

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 1 Femin., 800m Livres 15 anos e mais velhos
9.4.10 - 9:30 Resultados

RNABS	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31.7.02
RNSEN	8:58.41	Marta Andreia Ferreira	FPN	Barcelona (ESP)	25.7.03
RNJUN	8:57.14	Marta Andreia Ferreira	FPN	Berlim (GER)	31.7.02

TAC-SENF Sen: 9:40.00 / TAC-JUNF Jun: 9:47.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	9:06.98	+0,91	737
	100m: 1:05.87 1:05.87	300m: 3:23.33 1:08.75	500m: 5:40.43 1:07.94	700m: 7:58.66 1:09.63		
	200m: 2:14.58 1:08.71	400m: 4:32.49 1:09.16	600m: 6:49.03 1:08.60	800m: 9:06.98 1:08.32		
2.	Joana Filipa Santos	93	Vitória de Guimarães	9:17.18	+0,90	697
	100m: 1:06.11 1:06.11	300m: 3:25.80 1:10.05	500m: 5:46.47 1:10.37	700m: 8:08.71 1:10.77		
	200m: 2:15.75 1:09.64	400m: 4:36.10 1:10.30	600m: 6:57.94 1:11.47	800m: 9:17.18 1:08.47		
3.	Maria Miguel Veloso	93	Náutico/Matobra	9:21.61	+0,92	680
	100m: 1:06.49 1:06.49	300m: 3:25.52 1:09.75	500m: 5:46.65 1:10.82	700m: 8:10.05 1:11.81		
	200m: 2:15.77 1:09.28	400m: 4:35.83 1:10.31	600m: 6:58.24 1:11.59	800m: 9:21.61 1:11.56		
4.	Lara Santana Pinheiro	92	Belenenses	9:24.43	+0,97	670
	100m: 1:06.55 1:06.55	300m: 3:28.19 1:11.09	500m: 5:50.25 1:11.13	700m: 8:13.78 1:11.81		
	200m: 2:17.10 1:10.55	400m: 4:39.12 1:10.93	600m: 7:01.97 1:11.72	800m: 9:24.43 1:10.65		
5.	Ana Margarida Domingos	93	Académico Viseu	9:28.21	+0,95	657
	100m: 1:07.38 1:07.38	300m: 3:31.35 1:12.11	500m: 5:54.89 1:11.46	700m: 8:19.34 1:12.04		
	200m: 2:19.24 1:11.86	400m: 4:43.43 1:12.08	600m: 7:07.30 1:12.41	800m: 9:28.21 1:08.87		
6.	Maria Ana Magalhaes	93	Desportiva Limiana	9:29.57	+0,79	652
	100m: 1:07.26 1:07.26	300m: 3:31.18 1:11.97	500m: 5:55.40 1:12.13	700m: 8:18.96 1:11.71		
	200m: 2:19.21 1:11.95	400m: 4:43.27 1:12.09	600m: 7:07.25 1:11.85	800m: 9:29.57 1:10.61		
7.	Marta Alexandra Saraiva	93	Uniao Piedense	9:38.97	+0,90	621
	100m: 1:07.48 1:07.48	300m: 3:31.21 1:12.00	500m: 5:57.11 1:13.27	700m: 8:25.51 1:14.17		
	200m: 2:19.21 1:11.73	400m: 4:43.84 1:12.63	600m: 7:11.34 1:14.23	800m: 9:38.97 1:13.46		
8.	Joana Filipa Capela	89	Benfica	9:40.36	+0,72	617
	<i>FTL</i>					
	100m: 1:07.18 1:07.18	300m: 3:33.13 1:13.08	500m: 6:00.26 1:13.32	700m: 8:28.86 1:14.30		
	200m: 2:20.05 1:12.87	400m: 4:46.94 1:13.81	600m: 7:14.56 1:14.30	800m: 9:40.36 1:11.50		
9.	Alexandra Ribeiro Paula	93	Sporting	9:41.19	+0,79	614
	<i>FTL</i>					
	100m: 1:07.03 1:07.03	300m: 3:32.28 1:13.03	500m: 6:00.40 1:13.97	700m: 8:29.14 1:14.24		
	200m: 2:19.25 1:12.22	400m: 4:46.43 1:14.15	600m: 7:14.90 1:14.50	800m: 9:41.19 1:12.05		
10.	Tatiana Ladeiro Santos	92	Gesloures	9:51.16	+0,80	583
	<i>FTL</i>					
	100m: 1:08.33 1:08.33	300m: 3:36.01 1:14.19	500m: 6:05.66 1:14.91	700m: 8:36.60 1:15.70		
	200m: 2:21.82 1:13.49	400m: 4:50.75 1:14.74	600m: 7:20.90 1:15.24	800m: 9:51.16 1:14.56		
11.	Catarina Correia Simoes	93	Natação Olhão	9:57.20	+0,88	566
	<i>FTL</i>					
	100m: 1:08.75 1:08.75	300m: 3:35.49 1:13.83	500m: 6:06.33 1:15.94	700m: 8:40.62 1:17.44		
	200m: 2:21.66 1:12.91	400m: 4:50.39 1:14.90	600m: 7:23.18 1:16.85	800m: 9:57.20 1:16.58		

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Prova 1, Femin., 800m Livres

Juniores

1. Andreia Catarina Gomes	94	Vitória de Guimarães	9:12.12	+0,87	716
100m: 1:04.87 1:04.87	300m: 3:22.56 1:08.88	500m: 5:41.74 1:09.26	700m: 8:03.21 1:11.18		
200m: 2:13.68 1:08.81	400m: 4:32.48 1:09.92	600m: 6:52.03 1:10.29	800m: 9:12.12 1:08.91		
2. Patricia Garcia Marinho	94	Sporting	9:17.90	+0,79	694
100m: 1:06.81 1:06.81	300m: 3:27.05 1:10.25	500m: 5:47.19 1:10.04	700m: 8:08.64 1:10.85		
200m: 2:16.80 1:09.99	400m: 4:37.15 1:10.10	600m: 6:57.79 1:10.60	800m: 9:17.90 1:09.26		
3. Carolina Cunha Martins	95	Náutico/Matobra	9:20.77	+0,99	684
100m: 1:07.29 1:07.29	300m: 3:28.37 1:10.29	500m: 5:49.33 1:10.62	700m: 8:11.41 1:10.88		
200m: 2:18.08 1:10.79	400m: 4:38.71 1:10.34	600m: 7:00.53 1:11.20	800m: 9:20.77 1:09.36		
4. Leonor Mourinho Neves	95	Sporting	9:20.86	+0,86	683
100m: 1:06.42 1:06.42	300m: 3:26.94 1:10.95	500m: 5:48.79 1:10.86	700m: 8:11.33 1:11.36		
200m: 2:15.99 1:09.57	400m: 4:37.93 1:10.99	600m: 6:59.97 1:11.18	800m: 9:20.86 1:09.53		
5. Ines Sofia Sampaio	94	Académico Viseu	9:28.31	+0,92	657
100m: 1:07.00 1:07.00	300m: 3:31.41 1:12.10	500m: 5:55.18 1:11.79	700m: 8:20.38 1:12.75		
200m: 2:19.31 1:12.31	400m: 4:43.39 1:11.98	600m: 7:07.63 1:12.45	800m: 9:28.31 1:07.93		
6. Ana Goncalves Neto	95	Porto/Dolce Vita	9:36.82	+0,88	628
100m: 1:06.93 1:06.93	300m: 3:31.11 1:12.81	500m: 5:57.05 1:12.94	700m: 8:23.99 1:13.69		
200m: 2:18.30 1:11.37	400m: 4:44.11 1:13.00	600m: 7:10.30 1:13.25	800m: 9:36.82 1:12.83		
7. Angelica Maria Andre	94	Leixões	9:37.51	+0,89	626
100m: 1:03.96 1:03.96	300m: 3:26.35 1:12.19	500m: 5:53.53 1:13.69	700m: 8:24.06 1:15.01		
200m: 2:14.16 1:10.20	400m: 4:39.84 1:13.49	600m: 7:09.05 1:15.52	800m: 9:37.51 1:13.45		
8. Silvia Ariana Soares	95	Porto/Dolce Vita	9:38.71	+0,66	622
100m: 1:07.07 1:07.07	300m: 3:32.42 1:12.65	500m: 5:59.07 1:13.66	700m: 8:25.72 1:12.85		
200m: 2:19.77 1:12.70	400m: 4:45.41 1:12.99	600m: 7:12.87 1:13.80	800m: 9:38.71 1:12.99		
9. Marta Sofia Cunha	95	Sporting	9:46.64	+0,65	597
100m: 1:08.89 1:08.89	300m: 3:35.14 1:13.71	500m: 6:03.84 1:14.74	700m: 8:33.78 1:14.92		
200m: 2:21.43 1:12.54	400m: 4:49.10 1:13.96	600m: 7:18.86 1:15.02	800m: 9:46.64 1:12.86		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 2 Masc., 200m Livres 17 anos e mais velhos
9.4.10 - 10:00 Resultados

RNABS	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30.3.07
RNSEN	1:49.02	Tiago Andre Venancio	FPN	Melbourne (AUS)	30.3.07
RNJUN	1:49.98	Tiago Andre Venancio	FPN	Budapeste (HUN)	14.7.05

TAC-SENM Sen: 1:58.70 / TAC-JUNM Jun: 2:02.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	1:55.22	+0,76	693
	50m: 26.28 26.28	100m: 54.96 28.68	150m: 1:25.08	30.12	200m: 1:55.22	30.14
2.	Ricardo Manuel Machado	93	Braga	1:56.46	+0,82	671
	50m: 26.81 26.81	100m: 55.82 29.01	150m: 1:25.73	29.91	200m: 1:56.46	30.73
3.	Mario Alexandre Pereira	92	Ginásio Figueirense	1:56.68	+0,69	668
	50m: 25.74 25.74	100m: 54.70 28.96	150m: 1:25.52	30.82	200m: 1:56.68	31.16
4.	Andre Filipe Lopes	92	Académica de Coimbra	1:57.01	+0,77	662
	50m: 27.66 27.66	100m: 57.31 29.65	150m: 1:27.33	30.02	200m: 1:57.01	29.68
5.	Joao Pedro Almeida	92	Porto/Dolce Vita	1:57.40	+0,83	655
	50m: 27.46 27.46	100m: 56.98 29.52	150m: 1:27.54	30.56	200m: 1:57.40	29.86
6.	Miguel Monteiro Diogo	93	Alcobaça	1:58.63	+0,67	635
	50m: 27.45 27.45	100m: 57.53 30.08	150m: 1:28.11	30.58	200m: 1:58.63	30.52
7.	Joao Paulo Ribeiro	92	Bairro dos Anjos	1:59.76	+0,82	617
	50m: 27.77 27.77	100m: 57.77 30.00	150m: 1:28.80	31.03	200m: 1:59.76	30.96
8.	Rafael Dias Martins	93	Porto/Dolce Vita	2:00.60	+0,71	605
	50m: 27.18 27.18	100m: 57.40 30.22	150m: 1:28.55	31.15	200m: 2:00.60	32.05
9.	Andre Rafael Marinho	93	Uniao Piedense	2:00.72	+0,84	603
	50m: 28.27 28.27	100m: 58.88 30.61	150m: 1:30.18	31.30	200m: 2:00.72	30.54
10.	Rui Filipe Maia	93	Vilacondense	2:01.22	+0,77	595
	50m: 27.30 27.30	100m: 57.70 30.40	150m: 1:28.67	30.97	200m: 2:01.22	32.55
11.	Luis Miguel Nogueira	93	Porto/Dolce Vita	2:01.28	+0,84	594
	50m: 28.04 28.04	100m: 58.87 30.83	150m: 1:30.09	31.22	200m: 2:01.28	31.19
12.	Fabio Andre Dias	92	Sporting	2:01.40	+0,72	593
	50m: 28.08 28.08	100m: 58.61 30.53	150m: 1:30.06	31.45	200m: 2:01.40	31.34
13.	Francisco Miguel Cirurgiao	93	Algés	2:01.67	+0,64	589
	50m: 28.48 28.48	100m: 59.34 30.86	150m: 1:30.97	31.63	200m: 2:01.67	30.70
14.	Guilherme Pereira Gil	93	Naval Amorense	2:02.92	+0,75	571
	<i>FTL</i>					
	50m: 28.54 28.54	100m: 59.54 31.00	150m: 1:31.57	32.03	200m: 2:02.92	31.35
15.	Carlos Filipe Serra	92	Braga	2:03.28	+0,92	566
	<i>FTL</i>					
	50m: 28.56 28.56	100m: 59.68 31.12	150m: 1:32.41	32.73	200m: 2:03.28	30.87
16.	Paulo Andre Dias	92	Gespaços	2:03.39	+0,85	564
	<i>FTL</i>					
	50m: 28.61 28.61	100m: 59.51 30.90	150m: 1:31.47	31.96	200m: 2:03.39	31.92

Campeonato Nacional de Juniores e Seniores PL
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Prova 2, Masc., 200m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Nuno Duro Pascoal <i>FTL</i>	92	Galitos	2:03.64	+0,80	561
	50m: 28.62 28.62	100m: 1:00.39	31.77	150m: 1:31.58	31.19	200m: 2:03.64 32.06
18.	Bernardo Leitao Graca <i>FTL</i>	93	Benfica	2:03.76	+0,68	559
	50m: 28.20 28.20	100m: 59.54	31.34	150m: 1:31.53	31.99	200m: 2:03.76 32.23
19.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	2:03.97	+0,75	556
	50m: 28.37 28.37	100m: 59.51	31.14	150m: 1:31.78	32.27	200m: 2:03.97 32.19
20.	Alexandre Santos Gomes <i>FTL</i>	93	Naval do Funchal	2:12.67	+0,82	454
	50m: 28.95 28.95	100m: 1:01.79	32.84	150m: 1:37.15	35.36	200m: 2:12.67 35.52

Seniores

1.	Jorge Manuel Maia	89	Famalicão	1:52.39	+0,81	747
	50m: 27.40 27.40	100m: 56.15	28.75	150m: 1:24.80	28.65	200m: 1:52.39 27.59
2.	Luis Marques Pinto	87	Nacional	1:52.74	+0,72	740
	50m: 27.62 27.62	100m: 56.74	29.12	150m: 1:25.56	28.82	200m: 1:52.74 27.18
3.	Fabio Manuel Pereira	86	Vilacondense	1:53.16	+0,78	732
	50m: 26.81 26.81	100m: 55.98	29.17	150m: 1:25.13	29.15	200m: 1:53.16 28.03
4.	Adriano Miguel Niz	86	Benfica	1:53.24	+0,72	730
	50m: 27.35 27.35	100m: 56.57	29.22	150m: 1:25.43	28.86	200m: 1:53.24 27.81
5.	Cesar Fernando Faria	90	Bairro dos Anjos	1:53.55	+0,78	724
	50m: 27.43 27.43	100m: 56.78	29.35	150m: 1:25.63	28.85	200m: 1:53.55 27.92
6.	Luis Emanuel Vaz	91	Famalicão	1:53.59	+0,74	724
	50m: 27.25 27.25	100m: 56.29	29.04	150m: 1:25.11	28.82	200m: 1:53.59 28.48
7.	Miguel Silva Oliveira	91	Náutico/Matobra	1:53.97	+0,75	716
	50m: 27.00 27.00	100m: 55.70	28.70	150m: 1:25.00	29.30	200m: 1:53.97 28.97
8.	Bernardo Almeida Moreira	89	Louletano/Loulé Concelho	1:54.83	+0,72	700
	50m: 27.32 27.32	100m: 56.99	29.67	150m: 1:25.92	28.93	200m: 1:54.83 28.91
9.	Pedro Fontoura Oliveira	90	Belenenses	1:55.81	+0,85	683
	50m: 27.45 27.45	100m: 56.69	29.24	150m: 1:26.66	29.97	200m: 1:55.81 29.15
10.	Fabio Andre Figueira	88	Amadora	1:56.29	+0,70	674
	50m: 27.43 27.43	100m: 56.98	29.55	150m: 1:26.58	29.60	200m: 1:56.29 29.71
11.	Ricardo Ferreira Cotovio	91	Sporting	1:56.55	+0,65	670
	50m: 26.32 26.32	100m: 55.30	28.98	150m: 1:26.08	30.78	200m: 1:56.55 30.47
12.	Mario Andre Bonanca	90	Sporting	1:56.59	+0,78	669
	50m: 26.91 26.91	100m: 56.36	29.45	150m: 1:26.24	29.88	200m: 1:56.59 30.35
13.	Rui Filipe Costa	91	Vitória de Guimarães	1:57.92	+0,70	647
	50m: 27.23 27.23	100m: 56.34	29.11	150m: 1:27.12	30.78	200m: 1:57.92 30.80
14.	Ricardo Sousa Filipe	88	Louletano/Loulé Concelho	1:58.27	+0,82	641
	50m: 28.12 28.12	100m: 58.40	30.28	150m: 1:28.67	30.27	200m: 1:58.27 29.60

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 2, Masc., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Vasco Miguel Gaspar <i>FTL</i>	90	Uniao Piedense	1:58.72	+0,80	634
	50m: 27.13 27.13	100m: 57.05 29.92	150m: 1:27.81 30.76	200m: 1:58.72 30.91		
16.	Rui Miguel Fonseca <i>FTL</i>	88	Náutico/Matobra	1:59.12	+0,75	627
	50m: 27.44 27.44	100m: 56.56 29.12	150m: 1:27.50 30.94	200m: 1:59.12 31.62		
17.	Diogo Andre Gaspar <i>FTL</i>	90	Uniao Piedense	1:59.34	+0,92	624
	50m: 27.22 27.22	100m: 57.14 29.92	150m: 1:28.58 31.44	200m: 1:59.34 30.76		
18.	Pedro Miguel Pedras <i>FTL</i>	91	Amadora	1:59.73	+0,85	618
	50m: 27.92 27.92	100m: 58.22 30.30	150m: 1:29.29 31.07	200m: 1:59.73 30.44		
19.	Luis Miguel Silva <i>FTL</i>	89	Braga	2:01.00	+0,89	599
	50m: 27.86 27.86	100m: 58.18 30.32	150m: 1:29.12 30.94	200m: 2:01.00 31.88		
20.	Tomas Miguel Freitas <i>FTL</i>	90	Nacional	2:02.98	+0,85	570
	50m: 27.56 27.56	100m: 58.15 30.59	150m: 1:30.27 32.12	200m: 2:02.98 32.71		
21.	Daniel Ricardo Viegas <i>FTL</i>	83	Amadora	2:06.93	+0,63	518
	50m: 28.54 28.54	100m: 59.94 31.40	150m: 1:33.18 33.24	200m: 2:06.93 33.75		
DNS	Joao Filipe Carvalho	87	Porto/Dolce Vita			
DNS	Raul Jose Custodio	88	Benfica			

Campeonato Nacional de Juniores e Seniores PL
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Prova 3 Femin., 50m Mariposa 15 anos e mais velhos
9.4.10 - 10:15 Resultados

RNABS	27.63	Sara Freitas Oliveira	FPN	Paris (FRA)	3.8.07
RNSEN	27.63	Sara Freitas Oliveira	FPN	Paris (FRA)	3.8.07
RNJUN	28.00	Sara Francisco Cruz	ADBA	Faro	18.7.09

TAC-SENF Sen: 31.00 / TAC-JUNF Jun: 31.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	28.11	+0,64	709
2.	Sara Francisco Cruz	93	Bairro dos Anjos	28.88	+0,78	654
	Sara Alexandra Madeira	87	Louletano/Loulé Concelho	28.88	+0,75	654
4.	Renata Lopes Amaral	87	Uniao Piedense	28.94	+0,79	650
5.	Claudia Sofia Monteiro	92	Vilacondense	29.41	+0,81	619
6.	Rita Pereira Abreu	93	Natação de Faro	29.43	+0,74	618
7.	Filipa Mendes Pinheiro	92	Desportiva de Viana	29.65	+0,73	604
8.	Ana Catarina Monteiro	93	Vilacondense	29.99	+0,81	584
	Carlota Freitas Olim	93	Naval do Funchal	29.99	+0,69	584
10.	Ines Jesus Bringel	92	Portinado	30.07	+0,69	579
11.	Paula Cristina Melo	93	Natação de Faro	30.13	+0,74	576
12.	Claudia Marques Moreno	91	Porto/Dolce Vita	30.16	+0,87	574
13.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	30.19	+0,78	572
14.	Marta Posser Villar	85	Amadora	30.40	+0,73	560
15.	Elsa Manuela Cardoso	86	Ginásio de Vila Real	30.62	+0,79	548
16.	Isabel Alves Lopes	92	Colégio Vasco da Gama	30.73	+0,78	542
17.	Catarina Isabel Bargado	93	Algés	30.85	+0,83	536
18.	Jessica Teixeira Vieira	91	Belenenses	30.86	+0,72	536
19.	Soraia Vanessa Ribeiro	92	Vilacondense	30.91	+0,74	533
20.	Ines Nunes Tareco	93	Individual Algarve	31.64	+0,81	497
	<i>FTL</i>					

Juniores

1.	Filipa Vilas Tiago	94	Sporting	28.94	+0,72	650
2.	Sofia Pavao Machado	94	Naval de Ponta Delgada	29.29	+0,81	627
3.	Lisa Marisa Soares	95	Amadora	29.44	+0,76	617
4.	Catarina Tiago Nunes	95	Uniao Piedense	29.48	+0,76	615
5.	Diana Ramos Rocha	94	Vilacondense	29.82	+0,75	594
6.	Ana Raquel Miranda	94	Uniao Piedense	30.21	+0,68	571
7.	Diana Patricia Ferreira	94	Gespaços	30.37	+0,82	562
8.	Vera Patricia Pinto	94	Benfica	30.57	+0,85	551
9.	Sofia Oliveira Pinto	94	Benfica	30.66	+0,81	546
10.	Marta Filipa Vinagre	95	Torres Novas	31.05	+0,92	526
11.	Ana Catarina Cavaco	95	Natação Olhão	31.07	+0,78	525
12.	Ines Martins Silva	94	Estamos Juntos	31.12	+0,83	522
13.	Eduarda Malheiro Neves	94	Braga	31.25	+0,77	516
14.	Vanessa Carolina Valente	94	Alcobaça	31.67	+0,83	496
	<i>FTL</i>					
15.	Maria Lima Rodrigues	94	Desportiva de Viana	31.84	+0,82	488
	<i>FTL</i>					

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Prova 3, Femin., 50m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Luisa Pinto Abreu <i>FTL</i>	94	Belenenses	32.53	+0,70	457

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Prova 4 Masc., 50m Mariposa 17 anos e mais velhos
9.4.10 - 10:25 Resultados

RNABS	23.72	Simao Gomes Morgado	CNA	Málaga (ESP)	5.4.09
RNSEN	23.72	Simao Gomes Morgado	CNA	Málaga (ESP)	5.4.09
RNJUN	24.89	tempo limite			

TAC-SENM Sen: 26.50 / TAC-JUNM Jun: 27.70

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Seniores						
1.	Simao Gomes Morgado	79	Amadora	24.53	+0,66	764
2.	Diogo Filipe Carvalho	88	Galitos	25.02	+0,70	720
3.	Duarte Rafael Mourao	84	Amadora	25.11	+0,74	712
4.	Joao Silva Gigante	88	Benfica	25.54	+0,68	677
5.	Carlos Filipe Santos	91	Porto/Dolce Vita	25.71	+0,69	664
6.	Joao Pedro Teodoro	90	Naval Setubalense	25.73	+0,76	662
7.	Ricardo Pereira Lopes	90	Benfica	25.95	+0,62	645
8.	Paulo Jorge Santos	89	Porto/Dolce Vita	26.00	+0,73	642
9.	Luis Pedro Estanislau	91	Louletano/Loulé Concelho	26.21	+0,66	626
10.	Ricardo Sousa Filipe FTL	88	Louletano/Loulé Concelho	26.55	+0,80	602
11.	Joao Fragueiro Franco FTL	85	Naval do Funchal	27.66	+0,71	533

Juniores

1.	Alexis Manacas Santos	92	Sporting	25.64	+0,70	669
2.	Francisco Fezas Vital	92	Benfica	25.98	+0,78	643
3.	Diogo Parrilha da Silva	93	Alcobaça	26.47	+0,75	608
4.	Mario Alexandre Pereira	92	Ginásio Figueirense	26.93	+0,65	577
5.	Emanuel Augusto Pinho	93	Feirense	27.07	+0,68	568
6.	Vitor Goncalo Castanheiro FTL	92	Naval do Funchal	27.87	+0,80	521
7.	Rui Filipe Maia FTL	93	Vilacondense	27.95	+0,76	516
8.	Miguel Goncalves Ferreira FTL	93	Nacional	28.34	+0,88	495

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Prova 5 Femin., 200m Bruços 15 anos e mais velhos
9.4.10 - 10:25 Resultados

RNABS	2:29.51	Diana Duarte Gomes	FPN	Budapeste (HUN)	15.7.05
RNSEN	2:29.76	Diana Duarte Gomes	FPN	Loulé	10.6.07
RNJUN	2:29.51	Diana Duarte Gomes	FPN	Budapeste (HUN)	15.7.05

TAC-SENF Sen: 2:50.00 / TAC-JUNF Jun: 2:54.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	2:37.65	+0,81	702
	50m: 34.91 34.91	100m: 1:16.12 41.21	150m: 1:56.93	40.81	200m: 2:37.65	40.72
2.	Gabriela Oliveira Andrade	94	Náutico/Matobra	2:39.97	+0,79	672
	50m: 34.75 34.75	100m: 1:15.79 41.04	150m: 1:57.53	41.74	200m: 2:39.97	42.44
3.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	2:45.04	+0,72	611
	50m: 37.48 37.48	100m: 1:20.19 42.71	150m: 2:02.72	42.53	200m: 2:45.04	42.32
4.	Mafalda Jotta Garcia	94	Algés	2:47.06	+0,85	590
	50m: 38.29 38.29	100m: 1:19.95 41.66	150m: 2:03.63	43.68	200m: 2:47.06	43.43
5.	Ariana Alves Nunes	95	Portinado	2:47.62	+0,82	584
	50m: 36.38 36.38	100m: 1:19.04 42.66	150m: 2:04.12	45.08	200m: 2:47.62	43.50
6.	Ana Claudia Cordeiro	95	Náutico/Matobra	2:57.64	+0,77	490
	<i>FTL</i>					
	50m: 39.68 39.68	100m: 1:23.72 44.04	150m: 2:10.18	46.46	200m: 2:57.64	47.46
7.	Ana Filipa Teixeira	95	Individual Norte de Portugal	2:58.25	+0,79	485
	<i>FTL</i>					
	50m: 40.78 40.78	100m: 1:26.83 46.05	150m: 2:12.08	45.25	200m: 2:58.25	46.17
8.	Mariana Costa Cabral	95	Bombeiros dos Estoris	2:58.61	+1,01	482
	<i>FTL</i>					
	50m: 40.69 40.69	100m: 1:25.12 44.43	150m: 2:11.85	46.73	200m: 2:58.61	46.76
9.	Monica Moreira Lanzinha	95	Eléctrico	2:59.47	+0,90	475
	<i>FTL</i>					
	50m: 40.24 40.24	100m: 1:24.93 44.69	150m: 2:12.21	47.28	200m: 2:59.47	47.26

Seniores

1.	Nadia Morais Vieira	90	Gesloures	2:33.61	+0,95	759
	50m: 36.47 36.47	100m: 1:15.80 39.33	150m: 1:55.06	39.26	200m: 2:33.61	38.55
2.	Ana Teresa Franco	91	Sporting	2:35.83	+0,87	727
	50m: 36.27 36.27	100m: 1:16.52 40.25	150m: 1:56.48	39.96	200m: 2:35.83	39.35
3.	Diana Duarte Gomes	89	Amadora	2:36.19	+0,79	722
	50m: 35.00 35.00	100m: 1:13.55 38.55	150m: 1:54.24	40.69	200m: 2:36.19	41.95
4.	Ana Rita Ismael	92	Louletano/Loulé Concelho	2:41.14	+0,83	657
	50m: 36.31 36.31	100m: 1:16.97 40.66	150m: 1:58.75	41.78	200m: 2:41.14	42.39
5.	Joana Catarina Carvalho	92	Porto/Dolce Vita	2:44.14	+0,76	622
	50m: 36.73 36.73	100m: 1:17.79 41.06	150m: 2:01.08	43.29	200m: 2:44.14	43.06
6.	Mariana Dias Almeida	93	Famalicão	2:45.14	+0,77	610
	50m: 36.09 36.09	100m: 1:17.63 41.54	150m: 2:00.52	42.89	200m: 2:45.14	44.62

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Prova 5, Femin., 200m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Claudia Monteiro Martinho	93	Colégio Vasco da Gama	2:47.67	+0,75	583
	50m: 38.28 38.28	100m: 1:21.39	43.11	150m: 2:05.22	43.83	200m: 2:47.67 42.45
8.	Natalie Nobrega Santos	83	Nacional	2:50.38	+0,85	556
	<i>FTL</i>	50m: 38.90 38.90	100m: 1:21.57	42.67	150m: 2:06.13	44.56 200m: 2:50.38 44.25
9.	Tania Rute Cerqueira	92	Louletano/Loulé Concelho	2:51.15	+0,88	548
	<i>FTL</i>	50m: 39.02 39.02	100m: 1:23.26	44.24	150m: 2:07.52	44.26 200m: 2:51.15 43.63
10.	Joana Marques Maia	91	Natação da Maia	2:53.31	+0,83	528
	<i>FTL</i>	50m: 38.45 38.45	100m: 1:21.40	42.95	150m: 2:08.00	46.60 200m: 2:53.31 45.31
11.	Patricia Fonseca Silva	93	Feirense	2:55.21	+0,84	511
	<i>FTL</i>	50m: 39.76 39.76	100m: 1:24.62	44.86	150m: 2:10.38	45.76 200m: 2:55.21 44.83
EXH	Victoriya Kaminskaya	95	Pimpões/Cimai	2:48.15	+0,83	578
	50m: 37.17 37.17	100m: 1:17.80	40.63	150m: 2:02.09	44.29	200m: 2:48.15 46.06

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Prova 6 Masc., 200m Bruços 17 anos e mais velhos
9.4.10 - 10:35 Resultados

RNABS	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12.8.08
RNSEN	2:13.34	Carlos Esteves Almeida	FPN	Beijing (CHN)	12.8.08
RNJUN	2:15.99	Andre Miguel Silva	PDEM	Faro	20.7.09

TAC-SENM Sen: 2:33.00 / TAC-JUNM Jun: 2:37.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Pedro Miguel Agostinho	92	Sporting	2:23.45	+0,71	699
	50m: 32.01 32.01	100m: 1:08.68 36.67	150m: 1:45.80 37.12	200m: 2:23.45 37.65		
2.	Diogo Filipe Matos	92	Sporting	2:27.10	+0,68	648
	50m: 32.54 32.54	100m: 1:10.18 37.64	150m: 1:49.11 38.93	200m: 2:27.10 37.99		
3.	Tiago Samuel Silva	93	Porto/Dolce Vita	2:29.72	+0,73	614
	50m: 29.24 29.24	100m: 1:07.93 38.69	150m: 1:46.78 38.85	200m: 2:29.72 42.94		
4.	Mario Martins Costa	92	Algés	2:31.09	+0,67	598
	50m: 33.75 33.75	100m: 1:12.11 38.36	150m: 1:52.56 40.45	200m: 2:31.09 38.53		
5.	Joao Claudio Sousa	93	Gespaços	2:31.24	+0,82	596
	50m: 29.91 29.91	100m: 1:08.67 38.76	150m: 1:47.70 39.03	200m: 2:31.24 43.54		
6.	Ricardo Ribeiro Silva	92	Vilacondense	2:31.61	+0,73	592
	50m: 29.49 29.49	100m: 1:08.72 39.23	150m: 1:47.46 38.74	200m: 2:31.61 44.15		
7.	Gustavo Alexandre Meneses	92	Columbófila Cantanhedense	2:32.92	+0,77	577
	50m: 34.33 34.33	100m: 1:12.76 38.43	150m: 1:52.62 39.86	200m: 2:32.92 40.30		
8.	Filipe Miguel Silvestre	93	Bombeiros dos Estoris	2:36.48	+0,81	538
	50m: 35.05 35.05	100m: 1:14.83 39.78	150m: 1:55.61 40.78	200m: 2:36.48 40.87		
9.	Pedro Miguel Maganinho	92	Braga	2:37.27	+0,88	530
	<i>FTL</i> 50m: 35.53 35.53	100m: 1:15.11 39.58	150m: 1:55.73 40.62	200m: 2:37.27 41.54		
10.	Duarte Barros Pires	92	Desportiva Limiana	2:37.76	+0,78	525
	<i>FTL</i> 100m: 1:06.71 1:06.71	150m: 1:48.31 41.60	200m: 2:37.76 49.45			
11.	Nuno Cunha Caetano	93	Aminata	2:37.86	+0,78	524
	<i>FTL</i> 50m: 34.71 34.71	100m: 1:14.26 39.55	150m: 1:55.81 41.55	200m: 2:37.86 42.05		
12.	Antonio Ribeiro Mendes	93	Colégio Vasco da Gama	2:38.02	+0,74	522
	<i>FTL</i> 50m: 35.89 35.89	100m: 1:16.41 40.52	150m: 1:56.61 40.20	200m: 2:38.02 41.41		
13.	Joao Filipe Oliveira	92	Braga	2:38.91	+0,77	514
	<i>FTL</i> 50m: 35.57 35.57	100m: 1:16.40 40.83	150m: 1:58.12 41.72	200m: 2:38.91 40.79		
14.	Joao Pedro Mendes	92	Náutico da Marinha Grande	2:41.97	+0,84	485
	<i>FTL</i> 50m: 36.27 36.27	100m: 1:16.59 40.32	150m: 1:58.69 42.10	200m: 2:41.97 43.28		

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Prova 6, Masc., 200m Bruços

Seniores

1.	Nuno Goncalo Quintanilha	87	Louletano/Loulé Concelho	2:19.98	+0,75	752
	50m: 31.83 31.83	100m: 1:07.80 35.97	150m: 1:43.22 35.42	200m: 2:19.98 36.76		
2.	Andre Miguel Silva	91	Palmela	2:22.90	+0,65	707
	50m: 31.56 31.56	100m: 1:08.01 36.45	150m: 1:45.22 37.21	200m: 2:22.90 37.68		
3.	Henrique Pereira Neiva	84	Vilacondense	2:22.96	+0,80	706
	50m: 32.41 32.41	100m: 1:08.61 36.20	150m: 1:45.16 36.55	200m: 2:22.96 37.80		
4.	Ricardo Jose Varela	89	Naval Setubalense	2:23.76	+0,75	694
	50m: 32.29 32.29	100m: 1:08.64 36.35	150m: 1:45.73 37.09	200m: 2:23.76 38.03		
5.	Pedro Miguel Pinotes	89	Sporting	2:25.17	+0,72	674
	50m: 33.06 33.06	100m: 1:10.13 37.07	150m: 1:48.01 37.88	200m: 2:25.17 37.16		
6.	Sergio Baptista Silva	91	Porto/Dolce Vita	2:25.51	+0,78	669
	50m: 33.17 33.17	100m: 1:09.92 36.75	150m: 1:47.59 37.67	200m: 2:25.51 37.92		
7.	Nuno Rafael Alves	90	Gespaços	2:26.29	+0,82	659
	50m: 28.93 28.93	100m: 1:06.16 37.23	150m: 1:44.54 38.38	200m: 2:26.29 41.75		
8.	Rui Filipe Vilar	91	Porto/Dolce Vita	2:26.51	+0,68	656
	50m: 29.24 29.24	100m: 1:07.63 38.39	150m: 1:44.86 37.23	200m: 2:26.51 41.65		
9.	Andre Bras Goncalves	88	Amadora	2:27.43	+0,76	643
	50m: 32.50 32.50	100m: 1:09.84 37.34	150m: 1:48.12 38.28	200m: 2:27.43 39.31		
10.	Marcelo Goncalo Pereira	90	Vilacondense	2:29.12	+0,79	622
	50m: 33.36 33.36	100m: 1:11.06 37.70	150m: 1:49.51 38.45	200m: 2:29.12 39.61		
11.	Sergio Emanuel Costa	85	Fluvial Portuense	2:29.30	+0,82	620
	50m: 33.23 33.23	100m: 1:10.51 37.28	150m: 1:49.70 39.19	200m: 2:29.30 39.60		
12.	Luis Nobre Neto	90	Natação da Maia	2:30.41	+0,75	606
	50m: 28.92 28.92	100m: 1:07.77 38.85	150m: 1:46.75 38.98	200m: 2:30.41 43.66		
13.	Pedro Miguel Varela	86	Naval Setubalense	2:30.50	+0,85	605
	50m: 33.23 33.23	100m: 1:10.95 37.72	150m: 1:50.33 39.38	200m: 2:30.50 40.17		
14.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	2:30.85	+0,66	601
	50m: 33.86 33.86	100m: 1:12.05 38.19	150m: 1:51.14 39.09	200m: 2:30.85 39.71		
15.	Tiago Freire Almeida	87	Amadora	2:32.17	+0,73	585
	50m: 32.88 32.88	100m: 1:10.95 38.07	150m: 1:51.07 40.12	200m: 2:32.17 41.10		
16.	Vitor Diogo Moura	90	Nacional	2:32.40	+0,69	582
	50m: 32.95 32.95	100m: 1:11.40 38.45	150m: 1:51.48 40.08	200m: 2:32.40 40.92		
17.	Hugo Miguel Nunes	90	Náutico/Matobra	2:34.58	+0,76	558
	FTL 50m: 29.90 29.90	100m: 1:08.78 38.88	150m: 1:48.71 39.93	200m: 2:34.58 45.87		
18.	Diego Felipe Santos	87	Nacional	2:37.29	+0,76	530
	FTL 50m: 34.97 34.97	100m: 1:14.14 39.17	150m: 1:54.67 40.53	200m: 2:37.29 42.62		

