

1 - 1ª Jornada

25-01-2020 - 15:30

Prova 1  
25-01-2020

Femin., 400m Livres

10 anos e mais velhos  
Startlist

S6 Esp S6: 10:56.37; Sen S6: 14:30.50 / S7 Esp S7: 9:12.33; Sen S7: 9:01.50 / S8 Esp S8: 8:23.37; Sen S8: 8:13.50 / S9 Esp S9: 7:54.76; Sen S9: 7:45.45 / S10 Esp S10: 7:51.24; Sen S10: 7:42.00 / S110 Esp S110: 7:51.24; Sen S110: 7:42.00 / S11 Esp S11: 9:10.80; Sen S11: 9:00.00 / S12 Esp S12: 8:57.03; Sen S12: 8:46.58 / S13 Sen S13: 6:58.50; Esp S13: 7:06.87 / S113 Esp S113: 7:06.87; Sen S113: 6:58.50 / S14 Esp S14: 9:49.20; Sen S14: 9:37.65 / S114 Esp S114: 9:49.20; Sen S114: 9:37.65 / S15 Sen S15: 7:00.25 / S16 Esp S16: 9:49.20; Sen S16: 9:37.65 / S17 Esp S17: 9:49.20; Sen S17: 9:37.65 / S21 Esp S21: 11:49.42; Sen S21: 11:35.50

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 2, 15:30

1								
2								
3	MOREIRA Carina Barbosa	81	148289	S21		Gondomar	9:58.55	
4	GOMES Barbara Ines	91	148265	S21		APC Coimbra	8:52.89	
5	ALMEIDA Beatriz Moreira	04	203836	S14		ADADA Porto	9:13.87	
6								
7								
8								

Série 2 de 2, 15:40

1	SOARES Maria Mafalda	02	153119	S14		ADADA Porto	7:15.91	
2	CASTRO Ana Filipa	97	131735	S8	12+	Feira Viva	5:42.76	
3	RIBEIRO Margarida Messias	98	110544			Geslours	4:52.26	EXH
4	RANITO Beatriz Paulo	99	116593			Geslours	4:35.25	EXH
5	SANTOS Mariana Marques	05	150757			Geslours	4:51.71	EXH
6	BENITO DE TENA Julia	99		S10	3,5	C.N. Badajoz	4:52.50	
7	SIMÕES Diana Vieira	98	147096	S14	W	Sporting de Aveiro	6:59.23	
8	OLIVEIRA Sonia Cristina	97	130965	S7	A,3,5,12+	Vilacondense	8:08.73	

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 2 Masc., 400m Livres Absoluto  
Startlist  
25-01-2020

S6 Esp S6: 9:25.40; Sen S6: 9:14.31 / S7 Esp S7: 8:42.71; Sen S7: 8:32.46 / S8 Esp S8: 8:14.57; Sen S8: 8:04.88 / S9 Esp S9: 6:40.77; Sen S9: 6:32.91 / S10 Esp S10: 6:37.80; Sen S10: 6:30.00 / S11 Esp S11: 6:37.80; Sen S11: 6:30.00 / S12 Esp S12: 8:41.73; Sen S12: 8:31.50 / S13 Esp S13: 6:55.03; Sen S13: 6:46.89 / S14 Esp S14: 8:21.41; Sen S14: 8:11.58 / S15 Esp S15: 5:35.00 / Sen S15: 5:24.95 / S16 Esp S16: 8:21.41; Sen S16: 8:11.58 / S17 Esp S17: 8:21.41; Sen S17: 8:11.58 / S21 Esp S21: 9:36.24; Sen S21: 9:24.95

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 4, 15:50

1								
2								
3	MARQUES Filipe Alexandre	88	212549	S110		Individual ANL		NT
4	SILVA Bruno Miguel	93	203838	S17		Porto	7:59.83	
5	GONCALVES Hugo Bernardo	96	148371	S21		Porto	8:05.78	
6	CORDEIRO Tomas Coelho	04	130167	S10	12+	Fluvial Portuense		NT
7								
8								

Série 2 de 4, 16:00

1	ALVES Nuno Diogo	88	148292	S7	A 12+	Gondomar	7:31.26	
2	SANTOS Diogo Filipe	91	133135	S21		Feira Viva	6:44.64	
3	MONTES Francisco Pessanha	02	133450	S21		ADADA Porto	6:28.77	
4	RIBEIRO Jose Augusto	92	148291	S21		Gondomar	6:25.32	
5	ROCHA Simao Pedro	06	203015	S14		Aquatico Pacense	6:27.60	
6	OLIVEIRA Antonio Pedro	03	201142	S10	12+	Porto	6:29.10	
7	VICENTE Francisco Jose	99	148269	S21		Sporting	7:19.17	
8	PEREIRA Joel Alexandre	92	148272	S21		APC Coimbra	7:49.58	

Série 3 de 4, 16:10

1	PATRICIO Rodrigo Oliveira	05	201581	S14		Feira Viva	6:02.46	
2	ASSUNCAO Luis Miguel	01	148368	S110		Porto	5:46.00	
3	REIS Bruno Ferreira	00	133136	S8	12+	Porto	5:36.13	
4	JORGE Andre Camara	90	11222	S16		Escola O Liceu	5:32.98	
5	RIBEIRO Pedro Miguel	91	148294	S14		Gondomar	5:36.12	
6	CASTANHEIRA Rodolfo Francisc	01	204335	S8	9	Geslours	5:38.55	
7	ALMEIDA Andre Reis	00	201716	S21		Sporting	5:59.96	
8	BRANCO Miguel Paiva	97	204251	S17	A	APPD Coimbra	6:22.85	

Série 4 de 4, 16:20

1	SOARES Ricardo Aderneira	99	132927	S8	3,5,12+	Geslours	5:10.77	
2	LINHARES Ruben Daniel	97	131737	S8	3,5,12+	Rio Maior	5:02.78	
3	SANTOS Francisco Amaro	04	201404			Geslours	4:34.39	EXH
4	GRACHAT David Realista	87	117632	S9	1,3,5	Geslours	4:24.07	
5	CRUZ Miguel Duarte	99	125797	S15	H	Belenenses	4:29.40	
6	LUZ Filipe Ferreira	98	112320			Geslours	4:34.68	EXH
7	MENESES Marco Ribeiro	01	204993	S11	T	O Crasto	5:07.23	
8	VIDEIRA Daniel Carlos	92	132822	S6	3,5,12+	Geslours	5:18.61	

Prova 3  
25-01-2020

Femin., 200m Livres

Absoluto  
Startlist

S1 Esp S1: 11:19.32; Sen S1: 11:06.00 / S2 Esp S2: 9:32.25; Sen S2: 9:21.03 / S3 Esp S3: 7:50.25; Sen S3: 7:41.03 /  
S4 Esp S4: 6:18.89; Sen S4: 6:11.46 / S5 Esp S5: 5:24.19; Sen S5: 5:17.84 / S14 Esp S14: 4:18.55; Sen S14: 4:13.48 /  
S114 Esp S114: 4:18.55; Sen S114: 4:13.48 / S15 Esp S15: 3:29.24; Sen S15: 3:24.13 / S16 Esp S16: 4:18.55; Sen S16: 4:13.48 /  
S17 Esp S17: 4:18.55; Sen S17: 4:13.48 / S21 Esp S21: 5:28.05; Sen S21: 5:21.62

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 1, 16:25</b>								
1	CARVALHO Ana Filipa	88	133320	S14		Sporting	4:01.96	
2	MONTEIRO Raquel Rocilio	98	147090	S14		Feira Viva	3:58.91	
3	GOUVEIA Susana Raquel	89	133446	S14		ADADA Porto	3:27.74	
4	COSTA Catarina Nunes	04	131376			Gesloures	2:21.24	EXH
5	BRANCOURT Yonina	04	202082			Gesloures	2:22.65	EXH
6	REIS Adriana Godinho	95	133132	S21		Feira Viva	3:50.60	
7	REGO Joana Candeias	04	203837	S14		ADADA Porto	4:01.17	
8	GASPAR Matilde Lucia	06	201275	S21		APC Coimbra	4:29.05	

Prova 4  
25-01-2020

Masc., 200m Livres

Absoluto  
Startlist

S1 Esp S1: 11:04.05; Sen S1: 10:51.03 / S2 Esp S2: 8:25.68; Sen S2: 8:15.76 / S3 Esp S3: 8:07.70; Sen S3: 7:58.14 /  
S4 Esp S4: 5:50.52; Sen S4: 5:43.65 / S5 Esp S5: 5:44.25; Sen S5: 5:37.50 / S14 Esp S14: 4:00.49; Sen S14: 3:55.77 /  
S114 Esp S114: 4:00.49; Sen S114: 3:55.77 / S15 Esp S15: 2:40.97; Sen S15: 2:37.04 / S16 Esp S16: 4:00.49; Sen S16: 3:55.77 /  
S17 Esp S17: 4:00.49; Sen S17: 3:55.77 / S21 Esp S21: 4:29.40; Sen S21: 4:24.12

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 4, 16:30</b>								
1								
2	MOREIRA Ricardo Jorge	01	208706	S5	A,3,5,12+	Porto	5:07.27	
3	CALADO Manuel Carrola	00	208821	S21	W	FC Ferreiras/AlgarExperience	4:21.44	
4	SANTOS Ruben Jose	80	148261	S21		APC Coimbra	4:08.27	
5	ANTUNES Joao Pedro	87	204258	S21		O2 Portimao	4:11.00	
6	COSTA Jose Antonio	85	148262	S5	A E Y 12+	APC Coimbra	5:00.51	
7								
8								

**Série 2 de 4, 16:40**

1	GONCALVES Hugo Bernardo	96	148371	S21		Porto	3:49.60	
2	MARQUES Diogo Jose	99	209288	S14		Alhandra	3:34.81	
3	FERNANDES Tiago Miguel	04	209694	S14		Sporting de Aveiro	3:18.12	
4	OLIVEIRA Daniel Mendo	05	202984	S17		APPDAlCoimbra	3:16.89	
5	PEREIRA Vicente Barros	05	206921	S21		Sporting	3:18.06	
6	GUIMARAES Bruno Ricardo	94	206297	S14		ADADA Porto	3:25.38	
7	EUSEBIO Marcelo Esteves	02	133451	S21		ADADA Porto	3:43.62	
8	SILVA Alexandre Martins	99	153260	S21		O2 Portimao	3:51.14	

