

Progression of Athletes - Details

All Events

Event	Round	Place	Total time	Pts	Entry time	Date	%	PB
Academico De Viseu Futebol Clube								4
DOMINGOS, Ana Margarida, 10-04-1993								2
50m Freestyle	Prelim	24.	<b>29.20</b>	536	29.36	01-03-2009	101%	
200m Freestyle	Final	15.	2:15.14	584	2:14.79		99%	
200m Freestyle	Prelim	16.	2:14.79	588	2:12.48	22-11-2009	97%	
400m Freestyle	Final	14.	4:46.01	584	4:43.25		98%	
400m Freestyle	Prelim	14.	4:43.25	601	4:34.67	13-12-2009	94%	
50m Breaststroke	Prelim	20.	<b>37.06</b>	519	37.20	03-07-2009	101%	
SAMPAIO, Ines Sofia, 03-03-1994								2
200m Freestyle	Prelim	20.	2:15.77	576	2:15.71	01-03-2009	100%	
400m Freestyle	Final	7.	4:41.58	612	4:39.00		98%	
400m Freestyle	Prelim	7.	<b>4:39.00</b>	629	4:43.23	21-11-2009	103%	
800m Freestyle	Slower Heats	8.	<b>9:36.59</b>	629	9:49.41	02-07-2009	104%	

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Aminata - Evora Clube de Natacao								4
<b>CAETANO, Nuno Cunha, 02-05-1993</b>								-
100m Breaststroke	Prelim	30.	1:15.31	470	1:12.58	12-12-2009	93%	
200m Breaststroke	Prelim	25.	2:41.66	488	2:34.93	13-12-2009	92%	
<b>CAETANO, Pedro Cunha, 30-10-1990</b>								1
50m Backstroke	Prelim	20.	<b>29.90</b>	519	30.57	05-06-2009	105%	
100m Fly	Prelim	WDR		-	1:01.63	09-05-2009	-	
200m Fly	Prelim	17.	2:18.99	516	2:16.80	21-11-2009	97%	
<b>GAITAS, Alexandre Rocha, 01-11-1991</b>								-
50m Freestyle	Prelim	38.	26.66	484	25.06	18-07-2009	88%	
100m Freestyle	Prelim	WDR		-	53.94	05-07-2009	-	
<b>ROSADO, Miguel Maria, 27-04-1995</b>								3
50m Backstroke	Prelim	31.	<b>30.70</b>	480	32.67	24-05-2009	113%	
100m Backstroke	Prelim	37.	<b>1:07.37</b>	458	1:09.89	03-07-2009	108%	
200m Backstroke	Prelim	40.	<b>2:26.50</b>	445	2:30.22	25-07-2009	105%	

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								2
<b>Amorense</b>								2
<b>AZEVEDO, Tiago Ferreira, 17-09-1995</b>								2
100m Freestyle	Prelim	39.	<b>58.31</b>	520	59.34	05-07-2009	104%	
200m Freestyle	Prelim	52.	<b>2:07.00</b>	518	2:07.92	25-07-2009	101%	
<b>GIL, Guilherme Pereira, 10-04-1993</b>								-
200m Freestyle	Prelim	38.	2:04.18	554	2:03.57	27-06-2009	99%	
400m Freestyle	Prelim	21.	4:20.47	603	4:19.85	31-05-2009	100%	
<b>MENDES, Patricia Miguel, 21-03-1996</b>								-
100m Backstroke	Prelim	39.	1:15.95	448	1:12.15	24-07-2009	90%	
100m Fly	Prelim	29.	1:15.04	416	1:09.40	26-07-2009	86%	
<b>PEREIRA, Ana Catarina, 23-04-1995</b>								-
100m Backstroke	Prelim	30.	1:13.67	491	1:11.64	20-07-2009	95%	
200m Backstroke	Prelim	WDR		-	2:34.46	15-03-2009	-	