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Prova 7 Femin., 4 x 50m Livres 15 anos e mais velhos
9.4.10 - 11:10 Resultados

RNABS	1:46.47	Futebol Clube do Porto/Império Bonifácio	FCB	Faro	18.7.09
RNSEN	1:46.47	Futebol Clube do Porto/Império Bonifácio	FCB	Faro	18.7.09
RNJUN	1:49.70	Sporting Clube de Portugal	SCP	Lisboa	27.3.09

TAC-SENF Sen: 1:56.00 / TAC-JUNF Jun: 2:05.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-FEM-JUN	Sporting	1:49.95	+0,64 681
	Maria Carolina Rosa	94	+0,64 27.09	Raquel Paulo Ranito 94 +0,21 27.59
	Filipa Vilas Tiago	94	27.78	Mafalda Gomes Beleza 94 27.49
2.	Náutico/Matobra-FEM-JUN	Náutico/Matobra	1:54.42	+0,90 604
	Adriana Correia Lopes	95	+0,90 29.07	Catarina Alexandra Ferreira 95 +0,16 28.74
	Carolina Cunha Martins	95	28.47	Gabriela Oliveira Andrade 94 28.14
3.	Vilacondense-FEM-JUN	Vilacondense	1:55.25	591
	Cassandra Pedro Oliveira	95	29.39	Rita Amado Laezza 95 +0,47 28.14
	Diana Ramos Rocha	94	27.92	Paula Catarina Matias 94 29.80
4.	Porto/Dolce Vita-FEM-JUN	Porto/Dolce Vita	1:57.21	+0,76 562
	Silvia Ariana Soares	95	+0,76 29.29	Catarina Lopes Reis 95 +0,27 29.43
	Ana Goncalves Neto	95	29.01	Maria Luis Amorim 95 29.48
5.	Gespaços-FEM-JUN	Gespaços	1:58.53	+0,83 544
	Andreia Sofia Torres	95	+0,83 30.14	Patricia Cristina Fernandes 94 +0,41 30.62
	Ana Rita Cunha	94	29.70	Diana Patricia Ferreira 94 28.07
6.	Gesloures-FEM-JUN	Gesloures	2:00.12	+0,83 522
	Joana Filipa Rodrigues	95	+0,83 30.37	Jessica Goncalves Sequeira 95 +0,48 31.30
	Catarina Brito Luz	94	29.90	Paula Cristina Yang 95 28.55
7.	Naval do Funchal-FEM-JUN	Naval do Funchal	2:00.74	+0,73 514
	Maria Rodrigues Fernandes	95	+0,73 30.17	Mariana Sousa Dias 95 +0,35 31.68
	Maria Joao Figueiredo	94	29.06	Ana Afonso Mendonca 94 29.83
8.	Braga-FEM-JUN	Braga	2:02.16	+0,79 497
	Ines Joao Costa	95	+0,79 29.82	Ines Jesus Ribeiro 95 +0,39 32.06
	Ana Joaquina Goncalves	95	30.74	Eduarda Malheiro Neves 94 29.54
9.	Feirense-FEM-JUN	Feirense	2:02.24	+0,80 496
	Mariana Sousa Martins	95	+0,80 30.23	Beatriz Gomes Sa 94 +0,42 30.88
	Ana Catarina Costa	95	30.19	Patricia Silva Marques 95 30.94
10.	Académica de Coimbra-FEM-JUN	Académica de Coimbra	2:02.60	+0,85 491
	Joana Ines Oliveira	95	+0,85 30.17	Sofia Roque Dias 94 +0,33 31.43
	Bruna Miguel Pereira	94	29.71	Joana Reis Veiga 95 31.29

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Prova 7, Femin., 4 x 50m Livres

Seniores

1.	Porto/Dolce Vita-FEM-SEN			Porto/Dolce Vita	1:46.27	+0,70	755
	<i>Rec Nac Absoluto, e Rec Nac Senior</i>						
	Marta Vieira Marinho	91	+0,70	26.24	Claudia Marques Moreno	91	+0,38 27.29
	Alexandra Paiva Oliveira	91		26.67	Sara Freitas Oliveira	85	26.07
2.	Bairro dos Anjos-FEM-SEN			Bairro dos Anjos	1:50.93	+0,83	663
	Mariana Mota Dias	92	+0,83	27.75	Adriana Filipa Lisboa	92	+0,20 27.76
	Andreia Filipa Anjos	92		27.82	Sara Francisco Cruz	93	27.60
3.	Louletano/Loulé Concelho-FEM-SEN			Louletano/Loulé Concelho	1:51.92	+0,76	646
	Ana Filipa Pardal	89	+0,76	28.45	Ana Rita Ismael	92	+0,35 28.52
	Sara Alexandra Madeira	87		26.76	Ana Beatriz Pereira	91	28.19
4.	Náutico/Matobra-FEM-SEN			Náutico/Matobra	1:56.71	+0,77	570
	<i>FTL</i>						
	Maria Ines Ribeiro	92	+0,77	28.48	Ines Barbosa Moreira	92	+0,41 29.33
	Raquel Coutinho Gaio	90		29.00	Maria Miguel Veloso	93	29.90
5.	Naval do Funchal-FEM-SEN			Naval do Funchal	1:57.69	+0,67	555
	<i>FTL</i>						
	Carlota Freitas Olim	93	+0,67	29.02	Catarina Isabel Santos	93	+0,25 30.10
	Joaquina Silva Freitas	93		30.05	Luisa Costa Henriques	93	28.52
6.	Nacional-FEM-SEN			Nacional	1:59.09	+0,71	536
	<i>FTL</i>						
	Fabiana Maria Quintal	84	+0,71	27.71	Natalie Nobrega Santos	83	+0,32 30.35
	Rubina Capitao Vieira	80		29.77	Maria Vanessa Silva	88	31.26
DSQ	Amadora-FEM-SEN			Amadora		+0,78	
	<i>Rendição antecipada do 3º nadador</i>						
	Diana Duarte Gomes	89	+0,78	27.97	Marta Posser Villar	85	-0,16
	Ana Rita Rolo	88		27.31	Marta Filipa Conceicao	92	

Campeonato Nacional de Juniores e Seniores PL
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Prova 8 Masc., 4 x 50m Livres 17 anos e mais velhos
9.4.10 - 11:20 Resultados

RNABS	1:32.36	Futebol Clube do Porto/Império Bonifácio	Faro	18.7.09
RNSEN	1:34.14	Clube Natação da Amadora	Faro	18.7.09
RNJUN	1:36.69	Futebol Clube do Porto/Império Bonifácio	Lisboa	27.3.09

TAC-SENM Sen: 1:42.50 / TAC-JUNM Jun: 1:50.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-MASC-JUN	Sporting	1:39.47	+0,69 623
	Pedro Miguel Agostinho	92	+0,69	24.36 Fabio Andre Dias
	Alexis Manacas Santos	92		24.12 Diogo Filipe Matos
2.	Porto/Dolce Vita-MASC-JUN	Porto/Dolce Vita	1:40.86	+0,79 597
	Joao Pedro Almeida	92	+0,79	24.56 Rafael Dias Martins
	Bernardo Correia Silva	93		25.64 Luis Miguel Nogueira
3.	Braga-MASC-JUN	Braga	1:40.87	+0,89 597
	Joao Filipe Oliveira	92	+0,89	26.15 Edgar Oliveira Ribeiro
	Pedro Miguel Maganinho	92		25.59 Ricardo Manuel Machado
4.	Algés-MASC-JUN	Algés	1:40.94	+0,71 596
	Rafael David Rodrigues	92	+0,71	25.25 Pedro Miguel Abreu
	Francisco Miguel Cirurgiao	93		25.85 Mario Martins Costa
5.	Uniao Piedense-MASC-JUN	Uniao Piedense	1:41.17	+0,77 592
	Diamantino Gato Bras	92	+0,77	25.63 Goncalo Filipe Gregorio
	Andre Rafael Marinho	93		25.01 Joao Manuel Lanca
6.	Bairro dos Anjos-MASC-JUN	Bairro dos Anjos	1:41.30	+0,65 590
	Joao Paulo Ribeiro	92	+0,65	25.66 Manuel Andril Cordeiro
	Francisco Vala Pires	92		25.07 Filipe Rosa de Oliveira
7.	Pimpões/Cimai-MASC-JUN	Pimpões/Cimai	1:43.91	+0,83 546
	Tiago Geraldês Machado	93	+0,83	25.58 Joao Guilherme Vieira
	Diogo Maia e Silva	93		25.24 Alexandre Galveias Vale
8.	Naval do Funchal-MASC-JUN	Naval do Funchal	1:44.74	+0,71 533
	Joao Afonso Vargas	93	+0,71	25.49 Joao Costa Freitas
	Rodolfo Teixeira Jesus	92		26.54 Vítor Goncalo Castanheiro
9.	Académica de Coimbra-MASC-JUN	Académica de Coimbra	1:45.01	+0,76 529
	Andre Filipe Lopes	92	+0,76	25.97 Guilherme Joao Patriarca
	Tiago Rafael Lopes	92		25.50 Marcelo Abreu Rodrigues
10.	Benedita-MASC-JUN	Benedita	1:45.19	+0,63 527
	Miguel Machado Lopes	92	+0,63	25.98 Joao Diogo Francisco
	Tiago Lopes Ribeiro	93		25.80 Henrique Jose Marques
11.	Desportiva de Viana-MASC-JUN	Desportiva de Viana	1:45.92	+0,89 516
	Bruno Miranda Sousa	93	+0,89	27.97 Ricardo Jorge Sampaio
	Jose Enes Ribeiro	93		25.47 Rafael Lages Ribas
12.	Academico de Viseu-MASC-JUN	Académico Viseu	1:46.95	+0,82 501
	Bruno Rafael Correia	93	+0,82	26.52 Jose Pedro Martins
	Sebastiao Amaro Machado	93		26.88 Guilherme Goncalves Neves
13.	Sporting de Espinho-MASC-JUN	Sporting de Espinho	1:47.13	+0,84 498
	Pedro Miguel Costa	92	+0,84	25.11 Tiago Andre Marques
	Alexander Oliveira Cardoso	92		27.74 Luis Daniel Moreira

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Prova 8, Masc., 4 x 50m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	Pts				
14.	Nacional-MASC-JUN <i>FTL</i>	Nacional	1:52.09	+0,83	435			
	Miguel Goncalves Ferreira	93	+0,83	27.80	Antonio Diogo Freitas	92	+0,01	28.29
	David Alexandre Moreno	93		28.00	Joao Adriano Caires	93		28.00

Seniores

1.	Porto/Dolce Vita-MASC-SEN <i>Rec Nac Senior</i>	Porto/Dolce Vita	1:34.12	+0,69	735			
	Paulo Jorge Santos	89	+0,69	23.00	Rui Filipe Vilar	91	+0,22	24.20
	Carlos Filipe Santos	91		23.68	Joao Filipe Carvalho	87		23.24
2.	Benfica-MASC-SEN	Benfica	1:35.88	+0,74	696			
	Joao Silva Gigante	88	+0,74	23.86	Andre Neves Oliveira	91	+0,12	24.30
	Ricardo Pereira Lopes	90		23.97	Adriano Miguel Niz	86		23.75
3.	Amadora-MASC-SEN	Amadora	1:37.24	+0,74	667			
	Fabio Andre Figueira	88	+0,74	24.98	Pedro Miguel Pedras	91	+0,17	24.71
	Duarte Rafael Mourao	84		23.41	Simao Gomes Morgado	79		24.14
4.	Louletano/Loulé Concelho-MASC-SEN	Louletano/Loulé Concelho	1:38.53	+0,73	641			
	Ricardo Sousa Filipe	88	+0,73	25.47	Nuno Goncalo Quintanilha	87	+0,36	24.16
	Luis Pedro Estanislau	91		24.58	Bernardo Almeida Moreira	89		24.32
5.	Vilacondense-MASC-SEN	Vilacondense	1:38.76	+0,69	636			
	Vasco Vieira Lopes	84	+0,69	25.19	Fabio Manuel Pereira	86	+0,15	23.46
	Mario Jorge Rodrigues	88		25.18	Henrique Pereira Neiva	84		24.93
6.	Náutico/Matobra-MASC-SEN	Náutico/Matobra	1:40.35	+0,72	607			
	Miguel Silva Oliveira	91	+0,72	24.81	Daniel Alexandre Rodrigues	91	+0,26	25.00
	Rui Miguel Fonseca	88		24.75	Joao Albano Viola	89		25.79
7.	Nacional-MASC-SEN	Nacional	1:41.54	+0,74	585			
	Tiago Ferreira Sousa	91	+0,74	25.25	Vitor Diogo Moura	90	+0,43	25.38
	Diego Felipe Santos	87		25.51	Tomas Miguel Freitas	90		25.40

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Prova 9 Masc., 1500m Livres 17 anos e mais velhos
9.4.10 - 16:30 Resultados

RNABS	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
RNSEN	15:16.22	Fernando Eurico Costa	FPN	Bangkok (THA)	14.8.07
RNJUN	15:34.51	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03

TAC-SENM Sen: 16:50.00 / TAC-JUNM Jun: 17:10.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	15:54.06	+0,91	770
	100m: 1:00.05 1:00.05		500m: 5:14.45 1:04.82	900m: 9:30.59 1:04.23	1300m: 13:47.96 1:04.22	
	200m: 2:02.99 1:02.94		600m: 6:19.24 1:04.79	1000m: 10:34.79 1:04.20	1400m: 14:52.58 1:04.62	
	300m: 3:05.63 1:02.64		700m: 7:22.99 1:03.75	1100m: 11:38.87 1:04.08	1500m: 15:54.06 1:01.48	
	400m: 4:09.63 1:04.00		800m: 8:26.36 1:03.37	1200m: 12:43.74 1:04.87		
2.	Andre Filipe Lopes	92	Académica de Coimbra	16:19.01	+0,75	712
	100m: 1:01.91 1:01.91		500m: 5:25.05 1:05.69	900m: 9:46.85 1:05.41	1300m: 14:09.78 1:06.03	
	200m: 2:07.63 1:05.72		600m: 6:30.02 1:04.97	1000m: 10:52.26 1:05.41	1400m: 15:15.71 1:05.93	
	300m: 3:13.74 1:06.11		700m: 7:35.47 1:05.45	1100m: 11:57.64 1:05.38	1500m: 16:19.01 1:03.30	
	400m: 4:19.36 1:05.62		800m: 8:41.44 1:05.97	1200m: 13:03.75 1:06.11		
3.	Miguel Monteiro Diogo	93	Alcobaça	16:24.13	+0,76	701
	100m: 1:02.04 1:02.04		500m: 5:26.21 1:05.84	900m: 9:48.83 1:06.23	1300m: 14:14.95 1:06.42	
	200m: 2:07.97 1:05.93		600m: 6:31.51 1:05.30	1000m: 10:55.40 1:06.57	1400m: 15:21.37 1:06.42	
	300m: 3:14.21 1:06.24		700m: 7:36.80 1:05.29	1100m: 12:01.84 1:06.44	1500m: 16:24.13 1:02.76	
	400m: 4:20.37 1:06.16		800m: 8:42.60 1:05.80	1200m: 13:08.53 1:06.69		
4.	Ricardo Manuel Machado	93	Braga	16:25.31	+0,75	699
	100m: 1:01.78 1:01.78		500m: 5:26.32 1:06.16	900m: 9:52.58 1:06.96	1300m: 14:17.60 1:06.28	
	200m: 2:07.74 1:05.96		600m: 6:32.69 1:06.37	1000m: 10:58.92 1:06.34	1400m: 15:23.92 1:06.32	
	300m: 3:14.07 1:06.33		700m: 7:39.03 1:06.34	1100m: 12:05.10 1:06.18	1500m: 16:25.31 1:01.39	
	400m: 4:20.16 1:06.09		800m: 8:45.62 1:06.59	1200m: 13:11.32 1:06.22		
5.	Francisco Miguel Cirurgiao	93	Algés	16:38.39	+0,75	672
	100m: 1:02.27 1:02.27		500m: 5:26.75 1:06.07	900m: 9:55.17 1:08.02	1300m: 14:25.73 1:07.39	
	200m: 2:08.15 1:05.88		600m: 6:33.21 1:06.46	1000m: 11:03.63 1:08.46	1400m: 15:32.87 1:07.14	
	300m: 3:14.57 1:06.42		700m: 7:39.94 1:06.73	1100m: 12:11.24 1:07.61	1500m: 16:38.39 1:05.52	
	400m: 4:20.68 1:06.11		800m: 8:47.15 1:07.21	1200m: 13:18.34 1:07.10		
6.	Andre Rafael Marinho	93	Uniao Piedense	16:42.42	+0,90	664
	100m: 1:02.52 1:02.52		500m: 5:31.18 1:07.28	900m: 10:00.77 1:07.47	1300m: 14:29.82 1:06.94	
	200m: 2:09.17 1:06.65		600m: 6:38.52 1:07.34	1000m: 11:08.23 1:07.46	1400m: 15:36.76 1:06.94	
	300m: 3:16.62 1:07.45		700m: 7:46.16 1:07.64	1100m: 12:15.80 1:07.57	1500m: 16:42.42 1:05.66	
	400m: 4:23.90 1:07.28		800m: 8:53.30 1:07.14	1200m: 13:22.88 1:07.08		
7.	Luis Miguel Nogueira	93	Porto/Dolce Vita	16:48.70	+0,87	651
	100m: 1:03.08 1:03.08		500m: 5:30.69 1:07.56	900m: 10:01.22 1:07.64	1300m: 14:33.39 1:08.01	
	200m: 2:09.40 1:06.32		600m: 6:38.03 1:07.34	1000m: 11:09.30 1:08.08	1400m: 15:41.58 1:08.19	
	300m: 3:16.14 1:06.74		700m: 7:46.30 1:08.27	1100m: 12:17.05 1:07.75	1500m: 16:48.70 1:07.12	
	400m: 4:23.13 1:06.99		800m: 8:53.58 1:07.28	1200m: 13:25.38 1:08.33		
8.	Nuno Vieira Malheiro	93	Braga	16:50.43	+0,98	648
	100m: 1:04.84 1:04.84		500m: 5:38.31 1:07.98	900m: 10:09.97 1:07.56	1300m: 14:39.57 1:07.35	
	200m: 2:13.10 1:08.26		600m: 6:46.92 1:08.61	1000m: 11:17.64 1:07.67	1400m: 15:46.46 1:06.89	
	300m: 3:21.75 1:08.65		700m: 7:54.70 1:07.78	1100m: 12:24.82 1:07.18	1500m: 16:50.43 1:03.97	
	400m: 4:30.33 1:08.58		800m: 9:02.41 1:07.71	1200m: 13:32.22 1:07.40		

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Prova 9, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	17:28.77	+0,72	579
	100m: 1:04.49 1:04.49	500m: 5:42.22 1:10.10	900m: 10:23.91 1:09.27	1300m: 15:07.30 1:11.95		
	200m: 2:12.89 1:08.40	600m: 6:52.94 1:10.72	1000m: 11:33.87 1:09.96	1400m: 16:18.54 1:11.24		
	300m: 3:22.13 1:09.24	700m: 8:03.78 1:10.84	1100m: 12:44.22 1:10.35	1500m: 17:28.77 1:10.23		
	400m: 4:32.12 1:09.99	800m: 9:14.64 1:10.86	1200m: 13:55.35 1:11.13			
10.	Pedro Miguel Maganinho <i>FTL</i>	92	Braga	17:33.86	+0,76	571
	100m: 1:05.13 1:05.13	500m: 5:42.19 1:09.97	900m: 10:25.38 1:10.67	1300m: 15:11.75 1:11.38		
	200m: 2:13.80 1:08.67	600m: 6:53.11 1:10.92	1000m: 11:36.64 1:11.26	1400m: 16:23.07 1:11.32		
	300m: 3:22.81 1:09.01	700m: 8:03.91 1:10.80	1100m: 12:48.59 1:11.95	1500m: 17:33.86 1:10.79		
	400m: 4:32.22 1:09.41	800m: 9:14.71 1:10.80	1200m: 14:00.37 1:11.78			

Seniores

1.	Paulo Fragueiro Franco	82	Nacional	16:05.06	+0,76	744
	100m: 1:00.46 1:00.46	500m: 5:15.35 1:04.49	900m: 9:35.48 1:05.39	1300m: 13:57.00 1:05.82		
	200m: 2:03.85 1:03.39	600m: 6:20.25 1:04.90	1000m: 10:40.70 1:05.22	1400m: 15:02.27 1:05.27		
	300m: 3:07.29 1:03.44	700m: 7:25.16 1:04.91	1100m: 11:45.79 1:05.09	1500m: 16:05.06 1:02.79		
	400m: 4:10.86 1:03.57	800m: 8:30.09 1:04.93	1200m: 12:51.18 1:05.39			
2.	Rui Filipe Costa	91	Vitória de Guimarães	16:07.25	+0,69	739
	100m: 1:00.57 1:00.57	500m: 5:18.23 1:04.93	900m: 9:40.06 1:06.06	1300m: 14:03.42 1:05.63		
	200m: 2:04.11 1:03.54	600m: 6:23.48 1:05.25	1000m: 10:45.82 1:05.76	1400m: 15:07.56 1:04.14		
	300m: 3:08.31 1:04.20	700m: 7:28.70 1:05.22	1100m: 11:51.85 1:06.03	1500m: 16:07.25 59.69		
	400m: 4:13.30 1:04.99	800m: 8:34.00 1:05.30	1200m: 12:57.79 1:05.94			
3.	Diogo Andre Gaspar	90	Uniao Piedense	16:08.56	+0,74	736
	100m: 1:00.63 1:00.63	500m: 5:19.05 1:05.23	900m: 9:40.05 1:05.19	1300m: 14:01.12 1:05.49		
	200m: 2:04.37 1:03.74	600m: 6:24.21 1:05.16	1000m: 10:45.41 1:05.36	1400m: 15:06.01 1:04.89		
	300m: 3:08.84 1:04.47	700m: 7:29.54 1:05.33	1100m: 11:50.33 1:04.92	1500m: 16:08.56 1:02.55		
	400m: 4:13.82 1:04.98	800m: 8:34.86 1:05.32	1200m: 12:55.63 1:05.30			
4.	Mario Andre Bonanca	90	Sporting	16:16.85	+0,79	717
	100m: 1:01.82 1:01.82	500m: 5:24.76 1:05.42	900m: 9:45.76 1:05.69	1300m: 14:09.57 1:05.79		
	200m: 2:07.65 1:05.83	600m: 6:29.41 1:04.65	1000m: 10:51.63 1:05.87	1400m: 15:15.06 1:05.49		
	300m: 3:13.56 1:05.91	700m: 7:34.43 1:05.02	1100m: 11:57.53 1:05.90	1500m: 16:16.85 1:01.79		
	400m: 4:19.34 1:05.78	800m: 8:40.07 1:05.64	1200m: 13:03.78 1:06.25			
5.	Vasco Miguel Gaspar	90	Uniao Piedense	16:27.37	+0,79	694
	100m: 1:01.59 1:01.59	500m: 5:22.28 1:05.83	900m: 9:45.89 1:05.95	1300m: 14:13.96 1:07.05		
	200m: 2:05.83 1:04.24	600m: 6:27.80 1:05.52	1000m: 10:52.31 1:06.42	1400m: 15:21.41 1:07.45		
	300m: 3:10.95 1:05.12	700m: 7:33.40 1:05.60	1100m: 11:59.75 1:07.44	1500m: 16:27.37 1:05.96		
	400m: 4:16.45 1:05.50	800m: 8:39.94 1:06.54	1200m: 13:06.91 1:07.16			
6.	Daniel Ricardo Viegas	83	Amadora	16:34.07	+0,68	680
	100m: 1:01.99 1:01.99	500m: 5:27.20 1:06.81	900m: 9:57.69 1:08.09	1300m: 14:25.60 1:07.13		
	200m: 2:07.73 1:05.74	600m: 6:34.49 1:07.29	1000m: 11:04.69 1:07.00	1400m: 15:31.21 1:05.61		
	300m: 3:13.99 1:06.26	700m: 7:41.91 1:07.42	1100m: 12:11.72 1:07.03	1500m: 16:34.07 1:02.86		
	400m: 4:20.39 1:06.40	800m: 8:49.60 1:07.69	1200m: 13:18.47 1:06.75			
7.	Hugo Alberto Ribeiro	88	Vilacondense	16:36.08	+0,94	676
	100m: 1:01.07 1:01.07	500m: 5:22.97 1:06.24	900m: 9:51.40 1:07.91	1300m: 14:26.05 1:08.37		
	200m: 2:05.45 1:04.38	600m: 6:29.39 1:06.42	1000m: 11:00.03 1:08.63	1400m: 15:33.41 1:07.36		
	300m: 3:10.80 1:05.35	700m: 7:36.50 1:07.11	1100m: 12:08.69 1:08.66	1500m: 16:36.08 1:02.67		
	400m: 4:16.73 1:05.93	800m: 8:43.49 1:06.99	1200m: 13:17.68 1:08.99			

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Prova 9, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
8.	Arseniy Lavrentyev <i>FTL</i>	83	Algés	17:04.92	+0,62	621	
100m:	1:01.60 1:01.60	500m:	5:30.19 1:08.71	900m:	10:06.24 1:08.95	1300m:	14:46.12 1:10.16
200m:	2:07.18 1:05.58	600m:	6:39.11 1:08.92	1000m:	11:16.13 1:09.89	1400m:	15:55.44 1:09.32
300m:	3:13.96 1:06.78	700m:	7:48.10 1:08.99	1100m:	12:26.12 1:09.99	1500m:	17:04.92 1:09.48
400m:	4:21.48 1:07.52	800m:	8:57.29 1:09.19	1200m:	13:35.96 1:09.84		

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Prova 10 Femin., 100m Livres 15 anos e mais velhos
9.4.10 - 17:25 Resultados

RNABS	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11.6.08
RNSEN	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	11.6.08
RNJUN	57.75	Maria Carolina Rosa	FPN	Prague (CZE)	8.7.09

TAC-SENF Sen: 1:02.00 / TAC-JUNF Jun: 1:02.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	58.40	+0,80	708
	50m: 27.91 27.91	100m: 58.40 30.49				
2.	Maria Carolina Rosa	94	Sporting	58.49	+0,69	705
	50m: 28.29 28.29	100m: 58.49 30.20				
3.	Andreia Catarina Gomes	94	Vitória de Guimarães	59.50	+0,83	670
	50m: 28.84 28.84	100m: 59.50 30.66				
4.	Joana Patricia Pinto	94	Ginásio de Vila Real	59.79	+0,87	660
	50m: 28.99 28.99	100m: 59.79 30.80				
5.	Lisa Marisa Soares	95	Amadora	1:00.33	+0,78	642
	50m: 29.10 29.10	100m: 1:00.33 31.23				
6.	Raquel Maurile Taveira	95	Algés	1:01.73	+0,81	600
	50m: 29.58 29.58	100m: 1:01.73 32.15				
7.	Raquel Paulo Ranito	94	Sporting	1:01.75	+0,77	599
	50m: 29.25 29.25	100m: 1:01.75 32.50				
8.	Filipa Vilas Tiago	94	Sporting	1:02.02	+0,73	591
	50m: 29.47 29.47	100m: 1:02.02 32.55				
9.	Patricia Alexandra Martins	95	Sporting	1:02.13	+0,84	588
	50m: 29.95 29.95	100m: 1:02.13 32.18				
10.	Carolina Cunha Martins	95	Náutico/Matobra	1:02.18	+0,96	587
	50m: 29.86 29.86	100m: 1:02.18 32.32				
11.	Maria Joao Figueiredo	94	Naval do Funchal	1:02.55	+0,80	576
	<i>FTL</i>					
	50m: 29.93 29.93	100m: 1:02.55 32.62				
12.	Sofia Pavao Machado	94	Naval de Ponta Delgada	1:02.68	+0,90	573
	<i>FTL</i>					
	50m: 29.81 29.81	100m: 1:02.68 32.87				
13.	Vera Patricia Pinto	94	Benfica	1:02.75	+0,83	571
	<i>FTL</i>					
	50m: 30.31 30.31	100m: 1:02.75 32.44				
14.	Marisa Alexandra Lage	94	Viana Natação	1:02.84	+0,90	568
	<i>FTL</i>					
	50m: 30.10 30.10	100m: 1:02.84 32.74				
15.	Maria Rodrigues Fernandes	95	Naval do Funchal	1:05.33	+0,79	506
	<i>FTL</i>					
	50m: 31.21 31.21	100m: 1:05.33 34.12				

Campeonato Nacional de Juniores e Seniores PL
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Prova 10, Femin., 100m Livres

Seniores

1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	58.57	+0,63	702
	50m: 28.07 28.07	100m: 58.57 30.50				
2.	Claudia Sofia Monteiro	92	Vilacondense	58.67	+0,78	699
	50m: 28.68 28.68	100m: 58.67 29.99				
3.	Maria Joao Dores	88	Sporting	58.85	+0,85	692
	50m: 28.21 28.21	100m: 58.85 30.64				
4.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	58.95	+0,76	689
	50m: 28.11 28.11	100m: 58.95 30.84				
5.	Claudia Marques Moreno	91	Porto/Dolce Vita	59.00	+0,85	687
	50m: 28.19 28.19	100m: 59.00 30.81				
6.	Ana Ribeiro Ferreira	92	Famalicão	59.17	+0,82	681
	50m: 28.89 28.89	100m: 59.17 30.28				
7.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	59.99	+0,85	653
	50m: 28.70 28.70	100m: 59.99 31.29				
8.	Sara Alexandra Madeira	87	Louletano/Loulé Concelho	1:00.04	+0,76	652
	50m: 28.90 28.90	100m: 1:00.04 31.14				
9.	Amelia Pereira Fernandes	89	Vitória de Guimarães	1:00.31	+0,80	643
	50m: 29.29 29.29	100m: 1:00.31 31.02				
10.	Mariana Mota Dias	92	Bairro dos Anjos	1:00.42	+0,83	640
	50m: 29.10 29.10	100m: 1:00.42 31.32				
11.	Joana Filipa Santos	93	Vitória de Guimarães	1:00.53	+0,81	636
	50m: 28.52 28.52	100m: 1:00.53 32.01				
12.	Sara Francisco Cruz	93	Bairro dos Anjos	1:00.73	+0,76	630
	50m: 29.70 29.70	100m: 1:00.73 31.03				
	Fabiana Maria Quintal	84	Nacional	1:00.73	+0,73	630
	50m: 29.06 29.06	100m: 1:00.73 31.67				
14.	Adriana Filipa Lisboa	92	Bairro dos Anjos	1:00.77	+0,83	629
	50m: 29.23 29.23	100m: 1:00.77 31.54				
15.	Ana Sofia Leite	93	Ginásio de Vila Real	1:00.81	+0,97	627
	50m: 29.17 29.17	100m: 1:00.81 31.64				
16.	Joana Filipa Capela	89	Benfica	1:00.98	+0,80	622
	50m: 29.36 29.36	100m: 1:00.98 31.62				
17.	Elsa Manuela Cardoso	86	Ginásio de Vila Real	1:01.26	+0,75	614
	50m: 29.53 29.53	100m: 1:01.26 31.73				
18.	Jessica Teixeira Vieira	91	Belenenses	1:01.40	+0,72	609
	50m: 30.00 30.00	100m: 1:01.40 31.40				
19.	Ana Filipa Pardal	89	Louletano/Loulé Concelho	1:01.46	+0,77	608
	50m: 29.69 29.69	100m: 1:01.46 31.77				
20.	Soraia Vanessa Ribeiro	92	Vilacondense	1:01.74	+0,87	599
	50m: 29.57 29.57	100m: 1:01.74 32.17				

Campeonato Nacional de Juniores e Seniores PL
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Prova 10, Femin., 100m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Joana Fonseca Seabra <i>FTL</i>	92	Colégio Vasco da Gama	1:02.18	+0,72	587
	50m: 29.94 29.94	100m: 1:02.18	32.24			
22.	Maria Ines Ribeiro <i>FTL</i>	92	Náutico/Matobra	1:02.31	+0,78	583
	50m: 29.73 29.73	100m: 1:02.31	32.58			
23.	Helyana Maria Moitalta <i>FTL</i>	92	Portinado	1:02.46	+0,73	579
	50m: 29.62 29.62	100m: 1:02.46	32.84			
24.	Ines Nunes Tareco <i>FTL</i>	93	Individual Algarve	1:02.52	+0,82	577
	50m: 29.78 29.78	100m: 1:02.52	32.74			
25.	Luisa Costa Henriques <i>FTL</i>	93	Naval do Funchal	1:02.53	+0,77	577
	50m: 30.38 30.38	100m: 1:02.53	32.15			
26.	Mariana Oliveira Vale <i>FTL</i>	93	Natação de Valongo	1:02.57	+0,71	576
	50m: 29.15 29.15	100m: 1:02.57	33.42			
27.	Carlota Freitas Olim <i>FTL</i>	93	Naval do Funchal	1:03.10	+0,69	561
	50m: 29.96 29.96	100m: 1:03.10	33.14			
28.	Ana Sofia Nobrega <i>FTL</i>	90	Ginásio de Vila Real	1:04.56	+0,90	524
	50m: 31.19 31.19	100m: 1:04.56	33.37			

Campeonato Nacional de Juniores e Seniores PL
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Prova 11 Masc., 200m Costas 17 anos e mais velhos
9.4.10 - 17:35 Resultados

RNABS	2:00.62	Pedro Diogo Oliveira	FPN	Melbourne (AUS)	29.3.07
RNSEN	2:00.62	Pedro Diogo Oliveira	FPN	Melbourne (AUS)	29.3.07
RNJUN	2:02.21	Pedro Diogo Oliveira	CNRM	Coimbra	28.7.06

