

Prova 1 17 anos e mais velhos
20-12-2013 Resultados
Masc., 1500m Livres

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun 17	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun 18	15:28.27	Egas de Sousa Bastos	ADF	Fafe	01-05-2001
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005

TAC-JUN1M Jun 17 50m: 17:32.35 - 25m: 17:11.30 / TAC-JUN2M Jun 18: 16:56.43 / TAC-SENM Sen: 16:31.64

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Rafael Lourenco Gil	96	105234	Naval Amorense	15:25.53	+0,76	774		
	<i>Recorde Nacional</i>								
	50m: 28.20	28.20	450m: 4:32.24	30.87	850m: 8:43.45	31.56	1250m: 12:51.98	31.24	
	100m: 58.75	30.55	500m: 5:03.53	31.29	900m: 9:14.59	31.14	1300m: 13:23.34	31.36	
	150m: 1:29.38	30.63	550m: 5:34.88	31.35	950m: 9:45.97	31.38	1350m: 13:54.55	31.21	
	200m: 1:59.77	30.39	600m: 6:06.38	31.50	1000m: 10:16.74	30.77	1400m: 14:25.45	30.90	
	250m: 2:29.65	29.88	650m: 6:37.76	31.38	1050m: 10:47.50	30.76	1450m: 14:56.32	30.87	
	300m: 2:59.87	30.22	700m: 7:09.07	31.31	1100m: 11:18.68	31.18	1500m: 15:25.53	29.21	
	350m: 3:30.63	30.76	750m: 7:40.42	31.35	1150m: 11:49.68	31.00			
	400m: 4:01.37	30.74	800m: 8:11.89	31.47	1200m: 12:20.74	31.06			
2.	Joao Pedro Gil	97	108343	Naval Amorense	15:46.79	+0,72	723		
	50m: 28.17	28.17	450m: 4:40.15	31.49	850m: 8:53.97	31.92	1250m: 13:11.06	32.29	
	100m: 59.29	31.12	500m: 5:11.95	31.80	900m: 9:26.06	32.09	1300m: 13:42.86	31.80	
	150m: 1:30.71	31.42	550m: 5:43.78	31.83	950m: 9:57.53	31.47	1350m: 14:14.74	31.88	
	200m: 2:02.28	31.57	600m: 6:15.25	31.47	1000m: 10:29.87	32.34	1400m: 14:45.93	31.19	
	250m: 2:33.79	31.51	650m: 6:46.89	31.64	1050m: 11:02.32	32.45	1450m: 15:16.76	30.83	
	300m: 3:05.15	31.36	700m: 7:18.43	31.54	1100m: 11:34.20	31.88	1500m: 15:46.79	30.03	
	350m: 3:36.95	31.80	750m: 7:50.34	31.91	1150m: 12:06.34	32.14			
	400m: 4:08.66	31.71	800m: 8:22.05	31.71	1200m: 12:38.77	32.43			
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	15:51.09	+0,64	714		
	50m: 27.71	27.71	450m: 4:37.21	31.89	850m: 8:52.63	32.12	1250m: 13:09.80	32.68	
	100m: 57.72	30.01	500m: 5:08.88	31.67	900m: 9:24.73	32.10	1300m: 13:42.32	32.52	
	150m: 1:28.53	30.81	550m: 5:40.56	31.68	950m: 9:56.82	32.09	1350m: 14:14.99	32.67	
	200m: 1:59.90	31.37	600m: 6:12.62	32.06	1000m: 10:28.99	32.17	1400m: 14:47.60	32.61	
	250m: 2:31.12	31.22	650m: 6:44.44	31.82	1050m: 11:00.71	31.72	1450m: 15:20.24	32.64	
	300m: 3:02.56	31.44	700m: 7:16.44	32.00	1100m: 11:32.47	31.76	1500m: 15:51.09	30.85	
	350m: 3:33.87	31.31	750m: 7:48.44	32.00	1150m: 12:04.66	32.19			
	400m: 4:05.32	31.45	800m: 8:20.51	32.07	1200m: 12:37.12	32.46			
4.	Tomas Risso Fernandes	96	111208	Colegio Vasco da Gama	16:05.26	+0,73	683		
	50m: 28.92	28.92	450m: 4:46.60	32.35	850m: 9:05.40	32.95	1250m: 13:24.22	32.34	
	100m: 1:00.33	31.41	500m: 5:18.90	32.30	900m: 9:38.05	32.65	1300m: 13:56.69	32.47	
	150m: 1:32.30	31.97	550m: 5:50.98	32.08	950m: 10:10.36	32.31	1350m: 14:29.15	32.46	
	200m: 2:04.66	32.36	600m: 6:23.22	32.24	1000m: 10:42.67	32.31	1400m: 15:01.54	32.39	
	250m: 2:37.13	32.47	650m: 6:55.76	32.54	1050m: 11:15.51	32.84	1450m: 15:34.33	32.79	
	300m: 3:09.41	32.28	700m: 7:27.82	32.06	1100m: 11:47.39	31.88	1500m: 16:05.26	30.93	
	350m: 3:41.90	32.49	750m: 8:00.33	32.51	1150m: 12:19.22	31.83			
	400m: 4:14.25	32.35	800m: 8:32.45	32.12	1200m: 12:51.88	32.66			
5.	Joao Miguel Cardoso	97	109124	Geslours	16:16.89	+0,87	658		
	50m: 29.19	29.19	450m: 4:48.12	32.63	850m: 9:11.53	32.74	1250m: 13:34.52	33.02	
	100m: 1:00.68	31.49	500m: 5:20.85	32.73	900m: 9:44.45	32.92	1300m: 14:07.39	32.87	
	150m: 1:33.19	32.51	550m: 5:53.52	32.67	950m: 10:17.20	32.75	1350m: 14:40.24	32.85	
	200m: 2:05.59	32.40	600m: 6:26.18	32.66	1000m: 10:49.93	32.73	1400m: 15:13.31	33.07	
	250m: 2:38.05	32.46	650m: 6:59.28	33.10	1050m: 11:22.69	32.76	1450m: 15:45.97	32.66	
	300m: 3:10.53	32.48	700m: 7:32.67	33.39	1100m: 11:55.62	32.93	1500m: 16:16.89	30.92	
	350m: 3:42.83	32.30	750m: 8:05.65	32.98	1150m: 12:28.55	32.93			
	400m: 4:15.49	32.66	800m: 8:38.79	33.14	1200m: 13:01.50	32.95			

Prova 1, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Vitor Joao Pereira	97	102545	Leixoes	16:19.09	+0,86	654		
	50m: 28.87	28.87	450m: 4:50.37	32.54	850m: 9:13.38	32.96	1250m: 13:36.66	32.74	
	100m: 1:00.59	31.72	500m: 5:22.86	32.49	900m: 9:46.40	33.02	1300m: 14:09.50	32.84	
	150m: 1:32.84	32.25	550m: 5:55.38	32.52	950m: 10:18.99	32.59	1350m: 14:42.59	33.09	
	200m: 2:05.79	32.95	600m: 6:28.01	32.63	1000m: 10:51.65	32.66	1400m: 15:15.67	33.08	
	250m: 2:38.75	32.96	650m: 7:01.10	33.09	1050m: 11:24.46	32.81	1450m: 15:48.17	32.50	
	300m: 3:11.83	33.08	700m: 7:34.24	33.14	1100m: 11:57.57	33.11	1500m: 16:19.09	30.92	
	350m: 3:44.83	33.00	750m: 8:07.38	33.14	1150m: 12:30.77	33.20			
	400m: 4:17.83	33.00	800m: 8:40.42	33.04	1200m: 13:03.92	33.15			
7.	Pedro Veiguinha Martins	96	107233	Braga	16:36.47	+0,81	620		
	50m: 27.85	27.85	450m: 4:49.81	33.25	850m: 9:20.22	33.81	1250m: 13:49.31	34.34	
	100m: 59.00	31.15	500m: 5:23.59	33.78	900m: 9:53.76	33.54	1300m: 14:22.56	33.25	
	150m: 1:31.67	32.67	550m: 5:57.26	33.67	950m: 10:27.20	33.44	1350m: 14:56.22	33.66	
	200m: 2:04.84	33.17	600m: 6:31.14	33.88	1000m: 11:00.75	33.55	1400m: 15:30.36	34.14	
	250m: 2:37.90	33.06	650m: 7:05.16	34.02	1050m: 11:33.77	33.02	1450m: 16:04.36	34.00	
	300m: 3:10.27	32.37	700m: 7:38.90	33.74	1100m: 12:07.31	33.54	1500m: 16:36.47	32.11	
	350m: 3:43.47	33.20	750m: 8:12.69	33.79	1150m: 12:41.05	33.74			
	400m: 4:16.56	33.09	800m: 8:46.41	33.72	1200m: 13:14.97	33.92			
8.	Henrique Mourinho Neves	97	110561	Alges	16:37.71	+0,71	618		
	50m: 28.97	28.97	450m: 4:52.48	33.26	850m: 9:20.81	33.51	1250m: 13:51.54	33.84	
	100m: 1:00.28	31.31	500m: 5:26.10	33.62	900m: 9:54.24	33.43	1300m: 14:25.17	33.63	
	150m: 1:32.83	32.55	550m: 5:59.40	33.30	950m: 10:28.29	34.05	1350m: 14:58.69	33.52	
	200m: 2:05.99	33.16	600m: 6:32.93	33.53	1000m: 11:02.43	34.14	1400m: 15:32.64	33.95	
	250m: 2:39.25	33.26	650m: 7:06.53	33.60	1050m: 11:36.30	33.87	1450m: 16:06.04	33.40	
	300m: 3:12.58	33.33	700m: 7:40.12	33.59	1100m: 12:10.25	33.95	1500m: 16:37.71	31.67	
	350m: 3:45.96	33.38	750m: 8:13.92	33.80	1150m: 12:43.92	33.67			
	400m: 4:19.22	33.26	800m: 8:47.30	33.38	1200m: 13:17.70	33.78			
9.	Miguel Angelo Silvestre	97	103538	Alcobaca	16:40.20	+0,69	613		
	50m: 28.31	28.31	450m: 4:50.41	32.93	850m: 9:18.14	33.74	1250m: 13:50.06	33.68	
	100m: 59.98	31.67	500m: 5:23.30	32.89	900m: 9:52.26	34.12	1300m: 14:24.17	34.11	
	150m: 1:32.44	32.46	550m: 5:56.44	33.14	950m: 10:26.41	34.15	1350m: 14:57.95	33.78	
	200m: 2:05.40	32.96	600m: 6:29.71	33.27	1000m: 11:00.34	33.93	1400m: 15:32.12	34.17	
	250m: 2:38.39	32.99	650m: 7:03.19	33.48	1050m: 11:34.01	33.67	1450m: 16:06.39	34.27	
	300m: 3:11.46	33.07	700m: 7:36.79	33.60	1100m: 12:08.05	34.04	1500m: 16:40.20	33.81	
	350m: 3:44.40	32.94	750m: 8:10.52	33.73	1150m: 12:42.39	34.34			
	400m: 4:17.48	33.08	800m: 8:44.40	33.88	1200m: 13:16.38	33.99			
10.	Ricardo Eduardo Afonso	97	105414	Braga	16:42.45	+0,75	609		
	50m: 29.07	29.07	450m: 4:54.86	34.27	850m: 9:26.67	33.90	1250m: 13:58.95	34.00	
	100m: 1:01.08	32.01	500m: 5:28.84	33.98	900m: 10:00.47	33.80	1300m: 14:32.87	33.92	
	150m: 1:33.98	32.90	550m: 6:02.43	33.59	950m: 10:34.68	34.21	1350m: 15:06.63	33.76	
	200m: 2:07.44	33.46	600m: 6:36.55	34.12	1000m: 11:08.78	34.10	1400m: 15:40.52	33.89	
	250m: 2:40.86	33.42	650m: 7:10.62	34.07	1050m: 11:43.01	34.23	1450m: 16:13.48	32.96	
	300m: 3:13.75	32.89	700m: 7:44.68	34.06	1100m: 12:17.22	34.21	1500m: 16:42.45	28.97	
	350m: 3:47.10	33.35	750m: 8:18.81	34.13	1150m: 12:50.99	33.77			
	400m: 4:20.59	33.49	800m: 8:52.77	33.96	1200m: 13:24.95	33.96			
11.	Bruno Miguel Rainho	96	111214	Gesloures	16:43.83	+0,97	607		
	50m: 29.57	29.57	450m: 4:52.60	33.04	850m: 9:20.62	33.57	1250m: 13:53.49	34.66	
	100m: 1:01.77	32.20	500m: 5:26.10	33.50	900m: 9:54.86	34.24	1300m: 14:28.14	34.65	
	150m: 1:34.45	32.68	550m: 5:59.42	33.32	950m: 10:28.71	33.85	1350m: 15:02.59	34.45	
	200m: 2:07.52	33.07	600m: 6:32.42	33.00	1000m: 11:02.15	33.44	1400m: 15:36.96	34.37	
	250m: 2:40.62	33.10	650m: 7:05.74	33.32	1050m: 11:36.08	33.93	1450m: 16:11.08	34.12	
	300m: 3:14.15	33.53	700m: 7:39.61	33.87	1100m: 12:10.28	34.20	1500m: 16:43.83	32.75	
	350m: 3:46.91	32.76	750m: 8:13.26	33.65	1150m: 12:44.66	34.38			
	400m: 4:19.56	32.65	800m: 8:47.05	33.79	1200m: 13:18.83	34.17			
12.	Narciso Daniel Correia	97	111197	Braga	16:44.07	+0,88	606		
	50m: 29.35	29.35	450m: 4:55.09	33.28	850m: 9:25.76	33.82	1250m: 13:58.25	34.11	
	100m: 1:01.88	32.53	500m: 5:28.67	33.58	900m: 9:59.80	34.04	1300m: 14:32.23	33.98	
	150m: 1:35.35	33.47	550m: 6:02.24	33.57	950m: 10:33.77	33.97	1350m: 15:06.57	34.34	
	200m: 2:08.57	33.22	600m: 6:35.97	33.73	1000m: 11:07.78	34.01	1400m: 15:40.45	33.88	
	250m: 2:42.09	33.52	650m: 7:09.69	33.72	1050m: 11:41.78	34.00	1450m: 16:13.45	33.00	
	300m: 3:15.60	33.51	700m: 7:43.89	34.20	1100m: 12:15.96	34.18	1500m: 16:44.07	30.62	
	350m: 3:48.72	33.12	750m: 8:17.73	33.84	1150m: 12:49.94	33.98			
	400m: 4:21.81	33.09	800m: 8:51.94	34.21	1200m: 13:24.14	34.20			

Prova 1, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Rafael Rocha Ferreira	96	103871	Galitos	16:44.66	+1,13	605		
	50m: 29.48 29.48			450m: 4:51.80 33.45	850m: 9:22.60 33.81	1250m: 13:55.81 34.20			
	100m: 1:00.87 31.39			500m: 5:25.08 33.28	900m: 9:57.22 34.62	1300m: 14:29.84 34.03			
	150m: 1:33.04 32.17			550m: 5:58.58 33.50	950m: 10:31.51 34.29	1350m: 15:03.92 34.08			
	200m: 2:05.73 32.69			600m: 6:32.70 34.12	1000m: 11:05.60 34.09	1400m: 15:37.74 33.82			
	250m: 2:38.84 33.11			650m: 7:06.52 33.82	1050m: 11:39.80 34.20	1450m: 16:11.62 33.88			
	300m: 3:11.96 33.12			700m: 7:40.59 34.07	1100m: 12:14.03 34.23	1500m: 16:44.66 33.04			
	350m: 3:45.23 33.27			750m: 8:14.39 33.80	1150m: 12:47.68 33.65				
	400m: 4:18.35 33.12			800m: 8:48.79 34.40	1200m: 13:21.61 33.93				
14.	David Nunes Sousa	96	112204	Famalicao	16:50.26	+0,75	595		
	50m: 29.82 29.82			450m: 4:56.21 33.64	850m: 9:26.43 34.16	1250m: 14:00.61 34.38			
	100m: 1:02.11 32.29			500m: 5:29.62 33.41	900m: 10:00.58 34.15	1300m: 14:35.75 35.14			
	150m: 1:35.19 33.08			550m: 6:03.47 33.85	950m: 10:34.61 34.03	1350m: 15:09.86 34.11			
	200m: 2:08.14 32.95			600m: 6:36.87 33.40	1000m: 11:08.35 33.74	1400m: 15:44.21 34.35			
	250m: 2:41.82 33.68			650m: 7:10.98 34.11	1050m: 11:43.08 34.73	1450m: 16:18.54 34.33			
	300m: 3:15.59 33.77			700m: 7:44.90 33.92	1100m: 12:17.43 34.35	1500m: 16:50.26 31.72			
	350m: 3:49.05 33.46			750m: 8:18.45 33.55	1150m: 12:51.62 34.19				
	400m: 4:22.57 33.52			800m: 8:52.27 33.82	1200m: 13:26.23 34.61				
15.	David Emanuel Martins	97	105429	Braga	17:05.01	+0,85	570		
	50m: 29.91 29.91			450m: 4:58.89 34.10	850m: 9:35.11 34.66	1250m: 14:14.50 35.29			
	100m: 1:02.79 32.88			500m: 5:33.06 34.17	900m: 10:09.57 34.46	1300m: 14:48.17 33.67			
	150m: 1:36.01 33.22			550m: 6:07.42 34.36	950m: 10:44.51 34.94	1350m: 15:23.77 35.60			
	200m: 2:09.54 33.53			600m: 6:41.76 34.34	1000m: 11:19.14 34.63	1400m: 15:59.05 35.28			
	250m: 2:43.29 33.75			650m: 7:16.54 34.78	1050m: 11:53.83 34.69	1450m: 16:33.22 34.17			
	300m: 3:17.04 33.75			700m: 7:51.11 34.57	1100m: 12:28.65 34.82	1500m: 17:05.01 31.79			
	350m: 3:50.98 33.94			750m: 8:25.94 34.83	1150m: 13:03.86 35.21				
	400m: 4:24.79 33.81			800m: 9:00.45 34.51	1200m: 13:39.21 35.35				
16.	Carlos Daniel Ramos	96	110520	Estarreja	17:06.41	+0,78	568		
	<i>FTL</i>								
	50m: 30.17 30.17			450m: 5:01.00 34.31	850m: 9:38.45 34.94	1250m: 14:15.90 34.58			
	100m: 1:02.92 32.75			500m: 5:35.75 34.75	900m: 10:12.86 34.41	1300m: 14:50.52 34.62			
	150m: 1:36.61 33.69			550m: 6:10.01 34.26	950m: 10:47.69 34.83	1350m: 15:24.85 34.33			
	200m: 2:10.47 33.86			600m: 6:44.52 34.51	1000m: 11:22.22 34.53	1400m: 15:59.65 34.80			
	250m: 2:44.50 34.03			650m: 7:19.70 35.18	1050m: 11:56.96 34.74	1450m: 16:34.03 34.38			
	300m: 3:18.21 33.71			700m: 7:54.24 34.54	1100m: 12:31.58 34.62	1500m: 17:06.41 32.38			
	350m: 3:52.44 34.23			750m: 8:28.72 34.48	1150m: 13:06.30 34.72				
	400m: 4:26.69 34.25			800m: 9:03.51 34.79	1200m: 13:41.32 35.02				
17.	Andre Sousa Goncalves	97	105368	Natacao de Olhao	17:12.44	+0,82	558		
	<i>FTL</i>								
	50m: 29.49 29.49			450m: 4:59.53 34.92	850m: 9:39.70 34.89	1250m: 14:20.81 35.44			
	100m: 1:01.48 31.99			500m: 5:34.31 34.78	900m: 10:14.70 35.00	1300m: 14:55.61 34.80			
	150m: 1:34.39 32.91			550m: 6:09.24 34.93	950m: 10:49.93 35.23	1350m: 15:30.55 34.94			
	200m: 2:07.80 33.41			600m: 6:44.18 34.94	1000m: 11:25.42 35.49	1400m: 16:05.43 34.88			
	250m: 2:41.81 34.01			650m: 7:19.33 35.15	1050m: 12:00.66 35.24	1450m: 16:39.27 33.84			
	300m: 3:15.79 33.98			700m: 7:54.71 35.38	1100m: 12:35.69 35.03	1500m: 17:12.44 33.17			
	350m: 3:49.97 34.18			750m: 8:29.81 35.10	1150m: 13:10.47 34.78				
	400m: 4:24.61 34.64			800m: 9:04.81 35.00	1200m: 13:45.37 34.90				
18.	Miguel Rocha Costa	97	111870	Gesloures	17:26.49	+0,80	536		
	<i>FTL</i>								
	50m: 30.02 30.02			450m: 5:05.13 35.41	850m: 9:44.67 35.37	1250m: 14:31.63 36.39			
	100m: 1:03.25 33.23			500m: 5:40.58 35.45	900m: 10:20.13 35.46	1300m: 15:07.60 35.97			
	150m: 1:37.12 33.87			550m: 6:15.45 34.87	950m: 10:56.41 36.28	1350m: 15:41.81 34.21			
	200m: 2:11.49 34.37			600m: 6:49.91 34.46	1000m: 11:32.26 35.85	1400m: 16:16.26 34.45			
	250m: 2:45.69 34.20			650m: 7:24.66 34.75	1050m: 12:08.43 36.17	1450m: 16:51.81 35.55			
	300m: 3:20.20 34.51			700m: 7:59.33 34.67	1100m: 12:44.38 35.95	1500m: 17:26.49 34.68			
	350m: 3:54.85 34.65			750m: 8:34.13 34.80	1150m: 13:20.26 35.88				
	400m: 4:29.72 34.87			800m: 9:09.30 35.17	1200m: 13:55.24 34.98				

Prova 1, Masc., 1500m Livres

Seniores

1. Pedro Miguel Pinotes	89	26732	Sporting	15:23.53	+0,77	779	
50m: 28.02	28.02	450m: 4:32.60	31.26	850m: 8:43.83	31.64	1250m: 12:54.40	30.47
100m: 58.78	30.76	500m: 5:03.87	31.27	900m: 9:14.97	31.14	1300m: 13:24.79	30.39
150m: 1:29.20	30.42	550m: 5:35.29	31.42	950m: 9:46.68	31.71	1350m: 13:54.35	29.56
200m: 1:59.42	30.22	600m: 6:06.72	31.43	1000m: 10:18.33	31.65	1400m: 14:23.84	29.49
250m: 2:29.42	30.00	650m: 6:38.11	31.39	1050m: 10:49.90	31.57	1450m: 14:53.97	30.13
300m: 2:59.72	30.30	700m: 7:09.10	30.99	1100m: 11:21.32	31.42	1500m: 15:23.53	29.56
350m: 3:30.63	30.91	750m: 7:40.58	31.48	1150m: 11:52.96	31.64		
400m: 4:01.34	30.71	800m: 8:12.19	31.61	1200m: 12:23.93	30.97		
2. Vasco Miguel Gaspar	90	26500	Uniao Piedense	15:39.21	+0,72	741	
50m: 28.10	28.10	450m: 4:36.85	31.41	850m: 8:48.59	31.49	1250m: 13:02.89	31.76
100m: 59.09	30.99	500m: 5:08.29	31.44	900m: 9:20.39	31.80	1300m: 13:34.73	31.84
150m: 1:29.94	30.85	550m: 5:39.52	31.23	950m: 9:51.84	31.45	1350m: 14:06.35	31.62
200m: 2:01.01	31.07	600m: 6:11.01	31.49	1000m: 10:23.64	31.80	1400m: 14:37.80	31.45
250m: 2:32.02	31.01	650m: 6:42.32	31.31	1050m: 10:55.23	31.59	1450m: 15:09.18	31.38
300m: 3:03.29	31.27	700m: 7:13.75	31.43	1100m: 11:27.17	31.94	1500m: 15:39.21	30.03
350m: 3:34.26	30.97	750m: 7:45.51	31.76	1150m: 11:59.34	32.17		
400m: 4:05.44	31.18	800m: 8:17.10	31.59	1200m: 12:31.13	31.79		
3. Mario Andre Bonanca	90	12773	Sporting	15:39.37	+0,83	741	
50m: 27.66	27.66	450m: 4:35.34	31.53	850m: 8:49.27	31.66	1250m: 13:05.79	31.64
100m: 58.48	30.82	500m: 5:07.22	31.88	900m: 9:21.20	31.93	1300m: 13:37.40	31.61
150m: 1:29.41	30.93	550m: 5:39.25	32.03	950m: 9:53.27	32.07	1350m: 14:08.66	31.26
200m: 1:59.97	30.56	600m: 6:11.19	31.94	1000m: 10:25.61	32.34	1400m: 14:39.70	31.04
250m: 2:30.54	30.57	650m: 6:42.60	31.41	1050m: 10:57.56	31.95	1450m: 15:10.86	31.16
300m: 3:01.54	31.00	700m: 7:14.20	31.60	1100m: 11:29.86	32.30	1500m: 15:39.37	28.51
350m: 3:32.67	31.13	750m: 7:45.93	31.73	1150m: 12:02.18	32.32		
400m: 4:03.81	31.14	800m: 8:17.61	31.68	1200m: 12:34.15	31.97		
4. Tiago Silva Oliveira	94	15465	Leixoes	15:57.42	+0,77	700	
50m: 27.93	27.93	450m: 4:40.16	31.83	850m: 8:58.94	32.92	1250m: 13:19.63	31.72
100m: 58.65	30.72	500m: 5:11.92	31.76	900m: 9:31.71	32.77	1300m: 13:51.52	31.89
150m: 1:29.90	31.25	550m: 5:44.17	32.25	950m: 10:04.17	32.46	1350m: 14:23.61	32.09
200m: 2:00.96	31.06	600m: 6:16.34	32.17	1000m: 10:36.38	32.21	1400m: 14:55.83	32.22
250m: 2:32.03	31.07	650m: 6:48.54	32.20	1050m: 11:09.32	32.94	1450m: 15:27.19	31.36
300m: 3:03.83	31.80	700m: 7:21.02	32.48	1100m: 11:42.34	33.02	1500m: 15:57.42	30.23
350m: 3:36.05	32.22	750m: 7:53.72	32.70	1150m: 12:15.36	33.02		
400m: 4:08.33	32.28	800m: 8:26.02	32.30	1200m: 12:47.91	32.55		
5. Hugo Alberto Ribeiro	88	23114	Gespacos	15:57.70	+1,00	699	
50m: 28.13	28.13	450m: 4:39.48	31.73	850m: 8:58.94	32.54	1250m: 13:20.99	32.62
100m: 58.63	30.50	500m: 5:11.46	31.98	900m: 9:31.61	32.67	1300m: 13:53.12	32.13
150m: 1:29.76	31.13	550m: 5:43.78	32.32	950m: 10:03.78	32.17	1350m: 14:25.16	32.04
200m: 2:01.11	31.35	600m: 6:15.94	32.16	1000m: 10:36.47	32.69	1400m: 14:56.86	31.70
250m: 2:32.56	31.45	650m: 6:48.28	32.34	1050m: 11:09.63	33.16	1450m: 15:28.26	31.40
300m: 3:03.92	31.36	700m: 7:20.87	32.59	1100m: 11:42.61	32.98	1500m: 15:57.70	29.44
350m: 3:35.93	32.01	750m: 7:53.68	32.81	1150m: 12:15.51	32.90		
400m: 4:07.75	31.82	800m: 8:26.40	32.72	1200m: 12:48.37	32.86		
6. Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	16:04.99	+0,70	683	
50m: 27.93	27.93	450m: 4:38.11	31.45	850m: 8:58.97	32.57	1250m: 13:22.05	32.70
100m: 58.97	31.04	500m: 5:10.78	32.67	900m: 9:31.94	32.97	1300m: 13:54.96	32.91
150m: 1:29.99	31.02	550m: 5:42.93	32.15	950m: 10:04.72	32.78	1350m: 14:28.20	33.24
200m: 2:00.72	30.73	600m: 6:15.89	32.96	1000m: 10:37.92	33.20	1400m: 15:00.85	32.65
250m: 2:31.67	30.95	650m: 6:48.44	32.55	1050m: 11:10.26	32.34	1450m: 15:33.13	32.28
300m: 3:03.01	31.34	700m: 7:21.03	32.59	1100m: 11:43.21	32.95	1500m: 16:04.99	31.86
350m: 3:34.47	31.46	750m: 7:53.53	32.50	1150m: 12:16.29	33.08		
400m: 4:06.66	32.19	800m: 8:26.40	32.87	1200m: 12:49.35	33.06		

Prova 1, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Bernardo Leitao Graca	93	14838	Sporting	16:06.98	+0,74	679		
	50m: 27.62	27.62	450m: 4:41.62	32.26	850m: 9:00.88	32.00	1250m: 13:25.20	33.29	
	100m: 58.57	30.95	500m: 5:13.80	32.18	900m: 9:33.19	32.31	1300m: 13:57.87	32.67	
	150m: 1:30.16	31.59	550m: 5:46.09	32.29	950m: 10:06.07	32.88	1350m: 14:30.51	32.64	
	200m: 2:02.06	31.90	600m: 6:18.44	32.35	1000m: 10:38.63	32.56	1400m: 15:03.95	33.44	
	250m: 2:33.76	31.70	650m: 6:50.74	32.30	1050m: 11:11.23	32.60	1450m: 15:36.34	32.39	
	300m: 3:05.62	31.86	700m: 7:23.52	32.78	1100m: 11:44.78	33.55	1500m: 16:06.98	30.64	
	350m: 3:37.64	32.02	750m: 7:56.29	32.77	1150m: 12:18.36	33.58			
	400m: 4:09.36	31.72	800m: 8:28.88	32.59	1200m: 12:51.91	33.55			
8.	Pedro Maria Bessa	95	18656	Vilacondense	16:07.61	+0,78	678		
	50m: 28.64	28.64	450m: 4:47.32	32.53	850m: 9:06.31	32.41	1250m: 13:29.05	32.97	
	100m: 1:00.30	31.66	500m: 5:19.93	32.61	900m: 9:39.16	32.85	1300m: 14:01.89	32.84	
	150m: 1:32.28	31.98	550m: 5:52.34	32.41	950m: 10:11.66	32.50	1350m: 14:33.78	31.89	
	200m: 2:04.91	32.63	600m: 6:24.71	32.37	1000m: 10:44.29	32.63	1400m: 15:06.87	33.09	
	250m: 2:37.36	32.45	650m: 6:56.85	32.14	1050m: 11:17.07	32.78	1450m: 15:38.99	32.12	
	300m: 3:09.87	32.51	700m: 7:28.98	32.13	1100m: 11:50.23	33.16	1500m: 16:07.61	28.62	
	350m: 3:42.35	32.48	750m: 8:01.37	32.39	1150m: 12:22.98	32.75			
	400m: 4:14.79	32.44	800m: 8:33.90	32.53	1200m: 12:56.08	33.10			
9.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	16:07.62	+0,76	678		
	50m: 28.44	28.44	450m: 4:44.81	32.43	850m: 9:06.46	32.78	1250m: 13:29.02	32.85	
	100m: 59.78	31.34	500m: 5:17.40	32.59	900m: 9:39.40	32.94	1300m: 14:01.92	32.90	
	150m: 1:31.45	31.67	550m: 5:50.14	32.74	950m: 10:11.98	32.58	1350m: 14:34.37	32.45	
	200m: 2:03.46	32.01	600m: 6:22.60	32.46	1000m: 10:44.59	32.61	1400m: 15:06.97	32.60	
	250m: 2:35.58	32.12	650m: 6:55.28	32.68	1050m: 11:17.30	32.71	1450m: 15:38.77	31.80	
	300m: 3:07.69	32.11	700m: 7:27.98	32.70	1100m: 11:49.92	32.62	1500m: 16:07.62	28.85	
	350m: 3:40.07	32.38	750m: 8:00.73	32.75	1150m: 12:23.14	33.22			
	400m: 4:12.38	32.31	800m: 8:33.68	32.95	1200m: 12:56.17	33.03			
10.	Hugo Neves Neto	94	110453	Columbofila Cantanhedense	16:17.29	+0,86	658		
	50m: 28.55	28.55	450m: 4:44.65	32.56	850m: 9:05.94	32.90	1250m: 13:31.00	32.98	
	100m: 59.48	30.93	500m: 5:16.90	32.25	900m: 9:39.15	33.21	1300m: 14:04.07	33.07	
	150m: 1:31.27	31.79	550m: 5:49.31	32.41	950m: 10:12.03	32.88	1350m: 14:37.65	33.58	
	200m: 2:03.31	32.04	600m: 6:21.94	32.63	1000m: 10:45.22	33.19	1400m: 15:10.95	33.30	
	250m: 2:35.41	32.10	650m: 6:54.44	32.50	1050m: 11:18.23	33.01	1450m: 15:44.67	33.72	
	300m: 3:07.42	32.01	700m: 7:27.02	32.58	1100m: 11:51.55	33.32	1500m: 16:17.29	32.62	
	350m: 3:39.89	32.47	750m: 7:59.82	32.80	1150m: 12:24.77	33.22			
	400m: 4:12.09	32.20	800m: 8:33.04	33.22	1200m: 12:58.02	33.25			
11.	Joao Nuno Pires	94	10866	Academica de Coimbra	16:20.65	+0,73	651		
	50m: 29.80	29.80	450m: 4:51.47	32.70	850m: 9:13.12	32.83	1250m: 13:36.30	32.96	
	100m: 1:02.24	32.44	500m: 5:23.88	32.41	900m: 9:45.75	32.63	1300m: 14:09.31	33.01	
	150m: 1:34.83	32.59	550m: 5:56.48	32.60	950m: 10:18.62	32.87	1350m: 14:42.28	32.97	
	200m: 2:07.62	32.79	600m: 6:29.30	32.82	1000m: 10:51.19	32.57	1400m: 15:15.43	33.15	
	250m: 2:40.58	32.96	650m: 7:02.19	32.89	1050m: 11:24.07	32.88	1450m: 15:48.34	32.91	
	300m: 3:13.39	32.81	700m: 7:34.86	32.67	1100m: 11:57.19	33.12	1500m: 16:20.65	32.31	
	350m: 3:46.16	32.77	750m: 8:07.52	32.66	1150m: 12:30.33	33.14			
	400m: 4:18.77	32.61	800m: 8:40.29	32.77	1200m: 13:03.34	33.01			
12.	Artur Manuel Ferreira	95	101981	Porto	16:20.66	+0,85	651		
	50m: 29.14	29.14	450m: 4:47.56	32.64	850m: 9:11.92	32.18	1250m: 13:36.10	33.35	
	100m: 1:00.73	31.59	500m: 5:20.65	33.09	900m: 9:44.52	32.60	1300m: 14:08.98	32.88	
	150m: 1:32.88	32.15	550m: 5:53.85	33.20	950m: 10:17.62	33.10	1350m: 14:41.76	32.78	
	200m: 2:05.14	32.26	600m: 6:26.86	33.01	1000m: 10:50.40	32.78	1400m: 15:15.24	33.48	
	250m: 2:37.35	32.21	650m: 6:59.92	33.06	1050m: 11:23.41	33.01	1450m: 15:48.12	32.88	
	300m: 3:09.64	32.29	700m: 7:33.00	33.08	1100m: 11:56.70	33.29	1500m: 16:20.66	32.54	
	350m: 3:42.21	32.57	750m: 8:06.22	33.22	1150m: 12:29.76	33.06			
	400m: 4:14.92	32.71	800m: 8:39.74	33.52	1200m: 13:02.75	32.99			
13.	Duarte Nuno Vieira	95	104151	Desportivo Nacional	16:21.43	+0,74	649		
	50m: 28.32	28.32	450m: 4:47.86	32.66	850m: 9:13.56	33.35	1250m: 13:39.89	33.56	
	100m: 1:00.36	32.04	500m: 5:21.03	33.17	900m: 9:46.65	33.09	1300m: 14:12.93	33.04	
	150m: 1:32.71	32.35	550m: 5:54.21	33.18	950m: 10:19.82	33.17	1350m: 14:45.65	32.72	
	200m: 2:05.08	32.37	600m: 6:27.26	33.05	1000m: 10:53.26	33.44	1400m: 15:19.29	33.64	
	250m: 2:37.80	32.72	650m: 7:00.34	33.08	1050m: 11:26.69	33.43	1450m: 15:51.94	32.65	
	300m: 3:10.23	32.43	700m: 7:33.42	33.08	1100m: 11:59.79	33.10	1500m: 16:21.43	29.49	
	350m: 3:42.79	32.56	750m: 8:06.93	33.51	1150m: 12:33.16	33.37			
	400m: 4:15.20	32.41	800m: 8:40.21	33.28	1200m: 13:06.33	33.17			

Prova 1, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Andre Rafael Marinho	93	10643	Uniao Piedense	16:25.40	+0,89	642		
	50m: 28.22 28.22			450m: 4:45.44 32.82	850m: 9:10.82 33.35	1250m: 13:39.01 33.34			
	100m: 59.05 30.83			500m: 5:18.57 33.13	900m: 9:44.40 33.58	1300m: 14:12.49 33.48			
	150m: 1:30.71 31.66			550m: 5:51.54 32.97	950m: 10:18.01 33.61	1350m: 14:45.52 33.03			
	200m: 2:02.59 31.88			600m: 6:24.50 32.96	1000m: 10:51.39 33.38	1400m: 15:19.14 33.62			
	250m: 2:34.74 32.15			650m: 6:57.82 33.32	1050m: 11:24.92 33.53	1450m: 15:52.81 33.67			
	300m: 3:06.95 32.21			700m: 7:30.97 33.15	1100m: 11:58.63 33.71	1500m: 16:25.40 32.59			
	350m: 3:39.66 32.71			750m: 8:04.65 33.68	1150m: 12:32.09 33.46				
	400m: 4:12.62 32.96			800m: 8:37.47 32.82	1200m: 13:05.67 33.58				
EXH	Isidro Carrara Bittini	97	127257	Alges	16:37.64	+0,72	618		
	50m: 28.59 28.59			450m: 4:51.94 33.41	850m: 9:19.60 32.97	1250m: 13:52.32 33.53			
	100m: 1:00.13 31.54			500m: 5:25.55 33.61	900m: 9:53.34 33.74	1300m: 14:25.99 33.67			
	150m: 1:32.75 32.62			550m: 5:58.83 33.28	950m: 10:28.10 34.76	1350m: 14:59.77 33.78			
	200m: 2:05.89 33.14			600m: 6:32.73 33.90	1000m: 11:02.72 34.62	1400m: 15:33.62 33.85			
	250m: 2:38.94 33.05			650m: 7:06.20 33.47	1050m: 11:36.91 34.19	1450m: 16:06.57 32.95			
	300m: 3:12.48 33.54			700m: 7:39.72 33.52	1100m: 12:11.02 34.11	1500m: 16:37.64 31.07			
	350m: 3:45.68 33.20			750m: 8:13.33 33.61	1150m: 12:44.95 33.93				
	400m: 4:18.53 32.85			800m: 8:46.63 33.30	1200m: 13:18.79 33.84				

Prova 2
20-12-2013

Femin., 100m Livres

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 16	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun 17	56.54	Diana Margarida Duraes	FCP	Porto	07-12-2012
Recordes Nacionais 25m Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC-JUN1F Jun 16 50m: 1:02.64 - 25m: 1:01.39 / TAC-JUN2F Jun 17: 1:00.79 / TAC-SENF Sen: 1:00.19

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	58.46	+0,76	664		
	50m: 28.26 28.26			100m: 58.46 30.20					
2.	Rita Barros Frischknecht	98	106257	Alges	59.19	+0,80	640		
	50m: 28.24 28.24			100m: 59.19 30.95					
3.	Bruna Martins Riesenberger	97	105541	Laranjeiro	59.29	+0,70	636		
	50m: 28.67 28.67			100m: 59.29 30.62					
4.	Carolina Sanchez Rodrigues	97	100359	Alges	59.66	+0,72	625		
	50m: 28.37 28.37			100m: 59.66 31.29					
5.	Maria Teresa Amorim	97	20104	Porto	59.70	+0,89	623		
	50m: 28.83 28.83			100m: 59.70 30.87					
6.	Ana Filipa Martins	97	104438	Foca	59.78	+0,79	621		
	50m: 28.56 28.56			100m: 59.78 31.22					
7.	Maria Morgado Franco	98	107311	Portinado	59.79	+0,80	620		
	50m: 28.06 28.06			100m: 59.79 31.73					
8.	Maria Malaguerra Costa	98	106765	Columbofila Cantanhedense	59.91	+0,74	617		
	50m: 28.86 28.86			100m: 59.91 31.05					
9.	Catarina Maria Ferreira	98	106534	Desportiva Limiana	1:00.41	+0,77	602		
	50m: 28.92 28.92			100m: 1:00.41 31.49					
10.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	1:00.56	+0,93	597		
	50m: 29.28 29.28			100m: 1:00.56 31.28					

Prova 2, Femin., 100m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Beatriz Neves Craveiro	97	106762	Nautico de Coimbra	1:00.58	+0,81	597		
	50m: 28.52 28.52			100m: 1:00.58 32.06					
12.	Maria Carolina Ribeiro	98	106805	Porto	1:00.95	+0,78	586		
	50m: 29.36 29.36			100m: 1:00.95 31.59					
13.	Sara Faria Costa	97	107451	Braga	1:01.09	+0,89	582		
	<i>FTL</i>								
	50m: 29.17 29.17			100m: 1:01.09 31.92					

Seniores

1.	Diana Margarida Duraes	96	102992	Porto	56.09	+0,73	752		
	50m: 27.14 27.14			100m: 56.09 28.95					
2.	Mafalda Gomes Beleza	94	26890	Sporting	57.30	+0,70	705		
	50m: 27.47 27.47			100m: 57.30 29.83					
3.	Raquel Maurile Taveira	95	105392	Alges	57.58	+0,76	695		
	50m: 27.56 27.56			100m: 57.58 30.02					
4.	Ana Sofia Leite	93	24784	Ginasio de Vila Real	58.11	+0,77	676		
	50m: 27.59 27.59			100m: 58.11 30.52					
5.	Jessica Teixeira Vieira	91	104235	Amadora	58.33	+0,67	668		
	50m: 27.48 27.48			100m: 58.33 30.85					
6.	Ana Sofia Nobrega	90	24785	Ginasio de Vila Real	58.71	+0,78	655		
	50m: 28.18 28.18			100m: 58.71 30.53					
7.	Ana Ribeiro Ferreira	92	15634	Famalicao	58.78	+0,93	653		
	50m: 28.80 28.80			100m: 58.78 29.98					
8.	Joana Aguiar Rodrigues	93	15401	Porto	59.17	+0,84	640		
	50m: 28.18 28.18			100m: 59.17 30.99					
9.	Julia Matos Lopes	94	12490	Nautico de Coimbra	59.59	+0,89	627		
	50m: 29.21 29.21			100m: 59.59 30.38					
10.	Lisa Marisa Soares	95	25381	Amadora	59.83	+0,81	619		
	50m: 28.33 28.33			100m: 59.83 31.50					
11.	Rita Silva Fernandes	96	111206	Colegio Vasco da Gama	1:00.05	+0,85	612		
	50m: 29.29 29.29			100m: 1:00.05 30.76					
12.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	1:00.07	+0,75	612		
	50m: 29.61 29.61			100m: 1:00.07 30.46					
13.	Andreia Catarina Gomes	94	103701	Fluvial Portuense	1:00.44	+0,89	601		
	<i>FTL</i>								
	50m: 29.20 29.20			100m: 1:00.44 31.24					
14.	Soraia Vanessa Ribeiro	92	15857	Gespacos	1:00.71	+0,90	593		
	<i>FTL</i>								
	50m: 28.80 28.80			100m: 1:00.71 31.91					
15.	Joana Filipa Capela	89	12794	Benfica	1:00.77	+0,77	591		
	<i>FTL</i>								
	50m: 29.51 29.51			100m: 1:00.77 31.26					
16.	Ana Luisa Carvalho	96	24493	Nautico de Coimbra	1:00.96	+0,87	585		
	<i>FTL</i>								
	50m: 28.93 28.93			100m: 1:00.96 32.03					

Prova 3
20-12-2013

Masc., 100m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun 17	49.87	Tiago Andre Venancio	CNS	estoril	14-02-2004
Recordes Nacionais 25m Jun 18	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009

TAC-JUN1M Jun 17 50m: 56.24 - 25m: 55.11 / TAC-JUN2M Jun 18: 54.32 / TAC-SENM Sen: 52.99

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Tiago Manuel Teixeira	96	102485	Fafe	51.32	+0,66	671		
	50m: 24.43 24.43			100m: 51.32 26.89					
2.	Joao Carlos Santos	96	104253	Naval Amorense	51.96	+0,69	646		
	50m: 25.83 25.83			100m: 51.96 26.13					
3.	Miguel Galeao Lopes	96	105891	Portinado	52.03	+0,66	644		
	50m: 25.12 25.12			100m: 52.03 26.91					
4.	Joao Miguel Ascensao	97	107710	Porto	52.79	+0,81	616		
	50m: 25.36 25.36			100m: 52.79 27.43					
5.	Carlos Flores Clara	97	117120	Gesloures	52.83	+0,76	615		
	50m: 25.35 25.35			100m: 52.83 27.48					
6.	Andre Filipe Farinha	96	105086	Benfica	52.87	+0,70	614		
	50m: 25.72 25.72			100m: 52.87 27.15					
7.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	53.36	+0,72	597		
	50m: 25.56 25.56			100m: 53.36 27.80					
8.	Francisco Xavier Goncalves	97	26878	Nautico de Coimbra	53.54	+0,65	591		
	50m: 25.51 25.51			100m: 53.54 28.03					
	Joao Pedro Belo	97	110444	Sporting	53.54	+0,75	591		
	50m: 25.48 25.48			100m: 53.54 28.06					
10.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico	53.74	+0,68	584		
	50m: 25.79 25.79			100m: 53.74 27.95					
11.	Ivo Pinto Ribeiro	97	108299	Foca	54.00	+0,77	576		
	50m: 25.73 25.73			100m: 54.00 28.27					
12.	Ruben Oliveira Lopes	97	102041	Porto	54.09	+0,66	573		
	50m: 25.69 25.69			100m: 54.09 28.40					
13.	Joao Pernetá Lima	96	100286	Naval do Funchal	54.11	+0,80	572		
	50m: 26.05 26.05			100m: 54.11 28.06					
14.	Fabio Alcantara Aires	97	104252	Naval Amorense	54.14	+0,77	571		
	50m: 25.62 25.62			100m: 54.14 28.52					
15.	Guilherme Pereira Dias	97	110443	Sporting	54.29	+0,74	567		
	50m: 26.25 26.25			100m: 54.29 28.04					
16.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	54.46	+0,64	561		
	50m: 26.01 26.01			100m: 54.46 28.45					
17.	Tiago Joao Meira	96	25816	Viana Natacao	54.51	+0,77	560		
	FTL 50m: 25.94 25.94			100m: 54.51 28.57					
18.	Daniel Filipe Cazeiro	97	104378	Naval Amorense	54.73	+0,75	553		
	50m: 26.05 26.05			100m: 54.73 28.68					
19.	Ricardo David Silva	97	103049	Foca	55.01	+0,78	545		
	50m: 26.72 26.72			100m: 55.01 28.29					

Prova 3, Masc., 100m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
20.	Andre Lima Costa <i>FTL</i>	97	105015	Sporting de Espinho	56.13	+0,73	513		
	50m: 26.76 26.76			100m: 56.13 29.37					