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Assoc. Desp. Cult. Rec. do Bairro dos Anjos								16
ALEXANDRE, Miguel Polidoro, 04-05-1994								2
100m Freestyle	Prelim	44.	<b>58.55</b>	514	59.54	21-11-2009	103%	
200m Freestyle	Prelim	55.	<b>2:08.27</b>	502	2:08.35	22-11-2009	100%	
400m Freestyle	Prelim	48.	4:36.85	502	4:33.63	28-02-2009	98%	
ANJOS, Andreia Filipa, 17-10-1992								1
50m Backstroke	Final	10.	<b>31.78</b>	617	32.01		101%	
50m Backstroke	Prelim	9.	32.01	604	30.73	18-07-2009	92%	
100m Backstroke	Final	8.	1:07.96	625	1:07.83		100%	
100m Backstroke	Prelim	8.	1:07.83	629	1:06.09	20-07-2009	95%	
200m Backstroke	Final	8.	2:32.40	549	2:28.81		95%	
200m Backstroke	Prelim	7.	2:28.81	589	2:22.06	20-12-2009	91%	
CORDEIRO, Manuel Andril, 31-05-1992								-
50m Freestyle	Prelim	42.	27.08	462	26.69	17-10-2009	97%	
100m Freestyle	Prelim	47.	58.86	506	56.68	06-12-2009	93%	
CRUZ, Sara Francisco, 14-01-1993								3
50m Freestyle	Final	10.	28.08	603	28.06		100%	
50m Freestyle	Prelim	9.	28.06	604	27.31	20-07-2009	95%	
50m Fly	Final	3.	<b>28.84</b>	656	28.94		101%	
50m Fly	Prelim	3.	28.94	650	28.00	18-07-2009	94%	
100m Fly	Final	3.	<b>1:03.03</b>	703	1:05.15		107%	
100m Fly	Prelim	4.	1:05.15	637	1:01.48	20-07-2009	89%	
200m Fly	Final	4.	<b>2:19.80</b>	687	2:21.74		103%	
200m Fly	Prelim	4.	2:21.74	660	2:17.36	04-04-2009	94%	
DIAS, Mariana Mota, 20-08-1992								-
50m Freestyle	Final	11.	28.17	597	28.08		99%	
50m Freestyle	Prelim	10.	28.08	603	28.03	18-07-2009	100%	
100m Freestyle	Final	8.	1:01.08	619	1:00.99		100%	
100m Freestyle	Prelim	7.	1:00.99	622	1:00.29	21-07-2009	98%	
DOMINGUES, Diogo Manuel, 14-02-1994								1
100m Breaststroke	Prelim	39.	1:17.84	426	1:16.94	27-06-2009	98%	
200m Breaststroke	Prelim	28.	<b>2:44.10</b>	466	2:44.72	02-07-2009	101%	
FARIA, Cesar Fernando, 08-08-1990								2
100m Freestyle	Final	12.	55.77	595	55.53		99%	
100m Freestyle	Prelim	12.	55.53	602	51.53	29-03-2009	86%	
200m Freestyle	Final	5.	<b>1:57.32</b>	657	1:57.45		100%	
200m Freestyle	Prelim	5.	1:57.45	655	1:49.30	27-07-2009	87%	
400m Freestyle	Prelim	17.	4:18.49	617	3:57.72	20-07-2009	85%	
200m Medley	Final	10.	<b>2:16.41</b>	585	2:17.02		101%	
200m Medley	Prelim	14.	2:17.02	577	2:09.80	29-03-2009	90%	
GODINHO, Helder Alexandre, 27-01-1986								-
50m Breaststroke	Prelim	23.	33.24	516	31.37	29-05-2009	89%	
100m Breaststroke	Prelim	29.	1:15.00	476	1:09.19	04-07-2009	85%	
LISBOA, Adriana Filipa, 05-06-1992								2
50m Freestyle	Prelim	23.	29.08	543	27.74	20-12-2009	91%	
100m Freestyle	Final	12.	<b>1:01.55</b>	605	1:01.91		101%	
100m Freestyle	Prelim	13.	1:01.91	594	1:00.05	04-12-2009	94%	
200m Freestyle	Final	13.	<b>2:13.74</b>	602	2:14.33		101%	
200m Freestyle	Prelim	12.	2:14.33	594	2:07.97	06-12-2009	91%	
PEREIRA, Tiago Filipe, 17-04-1991								1
50m Freestyle	Prelim	24.	<b>26.01</b>	521	26.04	04-07-2009	100%	
50m Backstroke	Prelim	26.	30.35	496	29.71	28-03-2009	96%	
100m Backstroke	Prelim	31.	1:06.14	484	1:04.29	29-03-2009	94%	
50m Fly	Prelim	26.	27.81	524	26.80	02-07-2009	93%	
RIBEIRO, Joao Paulo, 26-11-1992								2
200m Freestyle	Prelim	24.	2:02.34	579	1:58.34	18-07-2009	94%	
50m Fly	Prelim	21.	27.62	535	26.68	31-05-2009	93%	
100m Fly	Final	13.	<b>59.59</b>	584	1:00.12		102%	
100m Fly	Prelim	15.	1:00.12	569	57.84	20-07-2009	93%	
200m Fly	Final	12.	<b>2:14.38</b>	571	2:16.39		103%	
200m Fly	Prelim	13.	2:16.39	546	2:09.51	21-07-2009	90%	
SILVA, Mara Lisboa e, 01-03-1993								2
100m Backstroke	Final	13.	<b>1:09.59</b>	582	1:09.81		101%	
100m Backstroke	Prelim	14.	1:09.81	577	1:08.16	28-03-2009	95%	
200m Backstroke	Final	6.	<b>2:26.66</b>	616	2:29.01		103%	
200m Backstroke	Prelim	8.	2:29.01	587	2:22.75	07-06-2009	92%	
400m Medley	Slower Heats	8.	5:16.08	619	5:15.64	27-02-2009	100%	

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Assoc. Desportiva de Fafe								1
COSTA, Carlos Cunha, 11-09-1995								-
200m Breaststroke	Prelim	36.	2:49.59	423	2:49.02	05-12-2009	99%	
FREITAS, Ana Rita, 13-10-1995								1
50m Backstroke	Prelim	26.	<b>37.55</b>	374	37.76	28-02-2009	101%	
MONTEIRO, Isabel Rovisco, 29-08-1993								-
200m Freestyle	Prelim	31.	2:18.27	545	2:16.34	22-11-2009	97%	
400m Freestyle	Prelim	28.	4:53.31	542	4:40.02	13-06-2009	91%	
200m Medley	Prelim	21.	2:37.20	516	2:31.57	26-04-2009	93%	
SAMPAIO, Beatriz Magalhaes, 17-10-1995								-
800m Freestyle	Slower Heats	WDR		-	10:09.78	27-06-2009	-	
400m Medley	Slower Heats	WDR		-	5:42.53	13-03-2009	-	
TEIXEIRA, Tiago Manuel, 31-03-1996								-
200m Freestyle	Prelim	59.	2:09.18	492	2:08.51	16-01-2010	99%	
400m Freestyle	Prelim	50.	4:37.16	500	4:36.29	19-12-2009	99%	