TAC-SENM Sen: 2:15.50 / TAC-JUNM Jun: 2:19.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alexis Manacas Santos	92	Sporting	2:05.69	+0,65	706
	50m: 29.20 29.20	100m: 1:01.39 32.19	150m: 1:33.77	32.38	200m: 2:05.69	31.92
2.	Nuno Rafael Duraes	93	Naval Setubalense	2:09.52	+0,64	645
	50m: 30.13 30.13	100m: 1:02.92 32.79	150m: 1:36.63	33.71	200m: 2:09.52	32.89
3.	Edgar Oliveira Ribeiro	93	Braga	2:10.21	+0,67	635
	50m: 30.59 30.59	100m: 1:03.96 33.37	150m: 1:37.37	33.41	200m: 2:10.21	32.84
4.	Goncalo Filipe Gregorio	93	Uniao Piedense	2:10.36	+0,66	632
	50m: 30.32 30.32	100m: 1:03.05 32.73	150m: 1:36.85	33.80	200m: 2:10.36	33.51
5.	Joao Miguel Rocha	93	Famalicão	2:11.65	+0,63	614
	50m: 30.82 30.82	100m: 1:04.01 33.19	150m: 1:37.53	33.52	200m: 2:11.65	34.12
6.	Joao Filipe Fernandes	93	Famalicão	2:12.71	+0,62	599
	50m: 31.34 31.34	100m: 1:05.20 33.86	150m: 1:39.04	33.84	200m: 2:12.71	33.67
7.	Diogo Maia e Silva	93	Pimpões/Cimai	2:13.92	+0,60	583
	50m: 31.43 31.43	100m: 1:05.50 34.07	150m: 1:39.82	34.32	200m: 2:13.92	34.10
8.	Pedro Ribeiro Mendes	93	Colégio Vasco da Gama	2:15.31	+0,71	565
	50m: 31.76 31.76	100m: 1:06.08 34.32	150m: 1:41.35	35.27	200m: 2:15.31	33.96
9.	Ricardo Miguel Paiva	93	Colégio Vasco da Gama	2:16.10	+0,65	556
	50m: 31.89 31.89	100m: 1:06.58 34.69	150m: 1:41.54	34.96	200m: 2:16.10	34.56
10.	Andre Duarte Vaz	93	Ginásio Figueirense	2:16.59	+0,79	550
	50m: 31.98 31.98	100m: 1:06.09 34.11	150m: 1:41.84	35.75	200m: 2:16.59	34.75
11.	Diogo Fontes Moreira	93	Estamos Juntos	2:17.44	+0,65	539
	50m: 31.56 31.56	100m: 1:06.01 34.45	150m: 1:41.76	35.75	200m: 2:17.44	35.68
12.	Filipe Franco Norte	93	Náutico da Marinha Grande	2:18.21	+0,62	531
	50m: 31.87 31.87	100m: 1:06.43 34.56	150m: 1:42.82	36.39	200m: 2:18.21	35.39
13.	Miguel Machado Lopes	92	Benedita	2:18.59	+0,62	526
	50m: 31.89 31.89	100m: 1:06.60 34.71	150m: 1:43.03	36.43	200m: 2:18.59	35.56
14.	Dario Almeida Santos	93	Leixões	2:18.83	+0,64	523
	50m: 32.52 32.52	100m: 1:07.14 34.62	150m: 1:43.43	36.29	200m: 2:18.83	35.40
15.	Joao Jose Viegas	92	Galitos	2:22.08	+0,70	488
	<i>FTL</i> 50m: 31.29 31.29	100m: 1:06.70 35.41	150m: 1:43.91	37.21	200m: 2:22.08	38.17

Campeonato Nacional de Juniores e Seniores PL
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Prova 11, Masc., 200m Costas

Seniores

1.	Adriano Miguel Niz	86	Benfica	2:03.13	+0,64	750
	50m: 29.64 29.64	100m: 1:01.31 31.67	150m: 1:33.14 31.83	200m: 2:03.13 29.99		
2.	Pedro Fontoura Oliveira	90	Belenenses	2:06.72	+0,68	688
	50m: 29.94 29.94	100m: 1:02.00 32.06	150m: 1:35.22 33.22	200m: 2:06.72 31.50		
3.	Samuel Patricio Queiros	91	Porto/Dolce Vita	2:10.31	+0,64	633
	50m: 30.25 30.25	100m: 1:03.13 32.88	150m: 1:36.70 33.57	200m: 2:10.31 33.61		
4.	Ricardo Ferreira Cotovio	91	Sporting	2:12.03	+0,64	609
	50m: 30.54 30.54	100m: 1:04.24 33.70	150m: 1:38.34 34.10	200m: 2:12.03 33.69		
5.	Oscar Ramos Melim	86	Nacional	2:13.11	+0,71	594
	50m: 31.73 31.73	100m: 1:04.89 33.16	150m: 1:38.90 34.01	200m: 2:13.11 34.21		
6.	Diogo Banza Pinto	87	Algés	2:13.47	+0,77	589
	50m: 31.81 31.81	100m: 1:05.24 33.43	150m: 1:39.75 34.51	200m: 2:13.47 33.72		
7.	Nuno Rafael Alves	90	Gespaços	2:14.40	+0,65	577
	50m: 31.69 31.69	100m: 1:05.40 33.71	150m: 1:40.46 35.06	200m: 2:14.40 33.94		
8.	Mario Jorge Rodrigues	88	Vilacondense	2:16.61	+0,71	549
	<i>FTL</i> 50m: 31.84 31.84	100m: 1:06.45 34.61	150m: 1:42.11 35.66	200m: 2:16.61 34.50		
9.	Pedro Lobato Rijo	91	Gesloures	2:17.35	+0,73	541
	<i>FTL</i> 50m: 31.24 31.24	100m: 1:05.79 34.55	150m: 1:41.85 36.06	200m: 2:17.35 35.50		

Campeonato Nacional de Juniores e Seniores PL
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Prova 12 Femin., 200m Costas 15 anos e mais velhos
9.4.10 - 17:40 Resultados

RNABS	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	8.8.93
RNSEN	2:16.28	Ana Antas Barros	FPN	Sheffield (GBR)	8.8.93
RNJUN	2:19.60	Petra Quintela Chaves	FPN	Barcelona (ESP)	15.6.94

TAC-SENF Sen: 2:33.50 / TAC-JUNF Jun: 2:34.70

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Mafalda Gomes Beleza	94	Sporting	2:20.42	+0,71	702
	50m: 33.05 33.05	100m: 1:08.55 35.50	150m: 1:45.19	36.64	200m: 2:20.42	35.23
2.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	2:21.20	+0,58	690
	50m: 32.53 32.53	100m: 1:08.08 35.55	150m: 1:44.68	36.60	200m: 2:21.20	36.52
3.	Tatiana Filipa Santos	95	Ginásio Figueirense	2:21.82	+0,62	681
	50m: 33.42 33.42	100m: 1:09.15 35.73	150m: 1:45.70	36.55	200m: 2:21.82	36.12
4.	Patricia Isabel Oliveira	94	Leixões	2:25.78	+0,64	627
	50m: 33.43 33.43	100m: 1:09.20 35.77	150m: 1:47.74	38.54	200m: 2:25.78	38.04
5.	Ines Catarina Agostinho	94	Sporting	2:28.37	+0,70	595
	50m: 34.39 34.39	100m: 1:11.66 37.27	150m: 1:49.95	38.29	200m: 2:28.37	38.42
6.	Paula Cristina Yang	95	Gesloures	2:29.75	+0,63	578
	50m: 34.92 34.92	100m: 1:13.49 38.57	150m: 1:52.31	38.82	200m: 2:29.75	37.44
7.	Adriana Correia Lopes	95	Náutico/Matobra	2:29.82	+0,74	578
	50m: 34.55 34.55	100m: 1:12.17 37.62	150m: 1:51.29	39.12	200m: 2:29.82	38.53
8.	Ana Margarida Almeida	94	Galitos	2:30.02	+0,68	575
	50m: 34.48 34.48	100m: 1:11.59 37.11	150m: 1:51.01	39.42	200m: 2:30.02	39.01
9.	Ana Catarina Costa	95	Feirense	2:30.34	+0,58	572
	50m: 35.09 35.09	100m: 1:13.01 37.92	150m: 1:52.27	39.26	200m: 2:30.34	38.07
10.	Maria Luis Amorim	95	Porto/Dolce Vita	2:32.73	+0,75	545
	50m: 35.77 35.77	100m: 1:14.29 38.52	150m: 1:53.63	39.34	200m: 2:32.73	39.10
11.	Ana Raquel Miranda	94	Uniao Piedense	2:33.42	+0,61	538
	50m: 35.08 35.08	100m: 1:13.82 38.74	150m: 1:54.04	40.22	200m: 2:33.42	39.38
12.	Ana Goncalves Neto	95	Porto/Dolce Vita	2:34.31	+0,78	529
	50m: 36.35 36.35	100m: 1:15.47 39.12	150m: 1:55.26	39.79	200m: 2:34.31	39.05
13.	Ana Joaquina Goncalves	95	Braga	2:34.68	+0,68	525
	50m: 35.77 35.77	100m: 1:14.77 39.00	150m: 1:55.74	40.97	200m: 2:34.68	38.94
14.	Diana Patricia Silva	95	Paredes/Rota dos Moveis	2:34.84	+0,65	523
	<i>FTL</i> 50m: 35.74 35.74	100m: 1:14.41 38.67	150m: 1:54.91	40.50	200m: 2:34.84	39.93
15.	Carine Lederer	95	Bombeiros dos Estoris	2:36.18	+0,63	510
	<i>FTL</i> 50m: 35.94 35.94	100m: 1:14.08 38.14	150m: 1:55.16	41.08	200m: 2:36.18	41.02
16.	Vanessa Carolina Valente	94	Alcobaça	2:36.76	+0,66	504
	<i>FTL</i> 50m: 35.98 35.98	100m: 1:15.49 39.51	150m: 1:56.37	40.88	200m: 2:36.76	40.39

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Prova 12, Femin., 200m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Petra Carolina Silva <i>FTL</i>	95	Nacional	2:38.11	+0,68	491
	50m: 37.16 37.16	100m: 1:17.21 40.05	150m: 1:58.21 41.00	200m: 2:38.11 39.90		
18.	Ana Catarina Pereira <i>FTL</i>	95	Naval Amorense	2:39.01	+0,66	483
	50m: 35.35 35.35	100m: 1:14.68 39.33	150m: 1:56.76 42.08	200m: 2:39.01 42.25		

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	2:18.29	+0,61	735
	50m: 31.90 31.90	100m: 1:06.47 34.57	150m: 1:41.93 35.46	200m: 2:18.29 36.36		
2.	Marta Pereira Abreu	92	Natação de Faro	2:21.31	+0,65	689
	50m: 33.19 33.19	100m: 1:08.39 35.20	150m: 1:45.22 36.83	200m: 2:21.31 36.09		
3.	Mara Lisboa e Silva	93	Bairro dos Anjos	2:23.45	+0,77	658
	50m: 34.22 34.22	100m: 1:10.18 35.96	150m: 1:47.16 36.98	200m: 2:23.45 36.29		
4.	Filipa Mendes Pinheiro	92	Desportiva de Viana	2:24.73	+0,64	641
	50m: 33.28 33.28	100m: 1:09.61 36.33	150m: 1:47.70 38.09	200m: 2:24.73 37.03		
5.	Ana Sofia Simoes	93	Belenenses	2:25.80	+0,69	627
	50m: 33.39 33.39	100m: 1:09.56 36.17	150m: 1:47.14 37.58	200m: 2:25.80 38.66		
6.	Andreia Filipa Anjos	92	Bairro dos Anjos	2:28.67	+0,69	591
	50m: 34.61 34.61	100m: 1:12.13 37.52	150m: 1:51.00 38.87	200m: 2:28.67 37.67		
7.	Maria Joao Dores	88	Sporting	2:29.16	+0,58	585
	50m: 33.64 33.64	100m: 1:10.50 36.86	150m: 1:49.87 39.37	200m: 2:29.16 39.29		
8.	Andreia Silva Cruz	88	Lisnave	2:29.57	+0,65	581
	50m: 35.05 35.05	100m: 1:12.23 37.18	150m: 1:50.94 38.71	200m: 2:29.57 38.63		
9.	Carla Sofia Rodrigues	93	Amadora	2:32.54	+0,76	547
	50m: 35.35 35.35	100m: 1:13.79 38.44	150m: 1:53.60 39.81	200m: 2:32.54 38.94		
10.	Isabel Rovisco Monteiro	93	Fafe	2:32.56	+0,71	547
	50m: 35.56 35.56	100m: 1:14.21 38.65	150m: 1:53.17 38.96	200m: 2:32.56 39.39		
11.	Isabel Alves Lopes	92	Colégio Vasco da Gama	2:33.06	+0,76	542
	50m: 34.95 34.95	100m: 1:13.15 38.20	150m: 1:52.27 39.12	200m: 2:33.06 40.79		

Campeonato Nacional de Juniores e Seniores PL
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Prova 13 Masc., 4 x 100m Livres 17 anos e mais velhos
9.4.10 - 18:15 Resultados

RNABS	3:24.33	Futebol Clube do Porto/Império Bonifácio	Faro	19.7.09
RNSEN	3:26.36	Clube Natação da Amadora	Faro	19.7.09
RNJUN	3:34.25	Futebol Clube do Porto/Império Bonifácio	Lisboa	27.3.09

TAC-SENM Sen: 3:43.00 / TAC-JUNM Jun: 3:53.50

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Porto/Dolce Vita-MASC-JUN	Porto/Dolce Vita	3:39.51	+0,80 630
	Joao Pedro Almeida +0,80 26.13	53.91	Bernardo Correia Silva +0,35 26.51	55.84
	Rafael Dias Martins +0,43 26.93	55.59	Luis Miguel Nogueira +0,13 26.29	54.17
2.	Sporting-MASC-JUN	Sporting	3:41.40	+0,82 614
	Pedro Miguel Agostinho +0,82 26.14	54.18	Fabio Andre Dias +0,19 26.76	56.54
	Alexis Manacas Santos +0,30 25.95	53.65	Joao Pedro Coutinho +0,15 27.18	57.03
3.	Bairro dos Anjos-MASC-JUN	Bairro dos Anjos	3:42.80	+0,74 603
	Francisco Vala Pires +0,74 26.98	56.91	Manuel Andril Cordeiro +0,33 26.16	55.64
	Filipe Rosa de Oliveira +0,37 26.78	56.14	Joao Paulo Ribeiro +0,11 25.66	54.11
4.	Algés-MASC-JUN	Algés	3:42.81	+0,68 603
	Francisco Miguel Cirurgiao +0,68 27.53	57.41	Pedro Miguel Abreu +0,27 26.45	55.87
	Rafael David Rodrigues +0,17 26.61	55.76	Mario Martins Costa +0,04 26.13	53.77
5.	Uniao Piedense-MASC-JUN	Uniao Piedense	3:48.28	+0,86 560
	Andre Rafael Marinho +0,86 27.48	56.60	Goncalo Filipe Gregorio +0,30 26.79	57.06
	Diamantino Gato Bras +0,44 27.25	57.34	Joao Manuel Lanca +0,40 26.01	57.28
6.	Naval do Funchal-MASC-JUN	Naval do Funchal	3:51.79	+0,69 535
	Joao Afonso Vargas +0,69 26.61	55.38	Alexandre Santos Gomes +0,28 27.87	59.39
	Rodolfo Teixeira Jesus +0,28 28.04	59.09	Joao Costa Freitas +0,16 27.20	57.93
DSQ	Braga-MASC-JUN	Braga		+0,75
	<i>Rendição antecipada do 3º nadador</i>			
	Ricardo Manuel Machado +0,75 25.93	53.69	Edgar Oliveira Ribeiro -0,07	
	Pedro Miguel Maganinho +0,40 26.68	56.53	Carlos Filipe Serra +0,36	
Seniores				
1.	Benfica-MASC-SEN	Benfica	3:30.37	+0,76 716
	Joao Silva Gigante +0,76 25.29	52.92	Ricardo Pereira Lopes +0,20 25.37	53.40
	Adriano Miguel Niz +0,35 25.21	51.78	Raul Jose Custodio +0,18 24.48	52.27
2.	Porto/Dolce Vita-MASC-SEN	Porto/Dolce Vita	3:31.79	+0,66 702
	Rui Filipe Vilar +0,66 26.15	53.81	Gil Goncalves Pinto +0,23 25.11	53.73
	Carlos Filipe Santos +0,41 25.28	53.21	Paulo Jorge Santos +0,38 24.25	51.04
3.	Amadora-MASC-SEN	Amadora	3:32.70	+0,66 693
	Simao Gomes Morgado +0,66 25.27	54.05	Pedro Miguel Pedras +0,24 25.95	54.11
	Fabio Andre Figueira +0,24 24.79	52.84	Duarte Rafael Mourao +0,22 24.52	51.70
4.	Vilacondense-MASC-SEN	Vilacondense	3:38.17	+0,74 642
	Marcelo Goncalo Pereira +0,74 26.13	56.56	Henrique Pereira Neiva +0,23 26.10	54.89
	Fabio Manuel Pereira +0,08 24.98	52.56	Mario Jorge Rodrigues +0,20 26.00	54.16
5.	Náutico/Matobra-MASC-SEN	Náutico/Matobra	3:39.51	+0,72 630
	Miguel Silva Oliveira +0,72 25.78	53.16	Daniel Alexandre Rodrigues +0,23 26.18	55.44
	Rui Miguel Fonseca +0,34 25.52	53.80	Joao Albano Viola +0,16 26.58	57.11

Campeonato Nacional de Juniores e Seniores PL
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Prova 13, Masc., 4 x 100m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
6.	Nacional-MASC-SEN <i>FTL</i>	3:46.04	+0,75	577
	Vitor Diogo Moura	+0,75 26.83 56.09	Diego Felipe Santos	+0,41 26.82 56.48
	Tomas Miguel Freitas	+0,31 26.62 55.73	Oscar Ramos Melim	+0,28 27.65 57.74

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Prova 14 Femin., 4 x 200m Livres 15 anos e mais velhos
9.4.10 - 18:25 Resultados

RNABS	8:27.20	Futebol Clube do Porto/Império Bonifácio	FCB	Faro	18.7.09
RNSEN	8:32.72	Futebol Clube do Porto/Império Bonifácio	FCB/IB	Lisboa	27.3.09
RNJUN	8:43.66	Sporting Clube de Portugal	SCP	Lisboa	30.7.04

TAC-SENF Sen: 9:10.00 / TAC-JUNF Jun: 9:22.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-FEM-JUN <i>Rec Nac Junior</i>	Sporting	8:39.85	+0,72 702
	Maria Carolina Rosa	94 +0,72 29.98	32.42	33.67 32.41 2:08.48
	Patricia Garcia Marinho	94 29.76	33.08	34.00 33.46 2:10.30
	Leonor Mourinho Neves	95 +0,27 30.21	33.30	34.68 33.35 2:11.54
	Mafalda Gomes Beleza	94 +0,52 29.77	32.46	34.21 33.09 2:09.53
2.	Náutico/Matobra-FEM-JUN	Náutico/Matobra	9:00.74	+1,00 624
	Carolina Cunha Martins	95 +1,00 31.73	34.73	34.92 34.91 2:16.29
	Adriana Correia Lopes	95 +0,27 30.47	34.62	34.92 34.85 2:14.86
	Gabriela Oliveira Andrade	94 +0,28 29.62	34.32	34.37 33.55 2:11.86
	Mariana Rocha Valente	95 0.00 30.83	34.66	35.83 36.41 2:17.73
3.	Porto/Dolce Vita-FEM-JUN	Porto/Dolce Vita	9:05.27	+0,85 608
	Silvia Ariana Soares	95 +0,85 30.71	33.60	35.39 35.90 2:15.60
	Maria Luis Amorim	95 +0,49 31.23	33.82	34.63 34.29 2:13.97
	Catarina Lopes Reis	95 +0,30 30.39	34.71	36.91 37.15 2:19.16
	Ana Goncalves Neto	95 +0,18 31.01	34.87	35.65 35.01 2:16.54
4.	Braga-FEM-JUN	Braga	9:18.52	+0,83 566
	Eduarda Malheiro Neves	94 +0,83 31.46	34.57	34.26 34.57 2:14.86
	Ana Joaquina Goncalves	95 +0,37 31.80	35.12	35.55 35.16 2:17.63
	Ines Joao Costa	95 +0,28 30.64	34.42	35.78 36.76 2:17.60
	Ines Jesus Ribeiro	95 +0,37 33.08	37.54	38.98 38.83 2:28.43
DSQ	Naval do Funchal-FEM-JUN <i>FTL, Rendição antecipada do 4º nadador</i>	Naval do Funchal	9:34.13	+0,67
	Maria Rodrigues Fernandes	95 +0,67 32.06	35.94	37.72 37.39 2:23.11
	Maria Joao Figueiredo	94 +0,46 30.73	35.13	36.70 37.63 2:20.19
	Barbara Goncalves Faria	95 +0,31 31.48	36.61	38.51 38.22 2:24.82
	Ana Afonso Mendonca	94 -0,20 31.57	37.21	39.57 37.66 2:26.01
Seniores				
1.	Porto/Dolce Vita-FEM-SEN	Porto/Dolce Vita	8:35.24	+0,66 721
	Sara Freitas Oliveira	85 +0,66 29.61	32.08	32.81 32.77 2:07.27
	Joana Aguiar Rodrigues	93 +0,49 29.30	32.48	33.91 33.08 2:08.77
	Claudia Marques Moreno	91 +0,48 29.32	33.03	34.74 33.67 2:10.76
	Marta Vieira Marinho	91 +0,58 30.25	32.76	32.92 32.51 2:08.44
2.	Náutico/Matobra-FEM-SEN	Náutico/Matobra	8:56.06	+0,90 640
	Maria Miguel Veloso	93 +0,90 31.11	32.89	33.68 32.91 2:10.59
	Raquel Coutinho Gaio	90 +0,42 30.88	33.54	35.40 35.80 2:15.62
	Ines Barbosa Moreira	92 +0,38 30.18	34.04	36.49 36.62 2:17.33
	Maria Ines Ribeiro	92 +0,30 29.88	33.66	35.10 33.88 2:12.52

Campeonato Nacional de Juniores e Seniores PL
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Prova 14, Femin., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts				
3.	Bairro dos Anjos-FEM-SEN	8:56.46	+0,77	639				
	Sara Francisco Cruz	93	+0,77	31.79	35.31	35.92	35.66	2:18.68
	Mara Lisboa e Silva	93	+0,30	31.37	34.33	34.86	33.66	2:14.22
	Mariana Mota Dias	92	+0,24	30.56	34.06	34.66	34.05	2:13.33
	Adriana Filipa Lisboa	92	+0,16	29.77	33.35	34.02	33.09	2:10.23

Campeonato Nacional de Juniores e Seniores PL
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Prova 15 Femin., 50m Livres 15 anos e mais velhos
10.4.10 - 9:30 Resultados

RNABS	25.83	Patricia Vilas Conceicao	CNA	Coimbra	30.5.09
RNSEN	25.83	Patricia Vilas Conceicao	CNA	Coimbra	30.5.09
RNJUN	26.98	Ana Pinho Rodrigues	AEJ	Porto	30.6.09

TAC-SENF Sen: 28.45 / TAC-JUNF Jun: 28.85

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Pinho Rodrigues <i>Rec Nac Junior</i>	94	Estamos Juntos	26.21	+0,90	742
2.	Maria Carolina Rosa	94	Sporting	27.49	+0,71	643
3.	Joana Patricia Pinto	94	Ginásio de Vila Real	28.15	+0,84	599
4.	Mafalda Gomes Beleza	94	Sporting	28.36	+0,76	585
5.	Andreia Catarina Gomes	94	Vitória de Guimarães	28.44	+0,85	580
6.	Gabriela Oliveira Andrade	94	Náutico/Matobra	28.55	+0,78	574
7.	Sofia Pavao Machado	94	Naval de Ponta Delgada	28.58	+0,80	572
8.	Diana Patricia Ferreira	94	Gespaços	28.67	+0,83	567
9.	Raquel Maurile Taveira	95	Algés	28.68	+0,82	566
10.	Filipa Vilas Tiago	94	Sporting	28.70	+0,69	565
11.	Carolina Cunha Martins	95	Náutico/Matobra	28.71	+0,90	564
12.	Vera Patricia Pinto <i>FTL</i>	94	Benfica	29.01	+0,80	547
13.	Paula Cristina Yang <i>FTL</i>	95	Geslours	29.25	+0,83	533

Seniores

1.	Maria Joao Does	88	Sporting	27.09	+0,73	672
2.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	27.27	+0,73	658
3.	Claudia Sofia Monteiro	92	Vilacondense	27.45	+0,80	646
4.	Claudia Marques Moreno	91	Porto/Dolce Vita	27.80	+0,83	621
5.	Sara Alexandra Madeira	87	Louletano/Loulé Concelho	27.81	+0,73	621
6.	Joana Filipa Santos	93	Vitória de Guimarães	28.03	+0,82	606
7.	Mariana Dias Almeida	93	Famalicão	28.07	+0,71	604
8.	Mariana Mota Dias	92	Bairro dos Anjos	28.11	+0,81	601
	Fabiana Maria Quintal	84	Nacional	28.11	+0,70	601
10.	Sara Francisco Cruz	93	Bairro dos Anjos	28.13	+0,76	600
11.	Elsa Manuela Cardoso <i>FTL</i>	86	Ginásio de Vila Real	28.46	+0,71	579
12.	Jessica Teixeira Vieira <i>FTL</i>	91	Belenenses	28.53	+0,70	575
13.	Mariana Oliveira Vale <i>FTL</i>	93	Natação de Valongo	28.60	+0,70	571
14.	Maria Ines Pereira <i>FTL</i>	93	Colégio Vasco da Gama	28.67	+0,65	567
15.	Adriana Filipa Lisboa <i>FTL</i>	92	Bairro dos Anjos	28.71	+0,83	564
16.	Marta Filipa Conceicao <i>FTL</i>	92	Amadora	28.86	+0,80	555

Campeonato Nacional de Juniores e Seniores PL
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Prova 15, Femin., 50m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Helyana Maria Moitalta <i>FTL</i>	92	Portinado	28.93	+0,71	551
18.	Maria Ines Ribeiro <i>FTL</i>	92	Náutico/Matobra	28.96	+0,75	550
19.	Catarina Isabel Bargado <i>FTL</i>	93	Algés	28.98	+0,78	549
20.	Carlota Freitas Olim <i>FTL</i>	93	Naval do Funchal	29.00	+0,69	547
21.	Ines Nunes Tareco <i>FTL</i>	93	Individual Algarve	29.63	+0,82	513
DSQ	Renata Lopes Amaral <i>Não cortou a superfície da água aos 15m após a partida</i>	87	Uniao Piedense	27.89	+0,81	

Campeonato Nacional de Juniores e Seniores PL
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Prova 16 Masc., 200m Mariposa 17 anos e mais velhos
10.4.10 - 9:35 Resultados

RNABS	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28.7.09
RNSEN	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	28.7.09
RNJUN	2:01.46	Pedro Diogo Oliveira	FPN	Palma Maiorca (ESP)	8.7.06

TAC-SENM Sen: 2:10.50 / TAC-JUNM Jun: 2:16.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Miguel Monteiro Diogo	93	Alcobaça	2:06.10	+0,70	691
	50m: 27.96 27.96	100m: 1:00.19 32.23	150m: 1:33.21 33.02	200m: 2:06.10 32.89		
2.	Diogo Parrilha da Silva	93	Alcobaça	2:06.72	+0,78	681
	50m: 28.35 28.35	100m: 1:00.93 32.58	150m: 1:33.61 32.68	200m: 2:06.72 33.11		
3.	Joao Paulo Ribeiro	92	Bairro dos Anjos	2:07.96	+0,63	661
	50m: 28.49 28.49	100m: 1:01.14 32.65	150m: 1:34.22 33.08	200m: 2:07.96 33.74		
4.	Francisco Fezas Vital	92	Benfica	2:09.52	+0,81	638
	50m: 28.64 28.64	100m: 1:01.40 32.76	150m: 1:35.43 34.03	200m: 2:09.52 34.09		
5.	Rafael Dias Martins	93	Porto/Dolce Vita	2:11.04	+0,71	616
	50m: 28.66 28.66	100m: 1:01.59 32.93	150m: 1:35.62 34.03	200m: 2:11.04 35.42		
6.	Pedro Ribeiro Mendes	93	Colégio Vasco da Gama	2:11.62	+0,77	608
	50m: 28.96 28.96	100m: 1:01.82 32.86	150m: 1:37.07 35.25	200m: 2:11.62 34.55		
7.	Paulo Andre Dias	92	Gespaços	2:12.93	+0,84	590
	50m: 30.07 30.07	100m: 1:03.18 33.11	150m: 1:37.61 34.43	200m: 2:12.93 35.32		
8.	Joao Pedro Coutinho	92	Sporting	2:13.09	+0,73	588
	50m: 29.70 29.70	100m: 1:03.95 34.25	150m: 1:38.67 34.72	200m: 2:13.09 34.42		
9.	Pedro Miguel Sa	93	Colégio Vasco da Gama	2:14.65	+0,75	567
	50m: 29.74 29.74	100m: 1:03.28 33.54	150m: 1:38.30 35.02	200m: 2:14.65 36.35		
10.	Miguel Goncalves Ferreira	93	Nacional	2:14.77	+0,81	566
	50m: 30.02 30.02	100m: 1:04.32 34.30	150m: 1:39.45 35.13	200m: 2:14.77 35.32		
11.	Mario Alexandre Pereira	92	Ginásio Figueirense	2:15.93	+0,78	552
	50m: 28.90 28.90	100m: 1:03.16 34.26	150m: 1:39.09 35.93	200m: 2:15.93 36.84		
12.	Vitor Goncalo Castanheiro FTL	92	Naval do Funchal	2:19.87	+0,84	506
	50m: 30.41 30.41	100m: 1:04.88 34.47	150m: 1:41.33 36.45	200m: 2:19.87 38.54		
13.	Nuno Ricardo Bastos FTL	93	Fluvial Portuense	2:24.50	+0,75	459
	50m: 30.82 30.82	100m: 1:06.93 36.11	150m: 1:45.00 38.07	200m: 2:24.50 39.50		

Seniores

1.	Nuno Goncalo Quintanilha	87	Louletano/Loulé Concelho	1:59.21	+0,76	818
	50m: 27.19 27.19	100m: 57.61 30.42	150m: 1:28.29 30.68	200m: 1:59.21 30.92		
2.	Duarte Rafael Mourao	84	Amadora	1:59.58	+0,73	810
	50m: 26.31 26.31	100m: 56.50 30.19	150m: 1:27.95 31.45	200m: 1:59.58 31.63		
3.	Diogo Filipe Carvalho					

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Prova 17 Femin., 100m Costas 15 anos e mais velhos
10.4.10 - 9:45 Resultados

RNABS	1:04.01	Maria Carlos Santos	FPN	Lisboa	7.6.98
RNSEN	1:04.01	Maria Carlos Santos	FPN	Lisboa	7.6.98
RNJUN	1:05.04	Petra Quintela Chaves	FPN	Roma (ITA)	7.9.94

TAC-SENF Sen: 1:10.50 / TAC-JUNF Jun: 1:11.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Mafalda Gomes Beleza	94	Sporting	1:06.91	+0,71	655
	50m: 32.89 32.89	100m: 1:06.91	34.02			
2.	Susana Correia Oliveira	94	Belenenses	1:06.92	+0,68	655
	50m: 32.31 32.31	100m: 1:06.92	34.61			
3.	Lisa Marisa Soares	95	Amadora	1:07.37	+0,60	642
	50m: 32.28 32.28	100m: 1:07.37	35.09			
4.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	1:07.54	+0,56	637
	50m: 32.44 32.44	100m: 1:07.54	35.10			
5.	Ines Catarina Agostinho	94	Sporting	1:08.09	+0,68	621
	50m: 32.93 32.93	100m: 1:08.09	35.16			
6.	Patricia Isabel Oliveira	94	Leixões	1:08.26	+0,64	617
	50m: 32.83 32.83	100m: 1:08.26	35.43			
7.	Adriana Correia Lopes	95	Náutico/Matobra	1:09.28	+0,78	590
	50m: 33.78 33.78	100m: 1:09.28	35.50			
8.	Paula Cristina Yang	95	Geslours	1:09.32	+0,64	589
	50m: 34.03 34.03	100m: 1:09.32	35.29			
9.	Tatiana Filipa Santos	95	Ginásio Figueirense	1:09.90	+0,61	574
	50m: 34.16 34.16	100m: 1:09.90	35.74			
10.	Diana Patricia Ferreira	94	Gespaços	1:10.18	+0,59	567
	50m: 34.29 34.29	100m: 1:10.18	35.89			
11.	Ana Margarida Almeida	94	Galitos	1:10.64	+0,67	556
	50m: 33.89 33.89	100m: 1:10.64	36.75			
12.	Ana Raquel Miranda	94	Uniao Piedense	1:10.94	+0,59	549
	50m: 33.47 33.47	100m: 1:10.94	37.47			
13.	Carine Lederer	95	Bombeiros dos Estoris	1:11.73	+0,65	531
	<i>FTL</i>					
	50m: 34.36 34.36	100m: 1:11.73	37.37			
14.	Sofia Pavao Machado	94	Naval de Ponta Delgada	1:11.93	+0,80	527
	<i>FTL</i>					
	50m: 34.75 34.75	100m: 1:11.93	37.18			
15.	Ana Catarina Pereira	95	Naval Amorense	1:11.94	+0,67	527
	<i>FTL</i>					
	50m: 34.76 34.76	100m: 1:11.94	37.18			
16.	Ana Catarina Costa	95	Feirense	1:12.50	+0,59	515
	<i>FTL</i>					
	50m: 35.03 35.03	100m: 1:12.50	37.47			

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Prova 17, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Sofia Oliveira Pinto <i>FTL</i>	94	Benfica	1:12.59	+0,67	513
	50m: 34.86 34.86	100m: 1:12.59	37.73			
18.	Petra Carolina Silva <i>FTL</i>	95	Nacional	1:12.73	+0,67	510
	50m: 35.71 35.71	100m: 1:12.73	37.02			
19.	Ana Goncalves Neto <i>FTL</i>	95	Porto/Dolce Vita	1:13.05	+0,77	503
	50m: 35.93 35.93	100m: 1:13.05	37.12			
20.	Vanessa Carolina Valente <i>FTL</i>	94	Alcobaça	1:13.81	+0,68	488
	50m: 35.27 35.27	100m: 1:13.81	38.54			
21.	Joana Margarida Guimaraes <i>FTL</i>	95	Pimpões/Cimai	1:14.03	+0,60	483
	50m: 35.61 35.61	100m: 1:14.03	38.42			
22.	Matilde Apolinario Portada <i>FTL</i>	94	Louletano/Loulé Concelho	1:14.14	+0,63	481
	50m: 34.41 34.41	100m: 1:14.14	39.73			
23.	Ana Afonso Mendonca <i>FTL</i>	94	Naval do Funchal	1:15.33	+0,71	459
	50m: 35.87 35.87	100m: 1:15.33	39.46			

Seniores

1.	Marta Vieira Marinho <i>Rec Nac Absoluto, e Rec Nac Senior</i>	91	Porto/Dolce Vita	1:03.45	+0,62	768
	50m: 30.92 30.92	100m: 1:03.45	32.53			
2.	Filipa Mendes Pinheiro	92	Desportiva de Viana	1:06.54	+0,64	666
	50m: 31.84 31.84	100m: 1:06.54	34.70			
3.	Andreia Filipa Anjos	92	Bairro dos Anjos	1:07.40	+0,66	641
	50m: 32.96 32.96	100m: 1:07.40	34.44			
4.	Maria Joao Dores	88	Sporting	1:07.92	+0,58	626
	50m: 32.81 32.81	100m: 1:07.92	35.11			
5.	Ana Sofia Leite	93	Ginásio de Vila Real	1:08.54	+0,77	609
	50m: 32.99 32.99	100m: 1:08.54	35.55			
6.	Ana Sofia Simoes	93	Belenenses	1:09.43	+0,66	586
	50m: 33.68 33.68	100m: 1:09.43	35.75			
7.	Mariana Oliveira Vale	93	Natação de Valongo	1:10.13	+0,71	569
	50m: 34.04 34.04	100m: 1:10.13	36.09			
8.	Andreia Silva Cruz	88	Lisnave	1:10.25	+0,60	566
	50m: 34.16 34.16	100m: 1:10.25	36.09			
9.	Ana Rita Rolo <i>FTL</i>	88	Amadora	1:10.54	+0,70	559
	50m: 33.14 33.14	100m: 1:10.54	37.40			

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Prova 17, Femin., 100m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Isabel Alves Lopes <i>FTL</i>	92	Colégio Vasco da Gama	1:11.94	+0,71	527
	50m: 34.72 34.72	100m: 1:11.94	37.22			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 18
10.4.10 - 9:55

