**59.00**	+0,68	602	
	50m: 27.29 27.29 100m: 59.00 31.71						
25.	DOMINGOS Ruy Manuel	02	Sporting	**59.01**	+0,66	601	
	50m: 27.13 27.13 100m: 59.01 31.88						
26.	PELAIO Jose Pedro	01	Galitos / Bresimar	**59.09**	+0,62	599	
	50m: 27.00 27.00 100m: 59.09 32.09						
27.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**59.29**	+0,71	593	
	50m: 27.74 27.74 100m: 59.29 31.55						
28.	CAMOES Tiago Maria	01	Uniao Piedense	**59.30**	+0,68	592	
	50m: 28.22 28.22 100m: 59.30 31.08						
29.	VIEGAS Hugo Miguel	02	Natacao Olhao	**59.37**	+0,71	590	
	50m: 27.82 27.82 100m: 59.37 31.55						
30.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**59.50**	+0,66	587	
	50m: 27.65 27.65 100m: 59.50 31.85						
31.	MAGALHAES Eduardo Miguel	02	Vitoria Guimaraes	**59.61**	+0,68	583	
	50m: 27.31 27.31 100m: 59.61 32.30						
32.	BRANCO Alexandre Miguel	01	Alges	**59.91**	+0,71	575	
	50m: 27.53 27.53 100m: 59.91 32.38						
33.	LEAL Dinis Barros	03	Aquatico Pacense	**1:00.03**	+0,66	571	
	50m: 27.98 27.98 100m: 1:00.03 32.05						

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PARCEIROS

Prova 28, Masc., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**1:00.05**	+0,67	571	
	50m: 27.58 27.58 100m: 1:00.05 32.47						
35.	DIAS Rodrigo Reis	03	Belenenses	**1:00.15**	+0,66	568	
	50m: 28.26 28.26 100m: 1:00.15 31.89						
36.	GORDO Goncalo Morais	02	Colegio Monte Maior	**1:00.48**	+0,79	558	
	50m: 28.10 28.10 100m: 1:00.48 32.38						
37.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:00.55**	+0,65	557	
	50m: 28.36 28.36 100m: 1:00.55 32.19						
38.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**1:00.63**	+0,66	554	
	50m: 27.04 27.04 100m: 1:00.63 33.59						
39.	BARRY Rafael Francisco	04	Naval do Funchal	**1:01.08**	+0,60	542	
	50m: 28.18 28.18 100m: 1:01.08 32.90						
40.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**1:01.19**	+0,72	539	
	50m: 28.89 28.89 100m: 1:01.19 32.30						
41.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:01.34**	+0,63	535	
	50m: 28.25 28.25 100m: 1:01.34 33.09						
42.	ARAUJO Joao Guilherme	03	Natacao da Maia	**1:01.42**	+0,80	533	
	50m: 29.04 29.04 100m: 1:01.42 32.38						
43.	BARBOSA Pedro Xavier	04	Desportiva Viana	**1:01.50**	+0,71	531	
	50m: 29.28 29.28 100m: 1:01.50 32.22						
44.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**1:01.59**	+0,65	529	
	50m: 28.33 28.33 100m: 1:01.59 33.26						
45.	RELVAS David Ferreira	03	Nautico Marinha Grande	**1:01.77**	+0,71	524	
	50m: 28.51 28.51 100m: 1:01.77 33.26						
	DIAS Ruben Fonseca	03	Natacao de Valongo	**1:01.77**	+0,71	524	
	50m: 28.80 28.80 100m: 1:01.77 32.97						
47.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**1:01.80**	+0,65	523	
	50m: 28.56 28.56 100m: 1:01.80 33.24						
48.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**1:01.84**	+0,68	522	
	50m: 28.84 28.84 100m: 1:01.84 33.00						
49.	ANTUNES David Alexandre	04	Leixoes	**1:01.90**	+0,80	521	
	50m: 28.44 28.44 100m: 1:01.90 33.46						
50.	COSTA Afonso Vilhena	04	Vilacondense	**1:01.93**	+0,66	520	
	50m: 28.56 28.56 100m: 1:01.93 33.37						
51.	SIMOES Bernardo Jorge	02	Torres Novas	**1:01.97**	+0,69	519	
	50m: 28.94 28.94 100m: 1:01.97 33.03						
52.	BORGES David Costa	04	Fluvial Portuense	**1:02.09**	+0,64	516	
	50m: 28.90 28.90 100m: 1:02.09 33.19						
53.	APSENIECE Kevins Alexandre	04	Porto	**1:02.61**	+0,75	503	
	50m: 29.25 29.25 100m: 1:02.61 33.36						

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PARCEIROS

Prova 28, Masc., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
54.	VIEIRA Tomas Sa	04	Alges	**1:02.65**	+0,67	502	
	50m: 29.10 29.10 100m: 1:02.65 33.55						
55.	NUNES Diogo Severino	04	Natacao de Valongo	**1:02.66**	+0,78	502	
	50m: 29.44 29.44 100m: 1:02.66 33.22						
56.	FERREIRA Tomas Soares	03	Estarreja	**1:02.68**	+0,67	502	
	50m: 28.97 28.97 100m: 1:02.68 33.71						
57.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.70**	+0,67	501	
	50m: 28.58 28.58 100m: 1:02.70 34.12						
58.	WANZELLER Goncalo Henriques	03	Belenenses	**1:02.94**	+0,66	495	
	50m: 28.48 28.48 100m: 1:02.94 34.46						
59.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**1:02.98**	+0,60	494	
	50m: 29.17 29.17 100m: 1:02.98 33.81						
60.	AGUIAR Vasco Ormonde	04	Academia Acores	**1:02.99**	+0,68	494	
	50m: 29.25 29.25 100m: 1:02.99 33.74						
61.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**1:03.07**	+0,68	492	
	50m: 29.02 29.02 100m: 1:03.07 34.05						
62.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:03.33**	+0,68	486	
	50m: 29.28 29.28 100m: 1:03.33 34.05						
63.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**1:03.38**	+0,82	485	
	50m: 29.93 29.93 100m: 1:03.38 33.45						
64.	RODEIA Jose Miguel	04	Natacao de Faro	**1:03.79**	+0,66	476	
	50m: 29.29 29.29 100m: 1:03.79 34.50						
65.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**1:04.21**	+0,63	467	
	50m: 29.51 29.51 100m: 1:04.21 34.70						
66.	CORREIA Francisco Alves	04	Litoral Alentejano	**1:04.25**	+0,75	466	
	50m: 29.21 29.21 100m: 1:04.25 35.04						
67.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**1:04.44**	+0,61	462	
	50m: 30.06 30.06 100m: 1:04.44 34.38						
68.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**1:04.76**	+0,79	455	
	50m: 30.08 30.08 100m: 1:04.76 34.68						
DSQ	PEREIRA Lucas Medeiros	03	Braga				
	403 - Falsa partida - SW 4.4						
DSQ	SIMOES Manuel Baptista	03	Uniao Coimbra				
	814 - Tocou com uma mão na parede na viragem aos 50 m - SW 8.4						
DNS	MESTRE Afonso Godinho	95	Natacao de Lisboa				
DNS	SILVA Joao Carlos	98	Famalicao				

Prova 28, Masc., 100m Mariposa, Elimin

Prova 28 — Masc., 100m Mariposa — Absolutos
03-08-2019 - 9:15 — Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004

TAC Sen 50m: 58.20 - 25m: 57.23; Jun 50m: 59.76 - 25m: 58.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Pedro Andre	94	Alges	**56.30**	+0,74	692	
	50m: 26.04 26.04 100m: 56.30 30.26						
2.	NUNES Porfirio Braga	00	Porto	**56.34**	+0,61	691	
	50m: 26.49 26.49 100m: 56.34 29.85						
3.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.41**	+0,65	688	
	50m: 26.19 26.19 100m: 56.41 30.22						
4.	MOGNE Igor Araujo	96	Sporting	**56.88**	+0,77	671	
	50m: 26.81 26.81 100m: 56.88 30.07						
5.	CORDEIRO Tiago Roberto	00	Benfica	**57.20**	+0,67	660	
	50m: 26.99 26.99 100m: 57.20 30.21						
6.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**57.34**	+0,67	655	
	50m: 26.90 26.90 100m: 57.34 30.44						
7.	RAMOS Bruno Miguel	97	Belenenses	**57.38**	+0,64	654	
	50m: 26.84 26.84 100m: 57.38 30.54						
8.	GOMES Vicente Oliveira	02	Sporting	**57.64**	+0,65	645	
	50m: 26.93 26.93 100m: 57.64 30.71						
9.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**57.78**	+0,71	641	
	50m: 26.99 26.99 100m: 57.78 30.79						
10.	SANTOS Joao Duarte	95	Natacao Olhao	**57.86**	+0,68	638	
	50m: 26.88 26.88 100m: 57.86 30.98						
11.	CARVALHO Andre Antunes	96	Sporting	**57.87**	+0,74	638	
	50m: 27.56 27.56 100m: 57.87 30.31						
12.	COSTA Diogo Santos	02	Colegio Monte Maior	**57.94**	+0,63	635	
	50m: 26.42 26.42 100m: 57.94 31.52						
13.	SOUSA Joao Ribeiro	01	Porto	**58.00**	+0,65	633	
	50m: 27.40 27.40 100m: 58.00 30.60						
14.	AGUIAR Gabriel Silva	01	Porto	**58.01**	+0,57	633	
	50m: 27.32 27.32 100m: 58.01 30.69						
15.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**58.02**	+0,70	633	
	50m: 27.16 27.16 100m: 58.02 30.86						
16.	PINHO Manuel Antonio	01	Feirense	**58.28**	+0,68	624	
	50m: 27.12 27.12 100m: 58.28 31.16						
17.	SILVA Henrique Gomes	02	Estamos Juntos	**58.31**	+0,63	623	
	50m: 27.42 27.42 100m: 58.31 30.89						

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Prova 28, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	LOURENCO Tiago Campos	02	Natacao de Valongo	**58.62**	+0,75	613	
	50m: 27.12 27.12 100m: 58.62 31.50						
19.	LOPES Carlos Filipe	01	Uniao Piedense	**59.00**	+0,68	602	
	50m: 27.29 27.29 100m: 59.00 31.71						
20.	DOMINGOS Ruy Manuel	02	Sporting	**59.01**	+0,66	601	
	50m: 27.13 27.13 100m: 59.01 31.88						
21.	PELAIO Jose Pedro	01	Galitos / Bresimar	**59.09**	+0,62	599	
	50m: 27.00 27.00 100m: 59.09 32.09						
22.	CAMOES Tiago Maria	01	Uniao Piedense	**59.30**	+0,68	592	
	50m: 28.22 28.22 100m: 59.30 31.08						
23.	VIEGAS Hugo Miguel	02	Natacao Olhao	**59.37**	+0,71	590	
	50m: 27.82 27.82 100m: 59.37 31.55						
24.	MAGALHAES Eduardo Miguel	02	Vitoria Guimaraes	**59.61**	+0,68	583	
	50m: 27.31 27.31 100m: 59.61 32.30						
25.	BRANCO Alexandre Miguel	01	Alges	**59.91**	+0,71	575	
	50m: 27.53 27.53 100m: 59.91 32.38						
26.	GORDO Goncalo Morais	02	Colegio Monte Maior	**1:00.48**	+0,79	558	
	50m: 28.10 28.10 100m: 1:00.48 32.38						
27.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	**1:00.63**	+0,66	554	
	50m: 27.04 27.04 100m: 1:00.63 33.59						
28.	SIMOES Bernardo Jorge	02	Torres Novas	**1:01.97**	+0,69	519	
	50m: 28.94 28.94 100m: 1:01.97 33.03						
DNS	MESTRE Afonso Godinho	95	Natacao de Lisboa				
DNS	SILVA Joao Carlos	98	Famalicao				
EXH	NEVES Tiago Correia	97	Belenenses	**1:00.61**	+0,73	555	
	50m: 28.14 28.14 100m: 1:00.61 32.47						

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NATAÇÃO PURA

Prova 29 — Femin., 200m Bruços — Juvenis
03-08-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	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

TAC Juv A 50m: 3:01.12 - 25m: 2:55.04; Juv B 50m: 3:03.36 - 25m: 2:58.29

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:45.67**	+0,71	592	
	50m: 37.51 37.51 100m: 1:20.15 42.64 150m: 2:03.69 43.54 200m: 2:45.67 41.98						
2.	RODRIGUES Lidiana Correia	04	Belenenses	**2:46.42**	+0,75	584	
	50m: 37.63 37.63 100m: 1:20.05 42.42 150m: 2:03.07 43.02 200m: 2:46.42 43.35						
3.	NUNES Margarida Domingues	05	Avancado EUL	**2:49.36**	+0,75	554	
	50m: 38.04 38.04 100m: 1:20.90 42.86 150m: 2:04.48 43.58 200m: 2:49.36 44.88						
4.	MORAIS Margarida Mateus	04	Torres Novas	**2:49.71**	+0,72	550	
	50m: 38.78 38.78 100m: 1:22.04 43.26 150m: 2:06.01 43.97 200m: 2:49.71 43.70						
5.	REIS Erica Cristina	05	Sporting	**2:50.10**	+0,62	546	
	50m: 37.85 37.85 100m: 1:21.10 43.25 150m: 2:05.62 44.52 200m: 2:50.10 44.48						
6.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:50.64**	+0,75	541	
	50m: 38.95 38.95 100m: 1:22.54 43.59 150m: 2:06.65 44.11 200m: 2:50.64 43.99						
7.	REGO Ines Faria	05	Famalicao	**2:51.22**	+0,71	536	
	50m: 38.16 38.16 100m: 1:22.43 44.27 150m: 2:06.63 44.20 200m: 2:51.22 44.59						
8.	FERREIRA Joana Rosa	05	Naval de Peniche	**2:53.08**	+0,74	519	
	50m: 38.90 38.90 100m: 1:22.65 43.75 150m: 2:08.03 45.38 200m: 2:53.08 45.05						
9.	FRANCO Barbara Garrido	04	Elvense	**2:53.33**	+0,78	516	
	50m: 39.75 39.75 100m: 1:23.46 43.71 150m: 2:08.57 45.11 200m: 2:53.33 44.76						
10.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**2:53.96**	+0,81	511	
	50m: 40.50 40.50 100m: 1:24.56 44.06 150m: 2:09.28 44.72 200m: 2:53.96 44.68						
11.	RODRIGUES Marta Silva	04	Naval Povoense	**2:54.48**	+0,72	506	
	50m: 38.35 38.35 100m: 1:23.39 45.04 150m: 2:09.01 45.62 200m: 2:54.48 45.47						
12.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**2:54.64**	+0,79	505	
	50m: 40.34 40.34 100m: 1:24.25 43.91 150m: 2:09.49 45.24 200m: 2:54.64 45.15						
13.	BORCIC Aleksandra Bozanic	04	Alges	**2:54.71**	+0,76	504	
	50m: 39.80 39.80 100m: 1:25.01 45.21 150m: 2:09.22 44.21 200m: 2:54.71 45.49						
14.	PRETO Filipa Manso	04	Porto	**2:55.28**	+0,73	499	
	50m: 40.16 40.16 100m: 1:24.41 44.25 150m: 2:09.83 45.42 200m: 2:55.28 45.45						
15.	COSTA Catarina Nunes	04	Gesloures	**2:55.51**	+0,81	497	
	50m: 39.51 39.51 100m: 1:24.69 45.18 150m: 2:10.46 45.77 200m: 2:55.51 45.05						
16.	DOMINGOS Marta Pereira	04	Uniao Piedense	**2:56.01**	+0,75	493	
	50m: 38.35 38.35 100m: 1:22.84 44.49 150m: 2:08.60 45.76 200m: 2:56.01 47.41						
17.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:56.04**	+0,82	493	
	50m: 39.64 39.64 100m: 1:25.09 45.45 150m: 2:10.18 45.09 200m: 2:56.04 45.86						
18.	GAMA Joana Fernandes	05	Sporting	**2:57.79**	+0,72	479	
	50m: 41.40 41.40 100m: 1:27.42 46.02 150m: 2:13.56 46.14 200m: 2:57.79 44.23						

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Prova 29, Femin., 200m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	LAMAS Maria Caetano	04	Miranda do Corvo	**2:57.81**	+0,76	478	
	50m: 40.74 40.74 100m: 1:26.78 46.04 150m: 2:12.91 46.13 200m: 2:57.81 44.90						
20.	MORGANHO Leonor Alves	04	Alges	**2:58.02**	+0,81	477	
	50m: 41.53 41.53 100m: 1:26.67 45.14 150m: 2:11.99 45.32 200m: 2:58.02 46.03						
21.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:58.30**	+0,83	474	
	50m: 41.29 41.29 100m: 1:26.59 45.30 150m: 2:12.38 45.79 200m: 2:58.30 45.92						
22.	PIRES Laura Joao	05	Natacao do Fundao	**2:58.73**	+0,79	471	
	50m: 40.81 40.81 100m: 1:26.47 45.66 150m: 2:12.95 46.48 200m: 2:58.73 45.78						
23.	LOPES Francisca Macedo	05	Vilacondense	**2:58.82**	+0,83	470	
	50m: 40.41 40.41 100m: 1:25.34 44.93 150m: 2:12.21 46.87 200m: 2:58.82 46.61						
24.	ALMEIDA Ana Rita	05	Campinho	**2:58.94**	+0,76	469	
	50m: 41.12 41.12 100m: 1:28.50 47.38 150m: 2:15.03 46.53 200m: 2:58.94 43.91						
25.	NEVES Maria Manuel	05	Braga	**2:59.19**	+0,69	467	
	50m: 40.49 40.49 100m: 1:25.81 45.32 150m: 2:12.41 46.60 200m: 2:59.19 46.78						
26.	ENGELEN Zoe	05	Louletano / Loule Concelho	**2:59.23**	+0,97	467	
	50m: 42.03 42.03 100m: 1:28.54 46.51 150m: 2:13.99 45.45 200m: 2:59.23 45.24						
27.	VARGAS Maria Carolina	05	Benfica	**2:59.89**		462	
	50m: 42.37 42.37 100m: 1:29.74 47.37 150m: 2:14.36 44.62 200m: 2:59.89 45.53						
28.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**3:00.22**	+0,52	459	
	50m: 41.41 41.41 100m: 1:27.07 45.66 150m: 2:13.71 46.64 200m: 3:00.22 46.51						
29.	LOURO Ariana Espirito	05	Gualdim Pais	**3:00.50**	+0,72	457	
	50m: 40.65 40.65 100m: 1:26.12 45.47 150m: 2:13.79 47.67 200m: 3:00.50 46.71						
30.	SILVA Alexandra Cordeiro	04	Alcobaca	**3:00.84**	+0,78	455	
	50m: 41.13 41.13 100m: 1:27.02 45.89 150m: 2:14.22 47.20 200m: 3:00.84 46.62						
31.	HENRIQUES Carolina Porem	04	Sporting	**3:00.87**	+0,64	454	
	50m: 41.33 41.33 100m: 1:27.98 46.65 150m: 2:14.65 46.67 200m: 3:00.87 46.22						
32.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**3:00.99**	+0,60	454	
	50m: 40.63 40.63 100m: 1:26.85 46.22 150m: 2:14.19 47.34 200m: 3:00.99 46.80						
33.	FERNANDES Maria Teresa	05	Alges	**3:01.23**	+0,70	452	
	50m: 41.66 41.66 100m: 1:28.55 46.89 150m: 2:14.52 45.97 200m: 3:01.23 46.71						
34.	SILVA Ines Louro	04	Albicastrense	**3:01.97**	+0,72	446	
	50m: 40.55 40.55 100m: 1:27.15 46.60 150m: 2:14.57 47.42 200m: 3:01.97 47.40						
35.	MARTINS Ines Correia	04	Porto	**3:02.36**	+0,77	443	
	50m: 40.77 40.77 100m: 1:26.76 45.99 150m: 2:13.80 47.04 200m: 3:02.36 48.56						
36.	SOUSA Ana Correia	04	Pimpoes/Cimai	**3:03.67**	+0,73	434	
	50m: 40.40 40.40 100m: 1:27.39 46.99 150m: 2:14.88 47.49 200m: 3:03.67 48.79						
37.	LOPES Margarida Santos	04	Estarreja	**3:04.68**	+0,69	427	
	50m: 40.58 40.58 100m: 1:27.76 47.18 150m: 2:15.46 47.70 200m: 3:04.68 49.22						
38.	RIBEIRO Maria Joao	05	Feirense	**3:05.20**	+0,72	423	
	50m: 41.05 41.05 100m: 1:27.71 46.66 150m: 2:17.63 49.92 200m: 3:05.20 47.57						

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Prova 29, Femin., 200m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**3:05.36**	+0,56	422	
	50m: 41.49 41.49 100m: 1:29.29 47.80 150m: 2:17.54 48.25 200m: 3:05.36 47.82						
40.	MARQUES Maria Ines	05	Alcobaca	**3:05.97**	+0,73	418	
	50m: 42.51 42.51 100m: 1:29.54 47.03 150m: 2:17.64 48.10 200m: 3:05.97 48.33						
41.	ALVES Maria Ines	05	Academica de Coimbra	**3:06.40**	+0,83	415	
	50m: 42.06 42.06 100m: 1:28.86 46.80 150m: 2:17.93 49.07 200m: 3:06.40 48.47						
	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**3:06.40**	+0,71	415	
	50m: 41.47 41.47 100m: 1:28.93 47.46 150m: 2:17.62 48.69 200m: 3:06.40 48.78						
DSQ	MELO Beatriz Coelho	05	Feirense				
	701 - Mais de uma pernada de golfinho após a viragem aos 50 metros - SW 7.1						
DNS	REIS Beatriz Grave	05	Rio Maior				

Prova 29 — Femin., 200m Bruços — Open
03-08-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003
Rec Nac Inf A	2:42.69	PEREIRA Clara Gomes	SAD	Oeiras	18-07-2015
Rec Nac Inf B	2:49.82	PEREIRA Clara Gomes	SAD	Loulé	19-07-2014

TAC Sen 50m: 2:46.66 - 25m: 2:43.74; Jun 50m: 2:54.20 - 25m: 2:49.14; Juv A 50m: 3:01.12 - 25m: 2:55.04; Juv B 50m: 3:03.36 - 25m: 2:58.29

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**2:36.77**	+0,73	698	
	50m: 34.98 34.98 100m: 1:14.76 39.78 150m: 1:55.85 41.09 200m: 2:36.77 40.92						
2.	KAMINSKAYA Victoria	95	Benfica	**2:37.23**	+0,72	692	
	50m: 36.29 36.29 100m: 1:16.15 39.86 150m: 1:56.58 40.43 200m: 2:37.23 40.65						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:40.50**	+0,73	651	
	50m: 36.81 36.81 100m: 1:17.62 40.81 150m: 1:59.12 41.50 200m: 2:40.50 41.38						
4.	CASTRO Maria Freitas	03	Fafe	**2:42.37**	+0,65	628	
	50m: 37.08 37.08 100m: 1:19.01 41.93 150m: 2:01.76 42.75 200m: 2:42.37 40.61						
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:42.39**	+0,75	628	
	50m: 37.73 37.73 100m: 1:19.18 41.45 150m: 2:01.09 41.91 200m: 2:42.39 41.30						
6.	BORGES Claudia Ferreira	99	Benfica	**2:42.43**	+0,70	628	
	50m: 37.64 37.64 100m: 1:18.90 41.26 150m: 2:01.38 42.48 200m: 2:42.43 41.05						
7.	SILVA Natacha Sofia	02	Benfica	**2:43.31**	+0,78	618	
	50m: 37.34 37.34 100m: 1:18.28 40.94 150m: 2:00.48 42.20 200m: 2:43.31 42.83						
8.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:43.51**	+0,70	615	
	50m: 37.26 37.26 100m: 1:18.72 41.46 150m: 2:01.16 42.44 200m: 2:43.51 42.35						
9.	CERDEIRA Madalena Reis	03	Sporting	**2:43.89**	+0,72	611	
	50m: 37.76 37.76 100m: 1:19.43 41.67 150m: 2:02.34 42.91 200m: 2:43.89 41.55						

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NATAÇÃO PURA

Prova 29, Femin., 200m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:45.18**	+0,67	597	
	50m: 37.19 37.19 100m: 1:19.62 42.43 150m: 2:02.56 42.94 200m: 2:45.18 42.62						
11.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:45.67**	+0,71	592	
	50m: 37.51 37.51 100m: 1:20.15 42.64 150m: 2:03.69 43.54 200m: 2:45.67 41.98						
12.	ANDRE Angelica Maria	94	Fluvial Portuense	**2:46.02**	+0,70	588	
	50m: 37.80 37.80 100m: 1:19.75 41.95 150m: 2:03.26 43.51 200m: 2:46.02 42.76						
13.	LEONARDO Rute Isabel	98	Nautico Abrantes	**2:46.41**	+0,70	584	
	50m: 37.11 37.11 100m: 1:20.06 42.95 150m: 2:03.48 43.42 200m: 2:46.41 42.93						
14.	RODRIGUES Lidiana Correia	04	Belenenses	**2:46.42**	+0,75	584	
	50m: 37.63 37.63 100m: 1:20.05 42.42 150m: 2:03.07 43.02 200m: 2:46.42 43.35						
15.	SOUSA Ana Reis	02	Alges	**2:46.55**	+0,69	582	
	50m: 37.64 37.64 100m: 1:19.80 42.16 150m: 2:02.94 43.14 200m: 2:46.55 43.61						
16.	GONCALVES Sofia Filipa	01	Leixoes	**2:46.64**	+0,74	581	
	50m: 37.51 37.51 100m: 1:20.32 42.81 150m: 2:03.54 43.22 200m: 2:46.64 43.10						
17.	MAIA Joana Marques	91	Ginasio Santo Tirso	**2:46.67**	+0,81	581	
	50m: 37.12 37.12 100m: 1:18.93 41.81 150m: 2:02.19 43.26 200m: 2:46.67 44.48						
18.	RODRIGUES Luana Correia	01	Belenenses	**2:48.28**	+0,70	564	
	50m: 37.65 37.65 100m: 1:20.83 43.18 150m: 2:04.47 43.64 200m: 2:48.28 43.81						
19.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:48.69**	+0,81	560	
	50m: 38.57 38.57 100m: 1:21.19 42.62 150m: 2:04.46 43.27 200m: 2:48.69 44.23						
20.	NUNES Margarida Domingues	05	Avancado EUL	**2:49.36**	+0,75	554	
	50m: 38.04 38.04 100m: 1:20.90 42.86 150m: 2:04.48 43.58 200m: 2:49.36 44.88						
21.	MORAIS Margarida Mateus	04	Torres Novas	**2:49.71**	+0,72	550	
	50m: 38.78 38.78 100m: 1:22.04 43.26 150m: 2:06.01 43.97 200m: 2:49.71 43.70						
22.	REIS Erica Cristina	05	Sporting	**2:50.10**	+0,62	546	
	50m: 37.85 37.85 100m: 1:21.10 43.25 150m: 2:05.62 44.52 200m: 2:50.10 44.48						
23.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:50.64**	+0,75	541	
	50m: 38.95 38.95 100m: 1:22.54 43.59 150m: 2:06.65 44.11 200m: 2:50.64 43.99						
24.	REGO Ines Faria	05	Famalicao	**2:51.22**	+0,71	536	
	50m: 38.16 38.16 100m: 1:22.43 44.27 150m: 2:06.63 44.20 200m: 2:51.22 44.59						
25.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**2:52.49**	+0,71	524	
	50m: 39.36 39.36 100m: 1:23.06 43.70 150m: 2:07.59 44.53 200m: 2:52.49 44.90						
26.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:52.85**	+0,78	521	
	50m: 39.49 39.49 100m: 1:25.18 45.69 150m: 2:10.04 44.86 200m: 2:52.85 42.81						
27.	FERREIRA Joana Rosa	05	Naval de Peniche	**2:53.08**	+0,74	519	
	50m: 38.90 38.90 100m: 1:22.65 43.75 150m: 2:08.03 45.38 200m: 2:53.08 45.05						
28.	FRANCO Barbara Garrido	04	Elvense	**2:53.33**	+0,78	516	
	50m: 39.75 39.75 100m: 1:23.46 43.71 150m: 2:08.57 45.11 200m: 2:53.33 44.76						
29.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**2:53.96**	+0,81	511	
	50m: 40.50 40.50 100m: 1:24.56 44.06 150m: 2:09.28 44.72 200m: 2:53.96 44.68						

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Prova 29, Femin., 200m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:54.28**	+0,53	508	
	50m: 39.39 39.39 100m: 1:24.20 44.81 150m: 2:09.10 44.90 200m: 2:54.28 45.18						
31.	RODRIGUES Marta Silva	04	Naval Povoense	**2:54.48**	+0,72	506	
	50m: 38.35 38.35 100m: 1:23.39 45.04 150m: 2:09.01 45.62 200m: 2:54.48 45.47						
32.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**2:54.64**	+0,79	505	
	50m: 40.34 40.34 100m: 1:24.25 43.91 150m: 2:09.49 45.24 200m: 2:54.64 45.15						
33.	BORCIC Aleksandra Bozanic	04	Alges	**2:54.71**	+0,76	504	
	50m: 39.80 39.80 100m: 1:25.01 45.21 150m: 2:09.22 44.21 200m: 2:54.71 45.49						
34.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:54.88**	+0,74	503	
	50m: 40.66 40.66 100m: 1:25.84 45.18 150m: 2:10.37 44.53 200m: 2:54.88 44.51						
35.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**2:55.17**	+0,69	500	
	50m: 38.63 38.63 100m: 1:22.85 44.22 150m: 2:08.84 45.99 200m: 2:55.17 46.33						
36.	PRETO Filipa Manso	04	Porto	**2:55.28**	+0,73	499	
	50m: 40.16 40.16 100m: 1:24.41 44.25 150m: 2:09.83 45.42 200m: 2:55.28 45.45						
37.	COSTA Catarina Nunes	04	Gesloures	**2:55.51**	+0,81	497	
	50m: 39.51 39.51 100m: 1:24.69 45.18 150m: 2:10.46 45.77 200m: 2:55.51 45.05						
38.	TEIXEIRA Ines Oliveira	02	Estarreja	**2:55.91**	+0,65	494	
	50m: 37.53 37.53 100m: 1:22.88 45.35 150m: 2:08.99 46.11 200m: 2:55.91 46.92						
39.	DOMINGOS Marta Pereira	04	Uniao Piedense	**2:56.01**	+0,75	493	
	50m: 38.35 38.35 100m: 1:22.84 44.49 150m: 2:08.60 45.76 200m: 2:56.01 47.41						
40.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:56.04**	+0,82	493	
	50m: 39.64 39.64 100m: 1:25.09 45.45 150m: 2:10.18 45.09 200m: 2:56.04 45.86						
41.	BERNARDO Ines Silva	00	Benfica	**2:56.27**	+0,74	491	
	50m: 39.14 39.14 100m: 1:23.88 44.74 150m: 2:09.78 45.90 200m: 2:56.27 46.49						
42.	FERNANDES Ana Catarina	03	Naval do Funchal	**2:56.88**	+0,62	486	
	50m: 39.89 39.89 100m: 1:24.45 44.56 150m: 2:10.28 45.83 200m: 2:56.88 46.60						
43.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**2:57.03**	+0,74	485	
	50m: 39.14 39.14 100m: 1:24.44 45.30 150m: 2:10.16 45.72 200m: 2:57.03 46.87						
44.	GAMA Joana Fernandes	05	Sporting	**2:57.79**	+0,72	479	
	50m: 41.40 41.40 100m: 1:27.42 46.02 150m: 2:13.56 46.14 200m: 2:57.79 44.23						
45.	LAMAS Maria Caetano	04	Miranda do Corvo	**2:57.81**	+0,76	478	
	50m: 40.74 40.74 100m: 1:26.78 46.04 150m: 2:12.91 46.13 200m: 2:57.81 44.90						
46.	MORGANHO Leonor Alves	04	Alges	**2:58.02**	+0,81	477	
	50m: 41.53 41.53 100m: 1:26.67 45.14 150m: 2:11.99 45.32 200m: 2:58.02 46.03						
47.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:58.30**	+0,83	474	
	50m: 41.29 41.29 100m: 1:26.59 45.30 150m: 2:12.38 45.79 200m: 2:58.30 45.92						
48.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:58.40**	+0,71	474	
	50m: 40.78 40.78 100m: 1:25.82 45.04 150m: 2:11.72 45.90 200m: 2:58.40 46.68						
49.	PIRES Laura Joao	05	Natacao do Fundao	**2:58.73**	+0,79	471	
	50m: 40.81 40.81 100m: 1:26.47 45.66 150m: 2:12.95 46.48 200m: 2:58.73 45.78						

Prova 29, Femin., 200m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	LOPES Francisca Macedo	05	Vilacondense	**2:58.82**	+0,83	470	
	50m: 40.41 40.41 100m: 1:25.34 44.93 150m: 2:12.21 46.87 200m: 2:58.82 46.61						
51.	ALMEIDA Ana Rita	05	Campinho	**2:58.94**	+0,76	469	
	50m: 41.12 41.12 100m: 1:28.50 47.38 150m: 2:15.03 46.53 200m: 2:58.94 43.91						
52.	NEVES Maria Manuel	05	Braga	**2:59.19**	+0,69	467	
	50m: 40.49 40.49 100m: 1:25.81 45.32 150m: 2:12.41 46.60 200m: 2:59.19 46.78						
53.	ENGELEN Zoe	05	Louletano / Loule Concelho	**2:59.23**	+0,97	467	
	50m: 42.03 42.03 100m: 1:28.54 46.51 150m: 2:13.99 45.45 200m: 2:59.23 45.24						
54.	VARGAS Maria Carolina	05	Benfica	**2:59.89**		462	
	50m: 42.37 42.37 100m: 1:29.74 47.37 150m: 2:14.36 44.62 200m: 2:59.89 45.53						
55.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**3:00.22**	+0,52	459	
	50m: 41.41 41.41 100m: 1:27.07 45.66 150m: 2:13.71 46.64 200m: 3:00.22 46.51						
56.	LOURO Ariana Espirito	05	Gualdim Pais	**3:00.50**	+0,72	457	
	50m: 40.65 40.65 100m: 1:26.12 45.47 150m: 2:13.79 47.67 200m: 3:00.50 46.71						
57.	SILVA Alexandra Cordeiro	04	Alcobaca	**3:00.84**	+0,78	455	
	50m: 41.13 41.13 100m: 1:27.02 45.89 150m: 2:14.22 47.20 200m: 3:00.84 46.62						
58.	HENRIQUES Carolina Porem	04	Sporting	**3:00.87**	+0,64	454	
	50m: 41.33 41.33 100m: 1:27.98 46.65 150m: 2:14.65 46.67 200m: 3:00.87 46.22						
59.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**3:00.99**	+0,60	454	
	50m: 40.63 40.63 100m: 1:26.85 46.22 150m: 2:14.19 47.34 200m: 3:00.99 46.80						
60.	FERNANDES Maria Teresa	05	Alges	**3:01.23**	+0,70	452	
	50m: 41.66 41.66 100m: 1:28.55 46.89 150m: 2:14.52 45.97 200m: 3:01.23 46.71						
61.	SILVA Ines Louro	04	Albicastrense	**3:01.97**	+0,72	446	
	50m: 40.55 40.55 100m: 1:27.15 46.60 150m: 2:14.57 47.42 200m: 3:01.97 47.40						
62.	MARTINS Ines Correia	04	Porto	**3:02.36**	+0,77	443	
	50m: 40.77 40.77 100m: 1:26.76 45.99 150m: 2:13.80 47.04 200m: 3:02.36 48.56						
63.	SOUSA Ana Correia	04	Pimpoes/Cimai	**3:03.67**	+0,73	434	
	50m: 40.40 40.40 100m: 1:27.39 46.99 150m: 2:14.88 47.49 200m: 3:03.67 48.79						
64.	LOPES Margarida Santos	04	Estarreja	**3:04.68**	+0,69	427	
	50m: 40.58 40.58 100m: 1:27.76 47.18 150m: 2:15.46 47.70 200m: 3:04.68 49.22						
65.	RIBEIRO Maria Joao	05	Feirense	**3:05.20**	+0,72	423	
	50m: 41.05 41.05 100m: 1:27.71 46.66 150m: 2:17.63 49.92 200m: 3:05.20 47.57						
66.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**3:05.36**	+0,56	422	
	50m: 41.49 41.49 100m: 1:29.29 47.80 150m: 2:17.54 48.25 200m: 3:05.36 47.82						
67.	MARQUES Maria Ines	05	Alcobaca	**3:05.97**	+0,73	418	
	50m: 42.51 42.51 100m: 1:29.54 47.03 150m: 2:17.64 48.10 200m: 3:05.97 48.33						
68.	ALVES Maria Ines	05	Academica de Coimbra	**3:06.40**	+0,83	415	
	50m: 42.06 42.06 100m: 1:28.86 46.80 150m: 2:17.93 49.07 200m: 3:06.40 48.47						
	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**3:06.40**	+0,71	415	
	50m: 41.47 41.47 100m: 1:28.93 47.46 150m: 2:17.62 48.69 200m: 3:06.40 48.78						

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Prova 29, Femin., 200m Bruços, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	MELO Beatriz Coelho	05	Feirense				
	701 - Mais de uma pernada de golfinho após a viragem aos 50 metros - SW 7.1						
DNS	REIS Beatriz Grave	05	Rio Maior				

Prova 29 — Femin., 200m Bruços — Absolutos
03-08-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005

TAC Sen 50m: 2:46.66 - 25m: 2:43.74; Jun 50m: 2:54.20 - 25m: 2:49.14

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Alges	**2:36.77**	+0,73	698	
	50m: 34.98 34.98 100m: 1:14.76 39.78 150m: 1:55.85 41.09 200m: 2:36.77 40.92						
2.	KAMINSKAYA Victoria	95	Benfica	**2:37.23**	+0,72	692	
	50m: 36.29 36.29 100m: 1:16.15 39.86 150m: 1:56.58 40.43 200m: 2:37.23 40.65						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:40.50**	+0,73	651	
	50m: 36.81 36.81 100m: 1:17.62 40.81 150m: 1:59.12 41.50 200m: 2:40.50 41.38						
4.	CASTRO Maria Freitas	03	Fafe	**2:42.37**	+0,65	628	
	50m: 37.08 37.08 100m: 1:19.01 41.93 150m: 2:01.76 42.75 200m: 2:42.37 40.61						
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:42.39**	+0,75	628	
	50m: 37.73 37.73 100m: 1:19.18 41.45 150m: 2:01.09 41.91 200m: 2:42.39 41.30						
6.	BORGES Claudia Ferreira	99	Benfica	**2:42.43**	+0,70	628	
	50m: 37.64 37.64 100m: 1:18.90 41.26 150m: 2:01.38 42.48 200m: 2:42.43 41.05						
7.	SILVA Natacha Sofia	02	Benfica	**2:43.31**	+0,78	618	
	50m: 37.34 37.34 100m: 1:18.28 40.94 150m: 2:00.48 42.20 200m: 2:43.31 42.83						
8.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:43.51**	+0,70	615	
	50m: 37.26 37.26 100m: 1:18.72 41.46 150m: 2:01.16 42.44 200m: 2:43.51 42.35						
9.	CERDEIRA Madalena Reis	03	Sporting	**2:43.89**	+0,72	611	
	50m: 37.76 37.76 100m: 1:19.43 41.67 150m: 2:02.34 42.91 200m: 2:43.89 41.55						
10.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:45.18**	+0,67	597	
	50m: 37.19 37.19 100m: 1:19.62 42.43 150m: 2:02.56 42.94 200m: 2:45.18 42.62						
11.	ANDRE Angelica Maria	94	Fluvial Portuense	**2:46.02**	+0,70	588	
	50m: 37.80 37.80 100m: 1:19.75 41.95 150m: 2:03.26 43.51 200m: 2:46.02 42.76						
12.	LEONARDO Rute Isabel	98	Nautico Abrantes	**2:46.41**	+0,70	584	
	50m: 37.11 37.11 100m: 1:20.06 42.95 150m: 2:03.48 43.42 200m: 2:46.41 42.93						
13.	SOUSA Ana Reis	02	Alges	**2:46.55**	+0,69	582	
	50m: 37.64 37.64 100m: 1:19.80 42.16 150m: 2:02.94 43.14 200m: 2:46.55 43.61						
14.	GONCALVES Sofia Filipa	01	Leixoes	**2:46.64**	+0,74	581	
	50m: 37.51 37.51 100m: 1:20.32 42.81 150m: 2:03.54 43.22 200m: 2:46.64 43.10						

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Prova 29, Femin., 200m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MAIA Joana Marques	91	Ginasio Santo Tirso	**2:46.67**	+0,81	581	
	50m: 37.12 37.12 100m: 1:18.93 41.81 150m: 2:02.19 43.26 200m: 2:46.67 44.48						
16.	RODRIGUES Luana Correia	01	Belenenses	**2:48.28**	+0,70	564	
	50m: 37.65 37.65 100m: 1:20.83 43.18 150m: 2:04.47 43.64 200m: 2:48.28 43.81						
17.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:48.69**	+0,81	560	
	50m: 38.57 38.57 100m: 1:21.19 42.62 150m: 2:04.46 43.27 200m: 2:48.69 44.23						
18.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**2:52.49**	+0,71	524	
	50m: 39.36 39.36 100m: 1:23.06 43.70 150m: 2:07.59 44.53 200m: 2:52.49 44.90						
19.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:52.85**	+0,78	521	
	50m: 39.49 39.49 100m: 1:25.18 45.69 150m: 2:10.04 44.86 200m: 2:52.85 42.81						
20.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:54.28**	+0,53	508	
	50m: 39.39 39.39 100m: 1:24.20 44.81 150m: 2:09.10 44.90 200m: 2:54.28 45.18						
21.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:54.88**	+0,74	503	
	50m: 40.66 40.66 100m: 1:25.84 45.18 150m: 2:10.37 44.53 200m: 2:54.88 44.51						
22.	DIAS Ana Amarante	03	Naval de Ponta Delgada	**2:55.17**	+0,69	500	
	50m: 38.63 38.63 100m: 1:22.85 44.22 150m: 2:08.84 45.99 200m: 2:55.17 46.33						
23.	TEIXEIRA Ines Oliveira	02	Estarreja	**2:55.91**	+0,65	494	
	50m: 37.53 37.53 100m: 1:22.88 45.35 150m: 2:08.99 46.11 200m: 2:55.91 46.92						
24.	BERNARDO Ines Silva	00	Benfica	**2:56.27**	+0,74	491	
	50m: 39.14 39.14 100m: 1:23.88 44.74 150m: 2:09.78 45.90 200m: 2:56.27 46.49						
25.	FERNANDES Ana Catarina	03	Naval do Funchal	**2:56.88**	+0,62	486	
	50m: 39.89 39.89 100m: 1:24.45 44.56 150m: 2:10.28 45.83 200m: 2:56.88 46.60						
26.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	**2:57.03**	+0,74	485	
	50m: 39.14 39.14 100m: 1:24.44 45.30 150m: 2:10.16 45.72 200m: 2:57.03 46.87						
27.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:58.40**	+0,71	474	
	50m: 40.78 40.78 100m: 1:25.82 45.04 150m: 2:11.72 45.90 200m: 2:58.40 46.68						

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NATAÇÃO PURA

Prova 30 — Masc., 200m Bruços — Juvenis
03-08-2019 - 10:05 — Resultados Elimin

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

TAC Juv A 50m: 2:44.24 - 25m: 2:37.97; Juv B 50m: 2:48.39 - 25m: 2:42.64

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**2:24.93**	+0,63	667	
	50m: 32.14 32.14 100m: 1:09.89 37.75 150m: 1:48.64 38.75 200m: 2:24.93 36.29						
2.	CARNEIRO Joao Soares	03	Benfica	**2:27.80**	+0,63	629	
	50m: 33.80 33.80 100m: 1:11.16 37.36 150m: 1:49.38 38.22 200m: 2:27.80 38.42						
3.	REBELO Joao Lourenco	04	Alges	**2:29.66**	+0,62	606	
	50m: 34.56 34.56 100m: 1:13.48 38.92 150m: 1:51.51 38.03 200m: 2:29.66 38.15						
4.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:30.74**	+0,72	593	
	50m: 33.83 33.83 100m: 1:12.59 38.76 150m: 1:51.25 38.66 200m: 2:30.74 39.49						
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:32.30**	+0,68	575	
	50m: 35.27 35.27 100m: 1:14.64 39.37 150m: 1:53.69 39.05 200m: 2:32.30 38.61						
6.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**2:32.41**	+0,64	574	
	50m: 35.50 35.50 100m: 1:14.89 39.39 150m: 1:54.03 39.14 200m: 2:32.41 38.38						
7.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:34.47**	+0,79	551	
	50m: 34.95 34.95 100m: 1:14.80 39.85 150m: 1:54.30 39.50 200m: 2:34.47 40.17						
8.	LOPES Luis Afonso	03	Viver Santarem	**2:34.74**	+0,69	548	
	50m: 34.82 34.82 100m: 1:15.02 40.20 150m: 1:54.91 39.89 200m: 2:34.74 39.83						
9.	JUNIOR Luis Cabral	03	Belenenses	**2:34.91**	+0,70	546	
	50m: 35.22 35.22 100m: 1:15.12 39.90 150m: 1:54.59 39.47 200m: 2:34.91 40.32						
10.	FERNANDES Martim Pestana	04	Naval do Funchal	**2:35.05**	+0,65	545	
	50m: 33.56 33.56 100m: 1:13.52 39.96 150m: 1:53.96 40.44 200m: 2:35.05 41.09						
11.	OLIVEIRA Joao Campelo	04	Famalicao	**2:35.51**	+0,68	540	
	50m: 35.33 35.33 100m: 1:15.38 40.05 150m: 1:55.43 40.05 200m: 2:35.51 40.08						
12.	ENGELEN Dario	03	Louletano / Loule Concelho	**2:36.27**	+0,82	532	
	50m: 36.32 36.32 100m: 1:16.49 40.17 150m: 1:56.20 39.71 200m: 2:36.27 40.07						
13.	PEREIRA Jose Goncalo	04	Fafe	**2:36.57**	+0,73	529	
	50m: 36.07 36.07 100m: 1:16.47 40.40 150m: 1:56.62 40.15 200m: 2:36.57 39.95						
14.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**2:36.89**	+0,80	526	
	50m: 35.51 35.51 100m: 1:14.90 39.39 150m: 1:55.42 40.52 200m: 2:36.89 41.47						
15.	JORGE Afonso Goncalves	04	Gesloures	**2:37.01**	+0,57	525	
	50m: 35.14 35.14 100m: 1:15.69 40.55 150m: 1:56.88 41.19 200m: 2:37.01 40.13						
16.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:37.43**	+0,74	520	
	50m: 35.22 35.22 100m: 1:15.33 40.11 150m: 1:56.27 40.94 200m: 2:37.43 41.16						
17.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**2:38.31**	+0,67	512	
	50m: 35.44 35.44 100m: 1:15.69 40.25 150m: 1:56.04 40.35 200m: 2:38.31 42.27						
18.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:38.34**	+0,74	511	
	50m: 35.43 35.43 100m: 1:15.61 40.18 150m: 1:56.53 40.92 200m: 2:38.34 41.81						

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Prova 30, Masc., 200m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:38.40**	+0,71	511	
	50m: 35.91 35.91 100m: 1:16.58 40.67 150m: 1:57.44 40.86 200m: 2:38.40 40.96						
20.	SANTOS Vasco Malia	04	Natacao de Lagos	**2:39.60**	+0,74	499	
	50m: 37.43 37.43 100m: 1:20.34 42.91 150m: 2:00.43 40.09 200m: 2:39.60 39.17						
21.	CARRASCO Joao Pedro	03	Portinado	**2:39.70**	+0,85	499	
	50m: 35.07 35.07 100m: 1:16.36 41.29 150m: 1:57.68 41.32 200m: 2:39.70 42.02						
22.	FARIAS Alexandre Moreira	04	Louletano / Loule Concelho	**2:39.74**	+0,70	498	
	50m: 34.85 34.85 100m: 1:15.95 41.10 150m: 1:58.00 42.05 200m: 2:39.74 41.74						
23.	LEITAO Tomas Almeida	03	Alges	**2:40.01**	+0,69	496	
	50m: 36.39 36.39 100m: 1:17.95 41.56 150m: 1:59.11 41.16 200m: 2:40.01 40.90						
24.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**2:40.09**	+0,70	495	
	50m: 36.27 36.27 100m: 1:19.33 43.06 150m: 1:59.34 40.01 200m: 2:40.09 40.75						
25.	SANTANA Pedro Maria	03	Torres Novas	**2:40.28**	+0,69	493	
	50m: 35.74 35.74 100m: 1:16.57 40.83 150m: 1:58.98 42.41 200m: 2:40.28 41.30						
26.	FERREIRA Joao Carlos	03	Porto	**2:40.47**	+0,69	491	
	50m: 36.67 36.67 100m: 1:15.99 39.32 150m: 1:57.43 41.44 200m: 2:40.47 43.04						
27.	CRUZ David Miguel	04	Braga	**2:40.52**	+0,67	491	
	50m: 36.47 36.47 100m: 1:18.17 41.70 150m: 1:59.74 41.57 200m: 2:40.52 40.78						
28.	CHOCAS Afonso Alves	04	Electrico Clube	**2:40.67**	+0,65	490	
	50m: 36.46 36.46 100m: 1:18.10 41.64 150m: 1:59.51 41.41 200m: 2:40.67 41.16						
29.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**2:40.71**	+0,81	489	
	50m: 36.99 36.99 100m: 1:19.40 42.41 150m: 2:01.31 41.91 200m: 2:40.71 39.40						
30.	CRISTINO Guilherme Matias	03	Uniao Piedense	**2:40.76**	+0,74	489	
	50m: 36.52 36.52 100m: 1:17.75 41.23 150m: 1:59.19 41.44 200m: 2:40.76 41.57						
31.	SILVA Goncalo Oliveira	04	Foca	**2:41.73**	+0,71	480	
	50m: 35.84 35.84 100m: 1:16.87 41.03 150m: 1:58.41 41.54 200m: 2:41.73 43.32						
32.	PARENTE Salvador Ataide	03	Gesloures	**2:41.82**	+0,62	479	
	50m: 36.10 36.10 100m: 1:17.90 41.80 150m: 1:59.45 41.55 200m: 2:41.82 42.37						
33.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**2:42.10**	+0,78	477	
	50m: 36.60 36.60 100m: 1:17.92 41.32 150m: 1:59.85 41.93 200m: 2:42.10 42.25						
34.	CAMPOS Rafael Alves	04	S. Pedro Alva	**2:42.28**	+0,65	475	
	50m: 36.25 36.25 100m: 1:17.86 41.61 150m: 2:00.46 42.60 200m: 2:42.28 41.82						
35.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**2:42.40**	+0,88	474	
	50m: 36.21 36.21 100m: 1:16.85 40.64 150m: 1:58.87 42.02 200m: 2:42.40 43.53						
36.	BRAS Alexandre Miguel	03	S. Pedro Alva	**2:42.45**	+0,76	474	
	50m: 35.92 35.92 100m: 1:17.04 41.12 150m: 1:59.87 42.83 200m: 2:42.45 42.58						
37.	FELICIO Tomas Miguel	03	Rio Maior	**2:42.62**	+0,69	472	
	50m: 35.96 35.96 100m: 1:17.06 41.10 150m: 1:59.60 42.54 200m: 2:42.62 43.02						
38.	MATIAS Rafael Candeias	03	Natacao de Lagos	**2:42.82**	+0,84	470	
	50m: 35.83 35.83 100m: 1:17.51 41.68 150m: 1:59.69 42.18 200m: 2:42.82 43.13						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	LOPES Pedro Henrique	03	Sao Roque	**2:43.12**	+0,70	468	
	50m: 35.92 35.92 100m: 1:17.03 41.11 150m: 1:59.46 42.43 200m: 2:43.12 43.66						
40.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:43.62**	+0,67	463	
	50m: 37.92 37.92 100m: 1:19.72 41.80 150m: 2:02.04 42.32 200m: 2:43.62 41.58						
41.	TSYKAL Daniel	04	Alcobaca	**2:43.65**	+0,65	463	
	50m: 35.59 35.59 100m: 1:18.77 43.18 150m: 2:02.14 43.37 200m: 2:43.65 41.51						
42.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**2:44.28**	+0,65	458	
	50m: 36.65 36.65 100m: 1:18.20 41.55 150m: 2:00.86 42.66 200m: 2:44.28 43.42						
43.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:44.37**	+0,75	457	
	50m: 36.94 36.94 100m: 1:18.44 41.50 150m: 2:00.88 42.44 200m: 2:44.37 43.49						
44.	MATIAS Francisco Miguel	04	CCDSerta	**2:44.73**	+0,62	454	
	50m: 36.69 36.69 100m: 1:18.66 41.97 150m: 2:02.13 43.47 200m: 2:44.73 42.60						
45.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**2:45.13**	+0,69	451	
	50m: 37.13 37.13 100m: 1:18.35 41.22 150m: 2:01.34 42.99 200m: 2:45.13 43.79						
46.	CAPATINA Cristian	04	Elvense	**2:45.14**	+0,67	451	
	50m: 36.96 36.96 100m: 1:19.00 42.04 150m: 2:02.42 43.42 200m: 2:45.14 42.72						
47.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:45.25**	+0,65	450	
	50m: 36.50 36.50 100m: 1:18.72 42.22 150m: 2:01.94 43.22 200m: 2:45.25 43.31						
	NUNES Jaeden Michael	04	Belenenses	**2:45.25**	+0,77	450	
	50m: 37.18 37.18 100m: 1:19.36 42.18 150m: 2:02.01 42.65 200m: 2:45.25 43.24						
49.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**2:45.31**	+0,76	449	
	50m: 37.10 37.10 100m: 1:19.53 42.43 150m: 2:02.53 43.00 200m: 2:45.31 42.78						
50.	SANTOS Andre Cardoso	03	Academico Viseu	**2:45.71**	+0,69	446	
	50m: 36.40 36.40 100m: 1:18.48 42.08 150m: 2:01.68 43.20 200m: 2:45.71 44.03						
51.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**2:46.89**	+0,76	437	
	50m: 37.66 37.66 100m: 1:20.36 42.70 150m: 2:03.94 43.58 200m: 2:46.89 42.95						
52.	CARNEIRO Joao Torres	03	Famalicao	**2:47.92**	+0,67	429	
	50m: 36.84 36.84 100m: 1:20.22 43.38 150m: 2:03.95 43.73 200m: 2:47.92 43.97						
53.	SILVA Rui Pedro	03	Fluvial Portuense	**2:47.99**	+0,71	428	
	50m: 35.84 35.84 100m: 1:18.27 42.43 150m: 2:03.12 44.85 200m: 2:47.99 44.87						
54.	CANCELA Rodrigo Gil	04	Braga	**2:48.15**	+0,70	427	
	50m: 37.36 37.36 100m: 1:20.62 43.26 150m: 2:04.49 43.87 200m: 2:48.15 43.66						
55.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:48.27**	+0,78	426	
	50m: 36.26 36.26 100m: 1:19.59 43.33 150m: 2:04.07 44.48 200m: 2:48.27 44.20						
56.	MATOS Gil Amaral	04	Academia Acores	**2:48.66**	+0,63	423	
	50m: 39.62 39.62 100m: 1:23.18 43.56 150m: 2:06.14 42.96 200m: 2:48.66 42.52						
57.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:48.70**	+0,70	423	
	50m: 36.16 36.16 100m: 1:17.71 41.55 150m: 2:03.26 45.55 200m: 2:48.70 45.44						
58.	SILVA Francisco Oliveira	04	Foca	**2:48.98**	+0,74	421	
	50m: 37.57 37.57 100m: 1:20.01 42.44 150m: 2:04.57 44.56 200m: 2:48.98 44.41						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
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Prova 30, Masc., 200m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
59.	PINTO Joao Pedro	04	Academia Acores	**2:50.31**	+0,64	411	
	50m: 39.96 39.96 100m: 1:24.14 44.18 150m: 2:08.13 43.99 200m: 2:50.31 42.18						
60.	AGUIAR Vasco Ormonde	04	Academia Acores	**2:52.23**	+0,69	397	
	50m: 38.33 38.33 100m: 1:22.95 44.62 150m: 2:08.63 45.68 200m: 2:52.23 43.60						
DSQ	MATOS Joao Luis	03	Colegio Vasco da Gama				
	720 - Toque alternado na viragem aos 100 m - SW 7.6						
DNS	FAIA Mateus Costa	03	Famalicao				

Prova 30 — Masc., 200m Bruços — Open
03-08-2019 - 10:05 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006
Rec Nac Inf A	2:32.07	CARNEIRO Joao Soares	SLB	Loulé	15-07-2017
Rec Nac Inf B	2:38.94	SOUSA Duarte Anastacio	CAC	Oeiras	19-07-2015

TAC Sen 50m: 2:29.76 - 25m: 2:24.40; Jun 50m: 2:36.01 - 25m: 2:29.56; Juv A 50m: 2:44.24 - 25m: 2:37.97; Juv B 50m: 2:48.39 - 25m: 2:42.64

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:19.17**	+0,62	754	
	50m: 32.31 32.31 100m: 1:08.35 36.04 150m: 1:43.64 35.29 200m: 2:19.17 35.53						
2.	SIMOES Rafael Gomes	00	Braga	**2:22.32**	+0,82	705	
	50m: 31.79 31.79 100m: 1:08.06 36.27 150m: 1:45.04 36.98 200m: 2:22.32 37.28						
3.	DA SILVA Florian	01	Porto	**2:22.53**	+0,65	701	
	50m: 31.50 31.50 100m: 1:07.79 36.29 150m: 1:45.63 37.84 200m: 2:22.53 36.90						
4.	MENDES Antonio Manuel	99	Sporting	**2:22.66**	+0,65	700	
	50m: 33.26 33.26 100m: 1:09.92 36.66 150m: 1:46.73 36.81 200m: 2:22.66 35.93						
5.	PON Hugo	98	Alges	**2:23.65**	+0,64	685	
	50m: 32.87 32.87 100m: 1:09.93 37.06 150m: 1:46.31 36.38 200m: 2:23.65 37.34						
6.	SILVA Tomas Antonio	01	Naval do Funchal	**2:24.31**	+0,59	676	
	50m: 32.48 32.48 100m: 1:09.50 37.02 150m: 1:46.94 37.44 200m: 2:24.31 37.37						
7.	SANTOS Alexis Manacas	92	Sporting	**2:24.36**	+0,66	675	
	50m: 32.67 32.67 100m: 1:09.13 36.46 150m: 1:46.85 37.72 200m: 2:24.36 37.51						
8.	PEREIRA Ricardo Samuel	03	Benfica	**2:24.93**	+0,63	667	
	50m: 32.14 32.14 100m: 1:09.89 37.75 150m: 1:48.64 38.75 200m: 2:24.93 36.29						
9.	CRUCHINHO Miguel Monteiro	97	Sporting	**2:25.16**	+0,68	664	
	50m: 32.14 32.14 100m: 1:08.99 36.85 150m: 1:46.75 37.76 200m: 2:25.16 38.41						
10.	GASPAR Miguel Caridade	99	Academica de Coimbra	**2:25.86**	+0,64	654	
	50m: 33.26 33.26 100m: 1:10.69 37.43 150m: 1:48.37 37.68 200m: 2:25.86 37.49						
11.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:26.33**	+0,66	648	
	50m: 33.76 33.76 100m: 1:11.48 37.72 150m: 1:49.23 37.75 200m: 2:26.33 37.10						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:26.91**	+0,77	641	
	50m: 33.43 33.43 100m: 1:10.54 37.11 150m: 1:48.81 38.27 200m: 2:26.91 38.10						
13.	FRISCHKNECHT Renato Barros	01	Alges	**2:27.02**	+0,63	639	
	50m: 33.62 33.62 100m: 1:12.03 38.41 150m: 1:48.58 36.55 200m: 2:27.02 38.44						
14.	QUINTAS Francisco Robalo	95	Belenenses	**2:27.13**	+0,62	638	
	50m: 32.21 32.21 100m: 1:09.51 37.30 150m: 1:48.25 38.74 200m: 2:27.13 38.88						
15.	CATALAO Daniel Nogueira	00	Benfica	**2:27.17**	+0,56	637	
	50m: 33.86 33.86 100m: 1:11.47 37.61 150m: 1:49.12 37.65 200m: 2:27.17 38.05						
16.	CABRITO Rodrigo Almeida	01	Belenenses	**2:27.32**	+0,65	635	
	50m: 32.60 32.60 100m: 1:09.65 37.05 150m: 1:47.62 37.97 200m: 2:27.32 39.70						
17.	RAMOS Filipe Carmo	97	Vilacondense	**2:27.64**	+0,73	631	
	50m: 33.28 33.28 100m: 1:11.17 37.89 150m: 1:49.73 38.56 200m: 2:27.64 37.91						
18.	CARNEIRO Joao Soares	03	Benfica	**2:27.80**	+0,63	629	
	50m: 33.80 33.80 100m: 1:11.16 37.36 150m: 1:49.38 38.22 200m: 2:27.80 38.42						
19.	CALDEIRA Goncalo Silveirinha	01	Sporting	**2:27.97**	+0,76	627	
	50m: 33.63 33.63 100m: 1:10.51 36.88 150m: 1:48.90 38.39 200m: 2:27.97 39.07						
20.	NUNES Francisco Costa	02	Salvaterra de Magos	**2:28.21**	+0,76	624	
	50m: 33.81 33.81 100m: 1:11.58 37.77 150m: 1:49.63 38.05 200m: 2:28.21 38.58						
21.	ARAUJO Sergio Daniel	02	Naval Povoense	**2:28.54**	+0,64	620	
	50m: 33.13 33.13 100m: 1:10.98 37.85 150m: 1:49.56 38.58 200m: 2:28.54 38.98						
22.	DINIS Tiago Moises	98	Nautico Academico	**2:29.63**	+0,68	606	
	50m: 33.92 33.92 100m: 1:12.68 38.76 150m: 1:50.36 37.68 200m: 2:29.63 39.27						
23.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:29.65**	+0,73	606	
	50m: 33.71 33.71 100m: 1:11.73 38.02 150m: 1:50.12 38.39 200m: 2:29.65 39.53						
24.	REBELO Joao Lourenco	04	Alges	**2:29.66**	+0,62	606	
	50m: 34.56 34.56 100m: 1:13.48 38.92 150m: 1:51.51 38.03 200m: 2:29.66 38.15						
25.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:30.74**	+0,72	593	
	50m: 33.83 33.83 100m: 1:12.59 38.76 150m: 1:51.25 38.66 200m: 2:30.74 39.49						
26.	MALFEITO Martim Rebelo	02	Sporting	**2:32.19**	+0,72	576	
	50m: 34.37 34.37 100m: 1:13.99 39.62 150m: 1:52.84 38.85 200m: 2:32.19 39.35						
27.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:32.30**	+0,68	575	
	50m: 35.27 35.27 100m: 1:14.64 39.37 150m: 1:53.69 39.05 200m: 2:32.30 38.61						
28.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**2:32.41**	+0,64	574	
	50m: 35.50 35.50 100m: 1:14.89 39.39 150m: 1:54.03 39.14 200m: 2:32.41 38.38						
29.	PINTO Pedro Miguel	02	Sporting	**2:33.10**	+0,69	566	
	50m: 34.77 34.77 100m: 1:13.92 39.15 150m: 1:52.84 38.92 200m: 2:33.10 40.26						
30.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	**2:33.52**	+0,72	561	
	50m: 34.21 34.21 100m: 1:12.93 38.72 150m: 1:52.59 39.66 200m: 2:33.52 40.93						
31.	MERUJE Joaquim Agra	01	Elvense	**2:34.41**	+0,76	552	
	50m: 33.28 33.28 100m: 1:11.95 38.67 150m: 1:51.89 39.94 200m: 2:34.41 42.52						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:34.47**	+0,79	551	
	50m: 34.95 34.95 100m: 1:14.80 39.85 150m: 1:54.30 39.50 200m: 2:34.47 40.17						
33.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**2:34.62**	+0,65	549	
	50m: 34.00 34.00 100m: 1:13.41 39.41 150m: 1:53.34 39.93 200m: 2:34.62 41.28						
34.	FERNANDES Pedro Pestana	01	Naval do Funchal	**2:34.64**	+0,60	549	
	50m: 34.62 34.62 100m: 1:14.45 39.83 150m: 1:55.03 40.58 200m: 2:34.64 39.61						
35.	LOPES Luis Afonso	03	Viver Santarem	**2:34.74**	+0,69	548	
	50m: 34.82 34.82 100m: 1:15.02 40.20 150m: 1:54.91 39.89 200m: 2:34.74 39.83						
36.	JUNIOR Luis Cabral	03	Belenenses	**2:34.91**	+0,70	546	
	50m: 35.22 35.22 100m: 1:15.12 39.90 150m: 1:54.59 39.47 200m: 2:34.91 40.32						
37.	FERNANDES Martim Pestana	04	Naval do Funchal	**2:35.05**	+0,65	545	
	50m: 33.56 33.56 100m: 1:13.52 39.96 150m: 1:53.96 40.44 200m: 2:35.05 41.09						
38.	SOUSA Duarte Anastacio	02	Uniao Coimbra	**2:35.30**	+0,56	542	
	50m: 34.43 34.43 100m: 1:13.98 39.55 150m: 1:54.61 40.63 200m: 2:35.30 40.69						
39.	OLIVEIRA Joao Campelo	04	Famalicao	**2:35.51**	+0,68	540	
	50m: 35.33 35.33 100m: 1:15.38 40.05 150m: 1:55.43 40.05 200m: 2:35.51 40.08						
40.	FANGUEIRO Diogo Morgado	02	Vilacondense	**2:35.61**	+0,74	539	
	50m: 34.22 34.22 100m: 1:13.40 39.18 150m: 1:54.18 40.78 200m: 2:35.61 41.43						
41.	BRAS Ricardo Martins	01	Belenenses	**2:35.63**	+0,64	539	
	50m: 34.59 34.59 100m: 1:14.60 40.01 150m: 1:55.39 40.79 200m: 2:35.63 40.24						
42.	ENGELEN Dario	03	Louletano / Loule Concelho	**2:36.27**	+0,82	532	
	50m: 36.32 36.32 100m: 1:16.49 40.17 150m: 1:56.20 39.71 200m: 2:36.27 40.07						
43.	PEREIRA Jose Goncalo	04	Fafe	**2:36.57**	+0,73	529	
	50m: 36.07 36.07 100m: 1:16.47 40.40 150m: 1:56.62 40.15 200m: 2:36.57 39.95						
44.	PEREIRA Tiago Maia	04	Galitos / Bresimar	**2:36.89**	+0,80	526	
	50m: 35.51 35.51 100m: 1:14.90 39.39 150m: 1:55.42 40.52 200m: 2:36.89 41.47						
45.	JORGE Afonso Goncalves	04	Gesloures	**2:37.01**	+0,57	525	
	50m: 35.14 35.14 100m: 1:15.69 40.55 150m: 1:56.88 41.19 200m: 2:37.01 40.13						
46.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:37.43**	+0,74	520	
	50m: 35.22 35.22 100m: 1:15.33 40.11 150m: 1:56.27 40.94 200m: 2:37.43 41.16						
47.	CRISTINA Joao Martins	03	Louletano / Loule Concelho	**2:38.31**	+0,67	512	
	50m: 35.44 35.44 100m: 1:15.69 40.25 150m: 1:56.04 40.35 200m: 2:38.31 42.27						
48.	MOREIRA Joao Pedro	04	Fluvial Portuense	**2:38.34**	+0,74	511	
	50m: 35.43 35.43 100m: 1:15.61 40.18 150m: 1:56.53 40.92 200m: 2:38.34 41.81						
49.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:38.40**	+0,71	511	
	50m: 35.91 35.91 100m: 1:16.58 40.67 150m: 1:57.44 40.86 200m: 2:38.40 40.96						
50.	SANTOS Vasco Malia	04	Natacao de Lagos	**2:39.60**	+0,74	499	
	50m: 37.43 37.43 100m: 1:20.34 42.91 150m: 2:00.43 40.09 200m: 2:39.60 39.17						
51.	CARRASCO Joao Pedro	03	Portinado	**2:39.70**	+0,85	499	
	50m: 35.07 35.07 100m: 1:16.36 41.29 150m: 1:57.68 41.32 200m: 2:39.70 42.02						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
52.	FARIAS Alexandre Moreira	04	Louletano / Loule Concelho	**2:39.74**	+0,70	498	
	50m: 34.85 34.85 100m: 1:15.95 41.10 150m: 1:58.00 42.05 200m: 2:39.74 41.74						
53.	LEITAO Tomas Almeida	03	Alges	**2:40.01**	+0,69	496	
	50m: 36.39 36.39 100m: 1:17.95 41.56 150m: 1:59.11 41.16 200m: 2:40.01 40.90						
54.	ANICETO Joao Gabriel	04	Bairro dos Anjos/ Leiria	**2:40.09**	+0,70	495	
	50m: 36.27 36.27 100m: 1:19.33 43.06 150m: 1:59.34 40.01 200m: 2:40.09 40.75						
55.	SANTANA Pedro Maria	03	Torres Novas	**2:40.28**	+0,69	493	
	50m: 35.74 35.74 100m: 1:16.57 40.83 150m: 1:58.98 42.41 200m: 2:40.28 41.30						
56.	FERREIRA Joao Carlos	03	Porto	**2:40.47**	+0,69	491	
	50m: 36.67 36.67 100m: 1:15.99 39.32 150m: 1:57.43 41.44 200m: 2:40.47 43.04						
57.	CRUZ David Miguel	04	Braga	**2:40.52**	+0,67	491	
	50m: 36.47 36.47 100m: 1:18.17 41.70 150m: 1:59.74 41.57 200m: 2:40.52 40.78						
58.	CHOCAS Afonso Alves	04	Electrico Clube	**2:40.67**	+0,65	490	
	50m: 36.46 36.46 100m: 1:18.10 41.64 150m: 1:59.51 41.41 200m: 2:40.67 41.16						
59.	CASTRO Helder Ribeiro	03	Vitoria Guimaraes	**2:40.71**	+0,81	489	
	50m: 36.99 36.99 100m: 1:19.40 42.41 150m: 2:01.31 41.91 200m: 2:40.71 39.40						
60.	CRISTINO Guilherme Matias	03	Uniao Piedense	**2:40.76**	+0,74	489	
	50m: 36.52 36.52 100m: 1:17.75 41.23 150m: 1:59.19 41.44 200m: 2:40.76 41.57						
61.	SILVA Goncalo Oliveira	04	Foca	**2:41.73**	+0,71	480	
	50m: 35.84 35.84 100m: 1:16.87 41.03 150m: 1:58.41 41.54 200m: 2:41.73 43.32						
62.	PARENTE Salvador Ataide	03	Gesloures	**2:41.82**	+0,62	479	
	50m: 36.10 36.10 100m: 1:17.90 41.80 150m: 1:59.45 41.55 200m: 2:41.82 42.37						
63.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**2:42.10**	+0,78	477	
	50m: 36.60 36.60 100m: 1:17.92 41.32 150m: 1:59.85 41.93 200m: 2:42.10 42.25						
64.	CAMPOS Rafael Alves	04	S. Pedro Alva	**2:42.28**	+0,65	475	
	50m: 36.25 36.25 100m: 1:17.86 41.61 150m: 2:00.46 42.60 200m: 2:42.28 41.82						
65.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**2:42.40**	+0,88	474	
	50m: 36.21 36.21 100m: 1:16.85 40.64 150m: 1:58.87 42.02 200m: 2:42.40 43.53						
66.	BRAS Alexandre Miguel	03	S. Pedro Alva	**2:42.45**	+0,76	474	
	50m: 35.92 35.92 100m: 1:17.04 41.12 150m: 1:59.87 42.83 200m: 2:42.45 42.58						
67.	FELICIO Tomas Miguel	03	Rio Maior	**2:42.62**	+0,69	472	
	50m: 35.96 35.96 100m: 1:17.06 41.10 150m: 1:59.60 42.54 200m: 2:42.62 43.02						
68.	MATIAS Rafael Candeias	03	Natacao de Lagos	**2:42.82**	+0,84	470	
	50m: 35.83 35.83 100m: 1:17.51 41.68 150m: 1:59.69 42.18 200m: 2:42.82 43.13						
69.	LOPES Pedro Henrique	03	Sao Roque	**2:43.12**	+0,70	468	
	50m: 35.92 35.92 100m: 1:17.03 41.11 150m: 1:59.46 42.43 200m: 2:43.12 43.66						
70.	NETO Rodrigo Jorge	03	Aquatico Pacense	**2:43.62**	+0,67	463	
	50m: 37.92 37.92 100m: 1:19.72 41.80 150m: 2:02.04 42.32 200m: 2:43.62 41.58						
71.	TSYKAL Daniel	04	Alcobaca	**2:43.65**	+0,65	463	
	50m: 35.59 35.59 100m: 1:18.77 43.18 150m: 2:02.14 43.37 200m: 2:43.65 41.51						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
72.	CARVALHO Renato Miguel	03	Galitos / Bresimar	**2:44.28**	+0,65	458	
	50m: 36.65 36.65 100m: 1:18.20 41.55 150m: 2:00.86 42.66 200m: 2:44.28 43.42						
73.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:44.37**	+0,75	457	
	50m: 36.94 36.94 100m: 1:18.44 41.50 150m: 2:00.88 42.44 200m: 2:44.37 43.49						
74.	MATIAS Francisco Miguel	04	CCDSerta	**2:44.73**	+0,62	454	
	50m: 36.69 36.69 100m: 1:18.66 41.97 150m: 2:02.13 43.47 200m: 2:44.73 42.60						
75.	OLIVEIRA Vasco Peixoto	04	Alcobaca	**2:45.13**	+0,69	451	
	50m: 37.13 37.13 100m: 1:18.35 41.22 150m: 2:01.34 42.99 200m: 2:45.13 43.79						
76.	CAPATINA Cristian	04	Elvense	**2:45.14**	+0,67	451	
	50m: 36.96 36.96 100m: 1:19.00 42.04 150m: 2:02.42 43.42 200m: 2:45.14 42.72						
77.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**2:45.25**	+0,65	450	
	50m: 36.50 36.50 100m: 1:18.72 42.22 150m: 2:01.94 43.22 200m: 2:45.25 43.31						
	NUNES Jaeden Michael	04	Belenenses	**2:45.25**	+0,77	450	
	50m: 37.18 37.18 100m: 1:19.36 42.18 150m: 2:02.01 42.65 200m: 2:45.25 43.24						
79.	SILVA Francisco Pinto	03	Naval Praia da Vitoria	**2:45.31**	+0,76	449	
	50m: 37.10 37.10 100m: 1:19.53 42.43 150m: 2:02.53 43.00 200m: 2:45.31 42.78						
80.	SANTOS Andre Cardoso	03	Academico Viseu	**2:45.71**	+0,69	446	
	50m: 36.40 36.40 100m: 1:18.48 42.08 150m: 2:01.68 43.20 200m: 2:45.71 44.03						
81.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	**2:46.89**	+0,76	437	
	50m: 37.66 37.66 100m: 1:20.36 42.70 150m: 2:03.94 43.58 200m: 2:46.89 42.95						
82.	CARNEIRO Joao Torres	03	Famalicao	**2:47.92**	+0,67	429	
	50m: 36.84 36.84 100m: 1:20.22 43.38 150m: 2:03.95 43.73 200m: 2:47.92 43.97						
83.	SILVA Rui Pedro	03	Fluvial Portuense	**2:47.99**	+0,71	428	
	50m: 35.84 35.84 100m: 1:18.27 42.43 150m: 2:03.12 44.85 200m: 2:47.99 44.87						
84.	CANCELA Rodrigo Gil	04	Braga	**2:48.15**	+0,70	427	
	50m: 37.36 37.36 100m: 1:20.62 43.26 150m: 2:04.49 43.87 200m: 2:48.15 43.66						
85.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:48.27**	+0,78	426	
	50m: 36.26 36.26 100m: 1:19.59 43.33 150m: 2:04.07 44.48 200m: 2:48.27 44.20						
86.	MATOS Gil Amaral	04	Academia Acores	**2:48.66**	+0,63	423	
	50m: 39.62 39.62 100m: 1:23.18 43.56 150m: 2:06.14 42.96 200m: 2:48.66 42.52						
87.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:48.70**	+0,70	423	
	50m: 36.16 36.16 100m: 1:17.71 41.55 150m: 2:03.26 45.55 200m: 2:48.70 45.44						
88.	SILVA Francisco Oliveira	04	Foca	**2:48.98**	+0,74	421	
	50m: 37.57 37.57 100m: 1:20.01 42.44 150m: 2:04.57 44.56 200m: 2:48.98 44.41						
89.	PINTO Joao Pedro	04	Academia Acores	**2:50.31**	+0,64	411	
	50m: 39.96 39.96 100m: 1:24.14 44.18 150m: 2:08.13 43.99 200m: 2:50.31 42.18						
90.	AGUIAR Vasco Ormonde	04	Academia Acores	**2:52.23**	+0,69	397	
	50m: 38.33 38.33 100m: 1:22.95 44.62 150m: 2:08.63 45.68 200m: 2:52.23 43.60						
DSQ	MATOS Joao Luis	03	Colegio Vasco da Gama				
	720 - Toque alternado na viragem aos 100 m - SW 7.6						
DNS	FAIA Mateus Costa	03	Famalicao				

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				

Prova 30 — Masc., 200m Bruços — Absolutos
03-08-2019 - 10:05 — Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014

TAC Sen 50m: 2:29.76 - 25m: 2:24.40; Jun 50m: 2:36.01 - 25m: 2:29.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:19.17**	+0,62	754	
	50m: 32.31 32.31 100m: 1:08.35 36.04 150m: 1:43.64 35.29 200m: 2:19.17 35.53						
2.	SIMOES Rafael Gomes	00	Braga	**2:22.32**	+0,82	705	
	50m: 31.79 31.79 100m: 1:08.06 36.27 150m: 1:45.04 36.98 200m: 2:22.32 37.28						
3.	DA SILVA Florian	01	Porto	**2:22.53**	+0,65	701	
	50m: 31.50 31.50 100m: 1:07.79 36.29 150m: 1:45.63 37.84 200m: 2:22.53 36.90						
4.	MENDES Antonio Manuel	99	Sporting	**2:22.66**	+0,65	700	
	50m: 33.26 33.26 100m: 1:09.92 36.66 150m: 1:46.73 36.81 200m: 2:22.66 35.93						
5.	PON Hugo	98	Alges	**2:23.65**	+0,64	685	
	50m: 32.87 32.87 100m: 1:09.93 37.06 150m: 1:46.31 36.38 200m: 2:23.65 37.34						
6.	SILVA Tomas Antonio	01	Naval do Funchal	**2:24.31**	+0,59	676	
	50m: 32.48 32.48 100m: 1:09.50 37.02 150m: 1:46.94 37.44 200m: 2:24.31 37.37						
7.	SANTOS Alexis Manacas	92	Sporting	**2:24.36**	+0,66	675	
	50m: 32.67 32.67 100m: 1:09.13 36.46 150m: 1:46.85 37.72 200m: 2:24.36 37.51						
8.	CRUCHINHO Miguel Monteiro	97	Sporting	**2:25.16**	+0,68	664	
	50m: 32.14 32.14 100m: 1:08.99 36.85 150m: 1:46.75 37.76 200m: 2:25.16 38.41						
9.	GASPAR Miguel Caridade	99	Academica de Coimbra	**2:25.86**	+0,64	654	
	50m: 33.26 33.26 100m: 1:10.69 37.43 150m: 1:48.37 37.68 200m: 2:25.86 37.49						
10.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:26.33**	+0,66	648	
	50m: 33.76 33.76 100m: 1:11.48 37.72 150m: 1:49.23 37.75 200m: 2:26.33 37.10						
11.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:26.91**	+0,77	641	
	50m: 33.43 33.43 100m: 1:10.54 37.11 150m: 1:48.81 38.27 200m: 2:26.91 38.10						
12.	FRISCHKNECHT Renato Barros	01	Alges	**2:27.02**	+0,63	639	
	50m: 33.62 33.62 100m: 1:12.03 38.41 150m: 1:48.58 36.55 200m: 2:27.02 38.44						
13.	QUINTAS Francisco Robalo	95	Belenenses	**2:27.13**	+0,62	638	
	50m: 32.21 32.21 100m: 1:09.51 37.30 150m: 1:48.25 38.74 200m: 2:27.13 38.88						
14.	CATALAO Daniel Nogueira	00	Benfica	**2:27.17**	+0,56	637	
	50m: 33.86 33.86 100m: 1:11.47 37.61 150m: 1:49.12 37.65 200m: 2:27.17 38.05						
15.	CABRITO Rodrigo Almeida	01	Belenenses	**2:27.32**	+0,65	635	
	50m: 32.60 32.60 100m: 1:09.65 37.05 150m: 1:47.62 37.97 200m: 2:27.32 39.70						

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Prova 30, Masc., 200m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RAMOS Filipe Carmo	97	Vilacondense	**2:27.64**	+0,73	631	
	50m: 33.28 33.28 100m: 1:11.17 37.89 150m: 1:49.73 38.56 200m: 2:27.64 37.91						
17.	CALDEIRA Goncalo Silveirinha	01	Sporting	**2:27.97**	+0,76	627	
	50m: 33.63 33.63 100m: 1:10.51 36.88 150m: 1:48.90 38.39 200m: 2:27.97 39.07						
18.	NUNES Francisco Costa	02	Salvaterra de Magos	**2:28.21**	+0,76	624	
	50m: 33.81 33.81 100m: 1:11.58 37.77 150m: 1:49.63 38.05 200m: 2:28.21 38.58						
19.	ARAUJO Sergio Daniel	02	Naval Povoense	**2:28.54**	+0,64	620	
	50m: 33.13 33.13 100m: 1:10.98 37.85 150m: 1:49.56 38.58 200m: 2:28.54 38.98						
20.	DINIS Tiago Moises	98	Nautico Academico	**2:29.63**	+0,68	606	
	50m: 33.92 33.92 100m: 1:12.68 38.76 150m: 1:50.36 37.68 200m: 2:29.63 39.27						
21.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:29.65**	+0,73	606	
	50m: 33.71 33.71 100m: 1:11.73 38.02 150m: 1:50.12 38.39 200m: 2:29.65 39.53						
22.	MALFEITO Martim Rebelo	02	Sporting	**2:32.19**	+0,72	576	
	50m: 34.37 34.37 100m: 1:13.99 39.62 150m: 1:52.84 38.85 200m: 2:32.19 39.35						
23.	PINTO Pedro Miguel	02	Sporting	**2:33.10**	+0,69	566	
	50m: 34.77 34.77 100m: 1:13.92 39.15 150m: 1:52.84 38.92 200m: 2:33.10 40.26						
24.	RODRIGUES Miguel Carvalho	02	Galitos / Bresimar	**2:33.52**	+0,72	561	
	50m: 34.21 34.21 100m: 1:12.93 38.72 150m: 1:52.59 39.66 200m: 2:33.52 40.93						
25.	MERUJE Joaquim Agra	01	Elvense	**2:34.41**	+0,76	552	
	50m: 33.28 33.28 100m: 1:11.95 38.67 150m: 1:51.89 39.94 200m: 2:34.41 42.52						
26.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	**2:34.62**	+0,65	549	
	50m: 34.00 34.00 100m: 1:13.41 39.41 150m: 1:53.34 39.93 200m: 2:34.62 41.28						
27.	FERNANDES Pedro Pestana	01	Naval do Funchal	**2:34.64**	+0,60	549	
	50m: 34.62 34.62 100m: 1:14.45 39.83 150m: 1:55.03 40.58 200m: 2:34.64 39.61						
28.	SOUSA Duarte Anastacio	02	Uniao Coimbra	**2:35.30**	+0,56	542	
	50m: 34.43 34.43 100m: 1:13.98 39.55 150m: 1:54.61 40.63 200m: 2:35.30 40.69						
29.	FANGUEIRO Diogo Morgado	02	Vilacondense	**2:35.61**	+0,74	539	
	50m: 34.22 34.22 100m: 1:13.40 39.18 150m: 1:54.18 40.78 200m: 2:35.61 41.43						
30.	BRAS Ricardo Martins	01	Belenenses	**2:35.63**	+0,64	539	
	50m: 34.59 34.59 100m: 1:14.60 40.01 150m: 1:55.39 40.79 200m: 2:35.63 40.24						
DNS	KLIER Afonso Miguel	01	Galitos / Bresimar				

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PARCEIROS

Prova 31 — Femin., 50m Livres — Open
03-08-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
Rec Nac Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
Rec Nac Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. João da Madeira	15-06-2017

TAC Sen 50m: 28.19 - 25m: 27.69; Jun 50m: 28.76 - 25m: 28.21; Juv A 50m: 28.76 - 25m: 28.21; Juv B 50m: 28.76 - 25m: 28.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**26.31**	+0,67	728	
2.	VIEGAS Beatriz Mendes	00	Sporting	**27.01**	+0,57	673	
3.	SOARES Catarina Silva	03	Porto	**27.21**	+0,66	658	
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	**27.30**	+0,70	651	
5.	FARIA Ana Rita	00	Porto	**27.36**	+0,68	647	
6.	OLIVEIRA Rosa Maria	96	Porto	**27.38**	+0,69	646	
7.	CASTRO Adriana Daniela	97	Leixoes	**27.43**	+0,70	642	
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.47**	+0,71	639	
9.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.52**	+0,60	636	
10.	PEREIRA Maria Gomes	04	Alges	**27.53**	+0,67	635	
11.	FERREIRA Catarina Maria	98	Porto	**27.54**	+0,67	634	
12.	PINTO Mafalda Marques	02	Sporting	**27.89**	+0,60	611	
13.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**28.03**	+0,68	602	
14.	BELEZA Mafalda Gomes	94	Sporting	**28.09**	+0,65	598	
15.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.17**	+0,77	593	
16.	NEVES Carolina Marques	01	Torres Novas	**28.18**	+0,78	592	
17.	ROSA Maria Carolina	94	Sporting	**28.22**	+0,70	590	
18.	FOMINA Anna	02	Louletano / Loule Concelho	**28.27**	+0,72	586	
19.	CASAL Beatriz Goncalves	03	Torres Novas	**28.30**	+0,68	585	
20.	NEVES Leonor Maria	03	Gesloures	**28.39**	+0,67	579	
21.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.42**	+0,70	577	
	NICOLAU Margarida Claudino	05	Torres Novas	**28.42**	+0,71	577	
23.	REBELO Beatriz Vaz	03	Gesloures	**28.52**	+0,76	571	
24.	AMADOR Joana Costa	01	Galitos / Bresimar	**28.53**	+0,63	571	
25.	COSTA Mafalda Magalhaes	03	Gualdim Pais	**28.60**	+0,69	566	
26.	ROLAO Sofia Alexandra	98	Benfica	**28.62**	+0,72	565	
27.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**28.68**	+0,66	562	
28.	FERREIRA Leonie Cunha	00	Naval Povoense	**28.71**	+0,71	560	
	ALVES Carina Alexandra	04	Leixoes	**28.71**	+0,59	560	
30.	MACHADO Joana Sofia	02	Natacao de Valongo	**28.72**	+0,73	559	
31.	TEJO Beatriz Costa	02	Academica de Coimbra	**28.79**	+0,65	555	
32.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**28.84**	+0,63	552	
33.	SANTOS Ana Pedro	02	Galitos / Bresimar	**28.87**	+0,77	551	
34.	MATIAS Marta Filipa	03	CCDSerta	**28.90**	+0,59	549	
35.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**28.96**	+0,72	546	
36.	MACHADO Carolina Alexandra	03	Natacao de Beja	**29.35**	+0,70	524	

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Prova 31, Femin., 50m Livres, Elimin

Prova 31 — Femin., 50m Livres — Absolutos
03-08-2019 - 10:40 — Resultados Elimin

Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015

TAC Sen 50m: 28.19 - 25m: 27.69; Jun 50m: 28.76 - 25m: 28.21; Juv A 50m: 28.76 - 25m: 28.21; Juv B 50m: 28.76 - 25m: 28.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**26.31**	+0,67	728	
2.	VIEGAS Beatriz Mendes	00	Sporting	**27.01**	+0,57	673	
3.	SOARES Catarina Silva	03	Porto	**27.21**	+0,66	658	
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	**27.30**	+0,70	651	
5.	FARIA Ana Rita	00	Porto	**27.36**	+0,68	647	
6.	OLIVEIRA Rosa Maria	96	Porto	**27.38**	+0,69	646	
7.	CASTRO Adriana Daniela	97	Leixoes	**27.43**	+0,70	642	
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.47**	+0,71	639	
9.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.52**	+0,60	636	
10.	PEREIRA Maria Gomes	04	Alges	**27.53**	+0,67	635	
11.	FERREIRA Catarina Maria	98	Porto	**27.54**	+0,67	634	
12.	PINTO Mafalda Marques	02	Sporting	**27.89**	+0,60	611	
13.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**28.03**	+0,68	602	
14.	BELEZA Mafalda Gomes	94	Sporting	**28.09**	+0,65	598	
15.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.17**	+0,77	593	
16.	NEVES Carolina Marques	01	Torres Novas	**28.18**	+0,78	592	
17.	ROSA Maria Carolina	94	Sporting	**28.22**	+0,70	590	
18.	CASAL Beatriz Goncalves	03	Torres Novas	**28.30**	+0,68	585	
19.	NEVES Leonor Maria	03	Gesloures	**28.39**	+0,67	579	
20.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.42**	+0,70	577	
	NICOLAU Margarida Claudino	05	Torres Novas	**28.42**	+0,71	577	
22.	REBELO Beatriz Vaz	03	Gesloures	**28.52**	+0,76	571	
23.	AMADOR Joana Costa	01	Galitos / Bresimar	**28.53**	+0,63	571	
24.	COSTA Mafalda Magalhaes	03	Gualdim Pais	**28.60**	+0,69	566	
25.	ROLAO Sofia Alexandra	98	Benfica	**28.62**	+0,72	565	
26.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**28.68**	+0,66	562	
27.	FERREIRA Leonie Cunha	00	Naval Povoense	**28.71**	+0,71	560	
	ALVES Carina Alexandra	04	Leixoes	**28.71**	+0,59	560	
29.	MACHADO Joana Sofia	02	Natacao de Valongo	**28.72**	+0,73	559	
30.	TEJO Beatriz Costa	02	Academica de Coimbra	**28.79**	+0,65	555	
31.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**28.84**	+0,63	552	
32.	SANTOS Ana Pedro	02	Galitos / Bresimar	**28.87**	+0,77	551	
33.	MATIAS Marta Filipa	03	CCDSerta	**28.90**	+0,59	549	
34.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**28.96**	+0,72	546	
35.	MACHADO Carolina Alexandra	03	Natacao de Beja	**29.35**	+0,70	524	