Seniores

1.	Luis Emanuel Vaz	91	15628	Famalicao	48.80	+0,74	780		
	50m: 23.47 23.47			100m: 48.80 25.33					
2.	Miguel Duarte Nascimento	95	14944	Portinado	48.93	+0,65	774		
	50m: 22.85 22.85			100m: 48.93 26.08					
3.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	49.91	+0,67	730		
	50m: 23.45 23.45			100m: 49.91 26.46					
4.	Alexandre Escudier Agostinho	86	12668	Portinado	49.99	+0,70	726		
	50m: 23.12 23.12			100m: 49.99 26.87					
5.	Paulo Jorge Santos	89	25982	Porto	50.54	+0,71	703		
	50m: 23.83 23.83			100m: 50.54 26.71					
6.	Joao Filipe Carvalho	87	23026	Porto	51.02	+0,76	683		
	50m: 24.44 24.44			100m: 51.02 26.58					
7.	Ricardo Ferreira Cotovio	91	10921	Sporting	51.09	+0,68	680		
	50m: 24.74 24.74			100m: 51.09 26.35					
8.	Gustavo Almeida Madureira	94	10857	Academica de Coimbra	51.28	+0,70	673		
	50m: 24.85 24.85			100m: 51.28 26.43					
9.	Ricardo Manuel Machado	93	13278	Braga	51.61	+0,74	660		
	50m: 24.67 24.67			100m: 51.61 26.94					
10.	Rodrigo Pereira Lopes	95	26077	Amadora	51.72	+0,66	656		
	50m: 24.40 24.40			100m: 51.72 27.32					
11.	Ricardo Pereira Lopes	90	14831	Amadora	51.74	+0,63	655		
	50m: 25.03 25.03			100m: 51.74 26.71					
12.	Andre Neves Oliveira	91	14834	Benfica	51.91	+0,68	648		
	50m: 24.60 24.60			100m: 51.91 27.31					
13.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	51.92	+0,68	648		
	50m: 24.80 24.80			100m: 51.92 27.12					
14.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	52.10	+0,70	641		
	50m: 24.77 24.77			100m: 52.10 27.33					
15.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	52.56	+0,68	625		
	50m: 25.52 25.52			100m: 52.56 27.04					
16.	Edgar Oliveira Ribeiro <i>FTL</i>	93	13277	Braga	53.24	+0,86	601		
	50m: 25.57 25.57			100m: 53.24 27.67					
17.	Tiago Ferreira Sousa <i>FTL</i>	91	106684	Desportivo Nacional	53.93	+0,70	578		
	50m: 25.58 25.58			100m: 53.93 28.35					
EXH	Luis David Rodrigues	96	124021	Benfica	53.32	+0,83	598		
	50m: 25.22 25.22			100m: 53.32 28.10					

Prova 4
20-12-2013

Femin., 50m Bruços

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun 16	31.46	Ana Pinho Rodrigues	AEJ	Leiria	06-12-2009
Recordes Nacionais 25m Jun 17	32.11	Ana Pinho Rodrigues	FPN	Eindhoven (NED)	25-11-2010
Recordes Nacionais 25m Sen	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC-JUN1F Jun 16 50m: 37.48 - 25m: 36.36 / TAC-JUN2F Jun 17: 35.31 / TAC-SENF Sen: 34.96

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Ana Beatriz Marques	98	110159	Alges	33.50	+0,75	635		
2.	Maria Madalena Silva	98	116614	Nautico Abrantes	33.76	+0,78	620		
3.	Beatriz Carvalho Ribeiro	97	109902	Desportos Barcelos	34.55	+0,81	579		
4.	Maria Rachadell Pereira	98	104612	Portinado	34.63	+0,84	575		
5.	Catarina Costa Sequeira	98	119735	Armacenenses	34.74	+0,90	569		
6.	Rita Catarina Miranda	97	107566	Braga	34.80	+0,81	566		
7.	Sofia Machado Dionisio	98	111263	Sporting	34.84	+0,84	564		
8.	Joana Costa Caires	98	108452	Naval do Funchal	34.97	+0,70	558		
9.	Carolina Lourenco Matos	98	109647	Benedita	34.98	+0,76	558		
10.	Rute Isabel Leonardo	98	121391	Nautico Abrantes	35.25	+0,79	545		
11.	Mafalda Alexandra Henriques	98	105308	Nacional de Natacao	35.34	+0,94	541		
12.	Rita Maria Cardoso	98	105877	Leixoes	35.52	+0,93	533		
13.	Ines Pugsley Ferreira	97	107414	Louletano/ Loule Concelho	35.66	+0,73	526		
	<i>FTL</i>								
14.	Ana Rita Graca	98	111321	Vilacondense	35.92	+0,91	515		
15.	Diana Sofia Silva	97	104679	Braga	36.49	+0,86	491		
	<i>FTL</i>								
16.	Barbara Nogueira Goncalves	98	104448	Famalicao	36.80	+0,73	479		
	<i>FTL</i>								

Seniores

1.	Ana Pinho Rodrigues	94	13372	Porto	32.11	+0,70	721		
2.	Paula Alexandra Oliveira	96	102084	Porto	32.55	+0,73	692		
3.	Joana Patricia Pinto	94	24790	Ginasio de Vila Real	33.00	+0,86	664		
4.	Diana Patricia Ferreira	94	23500	Gespacos	33.09	+0,85	659		
5.	Ana Teresa Franco	91	11349	Sporting	33.63	+0,78	628		
6.	Ana Marisa Brito	90	12800	Benfica	33.91	+0,77	612		
7.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	34.10	+0,70	602		
8.	Rute Margarida Marques	94	25359	Amadora	34.11	+0,76	601		
9.	Rita Fernandes Leitao	96	25571	Benfica	34.37	+0,75	588		
10.	Rosa Maria Oliveira	96	105858	Porto	34.45	+0,86	584		
11.	Ana Filipa Gomes	96	107376	Vilacondense	34.77	+0,84	568		
12.	Joana Dias Santos	96	100397	Uniao Piedense	35.00	+0,82	557		
	<i>FTL</i>								
13.	Joana Gabriela Silva	95	103945	Colegio SMLamas	35.12	+0,72	551		
	<i>FTL</i>								
14.	Mariana Costa Cabral	95	25315	Estoris	35.41	+0,93	538		
	<i>FTL</i>								

Prova 5 17 anos e mais velhos
20-12-2013 Resultados
Masc., 50m Bruços

Recordes Nacionais 25m Absoluto	27.22	Jose Guilherme Couto	FPN	Moscovo (RUS)	06-04-2002
Recordes Nacionais 25m Jun 17	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	03-05-2009
Recordes Nacionais 25m Jun 18	28.57	Pedro Miguel Agostinho	SCP	Felgueiras	22-11-2002
Recordes Nacionais 25m Sen	27.22	Jose Guilherme Couto	FPN	Moscovo (RUS)	06-04-2002

TAC-JUN1M Jun 17 50m: 32.25 - 25m: 31.28 / TAC-JUN2M Jun 18: 30.83 / TAC-SENM Sen: 30.08

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Andre Goncalo Santos	97	104706	Leixoes	29.01	+0,77	659		
2.	Simao Miguel Capitaio	97	109596	Colegio SMLamas	29.56	+0,79	623		
3.	Leonardo Cardoso Figueiredo	96	105612	Porto	29.91	+0,66	601		
4.	Joao Filipe Costa	96	25569	Alges	29.98	+0,63	597		
5.	Guilherme Miguel Teixeira	97	105091	Benfica	29.99	+0,74	596		
6.	Artur Jose Reis	96	23369	Porto	30.02	+0,71	595		
7.	Miguel Monteiro Cruchinho	97	110442	Sporting	30.12	+0,71	589		
8.	Filipe Carmo Ramos	97	105197	Vilacondense	30.19	+0,77	585		
9.	Joao Paulo Capitaio	96	109592	Colegio SMLamas	30.46	+0,78	569		

Seniores

1.	Carlos Esteves Almeida	88	11085	Porto	27.42	+0,69	780		
2.	Joao Silva Gigante	88	14783	Amadora	27.87	+0,64	743		
3.	Sergio Baptista Silva	91	15703	Porto	29.03	+0,79	658		
4.	Joao Claudio Sousa	93	23458	Gespacos	29.06	+0,73	655		
5.	Henrique Pereira Neiva	84	23019	Vilacondense	29.15	+0,76	649		
6.	Diogo Filipe Matos	92	14868	Sporting	29.17	+0,70	648		
7.	Nuno Andre Fernandes	89	16073	Benfica	29.32	+0,79	638		
8.	Nuno Durao Pascoal	92	12560	Galitos	29.50	+0,71	627		
9.	Diogo Miguel Silva	95	104780	Uniao Piedense	30.50	+0,72	567		

FTL

DSQ Luis Manuel Fernandes 95 15589 Famalicao
730 - Vários movimentos verticais de pernas após viragem aos 25 m - SW 7.1

Prova 6 16 anos e mais velhos
20-12-2013 Resultados
Femin., 100m Estilos

Recordes Nacionais 25m Absoluto	1:03.28	Victoria Kaminskaya	PIMP	Porto	09-12-2012
Recordes Nacionais 25m Jun 16	1:04.11	Maria Carolina Rosa	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun 17	1:04.43	Ana Pinho Rodrigues	AEJ	Guarda	12-12-2010
Recordes Nacionais 25m Sen	1:03.28	Victoria Kaminskaya	PIMP	Porto	09-12-2012

TAC-JUN1F Jun 16: 1:10.70 / TAC-JUN2F Jun 17: 1:10.00 / TAC-SENF Sen: 1:09.31

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Ines Camacho Fernandes	97	106821	Sporting	1:02.68	+0,74	781		
	<i>Recorde Nacional</i>								
	50m: 28.27 28.27			100m: 1:02.68 34.41					
2.	Maria Madalena Silva	98	116614	Nautico Abrantes	1:06.31	+0,76	660		
	50m: 31.16 31.16			100m: 1:06.31 35.15					

Prova 6, Femin., 100m Estilos, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Carolina Mantua Guedes	98	110539	Sporting	1:06.91	+0,77	642		
	50m: 32.29 32.29			100m: 1:06.91 34.62					
4.	Barbara Sofia Barata	97	105454	Alges	1:07.62	+0,78	622		
	50m: 31.79 31.79			100m: 1:07.62 35.83					
5.	Sofia Machado Dionisio	98	111263	Sporting	1:07.65	+0,86	621		
	50m: 31.56 31.56			100m: 1:07.65 36.09					
6.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	1:08.90	+0,75	588		
	50m: 31.20 31.20			100m: 1:08.90 37.70					

Seniores

1.	Marta Pereira Abreu	92	23091	Porto	1:04.10	+0,66	730		
	50m: 29.72 29.72			100m: 1:04.10 34.38					
2.	Ana Catarina Monteiro	93	24320	Vilacondense	1:04.74	+0,71	709		
	50m: 29.48 29.48			100m: 1:04.74 35.26					
3.	Diana Patricia Ferreira	94	23500	Gespacos	1:05.63	+0,79	680		
	50m: 30.36 30.36			100m: 1:05.63 35.27					
4.	Catia Raquel Martinheira	95	25940	Louletano/ Loule Concelho	1:05.69	+0,78	679		
	50m: 29.40 29.40			100m: 1:05.69 36.29					
5.	Catarina Tiago Nunes	95	100949	Uniao Piedense	1:06.58	+0,79	652		
	50m: 30.22 30.22			100m: 1:06.58 36.36					
6.	Rita Fernandes Leitao	96	25571	Benfica	1:07.18	+0,78	634		
	50m: 31.29 31.29			100m: 1:07.18 35.89					
7.	Ana Marta Miranda	96	100377	Uniao Piedense	1:07.22	+0,81	633		
	50m: 30.46 30.46			100m: 1:07.22 36.76					
8.	Lisa Marisa Soares	95	25381	Amadora	1:07.68	+0,82	620		
	50m: 30.80 30.80			100m: 1:07.68 36.88					
9.	Rute Margarida Marques	94	25359	Amadora	1:08.83	+0,77	590		
	50m: 31.62 31.62			100m: 1:08.83 37.21					
10.	Ana Margarida Rodrigues	96	103868	Galitos	1:09.45	+0,81	574		
	FTL								
	50m: 31.99 31.99			100m: 1:09.45 37.46					

Prova 7
20-12-2013

Masc., 100m Estilos

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009
Recordes Nacionais 25m Jun 17	57.40	Diogo Filipe Carvalho	CGA	Aveiro	14-05-2005
Recordes Nacionais 25m Jun 18	56.47	Alexis Manacas Santos	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	53.28	Diogo Filipe Carvalho	CGA	Viseu	18-04-2009

TAC-JUN1M Jun 17: 1:02.35 / TAC-JUN2M Jun 18: 1:01.45 / TAC-SENM Sen: 59.96

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Gabriel Jose Lopes	97	24488	Lousanense	57.55	+0,74	684		
	50m: 26.11 26.11			100m: 57.55 31.44					
2.	Tomas Miguel Veloso	96	10868	Nautico de Coimbra	58.12	+0,70	664		
	50m: 27.31 27.31			100m: 58.12 30.81					
3.	Alexandre Lages Ribas	97	24582	Desportiva de Viana	58.31	+0,76	657		
	50m: 26.84 26.84			100m: 58.31 31.47					
4.	Andre Goncalo Santos	97	104706	Leixoes	58.35	+0,79	656		
	50m: 27.46 27.46			100m: 58.35 30.89					
5.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	58.76	+0,65	642		
	50m: 27.20 27.20			100m: 58.76 31.56					
6.	Eduardo Salgado Ramos	97	106796	Porto	59.36	+0,66	623		
	50m: 27.42 27.42			100m: 59.36 31.94					
7.	Miguel Freitas Marques	96	24979	Maritimo	59.61	+0,70	615		
	50m: 26.88 26.88			100m: 59.61 32.73					
8.	Guilherme Miguel Teixeira	97	105091	Benfica	1:00.46	+0,76	590		
	50m: 28.12 28.12			100m: 1:00.46 32.34					
9.	Luis Carlos Oliveira	97	102629	Porto	1:00.66	+0,71	584		
	50m: 28.23 28.23			100m: 1:00.66 32.43					
10.	Simao Miguel Capitaio	97	109596	Colegio SMLamas	1:00.89	+0,80	577		
	50m: 28.76 28.76			100m: 1:00.89 32.13					
11.	Jose Ricardo Sousa	97	105759	Lousada SXXI	1:01.13	+0,77	570		
	50m: 28.41 28.41			100m: 1:01.13 32.72					
12.	Bruno Miguel Ramos	97	109110	Amadora	1:01.21	+0,73	568		
	50m: 28.11 28.11			100m: 1:01.21 33.10					
Seniores									
1.	Alexis Manacas Santos	92	13704	Sporting	53.81	+0,73	836		
	50m: 24.43 24.43			100m: 53.81 29.38					
2.	Diogo Filipe Carvalho	88	12277	Galitos	54.16	+0,73	820		
	50m: 24.85 24.85			100m: 54.16 29.31					
3.	Miguel Duarte Nascimento	95	14944	Portinado	55.14	+0,63	777		
	50m: 24.98 24.98			100m: 55.14 30.16					
4.	Carlos Esteves Almeida	88	11085	Porto	55.59	+0,72	759		
	50m: 26.18 26.18			100m: 55.59 29.41					
5.	Joao Silva Gigante	88	14783	Amadora	55.67	+0,70	755		
	50m: 25.39 25.39			100m: 55.67 30.28					
6.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	56.08	+0,73	739		
	50m: 25.77 25.77			100m: 56.08 30.31					
7.	Diogo Gomes Sousa	95	25455	Colegio Vasco da Gama	56.20	+0,70	734		
	50m: 25.40 25.40			100m: 56.20 30.80					

Prova 7, Masc., 100m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Tomas Correia Silva 50m: 26.47 26.47	95	23367	Fluvial Portuense 100m: 56.75 30.28	56.75	+0,63	713		
9.	Pedro Andre Santos 50m: 25.90 25.90	94	15732	Alges 100m: 56.97 31.07	56.97	+0,71	705		
10.	Rodrigo Pereira Lopes 50m: 26.23 26.23	95	26077	Amadora 100m: 57.74 31.51	57.74	+0,65	677		
11.	Fabio Andre Figueira 50m: 26.73 26.73	88	11084	Porto 100m: 57.75 31.02	57.75	+0,74	677		
12.	Miguel Silva Oliveira 50m: 27.32 27.32	91	10822	Nautico de Coimbra 100m: 58.42 31.10	58.42	+0,74	654		
13.	Andre Bras Goncalves 50m: 26.60 26.60	88	14767	Amadora 100m: 58.74 32.14	58.74	+0,71	643		
14.	Ricardo Amorim Rego 50m: 27.03 27.03	84	15954	Braga 100m: 58.90 31.87	58.90	+0,83	638		
15.	Andre Filipe Mendes 50m: 26.93 26.93	92	100307	Nautico Abrantes 100m: 59.65 32.72	59.65	+0,68	614		

Prova 8
20-12-2013

Femin., 4 x 50m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC-JUNF Jun: 1:59.56 / TAC-SENF Sen: 1:53.68

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores							
1.		Portinado	1:49.17	+0,75	623		
	97	+0,75 27.39	Joana Varela Joaquim	97	+0,14	27.77	
	98	+0,25 27.23	Maria Rachadell Pereira	98	+0,24	26.78	
2.		Sporting	1:49.40	+0,63	619		
	98	+0,63 28.07	Claudia Isabel Semiao	97		27.65	
	98	+0,30 27.66	Ines Camacho Fernandes	97		26.02	
3.		Alges	1:49.71	+0,79	614		
	97	+0,79 27.41	Carolina Sanchez Rodrigues	97	+0,34	26.98	
	98	+0,35 27.00	Barbara Marques Rodrigues	97	+0,52	28.32	
4.		Porto	1:53.11	+0,75	560		
	98	+0,75 28.42	Lucilia Ferreira Freitas	98	+0,73	28.74	
	97	+0,55 28.61	Maria Teresa Amorim	97	+0,51	27.34	
5.		Famalicao	1:53.69	+0,91	551		
	98	+0,91 28.47	Catarina Alexandra Jardim	98	+0,35	28.73	
	98	28.00	Ana Silva Costa	98	+0,15	28.49	
6.		Nautico de Coimbra	1:53.90	+0,83	548		
	97	+0,83 27.52	Mariana Portugal Costa	98	+0,17	28.16	
	97	+0,38 28.41	Rita Verissimo Damasceno	98	+0,54	29.81	
7.		Uniao Piedense	1:55.62	+0,99	524		
	98	+0,99 28.15	Marina Micaela Sequeira	98	+0,23	28.59	
	98	+0,34 28.70	Ines Filipa Cruz	98	+0,55	30.18	

Prova 8, Femin., 4 x 50m Livres

Seniores

Rank	Clube	Tempo	Reação	Pts
1.	Porto-SEN	1:43.59	+0,69	729
	Ana Pinho Rodrigues	94	+0,69	26.29
	Diana Margarida Duraes	96	+0,14	25.49
2.	Amadora-SEN	1:48.24	+0,80	639
	Lisa Marisa Soares	95	+0,80	27.59
	Raquel Sousa Gomes	85	+0,11	27.22
3.	Ginasio de Vila Real-SEN	1:48.72	+0,80	630
	Ana Sofia Leite	93	+0,80	26.83
	Ana Carolina Guedes	93	+0,43	28.91
4.	Vilacondense-SEN	1:51.64	+0,70	582
	Ana Catarina Monteiro	93	+0,70	27.70
	Bruna Fangueiro Coentrao	93		27.34
5.	Gespacos-SEN	1:51.80	+0,89	580
	Claudia Cristina Leao	96	+0,89	28.20
	Soraia Vanessa Ribeiro	92	+0,34	27.09
6.	Gesloures-SEN	1:57.30	+0,97	502
	FTL			
	Ana Luisa Santo	95	+0,97	29.07
	Paula Cristina Yang	95	+0,43	28.57

Prova 9
20-12-2013

Masc., 4 x 50m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:35.76	Futebol Clube do Porto/Imperio Bonifacio	FCP	Felgueiras	24-11-2006
Recordes Nacionais 25m Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009

TAC-JUNM Jun: 1:47.80 / TAC-SENM Sen: 1:40.45

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.		Porto	1:36.48	+0,76	586		
		Joao Miguel Ascensao	97	+0,76	23.40	24.39	
		Artur Jose Reis	96	+0,41	24.21	24.48	
2.		Naval Amorense	1:36.51	+0,64	586		
		Joao Carlos Santos	96	+0,64	23.86	24.38	
		Fabio Alcantara Aires	97	+0,14	24.20	24.07	
3.		Naval do Funchal	1:37.45	+0,78	569		
		Joao Pernetta Lima	96	+0,78	24.60	24.72	
		Francisco Gouveia Sousa	96	+0,50	24.53	23.60	
4.		Fluvial Portuense	1:39.07	+0,71	541		
		Joao Jose Vilela	96	+0,71	24.66	24.26	
		Joao Pedro Santos	96	-0,02	24.07	26.08	
5.		Sporting	1:39.16	+0,74	540		
		David Soares Caratao	96	+0,74	25.07	24.42	
		Joao Pedro Belo	97	+0,23	24.41	25.26	
6.		Foca	1:39.74	+0,78	531		
		Ricardo David Silva	97	+0,78	25.42	25.17	
		Joao Miguel Ferreira	97	+0,07	24.69	24.46	
7.		Nautico de Coimbra	1:40.00	+0,72	526		
		Tomas Miguel Veloso	96	+0,72	24.40	25.77	
		Francisco Xavier Goncalves	97	+0,28	24.06	25.77	

Prova 9, Masc., 4 x 50m Livres, Juniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.		Ginasio de Vila Real-JUN					
		Ginasio de Vila Real	1:40.51	+0,70	518		
		Carlos Manuel Figueiredo	24.96	97	+0,49	25.69	
	96	Carlos Eira Cruz	25.23	96	+0,43	24.63	
9.		Benfica-JUN					
		Benfica	1:40.87	+0,77	513		
		Guilherme Miguel Teixeira	24.72	97	+0,20	24.42	
	96	Pedro Luis Antunes	26.86	96	+0,02	24.87	
10.		Leixoes-JUN					
		Leixoes	1:41.22	+0,85	508		
		Andre Goncalo Santos	24.47	97	+0,48	25.58	
	96	Filipe Costa Barroso	26.02	96	+0,54	25.15	
		Amadora-JUN					
		Amadora	1:41.22	+0,68	508		
		David Carrasco Correia	25.52	97	+0,32	25.16	
	97	Bruno Miguel Ramos	24.73	97	+0,40	25.81	
12.		Gesloures-JUN					
		Gesloures	1:41.59	+0,83	502		
		Carlos Flores Clara	24.93	97	+0,62	25.94	
	97	Miguel Rocha Costa	25.57	96	+0,29	25.15	
13.		Uniao Piedense-JUN					
		Uniao Piedense	1:41.75		500		
		Goncalo Filipe Candelias	25.40	97	+0,39	26.07	
	97	Miguel Nunes Goncalves	24.70	96	+0,11	25.58	
14.		Braga-JUN					
		Braga	1:41.99	+0,75	496		
		Rodrigo Carlos Albuquerque	24.73	97	+0,21	26.16	
	96	Antonio Pedro Silva	25.32	97	+0,17	25.78	
15.		Alcobaca-JUN					
		Alcobaca	1:42.67	+0,77	486		
		Joao Mota Correia	25.69	97	+0,45	25.24	
	97	Joao Bernardo Jorge	26.69	97	+0,28	25.05	
16.		Colegio SMLamas-JUN					
		Colegio SMLamas	1:42.82	+0,76	484		
		Joao Paulo Capitao	25.01	96	+0,22	26.14	
	97	Joel Baptista Peixoto	27.16	97	+0,49	24.51	
17.		Louletano/ Loule Concelho-JUN					
		Louletano/ Loule Concelho	1:42.91	+0,73	483		
		Luis Pedro Fernandes	25.54	96		25.39	
	96	Tiago Mestre Faisca	25.61	97		26.37	
18.		Feirense-JUN					
		Feirense	1:43.19	+0,66	479		
		Joao Pedro Dias	25.99	96	+0,23	24.76	
	97	Andre Filipe Correia	26.15	96	+0,49	26.29	
19.		Ginasio Santo Tirso-JUN					
		Ginasio Santo Tirso	1:44.71	+0,88	458		
		David Andre Almeida	26.19	97	+0,44	26.67	
	96	Paulo Martins Almeida	26.39	96	+0,65	25.46	

Seniores

1.		Porto-SEN					
		Porto	1:31.32	+0,69	691		
		Paulo Jorge Santos	22.62	91	+0,40	23.04	
	89	Joao Filipe Carvalho	22.70	88	+0,29	22.96	
2.		Amadora-SEN					
		Amadora	1:31.84	+0,67	680		
		Joao Silva Gigante	22.73	95		22.88	
	88	Ricardo Pereira Lopes	23.06	90		23.17	
3.		Sporting-SEN					
		Sporting	1:31.87	+0,73	679		
		Gustavo Manuel Santa	23.27	91	+0,30	23.32	
	93	Pedro Miguel Pinotes	23.45	92	+0,25	21.83	
4.		Estrelas S. Joao de Brito-SEN					
		Estrelas S. Joao de Brito	1:33.16	+0,71	651		
		Pedro Diogo Oliveira	22.87	84	+0,25	23.36	
	88	Artiom Viatcheslavovitch Poliakov	23.10	95	+0,56	23.83	
5.		Nautico de Coimbra-SEN					
		Nautico de Coimbra	1:34.45	+0,70	625		
		Mario Alexandre Pereira	23.02	94	+0,35	23.89	
	92	Miguel Silva Oliveira	23.75	93	+0,21	23.79	

Prova 9, Masc., 4 x 50m Livres, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6. Galitos-SEN		Galitos	1:35.19	+0,73	610		
	92	Nuno Durao Pascoal	24.33			24.51	
	88	Diogo Filipe Carvalho	22.49			23.86	
7. Colegio Vasco da Gama-SEN		Colegio Vasco da Gama	1:35.48	+0,67	605		
	95	Diogo Gomes Sousa	23.22			24.72	
	87	Nuno Goncalo Quintanilha	23.17			24.37	
8. Braga-SEN		Braga	1:36.17	+0,76	592		
	93	Ricardo Manuel Machado	23.57			25.11	
	93	Edgar Oliveira Ribeiro	23.30			24.19	
9. Desportivo Nacional-SEN		Desportivo Nacional	1:36.19	+0,72	592		
	91	Tiago Ferreira Sousa	23.59			24.23	
	90	Vitor Diogo Moura	23.82			24.55	
10. Naval Amorense-SEN		Naval Amorense	1:36.34	+0,87	589		
	94	Diogo Moreira Silveira	24.73			23.27	
	95	Tiago Ferreira Azevedo	23.36			24.98	
11. Academica de Coimbra-SEN		Academica de Coimbra	1:36.45	+0,70	587		
	94	Gustavo Almeida Madureira	22.96			24.70	
	94	Joao Filipe Lucas	23.77			25.02	
12. Uniao Piedense-SEN		Uniao Piedense	1:37.07	+0,77	576		
	92	Diamantino Gato Bras	24.43			23.77	
	95	Diogo Miguel Silva	24.87			24.00	
13. Leixoes-SEN		Leixoes	1:37.85	+0,74	562		
	93	Diogo Fontes Moreira	24.19			24.95	
	91	Jose Joao Goncalves	24.28			24.43	
14. Vilacondense-SEN		Vilacondense	1:40.34	+0,76	521		
	95	Daniel Costa Vieira	26.46			25.04	
	84	Henrique Pereira Neiva	24.20			24.64	

Prova 10
21-12-2013

Femin., 1500m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	16:46.48	Angelica Maria Andre	CFP	Felgueiras	30-11-2013
Recordes Nacionais 25m Jun 16	16:48.20	Alexandra Maria Silva	FCP	Antas	15-01-1983
Recordes Nacionais 25m Jun 17	16:55.80	Alexandra Maria Silva	FCP	Porto	14-04-1984
Recordes Nacionais 25m Sen	16:46.48	Angelica Maria Andre	CFP	Felgueiras	30-11-2013

TAC-JUN1F Jun 16 50m: 18:57.88 - 25m: 18:35.13 / TAC-JUN2F Jun 17: 18:24.19 / TAC-SENF Sen: 18:13.26

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Filipa Vilas Ruivo		97	103568 Nautico Marinha Grande	16:59.74	+0,92	755		
	50m: 31.05	31.05	450m: 4:59.62	33.98	850m: 9:33.42	34.47	1250m: 14:08.69	34.20	
	100m: 1:03.72	32.67	500m: 5:33.68	34.06	900m: 10:07.65	34.23	1300m: 14:43.18	34.49	
	150m: 1:36.64	32.92	550m: 6:07.69	34.01	950m: 10:42.33	34.68	1350m: 15:17.74	34.56	
	200m: 2:09.97	33.33	600m: 6:41.82	34.13	1000m: 11:16.85	34.52	1400m: 15:52.00	34.26	
	250m: 2:43.77	33.80	650m: 7:15.92	34.10	1050m: 11:51.37	34.52	1450m: 16:26.40	34.40	
	300m: 3:17.52	33.75	700m: 7:50.10	34.18	1100m: 12:25.75	34.38	1500m: 16:59.74	33.34	
	350m: 3:51.51	33.99	750m: 8:24.54	34.44	1150m: 13:00.16	34.41			
	400m: 4:25.64	34.13	800m: 8:58.95	34.41	1200m: 13:34.49	34.33			

Prova 10, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
2.	Carolina Mantua Guedes	98	110539	Sporting	17:13.37	+0,76	725		
	50m: 31.45 31.45		450m: 5:07.11	34.69	850m: 9:44.59	34.75	1250m: 14:21.49	34.81	
	100m: 1:05.68 34.23		500m: 5:41.87	34.76	900m: 10:18.93	34.34	1300m: 14:56.27	34.78	
	150m: 1:39.77 34.09		550m: 6:16.43	34.56	950m: 10:53.54	34.61	1350m: 15:31.07	34.80	
	200m: 2:14.01 34.24		600m: 6:51.22	34.79	1000m: 11:28.19	34.65	1400m: 16:05.87	34.80	
	250m: 2:48.78 34.77		650m: 7:25.90	34.68	1050m: 12:02.78	34.59	1450m: 16:40.64	34.77	
	300m: 3:23.29 34.51		700m: 8:00.65	34.75	1100m: 12:37.43	34.65	1500m: 17:13.37	32.73	
	350m: 3:57.96 34.67		750m: 8:35.16	34.51	1150m: 13:12.03	34.60			
	400m: 4:32.42 34.46		800m: 9:09.84	34.68	1200m: 13:46.68	34.65			
3.	Barbara Marques Rodrigues	97	107039	Alges	17:35.75	+0,95	680		
	50m: 31.79 31.79		450m: 5:10.58	35.23	850m: 9:53.27	35.29	1250m: 14:37.95	35.67	
	100m: 1:06.08 34.29		500m: 5:45.78	35.20	900m: 10:28.72	35.45	1300m: 15:13.77	35.82	
	150m: 1:40.67 34.59		550m: 6:20.97	35.19	950m: 11:04.28	35.56	1350m: 15:49.55	35.78	
	200m: 2:15.56 34.89		600m: 6:56.38	35.41	1000m: 11:39.73	35.45	1400m: 16:25.39	35.84	
	250m: 2:50.51 34.95		650m: 7:31.74	35.36	1050m: 12:15.20	35.47	1450m: 17:00.90	35.51	
	300m: 3:25.25 34.74		700m: 8:07.12	35.38	1100m: 12:50.89	35.69	1500m: 17:35.75	34.85	
	350m: 4:00.24 34.99		750m: 8:42.43	35.31	1150m: 13:26.63	35.74			
	400m: 4:35.35 35.11		800m: 9:17.98	35.55	1200m: 14:02.28	35.65			
4.	Maria Joao Fernandes	97	102092	Vilacondense	17:59.65	+0,81	636		
	50m: 31.69 31.69		450m: 5:17.14	36.29	850m: 10:05.86	35.87	1250m: 14:58.39	36.43	
	100m: 1:06.25 34.56		500m: 5:53.16	36.02	900m: 10:42.28	36.42	1300m: 15:35.30	36.91	
	150m: 1:41.07 34.82		550m: 6:28.79	35.63	950m: 11:18.98	36.70	1350m: 16:12.17	36.87	
	200m: 2:16.25 35.18		600m: 7:05.22	36.43	1000m: 11:55.48	36.50	1400m: 16:48.62	36.45	
	250m: 2:52.45 36.20		650m: 7:41.17	35.95	1050m: 12:32.29	36.81	1450m: 17:24.36	35.74	
	300m: 3:28.82 36.37		700m: 8:17.59	36.42	1100m: 13:09.23	36.94	1500m: 17:59.65	35.29	
	350m: 4:04.91 36.09		750m: 8:53.69	36.10	1150m: 13:45.71	36.48			
	400m: 4:40.85 35.94		800m: 9:29.99	36.30	1200m: 14:21.96	36.25			
5.	Ana Silva Costa	98	104446	Famalicao	18:09.03	+0,89	620		
	50m: 32.47 32.47		450m: 5:17.55	36.15	850m: 10:08.68	36.40	1250m: 15:03.72	36.82	
	100m: 1:07.24 34.77		500m: 5:53.81	36.26	900m: 10:45.53	36.85	1300m: 15:41.05	37.33	
	150m: 1:42.57 35.33		550m: 6:30.02	36.21	950m: 11:22.29	36.76	1350m: 16:18.62	37.57	
	200m: 2:17.87 35.30		600m: 7:06.29	36.27	1000m: 11:58.95	36.66	1400m: 16:56.34	37.72	
	250m: 2:53.37 35.50		650m: 7:42.77	36.48	1050m: 12:35.94	36.99	1450m: 17:32.92	36.58	
	300m: 3:29.47 36.10		700m: 8:19.32	36.55	1100m: 13:12.77	36.83	1500m: 18:09.03	36.11	
	350m: 4:05.51 36.04		750m: 8:55.80	36.48	1150m: 13:49.79	37.02			
	400m: 4:41.40 35.89		800m: 9:32.28	36.48	1200m: 14:26.90	37.11			
6.	Luana Raquel Alves	97	110022	Desportiva de Viana	18:14.55		610		
	50m: 32.34 32.34		450m: 5:22.62	36.63	850m: 10:15.70	36.77	1250m: 15:10.51	36.84	
	100m: 1:07.94 35.60		500m: 5:59.18	36.56	900m: 10:52.57	36.87	1300m: 15:47.51	37.00	
	150m: 1:43.89 35.95		550m: 6:35.53	36.35	950m: 11:29.38	36.81	1350m: 16:24.47	36.96	
	200m: 2:20.02 36.13		600m: 7:11.74	36.21	1000m: 12:06.36	36.98	1400m: 17:01.66	37.19	
	250m: 2:56.62 36.60		650m: 7:48.35	36.61	1050m: 12:42.73	36.37	1450m: 17:38.60	36.94	
	300m: 3:33.01 36.39		700m: 8:25.31	36.96	1100m: 13:19.54	36.81	1500m: 18:14.55	35.95	
	350m: 4:09.39 36.38		750m: 9:02.02	36.71	1150m: 13:56.82	37.28			
	400m: 4:45.99 36.60		800m: 9:38.93	36.91	1200m: 14:33.67	36.85			
7.	Cecilia Branco Almeida	97	105386	Gesloures	18:39.21	+0,78	571		
	<i>FTL</i>								
	50m: 33.09 33.09		450m: 5:31.05	37.55	850m: 10:31.18	37.39	1250m: 15:32.91	37.79	
	100m: 1:09.50 36.41		500m: 6:08.79	37.74	900m: 11:08.40	37.22	1300m: 16:10.39	37.48	
	150m: 1:46.49 36.99		550m: 6:46.28	37.49	950m: 11:46.28	37.88	1350m: 16:47.76	37.37	
	200m: 2:24.06 37.57		600m: 7:23.89	37.61	1000m: 12:24.06	37.78	1400m: 17:25.18	37.42	
	250m: 3:01.48 37.42		650m: 8:01.31	37.42	1050m: 13:01.73	37.67	1450m: 18:02.88	37.70	
	300m: 3:38.86 37.38		700m: 8:38.60	37.29	1100m: 13:39.37	37.64	1500m: 18:39.21	36.33	
	350m: 4:16.25 37.39		750m: 9:16.20	37.60	1150m: 14:17.49	38.12			
	400m: 4:53.50 37.25		800m: 9:53.79	37.59	1200m: 14:55.12	37.63			
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					

Prova 10, Femin., 1500m Livres

Seniores

1. Angelica Maria Andre	94	15497	Fluvial Portuense	16:31.95	+0,77	820					
<i>Recorde Nacional</i>											
50m:	30.88	30.88	450m:	4:56.02	33.59	850m:	9:18.94	33.45	1250m:	13:47.16	33.44
100m:	1:03.22	32.34	500m:	5:29.61	33.59	900m:	9:52.45	33.51	1300m:	14:20.60	33.44
150m:	1:35.85	32.63	550m:	6:01.98	32.37	950m:	10:26.06	33.61	1350m:	14:54.28	33.68
200m:	2:08.89	33.04	600m:	6:34.13	32.15	1000m:	10:59.36	33.30	1400m:	15:27.95	33.67
250m:	2:42.43	33.54	650m:	7:06.33	32.20	1050m:	11:32.73	33.37	1450m:	16:01.14	33.19
300m:	3:15.77	33.34	700m:	7:39.25	32.92	1100m:	12:06.27	33.54	1500m:	16:31.95	30.81
350m:	3:49.06	33.29	750m:	8:12.09	32.84	1150m:	12:40.16	33.89			
400m:	4:22.43	33.37	800m:	8:45.49	33.40	1200m:	13:13.72	33.56			
2. Florbela Cavaco Machado	96	103916	Columbifila Cantanhedense	16:50.98	+0,77	775					
50m:	31.87	31.87	450m:	4:56.10	33.68	850m:	9:28.37	34.27	1250m:	14:02.50	33.74
100m:	1:04.06	32.19	500m:	5:29.86	33.76	900m:	10:02.49	34.12	1300m:	14:36.87	34.37
150m:	1:36.91	32.85	550m:	6:03.47	33.61	950m:	10:37.02	34.53	1350m:	15:11.33	34.46
200m:	2:09.50	32.59	600m:	6:37.46	33.99	1000m:	11:11.37	34.35	1400m:	15:45.08	33.75
250m:	2:42.49	32.99	650m:	7:11.99	34.53	1050m:	11:45.59	34.22	1450m:	16:19.11	34.03
300m:	3:15.62	33.13	700m:	7:45.75	33.76	1100m:	12:19.91	34.32	1500m:	16:50.98	31.87
350m:	3:48.86	33.24	750m:	8:20.03	34.28	1150m:	12:54.10	34.19			
400m:	4:22.42	33.56	800m:	8:54.10	34.07	1200m:	13:28.76	34.66			
3. Vania Soares Neves	90	12380	Leixoes	17:15.34	+0,77	721					
50m:	31.62	31.62	450m:	5:02.79	34.76	850m:	9:40.38	34.43	1250m:	14:20.58	35.04
100m:	1:04.57	32.95	500m:	5:37.41	34.62	900m:	10:15.20	34.82	1300m:	14:55.41	34.83
150m:	1:37.64	33.07	550m:	6:12.17	34.76	950m:	10:49.96	34.76	1350m:	15:30.63	35.22
200m:	2:11.20	33.56	600m:	6:46.96	34.79	1000m:	11:24.99	35.03	1400m:	16:05.90	35.27
250m:	2:44.98	33.78	650m:	7:21.75	34.79	1050m:	11:59.96	34.97	1450m:	16:41.30	35.40
300m:	3:19.38	34.40	700m:	7:56.40	34.65	1100m:	12:34.89	34.93	1500m:	17:15.34	34.04
350m:	3:53.76	34.38	750m:	8:30.93	34.53	1150m:	13:10.02	35.13			
400m:	4:28.03	34.27	800m:	9:05.95	35.02	1200m:	13:45.54	35.52			
4. Carolina Madeira Santos	96	104254	Naval Amorense	17:22.87	+0,98	706					
50m:	31.70	31.70	450m:	5:10.42	35.26	850m:	9:51.03	34.89	1250m:	14:30.20	35.34
100m:	1:05.85	34.15	500m:	5:45.82	35.40	900m:	10:26.30	35.27	1300m:	15:04.88	34.68
150m:	1:40.39	34.54	550m:	6:21.05	35.23	950m:	11:01.33	35.03	1350m:	15:39.85	34.97
200m:	2:14.99	34.60	600m:	6:56.02	34.97	1000m:	11:35.95	34.62	1400m:	16:14.62	34.77
250m:	2:50.12	35.13	650m:	7:31.17	35.15	1050m:	12:10.58	34.63	1450m:	16:49.28	34.66
300m:	3:25.08	34.96	700m:	8:06.21	35.04	1100m:	12:45.13	34.55	1500m:	17:22.87	33.59
350m:	3:59.94	34.86	750m:	8:41.39	35.18	1150m:	13:20.09	34.96			
400m:	4:35.16	35.22	800m:	9:16.14	34.75	1200m:	13:54.86	34.77			
5. Ana Monica Eloi	96	107038	Nautico Marinha Grande	17:24.27	+0,95	703					
50m:	31.50	31.50	450m:	5:05.22	34.50	850m:	9:44.07	35.50	1250m:	14:27.16	35.43
100m:	1:05.03	33.53	500m:	5:40.03	34.81	900m:	10:19.37	35.30	1300m:	15:02.60	35.44
150m:	1:39.01	33.98	550m:	6:14.48	34.45	950m:	10:54.87	35.50	1350m:	15:38.38	35.78
200m:	2:12.95	33.94	600m:	6:49.07	34.59	1000m:	11:30.21	35.34	1400m:	16:13.83	35.45
250m:	2:47.32	34.37	650m:	7:23.89	34.82	1050m:	12:05.42	35.21	1450m:	16:49.41	35.58
300m:	3:21.87	34.55	700m:	7:58.73	34.84	1100m:	12:41.00	35.58	1500m:	17:24.27	34.86
350m:	3:56.21	34.34	750m:	8:33.69	34.96	1150m:	13:16.28	35.28			
400m:	4:30.72	34.51	800m:	9:08.57	34.88	1200m:	13:51.73	35.45			
6. Julia Matos Lopes	94	12490	Nautico de Coimbra	17:26.55	+0,82	698					
50m:	32.36	32.36	450m:	5:12.66	34.84	850m:	9:53.07	35.04	1250m:	14:32.72	34.90
100m:	1:07.31	34.95	500m:	5:47.82	35.16	900m:	10:28.32	35.25	1300m:	15:08.02	35.30
150m:	1:42.36	35.05	550m:	6:22.91	35.09	950m:	11:03.42	35.10	1350m:	15:43.15	35.13
200m:	2:17.50	35.14	600m:	6:57.74	34.83	1000m:	11:38.23	34.81	1400m:	16:18.16	35.01
250m:	2:52.80	35.30	650m:	7:32.82	35.08	1050m:	12:13.00	34.77	1450m:	16:53.58	35.42
300m:	3:27.93	35.13	700m:	8:08.03	35.21	1100m:	12:47.87	34.87	1500m:	17:26.55	32.97
350m:	4:02.92	34.99	750m:	8:43.10	35.07	1150m:	13:22.78	34.91			
400m:	4:37.82	34.90	800m:	9:18.03	34.93	1200m:	13:57.82	35.04			

Prova 10, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Helena Paula Carvalho	95	107307	Uniao Piedense	17:28.41	+0,72	694		
	50m: 31.55	31.55	450m: 5:08.82	35.07	850m: 9:51.20	34.97	1250m: 14:33.00	35.31	
	100m: 1:05.40	33.85	500m: 5:44.09	35.27	900m: 10:26.34	35.14	1300m: 15:08.34	35.34	
	150m: 1:39.83	34.43	550m: 6:19.58	35.49	950m: 11:01.61	35.27	1350m: 15:43.56	35.22	
	200m: 2:14.09	34.26	600m: 6:55.27	35.69	1000m: 11:36.90	35.29	1400m: 16:19.51	35.95	
	250m: 2:48.77	34.68	650m: 7:30.50	35.23	1050m: 12:11.79	34.89	1450m: 16:54.80	35.29	
	300m: 3:23.51	34.74	700m: 8:05.92	35.42	1100m: 12:47.17	35.38	1500m: 17:28.41	33.61	
	350m: 3:58.51	35.00	750m: 8:40.91	34.99	1150m: 13:22.39	35.22			
	400m: 4:33.75	35.24	800m: 9:16.23	35.32	1200m: 13:57.69	35.30			
8.	Ines Alexandra Paiva	96	100378	Alges	17:45.64	+0,86	661		
	50m: 31.47	31.47	450m: 5:05.28	34.76	850m: 9:53.42	36.16	1250m: 14:44.51	36.28	
	100m: 1:05.04	33.57	500m: 5:40.25	34.97	900m: 10:29.81	36.39	1300m: 15:20.85	36.34	
	150m: 1:38.65	33.61	550m: 6:15.72	35.47	950m: 11:05.79	35.98	1350m: 15:57.59	36.74	
	200m: 2:12.82	34.17	600m: 6:51.69	35.97	1000m: 11:42.40	36.61	1400m: 16:34.14	36.55	
	250m: 2:47.13	34.31	650m: 7:28.05	36.36	1050m: 12:19.03	36.63	1450m: 17:10.20	36.06	
	300m: 3:21.53	34.40	700m: 8:04.61	36.56	1100m: 12:55.53	36.50	1500m: 17:45.64	35.44	
	350m: 3:55.81	34.28	750m: 8:40.88	36.27	1150m: 13:31.84	36.31			
	400m: 4:30.52	34.71	800m: 9:17.26	36.38	1200m: 14:08.23	36.39			
9.	Marta Alexandra Saraiva	93	14641	Uniao Piedense	18:12.93	+0,82	613		
	50m: 32.69	32.69	450m: 5:22.74	36.78	850m: 10:15.11	36.41	1250m: 15:08.27	37.00	
	100m: 1:07.28	34.59	500m: 5:59.25	36.51	900m: 10:51.85	36.74	1300m: 15:45.08	36.81	
	150m: 1:43.00	35.72	550m: 6:35.54	36.29	950m: 11:28.32	36.47	1350m: 16:22.19	37.11	
	200m: 2:19.24	36.24	600m: 7:11.83	36.29	1000m: 12:04.50	36.18	1400m: 16:59.53	37.34	
	250m: 2:55.87	36.63	650m: 7:48.51	36.68	1050m: 12:40.74	36.24	1450m: 17:36.53	37.00	
	300m: 3:32.58	36.71	700m: 8:25.06	36.55	1100m: 13:17.46	36.72	1500m: 18:12.93	36.40	
	350m: 4:09.20	36.62	750m: 9:02.02	36.96	1150m: 13:54.03	36.57			
	400m: 4:45.96	36.76	800m: 9:38.70	36.68	1200m: 14:31.27	37.24			
10.	Raquel Bartolo Vitor FTL	93	10865	Academica de Coimbra	18:19.44	+0,80	602		
	50m: 33.46	33.46	450m: 5:24.66	36.80	850m: 10:18.20	37.20	1250m: 15:15.37	37.02	
	100m: 1:09.63	36.17	500m: 6:01.02	36.36	900m: 10:55.38	37.18	1300m: 15:52.40	37.03	
	150m: 1:45.74	36.11	550m: 6:37.45	36.43	950m: 11:32.62	37.24	1350m: 16:29.33	36.93	
	200m: 2:22.13	36.39	600m: 7:13.95	36.50	1000m: 12:09.80	37.18	1400m: 17:06.27	36.94	
	250m: 2:58.52	36.39	650m: 7:50.66	36.71	1050m: 12:46.88	37.08	1450m: 17:43.26	36.99	
	300m: 3:34.76	36.24	700m: 8:27.67	37.01	1100m: 13:23.97	37.09	1500m: 18:19.44	36.18	
	350m: 4:11.43	36.67	750m: 9:04.22	36.55	1150m: 14:01.01	37.04			
	400m: 4:47.86	36.43	800m: 9:41.00	36.78	1200m: 14:38.35	37.34			
11.	Julia Rodrigues Mallen FTL	96	104275	Alges	18:26.07	+0,89	591		
	50m: 32.34	32.34	450m: 5:22.04	36.77	850m: 10:20.08	37.60	1250m: 15:20.19	37.62	
	100m: 1:07.66	35.32	500m: 5:59.18	37.14	900m: 10:58.02	37.94	1300m: 15:57.62	37.43	
	150m: 1:43.74	36.08	550m: 6:36.26	37.08	950m: 11:35.42	37.40	1350m: 16:35.15	37.53	
	200m: 2:19.54	35.80	600m: 7:13.38	37.12	1000m: 12:12.85	37.43	1400m: 17:12.94	37.79	
	250m: 2:55.52	35.98	650m: 7:50.47	37.09	1050m: 12:50.29	37.44	1450m: 17:50.04	37.10	
	300m: 3:31.91	36.39	700m: 8:28.01	37.54	1100m: 13:27.87	37.58	1500m: 18:26.07	36.03	
	350m: 4:08.45	36.54	750m: 9:05.06	37.05	1150m: 14:05.35	37.48			
	400m: 4:45.27	36.82	800m: 9:42.48	37.42	1200m: 14:42.57	37.22			