Masc., 100m Costas

17 anos e mais velhos
Resultados

RNABS	56.56	Nuno Filipe Laurentino	FPN	Viena (AUT)	26.8.95
RNSEN	56.56	Nuno Filipe Laurentino	FPN	Viena (AUT)	26.8.95
RNJUN	57.17	Alexis Manacas Santos	FPN	Prague (CZE)	12.7.09

TAC-SENM Sen: 1:02.00 / TAC-JUNM Jun: 1:04.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alexis Manacas Santos <i>Rec Nac Junior</i>	92	Sporting	57.09	+0,66	753
	50m: 27.43 27.43	100m:	57.09 29.66			
2.	Goncalo Filipe Gregorio	93	Uniao Piedense	59.66	+0,62	659
	50m: 29.09 29.09	100m:	59.66 30.57			
3.	Nuno Rafael Duraes	93	Naval Setubalense	1:00.47	+0,61	633
	50m: 28.57 28.57	100m:	1:00.47 31.90			
4.	Joao Miguel Rocha	93	Famalicão	1:01.20	+0,60	611
	50m: 29.89 29.89	100m:	1:01.20 31.31			
5.	Joao Filipe Fernandes	93	Famalicão	1:01.67	+0,62	597
	50m: 29.91 29.91	100m:	1:01.67 31.76			
6.	Edgar Oliveira Ribeiro	93	Braga	1:01.99	+0,69	588
	50m: 30.10 30.10	100m:	1:01.99 31.89			
7.	Diogo Maia e Silva	93	Pimpões/Cimai	1:02.78	+0,60	566
	50m: 30.72 30.72	100m:	1:02.78 32.06			
8.	Gustavo Alexandre Meneses	92	Columbófila Cantanhedense	1:02.79	+0,63	566
	50m: 30.73 30.73	100m:	1:02.79 32.06			
9.	Fabio Andre Dias	92	Sporting	1:03.15	+0,71	556
	50m: 30.81 30.81	100m:	1:03.15 32.34			
10.	Joao Miguel Figueiredo <i>FTL</i>	93	Campinho	1:04.13	+0,69	531
	50m: 31.02 31.02	100m:	1:04.13 33.11			
11.	Filipe Franco Norte <i>FTL</i>	93	Náutico da Marinha Grande	1:04.18	+0,58	530
	50m: 30.91 30.91	100m:	1:04.18 33.27			
12.	Joao Jose Viegas <i>FTL</i>	92	Galitos	1:04.54	+0,74	521
	50m: 30.63 30.63	100m:	1:04.54 33.91			
13.	Pedro Miguel Costa <i>FTL</i>	92	Sporting de Espinho	1:04.64	+0,70	518
	50m: 30.53 30.53	100m:	1:04.64 34.11			

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Prova 18, Masc., 100m Costas

Seniores

1.	Adriano Miguel Niz	86	Benfica	57.25	+0,62	746
	50m: 28.02 28.02	100m: 57.25 29.23				
2.	Carlos Filipe Santos	91	Porto/Dolce Vita	59.30	+0,61	671
	50m: 28.47 28.47	100m: 59.30 30.83				
3.	Gil Goncalves Pinto	88	Porto/Dolce Vita	1:00.56	+0,61	630
	50m: 30.05 30.05	100m: 1:00.56 30.51				
4.	Daniel Aparicio Pereira	83	Braga	1:00.58	+0,64	630
	50m: 29.41 29.41	100m: 1:00.58 31.17				
5.	Joao Silva Gigante	88	Benfica	1:00.61	+0,59	629
	50m: 29.37 29.37	100m: 1:00.61 31.24				
6.	Samuel Patricio Queiros	91	Porto/Dolce Vita	1:01.05	+0,62	615
	50m: 29.52 29.52	100m: 1:01.05 31.53				
7.	Ricardo Ferreira Cotovio	91	Sporting	1:02.26	+0,66	580
	<i>FTL</i>					
	50m: 29.79 29.79	100m: 1:02.26 32.47				
8.	Andre Ricardo Simoes	91	Galitos	1:02.75	+0,62	567
	<i>FTL</i>					
	50m: 30.41 30.41	100m: 1:02.75 32.34				
9.	Pedro Lobato Rijo	91	Gesloures	1:03.24	+0,69	554
	<i>FTL</i>					
	50m: 30.72 30.72	100m: 1:03.24 32.52				
10.	Mario Jorge Rodrigues	88	Vilacondense	1:03.82	+0,64	539
	<i>FTL</i>					
	50m: 30.79 30.79	100m: 1:03.82 33.03				
11.	Bruno Miguel Amaral	89	Náutico/Matobra	1:04.98	+0,71	510
	<i>FTL</i>					
	50m: 31.36 31.36	100m: 1:04.98 33.62				
12.	Tiago Filipe Pereira	91	Bairro dos Anjos	1:05.24	+0,70	504
	<i>FTL</i>					
	50m: 31.21 31.21	100m: 1:05.24 34.03				

Campeonato Nacional de Juniores e Seniores PL
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Prova 19 Femin., 400m Estilos 15 anos e mais velhos
10.4.10 - 10:05 Resultados

RNABS	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
RNSEN	4:53.17	Nadia Morais Vieira	FPN	MONACO (MON)	13.6.09
RNJUN	4:58.87	Susana Patricia Miguel	FPN	Palma Maiorca (ESP)	6.7.06

TAC-SENF Sen: 5:20.00 / TAC-JUNF Jun: 5:26.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diana Ramos Rocha	94	Vilacondense	5:02.91	+0,77	703
	50m: 31.43 31.43	150m: 1:46.94 40.36	250m: 3:10.30 45.09	350m: 4:30.05 34.80		
	100m: 1:06.58 35.15	200m: 2:25.21 38.27	300m: 3:55.25 44.95	400m: 5:02.91 32.86		
2.	Patricia Garcia Marinho	94	Sporting	5:10.72	+0,82	652
	50m: 32.49 32.49	150m: 1:48.68 40.65	250m: 3:13.18 44.90	350m: 4:35.24 36.00		
	100m: 1:08.03 35.54	200m: 2:28.28 39.60	300m: 3:59.24 46.06	400m: 5:10.72 35.48		
3.	Angelica Maria Andre	94	Leixões	5:11.24	+0,87	648
	50m: 32.12 32.12	150m: 1:52.82 43.39	250m: 3:18.40 44.16	350m: 4:37.95 34.98		
	100m: 1:09.43 37.31	200m: 2:34.24 41.42	300m: 4:02.97 44.57	400m: 5:11.24 33.29		
4.	Filipa Maria Rompante	95	Famalicao	5:15.51	+0,88	622
	50m: 33.53 33.53	150m: 1:51.42 40.12	250m: 3:16.89 46.47	350m: 4:39.43 36.63		
	100m: 1:11.30 37.77	200m: 2:30.42 39.00	300m: 4:02.80 45.91	400m: 5:15.51 36.08		
5.	Raquel Paulo Ranito	94	Sporting	5:17.61	+0,79	610
	50m: 31.96 31.96	150m: 1:51.77 41.48	250m: 3:18.55 46.54	350m: 4:41.82 37.21		
	100m: 1:10.29 38.33	200m: 2:32.01 40.24	300m: 4:04.61 46.06	400m: 5:17.61 35.79		
6.	Tatiana Filipa Santos	95	Ginásio Figueirense	5:21.06	+0,90	591
	50m: 34.76 34.76	150m: 1:53.60 38.65	250m: 3:19.12 48.41	350m: 4:44.93 36.80		
	100m: 1:14.95 40.19	200m: 2:30.71 37.11	300m: 4:08.13 49.01	400m: 5:21.06 36.13		
7.	Ines Joao Costa	95	Braga	5:25.49	+0,88	567
	50m: 33.85 33.85	150m: 1:55.80 42.73	250m: 3:24.78 46.86	350m: 4:49.28 37.32		
	100m: 1:13.07 39.22	200m: 2:37.92 42.12	300m: 4:11.96 47.18	400m: 5:25.49 36.21		
8.	Ana Sofia Costa	95	Alcobaça	5:26.28	+0,88	563
	50m: 33.87 33.87	150m: 1:55.44 43.18	250m: 3:25.30 48.19	350m: 4:50.14 36.87		
	100m: 1:12.26 38.39	200m: 2:37.11 41.67	300m: 4:13.27 47.97	400m: 5:26.28 36.14		
9.	Leonor Mourinho Neves	95	Sporting	5:26.63	+0,90	561
	<i>FTL</i>					
	50m: 34.33 34.33	150m: 1:57.43 42.97	250m: 3:27.01 46.89	350m: 4:51.45 36.75		
	100m: 1:14.46 40.13	200m: 2:40.12 42.69	300m: 4:14.70 47.69	400m: 5:26.63 35.18		
10.	Mafalda Jotta Garcia	94	Algés	5:27.64	+0,75	556
	<i>FTL</i>					
	50m: 35.29 35.29	150m: 2:00.11 43.54	250m: 3:26.22 44.59	350m: 4:50.52 39.72		
	100m: 1:16.57 41.28	200m: 2:41.63 41.52	300m: 4:10.80 44.58	400m: 5:27.64 37.12		
11.	Carolina Francisco Gomes	95	Naval da Nazaré	5:28.89	+0,96	549
	<i>FTL</i>					
	50m: 34.25 34.25	150m: 1:55.50 42.82	250m: 3:26.96 49.62	350m: 4:53.08 37.45		
	100m: 1:12.68 38.43	200m: 2:37.34 41.84	300m: 4:15.63 48.67	400m: 5:28.89 35.81		
12.	Ines Filipa Borges	95	Alcobaça	5:33.04	+0,84	529
	<i>FTL</i>					
	50m: 33.88 33.88	150m: 1:56.22 43.41	250m: 3:26.04 48.26	350m: 4:54.32 38.62		
	100m: 1:12.81 38.93	200m: 2:37.78 41.56	300m: 4:15.70 49.66	400m: 5:33.04 38.72		

Campeonato Nacional de Juniores e Seniores PL
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Prova 19, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
13.	Marisa Alexandra Lage <i>FTL</i>	94	Viana Natação	5:34.12	+0,79	524	
	50m: 34.11 34.11	150m: 1:56.90	42.55	250m: 3:29.19	49.66	350m: 4:57.02	37.72
	100m: 1:14.35 40.24	200m: 2:39.53	42.63	300m: 4:19.30	50.11	400m: 5:34.12	37.10

Seniores

1.	Nadia Morais Vieira <i>Rec Nac Absoluto, e Rec Nac Senior</i>	90	Geslours	4:50.58	+0,67	797	
	50m: 31.17 31.17	150m: 1:43.87	37.58	250m: 3:01.96	41.49	350m: 4:17.37	34.44
	100m: 1:06.29 35.12	200m: 2:20.47	36.60	300m: 3:42.93	40.97	400m: 4:50.58	33.21
2.	Marta Pereira Abreu	92	Natação de Faro	5:04.78	+0,80	690	
	50m: 32.39 32.39	150m: 1:47.82	38.19	250m: 3:08.96	43.21	350m: 4:29.76	36.45
	100m: 1:09.63 37.24	200m: 2:25.75	37.93	300m: 3:53.31	44.35	400m: 5:04.78	35.02
3.	Mara Lisboa e Silva	93	Bairro dos Anjos	5:11.37	+0,91	648	
	50m: 32.69 32.69	150m: 1:50.20	40.01	250m: 3:16.14	47.40	350m: 4:38.67	35.58
	100m: 1:10.19 37.50	200m: 2:28.74	38.54	300m: 4:03.09	46.95	400m: 5:11.37	32.70
4.	Maria Miguel Veloso	93	Náutico/Matobra	5:12.25	+0,95	642	
	50m: 32.80 32.80	150m: 1:50.60	41.25	250m: 3:18.48	46.96	350m: 4:38.96	34.61
	100m: 1:09.35 36.55	200m: 2:31.52	40.92	300m: 4:04.35	45.87	400m: 5:12.25	33.29
5.	Lara Santana Pinheiro	92	Belenenses	5:12.27	+0,83	642	
	50m: 33.88 33.88	150m: 1:54.11	40.90	250m: 3:18.12	44.05	350m: 4:38.28	35.64
	100m: 1:13.21 39.33	200m: 2:34.07	39.96	300m: 4:02.64	44.52	400m: 5:12.27	33.99
6.	Ana Catarina Monteiro	93	Vilacondense	5:12.82	+0,97	639	
	50m: 31.14 31.14	150m: 1:47.11	40.59	250m: 3:13.45	46.74	350m: 4:37.18	36.10
	100m: 1:06.52 35.38	200m: 2:26.71	39.60	300m: 4:01.08	47.63	400m: 5:12.82	35.64
7.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	5:15.07	+0,78	625	
	50m: 31.90 31.90	150m: 1:51.97	43.09	250m: 3:18.12	43.63	350m: 4:38.93	36.45
	100m: 1:08.88 36.98	200m: 2:34.49	42.52	300m: 4:02.48	44.36	400m: 5:15.07	36.14
8.	Ana Filipa Carmo <i>FTL</i>	93	Colégio Vasco da Gama	5:20.90	+0,87	592	
	50m: 32.44 32.44	150m: 1:52.78	42.29	250m: 3:20.51	46.56	350m: 4:44.65	37.40
	100m: 1:10.49 38.05	200m: 2:33.95	41.17	300m: 4:07.25	46.74	400m: 5:20.90	36.25
EXH	Victoriya Kaminskaya	95	Pimpões/Cimai	5:14.77	+0,85	627	
	50m: 31.84 31.84	150m: 1:51.08	41.97	250m: 3:15.97	43.88	350m: 4:38.43	36.97
	100m: 1:09.11 37.27	200m: 2:32.09	41.01	300m: 4:01.46	45.49	400m: 5:14.77	36.34

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Prova 20 Masc., 400m Livres 17 anos e mais velhos
10.4.10 - 10:20 Resultados

RNABS	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
RNSEN	3:52.29	Jorge Manuel Maia	FPN	Málaga (ESP)	5.4.09
RNJUN	3:58.26	Ivo Emanuel Carneiro	FPN	Linz (AUT)	12.7.02

TAC-SENM Sen: 4:12.00 / TAC-JUNM Jun: 4:19.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa	93	Litoral Alentejano	4:00.64	+0,63	764
	50m: 28.07 28.07	150m: 1:28.76 30.42	250m: 2:29.02 29.59	350m: 3:30.63 30.82		
	100m: 58.34 30.27	200m: 1:59.43 30.67	300m: 2:59.81 30.79	400m: 4:00.64 30.01		
2.	Miguel Monteiro Diogo	93	Alcobaça	4:08.10	+0,71	697
	50m: 28.43 28.43	150m: 1:31.06 31.52	250m: 2:34.38 31.73	350m: 3:37.53 31.31		
	100m: 59.54 31.11	200m: 2:02.65 31.59	300m: 3:06.22 31.84	400m: 4:08.10 30.57		
3.	Ricardo Manuel Machado	93	Braga	4:08.21	+0,77	696
	50m: 28.50 28.50	150m: 1:30.98 31.72	250m: 2:34.83 32.13	350m: 3:38.61 31.94		
	100m: 59.26 30.76	200m: 2:02.70 31.72	300m: 3:06.67 31.84	400m: 4:08.21 29.60		
4.	Andre Filipe Lopes	92	Académica de Coimbra	4:08.60	+0,79	693
	50m: 28.48 28.48	150m: 1:31.08 31.65	250m: 2:34.16 31.68	350m: 3:37.63 31.74		
	100m: 59.43 30.95	200m: 2:02.48 31.40	300m: 3:05.89 31.73	400m: 4:08.60 30.97		
5.	Nuno Vieira Malheiro	93	Braga	4:12.16	+0,92	664
	50m: 29.13 29.13	150m: 1:32.56 31.94	250m: 2:36.79 31.92	350m: 3:41.44 32.16		
	100m: 1:00.62 31.49	200m: 2:04.87 32.31	300m: 3:09.28 32.49	400m: 4:12.16 30.72		
6.	Joao Paulo Ribeiro	92	Bairro dos Anjos	4:13.48	+0,66	654
	50m: 28.72 28.72	150m: 1:32.16 32.24	250m: 2:37.52 32.99	350m: 3:42.35 32.27		
	100m: 59.92 31.20	200m: 2:04.53 32.37	300m: 3:10.08 32.56	400m: 4:13.48 31.13		
7.	Tiago Rafael Lopes	92	Académica de Coimbra	4:14.36	+0,72	647
	50m: 29.09 29.09	150m: 1:32.98 32.01	250m: 2:37.66 32.36	350m: 3:42.42 32.37		
	100m: 1:00.97 31.88	200m: 2:05.30 32.32	300m: 3:10.05 32.39	400m: 4:14.36 31.94		
8.	Miguel Machado Lopes	92	Benedita	4:15.75	+0,64	637
	50m: 28.43 28.43	150m: 1:31.12 31.64	250m: 2:35.09 31.95	350m: 3:42.25 33.82		
	100m: 59.48 31.05	200m: 2:03.14 32.02	300m: 3:08.43 33.34	400m: 4:15.75 33.50		
9.	Francisco Miguel Cirurgiao	93	Algés	4:16.82	+0,71	629
	50m: 28.98 28.98	150m: 1:33.26 32.85	250m: 2:39.35 33.23	350m: 3:45.26 32.87		
	100m: 1:00.41 31.43	200m: 2:06.12 32.86	300m: 3:12.39 33.04	400m: 4:16.82 31.56		
10.	Joao Pedro Almeida	92	Porto/Dolce Vita	4:17.27	+0,99	625
	50m: 28.55 28.55	150m: 1:31.76 32.18	250m: 2:37.79 33.28	350m: 3:45.34 33.77		
	100m: 59.58 31.03	200m: 2:04.51 32.75	300m: 3:11.57 33.78	400m: 4:17.27 31.93		
11.	Andre Rafael Marinho	93	Uniao Piedense	4:17.30	+0,90	625
	50m: 28.97 28.97	150m: 1:33.34 32.54	250m: 2:39.02 32.79	350m: 3:45.02 33.00		
	100m: 1:00.80 31.83	200m: 2:06.23 32.89	300m: 3:12.02 33.00	400m: 4:17.30 32.28		
12.	Guilherme Pereira Gil	93	Naval Amorense	4:19.16	+0,76	612
	<i>FTL</i>					
	50m: 28.69 28.69	150m: 1:32.65 32.26	250m: 2:39.17 33.32	350m: 3:46.52 33.67		
	100m: 1:00.39 31.70	200m: 2:05.85 33.20	300m: 3:12.85 33.68	400m: 4:19.16 32.64		

Campeonato Nacional de Juniores e Seniores PL
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Prova 20, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
13.	Luis Miguel Nogueira <i>FTL</i>	93	Porto/Dolce Vita	4:19.47	+0,88	610
	50m: 28.90 28.90	150m: 1:32.88 32.36	250m: 2:38.86 32.88	350m: 3:46.41 33.82		
	100m: 1:00.52 31.62	200m: 2:05.98 33.10	300m: 3:12.59 33.73	400m: 4:19.47 33.06		
14.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	4:21.01	+0,73	599
	50m: 29.03 29.03	150m: 1:33.42 32.53	250m: 2:39.95 33.31	350m: 3:48.23 34.63		
	100m: 1:00.89 31.86	200m: 2:06.64 33.22	300m: 3:13.60 33.65	400m: 4:21.01 32.78		
15.	Pedro Miguel Maganinho <i>FTL</i>	92	Braga	4:25.08	+0,92	572
	50m: 29.35 29.35	150m: 1:34.57 33.13	250m: 2:42.44 34.11	350m: 3:51.57 34.77		
	100m: 1:01.44 32.09	200m: 2:08.33 33.76	300m: 3:16.80 34.36	400m: 4:25.08 33.51		
16.	Carlos Filipe Serra <i>FTL</i>	92	Braga	4:28.58	+0,83	550
	50m: 29.30 29.30	150m: 1:35.33 33.42	250m: 2:44.62 34.51	350m: 3:54.50 35.02		
	100m: 1:01.91 32.61	200m: 2:10.11 34.78	300m: 3:19.48 34.86	400m: 4:28.58 34.08		

Seniores

1.	Jorge Manuel Maia	89	Famalicão	3:57.51	+0,78	795
	50m: 27.73 27.73	150m: 1:27.57 30.21	250m: 2:28.15 30.32	350m: 3:28.74 30.08		
	100m: 57.36 29.63	200m: 1:57.83 30.26	300m: 2:58.66 30.51	400m: 3:57.51 28.77		
2.	Fabio Manuel Pereira	86	Vilacondense	4:01.80	+0,79	753
	50m: 28.02 28.02	150m: 1:28.93 30.84	250m: 2:31.03 30.94	350m: 3:32.55 30.72		
	100m: 58.09 30.07	200m: 2:00.09 31.16	300m: 3:01.83 30.80	400m: 4:01.80 29.25		
3.	Cesar Fernando Faria	90	Bairro dos Anjos	4:02.05	+0,92	751
	50m: 27.95 27.95	150m: 1:28.53 30.65	250m: 2:30.47 31.20	350m: 3:32.99 31.27		
	100m: 57.88 29.93	200m: 1:59.27 30.74	300m: 3:01.72 31.25	400m: 4:02.05 29.06		
4.	Luis Emanuel Vaz	91	Famalicão	4:04.87	+0,75	725
	50m: 28.27 28.27	150m: 1:30.15 31.44	250m: 2:32.37 31.03	350m: 3:34.20 31.09		
	100m: 58.71 30.44	200m: 2:01.34 31.19	300m: 3:03.11 30.74	400m: 4:04.87 30.67		
5.	Vasco Miguel Gaspar	90	Uniao Piedense	4:05.42	+0,81	721
	50m: 28.37 28.37	150m: 1:30.56 31.22	250m: 2:33.00 31.03	350m: 3:34.72 30.74		
	100m: 59.34 30.97	200m: 2:01.97 31.41	300m: 3:03.98 30.98	400m: 4:05.42 30.70		
6.	Rui Filipe Costa	91	Vitória de Guimarães	4:06.07	+0,67	715
	50m: 28.23 28.23	150m: 1:29.83 31.42	250m: 2:32.66 31.73	350m: 3:35.62 31.46		
	100m: 58.41 30.18	200m: 2:00.93 31.10	300m: 3:04.16 31.50	400m: 4:06.07 30.45		
7.	Mario Andre Bonanca	90	Sporting	4:08.20	+0,81	697
	50m: 28.35 28.35	150m: 1:31.02 31.80	250m: 2:34.70 31.79	350m: 3:38.33 31.94		
	100m: 59.22 30.87	200m: 2:02.91 31.89	300m: 3:06.39 31.69	400m: 4:08.20 29.87		
8.	Fabio Andre Figueira	88	Amadora	4:10.37	+0,70	679
	50m: 28.50 28.50	150m: 1:30.64 31.27	250m: 2:34.32 31.83	350m: 3:38.98 32.22		
	100m: 59.37 30.87	200m: 2:02.49 31.85	300m: 3:06.76 32.44	400m: 4:10.37 31.39		
9.	Luis Marques Pinto	87	Nacional	4:10.38	+0,65	679
	50m: 28.78 28.78	150m: 1:30.63 31.04	250m: 2:34.07 31.88	350m: 3:39.25 32.40		
	100m: 59.59 30.81	200m: 2:02.19 31.56	300m: 3:06.85 32.78	400m: 4:10.38 31.13		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 20, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
10.	Diogo Andre Gaspar	90	Uniao Piedense	4:11.48	+0,73	670
	50m: 28.77 28.77	150m: 1:32.68 31.98	250m: 2:36.38 31.65	350m: 3:40.97 32.00		
	100m: 1:00.70 31.93	200m: 2:04.73 32.05	300m: 3:08.97 32.59	400m: 4:11.48 30.51		
11.	Bernardo Almeida Moreira	89	Louletano/Loulé Concelho	4:11.52	+0,77	669
	50m: 29.13 29.13	150m: 1:33.28 32.24	250m: 2:37.07 31.23	350m: 3:40.26 31.39		
	100m: 1:01.04 31.91	200m: 2:05.84 32.56	300m: 3:08.87 31.80	400m: 4:11.52 31.26		
12.	Samuel Patricio Queiros	91	Porto/Dolce Vita	4:12.89	+0,76	659
	<i>FTL</i>					
	50m: 29.00 29.00	150m: 1:32.47 32.04	250m: 2:36.43 31.76	350m: 3:41.42 32.63		
	100m: 1:00.43 31.43	200m: 2:04.67 32.20	300m: 3:08.79 32.36	400m: 4:12.89 31.47		
13.	Filipe Vieira Malheiro	90	Braga	4:13.80	+0,94	651
	<i>FTL</i>					
	50m: 28.73 28.73	150m: 1:32.86 32.64	250m: 2:37.92 32.27	350m: 3:42.81 32.44		
	100m: 1:00.22 31.49	200m: 2:05.65 32.79	300m: 3:10.37 32.45	400m: 4:13.80 30.99		
14.	Daniel Ricardo Viegas	83	Amadora	4:13.85	+0,66	651
	<i>FTL</i>					
	50m: 28.83 28.83	150m: 1:32.79 32.47	250m: 2:38.09 32.55	350m: 3:43.31 32.32		
	100m: 1:00.32 31.49	200m: 2:05.54 32.75	300m: 3:10.99 32.90	400m: 4:13.85 30.54		
15.	Luis Miguel Silva	89	Braga	4:19.61	+0,88	609
	<i>FTL</i>					
	50m: 29.05 29.05	150m: 1:32.49 32.12	250m: 2:38.58 32.54	350m: 3:46.45 33.76		
	100m: 1:00.37 31.32	200m: 2:06.04 33.55	300m: 3:12.69 34.11	400m: 4:19.61 33.16		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 21 Femin., 4 x 50m Estilos 15 anos e mais velhos
10.4.10 - 11:00 Resultados

RNABS	1:57.15	Clube Natação da Amadora	CNA	Faro	20.7.09
RNSEN	1:57.15	Clube Natação da Amadora	CNA	Faro	20.7.09
RNJUN	2:03.69	Sporting Clube de Portugal	SCP	Lisboa	28.3.09

TAC-SENF Sen: 2:10.00 / TAC-JUNF Jun: 2:20.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-FEM-JUN <i>Rec Nac Junior</i>	Sporting	2:02.70	+0,65 646
	Ines Catarina Agostinho	94 +0,65 31.98	Filipa Vilas Tiago	94 +0,26 28.89
	Maria Carolina Rosa	94 +0,24 34.08	Mafalda Gomes Beleza	94 +0,29 27.75
2.	Náutico/Matobra-FEM-JUN	Náutico/Matobra	2:06.21	+0,73 594
	Adriana Correia Lopes	95 +0,73 32.33	Carolina Cunha Martins	95 +0,43 30.37
	Gabriela Oliveira Andrade	94 +0,40 34.53	Catarina Alexandra Ferreira	95 +0,27 28.98
3.	Gesloures-FEM-JUN	Gesloures	2:11.30	+0,68 527
	Joana Filipa Rodrigues	95 +0,68 33.94	Ines Adriana Mourao	94 +0,06 31.58
	Ines Raquel Estevao	95 +0,32 36.81	Paula Cristina Yang	95 +0,33 28.97
4.	Vilacondense-FEM-JUN	Vilacondense	2:12.30	+0,72 516
	Rita Amado Laezza	95 +0,72 34.96	Diana Ramos Rocha	94 +0,13 29.38
	Ana Rita Silva	95 +0,24 38.56	Cassandra Pedro Oliveira	95 +0,57 29.40
5.	Gespaços-FEM-JUN	Gespaços	2:12.53	+0,58 513
	Diana Patricia Ferreira	94 +0,58 32.63	Ana Rita Cunha	94 +0,43 32.30
	Patricia Cristina Fernandes	94 +0,38 38.56	Andreia Sofia Torres	95 +0,28 29.04
6.	Braga-FEM-JUN	Braga	2:13.93	+0,67 497
	Ana Joaquina Goncalves	95 +0,67 34.22	Eduarda Malheiro Neves	94 +0,42 31.31
	Ines Joao Costa	95 +0,41 36.90	Ines Jesus Ribeiro	95 +0,43 31.50
7.	Feirense-FEM-JUN	Feirense	2:16.94	+0,60 465
	Ana Catarina Costa	95 +0,60 34.44	Beatriz Gomes Sa	94 +0,66 32.29
	Mariana Sousa Martins	95 +0,55 39.00	Patricia Silva Marques	95 +0,69 31.21
8.	Naval do Funchal-FEM-JUN	Naval do Funchal	2:18.93	+0,69 445
	Mariana Pitta Gouveia	95 +0,69 35.24	Ana Afonso Mendonca	94 +0,05 32.38
	Maria Leonor Ramos	95 +0,38 41.86	Barbara Goncalves Faria	95 +0,08 29.45

Seniores

1.	Porto/Dolce Vita-FEM-SEN <i>Rec Nac Absoluto, Rec Nac Senior e Rec Nac Absoluto e Senior 1º percurso (50 C)</i>	Porto/Dolce Vita	1:56.50	+0,57 755
	Marta Vieira Marinho	91 +0,57 29.40	Sara Freitas Oliveira	85 +0,28 27.56
	Joana Catarina Carvalho	92 +0,30 32.69	Alexandra Paiva Oliveira	91 +0,34 26.85
2.	Amadora-FEM-SEN	Amadora	2:02.62	+0,63 648
	Ana Rita Rolo	88 +0,63 32.21	Marta Posser Villar	85 +0,25 30.08
	Diana Duarte Gomes	89 +0,04 32.58	Marta Filipa Conceicao	92 +0,16 27.75
3.	Natação de Faro-FEM-SEN	Natação de Faro	2:02.91	+0,70 643
	Marta Pereira Abreu	92 +0,70 31.72	Rita Pereira Abreu	93 +0,21 29.82
	Isabel Maria Figueira	79 +0,29 33.70	Paula Cristina Melo	93 +0,06 27.67

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 21, Femin., 4 x 50m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
4.	Sporting-FEM-SEN	2:03.71	+0,56	631
	Maria Joao Dorez 88 +0,56 31.63 Mafalda Sofia Hilario 93 +0,26 30.74			
	Ana Teresa Franco 91 +0,20 33.72 Alexandra Ribeiro Paula 93 +0,24 27.62			
5.	Bairro dos Anjos-FEM-SEN	2:04.93	+0,67	612
	Andreia Filipa Anjos 92 +0,67 31.56 Sara Francisco Cruz 93 +0,39 28.70			
	Mariana Mota Dias 92 +0,21 37.02 Adriana Filipa Lisboa 92 +0,06 27.65			
6.	Louletano/Loulé Concelho-FEM-SEN	2:06.98	+0,68	583
	Sara Alexandra Madeira 87 +0,68 31.54 Ana Rita Ismael 92 +0,36 30.32			
	Tania Rute Cerqueira 92 +0,24 36.00 Ana Beatriz Pereira 91 +0,34 29.12			
7.	Naval do Funchal-FEM-SEN	2:08.47	+0,67	563
	Joaquina Silva Freitas 93 +0,67 33.64 Carlota Freitas Olim 93 +0,18 29.92			
	Catarina Isabel Santos 93 +0,20 36.71 Luisa Costa Henriques 93 0.00 28.20			
8.	Nacional-FEM-SEN	2:08.69	+0,69	560
	Fabiana Maria Quintal 84 +0,69 31.88 Debora Marisa Pereira 89 +0,07 32.43			
	Natalie Nobrega Santos 83 +0,32 35.14 Rubina Capitaio Vieira 80 +0,44 29.24			
9.	Colégio Vasco da Gama-FEM-SEN	2:08.95	+0,70	557
	Maria Ines Pereira 93 +0,70 33.09 Ana Filipa Carmo 93 +0,24 30.01			
	Claudia Monteiro Martinho 93 +0,28 37.28 Joana Fonseca Seabra 92 +0,23 28.57			
10.	Ginásio de Vila Real-FEM-SEN	2:09.48	+0,75	550
	Ana Sofia Leite 93 +0,75 31.97 Elsa Manuela Cardoso 86 +0,17 29.91			
	Ana Carolina Guedes 93 +0,42 38.19 Ana Sofia Nobrega 90 +0,24 29.41			
DSQ	Benfica-FEM-SEN		+0,74	
	<i>Rendição antecipada do 2º nadador</i>			
	Rita Isabel Pina 92 +0,74 35.01 Tania Alexandra Lopes 92 +0,27			
	Ana Marisa Brito 90 -0,06 Joana Filipa Capela 89 +0,24			
EXH	Pimpões/Cimai-FEM-JUN	2:15.52	+0,59	480
	Joana Margarida Guimaraes 95 +0,59 34.74 Cristina Paris Santos 94 +0,32 32.40			
	Victoriya Kaminskaya 95 +0,30 37.66 Mariana Maia e Silva 94 +0,23 30.72			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 22 Masc., 4 x 50m Estilos 17 anos e mais velhos
10.4.10 - 11:10 Resultados

RNABS	1:42.03	Clube Natação da Amadora	CNA	Faro	20.7.09
RNSEN	1:42.03	Clube Natação da Amadora	CNA	Faro	20.7.09
RNJUN	1:48.60	Futebol Clube do Porto/Império Bonifácio	FCB	Lisboa	28.3.09

TAC-SENM Sen: 1:55.00 / TAC-JUNM Jun: 2:05.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-MASC-JUN <i>Rec Nac Junior, e Rec Nac Junior 1º percurso (50 C)</i>	1:48.28	+0,68	645
	Alexis Manacas Santos 92 +0,68 26.58	Joao Pedro Coutinho 92 +0,11 27.35		
	Diogo Filipe Matos 92 +0,30 30.55	Pedro Miguel Agostinho 92 +0,36 23.80		
2.	Algés-MASC-JUN	1:51.75	+0,67	586
	Ricardo Portas Marchao 93 +0,67 30.38	Pedro Miguel Abreu 93 +0,15 26.67		
	Mario Martins Costa 92 +0,16 30.40	Rafael David Rodrigues 92 +0,23 24.30		
3.	Uniao Piedense-MASC-JUN	1:53.02	+0,61	567
	Goncalo Filipe Gregorio 93 +0,61 28.19	Diamantino Gato Bras 92 +0,46 28.11		
	Joao Manuel Lanca 92 +0,36 31.49	Andre Rafael Marinho 93 +0,22 25.23		
4.	Porto/Dolce Vita-MASC-JUN	1:53.12	+0,56	565
	Bernardo Correia Silva 93 +0,56 30.23	Rafael Dias Martins 93 +0,40 27.32		
	Tiago Samuel Silva 93 +0,47 31.63	Joao Pedro Almeida 92 +0,29 23.94		
5.	Braga-MASC-JUN	1:53.23	+0,69	564
	Edgar Oliveira Ribeiro 93 +0,69 29.07	Carlos Filipe Serra 92 +0,22 27.11		
	Joao Filipe Oliveira 92 +0,29 32.07	Ricardo Manuel Machado 93 +0,42 24.98		
6.	Pimpões/Cimai-MASC-JUN	1:55.79	+0,62	527
	Diogo Maia e Silva 93 +0,62 29.49	Alexandre Galveias Vale 93 +0,20 28.32		
	Joao Guilherme Vieira 93 +0,32 33.15	Tiago Geraldês Machado 93 +0,20 24.83		
7.	Benedita-MASC-JUN	1:58.76	+0,63	488
	Miguel Machado Lopes 92 +0,63 29.44	Joao Diogo Francisco 92 +0,19 28.55		
	Henrique Jose Marques 93 +0,28 35.10	Tiago Lopes Ribeiro 93 +0,17 25.67		
8.	Académica de Coimbra-MASC-JUN	1:59.79	+0,68	476
	Tiago Rafael Lopes 92 +0,68 30.97	Andre Filipe Lopes 92 +0,26 27.08		
	Marcelo Abreu Rodrigues 92 +0,48 35.09	Guilherme Joao Patriarca 92 +0,31 26.65		
9.	Sporting de Espinho-MASC-JUN	2:00.90	+0,68	463
	Pedro Miguel Costa 92 +0,68 29.68	Alexander Oliveira Cardoso 92 +0,32 30.31		
	Tiago Andre Marques 93 +0,47 34.00	Luis Daniel Moreira 92 +0,27 26.91		
10.	Desportiva de Viana-MASC-JUN	2:01.26	+0,85	459
	Bruno Miranda Sousa 93 +0,85 34.07	Jose Enes Ribeiro 93 -0,03 27.72		
	Ricardo Jorge Sampaio 92 +0,26 34.35	Rafael Lages Ribas 93 +0,13 25.12		
DSQ	Naval do Funchal-MASC-JUN	Naval do Funchal	+0,61	
	<i>Não cortou a superfície da água aos 15m após a partida</i>			
	Alexandre Santos Gomes 93 +0,61	Vitor Goncalo Castanheiro 92 +0,28		
	Joao Afonso Vargas 93 +0,04	Joao Costa Freitas 93 +0,23		
DSQ	Nacional-MASC-JUN	Nacional	+0,68	
	<i>Não cortou a superfície da água aos 15m após a partida</i>			
	Joao Adriano Caires 93 +0,68	Miguel Goncalves Ferreira 93 +0,49		
	Antonio Acacio Santos 92 +0,52	David Alexandre Moreno 93 +0,13		