Prova 4, Masc., 200m Livres

Série 3 de 4, 16:45

1	MANITO Pedro Fernandes	02	210491	S17	A	Palmela Desporto	3:15.48
2	DUARTE Orlando Constancio	89	207632	S14		Sporting de Aveiro	3:08.55
3	MATOS Diogo Alexandre	99	132823	S21		Gesloures	2:59.87
4	ALVES Antonio Joaquin	97	210482	S14		Feira Viva	2:59.10
5	MENDES Humberto Julio	90	204182	S14		ADADA Porto	2:59.28
6	TEIXEIRA Joao Meirinhos	96	148554	S14		Sporting de Aveiro	3:04.89
7	FERREIRA Joao Mario	98	209695	S14		Sporting de Aveiro	3:09.61
8	PESTANA Rui Miguel	00	201141	S21		Porto	3:15.75

Série 4 de 4, 16:50

1	RIBEIRO Jose Carneirinho	90	133321	S14		Sporting	2:55.41
2	SOUSA Micael Silva	00	147101	S14		Sporting de Aveiro	2:48.93
3	BELEZAS Ricardo Andrade	91	132918	S15	H	Sporting	2:09.64
4	PENELAS Joao Pedro	04	150754			Gesloures	2:04.56 EXH
5	NEVES Tiago Correia	97	125796	S15	H	Belenenses	2:07.72
6	DUARTE Samuel Lima	04	207426	S14		Feira Viva	2:44.95
7	NASCIMENTO Levi Daniel	99	147141	S14		O2 Portimao	2:49.58
8	ROCHA Ivo Filipe	90	131736	S5	A 12	Feira Viva	2:58.33

Prova 5  
25-01-2020

Femin., 100m Bruços

Absoluto  
Startlist

S4 Esp S4: 6:24.95; Sen S4: 6:17.40 / S5 Esp S5: 3:33.40; Sen S5: 3:29.22 / S6 Esp S6: 3:26.55; Sen S6: 3:22.50 / S7 Esp S7: 3:00.54; Sen S7: 2:57.00 / S8 Esp S8: 2:11.52; Sen S8: 2:08.94 / S9 Esp S9: 2:06.99; Sen S9: 2:04.50 / S11 Esp S11: 2:55.12; Sen S11: 2:51.69 / S12 Esp S12: 2:45.94; Sen S12: 2:42.69 / S13 Esp S13: 2:34.81; Sen S13: 2:31.77 / S113 Esp S113: 2:34.81; Sen S113: 2:31.77 / S14 Esp S14: 2:28.69; Sen S14: 2:25.77 / S114 Esp S114: 2:28.69; Sen S114: 2:14.40 / S15 Esp S15: 1:51.86; Sen S15: 1:49.13 / S16 Esp S16: 2:28.69; Sen S16: 2:25.77 / S17 Esp S17: 2:28.69; Sen S17: 2:25.77 / S21 Esp S21: 2:55.95; Sen S21: 2:52.50

Pista Nome Nadador Ano NFed Classe Cod Exc Clube Tempo Inscr. Obs.

Série 1 de 2, 16:55

1							
2							
3	SANTOS Rita Manuela	96	206298	SB8	A,3,5,12+	ADADA Porto	NT
4	VASCO Maria Sio	00	205983	SB9	3,5,12+	Desportivo de Odemira	2:23.34
5	DUARTE Sara Isabel	91	204091	SB21		ADADA Porto	2:25.34
6							
7							
8							

Prova 5, Femin., 100m Bruços

Série 2 de 2, 17:00

1							
2	LOURENCO Carolina Caetano	94	201276	SB21		APC Coimbra	2:20.13
3	PELAIO Beatriz Malaquias	99	139845	SB17	A	APPDACOimbra	1:53.19
4	PINTO Renata Vaz	99	108165	SB9	1,3,5	ADADA Porto	1:25.42
5	CORREIA Ana Beatriz	98	130551	SB9	8	Natacao de Faro	1:42.92
6	REIS Filipa Sa	00	147099	SB21		Sporting de Aveiro	2:07.30
7	FRAGOSO Simone Silva	80	148557	SB5	A Y 3,5,12+	Palmela Desporto	2:22.34
8							

Prova 6

Masc., 100m Bruços

Absoluto

25-01-2020

Startlist

S4 Esp S4: 4:39.78; Sen S4: 4:34.29 / S5 Esp S5: 2:42.30; Sen S5: 2:39.12 / S6 Esp S6: 2:28.41; Sen S6: 2:25.50 / S7 Esp S7: 2:17.70; Sen S7: 2:15.00 / S8 Esp S8: 2:10.85; Sen S8: 2:08.28 / S9 Esp S9: 1:49.96; Sen S9: 1:47.80 / S11 Esp S11: 2:48.59; Sen S11: 2:45.29 / S12 Esp S12: 2:39.82; Sen S12: 2:36.69 / S13 Esp S13: 2:28.41; Sen S13: 2:25.50 / S113 Esp S113: 2:28.41; Sen S113: 2:25.50 / S14 Esp S14: 2:14.40; Sen S14: 2:11.76 / S114 Esp S114: 2:14.40; Sen S114: 2:11.76 / S15 Esp S15: 1:36.73; Sen S15: 1:34.37 / S16 Esp S16: 2:14.40; Sen S16: 2:11.76 / S17 Esp S17: 2:14.40; Sen S17: 2:11.76 / S21 Esp S21: 2:21.97; Sen S21: 2:19.19

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo	Inscr.	Obs.
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Série 1 de 5, 17:00

1									
2									
3	OLIVEIRA Renato Alexandre	82	201295	SB7	1,2,4,8	ADADA Porto			NT
4	PINTO Jose Manuel	00	148323	SB6	A 12	ADADA Porto			NT
5	NASCIMENTO Luis Carlos	06	212095	SB5	A 3,5,12+	Porto			NT
6									
7									
8									

Série 2 de 5, 17:10

1	SOUSA Helder Patricio	75	207625	SB6	A 12	Porto			NT
2	MARQUES Filipe Alexandre	88	212549	SB9		Individual ANL			NT
3	PINTO Carlos Manuel	84	211226	SB4	A 12	Porto		3:13.28	
4	ALVES Nuno Diogo	88	148292	SB6	A 12+	Gondomar		2:19.27	
5	CATARINO Jaime Lopes	91	147100	SB4	A 12	Sporting de Aveiro		2:25.01	
6	MENDES Carlos Barbosa	62	200470	SB7	A 12+	Alhandra		4:30.71	
7	CAIRES Bruno Miguel	96	204082	SB6	A12+	FC Ferreiras/AlgarExperience			NT
8									

Prova 6, Masc., 100m Bruços

Série 3 de 5, 17:15

1	VALENTE Jose Pedro	98	148295	SB7	1,3,5,12+	Feira Viva	2:07.90
2	MONTEIRO Luis Miguel	96	133454	SB14		ADADA Porto	2:03.74
3	AMARAL Joao Costa	95	147085	SB14		Sporting de Espinho	2:00.44
4	FREIRE Hugo Filipe	04	209724	SB14		Sporting de Aveiro	1:52.78
5	VALADARES David Joao	00	208177	SB14		Alhandra	1:57.25
6	MARQUES Diogo Jose	99	209288	SB14		Alhandra	2:02.05
7	GOUVEIA Francisco Mario	75	203960	SB8	9	Feira Viva	2:05.80
8	RIBEIRO David Saraiva	96	147095	SB21		Sporting de Aveiro	2:15.25

Série 4 de 5, 17:20

1	CRUZ Henrique Benevides	83	125814	SB14		Naval de Ponta Delgada	1:50.23
2	BRITO Rui Xavier	99	147102	SB14		Sporting de Aveiro	1:48.06
3	ROCHA Ivo Filipe	90	131736	SB5	A 12	Feira Viva	1:41.35
4	VIEIRA Jose Gabriel	83	130552	SB21		Natacao de Faro	1:33.44
5	SILVA Nuno Alexandre	92	133322	SB14		Sporting	1:36.84
6	SILVA Marco Paulo	84	26931	SB9	12+	late Santa Cruz	1:46.40
7	CARNEIRO Joao Amaral	95	207577	SB17		APPDAlcoimbra	1:50.09
8	REGO Diogo Almeida	97	147097	SB21		Sporting de Aveiro	1:51.88

Série 5 de 5, 17:20

1	VAZ Joao Francisco	92	133323	SB21		Sporting	1:31.96
2	CANCELA Diogo Luis	02	124221	SB8	1,2,4	Miranda do Corvo	1:21.35
3	MEIXELBERGER Tom	01		SB8	1,3,5	SG Berliner Wasserratten	1:19.25
4	GRENHO Andre Tavares	99	120605			Geslours	1:08.38 EXH
5	SANTOS Afonso Amaro	02	131510			Geslours	1:09.66 EXH
6	CORDEIRO Tomas Coelho	04	130167	SB9	12+	Fluvial Portuense	1:20.25
7	CAMPOS Joao Miguel	79	202239	SB7	6,12+	ADADA Porto	1:29.16
8	FERREIRA Josemar Joel	95	210177	SB15		Sporting	1:33.08

Prova 7  
25-01-2020

Femin., 200m Costas

10 anos e mais velhos  
Startlist

S14 Esp S14: 4:57.74; Sen S14: 4:51.90 / S114 Esp S114: 4:57.74; Sen S114: 4:51.90 / S15 Esp S15: 4:35.22; Sen S15: 4:28.51 / S17 Esp S17: 4:57.74; Sen S17: 4:51.90 / S21 Esp S21: 5:38.73; Sen S21: 5:32.09

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
	<b>Série 1 de 1, 17:25</b>							
1								
2	COSTA Noemi Pereira	93	204887	S21		Gondomar	5:29.19	
3	MONTEIRO Raquel Rocilio	98	147090	S14		Feira Viva	4:05.93	
4	GONCALVES Rita Abibe	05	144730			Geslours	2:39.24	EXH
5	TORRES Diana Ines	99	133453	S21		Porto	3:49.47	
6	CASTRO Ana Alexandra	92	148287	S21		Porto	4:18.46	
7	MACHADO Ana Catarina	94	201145	S21		ADADA Porto	5:31.38	
8								

Prova 8  
25-01-2020

Masc., 200m Costas

10 anos e mais velhos  
Startlist

S14 Esp S14: 4:35.89; Sen S14: 4:30.48 / S114 Esp S114: 4:35.89; Sen S114: 4:30.48 / S15 Esp S15: 3:03.69; Sen S15: 2:59.21 / S17 Esp S17: 4:35.89; Sen S17: 4:30.48 / S21 Esp S21: 5:25.06; Sen S21: 5:18.69

