

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-12	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Recorde Nacional (25m) Inf A-13	9:03.90	Alexandra Maria Silva	FCP	Porto	13-07-1980
Recorde Nacional (25m) Juv B-14	9:00.27	Alexandra Maria Silva	fpn	Antibes (FRA)	20-12-1980
Recorde Nacional (25m) Juv A-15	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-18+	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.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	<b>9:22.85</b>	+0,93	624	25
	50m: 31.50 31.50		250m: 2:49.31 34.74	450m: 5:10.49 35.56	650m: 7:34.85 36.16			
	100m: 1:05.49 33.99		300m: 3:24.34 35.03	500m: 5:46.55 36.06	700m: 8:11.27 36.42			
	150m: 1:40.06 34.57		350m: 3:59.58 35.24	550m: 6:22.83 36.28	750m: 8:47.33 36.06			
	200m: 2:14.57 34.51		400m: 4:34.93 35.35	600m: 6:58.69 35.86	800m: 9:22.85 35.52			
2.	Raquel Bartolo Vitor	93	10865	Academica de Coimbra	<b>9:29.28</b>	+0,70	603	23
	50m: 32.18 32.18		250m: 2:54.78 36.44	450m: 5:17.47 35.44	650m: 7:41.51 35.91			
	100m: 1:06.84 34.66		300m: 3:30.55 35.77	500m: 5:53.27 35.80	700m: 8:17.74 36.23			
	150m: 1:42.41 35.57		350m: 4:06.18 35.63	550m: 6:29.55 36.28	750m: 8:53.96 36.22			
	200m: 2:18.34 35.93		400m: 4:42.03 35.85	600m: 7:05.60 36.05	800m: 9:29.28 35.32			
3.	Luana Raquel Alves	97	110022	Desportiva de Viana	<b>9:35.26</b>	+0,92	584	22
	50m: 31.65 31.65		250m: 2:52.07 35.68	450m: 5:17.71 36.51	650m: 7:44.74 36.75			
	100m: 1:06.36 34.71		300m: 3:28.39 36.32	500m: 5:54.29 36.58	700m: 8:22.15 37.41			
	150m: 1:41.34 34.98		350m: 4:04.61 36.22	550m: 6:31.15 36.86	750m: 8:59.39 37.24			
	200m: 2:16.39 35.05		400m: 4:41.20 36.59	600m: 7:07.99 36.84	800m: 9:35.26 35.87			
4.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	<b>9:39.41</b>	+0,85	572	21
	50m: 32.19 32.19		250m: 2:56.63 36.74	450m: 5:23.79 36.46	650m: 7:52.03 36.83			
	100m: 1:07.64 35.45		300m: 3:33.35 36.72	500m: 6:01.02 37.23	700m: 8:28.83 36.80			
	150m: 1:43.62 35.98		350m: 4:10.20 36.85	550m: 6:38.16 37.14	750m: 9:04.77 35.94			
	200m: 2:19.89 36.27		400m: 4:47.33 37.13	600m: 7:15.20 37.04	800m: 9:39.41 34.64			
5.	Catarina Goncalves Leal	98	107296	Bairro dos Anjos/Bomcar	<b>9:42.43</b>	+0,84	563	20
	50m: 31.70 31.70		250m: 2:55.30 36.60	450m: 5:22.76 36.90	650m: 7:52.53 37.48			
	100m: 1:06.66 34.96		300m: 3:32.08 36.78	500m: 6:00.27 37.51	700m: 8:30.23 37.70			
	150m: 1:42.44 35.78		350m: 4:09.01 36.93	550m: 6:37.65 37.38	750m: 9:06.50 36.27			
	200m: 2:18.70 36.26		400m: 4:45.86 36.85	600m: 7:15.05 37.40	800m: 9:42.43 35.93			
6.	Ana Pires Brito	99	117031	Colegio Monte Maior	<b>9:42.94</b>	+0,89	561	19
	50m: 31.92 31.92		250m: 2:55.87 36.62	450m: 5:23.90 36.91	650m: 7:52.33 37.00			
	100m: 1:07.05 35.13		300m: 3:32.73 36.86	500m: 6:01.19 37.29	700m: 8:29.48 37.15			
	150m: 1:42.88 35.83		350m: 4:09.98 37.25	550m: 6:38.38 37.19	750m: 9:06.62 37.14			
	200m: 2:19.25 36.37		400m: 4:46.99 37.01	600m: 7:15.33 36.95	800m: 9:42.94 36.32			
7.	Ines Sofia Sampaio	94	13415	Academico Viseu	<b>9:51.64</b>	+0,99	537	18
	50m: 31.71 31.71		250m: 2:54.32 36.48	450m: 5:26.04 38.62	650m: 7:59.46 37.96			
	100m: 1:06.41 34.70		300m: 3:31.44 37.12	500m: 6:04.25 38.21	700m: 8:37.78 38.32			
	150m: 1:41.87 35.46		350m: 4:09.29 37.85	550m: 6:42.87 38.62	750m: 9:16.02 38.24			
	200m: 2:17.84 35.97		400m: 4:47.42 38.13	600m: 7:21.50 38.63	800m: 9:51.64 35.62			
8.	Sofia Cunha Sousa	96	102996	Foca	<b>9:51.93</b>	+0,94	536	17
	50m: 32.11 32.11		250m: 2:56.73 36.60	450m: 5:25.46 37.39	650m: 7:57.22 38.28			
	100m: 1:07.45 35.34		300m: 3:33.58 36.85	500m: 6:03.16 37.70	700m: 8:35.26 38.04			
	150m: 1:43.58 36.13		350m: 4:10.72 37.14	550m: 6:40.94 37.78	750m: 9:14.08 38.82			
	200m: 2:20.13 36.55		400m: 4:48.07 37.35	600m: 7:18.94 38.00	800m: 9:51.93 37.85			
9.	Miriam Filipe Marcos	01	121690	Natacao de Olhao	<b>9:53.58</b>	+0,82	532	16
	50m: 32.60 32.60		250m: 2:59.96 37.76	450m: 5:29.31 36.69	650m: 8:02.53 38.41			
	100m: 1:08.32 35.72		300m: 3:38.00 38.04	500m: 6:07.42 38.11	700m: 8:40.67 38.14			
	150m: 1:45.15 36.83		350m: 4:15.42 37.42	550m: 6:45.69 38.27	750m: 9:18.16 37.49			
	200m: 2:22.20 37.05		400m: 4:52.62 37.20	600m: 7:24.12 38.43	800m: 9:53.58 35.42			

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	<b>9:54.54</b>	<b>+0,97</b>	529	15
	50m: 32.97 32.97			250m: 3:01.81 37.63	450m: 5:33.69 38.03	650m: 8:04.47 37.09		
	100m: 1:08.67 35.70			300m: 3:39.61 37.80	500m: 6:11.52 37.83	700m: 8:42.16 37.69		
	150m: 1:46.33 37.66			350m: 4:17.22 37.61	550m: 6:49.22 37.70	750m: 9:19.05 36.89		
	200m: 2:24.18 37.85			400m: 4:55.66 38.44	600m: 7:27.38 38.16	800m: 9:54.54 35.49		
11.	Sofia Cristina Grilo	97	112014	Aminata	<b>9:58.16</b>	<b>+0,93</b>	520	14
	50m: 32.85 32.85			250m: 3:00.21 37.05	450m: 5:30.81 37.71	650m: 8:03.58 38.13		
	100m: 1:09.16 36.31			300m: 3:37.74 37.53	500m: 6:08.89 38.08	700m: 8:42.04 38.46		
	150m: 1:45.97 36.81			350m: 4:15.15 37.41	550m: 6:47.32 38.43	750m: 9:20.63 38.59		
	200m: 2:23.16 37.19			400m: 4:53.10 37.95	600m: 7:25.45 38.13	800m: 9:58.16 37.53		
12.	Carolina Silva Moreira	99	118910	Natacao da Maia	<b>9:59.19</b>		517	13
	50m: 33.04 33.04			250m: 3:03.82 36.72	450m: 5:33.41 38.07	650m: 8:06.38 38.33		
	100m: 1:10.08 37.04			300m: 3:40.16 36.34	500m: 6:11.77 38.36	700m: 8:44.83 38.45		
	150m: 1:49.09 39.01			350m: 4:17.46 37.30	550m: 6:50.13 38.36	750m: 9:23.39 38.56		
	200m: 2:27.10 38.01			400m: 4:55.34 37.88	600m: 7:28.05 37.92	800m: 9:59.19 35.80		
13.	Maria Anastacio Luis	96	101915	Benedita	<b>10:01.16</b>	<b>+1,05</b>	512	12
	50m: 33.45 33.45			250m: 3:01.28 37.21	450m: 5:32.17 37.83	650m: 8:05.84 38.71		
	100m: 1:10.10 36.65			300m: 3:38.58 37.30	500m: 6:10.27 38.10	700m: 8:44.57 38.73		
	150m: 1:47.13 37.03			350m: 4:16.38 37.80	550m: 6:48.66 38.39	750m: 9:23.20 38.63		
	200m: 2:24.07 36.94			400m: 4:54.34 37.96	600m: 7:27.13 38.47	800m: 10:01.16 37.96		
14.	Ana Rita Ribau	95	102808	Gafanha da Encarnacao	<b>10:02.15</b>	<b>+0,86</b>	509	11
	50m: 33.08 33.08			250m: 2:59.84 37.05	450m: 5:31.16 38.07	650m: 8:06.27 39.01		
	100m: 1:09.43 36.35			300m: 3:37.37 37.53	500m: 6:09.48 38.32	700m: 8:45.95 39.68		
	150m: 1:46.11 36.68			350m: 4:14.97 37.60	550m: 6:48.32 38.84	750m: 9:25.16 39.21		
	200m: 2:22.79 36.68			400m: 4:53.09 38.12	600m: 7:27.26 38.94	800m: 10:02.15 36.99		
15.	Sara Mafra Rocha	99	112318	Alcobaca	<b>10:11.12</b>	<b>+0,89</b>	487	10
	50m: 33.21 33.21			250m: 3:02.69 38.48	450m: 5:36.97 38.74	650m: 8:14.47 39.58		
	100m: 1:09.74 36.53			300m: 3:40.80 38.11	500m: 6:16.27 39.30	700m: 8:53.92 39.45		
	150m: 1:46.82 37.08			350m: 4:19.41 38.61	550m: 6:55.57 39.30	750m: 9:32.73 38.81		
	200m: 2:24.21 37.39			400m: 4:58.23 38.82	600m: 7:34.89 39.32	800m: 10:11.12 38.39		
16.	Ariana Santos Lopes	00	122846	Estarreja	<b>10:13.95</b>	<b>+1,00</b>	481	9
	50m: 35.54 35.54			250m: 3:09.47 39.33	450m: 5:44.99 39.07	650m: 8:19.83 38.56		
	100m: 1:13.41 37.87			300m: 3:48.02 38.55	500m: 6:23.95 38.96	700m: 8:58.80 38.97		
	150m: 1:51.73 38.32			350m: 4:26.88 38.86	550m: 7:02.31 38.36	750m: 9:37.12 38.32		
	200m: 2:30.14 38.41			400m: 5:05.92 39.04	600m: 7:41.27 38.96	800m: 10:13.95 36.83		
17.	Luana Rafaela Resende	97	106443	Estamos Juntos	<b>10:14.30</b>	<b>+0,96</b>	480	8
	50m: 34.27 34.27			250m: 3:04.62 38.42	450m: 5:41.33 39.31	650m: 8:18.21 38.98		
	100m: 1:10.79 36.52			300m: 3:43.73 39.11	500m: 6:20.52 39.19	700m: 8:57.79 39.58		
	150m: 1:48.38 37.59			350m: 4:23.11 39.38	550m: 6:59.84 39.32	750m: 9:36.99 39.20		
	200m: 2:26.20 37.82			400m: 5:02.02 38.91	600m: 7:39.23 39.39	800m: 10:14.30 37.31		
18.	Salome Pinto Monteiro	98	109388	Sporting Espinho	<b>10:30.82</b>	<b>+1,06</b>	443	7
	50m: 34.48 34.48			250m: 3:09.30 39.82	450m: 5:51.17 40.72	650m: 8:32.11 39.99		
	100m: 1:11.68 37.20			300m: 3:49.54 40.24	500m: 6:31.82 40.65	700m: 9:12.54 40.43		
	150m: 1:50.31 38.63			350m: 4:30.00 40.46	550m: 7:11.92 40.10	750m: 9:52.34 39.80		
	200m: 2:29.48 39.17			400m: 5:10.45 40.45	600m: 7:52.12 40.20	800m: 10:30.82 38.48		
19.	Maria Rasetar	97	117550	Portinado	<b>10:36.51</b>	<b>+0,89</b>	431	6
	50m: 33.59 33.59			250m: 3:11.88 40.62	450m: 5:53.48 40.12	650m: 8:35.65 40.65		
	100m: 1:11.64 38.05			300m: 3:52.70 40.82	500m: 6:33.62 40.14	700m: 9:16.60 40.95		
	150m: 1:51.03 39.39			350m: 4:32.95 40.25	550m: 7:14.15 40.53	750m: 9:57.05 40.45		
	200m: 2:31.26 40.23			400m: 5:13.36 40.41	600m: 7:55.00 40.85	800m: 10:36.51 39.46		
20.	Joana Hiromi Ogura	99	119604	Belenenses	<b>10:39.73</b>	<b>+0,86</b>	425	5
	50m: 33.87 33.87			250m: 3:12.39 40.37	450m: 5:54.01 40.40	650m: 8:38.72 40.84		
	100m: 1:12.76 38.89			300m: 3:52.74 40.35	500m: 6:34.90 40.89	700m: 9:20.08 41.36		
	150m: 1:52.24 39.48			350m: 4:33.01 40.27	550m: 7:16.00 41.10	750m: 10:00.83 40.75		
	200m: 2:32.02 39.78			400m: 5:13.61 40.60	600m: 7:57.88 41.88	800m: 10:39.73 38.90		

Prova 1, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Isabel da Luz Fonseca	99	107883	Naval Ponta Delgada	<b>10:46.26</b>	+0,95	412	4
	50m: 34.69 34.69		250m: 3:16.06	41.44	450m: 6:02.41	41.01	650m: 8:45.86	40.58
	100m: 1:13.43 38.74		300m: 3:58.28	42.22	500m: 6:43.36	40.95	700m: 9:26.88	41.02
	150m: 1:53.80 40.37		350m: 4:39.45	41.17	550m: 7:24.20	40.84	750m: 10:07.24	40.36
	200m: 2:34.62 40.82		400m: 5:21.40	41.95	600m: 8:05.28	41.08	800m: 10:46.26	39.02
22.	Daniela Sofia Serra	98	109257	CLAC-Entroncamento	<b>11:05.38</b>	+0,89	377	3
	50m: 34.97 34.97		250m: 3:18.00	41.55	450m: 6:06.80	42.80	650m: 8:57.56	42.56
	100m: 1:14.87 39.90		300m: 3:59.94	41.94	500m: 6:49.24	42.44	700m: 9:41.20	43.64
	150m: 1:55.42 40.55		350m: 4:41.86	41.92	550m: 7:31.93	42.69	750m: 10:24.00	42.80
	200m: 2:36.45 41.03		400m: 5:24.00	42.14	600m: 8:15.00	43.07	800m: 11:05.38	41.38
23.	Carolina Pacheco Alves	99	111802	Bombeiros Ponta Delgada	<b>11:11.24</b>	+0,88	368	2
	50m: 35.75 35.75		250m: 3:20.00	42.87	450m: 6:11.05	42.34	650m: 9:04.24	43.16
	100m: 1:14.72 38.97		300m: 4:02.81	42.81	500m: 6:54.48	43.43	700m: 9:47.82	43.58
	150m: 1:55.30 40.58		350m: 4:46.13	43.32	550m: 7:37.93	43.45	750m: 10:29.98	42.16
	200m: 2:37.13 41.83		400m: 5:28.71	42.58	600m: 8:21.08	43.15	800m: 11:11.24	41.26
24.	Mara Ribeiro Pinto	01	121887	Feirense	<b>12:27.89</b>	+1,16	266	1
	50m: 37.51 37.51		250m: 3:40.96	46.89	450m: 6:53.26	49.09	650m: 10:07.31	48.43
	100m: 1:20.76 43.25		300m: 4:28.49	47.53	500m: 7:42.10	48.84	700m: 10:55.57	48.26
	150m: 2:06.76 46.00		350m: 5:16.44	47.95	550m: 8:30.50	48.40	750m: 11:44.59	49.02
	200m: 2:54.07 47.31		400m: 6:04.17	47.73	600m: 9:18.88	48.38	800m: 12:27.89	43.30

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-13	1:01.78	Fabio Parrilha da Silva	CNAL	Penafiel	01-04-2000
Recorde Nacional (25m) Inf A-14	59.56	Fabio Parrilha da Silva	CNAL	Leiria	07-04-2001
Recorde Nacional (25m) Juv B-15	57.32	Diogo Filipe Carvalho	CGA	Estarreja	10-06-2003
Recorde Nacional (25m) Juv A-16	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-19+	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.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	<b>55.77</b>	+0,72	656	25
	50m: 25.93 25.93		100m: 55.77	29.84				
2.	Alexandre Escudier Agostinho	86	12668	Portinado	<b>56.23</b>	+0,71	640	23
	50m: 25.59 25.59		100m: 56.23	30.64				
3.	Nelson Filipe Martinho	89	16016	Natacao de Valongo	<b>56.26</b>	+0,80	639	22
	50m: 25.61 25.61		100m: 56.26	30.65				
4.	Emanuel Augusto Pinho	93	14295	Feirense	<b>57.24</b>	+0,70	607	21
	50m: 26.77 26.77		100m: 57.24	30.47				
5.	Miguel Bras Sergio	95	100925	Bombeiros dos Estoris	<b>57.30</b>	+0,77	605	20
	50m: 26.46 26.46		100m: 57.30	30.84				
6.	Joao Pedro Santos	96	101954	Fluval Portuense	<b>57.82</b>	+0,75	589	19
	50m: 26.78 26.78		100m: 57.82	31.04				
7.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	<b>58.50</b>	+0,66	569	18
	50m: 26.98 26.98		100m: 58.50	31.52				
8.	Bernardo Santos Clemente	98	109157	Bairro dos Anjos/Bomcar	<b>59.25</b>	+0,79	547	17
	50m: 27.69 27.69		100m: 59.25	31.56				
9.	Miguel Cordeiro Saraiva	93	11111	Belenenses	<b>59.39</b>	+0,76	543	16
	50m: 27.28 27.28		100m: 59.39	32.11				

Prova 2, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	Antonio Miguel Vitorino	96	25815	Viana Natacao	<b>59.45</b>	+0,78	542	15
	50m: 27.21 27.21		100m: 59.45 32.24					
11.	Antonio Fraga Fragoso	95	14324	Bombeiros Ponta Delgada	<b>59.52</b>	+0,76	540	14
	50m: 27.69 27.69		100m: 59.52 31.83					
12.	Jonatas da Fonseca Gaspar	88	10339	Nautico Marinha Grande	<b>59.71</b>	+0,88	535	13
	50m: 28.07 28.07		100m: 59.71 31.64					
13.	Filipe Fonte Cunha	98	125628	Academico Viseu	<b>1:00.37</b>	+0,72	517	12
	50m: 28.58 28.58		100m: 1:00.37 31.79					
14.	Joao Miguel Ferreira	97	103044	Foca	<b>1:00.63</b>	+0,78	511	11
	50m: 28.18 28.18		100m: 1:00.63 32.45					
15.	David Andre Almeida	97	20340	Ginasio Santo Tirso	<b>1:00.78</b>	+0,91	507	10
	50m: 27.99 27.99		100m: 1:00.78 32.79					
16.	Pedro Miguel Rodrigues	97	103539	Pimpoes/Cimai	<b>1:01.09</b>	+0,75	499	9
	50m: 28.45 28.45		100m: 1:01.09 32.64					
17.	Hugo Filipe Correia	99	118621	Litoral Alentejano	<b>1:01.29</b>	+0,80	494	8
	50m: 28.75 28.75		100m: 1:01.29 32.54					
18.	Luis Antonio Tarquinio	94	106549	Benedita	<b>1:01.34</b>	+0,87	493	7
	50m: 28.61 28.61		100m: 1:01.34 32.73					
19.	Paulo Gabriel Magalhaes	96	102527	Fafe	<b>1:01.51</b>	+0,75	489	6
	50m: 28.69 28.69		100m: 1:01.51 32.82					
20.	Diogo Serrao Santos	96	26686	Viver Santarem	<b>1:01.97</b>	+0,77	478	5
	50m: 28.92 28.92		100m: 1:01.97 33.05					
21.	Joao Paulo Lopes	98	107490	Torres Novas	<b>1:02.67</b>	+0,84	462	4
	50m: 29.32 29.32		100m: 1:02.67 33.35					
22.	Alexander Ramos Esteves	77	14673	Ginasio de Vila Real	<b>1:03.44</b>	+0,75	446	3
	50m: 29.37 29.37		100m: 1:03.44 34.07					
23.	Joao Miguel Branco	98	108676	Sporting Espinho	<b>1:03.45</b>	+0,83	446	2
	50m: 29.18 29.18		100m: 1:03.45 34.27					
24.	Diogo Gomes Branco	97	118464	Naval Setubalense	<b>1:06.93</b>	+0,81	380	1
	50m: 31.01 31.01		100m: 1:06.93 35.92					