Campeonato Nacional de Juniores e Seniores PL
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Prova 22, Masc., 4 x 50m Estilos

Seniores

1. Amadora-MASC-SEN			Amadora	1:45.26	+0,70	702	
Duarte Rafael Mourao	84	+0,70	27.36	Simao Gomes Morgado	79	+0,28	24.06
Jaime Marques Duarte	87	+0,26	29.84	Fabio Andre Figueira	88	+0,26	24.00
2. Porto/Dolce Vita-MASC-SEN			Porto/Dolce Vita	1:46.02	+0,63	687	
Carlos Filipe Santos	91	+0,63	27.55	Rui Filipe Vilar	91	+0,34	26.21
Gil Goncalves Pinto	88	+0,32	29.96	Paulo Jorge Santos	89	+0,36	22.30
3. Benfica-MASC-SEN			Benfica	1:46.95	+0,59	669	
Adriano Miguel Niz	86	+0,59	26.98	Ricardo Pereira Lopes	90	+0,27	25.32
Joao Silva Gigante	88	+0,29	30.97	Raul Jose Custodio	88	+0,10	23.68
4. Vilacondense-MASC-SEN			Vilacondense	1:48.18	+0,67	646	
Fabio Manuel Pereira	86	+0,67	27.59	Mario Jorge Rodrigues	88		26.32
Henrique Pereira Neiva	84	+0,06	29.55	Igor Guterres Carvalho	88	+0,16	24.72
5. Louletano/Loulé Concelho-MASC-SEN			Louletano/Loulé Concelho	1:49.44	+0,70	624	
Ricardo Sousa Filipe	88	+0,70	29.34	Luis Pedro Estanislau	91	+0,28	25.94
Nuno Goncalo Quintanilha	87	+0,22	29.76	Bernardo Almeida Moreira	89	+0,25	24.40
6. Náutico/Matobra-MASC-SEN			Náutico/Matobra	1:51.08	+0,73	597	
Bruno Miguel Amaral	89	+0,73	30.42	Miguel Silva Oliveira	91	+0,28	25.96
Joao Albano Viola	89	+0,07	30.05	Rui Miguel Fonseca	88	+0,13	24.65
7. Nacional-MASC-SEN			Nacional	1:56.49	+0,69	518	
<i>FTL</i>							
Oscar Ramos Melim	86	+0,69	31.16	Tomas Miguel Freitas	90	+0,29	28.24
Vitor Diogo Moura	90	+0,46	32.40	Tiago Ferreira Sousa	91	+0,20	24.69
DSQ Braga-MASC-SEN			Braga		+0,66		
<i>Rendimento antecipada do 2º nadador</i>							
Daniel Aparicio Pereira	83	+0,66	28.67	Nuno Cruz Oliveira	90	+0,28	
Rui Manuel Ribeiro	82	-0,05		Filipe Vieira Malheiro	90	+0,17	

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 23
10.4.10 - 16:30

Femin., 400m Livres

15 anos e mais velhos
Resultados

RNABS	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
RNSEN	4:19.89	Ana Feio Alegria	FPN	Barcelona (ESP)	30.5.96
RNJUN	4:20.37	Marta Andreia Ferreira	FPN	Berlim (GER)	4.8.02

TAC-SENF Sen: 4:41.00 / TAC-JUNF Jun: 4:47.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Andreia Catarina Gomes	94	Vitória de Guimarães	4:26.79	+0,84	720
	50m: 30.17 30.17	150m: 1:37.56 34.19	250m: 2:45.81 34.06	350m: 3:54.54 34.58		
	100m: 1:03.37 33.20	200m: 2:11.75 34.19	300m: 3:19.96 34.15	400m: 4:26.79 32.25		
2.	Angelica Maria Andre	94	Leixões	4:31.08	+0,85	686
	50m: 31.84 31.84	150m: 1:39.85 34.25	250m: 2:48.33 34.35	350m: 3:58.43 35.20		
	100m: 1:05.60 33.76	200m: 2:13.98 34.13	300m: 3:23.23 34.90	400m: 4:31.08 32.65		
3.	Carolina Cunha Martins	95	Náutico/Matobra	4:32.45	+0,92	676
	50m: 30.88 30.88	150m: 1:39.56 34.65	250m: 2:49.06 34.75	350m: 3:58.32 34.61		
	100m: 1:04.91 34.03	200m: 2:14.31 34.75	300m: 3:23.71 34.65	400m: 4:32.45 34.13		
4.	Patricia Garcia Marinho	94	Sporting	4:35.33	+0,87	655
	50m: 30.99 30.99	150m: 1:39.35 34.56	250m: 2:49.13 34.80	350m: 3:59.98 35.44		
	100m: 1:04.79 33.80	200m: 2:14.33 34.98	300m: 3:24.54 35.41	400m: 4:35.33 35.35		
5.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	4:35.72	+0,72	652
	50m: 31.38 31.38	150m: 1:39.92 34.83	250m: 2:49.40 34.84	350m: 4:00.94 35.78		
	100m: 1:05.09 33.71	200m: 2:14.56 34.64	300m: 3:25.16 35.76	400m: 4:35.72 34.78		
6.	Leonor Mourinho Neves	95	Sporting	4:35.78	+0,89	652
	50m: 31.09 31.09	150m: 1:40.05 34.96	250m: 2:50.60 35.23	350m: 4:01.37 35.34		
	100m: 1:05.09 34.00	200m: 2:15.37 35.32	300m: 3:26.03 35.43	400m: 4:35.78 34.41		
7.	Ines Sofia Sampaio	94	Académico Viseu	4:37.28	+0,87	641
	50m: 31.75 31.75	150m: 1:41.71 35.15	250m: 2:53.17 35.58	350m: 4:03.60 35.00		
	100m: 1:06.56 34.81	200m: 2:17.59 35.88	300m: 3:28.60 35.43	400m: 4:37.28 33.68		
8.	Ana Goncalves Neto	95	Porto/Dolce Vita	4:37.89	+0,87	637
	50m: 31.26 31.26	150m: 1:41.16 35.29	250m: 2:51.86 35.09	350m: 4:03.53 35.69		
	100m: 1:05.87 34.61	200m: 2:16.77 35.61	300m: 3:27.84 35.98	400m: 4:37.89 34.36		
9.	Marisa Alexandra Lage	94	Viana Natação	4:38.27	+0,93	634
	50m: 31.21 31.21	150m: 1:40.04 34.92	250m: 2:50.58 35.47	350m: 4:02.93 36.30		
	100m: 1:05.12 33.91	200m: 2:15.11 35.07	300m: 3:26.63 36.05	400m: 4:38.27 35.34		
10.	Maria Luis Amorim	95	Porto/Dolce Vita	4:40.63	+0,95	618
	50m: 31.81 31.81	150m: 1:42.03 35.51	250m: 2:53.51 35.68	350m: 4:05.24 35.90		
	100m: 1:06.52 34.71	200m: 2:17.83 35.80	300m: 3:29.34 35.83	400m: 4:40.63 35.39		
11.	Cassandra Pedro Oliveira	95	Vilacondense	4:40.67		618
	50m: 32.27 32.27	150m: 1:43.06 35.66	250m: 2:54.20 35.85	350m: 4:05.82 36.22		
	100m: 1:07.40 35.13	200m: 2:18.35 35.29	300m: 3:29.60 35.40	400m: 4:40.67 34.85		
12.	Marta Sofia Cunha	95	Sporting	4:44.22	+0,79	595
	50m: 32.32 32.32	150m: 1:43.34 35.91	250m: 2:55.93 36.36	350m: 4:08.83 36.32		
	100m: 1:07.43 35.11	200m: 2:19.57 36.23	300m: 3:32.51 36.58	400m: 4:44.22 35.39		
13.	Mafalda Gomes Beleza	94	Sporting	4:44.56		593
	50m: 30.96 30.96	150m: 1:40.60 35.27	250m: 2:54.06 36.69	350m: 4:08.32 36.79		
	100m: 1:05.33 34.37	200m: 2:17.37 36.77	300m: 3:31.53 37.47	400m: 4:44.56 36.24		

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 23, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Filipa Maria Rompante	95	Famalicão	4:45.70	+0,89	586
	50m: 32.47 32.47	150m: 1:43.86 36.22	250m: 2:56.49 36.64	350m: 4:10.18 36.65		
	100m: 1:07.64 35.17	200m: 2:19.85 35.99	300m: 3:33.53 37.04	400m: 4:45.70 35.52		
15.	Francisca Silva Carmo	94	Famalicão	4:52.75	+0,81	545
	<i>FTL</i>					
	50m: 32.45 32.45	150m: 1:44.89 36.81	250m: 2:59.66 37.78	350m: 4:15.91 38.42		
	100m: 1:08.08 35.63	200m: 2:21.88 36.99	300m: 3:37.49 37.83	400m: 4:52.75 36.84		
16.	Marta Filipa Vinagre	95	Torres Novas	5:01.00	+0,87	501
	<i>FTL</i>					
	50m: 32.63 32.63	150m: 1:46.40 37.72	250m: 3:03.28 39.50	350m: 4:22.83 39.95		
	100m: 1:08.68 36.05	200m: 2:23.78 37.38	300m: 3:42.88 39.60	400m: 5:01.00 38.17		

Seniores

1.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	4:24.69	+0,86	737
	50m: 30.03 30.03	150m: 1:35.63 33.08	250m: 2:43.13 33.79	350m: 3:51.67 34.24		
	100m: 1:02.55 32.52	200m: 2:09.34 33.71	300m: 3:17.43 34.30	400m: 4:24.69 33.02		
2.	Ana Ribeiro Ferreira	92	Famalicão	4:26.71	+0,88	720
	50m: 30.61 30.61	150m: 1:37.49 34.04	250m: 2:46.21 34.50	350m: 3:54.35 33.90		
	100m: 1:03.45 32.84	200m: 2:11.71 34.22	300m: 3:20.45 34.24	400m: 4:26.71 32.36		
3.	Maria Miguel Veloso	93	Náutico/Matobra	4:27.08	+0,94	717
	50m: 31.03 31.03	150m: 1:37.75 33.71	250m: 2:45.65 34.06	350m: 3:54.00 34.18		
	100m: 1:04.04 33.01	200m: 2:11.59 33.84	300m: 3:19.82 34.17	400m: 4:27.08 33.08		
4.	Joana Filipa Santos	93	Vitória de Guimarães	4:30.09	+0,90	694
	50m: 30.25 30.25	150m: 1:37.80 34.21	250m: 2:46.61 34.58	350m: 3:55.90 34.68		
	100m: 1:03.59 33.34	200m: 2:12.03 34.23	300m: 3:21.22 34.61	400m: 4:30.09 34.19		
5.	Joana Filipa Capela	89	Benfica	4:36.03	+0,78	650
	50m: 30.84 30.84	150m: 1:39.72 35.28	250m: 2:50.59 35.58	350m: 4:02.32 35.96		
	100m: 1:04.44 33.60	200m: 2:15.01 35.29	300m: 3:26.36 35.77	400m: 4:36.03 33.71		
6.	Ana Margarida Domingos	93	Académico Viseu	4:36.10	+0,92	649
	50m: 32.08 32.08	150m: 1:42.28 35.54	250m: 2:53.19 35.41	350m: 4:03.43 35.07		
	100m: 1:06.74 34.66	200m: 2:17.78 35.50	300m: 3:28.36 35.17	400m: 4:36.10 32.67		
7.	Maria Ana Magalhaes	93	Desportiva Limiana	4:37.59	+0,75	639
	50m: 31.58 31.58	150m: 1:40.99 35.07	250m: 2:51.35 35.33	350m: 4:02.84 35.80		
	100m: 1:05.92 34.34	200m: 2:16.02 35.03	300m: 3:27.04 35.69	400m: 4:37.59 34.75		
8.	Alexandra Ribeiro Paula	93	Sporting	4:41.84	+0,76	610
	<i>FTL</i>					
	50m: 31.03 31.03	150m: 1:41.67 35.55	250m: 2:53.70 35.85	350m: 4:06.48 36.14		
	100m: 1:06.12 35.09	200m: 2:17.85 36.18	300m: 3:30.34 36.64	400m: 4:41.84 35.36		
9.	Marta Alexandra Saraiva	93	Uniao Piedense	4:44.40	+0,85	594
	<i>FTL</i>					
	50m: 32.22 32.22	150m: 1:43.10 35.96	250m: 2:55.63 36.47	350m: 4:08.48 36.46		
	100m: 1:07.14 34.92	200m: 2:19.16 36.06	300m: 3:32.02 36.39	400m: 4:44.40 35.92		

Campeonato Nacional de Juniores e Seniores PL
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Prova 24 Masc., 400m Estilos 17 anos e mais velhos
10.4.10 - 16:50 Resultados

RNABS	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	2.8.09
RNSEN	4:18.08	Diogo Filipe Carvalho	FPN	Roma (ITA)	2.8.08
RNJUN	4:28.70	Carlos Esteves Almeida	CNA	Lisboa	26.3.06

TAC-SENM Sen: 4:53.00 / TAC-JUNM Jun: 5:00.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alexis Manacas Santos	92	Sporting	4:29.69	+0,72	739
	50m: 28.31 28.31	150m: 1:35.19 34.10	250m: 2:46.71 37.75	350m: 3:58.51 32.54		
	100m: 1:01.09 32.78	200m: 2:08.96 33.77	300m: 3:25.97 39.26	400m: 4:29.69 31.18		
2.	Gustavo Manuel Santa	93	Litoral Alentejano	4:42.17	+0,75	645
	50m: 28.68 28.68	150m: 1:39.91 37.70	250m: 3:00.67 42.74	350m: 4:13.38 29.75		
	100m: 1:02.21 33.53	200m: 2:17.93 38.02	300m: 3:43.63 42.96	400m: 4:42.17 28.79		
3.	Miguel Monteiro Diogo	93	Alcobaça	4:42.80	+0,71	641
	50m: 28.51 28.51	150m: 1:38.90 37.64	250m: 2:58.34 42.57	350m: 4:13.09 32.33		
	100m: 1:01.26 32.75	200m: 2:15.77 36.87	300m: 3:40.76 42.42	400m: 4:42.80 29.71		
4.	Joao Claudio Sousa	93	Gespaços	4:43.05	+0,81	639
	50m: 29.59 29.59	150m: 1:40.44 37.65	250m: 2:57.41 40.62	350m: 4:11.09 33.14		
	100m: 1:02.79 33.20	200m: 2:16.79 36.35	300m: 3:37.95 40.54	400m: 4:43.05 31.96		
5.	Paulo Andre Dias	92	Gespaços	4:43.60	+0,81	635
	50m: 29.69 29.69	150m: 1:40.83 37.68	250m: 2:58.37 40.97	350m: 4:11.68 32.43		
	100m: 1:03.15 33.46	200m: 2:17.40 36.57	300m: 3:39.25 40.88	400m: 4:43.60 31.92		
6.	Pedro Ribeiro Mendes	93	Colégio Vasco da Gama	4:47.71	+0,70	608
	50m: 29.58 29.58	150m: 1:41.19 37.31	250m: 2:59.54 41.73	350m: 4:15.15 33.52		
	100m: 1:03.88 34.30	200m: 2:17.81 36.62	300m: 3:41.63 42.09	400m: 4:47.71 32.56		
7.	Diogo Maia e Silva	93	Pimpões/Cimai	4:47.98	+0,79	607
	50m: 30.37 30.37	150m: 1:42.64 37.31	250m: 3:01.01 41.71	350m: 4:16.59 32.83		
	100m: 1:05.33 34.96	200m: 2:19.30 36.66	300m: 3:43.76 42.75	400m: 4:47.98 31.39		
8.	Andre Duarte Vaz	93	Ginásio Figueirense	4:48.77	+0,74	602
	50m: 29.58 29.58	150m: 1:40.40 35.55	250m: 2:58.10 41.97	350m: 4:15.68 34.67		
	100m: 1:04.85 35.27	200m: 2:16.13 35.73	300m: 3:41.01 42.91	400m: 4:48.77 33.09		
9.	Antonio Ribeiro Mendes	93	Colégio Vasco da Gama	4:49.70	+0,66	596
	50m: 30.50 30.50	150m: 1:42.28 37.42	250m: 3:01.57 41.56	350m: 4:16.69 33.54		
	100m: 1:04.86 34.36	200m: 2:20.01 37.73	300m: 3:43.15 41.58	400m: 4:49.70 33.01		
10.	Miguel Machado Lopes	92	Benedita	4:50.94	+0,68	588
	50m: 29.59 29.59	150m: 1:40.23 37.32	250m: 2:59.63 42.32	350m: 4:17.34 34.07		
	100m: 1:02.91 33.32	200m: 2:17.31 37.08	300m: 3:43.27 43.64	400m: 4:50.94 33.60		
11.	Duarte Barros Pires	92	Desportiva Limiana	4:50.96	+0,76	588
	50m: 29.66 29.66	150m: 1:43.07 38.49	250m: 3:01.57 41.01	350m: 4:17.72 33.60		
	100m: 1:04.58 34.92	200m: 2:20.56 37.49	300m: 3:44.12 42.55	400m: 4:50.96 33.24		
12.	Bernardo Correia Silva	93	Porto/Dolce Vita	4:52.45	+0,63	579
	50m: 28.68 28.68	150m: 1:40.79 37.48	250m: 3:00.84 43.09	350m: 4:18.46 34.08		
	100m: 1:03.31 34.63	200m: 2:17.75 36.96	300m: 3:44.38 43.54	400m: 4:52.45 33.99		
13.	Nuno Durao Pascoal	92	Galitos	4:57.07	+0,77	553
	50m: 30.96 30.96	150m: 1:45.59 39.52	250m: 3:06.10 42.49	350m: 4:24.02 35.04		
	100m: 1:06.07 35.11	200m: 2:23.61 38.02	300m: 3:48.98 42.88	400m: 4:57.07 33.05		

Campeonato Nacional de Juniores e Seniores PL
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Prova 24, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Andre Rafael Marinho	93	Uniao Piedense	4:57.99	+0,82	547
	50m: 31.20 31.20	150m: 1:46.24 39.38	250m: 3:09.18 45.24	350m: 4:26.78 32.14		
	100m: 1:06.86 35.66	200m: 2:23.94 37.70	300m: 3:54.64 45.46	400m: 4:57.99 31.21		
15.	Alexandre Santos Gomes	93	Naval do Funchal	5:03.88	+0,82	516
	<i>FTL</i>					
	50m: 30.89 30.89	150m: 1:46.05 40.06	250m: 3:08.21 43.75	350m: 4:29.09 35.92		
	100m: 1:05.99 35.10	200m: 2:24.46 38.41	300m: 3:53.17 44.96	400m: 5:03.88 34.79		

Seniores

1.	Diogo Filipe Carvalho	88	Galitos	4:21.23	+0,70	813
	50m: 27.45 27.45	150m: 1:33.76 34.65	250m: 2:44.34 36.16	350m: 3:51.31 29.85		
	100m: 59.11 31.66	200m: 2:08.18 34.42	300m: 3:21.46 37.12	400m: 4:21.23 29.92		
2.	Pedro Miguel Pinotes	89	Sporting	4:32.54	+0,70	716
	50m: 28.84 28.84	150m: 1:37.01 35.07	250m: 2:51.29 39.32	350m: 4:02.28 32.19		
	100m: 1:01.94 33.10	200m: 2:11.97 34.96	300m: 3:30.09 38.80	400m: 4:32.54 30.26		
3.	Miguel Silva Oliveira	91	Náutico/Matobra	4:34.12	+0,79	703
	50m: 28.25 28.25	150m: 1:37.71 36.82	250m: 2:53.18 39.10	350m: 4:03.81 31.28		
	100m: 1:00.89 32.64	200m: 2:14.08 36.37	300m: 3:32.53 39.35	400m: 4:34.12 30.31		
4.	Rui Filipe Vilar	91	Porto/Dolce Vita	4:36.53	+0,68	685
	50m: 28.81 28.81	150m: 1:38.37 36.98	250m: 2:53.56 38.43	350m: 4:05.40 33.12		
	100m: 1:01.39 32.58	200m: 2:15.13 36.76	300m: 3:32.28 38.72	400m: 4:36.53 31.13		
5.	Nuno Rafael Alves	90	Gespaços	4:36.59	+0,79	685
	50m: 29.29 29.29	150m: 1:38.96 36.96	250m: 2:53.69 39.16	350m: 4:05.60 32.94		
	100m: 1:02.00 32.71	200m: 2:14.53 35.57	300m: 3:32.66 38.97	400m: 4:36.59 30.99		
6.	Pedro Fontoura Oliveira	90	Belenenses	4:37.72	+0,84	676
	50m: 29.23 29.23	150m: 1:38.34 34.81	250m: 2:53.19 40.79	350m: 4:07.68 32.09		
	100m: 1:03.53 34.30	200m: 2:12.40 34.06	300m: 3:35.59 42.40	400m: 4:37.72 30.04		
7.	Andre Bras Goncalves	88	Amadora	4:40.60	+0,72	656
	50m: 28.36 28.36	150m: 1:38.34 36.59	250m: 2:54.96 39.95	350m: 4:08.33 32.89		
	100m: 1:01.75 33.39	200m: 2:15.01 36.67	300m: 3:35.44 40.48	400m: 4:40.60 32.27		
8.	Jorge Miguel Carmo	90	Louletano/Loulé Concelho	4:44.66	+0,77	628
	50m: 29.67 29.67	150m: 1:40.30 36.93	250m: 2:58.21 41.56	350m: 4:12.49 32.30		
	100m: 1:03.37 33.70	200m: 2:16.65 36.35	300m: 3:40.19 41.98	400m: 4:44.66 32.17		
9.	Diogo Banza Pinto	87	Algés	4:45.58	+0,82	622
	50m: 29.13 29.13	150m: 1:40.50 37.55	250m: 2:59.29 42.32	350m: 4:14.84 32.89		
	100m: 1:02.95 33.82	200m: 2:16.97 36.47	300m: 3:41.95 42.66	400m: 4:45.58 30.74		
10.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	4:46.13	+0,58	618
	50m: 28.94 28.94	150m: 1:39.15 36.57	250m: 2:55.57 40.03	350m: 4:11.56 34.88		
	100m: 1:02.58 33.64	200m: 2:15.54 36.39	300m: 3:36.68 41.11	400m: 4:46.13 34.57		
11.	Marcelo Goncalo Pereira	90	Vilacondense	4:49.48	+0,73	597
	50m: 28.64 28.64	150m: 1:40.00 37.55	250m: 3:00.13 41.59	350m: 4:16.01 33.36		
	100m: 1:02.45 33.81	200m: 2:18.54 38.54	300m: 3:42.65 42.52	400m: 4:49.48 33.47		

Campeonato Nacional de Juniores e Seniores PL
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Prova 25 Femin., 200m Mariposa 15 anos e mais velhos
10.4.10 - 17:15 Resultados

RNABS	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12.8.08
RNSEN	2:10.14	Sara Freitas Oliveira	FPN	Beijing (CHN)	12.8.08
RNJUN	2:15.56	Ana Rita Francisco	FPN	Genebra (SUI)	20.7.95

TAC-SENF Sen: 2:30.50 / TAC-JUNF Jun: 2:34.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Diana Ramos Rocha	94	Vilacondense	2:20.00	+0,77	684
	50m: 30.81 30.81	100m: 1:05.56 34.75	150m: 1:42.37 36.81	200m: 2:20.00 37.63		
2.	Eduarda Malheiro Neves	94	Braga	2:24.73	+0,77	619
	50m: 32.54 32.54	100m: 1:08.86 36.32	150m: 1:46.79 37.93	200m: 2:24.73 37.94		
3.	Ana Catarina Cavaco	95	Natação Olhão	2:28.84	+0,83	570
	50m: 32.57 32.57	100m: 1:11.04 38.47	150m: 1:49.79 38.75	200m: 2:28.84 39.05		
4.	Ines Martins Silva	94	Estamos Juntos	2:29.26	+0,82	565
	50m: 32.64 32.64	100m: 1:10.81 38.17	150m: 1:50.11 39.30	200m: 2:29.26 39.15		
5.	Ana Rita Cunha	94	Gespaços	2:29.61	+1,03	561
	50m: 33.26 33.26	100m: 1:10.81 37.55	150m: 1:49.98 39.17	200m: 2:29.61 39.63		
6.	Silvia Ariana Soares	95	Porto/Dolce Vita	2:29.75	+0,86	559
	50m: 33.20 33.20	100m: 1:11.06 37.86	150m: 1:49.95 38.89	200m: 2:29.75 39.80		
7.	Carolina Francisco Gomes	95	Naval da Nazaré	2:30.47	+1,01	551
	50m: 34.16 34.16	100m: 1:12.66 38.50	150m: 1:51.53 38.87	200m: 2:30.47 38.94		
8.	Ana Raquel Miranda	94	Uniao Piedense	2:31.28	+0,67	542
	50m: 32.70 32.70	100m: 1:11.04 38.34	150m: 1:51.09 40.05	200m: 2:31.28 40.19		
9.	Raquel Paulo Ranito	94	Sporting	2:32.71	+0,82	527
	50m: 32.60 32.60	100m: 1:11.56 38.96	150m: 1:51.86 40.30	200m: 2:32.71 40.85		
10.	Ines Filipa Borges	95	Alcobaça	2:33.07	+0,84	524
	50m: 33.31 33.31	100m: 1:11.64 38.33	150m: 1:52.23 40.59	200m: 2:33.07 40.84		
11.	Filipa Vilas Tiago	94	Sporting	2:33.34	+0,66	521
	50m: 32.60 32.60	100m: 1:12.80 40.20	150m: 1:53.40 40.60	200m: 2:33.34 39.94		
12.	Ines Adriana Mourao	94	Gesloures	2:38.58	+0,86	471
	<i>FTL</i>					
	50m: 33.73 33.73	100m: 1:14.04 40.31	150m: 1:56.65 42.61	200m: 2:38.58 41.93		

Seniores

1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	2:12.43	+0,69	809
	50m: 29.46 29.46	100m: 1:02.98 33.52	150m: 1:37.75 34.77	200m: 2:12.43 34.68		
2.	Ana Catarina Monteiro	93	Vilacondense	2:17.44	+0,90	723
	50m: 31.03 31.03	100m: 1:05.62 34.59	150m: 1:41.64 36.02	200m: 2:17.44 35.80		
3.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	2:18.91	+0,77	701
	50m: 30.78 30.78	100m: 1:05.01 34.23	150m: 1:41.35 36.34	200m: 2:18.91 37.56		
4.	Marta Posser Villar	85	Amadora	2:23.28	+0,78	638
	50m: 31.46 31.46	100m: 1:06.99 35.53	150m: 1:43.86 36.87	200m: 2:23.28 39.42		

Campeonato Nacional de Juniores e Seniores PL
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Prova 25, Femin., 200m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Isabel Alves Lopes	92	Colégio Vasco da Gama	2:24.06	+0,80	628
	50m: 32.27 32.27	100m: 1:09.28 37.01	150m: 1:46.55	37.27	200m: 2:24.06	37.51
6.	Amelia Pereira Fernandes	89	Vitória de Guimarães	2:24.82	+0,83	618
	50m: 30.95 30.95	100m: 1:06.75 35.80	150m: 1:44.76	38.01	200m: 2:24.82	40.06
7.	Elsa Daniel Dias	92	Braga	2:27.72	+0,83	583
	50m: 32.77 32.77	100m: 1:09.87 37.10	150m: 1:48.21	38.34	200m: 2:27.72	39.51
8.	Ana Rita Ismael	92	Louletano/Loulé Concelho	2:29.00	+0,79	568
	50m: 30.76 30.76	100m: 1:07.36 36.60	150m: 1:47.18	39.82	200m: 2:29.00	41.82
9.	Maria Vanessa Silva	88	Nacional	2:30.00	+0,83	556
	50m: 33.25 33.25	100m: 1:11.08 37.83	150m: 1:49.97	38.89	200m: 2:30.00	40.03
10.	Debora Marisa Pereira	89	Nacional	2:35.04	+0,87	504
	<i>FTL</i>					
	50m: 34.08 34.08	100m: 1:13.02 38.94	150m: 1:54.13	41.11	200m: 2:35.04	40.91
11.	Ana Carolina Valente	92	Náutico da Marinha Grande	2:35.62	+0,84	498
	<i>FTL</i>					
	50m: 33.84 33.84	100m: 1:12.28 38.44	150m: 1:53.33	41.05	200m: 2:35.62	42.29

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 26 Masc., 50m Livres 17 anos e mais velhos
10.4.10 - 17:25 Resultados

RNABS	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	30.5.09
RNSEN	22.36	Alexandre Escudier Agostinho	PORTIN	Coimbra	30.5.09
RNJUN	22.95	Tiago Andre Venancio	FPN	Lisboa	16.7.04

TAC-SENM Sen: 24.80 / TAC-JUNM Jun: 25.40

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Mario Alexandre Pereira	92	Ginásio Figueirense	24.19	+0,63	648
2.	Joao Pedro Almeida	92	Porto/Dolce Vita	24.48	+0,78	625
3.	Rafael David Rodrigues	92	Algés	25.18	+0,68	575
4.	Joao Afonso Vargas	93	Naval do Funchal	25.31	+0,67	566
5.	Pedro Miguel Costa	92	Sporting de Espinho	25.40	+0,82	560
	Bernardo Leitao Graca	93	Benfica	25.40	+0,83	560
7.	Rafael Lages Ribas	93	Desportiva de Viana	25.74	+0,70	538
	<i>FTL</i>					
8.	Rogério Pina Tavares	92	Litoral Alentejano	25.97	+0,63	524
	<i>FTL</i>					

Seniores

1.	Alexandre Escudier Agostinho	86	Portinado	22.47	+0,70	809
2.	Paulo Jorge Santos	89	Porto/Dolce Vita	22.78	+0,70	776
3.	Joao Silva Gigante	88	Benfica	23.37	+0,66	719
4.	Fabio Manuel Pereira	86	Vilacondense	24.10	+0,73	655
5.	Carlos Filipe Santos	91	Porto/Dolce Vita	24.21	+0,71	647
6.	Joao Pedro Teodoro	90	Naval Setubalense	24.33	+0,72	637
7.	Nelson Filipe Martinho	89	Natação de Valongo	24.63	+0,79	614
8.	Raul Jose Custodio	88	Benfica	24.72	+0,81	607
9.	Fabio Andre Figueira	88	Amadora	24.74	+0,68	606
10.	Ricardo Pereira Lopes	90	Benfica	24.88	+0,61	596
	<i>FTL</i>					
	Tiago Ferreira Sousa	91	Nacional	24.88	+0,71	596
	<i>FTL</i>					
12.	Filipe Vieira Malheiro	90	Braga	25.06	+0,66	583
	<i>FTL</i>					
13.	Vasco Miguel Gaspar	90	Uniao Piedense	25.22	+0,74	572
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
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Prova 27 Femin., 100m Bruços 15 anos e mais velhos
10.4.10 - 17:25 Resultados

RNABS	1:09.47	Diana Duarte Gomes	CNA	LOULÉ	6.6.09
RNSEN	1:09.47	Diana Duarte Gomes	CNA	LOULÉ	6.6.09
RNJUN	1:10.09	Diana Duarte Gomes	FPN	Budapeste (HUN)	17.7.05

TAC-SENF Sen: 1:18.00 / TAC-JUNF Jun: 1:20.35

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	1:12.10	+0,78	714
	50m: 32.71 32.71	100m: 1:12.10	39.39			
2.	Gabriela Oliveira Andrade	94	Náutico/Matobra	1:13.42	+0,79	676
	50m: 34.52 34.52	100m: 1:13.42	38.90			
3.	Maria Carolina Rosa	94	Sporting	1:13.43	+0,66	676
	50m: 34.32 34.32	100m: 1:13.43	39.11			
4.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	1:14.38	+0,77	650
	50m: 35.02 35.02	100m: 1:14.38	39.36			
5.	Joana Patricia Pinto	94	Ginásio de Vila Real	1:17.20	+0,84	581
	50m: 35.15 35.15	100m: 1:17.20	42.05			
6.	Catarina Tiago Nunes	95	Uniao Piedense	1:17.33	+0,76	578
	50m: 36.13 36.13	100m: 1:17.33	41.20			
7.	Ariana Alves Nunes	95	Portinado	1:18.88	+0,83	545
	50m: 36.77 36.77	100m: 1:18.88	42.11			
8.	Rute Margarida Marques	94	Amadora	1:18.99	+0,88	543
	50m: 36.40 36.40	100m: 1:18.99	42.59			
9.	Mafalda Jotta Garcia	94	Algés	1:19.76	+0,74	527
	50m: 37.97 37.97	100m: 1:19.76	41.79			
10.	Ana Claudia Cordeiro	95	Náutico/Matobra	1:21.74	+0,76	490
	<i>FTL</i>					
	50m: 38.62 38.62	100m: 1:21.74	43.12			
Seniores						
1.	Diana Duarte Gomes	89	Amadora	1:12.39	+0,75	705
	50m: 34.20 34.20	100m: 1:12.39	38.19			
2.	Ana Teresa Franco	91	Sporting	1:12.51	+0,75	702
	50m: 34.64 34.64	100m: 1:12.51	37.87			
3.	Ana Marisa Brito	90	Benfica	1:12.61	+0,75	699
	50m: 34.48 34.48	100m: 1:12.61	38.13			
4.	Joana Catarina Carvalho	92	Porto/Dolce Vita	1:12.84	+0,87	692
	50m: 33.97 33.97	100m: 1:12.84	38.87			
5.	Mariana Dias Almeida	93	Famalicao	1:15.98	+0,73	610
	50m: 35.19 35.19	100m: 1:15.98	40.79			
6.	Fabiana Maria Quintal	84	Nacional	1:16.44	+0,68	599
	50m: 36.33 36.33	100m: 1:16.44	40.11			

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Prova 27, Femin., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ana Rita Ismael 50m: 35.48 35.48	92	Louletano/Loulé Concelho	1:17.40	+0,79	577
8.	Ana Rita Mendes 50m: 35.62 35.62	92	Amadora	1:17.90	+0,82	566
9.	Tania Alexandra Lopes <i>FTL</i> 50m: 37.32 37.32	92	Benfica	1:18.04	+0,66	563
10.	Tania Rute Cerqueira <i>FTL</i> 50m: 36.51 36.51	92	Louletano/Loulé Concelho	1:19.15	+0,82	539
11.	Natalie Nobrega Santos <i>FTL</i> 50m: 36.61 36.61	83	Nacional	1:19.17	+0,85	539
12.	Claudia Monteiro Martinho <i>FTL</i> 50m: 37.39 37.39	93	Colégio Vasco da Gama	1:19.38	+0,76	535
13.	Joana Marques Maia <i>FTL</i> 50m: 37.43 37.43	91	Natação da Maia	1:19.72	+0,81	528
14.	Sara Isabel Figueira <i>FTL</i> 50m: 39.07 39.07	93	Naval do Funchal	1:24.41	+0,81	445
EXH	Victoriya Kaminskaya 50m: 36.08 36.08	95	Pimpões/Cimai	1:15.93	+0,85	611

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Prova 28 Masc., 100m Bruços 17 anos e mais velhos
10.4.10 - 17:35 Resultados

RNABS	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23.7.01
RNSEN	1:02.17	Jose Guilherme Couto	FPN	Fukuoka (JPN)	23.7.01
RNJUN	1:02.87	Andre Miguel Silva	PDEM	Faro	18.7.09