Prova 11
21-12-2013

Masc., 100m Bruços

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun 17	1:03.11	Jose Guilherme Couto	SCP	Algés	17-03-1995
Recordes Nacionais 25m Jun 18	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	22-11-2012

TAC-JUN1M Jun 17 50m: 1:11.45 - 25m: 1:09.31 / TAC-JUN2M Jun 18: 1:08.31 / TAC-SENM Sen: 1:06.64

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Andre Goncalo Santos	97	104706	Leixoes	1:02.99	+0,81	688		
	<i>Recorde Nacional</i>								
	50m: 29.40 29.40			100m: 1:02.99 33.59					
2.	Tomas Miguel Veloso	96	10868	Nautico de Coimbra	1:03.43	+0,72	673		
	50m: 29.73 29.73			100m: 1:03.43 33.70					
3.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	1:04.08	+0,70	653		
	50m: 30.47 30.47			100m: 1:04.08 33.61					
4.	Simao Miguel Capitao	97	109596	Colegio SMLamas	1:04.79	+0,77	632		
	50m: 30.57 30.57			100m: 1:04.79 34.22					
5.	Miguel Monteiro Cruchinho	97	110442	Sporting	1:05.10	+0,70	623		
	50m: 30.74 30.74			100m: 1:05.10 34.36					
6.	Filipe Carmo Ramos	97	105197	Vilacondense	1:05.46	+0,75	613		
	50m: 30.71 30.71			100m: 1:05.46 34.75					
7.	Artur Jose Reis	96	23369	Porto	1:05.83	+0,72	602		
	50m: 30.46 30.46			100m: 1:05.83 35.37					
8.	Guilherme Miguel Teixeira	97	105091	Benfica	1:05.89	+0,81	601		
	50m: 31.01 31.01			100m: 1:05.89 34.88					
9.	Joao Filipe Costa	96	25569	Alges	1:06.24	+0,64	591		
	50m: 30.76 30.76			100m: 1:06.24 35.48					
10.	Nuno Oliveira Noritake	96	104271	Estoris	1:06.89	+0,80	574		
	50m: 31.27 31.27			100m: 1:06.89 35.62					
11.	Rui Miguel Coelho	96	111850	Benfica	1:07.13	+0,66	568		
	50m: 31.50 31.50			100m: 1:07.13 35.63					
12.	Tiago Martim Alves	97	100789	Desportiva de Viana	1:07.38	+0,83	562		
	50m: 31.63 31.63			100m: 1:07.38 35.75					
13.	Joao Paulo Capitao	96	109592	Colegio SMLamas	1:07.53	+0,72	558		
	50m: 31.64 31.64			100m: 1:07.53 35.89					
14.	Ricardo Daniel Goncalves	96	103320	Ginasio de Vila Real	1:07.61	+0,65	556		
	50m: 31.71 31.71			100m: 1:07.61 35.90					
15.	Eduardo Salgado Ramos	97	106796	Porto	1:07.96	+0,77	547		
	50m: 31.84 31.84			100m: 1:07.96 36.12					
16.	Dmytriy Eugeniyovich Martynenl	97	103343	Electrico	1:09.46	+0,72	513		
	<i>FTL</i>								
	50m: 32.14 32.14			100m: 1:09.46 37.32					

Prova 11, Masc., 100m Bruços

Seniores

1.	Carlos Esteves Almeida	88	11085	Porto	58.88	+0,71	842
	50m: 27.99 27.99	100m: 58.88 30.89					
2.	Joao Silva Gigante	88	14783	Amadora	1:01.92	+0,66	724
	50m: 28.40 28.40	100m: 1:01.92 33.52					
3.	Henrique Pereira Neiva	84	23019	Vilacondense	1:03.04	+0,77	686
	50m: 29.80 29.80	100m: 1:03.04 33.24					
4.	Diogo Filipe Matos	92	14868	Sporting	1:03.15	+0,69	682
	50m: 29.61 29.61	100m: 1:03.15 33.54					
5.	Joao Claudio Sousa	93	23458	Gespacos	1:03.48	+0,75	672
	50m: 29.94 29.94	100m: 1:03.48 33.54					
6.	Sergio Baptista Silva	91	15703	Porto	1:03.66	+0,77	666
	50m: 30.03 30.03	100m: 1:03.66 33.63					
7.	Gil Goncalves Pinto	88	26051	Porto	1:04.40	+0,67	643
	50m: 30.19 30.19	100m: 1:04.40 34.21					
8.	Nuno Durao Pascoal	92	12560	Galitos	1:04.53	+0,78	639
	50m: 30.28 30.28	100m: 1:04.53 34.25					
9.	Pedro Miguel Silva	94	100227	Colegio Monte Maior	1:04.56	+0,77	639
	50m: 30.62 30.62	100m: 1:04.56 33.94					
10.	Bruno Daniel Monteiro	88	26069	Leixoes	1:05.19	+0,83	620
	50m: 29.91 29.91	100m: 1:05.19 35.28					
11.	Diogo Miguel Silva	95	104780	Uniao Piedense	1:05.53		611
	50m: 30.62 30.62	100m: 1:05.53 34.91					
12.	Miguel Silva Oliveira	91	10822	Nautico de Coimbra	1:05.64	+0,75	608
	50m: 30.87 30.87	100m: 1:05.64 34.77					
13.	Tiago Sobral Coelho	95	20393	Ginasio Santo Tirso	1:06.03	+0,77	597
	50m: 31.67 31.67	100m: 1:06.03 34.36					
14.	Manuel Matos Sequeira	87	10631	Geslours	1:06.31	+0,70	589
	50m: 31.23 31.23	100m: 1:06.31 35.08					
15.	Marcelo Goncalo Pereira	90	22440	Foca	1:06.45	+0,88	586
	50m: 31.05 31.05	100m: 1:06.45 35.40					
16.	Pedro Barros Mendes	94	11195	Academica de Coimbra	1:06.46	+0,77	585
	50m: 31.57 31.57	100m: 1:06.46 34.89					
17.	Vitor Diogo Moura	90	10394	Desportivo Nacional	1:06.57	+0,78	582
	50m: 30.83 30.83	100m: 1:06.57 35.74					
18.	Goncalo Pereira Sa	95	107201	Feirense	1:07.82	+0,67	551
	FTL						
	50m: 30.88 30.88	100m: 1:07.82 36.94					

Prova 12 Femin., 100m Bruços 16 anos e mais velhos
21-12-2013 Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun 16	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Recordes Nacionais 25m Jun 17	1:09.02	Diana Duarte Gomes	FPN	Belo Horizonte (BRA)	10-02-2006
Recordes Nacionais 25m Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

TAC-JUN1F Jun 16 50m: 1:21.48 - 25m: 1:19.03 / TAC-JUN2F Jun 17: 1:16.75 / TAC-SENF Sen: 1:15.99

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Ana Beatriz Marques	98	110159	Alges	1:12.86	+0,76	637		
	50m: 34.23 34.23			100m: 1:12.86 38.63					
2.	Maria Madalena Silva	98	116614	Nautico Abrantes	1:13.23	+0,75	627		
	50m: 34.62 34.62			100m: 1:13.23 38.61					
3.	Barbara Sofia Barata	97	105454	Alges	1:13.48	+0,79	621		
	50m: 34.70 34.70			100m: 1:13.48 38.78					
4.	Rita Catarina Miranda	97	107566	Braga	1:14.41	+0,77	598		
	50m: 34.92 34.92			100m: 1:14.41 39.49					
5.	Sofia Machado Dionisio	98	111263	Sporting	1:15.64	+0,79	569		
	50m: 35.01 35.01			100m: 1:15.64 40.63					
6.	Joana Costa Caires	98	108452	Naval do Funchal	1:16.05	+0,68	560		
	50m: 35.64 35.64			100m: 1:16.05 40.41					
7.	Mafalda Alexandra Henriques	98	105308	Nacional de Natacao	1:16.32	+0,86	554		
	50m: 36.19 36.19			100m: 1:16.32 40.13					
8.	Beatriz Carvalho Ribeiro	97	109902	Desportos Barcelos	1:16.43	+0,88	552		
	50m: 35.12 35.12			100m: 1:16.43 41.31					
9.	Maria Rachadell Pereira	98	104612	Portinado	1:17.16	+0,85	536		
	50m: 35.59 35.59			100m: 1:17.16 41.57					
10.	Beatriz Pereira Vasconcelos	98	107934	Vilacondense	1:17.32	+0,78	533		
	50m: 37.14 37.14			100m: 1:17.32 40.18					
11.	Ana Rita Graca	98	111321	Vilacondense	1:17.60	+0,89	527		
	50m: 36.63 36.63			100m: 1:17.60 40.97					
12.	Rita Maria Cardoso	98	105877	Leixoes	1:17.71	+0,96	525		
	50m: 36.85 36.85			100m: 1:17.71 40.86					
13.	Rute Isabel Leonardo	98	121391	Nautico Abrantes	1:17.83	+0,77	522		
	50m: 36.31 36.31			100m: 1:17.83 41.52					
14.	Carolina Lourenco Matos	98	109647	Benedita	1:18.98	+0,71	500		
	50m: 36.81 36.81			100m: 1:18.98 42.17					
15.	Mariana Domingues Paz	98	108077	Miranda do Corvo	1:19.75	+0,82	485		
	FTL 50m: 37.86 37.86			100m: 1:19.75 41.89					
16.	Barbara Nogueira Goncalves	98	104448	Famalicao	1:20.65		469		
	FTL 50m: 36.98 36.98			100m: 1:20.65 43.67					
17.	Ines Evangelista Bastos	98	110627	Fafe	1:22.31	+0,80	442		
	FTL 50m: 38.38 38.38			100m: 1:22.31 43.93					

Prova 12, Femin., 100m Bruços

Seniores

1.	Ana Pinho Rodrigues	94	13372	Porto	1:09.90	+0,68	721
	50m: 32.42 32.42		100m: 1:09.90 37.48				
2.	Ana Teresa Franco	91	11349	Sporting	1:10.06	+0,80	716
	50m: 33.47 33.47		100m: 1:10.06 36.59				
3.	Paula Alexandra Oliveira	96	102084	Porto	1:10.79	+0,70	694
	50m: 33.47 33.47		100m: 1:10.79 37.32				
4.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	1:12.02	+0,71	659
	50m: 34.09 34.09		100m: 1:12.02 37.93				
5.	Diana Patricia Ferreira	94	23500	Gespacos	1:12.78	+0,84	639
	50m: 33.82 33.82		100m: 1:12.78 38.96				
6.	Rita Fernandes Leitao	96	25571	Benfica	1:14.89	+0,75	586
	50m: 34.57 34.57		100m: 1:14.89 40.32				
7.	Rosa Maria Oliveira	96	105858	Porto	1:15.30	+0,87	577
	50m: 35.57 35.57		100m: 1:15.30 39.73				
8.	Joana Dias Santos	96	100397	Uniao Piedense	1:15.77	+0,80	566
	50m: 35.34 35.34		100m: 1:15.77 40.43				
9.	Rute Margarida Marques	94	25359	Amadora	1:15.93	+0,74	563
	50m: 35.20 35.20		100m: 1:15.93 40.73				
10.	Joana Marques Maia	91	25067	Natacao da Maia	1:16.26	+0,84	555
	<i>FTL</i>						
	50m: 35.95 35.95		100m: 1:16.26 40.31				
11.	Mariana Costa Cabral	95	25315	Estoris	1:16.81	+0,99	543
	<i>FTL</i>						
	50m: 36.16 36.16		100m: 1:16.81 40.65				
12.	Ana Catarina Serra	95	110228	Academica de Coimbra	1:17.26	+0,80	534
	<i>FTL</i>						
	50m: 36.39 36.39		100m: 1:17.26 40.87				
EXH	Janet Gonzalez Camacho	92	130305	Leixoes	1:15.87	+0,79	564
	50m: 36.09 36.09		100m: 1:15.87 39.78				

Prova 13
21-12-2013

Masc., 200m Costas

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012
Recordes Nacionais 25m Jun 17	1:59.34	Adriano Miguel Niz		Alges	16-05-2003
Recordes Nacionais 25m Jun 18	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Recordes Nacionais 25m Sen	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)	22-11-2012

TAC-JUN1M Jun 17: 2:15.77 / TAC-JUN2M Jun 18: 2:13.81 / TAC-SENM Sen: 2:10.55

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rodrigo Antonio Rosa	96	105214	Colegio Monte Maior	2:01.85	+0,64	660		
	50m: 29.20 29.20		100m: 1:00.03 30.83	150m: 1:30.96	30.93	200m: 2:01.85	30.89		
2.	Alexandre Lages Ribas	97	24582	Desportiva de Viana	2:03.99	+0,69	626		
	50m: 28.10 28.10		100m: 58.39 30.29	150m: 1:30.84	32.45	200m: 2:03.99	33.15		
3.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	2:05.18	+0,55	609		
	50m: 29.71 29.71		100m: 1:01.42 31.71	150m: 1:33.36	31.94	200m: 2:05.18	31.82		

Prova 13, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Joao Pedro Belo	97	110444	Sporting	2:06.08	+0,63	596		
	50m: 29.68 29.68		100m: 1:01.67 31.99	150m: 1:33.60	31.93	200m: 2:06.08	32.48		
5.	Ivo Pinto Ribeiro	97	108299	Foca	2:07.02	+0,61	582		
	50m: 30.34 30.34		100m: 1:02.28 31.94	150m: 1:34.82	32.54	200m: 2:07.02	32.20		
6.	Tomas Machado Vale	97	102229	Viana Natacao	2:07.11	+0,70	581		
	50m: 29.10 29.10		100m: 1:01.45 32.35	150m: 1:34.55	33.10	200m: 2:07.11	32.56		
7.	Gabriel Jose Lopes	97	24488	Lousanense	2:07.46	+0,61	576		
	50m: 28.73 28.73		100m: 59.93 31.20	150m: 1:33.43	33.50	200m: 2:07.46	34.03		
8.	Filipe Miguel Felix	96	118473	Alges	2:07.91	+0,69	570		
	50m: 30.04 30.04		100m: 1:02.87 32.83	150m: 1:35.71	32.84	200m: 2:07.91	32.20		
9.	Joao Mota Correia	97	102308	Alcobaca	2:08.32	+0,81	565		
	50m: 30.15 30.15		100m: 1:02.81 32.66	150m: 1:35.79	32.98	200m: 2:08.32	32.53		
10.	Guilherme Pereira Dias	97	110443	Sporting	2:08.36	+0,64	564		
	50m: 29.98 29.98		100m: 1:02.24 32.26	150m: 1:35.15	32.91	200m: 2:08.36	33.21		
11.	Ruben Oliveira Lopes	97	102041	Porto	2:09.33	+0,70	552		
	50m: 29.22 29.22		100m: 1:01.85 32.63	150m: 1:35.17	33.32	200m: 2:09.33	34.16		
12.	Job Santos Silva	96	24351	Feirense	2:09.39	+0,68	551		
	50m: 30.17 30.17		100m: 1:02.93 32.76	150m: 1:36.45	33.52	200m: 2:09.39	32.94		
13.	Miguel Galeao Lopes	96	105891	Portinado	2:09.43	+0,63	551		
	50m: 29.93 29.93		100m: 1:02.82 32.89	150m: 1:36.25	33.43	200m: 2:09.43	33.18		
14.	Miguel Nunes Goncalves	97	100355	Uniao Piedense	2:10.08	+0,67	542		
	50m: 30.51 30.51		100m: 1:03.20 32.69	150m: 1:36.65	33.45	200m: 2:10.08	33.43		
15.	Tiago Manuel Teixeira	96	102485	Fafe	2:10.18	+0,65	541		
	50m: 29.04 29.04		100m: 1:00.91 31.87	150m: 1:34.20	33.29	200m: 2:10.18	35.98		
16.	Pedro Miguel Gamito	96	118496	Estoris	2:10.34	+0,67	539		
	50m: 30.45 30.45		100m: 1:03.79 33.34	150m: 1:37.24	33.45	200m: 2:10.34	33.10		
	Francisco Pestana Silva	97	108465	Naval do Funchal	2:10.34	+0,67	539		
	50m: 29.76 29.76		100m: 1:01.88 32.12	150m: 1:35.84	33.96	200m: 2:10.34	34.50		
18.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	2:10.66	+0,68	535		
	50m: 30.43 30.43		100m: 1:03.12 32.69	150m: 1:36.97	33.85	200m: 2:10.66	33.69		
19.	Tomas Risso Fernandes	96	111208	Colegio Vasco da Gama	2:10.68	+0,73	535		
	50m: 31.06 31.06		100m: 1:03.97 32.91	150m: 1:37.56	33.59	200m: 2:10.68	33.12		
20.	Luis Henrique Silva	97	108809	Naval do Funchal	2:11.06	+0,64	530		
	50m: 29.94 29.94		100m: 1:01.15 31.21	150m: 1:34.81	33.66	200m: 2:11.06	36.25		
21.	Leonardo Cardoso Figueiredo	96	105612	Porto	2:11.48	+0,56	525		
	50m: 30.07 30.07		100m: 1:04.21 34.14	150m: 1:38.78	34.57	200m: 2:11.48	32.70		
22.	Bruno Miguel Ramos	97	109110	Amadora	2:11.52	+0,65	525		
	50m: 30.57 30.57		100m: 1:03.77 33.20	150m: 1:37.35	33.58	200m: 2:11.52	34.17		
23.	Jose Ricardo Sousa	97	105759	Lousada SXXI	2:12.17	+0,73	517		
	50m: 30.77 30.77		100m: 1:04.05 33.28	150m: 1:38.48	34.43	200m: 2:12.17	33.69		
24.	Joao Pedro Tarquinio	97	106738	Benedita	2:12.21	+0,67	516		
	50m: 30.41 30.41		100m: 1:03.43 33.02	150m: 1:37.74	34.31	200m: 2:12.21	34.47		
25.	Bruno Daniel Rodrigues	97	103392	Braga	2:12.67	+0,60	511		
	50m: 31.20 31.20		100m: 1:04.46 33.26	150m: 1:38.31	33.85	200m: 2:12.67	34.36		
26.	Daniel Filipe Cazeiro	97	104378	Naval Amorense	2:13.16	+0,67	505		
	50m: 31.46 31.46		100m: 1:05.34 33.88	150m: 1:39.42	34.08	200m: 2:13.16	33.74		
27.	Joao Pernetá Lima	96	100286	Naval do Funchal	2:13.54	+0,69	501		
	50m: 30.63 30.63		100m: 1:04.58 33.95	150m: 1:39.46	34.88	200m: 2:13.54	34.08		

Prova 13, Masc., 200m Costas, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
28.	Nuno Andre Neves 50m: 31.59 31.59	97	120682	Estamos Juntos	2:14.00 34.66 200m: 2:14.00	+0,63	496	33.90	
29.	Paulo Andre Silva FTL 50m: 30.64 30.64	96	105198	Vilacondense	2:14.06 35.10 200m: 2:14.06	+0,66	495	34.87	
30.	Joao Ricardo Silva 50m: 31.58 31.58	97	116947	Ginasio Figueirense	2:14.37 34.27 200m: 2:14.37	+0,64	492	34.85	
31.	Miguel Maria Madeira 50m: 30.58 30.58	97	123792	Salvaterra de Magos	2:14.41 35.03 200m: 2:14.41	+0,71	492	35.42	
32.	Bruno Rafael Meireles FTL 50m: 31.79 31.79	96	100245	Laranjeiro	2:14.73 34.84 200m: 2:14.73	+0,69	488	34.51	
33.	Francisco Jose Fernandes FTL 50m: 31.23 31.23	96	24490	Nautico de Coimbra	2:19.63 36.37 200m: 2:19.63	+0,62	438	37.38	
DSQ	Luis Carlos Oliveira 403 - Falsa partida - SW 4.4	97	102629	Porto					
DNS	Paulo Gabriel Magalhaes	96	102527	Fafe					

Seniores

1.	Pedro Diogo Oliveira 50m: 26.38 26.38	88	11531	Estrelas S. Joao de Brito	1:55.30 29.47 200m: 1:55.30	+0,62	779	30.61	
2.	Alexis Manacas Santos 50m: 26.87 26.87	92	13704	Sporting	1:56.85 29.85 200m: 1:56.85	+0,69	748	31.10	
3.	Diogo Gomes Sousa 50m: 28.46 28.46	95	25455	Colegio Vasco da Gama	2:02.04 31.16 200m: 2:02.04	+0,57	657	30.89	
4.	Ricardo Ferreira Cotovio 50m: 29.02 29.02	91	10921	Sporting	2:02.12 31.41 200m: 2:02.12	+0,68	656	30.44	
5.	Rodrigo Pereira Lopes 50m: 28.17 28.17	95	26077	Amadora	2:02.64 32.09 200m: 2:02.64	+0,71	647	32.04	
6.	Andre Duarte Vaz 50m: 28.41 28.41	93	10768	Nautico de Coimbra	2:02.75 31.43 200m: 2:02.75	+0,66	645	32.96	
7.	Afonso Lopes dos Santos 50m: 28.99 28.99	95	14773	Alcobaca	2:05.76 32.48 200m: 2:05.76	+0,61	600	32.31	
8.	Joao Pedro Braga 50m: 29.25 29.25	94	25892	Naval Ponta Delgada	2:06.41 32.61 200m: 2:06.41	+0,64	591	33.27	
9.	Andre Bras Goncalves 50m: 29.19 29.19	88	14767	Amadora	2:06.70 32.62 200m: 2:06.70	+0,69	587	32.74	
10.	Ivo Andre Margarido 50m: 29.26 29.26	88	12552	Benfica	2:07.14 32.39 200m: 2:07.14	+0,62	581	34.31	
11.	Tiago Ferreira Azevedo 50m: 29.08 29.08	95	103574	Naval Amorense	2:07.57 33.09 200m: 2:07.57	+0,74	575	33.82	
12.	Tiago Barros Ferreira 50m: 30.59 30.59	94	16003	Alges	2:08.30 32.46 200m: 2:08.30	+0,78	565	32.45	
13.	Diogo Miguel Paulino 50m: 29.67 29.67	90	10549	Alcobaca	2:09.21 33.19 200m: 2:09.21	+0,57	553	33.75	
14.	Joao Pedro Santos 50m: 30.09 30.09	95	105859	Estarreja	2:09.37 32.95 200m: 2:09.37	+0,64	551	33.34	

Prova 13, Masc., 200m Costas, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
15.	Edgar Oliveira Ribeiro	93	13277	Braga	2:09.40	+0,62	551		
	50m: 29.03 29.03			100m: 1:01.46 32.43	150m: 1:35.24	33.78	200m: 2:09.40	34.16	
16.	Mario Rui Cruz	94	101128	Amadora	2:09.42	+0,77	551		
	50m: 29.74 29.74			100m: 1:02.25 32.51	150m: 1:35.17	32.92	200m: 2:09.42	34.25	
17.	Pedro Romanoski Carvalho	94	108664	Famalicao	2:09.52	+0,60	549		
	50m: 28.94 28.94			100m: 1:01.06 32.12	150m: 1:35.01	33.95	200m: 2:09.52	34.51	
18.	Pedro Lobato Rijo	91	13025	Gesloures	2:09.90	+0,68	545		
	50m: 30.60 30.60			100m: 1:03.27 32.67	150m: 1:36.66	33.39	200m: 2:09.90	33.24	
19.	Joao Carlos Paula	94	13992	Galitos	2:10.54	+0,74	537		
	50m: 29.18 29.18			100m: 1:01.28 32.10	150m: 1:35.02	33.74	200m: 2:10.54	35.52	
20.	Igor Guterres Carvalho FTL	88	23057	Vilacondense	2:15.72	+0,80	477		
	50m: 31.10 31.10			100m: 1:04.81 33.71	150m: 1:39.75	34.94	200m: 2:15.72	35.97	

Prova 14
21-12-2013

Femin., 200m Costas

16 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993
Recordes Nacionais 25m Jun 16	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Recordes Nacionais 25m Jun 17	2:13.06	Catia Raquel Martinheira	FPN	Uster (SUI)	28-01-2012
Recordes Nacionais 25m Sen	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993

TAC-JUN1F Jun 16 50m: 2:32.60 - 25m: 2:29.54 / TAC-JUN2F Jun 17: 2:28.08 / TAC-SENF Sen: 2:26.61

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Joana Carina Silva	97	106219	Lousada SXXI	2:15.89	+0,61	689		
	50m: 31.83 31.83			100m: 1:05.87 34.04	150m: 1:41.43	35.56	200m: 2:15.89	34.46	
2.	Francisca Gomes Azevedo	97	100356	Alges	2:16.15	+0,66	685		
	50m: 31.16 31.16			100m: 1:04.59 33.43	150m: 1:40.24	35.65	200m: 2:16.15	35.91	
3.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	2:20.56	+0,65	622		
	50m: 33.21 33.21			100m: 1:08.96 35.75	150m: 1:44.98	36.02	200m: 2:20.56	35.58	
4.	Rita Barros Frischknecht	98	106257	Alges	2:20.77	+0,60	619		
	50m: 31.42 31.42			100m: 1:06.63 35.21	150m: 1:43.55	36.92	200m: 2:20.77	37.22	
5.	Beatriz Neves Craveiro	97	106762	Nautico de Coimbra	2:21.87	+0,68	605		
	50m: 32.87 32.87			100m: 1:08.15 35.28	150m: 1:45.41	37.26	200m: 2:21.87	36.46	
6.	Daniela Teixeira Moreira	97	106460	Amadora	2:24.12	+0,61	577		
	50m: 33.13 33.13			100m: 1:08.97 35.84	150m: 1:46.02	37.05	200m: 2:24.12	38.10	
7.	Maria Malaguerra Costa	98	106765	Columbofila Cantanhedense	2:25.02	+0,57	567		
	50m: 33.11 33.11			100m: 1:08.82 35.71	150m: 1:46.57	37.75	200m: 2:25.02	38.45	
8.	Juliana Lima Freixo	97	100827	Desportiva de Viana	2:25.97	+0,61	556		
	50m: 33.90 33.90			100m: 1:10.66 36.76	150m: 1:48.64	37.98	200m: 2:25.97	37.33	
9.	Catarina Alexandra Jardim	98	104449	Famalicao	2:26.02	+0,70	555		
	50m: 32.72 32.72			100m: 1:08.92 36.20	150m: 1:47.04	38.12	200m: 2:26.02	38.98	
10.	Bruna Elisabete Paulino	97	102345	Alcobaca	2:26.92	+0,65	545		
	50m: 33.26 33.26			100m: 1:10.33 37.07	150m: 1:48.66	38.33	200m: 2:26.92	38.26	
11.	Maria Morgado Franco	98	107311	Portinado	2:28.81	+0,78	524		
	50m: 32.95 32.95			100m: 1:10.06 37.11	150m: 1:49.27	39.21	200m: 2:28.81	39.54	

Prova 14, Femin., 200m Costas, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Ines Lucas Alves	98	104738	Fluvial Portuense	2:29.16	+0,57	521		
	50m: 34.04 34.04			100m: 1:11.80 37.76 150m: 1:49.89	38.09	200m: 2:29.16	39.27		
13.	Ana Beatriz Meireles	98	110663	Fafe	2:29.17	+0,65	520		
	50m: 34.51 34.51			100m: 1:12.13 37.62 150m: 1:51.25	39.12	200m: 2:29.17	37.92		
14.	Francisca Santos Pereira	98	102019	Fluvial Portuense	2:29.22	+0,58	520		
	50m: 33.71 33.71			100m: 1:10.98 37.27 150m: 1:50.20	39.22	200m: 2:29.22	39.02		
15.	Rita Bile Grilo	98	107698	Amadora	2:29.48	+0,65	517		
	50m: 34.67 34.67			100m: 1:12.66 37.99 150m: 1:51.43	38.77	200m: 2:29.48	38.05		
16.	Catarina Goncalves Leal	98	107296	Ba/Bomcar	2:30.39	+0,75	508		
	FTL								
	50m: 34.59 34.59			100m: 1:12.16 37.57 150m: 1:51.21	39.05	200m: 2:30.39	39.18		

Seniores

1.	Catia Raquel Martinheira	95	25940	Louletano/ Loule Concelho	2:13.11	+0,61	733		
	50m: 30.81 30.81			100m: 1:04.54 33.73 150m: 1:38.58	34.04	200m: 2:13.11	34.53		
2.	Marta Pereira Abreu	92	23091	Porto	2:16.70	+0,75	676		
	50m: 31.88 31.88			100m: 1:05.92 34.04 150m: 1:41.64	35.72	200m: 2:16.70	35.06		
3.	Mafalda Gomes Beleza	94	26890	Sporting	2:16.71	+0,77	676		
	50m: 31.92 31.92			100m: 1:06.22 34.30 150m: 1:41.37	35.15	200m: 2:16.71	35.34		
4.	Tatiana Filipa Santos	95	26779	Ginasio Figueirense	2:17.72	+0,66	662		
	50m: 32.83 32.83			100m: 1:07.51 34.68 150m: 1:42.91	35.40	200m: 2:17.72	34.81		
5.	Paula Cristina Yang	95	100229	Gesloures	2:22.59	+0,67	596		
	50m: 32.93 32.93			100m: 1:08.75 35.82 150m: 1:45.43	36.68	200m: 2:22.59	37.16		
6.	Andreia Silva Cruz	88	11126	Naval Amorense	2:25.08	+0,61	566		
	50m: 33.78 33.78			100m: 1:10.27 36.49 150m: 1:47.69	37.42	200m: 2:25.08	37.39		
7.	Ana Marta Miranda	96	100377	Uniao Piedense	2:25.36	+0,60	563		
	50m: 32.34 32.34			100m: 1:07.84 35.50 150m: 1:45.95	38.11	200m: 2:25.36	39.41		
8.	Ana Rita Martins	96	106475	Amadora	2:26.04	+0,75	555		
	50m: 33.50 33.50			100m: 1:10.16 36.66 150m: 1:47.70	37.54	200m: 2:26.04	38.34		
9.	Maria Luis Amorim	95	102029	Porto	2:26.46	+0,70	550		
	50m: 33.83 33.83			100m: 1:10.15 36.32 150m: 1:47.75	37.60	200m: 2:26.46	38.71		
10.	Ana Luisa Santo	95	117843	Gesloures	2:29.09	+0,78	521		
	FTL								
	50m: 34.19 34.19			100m: 1:11.38 37.19 150m: 1:49.98	38.60	200m: 2:29.09	39.11		

Prova 15
21-12-2013

Masc., 100m Mariposa

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Recordes Nacionais 25m Jun 17	53.97	Tiago Andre Venancio	CNS	Alapraia	15-02-2004
Recordes Nacionais 25m Jun 18	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Recordes Nacionais 25m Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009

TAC-JUN1M Jun 17 50m: 1:01.59 - 25m: 59.74 / TAC-JUN2M Jun 18: 58.32 / TAC-SENM Sen: 56.89

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Andre Antunes Carvalho	96	105239	Colegio Monte Maior	55.88	+0,83	653		
	50m: 26.16 26.16			100m: 55.88 29.72					
2.	Miguel Freitas Marques	96	24979	Maritimo	57.15	+0,67	610		
	50m: 26.37 26.37			100m: 57.15 30.78					
3.	Joao Pedro Santos	96	101954	Fluvial Portuense	57.33	+0,71	604		
	50m: 26.88 26.88			100m: 57.33 30.45					
4.	Alexandre Lages Ribas	97	24582	Desportiva de Viana	57.44	+0,71	601		
	50m: 27.14 27.14			100m: 57.44 30.30					
5.	Gabriel Jose Lopes	97	24488	Lousanense	57.50	+0,71	599		
	50m: 26.85 26.85			100m: 57.50 30.65					
6.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	57.87	+0,65	587		
	50m: 27.21 27.21			100m: 57.87 30.66					
7.	Artur Jose Reis	96	23369	Porto	58.35	+0,69	573		
	FTL 50m: 27.25 27.25			100m: 58.35 31.10					
8.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico	58.46	+0,69	570		
	50m: 27.19 27.19			100m: 58.46 31.27					
9.	Guilherme Miguel Teixeira	97	105091	Benfica	58.55	+0,81	567		
	50m: 27.58 27.58			100m: 58.55 30.97					
10.	Rodrigo Carlos Albuquerque	97	107565	Braga	58.60	+0,71	566		
	50m: 27.15 27.15			100m: 58.60 31.45					
11.	Joao Miguel Ascensao	97	107710	Porto	58.78	+0,71	561		
	50m: 26.94 26.94			100m: 58.78 31.84					
Seniores									
1.	Diogo Filipe Carvalho	88	12277	Galitos	52.33	+0,72	795		
	50m: 24.48 24.48			100m: 52.33 27.85					
2.	Miguel Duarte Nascimento	95	14944	Portinado	52.96	+0,61	767		
	50m: 24.83 24.83			100m: 52.96 28.13					
3.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	53.92	+0,74	726		
	50m: 25.20 25.20			100m: 53.92 28.72					
4.	Carlos Filipe Santos	91	15694	Porto	54.98	+0,70	685		
	50m: 25.44 25.44			100m: 54.98 29.54					
5.	Pedro Andre Santos	94	15732	Alges	55.50	+0,69	666		
	50m: 25.84 25.84			100m: 55.50 29.66					
6.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	55.96	+0,73	650		
	50m: 26.09 26.09			100m: 55.96 29.87					
7.	Diogo Gomes Sousa	95	25455	Colegio Vasco da Gama	56.11	+0,70	645		
	50m: 26.26 26.26			100m: 56.11 29.85					

Prova 15, Masc., 100m Mariposa, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Fabio Andre Figueira	88	11084	Porto	56.24	+0,74	640		
	50m: 26.60 26.60			100m: 56.24 29.64					
9.	Ruben Filipe Nunes	94	23302	Gespacos	56.44	+0,77	633		
	50m: 26.52 26.52			100m: 56.44 29.92					
10.	Diogo Fontes Moreira	93	13359	Leixoes	56.53	+0,74	630		
	50m: 26.22 26.22			100m: 56.53 30.31					
11.	Andre Neves Oliveira	91	14834	Benfica	56.64	+0,68	627		
	50m: 25.89 25.89			100m: 56.64 30.75					
12.	Alexandre Escudier Agostinho	86	12668	Portinado	56.67	+0,70	626		
	50m: 25.57 25.57			100m: 56.67 31.10					
13.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	57.07	+0,72	613		
	<i>FTL</i>								
	50m: 26.66 26.66			100m: 57.07 30.41					
14.	Andre Filipe Mendes	92	100307	Nautico Abrantes	57.14	+0,68	610		
	<i>FTL</i>								
	50m: 26.25 26.25			100m: 57.14 30.89					
15.	Ricardo Verissimo Sousa	93	25548	Colegio Vasco da Gama	57.25	+0,67	607		
	<i>FTL</i>								
	50m: 26.62 26.62			100m: 57.25 30.63					
16.	Miguel Goncalves Ferreira	93	11223	Desportivo Nacional	57.43	+0,69	601		
	<i>FTL</i>								
	50m: 26.69 26.69			100m: 57.43 30.74					
17.	Jorge Miguel Carmo	90	13004	Colegio Vasco da Gama	57.52	+0,71	598		
	<i>FTL</i>								
	50m: 27.39 27.39			100m: 57.52 30.13					
18.	Miguel Bras Sergio	95	100925	Estoris	57.66	+0,72	594		
	<i>FTL</i>								
	50m: 26.86 26.86			100m: 57.66 30.80					
19.	Nuno Miguel Rola	83	11949	Amadora	58.38	+0,71	572		
	<i>FTL</i>								
	50m: 27.28 27.28			100m: 58.38 31.10					
DNF	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao					

Prova 16
21-12-2013

Femin., 100m Mariposa

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Jun 16	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 17	59.65	Sara Francisco Cruz	ADBA	Leiria	05-12-2009
Recordes Nacionais 25m Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010

TAC-JUN1F Jun 16 50m: 1:10.05 - 25m: 1:07.95 / TAC-JUN2F Jun 17: 1:05.99 / TAC-SENF Sen: 1:05.33

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Ines Camacho Fernandes	97	106821	Sporting	1:00.61	+0,72	749		
	50m: 28.36 28.36		100m: 1:00.61 32.25						
2.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	1:04.19	+0,76	630		
	50m: 30.02 30.02		100m: 1:04.19 34.17						
3.	Sofia Alexandra Branco	98	116596	Sporting	1:04.47	+0,81	622		
	50m: 30.36 30.36		100m: 1:04.47 34.11						
4.	Graca Maria Araujo	98	104456	Famalicao	1:04.95	+0,85	608		
	50m: 30.88 30.88		100m: 1:04.95 34.07						
5.	Bruna Elisabete Paulino	97	102345	Alcobaca	1:06.64	+0,81	563		
	<i>FTL</i>								
	50m: 31.75 31.75		100m: 1:06.64 34.89						
6.	Daniela Figueiredo Metelo	97	26780	Academica de Coimbra	1:07.49	+0,75	542		
	<i>FTL</i>								
	50m: 31.72 31.72		100m: 1:07.49 35.77						
7.	Ana Catarina Pereira	97	20445	Fluvial Portuense	1:08.67	+0,84	515		
	<i>FTL</i>								
	50m: 32.00 32.00		100m: 1:08.67 36.67						
8.	Filipa Andreia Costa	98	109094	Colegio Monte Maior	1:09.35	+0,83	500		
	<i>FTL</i>								
	50m: 32.55 32.55		100m: 1:09.35 36.80						
Seniores									
1.	Sara Freitas Oliveira	85	23045	Porto	1:00.79	+0,72	742		
	50m: 28.51 28.51		100m: 1:00.79 32.28						
2.	Ana Catarina Monteiro	93	24320	Vilacondense	1:00.89	+0,70	738		
	50m: 28.68 28.68		100m: 1:00.89 32.21						
3.	Diana Margarida Duraes	96	102992	Porto	1:01.96	+0,71	701		
	50m: 28.76 28.76		100m: 1:01.96 33.20						
4.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	1:03.64	+0,64	647		
	50m: 30.18 30.18		100m: 1:03.64 33.46						
5.	Ana Sofia Nobrega	90	24785	Ginasio de Vila Real	1:04.85	+0,76	611		
	50m: 30.09 30.09		100m: 1:04.85 34.76						
6.	Ines Fernandes Garcia	94	126615	Avancado EUL	1:05.14	+0,74	603		
	50m: 29.60 29.60		100m: 1:05.14 35.54						
	Catarina Tiago Nunes	95	100949	Uniao Piedense	1:05.14	+0,84	603		
	50m: 29.65 29.65		100m: 1:05.14 35.49						
8.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	1:05.57	+0,81	591		
	<i>FTL</i>								
	50m: 30.21 30.21		100m: 1:05.57 35.36						

Prova 16, Femin., 100m Mariposa, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Carlota Freitas Olim <i>FTL</i>	93	10949	Naval do Funchal	1:05.73	+0,76	587		
	50m: 31.00 31.00			100m: 1:05.73 34.73					
10.	Raquel Maurile Taveira <i>FTL</i>	95	105392	Alges	1:05.79	+0,73	585		
	50m: 30.27 30.27			100m: 1:05.79 35.52					
11.	Bruna Leal Dantas <i>FTL</i>	96	100371	Sporting	1:06.07	+0,77	578		
	50m: 30.91 30.91			100m: 1:06.07 35.16					
12.	Ana Margarida Rodrigues <i>FTL</i>	96	103868	Galitos	1:06.12	+0,80	577		
	50m: 30.74 30.74			100m: 1:06.12 35.38					
13.	Susana Clara Gomes <i>FTL</i>	77	119272	Naval do Funchal	1:06.40	+0,75	569		
	50m: 30.51 30.51			100m: 1:06.40 35.89					
14.	Debora Guimaraes Oliveira <i>FTL</i>	96	105629	Braga	1:06.78	+1,25	560		
	50m: 31.88 31.88			100m: 1:06.78 34.90					
15.	Helena Paula Carvalho <i>FTL</i>	95	107307	Uniao Piedense	1:07.17	+0,75	550		
	50m: 31.66 31.66			100m: 1:07.17 35.51					

Prova 17
21-12-2013

Masc., 4 x 100m Estilos

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Mealhada	24-03-2000
Recordes Nacionais 25m Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

TAC-JUNM Jun: 4:17.74 / TAC-SENM Sen: 4:07.94

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1. Porto-JUN		Porto	3:53.20	+0,69	622		
Ruben Oliveira Lopes	+0,69	27.80	58.17	Artur Jose Reis	+0,60	26.74	57.90
Leonardo Cardoso Figueiredo	+0,16	29.84	1:04.87	Joao Miguel Ascensao	+0,51	25.08	52.26
2. Sporting-JUN		Sporting	3:54.25	+0,65	614		
Joao Pedro Belo	+0,65	27.99	58.27	David Soares Caratao	+0,32	27.43	58.55
Miguel Monteiro Cruchinho	+0,12	29.59	1:03.87	Guilherme Pereira Dias	+0,31	25.67	53.56
3. Naval Amorense-JUN		Naval Amorense	3:56.32	+0,67	598		
Joao Pedro Gil	+0,67	29.28	1:01.08	Miguel Angelo Alves	+0,37	27.04	59.02
Rafael Lourenco Gil	+0,50	29.55	1:03.93	Joao Carlos Santos	+0,41	25.57	52.29
4. Benfica-JUN		Benfica	4:01.11	+0,61	563		
Pedro Luis Antunes	+0,61	30.80	1:03.35	Guilherme Miguel Teixeira	+0,20	26.38	58.48
Rui Miguel Coelho	0.00	31.45	1:07.09	Andre Filipe Farinha	+0,11	24.98	52.19
5. Nautico de Coimbra-JUN		Nautico de Coimbra	4:01.90	+0,62	558		
Francisco Jose Fernandes	+0,62	30.14	1:02.09	Francisco Xavier Goncalves	+0,31	26.89	58.96
Tomas Miguel Veloso	+0,39	29.88	1:03.80	Jose Miguel Santos	+0,41	26.56	57.05
6. Naval do Funchal-JUN		Naval do Funchal	4:02.22	+0,77	555		
Luis Henrique Silva	+0,77	29.11	59.03	Francisco Pestana Silva	+0,34	26.90	59.20
Francisco Gouveia Sousa	+0,24	30.86	1:10.71	Joao Pernetta Lima	+0,32	25.39	53.28

Prova 17, Masc., 4 x 100m Estilos, Juniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts		
7.		Amadora	4:03.31	+0,70	548				
		Bruno Miguel Ramos	+0,70	29.69	1:00.73	David Carrasco Correia	+0,22	27.07	59.78
		Goncalo Alexandre Almeida	+0,20	31.44	1:07.67	Afonso Miguel Lamy	+0,19	26.33	55.13
8.		Fluval Portuense	4:04.20	+0,71	542				
		Julio Dinis Goncalves	+0,71	30.53	1:02.90	Joao Pedro Santos	+0,25	26.62	57.66
		Ricardo Jorge Mesquita	-0,01	31.95	1:09.89	Joao Jose Vilela	+0,32	25.56	53.75
9.		Alcobaca	4:07.02	+0,81	524				
		Joao Mota Correia	+0,81	29.90	1:01.49	Jose Pedro Bugalho	+0,45	27.72	59.97
		Joao Bernardo Jorge	+0,53	33.20	1:10.67	Miguel Angelo Silvestre	+0,38	25.96	54.89
10.		Louletano/ Loule Concelho	4:07.06	+0,73	523				
		Pedro Miguel Fernandes	+0,73	30.51	1:03.15	Tiago Mestre Faisca	+0,03	27.87	1:00.70
		Luis Pedro Fernandes	+0,10	30.81	1:07.65	Bruno Filipe Neves	+0,48	27.17	55.56
11.		Leixoes	4:08.12	+0,86	517				
		Joao Afonso Picao	+0,86	31.47	1:04.99	Vitor Joao Pereira	+0,46	28.65	1:02.11
		Andre Goncalo Santos	+0,35	29.15	1:02.72	Filipe Costa Barroso	+0,35	27.02	58.30
12.		Foca	4:08.70	+0,69	513				
		Ricardo David Silva	+0,69	31.72	1:06.58	Ivo Pinto Ribeiro	+0,13	26.03	57.71
		Joao Miguel Ferreira	+0,01	31.89	1:09.00	Jose Carlos Teixeira	+0,27	25.95	55.41
13.		Gesloures	4:08.73	+0,60	513				
		Carlos Flores Clara	+0,60	29.95	1:02.31	Bruno Caseiro Dias	+0,22	27.61	59.83
		Miguel Rocha Costa	+0,26	32.19	1:09.75	Joao Miguel Cardoso	+0,58	26.90	56.84
14.		Colegio SMLamas	4:09.81	+0,85	506				
		Daniel Baptista Coimbra	+0,85	32.49	1:07.55	Joao Paulo Capitao	+0,54	27.12	58.71
		Simao Miguel Capitao	+0,53	30.02	1:04.40	Daniel Fernando Magalhaes	+0,20	27.67	59.15
15.		Braga	4:09.87	+0,65	506				
		Rodrigo Carlos Albuquerque	+0,65	30.17	1:01.89	Antonio Pedro Silva	+0,38	27.61	1:01.64
		Pedro Veiguinha Martins	+0,35	32.63	1:11.10	Ricardo Eduardo Afonso	+0,02	26.31	55.24
DSQ		Uniao Piedense							
		<i>718 - Movimento vertical de pernas durante o percurso - SW 7.5</i>							
		Miguel Nunes Goncalves	+0,70	28.32	59.09	Diogo Humberto Xavier	+0,28		
		Tiago Bernardo Marques	+0,01			Goncalo Filipe Candeias	+0,44		