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Assoc. Solid.Social Sociedade Columbofila Cantanhedense								6
FONSECA, David Jose, 23-07-1994								-
200m Freestyle	Prelim	69.	2:13.15	449	2:11.38	22-11-2009	97%	
400m Freestyle	Prelim	58.	4:47.59	448	4:36.64	21-11-2009	93%	
LOPES, Pedro Fragoso, 05-04-1990								2
50m Freestyle	Prelim	25.	<b>26.17</b>	512	26.34	16-01-2010	101%	
50m Fly	Prelim	24.	27.73	529	27.19	21-06-2009	96%	
100m Fly	Final	15.	<b>59.87</b>	576	1:00.08		101%	
100m Fly	Prelim	14.	1:00.08	570	59.36	20-06-2009	98%	
MACHADO, Florbela Cavaco, 14-05-1996								1
200m Freestyle	Prelim	40.	2:21.68	507	2:18.52	26-07-2009	96%	
400m Freestyle	Prelim	21.	4:48.57	569	4:43.62	31-05-2009	97%	
800m Freestyle	Slower Heats	11.	<b>9:45.03</b>	602	9:47.65	25-07-2009	101%	
MENESES, Gustavo Alexandre, 10-08-1992								1
50m Freestyle	Prelim	31.	26.33	503	26.23	16-05-2009	99%	
50m Backstroke	Final	14.	29.77	526	29.61		99%	
50m Backstroke	Prelim	15.	<b>29.61</b>	535	29.94	17-01-2010	102%	
50m Breaststroke	Prelim	22.	33.17	519	32.43	30-05-2009	96%	
NETO, Hugo Neves, 09-08-1994								2
200m Freestyle	Prelim	66.	<b>2:10.62</b>	476	2:13.06	03-07-2009	104%	
400m Freestyle	Prelim	49.	<b>4:37.08</b>	501	4:38.85	16-01-2010	101%	

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Associacao Academica de Coimbra								9
LOPES, Andre Filipe, 29-08-1992								1
200m Freestyle	Final	13.	2:00.39	608	1:59.38		98%	
200m Freestyle	Prelim	12.	1:59.38	623	1:58.53	28-03-2009	99%	
400m Freestyle	Final	9.	<b>4:11.95</b>	666	4:14.39		102%	
400m Freestyle	Prelim	12.	4:14.39	647	4:10.99	20-07-2009	97%	
100m Fly	Prelim	25.	1:01.62	528	1:01.32	04-07-2009	99%	
LOPES, Tiago Rafael, 29-08-1992								1
100m Freestyle	Prelim	26.	57.09	554	56.78	01-02-2009	99%	
200m Freestyle	Prelim	40.	2:04.26	553	2:01.19	31-01-2009	95%	
400m Freestyle	Prelim	22.	<b>4:21.17</b>	598	4:22.76	05-07-2009	101%	
MADUREIRA, Gustavo Almeida, 19-07-1994								3
50m Freestyle	Prelim	21.	<b>25.72</b>	539	25.95	04-07-2009	102%	
100m Freestyle	Prelim	20.	<b>56.44</b>	574	56.64	21-07-2009	101%	
200m Freestyle	Prelim	48.	<b>2:06.10</b>	529	2:06.32	19-07-2009	100%	
MENDES, Pedro Barros, 31-05-1994								2
100m Breaststroke	Prelim	25.	<b>1:14.38</b>	488	1:14.39	18-07-2009	100%	
200m Breaststroke	Prelim	29.	2:44.23	465	2:44.23	17-01-2010	100%	
200m Medley	Prelim	34.	<b>2:24.69</b>	490	2:25.02	17-01-2010	100%	
NEVES, Joao Andre, 17-08-1995								2
200m Freestyle	Prelim	53.	<b>2:07.12</b>	516	2:11.94	11-07-2009	108%	
400m Freestyle	Prelim	44.	4:31.62	531	4:30.75	16-01-2010	99%	
200m Medley	Prelim	33.	<b>2:23.71</b>	500	2:24.38	17-01-2010	101%	
VITOR, Raquel Bartolo, 27-02-1993								-
400m Freestyle	Prelim	30.	4:54.18	537	4:40.91	09-01-2010	91%	
800m Freestyle	Slower Heats	14.	9:54.04	575	9:50.12	02-07-2009	99%	

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Associacao Desportiva de Penafiel

MADUREIRA, Fabio Andre, 19-05-1990

1

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50m Breaststroke	Prelim	19.	32.82	536	32.45	26-06-2009	98%
100m Breaststroke	Prelim	21.	1:12.73	522	1:11.08	12-12-2009	96%
200m Breaststroke	Prelim	24.	2:40.80	496	2:36.96	13-12-2009	95%

