

Prova 1
07-12-2013

Femin., 800m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012
Recorde Nacional (25m) Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Recorde Nacional (25m) Inf A	9:03.90	Alexandra Maria Silva	FCP	Porto	13-07-1980
Recorde Nacional (25m) Juv B	9:00.27	Alexandra Maria Silva	fpn	Antibes (FRA)	20-12-1980
Recorde Nacional (25m) Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Recorde Nacional (25m) Jun 16	8:52.24	Ana Feio Alegria	SCB	Algés	26-02-1993
Recorde Nacional (25m) Jun 17	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	12-12-2002
Recorde Nacional (25m) Sen	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	15497	Fluvial Portuense	8:51.09	+0,73	743	25
	50m: 30.45 30.45			250m: 2:43.18 33.31	450m: 4:57.15 33.57	650m: 7:12.10 33.75		
	100m: 1:03.27 32.82			300m: 3:16.77 33.59	500m: 5:31.07 33.92	700m: 7:45.77 33.67		
	150m: 1:36.37 33.10			350m: 3:50.21 33.44	550m: 6:04.79 33.72	750m: 8:19.14 33.37		
	200m: 2:09.87 33.50			400m: 4:23.58 33.37	600m: 6:38.35 33.56	800m: 8:51.09 31.95		
2.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	9:33.43	+0,98	590	23
	50m: 32.48 32.48			250m: 2:55.17 35.85	450m: 5:21.45 36.94	650m: 7:47.42 36.05		
	100m: 1:07.98 35.50			300m: 3:31.45 36.28	500m: 5:57.67 36.22	700m: 8:23.32 35.90		
	150m: 1:43.48 35.50			350m: 4:08.11 36.66	550m: 6:34.31 36.64	750m: 8:58.88 35.56		
	200m: 2:19.32 35.84			400m: 4:44.51 36.40	600m: 7:11.37 37.06	800m: 9:33.43 34.55		
3.	Maria Dias Neves	99	108078	Miranda do Corvo	9:41.59	+0,93	565	22
	50m: 32.32 32.32			250m: 2:57.54 36.75	450m: 5:24.79 36.94	650m: 7:52.33 36.62		
	100m: 1:07.69 35.37			300m: 3:34.05 36.51	500m: 6:01.76 36.97	700m: 8:29.51 37.18		
	150m: 1:44.08 36.39			350m: 4:10.93 36.88	550m: 6:38.94 37.18	750m: 9:05.85 36.34		
	200m: 2:20.79 36.71			400m: 4:47.85 36.92	600m: 7:15.71 36.77	800m: 9:41.59 35.74		
4.	Beatriz Sousa Grou	96	15031	Tavira Natacao	9:44.27	+0,76	558	21
	50m: 31.15 31.15			250m: 2:55.67 36.33	450m: 5:24.47 37.54	650m: 7:54.68 37.81		
	100m: 1:06.83 35.68			300m: 3:32.53 36.86	500m: 6:02.13 37.66	700m: 8:31.97 37.29		
	150m: 1:43.16 36.33			350m: 4:09.59 37.06	550m: 6:39.56 37.43	750m: 9:08.97 37.00		
	200m: 2:19.34 36.18			400m: 4:46.93 37.34	600m: 7:16.87 37.31	800m: 9:44.27 35.30		
5.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	9:46.02	+0,90	553	20
	50m: 33.14 33.14			250m: 2:59.84 37.29	450m: 5:28.66 37.37	650m: 7:57.75 37.29		
	100m: 1:08.99 35.85			300m: 3:37.00 37.16	500m: 6:05.84 37.18	700m: 8:34.98 37.23		
	150m: 1:45.76 36.77			350m: 4:14.26 37.26	550m: 6:43.07 37.23	750m: 9:11.52 36.54		
	200m: 2:22.55 36.79			400m: 4:51.29 37.03	600m: 7:20.46 37.39	800m: 9:46.02 34.50		
6.	Carla Laranjeira Marques	00	109363	Sporting de Aveiro	9:51.21	+0,93	538	19
	50m: 32.70 32.70			250m: 3:00.44 37.22	450m: 5:30.84 37.23	650m: 8:01.15 36.94		
	100m: 1:08.70 36.00			300m: 3:38.56 38.12	500m: 6:08.64 37.80	700m: 8:38.70 37.55		
	150m: 1:45.61 36.91			350m: 4:16.44 37.88	550m: 6:46.41 37.77	750m: 9:15.57 36.87		
	200m: 2:23.22 37.61			400m: 4:53.61 37.17	600m: 7:24.21 37.80	800m: 9:51.21 35.64		
7.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	10:01.71	+1,08	511	18
	50m: 32.79 32.79			250m: 3:00.67 37.69	450m: 5:33.27 38.59	650m: 8:06.60 38.33		
	100m: 1:08.68 35.89			300m: 3:38.63 37.96	500m: 6:11.46 38.19	700m: 8:45.44 38.84		
	150m: 1:45.56 36.88			350m: 4:16.61 37.98	550m: 6:50.28 38.82	750m: 9:23.90 38.46		
	200m: 2:22.98 37.42			400m: 4:54.68 38.07	600m: 7:28.27 37.99	800m: 10:01.71 37.81		
8.	Joana Margarida Sousa	97	104510	Natacao de Valongo	10:04.62	+0,89	503	17
	50m: 34.17 34.17			250m: 3:04.92 37.88	450m: 5:36.12 37.37	650m: 8:08.27 37.83		
	100m: 1:11.33 37.16			300m: 3:42.95 38.03	500m: 6:13.47 37.35	700m: 8:47.80 39.53		
	150m: 1:49.18 37.85			350m: 4:20.68 37.73	550m: 6:51.29 37.82	750m: 9:26.33 38.53		
	200m: 2:27.04 37.86			400m: 4:58.75 38.07	600m: 7:30.44 39.15	800m: 10:04.62 38.29		
9.	Ana Sofia Ramos	97	102593	Fafe	10:07.74	+0,89	495	16
	50m: 33.69 33.69			250m: 3:02.18 37.65	450m: 5:35.59 38.47	650m: 8:11.83 39.61		
	100m: 1:09.93 36.24			300m: 3:40.06 37.88	500m: 6:14.27 38.68	700m: 8:51.02 39.19		
	150m: 1:47.08 37.15			350m: 4:18.70 38.64	550m: 6:53.22 38.95	750m: 9:30.00 38.98		
	200m: 2:24.53 37.45			400m: 4:57.12 38.42	600m: 7:32.22 39.00	800m: 10:07.74 37.74		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ana Sofia Filipe	95	26887	Nacional de Natacao	10:08.53	+0,87	494	15
	50m: 34.04	34.04	250m: 3:05.13	37.94	450m: 5:36.43	38.05	650m: 8:10.65	39.19
	100m: 1:11.24	37.20	300m: 3:42.86	37.73	500m: 6:14.52	38.09	700m: 8:49.88	39.23
	150m: 1:49.29	38.05	350m: 4:20.77	37.91	550m: 6:52.87	38.35	750m: 9:29.21	39.33
	200m: 2:27.19	37.90	400m: 4:58.38	37.61	600m: 7:31.46	38.59	800m: 10:08.53	39.32
11.	Helena Manuel Jose	90	15205	Ginasio Santo Tirso	10:13.41	+1,04	482	14
	50m: 34.40	34.40	250m: 3:05.25	38.06	450m: 5:39.71	38.31	650m: 8:16.61	39.17
	100m: 1:11.66	37.26	300m: 3:43.75	38.50	500m: 6:18.40	38.69	700m: 8:56.52	39.91
	150m: 1:49.40	37.74	350m: 4:22.34	38.59	550m: 6:57.60	39.20	750m: 9:35.64	39.12
	200m: 2:27.19	37.79	400m: 5:01.40	39.06	600m: 7:37.44	39.84	800m: 10:13.41	37.77
12.	Marta Sousa Oliveira	01	120775	Torres Novas	10:17.14	+0,94	473	13
	50m: 35.13	35.13	250m: 3:11.80	39.34	450m: 5:49.13	39.00	650m: 8:24.10	38.66
	100m: 1:13.95	38.82	300m: 3:51.09	39.29	500m: 6:27.83	38.70	700m: 9:02.60	38.50
	150m: 1:53.11	39.16	350m: 4:30.47	39.38	550m: 7:06.71	38.88	750m: 9:40.82	38.22
	200m: 2:32.46	39.35	400m: 5:10.13	39.66	600m: 7:45.44	38.73	800m: 10:17.14	36.32
13.	Joana Silva Ulpiano	00	119425	Laranjeiro	10:17.69	+0,87	472	12
	50m: 35.13	35.13	250m: 3:12.20	39.50	450m: 5:49.64	39.14	650m: 8:24.58	38.78
	100m: 1:14.27	39.14	300m: 3:52.02	39.82	500m: 6:27.98	38.34	700m: 9:03.01	38.43
	150m: 1:53.49	39.22	350m: 4:31.23	39.21	550m: 7:06.88	38.90	750m: 9:40.62	37.61
	200m: 2:32.70	39.21	400m: 5:10.50	39.27	600m: 7:45.80	38.92	800m: 10:17.69	37.07
14.	Rita Filipa Paulino	00	118462	Naval Setubalense	10:21.98	+0,81	462	11
	50m: 34.84	34.84	250m: 3:12.52	39.89	450m: 5:50.39	39.00	650m: 8:27.22	39.37
	100m: 1:13.39	38.55	300m: 3:52.49	39.97	500m: 6:29.38	38.99	700m: 9:06.28	39.06
	150m: 1:52.69	39.30	350m: 4:32.45	39.96	550m: 7:08.87	39.49	750m: 9:45.07	38.79
	200m: 2:32.63	39.94	400m: 5:11.39	38.94	600m: 7:47.85	38.98	800m: 10:21.98	36.91
15.	Laura Afonso Dias	98	107608	Natacao de Faro	10:23.65	+0,92	458	10
	50m: 34.43	34.43	250m: 3:09.61	39.05	450m: 5:46.66	39.24	650m: 8:25.97	39.97
	100m: 1:12.57	38.14	300m: 3:48.97	39.36	500m: 6:26.13	39.47	700m: 9:05.91	39.94
	150m: 1:51.34	38.77	350m: 4:28.26	39.29	550m: 7:05.98	39.85	750m: 9:45.76	39.85
	200m: 2:30.56	39.22	400m: 5:07.42	39.16	600m: 7:46.00	40.02	800m: 10:23.65	37.89
16.	Maria Migueis Teixeira	99	107574	Interior Norte	10:26.35	+0,89	453	9
	50m: 34.01	34.01	250m: 3:11.37	39.40	450m: 5:48.41	39.25	650m: 8:29.36	39.33
	100m: 1:12.75	38.74	300m: 3:50.08	38.71	500m: 6:29.24	40.83	700m: 9:10.00	40.64
	150m: 1:52.03	39.28	350m: 4:29.72	39.64	550m: 7:09.88	40.64	750m: 9:49.70	39.70
	200m: 2:31.97	39.94	400m: 5:09.16	39.44	600m: 7:50.03	40.15	800m: 10:26.35	36.65
17.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	10:28.29	+0,80	448	8
	50m: 34.50	34.50	250m: 3:09.88	39.44	450m: 5:49.40	40.09	650m: 8:30.15	40.11
	100m: 1:12.43	37.93	300m: 3:49.51	39.63	500m: 6:29.55	40.15	700m: 9:10.19	40.04
	150m: 1:51.33	38.90	350m: 4:29.35	39.84	550m: 7:09.88	40.33	750m: 9:50.09	39.90
	200m: 2:30.44	39.11	400m: 5:09.31	39.96	600m: 7:50.04	40.16	800m: 10:28.29	38.20
18.	Mafalda Cristina Pita	97	106066	Electrico Clube	10:38.50	+0,91	427	7
	50m: 34.44	34.44	250m: 3:12.51	39.98	450m: 5:53.56	39.68	650m: 8:37.91	41.41
	100m: 1:13.05	38.61	300m: 3:52.90	40.39	500m: 6:34.15	40.59	700m: 9:18.09	40.18
	150m: 1:52.75	39.70	350m: 4:33.30	40.40	550m: 7:15.22	41.07	750m: 9:58.95	40.86
	200m: 2:32.53	39.78	400m: 5:13.88	40.58	600m: 7:56.50	41.28	800m: 10:38.50	39.55
19.	Ana Rita Agostinho	99	117311	Natacao do Montijo	10:42.45	+0,99	419	6
	50m: 34.91	34.91	250m: 3:15.16	40.47	450m: 5:57.68	40.49	650m: 8:41.68	41.33
	100m: 1:13.83	38.92	300m: 3:55.56	40.40	500m: 6:38.17	40.49	700m: 9:22.24	40.56
	150m: 1:54.39	40.56	350m: 4:36.38	40.82	550m: 7:19.51	41.34	750m: 10:03.38	41.14
	200m: 2:34.69	40.30	400m: 5:17.19	40.81	600m: 8:00.35	40.84	800m: 10:42.45	39.07
20.	Ines Isabel Graca	00	121283	Gualdim Pais	10:43.46	+0,85	417	5
	50m: 35.11	35.11	250m: 3:17.45	41.53	450m: 6:00.35	40.72	650m: 8:44.76	40.89
	100m: 1:14.46	39.35	300m: 3:58.48	41.03	500m: 6:41.75	41.40	700m: 9:26.01	41.25
	150m: 1:54.62	40.16	350m: 4:39.67	41.19	550m: 7:22.74	40.99	750m: 10:06.52	40.51
	200m: 2:35.92	41.30	400m: 5:19.63	39.96	600m: 8:03.87	41.13	800m: 10:43.46	36.94

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Mariana Jorge Duarte	97	110919	Nucleo de Pombal	10:44.30		416	4
	50m: 35.14 35.14		250m: 3:16.87 41.10	450m: 6:01.67 41.20	650m: 8:47.68 41.31			
	100m: 1:14.41 39.27		300m: 3:58.06 41.19	500m: 6:42.74 41.07	700m: 9:27.62 39.94			
	150m: 1:54.92 40.51		350m: 4:39.30 41.24	550m: 7:24.25 41.51	750m: 10:07.40 39.78			
	200m: 2:35.77 40.85		400m: 5:20.47 41.17	600m: 8:06.37 42.12	800m: 10:44.30 36.90			
22.	Mara Borba Gravato	99	112767	Natacao de Vagos	10:44.74	+0,91	415	3
	50m: 36.18 36.18		250m: 3:19.34 41.01	450m: 6:04.60 40.96	650m: 8:46.13 40.42			
	100m: 1:16.09 39.91		300m: 4:00.80 41.46	500m: 6:45.86 41.26	700m: 9:26.76 40.63			
	150m: 1:57.13 41.04		350m: 4:42.11 41.31	550m: 7:26.06 40.20	750m: 10:06.67 39.91			
	200m: 2:38.33 41.20		400m: 5:23.64 41.53	600m: 8:05.71 39.65	800m: 10:44.74 38.07			
23.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	10:48.77	+0,88	407	2
	50m: 35.23 35.23		250m: 3:14.97 40.91	450m: 6:00.79 41.26	650m: 8:46.61 41.37			
	100m: 1:13.68 38.45		300m: 3:56.80 41.83	500m: 6:41.81 41.02	700m: 9:28.21 41.60			
	150m: 1:53.53 39.85		350m: 4:38.15 41.35	550m: 7:23.62 41.81	750m: 10:09.89 41.68			
	200m: 2:34.06 40.53		400m: 5:19.53 41.38	600m: 8:05.24 41.62	800m: 10:48.77 38.88			
24.	Soraia Margarida Carvalho	00	124112	Albicastrense	11:27.02	+0,95	343	1
	50m: 36.11 36.11		250m: 3:26.86 43.76	450m: 6:23.61 44.15	650m: 9:18.63 43.30			
	100m: 1:17.27 41.16		300m: 4:11.27 44.41	500m: 7:07.52 43.91	700m: 10:01.94 43.31			
	150m: 2:00.38 43.11		350m: 4:55.34 44.07	550m: 7:51.33 43.81	750m: 10:45.05 43.11			
	200m: 2:43.10 42.72		400m: 5:39.46 44.12	600m: 8:35.33 44.00	800m: 11:27.02 41.97			

Prova 2

Masc., 100m Mariposa

Absolutos

07-12-2013

Resultados

Recorde Nacional (25m) Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Recorde Nacional (25m) Inf B	1:01.78	Fabio Parrilha da Silva	CNAL	Penafiel	01-04-2000
Recorde Nacional (25m) Inf A	59.56	Fabio Parrilha da Silva	CNAL	Leiria	07-04-2001
Recorde Nacional (25m) Juv B	57.32	Diogo Filipe Carvalho	CGA	Estarreja	10-06-2003
Recorde Nacional (25m) Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	05-12-2010
Recorde Nacional (25m) Jun 17	53.97	Tiago Andre Venancio	CNS	Alapraia	15-02-2004
Recorde Nacional (25m) Jun 18	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Recorde Nacional (25m) Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	57.28	+0,60	606	25
	50m: 25.91 25.91		100m: 57.28 31.37					
2.	Joao Pedro Santos	95	105859	Estarreja	58.09	+0,73	581	23
	50m: 26.79 26.79		100m: 58.09 31.30					
3.	Rui Miguel Fonseca	88	11990	Fundacao Beatriz Santos	58.19	+0,68	578	22
	50m: 26.92 26.92		100m: 58.19 31.27					
4.	Ricardo Goncalves Moura	98	107577	Electrico Clube	58.74	+0,84	562	21
	50m: 27.11 27.11		100m: 58.74 31.63					
5.	Fernando Jorge Rosado	88	12553	Laranjeiro	59.16	+1,09	550	20
	50m: 27.26 27.26		100m: 59.16 31.90					
6.	Joao Pedro Neves	96	104336	Aminata	1:00.26	+0,83	520	19
	50m: 27.84 27.84		100m: 1:00.26 32.42					
7.	Luis Filipe Fonseca	97	108855	Estremoz/Estremozcarnes	1:00.41	+0,94	516	18
	50m: 28.25 28.25		100m: 1:00.41 32.16					
8.	Hugo Guilherme Trigo	97	104980	Sporting de Aveiro	1:01.02	+0,72	501	17
	50m: 28.30 28.30		100m: 1:01.02 32.72					
9.	Fabio Aleixo Fernandes	90	11142	Portugal Cultura	1:01.22	+0,85	496	16
	50m: 27.73 27.73		100m: 1:01.22 33.49					

Prova 2, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Rodrigo Palmela Costa 50m: 28.23 28.23	96	104379	Nacional de Natacao 100m: 1:01.38 33.15	1:01.38	+0,78	492	15
11.	Luis Filipe Soares 50m: 27.86 27.86	98	105615	Colegio SMLamas 100m: 1:01.49 33.63	1:01.49	+0,87	490	14
12.	Mateus Roque Mendes 50m: 28.38 28.38	96	117954	Natacao de Faro 100m: 1:01.89 33.51	1:01.89	+0,82	480	13
13.	Pedro Rafael Cintrao 50m: 28.87 28.87	96	26286	Nucleo de Pombal 100m: 1:03.15 34.28	1:03.15	+0,71	452	12
14.	Fernando Miguel Rodrigues 50m: 29.57 29.57	96	116927	Cartaxo 100m: 1:03.19 33.62	1:03.19	+0,76	451	11
15.	Eduardo Jose Castelo 50m: 29.45 29.45	97	111270	Interior Norte 100m: 1:03.39 33.94	1:03.39	+0,66	447	10
16.	Cesar Henrique Silva 50m: 29.49 29.49	91	11018	Nucleo Sportinguista Terceira 100m: 1:03.67 34.18	1:03.67	+0,79	441	9
17.	Afonso Filipe Gaspar 50m: 29.46 29.46	97	109947	Nautico Abrantes 100m: 1:04.07 34.61	1:04.07	+0,89	433	8
18.	Paulo Andre Silva 50m: 29.64 29.64	95	104517	Natacao da Maia 100m: 1:04.25 34.61	1:04.25	+0,81	429	7
19.	Jorge Rogerio Morais 50m: 29.86 29.86	98	104413	Lousada SXXI 100m: 1:05.09 35.23	1:05.09	+0,81	413	6
20.	Joao Pedro Rosa 50m: 29.62 29.62	90	11317	CLAC-Entroncamento 100m: 1:05.53 35.91	1:05.53	+0,84	404	5
21.	Diogo Loureiro Martinho 50m: 30.14 30.14	98	116948	Ginasio Figueirense 100m: 1:06.03 35.89	1:06.03	+0,75	395	4
22.	Andre Pombo Dias 50m: 32.89 32.89	96	111761	Natacao do Tejo 100m: 1:10.58 37.69	1:10.58	+0,86	324	3
23.	Filipe Miguel Mesquita 50m: 32.69 32.69	97	104894	Natacao do Montijo 100m: 1:11.88 39.19	1:11.88	+0,96	306	2
24.	Joao Miguel Vale 50m: 36.28 36.28	99	120687	Nucleo Sportinguista Golega 100m: 1:26.13 49.85	1:26.13	+0,93	178	1