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 2, 17:30</b>								
1								
2								
3	GOMES Diogo Lopes	96	147098	S21		Feira Viva	4:19.43	
4	SANTOS Diogo Filipe	91	133135	S21		Feira Viva	3:58.31	
5	PEREIRA Joel Alexandre	92	148272	S21		APC Coimbra	4:05.92	
6	CRUZ Miguel Duarte	99	125797	S15	H	Belenenses		NT
7								
8								

**Série 2 de 2, 17:40**

1	SILVA Bruno Miguel	93	203838	S17		Porto	3:40.41	
2	SILVA Jose Miguel	95	133380	S21		Porto	3:28.09	
3	PATRICIO Rodrigo Oliveira	05	201581	S14		Feira Viva	3:03.24	
4	VALENTE Goncalo Filipe	03	131380			Gesloures	2:25.15	EXH
5	PONTE Andre Carreiro	92	25907	S14		Naval de Ponta Delgada	2:53.44	
6	ALMEIDA Andre Reis	00	201716	S21		Sporting	3:09.88	
7	RIBEIRO Jose Augusto	92	148291	S21		Gondomar	3:36.14	
8	ROCHA Simao Pedro	06	203015	S14		Aquatico Pacense	3:48.08	

Prova 9  
25-01-2020

Femin., 100m Mariposa

Absoluto  
Startlist

S8 Esp S8: 2:00.81; Sen S8: 1:58.44 / S9 Esp S9: 1:58.79; Sen S9: 1:56.46 / S10 Esp S10: 1:55.85; Sen S10: 1:53.58 / S110 Esp S110: 1:55.45; Sen S110: 1:53.58 / S11 Esp S11: 2:18.97; Sen S11: 2:16.24 / S12 Esp S12: 2:03.93; Sen S12: 2:01.50 / S13 Esp S13: 1:46.96; Sen S13: 1:44.87 / S113 Esp S113: 1:46.96; Sen S113: 1:44.87 / S14 Esp S14: 2:37.35; Sen S14: 2:34.26 / S114 Esp S114: 2:37.35; Sen S114: 2:34.26 / S15 Esp S15: 1:46.59; Sen S15: 1:43.99 / S16 Esp S16: 2:06.49; Sen S16: 2:34.26 / S17 Esp S17: 2:37.35; Sen S17: 2:34.26 / S21 Esp S21: 2:55.12; Sen S21: 2:51.69

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 1, 17:45</b>								
1	FARIA Sofia Morais	04	127371	S10		BA-Leiria		NT
2	CORREIA Ana Beatriz	98	130551	S10	8	Natacao de Faro	1:21.75	
3	COSTA Catarina Nunes	04	131376			Gesloures	1:13.19	EXH
4	RIBEIRO Margarida Messias	98	110544			Gesloures	1:08.51	EXH
5	BREUER Janina	98		S14		SSC Karlsruhe	1:12.00	
6	MELO Sara Carreira	05	153366			Gesloures	1:16.95	EXH
7	REIS Adriana Godinho	95	133132	S21		Feira Viva	2:00.04	
8								

Prova 10 Masc., 100m Mariposa Absoluto  
25-01-2020 Startlist

S8 Esp S8: 1:40.92; Sen S8: 1:38.94 / S9 Esp S9: 1:38.88; Sen S9: 1:36.94 / S10 Esp S10: 1:37.19; Sen S10: 1:35.28 / S11 Esp S11: 2:06.96; Sen S11: 2:04.47 / S12 Esp S12: 1:59.34; Sen S12: 1:57.00 / S13 Esp S13: 1:39.40; Sen S13: 1:37.45 / S14 Esp S14: 2:04.08; Sen S14: 2:01.65 / S15 Esp S15: 1:15.92; Sen S15: 1:14.06 / S16 Esp S16: 2:04.08; Sen S16: 2:01.65 / S17 Esp S17: 2:04.08; Sen S17: 2:01.65 / S21 Esp S21: 2:02.43; Sen S21: 2:00.03

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 2, 17:50

1								
2								
3	SANTOS Tomas Aniceto	99	147091	S21		Feira Viva	1:51.65	
4	RIBEIRO Pedro Miguel	91	148294	S14		Gondomar	1:24.53	
5	VICENTE Francisco Jose	99	148269	S21		Sporting	1:43.05	
6								
7								
8								

Série 2 de 2, 17:50

1	SANTOS Filipe Bjorcke	88	123823	S21		O2 Portimao	1:22.55	
2	ASCENSO Daniel Alexandre	03	131377			Geslours	1:08.66	EXH
3	VALE David Manuel	03	148339			Geslours	1:04.58	EXH
4	LUZ Filipe Ferreira	98	112320			Geslours	1:01.98	EXH
5	BRAUNSCHWEIG Malte	00		S9	3,5	BSV Medizin Marzahn	1:03.54	
6	CANCELA Diogo Luis	02	124221	S8	1,2,4	Miranda do Corvo	1:07.97	
7	SILVA Renato Filipe	98	148373	S9	9	Porto	1:18.80	
8								

Prova 11 Femin., 200m Bruços 10 anos e mais velhos  
25-01-2020 Startlist

S14 Esp S14: 5:25.63; Sen S14: 5:19.24 / S15 Esp S15: 4:04.40; Sen S15: 3:58.44 / S17 Esp S17: 5:25.63; Sen S17: 5:19.24 / S21 Esp S21: 7:09.69; Sen S21: 7:01.26

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 1, 17:55

1								
2								
3	LOURENCO Carolina Caetano	94	201276	SB21		APC Coimbra	4:50.40	
4	GASPAR Matilde Lucia	06	201275	SB21		APC Coimbra	4:48.26	
5	GOMES Barbara Ines	91	148265	SB21		APC Coimbra	4:48.52	
6								
7								
8								



Prova 12  
25-01-2020

Masc., 200m Bruços

10 anos e mais velhos  
Startlist

S14 Esp S14: 5:13.16; Sen S14: 5:07.02 / S114 Esp S114: 5:13.16; Sen S114: 5:07.02 / S15 Esp S15: 3:52.32; Sen S15: 3:46.66 / S17 Esp S17: 5:13.16; Sen S17: 5:07.02 / S21 Esp S21: 5:09.93; Sen S21: 5:03.85

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 2, 18:00</b>								
1								
2								
3	NEVES Tiago Correia	97	125796	SB15	H	Belenenses		NT
4	FREIRE Hugo Filipe	04	209724	SB14		Sporting de Aveiro	3:54.40	
5	VALADARES David Joao	00	208177	SB14		Alhandra	4:11.54	
6								
7								
8								

**Série 2 de 2, 18:05**

1								
2	BRITO Rui Xavier	99	147102	SB14		Sporting de Aveiro	3:45.55	
3	VAZ Joao Francisco	92	133323	SB21		Sporting	3:14.60	
4	SANTOS Afonso Amaro	02	131510			Gesloures	2:34.17	EXH
5	GRENHO Andre Tavares	99	120605			Gesloures	2:34.18	EXH
6	VIEIRA Jose Gabriel	83	130552	SB21		Natacao de Faro	3:26.99	
7	NASCIMENTO Levi Daniel	99	147141	SB14		O2 Portimao	3:45.89	
8								

Prova 13  
25-01-2020

Femin., 50m Livres

Absoluto  
Startlist

S1 Esp S1: 2:59.01; Sen S1: 2:55.50 / S2 Esp S2: 2:51.68; Sen S2: 2:48.31 / S3 Esp S3: 1:39.57; Sen S3: 1:37.62 / S4 Esp S4: 1:28.56; Sen S4: 1:26.82 / S5 Esp S5: 1:07.58; Sen S5: 1:06.26 / S6 Esp S6: 1:05.79; Sen S6: 1:04.50 / S7 Esp S7: 1:04.26; Sen S7: 1:03.00 / S8 Esp S8: 53.55; Sen S8: 52.50 / S9 Esp S9: 50.49; Sen S9: 49.50 / S10 Esp S10: 50.41; Sen S10: 49.43 / S110 Esp S110: 50.41; Sen S110: 49.43 / S11 Esp S11: 1:02.76; Sen S11: 1:01.53 / S12 Esp S12: 53.55; Sen S12: 52.59 / S13 Esp S13: 45.23; Sen S13: 44.34 / S113 Esp S113: 45.23; Sen S113: 44.34 / S14 Esp S14: 51.42; Sen S14: 50.42 / S114 Esp S114: 51.42; Sen S114: 50.42 / S15 Esp S15: 39.11; Sen S15: 38.16 / S16 Esp S16: 51.42; Sen S16: 50.42 / S17 Esp S17: 51.42; Sen S17: 50.42 / S21 Esp S21: 1:07.55; Sen S21: 1:06.22

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 4, 18:15</b>								
1	FARIA Sofia Morais	04	127371	S10		BA-Leiria		NT
2	SANTOS Rita Manuela	96	206298	S8	A,3,5,12+	ADADA Porto	1:05.94	
3	CASTRO Ana Alexandra	92	148287	S21		Porto	59.06	
4	MACHADO Ana Catarina	94	201145	S21		ADADA Porto	57.30	
5	DUARTE Marta Santos	02	210513	S7	A 3,5,12+	Municipio de Odivelas	58.87	
6	COSTA Noemi Pereira	93	204887	S21		Gondomar	1:01.77	
7	PENELAS Beatriz Marques	99	201491	S5	A 3,5,12	Alhandra	1:55.92	
8	LAGE Ana Luisa	01	212369	S9	A	ADADA Porto		NT

Prova 13, Femin., 50m Livres

Série 2 de 4, 18:15

1	MOREIRA Carina Barbosa	81	148289	S21		Gondomar	53.75
2	OLIVEIRA Sonia Cristina	97	130965	S7	A,3,5,12+	Vilacondense	51.22
3	PINHO Joana Filipa	02	139533	S14		Sporting de Aveiro	49.96
4	REGO Joana Candeias	04	203837	S14		ADADA Porto	47.67
5	VASCO Maria Sio	00	205983	S10	3,5,12+	Desportivo de Odemira	48.01
6	TAVARES Ana Filipa	93	200469	S8	A 12+	Alhandra	50.93
7	DUARTE Sara Isabel	91	204091	S21		ADADA Porto	52.29
8	MORAIS Maria Matilde	06	212078	S10	12+	ADADA Porto	53.80