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Prova 32 — Masc., 50m Livres — Open
03-08-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Sen	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
Rec Nac Inf A	26.00	RIBEIRO Diogo Matos	CUC	Coimbra	19-05-2018
Rec Nac Inf B	27.00	MIRANDA Jose Miguel	CFP	Coimbra	11-08-1986

TAC Sen 50m: 24.92 - 25m: 24.04; Jun 50m: 25.23 - 25m: 24.57; Juv A 50m: 25.23 - 25m: 24.57; Juv B 50m: 25.23 - 25m: 24.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**23.18**	+0,62	734	
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.53**	+0,61	701	
3.	MARQUES Miguel Henriques	00	Benfica	**23.62**	+0,65	693	
4.	SILVA Fernando Souza	86	Uniao Piedense	**23.70**	+0,68	686	
5.	DIAS Guilherme Pereira	97	Benfica	**23.80**	+0,65	678	
6.	PADRELA Joao Esteves	99	Belenenses	**23.88**	+0,63	671	
7.	MACHADO Francisco Carvalho	98	Alges	**23.94**	+0,62	666	
8.	SANTOS Joao Duarte	95	Natacao Olhao	**24.16**	+0,66	648	
9.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.17**	+0,60	647	
10.	MOGNE Igor Araujo	96	Sporting	**24.23**	+0,71	642	
11.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**24.24**	+0,60	641	
12.	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	**24.32**	+0,62	635	
13.	FERNANDES Pedro Miguel	99	Famalicao	**24.33**	+0,66	634	
14.	AIRES Rafael Alcantara	01	Benfica	**24.35**	+0,63	633	
15.	AMORIM Alexandre Ferreira	99	Porto	**24.39**	+0,61	630	
16.	BATE Afonso Ribeiro	98	Alges	**24.56**	+0,66	617	
17.	RAMOS Bruno Miguel	97	Belenenses	**24.58**	+0,64	615	
18.	SOARES Tiago Silva	99	Porto	**24.61**	+0,74	613	
19.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**24.66**	+0,61	609	
20.	LEBRE Diogo Ramos	01	Benfica	**24.67**	+0,66	608	
	PINHO Manuel Antonio	01	Feirense	**24.67**	+0,65	608	
22.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**24.68**	+0,58	608	
23.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**24.71**	+0,64	605	
24.	SANTOS Nuno Goncalo	96	Bairro dos Anjos/ Leiria	**24.74**	+0,65	603	
25.	SANTOS Dario Almeida	93	Leixoes	**24.84**	+0,67	596	
26.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**24.86**	+0,67	595	
27.	LOURENCO Tiago Campos	02	Natacao de Valongo	**24.90**	+0,76	592	
28.	LOPES David Granja	90	AONDA-Azeitao	**24.91**	+0,68	591	
	DANTAS Diogo Leal	00	Sporting	**24.91**	+0,57	591	
30.	MACHADO Bruno Rafael	01	Fluvial Portuense	**24.98**	+0,75	586	
31.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**24.99**	+0,68	585	
32.	BRITO Bernardo Geada	02	Uniao Piedense	**25.09**	+0,60	578	
33.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**25.27**	+0,65	566	
34.	SIMOES Bernardo Jorge	02	Torres Novas	**25.45**	+0,65	554	
35.	MAIA Jorge Manuel	89	Famalicao	**25.61**	+0,73	544	
36.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**25.66**	+0,67	541	

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Prova 32, Masc., 50m Livres, Elimin

Prova 32 — Masc., 50m Livres — Absolutos
03-08-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Sen	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017

TAC Sen 50m: 24.92 - 25m: 24.04; Jun 50m: 25.23 - 25m: 24.57; Juv A 50m: 25.23 - 25m: 24.57; Juv B 50m: 25.23 - 25m: 24.57

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	**23.18**	+0,62	734	
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.53**	+0,61	701	
3.	MARQUES Miguel Henriques	00	Benfica	**23.62**	+0,65	693	
4.	DIAS Guilherme Pereira	97	Benfica	**23.80**	+0,65	678	
5.	PADRELA Joao Esteves	99	Belenenses	**23.88**	+0,63	671	
6.	MACHADO Francisco Carvalho	98	Alges	**23.94**	+0,62	666	
7.	SANTOS Joao Duarte	95	Natacao Olhao	**24.16**	+0,66	648	
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.17**	+0,60	647	
9.	MOGNE Igor Araujo	96	Sporting	**24.23**	+0,71	642	
10.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**24.24**	+0,60	641	
11.	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	**24.32**	+0,62	635	
12.	FERNANDES Pedro Miguel	99	Famalicao	**24.33**	+0,66	634	
13.	AIRES Rafael Alcantara	01	Benfica	**24.35**	+0,63	633	
14.	AMORIM Alexandre Ferreira	99	Porto	**24.39**	+0,61	630	
15.	BATE Afonso Ribeiro	98	Alges	**24.56**	+0,66	617	
16.	RAMOS Bruno Miguel	97	Belenenses	**24.58**	+0,64	615	
17.	SOARES Tiago Silva	99	Porto	**24.61**	+0,74	613	
18.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**24.66**	+0,61	609	
19.	LEBRE Diogo Ramos	01	Benfica	**24.67**	+0,66	608	
	PINHO Manuel Antonio	01	Feirense	**24.67**	+0,65	608	
21.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**24.68**	+0,58	608	
22.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**24.71**	+0,64	605	
23.	SANTOS Nuno Goncalo	96	Bairro dos Anjos/ Leiria	**24.74**	+0,65	603	
24.	SANTOS Dario Almeida	93	Leixoes	**24.84**	+0,67	596	
25.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**24.86**	+0,67	595	
26.	LOURENCO Tiago Campos	02	Natacao de Valongo	**24.90**	+0,76	592	
27.	LOPES David Granja	90	AONDA-Azeitao	**24.91**	+0,68	591	
	DANTAS Diogo Leal	00	Sporting	**24.91**	+0,57	591	
29.	MACHADO Bruno Rafael	01	Fluvial Portuense	**24.98**	+0,75	586	
30.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**24.99**	+0,68	585	
31.	BRITO Bernardo Geada	02	Uniao Piedense	**25.09**	+0,60	578	
32.	SIMOES Bernardo Jorge	02	Torres Novas	**25.45**	+0,65	554	
33.	MAIA Jorge Manuel	89	Famalicao	**25.61**	+0,73	544	
34.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	**25.66**	+0,67	541	
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**26.93**	+0,86	468	

ORGANIZAÇÃO
PARCEIROS INSTITUCIONAIS
PATROCINADOR OFICIAL
FORNECEDOR OFICIAL
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 32, Masc., 50m Livres, Elimin

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**30.46**	+0,64	323	

Prova 33 — Femin., 100m Costas — Juvenis
03-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

TAC Juv A 50m: 1:13.34 - 25m: 1:10.30; Juv B 50m: 1:13.94 - 25m: 1:11.34

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMADO Maria Lopes	04	Individual ANDL	**1:07.26**	+0,56	641	
	50m: 32.60 32.60 100m: 1:07.26 34.66						
2.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:07.55**	+0,62	633	
	50m: 32.55 32.55 100m: 1:07.55 35.00						
3.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:08.92**	+0,62	596	
	50m: 33.35 33.35 100m: 1:08.92 35.57						
4.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:09.12**	+0,59	590	
	50m: 32.79 32.79 100m: 1:09.12 36.33						
5.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:09.43**	+0,72	582	
	50m: 33.16 33.16 100m: 1:09.43 36.27						
6.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:10.27**	+0,61	562	
	50m: 33.78 33.78 100m: 1:10.27 36.49						
7.	COSTA Joana Santos	04	Galitos / Bresimar	**1:10.38**	+0,63	559	
	50m: 33.99 33.99 100m: 1:10.38 36.39						
8.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.45**	+0,63	558	
	50m: 34.35 34.35 100m: 1:10.45 36.10						
9.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:10.48**	+0,63	557	
	50m: 33.80 33.80 100m: 1:10.48 36.68						
10.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:10.61**	+0,77	554	
	50m: 34.03 34.03 100m: 1:10.61 36.58						
11.	DELFINO Mariana Morais	04	Sporting	**1:10.96**	+0,70	546	
	50m: 34.17 34.17 100m: 1:10.96 36.79						
12.	RODRIGUES Sofia Vilardell	04	Gesloures	**1:11.01**	+0,70	544	
	50m: 34.19 34.19 100m: 1:11.01 36.82						
13.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:11.16**	+0,66	541	
	50m: 34.78 34.78 100m: 1:11.16 36.38						
14.	TROIA Barbara Daniela	04	Vilacondense	**1:11.46**	+0,61	534	
	50m: 34.96 34.96 100m: 1:11.46 36.50						
15.	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:11.54**	+0,75	532	
	50m: 34.66 34.66 100m: 1:11.54 36.88						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:11.89**	+0,71	525	
	50m: 35.06 35.06 100m: 1:11.89 36.83						
17.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:12.30**	+0,60	516	
	50m: 34.72 34.72 100m: 1:12.30 37.58						
18.	BRANCOURT Yonina	04	Gesloures	**1:12.42**	+0,62	513	
	50m: 33.83 33.83 100m: 1:12.42 38.59						
19.	COSTA Mariana Martins	05	Famalicao	**1:12.48**	+0,71	512	
	50m: 34.84 34.84 100m: 1:12.48 37.64						
20.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:12.49**	+0,75	512	
	50m: 35.08 35.08 100m: 1:12.49 37.41						
21.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:12.57**	+0,64	510	
	50m: 35.34 35.34 100m: 1:12.57 37.23						
22.	PEREIRA Anais Cloe	04	Sporting	**1:12.61**	+0,84	509	
	50m: 35.14 35.14 100m: 1:12.61 37.47						
23.	GONCALVES Rita Abibe	05	Gesloures	**1:12.66**	+0,77	508	
	50m: 35.96 35.96 100m: 1:12.66 36.70						
24.	ALVES Ines Sofia	04	Portinado	**1:12.87**	+0,61	504	
	50m: 35.48 35.48 100m: 1:12.87 37.39						
25.	SOUSA Joana Francisca	04	Sao Roque	**1:12.93**	+0,60	502	
	50m: 35.08 35.08 100m: 1:12.93 37.85						
26.	EIRA Maria Carolina	05	Ginasio de Vila Real	**1:13.16**	+0,66	498	
	50m: 35.20 35.20 100m: 1:13.16 37.96						
27.	GONCALVES Maria Margarida	04	Naval do Funchal	**1:13.42**	+0,68	492	
	50m: 34.99 34.99 100m: 1:13.42 38.43						
28.	SILVA Maria Ines	05	Porto	**1:13.55**	+0,64	490	
	50m: 35.17 35.17 100m: 1:13.55 38.38						
29.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**1:13.67**	+0,64	487	
	50m: 35.23 35.23 100m: 1:13.67 38.44						
30.	QUINTA Luisa Coelho	05	Leixoes	**1:13.85**	+0,58	484	
	50m: 34.65 34.65 100m: 1:13.85 39.20						
31.	MACHADO Beatriz Alexandra	05	Natacao de Beja	**1:14.42**	+0,66	473	
	50m: 35.54 35.54 100m: 1:14.42 38.88						
32.	COSTA Joana Ferreira	05	Feirense	**1:14.50**	+0,69	471	
	50m: 35.02 35.02 100m: 1:14.50 39.48						
33.	ALVES Carina Alexandra	04	Leixoes	**1:15.15**	+0,59	459	
	50m: 35.01 35.01 100m: 1:15.15 40.14						
34.	CAETANO Ines Martins	05	CCDSerta	**1:15.48**	+0,65	453	
	50m: 36.24 36.24 100m: 1:15.48 39.24						
35.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:15.61**	+0,71	451	
	50m: 36.22 36.22 100m: 1:15.61 39.39						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:15.79**	+0,78	448	
	50m: 36.84 36.84 100m: 1:15.79 38.95						
37.	CUNHA Margarida Passos	04	Famalicao	**1:16.71**	+0,56	432	
	50m: 37.41 37.41 100m: 1:16.71 39.30						

Prova 33 — Femin., 100m Costas — Open
03-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011
Rec Nac Inf A	1:06.78	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
Rec Nac Inf B	1:08.97	FERNANDES Carolina Miranda	CGA	Coimbra	01-07-2017

TAC Sen 50m: 1:09.09 - 25m: 1:06.79; Jun 50m: 1:10.89 - 25m: 1:08.41; Juv A 50m: 1:13.34 - 25m: 1:10.30; Juv B 50m: 1:13.94 - 25m: 1:11.34

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**1:04.25**	+0,66	735	
	50m: 31.18 31.18 100m: 1:04.25 33.07						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.52**	+0,57	726	
	50m: 31.32 31.32 100m: 1:04.52 33.20						
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:04.96**	+0,59	711	
	50m: 31.56 31.56 100m: 1:04.96 33.40						
4.	FREIXO Juliana Lima	97	Braga	**1:07.06**	+0,56	646	
	50m: 32.69 32.69 100m: 1:07.06 34.37						
5.	AMADO Maria Lopes	04	Individual ANDL	**1:07.26**	+0,56	641	
	50m: 32.60 32.60 100m: 1:07.26 34.66						
6.	CABRAL Maria Francisca	00	Porto	**1:07.54**	+0,59	633	
	50m: 32.70 32.70 100m: 1:07.54 34.84						
7.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:07.55**	+0,62	633	
	50m: 32.55 32.55 100m: 1:07.55 35.00						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**1:07.63**	+0,59	630	
	50m: 32.74 32.74 100m: 1:07.63 34.89						
9.	FERREIRA Catarina Maria	98	Porto	**1:07.69**	+0,69	629	
	50m: 33.22 33.22 100m: 1:07.69 34.47						
10.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.24**	+0,65	613	
	50m: 33.37 33.37 100m: 1:08.24 34.87						
11.	PEIXEIRA Filipa Ramos	03	Sporting	**1:08.34**	+0,65	611	
	50m: 33.23 33.23 100m: 1:08.34 35.11						
12.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**1:08.69**	+0,69	602	
	50m: 33.48 33.48 100m: 1:08.69 35.21						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:08.92**	+0,62	596	
	50m: 33.35 33.35 100m: 1:08.92 35.57						
14.	RAMOS Ines Asseiceira	03	Torres Novas	**1:08.94**	+0,65	595	
	50m: 33.22 33.22 100m: 1:08.94 35.72						
15.	NEVES Ana Carolina	00	Academica de Coimbra	**1:08.96**	+0,66	594	
	50m: 33.30 33.30 100m: 1:08.96 35.66						
16.	LASCU Nicoleta	02	Litoral Alentejano	**1:09.08**	+0,63	591	
	50m: 33.23 33.23 100m: 1:09.08 35.85						
17.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:09.12**	+0,59	590	
	50m: 32.79 32.79 100m: 1:09.12 36.33						
18.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:09.43**	+0,72	582	
	50m: 33.16 33.16 100m: 1:09.43 36.27						
19.	CRUZ Sara Moura	03	Alges	**1:09.50**	+0,62	581	
	50m: 33.74 33.74 100m: 1:09.50 35.76						
20.	COSTA Ana Filipa	98	Natacao de Beja	**1:09.80**	+0,72	573	
	50m: 33.86 33.86 100m: 1:09.80 35.94						
21.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**1:09.90**	+0,65	571	
	50m: 33.48 33.48 100m: 1:09.90 36.42						
22.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:10.27**	+0,61	562	
	50m: 33.78 33.78 100m: 1:10.27 36.49						
23.	CATARINO Laura Andre	03	CCDSerta	**1:10.30**	+0,67	561	
	50m: 33.64 33.64 100m: 1:10.30 36.66						
24.	COSTA Joana Santos	04	Galitos / Bresimar	**1:10.38**	+0,63	559	
	50m: 33.99 33.99 100m: 1:10.38 36.39						
25.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:10.45**	+0,63	558	
	50m: 34.35 34.35 100m: 1:10.45 36.10						
26.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:10.48**	+0,63	557	
	50m: 33.80 33.80 100m: 1:10.48 36.68						
27.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:10.55**	+0,61	555	
	50m: 32.81 32.81 100m: 1:10.55 37.74						
28.	MARTINS Maria Esteves	01	Galitos / Bresimar	**1:10.58**	+0,63	554	
	50m: 33.81 33.81 100m: 1:10.58 36.77						
29.	RODRIGUES Luana Correia	01	Belenenses	**1:10.59**	+0,57	554	
	50m: 34.13 34.13 100m: 1:10.59 36.46						
30.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:10.61**	+0,77	554	
	50m: 34.03 34.03 100m: 1:10.61 36.58						
31.	MELO Barbara Azambujo	02	Academica de Coimbra	**1:10.83**	+0,63	549	
	50m: 34.46 34.46 100m: 1:10.83 36.37						
32.	DELFINO Mariana Morais	04	Sporting	**1:10.96**	+0,70	546	
	50m: 34.17 34.17 100m: 1:10.96 36.79						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	RODRIGUES Sofia Vilardell	04	Gesloures	**1:11.01**	+0,70	544	
	50m: 34.19 34.19 100m: 1:11.01 36.82						
34.	COSTA Carolina Fale	04	Colegio Monte Maior	**1:11.16**	+0,66	541	
	50m: 34.78 34.78 100m: 1:11.16 36.38						
35.	MENDES Lea Alexandra	03	Gualdim Pais	**1:11.21**	+0,67	540	
	50m: 33.67 33.67 100m: 1:11.21 37.54						
36.	TROIA Barbara Daniela	04	Vilacondense	**1:11.46**	+0,61	534	
	50m: 34.96 34.96 100m: 1:11.46 36.50						
37.	SOARES Ana Beatriz	03	Feirense	**1:11.54**	+0,72	532	
	50m: 33.29 33.29 100m: 1:11.54 38.25						
	CUNHA Leonor Correia	04	Fundacao Beatriz Santos	**1:11.54**	+0,75	532	
	50m: 34.66 34.66 100m: 1:11.54 36.88						
39.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:11.89**	+0,71	525	
	50m: 35.06 35.06 100m: 1:11.89 36.83						
40.	MARQUES Mariana Nunes	03	Estarreja	**1:11.95**	+0,57	523	
	50m: 34.43 34.43 100m: 1:11.95 37.52						
41.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**1:12.19**	+0,61	518	
	50m: 34.22 34.22 100m: 1:12.19 37.97						
42.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**1:12.30**	+0,60	516	
	50m: 34.72 34.72 100m: 1:12.30 37.58						
43.	BRANCOURT Yonina	04	Gesloures	**1:12.42**	+0,62	513	
	50m: 33.83 33.83 100m: 1:12.42 38.59						
44.	COSTA Mariana Martins	05	Famalicao	**1:12.48**	+0,71	512	
	50m: 34.84 34.84 100m: 1:12.48 37.64						
45.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:12.49**	+0,75	512	
	50m: 35.08 35.08 100m: 1:12.49 37.41						
46.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**1:12.57**	+0,64	510	
	50m: 35.34 35.34 100m: 1:12.57 37.23						
47.	PEREIRA Anais Cloe	04	Sporting	**1:12.61**	+0,84	509	
	50m: 35.14 35.14 100m: 1:12.61 37.47						
48.	GONCALVES Rita Abibe	05	Gesloures	**1:12.66**	+0,77	508	
	50m: 35.96 35.96 100m: 1:12.66 36.70						
49.	ALVES Ines Sofia	04	Portinado	**1:12.87**	+0,61	504	
	50m: 35.48 35.48 100m: 1:12.87 37.39						
50.	SOUSA Joana Francisca	04	Sao Roque	**1:12.93**	+0,60	502	
	50m: 35.08 35.08 100m: 1:12.93 37.85						
51.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:13.11**	+0,68	499	
	50m: 35.51 35.51 100m: 1:13.11 37.60						
52.	EIRA Maria Carolina	05	Ginasio de Vila Real	**1:13.16**	+0,66	498	
	50m: 35.20 35.20 100m: 1:13.16 37.96						

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PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	GONCALVES Maria Margarida	04	Naval do Funchal	**1:13.42**	+0,68	492	
	50m: 34.99 34.99 100m: 1:13.42 38.43						
54.	SILVA Maria Ines	05	Porto	**1:13.55**	+0,64	490	
	50m: 35.17 35.17 100m: 1:13.55 38.38						
55.	COUTINHO Maria Martim	04	Bairro dos Anjos/ Leiria	**1:13.67**	+0,64	487	
	50m: 35.23 35.23 100m: 1:13.67 38.44						
56.	QUINTA Luisa Coelho	05	Leixoes	**1:13.85**	+0,58	484	
	50m: 34.65 34.65 100m: 1:13.85 39.20						
57.	MACHADO Beatriz Alexandra	05	Natacao de Beja	**1:14.42**	+0,66	473	
	50m: 35.54 35.54 100m: 1:14.42 38.88						
58.	COSTA Joana Ferreira	05	Feirense	**1:14.50**	+0,69	471	
	50m: 35.02 35.02 100m: 1:14.50 39.48						
59.	ALVES Carina Alexandra	04	Leixoes	**1:15.15**	+0,59	459	
	50m: 35.01 35.01 100m: 1:15.15 40.14						
60.	CAETANO Ines Martins	05	CCDSerta	**1:15.48**	+0,65	453	
	50m: 36.24 36.24 100m: 1:15.48 39.24						
61.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:15.61**	+0,71	451	
	50m: 36.22 36.22 100m: 1:15.61 39.39						
62.	NEVES Natalia Passeira	05	Natacao de Valongo	**1:15.79**	+0,78	448	
	50m: 36.84 36.84 100m: 1:15.79 38.95						
63.	CUNHA Margarida Passos	04	Famalicao	**1:16.71**	+0,56	432	
	50m: 37.41 37.41 100m: 1:16.71 39.30						

Prova 33 — Femin., 100m Costas — Absolutos
03-08-2019 - 10:55 — Resultados Elimin

Rec Nac Absoluto	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019

TAC Sen 50m: 1:09.09 - 25m: 1:06.79; Jun 50m: 1:10.89 - 25m: 1:08.41

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**1:04.25**	+0,66	735	
	50m: 31.18 31.18 100m: 1:04.25 33.07						
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.52**	+0,57	726	
	50m: 31.32 31.32 100m: 1:04.52 33.20						
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:04.96**	+0,59	711	
	50m: 31.56 31.56 100m: 1:04.96 33.40						
4.	FREIXO Juliana Lima	97	Braga	**1:07.06**	+0,56	646	
	50m: 32.69 32.69 100m: 1:07.06 34.37						
5.	CABRAL Maria Francisca	00	Porto	**1:07.54**	+0,59	633	
	50m: 32.70 32.70 100m: 1:07.54 34.84						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	CARDEAL Joana Nunes	02	Academico Viseu	**1:07.63**	+0,59	630	
	50m: 32.74 32.74 100m: 1:07.63 34.89						
7.	FERREIRA Catarina Maria	98	Porto	**1:07.69**	+0,69	629	
	50m: 33.22 33.22 100m: 1:07.69 34.47						
8.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.24**	+0,65	613	
	50m: 33.37 33.37 100m: 1:08.24 34.87						
9.	PEIXEIRA Filipa Ramos	03	Sporting	**1:08.34**	+0,65	611	
	50m: 33.23 33.23 100m: 1:08.34 35.11						
10.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**1:08.69**	+0,69	602	
	50m: 33.48 33.48 100m: 1:08.69 35.21						
11.	RAMOS Ines Asseiceira	03	Torres Novas	**1:08.94**	+0,65	595	
	50m: 33.22 33.22 100m: 1:08.94 35.72						
12.	NEVES Ana Carolina	00	Academica de Coimbra	**1:08.96**	+0,66	594	
	50m: 33.30 33.30 100m: 1:08.96 35.66						
13.	LASCU Nicoleta	02	Litoral Alentejano	**1:09.08**	+0,63	591	
	50m: 33.23 33.23 100m: 1:09.08 35.85						
14.	CRUZ Sara Moura	03	Alges	**1:09.50**	+0,62	581	
	50m: 33.74 33.74 100m: 1:09.50 35.76						
15.	COSTA Ana Filipa	98	Natacao de Beja	**1:09.80**	+0,72	573	
	50m: 33.86 33.86 100m: 1:09.80 35.94						
16.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**1:09.90**	+0,65	571	
	50m: 33.48 33.48 100m: 1:09.90 36.42						
17.	CATARINO Laura Andre	03	CCDSerta	**1:10.30**	+0,67	561	
	50m: 33.64 33.64 100m: 1:10.30 36.66						
18.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:10.55**	+0,61	555	
	50m: 32.81 32.81 100m: 1:10.55 37.74						
19.	MARTINS Maria Esteves	01	Galitos / Bresimar	**1:10.58**	+0,63	554	
	50m: 33.81 33.81 100m: 1:10.58 36.77						
20.	RODRIGUES Luana Correia	01	Belenenses	**1:10.59**	+0,57	554	
	50m: 34.13 34.13 100m: 1:10.59 36.46						
21.	MELO Barbara Azambujo	02	Academica de Coimbra	**1:10.83**	+0,63	549	
	50m: 34.46 34.46 100m: 1:10.83 36.37						
22.	MENDES Lea Alexandra	03	Gualdim Pais	**1:11.21**	+0,67	540	
	50m: 33.67 33.67 100m: 1:11.21 37.54						
23.	SOARES Ana Beatriz	03	Feirense	**1:11.54**	+0,72	532	
	50m: 33.29 33.29 100m: 1:11.54 38.25						
24.	MARQUES Mariana Nunes	03	Estarreja	**1:11.95**	+0,57	523	
	50m: 34.43 34.43 100m: 1:11.95 37.52						
25.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	**1:12.19**	+0,61	518	
	50m: 34.22 34.22 100m: 1:12.19 37.97						

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PARCEIROS

Prova 33, Femin., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	**1:13.11**	+0,68	499	
	50m: 35.51 35.51 100m: 1:13.11 37.60						

Prova 34 — Masc., 100m Costas — Juvenis
03-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019

TAC Juv A 50m: 1:05.57 - 25m: 1:02.76; Juv B 50m: 1:06.92 - 25m: 1:04.45

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**1:00.37**	+0,63	633	
	50m: 29.20 29.20 100m: 1:00.37 31.17						
2.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:01.34**	+0,57	603	
	50m: 30.16 30.16 100m: 1:01.34 31.18						
3.	SILVA Gustavo Carvalho	04	Academia Acores	**1:01.54**	+0,74	598	
	50m: 29.28 29.28 100m: 1:01.54 32.26						
4.	CASTRO Duarte Monteiro	03	Porto	**1:01.79**	+0,67	590	
	50m: 29.39 29.39 100m: 1:01.79 32.40						
5.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:01.84**	+0,62	589	
	50m: 29.65 29.65 100m: 1:01.84 32.19						
6.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**1:02.06**	+0,61	583	
	50m: 30.00 30.00 100m: 1:02.06 32.06						
7.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:02.24**	+0,68	578	
	50m: 30.01 30.01 100m: 1:02.24 32.23						
8.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:02.37**	+0,54	574	
	50m: 30.20 30.20 100m: 1:02.37 32.17						
9.	WANZELLER Goncalo Henriques	03	Belenenses	**1:02.43**	+0,55	572	
	50m: 30.10 30.10 100m: 1:02.43 32.33						
10.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:02.64**	+0,70	567	
	50m: 30.41 30.41 100m: 1:02.64 32.23						
11.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.87**	+0,59	560	
	50m: 30.78 30.78 100m: 1:02.87 32.09						
12.	DIAS Tiago Miguel	03	Natacao de Lisboa	**1:03.00**	+0,70	557	
	50m: 30.16 30.16 100m: 1:03.00 32.84						
13.	GOMES Guilherme Sousa	04	Aquatico Silves	**1:03.02**	+0,67	556	
	50m: 30.29 30.29 100m: 1:03.02 32.73						
14.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**1:03.65**	+0,60	540	
	50m: 30.77 30.77 100m: 1:03.65 32.88						
15.	COUTINHO Guilherme Pereira	03	Viver Santarem	**1:03.80**	+0,54	536	
	50m: 31.26 31.26 100m: 1:03.80 32.54						

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PARCEIROS

Prova 34, Masc., 100m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**1:03.81**	+0,73	536	
	50m: 30.88 30.88 100m: 1:03.81 32.93						
17.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**1:03.89**	+0,61	534	
	50m: 30.63 30.63 100m: 1:03.89 33.26						
18.	MARQUES Andre Costa	03	Famalicao	**1:03.94**	+0,75	533	
	50m: 30.84 30.84 100m: 1:03.94 33.10						
19.	IACHIMOVSCHI Nicolae	03	Belenenses	**1:04.00**	+0,74	531	
	50m: 30.81 30.81 100m: 1:04.00 33.19						
20.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:04.51**	+0,69	519	
	50m: 31.28 31.28 100m: 1:04.51 33.23						
21.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**1:04.52**	+0,53	518	
	50m: 31.36 31.36 100m: 1:04.52 33.16						
22.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**1:04.75**	+0,61	513	
	50m: 31.12 31.12 100m: 1:04.75 33.63						
23.	LEAL Dinis Barros	03	Aquatico Pacense	**1:04.91**	+0,69	509	
	50m: 31.02 31.02 100m: 1:04.91 33.89						
24.	GOMES Pedro Pires	03	Belenenses	**1:04.92**	+0,67	509	
	50m: 31.71 31.71 100m: 1:04.92 33.21						
25.	MAIA Felipe Menegassi	04	Alges	**1:05.26**	+0,61	501	
	50m: 31.20 31.20 100m: 1:05.26 34.06						
26.	FRASQUILHO Afonso Figueiredo	04	Sporting	**1:05.34**	+0,73	499	
	50m: 31.29 31.29 100m: 1:05.34 34.05						
27.	CARVALHO Tiago Fonseca	03	Naval Povoense	**1:05.47**	+0,62	496	
	50m: 30.97 30.97 100m: 1:05.47 34.50						
28.	SANTOS Guilherme Machado	04	Uniao Piedense	**1:05.49**	+0,68	496	
	50m: 31.50 31.50 100m: 1:05.49 33.99						
29.	LIMA Gaspar Pinheiro	04	Leixoes	**1:05.68**	+0,77	491	
	50m: 31.35 31.35 100m: 1:05.68 34.33						
30.	SILVA Frederico Ferreira	04	Famalicao	**1:06.02**	+0,71	484	
	50m: 32.46 32.46 100m: 1:06.02 33.56						
31.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**1:06.03**	+0,71	484	
	50m: 31.88 31.88 100m: 1:06.03 34.15						
32.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**1:06.10**	+0,71	482	
	50m: 31.91 31.91 100m: 1:06.10 34.19						
33.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**1:06.17**	+0,70	481	
	50m: 31.28 31.28 100m: 1:06.17 34.89						
34.	PALMA Francisco Caetano	04	Zona Azul	**1:06.24**	+0,68	479	
	50m: 32.11 32.11 100m: 1:06.24 34.13						
35.	CARDOSO Joao Francisco	03	Individual ANCNP	**1:06.34**	+0,66	477	
	50m: 31.54 31.54 100m: 1:06.34 34.80						

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PARCEIROS

Prova 34, Masc., 100m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	SOUSA Tomas Castro	04	Vitoria Guimaraes	**1:06.91**	+0,65	465	
	50m: 32.43 32.43 100m: 1:06.91 34.48						
37.	PENELAS Joao Pedro	04	Gesloures	**1:07.30**	+0,64	457	
	50m: 32.30 32.30 100m: 1:07.30 35.00						
38.	TEIXEIRA Cesar Rego	04	Famalicao	**1:07.46**	+0,70	454	
	50m: 31.87 31.87 100m: 1:07.46 35.59						
39.	SILVA Daniel Alexandre	04	Natacao Olhao	**1:10.16**	+0,61	403	
	50m: 33.43 33.43 100m: 1:10.16 36.73						
DNS	SIMOES Miguel Costa	04	Cova da Piedade				
DNS	CAMACHO Afonso Caires	04	Naval do Funchal				

Prova 34 — Masc., 100m Costas — Open
03-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.58	COSTA Joao Nogueira	POR	Kazan (RUS)	03-07-2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019
Rec Nac Inf A	1:01.39	RIBAS Alexandre Lages	EDV	Lisboa	22-07-2011
Rec Nac Inf B	1:05.61	WANZELLER Goncalo Henriques	CFB	Famalicão	16-07-2016

TAC Sen 50m: 1:00.89 - 25m: 58.48; Jun 50m: 1:02.81 - 25m: 1:00.21; Juv A 50m: 1:05.57 - 25m: 1:02.76; Juv B 50m: 1:06.92 - 25m: 1:04.45

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KOT Viktor	98	Nautico Marinha Grande	**58.24**	+0,64	705	
	50m: 28.64 28.64 100m: 58.24 29.60						
2.	SANTOS Francisco Rogerio	98	Sporting	**58.56**	+0,62	694	
	50m: 28.65 28.65 100m: 58.56 29.91						
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**58.71**	+0,69	688	
	50m: 28.79 28.79 100m: 58.71 29.92						
4.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.97**	+0,61	679	
	50m: 28.49 28.49 100m: 58.97 30.48						
5.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**58.98**	+0,57	679	
	50m: 28.93 28.93 100m: 58.98 30.05						
6.	ALFAMA Martim Primavera	02	Gesloures	**59.11**	+0,59	674	
	50m: 28.45 28.45 100m: 59.11 30.66						
7.	FERNANDES Joao Diogo	98	Belenenses	**59.15**	+0,65	673	
	50m: 28.93 28.93 100m: 59.15 30.22						
8.	ROSA Rodrigo Antonio	96	Benfica	**59.60**	+0,67	658	
	50m: 28.98 28.98 100m: 59.60 30.62						
9.	CORREIA Joao Mota	97	Benfica	**59.84**	+0,68	650	
	50m: 28.75 28.75 100m: 59.84 31.09						

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Prova 34, Masc., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	TINOCO Joao Pereira	00	Famalicao	**1:00.18**	+0,78	639	
	50m: 28.67 28.67 100m: 1:00.18 31.51						
11.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**1:00.23**	+0,60	637	
	50m: 29.08 29.08 100m: 1:00.23 31.15						
12.	VAKULYUK Paulo	03	Torres Novas	**1:00.37**	+0,63	633	
	50m: 29.20 29.20 100m: 1:00.37 31.17						
13.	BATE Miguel Ribeiro	99	Alges	**1:00.62**	+0,62	625	
	50m: 28.60 28.60 100m: 1:00.62 32.02						
14.	PINHO Manuel Antonio	01	Feirense	**1:01.30**	+0,59	605	
	50m: 30.23 30.23 100m: 1:01.30 31.07						
15.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:01.34**	+0,57	603	
	50m: 30.16 30.16 100m: 1:01.34 31.18						
16.	SILVA Gustavo Carvalho	04	Academia Acores	**1:01.54**	+0,74	598	
	50m: 29.28 29.28 100m: 1:01.54 32.26						
17.	FIDALGO Mateus Valente	01	Estarreja	**1:01.55**	+0,62	597	
	50m: 29.38 29.38 100m: 1:01.55 32.17						
18.	SILVA Tomas Antonio	01	Naval do Funchal	**1:01.60**	+0,51	596	
	50m: 28.99 28.99 100m: 1:01.60 32.61						
19.	ALMEIDA Carlos Afonso	98	Alges	**1:01.71**	+0,71	593	
	50m: 29.53 29.53 100m: 1:01.71 32.18						
20.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:01.76**	+0,60	591	
	50m: 28.95 28.95 100m: 1:01.76 32.81						
21.	CASTRO Duarte Monteiro	03	Porto	**1:01.79**	+0,67	590	
	50m: 29.39 29.39 100m: 1:01.79 32.40						
22.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:01.84**	+0,62	589	
	50m: 29.65 29.65 100m: 1:01.84 32.19						
23.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**1:02.03**	+0,73	584	
	50m: 29.55 29.55 100m: 1:02.03 32.48						
24.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**1:02.06**	+0,61	583	
	50m: 30.00 30.00 100m: 1:02.06 32.06						
25.	MACHADO Bruno Rafael	01	Fluvial Portuense	**1:02.14**	+0,57	580	
	50m: 29.70 29.70 100m: 1:02.14 32.44						
26.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:02.24**	+0,68	578	
	50m: 30.01 30.01 100m: 1:02.24 32.23						
27.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:02.37**	+0,54	574	
	50m: 30.20 30.20 100m: 1:02.37 32.17						
28.	WANZELLER Goncalo Henriques	03	Belenenses	**1:02.43**	+0,55	572	
	50m: 30.10 30.10 100m: 1:02.43 32.33						
29.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:02.64**	+0,70	567	
	50m: 30.41 30.41 100m: 1:02.64 32.23						

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Prova 34, Masc., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:02.81**	+0,66	562	
	50m: 30.53 30.53 100m: 1:02.81 32.28						
	DOMINGOS Ruy Manuel	02	Sporting	**1:02.81**	+0,63	562	
	50m: 29.91 29.91 100m: 1:02.81 32.90						
32.	BARAONA Andre Azevedo	04	Natacao do Montijo	**1:02.87**	+0,59	560	
	50m: 30.78 30.78 100m: 1:02.87 32.09						
33.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**1:02.96**	+0,69	558	
	50m: 29.98 29.98 100m: 1:02.96 32.98						
34.	DIAS Tiago Miguel	03	Natacao de Lisboa	**1:03.00**	+0,70	557	
	50m: 30.16 30.16 100m: 1:03.00 32.84						
35.	GOMES Guilherme Sousa	04	Aquatico Silves	**1:03.02**	+0,67	556	
	50m: 30.29 30.29 100m: 1:03.02 32.73						
36.	MARTINS Samuel Dias	02	Colegio SMLamas	**1:03.08**	+0,68	555	
	50m: 30.17 30.17 100m: 1:03.08 32.91						
37.	MAGALHAES Hugo Nunes	02	Alges	**1:03.41**	+0,61	546	
	50m: 31.19 31.19 100m: 1:03.41 32.22						
38.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**1:03.65**	+0,60	540	
	50m: 30.77 30.77 100m: 1:03.65 32.88						
39.	COUTINHO Guilherme Pereira	03	Viver Santarem	**1:03.80**	+0,54	536	
	50m: 31.26 31.26 100m: 1:03.80 32.54						
40.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**1:03.81**	+0,73	536	
	50m: 30.88 30.88 100m: 1:03.81 32.93						
41.	KOBAYASHI Bruno Shinji	02	Vilacondense	**1:03.85**	+0,62	535	
	50m: 31.07 31.07 100m: 1:03.85 32.78						
	MORIM Francisco Emanuel	02	Vilacondense	**1:03.85**	+0,73	535	
	50m: 30.87 30.87 100m: 1:03.85 32.98						
43.	GONCALVES Rodrigo Oliveira	02	Porto	**1:03.87**	+0,60	535	
	50m: 31.24 31.24 100m: 1:03.87 32.63						
44.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**1:03.89**	+0,61	534	
	50m: 30.63 30.63 100m: 1:03.89 33.26						
45.	MARQUES Andre Costa	03	Famalicao	**1:03.94**	+0,75	533	
	50m: 30.84 30.84 100m: 1:03.94 33.10						
46.	IACHIMOVSCHI Nicolae	03	Belenenses	**1:04.00**	+0,74	531	
	50m: 30.81 30.81 100m: 1:04.00 33.19						
47.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**1:04.51**	+0,69	519	
	50m: 31.28 31.28 100m: 1:04.51 33.23						
48.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**1:04.52**	+0,53	518	
	50m: 31.36 31.36 100m: 1:04.52 33.16						
49.	SANTOS Miguel Alexandre	03	Natacao de Sao Bras	**1:04.75**	+0,61	513	
	50m: 31.12 31.12 100m: 1:04.75 33.63						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 34, Masc., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	LEAL Dinis Barros	03	Aquatico Pacense	**1:04.91**	+0,69	509	
	50m: 31.02 31.02 100m: 1:04.91 33.89						
51.	GOMES Pedro Pires	03	Belenenses	**1:04.92**	+0,67	509	
	50m: 31.71 31.71 100m: 1:04.92 33.21						
52.	MAIA Felipe Menegassi	04	Alges	**1:05.26**	+0,61	501	
	50m: 31.20 31.20 100m: 1:05.26 34.06						
53.	FRASQUILHO Afonso Figueiredo	04	Sporting	**1:05.34**	+0,73	499	
	50m: 31.29 31.29 100m: 1:05.34 34.05						
54.	CARVALHO Tiago Fonseca	03	Naval Povoense	**1:05.47**	+0,62	496	
	50m: 30.97 30.97 100m: 1:05.47 34.50						
55.	SANTOS Guilherme Machado	04	Uniao Piedense	**1:05.49**	+0,68	496	
	50m: 31.50 31.50 100m: 1:05.49 33.99						
56.	LIMA Gaspar Pinheiro	04	Leixoes	**1:05.68**	+0,77	491	
	50m: 31.35 31.35 100m: 1:05.68 34.33						
57.	SILVA Frederico Ferreira	04	Famalicao	**1:06.02**	+0,71	484	
	50m: 32.46 32.46 100m: 1:06.02 33.56						
58.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**1:06.03**	+0,71	484	
	50m: 31.88 31.88 100m: 1:06.03 34.15						
59.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**1:06.10**	+0,71	482	
	50m: 31.91 31.91 100m: 1:06.10 34.19						
60.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**1:06.17**	+0,70	481	
	50m: 31.28 31.28 100m: 1:06.17 34.89						
61.	PALMA Francisco Caetano	04	Zona Azul	**1:06.24**	+0,68	479	
	50m: 32.11 32.11 100m: 1:06.24 34.13						
62.	CARDOSO Joao Francisco	03	Individual ANCNP	**1:06.34**	+0,66	477	
	50m: 31.54 31.54 100m: 1:06.34 34.80						
63.	SOUSA Tomas Castro	04	Vitoria Guimaraes	**1:06.91**	+0,65	465	
	50m: 32.43 32.43 100m: 1:06.91 34.48						
64.	PENELAS Joao Pedro	04	Gesloures	**1:07.30**	+0,64	457	
	50m: 32.30 32.30 100m: 1:07.30 35.00						
65.	TEIXEIRA Cesar Rego	04	Famalicao	**1:07.46**	+0,70	454	
	50m: 31.87 31.87 100m: 1:07.46 35.59						
66.	SILVA Daniel Alexandre	04	Natacao Olhao	**1:10.16**	+0,61	403	
	50m: 33.43 33.43 100m: 1:10.16 36.73						
DNS	SIMOES Miguel Costa	04	Cova da Piedade				
DNS	CAMACHO Afonso Caires	04	Naval do Funchal				

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 34, Masc., 100m Costas, Elimin

Prova 34 — Masc., 100m Costas — Absolutos
03-08-2019 - 11:15 — Resultados Elimin

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.58	COSTA Joao Nogueira	POR	Kazan (RUS)	03-07-2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009

TAC Sen 50m: 1:00.89 - 25m: 58.48; Jun 50m: 1:02.81 - 25m: 1:00.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KOT Viktor	98	Nautico Marinha Grande	**58.24**	+0,64	705	
	50m: 28.64 28.64 100m: 58.24 29.60						
2.	SANTOS Francisco Rogerio	98	Sporting	**58.56**	+0,62	694	
	50m: 28.65 28.65 100m: 58.56 29.91						
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**58.71**	+0,69	688	
	50m: 28.79 28.79 100m: 58.71 29.92						
4.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.97**	+0,61	679	
	50m: 28.49 28.49 100m: 58.97 30.48						
5.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**58.98**	+0,57	679	
	50m: 28.93 28.93 100m: 58.98 30.05						
6.	ALFAMA Martim Primavera	02	Gesloures	**59.11**	+0,59	674	
	50m: 28.45 28.45 100m: 59.11 30.66						
7.	FERNANDES Joao Diogo	98	Belenenses	**59.15**	+0,65	673	
	50m: 28.93 28.93 100m: 59.15 30.22						
8.	ROSA Rodrigo Antonio	96	Benfica	**59.60**	+0,67	658	
	50m: 28.98 28.98 100m: 59.60 30.62						
9.	CORREIA Joao Mota	97	Benfica	**59.84**	+0,68	650	
	50m: 28.75 28.75 100m: 59.84 31.09						
10.	TINOCO Joao Pereira	00	Famalicao	**1:00.18**	+0,78	639	
	50m: 28.67 28.67 100m: 1:00.18 31.51						
11.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**1:00.23**	+0,60	637	
	50m: 29.08 29.08 100m: 1:00.23 31.15						
12.	BATE Miguel Ribeiro	99	Alges	**1:00.62**	+0,62	625	
	50m: 28.60 28.60 100m: 1:00.62 32.02						
13.	PINHO Manuel Antonio	01	Feirense	**1:01.30**	+0,59	605	
	50m: 30.23 30.23 100m: 1:01.30 31.07						
14.	FIDALGO Mateus Valente	01	Estarreja	**1:01.55**	+0,62	597	
	50m: 29.38 29.38 100m: 1:01.55 32.17						
15.	SILVA Tomas Antonio	01	Naval do Funchal	**1:01.60**	+0,51	596	
	50m: 28.99 28.99 100m: 1:01.60 32.61						
16.	ALMEIDA Carlos Afonso	98	Alges	**1:01.71**	+0,71	593	
	50m: 29.53 29.53 100m: 1:01.71 32.18						
17.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:01.76**	+0,60	591	
	50m: 28.95 28.95 100m: 1:01.76 32.81						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 34, Masc., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**1:02.03**	+0,73	584	
	50m: 29.55 29.55 100m: 1:02.03 32.48						
19.	MACHADO Bruno Rafael	01	Fluvial Portuense	**1:02.14**	+0,57	580	
	50m: 29.70 29.70 100m: 1:02.14 32.44						
20.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:02.81**	+0,66	562	
	50m: 30.53 30.53 100m: 1:02.81 32.28						
	DOMINGOS Ruy Manuel	02	Sporting	**1:02.81**	+0,63	562	
	50m: 29.91 29.91 100m: 1:02.81 32.90						
22.	SOUSA Nuno Alexandre	02	Clube de Vouzela	**1:02.96**	+0,69	558	
	50m: 29.98 29.98 100m: 1:02.96 32.98						
23.	MARTINS Samuel Dias	02	Colegio SMLamas	**1:03.08**	+0,68	555	
	50m: 30.17 30.17 100m: 1:03.08 32.91						
24.	MAGALHAES Hugo Nunes	02	Alges	**1:03.41**	+0,61	546	
	50m: 31.19 31.19 100m: 1:03.41 32.22						
25.	KOBAYASHI Bruno Shinji	02	Vilacondense	**1:03.85**	+0,62	535	
	50m: 31.07 31.07 100m: 1:03.85 32.78						
	MORIM Francisco Emanuel	02	Vilacondense	**1:03.85**	+0,73	535	
	50m: 30.87 30.87 100m: 1:03.85 32.98						
27.	GONCALVES Rodrigo Oliveira	02	Porto	**1:03.87**	+0,60	535	
	50m: 31.24 31.24 100m: 1:03.87 32.63						
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**1:18.75**	+0,68	285	
	50m: 38.24 38.24 100m: 1:18.75 40.51						

Prova 35 — Femin., 400m Livres — Juvenis
03-08-2019 - 11:35 — Resultados Elimin

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

TAC Juv A 50m: 4:51.86 - 25m: 4:45.86; Juv B 50m: 4:56.05 - 25m: 4:50.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:32.30**	+0,65	654	
	50m: 31.50 31.50 150m: 1:38.46 33.79 250m: 2:47.81 34.68 350m: 3:57.75 34.89						
	100m: 1:04.67 33.17 200m: 2:13.13 34.67 300m: 3:22.86 35.05 400m: 4:32.30 34.55						
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:37.19**	+0,68	620	
	50m: 31.80 31.80 150m: 1:40.77 35.31 250m: 2:52.08 35.75 350m: 4:03.10 35.34						
	100m: 1:05.46 33.66 200m: 2:16.33 35.56 300m: 3:27.76 35.68 400m: 4:37.19 34.09						
3.	LOPES Daniela Magalhaes	05	Famalicao	**4:38.22**	+0,80	613	
	50m: 32.11 32.11 150m: 1:41.86 34.81 250m: 2:53.28 35.79 350m: 4:04.11 35.10						
	100m: 1:07.05 34.94 200m: 2:17.49 35.63 300m: 3:29.01 35.73 400m: 4:38.22 34.11						

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PARCEIROS

NATAÇÃO PURA

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	PIRES Marta Joao	05	Alges	**4:38.79**	+0,75	610	
	50m: 32.63 32.63 150m: 1:43.70 35.53 250m: 2:54.15 34.59 350m: 4:04.35 35.11						
	100m: 1:08.17 35.54 200m: 2:19.56 35.86 300m: 3:29.24 35.09 400m: 4:38.79 34.44						
5.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**4:39.27**	+0,73	607	
	50m: 31.93 31.93 150m: 1:41.60 35.02 250m: 2:52.52 35.69 350m: 4:04.14 35.85						
	100m: 1:06.58 34.65 200m: 2:16.83 35.23 300m: 3:28.29 35.77 400m: 4:39.27 35.13						
6.	SEBASTIAO Sofia Antunes	05	Amadora	**4:39.35**	+0,81	606	
	50m: 31.90 31.90 150m: 1:41.85 34.66 250m: 2:52.53 35.53 350m: 4:04.14 35.29						
	100m: 1:07.19 35.29 200m: 2:17.00 35.15 300m: 3:28.85 36.32 400m: 4:39.35 35.21						
7.	SANTOS Leonor Esteves	04	Avancado EUL	**4:40.06**	+0,77	601	
	50m: 32.43 32.43 150m: 1:43.53 35.71 250m: 2:54.68 35.37 350m: 4:05.24 35.28						
	100m: 1:07.82 35.39 200m: 2:19.31 35.78 300m: 3:29.96 35.28 400m: 4:40.06 34.82						
8.	PINHO Carolina Teixeira	04	Porto	**4:40.96**	+0,66	596	
	50m: 32.23 32.23 150m: 1:42.63 35.49 250m: 2:53.92 35.57 350m: 4:05.62 35.61						
	100m: 1:07.14 34.91 200m: 2:18.35 35.72 300m: 3:30.01 36.09 400m: 4:40.96 35.34						
9.	PRETO Filipa Manso	04	Porto	**4:41.72**	+0,77	591	
	50m: 33.04 33.04 150m: 1:43.92 35.67 250m: 2:55.36 35.76 350m: 4:06.71 35.63						
	100m: 1:08.25 35.21 200m: 2:19.60 35.68 300m: 3:31.08 35.72 400m: 4:41.72 35.01						
10.	SIMOES Ana Beatriz	05	Sporting	**4:42.22**	+0,78	588	
	50m: 33.10 33.10 150m: 1:45.38 36.18 250m: 2:56.54 35.32 350m: 4:07.70 35.54						
	100m: 1:09.20 36.10 200m: 2:21.22 35.84 300m: 3:32.16 35.62 400m: 4:42.22 34.52						
11.	MARQUES Maria Alexandra	04	Albicastrense	**4:43.43**	+0,64	580	
	50m: 33.77 33.77 150m: 1:45.88 36.31 250m: 2:57.08 35.39 350m: 4:08.39 35.59						
	100m: 1:09.57 35.80 200m: 2:21.69 35.81 300m: 3:32.80 35.72 400m: 4:43.43 35.04						
12.	ALVES Joana Silva	05	Benedita	**4:44.36**	+0,77	574	
	50m: 31.78 31.78 150m: 1:42.70 35.82 250m: 2:56.37 36.70 350m: 4:09.56 35.96						
	100m: 1:06.88 35.10 200m: 2:19.67 36.97 300m: 3:33.60 37.23 400m: 4:44.36 34.80						
13.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**4:45.08**	+0,71	570	
	50m: 33.50 33.50 150m: 1:45.68 36.24 250m: 2:58.48 36.39 350m: 4:10.77 36.03						
	100m: 1:09.44 35.94 200m: 2:22.09 36.41 300m: 3:34.74 36.26 400m: 4:45.08 34.31						
14.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**4:45.29**	+0,78	569	
	50m: 32.21 32.21 150m: 1:43.68 35.94 250m: 2:57.19 36.62 350m: 4:10.36 36.40						
	100m: 1:07.74 35.53 200m: 2:20.57 36.89 300m: 3:33.96 36.77 400m: 4:45.29 34.93						
15.	PIMENTEL Marta Lima	04	Fluvial Portuense	**4:45.34**	+0,83	569	
	50m: 32.35 32.35 150m: 1:43.49 35.93 250m: 2:56.58 36.52 350m: 4:10.25 36.77						
	100m: 1:07.56 35.21 200m: 2:20.06 36.57 300m: 3:33.48 36.90 400m: 4:45.34 35.09						
16.	SILVA Ines Martins	04	Vilacondense	**4:47.12**	+0,83	558	
	50m: 32.46 32.46 150m: 1:43.55 35.89 250m: 2:56.67 36.83 350m: 4:10.89 37.05						
	100m: 1:07.66 35.20 200m: 2:19.84 36.29 300m: 3:33.84 37.17 400m: 4:47.12 36.23						
17.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**4:47.68**	+0,72	555	
	50m: 32.15 32.15 150m: 1:44.70 36.58 250m: 2:58.51 36.67 350m: 4:11.88 36.55						
	100m: 1:08.12 35.97 200m: 2:21.84 37.14 300m: 3:35.33 36.82 400m: 4:47.68 35.80						
18.	COSTA Mariana Martins	05	Famalicao	**4:47.71**	+0,79	555	
	50m: 33.34 33.34 150m: 1:46.36 36.59 250m: 2:59.91 36.65 350m: 4:12.74 36.43						
	100m: 1:09.77 36.43 200m: 2:23.26 36.90 300m: 3:36.31 36.40 400m: 4:47.71 34.97						

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PARCEIROS

Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	CABRAL Ana Matos	05	Condeixa Clube	**4:47.94**	+0,74	553	
	50m: 32.49 32.49 150m: 1:44.48 36.31 250m: 2:58.38 36.51 350m: 4:12.33 36.54						
	100m: 1:08.17 35.68 200m: 2:21.87 37.39 300m: 3:35.79 37.41 400m: 4:47.94 35.61						
20.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**4:48.59**	+0,71	550	
	50m: 32.82 32.82 150m: 1:45.66 36.68 250m: 2:59.41 36.77 350m: 4:12.83 36.53						
	100m: 1:08.98 36.16 200m: 2:22.64 36.98 300m: 3:36.30 36.89 400m: 4:48.59 35.76						
21.	TROIA Beatriz Rosa	04	Vilacondense	**4:48.76**	+0,74	549	
	50m: 33.11 33.11 150m: 1:45.29 36.46 250m: 2:59.44 37.20 350m: 4:13.56 37.04						
	100m: 1:08.83 35.72 200m: 2:22.24 36.95 300m: 3:36.52 37.08 400m: 4:48.76 35.20						
22.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**4:48.88**	+0,67	548	
	50m: 33.25 33.25 150m: 1:46.65 37.07 250m: 3:00.43 36.70 350m: 4:13.88 36.47						
	100m: 1:09.58 36.33 200m: 2:23.73 37.08 300m: 3:37.41 36.98 400m: 4:48.88 35.00						
23.	GALANTE Ines Carvalho	04	Vilacondense	**4:49.12**	+0,86	547	
	50m: 32.48 32.48 150m: 1:44.89 36.58 250m: 3:00.01 37.49 350m: 4:13.75 36.51						
	100m: 1:08.31 35.83 200m: 2:22.52 37.63 300m: 3:37.24 37.23 400m: 4:49.12 35.37						
24.	CANINHAS Maria Pinto	05	Natacao do Fundao	**4:49.27**	+0,84	546	
	50m: 32.76 32.76 150m: 1:45.59 36.76 250m: 2:59.84 37.02 350m: 4:13.93 36.78						
	100m: 1:08.83 36.07 200m: 2:22.82 37.23 300m: 3:37.15 37.31 400m: 4:49.27 35.34						
25.	PEREIRA Carolina Rei	05	Natacao de Vagos	**4:49.87**	+0,67	542	
	50m: 32.46 32.46 150m: 1:44.51 36.26 250m: 2:59.31 37.41 350m: 4:13.69 36.84						
	100m: 1:08.25 35.79 200m: 2:21.90 37.39 300m: 3:36.85 37.54 400m: 4:49.87 36.18						
26.	HUTYY Adriana Carolina	05	Braga	**4:50.23**	+0,81	540	
	50m: 33.00 33.00 150m: 1:45.76 36.99 250m: 2:59.41 36.95 350m: 4:13.75 37.09						
	100m: 1:08.77 35.77 200m: 2:22.46 36.70 300m: 3:36.66 37.25 400m: 4:50.23 36.48						
27.	COSTA Mafalda Santos	05	Colegio Monte Maior	**4:50.95**	+0,86	536	
	50m: 32.39 32.39 150m: 1:44.60 36.57 250m: 2:59.32 37.36 350m: 4:14.73 37.64						
	100m: 1:08.03 35.64 200m: 2:21.96 37.36 300m: 3:37.09 37.77 400m: 4:50.95 36.22						
28.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**4:51.66**	+0,76	532	
	50m: 32.55 32.55 150m: 1:44.71 36.64 250m: 3:00.37 38.04 350m: 4:15.64 37.53						
	100m: 1:08.07 35.52 200m: 2:22.33 37.62 300m: 3:38.11 37.74 400m: 4:51.66 36.02						
29.	INACIO Marta Macedo	04	Sporting	**4:51.68**	+0,76	532	
	50m: 33.58 33.58 150m: 1:46.41 36.48 250m: 2:59.81 36.61 350m: 4:14.60 37.57						
	100m: 1:09.93 36.35 200m: 2:23.20 36.79 300m: 3:37.03 37.22 400m: 4:51.68 37.08						
30.	SANTOS Mariana Marques	05	Gesloures	**4:51.71**	+0,65	532	
	50m: 33.27 33.27 150m: 1:47.30 37.28 250m: 3:01.04 36.85 350m: 4:15.29 36.74						
	100m: 1:10.02 36.75 200m: 2:24.19 36.89 300m: 3:38.55 37.51 400m: 4:51.71 36.42						
31.	NARRA Vera Figueiredo	04	Amadora	**4:51.94**	+0,70	531	
	50m: 33.15 33.15 150m: 1:46.59 37.04 250m: 3:00.38 36.39 350m: 4:14.69 37.41						
	100m: 1:09.55 36.40 200m: 2:23.99 37.40 300m: 3:37.28 36.90 400m: 4:51.94 37.25						
32.	NICOLAU Margarida Claudino	05	Torres Novas	**4:52.23**	+0,72	529	
	50m: 31.90 31.90 150m: 1:45.05 37.62 250m: 3:00.43 37.59 350m: 4:15.77 37.75						
	100m: 1:07.43 35.53 200m: 2:22.84 37.79 300m: 3:38.02 37.59 400m: 4:52.23 36.46						
33.	RINO Maria Pedro	05	Academia Acores	**4:52.43**	+0,83	528	
	50m: 33.27 33.27 150m: 1:46.41 37.11 250m: 3:00.53 36.96 350m: 4:16.14 37.56						
	100m: 1:09.30 36.03 200m: 2:23.57 37.16 300m: 3:38.58 38.05 400m: 4:52.43 36.29						

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Prova 35, Femin., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	NEVES Natalia Passeira	05	Natacao de Valongo	**4:53.01**	+0,88	525	
	50m: 33.42 33.42 150m: 1:48.35 37.66 250m: 3:03.64 37.07 350m: 4:17.88 36.47						
	100m: 1:10.69 37.27 200m: 2:26.57 38.22 300m: 3:41.41 37.77 400m: 4:53.01 35.13						
35.	LOPES Francisca Macedo	05	Vilacondense	**4:53.09**	+0,85	525	
	50m: 32.16 32.16 150m: 1:44.81 36.71 250m: 3:00.33 37.98 350m: 4:16.15 37.78						
	100m: 1:08.10 35.94 200m: 2:22.35 37.54 300m: 3:38.37 38.04 400m: 4:53.09 36.94						
36.	LIGEIRO Daniela Silva	04	Viana Natacao	**4:53.33**	+0,73	523	
	50m: 32.49 32.49 150m: 1:45.24 36.71 250m: 3:00.49 37.72 350m: 4:16.15 37.51						
	100m: 1:08.53 36.04 200m: 2:22.77 37.53 300m: 3:38.64 38.15 400m: 4:53.33 37.18						
37.	FERNANDES Maria Elias	04	Desportiva Viana	**4:54.05**	+0,92	520	
	50m: 32.77 32.77 150m: 1:46.49 37.50 250m: 3:02.26 38.03 350m: 4:17.96 37.49						
	100m: 1:08.99 36.22 200m: 2:24.23 37.74 300m: 3:40.47 38.21 400m: 4:54.05 36.09						
38.	FERREIRA Joana Rocha	05	Benfica	**4:56.94**	+0,84	504	
	50m: 33.56 33.56 150m: 1:48.11 38.14 250m: 3:05.53 38.63 350m: 4:21.38 37.63						
	100m: 1:09.97 36.41 200m: 2:26.90 38.79 300m: 3:43.75 38.22 400m: 4:56.94 35.56						
39.	ARAUJO Maria Clara	05	Naval do Funchal	**4:56.99**	+0,60	504	
	50m: 32.79 32.79 150m: 1:47.46 37.72 250m: 3:04.61 38.44 350m: 4:21.35 38.25						
	100m: 1:09.74 36.95 200m: 2:26.17 38.71 300m: 3:43.10 38.49 400m: 4:56.99 35.64						
40.	PIRES Laura Joao	05	Natacao do Fundao	**4:57.98**	+0,78	499	
	50m: 34.36 34.36 150m: 1:48.39 37.56 250m: 3:04.65 38.14 350m: 4:21.24 38.31						
	100m: 1:10.83 36.47 200m: 2:26.51 38.12 300m: 3:42.93 38.28 400m: 4:57.98 36.74						
41.	LIMA Eduarda Filipa	04	Vilacondense	**4:58.89**	+0,81	495	
	50m: 33.58 33.58 150m: 1:49.20 38.59 250m: 3:05.21 38.45 350m: 4:22.80 38.89						
	100m: 1:10.61 37.03 200m: 2:26.76 37.56 300m: 3:43.91 38.70 400m: 4:58.89 36.09						
42.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**4:59.17**	+0,82	493	
	50m: 32.57 32.57 150m: 1:47.37 38.09 250m: 3:03.88 37.94 350m: 4:22.31 39.17						
	100m: 1:09.28 36.71 200m: 2:25.94 38.57 300m: 3:43.14 39.26 400m: 4:59.17 36.86						
43.	PEDRO Daniela Alexandra	04	Sporting	**4:59.46**	+0,72	492	
	50m: 32.43 32.43 150m: 1:47.55 38.27 250m: 3:04.28 37.94 350m: 4:22.52 38.79						
	100m: 1:09.28 36.85 200m: 2:26.34 38.79 300m: 3:43.73 39.45 400m: 4:59.46 36.94						
44.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**5:02.20**	+0,59	479	
	50m: 33.02 33.02 150m: 1:47.87 37.85 250m: 3:05.11 38.67 350m: 4:23.27 39.37						
	100m: 1:10.02 37.00 200m: 2:26.44 38.57 300m: 3:43.90 38.79 400m: 5:02.20 38.93						

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Prova 35, Femin., 400m Livres, Elimin

Prova 35 — Femin., 400m Livres — Open
03-08-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

TAC Sen 50m: 4:36.53 - 25m: 4:31.22; Jun 50m: 4:44.93 - 25m: 4:37.84; Juv A 50m: 4:51.86 - 25m: 4:45.86; Juv B 50m: 4:56.05 - 25m: 4:50.56

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**4:23.02**	+0,72	726	
	50m: 30.44 30.44 150m: 1:36.34 33.08 250m: 2:43.11 33.14 350m: 3:50.01 33.35						
	100m: 1:03.26 32.82 200m: 2:09.97 33.63 300m: 3:16.66 33.55 400m: 4:23.02 33.01						
2.	HOLUB Tamila Hryhorivna	99	Braga	**4:24.10**	+0,73	717	
	50m: 30.95 30.95 150m: 1:37.16 33.04 250m: 2:43.89 33.33 350m: 3:50.88 33.41						
	100m: 1:04.12 33.17 200m: 2:10.56 33.40 300m: 3:17.47 33.58 400m: 4:24.10 33.22						
3.	MARTINS Francisca Soares	03	Foca	**4:25.00**	+0,64	710	
	50m: 30.27 30.27 150m: 1:36.68 33.43 250m: 2:44.19 33.71 350m: 3:52.04 33.61						
	100m: 1:03.25 32.98 200m: 2:10.48 33.80 300m: 3:18.43 34.24 400m: 4:25.00 32.96						
4.	HENRIQUES Ines Jacinto	00	Sporting	**4:29.49**	+0,66	675	
	50m: 31.45 31.45 150m: 1:39.31 34.06 250m: 2:47.04 33.84 350m: 3:55.39 34.26						
	100m: 1:05.25 33.80 200m: 2:13.20 33.89 300m: 3:21.13 34.09 400m: 4:29.49 34.10						
5.	RAMOS Ana Rita	02	Porto	**4:29.74**	+0,72	673	
	50m: 31.59 31.59 150m: 1:39.03 33.79 250m: 2:47.53 33.88 350m: 3:56.06 34.23						
	100m: 1:05.24 33.65 200m: 2:13.65 34.62 300m: 3:21.83 34.30 400m: 4:29.74 33.68						
6.	ANDRE Leticia Maia	02	Benfica	**4:30.54**	+0,68	667	
	50m: 31.03 31.03 150m: 1:39.79 34.82 250m: 2:49.01 34.39 350m: 3:57.51 34.07						
	100m: 1:04.97 33.94 200m: 2:14.62 34.83 300m: 3:23.44 34.43 400m: 4:30.54 33.03						
7.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:32.30**	+0,65	654	
	50m: 31.50 31.50 150m: 1:38.46 33.79 250m: 2:47.81 34.68 350m: 3:57.75 34.89						
	100m: 1:04.67 33.17 200m: 2:13.13 34.67 300m: 3:22.86 35.05 400m: 4:32.30 34.55						
8.	FARIA Ana Rita	00	Porto	**4:32.71**	+0,73	651	
	50m: 31.36 31.36 150m: 1:40.06 34.79 250m: 2:49.31 34.60 350m: 3:58.84 35.01						
	100m: 1:05.27 33.91 200m: 2:14.71 34.65 300m: 3:23.83 34.52 400m: 4:32.71 33.87						
9.	VELOSO Teresa Miguel	00	Sporting	**4:33.31**	+0,72	647	
	50m: 31.94 31.94 150m: 1:40.26 34.44 250m: 2:48.79 34.29 350m: 3:58.48 35.05						
	100m: 1:05.82 33.88 200m: 2:14.50 34.24 300m: 3:23.43 34.64 400m: 4:33.31 34.83						
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:33.59**	+0,75	645	
	50m: 31.53 31.53 150m: 1:40.56 34.63 250m: 2:50.05 34.77 350m: 4:00.37 35.15						
	100m: 1:05.93 34.40 200m: 2:15.28 34.72 300m: 3:25.22 35.17 400m: 4:33.59 33.22						
11.	CARDEAL Joana Nunes	02	Academico Viseu	**4:35.06**	+0,77	635	
	50m: 31.48 31.48 150m: 1:40.52 34.85 250m: 2:50.54 34.97 350m: 4:01.17 35.10						
	100m: 1:05.67 34.19 200m: 2:15.57 35.05 300m: 3:26.07 35.53 400m: 4:35.06 33.89						

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Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:35.41**	+0,75	632	
	50m: 31.83 31.83 150m: 1:40.66 34.53 250m: 2:50.93 34.92 350m: 4:01.41 35.38						
	100m: 1:06.13 34.30 200m: 2:16.01 35.35 300m: 3:26.03 35.10 400m: 4:35.41 34.00						
13.	AMORIM Maria Leonor	03	Porto	**4:35.46**	+0,71	632	
	50m: 31.74 31.74 150m: 1:40.57 34.80 250m: 2:49.89 34.09 350m: 4:00.86 35.49						
	100m: 1:05.77 34.03 200m: 2:15.80 35.23 300m: 3:25.37 35.48 400m: 4:35.46 34.60						
14.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:35.67**	+0,69	631	
	50m: 31.72 31.72 150m: 1:40.54 34.89 250m: 2:50.54 35.36 350m: 4:00.62 35.37						
	100m: 1:05.65 33.93 200m: 2:15.18 34.64 300m: 3:25.25 34.71 400m: 4:35.67 35.05						
15.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:36.33**	+0,74	626	
	50m: 31.82 31.82 150m: 1:40.55 34.53 250m: 2:50.78 34.96 350m: 4:01.81 35.62						
	100m: 1:06.02 34.20 200m: 2:15.82 35.27 300m: 3:26.19 35.41 400m: 4:36.33 34.52						
16.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:37.19**	+0,68	620	
	50m: 31.80 31.80 150m: 1:40.77 35.31 250m: 2:52.08 35.75 350m: 4:03.10 35.34						
	100m: 1:05.46 33.66 200m: 2:16.33 35.56 300m: 3:27.76 35.68 400m: 4:37.19 34.09						
17.	PINA Ana Sofia	02	O Crasto	**4:37.59**	+0,71	618	
	50m: 31.48 31.48 150m: 1:40.30 34.61 250m: 2:50.97 35.44 350m: 4:02.71 36.12						
	100m: 1:05.69 34.21 200m: 2:15.53 35.23 300m: 3:26.59 35.62 400m: 4:37.59 34.88						
18.	FRAZAO Alexandra Couto	02	Condeixa Clube	**4:37.78**	+0,74	616	
	50m: 32.12 32.12 150m: 1:41.76 34.94 250m: 2:52.66 35.28 350m: 4:03.59 35.12						
	100m: 1:06.82 34.70 200m: 2:17.38 35.62 300m: 3:28.47 35.81 400m: 4:37.78 34.19						
19.	LOPES Daniela Magalhaes	05	Famalicao	**4:38.22**	+0,80	613	
	50m: 32.11 32.11 150m: 1:41.86 34.81 250m: 2:53.28 35.79 350m: 4:04.11 35.10						
	100m: 1:07.05 34.94 200m: 2:17.49 35.63 300m: 3:29.01 35.73 400m: 4:38.22 34.11						
20.	GIGON Meryl	95	Turrita Nuoto	**4:38.33**	+0,72	613	
	50m: 31.56 31.56 150m: 1:42.24 35.66 250m: 2:54.39 35.92 350m: 4:03.82 34.65						
	100m: 1:06.58 35.02 200m: 2:18.47 36.23 300m: 3:29.17 34.78 400m: 4:38.33 34.51						
21.	PIRES Marta Joao	05	Alges	**4:38.79**	+0,75	610	
	50m: 32.63 32.63 150m: 1:43.70 35.53 250m: 2:54.15 34.59 350m: 4:04.35 35.11						
	100m: 1:08.17 35.54 200m: 2:19.56 35.86 300m: 3:29.24 35.09 400m: 4:38.79 34.44						
22.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:38.93**	+0,66	609	
	50m: 31.42 31.42 150m: 1:40.84 34.90 250m: 2:51.58 35.37 350m: 4:03.67 35.87						
	100m: 1:05.94 34.52 200m: 2:16.21 35.37 300m: 3:27.80 36.22 400m: 4:38.93 35.26						
23.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**4:39.27**	+0,73	607	
	50m: 31.93 31.93 150m: 1:41.60 35.02 250m: 2:52.52 35.69 350m: 4:04.14 35.85						
	100m: 1:06.58 34.65 200m: 2:16.83 35.23 300m: 3:28.29 35.77 400m: 4:39.27 35.13						
24.	SEBASTIAO Sofia Antunes	05	Amadora	**4:39.35**	+0,81	606	
	50m: 31.90 31.90 150m: 1:41.85 34.66 250m: 2:52.53 35.53 350m: 4:04.14 35.29						
	100m: 1:07.19 35.29 200m: 2:17.00 35.15 300m: 3:28.85 36.32 400m: 4:39.35 35.21						
25.	SANTOS Leonor Esteves	04	Avancado EUL	**4:40.06**	+0,77	601	
	50m: 32.43 32.43 150m: 1:43.53 35.71 250m: 2:54.68 35.37 350m: 4:05.24 35.28						
	100m: 1:07.82 35.39 200m: 2:19.31 35.78 300m: 3:29.96 35.28 400m: 4:40.06 34.82						
26.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:40.91**	+0,77	596	
	50m: 32.76 32.76 150m: 1:43.47 35.18 250m: 2:54.35 35.42 350m: 4:05.47 35.34						
	100m: 1:08.29 35.53 200m: 2:18.93 35.46 300m: 3:30.13 35.78 400m: 4:40.91 35.44						

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Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	PINHO Carolina Teixeira	04	Porto	**4:40.96**	+0,66	596	
	50m: 32.23 32.23 150m: 1:42.63 35.49 250m: 2:53.92 35.57 350m: 4:05.62 35.61						
	100m: 1:07.14 34.91 200m: 2:18.35 35.72 300m: 3:30.01 36.09 400m: 4:40.96 35.34						
28.	PRETO Filipa Manso	04	Porto	**4:41.72**	+0,77	591	
	50m: 33.04 33.04 150m: 1:43.92 35.67 250m: 2:55.36 35.76 350m: 4:06.71 35.63						
	100m: 1:08.25 35.21 200m: 2:19.60 35.68 300m: 3:31.08 35.72 400m: 4:41.72 35.01						
29.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**4:42.15**	+0,66	588	
	50m: 32.38 32.38 150m: 1:43.41 36.18 250m: 2:56.14 36.39 350m: 4:08.93 36.24						
	100m: 1:07.23 34.85 200m: 2:19.75 36.34 300m: 3:32.69 36.55 400m: 4:42.15 33.22						
30.	SIMOES Ana Beatriz	05	Sporting	**4:42.22**	+0,78	588	
	50m: 33.10 33.10 150m: 1:45.38 36.18 250m: 2:56.54 35.32 350m: 4:07.70 35.54						
	100m: 1:09.20 36.10 200m: 2:21.22 35.84 300m: 3:32.16 35.62 400m: 4:42.22 34.52						
31.	ROLAO Sofia Alexandra	98	Benfica	**4:43.02**	+0,77	583	
	50m: 31.79 31.79 150m: 1:41.58 34.95 250m: 2:53.65 35.88 350m: 4:06.79 36.40						
	100m: 1:06.63 34.84 200m: 2:17.77 36.19 300m: 3:30.39 36.74 400m: 4:43.02 36.23						
32.	SOARES Carolina Silva	03	Natacao de Valongo	**4:43.13**	+0,74	582	
	50m: 31.65 31.65 150m: 1:42.15 35.54 250m: 2:54.67 36.05 350m: 4:07.77 36.36						
	100m: 1:06.61 34.96 200m: 2:18.62 36.47 300m: 3:31.41 36.74 400m: 4:43.13 35.36						
33.	MARQUES Maria Alexandra	04	Albicastrense	**4:43.43**	+0,64	580	
	50m: 33.77 33.77 150m: 1:45.88 36.31 250m: 2:57.08 35.39 350m: 4:08.39 35.59						
	100m: 1:09.57 35.80 200m: 2:21.69 35.81 300m: 3:32.80 35.72 400m: 4:43.43 35.04						
34.	ALVES Joana Silva	05	Benedita	**4:44.36**	+0,77	574	
	50m: 31.78 31.78 150m: 1:42.70 35.82 250m: 2:56.37 36.70 350m: 4:09.56 35.96						
	100m: 1:06.88 35.10 200m: 2:19.67 36.97 300m: 3:33.60 37.23 400m: 4:44.36 34.80						
35.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**4:45.08**	+0,71	570	
	50m: 33.50 33.50 150m: 1:45.68 36.24 250m: 2:58.48 36.39 350m: 4:10.77 36.03						
	100m: 1:09.44 35.94 200m: 2:22.09 36.41 300m: 3:34.74 36.26 400m: 4:45.08 34.31						
36.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**4:45.29**	+0,78	569	
	50m: 32.21 32.21 150m: 1:43.68 35.94 250m: 2:57.19 36.62 350m: 4:10.36 36.40						
	100m: 1:07.74 35.53 200m: 2:20.57 36.89 300m: 3:33.96 36.77 400m: 4:45.29 34.93						
37.	PIMENTEL Marta Lima	04	Fluvial Portuense	**4:45.34**	+0,83	569	
	50m: 32.35 32.35 150m: 1:43.49 35.93 250m: 2:56.58 36.52 350m: 4:10.25 36.77						
	100m: 1:07.56 35.21 200m: 2:20.06 36.57 300m: 3:33.48 36.90 400m: 4:45.34 35.09						
38.	SILVA Ines Martins	04	Vilacondense	**4:47.12**	+0,83	558	
	50m: 32.46 32.46 150m: 1:43.55 35.89 250m: 2:56.67 36.83 350m: 4:10.89 37.05						
	100m: 1:07.66 35.20 200m: 2:19.84 36.29 300m: 3:33.84 37.17 400m: 4:47.12 36.23						
39.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**4:47.68**	+0,72	555	
	50m: 32.15 32.15 150m: 1:44.70 36.58 250m: 2:58.51 36.67 350m: 4:11.88 36.55						
	100m: 1:08.12 35.97 200m: 2:21.84 37.14 300m: 3:35.33 36.82 400m: 4:47.68 35.80						
40.	COSTA Mariana Martins	05	Famalicao	**4:47.71**	+0,79	555	
	50m: 33.34 33.34 150m: 1:46.36 36.59 250m: 2:59.91 36.65 350m: 4:12.74 36.43						
	100m: 1:09.77 36.43 200m: 2:23.26 36.90 300m: 3:36.31 36.40 400m: 4:47.71 34.97						
41.	DIAS Ana Leonor	02	Natacao Olhao	**4:47.94**	+0,73	553	
	50m: 33.05 33.05 150m: 1:44.78 35.90 250m: 2:56.81 35.52 350m: 4:11.12 37.17						
	100m: 1:08.88 35.83 200m: 2:21.29 36.51 300m: 3:33.95 37.14 400m: 4:47.94 36.82						

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Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
41.	CABRAL Ana Matos	05	Condeixa Clube	**4:47.94**	+0,74	553	
	50m: 32.49 32.49 150m: 1:44.48 36.31 250m: 2:58.38 36.51 350m: 4:12.33 36.54						
	100m: 1:08.17 35.68 200m: 2:21.87 37.39 300m: 3:35.79 37.41 400m: 4:47.94 35.61						
43.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**4:48.59**	+0,71	550	
	50m: 32.82 32.82 150m: 1:45.66 36.68 250m: 2:59.41 36.77 350m: 4:12.83 36.53						
	100m: 1:08.98 36.16 200m: 2:22.64 36.98 300m: 3:36.30 36.89 400m: 4:48.59 35.76						
44.	TROIA Beatriz Rosa	04	Vilacondense	**4:48.76**	+0,74	549	
	50m: 33.11 33.11 150m: 1:45.29 36.46 250m: 2:59.44 37.20 350m: 4:13.56 37.04						
	100m: 1:08.83 35.72 200m: 2:22.24 36.95 300m: 3:36.52 37.08 400m: 4:48.76 35.20						
45.	ALMEIDA Catarina Nunes	04	Galitos / Bresimar	**4:48.88**	+0,67	548	
	50m: 33.25 33.25 150m: 1:46.65 37.07 250m: 3:00.43 36.70 350m: 4:13.88 36.47						
	100m: 1:09.58 36.33 200m: 2:23.73 37.08 300m: 3:37.41 36.98 400m: 4:48.88 35.00						
46.	GALANTE Ines Carvalho	04	Vilacondense	**4:49.12**	+0,86	547	
	50m: 32.48 32.48 150m: 1:44.89 36.58 250m: 3:00.01 37.49 350m: 4:13.75 36.51						
	100m: 1:08.31 35.83 200m: 2:22.52 37.63 300m: 3:37.24 37.23 400m: 4:49.12 35.37						
47.	CANINHAS Maria Pinto	05	Natacao do Fundao	**4:49.27**	+0,84	546	
	50m: 32.76 32.76 150m: 1:45.59 36.76 250m: 2:59.84 37.02 350m: 4:13.93 36.78						
	100m: 1:08.83 36.07 200m: 2:22.82 37.23 300m: 3:37.15 37.31 400m: 4:49.27 35.34						
48.	PEREIRA Carolina Rei	05	Natacao de Vagos	**4:49.87**	+0,67	542	
	50m: 32.46 32.46 150m: 1:44.51 36.26 250m: 2:59.31 37.41 350m: 4:13.69 36.84						
	100m: 1:08.25 35.79 200m: 2:21.90 37.39 300m: 3:36.85 37.54 400m: 4:49.87 36.18						
49.	HUTYY Adriana Carolina	05	Braga	**4:50.23**	+0,81	540	
	50m: 33.00 33.00 150m: 1:45.76 36.99 250m: 2:59.41 36.95 350m: 4:13.75 37.09						
	100m: 1:08.77 35.77 200m: 2:22.46 36.70 300m: 3:36.66 37.25 400m: 4:50.23 36.48						
50.	COSTA Mafalda Santos	05	Colegio Monte Maior	**4:50.95**	+0,86	536	
	50m: 32.39 32.39 150m: 1:44.60 36.57 250m: 2:59.32 37.36 350m: 4:14.73 37.64						
	100m: 1:08.03 35.64 200m: 2:21.96 37.36 300m: 3:37.09 37.77 400m: 4:50.95 36.22						
51.	SOUSA Ines Matos	03	Uniao Coimbra	**4:50.96**	+0,71	536	
	50m: 32.74 32.74 150m: 1:44.77 36.25 250m: 2:59.05 36.94 350m: 4:13.97 37.33						
	100m: 1:08.52 35.78 200m: 2:22.11 37.34 300m: 3:36.64 37.59 400m: 4:50.96 36.99						
52.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**4:51.66**	+0,76	532	
	50m: 32.55 32.55 150m: 1:44.71 36.64 250m: 3:00.37 38.04 350m: 4:15.64 37.53						
	100m: 1:08.07 35.52 200m: 2:22.33 37.62 300m: 3:38.11 37.74 400m: 4:51.66 36.02						
53.	INACIO Marta Macedo	04	Sporting	**4:51.68**	+0,76	532	
	50m: 33.58 33.58 150m: 1:46.41 36.48 250m: 2:59.81 36.61 350m: 4:14.60 37.57						
	100m: 1:09.93 36.35 200m: 2:23.20 36.79 300m: 3:37.03 37.22 400m: 4:51.68 37.08						
54.	SANTOS Mariana Marques	05	Gesloures	**4:51.71**	+0,65	532	
	50m: 33.27 33.27 150m: 1:47.30 37.28 250m: 3:01.04 36.85 350m: 4:15.29 36.74						
	100m: 1:10.02 36.75 200m: 2:24.19 36.89 300m: 3:38.55 37.51 400m: 4:51.71 36.42						
55.	NARRA Vera Figueiredo	04	Amadora	**4:51.94**	+0,70	531	
	50m: 33.15 33.15 150m: 1:46.59 37.04 250m: 3:00.38 36.39 350m: 4:14.69 37.41						
	100m: 1:09.55 36.40 200m: 2:23.99 37.40 300m: 3:37.28 36.90 400m: 4:51.94 37.25						
56.	NICOLAU Margarida Claudino	05	Torres Novas	**4:52.23**	+0,72	529	
	50m: 31.90 31.90 150m: 1:45.05 37.62 250m: 3:00.43 37.59 350m: 4:15.77 37.75						
	100m: 1:07.43 35.53 200m: 2:22.84 37.79 300m: 3:38.02 37.59 400m: 4:52.23 36.46						

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Prova 35, Femin., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	RINO Maria Pedro	05	Academia Acores	**4:52.43**	+0,83	528	
	50m: 33.27 33.27 150m: 1:46.41 37.11 250m: 3:00.53 36.96 350m: 4:16.14 37.56						
	100m: 1:09.30 36.03 200m: 2:23.57 37.16 300m: 3:38.58 38.05 400m: 4:52.43 36.29						
58.	FOMINA Anna	02	Louletano / Loule Concelho	**4:52.83**	+0,75	526	
	50m: 33.07 33.07 150m: 1:45.06 36.52 250m: 2:59.86 37.66 350m: 4:15.55 38.42						
	100m: 1:08.54 35.47 200m: 2:22.20 37.14 300m: 3:37.13 37.27 400m: 4:52.83 37.28						
59.	NEVES Natalia Passeira	05	Natacao de Valongo	**4:53.01**	+0,88	525	
	50m: 33.42 33.42 150m: 1:48.35 37.66 250m: 3:03.64 37.07 350m: 4:17.88 36.47						
	100m: 1:10.69 37.27 200m: 2:26.57 38.22 300m: 3:41.41 37.77 400m: 4:53.01 35.13						
60.	LOPES Francisca Macedo	05	Vilacondense	**4:53.09**	+0,85	525	
	50m: 32.16 32.16 150m: 1:44.81 36.71 250m: 3:00.33 37.98 350m: 4:16.15 37.78						
	100m: 1:08.10 35.94 200m: 2:22.35 37.54 300m: 3:38.37 38.04 400m: 4:53.09 36.94						
61.	LIGEIRO Daniela Silva	04	Viana Natacao	**4:53.33**	+0,73	523	
	50m: 32.49 32.49 150m: 1:45.24 36.71 250m: 3:00.49 37.72 350m: 4:16.15 37.51						
	100m: 1:08.53 36.04 200m: 2:22.77 37.53 300m: 3:38.64 38.15 400m: 4:53.33 37.18						
62.	FERNANDES Maria Elias	04	Desportiva Viana	**4:54.05**	+0,92	520	
	50m: 32.77 32.77 150m: 1:46.49 37.50 250m: 3:02.26 38.03 350m: 4:17.96 37.49						
	100m: 1:08.99 36.22 200m: 2:24.23 37.74 300m: 3:40.47 38.21 400m: 4:54.05 36.09						
63.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**4:54.20**	+0,73	519	
	50m: 32.41 32.41 150m: 1:44.33 36.27 250m: 2:59.47 37.43 350m: 4:16.15 38.49						
	100m: 1:08.06 35.65 200m: 2:22.04 37.71 300m: 3:37.66 38.19 400m: 4:54.20 38.05						
64.	FERREIRA Joana Rocha	05	Benfica	**4:56.94**	+0,84	504	
	50m: 33.56 33.56 150m: 1:48.11 38.14 250m: 3:05.53 38.63 350m: 4:21.38 37.63						
	100m: 1:09.97 36.41 200m: 2:26.90 38.79 300m: 3:43.75 38.22 400m: 4:56.94 35.56						
65.	ARAUJO Maria Clara	05	Naval do Funchal	**4:56.99**	+0,60	504	
	50m: 32.79 32.79 150m: 1:47.46 37.72 250m: 3:04.61 38.44 350m: 4:21.35 38.25						
	100m: 1:09.74 36.95 200m: 2:26.17 38.71 300m: 3:43.10 38.49 400m: 4:56.99 35.64						
66.	PIRES Laura Joao	05	Natacao do Fundao	**4:57.98**	+0,78	499	
	50m: 34.36 34.36 150m: 1:48.39 37.56 250m: 3:04.65 38.14 350m: 4:21.24 38.31						
	100m: 1:10.83 36.47 200m: 2:26.51 38.12 300m: 3:42.93 38.28 400m: 4:57.98 36.74						
67.	LIMA Eduarda Filipa	04	Vilacondense	**4:58.89**	+0,81	495	
	50m: 33.58 33.58 150m: 1:49.20 38.59 250m: 3:05.21 38.45 350m: 4:22.80 38.89						
	100m: 1:10.61 37.03 200m: 2:26.76 37.56 300m: 3:43.91 38.70 400m: 4:58.89 36.09						
68.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**4:59.17**	+0,82	493	
	50m: 32.57 32.57 150m: 1:47.37 38.09 250m: 3:03.88 37.94 350m: 4:22.31 39.17						
	100m: 1:09.28 36.71 200m: 2:25.94 38.57 300m: 3:43.14 39.26 400m: 4:59.17 36.86						
69.	PEDRO Daniela Alexandra	04	Sporting	**4:59.46**	+0,72	492	
	50m: 32.43 32.43 150m: 1:47.55 38.27 250m: 3:04.28 37.94 350m: 4:22.52 38.79						
	100m: 1:09.28 36.85 200m: 2:26.34 38.79 300m: 3:43.73 39.45 400m: 4:59.46 36.94						
70.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**5:02.20**	+0,59	479	
	50m: 33.02 33.02 150m: 1:47.87 37.85 250m: 3:05.11 38.67 350m: 4:23.27 39.37						
	100m: 1:10.02 37.00 200m: 2:26.44 38.57 300m: 3:43.90 38.79 400m: 5:02.20 38.93						