Prova 3
07-12-2013

Femin., 200m Mariposa

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Recorde Nacional (25m) Inf B	2:31.64	Raquel Maria Felgueiras	SCB	Algés	09-05-1992
Recorde Nacional (25m) Inf A	2:25.40	Raquel Maria Felgueiras	SCB	Vila do Conde	30-05-1993
Recorde Nacional (25m) Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A	2:17.51	Raquel Maria Felgueiras	SCB	Algés	05-03-1995
Recorde Nacional (25m) Jun 16	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	11-02-1996
Recorde Nacional (25m) Jun 17	2:10.12	Sara Francisco Cruz	ADBA	Leiria	04-12-2009
Recorde Nacional (25m) Sen	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Viegas Bento 50m: 33.10 33.10	99	121143	Colegio Bernardette Romeira	2:34.54 41.70	+0,91	477	25
2.	Ines Lucas Alves 50m: 33.56 33.56	98	104738	Fluval Portuense	2:36.61 41.26	+0,87	458	23
3.	Filipa Silva Cruz 50m: 35.43 35.43	92	10928	Laranjeiro	2:38.00 40.79	+0,96	446	22
4.	Rute Sofia Teixeira 50m: 34.36 34.36	90	15202	Ginasio Santo Tirso	2:38.02 40.32	+0,92	446	21
5.	Mariana Cordeiro Vinagre 50m: 33.85 33.85	97	118483	Natacao de Faro	2:38.82 42.09	+0,75	439	20
6.	Cristiana Daniela Silva 50m: 36.43 36.43	99	112043	Miranda do Corvo	2:42.71 42.26	+1,04	409	19
7.	Daniela Domingues Sousa 50m: 33.46 33.46	00	117411	Natacao de Valongo	2:43.23 44.20	+0,89	405	18
8.	Mariana Luis Saraiva 50m: 34.23 34.23	96	122900	Nucleo Sportinguista Terceira	2:43.70 43.71	+0,67	401	17
9.	Eva Fernandes Cardoso 50m: 37.16 37.16	01	123305	Fundacao Beatriz Santos	2:46.22 44.23	+0,99	383	16
10.	Beatriz Rodrigues Oliveira 50m: 34.65 34.65	01	122175	Fafe	2:47.71 45.42	+0,97	373	15
11.	Sofia Rodrigues Pires 50m: 35.44 35.44	97	109355	Albicastrense	2:49.31 45.90	+0,96	363	14
12.	Margarida Bento Mesquita 50m: 35.76 35.76	99	119492	Sporting de Aveiro	2:50.47 46.01	+0,99	355	13
13.	Ana Catarina Travessa 50m: 35.33 35.33	96	100003	Salvaterra de Magos	2:51.42 47.18	+0,92	349	12
14.	Mafalda Rato Monteiro 50m: 36.98 36.98	01	121445	Naval Setubalense	2:51.88 46.65		346	11
15.	Beatriz Ribeiro Simoes 50m: 37.45 37.45	01	121438	Torres Novas	2:53.91 46.79	+1,04	334	10
16.	Mafalda Alexandra Henriques 50m: 35.07 35.07	98	105308	Nacional de Natacao	2:56.81 49.14		318	9
17.	Sofia Alexandra Rodrigues 50m: 38.79 38.79	99	111458	Electrico Clube	3:00.10 48.21	+1,37	301	8
18.	Rafaela Martins Antunes 50m: 39.12 39.12	01	122669	Natacao de Vagos	3:00.38 48.89	+0,84	300	7
19.	Constanca Isabel Jose 50m: 39.22 39.22	01	121266	Gualdim Pais	3:02.55 49.64		289	6
20.	Cristiana Andreia Lima 50m: 35.31 35.31	95	102365	Nucleo de Pombal	3:04.88 50.32	+0,98	278	5

Prova 3, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Catarina Barco Quendera	00	120027	Natacao do Montijo	3:06.40	+0,85	272	4
	50m: 37.97 37.97		100m: 1:25.79	47.82 150m: 2:15.71	49.92	200m: 3:06.40	50.69	
22.	Helia Cristina Fernandes	94	20209	Interior Norte	3:13.21	+0,89	244	3
	50m: 38.31 38.31		100m: 1:24.63	46.32 150m: 2:18.50	53.87	200m: 3:13.21	54.71	
23.	Mara Brasil Godinho	96	26562	Terceira Auto Clube	3:16.55	+0,78	232	2
	50m: 41.49 41.49		100m: 1:30.97	49.48 150m: 2:23.13	52.16	200m: 3:16.55	53.42	
24.	Sara Cardoso Gama	01	122490	Tavira Natacao	3:28.59	+0,98	194	1
	50m: 41.48 41.48		100m: 1:35.84	54.36 150m: 2:32.79	56.95	200m: 3:28.59	55.80	

Prova 4

Masc., 100m Bruços

Absolutos

07-12-2013

Resultados

Recorde Nacional (25m) Absoluto	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012
Recorde Nacional (25m) Inf B	1:09.54	Andre Goncalo Santos	LSC	Lousada	15-05-2010
Recorde Nacional (25m) Inf A	1:07.92	Andre Goncalo Santos	LSC	Viseu	12-03-2011
Recorde Nacional (25m) Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	04-03-2012
Recorde Nacional (25m) Juv A	1:03.39	Andre Goncalo Santos	LSC	S. António Cavaleiros	21-12-2012
Recorde Nacional (25m) Jun 17	1:03.11	Jose Guilherme Couto	SCP	Algés	17-03-1995
Recorde Nacional (25m) Jun 18	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Sen	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Simao Miguel Capitao	97	109596	Colegio SMLamas	1:05.24	+0,77	619	25
	50m: 30.77 30.77		100m: 1:05.24	34.47				
2.	Ivan Monteiro Simoes	91	12248	Interior Norte	1:07.38	+0,76	562	23
	50m: 30.94 30.94		100m: 1:07.38	36.44				
3.	Rui Pedro Horta	94	100248	Laranjeiro	1:08.22	+0,75	541	22
	50m: 32.13 32.13		100m: 1:08.22	36.09				
4.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico Clube	1:08.32	+0,68	539	21
	50m: 31.89 31.89		100m: 1:08.32	36.43				
5.	Joao Manuel Lanca	92	14873	Portugal Cultura	1:10.08	+0,78	499	20
	50m: 31.59 31.59		100m: 1:10.08	38.49				
6.	Illya Yelistratkin	96	109940	Natacao de Faro	1:10.85	+0,79	483	19
	50m: 32.85 32.85		100m: 1:10.85	38.00				
7.	Diogo Filipe Teodoro	99	105897	Natacao da Maia	1:10.87	+0,69	483	18
	50m: 33.46 33.46		100m: 1:10.87	37.41				
8.	Andre da Costa Coelho	96	108625	Nucleo Sportinguista Terceira	1:11.21	+0,73	476	17
	50m: 33.57 33.57		100m: 1:11.21	37.64				
9.	Joao Manuel Ferreira	92	12126	CLAC-Entroncamento	1:11.23	+0,91	475	16
	50m: 33.11 33.11		100m: 1:11.23	38.12				
10.	Rafael Arrojado Ferreira	94	108106	Estarreja	1:11.33	+0,80	473	15
	50m: 32.45 32.45		100m: 1:11.33	38.88				
11.	Miguel Angelo Martins	98	109564	Aminata	1:11.44	+0,78	471	14
	50m: 33.72 33.72		100m: 1:11.44	37.72				
12.	Rui Miguel Correia	96	105378	Natacao do Montijo	1:12.54	+0,81	450	13
	50m: 33.38 33.38		100m: 1:12.54	39.16				
13.	Joao Pedro Santos	98	104562	Lousada SXXI	1:12.93	+0,92	443	12
	50m: 33.75 33.75		100m: 1:12.93	39.18				

Prova 4, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Tiago Andre Matos 50m: 33.92 33.92	95	116618	Nautico Abrantes 100m: 1:13.44 39.52	1:13.44	+0,75	434	11
15.	Carlos Andre Dias 50m: 34.41 34.41	96	124741	Sporting de Aveiro 100m: 1:13.78 39.37	1:13.78	+0,79	428	10
16.	Joao Pedro Machado 50m: 34.56 34.56	86	125910	Nacional de Natacao 100m: 1:14.09 39.53	1:14.09	+0,80	422	9
17.	Luis Miguel Santos 50m: 33.96 33.96	90	11963	Fundacao Beatriz Santos 100m: 1:14.25 40.29	1:14.25	+0,81	420	8
18.	Miguel Filipe Arvana 50m: 34.55 34.55	98	108856	Estremoz/Estremozcarnes 100m: 1:14.41 39.86	1:14.41	+0,76	417	7
19.	Duarte Pinto Ceia 50m: 35.26 35.26	98	107410	Ginasio Figueirense 100m: 1:15.88 40.62	1:15.88	+0,86	393	6
20.	David Esteves Tavares 50m: 35.15 35.15	95	105040	Gafanha da Encarnacao 100m: 1:16.50 41.35	1:16.50	+0,72	384	5
21.	Bernardo Jose Campino 50m: 35.02 35.02	95	123002	Cartaxo 100m: 1:18.56 43.54	1:18.56	+0,77	354	4
22.	Guilherme Domingues Ferreira 50m: 36.77 36.77	96	107281	Nucleo de Pombal 100m: 1:19.71 42.94	1:19.71	+0,95	339	3
23.	Nuno Miguel Afonso 50m: 36.90 36.90	91	11208	Natacao do Tejo 100m: 1:19.95 43.05	1:19.95	+0,83	336	2
24.	Diogo Filipe Lino 50m: 36.57 36.57	98	123162	Nucleo Sportinguista Golega 100m: 1:20.04 43.47	1:20.04	+0,82	335	1

Prova 5
07-12-2013

Femin., 200m Bruços

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Inf B	2:46.14	Raquel Gomes Pereira	SAD	Algés	02-06-2011
Recorde Nacional (25m) Inf A	2:41.33	Raquel Gomes Pereira	SAD	S. António Cavaleiros	16-03-2013
Recorde Nacional (25m) Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	07-02-2004
Recorde Nacional (25m) Jun 16	2:29.56	Ana Rita Santos	FPN	Dublin (IRL)	12-12-2003
Recorde Nacional (25m) Jun 16	2:29.56	Diana Duarte Gomes		Cantanhede	19-12-2004
Recorde Nacional (25m) Jun 17	2:26.77	Victoria Kaminskaya	FPN	Uster (SUI)	29-01-2012
Recorde Nacional (25m) Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre 50m: 35.80 35.80	94	15497	Fluvial Portuense 100m: 1:16.23 40.43 150m: 1:57.93	2:39.98	+0,75	595	25
2.	Mariana Manhita Correia 50m: 37.23 37.23	98	110738	Tavira Natacao 100m: 1:19.23 42.00 150m: 2:02.79	2:46.73	+0,77	525	23
3.	Mariana Domingues Paz 50m: 38.32 38.32	98	108077	Miranda do Corvo 100m: 1:21.04 42.72 150m: 2:04.43	2:47.21	+0,82	521	22
4.	Bruna Martins Riesenberger 50m: 38.69 38.69	97	105541	Laranjeiro 100m: 1:23.94 45.25 150m: 2:08.49	2:50.48	+0,72	491	21
5.	Catarina Isabel Branco 50m: 37.89 37.89	99	118331	Ginasio Santo Tirso 100m: 1:20.74 42.85 150m: 2:05.78	2:51.01	+0,85	487	20
6.	Ines Rosado Monteiro 50m: 38.97 38.97	00	121817	Natacao de Vagos 100m: 1:21.99 43.02 150m: 2:06.61	2:51.83	+0,82	480	19

Prova 5, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ines Evangelista Bastos	98	110627	Fafe	2:53.87	+0,84	463	18
	50m: 38.03 38.03			100m: 1:21.57 43.54 150m: 2:07.48	45.91	200m: 2:53.87	46.39	
8.	Beatriz Martins Avila	00	108723	Terceira Auto Clube	2:53.98	+0,77	462	17
	50m: 38.59 38.59			100m: 1:22.08 43.49 150m: 2:07.63	45.55	200m: 2:53.98	46.35	
9.	Ema Filipa Rosario	00	120561	Natacao do Montijo	2:55.44	+0,97	451	16
	50m: 38.64 38.64			100m: 1:23.53 44.89 150m: 2:09.48	45.95	200m: 2:55.44	45.96	
10.	Dalia Sofia Curto	95	108816	Nacional de Natacao	2:55.64	+0,92	449	15
	50m: 37.94 37.94			100m: 1:21.03 43.09 150m: 2:07.13	46.10	200m: 2:55.64	48.51	
11.	Beatriz Gameiro Matias	97	107287	Nucleo de Pombal	2:56.48	+0,84	443	14
	50m: 38.69 38.69			100m: 1:22.54 43.85 150m: 2:08.41	45.87	200m: 2:56.48	48.07	
12.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	2:57.75		433	13
	50m: 40.95 40.95			100m: 1:26.96 46.01 150m: 2:12.36	45.40	200m: 2:57.75	45.39	
13.	Ana Rita Rodrigues	99	125566	Sporting de Aveiro	2:58.01	+0,95	432	12
	50m: 40.54 40.54			100m: 1:25.58 45.04 150m: 2:12.38	46.80	200m: 2:58.01	45.63	
14.	Juliana Pereira Martins	98	117507	Albicastrense	2:58.85	+0,77	425	11
	50m: 40.92 40.92			100m: 1:26.86 45.94 150m: 2:13.46	46.60	200m: 2:58.85	45.39	
15.	Barbara Rita Sousa	99	116906	Natacao de Valongo	2:59.98	+0,79	417	10
	50m: 38.79 38.79			100m: 1:24.01 45.22 150m: 2:10.92	46.91	200m: 2:59.98	49.06	
16.	Soraya Dea Matias	95	105872	Torres Novas	3:01.16	+0,85	409	9
	50m: 40.28 40.28			100m: 1:25.71 45.43 150m: 2:12.99	47.28	200m: 3:01.16	48.17	
17.	Margarida Pamplona Evangelh	99	108722	Nucleo Sportinguista Terceira	3:02.09	+0,89	403	8
	50m: 40.45 40.45			100m: 1:27.41 46.96 150m: 2:15.05	47.64	200m: 3:02.09	47.04	
18.	Joana Sofia Carreira	97	110677	Natacao de Faro	3:05.72	+0,74	380	7
	50m: 41.65 41.65			100m: 1:28.98 47.33 150m: 2:17.87	48.89	200m: 3:05.72	47.85	
19.	Rita Margarida Fernandes	93	106070	Electrico Clube	3:05.79	+0,93	379	6
	50m: 41.79 41.79			100m: 1:28.88 47.09 150m: 2:17.56	48.68	200m: 3:05.79	48.23	
20.	Taisa Moreira Paiva	01	123171	Fundacao Beatriz Santos	3:06.41	+1,10	376	5
	50m: 42.48 42.48			100m: 1:30.16 47.68 150m: 2:17.97	47.81	200m: 3:06.41	48.44	
21.	Mariana Leal Lopes	99	121142	Colegio Bernardette Romeira	3:10.28		353	4
	50m: 43.27 43.27			100m: 1:31.29 48.02 150m: 2:20.59	49.30	200m: 3:10.28	49.69	
22.	Ana Pereira Luis	97	100614	Salvaterra de Magos	3:17.29	+1,01	317	3
	50m: 43.05 43.05			100m: 1:33.05 50.00 150m: 2:25.48	52.43	200m: 3:17.29	51.81	
23.	Ana Carolina Mira	00	118779	Naval Setubalense	3:19.08		308	2
	50m: 44.95 44.95			100m: 1:36.32 51.37 150m: 2:28.53	52.21	200m: 3:19.08	50.55	
DSQ	Catarina Isabel Pinto	94	23486	Interior Norte				
	<i>731 - Não efectuou recuperação da braçada, de acordo com a regra aos 165 m - SW 7.3</i>							

Prova 6
07-12-2013

Masc., 50m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Inf B	26.65	Gabriel Jose Lopes	CDL	Lousã	19-06-2010
Recorde Nacional (25m) Inf A	25.31	Nuno Migue Graca	EDV	Ponte da Barca	07-07-2012
Recorde Nacional (25m) Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Juv A	24.16	David Miguel Ferro	SFUAP	Algés	12-02-2000
Recorde Nacional (25m) Jun 17	23.14	Tiago Andre Venancio	CNS	Reboleira	26-06-2004
Recorde Nacional (25m) Jun 18	22.24	Miguel Duarte Nascimento	PORTIN	Porto	08-12-2012
Recorde Nacional (25m) Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ivan Monteiro Simoes	91	12248	Interior Norte	23.48	+0,67	646	25
2.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	24.19	+0,58	590	23
3.	Frederico Sucena Riachos	98	121637	Nucleo Sportinguista Golega	24.23	+0,87	588	22
4.	Vladyslav Stasyuk	94	117128	Cartaxo	24.56	+0,67	564	21
5.	Rui Miguel Fonseca	88	11990	Fundacao Beatriz Santos	24.84	+1,04	545	20
6.	Joao Paulo Capitao	96	109592	Colegio SMLamas	24.87	+0,76	543	19
7.	Bruno Miguel Franco	90	11107	Laranjeiro	25.03	+0,83	533	18
8.	Fabio Aleixo Fernandes	90	11142	Portugal Cultura	25.13	+0,82	527	17
9.	Vitor Hugo Mano	85	10224	Estarreja	25.47	+0,92	506	16
10.	Jose Tiago Moreira	89	16015	Nucleo Sportinguista Terceira	25.50	+0,82	504	15
11.	David Alexandre Lopes	89	13972	Nacional de Natacao	25.56	+0,92	500	14
12.	Tiago Andre Gouveia	90	11320	CLAC-Entroncamento	25.63	+0,79	496	13
13.	Joao Pedro Gordinho	94	106227	Natacao de Faro	25.64	+0,83	496	12
14.	Andre Filipe Mendes	92	100307	Nautico Abrantes	25.78	+0,72	488	11
15.	Marco Santos Matos	92	10472	Electrico Clube	26.00	+0,82	475	10
16.	Pedro Miguel Coelho	94	23495	Lousada SXXI	26.18	+1,30	466	9
17.	Paulo Filipe Silva	98	117012	Natacao da Maia	26.19	+0,78	465	8
18.	Joaquim Paixao Barroso	76	24400	Aminata	26.23	+0,75	463	7
19.	Miguel Filipe Arvana	98	108856	Estremoz/Estremozcarnes	26.61	+0,73	443	6
20.	Francisco Sousa Rocha	97	117096	Sporting de Aveiro	26.63	+0,81	442	5
21.	Joao Courelas Goncalves	97	107282	Nucleo de Pombal	26.64	+0,87	442	4
22.	Diogo Loureiro Martinho	98	116948	Ginasio Figueirense	27.32	+0,71	410	3
23.	Manuel Jose Alves	96	104895	Natacao do Montijo	28.20	+0,68	373	2
24.	Telmo Joao Faria	97	125605	Natacao do Tejo	29.06	+0,84	340	1