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-12	2:31.64	Raquel Maria Felgueiras	SCB	Algés	09-05-1992
Recorde Nacional (25m) Inf A-13	2:25.40	Raquel Maria Felgueiras	SCB	Vila do Conde	30-05-1993
Recorde Nacional (25m) Juv B-14	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A-15	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-18+	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.	Bruna Elisabete Paulino	97	102345	Alcobaca	<b>2:23.81</b>	+0,85	592	25
	50m: 31.26 31.26			100m: 1:06.99 35.73	150m: 1:44.79		37.80	200m: 2:23.81 39.02
2.	Daniela Figueiredo Metelo	97	26780	Academica de Coimbra	<b>2:25.72</b>	+0,73	569	23
	50m: 32.00 32.00			100m: 1:08.41 36.41	150m: 1:46.81		38.40	200m: 2:25.72 38.91
3.	Luana Raquel Alves	97	110022	Desportiva de Viana	<b>2:26.14</b>	+0,91	564	22
	50m: 32.45 32.45			100m: 1:09.35 36.90	150m: 1:47.31		37.96	200m: 2:26.14 38.83
4.	Carolina Santos Silva	86	23208	Natacao da Maia	<b>2:27.00</b>		554	21
	50m: 31.83 31.83			100m: 1:08.66 36.83	150m: 1:47.25		38.59	200m: 2:27.00 39.75
5.	Ines Mendes Paulo	96	106126	Colegio Monte Maior	<b>2:27.17</b>	+0,90	552	20
	50m: 33.37 33.37			100m: 1:10.40 37.03	150m: 1:48.54		38.14	200m: 2:27.17 38.63
6.	Ana Isabel Cunha	96	102991	Foca	<b>2:28.60</b>	+0,77	536	19
	50m: 32.67 32.67			100m: 1:09.65 36.98	150m: 1:48.17		38.52	200m: 2:28.60 40.43
7.	Isa Morais Penas	96	103425	Benedita	<b>2:29.30</b>	+0,93	529	18
	50m: 33.11 33.11			100m: 1:10.42 37.31	150m: 1:49.34		38.92	200m: 2:29.30 39.96
8.	Tatiana Filipa Santos	95	26779	Ginasio Figueirense	<b>2:30.34</b>		518	17
	50m: 32.16 32.16			100m: 1:09.45 37.29	150m: 1:49.16		39.71	200m: 2:30.34 41.18
9.	Mariana Veloso Vitoria	98	110284	Nautico Abrantes	<b>2:30.84</b>	+0,87	513	16
	50m: 32.09 32.09			100m: 1:09.26 37.17	150m: 1:48.38		39.12	200m: 2:30.84 42.46
10.	Madalena Amaro Machado	98	105916	Academico Viseu	<b>2:32.26</b>	+0,93	499	15
	50m: 33.12 33.12			100m: 1:11.51 38.39	150m: 1:51.34		39.83	200m: 2:32.26 40.92
11.	Mariana Sousa Martins	95	103743	Feirense	<b>2:34.30</b>	+0,86	479	14
	50m: 33.88 33.88			100m: 1:12.08 38.20	150m: 1:52.48		40.40	200m: 2:34.30 41.82
12.	Rita Teixeira Costa	97	109314	Belenenses	<b>2:35.07</b>	+0,71	472	13
	50m: 31.98 31.98			100m: 1:10.61 38.63	150m: 1:52.27		41.66	200m: 2:35.07 42.80
13.	Catia Alexandra Batista	96	103036	Colegio SMLamas	<b>2:35.14</b>	+0,75	471	12
	50m: 33.32 33.32			100m: 1:12.19 38.87	150m: 1:52.66		40.47	200m: 2:35.14 42.48
14.	Joana Varela Joaquim	97	104611	Portinado	<b>2:36.73</b>	+0,73	457	11
	50m: 32.36 32.36			100m: 1:11.01 38.65	150m: 1:52.33		41.32	200m: 2:36.73 44.40
15.	Sara Conceicao Peca	99	116963	Bairro dos Anjos/Bomcar	<b>2:37.25</b>	+1,07	453	10
	50m: 34.33 34.33			100m: 1:13.84 39.51	150m: 1:54.50		40.66	200m: 2:37.25 42.75
16.	Catarina Rego Borges	99	107020	Bombeiros Ponta Delgada	<b>2:38.73</b>	+0,81	440	9
	50m: 34.30 34.30			100m: 1:15.36 41.06	150m: 1:57.51		42.15	200m: 2:38.73 41.22
17.	Laura Miranda Rosado	97	107808	Aminata	<b>2:45.74</b>	+0,85	386	8
	50m: 33.96 33.96			100m: 1:12.62 38.66	150m: 1:55.50		42.88	200m: 2:45.74 50.24
18.	Rafaela Marques Bodiao	96	26440	Natacao de Olhao	<b>2:46.46</b>	+0,84	381	7
	50m: 34.34 34.34			100m: 1:15.06 40.72	150m: 1:59.09		44.03	200m: 2:46.46 47.37
19.	Mariana Re Henriques	93	14334	Naval Ponta Delgada	<b>2:53.29</b>	+0,98	338	6
	50m: 36.80 36.80			100m: 1:19.30 42.50	150m: 2:05.59		46.29	200m: 2:53.29 47.70
20.	Ana Luisa Mano	93	12581	Estarreja	<b>2:57.11</b>	+0,93	317	5
	50m: 38.37 38.37			100m: 1:22.92 44.55	150m: 2:09.40		46.48	200m: 2:57.11 47.71

Prova 3, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Ines Casimiro Anacleto	99	117578	Estamos Juntos	<b>3:03.46</b>	+1,05	285	4
	50m: 36.10 36.10			100m: 1:19.12 43.02 150m: 2:08.45	49.33	200m: 3:03.46	55.01	
22.	Sofia Alexandra Picao	99	111292	CLAC-Entroncamento	<b>3:03.82</b>	+0,90	283	3
	50m: 37.79 37.79			100m: 1:24.65 46.86 150m: 2:13.79	49.14	200m: 3:03.82	50.03	
23.	Ana Francisca Bola	00	122587	Gafanha da Encarnacao	<b>3:07.51</b>	+1,09	267	2
	50m: 37.61 37.61			100m: 1:24.89 47.28 150m: 2:15.85	50.96	200m: 3:07.51	51.66	
24.	Ana Rafaela Sousa	98	110639	Sporting Espinho	<b>3:11.11</b>		252	1
	50m: 39.38 39.38			100m: 1:26.61 47.23 150m: 2:17.21	50.60	200m: 3:11.11	53.90	

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-13	1:09.54	Andre Goncalo Santos	LSC	Lousada	15-05-2010
Recorde Nacional (25m) Inf A-14	1:07.92	Andre Goncalo Santos	LSC	Viseu	12-03-2011
Recorde Nacional (25m) Juv B-15	1:04.22	Andre Goncalo Santos	LSC	Braga	04-03-2012
Recorde Nacional (25m) Juv A-16	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-19+	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.	Tomas Correia Silva	95	23367	Fluvial Portuense	<b>1:04.97</b>	+0,65	627	25
	50m: 30.65 30.65			100m: 1:04.97 34.32				
2.	Marcelo Goncalo Pereira	90	22440	Foca	<b>1:05.29</b>	+0,94	617	23
	50m: 30.90 30.90			100m: 1:05.29 34.39				
3.	Tiago Sobral Coelho	95	20393	Ginasio Santo Tirso	<b>1:05.70</b>	+0,75	606	22
	50m: 31.56 31.56			100m: 1:05.70 34.14				
4.	Ricardo Filipe Ferreira	95	11613	Pimpoes/Cimai	<b>1:06.08</b>	+0,80	596	21
	50m: 30.99 30.99			100m: 1:06.08 35.09				
5.	Goncalo Pereira Sa	95	107201	Feirense	<b>1:06.67</b>	+0,65	580	20
	50m: 30.89 30.89			100m: 1:06.67 35.78				
6.	Helder Alexandre Godinho	86	10654	Bairro dos Anjos/Bomcar	<b>1:06.86</b>		575	19
	50m: 30.86 30.86			100m: 1:06.86 36.00				
7.	Andre Magalhaes Moura	98	104988	Academico Viseu	<b>1:06.94</b>	+0,77	573	18
	50m: 31.26 31.26			100m: 1:06.94 35.68				
8.	Nuno Oliveira Noritake	96	104271	Bombeiros dos Estoris	<b>1:07.09</b>	+0,77	569	17
	50m: 31.54 31.54			100m: 1:07.09 35.55				
9.	Ricardo Daniel Goncalves	96	103320	Ginasio de Vila Real	<b>1:07.52</b>	+0,70	558	16
	50m: 31.94 31.94			100m: 1:07.52 35.58				
10.	Joao Paulo Ribeiro	92	10703	Nautico Marinha Grande	<b>1:07.55</b>	+0,70	557	15
	50m: 31.86 31.86			100m: 1:07.55 35.69				
11.	Rui Manuel Ribeiro	82	20615	Fafe	<b>1:08.40</b>		537	14
	50m: 31.08 31.08			100m: 1:08.40 37.32				
12.	Leonardo Peralta Reis	96	25450	Benedita	<b>1:08.77</b>	+0,72	528	13
	50m: 32.27 32.27			100m: 1:08.77 36.50				
13.	Fabio Miguel Samouco	95	105237	Torres Novas	<b>1:08.78</b>	+0,76	528	12
	50m: 31.66 31.66			100m: 1:08.78 37.12				

Prova 4, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Hugo Alexandre Amaral	87	12641	Portinado	<b>1:09.44</b>	+0,79	513	11
	50m: 31.48 31.48			100m: 1:09.44 37.96				
15.	Rodrigo Marques Costa	76	11306	Litoral Alentejano	<b>1:10.09</b>	+0,83	499	10
	50m: 33.21 33.21			100m: 1:10.09 36.88				
16.	Hugo Neves Neto	94	110453	Columbofila Cantanhedense	<b>1:10.13</b>	+0,80	498	9
	50m: 32.29 32.29			100m: 1:10.13 37.84				
17.	Tiago Andre Marques	93	18351	Sporting Espinho	<b>1:10.23</b>	+0,73	496	8
	50m: 32.54 32.54			100m: 1:10.23 37.69				
18.	Antonio Sampaio Rebolo	94	15741	Belenenses	<b>1:10.43</b>	+0,80	492	7
	50m: 31.51 31.51			100m: 1:10.43 38.92				
19.	Carlos Braganca Castro	97	14314	Naval Ponta Delgada	<b>1:11.37</b>	+0,67	473	6
	50m: 33.26 33.26			100m: 1:11.37 38.11				
20.	Tomas Machado Vale	97	102229	Viana Natacao	<b>1:11.72</b>	+0,76	466	5
	50m: 33.05 33.05			100m: 1:11.72 38.67				
21.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	<b>1:12.28</b>	+0,71	455	4
	50m: 33.74 33.74			100m: 1:12.28 38.54				
22.	Diogo Serrao Santos	96	26686	Viver Santarem	<b>1:12.61</b>	+0,80	449	3
	50m: 34.12 34.12			100m: 1:12.61 38.49				
23.	Pedro Nuno Vieira	98	106742	Natacao de Valongo	<b>1:13.47</b>	+0,80	433	2
	50m: 33.56 33.56			100m: 1:13.47 39.91				
24.	Simao Correia Ricardo	00	121405	Naval Setubalense	<b>1:20.54</b>	+0,92	329	1
	50m: 38.41 38.41			100m: 1:20.54 42.13				

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-12	2:46.14	Raquel Gomes Pereira	SAD	Algés	02-06-2011
Recorde Nacional (25m) Inf A-13	2:41.33	Raquel Gomes Pereira	SAD	S. António Cavaleiros	16-03-2013
Recorde Nacional (25m) Juv B-14	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A-15	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-18+	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.	Joana Marques Maia	91	25067	Natacao da Maia	<b>2:40.69</b>	+0,86	587	25
	50m: 36.04 36.04			100m: 1:16.80 40.76 150m: 1:58.75 41.95 200m: 2:40.69 41.94				
2.	Maria Madalena Silva	98	116614	Nautico Abrantes	<b>2:41.32</b>	+0,73	580	23
	50m: 36.80 36.80			100m: 1:17.92 41.12 150m: 1:59.43 41.51 200m: 2:41.32 41.89				
3.	Ines Rocha Silva	00	117806	Alcobaça	<b>2:45.10</b>	+0,73	541	22
	50m: 36.83 36.83			100m: 1:19.19 42.36 150m: 2:02.71 43.52 200m: 2:45.10 42.39				
4.	Ana Margarida Domingos	93	13416	Academico Viseu	<b>2:46.16</b>	+0,88	531	21
	50m: 37.38 37.38			100m: 1:19.55 42.17 150m: 2:03.02 43.47 200m: 2:46.16 43.14				
5.	Daniela Valente Ferreira	96	100180	Estamos Juntos	<b>2:48.10</b>	+0,89	513	20
	50m: 38.29 38.29			100m: 1:21.38 43.09 150m: 2:05.35 43.97 200m: 2:48.10 42.75				
6.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	<b>2:48.35</b>	+0,75	510	19
	50m: 37.24 37.24			100m: 1:19.88 42.64 150m: 2:03.80 43.92 200m: 2:48.35 44.55				

Prova 5, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Ana Catarina Serra	95	110228	Academica de Coimbra	<b>2:48.36</b>	+0,81	510	18
	50m: 37.84 37.84		100m: 1:20.98 43.14	150m: 2:04.27	43.29	200m: 2:48.36	44.09	
8.	Carolina Lourenco Matos	98	109647	Benedita	<b>2:48.37</b>	+0,77	510	17
	50m: 37.73 37.73		100m: 1:21.46 43.73	150m: 2:05.73	44.27	200m: 2:48.37	42.64	
9.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	<b>2:48.48</b>	+0,80	509	16
	50m: 37.84 37.84		100m: 1:20.38 42.54	150m: 2:04.44	44.06	200m: 2:48.48	44.04	
10.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	<b>2:49.86</b>	+0,75	497	15
	50m: 38.72 38.72		100m: 1:22.01 43.29	150m: 2:05.29	43.28	200m: 2:49.86	44.57	
11.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>2:49.98</b>	+0,77	496	14
	50m: 36.83 36.83		100m: 1:19.30 42.47	150m: 2:04.16	44.86	200m: 2:49.98	45.82	
12.	Ana Filipa Teixeira	95	15992	Desportiva de Viana	<b>2:51.96</b>	+0,75	479	13
	50m: 37.95 37.95		100m: 1:21.55 43.60	150m: 2:05.76	44.21	200m: 2:51.96	46.20	
13.	Beatriz Antunes Carvalho	99	117036	Colegio Monte Maior	<b>2:52.30</b>	+0,91	476	12
	50m: 38.45 38.45		100m: 1:22.84 44.39	150m: 2:07.67	44.83	200m: 2:52.30	44.63	
14.	Catarina Alexandra Dias	95	25908	Naval Ponta Delgada	<b>2:53.89</b>	+0,75	463	11
	50m: 38.09 38.09		100m: 1:21.34 43.25	150m: 2:07.29	45.95	200m: 2:53.89	46.60	
15.	Beatriz Ribeiro Cunha	01	118314	Foca	<b>2:56.91</b>		440	10
	50m: 38.01 38.01		100m: 1:21.97 43.96	150m: 2:09.19	47.22	200m: 2:56.91	47.72	
16.	Carolina Pastor Escada	00	120238	Aminata	<b>2:57.49</b>	+0,88	435	9
	50m: 39.67 39.67		100m: 1:24.45 44.78	150m: 2:11.14	46.69	200m: 2:57.49	46.35	
17.	Patricia Fonseca Silva	93	13374	Feirense	<b>2:57.52</b>	+0,88	435	8
	50m: 39.84 39.84		100m: 1:25.52 45.68	150m: 2:11.37	45.85	200m: 2:57.52	46.15	
18.	Patricia Domingues Canhao	98	117905	Bairro dos Anjos/Bomcar	<b>2:58.46</b>	+0,88	428	7
	50m: 38.07 38.07		100m: 1:22.45 44.38	150m: 2:09.84	47.39	200m: 2:58.46	48.62	
19.	Maria Rachadell Pereira	98	104612	Portinado	<b>3:02.53</b>		400	6
	50m: 36.49 36.49		100m: 1:20.35 43.86	150m: 2:09.79	49.44	200m: 3:02.53	52.74	
20.	Vanessa Rodrigues Valente	94	12585	Estarreja	<b>3:02.70</b>	+1,04	399	5
	50m: 40.30 40.30		100m: 1:26.05 45.75	150m: 2:13.67	47.62	200m: 3:02.70	49.03	
21.	Catarina Filipa Lei	99	109387	Sporting Espinho	<b>3:03.76</b>	+0,75	392	4
	50m: 38.66 38.66		100m: 1:23.98 45.32	150m: 2:12.94	48.96	200m: 3:03.76	50.82	
22.	Ines Isabel Ramos	98	111417	Belenenses	<b>3:04.30</b>	+0,79	389	3
	50m: 40.87 40.87		100m: 1:27.31 46.44	150m: 2:15.51	48.20	200m: 3:04.30	48.79	
23.	Carolina Conceicao Pais	97	103764	Colegio SMLamas	<b>3:06.60</b>	+0,95	375	2
	50m: 41.96 41.96		100m: 1:29.52 47.56	150m: 2:18.24	48.72	200m: 3:06.60	48.36	
24.	Regina Lopes Bento	00	124555	Gafanha da Encarnacao	<b>3:14.86</b>	+1,06	329	1
	50m: 40.72 40.72		100m: 1:31.02 50.30	150m: 2:24.30	53.28	200m: 3:14.86	50.56	



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-13	26.65	Gabriel Jose Lopes	CDL	Lousã	19-06-2010
Recorde Nacional (25m) Inf A-14	25.31	Nuno Migue Graca	EDV	Ponte da Barca	07-07-2012
Recorde Nacional (25m) Juv B-15	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Juv A-16	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-19+	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.	Alexandre Escudier Agostinho	86	12668	Portinado	<b>22.78</b>	+0,70	707	25
2.	Nelson Filipe Martinho	89	16016	Natacao de Valongo	<b>23.42</b>	+0,75	651	23
3.	Tiago Manuel Teixeira	96	102485	Fafe	<b>23.59</b>	+0,70	637	22
4.	Tiago Geraldés Machado	93	10264	Pimpoes/Cimai	<b>24.25</b>	+0,88	586	21
5.	Carlos Fernandes Queiros	86	118205	Fluvial Portuense	<b>24.45</b>	+0,68	572	20
6.	Jonatas da Fonseca Gaspar	88	10339	Nautico Marinha Grande	<b>24.65</b>	+0,88	558	19
7.	Andre Lima Costa	97	105015	Sporting Espinho	<b>24.68</b>	+0,67	556	18
8.	Emanuel Augusto Pinho	93	14295	Feirense	<b>24.75</b>	+0,69	551	17
9.	Tiago Joao Meira	96	25816	Viana Natacao	<b>24.77</b>	+0,75	550	16
10.	Rogério Pina Tavares	92	11443	Litoral Alentejano	<b>24.90</b>	+0,68	541	15
11.	Miguel Cordeiro Saraiva	93	11111	Belenenses	<b>24.95</b>	+0,77	538	14
12.	Bruno Rafael Correia	93	13427	Academico Viseu	<b>25.07</b>	+0,75	530	13
13.	Ricardo David Silva	97	103049	Foca	<b>25.10</b>	+0,75	529	12
14.	Bernardo Santos Clemente	98	109157	Bairro dos Anjos/Bomcar	<b>25.12</b>	+0,75	527	11
15.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	<b>25.17</b>	+0,67	524	10
16.	Mohammad Shams Azad	95	109652	Naval Ponta Delgada	<b>25.22</b>	+0,81	521	9
17.	Frederico Sousa Soares	96	104260	Bombeiros dos Estoris	<b>25.40</b>	+0,82	510	8
18.	Eduardo Valente Moco	86	11254	Viver Santarem	<b>25.44</b>	+0,77	508	7
19.	Carlos Manuel Figueiredo	96	103321	Ginasio de Vila Real	<b>25.47</b>	+0,68	506	6
20.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	<b>25.53</b>	+0,72	502	5
21.	Joao Pedro Barroso	95	20392	Ginasio Santo Tirso	<b>25.59</b>	+0,77	499	4
22.	Fabio Andre Ferreira	86	12128	Torres Novas	<b>25.67</b>	+0,79	494	3
23.	Joao Diogo Francisco	92	14822	Benedita	<b>25.89</b>	+0,74	482	2
24.	Pedro Miguel Dinis	97	108425	Naval Setubalense	<b>28.05</b>	+0,90	379	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-12	1:01.63	Ines Camacho Fernandes	SCP	Lisboa	05-04-2009
Recorde Nacional (25m) Inf A-13	59.20	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Recorde Nacional (25m) Juv B-14	59.33	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A-15	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-18+	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.	Isabel Pinto Abreu 50m: 28.49 28.49	96	26324	Belenenses 100m: 58.15 29.66	<b>58.15</b>	+0,72	675	25
2.	Ana Filipa Martins 50m: 28.64 28.64	97	104438	Foca 100m: 59.34 30.70	<b>59.34</b>	+0,84	635	23
3.	Sarah Dias 50m: 28.71 28.71	99	119262	CLAC-Entroncamento 100m: 59.96 31.25	<b>59.96</b>	+0,78	615	22
4.	Amelia Pereira Fernandes 50m: 28.81 28.81	89	15951	Academica de Coimbra 100m: 59.99 31.18	<b>59.99</b>	+0,84	614	21
5.	Ana Beatriz Silva 50m: 28.23 28.23	96	112263	Gafanha da Encarnacao 100m: 1:00.28 32.05	<b>1:00.28</b>	+0,72	605	20
6.	Ana Raquel Ferreira 50m: 29.64 29.64	98	102755	Ginasio Figueirense 100m: 1:00.89 31.25	<b>1:00.89</b>	+0,91	587	19
7.	Jessica Sousa Brito 50m: 28.37 28.37	97	116847	Portinado 100m: 1:01.10 32.73	<b>1:01.10</b>	+0,77	581	18
8.	Barbara Sofia Lopes 50m: 29.51 29.51	98	110519	Estarreja 100m: 1:01.86 32.35	<b>1:01.86</b>	+0,81	560	17
9.	Filipa Andreia Costa 50m: 29.79 29.79	98	109094	Colegio Monte Maior 100m: 1:02.23 32.44	<b>1:02.23</b>	+0,77	550	16
10.	Ana Francisca Silva 50m: 29.88 29.88	95	102893	Academico Viseu 100m: 1:02.28 32.40	<b>1:02.28</b>	+0,80	549	15
11.	Filipa Mendes Pinheiro 50m: 29.37 29.37	92	11056	Desportiva de Viana 100m: 1:02.58 33.21	<b>1:02.58</b>	+0,68	541	14
12.	Rute Isabel Leonardo 50m: 30.09 30.09	98	121391	Nautico Abrantes 100m: 1:02.84 32.75	<b>1:02.84</b>	+0,84	534	13
13.	Teresa Manuela Aires 50m: 29.69 29.69	96	105004	Sporting Espinho 100m: 1:02.89 33.20	<b>1:02.89</b>	+0,82	533	12
14.	Joana Gabriela Silva 50m: 30.15 30.15	95	103945	Colegio SMLamas 100m: 1:03.63 33.48	<b>1:03.63</b>	+0,79	515	11
15.	Mafalda Fraga Fragoso 50m: 29.83 29.83	94	14327	Bombeiros Ponta Delgada 100m: 1:03.65 33.82	<b>1:03.65</b>	+0,83	514	10
16.	Ines Eira Pereira 50m: 31.01 31.01	99	117517	Estamos Juntos 100m: 1:04.07 33.06	<b>1:04.07</b>	+0,97	504	9
17.	Matilde Correia Vieira 50m: 30.40 30.40	00	117805	Alcobaca 100m: 1:04.26 33.86	<b>1:04.26</b>	+0,93	500	8
18.	Mariana Sousa Martins 50m: 31.08 31.08	95	103743	Feirense 100m: 1:04.46 33.38	<b>1:04.46</b>	+0,82	495	7
19.	Joana Sousa Pereira 50m: 30.56 30.56	99	107295	Bairro dos Anjos/Bomcar 100m: 1:04.75 34.19	<b>1:04.75</b>	+0,81	488	6
20.	Isa Morais Penas 50m: 30.82 30.82	96	103425	Benedita 100m: 1:04.90 34.08	<b>1:04.90</b>	+0,86	485	5

Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Ines Alexandra Freire	01	122095	Aminata	<b>1:05.40</b>	+0,93	474	4
	50m: 31.56 31.56			100m: 1:05.40 33.84				
22.	Sara Filipe Marcos	97	117251	Natacao de Olhao	<b>1:05.68</b>	+0,86	468	3
	50m: 31.55 31.55			100m: 1:05.68 34.13				
23.	Carolina Silva Moreira	99	118910	Natacao da Maia	<b>1:06.21</b>	+0,86	457	2
	50m: 32.08 32.08			100m: 1:06.21 34.13				
24.	Carolina Braz Garcia	98	110123	Naval Ponta Delgada	<b>1:07.69</b>	+0,80	427	1
	50m: 31.80 31.80			100m: 1:07.69 35.89				

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-13	1:04.76	Alexandre Lages Ribas	EDV	Ponte da Barca	09-05-2010
Recorde Nacional (25m) Inf A-14	1:00.97	Alexandre Lages Ribas	EDV	Viseu	11-03-2011
Recorde Nacional (25m) Juv B-15	57.38	Gabriel Jose Lopes	CDL	Coimbra	13-05-2012
Recorde Nacional (25m) Juv A-16	56.45	Diogo Gomes Sousa	CNCVG	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-19+	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.	Miguel Duarte Nascimento	95	14944	Portinado	<b>57.27</b>	+0,66	624	25
	50m: 28.11 28.11			100m: 57.27 29.16				
2.	Tomas Machado Vale	97	102229	Viana Natacao	<b>58.72</b>	+0,71	578	23
	50m: 28.68 28.68			100m: 58.72 30.04				
3.	Ivo Pinto Ribeiro	97	108299	Foca	<b>59.55</b>	+0,62	555	22
	50m: 28.54 28.54			100m: 59.55 31.01				
4.	Job Santos Silva	96	24351	Feirense	<b>59.69</b>	+0,78	551	21
	50m: 28.92 28.92			100m: 59.69 30.77				
5.	Ivo Andre Lopes	94	11728	Viver Santarem	<b>1:00.21</b>	+0,69	537	20
	50m: 29.16 29.16			100m: 1:00.21 31.05				
6.	Pedro Miguel Gamito	96	118496	Bombeiros dos Estoris	<b>1:00.86</b>	+0,77	519	19
	50m: 29.36 29.36			100m: 1:00.86 31.50				
7.	Paulo Gabriel Magalhaes	96	102527	Fafe	<b>1:00.88</b>	+0,61	519	18
	50m: 29.42 29.42			100m: 1:00.88 31.46				
8.	Bruno Miguel Amaral	89	11992	Academico Viseu	<b>1:01.44</b>	+0,66	505	17
	50m: 29.83 29.83			100m: 1:01.44 31.61				
9.	Cesar Fernando Faria	90	10704	Bairro dos Anjos/Bomcar	<b>1:01.45</b>	+0,67	505	16
	50m: 29.60 29.60			100m: 1:01.45 31.85				
10.	Joao Pedro Tarquinio	97	106738	Benedita	<b>1:01.46</b>	+0,58	504	15
	50m: 29.69 29.69			100m: 1:01.46 31.77				
11.	Rui Miguel Aires	91	13386	Sporting Espinho	<b>1:01.99</b>	+0,77	492	14
	50m: 29.76 29.76			100m: 1:01.99 32.23				
12.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>1:02.05</b>	+0,69	490	13
	50m: 30.19 30.19			100m: 1:02.05 31.86				
13.	Carlos Manuel Figueiredo	96	103321	Ginasio de Vila Real	<b>1:02.40</b>	+0,59	482	12
	50m: 29.74 29.74			100m: 1:02.40 32.66				

Prova 8, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	David Oliveira Gorgulho	82	11302	Litoral Alentejano	<b>1:02.78</b>	+0,72	473	11
	50m: 30.65 30.65			100m: 1:02.78 32.13				
15.	Nuno Henrique Guimaraes	99	119147	Natacao de Valongo	<b>1:02.94</b>	+0,53	470	10
	50m: 31.03 31.03			100m: 1:02.94 31.91				
16.	Alexandre Galveias Vale	93	10265	Pimpoes/Cimai	<b>1:03.14</b>	+0,62	465	9
	50m: 29.98 29.98			100m: 1:03.14 33.16				
17.	Mohammad Shams Azad	95	109652	Naval Ponta Delgada	<b>1:03.36</b>	+0,67	460	8
	50m: 30.17 30.17			100m: 1:03.36 33.19				
18.	Francisco Robalo Quintas	95	26501	Belenenses	<b>1:03.42</b>	+0,63	459	7
	50m: 30.25 30.25			100m: 1:03.42 33.17				
19.	Andre Filipe Vicente	81	104158	Torres Novas	<b>1:03.84</b>	+0,59	450	6
	50m: 30.90 30.90			100m: 1:03.84 32.94				
20.	Julio Dinis Goncalves	96	103624	Fluval Portuense	<b>1:04.32</b>	+0,60	440	5
	50m: 30.48 30.48			100m: 1:04.32 33.84				
21.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	<b>1:04.89</b>	+0,73	429	4
	50m: 31.30 31.30			100m: 1:04.89 33.59				
22.	Gabriel Levi Gomes	99	118573	Columbofila Cantanhedense	<b>1:05.20</b>	+0,74	422	3
	50m: 31.42 31.42			100m: 1:05.20 33.78				
23.	Joao Pedro Barroso	95	20392	Ginasio Santo Tirso	<b>1:06.33</b>	+0,60	401	2
	50m: 31.81 31.81			100m: 1:06.33 34.52				
24.	Guilherme Miguel Luis	98	111275	Naval Setubalense	<b>1:13.48</b>	+0,69	295	1
	50m: 34.54 34.54			100m: 1:13.48 38.94				

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-12	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	16-03-1997
Recorde Nacional (25m) Inf A-13	2:22.25	Keissy Joselin Sousa	FCP	Algés	15-03-1998
Recorde Nacional (25m) Juv B-14	2:17.86	Catia Raquel Martinheira	LDC	Sines	21-12-2008
Recorde Nacional (25m) Juv A-15	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-18+	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.	Tatiana Filipa Santos	95	26779	Ginasio Figueirense	<b>2:20.09</b>	+0,71	628	25
	50m: 33.42 33.42			100m: 1:08.36 34.94 150m: 1:44.29 35.93 200m: 2:20.09 35.80				
2.	Mariana Veloso Vitoria	98	110284	Nautico Abrantes	<b>2:24.35</b>	+0,63	574	23
	50m: 32.45 32.45			100m: 1:08.22 35.77 150m: 1:45.89 37.67 200m: 2:24.35 38.46				
3.	Juliana Lima Freixo	97	100827	Desportiva de Viana	<b>2:26.49</b>	+0,61	550	22
	50m: 33.99 33.99			100m: 1:11.28 37.29 150m: 1:48.89 37.61 200m: 2:26.49 37.60				
4.	Maria Morgado Franco	98	107311	Portinado	<b>2:27.05</b>	+0,68	543	21
	50m: 32.54 32.54			100m: 1:08.96 36.42 150m: 1:47.79 38.83 200m: 2:27.05 39.26				
5.	Catarina Goncalves Leal	98	107296	Bairro dos Anjos/Bomcar	<b>2:27.93</b>	+0,76	534	20
	50m: 34.71 34.71			100m: 1:12.61 37.90 150m: 1:50.89 38.28 200m: 2:27.93 37.04				
6.	Bruna Elisabete Paulino	97	102345	Alcobaça	<b>2:28.50</b>	+0,73	528	19
	50m: 34.19 34.19			100m: 1:11.96 37.77 150m: 1:50.75 38.79 200m: 2:28.50 37.75				

Prova 9, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Marta Filipa Vinagre 50m: 33.29 33.29	95	24660	CLAC-Entroncamento	<b>2:30.88</b> 40.08	+0,58	503	18
8.	Miriam Filipe Marcos 50m: 35.27 35.27	01	121690	Natacao de Olhao	<b>2:31.88</b> 39.21	+0,60	493	17
9.	Filipa Oliveira Andrade 50m: 36.01 36.01	97	110582	Colegio SMLamas	<b>2:32.04</b> 39.47	+0,67	492	16
10.	Madalena Amaro Machado 50m: 36.18 36.18	98	105916	Academico Viseu	<b>2:32.10</b> 39.35	+0,81	491	15
11.	Carla Sofia Cruz 50m: 34.83 34.83	96	103821	Sporting Espinho	<b>2:32.63</b> 40.06	+0,90	486	14
12.	Catarina Rego Borges 50m: 35.16 35.16	99	107020	Bombeiros Ponta Delgada	<b>2:32.70</b> 39.68	+0,76	485	13
13.	Rosana Marinho Macedo 50m: 34.88 34.88	99	111500	Foca	<b>2:33.44</b> 40.14	+0,69	478	12
14.	Cintia Mariana Fernandes 50m: 34.89 34.89	97	103936	Academica de Coimbra	<b>2:34.21</b> 40.46	+0,66	471	11
15.	Beatriz Valadas Bilro 50m: 34.99 34.99	00	123035	Aminata	<b>2:36.39</b> 40.87	+0,75	452	10
16.	Ines Silva Marques 50m: 36.11 36.11	99	110560	Natacao da Maia	<b>2:38.40</b> 41.39	+0,76	435	9
17.	Jessica Pinto Pinho 50m: 36.41 36.41	98	123245	Estarreja	<b>2:39.93</b> 41.63	+0,57	422	8
18.	Beatriz Seixas Goncalves 50m: 37.15 37.15	01	122060	Colegio Monte Maior	<b>2:41.02</b> 41.44	+0,75	414	7
19.	Carolina Travassos Silva 50m: 37.33 37.33	98	111790	Naval Ponta Delgada	<b>2:41.45</b> 42.03	+0,76	410	6
20.	Barbara Amaro Cerejo 50m: 36.57 36.57	97	105786	Benedita	<b>2:42.12</b> 42.41	+0,77	405	5
21.	Rita Correia Albergueiro 50m: 38.68 38.68	00	117579	Estamos Juntos	<b>2:43.21</b> 42.25	+0,74	397	4
22.	Alexandra Couto Frazao 50m: 38.77 38.77	02	125426	Belenenses	<b>2:43.71</b> 41.91	+0,95	394	3
23.	Maria Ines Coelho 50m: 38.01 38.01	98	116854	Feirense	<b>2:45.63</b> 43.00	+0,84	380	2
24.	Joana Santos Pereira 50m: 38.69 38.69	00	116524	Gafanha da Encarnacao	<b>2:46.58</b> 43.27	+0,81	374	1

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-13	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Recorde Nacional (25m) Inf A-14	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Recorde Nacional (25m) Juv B-15	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Juv A-16	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-19+	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.	Tiago Manuel Teixeira	96	102485	Fafe	<b>4:05.70</b>	+0,69	644	25
	50m: 26.67 26.67	150m: 1:26.22	30.05	250m: 2:29.23	31.59	350m: 3:33.71	32.04	
	100m: 56.17 29.50	200m: 1:57.64	31.42	300m: 3:01.67	32.44	400m: 4:05.70	31.99	
2.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	<b>4:07.11</b>	+0,79	633	23
	50m: 27.30 27.30	150m: 1:29.72	31.63	250m: 2:33.21	31.82	350m: 3:37.04	31.74	
	100m: 58.09 30.79	200m: 2:01.39	31.67	300m: 3:05.30	32.09	400m: 4:07.11	30.07	
3.	Hugo Neves Neto	94	110453	Columbofila Cantanhedense	<b>4:08.48</b>	+0,84	623	22
	50m: 28.46 28.46	150m: 1:31.22	31.68	250m: 2:35.03	31.90	350m: 3:38.56	31.98	
	100m: 59.54 31.08	200m: 2:03.13	31.91	300m: 3:06.58	31.55	400m: 4:08.48	29.92	
4.	Guilherme Filipe Pina	98	107450	Benedita	<b>4:08.54</b>	+0,78	622	21
	50m: 27.54 27.54	150m: 1:29.23	31.36	250m: 2:32.68	31.78	350m: 3:37.31	32.38	
	100m: 57.87 30.33	200m: 2:00.90	31.67	300m: 3:04.93	32.25	400m: 4:08.54	31.23	
5.	Afonso Mateus Ribeiro	95	100430	Belenenses	<b>4:10.55</b>	+0,64	607	20
	50m: 28.46 28.46	150m: 1:30.30	31.27	250m: 2:33.40	31.73	350m: 3:38.61	32.52	
	100m: 59.03 30.57	200m: 2:01.67	31.37	300m: 3:06.09	32.69	400m: 4:10.55	31.94	
6.	Pedro Rafael Garcia	96	123689	Academico Viseu	<b>4:11.55</b>	+0,73	600	19
	50m: 27.82 27.82	150m: 1:30.26	31.70	250m: 2:35.36	32.78	350m: 3:40.55	32.50	
	100m: 58.56 30.74	200m: 2:02.58	32.32	300m: 3:08.05	32.69	400m: 4:11.55	31.00	
7.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>4:13.17</b>	+0,83	589	18
	50m: 28.18 28.18	150m: 1:30.68	31.86	250m: 2:35.94	33.00	350m: 3:41.50	33.00	
	100m: 58.82 30.64	200m: 2:02.94	32.26	300m: 3:08.50	32.56	400m: 4:13.17	31.67	
8.	Miguel Galeao Lopes	96	105891	Portinado	<b>4:15.83</b>	+0,69	571	17
	50m: 27.64 27.64	150m: 1:31.20	32.12	250m: 2:37.99	33.73	350m: 3:44.75	33.08	
	100m: 59.08 31.44	200m: 2:04.26	33.06	300m: 3:11.67	33.68	400m: 4:15.83	31.08	
9.	Jose Carlos Teixeira	96	102982	Foca	<b>4:16.84</b>	+0,78	564	16
	50m: 28.09 28.09	150m: 1:31.53	32.39	250m: 2:37.67	32.66	350m: 3:44.42	33.38	
	100m: 59.14 31.05	200m: 2:05.01	33.48	300m: 3:11.04	33.37	400m: 4:16.84	32.42	
10.	Tiago Joao Meira	96	25816	Viana Natacao	<b>4:17.11</b>	+0,81	562	15
	50m: 27.14 27.14	150m: 1:29.98	32.01	250m: 2:36.33	33.53	350m: 3:44.17	34.12	
	100m: 57.97 30.83	200m: 2:02.80	32.82	300m: 3:10.05	33.72	400m: 4:17.11	32.94	
11.	Nuno Goncalo Santos	96	101865	Bairro dos Anjos/Bomcar	<b>4:17.88</b>	+0,83	557	14
	50m: 28.78 28.78	150m: 1:32.65	32.33	250m: 2:39.56	33.54	350m: 3:46.64	33.08	
	100m: 1:00.32 31.54	200m: 2:06.02	33.37	300m: 3:13.56	34.00	400m: 4:17.88	31.24	
	Humberto Fernandes Felgueira	98	105205	Natacao de Valongo	<b>4:17.88</b>	+0,90	557	14
	50m: 28.83 28.83	150m: 1:33.17	32.65	250m: 2:38.67	32.37	350m: 3:45.74	33.46	
	100m: 1:00.52 31.69	200m: 2:06.30	33.13	300m: 3:12.28	33.61	400m: 4:17.88	32.14	
13.	Miguel Filipe Pinto	96	105729	Ginasio Santo Tirso	<b>4:18.38</b>	+0,85	554	12
	50m: 27.73 27.73	150m: 1:30.93	32.00	250m: 2:36.03	33.12	350m: 3:44.77	34.74	
	100m: 58.93 31.20	200m: 2:02.91	31.98	300m: 3:10.03	34.00	400m: 4:18.38	33.61	
14.	Alexandre Magno Carvalho	98	108284	Fluvial Portuense	<b>4:19.00</b>	+0,75	550	11
	50m: 28.48 28.48	150m: 1:33.51	33.10	250m: 2:39.91	33.00	350m: 3:46.39	33.10	
	100m: 1:00.41 31.93	200m: 2:06.91	33.40	300m: 3:13.29	33.38	400m: 4:19.00	32.61	

Prova 10, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Bernardo Filipe Pereira	96	116967	Pimpoes/Cimai	<b>4:21.52</b>	+0,81	534	10
	50m: 28.39 28.39		150m: 1:32.51	32.61	250m: 2:40.22	34.19	350m: 3:48.54	34.15
	100m: 59.90 31.51		200m: 2:06.03	33.52	300m: 3:14.39	34.17	400m: 4:21.52	32.98
16.	Leonardo Rochinha Pedro	98	111381	Bombeiros dos Estoris	<b>4:21.65</b>	+0,73	533	9
	50m: 28.07 28.07		150m: 1:32.34	32.93	250m: 2:39.31	33.58	350m: 3:48.03	34.48
	100m: 59.41 31.34		200m: 2:05.73	33.39	300m: 3:13.55	34.24	400m: 4:21.65	33.62
17.	Alcides Costa Sousa	94	103744	Feirense	<b>4:23.93</b>	+0,78	520	8
	50m: 28.79 28.79		150m: 1:32.67	32.35	250m: 2:39.71	34.00	350m: 3:49.58	35.11
	100m: 1:00.32 31.53		200m: 2:05.71	33.04	300m: 3:14.47	34.76	400m: 4:23.93	34.35
18.	Joao Luis Baeta	94	12151	Viver Santarem	<b>4:25.08</b>	+0,76	513	7
	50m: 28.90 28.90		150m: 1:33.95	33.07	250m: 2:42.57	34.78	350m: 3:52.06	34.63
	100m: 1:00.88 31.98		200m: 2:07.79	33.84	300m: 3:17.43	34.86	400m: 4:25.08	33.02
19.	Dario Fausto Matias	98	106690	Torres Novas	<b>4:25.92</b>	+0,85	508	6
	50m: 29.28 29.28		150m: 1:36.06	34.04	250m: 2:45.55	34.51	350m: 3:54.45	33.98
	100m: 1:02.02 32.74		200m: 2:11.04	34.98	300m: 3:20.47	34.92	400m: 4:25.92	31.47
20.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	<b>4:28.53</b>	+0,81	493	5
	50m: 28.53 28.53		150m: 1:34.38	33.82	250m: 2:43.68	34.75	350m: 3:54.39	35.38
	100m: 1:00.56 32.03		200m: 2:08.93	34.55	300m: 3:19.01	35.33	400m: 4:28.53	34.14
21.	Nuno Tiago Lopes	98	110423	Ginasio de Vila Real	<b>4:30.29</b>	+0,78	484	4
	50m: 28.05 28.05		150m: 1:32.55	33.04	250m: 2:41.33	34.81	350m: 3:53.74	36.61
	100m: 59.51 31.46		200m: 2:06.52	33.97	300m: 3:17.13	35.80	400m: 4:30.29	36.55
22.	Rodrigo Manuel Monteiro	98	109389	Sporting Espinho	<b>4:31.91</b>	+0,92	475	3
	50m: 28.79 28.79		150m: 1:34.65	33.69	250m: 2:45.22	35.42	350m: 3:57.10	36.03
	100m: 1:00.96 32.17		200m: 2:09.80	35.15	300m: 3:21.07	35.85	400m: 4:31.91	34.81
23.	Joao Paulo Ferreira	98	128914	Naval Setubalense	<b>4:38.43</b>	+0,86	442	2
	50m: 29.01 29.01		150m: 1:37.38	35.19	250m: 2:49.82	36.52	350m: 4:03.04	36.60
	100m: 1:02.19 33.18		200m: 2:13.30	35.92	300m: 3:26.44	36.62	400m: 4:38.43	35.39
24.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	<b>4:47.42</b>	+0,71	402	1
	50m: 29.41 29.41		150m: 1:40.19	36.28	250m: 2:54.89	37.58	350m: 4:10.74	38.17
	100m: 1:03.91 34.50		200m: 2:17.31	37.12	300m: 3:32.57	37.68	400m: 4:47.42	36.68

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-12	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A-13	2:25.08	Ines Camacho Fernandes	SCP	Tavira	06-03-2010
Recorde Nacional (25m) Juv B-14	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A-15	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-18+	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.	Maria Madalena Silva	98	116614	Nautico Abrantes	<b>2:24.79</b>	+0,72	637	25
	50m: 31.64 31.64		100m: 1:08.82	37.18	150m: 1:50.63	41.81	200m: 2:24.79	34.16
2.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	<b>2:26.83</b>	+0,81	611	23
	50m: 30.66 30.66		100m: 1:09.34	38.68	150m: 1:53.29	43.95	200m: 2:26.83	33.54
3.	Ines Rocha Silva	00	117806	Alcobaca	<b>2:28.38</b>	+0,68	592	22
	50m: 32.66 32.66		100m: 1:11.90	39.24	150m: 1:53.46	41.56	200m: 2:28.38	34.92
4.	Rita Teixeira Costa	97	109314	Belenenses	<b>2:28.61</b>	+0,70	589	21
	50m: 30.82 30.82		100m: 1:08.22	37.40	150m: 1:53.19	44.97	200m: 2:28.61	35.42

