



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 1	Masc., 100m Mariposa				Absoluto
10-12-2011 - 9:30					Resultados
Rec. Nac. 25m Absoluto	51.45	Diogo Filipe CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Rec. Nac. 25m Inf B	1:01.78	Fabio Parrilha SILVA	CNAL	Penafiel	01-04-2000
Rec. Nac. 25m Inf A	59.56	Fabio Parrilha SILVA	CNAL	Leiria	07-04-2001
Rec. Nac. 25m Juv B	57.32	Diogo Filipe CARVALHO	CGA	Estarreja	10-07-2003
Rec. Nac. 25m Juv A	55.60	Diogo Gomes SOUSA	CNCVG	Porto	05-12-2010
Rec. Nac. 25m Jun	53.87	Tiago Andre VENANCIO	CNS	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	51.45	Diogo Filipe CARVALHO	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Miguel Bras SERGIO	95	Bombeiros dos Estoris	59.48	+0,78	541		24
	50m: 27.65 27.65	100m: 59.48 31.83						
2.	Bruno Miguel ALVES	91	Desportiva Limiana	59.97	+0,73	528		22
	50m: 27.43 27.43	100m: 59.97 32.54						
3.	Andre Antunes CARVALHO	96	Colegio Monte Maior	1:00.14	+0,78	523		21
	50m: 28.24 28.24	100m: 1:00.14 31.90						
4.	Cesar Filipe MAGALHAES	95	Foca	1:00.62	+0,85	511		20
	50m: 28.26 28.26	100m: 1:00.62 32.36						
5.	Rui Ferreira POEIRA	95	Terceira Auto Clube	1:01.01	+0,71	501		19
	50m: 28.54 28.54	100m: 1:01.01 32.47						
6.	Hugo Ricardo GAMBUTAS	95	Estremoz/Estremozcarnes	1:01.73	+0,90	484		18
	50m: 29.08 29.08	100m: 1:01.73 32.65						
7.	Joao Paulo CAPITAO	96	Colegio SMLamas	1:01.84	+0,87	481		17
	50m: 28.32 28.32	100m: 1:01.84 33.52						
8.	Alexandre Valdagua COUTINHO	90	SCC/Oryzon Energias	1:02.13	+0,80	475		16
	50m: 28.46 28.46	100m: 1:02.13 33.67						
9.	Andre Marques SILVA	94	Sporting de Aveiro	1:02.49	+0,72	466		15
	50m: 28.48 28.48	100m: 1:02.49 34.01						
10.	Luis Velhinho VENTURA	94	Elvense	1:02.64	+0,85	463		14
	50m: 28.81 28.81	100m: 1:02.64 33.83						
11.	Pedro Rafael CINTRAO	96	Nucleo de Pombal	1:02.86	+0,64	458		13
	50m: 29.56 29.56	100m: 1:02.86 33.30						
12.	Joao Manuel FERREIRA	92	CLAC-Entroncamento	1:03.37	+0,91	447		12
	50m: 29.26 29.26	100m: 1:03.37 34.11						
13.	Jose Luis MORAIS	94	Beja	1:03.58	+0,76	443		11
	50m: 30.32 30.32	100m: 1:03.58 33.26						
14.	Joao Martins SANTOS	96	Gafanha da Encarnacao	1:03.67	+0,89	441		10
	50m: 28.55 28.55	100m: 1:03.67 35.12						
15.	Edgar Vieira SILVA	95	Imortal	1:03.80	+0,83	438		9
	50m: 29.70 29.70	100m: 1:03.80 34.10						
16.	Joao Carlos AMORIM	91	Alhandra	1:04.39	+0,99	426		8
	50m: 29.62 29.62	100m: 1:04.39 34.77						



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Prova 1, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Ruben Miguel MATOS	91	Natacao do Tejo	1:04.57	+0,77	423		7
	50m: 29.16 29.16	100m: 1:04.57 35.41						
18.	Diogo Silva MARZIA	96	Electrico Clube	1:06.10	+1,25	394		6
	50m: 30.91 30.91	100m: 1:06.10 35.19						
19.	Eduardo Terekhin BAPTISTA	94	Desportivo de Benavente	1:06.80	+0,98	382		5
	50m: 30.49 30.49	100m: 1:06.80 36.31						
20.	Vasco Miguel FORTUNATO	87	Gualdim Pais	1:07.91	+0,94	363		4
	50m: 30.61 30.61	100m: 1:07.91 37.30						
21.	Ruben Jordao FERNANDES	95	Miranda do Corvo	1:09.01	+1,05	346		3
	50m: 31.88 31.88	100m: 1:09.01 37.13						
22.	Joao Francisco FERREIRA	93	Nucleo Sportinguista Golega	1:13.82	+0,87	283		2
	50m: 32.53 32.53	100m: 1:13.82 41.29						
23.	Ricardo Manuel ANDRE	97	Fisica Torres Vedras	1:18.47	+0,88	235		1
	50m: 33.79 33.79	100m: 1:18.47 44.68						

Prova 2

Femin., 200m Mariposa

Absoluto

10-12-2011 - 9:35

Resultados

Rec. Nac. 25m Absoluto	2:08.54	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Rec. Nac. 25m Inf B	2:31.64	tempo limite			
Rec. Nac. 25m Inf A	2:25.40	tempo limite			
Rec. Nac. 25m Juv	2:19.06	Susana Patricia MIGUEL	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:13.60	Ana Rita FRANCISCO	FPN	Gelsenkirchen (GER)	11-02-1996
Rec. Nac. 25m Sen	2:08.54	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ines Mendes PAULO	96	Colegio Monte Maior	2:27.38	+0,83	550	25	
	50m: 33.69 33.69	100m: 1:11.41 37.72	150m: 1:48.82 37.41	200m: 2:27.38 38.56				
2.	Ines Martins SILVA	94	Estamos Juntos	2:31.52	+0,86	506	23	
	50m: 31.75 31.75	100m: 1:09.64 37.89	150m: 1:49.71 40.07	200m: 2:31.52 41.81				
3.	Catia Alexandra BATISTA	96	Colegio SMLamas	2:31.95	+0,85	502	22	
	50m: 34.40 34.40	100m: 1:12.68 38.28	150m: 1:50.75 38.07	200m: 2:31.95 41.20				
4.	Viviana Sofia PINTO	98	Desportiva Limiana	2:37.55	+1,05	450	21	
	50m: 34.22 34.22	100m: 1:14.47 40.25	150m: 1:56.30 41.83	200m: 2:37.55 41.25				
5.	Elsa Manuela CARDOSO	86	Interior Norte	2:37.94	+0,80	447	20	
	50m: 32.32 32.32	100m: 1:09.54 37.22	150m: 1:51.78 42.24	200m: 2:37.94 46.16				
6.	Ines Margarida RIBEIRO	97	Alges e Agueda	2:38.88	+0,87	439	19	
	50m: 35.96 35.96	100m: 1:17.07 41.11	150m: 1:58.39 41.32	200m: 2:38.88 40.49				
7.	Ana Luisa RAMOS	95	Gafanha da Encarnacao	2:49.17	+0,95	363	18	
	50m: 35.56 35.56	100m: 1:18.41 42.85	150m: 2:03.03 44.62	200m: 2:49.17 46.14				
8.	Rita Ferreira COUTO	98	Bombeiros Ponta Delgada	2:52.51	+0,98	343	17	
	50m: 37.26 37.26	100m: 1:21.59 44.33	150m: 2:07.77 46.18	200m: 2:52.51 44.74				



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Prova 2, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Maria Clara MARQUES	94	Litoral Alentejano	2:52.83	+0,99	341	16	
	50m: 36.83 36.83	100m: 1:21.12 44.29	150m: 2:07.17 46.05	200m: 2:52.83 45.66				
10.	Cristiana Andreia LIMA	95	Nucleo de Pombal	2:53.16	+0,94	339	15	
	50m: 34.66 34.66	100m: 1:16.47 41.81	150m: 2:03.52 47.05	200m: 2:53.16 49.64				
11.	Carolina Henriques GAVANCHE	97	CLAC-Entroncamento	2:53.78	+0,87	335	14	
	50m: 36.82 36.82	100m: 1:20.81 43.99	150m: 2:06.78 45.97	200m: 2:53.78 47.00				
12.	Ana Catarina TRAVESSA	96	Salvaterra Magos	2:55.53	+1,31	325	13	
	50m: 36.77 36.77	100m: 1:19.54 42.77	150m: 2:06.32 46.78	200m: 2:55.53 49.21				
13.	Carolina Marques MENDES	97	Nucleo Sportinguista Terceira	2:56.39	+0,89	321	12	
	50m: 37.38 37.38	100m: 1:22.16 44.78	150m: 2:08.85 46.69	200m: 2:56.39 47.54				
14.	Beatriz Gomes SOARES	97	Sporting de Aveiro	2:58.96	+1,00	307	11	
	50m: 37.40 37.40	100m: 1:21.34 43.94	150m: 2:10.15 48.81	200m: 2:58.96 48.81				
15.	Cristiana Daniela SILVA	99	Miranda do Corvo	3:05.95	+0,98	274	10	
	50m: 40.49 40.49	100m: 1:27.69 47.20	150m: 2:18.07 50.38	200m: 3:05.95 47.88				
16.	Ines Rosa FARINHA	97	Tavira Natacao	3:06.03	+0,93	273	9	
	50m: 39.10 39.10	100m: 1:26.28 47.18	150m: 2:17.60 51.32	200m: 3:06.03 48.43				
17.	Ana Cristina ALCACARENHO	97	Nucleo Sportinguista Golega	3:06.61	+0,96	271	8	
	50m: 36.55 36.55	100m: 1:20.93 44.38	150m: 2:10.97 50.04	200m: 3:06.61 55.64				
18.	Mara Brasil GODINHO	96	Terceira Auto Clube	3:08.71	+0,91	262	7	
	50m: 38.76 38.76	100m: 1:25.53 46.77	150m: 2:16.17 50.64	200m: 3:08.71 52.54				
19.	Sofia Alexandra RODRIGUES	99	Electrico Clube	3:13.81	+0,94	242	6	
	50m: 41.08 41.08	100m: 1:29.83 48.75	150m: 2:22.91 53.08	200m: 3:13.81 50.90				
20.	Rita Oliveira AFONSO	97	Elvense	3:16.74	+1,12	231	5	
	50m: 41.39 41.39	100m: 1:31.20 49.81	150m: 2:24.92 53.72	200m: 3:16.74 51.82				
21.	Ana Teresa NUNES	88	Natacao do Tejo	3:18.37	+0,89	225	4	
	50m: 40.16 40.16	100m: 1:29.62 49.46	150m: 2:25.74 56.12	200m: 3:18.37 52.63				
22.	Patricia Pereira GALRITO	94	Estremoz/Estremozcarnes	3:20.80	+1,06	217	3	
	50m: 40.91 40.91	100m: 1:29.32 48.41	150m: 2:23.98 54.66	200m: 3:20.80 56.82				
DSQ	Ana Filipa PARENTE	98	Gualdim Pais					
	<i>806 - Braçada subaquática durante o percurso - SW 8.2</i>							
DNF	Ines Carolina SOARES	98	Associacao CADES					





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Prova 3	Masc., 100m Bruços					Absoluto
10-12-2011 - 9:50						Resultados
Rec. Nac. 25m Absoluto	59.31	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009	
Rec. Nac. 25m Inf B	1:09.54	Andre Goncalo SANTOS	LSC	Lousada	15-05-2010	
Rec. Nac. 25m Inf A	1:07.92	Andre Goncalo SANTOS	LSC	Viseu	12-03-2011	
Rec. Nac. 25m Juv B	1:05.85	Luis Manuel FERNANDES	GDNVNF	Paços de Ferreira	14-11-2009	
Rec. Nac. 25m Juv A	1:04.84	Luis Manuel FERNANDES	GDNVNF	Paços de Ferreira	12-12-2010	
Rec. Nac. 25m Jun	1:01.25	Pedro Miguel AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009	
Rec. Nac. 25m Sen	59.31	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009	

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Pedro Miguel SILVA	94	Colegio Monte Maior	1:07.23	+0,80	565		24
	50m: 31.20 31.20	100m: 1:07.23 36.03						
2.	Hugo Miguel NUNES	90	Natacao do Tejo	1:07.99	+0,87	547		22
	50m: 32.02 32.02	100m: 1:07.99 35.97						
3.	Luis Miguel LOPES	95	Foca	1:09.97	+0,92	502		21
	50m: 32.69 32.69	100m: 1:09.97 37.28						
4.	Simao Miguel CAPITAO	97	Colegio SMLamas	1:10.19	+0,79	497		20
	50m: 33.31 33.31	100m: 1:10.19 36.88						
5.	Andre Figueiredo ALMEIDA	96	Beja	1:11.18	+0,93	476		19
	50m: 32.38 32.38	100m: 1:11.18 38.80						
6.	Bruno Santos PEREIRA	94	Gafanha da Encarnacao	1:12.27	+0,78	455		18
	50m: 33.69 33.69	100m: 1:12.27 38.58						
7.	Nuno Oliveira NORITAKE	96	Bombeiros dos Estoris	1:12.33	+0,89	454		17
	50m: 33.66 33.66	100m: 1:12.33 38.67						
8.	Eduardo Filipe CARVALHEIRO	97	SCC/Oryzon Energias	1:13.16	+0,80	439		16
	50m: 34.51 34.51	100m: 1:13.16 38.65						
9.	Henrique Silva RENGA	97	Elvense	1:13.18	+0,82	438		15
	50m: 34.16 34.16	100m: 1:13.18 39.02						
10.	Guilherme Assis RAMOS	98	Fisica Torres Vedras	1:14.36	+0,86	418		14
	50m: 35.40 35.40	100m: 1:14.36 38.96						
11.	Goncalo Ferreira GAMEIRO	94	Nucleo de Pombal	1:14.38	+0,93	417		13
	50m: 34.03 34.03	100m: 1:14.38 40.35						
12.	Rui Jorge DIAS	95	Miranda do Corvo	1:14.73	+0,87	412		12
	50m: 34.97 34.97	100m: 1:14.73 39.76						
13.	Jose Miguel FIGUEIREDO	84	Sporting de Aveiro	1:15.49	+0,88	399		11
	50m: 35.77 35.77	100m: 1:15.49 39.72						
14.	Miguel Filipe ARVANA	98	Estremoz/Estremozcarnes	1:15.94	+0,84	392		10
	50m: 35.80 35.80	100m: 1:15.94 40.14						
15.	Matheus Pereira GONCALVES	86	Desportiva Limiana	1:17.58	+0,82	368		9
	50m: 36.57 36.57	100m: 1:17.58 41.01						
16.	Tiago Andre GOUVEIA	90	CLAC-Entroncamento	1:17.60	+0,84	368		8
	50m: 36.35 36.35	100m: 1:17.60 41.25						





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Prova 3, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Manuel Jose LUCAS 50m: 36.34 36.34	97	Terceira Auto Clube 100m: 1:17.79 41.45	1:17.79	+0,87	365		7
18.	Nuno Ricardo NOGUEIRA 50m: 36.71 36.71	94	Nucleo Sportinguista Golega 100m: 1:18.66 41.95	1:18.66	+0,92	353		6
19.	Joao Miguel SALGUEIRO 50m: 36.87 36.87	95	Electrico Clube 100m: 1:18.74 41.87	1:18.74	+1,06	352		5
20.	Joao Miguel COELHO 50m: 36.85 36.85	93	Imortal 100m: 1:20.97 44.12	1:20.97	+0,87	323		4
21.	Eduardo Filipe FELIX 50m: 37.41 37.41	95	Alhandra 100m: 1:21.56 44.15	1:21.56	+0,83	316		3
22.	Paulo Jorge MARQUES 50m: 39.82 39.82	86	Gualdim Pais 100m: 1:25.05 45.23	1:25.05	+0,91	279		2
23.	Hugo Filipe BENTO 50m: 38.83 38.83	95	Desportivo de Benavente 100m: 1:25.99 47.16	1:25.99	+1,00	270		1

Prova 4

Femin., 200m Bruços

Absoluto
Resultados

10-12-2011 - 9:55

Rec. Nac. 25m Absoluto	2:25.87	Diana Duarte GOMES	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	2:46.41	tempo limite			
Rec. Nac. 25m Inf A	2:42.50	Filipa Vilas RUIVO	DNMG	Nazaré	22-05-2010
Rec. Nac. 25m Juv	2:34.51	Diana Duarte GOMES	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	2:29.56	Ana Rita SANTOS	FPN	Dublin (IRL)	13-12-2003
Rec. Nac. 25m Sen	2:25.87	Diana Duarte GOMES	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ana Pinho RODRIGUES 50m: 34.44 34.44	94	Estamos Juntos 100m: 1:14.52 40.08	2:37.09	+0,76	628	25	
			150m: 1:55.25 40.73			200m: 2:37.09	41.84	
2.	Joana Filipa MARQUES 50m: 37.66 37.66	95	Bombeiros Ponta Delgada 100m: 1:20.78 43.12	2:46.98	+0,84	523	23	
			150m: 2:04.31 43.53			200m: 2:46.98	42.67	
3.	Monica Moreira LANZINHA 50m: 38.09 38.09	95	Electrico Clube 100m: 1:21.15 43.06	2:48.48	+0,84	509	22	
			150m: 2:04.96 43.81			200m: 2:48.48	43.52	
4.	Mariana Manhita CORREIA 50m: 38.27 38.27	98	Tavira Natacao 100m: 1:21.43 43.16	2:52.75	+0,79	472	21	
			150m: 2:06.98 45.55			200m: 2:52.75	45.77	
5.	Ana Catarina SERRA 50m: 41.17 41.17	95	Natacao do Tejo 100m: 1:25.37 44.20	2:54.89	+0,88	455	20	
			150m: 2:10.03 44.66			200m: 2:54.89	44.86	
6.	Mafalda Alexandra HENRIQUES 50m: 39.54 39.54	95	Colegio Monte Maior 100m: 1:24.29 44.75	2:55.70		449	19	
			150m: 2:09.77 45.48			200m: 2:55.70	45.93	
7.	Beatriz Gameiro MATIAS 50m: 39.81 39.81	97	Nucleo de Pombal 100m: 1:24.53 44.72	2:56.53	+0,91	442	18	
			150m: 2:09.98 45.45			200m: 2:56.53	46.55	
8.	Carolina Conceicao PAIS 50m: 40.82 40.82	97	Colegio SMLamas 100m: 1:25.35 44.53	2:56.57	+1,17	442	17	
			150m: 2:11.02 45.67			200m: 2:56.57	45.55	



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Prova 4, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Ana Filipa GONCALVES	92	Interior Norte	2:58.37	+0,98	429	16	
	50m: 40.04 40.04	100m: 1:25.35 45.31	150m: 2:11.93 46.58	200m: 2:58.37 46.44				
10.	Carolina Santos MACHADO	95	Gafanha da Encarnacao	2:59.98	+0,94	417	15	
	50m: 41.23 41.23	100m: 1:26.40 45.17	150m: 2:13.65 47.25	200m: 2:59.98 46.33				
11.	Margarida Pamplona EVANGELHO	92	Nucleo Sportinguista Terceira	3:01.89	+0,96	404	14	
	50m: 41.23 41.23	100m: 1:27.77 46.54	150m: 2:15.52 47.75	200m: 3:01.89 46.37				
12.	Mariana Domingues PAZ	98	Miranda do Corvo	3:02.02	+1,05	404	13	
	50m: 41.68 41.68	100m: 1:28.66 46.98	150m: 2:16.02 47.36	200m: 3:02.02 46.00				
13.	Ana Raquel ALBUQUERQUE	95	Sporting de Aveiro	3:02.90	+0,94	398	12	
	50m: 41.53 41.53	100m: 1:27.72 46.19	150m: 2:15.42 47.70	200m: 3:02.90 47.48				
14.	Ana Rita NUNES	97	Alges e Agueda	3:03.42	+0,95	394	11	
	50m: 41.64 41.64	100m: 1:27.99 46.35	150m: 2:15.64 47.65	200m: 3:03.42 47.78				
15.	Ines Sofia BORBA	97	Litoral Alentejano	3:04.61	+0,82	387	10	
	50m: 41.70 41.70	100m: 1:29.13 47.43	150m: 2:16.66 47.53	200m: 3:04.61 47.95				
16.	Ines Maria RIBEIRO	94	CLAC-Entroncamento	3:05.01	+0,83	384	9	
	50m: 41.37 41.37	100m: 1:28.37 47.00	150m: 2:17.47 49.10	200m: 3:05.01 47.54				
17.	Isabel Reis SILVA	96	Terceira Auto Clube	3:07.46	+0,90	369	8	
	50m: 41.52 41.52	100m: 1:29.48 47.96	150m: 2:18.96 49.48	200m: 3:07.46 48.50				
18.	Ana Carolina ALARICO	94	Nucleo Sportinguista Golega	3:10.45	+0,94	352	7	
	50m: 42.17 42.17	100m: 1:30.48 48.31	150m: 2:20.31 49.83	200m: 3:10.45 50.14				
19.	Luisa Filipa MAIA	96	Associacao CADES	3:12.54	+1,00	341	6	
	50m: 42.18 42.18	100m: 1:30.22 48.04	150m: 2:20.62 50.40	200m: 3:12.54 51.92				
20.	Catarina Goncalves TREZENTOS	98	Gualdim Pais	3:17.70	+0,99	315	5	
	50m: 43.84 43.84	100m: 1:34.84 51.00	150m: 2:26.90 52.06	200m: 3:17.70 50.80				
21.	Francisca Goncalves ABREU	96	Elvense	3:22.05	+1,11	295	4	
	50m: 44.33 44.33	100m: 1:35.32 50.99	150m: 2:28.96 53.64	200m: 3:22.05 53.09				
22.	Mariana David CAEIRO	96	Salvaterra Magos	3:29.77	+0,91	264	3	
	50m: 45.31 45.31	100m: 1:37.96 52.65	150m: 2:33.32 55.36	200m: 3:29.77 56.45				
23.	Barbara Gomes COCHICHO	96	Estremoz/Estremozcarnes	3:30.68	+0,98	260	2	
	50m: 45.68 45.68	100m: 1:38.22 52.54	150m: 2:33.48 55.26	200m: 3:30.68 57.20				
24.	Francisca Maria LOPES	96	Desportiva Limiana	3:33.49	+0,87	250	1	
	50m: 43.83 43.83	100m: 1:35.99 52.16	150m: 2:33.07 57.08	200m: 3:33.49 1:00.42				



Campeonato Nacional Clubes 4ª Divisão
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Prova 5
10-12-2011 - 10:10