Prova 7
07-12-2013

Femin., 100m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Inf B	1:01.63	Ines Camacho Fernandes	SCP	Lisboa	05-04-2009
Recorde Nacional (25m) Inf A	59.20	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Recorde Nacional (25m) Juv B	59.33	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A	58.04	Ines Camacho Fernandes	SCP	Mealhada	18-12-2011
Recorde Nacional (25m) Jun 16	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Recorde Nacional (25m) Jun 17	57.33	Claudia Sofia Monteiro	CFV	Sines	21-12-2008
Recorde Nacional (25m) Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Andreia Catarina Gomes	94	103701	Fluval Portuense	1:00.10	+0,91	611	25
	50m: 28.98 28.98			100m: 1:00.10 31.12				
2.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	1:01.32	+0,80	575	23
	50m: 29.66 29.66			100m: 1:01.32 31.66				
3.	Barbara Rodrigues Pereira	98	117770	Natacao do Montijo	1:02.35	+0,82	547	22
	50m: 29.88 29.88			100m: 1:02.35 32.47				
4.	Carolina Saraiva Pires	96	100272	Laranjeiro	1:02.71	+0,84	538	21
	50m: 29.77 29.77			100m: 1:02.71 32.94				
5.	Noemia Verdi Silva	99	111770	Fafe	1:03.04	+0,84	529	20
	50m: 29.81 29.81			100m: 1:03.04 33.23				
6.	Andreia Brito Costa	95	109421	Natacao de Faro	1:03.24	+0,81	524	19
	50m: 29.74 29.74			100m: 1:03.24 33.50				
7.	Renata Castro Goncalves	96	105056	Sporting de Aveiro	1:03.38	+0,90	521	18
	50m: 30.28 30.28			100m: 1:03.38 33.10				
8.	Helena Manuel Jose	90	15205	Ginasio Santo Tirso	1:04.05	+0,85	505	17
	50m: 30.78 30.78			100m: 1:04.05 33.27				
9.	Mariana Luis Saraiva	96	122900	Nucleo Sportinguista Terceira	1:04.22	+0,77	501	16
	50m: 30.47 30.47			100m: 1:04.22 33.75				
10.	Rita Sousa Oliveira	01	120774	Torres Novas	1:04.30	+0,87	499	15
	50m: 30.92 30.92			100m: 1:04.30 33.38				
11.	Filipa Robert Rente	96	122852	Gualdim Pais	1:04.43	+0,74	496	14
	50m: 29.83 29.83			100m: 1:04.43 34.60				
12.	Mariana Santos Ferreira	00	112044	Miranda do Corvo	1:04.50	+0,84	494	13
	50m: 31.04 31.04			100m: 1:04.50 33.46				
13.	Catia Marisa Silva	91	23319	Natacao de Valongo	1:04.75	+0,89	488	12
	50m: 30.86 30.86			100m: 1:04.75 33.89				
14.	Rafaela Vieira Marques	98	121814	Natacao de Vagos	1:04.90	+0,99	485	11
	50m: 31.33 31.33			100m: 1:04.90 33.57				
15.	Isabel Catarino Cravo	98	107288	Nucleo de Pombal	1:05.11	+0,87	480	10
	50m: 31.00 31.00			100m: 1:05.11 34.11				
16.	Ana Sofia Filipe	95	26887	Nacional de Natacao	1:05.57	+0,91	470	9
	50m: 31.76 31.76			100m: 1:05.57 33.81				
17.	Mariana Matos Ribeiro	01	123170	Fundacao Beatriz Santos	1:05.61	+0,89	469	8
	50m: 31.67 31.67			100m: 1:05.61 33.94				
18.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	1:05.68	+1,03	468	7
	50m: 31.25 31.25			100m: 1:05.68 34.43				
19.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	1:05.70	+0,85	468	6
	50m: 31.58 31.58			100m: 1:05.70 34.12				
20.	Catarina Isabel Lourenco	96	105459	Albicastrense	1:05.87	+0,74	464	5
	50m: 30.54 30.54			100m: 1:05.87 35.33				

Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Diana Romao Fialho	99	107439	Terceira Auto Clube	1:05.96	+0,88	462	4
	50m: 31.80 31.80			100m: 1:05.96 34.16				
22.	Mafalda Cristina Pita	97	106066	Electrico Clube	1:07.16	+0,83	438	3
	50m: 31.83 31.83			100m: 1:07.16 35.33				
23.	Margarida Monteiro Sousa	97	104245	Naval Setubalense	1:10.38	+1,08	380	2
	50m: 33.11 33.11			100m: 1:10.38 37.27				
24.	Marta Fernandes Carneiro	94	24324	Interior Norte	1:12.58	+1,03	347	1
	50m: 34.23 34.23			100m: 1:12.58 38.35				

Prova 8

Masc., 100m Costas

Absolutos

07-12-2013

Resultados

Recorde Nacional (25m) Absoluto	52.16	Alexis Manacas Santos	FPN	Chartres (FRA)	24-11-2012
Recorde Nacional (25m) Inf B	1:04.76	Alexandre Lages Ribas	EDV	Ponte da Barca	09-05-2010
Recorde Nacional (25m) Inf A	1:00.97	Alexandre Lages Ribas	EDV	Viseu	11-03-2011
Recorde Nacional (25m) Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	13-05-2012
Recorde Nacional (25m) Juv A	56.45	Diogo Gomes Sousa	CNCVCG	Porto	04-12-2010
Recorde Nacional (25m) Jun 17	56.33	Adriano Miguel Niz	CFV	Coimbra	05-07-2003
Recorde Nacional (25m) Jun 18	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Recorde Nacional (25m) Sen	52.16	Alexis Manacas Santos	FPN	Chartres (FRA)	24-11-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Santos	95	105859	Estarreja	58.90	+0,65	573	25
	50m: 28.67 28.67			100m: 58.90 30.23				
2.	Goncalo Filipe Gregorio	93	10644	Portugal Cultura	58.96	+0,58	571	23
	50m: 28.31 28.31			100m: 58.96 30.65				
3.	Ricardo Goncalves Moura	98	107577	Electrico Clube	1:00.97	+0,63	517	22
	50m: 29.72 29.72			100m: 1:00.97 31.25				
4.	Luis Filipe Soares	98	105615	Colegio SMLamas	1:01.97	+0,79	492	21
	50m: 30.02 30.02			100m: 1:01.97 31.95				
5.	Frederico Sucena Riachos	98	121637	Nucleo Sportinguista Golega	1:02.28	+0,76	485	20
	50m: 30.30 30.30			100m: 1:02.28 31.98				
6.	Tiago Pastor Escada	99	108853	Aminata	1:02.46	+0,65	481	19
	50m: 30.10 30.10			100m: 1:02.46 32.36				
7.	Ricardo Saraiva Pires	98	107651	Laranjeiro	1:02.86	+0,65	471	18
	50m: 30.66 30.66			100m: 1:02.86 32.20				
8.	Eduardo Abel Duarte	98	104561	Lousada SXXI	1:04.13	+0,60	444	17
	50m: 31.21 31.21			100m: 1:04.13 32.92				
9.	Ruben Miguel Matos	91	110419	Nautico Abrantes	1:04.49	+0,60	437	16
	50m: 30.54 30.54			100m: 1:04.49 33.95				
10.	Miguel Martins Barroqueiro	91	11534	CLAC-Entroncamento	1:04.82	+0,71	430	15
	50m: 30.71 30.71			100m: 1:04.82 34.11				
11.	Joao Pedro Gordinho	94	106227	Natacao de Faro	1:04.94	+0,68	428	14
	50m: 30.80 30.80			100m: 1:04.94 34.14				
12.	Tomas Silva Coxixo	99	118387	Natacao do Montijo	1:05.16	+0,64	423	13
	50m: 30.79 30.79			100m: 1:05.16 34.37				
13.	Luis Miguel Santos	90	11963	Fundacao Beatriz Santos	1:05.30	+0,89	420	12
	50m: 31.98 31.98			100m: 1:05.30 33.32				

Prova 8, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Pedro Miguel Henriques	96	118297	Cartaxo	1:05.54	+0,74	416	11
	50m: 31.24 31.24			100m: 1:05.54 34.30				
15.	Pedro Antonio Zilhao	98	120187	Nacional de Natacao	1:05.88	+0,70	409	10
	50m: 32.21 32.21			100m: 1:05.88 33.67				
16.	Joao Goncalves Figueiredo	96	107408	Ginasio Figueirense	1:06.18	+0,62	404	9
	50m: 31.78 31.78			100m: 1:06.18 34.40				
17.	Francisco Sousa Rocha	97	117096	Sporting de Aveiro	1:06.91	+0,69	391	8
	50m: 32.49 32.49			100m: 1:06.91 34.42				
18.	Diogo Miguel Banha	98	108854	Estremoz/Estremozcarnes	1:08.47	+0,56	365	7
	50m: 33.36 33.36			100m: 1:08.47 35.11				
19.	Rodrigo Duarte Pereira	94	120838	Nucleo Sportinguista Terceira	1:09.08	+0,75	355	6
	50m: 33.45 33.45			100m: 1:09.08 35.63				
20.	Andrei Iulian Zinca	00	119453	Gafanha da Encarnacao	1:09.17	+0,61	354	5
	50m: 33.36 33.36			100m: 1:09.17 35.81				
21.	Afonso Ribeiro Couto	99	111102	Natacao da Maia	1:09.39	+0,61	350	4
	50m: 33.70 33.70			100m: 1:09.39 35.69				
22.	Miguel Alexandre Lemos	94	101989	Interior Norte	1:09.47	+0,62	349	3
	50m: 33.20 33.20			100m: 1:09.47 36.27				
23.	Ricardo Contreiras Jeronimo	97	110593	Nucleo de Pombal	1:09.66	+0,67	346	2
	50m: 32.83 32.83			100m: 1:09.66 36.83				
24.	Nuno Miguel Afonso	91	11208	Natacao do Tejo	1:16.84	+0,71	258	1
	50m: 35.95 35.95			100m: 1:16.84 40.89				

Prova 9
07-12-2013

Femin., 200m Costas

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993
Recorde Nacional (25m) Inf B	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	16-03-1997
Recorde Nacional (25m) Inf A	2:22.25	Keissy Joselin Sousa	FCP	Algés	15-03-1998
Recorde Nacional (25m) Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines	21-12-2008
Recorde Nacional (25m) Juv A	2:16.30	Petra Quintela Chaves	SAD	Algés	14-05-1993
Recorde Nacional (25m) Jun 16	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Recorde Nacional (25m) Jun 17	2:13.06	Catia Raquel Martinheira	FPN	Uster (SUI)	28-01-2012
Recorde Nacional (25m) Sen	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Sousa Grou	96	15031	Tavira Natacao	2:23.85	+0,71	580	25
	50m: 33.53 33.53			100m: 1:09.79 36.26 150m: 1:47.02 37.23			200m: 2:23.85 36.83	
2.	Maria Dias Neves	99	108078	Miranda do Corvo	2:25.44	+0,68	562	23
	50m: 34.68 34.68			100m: 1:11.35 36.67 150m: 1:48.91 37.56			200m: 2:25.44 36.53	
3.	Ana Beatriz Meireles	98	110663	Fafe	2:25.90	+0,67	556	22
	50m: 33.92 33.92			100m: 1:11.63 37.71 150m: 1:49.52 37.89			200m: 2:25.90 36.38	
4.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	2:26.33	+0,74	551	21
	50m: 35.17 35.17			100m: 1:12.65 37.48 150m: 1:49.93 37.28			200m: 2:26.33 36.40	
5.	Francisca Santos Pereira	98	102019	Fluvial Portuense	2:28.20	+0,67	531	20
	50m: 33.83 33.83			100m: 1:11.08 37.25 150m: 1:49.57 38.49			200m: 2:28.20 38.63	
6.	Ana Paula Araujo	96	20362	Ginasio Santo Tirso	2:31.48	+0,72	497	19
	50m: 36.73 36.73			100m: 1:15.04 38.31 150m: 1:53.34 38.30			200m: 2:31.48 38.14	

Prova 9, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	2:32.04	+0,65	492	18
	50m: 35.81 35.81			100m: 1:15.26 39.45	150m: 1:55.67 40.41	200m: 2:32.04 36.37		
8.	Marta Silva Felix	99	119385	Sporting de Aveiro	2:33.64	+0,75	476	17
	50m: 36.34 36.34			100m: 1:14.85 38.51	150m: 1:54.50 39.65	200m: 2:33.64 39.14		
9.	Sofia Alexandra Nunes	00	112322	Laranjeiro	2:33.80	+0,70	475	16
	50m: 35.60 35.60			100m: 1:14.44 38.84	150m: 1:53.39 38.95	200m: 2:33.80 40.41		
10.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	2:36.12	+0,81	454	15
	50m: 37.13 37.13			100m: 1:16.20 39.07	150m: 1:56.17 39.97	200m: 2:36.12 39.95		
11.	Sofia Dias Alves	99	111393	Natacao do Montijo	2:36.96	+0,61	447	14
	50m: 35.83 35.83			100m: 1:15.37 39.54	150m: 1:56.71 41.34	200m: 2:36.96 40.25		
12.	Ines Almeida Gomes	98	120186	Nacional de Natacao	2:37.38	+0,76	443	13
	50m: 36.01 36.01			100m: 1:15.54 39.53	150m: 1:56.26 40.72	200m: 2:37.38 41.12		
13.	Cristiana Ferreira Santos	97	108222	Natacao de Valongo	2:39.01	+0,60	430	12
	50m: 36.14 36.14			100m: 1:14.86 38.72	150m: 1:56.38 41.52	200m: 2:39.01 42.63		
14.	Joana Gravato Pimentel	99	121821	Natacao de Vagos	2:40.08	+0,69	421	11
	50m: 35.98 35.98			100m: 1:17.04 41.06	150m: 1:59.30 42.26	200m: 2:40.08 40.78		
15.	Ana Catarina Lixa	00	127061	Naval Setubalense	2:41.54	+0,75	410	10
	50m: 37.66 37.66			100m: 1:18.80 41.14	150m: 2:01.56 42.76	200m: 2:41.54 39.98		
16.	Marta Sousa Oliveira	01	120775	Torres Novas	2:42.42	+0,87	403	9
	50m: 37.71 37.71			100m: 1:17.61 39.90	150m: 2:00.30 42.69	200m: 2:42.42 42.12		
17.	Ines Isabel Graca	00	121283	Gualdim Pais	2:43.52	+0,73	395	8
	50m: 37.24 37.24			100m: 1:18.90 41.66	150m: 2:01.60 42.70	200m: 2:43.52 41.92		
18.	Luisa Ribeiro Lino	00	120340	Natacao de Faro	2:44.14	+0,80	391	7
	50m: 36.72 36.72			100m: 1:18.74 42.02	150m: 2:01.64 42.90	200m: 2:44.14 42.50		
19.	Patricia Simoes Jorge	97	109500	Salvaterra de Magos	2:45.10	+0,65	384	6
	50m: 38.08 38.08			100m: 1:19.69 41.61	150m: 2:03.01 43.32	200m: 2:45.10 42.09		
20.	Rita Sousa Cardoso	00	118935	Albicastrense	2:47.18	+0,66	370	5
	50m: 38.09 38.09			100m: 1:20.51 42.42	150m: 2:03.77 43.26	200m: 2:47.18 43.41		
21.	Joana Alves Anastacio	00	118486	Electrico Clube	2:47.51	+0,84	367	4
	50m: 38.58 38.58			100m: 1:21.05 42.47	150m: 2:04.72 43.67	200m: 2:47.51 42.79		
22.	Adriana Toste Ferrao	98	107194	Nucleo Sportinguista Terceira	2:49.94	+0,72	352	3
	50m: 39.01 39.01			100m: 1:21.20 42.19	150m: 2:05.91 44.71	200m: 2:49.94 44.03		
23.	Mariana Jorge Duarte	97	110919	Nucleo de Pombal	2:51.37	+0,69	343	2
	50m: 39.05 39.05			100m: 1:22.49 43.44	150m: 2:07.61 45.12	200m: 2:51.37 43.76		
24.	Helia Cristina Fernandes	94	20209	Interior Norte	2:56.81	+0,72	312	1
	50m: 39.94 39.94			100m: 1:24.26 44.32	150m: 2:10.90 46.64	200m: 2:56.81 45.91		

Prova 10
07-12-2013

Masc., 400m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Recorde Nacional (25m) Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Recorde Nacional (25m) Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Jun 17	3:56.54	Rui Filipe Costa	VSC	Feigueiras	24-11-2007
Recorde Nacional (25m) Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recorde Nacional (25m) Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:13.10	+0,80	589	25
	50m: 27.33 27.33			150m: 1:30.51 32.29	250m: 2:36.11 32.82	350m: 3:41.95 32.84		
	100m: 58.22 30.89			200m: 2:03.29 32.78	300m: 3:09.11 33.00	400m: 4:13.10 31.15		
2.	Joao Miguel Lopes	96	103344	Electrico Clube	4:14.85	+0,79	577	23
	50m: 29.03 29.03			150m: 1:32.08 31.94	250m: 2:37.61 32.78	350m: 3:43.88 32.72		
	100m: 1:00.14 31.11			200m: 2:04.83 32.75	300m: 3:11.16 33.55	400m: 4:14.85 30.97		
3.	Joao Luis Serrano	91	12306	Cartaxo	4:15.01	+0,84	576	22
	50m: 28.53 28.53			150m: 1:31.99 32.20	250m: 2:37.66 32.72	350m: 3:44.02 32.63		
	100m: 59.79 31.26			200m: 2:04.94 32.95	300m: 3:11.39 33.73	400m: 4:15.01 30.99		
4.	Carlos Daniel Ramos	96	110520	Estarreja	4:20.91	+0,79	538	21
	50m: 29.55 29.55			150m: 1:34.76 33.04	250m: 2:41.75 33.41	350m: 3:48.39 33.08		
	100m: 1:01.72 32.17			200m: 2:08.34 33.58	300m: 3:15.31 33.56	400m: 4:20.91 32.52		
5.	Joao Ricardo Silva	97	116947	Ginasio Figueirense	4:21.65	+0,74	533	20
	50m: 29.44 29.44			150m: 1:36.01 33.65	250m: 2:42.48 32.34	350m: 3:50.20 33.86		
	100m: 1:02.36 32.92			200m: 2:10.14 34.13	300m: 3:16.34 33.86	400m: 4:21.65 31.45		
6.	Bruno Rafael Meireles	96	100245	Laranjeiro	4:21.91	+0,82	532	19
	50m: 30.31 30.31			150m: 1:35.86 33.05	250m: 2:42.79 33.60	350m: 3:50.08 33.36		
	100m: 1:02.81 32.50			200m: 2:09.19 33.33	300m: 3:16.72 33.93	400m: 4:21.91 31.83		
7.	Daniel Filipe Lopes	96	116836	Interior Norte	4:22.68	+0,71	527	18
	50m: 29.74 29.74			150m: 1:35.67 33.17	250m: 2:43.48 34.11	350m: 3:51.01 33.33		
	100m: 1:02.50 32.76			200m: 2:09.37 33.70	300m: 3:17.68 34.20	400m: 4:22.68 31.67		
8.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	4:23.23	+0,90	524	17
	50m: 30.35 30.35			150m: 1:36.86 33.50	250m: 2:44.49 34.10	350m: 3:51.30 33.32		
	100m: 1:03.36 33.01			200m: 2:10.39 33.53	300m: 3:17.98 33.49	400m: 4:23.23 31.93		
9.	Miguel Martins Baltazar	98	104338	Aminata	4:23.66	+0,77	521	16
	50m: 29.64 29.64			150m: 1:35.39 33.30	250m: 2:43.26 33.97	350m: 3:50.83 33.69		
	100m: 1:02.09 32.45			200m: 2:09.29 33.90	300m: 3:17.14 33.88	400m: 4:23.66 32.83		
10.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	4:23.67	+0,72	521	15
	50m: 28.30 28.30			150m: 1:33.08 33.13	250m: 2:41.49 34.67	350m: 3:50.69 34.55		
	100m: 59.95 31.65			200m: 2:06.82 33.74	300m: 3:16.14 34.65	400m: 4:23.67 32.98		
11.	Mateus Roque Mendes	96	117954	Natacao de Faro	4:24.76	+0,84	515	14
	50m: 29.02 29.02			150m: 1:34.84 33.60	250m: 2:43.14 34.03	350m: 3:52.03 34.28		
	100m: 1:01.24 32.22			200m: 2:09.11 34.27	300m: 3:17.75 34.61	400m: 4:24.76 32.73		
12.	Luis Filipe Fonseca	97	108855	Estremoz/Estremozcarnes	4:25.75	+0,88	509	13
	50m: 29.47 29.47			150m: 1:35.48 33.47	250m: 2:43.75 34.17	350m: 3:52.62 34.26		
	100m: 1:02.01 32.54			200m: 2:09.58 34.10	300m: 3:18.36 34.61	400m: 4:25.75 33.13		
13.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	4:26.91	+0,82	502	12
	50m: 29.97 29.97			150m: 1:37.01 33.76	250m: 2:45.33 34.46	350m: 3:54.09 34.32		
	100m: 1:03.25 33.28			200m: 2:10.87 33.86	300m: 3:19.77 34.44	400m: 4:26.91 32.82		
14.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	4:27.61	+0,86	498	11
	50m: 29.07 29.07			150m: 1:34.62 33.70	250m: 2:43.67 34.80	350m: 3:53.74 35.00		
	100m: 1:00.92 31.85			200m: 2:08.87 34.25	300m: 3:18.74 35.07	400m: 4:27.61 33.87		