Prova 11, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Ana Filipa Martins	97	104438	Foca	<b>2:28.69</b>	+0,79	588	20
	50m: 31.91 31.91			100m: 1:10.12 38.21	150m: 1:55.50	45.38	200m: 2:28.69 33.19	
6.	Filipa Mendes Pinheiro	92	11056	Desportiva de Viana	<b>2:32.37</b>	+0,68	546	19
	50m: 30.79 30.79			100m: 1:08.47 37.68	150m: 1:56.00	47.53	200m: 2:32.37 36.37	
7.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	<b>2:32.49</b>	+0,79	545	18
	50m: 32.56 32.56			100m: 1:12.44 39.88	150m: 1:56.58	44.14	200m: 2:32.49 35.91	
8.	Joana Marques Maia	91	25067	Natacao da Maia	<b>2:32.70</b>	+0,85	543	17
	50m: 33.20 33.20			100m: 1:13.43 40.23	150m: 1:55.80	42.37	200m: 2:32.70 36.90	
9.	Beatriz Neves Cardoso	98	105741	Colegio SMLamas	<b>2:33.12</b>	+0,90	538	16
	50m: 32.09 32.09			100m: 1:12.62 40.53	150m: 1:58.73	46.11	200m: 2:33.12 34.39	
10.	Daniela Valente Ferreira	96	100180	Estamos Juntos	<b>2:33.58</b>	+0,83	534	15
	50m: 33.33 33.33			100m: 1:13.18 39.85	150m: 1:57.27	44.09	200m: 2:33.58 36.31	
11.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>2:34.41</b>	+0,79	525	14
	50m: 34.98 34.98			100m: 1:15.78 40.80	150m: 1:59.53	43.75	200m: 2:34.41 34.88	
12.	Maria Rachadell Pereira	98	104612	Portinado	<b>2:36.01</b>	+0,91	509	13
	50m: 34.38 34.38			100m: 1:13.28 38.90	150m: 1:59.12	45.84	200m: 2:36.01 36.89	
13.	Sofia Cristina Grilo	97	112014	Aminata	<b>2:36.39</b>	+0,74	505	12
	50m: 35.29 35.29			100m: 1:14.87 39.58	150m: 2:00.16	45.29	200m: 2:36.39 36.23	
14.	Teresa Manuela Aires	96	105004	Sporting Espinho	<b>2:36.46</b>	+0,76	505	11
	50m: 33.03 33.03			100m: 1:13.28 40.25	150m: 2:00.28	47.00	200m: 2:36.46 36.18	
15.	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>2:36.68</b>	+0,78	502	10
	50m: 33.05 33.05			100m: 1:14.59 41.54	150m: 1:59.92	45.33	200m: 2:36.68 36.76	
16.	Carolina Lourenco Matos	98	109647	Benedita	<b>2:37.54</b>	+0,77	494	9
	50m: 34.82 34.82			100m: 1:16.71 41.89	150m: 2:00.88	44.17	200m: 2:37.54 36.66	
17.	Catarina Alexandra Dias	95	25908	Naval Ponta Delgada	<b>2:37.86</b>	+0,75	491	8
	50m: 34.69 34.69			100m: 1:16.61 41.92	150m: 2:00.97	44.36	200m: 2:37.86 36.89	
18.	Joana Filipa Marques	95	25292	Bombeiros Ponta Delgada	<b>2:38.95</b>	+0,74	481	7
	50m: 34.19 34.19			100m: 1:16.68 42.49	150m: 2:00.31	43.63	200m: 2:38.95 38.64	
19.	Sara Conceicao Peca	99	116963	Bairro dos Anjos/Bomcar	<b>2:40.70</b>	+1,01	466	6
	50m: 33.81 33.81			100m: 1:15.47 41.66	150m: 2:02.39	46.92	200m: 2:40.70 38.31	
20.	Ines Sofia Sampaio	94	13415	Academico Viseu	<b>2:41.28</b>	+0,98	461	5
	50m: 33.60 33.60			100m: 1:13.11 39.51	150m: 2:04.61	51.50	200m: 2:41.28 36.67	
21.	Gabriela Silva Sanhudo	99	123839	Estarreja	<b>2:44.85</b>	+0,98	431	4
	50m: 36.01 36.01			100m: 1:17.64 41.63	150m: 2:07.16	49.52	200m: 2:44.85 37.69	
22.	Patricia Fonseca Silva	93	13374	Feirense	<b>2:50.55</b>	+0,89	389	3
	50m: 36.41 36.41			100m: 1:23.59 47.18	150m: 2:09.13	45.54	200m: 2:50.55 41.42	
23.	Sara Vizinho Cruz	96	105043	Gafanha da Encarnacao	<b>2:51.40</b>	+0,92	384	2
	50m: 35.49 35.49			100m: 1:19.01 43.52	150m: 2:10.33	51.32	200m: 2:51.40 41.07	
DSQ	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense				



Prova 12 07-12-2013	Masc., 4 x 100m Livres				Absolutos Resultados
Recorde Nacional (25m) Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Inf B-13	4:05.06	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Vila Praia de Âncora	28-06-2013
Recorde Nacional (25m) Inf A-14	3:52.74	Sport Alges e Dafundo	SAD	Algés	30-06-2012
Recorde Nacional (25m) Juv B-15	3:43.53	Futebol Clube do Porto	FCP	Braga	04-03-2012
Recorde Nacional (25m) Juv A-16	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-19+	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. Portinado		Portinado	<b>3:27.47</b>	<b>+0,67</b>	689	25	
	+0,67	23.48	48.91	Igor Sadovskyy	+0,40	26.14	55.41
	+0,39	24.81	52.39	Alexandre Escudier Agostinho	+0,31	23.54	50.76
2. Fluvial Portuense		Fluvial Portuense	<b>3:32.23</b>	<b>+0,63</b>	644	23	
	+0,63	24.98	52.00	Carlos Fernandes Queiros	+0,56	25.89	53.66
		25.34	53.31	Joao Pedro Santos	+0,32	25.22	53.26
3. Foca		Foca	<b>3:34.58</b>	<b>+0,78</b>	623	22	
	+0,78	25.63	53.20	Ricardo David Silva	+0,31	25.48	53.86
	+0,36	25.58	54.19	Ivo Pinto Ribeiro	+0,39	25.15	53.33
4. Academico Viseu		Academico Viseu	<b>3:38.44</b>	<b>+0,77</b>	590	21	
	+0,77	26.41	54.42	Pedro Rafael Garcia	+0,54	26.30	54.22
	+0,43	26.19	55.44	Joao Miguel Teixeira	+0,45	26.13	54.36
5. Bombeiros dos Estoris		Bombeiros dos Estoris	<b>3:38.65</b>	<b>+0,74</b>	589	20	
	+0,74	26.35	54.94	Frederico Sousa Soares	+0,32	25.90	54.75
	+0,49	26.54	55.79	Miguel Bras Sergio	+0,38	25.19	53.17
6. Fafe		Fafe	<b>3:39.43</b>	<b>+0,74</b>	582	19	
	+0,74	26.58	55.42	Tiago Manuel Teixeira	+0,47	24.92	52.20
	+0,30	26.62	56.56	Rui Manuel Ribeiro	+0,37	25.73	55.25
7. Bairro dos Anjos/Bomcar		Bairro dos Anjos/Bomcar	<b>3:39.54</b>	<b>+0,73</b>	582	18	
	+0,73	26.30	56.31	Nuno Goncalo Santos	+0,30	26.24	55.48
	+0,30	26.17	55.12	Cesar Fernando Faria	+0,35	25.04	52.63
8. Naval Ponta Delgada		Naval Ponta Delgada	<b>3:39.83</b>	<b>+0,77</b>	579	17	
	+0,77	26.69	55.86	Carlos Braganca Castro	+0,79	27.07	57.62
	+0,48	25.63	54.29	Carlos Lopes Pedrosa	+0,41	24.75	52.06
9. Feirense		Feirense	<b>3:40.93</b>	<b>+0,73</b>	571	16	
	+0,73	26.23	56.57	Job Santos Silva	+0,33	26.20	55.23
	+0,49	26.34	55.87	Emanuel Augusto Pinho	+0,44	25.75	53.26
10. Belenenses		Belenenses	<b>3:41.05</b>	<b>+0,79</b>	570	15	
	+0,79	26.24	55.33	Francisco Robalo Quintas	+0,35	26.57	56.76
	+0,24	25.98	55.59	Afonso Mateus Ribeiro	+0,25	25.40	53.37
11. Natacao de Valongo		Natacao de Valongo	<b>3:41.30</b>	<b>+0,79</b>	568	14	
	+0,79	24.91	52.23	Pedro Nuno Vieira	+0,27	26.47	56.89
	+0,58	27.65	57.49	Humberto Fernandes Felgueiras	+0,41	25.76	54.69
12. Nautico Marinha Grande		Nautico Marinha Grande	<b>3:42.99</b>	<b>+0,85</b>	555	13	
	+0,85	25.76	53.42	Nuno Valerio Silva	+0,66	26.57	55.51
	+0,45	26.97	57.50	Tomas Gomes Oliveira	+0,68	27.09	56.56
13. Viver Santarem		Viver Santarem	<b>3:43.49</b>	<b>+0,73</b>	551	12	
	+0,73	26.92	55.65	Ivo Andre Lopes	+0,55	25.40	53.98
	+0,49	27.27	57.43	Eduardo Valente Moco	+0,49	26.64	56.43
14. Columbofila Cantanhedense		Columbofila Cantanhedense	<b>3:43.59</b>	<b>+0,67</b>	550	11	
	+0,67	26.39	55.19	Leandro Fernandes Mota	+0,39	27.52	57.88
	+0,56	26.86	55.63	Hugo Neves Neto	+0,34	26.04	54.89
15. Viana Natacao		Viana Natacao	<b>3:43.78</b>	<b>+0,78</b>	549	10	
	+0,78	26.60	55.41	Tiago Joao Meira	+0,39	25.65	54.17
	+0,39	28.07	59.76	Antonio Miguel Vitorino	+0,63	25.49	54.44

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
16. Pimpoes/Cimai		Pimpoes/Cimai	<b>3:43.93</b>	<b>+0,74</b>	<b>548</b>	<b>9</b>
	+0,74	Alexandre Galveias Vale	56.37	27.26	57.09	
	+0,44	Antonio Fernandes Carrico	56.12	25.56	54.35	
17. Ginasio Vila Real		Ginasio de Vila Real	<b>3:44.45</b>	<b>+0,75</b>	<b>544</b>	<b>8</b>
	+0,75	Koen Weustink	58.26	26.27	55.63	
	+0,42	Ricardo Daniel Goncalves	55.04	25.59	55.52	
18. Ginasio Santo Tirso		Ginasio Santo Tirso	<b>3:45.16</b>	<b>+0,75</b>	<b>539</b>	<b>7</b>
	+0,75	Tiago Sobral Coelho	55.43	26.74	56.69	
	+0,52	David Andre Almeida	56.63	26.37	56.41	
19. Litoral Alentejano		Litoral Alentejano	<b>3:45.28</b>	<b>+0,83</b>	<b>538</b>	<b>6</b>
	+0,83	Rodrigo Marques Costa	57.17	27.58	57.36	
	+0,51	Rogério Pina Tavares	55.76	26.65	54.99	
20. Benedita		Benedita	<b>3:45.40</b>	<b>+0,73</b>	<b>537</b>	<b>5</b>
	+0,73	Leonardo Peralta Reis	55.86	27.01	57.22	
	+0,33	Francisco Rogerio Santos	57.30	26.00	55.02	
21. Sporting Espinho		Sporting Espinho	<b>3:45.71</b>	<b>+0,71</b>	<b>535</b>	<b>4</b>
	+0,71	Andre Lima Costa	55.14	26.39	57.42	
	+0,42	Rui Miguel Aires	56.82	26.92	56.33	
22. Torres Novas		Torres Novas	<b>3:46.01</b>	<b>+0,80</b>	<b>533</b>	<b>3</b>
	+0,80	Andre Filipe Vicente	55.77	27.01	57.17	
	+0,58	Joao Paulo Lopes	58.79	25.41	54.28	
23. Bombeiros Ponta Delgada		Bombeiros Ponta Delgada	<b>3:49.30</b>	<b>+0,67</b>	<b>510</b>	<b>2</b>
	+0,67	Miguel Rego Borges	57.05	26.80	56.76	
	+0,24	Diogo Jose Vaz	59.66	26.42	55.83	
24. Naval Setubalense		Naval Setubalense	<b>4:09.86</b>	<b>+0,99</b>	<b>394</b>	<b>1</b>
	+0,99	Bernardo Antunes Augusto	1:03.97	28.68	1:01.73	
	+0,69	Pedro Miguel Dinis	1:03.36	29.39	1:00.80	

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-12	4:57.35	Grupo Desp. Natacao V. N. FamalicGDNVNF		Ponte da Barca	06-03-2010
Recorde Nacional (25m) Inf A-13	4:40.29	Grupo Desp. Natacao V. N. FamalicGDNVNF		Viseu	12-03-2011
Recorde Nacional (25m) Juv B-14	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Recorde Nacional (25m) Juv A-15	4:33.40	tempo limite			
Recorde Nacional (25m) Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recorde Nacional (25m) Sen-18+	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. Academica de Coimbra		Academica de Coimbra	<b>4:35.27</b>	<b>+0,65</b>	<b>550</b>	<b>25</b>
	+0,65	Cintia Mariana Fernandes	1:10.49	30.06	1:04.98	
	+0,33	Ana Catarina Serra	1:18.29	29.28	1:01.51	
2. Desportiva de Viana		Desportiva de Viana	<b>4:35.45</b>	<b>+0,64</b>	<b>549</b>	<b>23</b>
	+0,64	Juliana Lima Freixo	1:08.41	30.50	1:06.77	
	+0,47	Ana Filipa Teixeira	1:19.14	29.26	1:01.13	
3. Alcobaca		Alcobaca	<b>4:36.89</b>	<b>+0,65</b>	<b>540</b>	<b>22</b>
	+0,65	Matilde Correia Vieira	1:09.99	30.92	1:06.44	
	+0,25	Ines Rocha Silva	1:16.01	30.48	1:04.45	
4. Nautico Abrantes		Nautico Abrantes	<b>4:39.41</b>	<b>+0,71</b>	<b>526</b>	<b>21</b>
	+0,71	Maria Madalena Silva	1:09.42	30.87	1:07.81	
	+0,39	Rute Isabel Leonardo	1:16.86	30.75	1:05.32	

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.		<b>Foca</b>	<b>4:39.92</b>	<b>+0,75</b>	<b>523</b>	<b>20</b>
		Rosana Marinho Macedo	1:11.28	+0,47	32.55	1:09.44
	+0,75	33.99				
	+0,38	37.23	1:20.36	+0,40	28.28	58.84
6.		<b>Academico Viseu</b>	<b>4:40.69</b>	<b>+0,77</b>	<b>518</b>	<b>19</b>
		Ines Sofia Sampaio	1:12.37	+0,36	32.11	1:09.57
	+0,77	35.41				
	+0,63	35.10	1:16.38	+0,48	29.79	1:02.37
7.		<b>Ginasio Figueirense</b>	<b>4:40.84</b>	<b>+0,82</b>	<b>518</b>	<b>18</b>
		Ana Raquel Ferreira	1:07.47	+0,58	31.78	1:09.06
	+0,82	33.32				
	+0,46	37.80	1:20.17	+0,40	30.52	1:04.14
8.		<b>Portinado</b>	<b>4:41.45</b>	<b>+0,76</b>	<b>514</b>	<b>17</b>
		Jessica Sousa Brito	1:07.86	+0,34	33.29	1:14.36
	+0,76	31.90				
	+0,31	36.98	1:20.04	+0,12	27.61	59.19
9.		<b>Colegio SMLamas</b>	<b>4:42.60</b>	<b>+0,70</b>	<b>508</b>	<b>16</b>
		Filipa Oliveira Andrade	1:10.90	+0,59	31.32	1:08.14
	+0,70	34.49				
	+0,42	37.76	1:21.91	+0,58	29.10	1:01.65
10.		<b>Bairro dos Anjos/Bomcar</b>	<b>4:44.44</b>	<b>+0,77</b>	<b>498</b>	<b>15</b>
		Catarina Goncalves Leal	1:09.74	+0,32	32.41	1:09.96
	+0,77	33.93				
	+0,14	37.28	1:21.18	+0,06	29.71	1:03.56
11.		<b>Natacao da Maia</b>	<b>4:44.95</b>	<b>+0,76</b>	<b>495</b>	<b>14</b>
		Ines Silva Marques	1:16.57	+0,35	30.73	1:07.04
	+0,76	36.79				
	+0,29	35.17	1:15.73	+0,48	31.53	1:05.61
12.		<b>Colegio Monte Maior</b>	<b>4:44.98</b>	<b>+0,69</b>	<b>495</b>	<b>13</b>
		Filipa Andreia Costa	1:12.90	+0,51	31.56	1:07.92
	+0,69	35.99				
	+0,26	37.26	1:21.46	+0,61	30.11	1:02.70
13.		<b>Natacao de Olhao</b>	<b>4:45.27</b>	<b>+0,59</b>	<b>494</b>	<b>12</b>
		Miriam Filipe Marcos	1:10.99	+0,29	32.03	1:10.71
	+0,59	34.65				
	+0,56	35.67	1:17.76	+0,46	31.90	1:05.81
14.		<b>CLAC-Entroncamento</b>	<b>4:46.80</b>	<b>+0,55</b>	<b>486</b>	<b>11</b>
		Marta Filipa Vinagre	1:09.51	+0,46	33.03	1:11.91
	+0,55	33.24				
	+0,58	38.90	1:24.70	+0,34	28.39	1:00.68
15.		<b>Benedita</b>	<b>4:49.64</b>	<b>+0,72</b>	<b>472</b>	<b>10</b>
		Barbara Amaro Cerejo	1:14.96	+0,55	32.04	1:09.11
	+0,72	35.59				
	+0,75	36.91	1:20.10	+0,35	30.26	1:05.47
16.		<b>Belenenses</b>	<b>4:50.56</b>	<b>+0,80</b>	<b>467</b>	<b>9</b>
		Alexandra Couto Frazao	1:18.48	+0,46	30.91	1:08.51
	+0,80	38.65				
	+0,33	39.90	1:25.66	+0,47	27.70	57.91
17.		<b>Bombeiros Ponta Delgada</b>	<b>4:52.19</b>	<b>+0,73</b>	<b>460</b>	<b>8</b>
		Mafalda Fraga Fragoso	1:12.23	+0,68	33.39	1:12.39
	+0,73	34.07				
	+0,49	38.04	1:22.89	+0,54	30.70	1:04.68
18.		<b>Aminata</b>	<b>4:52.85</b>	<b>+0,78</b>	<b>456</b>	<b>7</b>
		Beatriz Valadas Bilro	1:11.42	+0,52	32.18	1:10.08
	+0,78	35.04				
	+0,41	39.48	1:25.37	+0,41	31.35	1:05.98
19.		<b>Estamos Juntos</b>	<b>4:53.27</b>	<b>+0,73</b>	<b>454</b>	<b>6</b>
		Rita Correia Albergueiro	1:16.00	+0,81	33.18	1:12.31
	+0,73	36.97				
	+0,52	36.16	1:17.62	+0,91	32.38	1:07.34
20.		<b>Feirense</b>	<b>4:53.82</b>	<b>+0,82</b>	<b>452</b>	<b>5</b>
		Maria Ines Coelho	1:16.67	+0,35	31.53	1:08.30
	+0,82	37.01				
	+0,48	37.39	1:21.34	+0,50	31.10	1:07.51
21.		<b>Sporting Espinho</b>	<b>4:55.02</b>	<b>+0,87</b>	<b>446</b>	<b>4</b>
		Carla Sofia Cruz	1:11.04	+0,55	33.68	1:13.38
	+0,87	34.21				
	+0,46	39.25	1:24.74	+0,20	31.00	1:05.86
22.		<b>Naval Ponta Delgada</b>	<b>4:59.68</b>	<b>+0,73</b>	<b>426</b>	<b>3</b>
		Carolina Travassos Silva	1:16.93	+0,66	35.23	1:15.63
	+0,73	37.30				
	+0,58	37.42	1:20.10	+0,64	31.73	1:07.02

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
23. Estarreja		Estarreja	<b>4:59.70</b>	<b>+0,58</b>	426	2	
Jessica Pinto Pinho	+0,58	36.66	1:14.98	Gabriela Silva Sanhudo	+0,51	35.51	1:19.15
Vanessa Rodrigues Valente	+0,41	39.02	1:23.61	Barbara Sofia Lopes	+0,41	29.16	1:01.96
24. Gafanha da Encarnacao		Gafanha da Encarnacao	<b>5:01.00</b>	<b>+0,55</b>	420	1	
Mariana Lopes Silva	+0,55	36.22	1:16.59	Ana Francisca Bola	+0,74	36.04	1:22.90
Ana Beatriz Silva	+0,63	36.21	1:18.60	Ana Rita Ribau	+0,33	30.13	1:02.91