Masc., 50m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	21.64	Alexandre Escudier AGOSTINHO	PORTIN	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	26.73	tempo limite			
Rec. Nac. 25m Inf A	25.33	Tiago Filipe PEREIRA	ADBA	Leiria	14-05-2005
Rec. Nac. 25m Juv B	23.96	Diogo Gomes SOUSA	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	24.16	David Miguel FERRO	SFUAP	Algés	12-02-2000
Rec. Nac. 25m Jun	22.33	Tiago Andre VENANCIO	FPN	Viena (AUT)	16-05-2003
Rec. Nac. 25m Sen	21.64	Alexandre Escudier AGOSTINHO	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Joao Carlos AMORIM	91	Alhandra	24.89	+0,88	542		24
2.	Claudio Miguel GOMES	95	Gafanha da Encarnacao	25.01	+0,68	534		22
3.	Bruno Miguel ALVES	91	Desportiva Limiana	25.49	+0,77	505		21
4.	Joao Goncalo COELHO	94	Sporting de Aveiro	25.64	+0,90	496		20
5.	Ricardo David SILVA	97	Foca	25.68	+0,74	493		19
6.	Jaime Filipe VIEIRA	95	Estremoz/Estremozcarnes	25.75	+0,94	489		18
7.	Frederico Sousa SOARES	96	Bombeiros dos Estoris	25.96	+0,78	478		17
8.	Vasco Miguel FORTUNATO	87	Gualdim Pais	25.97	+0,72	477		16
9.	Luis Rafael BRAZIL	96	Fisica Torres Vedras	26.09	+0,81	471		15
10.	Tiago Miguel ALVES	95	SCC/Oryzon Energias	26.27	+0,79	461		14
	Vasco Lopes da SILVA	90	Elvense	26.27	+0,93	461		14
12.	Antonio Carlos COSTA	95	Beja	26.37	+1,11	456		12
13.	Joao Miguel COELHO	93	Imortal	26.62	+0,89	443		11
14.	Pedro Miguel ESTEVES	96	Colegio Monte Maior	26.63	+0,72	442		10
15.	Joao Pedro MENDES	87	CLAC-Entroncamento	26.67	+0,90	440		9
16.	Rui Jorge DIAS	95	Miranda do Corvo	26.75	+0,81	437		8
17.	Frederico Sucena RIACHOS	98	Nucleo Sportinguista Golega	27.06	+0,88	422		7
18.	Artur Sousa FERREIRA	93	Colegio SMLamas	27.45	+0,89	404		6
19.	Nuno Miguel AFONSO	91	Natacao do Tejo	27.53	+0,79	400		5
20.	Daniel Costa SERRAS	95	Electrico Clube	28.53	+0,89	360		4
21.	Rafael Jeronimo GASPAS	92	Nucleo de Pombal	28.80	+0,77	350		3
22.	Ricardo Filipe BENTO	95	Desportivo de Benavente	28.94	+1,03	345		2
23.	Luis Miguel VERISSIMO	98	Terceira Auto Clube	30.88	+0,78	284		1



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Prova 6 Femin., 100m Livres Absoluto
10-12-2011 - 10:15 Resultados

Rec. Nac. 25m Absoluto	55.43	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	1:01.63	Ines Camacho FERNANDES	SCP	Lisboa	05-04-2009
Rec. Nac. 25m Inf A	59.20	Ines Camacho FERNANDES	SCP	Tavira	07-03-2010
Rec. Nac. 25m Juv	59.70	Harriet Larcher SMITH	CFB	Setubal	28-02-2003
Rec. Nac. 25m Jun	56.78	Maria Carolina ROSA	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	55.43	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Mafalda Fraga FRAGOSO	94	Bombeiros Ponta Delgada	1:00.78	+0,80	591	25	
	50m: 28.63 28.63	100m: 1:00.78 32.15						
2.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	1:00.83	+0,85	589	23	
	50m: 28.87 28.87	100m: 1:00.83 31.96						
3.	Elsa Manuela CARDOSO	86	Interior Norte	1:02.71	+0,72	538	22	
	50m: 30.00 30.00	100m: 1:02.71 32.71						
4.	Ana Rita JESUS	95	Associacao CADES	1:03.05	+0,92	529	21	
	50m: 30.91 30.91	100m: 1:03.05 32.14						
5.	Maria Ines CABRAL	94	Sporting de Aveiro	1:03.75	+0,90	512	20	
	50m: 30.80 30.80	100m: 1:03.75 32.95						
6.	Ana Mafalda SILVA	97	Terceira Auto Clube	1:03.86	+0,76	509	19	
	50m: 30.35 30.35	100m: 1:03.86 33.51						
7.	Filipa Andreia COSTA	98	Colegio Monte Maior	1:04.19	+0,79	501	18	
	50m: 30.75 30.75	100m: 1:04.19 33.44						
8.	Ines Isabel MARGARIDO	93	Litoral Alentejano	1:04.25	+0,79	500	17	
	50m: 31.27 31.27	100m: 1:04.25 32.98						
9.	Ana Rita FERREIRA	92	Nucleo Sportinguista Golega	1:04.53	+0,85	493	16	
	50m: 31.38 31.38	100m: 1:04.53 33.15						
10.	Catia Sofia PAIO	96	Electrico Clube	1:04.98	+0,94	483	15	
	50m: 31.17 31.17	100m: 1:04.98 33.81						
11.	Joana Gabriela SILVA	95	Colegio SMLamas	1:05.01	+0,90	483	14	
	50m: 31.52 31.52	100m: 1:05.01 33.49						
12.	Cristina Alexandra FURTADO	96	Estamos Juntos	1:05.91	+0,99	463	13	
	50m: 31.26 31.26	100m: 1:05.91 34.65						
13.	Mariana Luis SARAIVA	96	Nucleo Sportinguista Terceira	1:06.16	+0,79	458	12	
	50m: 31.46 31.46	100m: 1:06.16 34.70						
14.	Carlota Ramos TELHADO	98	Alges e Agueda	1:06.24	+0,87	456	11	
	50m: 31.70 31.70	100m: 1:06.24 34.54						
15.	Tatiana Cruz COSTA	94	Miranda do Corvo	1:06.97	+0,96	441	10	
	50m: 32.62 32.62	100m: 1:06.97 34.35						
16.	Ines Filipa FERREIRA	97	Elvense	1:07.87	+0,94	424	9	
	50m: 32.86 32.86	100m: 1:07.87 35.01						
17.	Filipa Robert RENTE	96	Gualdim Pais	1:08.23	+0,76	417	8	
	50m: 32.24 32.24	100m: 1:08.23 35.99						



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Prova 6, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Ana Rita NUNES 50m: 32.03 32.03	93	Salvaterra Magos 100m: 1:08.39 36.36	1:08.39	+0,95	414	7	
19.	Joana Ines FRADE 50m: 33.58 33.58	92	Nucleo de Pombal 100m: 1:10.07 36.49	1:10.07	+0,81	385	6	
20.	Daniela Sofia SERRA 50m: 32.93 32.93	98	CLAC-Entroncamento 100m: 1:10.43 37.50	1:10.43	+0,91	379	5	
21.	Tatiana Lima SILVA 50m: 32.58 32.58	96	Natacao do Tejo 100m: 1:10.45 37.87	1:10.45	+0,91	379	4	
22.	Ariana Barros AMORIM 50m: 33.64 33.64	95	Desportiva Limiana 100m: 1:10.54 36.90	1:10.54	+0,95	378	3	
23.	Beatriz Mendes VIEGAS 50m: 34.01 34.01	00	Tavira Natacao 100m: 1:11.50 37.49	1:11.50	+0,82	363	2	
24.	Dina Isabel LETRAS 50m: 34.98 34.98	97	Estremoz/Estremozcarnes 100m: 1:16.37 41.39	1:16.37	+0,90	297	1	

Prova 7

Masc., 100m Costas

Absoluto
Resultados

10-12-2011 - 10:20

Rec. Nac. 25m Absoluto	53.04	Nuno Filipe LAURENTINO	FPN	Moscovo (RUS)	03-04-2002
Rec. Nac. 25m Inf B	1:04.76	Alexandre Lages RIBAS	EDV	Ponte da Barca	09-05-2010
Rec. Nac. 25m Inf A	1:00.97	Alexandre Lages RIBAS	EDV	Viseu	11-03-2011
Rec. Nac. 25m Juv B	58.65	Pedro Diogo OLIVEIRA	CNRM	Tomar	10-05-2003
Rec. Nac. 25m Juv A	56.45	Diogo Gomes SOUSA	CNCVCG	Porto	04-12-2010
Rec. Nac. 25m Jun	53.88	Alexis Manacas SANTOS	SCP	Leiria	05-12-2009
Rec. Nac. 25m Sen	53.04	Nuno Filipe LAURENTINO	FPN	Moscovo (RUS)	03-04-2002

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Rodrigo Antonio ROSA 50m: 29.87 29.87	96	Colegio Monte Maior 100m: 1:01.17 31.30	1:01.17	+0,72	512	24	
2.	Pedro Miguel GAMITO 50m: 30.81 30.81	96	Bombeiros dos Estoris 100m: 1:02.67 31.86	1:02.67	+0,73	476	22	
3.	Andre Filipe FARIA 50m: 30.64 30.64	94	Imortal 100m: 1:03.44 32.80	1:03.44	+0,66	459	21	
4.	Ricardo David SILVA 50m: 31.22 31.22	97	Foca 100m: 1:04.04 32.82	1:04.04	+0,72	446	20	
5.	Ricardo Goncalves MOURA 50m: 31.40 31.40	98	Electrico Clube 100m: 1:04.32 32.92	1:04.32	+0,67	440	19	
6.	Pedro Filipe RIBEIRO 50m: 30.52 30.52	94	Beja 100m: 1:04.89 34.37	1:04.89	+0,61	429	18	
7.	Ruben Miguel MATOS 50m: 32.28 32.28	91	Natacao do Tejo 100m: 1:05.51 33.23	1:05.51	+0,78	416	17	
8.	Joao Martins SANTOS 50m: 31.49 31.49	96	Gafanha da Encarnacao 100m: 1:05.98 34.49	1:05.98	+0,71	408	16	





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Prova 7, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Luis Velhinho VENTURA 50m: 32.31 32.31	94	Elvense 100m: 1:06.75 34.44	1:06.75	+0,70	394		15
10.	Alexandre Valdagua COUTINHO 50m: 32.14 32.14	90	SCC/Oryzon Energias 100m: 1:06.94 34.80	1:06.94	+0,69	390		14
11.	Pedro Rafael CINTRAO 50m: 32.76 32.76	96	Nucleo de Pombal 100m: 1:07.23 34.47	1:07.23	+0,64	385		13
12.	Joao Pedro VALERIO 50m: 32.59 32.59	97	Miranda do Corvo 100m: 1:07.33 34.74	1:07.33	+0,74	384		12
13.	Joao Pedro VEIGA 50m: 32.68 32.68	97	Alhandra 100m: 1:08.28 35.60	1:08.28	+0,65	368		11
14.	Joao Pedro ROSA 50m: 32.76 32.76	90	CLAC-Entroncamento 100m: 1:08.59 35.83	1:08.59	+0,83	363		10
15.	Francisco Sousa ROCHA 50m: 33.66 33.66	97	Sporting de Aveiro 100m: 1:08.65 34.99	1:08.65	+0,80	362		9
16.	Bruno Jose SOUSA 50m: 33.86 33.86	96	Desportiva Limiana 100m: 1:09.99 36.13	1:09.99	+0,67	341		8
17.	Afonso Guilherme ROSA 50m: 34.62 34.62	99	Gualdim Pais 100m: 1:11.14 36.52	1:11.14	+0,81	325		7
18.	Manuel Jose LUCAS 50m: 34.43 34.43	97	Terceira Auto Clube 100m: 1:11.48 37.05	1:11.48	+0,72	320		6
19.	Marco Filipe PENDAO 50m: 35.47 35.47	95	Desportivo de Benavente 100m: 1:11.98 36.51	1:11.98	+0,58	314		5
20.	Tiago Francisco SILVA 50m: 36.06 36.06	97	Colegio SMLamas 100m: 1:13.09 37.03	1:13.09	+0,79	300		4
21.	Diogo Miguel BANHA 50m: 35.36 35.36	98	Estremoz/Estremozcarnes 100m: 1:13.40 38.04	1:13.40	+0,65	296		3
22.	Frederico Sucena RIACHOS 50m: 36.12 36.12	98	Nucleo Sportinguista Golega 100m: 1:15.19 39.07	1:15.19	+0,88	275		2
23.	Ricardo Manuel ANDRE 50m: 36.49 36.49	97	Fisica Torres Vedras 100m: 1:15.31 38.82	1:15.31	+0,68	274		1



Campeonato Nacional Clubes 4ª Divisão
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Prova 8
10-12-2011 - 10:30

Femin., 200m Costas

Absoluto
Resultados

Rec. Nac. 25m Absoluto	2:12.00	Ana Antas BARROS	SAD	Algés	14-05-1993
Rec. Nac. 25m Inf B	2:27.92	Keissy Joselin SOUSA	FCP	Alcobaça	16-03-1997
Rec. Nac. 25m Inf A	2:22.25	Keissy Joselin SOUSA	FCP	Algés	15-03-1998
Rec. Nac. 25m Juv	2:17.86	Catia Raquel MARTINHEIRA	LDC	Sines	21-12-2008
Rec. Nac. 25m Jun	2:12.80	Petra Quintela CHAVES	SAD	Algés	31-05-1994
Rec. Nac. 25m Sen	2:12.00	Ana Antas BARROS	SAD	Algés	14-05-1993

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Beatriz Sousa GROU	96	Tavira Natacao	2:32.11	+0,72	493	25	
	50m: 34.08 34.08	100m: 1:12.37 38.29	150m: 1:52.72 40.35	200m: 2:32.11		39.39		
2.	Ana Filipa SOUSA	96	Nucleo Sportinguista Golega	2:32.24	+0,67	491	23	
	50m: 34.94 34.94	100m: 1:13.48 38.54	150m: 1:53.40 39.92	200m: 2:32.24		38.84		
3.	Margarida Teixeira MONTEIRO	97	Desportiva Limiana	2:33.73	+0,66	477	22	
	50m: 35.05 35.05	100m: 1:13.88 38.83	150m: 1:54.29 40.41	200m: 2:33.73		39.44		
4.	Filipa Oliveira ANDRADE	97	Estamos Juntos	2:35.31	+0,75	463	21	
	50m: 36.23 36.23	100m: 1:15.44 39.21	150m: 1:55.76 40.32	200m: 2:35.31		39.55		
5.	Ines Mendes PAULO	96	Colegio Monte Maior	2:36.67	+0,72	451	20	
	50m: 37.34 37.34	100m: 1:16.79 39.45	150m: 1:57.15 40.36	200m: 2:36.67		39.52		
6.	Maria Dias NEVES	99	Miranda do Corvo	2:36.72	+0,70	450	19	
	50m: 37.20 37.20	100m: 1:16.33 39.13	150m: 1:56.77 40.44	200m: 2:36.72		39.95		
7.	Filipa Santos CASTRO	96	Alges e Agueda	2:37.63	+0,77	443	18	
	50m: 37.16 37.16	100m: 1:16.72 39.56	150m: 1:56.72 40.00	200m: 2:37.63		40.91		
8.	Catarina Rego BORGES	99	Bombeiros Ponta Delgada	2:38.26	+0,74	437	17	
	50m: 35.97 35.97	100m: 1:16.41 40.44	150m: 1:58.62 42.21	200m: 2:38.26		39.64		
9.	Beatriz Neves CARDOSO	98	Colegio SMLamas	2:39.31	+0,70	429	16	
	50m: 36.94 36.94	100m: 1:17.27 40.33	150m: 1:58.89 41.62	200m: 2:39.31		40.42		
10.	Beata WINOGRADOW	89	Interior Norte	2:40.74	+0,72	417	15	
	50m: 35.78 35.78	100m: 1:15.69 39.91	150m: 1:57.79 42.10	200m: 2:40.74		42.95		
11.	Ana Rita RIBAU	95	Gafanha da Encarnacao	2:41.02	+0,70	415	14	
	50m: 37.38 37.38	100m: 1:18.21 40.83	150m: 2:00.19 41.98	200m: 2:41.02		40.83		
12.	Mariana Ventura RODRIGUES	94	Terceira Auto Clube	2:44.40	+0,71	390	13	
	50m: 37.54 37.54	100m: 1:19.17 41.63	150m: 2:02.43 43.26	200m: 2:44.40		41.97		
13.	Marta Silva FELIX	99	Sporting de Aveiro	2:45.90	+0,85	380	12	
	50m: 38.93 38.93	100m: 1:21.83 42.90	150m: 2:05.22 43.39	200m: 2:45.90		40.68		
14.	Carolina Santana GONCALVES	95	Nucleo de Pombal	2:46.27	+0,99	377	11	
	50m: 38.99 38.99	100m: 1:20.96 41.97	150m: 2:04.32 43.36	200m: 2:46.27		41.95		
15.	Carolina Henriques GAVANCIOS	97	CLAC-Entroncamento	2:47.41	+0,79	369	10	
	50m: 38.94 38.94	100m: 1:21.56 42.62	150m: 2:05.12 43.56	200m: 2:47.41		42.29		
16.	Celia Silva MARGARIDO	96	Electrico Clube	2:48.05	+0,76	365	9	
	50m: 38.41 38.41	100m: 1:21.27 42.86	150m: 2:05.63 44.36	200m: 2:48.05		42.42		
17.	Ana Catarina MATEUS	94	Litoral Alentejano	2:50.91	+0,87	347	8	
	50m: 39.69 39.69	100m: 1:22.59 42.90	150m: 2:06.77 44.18	200m: 2:50.91		44.14		



Campeonato Nacional Clubes 4ª Divisão
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Prova 8, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Adriana Toste FERRAO	98	Nucleo Sportinguista Terceira	2:52.10	+0,88	340	7	
	50m: 39.20 39.20	100m: 1:22.58 43.38	150m: 2:07.19 44.61	200m: 2:52.10 44.91				
19.	Patricia Simoes JORGE	97	Salvaterra Magos	2:53.14	+0,73	334	6	
	50m: 39.76 39.76	100m: 1:22.75 42.99	150m: 2:08.01 45.26	200m: 2:53.14 45.13				
20.	Helena Isabel BANDEIRAS	95	Elvense	2:54.98	+0,93	323	5	
	50m: 41.40 41.40	100m: 1:26.56 45.16	150m: 2:12.63 46.07	200m: 2:54.98 42.35				
21.	Ana Rita JESUS	95	Associacao CADES	2:58.12	+0,81	307	4	
	50m: 41.20 41.20	100m: 1:25.78 44.58	150m: 2:12.02 46.24	200m: 2:58.12 46.10				
22.	Patricia Alexandra JOSE	98	Gualdim Pais	2:59.72	+0,77	299	3	
	50m: 40.83 40.83	100m: 1:27.11 46.28	150m: 2:14.58 47.47	200m: 2:59.72 45.14				
23.	Ana Teresa NUNES	88	Natacao do Tejo	3:03.42	+0,73	281	2	
	50m: 42.36 42.36	100m: 1:28.18 45.82	150m: 2:16.31 48.13	200m: 3:03.42 47.11				
24.	Daniela Costa ROSADO	94	Estremoz/Estremozcarnes	3:08.26	+0,90	260	1	
	50m: 43.91 43.91	100m: 1:31.02 47.11	150m: 2:19.08 48.06	200m: 3:08.26 49.18				

Prova 9

Masc., 400m Livres

Absoluto

10-12-2011 - 10:40

Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel PEREIRA	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura OLIVEIRA	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe CARVALHO	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel SANTA	CNLA	Entroncamento	16-05-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel PEREIRA	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Afonso GASPAR	94	Nucleo Sportinguista Golega	4:06.54	+0,89	642	24	
	50m: 28.36 28.36	150m: 1:31.19 31.39	250m: 2:33.47 31.02	350m: 3:36.24 31.45				
	100m: 59.80 31.44	200m: 2:02.45 31.26	300m: 3:04.79 31.32	400m: 4:06.54 30.30				
2.	Hugo Neves NETO	94	SCC/Oryzon Energias	4:11.00	+0,93	609	22	
	50m: 28.77 28.77	150m: 1:31.79 31.43	250m: 2:34.97 31.72	350m: 3:38.56 31.83				
	100m: 1:00.36 31.59	200m: 2:03.25 31.46	300m: 3:06.73 31.76	400m: 4:11.00 32.44				
3.	Cesar Filipe MAGALHAES	95	Foca	4:12.59	+0,87	597	21	
	50m: 28.46 28.46	150m: 1:31.87 31.76	250m: 2:35.50 31.85	350m: 3:40.40 32.59				
	100m: 1:00.11 31.65	200m: 2:03.65 31.78	300m: 3:07.81 32.31	400m: 4:12.59 32.19				
4.	Duarte Cai-Agua MARTINS	95	Bombeiros dos Estoris	4:18.06	+0,87	560	20	
	50m: 28.39 28.39	150m: 1:32.30 32.13	250m: 2:37.66 33.14	350m: 3:44.69 33.22				
	100m: 1:00.17 31.78	200m: 2:04.52 32.22	300m: 3:11.47 33.81	400m: 4:18.06 33.37				
5.	Rafael Cardoso RIBEIRO	93	Alhandra	4:19.91		548	19	
	50m: 29.36 29.36	150m: 1:33.59 32.50	250m: 2:39.68 33.10	350m: 3:46.63 33.59				
	100m: 1:01.09 31.73	200m: 2:06.58 32.99	300m: 3:13.04 33.36	400m: 4:19.91 33.28				





