



## Campeonato Nacional de Longa Distância

Lista de nadadores inscritos e apurados.

- Nadadores a verde apurados de acordo com o regulamento e cotas definidas.
- Nadadores a verde mais claro repescados por vagas deixadas noutros escalões.
- A azul encontra-se o melhor tempo relativo apurado pela Tabela FINA2023.

### Mapa apuramento de resultados AA14/15 Femininos (3000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
<b><u>AA 14/15, Femin.</u></b>										
PINTO, Maria Carvalho	15	VNC	9:48.20	559	9:28.12	593	18:32.65	566	18:02.47	590
MARCELO, Camila Duarte	14	CAQC	10:07.63	507	9:30.05	587			18:23.91	556
RICARDO, Francisca Martingo	15	FCP	10:13.20	494	9:37.12	566	19:14.09	507		
MOREIRA, Madalena Valente	15	CNCE	9:45.01	569	9:37.53	564	19:02.42	523	18:22.40	559
CUNHA, Maria Rita	14	CNCE			9:50.54	528				
SIMOES, Maria Neto	14	CAQC	10:08.22	506	9:56.34	513	18:56.59	531	19:01.67	503
MATIAS, Alana Costa	15	CUC	9:58.17	532	10:10.32	478				
AMBRUS, Beatriz Alves	15	FCP	10:02.39	521	9:56.04	513				
SANTOS, Mariana Silva	15	FCP	10:26.31	463	10:04.79	491	19:46.60	466	18:56.80	509
COSTA, Sofia Rodrigues	14	FCP			9:58.99	506			19:22.16	477
CRUZ, Constanca Lopes	15	ADRCIMM	10:02.94	519	9:57.58	509	19:08.15	515	19:00.71	504
SANTOS, Rita Lucas	14	CAQC	10:04.52	515	10:07.73	484				
FERNANDES, Marta Silva	14	FCP			10:08.06	484			19:36.23	460
PAIVA, Leonor Antunes	14	CNAC	10:18.74	480	10:11.11	476			19:34.90	461
LIMA, Beatriz Ribeiro	15	GESL	10:24.92	466	10:22.27	451	19:57.28	454	19:46.23	448
LANCA, Ines Maria	15	SLB	10:26.82	462	10:18.20	460	19:54.81	457	19:38.46	457



## Nadadoras Apuradas

RANKING				
Nome	Ida	Clube		
<b>AA 14/15, Femin.</b>				
PINTO, Maria Carvalho	15	VNC	9:28.12	593
MARCELO, Camila Duarte	14	CAQC	9:30.05	587
MOREIRA, Madalena Valente	15	CNCE	9:45.01	569
RICARDO, Francisca Martingo	15	FCP	9:37.12	566
MATIAS, Alana Costa	15	CUC	9:58.17	532
CUNHA, Maria Rita	14	CNCE	9:50.54	528
AMBRUS, Beatriz Alves	15	FCP	10:02.39	521
CRUZ, Constanca Lopes	15	ADRCIMM	10:02.94	519
SANTOS, Rita Lucas	14	CAQC	10:04.52	515
SIMOES, Maria Neto	14	CAQC	9:56.34	513
SANTOS, Mariana Silva	15	FCP	18:56.80	509
COSTA, Sofia Rodrigues	14	FCP	9:58.99	506
FERNANDES, Marta Silva	14	FCP	10:08.06	484
PAIVA, Leonor Antunes	14	CNAC	10:18.74	480
LIMA, Beatriz Ribeiro	15	GESL	10:24.92	466
LANCA, Ines Maria	15	SLB	10:26.82	462