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Prova 35, Femin., 400m Livres, Elimin

Prova 35 — Femin., 400m Livres — Absolutos
03-08-2019 - 11:35 — Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002

TAC Sen 50m: 4:36.53 - 25m: 4:31.22; Jun 50m: 4:44.93 - 25m: 4:37.84

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	**4:23.02**	+0,72	726	
	50m: 30.44 30.44 150m: 1:36.34 33.08 250m: 2:43.11 33.14 350m: 3:50.01 33.35						
	100m: 1:03.26 32.82 200m: 2:09.97 33.63 300m: 3:16.66 33.55 400m: 4:23.02 33.01						
2.	HOLUB Tamila Hryhorivna	99	Braga	**4:24.10**	+0,73	717	
	50m: 30.95 30.95 150m: 1:37.16 33.04 250m: 2:43.89 33.33 350m: 3:50.88 33.41						
	100m: 1:04.12 33.17 200m: 2:10.56 33.40 300m: 3:17.47 33.58 400m: 4:24.10 33.22						
3.	MARTINS Francisca Soares	03	Foca	**4:25.00**	+0,64	710	
	50m: 30.27 30.27 150m: 1:36.68 33.43 250m: 2:44.19 33.71 350m: 3:52.04 33.61						
	100m: 1:03.25 32.98 200m: 2:10.48 33.80 300m: 3:18.43 34.24 400m: 4:25.00 32.96						
4.	HENRIQUES Ines Jacinto	00	Sporting	**4:29.49**	+0,66	675	
	50m: 31.45 31.45 150m: 1:39.31 34.06 250m: 2:47.04 33.84 350m: 3:55.39 34.26						
	100m: 1:05.25 33.80 200m: 2:13.20 33.89 300m: 3:21.13 34.09 400m: 4:29.49 34.10						
5.	RAMOS Ana Rita	02	Porto	**4:29.74**	+0,72	673	
	50m: 31.59 31.59 150m: 1:39.03 33.79 250m: 2:47.53 33.88 350m: 3:56.06 34.23						
	100m: 1:05.24 33.65 200m: 2:13.65 34.62 300m: 3:21.83 34.30 400m: 4:29.74 33.68						
6.	ANDRE Leticia Maia	02	Benfica	**4:30.54**	+0,68	667	
	50m: 31.03 31.03 150m: 1:39.79 34.82 250m: 2:49.01 34.39 350m: 3:57.51 34.07						
	100m: 1:04.97 33.94 200m: 2:14.62 34.83 300m: 3:23.44 34.43 400m: 4:30.54 33.03						
7.	FARIA Ana Rita	00	Porto	**4:32.71**	+0,73	651	
	50m: 31.36 31.36 150m: 1:40.06 34.79 250m: 2:49.31 34.60 350m: 3:58.84 35.01						
	100m: 1:05.27 33.91 200m: 2:14.71 34.65 300m: 3:23.83 34.52 400m: 4:32.71 33.87						
8.	VELOSO Teresa Miguel	00	Sporting	**4:33.31**	+0,72	647	
	50m: 31.94 31.94 150m: 1:40.26 34.44 250m: 2:48.79 34.29 350m: 3:58.48 35.05						
	100m: 1:05.82 33.88 200m: 2:14.50 34.24 300m: 3:23.43 34.64 400m: 4:33.31 34.83						
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:33.59**	+0,75	645	
	50m: 31.53 31.53 150m: 1:40.56 34.63 250m: 2:50.05 34.77 350m: 4:00.37 35.15						
	100m: 1:05.93 34.40 200m: 2:15.28 34.72 300m: 3:25.22 35.17 400m: 4:33.59 33.22						
10.	CARDEAL Joana Nunes	02	Academico Viseu	**4:35.06**	+0,77	635	
	50m: 31.48 31.48 150m: 1:40.52 34.85 250m: 2:50.54 34.97 350m: 4:01.17 35.10						
	100m: 1:05.67 34.19 200m: 2:15.57 35.05 300m: 3:26.07 35.53 400m: 4:35.06 33.89						
11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:35.41**	+0,75	632	
	50m: 31.83 31.83 150m: 1:40.66 34.53 250m: 2:50.93 34.92 350m: 4:01.41 35.38						
	100m: 1:06.13 34.30 200m: 2:16.01 35.35 300m: 3:26.03 35.10 400m: 4:35.41 34.00						
12.	AMORIM Maria Leonor	03	Porto	**4:35.46**	+0,71	632	
	50m: 31.74 31.74 150m: 1:40.57 34.80 250m: 2:49.89 34.09 350m: 4:00.86 35.49						
	100m: 1:05.77 34.03 200m: 2:15.80 35.23 300m: 3:25.37 35.48 400m: 4:35.46 34.60						

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Prova 35, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:35.67**	+0,69	631	
	50m: 31.72 31.72 150m: 1:40.54 34.89 250m: 2:50.54 35.36 350m: 4:00.62 35.37						
	100m: 1:05.65 33.93 200m: 2:15.18 34.64 300m: 3:25.25 34.71 400m: 4:35.67 35.05						
14.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:36.33**	+0,74	626	
	50m: 31.82 31.82 150m: 1:40.55 34.53 250m: 2:50.78 34.96 350m: 4:01.81 35.62						
	100m: 1:06.02 34.20 200m: 2:15.82 35.27 300m: 3:26.19 35.41 400m: 4:36.33 34.52						
15.	PINA Ana Sofia	02	O Crasto	**4:37.59**	+0,71	618	
	50m: 31.48 31.48 150m: 1:40.30 34.61 250m: 2:50.97 35.44 350m: 4:02.71 36.12						
	100m: 1:05.69 34.21 200m: 2:15.53 35.23 300m: 3:26.59 35.62 400m: 4:37.59 34.88						
16.	FRAZAO Alexandra Couto	02	Condeixa Clube	**4:37.78**	+0,74	616	
	50m: 32.12 32.12 150m: 1:41.76 34.94 250m: 2:52.66 35.28 350m: 4:03.59 35.12						
	100m: 1:06.82 34.70 200m: 2:17.38 35.62 300m: 3:28.47 35.81 400m: 4:37.78 34.19						
17.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:38.93**	+0,66	609	
	50m: 31.42 31.42 150m: 1:40.84 34.90 250m: 2:51.58 35.37 350m: 4:03.67 35.87						
	100m: 1:05.94 34.52 200m: 2:16.21 35.37 300m: 3:27.80 36.22 400m: 4:38.93 35.26						
18.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:40.91**	+0,77	596	
	50m: 32.76 32.76 150m: 1:43.47 35.18 250m: 2:54.35 35.42 350m: 4:05.47 35.34						
	100m: 1:08.29 35.53 200m: 2:18.93 35.46 300m: 3:30.13 35.78 400m: 4:40.91 35.44						
19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**4:42.15**	+0,66	588	
	50m: 32.38 32.38 150m: 1:43.41 36.18 250m: 2:56.14 36.39 350m: 4:08.93 36.24						
	100m: 1:07.23 34.85 200m: 2:19.75 36.34 300m: 3:32.69 36.55 400m: 4:42.15 33.22						
20.	ROLAO Sofia Alexandra	98	Benfica	**4:43.02**	+0,77	583	
	50m: 31.79 31.79 150m: 1:41.58 34.95 250m: 2:53.65 35.88 350m: 4:06.79 36.40						
	100m: 1:06.63 34.84 200m: 2:17.77 36.19 300m: 3:30.39 36.74 400m: 4:43.02 36.23						
21.	SOARES Carolina Silva	03	Natacao de Valongo	**4:43.13**	+0,74	582	
	50m: 31.65 31.65 150m: 1:42.15 35.54 250m: 2:54.67 36.05 350m: 4:07.77 36.36						
	100m: 1:06.61 34.96 200m: 2:18.62 36.47 300m: 3:31.41 36.74 400m: 4:43.13 35.36						
22.	DIAS Ana Leonor	02	Natacao Olhao	**4:47.94**	+0,73	553	
	50m: 33.05 33.05 150m: 1:44.78 35.90 250m: 2:56.81 35.52 350m: 4:11.12 37.17						
	100m: 1:08.88 35.83 200m: 2:21.29 36.51 300m: 3:33.95 37.14 400m: 4:47.94 36.82						
23.	SOUSA Ines Matos	03	Uniao Coimbra	**4:50.96**	+0,71	536	
	50m: 32.74 32.74 150m: 1:44.77 36.25 250m: 2:59.05 36.94 350m: 4:13.97 37.33						
	100m: 1:08.52 35.78 200m: 2:22.11 37.34 300m: 3:36.64 37.59 400m: 4:50.96 36.99						
24.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**4:54.20**	+0,73	519	
	50m: 32.41 32.41 150m: 1:44.33 36.27 250m: 2:59.47 37.43 350m: 4:16.15 38.49						
	100m: 1:08.06 35.65 200m: 2:22.04 37.71 300m: 3:37.66 38.19 400m: 4:54.20 38.05						

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NATAÇÃO PURA

Prova 36 — Masc., 400m Livres — Juvenis
03-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

TAC Juv A 50m: 4:27.75 - 25m: 4:20.30; Juv B 50m: 4:31.87 - 25m: 4:27.10

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:12.78**	+0,66	659	
	50m: 29.27 29.27 150m: 1:35.06 33.11 250m: 2:39.19 32.43 350m: 3:42.84 31.71						
	100m: 1:01.95 32.68 200m: 2:06.76 31.70 300m: 3:11.13 31.94 400m: 4:12.78 29.94						
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:13.55**	+0,72	653	
	50m: 28.55 28.55 150m: 1:32.83 32.42 250m: 2:37.73 32.27 350m: 3:42.71 32.18						
	100m: 1:00.41 31.86 200m: 2:05.46 32.63 300m: 3:10.53 32.80 400m: 4:13.55 30.84						
3.	ALMEIDA Bernardo Victorino	04	Sporting	**4:14.98**	+0,68	642	
	50m: 28.76 28.76 150m: 1:32.91 32.27 250m: 2:38.14 32.20 350m: 3:43.40 32.65						
	100m: 1:00.64 31.88 200m: 2:05.94 33.03 300m: 3:10.75 32.61 400m: 4:14.98 31.58						
4.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**4:17.26**	+0,70	625	
	50m: 29.48 29.48 150m: 1:34.34 32.66 250m: 2:39.49 32.53 350m: 3:44.99 32.74						
	100m: 1:01.68 32.20 200m: 2:06.96 32.62 300m: 3:12.25 32.76 400m: 4:17.26 32.27						
5.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**4:18.96**	+0,68	613	
	50m: 30.00 30.00 150m: 1:35.74 32.84 250m: 2:40.98 32.29 350m: 3:46.49 32.57						
	100m: 1:02.90 32.90 200m: 2:08.69 32.95 300m: 3:13.92 32.94 400m: 4:18.96 32.47						
6.	LOPES Luis Afonso	03	Viver Santarem	**4:20.00**	+0,66	606	
	50m: 30.00 30.00 150m: 1:35.94 33.13 250m: 2:42.47 33.10 350m: 3:48.27 32.63						
	100m: 1:02.81 32.81 200m: 2:09.37 33.43 300m: 3:15.64 33.17 400m: 4:20.00 31.73						
7.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:21.10**	+0,70	598	
	50m: 29.75 29.75 150m: 1:33.06 33.87 250m: 2:38.21 30.59 350m: 3:48.38 33.74						
	100m: 59.19 29.44 200m: 2:07.62 34.56 300m: 3:14.64 36.43 400m: 4:21.10 32.72						
8.	CARVALHO Fernando Costa	03	Foca	**4:22.29**	+0,70	590	
	50m: 29.55 29.55 150m: 1:35.95 33.28 250m: 2:43.00 33.13 350m: 3:49.94 33.11						
	100m: 1:02.67 33.12 200m: 2:09.87 33.92 300m: 3:16.83 33.83 400m: 4:22.29 32.35						
9.	COSTA Hugo Alexandre	03	Natacao de Valongo	**4:22.64**	+0,72	588	
	50m: 29.74 29.74 150m: 1:36.56 33.50 250m: 2:43.96 33.61 350m: 3:50.71 32.75						
	100m: 1:03.06 33.32 200m: 2:10.35 33.79 300m: 3:17.96 34.00 400m: 4:22.64 31.93						
10.	DUARTE Pedro Esteves	03	Cova da Piedade	**4:23.26**	+0,67	584	
	50m: 29.42 29.42 150m: 1:36.51 33.93 250m: 2:44.21 33.31 350m: 3:51.42 33.35						
	100m: 1:02.58 33.16 200m: 2:10.90 34.39 300m: 3:18.07 33.86 400m: 4:23.26 31.84						
11.	GOMES Tomas Nogueira	03	Uniao Piedense	**4:23.87**	+0,65	580	
	50m: 29.71 29.71 150m: 1:36.45 33.65 250m: 2:44.16 33.46 350m: 3:51.93 33.38						
	100m: 1:02.80 33.09 200m: 2:10.70 34.25 300m: 3:18.55 34.39 400m: 4:23.87 31.94						
12.	NUNES Diogo Severino	04	Natacao de Valongo	**4:24.12**	+0,78	578	
	50m: 30.11 30.11 150m: 1:37.13 33.70 250m: 2:44.36 33.75 350m: 3:52.21 33.55						
	100m: 1:03.43 33.32 200m: 2:10.61 33.48 300m: 3:18.66 34.30 400m: 4:24.12 31.91						
13.	CANADAS Joao Vasco	03	Rio Maior	**4:24.14**	+0,70	578	
	50m: 29.70 29.70 150m: 1:35.60 33.05 250m: 2:43.13 33.94 350m: 3:51.71 34.14						
	100m: 1:02.55 32.85 200m: 2:09.19 33.59 300m: 3:17.57 34.44 400m: 4:24.14 32.43						

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PARCEIROS

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**4:24.21**	+0,68	577	
	50m: 29.64 29.64 150m: 1:35.55 33.14 250m: 2:43.20 33.40 350m: 3:51.89 34.06						
	100m: 1:02.41 32.77 200m: 2:09.80 34.25 300m: 3:17.83 34.63 400m: 4:24.21 32.32						
15.	SANTOS Gabriel Moreira	04	Famalicao	**4:24.36**	+0,72	576	
	50m: 29.27 29.27 150m: 1:35.60 33.30 250m: 2:42.90 33.62 350m: 3:50.84 33.71						
	100m: 1:02.30 33.03 200m: 2:09.28 33.68 300m: 3:17.13 34.23 400m: 4:24.36 33.52						
16.	PEREIRA Alexandre Alves	03	Braga	**4:24.49**	+0,78	576	
	50m: 28.10 28.10 150m: 1:33.99 33.74 250m: 2:43.61 34.49 350m: 3:52.81 34.49						
	100m: 1:00.25 32.15 200m: 2:09.12 35.13 300m: 3:18.32 34.71 400m: 4:24.49 31.68						
17.	DIAS Ruben Fonseca	03	Natacao de Valongo	**4:24.69**	+0,71	574	
	50m: 29.47 29.47 150m: 1:36.07 33.93 250m: 2:43.73 33.63 350m: 3:51.61 33.66						
	100m: 1:02.14 32.67 200m: 2:10.10 34.03 300m: 3:17.95 34.22 400m: 4:24.69 33.08						
18.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**4:25.71**	+0,72	568	
	50m: 29.32 29.32 150m: 1:35.82 33.63 250m: 2:44.05 34.01 350m: 3:53.12 34.56						
	100m: 1:02.19 32.87 200m: 2:10.04 34.22 300m: 3:18.56 34.51 400m: 4:25.71 32.59						
19.	BORGES David Costa	04	Fluvial Portuense	**4:25.85**	+0,65	567	
	50m: 28.38 28.38 150m: 1:34.88 33.83 250m: 2:42.97 33.72 350m: 3:51.95 34.39						
	100m: 1:01.05 32.67 200m: 2:09.25 34.37 300m: 3:17.56 34.59 400m: 4:25.85 33.90						
20.	GOMES Goncalo Camara	03	Naval do Funchal	**4:26.68**	+0,61	561	
	50m: 30.00 30.00 150m: 1:36.63 33.01 250m: 2:44.60 33.78 350m: 3:53.14 33.82						
	100m: 1:03.62 33.62 200m: 2:10.82 34.19 300m: 3:19.32 34.72 400m: 4:26.68 33.54						
21.	CARVALHO Martim Henriques	04	Rio Maior	**4:26.69**	+0,67	561	
	50m: 31.18 31.18 150m: 1:39.15 33.51 250m: 2:46.22 33.73 350m: 3:54.30 33.66						
	100m: 1:05.64 34.46 200m: 2:12.49 33.34 300m: 3:20.64 34.42 400m: 4:26.69 32.39						
22.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**4:26.71**	+0,71	561	
	50m: 30.08 30.08 150m: 1:38.65 34.39 250m: 2:46.56 33.88 350m: 3:54.22 33.50						
	100m: 1:04.26 34.18 200m: 2:12.68 34.03 300m: 3:20.72 34.16 400m: 4:26.71 32.49						
23.	BARBOSA Pedro Xavier	04	Desportiva Viana	**4:27.21**	+0,69	558	
	50m: 29.87 29.87 150m: 1:36.84 33.62 250m: 2:44.98 34.14 350m: 3:54.14 34.56						
	100m: 1:03.22 33.35 200m: 2:10.84 34.00 300m: 3:19.58 34.60 400m: 4:27.21 33.07						
24.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**4:27.27**	+0,66	558	
	50m: 29.98 29.98 150m: 1:37.79 33.98 250m: 2:46.30 34.00 350m: 3:55.22 34.36						
	100m: 1:03.81 33.83 200m: 2:12.30 34.51 300m: 3:20.86 34.56 400m: 4:27.27 32.05						
25.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**4:27.46**	+0,62	557	
	50m: 30.81 30.81 150m: 1:38.71 34.09 250m: 2:47.44 34.04 350m: 3:55.53 33.59						
	100m: 1:04.62 33.81 200m: 2:13.40 34.69 300m: 3:21.94 34.50 400m: 4:27.46 31.93						
26.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**4:27.84**	+0,62	554	
	50m: 28.65 28.65 150m: 1:34.91 33.60 250m: 2:44.66 34.88 350m: 3:54.49 34.52						
	100m: 1:01.31 32.66 200m: 2:09.78 34.87 300m: 3:19.97 35.31 400m: 4:27.84 33.35						
27.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**4:28.03**	+0,70	553	
	50m: 30.22 30.22 150m: 1:36.76 33.43 250m: 2:44.05 33.78 350m: 3:53.64 34.99						
	100m: 1:03.33 33.11 200m: 2:10.27 33.51 300m: 3:18.65 34.60 400m: 4:28.03 34.39						
28.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**4:28.20**	+0,69	552	
	50m: 29.75 29.75 150m: 1:37.46 34.31 250m: 2:46.86 34.46 350m: 3:55.73 33.98						
	100m: 1:03.15 33.40 200m: 2:12.40 34.94 300m: 3:21.75 34.89 400m: 4:28.20 32.47						

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PARCEIROS

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	CARVALHO Goncalo Renato	04	Porto	**4:28.42**	+0,71	551	
	50m: 30.44 30.44 150m: 1:38.23 33.95 250m: 2:46.62 34.39 350m: 3:55.63 34.33						
	100m: 1:04.28 33.84 200m: 2:12.23 34.00 300m: 3:21.30 34.68 400m: 4:28.42 32.79						
30.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**4:28.73**	+0,76	549	
	50m: 30.07 30.07 150m: 1:37.70 33.97 250m: 2:46.61 34.23 350m: 3:55.77 34.50						
	100m: 1:03.73 33.66 200m: 2:12.38 34.68 300m: 3:21.27 34.66 400m: 4:28.73 32.96						
31.	COUTINHO Guilherme Pereira	03	Viver Santarem	**4:28.96**	+0,59	547	
	50m: 29.93 29.93 150m: 1:37.76 34.22 250m: 2:46.01 33.74 350m: 3:55.86 35.12						
	100m: 1:03.54 33.61 200m: 2:12.27 34.51 300m: 3:20.74 34.73 400m: 4:28.96 33.10						
32.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:29.03**	+0,72	547	
	50m: 29.48 29.48 150m: 1:36.36 33.79 250m: 2:44.80 33.85 350m: 3:54.37 34.94						
	100m: 1:02.57 33.09 200m: 2:10.95 34.59 300m: 3:19.43 34.63 400m: 4:29.03 34.66						
33.	COSTA Afonso Filipe	03	Naval da Nazare	**4:29.10**	+0,70	546	
	50m: 29.84 29.84 150m: 1:37.01 33.71 250m: 2:45.13 33.57 350m: 3:54.53 34.95						
	100m: 1:03.30 33.46 200m: 2:11.56 34.55 300m: 3:19.58 34.45 400m: 4:29.10 34.57						
34.	CARVALHO Antonio Lombardi	04	Belenenses	**4:29.29**	+0,77	545	
	50m: 29.81 29.81 150m: 1:37.30 34.22 250m: 2:46.07 34.44 350m: 3:54.73 34.43						
	100m: 1:03.08 33.27 200m: 2:11.63 34.33 300m: 3:20.30 34.23 400m: 4:29.29 34.56						
35.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**4:29.62**	+0,61	543	
	50m: 28.62 28.62 150m: 1:34.70 33.59 250m: 2:43.47 34.49 350m: 3:53.74 35.39						
	100m: 1:01.11 32.49 200m: 2:08.98 34.28 300m: 3:18.35 34.88 400m: 4:29.62 35.88						
36.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**4:30.09**	+0,69	540	
	50m: 29.67 29.67 150m: 1:37.14 34.62 250m: 2:47.38 35.29 350m: 3:56.70 34.52						
	100m: 1:02.52 32.85 200m: 2:12.09 34.95 300m: 3:22.18 34.80 400m: 4:30.09 33.39						
37.	DIAS Rodrigo Reis	03	Belenenses	**4:30.29**	+0,62	539	
	50m: 30.50 30.50 150m: 1:38.07 33.48 250m: 2:45.21 32.87 350m: 3:55.37 35.39						
	100m: 1:04.59 34.09 200m: 2:12.34 34.27 300m: 3:19.98 34.77 400m: 4:30.29 34.92						
38.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**4:30.40**	+0,83	539	
	50m: 30.16 30.16 150m: 1:37.37 34.04 250m: 2:47.01 34.85 350m: 3:56.61 34.75						
	100m: 1:03.33 33.17 200m: 2:12.16 34.79 300m: 3:21.86 34.85 400m: 4:30.40 33.79						
39.	FOCK Yann Chetelat	04	Avancado EUL	**4:31.55**	+0,60	532	
	50m: 29.82 29.82 150m: 1:38.25 34.53 250m: 2:48.10 34.91 350m: 3:58.05 34.51						
	100m: 1:03.72 33.90 200m: 2:13.19 34.94 300m: 3:23.54 35.44 400m: 4:31.55 33.50						
40.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**4:32.13**	+0,72	528	
	50m: 30.34 30.34 150m: 1:38.46 33.91 250m: 2:48.51 34.66 350m: 3:58.81 34.43						
	100m: 1:04.55 34.21 200m: 2:13.85 35.39 300m: 3:24.38 35.87 400m: 4:32.13 33.32						
41.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**4:35.72**	+0,81	508	
	50m: 30.60 30.60 150m: 1:39.93 34.73 250m: 2:50.68 35.19 350m: 4:01.63 35.09						
	100m: 1:05.20 34.60 200m: 2:15.49 35.56 300m: 3:26.54 35.86 400m: 4:35.72 34.09						
42.	MATOS Gil Amaral	04	Academia Acores	**4:35.94**	+0,64	507	
	50m: 31.07 31.07 150m: 1:40.96 34.99 250m: 2:52.03 35.28 350m: 4:02.62 34.89						
	100m: 1:05.97 34.90 200m: 2:16.75 35.79 300m: 3:27.73 35.70 400m: 4:35.94 33.32						
43.	SANTOS Francisco Amaro	04	Gesloures	**4:37.06**	+0,83	501	
	50m: 30.32 30.32 150m: 1:39.06 34.82 250m: 2:50.22 35.47 350m: 4:02.44 35.83						
	100m: 1:04.24 33.92 200m: 2:14.75 35.69 300m: 3:26.61 36.39 400m: 4:37.06 34.62						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 36, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
44.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**4:37.75**	+0,70	497	
	50m: 30.27 30.27 150m: 1:40.93 36.08 250m: 2:53.24 35.79 350m: 4:03.90 33.25						
	100m: 1:04.85 34.58 200m: 2:17.45 36.52 300m: 3:30.65 37.41 400m: 4:37.75 33.85						
45.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**4:44.06**	+0,66	464	
	50m: 31.00 31.00 150m: 1:41.62 35.66 250m: 2:53.82 36.58 350m: 4:08.00 37.19						
	100m: 1:05.96 34.96 200m: 2:17.24 35.62 300m: 3:30.81 36.99 400m: 4:44.06 36.06						
46.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**4:45.52**	+0,73	457	
	50m: 30.58 30.58 150m: 1:42.32 36.52 250m: 2:54.08 34.75 350m: 4:07.80 37.22						
	100m: 1:05.80 35.22 200m: 2:19.33 37.01 300m: 3:30.58 36.50 400m: 4:45.52 37.72						
DNS	RODEIA Jose Miguel	04	Natacao de Faro				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Prova 36 — Masc., 400m Livres — Open
03-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
Rec Nac Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003

TAC Sen 50m: 4:10.88 - 25m: 4:03.96; Jun 50m: 4:17.70 - 25m: 4:09.77; Juv A 50m: 4:27.75 - 25m: 4:20.30; Juv B 50m: 4:31.87 - 25m: 4:27.10

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	**4:03.59**	+0,61	737	
	50m: 27.66 27.66 150m: 1:29.70 31.21 250m: 2:30.64 29.59 350m: 3:32.48 31.42						
	100m: 58.49 30.83 200m: 2:01.05 31.35 300m: 3:01.06 30.42 400m: 4:03.59 31.11						
2.	LOPES Jose Paulo	00	Braga	**4:04.97**	+0,63	725	
	50m: 27.65 27.65 150m: 1:28.87 31.04 250m: 2:30.44 30.48 350m: 3:33.39 31.67						
	100m: 57.83 30.18 200m: 1:59.96 31.09 300m: 3:01.72 31.28 400m: 4:04.97 31.58						
3.	VITAL Joao Alexandre	98	Sporting	**4:05.20**	+0,62	722	
	50m: 28.29 28.29 150m: 1:29.76 30.74 250m: 2:31.44 30.94 350m: 3:34.88 31.87						
	100m: 59.02 30.73 200m: 2:00.50 30.74 300m: 3:03.01 31.57 400m: 4:05.20 30.32						
4.	PINA Guilherme Filipe	98	Sporting	**4:05.67**	+0,71	718	
	50m: 28.40 28.40 150m: 1:29.96 30.93 250m: 2:31.94 30.95 350m: 3:34.63 31.56						
	100m: 59.03 30.63 200m: 2:00.99 31.03 300m: 3:03.07 31.13 400m: 4:05.67 31.04						
5.	SANTOS Pedro Miguel	01	Porto	**4:05.74**	+0,64	718	
	50m: 28.42 28.42 150m: 1:30.31 31.27 250m: 2:32.88 31.02 350m: 3:35.62 31.17						
	100m: 59.04 30.62 200m: 2:01.86 31.55 300m: 3:04.45 31.57 400m: 4:05.74 30.12						
6.	GIL Rafael Lourenco	96	Sporting	**4:06.25**	+0,70	713	
	50m: 27.67 27.67 150m: 1:28.95 30.85 250m: 2:30.92 30.67 350m: 3:33.85 31.80						
	100m: 58.10 30.43 200m: 2:00.25 31.30 300m: 3:02.05 31.13 400m: 4:06.25 32.40						
7.	LOPES Tomas Teixeira	02	Foca	**4:08.12**	+0,69	697	
	50m: 28.41 28.41 150m: 1:30.73 30.71 250m: 2:33.11 30.85 350m: 3:36.76 31.65						
	100m: 1:00.02 31.61 200m: 2:02.26 31.53 300m: 3:05.11 32.00 400m: 4:08.12 31.36						

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PARCEIROS

NATAÇÃO PURA

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	BASTOS Lucas Pereira	00	Nautico Academico	**4:08.31**	+0,70	696	
	50m: 28.23 28.23 150m: 1:30.92 31.68 250m: 2:34.69 31.44 350m: 3:37.56 31.47						
	100m: 59.24 31.01 200m: 2:03.25 32.33 300m: 3:06.09 31.40 400m: 4:08.31 30.75						
9.	BATE Afonso Ribeiro	98	Alges	**4:09.16**	+0,67	689	
	50m: 28.19 28.19 150m: 1:32.32 32.31 250m: 2:36.97 31.88 350m: 3:40.25 31.38						
	100m: 1:00.01 31.82 200m: 2:05.09 32.77 300m: 3:08.87 31.90 400m: 4:09.16 28.91						
10.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:09.41**	+0,75	686	
	50m: 28.50 28.50 150m: 1:31.03 31.64 250m: 2:35.43 32.19 350m: 3:38.32 30.98						
	100m: 59.39 30.89 200m: 2:03.24 32.21 300m: 3:07.34 31.91 400m: 4:09.41 31.09						
11.	CRISTINO David Matias	01	Uniao Piedense	**4:09.92**	+0,77	682	
	50m: 28.60 28.60 150m: 1:32.75 32.25 250m: 2:36.50 31.69 350m: 3:40.10 31.65						
	100m: 1:00.50 31.90 200m: 2:04.81 32.06 300m: 3:08.45 31.95 400m: 4:09.92 29.82						
12.	COSTA Tiago Cunha	99	Sporting	**4:10.51**	+0,68	677	
	50m: 28.13 28.13 150m: 1:30.60 31.69 250m: 2:34.57 31.98 350m: 3:39.34 32.38						
	100m: 58.91 30.78 200m: 2:02.59 31.99 300m: 3:06.96 32.39 400m: 4:10.51 31.17						
13.	NUNES Diogo Barbosa	00	Porto	**4:10.58**	+0,72	677	
	50m: 28.71 28.71 150m: 1:31.01 31.06 250m: 2:33.97 31.37 350m: 3:38.45 32.29						
	100m: 59.95 31.24 200m: 2:02.60 31.59 300m: 3:06.16 32.19 400m: 4:10.58 32.13						
14.	LIESS Thomas	95	Turrita Nuoto	**4:11.17**	+0,68	672	
	50m: 27.45 27.45 150m: 1:29.04 30.90 250m: 2:32.60 32.10 350m: 3:39.26 33.50						
	100m: 58.14 30.69 200m: 2:00.50 31.46 300m: 3:05.76 33.16 400m: 4:11.17 31.91						
15.	DEUS Andre Portugal	02	Naval do Funchal	**4:12.16**	+0,61	664	
	50m: 28.40 28.40 150m: 1:30.96 31.67 250m: 2:35.54 32.48 350m: 3:40.42 32.35						
	100m: 59.29 30.89 200m: 2:03.06 32.10 300m: 3:08.07 32.53 400m: 4:12.16 31.74						
16.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:12.78**	+0,66	659	
	50m: 29.27 29.27 150m: 1:35.06 33.11 250m: 2:39.19 32.43 350m: 3:42.84 31.71						
	100m: 1:01.95 32.68 200m: 2:06.76 31.70 300m: 3:11.13 31.94 400m: 4:12.78 29.94						
17.	TRAVANCA Sergio Filipe	00	Leixoes	**4:12.88**	+0,67	659	
	50m: 28.47 28.47 150m: 1:31.54 31.69 250m: 2:35.10 31.56 350m: 3:40.29 32.77						
	100m: 59.85 31.38 200m: 2:03.54 32.00 300m: 3:07.52 32.42 400m: 4:12.88 32.59						
18.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:13.55**	+0,72	653	
	50m: 28.55 28.55 150m: 1:32.83 32.42 250m: 2:37.73 32.27 350m: 3:42.71 32.18						
	100m: 1:00.41 31.86 200m: 2:05.46 32.63 300m: 3:10.53 32.80 400m: 4:13.55 30.84						
19.	CARVALHO Daniel Luis	02	Braga	**4:13.63**	+0,77	653	
	50m: 28.91 28.91 150m: 1:32.85 32.34 250m: 2:37.75 32.52 350m: 3:42.50 32.21						
	100m: 1:00.51 31.60 200m: 2:05.23 32.38 300m: 3:10.29 32.54 400m: 4:13.63 31.13						
20.	ALMEIDA Bernardo Victorino	04	Sporting	**4:14.98**	+0,68	642	
	50m: 28.76 28.76 150m: 1:32.91 32.27 250m: 2:38.14 32.20 350m: 3:43.40 32.65						
	100m: 1:00.64 31.88 200m: 2:05.94 33.03 300m: 3:10.75 32.61 400m: 4:14.98 31.58						
21.	JACINTO Rafael Rodrigues	02	Belenenses	**4:15.23**	+0,70	641	
	50m: 28.51 28.51 150m: 1:31.54 31.81 250m: 2:36.62 32.42 350m: 3:42.33 32.81						
	100m: 59.73 31.22 200m: 2:04.20 32.66 300m: 3:09.52 32.90 400m: 4:15.23 32.90						
22.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**4:16.89**	+0,69	628	
	50m: 28.64 28.64 150m: 1:32.06 31.96 250m: 2:37.05 32.28 350m: 3:43.21 32.69						
	100m: 1:00.10 31.46 200m: 2:04.77 32.71 300m: 3:10.52 33.47 400m: 4:16.89 33.68						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	MONTEIRO Tomas Penha	02	Alges	**4:16.93**	+0,63	628	
	50m: 28.96 28.96 150m: 1:32.37 31.80 250m: 2:37.15 32.43 350m: 3:43.26 33.14						
	100m: 1:00.57 31.61 200m: 2:04.72 32.35 300m: 3:10.12 32.97 400m: 4:16.93 33.67						
24.	FERNANDES Eduardo Gomes	02	Sporting	**4:17.22**	+0,74	626	
	50m: 29.84 29.84 150m: 1:36.03 33.47 250m: 2:41.47 32.06 350m: 3:45.97 31.82						
	100m: 1:02.56 32.72 200m: 2:09.41 33.38 300m: 3:14.15 32.68 400m: 4:17.22 31.25						
25.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**4:17.26**	+0,70	625	
	50m: 29.48 29.48 150m: 1:34.34 32.66 250m: 2:39.49 32.53 350m: 3:44.99 32.74						
	100m: 1:01.68 32.20 200m: 2:06.96 32.62 300m: 3:12.25 32.76 400m: 4:17.26 32.27						
26.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**4:18.96**	+0,68	613	
	50m: 30.00 30.00 150m: 1:35.74 32.84 250m: 2:40.98 32.29 350m: 3:46.49 32.57						
	100m: 1:02.90 32.90 200m: 2:08.69 32.95 300m: 3:13.92 32.94 400m: 4:18.96 32.47						
27.	LOPES Luis Afonso	03	Viver Santarem	**4:20.00**	+0,66	606	
	50m: 30.00 30.00 150m: 1:35.94 33.13 250m: 2:42.47 33.10 350m: 3:48.27 32.63						
	100m: 1:02.81 32.81 200m: 2:09.37 33.43 300m: 3:15.64 33.17 400m: 4:20.00 31.73						
28.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:21.10**	+0,70	598	
	50m: 29.75 29.75 150m: 1:33.06 33.87 250m: 2:38.21 30.59 350m: 3:48.38 33.74						
	100m: 59.19 29.44 200m: 2:07.62 34.56 300m: 3:14.64 36.43 400m: 4:21.10 32.72						
29.	FROTA Paulo Andre	02	Condeixa Clube	**4:21.37**	+0,65	596	
	50m: 29.82 29.82 150m: 1:34.14 32.43 250m: 2:40.44 32.72 350m: 3:48.44 34.08						
	100m: 1:01.71 31.89 200m: 2:07.72 33.58 300m: 3:14.36 33.92 400m: 4:21.37 32.93						
30.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:22.22**	+0,72	591	
	50m: 28.94 28.94 150m: 1:31.94 31.79 250m: 2:38.04 33.32 350m: 3:47.75 35.21						
	100m: 1:00.15 31.21 200m: 2:04.72 32.78 300m: 3:12.54 34.50 400m: 4:22.22 34.47						
31.	CARVALHO Fernando Costa	03	Foca	**4:22.29**	+0,70	590	
	50m: 29.55 29.55 150m: 1:35.95 33.28 250m: 2:43.00 33.13 350m: 3:49.94 33.11						
	100m: 1:02.67 33.12 200m: 2:09.87 33.92 300m: 3:16.83 33.83 400m: 4:22.29 32.35						
32.	COSTA Hugo Alexandre	03	Natacao de Valongo	**4:22.64**	+0,72	588	
	50m: 29.74 29.74 150m: 1:36.56 33.50 250m: 2:43.96 33.61 350m: 3:50.71 32.75						
	100m: 1:03.06 33.32 200m: 2:10.35 33.79 300m: 3:17.96 34.00 400m: 4:22.64 31.93						
33.	DUARTE Pedro Esteves	03	Cova da Piedade	**4:23.26**	+0,67	584	
	50m: 29.42 29.42 150m: 1:36.51 33.93 250m: 2:44.21 33.31 350m: 3:51.42 33.35						
	100m: 1:02.58 33.16 200m: 2:10.90 34.39 300m: 3:18.07 33.86 400m: 4:23.26 31.84						
34.	GOMES Tomas Nogueira	03	Uniao Piedense	**4:23.87**	+0,65	580	
	50m: 29.71 29.71 150m: 1:36.45 33.65 250m: 2:44.16 33.46 350m: 3:51.93 33.38						
	100m: 1:02.80 33.09 200m: 2:10.70 34.25 300m: 3:18.55 34.39 400m: 4:23.87 31.94						
35.	NUNES Diogo Severino	04	Natacao de Valongo	**4:24.12**	+0,78	578	
	50m: 30.11 30.11 150m: 1:37.13 33.70 250m: 2:44.36 33.75 350m: 3:52.21 33.55						
	100m: 1:03.43 33.32 200m: 2:10.61 33.48 300m: 3:18.66 34.30 400m: 4:24.12 31.91						
36.	CANADAS Joao Vasco	03	Rio Maior	**4:24.14**	+0,70	578	
	50m: 29.70 29.70 150m: 1:35.60 33.05 250m: 2:43.13 33.94 350m: 3:51.71 34.14						
	100m: 1:02.55 32.85 200m: 2:09.19 33.59 300m: 3:17.57 34.44 400m: 4:24.14 32.43						
37.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**4:24.21**	+0,68	577	
	50m: 29.64 29.64 150m: 1:35.55 33.14 250m: 2:43.20 33.40 350m: 3:51.89 34.06						
	100m: 1:02.41 32.77 200m: 2:09.80 34.25 300m: 3:17.83 34.63 400m: 4:24.21 32.32						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	SANTOS Gabriel Moreira	04	Famalicao	**4:24.36**	+0,72	576	
	50m: 29.27 29.27 150m: 1:35.60 33.30 250m: 2:42.90 33.62 350m: 3:50.84 33.71						
	100m: 1:02.30 33.03 200m: 2:09.28 33.68 300m: 3:17.13 34.23 400m: 4:24.36 33.52						
39.	PEREIRA Alexandre Alves	03	Braga	**4:24.49**	+0,78	576	
	50m: 28.10 28.10 150m: 1:33.99 33.74 250m: 2:43.61 34.49 350m: 3:52.81 34.49						
	100m: 1:00.25 32.15 200m: 2:09.12 35.13 300m: 3:18.32 34.71 400m: 4:24.49 31.68						
40.	DIAS Ruben Fonseca	03	Natacao de Valongo	**4:24.69**	+0,71	574	
	50m: 29.47 29.47 150m: 1:36.07 33.93 250m: 2:43.73 33.63 350m: 3:51.61 33.66						
	100m: 1:02.14 32.67 200m: 2:10.10 34.03 300m: 3:17.95 34.22 400m: 4:24.69 33.08						
41.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**4:25.71**	+0,72	568	
	50m: 29.32 29.32 150m: 1:35.82 33.63 250m: 2:44.05 34.01 350m: 3:53.12 34.56						
	100m: 1:02.19 32.87 200m: 2:10.04 34.22 300m: 3:18.56 34.51 400m: 4:25.71 32.59						
42.	BORGES David Costa	04	Fluvial Portuense	**4:25.85**	+0,65	567	
	50m: 28.38 28.38 150m: 1:34.88 33.83 250m: 2:42.97 33.72 350m: 3:51.95 34.39						
	100m: 1:01.05 32.67 200m: 2:09.25 34.37 300m: 3:17.56 34.59 400m: 4:25.85 33.90						
43.	GOMES Goncalo Camara	03	Naval do Funchal	**4:26.68**	+0,61	561	
	50m: 30.00 30.00 150m: 1:36.63 33.01 250m: 2:44.60 33.78 350m: 3:53.14 33.82						
	100m: 1:03.62 33.62 200m: 2:10.82 34.19 300m: 3:19.32 34.72 400m: 4:26.68 33.54						
44.	CARVALHO Martim Henriques	04	Rio Maior	**4:26.69**	+0,67	561	
	50m: 31.18 31.18 150m: 1:39.15 33.51 250m: 2:46.22 33.73 350m: 3:54.30 33.66						
	100m: 1:05.64 34.46 200m: 2:12.49 33.34 300m: 3:20.64 34.42 400m: 4:26.69 32.39						
45.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**4:26.71**	+0,71	561	
	50m: 30.08 30.08 150m: 1:38.65 34.39 250m: 2:46.56 33.88 350m: 3:54.22 33.50						
	100m: 1:04.26 34.18 200m: 2:12.68 34.03 300m: 3:20.72 34.16 400m: 4:26.71 32.49						
46.	BARBOSA Pedro Xavier	04	Desportiva Viana	**4:27.21**	+0,69	558	
	50m: 29.87 29.87 150m: 1:36.84 33.62 250m: 2:44.98 34.14 350m: 3:54.14 34.56						
	100m: 1:03.22 33.35 200m: 2:10.84 34.00 300m: 3:19.58 34.60 400m: 4:27.21 33.07						
47.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**4:27.27**	+0,66	558	
	50m: 29.98 29.98 150m: 1:37.79 33.98 250m: 2:46.30 34.00 350m: 3:55.22 34.36						
	100m: 1:03.81 33.83 200m: 2:12.30 34.51 300m: 3:20.86 34.56 400m: 4:27.27 32.05						
48.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**4:27.46**	+0,62	557	
	50m: 30.81 30.81 150m: 1:38.71 34.09 250m: 2:47.44 34.04 350m: 3:55.53 33.59						
	100m: 1:04.62 33.81 200m: 2:13.40 34.69 300m: 3:21.94 34.50 400m: 4:27.46 31.93						
49.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**4:27.84**	+0,62	554	
	50m: 28.65 28.65 150m: 1:34.91 33.60 250m: 2:44.66 34.88 350m: 3:54.49 34.52						
	100m: 1:01.31 32.66 200m: 2:09.78 34.87 300m: 3:19.97 35.31 400m: 4:27.84 33.35						
50.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**4:28.03**	+0,70	553	
	50m: 30.22 30.22 150m: 1:36.76 33.43 250m: 2:44.05 33.78 350m: 3:53.64 34.99						
	100m: 1:03.33 33.11 200m: 2:10.27 33.51 300m: 3:18.65 34.60 400m: 4:28.03 34.39						
51.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**4:28.20**	+0,69	552	
	50m: 29.75 29.75 150m: 1:37.46 34.31 250m: 2:46.86 34.46 350m: 3:55.73 33.98						
	100m: 1:03.15 33.40 200m: 2:12.40 34.94 300m: 3:21.75 34.89 400m: 4:28.20 32.47						
52.	CARVALHO Goncalo Renato	04	Porto	**4:28.42**	+0,71	551	
	50m: 30.44 30.44 150m: 1:38.23 33.95 250m: 2:46.62 34.39 350m: 3:55.63 34.33						
	100m: 1:04.28 33.84 200m: 2:12.23 34.00 300m: 3:21.30 34.68 400m: 4:28.42 32.79						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**4:28.73**	+0,76	549	
	50m: 30.07 30.07 150m: 1:37.70 33.97 250m: 2:46.61 34.23 350m: 3:55.77 34.50						
	100m: 1:03.73 33.66 200m: 2:12.38 34.68 300m: 3:21.27 34.66 400m: 4:28.73 32.96						
54.	COUTINHO Guilherme Pereira	03	Viver Santarem	**4:28.96**	+0,59	547	
	50m: 29.93 29.93 150m: 1:37.76 34.22 250m: 2:46.01 33.74 350m: 3:55.86 35.12						
	100m: 1:03.54 33.61 200m: 2:12.27 34.51 300m: 3:20.74 34.73 400m: 4:28.96 33.10						
55.	RELVAS David Ferreira	03	Nautico Marinha Grande	**4:29.03**	+0,72	547	
	50m: 29.48 29.48 150m: 1:36.36 33.79 250m: 2:44.80 33.85 350m: 3:54.37 34.94						
	100m: 1:02.57 33.09 200m: 2:10.95 34.59 300m: 3:19.43 34.63 400m: 4:29.03 34.66						
56.	COSTA Afonso Filipe	03	Naval da Nazare	**4:29.10**	+0,70	546	
	50m: 29.84 29.84 150m: 1:37.01 33.71 250m: 2:45.13 33.57 350m: 3:54.53 34.95						
	100m: 1:03.30 33.46 200m: 2:11.56 34.55 300m: 3:19.58 34.45 400m: 4:29.10 34.57						
57.	CARVALHO Antonio Lombardi	04	Belenenses	**4:29.29**	+0,77	545	
	50m: 29.81 29.81 150m: 1:37.30 34.22 250m: 2:46.07 34.44 350m: 3:54.73 34.43						
	100m: 1:03.08 33.27 200m: 2:11.63 34.33 300m: 3:20.30 34.23 400m: 4:29.29 34.56						
58.	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**4:29.62**	+0,61	543	
	50m: 28.62 28.62 150m: 1:34.70 33.59 250m: 2:43.47 34.49 350m: 3:53.74 35.39						
	100m: 1:01.11 32.49 200m: 2:08.98 34.28 300m: 3:18.35 34.88 400m: 4:29.62 35.88						
59.	OLIVEIRA Goncalo Daniel	04	Fundacao Beatriz Santos	**4:30.09**	+0,69	540	
	50m: 29.67 29.67 150m: 1:37.14 34.62 250m: 2:47.38 35.29 350m: 3:56.70 34.52						
	100m: 1:02.52 32.85 200m: 2:12.09 34.95 300m: 3:22.18 34.80 400m: 4:30.09 33.39						
60.	DIAS Rodrigo Reis	03	Belenenses	**4:30.29**	+0,62	539	
	50m: 30.50 30.50 150m: 1:38.07 33.48 250m: 2:45.21 32.87 350m: 3:55.37 35.39						
	100m: 1:04.59 34.09 200m: 2:12.34 34.27 300m: 3:19.98 34.77 400m: 4:30.29 34.92						
61.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**4:30.40**	+0,83	539	
	50m: 30.16 30.16 150m: 1:37.37 34.04 250m: 2:47.01 34.85 350m: 3:56.61 34.75						
	100m: 1:03.33 33.17 200m: 2:12.16 34.79 300m: 3:21.86 34.85 400m: 4:30.40 33.79						
62.	FOCK Yann Chetelat	04	Avancado EUL	**4:31.55**	+0,60	532	
	50m: 29.82 29.82 150m: 1:38.25 34.53 250m: 2:48.10 34.91 350m: 3:58.05 34.51						
	100m: 1:03.72 33.90 200m: 2:13.19 34.94 300m: 3:23.54 35.44 400m: 4:31.55 33.50						
63.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**4:32.13**	+0,72	528	
	50m: 30.34 30.34 150m: 1:38.46 33.91 250m: 2:48.51 34.66 350m: 3:58.81 34.43						
	100m: 1:04.55 34.21 200m: 2:13.85 35.39 300m: 3:24.38 35.87 400m: 4:32.13 33.32						
64.	LOPES Francisco Oliveira	04	Bombeiros Ponta Delgada	**4:35.72**	+0,81	508	
	50m: 30.60 30.60 150m: 1:39.93 34.73 250m: 2:50.68 35.19 350m: 4:01.63 35.09						
	100m: 1:05.20 34.60 200m: 2:15.49 35.56 300m: 3:26.54 35.86 400m: 4:35.72 34.09						
65.	MATOS Gil Amaral	04	Academia Acores	**4:35.94**	+0,64	507	
	50m: 31.07 31.07 150m: 1:40.96 34.99 250m: 2:52.03 35.28 350m: 4:02.62 34.89						
	100m: 1:05.97 34.90 200m: 2:16.75 35.79 300m: 3:27.73 35.70 400m: 4:35.94 33.32						
66.	SANTOS Francisco Amaro	04	Gesloures	**4:37.06**	+0,83	501	
	50m: 30.32 30.32 150m: 1:39.06 34.82 250m: 2:50.22 35.47 350m: 4:02.44 35.83						
	100m: 1:04.24 33.92 200m: 2:14.75 35.69 300m: 3:26.61 36.39 400m: 4:37.06 34.62						
67.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**4:37.75**	+0,70	497	
	50m: 30.27 30.27 150m: 1:40.93 36.08 250m: 2:53.24 35.79 350m: 4:03.90 33.25						
	100m: 1:04.85 34.58 200m: 2:17.45 36.52 300m: 3:30.65 37.41 400m: 4:37.75 33.85						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 36, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
68.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**4:44.06**	+0,66	464	
	50m: 31.00 31.00 150m: 1:41.62 35.66 250m: 2:53.82 36.58 350m: 4:08.00 37.19						
	100m: 1:05.96 34.96 200m: 2:17.24 35.62 300m: 3:30.81 36.99 400m: 4:44.06 36.06						
69.	RIBEIRO Nuno Miguel	04	Desportiva Viana	**4:45.52**	+0,73	457	
	50m: 30.58 30.58 150m: 1:42.32 36.52 250m: 2:54.08 34.75 350m: 4:07.80 37.22						
	100m: 1:05.80 35.22 200m: 2:19.33 37.01 300m: 3:30.58 36.50 400m: 4:45.52 37.72						
DSQ	AMARAL Francisco Rodriguez	02	Campinho				
	403 - Falsa partida - SW 4.4						
DNS	RODEIA Jose Miguel	04	Natacao de Faro				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Prova 36 — Masc., 400m Livres — Absolutos
03-08-2019 - 12:15 — Resultados Elimin

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010

TAC Sen 50m: 4:10.88 - 25m: 4:03.96; Jun 50m: 4:17.70 - 25m: 4:09.77

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	**4:03.59**	+0,61	737	
	50m: 27.66 27.66 150m: 1:29.70 31.21 250m: 2:30.64 29.59 350m: 3:32.48 31.42						
	100m: 58.49 30.83 200m: 2:01.05 31.35 300m: 3:01.06 30.42 400m: 4:03.59 31.11						
2.	LOPES Jose Paulo	00	Braga	**4:04.97**	+0,63	725	
	50m: 27.65 27.65 150m: 1:28.87 31.04 250m: 2:30.44 30.48 350m: 3:33.39 31.67						
	100m: 57.83 30.18 200m: 1:59.96 31.09 300m: 3:01.72 31.28 400m: 4:04.97 31.58						
3.	VITAL Joao Alexandre	98	Sporting	**4:05.20**	+0,62	722	
	50m: 28.29 28.29 150m: 1:29.76 30.74 250m: 2:31.44 30.94 350m: 3:34.88 31.87						
	100m: 59.02 30.73 200m: 2:00.50 30.74 300m: 3:03.01 31.57 400m: 4:05.20 30.32						
4.	PINA Guilherme Filipe	98	Sporting	**4:05.67**	+0,71	718	
	50m: 28.40 28.40 150m: 1:29.96 30.93 250m: 2:31.94 30.95 350m: 3:34.63 31.56						
	100m: 59.03 30.63 200m: 2:00.99 31.03 300m: 3:03.07 31.13 400m: 4:05.67 31.04						
5.	SANTOS Pedro Miguel	01	Porto	**4:05.74**	+0,64	718	
	50m: 28.42 28.42 150m: 1:30.31 31.27 250m: 2:32.88 31.02 350m: 3:35.62 31.17						
	100m: 59.04 30.62 200m: 2:01.86 31.55 300m: 3:04.45 31.57 400m: 4:05.74 30.12						
6.	GIL Rafael Lourenco	96	Sporting	**4:06.25**	+0,70	713	
	50m: 27.67 27.67 150m: 1:28.95 30.85 250m: 2:30.92 30.67 350m: 3:33.85 31.80						
	100m: 58.10 30.43 200m: 2:00.25 31.30 300m: 3:02.05 31.13 400m: 4:06.25 32.40						
7.	LOPES Tomas Teixeira	02	Foca	**4:08.12**	+0,69	697	
	50m: 28.41 28.41 150m: 1:30.73 30.71 250m: 2:33.11 30.85 350m: 3:36.76 31.65						
	100m: 1:00.02 31.61 200m: 2:02.26 31.53 300m: 3:05.11 32.00 400m: 4:08.12 31.36						
8.	BASTOS Lucas Pereira	00	Nautico Academico	**4:08.31**	+0,70	696	
	50m: 28.23 28.23 150m: 1:30.92 31.68 250m: 2:34.69 31.44 350m: 3:37.56 31.47						
	100m: 59.24 31.01 200m: 2:03.25 32.33 300m: 3:06.09 31.40 400m: 4:08.31 30.75						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 36, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	BATE Afonso Ribeiro	98	Alges	**4:09.16**	+0,67	689	
	50m: 28.19 28.19 150m: 1:32.32 32.31 250m: 2:36.97 31.88 350m: 3:40.25 31.38						
	100m: 1:00.01 31.82 200m: 2:05.09 32.77 300m: 3:08.87 31.90 400m: 4:09.16 28.91						
10.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:09.41**	+0,75	686	
	50m: 28.50 28.50 150m: 1:31.03 31.64 250m: 2:35.43 32.19 350m: 3:38.32 30.98						
	100m: 59.39 30.89 200m: 2:03.24 32.21 300m: 3:07.34 31.91 400m: 4:09.41 31.09						
11.	CRISTINO David Matias	01	Uniao Piedense	**4:09.92**	+0,77	682	
	50m: 28.60 28.60 150m: 1:32.75 32.25 250m: 2:36.50 31.69 350m: 3:40.10 31.65						
	100m: 1:00.50 31.90 200m: 2:04.81 32.06 300m: 3:08.45 31.95 400m: 4:09.92 29.82						
12.	COSTA Tiago Cunha	99	Sporting	**4:10.51**	+0,68	677	
	50m: 28.13 28.13 150m: 1:30.60 31.69 250m: 2:34.57 31.98 350m: 3:39.34 32.38						
	100m: 58.91 30.78 200m: 2:02.59 31.99 300m: 3:06.96 32.39 400m: 4:10.51 31.17						
13.	NUNES Diogo Barbosa	00	Porto	**4:10.58**	+0,72	677	
	50m: 28.71 28.71 150m: 1:31.01 31.06 250m: 2:33.97 31.37 350m: 3:38.45 32.29						
	100m: 59.95 31.24 200m: 2:02.60 31.59 300m: 3:06.16 32.19 400m: 4:10.58 32.13						
14.	DEUS Andre Portugal	02	Naval do Funchal	**4:12.16**	+0,61	664	
	50m: 28.40 28.40 150m: 1:30.96 31.67 250m: 2:35.54 32.48 350m: 3:40.42 32.35						
	100m: 59.29 30.89 200m: 2:03.06 32.10 300m: 3:08.07 32.53 400m: 4:12.16 31.74						
15.	TRAVANCA Sergio Filipe	00	Leixoes	**4:12.88**	+0,67	659	
	50m: 28.47 28.47 150m: 1:31.54 31.69 250m: 2:35.10 31.56 350m: 3:40.29 32.77						
	100m: 59.85 31.38 200m: 2:03.54 32.00 300m: 3:07.52 32.42 400m: 4:12.88 32.59						
16.	CARVALHO Daniel Luis	02	Braga	**4:13.63**	+0,77	653	
	50m: 28.91 28.91 150m: 1:32.85 32.34 250m: 2:37.75 32.52 350m: 3:42.50 32.21						
	100m: 1:00.51 31.60 200m: 2:05.23 32.38 300m: 3:10.29 32.54 400m: 4:13.63 31.13						
17.	JACINTO Rafael Rodrigues	02	Belenenses	**4:15.23**	+0,70	641	
	50m: 28.51 28.51 150m: 1:31.54 31.81 250m: 2:36.62 32.42 350m: 3:42.33 32.81						
	100m: 59.73 31.22 200m: 2:04.20 32.66 300m: 3:09.52 32.90 400m: 4:15.23 32.90						
18.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**4:16.89**	+0,69	628	
	50m: 28.64 28.64 150m: 1:32.06 31.96 250m: 2:37.05 32.28 350m: 3:43.21 32.69						
	100m: 1:00.10 31.46 200m: 2:04.77 32.71 300m: 3:10.52 33.47 400m: 4:16.89 33.68						
19.	MONTEIRO Tomas Penha	02	Alges	**4:16.93**	+0,63	628	
	50m: 28.96 28.96 150m: 1:32.37 31.80 250m: 2:37.15 32.43 350m: 3:43.26 33.14						
	100m: 1:00.57 31.61 200m: 2:04.72 32.35 300m: 3:10.12 32.97 400m: 4:16.93 33.67						
20.	FERNANDES Eduardo Gomes	02	Sporting	**4:17.22**	+0,74	626	
	50m: 29.84 29.84 150m: 1:36.03 33.47 250m: 2:41.47 32.06 350m: 3:45.97 31.82						
	100m: 1:02.56 32.72 200m: 2:09.41 33.38 300m: 3:14.15 32.68 400m: 4:17.22 31.25						
21.	FROTA Paulo Andre	02	Condeixa Clube	**4:21.37**	+0,65	596	
	50m: 29.82 29.82 150m: 1:34.14 32.43 250m: 2:40.44 32.72 350m: 3:48.44 34.08						
	100m: 1:01.71 31.89 200m: 2:07.72 33.58 300m: 3:14.36 33.92 400m: 4:21.37 32.93						
22.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:22.22**	+0,72	591	
	50m: 28.94 28.94 150m: 1:31.94 31.79 250m: 2:38.04 33.32 350m: 3:47.75 35.21						
	100m: 1:00.15 31.21 200m: 2:04.72 32.78 300m: 3:12.54 34.50 400m: 4:22.22 34.47						
DSQ	AMARAL Francisco Rodriguez	02	Campinho				
	403 - Falsa partida - SW 4.4						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 36, Masc., 400m Livres, Elimin

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	CRUZ Miguel Duarte *RN Classe S15*	99	Belenenses	**4:29.40**	+0,70	545	

50m:	30.32	30.32	150m:	1:39.15	34.53	250m:	2:47.60	33.69	350m:	3:56.06	33.71
100m:	1:04.62	34.30	200m:	2:13.91	34.76	300m:	3:22.35	34.75	400m:	4:29.40	33.34

EXH	NEVES Tiago Correia	97	Belenenses	**4:30.75**	+0,68	537					
50m:	30.52	30.52	150m:	1:39.40	34.53	250m:	2:48.73	34.35	350m:	3:58.02	34.39
100m:	1:04.87	34.35	200m:	2:14.38	34.98	300m:	3:23.63	34.90	400m:	4:30.75	32.73
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**4:31.94**	+0,88	529					
50m:	31.96	31.96	150m:	1:40.03	34.25	250m:	2:48.35	34.19	350m:	3:57.56	34.66
100m:	1:05.78	33.82	200m:	2:14.16	34.13	300m:	3:22.90	34.55	400m:	4:31.94	34.38
EXH	BELEZAS Ricardo Andrade	91	Sporting	**4:37.10**	+0,71	500					
50m:	30.96	30.96	150m:	1:39.50	34.33	250m:	2:50.35	35.56	350m:	4:02.26	35.84
100m:	1:05.17	34.21	200m:	2:14.79	35.29	300m:	3:26.42	36.07	400m:	4:37.10	34.84

Prova 31 — Femin., 50m Livres — Open
03-08-2019 — Resultados Swim Off Elimin

Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
Rec Nac Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
Rec Nac Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. João da Madeira	15-06-2017

TAC Sen 50m: 28.19 - 25m: 27.69; Jun 50m: 28.76 - 25m: 28.21; Juv A 50m: 28.76 - 25m: 28.21; Juv B 50m: 28.76 - 25m: 28.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.19**	+0,63	591	
2.	NICOLAU Margarida Claudino	05	Torres Novas	**28.51**	+0,71	572	

ORGANIZAÇÃO
PARCEIROS INSTITUCIONAIS
PATROCINADOR OFICIAL
FORNECEDOR OFICIAL
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

6 - 3ª Jornada - 2ª Sessão (Finais-Finais) 03-08-2019 - 17:00

Prova 27 — Femin., 100m Mariposa — Juvenis
03-08-2019 - 17:00 — Resultados Final

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Juv A	1:01.86	CUNHA Mariana Pacheco	POR	Baku (AZE)	24-07-2019
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco *Recorde Nacional, Juv A*	04	Fluvial Portuense	**1:01.69**	+0,69	727	
	50m: 28.77 28.77 100m: 1:01.69 32.92						
2.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:03.04**	+0,71	681	
	50m: 29.67 29.67 100m: 1:03.04 33.37						
3.	MOURA Maria Ferreira	04	Sporting	**1:03.53**	+0,68	665	
	50m: 29.71 29.71 100m: 1:03.53 33.82						
4.	MARQUES Maria Alexandra	04	Albicastrense	**1:05.34**	+0,65	612	
	50m: 30.89 30.89 100m: 1:05.34 34.45						
5.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**1:05.41**	+0,67	610	
	50m: 30.66 30.66 100m: 1:05.41 34.75						
6.	BENTO Maria Madalena	05	BUZIOS-Coruche	**1:05.42**	+0,65	609	
	50m: 30.74 30.74 100m: 1:05.42 34.68						
7.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**1:05.75**	+0,76	600	
	50m: 30.90 30.90 100m: 1:05.75 34.85						
8.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**1:07.85**	+0,70	546	
	50m: 31.43 31.43 100m: 1:07.85 36.42						
9.	ALVES Ines Sofia	04	Portinado	**1:08.50**	+0,75	531	
	50m: 31.16 31.16 100m: 1:08.50 37.34						
10.	MENDES Ana Sebastiao	04	Individual ANALG	**1:08.91**	+0,69	521	
	50m: 32.23 32.23 100m: 1:08.91 36.68						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 27, Femin., 100m Mariposa, Final

Prova 27 — Femin., 100m Mariposa — Open
03-08-2019 - 17:00 — Resultados Final

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
Rec Nac Jun17	1:00.95	OLIVEIRA Sara Freitas	POR	Berlim (GER)	01-08-2002
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
Rec Nac Juv A	1:01.86	CUNHA Mariana Pacheco	POR	Baku (AZE)	24-07-2019
Rec Nac Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019
Rec Nac Inf A	1:03.83	FERNANDES Carolina Miranda	CGA	S. João da Madeira	21-07-2018
Rec Nac Inf B	1:07.00	FERNANDES Carolina Miranda	SCP	S. João da Madeira	15-06-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	MONTEIRO Ana Catarina	93	Vilacondense	**1:00.67**	+0,70	764	
	50m: 28.74 28.74 100m: 1:00.67 31.93						
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**1:01.23**	+0,56	743	
	50m: 28.46 28.46 100m: 1:01.23 32.77						
3.	FERNANDES Ines Camacho	97	Sporting	**1:02.49**	+0,71	699	
	50m: 29.38 29.38 100m: 1:02.49 33.11						
4.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:02.69**	+0,74	693	
	50m: 29.69 29.69 100m: 1:02.69 33.00						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**1:03.24**	+0,68	675	
	50m: 29.72 29.72 100m: 1:03.24 33.52						
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**1:04.28**	+0,72	642	
	50m: 30.16 30.16 100m: 1:04.28 34.12						
7.	GRAVETO Ana Raquel	02	Benfica	**1:04.52**	+0,72	635	
	50m: 30.30 30.30 100m: 1:04.52 34.22						
8.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:04.71**	+0,61	630	
	50m: 30.33 30.33 100m: 1:04.71 34.38						
9.	ANDRE Leticia Maia	02	Benfica	**1:05.10**	+0,64	618	
	50m: 30.19 30.19 100m: 1:05.10 34.91						
10.	LIMA Lia Ana	01	Sporting	**1:05.24**	+0,79	614	
	50m: 30.20 30.20 100m: 1:05.24 35.04						
Final B							
11.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**1:05.23**	+0,69	615	
	50m: 30.47 30.47 100m: 1:05.23 34.76						
12.	BARATA Barbara Sofia	97	Alges	**1:05.32**	+0,72	612	
	50m: 30.60 30.60 100m: 1:05.32 34.72						
13.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:05.51**	+0,68	607	
	50m: 30.65 30.65 100m: 1:05.51 34.86						
14.	BARBOSA Mariana Fernandes	02	Porto	**1:05.62**	+0,69	604	
	50m: 30.36 30.36 100m: 1:05.62 35.26						
15.	SANTOS Beatriz Rocha	02	Campinho	**1:06.13**	+0,68	590	
	50m: 30.42 30.42 100m: 1:06.13 35.71						

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PARCEIROS

Prova 27, Femin., 100m Mariposa, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SILVA Leonor Santos	03	Porto	**1:06.34**	+0,70	584	
	50m: 30.71 30.71 100m: 1:06.34 35.63						
17.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**1:06.56**	+0,72	579	
	50m: 31.09 31.09 100m: 1:06.56 35.47						
18.	ROSA Beatriz Jong	00	Desportivo Nacional	**1:06.63**	+0,75	577	
	50m: 31.35 31.35 100m: 1:06.63 35.28						
19.	BELO Rita Afonso	02	Benedita	**1:06.88**	+0,65	570	
	50m: 30.95 30.95 100m: 1:06.88 35.93						
20.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**1:07.35**	+0,64	558	
	50m: 30.76 30.76 100m: 1:07.35 36.59						

Prova 28 — Masc., 100m Mariposa — Juvenis
03-08-2019 - 17:05 — Resultados Final

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.23	RIBEIRO Diogo Matos	CUC	Coimbra	06-04-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo *Recorde Nacional, Juv A*	03	Torres Novas	**56.05**	+0,66	702	
	50m: 26.21 26.21 100m: 56.05 29.84						
2.	RIBEIRO Diogo Matos *Recorde Nacional, Juv B*	04	Uniao Coimbra	**56.61**	+0,66	681	
	50m: 26.54 26.54 100m: 56.61 30.07						
3.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**58.31**	+0,71	623	
	50m: 27.51 27.51 100m: 58.31 30.80						
4.	DIAS Rodrigo Reis	03	Belenenses	**58.46**	+0,63	618	
	50m: 27.07 27.07 100m: 58.46 31.39						
5.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**59.09**	+0,66	599	
	50m: 27.57 27.57 100m: 59.09 31.52						
6.	LEAL Dinis Barros	03	Aquatico Pacense	**59.78**	+0,67	578	
	50m: 27.60 27.60 100m: 59.78 32.18						
7.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**59.99**	+0,73	572	
	50m: 27.72 27.72 100m: 59.99 32.27						
8.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**1:00.09**	+0,70	569	
	50m: 28.45 28.45 100m: 1:00.09 31.64						
9.	BARRY Rafael Francisco	04	Naval do Funchal	**1:00.39**	+0,61	561	
	50m: 27.82 27.82 100m: 1:00.39 32.57						
10.	MOITA Goncalo Brites	04	Uniao Coimbra	**1:00.87**	+0,66	548	
	50m: 28.49 28.49 100m: 1:00.87 32.38						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 28, Masc., 100m Mariposa, Final

Prova 28 — Masc., 100m Mariposa — Open
03-08-2019 - 17:05 — Resultados Final

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
Rec Nac Jun18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
Rec Nac Jun17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
Rec Nac Juv A	56.11	OLVEIRA Pedro Diogo	CNRM	Lisboa	29-07-2004
Rec Nac Juv B	57.23	RIBEIRO Diogo Matos	CUC	Coimbra	06-04-2019
Rec Nac Inf A	59.19	RIBEIRO Diogo Matos	CUC	S. João da Madeira	21-07-2018
Rec Nac Inf B	1:03.64	SILVA Fabio Parrilha da	CNAL	S. João da Madeira	22-07-2000

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SILVA Glauber	86	Foca	**55.20**	+0,70	735	
	50m: 25.15 25.15 100m: 55.20 30.05						
2.	MOGNE Igor Araujo	96	Sporting	**55.27**	+0,71	732	
	50m: 25.88 25.88 100m: 55.27 29.39						
3.	SANTOS Pedro Andre	94	Alges	**55.68**	+0,70	716	
	50m: 25.60 25.60 100m: 55.68 30.08						
4.	RAMOS Bruno Miguel	97	Belenenses	**56.11**	+0,64	699	
	50m: 26.29 26.29 100m: 56.11 29.82						
5.	CORDEIRO Tiago Roberto	00	Benfica	**56.25**	+0,70	694	
	50m: 26.49 26.49 100m: 56.25 29.76						
6.	SILVA Fernando Souza	86	Uniao Piedense	**56.28**	+0,70	693	
	50m: 25.96 25.96 100m: 56.28 30.32						
7.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**56.60**	+0,65	681	
	50m: 26.33 26.33 100m: 56.60 30.27						
8.	NUNES Porfirio Braga	00	Porto	**57.12**	+0,59	663	
	50m: 26.41 26.41 100m: 57.12 30.71						
9.	UMSARI Daniel Balaguer	94	Louletano / Loule Concelho	**57.30**	+0,63	657	
	50m: 26.60 26.60 100m: 57.30 30.70						
10.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**58.18**	+0,68	627	
	50m: 26.75 26.75 100m: 58.18 31.43						
Final B							
11.	PINHO Manuel Antonio	01	Feirense	**57.26**	+0,63	658	
	50m: 26.96 26.96 100m: 57.26 30.30						
12.	COSTA Diogo Santos	02	Colegio Monte Maior	**57.31**	+0,63	656	
	50m: 26.33 26.33 100m: 57.31 30.98						
13.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**57.45**	+0,68	652	
	50m: 27.08 27.08 100m: 57.45 30.37						
14.	GOMES Vicente Oliveira	02	Sporting	**57.55**	+0,65	648	
	50m: 26.79 26.79 100m: 57.55 30.76						
15.	AGUIAR Gabriel Silva	01	Porto	**57.57**	+0,55	648	
	50m: 27.23 27.23 100m: 57.57 30.34						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 28, Masc., 100m Mariposa, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SANTOS Joao Duarte	95	Natacao Olhao	**57.66**	+0,68	645	
	50m: 26.84 26.84 100m: 57.66 30.82						
17.	SILVA Henrique Gomes	02	Estamos Juntos	**57.70**	+0,63	643	
	50m: 27.41 27.41 100m: 57.70 30.29						
18.	CARVALHO Andre Antunes	96	Sporting	**57.87**	+0,75	638	
	50m: 27.45 27.45 100m: 57.87 30.42						
19.	SOUSA Joao Ribeiro	01	Porto	**58.18**	+0,62	627	
	50m: 27.14 27.14 100m: 58.18 31.04						
20.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**58.23**	+0,70	626	
	50m: 27.10 27.10 100m: 58.23 31.13						

Prova 29 — Femin., 200m Bruços — Juvenis
03-08-2019 - 17:15 — Resultados Final

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:41.81**	+0,74	635	
	50m: 36.34 36.34 100m: 1:16.74 40.40 150m: 1:58.77 42.03 200m: 2:41.81 43.04						
2.	REIS Erica Cristina	05	Sporting	**2:44.12**	+0,63	608	
	50m: 36.80 36.80 100m: 1:18.05 41.25 150m: 2:01.07 43.02 200m: 2:44.12 43.05						
3.	NUNES Margarida Domingues	05	Avancado EUL	**2:44.19**	+0,72	608	
	50m: 36.74 36.74 100m: 1:17.92 41.18 150m: 2:00.64 42.72 200m: 2:44.19 43.55						
4.	REGO Ines Faria	05	Famalicao	**2:46.78**	+0,69	580	
	50m: 37.31 37.31 100m: 1:19.77 42.46 150m: 2:03.36 43.59 200m: 2:46.78 43.42						
5.	RODRIGUES Lidiana Correia	04	Belenenses	**2:47.60**	+0,74	571	
	50m: 37.37 37.37 100m: 1:19.98 42.61 150m: 2:03.73 43.75 200m: 2:47.60 43.87						
6.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:48.79**	+0,74	559	
	50m: 38.66 38.66 100m: 1:21.78 43.12 150m: 2:05.13 43.35 200m: 2:48.79 43.66						
7.	MORAIS Margarida Mateus	04	Torres Novas	**2:50.60**	+0,75	542	
	50m: 39.28 39.28 100m: 1:23.50 44.22 150m: 2:07.02 43.52 200m: 2:50.60 43.58						
8.	FERREIRA Joana Rosa	05	Naval de Peniche	**2:52.27**	+0,80	526	
	50m: 38.83 38.83 100m: 1:23.13 44.30 150m: 2:07.56 44.43 200m: 2:52.27 44.71						
9.	FRANCO Barbara Garrido	04	Elvense	**2:53.53**	+0,79	515	
	50m: 39.20 39.20 100m: 1:23.58 44.38 150m: 2:08.37 44.79 200m: 2:53.53 45.16						
10.	MENDES Mariana Pereira	04	Louletano / Loule Concelho	**2:54.33**	+0,80	508	
	50m: 39.32 39.32 100m: 1:24.23 44.91 150m: 2:08.92 44.69 200m: 2:54.33 45.41						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 29, Femin., 200m Bruços, Final

Prova 29 — Femin., 200m Bruços — Open
03-08-2019 - 17:15 — Resultados Final

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (AZE)	25-07-2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
Rec Nac Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
Rec Nac Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003
Rec Nac Inf A	2:42.69	PEREIRA Clara Gomes	SAD	Oeiras	18-07-2015
Rec Nac Inf B	2:49.82	PEREIRA Clara Gomes	SAD	Loulé	19-07-2014

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	KAMINSKAYA Victoria *Minimos CEPL*	95	Benfica	**2:28.68**	+0,70	819	
	50m: 34.56 34.56 100m: 1:12.25 37.69 150m: 1:50.03 37.78 200m: 2:28.68 38.65						
2.	PEREIRA Raquel Gomes	00	Alges	**2:31.52**	+0,72	773	
	50m: 34.55 34.55 100m: 1:13.00 38.45 150m: 1:52.16 39.16 200m: 2:31.52 39.36						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:37.37**	+0,76	690	
	50m: 35.86 35.86 100m: 1:15.97 40.11 150m: 1:56.55 40.58 200m: 2:37.37 40.82						
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:38.21**	+0,69	679	
	50m: 36.58 36.58 100m: 1:16.45 39.87 150m: 1:57.10 40.65 200m: 2:38.21 41.11						
5.	BORGES Claudia Ferreira	99	Benfica	**2:39.24**	+0,64	666	
	50m: 36.39 36.39 100m: 1:17.25 40.86 150m: 1:58.52 41.27 200m: 2:39.24 40.72						
6.	CASTRO Maria Freitas	03	Fafe	**2:40.99**	+0,67	645	
	50m: 37.06 37.06 100m: 1:18.26 41.20 150m: 2:00.10 41.84 200m: 2:40.99 40.89						
7.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:41.05**	+0,69	644	
	50m: 36.87 36.87 100m: 1:17.99 41.12 150m: 1:59.15 41.16 200m: 2:41.05 41.90						
8.	CERDEIRA Madalena Reis	03	Sporting	**2:41.93**	+0,68	634	
	50m: 36.46 36.46 100m: 1:17.30 40.84 150m: 2:00.10 42.80 200m: 2:41.93 41.83						
9.	SILVA Natacha Sofia	02	Benfica	**2:42.50**	+0,73	627	
	50m: 36.94 36.94 100m: 1:17.88 40.94 150m: 1:59.94 42.06 200m: 2:42.50 42.56						
10.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:43.24**	+0,66	618	
	50m: 36.41 36.41 100m: 1:17.51 41.10 150m: 1:59.68 42.17 200m: 2:43.24 43.56						
Final B							
11.	ANDRE Angelica Maria	94	Fluvial Portuense	**2:42.37**	+0,69	628	
	50m: 36.72 36.72 100m: 1:17.12 40.40 150m: 1:59.18 42.06 200m: 2:42.37 43.19						
12.	GONCALVES Sofia Filipa	01	Leixoes	**2:44.39**	+0,70	605	
	50m: 36.85 36.85 100m: 1:18.38 41.53 150m: 2:02.00 43.62 200m: 2:44.39 42.39						
13.	MAIA Joana Marques	91	Ginasio Santo Tirso	**2:44.88**	+0,81	600	
	50m: 37.29 37.29 100m: 1:18.94 41.65 150m: 2:01.97 43.03 200m: 2:44.88 42.91						
14.	LEONARDO Rute Isabel	98	Nautico Abrantes	**2:47.01**	+0,69	577	
	50m: 36.44 36.44 100m: 1:19.07 42.63 150m: 2:02.68 43.61 200m: 2:47.01 44.33						

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PARCEIROS

Prova 29, Femin., 200m Bruços, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:48.08**	+0,80	566	
	50m: 38.15 38.15 100m: 1:20.91 42.76 150m: 2:04.22 43.31 200m: 2:48.08 43.86						
16.	RODRIGUES Luana Correia	01	Belenenses	**2:49.22**	+0,72	555	
	50m: 38.06 38.06 100m: 1:20.54 42.48 150m: 2:05.01 44.47 200m: 2:49.22 44.21						
17.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:50.96**	+0,71	538	
	50m: 39.23 39.23 100m: 1:22.69 43.46 150m: 2:06.18 43.49 200m: 2:50.96 44.78						
18.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:51.85**	+0,52	530	
	50m: 38.31 38.31 100m: 1:22.12 43.81 150m: 2:07.08 44.96 200m: 2:51.85 44.77						
19.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:52.31**	+0,76	526	
	50m: 38.00 38.00 100m: 1:22.49 44.49 150m: 2:07.42 44.93 200m: 2:52.31 44.89						
20.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	**2:54.90**	+0,76	503	
	50m: 37.87 37.87 100m: 1:22.13 44.26 150m: 2:08.06 45.93 200m: 2:54.90 46.84						

Prova 30 — Masc., 200m Bruços — Juvenis
03-08-2019 - 17:25 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Ricardo Samuel	03	Benfica	**2:25.19**	+0,63	664	
	50m: 32.68 32.68 100m: 1:10.42 37.74 150m: 1:48.66 38.24 200m: 2:25.19 36.53						
2.	REBELO Joao Lourenco	04	Alges	**2:26.79**	+0,61	642	
	50m: 33.57 33.57 100m: 1:11.39 37.82 150m: 1:49.31 37.92 200m: 2:26.79 37.48						
3.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:27.37**	+0,75	635	
	50m: 33.11 33.11 100m: 1:10.95 37.84 150m: 1:48.84 37.89 200m: 2:27.37 38.53						
4.	JUNIOR Luis Cabral	03	Belenenses	**2:32.39**	+0,67	574	
	50m: 34.04 34.04 100m: 1:12.97 38.93 150m: 1:52.28 39.31 200m: 2:32.39 40.11						
5.	FERNANDES Martim Pestana	04	Naval do Funchal	**2:33.02**	+0,61	567	
	50m: 34.84 34.84 100m: 1:14.87 40.03 150m: 1:54.73 39.86 200m: 2:33.02 38.29						
6.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:33.07**	+0,65	566	
	50m: 35.31 35.31 100m: 1:14.03 38.72 150m: 1:53.60 39.57 200m: 2:33.07 39.47						
7.	AFONSO Francisco Lopes	03	Ginasio de Vila Real	**2:34.24**	+0,66	553	
	50m: 34.63 34.63 100m: 1:13.54 38.91 150m: 1:53.78 40.24 200m: 2:34.24 40.46						
8.	OSSENBRUGGEN David Van	03	Uniao Piedense	**2:34.90**	+0,76	546	
	50m: 34.19 34.19 100m: 1:13.72 39.53 150m: 1:53.95 40.23 200m: 2:34.90 40.95						
9.	LOPES Luis Afonso	03	Viver Santarem	**2:35.63**	+0,61	539	
	50m: 34.96 34.96 100m: 1:14.00 39.04 150m: 1:55.01 41.01 200m: 2:35.63 40.62						
DSQ	CARNEIRO Joao Soares	03	Benfica				
	703 - efectuou mais que uma pernada de golfinho no percurso subaquatico após a partida - SW 7.1						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 30, Masc., 200m Bruços, Final

Prova 30 — Masc., 200m Bruços — Open
03-08-2019 - 17:25 — Resultados Final

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
Rec Nac Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
Rec Nac Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006
Rec Nac Inf A	2:32.07	CARNEIRO Joao Soares	SLB	Loulé	15-07-2017
Rec Nac Inf B	2:38.94	SOUSA Duarte Anastacio	CAC	Oeiras	19-07-2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:14.25**	+0,60	839	
	50m: 30.48 30.48 100m: 1:04.30 33.82 150m: 1:38.57 34.27 200m: 2:14.25 35.68						
2.	SIMOES Rafael Gomes	00	Braga	**2:17.14**	+0,80	788	
	50m: 30.93 30.93 100m: 1:05.46 34.53 150m: 1:41.13 35.67 200m: 2:17.14 36.01						
3.	DA SILVA Florian	01	Porto	**2:18.92**	+0,62	758	
	50m: 31.36 31.36 100m: 1:06.42 35.06 150m: 1:41.91 35.49 200m: 2:18.92 37.01						
4.	PON Hugo	98	Alges	**2:20.59**	+0,64	731	
	50m: 32.20 32.20 100m: 1:07.92 35.72 150m: 1:44.08 36.16 200m: 2:20.59 36.51						
5.	MENDES Antonio Manuel	99	Sporting	**2:21.12**	+0,65	723	
	50m: 32.35 32.35 100m: 1:07.77 35.42 150m: 1:44.43 36.66 200m: 2:21.12 36.69						
6.	SILVA Tomas Antonio	01	Naval do Funchal	**2:21.89**	+0,60	711	
	50m: 31.47 31.47 100m: 1:06.68 35.21 150m: 1:43.47 36.79 200m: 2:21.89 38.42						
7.	CRUCHINHO Miguel Monteiro	97	Sporting	**2:23.10**	+0,66	693	
	50m: 31.45 31.45 100m: 1:07.17 35.72 150m: 1:44.22 37.05 200m: 2:23.10 38.88						
8.	GASPAR Miguel Caridade	99	Academica de Coimbra	**2:25.94**	+0,68	653	
	50m: 32.85 32.85 100m: 1:09.89 37.04 150m: 1:47.56 37.67 200m: 2:25.94 38.38						
9.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:26.72**	+0,75	643	
	50m: 32.63 32.63 100m: 1:09.61 36.98 150m: 1:47.48 37.87 200m: 2:26.72 39.24						
10.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:28.23**	+0,65	624	
	50m: 32.63 32.63 100m: 1:10.61 37.98 150m: 1:48.81 38.20 200m: 2:28.23 39.42						
Final B							
11.	CABRITO Rodrigo Almeida	01	Belenenses	**2:25.98**	+0,64	653	
	50m: 32.87 32.87 100m: 1:09.82 36.95 150m: 1:47.75 37.93 200m: 2:25.98 38.23						
12.	CALDEIRA Goncalo Silveirinha	01	Sporting	**2:26.17**	+0,73	650	
	50m: 32.85 32.85 100m: 1:10.24 37.39 150m: 1:47.79 37.55 200m: 2:26.17 38.38						
13.	CATALAO Daniel Nogueira	00	Benfica	**2:26.49**	+0,56	646	
	50m: 33.19 33.19 100m: 1:10.13 36.94 150m: 1:48.18 38.05 200m: 2:26.49 38.31						
14.	FRISCHKNECHT Renato Barros	01	Alges	**2:26.90**	+0,63	641	
	50m: 33.70 33.70 100m: 1:12.22 38.52 150m: 1:49.95 37.73 200m: 2:26.90 36.95						
15.	RAMOS Filipe Carmo	97	Vilacondense	**2:27.70**	+0,71	630	
	50m: 33.39 33.39 100m: 1:11.45 38.06 150m: 1:49.30 37.85 200m: 2:27.70 38.40						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 30, Masc., 200m Bruços, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	NUNES Francisco Costa	02	Salvaterra de Magos	**2:28.95**	+0,81	615	
	50m: 33.02 33.02 100m: 1:11.23 38.21 150m: 1:49.61 38.38 200m: 2:28.95 39.34						
17.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	**2:29.29**	+0,74	610	
	50m: 34.12 34.12 100m: 1:11.80 37.68 150m: 1:49.76 37.96 200m: 2:29.29 39.53						
18.	ARAUJO Sergio Daniel	02	Naval Povoense	**2:31.32**	+0,68	586	
	50m: 33.87 33.87 100m: 1:11.07 37.20 150m: 1:50.66 39.59 200m: 2:31.32 40.66						
19.	DINIS Tiago Moises	98	Nautico Academico	**2:31.71**	+0,72	582	
	50m: 33.42 33.42 100m: 1:12.22 38.80 150m: 1:51.63 39.41 200m: 2:31.71 40.08						
20.	MALFEITO Martim Rebelo	02	Sporting	**2:33.19**	+0,74	565	
	50m: 34.65 34.65 100m: 1:14.51 39.86 150m: 1:54.20 39.69 200m: 2:33.19 38.99						

Prova 31 — Femin., 50m Livres — Open
03-08-2019 - 17:55 — Resultados Final

Rec Nac Absoluto	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Sen	25.66	RODRIGUES Ana Pinho	ADS	Oeiras	28-07-2018
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
Rec Nac Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
Rec Nac Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
Rec Nac Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
Rec Nac Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. João da Madeira	15-06-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho *Recorde Nacional, Abs e Sen*	94	Sanjoanense/FEPSA	**25.56**	+0,67	794	
2.	VIEGAS Beatriz Mendes	00	Sporting	**26.53**	+0,55	710	
3.	CASTRO Adriana Daniela	97	Leixoes	**26.95**	+0,66	677	
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	**26.97**	+0,66	676	
5.	OLIVEIRA Rosa Maria	96	Porto	**27.05**	+0,66	670	
6.	GUEDES Ana Margarida	01	Ginasio de Vila Real	**27.11**	+0,62	665	
7.	PEREIRA Maria Gomes	04	Alges	**27.19**	+0,70	659	
8.	SOARES Catarina Silva	03	Porto	**27.24**	+0,65	656	
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**27.25**	+0,71	655	
10.	FARIA Ana Rita	00	Porto	**27.28**	+0,68	653	
Final B							
11.	FERREIRA Catarina Maria	98	Porto	**27.46**	+0,67	640	
12.	PINTO Mafalda Marques	02	Sporting	**27.48**	+0,67	639	
13.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**27.58**	+0,69	632	
14.	BELEZA Mafalda Gomes	94	Sporting	**27.90**	+0,63	610	
15.	NEVES Carolina Marques	01	Torres Novas	**27.97**	+0,73	606	
16.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**28.09**	+0,69	598	
17.	CASAL Beatriz Goncalves	03	Torres Novas	**28.11**	+0,64	597	

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Prova 31, Femin., 50m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	JESUS Maria Crista	03	Louletano / Loule Concelho	**28.19**	+0,67	591	
19.	FOMINA Anna	02	Louletano / Loule Concelho	**28.23**	+0,71	589	
20.	NEVES Leonor Maria	03	Gesloures	**28.71**	+0,56	560	

Prova 32 — Masc., 50m Livres — Open
03-08-2019 - 18:00 — Resultados Final

Rec Nac Absoluto	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Sen	22.17	NASCIMENTO Miguel Duarte	SLB	Coimbra	05-04-2019
Rec Nac Jun18	22.98	SANTOS Paulo Jorge	POR	Antuerpia (BEL)	22-07-2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
Rec Nac Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
Rec Nac Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
Rec Nac Inf A	26.00	RIBEIRO Diogo Matos	CUC	Coimbra	19-05-2018
Rec Nac Inf B	27.00	MIRANDA Jose Miguel	CFP	Coimbra	11-08-1986

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	NASCIMENTO Miguel Duarte *Minimos CEPL*	95	Benfica	**22.52**	+0,61	800	
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**23.07**	+0,62	744	
3.	MARQUES Miguel Henriques	00	Benfica	**23.49**	+0,65	705	
4.	SILVA Fernando Souza	86	Uniao Piedense	**23.74**	+0,70	683	
5.	DIAS Guilherme Pereira	97	Benfica	**23.76**	+0,65	681	
6.	MACHADO Francisco Carvalho	98	Alges	**23.91**	+0,65	668	
7.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**23.99**	+0,61	662	
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**24.01**	+0,58	660	
9.	PADRELA Joao Esteves	99	Belenenses	**24.04**	+0,61	658	
10.	SANTOS Joao Duarte	95	Natacao Olhao	**24.11**	+0,69	652	
Final B							
11.	FERNANDES Pedro Miguel	99	Famalicao	**24.19**	+0,67	645	
	PINHO Manuel Antonio	01	Feirense	**24.19**	+0,65	645	
13.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**24.28**	+0,61	638	
14.	AMORIM Alexandre Ferreira	99	Porto	**24.29**	+0,63	637	
15.	RAMOS Bruno Miguel	97	Belenenses	**24.31**	+0,64	636	
16.	AIRES Rafael Alcantara	01	Benfica	**24.34**	+0,62	634	
	SOARES Tiago Silva	99	Porto	**24.34**	+0,72	634	
18.	AGOSTINHO Miguel Diogo	00	Fundacao Beatriz Santos	**24.48**	+0,63	623	
19.	LEBRE Diogo Ramos	01	Benfica	**24.63**	+0,66	611	
20.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**24.71**	+0,61	605	