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-13	9:07.20	Andre Vilas Ruivo	DNMG	Leiria	03-03-2013
Recorde Nacional (25m) Inf A-14	8:42.19	Pedro Fontoura Oliveira	CFB	Reboleira	27-06-2004
Recorde Nacional (25m) Juv B-15	8:27.18	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2006
Recorde Nacional (25m) Juv A-16	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-19+	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.	Guilherme Filipe Pina	98	107450	Benedita	<b>8:28.03</b>	<b>+0,75</b>	664	25
	50m: 28.38 28.38		250m: 2:35.40 32.15	450m: 4:44.37 32.10	650m: 6:53.25 31.92			
	100m: 59.40 31.02		300m: 3:07.57 32.17	500m: 5:16.50 32.13	700m: 7:25.00 31.75			
	150m: 1:31.12 31.72		350m: 3:39.93 32.36	550m: 5:48.78 32.28	750m: 7:56.91 31.91			
	200m: 2:03.25 32.13		400m: 4:12.27 32.34	600m: 6:21.33 32.55	800m: 8:28.03 31.12			
2.	Diogo Manuel Marques	98	118567	Columbofila Cantanhedense	<b>8:29.11</b>	<b>+0,75</b>	660	23
	50m: 28.90 28.90		250m: 2:35.78 32.31	450m: 4:44.43 32.15	650m: 6:53.97 32.25			
	100m: 1:00.31 31.41		300m: 3:07.98 32.20	500m: 5:16.80 32.37	700m: 7:26.17 32.20			
	150m: 1:31.35 31.04		350m: 3:40.03 32.05	550m: 5:49.12 32.32	750m: 7:58.26 32.09			
	200m: 2:03.47 32.12		400m: 4:12.28 32.25	600m: 6:21.72 32.60	800m: 8:29.11 30.85			
3.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	<b>8:30.94</b>	<b>+0,79</b>	653	22
	50m: 27.81 27.81		250m: 2:34.93 31.98	450m: 4:43.84 32.19	650m: 6:53.68 32.63			
	100m: 59.14 31.33		300m: 3:07.06 32.13	500m: 5:16.36 32.52	700m: 7:26.27 32.59			
	150m: 1:30.95 31.81		350m: 3:39.46 32.40	550m: 5:48.62 32.26	750m: 7:59.02 32.75			
	200m: 2:02.95 32.00		400m: 4:11.65 32.19	600m: 6:21.05 32.43	800m: 8:30.94 31.92			
4.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>8:39.36</b>	<b>+0,85</b>	622	21
	50m: 29.06 29.06		250m: 2:37.14 32.57	450m: 4:49.04 33.10	650m: 7:01.93 33.06			
	100m: 1:00.35 31.29		300m: 3:10.05 32.91	500m: 5:22.25 33.21	700m: 7:34.75 32.82			
	150m: 1:32.03 31.68		350m: 3:43.19 33.14	550m: 5:55.65 33.40	750m: 8:07.74 32.99			
	200m: 2:04.57 32.54		400m: 4:15.94 32.75	600m: 6:28.87 33.22	800m: 8:39.36 31.62			
5.	Pedro Rafael Garcia	96	123689	Academico Viseu	<b>8:40.29</b>	<b>+0,72</b>	619	20
	50m: 29.10 29.10		250m: 2:38.07 32.89	450m: 4:50.15 32.99	650m: 7:02.83 33.12			
	100m: 1:00.71 31.61		300m: 3:11.01 32.94	500m: 5:23.17 33.02	700m: 7:35.98 33.15			
	150m: 1:32.64 31.93		350m: 3:44.07 33.06	550m: 5:56.48 33.31	750m: 8:08.88 32.90			
	200m: 2:05.18 32.54		400m: 4:17.16 33.09	600m: 6:29.71 33.23	800m: 8:40.29 31.41			
6.	Afonso Mateus Ribeiro	95	100430	Belenenses	<b>8:44.07</b>	<b>+0,65</b>	605	19
	50m: 29.16 29.16		250m: 2:37.96 32.54	450m: 4:50.23 32.99	650m: 7:04.82 33.43			
	100m: 1:00.89 31.73		300m: 3:10.66 32.70	500m: 5:23.71 33.48	700m: 7:38.41 33.59			
	150m: 1:32.86 31.97		350m: 3:43.79 33.13	550m: 5:57.44 33.73	750m: 8:12.15 33.74			
	200m: 2:05.42 32.56		400m: 4:17.24 33.45	600m: 6:31.39 33.95	800m: 8:44.07 31.92			
7.	Jose Carlos Teixeira	96	102982	Foca	<b>8:49.92</b>		585	18
	50m: 29.09 29.09		250m: 2:41.86 32.83	450m: 4:55.59 33.12	650m: 7:10.43 33.68			
	100m: 1:01.87 32.78		300m: 3:15.32 33.46	500m: 5:29.25 33.66	700m: 7:44.39 33.96			
	150m: 1:35.36 33.49		350m: 3:48.85 33.53	550m: 6:02.89 33.64	750m: 8:17.77 33.38			
	200m: 2:09.03 33.67		400m: 4:22.47 33.62	600m: 6:36.75 33.86	800m: 8:49.92 32.15			

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Miguel Galeao Lopes	96	105891	Portinado	<b>8:52.64</b>	+0,67	576	17
	50m: 27.64 27.64			250m: 2:40.02 34.18	450m: 4:55.84 33.84	650m: 7:13.89 34.23		
	100m: 59.61 31.97			300m: 3:13.54 33.52	500m: 5:30.18 34.34	700m: 7:48.08 34.19		
	150m: 1:32.62 33.01			350m: 3:48.27 34.73	550m: 6:04.54 34.36	750m: 8:21.77 33.69		
	200m: 2:05.84 33.22			400m: 4:22.00 33.73	600m: 6:39.66 35.12	800m: 8:52.64 30.87		
9.	Alexandre Magno Carvalho	98	108284	Fluval Portuense	<b>8:54.05</b>	+0,74	572	16
	50m: 29.27 29.27			250m: 2:43.31 33.93	450m: 4:59.11 33.50	650m: 7:15.06 33.88		
	100m: 1:01.86 32.59			300m: 3:17.29 33.98	500m: 5:33.05 33.94	700m: 7:48.70 33.64		
	150m: 1:35.19 33.33			350m: 3:51.47 34.18	550m: 6:07.00 33.95	750m: 8:21.70 33.00		
	200m: 2:09.38 34.19			400m: 4:25.61 34.14	600m: 6:41.18 34.18	800m: 8:54.05 32.35		
10.	Dario Fausto Matias	98	106690	Torres Novas	<b>9:00.09</b>	+0,86	553	15
	50m: 29.77 29.77			250m: 2:46.40 34.79	450m: 5:04.80 34.44	650m: 7:21.18 34.35		
	100m: 1:02.95 33.18			300m: 3:20.97 34.57	500m: 5:39.09 34.29	700m: 7:54.95 33.77		
	150m: 1:37.08 34.13			350m: 3:55.62 34.65	550m: 6:13.32 34.23	750m: 8:28.10 33.15		
	200m: 2:11.61 34.53			400m: 4:30.36 34.74	600m: 6:46.83 33.51	800m: 9:00.09 31.99		
11.	Nuno Goncalo Santos	96	101865	Bairro dos Anjos/Bomcar	<b>9:00.49</b>	+0,77	552	14
	50m: 28.47 28.47			250m: 2:39.64 33.82	450m: 4:58.53 35.12	650m: 7:17.34 34.65		
	100m: 1:00.03 31.56			300m: 3:13.93 34.29	500m: 5:32.93 34.40	700m: 7:52.06 34.72		
	150m: 1:32.86 32.83			350m: 3:48.49 34.56	550m: 6:07.78 34.85	750m: 8:27.04 34.98		
	200m: 2:05.82 32.96			400m: 4:23.41 34.92	600m: 6:42.69 34.91	800m: 9:00.49 33.45		
12.	Humberto Fernandes Felgueira	98	105205	Natacao de Valongo	<b>9:01.08</b>		550	13
	50m: 29.18 29.18			250m: 2:42.48 34.14	450m: 5:00.40 33.97	650m: 7:19.13 34.65		
	100m: 1:01.34 32.16			300m: 3:17.30 34.82	500m: 5:34.53 34.13	700m: 7:54.22 35.09		
	150m: 1:34.80 33.46			350m: 3:51.97 34.67	550m: 6:09.26 34.73	750m: 8:28.81 34.59		
	200m: 2:08.34 33.54			400m: 4:26.43 34.46	600m: 6:44.48 35.22	800m: 9:01.08 32.27		
13.	Job Santos Silva	96	24351	Feirense	<b>9:01.47</b>		549	12
	50m: 31.54 31.54			250m: 2:48.34 33.93	450m: 5:04.58 34.21	650m: 7:19.74 34.32		
	100m: 1:05.88 34.34			300m: 3:22.31 33.97	500m: 5:38.52 33.94	700m: 7:54.28 34.54		
	150m: 1:40.02 34.14			350m: 3:56.35 34.04	550m: 6:11.81 33.29	750m: 8:28.50 34.22		
	200m: 2:14.41 34.39			400m: 4:30.37 34.02	600m: 6:45.42 33.61	800m: 9:01.47 32.97		
14.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	<b>9:04.59</b>	+0,82	539	11
	50m: 30.59 30.59			250m: 2:46.75 35.18	450m: 5:04.94 34.54	650m: 7:22.32 34.38		
	100m: 1:03.18 32.59			300m: 3:21.12 34.37	500m: 5:39.35 34.41	700m: 7:56.78 34.46		
	150m: 1:37.30 34.12			350m: 3:56.00 34.88	550m: 6:13.30 33.95	750m: 8:31.65 34.87		
	200m: 2:11.57 34.27			400m: 4:30.40 34.40	600m: 6:47.94 34.64	800m: 9:04.59 32.94		
15.	Bernardo Filipe Pereira	96	116967	Pimpoes/Cimai	<b>9:05.91</b>		535	10
	50m: 29.13 29.13			250m: 2:44.97 34.62	450m: 5:03.73 34.62	650m: 7:22.12 34.29		
	100m: 1:02.01 32.88			300m: 3:19.51 34.54	500m: 5:38.22 34.49	700m: 7:57.71 35.59		
	150m: 1:36.12 34.11			350m: 3:54.29 34.78	550m: 6:12.95 34.73	750m: 8:32.24 34.53		
	200m: 2:10.35 34.23			400m: 4:29.11 34.82	600m: 6:47.83 34.88	800m: 9:05.91 33.67		
16.	Miguel Filipe Pinto	96	105729	Ginasio Santo Tirso	<b>9:07.52</b>		531	9
	50m: 29.62 29.62			250m: 2:44.04 34.95	450m: 5:04.19 35.18	650m: 7:23.79 34.73		
	100m: 1:01.60 31.98			300m: 3:18.36 34.32	500m: 5:38.96 34.77	700m: 7:58.23 34.44		
	150m: 1:34.70 33.10			350m: 3:53.77 35.41	550m: 6:14.06 35.10	750m: 8:33.85 35.62		
	200m: 2:09.09 34.39			400m: 4:29.01 35.24	600m: 6:49.06 35.00	800m: 9:07.52 33.67		
17.	Joao Luis Baeta	94	12151	Viver Santarem	<b>9:10.78</b>	+0,74	521	8
	50m: 30.24 30.24			250m: 2:44.72 34.60	450m: 5:04.19 35.15	650m: 7:25.32 35.50		
	100m: 1:02.73 32.49			300m: 3:19.21 34.49	500m: 5:39.17 34.98	700m: 8:01.01 35.69		
	150m: 1:36.02 33.29			350m: 3:54.06 34.85	550m: 6:14.41 35.24	750m: 8:36.23 35.22		
	200m: 2:10.12 34.10			400m: 4:29.04 34.98	600m: 6:49.82 35.41	800m: 9:10.78 34.55		
18.	Luis Carlos Fonseca	98	111772	Fafe	<b>9:11.88</b>	+0,79	518	7
	50m: 28.86 28.86			250m: 2:43.19 34.77	450m: 5:03.12 34.89	650m: 7:24.97 35.52		
	100m: 1:00.98 32.12			300m: 3:18.05 34.86	500m: 5:38.61 35.49	700m: 8:01.14 36.17		
	150m: 1:34.22 33.24			350m: 3:52.94 34.89	550m: 6:14.02 35.41	750m: 8:36.82 35.68		
	200m: 2:08.42 34.20			400m: 4:28.23 35.29	600m: 6:49.45 35.43	800m: 9:11.88 35.06		

Prova 14, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Miguel Cerdeira Freitas	98	111387	Bombeiros dos Estoris	<b>9:15.03</b>	+0,81	509	6
	50m: 29.53 29.53			250m: 2:46.81 35.18	450m: 5:08.50 35.84	650m: 7:30.80 35.90		
	100m: 1:02.63 33.10			300m: 3:21.77 34.96	500m: 5:44.53 36.03	700m: 8:06.37 35.57		
	150m: 1:36.86 34.23			350m: 3:57.08 35.31	550m: 6:20.28 35.75	750m: 8:41.35 34.98		
	200m: 2:11.63 34.77			400m: 4:32.66 35.58	600m: 6:54.90 34.62	800m: 9:15.03 33.68		
20.	Nuno Tiago Lopes	98	110423	Ginasio de Vila Real	<b>9:17.33</b>		503	5
	50m: 30.71 30.71			250m: 2:46.23 34.60	450m: 5:06.38 35.45	650m: 7:30.75 36.34		
	100m: 1:03.97 33.26			300m: 3:20.93 34.70	500m: 5:42.38 36.00	700m: 8:06.67 35.92		
	150m: 1:37.54 33.57			350m: 3:55.98 35.05	550m: 6:18.25 35.87	750m: 8:42.21 35.54		
	200m: 2:11.63 34.09			400m: 4:30.93 34.95	600m: 6:54.41 36.16	800m: 9:17.33 35.12		
21.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	<b>9:38.23</b>		450	4
	50m: 31.07 31.07			250m: 2:53.81 35.99	450m: 5:19.92 37.78	650m: 7:49.19 37.13		
	100m: 1:06.26 35.19			300m: 3:29.32 35.51	500m: 5:57.28 37.36	700m: 8:26.00 36.81		
	150m: 1:41.91 35.65			350m: 4:06.37 37.05	550m: 6:34.18 36.90	750m: 9:03.44 37.44		
	200m: 2:17.82 35.91			400m: 4:42.14 35.77	600m: 7:12.06 37.88	800m: 9:38.23 34.79		
22.	Joao Paulo Ferreira	98	128914	Naval Setubalense	<b>9:40.81</b>		444	3
	50m: 30.77 30.77			250m: 2:52.88 36.63	450m: 5:20.65 37.19	650m: 7:50.29 36.85		
	100m: 1:04.46 33.69			300m: 3:29.63 36.75	500m: 5:58.39 37.74	700m: 8:27.62 37.33		
	150m: 1:39.92 35.46			350m: 4:06.22 36.59	550m: 6:35.82 37.43	750m: 9:05.07 37.45		
	200m: 2:16.25 36.33			400m: 4:43.46 37.24	600m: 7:13.44 37.62	800m: 9:40.81 35.74		
23.	Joao Francisco Santos	99	111188	Viana Natacao	<b>9:49.19</b>		426	2
	50m: 30.28 30.28			250m: 2:55.15 37.45	450m: 5:26.86 37.47	650m: 7:57.43 37.83		
	100m: 1:04.87 34.59			300m: 3:32.99 37.84	500m: 6:04.81 37.95	700m: 8:34.65 37.22		
	150m: 1:41.11 36.24			350m: 4:11.20 38.21	550m: 6:41.09 36.28	750m: 9:12.94 38.29		
	200m: 2:17.70 36.59			400m: 4:49.39 38.19	600m: 7:19.60 38.51	800m: 9:49.19 36.25		
24.	Bernardo Soares Guedes	97	105017	Sporting Espinho	<b>9:49.45</b>		425	1
	50m: 29.08 29.08			250m: 2:51.76 37.44	450m: 5:22.49 38.17	650m: 7:56.17 38.35		
	100m: 1:02.33 33.25			300m: 3:29.04 37.28	500m: 6:01.01 38.52	700m: 8:34.80 38.63		
	150m: 1:37.46 35.13			350m: 4:06.42 37.38	550m: 6:39.31 38.30	750m: 9:13.03 38.23		
	200m: 2:14.32 36.86			400m: 4:44.32 37.90	600m: 7:17.82 38.51	800m: 9:49.45 36.42		

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-12	1:06.89	Ana Margarida Guedes	GCVR	Espinho	25-05-2013
Recorde Nacional (25m) Inf A-13	1:05.50	Ines Camacho Fernandes	SCP	Cova da Piedade	14-05-2011
Recorde Nacional (25m) Juv B-14	1:04.12	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A-15	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-18+	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.	Bruna Elisabete Paulino	97	102345	Alcobaca	<b>1:05.85</b>	+0,84	584	25
	50m: 31.00 31.00			100m: 1:05.85 34.85				
2.	Filipa Mendes Pinheiro	92	11056	Desportiva de Viana	<b>1:06.20</b>	+0,68	575	23
	50m: 30.28 30.28			100m: 1:06.20 35.92				
3.	Rita Teixeira Costa	97	109314	Belenenses	<b>1:06.51</b>	+0,78	567	22
	50m: 30.61 30.61			100m: 1:06.51 35.90				
4.	Carolina Santos Silva	86	23208	Natacao da Maia	<b>1:06.54</b>	+0,83	566	21
	50m: 30.88 30.88			100m: 1:06.54 35.66				
5.	Mariana Veloso Vitoria	98	110284	Nautico Abrantes	<b>1:06.58</b>	+0,84	565	20
	50m: 30.95 30.95			100m: 1:06.58 35.63				

Prova 15, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Mariana Sousa Martins 50m: 31.24 31.24	95	103743	Feirense 100m: 1:06.77 35.53	<b>1:06.77</b>	+0,83	560	19
7.	Daniela Figueiredo Metelo 50m: 31.60 31.60	97	26780	Academica de Coimbra 100m: 1:07.66 36.06	<b>1:07.66</b>	+0,79	538	18
8.	Ana Marta Resendes 50m: 32.11 32.11	80	12798	Naval Ponta Delgada 100m: 1:08.23 36.12	<b>1:08.23</b>	+0,88	525	17
9.	Margarida Peixoto Pelaio 50m: 31.62 31.62	98	107967	Ginasio Figueirense 100m: 1:08.29 36.67	<b>1:08.29</b>	+0,83	523	16
10.	Madalena Amaro Machado 50m: 32.42 32.42	98	105916	Academico Viseu 100m: 1:08.92 36.50	<b>1:08.92</b>	+0,94	509	15
11.	Isa Morais Penas 50m: 32.13 32.13	96	103425	Benedita 100m: 1:09.11 36.98	<b>1:09.11</b>	+0,84	505	14
12.	Catarina Rego Borges 50m: 32.80 32.80	99	107020	Bombeiros Ponta Delgada 100m: 1:09.27 36.47	<b>1:09.27</b>	+0,82	501	13
13.	Catia Alexandra Batista 50m: 31.41 31.41	96	103036	Colegio SMLamas 100m: 1:09.37 37.96	<b>1:09.37</b>	+0,76	499	12
14.	Joana Varela Joaquim 50m: 30.72 30.72	97	104611	Portinado 100m: 1:09.38 38.66	<b>1:09.38</b>	+0,59	499	11
15.	Teresa Manuela Aires 50m: 31.51 31.51	96	105004	Sporting Espinho 100m: 1:09.51 38.00	<b>1:09.51</b>	+0,81	496	10
16.	Ana Isabel Cunha 50m: 32.53 32.53	96	102991	Foca 100m: 1:09.65 37.12	<b>1:09.65</b>	+0,78	493	9
17.	Filipa Andreia Costa 50m: 31.64 31.64	98	109094	Colegio Monte Maior 100m: 1:09.68 38.04	<b>1:09.68</b>	+0,77	493	8
18.	Marta Filipa Vinagre 50m: 30.74 30.74	95	24660	CLAC-Entroncamento 100m: 1:09.71 38.97	<b>1:09.71</b>	+0,83	492	7
19.	Laura Miranda Rosado 50m: 32.34 32.34	97	107808	Aminata 100m: 1:10.59 38.25	<b>1:10.59</b>	+0,83	474	6
20.	Sara Conceicao Peca 50m: 32.73 32.73	99	116963	Bairro dos Anjos/Bomcar 100m: 1:10.75 38.02	<b>1:10.75</b>	+0,98	471	5
21.	Rafaela Marques Bodiao 50m: 32.91 32.91	96	26440	Natacao de Olhao 100m: 1:11.81 38.90	<b>1:11.81</b>	+0,85	450	4
22.	Ines Eira Pereira 50m: 33.72 33.72	99	117517	Estamos Juntos 100m: 1:13.83 40.11	<b>1:13.83</b>	+0,97	414	3
23.	Gabriela Silva Sanhudo 50m: 35.08 35.08	99	123839	Estarreja 100m: 1:17.02 41.94	<b>1:17.02</b>	+0,99	365	2
24.	Ana Francisca Bola 50m: 36.67 36.67	00	122587	Gafanha da Encarnacao 100m: 1:26.18 49.51	<b>1:26.18</b>	+1,12	260	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-13	2:19.18	Andre Vilas Ruivo	DNMG	Nazaré	01-06-2013
Recorde Nacional (25m) Inf A-14	2:12.42	Tomas Miguel Freitas	CDN	Funchal	11-07-2004
Recorde Nacional (25m) Juv B-15	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Recorde Nacional (25m) Juv A-16	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-19+	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.	Miguel Duarte Nascimento	95	14944	Portinado	<b>1:58.74</b>	+0,64	775	25
	50m: 26.00 26.00			100m: 55.94 29.94	150m: 1:26.88	30.94	200m: 1:58.74	31.86
2.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	<b>2:03.36</b>	+0,70	691	23
	50m: 26.71 26.71			100m: 57.19 30.48	150m: 1:29.28	32.09	200m: 2:03.36	34.08
3.	Miguel Bras Sergio	95	100925	Bombeiros dos Estoris	<b>2:05.68</b>	+0,71	654	22
	50m: 27.51 27.51			100m: 59.08 31.57	150m: 1:31.92	32.84	200m: 2:05.68	33.76
4.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	<b>2:10.23</b>	+0,66	588	21
	50m: 28.24 28.24			100m: 1:01.21 32.97	150m: 1:35.40	34.19	200m: 2:10.23	34.83
5.	Afonso Mateus Ribeiro	95	100430	Belenenses	<b>2:11.94</b>	+0,65	565	20
	50m: 28.93 28.93			100m: 1:02.28 33.35	150m: 1:37.07	34.79	200m: 2:11.94	34.87
6.	Joao Pedro Santos	96	101954	Fluvial Portuense	<b>2:12.72</b>	+0,73	555	19
	50m: 28.73 28.73			100m: 1:02.22 33.49	150m: 1:35.96	33.74	200m: 2:12.72	36.76
7.	Joao Miguel Ferreira	97	103044	Foca	<b>2:12.74</b>	+0,78	555	18
	50m: 29.00 29.00			100m: 1:02.13 33.13	150m: 1:36.43	34.30	200m: 2:12.74	36.31
8.	Nuno Goncalo Santos	96	101865	Bairro dos Anjos/Bomcar	<b>2:12.87</b>	+0,72	553	17
	50m: 28.99 28.99			100m: 1:03.46 34.47	150m: 1:38.82	35.36	200m: 2:12.87	34.05
9.	Antonio Miguel Vitorino	96	25815	Viana Natacao	<b>2:12.89</b>	+0,80	553	16
	50m: 28.97 28.97			100m: 1:01.87 32.90	150m: 1:36.80	34.93	200m: 2:12.89	36.09
10.	Gil Vasco Goncalves	97	25254	Litoral Alentejano	<b>2:13.85</b>		541	15
	50m: 29.46 29.46			100m: 1:03.52 34.06	150m: 1:38.69	35.17	200m: 2:13.85	35.16
11.	Ricardo Daniel Goncalves	96	103320	Ginasio de Vila Real	<b>2:14.14</b>	+0,65	538	14
	50m: 29.19 29.19			100m: 1:03.34 34.15	150m: 1:39.21	35.87	200m: 2:14.14	34.93
12.	Alcides Costa Sousa	94	103744	Feirense	<b>2:15.07</b>	+0,81	527	13
	50m: 29.66 29.66			100m: 1:03.80 34.14	150m: 1:39.19	35.39	200m: 2:15.07	35.88
13.	Filipe Fonte Cunha	98	125628	Academico Viseu	<b>2:15.95</b>	+0,73	516	12
	50m: 29.42 29.42			100m: 1:03.02 33.60	150m: 1:38.17	35.15	200m: 2:15.95	37.78
14.	Bernardo Francisco Pedroso	97	105206	Natacao de Valongo	<b>2:16.02</b>	+0,70	516	11
	50m: 29.52 29.52			100m: 1:03.53 34.01	150m: 1:39.13	35.60	200m: 2:16.02	36.89
15.	Pedro Miguel Rodrigues	97	103539	Pimpoes/Cimai	<b>2:16.93</b>	+0,76	505	10
	50m: 30.26 30.26			100m: 1:04.78 34.52	150m: 1:40.45	35.67	200m: 2:16.93	36.48
16.	David Andre Almeida	97	20340	Ginasio Santo Tirso	<b>2:17.67</b>	+0,93	497	9
	50m: 30.31 30.31			100m: 1:05.44 35.13	150m: 1:41.33	35.89	200m: 2:17.67	36.34
17.	Nuno Valerio Silva	97	110973	Nautico Marinha Grande	<b>2:18.11</b>	+0,82	493	8
	50m: 29.80 29.80			100m: 1:04.17 34.37	150m: 1:40.07	35.90	200m: 2:18.11	38.04
18.	Antonio Fraga Fragoso	95	14324	Bombeiros Ponta Delgada	<b>2:20.49</b>	+0,75	468	7
	50m: 28.64 28.64			100m: 1:03.86 35.22	150m: 1:40.59	36.73	200m: 2:20.49	39.90
19.	Tiago Filipe Campos	99	116573	Viver Santarem	<b>2:21.91</b>	+0,92	454	6
	50m: 30.31 30.31			100m: 1:05.75 35.44	150m: 1:43.86	38.11	200m: 2:21.91	38.05
20.	Rodrigo Manuel Monteiro	98	109389	Sporting Espinho	<b>2:22.12</b>	+0,78	452	5
	50m: 30.42 30.42			100m: 1:06.13 35.71	150m: 1:43.77	37.64	200m: 2:22.12	38.35