TAC-SENM Sen: 1:09.50 / TAC-JUNM Jun: 1:11.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Pedro Miguel Agostinho	92	Sporting	1:05.90	+0,61	702
	50m: 30.78 30.78	100m: 1:05.90	35.12			
2.	Ricardo Ribeiro Silva	92	Vilacondense	1:06.00	+0,72	699
	50m: 31.16 31.16	100m: 1:06.00	34.84			
3.	Mario Martins Costa	92	Algés	1:06.86	+0,62	672
	50m: 31.91 31.91	100m: 1:06.86	34.95			
4.	Diogo Parrilha da Silva	93	Alcoçaba	1:06.90	+0,76	671
	50m: 31.03 31.03	100m: 1:06.90	35.87			
5.	Diogo Filipe Matos	92	Sporting	1:07.11	+0,73	665
	50m: 31.42 31.42	100m: 1:07.11	35.69			
6.	Francisco Santos Costa	93	Portinado	1:08.90	+0,84	614
	50m: 31.90 31.90	100m: 1:08.90	37.00			
7.	Tiago Geraldês Machado	93	Pimpões/Cimai	1:09.08	+0,83	609
	50m: 32.43 32.43	100m: 1:09.08	36.65			
8.	Tiago Samuel Silva	93	Porto/Dolce Vita	1:09.74	+0,73	592
	50m: 32.00 32.00	100m: 1:09.74	37.74			
9.	Gustavo Alexandre Meneses	92	Columbófila Cantanhedense	1:10.04	+0,78	585
	50m: 33.45 33.45	100m: 1:10.04	36.59			
10.	Duarte Barros Pires	92	Desportiva Limiana	1:10.68	+0,79	569
	50m: 33.61 33.61	100m: 1:10.68	37.07			
11.	Filipe Miguel Silvestre	93	Bombeiros dos Estoris	1:11.07	+0,89	560
	50m: 33.38 33.38	100m: 1:11.07	37.69			
12.	Joao Filipe Oliveira	92	Braga	1:12.23	+0,76	533
	<i>FTL</i> 50m: 32.94 32.94	100m: 1:12.23	39.29			
13.	Joao Pedro Mendes	92	Náutico da Marinha Grande	1:13.25	+0,83	511
	<i>FTL</i> 50m: 33.77 33.77	100m: 1:13.25	39.48			
14.	Fabio Andre Dias	92	Sporting	1:13.61	+0,65	504
	<i>FTL</i> 50m: 34.18 34.18	100m: 1:13.61	39.43			
15.	Joao Manuel Lanca	92	Uniao Piedense	1:14.50	+0,66	486
	<i>FTL</i> 50m: 33.46 33.46	100m: 1:14.50	41.04			

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Prova 28, Masc., 100m Bruços

Seniores

1.	Andre Miguel Silva	91	Palmela	1:04.32	+0,64	755
	50m: 30.12 30.12	100m: 1:04.32	34.20			
2.	Nuno Goncalo Quintanilha	87	Louletano/Loulé Concelho	1:04.75	+0,72	740
	50m: 30.42 30.42	100m: 1:04.75	34.33			
3.	Ricardo Jose Varela	89	Naval Setubalense	1:05.13	+0,74	727
	50m: 30.49 30.49	100m: 1:05.13	34.64			
4.	Henrique Pereira Neiva	84	Vilacondense	1:05.87	+0,77	703
	50m: 31.25 31.25	100m: 1:05.87	34.62			
5.	Luis Nobre Neto	90	Natação da Maia	1:05.91	+0,73	702
	50m: 30.70 30.70	100m: 1:05.91	35.21			
6.	Sergio Baptista Silva	91	Porto/Dolce Vita	1:06.27	+0,74	690
	50m: 30.84 30.84	100m: 1:06.27	35.43			
7.	Gil Goncalves Pinto	88	Porto/Dolce Vita	1:06.52	+0,61	682
	50m: 31.22 31.22	100m: 1:06.52	35.30			
8.	Jaime Marques Duarte	87	Amadora	1:06.82	+0,74	673
	50m: 31.22 31.22	100m: 1:06.82	35.60			
9.	Bruno Daniel Monteiro	88	Fluvial Portuense	1:07.26	+0,73	660
	50m: 30.94 30.94	100m: 1:07.26	36.32			
10.	Joao Albano Viola	89	Náutico/Matobra	1:07.30	+0,64	659
	50m: 30.33 30.33	100m: 1:07.30	36.97			
11.	Pedro Miguel Varela	86	Naval Setubalense	1:08.46	+0,82	626
	50m: 31.54 31.54	100m: 1:08.46	36.92			
12.	Sergio Emanuel Costa	85	Fluvial Portuense	1:08.90	+0,73	614
	50m: 32.43 32.43	100m: 1:08.90	36.47			
13.	Andre Bras Goncalves	88	Amadora	1:09.46	+0,61	599
	50m: 32.12 32.12	100m: 1:09.46	37.34			
14.	Andre Temtem Figueira	91	Naval do Funchal	1:09.92	+0,71	588
	<i>FTL</i>					
	50m: 32.36 32.36	100m: 1:09.92	37.56			
15.	Rui Manuel Ribeiro	82	Braga	1:09.93	+0,78	587
	<i>FTL</i>					
	50m: 31.82 31.82	100m: 1:09.93	38.11			
16.	Tiago Freire Almeida	87	Amadora	1:10.05	+0,76	584
	<i>FTL</i>					
	50m: 32.21 32.21	100m: 1:10.05	37.84			
17.	Andre Pascoal Sargento	87	Lisnave	1:10.90	+0,75	564
	<i>FTL</i>					
	50m: 32.53 32.53	100m: 1:10.90	38.37			
18.	Diego Felipe Santos	87	Nacional	1:10.92	+0,70	563
	<i>FTL</i>					
	50m: 33.18 33.18	100m: 1:10.92	37.74			

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Prova 28, Masc., 100m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
19.	Vitor Diogo Moura <i>FTL</i>	90	Nacional	1:11.89	+0,71	541
	50m: 33.14 33.14	100m: 1:11.89	38.75			
20.	Helder Alexandre Godinho <i>FTL</i>	86	Bairro dos Anjos	1:12.36	+0,63	530
	50m: 32.86 32.86	100m: 1:12.36	39.50			

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Prova 29 Femin., 4 x 100m Livres 15 anos e mais velhos
10.4.10 - 18:05 Resultados

RNABS	3:54.50	Futebol Clube do Porto/Império Bonifácio	FCB	Faro	19.7.09
RNSEN	3:54.88	Futebol Clube do Porto/Império Bonifácio	FCB/IB	Lisboa	28.3.09
RNJUN	4:03.23	Sporting Clube de Portugal	SCP	Lisboa	29.7.04

TAC-SENF Sen: 4:14.00 / TAC-JUNF Jun: 4:20.50

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-FEM-JUN <i>Rec Nac Junior</i>	Sporting	4:02.54	+0,73 665
	Maria Carolina Rosa +0,73 28.75	1:00.45	Raquel Paulo Ranito +0,20 28.67	1:00.99
	Patricia Garcia Marinho +0,32 29.13	1:01.10	Mafalda Gomes Beleza +0,46 28.46	1:00.00
2.	Náutico/Matobra-FEM-JUN	Náutico/Matobra	4:09.74	+0,79 609
	Gabriela Oliveira Andrade +0,79 30.11	1:02.15	Ana Claudia Cordeiro +0,42 30.74	1:05.26
	Adriana Correia Lopes +0,44 29.69	1:01.33	Carolina Cunha Martins +0,52 29.17	1:01.00
3.	Vilacondense-FEM-JUN	Vilacondense	4:11.75	+0,90 594
	Rita Amado Laezza +0,90 30.67	1:03.42	Paula Catarina Matias +0,54 31.13	1:05.28
	Cassandra Pedro Oliveira +0,51 30.65	1:03.54	Diana Ramos Rocha +0,20 28.92	59.51
4.	Porto/Dolce Vita-FEM-JUN	Porto/Dolce Vita	4:13.73	+0,88 580
	Silvia Ariana Soares +0,88 30.36	1:02.69	Catarina Lopes Reis +0,15 30.21	1:04.18
	Ana Goncalves Neto +0,30 30.61	1:04.24	Maria Luis Amorim +0,49 30.09	1:02.62
5.	Naval do Funchal-FEM-JUN <i>FTL</i>	Naval do Funchal	4:21.34	+0,79 531
	Maria Rodrigues Fernandes +0,79 31.19	1:05.36	Barbara Goncalves Faria +0,31 30.65	1:05.06
	Maria Joao Figueiredo +0,44 30.06	1:03.19	Ana Afonso Mendonca +0,38 32.34	1:07.73
DSQ	Gesloures-FEM-JUN <i>3ª nadadora utilizou fato de banho irregular</i>	Gesloures		+0,81
	Paula Cristina Yang +0,81 30.50	1:02.93	Ana Beatriz Azevedo +0,48 31.91	
	Jessica Goncalves Sequeira +0,31 31.40	1:07.08	Joana Filipa Rodrigues +0,29	
Seniores				
1.	Porto/Dolce Vita-FEM-SEN <i>Rec Nac Absoluto, e Rec Nac Senior</i>	Porto/Dolce Vita	3:52.66	+0,66 753
	Marta Vieira Marinho +0,66 27.46	57.57	Joana Aguiar Rodrigues +0,33 27.90	59.15
	Alexandra Paiva Oliveira +0,39 27.91	58.04	Sara Freitas Oliveira +0,16 27.32	57.90
2.	Bairro dos Anjos-FEM-SEN	Bairro dos Anjos	4:00.89	+0,81 678
	Andreia Filipa Anjos +0,81 29.75	1:01.20	Adriana Filipa Lisboa +0,14 28.50	1:00.42
	Mariana Mota Dias +0,24 28.73	59.83	Sara Francisco Cruz +0,27 28.54	59.44
3.	Náutico/Matobra-FEM-SEN	Náutico/Matobra	4:10.30	+0,74 605
	Maria Ines Ribeiro +0,74 29.62	1:01.67	Maria Miguel Veloso +0,45 30.25	1:02.07
	Raquel Coutinho Gaio +0,40 29.92	1:03.38	Ines Barbosa Moreira +0,39 30.31	1:03.18
4.	Colégio Vasco da Gama-FEM-SEN <i>FTL</i>	Colégio Vasco da Gama	4:15.32	+0,78 570
	Joana Fonseca Seabra +0,78 30.04	1:02.55	Maria Ines Pereira +0,24 29.93	1:03.50
	Ana Filipa Carmo +0,08 29.70	1:04.28	Isabel Alves Lopes +0,30 30.42	1:04.99

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Prova 29, Femin., 4 x 100m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
DSQ	Amadora-FEM-SEN	4:09.08	+0,78	
<i>Rendimento antecipada da 3ª nadadora</i>				
	Diana Duarte Gomes	+0,78 28.95 1:00.38	Marta Posser Villar	-0,06 30.42 1:04.01
	Ana Rita Rolo	+0,39 30.14 1:02.78	Marta Filipa Conceicao	+0,10 29.10 1:01.91

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Prova 30 Masc., 4 x 200m Livres 17 anos e mais velhos
10.4.10 - 18:15 Resultados

RNABS	7:35.82	Sport Algés e Dafundo	SAD	Aveiro	26.7.07
RNSEN	7:35.82	Sport Algés e Dafundo	SAD	Aveiro	26.7.07
RNJUN	7:49.68	Clube Fluvial Vilacondense	CFV	Lisboa	28.3.04

TAC-SENM Sen: 8:10.00 / TAC-JUNM Jun: 8:30.50

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Braga-MASC-JUN	7:59.60	+0,75	664
	Ricardo Manuel Machado	93 +0,75 27.19 29.51	29.54 29.58	1:55.82
	Edgar Oliveira Ribeiro	93 +0,33 26.79 31.08	31.60 30.42	1:59.89
	Pedro Miguel Maganinho	92 +0,46 27.09 31.26	32.56 33.23	2:04.14
	Nuno Vieira Malheiro	93 +0,39 27.27 30.38	30.99 31.11	1:59.75
2.	Porto/Dolce Vita-MASC-JUN	8:07.64	+0,87	632
	Joao Pedro Almeida	92 +0,87 27.19 29.98	30.89 30.54	1:58.60
	Bernardo Correia Silva	93 +0,23 27.92 31.21	32.64 32.01	2:03.78
	Luis Miguel Nogueira	93 +0,20 26.93 30.35	31.65 31.49	2:00.42
	Rafael Dias Martins	93 +0,39 27.32 30.81	32.60 34.11	2:04.84
3.	Bairro dos Anjos-MASC-JUN	8:10.33	+0,86	621
	Manuel Andril Cordeiro	92 +0,86 27.92 30.61	32.49 32.94	2:03.96
	Filipe Rosa de Oliveira	93 +0,20 27.79 31.41	32.00 32.69	2:03.89
	Francisco Vala Pires	92 +0,24 27.01 30.68	33.26 32.77	2:03.72
	Joao Paulo Ribeiro	92 +0,29 26.19 29.69	31.58 31.30	1:58.76
4.	Algés-MASC-JUN	8:18.30	+0,80	592
	Ricardo Portas Marchao	93 +0,80 28.67 31.37	33.04 33.01	2:06.09
	Francisco Miguel Cirurgiao	93 +0,31 27.32 30.85	32.80 31.25	2:02.22
	Pedro Miguel Abreu	93 +0,34 27.13 31.33	33.14 32.52	2:04.12
	Rafael David Rodrigues	92 +0,10 27.41 31.77	33.03 33.66	2:05.87
5.	Naval do Funchal-MASC-JUN	8:37.75	+0,73	528
	<i>FTL</i>			
	Joao Afonso Vargas	93 +0,73 28.30 31.21	33.11 30.76	2:03.38
	Vitor Goncalo Castanheiro	92 +0,27 29.86 31.99	33.45 33.95	2:09.25
	Joao Costa Freitas	93 +0,25 29.55 34.21	34.70 33.80	2:12.26
	Alexandre Santos Gomes	93 +0,14 29.07 33.83	35.26 34.70	2:12.86

Seniores

1.	Louletano/Loulé Concelho-MASC-SEN	7:44.56	+0,77	731
	Bernardo Almeida Moreira	89 +0,77 27.87 29.65	29.33 29.04	1:55.89
	Luis Pedro Estanislau	91 +0,22 27.57 30.95	31.06 29.73	1:59.31
	Nuno Goncalo Quintanilha	87 +0,34 25.51 28.77	30.10 29.45	1:53.83
	Ricardo Sousa Filipe	88 +0,35 26.88 29.41	29.75 29.49	1:55.53
2.	Amadora-MASC-SEN	7:47.92	+0,78	715
	Duarte Rafael Mourao	84 +0,78 26.31 28.80	29.41 28.04	1:52.56
	Pedro Miguel Pedras	91 +0,36 26.63 30.15	32.04 31.92	2:00.74
	Daniel Ricardo Viegas	83 +0,10 27.24 30.25	31.04 31.38	1:59.91
	Fabio Andre Figueira	88 +0,25 26.27 29.56	30.23 28.65	1:54.71
3.	Vilacondense-MASC-SEN	7:47.94	+0,88	715
	Hugo Alberto Ribeiro	88 +0,88 27.53 29.63	30.08 30.40	1:57.64
	Igor Guterres Carvalho	88 +0,44 28.46 30.50	30.40 29.39	1:58.75
	Fabio Manuel Pereira	86 +0,20 26.02 28.80	29.49 27.94	1:52.25
	Henrique Pereira Neiva	84 +0,31 27.26 30.00	31.02 31.02	1:59.30

Campeonato Nacional de Juniores e Seniores PL
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Prova 30, Masc., 4 x 200m Livres, Seniores

Lugar	Clube					Tempo Final	TReac	Pts
4.	Nacional-MASC-SEN	Nacional				7:58.00	+0,71	671
	Luis Marques Pinto	87	+0,71	27.16	29.09	29.42	29.76	1:55.43
	Tomas Miguel Freitas	90	+0,20	27.47	30.83	31.01	30.33	1:59.64
	Oscar Ramos Melim	86	+0,29	27.82	31.15	31.53	31.96	2:02.46
	Paulo Fragueiro Franco	82	+0,43	27.69	30.90	31.20	30.68	2:00.47
5.	Náutico/Matobra-MASC-SEN	Náutico/Matobra				8:03.62	+0,73	648
	Miguel Silva Oliveira	91	+0,73	27.25	29.41	29.62	29.32	1:55.60
	Rui Miguel Fonseca	88	+0,33	27.05	30.27	30.23	30.83	1:58.38
	Daniel Alexandre Rodrigues	91	+0,45	26.82	31.15	33.22	33.48	2:04.67
	Hugo Miguel Nunes	90	+0,29	28.82	31.40	32.61	32.14	2:04.97

Campeonato Nacional de Juniores e Seniores PL
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Prova 31 Masc., 200m Estilos 17 anos e mais velhos
11.4.10 - 9:00 Resultados

RNABS	1:59.96	Diogo Filipe Carvalho	FPN	Málaga (ESP)	5.4.09
RNSEN	1:59.96	Diogo Filipe Carvalho	FPN	Málaga (ESP)	5.4.09
RNJUN	2:04.06	Carlos Esteves Almeida	CNA	Lisboa	24.3.06

TAC-SENM Sen: 2:15.00 / TAC-JUNM Jun: 2:19.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alexis Manacas Santos	92	Sporting	2:05.43	+0,70	752
	50m: 27.37 27.37	100m: 58.34 30.97	150m: 1:35.57	37.23	200m: 2:05.43	29.86
2.	Pedro Ribeiro Mendes	93	Colégio Vasco da Gama	2:11.90	+0,74	647
	50m: 27.65 27.65	100m: 1:01.94 34.29	150m: 1:40.51	38.57	200m: 2:11.90	31.39
3.	Miguel Machado Lopes	92	Benedita	2:14.17	+0,67	615
	50m: 29.14 29.14	100m: 1:03.05 33.91	150m: 1:43.06	40.01	200m: 2:14.17	31.11
4.	Joao Miguel Rocha	93	Famalicão	2:14.79	+0,79	606
	50m: 28.26 28.26	100m: 1:02.82 34.56	150m: 1:43.25	40.43	200m: 2:14.79	31.54
5.	Joao Claudio Sousa	93	Gespaços	2:15.55	+0,80	596
	50m: 29.41 29.41	100m: 1:05.24 35.83	150m: 1:44.02	38.78	200m: 2:15.55	31.53
6.	Diogo Maia e Silva	93	Pimpões/Cimai	2:15.73	+0,78	594
	50m: 29.62 29.62	100m: 1:04.14 34.52	150m: 1:44.38	40.24	200m: 2:15.73	31.35
7.	Paulo Andre Dias	92	Gespaços	2:16.29	+0,82	586
	50m: 29.49 29.49	100m: 1:05.52 36.03	150m: 1:45.02	39.50	200m: 2:16.29	31.27
8.	Joao Paulo Ribeiro	92	Bairro dos Anjos	2:16.71	+0,62	581
	50m: 28.05 28.05	100m: 1:03.95 35.90	150m: 1:44.93	40.98	200m: 2:16.71	31.78
9.	Duarte Barros Pires	92	Desportiva Limiana	2:16.96	+0,76	578
	50m: 28.98 28.98	100m: 1:05.10 36.12	150m: 1:45.26	40.16	200m: 2:16.96	31.70
10.	Nuno Durao Pascoal	92	Galitos	2:17.24	+0,91	574
	50m: 28.80 28.80	100m: 1:05.21 36.41	150m: 1:45.70	40.49	200m: 2:17.24	31.54
11.	Diogo Filipe Matos	92	Sporting	2:17.94	+0,66	565
	50m: 29.83 29.83	100m: 1:06.62 36.79	150m: 1:45.10	38.48	200m: 2:17.94	32.84
12.	Antonio Ribeiro Mendes	93	Colégio Vasco da Gama	2:18.08	+0,73	564
	50m: 29.63 29.63	100m: 1:04.78 35.15	150m: 1:45.58	40.80	200m: 2:18.08	32.50
13.	Fabio Andre Dias	92	Sporting	2:18.13	+0,78	563
	50m: 29.26 29.26	100m: 1:04.90 35.64	150m: 1:45.80	40.90	200m: 2:18.13	32.33
14.	Filipe Franco Norte	93	Náutico da Marinha Grande	2:18.25	+0,77	562
	50m: 29.64 29.64	100m: 1:04.77 35.13	150m: 1:45.88	41.11	200m: 2:18.25	32.37
15.	Rafael Dias Martins	93	Porto/Dolce Vita	2:19.08	+0,56	552
	<i>FTL</i> 50m: 28.49 28.49	100m: 1:05.32 36.83	150m: 1:48.52	43.20	200m: 2:19.08	30.56
16.	Alexandre Santos Gomes	93	Naval do Funchal	2:24.13	+0,78	496
	<i>FTL</i> 50m: 29.99 29.99	100m: 1:06.74 36.75	150m: 1:50.07	43.33	200m: 2:24.13	34.06

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Prova 31, Masc., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Pedro Miguel Agostinho <i>FTL</i>	92	Sporting	2:24.30	+0,64	494
	50m: 29.00 29.00	100m: 1:07.02 38.02	150m: 1:48.84 41.82	200m: 2:24.30 35.46		
DSQ	Bernardo Correia Silva <i>Falsa partida</i>	93	Porto/Dolce Vita			
DNF	Pedro Miguel Costa	92	Sporting de Espinho			

Seniores

1.	Diogo Filipe Carvalho	88	Galitos	2:01.96	+0,69	818
	50m: 26.17 26.17	100m: 57.83 31.66	150m: 1:33.28 35.45	200m: 2:01.96 28.68		
2.	Duarte Rafael Mourao	84	Amadora	2:04.96	+0,77	761
	50m: 26.24 26.24	100m: 58.54 32.30	150m: 1:34.71 36.17	200m: 2:04.96 30.25		
3.	Nuno Goncalo Quintanilha	87	Louletano/Loulé Concelho	2:05.82	+0,73	745
	50m: 26.05 26.05	100m: 59.15 33.10	150m: 1:35.71 36.56	200m: 2:05.82 30.11		
4.	Adriano Miguel Niz	86	Benfica	2:06.56	+0,72	732
	50m: 27.08 27.08	100m: 59.48 32.40	150m: 1:36.90 37.42	200m: 2:06.56 29.66		
5.	Rui Filipe Vilar	91	Porto/Dolce Vita	2:09.09	+0,66	690
	50m: 26.87 26.87	100m: 1:00.81 33.94	150m: 1:38.40 37.59	200m: 2:09.09 30.69		
6.	Pedro Fontoura Oliveira	90	Belenenses	2:10.22	+0,85	672
	50m: 27.75 27.75	100m: 59.74 31.99	150m: 1:40.22 40.48	200m: 2:10.22 30.00		
7.	Miguel Silva Oliveira	91	Náutico/Matobra	2:11.06	+0,74	659
	50m: 26.97 26.97	100m: 1:00.97 34.00	150m: 1:39.51 38.54	200m: 2:11.06 31.55		
8.	Pedro Miguel Pinotes	89	Sporting	2:11.60	+0,70	651
	50m: 27.80 27.80	100m: 1:00.99 33.19	150m: 1:40.78 39.79	200m: 2:11.60 30.82		
9.	Fabio Andre Figueira	88	Amadora	2:12.43	+0,70	639
	50m: 27.31 27.31	100m: 1:01.75 34.44	150m: 1:41.34 39.59	200m: 2:12.43 31.09		
10.	Cesar Fernando Faria	90	Bairro dos Anjos	2:12.93	+0,77	632
	50m: 27.85 27.85	100m: 1:02.06 34.21	150m: 1:43.17 41.11	200m: 2:12.93 29.76		
11.	Andre Bras Goncalves	88	Amadora	2:13.31	+0,71	627
	50m: 28.19 28.19	100m: 1:02.19 34.00	150m: 1:41.85 39.66	200m: 2:13.31 31.46		
12.	Nuno Rafael Alves	90	Gespaços	2:13.81	+0,80	619
	50m: 28.63 28.63	100m: 1:02.81 34.18	150m: 1:42.25 39.44	200m: 2:13.81 31.56		
13.	Tomas Miguel Freitas	90	Nacional	2:14.58	+0,82	609
	50m: 29.18 29.18	100m: 1:05.44 36.26	150m: 1:43.68 38.24	200m: 2:14.58 30.90		
14.	Hugo Cascais Rodrigues	89	Porto/Dolce Vita	2:14.84	+0,59	605
	50m: 28.65 28.65	100m: 1:03.13 34.48	150m: 1:42.42 39.29	200m: 2:14.84 32.42		
15.	Paulo Ricardo Araujo <i>FTL</i>	89	Famalicao	2:15.57	+0,76	596
	50m: 28.01 28.01	100m: 1:02.19 34.18	150m: 1:43.36 41.17	200m: 2:15.57 32.21		
16.	Marcelo Goncalo Pereira <i>FTL</i>	90	Vilacondense	2:16.39	+0,76	585
	50m: 28.38 28.38	100m: 1:02.98 34.60	150m: 1:43.89 40.91	200m: 2:16.39 32.50		

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Prova 31, Masc., 200m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Diogo Banza Pinto <i>FTL</i>	87	Algés	2:16.67	+0,81	581
	50m: 28.84 28.84	100m: 1:03.44 34.60	150m: 1:44.88 41.44	200m: 2:16.67 31.79		
18.	Diego Felipe Santos <i>FTL</i>	87	Nacional	2:18.01	+0,70	565
	50m: 29.51 29.51	100m: 1:05.64 36.13	150m: 1:45.78 40.14	200m: 2:18.01 32.23		

Campeonato Nacional de Juniores e Seniores PL
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Prova 32 Femin., 200m Estilos 15 anos e mais velhos
11.4.10 - 9:15 Resultados

RNABS	2:19.90	Nadia Morais Vieira	GESL	Coimbra	30.5.09
RNSEN	2:19.90	Nadia Morais Vieira	GESL	Coimbra	30.5.09
RNJUN	2:21.44	Petra Quintela Chaves	SAD	Restelo	29.7.94

TAC-SENF Sen: 2:32.00 / TAC-JUNF Jun: 2:35.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Maria Carolina Rosa	94	Sporting	2:23.73	+0,74	676
	50m: 30.87 30.87	100m: 1:09.38 38.51	150m: 1:50.33 40.95	200m: 2:23.73 33.40		
2.	Diana Ramos Rocha	94	Vilacondense	2:24.45	+0,83	666
	50m: 30.40 30.40	100m: 1:06.50 36.10	150m: 1:51.17 44.67	200m: 2:24.45 33.28		
3.	Patricia Garcia Marinho	94	Sporting	2:26.41	+0,75	639
	50m: 31.00 31.00	100m: 1:09.24 38.24	150m: 1:52.53 43.29	200m: 2:26.41 33.88		
4.	Catarina Tiago Nunes	95	Uniao Piedense	2:27.03	+0,84	631
	50m: 30.93 30.93	100m: 1:09.62 38.69	150m: 1:52.01 42.39	200m: 2:27.03 35.02		
5.	Lisa Marisa Soares	95	Amadora	2:28.14	+0,82	617
	50m: 31.51 31.51	100m: 1:08.16 36.65	150m: 1:53.61 45.45	200m: 2:28.14 34.53		
6.	Adriana Correia Lopes	95	Náutico/Matobra	2:29.29	+0,84	603
	50m: 32.54 32.54	100m: 1:09.03 36.49	150m: 1:54.22 45.19	200m: 2:29.29 35.07		
7.	Diana Patricia Ferreira	94	Gespaços	2:32.09	+0,83	570
	50m: 31.92 31.92	100m: 1:10.75 38.83	150m: 1:55.86 45.11	200m: 2:32.09 36.23		
8.	Filipa Maria Rompante	95	Famalicão	2:32.63	+0,88	564
	50m: 33.57 33.57	100m: 1:12.26 38.69	150m: 1:58.24 45.98	200m: 2:32.63 34.39		
9.	Eduarda Malheiro Neves	94	Braga	2:34.68	+0,81	542
	50m: 31.74 31.74	100m: 1:12.50 40.76	150m: 1:59.19 46.69	200m: 2:34.68 35.49		
10.	Mafalda Jotta Garcia	94	Algés	2:34.69	+0,75	542
	50m: 33.39 33.39	100m: 1:14.08 40.69	150m: 1:58.45 44.37	200m: 2:34.69 36.24		
11.	Tatiana Filipa Santos	95	Ginásio Figueirense	2:34.81	+0,84	541
	50m: 34.17 34.17	100m: 1:10.56 36.39	150m: 1:58.77 48.21	200m: 2:34.81 36.04		
12.	Ines Joao Costa	95	Braga	2:35.09	+0,81	538
	<i>FTL</i> 50m: 33.31 33.31	100m: 1:13.96 40.65	150m: 1:59.81 45.85	200m: 2:35.09 35.28		
13.	Rute Margarida Marques	94	Amadora	2:35.42	+0,92	534
	<i>FTL</i> 50m: 33.64 33.64	100m: 1:14.52 40.88	150m: 1:59.29 44.77	200m: 2:35.42 36.13		
14.	Paula Cristina Yang	95	Gesloures	2:35.97	+0,85	529
	<i>FTL</i> 50m: 34.48 34.48	100m: 1:12.29 37.81	150m: 2:00.48 48.19	200m: 2:35.97 35.49		
15.	Vanessa Carolina Valente	94	Alcobaça	2:39.48	+0,86	494
	<i>FTL</i> 50m: 33.54 33.54	100m: 1:14.13 40.59	150m: 2:02.93 48.80	200m: 2:39.48 36.55		

Campeonato Nacional de Juniores e Seniores PL
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Prova 32, Femin., 200m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Ines Adriana Mourao <i>FTL</i>	94	Gesloures	2:39.69	+0,81	492
	50m: 34.01 34.01	100m: 1:14.27 40.26	150m: 2:04.05 49.78	200m: 2:39.69 35.64		
17.	Ana Catarina Costa <i>FTL</i>	95	Feirense	2:39.79	+0,86	492
	50m: 33.91 33.91	100m: 1:13.62 39.71	150m: 2:01.95 48.33	200m: 2:39.79 37.84		
18.	Ana Joaquina Goncalves <i>FTL</i>	95	Braga	2:39.84	+0,74	491
	50m: 34.39 34.39	100m: 1:15.09 40.70	150m: 2:02.50 47.41	200m: 2:39.84 37.34		
19.	Ana Filipa Teixeira <i>FTL</i>	95	Individual Norte de Portugal	2:40.35	+0,77	486
	50m: 32.57 32.57	100m: 1:13.41 40.84	150m: 2:01.63 48.22	200m: 2:40.35 38.72		
20.	Ana Oliveira Cunha <i>FTL</i>	95	Famalicão	2:42.39	+0,86	468
	50m: 35.82 35.82	100m: 1:16.10 40.28	150m: 2:05.23 49.13	200m: 2:42.39 37.16		

Seniores

1.	Nadia Morais Vieira	90	Gesloures	2:20.68	+0,78	721
	50m: 31.06 31.06	100m: 1:06.54 35.48	150m: 1:46.86 40.32	200m: 2:20.68 33.82		
2.	Marta Pereira Abreu	92	Natação de Faro	2:22.17	+0,81	698
	50m: 31.69 31.69	100m: 1:07.45 35.76	150m: 1:49.52 42.07	200m: 2:22.17 32.65		
3.	Diana Duarte Gomes	89	Amadora	2:24.30	+0,77	668
	50m: 31.81 31.81	100m: 1:11.06 39.25	150m: 1:50.48 39.42	200m: 2:24.30 33.82		
4.	Fabiana Maria Quintal	84	Nacional	2:26.28	+0,88	641
	50m: 31.73 31.73	100m: 1:09.11 37.38	150m: 1:51.91 42.80	200m: 2:26.28 34.37		
5.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	2:27.16	+0,77	629
	50m: 31.09 31.09	100m: 1:11.81 40.72	150m: 1:54.20 42.39	200m: 2:27.16 32.96		
6.	Ana Catarina Monteiro	93	Vilacondense	2:28.89	+0,89	608
	50m: 30.61 30.61	100m: 1:07.87 37.26	150m: 1:55.09 47.22	200m: 2:28.89 33.80		
7.	Amelia Pereira Fernandes	89	Vitória de Guimarães	2:30.32	+0,85	591
	50m: 31.28 31.28	100m: 1:09.43 38.15	150m: 1:55.93 46.50	200m: 2:30.32 34.39		
8.	Mara Lisboa e Silva <i>FTL</i>	93	Bairro dos Anjos	2:32.27	+0,92	568
	50m: 32.16 32.16	100m: 1:10.60 38.44	150m: 1:57.36 46.76	200m: 2:32.27 34.91		
9.	Ana Filipa Carmo <i>FTL</i>	93	Colégio Vasco da Gama	2:33.74	+0,86	552
	50m: 32.36 32.36	100m: 1:11.67 39.31	150m: 1:57.50 45.83	200m: 2:33.74 36.24		
10.	Soraia Vanessa Ribeiro <i>FTL</i>	92	Vilacondense	2:34.36	+0,90	545
	50m: 31.79 31.79	100m: 1:10.82 39.03	150m: 1:56.50 45.68	200m: 2:34.36 37.86		
11.	Isabel Rovisco Monteiro <i>FTL</i>	93	Fafe	2:36.27	+0,75	526
	50m: 34.56 34.56	100m: 1:14.16 39.60	150m: 1:59.66 45.50	200m: 2:36.27 36.61		



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Prova 32, Femin., 200m Estilos

EXH	Victoriya Kaminskaya	95	Pimpões/Cimai	2:29.40	+0,78	602
	50m: 31.45 31.45	100m: 1:10.69	39.24	150m: 1:53.94	43.25	200m: 2:29.40 35.46



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Prova 33 Masc., 50m Bruços 17 anos e mais velhos
11.4.10 - 9:25 Resultados

RNABS	28.51	Jose Guilherme Couto	FPN	Fukuoka (JPN)	28.7.01
RNSEN	28.51	Jose Guilherme Couto	FPN	Fukuoka (JPN)	28.7.01
RNJUN	29.07	tempo limite			

TAC-SENM Sen: 31.80 / TAC-JUNM Jun: 33.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ricardo Ribeiro Silva	92	Vilacondense	30.15	+0,71	692
2.	Pedro Miguel Agostinho	92	Sporting	30.20	+0,66	688
3.	Mario Martins Costa	92	Algés	30.89	+0,62	643
4.	Tiago Geraldês Machado	93	Pimpões/Cimai	31.30	+0,84	618
5.	Diogo Filipe Matos	92	Sporting	31.44	+0,69	610
6.	Nuno Durao Pascoal	92	Galitos	31.54	+0,76	604
7.	Francisco Santos Costa	93	Portinado	31.86	+0,73	586
8.	Tiago Samuel Silva	93	Porto/Dolce Vita	32.27	+0,65	564
9.	Diogo Vasco Reis	93	Zona Azul	32.47	+0,74	554
10.	Joao Manuel Lanca	92	Uniao Piedense	32.49	+0,67	553
11.	Gustavo Alexandre Meneses	92	Columbófila Cantanhedense	32.52	+0,79	551
12.	Joao Claudio Sousa	93	Gespaços	32.53	+0,75	551
13.	Joao Filipe Oliveira	92	Braga	32.62	+0,90	546
14.	Filipe Miguel Silvestre	93	Bombeiros dos Estoris	32.77	+0,73	539
15.	Duarte Barros Pires	92	Desportiva Limiana	33.53	+0,74	503
	<i>FTL</i>					
16.	Joao Pedro Vidigueira	92	Scalabisport	33.69	+0,74	496
	<i>FTL</i>					
17.	Joao Pedro Mendes	92	Náutico da Marinha Grande	33.72	+0,91	494
	<i>FTL</i>					
18.	Fabio Andre Dias	92	Sporting	34.37	+0,77	467
	<i>FTL</i>					
Seniores						
1.	Luis Nobre Neto	90	Natação da Maia	29.50	+0,72	738
2.	Gil Goncalves Pinto	88	Porto/Dolce Vita	29.83	+0,63	714
3.	Ricardo Jose Varela	89	Naval Setubalense	29.95	+0,70	706
4.	Henrique Pereira Neiva	84	Vilacondense	29.96	+0,75	705
5.	Andre Miguel Silva	91	Palmela	30.14	+0,64	692
6.	Sergio Baptista Silva	91	Porto/Dolce Vita	30.27	+0,74	683
7.	Jaime Marques Duarte	87	Amadora	30.44	+0,73	672
8.	Rui Manuel Ribeiro	82	Braga	30.60	+0,76	662
9.	Joao Albano Viola	89	Náutico/Matobra	31.00	+0,66	636
10.	Pedro Miguel Varela	86	Naval Setubalense	31.57	+0,81	602
11.	Sergio Emanuel Costa	85	Fluvial Portuense	31.59	+0,69	601
12.	Andre Temtem Figueira	91	Naval do Funchal	31.81	+0,70	589
	<i>FTL</i>					
13.	Andre Pascoal Sargento	87	Lisnave	32.04	+0,73	576
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
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Prova 33, Masc., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Vitor Diogo Moura <i>FTL</i>	90	Nacional	32.50	+0,71	552
15.	Helder Alexandre Godinho <i>FTL</i>	86	Bairro dos Anjos	32.90	+0,85	532