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Rodrigo Palmela Costa	96	104379	Nacional de Natacao	4:30.96	+0,81	480	10
	50m: 29.45 29.45		150m: 1:37.93	34.66	250m: 2:46.58	33.41	350m: 3:55.88	34.54
	100m: 1:03.27 33.82		200m: 2:13.17	35.24	300m: 3:21.34	34.76	400m: 4:30.96	35.08
16.	Gino Santos Caetano	94	18331	Sporting de Aveiro	4:31.56	+0,92	477	9
	50m: 30.38 30.38		150m: 1:36.05	33.50	250m: 2:44.73	34.86	350m: 3:56.11	36.04
	100m: 1:02.55 32.17		200m: 2:09.87	33.82	300m: 3:20.07	35.34	400m: 4:31.56	35.45
17.	Alexandre Ferreira Amorim	99	103953	Colegio SMLamas	4:33.48	+0,89	467	8
	50m: 29.99 29.99		150m: 1:37.42	34.10	250m: 2:47.32	35.16	350m: 3:58.82	35.72
	100m: 1:03.32 33.33		200m: 2:12.16	34.74	300m: 3:23.10	35.78	400m: 4:33.48	34.66
18.	Diogo Filipe Teodoro	99	105897	Natacao da Maia	4:36.26	+0,74	453	7
	50m: 30.23 30.23		150m: 1:39.75	35.14	250m: 2:50.93	35.76	350m: 4:01.50	35.47
	100m: 1:04.61 34.38		200m: 2:15.17	35.42	300m: 3:26.03	35.10	400m: 4:36.26	34.76
19.	Joao Mauricio Gaspar	97	116619	Nautico Abrantes	4:36.40	+0,71	452	6
	50m: 30.38 30.38		150m: 1:38.09	34.62	250m: 2:50.14	35.89	350m: 4:01.58	34.91
	100m: 1:03.47 33.09		200m: 2:14.25	36.16	300m: 3:26.67	36.53	400m: 4:36.40	34.82
20.	Edi Couto Moderno	95	121001	Nucleo de Pombal	4:39.39	+0,86	438	5
	50m: 30.60 30.60		150m: 1:40.18	35.02	250m: 2:51.91	35.87	350m: 4:03.97	35.73
	100m: 1:05.16 34.56		200m: 2:16.04	35.86	300m: 3:28.24	36.33	400m: 4:39.39	35.42
21.	Pedro Manuel Nunes	98	100643	CLAC-Entroncamento	4:39.71	+0,72	436	4
	50m: 30.19 30.19		150m: 1:39.99	35.67	250m: 2:52.64	36.43	350m: 4:05.19	35.88
	100m: 1:04.32 34.13		200m: 2:16.21	36.22	300m: 3:29.31	36.67	400m: 4:39.71	34.52
22.	Joao Pedro Alves	96	119577	Natacao do Tejo	4:55.02	+0,94	372	3
	50m: 31.37 31.37		150m: 1:42.92	36.63	250m: 2:58.55	38.20	350m: 4:15.64	39.14
	100m: 1:06.29 34.92		200m: 2:20.35	37.43	300m: 3:36.50	37.95	400m: 4:55.02	39.38
23.	Frederico Antunes Silva	95	25578	Portugal Cultura	4:55.06	+0,76	372	2
	50m: 29.92 29.92		150m: 1:41.73	37.07	250m: 2:58.42	38.82	350m: 4:16.97	39.44
	100m: 1:04.66 34.74		200m: 2:19.60	37.87	300m: 3:37.53	39.11	400m: 4:55.06	38.09
24.	Filipe Miguel Mesquita	97	104894	Natacao do Montijo	4:58.90	+0,73	358	1
	50m: 32.14 32.14		150m: 1:45.06	37.45	250m: 3:02.61	39.10	350m: 4:20.62	39.06
	100m: 1:07.61 35.47		200m: 2:23.51	38.45	300m: 3:41.56	38.95	400m: 4:58.90	38.28

Prova 11
07-12-2013

Femin., 200m Estilos

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	2:14.28	Victoria Kaminskaya	PIMP	Porto	08-12-2012
Recorde Nacional (25m) Inf B	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A	2:25.08	Ines Camacho Fernandes	SCP	Tavira	06-03-2010
Recorde Nacional (25m) Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	19-12-2009
Recorde Nacional (25m) Jun 16	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Jun 17	2:16.62	Victoria Kaminskaya	FPN	Uster (SUI)	28-01-2012
Recorde Nacional (25m) Sen	2:14.28	Victoria Kaminskaya	PIMP	Porto	08-12-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ines Lucas Alves	98	104738	Fluvial Portuense	2:32.09	+0,86	549	25
	50m: 33.57 33.57		100m: 1:11.67	38.10	150m: 1:57.07	45.40	200m: 2:32.09	35.02
2.	Mafalda Alexandra Henriques	98	105308	Nacional de Natacao	2:33.44	+0,87	535	23
	50m: 33.26 33.26		100m: 1:13.23	39.97	150m: 1:56.64	43.41	200m: 2:33.44	36.80
3.	Bruna Martins Riesenberger	97	105541	Laranjeiro	2:33.99	+0,73	529	22
	50m: 33.16 33.16		100m: 1:13.45	40.29	150m: 1:58.14	44.69	200m: 2:33.99	35.85
4.	Ines Evangelista Bastos	98	110627	Fafe	2:37.39	+0,85	496	21
	50m: 35.36 35.36		100m: 1:14.55	39.19	150m: 1:58.80	44.25	200m: 2:37.39	38.59

Prova 11, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Mariana Domingues Paz 50m: 36.65 36.65	98	108077	Miranda do Corvo 100m: 1:17.73 41.08 150m: 2:01.35	2:37.94 43.62	+0,88 200m: 2:37.94	490 36.59	20
6.	Mariana Manhita Correia 50m: 33.60 33.60	98	110738	Tavira Natacao 100m: 1:15.66 42.06 150m: 2:00.48	2:39.33 44.82	+0,76 200m: 2:39.33	478 38.85	19
7.	Ana Catarina Travessa 50m: 34.08 34.08	96	100003	Salvaterra de Magos 100m: 1:16.25 42.17 150m: 2:02.40	2:40.51 46.15	+0,92 200m: 2:40.51	467 38.11	18
8.	Ema Filipa Rosario 50m: 35.97 35.97	00	120561	Natacao do Montijo 100m: 1:17.10 41.13 150m: 2:04.23	2:40.82 47.13	+0,96 200m: 2:40.82	465 36.59	17
9.	Daniela Domingues Sousa 50m: 33.38 33.38	00	117411	Natacao de Valongo 100m: 1:14.60 41.22 150m: 2:03.54	2:41.61 48.94	+0,95 200m: 2:41.61	458 38.07	16
10.	Soraya Dea Matias 50m: 33.53 33.53	95	105872	Torres Novas 100m: 1:14.72 41.19 150m: 2:02.68	2:41.96 47.96	+0,84 200m: 2:41.96	455 39.28	15
11.	Joana Viegas Bento 50m: 33.28 33.28	99	121143	Colegio Bernardette Romeira 100m: 1:17.11 43.83 150m: 2:05.60	2:42.04 48.49	+0,88 200m: 2:42.04	454 36.44	14
12.	Beatriz Martins Avila 50m: 37.23 37.23	00	108723	Terceira Auto Clube 100m: 1:22.02 44.79 150m: 2:04.81	2:42.75 42.79	+0,70 200m: 2:42.75	448 37.94	13
13.	Catarina Isabel Branco 50m: 37.53 37.53	99	118331	Ginasio Santo Tirso 100m: 1:21.93 44.40 150m: 2:05.36	2:43.62 43.43	+0,85 200m: 2:43.62	441 38.26	12
14.	Rita Laborde Batista 50m: 33.89 33.89	99	123497	Naval Setubalense 100m: 1:16.94 43.05 150m: 2:05.24	2:44.54 48.30	+0,93 200m: 2:44.54	434 39.30	11
15.	Catia Sofia Paio 50m: 34.44 34.44	96	106067	Electrico Clube 100m: 1:19.24 44.80 150m: 2:08.09	2:45.92 48.85	+0,80 200m: 2:45.92	423 37.83	10
16.	Ana Rita Rodrigues 50m: 36.15 36.15	99	125566	Sporting de Aveiro 100m: 1:21.89 45.74 150m: 2:07.02	2:46.60 45.13	+0,87 200m: 2:46.60	418 39.58	9
17.	Luisa Ribeiro Lino 50m: 35.53 35.53	00	120340	Natacao de Faro 100m: 1:17.96 42.43 150m: 2:07.46	2:46.68 49.50	+1,02 200m: 2:46.68	417 39.22	8
18.	Joana Gravato Pimentel 50m: 37.56 37.56	99	121821	Natacao de Vagos 100m: 1:19.71 42.15 150m: 2:11.97	2:47.86 52.26	+0,89 200m: 2:47.86	408 35.89	7
19.	Filipa Robert Rente 50m: 35.40 35.40	96	122852	Gualdim Pais 100m: 1:18.43 43.03 150m: 2:07.70	2:47.97 49.27	+0,76 200m: 2:47.97	408 40.27	6
20.	Isabel Catarino Cravo 50m: 36.91 36.91	98	107288	Nucleo de Pombal 100m: 1:19.79 42.88 150m: 2:10.75	2:48.58 50.96	+0,91 200m: 2:48.58	403 37.83	5
21.	Margarida Pamplona Evangelh 50m: 37.41 37.41	99	108722	Nucleo Sportinguista Terceira 100m: 1:20.46 43.05 150m: 2:08.27	2:48.79 47.81	+0,90 200m: 2:48.79	402 40.52	4
22.	Eva Fernandes Cardoso 50m: 36.04 36.04	01	123305	Fundacao Beatriz Santos 100m: 1:19.10 43.06 150m: 2:12.16	2:49.44 53.06		397 37.28	3
23.	Sofia Rodrigues Pires 50m: 36.12 36.12	97	109355	Albicastrense 100m: 1:19.63 43.51 150m: 2:11.41	2:52.33 51.78	+0,89 200m: 2:52.33	377 40.92	2
24.	Marta Fernandes Carneiro 50m: 37.90 37.90	94	24324	Interior Norte 100m: 1:23.02 45.12 150m: 2:15.27	2:59.28 52.25	+0,99 200m: 2:59.28	335 44.01	1

Prova 12	Masc., 4 x 100m Livres					Absolutos
07-12-2013						Resultados
Recorde Nacional (25m) Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros		19-12-2009
Recorde Nacional (25m) Inf B	4:05.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Vila Praia de Âncora		28-06-2013
Recorde Nacional (25m) Inf A	3:52.74	Sport Alges e Dafundo	SAD	Algés		30-06-2012
Recorde Nacional (25m) Juv B	3:43.53	Futebol Clube do Porto	FCP	Braga		04-03-2012
Recorde Nacional (25m) Juv A	3:36.95	Associacao Naval Amorense	ANAM	Algés		07-07-2012
Recorde Nacional (25m) Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto		09-12-2012
Recorde Nacional (25m) Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros		19-12-2009

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts			
1. Interior Norte		Interior Norte	3:40.65	+0,68	573	25			
		Eduardo Jose Castelo	+0,68	27.11	56.00	Miguel Alexandre Lemos	+0,42	27.90	58.03
		Daniel Filipe Lopes	+0,41	26.93	55.78	Ivan Monteiro Simoes	+0,50	23.95	50.84
2. Estarreja		Estarreja	3:41.14	+0,78	569	23			
		Rafael Arrojado Ferreira	+0,78	27.09	56.19	Vitor Hugo Mano	+0,71	26.01	54.63
		Jose Figueiredo Pereira	+0,62	27.63	57.44	Joao Pedro Santos	+0,47	25.40	52.88
3. Laranjeiro		Laranjeiro	3:41.74	+0,84	564	22			
		Bruno Miguel Franco	+0,84	26.43	55.59	Rui Pedro Horta	+0,43	26.36	55.32
		Fernando Jorge Rosado	+0,40	25.78	54.56	Bruno Rafael Meireles	+0,48	26.97	56.27
4. Colegio SMLamas		Colegio SMLamas	3:42.40	+0,81	559	21			
		Joao Paulo Capitao	+0,81	26.58	55.19	Alexandre Ferreira Amorim	+0,45	27.26	56.78
		Luis Filipe Soares	+0,49	27.10	57.24	Simao Miguel Capitao	+0,41	25.64	53.19
5. Electrico Clube		Electrico Clube	3:46.90	+0,77	527	20			
		Dmytryi Eugeniyovich Martynenko	+0,77	26.31	54.50	Joao Miguel Lopes	+0,36	27.53	57.08
		Diogo Silva Marzia	+0,49	29.02	1:00.35	Ricardo Goncalves Moura	+0,50	26.24	54.97
6. Aminata		Aminata	3:46.97	+0,81	526	19			
		Joaquim Paixao Barroso	+0,81	27.36	58.53	Bernardo Pastor Escada	+0,34	27.48	57.61
		Miguel Martins Baltazar	+0,55	27.12	56.63	Joao Pedro Neves	+0,38	25.48	54.20
7. Nautico Abrantes		Nautico Abrantes	3:47.11	+0,67	525	18			
		Andre Filipe Mendes	+0,67	26.81	55.36	Ruben Miguel Matos	+0,54	26.60	56.53
		Afonso Filipe Gaspar	+0,49	27.49	57.76	Joao Mauricio Gaspar	+0,35	27.29	57.46
8. Portugal Cultura		Portugal Cultura	3:47.48	+0,82	523	17			
		Fabio Aleixo Fernandes	+0,82	27.14	57.28	Goncalo Filipe Gregorio	+0,36	26.41	56.63
		Uriel Jorge Mateus	+0,21	26.97	58.77	Joao Manuel Lanca	+0,27	25.46	54.80
9. Nacional de Natacao		Nacional de Natacao	3:48.19	+0,92	518	16			
		David Alexandre Lopes	+0,92	27.11	55.97	Sergio Alexandre Lopes	+0,18	26.59	56.34
		Pedro Antonio Zilhao	+0,37	27.54	58.84	Joao Pedro Machado	+0,35	26.90	57.04
10. CLAC-Entroncamento		CLAC-Entroncamento	3:49.29	+0,80	510	15			
		Tiago Andre Gouveia	+0,80	27.51	58.82	Miguel Martins Barroqueiro	+0,16	26.81	56.60
		Joao Pedro Rosa		27.57	58.00	Joao Manuel Ferreira	+0,51	26.36	55.87
11. Natacao de Faro		Natacao de Faro	3:50.02	+0,88	506	14			
		Illya Yelistratkin	+0,88	27.52	57.69	Gabriel Cruz Tocha	+0,27	28.12	59.06
		Joao Pedro Gordinho	+0,54	26.66	55.77	Mateus Roque Mendes	+0,54	27.65	57.50
12. Cartaxo		Cartaxo	3:50.06	+0,69	505	13			
		Vladyslav Stasyuk	+0,69	26.53	55.89	Pedro Miguel Henriques	+0,47	27.71	59.45
		Fernando Miguel Rodrigues	+0,66	28.11	59.24	Joao Luis Serrano	+0,66	26.72	55.48
13. Gafanha da Encarnacao		Gafanha da Encarnacao	3:50.13	+0,58	505	12			
		Claudio Miguel Gomes	+0,58	26.95	54.44	Joao Martins Santos	+0,41	25.98	53.94
		Jose Pedro Tavares	+0,58	29.14	1:01.80	Nuno Filipe Lima	+0,47	27.70	59.95
14. Nucleo Sportinguista Terceira		Nucleo Sportinguista Terceira	3:50.49	+0,79	502	11			
		Eduardo Manuel Goncalves	+0,79	27.92	58.35	Andre da Costa Coelho	+0,47	27.51	57.99
		Cesar Henrique Silva	+0,49	27.69	58.35	Jose Tiago Moreira	+0,54	26.59	55.80
15. Fundacao Beatriz Santos		Fundacao Beatriz Santos	3:52.62	+0,84	489	10			
		Luis Miguel Santos	+0,84	28.39	58.34	Rui Miguel Fonseca	+0,59	25.90	54.67
		Jose Miguel Ventura	+0,56	28.11	58.68	Miguel Diogo Agostinho	+0,47	29.19	1:00.93

Prova 12, Masc., 4 x 100m Livres, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
16. Lousada SXXI		Lousada SXXI	3:52.77	+0,77	488	9	
		Jorge Rogerio Morais	58.49	Eduardo Abel Duarte	+0,34	28.41	59.35
	+0,77	27.60	59.58	Jose Ricardo Sousa	+0,51	26.31	55.35
	+0,37	27.99					
17. Sporting de Aveiro		Sporting de Aveiro	3:53.04	+0,71	486	8	
		Hugo Guilherme Trigo	56.98	Carlos Andre Dias	+0,30	28.20	1:00.52
	+0,71	27.47	57.78	Francisco Sousa Rocha	+0,34	27.20	57.76
	+0,61	27.96					
18. Ginasio Figueirense		Ginasio Figueirense	3:55.65	+0,69	470	7	
		Diogo Loureiro Martinho	59.23	Joao Goncalves Figueiredo	+0,36	27.29	58.09
	+0,69	28.68	1:01.53	Joao Ricardo Silva	+0,51	26.99	56.80
	+0,62	29.45					
19. Nucleo de Pombal		Nucleo de Pombal	3:56.47	+0,89	465	6	
		Joao Courelas Goncalves	59.51	Ricardo Contreiras Jeronimo		27.43	59.19
	+0,89	28.24	1:00.18	Pedro Rafael Cintrao		27.09	57.59
	+0,53	28.24					
20. Estremoz/Estremozcarnes		Estremoz/Estremozcarnes	3:59.15	+0,75	450	5	
		Miguel Filipe Arvana	58.54	Joao Filipe Cotovio	+0,40	30.59	1:04.35
	+0,75	28.04	1:00.09	Luis Filipe Fonseca	+0,44	26.77	56.17
	+0,45	28.09					
21. Natacao da Maia		Natacao da Maia	3:59.56	+0,77	447	4	
		Paulo Filipe Silva	57.04	Afonso Ribeiro Couto	+0,29	29.17	1:02.70
	+0,77	27.38	58.59	Diogo Filipe Teodoro	+0,49	29.14	1:01.23
	+0,63	27.91					
22. Nucleo Sportinguista Golega		Nucleo Sportinguista Golega	4:02.33	+0,87	432	3	
		Frederico Sucena Riachos	54.26	Diogo Filipe Lino	+0,56	29.51	1:03.31
	+0,87	26.35	56.50	Joao Miguel Vale	+0,65	30.98	1:08.26
	+0,58	27.32					
23. Natacao do Montijo		Natacao do Montijo	4:04.85	+0,86	419	2	
		Tomas Silva Coxixo	59.62	Manuel Jose Alves	+0,37	29.06	1:03.12
	+0,86	27.80	58.78	Filipe Miguel Mesquita	+0,37	30.11	1:03.33
	+0,40	27.47					
24. Natacao do Tejo		Natacao do Tejo	4:14.05	+0,95	375	1	
		Joao Pedro Alves	1:01.42	Andre Pombo Dias	+0,72	31.76	1:05.36
	+0,95	28.66	1:03.98	Nuno Miguel Afonso	+0,40	29.69	1:03.29
	+1,30	30.28					

Prova 13
07-12-2013

Femin., 4 x 100m Estilos

Absolutos
Resultados

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

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
1. Fluvial Portuense		Fluvial Portuense	4:32.75	+0,65	565	25	
		Francisca Santos Pereira	1:08.43	Ines Lucas Alves	+0,32	32.68	1:11.26
	+0,65	33.22	1:13.67	Andreia Catarina Gomes	+0,05	28.03	59.39
	+0,04	34.13					
2. Laranjeiro		Laranjeiro	4:43.04	+0,64	506	23	
		Sofia Alexandra Nunes	1:10.23	Filipa Silva Cruz	+0,69	33.74	1:12.98
	+0,64	34.24	1:17.62	Carolina Saraiva Pires	+0,37	29.28	1:02.21
	+0,44	36.48					
3. Fafe		Fafe	4:44.35	+0,62	499	22	
		Ana Beatriz Meireles	1:08.83	Beatriz Rodrigues Oliveira		32.66	1:12.90
	+0,62	33.13	1:20.57	Noemia Verdi Silva	+0,34	28.79	1:02.05
	+0,50	37.39					
4. Tavira Natacao		Tavira Natacao	4:46.96	+0,68	485	21	
		Beatriz Sousa Grou	1:07.44	Beatriz Mendes Viegas	+0,68	32.80	1:10.40
	+0,68	32.65	1:19.33	Iara Lourenco Tubal		32.78	1:09.79
	+0,41	36.32					