Série 3 de 4, 18:20

1	TORRES Diana Ines	99	133453	S21		Porto	44.80
2	REIS Filipa Sa	00	147099	S21		Sporting de Aveiro	43.45
3	SIMOES Diana Vieira	98	147096	S14	W	Sporting de Aveiro	42.13
4	SOARES Maria Mafalda	02	153119	S14		ADADA Porto	41.38
5	CARDOSO Vera Lucia	00	133433	S14		Sporting de Espinho	41.93
6	PELAIO Beatriz Malaquias	99	139845	S17	A	APPDAlCoimbra	42.36
7	SONNTAG Peggy	99		S5	3,5,12+	BV Leipzig	43.96
8	CARVALHO Ana Filipa	88	133320	S14		Sporting	44.83

Série 4 de 4, 18:20

1	CORREIA Raquel Rosa	92	153406	S15	H	Colegio Bernardette Romeira	37.73
2	PINTO Renata Vaz	99	108165	S9	1,3,5	ADADA Porto	34.17
3	BRANCOURT Yonina	04	202082			Gesloures	30.19 EXH
4	VEIGA Susana Pereira	00	121936	S9	9	Colegio Vasco da Gama	29.17
5	MELO Sara Carreira	05	153366			Gesloures	29.22 EXH
6	ALMEIDA Eunice Evora	94	147227	S15	H	CDAP Natacao	31.46
7	CASTRO Ana Filipa	97	131735	S8	12+	Feira Viva	37.00
8	GOUVEIA Susana Raquel	89	133446	S14		ADADA Porto	40.49

Prova 14  
25-01-2020

Masc., 50m Livres

Absoluto  
Startlist

S1 Esp S1: 2:26.12; Sen S1: 2:23.25 / S2 Esp S2: 2:01.99; Sen S2: 1:59.60 / S3 Esp S3: 1:54.63; Sen S3: 1:52.38 / S4 Esp S4: 1:13.90; Sen S4: 1:12.45 / S5 Esp S5: 1:08.85; Sen S5: 1:07.50 / S6 Esp S6: 1:05.36; Sen S6: 1:04.08 / S7 Esp S7: 53.52; Sen S7: 52.47 / S8 Esp S8: 44.86; Sen S8: 43.98 / S9 Esp S9: 40.42; Sen S9: 39.63 / S10 Esp S10: 39.78; Sen S10: 39.00 / S11 Esp S11: 39.78; Sen S11: 39.00 / S11 Esp S11: 55.11; Sen S11: 54.03 / S12 Esp S12: 47.43; Sen S12: 46.50 / S13 Esp S13: 42.17; Sen S13: 41.34 / S113 Esp S113: 42.17; Sen S113: 41.34 / S14 Esp S14: 45.46; Sen S14: 44.57 / S114 Esp S114: 45.46; Sen S114: 44.57 / S15 Esp S15: 31.16; Sen S15: 30.40 / S16 Esp S16: 45.46; Sen S16: 44.57 / S17 Esp S17: 45.46; Sen S17: 44.57 / S21 Esp S21: 50.70; Sen S21: 49.71

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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**Série 1 de 8, 18:25**

1								
2	CAIRES Bruno Miguel	96	204082	S7	A12+	FC Ferreiras/AlgarExperience		NT
3	PRAZERES Pedro Moreira	00	148372	S4	A 3,5,12	Fluvial Portuense	1:24.80	
4	COSTA Jose Antonio	85	148262	S5	A E Y 12+	APC Coimbra	1:05.27	
5	PINTO Carlos Manuel	84	211226	S5	A 12	Porto	1:17.68	
6	NASCIMENTO Luis Carlos	06	212095	S6	A 3,5,12+	Porto	1:48.99	
7								
8								

**Série 2 de 8, 18:25**

1	SALINAS MARTINEZ Francisco	82		S4	A 4,12	CT Córdoba	59.58	
2	MOREIRA Ricardo Jorge	01	208706	S5	A,3,5,12+	Porto	57.71	
3	CALADO Manuel Carrola	00	208821	S21	W	FC Ferreiras/AlgarExperience	48.22	
4	ANTUNES Joao Pedro	87	204258	S21		O2 Portimao	46.93	
5	SANTOS Ruben Jose	80	148261	S21		APC Coimbra	47.67	
6	SILVA Alexandre Martins	99	153260	S21		O2 Portimao	48.50	
7	CATARINO Jaime Lopes	91	147100	S5	A 12	Sporting de Aveiro	58.43	
8	MENDES Carlos Barbosa	62	200470	S7	A 12+	Alhandra	1:00.87	

**Série 3 de 8, 18:30**

1	RIBEIRO David Saraiva	96	147095	S21		Sporting de Aveiro	44.36	
2	GASPAR Duarte Miguel	84	207361	S8	1,2,4	Palmela Desporto	43.62	
3	SANTOS Tomas Aniceto	99	147091	S21		Feira Viva	41.29	
4	OLIVEIRA Daniel Mendo	05	202984	S17		APPDAlcoimbra	40.63	
5	GUIMARAES Bruno Ricardo	94	206297	S14		ADADA Porto	41.20	
6	GOMES Diogo Lopes	96	147098	S21		Feira Viva	42.52	
7	PINTO Jose Manuel	00	148323	S7	A 12	ADADA Porto	43.70	
8	VALENTE Jose Pedro	98	148295	S7	1,3,5,12+	Feira Viva	46.17	

**Série 4 de 8, 18:30**

1	AMARAL Joao Costa	95	147085	S14		Sporting de Espinho	39.54	
2	GOUVEIA Francisco Mario	75	203960	S9	9	Feira Viva	38.12	
3	FERREIRA Joao Mario	98	209695	S14		Sporting de Aveiro	37.47	
4	FERNANDES Tiago Miguel	04	209694	S14		Sporting de Aveiro	36.68	
5	BRANCO Miguel Paiva	97	204251	S17	A	APPDAlcoimbra	37.06	
6	SILVA Jose Miguel	95	133380	S21		Porto	37.69	
7	OLIVEIRA Renato Alexandre	82	201295	S7	1,2,4,8	ADADA Porto	39.19	
8	EUSEBIO Marcelo Esteves	02	133451	S21		ADADA Porto	40.46	

Prova 14, Masc., 50m Livres

Série 5 de 8, 18:35

1	PESTANA Rui Miguel	00	201141	S21		Porto	35.56
2	DUARTE Orlando Constancio	89	207632	S14		Sporting de Aveiro	35.33
3	CAMPOS Joao Miguel	79	202239	S7	6,12+	ADADA Porto	35.18
4	DUARTE Samuel Lima	04	207426	S14		Feira Viva	35.01
5	MONTEIRO Luis Miguel	96	133454	S14		ADADA Porto	35.07
6	REGO Diogo Almeida	97	147097	S21		Sporting de Aveiro	35.32
7	MENDES Humberto Julio	90	204182	S14		ADADA Porto	35.49
8	PEREIRA Vicente Barros	05	206921	S21		Sporting	36.61

Série 6 de 8, 18:35

1	ALVES Antonio Joaquin	97	210482	S14		Feira Viva	34.87
2	CASTANHEIRA Rodolfo Francisc01	01	204335	S8	9	Gesloures	34.63
3	MATOS Diogo Alexandre	99	132823	S21		Gesloures	34.54
4	TEIXEIRA Joao Meirinhos	96	148554	S14		Sporting de Aveiro	33.38
5	SOARES Ricardo Aderneira	99	132927	S8	3,5,12+	Gesloures	33.83
6	OLIVEIRA Antonio Pedro	03	201142	S10	12+	Porto	34.54
7	REIS Bruno Ferreira	00	133136	S8	12+	Porto	34.68
8	RIBEIRO Jose Carneirinho	90	133321	S14		Sporting	34.96

Série 7 de 8, 18:40

1	CRUZ Joao Tanica	92	207363	S12	T A	Palmela Desporto	32.17
2	SILVA Nuno Alexandre	92	133322	S14		Sporting	31.76
3	SOUSA Micael Silva	00	147101	S14		Sporting de Aveiro	31.20
4	MENESES Marco Ribeiro	01	204993	S11	T	O Crasto	30.39
5	SILVA Marco Paulo	84	26931	S110	12+	late Santa Cruz	30.64
6	PONTE Andre Carreiro	92	25907	S14		Naval de Ponta Delgada	31.49
7	ASSUNCAO Luis Miguel	01	148368	S110		Porto	32.06
8	SANTOS Filipe Bjorcke	88	123823	S21		O2 Portimao	32.64

Série 8 de 8, 18:40

1	SILVA Renato Filipe	98	148373	S9	9	Porto	29.25
2	MEIXELBERGER Tom	01		S9	1,3,5	SG Berliner Wasserratten	28.21
3	GRACHAT David Realista	87	117632	S9	1,3,5	Gesloures	27.63
4	BRAUNSCHWEIG Malte	00		S9	3,5	BSV Medizin Marzahn	26.75
5	JORGE Andre Camara	90	11222	S16		Escola O Liceu	26.90
6	BELEZAS Ricardo Andrade	91	132918	S15	H	Sporting	27.67
7	ASCENSO Daniel Alexandre	03	131377			Gesloures	28.49 EXH
8	LINHARES Ruben Daniel	97	131737	S8	3,5,12+	Rio Maior	29.80

Prova 15  
25-01-2020

4 x 100m Livres

Absoluto  
Startlist

Pista	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 2, 18:45</u>						
1						
2						
3		Sporting de Aveiro-S14		Sporting de Aveiro		NT
4		Porto-S34 Pts		Porto		NT
5		ADADA Porto-S34		ADADA Porto		NT
6						
7						
8						
<u>Série 2 de 2, 18:50</u>						
1		ADADA Porto-S14		ADADA Porto	6:53.33	
2		ADADA Porto-S14		ADADA Porto	5:48.66	
3		Sporting de Aveiro-S14		Sporting de Aveiro	5:10.99	
4		Feira Viva-S14		Feira Viva	2:58.51	
5		Gesloures-34 Pts		Gesloures	4:34.96	
6		Sporting-S21		Sporting	5:37.98	
7		O2 Portimao-S14		O2 Portimao	6:18.50	
8		Porto-S14		Porto		NT