Prova 16, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Joao Paulo Lopes	98	107490	Torres Novas	<b>2:24.42</b>	+0,89	431	4
	50m: 30.87 30.87		100m: 1:06.31 35.44	150m: 1:44.34	38.03	200m: 2:24.42 40.08		
22.	Paulo Filipe Miranda	97	110626	Fafe	<b>2:27.77</b>	+0,81	402	3
	50m: 30.12 30.12		100m: 1:06.08 35.96	150m: 1:45.43	39.35	200m: 2:27.77 42.34		
23.	Bernardo Antunes Augusto	00	122518	Naval Setubalense	<b>2:54.40</b>	+0,85	244	2
	50m: 33.30 33.30		100m: 1:18.04 44.74	150m: 2:08.07	50.03	200m: 2:54.40 46.33		
DSQ	Joao Pedro Tarquinio	97	106738	Benedita				

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-12	1:17.79	Mariana Ferrinha Cunha	AAC	Coimbra	19-03-1995
Recorde Nacional (25m) Inf A-13	1:13.43	Raquel Gomes Pereira	SANL	Abrantes	13-04-2013
Recorde Nacional (25m) Juv B-14	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A-15	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-18+	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.	Rute Isabel Leonardo	98	121391	Nautico Abrantes	<b>1:15.76</b>	+0,77	566	25
	50m: 35.68 35.68		100m: 1:15.76 40.08					
2.	Joana Marques Maia	91	25067	Natacao da Maia	<b>1:16.65</b>	+0,83	547	23
	50m: 35.68 35.68		100m: 1:16.65 40.97					
3.	Ana Margarida Domingos	93	13416	Academico Viseu	<b>1:16.74</b>	+0,89	545	22
	50m: 36.20 36.20		100m: 1:16.74 40.54					
4.	Ana Catarina Serra	95	110228	Academica de Coimbra	<b>1:16.82</b>	+0,76	543	21
	50m: 36.06 36.06		100m: 1:16.82 40.76					
5.	Ines Rocha Silva	00	117806	Alcobaca	<b>1:16.88</b>	+0,71	542	20
	50m: 36.08 36.08		100m: 1:16.88 40.80					
6.	Carolina Lourenco Matos	98	109647	Benedita	<b>1:17.12</b>	+0,77	537	19
	50m: 35.94 35.94		100m: 1:17.12 41.18					
7.	Daniela Valente Ferreira	96	100180	Estamos Juntos	<b>1:17.45</b>	+0,86	530	18
	50m: 36.39 36.39		100m: 1:17.45 41.06					
8.	Catarina Vilhena Gregorio	96	103459	CLAC-Entroncamento	<b>1:18.53</b>	+0,81	508	17
	50m: 36.66 36.66		100m: 1:18.53 41.87					
9.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>1:18.70</b>	+0,76	505	16
	50m: 36.39 36.39		100m: 1:18.70 42.31					
10.	Maria Rachadell Pereira	98	104612	Portinado	<b>1:18.84</b>	+0,97	502	15
	50m: 36.12 36.12		100m: 1:18.84 42.72					
11.	Catarina Alexandra Dias	95	25908	Naval Ponta Delgada	<b>1:19.22</b>	+0,70	495	14
	50m: 37.01 37.01		100m: 1:19.22 42.21					
12.	Beatriz Ribeiro Cunha	01	118314	Foca	<b>1:19.35</b>	+0,79	493	13
	50m: 37.18 37.18		100m: 1:19.35 42.17					
13.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	<b>1:19.46</b>	+0,75	491	12
	50m: 37.35 37.35		100m: 1:19.46 42.11					
14.	Ana Beatriz Silva	96	112263	Gafanha da Encarnacao	<b>1:19.56</b>	+0,73	489	11
	50m: 36.89 36.89		100m: 1:19.56 42.67					

Prova 17, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Ana Filipa Teixeira	95	15992	Desportiva de Viana	<b>1:19.78</b>	+0,75	485	10
	50m: 37.38 37.38			100m: 1:19.78 42.40				
16.	Joana Gabriela Silva	95	103945	Colegio SMLamas	<b>1:20.11</b>	+0,76	479	9
	50m: 37.16 37.16			100m: 1:20.11 42.95				
17.	Patricia Fonseca Silva	93	13374	Feirense	<b>1:20.60</b>	+0,88	470	8
	50m: 37.56 37.56			100m: 1:20.60 43.04				
18.	Beatriz Antunes Carvalho	99	117036	Colegio Monte Maior	<b>1:21.19</b>	+0,94	460	7
	50m: 38.12 38.12			100m: 1:21.19 43.07				
19.	Patricia Domingues Canhao	98	117905	Bairro dos Anjos/Bomcar	<b>1:21.88</b>	+0,93	449	6
	50m: 38.19 38.19			100m: 1:21.88 43.69				
20.	Carolina Pastor Escada	00	120238	Aminata	<b>1:22.99</b>	+0,89	431	5
	50m: 38.97 38.97			100m: 1:22.99 44.02				
21.	Vanessa Rodrigues Valente	94	12585	Estarreja	<b>1:23.70</b>	+0,88	420	4
	50m: 39.52 39.52			100m: 1:23.70 44.18				
22.	Ines Ataíde Dias	94	13996	Sporting Espinho	<b>1:25.39</b>	+1,95	395	3
	50m: 39.83 39.83			100m: 1:25.39 45.56				
23.	Ines Isabel Ramos	98	111417	Belenenses	<b>1:25.46</b>	+0,74	394	2
	50m: 40.23 40.23			100m: 1:25.46 45.23				
24.	Raquel Simoes Duque	99	121235	Ginasio Figueirense	<b>1:28.90</b>	+0,84	350	1
	50m: 40.14 40.14			100m: 1:28.90 48.76				

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-13	2:37.57	Tomas Miguel Freitas	CDN	Funchal	13-07-2003
Recorde Nacional (25m) Inf A-14	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	08-03-2009
Recorde Nacional (25m) Juv B-15	2:20.22	Andre Goncalo Santos	LSC	Braga	03-03-2012
Recorde Nacional (25m) Juv A-16	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-19+	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.	Tomas Correia Silva	95	23367	Fluval Portuense	<b>2:19.60</b>	+0,65	645	25
	50m: 31.77 31.77			100m: 1:06.93 35.16 150m: 1:43.04 36.11			200m: 2:19.60 36.56	
2.	Andre Magalhaes Moura	98	104988	Academico Viseu	<b>2:20.72</b>	+0,75	630	23
	50m: 31.79 31.79			100m: 1:07.38 35.59 150m: 1:43.94 36.56			200m: 2:20.72 36.78	
3.	Marcelo Goncalo Pereira	90	22440	Foca	<b>2:21.90</b>	+0,79	614	22
	50m: 31.60 31.60			100m: 1:08.04 36.44 150m: 1:44.73 36.69			200m: 2:21.90 37.17	
4.	Goncalo Pereira Sa	95	107201	Feirense	<b>2:25.47</b>	+0,69	570	21
	50m: 32.08 32.08			100m: 1:08.88 36.80 150m: 1:47.39 38.51			200m: 2:25.47 38.08	
5.	Nuno Oliveira Noritake	96	104271	Bombeiros dos Estoris	<b>2:25.56</b>	+0,76	569	20
	50m: 32.59 32.59			100m: 1:09.27 36.68 150m: 1:47.29 38.02			200m: 2:25.56 38.27	
6.	Tiago Sobral Coelho	95	20393	Ginasio Santo Tirso	<b>2:25.82</b>	+0,79	566	19
	50m: 32.98 32.98			100m: 1:10.55 37.57 150m: 1:48.63 38.08			200m: 2:25.82 37.19	
7.	Joao Paulo Ribeiro	92	10703	Nautico Marinha Grande	<b>2:28.63</b>	+0,66	535	18
	50m: 33.26 33.26			100m: 1:10.80 37.54 150m: 1:49.20 38.40			200m: 2:28.63 39.43	

Prova 18, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Antonio Fernandes Carrico	98	106926	Pimpoes/Cimai	<b>2:29.87</b>	+0,83	521	17
	50m: 33.47 33.47			100m: 1:11.04 37.57 150m: 1:50.39	39.35	200m: 2:29.87	39.48	
9.	Francisco Robalo Quintas	95	26501	Belenenses	<b>2:29.99</b>	+0,73	520	16
	50m: 32.96 32.96			100m: 1:11.81 38.85 150m: 1:51.26	39.45	200m: 2:29.99	38.73	
10.	Helder Alexandre Godinho	86	10654	Bairro dos Anjos/Bomcar	<b>2:30.36</b>	+0,80	516	15
	50m: 32.45 32.45			100m: 1:10.17 37.72 150m: 1:49.15	38.98	200m: 2:30.36	41.21	
11.	Leonardo Peralta Reis	96	25450	Benedita	<b>2:32.56</b>	+0,75	494	14
	50m: 33.51 33.51			100m: 1:12.24 38.73 150m: 1:52.06	39.82	200m: 2:32.56	40.50	
12.	Hugo Alexandre Amaral	87	12641	Portinado	<b>2:33.26</b>	+0,85	488	13
	50m: 32.52 32.52			100m: 1:10.54 38.02 150m: 1:51.13	40.59	200m: 2:33.26	42.13	
13.	Hugo Neves Neto	94	110453	Columbofila Cantanhedense	<b>2:33.39</b>	+0,82	486	12
	50m: 34.17 34.17			100m: 1:12.82 38.65 150m: 1:52.81	39.99	200m: 2:33.39	40.58	
14.	Carlos Braganca Castro	97	14314	Naval Ponta Delgada	<b>2:34.28</b>	+0,63	478	11
	50m: 34.44 34.44			100m: 1:13.33 38.89 150m: 1:53.31	39.98	200m: 2:34.28	40.97	
15.	Rodrigo Marques Costa	76	11306	Litoral Alentejano	<b>2:35.84</b>	+0,81	464	10
	50m: 35.39 35.39			100m: 1:14.26 38.87 150m: 1:54.47	40.21	200m: 2:35.84	41.37	
16.	Tiago Andre Marques	93	18351	Sporting Espinho	<b>2:38.14</b>	+0,74	444	9
	50m: 33.73 33.73			100m: 1:13.38 39.65 150m: 1:55.11	41.73	200m: 2:38.14	43.03	
17.	Guilherme Antonio Reis	96	112756	Torres Novas	<b>2:38.33</b>	+0,89	442	8
	50m: 35.09 35.09			100m: 1:15.09 40.00 150m: 1:57.07	41.98	200m: 2:38.33	41.26	
18.	Pedro Nuno Vieira	98	106742	Natacao de Valongo	<b>2:38.79</b>	+0,73	438	7
	50m: 34.70 34.70			100m: 1:14.50 39.80 150m: 1:55.74	41.24	200m: 2:38.79	43.05	
19.	Joao Carlos Bastos	86	11257	Viver Santarem	<b>2:42.90</b>	+0,98	406	6
	50m: 37.97 37.97			100m: 1:19.06 41.09 150m: 2:01.06	42.00	200m: 2:42.90	41.84	
20.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	<b>2:45.13</b>	+0,67	390	5
	50m: 35.07 35.07			100m: 1:16.42 41.35 150m: 1:59.85	43.43	200m: 2:45.13	45.28	
21.	Alexander Ramos Esteves	77	14673	Ginasio de Vila Real	<b>2:45.78</b>	+0,77	385	4
	50m: 35.44 35.44			100m: 1:16.62 41.18 150m: 2:00.36	43.74	200m: 2:45.78	45.42	
22.	Goncalo Santos Oliveira	00	107484	Viana Natacao	<b>2:46.75</b>	+0,88	378	3
	50m: 36.76 36.76			100m: 1:19.44 42.68 150m: 2:03.65	44.21	200m: 2:46.75	43.10	
23.	Simao Correia Ricardo	00	121405	Naval Setubalense	<b>2:51.78</b>	+0,77	346	2
	50m: 39.44 39.44			100m: 1:23.86 44.42 150m: 2:09.31	45.45	200m: 2:51.78	42.47	
DSQ	Rui Manuel Ribeiro	82	20615	Fafe				

732 - Não tocou na parede com as mãos separadas e (ou) simultaneamente na viragem aos 175 m - SW 7.6

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-12	28.89	Ana Margarida Guedes	GCVR	Vila Real	16-02-2013
Recorde Nacional (25m) Inf A-13	28.32	Ines Camacho Fernandes	SCP	Ponte Sor	30-01-2010
Recorde Nacional (25m) Juv B-14	27.16	Harriet Larcher Smith	CFB	Tomar	15-03-2003
Recorde Nacional (25m) Juv A-15	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-18+	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.	Isabel Pinto Abreu	96	26324	Belenenses	<b>26.95</b>	+0,70	642	25
2.	Sarah Dias	99	119262	CLAC-Entroncamento	<b>27.06</b>	+0,77	634	23
3.	Ana Filipa Martins	97	104438	Foca	<b>27.35</b>	+0,81	614	22
4.	Jessica Sousa Brito	97	116847	Portinado	<b>27.42</b>	+0,76	609	21
5.	Carolina Santos Silva	86	23208	Natacao da Maia	<b>28.05</b>	+0,64	569	20
6.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	<b>28.06</b>	+0,78	568	19
7.	Ana Beatriz Silva	96	112263	Gafanha da Encarnacao	<b>28.12</b>	+0,74	565	18
8.	Mafalda Fraga Fragoso	94	14327	Bombeiros Ponta Delgada	<b>28.59</b>	+0,93	537	17
9.	Ana Francisca Silva	95	102893	Academico Viseu	<b>28.66</b>	+0,84	533	16
	Barbara Sofia Lopes	98	110519	Estarreja	<b>28.66</b>	+0,78	533	16
11.	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>28.78</b>	+0,73	527	14
12.	Ana Filipa Teixeira	95	15992	Desportiva de Viana	<b>29.04</b>	+0,72	513	13
13.	Joana Gabriela Silva	95	103945	Colegio SMLamas	<b>29.21</b>	+0,75	504	12
14.	Rute Isabel Leonardo	98	121391	Nautico Abrantes	<b>29.28</b>	+0,81	500	11
15.	Matilde Correia Vieira	00	117805	Alcobaca	<b>29.31</b>	+0,91	499	10
	Carla Sofia Cruz	96	103821	Sporting Espinho	<b>29.31</b>		499	10
17.	Laura Miranda Rosado	97	107808	Aminata	<b>29.62</b>	+0,80	483	8
	Patricia Sousa Paulo	96	25429	Benedita	<b>29.62</b>	+0,78	483	8
19.	Ines Eira Pereira	99	117517	Estamos Juntos	<b>29.74</b>	+0,99	477	6
20.	Rafaela Marques Bodiao	96	26440	Natacao de Olhao	<b>29.80</b>	+0,81	474	5
21.	Carolina Braz Garcia	98	110123	Naval Ponta Delgada	<b>30.11</b>	+0,77	460	4
22.	Ines Pinho Coelho	99	116862	Feirense	<b>30.14</b>	+0,83	459	3
23.	Diana Sofia Mirra	00	119680	Bairro dos Anjos/Bomcar	<b>30.25</b>	+0,92	454	2
24.	Sandra Patricia Oliveira	99	112030	Ginasio Figueirense	<b>30.34</b>	+0,95	450	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-13	57.40	Tiago Filipe Pereira	DNMG	Caldas da Rainha	11-07-2004
Recorde Nacional (25m) Inf A-14	54.96	Francisco Carvalho Machado	SAD	Alges	01-07-2012
Recorde Nacional (25m) Juv B-15	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Juv A-16	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-19+	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.	Alexandre Escudier Agostinho	86	12668	Portinado	<b>49.84</b>	+0,69	733	25
	50m: 23.42 23.42			100m: 49.84 26.42				
2.	Tiago Manuel Teixeira	96	102485	Fafe	<b>50.58</b>	+0,54	701	23
	50m: 24.35 24.35			100m: 50.58 26.23				
3.	Nelson Filipe Martinho	89	16016	Natacao de Valongo	<b>51.84</b>	+0,75	651	22
	50m: 24.39 24.39			100m: 51.84 27.45				
4.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	<b>52.52</b>	+0,70	626	21
	50m: 25.41 25.41			100m: 52.52 27.11				
5.	Cesar Fernando Faria	90	10704	Bairro dos Anjos/Bomcar	<b>52.88</b>	+0,75	613	20
	50m: 25.06 25.06			100m: 52.88 27.82				
6.	Emanuel Augusto Pinho	93	14295	Feirense	<b>53.66</b>	+0,70	587	19
	50m: 25.87 25.87			100m: 53.66 27.79				
7.	Jonatas da Fonseca Gaspar	88	10339	Nautico Marinha Grande	<b>53.71</b>	+0,83	585	18
	50m: 25.72 25.72			100m: 53.71 27.99				
8.	Carlos Fernandes Queiros	86	118205	Fluvial Portuense	<b>54.05</b>	+0,69	574	17
	50m: 25.34 25.34			100m: 54.05 28.71				
9.	Ricardo David Silva	97	103049	Foca	<b>54.07</b>	+0,72	574	16
	50m: 25.83 25.83			100m: 54.07 28.24				
10.	Miguel Bras Sergio	95	100925	Bombeiros dos Estoris	<b>54.09</b>	+0,77	573	15
	50m: 25.91 25.91			100m: 54.09 28.18				
11.	Miguel Cordeiro Saraiva	93	11111	Belenenses	<b>54.17</b>	+0,75	570	14
	50m: 25.59 25.59			100m: 54.17 28.58				
12.	Tiago Joao Meira	96	25816	Viana Natacao	<b>54.19</b>	+0,78	570	13
	50m: 25.48 25.48			100m: 54.19 28.71				
13.	Andre Lima Costa	97	105015	Sporting Espinho	<b>54.79</b>	+0,70	551	12
	50m: 26.26 26.26			100m: 54.79 28.53				
14.	Joao Miguel Teixeira	95	104984	Academico Viseu	<b>54.86</b>	+0,86	549	11
	50m: 26.36 26.36			100m: 54.86 28.50				
15.	Tiago Geraldes Machado	93	10264	Pimpoes/Cimai	<b>54.91</b>	+0,87	548	10
	50m: 25.40 25.40			100m: 54.91 29.51				
16.	Diogo Serrao Santos	96	26686	Viver Santarem	<b>55.04</b>	+0,68	544	9
	50m: 26.34 26.34			100m: 55.04 28.70				
17.	Miguel Filipe Pinto	96	105729	Ginasio Santo Tirso	<b>55.20</b>	+0,84	539	8
	50m: 26.98 26.98			100m: 55.20 28.22				
18.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	<b>55.21</b>	+0,71	539	7
	50m: 26.15 26.15			100m: 55.21 29.06				
19.	Fabio Miguel Samouco	95	105237	Torres Novas	<b>55.31</b>	+0,74	536	6
	50m: 25.85 25.85			100m: 55.31 29.46				
20.	Rogério Pina Tavares	92	11443	Litoral Alentejano	<b>55.60</b>	+0,70	528	5
	50m: 26.39 26.39			100m: 55.60 29.21				