Seniores

1.		Sporting	3:40.53	+0,66	736				
		Alexis Manacas Santos	+0,66	25.38	52.32	Pedro Miguel Pinotes	+0,43	25.67	55.32
		Diogo Filipe Matos	+0,39	29.41	1:02.66	Gustavo Manuel Santa	+0,48	23.79	50.23
2.		Porto	3:40.60	+0,65	735				
		Gil Goncalves Pinto	+0,65	28.63	59.53	Carlos Filipe Santos	+0,47	24.70	53.75
		Carlos Esteves Almeida	+0,31	27.16	58.20	Paulo Jorge Santos	+0,25	22.95	49.12
3.		Colegio Vasco da Gama	3:47.67	+0,57	669				
		Diogo Gomes Sousa	+0,57	26.76	55.43	Ricardo Verissimo Sousa	+0,40	26.79	57.45
		Nuno Goncalo Quintanilha	+0,28	28.70	1:01.55	Jorge Miguel Carmo	+0,36	25.47	53.24
4.		Estrelas S. Joao de Brito	3:48.07	+0,66	665				
		Pedro Diogo Oliveira	+0,66	25.60	53.29	Duarte Rafael Mourao	+0,28	24.33	53.94
		Joao Carlos Pereira	+0,51	31.36	1:08.74	Joao Duarte Santos	+0,52	24.85	52.10
		Galitos	3:48.07	+0,72	665				
		Joao Carlos Paula	+0,72	28.33	58.87	Diogo Filipe Carvalho	+0,16	23.78	51.48
		Nuno Duro Pascoal	+0,28	29.45	1:04.01	Henrique Jose Marquez	+0,27	24.86	53.71
6.		Nautico de Coimbra	3:50.14	+0,73	648				
		Andre Duarte Vaz	+0,73	27.71	57.30	Mario Alexandre Pereira	+0,25	25.20	55.16
		Miguel Silva Oliveira	+0,22	29.54	1:04.52	Joao Barbosa Moreira	+0,40	25.19	53.16

Prova 17, Masc., 4 x 100m Estilos, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.		Vilacondense	3:51.40	+0,77	637		
	+0,77	28.40	58.75	Fabio Manuel Pereira	+0,54	26.07	56.40
	+0,36	29.82	1:03.29	Joao Miguel Costa	+0,20	24.81	52.96
8.		Gespacos	3:52.62	+0,54	627		
	+0,54	28.53	59.58	Ruben Filipe Nunes	+0,17	25.55	55.85
	+0,39	29.68	1:03.66	Hugo Alberto Ribeiro	+0,35	25.83	53.53
9.		Braga	3:54.86	+0,64	609		
	+0,64	28.67	59.35	Daniel Aparicio Pereira	+0,32	26.48	58.17
	+0,11	30.97	1:06.87	Ricardo Manuel Machado	+0,36	24.07	50.47
10.		Academica de Coimbra	3:55.57	+0,68	604		
	+0,68	29.41	1:00.45	Joao Filipe Lucas	+0,36	26.39	57.58
	+0,31	30.80	1:06.37	Gustavo Almeida Madureira	+0,53	24.38	51.17
11.		Leixoes	3:55.68	+0,61	603		
	+0,61	28.95	1:01.38	Diogo Fontes Moreira	+0,27	26.14	57.30
	+0,18	28.41	1:03.62	Jose Joao Goncalves	+0,31	25.76	53.38
12.		Benfica	3:55.80	+0,60	602		
	+0,60	28.15	58.45	Diogo Miguel Brito	+0,20	26.49	57.85
	+0,35	29.99	1:07.65	Andre Neves Oliveira	+0,25	24.38	51.85
13.		Desportivo Nacional	3:57.35	+0,64	590		
	+0,64	29.59	1:01.78	Miguel Goncalves Ferreira	+0,35	26.37	57.33
	+0,32	30.38	1:05.69	Tiago Ferreira Sousa	+0,03	24.50	52.55
14.		Uniao Piedense	4:01.40	+0,63	561		
	+0,63	29.83	1:01.89	Andre Rafael Marinho	+0,56	27.34	1:00.20
	+0,25	30.39	1:05.58	Diamantino Gato Bras	+0,55	25.74	53.73
15.		Geslourses	4:02.71	+0,68	552		
	+0,68	29.26	1:00.54	Lourenco Silva Damas	+0,28	27.29	1:00.26
	+0,37	30.89	1:06.03	Bruno Miguel Martins	+0,25	26.70	55.88
16.		Laranjeiro	4:04.09	+0,64	543		
	+0,64	30.33	1:02.76	Fernando Jorge Rosado	+0,47	26.86	58.59
	+0,38	31.51	1:08.34	Bruno Miguel Franco	+0,43	25.37	54.40
DSQ		Amadora					
		<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>					
	+0,66	26.97	55.89	Ricardo Pereira Lopes	+0,18	24.80	55.08
	+0,39	28.34	1:01.11	Pedro Fontoura Oliveira	-0,04		

Prova 18
21-12-2013

Femin., 4 x 100m Estilos

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

TAC-JUNF Jun: 4:49.10 / TAC-SENF Sen: 4:41.26

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Prova 18, Femin., 4 x 100m Estilos

Juniores

1. Alges-JUN				Alges	4:18.00	+0,66	668
Francisca Gomes Azevedo	+0,66	30.52	1:03.46	Barbara Sofia Barata	+0,43	29.17	1:04.15
Ana Beatriz Marques	+0,35	33.30	1:12.03	Rita Barros Frischknecht	+0,15	27.15	58.36
2. Portinado-JUN				Portinado	4:32.95	+0,73	564
Jessica Sousa Brito	+0,73	31.50	1:06.40	Joana Varela Joaquim	+0,38	30.49	1:11.57
Maria Rachadell Pereira	+0,05	34.29	1:15.07	Maria Morgado Franco	-0,02	27.48	59.91
3. Famalicao-JUN				Famalicao	4:35.24	+0,67	550
Catarina Alexandra Jardim	+0,67	32.45	1:07.35	Graca Maria Araujo	+0,47	20.15	1:06.31
Barbara Nogueira Goncalves	+0,44	36.22	1:18.38	Ana Silva Costa	+0,31	29.67	1:03.20
4. Porto-JUN				Porto	4:36.82	+0,75	540
Maria Teresa Amorim	+0,75	33.24	1:08.60	Ana Carolina Moreira	+0,63	31.49	1:09.11
Lucilia Ferreira Freitas	+0,60	36.67	1:18.22	Maria Carolina Ribeiro	+0,32	28.57	1:00.89
5. Fluvial Portuense-JUN				Fluvial Portuense	4:41.24	+0,62	515
Francisca Santos Pereira	+0,62	32.87	1:07.73	Ana Catarina Pereira	+0,37	31.67	1:07.53
Ines Lucas Alves	+0,22	20.56	1:22.39	Mafalda Mendes Magalhaes	+0,60	30.75	1:03.59
6. Uniao Piedense-JUN				Uniao Piedense	4:41.50	+0,75	514
Marina Micaela Sequeira	+0,75	34.41	1:10.68	Ines Filipa Cruz	+0,26	31.85	1:10.22
Mariana Van Ossenbruggen		37.48	1:21.35	Raquel Teixeira Pena	+0,45	28.17	59.25
7. Nautico de Coimbra-JUN				Nautico de Coimbra	4:42.65	+0,61	508
Beatriz Neves Craveiro	+0,61	32.28	1:05.74	Mariana Portugal Costa	+0,37	31.24	1:08.27
Matilde Domingues Gameiro	+0,40	38.15	1:23.26	Rita Verissimo Damasceno	+0,53	30.88	1:05.38

DSQ Sporting-JUN

Sporting

111 - *Rendição antecipada do(a) 3 nadador(a) - SW 10.11, Recorde Nacional primeiro percurso (100 Costas)*

Ines Camacho Fernandes	+0,58	29.99	1:02.16	Sofia Alexandra Branco	-0,08
Sofia Machado Dionisio	+0,26	33.65	1:13.83	Carolina Mantua Guedes	

Seniores

1. Porto-SEN				Porto	4:12.11	+0,64	716
Marta Vieira Marinho	+0,64	30.33	1:03.47	Sara Freitas Oliveira	+0,32	28.47	1:01.43
Ana Pinho Rodrigues	+0,36	32.11	1:11.18	Diana Margarida Duraes	+0,13	26.87	56.03
2. Ginasio de Vila Real-SEN				Ginasio de Vila Real	4:20.69	+0,69	647
Ana Sofia Leite	+0,69	30.22	1:03.43	Ana Sofia Nobrega	+0,50	29.58	1:03.95
Ana Carolina Guedes	+0,35	34.65	1:15.72	Joana Patricia Pinto	+0,47	26.91	57.59
3. Gespacos-SEN				Gespacos	4:25.49	+0,71	613
Claudia Susana Teixeira	+0,71	33.48	1:09.49	Claudia Cristina Leao	+0,51	29.75	1:04.62
Diana Patricia Ferreira		32.60	1:12.23	Soraia Vanessa Ribeiro	+0,41	28.01	59.15
4. Amadora-SEN				Amadora	4:27.70	+0,65	598
Lisa Marisa Soares	+0,65	31.61	1:06.69	Ana Rita Martins	+0,19	30.94	1:08.26
Rute Margarida Marques	+0,21	33.89	1:15.04	Jessica Teixeira Vieira	+0,08	27.34	57.71
5. Uniao Piedense-SEN				Uniao Piedense	4:28.06	+0,60	595
Ana Marta Miranda	+0,60	32.00	1:06.25	Catarina Tiago Nunes	+0,50	29.77	1:05.30
Joana Dias Santos	+0,52	35.22	1:15.46	Helena Paula Carvalho	+0,48	29.23	1:01.05
6. Vilacondense-SEN				Vilacondense	4:31.63	+0,81	572
Bruna Fanguero Coentrao	+0,81	33.64	1:11.77	Ana Catarina Monteiro	+0,18	28.50	1:01.81
Ana Filipa Gomes	+0,42	34.67	1:15.15	Cassandra Pedro Oliveira	+0,32	29.44	1:02.90
7. Benfica-SEN				Benfica	4:33.92	+0,64	558
Rita Fernandes Leitao	+0,64	33.62	1:09.86	Claudia Almeida Costa	+0,34	30.91	1:08.54
Ana Marisa Brito	+0,35	34.11	1:14.88	Joana Filipa Capela	+0,37	28.90	1:00.64
8. Naval Amorense-SEN				Naval Amorense	4:37.67	+0,58	536
Andreia Silva Cruz	+0,58	33.07	1:07.69	Patricia Miguel Mendes	+0,23	30.29	1:10.36
Carolina Madeira Santos	+0,33	37.29	1:20.70	Sofia Prates Silvestre	+0,05	27.86	58.92

Prova 18, Femin., 4 x 100m Estilos, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts		
9.		Naval do Funchal	4:37.85	+0,57	535				
		Ines Tomas Margarido	+0,57	33.30	1:08.91	Carlota Freitas Olim	+0,26	30.96	1:07.71
		Mariana Goncalves Gomes	+0,15	36.04	1:18.96	Susana Clara Gomes	+0,57	29.92	1:02.27
10.		Gesloures	4:39.44	+0,70	525				
		Paula Cristina Yang	+0,70	32.19	1:06.89	Jessica Goncalves Sequeira	+0,44	32.21	1:11.81
		Ines Raquel Esteveao	+0,26	35.93	1:17.99	Ana Luisa Santo	+0,37	29.38	1:02.75
DSQ		Nautico de Coimbra							
		<i>812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 225 m - SW 8.4</i>							
		Maria Amelia Gaspar	+0,83	33.81	1:09.44	Maria Miguel Veloso	+0,49		
		Ana Luisa Carvalho	+0,38			Julia Matos Lopes	-0,02		

Prova 19
21-12-2013

Masc., 800m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009
Recordes Nacionais 25m Jun 17	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun 18	8:10.11	Rui Filipe Costa	VSC	Vila Mea	16-05-2009
Recordes Nacionais 25m Sen	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009

TAC-JUN1M Jun 17 50m: 9:11.08 - 25m: 9:00.06 / TAC-JUN2M Jun 18: 8:52.27 / TAC-SENM Sen: 8:39.28

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Rafael Lourenco Gil	96	105234	Naval Amorense	8:00.39	+0,72	786		
	<i>Recorde Nacional</i>								
	50m: 27.36	27.36	250m: 2:27.19	29.90	450m: 4:27.58	30.33	650m: 6:30.51	30.40	
	100m: 57.14	29.78	300m: 2:57.11	29.92	500m: 4:58.34	30.76	700m: 7:00.86	30.35	
	150m: 1:27.33	30.19	350m: 3:27.05	29.94	550m: 5:29.26	30.92	750m: 7:31.43	30.57	
	200m: 1:57.29	29.96	400m: 3:57.25	30.20	600m: 6:00.11	30.85	800m: 8:00.39	28.96	
2.	Joao Carlos Santos	96	104253	Naval Amorense	8:08.50	+0,70	747		
	50m: 28.58	28.58	250m: 2:31.17	30.81	450m: 4:35.16	30.97	650m: 6:38.60	30.24	
	100m: 58.66	30.08	300m: 3:02.02	30.85	500m: 5:06.21	31.05	700m: 7:09.34	30.74	
	150m: 1:29.59	30.93	350m: 3:33.21	31.19	550m: 5:37.53	31.32	750m: 7:39.84	30.50	
	200m: 2:00.36	30.77	400m: 4:04.19	30.98	600m: 6:08.36	30.83	800m: 8:08.50	28.66	
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	8:14.34	+0,49	721		
	50m: 27.41	27.41	250m: 2:30.32	31.59	450m: 4:37.18	31.05	650m: 6:42.38	31.33	
	100m: 57.21	29.80	300m: 3:01.98	31.66	500m: 5:08.16	30.98	700m: 7:13.38	31.00	
	150m: 1:27.83	30.62	350m: 3:34.11	32.13	550m: 5:39.50	31.34	750m: 7:44.92	31.54	
	200m: 1:58.73	30.90	400m: 4:06.13	32.02	600m: 6:11.05	31.55	800m: 8:14.34	29.42	
4.	Joao Pedro Gil	97	108343	Naval Amorense	8:14.96	+0,75	719		
	50m: 27.96	27.96	250m: 2:31.50	31.05	450m: 4:37.82	31.99	650m: 6:43.12	31.52	
	100m: 58.72	30.76	300m: 3:02.96	31.46	500m: 5:09.44	31.62	700m: 7:14.82	31.70	
	150m: 1:29.60	30.88	350m: 3:34.44	31.48	550m: 5:40.79	31.35	750m: 7:45.83	31.01	
	200m: 2:00.45	30.85	400m: 4:05.83	31.39	600m: 6:11.60	30.81	800m: 8:14.96	29.13	
5.	Tomas Risso Fernandes	96	111208	Colegio Vasco da Gama	8:30.74	+0,79	654		
	50m: 28.77	28.77	250m: 2:36.01	32.28	450m: 4:44.92	32.04	650m: 6:54.86	32.41	
	100m: 59.82	31.05	300m: 3:08.48	32.47	500m: 5:17.63	32.71	700m: 7:27.10	32.24	
	150m: 1:31.82	32.00	350m: 3:40.49	32.01	550m: 5:49.71	32.08	750m: 7:59.39	32.29	
	200m: 2:03.73	31.91	400m: 4:12.88	32.39	600m: 6:22.45	32.74	800m: 8:30.74	31.35	
6.	Miguel Angelo Silvestre	97	103538	Alcobaca	8:32.59	+0,73	647		
	50m: 28.72	28.72	250m: 2:37.71	32.13	450m: 4:45.89	31.94	650m: 6:56.31	32.61	
	100m: 1:00.78	32.06	300m: 3:09.83	32.12	500m: 5:18.66	32.77	700m: 7:28.75	32.44	
	150m: 1:33.18	32.40	350m: 3:41.91	32.08	550m: 5:51.11	32.45	750m: 8:01.21	32.46	
	200m: 2:05.58	32.40	400m: 4:13.95	32.04	600m: 6:23.70	32.59	800m: 8:32.59	31.38	

Prova 19, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Joao Miguel Cardoso	97	109124	Gesloures	8:35.07	+0,85	638		
	50m: 29.64 29.64			250m: 2:38.35 32.69	450m: 4:48.80 32.32	650m: 6:58.91 32.21			
	100m: 1:01.17 31.53			300m: 3:11.21 32.86	500m: 5:21.32 32.52	700m: 7:31.39 32.48			
	150m: 1:33.09 31.92			350m: 3:43.83 32.62	550m: 5:53.99 32.67	750m: 8:03.96 32.57			
	200m: 2:05.66 32.57			400m: 4:16.48 32.65	600m: 6:26.70 32.71	800m: 8:35.07 31.11			
8.	Vitor Joao Pereira	97	102545	Leixoes	8:35.23	+0,91	637		
	50m: 28.54 28.54			250m: 2:36.51 32.61	450m: 4:47.23 33.12	650m: 6:59.12 32.76			
	100m: 59.68 31.14			300m: 3:08.95 32.44	500m: 5:20.23 33.00	700m: 7:31.67 32.55			
	150m: 1:31.45 31.77			350m: 3:41.47 32.52	550m: 5:53.39 33.16	750m: 8:03.78 32.11			
	200m: 2:03.90 32.45			400m: 4:14.11 32.64	600m: 6:26.36 32.97	800m: 8:35.23 31.45			
9.	Ruben Jose Morim	97	107935	Vilacondense	8:37.23	+0,82	630		
	50m: 28.76 28.76			250m: 2:37.56 32.53	450m: 4:49.19 32.96	650m: 7:00.88 32.12			
	100m: 1:00.35 31.59			300m: 3:10.60 33.04	500m: 5:22.30 33.11	700m: 7:33.70 32.82			
	150m: 1:32.58 32.23			350m: 3:43.61 33.01	550m: 5:55.39 33.09	750m: 8:06.13 32.43			
	200m: 2:05.03 32.45			400m: 4:16.23 32.62	600m: 6:28.76 33.37	800m: 8:37.23 31.10			
10.	Pedro Veiguiha Martins	96	107233	Braga	8:39.90	+0,83	620		
	50m: 30.14 30.14			250m: 2:39.82 31.97	450m: 4:52.05 33.28	650m: 7:04.28 32.88			
	100m: 1:02.77 32.63			300m: 3:12.91 33.09	500m: 5:25.17 33.12	700m: 7:37.53 33.25			
	150m: 1:35.24 32.47			350m: 3:45.88 32.97	550m: 5:58.29 33.12	750m: 8:10.44 32.91			
	200m: 2:07.85 32.61			400m: 4:18.77 32.89	600m: 6:31.40 33.11	800m: 8:39.90 29.46			
11.	Rafael Rocha Ferreira	96	103871	Galitos	8:41.94	+0,90	613		
	50m: 29.86 29.86			250m: 2:40.17 32.59	450m: 4:52.00 32.93	650m: 7:04.24 32.94			
	100m: 1:01.93 32.07			300m: 3:12.76 32.59	500m: 5:25.06 33.06	700m: 7:37.30 33.06			
	150m: 1:34.59 32.66			350m: 3:45.94 33.18	550m: 5:58.20 33.14	750m: 8:10.21 32.91			
	200m: 2:07.58 32.99			400m: 4:19.07 33.13	600m: 6:31.30 33.10	800m: 8:41.94 31.73			
12.	Ricardo Eduardo Afonso	97	105414	Braga	8:50.35	+0,74	584		
	50m: 29.23 29.23			250m: 2:40.55 33.31	450m: 4:56.08 34.13	650m: 7:11.20 33.68			
	100m: 1:01.38 32.15			300m: 3:14.10 33.55	500m: 5:30.21 34.13	700m: 7:44.76 33.56			
	150m: 1:34.05 32.67			350m: 3:48.19 34.09	550m: 6:03.66 33.45	750m: 8:18.69 33.93			
	200m: 2:07.24 33.19			400m: 4:21.95 33.76	600m: 6:37.52 33.86	800m: 8:50.35 31.66			
13.	Joao Ricardo Silva	97	116947	Ginasio Figueirense	8:50.42	+0,76	584		
	50m: 29.56 29.56			250m: 2:41.36 33.30	450m: 4:55.65 33.54	650m: 7:11.31 33.94			
	100m: 1:01.73 32.17			300m: 3:14.85 33.49	500m: 5:29.62 33.97	700m: 7:45.19 33.88			
	150m: 1:34.49 32.76			350m: 3:48.58 33.73	550m: 6:03.56 33.94	750m: 8:19.09 33.90			
	200m: 2:08.06 33.57			400m: 4:22.11 33.53	600m: 6:37.37 33.81	800m: 8:50.42 31.33			
14.	Joao Miguel Lopes	96	103344	Electrico	8:50.50	+0,87	583		
	50m: 30.12 30.12			250m: 2:42.09 33.23	450m: 4:57.37 33.67	650m: 7:12.71 33.65			
	100m: 1:02.66 32.54			300m: 3:15.74 33.65	500m: 5:31.05 33.68	700m: 7:46.01 33.30			
	150m: 1:35.68 33.02			350m: 3:49.61 33.87	550m: 6:04.87 33.82	750m: 8:19.19 33.18			
	200m: 2:08.86 33.18			400m: 4:23.70 34.09	600m: 6:39.06 34.19	800m: 8:50.50 31.31			
15.	David Emanuel Martins	97	105429	Braga	8:50.59	+1,01	583		
	50m: 29.40 29.40			250m: 2:42.08 33.62	450m: 4:57.62 33.63	650m: 7:13.35 34.24			
	100m: 1:01.92 32.52			300m: 3:15.94 33.86	500m: 5:31.46 33.84	700m: 7:47.27 33.92			
	150m: 1:35.09 33.17			350m: 3:50.11 34.17	550m: 6:05.29 33.83	750m: 8:19.95 32.68			
	200m: 2:08.46 33.37			400m: 4:23.99 33.88	600m: 6:39.11 33.82	800m: 8:50.59 30.64			
16.	David Nunes Sousa	96	112204	Famalicao	8:51.56	+0,80	580		
	50m: 29.00 29.00			250m: 2:41.97 33.83	450m: 4:58.10 34.02	650m: 7:14.38 34.09			
	100m: 1:01.43 32.43			300m: 3:15.84 33.87	500m: 5:31.80 33.70	700m: 7:47.65 33.27			
	150m: 1:34.56 33.13			350m: 3:49.85 34.01	550m: 6:06.23 34.43	750m: 8:21.94 34.29			
	200m: 2:08.14 33.58			400m: 4:24.08 34.23	600m: 6:40.29 34.06	800m: 8:51.56 29.62			
17.	Bruno Miguel Rainho <i>FTL</i>	96	111214	Gesloures	8:52.50	+0,99	577		
	50m: 29.24 29.24			250m: 2:40.47 33.28	450m: 4:55.51 34.12	650m: 7:11.18 34.56			
	100m: 1:00.81 31.57			300m: 3:14.25 33.78	500m: 5:29.25 33.74	700m: 7:46.21 35.03			
	150m: 1:33.72 32.91			350m: 3:47.86 33.61	550m: 6:02.73 33.48	750m: 8:20.45 34.24			
	200m: 2:07.19 33.47			400m: 4:21.39 33.53	600m: 6:36.62 33.89	800m: 8:52.50 32.05			

Prova 19, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Jose Carlos Teixeira <i>FTL</i>	96	102982	Foca	8:55.12	+0,85	568		
	50m: 29.03 29.03	250m: 2:41.58	33.54	450m: 4:57.35	33.61	650m: 7:13.39	34.36		
	100m: 1:01.45 32.42	300m: 3:15.60	34.02	500m: 5:31.11	33.76	700m: 7:47.52	34.13		
	150m: 1:34.49 33.04	350m: 3:49.52	33.92	550m: 6:05.17	34.06	750m: 8:22.01	34.49		
	200m: 2:08.04 33.55	400m: 4:23.74	34.22	600m: 6:39.03	33.86	800m: 8:55.12	33.11		
19.	Narciso Daniel Correia <i>FTL</i>	97	111197	Braga	9:24.13	+0,85	485		
	50m: 29.92 29.92	250m: 2:46.04	35.20	450m: 5:08.87	36.57	650m: 7:34.27	36.55		
	100m: 1:02.68 32.76	300m: 3:21.52	35.48	500m: 5:44.92	36.05	700m: 8:11.17	36.90		
	150m: 1:36.28 33.60	350m: 3:56.66	35.14	550m: 6:21.15	36.23	750m: 8:47.70	36.53		
	200m: 2:10.84 34.56	400m: 4:32.30	35.64	600m: 6:57.72	36.57	800m: 9:24.13	36.43		

Seniores

1.	Pedro Miguel Pinotes <i>Recorde Nacional</i>	89	26732	Sporting	7:56.89	+0,70	803		
	50m: 27.31 27.31	250m: 2:26.89	29.88	450m: 4:27.38	30.54	650m: 6:29.57	29.48		
	100m: 56.98 29.67	300m: 2:56.63	29.74	500m: 4:58.21	30.83	700m: 6:59.14	29.57		
	150m: 1:27.10 30.12	350m: 3:26.54	29.91	550m: 5:29.28	31.07	750m: 7:28.60	29.46		
	200m: 1:57.01 29.91	400m: 3:56.84	30.30	600m: 6:00.09	30.81	800m: 7:56.89	28.29		
2.	Mario Andre Bonanca	90	12773	Sporting	8:09.19	+0,79	744		
	50m: 27.58 27.58	250m: 2:28.03	30.17	450m: 4:33.13	31.06	650m: 6:38.50	31.42		
	100m: 57.46 29.88	300m: 2:58.82	30.79	500m: 5:04.54	31.41	700m: 7:09.81	31.31		
	150m: 1:27.57 30.11	350m: 3:30.46	31.64	550m: 5:35.82	31.28	750m: 7:40.79	30.98		
	200m: 1:57.86 30.29	400m: 4:02.07	31.61	600m: 6:07.08	31.26	800m: 8:09.19	28.40		
3.	Ricardo Ferreira Cotovio	91	10921	Sporting	8:09.22	+0,75	744		
	50m: 27.59 27.59	250m: 2:29.36	30.51	450m: 4:32.63	30.98	650m: 6:38.35	31.66		
	100m: 57.89 30.30	300m: 2:59.92	30.56	500m: 5:03.74	31.11	700m: 7:09.59	31.24		
	150m: 1:28.27 30.38	350m: 3:30.78	30.86	550m: 5:35.10	31.36	750m: 7:40.63	31.04		
	200m: 1:58.85 30.58	400m: 4:01.65	30.87	600m: 6:06.69	31.59	800m: 8:09.22	28.59		
4.	Ricardo Manuel Machado	93	13278	Braga	8:14.34	+0,80	721		
	50m: 27.84 27.84	250m: 2:30.58	31.48	450m: 4:36.01	30.85	650m: 6:42.56	32.39		
	100m: 57.76 29.92	300m: 3:02.00	31.42	500m: 5:07.19	31.18	700m: 7:13.96	31.40		
	150m: 1:28.34 30.58	350m: 3:33.98	31.98	550m: 5:38.16	30.97	750m: 7:44.94	30.98		
	200m: 1:59.10 30.76	400m: 4:05.16	31.18	600m: 6:10.17	32.01	800m: 8:14.34	29.40		
5.	Bernardo Leitao Graca	93	14838	Sporting	8:16.58	+0,73	711		
	50m: 27.36 27.36	250m: 2:31.14	31.50	450m: 4:37.28	30.53	650m: 6:42.84	31.76		
	100m: 57.57 30.21	300m: 3:02.69	31.55	500m: 5:08.09	30.81	700m: 7:14.87	32.03		
	150m: 1:28.49 30.92	350m: 3:34.78	32.09	550m: 5:39.43	31.34	750m: 7:46.17	31.30		
	200m: 1:59.64 31.15	400m: 4:06.75	31.97	600m: 6:11.08	31.65	800m: 8:16.58	30.41		
6.	Tiago Silva Oliveira	94	15465	Leixoes	8:19.56	+0,74	699		
	50m: 28.09 28.09	250m: 2:30.20	30.87	450m: 4:35.93	31.62	650m: 6:44.19	31.94		
	100m: 58.16 30.07	300m: 3:01.85	31.65	500m: 5:07.85	31.92	700m: 7:15.98	31.79		
	150m: 1:28.79 30.63	350m: 3:33.29	31.44	550m: 5:40.11	32.26	750m: 7:48.16	32.18		
	200m: 1:59.33 30.54	400m: 4:04.31	31.02	600m: 6:12.25	32.14	800m: 8:19.56	31.40		
7.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	8:20.22	+0,62	696		
	50m: 27.18 27.18	250m: 2:28.52	30.84	450m: 4:34.88	32.04	650m: 6:44.26	32.34		
	100m: 56.80 29.62	300m: 2:59.54	31.02	500m: 5:06.78	31.90	700m: 7:16.73	32.47		
	150m: 1:27.09 30.29	350m: 3:31.31	31.77	550m: 5:39.27	32.49	750m: 7:49.12	32.39		
	200m: 1:57.68 30.59	400m: 4:02.84	31.53	600m: 6:11.92	32.65	800m: 8:20.22	31.10		
8.	Rui Filipe Costa	91	24004	Vitoria de Guimaraes	8:20.53	+0,75	695		
	50m: 28.88 28.88	250m: 2:33.57	31.67	450m: 4:41.22	31.86	650m: 6:49.38	31.54		
	100m: 59.45 30.57	300m: 3:05.47	31.90	500m: 5:13.49	32.27	700m: 7:21.04	31.66		
	150m: 1:30.49 31.04	350m: 3:37.37	31.90	550m: 5:45.76	32.27	750m: 7:52.15	31.11		
	200m: 2:01.90 31.41	400m: 4:09.36	31.99	600m: 6:17.84	32.08	800m: 8:20.53	28.38		

Prova 19, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Hugo Alberto Ribeiro	88	23114	Gespacos	8:21.82	+1,00	689		
	50m: 28.40 28.40			250m: 2:31.92 31.06	450m: 4:37.37 31.59	650m: 6:45.64 32.23			
	100m: 58.94 30.54			300m: 3:03.19 31.27	500m: 5:09.24 31.87	700m: 7:18.66 33.02			
	150m: 1:29.80 30.86			350m: 3:34.32 31.13	550m: 5:41.18 31.94	750m: 7:51.20 32.54			
	200m: 2:00.86 31.06			400m: 4:05.78 31.46	600m: 6:13.41 32.23	800m: 8:21.82 30.62			
10.	Hugo Neves Neto	94	110453	Columbofila Cantanhedense	8:24.34	+0,88	679		
	50m: 28.46 28.46			250m: 2:33.75 31.25	450m: 4:40.86 32.04	650m: 6:48.38 31.97			
	100m: 59.57 31.11			300m: 3:05.57 31.82	500m: 5:12.63 31.77	700m: 7:20.49 32.11			
	150m: 1:30.85 31.28			350m: 3:36.98 31.41	550m: 5:44.57 31.94	750m: 7:52.63 32.14			
	200m: 2:02.50 31.65			400m: 4:08.82 31.84	600m: 6:16.41 31.84	800m: 8:24.34 31.71			
11.	Artur Manuel Ferreira	95	101981	Porto	8:25.36	+0,86	675		
	50m: 28.20 28.20			250m: 2:32.97 31.51	450m: 4:40.85 31.85	650m: 6:49.35 32.26			
	100m: 58.90 30.70			300m: 3:04.74 31.77	500m: 5:12.80 31.95	700m: 7:21.54 32.19			
	150m: 1:30.03 31.13			350m: 3:36.79 32.05	550m: 5:44.85 32.05	750m: 7:53.62 32.08			
	200m: 2:01.46 31.43			400m: 4:09.00 32.21	600m: 6:17.09 32.24	800m: 8:25.36 31.74			
12.	Andre Rafael Marinho	93	10643	Uniao Piedense	8:35.52	+0,89	636		
	50m: 28.43 28.43			250m: 2:35.67 32.39	450m: 4:46.21 32.78	650m: 6:58.05 33.23			
	100m: 59.58 31.15			300m: 3:08.11 32.44	500m: 5:18.95 32.74	700m: 7:30.87 32.82			
	150m: 1:31.33 31.75			350m: 3:40.72 32.61	550m: 5:51.90 32.95	750m: 8:03.62 32.75			
	200m: 2:03.28 31.95			400m: 4:13.43 32.71	600m: 6:24.82 32.92	800m: 8:35.52 31.90			
13.	Pedro Maria Bessa	95	18656	Vilacondense	8:35.66	+0,75	635		
	50m: 28.26 28.26			250m: 2:35.77 31.94	450m: 4:46.31 32.34	650m: 6:57.03 33.44			
	100m: 59.33 31.07			300m: 3:08.23 32.46	500m: 5:18.55 32.24	700m: 7:30.76 33.73			
	150m: 1:31.24 31.91			350m: 3:40.94 32.71	550m: 5:51.62 33.07	750m: 8:04.07 33.31			
	200m: 2:03.83 32.59			400m: 4:13.97 33.03	600m: 6:23.59 31.97	800m: 8:35.66 31.59			
14.	Rui Pedro Faria	94	15592	Famalicao	8:40.04	+0,92	619		
	<i>FTL</i>								
	50m: 27.57 27.57			250m: 2:32.72 32.20	450m: 4:45.30 33.64	650m: 6:59.12 33.86			
	100m: 57.84 30.27			300m: 3:05.60 32.88	500m: 5:18.26 32.96	700m: 7:33.04 33.92			
	150m: 1:28.79 30.95			350m: 3:38.58 32.98	550m: 5:51.40 33.14	750m: 8:07.03 33.99			
	200m: 2:00.52 31.73			400m: 4:11.66 33.08	600m: 6:25.26 33.86	800m: 8:40.04 33.01			
15.	Duarte Nuno Vieira	95	104151	Desportivo Nacional	8:40.34	+0,69	618		
	<i>FTL</i>								
	50m: 28.37 28.37			250m: 2:38.55 32.63	450m: 4:50.54 33.47	650m: 7:02.72 33.34			
	100m: 1:00.14 31.77			300m: 3:11.24 32.69	500m: 5:23.35 32.81	700m: 7:35.91 33.19			
	150m: 1:33.07 32.93			350m: 3:44.25 33.01	550m: 5:56.26 32.91	750m: 8:08.24 32.33			
	200m: 2:05.92 32.85			400m: 4:17.07 32.82	600m: 6:29.38 33.12	800m: 8:40.34 32.10			
DNS	Vasco Miguel Gaspar	90	26500	Uniao Piedense					
DNF	Gustavo Manuel Santa	93	26492	Sporting					

Prova 20
21-12-2013

Femin., 200m Estilos

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	2:14.28	Victoria Kaminskaya	PIMP	Porto	08-12-2012
Recordes Nacionais 25m Jun 16	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun 17	2:16.62	Victoria Kaminskaya	FPN	Uster (SUI)	28-01-2012
Recordes Nacionais 25m Sen	2:14.28	Victoria Kaminskaya	PIMP	Porto	08-12-2012

TAC-JUN1F Jun 16 50m: 2:33.11 - 25m: 2:30.05 / TAC-JUN2F Jun 17: 2:28.58 / TAC-SENF Sen: 2:27.11

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Carolina Mantua Guedes	98	110539	Sporting	2:21.36		684		
	50m: 30.32 30.32			100m: 1:07.55 37.23	150m: 1:48.85	41.30	200m: 2:21.36	32.51	
2.	Maria Madalena Silva	98	116614	Nautico Abrantes	2:22.74	+0,75	665		
	50m: 31.32 31.32			100m: 1:07.92 36.60	150m: 1:48.56	40.64	200m: 2:22.74	34.18	
3.	Barbara Sofia Barata	97	105454	Alges	2:22.95	+0,80	662		
	50m: 30.68 30.68			100m: 1:09.29 38.61	150m: 1:50.33	41.04	200m: 2:22.95	32.62	
4.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	2:23.34	+0,92	656		
	50m: 31.25 31.25			100m: 1:09.06 37.81	150m: 1:50.28	41.22	200m: 2:23.34	33.06	
5.	Maria Teresa Amorim	97	20104	Porto	2:23.63	+0,88	652		
	50m: 31.19 31.19			100m: 1:07.31 36.12	150m: 1:49.69	42.38	200m: 2:23.63	33.94	
6.	Sofia Machado Dionisio	98	111263	Sporting	2:26.67	+0,85	613		
	50m: 31.18 31.18			100m: 1:09.10 37.92	150m: 1:52.57	43.47	200m: 2:26.67	34.10	
7.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	2:26.74	+0,79	612		
	50m: 32.11 32.11			100m: 1:09.65 37.54	150m: 1:52.71	43.06	200m: 2:26.74	34.03	
8.	Sofia Alexandra Branco	98	116596	Sporting	2:28.24	+0,90	593		
	50m: 30.92 30.92			100m: 1:08.86 37.94	150m: 1:53.41	44.55	200m: 2:28.24	34.83	

Seniores

1.	Marta Pereira Abreu	92	23091	Porto	2:17.27		747		
	50m: 30.47 30.47			100m: 1:04.85 34.38	150m: 1:44.52	39.67	200m: 2:17.27	32.75	
2.	Ana Catarina Monteiro	93	24320	Vilacondense	2:17.29	+0,69	747		
	50m: 29.33 29.33			100m: 1:04.63 35.30	150m: 1:45.58	40.95	200m: 2:17.29	31.71	
3.	Ana Teresa Franco	91	11349	Sporting	2:22.43	+0,87	669		
	50m: 31.84 31.84			100m: 1:10.42 38.58	150m: 1:49.89	39.47	200m: 2:22.43	32.54	
4.	Diana Patricia Ferreira	94	23500	Gespacos	2:22.47		668		
	50m: 31.28 31.28			100m: 1:08.34 37.06	150m: 1:49.41	41.07	200m: 2:22.47	33.06	
5.	Ana Marta Miranda	96	100377	Uniao Piedense	2:22.75	+0,82	665		
	50m: 30.89 30.89			100m: 1:06.46 35.57	150m: 1:48.94	42.48	200m: 2:22.75	33.81	
6.	Catarina Tiago Nunes	95	100949	Uniao Piedense	2:23.20	+0,68	658		
	50m: 29.75 29.75			100m: 1:06.01 36.26	150m: 1:48.58	42.57	200m: 2:23.20	34.62	
7.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	2:23.78	+0,65	650		
	50m: 31.07 31.07			100m: 1:10.08 39.01	150m: 1:50.40	40.32	200m: 2:23.78	33.38	
8.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	2:25.53	+0,90	627		
	50m: 31.58 31.58			100m: 1:09.24 37.66	150m: 1:51.74	42.50	200m: 2:25.53	33.79	
9.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	2:25.61		626		
	50m: 30.86 30.86			100m: 1:07.96 37.10	150m: 1:52.38	44.42	200m: 2:25.61	33.23	
10.	Tatiana Filipa Santos	95	26779	Ginasio Figueirense	2:25.94	+0,97	622		
	50m: 31.94 31.94			100m: 1:07.98 36.04	150m: 1:51.69	43.71	200m: 2:25.94	34.25	

Prova 20, Femin., 200m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Rute Margarida Marques <i>FTL</i>	94	25359	Amadora	2:27.44	+0,76	603		
	50m: 32.17 32.17			100m: 1:10.06 37.89	150m: 1:51.85 41.79	200m: 2:27.44 35.59			
12.	Joana Dias Santos <i>FTL</i>	96	100397	Uniao Piedense	2:27.99	+0,86	596		
	50m: 32.50 32.50			100m: 1:10.56 38.06	150m: 1:51.25 40.69	200m: 2:27.99 36.74			
13.	Ana Margarida Rodrigues <i>FTL</i>	96	103868	Galitos	2:29.00	+0,79	584		
	50m: 31.74 31.74			100m: 1:09.95 38.21	150m: 1:54.45 44.50	200m: 2:29.00 34.55			

Prova 21
21-12-2013

Masc., 200m Estilos

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun 17	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	06-03-2005
Recordes Nacionais 25m Jun 18	2:00.80	Diogo Filipe Carvalho	CGA	Alapraia	11-02-2005
Recordes Nacionais 25m Sen	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009

TAC-JUN1M Jun 17 50m: 2:21.20 - 25m: 2:18.37 / TAC-JUN2M Jun 18: 2:16.38 / TAC-SENM Sen: 2:13.05

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Gabriel Jose Lopes	97	24488	Lousanense	2:04.81	+0,74	677		
	50m: 27.43 27.43			100m: 57.56 30.13	150m: 1:34.07 36.51	200m: 2:04.81 30.74			
2.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	2:04.96	+0,69	675		
	50m: 27.83 27.83			100m: 1:00.53 32.70	150m: 1:35.46 34.93	200m: 2:04.96 29.50			
3.	Tomas Miguel Veloso	96	10868	Nautico de Coimbra	2:05.85	+0,73	661		
	50m: 27.37 27.37			100m: 59.73 32.36	150m: 1:35.31 35.58	200m: 2:05.85 30.54			
4.	Eduardo Salgado Ramos	97	106796	Porto	2:09.11	+0,74	612		
	50m: 27.74 27.74			100m: 1:00.91 33.17	150m: 1:38.95 38.04	200m: 2:09.11 30.16			
5.	Nuno Oliveira Noritake	96	104271	Estoris	2:09.27	+0,74	609		
	50m: 27.94 27.94			100m: 1:01.33 33.39	150m: 1:38.32 36.99	200m: 2:09.27 30.95			
6.	Paulo Andre Silva	96	105198	Vilacondense	2:09.57	+0,58	605		
	50m: 27.75 27.75			100m: 1:01.18 33.43	150m: 1:39.09 37.91	200m: 2:09.57 30.48			
7.	Andre Goncalo Santos	97	104706	Leixoes	2:10.61	+0,79	591		
	50m: 27.71 27.71			100m: 1:01.68 33.97	150m: 1:38.90 37.22	200m: 2:10.61 31.71			
8.	Guilherme Miguel Teixeira	97	105091	Benfica	2:10.63	+0,79	591		
	50m: 28.51 28.51			100m: 1:03.67 35.16	150m: 1:40.99 37.32	200m: 2:10.63 29.64			
9.	Antonio Miguel Vitorino	96	25815	Viana Natacao	2:11.85	+0,74	574		
	50m: 28.34 28.34			100m: 1:02.26 33.92	150m: 1:41.35 39.09	200m: 2:11.85 30.50			
10.	Luis Carlos Oliveira	97	102629	Porto	2:11.91	+0,76	574		
	50m: 28.51 28.51			100m: 1:03.35 34.84	150m: 1:41.47 38.12	200m: 2:11.91 30.44			
11.	Leonardo Cardoso Figueiredo	96	105612	Porto	2:12.06	+0,68	572		
	50m: 28.30 28.30			100m: 1:01.55 33.25	150m: 1:42.01 40.46	200m: 2:12.06 30.05			
12.	Miguel Angelo Alves	96	104760	Naval Amorense	2:12.07	+0,73	571		
	50m: 28.53 28.53			100m: 1:02.53 34.00	150m: 1:41.60 39.07	200m: 2:12.07 30.47			
13.	Simao Miguel Capitao	97	109596	Colegio SMLamas	2:12.36	+0,79	568		
	50m: 28.38 28.38			100m: 1:03.82 35.44	150m: 1:40.49 36.67	200m: 2:12.36 31.87			

Prova 21, Masc., 200m Estilos, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts		
14.	Artur Jose Reis	96	23369	Porto	2:12.53	+0,70	566				
	50m: 28.13 28.13			100m: 1:02.88 34.75	150m: 1:41.11	38.23	200m: 2:12.53	31.42			
15.	Miguel Monteiro Cruchinho	97	110442	Sporting	2:12.74	+0,70	563				
	50m: 28.16 28.16			100m: 1:03.86 35.70	150m: 1:40.86	37.00	200m: 2:12.74	31.88			
16.	Joao Miguel Ferreira	97	103044	Foca	2:13.19	+0,80	557				
	50m: 28.81 28.81			100m: 1:03.86 35.05	150m: 1:42.45	38.59	200m: 2:13.19	30.74			
17.	Andre Resende Pinheiro	97	109196	Porto	2:13.35	+0,75	555				
	50m: 28.97 28.97			100m: 1:03.46 34.49	150m: 1:43.56	40.10	200m: 2:13.35	29.79			
18.	Joao Pedro Neves	96	104336	Aminata	2:13.38	+0,91	555				
	50m: 28.90 28.90			100m: 1:02.19 33.29	150m: 1:41.64	39.45	200m: 2:13.38	31.74			
19.	Joao Filipe Costa	96	25569	Alges	2:13.65	+0,64	551				
	50m: 28.30 28.30			100m: 1:03.38 35.08	150m: 1:41.65	38.27	200m: 2:13.65	32.00			
20.	Tiago Martim Alves	97	100789	Desportiva de Viana	2:13.93	+0,87	548				
	50m: 29.15 29.15			100m: 1:04.26 35.11	150m: 1:41.97	37.71	200m: 2:13.93	31.96			
21.	Jose Ricardo Sousa	97	105759	Lousada SXXI	2:14.10	+0,80	546				
	50m: 28.14 28.14			100m: 1:01.97 33.83	150m: 1:40.88	38.91	200m: 2:14.10	33.22			
22.	Joao Mota Correia	97	102308	Alcobaca	2:14.59	+0,86	540				
	50m: 29.20 29.20			100m: 1:03.56 34.36	150m: 1:43.73	40.17	200m: 2:14.59	30.86			
23.	Joao Vieira Camara	97	101035	Maritimo	2:15.78	+0,69	526				
	50m: 28.30 28.30			100m: 1:05.50 37.20	150m: 1:44.05	38.55	200m: 2:15.78	31.73			
24.	David Carrasco Correia	97	108348	Amadora	2:17.30		509				
	50m: 28.79 28.79			100m: 1:04.99 36.20	150m: 1:46.31	41.32	200m: 2:17.30	30.99			
25.	Tiago Bernardo Marques	97	104783	Uniao Piedense	2:17.39		508				
	50m: 29.63 29.63			100m: 1:06.17 36.54	150m: 1:45.33	39.16	200m: 2:17.39	32.06			
26.	Ricardo Daniel Goncalves FTL	96	103320	Ginasio de Vila Real	2:17.93		502				
	50m: 28.27 28.27			100m: 1:03.55 35.28	150m: 1:43.07	39.52	200m: 2:17.93	34.86			
27.	Miguel Galeao Lopes FTL	96	105891	Portinado	2:25.86	+0,72	424				
	50m: 30.43 30.43			100m: 1:08.27 37.84	150m: 1:51.24	42.97	200m: 2:25.86	34.62			
DSQ	Bruno Miguel Ramos	97	109110	Amadora	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 75 m - SW 7.1</i>						
DNS	Rafael Filipe Nunes	96	108344	Naval Amorense							