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



2 - 2ª Jornada

26-01-2020 - 9:30

Prova 16  
26-01-2020

Femin., 100m Costas

Absoluto  
Startlist

S1 Esp S1: 4:56.82; Sen S1: 4:51.00 / S2 Esp S2: 4:29.11; Sen S2: 4:23.83 / S6 Esp S6: 4:20.48; Sen S6: 4:15.37 /  
S7 Esp S7: 2:27.11 / S8 Esp S8: 2:13.11; Sen S8: 2:10.50 / S9 Esp S9: 2:08.84; Sen S9: 2:06.31 / S10 Esp S10: 2:06.76;  
Sen S10: 2:04.27 / S110 Esp S110: 2:06.76; Sen S110: 2:04.27 / S11 Esp S11: 2:30.03; Sen S11: 2:27.09 / S12 Esp S12: 2:17.79;  
Sen S12: 2:15.09 / S13 Esp S13: 2:03.18; Sen S13: 2:00.77 / S113 Esp S113: 2:03.18; Sen S113: 2:00.77 / S14 Esp S14: 2:18.07;  
Sen S14: 2:15.36 / S114 Esp S114: 2:18.07; Sen S114: 2:15.36 / S15 Esp S15: 1:57.13; Sen S15: 1:54.28 / S16 Esp S16: 2:18.07;  
Sen S16: 2:15.36 / S17 Esp S17: 2:18.07; Sen S17: 2:15.36 / S21 Esp S21: 2:35.34; Sen S21: 2:32.29

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 2, 9:30</b>								
1	FARIA Sofia Morais	04	127371	S10		BA-Leiria		NT
2	SANTOS Rita Manuela	96	206298	S8	A,3,5,12+	ADADA Porto	2:36.75	
3	CASTRO Bruna Gomes	04	207055	S21		Feira Viva	2:26.42	
4	OLIVEIRA Sonia Cristina	97	130965	S7	A,3,5,12+	Vilacondense	2:10.28	
5	ALMEIDA Beatriz Moreira	04	203836	S14		ADADA Porto	2:16.67	
6	MORAIS Maria Matilde	06	212078	S10	12+	ADADA Porto	2:35.52	
7	BARBOSA Ana Sofia	88	148366	S6	W, 12+	Porto	2:50.04	
8	LAGE Ana Luisa	01	212369	S9	A	ADADA Porto		NT

**Série 2 de 2, 9:35**

1	CASTRO Ana Alexandra	92	148287	S21		Porto	2:03.15	
2	VASCO Maria Sio	00	205983	S10	3,5,12+	Desportivo de Odemira	1:57.33	
3	CASTRO Ana Filipa	97	131735	S8	12+	Feira Viva	1:35.76	
4	BREUER Janina	98		S14		SSC Karlsruhe	1:13.00	
5	BENITO DE TENA Julia	99		S10	3,5	C.N. Badajoz	1:15.10	
6	TORRES Diana Ines	99	133453	S21		Porto	1:48.65	
7	MONTEIRO Raquel Rocilio	98	147090	S14		Feira Viva	1:57.56	
8	DUARTE Marta Santos	02	210513	S7	A 3,5,12+	Municipio de Odivelas	2:04.05	

Prova 17  
26-01-2020

Masc., 100m Costas

Absoluto  
Startlist

S1 Esp S1: 4:41.52; Sen S1: 4:36.00 / S2 Esp S2: 4:07.69; Sen S2: 4:02.83 / S6 Esp S6: 2:31.75; Sen S6: 2:28.77 /  
S7 Esp S7: 2:11.81 / S8 Esp S8: 1:58.25; Sen S8: 1:55.94 / S9 Esp S9: 1:48.43; Sen S9: 1:46.31 / S10 Esp S10: 1:39.59;  
Sen S10: 1:37.64 / S110 Esp S110: 1:39.59; Sen S110: 1:37.64 / S11 Esp S11: 2:11.52; Sen S11: 2:08.94 / S12 Esp S12: 2:13.20;  
Sen S12: 2:10.59 / S13 Esp S13: 1:58.59; Sen S13: 1:56.26 / S113 Esp S113: 1:58.59; Sen S113: 1:56.26 / S14 Esp S14: 2:06.49;  
Sen S14: 2:04.00 / S114 Esp S114: 2:06.49; Sen S114: 2:04.00 / S15 Esp S15: 1:22.98; Sen S15: 1:20.95 / S16 Esp S16: 2:06.49;  
Sen S16: 2:04.00 / S17 Esp S17: 2:06.49; Sen S17: 2:04.00 / S21 Esp S21: 2:31.41; Sen S21: 2:28.44

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 4, 9:40

1								
2	CRUZ Miguel Duarte	99	125797	S15	H	Belenenses		NT
3	NASCIMENTO Luis Carlos	06	212095	S6	A 3,5,12+	Porto	2:52.38	
4	ALVES Nuno Diogo	88	148292	S7	A 12+	Gondomar	2:04.25	
5	SOUSA Helder Patricio	75	207625	S7	A 12	Porto	2:23.07	
6	MENDES Carlos Barbosa	62	200470	S7	A 12+	Alhandra	2:54.30	
7								
8								

Série 2 de 4, 9:45

1	VALENTE Jose Pedro	98	148295	S7	1,3,5,12+	Feira Viva	1:59.59	
2	OLIVEIRA Renato Alexandre	82	201295	S7	1,2,4,8	ADADA Porto	1:57.63	
3	ROCHA Simao Pedro	06	203015	S14		Aquatico Pacense	1:46.64	
4	GOUVEIA Francisco Mario	75	203960	S9	9	Feira Viva	1:45.40	
5	CRUZ Diogo Rafael	03	204421	S14		Sporting de Espinho	1:45.46	
6	GOMES Diogo Lopes	96	147098	S21		Feira Viva	1:56.93	
7	PEREIRA Joel Alexandre	92	148272	S21		APC Coimbra	1:58.82	
8	GONCALVES Hugo Bernardo	96	148371	S21		Porto	2:00.56	

Série 3 de 4, 9:45

1	SILVA Bruno Miguel	93	203838	S17		Porto	1:42.23	
2	FREIRE Hugo Filipe	04	209724	S14		Sporting de Aveiro	1:40.89	
3	REIS Bruno Ferreira	00	133136	S8	12+	Porto	1:31.14	
4	ALMEIDA Andre Reis	00	201716	S21		Sporting	1:30.20	
5	CASTANHEIRA Rodolfo Franciscoc01	204335	S8	9		Gesloures	1:30.50	
6	SILVA Jose Miguel	95	133380	S21		Porto	1:38.26	
7	RIBEIRO Jose Augusto	92	148291	S21		Gondomar	1:41.81	
8	DUARTE Orlando Constancio	89	207632	S14		Sporting de Aveiro	1:42.23	

Série 4 de 4, 9:50

1	PATRICIO Rodrigo Oliveira	05	201581	S14		Feira Viva	1:27.19	
2	PONTE Andre Carreiro	92	25907	S14		Naval de Ponta Delgada	1:19.39	
3	MENESES Marco Ribeiro	01	204993	S11	T	O Crasto	1:11.45	
4	BRAUNSCHWEIG Malte	00		S9	3,5	BSV Medizin Marzahn	1:06.81	
5	CORDEIRO Tomas Coelho	04	130167	S10	12+	Fluvial Portuense	1:09.14	
6	SILVA Renato Filipe	98	148373	S9	9	Porto	1:16.14	
7	ASSUNCAO Luis Miguel	01	148368	S110		Porto	1:24.34	
8	OLIVEIRA Antonio Pedro	03	201142	S10	12+	Porto	1:29.24	

Prova 18  
26-01-2020

Femin., 200m Mariposa

10 anos e mais velhos  
Startlist

S14 Esp S14: 6:22.50; Sen S14: 6:15.00 / S114 Esp S114: 6:22.50; Sen S114: 6:15.00 / S15 Esp S15: 4:03.95; Sen S15: 3:58.00 / S17 Esp S17: 6:22.50; Sen S17: 6:15.00 / S21 Esp S21: 6:46.72; Sen S21: 6:38.75

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 1, 9:55</u>								
1								
2								
3								
4	REIS Adriana Godinho	95	133132	S21		Feira Viva	4:27.60	
5								
6								
7								
8								

Prova 19  
26-01-2020

Masc., 200m Mariposa

10 anos e mais velhos  
Startlist

S14 Esp S14: 6:09.30; Sen S14: 6:02.06 / S114 Esp S114: 6:09.30; Sen S114: 6:02.06 / S15 Esp S15: 2:55.99; Sen S15: 2:51.70 / S17 Esp S17: 6:09.30; Sen S17: 6:02.06 / S21 Esp S21: 4:59.59; Sen S21: 4:53.71

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 1, 10:00</u>								
1								
2								
3	NASCIMENTO Levi Daniel	99	147141	S14		O2 Portimao	3:27.61	
4	NEVES Tiago Correia	97	125796	S15	H	Belenenses	2:19.59	
5	VAZ Joao Francisco	92	133323	S21		Sporting	3:16.41	
6								
7								
8								



Prova 20 Femin., 50m Costas Absoluto  
Startlist  
26-01-2020

S1 Esp S1: 2:48.99; Sen S1: 2:45.68 / S2 Esp S2: 2:17.01; Sen S2: 2:14.32 / S3 Esp S3: 1:38.64; Sen S3: 1:36.70 / S4 Esp S4: 1:35.63; Sen S4: 1:33.75 / S5 Esp S5: 1:26.26; Sen S5: 1:24.57 / S14 Esp S14: 59.43; Sen S14: 58.26 / S114 Esp S114: 59.43; Sen S114: 58.26 / S15 Esp S15: 51.60; Sen S15: 50.34 / S16 Esp S16: 59.43; Sen S16: 58.26 / S17 Esp S17: 59.43; Sen S17: 58.26 / S21 Esp S21: 1:12.61; Sen S21: 1:11.19

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 1, 10:05</b>								
1	CASTRO Bruna Gomes	04	207055	S21		Feira Viva	1:09.68	
2	REIS Filipa Sa	00	147099	S21		Sporting de Aveiro	57.27	
3	CARVALHO Ana Filipa	88	133320	S14		Sporting	52.51	
4	CARDOSO Vera Lucia	00	133433	S14		Sporting de Espinho	46.07	
5	SOARES Maria Mafalda	02	153119	S14		ADADA Porto	51.95	
6	MONTEIRO Raquel Rocilio	98	147090	S14		Feira Viva	56.65	
7	DUARTE Sara Isabel	91	204091	S21		ADADA Porto	1:04.98	
8	PENELAS Beatriz Marques	99	201491	S5	A 3,5,12	Alhandra	1:54.78	