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Prova 33 — Femin., 100m Costas — Juvenis
03-08-2019 - 18:05 — Resultados Final

Rec Nac Absoluto	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:06.39**	+0,64	666	
	50m: 32.20 32.20 100m: 1:06.39 34.19						
2.	AMADO Maria Lopes	04	Individual ANDL	**1:06.60**	+0,55	660	
	50m: 32.18 32.18 100m: 1:06.60 34.42						
3.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**1:06.68**	+0,60	658	
	50m: 32.45 32.45 100m: 1:06.68 34.23						
4.	ROCHA Carolina Neves	04	Fluvial Portuense	**1:08.57**	+0,77	605	
	50m: 32.98 32.98 100m: 1:08.57 35.59						
5.	LAGOA Carlota Macedo	05	Bairro dos Anjos/ Leiria	**1:09.28**	+0,62	586	
	50m: 33.46 33.46 100m: 1:09.28 35.82						
6.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:09.62**	+0,81	578	
	50m: 33.47 33.47 100m: 1:09.62 36.15						
7.	COSTA Joana Santos	04	Galitos / Bresimar	**1:09.68**	+0,76	576	
	50m: 34.31 34.31 100m: 1:09.68 35.37						
8.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	**1:09.80**	+0,62	573	
	50m: 33.62 33.62 100m: 1:09.80 36.18						
9.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:10.27**	+0,55	562	
	50m: 33.30 33.30 100m: 1:10.27 36.97						
10.	FERREIRA Maria Leonor	04	Desportivo Nacional	**1:10.88**	+0,59	547	
	50m: 34.02 34.02 100m: 1:10.88 36.86						

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Prova 33, Femin., 100m Costas, Final

Prova 33 — Femin., 100m Costas — Open
03-08-2019 - 18:05 — Resultados Final

Rec Nac Absoluto	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Sen	1:03.42	LEITE Ana Sofia	GCVR	Coimbra	03-04-2015
Rec Nac Jun17	1:01.85	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-04-2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
Rec Nac Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
Rec Nac Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
Rec Nac Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011
Rec Nac Inf A	1:06.78	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
Rec Nac Inf B	1:08.97	FERNANDES Carolina Miranda	CGA	Coimbra	01-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**1:03.97**	+0,65	745	
	50m: 31.25 31.25 100m: 1:03.97 32.72						
2.	FRISCHKNECHT Rita Barros	98	Alges	**1:04.27**	+0,65	734	
	50m: 31.03 31.03 100m: 1:04.27 33.24						
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	**1:04.55**	+0,61	725	
	50m: 31.53 31.53 100m: 1:04.55 33.02						
4.	CABRAL Maria Francisca	00	Porto	**1:05.84**	+0,57	683	
	50m: 31.99 31.99 100m: 1:05.84 33.85						
5.	FREIXO Juliana Lima	97	Braga	**1:06.60**	+0,58	660	
	50m: 32.23 32.23 100m: 1:06.60 34.37						
6.	CARDEAL Joana Nunes	02	Academico Viseu	**1:07.80**	+0,63	626	
	50m: 32.90 32.90 100m: 1:07.80 34.90						
7.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	**1:08.23**	+0,64	614	
	50m: 33.27 33.27 100m: 1:08.23 34.96						
8.	PEIXEIRA Filipa Ramos	03	Sporting	**1:08.49**	+0,65	607	
	50m: 32.84 32.84 100m: 1:08.49 35.65						
9.	SANTOS Tatiana Filipa	95	Academica de Coimbra	**1:08.70**	+0,61	601	
	50m: 33.48 33.48 100m: 1:08.70 35.22						
10.	RAMOS Ines Asseiceira	03	Torres Novas	**1:08.89**	+0,65	596	
	50m: 33.18 33.18 100m: 1:08.89 35.71						
Final B							
11.	LASCU Nicoleta	02	Litoral Alentejano	**1:08.34**	+0,68	611	
	50m: 33.33 33.33 100m: 1:08.34 35.01						
12.	CRUZ Sara Moura	03	Alges	**1:08.36**	+0,59	610	
	50m: 33.31 33.31 100m: 1:08.36 35.05						
13.	FERREIRA Ana Raquel	98	Natacao de Lisboa	**1:08.92**	+0,67	596	
	50m: 33.57 33.57 100m: 1:08.92 35.35						
14.	NEVES Ana Carolina	00	Academica de Coimbra	**1:09.22**	+0,59	588	
	50m: 33.25 33.25 100m: 1:09.22 35.97						

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Prova 33, Femin., 100m Costas, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	COSTA Ana Filipa	98	Natacao de Beja	**1:09.53**	+0,74	580	
	50m: 34.17 34.17 100m: 1:09.53 35.36						
16.	CATARINO Laura Andre	03	CCDSerta	**1:09.97**	+0,59	569	
	50m: 33.77 33.77 100m: 1:09.97 36.20						
17.	MARTINS Maria Esteves	01	Galitos / Bresimar	**1:10.02**	+0,60	568	
	50m: 34.00 34.00 100m: 1:10.02 36.02						
18.	MELO Barbara Azambujo	02	Academica de Coimbra	**1:10.03**	+0,75	568	
	50m: 33.55 33.55 100m: 1:10.03 36.48						
19.	RODRIGUES Luana Correia	01	Belenenses	**1:11.05**	+0,58	543	
	50m: 34.32 34.32 100m: 1:11.05 36.73						
20.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	**1:13.14**	+0,61	498	
	50m: 34.30 34.30 100m: 1:13.14 38.84						

Prova 34 — Masc., 100m Costas — Juvenis
03-08-2019 - 18:10 — Resultados Final

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VAKULYUK Paulo	03	Torres Novas	**59.39**	+0,59	665	
	50m: 29.03 29.03 100m: 59.39 30.36						
2.	CASTRO Duarte Monteiro	03	Porto	**59.94**	+0,65	647	
	50m: 28.59 28.59 100m: 59.94 31.35						
3.	SILVA Gustavo Carvalho	04	Academia Acores	**1:00.84**	+0,85	618	
	50m: 29.52 29.52 100m: 1:00.84 31.32						
4.	GOMES Tomas Nogueira	03	Uniao Piedense	**1:00.91**	+0,64	616	
	50m: 29.44 29.44 100m: 1:00.91 31.47						
5.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**1:01.50**	+0,57	599	
	50m: 30.01 30.01 100m: 1:01.50 31.49						
	WANZELLER Goncalo Henriques	03	Belenenses	**1:01.50**	+0,61	599	
	50m: 29.28 29.28 100m: 1:01.50 32.22						
7.	FERNANDES Rui Afonso	03	Desportivo Nacional	**1:01.96**	+0,63	586	
	50m: 29.86 29.86 100m: 1:01.96 32.10						
8.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	**1:01.97**	+0,60	585	
	50m: 29.60 29.60 100m: 1:01.97 32.37						
9.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**1:02.42**	+0,58	573	
	50m: 30.38 30.38 100m: 1:02.42 32.04						
10.	COSTA Joao Peres	04	Naval Praia da Vitoria	**1:02.58**	+0,73	568	
	50m: 30.15 30.15 100m: 1:02.58 32.43						

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Prova 34, Masc., 100m Costas, Final

Prova 34 — Masc., 100m Costas — Open
03-08-2019 - 18:10 — Resultados Final

Rec Nac Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
Rec Nac Jun18	55.58	COSTA Joao Nogueira	POR	Kazan (RUS)	03-07-2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
Rec Nac Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
Rec Nac Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019
Rec Nac Inf A	1:01.39	RIBAS Alexandre Lages	EDV	Lisboa	22-07-2011
Rec Nac Inf B	1:05.61	WANZELLER Goncalo Henriques	CFB	Famalicão	16-07-2016

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**55.10**	+0,67	833	
	50m: 26.81 26.81 100m: 55.10 28.29						
2.	SANTOS Francisco Rogerio	98	Sporting	**55.13**	+0,68	831	
	50m: 26.44 26.44 100m: 55.13 28.69						
3.	KOT Viktor	98	Nautico Marinha Grande	**56.78**	+0,64	761	
	50m: 27.70 27.70 100m: 56.78 29.08						
4.	ROSA Rodrigo Antonio	96	Benfica	**58.42**	+0,60	699	
	50m: 28.51 28.51 100m: 58.42 29.91						
5.	COSTA Diogo Santos	02	Colegio Monte Maior	**58.65**	+0,55	690	
	50m: 28.66 28.66 100m: 58.65 29.99						
6.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**58.73**	+0,59	688	
	50m: 29.13 29.13 100m: 58.73 29.60						
7.	ALFAMA Martim Primavera	02	Gesloures	**59.08**	+0,58	675	
	50m: 28.67 28.67 100m: 59.08 30.41						
8.	TINOCO Joao Pereira	00	Famalicao	**59.31**	+0,68	668	
	50m: 28.73 28.73 100m: 59.31 30.58						
9.	FERNANDES Joao Diogo	98	Belenenses	**59.52**	+0,56	661	
	50m: 28.77 28.77 100m: 59.52 30.75						
10.	CORREIA Joao Mota	97	Benfica	**1:00.02**	+0,65	644	
	50m: 28.95 28.95 100m: 1:00.02 31.07						
Final B							
11.	PINHO Manuel Antonio	01	Feirense	**59.43**	+0,67	664	
	50m: 29.27 29.27 100m: 59.43 30.16						
12.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	**59.85**	+0,59	650	
	50m: 29.58 29.58 100m: 59.85 30.27						
13.	ALMEIDA Carlos Afonso	98	Alges	**1:00.21**	+0,63	638	
	50m: 29.51 29.51 100m: 1:00.21 30.70						
14.	BATE Miguel Ribeiro	99	Alges	**1:00.29**	+0,56	636	
	50m: 28.60 28.60 100m: 1:00.29 31.69						
15.	DOMINGOS Ruy Manuel	02	Sporting	**1:01.55**	+0,73	597	
	50m: 29.46 29.46 100m: 1:01.55 32.09						

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Prova 34, Masc., 100m Costas, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	ZENZA Francisco Manuel	01	Natacao da Maia	**1:01.56**	+0,62	597	
	50m: 29.09 29.09 100m: 1:01.56 32.47						
17.	MACHADO Bruno Rafael	01	Fluvial Portuense	**1:01.70**	+0,57	593	
	50m: 29.54 29.54 100m: 1:01.70 32.16						
18.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	**1:01.91**	+0,65	587	
	50m: 30.16 30.16 100m: 1:01.91 31.75						
19.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	**1:02.10**	+0,64	582	
	50m: 29.69 29.69 100m: 1:02.10 32.41						
20.	FIDALGO Mateus Valente	01	Estarreja	**1:02.40**	+0,67	573	
	50m: 29.87 29.87 100m: 1:02.40 32.53						

Prova 35 — Femin., 400m Livres — Juvenis
03-08-2019 - 18:20 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**4:30.77**	+0,65	665	
	50m: 30.89 30.89 150m: 1:37.73 33.73 250m: 2:46.55 34.60 350m: 3:57.01 35.33						
	100m: 1:04.00 33.11 200m: 2:11.95 34.22 300m: 3:21.68 35.13 400m: 4:30.77 33.76						
2.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**4:31.74**	+0,70	658	
	50m: 31.20 31.20 150m: 1:39.63 34.73 250m: 2:49.73 34.84 350m: 3:59.02 34.18						
	100m: 1:04.90 33.70 200m: 2:14.89 35.26 300m: 3:24.84 35.11 400m: 4:31.74 32.72						
3.	SANTOS Leonor Esteves	04	Avancado EUL	**4:31.77**	+0,77	658	
	50m: 31.27 31.27 150m: 1:38.87 34.22 250m: 2:47.91 34.53 350m: 3:58.11 35.03						
	100m: 1:04.65 33.38 200m: 2:13.38 34.51 300m: 3:23.08 35.17 400m: 4:31.77 33.66						
4.	LOPES Daniela Magalhaes	05	Famalicao	**4:31.94**	+0,77	657	
	50m: 30.92 30.92 150m: 1:39.35 34.50 250m: 2:48.92 34.88 350m: 3:58.97 34.78						
	100m: 1:04.85 33.93 200m: 2:14.04 34.69 300m: 3:24.19 35.27 400m: 4:31.94 32.97						
5.	PIRES Marta Joao	05	Alges	**4:35.76**	+0,74	630	
	50m: 31.84 31.84 150m: 1:40.84 34.44 250m: 2:51.09 34.92 350m: 4:01.54 35.06						
	100m: 1:06.40 34.56 200m: 2:16.17 35.33 300m: 3:26.48 35.39 400m: 4:35.76 34.22						
6.	PINHO Carolina Teixeira	04	Porto	**4:36.93**	+0,67	622	
	50m: 31.47 31.47 150m: 1:39.82 34.42 250m: 2:50.52 35.41 350m: 4:02.06 35.42						
	100m: 1:05.40 33.93 200m: 2:15.11 35.29 300m: 3:26.64 36.12 400m: 4:36.93 34.87						
7.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**4:38.80**	+0,71	610	
	50m: 31.25 31.25 150m: 1:40.14 34.70 250m: 2:50.74 35.55 350m: 4:02.77 36.05						
	100m: 1:05.44 34.19 200m: 2:15.19 35.05 300m: 3:26.72 35.98 400m: 4:38.80 36.03						
8.	PRETO Filipa Manso	04	Porto	**4:40.62**	+0,71	598	
	50m: 31.85 31.85 150m: 1:40.73 34.39 250m: 2:52.13 35.46 350m: 4:04.98 36.40						
	100m: 1:06.34 34.49 200m: 2:16.67 35.94 300m: 3:28.58 36.45 400m: 4:40.62 35.64						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 35, Femin., 400m Livres, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	SEBASTIAO Sofia Antunes	05	Amadora	**4:42.97**	+0,87	583	
	50m: 31.96 31.96 150m: 1:42.11 35.25 250m: 2:54.66 36.29 350m: 4:07.73 36.40						
	100m: 1:06.86 34.90 200m: 2:18.37 36.26 300m: 3:31.33 36.67 400m: 4:42.97 35.24						
10.	SIMOES Ana Beatriz	05	Sporting	**4:47.43**	+0,83	556	
	50m: 32.58 32.58 150m: 1:43.73 36.10 250m: 2:56.79 36.76 350m: 4:11.06 36.95						
	100m: 1:07.63 35.05 200m: 2:20.03 36.30 300m: 3:34.11 37.32 400m: 4:47.43 36.37						

Prova 35 — Femin., 400m Livres — Open
03-08-2019 - 18:20 — Resultados Final

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
Rec Nac Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
Rec Nac Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
Rec Nac Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
Rec Nac Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1.	HOLUB Tamila Hryhorivna	99	Braga	**4:14.02**	+0,74	806	
	50m: 30.14 30.14 150m: 1:34.00 31.81 250m: 2:38.36 32.11 350m: 3:42.95 32.20						
	100m: 1:02.19 32.05 200m: 2:06.25 32.25 300m: 3:10.75 32.39 400m: 4:14.02 31.07						
2.	DURAES Diana Margarida	96	Benfica	**4:14.90**	+0,71	798	
	50m: 30.07 30.07 150m: 1:34.35 32.19 250m: 2:39.13 32.29 350m: 3:43.54 31.93						
	100m: 1:02.16 32.09 200m: 2:06.84 32.49 300m: 3:11.61 32.48 400m: 4:14.90 31.36						
3.	MARTINS Francisca Soares	03	Foca	**4:23.02**	+0,63	726	
	50m: 30.24 30.24 150m: 1:35.36 32.74 250m: 2:42.53 33.60 350m: 3:50.40 33.81						
	100m: 1:02.62 32.38 200m: 2:08.93 33.57 300m: 3:16.59 34.06 400m: 4:23.02 32.62						
4.	RAMOS Ana Rita	02	Porto	**4:27.55**	+0,73	690	
	50m: 30.71 30.71 150m: 1:36.56 33.19 250m: 2:44.65 34.40 350m: 3:53.67 34.93						
	100m: 1:03.37 32.66 200m: 2:10.25 33.69 300m: 3:18.74 34.09 400m: 4:27.55 33.88						
5.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**4:30.53**	+0,72	667	
	50m: 31.24 31.24 150m: 1:38.93 33.97 250m: 2:47.62 34.41 350m: 3:57.33 34.59						
	100m: 1:04.96 33.72 200m: 2:13.21 34.28 300m: 3:22.74 35.12 400m: 4:30.53 33.20						
6.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**4:30.73**	+0,73	666	
	50m: 31.54 31.54 150m: 1:39.20 34.22 250m: 2:47.95 34.38 350m: 3:57.69 34.79						
	100m: 1:04.98 33.44 200m: 2:13.57 34.37 300m: 3:22.90 34.95 400m: 4:30.73 33.04						
7.	FARIA Ana Rita	00	Porto	**4:31.19**	+0,73	662	
	50m: 31.08 31.08 150m: 1:38.55 34.33 250m: 2:47.72 34.75 350m: 3:57.33 35.01						
	100m: 1:04.22 33.14 200m: 2:12.97 34.42 300m: 3:22.32 34.60 400m: 4:31.19 33.86						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**4:34.02**	+0,79	642	
	50m: 31.34 31.34 150m: 1:39.73 34.29 250m: 2:49.73 34.73 350m: 4:00.10 35.02						
	100m: 1:05.44 34.10 200m: 2:15.00 35.27 300m: 3:25.08 35.35 400m: 4:34.02 33.92						
9.	ANDRE Leticia Maia	02	Benfica	**4:34.14**	+0,69	641	
	50m: 30.44 30.44 150m: 1:38.02 34.49 250m: 2:48.76 35.21 350m: 4:00.63 35.83						
	100m: 1:03.53 33.09 200m: 2:13.55 35.53 300m: 3:24.80 36.04 400m: 4:34.14 33.51						

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Prova 35, Femin., 400m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	VELOSO Teresa Miguel	00	Sporting	**4:36.05**	+0,75	628	

50m:	31.07	31.07	150m:	1:38.65	34.31	250m:	2:49.04	35.16	350m:	4:00.62	35.99
100m:	1:04.34	33.27	200m:	2:13.88	35.23	300m:	3:24.63	35.59	400m:	4:36.05	35.43

Final B

11.	QUEIROZ Ana Rita	02	Condeixa Clube	**4:30.21**	+0,70	670	

50m:	30.57	30.57	150m:	1:38.10	34.25	250m:	2:46.71	34.04	350m:	3:55.86	34.26
100m:	1:03.85	33.28	200m:	2:12.67	34.57	300m:	3:21.60	34.89	400m:	4:30.21	34.35

12.	AMADOR Joana Costa	01	Galitos / Bresimar	**4:32.06**	+0,64	656	

50m:	31.02	31.02	150m:	1:39.34	34.56	250m:	2:49.09	34.79	350m:	3:58.64	34.38
100m:	1:04.78	33.76	200m:	2:14.30	34.96	300m:	3:24.26	35.17	400m:	4:32.06	33.42

13.	FRAZAO Alexandra Couto	02	Condeixa Clube	**4:33.23**	+0,73	648	

50m:	31.61	31.61	150m:	1:41.09	35.13	250m:	2:51.54	34.93	350m:	4:01.17	34.14
100m:	1:05.96	34.35	200m:	2:16.61	35.52	300m:	3:27.03	35.49	400m:	4:33.23	32.06

14.	PINA Ana Sofia	02	O Crasto	**4:34.42**	+0,70	639	

50m:	31.27	31.27	150m:	1:39.44	34.58	250m:	2:49.55	35.28	350m:	3:59.97	35.23
100m:	1:04.86	33.59	200m:	2:14.27	34.83	300m:	3:24.74	35.19	400m:	4:34.42	34.45

15.	GIGON Meryl	95	Turrita Nuoto	**4:35.44**	+0,72	632	

50m:	31.06	31.06	150m:	1:40.37	35.78	250m:	2:51.38	35.37	350m:	4:01.50	35.26
100m:	1:04.59	33.53	200m:	2:16.01	35.64	300m:	3:26.24	34.86	400m:	4:35.44	33.94

16.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**4:35.87**	+0,75	629	

50m:	31.22	31.22	150m:	1:38.66	33.95	250m:	2:48.75	35.01	350m:	4:00.77	36.18
100m:	1:04.71	33.49	200m:	2:13.74	35.08	300m:	3:24.59	35.84	400m:	4:35.87	35.10

17.	AMORIM Maria Leonor	03	Porto	**4:38.74**	+0,72	610	

50m:	31.45	31.45	150m:	1:40.72	35.00	250m:	2:52.31	35.78	350m:	4:03.97	35.82
100m:	1:05.72	34.27	200m:	2:16.53	35.81	300m:	3:28.15	35.84	400m:	4:38.74	34.77

18.	ROLAO Sofia Alexandra	98	Benfica	**4:41.61**	+0,71	592	

50m:	30.92	30.92	150m:	1:40.55	35.03	250m:	2:52.62	35.94	350m:	4:05.34	36.13
100m:	1:05.52	34.60	200m:	2:16.68	36.13	300m:	3:29.21	36.59	400m:	4:41.61	36.27

19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**4:42.64**	+0,67	585	

50m:	32.20	32.20	150m:	1:42.67	35.74	250m:	2:54.65	36.10	350m:	4:07.22	35.97
100m:	1:06.93	34.73	200m:	2:18.55	35.88	300m:	3:31.25	36.60	400m:	4:42.64	35.42

20.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**4:43.97**	+0,79	577	

50m:	31.78	31.78	150m:	1:41.27	35.22	250m:	2:53.67	36.23	350m:	4:07.98	37.25
100m:	1:06.05	34.27	200m:	2:17.44	36.17	300m:	3:30.73	37.06	400m:	4:43.97	35.99

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Prova 36 — Masc., 400m Livres — Juvenis
03-08-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**4:08.94**	+0,72	690	
	50m: 27.91 27.91 150m: 1:30.60 31.85 250m: 2:33.64 31.23 350m: 3:37.17 31.73						
	100m: 58.75 30.84 200m: 2:02.41 31.81 300m: 3:05.44 31.80 400m: 4:08.94 31.77						
2.	ALMEIDA Bernardo Victorino	04	Sporting	**4:10.43**	+0,66	678	
	50m: 27.93 27.93 150m: 1:30.69 32.02 250m: 2:34.46 32.02 350m: 3:39.52 32.65						
	100m: 58.67 30.74 200m: 2:02.44 31.75 300m: 3:06.87 32.41 400m: 4:10.43 30.91						
3.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**4:10.56**	+0,67	677	
	50m: 28.54 28.54 150m: 1:32.61 32.31 250m: 2:36.74 31.65 350m: 3:39.98 31.15						
	100m: 1:00.30 31.76 200m: 2:05.09 32.48 300m: 3:08.83 32.09 400m: 4:10.56 30.58						
4.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	**4:11.60**	+0,66	669	
	50m: 28.49 28.49 150m: 1:32.34 31.97 250m: 2:36.27 31.92 350m: 3:41.24 32.27						
	100m: 1:00.37 31.88 200m: 2:04.35 32.01 300m: 3:08.97 32.70 400m: 4:11.60 30.36						
5.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**4:17.50**	+0,66	624	
	50m: 28.06 28.06 150m: 1:30.85 31.77 250m: 2:36.60 33.23 350m: 3:44.09 33.89						
	100m: 59.08 31.02 200m: 2:03.37 32.52 300m: 3:10.20 33.60 400m: 4:17.50 33.41						
6.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**4:17.85**	+0,70	621	
	50m: 28.37 28.37 150m: 1:32.64 32.77 250m: 2:39.15 33.65 350m: 3:46.84 33.75						
	100m: 59.87 31.50 200m: 2:05.50 32.86 300m: 3:13.09 33.94 400m: 4:17.85 31.01						
7.	LOPES Luis Afonso	03	Viver Santarem	**4:18.26**	+0,60	618	
	50m: 29.52 29.52 150m: 1:34.75 33.41 250m: 2:41.56 33.45 350m: 3:48.33 33.40						
	100m: 1:01.34 31.82 200m: 2:08.11 33.36 300m: 3:14.93 33.37 400m: 4:18.26 29.93						
8.	CARVALHO Fernando Costa	03	Foca	**4:20.79**	+0,70	600	
	50m: 29.36 29.36 150m: 1:34.91 32.85 250m: 2:41.52 33.31 350m: 3:48.34 33.26						
	100m: 1:02.06 32.70 200m: 2:08.21 33.30 300m: 3:15.08 33.56 400m: 4:20.79 32.45						
9.	COSTA Hugo Alexandre	03	Natacao de Valongo	**4:22.25**	+0,72	590	
	50m: 28.77 28.77 150m: 1:33.33 33.04 250m: 2:40.56 33.74 350m: 3:49.28 34.17						
	100m: 1:00.29 31.52 200m: 2:06.82 33.49 300m: 3:15.11 34.55 400m: 4:22.25 32.97						
10.	DUARTE Pedro Esteves	03	Cova da Piedade	**4:23.19**	+0,69	584	
	50m: 29.52 29.52 150m: 1:35.41 33.20 250m: 2:42.97 33.56 350m: 3:50.56 33.40						
	100m: 1:02.21 32.69 200m: 2:09.41 34.00 300m: 3:17.16 34.19 400m: 4:23.19 32.63						

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Prova 36, Masc., 400m Livres, Final

Prova 36 — Masc., 400m Livres — Open
03-08-2019 - 18:35 — Resultados Final

Rec Nac Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
Rec Nac Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
Rec Nac Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
Rec Nac Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
Rec Nac Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Jose Paulo	00	Braga	**3:53.66**	+0,66	835	
	50m: 27.08 27.08 150m: 1:26.30 29.84 250m: 2:26.46 30.01 350m: 3:25.19 28.82						
	100m: 56.46 29.38 200m: 1:56.45 30.15 300m: 2:56.37 29.91 400m: 3:53.66 28.47						
2.	VELOSO Tomas Miguel	96	Nautico Academico	**3:54.96**	+0,62	821	
	50m: 27.07 27.07 150m: 1:26.48 29.90 250m: 2:26.48 29.75 350m: 3:26.14 29.74						
	100m: 56.58 29.51 200m: 1:56.73 30.25 300m: 2:56.40 29.92 400m: 3:54.96 28.82						
3.	GIL Rafael Lourenco	96	Sporting	**3:58.02**	+0,67	790	
	50m: 27.85 27.85 150m: 1:28.03 30.06 250m: 2:28.43 30.12 350m: 3:29.27 30.18						
	100m: 57.97 30.12 200m: 1:58.31 30.28 300m: 2:59.09 30.66 400m: 3:58.02 28.75						
4.	SANTOS Pedro Miguel	01	Porto	**4:01.73**	+0,63	754	
	50m: 27.43 27.43 150m: 1:26.73 29.79 250m: 2:27.83 30.57 350m: 3:30.37 31.20						
	100m: 56.94 29.51 200m: 1:57.26 30.53 300m: 2:59.17 31.34 400m: 4:01.73 31.36						
5.	BASTOS Lucas Pereira	00	Nautico Academico	**4:03.91**	+0,69	734	
	50m: 28.26 28.26 150m: 1:29.35 30.47 250m: 2:31.83 31.09 350m: 3:34.12 31.14						
	100m: 58.88 30.62 200m: 2:00.74 31.39 300m: 3:02.98 31.15 400m: 4:03.91 29.79						
6.	PINA Guilherme Filipe	98	Sporting	**4:04.26**	+0,72	731	
	50m: 28.03 28.03 150m: 1:28.44 30.25 250m: 2:29.46 30.54 350m: 3:32.35 31.69						
	100m: 58.19 30.16 200m: 1:58.92 30.48 300m: 3:00.66 31.20 400m: 4:04.26 31.91						
7.	LOPES Tomas Teixeira	02	Foca	**4:06.70**	+0,67	709	
	50m: 27.48 27.48 150m: 1:27.93 30.49 250m: 2:30.61 31.54 350m: 3:34.72 32.36						
	100m: 57.44 29.96 200m: 1:59.07 31.14 300m: 3:02.36 31.75 400m: 4:06.70 31.98						
8.	BATE Afonso Ribeiro	98	Alges	**4:07.70**	+0,67	701	
	50m: 27.72 27.72 150m: 1:30.27 31.61 250m: 2:34.28 31.97 350m: 3:38.72 32.06						
	100m: 58.66 30.94 200m: 2:02.31 32.04 300m: 3:06.66 32.38 400m: 4:07.70 28.98						
9.	CRISTINO David Matias	01	Uniao Piedense	**4:08.64**	+0,71	693	
	50m: 28.11 28.11 150m: 1:30.83 31.36 250m: 2:34.80 31.65 350m: 3:38.41 31.45						
	100m: 59.47 31.36 200m: 2:03.15 32.32 300m: 3:06.96 32.16 400m: 4:08.64 30.23						
10.	JORGE Duarte Miguel	01	Galitos / Bresimar	**4:09.53**	+0,67	685	
	50m: 28.00 28.00 150m: 1:30.09 31.11 250m: 2:33.24 31.51 350m: 3:38.40 32.84						
	100m: 58.98 30.98 200m: 2:01.73 31.64 300m: 3:05.56 32.32 400m: 4:09.53 31.13						
Final B							
11.	LIESS Thomas	95	Turrita Nuoto	**4:03.59**	+0,72	737	
	50m: 26.40 26.40 150m: 1:26.26 30.42 250m: 2:29.53 31.94 350m: 3:33.80 32.17						
	100m: 55.84 29.44 200m: 1:57.59 31.33 300m: 3:01.63 32.10 400m: 4:03.59 29.79						

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Prova 36, Masc., 400m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	NUNES Diogo Barbosa	00	Porto	**4:04.11**	+0,72	732	
	50m: 27.51 27.51 150m: 1:27.46 30.15 250m: 2:29.08 30.73 350m: 3:32.79 31.88						
	100m: 57.31 29.80 200m: 1:58.35 30.89 300m: 3:00.91 31.83 400m: 4:04.11 31.32						
13.	COSTA Tiago Cunha	99	Sporting	**4:08.32**	+0,65	696	
	50m: 27.30 27.30 150m: 1:28.83 31.33 250m: 2:32.96 32.09 350m: 3:37.02 31.98						
	100m: 57.50 30.20 200m: 2:00.87 32.04 300m: 3:05.04 32.08 400m: 4:08.32 31.30						
14.	DEUS Andre Portugal	02	Naval do Funchal	**4:08.88**	+0,59	691	
	50m: 28.02 28.02 150m: 1:30.24 31.48 250m: 2:34.11 31.98 350m: 3:37.72 31.72						
	100m: 58.76 30.74 200m: 2:02.13 31.89 300m: 3:06.00 31.89 400m: 4:08.88 31.16						
15.	TRAVANCA Sergio Filipe	00	Leixoes	**4:10.04**	+0,62	681	
	50m: 27.39 27.39 150m: 1:29.03 31.18 250m: 2:32.58 31.40 350m: 3:37.80 32.29						
	100m: 57.85 30.46 200m: 2:01.18 32.15 300m: 3:05.51 32.93 400m: 4:10.04 32.24						
16.	CARVALHO Daniel Luis	02	Braga	**4:14.41**	+0,75	647	
	50m: 28.58 28.58 150m: 1:32.04 32.05 250m: 2:37.30 32.82 350m: 3:42.75 32.72						
	100m: 59.99 31.41 200m: 2:04.48 32.44 300m: 3:10.03 32.73 400m: 4:14.41 31.66						
17.	MONTEIRO Tomas Penha	02	Alges	**4:16.59**	+0,69	630	
	50m: 29.09 29.09 150m: 1:32.90 32.28 250m: 2:38.25 32.72 350m: 3:44.08 32.59						
	100m: 1:00.62 31.53 200m: 2:05.53 32.63 300m: 3:11.49 33.24 400m: 4:16.59 32.51						
18.	NUNES Francisco Costa	02	Salvaterra de Magos	**4:16.78**	+0,74	629	
	50m: 29.31 29.31 150m: 1:33.49 32.62 250m: 2:39.35 32.79 350m: 3:45.36 32.95						
	100m: 1:00.87 31.56 200m: 2:06.56 33.07 300m: 3:12.41 33.06 400m: 4:16.78 31.42						
19.	JACINTO Rafael Rodrigues	02	Belenenses	**4:17.53**	+0,74	624	
	50m: 28.78 28.78 150m: 1:33.02 32.47 250m: 2:39.12 32.95 350m: 3:45.59 32.87						
	100m: 1:00.55 31.77 200m: 2:06.17 33.15 300m: 3:12.72 33.60 400m: 4:17.53 31.94						
20.	FROTA Paulo Andre	02	Condeixa Clube	**4:31.39**	+0,73	533	
	50m: 30.17 30.17 150m: 1:36.69 33.84 250m: 2:46.03 34.22 350m: 3:56.68 34.87						
	100m: 1:02.85 32.68 200m: 2:11.81 35.12 300m: 3:21.81 35.78 400m: 4:31.39 34.71						

Prova 37 — Femin., 4 x 50m Estilos — Open

03-08-2019 - 19:25 — Resultados

Rec Nac Absoluto	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
Rec Nac Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
Rec Nac Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra	31-07-2010

Pontos: FINA 2019

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Alges-ABS	Alges	**1:56.39**	+0,66	762	
	Recorde Nacional, Abs					
	AZEVEDO Rafaela Gomes 02 +0,66 28.64	FRISCHKNECHT Rita Barros 98 +0,43 29.00				
	PEREIRA Raquel Gomes 00 +0,41 32.87	SOUSA Ana Reis 02 +0,36 25.88				
2.	Sporting-ABS	Sporting	**1:59.16**	+0,66	710	
	PEIXEIRA Filipa Ramos 03 +0,66 31.57	FERNANDES Ines Camacho 97 +0,44 27.71				
	ROSA Maria Carolina 94 +0,39 34.35	VIEGAS Beatriz Mendes 00 +0,21 25.53				

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Prova 37, Femin., 4 x 50m Estilos, Open

Lugar				Clube		Tempo Final		TReac	Pts FINA	Pts
3.	Porto-ABS			Porto		**1:59.84**		+0,68	698	
	FERREIRA Catarina Maria	98	+0,68	30.93	SOARES Catarina Silva		03	+0,51	28.40	
	OLIVEIRA Rosa Maria	96	+0,36	33.69	FARIA Ana Rita		00	+0,46	26.82	
4.	Fluvial Portuense-ABS			Fluvial Portuense		**2:01.79**		+0,78	665	
	ROCHA Carolina Neves	04	+0,78	32.56	CUNHA Mariana Pacheco		04	+0,56	28.27	
	ANDRE Angelica Maria	94	+0,15	34.17	PEGO Isabel Porfirio		01	+0,36	26.79	
5.	Benfica-ABS			Benfica		**2:03.34**		+0,61	640	
	ROLAO Sofia Alexandra	98	+0,61	31.78	GRAVETO Ana Raquel		02	+0,50	29.66	
	BORGES Claudia Ferreira	99	+0,23	34.40	ANDRE Leticia Maia		02	+0,15	27.50	
6.	Torres Novas-ABS			Torres Novas		**2:04.58**		+0,65	621	
	RAMOS Ines Asseiceira	03	+0,65	32.06	NICOLAU Margarida Claudino		05	+0,45	30.61	
	MORAIS Margarida Mateus	04	+0,42	34.40	CASAL Beatriz Goncalves		03	+0,42	27.51	
7.	Academica de Coimbra-ABS			Academica de Coimbra		**2:04.63**		+0,58	621	
	NEVES Ana Carolina	00	+0,58	31.95	TEJO Beatriz Costa		02	+0,41	29.02	
	MOREIRA Matilde Freitas	01	+0,26	36.24	CRAVEIRO Beatriz Neves		97	+0,27	27.42	
8.	Natacao de Lisboa-ABS			Natacao de Lisboa		**2:05.14**		+0,56	613	
	MESTRE Catarina Martins	00	+0,56	30.12	FERREIRA Ana Raquel		98	+0,04	31.67	
	LEITAO Rita Fernandes	96	-0,02	35.17	CARNEIRO Caetana Neves		03	+0,24	28.18	
9.	Galitos / Bresimar-ABS			Galitos / Bresimar		**2:05.82**		+0,66	603	
	COSTA Joana Santos	04	+0,66	32.83	RODRIGUES Ana Margarida		96	+0,46	28.43	
	MONTEIRO Margarida Cabral	02	+0,22	36.60	AMADOR Joana Costa		01	+0,37	27.96	
10.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria		**2:06.65**		+0,57	591	
	JUNQUEIRA Sofia Ribeiro	02	+0,57	32.82	LOPES Sara Santos		03	+0,18	29.59	
	DOMINGUES Luana Pinto	03	+0,26	35.58	JACINTO Ines Filipa		03	+0,31	28.66	
11.	Vitoria Guimaraes-ABS			Vitoria Guimaraes		**2:07.69**		+0,64	577	
	ALMEIDA Catarina Isabel	02	+0,64	33.46	FERNANDES Filipa Viamonte		02	+0,32	29.68	
	VIEIRA Valeria Goncalves	02	+0,38	36.91	FERNANDES Ana Ines		00	+0,19	27.64	
12.	Gesloures-ABS			Gesloures		**2:07.93**		+0,62	574	
	RODRIGUES Sofia Vilardell	04	+0,62	32.81	RIBEIRO Margarida Messias		98	+0,05	29.93	
	REBELO Beatriz Vaz	03	+0,41	36.92	NEVES Leonor Maria		03	+0,02	28.27	
13.	Fundacao Beatriz Santos-ABS			Fundacao Beatriz Santos		**2:09.75**		+0,69	550	
	BERNARDO Joana Beatriz	99	+0,69	33.70	SILVA Ines Pereira		02	+0,47	29.38	
	TOMAS Beatriz Monteiro	03	+0,43	36.44	CUNHA Leonor Correia		04	+0,27	30.23	
14.	Estarreja-ABS			Estarreja		**2:10.20**		+0,56	544	
	MARQUES Mariana Nunes	03	+0,56	32.58	CASTRO Andreia Rodrigues		01	+0,24	32.56	
	TEIXEIRA Ines Oliveira	02	+0,12	36.04	SANTOS Diana Sofia		02	+0,10	29.02	

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NATAÇÃO PURA

Prova 38 — Masc., 4 x 50m Estilos — Open
03-08-2019 - 19:30 — Resultados

Rec Nac Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Rec Nac Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Rec Nac Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10-04-2010

Pontos: FINA 2019

Lugar				Clube		Tempo Final		TReac	Pts FINA	Pts
1.	Sporting-ABS			Sporting		**1:43.03**		+0,66	745	
	SANTOS Francisco Rogerio	98	+0,66	25.78	MOGNE Igor Araujo		96	+0,50	24.87	
	SANTOS Alexis Manacas	92	+0,21	28.30	DANTAS Diogo Leal		00	+0,45	24.08	
2.	Belenenses-ABS			Belenenses		**1:44.41**		+0,56	716	
	FERNANDES Joao Diogo	98	+0,56	28.00	RAMOS Bruno Miguel		97	+0,19	25.16	
	QUINTAS Francisco Robalo	95	+0,10	27.65	PADRELA Joao Esteves		99	+0,46	23.60	
3.	Benfica-ABS			Benfica		**1:44.93**		+0,63	705	
	ROSA Rodrigo Antonio	96	+0,63	27.53	MARQUES Miguel Henriques		00	+0,46	24.63	
	PEREIRA Ricardo Samuel	03	+0,30	29.72	DIAS Guilherme Pereira		97	+0,40	23.05	
4.	Porto-ABS			Porto		**1:45.15**		+0,59	701	
	NUNES Porfirio Braga	00	+0,59	27.30	SOUSA Joao Ribeiro		01	+0,38	26.04	
	AMORIM Alexandre Ferreira	99	+0,17	28.21	SOARES Tiago Silva		99	+0,44	23.60	
5.	Alges-ABS			Alges		**1:45.63**		+0,54	691	
	BATE Miguel Ribeiro	99	+0,54	27.54	SANTOS Pedro Andre		94	+0,49	25.10	
	FRISCHKNECHT Renato Barros	01	+0,21	29.65	MACHADO Francisco Carvalho		98	+0,31	23.34	
6.	Uniao Piedense-ABS			Uniao Piedense		**1:49.19**		+0,59	626	
	GOMES Tomas Nogueira	03	+0,59	28.55	LOPES Carlos Filipe		01	+0,32	26.23	
	BRITO Bernardo Geada	02	+1,79	31.21	SILVA Fernando Souza		86	+0,20	23.20	
7.	Desportivo Nacional-ABS			Desportivo Nacional		**1:49.32**		+0,62	624	
	FERNANDES Rui Afonso	03	+0,62	28.32	FERREIRA Miguel Goncalves		93	+0,15	25.45	
	SILVA Luis Pedro	98	+0,13	31.19	SOUSA Tiago Ferreira		91	+0,13	24.36	
8.	Naval do Funchal-ABS			Naval do Funchal		**1:49.50**		+0,58	621	
	GOMES Goncalo Camara	03	+0,58	29.35	SEQUEIRA Afonso Meneses		99	+0,38	25.69	
	SILVA Tomas Antonio	01	0.00	30.01	DEUS Andre Portugal		02	+0,24	24.45	
9.	Gesloures-ABS			Gesloures		**1:49.58**		+0,55	619	
	ALFAMA Martim Primavera	02	+0,55	27.46	GRENHO Andre Tavares		99	+0,34	26.73	
	SANTOS Afonso Amaro	02	+0,26	30.74	MARTINS Bruno Miguel		93	+0,32	24.65	
10.	Vitoria Guimaraes-ABS			Vitoria Guimaraes		**1:51.53**		+0,56	587	
	COSTA Joao Nogueira	01	+0,56	26.47	MAGALHAES Eduardo Miguel		02	+0,25	27.02	
	CASTRO Helder Ribeiro	03	+0,30	32.86	MADUREIRA Rui Pedro		04	+0,05	25.18	
11.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria		**1:51.76**		+0,61	584	
	FARIA Ricardo Morais	04	+0,61	29.70	SILVA Joao Jose		03	+0,34	27.33	
	GOMES Filipe Miguel	97	+0,18	30.04	REIS Rodrigo Miguel		04	+0,38	24.69	
12.	Aquatico Pacense-ABS			Aquatico Pacense		**1:51.97**		+0,55	580	
	ROCHA Ricardo Filipe	02	+0,55	27.45	BESSA Antonio Rafael		94	+0,16	27.23	
	ALVES Nuno Rafael	90	+0,19	32.46	ALMEIDA Luis Carlos		98	+0,15	24.83	
13.	Fundacao Beatriz Santos-ABS			Fundacao Beatriz Santos		**1:52.01**		+0,65	580	
	DIAS Joao Pedro	02	+0,65	28.85	DOMINGUES Ricardo Jorge		02	+0,47	26.52	
	AGOSTINHO Miguel Diogo	00	+0,38	31.67	GOMES Rodrigo Ribeiro		00	+0,35	24.97	

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Prova 38, Masc., 4 x 50m Estilos, Open

Lugar				Clube			Tempo Final	TReac	Pts FINA	Pts
14.	Feirense-ABS			Feirense			**1:52.68**	+0,64	570	
	SILVA Job Santos	96	+0,64	28.58	PINHO Manuel Antonio	01		+0,23	25.20	
	CORREIA Andre Filipe	97	+0,26	32.96	FERREIRA Joao Vitor	96		+0,12	25.94	
15.	Uniao Coimbra-ABS			Uniao Coimbra			**1:52.83**	+0,57	567	
	ARZILEIRO Bernardo Vinagre	01	+0,57	28.70	RODRIGUES Pedro Simoes	01		+0,03	27.41	
	SOUSA Duarte Anastacio	02	+0,30	31.85	MACHADO Joao Francisco	99		+0,14	24.87	
16.	Estarreja-ABS			Estarreja			**1:53.36**	+0,58	559	
	FIDALGO Mateus Valente	01	+0,58	28.36	SILVA Luis Afonso	02		+0,29	27.32	
	FERREIRA Joao Renato	01	+0,41	32.29	OLIVEIRA David Miguel	01		+0,27	25.39	

7 - 4ª Jornada - 1ª Sessão (Eliminatórias-Heats) 04-08-2019 - 9:00

Prova 39 — Femin., 200m Mariposa — Juvenis
04-08-2019 - 9:00 — Resultados Elimin

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

TAC Juv A 50m: 2:41.81 - 25m: 2:38.26; Juv B 50m: 2:46.38 - 25m: 2:43.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Maria Alexandra	04	Albicastrense	**2:22.80**	+0,71	620	
	50m: 32.18 32.18 100m: 1:08.23 36.05 150m: 1:45.05 36.82 200m: 2:22.80 37.75						
2.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:24.49**	+0,68	599	
	50m: 32.06 32.06 100m: 1:08.95 36.89 150m: 1:46.20 37.25 200m: 2:24.49 38.29						
3.	DELGADO Soraia Alexandra	05	Sporting	**2:30.99**	+0,63	525	
	50m: 33.13 33.13 100m: 1:11.08 37.95 150m: 1:50.49 39.41 200m: 2:30.99 40.50						
4.	BENTO Maria Madalena	05	BUZIOS-Coruche	**2:31.03**	+0,75	524	
	50m: 32.40 32.40 100m: 1:09.48 37.08 150m: 1:49.06 39.58 200m: 2:31.03 41.97						
5.	TROIA Beatriz Rosa	04	Vilacondense	**2:31.42**	+0,69	520	
	50m: 33.50 33.50 100m: 1:11.65 38.15 150m: 1:50.58 38.93 200m: 2:31.42 40.84						
6.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:31.60**	+0,75	518	
	50m: 33.15 33.15 100m: 1:11.79 38.64 150m: 1:50.68 38.89 200m: 2:31.60 40.92						
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:31.67**	+0,75	518	
	50m: 33.20 33.20 100m: 1:11.58 38.38 150m: 1:51.67 40.09 200m: 2:31.67 40.00						
8.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:32.40**	+0,71	510	
	50m: 32.66 32.66 100m: 1:11.28 38.62 150m: 1:51.20 39.92 200m: 2:32.40 41.20						
9.	MORGADO Alice Jesus	04	Gesloures	**2:33.11**	+0,81	503	
	50m: 33.24 33.24 100m: 1:11.91 38.67 150m: 1:50.87 38.96 200m: 2:33.11 42.24						
10.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:33.65**	+0,84	498	
	50m: 33.46 33.46 100m: 1:11.67 38.21 150m: 1:51.92 40.25 200m: 2:33.65 41.73						
11.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**2:34.06**	+0,70	494	
	50m: 33.61 33.61 100m: 1:12.39 38.78 150m: 1:52.30 39.91 200m: 2:34.06 41.76						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	HENRIQUES Carolina Porem	04	Sporting	**2:34.36**	+0,66	491	
	50m: 34.27 34.27 100m: 1:13.52 39.25 150m: 1:54.31 40.79 200m: 2:34.36 40.05						
13.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**2:34.44**	+0,74	490	
	50m: 34.85 34.85 100m: 1:13.55 38.70 150m: 1:53.73 40.18 200m: 2:34.44 40.71						
14.	RINO Maria Pedro	05	Academia Acores	**2:35.94**	+0,93	476	
	50m: 33.43 33.43 100m: 1:11.83 38.40 150m: 1:52.92 41.09 200m: 2:35.94 43.02						
15.	MORGANHO Leonor Alves	04	Alges	**2:36.13**	+0,84	474	
	50m: 34.66 34.66 100m: 1:13.95 39.29 150m: 1:54.94 40.99 200m: 2:36.13 41.19						
16.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:36.86**	+0,77	468	
	50m: 33.45 33.45 100m: 1:12.85 39.40 150m: 1:53.82 40.97 200m: 2:36.86 43.04						
17.	MENDES Ana Sebastiao	04	Individual ANALG	**2:37.03**	+0,71	466	
	50m: 35.67 35.67 100m: 1:17.38 41.71 150m: 1:57.38 40.00 200m: 2:37.03 39.65						
18.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**2:37.18**	+0,77	465	
	50m: 34.60 34.60 100m: 1:14.71 40.11 150m: 1:55.91 41.20 200m: 2:37.18 41.27						
19.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:37.68**	+0,71	461	
	50m: 34.12 34.12 100m: 1:12.85 38.73 150m: 1:52.75 39.90 200m: 2:37.68 44.93						
20.	LOURO Ariana Espirito	05	Gualdim Pais	**2:38.35**	+0,68	455	
	50m: 34.55 34.55 100m: 1:14.78 40.23 150m: 1:55.99 41.21 200m: 2:38.35 42.36						
21.	GAMA Joana Fernandes	05	Sporting	**2:38.66**	+0,69	452	
	50m: 34.51 34.51 100m: 1:14.06 39.55 150m: 1:55.41 41.35 200m: 2:38.66 43.25						
22.	SILVA Joana Ferreira	05	Leixoes	**2:39.02**	+0,72	449	
	50m: 33.48 33.48 100m: 1:12.91 39.43 150m: 1:54.65 41.74 200m: 2:39.02 44.37						
23.	COSTA Rita Salome	04	Aquatico Pacense	**2:39.94**	+0,86	441	
	50m: 34.52 34.52 100m: 1:14.96 40.44 150m: 1:56.40 41.44 200m: 2:39.94 43.54						
24.	CABRAL Ana Matos	05	Condeixa Clube	**2:40.03**	+0,75	441	
	50m: 34.98 34.98 100m: 1:15.79 40.81 150m: 1:57.71 41.92 200m: 2:40.03 42.32						
25.	TAVARES Mariana Silva	04	Estarreja	**2:40.05**	+0,85	440	
	50m: 34.23 34.23 100m: 1:16.00 41.77 150m: 1:59.36 43.36 200m: 2:40.05 40.69						
26.	LIMA Eduarda Filipa	04	Vilacondense	**2:40.13**	+0,80	440	
	50m: 35.19 35.19 100m: 1:15.26 40.07 150m: 1:57.41 42.15 200m: 2:40.13 42.72						
27.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:40.92**	+0,77	433	
	50m: 34.59 34.59 100m: 1:15.99 41.40 150m: 1:59.14 43.15 200m: 2:40.92 41.78						
28.	GUTERRES Mariana Fragoso	04	Benfica	**2:41.49**	+0,68	429	
	50m: 34.13 34.13 100m: 1:14.28 40.15 150m: 1:56.36 42.08 200m: 2:41.49 45.13						
29.	VIEIRA Carmo Dias	05	Avancado EUL	**2:41.53**	+0,63	428	
	50m: 35.16 35.16 100m: 1:16.01 40.85 150m: 1:58.86 42.85 200m: 2:41.53 42.67						
30.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**2:41.73**	+0,78	427	
	50m: 35.80 35.80 100m: 1:17.01 41.21 150m: 1:59.31 42.30 200m: 2:41.73 42.42						
31.	SIMOES Rita Mendes	04	Bairro dos Anjos/ Leiria	**2:43.08**	+0,85	416	
	50m: 34.95 34.95 100m: 1:16.18 41.23 150m: 1:59.00 42.82 200m: 2:43.08 44.08						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**2:45.27**	+0,81	400	
	50m: 34.88 34.88 100m: 1:15.84 40.96 150m: 1:59.52 43.68 200m: 2:45.27 45.75						
33.	SOUSA Joana Francisca	04	Sao Roque	**2:45.51**	+0,71	398	
	50m: 35.41 35.41 100m: 1:16.73 41.32 150m: 1:59.76 43.03 200m: 2:45.51 45.75						
34.	ALVES Ines Sofia	04	Portinado	**2:45.67**	+0,81	397	
	50m: 33.22 33.22 100m: 1:13.49 40.27 150m: 1:58.99 45.50 200m: 2:45.67 46.68						
35.	NOVO Marta Luisa	05	Viana Natacao	**2:47.00**	+0,75	388	
	50m: 35.17 35.17 100m: 1:15.80 40.63 150m: 2:00.33 44.53 200m: 2:47.00 46.67						
36.	MOURA Luciana Rodrigues	05	AONDA-Azeitao	**3:00.51**	+0,79	307	
	50m: 35.33 35.33 100m: 1:17.17 41.84 150m: 2:05.59 48.42 200m: 3:00.51 54.92						

Prova 39 — Femin., 200m Mariposa — Open
04-08-2019 - 9:00 — Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004
Rec Nac Inf A	2:25.32	MIGUEL Susana Patricia	SFUAP	Restelo	05-07-2003
Rec Nac Inf B	2:28.92	FERNANDES Carolina Miranda	CGA	Coimbra	09-07-2017

TAC Sen 50m: 2:28.80 - 25m: 2:26.50; Jun 50m: 2:36.86 - 25m: 2:32.27; Juv A 50m: 2:41.81 - 25m: 2:38.26; Juv B 50m: 2:46.38 - 25m: 2:43.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**2:13.32**	+0,71	762	
	50m: 30.33 30.33 100m: 1:04.56 34.23 150m: 1:39.61 35.05 200m: 2:13.32 33.71						
2.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**2:19.38**	+0,77	667	
	50m: 31.19 31.19 100m: 1:07.16 35.97 150m: 1:43.20 36.04 200m: 2:19.38 36.18						
3.	HENRIQUES Ines Jacinto	00	Sporting	**2:20.34**	+0,67	653	
	50m: 31.36 31.36 100m: 1:07.22 35.86 150m: 1:43.75 36.53 200m: 2:20.34 36.59						
4.	BARBOSA Mariana Fernandes	02	Porto	**2:21.13**	+0,77	642	
	50m: 31.25 31.25 100m: 1:07.30 36.05 150m: 1:43.38 36.08 200m: 2:21.13 37.75						
5.	GRAVETO Ana Raquel	02	Benfica	**2:21.79**	+0,79	634	
	50m: 31.56 31.56 100m: 1:08.13 36.57 150m: 1:44.85 36.72 200m: 2:21.79 36.94						
6.	BARATA Barbara Sofia	97	Alges	**2:22.71**	+0,70	621	
	50m: 32.63 32.63 100m: 1:09.27 36.64 150m: 1:45.76 36.49 200m: 2:22.71 36.95						
7.	MARQUES Maria Alexandra	04	Albicastrense	**2:22.80**	+0,71	620	
	50m: 32.18 32.18 100m: 1:08.23 36.05 150m: 1:45.05 36.82 200m: 2:22.80 37.75						
8.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:22.82**	+0,68	620	
	50m: 31.41 31.41 100m: 1:07.72 36.31 150m: 1:45.27 37.55 200m: 2:22.82 37.55						
9.	LIMA Lia Ana	01	Sporting	**2:24.37**	+0,73	600	
	50m: 31.33 31.33 100m: 1:06.81 35.48 150m: 1:45.40 38.59 200m: 2:24.37 38.97						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:24.49**	+0,68	599	
	50m: 32.06 32.06 100m: 1:08.95 36.89 150m: 1:46.20 37.25 200m: 2:24.49 38.29						
11.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:24.81**	+0,56	595	
	50m: 31.89 31.89 100m: 1:08.57 36.68 150m: 1:46.43 37.86 200m: 2:24.81 38.38						
12.	PEREIRA Clara Gomes	02	Alges	**2:24.84**	+0,71	594	
	50m: 32.08 32.08 100m: 1:08.86 36.78 150m: 1:46.23 37.37 200m: 2:24.84 38.61						
13.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:24.99**	+0,78	592	
	50m: 32.42 32.42 100m: 1:08.96 36.54 150m: 1:46.46 37.50 200m: 2:24.99 38.53						
14.	ANDRE Leticia Maia	02	Benfica	**2:27.20**	+0,66	566	
	50m: 31.68 31.68 100m: 1:09.11 37.43 150m: 1:47.89 38.78 200m: 2:27.20 39.31						
15.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:29.82**	+0,65	537	
	50m: 32.42 32.42 100m: 1:10.09 37.67 150m: 1:49.51 39.42 200m: 2:29.82 40.31						
16.	BELO Rita Afonso	02	Benedita	**2:29.98**	+0,65	535	
	50m: 32.20 32.20 100m: 1:10.00 37.80 150m: 1:49.63 39.63 200m: 2:29.98 40.35						
17.	MONTEIRO Ines Rosado	00	Natacao de Vagos	**2:30.29**	+0,72	532	
	50m: 32.75 32.75 100m: 1:10.17 37.42 150m: 1:49.51 39.34 200m: 2:30.29 40.78						
18.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**2:30.51**	+0,69	530	
	50m: 32.35 32.35 100m: 1:09.21 36.86 150m: 1:48.46 39.25 200m: 2:30.51 42.05						
19.	ROCHA Daniela Filipa	02	Aquatico Pacense	**2:30.80**	+0,91	527	
	50m: 33.26 33.26 100m: 1:11.20 37.94 150m: 1:50.46 39.26 200m: 2:30.80 40.34						
20.	DELGADO Soraia Alexandra	05	Sporting	**2:30.99**	+0,63	525	
	50m: 33.13 33.13 100m: 1:11.08 37.95 150m: 1:50.49 39.41 200m: 2:30.99 40.50						
21.	BENTO Maria Madalena	05	BUZIOS-Coruche	**2:31.03**	+0,75	524	
	50m: 32.40 32.40 100m: 1:09.48 37.08 150m: 1:49.06 39.58 200m: 2:31.03 41.97						
22.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.09**	+0,85	524	
	50m: 33.60 33.60 100m: 1:12.10 38.50 150m: 1:51.65 39.55 200m: 2:31.09 39.44						
23.	SILVA Eduarda Reis	03	Famalicao	**2:31.16**	+0,70	523	
	50m: 32.90 32.90 100m: 1:11.10 38.20 150m: 1:50.27 39.17 200m: 2:31.16 40.89						
24.	TROIA Beatriz Rosa	04	Vilacondense	**2:31.42**	+0,69	520	
	50m: 33.50 33.50 100m: 1:11.65 38.15 150m: 1:50.58 38.93 200m: 2:31.42 40.84						
25.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:31.60**	+0,75	518	
	50m: 33.15 33.15 100m: 1:11.79 38.64 150m: 1:50.68 38.89 200m: 2:31.60 40.92						
26.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:31.67**	+0,75	518	
	50m: 33.20 33.20 100m: 1:11.58 38.38 150m: 1:51.67 40.09 200m: 2:31.67 40.00						
27.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:32.40**	+0,71	510	
	50m: 32.66 32.66 100m: 1:11.28 38.62 150m: 1:51.20 39.92 200m: 2:32.40 41.20						
28.	MATOS Ana Rita	02	Belenenses	**2:32.74**	+0,77	507	
	50m: 33.27 33.27 100m: 1:11.21 37.94 150m: 1:51.11 39.90 200m: 2:32.74 41.63						
29.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**2:32.76**	+0,65	507	
	50m: 32.66 32.66 100m: 1:11.72 39.06 150m: 1:52.28 40.56 200m: 2:32.76 40.48						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
30.	CORREIA Rute Ferreira	03	Clube de Vouzela	**2:32.89**	+0,76	505	
	50m: 31.91 31.91 100m: 1:09.42 37.51 150m: 1:49.45 40.03 200m: 2:32.89 43.44						
31.	MORGADO Alice Jesus	04	Gesloures	**2:33.11**	+0,81	503	
	50m: 33.24 33.24 100m: 1:11.91 38.67 150m: 1:50.87 38.96 200m: 2:33.11 42.24						
32.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:33.65**	+0,84	498	
	50m: 33.46 33.46 100m: 1:11.67 38.21 150m: 1:51.92 40.25 200m: 2:33.65 41.73						
33.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:33.69**	+0,70	497	
	50m: 33.86 33.86 100m: 1:12.29 38.43 150m: 1:52.62 40.33 200m: 2:33.69 41.07						
34.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:33.70**	+0,75	497	
	50m: 33.14 33.14 100m: 1:11.31 38.17 150m: 1:52.99 41.68 200m: 2:33.70 40.71						
35.	SILVA Natacha Sofia	02	Benfica	**2:33.74**	+0,77	497	
	50m: 33.66 33.66 100m: 1:12.13 38.47 150m: 1:52.36 40.23 200m: 2:33.74 41.38						
36.	FERREIRA Julia Caldeira	03	Naval do Funchal	**2:33.87**	+0,73	496	
	50m: 33.67 33.67 100m: 1:12.58 38.91 150m: 1:52.98 40.40 200m: 2:33.87 40.89						
37.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**2:33.99**	+0,75	494	
	50m: 33.32 33.32 100m: 1:12.07 38.75 150m: 1:52.74 40.67 200m: 2:33.99 41.25						
38.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	**2:34.06**	+0,70	494	
	50m: 33.61 33.61 100m: 1:12.39 38.78 150m: 1:52.30 39.91 200m: 2:34.06 41.76						
39.	NEVES Sara Dias	03	Miranda do Corvo	**2:34.08**	+0,61	494	
	50m: 33.92 33.92 100m: 1:12.51 38.59 150m: 1:53.01 40.50 200m: 2:34.08 41.07						
40.	HENRIQUES Carolina Porem	04	Sporting	**2:34.36**	+0,66	491	
	50m: 34.27 34.27 100m: 1:13.52 39.25 150m: 1:54.31 40.79 200m: 2:34.36 40.05						
41.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**2:34.44**	+0,74	490	
	50m: 34.85 34.85 100m: 1:13.55 38.70 150m: 1:53.73 40.18 200m: 2:34.44 40.71						
42.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:34.45**	+0,68	490	
	50m: 33.16 33.16 100m: 1:11.44 38.28 150m: 1:51.86 40.42 200m: 2:34.45 42.59						
43.	BERNARDO Ines Silva	00	Benfica	**2:34.97**	+0,65	485	
	50m: 33.70 33.70 100m: 1:12.95 39.25 150m: 1:53.77 40.82 200m: 2:34.97 41.20						
44.	SOUSA Ines Matos	03	Uniao Coimbra	**2:35.02**	+0,73	485	
	50m: 34.32 34.32 100m: 1:13.13 38.81 150m: 1:53.35 40.22 200m: 2:35.02 41.67						
45.	BARROS Margarida Cunha	02	Uniao Piedense	**2:35.54**	+0,63	480	
	50m: 34.05 34.05 100m: 1:13.06 39.01 150m: 1:53.44 40.38 200m: 2:35.54 42.10						
46.	RINO Maria Pedro	05	Academia Acores	**2:35.94**	+0,93	476	
	50m: 33.43 33.43 100m: 1:11.83 38.40 150m: 1:52.92 41.09 200m: 2:35.94 43.02						
47.	MORGANHO Leonor Alves	04	Alges	**2:36.13**	+0,84	474	
	50m: 34.66 34.66 100m: 1:13.95 39.29 150m: 1:54.94 40.99 200m: 2:36.13 41.19						
48.	SILVA Leonor Santos	03	Porto	**2:36.70**	+0,69	469	
	50m: 32.37 32.37 100m: 1:11.09 38.72 150m: 1:52.97 41.88 200m: 2:36.70 43.73						
49.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:36.86**	+0,77	468	
	50m: 33.45 33.45 100m: 1:12.85 39.40 150m: 1:53.82 40.97 200m: 2:36.86 43.04						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
50.	MENDES Ana Sebastiao	04	Individual ANALG	**2:37.03**	+0,71	466	
	50m: 35.67 35.67 100m: 1:17.38 41.71 150m: 1:57.38 40.00 200m: 2:37.03 39.65						
51.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**2:37.18**	+0,77	465	
	50m: 34.60 34.60 100m: 1:14.71 40.11 150m: 1:55.91 41.20 200m: 2:37.18 41.27						
52.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:37.68**	+0,71	461	
	50m: 34.12 34.12 100m: 1:12.85 38.73 150m: 1:52.75 39.90 200m: 2:37.68 44.93						
53.	LOURO Ariana Espirito	05	Gualdim Pais	**2:38.35**	+0,68	455	
	50m: 34.55 34.55 100m: 1:14.78 40.23 150m: 1:55.99 41.21 200m: 2:38.35 42.36						
54.	GAMA Joana Fernandes	05	Sporting	**2:38.66**	+0,69	452	
	50m: 34.51 34.51 100m: 1:14.06 39.55 150m: 1:55.41 41.35 200m: 2:38.66 43.25						
55.	SILVA Joana Ferreira	05	Leixoes	**2:39.02**	+0,72	449	
	50m: 33.48 33.48 100m: 1:12.91 39.43 150m: 1:54.65 41.74 200m: 2:39.02 44.37						
56.	MAGALHAES Ines Filipa	02	Aquatico Pacense	**2:39.40**	+0,96	446	
	50m: 34.20 34.20 100m: 1:13.93 39.73 150m: 1:56.17 42.24 200m: 2:39.40 43.23						
57.	COSTA Rita Salome	04	Aquatico Pacense	**2:39.94**	+0,86	441	
	50m: 34.52 34.52 100m: 1:14.96 40.44 150m: 1:56.40 41.44 200m: 2:39.94 43.54						
58.	CABRAL Ana Matos	05	Condeixa Clube	**2:40.03**	+0,75	441	
	50m: 34.98 34.98 100m: 1:15.79 40.81 150m: 1:57.71 41.92 200m: 2:40.03 42.32						
59.	TAVARES Mariana Silva	04	Estarreja	**2:40.05**	+0,85	440	
	50m: 34.23 34.23 100m: 1:16.00 41.77 150m: 1:59.36 43.36 200m: 2:40.05 40.69						
60.	LIMA Eduarda Filipa	04	Vilacondense	**2:40.13**	+0,80	440	
	50m: 35.19 35.19 100m: 1:15.26 40.07 150m: 1:57.41 42.15 200m: 2:40.13 42.72						
61.	CANINHAS Maria Pinto	05	Natacao do Fundao	**2:40.92**	+0,77	433	
	50m: 34.59 34.59 100m: 1:15.99 41.40 150m: 1:59.14 43.15 200m: 2:40.92 41.78						
62.	GUTERRES Mariana Fragoso	04	Benfica	**2:41.49**	+0,68	429	
	50m: 34.13 34.13 100m: 1:14.28 40.15 150m: 1:56.36 42.08 200m: 2:41.49 45.13						
63.	VIEIRA Carmo Dias	05	Avancado EUL	**2:41.53**	+0,63	428	
	50m: 35.16 35.16 100m: 1:16.01 40.85 150m: 1:58.86 42.85 200m: 2:41.53 42.67						
64.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	**2:41.73**	+0,78	427	
	50m: 35.80 35.80 100m: 1:17.01 41.21 150m: 1:59.31 42.30 200m: 2:41.73 42.42						
65.	SIMOES Rita Mendes	04	Bairro dos Anjos/ Leiria	**2:43.08**	+0,85	416	
	50m: 34.95 34.95 100m: 1:16.18 41.23 150m: 1:59.00 42.82 200m: 2:43.08 44.08						
66.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**2:44.73**	+0,72	404	
	50m: 34.22 34.22 100m: 1:15.79 41.57 150m: 1:59.96 44.17 200m: 2:44.73 44.77						
67.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**2:45.27**	+0,81	400	
	50m: 34.88 34.88 100m: 1:15.84 40.96 150m: 1:59.52 43.68 200m: 2:45.27 45.75						
68.	SOUSA Joana Francisca	04	Sao Roque	**2:45.51**	+0,71	398	
	50m: 35.41 35.41 100m: 1:16.73 41.32 150m: 1:59.76 43.03 200m: 2:45.51 45.75						
69.	ALVES Ines Sofia	04	Portinado	**2:45.67**	+0,81	397	
	50m: 33.22 33.22 100m: 1:13.49 40.27 150m: 1:58.99 45.50 200m: 2:45.67 46.68						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
70.	NOVO Marta Luisa	05	Viana Natacao	**2:47.00**	+0,75	388	
	50m: 35.17 35.17 100m: 1:15.80 40.63 150m: 2:00.33 44.53 200m: 2:47.00 46.67						
71.	MOURA Luciana Rodrigues	05	AONDA-Azeitao	**3:00.51**	+0,79	307	
	50m: 35.33 35.33 100m: 1:17.17 41.84 150m: 2:05.59 48.42 200m: 3:00.51 54.92						
DNF	DOMINGUES Matilde Mota	03	Colegio SMLamas				

Prova 39 — Femin., 200m Mariposa — Absolutos
04-08-2019 - 9:00 — Resultados Elimin

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

TAC Sen 50m: 2:28.80 - 25m: 2:26.50; Jun 50m: 2:36.86 - 25m: 2:32.27

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	**2:13.32**	+0,71	762	
	50m: 30.33 30.33 100m: 1:04.56 34.23 150m: 1:39.61 35.05 200m: 2:13.32 33.71						
2.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**2:19.38**	+0,77	667	
	50m: 31.19 31.19 100m: 1:07.16 35.97 150m: 1:43.20 36.04 200m: 2:19.38 36.18						
3.	HENRIQUES Ines Jacinto	00	Sporting	**2:20.34**	+0,67	653	
	50m: 31.36 31.36 100m: 1:07.22 35.86 150m: 1:43.75 36.53 200m: 2:20.34 36.59						
4.	BARBOSA Mariana Fernandes	02	Porto	**2:21.13**	+0,77	642	
	50m: 31.25 31.25 100m: 1:07.30 36.05 150m: 1:43.38 36.08 200m: 2:21.13 37.75						
5.	GRAVETO Ana Raquel	02	Benfica	**2:21.79**	+0,79	634	
	50m: 31.56 31.56 100m: 1:08.13 36.57 150m: 1:44.85 36.72 200m: 2:21.79 36.94						
6.	BARATA Barbara Sofia	97	Alges	**2:22.71**	+0,70	621	
	50m: 32.63 32.63 100m: 1:09.27 36.64 150m: 1:45.76 36.49 200m: 2:22.71 36.95						
7.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:22.82**	+0,68	620	
	50m: 31.41 31.41 100m: 1:07.72 36.31 150m: 1:45.27 37.55 200m: 2:22.82 37.55						
8.	LIMA Lia Ana	01	Sporting	**2:24.37**	+0,73	600	
	50m: 31.33 31.33 100m: 1:06.81 35.48 150m: 1:45.40 38.59 200m: 2:24.37 38.97						
9.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:24.81**	+0,56	595	
	50m: 31.89 31.89 100m: 1:08.57 36.68 150m: 1:46.43 37.86 200m: 2:24.81 38.38						
10.	PEREIRA Clara Gomes	02	Alges	**2:24.84**	+0,71	594	
	50m: 32.08 32.08 100m: 1:08.86 36.78 150m: 1:46.23 37.37 200m: 2:24.84 38.61						
11.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:24.99**	+0,78	592	
	50m: 32.42 32.42 100m: 1:08.96 36.54 150m: 1:46.46 37.50 200m: 2:24.99 38.53						
12.	ANDRE Leticia Maia	02	Benfica	**2:27.20**	+0,66	566	
	50m: 31.68 31.68 100m: 1:09.11 37.43 150m: 1:47.89 38.78 200m: 2:27.20 39.31						
13.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:29.82**	+0,65	537	
	50m: 32.42 32.42 100m: 1:10.09 37.67 150m: 1:49.51 39.42 200m: 2:29.82 40.31						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	BELO Rita Afonso	02	Benedita	**2:29.98**	+0,65	535	
	50m: 32.20 32.20 100m: 1:10.00 37.80 150m: 1:49.63 39.63 200m: 2:29.98 40.35						
15.	MONTEIRO Ines Rosado	00	Natacao de Vagos	**2:30.29**	+0,72	532	
	50m: 32.75 32.75 100m: 1:10.17 37.42 150m: 1:49.51 39.34 200m: 2:30.29 40.78						
16.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	**2:30.51**	+0,69	530	
	50m: 32.35 32.35 100m: 1:09.21 36.86 150m: 1:48.46 39.25 200m: 2:30.51 42.05						
17.	ROCHA Daniela Filipa	02	Aquatico Pacense	**2:30.80**	+0,91	527	
	50m: 33.26 33.26 100m: 1:11.20 37.94 150m: 1:50.46 39.26 200m: 2:30.80 40.34						
18.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.09**	+0,85	524	
	50m: 33.60 33.60 100m: 1:12.10 38.50 150m: 1:51.65 39.55 200m: 2:31.09 39.44						
19.	SILVA Eduarda Reis	03	Famalicao	**2:31.16**	+0,70	523	
	50m: 32.90 32.90 100m: 1:11.10 38.20 150m: 1:50.27 39.17 200m: 2:31.16 40.89						
20.	MATOS Ana Rita	02	Belenenses	**2:32.74**	+0,77	507	
	50m: 33.27 33.27 100m: 1:11.21 37.94 150m: 1:51.11 39.90 200m: 2:32.74 41.63						
21.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**2:32.76**	+0,65	507	
	50m: 32.66 32.66 100m: 1:11.72 39.06 150m: 1:52.28 40.56 200m: 2:32.76 40.48						
22.	CORREIA Rute Ferreira	03	Clube de Vouzela	**2:32.89**	+0,76	505	
	50m: 31.91 31.91 100m: 1:09.42 37.51 150m: 1:49.45 40.03 200m: 2:32.89 43.44						
23.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**2:33.69**	+0,70	497	
	50m: 33.86 33.86 100m: 1:12.29 38.43 150m: 1:52.62 40.33 200m: 2:33.69 41.07						
24.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	**2:33.70**	+0,75	497	
	50m: 33.14 33.14 100m: 1:11.31 38.17 150m: 1:52.99 41.68 200m: 2:33.70 40.71						
25.	SILVA Natacha Sofia	02	Benfica	**2:33.74**	+0,77	497	
	50m: 33.66 33.66 100m: 1:12.13 38.47 150m: 1:52.36 40.23 200m: 2:33.74 41.38						
26.	FERREIRA Julia Caldeira	03	Naval do Funchal	**2:33.87**	+0,73	496	
	50m: 33.67 33.67 100m: 1:12.58 38.91 150m: 1:52.98 40.40 200m: 2:33.87 40.89						
27.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	**2:33.99**	+0,75	494	
	50m: 33.32 33.32 100m: 1:12.07 38.75 150m: 1:52.74 40.67 200m: 2:33.99 41.25						
28.	NEVES Sara Dias	03	Miranda do Corvo	**2:34.08**	+0,61	494	
	50m: 33.92 33.92 100m: 1:12.51 38.59 150m: 1:53.01 40.50 200m: 2:34.08 41.07						
29.	HENRIQUES Daniela Mascarenhas	03	Gesloures	**2:34.45**	+0,68	490	
	50m: 33.16 33.16 100m: 1:11.44 38.28 150m: 1:51.86 40.42 200m: 2:34.45 42.59						
30.	BERNARDO Ines Silva	00	Benfica	**2:34.97**	+0,65	485	
	50m: 33.70 33.70 100m: 1:12.95 39.25 150m: 1:53.77 40.82 200m: 2:34.97 41.20						
31.	SOUSA Ines Matos	03	Uniao Coimbra	**2:35.02**	+0,73	485	
	50m: 34.32 34.32 100m: 1:13.13 38.81 150m: 1:53.35 40.22 200m: 2:35.02 41.67						
32.	BARROS Margarida Cunha	02	Uniao Piedense	**2:35.54**	+0,63	480	
	50m: 34.05 34.05 100m: 1:13.06 39.01 150m: 1:53.44 40.38 200m: 2:35.54 42.10						
33.	SILVA Leonor Santos	03	Porto	**2:36.70**	+0,69	469	
	50m: 32.37 32.37 100m: 1:11.09 38.72 150m: 1:52.97 41.88 200m: 2:36.70 43.73						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	MAGALHAES Ines Filipa	02	Aquatico Pacense	**2:39.40**	+0,96	446	
	50m: 34.20 34.20 100m: 1:13.93 39.73 150m: 1:56.17 42.24 200m: 2:39.40 43.23						
35.	TOME Madalena Rodrigues	03	Bombeiros Estoris	**2:44.73**	+0,72	404	
	50m: 34.22 34.22 100m: 1:15.79 41.57 150m: 1:59.96 44.17 200m: 2:44.73 44.77						
DNF	DOMINGUES Matilde Mota	03	Colegio SMLamas				

Prova 40 — Masc., 200m Mariposa — Juvenis
04-08-2019 - 9:30 — Resultados Elimin

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

TAC Juv A 50m: 2:25.43 - 25m: 2:20.71; Juv B 50m: 2:29.53 - 25m: 2:26.42

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	**2:11.63**	+0,62	607	
	50m: 28.26 28.26 100m: 1:00.71 32.45 150m: 1:36.80 36.09 200m: 2:11.63 34.83						
2.	LEAL Dinis Barros	03	Aquatico Pacense	**2:13.50**	+0,67	582	
	50m: 29.72 29.72 100m: 1:03.75 34.03 150m: 1:38.92 35.17 200m: 2:13.50 34.58						
3.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:14.28**	+0,73	572	
	50m: 29.21 29.21 100m: 1:02.78 33.57 150m: 1:38.33 35.55 200m: 2:14.28 35.95						
4.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:15.09**	+0,78	562	
	50m: 30.13 30.13 100m: 1:04.72 34.59 150m: 1:39.71 34.99 200m: 2:15.09 35.38						
5.	DIAS Rodrigo Reis	03	Belenenses	**2:15.82**	+0,62	553	
	50m: 29.49 29.49 100m: 1:04.66 35.17 150m: 1:40.38 35.72 200m: 2:15.82 35.44						
6.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:16.34**	+0,68	547	
	50m: 29.22 29.22 100m: 1:03.50 34.28 150m: 1:39.83 36.33 200m: 2:16.34 36.51						
7.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:16.43**	+0,71	546	
	50m: 30.09 30.09 100m: 1:04.53 34.44 150m: 1:39.40 34.87 200m: 2:16.43 37.03						
8.	PEREIRA Lucas Medeiros	03	Braga	**2:16.80**	+0,62	541	
	50m: 29.13 29.13 100m: 1:03.65 34.52 150m: 1:39.06 35.41 200m: 2:16.80 37.74						
9.	APSENIECE Kevins Alexandre	04	Porto	**2:17.06**	+0,77	538	
	50m: 30.39 30.39 100m: 1:05.63 35.24 150m: 1:40.98 35.35 200m: 2:17.06 36.08						
10.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:17.50**	+0,64	533	
	50m: 29.88 29.88 100m: 1:05.51 35.63 150m: 1:41.15 35.64 200m: 2:17.50 36.35						
11.	CARVALHO Martim Henriques	04	Rio Maior	**2:18.08**	+0,68	526	
	50m: 31.54 31.54 100m: 1:06.75 35.21 150m: 1:41.79 35.04 200m: 2:18.08 36.29						
12.	FIDALGO Joao Matos	03	Benfica	**2:18.34**	+0,83	523	
	50m: 30.00 30.00 100m: 1:05.43 35.43 150m: 1:41.65 36.22 200m: 2:18.34 36.69						
13.	NUNES Diogo Severino	04	Natacao de Valongo	**2:18.49**	+0,78	522	
	50m: 30.67 30.67 100m: 1:05.37 34.70 150m: 1:41.20 35.83 200m: 2:18.49 37.29						

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Prova 40, Masc., 200m Mariposa, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**2:18.67**	+0,62	519	
	50m: 30.37 30.37 100m: 1:05.84 35.47 150m: 1:41.60 35.76 200m: 2:18.67 37.07						
15.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:19.18**	+0,72	514	
	50m: 30.74 30.74 100m: 1:06.47 35.73 150m: 1:43.01 36.54 200m: 2:19.18 36.17						
16.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**2:19.22**	+0,66	513	
	50m: 30.17 30.17 100m: 1:05.58 35.41 150m: 1:42.05 36.47 200m: 2:19.22 37.17						
17.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:19.43**	+0,71	511	
	50m: 30.98 30.98 100m: 1:05.99 35.01 150m: 1:41.89 35.90 200m: 2:19.43 37.54						
18.	BORGES David Costa	04	Fluvial Portuense	**2:19.55**	+0,67	510	
	50m: 30.26 30.26 100m: 1:05.99 35.73 150m: 1:42.72 36.73 200m: 2:19.55 36.83						
19.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:19.92**	+0,73	506	
	50m: 29.80 29.80 100m: 1:05.76 35.96 150m: 1:43.10 37.34 200m: 2:19.92 36.82						
20.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:20.18**	+0,72	503	
	50m: 31.47 31.47 100m: 1:06.46 34.99 150m: 1:43.24 36.78 200m: 2:20.18 36.94						
21.	COSTA Hugo Alexandre	03	Natacao de Valongo	**2:20.38**	+0,74	501	
	50m: 31.73 31.73 100m: 1:07.79 36.06 150m: 1:44.06 36.27 200m: 2:20.38 36.32						
22.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**2:20.64**	+0,67	498	
	50m: 30.65 30.65 100m: 1:06.32 35.67 150m: 1:43.22 36.90 200m: 2:20.64 37.42						
23.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:21.16**	+0,68	492	
	50m: 30.62 30.62 100m: 1:07.91 37.29 150m: 1:44.89 36.98 200m: 2:21.16 36.27						
24.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**2:21.81**	+0,70	486	
	50m: 31.60 31.60 100m: 1:07.49 35.89 150m: 1:44.13 36.64 200m: 2:21.81 37.68						
25.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:21.84**	+0,63	485	
	50m: 30.63 30.63 100m: 1:05.97 35.34 150m: 1:42.88 36.91 200m: 2:21.84 38.96						
26.	GOMES Nuno Antonio	03	Bombeiros Ponta Delgada	**2:21.92**	+0,70	485	
	50m: 30.39 30.39 100m: 1:06.05 35.66 150m: 1:43.44 37.39 200m: 2:21.92 38.48						
27.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:22.04**	+0,77	483	
	50m: 30.30 30.30 100m: 1:05.57 35.27 150m: 1:43.26 37.69 200m: 2:22.04 38.78						
28.	CRUZ David Miguel	04	Braga	**2:22.20**	+0,70	482	
	50m: 30.78 30.78 100m: 1:06.84 36.06 150m: 1:44.83 37.99 200m: 2:22.20 37.37						
29.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**2:23.60**	+0,72	468	
	50m: 31.10 31.10 100m: 1:07.49 36.39 150m: 1:45.03 37.54 200m: 2:23.60 38.57						
30.	MATOS Gil Amaral	04	Academia Acores	**2:23.91**	+0,71	465	
	50m: 31.58 31.58 100m: 1:07.50 35.92 150m: 1:44.48 36.98 200m: 2:23.91 39.43						
31.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**2:24.11**	+0,69	463	
	50m: 30.31 30.31 100m: 1:06.37 36.06 150m: 1:44.74 38.37 200m: 2:24.11 39.37						
32.	VALE David Manuel	03	Gesloures	**2:24.30**	+0,72	461	
	50m: 31.90 31.90 100m: 1:07.84 35.94 150m: 1:45.76 37.92 200m: 2:24.30 38.54						
33.	RODEIA Jose Miguel	04	Natacao de Faro	**2:25.14**	+0,66	453	
	50m: 31.39 31.39 100m: 1:09.30 37.91 150m: 1:46.05 36.75 200m: 2:25.14 39.09						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**2:25.29**	+0,67	452	
	50m: 30.56 30.56 100m: 1:06.49 35.93 150m: 1:44.85 38.36 200m: 2:25.29 40.44						
35.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:25.80**	+0,64	447	
	50m: 30.53 30.53 100m: 1:06.64 36.11 150m: 1:46.83 40.19 200m: 2:25.80 38.97						
36.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**2:25.97**	+0,64	445	
	50m: 30.48 30.48 100m: 1:07.41 36.93 150m: 1:46.88 39.47 200m: 2:25.97 39.09						
37.	PARENTE Salvador Ataide	03	Gesloures	**2:26.46**	+0,65	441	
	50m: 31.26 31.26 100m: 1:07.43 36.17 150m: 1:46.06 38.63 200m: 2:26.46 40.40						
38.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:26.69**	+0,82	439	
	50m: 31.39 31.39 100m: 1:07.63 36.24 150m: 1:46.63 39.00 200m: 2:26.69 40.06						
39.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**2:26.71**	+0,70	439	
	50m: 31.38 31.38 100m: 1:08.23 36.85 150m: 1:46.74 38.51 200m: 2:26.71 39.97						
40.	RODRIGUES Rodrigo Reis	04	Sao Roque	**2:26.98**	+0,62	436	
	50m: 33.24 33.24 100m: 1:11.24 38.00 150m: 1:49.68 38.44 200m: 2:26.98 37.30						
41.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:27.10**	+0,77	435	
	50m: 30.97 30.97 100m: 1:08.00 37.03 150m: 1:47.50 39.50 200m: 2:27.10 39.60						
42.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**2:27.44**	+0,66	432	
	50m: 32.16 32.16 100m: 1:09.80 37.64 150m: 1:49.16 39.36 200m: 2:27.44 38.28						
43.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**2:27.52**	+0,69	431	
	50m: 31.42 31.42 100m: 1:07.73 36.31 150m: 1:46.23 38.50 200m: 2:27.52 41.29						
44.	NEAGU Tiberius Sebastian	04	Academico Viseu	**2:27.62**	+0,71	431	
	50m: 32.13 32.13 100m: 1:08.99 36.86 150m: 1:48.07 39.08 200m: 2:27.62 39.55						
45.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:29.03**	+0,76	418	
	50m: 31.23 31.23 100m: 1:07.02 35.79 150m: 1:45.66 38.64 200m: 2:29.03 43.37						
DNS	AGUIAR Vasco Ormonde	04	Academia Acores				
DNS	CARVALHO Antonio Lombardi	04	Belenenses				

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Prova 40, Masc., 200m Mariposa, Elimin

Prova 40 — Masc., 200m Mariposa — Open
04-08-2019 - 9:30 — Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
Rec Nac Inf A	2:14.50	SILVA Fabio Parrilha da	CNAL	Campanhã	29-07-2001
Rec Nac Inf B	2:21.67	SILVA Fabio Parrilha da	CNAL	S. João da Madeira	23-07-2000

TAC Sen 50m: 2:11.02 - 25m: 2:08.57; Jun 50m: 2:15.37 - 25m: 2:11.96; Juv A 50m: 2:25.43 - 25m: 2:20.71; Juv B 50m: 2:29.53 - 25m: 2:26.42

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORDEIRO Tiago Roberto	00	Benfica	**2:07.26**	+0,71	672	
	50m: 28.13 28.13 100m: 1:00.22 32.09 150m: 1:33.72 33.50 200m: 2:07.26 33.54						
2.	SANTOS Pedro Andre	94	Alges	**2:07.38**	+0,77	670	
	50m: 27.79 27.79 100m: 59.79 32.00 150m: 1:32.85 33.06 200m: 2:07.38 34.53						
3.	BESSA Antonio Rafael	94	Aquatico Pacense	**2:07.80**	+0,72	664	
	50m: 28.97 28.97 100m: 1:01.51 32.54 150m: 1:34.54 33.03 200m: 2:07.80 33.26						
4.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:08.28**	+0,61	656	
	50m: 28.35 28.35 100m: 1:01.13 32.78 150m: 1:34.23 33.10 200m: 2:08.28 34.05						
5.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**2:08.31**	+0,73	656	
	50m: 28.03 28.03 100m: 1:01.45 33.42 150m: 1:34.70 33.25 200m: 2:08.31 33.61						
6.	MENDES Antonio Manuel	99	Sporting	**2:08.92**	+0,65	647	
	50m: 28.98 28.98 100m: 1:01.81 32.83 150m: 1:35.23 33.42 200m: 2:08.92 33.69						
7.	CRISTINO David Matias	01	Uniao Piedense	**2:09.16**	+0,74	643	
	50m: 29.18 29.18 100m: 1:02.73 33.55 150m: 1:36.14 33.41 200m: 2:09.16 33.02						
8.	TRAVANCA Sergio Filipe	00	Leixoes	**2:09.25**	+0,63	642	
	50m: 28.61 28.61 100m: 1:01.86 33.25 150m: 1:35.07 33.21 200m: 2:09.25 34.18						
	CARVALHO Andre Antunes	96	Sporting	**2:09.25**	+0,74	642	
	50m: 28.73 28.73 100m: 1:01.44 32.71 150m: 1:35.40 33.96 200m: 2:09.25 33.85						
10.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**2:09.29**	+0,74	641	
	50m: 28.27 28.27 100m: 1:00.84 32.57 150m: 1:34.27 33.43 200m: 2:09.29 35.02						
11.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**2:09.62**	+0,68	636	
	50m: 27.38 27.38 100m: 59.38 32.00 150m: 1:33.53 34.15 200m: 2:09.62 36.09						
12.	SILVA Henrique Gomes	02	Estamos Juntos	**2:09.68**	+0,65	635	
	50m: 29.28 29.28 100m: 1:02.91 33.63 150m: 1:35.87 32.96 200m: 2:09.68 33.81						
13.	SILVA Joao Carlos	98	Famalicao	**2:10.60**	+0,64	622	
	50m: 28.72 28.72 100m: 1:01.57 32.85 150m: 1:35.30 33.73 200m: 2:10.60 35.30						
14.	AGUIAR Gabriel Silva	01	Porto	**2:11.37**	+0,56	611	
	50m: 29.40 29.40 100m: 1:03.61 34.21 150m: 1:36.31 32.70 200m: 2:11.37 35.06						
15.	BATE Miguel Ribeiro	99	Alges	**2:11.50**	+0,70	609	
	50m: 28.67 28.67 100m: 1:02.22 33.55 150m: 1:36.68 34.46 200m: 2:11.50 34.82						