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 34 Femin., 50m Bruços 15 anos e mais velhos
11.4.10 - 9:35 Resultados

RNABS	31.60	Joana Catarina Carvalho	FCP	Coimbra	30.5.09
RNSEN	31.60	Joana Catarina Carvalho	FCP	Coimbra	30.5.09
RNJUN	31.92	Ana Pinho Rodrigues	FPN	Gorzow Wlwp (POL)	28.3.10

TAC-SENF Sen: 36.65 / TAC-JUNF Jun: 37.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Ana Pinho Rodrigues	94	Estamos Juntos	32.01	+0,92	806
2.	Gabriela Oliveira Andrade	94	Náutico/Matobra	34.46	+0,79	646
3.	Maria Carolina Rosa	94	Sporting	34.53	+0,70	642
4.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	34.78	+0,66	629
5.	Joana Patricia Pinto	94	Ginásio de Vila Real	35.37	+0,86	598
6.	Mafalda Fraga Fragoso	94	Bombeiros Ponta Delgada	36.10	+0,72	562
7.	Diana Patricia Ferreira	94	Gespaços	36.12	+0,81	561
8.	Catarina Tiago Nunes	95	Uniao Piedense	36.18	+0,75	558
9.	Rute Margarida Marques	94	Amadora	36.76	+0,96	532
10.	Ariana Alves Nunes	95	Portinado	37.08	+0,83	519
11.	Mariana Costa Cabral	95	Bombeiros dos Estoris	37.29	+0,83	510
12.	Ana Filipa Teixeira	95	Individual Norte de Portugal	37.69	+0,77	494
	<i>FTL</i>					
13.	Patricia Alexandra Martins	95	Sporting	37.95	+0,72	484
	<i>FTL</i>					
14.	Ana Claudia Cordeiro	95	Náutico/Matobra	38.13	+0,73	477
	<i>FTL</i>					
15.	Cristina Isabel Reis	95	Zona Azul	38.16	+0,79	476
	<i>FTL</i>					

Seniores

1.	Joana Catarina Carvalho	92	Porto/Dolce Vita	32.81	+0,68	749
2.	Diana Duarte Gomes	89	Amadora	33.05	+0,77	733
3.	Ana Marisa Brito	90	Benfica	33.56	+0,74	700
4.	Isabel Maria Figueira	79	Natação de Faro	34.04	+0,81	670
5.	Renata Lopes Amaral	87	Uniao Piedense	34.47	+0,79	646
6.	Ana Teresa Franco	91	Sporting	34.48	+0,65	645
7.	Mariana Dias Almeida	93	Famalicão	34.84	+0,72	625
8.	Ana Rita Mendes	92	Amadora	35.34	+0,81	599
9.	Tania Alexandra Lopes	92	Benfica	35.77	+0,71	578
10.	Maria Ines Ribeiro	92	Náutico/Matobra	36.00	+0,80	567
11.	Natalie Nobrega Santos	83	Nacional	36.19	+0,89	558
12.	Tania Rute Cerqueira	92	Louletano/Loulé Concelho	36.35	+0,88	550
13.	Mafalda Sofia Hilario	93	Sporting	36.37	+0,72	550
14.	Ana Rita Ismael	92	Louletano/Loulé Concelho	36.72	+0,94	534
	<i>FTL</i>					
15.	Rubina Gama Xixaro	89	Nacional	36.97	+0,76	523
	<i>FTL</i>					
16.	Joana Marques Maia	91	Natação da Maia	37.01	+0,81	522
	<i>FTL</i>					

Campeonato Nacional de Juniores e Seniores PL
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Prova 34, Femin., 50m Bruços, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Maria Ines Pereira <i>FTL</i>	93	Colégio Vasco da Gama	37.10	+0,67	518
18.	Catarina Isabel Santos <i>FTL</i>	93	Naval do Funchal	37.12	+0,78	517
19.	Claudia Monteiro Martinho <i>FTL</i>	93	Colégio Vasco da Gama	37.38	+0,77	506
20.	Patricia Fonseca Silva <i>FTL</i>	93	Feirense	37.58	+0,80	498

Campeonato Nacional de Juniores e Seniores PL
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Prova 35 Masc., 100m Livres 17 anos e mais velhos
11.4.10 - 9:40 Resultados

RNABS	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29.7.09
RNSEN	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	29.7.09
RNJUN	49.59	Tiago Andre Venancio	FPN	Lisboa	15.7.04

TAC-SENM Sen: 53.90 / TAC-JUNM Jun: 55.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Mario Alexandre Pereira	92	Ginásio Figueirense	52.61	+0,68	708
	50m: 25.31 25.31	100m:	52.61 27.30			
2.	Gustavo Manuel Santa	93	Litoral Alentejano	53.32	+0,59	680
	50m: 26.00 26.00	100m:	53.32 27.32			
3.	Ricardo Manuel Machado	93	Braga	54.03	+0,74	654
	50m: 25.93 25.93	100m:	54.03 28.10			
4.	Francisco Fezas Vital	92	Benfica	54.12	+0,78	651
	50m: 26.43 26.43	100m:	54.12 27.69			
	Joao Pedro Almeida	92	Porto/Dolce Vita	54.12	+0,80	651
	50m: 26.27 26.27	100m:	54.12 27.85			
6.	Diogo Parrilha da Silva	93	Alcobaça	54.21	+0,75	647
	50m: 26.36 26.36	100m:	54.21 27.85			
7.	Rui Filipe Maia	93	Vilacondense	55.21	+0,75	613
	50m: 26.32 26.32	100m:	55.21 28.89			
8.	Bernardo Leitao Graca	93	Benfica	55.88	+0,68	591
	<i>FTL</i>					
	50m: 27.22 27.22	100m:	55.88 28.66			
9.	Joao Afonso Vargas	93	Naval do Funchal	55.92	+0,71	590
	<i>FTL</i>					
	50m: 27.02 27.02	100m:	55.92 28.90			
10.	Pedro Miguel Costa	92	Sporting de Espinho	56.44	+0,83	574
	<i>FTL</i>					
	50m: 26.72 26.72	100m:	56.44 29.72			
11.	Rogério Pina Tavares	92	Litoral Alentejano	56.87	+0,64	561
	<i>FTL</i>					
	50m: 26.98 26.98	100m:	56.87 29.89			
Seniores						
1.	Alexandre Escudier Agostinho	86	Portinado	50.28	+0,67	812
	50m: 23.57 23.57	100m:	50.28 26.71			
2.	Paulo Jorge Santos	89	Porto/Dolce Vita	50.98	+0,68	779
	50m: 23.97 23.97	100m:	50.98 27.01			
3.	Luis Marques Pinto	87	Nacional	51.51	+0,67	755
	50m: 24.82 24.82	100m:	51.51 26.69			
4.	Luis Emanuel Vaz	91	Famalicão	51.65	+0,72	749
	50m: 25.04 25.04	100m:	51.65 26.61			

Campeonato Nacional de Juniores e Seniores PL
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Prova 35, Masc., 100m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Joao Silva Gigante 50m: 25.10 25.10 100m: 52.70 27.60	88	Benfica	52.70	+0,68	705
6.	Bernardo Almeida Moreira 50m: 25.65 25.65 100m: 52.98 27.33	89	Louletano/Loulé Concelho	52.98	+0,77	694
7.	Fabio Manuel Pereira 50m: 25.92 25.92 100m: 53.04 27.12	86	Vilacondense	53.04	+0,77	691
8.	Jorge Manuel Maia 50m: 26.10 26.10 100m: 53.18 27.08	89	Famalicão	53.18	+0,74	686
9.	Ricardo Ferreira Cotovio 50m: 25.38 25.38 100m: 53.20 27.82	91	Sporting	53.20	+0,65	685
10.	Raul Jose Custodio 50m: 25.63 25.63 100m: 53.40 27.77	88	Benfica	53.40	+0,80	677
11.	Fabio Andre Figueira 50m: 25.83 25.83 100m: 53.87 28.04	88	Amadora	53.87	+0,71	660
12.	Joao Pedro Teodoro <i>FTL</i> 50m: 25.21 25.21 100m: 54.41 29.20	90	Naval Setubalense	54.41	+0,74	640
13.	Filipe Vieira Malheiro <i>FTL</i> 50m: 26.32 26.32 100m: 54.46 28.14	90	Braga	54.46	+0,73	639
14.	Vasco Miguel Gaspar <i>FTL</i> 50m: 26.18 26.18 100m: 54.85 28.67	90	Uniao Piedense	54.85	+0,76	625
15.	Ricardo Pereira Lopes <i>FTL</i> 50m: 26.46 26.46 100m: 54.97 28.51	90	Benfica	54.97	+0,57	621
DNS	Joao Filipe Carvalho	87	Porto/Dolce Vita			

Campeonato Nacional de Juniores e Seniores PL
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Prova 36
11.4.10 - 10:05

Femin., 1500m Livres

15 anos e mais velhos
Resultados

RNABS	17:06.28	Maria Miguel Veloso	CNAC	Faro	21.7.09
RNSEN	17:13.93	Teresa Manuela Ferreira	FCP	Famalicao	31.7.05
RNJUN	17:06.28	Maria Miguel Veloso	CNAC	Faro	21.7.09

TAC-SENF Sen: 18:55.00 / TAC-JUNF Jun: 19:15.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Carolina Cunha Martins	95	Náutico/Matobra	17:48.97	+0,93	685
	100m: 1:08.14 1:08.14	500m: 5:52.84 1:10.87	900m: 10:37.81 1:11.36	1300m: 15:26.13 1:12.42		
	200m: 2:19.54 1:11.40	600m: 7:03.79 1:10.95	1000m: 11:49.43 1:11.62	1400m: 16:38.43 1:12.30		
	300m: 3:30.60 1:11.06	700m: 8:14.98 1:11.19	1100m: 13:01.49 1:12.06	1500m: 17:48.97 1:10.54		
	400m: 4:41.97 1:11.37	800m: 9:26.45 1:11.47	1200m: 14:13.71 1:12.22			
2.	Angelica Maria Andre	94	Leixões	17:51.65	+0,86	680
	100m: 1:07.62 1:07.62	500m: 5:50.63 1:11.33	900m: 10:41.23 1:13.16	1300m: 15:30.53 1:11.78		
	200m: 2:17.39 1:09.77	600m: 7:02.61 1:11.98	1000m: 11:53.57 1:12.34	1400m: 16:42.16 1:11.63		
	300m: 3:27.74 1:10.35	700m: 8:15.94 1:13.33	1100m: 13:06.39 1:12.82	1500m: 17:51.65 1:09.49		
	400m: 4:39.30 1:11.56	800m: 9:28.07 1:12.13	1200m: 14:18.75 1:12.36			
3.	Patricia Garcia Marinho	94	Sporting	17:57.68	+0,94	669
	100m: 1:06.96 1:06.96	500m: 5:53.06 1:11.81	900m: 10:41.93 1:12.30	1300m: 15:32.63 1:13.21		
	200m: 2:17.61 1:10.65	600m: 7:04.83 1:11.77	1000m: 11:54.26 1:12.33	1400m: 16:45.70 1:13.07		
	300m: 3:29.18 1:11.57	700m: 8:17.19 1:12.36	1100m: 13:06.55 1:12.29	1500m: 17:57.68 1:11.98		
	400m: 4:41.25 1:12.07	800m: 9:29.63 1:12.44	1200m: 14:19.42 1:12.87			
4.	Leonor Mourinho Neves	95	Sporting	18:11.54	+0,90	643
	100m: 1:07.05 1:07.05	500m: 5:55.16 1:12.65	900m: 10:47.54 1:13.17	1300m: 15:44.13 1:14.48		
	200m: 2:18.05 1:11.00	600m: 7:07.98 1:12.82	1000m: 12:01.54 1:14.00	1400m: 16:58.14 1:14.01		
	300m: 3:29.80 1:11.75	700m: 8:20.69 1:12.71	1100m: 13:15.56 1:14.02	1500m: 18:11.54 1:13.40		
	400m: 4:42.51 1:12.71	800m: 9:34.37 1:13.68	1200m: 14:29.65 1:14.09			
5.	Ines Sofia Sampaio	94	Académico Viseu	18:26.63	+0,91	617
	100m: 1:08.50 1:08.50	500m: 6:03.27 1:14.41	900m: 11:00.83 1:15.04	1300m: 16:01.64 1:14.61		
	200m: 2:21.41 1:12.91	600m: 7:16.56 1:13.29	1000m: 12:16.28 1:15.45	1400m: 17:16.08 1:14.44		
	300m: 3:35.11 1:13.70	700m: 8:31.09 1:14.53	1100m: 13:32.08 1:15.80	1500m: 18:26.63 1:10.55		
	400m: 4:48.86 1:13.75	800m: 9:45.79 1:14.70	1200m: 14:47.03 1:14.95			
6.	Raquel Paulo Ranito	94	Sporting	18:28.87	+0,82	614
	100m: 1:08.43 1:08.43	500m: 6:05.24 1:14.96	900m: 11:03.33 1:14.65	1300m: 16:02.69 1:15.16		
	200m: 2:22.03 1:13.60	600m: 7:19.56 1:14.32	1000m: 12:18.16 1:14.83	1400m: 17:17.16 1:14.47		
	300m: 3:35.81 1:13.78	700m: 8:33.90 1:14.34	1100m: 13:32.80 1:14.64	1500m: 18:28.87 1:11.71		
	400m: 4:50.28 1:14.47	800m: 9:48.68 1:14.78	1200m: 14:47.53 1:14.73			
7.	Marta Sofia Cunha	95	Sporting	18:45.81	+0,68	586
	100m: 1:09.36 1:09.36	500m: 6:06.27 1:15.16	900m: 11:08.06 1:15.71	1300m: 16:14.71 1:16.28		
	200m: 2:22.59 1:13.23	600m: 7:21.60 1:15.33	1000m: 12:24.03 1:15.97	1400m: 17:31.08 1:16.37		
	300m: 3:36.85 1:14.26	700m: 8:36.95 1:15.35	1100m: 13:40.89 1:16.86	1500m: 18:45.81 1:14.73		
	400m: 4:51.11 1:14.26	800m: 9:52.35 1:15.40	1200m: 14:58.43 1:17.54			
8.	Mariana Rocha Valente	95	Náutico/Matobra	18:47.35	+0,71	584
	100m: 1:09.41 1:09.41	500m: 6:07.04 1:15.04	900m: 11:10.07 1:16.50	1300m: 16:16.86 1:17.41		
	200m: 2:23.04 1:13.63	600m: 7:21.86 1:14.82	1000m: 12:26.46 1:16.39	1400m: 17:32.92 1:16.06		
	300m: 3:37.37 1:14.33	700m: 8:37.41 1:15.55	1100m: 13:42.84 1:16.38	1500m: 18:47.35 1:14.43		
	400m: 4:52.00 1:14.63	800m: 9:53.57 1:16.16	1200m: 14:59.45 1:16.61			

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Prova 36, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Ana Sofia Costa	95	Alcobaça	18:57.01	+0,88	569
	100m: 1:09.68 1:09.68	500m: 6:10.67 1:15.90	900m: 11:15.49 1:16.56	1300m: 16:24.42 1:17.15		
	200m: 2:24.16 1:14.48	600m: 7:26.61 1:15.94	1000m: 12:32.43 1:16.94	1400m: 17:41.35 1:16.93		
	300m: 3:38.97 1:14.81	700m: 8:42.40 1:15.79	1100m: 13:49.65 1:17.22	1500m: 18:57.01 1:15.66		
	400m: 4:54.77 1:15.80	800m: 9:58.93 1:16.53	1200m: 15:07.27 1:17.62			

Seniores

1.	Maria Miguel Veloso	93	Náutico/Matobra	17:31.15	+0,95	720
	100m: 1:06.66 1:06.66	500m: 5:44.27 1:09.74	900m: 10:26.63 1:11.14	1300m: 15:11.09 1:10.84		
	200m: 2:15.85 1:09.19	600m: 6:54.60 1:10.33	1000m: 11:37.75 1:11.12	1400m: 16:22.15 1:11.06		
	300m: 3:25.12 1:09.27	700m: 8:05.05 1:10.45	1100m: 12:48.79 1:11.04	1500m: 17:31.15 1:09.00		
	400m: 4:34.53 1:09.41	800m: 9:15.49 1:10.44	1200m: 14:00.25 1:11.46			
2.	Joana Filipa Santos	93	Vitória de Guimarães	17:45.30	+0,93	692
	100m: 1:06.79 1:06.79	500m: 5:46.97 1:10.66	900m: 10:34.20 1:12.29	1300m: 15:22.42 1:12.52		
	200m: 2:16.67 1:09.88	600m: 6:58.35 1:11.38	1000m: 11:45.86 1:11.66	1400m: 16:34.45 1:12.03		
	300m: 3:26.34 1:09.67	700m: 8:09.98 1:11.63	1100m: 12:57.58 1:11.72	1500m: 17:45.30 1:10.85		
	400m: 4:36.31 1:09.97	800m: 9:21.91 1:11.93	1200m: 14:09.90 1:12.32			
3.	Lara Santana Pinheiro	92	Belenenses	18:00.57	+0,98	663
	100m: 1:07.77 1:07.77	500m: 5:53.13 1:11.66	900m: 10:41.38 1:12.39	1300m: 15:34.69 1:14.16		
	200m: 2:18.73 1:10.96	600m: 7:04.65 1:11.52	1000m: 11:54.39 1:13.01	1400m: 16:48.52 1:13.83		
	300m: 3:30.12 1:11.39	700m: 8:16.94 1:12.29	1100m: 13:07.33 1:12.94	1500m: 18:00.57 1:12.05		
	400m: 4:41.47 1:11.35	800m: 9:28.99 1:12.05	1200m: 14:20.53 1:13.20			
4.	Maria Ana Magalhaes	93	Desportiva Limiana	18:08.20	+0,80	649
	100m: 1:07.44 1:07.44	500m: 5:57.71 1:12.70	900m: 10:48.46 1:12.99	1300m: 15:41.84 1:13.29		
	200m: 2:19.71 1:12.27	600m: 7:10.26 1:12.55	1000m: 12:01.71 1:13.25	1400m: 16:55.33 1:13.49		
	300m: 3:32.20 1:12.49	700m: 8:22.99 1:12.73	1100m: 13:15.20 1:13.49	1500m: 18:08.20 1:12.87		
	400m: 4:45.01 1:12.81	800m: 9:35.47 1:12.48	1200m: 14:28.55 1:13.35			
5.	Marta Alexandra Saraiva	93	Uniao Piedense	18:27.73	+0,90	616
	100m: 1:09.19 1:09.19	500m: 6:02.09 1:13.19	900m: 10:59.37 1:14.55	1300m: 15:58.87 1:14.47		
	200m: 2:22.55 1:13.36	600m: 7:16.08 1:13.99	1000m: 12:14.50 1:15.13	1400m: 17:13.63 1:14.76		
	300m: 3:35.32 1:12.77	700m: 8:30.20 1:14.12	1100m: 13:29.16 1:14.66	1500m: 18:27.73 1:14.10		
	400m: 4:48.90 1:13.58	800m: 9:44.82 1:14.62	1200m: 14:44.40 1:15.24			
6.	Tatiana Ladeiro Santos	92	Gesloures	18:38.72	+0,76	598
	100m: 1:09.38 1:09.38	500m: 6:08.39 1:15.32	900m: 11:07.47 1:14.91	1300m: 16:09.14 1:15.87		
	200m: 2:22.81 1:13.43	600m: 7:22.94 1:14.55	1000m: 12:22.53 1:15.06	1400m: 17:24.39 1:15.25		
	300m: 3:37.86 1:15.05	700m: 8:37.81 1:14.87	1100m: 13:38.09 1:15.56	1500m: 18:38.72 1:14.33		
	400m: 4:53.07 1:15.21	800m: 9:52.56 1:14.75	1200m: 14:53.27 1:15.18			
7.	Alexandra Ribeiro Paula	93	Sporting	18:39.06	+0,83	597
	100m: 1:09.08 1:09.08	500m: 6:04.09 1:14.56	900m: 11:05.70 1:15.44	1300m: 16:09.31 1:15.91		
	200m: 2:22.29 1:13.21	600m: 7:19.36 1:15.27	1000m: 12:21.51 1:15.81	1400m: 17:25.51 1:16.20		
	300m: 3:35.54 1:13.25	700m: 8:34.74 1:15.38	1100m: 13:37.61 1:16.10	1500m: 18:39.06 1:13.55		
	400m: 4:49.53 1:13.99	800m: 9:50.26 1:15.52	1200m: 14:53.40 1:15.79			
8.	Daniela Filipa Pinto	91	Vitória de Guimarães	19:07.37	+0,85	554
	<i>FTL</i>					
	100m: 1:08.41 1:08.41	500m: 6:09.75 1:15.86	900m: 11:19.72 1:18.60	1300m: 16:33.97 1:17.67		
	200m: 2:22.22 1:13.81	600m: 7:26.29 1:16.54	1000m: 12:38.64 1:18.92	1400m: 17:50.79 1:16.82		
	300m: 3:37.93 1:15.71	700m: 8:43.46 1:17.17	1100m: 13:57.44 1:18.80	1500m: 19:07.37 1:16.58		
	400m: 4:53.89 1:15.96	800m: 10:01.12 1:17.66	1200m: 15:16.30 1:18.86			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 37
11.4.10 - 15:30

Femin., 100m Mariposa

15 anos e mais velhos
Resultados

RNABS	59.48	Sara Freitas Oliveira	FPN	Beijing (CHN)	9.8.08
RNSEN	59.48	Sara Freitas Oliveira	FPN	Beijing (CHN)	9.8.08
RNJUN	1:01.48	Sara Francisco Cruz	ADBA	Faro	20.7.09

TAC-SENF Sen: 1:08.50 / TAC-JUNF Jun: 1:10.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Filipa Vilas Tiago	94	Sporting	1:04.61	+0,69	653
	50m: 30.52 30.52	100m: 1:04.61	34.09			
2.	Maria Carolina Rosa	94	Sporting	1:04.87	+0,75	645
	50m: 30.57 30.57	100m: 1:04.87	34.30			
3.	Diana Ramos Rocha	94	Vilacondense	1:05.16	+0,77	636
	50m: 30.36 30.36	100m: 1:05.16	34.80			
4.	Lisa Marisa Soares	95	Amadora	1:05.93	+0,83	614
	50m: 31.13 31.13	100m: 1:05.93	34.80			
5.	Catarina Tiago Nunes	95	Uniao Piedense	1:06.04	+0,75	611
	50m: 30.48 30.48	100m: 1:06.04	35.56			
6.	Sofia Oliveira Pinto	94	Benfica	1:06.82	+0,76	590
	50m: 31.36 31.36	100m: 1:06.82	35.46			
7.	Ines Martins Silva	94	Estamos Juntos	1:07.07	+0,81	583
	50m: 31.11 31.11	100m: 1:07.07	35.96			
8.	Sofia Pavao Machado	94	Naval de Ponta Delgada	1:07.21	+0,85	580
	50m: 31.08 31.08	100m: 1:07.21	36.13			
9.	Eduarda Malheiro Neves	94	Braga	1:07.40	+0,76	575
	50m: 31.38 31.38	100m: 1:07.40	36.02			
10.	Raquel Paulo Ranito	94	Sporting	1:08.17	+0,81	556
	50m: 31.64 31.64	100m: 1:08.17	36.53			
11.	Ana Catarina Cavaco	95	Natação Olhão	1:08.19	+0,84	555
	50m: 31.92 31.92	100m: 1:08.19	36.27			
12.	Mariana Sousa Martins	95	Feirense	1:08.66	+0,82	544
	50m: 31.91 31.91	100m: 1:08.66	36.75			
13.	Ana Raquel Miranda	94	Uniao Piedense	1:09.24	+0,68	530
	50m: 31.61 31.61	100m: 1:09.24	37.63			
14.	Silvia Ariana Soares	95	Porto/Dolce Vita	1:10.01	+0,85	513
	<i>FTL</i> 50m: 32.26 32.26	100m: 1:10.01	37.75			
15.	Ines Adriana Mourao	94	Gesloures	1:10.13	+0,78	510
	<i>FTL</i> 50m: 33.58 33.58	100m: 1:10.13	36.55			
16.	Ana Rita Cunha	94	Gespaços	1:10.43	+1,01	504
	<i>FTL</i> 50m: 33.14 33.14	100m: 1:10.43	37.29			

Campeonato Nacional de Juniores e Seniores PL
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Prova 37, Femin., 100m Mariposa, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Luisa Pinto Abreu <i>FTL</i>	94	Belenenses	1:10.87	+0,76	494
	50m: 32.83 32.83	100m: 1:10.87	38.04			
18.	Marta Filipa Vinagre <i>FTL</i>	95	Torres Novas	1:11.72	+0,89	477
	50m: 32.07 32.07	100m: 1:11.72	39.65			

Seniores

1.	Sara Freitas Oliveira	85	Porto/Dolce Vita	1:00.67	+0,61	788
	50m: 28.55 28.55	100m: 1:00.67	32.12			
2.	Sara Alexandra Madeira	87	Louletano/Loulé Concelho	1:02.78	+0,74	712
	50m: 29.74 29.74	100m: 1:02.78	33.04			
3.	Ana Catarina Monteiro	93	Vilacondense	1:04.14	+0,78	667
	50m: 30.08 30.08	100m: 1:04.14	34.06			
4.	Sara Francisco Cruz	93	Bairro dos Anjos	1:04.46	+0,78	657
	50m: 30.04 30.04	100m: 1:04.46	34.42			
5.	Ana Beatriz Pereira	91	Louletano/Loulé Concelho	1:05.21	+0,73	635
	50m: 30.89 30.89	100m: 1:05.21	34.32			
6.	Isabel Alves Lopes	92	Colégio Vasco da Gama	1:05.64	+0,78	622
	50m: 30.82 30.82	100m: 1:05.64	34.82			
7.	Marta Posser Villar	85	Amadora	1:05.65	+0,79	622
	50m: 30.40 30.40	100m: 1:05.65	35.25			
8.	Amelia Pereira Fernandes	89	Vitória de Guimarães	1:05.98	+0,78	613
	50m: 30.53 30.53	100m: 1:05.98	35.45			
9.	Rita Pereira Abreu	93	Natação de Faro	1:06.07	+0,79	610
	50m: 30.19 30.19	100m: 1:06.07	35.88			
10.	Carlota Freitas Olim	93	Naval do Funchal	1:06.27	+0,67	605
	50m: 30.89 30.89	100m: 1:06.27	35.38			
11.	Ines Jesus Bringel	92	Portinado	1:07.35	+0,72	576
	50m: 31.40 31.40	100m: 1:07.35	35.95			
12.	Elsa Daniel Dias	92	Braga	1:07.68	+0,79	568
	50m: 31.97 31.97	100m: 1:07.68	35.71			
13.	Ana Filipa Carmo	93	Colégio Vasco da Gama	1:07.99	+0,85	560
	50m: 31.27 31.27	100m: 1:07.99	36.72			
14.	Paula Cristina Melo	93	Natação de Faro	1:08.05	+0,77	559
	50m: 31.15 31.15	100m: 1:08.05	36.90			
15.	Elsa Manuela Cardoso	86	Ginásio de Vila Real	1:08.16	+0,75	556
	50m: 30.85 30.85	100m: 1:08.16	37.31			
16.	Ana Rita Ismael	92	Louletano/Loulé Concelho	1:08.47	+0,81	548
	50m: 31.06 31.06	100m: 1:08.47	37.41			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 37, Femin., 100m Mariposa, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Claudia Marques Moreno <i>FTL</i>	91	Porto/Dolce Vita	1:08.54	+0,87	547
	50m: 31.29 31.29	100m: 1:08.54	37.25			
18.	Debora Marisa Pereira <i>FTL</i>	89	Nacional	1:10.66	+0,74	499
	50m: 33.49 33.49	100m: 1:10.66	37.17			
EXH	Victoriya Kaminskaya	95	Pimpões/Cimai	1:08.59	+0,85	545
	50m: 31.21 31.21	100m: 1:08.59	37.38			

Campeonato Nacional de Juniores e Seniores PL
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Prova 38 Masc., 100m Mariposa 17 anos e mais velhos
11.4.10 - 15:40 Resultados

RNABS	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29.3.09
RNSEN	52.42	Diogo Filipe Carvalho	CGA	Lisboa	29.3.09
RNJUN	54.66	Diogo Filipe Carvalho	CGA	Lisboa	25.3.06

TAC-SENM Sen: 58.40 / TAC-JUNM Jun: 1:01.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Francisco Fezas Vital	92	Benfica	57.05	+0,78	665
	50m: 26.54 26.54	100m:	57.05 30.51			
2.	Joao Paulo Ribeiro	92	Bairro dos Anjos	57.31	+0,60	656
	50m: 26.96 26.96	100m:	57.31 30.35			
3.	Diogo Parrilha da Silva	93	Alcobaça	57.50	+0,72	650
	50m: 26.54 26.54	100m:	57.50 30.96			
4.	Pedro Ribeiro Mendes	93	Colégio Vasco da Gama	58.34	+0,75	622
	50m: 27.81 27.81	100m:	58.34 30.53			
5.	Mario Alexandre Pereira	92	Ginásio Figueirense	58.82	+0,75	607
	50m: 27.75 27.75	100m:	58.82 31.07			
6.	Pedro Miguel Abreu	93	Algés	59.94	+0,78	574
	50m: 27.84 27.84	100m:	59.94 32.10			
7.	Rafael Dias Martins	93	Porto/Dolce Vita	1:00.04	+0,66	571
	50m: 28.17 28.17	100m:	1:00.04 31.87			
8.	Rui Filipe Maia	93	Vilacondense	1:00.26	+0,76	565
	50m: 27.99 27.99	100m:	1:00.26 32.27			
9.	Pedro Duarte Ludovice	92	Amadora	1:00.27	+0,78	564
	50m: 28.07 28.07	100m:	1:00.27 32.20			
10.	Emanuel Augusto Pinho	93	Feirense	1:00.44	+0,71	560
	50m: 28.09 28.09	100m:	1:00.44 32.35			
11.	Miguel Goncalves Ferreira	93	Nacional	1:01.23	+0,80	538
	<i>FTL</i>					
	50m: 28.95 28.95	100m:	1:01.23 32.28			
12.	Joao Pedro Coutinho	92	Sporting	1:01.27	+0,75	537
	<i>FTL</i>					
	50m: 28.74 28.74	100m:	1:01.27 32.53			
13.	Vitor Goncalo Castanheiro	92	Naval do Funchal	1:01.59	+0,77	529
	<i>FTL</i>					
	50m: 28.65 28.65	100m:	1:01.59 32.94			
14.	Joao Claudio Sousa	93	Gespaços	1:01.82	+0,77	523
	<i>FTL</i>					
	50m: 28.92 28.92	100m:	1:01.82 32.90			
15.	Alexandre Santos Gomes	93	Naval do Funchal	1:02.95	+0,83	495
	<i>FTL</i>					
	50m: 29.46 29.46	100m:	1:02.95 33.49			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 38, Masc., 100m Mariposa

Seniores

1.	Simao Gomes Morgado	79	Amadora	54.08	+0,96	781
	50m: 25.58 25.58	100m: 54.08 28.50				
2.	Diogo Filipe Carvalho	88	Galitos	54.16	+0,69	778
	50m: 25.74 25.74	100m: 54.16 28.42				
3.	Duarte Rafael Mourao	84	Amadora	54.25	+0,76	774
	50m: 25.44 25.44	100m: 54.25 28.81				
4.	Nuno Goncalo Quintanilha	87	Louletano/Loulé Concelho	54.28	+0,70	773
	50m: 25.83 25.83	100m: 54.28 28.45				
5.	Joao Pedro Teodoro	90	Naval Setubalense	56.45	+0,71	687
	50m: 26.18 26.18	100m: 56.45 30.27				
6.	Carlos Filipe Santos	91	Porto/Dolce Vita	57.12	+0,71	663
	50m: 26.19 26.19	100m: 57.12 30.93				
7.	Ricardo Sousa Filipe	88	Louletano/Loulé Concelho	57.18	+0,75	661
	50m: 27.05 27.05	100m: 57.18 30.13				
8.	Miguel Silva Oliveira	91	Náutico/Matobra	57.40	+0,74	653
	50m: 26.65 26.65	100m: 57.40 30.75				
	Luis Pedro Estanislau	91	Louletano/Loulé Concelho	57.40	+0,71	653
	50m: 27.00 27.00	100m: 57.40 30.40				
10.	Fabio Andre Figueira	88	Amadora	57.72	+0,69	643
	50m: 27.12 27.12	100m: 57.72 30.60				
11.	Rui Miguel Fonseca	88	Náutico/Matobra	58.30	+0,72	624
	50m: 27.51 27.51	100m: 58.30 30.79				
12.	Igor Guterres Carvalho	88	Vilacondense	59.40	+0,87	589
	<i>FTL</i> 50m: 27.90 27.90	100m: 59.40 31.50				
13.	Tiago Manuel Rodrigues	91	Vitória de Guimarães	1:01.51	+0,79	531
	<i>FTL</i> 50m: 27.72 27.72	100m: 1:01.51 33.79				
DNS	Joao Silva Gigante	88	Benfica			

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 39 Femin., 50m Costas 15 anos e mais velhos
11.4.10 - 15:45 Resultados

RNABS	29.40	Marta Vieira Marinho	FCP	Coimbra	10.4.10
RNSEN	29.40	Marta Vieira Marinho	FCP	Coimbra	10.4.10
RNJUN	30.83	Joana Dias Escaria	FPN	Bordéus (FRA)	15.1.05

TAC-SENF Sen: 33.75 / TAC-JUNF Jun: 34.20

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Lisa Marisa Soares	95	Amadora	30.97	+0,64	667
2.	Sofia Pavao Machado	94	Naval de Ponta Delgada	31.21	+0,76	651
3.	Susana Correia Oliveira	94	Belenenses	31.35	+0,60	643
4.	Ines Catarina Agostinho	94	Sporting	31.58	+0,67	629
5.	Patricia Isabel Oliveira	94	Leixões	31.63	+0,64	626
6.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	31.70	+0,57	622
7.	Ana Raquel Miranda	94	Uniao Piedense	32.28	+0,59	589
8.	Adriana Correia Lopes	95	Náutico/Matobra	32.45	+0,75	579
9.	Diana Patricia Ferreira	94	Gespaços	32.77	+0,57	563
10.	Paula Cristina Yang	95	Gesloures	32.79	+0,62	562
11.	Tatiana Filipa Santos	95	Ginásio Figueirense	32.97	+0,67	552
12.	Catarina Tiago Nunes	95	Uniao Piedense	33.03	+0,67	549
13.	Ana Margarida Almeida	94	Galitos	33.24	+0,62	539
14.	Carine Lederer	95	Bombeiros dos Estoris	33.25	+0,64	539
15.	Joana Margarida Guimaraes	95	Pimpões/Cimai	33.33	+0,58	535
16.	Sara Sa Espadilha	94	Lisnave	33.52	+0,69	526
17.	Joana Filipa Rodrigues	95	Gesloures	33.55	+0,66	524
18.	Matilde Apolinario Portada	94	Louletano/Loulé Concelho	33.71	+0,61	517
19.	Sofia Oliveira Pinto	94	Benfica	33.74	+0,63	515
20.	Ana Catarina Costa	95	Feirense	33.77	+0,60	514
21.	Catarina Isabel Mendes	95	Atlético do Montijo	34.10	+0,69	499
22.	Ana Afonso Mendonca	94	Naval do Funchal	34.31	+0,70	490
	<i>FTL</i>					
23.	Vanessa Carolina Valente	94	Alcobaça	34.40	+0,64	486
	<i>FTL</i>					
24.	Petra Carolina Silva	95	Nacional	34.56	+0,64	480
	<i>FTL</i>					