Campeonato Nacional Clubes 4ª Divisão
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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Joao Miguel LOPES	96	Electrico Clube	4:25.42	+0,81	515		18
	50m: 29.47 29.47	150m: 1:34.66 33.01	250m: 2:41.88 33.40	350m: 3:51.34 34.86				
	100m: 1:01.65 32.18	200m: 2:08.48 33.82	300m: 3:16.48 34.60	400m: 4:25.42 34.08				
7.	Luis Filipe FONSECA	97	Estremoz/Estremozcarnes	4:31.77	+0,88	479		17
	50m: 30.85 30.85	150m: 1:39.09 34.42	250m: 2:48.14 34.77	350m: 3:58.11 35.06				
	100m: 1:04.67 33.82	200m: 2:13.37 34.28	300m: 3:23.05 34.91	400m: 4:31.77 33.66				
8.	Pedro Miguel ESTEVES	96	Colegio Monte Maior	4:33.15	+0,74	472		16
	50m: 29.83 29.83	150m: 1:38.47 35.14	250m: 2:49.08 35.19	350m: 3:58.69 34.61				
	100m: 1:03.33 33.50	200m: 2:13.89 35.42	300m: 3:24.08 35.00	400m: 4:33.15 34.46				
9.	Joao Paulo CAPITAO	96	Colegio SMLamas	4:33.33	+0,86	471		15
	50m: 30.85 30.85	150m: 1:39.09 34.48	250m: 2:48.86 34.95	350m: 3:58.93 35.13				
	100m: 1:04.61 33.76	200m: 2:13.91 34.82	300m: 3:23.80 34.94	400m: 4:33.33 34.40				
10.	Jose Miguel HILARIO	97	Beja	4:35.57	+0,93	460		14
	50m: 30.05 30.05	150m: 1:38.36 34.36	250m: 2:49.36 35.75	350m: 4:00.87 35.19				
	100m: 1:04.00 33.95	200m: 2:13.61 35.25	300m: 3:25.68 36.32	400m: 4:35.57 34.70				
11.	Daniel Silva CRISTOVAO	96	Terceira Auto Clube	4:36.13	+0,74	457		13
	50m: 30.88 30.88	150m: 1:39.53 34.68	250m: 2:49.78 35.48	350m: 4:01.60 36.16				
	100m: 1:04.85 33.97	200m: 2:14.30 34.77	300m: 3:25.44 35.66	400m: 4:36.13 34.53				
12.	Gino Santos CAETANO	94	Sporting de Aveiro	4:36.89	+1,01	453		12
	50m: 31.56 31.56	150m: 1:40.39 34.64	250m: 2:50.31 35.20	350m: 4:02.09 36.18				
	100m: 1:05.75 34.19	200m: 2:15.11 34.72	300m: 3:25.91 35.60	400m: 4:36.89 34.80				
13.	Igor ARTYUKH	96	Imortal	4:40.04	+0,96	438		11
	50m: 31.20 31.20	150m: 1:40.84 35.45	250m: 2:51.94 35.27	350m: 4:04.72 36.09				
	100m: 1:05.39 34.19	200m: 2:16.67 35.83	300m: 3:28.63 36.69	400m: 4:40.04 35.32				
14.	Guilherme Lemos LIMA	96	Desportiva Limiana	4:41.11	+0,85	433		10
	50m: 29.80 29.80	150m: 1:37.64 34.49	250m: 2:51.44 37.05	350m: 4:05.52 37.12				
	100m: 1:03.15 33.35	200m: 2:14.39 36.75	300m: 3:28.40 36.96	400m: 4:41.11 35.59				
15.	Guilherme Assis RAMOS	98	Fisica Torres Vedras	4:41.89	+0,88	430		9
	50m: 31.57 31.57	150m: 1:42.56 35.95	250m: 2:54.53 36.52	350m: 4:07.01 36.19				
	100m: 1:06.61 35.04	200m: 2:18.01 35.45	300m: 3:30.82 36.29	400m: 4:41.89 34.88				
16.	Eduardo Terekhin BAPTISTA	94	Desportivo de Benavente	4:42.49	+0,94	427		8
	50m: 29.56 29.56	150m: 1:38.78 35.41	250m: 2:52.00 37.10	350m: 4:07.13 37.50				
	100m: 1:03.37 33.81	200m: 2:14.90 36.12	300m: 3:29.63 37.63	400m: 4:42.49 35.36				
17.	Edi Couto MODERNO	95	Nucleo de Pombal	4:47.73	+0,92	404		7
	50m: 31.66 31.66	150m: 1:42.73 35.60	250m: 2:56.49 37.06	350m: 4:11.00 37.61				
	100m: 1:07.13 35.47	200m: 2:19.43 36.70	300m: 3:33.39 36.90	400m: 4:47.73 36.73				
18.	Andre Filipe BUCHO	96	Elvense	4:49.71	+0,81	396		6
	50m: 31.54 31.54	150m: 1:43.13 36.67	250m: 2:57.99 37.77	350m: 4:13.63 37.60				
	100m: 1:06.46 34.92	200m: 2:20.22 37.09	300m: 3:36.03 38.04	400m: 4:49.71 36.08				
19.	Mario Jorge NUNES	92	Natacao do Tejo	4:53.27	+0,82	381		5
	50m: 31.49 31.49	150m: 1:41.90 36.15	250m: 2:57.53 38.00	350m: 4:15.90 39.12				
	100m: 1:05.75 34.26	200m: 2:19.53 37.63	300m: 3:36.78 39.25	400m: 4:53.27 37.37				
20.	Pedro Miguel PRIMO	96	CLAC-Entroncamento	4:53.89	+0,90	379		4
	50m: 31.16 31.16	150m: 1:43.40 36.63	250m: 2:58.01 37.44	350m: 4:15.57 38.65				
	100m: 1:06.77 35.61	200m: 2:20.57 37.17	300m: 3:36.92 38.91	400m: 4:53.89 38.32				





Campeonato Nacional Clubes 4ª Divisão
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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Daniel Filipe PAIVA	98	Miranda do Corvo	5:00.16	+0,96	356		3
	50m: 34.97 34.97	150m: 1:50.93 38.32	250m: 3:07.90 38.88	350m: 4:24.19 37.85				
	100m: 1:12.61 37.64	200m: 2:29.02 38.09	300m: 3:46.34 38.44	400m: 5:00.16 35.97				
22.	Paulo Jorge MARQUES	86	Gualdim Pais	5:06.23	+0,96	335		2
	50m: 33.95 33.95	150m: 1:48.91 37.87	250m: 3:06.79 39.12	350m: 4:27.56 40.95				
	100m: 1:11.04 37.09	200m: 2:27.67 38.76	300m: 3:46.61 39.82	400m: 5:06.23 38.67				
23.	Nuno Filipe LIMA	94	Gafanha da Encarnacao	5:07.98	+0,82	329		1
	50m: 30.61 30.61	150m: 1:44.78 38.19	250m: 3:06.75 41.59	350m: 4:28.00 40.28				
	100m: 1:06.59 35.98	200m: 2:25.16 40.38	300m: 3:47.72 40.97	400m: 5:07.98 39.98				

Prova 10
10-12-2011 - 11:00
Femin., 200m Estilos
Absoluto Resultados

Rec. Nac. 25m Absoluto	2:14.94	Maria Carolina ROSA	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	2:30.96	Filipa Vilas RUIVO	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	2:25.08	Ines Camacho FERNANDES	SCP	Tavira	06-03-2010
Rec. Nac. 25m Juv	2:20.93	Susana Patricia MIGUEL	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:14.94	Maria Carolina ROSA	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Sen	2:16.30	Diana Duarte GOMES	CNA	Leiria	05-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ana Pinho RODRIGUES	94	Estamos Juntos	2:26.15	+0,79	619	25	
	50m: 30.48 30.48	100m: 1:09.83 39.35	150m: 1:51.52 41.69	200m: 2:26.15 34.63				
2.	Mafalda Fraga FRAGOSO	94	Bombeiros Ponta Delgada	2:31.53	+0,87	555	23	
	50m: 31.52 31.52	100m: 1:09.48 37.96	150m: 1:54.46 44.98	200m: 2:31.53 37.07				
3.	Catarina Vilhena GREGORIO	96	CLAC-Entroncamento	2:35.14	+0,78	518	22	
	50m: 32.39 32.39	100m: 1:12.16 39.77	150m: 1:57.25 45.09	200m: 2:35.14 37.89				
4.	Catia Alexandra BATISTA	96	Colegio SMLamas	2:36.78	+0,86	501	21	
	50m: 33.10 33.10	100m: 1:14.36 41.26	150m: 1:59.55 45.19	200m: 2:36.78 37.23				
5.	Ana Filipa GONCALVES	92	Interior Norte	2:37.15	+0,96	498	20	
	50m: 34.73 34.73	100m: 1:15.33 40.60	150m: 2:01.19 45.86	200m: 2:37.15 35.96				
6.	Monica Moreira LANZINHA	95	Electrico Clube	2:38.32	+0,84	487	19	
	50m: 35.01 35.01	100m: 1:17.53 42.52	150m: 2:01.84 44.31	200m: 2:38.32 36.48				
7.	Maria Clara MARQUES	94	Litoral Alentejano	2:38.40	+0,88	486	18	
	50m: 33.16 33.16	100m: 1:16.17 43.01	150m: 2:02.04 45.87	200m: 2:38.40 36.36				
8.	Viviana Sofia PINTO	98	Desportiva Limiana	2:39.91	+0,84	473	17	
	50m: 34.27 34.27	100m: 1:15.38 41.11	150m: 2:03.45 48.07	200m: 2:39.91 36.46				
9.	Ana Mafalda SILVA	97	Terceira Auto Clube	2:40.09	+0,81	471	16	
	50m: 36.06 36.06	100m: 1:16.40 40.34	150m: 2:02.31 45.91	200m: 2:40.09 37.78				
10.	Filipa Andreia COSTA	98	Colegio Monte Maior	2:41.29	+0,86	461	15	
	50m: 34.40 34.40	100m: 1:16.85 42.45	150m: 2:05.93 49.08	200m: 2:41.29 35.36				
11.	Ana Rita FERREIRA	92	Nucleo Sportinguista Golegata	2:41.86	+0,86	456	14	
	50m: 35.02 35.02	100m: 1:16.13 41.11	150m: 2:05.86 49.73	200m: 2:41.86 36.00				



Campeonato Nacional Clubes 4ª Divisão
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Prova 10, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Mariana Manhita CORREIA	98	Tavira Natacao	2:41.89	+0,81	455	13	
	50m: 35.65 35.65	100m: 1:19.40 43.75	150m: 2:03.16 43.76	200m: 2:41.89		38.73		
13.	Renata Castro GONCALVES	96	Sporting de Aveiro	2:42.95	+0,88	447	12	
	50m: 34.59 34.59	100m: 1:16.55 41.96	150m: 2:05.46 48.91	200m: 2:42.95		37.49		
14.	Carolina Santos MACHADO	95	Gafanha da Encarnacao	2:43.06	+0,92	446	11	
	50m: 36.58 36.58	100m: 1:20.64 44.06	150m: 2:05.45 44.81	200m: 2:43.06		37.61		
15.	Ines Margarida RIBEIRO	97	Alges e Agueda	2:43.39	+0,82	443	10	
	50m: 34.84 34.84	100m: 1:16.92 42.08	150m: 2:07.21 50.29	200m: 2:43.39		36.18		
16.	Ana Catarina TRAVESSA	96	Salvaterra Magos	2:44.76	+0,80	432	9	
	50m: 35.74 35.74	100m: 1:19.60 43.86	150m: 2:06.45 46.85	200m: 2:44.76		38.31		
17.	Cristiana Andreia LIMA	95	Nucleo de Pombal	2:46.10	+0,92	422	8	
	50m: 34.74 34.74	100m: 1:18.28 43.54	150m: 2:10.60 52.32	200m: 2:46.10		35.50		
18.	Mariana Domingues PAZ	98	Miranda do Corvo	2:47.48	+1,03	411	7	
	50m: 38.40 38.40	100m: 1:22.68 44.28	150m: 2:07.80 45.12	200m: 2:47.48		39.68		
19.	Margarida Pamplona EVANGELHO	99	Nucleo Sportinguista Terceira	2:49.62	+0,91	396	6	
	50m: 38.49 38.49	100m: 1:23.14 44.65	150m: 2:09.12 45.98	200m: 2:49.62		40.50		
20.	Ines Filipa FERREIRA	97	Elvense	2:51.95	+0,91	380	5	
	50m: 37.07 37.07	100m: 1:20.06 42.99	150m: 2:12.41 52.35	200m: 2:51.95		39.54		
21.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarnes	2:54.76	+0,94	362	4	
	50m: 35.53 35.53	100m: 1:19.60 44.07	150m: 2:11.16 51.56	200m: 2:54.76		43.60		
22.	Ines Carolina SOARES	98	Associacao CADES	2:56.95	+1,03	349	3	
	50m: 38.74 38.74	100m: 1:24.59 45.85	150m: 2:17.27 52.68	200m: 2:56.95		39.68		
23.	Sofia Leonor COSTA	96	Natacao do Tejo	2:58.26	+0,96	341	2	
	50m: 35.69 35.69	100m: 1:21.50 45.81	150m: 2:13.96 52.46	200m: 2:58.26		44.30		
24.	Filipa Robert RENTE	96	Gualdim Pais	3:00.02		331	1	
	50m: 37.83 37.83	100m: 1:24.40 46.57	150m: 2:18.18 53.78	200m: 3:00.02		41.84		



Campeonato Nacional Clubes 4ª Divisão
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Prova 11
10-12-2011 - 11:10

Masc., 4 x 100m Livres

Absolutos
Resultados

Rec. Nac. 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:05.64	Viana Natacao Clube	VNC	Barcelos	11-07-2009
Rec. Nac. 25m Inf A	3:54.25	Viana Natacao Clube	VNC	Ponte da Barca	03-07-2010
Rec. Nac. 25m Juv B	3:46.15	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Penafiel	20-03-1999
Rec. Nac. 25m Juv A	3:38.13	Sporting Clube de Braga	SCB	Arcos de Valdevez	27-06-2009
Rec. Nac. 25m Jun	3:30.51	Futebol Clube do Porto/Imperio Bonafide	FBC	Felgueiras	06-03-1998
Rec. Nac. 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts		
1.	Bombeiros dos Estoris	3:43.90	+0,77	548		24		
	Frederico Sousa SOARES	+0,77	26.87	56.62	Nuno Oliveira NORITAKE	+0,41	27.28	57.37
	Duarte Cai-Agua MARTINS	+0,38	25.84	54.72	Miguel Bras SERGIO	+0,57	25.98	55.19
2.	Foca	3:45.08	+0,87	540		22		
	Marcelo Jose PINTO	+0,87	27.05	56.72	Joao Miguel FERREIRA	+0,45	26.93	57.04
	Ricardo David SILVA	+0,48	27.08	56.43	Cesar Filipe MAGALHAES	+0,44	26.20	54.89
3.	Colegio Monte Maior	3:46.87	+0,87	527		21		
	Francisco Machado DUARTE	+0,87	27.85	59.04	Pedro Miguel SILVA	+0,29	25.19	53.42
	Pedro Miguel ESTEVES	+0,25	27.32	57.39	Andre Antunes CARVALHO	+0,27	27.12	57.02
4.	SCC/Oryzon Energias	3:48.08	+0,80	519		20		
	Hugo Neves NETO	+0,80	26.74	55.24	Alexandre Valdagua COUTINHO	+0,46	27.88	59.07
	Tiago Miguel ALVES	+0,40	27.17	56.43	Eduardo Filipe CARVALHEIRO	+0,50	27.12	57.34
5.	CLAC-Entroncamento	3:51.09	+0,92	499		19		
	Joao Pedro MENDES	+0,92	28.28	58.17	Joao Pedro ROSA	+0,41	27.57	58.23
	Alexandre Emanuel PEREIRA	+0,48	26.81	58.45	Joao Manuel FERREIRA	+0,36	26.46	56.24
6.	Alhandra	3:51.91	+0,87	493		18		
	Rafael Cardoso RIBEIRO	+0,87	28.13	58.17	Joao Carlos AMORIM	+0,48	25.62	53.97
	Ivo Miguel CRISTETA	+0,61	28.39	1:00.35	Eduardo Filipe FELIX	+0,40	27.60	59.42
7.	Estremoz/Estremozcarnes	3:52.61	+0,84	489		17		
	Hugo Ricardo GAMBUTAS	+0,84	27.70	57.48	Miguel Filipe ARVANA	+0,53	28.27	59.22
	Jaime Filipe VIEIRA	+0,55	26.94	56.55	Luis Filipe FONSECA	+0,63	28.51	59.36
8.	Gafanha da Encarnacao	3:53.36	+0,65	484		16		
	Claudio Miguel GOMES	+0,65	26.86	56.27	Nuno Filipe LIMA	+0,69	29.18	1:03.42
	Bruno Santos PEREIRA	+0,24	27.65	58.28	Joao Martins SANTOS	+0,67	26.36	55.39
9.	Sporting de Aveiro	3:53.77	+0,83	482		15		
	Joao Goncalo COELHO	+0,83	26.97	56.18	Andre Marques SILVA	+0,50	27.29	57.23
	Gino Santos CAETANO	+0,45	28.21	58.60	Francisco Sousa ROCHA	+0,77	29.36	1:01.76
10.	Beja	3:54.75	+0,80	476		14		
	Jose Luis MORAIS	+0,80	27.54	58.01	Jose Miguel HILARIO	+0,48	28.38	59.39
	Antonio Carlos COSTA	+0,45	27.37	58.74	Pedro Filipe RIBEIRO	+0,42	27.31	58.61
11.	Imortal	3:56.23	+0,80	467		13		
	Andre Filipe FARIA	+0,80	27.83	58.30	Vladyslav BOCHKO	+0,39	28.60	1:00.95
	Joao Miguel COELHO	+0,36	27.66	59.43	Edgar Vieira SILVA	+0,31	27.08	57.55
12.	Elvense	3:56.53	+0,84	465		12		
	Henrique Silva RENGA	+0,84	28.20	59.16	Vasco Lopes da SILVA	+0,59	27.25	59.56
	Joao Pedro MADEIRA	+0,59	28.55	1:00.51	Luis Velhinho VENTURA	+0,70	27.14	57.30
13.	Nucleo Sportinguista Golega	3:57.33	+0,80	460		11		
	Pedro Afonso GASPAS	+0,80	25.95	53.93	Joao Francisco FERREIRA	+0,62	29.48	1:02.00
	Nuno Ricardo NOGUEIRA	+0,59	28.22	1:00.00	Rafael Barata DOMINGOS	+0,52	29.73	1:01.40





Campeonato Nacional Clubes 4ª Divisão
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Prova 11, Masc., 4 x 100m Livres, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Desportiva Limiana	3:58.99	+0,77	451		10
	Bruno Miguel ALVES +0,77	26.51	55.30	Guilherme Lemos LIMA +0,43	28.02	59.25
	Daniel Lago PINTO +0,62	29.79	1:04.38	Matheus Pereira GONCALVES +0,46	28.30	1:00.06
15.	Natacao do Tejo	4:01.47	+0,83	437		9
	Ruben Miguel MATOS +0,83	28.45	59.76	Nuno Miguel AFONSO +0,40	28.51	1:01.36
	Mario Jorge NUNES +0,38	29.25	1:01.39	Hugo Miguel NUNES +0,22	27.61	58.96
16.	Electrico Clube	4:02.84	+0,85	430		8
	Ricardo Goncalves MOURA +0,85	28.23	58.84	Diogo Silva MARZIA +0,68	29.81	1:01.66
	Joao Miguel SALGUEIRO +0,66	30.32	1:04.22	Joao Miguel LOPES +0,26	28.14	58.12
17.	Colegio SMLamas	4:03.44	+0,76	426		7
	Simao Miguel CAPITAO +0,76	28.97	59.71	Joao Paulo CAPITAO +0,40	27.70	57.57
	Daniel Fernando MAGALHAES +0,64	29.99	1:02.69	Artur Sousa FERREIRA +0,62	30.06	1:03.47
18.	Fisica Torres Vedras	4:03.68	+0,86	425		6
	Guilherme Assis RAMOS +0,86	28.54	59.61	Joao Henrique CRISOSTOMO +0,66	29.83	1:03.12
	Ricardo Manuel ANDRE +0,61	30.16	1:04.36	Luis Rafael BRAZIL +0,37	26.81	56.59
19.	Nucleo de Pombal	4:05.84	+0,79	414		5
	Pedro Rafael CINTRAO +0,79	28.50	59.25	Joao Courelas GONCALVES +0,67	29.20	1:02.33
	Telmo Silva ALVES +0,72	29.84	1:04.32	Goncalo Ferreira GAMEIRO +0,84	28.72	59.94
20.	Miranda do Corvo	4:06.53	+0,85	411		4
	Joao Pedro VALERIO +0,85	28.61	1:00.01	Pedro Daniel PINTO +0,42	30.57	1:04.58
	Joao David SANTOS +0,72	29.66	1:02.57	Rui Jorge DIAS +0,27	28.10	59.37
21.	Terceira Auto Clube	4:08.42	+0,68	401		3
	Rui Ferreira POEIRA +0,68	28.28	58.59	Manuel Jose LUCAS +0,56	29.40	1:02.31
	Luis Miguel VERISSIMO +0,19	31.95	1:07.34	Daniel Silva CRISTOVAO +0,41	28.69	1:00.18
22.	Gualdim Pais	4:09.93	+1,02	394		2
	Paulo Jorge MARQUES +1,02	30.17	1:02.60	Andre Filipe FERREIRA +0,73	30.59	1:05.82
	Francisco Redol DIAS +0,94	30.34	1:03.16	Vasco Miguel FORTUNATO +0,50	27.14	58.35
23.	Desportivo de Benavente	4:22.19	+1,04	341		1
	Eduardo Terekhin BAPTISTA +1,04	28.79	1:00.69	Marco Filipe PENDAO +0,56	30.32	1:04.98
	Hugo Filipe BENTO +0,69	31.68	1:08.92	Ricardo Filipe BENTO +0,81	31.34	1:07.60