## Mapa apuramento de resultados AA15 Masculinos (3000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
<b>AA 15, Masc.</b>										
MACEDO, Martim Cunha	15	CNMAIA			8:54.78	570			16:47.21	594
PINTO, Martim Chambel	15	ADRCIM M			8:57.28	562			16:56.66	578
MARTINS, Vasco Alexandre	15	ADRCIM M			9:20.26	495			17:46.42	500
CALDAS, Pedro Guedes	15	SLB			9:35.32	457			18:19.74	456
FONSECA, Miguel Bera	15	SLB			9:30.91	468			18:28.15	446
SANTOS, Alexandre Lima	15	CFP			9:45.18	435			18:34.44	438
GASPAR, Joao Nuno	15	CAQC	10:04.57	418	10:05.35	393	18:53.91	453	19:00.94	408



### Nadadores Apurados

RANKING				
Nome	Ida	Clube		
<b>AA 15, Masc.</b>				
MACEDO, Martim Cunha	15	CNMAIA	16:47.21	594
PINTO, Martim Chambel	15	ADRCIMM	16:56.66	578
MARTINS, Vasco Alexandre	15	ADRCIMM	17:46.42	500
FONSECA, Miguel Bera	15	SLB	9:30.91	468
CALDAS, Pedro Guedes	15	SLB	9:35.32	457
GASPAR, Joao Nuno	15	CAQC	18:53.91	453
SANTOS, Alexandre Lima	15	CFP	18:34.44	438

### Mapa apuramento de resultados AA16/17 Femininos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
<b>AA 16/17, Femin.</b>										
MESQUITA, Mafalda Martins	17	GDNFAMA	9:27.28	624	9:09.82	654	18:02.91	614	17:18.56	668
BAIONA, Raquel Santos	16	ADRCIMM	10:06.58	510	9:51.60	525	19:06.65	517	18:41.79	530
FERREIRA, Carolina Amadeu	16	LSC	9:40.60	582	9:26.10	599	18:37.34	559	18:06.21	584
AGUILAR, Marta Andre	17	CNAC	9:26.86	625	9:18.40	624	18:00.83	617	17:53.69	605
SANTOS, Leonor Castanho	17	SCP	9:51.37	550	9:31.76	582			18:19.78	563
VIANA, Matilde Violante	17	CNL			9:32.73	579	18:39.64	555	18:14.52	571
SOARES, Leonor Carvalho	16	FCP	10:04.47	515	9:45.51	542	19:23.51	495	18:45.50	525
NEVES, Rita Isabel	16	CAQC	10:18.86	480	10:05.75	489			19:38.49	457
FERNANDES, Laura Carvalho	16	CNAC	10:06.87	509	10:00.86	501				
PRIOR, Joana Pontes	16	CIRL	10:52.92	409	10:23.98	447				



## Nadadoras Apuradas

<b>RANKING</b>				
<b>Nome</b>	<b>Ida</b>	<b>Clube</b>		
<b><u>AA 16/17, Femin.</u></b>				
MESQUITA, Mafalda Martins	17	GDNFAMA	17:18.56	668
AGUILAR, Marta Andre	17	CNAC	9:26.86	625
FERREIRA, Carolina Amadeu	16	LSC	9:26.10	599
SANTOS, Leonor Castanho	17	SCP	9:31.76	582
VIANA, Matilde Violante	17	CNL	9:32.73	579
SOARES, Leonor Carvalho	16	FCP	9:45.51	542
BAIONA, Raquel Santos	16	ADRCIMM	18:41.79	530
FERNANDES, Laura Carvalho	16	CNAC	10:06.87	509
NEVES, Rita Isabel	16	CAQC	10:05.75	489
PRIOR, Joana Pontes	16	CIRL	10:23.98	447