Seniores

1.	Marta Vieira Marinho	91	Porto/Dolce Vita	29.89	+0,61	742
2.	Renata Lopes Amaral	87	Uniao Piedense	30.80	+0,63	678
3.	Filipa Mendes Pinheiro	92	Desportiva de Viana	31.26	+0,68	648
4.	Marta Pereira Abreu	92	Natação de Faro	31.36	+0,68	642
5.	Andreia Filipa Anjos	92	Bairro dos Anjos	31.67	+0,64	623
6.	Ana Sofia Leite	93	Ginásio de Vila Real	31.69	+0,71	622
7.	Rita Pereira Abreu	93	Natação de Faro	31.93	+0,65	608
8.	Fabiana Maria Quintal	84	Nacional	32.14	+0,70	596
9.	Mariana Oliveira Vale	93	Natação de Valongo	32.53	+0,67	575
10.	Joaquina Silva Freitas	93	Naval do Funchal	32.54	+0,68	575
11.	Alexandra Ribeiro Paula	93	Sporting	32.68	+0,73	567

Campeonato Nacional de Juniores e Seniores PL
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Prova 39, Femin., 50m Costas, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Jessica Teixeira Vieira	91	Belenenses	32.68	+0,68	567
13.	Ana Rita Rolo	88	Amadora	32.80	+0,69	561
14.	Mara Lisboa e Silva	93	Bairro dos Anjos	32.87	+0,75	557
15.	Andreia Silva Cruz	88	Lisnave	32.99	+0,63	551
16.	Ana Sofia Simoes	93	Belenenses	33.13	+0,61	544
17.	Maria Ines Pereira	93	Colégio Vasco da Gama	33.48	+0,69	527
18.	Carla Sofia Rodrigues	93	Amadora	33.60	+0,68	522
19.	Helyana Maria Moitalta	92	Portinado	33.70	+0,58	517

Campeonato Nacional de Juniores e Seniores PL
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Prova 40 Masc., 50m Costas 17 anos e mais velhos
11.4.10 - 15:55 Resultados

RNABS	25.99	Nuno Filipe Laurentino	FPN	Berlim (GER)	31.7.02
RNSEN	25.99	Nuno Filipe Laurentino	FPN	Berlim (GER)	31.7.02
RNJUN	26.58	Alexis Manacas Santos	SCP	Coimbra	10.4.10

TAC-SENM Sen: 29.00 / TAC-JUNM Jun: 30.10

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Alexis Manacas Santos	92	Sporting	26.88	+0,65	715
2.	Nuno Rafael Duraes	93	Naval Setubalense	27.77	+0,59	648
3.	Goncalo Filipe Gregorio	93	Uniao Piedense	27.86	+0,54	642
4.	Joao Filipe Fernandes	93	Famalicão	28.93	+0,64	573
5.	Edgar Oliveira Ribeiro	93	Braga	29.11	+0,66	563
6.	Joao Miguel Figueiredo	93	Campinho	29.27	+0,59	554
7.	Joao Miguel Rocha	93	Famalicão	29.31	+0,55	551
8.	Bruno Ferreira Pedrosa	93	Louletano/Loulé Concelho	29.50	+0,61	541
9.	Gustavo Alexandre Meneses	92	Columbófila Cantanhedense	29.55	+0,59	538
10.	Pedro Miguel Costa	92	Sporting de Espinho	29.65	+0,68	533
11.	Diogo Maia e Silva	93	Pimpões/Cimai	29.76	+0,60	527
12.	Joao Jose Viegas	92	Galitos	29.83	+0,64	523

Seniores

1.	Adriano Miguel Niz	86	Benfica	27.05	+0,57	701
2.	Carlos Filipe Santos	91	Porto/Dolce Vita	27.65	+0,62	657
3.	Joao Silva Gigante	88	Benfica	27.66	+0,58	656
4.	Daniel Aparicio Pereira	83	Braga	28.22	+0,60	618
5.	Gil Goncalves Pinto	88	Porto/Dolce Vita	28.56	+0,51	596
6.	Ricardo Ferreira Cotovio	91	Sporting	28.64	+0,60	591
7.	Ricardo Pereira Lopes	90	Benfica	28.85	+0,63	578
8.	Samuel Patricio Queiros	91	Porto/Dolce Vita	29.07	+0,62	565
9.	Pedro Lobato Rijo	91	Gesloures	29.08	+0,74	564
10.	Mario Jorge Rodrigues	88	Vilacondense	30.06	+0,63	511
11.	Tiago Freire Almeida	87	Amadora	30.14	+0,71	507
12.	Bruno Miguel Amaral	89	Náutico/Matobra	30.30	+0,68	499

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 41 Femin., 200m Livres 15 anos e mais velhos
11.4.10 - 16:00 Resultados

RNABS	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30.5.09
RNSEN	2:03.42	Sara Beatriz Loureiro	FCP	Coimbra	30.5.09
RNJUN	2:05.38	Ana Feio Alegria	FPN	Florença (ITA)	3.4.93

TAC-SENF Sen: 2:14.00 / TAC-JUNF Jun: 2:15.50

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Andreia Catarina Gomes	94	Vitória de Guimarães	2:06.07	+0,86	719
	50m: 29.24 29.24	100m: 1:00.86 31.62	150m: 1:33.32	32.46	200m: 2:06.07	32.75
2.	Catia Raquel Martinheira	95	Louletano/Loulé Concelho	2:09.63	+0,70	662
	50m: 30.02 30.02	100m: 1:03.13 33.11	150m: 1:36.80	33.67	200m: 2:09.63	32.83
3.	Mafalda Gomes Beleza	94	Sporting	2:10.19	+0,78	653
	50m: 29.39 29.39	100m: 1:01.97 32.58	150m: 1:35.94	33.97	200m: 2:10.19	34.25
4.	Leonor Mourinho Neves	95	Sporting	2:12.18	+0,83	624
	50m: 30.53 30.53	100m: 1:03.97 33.44	150m: 1:38.38	34.41	200m: 2:12.18	33.80
5.	Marisa Alexandra Lage	94	Viana Natação	2:12.33	+0,92	622
	50m: 30.88 30.88	100m: 1:04.07 33.19	150m: 1:38.21	34.14	200m: 2:12.33	34.12
6.	Patricia Garcia Marinho	94	Sporting	2:12.55	+0,80	619
	50m: 30.53 30.53	100m: 1:03.68 33.15	150m: 1:38.26	34.58	200m: 2:12.55	34.29
7.	Ana Pinho Rodrigues	94	Estamos Juntos	2:13.47	+0,79	606
	50m: 29.50 29.50	100m: 1:03.07 33.57	150m: 1:37.76	34.69	200m: 2:13.47	35.71
8.	Carolina Cunha Martins	95	Náutico/Matobra	2:13.68	+0,96	603
	50m: 31.50 31.50	100m: 1:05.50 34.00	150m: 1:40.08	34.58	200m: 2:13.68	33.60
9.	Maria Luis Amorim	95	Porto/Dolce Vita	2:13.80	+0,91	602
	50m: 30.95 30.95	100m: 1:04.67 33.72	150m: 1:38.87	34.20	200m: 2:13.80	34.93
10.	Silvia Ariana Soares	95	Porto/Dolce Vita	2:14.22	+0,67	596
	50m: 31.16 31.16	100m: 1:05.54 34.38	150m: 1:40.23	34.69	200m: 2:14.22	33.99
11.	Cassandra Pedro Oliveira	95	Vilacondense	2:14.51	+0,79	592
	50m: 31.27 31.27	100m: 1:05.40 34.13	150m: 1:40.43	35.03	200m: 2:14.51	34.08
12.	Ana Goncalves Neto	95	Porto/Dolce Vita	2:15.74	+0,97	576
	<i>FTL</i> 50m: 31.38 31.38	100m: 1:05.83 34.45	150m: 1:41.13	35.30	200m: 2:15.74	34.61
Seniores						
1.	Marta Vieira Marinho	91	Porto/Dolce Vita	2:05.40	+0,70	731
	50m: 28.98 28.98	100m: 1:00.74 31.76	150m: 1:33.11	32.37	200m: 2:05.40	32.29
2.	Joana Aguiar Rodrigues	93	Porto/Dolce Vita	2:06.23	+0,85	716
	50m: 29.15 29.15	100m: 1:00.49 31.34	150m: 1:33.22	32.73	200m: 2:06.23	33.01
3.	Alexandra Paiva Oliveira	91	Porto/Dolce Vita	2:07.28	+0,77	699
	50m: 29.89 29.89	100m: 1:01.91 32.02	150m: 1:34.57	32.66	200m: 2:07.28	32.71
4.	Ana Ribeiro Ferreira	92	Famalicão	2:07.35	+0,86	698
	50m: 30.09 30.09	100m: 1:02.33 32.24	150m: 1:35.52	33.19	200m: 2:07.35	31.83

Campeonato Nacional de Juniores e Seniores PL
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Prova 41, Femin., 200m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Nadia Morais Vieira 50m: 29.53 29.53	90	Gesloures	2:08.33	+0,71	682
	100m: 1:01.83 32.30			150m: 1:34.99	33.16	200m: 2:08.33 33.34
6.	Maria Joao Does 50m: 29.13 29.13	88	Sporting	2:09.08	+0,72	670
	100m: 1:01.84 32.71			150m: 1:35.62	33.78	200m: 2:09.08 33.46
7.	Claudia Marques Moreno 50m: 29.95 29.95	91	Porto/Dolce Vita	2:09.78	+0,84	659
	100m: 1:02.95 33.00			150m: 1:36.73	33.78	200m: 2:09.78 33.05
8.	Maria Miguel Veloso 50m: 31.06 31.06	93	Náutico/Matobra	2:09.82	+0,95	659
	100m: 1:03.89 32.83			150m: 1:37.05	33.16	200m: 2:09.82 32.77
9.	Claudia Sofia Monteiro 50m: 29.91 29.91	92	Vilacondense	2:10.24	+0,80	652
	100m: 1:03.47 33.56			150m: 1:36.99	33.52	200m: 2:10.24 33.25
10.	Joana Filipa Santos 50m: 30.02 30.02	93	Vitória de Guimarães	2:11.03	+0,89	641
	100m: 1:03.26 33.24			150m: 1:37.47	34.21	200m: 2:11.03 33.56
11.	Joana Filipa Capela 50m: 30.09 30.09	89	Benfica	2:11.32	+0,80	636
	100m: 1:03.36 33.27			150m: 1:37.49	34.13	200m: 2:11.32 33.83
12.	Ana Margarida Domingos 50m: 31.20 31.20	93	Académico Viseu	2:12.05	+0,90	626
	100m: 1:04.94 33.74			150m: 1:38.97	34.03	200m: 2:12.05 33.08
13.	Adriana Filipa Lisboa 50m: 29.88 29.88	92	Bairro dos Anjos	2:12.45	+0,85	620
	100m: 1:03.30 33.42			150m: 1:38.29	34.99	200m: 2:12.45 34.16
14.	Maria Ines Ribeiro 50m: 30.69 30.69	92	Náutico/Matobra	2:12.48	+0,79	620
	100m: 1:04.46 33.77			150m: 1:38.89	34.43	200m: 2:12.48 33.59
15.	Maria Ana Magalhaes 50m: 30.67 30.67	93	Desportiva Limiana	2:13.32	+0,71	608
	100m: 1:04.39 33.72			150m: 1:38.73	34.34	200m: 2:13.32 34.59
16.	Joana Fonseca Seabra FTL 50m: 31.68 31.68	92	Colégio Vasco da Gama	2:15.20	+0,76	583
	100m: 1:05.34 33.66			150m: 1:40.58	35.24	200m: 2:15.20 34.62
17.	Soraia Vanessa Ribeiro FTL 50m: 30.42 30.42	92	Vilacondense	2:15.21	+0,90	583
	100m: 1:03.42 33.00			150m: 1:38.64	35.22	200m: 2:15.21 36.57
18.	Marta Alexandra Saraiva FTL 50m: 31.78 31.78	93	Uniao Piedense	2:16.11	+0,85	571
	100m: 1:06.40 34.62			150m: 1:41.70	35.30	200m: 2:16.11 34.41
19.	Luisa Costa Henriques FTL 50m: 30.80 30.80	93	Naval do Funchal	2:16.65	+0,74	565
	100m: 1:04.93 34.13			150m: 1:40.67	35.74	200m: 2:16.65 35.98
20.	Mariana Oliveira Vale FTL 50m: 31.64 31.64	93	Natação de Valongo	2:16.85	+0,67	562
	100m: 1:06.13 34.49			150m: 1:42.06	35.93	200m: 2:16.85 34.79
21.	Ana Sofia Nobrega FTL 50m: 32.05 32.05	90	Ginásio de Vila Real	2:21.50	+0,93	509
	100m: 1:06.91 34.86			150m: 1:43.77	36.86	200m: 2:21.50 37.73
DNS	Ana Filipa Pardal	89	Louletano/Loulé Concelho			
DNS	Ines Nunes Tareco	93	Individual Algarve			

Campeonato Nacional de Juniores e Seniores PL
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Prova 42 Masc., 800m Livres 17 anos e mais velhos
11.4.10 - 16:30 Resultados

RNABS	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27.7.07
RNSEN	8:05.35	Fernando Eurico Costa	LSC	Aveiro	27.7.07
RNJUN	8:16.64	Fernando Eurico Costa	FPN	Luxemburgo (LUX)	24.1.03

TAC-SENM Sen: 8:45.00 / TAC-JUNM Jun: 9:00.00

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
Juniores						
1.	Gustavo Manuel Santa <i>Rec Nac Junior</i>	93	Litoral Alentejano	8:16.53	+0,77	754
	100m: 59.41 59.41	300m: 3:03.90 1:01.78	500m: 5:10.54 1:03.69	700m: 7:17.67 1:03.18		
	200m: 2:02.12 1:02.71	400m: 4:06.85 1:02.95	600m: 6:14.49 1:03.95	800m: 8:16.53 58.86		
2.	Andre Filipe Lopes	92	Académica de Coimbra	8:34.22	+0,75	679
	100m: 1:00.62 1:00.62	300m: 3:09.01 1:04.73	500m: 5:18.68 1:04.90	700m: 7:30.50 1:06.11		
	200m: 2:04.28 1:03.66	400m: 4:13.78 1:04.77	600m: 6:24.39 1:05.71	800m: 8:34.22 1:03.72		
3.	Miguel Monteiro Diogo	93	Alcobaça	8:35.69	+0,63	673
	100m: 1:00.43 1:00.43	300m: 3:10.29 1:05.51	500m: 5:21.05 1:05.25	700m: 7:32.68 1:05.85		
	200m: 2:04.78 1:04.35	400m: 4:15.80 1:05.51	600m: 6:26.83 1:05.78	800m: 8:35.69 1:03.01		
4.	Tiago Rafael Lopes	92	Académica de Coimbra	8:45.31	+0,65	637
	100m: 1:02.39 1:02.39	300m: 3:15.35 1:06.31	500m: 5:28.46 1:06.20	700m: 7:42.01 1:06.26		
	200m: 2:09.04 1:06.65	400m: 4:22.26 1:06.91	600m: 6:35.75 1:07.29	800m: 8:45.31 1:03.30		
5.	Andre Rafael Marinho	93	Uniao Piedense	8:45.71	+0,93	636
	100m: 1:01.12 1:01.12	300m: 3:13.59 1:06.58	500m: 5:27.77 1:07.16	700m: 7:42.00 1:06.99		
	200m: 2:07.01 1:05.89	400m: 4:20.61 1:07.02	600m: 6:35.01 1:07.24	800m: 8:45.71 1:03.71		
6.	Francisco Miguel Cirurgiao	93	Algés	8:45.96	+0,67	635
	100m: 1:01.16 1:01.16	300m: 3:13.77 1:06.45	500m: 5:28.05 1:07.20	700m: 7:42.28 1:07.28		
	200m: 2:07.32 1:06.16	400m: 4:20.85 1:07.08	600m: 6:35.00 1:06.95	800m: 8:45.96 1:03.68		
7.	Luis Miguel Nogueira	93	Porto/Dolce Vita	8:46.13	+0,87	634
	100m: 1:01.42 1:01.42	300m: 3:14.53 1:06.74	500m: 5:28.08 1:05.97	700m: 7:42.61 1:07.31		
	200m: 2:07.79 1:06.37	400m: 4:22.11 1:07.58	600m: 6:35.30 1:07.22	800m: 8:46.13 1:03.52		
8.	Pedro Miguel Maganinho <i>FTL</i>	92	Braga	9:12.90	+0,73	546
	100m: 1:03.42 1:03.42	300m: 3:21.03 1:09.58	500m: 5:41.68 1:10.41	700m: 8:03.51 1:11.04		
	200m: 2:11.45 1:08.03	400m: 4:31.27 1:10.24	600m: 6:52.47 1:10.79	800m: 9:12.90 1:09.39		
9.	Andre Filipe Alves <i>FTL</i>	92	Vitória de Guimarães	9:19.40	+0,70	527
	100m: 1:02.90 1:02.90	300m: 3:21.59 1:09.36	500m: 5:44.55 1:11.93	700m: 8:08.94 1:12.00		
	200m: 2:12.23 1:09.33	400m: 4:32.62 1:11.03	600m: 6:56.94 1:12.39	800m: 9:19.40 1:10.46		
10.	Carlos Filipe Serra <i>FTL</i>	92	Braga	9:23.44	+0,72	516
	100m: 1:03.45 1:03.45	300m: 3:23.90 1:10.67	500m: 5:49.18 1:12.84	700m: 8:13.54 1:11.78		
	200m: 2:13.23 1:09.78	400m: 4:36.34 1:12.44	600m: 7:01.76 1:12.58	800m: 9:23.44 1:09.90		

Campeonato Nacional de Juniores e Seniores PL
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Prova 42, Masc., 800m Livres

Seniores

1.	Jorge Manuel Maia	89	Famalicão	8:17.33	+0,80	751
	100m: 59.64 59.64	300m: 3:05.03 1:02.49	500m: 5:10.76 1:02.90	700m: 7:17.22 1:03.18		
	200m: 2:02.54 1:02.90	400m: 4:07.86 1:02.83	600m: 6:14.04 1:03.28	800m: 8:17.33 1:00.11		
2.	Adriano Miguel Niz	86	Benfica	8:24.46	+0,74	719
	100m: 59.36 59.36	300m: 3:05.17 1:03.09	500m: 5:15.42 1:05.61	700m: 7:25.63 1:04.06		
	200m: 2:02.08 1:02.72	400m: 4:09.81 1:04.64	600m: 6:21.57 1:06.15	800m: 8:24.46 58.83		
3.	Rui Filipe Costa	91	Vitória de Guimarães	8:24.63	+0,81	719
	100m: 59.54 59.54	300m: 3:07.21 1:04.02	500m: 5:15.59 1:04.04	700m: 7:24.01 1:04.35		
	200m: 2:03.19 1:03.65	400m: 4:11.55 1:04.34	600m: 6:19.66 1:04.07	800m: 8:24.63 1:00.62		
4.	Vasco Miguel Gaspar	90	Uniao Piedense	8:25.74	+0,92	714
	100m: 59.51 59.51	300m: 3:07.09 1:04.06	500m: 5:16.34 1:04.43	700m: 7:25.00 1:04.32		
	200m: 2:03.03 1:03.52	400m: 4:11.91 1:04.82	600m: 6:20.68 1:04.34	800m: 8:25.74 1:00.74		
5.	Diogo Andre Gaspar	90	Uniao Piedense	8:26.02	+0,73	713
	100m: 59.03 59.03	300m: 3:06.90 1:04.32	500m: 5:16.80 1:04.75	700m: 7:25.34 1:04.01		
	200m: 2:02.58 1:03.55	400m: 4:12.05 1:05.15	600m: 6:21.33 1:04.53	800m: 8:26.02 1:00.68		
6.	Paulo Fragueiro Franco	82	Nacional	8:31.68	+0,72	689
	100m: 59.94 59.94	300m: 3:06.87 1:03.67	500m: 5:15.62 1:04.48	700m: 7:26.30 1:05.38		
	200m: 2:03.20 1:03.26	400m: 4:11.14 1:04.27	600m: 6:20.92 1:05.30	800m: 8:31.68 1:05.38		
7.	Mario Andre Bonanca	90	Sporting	8:32.67	+0,80	685
	100m: 1:00.42 1:00.42	300m: 3:08.67 1:04.56	500m: 5:18.22 1:04.44	700m: 7:29.30 1:05.75		
	200m: 2:04.11 1:03.69	400m: 4:13.78 1:05.11	600m: 6:23.55 1:05.33	800m: 8:32.67 1:03.37		
8.	Luis Emanuel Vaz	91	Famalicão	8:33.46	+0,75	682
	100m: 59.37 59.37	300m: 3:07.86 1:04.63	500m: 5:17.83 1:04.88	700m: 7:29.76 1:05.92		
	200m: 2:03.23 1:03.86	400m: 4:12.95 1:05.09	600m: 6:23.84 1:06.01	800m: 8:33.46 1:03.70		
9.	Pedro Miguel Pinotes	89	Sporting	8:33.64	+0,66	682
	100m: 1:00.37 1:00.37	300m: 3:08.00 1:04.00	500m: 5:18.29 1:05.14	700m: 7:30.37 1:06.23		
	200m: 2:04.00 1:03.63	400m: 4:13.15 1:05.15	600m: 6:24.14 1:05.85	800m: 8:33.64 1:03.27		
10.	Nuno Rafael Alves	90	Gespaços	8:43.67	+0,82	643
	100m: 1:00.35 1:00.35	300m: 3:10.29 1:05.58	500m: 5:23.57 1:06.96	700m: 7:37.65 1:07.08		
	200m: 2:04.71 1:04.36	400m: 4:16.61 1:06.32	600m: 6:30.57 1:07.00	800m: 8:43.67 1:06.02		
11.	Daniel Ricardo Viegas	83	Amadora	8:47.09	+0,69	631
	<i>FTL</i>					
	100m: 1:01.39 1:01.39	300m: 3:13.57 1:06.34	500m: 5:26.76 1:06.61	700m: 7:41.64 1:07.26		
	200m: 2:07.23 1:05.84	400m: 4:20.15 1:06.58	600m: 6:34.38 1:07.62	800m: 8:47.09 1:05.45		
12.	Hugo Alberto Ribeiro	88	Vilacondense	8:49.87	+0,90	621
	<i>FTL</i>					
	100m: 1:00.11 1:00.11	300m: 3:09.71 1:05.31	500m: 5:23.81 1:07.68	700m: 7:42.10 1:09.36		
	200m: 2:04.40 1:04.29	400m: 4:16.13 1:06.42	600m: 6:32.74 1:08.93	800m: 8:49.87 1:07.77		
13.	Arseniy Lavrentyev	83	Algés	8:59.63	+0,69	588
	<i>FTL</i>					
	100m: 1:00.04 1:00.04	300m: 3:10.53 1:05.88	500m: 5:28.12 1:09.57	700m: 7:47.95 1:10.22		
	200m: 2:04.65 1:04.61	400m: 4:18.55 1:08.02	600m: 6:37.73 1:09.61	800m: 8:59.63 1:11.68		

Campeonato Nacional de Juniores e Seniores PL
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Prova 43 Femin., 4 x 100m Estilos 15 anos e mais velhos
11.4.10 - 17:00 Resultados

RNABS	4:16.23	Clube Natação da Amadora	CNA	Faro	21.7.09
RNSEN	4:16.23	Clube Natação da Amadora	CNA	Faro	21.7.09
RNJUN	4:32.37	Sporting Clube de Portugal	SCP	Lisboa	29.3.09

TAC-SENF Sen: 4:47.00 / TAC-JUNF Jun: 4:58.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-FEM-JUN <i>Rec Nac Junior</i>	Sporting	4:28.33	+0,68 647
	Ines Catarina Agostinho +0,68 33.60	1:08.76 Filipa Vilas Tiago -0,02 30.16		1:05.13
	Maria Carolina Rosa +0,03 34.26	1:14.49 Mafalda Gomes Beleza +0,28 28.64		59.95
2.	Náutico/Matobra-FEM-JUN	Náutico/Matobra	4:34.64	+0,71 604
	Adriana Correia Lopes +0,71 34.43	1:10.15 Mariana Pedroso Carvalho +0,47 32.41		1:10.49
	Gabriela Oliveira Andrade +0,33 34.26	1:12.89 Carolina Cunha Martins +0,42 29.24		1:01.11
3.	Gesloures-FEM-JUN	Gesloures	4:47.16	+0,68 528
	Joana Filipa Rodrigues +0,68 34.64	1:12.35 Ines Adriana Mourao +0,30 32.24		1:11.15
	Ines Raquel Estevao +0,26 37.76	1:20.88 Paula Cristina Yang +0,26 29.89		1:02.78
4.	Braga-FEM-JUN	Braga	4:47.32	+0,69 527
	Ana Joaquina Goncalves +0,69 35.06	1:12.49 Eduarda Malheiro Neves 30.63		1:06.82
	Ines Joao Costa +0,35 36.92	1:20.05 Ines Jesus Ribeiro +0,44 32.69		1:07.96
5.	Vilacondense-FEM-JUN	Vilacondense	4:47.68	+0,74 525
	Rita Amado Laezza +0,74 36.39	1:15.32 Diana Ramos Rocha +0,28 29.67		1:04.68
	Ana Rita Silva +0,36 38.69	1:24.31 Cassandra Pedro Oliveira +0,40 30.43		1:03.37
6.	Gespaços-FEM-JUN	Gespaços	4:48.70	+0,55 520
	Diana Patricia Ferreira +0,55 33.93	1:09.70 Ana Rita Cunha +0,23 32.52		1:10.12
	Patricia Cristina Fernandes +0,40 40.02	1:24.84 Andreia Sofia Torres +0,33 30.69		1:04.04
7.	Naval do Funchal-FEM-JUN <i>FTL</i>	Naval do Funchal	5:06.42	+0,66 435
	Mariana Pitta Gouveia +0,66 36.21	1:15.10 Ana Afonso Mendonca +0,06 33.87		1:17.40
	Maria Leonor Ramos +0,45 42.29	1:30.65 Maria Joao Figueiredo +0,17 29.96		1:03.27
Seniores				
1.	Porto/Dolce Vita-FEM-SEN	Porto/Dolce Vita	4:17.41	+0,61 733
	Marta Vieira Marinho +0,61 31.23	1:05.26 Sara Freitas Oliveira +0,43 28.32		1:00.87
	Joana Catarina Carvalho +0,22 33.49	1:13.00 Alexandra Paiva Oliveira +0,29 27.58		58.28
2.	Amadora-FEM-SEN	Amadora	4:29.45	+0,70 639
	Ana Rita Rolo +0,70 34.88	1:10.70 Marta Posser Villar +0,28 31.64		1:06.20
	Diana Duarte Gomes +0,25 33.54	1:11.07 Marta Filipa Conceicao +0,29 29.14		1:01.48
3.	Benfica-FEM-SEN	Benfica	4:38.73	+0,72 578
	Rita Isabel Pina +0,72 35.58	1:14.49 Tania Alexandra Lopes +0,27 31.07		1:08.94
	Ana Marisa Brito +0,38 34.05	1:14.35 Joana Filipa Capela +0,11 28.97		1:00.95
4.	Náutico/Matobra-FEM-SEN	Náutico/Matobra	4:39.03	+0,69 576
	Ines Barbosa Moreira +0,69 35.12	1:11.76 Maria Miguel Veloso +0,39 31.66		1:06.83
	Maria Ines Ribeiro +0,15 36.04	1:17.91 Raquel Coutinho Gaio +0,19 29.83		1:02.53

Campeonato Nacional de Juniores e Seniores PL
Coimbra, 9. - 11.4.2010

Prova 43, Femin., 4 x 100m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	Pts
5.	Vilacondense-FEM-SEN Vilacondense	4:39.32	+0,66	574
	Ana Catarina Monteiro +0,66 32.97 1:08.16 Soraia Vanessa Ribeiro +0,61 31.52 1:09.28			
	Sara Alexandra Martins +0,58 38.79 1:23.25 Cláudia Sofia Monteiro +0,30 27.81 58.63			
6.	Colégio Vasco da Gama-FEM-SEN Colégio Vasco da Gama	4:41.73	+0,75	559
	Isabel Alves Lopes +0,75 34.66 1:12.17 Ana Filipa Carmo +0,18 30.26 1:06.73			
	Cláudia Monteiro Martinho +0,37 36.79 1:19.84 Joana Fonseca Seabra +0,13 29.41 1:02.99			
7.	Nacional-FEM-SEN Nacional	4:42.04	+0,66	557
	Fabiana Maria Quintal +0,66 32.83 1:07.19 Maria Vanessa Silva +0,52 32.52 1:09.52			
	Natalie Nobrega Santos +0,35 36.59 1:19.29 Rubina Capitao Vieira +0,47 30.53 1:06.04			
DSQ	Bairro dos Anjos-FEM-SEN Bairro dos Anjos	4:34.22	+0,67	
	<i>Rendição antecipada da 4ª nadadora</i>			
	Andreia Filipa Anjos +0,67 33.82 1:08.63 Sara Francisco Cruz +0,48 30.01 1:03.79			
	Mariana Mota Dias +0,26 38.13 1:21.15 Adriana Filipa Lisboa -0,13 28.65 1:00.65			
DSQ	Naval do Funchal-FEM-SEN Naval do Funchal	4:41.51	+0,65	
	<i>Rendição antecipada da 4ª nadadora</i>			
	Joaquina Silva Freitas +0,65 34.61 1:10.92 Carlota Freitas Olim +0,18 30.40 1:06.61			
	Sara Isabel Figueira +0,13 37.90 1:22.67 Luísa Costa Henriques -0,15 29.14 1:01.31			
EXH	Pimpões/Cimai-FEM-JUN Pimpões/Cimai	4:49.09	+0,62	518
	Joana Margarida Guimaraes +0,62 36.00 1:14.76 Cristina Paris Santos +0,40 33.28 1:11.51			
	Victoriya Kaminskaya +0,29 35.47 1:16.01 Mariana Maia e Silva +0,30 32.35 1:06.81			

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Prova 44 Masc., 4 x 100m Estilos 17 anos e mais velhos
11.4.10 - 17:15 Resultados

RNABS	3:46.73	Clube Natação da Amadora	CNA	Faro	21.7.09
RNSEN	3:46.73	Clube Natação da Amadora	CNA	Faro	21.7.09
RNJUN	3:55.96	Futebol Clube do Porto/Império Bonança	FCB	Faro	21.7.09

TAC-SENM Sen: 4:13.00 / TAC-JUNM Jun: 4:23.00

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts
Juniores				
1.	Sporting-MASC-JUN	Sporting	3:57.74 +0,69	662
	Alexis Manacas Santos	+0,69 28.01 57.50	Joao Pedro Coutinho	+0,04 27.79 1:00.53
	Diogo Filipe Matos	+0,43 30.64 1:06.34	Pedro Miguel Agostinho	+0,44 24.94 53.37
2.	Braga-MASC-JUN	Braga	4:05.39 +0,67	602
	Edgar Oliveira Ribeiro	+0,67 30.00 1:01.14	Carlos Filipe Serra	+0,08 27.56 1:00.21
	Joao Filipe Oliveira	+0,40 32.72 1:10.93	Ricardo Manuel Machado	+0,39 25.33 53.11
3.	Algés-MASC-JUN	Algés	4:08.54 +0,67	580
	Ricardo Portas Marchao	+0,67 32.46 1:06.93	Pedro Miguel Abreu	+0,43 28.17 59.85
	Mario Martins Costa	+0,23 30.77 1:06.68	Rafael David Rodrigues	0.00 26.04 55.08
4.	Porto/Dolce Vita-MASC-JUN	Porto/Dolce Vita	4:09.56 +0,64	572
	Bernardo Correia Silva	+0,64 31.95 1:05.94	Rafael Dias Martins	+0,19 27.72 59.39
	Tiago Samuel Silva	+0,49 32.00 1:10.32	Joao Pedro Almeida	+0,37 25.19 53.91
5.	Colégio Vasco da Gama-MASC-JUN	Colégio Vasco da Gama	4:10.49 +0,64	566
	Ricardo Miguel Paiva	+0,64 31.03 1:03.44	Pedro Ribeiro Mendes	+0,25 27.19 58.23
	Antonio Ribeiro Mendes	+0,22 33.33 1:12.07	Pedro Miguel Sa	+0,27 27.38 56.75
6.	Uniao Piedense-MASC-JUN	Uniao Piedense	4:13.17 +0,57	548
	Goncalo Filipe Gregorio	+0,57 29.65 1:00.83	Diamantino Gato Bras	+0,36 28.26 1:04.62
	Joao Manuel Lanca	+0,24 31.67 1:12.31	Andre Rafael Marinho	+0,22 26.43 55.41
7.	Pimpões/Cimai-MASC-JUN	Pimpões/Cimai	4:17.34 +0,63	522
	Diogo Maia e Silva	+0,63 31.44 1:03.37	Alexandre Galveias Vale	+0,19 28.88 1:03.55
	Joao Guilherme Vieira	+0,26 33.49 1:13.70	Tiago Gerales Machado	+0,29 26.87 56.72
8.	Naval do Funchal-MASC-JUN	Naval do Funchal	4:19.76 +0,66	508
	Alexandre Santos Gomes	+0,66 33.00 1:08.96	Vitor Goncalo Castanheiro	+0,04 27.82 1:01.41
	Joao Afonso Vargas	+0,19 32.54 1:12.01	Joao Costa Freitas	+0,11 26.52 57.38

Seniores

1.	Amadora-MASC-SEN	Amadora	3:52.58 +0,62	707
	Duarte Rafael Mourao	+0,62 28.93 58.71	Simao Gomes Morgado	+0,32 25.34 54.86
	Jaime Marques Duarte	+0,41 30.67 1:06.31	Fabio Andre Figueira	+0,31 25.30 52.70
2.	Porto/Dolce Vita-MASC-SEN	Porto/Dolce Vita	3:55.10 +0,56	685
	Gil Goncalves Pinto	+0,56 29.77 1:01.27	Carlos Filipe Santos	+0,43 26.28 57.48
	Sergio Baptista Silva	+0,17 30.35 1:05.61	Paulo Jorge Santos	+0,37 23.56 50.74
3.	Benfica-MASC-SEN	Benfica	3:56.40 +0,61	674
	Adriano Miguel Niz	+0,61 28.76 57.76	Joao Silva Gigante	+0,35 25.90 56.60
	Raul Jose Custodio	+0,25 31.27 1:09.26	Ricardo Pereira Lopes	+0,12 25.46 52.78
4.	Vilacondense-MASC-SEN	Vilacondense	3:56.91 +0,68	669
	Fabio Manuel Pereira	+0,68 28.92 59.30	Igor Guterres Carvalho	+0,17 26.53 58.55
	Henrique Pereira Neiva	+0,19 30.36 1:04.90	Mario Jorge Rodrigues	+0,20 25.59 54.16

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Prova 44, Masc., 4 x 100m Estilos, Seniores

Lugar			Clube			Tempo Final	TReac	Pts
5.	Braga-MASC-SEN		Braga			4:00.28	+0,69	641
	Daniel Aparício Pereira	+0,69 29.64	1:00.93	Nuno Cruz Oliveira		+0,22 26.84		57.90
	Rui Manuel Ribeiro	+0,12 30.10	1:08.04	Filipe Vieira Malheiro		+0,34 25.18		53.41
6.	Nacional-MASC-SEN		Nacional			4:12.38	+0,72	553
	Oscar Ramos Melim	+0,72 31.60	1:04.01	Tomas Miguel Freitas		+0,42 28.66		1:01.54
	Diego Felipe Santos	+0,43 33.27	1:10.61	Vitor Diogo Moura		+0,39 26.67		56.22
DSQ	Náutico/Matobra-MASC-SEN		Náutico/Matobra			4:02.08	+0,70	
	<i>Rendição antecipada do 4^a nadador</i>							
	Bruno Miguel Amaral	+0,70 30.92	1:04.70	Rui Miguel Fonseca		+0,21 26.83		58.10
	Joao Albano Viola	+0,10 29.79	1:06.80	Miguel Silva Oliveira		-0,05 24.82		52.48