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 12
10-12-2011 - 11:25

Femin., 4 x 100m Estilos

Absolutos
Resultados

Rec. Nac. 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:57.35	Grupo Desportivo Natacao V. N. Famalicão	GDVNF	Ponte da Barca	06-03-2010
Rec. Nac. 25m Inf A	4:40.29	Grupo Desp. Natacao V. N. Famalicão	GDVNF	Viseu	12-03-2011
Rec. Nac. 25m Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec. Nac. 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Estamos Juntos	4:38.96	+0,71	545	25	
	Filipa Oliveira ANDRADE	+0,71 36.00 1:13.71		Ines Martins SILVA	+0,65 31.17	1:07.87
	Ana Pinho RODRIGUES	+0,42 32.46 1:10.87		Cristina Alexandra FURTADO	+0,43 31.21	1:06.51
2.	Colegio Monte Maior	4:48.59	+0,66	492	23	
	Ines Sofia MATA	+0,66 34.77 1:12.71		Ines Mendes PAULO	+0,57 31.99	1:09.13
	Mafalda Alexandra HENRIQUES	+0,44 37.60 1:20.57		Beatriz Fernandes SANTOS	+0,50 31.22	1:06.18
3.	Interior Norte	4:49.22	+0,71	489	22	
	Beata WINOGRADOW	+0,71 34.49 1:12.50		Elsa Manuela CARDOSO	+0,61 31.33	1:07.60
	Ana Filipa GONCALVES	+0,34 38.53 1:24.25		Rita Manuela BARBOSA	+0,47 30.59	1:04.87
4.	Bombeiros Ponta Delgada	4:52.49	+0,74	473	21	
	Mafalda Fraga FRAGOSO	+0,74 33.45 1:09.49		Catarina Rego BORGES	+0,44 36.01	1:16.59
	Joana Filipa MARQUES	+0,12 35.77 1:18.08		Rita Ferreira COUTO	+0,36 32.05	1:08.33
5.	Alges e Agueda	4:57.89	+0,74	448	20	
	Filipa Santos CASTRO	+0,74 37.13 1:15.46		Ines Margarida RIBEIRO	+0,41 33.60	1:12.22
	Ana Rita NUNES	+0,27 39.01 1:24.93		Carlota Ramos TELHADO	+0,16 31.03	1:05.28
6.	Litoral Alentejano	4:58.81	+0,79	444	19	
	Ana Catarina MATEUS	+0,79 39.52 1:20.67		Ines Isabel MARGARIDO	+0,48 32.16	1:12.41
	Maria Clara MARQUES	+0,29 39.20 1:22.72		Ines Sofia BORBA	+0,23 30.37	1:03.01
7.	Colegio SMLamas	5:00.86	+0,73	435	18	
	Rita Lima PEREIRA	+0,73 40.12 1:23.89		Catia Alexandra BATISTA	31.66	1:07.89
	Carolina Conceicao PAIS	+0,84 39.42 1:24.18		Joana Gabriela SILVA	+0,50 31.14	1:04.90
8.	Sporting de Aveiro	5:01.79	+1,06	431	17	
	Maria Ines CABRAL	+1,06 36.60 1:14.80		Beatriz Gomes SOARES	+0,70 33.48	1:17.11
	Ana Raquel ALBUQUERQUE	+0,69 39.70 1:24.52		Renata Castro GONCALVES	+0,67 31.01	1:05.36
9.	Nucleo Sportinguista Golega	5:02.43	+0,70	428	16	
	Ana Filipa SOUSA	+0,70 33.92 1:10.79		Ana Cristina ALCACARENHO	+0,63 35.85	1:20.06
	Ana Carolina ALARICO	+0,39 40.14 1:27.01		Ana Rita FERREIRA	+0,26 30.59	1:04.57
10.	Electrico Clube	5:05.15	+0,75	416	15	
	Celia Silva MARGARIDO	+0,75 37.86 1:18.40		Catia Sofia PAIO	+0,48 35.25	1:16.69
	Monica Moreira LANZINHA	+0,45 38.51 1:21.85		Margarida Isabel SALGUEIRO	+0,57 31.81	1:08.21
11.	Gafanha da Encarnacao	5:07.72	+0,77	406	14	
	Ana Rita RIBAU	+0,77 37.21 1:16.58		Ana Luisa RAMOS	+0,62 34.82	1:17.53
	Carolina Santos MACHADO	+0,69 39.53 1:23.98		Mariana Gomes BOLA	+0,81 32.72	1:09.63
12.	Nucleo de Pombal	5:09.15	+0,78	400	13	
	Carolina Santana GONCALVES	+0,78 38.10 1:17.87		Cristiana Andreia LIMA	+0,79 34.85	1:17.10
	Beatriz Gameiro MATIAS	+0,66 39.41 1:23.89		Joana Ines FRADE	+0,51 32.81	1:10.29
13.	Desportiva Limiana	5:10.22	+0,64	396	12	
	Margarida Teixeira MONTEIRO	+0,64 34.66 1:11.88		Viviana Sofia PINTO	+0,39 33.61	1:13.54
	Miriam Natacha ALVES	+0,59 42.98 1:32.20		Ariana Barros AMORIM	+0,15 33.72	1:12.60



Campeonato Nacional Clubes 4ª Divisão
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Prova 12, Femin., 4 x 100m Estilos, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Terceira Auto Clube	5:13.73	+0,76	383	11	
	Mariana Ventura RODRIGUES +0,76	38.04 1:19.08		+0,63 37.57	1:24.00	
	Ana Mafalda SILVA +0,66	37.42 1:20.57		+0,46 33.24	1:10.08	
15.	Miranda do Corvo	5:16.00	+0,74	375	10	
	Maria Dias NEVES +0,74	37.81 1:16.99		41.46	1:26.91	
	Maria Ines FERREIRA +0,55	40.51 1:25.58		32.19	1:06.52	
16.	CLAC-Entroncamento	5:16.36	+0,76	374	9	
	Carolina Henriques GAVANCHO+0,76	38.74 1:21.08		33.92	1:15.05	
	Ines Maria RIBEIRO +0,28	38.82 1:25.74		+0,18 34.71	1:14.49	
17.	Salvaterra Magos	5:16.43	+0,77	373	8	
	Ana Rita NUNES +0,77	36.48 1:16.09		+0,31 34.13	1:14.57	
	Mariana David CAEIRO +0,26	43.24 1:34.00		+0,39 33.79	1:11.77	
18.	Nucleo Sportinguista Terceira	5:17.14	+0,83	371	7	
	Adriana Toste FERRAO +0,83	38.96 1:19.99		+0,57 37.05	1:22.00	
	Margarida Pamplona EVANGELHO+0,78	40.99 1:27.16		+0,81 32.53	1:07.99	
19.	Natacao do Tejo	5:18.07	+0,82	368	6	
	Sofia Leonor COSTA +0,82	40.12 1:22.68		+0,58 36.53	1:20.15	
	Ana Catarina SERRA +0,81	38.77 1:22.15		+0,52 33.93	1:13.09	
20.	Associacao CADES	5:20.00	+0,73	361	5	
	Ana Rita JESUS +0,73	38.55 1:18.86		+0,74 23.92	1:22.48	
	Luisa Filipa MAIA +0,51	40.46 1:26.99		+0,77 34.47	1:11.67	
21.	Tavira Natacao	5:21.27	+0,72	357	4	
	Joana Margarida PERESTRELO +0,72	40.98 1:24.93		+0,33 37.99	1:23.82	
	Mariana Manhita CORREIA +0,38	37.62 1:20.93		+0,61 33.83	1:11.59	
22.	Elvense	5:33.97	+0,96	318	3	
	Helena Isabel BANDEIRAS +0,96	40.89 1:24.19		+0,74 37.98	1:21.76	
	Rita Oliveira AFONSO +0,80	42.72 1:30.18		+0,48 37.00	1:17.84	
23.	Gualdim Pais	5:37.06	+0,73	309	2	
	Patricia Alexandra JOSE +0,73	41.76 1:29.21		+0,44 36.38	1:24.25	
	Catarina Goncalves TREZENTOS+0,65	42.93 1:33.70		+0,66 32.73	1:09.90	
24.	Estremoz/Estremozcarnes	5:47.86	+0,96	281	1	
	Daniela Costa ROSADO +0,96	43.76 1:28.90		+0,43 37.75	1:23.23	
	Barbara Gomes COCHICHO +0,80	44.75 1:38.04		+0,61 36.16	1:17.69	



Campeonato Nacional Clubes 4ª Divisão
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Prova 13
10-12-2011 - 11:55

Femin., 800m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Inf B	9:33.95	Filipa Vilas RUIVO	DNMG	Nazaré	16-05-2009
Rec. Nac. 25m Inf A	9:03.90	tempo limite			
Rec. Nac. 25m Juv	9:00.27	tempo limite			
Rec. Nac. 25m Jun	8:46.74	Ana Claudia SANTOS	SFUAP	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	10:03.76	+0,89	516	25	
	50m: 32.24	32.24	250m: 3:00.52	37.29	450m: 5:33.46	38.39	650m: 8:08.00	38.87
	100m: 1:09.41	37.17	300m: 3:38.40	37.88	500m: 6:12.32	38.86	700m: 8:46.84	38.84
	150m: 1:46.40	36.99	350m: 4:16.33	37.93	550m: 6:50.80	38.48	750m: 9:25.98	39.14
	200m: 2:23.23	36.83	400m: 4:55.07	38.74	600m: 7:29.13	38.33	800m: 10:03.76	37.78
2.	Rita Maria FERREIRA	98	Sporting de Aveiro	10:09.37	+0,89	502	23	
	50m: 33.32	33.32	250m: 3:06.17	38.82	450m: 5:40.91	38.50	650m: 8:15.60	38.64
	100m: 1:10.65	37.33	300m: 3:45.10	38.93	500m: 6:19.54	38.63	700m: 8:54.49	38.89
	150m: 1:48.79	38.14	350m: 4:23.67	38.57	550m: 6:58.17	38.63	750m: 9:32.82	38.33
	200m: 2:27.35	38.56	400m: 5:02.41	38.74	600m: 7:36.96	38.79	800m: 10:09.37	36.55
3.	Maria Ornelas ARMAS	98	Terceira Auto Clube	10:16.43	+1,02	485	22	
	50m: 33.55	33.55	250m: 3:05.38	38.58	450m: 5:40.78	39.18	650m: 8:19.54	39.92
	100m: 1:10.39	36.84	300m: 3:43.94	38.56	500m: 6:20.29	39.51	700m: 8:58.99	39.45
	150m: 1:48.27	37.88	350m: 4:22.53	38.59	550m: 7:00.00	39.71	750m: 9:38.22	39.23
	200m: 2:26.80	38.53	400m: 5:01.60	39.07	600m: 7:39.62	39.62	800m: 10:16.43	38.21
4.	Mafalda Cristina PITA	97	Electrico Clube	10:22.80	+0,93	470	21	
	50m: 33.15	33.15	250m: 3:06.11	39.14	450m: 5:43.23	39.62	650m: 8:23.61	40.11
	100m: 1:10.16	37.01	300m: 3:44.72	38.61	500m: 6:23.16	39.93	700m: 9:03.66	40.05
	150m: 1:48.16	38.00	350m: 4:24.11	39.39	550m: 7:03.20	40.04	750m: 9:43.70	40.04
	200m: 2:26.97	38.81	400m: 5:03.61	39.50	600m: 7:43.50	40.30	800m: 10:22.80	39.10
5.	Maria Dias NEVES	99	Miranda do Corvo	10:23.75		468	20	
	50m: 36.96	36.96	250m: 3:14.20	39.08	450m: 5:51.06	38.52	650m: 8:28.14	39.39
	100m: 1:16.60	39.64	300m: 3:54.11	39.91	500m: 6:30.34	39.28	700m: 9:07.56	39.42
	150m: 1:55.70	39.10	350m: 4:33.34	39.23	550m: 7:09.39	39.05	750m: 9:47.19	39.63
	200m: 2:35.12	39.42	400m: 5:12.54	39.20	600m: 7:48.75	39.36	800m: 10:23.75	36.56
6.	Beatriz Sousa GROU	96	Tavira Natacao	10:25.56	+0,88	464	19	
	50m: 33.64	33.64	250m: 3:08.88	39.30	450m: 5:48.41	39.69	650m: 8:29.84	40.46
	100m: 1:11.46	37.82	300m: 3:48.50	39.62	500m: 6:28.53	40.12	700m: 9:10.19	40.35
	150m: 1:50.25	38.79	350m: 4:28.43	39.93	550m: 7:09.01	40.48	750m: 9:49.77	39.58
	200m: 2:29.58	39.33	400m: 5:08.72	40.29	600m: 7:49.38	40.37	800m: 10:25.56	35.79
7.	Beatriz Neves CARDOSO	98	Colegio SMLamas	10:26.30	+0,92	463	18	
	50m: 33.22	33.22	250m: 3:08.28	39.35	450m: 5:48.61	40.11	650m: 8:29.76	40.12
	100m: 1:11.20	37.98	300m: 3:48.07	39.79	500m: 6:28.78	40.17	700m: 9:09.75	39.99
	150m: 1:50.08	38.88	350m: 4:28.27	40.20	550m: 7:09.15	40.37	750m: 9:49.12	39.37
	200m: 2:28.93	38.85	400m: 5:08.50	40.23	600m: 7:49.64	40.49	800m: 10:26.30	37.18
8.	Ana Filipa BRITO	96	Colegio Monte Maior	10:38.84	+1,01	436	17	
	50m: 33.71	33.71	250m: 3:09.33	39.57	450m: 5:51.31	41.23	650m: 8:37.08	41.46
	100m: 1:11.50	37.79	300m: 3:49.06	39.73	500m: 6:33.02	41.71	700m: 9:18.80	41.72
	150m: 1:50.30	38.80	350m: 4:29.60	40.54	550m: 7:14.29	41.27	750m: 9:59.57	40.77
	200m: 2:29.76	39.46	400m: 5:10.08	40.48	600m: 7:55.62	41.33	800m: 10:38.84	39.27



Campeonato Nacional Clubes 4ª Divisão
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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Luana Rafaela RESENDE	97	Estamos Juntos	10:39.32	+0,82	435	16	
	50m: 35.21 35.21	250m: 3:14.51 39.86	450m: 5:56.80 41.44	650m: 8:40.69 41.02				
	100m: 1:14.97 39.76	300m: 3:54.83 40.32	500m: 6:38.17 41.37	700m: 9:21.94 41.25				
	150m: 1:55.01 40.04	350m: 4:35.07 40.24	550m: 7:18.61 40.44	750m: 10:02.28 40.34				
	200m: 2:34.65 39.64	400m: 5:15.36 40.29	600m: 7:59.67 41.06	800m: 10:39.32 37.04				
10.	Ana Catarina SERRA	95	Natacao do Tejo	10:39.81	+0,92	434	15	
	50m: 36.04 36.04	250m: 3:16.02 40.49	450m: 6:00.01 40.67	650m: 8:42.40 40.69				
	100m: 1:15.11 39.07	300m: 3:56.94 40.92	500m: 6:40.23 40.22	700m: 9:22.90 40.50				
	150m: 1:55.33 40.22	350m: 4:37.98 41.04	550m: 7:20.81 40.58	750m: 10:02.73 39.83				
	200m: 2:35.53 40.20	400m: 5:19.34 41.36	600m: 8:01.71 40.90	800m: 10:39.81 37.08				
11.	Miriam Natacha ALVES	97	Desportiva Limiana	10:39.94	+0,91	434	14	
	50m: 34.49 34.49	250m: 3:15.15 40.54	450m: 5:56.96 39.69	650m: 8:39.02 40.91				
	100m: 1:13.58 39.09	300m: 3:56.16 41.01	500m: 6:38.38 41.42	700m: 9:20.38 41.36				
	150m: 1:54.11 40.53	350m: 4:36.88 40.72	550m: 7:18.50 40.12	750m: 10:01.42 41.04				
	200m: 2:34.61 40.50	400m: 5:17.27 40.39	600m: 7:58.11 39.61	800m: 10:39.94 38.52				
12.	Ana Cristina ALCACARENHO	97	Nucleo Sportinguista Golega	10:42.52	+0,93	428	13	
	50m: 34.84 34.84	250m: 3:13.32 40.92	450m: 5:56.87 41.13	650m: 8:41.24 41.25				
	100m: 1:12.67 37.83	300m: 3:54.02 40.70	500m: 6:37.83 40.96	700m: 9:22.73 41.49				
	150m: 1:52.06 39.39	350m: 4:35.05 41.03	550m: 7:19.05 41.22	750m: 10:03.09 40.36				
	200m: 2:32.40 40.34	400m: 5:15.74 40.69	600m: 7:59.99 40.94	800m: 10:42.52 39.43				
13.	Maria Luis FIGUEIREDO	98	Alges e Agueda	10:46.24	+1,10	421	12	
	50m: 36.33 36.33	250m: 3:17.84 40.68	450m: 6:02.51 41.28	650m: 8:47.08 40.98				
	100m: 1:15.93 39.60	300m: 3:59.09 41.25	500m: 6:43.51 41.00	700m: 9:28.16 41.08				
	150m: 1:56.47 40.54	350m: 4:40.19 41.10	550m: 7:24.95 41.44	750m: 10:08.34 40.18				
	200m: 2:37.16 40.69	400m: 5:21.23 41.04	600m: 8:06.10 41.15	800m: 10:46.24 37.90				
14.	Daniela Filipa MIRA	99	Associacao CADES	10:48.05	+0,93	417	11	
	50m: 36.03 36.03	250m: 3:18.05 40.69	450m: 6:02.88 41.18	650m: 8:48.47 41.34				
	100m: 1:15.61 39.58	300m: 3:59.43 41.38	500m: 6:44.43 41.55	700m: 9:29.34 40.87				
	150m: 1:56.19 40.58	350m: 4:40.54 41.11	550m: 7:25.64 41.21	750m: 10:09.98 40.64				
	200m: 2:37.36 41.17	400m: 5:21.70 41.16	600m: 8:07.13 41.49	800m: 10:48.05 38.07				
15.	Daniela Silva BARCELOS	98	Nucleo Sportinguista Terceira	10:48.43	+0,97	417	10	
	50m: 35.90 35.90	250m: 3:18.63 41.66	450m: 6:03.91 41.38	650m: 8:47.78 41.47				
	100m: 1:15.19 39.29	300m: 4:00.60 41.97	500m: 6:44.54 40.63	700m: 9:28.81 41.03				
	150m: 1:56.35 41.16	350m: 4:41.81 41.21	550m: 7:25.66 41.12	750m: 10:09.24 40.43				
	200m: 2:36.97 40.62	400m: 5:22.53 40.72	600m: 8:06.31 40.65	800m: 10:48.43 39.19				
16.	Rita Ferreira COUTO	98	Bombeiros Ponta Delgada	10:51.14	+0,90	412	9	
	50m: 37.16 37.16	250m: 3:20.89 41.34	450m: 6:05.85 41.18	650m: 8:51.15 41.28				
	100m: 1:17.63 40.47	300m: 4:02.25 41.36	500m: 6:47.72 41.87	700m: 9:32.10 40.95				
	150m: 1:58.88 41.25	350m: 4:43.28 41.03	550m: 7:28.84 41.12	750m: 10:12.78 40.68				
	200m: 2:39.55 40.67	400m: 5:24.67 41.39	600m: 8:09.87 41.03	800m: 10:51.14 38.36				
17.	Andreia Alexandra LOPES	94	Litoral Alentejano	10:52.68	+0,87	409	8	
	50m: 35.31 35.31	250m: 3:15.69 40.55	450m: 6:03.19 42.21	650m: 8:50.82 42.12				
	100m: 1:15.03 39.72	300m: 3:56.56 40.87	500m: 6:44.79 41.60	700m: 9:32.01 41.19				
	150m: 1:54.92 39.89	350m: 4:38.67 42.11	550m: 7:26.78 41.99	750m: 10:13.05 41.04				
	200m: 2:35.14 40.22	400m: 5:20.98 42.31	600m: 8:08.70 41.92	800m: 10:52.68 39.63				
18.	Daniela Sofia SERRA	98	CLAC-Entroncamento	10:53.69	+0,87	407	7	
	50m: 35.50 35.50	250m: 3:16.78 41.25	450m: 6:02.98 41.78	650m: 8:49.82 41.60				
	100m: 1:14.65 39.15	300m: 3:58.08 41.30	500m: 6:44.89 41.91	700m: 9:31.79 41.97				
	150m: 1:55.15 40.50	350m: 4:39.42 41.34	550m: 7:26.64 41.75	750m: 10:13.89 42.10				
	200m: 2:35.53 40.38	400m: 5:21.20 41.78	600m: 8:08.22 41.58	800m: 10:53.69 39.80				



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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
19.	Raquel Sofia JORGE	98	Salvaterra Magos	11:02.24	+1,19	391	6	
	50m: 35.77 35.77	250m: 3:18.57 41.61	450m: 6:07.25 42.28	650m: 8:57.75 42.53				
	100m: 1:15.15 39.38	300m: 4:00.42 41.85	500m: 6:50.01 42.76	700m: 9:40.24 42.49				
	150m: 1:55.77 40.62	350m: 4:42.68 42.26	550m: 7:32.88 42.87	750m: 10:22.09 41.85				
	200m: 2:36.96 41.19	400m: 5:24.97 42.29	600m: 8:15.22 42.34	800m: 11:02.24 40.15				
20.	Mariana Jorge DUARTE	97	Nucleo de Pombal	11:03.21		389	5	
	50m: 36.32 36.32	250m: 3:22.05 42.35	450m: 6:12.32 42.38	650m: 9:01.50 41.58				
	100m: 1:16.32 40.00	300m: 4:04.60 42.55	500m: 6:54.33 42.01	700m: 9:42.99 41.49				
	150m: 1:57.69 41.37	350m: 4:47.34 42.74	550m: 7:36.68 42.35	750m: 10:24.77 41.78				
	200m: 2:39.70 42.01	400m: 5:29.94 42.60	600m: 8:19.92 43.24	800m: 11:03.21 38.44				
21.	Maria Migueis TEIXEIRA	99	Interior Norte	11:07.77	+0,85	382	4	
	50m: 35.21 35.21	250m: 3:22.20 41.81	450m: 6:11.38 42.54	650m: 9:01.30 42.95				
	100m: 1:15.43 40.22	300m: 4:04.48 42.28	500m: 6:53.40 42.02	700m: 9:43.27 41.97				
	150m: 1:57.35 41.92	350m: 4:47.08 42.60	550m: 7:35.82 42.42	750m: 10:27.61 44.34				
	200m: 2:40.39 43.04	400m: 5:28.84 41.76	600m: 8:18.35 42.53	800m: 11:07.77 40.16				
22.	Margarida Silveira HENRIQUES	97	Gualdim Pais	11:30.89	+0,73	344	3	
	50m: 38.16 38.16	250m: 3:30.63 43.60	450m: 6:24.50 43.88	650m: 9:20.75 44.71				
	100m: 1:20.21 42.05	300m: 4:14.11 43.48	500m: 7:08.36 43.86	700m: 10:04.74 43.99				
	150m: 2:03.38 43.17	350m: 4:57.69 43.58	550m: 7:52.02 43.66	750m: 10:48.52 43.78				
	200m: 2:47.03 43.65	400m: 5:40.62 42.93	600m: 8:36.04 44.02	800m: 11:30.89 42.37				
23.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarne	11:39.22	+0,99	332	2	
	50m: 38.62 38.62	250m: 3:33.83 44.50	450m: 6:31.25 44.01	650m: 9:25.83 44.81				
	100m: 1:21.51 42.89	300m: 4:18.18 44.35	500m: 7:14.73 43.48	700m: 10:11.01 45.18				
	150m: 2:05.44 43.93	350m: 5:02.96 44.78	550m: 7:57.23 42.50	750m: 10:56.41 45.40				
	200m: 2:49.33 43.89	400m: 5:47.24 44.28	600m: 8:41.02 43.79	800m: 11:39.22 42.81				
24.	Francisca Goncalves ABREU	96	Elvense	11:44.34	+1,05	325	1	
	50m: 37.74 37.74	250m: 3:29.59 43.99	450m: 6:28.20 44.99	650m: 9:28.91 45.47				
	100m: 1:19.40 41.66	300m: 4:13.94 44.35	500m: 7:13.45 45.25	700m: 10:14.63 45.72				
	150m: 2:02.04 42.64	350m: 4:58.67 44.73	550m: 7:58.26 44.81	750m: 11:00.27 45.64				
	200m: 2:45.60 43.56	400m: 5:43.21 44.54	600m: 8:43.44 45.18	800m: 11:44.34 44.07				