ROCHA, Antonio Jorge, 24-10-1994

1

200m Freestyle	Prelim	46.	2:05.93	531	2:05.30	05-12-2009	99%
400m Freestyle	Prelim	53.	4:39.29	489	4:31.04	12-12-2009	94%
50m Fly	Prelim	30.	28.05	511	28.03	17-05-2009	100%
100m Fly	Prelim	23.	1:01.46	532	1:00.79	14-11-2009	98%
200m Fly	Prelim	25.	2:26.98	436	2:20.03	13-12-2009	91%
200m Medley	Prelim	38.	<b>2:25.15</b>	485	2:25.78	21-07-2009	101%

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Associacao Estamos Juntos								4
CATELAS, Diogo Filipe, 05-05-1994								-
100m Backstroke	Prelim	42.	1:14.85	334	1:08.07	21-11-2009	83%	
200m Backstroke	Prelim	45.	2:43.46	320	2:25.87	22-11-2009	80%	
100m Fly	Prelim	46.	1:10.17	357	1:06.47	20-06-2009	90%	
200m Fly	Prelim	WDR		-	2:27.79		-	
FERREIRA, Daniela Valente, 17-09-1996								-
100m Breaststroke	Prelim	WDR		-	1:19.31	26-07-2009	-	
200m Breaststroke	Prelim	WDR		-	2:56.48	25-07-2009	-	
MOREIRA, Diogo Fontes, 13-10-1993								-
50m Backstroke	Prelim	33.	31.11	461	30.81	20-06-2009	98%	
100m Backstroke	Prelim	33.	1:06.41	478	1:05.04	02-07-2009	96%	
200m Backstroke	Prelim	28.	2:22.84	481	2:16.42	14-03-2009	91%	
RODRIGUES, Ana Pinho, 21-04-1994								4
50m Freestyle	Final	3.	<b>27.07</b>	673	27.88		106%	
50m Freestyle	Prelim	7.	27.88	616	26.98	21-06-2009	94%	
100m Freestyle	Final	7.	<b>59.79</b>	660	1:00.01		101%	
100m Freestyle	Prelim	4.	1:00.01	653	59.78	27-03-2009	99%	
100m Breaststroke	Final	3.	<b>1:12.32</b>	707	1:16.03		111%	
100m Breaststroke	Prelim	4.	1:16.03	609	1:10.73	31-05-2009	87%	
200m Breaststroke	Final	3.	<b>2:38.72</b>	688	2:44.43		107%	
200m Breaststroke	Prelim	6.	2:44.43	618	2:36.15	20-06-2009	90%	
SILVA, Ines Martins, 24-05-1994								-
100m Freestyle	Prelim	WDR		-	1:04.28	16-05-2009	-	
50m Fly	Prelim	WDR		-	31.20	28-02-2009	-	
100m Fly	Prelim	WDR		-	1:07.88	13-12-2009	-	

Associacao Humanitaria dos Bombeiros Voluntarios de Caldas da Rainha								4
NEGRAO, Patricia Monteiro, 10-06-1996								1
100m Backstroke	Prelim	37.	1:15.89	449	1:15.44	16-01-2010	99%	
200m Backstroke	Prelim	31.	<b>2:42.31</b>	454	2:42.56	10-07-2009	100%	
SALDANHA, Marcelo Santos, 27-02-1994								3
200m Freestyle	Prelim	WDR		-	2:12.50	18-07-2009	-	
400m Freestyle	Prelim	47.	<b>4:36.59</b>	503	4:36.67	18-07-2009	100%	
100m Backstroke	Prelim	36.	<b>1:07.31</b>	459	1:08.51	27-06-2009	104%	
200m Backstroke	Prelim	38.	<b>2:25.74</b>	452	2:28.68	03-07-2009	104%	
SANTOS, Afonso Lopes dos, 06-06-1995								-
100m Freestyle	Prelim	36.	58.05	527	56.48	26-07-2009	95%	
400m Freestyle	Prelim	57.	4:44.41	463	4:30.85	25-07-2009	91%	
200m Backstroke	Prelim	35.	2:25.38	456	2:23.65	23-05-2009	98%	
200m Medley	Prelim	27.	2:22.63	511	2:20.61	26-07-2009	97%	

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Benedita Sport Club Natacao								3
CUSTOIAS, Filipa Vicente, 27-10-1997								-
200m Backstroke	Prelim	39.	2:51.15	387	2:43.21	10-07-2009	91%	
100m Fly	Prelim	32.	1:15.62	407	1:13.19	26-07-2009	94%	
200m Fly	Prelim	17.	2:43.30	431	2:40.90	25-07-2009	97%	
LOPES, Miguel Machado, 12-01-1992								2
400m Freestyle	Prelim	23.	4:21.31	597	4:14.29	04-07-2009	95%	
200m Backstroke	Prelim	21.	<b>2:19.97</b>	511	2:22.23	28-02-2009	103%	
200m Medley	Final	9.	<b>2:15.34</b>	599	2:16.27		101%	
200m Medley	Prelim	11.	2:16.27	587	2:13.41	21-07-2009	96%	
400m Medley	Slower Heats	15.	5:01.52	528	4:43.49	19-07-2009	88%	
PEDRAS, Elisa Morgado, 07-06-1996								1
100m Fly	Prelim	24.	<b>1:12.79</b>	456	1:13.92	10-01-2010	103%	
PENAS, Isa Morais, 19-11-1996								-
100m Freestyle	Prelim	39.	1:06.02	490	1:05.80	14-11-2009	99%	
100m Backstroke	Prelim	38.	1:15.93	448	1:15.12	24-07-2009	98%	
200m Backstroke	Prelim	34.	2:43.81	442	2:41.56	26-07-2009	97%	
SERRALHEIRO, Joao Manuel, 24-04-1995								-
200m Freestyle	Prelim	69.	2:13.15	449	2:12.58	25-07-2009	99%	
400m Freestyle	Prelim	51.	4:38.21	494	4:35.94	12-12-2009	98%	