ORGANIZAÇÃO
PARCEIROS INSTITUCIONAIS
PATROCINADOR OFICIAL
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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 40, Masc., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CARNEIRO Joao Soares	03	Benfica	**2:11.63**	+0,62	607	
	50m: 28.26 28.26 100m: 1:00.71 32.45 150m: 1:36.80 36.09 200m: 2:11.63 34.83						
17.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.89**	+0,70	604	
	50m: 28.66 28.66 100m: 1:02.18 33.52 150m: 1:36.10 33.92 200m: 2:11.89 35.79						
18.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**2:12.01**	+0,69	602	
	50m: 29.06 29.06 100m: 1:02.52 33.46 150m: 1:37.32 34.80 200m: 2:12.01 34.69						
19.	SILVA Martim Moniz	99	Naval do Funchal	**2:12.07**	+0,66	601	
	50m: 28.26 28.26 100m: 1:01.39 33.13 150m: 1:35.68 34.29 200m: 2:12.07 36.39						
20.	GOMES Vicente Oliveira	02	Sporting	**2:12.25**	+0,65	599	
	50m: 28.85 28.85 100m: 1:02.47 33.62 150m: 1:37.26 34.79 200m: 2:12.25 34.99						
21.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:12.35**	+0,63	598	
	50m: 28.86 28.86 100m: 1:02.19 33.33 150m: 1:36.44 34.25 200m: 2:12.35 35.91						
22.	BRANCO Alexandre Miguel	01	Alges	**2:13.45**	+0,73	583	
	50m: 29.29 29.29 100m: 1:02.98 33.69 150m: 1:37.49 34.51 200m: 2:13.45 35.96						
23.	LEAL Dinis Barros	03	Aquatico Pacense	**2:13.50**	+0,67	582	
	50m: 29.72 29.72 100m: 1:03.75 34.03 150m: 1:38.92 35.17 200m: 2:13.50 34.58						
24.	PINTO Pedro Miguel	02	Sporting	**2:13.66**	+0,67	580	
	50m: 29.51 29.51 100m: 1:03.80 34.29 150m: 1:38.46 34.66 200m: 2:13.66 35.20						
25.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:14.28**	+0,73	572	
	50m: 29.21 29.21 100m: 1:02.78 33.57 150m: 1:38.33 35.55 200m: 2:14.28 35.95						
26.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:15.04**	+0,77	563	
	50m: 29.71 29.71 100m: 1:03.52 33.81 150m: 1:39.12 35.60 200m: 2:15.04 35.92						
27.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:15.09**	+0,78	562	
	50m: 30.13 30.13 100m: 1:04.72 34.59 150m: 1:39.71 34.99 200m: 2:15.09 35.38						
28.	AMARAL Francisco Rodriguez	02	Campinho	**2:15.17**	+0,70	561	
	50m: 30.19 30.19 100m: 1:03.92 33.73 150m: 1:38.52 34.60 200m: 2:15.17 36.65						
29.	DIAS Rodrigo Reis	03	Belenenses	**2:15.82**	+0,62	553	
	50m: 29.49 29.49 100m: 1:04.66 35.17 150m: 1:40.38 35.72 200m: 2:15.82 35.44						
30.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**2:16.34**	+0,68	547	
	50m: 29.22 29.22 100m: 1:03.50 34.28 150m: 1:39.83 36.33 200m: 2:16.34 36.51						
31.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:16.43**	+0,71	546	
	50m: 30.09 30.09 100m: 1:04.53 34.44 150m: 1:39.40 34.87 200m: 2:16.43 37.03						
32.	PEREIRA Lucas Medeiros	03	Braga	**2:16.80**	+0,62	541	
	50m: 29.13 29.13 100m: 1:03.65 34.52 150m: 1:39.06 35.41 200m: 2:16.80 37.74						
33.	APSENIECE Kevins Alexandre	04	Porto	**2:17.06**	+0,77	538	
	50m: 30.39 30.39 100m: 1:05.63 35.24 150m: 1:40.98 35.35 200m: 2:17.06 36.08						
34.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:17.50**	+0,64	533	
	50m: 29.88 29.88 100m: 1:05.51 35.63 150m: 1:41.15 35.64 200m: 2:17.50 36.35						
35.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:17.62**	+0,74	531	
	50m: 29.69 29.69 100m: 1:04.20 34.51 150m: 1:40.40 36.20 200m: 2:17.62 37.22						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 40, Masc., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	CARVALHO Martim Henriques	04	Rio Maior	**2:18.08**	+0,68	526	
	50m: 31.54 31.54 100m: 1:06.75 35.21 150m: 1:41.79 35.04 200m: 2:18.08 36.29						
37.	FIDALGO Joao Matos	03	Benfica	**2:18.34**	+0,83	523	
	50m: 30.00 30.00 100m: 1:05.43 35.43 150m: 1:41.65 36.22 200m: 2:18.34 36.69						
38.	NUNES Diogo Severino	04	Natacao de Valongo	**2:18.49**	+0,78	522	
	50m: 30.67 30.67 100m: 1:05.37 34.70 150m: 1:41.20 35.83 200m: 2:18.49 37.29						
39.	VALENTE Henrique Pinheiro	03	Colegio Vasco da Gama	**2:18.67**	+0,62	519	
	50m: 30.37 30.37 100m: 1:05.84 35.47 150m: 1:41.60 35.76 200m: 2:18.67 37.07						
40.	MARQUES Gustavo Pires	04	Fundacao Beatriz Santos	**2:19.18**	+0,72	514	
	50m: 30.74 30.74 100m: 1:06.47 35.73 150m: 1:43.01 36.54 200m: 2:19.18 36.17						
41.	BOAVIDA Pedro Miguel	03	Natacao Olhao	**2:19.22**	+0,66	513	
	50m: 30.17 30.17 100m: 1:05.58 35.41 150m: 1:42.05 36.47 200m: 2:19.22 37.17						
42.	SOUSA Diogo Nunes	03	Vitoria Guimaraes	**2:19.43**	+0,71	511	
	50m: 30.98 30.98 100m: 1:05.99 35.01 150m: 1:41.89 35.90 200m: 2:19.43 37.54						
43.	BORGES David Costa	04	Fluvial Portuense	**2:19.55**	+0,67	510	
	50m: 30.26 30.26 100m: 1:05.99 35.73 150m: 1:42.72 36.73 200m: 2:19.55 36.83						
44.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:19.92**	+0,73	506	
	50m: 29.80 29.80 100m: 1:05.76 35.96 150m: 1:43.10 37.34 200m: 2:19.92 36.82						
45.	MATOS Rodrigo Vieira	03	Individual ANMAD	**2:20.18**	+0,72	503	
	50m: 31.47 31.47 100m: 1:06.46 34.99 150m: 1:43.24 36.78 200m: 2:20.18 36.94						
46.	COSTA Hugo Alexandre	03	Natacao de Valongo	**2:20.38**	+0,74	501	
	50m: 31.73 31.73 100m: 1:07.79 36.06 150m: 1:44.06 36.27 200m: 2:20.38 36.32						
47.	BORGES Rafael Braga	03	Bombeiros Ponta Delgada	**2:20.64**	+0,67	498	
	50m: 30.65 30.65 100m: 1:06.32 35.67 150m: 1:43.22 36.90 200m: 2:20.64 37.42						
48.	BARAONA Andre Azevedo	04	Natacao do Montijo	**2:21.16**	+0,68	492	
	50m: 30.62 30.62 100m: 1:07.91 37.29 150m: 1:44.89 36.98 200m: 2:21.16 36.27						
49.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	**2:21.81**	+0,70	486	
	50m: 31.60 31.60 100m: 1:07.49 35.89 150m: 1:44.13 36.64 200m: 2:21.81 37.68						
50.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**2:21.84**	+0,63	485	
	50m: 30.63 30.63 100m: 1:05.97 35.34 150m: 1:42.88 36.91 200m: 2:21.84 38.96						
51.	GOMES Nuno Antonio	03	Bombeiros Ponta Delgada	**2:21.92**	+0,70	485	
	50m: 30.39 30.39 100m: 1:06.05 35.66 150m: 1:43.44 37.39 200m: 2:21.92 38.48						
52.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:22.04**	+0,77	483	
	50m: 30.30 30.30 100m: 1:05.57 35.27 150m: 1:43.26 37.69 200m: 2:22.04 38.78						
53.	CRUZ David Miguel	04	Braga	**2:22.20**	+0,70	482	
	50m: 30.78 30.78 100m: 1:06.84 36.06 150m: 1:44.83 37.99 200m: 2:22.20 37.37						
54.	PACHECO Francisco Silva	04	Nucleo Sportinguista Terceira	**2:23.60**	+0,72	468	
	50m: 31.10 31.10 100m: 1:07.49 36.39 150m: 1:45.03 37.54 200m: 2:23.60 38.57						
55.	MATOS Gil Amaral	04	Academia Acores	**2:23.91**	+0,71	465	
	50m: 31.58 31.58 100m: 1:07.50 35.92 150m: 1:44.48 36.98 200m: 2:23.91 39.43						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 40, Masc., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	MARTINS Alexandre Viegas	04	Uniao Coimbra	**2:24.11**	+0,69	463	
	50m: 30.31 30.31 100m: 1:06.37 36.06 150m: 1:44.74 38.37 200m: 2:24.11 39.37						
57.	VALE David Manuel	03	Gesloures	**2:24.30**	+0,72	461	
	50m: 31.90 31.90 100m: 1:07.84 35.94 150m: 1:45.76 37.92 200m: 2:24.30 38.54						
58.	RODEIA Jose Miguel	04	Natacao de Faro	**2:25.14**	+0,66	453	
	50m: 31.39 31.39 100m: 1:09.30 37.91 150m: 1:46.05 36.75 200m: 2:25.14 39.09						
59.	SANTOS Joao Pedro	03	Bombeiros Ponta Delgada	**2:25.29**	+0,67	452	
	50m: 30.56 30.56 100m: 1:06.49 35.93 150m: 1:44.85 38.36 200m: 2:25.29 40.44						
60.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**2:25.80**	+0,64	447	
	50m: 30.53 30.53 100m: 1:06.64 36.11 150m: 1:46.83 40.19 200m: 2:25.80 38.97						
61.	LOPES Rodrigo Beja	03	AONDA-Azeitao	**2:25.97**	+0,64	445	
	50m: 30.48 30.48 100m: 1:07.41 36.93 150m: 1:46.88 39.47 200m: 2:25.97 39.09						
62.	PARENTE Salvador Ataide	03	Gesloures	**2:26.46**	+0,65	441	
	50m: 31.26 31.26 100m: 1:07.43 36.17 150m: 1:46.06 38.63 200m: 2:26.46 40.40						
63.	NASCIMENTO Angelo Miranda	04	Natacao Olhao	**2:26.69**	+0,82	439	
	50m: 31.39 31.39 100m: 1:07.63 36.24 150m: 1:46.63 39.00 200m: 2:26.69 40.06						
64.	NOGUEIRA Tiago Morgado	04	Colegio Monte Maior	**2:26.71**	+0,70	439	
	50m: 31.38 31.38 100m: 1:08.23 36.85 150m: 1:46.74 38.51 200m: 2:26.71 39.97						
65.	RODRIGUES Rodrigo Reis	04	Sao Roque	**2:26.98**	+0,62	436	
	50m: 33.24 33.24 100m: 1:11.24 38.00 150m: 1:49.68 38.44 200m: 2:26.98 37.30						
66.	SANTOS Roberto Pinho	03	Estamos Juntos	**2:27.10**	+0,77	435	
	50m: 30.97 30.97 100m: 1:08.00 37.03 150m: 1:47.50 39.50 200m: 2:27.10 39.60						
67.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	**2:27.44**	+0,66	432	
	50m: 32.16 32.16 100m: 1:09.80 37.64 150m: 1:49.16 39.36 200m: 2:27.44 38.28						
68.	ALMEIDA Goncalo Vieira	03	Uniao Piedense	**2:27.52**	+0,69	431	
	50m: 31.42 31.42 100m: 1:07.73 36.31 150m: 1:46.23 38.50 200m: 2:27.52 41.29						
69.	NEAGU Tiberius Sebastian	04	Academico Viseu	**2:27.62**	+0,71	431	
	50m: 32.13 32.13 100m: 1:08.99 36.86 150m: 1:48.07 39.08 200m: 2:27.62 39.55						
70.	CORREIA Francisco Alves	04	Litoral Alentejano	**2:29.03**	+0,76	418	
	50m: 31.23 31.23 100m: 1:07.02 35.79 150m: 1:45.66 38.64 200m: 2:29.03 43.37						
DNS	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos				
DNS	AGUIAR Vasco Ormonde	04	Academia Acores				
DNS	CARVALHO Antonio Lombardi	04	Belenenses				

NATAÇÃO PURA

Prova 40, Masc., 200m Mariposa, Elimin

Prova 40 — Masc., 200m Mariposa — Absolutos
04-08-2019 - 9:30 — Resultados Elimin

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

TAC Sen 50m: 2:11.02 - 25m: 2:08.57; Jun 50m: 2:15.37 - 25m: 2:11.96

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CORDEIRO Tiago Roberto	00	Benfica	**2:07.26**	+0,71	672	
	50m: 28.13 28.13 100m: 1:00.22 32.09 150m: 1:33.72 33.50 200m: 2:07.26 33.54						
2.	SANTOS Pedro Andre	94	Alges	**2:07.38**	+0,77	670	
	50m: 27.79 27.79 100m: 59.79 32.00 150m: 1:32.85 33.06 200m: 2:07.38 34.53						
3.	BESSA Antonio Rafael	94	Aquatico Pacense	**2:07.80**	+0,72	664	
	50m: 28.97 28.97 100m: 1:01.51 32.54 150m: 1:34.54 33.03 200m: 2:07.80 33.26						
4.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:08.28**	+0,61	656	
	50m: 28.35 28.35 100m: 1:01.13 32.78 150m: 1:34.23 33.10 200m: 2:08.28 34.05						
5.	COSTA Joao Nogueira	01	Vitoria Guimaraes	**2:08.31**	+0,73	656	
	50m: 28.03 28.03 100m: 1:01.45 33.42 150m: 1:34.70 33.25 200m: 2:08.31 33.61						
6.	MENDES Antonio Manuel	99	Sporting	**2:08.92**	+0,65	647	
	50m: 28.98 28.98 100m: 1:01.81 32.83 150m: 1:35.23 33.42 200m: 2:08.92 33.69						
7.	CRISTINO David Matias	01	Uniao Piedense	**2:09.16**	+0,74	643	
	50m: 29.18 29.18 100m: 1:02.73 33.55 150m: 1:36.14 33.41 200m: 2:09.16 33.02						
8.	TRAVANCA Sergio Filipe	00	Leixoes	**2:09.25**	+0,63	642	
	50m: 28.61 28.61 100m: 1:01.86 33.25 150m: 1:35.07 33.21 200m: 2:09.25 34.18						
	CARVALHO Andre Antunes	96	Sporting	**2:09.25**	+0,74	642	
	50m: 28.73 28.73 100m: 1:01.44 32.71 150m: 1:35.40 33.96 200m: 2:09.25 33.85						
10.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**2:09.29**	+0,74	641	
	50m: 28.27 28.27 100m: 1:00.84 32.57 150m: 1:34.27 33.43 200m: 2:09.29 35.02						
11.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**2:09.62**	+0,68	636	
	50m: 27.38 27.38 100m: 59.38 32.00 150m: 1:33.53 34.15 200m: 2:09.62 36.09						
12.	SILVA Henrique Gomes	02	Estamos Juntos	**2:09.68**	+0,65	635	
	50m: 29.28 29.28 100m: 1:02.91 33.63 150m: 1:35.87 32.96 200m: 2:09.68 33.81						
13.	SILVA Joao Carlos	98	Famalicao	**2:10.60**	+0,64	622	
	50m: 28.72 28.72 100m: 1:01.57 32.85 150m: 1:35.30 33.73 200m: 2:10.60 35.30						
14.	AGUIAR Gabriel Silva	01	Porto	**2:11.37**	+0,56	611	
	50m: 29.40 29.40 100m: 1:03.61 34.21 150m: 1:36.31 32.70 200m: 2:11.37 35.06						
15.	BATE Miguel Ribeiro	99	Alges	**2:11.50**	+0,70	609	
	50m: 28.67 28.67 100m: 1:02.22 33.55 150m: 1:36.68 34.46 200m: 2:11.50 34.82						
16.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.89**	+0,70	604	
	50m: 28.66 28.66 100m: 1:02.18 33.52 150m: 1:36.10 33.92 200m: 2:11.89 35.79						
17.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**2:12.01**	+0,69	602	
	50m: 29.06 29.06 100m: 1:02.52 33.46 150m: 1:37.32 34.80 200m: 2:12.01 34.69						

ORGANIZAÇÃO FPN ANM
PARCEIROS INSTITUCIONAIS ipdj Desporto para todos Secretaria Regional de Educação Direção Regional da Juventude e Desporto Discover madeira FUNCHAL é mais desporto
PATROCINADOR OFICIAL JOGOS SANTACASA
FORNECEDOR OFICIAL arena WATER INSTINCT
PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL PROZIS
PARCEIROS FisioPartner TURBO Sotécnica COSMOS VIAGENS pro'audio CIMAI Myrtha Pools NOS Madeira BRISA HARACLISA DIARIO de Notícias

Prova 40, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	SILVA Martim Moniz	99	Naval do Funchal	**2:12.07**	+0,66	601	
	50m: 28.26 28.26 100m: 1:01.39 33.13 150m: 1:35.68 34.29 200m: 2:12.07 36.39						
19.	GOMES Vicente Oliveira	02	Sporting	**2:12.25**	+0,65	599	
	50m: 28.85 28.85 100m: 1:02.47 33.62 150m: 1:37.26 34.79 200m: 2:12.25 34.99						
20.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:12.35**	+0,63	598	
	50m: 28.86 28.86 100m: 1:02.19 33.33 150m: 1:36.44 34.25 200m: 2:12.35 35.91						
21.	BRANCO Alexandre Miguel	01	Alges	**2:13.45**	+0,73	583	
	50m: 29.29 29.29 100m: 1:02.98 33.69 150m: 1:37.49 34.51 200m: 2:13.45 35.96						
22.	PINTO Pedro Miguel	02	Sporting	**2:13.66**	+0,67	580	
	50m: 29.51 29.51 100m: 1:03.80 34.29 150m: 1:38.46 34.66 200m: 2:13.66 35.20						
23.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:15.04**	+0,77	563	
	50m: 29.71 29.71 100m: 1:03.52 33.81 150m: 1:39.12 35.60 200m: 2:15.04 35.92						
24.	AMARAL Francisco Rodriguez	02	Campinho	**2:15.17**	+0,70	561	
	50m: 30.19 30.19 100m: 1:03.92 33.73 150m: 1:38.52 34.60 200m: 2:15.17 36.65						
25.	ALVES Nuno Rafael	90	Aquatico Pacense	**2:17.62**	+0,74	531	
	50m: 29.69 29.69 100m: 1:04.20 34.51 150m: 1:40.40 36.20 200m: 2:17.62 37.22						
DNS	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos				

Prova 41 — Femin., 100m Livres — Juvenis

04-08-2019 - 9:55 — Resultados Elimin

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

TAC Juv A 50m: 1:03.52 - 25m: 1:02.49; Juv B 50m: 1:04.61 - 25m: 1:03.44

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**59.73**	+0,69	648	
	50m: 29.14 29.14 100m: 59.73 30.59						
2.	MOURA Maria Ferreira	04	Sporting	**1:00.26**	+0,70	631	
	50m: 28.94 28.94 100m: 1:00.26 31.32						
3.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.20**	+0,59	603	
	50m: 29.48 29.48 100m: 1:01.20 31.72						
4.	PINHO Carolina Teixeira	04	Porto	**1:01.67**	+0,66	589	
	50m: 29.61 29.61 100m: 1:01.67 32.06						
5.	PIRES Marta Joao	05	Alges	**1:01.71**	+0,67	588	
	50m: 29.79 29.79 100m: 1:01.71 31.92						
6.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:01.93**	+0,76	582	
	50m: 29.62 29.62 100m: 1:01.93 32.31						
7.	SILVA Ana Filipa	04	Academica de Coimbra	**1:02.18**	+0,75	575	
	50m: 30.04 30.04 100m: 1:02.18 32.14						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 41, Femin., 100m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MELO Sara Carreira	05	Gesloures	**1:02.35**	+0,67	570	
	50m: 29.22 29.22 100m: 1:02.35 33.13						
9.	SIMOES Ana Beatriz	05	Sporting	**1:02.45**	+0,76	567	
	50m: 30.47 30.47 100m: 1:02.45 31.98						
10.	COSTA Mariana Martins	05	Famalicao	**1:02.54**	+0,75	565	
	50m: 30.07 30.07 100m: 1:02.54 32.47						
	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.54**	+0,71	565	
	50m: 29.96 29.96 100m: 1:02.54 32.58						
12.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:02.57**	+0,66	564	
	50m: 29.60 29.60 100m: 1:02.57 32.97						
13.	DELFINO Mariana Morais	04	Sporting	**1:02.78**	+0,71	558	
	50m: 30.04 30.04 100m: 1:02.78 32.74						
14.	NICOLAU Margarida Claudino	05	Torres Novas	**1:03.07**	+0,76	551	
	50m: 30.46 30.46 100m: 1:03.07 32.61						
15.	ALVES Carina Alexandra	04	Leixoes	**1:03.38**	+0,58	543	
	50m: 30.37 30.37 100m: 1:03.38 33.01						
16.	JONES Angelina Bermejo	04	Portinado	**1:03.40**	+0,70	542	
	50m: 30.63 30.63 100m: 1:03.40 32.77						
17.	ANDRE Isadora Maia	05	Benfica	**1:03.58**	+0,57	537	
	50m: 30.74 30.74 100m: 1:03.58 32.84						
18.	COSTA Joana Santos	04	Galitos / Bresimar	**1:04.02**	+0,74	526	
	50m: 31.23 31.23 100m: 1:04.02 32.79						
19.	SEBASTIAO Sofia Antunes	05	Amadora	**1:04.10**	+0,85	524	
	50m: 30.50 30.50 100m: 1:04.10 33.60						
	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**1:04.10**	+0,72	524	
	50m: 30.89 30.89 100m: 1:04.10 33.21						
21.	PEREIRA Anais Cloe	04	Sporting	**1:04.30**	+0,74	520	
	50m: 31.02 31.02 100m: 1:04.30 33.28						
22.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:04.33**	+0,73	519	
	50m: 30.61 30.61 100m: 1:04.33 33.72						
23.	VIANA Carolina Pereira	04	Aquatico Silves	**1:04.40**	+0,69	517	
	50m: 30.84 30.84 100m: 1:04.40 33.56						
24.	FERREIRA Joana Rocha	05	Benfica	**1:04.51**	+0,78	515	
	50m: 31.66 31.66 100m: 1:04.51 32.85						
25.	BRANCOURT Yonina	04	Gesloures	**1:04.63**	+0,79	512	
	50m: 30.95 30.95 100m: 1:04.63 33.68						
26.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:04.88**	+0,64	506	
	50m: 30.50 30.50 100m: 1:04.88 34.38						
27.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:04.98**	+0,77	503	
	50m: 30.96 30.96 100m: 1:04.98 34.02						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 41, Femin., 100m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	QUINTA Luisa Coelho	05	Leixoes	**1:05.00**	+0,75	503	
	50m: 31.00 31.00 100m: 1:05.00 34.00						
29.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:05.01**	+0,75	503	
	50m: 31.02 31.02 100m: 1:05.01 33.99						
30.	NASCIMENTO Sofia Alexandre	05	Naval do Funchal	**1:05.06**	+0,68	502	
	50m: 30.79 30.79 100m: 1:05.06 34.27						
31.	PEDRO Daniela Alexandra	04	Sporting	**1:05.08**	+0,74	501	
	50m: 30.98 30.98 100m: 1:05.08 34.10						
32.	GONCALVES Rita Abibe	05	Gesloures	**1:05.19**	+0,69	499	
	50m: 31.53 31.53 100m: 1:05.19 33.66						
33.	NOVO Marta Luisa	05	Viana Natacao	**1:05.35**	+0,76	495	
	50m: 31.45 31.45 100m: 1:05.35 33.90						
34.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:05.41**	+0,79	494	
	50m: 31.61 31.61 100m: 1:05.41 33.80						
35.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:05.56**	+0,80	490	
	50m: 30.93 30.93 100m: 1:05.56 34.63						
36.	CONCEICAO Sara Nunes	05	Uniao Piedense	**1:05.63**	+0,79	489	
	50m: 31.19 31.19 100m: 1:05.63 34.44						
37.	BORCIC Aleksandra Bozanic	04	Alges	**1:05.64**	+0,77	488	
	50m: 30.91 30.91 100m: 1:05.64 34.73						
38.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:05.81**	+0,92	485	
	50m: 31.56 31.56 100m: 1:05.81 34.25						
DNS	REIS Beatriz Grave	05	Rio Maior				

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 41, Femin., 100m Livres, Elimin

Prova 41 — Femin., 100m Livres — Open
04-08-2019 - 9:55 — Resultados Elimin

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
Rec Nac Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22-07-2019
Rec Nac Inf A	59.73	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
Rec Nac Inf B	1:01.46	FERNANDES Carolina Miranda	CGA	Loulé	15-07-2017

TAC Sen 50m: 1:00.66 - 25m: 59.57; Jun 50m: 1:01.97 - 25m: 1:00.78; Juv A 50m: 1:03.52 - 25m: 1:02.49; Juv B 50m: 1:04.61 - 25m: 1:03.44

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**57.79**	+0,69	716	
	50m: 27.90 27.90 100m: 57.79 29.89						
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**59.01**	+0,75	672	
	50m: 28.33 28.33 100m: 59.01 30.68						
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**59.11**	+0,65	669	
	50m: 28.79 28.79 100m: 59.11 30.32						
4.	SOUSA Ana Reis	02	Alges	**59.13**	+0,66	668	
	50m: 28.40 28.40 100m: 59.13 30.73						
5.	MARTINS Francisca Soares	03	Foca	**59.31**	+0,65	662	
	50m: 28.52 28.52 100m: 59.31 30.79						
6.	OLIVEIRA Rosa Maria	96	Porto	**59.61**	+0,66	652	
	50m: 28.79 28.79 100m: 59.61 30.82						
7.	FERREIRA Catarina Maria	98	Porto	**59.64**	+0,67	651	
	50m: 28.55 28.55 100m: 59.64 31.09						
8.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**59.66**	+0,73	651	
	50m: 28.98 28.98 100m: 59.66 30.68						
9.	ANDRE Leticia Maia	02	Benfica	**59.67**	+0,64	650	
	50m: 28.98 28.98 100m: 59.67 30.69						
10.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**59.73**	+0,69	648	
	50m: 29.14 29.14 100m: 59.73 30.59						
11.	PEGO Isabel Porfirio	01	Fluvial Portuense	**59.83**	+0,69	645	
	50m: 29.09 29.09 100m: 59.83 30.74						
12.	FARIA Ana Rita	00	Porto	**59.97**	+0,71	641	
	50m: 29.03 29.03 100m: 59.97 30.94						
13.	MACHADO Luisa Maria	01	Uniao Piedense	**1:00.02**	+0,76	639	
	50m: 29.08 29.08 100m: 1:00.02 30.94						
14.	CASTRO Adriana Daniela	97	Leixoes	**1:00.24**	+0,72	632	
	50m: 29.22 29.22 100m: 1:00.24 31.02						
15.	MOURA Maria Ferreira	04	Sporting	**1:00.26**	+0,70	631	
	50m: 28.94 28.94 100m: 1:00.26 31.32						

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PARCEIROS

Prova 41, Femin., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:00.36**	+0,71	628	
	50m: 29.42 29.42 100m: 1:00.36 30.94						
17.	SOARES Catarina Silva	03	Porto	**1:00.49**	+0,64	624	
	50m: 28.85 28.85 100m: 1:00.49 31.64						
18.	NEVES Carolina Marques	01	Torres Novas	**1:00.58**	+0,76	621	
	50m: 29.51 29.51 100m: 1:00.58 31.07						
19.	CABRAL Maria Francisca	00	Porto	**1:00.62**	+0,67	620	
	50m: 29.08 29.08 100m: 1:00.62 31.54						
20.	FOMINA Anna	02	Louletano / Loule Concelho	**1:00.66**	+0,69	619	
	50m: 28.86 28.86 100m: 1:00.66 31.80						
21.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**1:00.84**	+0,69	613	
	50m: 29.38 29.38 100m: 1:00.84 31.46						
22.	ROLAO Sofia Alexandra	98	Benfica	**1:00.97**	+0,72	610	
	50m: 29.19 29.19 100m: 1:00.97 31.78						
23.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.20**	+0,59	603	
	50m: 29.48 29.48 100m: 1:01.20 31.72						
24.	PINTO Mafalda Marques	02	Sporting	**1:01.27**	+0,65	601	
	50m: 29.53 29.53 100m: 1:01.27 31.74						
25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:01.39**	+0,72	597	
	50m: 29.50 29.50 100m: 1:01.39 31.89						
26.	AMADOR Joana Costa	01	Galitos / Bresimar	**1:01.52**	+0,60	593	
	50m: 29.42 29.42 100m: 1:01.52 32.10						
27.	FRAZAO Alexandra Couto	02	Condeixa Clube	**1:01.53**	+0,72	593	
	50m: 29.83 29.83 100m: 1:01.53 31.70						
28.	GIGON Meryl	95	Turrita Nuoto	**1:01.58**	+0,72	592	
	50m: 29.61 29.61 100m: 1:01.58 31.97						
29.	PINHO Carolina Teixeira	04	Porto	**1:01.67**	+0,66	589	
	50m: 29.61 29.61 100m: 1:01.67 32.06						
30.	PIRES Marta Joao	05	Alges	**1:01.71**	+0,67	588	
	50m: 29.79 29.79 100m: 1:01.71 31.92						
31.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:01.93**	+0,76	582	
	50m: 29.62 29.62 100m: 1:01.93 32.31						
32.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:02.14**	+0,60	576	
	50m: 29.68 29.68 100m: 1:02.14 32.46						
33.	SILVA Ana Filipa	04	Academica de Coimbra	**1:02.18**	+0,75	575	
	50m: 30.04 30.04 100m: 1:02.18 32.14						
	REBELO Beatriz Vaz	03	Gesloures	**1:02.18**	+0,73	575	
	50m: 29.71 29.71 100m: 1:02.18 32.47						
35.	MELO Sara Carreira	05	Gesloures	**1:02.35**	+0,67	570	
	50m: 29.22 29.22 100m: 1:02.35 33.13						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 41, Femin., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	MACHADO Joana Sofia	02	Natacao de Valongo	**1:02.35**	+0,74	570	
	50m: 29.73 29.73 100m: 1:02.35 32.62						
37.	SIMOES Ana Beatriz	05	Sporting	**1:02.45**	+0,76	567	
	50m: 30.47 30.47 100m: 1:02.45 31.98						
38.	SOARES Carolina Silva	03	Natacao de Valongo	**1:02.46**	+0,76	567	
	50m: 30.17 30.17 100m: 1:02.46 32.29						
39.	PEIXEIRA Filipa Ramos	03	Sporting	**1:02.48**	+0,78	566	
	50m: 29.72 29.72 100m: 1:02.48 32.76						
40.	COSTA Mariana Martins	05	Famalicao	**1:02.54**	+0,75	565	
	50m: 30.07 30.07 100m: 1:02.54 32.47						
	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.54**	+0,71	565	
	50m: 29.96 29.96 100m: 1:02.54 32.58						
42.	MARQUES Maria Vieira	04	Natacao de Vagos	**1:02.57**	+0,66	564	
	50m: 29.60 29.60 100m: 1:02.57 32.97						
43.	JESUS Maria Crista	03	Louletano / Loule Concelho	**1:02.69**	+0,66	561	
	50m: 29.88 29.88 100m: 1:02.69 32.81						
44.	SANTOS Ana Pedro	02	Galitos / Bresimar	**1:02.70**	+0,74	560	
	50m: 29.92 29.92 100m: 1:02.70 32.78						
45.	DELFINO Mariana Morais	04	Sporting	**1:02.78**	+0,71	558	
	50m: 30.04 30.04 100m: 1:02.78 32.74						
46.	RAMOS Ines Asseiceira	03	Torres Novas	**1:02.82**	+0,68	557	
	50m: 30.56 30.56 100m: 1:02.82 32.26						
47.	NICOLAU Margarida Claudino	05	Torres Novas	**1:03.07**	+0,76	551	
	50m: 30.46 30.46 100m: 1:03.07 32.61						
48.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**1:03.10**	+0,65	550	
	50m: 30.11 30.11 100m: 1:03.10 32.99						
49.	ALVES Carina Alexandra	04	Leixoes	**1:03.38**	+0,58	543	
	50m: 30.37 30.37 100m: 1:03.38 33.01						
50.	JONES Angelina Bermejo	04	Portinado	**1:03.40**	+0,70	542	
	50m: 30.63 30.63 100m: 1:03.40 32.77						
51.	ANDRE Isadora Maia	05	Benfica	**1:03.58**	+0,57	537	
	50m: 30.74 30.74 100m: 1:03.58 32.84						
52.	NEVES Leonor Maria	03	Gesloures	**1:03.72**	+0,66	534	
	50m: 30.85 30.85 100m: 1:03.72 32.87						
53.	COSTA Joana Santos	04	Galitos / Bresimar	**1:04.02**	+0,74	526	
	50m: 31.23 31.23 100m: 1:04.02 32.79						
54.	SEBASTIAO Sofia Antunes	05	Amadora	**1:04.10**	+0,85	524	
	50m: 30.50 30.50 100m: 1:04.10 33.60						
	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**1:04.10**	+0,72	524	
	50m: 30.89 30.89 100m: 1:04.10 33.21						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 41, Femin., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	PEREIRA Anais Cloe	04	Sporting	**1:04.30**	+0,74	520	
	50m: 31.02 31.02 100m: 1:04.30 33.28						
57.	LIGEIRO Daniela Silva	04	Viana Natacao	**1:04.33**	+0,73	519	
	50m: 30.61 30.61 100m: 1:04.33 33.72						
58.	VIANA Carolina Pereira	04	Aquatico Silves	**1:04.40**	+0,69	517	
	50m: 30.84 30.84 100m: 1:04.40 33.56						
59.	FERREIRA Joana Rocha	05	Benfica	**1:04.51**	+0,78	515	
	50m: 31.66 31.66 100m: 1:04.51 32.85						
60.	BRANCOURT Yonina	04	Gesloures	**1:04.63**	+0,79	512	
	50m: 30.95 30.95 100m: 1:04.63 33.68						
61.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	**1:04.88**	+0,64	506	
	50m: 30.50 30.50 100m: 1:04.88 34.38						
62.	PEREIRA Isabel dos Santos	05	Fluvial Portuense	**1:04.98**	+0,77	503	
	50m: 30.96 30.96 100m: 1:04.98 34.02						
63.	QUINTA Luisa Coelho	05	Leixoes	**1:05.00**	+0,75	503	
	50m: 31.00 31.00 100m: 1:05.00 34.00						
64.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**1:05.01**	+0,75	503	
	50m: 31.02 31.02 100m: 1:05.01 33.99						
65.	NASCIMENTO Sofia Alexandre	05	Naval do Funchal	**1:05.06**	+0,68	502	
	50m: 30.79 30.79 100m: 1:05.06 34.27						
66.	PEDRO Daniela Alexandra	04	Sporting	**1:05.08**	+0,74	501	
	50m: 30.98 30.98 100m: 1:05.08 34.10						
67.	GONCALVES Rita Abibe	05	Gesloures	**1:05.19**	+0,69	499	
	50m: 31.53 31.53 100m: 1:05.19 33.66						
68.	NOVO Marta Luisa	05	Viana Natacao	**1:05.35**	+0,76	495	
	50m: 31.45 31.45 100m: 1:05.35 33.90						
69.	GOMES Carolina Fonseca	05	Olivais e Moscavide	**1:05.41**	+0,79	494	
	50m: 31.61 31.61 100m: 1:05.41 33.80						
70.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**1:05.56**	+0,80	490	
	50m: 30.93 30.93 100m: 1:05.56 34.63						
71.	CONCEICAO Sara Nunes	05	Uniao Piedense	**1:05.63**	+0,79	489	
	50m: 31.19 31.19 100m: 1:05.63 34.44						
72.	BORCIC Aleksandra Bozanic	04	Alges	**1:05.64**	+0,77	488	
	50m: 30.91 30.91 100m: 1:05.64 34.73						
73.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**1:05.81**	+0,92	485	
	50m: 31.56 31.56 100m: 1:05.81 34.25						
DSQ	VIEGAS Beatriz Mendes	00	Sporting				
	403 - Falsa partida - SW 4.4						
DNS	REIS Beatriz Grave	05	Rio Maior				

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PARCEIROS

Prova 41, Femin., 100m Livres, Elimin

Prova 41 — Femin., 100m Livres — Absolutos
04-08-2019 - 9:55 — Resultados Elimin

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018

TAC Sen 50m: 1:00.66 - 25m: 59.57; Jun 50m: 1:01.97 - 25m: 1:00.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	**57.79**	+0,69	716	
	50m: 27.90 27.90 100m: 57.79 29.89						
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**59.01**	+0,75	672	
	50m: 28.33 28.33 100m: 59.01 30.68						
3.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**59.11**	+0,65	669	
	50m: 28.79 28.79 100m: 59.11 30.32						
4.	SOUSA Ana Reis	02	Alges	**59.13**	+0,66	668	
	50m: 28.40 28.40 100m: 59.13 30.73						
5.	MARTINS Francisca Soares	03	Foca	**59.31**	+0,65	662	
	50m: 28.52 28.52 100m: 59.31 30.79						
6.	OLIVEIRA Rosa Maria	96	Porto	**59.61**	+0,66	652	
	50m: 28.79 28.79 100m: 59.61 30.82						
7.	FERREIRA Catarina Maria	98	Porto	**59.64**	+0,67	651	
	50m: 28.55 28.55 100m: 59.64 31.09						
8.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**59.66**	+0,73	651	
	50m: 28.98 28.98 100m: 59.66 30.68						
9.	ANDRE Leticia Maia	02	Benfica	**59.67**	+0,64	650	
	50m: 28.98 28.98 100m: 59.67 30.69						
10.	PEGO Isabel Porfirio	01	Fluvial Portuense	**59.83**	+0,69	645	
	50m: 29.09 29.09 100m: 59.83 30.74						
11.	FARIA Ana Rita	00	Porto	**59.97**	+0,71	641	
	50m: 29.03 29.03 100m: 59.97 30.94						
12.	MACHADO Luisa Maria	01	Uniao Piedense	**1:00.02**	+0,76	639	
	50m: 29.08 29.08 100m: 1:00.02 30.94						
13.	CASTRO Adriana Daniela	97	Leixoes	**1:00.24**	+0,72	632	
	50m: 29.22 29.22 100m: 1:00.24 31.02						
14.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**1:00.36**	+0,71	628	
	50m: 29.42 29.42 100m: 1:00.36 30.94						
15.	SOARES Catarina Silva	03	Porto	**1:00.49**	+0,64	624	
	50m: 28.85 28.85 100m: 1:00.49 31.64						
16.	NEVES Carolina Marques	01	Torres Novas	**1:00.58**	+0,76	621	
	50m: 29.51 29.51 100m: 1:00.58 31.07						
17.	CABRAL Maria Francisca	00	Porto	**1:00.62**	+0,67	620	
	50m: 29.08 29.08 100m: 1:00.62 31.54						

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Prova 41, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**1:00.84**	+0,69	613	
	50m: 29.38 29.38 100m: 1:00.84 31.46						
19.	ROLAO Sofia Alexandra	98	Benfica	**1:00.97**	+0,72	610	
	50m: 29.19 29.19 100m: 1:00.97 31.78						
20.	PINTO Mafalda Marques	02	Sporting	**1:01.27**	+0,65	601	
	50m: 29.53 29.53 100m: 1:01.27 31.74						
21.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**1:01.39**	+0,72	597	
	50m: 29.50 29.50 100m: 1:01.39 31.89						
22.	AMADOR Joana Costa	01	Galitos / Bresimar	**1:01.52**	+0,60	593	
	50m: 29.42 29.42 100m: 1:01.52 32.10						
23.	FRAZAO Alexandra Couto	02	Condeixa Clube	**1:01.53**	+0,72	593	
	50m: 29.83 29.83 100m: 1:01.53 31.70						
24.	TEJO Beatriz Costa	02	Academica de Coimbra	**1:02.14**	+0,60	576	
	50m: 29.68 29.68 100m: 1:02.14 32.46						
25.	REBELO Beatriz Vaz	03	Gesloures	**1:02.18**	+0,73	575	
	50m: 29.71 29.71 100m: 1:02.18 32.47						
26.	MACHADO Joana Sofia	02	Natacao de Valongo	**1:02.35**	+0,74	570	
	50m: 29.73 29.73 100m: 1:02.35 32.62						
27.	SOARES Carolina Silva	03	Natacao de Valongo	**1:02.46**	+0,76	567	
	50m: 30.17 30.17 100m: 1:02.46 32.29						
28.	PEIXEIRA Filipa Ramos	03	Sporting	**1:02.48**	+0,78	566	
	50m: 29.72 29.72 100m: 1:02.48 32.76						
29.	JESUS Maria Crista	03	Louletano / Loule Concelho	**1:02.69**	+0,66	561	
	50m: 29.88 29.88 100m: 1:02.69 32.81						
30.	SANTOS Ana Pedro	02	Galitos / Bresimar	**1:02.70**	+0,74	560	
	50m: 29.92 29.92 100m: 1:02.70 32.78						
31.	RAMOS Ines Asseiceira	03	Torres Novas	**1:02.82**	+0,68	557	
	50m: 30.56 30.56 100m: 1:02.82 32.26						
32.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**1:03.10**	+0,65	550	
	50m: 30.11 30.11 100m: 1:03.10 32.99						
33.	NEVES Leonor Maria	03	Gesloures	**1:03.72**	+0,66	534	
	50m: 30.85 30.85 100m: 1:03.72 32.87						
DSQ	VIEGAS Beatriz Mendes	00	Sporting				
	403 - Falsa partida - SW 4.4						

NATAÇÃO PURA

Prova 42 — Masc., 100m Livres — Juvenis
04-08-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	52.60	RIBEIRO Diogo Matos	CUC	Coimbra	14-07-2019

TAC Juv A 50m: 56.97 - 25m: 55.71; Juv B 50m: 58.28 - 25m: 57.12

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**54.42**	+0,66	640	
	50m: 26.04 26.04 100m: 54.42 28.38						
2.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**54.62**	+0,67	633	
	50m: 26.13 26.13 100m: 54.62 28.49						
3.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**54.72**	+0,70	630	
	50m: 26.20 26.20 100m: 54.72 28.52						
4.	COSTA Afonso Filipe	03	Naval da Nazare	**54.73**	+0,67	629	
	50m: 26.04 26.04 100m: 54.73 28.69						
5.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.82**	+0,65	626	
	50m: 25.82 25.82 100m: 54.82 29.00						
6.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**55.51**	+0,70	603	
	50m: 27.00 27.00 100m: 55.51 28.51						
7.	VAKULYUK Paulo	03	Torres Novas	**55.55**	+0,64	602	
	50m: 24.16 24.16 100m: 55.55 31.39						
8.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**55.76**	+0,62	595	
	50m: 26.31 26.31 100m: 55.76 29.45						
9.	ALMEIDA Bernardo Victorino	04	Sporting	**55.82**	+0,67	593	
	50m: 26.62 26.62 100m: 55.82 29.20						
	MOITA Goncalo Brites	04	Uniao Coimbra	**55.82**	+0,69	593	
	50m: 27.11 27.11 100m: 55.82 28.71						
11.	GOMES Goncalo Camara	03	Naval do Funchal	**55.98**	+0,62	588	
	50m: 26.81 26.81 100m: 55.98 29.17						
12.	SANTOS Gabriel Moreira	04	Famalicao	**56.06**	+0,70	585	
	50m: 27.12 27.12 100m: 56.06 28.94						
13.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**56.57**	+0,74	570	
	50m: 27.36 27.36 100m: 56.57 29.21						
14.	COSTA Afonso Vilhena	04	Vilacondense	**56.72**	+0,68	565	
	50m: 26.95 26.95 100m: 56.72 29.77						
15.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**56.94**	+0,70	559	
	50m: 27.21 27.21 100m: 56.94 29.73						
	CARVALHO Fernando Costa	03	Foca	**56.94**	+0,66	559	
	50m: 27.18 27.18 100m: 56.94 29.76						
17.	NETO Rodrigo Jorge	03	Aquatico Pacense	**57.10**	+0,70	554	
	50m: 27.04 27.04 100m: 57.10 30.06						
18.	PENELAS Joao Pedro	04	Gesloures	**57.16**	+0,65	552	
	50m: 26.83 26.83 100m: 57.16 30.33						

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Prova 42, Masc., 100m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	ANTUNES Joao Afonso	04	Galitos / Bresimar	**57.16**	+0,61	552	
	50m: 26.91 26.91 100m: 57.16 30.25						
20.	SIMOES Manuel Baptista	03	Uniao Coimbra	**57.19**	+0,56	551	
	50m: 26.39 26.39 100m: 57.19 30.80						
21.	AGUIAR Vasco Ormonde	04	Academia Acores	**57.30**	+0,69	548	
	50m: 27.25 27.25 100m: 57.30 30.05						
22.	MOREIRA Joao Pedro	04	Fluvial Portuense	**57.34**	+0,68	547	
	50m: 27.56 27.56 100m: 57.34 29.78						
23.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**57.36**	+0,72	546	
	50m: 27.55 27.55 100m: 57.36 29.81						
24.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**57.53**	+0,74	542	
	50m: 27.51 27.51 100m: 57.53 30.02						
25.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**57.55**	+0,62	541	
	50m: 27.68 27.68 100m: 57.55 29.87						
26.	GOMES Guilherme Sousa	04	Aquatico Silves	**57.68**	+0,72	537	
	50m: 27.42 27.42 100m: 57.68 30.26						
27.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**57.71**	+0,70	537	
	50m: 28.03 28.03 100m: 57.71 29.68						
28.	ANTUNES David Alexandre	04	Leixoes	**57.77**	+0,73	535	
	50m: 27.31 27.31 100m: 57.77 30.46						
	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**57.77**	+0,62	535	
	50m: 27.61 27.61 100m: 57.77 30.16						
30.	SOUSA Tomas Castro	04	Vitoria Guimaraes	**57.79**	+0,72	534	
	50m: 28.03 28.03 100m: 57.79 29.76						
31.	OLIVEIRA Pedro Nuno	04	Torres Novas	**57.80**	+0,77	534	
	50m: 27.59 27.59 100m: 57.80 30.21						
32.	RODEIA Jose Miguel	04	Natacao de Faro	**58.13**	+0,68	525	
	50m: 28.00 28.00 100m: 58.13 30.13						
33.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**58.14**	+0,80	525	
	50m: 28.02 28.02 100m: 58.14 30.12						
34.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**58.22**	+0,68	523	
	50m: 28.08 28.08 100m: 58.22 30.14						
35.	BARRY Rafael Francisco	04	Naval do Funchal	**58.65**	+0,55	511	
	50m: 27.77 27.77 100m: 58.65 30.88						
36.	JESUS Pedro Duarte	04	Galitos / Bresimar	**58.69**	+0,73	510	
	50m: 27.83 27.83 100m: 58.69 30.86						
37.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**58.80**	+0,62	507	
	50m: 28.63 28.63 100m: 58.80 30.17						
38.	SILVA Miguel Madeira	04	AONDA-Azeitao	**58.81**	+0,73	507	
	50m: 28.59 28.59 100m: 58.81 30.22						

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Prova 42, Masc., 100m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	LOPES Rafael Caceres	04	Uniao Piedense	**58.92**	+0,71	504	
	50m: 28.22 28.22 100m: 58.92 30.70						
40.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**1:00.36**	+0,64	469	
	50m: 28.17 28.17 100m: 1:00.36 32.19						
DNS	SILVA Gustavo Carvalho	04	Academia Acores				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Prova 42 — Masc., 100m Livres — Open
04-08-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	52.60	RIBEIRO Diogo Matos	CUC	Coimbra	14-07-2019
Rec Nac Inf A	55.53	FERRO David Miguel	SFUAP	Campanhã	26-07-1998
Rec Nac Inf B	58.47	NUNES Joao Magalhaes	CNA	Rio Maior	22-07-2012

TAC Sen 50m: 53.63 - 25m: 52.29; Jun 50m: 54.83 - 25m: 53.39; Juv A 50m: 56.97 - 25m: 55.71; Juv B 50m: 58.28 - 25m: 57.12

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Glauber	86	Foca	**51.78**	+0,73	743	
	50m: 24.54 24.54 100m: 51.78 27.24						
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**52.01**	+0,65	733	
	50m: 24.98 24.98 100m: 52.01 27.03						
3.	DIAS Guilherme Pereira	97	Benfica	**52.09**	+0,65	730	
	50m: 24.85 24.85 100m: 52.09 27.24						
4.	SANTOS Alexis Manacas	92	Sporting	**52.16**	+0,64	727	
	50m: 25.41 25.41 100m: 52.16 26.75						
5.	MOGNE Igor Araujo	96	Sporting	**52.20**	+0,74	725	
	50m: 25.52 25.52 100m: 52.20 26.68						
6.	AIRES Rafael Alcantara	01	Benfica	**52.33**	+0,64	720	
	50m: 25.36 25.36 100m: 52.33 26.97						
7.	SILVA Fernando Souza	86	Uniao Piedense	**52.42**	+0,68	716	
	50m: 24.97 24.97 100m: 52.42 27.45						
8.	SANTOS Joao Duarte	95	Natacao Olhao	**52.53**	+0,69	712	
	50m: 25.18 25.18 100m: 52.53 27.35						
9.	LEBRE Diogo Ramos	01	Benfica	**53.01**	+0,66	692	
	50m: 25.74 25.74 100m: 53.01 27.27						
10.	BATE Afonso Ribeiro	98	Alges	**53.12**	+0,65	688	
	50m: 25.24 25.24 100m: 53.12 27.88						
11.	PINHO Manuel Antonio	01	Feirense	**53.13**	+0,57	688	
	50m: 25.85 25.85 100m: 53.13 27.28						
12.	SOARES Tiago Silva	99	Porto	**53.24**	+0,79	684	
	50m: 25.52 25.52 100m: 53.24 27.72						

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Prova 42, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**53.25**	+0,61	683	
	50m: 25.25 25.25 100m: 53.25 28.00						
14.	RAMOS Bruno Miguel	97	Belenenses	**53.28**	+0,66	682	
	50m: 25.83 25.83 100m: 53.28 27.45						
15.	MARQUES Miguel Henriques	00	Benfica	**53.38**	+0,69	678	
	50m: 25.11 25.11 100m: 53.38 28.27						
	LOPES Tomas Teixeira	02	Foca	**53.38**	+0,66	678	
	50m: 25.73 25.73 100m: 53.38 27.65						
17.	PADRELA Joao Esteves	99	Belenenses	**53.44**	+0,63	676	
	50m: 25.34 25.34 100m: 53.44 28.10						
18.	TINOCO Joao Pereira	00	Famalicao	**53.47**	+0,70	675	
	50m: 25.62 25.62 100m: 53.47 27.85						
19.	SANTOS Francisco Rogerio	98	Sporting	**53.52**	+0,65	673	
	50m: 25.44 25.44 100m: 53.52 28.08						
	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.52**	+0,57	673	
	50m: 25.77 25.77 100m: 53.52 27.75						
21.	KOT Viktor	98	Nautico Marinha Grande	**53.62**	+0,76	669	
	50m: 25.57 25.57 100m: 53.62 28.05						
22.	SANTOS Dario Almeida	93	Leixoes	**53.71**	+0,66	666	
	50m: 25.76 25.76 100m: 53.71 27.95						
23.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**53.77**	+0,73	664	
	50m: 26.02 26.02 100m: 53.77 27.75						
24.	COSTA Tiago Cunha	99	Sporting	**53.96**	+0,64	657	
	50m: 25.98 25.98 100m: 53.96 27.98						
25.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**54.09**	+0,65	652	
	50m: 25.73 25.73 100m: 54.09 28.36						
	MACHADO Francisco Carvalho	98	Alges	**54.09**	+0,62	652	
	50m: 25.70 25.70 100m: 54.09 28.39						
27.	FERNANDES Pedro Miguel	99	Famalicao	**54.19**	+0,66	648	
	50m: 25.57 25.57 100m: 54.19 28.62						
28.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**54.42**	+0,66	640	
	50m: 26.04 26.04 100m: 54.42 28.38						
29.	LOURENCO Tiago Campos	02	Natacao de Valongo	**54.49**	+0,71	638	
	50m: 26.27 26.27 100m: 54.49 28.22						
30.	SIMOES Bernardo Jorge	02	Torres Novas	**54.53**	+0,72	636	
	50m: 26.45 26.45 100m: 54.53 28.08						
31.	DEUS Andre Portugal	02	Naval do Funchal	**54.55**	+0,56	635	
	50m: 26.53 26.53 100m: 54.55 28.02						
32.	RIBEIRO Diogo Matos	04	Uniao Coimbra	**54.62**	+0,67	633	
	50m: 26.13 26.13 100m: 54.62 28.49						

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Prova 42, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
33.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**54.72**	+0,70	630	
	50m: 26.20 26.20 100m: 54.72 28.52						
34.	COSTA Afonso Filipe	03	Naval da Nazare	**54.73**	+0,67	629	
	50m: 26.04 26.04 100m: 54.73 28.69						
35.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.82**	+0,65	626	
	50m: 25.82 25.82 100m: 54.82 29.00						
36.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**54.96**	+0,68	621	
	50m: 25.94 25.94 100m: 54.96 29.02						
37.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**55.51**	+0,70	603	
	50m: 27.00 27.00 100m: 55.51 28.51						
38.	VAKULYUK Paulo	03	Torres Novas	**55.55**	+0,64	602	
	50m: 24.16 24.16 100m: 55.55 31.39						
39.	BRITO Bernardo Geada	02	Uniao Piedense	**55.66**	+0,60	598	
	50m: 26.47 26.47 100m: 55.66 29.19						
40.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**55.76**	+0,62	595	
	50m: 26.31 26.31 100m: 55.76 29.45						
41.	ALMEIDA Bernardo Victorino	04	Sporting	**55.82**	+0,67	593	
	50m: 26.62 26.62 100m: 55.82 29.20						
	MOITA Goncalo Brites	04	Uniao Coimbra	**55.82**	+0,69	593	
	50m: 27.11 27.11 100m: 55.82 28.71						
43.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**55.98**	+0,62	588	
	50m: 26.53 26.53 100m: 55.98 29.45						
	GOMES Goncalo Camara	03	Naval do Funchal	**55.98**	+0,62	588	
	50m: 26.81 26.81 100m: 55.98 29.17						
45.	SANTOS Gabriel Moreira	04	Famalicao	**56.06**	+0,70	585	
	50m: 27.12 27.12 100m: 56.06 28.94						
46.	CRISTOVAO Goncalo Magalhaes	03	Viver Santarem	**56.57**	+0,74	570	
	50m: 27.36 27.36 100m: 56.57 29.21						
47.	COSTA Afonso Vilhena	04	Vilacondense	**56.72**	+0,68	565	
	50m: 26.95 26.95 100m: 56.72 29.77						
48.	FARIA Ricardo Morais	04	Bairro dos Anjos/ Leiria	**56.94**	+0,70	559	
	50m: 27.21 27.21 100m: 56.94 29.73						
	CARVALHO Fernando Costa	03	Foca	**56.94**	+0,66	559	
	50m: 27.18 27.18 100m: 56.94 29.76						
50.	NETO Rodrigo Jorge	03	Aquatico Pacense	**57.10**	+0,70	554	
	50m: 27.04 27.04 100m: 57.10 30.06						
51.	PENELAS Joao Pedro	04	Gesloures	**57.16**	+0,65	552	
	50m: 26.83 26.83 100m: 57.16 30.33						
	ANTUNES Joao Afonso	04	Galitos / Bresimar	**57.16**	+0,61	552	
	50m: 26.91 26.91 100m: 57.16 30.25						

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Prova 42, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
53.	SIMOES Manuel Baptista	03	Uniao Coimbra	**57.19**	+0,56	551	
	50m: 26.39 26.39 100m: 57.19 30.80						
54.	AGUIAR Vasco Ormonde	04	Academia Acores	**57.30**	+0,69	548	
	50m: 27.25 27.25 100m: 57.30 30.05						
55.	MOREIRA Joao Pedro	04	Fluvial Portuense	**57.34**	+0,68	547	
	50m: 27.56 27.56 100m: 57.34 29.78						
56.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**57.36**	+0,72	546	
	50m: 27.55 27.55 100m: 57.36 29.81						
57.	CASTANHEIRA Guilherme Silva	04	Bairro dos Anjos/ Leiria	**57.53**	+0,74	542	
	50m: 27.51 27.51 100m: 57.53 30.02						
58.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	**57.55**	+0,62	541	
	50m: 27.68 27.68 100m: 57.55 29.87						
59.	GOMES Guilherme Sousa	04	Aquatico Silves	**57.68**	+0,72	537	
	50m: 27.42 27.42 100m: 57.68 30.26						
60.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**57.71**	+0,70	537	
	50m: 28.03 28.03 100m: 57.71 29.68						
61.	ANTUNES David Alexandre	04	Leixoes	**57.77**	+0,73	535	
	50m: 27.31 27.31 100m: 57.77 30.46						
	MADUREIRA Rui Pedro	04	Vitoria Guimaraes	**57.77**	+0,62	535	
	50m: 27.61 27.61 100m: 57.77 30.16						
63.	SOUSA Tomas Castro	04	Vitoria Guimaraes	**57.79**	+0,72	534	
	50m: 28.03 28.03 100m: 57.79 29.76						
64.	OLIVEIRA Pedro Nuno	04	Torres Novas	**57.80**	+0,77	534	
	50m: 27.59 27.59 100m: 57.80 30.21						
65.	RODEIA Jose Miguel	04	Natacao de Faro	**58.13**	+0,68	525	
	50m: 28.00 28.00 100m: 58.13 30.13						
66.	ALMEIDA Francisco Ferreira	04	Sporting de Espinho	**58.14**	+0,80	525	
	50m: 28.02 28.02 100m: 58.14 30.12						
67.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	**58.22**	+0,68	523	
	50m: 28.08 28.08 100m: 58.22 30.14						
68.	BARRY Rafael Francisco	04	Naval do Funchal	**58.65**	+0,55	511	
	50m: 27.77 27.77 100m: 58.65 30.88						
69.	JESUS Pedro Duarte	04	Galitos / Bresimar	**58.69**	+0,73	510	
	50m: 27.83 27.83 100m: 58.69 30.86						
70.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	**58.80**	+0,62	507	
	50m: 28.63 28.63 100m: 58.80 30.17						
71.	SILVA Miguel Madeira	04	AONDA-Azeitao	**58.81**	+0,73	507	
	50m: 28.59 28.59 100m: 58.81 30.22						
72.	LOPES Rafael Caceres	04	Uniao Piedense	**58.92**	+0,71	504	
	50m: 28.22 28.22 100m: 58.92 30.70						

Prova 42, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
73.	GONCALVES Duarte Cadima	04	Natacao do Montijo	**1:00.36**	+0,64	469	
	50m: 28.17 28.17 100m: 1:00.36 32.19						
DNS	SILVA Gustavo Carvalho	04	Academia Acores				
DNS	SANTOS Rui Mamede	04	Uniao Coimbra				

Prova 42 — Masc., 100m Livres — Absolutos
04-08-2019 - 10:15 — Resultados Elimin

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004

TAC Sen 50m: 53.63 - 25m: 52.29; Jun 50m: 54.83 - 25m: 53.39

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**52.01**	+0,65	733	
	50m: 24.98 24.98 100m: 52.01 27.03						
2.	DIAS Guilherme Pereira	97	Benfica	**52.09**	+0,65	730	
	50m: 24.85 24.85 100m: 52.09 27.24						
3.	SANTOS Alexis Manacas	92	Sporting	**52.16**	+0,64	727	
	50m: 25.41 25.41 100m: 52.16 26.75						
4.	MOGNE Igor Araujo	96	Sporting	**52.20**	+0,74	725	
	50m: 25.52 25.52 100m: 52.20 26.68						
5.	AIRES Rafael Alcantara	01	Benfica	**52.33**	+0,64	720	
	50m: 25.36 25.36 100m: 52.33 26.97						
6.	SANTOS Joao Duarte	95	Natacao Olhao	**52.53**	+0,69	712	
	50m: 25.18 25.18 100m: 52.53 27.35						
7.	LEBRE Diogo Ramos	01	Benfica	**53.01**	+0,66	692	
	50m: 25.74 25.74 100m: 53.01 27.27						
8.	BATE Afonso Ribeiro	98	Alges	**53.12**	+0,65	688	
	50m: 25.24 25.24 100m: 53.12 27.88						
9.	PINHO Manuel Antonio	01	Feirense	**53.13**	+0,57	688	
	50m: 25.85 25.85 100m: 53.13 27.28						
10.	SOARES Tiago Silva	99	Porto	**53.24**	+0,79	684	
	50m: 25.52 25.52 100m: 53.24 27.72						
11.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**53.25**	+0,61	683	
	50m: 25.25 25.25 100m: 53.25 28.00						
12.	RAMOS Bruno Miguel	97	Belenenses	**53.28**	+0,66	682	
	50m: 25.83 25.83 100m: 53.28 27.45						
13.	MARQUES Miguel Henriques	00	Benfica	**53.38**	+0,69	678	
	50m: 25.11 25.11 100m: 53.38 28.27						
	LOPES Tomas Teixeira	02	Foca	**53.38**	+0,66	678	
	50m: 25.73 25.73 100m: 53.38 27.65						

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Prova 42, Masc., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	PADRELA Joao Esteves	99	Belenenses	**53.44**	+0,63	676	
	50m: 25.34 25.34 100m: 53.44 28.10						
16.	TINOCO Joao Pereira	00	Famalicao	**53.47**	+0,70	675	
	50m: 25.62 25.62 100m: 53.47 27.85						
17.	SANTOS Francisco Rogerio	98	Sporting	**53.52**	+0,65	673	
	50m: 25.44 25.44 100m: 53.52 28.08						
	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.52**	+0,57	673	
	50m: 25.77 25.77 100m: 53.52 27.75						
19.	KOT Viktor	98	Nautico Marinha Grande	**53.62**	+0,76	669	
	50m: 25.57 25.57 100m: 53.62 28.05						
20.	SANTOS Dario Almeida	93	Leixoes	**53.71**	+0,66	666	
	50m: 25.76 25.76 100m: 53.71 27.95						
21.	ROCHA Ricardo Filipe	02	Aquatico Pacense	**53.77**	+0,73	664	
	50m: 26.02 26.02 100m: 53.77 27.75						
22.	COSTA Tiago Cunha	99	Sporting	**53.96**	+0,64	657	
	50m: 25.98 25.98 100m: 53.96 27.98						
23.	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria	**54.09**	+0,65	652	
	50m: 25.73 25.73 100m: 54.09 28.36						
	MACHADO Francisco Carvalho	98	Alges	**54.09**	+0,62	652	
	50m: 25.70 25.70 100m: 54.09 28.39						
25.	FERNANDES Pedro Miguel	99	Famalicao	**54.19**	+0,66	648	
	50m: 25.57 25.57 100m: 54.19 28.62						
26.	LOURENCO Tiago Campos	02	Natacao de Valongo	**54.49**	+0,71	638	
	50m: 26.27 26.27 100m: 54.49 28.22						
27.	SIMOES Bernardo Jorge	02	Torres Novas	**54.53**	+0,72	636	
	50m: 26.45 26.45 100m: 54.53 28.08						
28.	DEUS Andre Portugal	02	Naval do Funchal	**54.55**	+0,56	635	
	50m: 26.53 26.53 100m: 54.55 28.02						
29.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	**54.96**	+0,68	621	
	50m: 25.94 25.94 100m: 54.96 29.02						
30.	BRITO Bernardo Geada	02	Uniao Piedense	**55.66**	+0,60	598	
	50m: 26.47 26.47 100m: 55.66 29.19						
31.	MACHADO Tiago Andrade	02	Sporting de Aveiro	**55.98**	+0,62	588	
	50m: 26.53 26.53 100m: 55.98 29.45						
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	**58.64**	+0,87	511	
	50m: 28.45 28.45 100m: 58.64 30.19						
EXH	CRUZ Miguel Duarte	99	Belenenses	**58.91**	+0,65	504	
	50m: 28.26 28.26 100m: 58.91 30.65						
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	**1:06.61**	+0,65	349	
	50m: 31.97 31.97 100m: 1:06.61 34.64						

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NATAÇÃO PURA

Prova 43 — Femin., 200m Estilos — Juvenis
04-08-2019 - 10:30 — Resultados Elimin

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

TAC Juv A 50m: 2:37.34 - 25m: 2:32.34; Juv B 50m: 2:38.83 - 25m: 2:34.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:29.36**	+0,71	602	
	50m: 30.75 30.75 100m: 1:09.31 38.56 150m: 1:53.94 44.63 200m: 2:29.36 35.42						
2.	PEREIRA Maria Gomes	04	Alges	**2:29.55**	+0,70	599	
	50m: 31.44 31.44 100m: 1:11.76 40.32 150m: 1:55.23 43.47 200m: 2:29.55 34.32						
3.	REIS Erica Cristina	05	Sporting	**2:29.57**	+0,61	599	
	50m: 32.48 32.48 100m: 1:12.57 40.09 150m: 1:56.02 43.45 200m: 2:29.57 33.55						
4.	DELGADO Soraia Alexandra	05	Sporting	**2:31.15**	+0,63	580	
	50m: 32.25 32.25 100m: 1:12.78 40.53 150m: 1:56.51 43.73 200m: 2:31.15 34.64						
5.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:31.22**	+0,71	580	
	50m: 32.66 32.66 100m: 1:12.47 39.81 150m: 1:56.37 43.90 200m: 2:31.22 34.85						
6.	RODRIGUES Lidiana Correia	04	Belenenses	**2:32.16**	+0,74	569	
	50m: 32.56 32.56 100m: 1:13.99 41.43 150m: 1:56.69 42.70 200m: 2:32.16 35.47						
7.	AMADO Maria Lopes	04	Individual ANDL	**2:32.53**	+0,64	565	
	50m: 31.95 31.95 100m: 1:10.74 38.79 150m: 1:56.09 45.35 200m: 2:32.53 36.44						
8.	LOPES Daniela Magalhaes	05	Famalicao	**2:32.68**	+0,75	563	
	50m: 32.15 32.15 100m: 1:13.92 41.77 150m: 1:58.74 44.82 200m: 2:32.68 33.94						
9.	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:33.84**	+0,75	550	
	50m: 32.88 32.88 100m: 1:16.47 43.59 150m: 1:58.08 41.61 200m: 2:33.84 35.76						
10.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:34.27**	+0,75	546	
	50m: 32.66 32.66 100m: 1:11.81 39.15 150m: 1:58.21 46.40 200m: 2:34.27 36.06						
11.	PEREIRA Carolina Rei	05	Natacao de Vagos	**2:35.44**	+0,67	534	
	50m: 33.47 33.47 100m: 1:15.53 42.06 150m: 1:59.93 44.40 200m: 2:35.44 35.51						
12.	NUNES Margarida Domingues	05	Avancado EUL	**2:36.34**	+0,73	524	
	50m: 33.42 33.42 100m: 1:17.08 43.66 150m: 2:01.37 44.29 200m: 2:36.34 34.97						
13.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**2:36.83**	+0,56	520	
	50m: 33.97 33.97 100m: 1:15.26 41.29 150m: 2:00.32 45.06 200m: 2:36.83 36.51						
14.	INACIO Marta Macedo	04	Sporting	**2:37.36**	+0,78	514	
	50m: 32.06 32.06 100m: 1:11.94 39.88 150m: 1:59.26 47.32 200m: 2:37.36 38.10						
15.	SOUSA Ana Correia	04	Pimpoes/Cimai	**2:37.76**	+0,70	510	
	50m: 32.38 32.38 100m: 1:12.54 40.16 150m: 2:00.09 47.55 200m: 2:37.76 37.67						
16.	LOPES Francisca Macedo	05	Vilacondense	**2:37.79**	+0,81	510	
	50m: 34.82 34.82 100m: 1:15.86 41.04 150m: 2:01.84 45.98 200m: 2:37.79 35.95						
17.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:38.26**	+0,74	506	
	50m: 33.17 33.17 100m: 1:14.65 41.48 150m: 2:02.28 47.63 200m: 2:38.26 35.98						
18.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:38.72**	+0,88	501	
	50m: 34.86 34.86 100m: 1:16.79 41.93 150m: 2:03.38 46.59 200m: 2:38.72 35.34						

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Prova 43, Femin., 200m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	COSTA Catarina Nunes	04	Gesloures	**2:38.83**	+0,80	500	
	50m: 33.16 33.16 100m: 1:16.38 43.22 150m: 2:01.11 44.73 200m: 2:38.83 37.72						
20.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:38.84**	+0,71	500	
	50m: 33.49 33.49 100m: 1:12.71 39.22 150m: 2:01.29 48.58 200m: 2:38.84 37.55						
21.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:38.86**	+0,70	500	
	50m: 33.10 33.10 100m: 1:14.50 41.40 150m: 2:01.18 46.68 200m: 2:38.86 37.68						
22.	COSTA Mariana Martins	05	Famalicao	**2:39.64**	+0,79	493	
	50m: 33.49 33.49 100m: 1:15.25 41.76 150m: 2:02.96 47.71 200m: 2:39.64 36.68						
23.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:40.17**	+0,61	488	
	50m: 34.63 34.63 100m: 1:17.25 42.62 150m: 2:03.03 45.78 200m: 2:40.17 37.14						
24.	LOURO Ariana Espirito	05	Gualdim Pais	**2:40.28**	+0,65	487	
	50m: 34.42 34.42 100m: 1:17.34 42.92 150m: 2:04.13 46.79 200m: 2:40.28 36.15						
25.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:40.85**	+0,76	482	
	50m: 33.47 33.47 100m: 1:16.51 43.04 150m: 2:02.33 45.82 200m: 2:40.85 38.52						
26.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:43.40**	+0,78	459	
	50m: 35.91 35.91 100m: 1:17.80 41.89 150m: 2:06.72 48.92 200m: 2:43.40 36.68						
27.	DELFINO Mariana Morais	04	Sporting	**2:43.69**	+0,78	457	
	50m: 34.76 34.76 100m: 1:17.35 42.59 150m: 2:05.61 48.26 200m: 2:43.69 38.08						
DNS	CARDEAL Beatriz Nunes	04	Academico Viseu				
DNS	CUNHA Leonor Correia	04	Fundacao Beatriz Santos				
DNS	MELO Sara Carreira	05	Gesloures				
DNS	RODRIGUES Sofia Vilardell	04	Gesloures				
DNS	REIS Beatriz Grave	05	Rio Maior				

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Prova 43, Femin., 200m Estilos, Elimin

Prova 43 — Femin., 200m Estilos — Open
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Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010
Rec Nac Inf A	2:27.21	FERNANDES Carolina Miranda	CGA	S. João da Madeira	22-07-2018
Rec Nac Inf B	2:32.93	FERNANDES Carolina Miranda	CGA	Loulé	16-07-2017

TAC Sen 50m: 2:29.09 - 25m: 2:25.51; Jun 50m: 2:33.45 - 25m: 2:29.01; Juv A 50m: 2:37.34 - 25m: 2:32.34; Juv B 50m: 2:38.83 - 25m: 2:34.78

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**2:22.94**	+0,74	686	
	50m: 29.46 29.46 100m: 1:07.18 37.72 150m: 1:47.27 40.09 200m: 2:22.94 35.67						
2.	SOUSA Ana Reis	02	Alges	**2:24.18**	+0,67	669	
	50m: 31.40 31.40 100m: 1:09.14 37.74 150m: 1:51.19 42.05 200m: 2:24.18 32.99						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:25.42**	+0,74	652	
	50m: 30.64 30.64 100m: 1:09.14 38.50 150m: 1:50.57 41.43 200m: 2:25.42 34.85						
4.	FERNANDES Ines Camacho	97	Sporting	**2:25.81**	+0,71	647	
	50m: 30.41 30.41 100m: 1:07.92 37.51 150m: 1:50.10 42.18 200m: 2:25.81 35.71						
5.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:26.07**	+0,70	643	
	50m: 31.11 31.11 100m: 1:09.04 37.93 150m: 1:51.74 42.70 200m: 2:26.07 34.33						
	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:26.07**	+0,69	643	
	50m: 30.52 30.52 100m: 1:08.86 38.34 150m: 1:52.09 43.23 200m: 2:26.07 33.98						
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:26.21**	+0,70	641	
	50m: 30.86 30.86 100m: 1:10.56 39.70 150m: 1:51.96 41.40 200m: 2:26.21 34.25						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**2:27.45**	+0,76	625	
	50m: 30.50 30.50 100m: 1:06.96 36.46 150m: 1:52.82 45.86 200m: 2:27.45 34.63						
9.	BELEZA Mafalda Gomes	94	Sporting	**2:28.41**	+0,66	613	
	50m: 31.95 31.95 100m: 1:10.78 38.83 150m: 1:54.35 43.57 200m: 2:28.41 34.06						
10.	VELOSO Teresa Miguel	00	Sporting	**2:28.43**	+0,73	613	
	50m: 31.25 31.25 100m: 1:10.23 38.98 150m: 1:53.41 43.18 200m: 2:28.43 35.02						
11.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:29.36**	+0,71	602	
	50m: 30.75 30.75 100m: 1:09.31 38.56 150m: 1:53.94 44.63 200m: 2:29.36 35.42						
12.	MONTEIRO Ana Catarina	93	Vilacondense	**2:29.37**	+0,68	601	
	50m: 30.33 30.33 100m: 1:09.92 39.59 150m: 1:54.39 44.47 200m: 2:29.37 34.98						
13.	PINA Ana Sofia	02	O Crasto	**2:29.47**	+0,73	600	
	50m: 31.81 31.81 100m: 1:10.69 38.88 150m: 1:55.53 44.84 200m: 2:29.47 33.94						
14.	PEREIRA Maria Gomes	04	Alges	**2:29.55**	+0,70	599	
	50m: 31.44 31.44 100m: 1:11.76 40.32 150m: 1:55.23 43.47 200m: 2:29.55 34.32						
15.	REIS Erica Cristina	05	Sporting	**2:29.57**	+0,61	599	
	50m: 32.48 32.48 100m: 1:12.57 40.09 150m: 1:56.02 43.45 200m: 2:29.57 33.55						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 43, Femin., 200m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:29.59**	+0,69	599	
	50m: 32.22 32.22 100m: 1:11.20 38.98 150m: 1:54.91 43.71 200m: 2:29.59 34.68						
17.	SILVA Beatriz Santos	01	Porto	**2:30.00**	+0,74	594	
	50m: 32.01 32.01 100m: 1:11.74 39.73 150m: 1:54.51 42.77 200m: 2:30.00 35.49						
18.	RIBEIRO Margarida Messias	98	Gesloures	**2:30.27**	+0,70	591	
	50m: 32.38 32.38 100m: 1:11.25 38.87 150m: 1:53.95 42.70 200m: 2:30.27 36.32						
19.	GONCALVES Sofia Filipa	01	Leixoes	**2:30.42**	+0,73	589	
	50m: 31.89 31.89 100m: 1:12.58 40.69 150m: 1:54.36 41.78 200m: 2:30.42 36.06						
20.	CRUZ Sara Moura	03	Alges	**2:30.82**	+0,64	584	
	50m: 31.80 31.80 100m: 1:10.61 38.81 150m: 1:56.37 45.76 200m: 2:30.82 34.45						
21.	CASTRO Maria Freitas	03	Fafe	**2:30.95**	+0,70	583	
	50m: 32.30 32.30 100m: 1:13.61 41.31 150m: 1:56.19 42.58 200m: 2:30.95 34.76						
22.	DELGADO Soraia Alexandra	05	Sporting	**2:31.15**	+0,63	580	
	50m: 32.25 32.25 100m: 1:12.78 40.53 150m: 1:56.51 43.73 200m: 2:31.15 34.64						
23.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:31.22**	+0,71	580	
	50m: 32.66 32.66 100m: 1:12.47 39.81 150m: 1:56.37 43.90 200m: 2:31.22 34.85						
24.	RODRIGUES Lidiana Correia	04	Belenenses	**2:32.16**	+0,74	569	
	50m: 32.56 32.56 100m: 1:13.99 41.43 150m: 1:56.69 42.70 200m: 2:32.16 35.47						
25.	AMADO Maria Lopes	04	Individual ANDL	**2:32.53**	+0,64	565	
	50m: 31.95 31.95 100m: 1:10.74 38.79 150m: 1:56.09 45.35 200m: 2:32.53 36.44						
26.	LOPES Daniela Magalhaes	05	Famalicao	**2:32.68**	+0,75	563	
	50m: 32.15 32.15 100m: 1:13.92 41.77 150m: 1:58.74 44.82 200m: 2:32.68 33.94						
27.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:33.84**	+0,80	550	
	50m: 31.71 31.71 100m: 1:11.87 40.16 150m: 1:56.74 44.87 200m: 2:33.84 37.10						
	FERREIRA Margarida Filipe	04	Cova da Piedade	**2:33.84**	+0,75	550	
	50m: 32.88 32.88 100m: 1:16.47 43.59 150m: 1:58.08 41.61 200m: 2:33.84 35.76						
29.	LASCU Nicoleta	02	Litoral Alentejano	**2:34.18**	+0,72	547	
	50m: 32.56 32.56 100m: 1:10.72 38.16 150m: 1:59.55 48.83 200m: 2:34.18 34.63						
30.	OLIVEIRA Ana Rita	04	Naval Povoense	**2:34.27**	+0,75	546	
	50m: 32.66 32.66 100m: 1:11.81 39.15 150m: 1:58.21 46.40 200m: 2:34.27 36.06						
31.	NEVES Sara Dias	03	Miranda do Corvo	**2:34.91**	+0,63	539	
	50m: 32.89 32.89 100m: 1:12.57 39.68 150m: 1:58.77 46.20 200m: 2:34.91 36.14						
32.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:35.38**	+0,71	534	
	50m: 31.80 31.80 100m: 1:13.57 41.77 150m: 1:57.18 43.61 200m: 2:35.38 38.20						
33.	PEREIRA Carolina Rei	05	Natacao de Vagos	**2:35.44**	+0,67	534	
	50m: 33.47 33.47 100m: 1:15.53 42.06 150m: 1:59.93 44.40 200m: 2:35.44 35.51						
34.	SILVA Natacha Sofia	02	Benfica	**2:35.46**	+0,78	533	
	50m: 33.06 33.06 100m: 1:15.34 42.28 150m: 1:58.59 43.25 200m: 2:35.46 36.87						
35.	MARQUES Mariana Nunes	03	Estarreja	**2:35.98**	+0,65	528	
	50m: 32.68 32.68 100m: 1:13.01 40.33 150m: 2:01.00 47.99 200m: 2:35.98 34.98						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 43, Femin., 200m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	MACHADO Joana Sofia	02	Natacao de Valongo	**2:36.08**	+0,75	527	
	50m: 34.22 34.22 100m: 1:15.84 41.62 150m: 2:00.26 44.42 200m: 2:36.08 35.82						
37.	NUNES Margarida Domingues	05	Avancado EUL	**2:36.34**	+0,73	524	
	50m: 33.42 33.42 100m: 1:17.08 43.66 150m: 2:01.37 44.29 200m: 2:36.34 34.97						
38.	FERREIRA Marta Oliveira	04	Ginasio Santo Tirso	**2:36.83**	+0,56	520	
	50m: 33.97 33.97 100m: 1:15.26 41.29 150m: 2:00.32 45.06 200m: 2:36.83 36.51						
39.	INACIO Marta Macedo	04	Sporting	**2:37.36**	+0,78	514	
	50m: 32.06 32.06 100m: 1:11.94 39.88 150m: 1:59.26 47.32 200m: 2:37.36 38.10						
40.	DIAS Ana Leonor	02	Natacao Olhao	**2:37.42**	+0,71	514	
	50m: 32.92 32.92 100m: 1:15.49 42.57 150m: 2:01.71 46.22 200m: 2:37.42 35.71						
41.	SOUSA Ana Correia	04	Pimpoes/Cimai	**2:37.76**	+0,70	510	
	50m: 32.38 32.38 100m: 1:12.54 40.16 150m: 2:00.09 47.55 200m: 2:37.76 37.67						
42.	LOPES Francisca Macedo	05	Vilacondense	**2:37.79**	+0,81	510	
	50m: 34.82 34.82 100m: 1:15.86 41.04 150m: 2:01.84 45.98 200m: 2:37.79 35.95						
43.	COSTA Carolina Fale	04	Colegio Monte Maior	**2:38.26**	+0,74	506	
	50m: 33.17 33.17 100m: 1:14.65 41.48 150m: 2:02.28 47.63 200m: 2:38.26 35.98						
44.	COSTA Mafalda Santos	05	Colegio Monte Maior	**2:38.72**	+0,88	501	
	50m: 34.86 34.86 100m: 1:16.79 41.93 150m: 2:03.38 46.59 200m: 2:38.72 35.34						
45.	COSTA Catarina Nunes	04	Gesloures	**2:38.83**	+0,80	500	
	50m: 33.16 33.16 100m: 1:16.38 43.22 150m: 2:01.11 44.73 200m: 2:38.83 37.72						
46.	SALGADO Soraia Maria	05	Fisica Torres Vedras	**2:38.84**	+0,71	500	
	50m: 33.49 33.49 100m: 1:12.71 39.22 150m: 2:01.29 48.58 200m: 2:38.84 37.55						
47.	SILVA Margarida Borges	04	Bombeiros Ponta Delgada	**2:38.86**	+0,70	500	
	50m: 33.10 33.10 100m: 1:14.50 41.40 150m: 2:01.18 46.68 200m: 2:38.86 37.68						
48.	COSTA Mariana Martins	05	Famalicao	**2:39.64**	+0,79	493	
	50m: 33.49 33.49 100m: 1:15.25 41.76 150m: 2:02.96 47.71 200m: 2:39.64 36.68						
49.	ALVES Maria Francisca	04	Bairro dos Anjos/ Leiria	**2:40.17**	+0,61	488	
	50m: 34.63 34.63 100m: 1:17.25 42.62 150m: 2:03.03 45.78 200m: 2:40.17 37.14						
50.	LOURO Ariana Espirito	05	Gualdim Pais	**2:40.28**	+0,65	487	
	50m: 34.42 34.42 100m: 1:17.34 42.92 150m: 2:04.13 46.79 200m: 2:40.28 36.15						
51.	GOMES Fabiana Cruz	05	Louletano / Loule Concelho	**2:40.85**	+0,76	482	
	50m: 33.47 33.47 100m: 1:16.51 43.04 150m: 2:02.33 45.82 200m: 2:40.85 38.52						
52.	NEVES Leonor Maria	03	Gesloures	**2:42.31**	+0,68	469	
	50m: 34.14 34.14 100m: 1:15.50 41.36 150m: 2:03.52 48.02 200m: 2:42.31 38.79						
53.	SILVA Ana Carolina	05	Naval Praia da Vitoria	**2:43.40**	+0,78	459	
	50m: 35.91 35.91 100m: 1:17.80 41.89 150m: 2:06.72 48.92 200m: 2:43.40 36.68						
54.	DELFINO Mariana Morais	04	Sporting	**2:43.69**	+0,78	457	
	50m: 34.76 34.76 100m: 1:17.35 42.59 150m: 2:05.61 48.26 200m: 2:43.69 38.08						
DNS	CARDEAL Beatriz Nunes	04	Academico Viseu				
DNS	DURAES Diana Margarida	96	Benfica				
DNS	CUNHA Leonor Correia	04	Fundacao Beatriz Santos				

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 43, Femin., 200m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	MELO Sara Carreira	05	Gesloures				
DNS	RODRIGUES Sofia Vilardell	04	Gesloures				
DNS	REIS Beatriz Grave	05	Rio Maior				

Prova 43 — Femin., 200m Estilos — Absolutos
04-08-2019 - 10:30 — Resultados Elimin

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

TAC Sen 50m: 2:29.09 - 25m: 2:25.51; Jun 50m: 2:33.45 - 25m: 2:29.01

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria	95	Benfica	**2:22.94**	+0,74	686	
	50m: 29.46 29.46 100m: 1:07.18 37.72 150m: 1:47.27 40.09 200m: 2:22.94 35.67						
2.	SOUSA Ana Reis	02	Alges	**2:24.18**	+0,67	669	
	50m: 31.40 31.40 100m: 1:09.14 37.74 150m: 1:51.19 42.05 200m: 2:24.18 32.99						
3.	MACHADO Luisa Maria	01	Uniao Piedense	**2:25.42**	+0,74	652	
	50m: 30.64 30.64 100m: 1:09.14 38.50 150m: 1:50.57 41.43 200m: 2:25.42 34.85						
4.	FERNANDES Ines Camacho	97	Sporting	**2:25.81**	+0,71	647	
	50m: 30.41 30.41 100m: 1:07.92 37.51 150m: 1:50.10 42.18 200m: 2:25.81 35.71						
5.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:26.07**	+0,70	643	
	50m: 31.11 31.11 100m: 1:09.04 37.93 150m: 1:51.74 42.70 200m: 2:26.07 34.33						
	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:26.07**	+0,69	643	
	50m: 30.52 30.52 100m: 1:08.86 38.34 150m: 1:52.09 43.23 200m: 2:26.07 33.98						
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:26.21**	+0,70	641	
	50m: 30.86 30.86 100m: 1:10.56 39.70 150m: 1:51.96 41.40 200m: 2:26.21 34.25						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**2:27.45**	+0,76	625	
	50m: 30.50 30.50 100m: 1:06.96 36.46 150m: 1:52.82 45.86 200m: 2:27.45 34.63						
9.	BELEZA Mafalda Gomes	94	Sporting	**2:28.41**	+0,66	613	
	50m: 31.95 31.95 100m: 1:10.78 38.83 150m: 1:54.35 43.57 200m: 2:28.41 34.06						
10.	VELOSO Teresa Miguel	00	Sporting	**2:28.43**	+0,73	613	
	50m: 31.25 31.25 100m: 1:10.23 38.98 150m: 1:53.41 43.18 200m: 2:28.43 35.02						
11.	MONTEIRO Ana Catarina	93	Vilacondense	**2:29.37**	+0,68	601	
	50m: 30.33 30.33 100m: 1:09.92 39.59 150m: 1:54.39 44.47 200m: 2:29.37 34.98						
12.	PINA Ana Sofia	02	O Crasto	**2:29.47**	+0,73	600	
	50m: 31.81 31.81 100m: 1:10.69 38.88 150m: 1:55.53 44.84 200m: 2:29.47 33.94						
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:29.59**	+0,69	599	
	50m: 32.22 32.22 100m: 1:11.20 38.98 150m: 1:54.91 43.71 200m: 2:29.59 34.68						
14.	SILVA Beatriz Santos	01	Porto	**2:30.00**	+0,74	594	
	50m: 32.01 32.01 100m: 1:11.74 39.73 150m: 1:54.51 42.77 200m: 2:30.00 35.49						

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 43, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	RIBEIRO Margarida Messias	98	Gesloures	**2:30.27**	+0,70	591	
	50m: 32.38 32.38 100m: 1:11.25 38.87 150m: 1:53.95 42.70 200m: 2:30.27 36.32						
16.	GONCALVES Sofia Filipa	01	Leixoes	**2:30.42**	+0,73	589	
	50m: 31.89 31.89 100m: 1:12.58 40.69 150m: 1:54.36 41.78 200m: 2:30.42 36.06						
17.	CRUZ Sara Moura	03	Alges	**2:30.82**	+0,64	584	
	50m: 31.80 31.80 100m: 1:10.61 38.81 150m: 1:56.37 45.76 200m: 2:30.82 34.45						
18.	CASTRO Maria Freitas	03	Fafe	**2:30.95**	+0,70	583	
	50m: 32.30 32.30 100m: 1:13.61 41.31 150m: 1:56.19 42.58 200m: 2:30.95 34.76						
19.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:33.84**	+0,80	550	
	50m: 31.71 31.71 100m: 1:11.87 40.16 150m: 1:56.74 44.87 200m: 2:33.84 37.10						
20.	LASCU Nicoleta	02	Litoral Alentejano	**2:34.18**	+0,72	547	
	50m: 32.56 32.56 100m: 1:10.72 38.16 150m: 1:59.55 48.83 200m: 2:34.18 34.63						
21.	NEVES Sara Dias	03	Miranda do Corvo	**2:34.91**	+0,63	539	
	50m: 32.89 32.89 100m: 1:12.57 39.68 150m: 1:58.77 46.20 200m: 2:34.91 36.14						
22.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	**2:35.38**	+0,71	534	
	50m: 31.80 31.80 100m: 1:13.57 41.77 150m: 1:57.18 43.61 200m: 2:35.38 38.20						
23.	SILVA Natacha Sofia	02	Benfica	**2:35.46**	+0,78	533	
	50m: 33.06 33.06 100m: 1:15.34 42.28 150m: 1:58.59 43.25 200m: 2:35.46 36.87						
24.	MARQUES Mariana Nunes	03	Estarreja	**2:35.98**	+0,65	528	
	50m: 32.68 32.68 100m: 1:13.01 40.33 150m: 2:01.00 47.99 200m: 2:35.98 34.98						
25.	MACHADO Joana Sofia	02	Natacao de Valongo	**2:36.08**	+0,75	527	
	50m: 34.22 34.22 100m: 1:15.84 41.62 150m: 2:00.26 44.42 200m: 2:36.08 35.82						
26.	DIAS Ana Leonor	02	Natacao Olhao	**2:37.42**	+0,71	514	
	50m: 32.92 32.92 100m: 1:15.49 42.57 150m: 2:01.71 46.22 200m: 2:37.42 35.71						
27.	NEVES Leonor Maria	03	Gesloures	**2:42.31**	+0,68	469	
	50m: 34.14 34.14 100m: 1:15.50 41.36 150m: 2:03.52 48.02 200m: 2:42.31 38.79						
DNS	DURAES Diana Margarida	96	Benfica				