Prova 13, Femin., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.		Ginasio Santo Tirso	4:48.99		475	20
		Ana Paula Araujo	1:12.08	+0,38	33.04	1:12.82
	+0,48	Catarina Isabel Branco	1:20.11	+0,52	30.47	1:03.98
6.		Natacao de Valongo	4:52.23	+0,60	459	19
	+0,60	Cristiana Ferreira Santos	1:13.96	+0,50	32.95	1:11.77
	+0,31	Barbara Rita Sousa	1:22.24	+0,33	30.18	1:04.26
7.		Miranda do Corvo	4:52.46	+0,65	458	18
	+0,65	Maria Dias Neves	1:10.30	+0,15	35.54	1:16.18
	+0,18	Maria Ines Ferreira	1:20.50	+0,52	31.49	1:05.48
8.		Nacional de Natacao	4:52.59	+0,70	458	17
	+0,70	Ines Almeida Gomes	1:12.62	+0,41	34.93	1:19.23
	+0,44	Mafalda Alexandra Henriques	1:17.43	+0,15	29.67	1:03.31
9.		Sporting de Aveiro	4:53.26	+0,71	455	16
	+0,71	Marta Silva Felix	1:11.92	+0,46	32.43	1:13.17
	+0,47	Ana Rita Rodrigues	1:24.44	+0,76	29.96	1:03.73
10.		Natacao do Montijo	4:54.26	+0,69	450	15
	+0,69	Sofia Dias Alves	1:15.65	+0,42	32.62	1:10.53
	+0,44	Ema Filipa Rosario	1:21.83	+0,60	31.16	1:06.25
11.		Natacao de Faro	4:55.69	+0,73	443	14
	+0,73	Larissa Pommerening Dornelles	1:16.21	+0,07	31.45	1:10.67
	+0,41	Andreia Brito Costa	1:22.41	+0,41	31.31	1:06.40
12.		Torres Novas	4:58.12	+0,74	433	13
	+0,74	Rita Sousa Oliveira	1:14.29	+0,61	34.12	1:16.58
	+0,51	Soraya Dea Matias	1:23.18	+0,54	30.62	1:04.07
13.		Gualdim Pais	4:58.39	+0,75	431	12
	+0,75	Ines Isabel Graca	1:17.20	+0,71	33.30	1:14.47
	+0,43	Catarina Goncalves Trezentos	1:21.78	+0,51	30.31	1:04.94
14.		Colegio Bernardette Romeira	4:58.68	+0,62	430	11
	+0,62	Carolina Costa Fernandes	1:19.08	+0,69	33.69	1:12.95
	+0,82	Matilde Pereira Martins	1:21.30	+0,75	31.59	1:05.35
15.		Terceira Auto Clube	4:59.44	+0,96	427	10
	+0,96	Mara Brasil Godinho	1:19.14	+0,58	35.12	1:14.96
	+0,53	Beatriz Martins Avila	1:20.48	+0,66	31.12	1:04.86
16.		Fundacao Beatriz Santos	5:01.22	+0,72	419	9
	+0,72	Joana Beatriz Bernardo	1:10.59	+0,74	36.26	1:16.30
	+1,06	Taisa Moreira Paiva	1:28.34	+0,60	32.06	1:05.99
17.		Albicastrense	5:02.73	+0,63	413	8
	+0,63	Rita Sousa Cardoso	1:16.30	+0,71	35.54	1:16.66
		Juliana Pereira Martins	1:24.09	+0,67	30.03	1:05.68
18.		Nucleo Sportinguista Terceira	5:04.55	+0,73	406	7
	+0,73	Daniela Brasil Toledo	1:17.02	+0,58	32.83	1:12.26
	+0,54	Margarida Pamplona Evangelho	1:26.95	+0,59	31.63	1:08.32
19.		Nucleo de Pombal	5:05.82		401	6
		Joana Rita Gouveia	1:19.88	+0,74	35.17	1:19.48
	+0,51	Beatriz Gameiro Matias	1:21.59	+0,51	30.78	1:04.87
20.		Electrico Clube	5:07.05		396	5
		Joana Alves Anastacio	1:19.86	+0,51	34.26	1:15.82
	+0,62	Rita Margarida Fernandes	1:23.92	+0,25	31.48	1:07.45
21.		Natacao de Vagos	5:07.64	+0,69	394	4
	+0,69	Joana Gravato Pimentel	1:19.13	+0,57	38.17	1:21.51
		Ines Rosado Monteiro	1:22.90	+0,36	30.41	1:04.10
22.		Salvaterra de Magos	5:07.78	+0,64	393	3
	+0,64	Patricia Simoes Jorge	1:17.70	+0,62	33.43	1:14.05
	+0,53	Ana Pereira Luis	1:31.05	+0,69	31.22	1:04.98

Prova 13, Femin., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts		
23.		Naval Setubalense	5:14.82	+0,79	367	2		
	+0,79	Ines Gomes Rodrigues Rita Filipa Paulino	38.79 42.78	1:18.34 1:28.39	Sofia Raquel Piteira Mafalda Rato Monteiro	35.18 32.92	1:18.69 1:09.40	
24.		Interior Norte	5:28.40	+0,74	324	1		
	+0,74 +0,70	Maria Joao Oliveira Catarina Isabel Pinto	37.88 45.37	1:19.39 1:35.99	Marta Fernandes Carneiro Maria Migueis Teixeira	+0,82 +0,54	38.96 31.60	1:25.83 1:07.19

Prova 14
08-12-2013

Masc., 800m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009
Recorde Nacional (25m) Inf B	9:07.20	Andre Vilas Ruivo	DNMG	Leiria	03-03-2013
Recorde Nacional (25m) Inf A	8:42.19	Pedro Fontoura Oliveira	CFB	Reboleira	27-06-2004
Recorde Nacional (25m) Juv B	8:27.18	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2006
Recorde Nacional (25m) Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	12-05-2007
Recorde Nacional (25m) Jun 17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Nacional (25m) Jun 18	8:10.11	Rui Filipe Costa	VSC	Vila Mea	16-05-2009
Recorde Nacional (25m) Sen	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Miguel Lopes	96	103344	Electrico Clube	8:44.34	+0,83	604	25
	50m: 29.77 29.77		250m: 2:39.96 33.09	450m: 4:52.98 32.94	650m: 7:05.68 33.42			
	100m: 1:01.59 31.82		300m: 3:13.17 33.21	500m: 5:25.74 32.76	700m: 7:39.46 33.78			
	150m: 1:34.10 32.51		350m: 3:46.40 33.23	550m: 5:58.80 33.06	750m: 8:12.95 33.49			
	200m: 2:06.87 32.77		400m: 4:20.04 33.64	600m: 6:32.26 33.46	800m: 8:44.34 31.39			
2.	Jose Ricardo Sousa	97	105759	Lousada SXXI	8:44.80	+0,77	603	23
	50m: 27.93 27.93		250m: 2:38.74 33.33	450m: 4:53.15 33.64	650m: 7:08.80 33.96			
	100m: 59.42 31.49		300m: 3:12.19 33.45	500m: 5:26.77 33.62	700m: 7:41.90 33.10			
	150m: 1:32.40 32.98		350m: 3:45.70 33.51	550m: 6:00.74 33.97	750m: 8:14.53 32.63			
	200m: 2:05.41 33.01		400m: 4:19.51 33.81	600m: 6:34.84 34.10	800m: 8:44.80 30.27			
3.	Joao Luis Serrano	91	12306	Cartaxo	8:53.44	+0,88	574	22
	50m: 30.04 30.04		250m: 2:41.29 33.43	450m: 4:56.20 33.71	650m: 7:12.27 33.78			
	100m: 1:02.26 32.22		300m: 3:15.00 33.71	500m: 5:30.13 33.93	700m: 7:46.55 34.28			
	150m: 1:34.70 32.44		350m: 3:49.01 34.01	550m: 6:04.30 34.17	750m: 8:20.81 34.26			
	200m: 2:07.86 33.16		400m: 4:22.49 33.48	600m: 6:38.49 34.19	800m: 8:53.44 32.63			
4.	Joao Ricardo Silva	97	116947	Ginasio Figueirense	8:54.96	+0,81	569	21
	50m: 28.87 28.87		250m: 2:42.92 34.18	450m: 4:58.75 33.61	650m: 7:15.30 33.24			
	100m: 1:01.38 32.51		300m: 3:17.01 34.09	500m: 5:33.24 34.49	700m: 7:49.39 34.09			
	150m: 1:34.83 33.45		350m: 3:50.97 33.96	550m: 6:07.53 34.29	750m: 8:22.99 33.60			
	200m: 2:08.74 33.91		400m: 4:25.14 34.17	600m: 6:42.06 34.53	800m: 8:54.96 31.97			
5.	Jose Miguel Ventura	97	105113	Fundacao Beatriz Santos	8:58.51	+0,82	558	20
	50m: 30.03 30.03		250m: 2:45.19 33.77	450m: 5:01.59 33.10	650m: 7:18.05 34.48			
	100m: 1:03.23 33.20		300m: 3:19.42 34.23	500m: 5:35.26 33.67	700m: 7:51.99 33.94			
	150m: 1:36.84 33.61		350m: 3:54.22 34.80	550m: 6:09.80 34.54	750m: 8:26.31 34.32			
	200m: 2:11.42 34.58		400m: 4:28.49 34.27	600m: 6:43.57 33.77	800m: 8:58.51 32.20			
6.	Carlos Daniel Ramos	96	110520	Estarreja	9:00.88	+0,75	550	19
	50m: 30.13 30.13		250m: 2:43.26 33.67	450m: 4:58.70 33.61	650m: 7:17.43 34.65			
	100m: 1:02.66 32.53		300m: 3:17.25 33.99	500m: 5:33.55 34.85	700m: 7:52.17 34.74			
	150m: 1:35.86 33.20		350m: 3:50.94 33.69	550m: 6:07.91 34.36	750m: 8:26.72 34.55			
	200m: 2:09.59 33.73		400m: 4:25.09 34.15	600m: 6:42.78 34.87	800m: 9:00.88 34.16			
7.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	9:01.78	+0,80	548	18
	50m: 29.40 29.40		250m: 2:46.11 34.37	450m: 5:03.29 34.17	650m: 7:22.62 35.12			
	100m: 1:02.98 33.58		300m: 3:20.13 34.02	500m: 5:37.96 34.67	700m: 7:57.21 34.59			
	150m: 1:37.01 34.03		350m: 3:54.67 34.54	550m: 6:13.05 35.09	750m: 8:31.06 33.85			
	200m: 2:11.74 34.73		400m: 4:29.12 34.45	600m: 6:47.50 34.45	800m: 9:01.78 30.72			

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Rui Miguel Correia	96	105378	Natacao do Montijo	9:55.43	+0,85	413	6
	50m: 30.45 30.45			250m: 2:56.18 37.75	450m: 5:30.69 38.22	650m: 8:03.72 38.16		
	100m: 1:05.18 34.73			300m: 3:34.53 38.35	500m: 6:09.22 38.53	700m: 8:42.08 38.36		
	150m: 1:41.42 36.24			350m: 4:13.53 39.00	550m: 6:47.40 38.18	750m: 9:19.74 37.66		
	200m: 2:18.43 37.01			400m: 4:52.47 38.94	600m: 7:25.56 38.16	800m: 9:55.43 35.69		
20.	Diogo Andre Catita	88	10640	Portugal Cultura	9:58.27	+0,86	407	5
	50m: 30.99 30.99			250m: 2:57.28 37.42	450m: 5:29.41 38.48	650m: 8:04.94 39.07		
	100m: 1:06.47 35.48			300m: 3:35.41 38.13	500m: 6:08.07 38.66	700m: 8:43.17 38.23		
	150m: 1:43.02 36.55			350m: 4:13.09 37.68	550m: 6:46.91 38.84	750m: 9:21.49 38.32		
	200m: 2:19.86 36.84			400m: 4:50.93 37.84	600m: 7:25.87 38.96	800m: 9:58.27 36.78		
21.	Afonso Ribeiro Couto	99	111102	Natacao da Maia	9:58.99	+0,89	405	4
	50m: 32.80 32.80			250m: 3:02.30 37.95	450m: 5:35.52 38.09	650m: 8:08.32 38.22		
	100m: 1:09.39 36.59			300m: 3:40.67 38.37	500m: 6:13.38 37.86	700m: 8:46.08 37.76		
	150m: 1:46.79 37.40			350m: 4:18.93 38.26	550m: 6:51.61 38.23	750m: 9:23.57 37.49		
	200m: 2:24.35 37.56			400m: 4:57.43 38.50	600m: 7:30.10 38.49	800m: 9:58.99 35.42		
22.	Mario Jorge Nunes	92	11212	Natacao do Tejo	10:18.67	+0,73	368	3
	50m: 32.31 32.31			250m: 3:01.69 38.38	450m: 5:38.75 40.59	650m: 8:19.10 39.77		
	100m: 1:07.81 35.50			300m: 3:40.33 38.64	500m: 6:18.86 40.11	700m: 8:59.56 40.46		
	150m: 1:44.91 37.10			350m: 4:18.66 38.33	550m: 6:59.33 40.47	750m: 9:39.46 39.90		
	200m: 2:23.31 38.40			400m: 4:58.16 39.50	600m: 7:39.33 40.00	800m: 10:18.67 39.21		
23.	Diogo Miguel Banha	98	108854	Estremoz/Estremozcarnes	10:21.84	+0,87	362	2
	50m: 31.31 31.31			250m: 3:02.15 38.56	450m: 5:40.79 40.18	650m: 8:22.30 40.47		
	100m: 1:07.24 35.93			300m: 3:41.31 39.16	500m: 6:21.12 40.33	700m: 9:03.09 40.79		
	150m: 1:45.15 37.91			350m: 4:20.57 39.26	550m: 7:01.44 40.32	750m: 9:43.13 40.04		
	200m: 2:23.59 38.44			400m: 5:00.61 40.04	600m: 7:41.83 40.39	800m: 10:21.84 38.71		
24.	Diogo Filipe Lino	98	123162	Nucleo Sportinguista Golega	10:35.05	+0,87	340	1
	50m: 33.50 33.50			250m: 3:08.55 40.12	450m: 5:51.05 40.64	650m: 8:35.32 40.45		
	100m: 1:10.18 36.68			300m: 3:49.53 40.98	500m: 6:32.28 41.23	700m: 9:15.84 40.52		
	150m: 1:48.92 38.74			350m: 4:29.94 40.41	550m: 7:13.65 41.37	750m: 9:56.08 40.24		
	200m: 2:28.43 39.51			400m: 5:10.41 40.47	600m: 7:54.87 41.22	800m: 10:35.05 38.97		

Prova 15
08-12-2013

Femin., 100m Mariposa

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Recorde Nacional (25m) Inf B	1:06.89	Ana Margarida Guedes	GCVR	Espinho	25-05-2013
Recorde Nacional (25m) Inf A	1:05.50	Ines Camacho Fernandes	SCP	Cova da Piedade	14-05-2011
Recorde Nacional (25m) Juv B	1:04.12	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A	1:03.14	Ana Rita Francisco	SFUAP	Algés	19-03-1995
Recorde Nacional (25m) Jun 16	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Jun 17	59.65	Sara Francisco Cruz	ADBA	Leiria	05-12-2009
Recorde Nacional (25m) Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Andreia Catarina Gomes	94	103701	Fluivial Portuense	1:07.36	+0,92	545	25
	50m: 31.09 31.09			100m: 1:07.36 36.27				
2.	Joana Viegas Bento	99	121143	Colegio Bernardette Romeira	1:09.63	+0,94	494	23
	50m: 32.27 32.27			100m: 1:09.63 37.36				
3.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	1:10.16	+0,79	483	22
	50m: 32.88 32.88			100m: 1:10.16 37.28				
4.	Mariana Cordeiro Vinagre	97	118483	Natacao de Faro	1:10.49	+0,73	476	21
	50m: 32.37 32.37			100m: 1:10.49 38.12				
5.	Barbara Rodrigues Pereira	98	117770	Natacao do Montijo	1:11.56	+0,76	455	20
	50m: 32.47 32.47			100m: 1:11.56 39.09				

Prova 15, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Daniela Domingues Sousa 50m: 32.60 32.60	00	117411	Natacao de Valongo 100m: 1:11.57 38.97	1:11.57	+0,85	455	19
7.	Mariana Luis Saraiva 50m: 32.73 32.73	96	122900	Nucleo Sportinguista Terceira 100m: 1:12.34 39.61	1:12.34	+0,78	440	18
8.	Soraya Dea Matias 50m: 32.96 32.96	95	105872	Torres Novas 100m: 1:12.60 39.64	1:12.60	+0,81	435	17
9.	Catarina Isabel Lourenco 50m: 32.79 32.79	96	105459	Albicastrense 100m: 1:12.70 39.91	1:12.70	+0,77	434	16
10.	Rute Sofia Teixeira 50m: 33.10 33.10	90	15202	Ginasio Santo Tirso 100m: 1:12.72 39.62	1:12.72	+0,93	433	15
11.	Margarida Bento Mesquita 50m: 33.49 33.49	99	119492	Sporting de Aveiro 100m: 1:13.15 39.66	1:13.15	+0,96	426	14
12.	Beatriz Rodrigues Oliveira 50m: 33.31 33.31	01	122175	Fafe 100m: 1:13.40 40.09	1:13.40	+0,90	421	13
13.	Filipa Silva Cruz 50m: 34.01 34.01	92	10928	Laranjeiro 100m: 1:13.45 39.44	1:13.45	+0,87	421	12
14.	Eva Fernandes Cardoso 50m: 35.53 35.53	01	123305	Fundacao Beatriz Santos 100m: 1:14.66 39.13	1:14.66	+1,05	400	11
15.	Ana Catarina Travessa 50m: 33.70 33.70	96	100003	Salvaterra de Magos 100m: 1:14.76 41.06	1:14.76	+0,91	399	10
16.	Ana Filipa Parente 50m: 35.33 35.33	98	121282	Gualdim Pais 100m: 1:15.13 39.80	1:15.13	+0,85	393	9
17.	Ines Rosado Monteiro 50m: 35.14 35.14	00	121817	Natacao de Vagos 100m: 1:15.71 40.57	1:15.71		384	8
18.	Bianca Filipa Silva 50m: 35.34 35.34	99	112042	Miranda do Corvo 100m: 1:15.82 40.48	1:15.82	+0,84	382	7
19.	Catia Sofia Paio 50m: 35.67 35.67	96	106067	Electrico Clube 100m: 1:16.05 40.38	1:16.05	+0,76	379	6
20.	Dalia Sofia Curto 50m: 33.46 33.46	95	108816	Nacional de Natacao 100m: 1:17.01 43.55	1:17.01	+0,81	365	5
21.	Cristiana Andreia Lima 50m: 34.64 34.64	95	102365	Nucleo de Pombal 100m: 1:19.01 44.37	1:19.01	+1,05	338	4
22.	Sofia Raquel Piteira 50m: 35.89 35.89	98	107666	Naval Setubalense 100m: 1:19.63 43.74	1:19.63	+0,93	330	3
23.	Helia Cristina Fernandes 50m: 35.79 35.79	94	20209	Interior Norte 100m: 1:19.91 44.12	1:19.91	+0,80	326	2
24.	Mara Brasil Godinho 50m: 38.25 38.25	96	26562	Terceira Auto Clube 100m: 1:24.93 46.68	1:24.93	+0,76	272	1

Prova 16
08-12-2013

Masc., 200m Mariposa

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Recorde Nacional (25m) Inf B	2:19.18	Andre Vilas Ruivo	DNMG	Nazaré	01-06-2013
Recorde Nacional (25m) Inf A	2:12.42	Tomas Miguel Freitas	CDN	Funchal	11-07-2004
Recorde Nacional (25m) Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Recorde Nacional (25m) Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	13-06-2009
Recorde Nacional (25m) Jun 17	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	05-03-2005
Recorde Nacional (25m) Jun 18	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Recorde Nacional (25m) Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rui Miguel Fonseca 50m: 29.15 29.15	88	11990	Fundacao Beatriz Santos	2:11.36 33.66 200m: 2:11.36 35.47	+0,69	573	25
2.	Luis Filipe Fonseca 50m: 29.49 29.49	97	108855	Estremoz/Estremozcarnes	2:12.98 34.63 200m: 2:12.98 35.17	+0,80	552	23
3.	Joao Paulo Capitao 50m: 29.31 29.31	96	109592	Colegio SMLamas	2:15.20 35.09 200m: 2:15.20 37.32	+0,77	525	22
4.	Joao Pedro Neves 50m: 28.79 28.79	96	104336	Aminata	2:16.74 36.17 200m: 2:16.74 38.12	+0,80	508	21
5.	Eduardo Manuel Goncalves 50m: 30.60 30.60	98	112562	Nucleo Sportinguista Terceira	2:18.30 36.85 200m: 2:18.30 35.88	+0,85	491	20
6.	Fernando Jorge Rosado 50m: 29.74 29.74	88	12553	Laranjeiro	2:18.51 35.65 200m: 2:18.51 37.32	+0,79	488	19
7.	Rodrigo Palmela Costa 50m: 29.80 29.80	96	104379	Nacional de Natacao	2:18.52 37.16 200m: 2:18.52 36.32	+0,80	488	18
8.	Paulo Andre Silva 50m: 30.14 30.14	95	104517	Natacao da Maia	2:19.55 35.84 200m: 2:19.55 38.80	+0,79	477	17
9.	Joao Silverio Duarte 50m: 30.96 30.96	99	111461	Electrico Clube	2:19.91 35.91 200m: 2:19.91 37.21	+0,76	474	16
10.	Jose Henriques Luz 50m: 31.32 31.32	99	119266	Nucleo Sportinguista Golega	2:20.12 36.51 200m: 2:20.12 36.43	+0,88	472	15
11.	Hugo Guilherme Trigo 50m: 30.69 30.69	97	104980	Sporting de Aveiro	2:20.45 36.81 200m: 2:20.45 37.16	+0,71	468	14
12.	Fernando Miguel Rodrigues 50m: 31.60 31.60	96	116927	Cartaxo	2:21.34 36.50 200m: 2:21.34 37.92	+0,76	460	13
13.	Daniel Filipe Lopes 50m: 31.50 31.50	96	116836	Interior Norte	2:23.71 37.95 200m: 2:23.71 37.02	+0,70	437	12
14.	Pedro Rafael Cintrao 50m: 30.66 30.66	96	26286	Nucleo de Pombal	2:24.84 38.71 200m: 2:24.84 40.12	+0,73	427	11
15.	Afonso Filipe Gaspar 50m: 31.81 31.81	97	109947	Nautico Abrantes	2:25.67 37.45 200m: 2:25.67 40.43	+0,91	420	10
16.	Jorge Rogerio Moraes 50m: 31.30 31.30	98	104413	Lousada SXXI	2:27.58 39.04 200m: 2:27.58 40.67	+0,76	404	9
17.	Martim Basilio Gil 50m: 31.06 31.06	97	106693	CLAC-Entroncamento	2:28.26 39.54 200m: 2:28.26 41.03	+0,94	398	8
18.	Ricardo Filipe Carrilho 50m: 31.27 31.27	90	10645	Portugal Cultura	2:28.84 38.91 200m: 2:28.84 41.63	+0,83	393	7
19.	Diogo Loureiro Martinho 50m: 31.12 31.12	98	116948	Ginasio Figueirense	2:32.33 40.78 200m: 2:32.33 43.47	+0,68	367	6
20.	Tiago Gabriel Lopes 50m: 33.15 33.15	99	122253	Estarreja	2:32.37 40.01 200m: 2:32.37 39.74	+0,79	367	5