Prova 21 Masc., 50m Costas Absoluto  
Startlist  
26-01-2020

S1 Esp S1: 2:21.63; Sen S1: 2:18.85 / S2 Esp S2: 1:59.97; Sen S2: 1:57.61 / S3 Esp S3: 1:50.82; Sen S3: 1:48.65 / S4 Esp S4: 1:18.98; Sen S4: 1:17.43 / S5 Esp S5: 1:14.97; Sen S5: 1:13.50 / S14 Esp S14: 54.90; Sen S14: 53.82 / S114 Esp S114: 54.90; Sen S114: 53.82 / S15 Esp S15: 37.83; Sen S15: 36.91 / S16 Esp S16: 54.90; Sen S16: 53.82 / S17 Esp S17: 54.90; Sen S17: 53.82 / S21 Esp S21: 1:05.62; Sen S21: 1:04.34

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<b>Série 1 de 4, 10:10</b>								
1								
2								
3	PINTO Carlos Manuel	84	211226	S5	A 12	Porto	1:15.37	
4	SANTOS Ruben Jose	80	148261	S21		APC Coimbra	1:01.82	
5	COSTA Jose Antonio	85	148262	S5	A E Y 12+	APC Coimbra	1:08.44	
6								
7								
8								

**Série 2 de 4, 10:10**

1	MOREIRA Ricardo Jorge	01	208706	S5	A,3,5,12+	Porto	59.26	
2	CATARINO Jaime Lopes	91	147100	S5	A 12	Sporting de Aveiro	56.80	
3	EUSEBIO Marcelo Esteves	02	133451	S21		ADADA Porto	52.73	
4	FERNANDES Tiago Miguel	04	209694	S14		Sporting de Aveiro	50.31	
5	SANTOS Diogo Filipe	91	133135	S21		Feira Viva	52.42	
6	GOMES Diogo Lopes	96	147098	S21		Feira Viva	54.35	
7	GONCALVES Hugo Bernardo	96	148371	S21		Porto	57.71	
8	INGLES Samuel Godinho	85	208055	S21	W	FC Ferreiras/AlgarExperience	1:01.24	

Prova 21, Masc., 50m Costas

Série 3 de 4, 10:15

1	GUIMARAES Bruno Ricardo	94	206297	S14		ADADA Porto	48.28
2	CRUZ Diogo Rafael	03	204421	S14		Sporting de Espinho	47.67
3	SILVA Bruno Miguel	93	203838	S17		Porto	47.55
4	FERREIRA Joao Mario	98	209695	S14		Sporting de Aveiro	45.90
5	ROCHA Ivo Filipe	90	131736	S5	A 12	Feira Viva	47.11
6	BRITO Rui Xavier	99	147102	S14		Sporting de Aveiro	47.59
7	MONTES Francisco Pessanha	02	133450	S21		ADADA Porto	48.00
8	SILVA Alexandre Martins	99	153260	S21		O2 Portimao	49.69

Série 4 de 4, 10:15

1	REGO Diogo Almeida	97	147097	S21		Sporting de Aveiro	45.28
2	SANTOS Filipe Bjorcke	88	123823	S21		O2 Portimao	41.18
3	PATRICIO Rodrigo Oliveira	05	201581	S14		Feira Viva	39.50
4	JORGE Andre Camara	90	11222	S16		Escola O Liceu	34.23
5	PONTE Andre Carreiro	92	25907	S14		Naval de Ponta Delgada	36.54
6	SILVA Nuno Alexandre	92	133322	S14		Sporting	40.16
7	OLIVEIRA Daniel Mendo	05	202984	S17		APPDAlcoimbra	44.73
8	ALVES Antonio Joaquin	97	210482	S14		Feira Viva	45.63

Prova 22  
26-01-2020

Femin., 150m Estilos

10 anos e mais velhos  
Startlist

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

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Prova 23  
26-01-2020

Masc., 150m Estilos

10 anos e mais velhos  
Startlist

S1 Esp S1: 9:27.75; Sen S1: 9:16.62 / S2 Esp S2: 8:57.15; Sen S2: 8:46.62 / S3 Esp S3: 8:26.55; Sen S3: 8:16.62 / S4 Esp S4: 7:28.35; Sen S4: 7:19.56

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 1, 10:20

1							
2							
3							
4	SALINAS MARTINEZ Francisco	82		SM4	A 4,12	CT Córdoba	3:28.58
5	PRAZERES Pedro Moreira	00	148372	SM4	A 3,5,12	Fluvial Portuense	5:28.90
6							
7							
8							

Prova 24  
26-01-2020

Femin., 200m Estilos

Absoluto  
Startlist

S5 Esp S5: 6:47.10; Sen S5: 6:39.12 / S6 Esp S6: 5:29.59; Sen S6: 5:23.13 / S7 Esp S7: 5:16.71 / S8 Esp S8: 4:35.40;  
Sen S8: 4:30.00 / S9 Esp S9: 4:23.96; Sen S9: 4:18.78 / S10 Esp S10: 4:20.15; Sen S10: 4:15.04 / S11 Esp S11: 4:20.15;  
Sen S11: 4:15.04 / S12 Esp S12: 4:58.35; Sen S12: 4:52.50 / S13 Esp S13: 4:45.00; Sen S13: 4:40.00 / S14 Esp S14: 4:59.45; Sen S14: 4:53.58 / S15 Esp S15: 4:46.88;  
Sen S15: 4:46.88 / S16 Esp S16: 4:59.45; Sen S16: 4:53.58 / S17 Esp S17: 4:59.45;  
Sen S17: 4:53.58 / S21 Esp S21: 6:16.92; Sen S21: 6:09.53

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 1, 10:25</u>								
1	FRAGOSO Simone Silva	80	148557	SM5	A Y 3,5,12+	Palmela Desporto	4:40.62	
2	VASCO Maria Sio	00	205983	SM10	3,5,12+	Desportivo de Odemira	4:15.03	
3	CORREIA Ana Beatriz	98	130551	SM10	8	Natacao de Faro	3:08.04	
4	BREUER Janina	98		SM14		SSC Karlsruhe	2:39.00	
5	PINTO Renata Vaz	99	108165	SM9	1,3,5	ADADA Porto	2:59.21	
6	SONNTAG Peggy	99		SM5	3,5,12+	BV Leipzig	3:51.77	
7	CASTRO Ana Alexandra	92	148287	SM21		Porto	4:26.63	
8	GOMES Barbara Ines	91	148265	SM21		APC Coimbra	4:50.60	

Prova 25  
26-01-2020

Masc., 200m Estilos

Absoluto  
Startlist

S5 Esp S5: 6:50.04; Sen S5: 6:42.00 / S6 Esp S6: 6:45.45; Sen S6: 6:37.50 / S7 Esp S7: 6:42.11 / S8 Esp S8: 4:08.62;  
Sen S8: 4:03.75 / S9 Esp S9: 3:41.83; Sen S9: 3:37.48 / S10 Esp S10: 3:39.85; Sen S10: 3:35.54 / S11 Esp S11: 3:39.85;  
Sen S11: 3:35.54 / S12 Esp S12: 4:45.50; Sen S12: 4:39.90 / S13 Esp S13: 3:54.89; Sen S13: 3:50.28 / S14 Esp S14: 4:46.88; Sen S14: 4:41.25 / S15 Esp S15: 4:46.88;  
Sen S15: 4:41.25 / S16 Esp S16: 4:46.88; Sen S16: 4:41.25 / S17 Esp S17: 4:46.88;  
Sen S17: 4:41.25 / S21 Esp S21: 4:51.28; Sen S21: 4:45.57

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 3, 10:35</u>								
1								
2								
3	PINTO Jose Manuel	00	148323	SM7	A 12	ADADA Porto	4:25.33	
4	SANTOS Tomas Aniceto	99	147091	SM21		Feira Viva	4:02.31	
5	RIBEIRO David Saraiva	96	147095	SM21		Sporting de Aveiro	4:09.30	
6								
7								
8								

Série 2 de 3, 10:40

1								
2	CAMPOS Joao Miguel	79	202239	SM7	6,12+	ADADA Porto	3:23.35	
3	VIDEIRA Daniel Carlos	92	132822	SM6	3,5,12+	Gesloures	3:14.87	
4	SOUSA Micael Silva	00	147101	SM14		Sporting de Aveiro	3:08.37	
5	CRUZ Joao Tanica	92	207363	SM12	T A	Palmela Desporto	3:09.49	
6	SOARES Ricardo Aderneira	99	132927	SM8	3,5,12+	Gesloures	3:15.62	
7	ROCHA Simao Pedro	06	203015	SM14		Aquatico Pacense	3:57.69	
8								

Prova 25, Masc., 200m Estilos

Série 3 de 3, 10:45

1	VAZ Joao Francisco	92	133323	SM21		Sporting	3:02.61
2	MEIXELBERGER Tom	01		SM9	1,3,5	SG Berliner Wasserratten	2:44.34
3	CORDEIRO Tomas Coelho	04	130167	SM10	12+	Fluvial Portuense	2:31.27
4	CRUZ Miguel Duarte	99	125797	SM15	H	Belenenses	2:25.19
5	GRACHAT David Realista	87	117632	SM9	1,3,5	Gesloures	2:25.80
6	CANCELA Diogo Luis	02	124221	SM8	1,2,4	Miranda do Corvo	2:33.38
7	MENESES Marco Ribeiro	01	204993	SM11	T	O Crasto	2:48.34
8	RIBEIRO Pedro Miguel	91	148294	SM14		Gondomar	3:07.95

Prova 26  
26-01-2020

Femin., 50m Bruços

Absoluto  
Startlist

S1 Esp S1: 2:43.71; Sen S1: 2:40.50 / S2 Esp S2: 2:25.35; Sen S2: 2:22.50 / S3 Esp S3: 1:33.61; Sen S3: 1:31.77 /  
S14 Esp S14: 1:06.63; Sen S14: 1:05.52 / S114 Esp S114: 1:06.83; Sen S114: 1:03.30 / S15 Esp S15: 50.11; Sen S15: 48.89 /  
S16 Esp S16: 1:06.83; Sen S16: 1:05.52 / S17 Esp S17: 1:06.83; Sen S17: 1:05.52 / S21 Esp S21: 1:25.99; Sen S21: 1:24.30