Seniores

1.	Diogo Filipe Carvalho	88	12277	Galitos	1:55.98	+0,72	844		
	50m: 25.13 25.13			100m: 54.01 28.88	150m: 1:27.46	33.45	200m: 1:55.98	28.52	
2.	Miguel Duarte Nascimento	95	14944	Portinado	1:59.65	+0,67	769		
	50m: 25.52 25.52			100m: 54.98 29.46	150m: 1:30.60	35.62	200m: 1:59.65	29.05	
3.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	2:03.79	+0,75	694		
	50m: 25.56 25.56			100m: 58.93 33.37	150m: 1:33.61	34.68	200m: 2:03.79	30.18	
4.	Pedro Andre Santos	94	15732	Alges	2:05.12	+0,81	672		
	50m: 27.49 27.49			100m: 1:00.07 32.58	150m: 1:35.33	35.26	200m: 2:05.12	29.79	
5.	Joao Claudio Sousa	93	23458	Gespacos	2:06.01	+0,78	658		
	50m: 27.30 27.30			100m: 59.95 32.65	150m: 1:36.06	36.11	200m: 2:06.01	29.95	
6.	Ruben Filipe Nunes	94	23302	Gespacos	2:07.12	+0,82	641		
	50m: 27.01 27.01			100m: 59.46 32.45	150m: 1:36.52	37.06	200m: 2:07.12	30.60	
7.	Andre Bras Goncalves	88	14767	Amadora	2:07.37	+0,65	637		
	50m: 27.14 27.14			100m: 59.79 32.65	150m: 1:37.05	37.26	200m: 2:07.37	30.32	

Prova 21, Masc., 200m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Ricardo Amorim Rego	84	15954	Braga	2:07.51	+0,80	635		
	50m: 27.23 27.23		100m: 59.07 31.84	150m: 1:35.95	36.88	200m: 2:07.51	31.56		
9.	Nuno Duro Pascoal	92	12560	Galitos	2:07.52	+0,78	635		
	50m: 27.94 27.94		100m: 1:01.02 33.08	150m: 1:37.44	36.42	200m: 2:07.52	30.08		
10.	Afonso Lopes dos Santos	95	14773	Alcobaca	2:08.03	+0,70	627		
	50m: 27.20 27.20		100m: 1:00.20 33.00	150m: 1:36.90	36.70	200m: 2:08.03	31.13		
11.	Pedro Barros Mendes	94	11195	Academica de Coimbra	2:08.73	+0,78	617		
	50m: 27.68 27.68		100m: 1:00.39 32.71	150m: 1:38.09	37.70	200m: 2:08.73	30.64		
12.	Ivo Andre Margarido	88	12552	Benfica	2:08.74		617		
	50m: 27.25 27.25		100m: 58.69 31.44	150m: 1:38.17	39.48	200m: 2:08.74	30.57		
13.	Pedro Miguel Silva	94	100227	Colegio Monte Maior	2:09.01	+0,73	613		
	50m: 27.66 27.66		100m: 1:01.52 33.86	150m: 1:38.78	37.26	200m: 2:09.01	30.23		
14.	Diogo Carmo Ramos	93	15317	Vilacondense	2:09.17	+0,72	611		
	50m: 27.08 27.08		100m: 1:00.06 32.98	150m: 1:37.94	37.88	200m: 2:09.17	31.23		
15.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	2:09.25	+0,80	610		
	50m: 28.16 28.16		100m: 1:00.02 31.86	150m: 1:37.28	37.26	200m: 2:09.25	31.97		
16.	Miguel Silva Oliveira	91	10822	Nautico de Coimbra	2:09.76	+0,78	603		
	50m: 26.83 26.83		100m: 1:01.36 34.53	150m: 1:38.36	37.00	200m: 2:09.76	31.40		
17.	Jorge Miguel Carmo	90	13004	Colegio Vasco da Gama	2:09.81	+0,73	602		
	50m: 28.12 28.12		100m: 1:01.59 33.47	150m: 1:39.86	38.27	200m: 2:09.81	29.95		
18.	Diogo Miguel Silva	95	104780	Uniao Piedense	2:10.03	+0,72	599		
	50m: 28.13 28.13		100m: 1:02.07 33.94	150m: 1:39.19	37.12	200m: 2:10.03	30.84		
19.	Diogo Fontes Moreira	93	13359	Leixoes	2:10.65	+0,76	590		
	50m: 27.04 27.04		100m: 1:00.30 33.26	150m: 1:39.32	39.02	200m: 2:10.65	31.33		
20.	Mario Rui Cruz	94	101128	Amadora	2:11.23	+0,74	583		
	50m: 28.27 28.27		100m: 1:00.73 32.46	150m: 1:40.67	39.94	200m: 2:11.23	30.56		
21.	Miguel Bras Sergio	95	100925	Estoris	2:11.64	+0,76	577		
	50m: 26.85 26.85		100m: 1:01.50 34.65	150m: 1:40.29	38.79	200m: 2:11.64	31.35		
22.	Diego Felipe Santos	87	106614	Desportivo Nacional	2:11.98		573		
	50m: 28.20 28.20		100m: 1:02.33 34.13	150m: 1:40.50	38.17	200m: 2:11.98	31.48		
23.	Joao Andre Neves	95	101408	Academica de Coimbra	2:12.13	+0,81	571		
	50m: 28.22 28.22		100m: 1:03.66 35.44	150m: 1:41.11	37.45	200m: 2:12.13	31.02		
24.	Manuel Matos Sequeira	87	10631	Geslours	2:12.39	+0,72	567		
	50m: 28.57 28.57		100m: 1:03.94 35.37	150m: 1:40.09	36.15	200m: 2:12.39	32.30		
25.	Diogo Filipe Matos	92	14868	Sporting	2:12.71	+0,72	563		
	50m: 28.43 28.43		100m: 1:04.12 35.69	150m: 1:40.99	36.87	200m: 2:12.71	31.72		
26.	Tiago Barros Ferreira	94	16003	Alges	2:13.05	+0,87	559		
	50m: 29.02 29.02		100m: 1:03.28 34.26	150m: 1:41.46	38.18	200m: 2:13.05	31.59		
27.	Diogo Miguel Brito	87	11436	Benfica	2:14.41	+0,75	542		
	FTL 50m: 27.71 27.71		100m: 1:01.26 33.55	150m: 1:41.48	40.22	200m: 2:14.41	32.93		
DSQ	Tomas Correia Silva	95	23367	Fluvial Portuense					
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>								

Prova 22 Femin., 50m Costas 16 anos e mais velhos
21-12-2013 Resultados

Recordes Nacionais 25m Absoluto	28.42	Marta Vieira Marinho	FCP	Guarda	10-12-2010
Recordes Nacionais 25m Absoluto	28.42	Ines Camacho Fernandes	SCP	Porto	08-12-2012
Recordes Nacionais 25m Jun 16	28.42	Ines Camacho Fernandes	SCP	Porto	08-12-2012
Recordes Nacionais 25m Jun 17	29.74	Catia Raquel Martinheira	LDC	Silves	02-11-2012
Recordes Nacionais 25m Sen	28.42	Marta Vieira Marinho	FCP	Guarda	10-12-2010

TAC-JUN1F Jun 16 50m: 33.24 - 25m: 32.58 / TAC-JUN2F Jun 17: 32.26 / TAC-SENF Sen: 31.94

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Ines Camacho Fernandes	97	106821	Sporting	28.53	+0,58	730		
	<i>Recorde Nacional</i>								
2.	Francisca Gomes Azevedo	97	100356	Alges	29.87	+0,63	636		
3.	Joana Carina Silva	97	106219	Lousada SXXI	29.91	+0,60	634		
4.	Graca Maria Araujo	98	104456	Famalicao	30.42	+0,75	603		
5.	Jessica Sousa Brito	97	116847	Portinado	30.69	+0,70	587		
6.	Daniela Teixeira Moreira	97	106460	Amadora	31.19	+0,60	559		
7.	Francisca Santos Pereira	98	102019	Fluvial Portuense	31.22	+0,56	557		
8.	Maria Malaguerra Costa	98	106765	Columbofila Cantanhedense	31.38	+0,58	549		
9.	Juliana Lima Freixo	97	100827	Desportiva de Viana	31.41	+0,64	547		
10.	Maria Morgado Franco	98	107311	Portinado	31.44	+0,66	546		
11.	Claudia Isabel Semiao	97	117970	Sporting	31.46	+0,69	545		
12.	Beatriz Neves Craveiro	97	106762	Nautico de Coimbra	31.54	+0,65	541		
13.	Catarina Alexandra Jardim	98	104449	Famalicao	31.56	+0,68	539		
14.	Ana Filipa Costa	98	102909	Beja	31.62	+0,77	536		
15.	Catarina Maria Ferreira	98	106534	Desportiva Limiana	31.70	+0,77	532		
16.	Ana Beatriz Meireles	98	110663	Fafe	31.80	+0,67	527		
17.	Sofia Alexandra Rolao	98	108413	Naval Amorense	31.91	+0,77	522		
18.	Ines Lucas Alves	98	104738	Fluvial Portuense	32.04	+0,67	516		
19.	Francisca Sousa Maia	98	117523	Famalicao	32.77	+0,62	482		
	<i>FTL</i>								

Seniores

1.	Catia Raquel Martinheira	95	25940	Louletano/ Loule Concelho	29.37	+0,60	670		
2.	Ana Sofia Leite	93	24784	Ginasio de Vila Real	29.47	+0,68	663		
3.	Marta Vieira Marinho	91	15707	Porto	29.55	+0,60	657		
4.	Paula Cristina Yang	95	100229	Gesloures	30.86	+0,67	577		
5.	Filipa Mendes Pinheiro	92	11056	Desportiva de Viana	31.00	+0,51	569		
6.	Lisa Marisa Soares	95	25381	Amadora	31.15	+0,60	561		
7.	Patricia Miguel Mendes	96	25590	Naval Amorense	31.34	+0,65	551		
8.	Marta Filipa Vinagre	95	24660	CLAC-Entroncamento	31.59	+0,63	538		
9.	Carla Sofia Cruz	96	103821	Sporting de Espinho	31.88	+0,74	523		
10.	Ines Tomas Margarido	96	107422	Naval do Funchal	31.96	+0,57	519		
	<i>FTL</i>								
11.	Ana Filipa Gomes	96	107376	Vilacondense	32.02	+0,57	517		
	<i>FTL</i>								
12.	Claudia Susana Teixeira	96	102040	Gespacos	33.30	+0,67	459		
	<i>FTL</i>								
DSQ	Carolina Sofia Lopes	96	100753	Louletano/ Loule Concelho					
	<i>403 - Falsa partida - SW 4.4</i>								

Prova 23
21-12-2013

Masc., 50m Costas

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	24.21	Alexis Manacas Santos	FPN	Chartres (FRA)	23-11-2012
Recordes Nacionais 25m Jun 17	26.75	Adriano Miguel Niz	CFV	Felgueiras	23-11-2002
Recordes Nacionais 25m Jun 18	25.01	Alexis Manacas Santos	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	24.21	Alexis Manacas Santos	FPN	Chartres (FRA)	23-11-2012

TAC-JUN1M Jun 17 50m: 29.94 - 25m: 29.34 / TAC-JUN2M Jun 18: 28.92 / TAC-SENM Sen: 28.22

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Tiago Manuel Teixeira	96	102485	Fafe	26.39	+0,65	628		
2.	Rodrigo Antonio Rosa	96	105214	Colegio Monte Maior	26.43	+0,62	626		
3.	Alexandre Lages Ribas	97	24582	Desportiva de Viana	26.69	+0,68	607		
	<i>Recorde Nacional</i>								
4.	Gabriel Jose Lopes	97	24488	Lousanense	26.77	+0,58	602		
5.	Ruben Oliveira Lopes	97	102041	Porto	26.92	+0,65	592		
6.	Miguel Freitas Marques	96	24979	Maritimo	27.13	+0,66	578		
7.	Miguel Galeao Lopes	96	105891	Portinado	27.32	+0,58	566		
8.	Francisco Pestana Silva	97	108465	Naval do Funchal	27.48	+0,62	556		
9.	Job Santos Silva	96	24351	Feirense	27.80	+0,63	537		
10.	Miguel Nunes Goncalves	97	100355	Uniao Piedense	27.84	+0,63	535		
11.	Tomas Machado Vale	97	102229	Viana Natacao	27.86	+0,69	534		
12.	Filipe Miguel Felix	96	118473	Alges	27.87	+0,70	533		
13.	Joao Manuel Fernandes	97	101065	Naval do Funchal	27.92	+0,62	531		
14.	Luis Filipe Fonseca	97	108855	Estremoz / Estremozcarnes	28.09	+0,72	521		
15.	Paulo Gabriel Magalhaes	96	102527	Fafe	28.11	+0,64	520		
16.	Pedro Miguel Gamito	96	118496	Estoris	28.23	+0,63	513		
17.	Paulo Andre Silva	96	105198	Vilacondense	28.32	+0,65	508		
18.	Joao Pernetá Lima	96	100286	Naval do Funchal	28.34	+0,65	507		
19.	Rodrigo Carlos Albuquerque	97	107565	Braga	28.41	+0,59	504		
20.	Vitor Samuel Rocha	96	107743	Gespacos	28.90	+0,59	478		
21.	Joao Mota Correia	97	102308	Alcobaca	29.27	+0,81	460		
22.	Francisco Jose Fernandes	96	24490	Nautico de Coimbra	29.31	+0,58	459		
	<i>FTL</i>								
23.	Nuno Andre Neves	97	120682	Estamos Juntos	29.33	+0,58	458		
Seniores									
1.	Alexis Manacas Santos	92	13704	Sporting	23.93	+0,63	843		
	<i>Recorde Nacional</i>								
2.	Pedro Diogo Oliveira	88	11531	Estrelas S. Joao de Brito	24.77	+0,65	760		
3.	Diogo Gomes Sousa	95	25455	Colegio Vasco da Gama	25.95	+0,63	661		
4.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	26.16	+0,63	645		
5.	Rodrigo Pereira Lopes	95	26077	Amadora	26.55	+0,64	617		
6.	Carlos Filipe Santos	91	15694	Porto	26.59	+0,59	614		
7.	David Miguel Leiria	93	14530	Naval Amorense	26.79	+0,62	601		
8.	Daniel Aparicio Pereira	83	24394	Braga	26.86	+0,65	596		
9.	Afonso Lopes dos Santos	95	14773	Alcobaca	27.01	+0,58	586		
	<i>Gil Goncalves Pinto</i>								
	<i>88 26051 Porto 27.01 +0,65 586</i>								
11.	Andre Duarte Vaz	93	10768	Nautico de Coimbra	27.20	+0,67	574		
12.	Pedro Fontoura Oliveira	90	14688	Amadora	27.23	+0,63	572		
13.	Pedro Romanoski Carvalho	94	108664	Famalicao	27.31	+0,59	567		
14.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	27.32	+0,68	566		
15.	Andre Neves Oliveira	91	14834	Benfica	27.35	+0,67	564		

Prova 23, Masc., 50m Costas, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Joao Pedro Santos	95	105859	Estarreja	27.46	+0,67	558		
17.	Andre Filipe Mendes	92	100307	Nautico Abrantes	27.86	+0,57	534		
18.	Diogo Miguel Paulino	90	10549	Alcobaca	27.89	+0,56	532		
19.	Edgar Oliveira Ribeiro	93	13277	Braga	27.93	+0,58	530		
20.	Paulo Jorge Santos	89	25982	Porto	27.95	+0,66	529		
21.	Nuno Andre Fernandes FTL	89	16073	Benfica	28.28	+0,60	511		
22.	Soner Tunay Hadzhilar FTL	93	119404	Portalegre	28.42	+0,56	503		
23.	Pedro Lobato Rijo FTL	91	13025	Geslours	28.50	+0,68	499		
24.	Miguel Antonio Silva FTL	94	24570	Braga	28.83	+0,70	482		
25.	Mario Rui Cruz FTL	94	101128	Amadora	29.35	+0,73	457		
DSQ	Antonio Rafael Bessa 607 - Mais de uma braçada, na posição ventral, antes da viragem aos 25 m - SW 6.4	94	102089	Gespacos					

Prova 24
21-12-2013

Femin., 200m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	2:00.20	Marta Vieira Marinho	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun 16	2:02.42	Andreia Catarina Gomes	VSC	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun 17	2:02.89	Diana Margarida Duraes	FCP	Porto	09-12-2012
Recordes Nacionais 25m Sen	2:00.20	Marta Vieira Marinho	POR	Porto	04-12-2010

TAC-JUN1F Jun 16 50m: 2:15.83 - 25m: 2:13.12 / TAC-JUN2F Jun 17: 2:11.81 / TAC-SENF Sen: 2:10.51

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	2:05.63	+0,75	692		
	50m: 29.33 29.33			100m: 1:01.51 32.18	150m: 1:33.91 32.40	200m: 2:05.63 31.72			
2.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	2:06.37	+0,89	680		
	50m: 29.81 29.81			100m: 1:01.69 31.88	150m: 1:34.23 32.54	200m: 2:06.37 32.14			
3.	Rita Barros Frischknecht	98	106257	Alges	2:06.72		675		
	50m: 28.89 28.89			100m: 1:01.21 32.32	150m: 1:34.17 32.96	200m: 2:06.72 32.55			
4.	Maria Teresa Amorim	97	20104	Porto	2:07.69	+0,89	659		
	50m: 30.15 30.15			100m: 1:02.69 32.54	150m: 1:35.22 32.53	200m: 2:07.69 32.47			
5.	Barbara Marques Rodrigues	97	107039	Alges	2:09.61	+0,91	631		
	50m: 30.25 30.25			100m: 1:03.09 32.84	150m: 1:36.47 33.38	200m: 2:09.61 33.14			
6.	Ana Filipa Martins	97	104438	Foca	2:09.97	+0,80	625		
	50m: 30.19 30.19			100m: 1:03.15 32.96	150m: 1:36.90 33.75	200m: 2:09.97 33.07			
7.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	2:10.21	+0,83	622		
	50m: 30.15 30.15			100m: 1:03.06 32.91	150m: 1:36.93 33.87	200m: 2:10.21 33.28			
	Carolina Sanchez Rodrigues	97	100359	Alges	2:10.21	+0,73	622		
	50m: 29.47 29.47			100m: 1:02.81 33.34	150m: 1:36.06 33.25	200m: 2:10.21 34.15			
9.	Maria Carolina Ribeiro	98	106805	Porto	2:11.57	+0,85	603		
	50m: 30.61 30.61			100m: 1:04.22 33.61	150m: 1:37.93 33.71	200m: 2:11.57 33.64			
10.	Sofia Machado Dionisio FTL	98	111263	Sporting	2:13.80	+0,89	573		
	50m: 31.69 31.69			100m: 1:05.26 33.57	150m: 1:39.41 34.15	200m: 2:13.80 34.39			

Prova 24, Femin., 200m Livres

Seniores

1.	Diana Margarida Duraes	96	102992	Porto	1:59.98	+0,57	795
	<i>Recorde Nacional</i>						
	50m: 27.78 27.78	100m: 57.73 29.95	150m: 1:28.42 30.69	200m: 1:59.98 31.56			
2.	Mafalda Gomes Beleza	94	26890	Sporting	2:03.00		738
	50m: 28.72 28.72	100m: 59.79 31.07	150m: 1:31.20 31.41	200m: 2:03.00 31.80			
3.	Angelica Maria Andre	94	15497	Fluvial Portuense	2:04.85	+0,72	705
	50m: 29.23 29.23	100m: 1:00.59 31.36	150m: 1:33.00 32.41	200m: 2:04.85 31.85			
4.	Joana Aguiar Rodrigues	93	15401	Porto	2:05.36	+0,86	697
	50m: 28.95 28.95	100m: 1:00.49 31.54	150m: 1:32.94 32.45	200m: 2:05.36 32.42			
5.	Ines Alexandra Paiva	96	100378	Alges	2:06.02	+0,78	686
	50m: 29.90 29.90	100m: 1:01.72 31.82	150m: 1:33.83 32.11	200m: 2:06.02 32.19			
6.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	2:06.65	+0,78	676
	50m: 30.53 30.53	100m: 1:02.59 32.06	150m: 1:35.08 32.49	200m: 2:06.65 31.57			
7.	Julia Matos Lopes	94	12490	Nautico de Coimbra	2:07.22	+0,76	667
	50m: 30.32 30.32	100m: 1:02.92 32.60	150m: 1:35.49 32.57	200m: 2:07.22 31.73			
8.	Vania Soares Neves	90	12380	Leixoes	2:07.30	+0,78	666
	50m: 30.38 30.38	100m: 1:02.74 32.36	150m: 1:35.54 32.80	200m: 2:07.30 31.76			
9.	Maria Luis Amorim	95	102029	Porto	2:08.11	+0,91	653
	50m: 30.21 30.21	100m: 1:02.36 32.15	150m: 1:35.34 32.98	200m: 2:08.11 32.77			
10.	Soraia Vanessa Ribeiro	92	15857	Gespacos	2:08.14	+0,88	652
	50m: 29.54 29.54	100m: 1:01.08 31.54	150m: 1:34.02 32.94	200m: 2:08.14 34.12			
11.	Rita Silva Fernandes	96	111206	Colegio Vasco da Gama	2:08.19	+0,84	652
	50m: 30.24 30.24	100m: 1:02.43 32.19	150m: 1:35.25 32.82	200m: 2:08.19 32.94			
12.	Ana Ribeiro Ferreira	92	15634	Famalicao	2:08.24	+0,94	651
	50m: 29.54 29.54	100m: 1:01.61 32.07	150m: 1:35.02 33.41	200m: 2:08.24 33.22			
13.	Andreia Catarina Gomes	94	103701	Fluvial Portuense	2:08.76	+0,89	643
	50m: 29.84 29.84	100m: 1:02.30 32.46	150m: 1:35.45 33.15	200m: 2:08.76 33.31			
14.	Sofia Prates Silvestre	95	121320	Naval Amorense	2:08.95	+0,77	640
	50m: 29.95 29.95	100m: 1:02.38 32.43	150m: 1:35.70 33.32	200m: 2:08.95 33.25			
15.	Jessica Teixeira Vieira	91	104235	Amadora	2:09.05	+0,72	639
	50m: 29.88 29.88	100m: 1:02.34 32.46	150m: 1:35.57 33.23	200m: 2:09.05 33.48			
16.	Catarina Tiago Nunes	95	100949	Uniao Piedense	2:09.77	+0,79	628
	50m: 29.69 29.69	100m: 1:01.90 32.21	150m: 1:35.35 33.45	200m: 2:09.77 34.42			
17.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	2:09.80	+0,86	628
	50m: 30.14 30.14	100m: 1:02.93 32.79	150m: 1:36.86 33.93	200m: 2:09.80 32.94			
18.	Ana Goncalves Neto	95	101958	Porto	2:09.93	+0,99	626
	50m: 29.31 29.31	100m: 1:01.67 32.36	150m: 1:35.88 34.21	200m: 2:09.93 34.05			
19.	Joana Filipa Capela	89	12794	Benfica	2:11.41		605
	<i>FTL</i>						
	50m: 30.92 30.92	100m: 1:04.03 33.11	150m: 1:37.87 33.84	200m: 2:11.41 33.54			
20.	Marta Alexandra Saraiva	93	14641	Uniao Piedense	2:14.16	+0,72	568
	<i>FTL</i>						
	50m: 31.04 31.04	100m: 1:04.66 33.62	150m: 1:39.55 34.89	200m: 2:14.16 34.61			

Prova 25
21-12-2013

Masc., 200m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:45.69	Diogo Filipe Carvalho	CGA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 17	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Jun 18	1:47.73	Tiago Andre Venancio	FPN	Viena (AUT)	12-12-2004
Recordes Nacionais 25m Sen	1:45.69	Diogo Filipe Carvalho	CGA	S. António Cavaleiros	20-12-2009

TAC-JUN1M Jun 17 50m: 2:02.41 - 25m: 1:59.96 / TAC-JUN2M Jun 18: 1:58.23 / TAC-SENM Sen: 1:55.35

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rafael Lourenco Gil	96	105234	Naval Amorense	1:52.14	+0,74	695		
	50m: 26.93 26.93		100m: 55.28 28.35	150m: 1:24.05	28.77	200m: 1:52.14	28.09		
2.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	1:52.15	+0,66	695		
	50m: 26.86 26.86		100m: 55.63 28.77	150m: 1:24.25	28.62	200m: 1:52.15	27.90		
3.	Joao Carlos Santos	96	104253	Naval Amorense	1:52.35	+0,64	691		
	50m: 26.94 26.94		100m: 55.56 28.62	150m: 1:24.14	28.58	200m: 1:52.35	28.21		
4.	Andre Filipe Farinha	96	105086	Benfica	1:52.46	+0,74	689		
	50m: 26.44 26.44		100m: 55.26 28.82	150m: 1:24.01	28.75	200m: 1:52.46	28.45		
5.	Tiago Manuel Teixeira	96	102485	Fafe	1:52.78	+0,64	684		
	50m: 26.06 26.06		100m: 53.99 27.93	150m: 1:23.25	29.26	200m: 1:52.78	29.53		
6.	Joao Pedro Gil	97	108343	Naval Amorense	1:52.99	+0,70	680		
	50m: 26.85 26.85		100m: 55.80 28.95	150m: 1:25.08	29.28	200m: 1:52.99	27.91		
7.	Joao Pedro Belo	97	110444	Sporting	1:55.02	+0,73	644		
	50m: 26.33 26.33		100m: 55.59 29.26	150m: 1:25.46	29.87	200m: 1:55.02	29.56		
8.	Carlos Flores Clara	97	117120	Gesloures	1:55.47	+0,78	637		
	50m: 27.02 27.02		100m: 56.04 29.02	150m: 1:25.44	29.40	200m: 1:55.47	30.03		
9.	Ivo Pinto Ribeiro	97	108299	Foca	1:55.94		629		
	50m: 27.11 27.11		100m: 56.65 29.54	150m: 1:26.40	29.75	200m: 1:55.94	29.54		
10.	Fabio Alcantara Aires	97	104252	Naval Amorense	1:56.18	+0,75	625		
	50m: 26.28 26.28		100m: 55.31 29.03	150m: 1:25.73	30.42	200m: 1:56.18	30.45		
11.	David Soares Caratao	96	106822	Sporting	1:57.06	+0,68	611		
	50m: 27.08 27.08		100m: 57.04 29.96	150m: 1:26.78	29.74	200m: 1:57.06	30.28		
12.	Guilherme Pereira Dias	97	110443	Sporting	1:57.21	+0,72	609		
	50m: 27.15 27.15		100m: 57.22 30.07	150m: 1:27.21	29.99	200m: 1:57.21	30.00		
13.	Francisco Xavier Goncalves	97	26878	Nautico de Coimbra	1:57.77	+0,71	600		
	50m: 27.20 27.20		100m: 57.08 29.88	150m: 1:27.38	30.30	200m: 1:57.77	30.39		
14.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	1:57.91	+0,66	598		
	50m: 27.05 27.05		100m: 56.64 29.59	150m: 1:27.49	30.85	200m: 1:57.91	30.42		
15.	Ruben Jose Morim	97	107935	Vilacondense	1:58.09	+0,79	595		
	50m: 27.25 27.25		100m: 57.31 30.06	150m: 1:28.50	31.19	200m: 1:58.09	29.59		
16.	Luis Carlos Oliveira	97	102629	Porto	1:58.77	+0,78	585		
	50m: 27.11 27.11		100m: 57.18 30.07	150m: 1:28.04	30.86	200m: 1:58.77	30.73		
17.	Daniel Filipe Cazeiro	97	104378	Naval Amorense	1:58.79	+0,74	585		
	50m: 27.60 27.60		100m: 57.80 30.20	150m: 1:28.38	30.58	200m: 1:58.79	30.41		
18.	Joao Vieira Camara FTL	97	101035	Maritimo	1:59.97	+0,73	568		
	50m: 27.34 27.34		100m: 57.47 30.13	150m: 1:29.05	31.58	200m: 1:59.97	30.92		
19.	Miguel Maria Madeira FTL	97	123792	Salvaterra de Magos	2:00.45	+0,78	561		
	50m: 27.62 27.62		100m: 57.66 30.04	150m: 1:28.92	31.26	200m: 2:00.45	31.53		

Prova 25, Masc., 200m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
20.	Vitor Joao Pereira <i>FTL</i>	97	102545	Leixoes	2:00.47		561		
	50m: 27.15 27.15		100m: 57.86 30.71		150m: 1:29.90	32.04	200m: 2:00.47	30.57	
21.	Ricardo Eduardo Afonso <i>FTL</i>	97	105414	Braga	2:00.52	+0,74	560		
	50m: 28.03 28.03		100m: 58.58 30.55		150m: 1:30.31	31.73	200m: 2:00.52	30.21	
22.	Miguel Angelo Silvestre <i>FTL</i>	97	103538	Alcobaca	2:00.84	+0,70	556		
	50m: 27.53 27.53		100m: 58.01 30.48		150m: 1:30.02	32.01	200m: 2:00.84	30.82	

Seniores

1.	Luis Emanuel Vaz <i>Recorde Nacional</i>	91	15628	Famalicao	1:45.25	+0,75	841		
	50m: 24.33 24.33		100m: 50.51 26.18		150m: 1:17.56	27.05	200m: 1:45.25	27.69	
2.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	1:48.66	+0,67	764		
	50m: 25.10 25.10		100m: 52.18 27.08		150m: 1:20.15	27.97	200m: 1:48.66	28.51	
3.	Tomas Correia Silva	95	23367	Fluvial Portuense	1:49.33	+0,71	750		
	50m: 26.08 26.08		100m: 53.94 27.86		150m: 1:21.51	27.57	200m: 1:49.33	27.82	
4.	Ricardo Ferreira Cotovio	91	10921	Sporting	1:51.18	+0,65	713		
	50m: 25.84 25.84		100m: 53.93 28.09		150m: 1:23.09	29.16	200m: 1:51.18	28.09	
5.	Ricardo Manuel Machado	93	13278	Braga	1:51.45	+0,76	708		
	50m: 25.79 25.79		100m: 53.64 27.85		150m: 1:22.18	28.54	200m: 1:51.45	29.27	
6.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	1:52.01	+0,75	698		
	50m: 26.52 26.52		100m: 55.49 28.97		150m: 1:24.17	28.68	200m: 1:52.01	27.84	
7.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	1:52.23	+0,64	694		
	50m: 25.14 25.14		100m: 53.19 28.05		150m: 1:22.76	29.57	200m: 1:52.23	29.47	
8.	Joao Filipe Carvalho	87	23026	Porto	1:52.65	+0,77	686		
	50m: 26.34 26.34		100m: 55.32 28.98		150m: 1:24.27	28.95	200m: 1:52.65	28.38	
9.	Gustavo Almeida Madureira	94	10857	Academica de Coimbra	1:53.01	+0,69	679		
	50m: 25.89 25.89		100m: 54.81 28.92		150m: 1:24.40	29.59	200m: 1:53.01	28.61	
10.	Mario Andre Bonanca	90	12773	Sporting	1:53.03	+0,79	679		
	50m: 26.49 26.49		100m: 55.39 28.90		150m: 1:24.59	29.20	200m: 1:53.03	28.44	
11.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	1:53.53	+0,63	670		
	50m: 26.38 26.38		100m: 55.08 28.70		150m: 1:23.89	28.81	200m: 1:53.53	29.64	
12.	Bernardo Leitao Graca	93	14838	Sporting	1:54.07	+0,69	661		
	50m: 26.06 26.06		100m: 54.71 28.65		150m: 1:24.25	29.54	200m: 1:54.07	29.82	
DNS	Vasco Miguel Gaspar	90	26500	Uniao Piedense					

Prova 26 Femin., 4 x 50m Estilos 16 anos e mais velhos
21-12-2013 Resultados

Recordes Nacionais 25m Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
Recordes Nacionais 25m Jun	2:00.01	Sporting Clube de Portugal	SCP	Aboboda	14-11-2009
Recordes Nacionais 25m Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012

TAC-JUNF Jun: 2:13.28 / TAC-SENF Sen: 2:07.40

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts	
Juniores								
1.		Alges	1:58.01	+0,59	658			
		<i>Recorde Nacional</i>						
		Francisca Gomes Azevedo	97	+0,59	29.60	Barbara Sofia Barata	97	28.60
		Ana Beatriz Marques	98		33.06	Rita Barros Frischknecht	98	+0,35 26.75
2.		Sporting	2:00.11	+0,53	624			
		Ines Camacho Fernandes	97	+0,53	28.76	Sofia Alexandra Branco	98	+0,48 29.62
		Sofia Machado Dionisio	98	+0,34	34.10	Carolina Mantua Guedes	98	+0,26 27.63
3.		Famalicao	2:05.85	+0,71	543			
		Graca Maria Araujo	98	+0,71	30.95	Carla Luisa Alves	98	29.82
		Barbara Nogueira Goncalves	98	+0,31	36.22	Ana Silva Costa	98	+0,21 28.86
4.		Porto	2:07.33	+0,77	524			
		Maria Teresa Amorim	97	+0,77	32.57	Ana Carolina Moreira	98	+0,51 30.78
		Lucilia Ferreira Freitas	98	+0,60	36.21	Maria Carolina Ribeiro	98	+0,38 27.77
5.		Uniao Piedense	2:09.80	+0,65	495			
		Marina Micaela Sequeira	98	+0,65	33.12	Ines Filipa Cruz	98	+0,47 32.18
		Mariana Van Ossenbruggen	98	+0,23	36.84	Raquel Teixeira Pena	98	+0,32 27.66
DSQ		Portinado						
		<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>						
		Jessica Sousa Brito	97	+0,73	30.65	Joana Varela Joaquim	97	+0,24
		Maria Rachadell Pereira	98	+0,20		Maria Morgado Franco	98	-0,04
Seniores								
1.		Porto	1:54.37	+0,63	723			
		Marta Vieira Marinho	91	+0,63	29.82	Sara Freitas Oliveira	85	+0,29 27.37
		Ana Pinho Rodrigues	94	+0,22	31.56	Diana Margarida Duraes	96	+0,26 25.62
2.		Ginasio de Vila Real	1:58.43	+0,73	651			
		Ana Sofia Leite	93	+0,73	29.28	Ana Sofia Nobrega	90	+0,34 28.82
		Ana Carolina Guedes	93	+0,47	34.60	Joana Patricia Pinto	94	+0,35 25.73
3.		Amadora	2:01.85	+0,63	598			
		Lisa Marisa Soares	95	+0,63	30.84	Ana Rita Martins	96	+0,27 30.60
		Rute Margarida Marques	94	+0,27	33.90	Jessica Teixeira Vieira	91	+0,33 26.51
4.		Benfica	2:02.50	+0,60	589			
		Rita Fernandes Leitao	96	+0,60	31.85	Claudia Almeida Costa	95	29.87
		Ana Marisa Brito	90	+0,09	33.10	Joana Filipa Capela	89	27.68
5.		Gespacos	2:02.70	+0,71	586			
		Claudia Susana Teixeira	96	+0,71	32.77	Claudia Cristina Leao	96	+0,48 29.48
		Diana Patricia Ferreira	94	+0,35	33.04	Soraia Vanessa Ribeiro	92	+0,43 27.41
6.		Uniao Piedense	2:03.93	+0,60	568			
		Ana Marta Miranda	96	+0,60	31.15	Catarina Tiago Nunes	95	+0,40 29.15
		Joana Dias Santos	96	+0,45	35.27	Helena Paula Carvalho	95	+0,34 28.36
7.		Vilacondense	2:04.51	+0,74	561			
		Bruna Fangueiro Coentrao	93	+0,74	32.62	Ana Catarina Monteiro	93	+0,21 28.23
		Ana Filipa Gomes	96	+0,18	34.34	Cassandra Pedro Oliveira	95	+0,59 29.32

Prova 26, Femin., 4 x 50m Estilos, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.		Naval do Funchal-SEN	2:05.32	+0,56	550		
		Naval do Funchal					
		Ines Tomas Margarido	32.82		93	+0,35	29.10
	96	+0,56					
		Mariana Goncalves Gomes	36.25		77	+0,28	27.15
	96	+0,21					
9.		Gesloures-SEN	2:06.41	+0,67	536		
		Gesloures					
		Paula Cristina Yang	30.75		95	+0,39	31.83
	95	+0,67					
		Ines Raquel Estevao	35.49		95	+0,24	28.34
	95	+0,09					

Prova 27
21-12-2013

Masc., 4 x 50m Estilos

17 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	1:40.05	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun	1:46.41	Futebol Clube do Porto	FCP	Felgueiras	30-11-2013
Recordes Nacionais 25m Sen	1:40.05	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009

TAC-JUNM Jun: 2:02.50 / TAC-SENM Sen: 1:52.70

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores							
1.		Porto-JUN	1:44.80	+0,65	672		
		Porto					
		<i>Recorde Nacional</i>					
		Ruben Oliveira Lopes	26.83		96	+0,60	25.99
	97	+0,65					
		Leonardo Cardoso Figueiredo	29.01		96	+0,39	22.97
	96	+0,11					
2.		Naval Amorense-JUN	1:48.83	+0,69	600		
		Naval Amorense					
		Joao Pedro Gil	28.53		96	+0,33	26.74
	97	+0,69					
		Rafael Lourenco Gil	29.55		96	+0,37	24.01
	96	+0,49					
3.		Naval do Funchal-JUN	1:49.36	+0,63	591		
		Naval do Funchal					
		Joao Manuel Fernandes	28.08		97	+0,24	26.15
	97	+0,63					
		Francisco Gouveia Sousa	30.77		96	+0,25	24.36
	96	+0,24					
4.		Fluvial Portuense-JUN	1:50.61	+0,71	571		
		Fluvial Portuense					
		Julio Dinis Goncalves	28.82		96	+0,33	25.71
	96	+0,71					
		Ricardo Jorge Mesquita	32.02		96	+0,42	24.06
	96	+0,34					
5.		Benfica-JUN	1:50.90	+0,62	567		
		Benfica					
		Pedro Luis Antunes	29.95		96	+0,23	26.07
	96	+0,62					
		Rui Miguel Coelho	30.61		96	+0,32	24.27
	96						
6.		Nautico de Coimbra-JUN	1:51.79	+0,59	553		
		Nautico de Coimbra					
		Francisco Jose Fernandes	29.57		97	+0,40	27.31
	96	+0,59					
		Tomas Miguel Veloso	29.57		97	+0,04	25.34
	96	+0,22					
7.		Uniao Piedense-JUN	1:51.97	+0,63	551		
		Uniao Piedense					
		Miguel Nunes Goncalves	27.71		96	+0,05	27.75
	97	+0,63					
		Tiago Bernardo Marques	31.72		97	+0,28	24.79
	97	+0,21					
8.		Feirense-JUN	1:52.30	+0,60	546		
		Feirense					
		Job Santos Silva	27.52		96	+0,31	28.35
	96	+0,60					
		Andre Filipe Correia	31.31		96	+0,05	25.12
	97	+0,36					
9.		Colegio SMLamas-JUN	1:53.08	+0,72	535		
		Colegio SMLamas					
		Daniel Baptista Coimbra	30.94		96	+0,50	26.31
	96	+0,72					
		Simao Miguel Capitaó	29.45		96	+0,30	26.38
	97	+0,41					
10.		Amadora-JUN	1:53.13	+0,69	534		
		Amadora					
		Bruno Miguel Ramos	28.93		97	+0,31	27.27
	97	+0,69					
		Goncalo Alexandre Almeida	31.38		97	+0,38	25.55
	96	+0,23					
11.		Alcobaca-JUN	1:53.50	+0,76	529		
		Alcobaca					
		Joao Mota Correia	28.54		96	+0,47	27.57
	97	+0,76					
		Joao Bernardo Jorge	32.18		97	+0,39	25.21
	97	+0,48					

Prova 27, Masc., 4 x 50m Estilos, Juniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12. Louletano/ Loule Concelho-JUN		Louletano/ Loule Concelho	1:53.64	+0,73	527		
	97	Pedro Miguel Fernandes	29.89	96	+0,38	27.39	
	96	Luis Pedro Fernandes	30.65	97	+0,39	25.71	
13. Geslourses-JUN		Geslourses	1:53.65	+0,61	527		
	97	Carlos Flores Clara	28.63	96	+0,05	27.11	
	97	Miguel Rocha Costa	32.15	97	+0,44	25.76	
14. Ginasio de Vila Real-JUN		Ginasio de Vila Real	1:53.68	+0,59	526		
	96	Carlos Manuel Figueiredo	28.32	96	+0,46	28.30	
	96	Ricardo Daniel Goncalves	31.14	97	+0,25	25.92	
15. Leixoes-JUN		Leixoes	1:53.80	+0,88	524		
	97	Joao Afonso Picao	31.02	97	+0,44	27.80	
	97	Andre Goncalo Santos	29.02	96	+0,24	25.96	
16. Braga-JUN		Braga	1:54.82	+0,62	511		
	97	Rodrigo Carlos Albuquerque	28.86	96	+0,28	26.69	
	96	Pedro Veiguinha Martins	32.91	97	+0,34	26.36	
17. Ginasio Santo Tirso-JUN		Ginasio Santo Tirso	1:57.11	+0,76	481		
	97	David Andre Almeida	30.04	97	+0,34	28.94	
	96	Paulo Martins Almeida	32.66	96	+0,51	25.47	
18. Gespacos-JUN		Gespacos	1:58.98	+0,59	459		
	97	Joao Paulo Silva	31.12	96	+0,26	27.17	
	97	Jorge Filipe Matos	34.28	97	+0,44	26.41	
DSQ Sporting-JUN		Sporting					
<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>							
	97	Joao Pedro Belo	27.77	96	+0,30		
	97	Miguel Monteiro Cruchinho		97	+0,22		
DNS Foca-JUN		Foca					
Seniores							
1. Sporting-SEN		Sporting	1:41.07	+0,64	749		
	92	Alexis Manacas Santos	24.33	91	+0,41	25.06	
	92	Diogo Filipe Matos	28.68	93	+0,24	23.00	
2. Amadora-SEN		Amadora	1:42.34	+0,66	721		
	95	Rodrigo Pereira Lopes	26.03	90	+0,21	24.38	
	88	Joao Silva Gigante	28.02	90	+0,32	23.91	
3. Estrelas S. Joao de Brito-SEN		Estrelas S. Joao de Brito	1:42.93	+0,63	709		
	88	Pedro Diogo Oliveira	24.75	84	+0,03	23.84	
	94	Joao Carlos Pereira	30.97	95	+0,39	23.37	
4. Nautico de Coimbra-SEN		Nautico de Coimbra	1:44.59	+0,64	676		
	93	Andre Duarte Vaz	26.89	92	+0,25	24.53	
	91	Miguel Silva Oliveira	28.95	94	+0,33	24.22	
5. Colegio Vasco da Gama-SEN		Colegio Vasco da Gama	1:45.35	+0,71	661		
	95	Diogo Gomes Sousa	26.54	93	+0,45	25.74	
	87	Nuno Goncalo Quintanilha	28.71	90	+0,46	24.36	
6. Vilacondense-SEN		Vilacondense	1:45.82	+0,80	652		
	93	Diogo Carmo Ramos	27.72	86	+0,05	24.86	
	84	Henrique Pereira Neiva	28.93	95	+0,26	24.31	
7. Leixoes-SEN		Leixoes	1:45.86	+0,61	652		
	93	Dario Almeida Santos	28.49	93	+0,08	24.98	
	88	Bruno Daniel Monteiro	28.20	91	+0,05	24.19	
8. Benfica-SEN		Benfica	1:46.07	+0,60	648		
	88	Ivo Andre Margarido	27.47	87	+0,36	26.37	
	89	Nuno Andre Fernandes	29.24	91	+0,17	22.99	

Prova 27, Masc., 4 x 50m Estilos, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.		Gespacos-SEN	1:47.16	+0,54	628		
		Gespacos					
		Antonio Rafael Bessa	27.83	94	+0,28	25.46	
	94	+0,54	Ruben Filipe Nunes	94	+0,28	25.46	
	93	+0,35	Hugo Alberto Ribeiro	88	+0,10	25.06	
10.		Braga-SEN	1:47.62	+0,61	620		
		Braga					
		Edgar Oliveira Ribeiro	27.91	83	+0,24	25.87	
	93	+0,61	Daniel Aparicio Pereira	83	+0,24	25.87	
	84	-0,02	Ricardo Manuel Machado	93	+0,10	23.33	
11.		Desportivo Nacional-SEN	1:47.70	+0,59	619		
		Desportivo Nacional					
		Diego Felipe Santos	28.70	93		25.46	
	87	+0,59	Miguel Goncalves Ferreira	93		25.46	
	90		Tiago Ferreira Sousa	91		23.40	
12.		Academica de Coimbra-SEN	1:47.83	+0,66	617		
		Academica de Coimbra					
		Pedro Barros Mendes	28.66	95	+0,65	25.76	
	94	+0,66	Joao Andre Neves	95	+0,65	25.76	
	94	+0,35	Gustavo Almeida Madureira	94	+0,42	23.13	
13.		Uniao Piedense-SEN	1:50.15	+0,66	578		
		Uniao Piedense					
		Hugo Ricardo Gambutas	28.89	93	+0,44	27.10	
	95	+0,66	Andre Rafael Marinho	93	+0,44	27.10	
	95	+0,15	Diamantino Gato Bras	92	+0,39	24.15	
DSQ		Porto-SEN					
		Porto					
		<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>					
		Gil Goncalves Pinto	26.63	91	+0,46		
	88	+0,60	Carlos Filipe Santos	91	+0,46		
	88	-0,07	Paulo Jorge Santos	89	+0,41		
DSQ		Galitos-SEN					
		Galitos					
		<i>111 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>					
		Joao Carlos Paula	27.29	88	+0,22		
	94	+0,69	Diogo Filipe Carvalho	88	+0,22		
	92	-0,15	Henrique Jose Marquez	95	+0,11		
DNS		Gesloures-SEN					
		Gesloures					

Prova 28
22-12-2013

Femin., 800m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012
Recordes Nacionais 25m Jun 16	8:52.24	Ana Feio Alegria	SCB	Algés	26-02-1993
Recordes Nacionais 25m Jun 17	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	12-12-2002
Recordes Nacionais 25m Sen	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012

TAC-JUN1F Jun 16 50m: 9:46.49 - 25m: 9:34.76 / TAC-JUN2F Jun 17: 9:29.13 / TAC-SENF Sen: 9:23.49

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	9:00.10	+0,94	706		
	50m: 31.22 31.22			250m: 2:46.33 33.86	450m: 5:02.52 34.08	650m: 7:19.52 34.38			
	100m: 1:04.64 33.42			300m: 3:20.31 33.98	500m: 5:36.69 34.17	700m: 7:53.61 34.09			
	150m: 1:38.54 33.90			350m: 3:54.38 34.07	550m: 6:10.92 34.23	750m: 8:27.35 33.74			
	200m: 2:12.47 33.93			400m: 4:28.44 34.06	600m: 6:45.14 34.22	800m: 9:00.10 32.75			
2.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	9:04.14	+0,75	690		
	50m: 30.28 30.28			250m: 2:45.53 34.57	450m: 5:03.45 34.40	650m: 7:21.94 34.22			
	100m: 1:03.31 33.03			300m: 3:19.94 34.41	500m: 5:38.00 34.55	700m: 7:56.28 34.34			
	150m: 1:37.09 33.78			350m: 3:54.28 34.34	550m: 6:12.82 34.82	750m: 8:30.60 34.32			
	200m: 2:10.96 33.87			400m: 4:29.05 34.77	600m: 6:47.72 34.90	800m: 9:04.14 33.54			
3.	Maria Teresa Amorim	97	20104	Porto	9:06.85	+0,91	680		
	50m: 30.75 30.75			250m: 2:45.73 34.32	450m: 5:04.38 34.85	650m: 7:23.41 34.34			
	100m: 1:03.30 32.55			300m: 3:20.26 34.53	500m: 5:39.26 34.88	700m: 7:58.30 34.89			
	150m: 1:37.22 33.92			350m: 3:54.69 34.43	550m: 6:14.08 34.82	750m: 8:33.11 34.81			
	200m: 2:11.41 34.19			400m: 4:29.53 34.84	600m: 6:49.07 34.99	800m: 9:06.85 33.74			