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Club Natacion Santa Olaya							19
ALVAREZ, Adrian Vallina, 01-01-1993							1
200m Freestyle	Prelim	29.	2:02.98	570	2:00.74	96%	
400m Freestyle	Prelim	31.	<b>4:24.17</b>	578	4:26.83	102%	
1500m Freestyle	Slower Heats	WDR		-	17:56.81	-	
ALVAREZ, Hector Paradineiro, 01-01-1982							-
50m Freestyle	Final	11.	25.27	569	25.12	99%	
50m Freestyle	Prelim	9.	25.12	579	24.27	93%	
100m Freestyle	Prelim	WDR		-	52.20	-	
ALVAREZ, Sergio San Millan, 01-01-1993							-
100m Backstroke	Prelim	18.	1:03.91	536	1:02.12	94%	
200m Medley	Prelim	28.	2:22.71	511	2:22.22	99%	
400m Medley	Slower Heats	WDR		-	5:01.49	-	
BARRIO, Margarita Alvarez, 01-01-1995							1
50m Backstroke	Final	8.	32.08	600	31.95	99%	
50m Backstroke	Prelim	8.	31.95	607	31.51	97%	
100m Backstroke	Final	14.	1:10.17	568	1:09.05	97%	
100m Backstroke	Prelim	12.	1:09.05	596	1:07.56	96%	
200m Backstroke	Final	14.	<b>2:31.65</b>	557	2:32.98	102%	
200m Backstroke	Prelim	13.	2:32.98	543	2:25.57	91%	
CUBILLAS, Nerea Alonso, 01-01-1992							-
100m Breaststroke	Prelim	24.	1:25.02	435	1:17.87	84%	
200m Breaststroke	Prelim	22.	2:59.61	474	2:48.67	88%	
200m Medley	Prelim	25.	2:39.54	494	2:28.71	87%	
ESPSANDIM, Katia Garcia, 01-01-1994							2
50m Freestyle	Final	14.	28.69	565	28.63	100%	
50m Freestyle	Prelim	15.	28.63	569	27.72	94%	
100m Freestyle	Prelim	26.	1:03.64	547	1:01.90	95%	
50m Fly	Final	16.	<b>31.33</b>	512	31.35	100%	
50m Fly	Swim Off Prelim	1.	<b>30.52</b>	554	31.35	106%	
50m Fly	Prelim	16.	31.35	511	30.36	94%	
FERNANDEZ, Nazaret Iglesias, 01-01-1996							-
50m Freestyle	Prelim	39.	30.62	465	30.02	96%	
100m Backstroke	Prelim	42.	1:17.90	415	1:16.54	97%	
GARCIA, Olaya Carbajal, 01-01-1994							-
200m Breaststroke	Prelim	18.	2:55.24	511	2:50.94	95%	
GRELA, Maria Alonso, 01-01-1995							1
100m Freestyle	Prelim	22.	1:02.81	569	1:01.62	96%	
50m Fly	Prelim	18.	31.45	506	30.71	95%	
100m Fly	Final	14.	<b>1:10.08</b>	511	1:10.91	102%	
100m Fly	Prelim	16.	1:10.91	494	1:09.50	96%	
GUINEA, Alba Ortiz de, 01-01-1997							-
400m Freestyle	Prelim	36.	5:14.27	440	4:59.45	91%	
800m Freestyle	Slower Heats	WDR		-	10:05.45	-	
200m Medley	Prelim	31.	2:49.39	413	2:41.41	91%	
MARTINEZ, Alicia Arboleya, 01-01-1996							-
100m Freestyle	Prelim	41.	1:06.51	479	1:06.23	99%	
200m Freestyle	Prelim	44.	2:24.43	478	2:23.54	99%	
MINGUET, Mercedes Peris, 01-01-1985							2
50m Backstroke	Final	1.	<b>28.93</b>	818	29.62	105%	
50m Backstroke	Prelim	1.	29.62	762	28.10	90%	
100m Backstroke	Final	1.	<b>1:03.05</b>	783	1:04.77	106%	
100m Backstroke	Prelim	1.	1:04.77	722	1:01.32	90%	
MIRANDA, Marcos Rivera, 20-04-1983							1
400m Freestyle	Final	1.	<b>3:58.38</b>	786	4:07.21	108%	
400m Freestyle	Prelim	1.	4:07.21	705	3:49.82	86%	
1500m Freestyle	Slower Heats	1.	15:39.35	807	14:57.47	91%	
PANDIELLO, Diego Fernandez, 01-01-1992							-
100m Breaststroke	Prelim	32.	1:15.72	463	1:10.62	87%	
200m Breaststroke	Prelim	22.	2:38.65	516	2:34.57	95%	
PEREZ, Angela Rivera, 01-01-1993							2
50m Breaststroke	Final	7.	<b>34.67</b>	635	35.32	104%	
50m Breaststroke	Prelim	8.	35.32	600	31.72	81%	
100m Breaststroke	Final	8.	<b>1:18.18</b>	560	1:19.25	103%	
100m Breaststroke	Prelim	8.	1:19.25	537	1:11.48	81%	