Prova 20, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Carlos Eira Cruz 50m: 26.54 26.54	96	103328	Ginasio de Vila Real 100m: 55.77 29.23	<b>55.77</b>	+0,68	523	4
22.	Guilherme Filipe Pina 50m: 26.55 26.55	98	107450	Benedita 100m: 55.78 29.23	<b>55.78</b>	+0,78	522	3
23.	Diogo Manuel Marques 50m: 27.31 27.31	98	118567	Columbofila Cantanhedense 100m: 56.60 29.29	<b>56.60</b>	+0,70	500	2
24.	Diogo Gomes Branco 50m: 28.94 28.94	97	118464	Naval Setubalense 100m: 1:00.46 31.52	<b>1:00.46</b>	+0,76	410	1

Prova 21

Femin., 100m Costas

Absolutos

08-12-2013

Resultados

Recorde Nacional (25m) Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Inf B-12	1:09.96	Ana Margarida Guedes	SARNN	Abrantes	13-04-2013
Recorde Nacional (25m) Inf A-13	1:05.36	Ines Camacho Fernandes	SCP	Tavira	05-03-2010
Recorde Nacional (25m) Juv B-14	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	12-02-2011
Recorde Nacional (25m) Juv A-15	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-18+	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.	Tatiana Filipa Santos 50m: 32.37 32.37	95	26779	Ginasio Figueirense 100m: 1:05.95 33.58	<b>1:05.95</b>	+0,71	587	25
2.	Maria Madalena Silva 50m: 32.78 32.78	98	116614	Nautico Abrantes 100m: 1:06.50 33.72	<b>1:06.50</b>	+0,60	572	23
3.	Jessica Sousa Brito 50m: 31.88 31.88	97	116847	Portinado 100m: 1:07.46 35.58	<b>1:07.46</b>	+0,75	548	22
4.	Juliana Lima Freixo 50m: 33.22 33.22	97	100827	Desportiva de Viana 100m: 1:07.87 34.65	<b>1:07.87</b>	+0,63	538	21
5.	Carla Sofia Cruz 50m: 33.35 33.35	96	103821	Sporting Espinho 100m: 1:09.08 35.73	<b>1:09.08</b>	+0,82	511	20
6.	Miriam Filipe Marcos 50m: 34.23 34.23	01	121690	Natacao de Olhao 100m: 1:09.97 35.74	<b>1:09.97</b>	+0,61	491	19
7.	Sarah Dias 50m: 33.73 33.73	99	119262	CLAC-Entroncamento 100m: 1:10.19 36.46	<b>1:10.19</b>	+0,63	487	18
8.	Cintia Mariana Fernandes 50m: 33.90 33.90	97	103936	Academica de Coimbra 100m: 1:10.33 36.43	<b>1:10.33</b>	+0,64	484	17
9.	Beatriz Valadas Bilro 50m: 34.29 34.29	00	123035	Aminata 100m: 1:10.34 36.05	<b>1:10.34</b>	+0,73	484	16
10.	Matilde Correia Vieira 50m: 33.49 33.49	00	117805	Alcobaca 100m: 1:10.39 36.90	<b>1:10.39</b>	+0,66	483	15
11.	Filipa Oliveira Andrade 50m: 34.67 34.67	97	110582	Colegio SMLamas 100m: 1:11.08 36.41	<b>1:11.08</b>	+0,70	469	14
12.	Mafalda Fraga Fragoso 50m: 34.32 34.32	94	14327	Bombeiros Ponta Delgada 100m: 1:11.51 37.19	<b>1:11.51</b>	+0,67	460	13
13.	Rosana Marinho Macedo 50m: 34.37 34.37	99	111500	Foca 100m: 1:11.76 37.39	<b>1:11.76</b>	+0,72	455	12

Prova 21, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Filipa Andreia Costa 50m: 34.62 34.62	98	109094	Colegio Monte Maior 100m: 1:12.22 37.60	<b>1:12.22</b>	+0,68	447	11
15.	Ines Sofia Sampaio 50m: 34.61 34.61	94	13415	Academico Viseu 100m: 1:12.28 37.67	<b>1:12.28</b>	+0,74	446	10
16.	Joana Sousa Pereira 50m: 34.73 34.73	99	107295	Bairro dos Anjos/Bomcar 100m: 1:13.49 38.76	<b>1:13.49</b>	+0,64	424	9
17.	Ines Silva Marques 50m: 35.58 35.58	99	110560	Natacao da Maia 100m: 1:13.81 38.23	<b>1:13.81</b>	+0,73	418	8
18.	Jessica Pinto Pinho 50m: 36.16 36.16	98	123245	Estarreja 100m: 1:14.33 38.17	<b>1:14.33</b>	+0,59	410	7
19.	Barbara Amaro Cerejo 50m: 35.50 35.50	97	105786	Benedita 100m: 1:14.35 38.85	<b>1:14.35</b>	+0,69	409	6
20.	Mariana Lopes Silva 50m: 36.26 36.26	99	116526	Gafanha da Encarnacao 100m: 1:15.12 38.86	<b>1:15.12</b>	+0,52	397	5
21.	Rita Correia Albergueiro 50m: 36.54 36.54	00	117579	Estamos Juntos 100m: 1:15.26 38.72	<b>1:15.26</b>	+0,72	395	4
22.	Maria Ines Coelho 50m: 36.63 36.63	98	116854	Feirense 100m: 1:16.25 39.62	<b>1:16.25</b>	+0,78	380	3
23.	Carolina Travassos Silva 50m: 37.41 37.41	98	111790	Naval Ponta Delgada 100m: 1:16.43 39.02	<b>1:16.43</b>	+0,72	377	2
24.	Alexandra Couto Frazao 50m: 38.03 38.03	02	125426	Belenenses 100m: 1:17.34 39.31	<b>1:17.34</b>	+1,00	364	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-13	2:15.27	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	16-03-2013
Recorde Nacional (25m) Inf A-14	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	29-06-2012
Recorde Nacional (25m) Juv B-15	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	09-03-2013
Recorde Nacional (25m) Juv A-16	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-19+	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.	Job Santos Silva 50m: 30.14 30.14	96	24351	Feirense 100m: 1:02.92 32.78 150m: 1:35.85 32.93	<b>2:07.48</b>	+0,63	576	25
2.	Tomas Machado Vale 50m: 29.20 29.20	97	102229	Viana Natacao 100m: 1:01.17 31.97 150m: 1:34.58 33.41	<b>2:07.77</b>	+0,70	572	23
3.	Ivo Andre Lopes 50m: 30.18 30.18	94	11728	Viver Santarem 100m: 1:02.31 32.13 150m: 1:35.27 32.96	<b>2:08.07</b>	+0,69	568	22
4.	Ivo Pinto Ribeiro 50m: 29.63 29.63	97	108299	Foca 100m: 1:00.99 31.36 150m: 1:33.72 32.73	<b>2:08.27</b>	+0,63	566	21
5.	Joao Pedro Tarquinio 50m: 30.56 30.56	97	106738	Benedita 100m: 1:03.70 33.14 150m: 1:38.26 34.56	<b>2:13.17</b>	+0,63	505	20
6.	Pedro Miguel Gamito 50m: 30.06 30.06	96	118496	Bombeiros dos Estoris 100m: 1:02.93 32.87 150m: 1:38.11 35.18	<b>2:13.39</b>	+0,65	503	19

Prova 22, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Miguel Galeao Lopes	96	105891	Portinado	<b>2:14.42</b>	+0,61	491	18
	50m: 29.78 29.78			100m: 1:02.98 33.20 150m: 1:38.48	35.50	200m: 2:14.42	35.94	
8.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>2:14.54</b>	+0,70	490	17
	50m: 31.25 31.25			100m: 1:05.70 34.45 150m: 1:40.27	34.57	200m: 2:14.54	34.27	
9.	Paulo Gabriel Magalhaes	96	102527	Fafe	<b>2:15.16</b>	+0,64	483	16
	50m: 29.49 29.49			100m: 1:02.87 33.38 150m: 1:38.75	35.88	200m: 2:15.16	36.41	
10.	Bruno Filipe Taborda	95	106711	Bairro dos Anjos/Bomcar	<b>2:15.29</b>	+0,75	482	15
	50m: 31.03 31.03			100m: 1:04.45 33.42 150m: 1:39.71	35.26	200m: 2:15.29	35.58	
11.	Carlos Manuel Figueiredo	96	103321	Ginasio de Vila Real	<b>2:15.36</b>	+0,62	481	14
	50m: 30.01 30.01			100m: 1:03.32 33.31 150m: 1:38.78	35.46	200m: 2:15.36	36.58	
12.	Bruno Miguel Amaral	89	11992	Academico Viseu	<b>2:15.48</b>	+0,64	480	13
	50m: 31.12 31.12			100m: 1:04.58 33.46 150m: 1:39.81	35.23	200m: 2:15.48	35.67	
13.	Antonio Sampaio Rebolo	94	15741	Belenenses	<b>2:16.01</b>	+0,73	474	12
	50m: 31.11 31.11			100m: 1:04.90 33.79 150m: 1:40.33	35.43	200m: 2:16.01	35.68	
14.	Mohammad Shams Azad	95	109652	Naval Ponta Delgada	<b>2:16.13</b>	+0,65	473	11
	50m: 30.53 30.53			100m: 1:04.97 34.44 150m: 1:40.80	35.83	200m: 2:16.13	35.33	
15.	David Oliveira Gorgulho	82	11302	Litoral Alentejano	<b>2:16.49</b>	+0,72	469	10
	50m: 32.20 32.20			100m: 1:06.85 34.65 150m: 1:41.30	34.45	200m: 2:16.49	35.19	
16.	Andre Filipe Vicente	81	104158	Torres Novas	<b>2:17.67</b>	+0,60	457	9
	50m: 32.31 32.31			100m: 1:06.71 34.40 150m: 1:42.81	36.10	200m: 2:17.67	34.86	
17.	Julio Dinis Goncalves	96	103624	Fluvial Portuense	<b>2:17.73</b>	+0,69	457	8
	50m: 32.00 32.00			100m: 1:06.50 34.50 150m: 1:41.96	35.46	200m: 2:17.73	35.77	
18.	David Andre Almeida	97	20340	Ginasio Santo Tirso	<b>2:18.58</b>	+0,71	448	7
	50m: 32.74 32.74			100m: 1:07.85 35.11 150m: 1:42.93	35.08	200m: 2:18.58	35.65	
19.	Nuno Henrique Guimaraes	99	119147	Natacao de Valongo	<b>2:18.84</b>	+0,55	446	6
	50m: 32.62 32.62			100m: 1:07.80 35.18 150m: 1:43.58	35.78	200m: 2:18.84	35.26	
20.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	<b>2:18.88</b>	+0,73	446	5
	50m: 31.93 31.93			100m: 1:06.90 34.97 150m: 1:42.87	35.97	200m: 2:18.88	36.01	
21.	Leandro Fernandes Mota	98	106760	Columbofila Cantanhedense	<b>2:18.90</b>	+0,74	445	4
	50m: 32.80 32.80			100m: 1:07.41 34.61 150m: 1:43.35	35.94	200m: 2:18.90	35.55	
22.	Bernardo Ferro Costa	97	106769	Sporting Espinho	<b>2:21.24</b>	+0,68	424	3
	50m: 31.83 31.83			100m: 1:07.17 35.34 150m: 1:43.71	36.54	200m: 2:21.24	37.53	
23.	Pedro Miguel Rodrigues	97	103539	Pimpoes/Cimai	<b>2:24.00</b>	+0,70	400	2
	50m: 33.94 33.94			100m: 1:09.62 35.68 150m: 1:46.89	37.27	200m: 2:24.00	37.11	
24.	Pedro Miguel Dinis	97	108425	Naval Setubalense	<b>2:34.71</b>	+0,72	322	1
	50m: 35.81 35.81			100m: 1:14.38 38.57 150m: 1:54.55	40.17	200m: 2:34.71	40.16	



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-12	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Recorde Nacional (25m) Inf A-13	4:25.30	Alexandra Maria Silva	FCP	Porto	19-07-1980
Recorde Nacional (25m) Juv B-14	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Juv A-15	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-18+	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.	Ana Raquel Ferreira 50m: 30.63 30.63 100m: 1:04.22 33.59	98	102755	Ginasio Figueirense	<b>4:30.77</b> 34.63 350m: 3:57.09 34.97 34.88 400m: 4:30.77 33.68	+0,96	652	25
2.	Isabel Pinto Abreu 50m: 31.51 31.51 100m: 1:04.99 33.48	96	26324	Belenenses	<b>4:31.42</b> 34.55 350m: 3:58.63 35.00 34.82 400m: 4:31.42 32.79	+0,72	647	23
3.	Ana Margarida Domingos 50m: 31.31 31.31 100m: 1:04.92 33.61	93	13416	Academico Viseu	<b>4:32.26</b> 34.37 350m: 3:58.51 35.12 35.03 400m: 4:32.26 33.75	+0,91	641	22
4.	Luana Raquel Alves 50m: 31.10 31.10 100m: 1:04.88 33.78	97	110022	Desportiva de Viana	<b>4:37.26</b> 35.23 350m: 4:02.11 36.12 35.67 400m: 4:37.26 35.15	+0,85	607	21
5.	Raquel Bartolo Vitor 50m: 32.02 32.02 100m: 1:06.86 34.84	93	10865	Academica de Coimbra	<b>4:40.30</b> 35.75 350m: 4:05.64 35.92 35.97 400m: 4:40.30 34.66	+0,95	588	20
6.	Beatriz Neves Cardoso 50m: 31.76 31.76 100m: 1:06.36 34.60	98	105741	Colegio SMLamas	<b>4:41.12</b> 36.11 350m: 4:06.41 35.87 36.33 400m: 4:41.12 34.71	+0,87	583	19
7.	Marta Filipa Vinagre 50m: 30.60 30.60 100m: 1:04.69 34.09	95	24660	CLAC-Entroncamento	<b>4:43.36</b> 36.79 350m: 4:07.47 37.01 37.54 400m: 4:43.36 35.89	+0,75	569	18
8.	Ana Pires Brito 50m: 31.81 31.81 100m: 1:06.82 35.01	99	117031	Colegio Monte Maior	<b>4:45.46</b> 36.45 350m: 4:09.51 36.68 36.88 400m: 4:45.46 35.95	+0,82	556	17
9.	Catarina Goncalves Leal 50m: 31.78 31.78 100m: 1:06.66 34.88	98	107296	Bairro dos Anjos/Bomcar	<b>4:46.25</b> 37.01 350m: 4:10.35 36.99 36.75 400m: 4:46.25 35.90	+0,86	552	16
10.	Sofia Cristina Grilo 50m: 32.18 32.18 100m: 1:07.46 35.28	97	112014	Aminata	<b>4:47.97</b> 36.71 350m: 4:11.82 37.59 36.88 400m: 4:47.97 36.15	+0,80	542	15
11.	Sofia Cunha Sousa 50m: 31.48 31.48 100m: 1:06.13 34.65	96	102996	Foca	<b>4:48.97</b> 36.76 350m: 4:11.28 38.07 37.76 400m: 4:48.97 37.69	+0,98	536	14
12.	Ana Margarida Salgueiro 50m: 32.57 32.57 100m: 1:08.66 36.09	99	116616	Nautico Abrantes	<b>4:49.16</b> 37.07 350m: 4:13.52 36.57 37.59 400m: 4:49.16 35.64	+0,89	535	13
13.	Carolina Silva Moreira 50m: 32.44 32.44 100m: 1:08.02 35.58	99	118910	Natacao da Maia	<b>4:50.28</b> 36.93 350m: 4:14.02 37.29 37.33 400m: 4:50.28 36.26	+0,89	529	12
14.	Maria Anastacio Luis 50m: 32.38 32.38 100m: 1:08.45 36.07	96	101915	Benedita	<b>4:52.25</b> 37.44 350m: 4:15.95 37.65 37.52 400m: 4:52.25 36.30	+0,63	518	11

Prova 23, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	Ana Rita Ribau	95	102808	Gafanha da Encarnacao	<b>4:52.28</b>	+0,85	518	10
	50m: 32.64 32.64			150m: 1:44.59 36.32	250m: 2:59.15 37.80	350m: 4:15.45 38.11		
	100m: 1:08.27 35.63			200m: 2:21.35 36.76	300m: 3:37.34 38.19	400m: 4:52.28 36.83		
16.	Barbara Sofia Lopes	98	110519	Estarreja	<b>4:52.69</b>	+0,82	516	9
	50m: 31.04 31.04			150m: 1:42.06 36.29	250m: 2:57.84 38.57	350m: 4:14.79 38.56		
	100m: 1:05.77 34.73			200m: 2:19.27 37.21	300m: 3:36.23 38.39	400m: 4:52.69 37.90		
17.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	<b>4:53.53</b>	+0,74	512	8
	50m: 33.77 33.77			150m: 1:47.09 37.26	250m: 3:01.67 36.98	350m: 4:16.88 37.53		
	100m: 1:09.83 36.06			200m: 2:24.69 37.60	300m: 3:39.35 37.68	400m: 4:53.53 36.65		
18.	Ana Marta Resendes	80	12798	Naval Ponta Delgada	<b>4:55.84</b>	+0,95	500	7
	50m: 34.17 34.17			150m: 1:47.99 37.17	250m: 3:03.04 37.62	350m: 4:18.85 37.81		
	100m: 1:10.82 36.65			200m: 2:25.42 37.43	300m: 3:41.04 38.00	400m: 4:55.84 36.99		
19.	Sara Filipe Marcos	97	117251	Natacao de Olhao	<b>5:00.56</b>	+0,81	477	6
	50m: 32.87 32.87			150m: 1:47.13 37.80	250m: 3:04.95 39.23	350m: 4:23.12 38.67		
	100m: 1:09.33 36.46			200m: 2:25.72 38.59	300m: 3:44.45 39.50	400m: 5:00.56 37.44		
20.	Salome Pinto Monteiro	98	109388	Sporting Espinho	<b>5:03.57</b>	+0,93	463	5
	50m: 32.94 32.94			150m: 1:47.66 38.36	250m: 3:05.64 39.28	350m: 4:24.92 39.88		
	100m: 1:09.30 36.36			200m: 2:26.36 38.70	300m: 3:45.04 39.40	400m: 5:03.57 38.65		
21.	Luana Rafaela Resende	97	106443	Estamos Juntos	<b>5:03.58</b>	+0,91	462	4
	50m: 33.53 33.53			150m: 1:46.43 37.24	250m: 3:04.30 39.40	350m: 4:24.93 40.44		
	100m: 1:09.19 35.66			200m: 2:24.90 38.47	300m: 3:44.49 40.19	400m: 5:03.58 38.65		
22.	Maria Rasetar	97	117550	Portinado	<b>5:10.36</b>	+0,89	433	3
	50m: 33.30 33.30			150m: 1:49.85 39.19	250m: 3:09.87 40.39	350m: 4:30.86 40.71		
	100m: 1:10.66 37.36			200m: 2:29.48 39.63	300m: 3:50.15 40.28	400m: 5:10.36 39.50		
23.	Sara Mafra Rocha	99	112318	Alcobaca	<b>5:10.90</b>	+0,90	431	2
	50m: 33.27 33.27			150m: 1:49.12 39.20	250m: 3:09.65 40.59	350m: 4:31.60 40.82		
	100m: 1:09.92 36.65			200m: 2:29.06 39.94	300m: 3:50.78 41.13	400m: 5:10.90 39.30		
24.	Sara Tavares Baptista	00	123942	Feirense	<b>5:37.11</b>	+1,03	338	1
	50m: 37.09 37.09			150m: 2:03.71 43.64	250m: 3:30.09 43.07	350m: 4:57.56 43.35		
	100m: 1:20.07 42.98			200m: 2:47.02 43.31	300m: 4:14.21 44.12	400m: 5:37.11 39.55		

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-13	2:17.96	Andre Vilas Ruivo	DNMG	Nazaré	02-06-2013
Recorde Nacional (25m) Inf A-14	2:13.38	Tomas Miguel Freitas	CDN	Funchal	17-07-2004
Recorde Nacional (25m) Juv B-15	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	10-05-2003
Recorde Nacional (25m) Juv A-16	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-19+	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.	Miguel Duarte Nascimento	95	14944	Portinado	<b>2:01.40</b>	+0,71	736	25
	50m: 25.60 25.60			100m: 56.40 30.80	150m: 1:32.69 36.29	200m: 2:01.40 28.71		
2.	Tomas Correia Silva	95	23367	Fluvial Portuense	<b>2:05.70</b>	+0,70	663	23
	50m: 27.12 27.12			100m: 59.92 32.80	150m: 1:36.17 36.25	200m: 2:05.70 29.53		
3.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	<b>2:08.49</b>	+0,80	621	22
	50m: 28.88 28.88			100m: 1:00.54 31.66	150m: 1:37.51 36.97	200m: 2:08.49 30.98		
4.	Nuno Oliveira Noritake	96	104271	Bombeiros dos Estoris	<b>2:11.33</b>	+0,76	581	21
	50m: 28.21 28.21			100m: 1:02.16 33.95	150m: 1:40.06 37.90	200m: 2:11.33 31.27		