### Mapa apuramento de resultados AA16/17 Masculinos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
AA 16/17, Masc.										
MEDEIROS, Miguel Fragoso	16	FCP	8:50.66	618	8:28.06	664	16:52.68	636	15:54.29	698
PEREIRA, Rui Silva	16	ADRCIMM	8:32.97	684	8:17.30	708	16:11.75	720	15:55.78	695
BORGES, Rodrigo Costa	17	CFP	8:39.42	659	8:24.17	680	16:15.37	712	15:57.87	691
ASMAR, Axel Guedes	17	SCP	8:53.66	608	8:32.78	646	16:55.93	630	16:25.86	633
GARCIA, Afonso Gago	16	SLB	9:21.30	522	8:48.12	591	17:31.62	568	16:29.84	626
PEIXOTO, Tomas Pinto	16	FCP	8:58.44	592	8:36.87	631	16:59.00	624	16:34.68	617
RODRIGUES, Rafael Pereira	16	CAQC	9:10.08	555	8:46.75	596	17:31.13	569	16:39.10	609
CANELAS, Tiago Andre	16	CFP	8:53.61	608	8:44.46	604	17:07.44	609	16:40.15	607
OLIVEIRA, Marco Dimitar	17	CNAC	9:05.43	569	8:46.77	596	17:18.10	590	16:42.78	602
LOPES, Gustavo Miguel	16	FCP	9:15.42	539	8:52.32	577	17:37.39	558	16:45.01	598
SOARES, Goncalo Augusto	16	FCP	9:05.29	570	8:45.31	601	17:46.45	564	16:47.97	593
ROQUE, Afonso Dinis	17	CNL			8:45.06	602			17:17.55	543
MARQUES, Duarte Cachulo	17	CAQC	8:52.48	612	8:51.76	579	17:01.18	620	16:43.81	600
SIMOES, Francisco Marques	17	CNL			9:02.54	545			17:06.03	562
VALES, Paulo Tiago	17	FCP	9:33.40	490	8:59.75	554	18:07.79	513	17:06.85	560
PEREIRA, Salvador Correia	16	CAQC	9:29.30	500	9:00.75	551	18:03.20	519	17:08.00	559
LIMA, Rodrigo Silva	16	FCP	9:11.23	551	8:54.62	570	17:27.74	574	17:09.82	556
CORREIA, Rodrigo Filipe	17	FCP			9:10.30	523			17:21.43	537
MARTELO, Francisco Bernardes	17	FCP			9:04.39	540			18:15.37	462
COSTA, Afonso Goncalves	16	FCP	9:33.81	489	9:04.85	539	18:11.62	508	17:31.85	521
SOUSA, Guilherme Simoes	16	CNAC	9:13.66	544	9:08.31	528	17:34.68	563	17:30.93	523
PEREIRA, Santiago Carvalho	16	GDNFAMA	9:49.03	452	9:14.15	512	18:51.98	455	17:39.57	510
COLACO, Goncalo Pereira	17	CNL			9:25.21	482			17:49.13	497
TOME, Tome Nunes	16	CNL	9:31.64	494	9:15.94	507			18:14.47	463
FRANCISCO, Joao Moura	17	CNL			9:29.94	470			17:58.28	484
DUARTE, Rafael Ataide	16	SLB			9:31.52	467			18:10.38	468