Prova 14

Femin., 100m Mariposa

Absoluto
Resultados

11-12-2011 - 9:30

Rec. Nac. 25m Absoluto	58.31	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Rec. Nac. 25m Inf B	1:09.60	Ines Camacho FERNANDES	SCP	Cantanhede	16-05-2009
Rec. Nac. 25m Inf A	1:05.50	Ines Camacho FERNANDES	SCP	Tavira	07-03-2010
Rec. Nac. 25m Juv	1:04.30	Susana Patricia MIGUEL	SFUAP	Penafiel	21-03-2004
Rec. Nac. 25m Jun	1:01.56	Filipa Vilas TIAGO	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	58.31	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Ines Martins SILVA	94	Estamos Juntos	1:07.55	+0,82	541	25	
	50m: 31.09 31.09	100m: 1:07.55 36.46						
2.	Catia Alexandra BATISTA	96	Colegio SMLamas	1:07.88	+0,87	533	23	
	50m: 31.82 31.82	100m: 1:07.88 36.06						
3.	Elsa Manuela CARDOSO	86	Interior Norte	1:08.88	+0,76	510	22	
	50m: 31.22 31.22	100m: 1:08.88 37.66						



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Prova 14, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Catarina Vilhena GREGORIO	96	CLAC-Entroncamento	1:11.07	+0,77	464	21	
	50m: 32.59 32.59	100m: 1:11.07 38.48						
5.	Filipa Andreia COSTA	98	Colegio Monte Maior	1:11.57	+0,82	455	20	
	50m: 33.36 33.36	100m: 1:11.57 38.21						
6.	Ines Margarida RIBEIRO	97	Alges e Agueda	1:12.15	+0,85	444	19	
	50m: 34.26 34.26	100m: 1:12.15 37.89						
7.	Cristiana Andreia LIMA	95	Nucleo de Pombal	1:15.12	+0,97	393	18	
	50m: 34.31 34.31	100m: 1:15.12 40.81						
8.	Catia Sofia PAIO	96	Electrico Clube	1:15.51	+0,84	387	17	
	50m: 34.56 34.56	100m: 1:15.51 40.95						
9.	Renata Castro GONCALVES	96	Sporting de Aveiro	1:15.85	+0,87	382	16	
	50m: 34.27 34.27	100m: 1:15.85 41.58						
10.	Ana Catarina TRAVESSA	96	Salvaterra Magos	1:16.44	+0,93	373	15	
	50m: 34.31 34.31	100m: 1:16.44 42.13						
11.	Catarina Rego BORGES	99	Bombeiros Ponta Delgada	1:16.86	+0,91	367	14	
	50m: 35.33 35.33	100m: 1:16.86 41.53						
12.	Ana Luisa RAMOS	95	Gafanha da Encarnacao	1:17.02	+1,01	365	13	
	50m: 35.06 35.06	100m: 1:17.02 41.96						
13.	Sara Davide RODRIGUES	92	Litoral Alentejano	1:18.15	+0,82	349	12	
	50m: 33.64 33.64	100m: 1:18.15 44.51						
14.	Tatiana Lima SILVA	96	Natacao do Tejo	1:19.07	+0,49	337	11	
	50m: 36.79 36.79	100m: 1:19.07 42.28						
15.	Ana Cristina ALCACARENHO	97	Nucleo Sportinguista Golega	1:19.65	+0,95	330	10	
	50m: 36.10 36.10	100m: 1:19.65 43.55						
16.	Mara Brasil GODINHO	96	Terceira Auto Clube	1:21.29	+0,84	310	9	
	50m: 37.13 37.13	100m: 1:21.29 44.16						
17.	Patricia Pereira GALRITO	94	Estremoz/Estremozcarnes	1:21.69	+0,89	306	8	
	50m: 36.99 36.99	100m: 1:21.69 44.70						
18.	Carolina Marques MENDES	97	Nucleo Sportinguista Terceira	1:22.31	+0,91	299	7	
	50m: 37.49 37.49	100m: 1:22.31 44.82						
19.	Rita Oliveira AFONSO	97	Elvense	1:23.05	+1,02	291	6	
	50m: 39.39 39.39	100m: 1:23.05 43.66						
20.	Ines Rosa FARINHA	97	Tavira Natacao	1:24.13	+0,84	280	5	
	50m: 38.33 38.33	100m: 1:24.13 45.80						
21.	Bianca Filipa SILVA	99	Miranda do Corvo	1:24.23	+0,90	279	4	
	50m: 38.87 38.87	100m: 1:24.23 45.36						
22.	Ana Filipa PARENTE	98	Gualdim Pais	1:24.26	+0,81	278	3	
	50m: 36.84 36.84	100m: 1:24.26 47.42						
DSQ	Viviana Sofia PINTO	98	Desportiva Limiana					
	403 - Falsa partida - SW 4.4							
DNF	Ines Carolina SOARES	98	Associacao CADES					



Campeonato Nacional Clubes 4ª Divisão
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Prova 15
11-12-2011 - 9:35

Masc., 200m Mariposa

Absoluto
Resultados

Rec. Nac. 25m Absoluto	1:53.39	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	12-12-2009
Rec. Nac. 25m Inf B	2:21.67	Tomas Miguel FREITAS	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:12.42	Tomas Miguel FREITAS	CDN	Funchal	11-07-2004
Rec. Nac. 25m Juv B	2:07.06	Pedro Diogo OLIVEIRA	CNRM	Entroncamento	24-05-2003
Rec. Nac. 25m Juv A	2:03.38	Diogo Parrilha da SILVA	CNAL	Alcobaça	13-06-2009
Rec. Nac. 25m Jun	1:58.64	Diogo Filipe CARVALHO	CGA	Tomar	09-12-2005
Rec. Nac. 25m Sen	1:53.39	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Cesar Filipe MAGALHAES	95	Foca	2:10.99	+0,89	577		24
	50m: 29.20 29.20		100m: 1:03.14 33.94	150m: 1:37.40 34.26		200m: 2:10.99	33.59	
2.	Miguel Bras SERGIO	95	Bombeiros dos Estoris	2:11.03	+0,84	577		22
	50m: 29.36 29.36		100m: 1:03.09 33.73	150m: 1:37.28 34.19		200m: 2:11.03	33.75	
3.	Andre Antunes CARVALHO	96	Colegio Monte Maior	2:13.84	+0,83	541		21
	50m: 29.64 29.64		100m: 1:03.81 34.17	150m: 1:38.41 34.60		200m: 2:13.84	35.43	
4.	Rui Ferreira POEIRA	95	Terceira Auto Clube	2:16.74	+0,67	508		20
	50m: 30.33 30.33		100m: 1:04.77 34.44	150m: 1:40.06 35.29		200m: 2:16.74	36.68	
5.	Alexandre Valdagua COUTINHO	97	SCC/Oryzon Energias	2:19.09	+0,89	482		19
	50m: 30.39 30.39		100m: 1:05.85 35.46	150m: 1:42.40 36.55		200m: 2:19.09	36.69	
6.	Joao Paulo CAPITAO	96	Colegio SMLamas	2:20.36	+0,88	469		18
	50m: 30.97 30.97		100m: 1:06.18 35.21	150m: 1:42.77 36.59		200m: 2:20.36	37.59	
7.	Diogo Silva MARZIA	96	Electrico Clube	2:22.28	+0,93	450		17
	50m: 31.92 31.92		100m: 1:07.99 36.07	150m: 1:44.51 36.52		200m: 2:22.28	37.77	
8.	Luis Filipe FONSECA	97	Estremoz/Estremozcarnes	2:22.32	+0,88	450		16
	50m: 31.72 31.72		100m: 1:07.71 35.99	150m: 1:44.36 36.65		200m: 2:22.32	37.96	
9.	Jose Luis MORAIS	94	Beja	2:25.47	+0,77	421		15
	50m: 32.30 32.30		100m: 1:09.24 36.94	150m: 1:47.13 37.89		200m: 2:25.47	38.34	
10.	Andre Filipe FARIA	94	Imortal	2:26.18	+0,80	415		14
	50m: 31.67 31.67		100m: 1:08.67 37.00	150m: 1:46.81 38.14		200m: 2:26.18	39.37	
11.	Rafael Cardoso RIBEIRO	93	Alhandra	2:26.67	+0,85	411		13
	50m: 32.93 32.93		100m: 1:10.04 37.11	150m: 1:48.22 38.18		200m: 2:26.67	38.45	
12.	Claudio Miguel GOMES	95	Gafanha da Encarnacao	2:29.21	+0,68	391		12
	50m: 30.33 30.33		100m: 1:08.22 37.89	150m: 1:48.43 40.21		200m: 2:29.21	40.78	
13.	Mario Jorge NUNES	92	Natacao do Tejo	2:32.24	+0,79	368		11
	50m: 33.52 33.52		100m: 1:13.16 39.64	150m: 1:51.66 38.50		200m: 2:32.24	40.58	
14.	Joao Pedro ROSA	90	CLAC-Entroncamento	2:32.58	+0,94	365		10
	50m: 33.47 33.47		100m: 1:11.55 38.08	150m: 1:51.07 39.52		200m: 2:32.58	41.51	
15.	Matheus Pereira GONCALVES	96	Desportiva Limiana	2:32.91	+0,57	363		9
	50m: 32.62 32.62		100m: 1:11.53 38.91	150m: 1:52.83 41.30		200m: 2:32.91	40.08	
16.	Andre Filipe BUCHO	96	Elvense	2:33.78	+0,83	357		8
	50m: 33.83 33.83		100m: 1:12.35 38.52	150m: 1:53.32 40.97		200m: 2:33.78	40.46	



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Prova 15, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Eduardo Terekhin BAPTISTA 94		Desportivo de Benavente	2:36.08	+0,96	341		7
	50m: 32.63 32.63	100m: 1:10.33 37.70		150m: 1:53.27 42.94		200m: 2:36.08 42.81		
18.	Ruben Jordao FERNANDES 95		Miranda do Corvo	2:37.66	+0,93	331		6
	50m: 33.98 33.98	100m: 1:13.03 39.05		150m: 1:54.59 41.56		200m: 2:37.66 43.07		
19.	Hugo Guilherme TRIGO 97		Sporting de Aveiro	2:39.11	+0,86	322		5
	50m: 33.65 33.65	100m: 1:13.20 39.55		150m: 1:55.58 42.38		200m: 2:39.11 43.53		
20.	Ricardo Manuel ANDRE 97		Fisica Torres Vedras	3:05.14	+0,79	204		4
	50m: 39.21 39.21	100m: 1:26.79 47.58		150m: 2:17.61 50.82		200m: 3:05.14 47.53		
21.	Andre Filipe FERREIRA 89		Gualdim Pais	3:06.12	+0,99	201		3
	50m: 36.75 36.75	100m: 1:20.99 44.24		150m: 2:09.26 48.27		200m: 3:06.12 56.86		
DNF	Rafael Barata DOMINGOS 95		Nucleo Sportinguista Golega					
WDR	Pedro Rafael CINTRAO 96		Nucleo de Pombal					

Prova 16

Femin., 100m Bruços

Absoluto

11-12-2011 - 9:50

Resultados

Rec. Nac. 25m Absoluto	1:07.17	Diana Duarte GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:17.79	tempo limite			
Rec. Nac. 25m Inf A	1:15.72	Filipa Vilas RUIVO	DNMG	Caldas da Rainha	01-05-2010
Rec. Nac. 25m Juv	1:11.76	Diana Duarte GOMES	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	1:08.85	Ana Pinho RODRIGUES	AEJ	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Sen	1:07.17	Diana Duarte GOMES	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Ana Pinho RODRIGUES 94		Estamos Juntos	1:11.62	+0,80	670	25	
	50m: 33.38 33.38	100m: 1:11.62 38.24						
2.	Joana Filipa MARQUES 95		Bombeiros Ponta Delgada	1:17.92	+0,78	521	23	
	50m: 36.13 36.13	100m: 1:17.92 41.79						
3.	Ana Mafalda SILVA 97		Terceira Auto Clube	1:19.41	+0,76	492	22	
	50m: 37.12 37.12	100m: 1:19.41 42.29						
4.	Margarida Teixeira MONTEIRO 97		Desportiva Limiana	1:19.74	+0,87	486	21	
	50m: 38.65 38.65	100m: 1:19.74 41.09						
5.	Mafalda Alexandra HENRIQUES 95		Colegio Monte Maior	1:20.01	+0,90	481	20	
	50m: 37.89 37.89	100m: 1:20.01 42.12						
6.	Monica Moreira LANZINHA 95		Electrico Clube	1:20.90	+0,82	465	19	
	50m: 38.56 38.56	100m: 1:20.90 42.34						
7.	Ana Catarina SERRA 95		Natacao do Tejo	1:21.56	+0,87	454	18	
	50m: 38.53 38.53	100m: 1:21.56 43.03						
8.	Mariana Manhita CORREIA 98		Tavira Natacao	1:22.16	+0,87	444	17	
	50m: 38.81 38.81	100m: 1:22.16 43.35						
9.	Beatriz Gameiro MATIAS 97		Nucleo de Pombal	1:23.03		430	16	
	50m: 39.07 39.07	100m: 1:23.03 43.96						





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Prova 16, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
10.	Carolina Santos MACHADO	95	Gafanha da Encarnacao	1:23.45	+1,00	424	15	
	50m: 39.23 39.23	100m: 1:23.45 44.22						
11.	Ana Filipa GONCALVES	92	Interior Norte	1:23.69	+0,98	420	14	
	50m: 39.18 39.18	100m: 1:23.69 44.51						
12.	Margarida Pamplona EVANGELHO	99	Nucleo Sportinguista Terceira	1:23.98	+0,87	416	13	
	50m: 39.50 39.50	100m: 1:23.98 44.48						
13.	Carolina Conceicao PAIS	97	Colegio SMLamas	1:24.00	+1,09	415	12	
	50m: 39.59 39.59	100m: 1:24.00 44.41						
14.	Ines Maria RIBEIRO	94	CLAC-Entroncamento	1:24.47	+0,82	408	11	
	50m: 40.23 40.23	100m: 1:24.47 44.24						
15.	Ana Rita NUNES	97	Alges e Agueda	1:25.86	+0,94	389	10	
	50m: 40.45 40.45	100m: 1:25.86 45.41						
16.	Ana Raquel ALBUQUERQUE	95	Sporting de Aveiro	1:25.93	+0,97	388	9	
	50m: 40.28 40.28	100m: 1:25.93 45.65						
17.	Mariana Domingues PAZ	98	Miranda do Corvo	1:26.96	+0,90	374	8	
	50m: 41.35 41.35	100m: 1:26.96 45.61						
18.	Ines Sofia BORBA	97	Litoral Alentejano	1:27.09	+0,81	373	7	
	50m: 40.48 40.48	100m: 1:27.09 46.61						
19.	Luisa Filipa MAIA	96	Associacao CADES	1:27.99	+0,84	361	6	
	50m: 41.06 41.06	100m: 1:27.99 46.93						
20.	Ana Carolina ALARICO	94	Nucleo Sportinguista Golega	1:28.64	+0,97	353	5	
	50m: 41.13 41.13	100m: 1:28.64 47.51						
21.	Raquel Sofia JORGE	98	Salvaterra Magos	1:31.36	+0,87	323	4	
	50m: 43.72 43.72	100m: 1:31.36 47.64						
22.	Catarina Goncalves TREZENTOS	99	Gualdim Pais	1:32.87	+0,94	307	3	
	50m: 43.54 43.54	100m: 1:32.87 49.33						
23.	Francisca Goncalves ABREU	96	Elvense	1:33.67	+0,99	299	2	
	50m: 43.27 43.27	100m: 1:33.67 50.40						
24.	Barbara Gomes COCHICHO	96	Estremoz/Estremozcarnes	1:35.95		279	1	
	50m: 45.32 45.32	100m: 1:35.95 50.63						





Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 17
11-12-2011 - 9:55

Masc., 200m Bruços

Absoluto
Resultados

Rec. Nac. 25m Absoluto	2:08.80	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	2:37.57	Tomas Miguel FREITAS	CDN	Funchal	13-07-2003
Rec. Nac. 25m Inf A	2:29.59	Luis Manuel FERNANDES	GDNVNF	Cantanhede	08-03-2009
Rec. Nac. 25m Juv B	2:21.70	Luis Manuel FERNANDES	GDNVNF	Paços Ferreira	05-12-2009
Rec. Nac. 25m Juv A	2:18.42	tempo limite			
Rec. Nac. 25m Jun	2:14.00	Pedro Miguel AGOSTINHO	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	2:08.80	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Miguel SILVA	94	Colegio Monte Maior	2:23.81	+0,80	590		24
	50m: 32.62 32.62	100m: 1:09.66 37.04	150m: 1:46.73 37.07	200m: 2:23.81 37.08				
2.	Hugo Miguel NUNES	90	Natacao do Tejo	2:26.67	+0,83	556		22
	50m: 33.11 33.11	100m: 1:11.01 37.90	150m: 1:49.02 38.01	200m: 2:26.67 37.65				
3.	Luis Miguel LOPES	95	Foca	2:33.62	+0,93	484		21
	50m: 34.22 34.22	100m: 1:12.64 38.42	150m: 1:52.84 40.20	200m: 2:33.62 40.78				
4.	Simao Miguel CAPITAO	97	Colegio SMLamas	2:36.70	+0,81	456		20
	50m: 34.77 34.77	100m: 1:14.98 40.21	150m: 1:56.49 41.51	200m: 2:36.70 40.21				
5.	Andre Figueiredo ALMEIDA	96	Beja	2:39.21	+0,62	435		19
	50m: 34.83 34.83	100m: 1:15.15 40.32	150m: 1:56.93 41.78	200m: 2:39.21 42.28				
6.	Joao Manuel FERREIRA	92	CLAC-Entroncamento	2:39.75	+0,92	430		18
	50m: 35.35 35.35	100m: 1:15.62 40.27	150m: 1:57.80 42.18	200m: 2:39.75 41.95				
7.	Henrique Silva RENGA	97	Elvense	2:42.70	+0,85	407		17
	50m: 35.40 35.40	100m: 1:16.52 41.12	150m: 1:59.29 42.77	200m: 2:42.70 43.41				
8.	Bruno Santos PEREIRA	94	Gafanha da Encarnacao	2:44.78	+0,85	392		16
	50m: 36.49 36.49	100m: 1:18.05 41.56	150m: 2:01.74 43.69	200m: 2:44.78 43.04				
9.	Andre Marques SILVA	94	Sporting de Aveiro	2:45.16	+0,68	390		15
	50m: 36.88 36.88	100m: 1:18.27 41.39	150m: 2:01.38 43.11	200m: 2:45.16 43.78				
10.	Miguel Filipe ARVANA	98	Estremoz/Estremozcarnes	2:47.14	+0,89	376		14
	50m: 37.74 37.74	100m: 1:19.78 42.04	150m: 2:03.90 44.12	200m: 2:47.14 43.24				
11.	Daniel Lago PINTO	97	Desportiva Limiana	2:48.30	+0,79	368		13
	50m: 36.78 36.78	100m: 1:20.25 43.47	150m: 2:04.05 43.80	200m: 2:48.30 44.25				
12.	Manuel Jose LUCAS	97	Terceira Auto Clube	2:50.27	+0,85	355		12
	50m: 37.76 37.76	100m: 1:22.19 44.43	150m: 2:07.06 44.87	200m: 2:50.27 43.21				
13.	Joao Miguel SALGUEIRO	95	Electrico Clube	2:50.77	+0,85	352		11
	50m: 39.17 39.17	100m: 1:22.76 43.59	150m: 2:06.81 44.05	200m: 2:50.77 43.96				
14.	Nuno Ricardo NOGUEIRA	94	Nucleo Sportinguista Golega	2:53.39	+0,99	337		10
	50m: 38.63 38.63	100m: 1:22.82 44.19	150m: 2:08.50 45.68	200m: 2:53.39 44.89				
15.	Joao Henrique CRISOSTOMO	97	Fisica Torres Vedras	2:54.20	+1,05	332		9
	50m: 39.77 39.77	100m: 1:24.04 44.27	150m: 2:10.18 46.14	200m: 2:54.20 44.02				
16.	Eduardo Filipe FELIX	95	Alhandra	2:59.50	+0,85	303		8
	50m: 38.66 38.66	100m: 1:24.42 45.76	150m: 2:11.72 47.30	200m: 2:59.50 47.78				





Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 17, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts	
17.	Pedro Daniel PINTO	94	Miranda do Corvo	3:01.23	+0,89	295		7	
	50m: 39.42 39.42	100m: 1:25.34 45.92	150m: 2:12.77 47.43	200m: 3:01.23 48.46					
18.	Joao Miguel COELHO	93	Imortal	3:07.77	+0,95	265		6	
	50m: 39.44 39.44	100m: 1:26.26 46.82	150m: 2:16.43 50.17	200m: 3:07.77 51.34					
19.	Paulo Jorge MARQUES	86	Gualdim Pais	3:11.86	+0,95	248		5	
	50m: 41.85 41.85	100m: 1:31.62 49.77	150m: 2:22.65 51.03	200m: 3:11.86 49.21					
20.	Afonso Nuno MARTINS	98	Desportivo de Benavente	3:20.86	+0,92	216		4	
	50m: 44.76 44.76	100m: 1:36.72 51.96	150m: 2:29.87 53.15	200m: 3:20.86 50.99					
DSQ	Hugo Neves NETO	94	SCC/Oryzon Energias	<i>724 - Movimento alternado pernas percurso subaquático após viragens - SW 7.4</i>					
DSQ	Nuno Oliveira NORITAKE	96	Bombeiros dos Estoris	<i>702 - Pernada de golfinho antes da braçada submarina - SW 7.1</i>					
WDR	Goncalo Ferreira GAMEIRO	94	Nucleo de Pombal						