Prova 24, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Marcelo Goncalo Pereira	90	22440	Foca	<b>2:11.57</b>	+0,79	578	20
	50m: 27.80 27.80			100m: 1:02.20 34.40	150m: 1:41.06	38.86	200m: 2:11.57 30.51	
6.	Andre Magalhaes Moura	98	104988	Academico Viseu	<b>2:11.84</b>	+0,78	574	19
	50m: 28.74 28.74			100m: 1:03.94 35.20	150m: 1:40.95	37.01	200m: 2:11.84 30.89	
7.	Ivo Andre Lopes	94	11728	Viver Santarem	<b>2:12.68</b>	+0,79	564	18
	50m: 28.36 28.36			100m: 1:01.49 33.13	150m: 1:42.12	40.63	200m: 2:12.68 30.56	
8.	Cesar Fernando Faria	90	10704	Bairro dos Anjos/Bomcar	<b>2:12.82</b>	+0,74	562	17
	50m: 28.62 28.62			100m: 1:02.27 33.65	150m: 1:41.93	39.66	200m: 2:12.82 30.89	
9.	Tiago Sobral Coelho	95	20393	Ginasio Santo Tirso	<b>2:14.62</b>	+0,76	540	16
	50m: 28.90 28.90			100m: 1:03.46 34.56	150m: 1:43.41	39.95	200m: 2:14.62 31.21	
10.	Antonio Miguel Vitorino	96	25815	Viana Natacao	<b>2:14.66</b>	+0,78	539	15
	50m: 28.51 28.51			100m: 1:02.58 34.07	150m: 1:43.68	41.10	200m: 2:14.66 30.98	
11.	Ricardo Daniel Goncalves	96	103320	Ginasio de Vila Real	<b>2:15.08</b>	+0,66	534	14
	50m: 28.08 28.08			100m: 1:03.90 35.82	150m: 1:42.75	38.85	200m: 2:15.08 32.33	
12.	Andre Vilas Ruivo	00	112718	Nautico Marinha Grande	<b>2:16.10</b>	+0,75	522	13
	50m: 29.59 29.59			100m: 1:03.28 33.69	150m: 1:43.96	40.68	200m: 2:16.10 32.14	
13.	Leonardo Peralta Reis	96	25450	Benedita	<b>2:16.54</b>	+0,72	517	12
	50m: 29.48 29.48			100m: 1:04.59 35.11	150m: 1:45.22	40.63	200m: 2:16.54 31.32	
14.	Humberto Fernandes Felgueiras	98	105205	Natacao de Valongo	<b>2:16.62</b>	+0,87	516	11
	50m: 28.80 28.80			100m: 1:03.46 34.66	150m: 1:43.71	40.25	200m: 2:16.62 32.91	
15.	Alcides Costa Sousa	94	103744	Feirense	<b>2:17.65</b>	+0,82	505	10
	50m: 27.90 27.90			100m: 1:04.39 36.49	150m: 1:44.18	39.79	200m: 2:17.65 33.47	
16.	Francisco Robalo Quintas	95	26501	Belenenses	<b>2:17.87</b>	+0,71	502	9
	50m: 29.70 29.70			100m: 1:04.55 34.85	150m: 1:44.75	40.20	200m: 2:17.87 33.12	
17.	Gabriel Levi Gomes	99	118573	Columbofila Cantanhedense	<b>2:19.19</b>	+0,84	488	8
	50m: 29.81 29.81			100m: 1:04.09 34.28	150m: 1:46.63	42.54	200m: 2:19.19 32.56	
18.	Antonio Fernandes Carrico	98	106926	Pimpoes/Cimai	<b>2:20.52</b>	+0,88	474	7
	50m: 30.84 30.84			100m: 1:07.49 36.65	150m: 1:47.79	40.30	200m: 2:20.52 32.73	
19.	Paulo Filipe Miranda	97	110626	Fafe	<b>2:21.53</b>	+0,80	464	6
	50m: 29.98 29.98			100m: 1:05.74 35.76	150m: 1:47.64	41.90	200m: 2:21.53 33.89	
20.	Marco Andre Miguel	99	109944	Torres Novas	<b>2:22.01</b>	+0,71	460	5
	50m: 30.20 30.20			100m: 1:06.54 36.34	150m: 1:48.94	42.40	200m: 2:22.01 33.07	
21.	Rodrigo Manuel Monteiro	98	109389	Sporting Espinho	<b>2:22.72</b>	+0,81	453	4
	50m: 30.19 30.19			100m: 1:06.96 36.77	150m: 1:49.78	42.82	200m: 2:22.72 32.94	
22.	Miguel Rego Borges	95	102134	Bombeiros Ponta Delgada	<b>2:22.86</b>	+0,69	451	3
	50m: 28.96 28.96			100m: 1:05.86 36.90	150m: 1:47.41	41.55	200m: 2:22.86 35.45	
23.	Hugo Filipe Correia	99	118621	Litoral Alentejano	<b>2:25.30</b>	+0,78	429	2
	50m: 29.15 29.15			100m: 1:08.07 38.92	150m: 1:51.90	43.83	200m: 2:25.30 33.40	
24.	Guilherme Miguel Luis	98	111275	Naval Setubalense	<b>2:37.04</b>	+0,86	340	1
	50m: 32.73 32.73			100m: 1:13.48 40.75	150m: 1:59.80	46.32	200m: 2:37.04 37.24	

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-12	4:28.19	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	07-03-2010
Recorde Nacional (25m) Inf A-13	4:14.93	Clube Desportivo Nacional	CDN	Funchal	25-07-2013
Recorde Nacional (25m) Juv B-14	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Recorde Nacional (25m) Juv A-15	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-18+	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. Portinado		Portinado	<b>4:06.30</b>	<b>+0,74</b>	604	25			
		Maria Morgado Franco	+0,74	27.98	1:01.22	Maria Rachadell Pereira	-0,01	28.34	1:01.07
		Joana Varela Joaquim	+0,20	29.25	1:02.48	Jessica Sousa Brito	+0,45	29.02	1:01.53
2. Academica de Coimbra		Academica de Coimbra	<b>4:06.93</b>	<b>+0,79</b>	599	23			
		Ana Beatriz Fonseca	+0,79	30.34	1:03.45	Mariana Rocha Valente	+0,27	29.65	1:03.33
		Daniela Figueiredo Metelo	+0,22	29.24	1:01.43	Amelia Pereira Fernandes	+0,35	28.32	58.72
3. Ginasio Figueirense		Ginasio Figueirense	<b>4:08.51</b>	<b>+0,92</b>	588	22			
		Tatiana Filipa Santos	+0,92	30.17	1:02.10	Margarida Peixoto Pelaio	+0,49	29.60	1:01.79
		Sandra Patricia Oliveira	+0,57	30.90	1:04.19	Ana Raquel Ferreira	+0,49	29.35	1:00.43
4. Desportiva de Viana		Desportiva de Viana	<b>4:08.87</b>	<b>+0,89</b>	585	21			
		Luana Raquel Alves	+0,89	29.66	1:01.27	Flavia Daniela Goncalves	+0,57	29.78	1:02.96
		Ana Filipa Teixeira	+0,59	29.78	1:03.02	Filipa Mendes Pinheiro	+0,27	28.89	1:01.62
5. Nautico Abrantes		Nautico Abrantes	<b>4:10.15</b>	<b>+0,82</b>	576	20			
		Rute Isabel Leonardo	+0,82	30.46	1:03.71	Maria Madalena Silva	+0,30	28.83	1:00.70
		Ana Margarida Salgueiro	+0,63	31.11	1:05.66	Mariana Veloso Vitoria	+0,60	28.18	1:00.08
6. Academico Viseu		Academico Viseu	<b>4:12.25</b>	<b>+0,67</b>	562	19			
		Ana Francisca Silva	+0,67	30.03	1:03.44	Rafaela Ferreira Rodrigues	+0,34	30.62	1:04.64
		Ines Sofia Sampaio	+0,26	29.53	1:03.24	Ana Margarida Domingos	+0,66	29.77	1:00.93
7. Colegio Monte Maior		Colegio Monte Maior	<b>4:12.97</b>	<b>+0,81</b>	557	18			
		Ines Mendes Paulo	+0,81	30.36	1:03.49	Ana Pires Brito	+0,49	30.20	1:03.08
		Ines Silva Bernardo	+0,61	29.99	1:04.17	Filipa Andreia Costa	+0,16	29.58	1:02.23
8. Foca		Foca	<b>4:13.81</b>	<b>+0,90</b>	552	17			
		Sofia Cunha Sousa	+0,90	30.94	1:04.71	Joana Francisca Costa	+0,62	30.67	1:05.53
		Ana Isabel Cunha	+0,24	30.84	1:04.38	Ana Filipa Martins	+0,43	27.95	59.19
9. CLAC-Entroncamento		CLAC-Entroncamento	<b>4:15.41</b>	<b>+0,71</b>	541	16			
		Marta Filipa Vinagre	+0,71	29.04	1:00.58	Daniela Sofia Serra	+0,44	31.96	1:09.83
		Catarina Vilhena Gregorio	+0,63	30.47	1:04.60	Sarah Dias	+0,26	27.83	1:00.40
10. Bombeiros Ponta Delgada		Bombeiros Ponta Delgada	<b>4:15.63</b>	<b>+0,75</b>	540	15			
		Joana Filipa Marques	+0,75	30.75	1:05.84	Rita Ferreira Couto	+0,51	30.57	1:04.63
		Mafalda Fraga Fragoso	+0,36	29.12	1:02.37	Catarina Rego Borges	+0,65	30.13	1:02.79
11. Belenenses		Belenenses	<b>4:15.72</b>	<b>+0,71</b>	539	14			
		Rita Teixeira Costa	+0,71	29.10	1:01.33	Joana Hiromi Ogura	+0,24	30.39	1:05.53
		Alexandra Couto Frazao	+0,07	33.53	1:08.40	Isabel Pinto Abreu	+0,10	28.62	1:00.46
12. Alcobaca		Alcobaca	<b>4:15.77</b>	<b>+0,94</b>	539	13			
		Matilde Correia Vieira	+0,94	30.83	1:03.71	Ines Rocha Silva	+0,28	29.75	1:02.75
		Bruna Elisabete Paulino	+0,59	30.29	1:03.02	Sara Mafra Rocha	+0,55	31.85	1:06.29
13. Colegio SMLamas		Colegio SMLamas	<b>4:16.04</b>	<b>+0,85</b>	537	12			
		Beatriz Neves Cardoso	+0,85	30.55	1:02.72	Catia Alexandra Batista	+0,52	31.15	1:05.78
		Mariana Oliveira Ribeiro	+0,34	30.71	1:04.54	Joana Gabriela Silva	+0,32	30.02	1:03.00
14. Gafanha da Encarnacao		Gafanha da Encarnacao	<b>4:16.36</b>	<b>+0,74</b>	535	11			
		Ana Beatriz Silva	+0,74	29.33	1:01.27	Ana Rita Ribau	+0,36	30.65	1:03.40
		Mariana Lopes Silva	+0,31	30.62	1:05.48	Mariana Pinto Arvins	+0,49	31.24	1:06.21
15. Bairro dos Anjos/Bomcar		Bairro dos Anjos/Bomcar	<b>4:17.76</b>	<b>+0,72</b>	527	10			
		Joana Sousa Pereira	+0,72	30.85	1:05.09	Patricia Domingues Canhao		30.33	1:04.70
		Diana Sofia Mirra		30.31	1:06.27	Catarina Goncalves Leal		29.56	1:01.70

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
16. Natacao da Maia		Natacao da Maia	<b>4:19.26</b>	<b>+0,67</b>	<b>518</b>	<b>9</b>	
	+0,67	29.31	1:01.80	Ines Silva Marques	+0,08	30.83	1:05.85
	+0,34	30.95	1:06.55	Carolina Silva Moreira	+0,49	31.41	1:05.06
17. Aminata		Aminata	<b>4:20.37</b>	<b>+0,84</b>	<b>511</b>	<b>8</b>	
	+0,84	30.66	1:04.04	Carolina Pastor Escada	+0,43	31.04	1:05.92
	+0,38	31.25	1:05.60	Sofia Cristina Grilo	+0,26	30.83	1:04.81
18. Benedita		Benedita	<b>4:21.31</b>	<b>+0,75</b>	<b>505</b>	<b>7</b>	
	+0,75	30.00	1:03.73	Patricia Sousa Paulo	+0,41	30.93	1:05.76
	+0,51	32.18	1:07.34	Isa Morais Penas	+0,45	30.38	1:04.48
19. Natacao de Olhao		Natacao de Olhao	<b>4:21.39</b>	<b>+0,73</b>	<b>505</b>	<b>6</b>	
	+0,73	30.29	1:03.71	Iolanda Marques Bodiao	+0,47	31.73	1:07.85
	+0,35	31.87	1:06.28	Rafaela Marques Bodiao	+0,20	30.33	1:03.55
20. Estamos Juntos		Estamos Juntos	<b>4:21.76</b>	<b>+1,08</b>	<b>503</b>	<b>5</b>	
	+1,08	32.67	1:07.26	Daniela Valente Ferreira	+0,57	30.93	1:04.77
	+0,64	31.97	1:06.30	Ines Eira Pereira	+0,66	30.10	1:03.43
21. Sporting Espinho		Sporting Espinho	<b>4:22.76</b>	<b>+0,79</b>	<b>497</b>	<b>4</b>	
	+0,79	30.10	1:03.89	Catarina Filipa Lei	+0,41	31.36	1:07.17
	+0,56	31.19	1:05.82	Carolina Rocha Silva	+0,28	31.16	1:05.88
22. Estarreja		Estarreja	<b>4:23.33</b>	<b>+0,82</b>	<b>494</b>	<b>3</b>	
	+0,82	31.60	1:06.73	Catia Sofia Silva	+0,47	31.30	1:06.82
	+0,60	32.26	1:07.52	Barbara Sofia Lopes	+0,56	29.37	1:02.26
23. Naval Ponta Delgada		Naval Ponta Delgada	<b>4:25.55</b>	<b>+0,90</b>	<b>482</b>	<b>2</b>	
	+0,90	31.98	1:06.61	Ana Marta Resendes	+0,63	31.99	1:06.37
	+0,60	32.32	1:08.29	Catarina Alexandra Dias	+0,58	30.70	1:04.28
24. Feirense		Feirense	<b>4:28.79</b>	<b>+0,82</b>	<b>464</b>	<b>1</b>	
	+0,82	33.07	1:08.61	Maria Ines Coelho	+0,55	30.66	1:04.85
	+0,35	33.44	1:11.80	Mariana Sousa Martins	+0,46	29.57	1:03.53

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-13	4:35.54	Grupo Desp. Natacao V. N. FamalicGDNVNF		Porto	17-03-2013
Recorde Nacional (25m) Inf A-14	4:20.39	Grupo Desp. Natacao V. N. FamalicGDNVNF		Mealhada	05-04-2003
Recorde Nacional (25m) Juv B-15	4:09.04	Futebol Clube do Porto	FCP	Braga	03-03-2012
Recorde Nacional (25m) Juv A-16	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-19+	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. Portinado		Portinado	<b>3:57.18</b>	<b>+0,60</b>	<b>592</b>	<b>25</b>	
	+0,60	29.74	1:01.32	Miguel Duarte Nascimento	+0,29	24.56	53.26
	+0,22	31.04	1:07.97	Igor Sadovskyy	+0,39	25.53	54.63
2. Feirense		Feirense	<b>3:57.31</b>	<b>+0,67</b>	<b>591</b>	<b>23</b>	
	+0,67	29.03	59.48	Emanuel Augusto Pinho	+0,27	26.34	56.69
	+0,31	30.08	1:05.54	Fabio Ruben Costa	+0,43	26.13	55.60
3. Fluvial Portuense		Fluvial Portuense	<b>3:59.37</b>	<b>+0,72</b>	<b>575</b>	<b>22</b>	
	+0,72	30.25	1:02.79	Joao Pedro Santos	+0,43	26.11	57.73
	+0,39	30.36	1:05.35	Carlos Fernandes Queiros	+0,45	25.97	53.50
4. Bombeiros dos Estoris		Bombeiros dos Estoris	<b>3:59.52</b>	<b>+0,72</b>	<b>574</b>	<b>21</b>	
	+0,72	29.46	1:00.48	Miguel Bras Sergio	+0,43	26.27	56.96
	+0,39	31.42	1:07.14	Frederico Sousa Soares	+0,28	25.82	54.94

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.		<b>Foca</b>	<b>3:59.65</b>	<b>+0,63</b>	<b>573</b>	<b>20</b>
		Ivo Pinto Ribeiro	59.68	+0,46	27.83	59.77
	+0,63	28.69				
		Marcelo Goncalo Pereira	1:06.67	+0,53	25.40	53.53
	+0,79	31.26				
6.		<b>Bairro dos Anjos/Bomcar</b>	<b>3:59.78</b>	<b>+0,87</b>	<b>573</b>	<b>19</b>
		Bruno Filipe Taborda	1:01.74	+0,11	27.03	59.76
	+0,87	30.07				
		Helder Alexandre Godinho	1:06.18	+0,36	25.10	52.10
	+0,22	29.89				
7.		<b>Naval Ponta Delgada</b>	<b>4:01.53</b>	<b>+0,65</b>	<b>560</b>	<b>18</b>
		Joao Pedro Braga	59.57	+0,48	25.50	55.80
	+0,65	28.95				
		Carlos Braganca Castro	1:11.51	+0,72	25.84	54.65
	+0,52	33.06				
8.		<b>Academico Viseu</b>	<b>4:03.34</b>	<b>+0,66</b>	<b>548</b>	<b>17</b>
		Bruno Miguel Amaral	1:01.85	+0,57	27.92	1:00.51
	+0,66	30.14				
		Andre Magalhaes Moura	1:07.01	+0,46	25.92	53.97
9.		<b>Nautico Marinha Grande</b>	<b>4:03.88</b>	<b>+0,70</b>	<b>544</b>	<b>16</b>
		Viktor Kot	1:02.02	+0,59	27.61	59.43
	+0,70	30.53				
		Joao Paulo Ribeiro	1:06.93	+0,48	26.49	55.50
	+0,30	25.70				
10.		<b>Belenenses</b>	<b>4:05.89</b>	<b>+0,63</b>	<b>531</b>	<b>15</b>
		Francisco Robalo Quintas	1:03.81	+0,10	27.01	58.46
	+0,63	30.55				
		Antonio Sampaio Rebolo	1:09.45	+0,03	25.46	54.17
	+0,25	31.51				
11.		<b>Benedita</b>	<b>4:06.06</b>	<b>+0,64</b>	<b>530</b>	<b>14</b>
		Joao Pedro Tarquinio	1:01.70	+0,30	28.35	1:01.48
	+0,64	29.66				
		Leonardo Peralta Reis	1:08.81	+0,43	25.71	54.07
	+0,40	32.17				
12.		<b>Pimpoes/Cimai</b>	<b>4:08.11</b>	<b>+0,66</b>	<b>517</b>	<b>13</b>
		Tiago Geraldes Machado	1:03.87	+0,37	28.65	1:01.46
	+0,66	30.41				
		Ricardo Filipe Ferreira	1:05.76	+0,38	27.25	57.02
	+0,37	30.50				
13.		<b>Ginasio Santo Tirso</b>	<b>4:08.60</b>	<b>+0,58</b>	<b>514</b>	<b>12</b>
		Joao Pedro Barroso	1:06.60	+0,51	28.04	1:01.13
	+0,58	31.66				
		Tiago Sobral Coelho	1:06.13	+0,58	26.49	54.74
	+0,32	30.95				
14.		<b>Fafe</b>	<b>4:09.06</b>	<b>+0,65</b>	<b>511</b>	<b>11</b>
		Tiago Manuel Teixeira	58.36	+0,31	30.96	1:07.14
	+0,65	27.67				
		Rui Manuel Ribeiro	1:07.68	+0,23	26.72	55.88
	+0,07	29.72				
15.		<b>Natacao de Valongo</b>	<b>4:09.38</b>	<b>+0,61</b>	<b>509</b>	<b>10</b>
		Nuno Henrique Guimaraes	1:03.46	+0,29	25.39	56.44
	+0,61	30.85				
		Pedro Nuno Vieira	1:13.91	+0,43	26.35	55.57
	+0,43	34.25				
16.		<b>Viana Natacao</b>	<b>4:10.20</b>	<b>+0,74</b>	<b>504</b>	<b>9</b>
		Tomas Machado Vale	59.22	+0,61	28.58	1:01.33
	+0,74	28.85				
		Joao Francisco Santos	1:16.11	+0,39	25.40	53.54
	+0,52	35.28				
17.		<b>Sporting Espinho</b>	<b>4:11.01</b>	<b>+0,81</b>	<b>499</b>	<b>8</b>
		Rui Miguel Aires	1:02.49	+0,25	28.25	1:02.86
	+0,81	29.82				
		Tiago Andre Marques	1:10.96	+0,45	25.90	54.70
	+0,28	31.52				
18.		<b>Viver Santarem</b>	<b>4:11.22</b>	<b>+0,75</b>	<b>498</b>	<b>7</b>
		Ivo Andre Lopes	1:00.57	+0,38	28.83	1:03.13
	+0,75	29.38				
		Diogo Serrao Santos	1:11.66	+0,48	26.03	55.86
	+0,42	33.30				
19.		<b>Columbofila Cantanhedense</b>	<b>4:11.94</b>	<b>+0,66</b>	<b>493</b>	<b>6</b>
		Leandro Fernandes Mota	1:05.56	+0,33	27.14	59.27
	+0,66	31.83				
		Hugo Neves Neto	1:10.87	+0,36	26.84	56.24
	+0,18	32.53				
20.		<b>Torres Novas</b>	<b>4:12.24</b>	<b>+0,55</b>	<b>492</b>	<b>5</b>
		Marco Andre Miguel	1:04.53	+0,59	29.30	1:03.53
	+0,55	31.21				
		Fabio Miguel Samouco	1:09.26	+0,43	26.23	54.92
	+0,35	31.78				
21.		<b>Litoral Alentejano</b>	<b>4:12.31</b>	<b>+0,73</b>	<b>491</b>	<b>4</b>
		David Oliveira Gorgulho	1:03.53	+0,78	28.97	1:01.62
	+0,73	31.15				
		Rodrigo Marques Costa	1:11.95	+0,50	26.48	55.21
	+0,58	33.49				
22.		<b>Ginasio Vila Real</b>	<b>4:12.34</b>	<b>+0,65</b>	<b>491</b>	<b>3</b>
		Carlos Manuel Figueiredo	1:02.94	+0,19	28.70	1:04.30
	+0,65	29.87				
		Ricardo Daniel Goncalves	1:09.55	+0,40	26.13	55.55
	+0,56	32.60				

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

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
23.		<b>Bombeiros Ponta Delgada</b>	<b>4:16.71</b>	<b>+0,66</b>	<b>466</b>	<b>2</b>	
	+0,66	31.70	1:05.81	Antonio Fraga Fragoso	+0,74	27.68	1:00.81
	+0,68	33.86	1:14.46	Diogo Alexandre Pacheco	+0,50	26.45	55.63
24.		<b>Naval Setubalense</b>	<b>4:43.18</b>	<b>+0,74</b>	<b>347</b>	<b>1</b>	
	+0,74	33.60	1:10.23	Diogo Gomes Branco	+0,76	31.83	1:07.48
	+0,56	38.95	1:23.67	Guilherme Miguel Luis	+0,42	29.21	1:01.80