Prova 16, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Guilherme Borlido Farias	98	120342	Natacao de Faro	2:32.50	+0,69	366	4
	50m: 32.20 32.20		100m: 1:11.14 38.94	150m: 1:53.31 42.17	200m: 2:32.50 39.19			
22.	Joao Pedro Alves	96	119577	Natacao do Tejo	2:40.38	+0,91	314	3
	50m: 33.14 33.14		100m: 1:12.42 39.28	150m: 1:55.12 42.70	200m: 2:40.38 45.26			
23.	Filipe Miguel Mesquita	97	104894	Natacao do Montijo	2:44.88	+0,88	289	2
	50m: 34.03 34.03		100m: 1:14.13 40.10	150m: 1:58.69 44.56	200m: 2:44.88 46.19			
24.	Joel Sousa Figueiras	99	116529	Gafanha da Encarnacao	2:56.08	+0,70	237	1
	50m: 36.74 36.74		100m: 1:21.91 45.17	150m: 2:08.87 46.96	200m: 2:56.08 47.21			

Prova 17
08-12-2013

Femin., 100m Bruços

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Inf B	1:17.79	Mariana Ferrinha Cunha	AAC	Coimbra	19-03-1995
Recorde Nacional (25m) Inf A	1:13.43	Raquel Gomes Pereira	SANL	Abrantes	13-04-2013
Recorde Nacional (25m) Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	13-03-2004
Recorde Nacional (25m) Jun 16	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Jun 17	1:09.02	Diana Duarte Gomes	FPN	Belo Horizonte (BRA)	10-02-2006
Recorde Nacional (25m) Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Angelica Maria Andre	94	15497	Fluvial Portuense	1:14.29	+0,78	601	25
	50m: 35.05 35.05		100m: 1:14.29 39.24					
2.	Mafalda Alexandra Henriques	98	105308	Nacional de Natacao	1:16.90	+0,90	542	23
	50m: 35.95 35.95		100m: 1:16.90 40.95					
3.	Mariana Manhita Correia	98	110738	Tavira Natacao	1:18.83	+0,77	503	22
	50m: 36.84 36.84		100m: 1:18.83 41.99					
4.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	1:19.38	+0,82	492	21
	50m: 37.33 37.33		100m: 1:19.38 42.05					
5.	Ines Evangelista Bastos	98	110627	Fafe	1:19.45	+0,82	491	20
	50m: 37.66 37.66		100m: 1:19.45 41.79					
6.	Catarina Isabel Branco	99	118331	Ginasio Santo Tirso	1:19.94	+0,82	482	19
	50m: 37.99 37.99		100m: 1:19.94 41.95					
7.	Beatriz Martins Avila	00	108723	Terceira Auto Clube	1:20.23	+0,76	477	18
	50m: 37.77 37.77		100m: 1:20.23 42.46					
8.	Mariana Domingues Paz	98	108077	Miranda do Corvo	1:20.45	+0,76	473	17
	50m: 38.19 38.19		100m: 1:20.45 42.26					
9.	Ines Rosado Monteiro	00	121817	Natacao de Vagos	1:20.67	+0,79	469	16
	50m: 38.25 38.25		100m: 1:20.67 42.42					
10.	Cristiana Silva Ulpiano	95	100250	Laranjeiro	1:21.27	+0,97	459	15
	50m: 38.83 38.83		100m: 1:21.27 42.44					
11.	Beatriz Gameiro Matias	97	107287	Nucleo de Pombal	1:21.63	+0,87	453	14
	50m: 37.79 37.79		100m: 1:21.63 43.84					
12.	Ema Filipa Rosario	00	120561	Natacao do Montijo	1:21.70	+0,92	451	13
	50m: 37.76 37.76		100m: 1:21.70 43.94					
13.	Ana Rita Rodrigues	99	125566	Sporting de Aveiro	1:23.71	+0,87	420	12
	50m: 39.72 39.72		100m: 1:23.71 43.99					

Prova 17, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Rita Margarida Fernandes	93	106070	Electrico Clube	1:23.85	+0,83	418	11
	50m: 38.36 38.36		100m: 1:23.85 45.49					
15.	Andreia Brito Costa	95	109421	Natacao de Faro	1:23.98	+0,82	416	10
	50m: 39.41 39.41		100m: 1:23.98 44.57					
16.	Barbara Rita Sousa	99	116906	Natacao de Valongo	1:24.15	+0,80	413	9
	50m: 38.83 38.83		100m: 1:24.15 45.32					
17.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	1:24.17	+0,83	413	8
	50m: 39.10 39.10		100m: 1:24.17 45.07					
18.	Juliana Pereira Martins	98	117507	Albicastrense	1:25.02	+0,85	401	7
	50m: 40.55 40.55		100m: 1:25.02 44.47					
19.	Margarida Pamplona Evangelh	99	108722	Nucleo Sportinguista Terceira	1:25.92	+0,85	388	6
	50m: 39.76 39.76		100m: 1:25.92 46.16					
20.	Taisa Moreira Paiva	01	123171	Fundacao Beatriz Santos	1:27.00	+1,03	374	5
	50m: 41.44 41.44		100m: 1:27.00 45.56					
21.	Ana Pereira Luis	97	100614	Salvaterra de Magos	1:31.17	+1,01	325	4
	50m: 43.01 43.01		100m: 1:31.17 48.16					
22.	Carolina Marques Neves	01	121422	Torres Novas	1:33.23	+0,84	304	3
	50m: 43.43 43.43		100m: 1:33.23 49.80					
23.	Catarina Isabel Pinto	94	23486	Interior Norte	1:36.40	+0,97	275	2
	50m: 45.40 45.40		100m: 1:36.40 51.00					
DSQ	Rita Laborde Batista	99	123497	Naval Setubalense				
	<i>732 - Não tocou na parede com as mãos separadas e simultaneamente na viragem aos 50 m - SW 7.6</i>							

Prova 18
08-12-2013

Masc., 200m Bruços

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012
Recorde Nacional (25m) Inf B	2:37.57	Tomas Miguel Freitas	CDN	Funchal	13-07-2003
Recorde Nacional (25m) Inf A	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	08-03-2009
Recorde Nacional (25m) Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	03-03-2012
Recorde Nacional (25m) Juv A	2:18.22	Andre Goncalo Santos	LSC	Felgueiras	08-03-2013
Recorde Nacional (25m) Jun 17	2:16.77	Jose Guilherme Couto	SCP	Algés	18-03-1995
Recorde Nacional (25m) Jun 18	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	04-12-2009
Recorde Nacional (25m) Sen	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Rui Pedro Horta	94	100248	Laranjeiro	2:30.45	+0,72	515	25
	50m: 33.39 33.39		100m: 1:12.13 38.74	150m: 1:51.68	39.55	200m: 2:30.45 38.77		
2.	Alexandre Ferreira Amorim	99	103953	Colegio SMLamas	2:32.52	+0,89	495	23
	50m: 34.14 34.14		100m: 1:13.18 39.04	150m: 1:53.13	39.95	200m: 2:32.52 39.39		
3.	Diogo Filipe Teodoro	99	105897	Natacao da Maia	2:33.27	+0,72	488	22
	50m: 34.61 34.61		100m: 1:13.25 38.64	150m: 1:53.50	40.25	200m: 2:33.27 39.77		
4.	Joao Manuel Ferreira	92	12126	CLAC-Entroncamento	2:34.57	+0,93	475	21
	50m: 34.25 34.25		100m: 1:13.30 39.05	150m: 1:54.03	40.73	200m: 2:34.57 40.54		
5.	Joao Miguel Lopes	96	103344	Electrico Clube	2:36.61		457	20
	50m: 35.25 35.25		100m: 1:15.27 40.02	150m: 1:56.44	41.17	200m: 2:36.61 40.17		
6.	Joao Pedro Santos	98	104562	Lousada SXXI	2:36.92	+0,81	454	19
	50m: 35.38 35.38		100m: 1:15.78 40.40	150m: 1:56.51	40.73	200m: 2:36.92 40.41		

Prova 18, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Miguel Angelo Martins	98	109564	Aminata	2:37.40	+0,86	450	18
	50m: 34.91 34.91		100m: 1:14.91 40.00	150m: 1:56.13 41.22	200m: 2:37.40 41.27			
8.	Andre da Costa Coelho	96	108625	Nucleo Sportinguista Terceira	2:41.05	+0,73	420	17
	50m: 36.17 36.17		100m: 1:17.34 41.17	150m: 1:59.43 42.09	200m: 2:41.05 41.62			
9.	Rafael Arrojado Ferreira	94	108106	Estarreja	2:43.83	+0,75	399	16
	50m: 33.36 33.36		100m: 1:12.58 39.22	150m: 1:56.34 43.76	200m: 2:43.83 47.49			
10.	Uriel Jorge Mateus	88	10641	Portugal Cultura	2:44.83	+0,83	392	15
	50m: 34.28 34.28		100m: 1:13.82 39.54	150m: 1:56.83 43.01	200m: 2:44.83 48.00			
11.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	2:45.15	+0,76	390	14
	50m: 36.41 36.41		100m: 1:18.14 41.73	150m: 2:01.46 43.32	200m: 2:45.15 43.69			
12.	Rui Miguel Correia	96	105378	Natacao do Montijo	2:46.14	+0,88	383	13
	50m: 35.67 35.67		100m: 1:17.88 42.21	150m: 2:01.80 43.92	200m: 2:46.14 44.34			
13.	Tiago Andre Matos	95	116618	Nautico Abrantes	2:47.00		377	12
	50m: 37.11 37.11		100m: 1:19.15 42.04	150m: 2:02.59 43.44	200m: 2:47.00 44.41			
14.	Duarte Pinto Ceia	98	107410	Ginasio Figueirense	2:48.64	+0,79	366	11
	50m: 36.62 36.62		100m: 1:19.35 42.73	150m: 2:03.96 44.61	200m: 2:48.64 44.68			
15.	Joao Pedro Machado	86	125910	Nacional de Natacao	2:50.65	+0,84	353	10
	50m: 37.20 37.20		100m: 1:20.39 43.19	150m: 2:04.76 44.37	200m: 2:50.65 45.89			
16.	Carlos Andre Dias	96	124741	Sporting de Aveiro	2:51.89	+0,79	345	9
	50m: 35.93 35.93		100m: 1:17.90 41.97	150m: 2:03.28 45.38	200m: 2:51.89 48.61			
17.	Joao Filipe Cotovio	00	118647	Estremoz/Estremozcarnes	2:54.21	+0,94	332	8
	50m: 38.93 38.93		100m: 1:24.32 45.39	150m: 2:10.47 46.15	200m: 2:54.21 43.74			
18.	Edgar Ribau Melo	99	124556	Gafanha da Encarnacao	2:54.99	+0,88	327	7
	50m: 39.16 39.16		100m: 1:23.32 44.16	150m: 2:08.82 45.50	200m: 2:54.99 46.17			
19.	Leonardo Contreiras Jeronimo	00	117892	Nucleo de Pombal	2:55.86	+0,92	323	6
	50m: 37.47 37.47		100m: 1:22.31 44.84	150m: 2:09.06 46.75	200m: 2:55.86 46.80			
20.	Diogo Filipe Lino	98	123162	Nucleo Sportinguista Golega	2:57.27	+0,89	315	5
	50m: 38.86 38.86		100m: 1:24.38 45.52	150m: 2:11.48 47.10	200m: 2:57.27 45.79			
21.	Bernardo Jose Campino	95	123002	Cartaxo	2:57.35	+0,77	314	4
	50m: 36.97 36.97		100m: 1:22.46 45.49	150m: 2:10.40 47.94	200m: 2:57.35 46.95			
22.	Vitor Daniel Mendes	94	109337	Interior Norte	2:57.40	+0,78	314	3
	50m: 38.62 38.62		100m: 1:22.96 44.34	150m: 2:09.78 46.82	200m: 2:57.40 47.62			
	Nuno Miguel Afonso	91	11208	Natacao do Tejo	2:57.40	+0,82	314	3
	50m: 38.15 38.15		100m: 1:23.79 45.64	150m: 2:11.05 47.26	200m: 2:57.40 46.35			
24.	Francisco Miguel Mendes	01	121179	Fundacao Beatriz Santos	3:00.50	+0,93	298	1
	50m: 40.02 40.02		100m: 1:26.00 45.98	150m: 2:13.33 47.33	200m: 3:00.50 47.17			

Prova 19
08-12-2013

Femin., 50m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Inf B	28.89	Ana Margarida Guedes	GCVR	Vila Real	16-02-2013
Recorde Nacional (25m) Inf A	28.32	Ines Camacho Fernandes	SCP	Ponte Sor	30-01-2010
Recorde Nacional (25m) Juv B	27.16	Harriet Larcher Smith	CFB	Tomar	15-03-2003
Recorde Nacional (25m) Juv A	26.91	Sofia Pavao Machado	CNPD	Ponta Delgada	02-05-2009
Recorde Nacional (25m) Jun 16	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Jun 17	26.50	Ana Filipa Pardal	CNCVG	Tomar	10-12-2005
Recorde Nacional (25m) Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Andreia Catarina Gomes	94	103701	Fluval Portuense	28.26	+0,93	556	25
2.	Noemia Verdi Silva	99	111770	Fafe	28.92	+0,82	519	23
3.	Carolina Saraiva Pires	96	100272	Laranjeiro	29.08		511	22
4.	Dalia Sofia Curto	95	108816	Nacional de Natacao	29.15	+0,85	507	21
5.	Andreia Brito Costa	95	109421	Natacao de Faro	29.19	+0,81	505	20
6.	Renata Castro Goncalves	96	105056	Sporting de Aveiro	29.21	+0,90	504	19
7.	Filipa Robert Rente	96	122852	Gualdim Pais	29.40	+0,74	494	18
8.	Helena Manuel Jose	90	15205	Ginasio Santo Tirso	29.45	+0,84	492	17
9.	Catarina Isabel Lourenco	96	105459	Albicastrense	29.61	+0,73	484	16
10.	Isabel Catarino Cravo	98	107288	Nucleo de Pombal	29.74	+0,77	477	15
11.	Rafaela Vieira Marques	98	121814	Natacao de Vagos	29.75		477	14
	Catia Sofia Paio	96	106067	Electrico Clube	29.75	+0,75	477	14
13.	Mariana Santos Ferreira	00	112044	Miranda do Corvo	29.94	+0,84	468	12
14.	Catia Marisa Silva	91	23319	Natacao de Valongo	29.95	+0,87	467	11
15.	Maria Migueis Teixeira	99	107574	Interior Norte	29.99		465	10
16.	Lara Alexandra Delgado	00	120773	Torres Novas	30.00	+0,89	465	9
17.	Mafalda Jesus Pereira	95	104902	Natacao do Montijo	30.01	+0,81	465	8
18.	Mariana Matos Ribeiro	01	123170	Fundacao Beatriz Santos	30.34	+0,89	450	7
19.	Carolina Costa Fernandes	99	116851	Colegio Bernardette Romeira	30.36	+0,81	449	6
20.	Diana Romao Fialho	99	107439	Terceira Auto Clube	30.59	+0,91	439	5
21.	Mariana Rodrigues Guedes	87	13505	Nucleo Sportinguista Terceira	31.12	+0,83	417	4
22.	Ana Pereira Luis	97	100614	Salvaterra de Magos	31.68	+0,94	395	3
23.	Iara Lourenco Tubal	01	123266	Tavira Natacao	31.85	+0,78	388	2
24.	Margarida Monteiro Sousa	97	104245	Naval Setubalense	31.99	+0,94	383	1

Prova 20
08-12-2013

Masc., 100m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Recorde Nacional (25m) Inf B	57.40	Tiago Filipe Pereira	DNMG	Caldas da Rainha	11-07-2004
Recorde Nacional (25m) Inf A	54.96	Francisco Carvalho Machado	SAD	Alges	01-07-2012
Recorde Nacional (25m) Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Juv A	50.82	Tiago Andre Venancio	CNS	Braga	23-03-2003
Recorde Nacional (25m) Jun 17	49.87	Tiago Andre Venancio	CNS	Alapraia	14-02-2004
Recorde Nacional (25m) Jun 18	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Recorde Nacional (25m) Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Ivan Monteiro Simoes	91	12248	Interior Norte	51.76	+0,66	654	25
	50m: 23.54 23.54			100m: 51.76 28.22				
2.	Frederico Sucena Riachos	98	121637	Nucleo Sportinguista Golega	53.21		602	23
	50m: 25.51 25.51			100m: 53.21 27.70				
3.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico Clube	53.51	+0,70	592	22
	50m: 25.34 25.34			100m: 53.51 28.17				
4.	Bruno Miguel Franco	90	11107	Laranjeiro	54.78	+0,81	552	21
	50m: 25.84 25.84			100m: 54.78 28.94				
5.	Vladyslav Stasyuk	94	117128	Cartaxo	55.28	+0,70	537	20
	50m: 26.15 26.15			100m: 55.28 29.13				
6.	Vitor Hugo Mano	85	10224	Estarreja	55.31	+0,92	536	19
	50m: 26.22 26.22			100m: 55.31 29.09				
7.	Joao Paulo Capitao	96	109592	Colegio SMLamas	55.60	+0,70	528	18
	50m: 26.38 26.38			100m: 55.60 29.22				
8.	Andre Filipe Mendes	92	100307	Nautico Abrantes	55.87	+0,71	520	17
	50m: 26.26 26.26			100m: 55.87 29.61				
9.	Jose Tiago Moreira	89	16015	Nucleo Sportinguista Terceira	56.08	+0,77	514	16
	50m: 26.73 26.73			100m: 56.08 29.35				
10.	Joao Manuel Lanca	92	14873	Portugal Cultura	56.33	+0,69	507	15
	50m: 25.69 25.69			100m: 56.33 30.64				
11.	Ilya Yelistratkin	96	109940	Natacao de Faro	56.73	+0,82	497	14
	50m: 26.91 26.91			100m: 56.73 29.82				
12.	Paulo Filipe Silva	98	117012	Natacao da Maia	56.75	+0,73	496	13
	50m: 26.84 26.84			100m: 56.75 29.91				
13.	Miguel Martins Baltazar	98	104338	Aminata	57.17	+0,76	485	12
	50m: 27.41 27.41			100m: 57.17 29.76				
14.	Miguel Filipe Arvana	98	108856	Estremoz/Estremozcarnes	57.37	+0,75	480	11
	50m: 27.56 27.56			100m: 57.37 29.81				
15.	Luis Miguel Santos	90	11963	Fundacao Beatriz Santos	57.70	+0,78	472	10
	50m: 27.73 27.73			100m: 57.70 29.97				
16.	Gino Santos Caetano	94	18331	Sporting de Aveiro	57.94	+0,79	466	9
	50m: 28.03 28.03			100m: 57.94 29.91				
17.	Tiago Andre Gouveia	90	11320	CLAC-Entroncamento	58.48	+0,75	453	8
	50m: 27.05 27.05			100m: 58.48 31.43				
18.	Sergio Alexandre Lopes	86	13971	Nacional de Natacao	58.50	+0,83	453	7
	50m: 27.46 27.46			100m: 58.50 31.04				
19.	Joao Goncalves Figueiredo	96	107408	Ginasio Figueirense	58.68	+0,83	449	6
	50m: 27.88 27.88			100m: 58.68 30.80				
20.	Joao Courelas Goncalves	97	107282	Nucleo de Pombal	58.76	+0,85	447	5
	50m: 27.84 27.84			100m: 58.76 30.92				

Prova 20, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Carlos Andre Bessa 50m: 28.04 28.04	98	110467	Lousada SXXI 100m: 59.70 31.66	59.70	+0,68	426	4
22.	Manuel Jose Alves 50m: 28.88 28.88	96	104895	Natacao do Montijo 100m: 1:02.94 34.06	1:02.94	+0,66	364	3
23.	Telmo Joao Faria 50m: 30.52 30.52	97	125605	Natacao do Tejo 100m: 1:03.90 33.38	1:03.90	+0,84	347	2
DSQ	Claudio Miguel Gomes 403 - Falsa partida - SW 4.4	95	105039	Gafanha da Encarnacao				