Nadadores Apurados



RANKING				
Nome	Ida	Clube		
<b>AA 16/17, Masc.</b>				
PEREIRA, Rui Silva	16	ADRCIMM	16:11.75	720
BORGES, Rodrigo Costa	17	CFP	16:15.37	712
MEDEIROS, Miguel Fragoso	16	FCP	15:54.29	698
ASMAR, Axel Guedes	17	SCP	8:32.78	646
PEIXOTO, Tomas Pinto	16	FCP	8:36.87	631
GARCIA, Afonso Gago	16	SLB	16:29.84	626
MARQUES, Duarte Cachulo	17	CAQC	17:01.18	620
RODRIGUES, Rafael Pereira	16	CAQC	16:39.10	609
CANELAS, Tiago Andre	16	CFP	17:07.44	609
OLIVEIRA, Marco Dimitar	17	CNAC	16:42.78	602
ROQUE, Afonso Dinis	17	CNL	8:45.06	602
SOARES, Goncalo Augusto	16	FCP	8:45.31	601
LOPES, Gustavo Miguel	16	FCP	16:45.01	598
LIMA, Rodrigo Silva	16	FCP	17:27.74	574
SOUZA, Guilherme Simoes	16	CNAC	17:34.68	563
SIMÕES, Francisco Marques	17	CNL	17:06.03	562
VALES, Paulo Tiago	17	FCP	17:06.85	560
PEREIRA, Salvador Correia	16	CAQC	17:08.00	559
COSTA, Afonso Goncalves	16	FCP	9:04.85	539
CORREIA, Rodrigo Filipe	17	FCP	17:21.43	537
PEREIRA, Santiago Carvalho	16	GDNFAMA	9:14.15	512
TOME, Tome Nunes	16	CNL	9:15.94	507
COLACO, Goncalo Pereira	17	CNL	17:49.13	497
FRANCISCO, Joao Moura	17	CNL	17:58.28	484
DUARTE, Rafael Ataide	16	SLB	18:10.38	468
MARTELO, Francisco Bernardes	17	FCP	18:15.37	462

**Nota:** Os dois nadadores com empate de 609, encontram-se repescados com a vaga deixada livre nos AA20+ masculino e AA18/19 feminino. Decidido por pontuação superior destes dois nadadores.



### Mapa apuramento de resultados AA18/19 Femininos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
<b>AA 18/19, Femin.</b>										
LOPES, Daniela Magalhaes	19	GDNFAMA	9:17.36	658	9:04.07	675	17:42.93	649	17:15.87	674
FARIA, Leonor Verissimo	18	CNAC	9:25.92	628	9:16.81	630	18:05.96	608	17:39.29	630
SA, Maria Luis	18	CFP	9:49.30	556	9:23.79	607	18:36.47	560	17:55.17	602
LOPES, Francisca Macedo	19	CFV	9:26.01	628	9:19.06	622	18:26.20	576		
FERREIRA, Maria Neto	18	CNAC	9:46.26	565	9:30.39	586			18:20.89	561

### Nadadoras Apuradas

RANKING				
Nome	Ida	Clube		
<b>AA 18/19, Femin.</b>				
LOPES, Daniela Magalhaes	19	GDNFAMA	9:04.07	675
FARIA, Leonor Verissimo	18	CNAC	9:16.81	630
LOPES, Francisca Macedo	19	CFV	9:26.01	628
SA, Maria Luis	18	CFP	9:23.79	607
FERREIRA, Maria Neto	18	CNAC	9:30.39	586

### Mapa apuramento de resultados AA18/19 Masculinos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
<b>AA 18/19, Masc.</b>										
SARREIRA, Tomas Amor	19	FCP	8:27.76	705	8:04.95	764	16:13.84	715	15:27.53	761
LOUREIRO, Bruno Silva	18	FCP	8:40.14	656	8:21.34	691	16:21.18	699	15:41.66	727
SANTOS, Ricardo Matias	19	ALN	8:34.01	680	8:18.21	705	16:18.11	706	15:42.02	726
CASTRO, Vasco Monteiro	18	FCP	9:00.57	585	8:32.54	647	17:10.13	604	16:14.88	655
GONCALVES, Alexandre Ramos	19	SCSJV	8:45.84	635	8:44.23	605	16:51.19	639	16:46.18	596
MARQUES, Jose Miguel	18	CAQC	8:59.12	565	8:56.29	564	17:40.95	553	17:12.41	551
MARTINS, Antonio Pedro	19	CUC	9:42.02	468	9:18.20	501	18:24.80	490	17:59.90	482
GERALDO, Tomas Cardoso	19	CAQC	9:54.21	440	9:35.13	458	18:44.18	465	18:38.06	434