Prova 28, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Carolina Mantua Guedes	98	110539	Sporting	9:09.81	+0,85	669		
	50m: 31.58 31.58			250m: 2:49.93 34.84	450m: 5:08.75 34.35	650m: 7:27.78 34.10			
	100m: 1:05.84 34.26			300m: 3:24.70 34.77	500m: 5:43.59 34.84	700m: 8:03.00 35.22			
	150m: 1:40.43 34.59			350m: 3:59.59 34.89	550m: 6:18.40 34.81	750m: 8:37.44 34.44			
	200m: 2:15.09 34.66			400m: 4:34.40 34.81	600m: 6:53.68 35.28	800m: 9:09.81 32.37			
5.	Barbara Marques Rodrigues	97	107039	Alges	9:13.75	+0,87	655		
	50m: 31.22 31.22			250m: 2:49.05 34.79	450m: 5:08.27 34.97	650m: 7:28.49 35.24			
	100m: 1:05.24 34.02			300m: 3:23.57 34.52	500m: 5:43.41 35.14	700m: 8:03.67 35.18			
	150m: 1:39.57 34.33			350m: 3:58.56 34.99	550m: 6:18.28 34.87	750m: 8:38.92 35.25			
	200m: 2:14.26 34.69			400m: 4:33.30 34.74	600m: 6:53.25 34.97	800m: 9:13.75 34.83			
6.	Maria Joao Fernandes	97	102092	Vilacondense	9:20.16	+0,77	633		
	50m: 31.97 31.97			250m: 2:52.90 35.31	450m: 5:15.07 35.52	650m: 7:36.27 35.34			
	100m: 1:06.64 34.67			300m: 3:28.39 35.49	500m: 5:50.37 35.30	700m: 8:11.60 35.33			
	150m: 1:42.05 35.41			350m: 4:03.97 35.58	550m: 6:25.50 35.13	750m: 8:46.59 34.99			
	200m: 2:17.59 35.54			400m: 4:39.55 35.58	600m: 7:00.93 35.43	800m: 9:20.16 33.57			
7.	Ana Silva Costa	98	104446	Famalicao	9:30.55	+0,80	599		
	50m: 31.87 31.87			250m: 2:53.55 35.81	450m: 5:17.50 36.00	650m: 7:42.22 36.19			
	100m: 1:06.38 34.51			300m: 3:29.40 35.85	500m: 5:53.75 36.25	700m: 8:18.80 36.58			
	150m: 1:41.94 35.56			350m: 4:05.52 36.12	550m: 6:29.86 36.11	750m: 8:54.85 36.05			
	200m: 2:17.74 35.80			400m: 4:41.50 35.98	600m: 7:06.03 36.17	800m: 9:30.55 35.70			
8.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	9:32.22	+0,84	594		
	50m: 31.69 31.69			250m: 2:52.58 35.54	450m: 5:15.82 35.89	650m: 7:42.81 36.96			
	100m: 1:06.44 34.75			300m: 3:28.27 35.69	500m: 5:52.30 36.48	700m: 8:19.75 36.94			
	150m: 1:41.67 35.23			350m: 4:03.81 35.54	550m: 6:28.99 36.69	750m: 8:56.64 36.89			
	200m: 2:17.04 35.37			400m: 4:39.93 36.12	600m: 7:05.85 36.86	800m: 9:32.22 35.58			
9.	Catarina Alexandra Jardim	98	104449	Famalicao	9:52.01	+0,76	536		
	<i>FTL</i>								
	50m: 32.53 32.53			250m: 2:57.67 37.03	450m: 5:27.39 37.77	650m: 7:59.62 38.30			
	100m: 1:07.96 35.43			300m: 3:35.09 37.42	500m: 6:04.88 37.49	700m: 8:37.58 37.96			
	150m: 1:44.13 36.17			350m: 4:12.01 36.92	550m: 6:43.22 38.34	750m: 9:15.34 37.76			
	200m: 2:20.64 36.51			400m: 4:49.62 37.61	600m: 7:21.32 38.10	800m: 9:52.01 36.67			
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					

Seniores

1.	Angelica Maria Andre	94	15497	Fluvial Portuense	8:45.02	+0,78	769		
	50m: 30.48 30.48			250m: 2:42.69 33.56	450m: 4:55.40 32.77	650m: 7:07.83 33.40			
	100m: 1:02.75 32.27			300m: 3:16.34 33.65	500m: 5:28.40 33.00	700m: 7:41.02 33.19			
	150m: 1:35.81 33.06			350m: 3:49.71 33.37	550m: 6:01.58 33.18	750m: 8:14.33 33.31			
	200m: 2:09.13 33.32			400m: 4:22.63 32.92	600m: 6:34.43 32.85	800m: 8:45.02 30.69			
2.	Florabela Cavaco Machado	96	103916	Columbifila Cantanhedense	8:51.95	+0,82	739		
	50m: 31.51 31.51			250m: 2:43.71 33.51	450m: 4:57.93 33.48	650m: 7:13.03 33.76			
	100m: 1:04.10 32.59			300m: 3:17.24 33.53	500m: 5:31.43 33.50	700m: 7:47.01 33.98			
	150m: 1:37.22 33.12			350m: 3:50.76 33.52	550m: 6:05.23 33.80	750m: 8:20.45 33.44			
	200m: 2:10.20 32.98			400m: 4:24.45 33.69	600m: 6:39.27 34.04	800m: 8:51.95 31.50			
3.	Vania Soares Neves	90	12380	Leixoes	8:56.89	+0,79	719		
	50m: 31.33 31.33			250m: 2:46.20 33.92	450m: 5:01.91 33.71	650m: 7:16.65 33.48			
	100m: 1:04.74 33.41			300m: 3:20.01 33.81	500m: 5:35.89 33.98	700m: 7:50.44 33.79			
	150m: 1:38.49 33.75			350m: 3:54.14 34.13	550m: 6:09.52 33.63	750m: 8:23.99 33.55			
	200m: 2:12.28 33.79			400m: 4:28.20 34.06	600m: 6:43.17 33.65	800m: 8:56.89 32.90			
4.	Ines Alexandra Paiva	96	100378	Alges	9:04.47	+0,79	689		
	50m: 31.35 31.35			250m: 2:46.30 33.94	450m: 5:02.74 34.31	650m: 7:20.00 34.50			
	100m: 1:04.63 33.28			300m: 3:20.31 34.01	500m: 5:36.92 34.18	700m: 7:54.67 34.67			
	150m: 1:38.39 33.76			350m: 3:54.40 34.09	550m: 6:11.12 34.20	750m: 8:30.08 35.41			
	200m: 2:12.36 33.97			400m: 4:28.43 34.03	600m: 6:45.50 34.38	800m: 9:04.47 34.39			

Prova 28, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
5.	Ana Goncalves Neto	95	101958	Porto	9:06.49	+1,06	682		
	50m: 31.68 31.68			250m: 2:49.95 34.71	450m: 5:08.22 33.68	650m: 7:23.56 34.15			
	100m: 1:05.70 34.02			300m: 3:24.72 34.77	500m: 5:41.57 33.35	700m: 7:58.04 34.48			
	150m: 1:40.30 34.60			350m: 3:59.70 34.98	550m: 6:15.39 33.82	750m: 8:33.00 34.96			
	200m: 2:15.24 34.94			400m: 4:34.54 34.84	600m: 6:49.41 34.02	800m: 9:06.49 33.49			
6.	Julia Matos Lopes	94	12490	Nautico de Coimbra	9:09.10	+0,79	672		
	50m: 31.95 31.95			250m: 2:50.15 34.64	450m: 5:09.32 34.78	650m: 7:27.38 34.26			
	100m: 1:06.14 34.19			300m: 3:24.91 34.76	500m: 5:43.83 34.51	700m: 8:02.02 34.64			
	150m: 1:40.74 34.60			350m: 3:59.66 34.75	550m: 6:18.74 34.91	750m: 8:36.14 34.12			
	200m: 2:15.51 34.77			400m: 4:34.54 34.88	600m: 6:53.12 34.38	800m: 9:09.10 32.96			
7.	Helena Paula Carvalho	95	107307	Uniao Piedense	9:10.99	+0,78	665		
	50m: 31.10 31.10			250m: 2:50.22 35.37	450m: 5:09.58 34.49	650m: 7:28.09 34.57			
	100m: 1:05.16 34.06			300m: 3:25.29 35.07	500m: 5:43.95 34.37	700m: 8:02.79 34.70			
	150m: 1:39.82 34.66			350m: 4:00.39 35.10	550m: 6:18.71 34.76	750m: 8:37.89 35.10			
	200m: 2:14.85 35.03			400m: 4:35.09 34.70	600m: 6:53.52 34.81	800m: 9:10.99 33.10			
8.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	9:12.27	+0,87	660		
	50m: 31.42 31.42			250m: 2:47.41 34.08	450m: 5:06.19 35.15	650m: 7:27.15 35.65			
	100m: 1:04.98 33.56			300m: 3:21.90 34.49	500m: 5:41.19 35.00	700m: 8:02.58 35.43			
	150m: 1:39.07 34.09			350m: 3:56.29 34.39	550m: 6:16.46 35.27	750m: 8:37.59 35.01			
	200m: 2:13.33 34.26			400m: 4:31.04 34.75	600m: 6:51.50 35.04	800m: 9:12.27 34.68			
9.	Maria Luis Amorim	95	102029	Porto	9:20.28	+0,97	632		
	50m: 30.48 30.48			250m: 2:48.19 35.13	450m: 5:09.21 34.97	650m: 7:33.03 36.45			
	100m: 1:03.79 33.31			300m: 3:23.53 35.34	500m: 5:44.60 35.39	700m: 8:09.16 36.13			
	150m: 1:38.04 34.25			350m: 3:58.48 34.95	550m: 6:20.54 35.94	750m: 8:45.14 35.98			
	200m: 2:13.06 35.02			400m: 4:34.24 35.76	600m: 6:56.58 36.04	800m: 9:20.28 35.14			
10.	Carolina Madeira Santos	96	104254	Naval Amorense	9:21.15	+0,93	630		
	50m: 31.85 31.85			250m: 2:52.57 35.43	450m: 5:15.13 35.96	650m: 7:36.85 35.19			
	100m: 1:06.63 34.78			300m: 3:27.89 35.32	500m: 5:50.66 35.53	700m: 8:12.11 35.26			
	150m: 1:41.73 35.10			350m: 4:03.13 35.24	550m: 6:26.11 35.45	750m: 8:47.23 35.12			
	200m: 2:17.14 35.41			400m: 4:39.17 36.04	600m: 7:01.66 35.55	800m: 9:21.15 33.92			
11.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	9:38.38	+0,83	575		
	50m: 32.14 32.14			250m: 2:55.29 36.10	450m: 5:20.75 36.45	650m: 7:48.37 36.95			
	100m: 1:06.80 34.66			300m: 3:31.43 36.14	500m: 5:57.56 36.81	700m: 8:25.58 37.21			
	150m: 1:42.84 36.04			350m: 4:07.81 36.38	550m: 6:34.33 36.77	750m: 9:02.39 36.81			
	200m: 2:19.19 36.35			400m: 4:44.30 36.49	600m: 7:11.42 37.09	800m: 9:38.38 35.99			

Prova 29
22-12-2013

Masc., 200m Bruços

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012
Recordes Nacionais 25m Jun 17	2:16.77	Jose Guilherme Couto	SCP	Algés	18-03-1995
Recordes Nacionais 25m Jun 18	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012

TAC-JUN1M Jun 17 50m: 2:35.37 - 25m: 2:30.71 / TAC-JUN2M Jun 18: 2:28.53 / TAC-SENM Sen: 2:24.91

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Andre Goncalo Santos	97	104706	Leixoes	2:18.29	+0,78	664		
	50m: 30.68 30.68			100m: 1:05.87 35.19	150m: 1:42.09 36.22	200m: 2:18.29 36.20			
2.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	2:18.40	+0,66	662		
	50m: 31.26 31.26			100m: 1:06.57 35.31	150m: 1:42.06 35.49	200m: 2:18.40 36.34			
3.	Miguel Monteiro Cruchinho	97	110442	Sporting	2:20.06	+0,70	639		
	50m: 31.71 31.71			100m: 1:08.45 36.74	150m: 1:44.50 36.05	200m: 2:20.06 35.56			

Prova 29, Masc., 200m Bruços, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Filipe Carmo Ramos	97	105197	Vilacondense	2:22.84	+0,77	602		
	50m: 32.26 32.26			100m: 1:09.00 36.74	150m: 1:45.55	36.55	200m: 2:22.84	37.29	
5.	Simao Miguel Capitaio	97	109596	Colegio SMLamas	2:24.96	+0,80	576		
	50m: 32.23 32.23			100m: 1:09.27 37.04	150m: 1:47.32	38.05	200m: 2:24.96	37.64	
6.	Tiago Martim Alves	97	100789	Desportiva de Viana	2:25.09	+0,94	575		
	50m: 33.03 33.03			100m: 1:09.75 36.72	150m: 1:46.99	37.24	200m: 2:25.09	38.10	
7.	Nuno Oliveira Noritake	96	104271	Estoris	2:25.74	+0,73	567		
	50m: 32.71 32.71			100m: 1:09.84 37.13	150m: 1:47.90	38.06	200m: 2:25.74	37.84	
8.	Leonardo Cardoso Figueiredo	96	105612	Porto	2:26.06	+0,68	563		
	50m: 32.71 32.71			100m: 1:10.34 37.63	150m: 1:48.75	38.41	200m: 2:26.06	37.31	
9.	Jose Miguel Santos	97	109351	Nautico de Coimbra	2:29.17	+0,62	529		
	50m: 33.73 33.73			100m: 1:11.67 37.94	150m: 1:49.99	38.32	200m: 2:29.17	39.18	
10.	Joao Filipe Costa	96	25569	Alges	2:29.32	+0,67	527		
	FTL								
	50m: 33.20 33.20			100m: 1:11.60 38.40	150m: 1:50.22	38.62	200m: 2:29.32	39.10	
11.	Joao Bernardo Jorge	97	109162	Alcobaca	2:33.56	+0,72	485		
	FTL								
	50m: 34.47 34.47			100m: 1:13.34 38.87	150m: 1:53.19	39.85	200m: 2:33.56	40.37	
DSQ	Rui Miguel Coelho	96	111850	Benfica					
	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 100 m - SW 7.1</i>								

Seniores

1.	Carlos Esteves Almeida	88	11085	Porto	2:09.58	+0,76	807		
	50m: 29.17 29.17			100m: 1:01.83 32.66	150m: 1:35.11	33.28	200m: 2:09.58	34.47	
2.	Diogo Filipe Carvalho	88	12277	Galitos	2:10.59	+0,73	788		
	50m: 29.93 29.93			100m: 1:03.22 33.29	150m: 1:36.58	33.36	200m: 2:10.59	34.01	
3.	Nuno Rafael Alves	90	25140	Gespacos	2:14.47	+0,77	722		
	50m: 31.30 31.30			100m: 1:05.35 34.05	150m: 1:39.87	34.52	200m: 2:14.47	34.60	
4.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	2:15.45	+0,73	707		
	50m: 30.33 30.33			100m: 1:04.42 34.09	150m: 1:39.55	35.13	200m: 2:15.45	35.90	
5.	Sergio Baptista Silva	91	15703	Porto	2:19.69	+0,79	644		
	50m: 32.47 32.47			100m: 1:08.38 35.91	150m: 1:44.34	35.96	200m: 2:19.69	35.35	
6.	Joao Claudio Sousa	93	23458	Gespacos	2:20.05	+0,80	639		
	50m: 31.18 31.18			100m: 1:06.19 35.01	150m: 1:42.37	36.18	200m: 2:20.05	37.68	
7.	Miguel Silva Oliveira	91	10822	Nautico de Coimbra	2:20.18	+0,76	637		
	50m: 31.62 31.62			100m: 1:07.42 35.80	150m: 1:43.84	36.42	200m: 2:20.18	36.34	
8.	Henrique Pereira Neiva	84	23019	Vilacondense	2:20.22	+0,81	637		
	50m: 31.92 31.92			100m: 1:08.14 36.22	150m: 1:44.18	36.04	200m: 2:20.22	36.04	
9.	Pedro Miguel Silva	94	100227	Colegio Monte Maior	2:20.50	+0,73	633		
	50m: 31.46 31.46			100m: 1:07.20 35.74	150m: 1:43.48	36.28	200m: 2:20.50	37.02	
10.	Diogo Miguel Silva	95	104780	Uniao Piedense	2:20.88	+0,72	628		
	50m: 31.39 31.39			100m: 1:06.74 35.35	150m: 1:43.33	36.59	200m: 2:20.88	37.55	
11.	Diogo Filipe Matos	92	14868	Sporting	2:21.30	+0,74	622		
	50m: 31.57 31.57			100m: 1:07.45 35.88	150m: 1:43.88	36.43	200m: 2:21.30	37.42	
12.	Manuel Matos Sequeira	87	10631	Gesloures	2:23.49	+0,77	594		
	50m: 32.55 32.55			100m: 1:08.94 36.39	150m: 1:45.71	36.77	200m: 2:23.49	37.78	
13.	Marcelo Goncalo Pereira	90	22440	Foca	2:24.03	+0,80	588		
	50m: 32.20 32.20			100m: 1:08.78 36.58	150m: 1:45.79	37.01	200m: 2:24.03	38.24	

Prova 29, Masc., 200m Bruços, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Ricardo Amorim Rego	84	15954	Braga	2:24.87	+0,87	577		
	50m: 32.66 32.66			100m: 1:09.50 36.84	150m: 1:47.05	37.55	200m: 2:24.87	37.82	
15.	Pedro Barros Mendes	94	11195	Academica de Coimbra	2:25.37	+0,76	571		
	FTL			50m: 33.23 33.23	100m: 1:10.51 37.28	150m: 1:48.20	37.69	200m: 2:25.37	37.17
16.	Joao Andre Neves	95	101408	Academica de Coimbra	2:25.45	+0,82	571		
	FTL			50m: 33.29 33.29	100m: 1:09.68 36.39	150m: 1:47.02	37.34	200m: 2:25.45	38.43
17.	Diego Felipe Santos	87	106614	Desportivo Nacional	2:26.13	+0,73	563		
	FTL			50m: 32.42 32.42	100m: 1:09.03 36.61	150m: 1:46.90	37.87	200m: 2:26.13	39.23

Prova 30
22-12-2013

Femin., 200m Bruços

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 16	2:29.56	Ana Rita Santos	FPN	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Jun 16	2:29.56	Diana Duarte Gomes		Cantanhede	19-12-2004
Recordes Nacionais 25m Jun 17	2:26.77	Victoria Kaminskaya	FPN	Uster (SUI)	29-01-2012
Recordes Nacionais 25m Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

TAC-JUN1F Jun 16 50m: 2:55.89 - 25m: 2:50.61 / TAC-JUN2F Jun 17: 2:45.69 / TAC-SENF Sen: 2:44.05

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Barbara Sofia Barata	97	105454	Alges	2:36.83	+0,82	631		
	50m: 35.97 35.97			100m: 1:15.63 39.66	150m: 1:56.26	40.63	200m: 2:36.83	40.57	
2.	Rita Catarina Miranda	97	107566	Braga	2:39.74	+0,83	597		
	50m: 35.77 35.77			100m: 1:15.93 40.16	150m: 1:57.41	41.48	200m: 2:39.74	42.33	
3.	Ana Beatriz Marques	98	110159	Alges	2:40.14	+0,74	593		
	50m: 35.75 35.75			100m: 1:16.29 40.54	150m: 1:58.21	41.92	200m: 2:40.14	41.93	
4.	Maria Madalena Silva	98	116614	Nautico Abrantes	2:42.35	+0,80	569		
	50m: 36.26 36.26			100m: 1:16.99 40.73	150m: 1:59.09	42.10	200m: 2:42.35	43.26	
5.	Beatriz Pereira Vasconcelos	98	107934	Vilacondense	2:45.40	+0,78	538		
	50m: 37.80 37.80			100m: 1:19.77 41.97	150m: 2:02.53	42.76	200m: 2:45.40	42.87	
6.	Mafalda Alexandra Henriques	98	105308	Nacional de Natacao	2:46.62	+0,92	526		
	50m: 37.05 37.05			100m: 1:19.26 42.21	150m: 2:02.63	43.37	200m: 2:46.62	43.99	
7.	Mariana Domingues Paz	98	108077	Miranda do Corvo	2:47.93	+0,84	514		
	50m: 38.27 38.27			100m: 1:21.14 42.87	150m: 2:04.87	43.73	200m: 2:47.93	43.06	
8.	Joana Costa Caires	98	108452	Naval do Funchal	2:48.23	+0,75	511		
	50m: 38.04 38.04			100m: 1:21.05 43.01	150m: 2:04.68	43.63	200m: 2:48.23	43.55	
9.	Rita Maria Cardoso	98	105877	Leixoes	2:49.95	+0,99	496		
	50m: 38.47 38.47			100m: 1:21.15 42.68	150m: 2:04.81	43.66	200m: 2:49.95	45.14	
10.	Carolina Lourenco Matos	98	109647	Benedita	2:50.51	+0,74	491		
	50m: 38.24 38.24			100m: 1:22.56 44.32	150m: 2:06.53	43.97	200m: 2:50.51	43.98	
11.	Rita Ferreira Couto	98	101726	Bombeiros Ponta Delgada	2:51.16	+0,84	486		
	FTL			50m: 39.04 39.04	100m: 1:22.29 43.25	150m: 2:06.88	44.59	200m: 2:51.16	44.28

Prova 30, Femin., 200m Bruços, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Ana Rita Graca <i>FTL</i>	98	111321	Vilacondense	2:51.28	+0,88	484		
	50m: 38.95 38.95			100m: 1:22.43 43.48	150m: 2:06.84 44.41	200m: 2:51.28 44.44			
13.	Barbara Nogueira Goncalves <i>FTL</i>	98	104448	Famalicao	2:51.42	+0,68	483		
	50m: 38.02 38.02			100m: 1:21.44 43.42	150m: 2:06.25 44.81	200m: 2:51.42 45.17			
14.	Catarina Costa Sequeira <i>FTL</i>	98	119735	Armacenenses	2:52.53	+0,96	474		
	50m: 37.14 37.14			100m: 1:19.94 42.80	150m: 2:05.73 45.79	200m: 2:52.53 46.80			
15.	Ines Evangelista Bastos <i>FTL</i>	98	110627	Fafe	2:56.54	+0,78	442		
	50m: 38.51 38.51			100m: 1:22.55 44.04	150m: 2:09.69 47.14	200m: 2:56.54 46.85			

Seniores

1.	Ana Teresa Franco	91	11349	Sporting	2:29.56	+0,87	728		
	50m: 34.50 34.50			100m: 1:11.83 37.33	150m: 1:49.65 37.82	200m: 2:29.56 39.91			
2.	Paula Alexandra Oliveira	96	102084	Porto	2:33.75	+0,81	670		
	50m: 34.66 34.66			100m: 1:13.38 38.72	150m: 1:53.23 39.85	200m: 2:33.75 40.52			
3.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	2:35.20	+0,67	651		
	50m: 35.60 35.60			100m: 1:15.64 40.04	150m: 1:55.55 39.91	200m: 2:35.20 39.65			
4.	Marta Pereira Abreu	92	23091	Porto	2:37.92	+0,85	618		
	50m: 35.00 35.00			100m: 1:14.87 39.87	150m: 1:55.97 41.10	200m: 2:37.92 41.95			
5.	Joana Marques Maia	91	25067	Natacao da Maia	2:40.55	+0,83	588		
	50m: 36.70 36.70			100m: 1:17.77 41.07	150m: 1:59.05 41.28	200m: 2:40.55 41.50			
6.	Diana Patricia Ferreira	94	23500	Gespacos	2:41.86	+0,89	574		
	50m: 36.76 36.76			100m: 1:17.61 40.85	150m: 1:59.42 41.81	200m: 2:41.86 42.44			
7.	Joana Dias Santos	96	100397	Uniao Piedense	2:42.25	+0,82	570		
	50m: 36.11 36.11			100m: 1:16.77 40.66	150m: 1:58.93 42.16	200m: 2:42.25 43.32			
8.	Rita Fernandes Leitao <i>FTL</i>	96	25571	Benfica	2:44.81	+0,73	544		
	50m: 37.05 37.05			100m: 1:19.04 41.99	150m: 2:01.27 42.23	200m: 2:44.81 43.54			
EXH	Janet Gonzalez Camacho	92	130305	Leixoes	2:42.24	+0,80	570		
	50m: 37.55 37.55			100m: 1:18.71 41.16	150m: 2:00.03 41.32	200m: 2:42.24 42.21			

Prova 31
22-12-2013

Masc., 50m Mariposa

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	23.50	Tiago Andre Venancio	FPN	Szczecin (POL)	11-12-2011
Recordes Nacionais 25m Jun 17	25.32	Tiago Andre Venancio	CNS	Estoril	15-02-2004
Recordes Nacionais 25m Jun 18	24.83	Miguel Silva Oliveira	CNAC	Coimbra	09-05-2009
Recordes Nacionais 25m Sen	23.50	Tiago Andre Venancio	FPN	Szczecin (POL)	11-12-2011

TAC-JUN1M Jun 17 50m: 27.69 - 25m: 26.86 / TAC-JUN2M Jun 18: 26.22 / TAC-SENM Sen: 25.58

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Joao Miguel Ascensao	97	107710	Porto	25.68	+0,73	611		
2.	Miguel Freitas Marques	96	24979	Maritimo	25.76	+0,69	606		
3.	Alexandre Lages Ribas	97	24582	Desportiva de Viana	25.86	+0,74	599		
4.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	26.01	+0,67	588		
5.	Nuno Miguel Martins	96	105905	Individual de Lisboa	26.32	+0,69	568		
	<i>FTL</i>								
6.	Joao Pedro Santos	96	101954	Fluivial Portuense	26.41	+0,72	562		
	<i>FTL</i>								
7.	Guilherme Miguel Teixeira	97	105091	Benfica	26.48	+0,82	557		
8.	Rodrigo Carlos Albuquerque	97	107565	Braga	26.58	+0,68	551		

Seniores

1.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	24.61	+0,67	695		
2.	Joao Silva Gigante	88	14783	Amadora	24.76	+0,64	682		
3.	Duarte Rafael Mourao	84	13018	Estrelas S. Joao de Brito	24.96	+0,72	666		
4.	Carlos Filipe Santos	91	15694	Porto	25.08	+0,81	656		
5.	Diogo Gomes Sousa	95	25455	Colegio Vasco da Gama	25.29	+0,69	640		
6.	Fabio Manuel Pereira	86	23049	Vilacondense	25.44	+0,78	629		
7.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	25.48	+0,66	626		
	Diogo Fontes Moreira	93	13359	Leixoes	25.48	+0,72	626		
9.	Ricardo Pereira Lopes	90	14831	Amadora	25.50	+0,66	624		
10.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	25.52	+0,70	623		
11.	Fabio Andre Figueira	88	11084	Porto	25.58	+0,70	618		
12.	Paulo Jorge Santos	89	25982	Porto	25.64	+0,71	614		
	<i>FTL</i>								
13.	Gustavo Almeida Madureira	94	10857	Academica de Coimbra	25.81	+0,71	602		
	<i>FTL</i>								
14.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	25.86	+0,64	599		
	<i>FTL</i>								
15.	Andre Filipe Mendes	92	100307	Nautico Abrantes	26.21	+0,68	575		
	<i>FTL</i>								

Prova 32
22-12-2013

Femin., 50m Mariposa

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	16-12-2010
Recordes Nacionais 25m Jun 16	27.57	Filipa Vilas Tiago	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Jun 17	27.32	Sara Francisco Cruz	ADBA	Leiria	06-12-2009
Recordes Nacionais 25m Sen	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	16-12-2010

TAC-JUN1F Jun 16 50m: 32.01 - 25m: 31.05 / TAC-JUN2F Jun 17: 30.16 / TAC-SENF Sen: 29.86

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Ines Camacho Fernandes	97	106821	Sporting	27.62	+0,67	687		
2.	Graca Maria Araujo	98	104456	Famalicao	29.58	+0,84	559		
3.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	29.59	+0,68	559		
4.	Bruna Martins Riesenberger	97	105541	Laranjeiro	29.63	+0,68	557		
5.	Sofia Alexandra Branco	98	116596	Sporting	29.90	+0,83	542		
6.	Joana Carina Silva	97	106219	Lousada SXXI	30.14	+0,85	529		
7.	Beatriz Neves Craveiro	97	106762	Nautico de Coimbra	30.19	+0,79	526		
	<i>FTL</i>								
8.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	30.33	+0,71	519		
9.	Daniela Teixeira Moreira	97	106460	Amadora	30.47	+0,76	512		
	<i>FTL</i>								
10.	Filipa Andreia Costa	98	109094	Colegio Monte Maior	30.70	+0,80	500		
11.	Carla Luisa Alves	98	117522	Famalicao	30.73	+0,80	499		
12.	Barbara Rodrigues Pereira	98	117770	Natacao do Montijo	30.79	+0,78	496		
13.	Mariana Portugal Costa	98	106871	Nautico de Coimbra	31.21	+0,90	476		
	<i>FTL</i>								

Seniores

1.	Sara Freitas Oliveira	85	23045	Porto	27.65	+0,70	685		
2.	Ana Pinho Rodrigues	94	13372	Porto	28.40	+0,67	632		
3.	Ana Catarina Monteiro	93	24320	Vilacondense	28.78	+0,75	607		
4.	Susana Clara Gomes	77	119272	Naval do Funchal	28.91	+0,71	599		
5.	Catarina Tiago Nunes	95	100949	Uniao Piedense	29.11	+0,77	587		
6.	Jessica Teixeira Vieira	91	104235	Amadora	29.26	+0,81	578		
7.	Carlota Freitas Olim	93	10949	Naval do Funchal	29.33	+0,74	574		
8.	Raquel Maurile Taveira	95	105392	Alges	29.52	+0,68	563		
9.	Ana Sofia Nobrega	90	24785	Ginasio de Vila Real	29.64	+0,74	556		
10.	Ines Fernandes Garcia	94	126615	Avancado EUL	29.91	+0,73	541		
	<i>FTL</i>								
11.	Ana Margarida Rodrigues	96	103868	Galitos	30.08	+0,73	532		
	<i>FTL</i>								
12.	Claudia Cristina Leao	96	102069	Gespacos	30.48	+0,88	511		
	<i>FTL</i>								
13.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	30.50	+0,80	510		
	<i>FTL</i>								

Prova 33
22-12-2013

Masc., 400m Estilos

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun 17	4:22.18	Adriano Miguel Niz	CFV	Alges	16-05-2003
Recordes Nacionais 25m Jun 18	4:20.95	Adriano Miguel Niz	FPN	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009

TAC-JUN1M Jun 17 50m: 4:58.59 - 25m: 4:52.61 / TAC-JUN2M Jun 18: 4:48.39 / TAC-SENM Sen: 4:41.36

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rodrigo Silverio Carmo	96	100588	Colegio Vasco da Gama	4:28.23	+0,68	676		
	50m: 29.01 29.01			150m: 1:37.01 35.08	250m: 2:48.57 36.72	350m: 3:57.46 31.01			
	100m: 1:01.93 32.92			200m: 2:11.85 34.84	300m: 3:26.45 37.88	400m: 4:28.23 30.77			
2.	Joao Pedro Gil	97	108343	Naval Amorense	4:31.77	+0,72	650		
	50m: 29.49 29.49			150m: 1:38.75 35.70	250m: 2:52.51 38.51	350m: 4:02.92 31.19			
	100m: 1:03.05 33.56			200m: 2:14.00 35.25	300m: 3:31.73 39.22	400m: 4:31.77 28.85			
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	4:34.29	+0,65	632		
	50m: 28.54 28.54			150m: 1:37.33 35.50	250m: 2:52.70 39.97	350m: 4:04.26 30.85			
	100m: 1:01.83 33.29			200m: 2:12.73 35.40	300m: 3:33.41 40.71	400m: 4:34.29 30.03			
4.	Paulo Andre Silva	96	105198	Vilacondense	4:35.86	+0,66	622		
	50m: 28.77 28.77			150m: 1:37.83 35.65	250m: 2:53.15 40.28	350m: 4:05.24 32.22			
	100m: 1:02.18 33.41			200m: 2:12.87 35.04	300m: 3:33.02 39.87	400m: 4:35.86 30.62			
5.	Eduardo Salgado Ramos	97	106796	Porto	4:37.11	+0,74	613		
	50m: 28.57 28.57			150m: 1:37.98 35.33	250m: 2:52.38 39.54	350m: 4:05.38 33.25			
	100m: 1:02.65 34.08			200m: 2:12.84 34.86	300m: 3:32.13 39.75	400m: 4:37.11 31.73			
6.	Bruno Miguel Ramos	97	109110	Amadora	4:39.16	+0,71	600		
	50m: 29.41 29.41			150m: 1:38.23 34.63	250m: 2:53.41 40.44	350m: 4:07.00 33.17			
	100m: 1:03.60 34.19			200m: 2:12.97 34.74	300m: 3:33.83 40.42	400m: 4:39.16 32.16			
7.	Tomas Risco Fernandes	96	111208	Colegio Vasco da Gama	4:40.18	+0,76	593		
	50m: 29.82 29.82			150m: 1:40.24 36.37	250m: 2:56.08 40.64	350m: 4:09.31 32.64			
	100m: 1:03.87 34.05			200m: 2:15.44 35.20	300m: 3:36.67 40.59	400m: 4:40.18 30.87			
8.	Joao Mota Correia	97	102308	Alcobaca	4:41.01	+0,83	588		
	50m: 29.58 29.58			150m: 1:39.92 36.10	250m: 2:56.52 40.90	350m: 4:09.25 32.38			
	100m: 1:03.82 34.24			200m: 2:15.62 35.70	300m: 3:36.87 40.35	400m: 4:41.01 31.76			
9.	Filipe Carmo Ramos	97	105197	Vilacondense	4:41.26	+0,78	587		
	50m: 29.23 29.23			150m: 1:41.45 37.55	250m: 2:57.10 39.24	350m: 4:09.86 33.30			
	100m: 1:03.90 34.67			200m: 2:17.86 36.41	300m: 3:36.56 39.46	400m: 4:41.26 31.40			
10.	Andre Resende Pinheiro	97	109196	Porto	4:42.02	+0,73	582		
	50m: 29.56 29.56			150m: 1:39.91 36.29	250m: 2:56.77 40.66	350m: 4:10.28 32.39			
	100m: 1:03.62 34.06			200m: 2:16.11 36.20	300m: 3:37.89 41.12	400m: 4:42.02 31.74			
11.	Vitor Joao Pereira	97	102545	Leixoes	4:44.12	+0,85	569		
	50m: 29.93 29.93			150m: 1:42.09 37.26	250m: 2:59.57 40.97	350m: 4:13.17 32.27			
	100m: 1:04.83 34.90			200m: 2:18.60 36.51	300m: 3:40.90 41.33	400m: 4:44.12 30.95			
12.	Jose Ricardo Sousa	97	105759	Lousada SXXI	4:44.23	+0,81	568		
	50m: 28.36 28.36			150m: 1:39.52 37.61	250m: 2:57.95 41.44	350m: 4:12.23 33.51			
	100m: 1:01.91 33.55			200m: 2:16.51 36.99	300m: 3:38.72 40.77	400m: 4:44.23 32.00			
13.	Miguel Monteiro Cruchinho	97	110442	Sporting	4:45.41	+0,73	561		
	50m: 29.58 29.58			150m: 1:44.45 39.55	250m: 2:59.64 37.88	350m: 4:12.94 34.33			
	100m: 1:04.90 35.32			200m: 2:21.76 37.31	300m: 3:38.61 38.97	400m: 4:45.41 32.47			
14.	Joao Miguel Ferreira	97	103044	Foca	4:45.90	+0,75	558		
	50m: 29.15 29.15			150m: 1:40.47 37.31	250m: 2:58.06 40.60	350m: 4:12.54 33.74			
	100m: 1:03.16 34.01			200m: 2:17.46 36.99	300m: 3:38.80 40.74	400m: 4:45.90 33.36			
15.	Luis Carlos Oliveira	97	102629	Porto	4:47.28	+0,75	550		
	50m: 29.12 29.12			150m: 1:40.95 37.21	250m: 2:58.09 40.92	350m: 4:14.20 33.93			
	100m: 1:03.74 34.62			200m: 2:17.17 36.22	300m: 3:40.27 42.18	400m: 4:47.28 33.08			

Prova 33, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Ruben Jose Morim	97	107935	Vilacondense	4:47.82	+0,88	547		
	50m: 30.43 30.43		150m: 1:42.48 37.54	250m: 3:01.67 42.51	350m: 4:17.20 42.06		4:17.20 33.47		
	100m: 1:04.94 34.51		200m: 2:19.16 36.68	300m: 3:43.73			4:47.82 30.62		
17.	Joao Pedro Neves FTL	96	104336	Aminata	4:49.30	+0,82	539		
	50m: 29.66 29.66		150m: 1:40.46 36.50	250m: 2:59.49 42.36	350m: 4:16.05 43.14		4:16.05 33.42		
	100m: 1:03.96 34.30		200m: 2:17.13 36.67	300m: 3:42.63			4:49.30 33.25		
18.	Tomas Machado Vale	97	102229	Viana Natacao	4:49.59	+0,74	537		
	50m: 28.37 28.37		150m: 1:37.46 35.23	250m: 2:57.81 44.43	350m: 4:15.79 44.06		4:15.79 33.92		
	100m: 1:02.23 33.86		200m: 2:13.38 35.92	300m: 3:41.87			4:49.59 33.80		
19.	Tiago Martim Alves	97	100789	Desportiva de Viana	4:51.86	+0,90	525		
	50m: 30.66 30.66		150m: 1:44.78 38.70	250m: 3:03.61 41.13	350m: 4:18.96 41.17		4:18.96 34.18		
	100m: 1:06.08 35.42		200m: 2:22.48 37.70	300m: 3:44.78			4:51.86 32.90		
20.	Joao Miguel Cardoso	97	109124	Gesloures	4:52.46	+0,84	522		
	50m: 32.30 32.30		150m: 1:46.78 37.69	250m: 3:06.02 41.68	350m: 4:20.21 40.99		4:20.21 33.20		
	100m: 1:09.09 36.79		200m: 2:24.34 37.56	300m: 3:47.01			4:52.46 32.25		
21.	Tiago Bernardo Marques	97	104783	Uniao Piedense	4:52.47	+0,77	522		
	50m: 30.56 30.56		150m: 1:44.99 38.25	250m: 3:02.37 40.34	350m: 4:19.06 42.04		4:19.06 34.65		
	100m: 1:06.74 36.18		200m: 2:22.03 37.04	300m: 3:44.41			4:52.47 33.41		
22.	Miguel Rocha Costa FTL	97	111870	Gesloures	4:59.03	+0,82	488		
	50m: 31.26 31.26		150m: 1:46.91 38.71	250m: 3:05.59 40.56	350m: 4:24.93 43.30		4:24.93 36.04		
	100m: 1:08.20 36.94		200m: 2:25.03 38.12	300m: 3:48.89			4:59.03 34.10		
DSQ	Miguel Angelo Silvestre	97	103538	Alcobaca					
	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos 250 m - SW 7.1</i>								
DSQ	David Emanuel Martins	97	105429	Braga					
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 250 m - SW 7.6</i>								
DNS	Rafael Filipe Nunes	96	108344	Naval Amorense					

Seniores

1.	Alexis Manacas Santos	92	13704	Sporting	4:15.26	+0,73	785		
	50m: 26.85 26.85		150m: 1:30.02 31.93	250m: 2:36.44 35.33	350m: 3:44.80 36.40		3:44.80 31.96		
	100m: 58.09 31.24		200m: 2:01.11 31.09	300m: 3:12.84			4:15.26 30.46		
2.	Pedro Miguel Pinotes	89	26732	Sporting	4:18.31	+0,71	757		
	50m: 27.47 27.47		150m: 1:32.41 32.88	250m: 2:41.64 36.47	350m: 3:48.80 36.72		3:48.80 30.44		
	100m: 59.53 32.06		200m: 2:05.17 32.76	300m: 3:18.36			4:18.31 29.51		
3.	Nuno Rafael Alves	90	25140	Gespacos	4:20.61	+0,76	737		
	50m: 28.60 28.60		150m: 1:35.17 34.51	250m: 2:44.37 35.77	350m: 3:50.98 35.81		3:50.98 30.80		
	100m: 1:00.66 32.06		200m: 2:08.60 33.43	300m: 3:20.18			4:20.61 29.63		
4.	Tomas Correia Silva	95	23367	Fluvial Portuense	4:25.26	+0,76	699		
	50m: 28.25 28.25		150m: 1:35.92 34.92	250m: 2:48.04 37.49	350m: 3:55.84 37.10		3:55.84 30.70		
	100m: 1:01.00 32.75		200m: 2:10.55 34.63	300m: 3:25.14			4:25.26 29.42		
5.	Ruben Filipe Nunes	94	23302	Gespacos	4:30.35	+0,85	660		
	50m: 27.99 27.99		150m: 1:35.65 35.45	250m: 2:48.02 38.06	350m: 3:58.67 38.70		3:58.67 31.95		
	100m: 1:00.20 32.21		200m: 2:09.96 34.31	300m: 3:26.72			4:30.35 31.68		
6.	Pedro Andre Santos	94	15732	Alges	4:30.38	+0,72	660		
	50m: 28.43 28.43		150m: 1:36.28 34.40	250m: 2:48.05 37.39	350m: 3:58.87 38.05		3:58.87 32.77		
	100m: 1:01.88 33.45		200m: 2:10.66 34.38	300m: 3:26.10			4:30.38 31.51		
7.	Pedro Barros Mendes	94	11195	Academica de Coimbra	4:32.95	+0,77	642		
	50m: 29.29 29.29		150m: 1:37.71 35.15	250m: 2:51.03 39.17	350m: 4:02.95 39.19		4:02.95 32.73		
	100m: 1:02.56 33.27		200m: 2:11.86 34.15	300m: 3:30.22			4:32.95 30.00		

Prova 33, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	4:33.50	+0,83	638		
	50m: 29.26 29.26		150m: 1:38.61 34.31	250m: 2:50.47 38.23		350m: 4:02.09 32.44			
	100m: 1:04.30 35.04		200m: 2:12.24 33.63	300m: 3:29.65 39.18		400m: 4:33.50 31.41			
9.	Afonso Lopes dos Santos	95	14773	Alcobaca	4:34.06	+0,70	634		
	50m: 28.80 28.80		150m: 1:36.11 34.99	250m: 2:49.99 38.89		350m: 4:02.49 33.42			
	100m: 1:01.12 32.32		200m: 2:11.10 34.99	300m: 3:29.07 39.08		400m: 4:34.06 31.57			
10.	Tiago Silva Oliveira	94	15465	Leixoes	4:36.71	+0,73	616		
	50m: 29.99 29.99		150m: 1:40.35 36.21	250m: 2:56.69 40.80		350m: 4:07.75 30.61			
	100m: 1:04.14 34.15		200m: 2:15.89 35.54	300m: 3:37.14 40.45		400m: 4:36.71 28.96			
11.	Miguel Bras Sergio	95	100925	Estoris	4:39.53	+0,78	597		
	50m: 28.24 28.24		150m: 1:36.49 35.99	250m: 2:51.96 39.97		350m: 4:06.36 33.47			
	100m: 1:00.50 32.26		200m: 2:11.99 35.50	300m: 3:32.89 40.93		400m: 4:39.53 33.17			
12.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	4:39.60	+0,72	597		
	50m: 27.05 27.05		150m: 1:36.73 38.03	250m: 2:53.12 38.25		350m: 4:06.51 34.70			
	100m: 58.70 31.65		200m: 2:14.87 38.14	300m: 3:31.81 38.69		400m: 4:39.60 33.09			
13.	Antonio Rafael Bessa	94	102089	Gespacos	4:39.82	+0,80	596		
	50m: 28.92 28.92		150m: 1:37.18 35.81	250m: 2:52.63 40.29		350m: 4:06.67 33.06			
	100m: 1:01.37 32.45		200m: 2:12.34 35.16	300m: 3:33.61 40.98		400m: 4:39.82 33.15			
14.	Nuno Durao Pascoal	92	12560	Galitos	4:40.18	+0,78	593		
	50m: 29.04 29.04		150m: 1:38.76 36.01	250m: 2:54.19 39.64		350m: 4:07.54 33.57			
	100m: 1:02.75 33.71		200m: 2:14.55 35.79	300m: 3:33.97 39.78		400m: 4:40.18 32.64			
15.	Tiago Barros Ferreira	94	16003	Alges	4:42.57	+0,82	578		
	<i>FTL</i>								
	50m: 30.20 30.20		150m: 1:41.30 35.66	250m: 2:55.55 39.33		350m: 4:09.65 33.96			
	100m: 1:05.64 35.44		200m: 2:16.22 34.92	300m: 3:35.69 40.14		400m: 4:42.57 32.92			
16.	Mario Rui Cruz	94	101128	Amadora	4:46.30	+0,72	556		
	<i>FTL</i>								
	50m: 28.40 28.40		150m: 1:37.14 35.11	250m: 2:54.33 42.40		350m: 4:12.47 34.05			
	100m: 1:02.03 33.63		200m: 2:11.93 34.79	300m: 3:38.42 44.09		400m: 4:46.30 33.83			
DSQ	Diogo Carmo Ramos	93	15317	Vilacondense					
	<i>722 - Tocou com uma mão na parede na viragem aos 225 m - SW 7.6</i>								
DSQ	Andre Bras Goncalves	88	14767	Amadora					
	<i>810 - Movimento alternado de pernas após viragem aos 50 m - SW 8.3</i>								
DSQ	Diogo Filipe Carvalho	88	12277	Galitos					
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>								

Prova 34
22-12-2013

Femin., 400m Estilos

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	4:41.02	Victoria Kaminskaya	PIMP	Porto	07-12-2012
Recordes Nacionais 25m Jun 16	4:50.85	Diana Margarida Duraes	FOCA	Silves	02-12-2011
Recordes Nacionais 25m Jun 17	4:48.80	Victoria Kaminskaya	PIMP	Silves	02-12-2011
Recordes Nacionais 25m Sen	4:41.02	Victoria Kaminskaya	PIMP	Porto	07-12-2012

TAC-JUN1F Jun 16 50m: 5:24.68 - 25m: 5:18.19 / TAC-JUN2F Jun 17: 5:15.07 / TAC-SENF Sen: 5:11.95