Prova 18

Femin., 50m Livres

Absoluto

11-12-2011 - 10:10

Resultados

Rec. Nac. 25m Absoluto	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf A	28.32	Ines Camacho FERNANDES	SCP	Ponte Sor	30-01-2010
Rec. Nac. 25m Juv	27.16	Harriet Larcher SMITH	CFB	Tomar	15-03-2003
Rec. Nac. 25m Jun	26.14	Maria Carolina ROSA	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Mafalda Fraga FRAGOSO	94	Bombeiros Ponta Delgada	27.60	+0,81	597	25	
2.	Ana Beatriz SILVA	96	Gafanha da Encarnacao	27.87	+0,83	580	23	
3.	Ines Isabel MARGARIDO	93	Litoral Alentejano	29.06	+0,87	512	22	
4.	Catarina Vilhena GREGORIO	96	CLAC-Entroncamento	29.10	+0,73	510	21	
5.	Maria Ines CABRAL	94	Sporting de Aveiro	29.27	+0,90	501	20	
6.	Ana Rita JESUS	95	Associacao CADES	29.45	+0,97	492	19	
7.	Ana Filipa SOUSA	96	Nucleo Sportinguista Golega	29.57	+0,87	486	18	
8.	Rita Manuela BARBOSA	89	Interior Norte	29.63	+0,81	483	17	
9.	Catia Sofia PAIO	96	Electrico Clube	29.71	+0,84	479	16	
10.	Ana Rita NUNES	93	Salvaterra Magos	29.87	+0,88	471	15	
11.	Mariana Luis SARAIVA	96	Nucleo Sportinguista Terceira	29.92	+0,84	469	14	
12.	Maria Ornelas ARMAS	98	Terceira Auto Clube	30.13	+0,94	459	13	
	Ines Antunes MELO	95	Colegio Monte Maior	30.13	+0,80	459	13	
14.	Cristina Alexandra FURTADO	96	Estamos Juntos	30.27	+0,89	453	11	
15.	Joana Gabriela SILVA	95	Colegio SMLamas	30.31	+0,82	451	10	
16.	Filipa Robert RENTE	96	Gualdim Pais	30.67	+0,74	435	9	
17.	Carlota Ramos TELHADO	98	Alges e Agueda	30.68	+0,89	435	8	
18.	Joana Ines FRADE	92	Nucleo de Pombal	31.25	+0,83	411	7	
19.	Miriam Natacha ALVES	97	Desportiva Limiana	31.26	+0,88	411	6	
20.	Sofia Leonor COSTA	96	Natacao do Tejo	31.41	+0,88	405	5	





Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 18, Femin., 50m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Tatiana Cruz COSTA	94	Miranda do Corvo	31.63	+0,91	397	4	
22.	Mariya ZADARZHAYA	92	Tavira Natacao	32.06	+0,87	381	3	
23.	Helena Isabel BANDEIRAS	95	Elvense	33.63	+1,05	330	2	
24.	Dina Isabel LETRAS	97	Estremoz/Estremozcarnes	33.76	+0,89	326	1	

Prova 19

Masc., 100m Livres

Absoluto
Resultados

11-12-2011 - 10:15

Rec. Nac. 25m Absoluto	47.64	Alexandre Escudier AGOSTINHO	FPN	Istambul (TUR)	11-12-2009
Rec. Nac. 25m Inf B	57.40	Tiago Filipe PEREIRA	DNMG	Caldas da Rainha	11-07-2004
Rec. Nac. 25m Inf A	55.02	David Miguel FERRO	SFUAP	Algés	15-03-1998
Rec. Nac. 25m Juv B	52.59	Diogo Gomes SOUSA	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	50.82	Tiago Andre VENANCIO	CNS	Braga	23-03-2003
Rec. Nac. 25m Jun	48.38	Tiago Andre VENANCIO	CNS	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	47.64	Alexandre Escudier AGOSTINHO	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Pedro Afonso GASPAR	94	Nucleo Sportinguista Golega	53.83	+0,87	581	24	
	50m: 25.85 25.85		100m: 53.83 27.98					
2.	Joao Carlos AMORIM	91	Alhandra	54.07	+1,04	574	22	
	50m: 25.93 25.93		100m: 54.07 28.14					
3.	Bruno Miguel ALVES	91	Desportiva Limiana	55.16	+0,75	540	21	
	50m: 26.11 26.11		100m: 55.16 29.05					
4.	Pedro Miguel SILVA	94	Colegio Monte Maior	55.51	+0,80	530	20	
	50m: 26.73 26.73		100m: 55.51 28.78					
5.	Joao Goncalo COELHO	94	Sporting de Aveiro	55.97	+0,81	517	19	
	50m: 26.71 26.71		100m: 55.97 29.26					
6.	Claudio Miguel GOMES	95	Gafanha da Encarnacao	56.10	+0,67	514	18	
	50m: 26.32 26.32		100m: 56.10 29.78					
7.	Marcelo Jose PINTO	94	Foca	56.12	+0,85	513	17	
	50m: 26.65 26.65		100m: 56.12 29.47					
8.	Frederico Sousa SOARES	96	Bombeiros dos Estoris	56.82	+0,79	494	16	
	50m: 27.03 27.03		100m: 56.82 29.79					
9.	Tiago Miguel ALVES	95	SCC/Oryzon Energias	57.00	+0,83	490	15	
	50m: 27.15 27.15		100m: 57.00 29.85					
10.	Joao Miguel LOPES	96	Electrico Clube	57.29	+0,82	482	14	
	50m: 27.90 27.90		100m: 57.29 29.39					
11.	Jaime Filipe VIEIRA	95	Estremoz/Estremozcarnes	57.35	+0,88	481	13	
	50m: 27.09 27.09		100m: 57.35 30.26					
	Luis Rafael BRAZIL	96	Fisica Torres Vedras	57.35	+0,76	481	13	
	50m: 27.46 27.46		100m: 57.35 29.89					
13.	Rui Ferreira POEIRA	95	Terceira Auto Clube	57.54	+0,52	476	11	
	50m: 27.80 27.80		100m: 57.54 29.74					





Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 19, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Edgar Vieira SILVA	95	Imortal	58.85	+0,82	445		10
	50m: 28.06 28.06	100m: 58.85 30.79						
15.	Vasco Miguel FORTUNATO	87	Gualdim Pais	58.88	+0,82	444		9
	50m: 27.44 27.44	100m: 58.88 31.44						
16.	Alexandre Emanuel PEREIRA	93	CLAC-Entroncamento	59.48	+0,77	431		8
	50m: 28.02 28.02	100m: 59.48 31.46						
17.	Rui Jorge DIAS	95	Miranda do Corvo	59.62	+0,78	428		7
	50m: 29.05 29.05	100m: 59.62 30.57						
18.	Antonio Carlos COSTA	95	Beja	59.69	+0,76	426		6
	50m: 27.93 27.93	100m: 59.69 31.76						
19.	Joao Pedro MADEIRA	96	Elvense	1:00.67	+0,79	406		5
	50m: 28.48 28.48	100m: 1:00.67 32.19						
20.	Nuno Miguel AFONSO	91	Natacao do Tejo	1:01.67	+0,77	386		4
	50m: 29.13 29.13	100m: 1:01.67 32.54						
21.	Artur Sousa FERREIRA	93	Colegio SMLamas	1:01.82	+0,77	384		3
	50m: 29.75 29.75	100m: 1:01.82 32.07						
22.	Ricardo Filipe BENTO	95	Desportivo de Benavente	1:06.85	+1,00	303		2
	50m: 31.10 31.10	100m: 1:06.85 35.75						
WDR	Joao Courelas GONCALVES	97	Nucleo de Pombal					

Prova 20
11-12-2011 - 10:20

Femin., 100m Costas

Absoluto
Resultados

Rec. Nac. 25m Absoluto	1:00.69	Marta Vieira MARINHO	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:10.23	Catarina Alexandra JARDIM	GDNVNF	Ponte da Barca	05-03-2010
Rec. Nac. 25m Inf A	1:05.36	Ines Camacho FERNANDES	SCP	Tavira	05-03-2010
Rec. Nac. 25m Juv	1:02.96	Ines Camacho FERNANDES	SCP	Alapraia	12-02-2011
Rec. Nac. 25m Jun	1:03.03	Lisa Marisa SOARES	CNA	Porto	04-12-2010
Rec. Nac. 25m Sen	1:00.69	Marta Vieira MARINHO	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Beatriz Sousa GROU	96	Tavira Natacao	1:08.70	+0,70	519		25
	50m: 33.36 33.36	100m: 1:08.70 35.34						
2.	Margarida Teixeira MONTEIRO	97	Desportiva Limiana	1:10.32	+0,66	484		23
	50m: 34.31 34.31	100m: 1:10.32 36.01						
3.	Beata WINOGRADOW	89	Interior Norte	1:10.98	+0,68	471		22
	50m: 33.57 33.57	100m: 1:10.98 37.41						
4.	Ana Filipa SOUSA	96	Nucleo Sportinguista Golega	1:12.44	+0,65	443		21
	50m: 34.67 34.67	100m: 1:12.44 37.77						
5.	Ines Sofia MATA	94	Colegio Monte Maior	1:12.88	+0,70	435		20
	50m: 34.83 34.83	100m: 1:12.88 38.05						





Campeonato Nacional Clubes 4ª Divisão
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Prova 20, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Catarina Rego BORGES 50m: 35.37 35.37	99	Bombeiros Ponta Delgada	1:13.24 37.87	+0,74	428	19	
7.	Filipa Oliveira ANDRADE 50m: 35.49 35.49	97	Estamos Juntos	1:14.04 38.55	+0,77	415	18	
8.	Beatriz Neves CARDOSO 50m: 36.24 36.24	98	Colegio SMLamas	1:14.49 38.25	+0,78	407	17	
9.	Maria Dias NEVES 50m: 36.65 36.65	99	Miranda do Corvo	1:14.80 38.15	+0,71	402	16	
10.	Ana Rita NUNES 50m: 36.39 36.39	93	Salvaterra Magos	1:15.06 38.67	+0,71	398	15	
11.	Filipa Santos CASTRO 50m: 37.13 37.13	96	Alges e Agueda	1:15.29 38.16	+0,72	394	14	
12.	Ana Rita RIBAU 50m: 36.52 36.52	95	Gafanha da Encarnacao	1:15.36 38.84	+0,70	393	13	
13.	Maria Ines CABRAL 50m: 37.51 37.51	94	Sporting de Aveiro	1:16.34 38.83	+1,18	378	12	
14.	Ines Filipa FERREIRA 50m: 36.85 36.85	97	Elvense	1:17.02 40.17	+0,70	368	11	
15.	Carolina Santana GONCALVES 50m: 37.41 37.41	95	Nucleo de Pombal	1:17.20 39.79	+0,88	366	10	
16.	Mariana Ventura RODRIGUES 50m: 37.14 37.14	94	Terceira Auto Clube	1:17.54 40.40	+0,77	361	9	
17.	Carolina Henriques GAVANCIO 50m: 37.55 37.55	97	CLAC-Entroncamento	1:18.59 41.04	+0,67	347	8	
18.	Celia Silva MARGARIDO 50m: 37.95 37.95	96	Electrico Clube	1:18.61 40.66	+0,71	346	7	
19.	Adriana Toste FERRAO 50m: 39.28 39.28	98	Nucleo Sportinguista Terceira	1:19.83 40.55	+0,78	331	6	
20.	Ana Catarina MATEUS 50m: 38.62 38.62	94	Litoral Alentejano	1:20.44 41.82	+0,80	323	5	
21.	Luisa Filipa MAIA 50m: 40.23 40.23	96	Associacao CADES	1:23.85 43.62	+0,82	285	4	
22.	Patricia Alexandra JOSE 50m: 40.40 40.40	98	Gualdim Pais	1:24.29 43.89	+0,68	281	3	
23.	Andreia Catarina JERONIMO 50m: 41.00 41.00	98	Natacao do Tejo	1:25.08 44.08	+0,85	273	2	
24.	Daniela Costa ROSADO 50m: 42.13 42.13	94	Estremoz/Estremozcarnes	1:26.47 44.34	+0,97	260	1	





Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 21
11-12-2011 - 10:25

Masc., 200m Costas

Absoluto
Resultados

Rec. Nac. 25m Absoluto	1:55.92	Adriano Miguel NIZ	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:18.15	Alexandre Lages RIBAS	EDV	Ponte da Barca	03-07-2010
Rec. Nac. 25m Inf A	2:12.39	Rodrigo Silverio CARMO	CNCVG	Algés	12-06-2010
Rec. Nac. 25m Juv B	2:07.15	Pedro Diogo OLIVEIRA	CNRM	Tomar	11-05-2003
Rec. Nac. 25m Juv A	2:01.43	Diogo Gomes SOUSA	CNCVG	Algés	04-06-2011
Rec. Nac. 25m Jun	1:58.37	Adriano Miguel NIZ	CFV	Figueira da Foz	03-07-2004
Rec. Nac. 25m Sen	1:55.92	Adriano Miguel NIZ	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Rodrigo Antonio ROSA	96	Colegio Monte Maior	2:12.36	+0,78	515		24
	50m: 31.23 31.23		100m: 1:04.70 33.47	150m: 1:38.25 33.55		200m: 2:12.36	34.11	
2.	Pedro Miguel GAMITO	96	Bombeiros dos Estoris	2:15.19	+0,69	483		22
	50m: 31.24 31.24		100m: 1:04.98 33.74	150m: 1:39.40 34.42		200m: 2:15.19	35.79	
3.	Ricardo David SILVA	97	Foca	2:19.09	+0,69	443		21
	50m: 32.18 32.18		100m: 1:07.55 35.37	150m: 1:43.61 36.06		200m: 2:19.09	35.48	
4.	Ricardo Goncalves MOURA	98	Electrico Clube	2:19.27	+0,74	442		20
	50m: 32.01 32.01		100m: 1:06.65 34.64	150m: 1:43.09 36.44		200m: 2:19.27	36.18	
5.	Ruben Miguel MATOS	91	Natacao do Tejo	2:19.89	+0,76	436		19
	50m: 33.68 33.68		100m: 1:08.86 35.18	150m: 1:44.52 35.66		200m: 2:19.89	35.37	
6.	Andre Filipe FARIA	94	Imortal	2:20.35	+1,08	432		18
	50m: 32.48 32.48		100m: 1:07.91 35.43	150m: 1:44.01 36.10		200m: 2:20.35	36.34	
7.	Miguel Martins BARROQUEIRO	90	CLAC-Entroncamento	2:20.71	+0,72	428		17
	50m: 32.52 32.52		100m: 1:08.94 36.42	150m: 1:44.62 35.68		200m: 2:20.71	36.09	
8.	Gino Santos CAETANO	94	Sporting de Aveiro	2:21.29	+0,79	423		16
	50m: 33.07 33.07		100m: 1:08.11 35.04	150m: 1:44.52 36.41		200m: 2:21.29	36.77	
9.	Eduardo Filipe CARVALHEIRO	97	SCC/Oryzon Energias	2:21.74	+0,74	419		15
	50m: 32.53 32.53		100m: 1:08.07 35.54	150m: 1:44.64 36.57		200m: 2:21.74	37.10	
10.	Luis Filipe FONSECA	97	Estremoz/Estremozcarnes	2:23.36	+0,66	405		14
	50m: 33.64 33.64		100m: 1:09.90 36.26	150m: 1:46.98 37.08		200m: 2:23.36	36.38	
11.	Joao Martins SANTOS	96	Gafanha da Encarnacao	2:23.72	+0,65	402		13
	50m: 32.64 32.64		100m: 1:08.56 35.92	150m: 1:46.91 38.35		200m: 2:23.72	36.81	
12.	Luis Velhinho VENTURA	94	Elvense	2:24.97	+0,74	392		12
	50m: 33.03 33.03		100m: 1:09.11 36.08	150m: 1:47.19 38.08		200m: 2:24.97	37.78	
13.	Joao Pedro VEIGA	97	Alhandra	2:26.10	+0,61	383		11
	50m: 33.17 33.17		100m: 1:09.96 36.79	150m: 1:48.80 38.84		200m: 2:26.10	37.30	
14.	Joao Pedro VALERIO	97	Miranda do Corvo	2:27.71	+0,63	370		10
	50m: 34.70 34.70		100m: 1:12.99 38.29	150m: 1:51.37 38.38		200m: 2:27.71	36.34	
15.	Bruno Jose SOUSA	96	Desportiva Limiana	2:28.83	+0,67	362		9
	50m: 34.51 34.51		100m: 1:11.88 37.37	150m: 1:50.85 38.97		200m: 2:28.83	37.98	
16.	Jose Miguel HILARIO	97	Beja	2:30.14	+0,65	353		8
	50m: 35.94 35.94		100m: 1:13.25 37.31	150m: 1:51.84 38.59		200m: 2:30.14	38.30	



Campeonato Nacional Clubes 4ª Divisão
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Prova 21, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Joao Francisco FERREIRA	93	Nucleo Sportinguista Golegã	2:32.59	+0,73	336		7
	50m: 35.17 35.17	100m: 1:13.60 38.43	150m: 1:53.28 39.68	200m: 2:32.59 39.31				
18.	Daniel Silva CRISTOVAO	96	Terceira Auto Clube	2:34.03	+0,70	326		6
	50m: 36.30 36.30	100m: 1:15.09 38.79	150m: 1:55.08 39.99	200m: 2:34.03 38.95				
19.	Afonso Guilherme ROSA	99	Gualdim Pais	2:35.20	+0,84	319		5
	50m: 36.20 36.20	100m: 1:15.85 39.65	150m: 1:56.24 40.39	200m: 2:35.20 38.96				
20.	Diogo Manuel ALMEIDA	97	Fisica Torres Vedras	2:39.87	+0,71	292		4
	50m: 38.43 38.43	100m: 1:18.85 40.42	150m: 2:00.17 41.32	200m: 2:39.87 39.70				
21.	Daniel Fernando MAGALHAES	96	Colegio SMLamas	2:42.36	+0,74	279		3
	50m: 38.40 38.40	100m: 1:19.37 40.97	150m: 2:02.21 42.84	200m: 2:42.36 40.15				
22.	Mario Ricardo CARVALHO	98	Desportivo de Benavente	2:59.06	+1,26	208		2
	50m: 42.31 42.31	100m: 1:27.28 44.97	150m: 2:13.46 46.18	200m: 2:59.06 45.60				

WDR Guilherme Domingues FERREIRA Nucleo de Pombal

Prova 22
11-12-2011 - 10:40
Femin., 400m Livres
Absoluto Resultados

Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas RUIVO	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	4:25.30	tempo limite			
Rec. Nac. 25m Juv	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15-05-2004
Rec. Nac. 25m Jun	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Ines Mendes PAULO	96	Colegio Monte Maior	4:44.04	+0,80	565		25
	50m: 32.44 32.44	150m: 1:44.02 35.97	250m: 2:55.48 35.02	350m: 4:08.82 36.58				
	100m: 1:08.05 35.61	200m: 2:20.46 36.44	300m: 3:32.24 36.76	400m: 4:44.04 35.22				
2.	Joana Filipa MARQUES	95	Bombeiros Ponta Delgada	4:51.18	+0,74	525		23
	50m: 32.92 32.92	150m: 1:47.17 37.62	250m: 3:01.54 37.35	350m: 4:15.91 37.13				
	100m: 1:09.55 36.63	200m: 2:24.19 37.02	300m: 3:38.78 37.24	400m: 4:51.18 35.27				
3.	Mafalda Cristina PITA	97	Electrico Clube	4:51.64	+0,94	522		22
	50m: 32.95 32.95	150m: 1:45.42 36.66	250m: 3:00.45 37.75	350m: 4:16.19 37.80				
	100m: 1:08.76 35.81	200m: 2:22.70 37.28	300m: 3:38.39 37.94	400m: 4:51.64 35.45				
4.	Ines Martins SILVA	94	Estamos Juntos	4:56.74	+0,88	496		21
	50m: 32.91 32.91	150m: 1:46.34 37.32	250m: 3:02.10 38.40	350m: 4:20.41 39.34				
	100m: 1:09.02 36.11	200m: 2:23.70 37.36	300m: 3:41.07 38.97	400m: 4:56.74 36.33				
5.	Maria Clara MARQUES	94	Litoral Alentejano	4:57.04	+0,88	494		20
	50m: 33.24 33.24	150m: 1:45.98 36.67	250m: 3:00.96 37.87	350m: 4:19.68 39.01				
	100m: 1:09.31 36.07	200m: 2:23.09 37.11	300m: 3:40.67 39.71	400m: 4:57.04 37.36				
6.	Rita Maria FERREIRA	98	Sporting de Aveiro	4:57.18	+0,93	493		19
	50m: 32.89 32.89	150m: 1:47.85 37.75	250m: 3:03.87 38.01	350m: 4:20.56 38.14				
	100m: 1:10.10 37.21	200m: 2:25.86 38.01	300m: 3:42.42 38.55	400m: 4:57.18 36.62				