Prova 21
08-12-2013

Femin., 100m Costas

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Inf B	1:09.96	Ana Margarida Guedes	SARNN	Abrantes	13-04-2013
Recorde Nacional (25m) Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	05-03-2010
Recorde Nacional (25m) Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	12-02-2011
Recorde Nacional (25m) Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	17-12-2011
Recorde Nacional (25m) Jun 16	1:03.40	Petra Quintela Chaves	FPN	Palma Maiorca (ESP)	02-12-1993
Recorde Nacional (25m) Jun 17	1:02.81	Catia Raquel Martinheira	FPN	Uster (SUI)	29-01-2012
Recorde Nacional (25m) Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Sousa Grou 50m: 31.87 31.87	96	15031	Tavira Natacao 100m: 1:05.63 33.76	1:05.63	+0,67	595	25
2.	Ines Lucas Alves 50m: 32.94 32.94	98	104738	Fluivial Portuense 100m: 1:07.44 34.50	1:07.44	+0,69	549	23
3.	Ana Beatriz Meireles 50m: 32.91 32.91	98	110663	Fafe 100m: 1:08.43 35.52	1:08.43	+0,64	525	22
4.	Sofia Alexandra Nunes 50m: 33.79 33.79	00	112322	Laranjeiro 100m: 1:09.83 36.04	1:09.83	+0,68	494	21
	Maria Dias Neves 50m: 34.37 34.37	99	108078	Miranda do Corvo 100m: 1:09.83 35.46	1:09.83	+0,65	494	21
6.	Matilde Pereira Martins 50m: 34.64 34.64	99	109578	Colegio Bernardette Romeira 100m: 1:11.57 36.93	1:11.57	+0,71	459	19
7.	Marta Silva Felix 50m: 35.14 35.14	99	119385	Sporting de Aveiro 100m: 1:11.76 36.62	1:11.76	+0,69	455	18
8.	Ana Paula Araujo 50m: 35.44 35.44	96	20362	Ginasio Santo Tirso 100m: 1:11.93 36.49	1:11.93	+0,69	452	17
9.	Ines Almeida Gomes 50m: 34.69 34.69	98	120186	Nacional de Natacao 100m: 1:13.34 38.65	1:13.34	+0,70	427	16
10.	Rafaela Vieira Marques 50m: 36.13 36.13	98	121814	Natacao de Vagos 100m: 1:14.02 37.89	1:14.02	+0,69	415	15
11.	Sofia Dias Alves 50m: 35.60 35.60	99	111393	Natacao do Montijo 100m: 1:14.03 38.43	1:14.03	+0,65	415	14
12.	Rita Sousa Oliveira 50m: 35.74 35.74	01	120774	Torres Novas 100m: 1:14.24 38.50	1:14.24	+0,74	411	13
13.	Cristiana Ferreira Santos 50m: 36.14 36.14	97	108222	Natacao de Valongo 100m: 1:14.44 38.30	1:14.44	+0,57	408	12

Prova 21, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Luisa Ribeiro Lino 50m: 35.96 35.96	00	120340	Natacao de Faro 100m: 1:15.43 39.47	1:15.43	+0,77	392	11
15.	Rita Sousa Cardoso 50m: 37.02 37.02	00	118935	Albicastrense 100m: 1:15.68 38.66	1:15.68	+0,68	388	10
16.	Ines Gomes Rodrigues 50m: 37.24 37.24	00	118404	Naval Setubalense 100m: 1:15.88 38.64	1:15.88	+0,72	385	9
17.	Patricia Simoes Jorge 50m: 36.64 36.64	97	109500	Salvaterra de Magos 100m: 1:16.02 39.38	1:16.02	+0,65	383	8
18.	Ines Isabel Graca 50m: 37.08 37.08	00	121283	Gualdim Pais 100m: 1:16.42 39.34	1:16.42	+0,67	377	7
19.	Diana Romao Fialho 50m: 37.57 37.57	99	107439	Terceira Auto Clube 100m: 1:16.58 39.01	1:16.58	+0,96	375	6
20.	Daniela Brasil Toledo 50m: 36.62 36.62	98	120292	Nucleo Sportinguista Terceira 100m: 1:17.20 40.58	1:17.20	+0,78	366	5
21.	Maria Joao Oliveira 50m: 36.69 36.69	93	22409	Interior Norte 100m: 1:17.72 41.03	1:17.72	+0,64	358	4
22.	Mariana Matos Ribeiro 50m: 38.35 38.35	01	123170	Fundacao Beatriz Santos 100m: 1:18.05 39.70	1:18.05	+0,78	354	3
23.	Joana Alves Anastacio 50m: 37.85 37.85	00	118486	Electrico Clube 100m: 1:19.39 41.54	1:19.39	+0,74	336	2
24.	Joana Rita Gouveia 50m: 38.11 38.11	87	10362	Nucleo de Pombal 100m: 1:20.10 41.99	1:20.10	+0,80	327	1

Prova 22
08-12-2013

Masc., 200m Costas

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012
Recorde Nacional (25m) Inf B	2:15.27	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	16-03-2013
Recorde Nacional (25m) Inf A	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	29-06-2012
Recorde Nacional (25m) Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	09-03-2013
Recorde Nacional (25m) Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	04-06-2011
Recorde Nacional (25m) Jun 17	1:59.34	Adriano Miguel Niz		Alges	16-05-2003
Recorde Nacional (25m) Jun 18	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Recorde Nacional (25m) Sen	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joao Pedro Santos 50m: 29.93 29.93	95	105859	Estarreja 100m: 1:03.56 33.63 150m: 1:36.83 33.27	2:09.96	+0,65	544	25
2.	Ricardo Goncalves Moura 50m: 30.67 30.67	98	107577	Electrico Clube 100m: 1:04.01 33.34 150m: 1:38.46 34.45	2:11.65	+0,62	523	23
3.	Goncalo Filipe Gregorio 50m: 30.05 30.05	93	10644	Portugal Cultura 100m: 1:03.30 33.25 150m: 1:38.13 34.83	2:12.17	+0,59	517	22
4.	Tiago Pastor Escada 50m: 31.20 31.20	99	108853	Aminata 100m: 1:05.22 34.02 150m: 1:39.10 33.88	2:12.29	+0,66	516	21
5.	Luis Filipe Soares 50m: 31.03 31.03	98	105615	Colegio SMLamas 100m: 1:04.85 33.82 150m: 1:39.81 34.96	2:14.31	+0,74	493	20
6.	Ricardo Saraiva Pires 50m: 31.88 31.88	98	107651	Laranjeiro 100m: 1:05.61 33.73 150m: 1:40.35 34.74	2:14.80	+0,68	487	19

Prova 22, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Joao Ricardo Silva 50m: 31.46 31.46	97	116947	Ginasio Figueirense 100m: 1:05.81 34.35 150m: 1:41.48	2:15.43 35.67 200m: 2:15.43 33.95	+0,67	480	18
8.	Eduardo Abel Duarte 50m: 31.25 31.25	98	104561	Lousada SXXI 100m: 1:05.16 33.91 150m: 1:41.15	2:17.38 35.99 200m: 2:17.38 36.23	+0,61	460	17
9.	Ruben Miguel Matos 50m: 32.43 32.43	91	110419	Nautico Abrantes 100m: 1:06.82 34.39 150m: 1:42.09	2:18.08 35.27 200m: 2:18.08 35.99	+0,56	453	16
10.	Tomas Silva Coxixo 50m: 32.24 32.24	99	118387	Natacao do Montijo 100m: 1:08.00 35.76 150m: 1:45.94	2:22.35 37.94 200m: 2:22.35 36.41	+0,64	414	15
11.	Joao Pedro Gordinho 50m: 31.91 31.91	94	106227	Natacao de Faro 100m: 1:07.71 35.80 150m: 1:45.01	2:23.01 37.30 200m: 2:23.01 38.00	+0,71	408	14
12.	Pedro Miguel Primo 50m: 32.98 32.98	96	103472	CLAC-Entroncamento 100m: 1:09.44 36.46 150m: 1:46.85	2:23.24 37.41 200m: 2:23.24 36.39	+0,69	406	13
13.	Francisco Sousa Rocha 50m: 32.73 32.73	97	117096	Sporting de Aveiro 100m: 1:08.35 35.62 150m: 1:45.93	2:23.43 37.58 200m: 2:23.43 37.50	+0,73	404	12
14.	Pedro Miguel Henriques 50m: 32.77 32.77	96	118297	Cartaxo 100m: 1:09.03 36.26 150m: 1:46.70	2:23.69 37.67 200m: 2:23.69 36.99	+0,72	402	11
15.	Pedro Antonio Zilhao 50m: 34.01 34.01	98	120187	Nacional de Natacao 100m: 1:10.32 36.31 150m: 1:48.10	2:26.16 37.78 200m: 2:26.16 38.06	+0,74	382	10
16.	Miguel Diogo Agostinho 50m: 34.57 34.57	00	117312	Fundacao Beatriz Santos 100m: 1:11.52 36.95 150m: 1:49.23	2:27.27 37.71 200m: 2:27.27 38.04	+0,59	374	9
17.	Afonso Ribeiro Couto 50m: 34.31 34.31	99	111102	Natacao da Maia 100m: 1:11.78 37.47 150m: 1:50.29	2:27.57 38.51 200m: 2:27.57 37.28	+0,62	371	8
18.	Rodrigo Duarte Pereira 50m: 36.14 36.14	94	120838	Nucleo Sportinguista Terceira 100m: 1:14.89 38.75 150m: 1:53.33	2:29.75 38.44 200m: 2:29.75 36.42	+1,13	355	7
19.	Diogo Miguel Banha 50m: 33.95 33.95	98	108854	Estremoz/Estremozcarnes 100m: 1:12.53 38.58 150m: 1:52.64	2:30.10 40.11 200m: 2:30.10 37.46	+0,60	353	6
20.	Daniel Filipe Lopes 50m: 36.29 36.29	96	116836	Interior Norte 100m: 1:15.61 39.32 150m: 1:54.10	2:30.33 38.49 200m: 2:30.33 36.23	+0,74	351	5
21.	Ricardo Contreiras Jeronimo 50m: 34.08 34.08	97	110593	Nucleo de Pombal 100m: 1:12.47 38.39 150m: 1:52.70	2:31.13 40.23 200m: 2:31.13 38.43	+0,67	346	4
22.	Nuno Filipe Lima 50m: 34.32 34.32	94	117433	Gafanha da Encarnacao 100m: 1:12.95 38.63 150m: 1:52.49	2:32.17 39.54 200m: 2:32.17 39.68	+0,74	339	3
23.	Mario Jorge Nunes 50m: 36.28 36.28	92	11212	Natacao do Tejo 100m: 1:14.82 38.54 150m: 1:54.50	2:35.96 39.68 200m: 2:35.96 41.46	+0,71	314	2
24.	Joao Miguel Vale 50m: 38.40 38.40	99	120687	Nucleo Sportinguista Golega 100m: 1:22.86 44.46 150m: 2:08.06	2:53.73 45.20 200m: 2:53.73 45.67	+0,71	227	1

Prova 23
08-12-2013

Femin., 400m Livres

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recorde Nacional (25m) Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Recorde Nacional (25m) Jun 16	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
Recorde Nacional (25m) Jun 17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Beatriz Bernardo	99	112387	Fundacao Beatriz Santos	4:38.25	+0,91	601	25
	50m: 32.01 32.01			150m: 1:42.02 35.47 250m: 2:53.02	35.52	350m: 4:04.05	35.09	
	100m: 1:06.55 34.54			200m: 2:17.50 35.48 300m: 3:28.96	35.94	400m: 4:38.25	34.20	
2.	Mafalda Mendes Magalhaes	97	107706	Fluvial Portuense	4:45.00	+0,85	559	23
	50m: 32.07 32.07			150m: 1:44.04 36.54 250m: 2:57.08	36.42	350m: 4:10.22	36.64	
	100m: 1:07.50 35.43			200m: 2:20.66 36.62 300m: 3:33.58	36.50	400m: 4:45.00	34.78	
3.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	4:45.60	+0,85	556	22
	50m: 32.66 32.66			150m: 1:44.92 36.61 250m: 2:57.61	36.44	350m: 4:11.24	37.11	
	100m: 1:08.31 35.65			200m: 2:21.17 36.25 300m: 3:34.13	36.52	400m: 4:45.60	34.36	
4.	Maria Ines Ferreira	00	116953	Miranda do Corvo	4:48.61	+0,86	538	21
	50m: 32.63 32.63			150m: 1:45.46 36.83 250m: 2:59.05	36.57	350m: 4:12.30	36.25	
	100m: 1:08.63 36.00			200m: 2:22.48 37.02 300m: 3:36.05	37.00	400m: 4:48.61	36.31	
5.	Bruna Martins Riesenberger	97	105541	Laranjeiro	4:49.23	+0,71	535	20
	50m: 32.76 32.76			150m: 1:45.26 36.71 250m: 2:58.86	36.53	350m: 4:13.12	36.84	
	100m: 1:08.55 35.79			200m: 2:22.33 37.07 300m: 3:36.28	37.42	400m: 4:49.23	36.11	
6.	Beatriz Mendes Viegas	00	110689	Tavira Natacao	4:49.77	+0,82	532	19
	50m: 32.57 32.57			150m: 1:45.76 37.17 250m: 3:00.41	37.46	350m: 4:15.37	37.30	
	100m: 1:08.59 36.02			200m: 2:22.95 37.19 300m: 3:38.07	37.66	400m: 4:49.77	34.40	
7.	Carla Laranjeira Marques	00	109363	Sporting de Aveiro	4:50.03	+0,88	530	18
	50m: 32.38 32.38			150m: 1:44.93 37.09 250m: 2:59.06	36.70	350m: 4:15.17	38.22	
	100m: 1:07.84 35.46			200m: 2:22.36 37.43 300m: 3:36.95	37.89	400m: 4:50.03	34.86	
8.	Ana Sofia Filipe	95	26887	Nacional de Natacao	4:52.48	+0,89	517	17
	50m: 33.29 33.29			150m: 1:45.79 36.51 250m: 2:59.16	36.66	350m: 4:15.08	38.22	
	100m: 1:09.28 35.99			200m: 2:22.50 36.71 300m: 3:36.86	37.70	400m: 4:52.48	37.40	
9.	Joana Margarida Sousa	97	104510	Natacao de Valongo	4:53.45	+0,90	512	16
	50m: 33.24 33.24			150m: 1:47.66 37.87 250m: 3:02.31	36.80	350m: 4:16.94	36.80	
	100m: 1:09.79 36.55			200m: 2:25.51 37.85 300m: 3:40.14	37.83	400m: 4:53.45	36.51	
10.	Maria Ornelas Armas	98	106961	Terceira Auto Clube	4:53.92	+1,03	510	15
	50m: 32.70 32.70			150m: 1:45.24 36.66 250m: 3:00.38	37.69	350m: 4:16.30	38.13	
	100m: 1:08.58 35.88			200m: 2:22.69 37.45 300m: 3:38.17	37.79	400m: 4:53.92	37.62	
11.	Ana Sofia Ramos	97	102593	Fafe	4:54.58	+0,91	506	14
	50m: 33.07 33.07			150m: 1:45.92 36.92 250m: 3:00.95	37.60	350m: 4:16.85	38.13	
	100m: 1:09.00 35.93			200m: 2:23.35 37.43 300m: 3:38.72	37.77	400m: 4:54.58	37.73	
12.	Rute Sofia Teixeira	90	15202	Ginasio Santo Tirso	4:57.24	+0,89	493	13
	50m: 33.31 33.31			150m: 1:46.53 37.27 250m: 3:01.79	37.69	350m: 4:18.82	39.02	
	100m: 1:09.26 35.95			200m: 2:24.10 37.57 300m: 3:39.80	38.01	400m: 4:57.24	38.42	
13.	Marta Sousa Oliveira	01	120775	Torres Novas	4:58.18	+0,95	488	12
	50m: 33.59 33.59			150m: 1:47.15 37.04 250m: 3:03.07	37.90	350m: 4:19.74	38.48	
	100m: 1:10.11 36.52			200m: 2:25.17 38.02 300m: 3:41.26	38.19	400m: 4:58.18	38.44	
14.	Barbara Rodrigues Pereira	98	117770	Natacao do Montijo	4:58.56	+0,81	486	11
	50m: 31.94 31.94			150m: 1:45.35 37.64 250m: 3:02.43	38.63	350m: 4:21.77	39.60	
	100m: 1:07.71 35.77			200m: 2:23.80 38.45 300m: 3:42.17	39.74	400m: 4:58.56	36.79	

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Laura Afonso Dias	98	107608	Natacao de Faro	5:01.05	+0,82	474	10
	50m: 33.34 33.34			150m: 1:48.94 38.28	250m: 3:06.01 38.63	350m: 4:23.18 38.66		
	100m: 1:10.66 37.32			200m: 2:27.38 38.44	300m: 3:44.52 38.51	400m: 5:01.05 37.87		
16.	Mafalda Cristina Pita	97	106066	Electrico Clube	5:01.58	+0,89	472	9
	50m: 33.15 33.15			150m: 1:47.15 37.69	250m: 3:05.26 39.24	350m: 4:23.61 38.85		
	100m: 1:09.46 36.31			200m: 2:26.02 38.87	300m: 3:44.76 39.50	400m: 5:01.58 37.97		
17.	Raquel Sofia Jorge	98	108751	Salvaterra de Magos	5:03.94	+0,84	461	8
	50m: 33.37 33.37			150m: 1:48.13 37.84	250m: 3:05.82 39.09	350m: 4:25.20 39.81		
	100m: 1:10.29 36.92			200m: 2:26.73 38.60	300m: 3:45.39 39.57	400m: 5:03.94 38.74		
18.	Rita Filipa Paulino	00	118462	Naval Setubalense	5:04.28	+0,83	459	7
	50m: 34.42 34.42			150m: 1:52.62 39.12	250m: 3:10.38 38.43	350m: 4:27.87 38.32		
	100m: 1:13.50 39.08			200m: 2:31.95 39.33	300m: 3:49.55 39.17	400m: 5:04.28 36.41		
19.	Mariana Jorge Duarte	97	110919	Nucleo de Pombal	5:05.35	+0,89	454	6
	50m: 33.50 33.50			150m: 1:48.78 37.92	250m: 3:06.19 38.91	350m: 4:26.04 40.10		
	100m: 1:10.86 37.36			200m: 2:27.28 38.50	300m: 3:45.94 39.75	400m: 5:05.35 39.31		
20.	Maria Migueis Teixeira	99	107574	Interior Norte	5:06.09	+0,83	451	5
	50m: 33.69 33.69			150m: 1:51.26 39.44	250m: 3:09.53 38.66	350m: 4:29.03 39.84		
	100m: 1:11.82 38.13			200m: 2:30.87 39.61	300m: 3:49.19 39.66	400m: 5:06.09 37.06		
21.	Catarina Goncalves Trezentos	98	116639	Gualdim Pais	5:16.68	+0,91	407	4
	50m: 34.83 34.83			150m: 1:53.52 40.03	250m: 3:14.22 40.21	350m: 4:37.45 41.20		
	100m: 1:13.49 38.66			200m: 2:34.01 40.49	300m: 3:56.25 42.03	400m: 5:16.68 39.23		
22.	Mara Borba Gravato	99	112767	Natacao de Vagos	5:17.25	+0,84	405	3
	50m: 35.63 35.63			150m: 1:56.32 40.49	250m: 3:17.72 40.63	350m: 4:38.61 40.45		
	100m: 1:15.83 40.20			200m: 2:37.09 40.77	300m: 3:58.16 40.44	400m: 5:17.25 38.64		
23.	Carolina Marques Mendes	97	106519	Nucleo Sportinguista Terceira	5:17.45		404	2
	50m: 34.18 34.18			150m: 1:53.38 40.47	250m: 3:16.02 41.34	350m: 4:38.89 41.58		
	100m: 1:12.91 38.73			200m: 2:34.68 41.30	300m: 3:57.31 41.29	400m: 5:17.45 38.56		
24.	Beatriz Gregorio Fradique	00	118929	Albicastrense	5:43.14	+0,98	320	1
	50m: 37.60 37.60			150m: 2:03.63 43.77	250m: 3:32.89 44.45	350m: 5:00.47 44.06		
	100m: 1:19.86 42.26			200m: 2:48.44 44.81	300m: 4:16.41 43.52	400m: 5:43.14 42.67		