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<b>PITA, Celia Moro, 01-01-1996</b>							<b>4</b>
50m Breaststroke	Final	15.	36.76	532	36.42	98%	
50m Breaststroke	Prelim	16.	<b>36.42</b>	547	37.54	106%	
100m Breaststroke	Final	16.	<b>1:21.90</b>	487	1:22.43	101%	
100m Breaststroke	Prelim	15.	<b>1:22.43</b>	477	1:23.33	102%	
200m Breaststroke	Prelim	23.	<b>3:00.86</b>	465	3:01.67	101%	
<b>RIO, Marcos Garcia del, 01-01-1990</b>							<b>-</b>
400m Freestyle	Prelim	24.	4:21.89	593	4:09.11	90%	
1500m Freestyle	Slower Heats	8.	17:05.19	620	16:23.37	92%	
<b>RODRIGUEZ, Alan Shorter, 01-01-1995</b>							<b>2</b>
100m Freestyle	Prelim	34.	<b>58.00</b>	529	59.85	106%	
200m Freestyle	Prelim	56.	<b>2:08.33</b>	502	2:10.21	103%	
<b>RODRIGUEZ, Elisa Garcia, 01-01-1997</b>							<b>-</b>
100m Freestyle	Prelim	44.	1:07.20	465	1:05.78	96%	
200m Freestyle	Prelim	43.	2:24.25	480	2:22.43	97%	
<b>RODRIGUEZ, Marcos Garcia, 01-01-1991</b>							<b>-</b>
200m Freestyle	Prelim	44.	2:05.63	535	2:01.17	93%	
400m Freestyle	Prelim	29.	4:23.24	584	4:14.04	93%	
1500m Freestyle	Slower Heats	WDR		-	17:29.27	-	
<b>RUBIO, Javier Rodriguez, 01-01-1991</b>							<b>-</b>
100m Freestyle	Prelim	19.	56.34	577	54.13	92%	
200m Freestyle	Prelim	21.	2:02.21	581	1:58.38	94%	
<b>VILLAZON, Coral Colino, 01-01-1991</b>							<b>2</b>
50m Fly	Final	13.	<b>30.69</b>	545	30.76	100%	
50m Fly	Prelim	12.	30.76	541	29.45	92%	
100m Fly	Final	7.	<b>1:08.38</b>	551	1:08.47	100%	
100m Fly	Prelim	7.	1:08.47	548	1:07.67	98%	
<b>VINCELLE, Yaiza Barrios, 01-01-1991</b>							<b>1</b>
200m Freestyle	Prelim	36.	2:19.78	528	2:12.03	89%	
400m Freestyle	Prelim	25.	4:51.85	550	4:40.67	92%	
200m Medley	Final	14.	<b>2:34.38</b>	545	2:35.58	102%	
200m Medley	Prelim	17.	2:35.58	533	2:30.54	94%	

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Clube Natacao Olhao

BODIAO, Rafaela Marques, 30-08-1996

200m Freestyle	Prelim	41.	2:22.13	502	2:21.03	23-05-2009	98%
400m Freestyle	Prelim	33.	4:57.30	520	4:55.81	04-07-2009	99%
100m Backstroke	Prelim	22.	<b>1:12.14</b>	522	1:12.17	23-05-2009	100%
200m Backstroke	Prelim	17.	2:35.60	516	2:34.60	24-05-2009	99%

CAVACO, Ana Catarina, 06-01-1995

50m Fly	Prelim	22.	31.86	487	31.24	03-07-2009	96%
100m Fly	Prelim	19.	1:11.50	481	1:08.30	23-05-2009	91%
200m Fly	Final	14.	2:37.31	482	2:37.23		100%
200m Fly	Prelim	15.	2:37.23	483	2:31.39	16-05-2009	93%

LOPES, Rui Miguel, 26-04-1994

200m Freestyle	Prelim	65.	2:10.09	482	2:10.09	19-07-2009	100%
400m Freestyle	Prelim	42.	4:30.59	537	4:26.78	21-11-2009	97%
1500m Freestyle	Slower Heats	WDR		-	18:25.81	05-07-2009	-

SANTOS, Joao Duarte, 27-01-1995

200m Freestyle	Prelim	37.	2:03.98	556	2:01.65	25-07-2009	96%
100m Fly	Prelim	36.	1:04.01	471	1:01.95	25-07-2009	94%
200m Fly	Prelim	21.	2:22.55	478	2:18.00	26-07-2009	94%

VIEGAS, Mauro Filipe, 04-07-1995

100m Breaststroke	Prelim	40.	1:17.99	423	1:14.96	25-07-2009	92%
200m Breaststroke	Prelim	38.	2:52.72	400	2:41.90	21-11-2009	88%