Campeonato Nacional Clubes 4ª Divisão
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Prova 22, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Ana Rita FERREIRA	92	Nucleo Sportinguista Golega	5:59.32	+0,90	483	18	
	50m: 33.41 33.41	150m: 1:46.28 36.99	250m: 3:02.33 38.31	350m: 4:21.45 39.75				
	100m: 1:09.29 35.88	200m: 2:24.02 37.74	300m: 3:41.70 39.37	400m: 4:59.32 37.87				
8.	Rita Manuela BARBOSA	89	Interior Norte	5:01.39	+0,85	473	17	
	50m: 32.50 32.50	150m: 1:46.86 37.87	250m: 3:04.72 39.21	350m: 4:22.88 38.96				
	100m: 1:08.99 36.49	200m: 2:25.51 38.65	300m: 3:43.92 39.20	400m: 5:01.39 38.51				
9.	Tatiana Cruz COSTA	94	Miranda do Corvo	5:05.15	+0,55	456	16	
	50m: 33.98 33.98	150m: 1:50.27 38.60	250m: 3:08.61 39.12	350m: 4:27.15 39.06				
	100m: 1:11.67 37.69	200m: 2:29.49 39.22	300m: 3:48.09 39.48	400m: 5:05.15 38.00				
10.	Ana Luisa RAMOS	95	Gafanha da Encarnacao	5:08.03	+0,96	443	15	
	50m: 34.04 34.04	150m: 1:51.32 39.47	250m: 3:11.24 40.08	350m: 4:30.45 39.02				
	100m: 1:11.85 37.81	200m: 2:31.16 39.84	300m: 3:51.43 40.19	400m: 5:08.03 37.58				
11.	Maria Ornelas ARMAS	98	Terceira Auto Clube	5:09.99	+1,01	435	14	
	50m: 33.77 33.77	150m: 1:50.13 38.96	250m: 3:09.24 39.46	350m: 4:30.35 40.93				
	100m: 1:11.17 37.40	200m: 2:29.78 39.65	300m: 3:49.42 40.18	400m: 5:09.99 39.64				
12.	Carolina Marques MENDES	97	Nucleo Sportinguista Terceira	5:10.23	+0,91	434	13	
	50m: 35.09 35.09	150m: 1:51.98 39.26	250m: 3:12.13 39.87	350m: 4:32.15 40.32				
	100m: 1:12.72 37.63	200m: 2:32.26 40.28	300m: 3:51.83 39.70	400m: 5:10.23 38.08				
13.	Ana Rita NUNES	97	Alges e Agueda	5:10.93	+1,00	431	12	
	50m: 36.37 36.37	150m: 1:55.26 39.59	250m: 3:13.90 39.13	350m: 4:32.73 39.24				
	100m: 1:15.67 39.30	200m: 2:34.77 39.51	300m: 3:53.49 39.59	400m: 5:10.93 38.20				
14.	Daniela Filipa MIRA	99	Associacao CADES	5:12.73	+1,02	423	11	
	50m: 35.52 35.52	150m: 1:53.96 39.67	250m: 3:13.98 40.09	350m: 4:34.04 40.03				
	100m: 1:14.29 38.77	200m: 2:33.89 39.93	300m: 3:54.01 40.03	400m: 5:12.73 38.69				
15.	Joana Gabriela SILVA	95	Colegio SMLamas	5:16.66		408	10	
	50m: 34.39 34.39	150m: 1:52.20 39.75	250m: 3:14.00 40.78	350m: 4:37.43 41.66				
	100m: 1:12.45 38.06	200m: 2:33.22 41.02	300m: 3:55.77 41.77	400m: 5:16.66 39.23				
16.	Daniela Sofia SERRA	98	CLAC-Entroncamento	5:19.32	+0,83	398	9	
	50m: 34.63 34.63	150m: 1:53.12 39.98	250m: 3:14.44 41.00	350m: 4:38.91 42.36				
	100m: 1:13.14 38.51	200m: 2:33.44 40.32	300m: 3:56.55 42.11	400m: 5:19.32 40.41				
17.	Mariana Jorge DUARTE	97	Nucleo de Pombal	5:21.84	+0,88	388	8	
	50m: 36.03 36.03	150m: 1:56.81 41.11	250m: 3:18.60 40.87	350m: 4:41.91 41.56				
	100m: 1:15.70 39.67	200m: 2:37.73 40.92	300m: 4:00.35 41.75	400m: 5:21.84 39.93				
18.	Raquel Sofia JORGE	98	Salvaterra Magos	5:23.37	+0,89	383	7	
	50m: 36.08 36.08	150m: 1:56.01 40.61	250m: 3:18.70 41.33	350m: 4:42.77 42.11				
	100m: 1:15.40 39.32	200m: 2:37.37 41.36	300m: 4:00.66 41.96	400m: 5:23.37 40.60				
19.	Tatiana Lima SILVA	96	Natacao do Tejo	5:29.97	+0,88	360	6	
	50m: 34.98 34.98	150m: 1:56.93 41.92	250m: 3:21.45 42.48	350m: 4:48.61 43.92				
	100m: 1:15.01 40.03	200m: 2:38.97 42.04	300m: 4:04.69 43.24	400m: 5:29.97 41.36				
20.	Margarida Silveira HENRIQUES	97	Gualdim Pais	5:30.63	+0,68	358	5	
	50m: 37.04 37.04	150m: 2:00.55 42.53	250m: 3:24.61 41.92	350m: 4:49.71 42.74				
	100m: 1:18.02 40.98	200m: 2:42.69 42.14	300m: 4:06.97 42.36	400m: 5:30.63 40.92				
21.	Ines Rosa FARINHA	97	Tavira Natacao	5:35.32	+0,81	343	4	
	50m: 35.22 35.22	150m: 1:59.36 42.77	250m: 3:26.50 43.81	350m: 4:54.89 44.26				
	100m: 1:16.59 41.37	200m: 2:42.69 43.33	300m: 4:10.63 44.13	400m: 5:35.32 40.43				



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Prova 22, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
22.	Andreia Filipa SEQUEIRA	98	Estremoz/Estremozcarnes	5:42.98	+0,98	321	3	
	50m: 37.06 37.06	150m: 2:01.91 43.22	250m: 3:30.68 44.66	350m: 5:00.40 44.48				
	100m: 1:18.69 41.63	200m: 2:46.02 44.11	300m: 4:15.92 45.24	400m: 5:42.98 42.58				
23.	Helena Isabel BANDEIRAS	95	Elvense	5:45.28	+1,01	314	2	
	50m: 39.06 39.06	150m: 2:05.89 44.01	250m: 3:34.10 44.36	350m: 5:02.70 44.65				
	100m: 1:21.88 42.82	200m: 2:49.74 43.85	300m: 4:18.05 43.95	400m: 5:45.28 42.58				
DSQ	Miriam Natacha ALVES	97	Desportiva Limiana					
	403 - Falsa partida - SW 4.4							

Prova 23

Masc., 200m Estilos

Absoluto

11-12-2011 - 10:55

Resultados

Rec. Nac. 25m Absoluto	1:54.58	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:20.56	Tomas Miguel FREITAS	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:13.38	Tomas Miguel FREITAS	CDN	Funchal	17-07-2004
Rec. Nac. 25m Juv B	2:08.27	Diogo Filipe CARVALHO	CGA	Fafe	10-05-2003
Rec. Nac. 25m Juv A	2:05.34	Diogo Filipe CARVALHO	CGA	Aveiro	15-05-2004
Rec. Nac. 25m Jun	2:00.80	Diogo Filipe CARVALHO	CGA	Estoril	11-02-2005
Rec. Nac. 25m Sen	1:54.58	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absolutos								
1.	Miguel Bras SERGIO	95	Bombeiros dos Estoris	2:15.72	+0,80	533	24	
	50m: 28.68 28.68	100m: 1:03.72 35.04	150m: 1:43.59 39.87	200m: 2:15.72 32.13				
2.	Hugo Miguel NUNES	90	Natacao do Tejo	2:17.43	+0,83	513	22	
	50m: 29.47 29.47	100m: 1:06.42 36.95	150m: 1:45.50 39.08	200m: 2:17.43 31.93				
3.	Hugo Ricardo GAMBUTAS	95	Estremoz/Estremozcarnes	2:18.00	+0,80	507	21	
	50m: 28.78 28.78	100m: 1:04.74 35.96	150m: 1:45.16 40.42	200m: 2:18.00 32.84				
4.	Andre Antunes CARVALHO	96	Colegio Monte Maior	2:18.65	+0,83	500	20	
	50m: 28.88 28.88	100m: 1:05.25 36.37	150m: 1:46.17 40.92	200m: 2:18.65 32.48				
5.	Joao Miguel FERREIRA	97	Foca	2:19.19	+0,62	494	19	
	50m: 29.47 29.47	100m: 1:05.24 35.77	150m: 1:46.86 41.62	200m: 2:19.19 32.33				
6.	Eduardo Filipe CARVALHEIRO	97	SCC/Oryzon Energias	2:19.82	+0,79	487	18	
	50m: 31.07 31.07	100m: 1:07.20 36.13	150m: 1:47.27 40.07	200m: 2:19.82 32.55				
7.	Joao Manuel FERREIRA	92	CLAC-Entroncamento	2:21.48	+0,91	471	17	
	50m: 29.30 29.30	100m: 1:05.75 36.45	150m: 1:47.46 41.71	200m: 2:21.48 34.02				
8.	Jose Luis MORAIS	94	Beja	2:22.60	+0,79	460	16	
	50m: 30.54 30.54	100m: 1:07.14 36.60	150m: 1:49.01 41.87	200m: 2:22.60 33.59				
9.	Edgar Vieira SILVA	95	Imortal	2:23.10	+0,87	455	15	
	50m: 30.76 30.76	100m: 1:06.62 35.86	150m: 1:49.74 43.12	200m: 2:23.10 33.36				
10.	Andre Marques SILVA	94	Sporting de Aveiro	2:25.20	+0,64	435	14	
	50m: 29.50 29.50	100m: 1:07.70 38.20	150m: 1:50.82 43.12	200m: 2:25.20 34.38				
11.	Ricardo Goncalves MOURA	98	Electrico Clube	2:26.56	+0,84	423	13	
	50m: 31.12 31.12	100m: 1:07.85 36.73	150m: 1:54.20 46.35	200m: 2:26.56 32.36				





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Prova 23, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Matheus Pereira GONCALVES	96	Desportiva Limiana	2:26.68	+0,83	422		12
	50m: 31.56 31.56	100m: 1:08.98 37.42	150m: 1:52.99 44.01	200m: 2:26.68		33.69		
13.	Simao Miguel CAPITAO	97	Colegio SMLamas	2:26.87	+0,77	421		11
	50m: 31.95 31.95	100m: 1:12.18 40.23	150m: 1:53.52 41.34	200m: 2:26.87		33.35		
14.	Guilherme Assis RAMOS	98	Fisica Torres Vedras	2:27.37	+0,80	416		10
	50m: 32.99 32.99	100m: 1:11.16 38.17	150m: 1:53.12 41.96	200m: 2:27.37		34.25		
15.	Henrique Silva RENGA	97	Elvense	2:27.59	+0,92	414		9
	50m: 32.34 32.34	100m: 1:11.49 39.15	150m: 1:53.08 41.59	200m: 2:27.59		34.51		
16.	Bruno Santos PEREIRA	94	Gafanha da Encarnacao	2:28.58	+0,86	406		8
	50m: 31.44 31.44	100m: 1:10.14 38.70	150m: 1:52.97 42.83	200m: 2:28.58		35.61		
17.	Nuno Ricardo NOGUEIRA	94	Nucleo Sportinguista Golegã	2:30.12	+0,87	394		7
	50m: 32.40 32.40	100m: 1:11.00 38.60	150m: 1:55.81 44.81	200m: 2:30.12		34.31		
18.	Eduardo Filipe FELIX	95	Alhandra	2:33.46	+0,82	369		6
	50m: 32.33 32.33	100m: 1:12.45 40.12	150m: 1:58.36 45.91	200m: 2:33.46		35.10		
19.	Andre Filipe FERREIRA	89	Gualdim Pais	2:44.26	+1,00	300		5
	50m: 34.16 34.16	100m: 1:17.39 43.23	150m: 2:04.17 46.78	200m: 2:44.26		40.09		
20.	Luis Miguel VERISSIMO	98	Terceira Auto Clube	2:44.32	+0,82	300		4
	50m: 35.54 35.54	100m: 1:19.34 43.80	150m: 2:07.24 47.90	200m: 2:44.32		37.08		
21.	Marco Filipe PENDAO	95	Desportivo de Benavente	2:46.63	+0,79	288		3
	50m: 31.89 31.89	100m: 1:11.98 40.09	150m: 2:04.13 52.15	200m: 2:46.63		42.50		
22.	Joao Pedro GOMES	99	Miranda do Corvo	2:48.38	+0,93	279		2
	50m: 38.31 38.31	100m: 1:20.75 42.44	150m: 2:10.96 50.21	200m: 2:48.38		37.42		
WDR	Pedro Rafael CINTRAO	96	Nucleo de Pombal					

Prova 24
11-12-2011 - 11:10

Femin., 4 x 100m Livres

Absolutos
Resultados

Rec. Nac. 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec. Nac. 25m Inf B	4:20.86	tempo limite			
Rec. Nac. 25m Inf A	4:15.30	Grupo Desp. Natacao V. N. Famalicao	DNVNF	Viseu	13-03-2011
Rec. Nac. 25m Juv	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Rec. Nac. 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Rec. Nac. 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 24, Femin., 4 x 100m Livres

1.	Estamos Juntos			Estamos Juntos	4:14.61	+0,85	546	25
	Luana Rafaela RESENDE	+0,85	32.79	1:08.54	Ines Martins SILVA	+0,44	30.14	1:03.34
	Cristina Alexandra FURTADO	+0,70	31.11	1:06.00	Ana Pinho RODRIGUES	+0,29	26.60	56.73
2.	Interior Norte			Interior Norte	4:17.40	+0,74	529	23
	Elsa Manuela CARDOSO	+0,74	29.62	1:02.81	Beata WINOGRADOW	+0,77	30.31	1:05.11
	Ana Filipa GONCALVES	+0,46	31.19	1:04.79	Rita Manuela BARBOSA	+0,36	30.32	1:04.69
3.	Gafanha da Encarnacao			Gafanha da Encarnacao	4:17.82	+0,88	526	22
	Ana Beatriz SILVA	+0,88	29.29	1:00.79	Ana Luisa RAMOS	+0,51	31.67	1:06.05
	Carolina Santos MACHADO	+0,67	31.49	1:05.78	Ana Rita RIBAU	+0,75	31.19	1:05.20
4.	Bombeiros Ponta Delgada			Bombeiros Ponta Delgada	4:18.68	+0,85	521	21
	Rita Ferreira COUTO	+0,85	32.79	1:08.83	Joana Filipa MARQUES	+0,48	30.50	1:04.25
	Mafalda Fraga FRAGOSO	+0,57	28.32	1:00.78	Catarina Rego BORGES	+0,28	30.56	1:04.82
5.	Colegio Monte Maior			Colegio Monte Maior	4:21.08	+0,79	507	20
	Ines Mendes PAULO	+0,79	30.40	1:03.97	Mafalda Alexandra HENRIQUES	+0,55	31.59	1:07.00
	Filipa Andreia COSTA	+0,09	30.03	1:02.45	Ines Sofia MATA	+0,63	32.19	1:07.66
6.	Sporting de Aveiro			Sporting de Aveiro	4:21.74	+0,81	503	19
	Maria Ines CABRAL	+0,81	31.23	1:05.10	Rita Maria FERREIRA	+0,45	30.97	1:05.34
	Catarina Filipa AREDE	+0,45	31.90	1:06.75	Renata Castro GONCALVES	+0,72	30.82	1:04.55
7.	Litoral Alentejano			Litoral Alentejano	4:25.34	+0,87	483	18
	Ines Isabel MARGARIDO	+0,87	31.23	1:05.69	Ana Catarina MATEUS	+0,61	31.92	1:06.19
	Maria Clara MARQUES	+0,46	31.08	1:05.97	Sara Davide RODRIGUES	+0,06	30.92	1:07.49
8.	Electrico Clube			Electrico Clube	4:26.37	+0,84	477	17
	Catia Sofia PAIO	+0,84	31.12	1:05.31	Margarida Isabel SALGUEIRO	+0,73	32.40	1:09.06
	Monica Moreira LANZINHA	+0,38	31.50	1:06.79	Mafalda Cristina PITA	+0,54	31.16	1:05.21
9.	Nucleo Sportinguista Golega			Nucleo Sportinguista Golega	4:26.94	+0,90	474	16
	Ana Filipa SOUSA	+0,90	31.03	1:04.84	Ana Carolina ALARICO	+0,50	32.97	1:08.95
	Ana Cristina ALCACARENHO	+0,65	32.87	1:08.63	Ana Rita FERREIRA	+0,25	30.94	1:04.52
10.	Alges e Agueda			Alges e Agueda	4:30.98	+0,83	453	15
	Ines Margarida RIBEIRO	+0,83	32.57	1:06.86	Maria Luis FIGUEIREDO	+0,82	33.94	1:10.13
	Filipa Santos CASTRO	+0,35	32.46	1:07.73	Carlota Ramos TELHADO	+0,54	31.31	1:06.26
11.	Colegio SMLamas			Colegio SMLamas	4:31.77	+0,88	449	14
	Beatriz Neves CARDOSO	+0,88	31.12	1:05.85	Catia Alexandra BATISTA	+0,62	31.29	1:05.95
	Rita Lima PEREIRA	+0,64	35.39	1:14.92	Joana Gabriela SILVA	+0,64	31.33	1:05.05
12.	Nucleo de Pombal			Nucleo de Pombal	4:33.02	+0,85	443	13
	Joana Ines FRADE	+0,85	32.80	1:09.10	Carolina Santana GONCALVES	+0,69	33.01	1:10.07
	Beatriz Gameiro MATIAS	+0,75	33.14	1:08.58	Cristiana Andreia LIMA	+0,60	31.04	1:05.27
13.	Terceira Auto Clube			Terceira Auto Clube	4:33.70	+0,75	440	12
	Ana Mafalda SILVA	+0,75	30.49	1:04.54	Maria Ornelas ARMAS	+0,70	33.28	1:10.20
	Mariana Ventura RODRIGUES	+0,61	32.65	1:09.79	Isabel Reis SILVA	+0,35	32.83	1:09.17
14.	Desportiva Limiana			Desportiva Limiana	4:37.27	+1,04	423	11
	Viviana Sofia PINTO	+1,04	32.23	1:08.17	Margarida Teixeira MONTEIRO	+0,48	31.36	1:05.53
	Ariana Barros AMORIM	+0,39	34.63	1:13.47	Miriam Natacha ALVES	+0,63	33.24	1:10.10
15.	Associacao CADES			Associacao CADES	4:37.89	+0,98	420	10
	Ana Rita JESUS	+0,98	31.46	1:03.35	Luisa Filipa MAIA	+0,59	32.80	1:09.83
	Ines Carolina SOARES	+0,82	34.87	1:12.84	Daniela Filipa MIRA	+0,70	34.84	1:11.87
16.	Nucleo Sportinguista Terceira			Nucleo Sportinguista Terceira	4:37.92	+0,79	420	9
	Ines Alexandra SIMOES	+0,79	33.40	1:11.06	Mariana Luis SARAIVA	+0,62	30.93	1:07.04
	Daniela Silva BARCELOS	+0,52	32.89	1:09.64	Carolina Marques MENDES	+0,62	33.13	1:10.18



Campeonato Nacional Clubes 4ª Divisão
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Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Miranda do Corvo	4:38.30	+0,88	418	8	
	Maria Dias NEVES +0,88	33.26	1:08.98	Mariana Santos FERREIRA +0,95	34.39	1:12.23
	Mariana Domingues PAZ +0,44	32.88	1:08.53	Tatiana Cruz COSTA +0,71	33.37	1:08.56
18.	Salvaterra Magos	4:39.76	+0,80	412	7	
	Patricia Simoes JORGE +0,80	34.14	1:12.82	Ana Rita NUNES +0,48	31.14	1:07.48
	Ana Pereira LUIS +0,45	33.35	1:11.99	Ana Catarina TRAVESSA +0,49	31.75	1:07.47
19.	Tavira Natacao	4:40.51	+0,81	408	6	
	Mariana Manhita CORREIA +0,81	33.55	1:10.15	Ines Rosa FARINHA +0,22	30.26	1:05.19
	Mariya ZADAROHYA +0,72	34.37	1:13.37	Beatriz Mendes VIEGAS +0,56	33.73	1:11.80
20.	CLAC-Entroncamento	4:43.04	+0,87	398	5	
	Carolina Henriques GAVANCHO +0,87	33.23	1:11.04	Daniela Sofia SERRA +0,60	33.98	1:11.91
	Sofia Alexandra PICAIO +0,44	34.41	1:15.49	Catarina Vilhena GREGORIO +0,48	30.53	1:04.60
21.	Natacao do Tejo	4:47.40	+0,86	380	4	
	Tatiana Lima SILVA +0,86	34.25	1:13.08	Sofia Leonor COSTA +0,85	34.47	1:11.76
	Ana Teresa NUNES +0,73	35.56	1:13.27	Ana Catarina SERRA +0,70	33.53	1:09.29
22.	Elvense	4:50.13	+1,05	369	3	
	Francisca Goncalves ABREU +1,05	34.59	1:12.25	Ines Filipa FERREIRA +0,33	32.21	1:08.61
	Ana Rita SARDO +0,74	36.57	1:18.50	Rita Oliveira AFONSO +0,74	34.24	1:10.77
23.	Gualdim Pais	4:53.87		355	2	
	Ana Filipa PARENTE	34.43	1:12.72	Margarida Silveira HENRIQUES	35.65	1:15.17
	Catarina Goncalves TREZENTOSO +0,69	34.88	1:14.53	Filipa Robert RENTE +0,81	32.08	1:11.45
24.	Estremoz/Estremozcarnes	4:55.17	+0,89	351	1	
	Patricia Pereira GALRITO +0,89	34.13	1:12.56	Dina Isabel LETRAS +0,47	35.50	1:16.86
	Daniela Costa ROSADO +0,72	36.28	1:14.95	Andreia Filipa SEQUEIRA +0,55	32.98	1:10.80

Prova 25

Masc., 4 x 100m Estilos

Absolutos
Resultados

11-12-2011 - 11:25

Rec. Nac. 25m Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:40.64	Clube de Natacao de Alcobaca	CNAL	Leiria	03-06-2006
Rec. Nac. 25m Inf A	4:20.39	Grupo Desportivo Natacao V. N. Fardes	GNVNF	Mealhada	05-04-2003
Rec. Nac. 25m Juv B	4:11.92	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Penafiel	21-03-1999
Rec. Nac. 25m Juv A	4:03.10	Clube Natacao Colegio Vasco da Gama	CNC	Braga	23-03-2003
Rec. Nac. 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Mealhada	24-03-2000
Rec. Nac. 25m Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Campeonato Nacional Clubes 4ª Divisão
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Prova 25, Masc., 4 x 100m Estilos