Prova 24
08-12-2013

Masc., 200m Estilos

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Inf B	2:17.96	Andre Vilas Ruivo	DNMG	Nazaré	02-06-2013
Recorde Nacional (25m) Inf A	2:13.38	Tomas Miguel Freitas	CDN	Funchal	17-07-2004
Recorde Nacional (25m) Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	10-05-2003
Recorde Nacional (25m) Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	15-05-2004
Recorde Nacional (25m) Jun 17	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	06-03-2005
Recorde Nacional (25m) Jun 18	2:00.80	Diogo Filipe Carvalho	CGA	Alapraia	11-02-2005
Recorde Nacional (25m) Sen	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Andre Filipe Mendes	92	100307	Nautico Abrantes	2:15.46	+0,74	530	25
	50m: 28.52 28.52			100m: 1:03.41 34.89	150m: 1:44.42 41.01	200m: 2:15.46 31.04		
2.	Simao Miguel Capitao	97	109596	Colegio SMLamas	2:15.84	+0,75	525	23
	50m: 28.22 28.22			100m: 1:04.78 36.56	150m: 1:43.58 38.80	200m: 2:15.84 32.26		
3.	Joao Pedro Neves	96	104336	Aminata	2:15.89	+0,79	525	22
	50m: 29.16 29.16			100m: 1:02.93 33.77	150m: 1:44.39 41.46	200m: 2:15.89 31.50		
4.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico Clube	2:15.90	+0,69	524	21
	50m: 27.90 27.90			100m: 1:03.25 35.35	150m: 1:44.10 40.85	200m: 2:15.90 31.80		

Prova 24, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Joao Manuel Lanca 50m: 28.82 28.82	92	14873	Portugal Cultura 100m: 1:03.84 35.02 150m: 1:44.26	2:18.28 40.42	+0,76 200m: 2:18.28 34.02	498	20
6.	Joao Martins Santos 50m: 28.94 28.94	96	116544	Gafanha da Encarnacao 100m: 1:05.87 36.93 150m: 1:47.17	2:19.00 41.30	+0,78 200m: 2:19.00 31.83	490	19
7.	Carlos Daniel Ramos 50m: 30.55 30.55	96	110520	Estarreja 100m: 1:07.61 37.06 150m: 1:48.99	2:19.90 41.38	+0,77 200m: 2:19.90 30.91	481	18
8.	Joao Manuel Ferreira 50m: 29.51 29.51	92	12126	CLAC-Entroncamento 100m: 1:05.35 35.84 150m: 1:46.35	2:20.11 41.00	+1,11 200m: 2:20.11 33.76	479	17
9.	Jose Henriques Luz 50m: 31.12 31.12	99	119266	Nucleo Sportinguista Golega 100m: 1:07.98 36.86 150m: 1:50.39	2:21.30 42.41	+0,87 200m: 2:21.30 30.91	467	16
10.	Hugo Guilherme Trigo 50m: 28.99 28.99	97	104980	Sporting de Aveiro 100m: 1:05.83 36.84 150m: 1:48.49	2:21.43 42.66	+0,72 200m: 2:21.43 32.94	465	15
11.	Paulo Filipe Silva 50m: 30.07 30.07	98	117012	Natacao da Maia 100m: 1:05.28 35.21 150m: 1:47.76	2:21.49 42.48	+0,77 200m: 2:21.49 33.73	465	14
12.	Bruno Rafael Meireles 50m: 31.73 31.73	96	100245	Laranjeiro 100m: 1:06.73 35.00 150m: 1:49.38	2:21.55 42.65	+0,81 200m: 2:21.55 32.17	464	13
13.	Ilya Yelistratkin 50m: 28.99 28.99	96	109940	Natacao de Faro 100m: 1:06.58 37.59 150m: 1:47.79	2:21.87 41.21	+0,83 200m: 2:21.87 34.08	461	12
14.	Pedro Rafael Cintrao 50m: 30.06 30.06	96	26286	Nucleo de Pombal 100m: 1:06.77 36.71 150m: 1:50.46	2:24.23 43.69	+0,73 200m: 2:24.23 33.77	439	11
15.	Joao Goncalves Figueiredo 50m: 31.08 31.08	96	107408	Ginasio Figueirense 100m: 1:06.56 35.48 150m: 1:50.12	2:25.23 43.56	+0,84 200m: 2:25.23 35.11	430	10
16.	Pedro Miguel Henriques 50m: 30.36 30.36	96	118297	Cartaxo 100m: 1:08.13 37.77 150m: 1:53.34	2:25.86 45.21	+0,77 200m: 2:25.86 32.52	424	9
17.	Tomas Silva Coxixo 50m: 31.58 31.58	99	118387	Natacao do Montijo 100m: 1:08.26 36.68 150m: 1:52.78	2:26.79 44.52	+0,75 200m: 2:26.79 34.01	416	8
18.	Miguel Alexandre Lemos 50m: 31.19 31.19	94	101989	Interior Norte 100m: 1:08.55 37.36 150m: 1:53.52	2:27.18 44.97	+0,85 200m: 2:27.18 33.66	413	7
19.	Rodrigo Duarte Pereira 50m: 31.11 31.11	94	120838	Nucleo Sportinguista Terceira 100m: 1:10.12 39.01 150m: 1:55.79	2:29.94 45.67	+0,87 200m: 2:29.94 34.15	390	6
20.	Sergio Alexandre Lopes 50m: 31.11 31.11	86	13971	Nacional de Natacao 100m: 1:08.82 37.71 150m: 1:56.80	2:29.97 47.98	+0,87 200m: 2:29.97 33.17	390	5
21.	Miguel Diogo Agostinho 50m: 35.27 35.27	00	117312	Fundacao Beatriz Santos 100m: 1:13.23 37.96 150m: 1:58.64	2:31.82 45.41	+0,72 200m: 2:31.82 33.18	376	4
22.	Joao Filipe Cotovio 50m: 33.24 33.24	00	118647	Estremoz/Estremozcarnes 100m: 1:13.03 39.79 150m: 1:58.95	2:35.30 45.92	+0,89 200m: 2:35.30 36.35	351	3
23.	Andre Pombo Dias 50m: 34.16 34.16	96	111761	Natacao do Tejo 100m: 1:17.28 43.12 150m: 2:03.56	2:40.77 46.28	+0,82 200m: 2:40.77 37.21	317	2
DSQ	Jose Ricardo Sousa 609 - Não terminou percurso de costas na posição dorsal - SW 6.5	97	105759	Lousada SXXI				

Prova 25 08-12-2013	Femin., 4 x 100m Livres				Absolutos Resultados
Recorde Nacional (25m) Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recorde Nacional (25m) Inf B	4:28.19	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	07-03-2010
Recorde Nacional (25m) Inf A	4:14.93	Clube Desportivo Nacional	CDN	Funchal	25-07-2013
Recorde Nacional (25m) Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Recorde Nacional (25m) Juv A	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Recorde Nacional (25m) Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Recorde Nacional (25m) Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Fluvial Portuense		Fluvial Portuense	4:01.84	+0,82	638	25
		Ines Lucas Alves	+0,82 30.04 1:02.25	Andreia Catarina Gomes	+0,39 28.53 59.95	
		Francisca Santos Pereira	+0,66 28.96 1:00.75	Angelica Maria Andre	+0,36 28.59 58.89	
2. Laranjeiro		Laranjeiro	4:10.62	+0,74	573	23
		Bruna Martins Riesenberger	+0,74 29.47 1:00.75	Cristiana Silva Ulpiano	30.22 1:04.35	
		Carolina Saraiva Pires	+0,16 29.16 1:01.72	Filipa Silva Cruz	30.16 1:03.80	
3. Fafe		Fafe	4:18.92	+0,93	520	22
		Ana Beatriz Meireles	+0,93 30.34 1:04.36	Ana Sofia Ramos	+0,52 31.80 1:07.04	
		Ines Evangelista Bastos	+0,43 29.96 1:04.57	Noemia Verdi Silva	+0,36 29.41 1:02.95	
4. Tavira Natacao		Tavira Natacao	4:19.24	+0,76	518	21
		Beatriz Sousa Grou	+0,76 29.17 1:01.59	Beatriz Mendes Viegas	+0,80 29.55 1:01.60	
		Mariana Manhita Correia	+0,57 31.92 1:07.51	Iara Lourenco Tubal	+0,60 32.61 1:08.54	
5. Miranda do Corvo		Miranda do Corvo	4:19.49	+0,93	516	20
		Daniela Margarida Pinto	+0,93 31.55 1:05.99	Maria Ines Ferreira	+0,39 30.05 1:03.89	
		Mariana Santos Ferreira	+0,63 31.36 1:05.12	Maria Dias Neves	+0,44 31.04 1:04.49	
6. Nacional de Natacao		Nacional de Natacao	4:20.61	+0,85	510	19
		Dalia Sofia Curto	+0,85 30.28 1:03.28	Mafalda Alexandra Henriques	+0,67 31.18 1:05.54	
		Ines Almeida Gomes	+0,56 32.11 1:06.95	Ana Sofia Filipe	+0,58 31.17 1:04.84	
7. Natacao de Valongo		Natacao de Valongo	4:21.85	+0,81	502	18
		Cristiana Ferreira Santos	+0,81 31.36 1:06.25	Daniela Domingues Sousa	+0,52 31.09 1:05.53	
		Joana Margarida Sousa	+0,43 31.85 1:05.88	Catia Marisa Silva	+0,51 30.44 1:04.19	
8. Colegio Bernardette Romeira		Colegio Bernardette Romeira	4:23.67	+0,85	492	17
		Matilde Pereira Martins	+0,85 31.48 1:05.84	Carolina Costa Fernandes	+0,59 31.65 1:07.49	
		Joana Viegas Bento	+0,64 31.65 1:05.83	Catarina Costa Fernandes	+0,72 31.58 1:04.51	
		Natacao do Montijo	4:23.67	+0,88	492	17
		Ema Filipa Rosario	+0,88 30.85 1:04.89	Ana Rita Agostinho	+0,61 32.66 1:09.71	
		Mafalda Jesus Pereira	+0,54 31.24 1:05.64	Barbara Rodrigues Pereira	+0,35 30.42 1:03.43	
10. Sporting de Aveiro		Sporting de Aveiro	4:23.95	+0,77	490	15
		Ana Rita Rodrigues	+0,77 32.22 1:07.44	Marta Silva Felix	+0,62 31.73 1:05.59	
		Margarida Bento Mesquita	+0,53 31.86 1:08.00	Renata Castro Goncalves	+0,51 30.00 1:02.92	
11. Electrico Clube		Electrico Clube	4:24.02	+0,77	490	14
		Catia Sofia Paio	+0,77 31.12 1:05.24	Margarida Isabel Salgueiro	+0,44 31.40 1:07.57	
		Celia Silva Margarido	+0,56 31.61 1:06.86	Mafalda Cristina Pita	+0,38 31.12 1:04.35	
12. Ginasio Santo Tirso		Ginasio Santo Tirso	4:24.41	+0,85	488	13
		Helena Manuel Jose	+0,85 30.80 1:05.13	Ana Paula Araujo	+0,42 32.16 1:06.33	
		Catarina Isabel Branco	+0,59 32.30 1:08.21	Rute Sofia Teixeira	+0,56 31.27 1:04.74	
13. Torres Novas		Torres Novas	4:24.78	+0,89	486	12
		Lara Alexandra Delgado	+0,89 31.27 1:05.09	Soraya Dea Matias	+0,49 32.30 1:08.87	
		Rita Sousa Oliveira	+0,39 31.35 1:05.63	Marta Sousa Oliveira	+0,67 30.79 1:05.19	
14. Natacao de Faro		Natacao de Faro	4:25.22	+0,84	483	11
		Andreia Brito Costa	+0,84 30.53 1:05.56	Mariana Cordeiro Vinagre	+0,09 31.11 1:06.59	
		Larissa Pommerening Dornelles	+0,45 31.43 1:06.10	Laura Afonso Dias	+0,24 31.86 1:06.97	
15. Terceira Auto Clube		Terceira Auto Clube	4:28.25	+0,76	467	10
		Mara Brasil Godinho	+0,76 32.49 1:08.56	Diana Romao Fialho	+0,60 31.21 1:05.43	
		Beatriz Martins Avila	+0,72 32.87 1:08.87	Maria Ornelas Armas	+0,71 31.72 1:05.39	

Prova 25, Femin., 4 x 100m Livres, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16.		Nucleo de Pombal	4:28.67	+0,99	465	9
		Cristiana Andreia Lima	+0,99	31.96	1:07.73	
		Beatriz Gameiro Matias	+0,62	32.14	1:04.46	
17.		Gualdim Pais	4:29.21	+0,85	462	8
		Catarina Goncalves Trezentos	+0,85	32.54	1:09.15	
		Ana Filipa Parente	+0,75	32.44	1:04.23	
18.		Salvaterra de Magos	4:30.19	+0,98	457	7
		Ana Pereira Luis	+0,98	33.09	1:06.34	
		Patricia Simoes Jorge	+0,27	32.75	1:04.31	
19.		Nucleo Sportinguista Terceira	4:31.78	+0,82	449	6
		Mariana Rodrigues Guedes	+0,82	32.30	1:10.53	
		Daniela Brasil Toledo	+0,60	31.69	1:05.61	
20.		Fundacao Beatriz Santos	4:32.95	+0,96	443	5
		Joana Beatriz Bernardo	+0,96	31.05	1:14.42	
		Eva Fernandes Cardoso	+0,72	33.15	1:05.86	
21.		Natacao de Vagos	4:35.35		432	4
		Ines Rosado Monteiro		32.41	1:04.72	
		Rafaela Martins Antunes	+0,55	34.36	1:11.93	
22.		Naval Setubalense	4:37.51	+1,08	422	3
		Ana Carolina Mira	+1,08	33.67	1:08.07	
		Ana Catarina Lixa	+0,30	33.46	1:08.23	
23.		Albicastrense	4:39.68	+0,72	412	2
		Rita Sousa Cardoso	+0,72	32.48	1:12.31	
		Beatriz Gregorio Fradique	+0,70	35.00	1:06.53	
24.		Interior Norte	4:52.44	+0,95	360	1
		Marta Fernandes Carneiro	+0,95	34.20	1:18.30	
		Helia Cristina Fernandes	+0,57	33.40	1:12.01	

Prova 26
08-12-2013

Masc., 4 x 100m Estilos

Absolutos
Resultados

Recorde Nacional (25m) Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Inf B	4:35.54	Grupo Desp. Natacao V. N. FamalicGDNVNF		Porto	17-03-2013
Recorde Nacional (25m) Inf A	4:20.39	Grupo Desp. Natacao V. N. FamalicGDNVNF		Mealhada	05-04-2003
Recorde Nacional (25m) Juv B	4:09.04	Futebol Clube do Porto	FCP	Braga	03-03-2012
Recorde Nacional (25m) Juv A	4:03.10	Clube de Natacao Colegio Vasco daCVGna		Braga	23-03-2003
Recorde Nacional (25m) Jun	3:51.87	Soc. Filarm. Uniao Artistica PiedensSFUAP		Mealhada	24-03-2000
Recorde Nacional (25m) Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.		Colegio SMLamas	4:04.02	+0,78	543	25
		Luis Filipe Soares	+0,78	30.13	59.45	
		Simao Miguel Capitao	+0,32	30.76	56.37	
2.		Laranjeiro	4:04.03	+0,62	543	23
		Bruno Rafael Meireles	+0,62	31.54	58.72	
		Rui Pedro Horta	+0,37	31.73	54.09	
3.		Electrico Clube	4:10.13	+0,62	504	22
		Ricardo Goncalves Moura	+0,62	29.72	1:04.26	
		Dmytriy Eugeniyovich Martynenko	+0,64	32.12	56.11	
4.		Estarreja	4:11.64	+0,59	495	21
		Joao Pedro Santos	+0,59	28.83	59.49	
		Rafael Arrojado Ferreira	+0,55	32.71	54.95	

Prova 26, Masc., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.		Aminata	4:13.57	+0,66	484	20
		Joao Pedro Neves	1:02.69	+0,41	27.99	1:01.26
	+0,66	30.41	1:11.54	+0,46	27.35	58.08
	+0,29	33.22				
6.		Nautico Abrantes	4:13.77	+0,58	483	19
		Andre Filipe Mendes	1:04.78	+0,32	27.23	59.05
	+0,58	31.11	1:12.98	+0,54	27.20	56.96
	+0,40	33.38				
7.		Portugal Cultura	4:13.88	+0,58	482	18
		Fabio Aleixo Fernandes	59.59	+0,62	28.06	1:01.46
	+0,58	28.62	1:13.29	+0,29	27.46	59.54
	+0,41	33.26				
8.		Sporting de Aveiro	4:15.84	+0,76	471	17
		Hugo Guilherme Trigo	1:06.13	+0,50	28.52	1:00.69
	+0,76	32.22	1:11.60	+0,17	27.00	57.42
	+0,35	32.75				
9.		Fundacao Beatriz Santos	4:16.73	+0,69	466	16
		Rui Miguel Fonseca	1:05.15	+0,59	26.88	58.12
	+0,69	31.46	1:14.54	+0,45	27.68	58.92
	+0,11	34.63				
10.		Lousada SXXI	4:17.48	+0,65	462	15
		Jose Ricardo Sousa	1:05.56	+0,41	27.77	1:00.82
	+0,65	31.71	1:12.92	+0,34	27.22	58.18
	+0,58	32.91				
11.		Nucleo Sportinguista Terceira	4:18.05	+0,71	459	14
		Cesar Henrique Silva	1:07.77	+0,32	28.60	1:03.01
	+0,71	33.29	1:11.36	+0,68	26.82	55.91
	+0,42	33.00				
12.		Natacao de Faro	4:18.45	+0,71	457	13
		Mateus Roque Mendes	1:04.34	+0,63	28.90	1:03.02
	+0,71	30.74	1:13.02	+0,24	27.65	58.07
	+0,36	33.20				
13.		CLAC-Entroncamento	4:18.89	+0,67	455	12
		Joao Pedro Rosa	1:04.77	+0,29	28.92	1:03.98
	+0,67	30.66	1:11.95	+0,24	27.72	58.19
	+0,58	32.94				
14.		Gafanha da Encarnacao	4:19.50	+0,58	452	11
		Claudio Miguel Gomes	1:04.45	+0,21	25.98	56.59
	+0,58	31.46	1:16.58	+0,66	28.96	1:01.88
	+0,59	34.42				
15.		Nacional de Natacao	4:20.36	+0,69	447	10
		Rodrigo Palmela Costa	1:07.30	+0,31	28.46	1:01.73
	+0,69	33.09	1:14.98	+0,41	27.08	56.35
	+0,11	34.55				
16.		Natacao da Maia	4:22.19	+0,62	438	9
		Paulo Andre Silva	1:09.74	+0,62	29.35	1:03.67
	+0,62	33.98	1:11.70	+0,20	27.24	57.08
	+0,38	33.41				
17.		Cartaxo	4:23.28	+0,74	432	8
		Fernando Miguel Rodrigues	1:09.38	+0,58	29.01	1:03.67
	+0,74	33.23	1:14.99	+0,60	26.26	55.24
	+0,60	33.81				
18.		Estremoz/Estremozcarnes	4:24.20	+0,56	428	7
		Luis Filipe Fonseca	1:06.83	+0,40	27.74	59.95
	+0,56	31.97	1:20.20	+0,66	27.00	57.22
	+0,38	37.21				
19.		Ginasio Figueirense	4:26.40	+0,62	417	6
		Diogo Loureiro Martinho	1:03.46	+0,45	30.40	1:06.28
	+0,62	31.26	1:16.77	+0,33	28.40	59.89
	+0,62	35.57				
20.		Nucleo de Pombal	4:28.57	+0,66	407	5
		Ricardo Contreiras Jeronimo	1:06.25	+0,35	29.72	1:04.01
	+0,66	31.97	1:19.73	+0,70	27.96	58.58
	+0,73	36.44				
21.		Natacao do Montijo	4:36.02	+0,73	375	4
		Filipe Miguel Mesquita	1:08.55	+0,34	32.10	1:12.04
	+0,73	32.97	1:13.00	+0,29	28.70	1:02.43
	+0,55	33.28				
22.		Interior Norte	4:36.39	+0,65	374	3
		Eduardo Jose Castelo	1:10.76	+0,28	32.34	1:08.11
	+0,65	34.27	1:21.38	+0,37	26.82	56.14
	+0,46	37.57				

Prova 26, Masc., 4 x 100m Estilos, Absolutos

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
23. Nucleo Sportinguista Golega		Nucleo Sportinguista Golega	4:36.94	+0,73	371	2	
Frederico Sucena Riachos	+0,73	30.09	1:01.04	Jose Henriques Luz	+0,52	30.63	1:05.70
Diogo Filipe Lino	+0,58	37.13	1:20.38	Joao Miguel Vale	+0,75	31.43	1:09.82
24. Natacao do Tejo		Natacao do Tejo	4:47.91	+0,72	331	1	
Mario Jorge Nunes	+0,72	34.96	1:12.31	Joao Pedro Alves	+0,77	31.62	1:10.06
Nuno Miguel Afonso	+0,67	37.44	1:19.69	Telmo Joao Faria	+0,60	31.36	1:05.85