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PARCEIROS

NATAÇÃO PURA

Prova 44 — Masc., 200m Estilos — Juvenis
04-08-2019 - 10:50 — Resultados Elimin

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

TAC Juv A 50m: 2:22.00 - 25m: 2:17.22; Juv B 50m: 2:25.36 - 25m: 2:20.89

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Luis Afonso	03	Viver Santarem	**2:15.94**	+0,64	589	
	50m: 28.99 28.99 100m: 1:05.52 36.53 150m: 1:44.72 39.20 200m: 2:15.94 31.22						
2.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:16.09**	+0,63	587	
	50m: 29.13 29.13 100m: 1:05.36 36.23 150m: 1:45.17 39.81 200m: 2:16.09 30.92						
3.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:17.42**	+0,76	570	
	50m: 28.82 28.82 100m: 1:05.19 36.37 150m: 1:44.14 38.95 200m: 2:17.42 33.28						
4.	CARNEIRO Joao Soares	03	Benfica	**2:17.71**	+0,65	567	
	50m: 29.12 29.12 100m: 1:05.88 36.76 150m: 1:43.91 38.03 200m: 2:17.71 33.80						
5.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:17.90**	+0,71	564	
	50m: 28.68 28.68 100m: 1:05.11 36.43 150m: 1:46.09 40.98 200m: 2:17.90 31.81						
6.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:17.91**	+0,65	564	
	50m: 29.62 29.62 100m: 1:05.38 35.76 150m: 1:45.59 40.21 200m: 2:17.91 32.32						
7.	WANZELLER Goncalo Henriques	03	Belenenses	**2:18.71**	+0,67	555	
	50m: 28.95 28.95 100m: 1:04.68 35.73 150m: 1:46.04 41.36 200m: 2:18.71 32.67						
8.	REBELO Joao Lourenco	04	Alges	**2:18.74**	+0,65	554	
	50m: 29.89 29.89 100m: 1:07.58 37.69 150m: 1:46.69 39.11 200m: 2:18.74 32.05						
9.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.19**	+0,73	549	
	50m: 28.64 28.64 100m: 1:04.20 35.56 150m: 1:45.31 41.11 200m: 2:19.19 33.88						
10.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:19.58**	+0,73	544	
	50m: 29.24 29.24 100m: 1:05.82 36.58 150m: 1:48.01 42.19 200m: 2:19.58 31.57						
11.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:19.63**	+0,80	544	
	50m: 29.25 29.25 100m: 1:06.59 37.34 150m: 1:47.50 40.91 200m: 2:19.63 32.13						
12.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:20.13**	+0,64	538	
	50m: 29.10 29.10 100m: 1:04.58 35.48 150m: 1:46.73 42.15 200m: 2:20.13 33.40						
13.	SILVA Gustavo Carvalho	04	Academia Acores	**2:20.35**	+0,79	535	
	50m: 29.40 29.40 100m: 1:05.97 36.57 150m: 1:47.43 41.46 200m: 2:20.35 32.92						
14.	CRUZ David Miguel	04	Braga	**2:20.50**	+0,61	534	
	50m: 29.81 29.81 100m: 1:08.05 38.24 150m: 1:48.43 40.38 200m: 2:20.50 32.07						
15.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:20.94**	+0,77	529	
	50m: 29.28 29.28 100m: 1:04.48 35.20 150m: 1:50.07 45.59 200m: 2:20.94 30.87						
16.	JUNIOR Luis Cabral	03	Belenenses	**2:21.08**	+0,66	527	
	50m: 29.14 29.14 100m: 1:09.37 40.23 150m: 1:47.94 38.57 200m: 2:21.08 33.14						
17.	CARVALHO Fernando Costa	03	Foca	**2:21.23**	+0,64	525	
	50m: 29.80 29.80 100m: 1:05.87 36.07 150m: 1:48.74 42.87 200m: 2:21.23 32.49						
18.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:21.63**	+0,65	521	
	50m: 29.01 29.01 100m: 1:05.56 36.55 150m: 1:48.95 43.39 200m: 2:21.63 32.68						

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Prova 44, Masc., 200m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:22.39**	+0,77	513	
	50m: 30.00 30.00 100m: 1:09.94 39.94 150m: 1:50.22 40.28 200m: 2:22.39 32.17						
20.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:22.43**	+0,76	512	
	50m: 29.70 29.70 100m: 1:06.80 37.10 150m: 1:49.18 42.38 200m: 2:22.43 33.25						
21.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**2:22.70**	+0,69	509	
	50m: 28.35 28.35 100m: 1:05.09 36.74 150m: 1:49.30 44.21 200m: 2:22.70 33.40						
22.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:22.88**	+0,72	507	
	50m: 30.88 30.88 100m: 1:09.52 38.64 150m: 1:51.09 41.57 200m: 2:22.88 31.79						
23.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:23.02**	+0,70	506	
	50m: 29.51 29.51 100m: 1:07.35 37.84 150m: 1:51.31 43.96 200m: 2:23.02 31.71						
24.	MAIA Felipe Menegassi	04	Alges	**2:23.09**	+0,65	505	
	50m: 29.31 29.31 100m: 1:03.67 34.36 150m: 1:49.99 46.32 200m: 2:23.09 33.10						
25.	MATOS Joao Luis	03	Colegio Vasco da Gama	**2:23.45**	+0,69	501	
	50m: 29.69 29.69 100m: 1:07.29 37.60 150m: 1:48.83 41.54 200m: 2:23.45 34.62						
26.	CARRASCO Joao Pedro	03	Portinado	**2:23.53**	+0,83	501	
	50m: 30.25 30.25 100m: 1:07.06 36.81 150m: 1:49.20 42.14 200m: 2:23.53 34.33						
27.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:24.00**	+0,80	496	
	50m: 29.81 29.81 100m: 1:08.15 38.34 150m: 1:50.76 42.61 200m: 2:24.00 33.24						
28.	FAIA Mateus Costa	03	Famalicao	**2:24.40**	+0,71	492	
	50m: 29.39 29.39 100m: 1:05.89 36.50 150m: 1:48.31 42.42 200m: 2:24.40 36.09						
29.	VIEIRA Tomas Sa	04	Alges	**2:24.56**	+0,65	490	
	50m: 28.81 28.81 100m: 1:07.27 38.46 150m: 1:49.55 42.28 200m: 2:24.56 35.01						
30.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.52**	+0,65	480	
	50m: 30.42 30.42 100m: 1:09.96 39.54 150m: 1:50.55 40.59 200m: 2:25.52 34.97						
31.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:25.86**	+0,71	477	
	50m: 30.11 30.11 100m: 1:10.40 40.29 150m: 1:50.77 40.37 200m: 2:25.86 35.09						
32.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:25.98**	+0,65	476	
	50m: 31.52 31.52 100m: 1:10.20 38.68 150m: 1:52.69 42.49 200m: 2:25.98 33.29						
33.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:26.31**	+0,75	473	
	50m: 31.96 31.96 100m: 1:08.56 36.60 150m: 1:51.21 42.65 200m: 2:26.31 35.10						
34.	TEIXEIRA Cesar Rego	04	Famalicao	**2:27.40**	+0,74	462	
	50m: 30.21 30.21 100m: 1:08.61 38.40 150m: 1:53.69 45.08 200m: 2:27.40 33.71						
35.	COSTA Afonso Vilhena	04	Vilacondense	**2:27.80**	+0,68	458	
	50m: 30.49 30.49 100m: 1:10.03 39.54 150m: 1:54.25 44.22 200m: 2:27.80 33.55						
36.	PINTO Afonso Cipriano	04	Sporting	**2:28.86**	+0,67	449	
	50m: 30.27 30.27 100m: 1:07.58 37.31 150m: 1:54.09 46.51 200m: 2:28.86 34.77						
37.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:28.87**	+0,77	449	
	50m: 31.41 31.41 100m: 1:08.51 37.10 150m: 1:54.55 46.04 200m: 2:28.87 34.32						
DNS	SIMOES Miguel Costa	04	Cova da Piedade				

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Prova 44, Masc., 200m Estilos, Elimin

Prova 44 — Masc., 200m Estilos — Open
04-08-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
Rec Nac Inf A	2:16.63	RIBAS Alexandre Lages	EDV	Lisboa	24-07-2011
Rec Nac Inf B	2:22.36	RUIVO Andre Vilas	DNMG	Coimbra	23-06-2013

TAC Sen 50m: 2:13.65 - 25m: 2:09.37; Jun 50m: 2:17.44 - 25m: 2:12.46; Juv A 50m: 2:22.00 - 25m: 2:17.22; Juv B 50m: 2:25.36 - 25m: 2:20.89

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**2:09.26**	+0,67	685	
	50m: 27.30 27.30 100m: 59.50 32.20 150m: 1:37.56 38.06 200m: 2:09.26 31.70						
2.	SIMOES Rafael Gomes	00	Braga	**2:09.30**	+0,77	685	
	50m: 27.58 27.58 100m: 1:01.53 33.95 150m: 1:38.09 36.56 200m: 2:09.30 31.21						
3.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**2:09.47**	+0,69	682	
	50m: 27.00 27.00 100m: 59.25 32.25 150m: 1:37.38 38.13 200m: 2:09.47 32.09						
4.	VELOSO Tomas Miguel	96	Nautico Academico	**2:10.12**	+0,64	672	
	50m: 28.06 28.06 100m: 1:02.32 34.26 150m: 1:39.81 37.49 200m: 2:10.12 30.31						
5.	VITAL Joao Alexandre	98	Sporting	**2:10.24**	+0,61	670	
	50m: 27.88 27.88 100m: 1:00.03 32.15 150m: 1:39.51 39.48 200m: 2:10.24 30.73						
6.	BASTOS Lucas Pereira	00	Nautico Academico	**2:10.56**	+0,71	665	
	50m: 28.02 28.02 100m: 1:01.77 33.75 150m: 1:39.68 37.91 200m: 2:10.56 30.88						
7.	FERNANDES Eduardo Gomes	02	Sporting	**2:10.58**	+0,72	665	
	50m: 28.78 28.78 100m: 1:02.93 34.15 150m: 1:40.52 37.59 200m: 2:10.58 30.06						
8.	NUNES Porfirio Braga	00	Porto	**2:10.96**	+0,61	659	
	50m: 27.22 27.22 100m: 1:00.05 32.83 150m: 1:39.25 39.20 200m: 2:10.96 31.71						
9.	SILVA Tomas Antonio	01	Naval do Funchal	**2:11.18**	+0,58	656	
	50m: 27.88 27.88 100m: 1:00.79 32.91 150m: 1:39.39 38.60 200m: 2:11.18 31.79						
10.	CATALAO Daniel Nogueira	00	Benfica	**2:11.34**	+0,56	653	
	50m: 28.01 28.01 100m: 1:02.11 34.10 150m: 1:40.60 38.49 200m: 2:11.34 30.74						
11.	DANTAS Diogo Leal	00	Sporting	**2:11.56**	+0,60	650	
	50m: 27.60 27.60 100m: 1:01.69 34.09 150m: 1:39.58 37.89 200m: 2:11.56 31.98						
12.	LIESS Thomas	95	Turrita Nuoto	**2:11.65**	+0,68	649	
	50m: 26.74 26.74 100m: 1:00.33 33.59 150m: 1:41.51 41.18 200m: 2:11.65 30.14						
13.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.69**	+0,69	648	
	50m: 27.77 27.77 100m: 1:01.35 33.58 150m: 1:40.69 39.34 200m: 2:11.69 31.00						
14.	SILVA Henrique Gomes	02	Estamos Juntos	**2:12.29**	+0,69	639	
	50m: 28.94 28.94 100m: 1:03.33 34.39 150m: 1:41.75 38.42 200m: 2:12.29 30.54						
15.	CORREIA Joao Mota	97	Benfica	**2:12.36**	+0,71	638	
	50m: 27.53 27.53 100m: 1:00.58 33.05 150m: 1:40.43 39.85 200m: 2:12.36 31.93						

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Prova 44, Masc., 200m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CORDEIRO Tiago Roberto	00	Benfica	**2:12.79**	+0,67	632	
	50m: 27.30 27.30 100m: 1:01.88 34.58 150m: 1:41.74 39.86 200m: 2:12.79 31.05						
17.	DINIS Tiago Moises	98	Nautico Academico	**2:13.31**	+0,68	625	
	50m: 28.44 28.44 100m: 1:02.82 34.38 150m: 1:41.83 39.01 200m: 2:13.31 31.48						
18.	JOAQUIM Andre Serro	00	Portinado	**2:14.01**	+0,71	615	
	50m: 28.21 28.21 100m: 1:02.18 33.97 150m: 1:41.73 39.55 200m: 2:14.01 32.28						
19.	ALFAMA Martim Primavera	02	Gesloures	**2:15.15**	+0,68	600	
	50m: 28.77 28.77 100m: 1:01.89 33.12 150m: 1:43.80 41.91 200m: 2:15.15 31.35						
20.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:15.16**	+0,65	600	
	50m: 28.73 28.73 100m: 1:04.51 35.78 150m: 1:42.83 38.32 200m: 2:15.16 32.33						
21.	LOPES Luis Afonso	03	Viver Santarem	**2:15.94**	+0,64	589	
	50m: 28.99 28.99 100m: 1:05.52 36.53 150m: 1:44.72 39.20 200m: 2:15.94 31.22						
22.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:16.09**	+0,63	587	
	50m: 29.13 29.13 100m: 1:05.36 36.23 150m: 1:45.17 39.81 200m: 2:16.09 30.92						
23.	GOMES Vicente Oliveira	02	Sporting	**2:16.27**	+0,63	585	
	50m: 28.08 28.08 100m: 1:03.38 35.30 150m: 1:44.89 41.51 200m: 2:16.27 31.38						
24.	SILVA Paulo Filipe	98	Natacao da Maia	**2:16.28**	+0,82	585	
	50m: 28.00 28.00 100m: 1:03.26 35.26 150m: 1:43.75 40.49 200m: 2:16.28 32.53						
25.	PINTO Pedro Miguel	02	Sporting	**2:16.96**	+0,67	576	
	50m: 29.18 29.18 100m: 1:05.48 36.30 150m: 1:45.62 40.14 200m: 2:16.96 31.34						
26.	DOMINGOS Ruy Manuel	02	Sporting	**2:17.23**	+0,68	573	
	50m: 27.83 27.83 100m: 1:03.39 35.56 150m: 1:44.58 41.19 200m: 2:17.23 32.65						
27.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:17.42**	+0,76	570	
	50m: 28.82 28.82 100m: 1:05.19 36.37 150m: 1:44.14 38.95 200m: 2:17.42 33.28						
28.	CARNEIRO Joao Soares	03	Benfica	**2:17.71**	+0,65	567	
	50m: 29.12 29.12 100m: 1:05.88 36.76 150m: 1:43.91 38.03 200m: 2:17.71 33.80						
29.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:17.90**	+0,71	564	
	50m: 28.68 28.68 100m: 1:05.11 36.43 150m: 1:46.09 40.98 200m: 2:17.90 31.81						
30.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:17.91**	+0,65	564	
	50m: 29.62 29.62 100m: 1:05.38 35.76 150m: 1:45.59 40.21 200m: 2:17.91 32.32						
31.	CABRITO Rodrigo Almeida	01	Belenenses	**2:18.22**	+0,66	561	
	50m: 29.48 29.48 100m: 1:06.33 36.85 150m: 1:45.01 38.68 200m: 2:18.22 33.21						
32.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:18.30**	+0,74	560	
	50m: 29.15 29.15 100m: 1:06.14 36.99 150m: 1:47.11 40.97 200m: 2:18.30 31.19						
33.	WANZELLER Goncalo Henriques	03	Belenenses	**2:18.71**	+0,67	555	
	50m: 28.95 28.95 100m: 1:04.68 35.73 150m: 1:46.04 41.36 200m: 2:18.71 32.67						
34.	REBELO Joao Lourenco	04	Alges	**2:18.74**	+0,65	554	
	50m: 29.89 29.89 100m: 1:07.58 37.69 150m: 1:46.69 39.11 200m: 2:18.74 32.05						
35.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.19**	+0,73	549	
	50m: 28.64 28.64 100m: 1:04.20 35.56 150m: 1:45.31 41.11 200m: 2:19.19 33.88						

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
36.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:19.58**	+0,73	544	
	50m: 29.24 29.24 100m: 1:05.82 36.58 150m: 1:48.01 42.19 200m: 2:19.58 31.57						
37.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:19.63**	+0,80	544	
	50m: 29.25 29.25 100m: 1:06.59 37.34 150m: 1:47.50 40.91 200m: 2:19.63 32.13						
38.	GOMES Tomas Nogueira	03	Uniao Piedense	**2:20.13**	+0,64	538	
	50m: 29.10 29.10 100m: 1:04.58 35.48 150m: 1:46.73 42.15 200m: 2:20.13 33.40						
39.	SILVA Gustavo Carvalho	04	Academia Acores	**2:20.35**	+0,79	535	
	50m: 29.40 29.40 100m: 1:05.97 36.57 150m: 1:47.43 41.46 200m: 2:20.35 32.92						
40.	CRUZ David Miguel	04	Braga	**2:20.50**	+0,61	534	
	50m: 29.81 29.81 100m: 1:08.05 38.24 150m: 1:48.43 40.38 200m: 2:20.50 32.07						
41.	FRASQUILHO Afonso Figueiredo	04	Sporting	**2:20.94**	+0,77	529	
	50m: 29.28 29.28 100m: 1:04.48 35.20 150m: 1:50.07 45.59 200m: 2:20.94 30.87						
42.	JUNIOR Luis Cabral	03	Belenenses	**2:21.08**	+0,66	527	
	50m: 29.14 29.14 100m: 1:09.37 40.23 150m: 1:47.94 38.57 200m: 2:21.08 33.14						
43.	CARVALHO Fernando Costa	03	Foca	**2:21.23**	+0,64	525	
	50m: 29.80 29.80 100m: 1:05.87 36.07 150m: 1:48.74 42.87 200m: 2:21.23 32.49						
44.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**2:21.63**	+0,65	521	
	50m: 29.01 29.01 100m: 1:05.56 36.55 150m: 1:48.95 43.39 200m: 2:21.63 32.68						
45.	MENDES Ricardo Ferreira	03	Colegio SMLamas	**2:22.39**	+0,77	513	
	50m: 30.00 30.00 100m: 1:09.94 39.94 150m: 1:50.22 40.28 200m: 2:22.39 32.17						
46.	FERREIRA Ricardo Martins	03	AONDA-Azeitao	**2:22.43**	+0,76	512	
	50m: 29.70 29.70 100m: 1:06.80 37.10 150m: 1:49.18 42.38 200m: 2:22.43 33.25						
47.	FARDILHA Manuel Cruz	03	Galitos / Bresimar	**2:22.70**	+0,69	509	
	50m: 28.35 28.35 100m: 1:05.09 36.74 150m: 1:49.30 44.21 200m: 2:22.70 33.40						
48.	GUIMARAES Hugo Goncalves	04	Desportiva Viana	**2:22.88**	+0,72	507	
	50m: 30.88 30.88 100m: 1:09.52 38.64 150m: 1:51.09 41.57 200m: 2:22.88 31.79						
49.	BARBOSA Pedro Xavier	04	Desportiva Viana	**2:23.02**	+0,70	506	
	50m: 29.51 29.51 100m: 1:07.35 37.84 150m: 1:51.31 43.96 200m: 2:23.02 31.71						
50.	MAIA Felipe Menegassi	04	Alges	**2:23.09**	+0,65	505	
	50m: 29.31 29.31 100m: 1:03.67 34.36 150m: 1:49.99 46.32 200m: 2:23.09 33.10						
51.	MATOS Joao Luis	03	Colegio Vasco da Gama	**2:23.45**	+0,69	501	
	50m: 29.69 29.69 100m: 1:07.29 37.60 150m: 1:48.83 41.54 200m: 2:23.45 34.62						
52.	CARRASCO Joao Pedro	03	Portinado	**2:23.53**	+0,83	501	
	50m: 30.25 30.25 100m: 1:07.06 36.81 150m: 1:49.20 42.14 200m: 2:23.53 34.33						
53.	CASCALHEIRA Joao Miguel	03	Naval Setubalense	**2:24.00**	+0,80	496	
	50m: 29.81 29.81 100m: 1:08.15 38.34 150m: 1:50.76 42.61 200m: 2:24.00 33.24						
54.	FAIA Mateus Costa	03	Famalicao	**2:24.40**	+0,71	492	
	50m: 29.39 29.39 100m: 1:05.89 36.50 150m: 1:48.31 42.42 200m: 2:24.40 36.09						
55.	VIEIRA Tomas Sa	04	Alges	**2:24.56**	+0,65	490	
	50m: 28.81 28.81 100m: 1:07.27 38.46 150m: 1:49.55 42.28 200m: 2:24.56 35.01						

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Prova 44, Masc., 200m Estilos, Elimin, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
56.	CHOCAS Afonso Alves	04	Electrico Clube	**2:25.52**	+0,65	480	
	50m: 30.42 30.42 100m: 1:09.96 39.54 150m: 1:50.55 40.59 200m: 2:25.52 34.97						
57.	MOITA Goncalo Brites	04	Uniao Coimbra	**2:25.86**	+0,71	477	
	50m: 30.11 30.11 100m: 1:10.40 40.29 150m: 1:50.77 40.37 200m: 2:25.86 35.09						
58.	TROMBINHAS Tiago Miguel	04	Colegio Monte Maior	**2:25.98**	+0,65	476	
	50m: 31.52 31.52 100m: 1:10.20 38.68 150m: 1:52.69 42.49 200m: 2:25.98 33.29						
59.	LOPES Tiago Fanha	04	Natacao do Montijo	**2:26.31**	+0,75	473	
	50m: 31.96 31.96 100m: 1:08.56 36.60 150m: 1:51.21 42.65 200m: 2:26.31 35.10						
60.	TEIXEIRA Cesar Rego	04	Famalicao	**2:27.40**	+0,74	462	
	50m: 30.21 30.21 100m: 1:08.61 38.40 150m: 1:53.69 45.08 200m: 2:27.40 33.71						
61.	COSTA Afonso Vilhena	04	Vilacondense	**2:27.80**	+0,68	458	
	50m: 30.49 30.49 100m: 1:10.03 39.54 150m: 1:54.25 44.22 200m: 2:27.80 33.55						
62.	PINTO Afonso Cipriano	04	Sporting	**2:28.86**	+0,67	449	
	50m: 30.27 30.27 100m: 1:07.58 37.31 150m: 1:54.09 46.51 200m: 2:28.86 34.77						
63.	OLIVEIRA Pedro Nuno	04	Torres Novas	**2:28.87**	+0,77	449	
	50m: 31.41 31.41 100m: 1:08.51 37.10 150m: 1:54.55 46.04 200m: 2:28.87 34.32						
DNS	ALVES Nuno Rafael	90	Aquatico Pacense				
DNS	SIMOES Miguel Costa	04	Cova da Piedade				
DNS	TEODORO Diogo Filipe	99	Natacao de Valongo				

Prova 44 — Masc., 200m Estilos — Absolutos
04-08-2019 - 10:50 — Resultados Elimin

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005

TAC Sen 50m: 2:13.65 - 25m: 2:09.37; Jun 50m: 2:17.44 - 25m: 2:12.46

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**2:09.26**	+0,67	685	
	50m: 27.30 27.30 100m: 59.50 32.20 150m: 1:37.56 38.06 200m: 2:09.26 31.70						
2.	SIMOES Rafael Gomes	00	Braga	**2:09.30**	+0,77	685	
	50m: 27.58 27.58 100m: 1:01.53 33.95 150m: 1:38.09 36.56 200m: 2:09.30 31.21						
3.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	**2:09.47**	+0,69	682	
	50m: 27.00 27.00 100m: 59.25 32.25 150m: 1:37.38 38.13 200m: 2:09.47 32.09						
4.	VELOSO Tomas Miguel	96	Nautico Academico	**2:10.12**	+0,64	672	
	50m: 28.06 28.06 100m: 1:02.32 34.26 150m: 1:39.81 37.49 200m: 2:10.12 30.31						
5.	VITAL Joao Alexandre	98	Sporting	**2:10.24**	+0,61	670	
	50m: 27.88 27.88 100m: 1:00.03 32.15 150m: 1:39.51 39.48 200m: 2:10.24 30.73						
6.	BASTOS Lucas Pereira	00	Nautico Academico	**2:10.56**	+0,71	665	
	50m: 28.02 28.02 100m: 1:01.77 33.75 150m: 1:39.68 37.91 200m: 2:10.56 30.88						

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Prova 44, Masc., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	FERNANDES Eduardo Gomes	02	Sporting	**2:10.58**	+0,72	665	
	50m: 28.78 28.78 100m: 1:02.93 34.15 150m: 1:40.52 37.59 200m: 2:10.58 30.06						
8.	NUNES Porfirio Braga	00	Porto	**2:10.96**	+0,61	659	
	50m: 27.22 27.22 100m: 1:00.05 32.83 150m: 1:39.25 39.20 200m: 2:10.96 31.71						
9.	SILVA Tomas Antonio	01	Naval do Funchal	**2:11.18**	+0,58	656	
	50m: 27.88 27.88 100m: 1:00.79 32.91 150m: 1:39.39 38.60 200m: 2:11.18 31.79						
10.	CATALAO Daniel Nogueira	00	Benfica	**2:11.34**	+0,56	653	
	50m: 28.01 28.01 100m: 1:02.11 34.10 150m: 1:40.60 38.49 200m: 2:11.34 30.74						
11.	DANTAS Diogo Leal	00	Sporting	**2:11.56**	+0,60	650	
	50m: 27.60 27.60 100m: 1:01.69 34.09 150m: 1:39.58 37.89 200m: 2:11.56 31.98						
12.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.69**	+0,69	648	
	50m: 27.77 27.77 100m: 1:01.35 33.58 150m: 1:40.69 39.34 200m: 2:11.69 31.00						
13.	SILVA Henrique Gomes	02	Estamos Juntos	**2:12.29**	+0,69	639	
	50m: 28.94 28.94 100m: 1:03.33 34.39 150m: 1:41.75 38.42 200m: 2:12.29 30.54						
14.	CORREIA Joao Mota	97	Benfica	**2:12.36**	+0,71	638	
	50m: 27.53 27.53 100m: 1:00.58 33.05 150m: 1:40.43 39.85 200m: 2:12.36 31.93						
15.	CORDEIRO Tiago Roberto	00	Benfica	**2:12.79**	+0,67	632	
	50m: 27.30 27.30 100m: 1:01.88 34.58 150m: 1:41.74 39.86 200m: 2:12.79 31.05						
16.	DINIS Tiago Moises	98	Nautico Academico	**2:13.31**	+0,68	625	
	50m: 28.44 28.44 100m: 1:02.82 34.38 150m: 1:41.83 39.01 200m: 2:13.31 31.48						
17.	JOAQUIM Andre Serro	00	Portinado	**2:14.01**	+0,71	615	
	50m: 28.21 28.21 100m: 1:02.18 33.97 150m: 1:41.73 39.55 200m: 2:14.01 32.28						
18.	ALFAMA Martim Primavera	02	Gesloures	**2:15.15**	+0,68	600	
	50m: 28.77 28.77 100m: 1:01.89 33.12 150m: 1:43.80 41.91 200m: 2:15.15 31.35						
19.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:15.16**	+0,65	600	
	50m: 28.73 28.73 100m: 1:04.51 35.78 150m: 1:42.83 38.32 200m: 2:15.16 32.33						
20.	GOMES Vicente Oliveira	02	Sporting	**2:16.27**	+0,63	585	
	50m: 28.08 28.08 100m: 1:03.38 35.30 150m: 1:44.89 41.51 200m: 2:16.27 31.38						
21.	SILVA Paulo Filipe	98	Natacao da Maia	**2:16.28**	+0,82	585	
	50m: 28.00 28.00 100m: 1:03.26 35.26 150m: 1:43.75 40.49 200m: 2:16.28 32.53						
22.	PINTO Pedro Miguel	02	Sporting	**2:16.96**	+0,67	576	
	50m: 29.18 29.18 100m: 1:05.48 36.30 150m: 1:45.62 40.14 200m: 2:16.96 31.34						
23.	DOMINGOS Ruy Manuel	02	Sporting	**2:17.23**	+0,68	573	
	50m: 27.83 27.83 100m: 1:03.39 35.56 150m: 1:44.58 41.19 200m: 2:17.23 32.65						
24.	CABRITO Rodrigo Almeida	01	Belenenses	**2:18.22**	+0,66	561	
	50m: 29.48 29.48 100m: 1:06.33 36.85 150m: 1:45.01 38.68 200m: 2:18.22 33.21						
25.	GORDO Goncalo Morais	02	Colegio Monte Maior	**2:18.30**	+0,74	560	
	50m: 29.15 29.15 100m: 1:06.14 36.99 150m: 1:47.11 40.97 200m: 2:18.30 31.19						
DNS	ALVES Nuno Rafael	90	Aquatico Pacense				
DNS	TEODORO Diogo Filipe	99	Natacao de Valongo				

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Prova 44, Masc., 200m Estilos, Elimin

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
EXH	NEVES Tiago Correia	97	Belenenses	**2:20.04**	+0,72	539	

50m:	28.49	28.49	100m:	1:05.70	37.21	150m:	1:47.84	42.14	200m:	2:20.04	32.20

Prova 41 — Femin., 100m Livres — Juvenis

04-08-2019 — Resultados Swim Off Elimin

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

TAC Juv A 50m: 1:03.52 - 25m: 1:02.49; Juv B 50m: 1:04.61 - 25m: 1:03.44

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:01.73**	+0,70	587	

50m:	29.87	29.87	100m:	1:01.73	31.86						

2.	COSTA Mariana Martins	05	Famalicao	**1:03.10**	+0,75	550	

50m:	30.28	30.28	100m:	1:03.10	32.82						

Prova 45 — Femin., 800m Livres — Juvenis

04-08-2019 - 11:15 — 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

TAC Juv A 50m: 10:07.20 - 25m: 9:54.10; Juv B 50m: 10:19.83 - 25m: 10:05.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**9:16.49**	+0,74	661	

50m:	32.35	32.35	250m:	2:54.28	35.65	450m:	5:15.12	35.18	650m:	7:34.42	34.58
100m:	1:07.25	34.90	300m:	3:29.48	35.20	500m:	5:49.89	34.77	700m:	8:08.87	34.45
150m:	1:43.27	36.02	350m:	4:05.11	35.63	550m:	6:25.20	35.31	750m:	8:43.24	34.37
200m:	2:18.63	35.36	400m:	4:39.94	34.83	600m:	6:59.84	34.64	800m:	9:16.49	33.25

2.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:22.49**	+0,63	640	

50m:	32.13	32.13	250m:	2:52.00	34.82	450m:	5:13.04	35.26	650m:	7:36.31	35.60
100m:	1:07.21	35.08	300m:	3:27.38	35.38	500m:	5:49.13	36.09	700m:	8:12.43	36.12
150m:	1:41.95	34.74	350m:	4:02.34	34.96	550m:	6:24.74	35.61	750m:	8:48.06	35.63
200m:	2:17.18	35.23	400m:	4:37.78	35.44	600m:	7:00.71	35.97	800m:	9:22.49	34.43

3.	SANTOS Leonor Esteves	04	Avancado EUL	**9:26.89**	+0,76	625	

50m:	32.81	32.81	250m:	2:55.60	35.73	450m:	5:17.99	35.65	650m:	7:41.11	36.08
100m:	1:08.44	35.63	300m:	3:31.04	35.44	500m:	5:53.49	35.50	700m:	8:16.72	35.61
150m:	1:44.41	35.97	350m:	4:06.71	35.67	550m:	6:29.50	36.01	750m:	8:52.39	35.67
200m:	2:19.87	35.46	400m:	4:42.34	35.63	600m:	7:05.03	35.53	800m:	9:26.89	34.50

4.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:28.34**	+0,73	620	

50m:	31.79	31.79	250m:	2:52.78	35.75	450m:	5:17.85	35.74	650m:	7:43.12	36.28
100m:	1:06.23	34.44	300m:	3:29.46	36.68	500m:	5:54.83	36.98	700m:	8:19.19	36.07
150m:	1:40.86	34.63	350m:	4:05.47	36.01	550m:	6:30.41	35.58	750m:	8:54.44	35.25
200m:	2:17.03	36.17	400m:	4:42.11	36.64	600m:	7:06.84	36.43	800m:	9:28.34	33.90

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Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PRETO Filipa Manso	04	Porto	**9:28.51**	+0,81	620	

50m:	33.22	33.22	250m:	2:55.82	35.47	450m:	5:18.66	35.63	650m:	7:42.14	35.81
100m:	1:08.71	35.49	300m:	3:31.55	35.73	500m:	5:54.56	35.90	700m:	8:18.17	36.03
150m:	1:44.42	35.71	350m:	4:07.03	35.48	550m:	6:30.38	35.82	750m:	8:53.88	35.71
200m:	2:20.35	35.93	400m:	4:43.03	36.00	600m:	7:06.33	35.95	800m:	9:28.51	34.63

6.	PIRES Marta Joao	05	Alges	**9:31.37**	+0,72	610					
50m:	33.73	33.73	250m:	2:59.04	36.26	450m:	5:23.25	35.28	650m:	7:46.45	35.37
100m:	1:10.36	36.63	300m:	3:35.44	36.40	500m:	5:59.25	36.00	700m:	8:21.79	35.34
150m:	1:46.44	36.08	350m:	4:11.44	36.00	550m:	6:35.07	35.82	750m:	8:57.08	35.29
200m:	2:22.78	36.34	400m:	4:47.97	36.53	600m:	7:11.08	36.01	800m:	9:31.37	34.29
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:31.65**	+0,73	609					
50m:	32.33	32.33	250m:	2:55.28	35.84	450m:	5:18.99	35.51	650m:	7:43.97	36.06
100m:	1:07.69	35.36	300m:	3:31.33	36.05	500m:	5:55.14	36.15	700m:	8:20.84	36.87
150m:	1:43.24	35.55	350m:	4:07.09	35.76	550m:	6:31.23	36.09	750m:	8:57.07	36.23
200m:	2:19.44	36.20	400m:	4:43.48	36.39	600m:	7:07.91	36.68	800m:	9:31.65	34.58
8.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:33.70**	+0,82	603					
50m:	32.15	32.15	250m:	2:54.28	36.36	450m:	5:19.55	36.24	650m:	7:46.10	36.61
100m:	1:06.89	34.74	300m:	3:30.80	36.52	500m:	5:56.41	36.86	700m:	8:23.04	36.94
150m:	1:42.18	35.29	350m:	4:07.17	36.37	550m:	6:32.92	36.51	750m:	8:59.07	36.03
200m:	2:17.92	35.74	400m:	4:43.31	36.14	600m:	7:09.49	36.57	800m:	9:33.70	34.63
9.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**9:35.48**	+0,79	597					
50m:	32.33	32.33	250m:	2:55.48	35.83	450m:	5:21.48	36.55	650m:	7:48.22	36.26
100m:	1:07.84	35.51	300m:	3:31.86	36.38	500m:	5:58.52	37.04	700m:	8:24.88	36.66
150m:	1:43.56	35.72	350m:	4:08.09	36.23	550m:	6:34.95	36.43	750m:	9:00.64	35.76
200m:	2:19.65	36.09	400m:	4:44.93	36.84	600m:	7:11.96	37.01	800m:	9:35.48	34.84
10.	ALVES Joana Silva	05	Benedita	**9:38.80**	+0,79	587					
50m:	32.43	32.43	250m:	2:58.88	37.00	450m:	5:25.98	36.50	650m:	7:52.86	36.55
100m:	1:08.41	35.98	300m:	3:35.94	37.06	500m:	6:03.01	37.03	700m:	8:28.84	35.98
150m:	1:45.01	36.60	350m:	4:12.73	36.79	550m:	6:39.03	36.02	750m:	9:04.68	35.84
200m:	2:21.88	36.87	400m:	4:49.48	36.75	600m:	7:16.31	37.28	800m:	9:38.80	34.12
11.	SEBASTIAO Sofia Antunes	05	Amadora	**9:41.12**	+0,77	580					
50m:	32.20	32.20	250m:	2:55.67	36.00	450m:	5:23.18	36.43	650m:	7:52.20	36.55
100m:	1:07.66	35.46	300m:	3:32.62	36.95	500m:	6:00.93	37.75	700m:	8:29.31	37.11
150m:	1:42.94	35.28	350m:	4:09.38	36.76	550m:	6:37.93	37.00	750m:	9:05.47	36.16
200m:	2:19.67	36.73	400m:	4:46.75	37.37	600m:	7:15.65	37.72	800m:	9:41.12	35.65
12.	PINHO Carolina Teixeira	04	Porto	**9:41.38**	+0,72	579					
50m:	32.70	32.70	250m:	2:57.09	36.40	450m:	5:23.38	36.41	650m:	7:51.35	36.66
100m:	1:08.35	35.65	300m:	3:33.77	36.68	500m:	6:00.56	37.18	700m:	8:28.46	37.11
150m:	1:44.04	35.69	350m:	4:10.12	36.35	550m:	6:37.31	36.75	750m:	9:04.94	36.48
200m:	2:20.69	36.65	400m:	4:46.97	36.85	600m:	7:14.69	37.38	800m:	9:41.38	36.44
13.	SIMOES Ana Beatriz	05	Sporting	**9:43.28**	+0,76	574					
50m:	32.31	32.31	250m:	2:59.15	37.40	450m:	5:29.20	37.06	650m:	7:57.14	37.30
100m:	1:07.89	35.58	300m:	3:36.86	37.71	500m:	6:06.46	37.26	700m:	8:33.84	36.70
150m:	1:44.50	36.61	350m:	4:14.41	37.55	550m:	6:42.88	36.42	750m:	9:09.83	35.99
200m:	2:21.75	37.25	400m:	4:52.14	37.73	600m:	7:19.84	36.96	800m:	9:43.28	33.45
14.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:43.37**	+0,80	573					
50m:	33.25	33.25	250m:	2:59.87	36.88	450m:	5:28.29	36.94	650m:	7:55.63	36.53
100m:	1:09.51	36.26	300m:	3:37.06	37.19	500m:	6:05.25	36.96	700m:	8:32.42	36.79
150m:	1:46.23	36.72	350m:	4:14.09	37.03	550m:	6:42.19	36.94	750m:	9:08.86	36.44
200m:	2:22.99	36.76	400m:	4:51.35	37.26	600m:	7:19.10	36.91	800m:	9:43.37	34.51

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	GALANTE Ines Carvalho	04	Vilacondense	**9:50.83**	+0,78	552	

50m:	32.96	32.96	250m:	3:01.07	37.77	450m:	5:31.94	37.61	650m:	8:01.50	37.28
100m:	1:08.86	35.90	300m:	3:38.78	37.71	500m:	6:09.36	37.42	700m:	8:38.97	37.47
150m:	1:45.80	36.94	350m:	4:16.70	37.92	550m:	6:46.82	37.46	750m:	9:15.15	36.18
200m:	2:23.30	37.50	400m:	4:54.33	37.63	600m:	7:24.22	37.40	800m:	9:50.83	35.68

16.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**9:51.03**	+0,75	551	

50m:	33.90	33.90	250m:	3:02.21	37.38	450m:	5:32.39	37.34	650m:	8:02.04	37.03
100m:	1:10.48	36.58	300m:	3:39.78	37.57	500m:	6:10.13	37.74	700m:	8:38.93	36.89
150m:	1:47.66	37.18	350m:	4:17.32	37.54	550m:	6:47.57	37.44	750m:	9:15.29	36.36
200m:	2:24.83	37.17	400m:	4:55.05	37.73	600m:	7:25.01	37.44	800m:	9:51.03	35.74

17.	MARTINS Ines Correia	04	Porto	**9:53.28**	+0,74	545	

50m:	33.92	33.92	250m:	3:01.16	37.14	450m:	5:30.34	37.41	650m:	8:01.00	37.65
100m:	1:10.36	36.44	300m:	3:38.35	37.19	500m:	6:07.91	37.57	700m:	8:38.78	37.78
150m:	1:47.27	36.91	350m:	4:15.68	37.33	550m:	6:45.75	37.84	750m:	9:16.18	37.40
200m:	2:24.02	36.75	400m:	4:52.93	37.25	600m:	7:23.35	37.60	800m:	9:53.28	37.10

18.	COSTA Mafalda Santos	05	Colegio Monte Maior	**9:55.15**	+0,89	540	

50m:	32.91	32.91	250m:	3:01.06	37.71	450m:	5:32.51	37.20	650m:	8:03.67	37.63
100m:	1:09.06	36.15	300m:	3:39.56	38.50	500m:	6:10.28	37.77	700m:	8:41.64	37.97
150m:	1:45.95	36.89	350m:	4:17.25	37.69	550m:	6:48.20	37.92	750m:	9:18.95	37.31
200m:	2:23.35	37.40	400m:	4:55.31	38.06	600m:	7:26.04	37.84	800m:	9:55.15	36.20

19.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**9:55.58**	+0,70	539	

50m:	33.40	33.40	250m:	3:02.71	37.68	450m:	5:34.43	37.92	650m:	8:06.05	37.83
100m:	1:09.71	36.31	300m:	3:40.47	37.76	500m:	6:12.52	38.09	700m:	8:44.04	37.99
150m:	1:47.21	37.50	350m:	4:18.43	37.96	550m:	6:50.17	37.65	750m:	9:20.72	36.68
200m:	2:25.03	37.82	400m:	4:56.51	38.08	600m:	7:28.22	38.05	800m:	9:55.58	34.86

20.	SILVA Ines Martins	04	Vilacondense	**9:56.43**	+0,82	537	

50m:	32.49	32.49	250m:	3:00.13	37.73	450m:	5:32.73	38.34	650m:	8:05.97	38.01
100m:	1:07.87	35.38	300m:	3:38.36	38.23	500m:	6:11.09	38.36	700m:	8:44.14	38.17
150m:	1:44.32	36.45	350m:	4:16.00	37.64	550m:	6:49.34	38.25	750m:	9:20.60	36.46
200m:	2:22.40	38.08	400m:	4:54.39	38.39	600m:	7:27.96	38.62	800m:	9:56.43	35.83

21.	SANTOS Mariana Marques	05	Gesloures	**9:56.95**	+0,67	535	

50m:	33.91	33.91	250m:	3:02.00	37.32	450m:	5:32.84	37.98	650m:	8:05.33	38.27
100m:	1:10.40	36.49	300m:	3:39.48	37.48	500m:	6:10.95	38.11	700m:	8:43.55	38.22
150m:	1:47.71	37.31	350m:	4:16.98	37.50	550m:	6:49.02	38.07	750m:	9:21.13	37.58
200m:	2:24.68	36.97	400m:	4:54.86	37.88	600m:	7:27.06	38.04	800m:	9:56.95	35.82

22.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:57.09**	+0,86	535	

50m:	34.68	34.68	250m:	3:05.02	37.64	450m:	5:36.23	37.51	650m:	8:05.96	37.62
100m:	1:12.21	37.53	300m:	3:42.71	37.69	500m:	6:13.70	37.47	700m:	8:43.44	37.48
150m:	1:49.70	37.49	350m:	4:20.46	37.75	550m:	6:50.82	37.12	750m:	9:20.79	37.35
200m:	2:27.38	37.68	400m:	4:58.72	38.26	600m:	7:28.34	37.52	800m:	9:57.09	36.30

23.	FERNANDES Maria Elias	04	Desportiva Viana	**9:57.18**	+0,92	534	

50m:	32.91	32.91	250m:	3:02.46	37.76	450m:	5:34.32	37.93	650m:	8:06.64	37.92
100m:	1:09.40	36.49	300m:	3:40.38	37.92	500m:	6:12.68	38.36	700m:	8:44.85	38.21
150m:	1:46.87	37.47	350m:	4:18.05	37.67	550m:	6:50.70	38.02	750m:	9:22.50	37.65
200m:	2:24.70	37.83	400m:	4:56.39	38.34	600m:	7:28.72	38.02	800m:	9:57.18	34.68

24.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**9:57.46**	+0,83	534	

50m:	34.03	34.03	250m:	3:03.42	37.75	450m:	5:34.80	37.60	650m:	8:06.39	37.46
100m:	1:11.11	37.08	300m:	3:41.51	38.09	500m:	6:13.12	38.32	700m:	8:44.15	37.76
150m:	1:48.20	37.09	350m:	4:19.13	37.62	550m:	6:50.83	37.71	750m:	9:21.38	37.23
200m:	2:25.67	37.47	400m:	4:57.20	38.07	600m:	7:28.93	38.10	800m:	9:57.46	36.08

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NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	PEDRO Daniela Alexandra	04	Sporting	**9:57.56**	+0,74	533	

50m:	34.16	34.16	250m:	3:05.57	38.42	450m:	5:37.77	37.52	650m:	8:08.39	37.54
100m:	1:11.73	37.57	300m:	3:43.79	38.22	500m:	6:15.80	38.03	700m:	8:46.12	37.73
150m:	1:49.55	37.82	350m:	4:21.75	37.96	550m:	6:53.23	37.43	750m:	9:23.27	37.15
200m:	2:27.15	37.60	400m:	5:00.25	38.50	600m:	7:30.85	37.62	800m:	9:57.56	34.29

26.	PEREIRA Anais Cloe	04	Sporting	**9:57.81**	+0,77	533	

50m:	33.99	33.99	250m:	3:03.87	37.94	450m:	5:34.61	37.70	650m:	8:06.06	38.11
100m:	1:10.78	36.79	300m:	3:41.48	37.61	500m:	6:12.41	37.80	700m:	8:44.64	38.58
150m:	1:48.14	37.36	350m:	4:19.11	37.63	550m:	6:50.17	37.76	750m:	9:22.26	37.62
200m:	2:25.93	37.79	400m:	4:56.91	37.80	600m:	7:27.95	37.78	800m:	9:57.81	35.55

27.	CABRAL Ana Matos	05	Condeixa Clube	**9:58.47**	+0,73	531	

50m:	33.65	33.65	250m:	3:03.87	37.66	450m:	5:35.48	38.17	650m:	8:07.52	37.79
100m:	1:11.07	37.42	300m:	3:41.83	37.96	500m:	6:13.58	38.10	700m:	8:45.49	37.97
150m:	1:48.58	37.51	350m:	4:19.52	37.69	550m:	6:51.92	38.34	750m:	9:22.50	37.01
200m:	2:26.21	37.63	400m:	4:57.31	37.79	600m:	7:29.73	37.81	800m:	9:58.47	35.97

28.	JESUS Leonor Santos	04	Natacao Olhao	**10:00.85**	+0,85	525	

50m:	33.87	33.87	250m:	3:03.30	37.83	450m:	5:34.64	38.09	650m:	8:07.07	38.72
100m:	1:10.56	36.69	300m:	3:41.13	37.83	500m:	6:12.61	37.97	700m:	8:45.88	38.81
150m:	1:47.84	37.28	350m:	4:18.69	37.56	550m:	6:50.55	37.94	750m:	9:23.79	37.91
200m:	2:25.47	37.63	400m:	4:56.55	37.86	600m:	7:28.35	37.80	800m:	10:00.85	37.06

29.	MONTEIRO Barbara Oliveira	04	Braga	**10:01.83**	+1,04	522	

50m:	34.51	34.51	250m:	3:02.89	37.58	450m:	5:34.51	38.15	650m:	8:08.55	38.49
100m:	1:11.01	36.50	300m:	3:40.64	37.75	500m:	6:12.70	38.19	700m:	8:47.24	38.69
150m:	1:48.03	37.02	350m:	4:18.04	37.40	550m:	6:51.08	38.38	750m:	9:25.71	38.47
200m:	2:25.31	37.28	400m:	4:56.36	38.32	600m:	7:30.06	38.98	800m:	10:01.83	36.12

30.	FERNANDES Maria Teresa	05	Alges	**10:04.42**	+0,69	515	

50m:	33.72	33.72	250m:	3:05.88	38.13	450m:	5:38.11	37.51	650m:	8:10.21	37.88
100m:	1:11.26	37.54	300m:	3:44.19	38.31	500m:	6:16.03	37.92	700m:	8:48.64	38.43
150m:	1:49.46	38.20	350m:	4:22.40	38.21	550m:	6:54.06	38.03	750m:	9:26.81	38.17
200m:	2:27.75	38.29	400m:	5:00.60	38.20	600m:	7:32.33	38.27	800m:	10:04.42	37.61

31.	NARRA Vera Figueiredo	04	Amadora	**10:05.88**	+0,67	512	

50m:	32.96	32.96	250m:	3:02.71	37.70	450m:	5:34.22	38.13	650m:	8:08.87	38.76
100m:	1:09.71	36.75	300m:	3:40.89	38.18	500m:	6:12.90	38.68	700m:	8:47.79	38.92
150m:	1:46.97	37.26	350m:	4:18.20	37.31	550m:	6:51.24	38.34	750m:	9:27.19	39.40
200m:	2:25.01	38.04	400m:	4:56.09	37.89	600m:	7:30.11	38.87	800m:	10:05.88	38.69

32.	NEVES Natalia Passeira	05	Natacao de Valongo	**10:07.63**	+0,85	507	

50m:	32.97	32.97	250m:	3:05.30	38.91	450m:	5:38.55	37.87	650m:	8:13.77	39.07
100m:	1:09.92	36.95	300m:	3:43.51	38.21	500m:	6:16.78	38.23	700m:	8:52.35	38.58
150m:	1:48.18	38.26	350m:	4:22.66	39.15	550m:	6:56.07	39.29	750m:	9:30.89	38.54
200m:	2:26.39	38.21	400m:	5:00.68	38.02	600m:	7:34.70	38.63	800m:	10:07.63	36.74

33.	FERREIRA Joana Rosa	05	Naval de Peniche	**10:08.37**	+0,73	506	

50m:	32.58	32.58	250m:	3:03.82	38.58	450m:	5:38.42	38.67	650m:	8:14.72	39.39
100m:	1:09.22	36.64	300m:	3:42.16	38.34	500m:	6:16.88	38.46	700m:	8:53.73	39.01
150m:	1:47.16	37.94	350m:	4:20.94	38.78	550m:	6:56.16	39.28	750m:	9:32.42	38.69
200m:	2:25.24	38.08	400m:	4:59.75	38.81	600m:	7:35.33	39.17	800m:	10:08.37	35.95

34.	TROIA Beatriz Rosa	04	Vilacondense	**10:08.46**	+0,69	505	

50m:	34.34	34.34	250m:	3:04.36	37.98	450m:	5:37.35	38.82	650m:	8:12.28	39.45
100m:	1:11.19	36.85	300m:	3:43.00	38.64	500m:	6:15.78	38.43	700m:	8:51.32	39.04
150m:	1:48.28	37.09	350m:	4:20.70	37.70	550m:	6:54.18	38.40	750m:	9:30.22	38.90
200m:	2:26.38	38.10	400m:	4:58.53	37.83	600m:	7:32.83	38.65	800m:	10:08.46	38.24

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Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
35.	RIOS Maria Manuel	04	Leixoes	**10:10.01**	+0,67	501	

50m:	32.99	32.99	250m:	3:05.14	38.88	450m:	5:40.57	38.25	650m:	8:14.98	38.41
100m:	1:10.00	37.01	300m:	3:44.47	39.33	500m:	6:19.34	38.77	700m:	8:54.22	39.24
150m:	1:47.72	37.72	350m:	4:23.05	38.58	550m:	6:57.93	38.59	750m:	9:32.03	37.81
200m:	2:26.26	38.54	400m:	5:02.32	39.27	600m:	7:36.57	38.64	800m:	10:10.01	37.98

36.	PIRES Laura Joao	05	Natacao do Fundao	**10:10.35**	+0,82	501					
50m:	34.62	34.62	250m:	3:05.86	38.14	450m:	5:39.81	38.73	650m:	8:15.50	38.80
100m:	1:11.71	37.09	300m:	3:44.38	38.52	500m:	6:18.68	38.87	700m:	8:54.29	38.79
150m:	1:49.53	37.82	350m:	4:22.69	38.31	550m:	6:57.44	38.76	750m:	9:33.32	39.03
200m:	2:27.72	38.19	400m:	5:01.08	38.39	600m:	7:36.70	39.26	800m:	10:10.35	37.03
37.	ARAUJO Maria Clara	05	Naval do Funchal	**10:12.59**	+0,66	495					
50m:	33.74	33.74	250m:	3:04.45	38.29	450m:	5:41.03	38.80	650m:	8:17.02	39.07
100m:	1:10.80	37.06	300m:	3:43.94	39.49	500m:	6:19.79	38.76	700m:	8:56.03	39.01
150m:	1:47.94	37.14	350m:	4:22.89	38.95	550m:	6:58.79	39.00	750m:	9:34.67	38.64
200m:	2:26.16	38.22	400m:	5:02.23	39.34	600m:	7:37.95	39.16	800m:	10:12.59	37.92
38.	INACIO Marta Macedo	04	Sporting	**10:15.51**	+0,79	488					
50m:	35.27	35.27	250m:	3:07.98	38.45	450m:	5:43.53	38.44	650m:	8:19.53	38.77
100m:	1:12.90	37.63	300m:	3:47.05	39.07	500m:	6:22.40	38.87	700m:	8:58.46	38.93
150m:	1:51.03	38.13	350m:	4:25.90	38.85	550m:	7:01.53	39.13	750m:	9:36.85	38.39
200m:	2:29.53	38.50	400m:	5:05.09	39.19	600m:	7:40.76	39.23	800m:	10:15.51	38.66
39.	LOPES Raquel Raposo	04	Cova da Piedade	**10:17.94**	+0,80	482					
50m:	35.27	35.27	250m:	3:06.51	38.54	450m:	5:41.52	38.98	650m:	8:19.72	39.64
100m:	1:12.27	37.00	300m:	3:44.99	38.48	500m:	6:20.95	39.43	700m:	8:59.76	40.04
150m:	1:50.18	37.91	350m:	4:24.03	39.04	550m:	7:00.54	39.59	750m:	9:39.26	39.50
200m:	2:27.97	37.79	400m:	5:02.54	38.51	600m:	7:40.08	39.54	800m:	10:17.94	38.68
40.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:18.15**	+0,94	482					
50m:	35.15	35.15	250m:	3:11.15	39.26	450m:	5:49.27	39.68	650m:	8:27.56	38.53
100m:	1:13.88	38.73	300m:	3:50.76	39.61	500m:	6:29.37	40.10	700m:	9:05.65	38.09
150m:	1:52.83	38.95	350m:	4:30.07	39.31	550m:	7:09.40	40.03	750m:	9:42.56	36.91
200m:	2:31.89	39.06	400m:	5:09.59	39.52	600m:	7:49.03	39.63	800m:	10:18.15	35.59
41.	RINO Maria Pedro	05	Academia Acores	**10:20.33**	+0,91	477					
50m:	35.00	35.00	250m:	3:09.11	38.43	450m:	5:46.46	39.22	650m:	8:25.97	39.88
100m:	1:13.26	38.26	300m:	3:48.38	39.27	500m:	6:26.39	39.93	700m:	9:05.04	39.07
150m:	1:51.99	38.73	350m:	4:27.28	38.90	550m:	7:06.07	39.68	750m:	9:42.61	37.57
200m:	2:30.68	38.69	400m:	5:07.24	39.96	600m:	7:46.09	40.02	800m:	10:20.33	37.72
42.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:22.18**	+0,76	473					
50m:	34.53	34.53	250m:	3:10.98	39.53	450m:	5:49.08	39.45	650m:	8:25.84	38.78
100m:	1:12.73	38.20	300m:	3:50.02	39.04	500m:	6:28.68	39.60	700m:	9:05.00	39.16
150m:	1:51.77	39.04	350m:	4:29.84	39.82	550m:	7:07.70	39.02	750m:	9:44.04	39.04
200m:	2:31.45	39.68	400m:	5:09.63	39.79	600m:	7:47.06	39.36	800m:	10:22.18	38.14
43.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:22.33**	+0,81	472					
50m:	34.79	34.79	250m:	3:12.00	39.00	450m:	5:49.71	39.24	650m:	8:27.40	39.00
100m:	1:14.05	39.26	300m:	3:51.62	39.62	500m:	6:29.95	40.24	700m:	9:06.77	39.37
150m:	1:53.03	38.98	350m:	4:31.24	39.62	550m:	7:09.32	39.37	750m:	9:44.92	38.15
200m:	2:33.00	39.97	400m:	5:10.47	39.23	600m:	7:48.40	39.08	800m:	10:22.33	37.41
44.	SILVA Maria Ines	05	Porto	**10:31.50**	+0,54	452					
50m:	33.11	33.11	250m:	3:06.63	39.21	450m:	5:47.05	39.98	650m:	8:30.42	40.49
100m:	1:10.25	37.14	300m:	3:46.49	39.86	500m:	6:27.76	40.71	700m:	9:11.29	40.87
150m:	1:48.83	38.58	350m:	4:26.45	39.96	550m:	7:08.47	40.71	750m:	9:51.76	40.47
200m:	2:27.42	38.59	400m:	5:07.07	40.62	600m:	7:49.93	41.46	800m:	10:31.50	39.74

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Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	HUTYY Adriana Carolina *403 - Falsa partida - SW 4.4*	05	Braga				

Prova 45 — Femin., 800m Livres — Open
04-08-2019 - 11:15 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981
Rec Nac Inf A	9:14.85	SILVA Alexandra Maria	POR	Skovde (SWE)	10-08-1980
Rec Nac Inf B	9:30.42	RUIVO Filipa Vilas	DNMG	S. João da Madeira	25-07-2009

TAC Sen 50m: 9:31.77 - 25m: 9:24.06; Jun 50m: 9:51.26 - 25m: 9:40.82; Juv A 50m: 10:07.20 - 25m: 9:54.10; Juv B 50m: 10:19.83 - 25m: 10:05.21

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna *Minimos CEPL*	99	Braga	**8:36.52**	+0,68	826	

50m:	30.38	30.38	250m:	2:39.42	32.27	450m:	4:49.01	32.33	650m:	6:59.00	32.59
100m:	1:02.53	32.15	300m:	3:11.84	32.42	500m:	5:21.51	32.50	700m:	7:31.90	32.90
150m:	1:34.68	32.15	350m:	3:44.22	32.38	550m:	5:53.77	32.26	750m:	8:04.56	32.66
200m:	2:07.15	32.47	400m:	4:16.68	32.46	600m:	6:26.41	32.64	800m:	8:36.52	31.96

2.	DURAES Diana Margarida *Minimos CEPL*	96	Benfica	**8:39.86**	+0,72	810	

50m:	30.50	30.50	250m:	2:40.48	32.59	450m:	4:51.29	32.54	650m:	7:02.04	32.45
100m:	1:02.99	32.49	300m:	3:13.32	32.84	500m:	5:24.10	32.81	700m:	7:35.05	33.01
150m:	1:35.34	32.35	350m:	3:45.86	32.54	550m:	5:56.74	32.64	750m:	8:07.57	32.52
200m:	2:07.89	32.55	400m:	4:18.75	32.89	600m:	6:29.59	32.85	800m:	8:39.86	32.29

3.	ANDRE Angelica Maria	94	Fluvial Portuense	**9:01.53**	+0,73	717	

50m:	31.85	31.85	250m:	2:46.69	33.85	450m:	5:01.69	33.78	650m:	7:18.45	34.17
100m:	1:05.49	33.64	300m:	3:20.34	33.65	500m:	5:35.80	34.11	700m:	7:52.58	34.13
150m:	1:39.47	33.98	350m:	3:54.10	33.76	550m:	6:09.92	34.12	750m:	8:27.02	34.44
200m:	2:12.84	33.37	400m:	4:27.91	33.81	600m:	6:44.28	34.36	800m:	9:01.53	34.51

4.	RAMOS Ana Rita	02	Porto	**9:04.98**	+0,69	703	

50m:	31.41	31.41	250m:	2:47.29	33.73	450m:	5:03.99	34.28	650m:	7:21.84	34.08
100m:	1:04.89	33.48	300m:	3:21.50	34.21	500m:	5:38.62	34.63	700m:	7:56.47	34.63
150m:	1:39.38	34.49	350m:	3:55.46	33.96	550m:	6:12.87	34.25	750m:	8:30.97	34.50
200m:	2:13.56	34.18	400m:	4:29.71	34.25	600m:	6:47.76	34.89	800m:	9:04.98	34.01

5.	QUEIROZ Ana Rita	02	Condeixa Clube	**9:12.42**	+0,68	675	

50m:	31.76	31.76	250m:	2:48.76	34.40	450m:	5:08.20	34.58	650m:	7:27.27	34.51
100m:	1:05.66	33.90	300m:	3:23.70	34.94	500m:	5:43.19	34.99	700m:	8:02.67	35.40
150m:	1:39.86	34.20	350m:	3:58.71	35.01	550m:	6:17.90	34.71	750m:	8:37.64	34.97
200m:	2:14.36	34.50	400m:	4:33.62	34.91	600m:	6:52.76	34.86	800m:	9:12.42	34.78

6.	LOPES Daniela Magalhaes	05	Famalicao	**9:16.49**	+0,74	661	

50m:	32.35	32.35	250m:	2:54.28	35.65	450m:	5:15.12	35.18	650m:	7:34.42	34.58
100m:	1:07.25	34.90	300m:	3:29.48	35.20	500m:	5:49.89	34.77	700m:	8:08.87	34.45
150m:	1:43.27	36.02	350m:	4:05.11	35.63	550m:	6:25.20	35.31	750m:	8:43.24	34.37
200m:	2:18.63	35.36	400m:	4:39.94	34.83	600m:	6:59.84	34.64	800m:	9:16.49	33.25

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PARCEIROS

NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	AMORIM Maria Leonor	03	Porto	**9:18.35**	+0,74	654	

50m:	31.80	31.80	250m:	2:50.16	34.82	450m:	5:10.83	35.28	650m:	7:33.94	35.59
100m:	1:05.97	34.17	300m:	3:24.97	34.81	500m:	5:46.62	35.79	700m:	8:09.10	35.16
150m:	1:40.54	34.57	350m:	4:00.24	35.27	550m:	6:22.48	35.86	750m:	8:44.47	35.37
200m:	2:15.34	34.80	400m:	4:35.55	35.31	600m:	6:58.35	35.87	800m:	9:18.35	33.88

8.	MARTINS Francisca Soares	03	Foca	**9:21.27**	+0,69	644					
50m:	31.31	31.31	250m:	2:48.66	34.62	450m:	5:10.45	35.73	650m:	7:34.69	36.19
100m:	1:05.21	33.90	300m:	3:23.67	35.01	500m:	5:46.38	35.93	700m:	8:11.19	36.50
150m:	1:39.65	34.44	350m:	3:58.91	35.24	550m:	6:22.33	35.95	750m:	8:47.32	36.13
200m:	2:14.04	34.39	400m:	4:34.72	35.81	600m:	6:58.50	36.17	800m:	9:21.27	33.95
9.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:21.43**	+0,72	643					
50m:	31.68	31.68	250m:	2:49.11	34.74	450m:	5:10.77	35.83	650m:	7:34.99	36.02
100m:	1:05.33	33.65	300m:	3:24.19	35.08	500m:	5:46.61	35.84	700m:	8:11.13	36.14
150m:	1:40.01	34.68	350m:	3:59.47	35.28	550m:	6:22.69	36.08	750m:	8:47.16	36.03
200m:	2:14.37	34.36	400m:	4:34.94	35.47	600m:	6:58.97	36.28	800m:	9:21.43	34.27
10.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:22.49**	+0,63	640					
50m:	32.13	32.13	250m:	2:52.00	34.82	450m:	5:13.04	35.26	650m:	7:36.31	35.60
100m:	1:07.21	35.08	300m:	3:27.38	35.38	500m:	5:49.13	36.09	700m:	8:12.43	36.12
150m:	1:41.95	34.74	350m:	4:02.34	34.96	550m:	6:24.74	35.61	750m:	8:48.06	35.63
200m:	2:17.18	35.23	400m:	4:37.78	35.44	600m:	7:00.71	35.97	800m:	9:22.49	34.43
11.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:26.51**	+0,77	626					
50m:	31.92	31.92	250m:	2:51.90	35.57	450m:	5:16.19	36.25	650m:	7:40.83	36.25
100m:	1:06.33	34.41	300m:	3:27.71	35.81	500m:	5:52.22	36.03	700m:	8:16.98	36.15
150m:	1:41.02	34.69	350m:	4:03.51	35.80	550m:	6:28.48	36.26	750m:	8:52.26	35.28
200m:	2:16.33	35.31	400m:	4:39.94	36.43	600m:	7:04.58	36.10	800m:	9:26.51	34.25
12.	SANTOS Leonor Esteves	04	Avancado EUL	**9:26.89**	+0,76	625					
50m:	32.81	32.81	250m:	2:55.60	35.73	450m:	5:17.99	35.65	650m:	7:41.11	36.08
100m:	1:08.44	35.63	300m:	3:31.04	35.44	500m:	5:53.49	35.50	700m:	8:16.72	35.61
150m:	1:44.41	35.97	350m:	4:06.71	35.67	550m:	6:29.50	36.01	750m:	8:52.39	35.67
200m:	2:19.87	35.46	400m:	4:42.34	35.63	600m:	7:05.03	35.53	800m:	9:26.89	34.50
13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:28.34**	+0,73	620					
50m:	31.79	31.79	250m:	2:52.78	35.75	450m:	5:17.85	35.74	650m:	7:43.12	36.28
100m:	1:06.23	34.44	300m:	3:29.46	36.68	500m:	5:54.83	36.98	700m:	8:19.19	36.07
150m:	1:40.86	34.63	350m:	4:05.47	36.01	550m:	6:30.41	35.58	750m:	8:54.44	35.25
200m:	2:17.03	36.17	400m:	4:42.11	36.64	600m:	7:06.84	36.43	800m:	9:28.34	33.90
14.	PRETO Filipa Manso	04	Porto	**9:28.51**	+0,81	620					
50m:	33.22	33.22	250m:	2:55.82	35.47	450m:	5:18.66	35.63	650m:	7:42.14	35.81
100m:	1:08.71	35.49	300m:	3:31.55	35.73	500m:	5:54.56	35.90	700m:	8:18.17	36.03
150m:	1:44.42	35.71	350m:	4:07.03	35.48	550m:	6:30.38	35.82	750m:	8:53.88	35.71
200m:	2:20.35	35.93	400m:	4:43.03	36.00	600m:	7:06.33	35.95	800m:	9:28.51	34.63
15.	PIRES Marta Joao	05	Alges	**9:31.37**	+0,72	610					
50m:	33.73	33.73	250m:	2:59.04	36.26	450m:	5:23.25	35.28	650m:	7:46.45	35.37
100m:	1:10.36	36.63	300m:	3:35.44	36.40	500m:	5:59.25	36.00	700m:	8:21.79	35.34
150m:	1:46.44	36.08	350m:	4:11.44	36.00	550m:	6:35.07	35.82	750m:	8:57.08	35.29
200m:	2:22.78	36.34	400m:	4:47.97	36.53	600m:	7:11.08	36.01	800m:	9:31.37	34.29
16.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:31.65**	+0,73	609					
50m:	32.33	32.33	250m:	2:55.28	35.84	450m:	5:18.99	35.51	650m:	7:43.97	36.06
100m:	1:07.69	35.36	300m:	3:31.33	36.05	500m:	5:55.14	36.15	700m:	8:20.84	36.87
150m:	1:43.24	35.55	350m:	4:07.09	35.76	550m:	6:31.23	36.09	750m:	8:57.07	36.23
200m:	2:19.44	36.20	400m:	4:43.48	36.39	600m:	7:07.91	36.68	800m:	9:31.65	34.58

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PARCEIROS

Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:33.70**	+0,82	603	

50m:	32.15	32.15	250m:	2:54.28	36.36	450m:	5:19.55	36.24	650m:	7:46.10	36.61
100m:	1:06.89	34.74	300m:	3:30.80	36.52	500m:	5:56.41	36.86	700m:	8:23.04	36.94
150m:	1:42.18	35.29	350m:	4:07.17	36.37	550m:	6:32.92	36.51	750m:	8:59.07	36.03
200m:	2:17.92	35.74	400m:	4:43.31	36.14	600m:	7:09.49	36.57	800m:	9:33.70	34.63

18.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**9:35.48**	+0,79	597	

50m:	32.33	32.33	250m:	2:55.48	35.83	450m:	5:21.48	36.55	650m:	7:48.22	36.26
100m:	1:07.84	35.51	300m:	3:31.86	36.38	500m:	5:58.52	37.04	700m:	8:24.88	36.66
150m:	1:43.56	35.72	350m:	4:08.09	36.23	550m:	6:34.95	36.43	750m:	9:00.64	35.76
200m:	2:19.65	36.09	400m:	4:44.93	36.84	600m:	7:11.96	37.01	800m:	9:35.48	34.84

19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:38.00**	+0,70	590	

50m:	33.20	33.20	250m:	2:58.93	37.13	450m:	5:25.47	36.51	650m:	7:52.80	37.06
100m:	1:08.95	35.75	300m:	3:35.75	36.82	500m:	6:01.93	36.46	700m:	8:30.04	37.24
150m:	1:45.34	36.39	350m:	4:12.44	36.69	550m:	6:38.38	36.45	750m:	9:05.21	35.17
200m:	2:21.80	36.46	400m:	4:48.96	36.52	600m:	7:15.74	37.36	800m:	9:38.00	32.79

20.	ALVES Joana Silva	05	Benedita	**9:38.80**	+0,79	587	

50m:	32.43	32.43	250m:	2:58.88	37.00	450m:	5:25.98	36.50	650m:	7:52.86	36.55
100m:	1:08.41	35.98	300m:	3:35.94	37.06	500m:	6:03.01	37.03	700m:	8:28.84	35.98
150m:	1:45.01	36.60	350m:	4:12.73	36.79	550m:	6:39.03	36.02	750m:	9:04.68	35.84
200m:	2:21.88	36.87	400m:	4:49.48	36.75	600m:	7:16.31	37.28	800m:	9:38.80	34.12

21.	VELOSO Teresa Miguel	00	Sporting	**9:39.36**	+0,74	585	

50m:	32.67	32.67	250m:	2:57.30	36.68	450m:	5:22.39	36.07	650m:	7:48.46	36.76
100m:	1:08.32	35.65	300m:	3:33.61	36.31	500m:	5:58.65	36.26	700m:	8:25.34	36.88
150m:	1:44.59	36.27	350m:	4:10.13	36.52	550m:	6:34.97	36.32	750m:	9:02.62	37.28
200m:	2:20.62	36.03	400m:	4:46.32	36.19	600m:	7:11.70	36.73	800m:	9:39.36	36.74

22.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:39.72**	+0,79	584	

50m:	32.92	32.92	250m:	2:57.70	36.62	450m:	5:26.20	37.31	650m:	7:53.02	36.60
100m:	1:08.44	35.52	300m:	3:34.64	36.94	500m:	6:02.99	36.79	700m:	8:29.83	36.81
150m:	1:44.31	35.87	350m:	4:11.65	37.01	550m:	6:39.49	36.50	750m:	9:05.54	35.71
200m:	2:21.08	36.77	400m:	4:48.89	37.24	600m:	7:16.42	36.93	800m:	9:39.72	34.18

23.	SEBASTIAO Sofia Antunes	05	Amadora	**9:41.12**	+0,77	580	

50m:	32.20	32.20	250m:	2:55.67	36.00	450m:	5:23.18	36.43	650m:	7:52.20	36.55
100m:	1:07.66	35.46	300m:	3:32.62	36.95	500m:	6:00.93	37.75	700m:	8:29.31	37.11
150m:	1:42.94	35.28	350m:	4:09.38	36.76	550m:	6:37.93	37.00	750m:	9:05.47	36.16
200m:	2:19.67	36.73	400m:	4:46.75	37.37	600m:	7:15.65	37.72	800m:	9:41.12	35.65

24.	PINHO Carolina Teixeira	04	Porto	**9:41.38**	+0,72	579	

50m:	32.70	32.70	250m:	2:57.09	36.40	450m:	5:23.38	36.41	650m:	7:51.35	36.66
100m:	1:08.35	35.65	300m:	3:33.77	36.68	500m:	6:00.56	37.18	700m:	8:28.46	37.11
150m:	1:44.04	35.69	350m:	4:10.12	36.35	550m:	6:37.31	36.75	750m:	9:04.94	36.48
200m:	2:20.69	36.65	400m:	4:46.97	36.85	600m:	7:14.69	37.38	800m:	9:41.38	36.44

25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**9:43.03**	+0,76	574	

50m:	32.43	32.43	250m:	2:56.20	36.74	450m:	5:24.92	37.22	650m:	7:54.88	37.41
100m:	1:07.43	35.00	300m:	3:32.94	36.74	500m:	6:02.45	37.53	700m:	8:32.07	37.19
150m:	1:43.08	35.65	350m:	4:10.32	37.38	550m:	6:40.15	37.70	750m:	9:08.43	36.36
200m:	2:19.46	36.38	400m:	4:47.70	37.38	600m:	7:17.47	37.32	800m:	9:43.03	34.60

26.	SIMOES Ana Beatriz	05	Sporting	**9:43.28**	+0,76	574	

50m:	32.31	32.31	250m:	2:59.15	37.40	450m:	5:29.20	37.06	650m:	7:57.14	37.30
100m:	1:07.89	35.58	300m:	3:36.86	37.71	500m:	6:06.46	37.26	700m:	8:33.84	36.70
150m:	1:44.50	36.61	350m:	4:14.41	37.55	550m:	6:42.88	36.42	750m:	9:09.83	35.99
200m:	2:21.75	37.25	400m:	4:52.14	37.73	600m:	7:19.84	36.96	800m:	9:43.28	33.45

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PARCEIROS

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
27.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:43.37**	+0,80	573	

50m:	33.25	33.25	250m:	2:59.87	36.88	450m:	5:28.29	36.94	650m:	7:55.63	36.53
100m:	1:09.51	36.26	300m:	3:37.06	37.19	500m:	6:05.25	36.96	700m:	8:32.42	36.79
150m:	1:46.23	36.72	350m:	4:14.09	37.03	550m:	6:42.19	36.94	750m:	9:08.86	36.44
200m:	2:22.99	36.76	400m:	4:51.35	37.26	600m:	7:19.10	36.91	800m:	9:43.37	34.51

28.	GALANTE Ines Carvalho	04	Vilacondense	**9:50.83**	+0,78	552					
50m:	32.96	32.96	250m:	3:01.07	37.77	450m:	5:31.94	37.61	650m:	8:01.50	37.28
100m:	1:08.86	35.90	300m:	3:38.78	37.71	500m:	6:09.36	37.42	700m:	8:38.97	37.47
150m:	1:45.80	36.94	350m:	4:16.70	37.92	550m:	6:46.82	37.46	750m:	9:15.15	36.18
200m:	2:23.30	37.50	400m:	4:54.33	37.63	600m:	7:24.22	37.40	800m:	9:50.83	35.68
29.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**9:51.03**	+0,75	551					
50m:	33.90	33.90	250m:	3:02.21	37.38	450m:	5:32.39	37.34	650m:	8:02.04	37.03
100m:	1:10.48	36.58	300m:	3:39.78	37.57	500m:	6:10.13	37.74	700m:	8:38.93	36.89
150m:	1:47.66	37.18	350m:	4:17.32	37.54	550m:	6:47.57	37.44	750m:	9:15.29	36.36
200m:	2:24.83	37.17	400m:	4:55.05	37.73	600m:	7:25.01	37.44	800m:	9:51.03	35.74
30.	MARTINS Ines Correia	04	Porto	**9:53.28**	+0,74	545					
50m:	33.92	33.92	250m:	3:01.16	37.14	450m:	5:30.34	37.41	650m:	8:01.00	37.65
100m:	1:10.36	36.44	300m:	3:38.35	37.19	500m:	6:07.91	37.57	700m:	8:38.78	37.78
150m:	1:47.27	36.91	350m:	4:15.68	37.33	550m:	6:45.75	37.84	750m:	9:16.18	37.40
200m:	2:24.02	36.75	400m:	4:52.93	37.25	600m:	7:23.35	37.60	800m:	9:53.28	37.10
31.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**9:53.96**	+0,77	543					
50m:	33.16	33.16	250m:	3:00.76	37.49	450m:	5:31.41	37.48	650m:	8:02.38	37.76
100m:	1:09.09	35.93	300m:	3:38.19	37.43	500m:	6:09.03	37.62	700m:	8:40.19	37.81
150m:	1:46.06	36.97	350m:	4:15.96	37.77	550m:	6:46.78	37.75	750m:	9:17.87	37.68
200m:	2:23.27	37.21	400m:	4:53.93	37.97	600m:	7:24.62	37.84	800m:	9:53.96	36.09
32.	COSTA Mafalda Santos	05	Colegio Monte Maior	**9:55.15**	+0,89	540					
50m:	32.91	32.91	250m:	3:01.06	37.71	450m:	5:32.51	37.20	650m:	8:03.67	37.63
100m:	1:09.06	36.15	300m:	3:39.56	38.50	500m:	6:10.28	37.77	700m:	8:41.64	37.97
150m:	1:45.95	36.89	350m:	4:17.25	37.69	550m:	6:48.20	37.92	750m:	9:18.95	37.31
200m:	2:23.35	37.40	400m:	4:55.31	38.06	600m:	7:26.04	37.84	800m:	9:55.15	36.20
33.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**9:55.58**	+0,70	539					
50m:	33.40	33.40	250m:	3:02.71	37.68	450m:	5:34.43	37.92	650m:	8:06.05	37.83
100m:	1:09.71	36.31	300m:	3:40.47	37.76	500m:	6:12.52	38.09	700m:	8:44.04	37.99
150m:	1:47.21	37.50	350m:	4:18.43	37.96	550m:	6:50.17	37.65	750m:	9:20.72	36.68
200m:	2:25.03	37.82	400m:	4:56.51	38.08	600m:	7:28.22	38.05	800m:	9:55.58	34.86
34.	SILVA Ines Martins	04	Vilacondense	**9:56.43**	+0,82	537					
50m:	32.49	32.49	250m:	3:00.13	37.73	450m:	5:32.73	38.34	650m:	8:05.97	38.01
100m:	1:07.87	35.38	300m:	3:38.36	38.23	500m:	6:11.09	38.36	700m:	8:44.14	38.17
150m:	1:44.32	36.45	350m:	4:16.00	37.64	550m:	6:49.34	38.25	750m:	9:20.60	36.46
200m:	2:22.40	38.08	400m:	4:54.39	38.39	600m:	7:27.96	38.62	800m:	9:56.43	35.83
35.	SOUSA Ines Matos	03	Uniao Coimbra	**9:56.64**	+0,74	536					
50m:	34.49	34.49	250m:	3:01.47	36.84	450m:	5:31.72	37.83	650m:	8:04.34	38.03
100m:	1:11.69	37.20	300m:	3:38.86	37.39	500m:	6:09.71	37.99	700m:	8:42.43	38.09
150m:	1:47.86	36.17	350m:	4:16.21	37.35	550m:	6:47.92	38.21	750m:	9:19.79	37.36
200m:	2:24.63	36.77	400m:	4:53.89	37.68	600m:	7:26.31	38.39	800m:	9:56.64	36.85
36.	SANTOS Mariana Marques	05	Gesloures	**9:56.95**	+0,67	535					
50m:	33.91	33.91	250m:	3:02.00	37.32	450m:	5:32.84	37.98	650m:	8:05.33	38.27
100m:	1:10.40	36.49	300m:	3:39.48	37.48	500m:	6:10.95	38.11	700m:	8:43.55	38.22
150m:	1:47.71	37.31	350m:	4:16.98	37.50	550m:	6:49.02	38.07	750m:	9:21.13	37.58
200m:	2:24.68	36.97	400m:	4:54.86	37.88	600m:	7:27.06	38.04	800m:	9:56.95	35.82

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Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:57.09**	+0,86	535	

50m:	34.68	34.68	250m:	3:05.02	37.64	450m:	5:36.23	37.51	650m:	8:05.96	37.62
100m:	1:12.21	37.53	300m:	3:42.71	37.69	500m:	6:13.70	37.47	700m:	8:43.44	37.48
150m:	1:49.70	37.49	350m:	4:20.46	37.75	550m:	6:50.82	37.12	750m:	9:20.79	37.35
200m:	2:27.38	37.68	400m:	4:58.72	38.26	600m:	7:28.34	37.52	800m:	9:57.09	36.30

38.	FERNANDES Maria Elias	04	Desportiva Viana	**9:57.18**	+0,92	534	

50m:	32.91	32.91	250m:	3:02.46	37.76	450m:	5:34.32	37.93	650m:	8:06.64	37.92
100m:	1:09.40	36.49	300m:	3:40.38	37.92	500m:	6:12.68	38.36	700m:	8:44.85	38.21
150m:	1:46.87	37.47	350m:	4:18.05	37.67	550m:	6:50.70	38.02	750m:	9:22.50	37.65
200m:	2:24.70	37.83	400m:	4:56.39	38.34	600m:	7:28.72	38.02	800m:	9:57.18	34.68

39.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**9:57.46**	+0,83	534	

50m:	34.03	34.03	250m:	3:03.42	37.75	450m:	5:34.80	37.60	650m:	8:06.39	37.46
100m:	1:11.11	37.08	300m:	3:41.51	38.09	500m:	6:13.12	38.32	700m:	8:44.15	37.76
150m:	1:48.20	37.09	350m:	4:19.13	37.62	550m:	6:50.83	37.71	750m:	9:21.38	37.23
200m:	2:25.67	37.47	400m:	4:57.20	38.07	600m:	7:28.93	38.10	800m:	9:57.46	36.08

40.	PEDRO Daniela Alexandra	04	Sporting	**9:57.56**	+0,74	533	

50m:	34.16	34.16	250m:	3:05.57	38.42	450m:	5:37.77	37.52	650m:	8:08.39	37.54
100m:	1:11.73	37.57	300m:	3:43.79	38.22	500m:	6:15.80	38.03	700m:	8:46.12	37.73
150m:	1:49.55	37.82	350m:	4:21.75	37.96	550m:	6:53.23	37.43	750m:	9:23.27	37.15
200m:	2:27.15	37.60	400m:	5:00.25	38.50	600m:	7:30.85	37.62	800m:	9:57.56	34.29

41.	PEREIRA Anais Cloe	04	Sporting	**9:57.81**	+0,77	533	

50m:	33.99	33.99	250m:	3:03.87	37.94	450m:	5:34.61	37.70	650m:	8:06.06	38.11
100m:	1:10.78	36.79	300m:	3:41.48	37.61	500m:	6:12.41	37.80	700m:	8:44.64	38.58
150m:	1:48.14	37.36	350m:	4:19.11	37.63	550m:	6:50.17	37.76	750m:	9:22.26	37.62
200m:	2:25.93	37.79	400m:	4:56.91	37.80	600m:	7:27.95	37.78	800m:	9:57.81	35.55

42.	CABRAL Ana Matos	05	Condeixa Clube	**9:58.47**	+0,73	531	

50m:	33.65	33.65	250m:	3:03.87	37.66	450m:	5:35.48	38.17	650m:	8:07.52	37.79
100m:	1:11.07	37.42	300m:	3:41.83	37.96	500m:	6:13.58	38.10	700m:	8:45.49	37.97
150m:	1:48.58	37.51	350m:	4:19.52	37.69	550m:	6:51.92	38.34	750m:	9:22.50	37.01
200m:	2:26.21	37.63	400m:	4:57.31	37.79	600m:	7:29.73	37.81	800m:	9:58.47	35.97

43.	JESUS Leonor Santos	04	Natacao Olhao	**10:00.85**	+0,85	525	

50m:	33.87	33.87	250m:	3:03.30	37.83	450m:	5:34.64	38.09	650m:	8:07.07	38.72
100m:	1:10.56	36.69	300m:	3:41.13	37.83	500m:	6:12.61	37.97	700m:	8:45.88	38.81
150m:	1:47.84	37.28	350m:	4:18.69	37.56	550m:	6:50.55	37.94	750m:	9:23.79	37.91
200m:	2:25.47	37.63	400m:	4:56.55	37.86	600m:	7:28.35	37.80	800m:	10:00.85	37.06

44.	MONTEIRO Barbara Oliveira	04	Braga	**10:01.83**	+1,04	522	

50m:	34.51	34.51	250m:	3:02.89	37.58	450m:	5:34.51	38.15	650m:	8:08.55	38.49
100m:	1:11.01	36.50	300m:	3:40.64	37.75	500m:	6:12.70	38.19	700m:	8:47.24	38.69
150m:	1:48.03	37.02	350m:	4:18.04	37.40	550m:	6:51.08	38.38	750m:	9:25.71	38.47
200m:	2:25.31	37.28	400m:	4:56.36	38.32	600m:	7:30.06	38.98	800m:	10:01.83	36.12

45.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	**10:02.50**	+0,75	520	

50m:	31.86	31.86	250m:	3:01.92	38.31	450m:	5:35.16	38.34	650m:	8:08.83	38.84
100m:	1:07.87	36.01	300m:	3:40.41	38.49	500m:	6:13.34	38.18	700m:	8:47.59	38.76
150m:	1:45.42	37.55	350m:	4:18.73	38.32	550m:	6:51.49	38.15	750m:	9:25.80	38.21
200m:	2:23.61	38.19	400m:	4:56.82	38.09	600m:	7:29.99	38.50	800m:	10:02.50	36.70

46.	AMANTES Beatriz Quintao	03	Uniao Piedense	**10:02.82**	+0,71	520	

50m:	33.23	33.23	250m:	3:01.75	37.47	450m:	5:33.81	37.82	650m:	8:08.41	39.12
100m:	1:09.71	36.48	300m:	3:39.67	37.92	500m:	6:12.04	38.23	700m:	8:47.49	39.08
150m:	1:46.97	37.26	350m:	4:17.62	37.95	550m:	6:50.26	38.22	750m:	9:25.92	38.43
200m:	2:24.28	37.31	400m:	4:55.99	38.37	600m:	7:29.29	39.03	800m:	10:02.82	36.90

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
47.	FERNANDES Maria Teresa	05	Alges	**10:04.42**	+0,69	515	

50m:	33.72	33.72	250m:	3:05.88	38.13	450m:	5:38.11	37.51	650m:	8:10.21	37.88
100m:	1:11.26	37.54	300m:	3:44.19	38.31	500m:	6:16.03	37.92	700m:	8:48.64	38.43
150m:	1:49.46	38.20	350m:	4:22.40	38.21	550m:	6:54.06	38.03	750m:	9:26.81	38.17
200m:	2:27.75	38.29	400m:	5:00.60	38.20	600m:	7:32.33	38.27	800m:	10:04.42	37.61

48.	NARRA Vera Figueiredo	04	Amadora	**10:05.88**	+0,67	512	

50m:	32.96	32.96	250m:	3:02.71	37.70	450m:	5:34.22	38.13	650m:	8:08.87	38.76
100m:	1:09.71	36.75	300m:	3:40.89	38.18	500m:	6:12.90	38.68	700m:	8:47.79	38.92
150m:	1:46.97	37.26	350m:	4:18.20	37.31	550m:	6:51.24	38.34	750m:	9:27.19	39.40
200m:	2:25.01	38.04	400m:	4:56.09	37.89	600m:	7:30.11	38.87	800m:	10:05.88	38.69

49.	FOMINA Anna	02	Louletano / Loule Concelho	**10:06.48**	+0,68	510	

50m:	33.91	33.91	250m:	3:00.42	37.21	450m:	5:34.41	38.79	650m:	8:10.00	39.01
100m:	1:10.02	36.11	300m:	3:37.82	37.40	500m:	6:13.09	38.68	700m:	8:49.02	39.02
150m:	1:46.79	36.77	350m:	4:16.34	38.52	550m:	6:51.58	38.49	750m:	9:28.26	39.24
200m:	2:23.21	36.42	400m:	4:55.62	39.28	600m:	7:30.99	39.41	800m:	10:06.48	38.22

50.	NEVES Natalia Passeira	05	Natacao de Valongo	**10:07.63**	+0,85	507	

50m:	32.97	32.97	250m:	3:05.30	38.91	450m:	5:38.55	37.87	650m:	8:13.77	39.07
100m:	1:09.92	36.95	300m:	3:43.51	38.21	500m:	6:16.78	38.23	700m:	8:52.35	38.58
150m:	1:48.18	38.26	350m:	4:22.66	39.15	550m:	6:56.07	39.29	750m:	9:30.89	38.54
200m:	2:26.39	38.21	400m:	5:00.68	38.02	600m:	7:34.70	38.63	800m:	10:07.63	36.74

51.	FERREIRA Joana Rosa	05	Naval de Peniche	**10:08.37**	+0,73	506	

50m:	32.58	32.58	250m:	3:03.82	38.58	450m:	5:38.42	38.67	650m:	8:14.72	39.39
100m:	1:09.22	36.64	300m:	3:42.16	38.34	500m:	6:16.88	38.46	700m:	8:53.73	39.01
150m:	1:47.16	37.94	350m:	4:20.94	38.78	550m:	6:56.16	39.28	750m:	9:32.42	38.69
200m:	2:25.24	38.08	400m:	4:59.75	38.81	600m:	7:35.33	39.17	800m:	10:08.37	35.95