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	4:57.85	+0,88	673		
	50m: 31.95 31.95			150m: 1:47.98 39.44	250m: 3:08.57 41.95	350m: 4:25.09 34.32			
	100m: 1:08.54 36.59			200m: 2:26.62 38.64	300m: 3:50.77 42.20	400m: 4:57.85 32.76			
2.	Sofia Machado Dionisio	98	111263	Sporting	5:04.86	+0,86	627		
	50m: 32.63 32.63			150m: 1:50.27 39.72	250m: 3:11.08 42.37	350m: 4:29.79 35.28			
	100m: 1:10.55 37.92			200m: 2:28.71 38.44	300m: 3:54.51 43.43	400m: 5:04.86 35.07			
3.	Margarida Peixoto Pelaio	98	107967	Ginasio Figueirense	5:15.08	+0,72	568		
	50m: 33.27 33.27			150m: 1:51.16 40.17	250m: 3:16.81 45.92	350m: 4:39.80 36.49			
	100m: 1:10.99 37.72			200m: 2:30.89 39.73	300m: 4:03.31 46.50	400m: 5:15.08 35.28			
4.	Margarida Domingues Duarte	97	109035	Nautico Marinha Grande	5:16.28	+0,85	562		
	<i>FTL</i>								
	50m: 33.25 33.25			150m: 1:52.78 41.28	250m: 3:18.66 44.76	350m: 4:41.04 36.48			
	100m: 1:11.50 38.25			200m: 2:33.90 41.12	300m: 4:04.56 45.90	400m: 5:16.28 35.24			
5.	Ana Filipa Martins	97	104438	Foca	5:20.53	+0,81	540		
	<i>FTL</i>								
	50m: 32.11 32.11			150m: 1:51.37 41.16	250m: 3:17.18 46.19	350m: 4:43.62 37.60			
	100m: 1:10.21 38.10			200m: 2:30.99 39.62	300m: 4:06.02 48.84	400m: 5:20.53 36.91			
DSQ	Carolina Mantua Guedes	98	110539	Sporting					
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>								

Seniores

1.	Diana Margarida Duraes	96	102992	Porto	4:50.88	+0,77	722		
	50m: 30.36 30.36			150m: 1:42.30 36.81	250m: 3:01.04 41.57	350m: 4:17.51 34.09			
	100m: 1:05.49 35.13			200m: 2:19.47 37.17	300m: 3:43.42 42.38	400m: 4:50.88 33.37			
2.	Ana Catarina Monteiro	93	24320	Vilacondense	4:57.05	+0,61	678		
	50m: 30.46 30.46			150m: 1:43.32 38.42	250m: 3:04.89 43.21	350m: 4:24.14 35.70			
	100m: 1:04.90 34.44			200m: 2:21.68 38.36	300m: 3:48.44 43.55	400m: 4:57.05 32.91			
3.	Ana Teresa Franco	91	11349	Sporting	5:00.93	+0,84	652		
	50m: 32.72 32.72			150m: 1:51.61 41.29	250m: 3:11.40 40.50	350m: 4:26.58 34.88			
	100m: 1:10.32 37.60			200m: 2:30.90 39.29	300m: 3:51.70 40.30	400m: 5:00.93 34.35			
4.	Ana Marta Miranda	96	100377	Uniao Piedense	5:03.07	+0,79	638		
	50m: 31.87 31.87			150m: 1:46.83 38.13	250m: 3:07.48 43.21	350m: 4:27.58 36.18			
	100m: 1:08.70 36.83			200m: 2:24.27 37.44	300m: 3:51.40 43.92	400m: 5:03.07 35.49			
5.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	5:04.69	+0,90	628		
	50m: 32.12 32.12			150m: 1:49.02 39.10	250m: 3:10.73 43.76	350m: 4:29.89 35.55			
	100m: 1:09.92 37.80			200m: 2:26.97 37.95	300m: 3:54.34 43.61	400m: 5:04.69 34.80			
6.	Joana Dias Santos	96	100397	Uniao Piedense	5:07.28	+0,83	613		
	50m: 33.37 33.37			150m: 1:53.57 41.19	250m: 3:13.44 40.26	350m: 4:31.89 36.97			
	100m: 1:12.38 39.01			200m: 2:33.18 39.61	300m: 3:54.92 41.48	400m: 5:07.28 35.39			
7.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	5:11.42	+0,83	588		
	50m: 33.21 33.21			150m: 1:51.75 41.96	250m: 3:18.97 46.20	350m: 4:39.75 33.96			
	100m: 1:09.79 36.58			200m: 2:32.77 41.02	300m: 4:05.79 46.82	400m: 5:11.42 31.67			

Prova 34, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Rute Margarida Marques <i>FTL</i>	94	25359	Amadora	5:13.36	+0,76	578		
	50m: 33.48 33.48	150m: 1:52.34	39.59	250m: 3:14.91	43.35	350m: 4:36.90	37.66		
	100m: 1:12.75 39.27	200m: 2:31.56	39.22	300m: 3:59.24	44.33	400m: 5:13.36	36.46		
DSQ	Helena Paula Carvalho	95	107307	Uniao Piedense					
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>								
DSQ	Vania Soares Neves	90	12380	Leixoes					
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 300 m - SW 7.6</i>								

Prova 35
22-12-2013

Masc., 4 x 100m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:29.42	Associacao Naval Amorense	ANAM	Porto	09-12-2012
Recordes Nacionais 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

TAC-JUNM Jun: 3:48.83 / TAC-SENM Sen: 3:38.54

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores							
1.		Naval Amorense	3:29.64	+0,63	668		
	+0,63	25.44	51.99	Joao Pedro Gil	+0,41	25.84	53.30
	+0,35	25.55	53.08	Rafael Lourenco Gil	+0,54	24.84	51.27
2.		Porto	3:33.18	+0,80	635		
	+0,80	25.51	53.21	Bruno Miguel Silva	+0,29	25.84	53.64
	+0,33	24.97	53.35	Ruben Oliveira Lopes	+0,06	24.75	52.98
3.		Naval do Funchal	3:34.51	+0,67	623		
	+0,67	25.49	54.00	Luis Henrique Silva	+0,24	25.27	53.70
	+0,27	25.84	54.04	Joao Pernetta Lima		24.91	52.77
4.		Sporting	3:34.84	+0,66	621		
	+0,66	25.95	53.99	Joao Pedro Belo	+0,30	24.92	52.00
	+0,42	25.81	53.76	Miguel Monteiro Cruchinho	+0,27	26.42	55.09
5.		Fafe	3:39.15	+0,65	585		
	+0,65	24.33	51.37	Vitor Monteiro Cunha	+0,08	26.36	55.77
	+0,30	27.24	57.84	Paulo Gabriel Magalhaes	+0,37	25.94	54.17
6.		Nautico de Coimbra	3:39.44	+0,74	582		
	+0,74	25.37	52.56	Francisco Jose Fernandes	+0,46	26.85	56.46
	+0,36	25.42	54.15	Jose Miguel Santos	+0,14	26.37	56.27
7.		Leixoes	3:39.54	+0,75	582		
	+0,75	25.34	52.78	Joao Afonso Picao	+0,41	26.22	54.64
	+0,51	27.22	58.33	Vitor Joao Pereira	+0,42	25.81	53.79
8.		Fluvial Portuense	3:39.59	+0,78	581		
	+0,78	25.97	54.83	Joao Pedro Santos	+0,18	25.28	53.74
	+0,38	25.35	53.30	Jose Pedro Baptista	+0,30	27.11	57.72
9.		Foca	3:39.73	+0,74	580		
	+0,74	26.99	56.21	Joao Miguel Ferreira	+0,29	25.83	55.10
	+0,15	25.92	55.04	Ivo Pinto Ribeiro	+0,23	25.12	53.38
10.		Gesloures	3:40.54	+0,66	574		
	+0,66	26.63	55.30	Joao Miguel Cardoso	+0,32	26.74	55.97
	+0,62	27.26	56.74	Carlos Flores Clara	+0,11	24.93	52.53
11.		Braga	3:41.52	+0,68	566		
	+0,68	26.63	54.33	Pedro Veiguinha Martins	+0,10	26.40	55.62
	+0,22	27.00	56.22	Ricardo Eduardo Afonso	+0,14	26.52	55.35

Prova 35, Masc., 4 x 100m Livres, Juniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.		Amadora	3:42.89	+0,63	556		
	+0,63	26.52	55.72	Bruno Miguel Ramos	+0,43	26.50	55.34
	+0,27	26.92	55.59	Goncalo Alexandre Almeida	+0,25	26.67	56.24
13.		Ginasio de Vila Real	3:43.04	+0,71	555		
	+0,71	25.73	54.74	Guilherme Teixeira Baptista		27.12	58.20
		25.91	55.09	Ricardo Daniel Goncalves		25.46	55.01
14.		Uniao Piedense	3:45.09	+0,83	540		
	+0,83	26.65	55.51	Tiago Bernardo Marques	+0,32	27.33	58.01
	+0,48	26.07	54.39	Diogo Humberto Xavier	+0,27	26.70	57.18

Seniores

1.		Sporting	3:19.00	+0,84	781		
	+0,84	24.29	50.85	Pedro Miguel Pinotes	+0,31	24.27	50.35
	+0,31	23.68	50.06	Alexis Manacas Santos	+0,34	22.81	47.74
2.		Porto	3:20.80	+0,70	760		
	+0,70	23.72	50.29	Fabio Andre Figueira	+0,18	24.21	50.53
	+0,24	23.80	50.26	Carlos Esteves Almeida	+0,37	23.69	49.72
3.		Amadora	3:24.20	+0,68	723		
	+0,68	23.72	49.93	Rodrigo Pereira Lopes	+0,45	24.28	51.32
	+0,19	24.41	51.20	Pedro Fontoura Oliveira	+0,10	24.45	51.75
4.		Nautico de Coimbra	3:25.86	+0,66	705		
	+0,66	23.42	49.19	Andre Duarte Vaz	+0,30	24.72	52.76
	+0,33	24.43	51.09	Joao Barbosa Moreira	+0,36	25.32	52.82
5.		Braga	3:27.23	+0,72	692		
	+0,72	24.26	50.51	Filipe Vieira Malheiro	+0,34	24.35	53.10
	+0,16	24.22	51.68	Ricardo Amorim Rego	+0,24	24.54	51.94
6.		Naval Amorense	3:31.60	+0,69	650		
	+0,69	26.14	56.00	David Miguel Leiria	+0,36	23.93	51.38
	+0,32	24.23	51.49	Diogo Moreira Silveira	+0,41	25.05	52.73
7.		Academica de Coimbra	3:32.74	+0,70	639		
	+0,70	24.55	51.13	Joao Nuno Pires	+0,39	26.15	53.83
	+0,44	24.95	53.20	Jose Antonio Forte	+0,40	25.98	54.58
8.		Leixoes	3:32.93	+0,81	637		
	+0,81	25.52	53.68	Diogo Fontes Moreira	+0,19	24.79	52.42
	+0,19	25.62	53.61	Tiago Silva Oliveira	+0,24	25.65	53.22
9.		Vilacondense	3:32.98	+0,73	637		
	+0,73	25.84	53.62	Henrique Pereira Neiva	+0,39	25.56	53.20
	+0,18	25.09	52.48	Pedro Maria Bessa	+0,17	25.76	53.68
10.		Gespacos	3:34.75	+0,74	621		
	+0,74	25.71	53.31	Nuno Rafael Alves	+0,25	26.04	53.79
	+0,37	25.38	53.75	Hugo Alberto Ribeiro	+0,37	26.08	53.90
11.		Desportivo Nacional	3:36.34	+0,71	608		
	+0,71	25.08	53.84	Tomas Miguel Freitas	+0,26	25.93	54.99
	+0,23	25.64	54.18	Diego Felipe Santos	+0,35	24.95	53.33
12.		Uniao Piedense	3:36.75	+0,76	604		
	+0,76	25.73	53.73	Diogo Miguel Silva	+0,16	26.05	54.82
	+0,39	25.12	53.13	Hugo Ricardo Gambutas	+0,07	25.72	55.07
EXH		Benfica	3:35.40	+0,75	616		
	+0,75	25.70	53.82	Andre Filipe Farinha	+0,12	25.51	52.50
	+0,31	24.80	52.85	Rui Miguel Coelho	+0,01	26.24	56.23

Prova 36 Femin., 4 x 100m Livres 16 anos e mais velhos
22-12-2013 Resultados

Recordes Nacionais 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

TAC-JUNF Jun: 4:12.24 / TAC-SENF Sen: 4:08.92

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1. Sporting-JUN		Sporting	3:58.42	+0,69	666		
Ines Camacho Fernandes	+0,69	27.60	57.23	Sofia Machado Dionisio	+0,52	28.79	1:00.38
Claudia Isabel Semiao	+0,24	28.87	1:00.52	Carolina Mantua Guedes	+0,63	28.54	1:00.29
2. Alges-JUN		Alges	3:59.23	+0,80	659		
Francisca Gomes Azevedo	+0,80	28.93	1:00.00	Barbara Marques Rodrigues	+0,32	29.50	1:01.84
Rita Barros Frischknecht	+0,37	27.62	58.61	Carolina Sanchez Rodrigues	+0,36	28.11	58.78
3. Portinado-JUN		Portinado	4:04.53	+0,77	617		
Jessica Sousa Brito	+0,77	28.58	1:01.11	Joana Varela Joaquim	+0,16	29.78	1:02.72
Maria Morgado Franco	+0,21	27.65	1:00.34	Maria Rachadell Pereira	+0,22	27.99	1:00.36
4. Porto-JUN		Porto	4:04.76	+0,88	615		
Maria Teresa Amorim	+0,88	29.51	1:00.66	Lucilia Ferreira Freitas	+0,62	29.82	1:02.24
Rute Santos Ferreira	+0,53	29.71	1:01.46	Maria Carolina Ribeiro	+0,22	28.66	1:00.40
5. Famalicao-JUN		Famalicao	4:09.95	+0,82	578		
Carla Luisa Alves	+0,82	29.55	1:02.49	Catarina Alexandra Jardim	+0,57	30.49	1:03.69
Graca Maria Araujo	+0,36	29.08	1:00.47	Ana Silva Costa	+0,38	29.99	1:03.30
6. Fluvial Portuense-JUN		Fluvial Portuense	4:11.66	+0,84	566		
Francisca Santos Pereira	+0,84	29.75	1:01.27	Mafalda Mendes Magalhaes	+0,43	30.90	1:04.43
Ines Lucas Alves	+0,28	29.49	1:02.07	Ana Catarina Pereira	+0,29	30.46	1:03.89
7. Nautico de Coimbra-JUN		Nautico de Coimbra	4:12.74	+0,84	559		
<i>FTL</i>							
Beatriz Neves Craveiro	+0,84	28.81	1:00.89	Mariana Portugal Costa	+0,39	29.71	1:02.31
Matilde Domingues Gameiro	+0,19	29.61	1:03.34	Rita Verissimo Damasceno	+0,40	31.34	1:06.20

Seniores

1. Porto-SEN		Porto	3:50.77	+0,73	734		
Marta Vieira Marinho	+0,73	27.20	57.19	Ana Pinho Rodrigues	+0,03	27.49	58.70
Diana Margarida Duraes	+0,28	27.21	56.70	Sara Freitas Oliveira	+0,17	27.47	58.18
2. Ginasio de Vila Real-SEN		Ginasio de Vila Real	3:55.67	+0,76	689		
Ana Sofia Leite	+0,76	27.51	57.58	Ana Carolina Guedes	+0,45	29.90	1:02.59
Ana Sofia Nobrega	+0,41	27.81	58.27	Joana Patricia Pinto		26.83	57.23
3. Amadora-SEN		Amadora	3:59.19	+0,80	659		
Lisa Marisa Soares	+0,80	28.66	1:00.10	Jessica Teixeira Vieira	+0,27	27.37	57.79
Raquel Sousa Gomes	+0,34	28.04	59.72	Ana Rita Martins	+0,33	28.82	1:01.58
4. Gespacos-SEN		Gespacos	4:01.64		639		
Claudia Cristina Leao		29.22	1:00.66	Claudia Susana Teixeira	+0,36	29.84	1:02.51
Soraia Vanessa Ribeiro	+0,54	28.25	59.20	Diana Patricia Ferreira	+0,21	27.70	59.27
5. Vilacondense-SEN		Vilacondense	4:05.56	+0,83	609		
Ana Filipa Gomes	+0,83	29.36	1:01.19	Bruna Fangueiro Coentrao	+0,12	29.46	1:02.61
Cassandra Pedro Oliveira	+0,34	29.53	1:01.89	Ana Catarina Monteiro	+0,41	28.75	59.87
6. Nautico de Coimbra-SEN		Nautico de Coimbra	4:06.26	+0,77	604		
Julia Matos Lopes	+0,77	29.24	1:00.22	Maria Miguel Veloso	+0,63	31.47	1:04.41
Ana Luisa Carvalho	+0,37	28.92	1:00.41	Maria Amelia Gaspar	+0,39	29.68	1:01.22
7. Uniao Piedense-SEN		Uniao Piedense	4:07.29	+0,85	596		
Ana Marta Miranda	+0,85	29.50	1:01.36	Marta Alexandra Saraiva	+0,41	30.62	1:02.75
Catarina Tiago Nunes	+0,23	28.73	1:00.68	Helena Paula Carvalho	+0,58	29.79	1:02.50

Prova 36, Femin., 4 x 100m Livres, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.		Gesloures	4:14.87	+0,86	545		
<i>FTL</i>							
	+0,86	29.36	1:00.67	Ines Raquel Estevao	+0,55	31.39	1:06.28
	+0,57	29.35	1:03.55	Jessica Goncalves Sequeira	+0,36	30.30	1:04.37

Prova 37
22-12-2013

Masc., 400m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun 17	3:56.54	Rui Filipe Costa	VSC	Felgueiras	24-11-2007
Recordes Nacionais 25m Jun 18	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

TAC-JUN1M Jun 17 50m: 4:20.77 - 25m: 4:15.55 / TAC-JUN2M Jun 18: 4:11.87 / TAC-SENM Sen: 4:05.73

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rafael Lourenco Gil	96	105234	Naval Amorense	3:54.95	+0,75	737		
	50m: 27.25 27.25		150m: 1:26.78 30.10	250m: 2:26.86 29.92	350m: 3:26.81 30.07				
	100m: 56.68 29.43		200m: 1:56.94 30.16	300m: 2:56.74 29.88	400m: 3:54.95 28.14				
2.	Joao Carlos Santos	96	104253	Naval Amorense	3:55.66	+0,64	730		
	50m: 28.00 28.00		150m: 1:27.60 29.97	250m: 2:26.71 29.79	350m: 3:26.63 29.75				
	100m: 57.63 29.63		200m: 1:56.92 29.32	300m: 2:56.88 30.17	400m: 3:55.66 29.03				
3.	Goncalo Cardoso Carmo	96	101124	Colegio Vasco da Gama	3:55.77	+0,67	729		
	50m: 28.15 28.15		150m: 1:28.17 30.24	250m: 2:27.79 29.74	350m: 3:27.28 29.77				
	100m: 57.93 29.78		200m: 1:58.05 29.88	300m: 2:57.51 29.72	400m: 3:55.77 28.49				
4.	Andre Filipe Farinha	96	105086	Benfica	3:58.82	+0,71	701		
	50m: 27.33 27.33		150m: 1:28.60 31.24	250m: 2:29.87 30.56	350m: 3:29.68 29.47				
	100m: 57.36 30.03		200m: 1:59.31 30.71	300m: 3:00.21 30.34	400m: 3:58.82 29.14				
5.	Joao Pedro Gil	97	108343	Naval Amorense	3:59.02	+0,74	700		
	50m: 27.55 27.55		150m: 1:28.22 30.72	250m: 2:29.48 30.61	350m: 3:30.19 30.29				
	100m: 57.50 29.95		200m: 1:58.87 30.65	300m: 2:59.90 30.42	400m: 3:59.02 28.83				
6.	Joao Pedro Belo	97	110444	Sporting	4:01.84	+0,80	676		
	50m: 27.66 27.66		150m: 1:28.72 30.43	250m: 2:29.96 30.44	350m: 3:31.00 30.74				
	100m: 58.29 30.63		200m: 1:59.52 30.80	300m: 3:00.26 30.30	400m: 4:01.84 30.84				
7.	Eduardo Salgado Ramos	97	106796	Porto	4:03.72	+0,70	660		
	50m: 27.42 27.42		150m: 1:29.95 31.39	250m: 2:32.07 30.63	350m: 3:34.50 31.43				
	100m: 58.56 31.14		200m: 2:01.44 31.49	300m: 3:03.07 31.00	400m: 4:03.72 29.22				
8.	Tomas Riso Fernandes	96	111208	Colegio Vasco da Gama	4:03.78	+0,73	660		
	50m: 27.84 27.84		150m: 1:30.16 31.70	250m: 2:32.80 31.24	350m: 3:34.51 30.38				
	100m: 58.46 30.62		200m: 2:01.56 31.40	300m: 3:04.13 31.33	400m: 4:03.78 29.27				
9.	Miguel Angelo Silvestre	97	103538	Alcobaca	4:07.20	+0,70	632		
	50m: 28.48 28.48		150m: 1:31.58 31.92	250m: 2:35.16 31.70	350m: 3:37.80 31.09				
	100m: 59.66 31.18		200m: 2:03.46 31.88	300m: 3:06.71 31.55	400m: 4:07.20 29.40				
10.	Guilherme Pereira Dias	97	110443	Sporting	4:07.21	+0,77	632		
	50m: 28.19 28.19		150m: 1:31.38 31.90	250m: 2:35.17 31.73	350m: 3:37.50 30.74				
	100m: 59.48 31.29		200m: 2:03.44 32.06	300m: 3:06.76 31.59	400m: 4:07.21 29.71				
11.	Daniel Filipe Cazeiro	97	104378	Naval Amorense	4:08.08	+0,80	626		
	50m: 28.35 28.35		150m: 1:30.85 31.47	250m: 2:34.66 31.82	350m: 3:38.01 31.37				
	100m: 59.38 31.03		200m: 2:02.84 31.99	300m: 3:06.64 31.98	400m: 4:08.08 30.07				
12.	Fabio Alcantara Aires	97	104252	Naval Amorense	4:08.48	+0,80	623		
	50m: 27.46 27.46		150m: 1:29.09 31.16	250m: 2:32.99 31.78	350m: 3:37.71 32.58				
	100m: 57.93 30.47		200m: 2:01.21 32.12	300m: 3:05.13 32.14	400m: 4:08.48 30.77				

Prova 37, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Vitor Joao Pereira	97	102545	Leixoes	4:10.07	+0,84	611		
	50m: 27.99 27.99		150m: 1:30.22 31.50	250m: 2:34.36 31.96	350m: 3:38.76 32.10				
	100m: 58.72 30.73		200m: 2:02.40 32.18	300m: 3:06.66 32.30	400m: 4:10.07 31.31				
14.	Ricardo Eduardo Afonso	97	105414	Braga	4:10.28	+0,71	609		
	50m: 28.73 28.73		150m: 1:32.12 32.05	250m: 2:36.02 31.84	350m: 3:39.96 32.07				
	100m: 1:00.07 31.34		200m: 2:04.18 32.06	300m: 3:07.89 31.87	400m: 4:10.28 30.32				
15.	Andre Resende Pinheiro	97	109196	Porto	4:10.95	+0,74	605		
	50m: 27.79 27.79		150m: 1:30.27 31.82	250m: 2:33.91 31.78	350m: 3:38.98 32.84				
	100m: 58.45 30.66		200m: 2:02.13 31.86	300m: 3:06.14 32.23	400m: 4:10.95 31.97				
16.	Carlos Flores Clara	97	117120	Gesloures	4:13.89	+0,78	584		
	50m: 28.84 28.84		150m: 1:32.23 31.95	250m: 2:36.21 32.17	350m: 3:41.74 32.65				
	100m: 1:00.28 31.44		200m: 2:04.04 31.81	300m: 3:09.09 32.88	400m: 4:13.89 32.15				
17.	David Soares Caratao FTL	96	106822	Sporting	4:16.98	+0,66	563		
	50m: 28.24 28.24		150m: 1:32.59 32.59	250m: 2:36.49 31.08	350m: 3:43.19 33.81				
	100m: 1:00.00 31.76		200m: 2:05.41 32.82	300m: 3:09.38 32.89	400m: 4:16.98 33.79				
18.	Bruno Miguel Ramos FTL	97	109110	Amadora	4:17.67	+0,78	558		
	50m: 28.70 28.70		150m: 1:32.58 32.20	250m: 2:38.33 32.98	350m: 3:45.25 33.33				
	100m: 1:00.38 31.68		200m: 2:05.35 32.77	300m: 3:11.92 33.59	400m: 4:17.67 32.42				
19.	David Emanuel Martins FTL	97	105429	Braga	4:20.65	+1,01	539		
	50m: 28.60 28.60		150m: 1:33.28 32.73	250m: 2:40.07 33.65	350m: 3:48.11 34.08				
	100m: 1:00.55 31.95		200m: 2:06.42 33.14	300m: 3:14.03 33.96	400m: 4:20.65 32.54				
20.	Jose Ricardo Sousa FTL	97	105759	Lousada SXXI	4:22.59	+0,80	528		
	50m: 28.00 28.00		150m: 1:33.23 33.23	250m: 2:41.13 34.16	350m: 3:49.43 34.04				
	100m: 1:00.00 32.00		200m: 2:06.97 33.74	300m: 3:15.39 34.26	400m: 4:22.59 33.16				

Seniores

1.	Luis Emanuel Vaz	91	15628	Famalicao	3:48.14	+0,79	805		
	50m: 25.98 25.98		150m: 1:23.04 28.91	250m: 2:21.45 29.16	350m: 3:20.02 29.37				
	100m: 54.13 28.15		200m: 1:52.29 29.25	300m: 2:50.65 29.20	400m: 3:48.14 28.12				
2.	Pedro Miguel Pinotes	89	26732	Sporting	3:53.19	+0,72	754		
	50m: 27.21 27.21		150m: 1:27.11 30.24	250m: 2:26.76 29.68	350m: 3:24.99 28.67				
	100m: 56.87 29.66		200m: 1:57.08 29.97	300m: 2:56.32 29.56	400m: 3:53.19 28.20				
3.	Ricardo Manuel Machado	93	13278	Braga	3:54.94	+0,82	737		
	50m: 26.87 26.87		150m: 1:26.45 30.09	250m: 2:26.27 29.72	350m: 3:25.60 29.30				
	100m: 56.36 29.49		200m: 1:56.55 30.10	300m: 2:56.30 30.03	400m: 3:54.94 29.34				
4.	Mario Alexandre Pereira	92	10767	Nautico de Coimbra	3:55.14	+0,73	735		
	50m: 26.71 26.71		150m: 1:26.58 30.05	250m: 2:26.97 30.18	350m: 3:26.48 29.97				
	100m: 56.53 29.82		200m: 1:56.79 30.21	300m: 2:56.51 29.54	400m: 3:55.14 28.66				
5.	Mario Andre Bonanca	90	12773	Sporting	3:55.21	+0,82	734		
	50m: 27.03 27.03		150m: 1:26.57 29.90	250m: 2:27.04 30.16	350m: 3:26.96 29.85				
	100m: 56.67 29.64		200m: 1:56.88 30.31	300m: 2:57.11 30.07	400m: 3:55.21 28.25				
6.	Gustavo Manuel Santa	93	26492	Sporting	3:55.25	+0,86	734		
	50m: 27.24 27.24		150m: 1:26.53 29.98	250m: 2:26.18 29.33	350m: 3:26.05 30.14				
	100m: 56.55 29.31		200m: 1:56.85 30.32	300m: 2:55.91 29.73	400m: 3:55.25 29.20				
7.	Ricardo Ferreira Cotovio	91	10921	Sporting	3:55.29	+0,71	734		
	50m: 26.46 26.46		150m: 1:25.57 29.87	250m: 2:25.62 30.05	350m: 3:26.44 30.35				
	100m: 55.70 29.24		200m: 1:55.57 30.00	300m: 2:56.09 30.47	400m: 3:55.29 28.85				

Prova 37, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Carlos Esteves Almeida	88	11085	Porto	3:58.09	+0,77	708		
	50m: 26.95 26.95			150m: 1:26.58 30.18	250m: 2:27.09 30.11	350m: 3:27.60 30.26			
	100m: 56.40 29.45			200m: 1:56.98 30.40	300m: 2:57.34 30.25	400m: 3:58.09 30.49			
9.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	3:59.00	+0,74	700		
	50m: 27.49 27.49			150m: 1:28.11 30.50	250m: 2:29.24 30.26	350m: 3:29.80 30.02			
	100m: 57.61 30.12			200m: 1:58.98 30.87	300m: 2:59.78 30.54	400m: 3:59.00 29.20			
10.	Tiago Silva Oliveira	94	15465	Leixoes	4:01.37	+0,78	679		
	50m: 27.27 27.27			150m: 1:28.06 30.55	250m: 2:30.02 30.93	350m: 3:31.46 30.75			
	100m: 57.51 30.24			200m: 1:59.09 31.03	300m: 3:00.71 30.69	400m: 4:01.37 29.91			
11.	Bernardo Leitao Graca	93	14838	Sporting	4:01.39	+0,70	679		
	50m: 27.00 27.00			150m: 1:27.97 30.56	250m: 2:29.53 30.55	350m: 3:31.62 31.14			
	100m: 57.41 30.41			200m: 1:58.98 31.01	300m: 3:00.48 30.95	400m: 4:01.39 29.77			
12.	Artiom Viatcheslavovitch Poliakov	93	11114	Estrelas S. Joao de Brito	4:01.80	+0,66	676		
	50m: 27.25 27.25			150m: 1:27.84 30.60	250m: 2:28.78 30.14	350m: 3:31.23 31.29			
	100m: 57.24 29.99			200m: 1:58.64 30.80	300m: 2:59.94 31.16	400m: 4:01.80 30.57			
13.	Artur Manuel Ferreira	95	101981	Porto	4:04.75	+0,86	652		
	50m: 27.63 27.63			150m: 1:28.55 30.95	250m: 2:30.99 31.07	350m: 3:33.62 31.40			
	100m: 57.60 29.97			200m: 1:59.92 31.37	300m: 3:02.22 31.23	400m: 4:04.75 31.13			
14.	Hugo Alberto Ribeiro	88	23114	Gespacos	4:05.30	+0,95	647		
	50m: 27.88 27.88			150m: 1:28.63 30.49	250m: 2:30.33 30.84	350m: 3:33.43 31.85			
	100m: 58.14 30.26			200m: 1:59.49 30.86	300m: 3:01.58 31.25	400m: 4:05.30 31.87			
DNS	Vasco Miguel Gaspar	90	26500	Uniao Piedense					

Prova 38

Femin., 400m Livres

16 anos e mais velhos

22-12-2013

Resultados

Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun 16	4:18.68	Joana Filipa Santos	VSC	Guimarães	07-12-2008
Recordes Nacionais 25m Jun 17	4:14.95	Joana Aguiar Rodrigues	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

TAC-JUN1F Jun 16 50m: 4:46.14 - 25m: 4:40.42 / TAC-JUN2F Jun 17: 4:37.67 / TAC-SENF Sen: 4:34.92

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Filipa Vilas Ruivo	97	103568	Nautico Marinha Grande	4:22.85	+0,90	713		
	50m: 30.57 30.57			150m: 1:36.51 33.05	250m: 2:42.99 33.29	350m: 3:50.29 33.65			
	100m: 1:03.46 32.89			200m: 2:09.70 33.19	300m: 3:16.64 33.65	400m: 4:22.85 32.56			
2.	Maria Teresa Amorim	97	20104	Porto	4:24.21	+0,86	702		
	50m: 30.33 30.33			150m: 1:36.31 33.48	250m: 2:44.12 34.04	350m: 3:52.44 34.06			
	100m: 1:02.83 32.50			200m: 2:10.08 33.77	300m: 3:18.38 34.26	400m: 4:24.21 31.77			
3.	Barbara Marques Rodrigues	97	107039	Alges	4:27.32	+0,92	678		
	50m: 31.19 31.19			150m: 1:38.07 33.65	250m: 2:45.60 33.76	350m: 3:53.83 34.27			
	100m: 1:04.42 33.23			200m: 2:11.84 33.77	300m: 3:19.56 33.96	400m: 4:27.32 33.49			
4.	Carolina Mantua Guedes	98	110539	Sporting	4:29.44	+0,76	662		
	50m: 30.79 30.79			150m: 1:38.44 33.90	250m: 2:46.59 34.14	350m: 3:55.38 34.27			
	100m: 1:04.54 33.75			200m: 2:12.45 34.01	300m: 3:21.11 34.52	400m: 4:29.44 34.06			
5.	Maria Joao Fernandes	97	102092	Vilacondense	4:34.85	+0,75	623		
	50m: 31.57 31.57			150m: 1:41.93 35.35	250m: 2:52.03 34.76	350m: 4:02.27 35.02			
	100m: 1:06.58 35.01			200m: 2:17.27 35.34	300m: 3:27.25 35.22	400m: 4:34.85 32.58			
6.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	4:35.37	+0,85	620		
	50m: 31.34 31.34			150m: 1:39.72 34.40	250m: 2:49.35 34.94	350m: 4:00.58 35.71			
	100m: 1:05.32 33.98			200m: 2:14.41 34.69	300m: 3:24.87 35.52	400m: 4:35.37 34.79			

Prova 38, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Maria Carolina Ribeiro	98	106805	Porto	4:36.38	+0,78	613		
	50m: 30.91 30.91			150m: 1:39.71 34.52	250m: 2:50.35 35.25	350m: 4:01.44 35.64			
	100m: 1:05.19 34.28			200m: 2:15.10 35.39	300m: 3:25.80 35.45	400m: 4:36.38 34.94			
8.	Luana Raquel Alves	97	110022	Desportiva de Viana	4:37.32	+0,87	607		
	50m: 30.75 30.75			150m: 1:38.52 34.09	250m: 2:49.33 35.74	350m: 4:01.79 36.34			
	100m: 1:04.43 33.68			200m: 2:13.59 35.07	300m: 3:25.45 36.12	400m: 4:37.32 35.53			
9.	Ana Silva Costa	98	104446	Famalicao	4:39.73	+0,77	591		
	50m: 31.58 31.58			150m: 1:41.65 35.44	250m: 2:52.48 35.44	350m: 4:04.13 35.57			
	100m: 1:06.21 34.63			200m: 2:17.04 35.39	300m: 3:28.56 36.08	400m: 4:39.73 35.60			
10.	Catarina Alexandra Jardim	98	104449	Famalicao	4:42.76	+0,80	572		
	<i>FTL</i>								
	50m: 30.93 30.93			150m: 1:40.38 35.31	250m: 2:53.05 36.42	350m: 4:06.45 36.71			
	100m: 1:05.07 34.14			200m: 2:16.63 36.25	300m: 3:29.74 36.69	400m: 4:42.76 36.31			
11.	Ana Rita Graca	98	111321	Vilacondense	4:44.25	+0,87	563		
	<i>FTL</i>								
	50m: 31.83 31.83			150m: 1:41.84 35.41	250m: 2:54.75 36.65	350m: 4:08.18 36.88			
	100m: 1:06.43 34.60			200m: 2:18.10 36.26	300m: 3:31.30 36.55	400m: 4:44.25 36.07			
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					

Seniores

1.	Angelica Maria Andre	94	15497	Fluvial Portuense	4:18.21	+0,81	752		
	50m: 30.10 30.10			150m: 1:34.09 32.31	250m: 2:39.73 32.88	350m: 3:45.54 32.71			
	100m: 1:01.78 31.68			200m: 2:06.85 32.76	300m: 3:12.83 33.10	400m: 4:18.21 32.67			
2.	Joana Aguiar Rodrigues	93	15401	Porto	4:19.96	+0,88	737		
	50m: 30.11 30.11			150m: 1:35.30 32.87	250m: 2:40.94 32.71	350m: 3:47.23 33.11			
	100m: 1:02.43 32.32			200m: 2:08.23 32.93	300m: 3:14.12 33.18	400m: 4:19.96 32.73			
3.	Florbela Cavaco Machado	96	103916	Columbofila Cantanhedense	4:20.62	+0,75	731		
	50m: 30.90 30.90			150m: 1:36.35 32.87	250m: 2:42.50 33.10	350m: 3:48.87 33.11			
	100m: 1:03.48 32.58			200m: 2:09.40 33.05	300m: 3:15.76 33.26	400m: 4:20.62 31.75			
4.	Ines Alexandra Paiva	96	100378	Alges	4:23.09	+0,83	711		
	50m: 30.63 30.63			150m: 1:37.03 33.15	250m: 2:43.14 32.80	350m: 3:50.24 33.40			
	100m: 1:03.88 33.25			200m: 2:10.34 33.31	300m: 3:16.84 33.70	400m: 4:23.09 32.85			
5.	Julia Matos Lopes	94	12490	Nautico de Coimbra	4:24.10	+0,80	703		
	50m: 31.42 31.42			150m: 1:38.41 33.79	250m: 2:45.60 33.67	350m: 3:52.44 33.14			
	100m: 1:04.62 33.20			200m: 2:11.93 33.52	300m: 3:19.30 33.70	400m: 4:24.10 31.66			
6.	Mafalda Gomes Beleza	94	26890	Sporting	4:25.32	+0,79	693		
	50m: 30.05 30.05			150m: 1:36.33 33.37	250m: 2:43.36 33.33	350m: 3:52.20 34.45			
	100m: 1:02.96 32.91			200m: 2:10.03 33.70	300m: 3:17.75 34.39	400m: 4:25.32 33.12			
7.	Vania Soares Neves	90	12380	Leixoes	4:27.19	+0,90	679		
	50m: 31.02 31.02			150m: 1:37.73 33.61	250m: 2:45.02 33.66	350m: 3:53.63 34.23			
	100m: 1:04.12 33.10			200m: 2:11.36 33.63	300m: 3:19.40 34.38	400m: 4:27.19 33.56			
8.	Ana Goncalves Neto	95	101958	Porto	4:27.75	+0,97	674		
	50m: 30.74 30.74			150m: 1:37.96 33.63	250m: 2:45.50 33.66	350m: 3:54.02 34.11			
	100m: 1:04.33 33.59			200m: 2:11.84 33.88	300m: 3:19.91 34.41	400m: 4:27.75 33.73			
9.	Ana Monica Eloi	96	107038	Nautico Marinha Grande	4:28.31	+0,84	670		
	50m: 31.13 31.13			150m: 1:37.72 33.48	250m: 2:46.12 34.21	350m: 3:54.41 34.28			
	100m: 1:04.24 33.11			200m: 2:11.91 34.19	300m: 3:20.13 34.01	400m: 4:28.31 33.90			
10.	Maria Luis Amorim	95	102029	Porto	4:30.09	+0,93	657		
	50m: 30.44 30.44			150m: 1:37.85 34.15	250m: 2:46.63 34.23	350m: 3:56.10 34.81			
	100m: 1:03.70 33.26			200m: 2:12.40 34.55	300m: 3:21.29 34.66	400m: 4:30.09 33.99			
11.	Carolina Madeira Santos	96	104254	Naval Amorense	4:32.69	+0,86	638		
	50m: 31.19 31.19			150m: 1:39.07 34.21	250m: 2:48.41 34.82	350m: 3:58.37 34.91			
	100m: 1:04.86 33.67			200m: 2:13.59 34.52	300m: 3:23.46 35.05	400m: 4:32.69 34.32			

Prova 38, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Soraia Vanessa Ribeiro	92	15857	Gespacos	4:33.35	+0,90	634		
	50m: 31.30 31.30			150m: 1:38.99 34.03	250m: 2:48.12 34.41	350m: 3:58.30 35.26			
	100m: 1:04.96 33.66			200m: 2:13.71 34.72	300m: 3:23.04 34.92	400m: 4:33.35 35.05			
13.	Helena Paula Carvalho	95	107307	Uniao Piedense	4:34.81	+0,81	624		
	50m: 31.14 31.14			150m: 1:40.04 34.79	250m: 2:50.75 35.43	350m: 4:01.11 35.23			
	100m: 1:05.25 34.11			200m: 2:15.32 35.28	300m: 3:25.88 35.13	400m: 4:34.81 33.70			
14.	Marta Alexandra Saraiva FTL	93	14641	Uniao Piedense	4:38.36	+0,82	600		
	50m: 31.80 31.80			150m: 1:41.10 35.13	250m: 2:52.29 35.69	350m: 4:03.08 35.22			
	100m: 1:05.97 34.17			200m: 2:16.60 35.50	300m: 3:27.86 35.57	400m: 4:38.36 35.28			
15.	Ana Ribeiro Ferreira FTL	92	15634	Famalicao	4:39.42	+0,97	593		
	50m: 30.90 30.90			150m: 1:39.61 34.86	250m: 2:50.70 35.68	350m: 4:03.43 36.41			
	100m: 1:04.75 33.85			200m: 2:15.02 35.41	300m: 3:27.02 36.32	400m: 4:39.42 35.99			

Prova 39
22-12-2013

Masc., 200m Mariposa

17 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Recordes Nacionais 25m Jun 17	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	05-03-2005
Recordes Nacionais 25m Jun 18	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Recordes Nacionais 25m Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009

TAC-JUN1M Jun 17 50m: 2:19.80 - 25m: 2:15.61 / TAC-JUN2M Jun 18: 2:12.41 / TAC-SENM Sen: 2:07.93

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Andre Antunes Carvalho	96	105239	Colegio Monte Maior	2:02.13	+0,77	713		
	50m: 27.13 27.13			100m: 58.24 31.11	150m: 1:30.04 31.80	200m: 2:02.13 32.09			
2.	Alexandre Valdagua Coutinho	97	102769	Columbofila Cantanhedense	2:06.44	+0,67	642		
	50m: 28.02 28.02			100m: 59.65 31.63	150m: 1:33.02 33.37	200m: 2:06.44 33.42			
3.	Artur Jose Reis	96	23369	Porto	2:09.49	+0,71	598		
	50m: 28.65 28.65			100m: 1:01.77 33.12	150m: 1:35.53 33.76	200m: 2:09.49 33.96			
4.	Jose Pedro Bugalho	96	109161	Alcobaca	2:09.77	+0,67	594		
	50m: 28.44 28.44			100m: 1:01.06 32.62	150m: 1:35.07 34.01	200m: 2:09.77 34.70			
5.	Vitor Samuel Rocha	96	107743	Gespacos	2:11.04	+0,87	577		
	50m: 28.68 28.68			100m: 1:00.82 32.14	150m: 1:34.85 34.03	200m: 2:11.04 36.19			
6.	Antonio Miguel Vitorino	96	25815	Viana Natacao	2:11.46	+0,76	571		
	50m: 28.61 28.61			100m: 1:01.12 32.51	150m: 1:35.13 34.01	200m: 2:11.46 36.33			
7.	Francisco Xavier Goncalves	97	26878	Nautico de Coimbra	2:12.42	+0,65	559		
	50m: 29.75 29.75			100m: 1:03.80 34.05	150m: 1:37.81 34.01	200m: 2:12.42 34.61			
8.	Luis Filipe Fonseca	97	108855	Estremoz / Estremozcarnes	2:12.60	+0,82	557		
	50m: 29.31 29.31			100m: 1:03.01 33.70	150m: 1:37.54 34.53	200m: 2:12.60 35.06			
9.	Joao Miguel Ferreira	97	103044	Foca	2:12.89	+0,77	553		
	50m: 28.72 28.72			100m: 1:01.82 33.10	150m: 1:36.58 34.76	200m: 2:12.89 36.31			
10.	Ruben Jose Morim	97	107935	Vilacondense	2:13.84	+0,81	541		
	50m: 30.32 30.32			100m: 1:04.32 34.00	150m: 1:39.00 34.68	200m: 2:13.84 34.84			
11.	Gil Vasco Goncalves	97	25254	Litoral Alentejano	2:14.61	+0,95	532		
	50m: 29.74 29.74			100m: 1:04.29 34.55	150m: 1:39.37 35.08	200m: 2:14.61 35.24			

Prova 39, Masc., 200m Mariposa, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	David Soares Caratao <i>FTL</i>	96	106822	Sporting	2:16.15	+0,66	514		
	50m: 28.28 28.28	100m: 1:02.62	34.34	150m: 1:39.22	36.60	200m: 2:16.15	36.93		

DNS Rafael Filipe Nunes 96 108344 Naval Amorense

Seniores

1.	Diogo Filipe Carvalho	88	12277	Galitos	1:55.02	+0,74	853		
	50m: 25.65 25.65	100m: 54.97	29.32	150m: 1:24.55	29.58	200m: 1:55.02	30.47		
2.	Pedro Diogo Oliveira	88	11531	Estrelas S. Joao de Brito	1:57.16	+0,74	807		
	50m: 26.59 26.59	100m: 56.23	29.64	150m: 1:25.85	29.62	200m: 1:57.16	31.31		
3.	Nuno Goncalo Quintanilha	87	12902	Colegio Vasco da Gama	1:58.48	+0,71	781		
	50m: 26.73 26.73	100m: 57.08	30.35	150m: 1:27.42	30.34	200m: 1:58.48	31.06		
4.	Miguel Duarte Nascimento	95	14944	Portinado	2:00.74	+0,68	737		
	50m: 26.44 26.44	100m: 56.88	30.44	150m: 1:28.29	31.41	200m: 2:00.74	32.45		
5.	Ruben Filipe Nunes	94	23302	Gespacos	2:04.06	+0,84	680		
	50m: 27.58 27.58	100m: 58.96	31.38	150m: 1:30.50	31.54	200m: 2:04.06	33.56		
6.	Pedro Andre Santos	94	15732	Alges	2:04.36	+0,72	675		
	50m: 27.77 27.77	100m: 59.74	31.97	150m: 1:32.34	32.60	200m: 2:04.36	32.02		
7.	Miguel Bras Sergio	95	100925	Estoris	2:04.78	+0,77	668		
	50m: 27.72 27.72	100m: 59.22	31.50	150m: 1:31.20	31.98	200m: 2:04.78	33.58		
8.	Ricardo Verissimo Sousa	93	25548	Colegio Vasco da Gama	2:04.79	+0,72	668		
	50m: 27.68 27.68	100m: 59.49	31.81	150m: 1:32.27	32.78	200m: 2:04.79	32.52		
9.	Carlos Lopes Pedrosa	94	102149	Naval Ponta Delgada	2:05.15	+0,72	662		
	50m: 27.63 27.63	100m: 58.38	30.75	150m: 1:30.52	32.14	200m: 2:05.15	34.63		
10.	Jorge Miguel Carmo	90	13004	Colegio Vasco da Gama	2:05.45	+0,71	657		
	50m: 28.62 28.62	100m: 1:00.69	32.07	150m: 1:33.46	32.77	200m: 2:05.45	31.99		
11.	Nuno Miguel Rola	83	11949	Amadora	2:06.55	+0,69	640		
	50m: 28.66 28.66	100m: 1:01.21	32.55	150m: 1:33.64	32.43	200m: 2:06.55	32.91		
12.	Joao Duarte Santos	95	26430	Estrelas S. Joao de Brito	2:07.14	+0,71	632		
	50m: 28.35 28.35	100m: 1:00.63	32.28	150m: 1:33.23	32.60	200m: 2:07.14	33.91		
13.	Antonio Rafael Bessa <i>FTL</i>	94	102089	Gespacos	2:08.03	+0,81	618		
	50m: 28.29 28.29	100m: 1:00.39	32.10	150m: 1:33.39	33.00	200m: 2:08.03	34.64		
14.	Miguel Goncalves Ferreira <i>FTL</i>	93	11223	Desportivo Nacional	2:08.15	+0,84	617		
	50m: 28.00 28.00	100m: 1:00.27	32.27	150m: 1:34.07	33.80	200m: 2:08.15	34.08		