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 1, 10:50

1							
2	LOURENCO Carolina Caetano	94	201276	SB21		APC Coimbra	1:06.02
3	REIS Filipa Sa	00	147099	SB21		Sporting de Aveiro	59.07
4	PELAIO Beatriz Malaquias	99	139845	SB17	A	APPDAlcoimbra	51.75
5	CARDOSO Vera Lucia	00	133433	SB14		Sporting de Espinho	56.66
6	GASPAR Matilde Lucia	06	201275	SB21		APC Coimbra	1:04.46
7	MACHADO Ana Catarina	94	201145	SB21		ADADA Porto	1:21.78
8							

Prova 27  
26-01-2020

Masc., 50m Bruços

Absoluto  
Startlist

S1 Esp S1: 2:34.41; Sen S1: 2:31.38 / S2 Esp S2: 2:17.70; Sen S2: 2:15.00 / S3 Esp S3: 1:34.68; Sen S3: 1:32.82 /  
S14 Esp S14: 1:03.30; Sen S14: 1:02.05 / S114 Esp S114: 1:03.30; Sen S114: 1:02.05 / S15 Esp S15: 45.65; Sen S15: 44.53 /  
S16 Esp S16: 1:03.30; Sen S16: 1:02.05 / S17 Esp S17: 1:03.30; Sen S17: 1:02.05 / S21 Esp S21: 1:06.33; Sen S21: 1:05.03

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 3, 10:55

1							
2							
3	MARQUES Diogo Jose	99	209288	SB14		Alhandra	59.00
4	FARIA Miguel Domingos	02	204328	SB14		FC Ferreiras/AlgarExperience	58.37
5	SALINAS MARTINEZ Francisco	82		SB3	A 4,12	CT Córdoba	58.91
6							
7							
8							

Prova 27, Masc., 50m Bruços

Série 2 de 3, 10:55

1						
2	MONTEIRO Luis Miguel	96	133454	SB14	ADADA Porto	54.11
3	TEIXEIRA Joao Meirinhos	96	148554	SB14	Sporting de Aveiro	51.58
4	PESTANA Rui Miguel	00	201141	SB21	Porto	51.47
5	CRUZ Henrique Benevides	83	125814	SB14	Naval de Ponta Delgada	51.55
6	BRANCO Miguel Paiva	97	204251	SB17	A APPDACA Coimbra	53.32
7	FERNANDES Tiago Miguel	04	209694	SB14	Sporting de Aveiro	57.64
8						

Série 3 de 3, 11:00

1	AMARAL Joao Costa	95	147085	SB14	Sporting de Espinho	50.86
2	CARNEIRO Joao Amaral	95	207577	SB17	APPDACA Coimbra	47.09
3	SILVA Nuno Alexandre	92	133322	SB14	Sporting	43.97
4	VIEIRA Jose Gabriel	83	130552	SB21	Natacao de Faro	42.95
5	FERREIRA Josemar Joel	95	210177	SB15	Sporting	43.04
6	MATOS Diogo Alexandre	99	132823	SB21	Gesloures	45.21
7	VALADARES David Joao	00	208177	SB14	Alhandra	47.80
8	MENDES Humberto Julio	90	204182	SB14	ADADA Porto	51.38

Prova 28  
26-01-2020

Femin., 50m Mariposa

Absoluto  
Startlist

S1 Esp S1: 4:27.75; Sen S1: 4:22.50 / S2 Esp S2: 3:52.56; Sen S2: 3:48.00 / S3 Esp S3: 3:34.20; Sen S3: 3:30.00 / S4 Esp S4: 1:47.10; Sen S4: 1:45.00 / S5 Esp S5: 1:37.92; Sen S5: 1:36.00 / S6 Esp S6: 1:27.33; Sen S6: 1:25.62 / S7 Esp S7: 1:18.03; Sen S7: 1:16.50 / S14 Esp S14: 1:07.46; Sen S14: 1:06.14 / S114 Esp S114: 1:07.46; Sen S114: 1:06.14 / S15 Esp S15: 44.87; Sen S15: 43.78 / S16 Esp S16: 1:07.46; Sen S16: 1:06.14 / S17 Esp S17: 1:07.46; Sen S17: 1:06.14 / S21 Esp S21: 2:02.43; Sen S21: 2:00.03

Pista Nome Nadador Ano NFed Classe Cod Exc Clube Tempo Inscr. Obs.

Série 1 de 1, 11:00

1						
2	GOUVEIA Susana Raquel	89	133446	S14	ADADA Porto	56.10
3	SONNTAG Peggy	99		S5	3,5,12+ BV Leipzig	50.22
4	CORREIA Raquel Rosa	92	153406	S15	H Colegio Bernardette Romeira	40.34
5	TORRES Diana Ines	99	133453	S21	Porto	44.46
6	MOREIRA Carina Barbosa	81	148289	S21	Gondomar	55.58
7	FRAGOSO Simone Silva	80	148557	S5	A Y 3,5,12+ Palmela Desporto	56.92
8						

Prova 29  
26-01-2020

Masc., 50m Mariposa

Absoluto  
Startlist

S1 Esp S1: 2:33.00; Sen S1: 2:30.00 / S2 Esp S2: 2:10.05; Sen S2: 2:07.50 / S3 Esp S3: 1:54.75; Sen S3: 1:52.50 / S4 Esp S4: 1:40.38; Sen S4: 1:38.41 / S5 Esp S5: 1:27.21; Sen S5: 1:25.50 / S6 Esp S6: 1:20.29; Sen S6: 1:18.72 / S7 Esp S7: 1:10.38; Sen S7: 1:09.00 / S14 Esp S14: 51.53; Sen S14: 50.52 / S114 Esp S114: 51.53; Sen S114: 50.52 / S15 Esp S15: 32.89; Sen S15: 32.09 / S16 Esp S16: 51.53; Sen S16: 50.52 / S17 Esp S17: 51.53; Sen S17: 50.52 / S21 Esp S21: 50.00; Sen S21: 49.02

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 3, 11:05

1								
2								
3	OLIVEIRA Renato Alexandre	82	201295	S7	1,2,4,8	ADADA Porto		NT
4	SANTOS Tomas Aniceto	99	147091	S21		Feira Viva	48.10	
5	CATARINO Jaime Lopes	91	147100	S5	A 12	Sporting de Aveiro	1:01.29	
6	RIBEIRO Jose Augusto	92	148291	S21		Gondomar		NT
7								
8								

Série 2 de 3, 11:05

1	VIEIRA Jose Gabriel	83	130552	S21		Natacao de Faro	46.54	
2	RIBEIRO David Saraiva	96	147095	S21		Sporting de Aveiro	45.39	
3	NASCIMENTO Levi Daniel	99	147141	S14		O2 Portimao	43.29	
4	RIBEIRO Jose Carneirinho	90	133321	S14		Sporting	41.51	
5	PEREIRA Vicente Barros	05	206921	S21		Sporting	41.79	
6	MONTES Francisco Pessanha	02	133450	S21		ADADA Porto	43.48	
7	DUARTE Samuel Lima	04	207426	S14		Feira Viva	45.49	
8	SILVA Alexandre Martins	99	153260	S21		O2 Portimao	47.33	

Série 3 de 3, 11:10

1	SILVA Jose Miguel	95	133380	S21		Porto	40.51	
2	BRITO Rui Xavier	99	147102	S14		Sporting de Aveiro	36.39	
3	RIBEIRO Pedro Miguel	91	148294	S14		Gondomar	35.12	
4	JORGE Andre Camara	90	11222	S16		Escola O Liceu	29.90	
5	BELEZAS Ricardo Andrade	91	132918	S15	H	Sporting	30.13	
6	SANTOS Filipe Bjorcke	88	123823	S21		O2 Portimao	35.30	
7	CAMPOS Joao Miguel	79	202239	S7	6,12+	ADADA Porto	39.94	
8	VICENTE Francisco Jose	99	148269	S21		Sporting	41.40	

Prova 30  
26-01-2020

Femin., 100m Livres

Absoluto  
Startlist

S1 Esp S1: 5:16.71; Sen S1: 5:10.50 / S2 Esp S2: 4:14.76; Sen S2: 4:09.77 / S3 Esp S3: 3:31.45; Sen S3: 3:27.30 / S4 Esp S4: 2:57.82; Sen S4: 2:54.33 / S5 Esp S5: 2:28.87; Sen S5: 2:25.95 / S6 Esp S6: 2:20.76; Sen S6: 2:18.00 / S7 Esp S7: 2:12.34; Sen S7: 2:09.75 / S8 Esp S8: 1:51.49; Sen S8: 1:49.30 / S9 Esp S9: 1:48.48; Sen S9: 1:46.35 / S10 Esp S10: 1:36.30; Sen S10: 1:34.41 / S110 Esp S110: 1:36.30; Sen S110: 1:34.41 / S11 Esp S11: 2:10.05; Sen S11: 2:07.50 / S12 Esp S12: 1:52.64; Sen S12: 1:50.43 / S13 Esp S13: 1:37.34; Sen S13: 1:35.43 / S113 Esp S113: 1:37.34; Sen S113: 1:35.43 / S14 Esp S14: 1:55.22; Sen S14: 1:52.96 / S114 Esp S114: 1:55.22; Sen S114: 1:52.96 / S15 Esp S15: 1:28.93; Sen S15: 1:26.76 / S16 Esp S16: 1:55.22; Sen S16: 1:52.96 / S17 Esp S17: 1:55.22; Sen S17: 1:52.96 / S21 Esp S21: 2:29.66; Sen S21: 2:26.73

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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**Série 1 de 4, 11:10**

1								
2								
3	DUARTE Marta Santos	02	210513	S7	A 3,5,12+	Município de Odivelas		NT
4	FARIA Sofia Morais	04	127371	S10		BA-Leiria		NT
5	LAGE Ana Luisa	01	212369	S9	A	ADADA Porto		NT
6								
7								
8								

**Série 2 de 4, 11:15**

1	SANTOS Rita Manuela	96	206298	S8	A,3,5,12+	ADADA Porto	2:31.51	
2	GASPAR Matilde Lucia	06	201275	S21		APC Coimbra	2:12.09	
3	MORAIS Maria Matilde	06	212078	S10	12+	ADADA Porto	2:06.84	
4	DUARTE Sara Isabel	91	204091	S21		ADADA Porto	2:02.34	
5	LOURENCO Carolina Caetano	94	201276	S21		APC Coimbra	2:06.67	
6	GOMES Barbara Ines	91	148265	S21		APC Coimbra	2:08.01	
7	COSTA Noemi Pereira	93	204887	S21		Gondomar	2:20.33	
8	PENELAS Beatriz Marques	99	201491	S5	A 3,5,12	Alhandra	4:01.78	