52.	TROIA Beatriz Rosa	04	Vilacondense	**10:08.46**	+0,69	505	

50m:	34.34	34.34	250m:	3:04.36	37.98	450m:	5:37.35	38.82	650m:	8:12.28	39.45
100m:	1:11.19	36.85	300m:	3:43.00	38.64	500m:	6:15.78	38.43	700m:	8:51.32	39.04
150m:	1:48.28	37.09	350m:	4:20.70	37.70	550m:	6:54.18	38.40	750m:	9:30.22	38.90
200m:	2:26.38	38.10	400m:	4:58.53	37.83	600m:	7:32.83	38.65	800m:	10:08.46	38.24

53.	RIOS Maria Manuel	04	Leixoes	**10:10.01**	+0,67	501	

50m:	32.99	32.99	250m:	3:05.14	38.88	450m:	5:40.57	38.25	650m:	8:14.98	38.41
100m:	1:10.00	37.01	300m:	3:44.47	39.33	500m:	6:19.34	38.77	700m:	8:54.22	39.24
150m:	1:47.72	37.72	350m:	4:23.05	38.58	550m:	6:57.93	38.59	750m:	9:32.03	37.81
200m:	2:26.26	38.54	400m:	5:02.32	39.27	600m:	7:36.57	38.64	800m:	10:10.01	37.98

54.	PIRES Laura Joao	05	Natacao do Fundao	**10:10.35**	+0,82	501	

50m:	34.62	34.62	250m:	3:05.86	38.14	450m:	5:39.81	38.73	650m:	8:15.50	38.80
100m:	1:11.71	37.09	300m:	3:44.38	38.52	500m:	6:18.68	38.87	700m:	8:54.29	38.79
150m:	1:49.53	37.82	350m:	4:22.69	38.31	550m:	6:57.44	38.76	750m:	9:33.32	39.03
200m:	2:27.72	38.19	400m:	5:01.08	38.39	600m:	7:36.70	39.26	800m:	10:10.35	37.03

55.	ARAUJO Maria Clara	05	Naval do Funchal	**10:12.59**	+0,66	495	

50m:	33.74	33.74	250m:	3:04.45	38.29	450m:	5:41.03	38.80	650m:	8:17.02	39.07
100m:	1:10.80	37.06	300m:	3:43.94	39.49	500m:	6:19.79	38.76	700m:	8:56.03	39.01
150m:	1:47.94	37.14	350m:	4:22.89	38.95	550m:	6:58.79	39.00	750m:	9:34.67	38.64
200m:	2:26.16	38.22	400m:	5:02.23	39.34	600m:	7:37.95	39.16	800m:	10:12.59	37.92

56.	INACIO Marta Macedo	04	Sporting	**10:15.51**	+0,79	488	

50m:	35.27	35.27	250m:	3:07.98	38.45	450m:	5:43.53	38.44	650m:	8:19.53	38.77
100m:	1:12.90	37.63	300m:	3:47.05	39.07	500m:	6:22.40	38.87	700m:	8:58.46	38.93
150m:	1:51.03	38.13	350m:	4:25.90	38.85	550m:	7:01.53	39.13	750m:	9:36.85	38.39
200m:	2:29.53	38.50	400m:	5:05.09	39.19	600m:	7:40.76	39.23	800m:	10:15.51	38.66

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
57.	LOPES Raquel Raposo	04	Cova da Piedade	**10:17.94**	+0,80	482	

50m:	35.27	35.27	250m:	3:06.51	38.54	450m:	5:41.52	38.98	650m:	8:19.72	39.64
100m:	1:12.27	37.00	300m:	3:44.99	38.48	500m:	6:20.95	39.43	700m:	8:59.76	40.04
150m:	1:50.18	37.91	350m:	4:24.03	39.04	550m:	7:00.54	39.59	750m:	9:39.26	39.50
200m:	2:27.97	37.79	400m:	5:02.54	38.51	600m:	7:40.08	39.54	800m:	10:17.94	38.68

58.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:18.15**	+0,94	482	

50m:	35.15	35.15	250m:	3:11.15	39.26	450m:	5:49.27	39.68	650m:	8:27.56	38.53
100m:	1:13.88	38.73	300m:	3:50.76	39.61	500m:	6:29.37	40.10	700m:	9:05.65	38.09
150m:	1:52.83	38.95	350m:	4:30.07	39.31	550m:	7:09.40	40.03	750m:	9:42.56	36.91
200m:	2:31.89	39.06	400m:	5:09.59	39.52	600m:	7:49.03	39.63	800m:	10:18.15	35.59

59.	RINO Maria Pedro	05	Academia Acores	**10:20.33**	+0,91	477	

50m:	35.00	35.00	250m:	3:09.11	38.43	450m:	5:46.46	39.22	650m:	8:25.97	39.88
100m:	1:13.26	38.26	300m:	3:48.38	39.27	500m:	6:26.39	39.93	700m:	9:05.04	39.07
150m:	1:51.99	38.73	350m:	4:27.28	38.90	550m:	7:06.07	39.68	750m:	9:42.61	37.57
200m:	2:30.68	38.69	400m:	5:07.24	39.96	600m:	7:46.09	40.02	800m:	10:20.33	37.72

60.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:22.18**	+0,76	473	

50m:	34.53	34.53	250m:	3:10.98	39.53	450m:	5:49.08	39.45	650m:	8:25.84	38.78
100m:	1:12.73	38.20	300m:	3:50.02	39.04	500m:	6:28.68	39.60	700m:	9:05.00	39.16
150m:	1:51.77	39.04	350m:	4:29.84	39.82	550m:	7:07.70	39.02	750m:	9:44.04	39.04
200m:	2:31.45	39.68	400m:	5:09.63	39.79	600m:	7:47.06	39.36	800m:	10:22.18	38.14

61.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:22.33**	+0,81	472	

50m:	34.79	34.79	250m:	3:12.00	39.00	450m:	5:49.71	39.24	650m:	8:27.40	39.00
100m:	1:14.05	39.26	300m:	3:51.62	39.62	500m:	6:29.95	40.24	700m:	9:06.77	39.37
150m:	1:53.03	38.98	350m:	4:31.24	39.62	550m:	7:09.32	39.37	750m:	9:44.92	38.15
200m:	2:33.00	39.97	400m:	5:10.47	39.23	600m:	7:48.40	39.08	800m:	10:22.33	37.41

62.	SILVA Maria Ines	05	Porto	**10:31.50**	+0,54	452	

50m:	33.11	33.11	250m:	3:06.63	39.21	450m:	5:47.05	39.98	650m:	8:30.42	40.49
100m:	1:10.25	37.14	300m:	3:46.49	39.86	500m:	6:27.76	40.71	700m:	9:11.29	40.87
150m:	1:48.83	38.58	350m:	4:26.45	39.96	550m:	7:08.47	40.71	750m:	9:51.76	40.47
200m:	2:27.42	38.59	400m:	5:07.07	40.62	600m:	7:49.93	41.46	800m:	10:31.50	39.74

DSQ	HUTYY Adriana Carolina	05	Braga

403 - Falsa partida - SW 4.4

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 45, Femin., 800m Livres

Prova 45 — Femin., 800m Livres — Absolutos
04-08-2019 - 11:15 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

TAC Sen 50m: 9:31.77 - 25m: 9:24.06; Jun 50m: 9:51.26 - 25m: 9:40.82

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna *Minimos CEPL*	99	Braga	**8:36.52**	+0,68	826	

50m:	30.38	30.38	250m:	2:39.42	32.27	450m:	4:49.01	32.33	650m:	6:59.00	32.59
100m:	1:02.53	32.15	300m:	3:11.84	32.42	500m:	5:21.51	32.50	700m:	7:31.90	32.90
150m:	1:34.68	32.15	350m:	3:44.22	32.38	550m:	5:53.77	32.26	750m:	8:04.56	32.66
200m:	2:07.15	32.47	400m:	4:16.68	32.46	600m:	6:26.41	32.64	800m:	8:36.52	31.96

2.	DURAES Diana Margarida *Minimos CEPL*	96	Benfica	**8:39.86**	+0,72	810	

50m:	30.50	30.50	250m:	2:40.48	32.59	450m:	4:51.29	32.54	650m:	7:02.04	32.45
100m:	1:02.99	32.49	300m:	3:13.32	32.84	500m:	5:24.10	32.81	700m:	7:35.05	33.01
150m:	1:35.34	32.35	350m:	3:45.86	32.54	550m:	5:56.74	32.64	750m:	8:07.57	32.52
200m:	2:07.89	32.55	400m:	4:18.75	32.89	600m:	6:29.59	32.85	800m:	8:39.86	32.29

3.	ANDRE Angelica Maria	94	Fluvial Portuense	**9:01.53**	+0,73	717	

50m:	31.85	31.85	250m:	2:46.69	33.85	450m:	5:01.69	33.78	650m:	7:18.45	34.17
100m:	1:05.49	33.64	300m:	3:20.34	33.65	500m:	5:35.80	34.11	700m:	7:52.58	34.13
150m:	1:39.47	33.98	350m:	3:54.10	33.76	550m:	6:09.92	34.12	750m:	8:27.02	34.44
200m:	2:12.84	33.37	400m:	4:27.91	33.81	600m:	6:44.28	34.36	800m:	9:01.53	34.51

4.	RAMOS Ana Rita	02	Porto	**9:04.98**	+0,69	703	

50m:	31.41	31.41	250m:	2:47.29	33.73	450m:	5:03.99	34.28	650m:	7:21.84	34.08
100m:	1:04.89	33.48	300m:	3:21.50	34.21	500m:	5:38.62	34.63	700m:	7:56.47	34.63
150m:	1:39.38	34.49	350m:	3:55.46	33.96	550m:	6:12.87	34.25	750m:	8:30.97	34.50
200m:	2:13.56	34.18	400m:	4:29.71	34.25	600m:	6:47.76	34.89	800m:	9:04.98	34.01

5.	QUEIROZ Ana Rita	02	Condeixa Clube	**9:12.42**	+0,68	675	

50m:	31.76	31.76	250m:	2:48.76	34.40	450m:	5:08.20	34.58	650m:	7:27.27	34.51
100m:	1:05.66	33.90	300m:	3:23.70	34.94	500m:	5:43.19	34.99	700m:	8:02.67	35.40
150m:	1:39.86	34.20	350m:	3:58.71	35.01	550m:	6:17.90	34.71	750m:	8:37.64	34.97
200m:	2:14.36	34.50	400m:	4:33.62	34.91	600m:	6:52.76	34.86	800m:	9:12.42	34.78

6.	AMORIM Maria Leonor	03	Porto	**9:18.35**	+0,74	654	

50m:	31.80	31.80	250m:	2:50.16	34.82	450m:	5:10.83	35.28	650m:	7:33.94	35.59
100m:	1:05.97	34.17	300m:	3:24.97	34.81	500m:	5:46.62	35.79	700m:	8:09.10	35.16
150m:	1:40.54	34.57	350m:	4:00.24	35.27	550m:	6:22.48	35.86	750m:	8:44.47	35.37
200m:	2:15.34	34.80	400m:	4:35.55	35.31	600m:	6:58.35	35.87	800m:	9:18.35	33.88

7.	MARTINS Francisca Soares	03	Foca	**9:21.27**	+0,69	644	

50m:	31.31	31.31	250m:	2:48.66	34.62	450m:	5:10.45	35.73	650m:	7:34.69	36.19
100m:	1:05.21	33.90	300m:	3:23.67	35.01	500m:	5:46.38	35.93	700m:	8:11.19	36.50
150m:	1:39.65	34.44	350m:	3:58.91	35.24	550m:	6:22.33	35.95	750m:	8:47.32	36.13
200m:	2:14.04	34.39	400m:	4:34.72	35.81	600m:	6:58.50	36.17	800m:	9:21.27	33.95

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PARCEIROS

NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:21.43**	+0,72	643	

50m:	31.68	31.68	250m:	2:49.11	34.74	450m:	5:10.77	35.83	650m:	7:34.99	36.02
100m:	1:05.33	33.65	300m:	3:24.19	35.08	500m:	5:46.61	35.84	700m:	8:11.13	36.14
150m:	1:40.01	34.68	350m:	3:59.47	35.28	550m:	6:22.69	36.08	750m:	8:47.16	36.03
200m:	2:14.37	34.36	400m:	4:34.94	35.47	600m:	6:58.97	36.28	800m:	9:21.43	34.27

9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:26.51**	+0,77	626					
50m:	31.92	31.92	250m:	2:51.90	35.57	450m:	5:16.19	36.25	650m:	7:40.83	36.25
100m:	1:06.33	34.41	300m:	3:27.71	35.81	500m:	5:52.22	36.03	700m:	8:16.98	36.15
150m:	1:41.02	34.69	350m:	4:03.51	35.80	550m:	6:28.48	36.26	750m:	8:52.26	35.28
200m:	2:16.33	35.31	400m:	4:39.94	36.43	600m:	7:04.58	36.10	800m:	9:26.51	34.25

10.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:38.00**	+0,70	590					
50m:	33.20	33.20	250m:	2:58.93	37.13	450m:	5:25.47	36.51	650m:	7:52.80	37.06
100m:	1:08.95	35.75	300m:	3:35.75	36.82	500m:	6:01.93	36.46	700m:	8:30.04	37.24
150m:	1:45.34	36.39	350m:	4:12.44	36.69	550m:	6:38.38	36.45	750m:	9:05.21	35.17
200m:	2:21.80	36.46	400m:	4:48.96	36.52	600m:	7:15.74	37.36	800m:	9:38.00	32.79

11.	VELOSO Teresa Miguel	00	Sporting	**9:39.36**	+0,74	585					
50m:	32.67	32.67	250m:	2:57.30	36.68	450m:	5:22.39	36.07	650m:	7:48.46	36.76
100m:	1:08.32	35.65	300m:	3:33.61	36.31	500m:	5:58.65	36.26	700m:	8:25.34	36.88
150m:	1:44.59	36.27	350m:	4:10.13	36.52	550m:	6:34.97	36.32	750m:	9:02.62	37.28
200m:	2:20.62	36.03	400m:	4:46.32	36.19	600m:	7:11.70	36.73	800m:	9:39.36	36.74

12.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:39.72**	+0,79	584					
50m:	32.92	32.92	250m:	2:57.70	36.62	450m:	5:26.20	37.31	650m:	7:53.02	36.60
100m:	1:08.44	35.52	300m:	3:34.64	36.94	500m:	6:02.99	36.79	700m:	8:29.83	36.81
150m:	1:44.31	35.87	350m:	4:11.65	37.01	550m:	6:39.49	36.50	750m:	9:05.54	35.71
200m:	2:21.08	36.77	400m:	4:48.89	37.24	600m:	7:16.42	36.93	800m:	9:39.72	34.18

13.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**9:43.03**	+0,76	574					
50m:	32.43	32.43	250m:	2:56.20	36.74	450m:	5:24.92	37.22	650m:	7:54.88	37.41
100m:	1:07.43	35.00	300m:	3:32.94	36.74	500m:	6:02.45	37.53	700m:	8:32.07	37.19
150m:	1:43.08	35.65	350m:	4:10.32	37.38	550m:	6:40.15	37.70	750m:	9:08.43	36.36
200m:	2:19.46	36.38	400m:	4:47.70	37.38	600m:	7:17.47	37.32	800m:	9:43.03	34.60

14.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**9:53.96**	+0,77	543					
50m:	33.16	33.16	250m:	3:00.76	37.49	450m:	5:31.41	37.48	650m:	8:02.38	37.76
100m:	1:09.09	35.93	300m:	3:38.19	37.43	500m:	6:09.03	37.62	700m:	8:40.19	37.81
150m:	1:46.06	36.97	350m:	4:15.96	37.77	550m:	6:46.78	37.75	750m:	9:17.87	37.68
200m:	2:23.27	37.21	400m:	4:53.93	37.97	600m:	7:24.62	37.84	800m:	9:53.96	36.09

15.	SOUSA Ines Matos	03	Uniao Coimbra	**9:56.64**	+0,74	536					
50m:	34.49	34.49	250m:	3:01.47	36.84	450m:	5:31.72	37.83	650m:	8:04.34	38.03
100m:	1:11.69	37.20	300m:	3:38.86	37.39	500m:	6:09.71	37.99	700m:	8:42.43	38.09
150m:	1:47.86	36.17	350m:	4:16.21	37.35	550m:	6:47.92	38.21	750m:	9:19.79	37.36
200m:	2:24.63	36.77	400m:	4:53.89	37.68	600m:	7:26.31	38.39	800m:	9:56.64	36.85

16.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	**10:02.50**	+0,75	520					
50m:	31.86	31.86	250m:	3:01.92	38.31	450m:	5:35.16	38.34	650m:	8:08.83	38.84
100m:	1:07.87	36.01	300m:	3:40.41	38.49	500m:	6:13.34	38.18	700m:	8:47.59	38.76
150m:	1:45.42	37.55	350m:	4:18.73	38.32	550m:	6:51.49	38.15	750m:	9:25.80	38.21
200m:	2:23.61	38.19	400m:	4:56.82	38.09	600m:	7:29.99	38.50	800m:	10:02.50	36.70

17.	AMANTES Beatriz Quintao	03	Uniao Piedense	**10:02.82**	+0,71	520					
50m:	33.23	33.23	250m:	3:01.75	37.47	450m:	5:33.81	37.82	650m:	8:08.41	39.12
100m:	1:09.71	36.48	300m:	3:39.67	37.92	500m:	6:12.04	38.23	700m:	8:47.49	39.08
150m:	1:46.97	37.26	350m:	4:17.62	37.95	550m:	6:50.26	38.22	750m:	9:25.92	38.43
200m:	2:24.28	37.31	400m:	4:55.99	38.37	600m:	7:29.29	39.03	800m:	10:02.82	36.90

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PARCEIROS

NATAÇÃO PURA

Prova 46 — Masc., 800m Livres — Open
04-08-2019 - 12:10 — Resultados

Rec Nac Absoluto	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Sen	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14-07-2019
Rec Nac Inf A	8:54.25	OLIVEIRA Pedro Fontoura	CFB	Lisboa	29-05-2004
Rec Nac Inf B	9:12.56	OLIVEIRA Pedro Fontoura	CFB	Lisboa	27-07-2003

TAC Sen 50m: 8:30.68 - 25m: 8:15.49; Jun 50m: 8:40.65 - 25m: 8:27.89

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	**8:02.16**	+0,62	824	
	Recorde Nacional, Abs e Sen						
2.	GIL Rafael Lourenco	96	Sporting	**8:13.20**	+0,66	770	
3.	SANTOS Pedro Miguel	01	Porto	**8:31.24**	+0,67	691	
4.	DEUS Andre Portugal	02	Naval do Funchal	**8:34.11**	+0,61	680	
5.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:46.33**	+0,67	633	
6.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**8:47.26**	+0,70	630	
DNS	PINA Guilherme Filipe	98	Sporting				

50m:	27.40	27.40	250m:	2:29.01	30.77	450m:	4:31.07	30.02	650m:	6:33.13	30.55
100m:	57.41	30.01	300m:	2:59.60	30.59	500m:	5:01.37	30.30	700m:	7:03.97	30.84
150m:	1:27.66	30.25	350m:	3:30.24	30.64	550m:	5:31.91	30.54	750m:	7:33.57	29.60
200m:	1:58.24	30.58	400m:	4:01.05	30.81	600m:	6:02.58	30.67	800m:	8:02.16	28.59

50m:	28.02	28.02	250m:	2:30.70	30.83	450m:	4:34.93	31.02	650m:	6:40.75	31.57
100m:	58.28	30.26	300m:	3:01.56	30.86	500m:	5:06.23	31.30	700m:	7:12.19	31.44
150m:	1:28.96	30.68	350m:	3:32.56	31.00	550m:	5:37.67	31.44	750m:	7:43.17	30.98
200m:	1:59.87	30.91	400m:	4:03.91	31.35	600m:	6:09.18	31.51	800m:	8:13.20	30.03

50m:	28.49	28.49	250m:	2:32.57	30.99	450m:	4:40.52	31.90	650m:	6:52.11	32.83
100m:	59.30	30.81	300m:	3:04.41	31.84	500m:	5:13.15	32.63	700m:	7:25.47	33.36
150m:	1:30.25	30.95	350m:	3:36.26	31.85	550m:	5:46.15	33.00	750m:	7:58.54	33.07
200m:	2:01.58	31.33	400m:	4:08.62	32.36	600m:	6:19.28	33.13	800m:	8:31.24	32.70

50m:	28.48	28.48	250m:	2:35.56	32.38	450m:	4:46.19	32.60	650m:	6:57.91	33.10
100m:	59.45	30.97	300m:	3:08.30	32.74	500m:	5:19.25	33.06	700m:	7:30.78	32.87
150m:	1:31.12	31.67	350m:	3:40.76	32.46	550m:	5:52.16	32.91	750m:	8:02.77	31.99
200m:	2:03.18	32.06	400m:	4:13.59	32.83	600m:	6:24.81	32.65	800m:	8:34.11	31.34

50m:	28.04	28.04	250m:	2:32.20	30.93	450m:	4:46.67	35.18	650m:	7:04.75	34.63
100m:	58.55	30.51	300m:	3:04.53	32.33	500m:	5:21.06	34.39	700m:	7:39.10	34.35
150m:	1:29.71	31.16	350m:	3:37.34	32.81	550m:	5:55.37	34.31	750m:	8:13.00	33.90
200m:	2:01.27	31.56	400m:	4:11.49	34.15	600m:	6:30.12	34.75	800m:	8:46.33	33.33

50m:	29.09	29.09	250m:	2:41.40	33.70	450m:	4:54.13	33.18	650m:	7:08.33	33.67
100m:	1:01.12	32.03	300m:	3:14.35	32.95	500m:	5:27.62	33.49	700m:	7:41.78	33.45
150m:	1:34.45	33.33	350m:	3:47.70	33.35	550m:	6:01.02	33.40	750m:	8:14.53	32.75
200m:	2:07.70	33.25	400m:	4:20.95	33.25	600m:	6:34.66	33.64	800m:	8:47.26	32.73

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PARCEIROS

Prova 46, Masc., 800m Livres

Prova 46 — Masc., 800m Livres — Absolutos
04-08-2019 - 12:10 — Resultados

Rec Nac Absoluto	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Sen	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010

TAC Sen 50m: 8:30.68 - 25m: 8:15.49; Jun 50m: 8:40.65 - 25m: 8:27.89

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo *Recorde Nacional, Abs e Sen*	00	Braga	**8:02.16**	+0,62	824	

50m:	27.40	27.40	250m:	2:29.01	30.77	450m:	4:31.07	30.02	650m:	6:33.13	30.55
100m:	57.41	30.01	300m:	2:59.60	30.59	500m:	5:01.37	30.30	700m:	7:03.97	30.84
150m:	1:27.66	30.25	350m:	3:30.24	30.64	550m:	5:31.91	30.54	750m:	7:33.57	29.60
200m:	1:58.24	30.58	400m:	4:01.05	30.81	600m:	6:02.58	30.67	800m:	8:02.16	28.59

2.	GIL Rafael Lourenco	96	Sporting	**8:13.20**	+0,66	770	

50m:	28.02	28.02	250m:	2:30.70	30.83	450m:	4:34.93	31.02	650m:	6:40.75	31.57
100m:	58.28	30.26	300m:	3:01.56	30.86	500m:	5:06.23	31.30	700m:	7:12.19	31.44
150m:	1:28.96	30.68	350m:	3:32.56	31.00	550m:	5:37.67	31.44	750m:	7:43.17	30.98
200m:	1:59.87	30.91	400m:	4:03.91	31.35	600m:	6:09.18	31.51	800m:	8:13.20	30.03

3.	SANTOS Pedro Miguel	01	Porto	**8:31.24**	+0,67	691	

50m:	28.49	28.49	250m:	2:32.57	30.99	450m:	4:40.52	31.90	650m:	6:52.11	32.83
100m:	59.30	30.81	300m:	3:04.41	31.84	500m:	5:13.15	32.63	700m:	7:25.47	33.36
150m:	1:30.25	30.95	350m:	3:36.26	31.85	550m:	5:46.15	33.00	750m:	7:58.54	33.07
200m:	2:01.58	31.33	400m:	4:08.62	32.36	600m:	6:19.28	33.13	800m:	8:31.24	32.70

4.	DEUS Andre Portugal	02	Naval do Funchal	**8:34.11**	+0,61	680	

50m:	28.48	28.48	250m:	2:35.56	32.38	450m:	4:46.19	32.60	650m:	6:57.91	33.10
100m:	59.45	30.97	300m:	3:08.30	32.74	500m:	5:19.25	33.06	700m:	7:30.78	32.87
150m:	1:31.12	31.67	350m:	3:40.76	32.46	550m:	5:52.16	32.91	750m:	8:02.77	31.99
200m:	2:03.18	32.06	400m:	4:13.59	32.83	600m:	6:24.81	32.65	800m:	8:34.11	31.34

5.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:46.33**	+0,67	633	

50m:	28.04	28.04	250m:	2:32.20	30.93	450m:	4:46.67	35.18	650m:	7:04.75	34.63
100m:	58.55	30.51	300m:	3:04.53	32.33	500m:	5:21.06	34.39	700m:	7:39.10	34.35
150m:	1:29.71	31.16	350m:	3:37.34	32.81	550m:	5:55.37	34.31	750m:	8:13.00	33.90
200m:	2:01.27	31.56	400m:	4:11.49	34.15	600m:	6:30.12	34.75	800m:	8:46.33	33.33

DNS	PINA Guilherme Filipe	98	Sporting				
EXH	BELEZAS Ricardo Andrade *RN Classe S15*	91	Sporting	**9:38.58**	+0,78	477	

50m:	31.22	31.22	250m:	2:52.10	36.10	450m:	5:18.93	37.06	650m:	7:49.00	37.34
100m:	1:05.28	34.06	300m:	3:28.35	36.25	500m:	5:56.43	37.50	700m:	8:26.55	37.55
150m:	1:40.40	35.12	350m:	4:04.92	36.57	550m:	6:33.90	37.47	750m:	9:03.30	36.75
200m:	2:16.00	35.60	400m:	4:41.87	36.95	600m:	7:11.66	37.76	800m:	9:38.58	35.28

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NATAÇÃO PURA

Prova 47 — Femin., 4 x 100m Estilos — Juvenis
04-08-2019 - 12:10 — Resultados

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

TAC_estafetas 50m: 4:55.32 - 25m: 4:49.42

Pontos: FINA 2019

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-JUV			Sporting		**4:35.52**	+0,78	593	
	DELFINO Mariana Morais	+0,78	34.74	1:11.26	MOURA Maria Ferreira	+0,25	28.91	1:04.09	
	REIS Erica Cristina	+0,09	35.98	1:17.89	SIMOES Ana Beatriz	+0,35	30.05	1:02.28	
2.	Galitos / Bresimar-JUV			Galitos / Bresimar		**4:39.36**	+0,60	569	
	FERNANDES Carolina Miranda	+0,60	32.90	1:06.92	ALMEIDA Maria Carolina	+0,64	30.88	1:06.55	
	COSTA Joana Santos	+0,66	38.63	1:23.02	VASCONCELOS Lara Rodrigue	+0,16	29.39	1:02.87	
3.	Vilacondense-JUV			Vilacondense		**4:44.61**	+0,59	538	
	TROIA Barbara Daniela	+0,59	34.40	1:10.72	TROIA Beatriz Rosa	+0,44	31.72	1:07.99	
	LOPES Francisca Macedo	+0,06	37.25	1:20.50	GALANTE Ines Carvalho	+0,27	31.45	1:05.40	
4.	Avancado EUL-JUV			Avancado EUL		**4:45.45**	+0,65	533	
	LOPO Lara Moreira	+0,65	37.66	1:17.16	VIEIRA Carmo Dias	+0,27	32.48	1:09.96	
	NUNES Margarida Domingues	+0,46	35.09	1:16.51	SANTOS Leonor Esteves	+0,41	29.73	1:01.82	
5.	Gesloures-JUV			Gesloures		**4:45.71**	+0,71	532	
	RODRIGUES Sofia Vilardell	+0,71	33.35	1:10.54	MORGADO Alice Jesus	+0,52	31.84	1:10.53	
	COSTA Catarina Nunes	+0,61	38.16	1:21.85	MELO Sara Carreira	+0,21	29.43	1:02.79	
6.	Bairro dos Anjos/ Leiria-JUV			Bairro dos Anjos/ Leiria		**4:47.02**	+0,62	525	
	LAGOA Carlota Macedo	+0,62	33.70	1:09.67	SIMOES Rita Mendes	+0,23	32.15	1:10.94	
	ALVES Maria Francisca	+0,43	38.42	1:22.91	VIANA Margarida Violante	+0,11	30.42	1:03.50	
7.	Famalicao-JUV			Famalicao		**4:47.22**	+0,66	523	
	COSTA Mariana Martins	+0,66	36.01	1:15.06	LOPES Daniela Magalhaes	+0,59	31.66	1:08.73	
	REGO Ines Faria	+0,27	36.38	1:18.13	MARTINS Margarida Carvalhal	+0,44	31.33	1:05.30	
8.	Porto-JUV			Porto		**4:51.21**	+0,67	502	
	MARTINS Ines Correia	+0,67	36.12	1:15.05	PINHO Carolina Teixeira	+0,54	32.56	1:10.19	
	PRETO Filipa Manso	+0,48	37.50	1:21.05	SILVA Maria Ines	+0,11	30.55	1:04.92	
9.	Benfica-JUV			Benfica		**4:55.69**	+0,77	480	
	VENTURA Barbara Cunha	+0,77	37.23	1:16.63	ANDRE Isadora Maia	+0,38	32.54	1:09.59	
	VARGAS Maria Carolina		40.70	1:25.82	FERREIRA Joana Rocha	+0,50	31.00	1:03.65	
10.	Leixoes-JUV			Leixoes		**4:56.76**	+0,57	475	
	QUINTA Luisa Coelho	+0,57	35.01	1:14.21	SILVA Joana Ferreira	+0,31	32.60	1:11.30	
	ALVES Carina Alexandra	-0,02	39.70	1:24.04	RIOS Maria Manuel	+0,44	31.56	1:07.21	
11.	Naval do Funchal-JUV			Naval do Funchal		**5:09.08**	+0,56	420	
	JARDIM Teresa Vieira	+0,56	36.41	1:17.10	CAMACHO Laura Fernandes	+0,26	34.85	1:16.44	
	ARAUJO Maria Clara	+0,39	40.61	1:28.42	NASCIMENTO Sofia Alexandre	+0,19	31.22	1:07.12	
DSQ	Natacao de Vagos-JUV			Natacao de Vagos					
	111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11								
	MARQUES Maria Vieira	+0,51	34.88	1:13.13	VIANA Jacinta Martins	-0,06			
	PEREIRA Carolina Rei	+0,44	36.86	1:20.80	STELMASHCHUK Catarina Cruz	+0,06			

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Prova 48 — Masc., 4 x 100m Estilos — Juvenis
04-08-2019 - 12:25 — Resultados

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

TAC_estafetas 50m: 4:27.78 - 25m: 4:22.42

Pontos: FINA 2019

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
1.	Belenenses-JUV			Belenenses		**4:06.05**	+0,64	597	
	IACHIMOVSCHI Nicolae	+0,64	31.00	1:04.36	DIAS Rodrigo Reis	+0,30	27.19	59.34	
	JUNIOR Luis Cabral	+0,25	30.96	1:07.44	WANZELLER Goncalo Henrique	+0,24	25.72	54.91	
2.	Benfica-JUV			Benfica		**4:07.27**	+0,74	589	
	CORREIA Pedro Henriques	+0,74	32.53	1:07.33	CARNEIRO Joao Soares	+0,24	27.03	57.87	
	PEREIRA Ricardo Samuel	+0,20	30.28	1:04.50	FIDALGO Joao Matos	+0,53	27.30	57.57	
3.	Bairro dos Anjos/ Leiria-JUV			Bairro dos Anjos/ Leiria		**4:10.51**	+0,61	566	
	FARIA Ricardo Morais	+0,61	30.77	1:03.85	REIS Rodrigo Miguel	+0,55	26.82	59.09	
	SILVA Nuno Marques	+0,33	33.77	1:11.72	CLARA Vitor Belo	+0,43	26.62	55.85	
4.	Uniao Coimbra-JUV			Uniao Coimbra		**4:11.36**	+0,63	560	
	RIBEIRO Diogo Matos	+0,63	28.97	59.76	MARTINS Alexandre Viegas	+0,19	28.17	1:02.33	
	MOITA Goncalo Brites	+0,17	33.63	1:12.92	SIMOES Manuel Baptista	+0,28	26.31	56.35	
5.	Naval do Funchal-JUV			Naval do Funchal		**4:11.55**	+0,46	559	
	GOMES Goncalo Camara	+0,46	30.23	1:03.58	BARRY Rafael Francisco	+0,20	27.82	1:00.84	
	FERNANDES Martim Pestana	+0,12	32.76	1:10.14	FERNANDES Diogo Henrique	+0,19	26.58	56.99	
6.	Torres Novas-JUV			Torres Novas		**4:14.49**	+0,82	540	
	MATRENO Diogo Miguel	+0,82	32.21	1:05.92	VAKULYUK Paulo	+0,38	25.51	55.98	
	SANTANA Pedro Maria	+0,31	34.47	1:14.06	MENDES Guilherme Marques	+0,43	28.01	58.53	
7.	Uniao Piedense-JUV			Uniao Piedense		**4:15.06**	+0,64	536	
	GOMES Tomas Nogueira	+0,64	30.52	1:01.57	ALMEIDA Goncalo Vieira	+0,45	30.27	1:06.19	
	OSSENBRUGGEN David Van	+0,25	31.72	1:09.03	LOPES Rafael Caceres	+0,31	27.97	58.27	
8.	Viver Santarem-JUV			Viver Santarem		**4:15.19**	+0,55	535	
	COUTINHO Guilherme Pereira	+0,55	31.32	1:03.67	ALVES Rui Chagas	+0,21	28.85	1:03.68	
	LOPES Luis Afonso	+0,34	33.34	1:11.60	CRISTOVAO Goncalo Magalhae	+0,31	27.02	56.24	
9.	Galitos / Bresimar-JUV			Galitos / Bresimar		**4:15.57**	+0,69	533	
	ANTUNES Joao Afonso	+0,69	32.26	1:06.94	TAVARES Bernardo Rodrigues	+0,27	27.65	1:00.37	
	CARVALHO Renato Miguel	+0,21	33.02	1:12.13	FARDILHA Manuel Cruz	+0,21	26.92	56.13	
10.	Famalicao-JUV			Famalicao		**4:15.59**	+0,73	533	
	MARQUES Andre Costa	+0,73	30.97	1:04.57	SANTOS Gabriel Moreira	+0,60	27.41	1:01.07	
	FAIA Mateus Costa	+0,22	33.02	1:10.58	TEIXEIRA Cesar Rego	+0,36	27.53	59.37	
11.	Vitoria Guimaraes-JUV			Vitoria Guimaraes		**4:15.97**	+0,60	531	
	CUNHA Rodrigo Manuel	+0,60	29.80	1:02.83	SOUSA Diogo Nunes	+0,23	29.46	1:03.76	
	CASTRO Helder Ribeiro	+0,32	34.63	1:12.23	MADUREIRA Rui Pedro	+0,14	27.08	57.15	
12.	Academia Acores-JUV			Academia Acores		**4:16.67**	+0,77	526	
	SILVA Gustavo Carvalho	+0,77	29.73	1:01.50	MATOS Gil Amaral	+0,41	29.43	1:03.76	
	PINTO Joao Pedro	+0,39	35.25	1:14.31	AGUIAR Vasco Ormonde	+0,38	26.87	57.10	

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Prova 48, Masc., 4 x 100m Estilos, Juvenis

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
13.	Gesloures-JUV			Gesloures		**4:17.19**	+0,59	523	
	VALENTE Goncalo Filipe	+0,59	31.72	1:06.64	PARENTE Salvador Ataide	+0,29	28.79	1:03.18	
	JORGE Afonso Goncalves	+0,21	32.98	1:10.86	PENELAS Joao Pedro	+0,31	26.69	56.51	
14.	Fundacao Beatriz Santos-JUV			Fundacao Beatriz Santos		**4:20.11**	+0,63	506	
	DIAS Jose Diogo	+0,63	31.84	1:05.66	DIOGO Dinis Miranda	+0,22	28.01	1:02.30	
	POIARES Tiago Andre	+0,41	35.23	1:16.01	GOMES Goncalo Andre	+0,52	26.75	56.14	
15.	Porto-JUV			Porto		**4:20.66**	+0,68	502	
	CASTRO Duarte Monteiro	+0,68	29.56	1:00.61	APSENIECE Kevins Alexandre	+0,54	28.86	1:03.35	
	FERREIRA Joao Carlos	+0,47	35.28	1:15.27	CARVALHO Goncalo Renato	+0,64	29.72	1:01.43	
16.	Aquatico Pacense-JUV			Aquatico Pacense		**4:22.03**	+0,69	495	
	LEAL Dinis Barros	+0,69	30.56	1:03.51	NETO Rodrigo Jorge	+0,04	28.02	1:01.61	
	MARQUES Marcos Filipe	+0,22	36.01	1:17.68	TEIXEIRA Pedro Rui	+0,15	28.50	59.23	
17.	Bombeiros Ponta Delgada-JUV			Bombeiros Ponta Delgada		**4:24.79**	+0,59	479	
	SANTOS Joao Pedro	+0,59	32.29	1:10.13	BORGES Rafael Braga	+0,22	28.47	1:02.90	
	LOPES Francisco Oliveira	+0,40	33.89	1:13.97	PAZ Antonio Manuel	+0,56	27.24	57.79	
18.	Sporting-JUV			Sporting		**4:24.96**	+0,67	478	
	FRASQUILHO Afonso Figueired	+0,67	32.67	1:07.95	PINTO Afonso Cipriano	+0,30	29.85	1:04.72	
	ALMEIDA Bernardo Victorino	+0,18	33.72	1:14.46	SANTOS Joao Afonso	+0,22	26.92	57.83	
19.	Natacao do Montijo-JUV			Natacao do Montijo		**4:25.31**	+0,70	476	
	LOPES Tiago Fanha	+0,70	32.51	1:07.86	BARAONA Andre Azevedo	+0,55	28.31	1:01.75	
	GONCALVES Duarte Cadima	+0,36	34.70	1:16.23	DURAES Diogo Miguel	+0,49	28.30	59.47	
20.	Colegio Vasco da Gama-JUV			Colegio Vasco da Gama		**4:25.91**	+0,75	473	
	MATOS Pedro Miguel	+0,75	33.42	1:10.53	VALENTE Henrique Pinheiro	+0,31	27.54	1:01.01	
	MATOS Joao Luis	+0,07	33.50	1:13.45	MANZ Guilherme Carmo	+0,29	28.23	1:00.92	
21.	AONDA-Azeitao-JUV			AONDA-Azeitao		**4:26.89**	+0,68	468	
	RAPOSO Goncalo Nuno	+0,68	32.46	1:06.43	LOPES Rodrigo Beja	+0,43	28.74	1:01.92	
	SILVA Miguel Madeira	+0,36	37.79	1:20.39	FERREIRA Ricardo Martins	+0,35	27.45	58.15	

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8 - 4ª Jornada - 2ª Sessão (Finais-Finals) 04-08-2019 - 16:00

Prova 45 | Femin., 800m Livres | Juvenis
04-08-2019 - 16:00 | 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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	**9:16.49**	+0,74	661	
2.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:22.49**	+0,63	640	
3.	SANTOS Leonor Esteves	04	Avancado EUL	**9:26.89**	+0,76	625	
4.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:28.34**	+0,73	620	
5.	PRETO Filipa Manso	04	Porto	**9:28.51**	+0,81	620	
6.	PIRES Marta Joao	05	Alges	**9:31.37**	+0,72	610	
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:31.65**	+0,73	609	
8.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:33.70**	+0,82	603	

50m:	32.35	32.35	250m:	2:54.28	35.65	450m:	5:15.12	35.18	650m:	7:34.42	34.58
100m:	1:07.25	34.90	300m:	3:29.48	35.20	500m:	5:49.89	34.77	700m:	8:08.87	34.45
150m:	1:43.27	36.02	350m:	4:05.11	35.63	550m:	6:25.20	35.31	750m:	8:43.24	34.37
200m:	2:18.63	35.36	400m:	4:39.94	34.83	600m:	6:59.84	34.64	800m:	9:16.49	33.25

50m:	32.13	32.13	250m:	2:52.00	34.82	450m:	5:13.04	35.26	650m:	7:36.31	35.60
100m:	1:07.21	35.08	300m:	3:27.38	35.38	500m:	5:49.13	36.09	700m:	8:12.43	36.12
150m:	1:41.95	34.74	350m:	4:02.34	34.96	550m:	6:24.74	35.61	750m:	8:48.06	35.63
200m:	2:17.18	35.23	400m:	4:37.78	35.44	600m:	7:00.71	35.97	800m:	9:22.49	34.43

50m:	32.81	32.81	250m:	2:55.60	35.73	450m:	5:17.99	35.65	650m:	7:41.11	36.08
100m:	1:08.44	35.63	300m:	3:31.04	35.44	500m:	5:53.49	35.50	700m:	8:16.72	35.61
150m:	1:44.41	35.97	350m:	4:06.71	35.67	550m:	6:29.50	36.01	750m:	8:52.39	35.67
200m:	2:19.87	35.46	400m:	4:42.34	35.63	600m:	7:05.03	35.53	800m:	9:26.89	34.50

50m:	31.79	31.79	250m:	2:52.78	35.75	450m:	5:17.85	35.74	650m:	7:43.12	36.28
100m:	1:06.23	34.44	300m:	3:29.46	36.68	500m:	5:54.83	36.98	700m:	8:19.19	36.07
150m:	1:40.86	34.63	350m:	4:05.47	36.01	550m:	6:30.41	35.58	750m:	8:54.44	35.25
200m:	2:17.03	36.17	400m:	4:42.11	36.64	600m:	7:06.84	36.43	800m:	9:28.34	33.90

50m:	33.22	33.22	250m:	2:55.82	35.47	450m:	5:18.66	35.63	650m:	7:42.14	35.81
100m:	1:08.71	35.49	300m:	3:31.55	35.73	500m:	5:54.56	35.90	700m:	8:18.17	36.03
150m:	1:44.42	35.71	350m:	4:07.03	35.48	550m:	6:30.38	35.82	750m:	8:53.88	35.71
200m:	2:20.35	35.93	400m:	4:43.03	36.00	600m:	7:06.33	35.95	800m:	9:28.51	34.63

50m:	33.73	33.73	250m:	2:59.04	36.26	450m:	5:23.25	35.28	650m:	7:46.45	35.37
100m:	1:10.36	36.63	300m:	3:35.44	36.40	500m:	5:59.25	36.00	700m:	8:21.79	35.34
150m:	1:46.44	36.08	350m:	4:11.44	36.00	550m:	6:35.07	35.82	750m:	8:57.08	35.29
200m:	2:22.78	36.34	400m:	4:47.97	36.53	600m:	7:11.08	36.01	800m:	9:31.37	34.29

50m:	32.33	32.33	250m:	2:55.28	35.84	450m:	5:18.99	35.51	650m:	7:43.97	36.06
100m:	1:07.69	35.36	300m:	3:31.33	36.05	500m:	5:55.14	36.15	700m:	8:20.84	36.87
150m:	1:43.24	35.55	350m:	4:07.09	35.76	550m:	6:31.23	36.09	750m:	8:57.07	36.23
200m:	2:19.44	36.20	400m:	4:43.48	36.39	600m:	7:07.91	36.68	800m:	9:31.65	34.58

50m:	32.15	32.15	250m:	2:54.28	36.36	450m:	5:19.55	36.24	650m:	7:46.10	36.61
100m:	1:06.89	34.74	300m:	3:30.80	36.52	500m:	5:56.41	36.86	700m:	8:23.04	36.94
150m:	1:42.18	35.29	350m:	4:07.17	36.37	550m:	6:32.92	36.51	750m:	8:59.07	36.03
200m:	2:17.92	35.74	400m:	4:43.31	36.14	600m:	7:09.49	36.57	800m:	9:33.70	34.63

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NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**9:35.48**	+0,79	597	

50m:	32.33	32.33	250m:	2:55.48	35.83	450m:	5:21.48	36.55	650m:	7:48.22	36.26
100m:	1:07.84	35.51	300m:	3:31.86	36.38	500m:	5:58.52	37.04	700m:	8:24.88	36.66
150m:	1:43.56	35.72	350m:	4:08.09	36.23	550m:	6:34.95	36.43	750m:	9:00.64	35.76
200m:	2:19.65	36.09	400m:	4:44.93	36.84	600m:	7:11.96	37.01	800m:	9:35.48	34.84

10.	ALVES Joana Silva	05	Benedita	**9:38.80**	+0,79	587	

50m:	32.43	32.43	250m:	2:58.88	37.00	450m:	5:25.98	36.50	650m:	7:52.86	36.55
100m:	1:08.41	35.98	300m:	3:35.94	37.06	500m:	6:03.01	37.03	700m:	8:28.84	35.98
150m:	1:45.01	36.60	350m:	4:12.73	36.79	550m:	6:39.03	36.02	750m:	9:04.68	35.84
200m:	2:21.88	36.87	400m:	4:49.48	36.75	600m:	7:16.31	37.28	800m:	9:38.80	34.12

11.	SEBASTIAO Sofia Antunes	05	Amadora	**9:41.12**	+0,77	580	

50m:	32.20	32.20	250m:	2:55.67	36.00	450m:	5:23.18	36.43	650m:	7:52.20	36.55
100m:	1:07.66	35.46	300m:	3:32.62	36.95	500m:	6:00.93	37.75	700m:	8:29.31	37.11
150m:	1:42.94	35.28	350m:	4:09.38	36.76	550m:	6:37.93	37.00	750m:	9:05.47	36.16
200m:	2:19.67	36.73	400m:	4:46.75	37.37	600m:	7:15.65	37.72	800m:	9:41.12	35.65

12.	PINHO Carolina Teixeira	04	Porto	**9:41.38**	+0,72	579	

50m:	32.70	32.70	250m:	2:57.09	36.40	450m:	5:23.38	36.41	650m:	7:51.35	36.66
100m:	1:08.35	35.65	300m:	3:33.77	36.68	500m:	6:00.56	37.18	700m:	8:28.46	37.11
150m:	1:44.04	35.69	350m:	4:10.12	36.35	550m:	6:37.31	36.75	750m:	9:04.94	36.48
200m:	2:20.69	36.65	400m:	4:46.97	36.85	600m:	7:14.69	37.38	800m:	9:41.38	36.44

13.	SIMOES Ana Beatriz	05	Sporting	**9:43.28**	+0,76	574	

50m:	32.31	32.31	250m:	2:59.15	37.40	450m:	5:29.20	37.06	650m:	7:57.14	37.30
100m:	1:07.89	35.58	300m:	3:36.86	37.71	500m:	6:06.46	37.26	700m:	8:33.84	36.70
150m:	1:44.50	36.61	350m:	4:14.41	37.55	550m:	6:42.88	36.42	750m:	9:09.83	35.99
200m:	2:21.75	37.25	400m:	4:52.14	37.73	600m:	7:19.84	36.96	800m:	9:43.28	33.45

14.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:43.37**	+0,80	573	

50m:	33.25	33.25	250m:	2:59.87	36.88	450m:	5:28.29	36.94	650m:	7:55.63	36.53
100m:	1:09.51	36.26	300m:	3:37.06	37.19	500m:	6:05.25	36.96	700m:	8:32.42	36.79
150m:	1:46.23	36.72	350m:	4:14.09	37.03	550m:	6:42.19	36.94	750m:	9:08.86	36.44
200m:	2:22.99	36.76	400m:	4:51.35	37.26	600m:	7:19.10	36.91	800m:	9:43.37	34.51

15.	GALANTE Ines Carvalho	04	Vilacondense	**9:50.83**	+0,78	552	

50m:	32.96	32.96	250m:	3:01.07	37.77	450m:	5:31.94	37.61	650m:	8:01.50	37.28
100m:	1:08.86	35.90	300m:	3:38.78	37.71	500m:	6:09.36	37.42	700m:	8:38.97	37.47
150m:	1:45.80	36.94	350m:	4:16.70	37.92	550m:	6:46.82	37.46	750m:	9:15.15	36.18
200m:	2:23.30	37.50	400m:	4:54.33	37.63	600m:	7:24.22	37.40	800m:	9:50.83	35.68

16.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**9:51.03**	+0,75	551	

50m:	33.90	33.90	250m:	3:02.21	37.38	450m:	5:32.39	37.34	650m:	8:02.04	37.03
100m:	1:10.48	36.58	300m:	3:39.78	37.57	500m:	6:10.13	37.74	700m:	8:38.93	36.89
150m:	1:47.66	37.18	350m:	4:17.32	37.54	550m:	6:47.57	37.44	750m:	9:15.29	36.36
200m:	2:24.83	37.17	400m:	4:55.05	37.73	600m:	7:25.01	37.44	800m:	9:51.03	35.74

17.	MARTINS Ines Correia	04	Porto	**9:53.28**	+0,74	545	

50m:	33.92	33.92	250m:	3:01.16	37.14	450m:	5:30.34	37.41	650m:	8:01.00	37.65
100m:	1:10.36	36.44	300m:	3:38.35	37.19	500m:	6:07.91	37.57	700m:	8:38.78	37.78
150m:	1:47.27	36.91	350m:	4:15.68	37.33	550m:	6:45.75	37.84	750m:	9:16.18	37.40
200m:	2:24.02	36.75	400m:	4:52.93	37.25	600m:	7:23.35	37.60	800m:	9:53.28	37.10

18.	COSTA Mafalda Santos	05	Colegio Monte Maior	**9:55.15**	+0,89	540	

50m:	32.91	32.91	250m:	3:01.06	37.71	450m:	5:32.51	37.20	650m:	8:03.67	37.63
100m:	1:09.06	36.15	300m:	3:39.56	38.50	500m:	6:10.28	37.77	700m:	8:41.64	37.97
150m:	1:45.95	36.89	350m:	4:17.25	37.69	550m:	6:48.20	37.92	750m:	9:18.95	37.31
200m:	2:23.35	37.40	400m:	4:55.31	38.06	600m:	7:26.04	37.84	800m:	9:55.15	36.20

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**9:55.58**	+0,70	539	

50m:	33.40	33.40	250m:	3:02.71	37.68	450m:	5:34.43	37.92	650m:	8:06.05	37.83
100m:	1:09.71	36.31	300m:	3:40.47	37.76	500m:	6:12.52	38.09	700m:	8:44.04	37.99
150m:	1:47.21	37.50	350m:	4:18.43	37.96	550m:	6:50.17	37.65	750m:	9:20.72	36.68
200m:	2:25.03	37.82	400m:	4:56.51	38.08	600m:	7:28.22	38.05	800m:	9:55.58	34.86

20.	SILVA Ines Martins	04	Vilacondense	**9:56.43**	+0,82	537					
50m:	32.49	32.49	250m:	3:00.13	37.73	450m:	5:32.73	38.34	650m:	8:05.97	38.01
100m:	1:07.87	35.38	300m:	3:38.36	38.23	500m:	6:11.09	38.36	700m:	8:44.14	38.17
150m:	1:44.32	36.45	350m:	4:16.00	37.64	550m:	6:49.34	38.25	750m:	9:20.60	36.46
200m:	2:22.40	38.08	400m:	4:54.39	38.39	600m:	7:27.96	38.62	800m:	9:56.43	35.83
21.	SANTOS Mariana Marques	05	Gesloures	**9:56.95**	+0,67	535					
50m:	33.91	33.91	250m:	3:02.00	37.32	450m:	5:32.84	37.98	650m:	8:05.33	38.27
100m:	1:10.40	36.49	300m:	3:39.48	37.48	500m:	6:10.95	38.11	700m:	8:43.55	38.22
150m:	1:47.71	37.31	350m:	4:16.98	37.50	550m:	6:49.02	38.07	750m:	9:21.13	37.58
200m:	2:24.68	36.97	400m:	4:54.86	37.88	600m:	7:27.06	38.04	800m:	9:56.95	35.82
22.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:57.09**	+0,86	535					
50m:	34.68	34.68	250m:	3:05.02	37.64	450m:	5:36.23	37.51	650m:	8:05.96	37.62
100m:	1:12.21	37.53	300m:	3:42.71	37.69	500m:	6:13.70	37.47	700m:	8:43.44	37.48
150m:	1:49.70	37.49	350m:	4:20.46	37.75	550m:	6:50.82	37.12	750m:	9:20.79	37.35
200m:	2:27.38	37.68	400m:	4:58.72	38.26	600m:	7:28.34	37.52	800m:	9:57.09	36.30
23.	FERNANDES Maria Elias	04	Desportiva Viana	**9:57.18**	+0,92	534					
50m:	32.91	32.91	250m:	3:02.46	37.76	450m:	5:34.32	37.93	650m:	8:06.64	37.92
100m:	1:09.40	36.49	300m:	3:40.38	37.92	500m:	6:12.68	38.36	700m:	8:44.85	38.21
150m:	1:46.87	37.47	350m:	4:18.05	37.67	550m:	6:50.70	38.02	750m:	9:22.50	37.65
200m:	2:24.70	37.83	400m:	4:56.39	38.34	600m:	7:28.72	38.02	800m:	9:57.18	34.68
24.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**9:57.46**	+0,83	534					
50m:	34.03	34.03	250m:	3:03.42	37.75	450m:	5:34.80	37.60	650m:	8:06.39	37.46
100m:	1:11.11	37.08	300m:	3:41.51	38.09	500m:	6:13.12	38.32	700m:	8:44.15	37.76
150m:	1:48.20	37.09	350m:	4:19.13	37.62	550m:	6:50.83	37.71	750m:	9:21.38	37.23
200m:	2:25.67	37.47	400m:	4:57.20	38.07	600m:	7:28.93	38.10	800m:	9:57.46	36.08
25.	PEDRO Daniela Alexandra	04	Sporting	**9:57.56**	+0,74	533					
50m:	34.16	34.16	250m:	3:05.57	38.42	450m:	5:37.77	37.52	650m:	8:08.39	37.54
100m:	1:11.73	37.57	300m:	3:43.79	38.22	500m:	6:15.80	38.03	700m:	8:46.12	37.73
150m:	1:49.55	37.82	350m:	4:21.75	37.96	550m:	6:53.23	37.43	750m:	9:23.27	37.15
200m:	2:27.15	37.60	400m:	5:00.25	38.50	600m:	7:30.85	37.62	800m:	9:57.56	34.29
26.	PEREIRA Anais Cloe	04	Sporting	**9:57.81**	+0,77	533					
50m:	33.99	33.99	250m:	3:03.87	37.94	450m:	5:34.61	37.70	650m:	8:06.06	38.11
100m:	1:10.78	36.79	300m:	3:41.48	37.61	500m:	6:12.41	37.80	700m:	8:44.64	38.58
150m:	1:48.14	37.36	350m:	4:19.11	37.63	550m:	6:50.17	37.76	750m:	9:22.26	37.62
200m:	2:25.93	37.79	400m:	4:56.91	37.80	600m:	7:27.95	37.78	800m:	9:57.81	35.55
27.	CABRAL Ana Matos	05	Condeixa Clube	**9:58.47**	+0,73	531					
50m:	33.65	33.65	250m:	3:03.87	37.66	450m:	5:35.48	38.17	650m:	8:07.52	37.79
100m:	1:11.07	37.42	300m:	3:41.83	37.96	500m:	6:13.58	38.10	700m:	8:45.49	37.97
150m:	1:48.58	37.51	350m:	4:19.52	37.69	550m:	6:51.92	38.34	750m:	9:22.50	37.01
200m:	2:26.21	37.63	400m:	4:57.31	37.79	600m:	7:29.73	37.81	800m:	9:58.47	35.97
28.	JESUS Leonor Santos	04	Natacao Olhao	**10:00.85**	+0,85	525					
50m:	33.87	33.87	250m:	3:03.30	37.83	450m:	5:34.64	38.09	650m:	8:07.07	38.72
100m:	1:10.56	36.69	300m:	3:41.13	37.83	500m:	6:12.61	37.97	700m:	8:45.88	38.81
150m:	1:47.84	37.28	350m:	4:18.69	37.56	550m:	6:50.55	37.94	750m:	9:23.79	37.91
200m:	2:25.47	37.63	400m:	4:56.55	37.86	600m:	7:28.35	37.80	800m:	10:00.85	37.06

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	MONTEIRO Barbara Oliveira	04	Braga	**10:01.83**	+1,04	522	

50m:	34.51	34.51	250m:	3:02.89	37.58	450m:	5:34.51	38.15	650m:	8:08.55	38.49
100m:	1:11.01	36.50	300m:	3:40.64	37.75	500m:	6:12.70	38.19	700m:	8:47.24	38.69
150m:	1:48.03	37.02	350m:	4:18.04	37.40	550m:	6:51.08	38.38	750m:	9:25.71	38.47
200m:	2:25.31	37.28	400m:	4:56.36	38.32	600m:	7:30.06	38.98	800m:	10:01.83	36.12

30.	FERNANDES Maria Teresa	05	Alges	**10:04.42**	+0,69	515					
50m:	33.72	33.72	250m:	3:05.88	38.13	450m:	5:38.11	37.51	650m:	8:10.21	37.88
100m:	1:11.26	37.54	300m:	3:44.19	38.31	500m:	6:16.03	37.92	700m:	8:48.64	38.43
150m:	1:49.46	38.20	350m:	4:22.40	38.21	550m:	6:54.06	38.03	750m:	9:26.81	38.17
200m:	2:27.75	38.29	400m:	5:00.60	38.20	600m:	7:32.33	38.27	800m:	10:04.42	37.61
31.	NARRA Vera Figueiredo	04	Amadora	**10:05.88**	+0,67	512					
50m:	32.96	32.96	250m:	3:02.71	37.70	450m:	5:34.22	38.13	650m:	8:08.87	38.76
100m:	1:09.71	36.75	300m:	3:40.89	38.18	500m:	6:12.90	38.68	700m:	8:47.79	38.92
150m:	1:46.97	37.26	350m:	4:18.20	37.31	550m:	6:51.24	38.34	750m:	9:27.19	39.40
200m:	2:25.01	38.04	400m:	4:56.09	37.89	600m:	7:30.11	38.87	800m:	10:05.88	38.69
32.	NEVES Natalia Passeira	05	Natacao de Valongo	**10:07.63**	+0,85	507					
50m:	32.97	32.97	250m:	3:05.30	38.91	450m:	5:38.55	37.87	650m:	8:13.77	39.07
100m:	1:09.92	36.95	300m:	3:43.51	38.21	500m:	6:16.78	38.23	700m:	8:52.35	38.58
150m:	1:48.18	38.26	350m:	4:22.66	39.15	550m:	6:56.07	39.29	750m:	9:30.89	38.54
200m:	2:26.39	38.21	400m:	5:00.68	38.02	600m:	7:34.70	38.63	800m:	10:07.63	36.74
33.	FERREIRA Joana Rosa	05	Naval de Peniche	**10:08.37**	+0,73	506					
50m:	32.58	32.58	250m:	3:03.82	38.58	450m:	5:38.42	38.67	650m:	8:14.72	39.39
100m:	1:09.22	36.64	300m:	3:42.16	38.34	500m:	6:16.88	38.46	700m:	8:53.73	39.01
150m:	1:47.16	37.94	350m:	4:20.94	38.78	550m:	6:56.16	39.28	750m:	9:32.42	38.69
200m:	2:25.24	38.08	400m:	4:59.75	38.81	600m:	7:35.33	39.17	800m:	10:08.37	35.95
34.	TROIA Beatriz Rosa	04	Vilacondense	**10:08.46**	+0,69	505					
50m:	34.34	34.34	250m:	3:04.36	37.98	450m:	5:37.35	38.82	650m:	8:12.28	39.45
100m:	1:11.19	36.85	300m:	3:43.00	38.64	500m:	6:15.78	38.43	700m:	8:51.32	39.04
150m:	1:48.28	37.09	350m:	4:20.70	37.70	550m:	6:54.18	38.40	750m:	9:30.22	38.90
200m:	2:26.38	38.10	400m:	4:58.53	37.83	600m:	7:32.83	38.65	800m:	10:08.46	38.24
35.	RIOS Maria Manuel	04	Leixoes	**10:10.01**	+0,67	501					
50m:	32.99	32.99	250m:	3:05.14	38.88	450m:	5:40.57	38.25	650m:	8:14.98	38.41
100m:	1:10.00	37.01	300m:	3:44.47	39.33	500m:	6:19.34	38.77	700m:	8:54.22	39.24
150m:	1:47.72	37.72	350m:	4:23.05	38.58	550m:	6:57.93	38.59	750m:	9:32.03	37.81
200m:	2:26.26	38.54	400m:	5:02.32	39.27	600m:	7:36.57	38.64	800m:	10:10.01	37.98
36.	PIRES Laura Joao	05	Natacao do Fundao	**10:10.35**	+0,82	501					
50m:	34.62	34.62	250m:	3:05.86	38.14	450m:	5:39.81	38.73	650m:	8:15.50	38.80
100m:	1:11.71	37.09	300m:	3:44.38	38.52	500m:	6:18.68	38.87	700m:	8:54.29	38.79
150m:	1:49.53	37.82	350m:	4:22.69	38.31	550m:	6:57.44	38.76	750m:	9:33.32	39.03
200m:	2:27.72	38.19	400m:	5:01.08	38.39	600m:	7:36.70	39.26	800m:	10:10.35	37.03
37.	ARAUJO Maria Clara	05	Naval do Funchal	**10:12.59**	+0,66	495					
50m:	33.74	33.74	250m:	3:04.45	38.29	450m:	5:41.03	38.80	650m:	8:17.02	39.07
100m:	1:10.80	37.06	300m:	3:43.94	39.49	500m:	6:19.79	38.76	700m:	8:56.03	39.01
150m:	1:47.94	37.14	350m:	4:22.89	38.95	550m:	6:58.79	39.00	750m:	9:34.67	38.64
200m:	2:26.16	38.22	400m:	5:02.23	39.34	600m:	7:37.95	39.16	800m:	10:12.59	37.92
38.	INACIO Marta Macedo	04	Sporting	**10:15.51**	+0,79	488					
50m:	35.27	35.27	250m:	3:07.98	38.45	450m:	5:43.53	38.44	650m:	8:19.53	38.77
100m:	1:12.90	37.63	300m:	3:47.05	39.07	500m:	6:22.40	38.87	700m:	8:58.46	38.93
150m:	1:51.03	38.13	350m:	4:25.90	38.85	550m:	7:01.53	39.13	750m:	9:36.85	38.39
200m:	2:29.53	38.50	400m:	5:05.09	39.19	600m:	7:40.76	39.23	800m:	10:15.51	38.66

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 45, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
39.	LOPES Raquel Raposo	04	Cova da Piedade	**10:17.94**	+0,80	482	

50m:	35.27	35.27	250m:	3:06.51	38.54	450m:	5:41.52	38.98	650m:	8:19.72	39.64
100m:	1:12.27	37.00	300m:	3:44.99	38.48	500m:	6:20.95	39.43	700m:	8:59.76	40.04
150m:	1:50.18	37.91	350m:	4:24.03	39.04	550m:	7:00.54	39.59	750m:	9:39.26	39.50
200m:	2:27.97	37.79	400m:	5:02.54	38.51	600m:	7:40.08	39.54	800m:	10:17.94	38.68

40.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:18.15**	+0,94	482	

50m:	35.15	35.15	250m:	3:11.15	39.26	450m:	5:49.27	39.68	650m:	8:27.56	38.53
100m:	1:13.88	38.73	300m:	3:50.76	39.61	500m:	6:29.37	40.10	700m:	9:05.65	38.09
150m:	1:52.83	38.95	350m:	4:30.07	39.31	550m:	7:09.40	40.03	750m:	9:42.56	36.91
200m:	2:31.89	39.06	400m:	5:09.59	39.52	600m:	7:49.03	39.63	800m:	10:18.15	35.59

41.	RINO Maria Pedro	05	Academia Acores	**10:20.33**	+0,91	477	

50m:	35.00	35.00	250m:	3:09.11	38.43	450m:	5:46.46	39.22	650m:	8:25.97	39.88
100m:	1:13.26	38.26	300m:	3:48.38	39.27	500m:	6:26.39	39.93	700m:	9:05.04	39.07
150m:	1:51.99	38.73	350m:	4:27.28	38.90	550m:	7:06.07	39.68	750m:	9:42.61	37.57
200m:	2:30.68	38.69	400m:	5:07.24	39.96	600m:	7:46.09	40.02	800m:	10:20.33	37.72

42.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:22.18**	+0,76	473	

50m:	34.53	34.53	250m:	3:10.98	39.53	450m:	5:49.08	39.45	650m:	8:25.84	38.78
100m:	1:12.73	38.20	300m:	3:50.02	39.04	500m:	6:28.68	39.60	700m:	9:05.00	39.16
150m:	1:51.77	39.04	350m:	4:29.84	39.82	550m:	7:07.70	39.02	750m:	9:44.04	39.04
200m:	2:31.45	39.68	400m:	5:09.63	39.79	600m:	7:47.06	39.36	800m:	10:22.18	38.14

43.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:22.33**	+0,81	472	

50m:	34.79	34.79	250m:	3:12.00	39.00	450m:	5:49.71	39.24	650m:	8:27.40	39.00
100m:	1:14.05	39.26	300m:	3:51.62	39.62	500m:	6:29.95	40.24	700m:	9:06.77	39.37
150m:	1:53.03	38.98	350m:	4:31.24	39.62	550m:	7:09.32	39.37	750m:	9:44.92	38.15
200m:	2:33.00	39.97	400m:	5:10.47	39.23	600m:	7:48.40	39.08	800m:	10:22.33	37.41

44.	SILVA Maria Ines	05	Porto	**10:31.50**	+0,54	452	

50m:	33.11	33.11	250m:	3:06.63	39.21	450m:	5:47.05	39.98	650m:	8:30.42	40.49
100m:	1:10.25	37.14	300m:	3:46.49	39.86	500m:	6:27.76	40.71	700m:	9:11.29	40.87
150m:	1:48.83	38.58	350m:	4:26.45	39.96	550m:	7:08.47	40.71	750m:	9:51.76	40.47
200m:	2:27.42	38.59	400m:	5:07.07	40.62	600m:	7:49.93	41.46	800m:	10:31.50	39.74

DSQ	HUTYY Adriana Carolina	05	Braga

403 - Falsa partida - SW 4.4

ORGANIZAÇÃO PARCEIROS INSTITUCIONAIS PATROCINADOR OFICIAL FORNECEDOR OFICIAL PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

Prova 45, Femin., 800m Livres

Prova 45 — Femin., 800m Livres — Open
04-08-2019 - 16:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
Rec Nac Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
Rec Nac Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981
Rec Nac Inf A	9:14.85	SILVA Alexandra Maria	POR	Skovde (SWE)	10-08-1980
Rec Nac Inf B	9:30.42	RUIVO Filipa Vilas	DNMG	S. João da Madeira	25-07-2009

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna *Minimos CEPL*	99	Braga	**8:36.52**	+0,68	826	
2.	DURAES Diana Margarida *Minimos CEPL*	96	Benfica	**8:39.86**	+0,72	810	
3.	ANDRE Angelica Maria	94	Fluvial Portuense	**9:01.53**	+0,73	717	
4.	RAMOS Ana Rita	02	Porto	**9:04.98**	+0,69	703	
5.	QUEIROZ Ana Rita	02	Condeixa Clube	**9:12.42**	+0,68	675	
6.	LOPES Daniela Magalhaes	05	Famalicao	**9:16.49**	+0,74	661	
7.	AMORIM Maria Leonor	03	Porto	**9:18.35**	+0,74	654	

1. HOLUB Tamila Hryhorivna

50m:	30.38	30.38	250m:	2:39.42	32.27	450m:	4:49.01	32.33	650m:	6:59.00	32.59
100m:	1:02.53	32.15	300m:	3:11.84	32.42	500m:	5:21.51	32.50	700m:	7:31.90	32.90
150m:	1:34.68	32.15	350m:	3:44.22	32.38	550m:	5:53.77	32.26	750m:	8:04.56	32.66
200m:	2:07.15	32.47	400m:	4:16.68	32.46	600m:	6:26.41	32.64	800m:	8:36.52	31.96

2. DURAES Diana Margarida

50m:	30.50	30.50	250m:	2:40.48	32.59	450m:	4:51.29	32.54	650m:	7:02.04	32.45
100m:	1:02.99	32.49	300m:	3:13.32	32.84	500m:	5:24.10	32.81	700m:	7:35.05	33.01
150m:	1:35.34	32.35	350m:	3:45.86	32.54	550m:	5:56.74	32.64	750m:	8:07.57	32.52
200m:	2:07.89	32.55	400m:	4:18.75	32.89	600m:	6:29.59	32.85	800m:	8:39.86	32.29

3. ANDRE Angelica Maria

50m:	31.85	31.85	250m:	2:46.69	33.85	450m:	5:01.69	33.78	650m:	7:18.45	34.17
100m:	1:05.49	33.64	300m:	3:20.34	33.65	500m:	5:35.80	34.11	700m:	7:52.58	34.13
150m:	1:39.47	33.98	350m:	3:54.10	33.76	550m:	6:09.92	34.12	750m:	8:27.02	34.44
200m:	2:12.84	33.37	400m:	4:27.91	33.81	600m:	6:44.28	34.36	800m:	9:01.53	34.51

4. RAMOS Ana Rita

50m:	31.41	31.41	250m:	2:47.29	33.73	450m:	5:03.99	34.28	650m:	7:21.84	34.08
100m:	1:04.89	33.48	300m:	3:21.50	34.21	500m:	5:38.62	34.63	700m:	7:56.47	34.63
150m:	1:39.38	34.49	350m:	3:55.46	33.96	550m:	6:12.87	34.25	750m:	8:30.97	34.50
200m:	2:13.56	34.18	400m:	4:29.71	34.25	600m:	6:47.76	34.89	800m:	9:04.98	34.01

5. QUEIROZ Ana Rita

50m:	31.76	31.76	250m:	2:48.76	34.40	450m:	5:08.20	34.58	650m:	7:27.27	34.51
100m:	1:05.66	33.90	300m:	3:23.70	34.94	500m:	5:43.19	34.99	700m:	8:02.67	35.40
150m:	1:39.86	34.20	350m:	3:58.71	35.01	550m:	6:17.90	34.71	750m:	8:37.64	34.97
200m:	2:14.36	34.50	400m:	4:33.62	34.91	600m:	6:52.76	34.86	800m:	9:12.42	34.78

6. LOPES Daniela Magalhaes

50m:	32.35	32.35	250m:	2:54.28	35.65	450m:	5:15.12	35.18	650m:	7:34.42	34.58
100m:	1:07.25	34.90	300m:	3:29.48	35.20	500m:	5:49.89	34.77	700m:	8:08.87	34.45
150m:	1:43.27	36.02	350m:	4:05.11	35.63	550m:	6:25.20	35.31	750m:	8:43.24	34.37
200m:	2:18.63	35.36	400m:	4:39.94	34.83	600m:	6:59.84	34.64	800m:	9:16.49	33.25

7. AMORIM Maria Leonor

50m:	31.80	31.80	250m:	2:50.16	34.82	450m:	5:10.83	35.28	650m:	7:33.94	35.59
100m:	1:05.97	34.17	300m:	3:24.97	34.81	500m:	5:46.62	35.79	700m:	8:09.10	35.16
150m:	1:40.54	34.57	350m:	4:00.24	35.27	550m:	6:22.48	35.86	750m:	8:44.47	35.37
200m:	2:15.34	34.80	400m:	4:35.55	35.31	600m:	6:58.35	35.87	800m:	9:18.35	33.88

ORGANIZAÇÃO
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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL
PARCEIROS

NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MARTINS Francisca Soares	03	Foca	**9:21.27**	+0,69	644	

50m:	31.31	31.31	250m:	2:48.66	34.62	450m:	5:10.45	35.73	650m:	7:34.69	36.19
100m:	1:05.21	33.90	300m:	3:23.67	35.01	500m:	5:46.38	35.93	700m:	8:11.19	36.50
150m:	1:39.65	34.44	350m:	3:58.91	35.24	550m:	6:22.33	35.95	750m:	8:47.32	36.13
200m:	2:14.04	34.39	400m:	4:34.72	35.81	600m:	6:58.50	36.17	800m:	9:21.27	33.95

9.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:21.43**	+0,72	643	

50m:	31.68	31.68	250m:	2:49.11	34.74	450m:	5:10.77	35.83	650m:	7:34.99	36.02
100m:	1:05.33	33.65	300m:	3:24.19	35.08	500m:	5:46.61	35.84	700m:	8:11.13	36.14
150m:	1:40.01	34.68	350m:	3:59.47	35.28	550m:	6:22.69	36.08	750m:	8:47.16	36.03
200m:	2:14.37	34.36	400m:	4:34.94	35.47	600m:	6:58.97	36.28	800m:	9:21.43	34.27

10.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**9:22.49**	+0,63	640	

50m:	32.13	32.13	250m:	2:52.00	34.82	450m:	5:13.04	35.26	650m:	7:36.31	35.60
100m:	1:07.21	35.08	300m:	3:27.38	35.38	500m:	5:49.13	36.09	700m:	8:12.43	36.12
150m:	1:41.95	34.74	350m:	4:02.34	34.96	550m:	6:24.74	35.61	750m:	8:48.06	35.63
200m:	2:17.18	35.23	400m:	4:37.78	35.44	600m:	7:00.71	35.97	800m:	9:22.49	34.43

11.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:26.51**	+0,77	626	

50m:	31.92	31.92	250m:	2:51.90	35.57	450m:	5:16.19	36.25	650m:	7:40.83	36.25
100m:	1:06.33	34.41	300m:	3:27.71	35.81	500m:	5:52.22	36.03	700m:	8:16.98	36.15
150m:	1:41.02	34.69	350m:	4:03.51	35.80	550m:	6:28.48	36.26	750m:	8:52.26	35.28
200m:	2:16.33	35.31	400m:	4:39.94	36.43	600m:	7:04.58	36.10	800m:	9:26.51	34.25

12.	SANTOS Leonor Esteves	04	Avancado EUL	**9:26.89**	+0,76	625	

50m:	32.81	32.81	250m:	2:55.60	35.73	450m:	5:17.99	35.65	650m:	7:41.11	36.08
100m:	1:08.44	35.63	300m:	3:31.04	35.44	500m:	5:53.49	35.50	700m:	8:16.72	35.61
150m:	1:44.41	35.97	350m:	4:06.71	35.67	550m:	6:29.50	36.01	750m:	8:52.39	35.67
200m:	2:19.87	35.46	400m:	4:42.34	35.63	600m:	7:05.03	35.53	800m:	9:26.89	34.50

13.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	**9:28.34**	+0,73	620	

50m:	31.79	31.79	250m:	2:52.78	35.75	450m:	5:17.85	35.74	650m:	7:43.12	36.28
100m:	1:06.23	34.44	300m:	3:29.46	36.68	500m:	5:54.83	36.98	700m:	8:19.19	36.07
150m:	1:40.86	34.63	350m:	4:05.47	36.01	550m:	6:30.41	35.58	750m:	8:54.44	35.25
200m:	2:17.03	36.17	400m:	4:42.11	36.64	600m:	7:06.84	36.43	800m:	9:28.34	33.90

14.	PRETO Filipa Manso	04	Porto	**9:28.51**	+0,81	620	

50m:	33.22	33.22	250m:	2:55.82	35.47	450m:	5:18.66	35.63	650m:	7:42.14	35.81
100m:	1:08.71	35.49	300m:	3:31.55	35.73	500m:	5:54.56	35.90	700m:	8:18.17	36.03
150m:	1:44.42	35.71	350m:	4:07.03	35.48	550m:	6:30.38	35.82	750m:	8:53.88	35.71
200m:	2:20.35	35.93	400m:	4:43.03	36.00	600m:	7:06.33	35.95	800m:	9:28.51	34.63

15.	PIRES Marta Joao	05	Alges	**9:31.37**	+0,72	610	

50m:	33.73	33.73	250m:	2:59.04	36.26	450m:	5:23.25	35.28	650m:	7:46.45	35.37
100m:	1:10.36	36.63	300m:	3:35.44	36.40	500m:	5:59.25	36.00	700m:	8:21.79	35.34
150m:	1:46.44	36.08	350m:	4:11.44	36.00	550m:	6:35.07	35.82	750m:	8:57.08	35.29
200m:	2:22.78	36.34	400m:	4:47.97	36.53	600m:	7:11.08	36.01	800m:	9:31.37	34.29

16.	CARDEAL Beatriz Nunes	04	Academico Viseu	**9:31.65**	+0,73	609	

50m:	32.33	32.33	250m:	2:55.28	35.84	450m:	5:18.99	35.51	650m:	7:43.97	36.06
100m:	1:07.69	35.36	300m:	3:31.33	36.05	500m:	5:55.14	36.15	700m:	8:20.84	36.87
150m:	1:43.24	35.55	350m:	4:07.09	35.76	550m:	6:31.23	36.09	750m:	8:57.07	36.23
200m:	2:19.44	36.20	400m:	4:43.48	36.39	600m:	7:07.91	36.68	800m:	9:31.65	34.58

17.	PIMENTEL Marta Lima	04	Fluvial Portuense	**9:33.70**	+0,82	603	

50m:	32.15	32.15	250m:	2:54.28	36.36	450m:	5:19.55	36.24	650m:	7:46.10	36.61
100m:	1:06.89	34.74	300m:	3:30.80	36.52	500m:	5:56.41	36.86	700m:	8:23.04	36.94
150m:	1:42.18	35.29	350m:	4:07.17	36.37	550m:	6:32.92	36.51	750m:	8:59.07	36.03
200m:	2:17.92	35.74	400m:	4:43.31	36.14	600m:	7:09.49	36.57	800m:	9:33.70	34.63

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PARCEIROS

NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	GASPAR Beatriz Ferreira	04	Bombeiros Mealhada/ CA	**9:35.48**	+0,79	597	

50m:	32.33	32.33	250m:	2:55.48	35.83	450m:	5:21.48	36.55	650m:	7:48.22	36.26
100m:	1:07.84	35.51	300m:	3:31.86	36.38	500m:	5:58.52	37.04	700m:	8:24.88	36.66
150m:	1:43.56	35.72	350m:	4:08.09	36.23	550m:	6:34.95	36.43	750m:	9:00.64	35.76
200m:	2:19.65	36.09	400m:	4:44.93	36.84	600m:	7:11.96	37.01	800m:	9:35.48	34.84

19.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:38.00**	+0,70	590	

50m:	33.20	33.20	250m:	2:58.93	37.13	450m:	5:25.47	36.51	650m:	7:52.80	37.06
100m:	1:08.95	35.75	300m:	3:35.75	36.82	500m:	6:01.93	36.46	700m:	8:30.04	37.24
150m:	1:45.34	36.39	350m:	4:12.44	36.69	550m:	6:38.38	36.45	750m:	9:05.21	35.17
200m:	2:21.80	36.46	400m:	4:48.96	36.52	600m:	7:15.74	37.36	800m:	9:38.00	32.79

20.	ALVES Joana Silva	05	Benedita	**9:38.80**	+0,79	587	

50m:	32.43	32.43	250m:	2:58.88	37.00	450m:	5:25.98	36.50	650m:	7:52.86	36.55
100m:	1:08.41	35.98	300m:	3:35.94	37.06	500m:	6:03.01	37.03	700m:	8:28.84	35.98
150m:	1:45.01	36.60	350m:	4:12.73	36.79	550m:	6:39.03	36.02	750m:	9:04.68	35.84
200m:	2:21.88	36.87	400m:	4:49.48	36.75	600m:	7:16.31	37.28	800m:	9:38.80	34.12

21.	VELOSO Teresa Miguel	00	Sporting	**9:39.36**	+0,74	585	

50m:	32.67	32.67	250m:	2:57.30	36.68	450m:	5:22.39	36.07	650m:	7:48.46	36.76
100m:	1:08.32	35.65	300m:	3:33.61	36.31	500m:	5:58.65	36.26	700m:	8:25.34	36.88
150m:	1:44.59	36.27	350m:	4:10.13	36.52	550m:	6:34.97	36.32	750m:	9:02.62	37.28
200m:	2:20.62	36.03	400m:	4:46.32	36.19	600m:	7:11.70	36.73	800m:	9:39.36	36.74

22.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:39.72**	+0,79	584	

50m:	32.92	32.92	250m:	2:57.70	36.62	450m:	5:26.20	37.31	650m:	7:53.02	36.60
100m:	1:08.44	35.52	300m:	3:34.64	36.94	500m:	6:02.99	36.79	700m:	8:29.83	36.81
150m:	1:44.31	35.87	350m:	4:11.65	37.01	550m:	6:39.49	36.50	750m:	9:05.54	35.71
200m:	2:21.08	36.77	400m:	4:48.89	37.24	600m:	7:16.42	36.93	800m:	9:39.72	34.18

23.	SEBASTIAO Sofia Antunes	05	Amadora	**9:41.12**	+0,77	580	

50m:	32.20	32.20	250m:	2:55.67	36.00	450m:	5:23.18	36.43	650m:	7:52.20	36.55
100m:	1:07.66	35.46	300m:	3:32.62	36.95	500m:	6:00.93	37.75	700m:	8:29.31	37.11
150m:	1:42.94	35.28	350m:	4:09.38	36.76	550m:	6:37.93	37.00	750m:	9:05.47	36.16
200m:	2:19.67	36.73	400m:	4:46.75	37.37	600m:	7:15.65	37.72	800m:	9:41.12	35.65

24.	PINHO Carolina Teixeira	04	Porto	**9:41.38**	+0,72	579	

50m:	32.70	32.70	250m:	2:57.09	36.40	450m:	5:23.38	36.41	650m:	7:51.35	36.66
100m:	1:08.35	35.65	300m:	3:33.77	36.68	500m:	6:00.56	37.18	700m:	8:28.46	37.11
150m:	1:44.04	35.69	350m:	4:10.12	36.35	550m:	6:37.31	36.75	750m:	9:04.94	36.48
200m:	2:20.69	36.65	400m:	4:46.97	36.85	600m:	7:14.69	37.38	800m:	9:41.38	36.44

25.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**9:43.03**	+0,76	574	

50m:	32.43	32.43	250m:	2:56.20	36.74	450m:	5:24.92	37.22	650m:	7:54.88	37.41
100m:	1:07.43	35.00	300m:	3:32.94	36.74	500m:	6:02.45	37.53	700m:	8:32.07	37.19
150m:	1:43.08	35.65	350m:	4:10.32	37.38	550m:	6:40.15	37.70	750m:	9:08.43	36.36
200m:	2:19.46	36.38	400m:	4:47.70	37.38	600m:	7:17.47	37.32	800m:	9:43.03	34.60

26.	SIMOES Ana Beatriz	05	Sporting	**9:43.28**	+0,76	574	

50m:	32.31	32.31	250m:	2:59.15	37.40	450m:	5:29.20	37.06	650m:	7:57.14	37.30
100m:	1:07.89	35.58	300m:	3:36.86	37.71	500m:	6:06.46	37.26	700m:	8:33.84	36.70
150m:	1:44.50	36.61	350m:	4:14.41	37.55	550m:	6:42.88	36.42	750m:	9:09.83	35.99
200m:	2:21.75	37.25	400m:	4:52.14	37.73	600m:	7:19.84	36.96	800m:	9:43.28	33.45

27.	VIANA Margarida Violante	04	Bairro dos Anjos/ Leiria	**9:43.37**	+0,80	573	

50m:	33.25	33.25	250m:	2:59.87	36.88	450m:	5:28.29	36.94	650m:	7:55.63	36.53
100m:	1:09.51	36.26	300m:	3:37.06	37.19	500m:	6:05.25	36.96	700m:	8:32.42	36.79
150m:	1:46.23	36.72	350m:	4:14.09	37.03	550m:	6:42.19	36.94	750m:	9:08.86	36.44
200m:	2:22.99	36.76	400m:	4:51.35	37.26	600m:	7:19.10	36.91	800m:	9:43.37	34.51

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
28.	GALANTE Ines Carvalho	04	Vilacondense	**9:50.83**	+0,78	552	
29.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	**9:51.03**	+0,75	551	
30.	MARTINS Ines Correia	04	Porto	**9:53.28**	+0,74	545	
31.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**9:53.96**	+0,77	543	
32.	COSTA Mafalda Santos	05	Colegio Monte Maior	**9:55.15**	+0,89	540	
33.	NOGUEIRA Nara Soraia	05	Natacao de Valongo	**9:55.58**	+0,70	539	
34.	SILVA Ines Martins	04	Vilacondense	**9:56.43**	+0,82	537	
35.	SOUSA Ines Matos	03	Uniao Coimbra	**9:56.64**	+0,74	536	
36.	SANTOS Mariana Marques	05	Gesloures	**9:56.95**	+0,67	535	
37.	MONTEIRO Ines Maria	04	Naval Praia da Vitoria	**9:57.09**	+0,86	535	

50m:	32.96	32.96	250m:	3:01.07	37.77	450m:	5:31.94	37.61	650m:	8:01.50	37.28
100m:	1:08.86	35.90	300m:	3:38.78	37.71	500m:	6:09.36	37.42	700m:	8:38.97	37.47
150m:	1:45.80	36.94	350m:	4:16.70	37.92	550m:	6:46.82	37.46	750m:	9:15.15	36.18
200m:	2:23.30	37.50	400m:	4:54.33	37.63	600m:	7:24.22	37.40	800m:	9:50.83	35.68
50m:	33.90	33.90	250m:	3:02.21	37.38	450m:	5:32.39	37.34	650m:	8:02.04	37.03
100m:	1:10.48	36.58	300m:	3:39.78	37.57	500m:	6:10.13	37.74	700m:	8:38.93	36.89
150m:	1:47.66	37.18	350m:	4:17.32	37.54	550m:	6:47.57	37.44	750m:	9:15.29	36.36
200m:	2:24.83	37.17	400m:	4:55.05	37.73	600m:	7:25.01	37.44	800m:	9:51.03	35.74
50m:	33.92	33.92	250m:	3:01.16	37.14	450m:	5:30.34	37.41	650m:	8:01.00	37.65
100m:	1:10.36	36.44	300m:	3:38.35	37.19	500m:	6:07.91	37.57	700m:	8:38.78	37.78
150m:	1:47.27	36.91	350m:	4:15.68	37.33	550m:	6:45.75	37.84	750m:	9:16.18	37.40
200m:	2:24.02	36.75	400m:	4:52.93	37.25	600m:	7:23.35	37.60	800m:	9:53.28	37.10
50m:	33.16	33.16	250m:	3:00.76	37.49	450m:	5:31.41	37.48	650m:	8:02.38	37.76
100m:	1:09.09	35.93	300m:	3:38.19	37.43	500m:	6:09.03	37.62	700m:	8:40.19	37.81
150m:	1:46.06	36.97	350m:	4:15.96	37.77	550m:	6:46.78	37.75	750m:	9:17.87	37.68
200m:	2:23.27	37.21	400m:	4:53.93	37.97	600m:	7:24.62	37.84	800m:	9:53.96	36.09
50m:	32.91	32.91	250m:	3:01.06	37.71	450m:	5:32.51	37.20	650m:	8:03.67	37.63
100m:	1:09.06	36.15	300m:	3:39.56	38.50	500m:	6:10.28	37.77	700m:	8:41.64	37.97
150m:	1:45.95	36.89	350m:	4:17.25	37.69	550m:	6:48.20	37.92	750m:	9:18.95	37.31
200m:	2:23.35	37.40	400m:	4:55.31	38.06	600m:	7:26.04	37.84	800m:	9:55.15	36.20
50m:	33.40	33.40	250m:	3:02.71	37.68	450m:	5:34.43	37.92	650m:	8:06.05	37.83
100m:	1:09.71	36.31	300m:	3:40.47	37.76	500m:	6:12.52	38.09	700m:	8:44.04	37.99
150m:	1:47.21	37.50	350m:	4:18.43	37.96	550m:	6:50.17	37.65	750m:	9:20.72	36.68
200m:	2:25.03	37.82	400m:	4:56.51	38.08	600m:	7:28.22	38.05	800m:	9:55.58	34.86
50m:	32.49	32.49	250m:	3:00.13	37.73	450m:	5:32.73	38.34	650m:	8:05.97	38.01
100m:	1:07.87	35.38	300m:	3:38.36	38.23	500m:	6:11.09	38.36	700m:	8:44.14	38.17
150m:	1:44.32	36.45	350m:	4:16.00	37.64	550m:	6:49.34	38.25	750m:	9:20.60	36.46
200m:	2:22.40	38.08	400m:	4:54.39	38.39	600m:	7:27.96	38.62	800m:	9:56.43	35.83
50m:	34.49	34.49	250m:	3:01.47	36.84	450m:	5:31.72	37.83	650m:	8:04.34	38.03
100m:	1:11.69	37.20	300m:	3:38.86	37.39	500m:	6:09.71	37.99	700m:	8:42.43	38.09
150m:	1:47.86	36.17	350m:	4:16.21	37.35	550m:	6:47.92	38.21	750m:	9:19.79	37.36
200m:	2:24.63	36.77	400m:	4:53.89	37.68	600m:	7:26.31	38.39	800m:	9:56.64	36.85
50m:	33.91	33.91	250m:	3:02.00	37.32	450m:	5:32.84	37.98	650m:	8:05.33	38.27
100m:	1:10.40	36.49	300m:	3:39.48	37.48	500m:	6:10.95	38.11	700m:	8:43.55	38.22
150m:	1:47.71	37.31	350m:	4:16.98	37.50	550m:	6:49.02	38.07	750m:	9:21.13	37.58
200m:	2:24.68	36.97	400m:	4:54.86	37.88	600m:	7:27.06	38.04	800m:	9:56.95	35.82
50m:	34.68	34.68	250m:	3:05.02	37.64	450m:	5:36.23	37.51	650m:	8:05.96	37.62
100m:	1:12.21	37.53	300m:	3:42.71	37.69	500m:	6:13.70	37.47	700m:	8:43.44	37.48
150m:	1:49.70	37.49	350m:	4:20.46	37.75	550m:	6:50.82	37.12	750m:	9:20.79	37.35
200m:	2:27.38	37.68	400m:	4:58.72	38.26	600m:	7:28.34	37.52	800m:	9:57.09	36.30