Prova 40
22-12-2013

Femin., 200m Mariposa

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Recordes Nacionais 25m Jun 16	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	11-02-1996
Recordes Nacionais 25m Jun 17	2:10.12	Sara Francisco Cruz	ADBA	Leiria	04-12-2009
Recordes Nacionais 25m Sen	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010

TAC-JUN1F Jun 16 50m: 2:33.78 - 25m: 2:29.17 / TAC-JUN2F Jun 17: 2:24.87 / TAC-SENF Sen: 2:23.43

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juniores

1.	Ines Camacho Fernandes	97	106821	Sporting	2:15.79	+0,73	703		
	50m: 30.74 30.74		100m: 1:05.45 34.71	150m: 1:40.57 35.12	200m: 2:15.79 35.22				
2.	Sofia Alexandra Branco	98	116596	Sporting	2:20.58	+0,82	634		
	50m: 31.60 31.60		100m: 1:06.80 35.20	150m: 1:43.21 36.41	200m: 2:20.58 37.37				
3.	Bruna Elisabete Paulino	97	102345	Alcobaca	2:22.65	+0,80	606		
	50m: 31.45 31.45		100m: 1:06.80 35.35	150m: 1:43.63 36.83	200m: 2:22.65 39.02				
4.	Mariana Cunha Guerra	98	102764	Columbofila Cantanhedense	2:22.92	+0,75	603		
	50m: 31.86 31.86		100m: 1:07.81 35.95	150m: 1:45.60 37.79	200m: 2:22.92 37.32				
5.	Daniela Figueiredo Metelo	97	26780	Academica de Coimbra	2:29.64	+0,72	525		
	FTL 50m: 32.16 32.16		100m: 1:09.26 37.10	150m: 1:48.88 39.62	200m: 2:29.64 40.76				

Seniores

1.	Ana Catarina Monteiro	93	24320	Vilacondense	2:11.88	+0,77	768		
	50m: 29.87 29.87		100m: 1:03.37 33.50	150m: 1:37.33 33.96	200m: 2:11.88 34.55				
2.	Ana Beatriz Pereira	91	20591	Colegio Vasco da Gama	2:16.20	+0,68	697		
	50m: 30.83 30.83		100m: 1:05.04 34.21	150m: 1:40.38 35.34	200m: 2:16.20 35.82				
3.	Bruna Leal Dantas	96	100371	Sporting	2:21.18	+0,76	626		
	50m: 30.77 30.77		100m: 1:06.17 35.40	150m: 1:43.24 37.07	200m: 2:21.18 37.94				
4.	Debora Guimaraes Oliveira	96	105629	Braga	2:22.15	+0,86	613		
	50m: 32.47 32.47		100m: 1:08.23 35.76	150m: 1:45.32 37.09	200m: 2:22.15 36.83				
5.	Amelia Pereira Fernandes	89	15951	Academica de Coimbra	2:24.07	+0,84	589		
	FTL 50m: 31.11 31.11		100m: 1:06.68 35.57	150m: 1:44.39 37.71	200m: 2:24.07 39.68				
6.	Ana Marta Miranda	96	100377	Uniao Piedense	2:25.72	+0,85	569		
	FTL 50m: 31.77 31.77		100m: 1:08.07 36.30	150m: 1:45.98 37.91	200m: 2:25.72 39.74				
DNF	Ana Margarida Rodrigues	96	103868	Galitos					

Prova 41
22-12-2013

Masc., 50m Livres

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 17	23.14	Tiago Andre Venancio	CNS	Reboleira	26-06-2004
Recordes Nacionais 25m Jun 18	22.24	Miguel Duarte Nascimento	PORTIN	Porto	08-12-2012
Recordes Nacionais 25m Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

TAC-JUN1M Jun 17 50m: 25.80 - 25m: 25.29 / TAC-JUN2M Jun 18: 24.92 / TAC-SENM Sen: 24.31

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Joao Miguel Ascensao	97	107710	Porto	23.33	+0,73	658		
2.	Tiago Manuel Teixeira	96	102485	Fafe	23.54	+0,65	641		
3.	Miguel Galeao Lopes	96	105891	Portinado	23.65	+0,68	632		
4.	Francisco Pestana Silva	97	108465	Naval do Funchal	24.14	+0,66	594		
5.	Joao Martins Santos	96	116544	Gafanha da Encarnacao	24.27	+0,69	585		
6.	Dmytriy Eugeniyovich Martynen	97	103343	Electrico	24.63	+0,67	559		
7.	Joao Carlos Santos	96	104253	Naval Amorense	24.71	+0,68	554		
8.	Simao Miguel Capitao	97	109596	Colegio SMLamas	24.72	+0,74	553		
9.	Joao Paulo Capitao	96	109592	Colegio SMLamas	24.79	+0,74	549		
10.	Joao Jose Vilela	96	104583	Fluval Portuense	24.80	+0,76	548		
11.	Andre Lima Costa	97	105015	Sporting de Espinho	24.90	+0,68	541		
12.	Tiago Joao Meira	96	25816	Viana Natacao	24.92	+0,74	540		
13.	Francisco Gouveia Sousa	96	101034	Naval do Funchal	24.98	+0,64	536		
	<i>FTL</i>								
14.	Joao Pernetta Lima	96	100286	Naval do Funchal	24.99	+0,72	536		
	<i>FTL</i>								
15.	Ricardo David Silva	97	103049	Foca	25.08	+0,81	530		
Seniores									
1.	Alexandre Escudier Agostinho	86	12668	Portinado	22.20	+0,74	764		
2.	Paulo Jorge Santos	89	25982	Porto	22.60	+0,67	724		
3.	Luis Emanuel Vaz	91	15628	Famalicao	22.89	+0,78	697		
4.	Joao Silva Gigante	88	14783	Amadora	22.91	+0,68	695		
5.	Gustavo Almeida Madureira	94	10857	Academica de Coimbra	23.07	+0,65	681		
6.	David Miguel Leiria	93	14530	Naval Amorense	23.33	+0,78	658		
7.	Rodrigo Pereira Lopes	95	26077	Amadora	23.39	+0,66	653		
8.	Ricardo Pereira Lopes	90	14831	Amadora	23.59	+0,66	637		
9.	Flavio Miguel Barbara	95	119741	Armazenenses	23.62	+0,61	634		
10.	Tomas Correia Silva	95	23367	Fluval Portuense	23.64	+0,64	633		
11.	Joao Filipe Carvalho	87	23026	Porto	23.68	+0,79	630		
12.	Tiago Ferreira Sousa	91	106684	Desportivo Nacional	23.72	+0,70	626		
13.	Carlos Filipe Santos	91	15694	Porto	23.84	+0,70	617		
14.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	23.97	+0,71	607		
15.	Filipe Vieira Malheiro	90	13117	Braga	24.06	+0,74	600		
16.	Rafael Lages Ribas	93	12688	Desportiva de Viana	24.10	+0,67	597		
17.	Claudio Miguel Gomes	95	105039	Gafanha da Encarnacao	24.28	+0,58	584		
18.	Andre Neves Oliveira	91	14834	Benfica	24.38	+0,67	577		
	<i>FTL</i>								
19.	Fabio Andre Figueira	88	11084	Porto	24.39	+0,70	576		
	<i>FTL</i>								
20.	Vitor Diogo Moura	90	10394	Desportivo Nacional	24.45	+0,77	572		
	<i>FTL</i>								

Prova 41, Masc., 50m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Carlos Lopes Pedrosa <i>FTL</i>	94	102149	Naval Ponta Delgada	24.48	+0,58	570		
EXH	Luis David Rodrigues	96	124021	Benfica	24.20	+0,74	590		

Prova 42
22-12-2013

Femin., 50m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 16	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun 17	26.50	Ana Filipa Pardal	CNCVG	Tomar	10-12-2005
Recordes Nacionais 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

TAC-JUN1F Jun 16 50m: 29.16 - 25m: 28.58 / TAC-JUN2F Jun 17: 28.30 / TAC-SENF Sen: 28.02

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Jessica Sousa Brito	97	116847	Portinado	26.87	+0,74	647		
2.	Bruna Martins Riesenberger	97	105541	Laranjeiro	27.03	+0,67	636		
3.	Ana Filipa Martins	97	104438	Foca	27.07	+0,80	633		
4.	Catarina Maria Ferreira	98	106534	Desportiva Limiana	27.17	+0,73	626		
5.	Maria Rachadell Pereira	98	104612	Portinado	27.61	+0,87	597		
6.	Maria Morgado Franco	98	107311	Portinado	27.62	+0,81	596		
7.	Carolina Sanchez Rodrigues	97	100359	Alges	27.79	+0,66	585		
8.	Raquel Teixeira Pena	98	106326	Uniao Piedense	28.02	+1,01	571		
9.	Maria Malaguerra Costa	98	106765	Columbofila Cantanhedense	28.07	+0,75	568		
10.	Sara Faria Costa	97	107451	Braga	28.27	+0,87	556		
	Maria Carolina Ribeiro	98	106805	Porto	28.27	+0,73	556		
12.	Luana Raquel Alves <i>FTL</i>	97	110022	Desportiva de Viana	28.57	+0,84	538		
13.	Barbara Rodrigues Pereira <i>FTL</i>	98	117770	Natacao do Montijo	28.60	+0,80	537		

Seniores

1.	Ana Pinho Rodrigues	94	13372	Porto	26.14	+0,68	703		
2.	Diana Margarida Duraes	96	102992	Porto	26.15	+0,69	702		
3.	Marta Vieira Marinho	91	15707	Porto	26.25	+0,74	694		
4.	Joana Patricia Pinto	94	24790	Ginasio de Vila Real	26.40	+0,81	683		
5.	Sara Freitas Oliveira	85	23045	Porto	26.57	+0,67	670		
6.	Jessica Teixeira Vieira	91	104235	Amadora	26.72	+0,69	658		
7.	Raquel Maurile Taveira	95	105392	Alges	26.80	+0,70	652		
8.	Mafalda Gomes Beleza	94	26890	Sporting	27.02	+0,73	637		
9.	Rosa Maria Oliveira	96	105858	Porto	27.14	+0,86	628		
10.	Ana Sofia Nobrega	90	24785	Ginasio de Vila Real	27.19	+0,73	625		
11.	Carolina Sofia Lopes	96	100753	Louletano/ Loule Concelho	27.30	+0,72	617		
12.	Susana Clara Gomes	77	119272	Naval do Funchal	27.59	+0,74	598		
13.	Lisa Marisa Soares	95	25381	Amadora	27.60	+0,82	597		
14.	Ana Luisa Carvalho	96	24493	Nautico de Coimbra	27.78	+0,84	586		
15.	Diana Patricia Ferreira	94	23500	Gespacos	27.85	+0,87	581		
16.	Ana Filipa Gomes	96	107376	Vilacondense	27.96	+0,83	574		

Prova 42, Femin., 50m Livres, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Ana Filipa Teixeira FTL	95	15992	Desportiva de Viana	28.04	+0,77	570		
18.	Soraia Vanessa Ribeiro FTL	92	15857	Gespacos	28.13	+0,85	564		
19.	Patricia Miguel Mendes FTL	96	25590	Naval Amorense	28.14	+0,67	564		
20.	Marta Filipa Vinagre FTL	95	24660	CLAC-Entroncamento	28.15	+0,82	563		
21.	Joana Filipa Capela FTL	89	12794	Benfica	28.28	+0,79	555		
22.	Ana Marisa Brito FTL	90	12800	Benfica	28.62	+0,70	536		

Prova 43
22-12-2013

Masc., 100m Costas

17 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14-12-2013
Recordes Nacionais 25m Jun 17	56.33	Adriano Miguel Niz	CFV	Coimbra	05-07-2003
Recordes Nacionais 25m Jun 18	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14-12-2013

TAC-JUN1M Jun 17 50m: 1:04.11 - 25m: 1:02.83 / TAC-JUN2M Jun 18: 1:01.92 / TAC-SENM Sen: 1:00.41

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Rodrigo Antonio Rosa 50m: 27.75 27.75	96	105214	Colegio Monte Maior 100m: 57.02 29.27	57.02	+0,65	632		
2.	Gabriel Jose Lopes 50m: 27.21 27.21	97	24488	Lousanense 100m: 57.19 29.98	57.19	+0,57	626		
3.	Tiago Manuel Teixeira 50m: 27.88 27.88	96	102485	Fafe 100m: 57.32 29.44	57.32	+0,68	622		
4.	Alexandre Lages Ribas 50m: 27.86 27.86	97	24582	Desportiva de Viana 100m: 57.45 29.59	57.45	+0,68	618		
5.	Miguel Freitas Marques 50m: 28.45 28.45	96	24979	Maritimo 100m: 58.37 29.92	58.37	+0,62	589		
6.	Tomas Machado Vale 50m: 28.31 28.31	97	102229	Viana Natacao 100m: 58.57 30.26	58.57	+0,73	583		
7.	Luis Henrique Silva 50m: 28.54 28.54	97	108809	Naval do Funchal 100m: 58.60 30.06	58.60	+0,60	582		
8.	Francisco Pestana Silva 50m: 28.77 28.77	97	108465	Naval do Funchal 100m: 58.96 30.19	58.96	+0,64	571		
9.	Joao Pedro Belo 50m: 28.55 28.55	97	110444	Sporting 100m: 59.08 30.53	59.08	+0,63	568		
10.	Ruben Oliveira Lopes 50m: 27.73 27.73	97	102041	Porto 100m: 59.11 31.38	59.11	+0,61	567		
11.	Miguel Galeao Lopes 50m: 28.67 28.67	96	105891	Portinado 100m: 59.30 30.63	59.30	+0,62	562		
12.	Filipe Miguel Felix 50m: 28.20 28.20	96	118473	Alges 100m: 59.31 31.11	59.31	+0,62	561		

Prova 43, Masc., 100m Costas, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Ivo Pinto Ribeiro 50m: 28.65 28.65	97	108299	Foca 100m: 59.36 30.71	59.36	+0,59	560		
14.	Job Santos Silva 50m: 28.84 28.84	96	24351	Feirense 100m: 59.50 30.66	59.50	+0,66	556		
15.	Leonardo Cardoso Figueiredo 50m: 28.96 28.96	96	105612	Porto 100m: 59.54 30.58	59.54	+0,54	555		
16.	Nuno Oliveira Noritake 50m: 29.96 29.96	96	104271	Estoris 100m: 1:00.05 30.09	1:00.05	+0,68	541		
17.	Pedro Miguel Gamito 50m: 29.27 29.27	96	118496	Estoris 100m: 1:00.22 30.95	1:00.22	+0,68	536		
18.	Paulo Andre Silva 50m: 29.00 29.00	96	105198	Vilacondense 100m: 1:00.27 31.27	1:00.27	+0,64	535		
19.	Miguel Nunes Goncalves 50m: 29.32 29.32	97	100355	Uniao Piedense 100m: 1:00.29 30.97	1:00.29	+0,78	534		
20.	Joao Mota Correia 50m: 29.80 29.80	97	102308	Alcobaca 100m: 1:00.62 30.82	1:00.62	+0,75	526		
21.	Paulo Gabriel Magalhaes 50m: 29.68 29.68	96	102527	Fafe 100m: 1:01.01 31.33	1:01.01	+0,71	516		
22.	Miguel Maria Madeira 50m: 29.27 29.27	97	123792	Salvaterra de Magos 100m: 1:01.29 32.02	1:01.29	+0,64	509		
23.	Guilherme Pereira Dias 50m: 29.55 29.55	97	110443	Sporting 100m: 1:01.36 31.81	1:01.36	+0,78	507		
24.	Miguel Angelo Passos 50m: 29.75 29.75	96	105874	Desportiva de Viana 100m: 1:01.42 31.67	1:01.42	+0,73	505		
25.	Filipe Carmo Ramos 50m: 29.87 29.87	97	105197	Vilacondense 100m: 1:01.50 31.63	1:01.50	+0,66	503		
26.	Daniel Filipe Cazeiro 50m: 30.09 30.09	97	104378	Naval Amorense 100m: 1:01.57 31.48	1:01.57	+0,62	502		
27.	Joao Pedro Tarquinio 50m: 29.75 29.75	97	106738	Benedita 100m: 1:01.60 31.85	1:01.60	+0,65	501		
28.	Bruno Miguel Ramos 50m: 30.18 30.18	97	109110	Amadora 100m: 1:01.74 31.56	1:01.74	+0,70	498		
29.	Luis Filipe Fonseca 50m: 30.12 30.12	97	108855	Estremoz / Estremozcarnes 100m: 1:01.80 31.68	1:01.80	+0,67	496		
30.	Joao Pernetá Lima FTL 50m: 30.26 30.26	96	100286	Naval do Funchal 100m: 1:02.14 31.88	1:02.14	+1,00	488		
31.	Nuno Andre Neves 50m: 30.39 30.39	97	120682	Estamos Juntos 100m: 1:02.22 31.83	1:02.22	+0,61	486		
32.	Joao Manuel Fernandes 50m: 29.43 29.43	97	101065	Naval do Funchal 100m: 1:02.38 32.95	1:02.38	+0,64	482		
33.	Francisco Jose Fernandes FTL 50m: 30.72 30.72	96	24490	Nautico de Coimbra 100m: 1:03.22 32.50	1:03.22	+0,60	463		

Prova 43, Masc., 100m Costas

Seniores

1.	Alexis Manacas Santos	92	13704	Sporting	52.14	+0,64	826
	50m: 25.18 25.18	100m: 52.14 26.96					
2.	Pedro Diogo Oliveira	88	11531	Estrelas S. Joao de Brito	53.56	+0,67	762
	50m: 25.64 25.64	100m: 53.56 27.92					
3.	Miguel Duarte Nascimento	95	14944	Portinado	54.45	+0,70	726
	50m: 26.24 26.24	100m: 54.45 28.21					
4.	Diogo Gomes Sousa	95	25455	Colegio Vasco da Gama	54.96	+0,62	706
	50m: 26.34 26.34	100m: 54.96 28.62					
5.	Afonso Lopes dos Santos	95	14773	Alcobaca	57.35	+0,62	621
	50m: 27.78 27.78	100m: 57.35 29.57					
6.	Andre Duarte Vaz	93	10768	Nautico de Coimbra	57.82	+0,69	606
	50m: 27.92 27.92	100m: 57.82 29.90					
7.	Rodrigo Pereira Lopes	95	26077	Amadora	58.08	+0,67	598
	50m: 27.61 27.61	100m: 58.08 30.47					
8.	Tomas Correia Silva	95	23367	Fluvial Portuense	58.25	+0,65	593
	50m: 28.72 28.72	100m: 58.25 29.53					
9.	Tiago Ferreira Azevedo	95	103574	Naval Amorense	58.27	+0,68	592
	50m: 28.27 28.27	100m: 58.27 30.00					
10.	Andre Neves Oliveira	91	14834	Benfica	58.52	+0,74	584
	50m: 28.46 28.46	100m: 58.52 30.06					
11.	Andre Bras Goncalves	88	14767	Amadora	58.65	+0,71	581
	50m: 28.11 28.11	100m: 58.65 30.54					
12.	Joao Carlos Paula	94	13992	Galitos	58.81	+0,68	576
	50m: 28.39 28.39	100m: 58.81 30.42					
13.	Joao Pedro Braga	94	25892	Naval Ponta Delgada	58.88	+0,62	574
	50m: 28.60 28.60	100m: 58.88 30.28					
14.	Pedro Fontoura Oliveira	90	14688	Amadora	58.99	+0,63	571
	50m: 28.79 28.79	100m: 58.99 30.20					
15.	Ivo Andre Margarido	88	12552	Benfica	59.13	+0,73	566
	50m: 28.25 28.25	100m: 59.13 30.88					
16.	Edgar Oliveira Ribeiro	93	13277	Braga	59.37	+0,61	560
	50m: 28.82 28.82	100m: 59.37 30.55					
17.	Diogo Carmo Ramos	93	15317	Vilacondense	59.72	+0,71	550
	50m: 28.80 28.80	100m: 59.72 30.92					
18.	Miguel Bras Sergio	95	100925	Estoris	59.96	+0,60	543
	50m: 29.36 29.36	100m: 59.96 30.60					
19.	Joao Pedro Santos	95	105859	Estarreja	1:00.17	+0,63	538
	50m: 28.52 28.52	100m: 1:00.17 31.65					
20.	Pedro Romanoski Carvalho	94	108664	Famalicao	1:00.29	+0,58	534
	50m: 28.56 28.56	100m: 1:00.29 31.73					
21.	Diogo Miguel Paulino	90	10549	Alcobaca	1:00.34	+0,58	533
	50m: 28.97 28.97	100m: 1:00.34 31.37					
22.	Joao Claudio Sousa	93	23458	Gespacos	1:00.46	+0,62	530
	FTL 50m: 29.43 29.43	100m: 1:00.46 31.03					
23.	Tiago Barros Ferreira	94	16003	Alges	1:00.72	+0,63	523
	FTL 50m: 29.86 29.86	100m: 1:00.72 30.86					

Prova 43, Masc., 100m Costas, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
24.	Andre Filipe Mendes <i>FTL</i>	92	100307	Nautico Abrantes	1:00.90	+0,60	518		
	50m: 29.26 29.26			100m: 1:00.90 31.64					
25.	Igor Guterres Carvalho <i>FTL</i>	88	23057	Vilacondense	1:01.26	+0,81	509		
	50m: 29.89 29.89			100m: 1:01.26 31.37					
26.	Pedro Lobato Rijo <i>FTL</i>	91	13025	Geslours	1:02.99	+0,65	469		
	50m: 30.34 30.34			100m: 1:02.99 32.65					
DSQ	David Miguel Leiria <i>606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3</i>	93	14530	Naval Amorense					

Prova 44
22-12-2013

Femin., 100m Costas

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun 16	1:01.55	Ines Camacho Fernandes	SCP	Porto	08-12-2013
Recordes Nacionais 25m Jun 17	1:02.16	Ines Camacho Fernandes	SCP	Felgueiras	21-12-2013
Recordes Nacionais 25m Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

TAC-JUN1F Jun 16 50m: 1:11.02 - 25m: 1:09.60 / TAC-JUN2F Jun 17: 1:08.92 / TAC-SENF Sen: 1:08.23

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores									
1.	Ines Camacho Fernandes <i>Recorde Nacional</i>	97	106821	Sporting	1:01.56	+0,55	722		
	50m: 29.83 29.83			100m: 1:01.56 31.73					
2.	Joana Carina Silva	97	106219	Lousada SXXI	1:02.90	+0,72	676		
	50m: 30.70 30.70			100m: 1:02.90 32.20					
3.	Francisca Gomes Azevedo	97	100356	Alges	1:03.61	+0,58	654		
	50m: 30.50 30.50			100m: 1:03.61 33.11					
4.	Rita Barros Frischknecht	98	106257	Alges	1:05.14	+0,69	609		
	50m: 31.57 31.57			100m: 1:05.14 33.57					
5.	Beatriz Neves Craveiro	97	106762	Nautico de Coimbra	1:06.40	+0,67	575		
	50m: 32.71 32.71			100m: 1:06.40 33.69					
6.	Ana Raquel Ferreira	98	102755	Ginasio Figueirense	1:06.42	+0,75	574		
	50m: 32.53 32.53			100m: 1:06.42 33.89					
7.	Graca Maria Araujo	98	104456	Famalicao	1:06.59	+0,72	570		
	50m: 32.34 32.34			100m: 1:06.59 34.25					
8.	Daniela Teixeira Moreira	97	106460	Amadora	1:06.92	+0,73	562		
	50m: 32.08 32.08			100m: 1:06.92 34.84					
9.	Claudia Isabel Semiao	97	117970	Sporting	1:07.16	+0,63	556		
	50m: 32.89 32.89			100m: 1:07.16 34.27					
10.	Juliana Lima Freixo	97	100827	Desportiva de Viana	1:07.17	+0,64	555		
	50m: 32.63 32.63			100m: 1:07.17 34.54					
11.	Maria Madalena Silva	98	116614	Nautico Abrantes	1:07.24	+0,66	554		
	50m: 32.69 32.69			100m: 1:07.24 34.55					
12.	Ana Filipa Costa	98	102909	Beja	1:07.57	+0,76	546		
	50m: 32.60 32.60			100m: 1:07.57 34.97					

Prova 44, Femin., 100m Costas, Juniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Maria Malaguerra Costa	98	106765	Columbofila Cantanhedense	1:07.77	+0,57	541		
	50m: 32.49 32.49			100m: 1:07.77 35.28					
14.	Catarina Alexandra Jardim	98	104449	Famalicao	1:07.78	+0,70	541		
	50m: 32.82 32.82			100m: 1:07.78 34.96					
15.	Jessica Sousa Brito	97	116847	Portinado	1:07.80	+0,76	540		
	50m: 32.29 32.29			100m: 1:07.80 35.51					
16.	Francisca Santos Pereira	98	102019	Fluvial Portuense	1:08.00	+0,57	535		
	50m: 32.82 32.82			100m: 1:08.00 35.18					
17.	Ines Lucas Alves	98	104738	Fluvial Portuense	1:08.55	+0,65	523		
	50m: 32.51 32.51			100m: 1:08.55 36.04					
18.	Ana Beatriz Meireles	98	110663	Fafe	1:08.79	+0,72	517		
	50m: 32.91 32.91			100m: 1:08.79 35.88					
19.	Maria Morgado Franco	98	107311	Portinado	1:09.12	+0,64	510		
	50m: 33.14 33.14			100m: 1:09.12 35.98					
20.	Sofia Alexandra Rolao	98	108413	Naval Amorense	1:09.43	+0,78	503		
	50m: 32.83 32.83			100m: 1:09.43 36.60					
21.	Sara Faria Costa	97	107451	Braga	1:09.65	+0,86	498		
	FTL								
	50m: 33.63 33.63			100m: 1:09.65 36.02					
DNS	Marina Micaela Sequeira	98	112319	Uniao Piedense					

Seniores

1.	Marta Vieira Marinho	91	15707	Porto	1:02.55	+0,61	688		
	50m: 30.17 30.17			100m: 1:02.55 32.38					
2.	Catia Raquel Martinheira	95	25940	Louletano/ Loule Concelho	1:02.78	+0,60	680		
	50m: 30.04 30.04			100m: 1:02.78 32.74					
3.	Ana Sofia Leite	93	24784	Ginasio de Vila Real	1:02.94	+0,69	675		
	50m: 29.90 29.90			100m: 1:02.94 33.04					
4.	Carolina Sofia Lopes	96	100753	Louletano/ Loule Concelho	1:04.30	+0,59	633		
	50m: 31.04 31.04			100m: 1:04.30 33.26					
5.	Marta Pereira Abreu	92	23091	Porto	1:04.53	+0,77	626		
	50m: 31.10 31.10			100m: 1:04.53 33.43					
6.	Tatiana Filipa Santos	95	26779	Ginasio Figueirense	1:05.90	+0,66	588		
	50m: 32.49 32.49			100m: 1:05.90 33.41					
7.	Paula Cristina Yang	95	100229	Gesloures	1:06.29	+0,71	578		
	50m: 32.01 32.01			100m: 1:06.29 34.28					
8.	Lisa Marisa Soares	95	25381	Amadora	1:06.58	+0,63	570		
	50m: 31.88 31.88			100m: 1:06.58 34.70					
9.	Catarina Tiago Nunes	95	100949	Uniao Piedense	1:06.95	+0,67	561		
	50m: 32.09 32.09			100m: 1:06.95 34.86					
10.	Filipa Mendes Pinheiro	92	11056	Desportiva de Viana	1:06.98	+0,58	560		
	50m: 32.73 32.73			100m: 1:06.98 34.25					
11.	Patricia Miguel Mendes	96	25590	Naval Amorense	1:07.13	+0,60	556		
	50m: 32.33 32.33			100m: 1:07.13 34.80					
12.	Andreia Silva Cruz	88	11126	Naval Amorense	1:07.62	+0,59	544		
	50m: 33.03 33.03			100m: 1:07.62 34.59					

Prova 44, Femin., 100m Costas, Seniores

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Marta Filipa Vinagre <i>FTL</i>	95	24660	CLAC-Entroncamento	1:08.93	+0,59	514		
	50m:	33.43	33.43	100m:	1:08.93	35.50			
DSQ	Vania Soares Neves	90	12380	Leixoes	<i>606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3</i>				

Prova 45
22-12-2013

Masc., 4 x 200m Livres

17 anos e mais velhos

Resultados

Recordes Nacionais 25m Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	7:37.83	Associacao Naval Amorense	ANAM	Porto	08-12-2012
Recordes Nacionais 25m Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009

TAC-JUNM Jun: 8:20.29 / TAC-SENM Sen: 8:00.20

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores							
1.		Naval Amorense	7:35.58	+0,74	723		
		<i>Recorde Nacional</i>					
	96	Rafael Lourenco Gil +0,74 25.87	53.83	1:22.61	1:50.88	1:50.88	
	97	Fabio Alcantara Aires +0,28 26.32	56.18	1:27.38	1:57.62	1:57.62	
	97	Joao Pedro Gil +0,50 26.13	55.50	1:25.46	1:55.20	1:55.20	
	96	Joao Carlos Santos +0,48 26.02	54.26	1:22.57	1:51.88	1:51.88	
2.		Sporting	7:47.15	+0,75	671		
	97	Joao Pedro Belo +0,75 26.80	56.35	1:25.45	1:54.70	1:54.70	
	97	Guilherme Pereira Dias +0,20 26.78	56.68	1:27.20	1:57.45	1:57.45	
	97	Miguel Monteiro Cruchinho +0,36 26.70	56.55	1:27.48	1:58.55	1:58.55	
	96	David Soares Caratao +0,31 26.03	55.63	1:25.48	1:56.45	1:56.45	
3.		Porto	7:48.53	+0,78	665		
	97	Joao Miguel Ascensao +0,78 26.79	57.52	1:29.35	1:59.68	1:59.68	
	96	Bruno Miguel Silva +0,26 26.45	56.22	1:26.74	1:56.06	1:56.06	
	97	Luis Carlos Oliveira +0,40 25.89	56.18	1:27.63	1:58.25	1:58.25	
	97	Eduardo Salgado Ramos +0,28 25.94	55.36	1:25.60	1:54.54	1:54.54	
4.		Naval do Funchal	7:58.03	+0,72	626		
	97	Francisco Pestana Silva +0,72 26.93	57.01	1:28.52	1:59.50	1:59.50	
	96	Francisco Gouveia Sousa +0,31 27.27	57.85	1:28.71	2:00.04	2:00.04	
	97	Luis Henrique Silva +0,21 27.66	58.01	1:28.65	1:59.29	1:59.29	
	96	Joao Pernetta Lima +0,13 26.52	57.24	1:28.58	1:59.20	1:59.20	
5.		Foca	8:00.20	+0,82	618		
	96	Jose Carlos Teixeira +0,82 27.81	57.91	1:29.42	2:00.81	2:00.81	
	97	Joao Miguel Ferreira +0,11 27.07	57.95	1:30.19	2:03.00	2:03.00	
	97	Ricardo David Silva +0,50 27.41	56.89	1:28.15	2:00.26	2:00.26	
	97	Ivo Pinto Ribeiro +0,22 25.65	54.56	1:24.86	1:56.13	1:56.13	
6.		Braga	8:00.28	+0,78	617		
	96	Pedro Veiginha Martins +0,78 27.69	58.16	1:29.73	2:00.74	2:00.74	
	97	Rodrigo Carlos Albuquerque +0,18 26.34	55.89	1:27.28	1:58.27	1:58.27	
	97	David Emanuel Martins +0,20 27.58	58.86	1:30.96	2:02.35	2:02.35	
	97	Ricardo Eduardo Afonso +0,24 26.93	57.73	1:28.98	1:58.92	1:58.92	
7.		Gesloures	8:00.49	+0,76	616		
	97	Carlos Flores Clara +0,76 27.14	56.57	1:26.53	1:55.96	1:55.96	
	96	Bruno Miguel Rainho +0,61 27.98	59.10	1:32.06	2:04.64	2:04.64	
	97	Joao Miguel Cardoso +0,48 28.40	59.36	1:31.04	2:01.07	2:01.07	
	96	Bruno Caseiro Dias +0,44 27.21	57.04	1:27.80	1:58.82	1:58.82	

Prova 45, Masc., 4 x 200m Livres, Juniores

Lugar	NFed	Clube			Tempo Final	TReac	Pts FINA	Pts	Pts
8.		Fluvial Portuense			8:05.32	+0,70	598		
	96	Joao Pedro Santos	+0,70	27.32	57.73	1:28.17	1:58.72	1:58.72	
	96	Joao Jose Vilela	+0,45	27.70	59.13	1:31.39	2:04.87	2:04.87	
	96	Julio Dinis Goncalves	+0,39	27.09	56.98	1:27.06	1:56.91	1:56.91	
	96	Ricardo Jorge Mesquita	+0,37	28.09	59.84	1:32.33	2:04.82	2:04.82	
9.		Leixoes			8:06.21	+0,76	595		
	97	Andre Goncalo Santos	+0,76	27.16	57.42	1:27.29	1:56.34	1:56.34	
	97	Vitor Joao Pereira	+0,59	28.45	59.22	1:30.22	2:00.32	2:00.32	
	97	Joao Afonso Picao	+0,74	27.57	57.52	1:28.34	1:59.46	1:59.46	
	96	Filipe Costa Barroso	+0,28	28.80	1:01.90	1:35.91	2:10.09	2:10.09	
10.		Amadora			8:08.11	+0,91	588		
	97	Afonso Miguel Lamy	+0,91	27.99	59.08	1:31.28	2:02.97	2:02.97	
	97	David Carrasco Correia	+0,37	27.97	59.55	1:31.53	2:03.19	2:03.19	
	97	Bruno Miguel Ramos	+0,33	27.62	58.63	1:29.34	2:00.05	2:00.05	
	96	Goncalo Alexandre Almeida	+0,39	27.45	58.00	1:29.96	2:01.90	2:01.90	
11.		Alcobaca			8:15.48	+0,69	562		
	96	Jose Pedro Bugalho	+0,69	27.69	58.87	1:31.75	2:03.99	2:03.99	
	97	Joao Bernardo Jorge	+0,39	29.19	1:01.96	1:34.86	2:08.15	2:08.15	
	97	Miguel Angelo Silvestre	+0,27	26.78	57.15	1:29.56	2:01.97	2:01.97	
	97	Joao Mota Correia	+0,49	27.55	58.67	1:30.14	2:01.37	2:01.37	
12.		Uniao Piedense			8:16.06	+0,77	560		
	97	Goncalo Filipe Candeias	+0,77	27.97	58.96	1:30.89	2:02.30	2:02.30	
	97	Miguel Nunes Goncalves	+0,52	27.90	58.86	1:30.20	2:01.08	2:01.08	
	96	Diogo Humberto Xavier	+0,40	27.88	1:00.82	1:34.49	2:08.01	2:08.01	
	97	Tiago Bernardo Marques	+0,32	28.09	59.94	1:32.27	2:04.67	2:04.67	

Seniores

1.		Sporting			7:15.42	+0,75	829		
	93	Gustavo Manuel Santa	+0,75	25.68	53.53	1:22.50	1:51.18	1:51.18	
	89	Pedro Miguel Pinotes	+0,40	25.07	52.43	1:20.62	1:48.55	1:48.55	
	91	Ricardo Ferreira Cotovio	+0,32	24.92	52.66	1:21.42	1:50.15	1:50.15	
	92	Alexis Manacas Santos	+0,26	23.92	51.13	1:18.69	1:45.54	1:45.54	
2.		Braga			7:33.30	+0,75	734		
	93	Ricardo Manuel Machado	+0,75	25.80	53.94	1:22.96	1:51.27	1:51.27	
	89	Luis Miguel Silva	+0,39	26.47	55.40	1:25.07	1:56.02	1:56.02	
	84	Ricardo Amorim Rego	+0,31	25.62	54.59	1:24.15	1:54.19	1:54.19	
	93	Edgar Oliveira Ribeiro	+0,37	24.78	53.76	1:22.95	1:51.82	1:51.82	
3.		Porto			7:34.68	+0,74	728		
	88	Carlos Esteves Almeida	+0,74	25.37	53.51	1:22.37	1:51.59	1:51.59	
	89	Paulo Jorge Santos	+0,43	25.85	55.42	1:26.59	1:56.14	1:56.14	
	95	Artur Manuel Ferreira	+0,06	25.52	54.56	1:25.21	1:56.12	1:56.12	
	87	Joao Filipe Carvalho	+0,26	25.30	53.65	1:22.37	1:50.83	1:50.83	
4.		Amadora			7:36.48	+0,70	719		
	88	Joao Silva Gigante	+0,70	25.18	53.29	1:22.11	1:52.19	1:52.19	
	90	Ricardo Pereira Lopes	+0,16	25.68	55.12	1:26.04	1:54.46	1:54.46	
	95	Rodrigo Pereira Lopes	+0,39	25.51	54.29	1:24.58	1:55.04	1:55.04	
	88	Andre Bras Goncalves	+0,39	25.85	54.45	1:24.25	1:54.79	1:54.79	
5.		Nautico de Coimbra			7:37.94	+0,65	712		
	92	Mario Alexandre Pereira	+0,65	24.97	53.12	1:22.65	1:51.52	1:51.52	
	91	Miguel Silva Oliveira	+0,28	25.82	54.63	1:24.36	1:53.31	1:53.31	
	94	Joao Barbosa Moreira	+0,35	26.06	55.05	1:24.99	1:55.13	1:55.13	
	93	Andre Duarte Vaz	+0,26	25.68	55.02	1:25.93	1:57.98	1:57.98	
6.		Gespacos			7:42.35	+0,78	692		
	93	Joao Claudio Sousa	+0,78	26.96	56.23	1:26.22	1:56.19	1:56.19	
	94	Ruben Filipe Nunes	+0,20	26.31	55.76	1:25.63	1:55.90	1:55.90	
	94	Antonio Rafael Bessa	+0,46	26.83	56.49	1:26.30	1:55.30	1:55.30	
	88	Hugo Alberto Ribeiro	+0,43	26.75	56.33	1:25.79	1:54.96	1:54.96	

Prova 45, Masc., 4 x 200m Livres, Seniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7. Academica de Coimbra-SEN		Academica de Coimbra	7:44.01	+0,74	685		
Gustavo Almeida Madureira	94	+0,74 25.82	54.92	1:24.63	1:54.06	1:54.06	
Joao Nuno Pires	94	+0,41 27.19	57.08	1:27.46	1:57.80	1:57.80	
Pedro Barros Mendes	94	+0,41 26.39	56.04	1:26.19	1:55.68	1:55.68	
Joao Andre Neves	95	+0,28 26.49	55.87	1:26.01	1:56.47	1:56.47	
8. Vilacondense-SEN		Vilacondense	7:47.69	+0,80	668		
Pedro Maria Bessa	95	+0,80 27.19	56.87	1:27.08	1:57.01	1:57.01	
Fabio Manuel Pereira	86	+0,32 26.04	55.55	1:24.74	1:53.19	1:53.19	
Joao Miguel Costa	95	+0,39 25.94	55.10	1:25.21	1:55.13	1:55.13	
Daniel Costa Vieira	95	+0,44 19.98	58.70	1:30.84	2:02.36	2:02.36	
9. Leixoes-SEN		Leixoes	7:48.63	+0,81	664		
Dario Almeida Santos	93	+0,81 27.40	57.17	1:27.35	1:58.16	1:58.16	
Jose Joao Goncalves	91	+0,30 26.83	57.43	1:28.31	1:58.87	1:58.87	
Diogo Fontes Moreira	93	+0,15 26.08	54.93	1:25.32	1:56.13	1:56.13	
Tiago Silva Oliveira	94	+0,17 26.01	55.53	1:25.93	1:55.47	1:55.47	
10. Uniao Piedense-SEN		Uniao Piedense	7:57.61	+0,85	628		
Andre Rafael Marinho	93	+0,85 26.99	56.79	1:26.87	1:57.66	1:57.66	
Diamantino Gato Bras	92	+0,45 27.31	58.07	1:29.42	2:00.39	2:00.39	
Diogo Miguel Silva	95	+0,13 26.70	56.60	1:26.57	1:57.09	1:57.09	
Hugo Ricardo Gambutas	95	+0,14 26.13	56.70	1:29.42	2:02.47	2:02.47	
11. Desportivo Nacional-SEN		Desportivo Nacional	7:58.33	+0,74	625		
Duarte Nuno Vieira	95	+0,74 27.66	57.75	1:28.42	1:58.75	1:58.75	
Diego Felipe Santos	87	+0,33 26.76	56.90	1:27.98	1:58.03	1:58.03	
Tomas Miguel Freitas	90	+0,42 27.32	57.81	1:29.18	2:00.26	2:00.26	
Miguel Goncalves Ferreira	93	+0,26 26.44	57.01	1:28.95	2:01.29	2:01.29	
EXH Benfica-JUN		Benfica	8:01.16	+0,76	614		
Guilherme Miguel Teixeira	97	+0,76 27.87	58.77	1:28.80	1:58.72	1:58.72	
Luis David Rodrigues	96	+0,24 26.46	57.09	1:28.79	2:00.09	2:00.09	
Rui Miguel Coelho	96	+0,11 27.82	59.88	1:32.85	2:05.99	2:05.99	
Andre Filipe Farinha	96	+0,33 26.61	56.03	1:26.49	1:56.36	1:56.36	

Prova 46
22-12-2013

Femin., 4 x 200m Livres

16 anos e mais velhos
Resultados

Recordes Nacionais 25m Absoluto	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recordes Nacionais 25m Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010

TAC-JUNF Jun: 9:08.80 / TAC-SENF Sen: 8:59.00

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juniores							
1. Alges-JUN		Alges	8:30.85	+0,77	710		
Francisca Gomes Azevedo	97	+0,77 29.76	1:02.69	1:35.60	2:07.37	2:07.37	
Carolina Sanchez Rodrigues	97	+0,52 29.20	1:01.79	1:34.92	2:09.28	2:09.28	
Rita Barros Frischknecht	98	+0,34 28.01	59.85	1:32.76	2:05.80	2:05.80	
Barbara Sofia Barata	97	+0,41 29.44	1:02.26	1:35.42	2:08.40	2:08.40	
2. Sporting-JUN		Sporting	8:37.22	+0,80	685		
Carolina Mantua Guedes	98	+0,80 29.80	1:03.11	1:37.17	2:11.23	2:11.23	
Sofia Machado Dionisio	98	+0,41 29.84	1:02.48	1:35.67	2:08.70	2:08.70	
Sofia Alexandra Branco	98	+0,63 30.03	1:03.35	1:37.50	2:11.76	2:11.76	
Ines Camacho Fernandes	97	+0,35 28.93	1:01.29	1:33.87	2:05.53	2:05.53	

Prova 46, Femin., 4 x 200m Livres, Juniores

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts		
3.		Porto-JUN							
		Porto	8:42.44	+0,91	664				
		Maria Teresa Amorim	97	+0,91	29.70	1:02.08	1:35.19	2:08.30	2:08.30
		Rute Santos Ferreira	97	+0,55	30.54	1:03.79	1:37.52	2:10.64	2:10.64
		Lucilia Ferreira Freitas	98	+0,69	30.54	1:04.48	1:39.19	2:13.16	2:13.16
		Maria Carolina Ribeiro	98	+0,42	29.32	1:02.25	1:36.43	2:10.34	2:10.34
4.		Famalicao-JUN							
		Famalicao	9:02.94	+0,83	592				
		Graca Maria Araujo	98	+0,83	30.57	1:03.70	1:38.62	2:13.35	2:13.35
		Carla Luisa Alves	98	+0,58	30.77	1:04.98	1:41.25	2:16.28	2:16.28
		Catarina Alexandra Jardim	98	+0,43	30.76	1:05.50	1:40.94	2:16.40	2:16.40
		Ana Silva Costa	98	+0,44	30.85	1:05.74	1:41.50	2:16.91	2:16.91

Seniores

1.		Porto-SEN							
		Porto	8:26.03	+0,79	731				
		Marta Vieira Marinho	91	+0,79	28.87	1:00.60	1:34.39	2:08.82	2:08.82
		Joana Aguiar Rodrigues	93	+0,47	28.75	1:00.34	1:32.64	2:04.85	2:04.85
		Sara Freitas Oliveira	85	+0,39	29.67	1:02.12	1:35.38	2:09.06	2:09.06
		Diana Margarida Duraes	96	+0,22	27.97	59.20	1:30.96	2:03.30	2:03.30
2.		Nautico de Coimbra-SEN							
		Nautico de Coimbra	8:42.47	+0,82	664				
		Julia Matos Lopes	94	+0,82	30.20	1:02.31	1:34.61	2:07.27	2:07.27
		Maria Amelia Gaspar	96	+0,26	30.28	1:03.68	1:37.80	2:11.41	2:11.41
		Maria Miguel Veloso	93	+0,73	31.37	1:04.92	1:39.22	2:13.74	2:13.74
		Ana Luisa Carvalho	96	+0,49	30.02	1:03.13	1:36.75	2:10.05	2:10.05
3.		Gespacos-SEN							
		Gespacos	8:46.04	+0,91	651				
		Claudia Cristina Leao	96	+0,91	30.59	1:03.99	1:37.62	2:11.31	2:11.31
		Soraia Vanessa Ribeiro	92	+0,25	28.93	1:01.22	1:34.57	2:08.64	2:08.64
		Diana Patricia Ferreira	94	+0,38	29.23	1:01.71	1:35.38	2:09.19	2:09.19
		Claudia Susana Teixeira	96	+0,45	30.75	1:05.70	1:41.67	2:16.90	2:16.90
4.		Uniao Piedense-SEN							
		Uniao Piedense	8:46.69	+0,82	648				
		Helena Paula Carvalho	95	+0,82	30.10	1:03.51	1:37.74	2:11.12	2:11.12
		Ana Marta Miranda	96	+0,45	29.73	1:02.45	1:36.68	2:11.36	2:11.36
		Marta Alexandra Saraiva	93	+0,23	30.73	1:04.47	1:40.07	2:15.14	2:15.14
		Catarina Tiago Nunes	95	+0,42	29.17	1:02.19	1:35.85	2:09.07	2:09.07
5.		Vilacondense-SEN							
		Vilacondense	9:05.17	+0,86	584				
		<i>FTL</i>							
		Cassandra Pedro Oliveira	95	+0,86	29.98	1:02.71	1:37.03	2:11.39	2:11.39
		Ana Filipa Gomes	96	+0,58	30.00	1:03.10	1:37.67	2:12.74	2:12.74
		Bruna Figueiro Coentrao	93	+0,05	30.24	1:06.70	1:48.26	2:31.20	2:31.20
		Ana Catarina Monteiro	93	+0,28	29.18	1:02.27	1:36.10	2:09.84	2:09.84
6.		Gesloures-SEN							
		Gesloures	9:07.74	+0,87	576				
		<i>FTL</i>							
		Paula Cristina Yang	95	+0,87	31.18	1:04.67	1:38.20	2:11.23	2:11.23
		Ana Luisa Santo	95	+0,57	29.99	1:04.14	1:40.25	2:16.28	2:16.28
		Ines Raquel Estevao	95	+0,53	33.28	1:08.82	1:45.80	2:22.99	2:22.99
		Jessica Goncalves Sequeira	95	+0,11	30.99	1:05.14	1:41.00	2:17.24	2:17.24