## Nadadores Apurados

RANKING				
Nome	Ida	Clube		
AA 18/19, Masc.				
SARREIRA, Tomas Amor	19	FCP	8:04.95	764
LOUREIRO, Bruno Silva	18	FCP	15:41.66	727
SANTOS, Ricardo Matias	19	ALN	15:42.02	726
CASTRO, Vasco Monteiro	18	FCP	16:14.88	655
GONCALVES, Alexandre Ramos	19	SCSJV	16:51.19	639
MARQUES, Jose Miguel	18	CAQC	8:59.12	565
MARTINS, Antonio Pedro	19	CUC	9:18.20	501
GERALDO, Tomas Cardoso	19	CAQC	18:44.18	465

## Mapa apuramento de resultados AA20+ Femininos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
AA 20+, Femin.										
ANDRE, Angelica Maria	30	FCP	08:47:01	778	8:32.85	806	16:58:17	738	16:07.07	828
DURAES, Diana Margarida	28	SLB	08:44:48	808	8:33.26	804	16:35.65	790	16:16.80	803
MENDES, Mariana Amaral	22	SCP	09:06.07	699	8:40.83	770	17:10.24	713	16:21.16	793
VIANA, Carolina Pereira	20	SCP	09:05.91	700	8:56.05	706	17:19.13	695	16:52.68	721
RODRIGUES, Helena Nunes	21	CAQC	09:21.63	643	9:16.50	631	18:39.21	556	17:37.78	633
SILVA, Ines Martins	20	CFV	09:56.06	538	9:23.38	608	18:44.04	549	18:00.13	594
PIMENTEL, Marta Lima	20	FCP	09:32.70	606	9:24.56	604	18:06.13	608	17:53.41	605
RIESENBERGER, Bruna Martins	27	CIRL			9:30.82	585				





## Nadadoras Apuradas

RANKING				
Nome	Ida	Clube		
AA 20+, Femin.				
ANDRE, Angelica Maria	30	FCP	16:07.07	828
DURAES, Diana Margarida	28	SLB	8:33.26	804
MENDES, Mariana Amaral	22	SCP	16:21.16	793
VIANA, Carolina Pereira	20	SCP	16:52.68	721
RODRIGUES, Helena Nunes	21	CAQC	09:21.63	643
SILVA, Ines Martins	20	CFV	9:23.38	608
PIMENTEL, Marta Lima	20	FCP	18:06.13	608
RIESENBERGER, Bruna Martins	27	CIRL	9:30.82	585

**Nota:** A ordem das nadadoras com 608 pontos está aleatória, entrando uma dentro da cota prevista e outra dentro do espaço deixado nas AA18/19. Decidido pela pontuação superior dentro das vagas deixadas livres.

## Mapa apuramento de resultados AA20+ Masculinos (5000m)

RANKING			800 P50		800 P25		1500 P50		1500 P25	
Nome	Ida	Clube								
AA 20+, Masc.										
AMARAL, Francisco Rodriguez	22	FCP	08:16.45	755	8:07.05	754	15:30.36	820	15:17.25	787
CARDOSO, Diogo Santos	23	SCP	08:15.26	760	7:58.96	793	15:52.32	765	15:17.69	785
RIBEIRO, Hugo Alberto	36	LSC			8:31.68	650			16:02.45	681
CARVALHO, Goncalo Renato	20	FCP	08:44.31	641	8:29.94	657	16:42.48	655	16:25.01	635
RIBEIRO, Diogo Filipe	22	LSC	9:24.05	515			18:00.01	524		

## Nadadores Apurados

RANKING			800 P50	
Nome	Ida	Clube		
AA 20+, Masc.				
AMARAL, Francisco Rodriguez	22	FCP	15:30.36	820
CARDOSO, Diogo Santos	23	SCP	7:58.96	793
RIBEIRO, Hugo Alberto	36	LSC	16:02.45	681
CARVALHO, Goncalo Renato	20	FCP	8:29.94	657
RIBEIRO, Diogo Filipe	22	LSC	18:00.01	524