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Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
38.	FERNANDES Maria Elias	04	Desportiva Viana	**9:57.18**	+0,92	534	

50m:	32.91	32.91	250m:	3:02.46	37.76	450m:	5:34.32	37.93	650m:	8:06.64	37.92
100m:	1:09.40	36.49	300m:	3:40.38	37.92	500m:	6:12.68	38.36	700m:	8:44.85	38.21
150m:	1:46.87	37.47	350m:	4:18.05	37.67	550m:	6:50.70	38.02	750m:	9:22.50	37.65
200m:	2:24.70	37.83	400m:	4:56.39	38.34	600m:	7:28.72	38.02	800m:	9:57.18	34.68

39.	SILVA Ana Catarina	04	Fundacao Beatriz Santos	**9:57.46**	+0,83	534					
50m:	34.03	34.03	250m:	3:03.42	37.75	450m:	5:34.80	37.60	650m:	8:06.39	37.46
100m:	1:11.11	37.08	300m:	3:41.51	38.09	500m:	6:13.12	38.32	700m:	8:44.15	37.76
150m:	1:48.20	37.09	350m:	4:19.13	37.62	550m:	6:50.83	37.71	750m:	9:21.38	37.23
200m:	2:25.67	37.47	400m:	4:57.20	38.07	600m:	7:28.93	38.10	800m:	9:57.46	36.08
40.	PEDRO Daniela Alexandra	04	Sporting	**9:57.56**	+0,74	533					
50m:	34.16	34.16	250m:	3:05.57	38.42	450m:	5:37.77	37.52	650m:	8:08.39	37.54
100m:	1:11.73	37.57	300m:	3:43.79	38.22	500m:	6:15.80	38.03	700m:	8:46.12	37.73
150m:	1:49.55	37.82	350m:	4:21.75	37.96	550m:	6:53.23	37.43	750m:	9:23.27	37.15
200m:	2:27.15	37.60	400m:	5:00.25	38.50	600m:	7:30.85	37.62	800m:	9:57.56	34.29
41.	PEREIRA Anais Cloe	04	Sporting	**9:57.81**	+0,77	533					
50m:	33.99	33.99	250m:	3:03.87	37.94	450m:	5:34.61	37.70	650m:	8:06.06	38.11
100m:	1:10.78	36.79	300m:	3:41.48	37.61	500m:	6:12.41	37.80	700m:	8:44.64	38.58
150m:	1:48.14	37.36	350m:	4:19.11	37.63	550m:	6:50.17	37.76	750m:	9:22.26	37.62
200m:	2:25.93	37.79	400m:	4:56.91	37.80	600m:	7:27.95	37.78	800m:	9:57.81	35.55
42.	CABRAL Ana Matos	05	Condeixa Clube	**9:58.47**	+0,73	531					
50m:	33.65	33.65	250m:	3:03.87	37.66	450m:	5:35.48	38.17	650m:	8:07.52	37.79
100m:	1:11.07	37.42	300m:	3:41.83	37.96	500m:	6:13.58	38.10	700m:	8:45.49	37.97
150m:	1:48.58	37.51	350m:	4:19.52	37.69	550m:	6:51.92	38.34	750m:	9:22.50	37.01
200m:	2:26.21	37.63	400m:	4:57.31	37.79	600m:	7:29.73	37.81	800m:	9:58.47	35.97
43.	JESUS Leonor Santos	04	Natacao Olhao	**10:00.85**	+0,85	525					
50m:	33.87	33.87	250m:	3:03.30	37.83	450m:	5:34.64	38.09	650m:	8:07.07	38.72
100m:	1:10.56	36.69	300m:	3:41.13	37.83	500m:	6:12.61	37.97	700m:	8:45.88	38.81
150m:	1:47.84	37.28	350m:	4:18.69	37.56	550m:	6:50.55	37.94	750m:	9:23.79	37.91
200m:	2:25.47	37.63	400m:	4:56.55	37.86	600m:	7:28.35	37.80	800m:	10:00.85	37.06
44.	MONTEIRO Barbara Oliveira	04	Braga	**10:01.83**	+1,04	522					
50m:	34.51	34.51	250m:	3:02.89	37.58	450m:	5:34.51	38.15	650m:	8:08.55	38.49
100m:	1:11.01	36.50	300m:	3:40.64	37.75	500m:	6:12.70	38.19	700m:	8:47.24	38.69
150m:	1:48.03	37.02	350m:	4:18.04	37.40	550m:	6:51.08	38.38	750m:	9:25.71	38.47
200m:	2:25.31	37.28	400m:	4:56.36	38.32	600m:	7:30.06	38.98	800m:	10:01.83	36.12
45.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	**10:02.50**	+0,75	520					
50m:	31.86	31.86	250m:	3:01.92	38.31	450m:	5:35.16	38.34	650m:	8:08.83	38.84
100m:	1:07.87	36.01	300m:	3:40.41	38.49	500m:	6:13.34	38.18	700m:	8:47.59	38.76
150m:	1:45.42	37.55	350m:	4:18.73	38.32	550m:	6:51.49	38.15	750m:	9:25.80	38.21
200m:	2:23.61	38.19	400m:	4:56.82	38.09	600m:	7:29.99	38.50	800m:	10:02.50	36.70
46.	AMANTES Beatriz Quintao	03	Uniao Piedense	**10:02.82**	+0,71	520					
50m:	33.23	33.23	250m:	3:01.75	37.47	450m:	5:33.81	37.82	650m:	8:08.41	39.12
100m:	1:09.71	36.48	300m:	3:39.67	37.92	500m:	6:12.04	38.23	700m:	8:47.49	39.08
150m:	1:46.97	37.26	350m:	4:17.62	37.95	550m:	6:50.26	38.22	750m:	9:25.92	38.43
200m:	2:24.28	37.31	400m:	4:55.99	38.37	600m:	7:29.29	39.03	800m:	10:02.82	36.90
47.	FERNANDES Maria Teresa	05	Alges	**10:04.42**	+0,69	515					
50m:	33.72	33.72	250m:	3:05.88	38.13	450m:	5:38.11	37.51	650m:	8:10.21	37.88
100m:	1:11.26	37.54	300m:	3:44.19	38.31	500m:	6:16.03	37.92	700m:	8:48.64	38.43
150m:	1:49.46	38.20	350m:	4:22.40	38.21	550m:	6:54.06	38.03	750m:	9:26.81	38.17
200m:	2:27.75	38.29	400m:	5:00.60	38.20	600m:	7:32.33	38.27	800m:	10:04.42	37.61

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NATAÇÃO PURA

Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
48.	NARRA Vera Figueiredo	04	Amadora	**10:05.88**	+0,67	512	

50m:	32.96	32.96	250m:	3:02.71	37.70	450m:	5:34.22	38.13	650m:	8:08.87	38.76
100m:	1:09.71	36.75	300m:	3:40.89	38.18	500m:	6:12.90	38.68	700m:	8:47.79	38.92
150m:	1:46.97	37.26	350m:	4:18.20	37.31	550m:	6:51.24	38.34	750m:	9:27.19	39.40
200m:	2:25.01	38.04	400m:	4:56.09	37.89	600m:	7:30.11	38.87	800m:	10:05.88	38.69

49.	FOMINA Anna	02	Louletano / Loule Concelho	**10:06.48**	+0,68	510	

50m:	33.91	33.91	250m:	3:00.42	37.21	450m:	5:34.41	38.79	650m:	8:10.00	39.01
100m:	1:10.02	36.11	300m:	3:37.82	37.40	500m:	6:13.09	38.68	700m:	8:49.02	39.02
150m:	1:46.79	36.77	350m:	4:16.34	38.52	550m:	6:51.58	38.49	750m:	9:28.26	39.24
200m:	2:23.21	36.42	400m:	4:55.62	39.28	600m:	7:30.99	39.41	800m:	10:06.48	38.22

50.	NEVES Natalia Passeira	05	Natacao de Valongo	**10:07.63**	+0,85	507	

50m:	32.97	32.97	250m:	3:05.30	38.91	450m:	5:38.55	37.87	650m:	8:13.77	39.07
100m:	1:09.92	36.95	300m:	3:43.51	38.21	500m:	6:16.78	38.23	700m:	8:52.35	38.58
150m:	1:48.18	38.26	350m:	4:22.66	39.15	550m:	6:56.07	39.29	750m:	9:30.89	38.54
200m:	2:26.39	38.21	400m:	5:00.68	38.02	600m:	7:34.70	38.63	800m:	10:07.63	36.74

51.	FERREIRA Joana Rosa	05	Naval de Peniche	**10:08.37**	+0,73	506	

50m:	32.58	32.58	250m:	3:03.82	38.58	450m:	5:38.42	38.67	650m:	8:14.72	39.39
100m:	1:09.22	36.64	300m:	3:42.16	38.34	500m:	6:16.88	38.46	700m:	8:53.73	39.01
150m:	1:47.16	37.94	350m:	4:20.94	38.78	550m:	6:56.16	39.28	750m:	9:32.42	38.69
200m:	2:25.24	38.08	400m:	4:59.75	38.81	600m:	7:35.33	39.17	800m:	10:08.37	35.95

52.	TROIA Beatriz Rosa	04	Vilacondense	**10:08.46**	+0,69	505	

50m:	34.34	34.34	250m:	3:04.36	37.98	450m:	5:37.35	38.82	650m:	8:12.28	39.45
100m:	1:11.19	36.85	300m:	3:43.00	38.64	500m:	6:15.78	38.43	700m:	8:51.32	39.04
150m:	1:48.28	37.09	350m:	4:20.70	37.70	550m:	6:54.18	38.40	750m:	9:30.22	38.90
200m:	2:26.38	38.10	400m:	4:58.53	37.83	600m:	7:32.83	38.65	800m:	10:08.46	38.24

53.	RIOS Maria Manuel	04	Leixoes	**10:10.01**	+0,67	501	

50m:	32.99	32.99	250m:	3:05.14	38.88	450m:	5:40.57	38.25	650m:	8:14.98	38.41
100m:	1:10.00	37.01	300m:	3:44.47	39.33	500m:	6:19.34	38.77	700m:	8:54.22	39.24
150m:	1:47.72	37.72	350m:	4:23.05	38.58	550m:	6:57.93	38.59	750m:	9:32.03	37.81
200m:	2:26.26	38.54	400m:	5:02.32	39.27	600m:	7:36.57	38.64	800m:	10:10.01	37.98

54.	PIRES Laura Joao	05	Natacao do Fundao	**10:10.35**	+0,82	501	

50m:	34.62	34.62	250m:	3:05.86	38.14	450m:	5:39.81	38.73	650m:	8:15.50	38.80
100m:	1:11.71	37.09	300m:	3:44.38	38.52	500m:	6:18.68	38.87	700m:	8:54.29	38.79
150m:	1:49.53	37.82	350m:	4:22.69	38.31	550m:	6:57.44	38.76	750m:	9:33.32	39.03
200m:	2:27.72	38.19	400m:	5:01.08	38.39	600m:	7:36.70	39.26	800m:	10:10.35	37.03

55.	ARAUJO Maria Clara	05	Naval do Funchal	**10:12.59**	+0,66	495	

50m:	33.74	33.74	250m:	3:04.45	38.29	450m:	5:41.03	38.80	650m:	8:17.02	39.07
100m:	1:10.80	37.06	300m:	3:43.94	39.49	500m:	6:19.79	38.76	700m:	8:56.03	39.01
150m:	1:47.94	37.14	350m:	4:22.89	38.95	550m:	6:58.79	39.00	750m:	9:34.67	38.64
200m:	2:26.16	38.22	400m:	5:02.23	39.34	600m:	7:37.95	39.16	800m:	10:12.59	37.92

56.	INACIO Marta Macedo	04	Sporting	**10:15.51**	+0,79	488	

50m:	35.27	35.27	250m:	3:07.98	38.45	450m:	5:43.53	38.44	650m:	8:19.53	38.77
100m:	1:12.90	37.63	300m:	3:47.05	39.07	500m:	6:22.40	38.87	700m:	8:58.46	38.93
150m:	1:51.03	38.13	350m:	4:25.90	38.85	550m:	7:01.53	39.13	750m:	9:36.85	38.39
200m:	2:29.53	38.50	400m:	5:05.09	39.19	600m:	7:40.76	39.23	800m:	10:15.51	38.66

57.	LOPES Raquel Raposo	04	Cova da Piedade	**10:17.94**	+0,80	482	

50m:	35.27	35.27	250m:	3:06.51	38.54	450m:	5:41.52	38.98	650m:	8:19.72	39.64
100m:	1:12.27	37.00	300m:	3:44.99	38.48	500m:	6:20.95	39.43	700m:	8:59.76	40.04
150m:	1:50.18	37.91	350m:	4:24.03	39.04	550m:	7:00.54	39.59	750m:	9:39.26	39.50
200m:	2:27.97	37.79	400m:	5:02.54	38.51	600m:	7:40.08	39.54	800m:	10:17.94	38.68

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Prova 45, Femin., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
58.	NOBRE Beatriz Gaspar	05	Gualdim Pais	**10:18.15**	+0,94	482	
59.	RINO Maria Pedro	05	Academia Acores	**10:20.33**	+0,91	477	
60.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**10:22.18**	+0,76	473	
61.	LOISAS Beatriz Ferreira	05	Columbofila Cantanhedense	**10:22.33**	+0,81	472	
62.	SILVA Maria Ines	05	Porto	**10:31.50**	+0,54	452	
DSQ	HUTYY Adriana Carolina	05	Braga				

403 - Falsa partida - SW 4.4

50m:	35.15	35.15	250m:	3:11.15	39.26	450m:	5:49.27	39.68	650m:	8:27.56	38.53
100m:	1:13.88	38.73	300m:	3:50.76	39.61	500m:	6:29.37	40.10	700m:	9:05.65	38.09
150m:	1:52.83	38.95	350m:	4:30.07	39.31	550m:	7:09.40	40.03	750m:	9:42.56	36.91
200m:	2:31.89	39.06	400m:	5:09.59	39.52	600m:	7:49.03	39.63	800m:	10:18.15	35.59
50m:	35.00	35.00	250m:	3:09.11	38.43	450m:	5:46.46	39.22	650m:	8:25.97	39.88
100m:	1:13.26	38.26	300m:	3:48.38	39.27	500m:	6:26.39	39.93	700m:	9:05.04	39.07
150m:	1:51.99	38.73	350m:	4:27.28	38.90	550m:	7:06.07	39.68	750m:	9:42.61	37.57
200m:	2:30.68	38.69	400m:	5:07.24	39.96	600m:	7:46.09	40.02	800m:	10:20.33	37.72
50m:	34.53	34.53	250m:	3:10.98	39.53	450m:	5:49.08	39.45	650m:	8:25.84	38.78
100m:	1:12.73	38.20	300m:	3:50.02	39.04	500m:	6:28.68	39.60	700m:	9:05.00	39.16
150m:	1:51.77	39.04	350m:	4:29.84	39.82	550m:	7:07.70	39.02	750m:	9:44.04	39.04
200m:	2:31.45	39.68	400m:	5:09.63	39.79	600m:	7:47.06	39.36	800m:	10:22.18	38.14
50m:	34.79	34.79	250m:	3:12.00	39.00	450m:	5:49.71	39.24	650m:	8:27.40	39.00
100m:	1:14.05	39.26	300m:	3:51.62	39.62	500m:	6:29.95	40.24	700m:	9:06.77	39.37
150m:	1:53.03	38.98	350m:	4:31.24	39.62	550m:	7:09.32	39.37	750m:	9:44.92	38.15
200m:	2:33.00	39.97	400m:	5:10.47	39.23	600m:	7:48.40	39.08	800m:	10:22.33	37.41
50m:	33.11	33.11	250m:	3:06.63	39.21	450m:	5:47.05	39.98	650m:	8:30.42	40.49
100m:	1:10.25	37.14	300m:	3:46.49	39.86	500m:	6:27.76	40.71	700m:	9:11.29	40.87
150m:	1:48.83	38.58	350m:	4:26.45	39.96	550m:	7:08.47	40.71	750m:	9:51.76	40.47
200m:	2:27.42	38.59	400m:	5:07.07	40.62	600m:	7:49.93	41.46	800m:	10:31.50	39.74

Prova 45 — Femin., 800m Livres — Absolutos
04-08-2019 - 16:00 — Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna *Minimos CEPL*	99	Braga	**8:36.52**	+0,68	826	
2.	DURAES Diana Margarida *Minimos CEPL*	96	Benfica	**8:39.86**	+0,72	810	

50m:	30.38	30.38	250m:	2:39.42	32.27	450m:	4:49.01	32.33	650m:	6:59.00	32.59
100m:	1:02.53	32.15	300m:	3:11.84	32.42	500m:	5:21.51	32.50	700m:	7:31.90	32.90
150m:	1:34.68	32.15	350m:	3:44.22	32.38	550m:	5:53.77	32.26	750m:	8:04.56	32.66
200m:	2:07.15	32.47	400m:	4:16.68	32.46	600m:	6:26.41	32.64	800m:	8:36.52	31.96
50m:	30.50	30.50	250m:	2:40.48	32.59	450m:	4:51.29	32.54	650m:	7:02.04	32.45
100m:	1:02.99	32.49	300m:	3:13.32	32.84	500m:	5:24.10	32.81	700m:	7:35.05	33.01
150m:	1:35.34	32.35	350m:	3:45.86	32.54	550m:	5:56.74	32.64	750m:	8:07.57	32.52
200m:	2:07.89	32.55	400m:	4:18.75	32.89	600m:	6:29.59	32.85	800m:	8:39.86	32.29

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Prova 45, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	ANDRE Angelica Maria	94	Fluvial Portuense	**9:01.53**	+0,73	717	

50m:	31.85	31.85	250m:	2:46.69	33.85	450m:	5:01.69	33.78	650m:	7:18.45	34.17
100m:	1:05.49	33.64	300m:	3:20.34	33.65	500m:	5:35.80	34.11	700m:	7:52.58	34.13
150m:	1:39.47	33.98	350m:	3:54.10	33.76	550m:	6:09.92	34.12	750m:	8:27.02	34.44
200m:	2:12.84	33.37	400m:	4:27.91	33.81	600m:	6:44.28	34.36	800m:	9:01.53	34.51

4.	RAMOS Ana Rita	02	Porto	**9:04.98**	+0,69	703					
50m:	31.41	31.41	250m:	2:47.29	33.73	450m:	5:03.99	34.28	650m:	7:21.84	34.08
100m:	1:04.89	33.48	300m:	3:21.50	34.21	500m:	5:38.62	34.63	700m:	7:56.47	34.63
150m:	1:39.38	34.49	350m:	3:55.46	33.96	550m:	6:12.87	34.25	750m:	8:30.97	34.50
200m:	2:13.56	34.18	400m:	4:29.71	34.25	600m:	6:47.76	34.89	800m:	9:04.98	34.01
5.	QUEIROZ Ana Rita	02	Condeixa Clube	**9:12.42**	+0,68	675					
50m:	31.76	31.76	250m:	2:48.76	34.40	450m:	5:08.20	34.58	650m:	7:27.27	34.51
100m:	1:05.66	33.90	300m:	3:23.70	34.94	500m:	5:43.19	34.99	700m:	8:02.67	35.40
150m:	1:39.86	34.20	350m:	3:58.71	35.01	550m:	6:17.90	34.71	750m:	8:37.64	34.97
200m:	2:14.36	34.50	400m:	4:33.62	34.91	600m:	6:52.76	34.86	800m:	9:12.42	34.78
6.	AMORIM Maria Leonor	03	Porto	**9:18.35**	+0,74	654					
50m:	31.80	31.80	250m:	2:50.16	34.82	450m:	5:10.83	35.28	650m:	7:33.94	35.59
100m:	1:05.97	34.17	300m:	3:24.97	34.81	500m:	5:46.62	35.79	700m:	8:09.10	35.16
150m:	1:40.54	34.57	350m:	4:00.24	35.27	550m:	6:22.48	35.86	750m:	8:44.47	35.37
200m:	2:15.34	34.80	400m:	4:35.55	35.31	600m:	6:58.35	35.87	800m:	9:18.35	33.88
7.	MARTINS Francisca Soares	03	Foca	**9:21.27**	+0,69	644					
50m:	31.31	31.31	250m:	2:48.66	34.62	450m:	5:10.45	35.73	650m:	7:34.69	36.19
100m:	1:05.21	33.90	300m:	3:23.67	35.01	500m:	5:46.38	35.93	700m:	8:11.19	36.50
150m:	1:39.65	34.44	350m:	3:58.91	35.24	550m:	6:22.33	35.95	750m:	8:47.32	36.13
200m:	2:14.04	34.39	400m:	4:34.72	35.81	600m:	6:58.50	36.17	800m:	9:21.27	33.95
8.	ALVES Sara Sofia	01	Columbofila Cantanhedense	**9:21.43**	+0,72	643					
50m:	31.68	31.68	250m:	2:49.11	34.74	450m:	5:10.77	35.83	650m:	7:34.99	36.02
100m:	1:05.33	33.65	300m:	3:24.19	35.08	500m:	5:46.61	35.84	700m:	8:11.13	36.14
150m:	1:40.01	34.68	350m:	3:59.47	35.28	550m:	6:22.69	36.08	750m:	8:47.16	36.03
200m:	2:14.37	34.36	400m:	4:34.94	35.47	600m:	6:58.97	36.28	800m:	9:21.43	34.27
9.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**9:26.51**	+0,77	626					
50m:	31.92	31.92	250m:	2:51.90	35.57	450m:	5:16.19	36.25	650m:	7:40.83	36.25
100m:	1:06.33	34.41	300m:	3:27.71	35.81	500m:	5:52.22	36.03	700m:	8:16.98	36.15
150m:	1:41.02	34.69	350m:	4:03.51	35.80	550m:	6:28.48	36.26	750m:	8:52.26	35.28
200m:	2:16.33	35.31	400m:	4:39.94	36.43	600m:	7:04.58	36.10	800m:	9:26.51	34.25
10.	PINHEIRO Ines Mariana	03	Academica de Coimbra	**9:38.00**	+0,70	590					
50m:	33.20	33.20	250m:	2:58.93	37.13	450m:	5:25.47	36.51	650m:	7:52.80	37.06
100m:	1:08.95	35.75	300m:	3:35.75	36.82	500m:	6:01.93	36.46	700m:	8:30.04	37.24
150m:	1:45.34	36.39	350m:	4:12.44	36.69	550m:	6:38.38	36.45	750m:	9:05.21	35.17
200m:	2:21.80	36.46	400m:	4:48.96	36.52	600m:	7:15.74	37.36	800m:	9:38.00	32.79
11.	VELOSO Teresa Miguel	00	Sporting	**9:39.36**	+0,74	585					
50m:	32.67	32.67	250m:	2:57.30	36.68	450m:	5:22.39	36.07	650m:	7:48.46	36.76
100m:	1:08.32	35.65	300m:	3:33.61	36.31	500m:	5:58.65	36.26	700m:	8:25.34	36.88
150m:	1:44.59	36.27	350m:	4:10.13	36.52	550m:	6:34.97	36.32	750m:	9:02.62	37.28
200m:	2:20.62	36.03	400m:	4:46.32	36.19	600m:	7:11.70	36.73	800m:	9:39.36	36.74
12.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	**9:39.72**	+0,79	584					
50m:	32.92	32.92	250m:	2:57.70	36.62	450m:	5:26.20	37.31	650m:	7:53.02	36.60
100m:	1:08.44	35.52	300m:	3:34.64	36.94	500m:	6:02.99	36.79	700m:	8:29.83	36.81
150m:	1:44.31	35.87	350m:	4:11.65	37.01	550m:	6:39.49	36.50	750m:	9:05.54	35.71
200m:	2:21.08	36.77	400m:	4:48.89	37.24	600m:	7:16.42	36.93	800m:	9:39.72	34.18

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Prova 45, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	**9:43.03**	+0,76	574	

50m:	32.43	32.43	250m:	2:56.20	36.74	450m:	5:24.92	37.22	650m:	7:54.88	37.41
100m:	1:07.43	35.00	300m:	3:32.94	36.74	500m:	6:02.45	37.53	700m:	8:32.07	37.19
150m:	1:43.08	35.65	350m:	4:10.32	37.38	550m:	6:40.15	37.70	750m:	9:08.43	36.36
200m:	2:19.46	36.38	400m:	4:47.70	37.38	600m:	7:17.47	37.32	800m:	9:43.03	34.60

14.	FONSECA Laura Luz	03	Bombeiros Ponta Delgada	**9:53.96**	+0,77	543	

50m:	33.16	33.16	250m:	3:00.76	37.49	450m:	5:31.41	37.48	650m:	8:02.38	37.76
100m:	1:09.09	35.93	300m:	3:38.19	37.43	500m:	6:09.03	37.62	700m:	8:40.19	37.81
150m:	1:46.06	36.97	350m:	4:15.96	37.77	550m:	6:46.78	37.75	750m:	9:17.87	37.68
200m:	2:23.27	37.21	400m:	4:53.93	37.97	600m:	7:24.62	37.84	800m:	9:53.96	36.09

15.	SOUSA Ines Matos	03	Uniao Coimbra	**9:56.64**	+0,74	536	

50m:	34.49	34.49	250m:	3:01.47	36.84	450m:	5:31.72	37.83	650m:	8:04.34	38.03
100m:	1:11.69	37.20	300m:	3:38.86	37.39	500m:	6:09.71	37.99	700m:	8:42.43	38.09
150m:	1:47.86	36.17	350m:	4:16.21	37.35	550m:	6:47.92	38.21	750m:	9:19.79	37.36
200m:	2:24.63	36.77	400m:	4:53.89	37.68	600m:	7:26.31	38.39	800m:	9:56.64	36.85

16.	FERREIRA Catarina Trigo	02	Natacao de Lisboa	**10:02.50**	+0,75	520	

50m:	31.86	31.86	250m:	3:01.92	38.31	450m:	5:35.16	38.34	650m:	8:08.83	38.84
100m:	1:07.87	36.01	300m:	3:40.41	38.49	500m:	6:13.34	38.18	700m:	8:47.59	38.76
150m:	1:45.42	37.55	350m:	4:18.73	38.32	550m:	6:51.49	38.15	750m:	9:25.80	38.21
200m:	2:23.61	38.19	400m:	4:56.82	38.09	600m:	7:29.99	38.50	800m:	10:02.50	36.70

17.	AMANTES Beatriz Quintao	03	Uniao Piedense	**10:02.82**	+0,71	520	

50m:	33.23	33.23	250m:	3:01.75	37.47	450m:	5:33.81	37.82	650m:	8:08.41	39.12
100m:	1:09.71	36.48	300m:	3:39.67	37.92	500m:	6:12.04	38.23	700m:	8:47.49	39.08
150m:	1:46.97	37.26	350m:	4:17.62	37.95	550m:	6:50.26	38.22	750m:	9:25.92	38.43
200m:	2:24.28	37.31	400m:	4:55.99	38.37	600m:	7:29.29	39.03	800m:	10:02.82	36.90

Prova 46 — Masc., 800m Livres — Open

04-08-2019 - 16:20 — Resultados

Rec Nac Absoluto	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Sen	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010
Rec Nac Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
Rec Nac Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14-07-2019
Rec Nac Inf A	8:54.25	OLIVEIRA Pedro Fontoura	CFB	Lisboa	29-05-2004
Rec Nac Inf B	9:12.56	OLIVEIRA Pedro Fontoura	CFB	Lisboa	27-07-2003

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo *Recorde Nacional, Abs e Sen*	00	Braga	**8:02.16**	+0,62	824	

50m:	27.40	27.40	250m:	2:29.01	30.77	450m:	4:31.07	30.02	650m:	6:33.13	30.55
100m:	57.41	30.01	300m:	2:59.60	30.59	500m:	5:01.37	30.30	700m:	7:03.97	30.84
150m:	1:27.66	30.25	350m:	3:30.24	30.64	550m:	5:31.91	30.54	750m:	7:33.57	29.60
200m:	1:58.24	30.58	400m:	4:01.05	30.81	600m:	6:02.58	30.67	800m:	8:02.16	28.59

2.	GIL Rafael Lourenco	96	Sporting	**8:13.20**	+0,66	770	

50m:	28.02	28.02	250m:	2:30.70	30.83	450m:	4:34.93	31.02	650m:	6:40.75	31.57
100m:	58.28	30.26	300m:	3:01.56	30.86	500m:	5:06.23	31.30	700m:	7:12.19	31.44
150m:	1:28.96	30.68	350m:	3:32.56	31.00	550m:	5:37.67	31.44	750m:	7:43.17	30.98
200m:	1:59.87	30.91	400m:	4:03.91	31.35	600m:	6:09.18	31.51	800m:	8:13.20	30.03

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Prova 46, Masc., 800m Livres, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	SANTOS Pedro Miguel	01	Porto	**8:31.24**	+0,67	691	

50m:	28.49	28.49	250m:	2:32.57	30.99	450m:	4:40.52	31.90	650m:	6:52.11	32.83
100m:	59.30	30.81	300m:	3:04.41	31.84	500m:	5:13.15	32.63	700m:	7:25.47	33.36
150m:	1:30.25	30.95	350m:	3:36.26	31.85	550m:	5:46.15	33.00	750m:	7:58.54	33.07
200m:	2:01.58	31.33	400m:	4:08.62	32.36	600m:	6:19.28	33.13	800m:	8:31.24	32.70

4.	DEUS Andre Portugal	02	Naval do Funchal	**8:34.11**	+0,61	680	

50m:	28.48	28.48	250m:	2:35.56	32.38	450m:	4:46.19	32.60	650m:	6:57.91	33.10
100m:	59.45	30.97	300m:	3:08.30	32.74	500m:	5:19.25	33.06	700m:	7:30.78	32.87
150m:	1:31.12	31.67	350m:	3:40.76	32.46	550m:	5:52.16	32.91	750m:	8:02.77	31.99
200m:	2:03.18	32.06	400m:	4:13.59	32.83	600m:	6:24.81	32.65	800m:	8:34.11	31.34

5.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:46.33**	+0,67	633	

50m:	28.04	28.04	250m:	2:32.20	30.93	450m:	4:46.67	35.18	650m:	7:04.75	34.63
100m:	58.55	30.51	300m:	3:04.53	32.33	500m:	5:21.06	34.39	700m:	7:39.10	34.35
150m:	1:29.71	31.16	350m:	3:37.34	32.81	550m:	5:55.37	34.31	750m:	8:13.00	33.90
200m:	2:01.27	31.56	400m:	4:11.49	34.15	600m:	6:30.12	34.75	800m:	8:46.33	33.33

6.	CLARA Vitor Belo	04	Bairro dos Anjos/ Leiria	**8:47.26**	+0,70	630	

50m:	29.09	29.09	250m:	2:41.40	33.70	450m:	4:54.13	33.18	650m:	7:08.33	33.67
100m:	1:01.12	32.03	300m:	3:14.35	32.95	500m:	5:27.62	33.49	700m:	7:41.78	33.45
150m:	1:34.45	33.33	350m:	3:47.70	33.35	550m:	6:01.02	33.40	750m:	8:14.53	32.75
200m:	2:07.70	33.25	400m:	4:20.95	33.25	600m:	6:34.66	33.64	800m:	8:47.26	32.73

DNS	PINA Guilherme Filipe	98	Sporting

Prova 46 — Masc., 800m Livres — Absolutos
04-08-2019 - 16:20 — Resultados

Rec Nac Absoluto	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Sen	8:03.80	LOPES Jose Paulo	POR	Napoli (ITA)	07-07-2019
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	17-07-2010

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo *Recorde Nacional, Abs e Sen*	00	Braga	**8:02.16**	+0,62	824	

50m:	27.40	27.40	250m:	2:29.01	30.77	450m:	4:31.07	30.02	650m:	6:33.13	30.55
100m:	57.41	30.01	300m:	2:59.60	30.59	500m:	5:01.37	30.30	700m:	7:03.97	30.84
150m:	1:27.66	30.25	350m:	3:30.24	30.64	550m:	5:31.91	30.54	750m:	7:33.57	29.60
200m:	1:58.24	30.58	400m:	4:01.05	30.81	600m:	6:02.58	30.67	800m:	8:02.16	28.59

2.	GIL Rafael Lourenco	96	Sporting	**8:13.20**	+0,66	770	

50m:	28.02	28.02	250m:	2:30.70	30.83	450m:	4:34.93	31.02	650m:	6:40.75	31.57
100m:	58.28	30.26	300m:	3:01.56	30.86	500m:	5:06.23	31.30	700m:	7:12.19	31.44
150m:	1:28.96	30.68	350m:	3:32.56	31.00	550m:	5:37.67	31.44	750m:	7:43.17	30.98
200m:	1:59.87	30.91	400m:	4:03.91	31.35	600m:	6:09.18	31.51	800m:	8:13.20	30.03

3.	SANTOS Pedro Miguel	01	Porto	**8:31.24**	+0,67	691	

50m:	28.49	28.49	250m:	2:32.57	30.99	450m:	4:40.52	31.90	650m:	6:52.11	32.83
100m:	59.30	30.81	300m:	3:04.41	31.84	500m:	5:13.15	32.63	700m:	7:25.47	33.36
150m:	1:30.25	30.95	350m:	3:36.26	31.85	550m:	5:46.15	33.00	750m:	7:58.54	33.07
200m:	2:01.58	31.33	400m:	4:08.62	32.36	600m:	6:19.28	33.13	800m:	8:31.24	32.70

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Prova 46, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	DEUS Andre Portugal	02	Naval do Funchal	**8:34.11**	+0,61	680	

50m:	28.48	28.48	250m:	2:35.56	32.38	450m:	4:46.19	32.60	650m:	6:57.91	33.10
100m:	59.45	30.97	300m:	3:08.30	32.74	500m:	5:19.25	33.06	700m:	7:30.78	32.87
150m:	1:31.12	31.67	350m:	3:40.76	32.46	550m:	5:52.16	32.91	750m:	8:02.77	31.99
200m:	2:03.18	32.06	400m:	4:13.59	32.83	600m:	6:24.81	32.65	800m:	8:34.11	31.34

5.	JORGE Duarte Miguel	01	Galitos / Bresimar	**8:46.33**	+0,67	633	

50m:	28.04	28.04	250m:	2:32.20	30.93	450m:	4:46.67	35.18	650m:	7:04.75	34.63
100m:	58.55	30.51	300m:	3:04.53	32.33	500m:	5:21.06	34.39	700m:	7:39.10	34.35
150m:	1:29.71	31.16	350m:	3:37.34	32.81	550m:	5:55.37	34.31	750m:	8:13.00	33.90
200m:	2:01.27	31.56	400m:	4:11.49	34.15	600m:	6:30.12	34.75	800m:	8:46.33	33.33

DNS	PINA Guilherme Filipe	98	Sporting				
EXH	BELEZAS Ricardo Andrade *RN Classe S15*	91	Sporting	**9:38.58**	+0,78	477	

50m:	31.22	31.22	250m:	2:52.10	36.10	450m:	5:18.93	37.06	650m:	7:49.00	37.34
100m:	1:05.28	34.06	300m:	3:28.35	36.25	500m:	5:56.43	37.50	700m:	8:26.55	37.55
150m:	1:40.40	35.12	350m:	4:04.92	36.57	550m:	6:33.90	37.47	750m:	9:03.30	36.75
200m:	2:16.00	35.60	400m:	4:41.87	36.95	600m:	7:11.66	37.76	800m:	9:38.58	35.28

Prova 39 — Femin., 200m Mariposa — Juvenis

04-08-2019 - 16:30 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Maria Alexandra	04	Albicastrense	**2:21.73**	+0,67	634	

50m:	31.11	31.11	100m:	1:06.06	34.95	150m:	1:42.76	36.70	200m:	2:21.73	38.97

2.	MONTEIRO Ana Carolina	04	Uniao Coimbra	**2:22.78**	+0,69	620	

50m:	31.40	31.40	100m:	1:07.58	36.18	150m:	1:44.61	37.03	200m:	2:22.78	38.17

3.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	**2:27.55**	+0,77	562	

50m:	32.03	32.03	100m:	1:08.48	36.45	150m:	1:46.27	37.79	200m:	2:27.55	41.28

4.	BENTO Maria Madalena	05	BUZIOS-Coruche	**2:28.11**	+0,72	556	

50m:	32.18	32.18	100m:	1:09.21	37.03	150m:	1:48.15	38.94	200m:	2:28.11	39.96

5.	DELGADO Soraia Alexandra	05	Sporting	**2:28.42**	+0,63	552	

50m:	32.70	32.70	100m:	1:10.45	37.75	150m:	1:49.76	39.31	200m:	2:28.42	38.66

6.	TROIA Beatriz Rosa	04	Vilacondense	**2:28.91**	+0,70	547	

50m:	33.60	33.60	100m:	1:11.29	37.69	150m:	1:50.17	38.88	200m:	2:28.91	38.74

7.	LIGEIRO Daniela Silva	04	Viana Natacao	**2:30.61**	+0,71	529	

50m:	32.46	32.46	100m:	1:10.51	38.05	150m:	1:49.74	39.23	200m:	2:30.61	40.87

8.	CRUZ Jessica Catarina	04	Aquatico Pacense	**2:33.64**	+0,80	498	

50m:	32.80	32.80	100m:	1:10.57	37.77	150m:	1:50.39	39.82	200m:	2:33.64	43.25

9.	CARDEAL Beatriz Nunes	04	Academico Viseu	**2:33.90**	+0,72	495	

50m:	33.66	33.66	100m:	1:11.90	38.24	150m:	1:53.47	41.57	200m:	2:33.90	40.43

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Prova 39, Femin., 200m Mariposa, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MORGADO Alice Jesus	04	Gesloures	**2:34.37**	+0,84	491	
	50m: 33.43 33.43 100m: 1:12.07 38.64 150m: 1:52.67 40.60 200m: 2:34.37 41.70						

Prova 39 — Femin., 200m Mariposa — Open
04-08-2019 - 16:30 — Resultados Final

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
Rec Nac Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
Rec Nac Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004
Rec Nac Inf A	2:25.32	MIGUEL Susana Patricia	SFUAP	Restelo	05-07-2003
Rec Nac Inf B	2:28.92	FERNANDES Carolina Miranda	CGA	Coimbra	09-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	MONTEIRO Ana Catarina	93	Vilacondense	**2:11.89**	+0,67	787	
	50m: 29.46 29.46 100m: 1:02.52 33.06 150m: 1:36.88 34.36 200m: 2:11.89 35.01						
2.	HENRIQUES Ines Jacinto	00	Sporting	**2:14.36**	+0,65	745	
	50m: 30.43 30.43 100m: 1:04.44 34.01 150m: 1:39.39 34.95 200m: 2:14.36 34.97						
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	**2:15.82**	+0,73	721	
	50m: 30.60 30.60 100m: 1:04.87 34.27 150m: 1:40.02 35.15 200m: 2:15.82 35.80						
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:19.66**	+0,68	663	
	50m: 30.81 30.81 100m: 1:06.48 35.67 150m: 1:43.36 36.88 200m: 2:19.66 36.30						
5.	BARBOSA Mariana Fernandes	02	Porto	**2:20.54**	+0,71	651	
	50m: 30.78 30.78 100m: 1:06.11 35.33 150m: 1:41.90 35.79 200m: 2:20.54 38.64						
6.	BARATA Barbara Sofia	97	Alges	**2:21.05**	+0,66	644	
	50m: 32.08 32.08 100m: 1:08.91 36.83 150m: 1:45.19 36.28 200m: 2:21.05 35.86						
7.	GRAVETO Ana Raquel	02	Benfica	**2:21.65**	+0,76	635	
	50m: 31.31 31.31 100m: 1:07.43 36.12 150m: 1:43.95 36.52 200m: 2:21.65 37.70						
8.	PEREIRA Clara Gomes	02	Alges	**2:22.77**	+0,71	621	
	50m: 31.60 31.60 100m: 1:08.33 36.73 150m: 1:45.10 36.77 200m: 2:22.77 37.67						
9.	LIMA Lia Ana	01	Sporting	**2:24.86**	+0,72	594	
	50m: 30.94 30.94 100m: 1:07.51 36.57 150m: 1:45.90 38.39 200m: 2:24.86 38.96						
10.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	**2:25.99**	+0,53	580	
	50m: 31.81 31.81 100m: 1:08.20 36.39 150m: 1:46.25 38.05 200m: 2:25.99 39.74						
Final B							
11.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**2:21.74**	+0,73	634	
	50m: 31.04 31.04 100m: 1:05.83 34.79 150m: 1:42.49 36.66 200m: 2:21.74 39.25						
12.	TEJO Beatriz Costa	02	Academica de Coimbra	**2:27.75**	+0,62	560	
	50m: 31.94 31.94 100m: 1:08.67 36.73 150m: 1:47.48 38.81 200m: 2:27.75 40.27						
13.	MONTEIRO Ines Rosado	00	Natacao de Vagos	**2:29.53**	+0,72	540	
	50m: 32.92 32.92 100m: 1:10.46 37.54 150m: 1:49.82 39.36 200m: 2:29.53 39.71						

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Prova 39, Femin., 200m Mariposa, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SILVA Eduarda Reis	03	Famalicao	**2:30.33**	+0,70	532	
	50m: 32.96 32.96 100m: 1:11.40 38.44 150m: 1:50.78 39.38 200m: 2:30.33 39.55						
15.	ROCHA Daniela Filipa	02	Aquatico Pacense	**2:30.61**	+0,90	529	
	50m: 33.43 33.43 100m: 1:11.32 37.89 150m: 1:50.30 38.98 200m: 2:30.61 40.31						
16.	BELO Rita Afonso	02	Benedita	**2:30.96**	+0,69	525	
	50m: 32.38 32.38 100m: 1:09.66 37.28 150m: 1:49.72 40.06 200m: 2:30.96 41.24						
17.	MATOS Ana Rita	02	Belenenses	**2:31.61**	+0,75	518	
	50m: 33.02 33.02 100m: 1:11.15 38.13 150m: 1:50.55 39.40 200m: 2:31.61 41.06						
18.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	**2:31.70**	+0,84	517	
	50m: 32.90 32.90 100m: 1:11.55 38.65 150m: 1:51.69 40.14 200m: 2:31.70 40.01						
19.	CORREIA Rute Ferreira	03	Clube de Vouzela	**2:32.40**	+0,73	510	
	50m: 32.05 32.05 100m: 1:10.55 38.50 150m: 1:51.13 40.58 200m: 2:32.40 41.27						
20.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	**2:32.69**	+0,60	507	
	50m: 32.55 32.55 100m: 1:11.60 39.05 150m: 1:52.36 40.76 200m: 2:32.69 40.33						

Prova 40 — Masc., 200m Mariposa — Juvenis
04-08-2019 - 16:45 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	**2:08.83**	+0,64	648	
	50m: 28.62 28.62 100m: 1:01.51 32.89 150m: 1:35.22 33.71 200m: 2:08.83 33.61						
2.	DIAS Rodrigo Reis	03	Belenenses	**2:10.95**	+0,63	617	
	50m: 29.87 29.87 100m: 1:03.97 34.10 150m: 1:37.70 33.73 200m: 2:10.95 33.25						
3.	LEAL Dinis Barros	03	Aquatico Pacense	**2:12.40**	+0,64	597	
	50m: 28.91 28.91 100m: 1:02.30 33.39 150m: 1:37.02 34.72 200m: 2:12.40 35.38						
4.	DIAS Ruben Fonseca	03	Natacao de Valongo	**2:12.95**	+0,67	590	
	50m: 28.74 28.74 100m: 1:02.27 33.53 150m: 1:36.96 34.69 200m: 2:12.95 35.99						
5.	PEREIRA Lucas Medeiros	03	Braga	**2:13.69**	+0,63	580	
	50m: 29.68 29.68 100m: 1:04.04 34.36 150m: 1:38.67 34.63 200m: 2:13.69 35.02						
6.	ARAUJO Joao Guilherme	03	Natacao da Maia	**2:13.76**	+0,77	579	
	50m: 29.51 29.51 100m: 1:03.33 33.82 150m: 1:38.11 34.78 200m: 2:13.76 35.65						
7.	SILVA Joao Jose	03	Bairro dos Anjos/ Leiria	**2:13.90**	+0,71	577	
	50m: 29.68 29.68 100m: 1:03.33 33.65 150m: 1:37.52 34.19 200m: 2:13.90 36.38						
8.	FERNANDES Rui Afonso	03	Desportivo Nacional	**2:15.83**	+0,55	553	
	50m: 28.94 28.94 100m: 1:03.23 34.29 150m: 1:39.03 35.80 200m: 2:15.83 36.80						
9.	CARVALHO Martim Henriques	04	Rio Maior	**2:16.24**	+0,72	548	
	50m: 30.72 30.72 100m: 1:05.46 34.74 150m: 1:39.47 34.01 200m: 2:16.24 36.77						

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Prova 40, Masc., 200m Mariposa, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	APSENIECE Kevins Alexandre	04	Porto	**2:18.64**	+0,83	520	

50m:	30.26	30.26	100m:	1:04.68	34.42	150m:	1:41.23	36.55	200m:	2:18.64	37.41

Prova 40 — Masc., 200m Mariposa — Open
04-08-2019 - 16:45 — Resultados Final

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
Rec Nac Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
Rec Nac Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
Rec Nac Inf A	2:14.50	SILVA Fabio Parrilha da	CNAL	Campanhã	29-07-2001
Rec Nac Inf B	2:21.67	SILVA Fabio Parrilha da	CNAL	S. João da Madeira	23-07-2000

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts

Final A

1.	CORDEIRO Tiago Roberto	00	Benfica	**2:01.27**	+0,68	777					
50m:	27.11	27.11	100m:	57.98	30.87	150m:	1:29.40	31.42	200m:	2:01.27	31.87
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	**2:02.82**	+0,60	748					
50m:	27.13	27.13	100m:	58.31	31.18	150m:	1:29.51	31.20	200m:	2:02.82	33.31
3.	SANTOS Pedro Andre	94	Alges	**2:04.82**	+0,75	712					
50m:	27.16	27.16	100m:	58.31	31.15	150m:	1:30.33	32.02	200m:	2:04.82	34.49
4.	MENDES Antonio Manuel	99	Sporting	**2:07.75**	+0,69	665					
50m:	28.47	28.47	100m:	1:01.14	32.67	150m:	1:34.58	33.44	200m:	2:07.75	33.17
5.	CRISTINO David Matias	01	Uniao Piedense	**2:07.87**	+0,74	663					
50m:	28.49	28.49	100m:	1:01.30	32.81	150m:	1:34.70	33.40	200m:	2:07.87	33.17
6.	BESSA Antonio Rafael	94	Aquatico Pacense	**2:08.62**	+0,65	651					
50m:	28.72	28.72	100m:	1:01.23	32.51	150m:	1:34.46	33.23	200m:	2:08.62	34.16
7.	CARVALHO Andre Antunes	96	Sporting	**2:08.71**	+0,72	650					
50m:	28.45	28.45	100m:	1:00.79	32.34	150m:	1:34.68	33.89	200m:	2:08.71	34.03
8.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	**2:09.74**	+0,69	634					
50m:	28.06	28.06	100m:	1:00.37	32.31	150m:	1:34.22	33.85	200m:	2:09.74	35.52
9.	TRAVANCA Sergio Filipe	00	Leixoes	**2:10.25**	+0,64	627					
50m:	28.29	28.29	100m:	1:01.34	33.05	150m:	1:34.92	33.58	200m:	2:10.25	35.33
10.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	**2:11.72**	+0,66	606					
50m:	27.79	27.79	100m:	1:00.39	32.60	150m:	1:34.96	34.57	200m:	2:11.72	36.76

Final B

11.	SILVA Henrique Gomes	02	Estamos Juntos	**2:08.66**	+0,65	651					
50m:	29.04	29.04	100m:	1:02.73	33.69	150m:	1:36.13	33.40	200m:	2:08.66	32.53
12.	SILVA Martim Moniz	99	Naval do Funchal	**2:09.76**	+0,64	634					
50m:	28.27	28.27	100m:	1:00.61	32.34	150m:	1:34.70	34.09	200m:	2:09.76	35.06
13.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:09.91**	+0,66	632					
50m:	28.60	28.60	100m:	1:01.85	33.25	150m:	1:35.87	34.02	200m:	2:09.91	34.04

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Prova 40, Masc., 200m Mariposa, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	BATE Miguel Ribeiro	99	Alges	**2:10.01**	+0,67	630	
	50m: 28.09 28.09 100m: 1:01.08 32.99 150m: 1:35.19 34.11 200m: 2:10.01 34.82						
15.	COSTA Diogo Santos	02	Colegio Monte Maior	**2:10.33**	+0,61	626	
	50m: 28.53 28.53 100m: 1:02.28 33.75 150m: 1:35.87 33.59 200m: 2:10.33 34.46						
16.	COSTA Andre Gouveia	01	Fundacao Beatriz Santos	**2:10.48**	+0,70	624	
	50m: 29.21 29.21 100m: 1:02.77 33.56 150m: 1:36.85 34.08 200m: 2:10.48 33.63						
17.	BRANCO Alexandre Miguel	01	Alges	**2:11.94**	+0,69	603	
	50m: 29.40 29.40 100m: 1:02.63 33.23 150m: 1:36.78 34.15 200m: 2:11.94 35.16						
18.	AGUIAR Gabriel Silva	01	Porto	**2:12.07**	+0,53	601	
	50m: 29.63 29.63 100m: 1:03.64 34.01 150m: 1:37.70 34.06 200m: 2:12.07 34.37						
19.	GOMES Vicente Oliveira	02	Sporting	**2:12.24**	+0,66	599	
	50m: 29.29 29.29 100m: 1:03.12 33.83 150m: 1:37.95 34.83 200m: 2:12.24 34.29						
20.	PINTO Pedro Miguel	02	Sporting	**2:14.22**	+0,66	573	
	50m: 29.26 29.26 100m: 1:03.92 34.66 150m: 1:39.14 35.22 200m: 2:14.22 35.08						

Prova 41 — Femin., 100m Livres — Juvenis
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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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	**58.10**	+0,66	705	
	50m: 28.06 28.06 100m: 58.10 30.04						
2.	MOURA Maria Ferreira	04	Sporting	**59.83**	+0,67	645	
	50m: 28.86 28.86 100m: 59.83 30.97						
3.	OLIVEIRA Ana Rita	04	Naval Povoense	**1:00.93**	+0,72	611	
	50m: 29.64 29.64 100m: 1:00.93 31.29						
4.	PINHO Carolina Teixeira	04	Porto	**1:00.99**	+0,68	609	
	50m: 29.60 29.60 100m: 1:00.99 31.39						
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	**1:01.66**	+0,64	589	
	50m: 29.79 29.79 100m: 1:01.66 31.87						
6.	SIMOES Ana Beatriz	05	Sporting	**1:02.03**	+0,73	579	
	50m: 30.40 30.40 100m: 1:02.03 31.63						
7.	SILVA Ana Filipa	04	Academica de Coimbra	**1:02.17**	+0,71	575	
	50m: 30.08 30.08 100m: 1:02.17 32.09						
8.	PIRES Marta Joao	05	Alges	**1:02.24**	+0,69	573	
	50m: 30.16 30.16 100m: 1:02.24 32.08						
9.	MOITEIRO Bruna Silva	04	Nautico Marinha Grande	**1:02.64**	+0,70	562	
	50m: 30.02 30.02 100m: 1:02.64 32.62						

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Prova 41, Femin., 100m Livres, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MELO Sara Carreira	05	Gesloures	**1:03.10**	+0,63	550	
	50m: 30.04 30.04	100m: 1:03.10 33.06					

Prova 41 — Femin., 100m Livres — Open
04-08-2019 - 17:15 — Resultados Final

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
Rec Nac Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
Rec Nac Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22-07-2019
Rec Nac Inf A	59.73	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
Rec Nac Inf B	1:01.46	FERNANDES Carolina Miranda	CGA	Loulé	15-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	**56.46**	+0,72	768	
	50m: 26.96 26.96	100m: 56.46 29.50					
2.	SOUSA Ana Reis	02	Alges	**57.70**	+0,65	719	
	50m: 27.99 27.99	100m: 57.70 29.71					
3.	MARTINS Francisca Soares	03	Foca	**58.06**	+0,63	706	
	50m: 27.94 27.94	100m: 58.06 30.12					
4.	FRISCHKNECHT Rita Barros	98	Alges	**58.27**	+0,76	698	
	50m: 28.14 28.14	100m: 58.27 30.13					
5.	ANDRE Leticia Maia	02	Benfica	**59.23**	+0,64	665	
	50m: 28.70 28.70	100m: 59.23 30.53					
6.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	**59.29**	+0,68	663	
	50m: 28.92 28.92	100m: 59.29 30.37					
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	**59.49**	+0,69	656	
	50m: 28.41 28.41	100m: 59.49 31.08					
8.	OLIVEIRA Rosa Maria	96	Porto	**59.73**	+0,70	648	
	50m: 28.67 28.67	100m: 59.73 31.06					
9.	FERREIRA Catarina Maria	98	Porto	**59.94**	+0,67	642	
	50m: 28.27 28.27	100m: 59.94 31.67					
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	**1:00.05**	+0,75	638	
	50m: 28.82 28.82	100m: 1:00.05 31.23					
Final B							
11.	FARIA Ana Rita	00	Porto	**59.08**	+0,68	670	
	50m: 28.55 28.55	100m: 59.08 30.53					
12.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	**59.90**	+0,72	643	
	50m: 28.97 28.97	100m: 59.90 30.93					
13.	SOARES Catarina Silva	03	Porto	**1:00.10**	+0,58	636	
	50m: 28.38 28.38	100m: 1:00.10 31.72					

Prova 41, Femin., 100m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CASTRO Adriana Daniela	97	Leixoes	**1:00.14**	+0,74	635	
	50m: 28.67 28.67 100m: 1:00.14 31.47						
15.	PINTO Mafalda Marques	02	Sporting	**1:00.17**	+0,65	634	
	50m: 29.01 29.01 100m: 1:00.17 31.16						
16.	CABRAL Maria Francisca	00	Porto	**1:00.32**	+0,67	629	
	50m: 28.84 28.84 100m: 1:00.32 31.48						
17.	MOREIRA Matilde Freitas	01	Academica de Coimbra	**1:00.50**	+0,67	624	
	50m: 28.52 28.52 100m: 1:00.50 31.98						
18.	FOMINA Anna	02	Louletano / Loule Concelho	**1:00.60**	+0,69	621	
	50m: 29.25 29.25 100m: 1:00.60 31.35						
19.	NEVES Carolina Marques	01	Torres Novas	**1:00.61**	+0,77	620	
	50m: 29.72 29.72 100m: 1:00.61 30.89						
20.	ROLAO Sofia Alexandra	98	Benfica	**1:01.01**	+0,74	608	
	50m: 29.26 29.26 100m: 1:01.01 31.75						

Prova 42 — Masc., 100m Livres — Juvenis
04-08-2019 - 17:20 — Resultados Final

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	52.60	RIBEIRO Diogo Matos	CUC	Coimbra	14-07-2019

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos *Recorde Nacional, Juv B*	04	Uniao Coimbra	**52.51**	+0,65	712	
	50m: 25.44 25.44 100m: 52.51 27.07						
2.	RODRIGUES Tiago Moura	03	Luso-Internacional Porto	**53.67**	+0,60	667	
	50m: 25.32 25.32 100m: 53.67 28.35						
3.	VAKULYUK Paulo	03	Torres Novas	**53.83**	+0,67	661	
	50m: 26.24 26.24 100m: 53.83 27.59						
4.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	**54.05**	+0,63	653	
	50m: 26.06 26.06 100m: 54.05 27.99						
5.	FERREIRA Bernardo Felgueiras	03	Luso-Internacional Porto	**54.37**	+0,69	642	
	50m: 25.88 25.88 100m: 54.37 28.49						
6.	REIS Rodrigo Miguel	04	Bairro dos Anjos/ Leiria	**54.51**	+0,62	637	
	50m: 26.06 26.06 100m: 54.51 28.45						
7.	COSTA Afonso Filipe	03	Naval da Nazare	**54.57**	+0,67	635	
	50m: 25.72 25.72 100m: 54.57 28.85						
8.	PEREIRA Antonio Sousa	03	Bombeiros Estoris	**55.46**	+0,70	605	
	50m: 26.95 26.95 100m: 55.46 28.51						
9.	MOITA Goncalo Brites	04	Uniao Coimbra	**55.74**	+0,68	596	
	50m: 27.29 27.29 100m: 55.74 28.45						

Prova 42, Masc., 100m Livres, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	ALMEIDA Bernardo Victorino	04	Sporting	**55.85**	+0,67	592	
	50m: 26.48 26.48 100m: 55.85 29.37						

Prova 42 — Masc., 100m Livres — Open
04-08-2019 - 17:20 — Resultados Final

Rec Nac Absoluto	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Sen	49.50	AGOSTINHO Alexandre Escudier	POR	Roma (ITA)	29-07-2009
Rec Nac Jun18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
Rec Nac Jun17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
Rec Nac Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
Rec Nac Juv B	52.60	RIBEIRO Diogo Matos	CUC	Coimbra	14-07-2019
Rec Nac Inf A	55.53	FERRO David Miguel	SFUAP	Campanhã	26-07-1998
Rec Nac Inf B	58.47	NUNES Joao Magalhaes	CNA	Rio Maior	22-07-2012

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	SANTOS Alexis Manacas	92	Sporting	**50.22**	+0,65	815	
	50m: 24.54 24.54 100m: 50.22 25.68						
2.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	**51.56**	+0,62	753	
	50m: 24.49 24.49 100m: 51.56 27.07						
3.	MOGNE Igor Araujo	96	Sporting	**51.57**	+0,73	752	
	50m: 24.98 24.98 100m: 51.57 26.59						
4.	SILVA Glauber	86	Foca	**51.74**	+0,71	745	
	50m: 24.57 24.57 100m: 51.74 27.17						
5.	AIRES Rafael Alcantara	01	Benfica	**51.80**	+0,63	742	
	50m: 24.95 24.95 100m: 51.80 26.85						
6.	DIAS Guilherme Pereira	97	Benfica	**51.94**	+0,64	736	
	50m: 24.80 24.80 100m: 51.94 27.14						
7.	SILVA Fernando Souza	86	Uniao Piedense	**52.02**	+0,71	733	
	50m: 24.92 24.92 100m: 52.02 27.10						
8.	SANTOS Joao Duarte	95	Natacao Olhao	**52.38**	+0,65	718	
	50m: 25.15 25.15 100m: 52.38 27.23						
9.	LEBRE Diogo Ramos	01	Benfica	**52.60**	+0,66	709	
	50m: 25.47 25.47 100m: 52.60 27.13						
10.	BATE Afonso Ribeiro	98	Alges	**53.62**	+0,65	669	
	50m: 25.32 25.32 100m: 53.62 28.30						
Final B							
11.	PINHO Manuel Antonio	01	Feirense	**52.39**	+0,61	717	
	50m: 25.02 25.02 100m: 52.39 27.37						
12.	RAMOS Bruno Miguel	97	Belenenses	**52.41**	+0,62	717	
	50m: 25.50 25.50 100m: 52.41 26.91						
13.	PADRELA Joao Esteves	99	Belenenses	**52.88**	+0,64	698	
	50m: 25.34 25.34 100m: 52.88 27.54						

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Prova 42, Masc., 100m Livres, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	**53.11**	+0,58	689	
	50m: 25.02 25.02 100m: 53.11 28.09						
15.	SOARES Tiago Silva	99	Porto	**53.12**	+0,79	688	
	50m: 25.57 25.57 100m: 53.12 27.55						
16.	LOPES Tomas Teixeira	02	Foca	**53.28**	+0,65	682	
	50m: 25.50 25.50 100m: 53.28 27.78						
17.	FERRAO Goncalo Carvalho	01	Cova da Piedade	**53.71**	+0,57	666	
	50m: 25.57 25.57 100m: 53.71 28.14						
18.	KOT Viktor	98	Nautico Marinha Grande	**53.74**	+0,76	665	
	50m: 25.99 25.99 100m: 53.74 27.75						
19.	TINOCO Joao Pereira	00	Famalicao	**53.75**	+0,67	664	
	50m: 25.25 25.25 100m: 53.75 28.50						
20.	MARQUES Miguel Henriques	00	Benfica	**54.04**	+0,65	654	
	50m: 24.39 24.39 100m: 54.04 29.65						

Prova 43 — Femin., 200m Estilos — Juvenis
04-08-2019 - 17:25 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Fluvial Portuense	**2:21.83**	+0,70	703	
	50m: 29.46 29.46 100m: 1:06.20 36.74 150m: 1:48.60 42.40 200m: 2:21.83 33.23						
2.	PEREIRA Maria Gomes	04	Alges	**2:26.48**	+0,69	638	
	50m: 30.90 30.90 100m: 1:10.58 39.68 150m: 1:53.17 42.59 200m: 2:26.48 33.31						
3.	REIS Erica Cristina	05	Sporting	**2:27.60**	+0,61	623	
	50m: 32.40 32.40 100m: 1:11.43 39.03 150m: 1:54.04 42.61 200m: 2:27.60 33.56						
4.	AMADO Maria Lopes	04	Individual ANDL	**2:29.70**	+0,64	597	
	50m: 31.58 31.58 100m: 1:09.28 37.70 150m: 1:53.87 44.59 200m: 2:29.70 35.83						
5.	ESTEVENS Laura Fabiana	05	Natacao Olhao	**2:31.03**	+0,70	582	
	50m: 31.94 31.94 100m: 1:10.75 38.81 150m: 1:55.17 44.42 200m: 2:31.03 35.86						
6.	RODRIGUES Lidiana Correia	04	Belenenses	**2:31.11**	+0,75	581	
	50m: 32.51 32.51 100m: 1:13.33 40.82 150m: 1:56.10 42.77 200m: 2:31.11 35.01						
7.	DELGADO Soraia Alexandra	05	Sporting	**2:31.12**	+0,65	581	
	50m: 32.11 32.11 100m: 1:12.90 40.79 150m: 1:56.51 43.61 200m: 2:31.12 34.61						
8.	PEREIRA Carolina Rei	05	Natacao de Vagos	**2:33.84**	+0,66	550	
	50m: 32.45 32.45 100m: 1:14.15 41.70 150m: 1:58.00 43.85 200m: 2:33.84 35.84						
9.	LOPES Daniela Magalhaes	05	Famalicao	**2:35.08**	+0,77	537	
	50m: 32.75 32.75 100m: 1:14.45 41.70 150m: 1:59.92 45.47 200m: 2:35.08 35.16						

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Prova 43, Femin., 200m Estilos, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	NUNES Margarida Domingues	05	Avancado EUL	**2:36.90**	+0,68	519	
	50m: 33.27 33.27 100m: 1:16.66 43.39 150m: 2:01.07 44.41 200m: 2:36.90 35.83						

Prova 43 — Femin., 200m Estilos — Open
04-08-2019 - 17:25 — Resultados Final

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
Rec Nac Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
Rec Nac Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010
Rec Nac Inf A	2:27.21	FERNANDES Carolina Miranda	CGA	S. João da Madeira	22-07-2018
Rec Nac Inf B	2:32.93	FERNANDES Carolina Miranda	CGA	Loulé	16-07-2017

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	KAMINSKAYA Victoria	95	Benfica	**2:18.16**	+0,69	760	
	50m: 29.24 29.24 100m: 1:05.29 36.05 150m: 1:43.99 38.70 200m: 2:18.16 34.17						
2.	MACHADO Luisa Maria	01	Uniao Piedense	**2:19.67**	+0,74	736	
	50m: 29.92 29.92 100m: 1:07.12 37.20 150m: 1:46.87 39.75 200m: 2:19.67 32.80						
3.	MONTEIRO Ana Catarina	93	Vilacondense	**2:21.14**	+0,70	713	
	50m: 29.41 29.41 100m: 1:06.44 37.03 150m: 1:48.01 41.57 200m: 2:21.14 33.13						
4.	FERNANDES Ines Camacho	97	Sporting	**2:23.30**	+0,71	681	
	50m: 29.90 29.90 100m: 1:07.39 37.49 150m: 1:48.87 41.48 200m: 2:23.30 34.43						
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	**2:24.09**	+0,71	670	
	50m: 30.45 30.45 100m: 1:08.63 38.18 150m: 1:51.38 42.75 200m: 2:24.09 32.71						
6.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	**2:25.28**	+0,68	654	
	50m: 30.88 30.88 100m: 1:08.72 37.84 150m: 1:51.05 42.33 200m: 2:25.28 34.23						
7.	BELEZA Mafalda Gomes	94	Sporting	**2:25.61**	+0,65	649	
	50m: 31.44 31.44 100m: 1:09.77 38.33 150m: 1:52.91 43.14 200m: 2:25.61 32.70						
8.	CARDEAL Joana Nunes	02	Academico Viseu	**2:25.70**	+0,76	648	
	50m: 30.72 30.72 100m: 1:07.64 36.92 150m: 1:52.49 44.85 200m: 2:25.70 33.21						
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	**2:27.34**	+0,71	627	
	50m: 31.20 31.20 100m: 1:11.73 40.53 150m: 1:52.93 41.20 200m: 2:27.34 34.41						
10.	VELOSO Teresa Miguel	00	Sporting	**2:29.27**	+0,73	603	
	50m: 31.37 31.37 100m: 1:10.72 39.35 150m: 1:54.36 43.64 200m: 2:29.27 34.91						
Final B							
11.	PINA Ana Sofia	02	O Crasto	**2:27.39**	+0,70	626	
	50m: 31.04 31.04 100m: 1:10.02 38.98 150m: 1:53.84 43.82 200m: 2:27.39 33.55						
12.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	**2:28.11**	+0,70	617	
	50m: 31.71 31.71 100m: 1:10.16 38.45 150m: 1:53.51 43.35 200m: 2:28.11 34.60						
13.	SILVA Beatriz Santos	01	Porto	**2:28.72**	+0,68	609	
	50m: 31.70 31.70 100m: 1:11.20 39.50 150m: 1:54.09 42.89 200m: 2:28.72 34.63						

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Prova 43, Femin., 200m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	GONCALVES Sofia Filipa	01	Leixoes	**2:29.37**	+0,70	601	
	50m: 31.39 31.39 100m: 1:11.59 40.20 150m: 1:53.46 41.87 200m: 2:29.37 35.91						
15.	CRUZ Sara Moura	03	Alges	**2:29.70**	+0,63	597	
	50m: 31.70 31.70 100m: 1:09.35 37.65 150m: 1:55.64 46.29 200m: 2:29.70 34.06						
16.	RIBEIRO Margarida Messias	98	Gesloures	**2:30.37**	+0,70	590	
	50m: 32.17 32.17 100m: 1:12.13 39.96 150m: 1:55.22 43.09 200m: 2:30.37 35.15						
17.	NEVES Sara Dias	03	Miranda do Corvo	**2:32.31**	+0,61	567	
	50m: 31.83 31.83 100m: 1:11.76 39.93 150m: 1:56.57 44.81 200m: 2:32.31 35.74						
18.	LASCU Nicoleta	02	Litoral Alentejano	**2:33.83**	+0,77	551	
	50m: 32.61 32.61 100m: 1:11.04 38.43 150m: 1:58.81 47.77 200m: 2:33.83 35.02						
19.	CASTRO Maria Freitas	03	Fafe	**2:34.57**	+0,67	543	
	50m: 32.97 32.97 100m: 1:15.45 42.48 150m: 1:58.81 43.36 200m: 2:34.57 35.76						
20.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	**2:36.05**	+0,85	527	
	50m: 31.92 31.92 100m: 1:12.97 41.05 150m: 1:58.87 45.90 200m: 2:36.05 37.18						

Prova 44 — Masc., 200m Estilos — Juvenis
04-08-2019 - 17:35 — Resultados Final

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 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARNEIRO Joao Soares	03	Benfica	**2:11.00**	+0,64	659	
	50m: 27.94 27.94 100m: 1:03.81 35.87 150m: 1:41.09 37.28 200m: 2:11.00 29.91						
2.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	**2:12.05**	+0,71	643	
	50m: 28.44 28.44 100m: 1:02.23 33.79 150m: 1:41.56 39.33 200m: 2:12.05 30.49						
3.	ALVES Paulo Rodrigues	04	Desportivo Nacional	**2:13.25**	+0,77	626	
	50m: 29.03 29.03 100m: 1:04.43 35.40 150m: 1:41.90 37.47 200m: 2:13.25 31.35						
4.	LOPES Luis Afonso	03	Viver Santarem	**2:13.39**	+0,68	624	
	50m: 28.84 28.84 100m: 1:03.92 35.08 150m: 1:42.64 38.72 200m: 2:13.39 30.75						
5.	SILVA Nuno Marques	04	Bairro dos Anjos/ Leiria	**2:15.63**	+0,66	593	
	50m: 28.90 28.90 100m: 1:04.15 35.25 150m: 1:43.62 39.47 200m: 2:15.63 32.01						
6.	COSTA Joao Peres	04	Naval Praia da Vitoria	**2:15.74**	+0,62	592	
	50m: 28.65 28.65 100m: 1:04.22 35.57 150m: 1:44.79 40.57 200m: 2:15.74 30.95						
7.	REBELO Joao Lourenco	04	Alges	**2:15.78**	+0,63	591	
	50m: 29.30 29.30 100m: 1:06.54 37.24 150m: 1:44.99 38.45 200m: 2:15.78 30.79						
8.	RELVAS David Ferreira	03	Nautico Marinha Grande	**2:19.20**	+0,75	549	
	50m: 29.00 29.00 100m: 1:04.24 35.24 150m: 1:45.23 40.99 200m: 2:19.20 33.97						
9.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	**2:20.31**	+0,69	536	
	50m: 28.99 28.99 100m: 1:07.22 38.23 150m: 1:47.87 40.65 200m: 2:20.31 32.44						

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Prova 44, Masc., 200m Estilos, Final, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	WANZELLER Goncalo Henriques	03	Belenenses				
	612 - O atleta efectuou a chegada totalmente submerso - SW 6.3, (percurso costas)						

Prova 44 — Masc., 200m Estilos — Open
04-08-2019 - 17:35 — Resultados Final

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
Rec Nac Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
Rec Nac Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
Rec Nac Inf A	2:16.63	RIBAS Alexandre Lages	EDV	Lisboa	24-07-2011
Rec Nac Inf B	2:22.36	RUIVO Andre Vilas	DNMG	Coimbra	23-06-2013

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Final A							
1.	LOPES Jose Paulo	00	Braga	**2:03.93**	+0,65	778	
	50m: 26.56 26.56 100m: 58.34 31.78 150m: 1:34.77 36.43 200m: 2:03.93 29.16						
2.	VELOSO Tomas Miguel	96	Nautico Academico	**2:04.17**	+0,59	773	
	50m: 27.35 27.35 100m: 1:00.73 33.38 150m: 1:35.75 35.02 200m: 2:04.17 28.42						
3.	VITAL Joao Alexandre	98	Sporting	**2:05.11**	+0,60	756	
	50m: 27.30 27.30 100m: 58.32 31.02 150m: 1:35.25 36.93 200m: 2:05.11 29.86						
4.	SIMOES Rafael Gomes	00	Braga	**2:05.77**	+0,78	744	
	50m: 27.19 27.19 100m: 1:00.28 33.09 150m: 1:34.84 34.56 200m: 2:05.77 30.93						
5.	SILVA Tomas Antonio	01	Naval do Funchal	**2:07.28**	+0,58	718	
	50m: 27.77 27.77 100m: 1:00.68 32.91 150m: 1:37.23 36.55 200m: 2:07.28 30.05						
6.	BASTOS Lucas Pereira	00	Nautico Academico	**2:08.06**	+0,68	705	
	50m: 27.55 27.55 100m: 1:01.04 33.49 150m: 1:37.12 36.08 200m: 2:08.06 30.94						
7.	FERNANDES Eduardo Gomes	02	Sporting	**2:10.71**	+0,70	663	
	50m: 28.06 28.06 100m: 1:02.17 34.11 150m: 1:40.40 38.23 200m: 2:10.71 30.31						
8.	NUNES Porfirio Braga	00	Porto	**2:11.39**	+0,56	653	
	50m: 27.71 27.71 100m: 1:01.47 33.76 150m: 1:39.81 38.34 200m: 2:11.39 31.58						
9.	CATALAO Daniel Nogueira	00	Benfica	**2:11.44**	+0,59	652	
	50m: 28.15 28.15 100m: 1:03.12 34.97 150m: 1:40.69 37.57 200m: 2:11.44 30.75						
10.	DANTAS Diogo Leal	00	Sporting	**2:11.84**	+0,58	646	
	50m: 27.57 27.57 100m: 1:01.56 33.99 150m: 1:39.72 38.16 200m: 2:11.84 32.12						
Final B							
11.	LIESS Thomas	95	Turrita Nuoto	**2:09.18**	+0,69	687	
	50m: 26.07 26.07 100m: 58.64 32.57 150m: 1:39.24 40.60 200m: 2:09.18 29.94						
12.	SAMPAIO Jose Pedro	98	Fluvial Portuense	**2:11.22**	+0,67	655	
	50m: 27.75 27.75 100m: 1:02.33 34.58 150m: 1:41.26 38.93 200m: 2:11.22 29.96						
13.	CORREIA Joao Mota	97	Benfica	**2:11.65**	+0,72	649	
	50m: 27.39 27.39 100m: 1:00.21 32.82 150m: 1:39.97 39.76 200m: 2:11.65 31.68						

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Prova 44, Masc., 200m Estilos, Final, Open

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	SILVA Henrique Gomes	02	Estamos Juntos	**2:11.89**	+0,67	645	
	50m: 28.44 28.44 100m: 1:02.81 34.37 150m: 1:41.55 38.74 200m: 2:11.89 30.34						
15.	DINIS Tiago Moises	98	Nautico Academico	**2:12.75**	+0,69	633	
	50m: 28.65 28.65 100m: 1:04.03 35.38 150m: 1:42.22 38.19 200m: 2:12.75 30.53						
16.	SILVA Pedro Miguel	94	Colegio Monte Maior	**2:14.01**	+0,65	615	
	50m: 28.35 28.35 100m: 1:04.05 35.70 150m: 1:42.32 38.27 200m: 2:14.01 31.69						
17.	JOAQUIM Andre Serro	00	Portinado	**2:14.42**	+0,73	609	
	50m: 28.46 28.46 100m: 1:02.83 34.37 150m: 1:42.97 40.14 200m: 2:14.42 31.45						
18.	ALFAMA Martim Primavera	02	Gesloures	**2:16.13**	+0,71	587	
	50m: 28.74 28.74 100m: 1:01.69 32.95 150m: 1:43.84 42.15 200m: 2:16.13 32.29						
19.	SILVA Paulo Filipe	98	Natacao da Maia	**2:16.64**	+0,69	580	
	50m: 28.07 28.07 100m: 1:03.41 35.34 150m: 1:43.21 39.80 200m: 2:16.64 33.43						
20.	GOMES Vicente Oliveira	02	Sporting	**2:17.03**	+0,65	575	
	50m: 28.73 28.73 100m: 1:04.41 35.68 150m: 1:45.68 41.27 200m: 2:17.03 31.35						

Prova 49 — Femin., 4 x 100m Estilos — Open
04-08-2019 - 18:05 — Resultados

Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13-04-2019
Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13-04-2019
Rec Nac Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Rec Nac Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04-04-2015
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
Rec Nac Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
Rec Nac Inf A	4:45.41	Sport Lisboa e Benfica	SLB	Lisboa	30-06-2007
Rec Nac Inf	4:45.41	tempo limite	SLB	Oeiras	30-06-2007
Rec Nac Inf B	4:56.36	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Porto	24-07-2010

Pontos: FINA 2019

Lugar				Clube				Tempo Final	TReac	Pts FINA	Pts
1.	Alges-ABS				Alges			**4:16.22**	+0,63	738	
	AZEVEDO Rafaela Gomes	+0,63	30.31	1:02.41	FRISCHKNECHT Rita Barros	+0,30	30.10	1:06.01			
	PEREIRA Raquel Gomes	+0,35	32.90	1:10.40	SOUSA Ana Reis	+0,25	27.90	57.40			
2.	Sporting-ABS				Sporting			**4:22.37**	+0,64	687	
	PEIXEIRA Filipa Ramos	+0,64	32.20	1:07.59	FERNANDES Ines Camacho	+0,36	29.32	1:02.77			
	CERDEIRA Madalena Reis	+0,37	34.67	1:13.99	VIEGAS Beatriz Mendes	+0,22	27.37	58.02			
3.	Porto-ABS				Porto			**4:25.23**	+0,58	665	
	CABRAL Maria Francisca	+0,58	32.26	1:06.06	BARBOSA Mariana Fernandes	+0,51	29.75	1:04.64			
	OLIVEIRA Rosa Maria	+0,48	35.93	1:16.10	FERREIRA Catarina Maria	+0,21	27.41	58.43			
4.	Fluvial Portuense-ABS				Fluvial Portuense			**4:27.44**	+0,68	649	
	ROCHA Carolina Neves	+0,68	33.35	1:10.18	CUNHA Mariana Pacheco	+0,45	29.89	1:04.37			
	ANDRE Angelica Maria	-0,01	34.55	1:13.49	PEGO Isabel Porfirio	+0,29	27.98	59.40			
5.	Galitos / Bresimar-ABS				Galitos / Bresimar			**4:31.82**	+0,63	618	
	FERNANDES Carolina Miranda	+0,63	32.07	1:06.32	RODRIGUES Ana Margarida	+0,38	29.66	1:04.21			
	MONTEIRO Margarida Cabral	+0,45	38.30	1:21.44	AMADOR Joana Costa	+0,31	28.51	59.85			

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PARCEIROS

Prova 49, Femin., 4 x 100m Estilos, Open

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
6.	Academica de Coimbra-ABS			Academica de Coimbra		**4:32.98**	+0,63	610	
	SANTOS Tatiana Filipa	+0,63	33.22	1:08.05	TEJO Beatriz Costa	+0,38	29.53	1:05.00	
	MOREIRA Matilde Freitas	+0,51	37.25	1:20.57	CRAVEIRO Beatriz Neves	+0,18	28.51	59.36	
7.	Natacao de Lisboa-ABS			Natacao de Lisboa		**4:35.17**	+0,63	595	
	FERREIRA Ana Raquel	+0,63	33.15	1:08.78	MESTRE Catarina Martins	+0,17	29.71	1:06.09	
	LEITAO Rita Fernandes	+0,32	35.28	1:17.25	FERREIRA Catarina Trigo	+0,43	30.06	1:03.05	
8.	Torres Novas-ABS			Torres Novas		**4:39.06**	+0,62	571	
	RAMOS Ines Asseiceira	+0,62	33.20	1:09.05	CASAL Beatriz Goncalves	+0,28	33.12	1:12.68	
	MORAIS Margarida Mateus	+0,44	35.77	1:17.05	NEVES Carolina Marques	+0,41	28.85	1:00.28	
9.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria		**4:39.07**	+0,59	571	
	LAGOA Carlota Macedo	+0,59	33.65	1:09.58	JUNQUEIRA Sofia Ribeiro	+0,16	30.69	1:07.33	
	DOMINGUES Luana Pinto	+0,25	36.09	1:18.95	JACINTO Ines Filipa	+0,41	29.56	1:03.21	
10.	Vitoria Guimaraes-ABS			Vitoria Guimaraes		**4:40.58**	+0,64	562	
	ALMEIDA Catarina Isabel	+0,64	34.04	1:11.66	FERNANDES Filipa Viamonte	+0,39	30.28	1:07.52	
	VIEIRA Valeria Goncalves	+0,27	36.59	1:20.27	FERNANDES Ana Ines	+0,16	28.87	1:01.13	
11.	Vilacondense-ABS			Vilacondense		**4:40.60**	+0,61	561	
	TROIA Barbara Daniela	+0,61	34.29	1:11.37	MONTEIRO Ana Catarina	+0,13	28.48	1:01.38	
	LOPES Francisca Macedo	+0,47	37.72	1:22.87	TROIA Beatriz Rosa	+0,54	31.18	1:04.98	
12.	Academico Viseu-ABS			Academico Viseu		**4:40.98**	+0,62	559	
	CARDEAL Joana Nunes	+0,62	32.88	1:08.29	MACHADO Madalena Amaro	+0,27	30.26	1:05.02	
	CARDEAL Beatriz Nunes	+0,27	39.21	1:24.37	CORREIA Beatriz Santos	+0,60	30.06	1:03.30	
13.	Fundacao Beatriz Santos-ABS			Fundacao Beatriz Santos		**4:43.94**	+0,69	542	
	BERNARDO Joana Beatriz	+0,69	34.36	1:09.83	MENDES Daniela Portela	+0,58	32.08	1:09.98	
	TOMAS Beatriz Monteiro	+0,36	36.18	1:18.47	SILVA Ana Catarina	+0,44	31.65	1:05.66	
14.	Gesloures-ABS			Gesloures		**4:46.99**	+0,64	525	
	RODRIGUES Sofia Vilardell	+0,64	34.92	1:14.16	HENRIQUES Daniela Mascarenh	+0,16	31.80	1:09.69	
	RIBEIRO Margarida Messias	+0,53	37.14	1:20.29	REBELO Beatriz Vaz	+0,51	29.67	1:02.85	
DSQ	Benfica-ABS			Benfica					
	111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11								
	ROLAO Sofia Alexandra	+0,64	33.05	1:09.93	GRAVETO Ana Raquel	+0,43	30.69	1:05.71	
	SILVA Natacha Sofia	+0,41	36.76	1:19.51	ANDRE Leticia Maia	-0,05			

Prova 50 — Masc., 4 x 100m Estilos — Open
04-08-2019 - 18:20 — Resultados

Rec Nac Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nac Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nac Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nac Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13-04-2019
Rec Nac Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29-07-2018
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
Rec Nac Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23-07-2017
Rec Nac Inf A	4:18.17	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	29-06-2014
Rec Nac Inf	4:18.17	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Loulé	20-07-2014
Rec Nac Inf B	4:41.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	S. Joao da Madeira	14-07-2013

Pontos: FINA 2019

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
1.	Sporting-ABS			Sporting		**3:46.57**	+0,65	765	
	SANTOS Francisco Rogerio	+0,65	26.64	55.11	MOGNE Igor Araujo	+0,48	25.99	55.44	
	MENDES Antonio Manuel	+0,32	30.18	1:04.63	SANTOS Alexis Manacas	+0,49	25.07	51.39	
2.	Belenenses-ABS			Belenenses		**3:49.24**	+0,58	739	
	FERNANDES Joao Diogo	+0,58	28.66	59.11	RAMOS Bruno Miguel	+0,10	25.56	55.20	
	QUINTAS Francisco Robalo	+0,35	28.84	1:02.51	PADRELA Joao Esteves	+0,24	24.81	52.42	
3.	Benfica-ABS			Benfica		**3:51.31**	+0,66	719	
	ROSA Rodrigo Antonio	+0,66	28.62	59.10	CORDEIRO Tiago Roberto	+0,50	26.53	56.77	
	PEREIRA Ricardo Samuel	+0,25	29.84	1:04.36	AIRES Rafael Alcantara	+0,12	24.76	51.08	
4.	Porto-ABS			Porto		**3:54.04**	+0,67	694	
	CASTRO Duarte Monteiro	+0,67	29.23	1:00.18	NUNES Porfirio Braga	+0,32	26.31	56.89	
	AMORIM Alexandre Ferreira	+0,17	29.43	1:04.70	SOARES Tiago Silva	+0,50	24.54	52.27	
5.	Naval do Funchal-ABS			Naval do Funchal		**4:00.60**	+0,54	639	
	SILVA Tomas Antonio	+0,54	28.92	1:00.79	SEQUEIRA Afonso Meneses	+0,17	25.71	56.71	
	FERNANDES Pedro Pestana	+0,30	32.09	1:09.58	DEUS Andre Portugal	+0,11	25.39	53.52	
6.	Uniao Piedense-ABS			Uniao Piedense		**4:00.92**	+0,68	636	
	CRISTINO David Matias	+0,68	29.67	1:00.28	LOPES Carlos Filipe	+0,40	26.68	58.29	
	OSSENBRUGGEN David Van	+0,34	31.78	1:09.53	SILVA Fernando Souza	+0,24	24.91	52.82	
7.	Gesloures-ABS			Gesloures		**4:02.96**	+0,55	620	
	ALFAMA Martim Primavera	+0,55	28.65	59.27	GRENHO Andre Tavares	+0,25	27.77	59.54	
	SANTOS Afonso Amaro	+0,42	32.07	1:09.25	MARTINS Bruno Miguel	+0,41	26.33	54.90	
8.	Aquatico Pacense-ABS			Aquatico Pacense		**4:04.92**	+0,55	606	
	ROCHA Ricardo Filipe	+0,55	29.10	59.14	BESSA Antonio Rafael	+0,32	27.93	59.42	
	NETO Rodrigo Jorge	+0,34	33.06	1:12.06	ALMEIDA Luis Carlos	+0,26	25.93	54.30	
9.	Vitoria Guimaraes-ABS			Vitoria Guimaraes		**4:05.25**	+0,56	603	
	COSTA Joao Nogueira	+0,56	27.22	56.25	MAGALHAES Eduardo Miguel	+0,14	26.86	59.89	
	CASTRO Helder Ribeiro	+0,30	33.37	1:11.60	SOUSA Tomas Castro	+0,30	27.58	57.51	
10.	Vilacondense-ABS			Vilacondense		**4:07.13**	+0,65	590	
	KOBAYASHI Bruno Shinji	+0,65	30.50	1:02.95	COSTA Afonso Vilhena	+0,34	27.76	1:00.96	
	RAMOS Filipe Carmo	+0,26	30.62	1:06.58	MORIM Francisco Emanuel	+0,14	26.91	56.64	
11.	Natacao de Lisboa-ABS			Natacao de Lisboa		**4:08.13**	+0,74	582	
	DIAS Tiago Miguel	+0,74	30.79	1:03.10	MESTRE Afonso Godinho	+0,12	27.46	1:00.27	
	FONSECA Joao Costa	+0,26	31.09	1:07.37	MAGALHAES Filipe Nunes	+0,26	26.99	57.39	

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PARCEIROS

Prova 50, Masc., 4 x 100m Estilos, Open

Lugar				Clube		Tempo Final	TReac	Pts FINA	Pts
12.	Fundacao Beatriz Santos-ABS			Fundacao Beatriz Santos		**4:09.36**	+0,66	574	
	PEREIRA Joao Neto	+0,66	30.33	1:04.10	DOMINGUES Ricardo Jorge	+0,51	27.83	1:00.51	
	PAIS Joao Ventura	+0,30	32.30	1:11.25	AGOSTINHO Miguel Diogo	+0,31	25.14	53.50	
13.	Uniao Coimbra-ABS			Uniao Coimbra		**4:09.41**	+0,55	574	
	ARZILEIRO Bernardo Vinagre	+0,55	29.36	1:00.39	RODRIGUES Pedro Simoes	-0,02	27.28	1:01.40	
	SOUSA Duarte Anastacio	+0,21	31.94	1:10.44	MACHADO Joao Francisco	+0,18	26.21	57.18	
14.	Bairro dos Anjos/ Leiria-ABS			Bairro dos Anjos/ Leiria		**4:10.75**	+0,56	564	
	FARIA Ricardo Morais	+0,56	30.58	1:04.07	REIS Rodrigo Miguel	+0,38	26.96	59.05	
	SILVA Nuno Marques	+0,28	33.62	1:11.67	CLARA Vitor Belo	+0,43	26.62	55.96	
15.	Estarreja-ABS			Estarreja		**4:13.22**	+0,61	548	
	FIDALGO Mateus Valente	+0,61	29.06	1:01.23	SILVA Luis Afonso	+0,16	27.69	1:01.06	
	FERREIRA Joao Renato	+0,40	32.17	1:13.62	OLIVEIRA David Miguel	+0,19	26.36	57.31	
16.	Feirense-ABS			Feirense		**4:13.39**	+0,55	547	
	COELHO Rodrigo Manuel	+0,55	30.30	1:04.17	ACIOLI Victor Hugo	+0,09	27.42	1:01.00	
	CERDEIRINHA Xavier Gomes	+0,32	32.41	1:10.84	GOMES Rodrigo Guedes	+0,35	26.94	57.38	
17.	Colegio SMLamas-ABS			Colegio SMLamas		**4:14.59**	+0,70	539	
	MARTINS Samuel Dias	+0,70	30.20	1:03.10	MARTINS Marcos Dias	+0,42	28.37	1:02.18	
	PEREIRA Luis Goncalves	+0,60	33.07	1:13.06	OLIVEIRA Manuel Filipe	+0,46	25.99	56.25	
18.	Condeixa Clube-ABS			Condeixa Clube		**4:17.47**	+0,75	521	
	MIGUEL Tomas Pedrosa	+0,75	31.59	1:06.57	MARQUES Goncalo Silva	+0,10	27.43	1:01.07	
	FROTA Paulo Andre	+0,25	34.79	1:14.10	PEREIRA Ricardo Marques	+0,34	25.64	55.73	
DSQ	Alges-ABS			Alges					
	111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11								
	ALMEIDA Carlos Afonso	+0,67	29.32	1:00.32	SANTOS Pedro Andre	+0,40			
	PON Hugo	-0,07			BATE Afonso Ribeiro	+0,21			

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