1.	Colegio Monte Maior			Colegio Monte Maior	4:07.77	+0,71	519		24
	Rodrigo Antonio ROSA	+0,71	30.38	1:02.40	Andre Antunes CARVALHO	+0,20	28.02	1:00.43	
	Pedro Miguel SILVA	+0,27	30.90	1:06.92	Pedro Miguel ESTEVES	+0,42	26.59	58.02	
2.	Foca			Foca	4:07.96	+0,68	518		22
	Ricardo David SILVA	+0,68	31.23	1:03.71	Cesar Filipe MAGALHAES	+0,55	27.42	59.73	
	Luis Miguel LOPES	+0,44	31.76	1:08.86	Marcelo Jose PINTO	+0,37	26.63	55.66	
3.	Bombeiros dos Estoris			Bombeiros dos Estoris	4:09.93	+0,61	506		21
	Pedro Miguel GAMITO	+0,61	30.76	1:02.61	Miguel Bras SERGIO	+0,40	27.40	59.61	
	Nuno Oliveira NORITAKE	+0,37	32.87	1:11.91	Frederico Sousa SOARES	+0,26	26.05	55.80	
4.	SCC/Oryzon Energias			SCC/Oryzon Energias	4:16.29	+0,72	469		20
	Eduardo Filipe CARVALHEIRO	+0,72	32.70	1:06.46	Alexandre Valdagua COUTINHO	+0,40		1:02.67	
	Hugo Neves NETO	+0,59	33.31	1:11.01	Tiago Miguel ALVES	+0,07	26.47	56.15	
5.	Beja			Beja	4:20.45	+0,59	447		19
	Pedro Filipe RIBEIRO	+0,59	30.32	1:04.48	Jose Luis MORAIS	+0,30	30.28	1:05.60	
	Andre Figueiredo ALMEIDA		32.78	1:11.76	Antonio Carlos COSTA	+0,30	27.50	58.61	
6.	CLAC-Entroncamento			CLAC-Entroncamento	4:20.54		446		18
	Miguel Martins BARROQUEIRO		31.21	1:04.63	Joao Pedro ROSA	+0,40	29.15	1:05.51	
	Joao Manuel FERREIRA	+0,54	34.05	1:13.25	Joao Pedro MENDES	+0,29	27.48	57.15	
7.	Natacao do Tejo			Natacao do Tejo	4:21.12	+0,78	443		17
	Ruben Miguel MATOS	+0,78	32.13	1:06.02	Mario Jorge NUNES	+0,29	29.87	1:05.86	
	Hugo Miguel NUNES	+0,31	32.02	1:08.30	Nuno Miguel AFONSO	+0,59	28.43	1:00.94	
8.	Sporting de Aveiro			Sporting de Aveiro	4:23.26	+0,65	432		16
	Luis Filipe CRUZ	+0,65	32.53	1:07.97	Andre Marques SILVA	+0,55	29.46	1:03.58	
	Jose Miguel FIGUEIREDO		35.31	1:15.88	Joao Goncalo COELHO	+0,63	26.21	55.83	
9.	Gafanha da Encarnacao			Gafanha da Encarnacao	4:25.15	+0,71	423		15
	Joao Martins SANTOS	+0,71	31.84	1:05.94	Claudio Miguel GOMES	+0,43	26.75	59.47	
	Bruno Santos PEREIRA	+0,63	34.88	1:15.31	Joel Santos PRIOR	+0,55	28.89	1:04.43	
10.	Desportiva Limiana			Desportiva Limiana	4:26.15	+0,64	419		14
	Bruno Jose SOUSA	+0,64	33.81	1:09.64	Bruno Miguel ALVES	+0,28	27.34	1:00.71	
	Daniel Lago PINTO	+0,53	34.53	1:15.94	Matheus Pereira GONCALVES	+0,27	28.16	59.86	
11.	Elvense			Elvense	4:27.05	+0,70	414		13
	Luis Velhinho VENTURA	+0,70	32.49	1:06.93	Andre Filipe BUCHO	+0,43	30.23	1:06.97	
	Henrique Silva RENGA	+0,31	34.41	1:13.80	Vasco Lopes da SILVA	+0,30	26.87	59.35	
12.	Colegio SMLamas			Colegio SMLamas	4:30.31	+0,57	399		12
	Miguel Filipe FERREIRA	+0,57	35.68	1:14.99	Joao Paulo CAPITAO	+0,59	28.45	1:01.65	
	Simao Miguel CAPITAO	+0,37	34.06	1:12.00	Daniel Fernando MAGALHAES	+0,48	29.75	1:01.67	
13.	Estremoz/Estremozcarnes			Estremoz/Estremozcarnes	4:30.62	+0,66	398		11
	Diogo Miguel BANHA	+0,66	34.84	1:12.78	Luis Filipe FONSECA	+0,47	29.99	1:04.68	
	Miguel Filipe ARVANA	+0,48	35.99	1:16.59	Jaime Filipe VIEIRA	+0,37	27.16	56.57	
14.	Electrico Clube			Electrico Clube	4:33.15	+0,68	387		10
	Ricardo Goncalves MOURA	+0,68	32.70	1:06.70	Dmytriy Eugeniyovich MARTYNE	+0,40	30.63	1:07.05	
	Joao Miguel SALGUEIRO	+0,68	35.64	1:18.51	Diogo Silva MARZIA	+0,52	29.38	1:00.89	
15.	Terceira Auto Clube			Terceira Auto Clube	4:34.76	+0,85	380		9
	Daniel Silva CRISTOVAO	+0,85	34.44	1:11.21	Rui Ferreira POEIRA	+0,41	28.33	1:00.88	
	Manuel Jose LUCAS	+0,37	34.76	1:16.19	Luis Miguel VERISSIMO	+0,43	31.79	1:06.48	
16.	Alhandra			Alhandra	4:35.17	+0,81	379		8
	Joao Pedro VEIGA	+0,81	33.04	1:08.61	Joao Carlos AMORIM	+0,54	29.03	1:03.87	
	Ivo Miguel CRISTETA	+0,59	37.02	1:20.46	Eduardo Filipe FELIX	+0,40	29.22	1:02.23	



Campeonato Nacional Clubes 4ª Divisão
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Prova 25, Masc., 4 x 100m Estilos, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Miranda do Corvo	4:35.27	+0,69	378		7
	Joao Pedro VALERIO +0,69 32.72 1:08.81	Ruben Jordao FERNANDES +0,35 32.75 1:09.69				
	Rui Jorge DIAS +0,33 34.20 1:14.75	Joao David SANTOS +0,55 29.63 1:02.02				
18.	Nucleo Sportinguista Golega	4:39.84	+0,83	360		6
	Frederico Sucena RIACHOS +0,83 34.06 1:10.25	Rafael Barata DOMINGOS +0,53 34.28 1:14.25				
	Nuno Ricardo NOGUEIRA +0,65 36.31 1:18.63	Pedro Afonso GASPAS +0,57 27.04 56.71				
19.	Desportivo de Benavente	4:52.98	+0,58	314		5
	Marco Filipe PENDAO +0,58 36.78 1:15.26	Eduardo Terekhin BAPTISTA +0,50 30.35 1:06.88				
	Hugo Filipe BENTO +0,64 38.06 1:24.44	Ricardo Filipe BENTO +0,81 30.82 1:06.40				
20.	Gualdim Pais	4:53.85	+0,80	311		4
	Afonso Guilherme ROSA +0,80 35.70 1:14.54	Vasco Miguel FORTUNATO +0,35 31.07 1:09.03				
	Paulo Jorge MARQUES +0,62 39.01 1:25.03	Francisco Redol DIAS +1,13 31.24 1:05.25				
21.	Fisica Torres Vedras	4:55.02	+0,81	307		3
	Diogo Manuel ALMEIDA +0,81 38.07 1:17.59	Ricardo Manuel ANDRE +0,57 35.61 1:18.82				
	Guilherme Assis RAMOS +0,62 35.99 1:15.57	Joao Henrique CRISOSTOMO +0,69 30.36 1:03.04				
DSQ	Imortal					
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>					
	Andre Filipe FARIA +0,69 31.30 1:04.60	Edgar Vieira SILVA +0,31 30.32 1:06.76				
	Joao Miguel COELHO +0,51 36.67 1:21.56	Vladyslav BOCHKO -0,10				
WDR	Nucleo de Pombal					

Prova 26 Masc., 800m Livres Absoluto
11-12-2011 - 11:55 Resultados

Rec. Nac. 25m Absoluto	7:59.51	Paulo Fragueiro FRANCO	CDN	Leiria	06-12-2009
Rec. Nac. 25m Inf B	9:07.76	Pedro Fontoura OLIVEIRA	CFB	Santarem	06-04-2003
Rec. Nac. 25m Inf A	8:42.19	Pedro Fontoura OLIVEIRA	CFB	Reboleira	27-06-2004
Rec. Nac. 25m Juv B	8:27.18	Rui Filipe COSTA	VSC	Senhora da Hora	13-05-2006
Rec. Nac. 25m Juv A	8:09.43	Rui Filipe COSTA	VSC	Senhora da Hora	13-05-2007
Rec. Nac. 25m Jun	8:00.80	Gustavo Manuel SANTA	CNLA	Leiria	06-12-2009
Rec. Nac. 25m Sen	7:59.51	Paulo Fragueiro FRANCO	CDN	Leiria	06-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Pedro Afonso GASPAS	94	Nucleo Sportinguista Golega	8:38.97	+0,92	623		24
	50m: 29.63 29.63	250m: 2:39.32 32.31	450m: 4:48.76 32.48	650m: 7:00.35 33.02				
	100m: 1:02.19 32.56	300m: 3:11.75 32.43	500m: 5:21.52 32.76	700m: 7:33.70 33.35				
	150m: 1:34.56 32.37	350m: 3:43.91 32.16	550m: 5:54.38 32.86	750m: 8:06.73 33.03				
	200m: 2:07.01 32.45	400m: 4:16.28 32.37	600m: 6:27.33 32.95	800m: 8:38.97 32.24				
2.	Hugo Neves NETO	94	SCC/Oryzon Energias	8:43.85	+0,86	606		22
	50m: 30.76 30.76	250m: 2:42.14 32.97	450m: 4:53.56 33.07	650m: 7:05.83 33.19				
	100m: 1:03.73 32.97	300m: 3:14.86 32.72	500m: 5:26.46 32.90	700m: 7:39.21 33.38				
	150m: 1:36.53 32.80	350m: 3:47.73 32.87	550m: 5:59.47 33.01	750m: 8:12.03 32.82				
	200m: 2:09.17 32.64	400m: 4:20.49 32.76	600m: 6:32.64 33.17	800m: 8:43.85 31.82				





Campeonato Nacional Clubes 4ª Divisão
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Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Duarte Cai-Agua MARTINS	95	Bombeiros dos Estoris	8:50.64	+0,87	583		21
	50m: 30.09 30.09		250m: 2:43.40 33.86	450m: 4:56.97 32.56	650m: 7:11.75 33.73			
	100m: 1:02.99 32.90		300m: 3:17.27 33.87	500m: 5:30.41 33.44	700m: 7:45.63 33.88			
	150m: 1:36.12 33.13		350m: 3:51.10 33.83	550m: 6:04.04 33.63	750m: 8:18.31 32.68			
	200m: 2:09.54 33.42		400m: 4:24.41 33.31	600m: 6:38.02 33.98	800m: 8:50.64 32.33			
4.	Marcelo Jose PINTO	94	Foca	8:57.90	+0,85	560		20
	50m: 29.84 29.84		250m: 2:43.29 34.12	450m: 4:59.03 33.82	650m: 7:15.51 33.57			
	100m: 1:02.38 32.54		300m: 3:17.36 34.07	500m: 5:32.62 33.59	700m: 7:48.98 33.47			
	150m: 1:35.36 32.98		350m: 3:51.47 34.11	550m: 6:07.09 34.47	750m: 8:23.58 34.60			
	200m: 2:09.17 33.81		400m: 4:25.21 33.74	600m: 6:41.94 34.85	800m: 8:57.90 34.32			
5.	Rafael Cardoso RIBEIRO	93	Alhandra	9:06.71	+0,89	533		19
	50m: 31.38 31.38		250m: 2:49.87 34.36	450m: 5:07.90 34.89	650m: 7:23.91 34.03			
	100m: 1:05.93 34.55		300m: 3:24.26 34.39	500m: 5:41.99 34.09	700m: 7:58.58 34.67			
	150m: 1:41.06 35.13		350m: 3:58.98 34.72	550m: 6:16.05 34.06	750m: 8:32.82 34.24			
	200m: 2:15.51 34.45		400m: 4:33.01 34.03	600m: 6:49.88 33.83	800m: 9:06.71 33.89			
6.	Joao Alexandre VITAL	98	Colegio Monte Maior	9:07.22	+0,90	532		18
	50m: 30.64 30.64		250m: 2:46.30 34.58	450m: 5:04.58 34.85	650m: 7:23.99 35.10			
	100m: 1:03.98 33.34		300m: 3:20.71 34.41	500m: 5:39.30 34.72	700m: 7:59.08 35.09			
	150m: 1:37.94 33.96		350m: 3:55.18 34.47	550m: 6:14.14 34.84	750m: 8:33.82 34.74			
	200m: 2:11.72 33.78		400m: 4:29.73 34.55	600m: 6:48.89 34.75	800m: 9:07.22 33.40			
7.	Joao Miguel LOPES	96	Electrico Clube	9:15.98	+0,89	507		17
	50m: 30.39 30.39		250m: 2:45.63 34.27	450m: 5:07.72 36.40	650m: 7:30.99 35.26			
	100m: 1:03.56 33.17		300m: 3:20.38 34.75	500m: 5:43.57 35.85	700m: 8:06.40 35.41			
	150m: 1:37.15 33.59		350m: 3:55.54 35.16	550m: 6:19.74 36.17	750m: 8:41.90 35.50			
	200m: 2:11.36 34.21		400m: 4:31.32 35.78	600m: 6:55.73 35.99	800m: 9:15.98 34.08			
8.	Gino Santos CAETANO	94	Sporting de Aveiro	9:17.57	+0,98	502		16
	50m: 31.56 31.56		250m: 2:49.95 35.55	450m: 5:12.68 35.70	650m: 7:33.97 35.02			
	100m: 1:05.20 33.64		300m: 3:25.57 35.62	500m: 5:48.23 35.55	700m: 8:09.59 35.62			
	150m: 1:39.62 34.42		350m: 4:01.50 35.93	550m: 6:23.53 35.30	750m: 8:44.55 34.96			
	200m: 2:14.40 34.78		400m: 4:36.98 35.48	600m: 6:58.95 35.42	800m: 9:17.57 33.02			
9.	Jose Miguel HILARIO	97	Beja	9:18.37	+0,89	500		15
	50m: 31.49 31.49		250m: 2:51.81 35.39	450m: 5:12.71 35.09	650m: 7:34.85 34.18			
	100m: 1:06.34 34.85		300m: 3:27.41 35.60	500m: 5:48.47 35.76	700m: 8:10.56 35.71			
	150m: 1:41.42 35.08		350m: 4:02.34 34.93	550m: 6:24.49 36.02	750m: 8:45.03 34.47			
	200m: 2:16.42 35.00		400m: 4:37.62 35.28	600m: 7:00.67 36.18	800m: 9:18.37 33.34			
10.	Hugo Ricardo GAMBUTAS	95	Estremoz/Estremozcarnes	9:23.48	+0,81	487		14
	50m: 30.84 30.84		250m: 2:51.57 34.95	450m: 5:16.11 36.17	650m: 7:39.20 35.40			
	100m: 1:05.69 34.85		300m: 3:27.44 35.87	500m: 5:51.43 35.32	700m: 8:14.30 35.10			
	150m: 1:41.43 35.74		350m: 4:03.64 36.20	550m: 6:27.18 35.75	750m: 8:50.04 35.74			
	200m: 2:16.62 35.19		400m: 4:39.94 36.30	600m: 7:03.80 36.62	800m: 9:23.48 33.44			
11.	Daniel Silva CRISTOVAO	96	Terceira Auto Clube	9:36.79	+0,95	454		13
	50m: 32.77 32.77		250m: 2:58.17 36.48	450m: 5:25.26 36.16	650m: 7:51.10 35.83			
	100m: 1:08.72 35.95		300m: 3:34.87 36.70	500m: 6:01.94 36.68	700m: 8:26.97 35.87			
	150m: 1:44.93 36.21		350m: 4:12.06 37.19	550m: 6:39.12 37.18	750m: 9:02.94 35.97			
	200m: 2:21.69 36.76		400m: 4:49.10 37.04	600m: 7:15.27 36.15	800m: 9:36.79 33.85			
12.	Luis Rafael BRAZIL	96	Fisica Torres Vedras	9:46.01	+0,79	433		12
	50m: 32.43 32.43		250m: 2:59.97 37.12	450m: 5:28.25 37.19	650m: 7:57.25 36.70			
	100m: 1:08.29 35.86		300m: 3:37.18 37.21	500m: 6:05.23 36.98	700m: 8:34.69 37.44			
	150m: 1:45.72 37.43		350m: 4:13.90 36.72	550m: 6:42.93 37.70	750m: 9:11.01 36.32			
	200m: 2:22.85 37.13		400m: 4:51.06 37.16	600m: 7:20.55 37.62	800m: 9:46.01 35.00			



Campeonato Nacional Clubes 4ª Divisão
Cantanhede, 10- - 11-12-2011

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Igor ARTYUKH	96	Imortal	9:48.57	+1,00	427		11
	50m: 31.68 31.68	250m: 2:57.22 36.48	450m: 5:26.03 37.21	650m: 7:55.88 37.22				
	100m: 1:07.98 36.30	300m: 3:33.89 36.67	500m: 6:03.22 37.19	700m: 8:34.36 38.48				
	150m: 1:44.14 36.16	350m: 4:11.52 37.63	550m: 6:40.79 37.57	750m: 9:11.83 37.47				
	200m: 2:20.74 36.60	400m: 4:48.82 37.30	600m: 7:18.66 37.87	800m: 9:48.57 36.74				
14.	Guilherme Lemos LIMA	96	Desportiva Limiana	9:50.44	+0,85	423		10
	50m: 31.60 31.60	250m: 2:56.47 36.83	450m: 5:26.79 38.33	650m: 7:59.80 38.52				
	100m: 1:07.02 35.42	300m: 3:33.11 36.64	500m: 6:05.00 38.21	700m: 8:38.26 38.46				
	150m: 1:43.22 36.20	350m: 4:10.63 37.52	550m: 6:42.96 37.96	750m: 9:15.73 37.47				
	200m: 2:19.64 36.42	400m: 4:48.46 37.83	600m: 7:21.28 38.32	800m: 9:50.44 34.71				
15.	Pedro Miguel PRIMO	96	CLAC-Entroncamento	10:00.43	+0,88	402		9
	50m: 32.17 32.17	250m: 3:00.42 37.52	450m: 5:33.01 38.55	650m: 8:06.38 37.40				
	100m: 1:08.29 36.12	300m: 3:38.75 38.33	500m: 6:11.19 38.18	700m: 8:45.91 39.53				
	150m: 1:45.38 37.09	350m: 4:16.89 38.14	550m: 6:49.98 38.79	750m: 9:24.74 38.83				
	200m: 2:22.90 37.52	400m: 4:54.46 37.57	600m: 7:28.98 39.00	800m: 10:00.43 35.69				
16.	Daniel Filipe PAIVA	98	Miranda do Corvo	10:05.50	+0,89	392		8
	50m: 35.50 35.50	250m: 3:07.07 37.95	450m: 5:40.90 38.64	650m: 8:13.97 37.83				
	100m: 1:13.14 37.64	300m: 3:45.69 38.62	500m: 6:19.42 38.52	700m: 8:51.57 37.60				
	150m: 1:51.20 38.06	350m: 4:24.03 38.34	550m: 6:57.84 38.42	750m: 9:29.76 38.19				
	200m: 2:29.12 37.92	400m: 5:02.26 38.23	600m: 7:36.14 38.30	800m: 10:05.50 35.74				
17.	Mario Jorge NUNES	92	Natacao do Tejo	10:13.15	+0,82	378		7
	50m: 34.12 34.12	250m: 3:08.25 39.54	450m: 5:42.98 37.64	650m: 8:18.26 39.17				
	100m: 1:11.86 37.74	300m: 3:47.36 39.11	500m: 6:21.19 38.21	700m: 8:56.48 38.22				
	150m: 1:49.99 38.13	350m: 4:26.81 39.45	550m: 7:01.06 39.87	750m: 9:36.11 39.63				
	200m: 2:28.71 38.72	400m: 5:05.34 38.53	600m: 7:39.09 38.03	800m: 10:13.15 37.04				
18.	Afonso Guilherme ROSA	99	Gualdim Pais	10:22.95	+0,86	360		6
	50m: 34.60 34.60	250m: 3:11.18 39.23	450m: 5:49.89 40.51	650m: 8:29.29 39.98				
	100m: 1:13.49 38.89	300m: 3:49.96 38.78	500m: 6:29.32 39.43	700m: 9:08.94 39.65				
	150m: 1:53.03 39.54	350m: 4:29.30 39.34	550m: 7:09.33 40.01	750m: 9:47.25 38.31				
	200m: 2:31.95 38.92	400m: 5:09.38 40.08	600m: 7:49.31 39.98	800m: 10:22.95 35.70				
19.	Nuno Filipe LIMA	94	Gafanha da Encarnacao	10:27.69	+0,78	352		5
	50m: 33.39 33.39	250m: 3:11.02 39.81	450m: 5:49.61 40.21	650m: 8:29.80 39.91				
	100m: 1:11.94 38.55	300m: 3:50.50 39.48	500m: 6:29.67 40.06	700m: 9:09.45 39.65				
	150m: 1:51.85 39.91	350m: 4:29.93 39.43	550m: 7:09.79 40.12	750m: 9:49.17 39.72				
	200m: 2:31.21 39.36	400m: 5:09.40 39.47	600m: 7:49.89 40.10	800m: 10:27.69 38.52				
20.	Joao Pedro MADEIRA	96	Elvense	10:36.05	+0,86	338		4
	50m: 32.64 32.64	250m: 3:10.66 41.07	450m: 5:55.15 41.95	650m: 8:36.43 40.38				
	100m: 1:10.60 37.96	300m: 3:51.12 40.46	500m: 6:35.91 40.76	700m: 9:17.60 41.17				
	150m: 1:49.66 39.06	350m: 4:32.61 41.49	550m: 7:15.42 39.51	750m: 9:57.23 39.63				
	200m: 2:29.59 39.93	400m: 5:13.20 40.59	600m: 7:56.05 40.63	800m: 10:36.05 38.82				
21.	Tiago Francisco SILVA	97	Colegio SMLamas	11:06.62	+0,86	294		3
	50m: 35.14 35.14	250m: 3:22.50 42.45	450m: 6:12.68 41.77	650m: 9:02.58 42.41				
	100m: 1:15.51 40.37	300m: 4:05.62 43.12	500m: 6:55.64 42.96	700m: 9:44.73 42.15				
	150m: 1:57.11 41.60	350m: 4:47.75 42.13	550m: 7:37.96 42.32	750m: 10:26.59 41.86				
	200m: 2:40.05 42.94	400m: 5:30.91 43.16	600m: 8:20.17 42.21	800m: 11:06.62 40.03				
22.	Mario Ricardo CARVALHO	98	Desportivo de Benavente	11:07.92	+0,89	292		2
	50m: 36.25 36.25	250m: 3:23.50 42.45	450m: 6:14.19 42.45	650m: 9:03.58 41.86				
	100m: 1:16.83 40.58	300m: 4:06.48 42.98	500m: 6:56.94 42.75	700m: 9:45.90 42.32				
	150m: 1:58.51 41.68	350m: 4:49.49 43.01	550m: 7:39.56 42.62	750m: 10:27.77 41.87				
	200m: 2:41.05 42.54	400m: 5:31.74 42.25	600m: 8:21.72 42.16	800m: 11:07.92 40.15				
WDR	Edi Couto MODERNO	95	Nucleo de Pombal					