**Série 3 de 4, 11:25**

1	MACHADO Ana Catarina	94	201145	S21		ADADA Porto	1:57.39	
2	OLIVEIRA Sonia Cristina	97	130965	S7	A,3,5,12+	Vilacondense	1:48.66	
3	REIS Adriana Godinho	95	133132	S21		Feira Viva	1:44.76	
4	SOARES Maria Mafalda	02	153119	S14		ADADA Porto	1:33.90	
5	PELAIO Beatriz Malaquias	99	139845	S17	A	APPDAlCoimbra	1:43.56	
6	CARVALHO Ana Filipa	88	133320	S14		Sporting	1:48.46	
7	REGO Joana Candeias	04	203837	S14		ADADA Porto	1:49.06	
8	MOREIRA Carina Barbosa	81	148289	S21		Gondomar	2:01.80	

**Série 4 de 4, 11:25**

1	SIMOES Diana Vieira	98	147096	S14	W	Sporting de Aveiro	1:29.77	
2	PINTO Renata Vaz	99	108165	S9	1,3,5	ADADA Porto	1:15.01	
3	ALMEIDA Eunice Evora	94	147227	S15	H	CDAP Natacao	1:11.24	
4	VEIGA Susana Pereira	00	121936	S9	9	Colegio Vasco da Gama	1:05.08	
5	BENITO DE TENA Julia	99		S10	3,5	C.N. Badajoz	1:06.90	
6	CORREIA Ana Beatriz	98	130551	S10	8	Natacao de Faro	1:14.29	
7	CASTRO Ana Filipa	97	131735	S8	12+	Feira Viva	1:20.23	
8	GOUVEIA Susana Raquel	89	133446	S14		ADADA Porto	1:33.15	

Prova 31  
26-01-2020

Masc., 100m Livres

Absoluto  
Startlist

S1 Esp S1: 5:09.06; Sen S1: 5:03.00 / S2 Esp S2: 4:07.11; Sen S2: 5:32.27 / S3 Esp S3: 4:02.87; Sen S3: 3:58.11 / S4 Esp S4: 2:40.39; Sen S4: 2:37.24 / S5 Esp S5: 2:25.35; Sen S5: 2:22.50 / S6 Esp S6: 2:11.92; Sen S6: 2:09.33 / S7 Esp S7: 1:57.04; Sen S7: 1:54.75 / S8 Esp S8: 1:43.84; Sen S8: 1:41.80 / S9 Esp S9: 1:28.05; Sen S9: 1:26.32 / S10 Esp S10: 1:27.12; Sen S10: 1:25.41 / S110 Esp S110: 1:27.12; Sen S110: 1:25.41 / S11 Esp S11: 2:01.36; Sen S11: 1:58.98 / S12 Esp S12: 1:44.99; Sen S12: 1:42.93 / S13 Esp S13: 1:31.05; Sen S13: 1:29.26 / S113 Esp S113: 1:31.05; Sen S113: 1:29.26 / S14 Esp S14: 1:45.03; Sen S14: 1:42.97 / S114 Esp S114: 1:45.03; Sen S114: 1:42.97 / S15 Esp S15: 1:09.99; Sen S15: 1:08.28 / S16 Esp S16: 1:45.03; Sen S16: 1:42.97 / S17 Esp S17: 1:45.03; Sen S17: 1:42.97 / S21 Esp S21: 2:02.40; Sen S21: 2:00.00

Pista	Nome Nadador	Ano	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
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Série 1 de 7, 11:30

1								
2	PRAZERES Pedro Moreira	00	148372	S4	A 3,5,12	Fluvial Portuense	3:05.77	
3	COSTA Jose Antonio	85	148262	S5	A E Y 12+	APC Coimbra	2:20.95	
4	INGLES Samuel Godinho	85	208055	S21	W	FC Ferreiras/AlgarExperience	1:56.63	
5	SOUSA Helder Patricio	75	207625	S7	A 12	Porto	1:59.24	
6	MENDES Carlos Barbosa	62	200470	S7	A 12+	Alhandra	2:23.46	
7	CAIRES Bruno Miguel	96	204082	S7	A12+	FC Ferreiras/AlgarExperience		NT
8								

Série 2 de 7, 11:35

1	ANTUNES Joao Pedro	87	204258	S21		O2 Portimao	1:50.45	
2	VALENTE Jose Pedro	98	148295	S7	1,3,5,12+	Feira Viva	1:45.75	
3	ALVES Nuno Diogo	88	148292	S7	A 12+	Gondomar	1:44.07	
4	EUSEBIO Marcelo Esteves	02	133451	S21		ADADA Porto	1:37.82	
5	MARQUES Diogo Jose	99	209288	S14		Alhandra	1:42.50	
6	PEREIRA Joel Alexandre	92	148272	S21		APC Coimbra	1:45.68	
7	SANTOS Ruben Jose	80	148261	S21		APC Coimbra	1:47.43	
8	CALADO Manuel Carrola	00	208821	S21	W	FC Ferreiras/AlgarExperience	1:52.28	

Série 3 de 7, 11:40

1	AMARAL Joao Costa	95	147085	S14		Sporting de Espinho	1:34.46	
2	MANITO Pedro Fernandes	02	210491	S17	A	Palmela Desporto	1:31.54	
3	GUIMARAES Bruno Ricardo	94	206297	S14		ADADA Porto	1:30.09	
4	ROCHA Ivo Filipe	90	131736	S5	A 12	Feira Viva	1:26.93	
5	MOREIRA Ricardo Jorge	01	208706	S5	A,3,5,12+	Porto	1:29.75	
6	VICENTE Francisco Jose	99	148269	S21		Sporting	1:30.48	
7	OLIVEIRA Daniel Mendo	05	202984	S17		APPDACA Coimbra	1:32.50	
8	PINTO Jose Manuel	00	148323	S7	A 12	ADADA Porto	1:36.07	

Série 4 de 7, 11:40

1	MONTEIRO Luis Miguel	96	133454	S14		ADADA Porto	1:26.06	
2	SANTOS Diogo Filipe	91	133135	S21		Feira Viva	1:25.60	
3	PESTANA Rui Miguel	00	201141	S21		Porto	1:24.03	
4	PEREIRA Vicente Barros	05	206921	S21		Sporting	1:23.28	
5	GOUVEIA Francisco Mario	75	203960	S9	9	Feira Viva	1:23.75	
6	FERREIRA Joao Mario	98	209695	S14		Sporting de Aveiro	1:25.25	
7	REGO Diogo Almeida	97	147097	S21		Sporting de Aveiro	1:25.82	
8	FREIRE Hugo Filipe	04	209724	S14		Sporting de Aveiro	1:26.13	



Prova 31, Masc., 100m Livres

Série 5 de 7, 11:45

1	RIBEIRO Jose Carneirinho	90	133321	S14		Sporting	1:20.50
2	OLIVEIRA Antonio Pedro	03	201142	S10	12+	Porto	1:19.54
3	ALVES Antonio Joaquin	97	210482	S14		Feira Viva	1:18.48
4	MEIXELBERGER Tom	01		S9	1,3,5	SG Berliner Wasserratten	1:17.60
5	DUARTE Orlando Constancio	89	207632	S14		Sporting de Aveiro	1:18.36
6	MENDES Humberto Julio	90	204182	S14		ADADA Porto	1:19.32
7	TEIXEIRA Joao Meirinhos	96	148554	S14		Sporting de Aveiro	1:20.01
8	BRANCO Miguel Paiva	97	204251	S17	A	APPDACOimbra	1:22.28

Série 6 de 7, 11:45

1	DUARTE Samuel Lima	04	207426	S14		Feira Viva	1:15.93
2	ALMEIDA Andre Reis	00	201716	S21		Sporting	1:13.55
3	SOUSA Micael Silva	00	147101	S14		Sporting de Aveiro	1:12.83
4	SOARES Ricardo Aderneira	99	132927	S8	3,5,12+	Gesloures	1:11.99
5	ASSUNCAO Luis Miguel	01	148368	S110		Porto	1:12.03
6	CASTANHEIRA Rodolfo Franciscoc	01	204335	S8	9	Gesloures	1:12.95
7	REIS Bruno Ferreira	00	133136	S8	12+	Porto	1:14.10
8	MATOS Diogo Alexandre	99	132823	S21		Gesloures	1:17.46

Série 7 de 7, 11:50

1	VIDEIRA Daniel Carlos	92	132822	S6	3,5,12+	Gesloures	1:10.71
2	LINHARES Ruben Daniel	97	131737	S8	3,5,12+	Rio Maior	1:05.66
3	BELEZAS Ricardo Andrade	91	132918	S15	H	Sporting	1:00.36
4	CAETANO Gino Santos	94	18331	S9	9	Galitos / Bresimar	57.41
5	BRAUNSCHWEIG Malte	00		S9	3,5	BSV Medizin Marzahn	58.28
6	SILVA Renato Filipe	98	148373	S9	9	Porto	1:04.47
7	CANCELA Diogo Luis	02	124221	S8	1,2,4	Miranda do Corvo	1:06.61
8	SILVA Marco Paulo	84	26931	S110	12+	late Santa Cruz	1:10.80

Prova 32  
26-01-2020

4 x 100m Estilos

Absoluto  
Startlist

Pista	NFed	Classe	Cod Exc	Clube	Tempo Inscr.	Obs.
<u>Série 1 de 2, 11:55</u>						
1						
2						
3		Porto-S14		Porto		NT
4		Porto-S34 Pts		Porto		NT
5		Sporting de Aveiro-S14		Sporting de Aveiro		NT
6						
7						
8						

Prova 32, 4 x 100m Estilos

Série 2 de 2, 12:00

1			
2	O2 Portimao-S14	O2 Portimao	6:52.39
3	Sporting-S21	Sporting	6:08.49
4	Gesloures-34 Pts	Gesloures	5:33.93
5	Sporting de Aveiro-S14	Sporting de Aveiro	6:05.47
6	Feira Viva-S14	Feira Viva	6:18.12
7	ADADA Porto-S14	ADADA Porto	7:23.38
8			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



PATROCINADOR PRINCIPAL



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS