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Clube De Actividade Fisica Dos Bombeiros De Ponta Delgada								4
<b>BORGES, Miguel Rego, 01-01-1995</b>								-
100m Breaststroke	Prelim	35.	1:16.76	444	1:13.62	08-11-2009	92%	
200m Breaststroke	Prelim	31.	2:44.98	459	2:43.31	08-11-2009	98%	
<b>FRAGOSO, Antonio Fraga, 20-11-1995</b>								-
100m Fly	Prelim	42.	1:07.52	401	1:05.42	21-11-2009	94%	
200m Fly	Prelim	28.	2:30.20	409	2:28.76	22-11-2009	98%	
<b>FRAGOSO, Mafalda Fraga, 06-08-1994</b>								-
50m Freestyle	Prelim	36.	30.28	481	29.95	05-06-2009	98%	
50m Breaststroke	Prelim	17.	36.52	543	35.40	19-07-2009	94%	
100m Breaststroke	Prelim	23.	1:24.74	439	1:20.25	04-07-2009	90%	
<b>MARQUES, Joana Filipa, 21-10-1995</b>								4
50m Breaststroke	Final	9.	<b>35.35</b>	599	35.76		102%	
50m Breaststroke	Prelim	10.	<b>35.76</b>	578	36.94	05-06-2009	107%	
100m Breaststroke	Final	7.	<b>1:17.55</b>	574	1:19.00		104%	
100m Breaststroke	Prelim	7.	1:19.00	542	1:18.06	05-12-2009	98%	
200m Breaststroke	Final	11.	<b>2:50.30</b>	557	2:51.27		101%	
200m Breaststroke	Prelim	12.	2:51.27	547	2:48.32	14-03-2009	97%	

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Clube de Natacao da Maia								4
MAIA, Joana Marques, 16-03-1991								1
50m Breaststroke	Prelim	21.	37.11	517	35.88	19-07-2009	93%	
100m Breaststroke	Prelim	21.	1:23.39	461	1:18.44	27-06-2009	88%	
200m Breaststroke	Final	15.	<b>2:54.23</b>	520	2:55.13		101%	
200m Breaststroke	Prelim	17.	2:55.13	512	2:46.67	25-06-2009	91%	
NETO, Luis Nobre, 02-03-1990								2
50m Freestyle	Final	15.	25.62	546	25.50		99%	
50m Freestyle	Prelim	17.	25.50	553	25.17	07-02-2009	97%	
50m Breaststroke	Final	6.	<b>31.07</b>	632	31.40		102%	
50m Breaststroke	Prelim	7.	31.40	612	30.58	21-06-2009	95%	
100m Breaststroke	Final	9.	<b>1:10.05</b>	584	1:10.12		100%	
100m Breaststroke	Prelim	9.	1:10.12	583	1:07.92	20-06-2009	94%	
200m Breaststroke	Prelim	17.	2:37.18	531	2:31.50	27-03-2009	93%	
OLIVEIRA, Rita Alexandre, 10-07-1996								-
100m Backstroke	Prelim	45.	1:21.97	356	1:15.60	03-07-2009	85%	
200m Backstroke	Prelim	38.	2:51.07	388	2:42.23	05-07-2009	90%	
PINHEIRO, Claudio Miguel, 09-09-1993								-
400m Freestyle	Prelim	55.	4:40.12	484	4:26.36	25-06-2009	90%	
400m Medley	Slower Heats	WDR		-	5:00.47	26-06-2009	-	
PINTO, Diogo Andre, 09-06-1990								-
50m Backstroke	Prelim	35.	31.58	441	30.94	31-05-2009	96%	
QUEIJO, Joao Pedro, 26-01-1993								-
400m Freestyle	Prelim	39.	4:28.59	550	4:21.00	20-07-2009	94%	
400m Medley	Slower Heats	WDR		-	4:59.77	19-07-2009	-	
SILVA, Paulo Andre, 04-10-1995								-
100m Fly	Prelim	45.	1:09.97	360	1:06.72	25-07-2009	91%	
SOUSA, Filipa Vieira, 10-11-1992								1
200m Backstroke	Prelim	32.	<b>2:42.32</b>	454	2:43.27	06-03-2009	101%	
400m Medley	Slower Heats	WDR		-	5:36.58	20-06-2009	-	

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Clube de Natacao de Alcobaca								5
COSTA, Ana Sofia, 06-01-1995								-
800m Freestyle	Slower Heats	16.	10:08.96	534	9:59.43	18-07-2009	97%	
400m Medley	Slower Heats	WDR		-	5:27.02	13-03-2009	-	
COSTA, Mariana Jesus, 03-11-1996								1
100m Freestyle	Prelim	38.	1:06.00	491	1:05.28	21-11-2009	98%	
100m Backstroke	Prelim	40.	1:16.01	447	1:15.15	19-04-2009	98%	
200m Backstroke	Prelim	25.	<b>2:38.79</b>	485	2:38.94	22-11-2009	100%	
DIOGO, Miguel Monteiro, 08-07-1993								1
200m Freestyle	Prelim	17.	2:00.82	601	1:57.31	06-12-2009	94%	
400m Freestyle	Prelim	11.	4:14.05	650	4:02.89	12-12-2009	91%	
1500m Freestyle	Slower Heats	4.	16:32.16	684	16:31.82	30-05-2009	100%	
200m Fly	Final	2.	<b>2:07.34</b>	671	2:10.96		106%	
200m Fly	Prelim	3.	2:10.96	617	2:05.54	13-12-2009	92%	
400m Medley	Slower Heats	7.	4:45.14	625	4:43.47	23-07-2009	99%	
FELICIANO, Nuno Miguel, 19-01-1995								-
100m Breaststroke	Prelim	34.	1:16.15	455	1:13.71	14-11-2009	94%	
200m Breaststroke	Prelim	33.	2:46.97	443	2:36.03	13-12-2009	87%	
200m Medley	Prelim	40.	2:29.52	444	2:26.70	26-07-2009	96%	
PALMA, Carla Rosario, 07-11-1996								-
100m Freestyle	Prelim	43.	1:06.99	469	1:04.21	25-07-2009	92%	
100m Backstroke	Prelim	44.	1:19.19	395	1:13.96	13-06-2009	87%	
200m Backstroke	Prelim	37.	2:46.63	420	2:38.52	10-07-2009	91%	
SILVA, Diogo Parrilha da, 15-11-1993								2
50m Freestyle	Final	16.	25.65	544	25.46		99%	
50m Freestyle	Prelim	15.	25.46	556	24.96	16-05-2009	96%	
100m Freestyle	Prelim	15.	56.03	586	53.42	12-12-2009	91%	
50m Fly	Final	13.	<b>27.18</b>	562	27.19		100%	
50m Fly	Prelim	14.	27.19	561	27.15	06-12-2009	100%	
100m Fly	Final	12.	<b>59.02</b>	601	59.18		101%	
100m Fly	Prelim	9.	59.18	596	56.76	12-12-2009	92%	
200m Fly	Final	3.	2:08.41	654	2:07.56		99%	
200m Fly	Prelim	2.	2:07.56	668	2:06.05	13-06-2009	98%	
VALENTE, Sara Cristiana, 26-06-1996								1
100m Freestyle	Prelim	37.	1:05.40	504	1:03.66	13-12-2009	95%	
100m Fly	Prelim	21.	1:11.84	475	1:08.34	13-12-2009	90%	
200m Fly	Final	10.	<b>2:32.63</b>	528	2:33.16		101%	
200m Fly	Prelim	10.	2:33.16	523	2:26.67	12-12-2009	92%	
200m Medley	Prelim	28.	2:40.94	481	2:30.15	12-12-2009	87%	
VALENTE, Vanessa Carolina, 30-04-1994								-
50m Freestyle	Prelim	32.	29.73	508	29.25	13-12-2009	97%	
100m Backstroke	Prelim	33.	1:15.07	464	1:10.91	12-12-2009	89%	
200m Backstroke	Prelim	27.	2:39.78	476	2:31.57	12-12-2009	90%	

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Clube de Natacao de Torres Novas								1
CARVALHO, Marcia Filipa, 07-04-1996								1
100m Fly	Prelim	31.	1:15.55	408	1:12.10	09-01-2010	91%	
200m Fly	Final	15.	2:40.81	451	2:33.34		91%	
200m Fly	Prelim	11.	<b>2:33.34</b>	521	2:35.10	07-02-2009	102%	
LOPES, Diogo Antonio, 01-04-1995								-
200m Freestyle	Prelim	63.	2:09.99	483	2:04.74	25-07-2009	92%	
1500m Freestyle	Slower Heats	WDR		-	18:35.19	23-05-2009	-	
200m Fly	Prelim	26.	2:27.14	435	2:21.62	26-07-2009	93%	
400m Medley	Slower Heats	WDR		-	5:13.61	24-07-2009	-	
POLICARPO, Duarte Brites, 29-01-1995								-
200m Freestyle	Prelim	75.	2:17.51	408	2:10.70	05-12-2009	90%	
400m Freestyle	Prelim	60.	4:54.69	416	4:38.98	21-11-2009	90%	
SAMOUCO, Fabio Miguel, 19-02-1995								-
100m Freestyle	Prelim	55.	1:01.87	435	58.78	08-03-2009	90%	
100m Breaststroke	Prelim	41.	1:18.57	414	1:15.31	19-12-2009	92%	
100m Fly	Prelim	40.	1:06.42	422	1:03.64	07-03-2009	92%	
VICENTE, Andre Filipe, 15-12-1981								-
50m Freestyle	Prelim	34.	26.46	495	26.02	20-06-2009	97%	
50m Fly	Prelim	25.	27.79	525	27.54	20-06-2009	98%	
VINAGRE, Marta Filipa, 19-06-1995								-
200m Freestyle	Prelim	38.	2:21.11	513	2:17.80	05-07-2009	95%	
400m Freestyle	Prelim	34.	4:57.42	519	4:45.35	21-11-2009	92%	
800m Freestyle	Slower Heats	WDR		-	10:00.40	18-07-2009	-	

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Clube de Natacao do Litoral Alentejano								3
COSTA, Rodrigo Marques, 17-11-1976								-
50m Freestyle	Prelim	38.	26.66	484	25.95	01-02-2009	95%	
50m Breaststroke	Prelim	25.	33.48	505	31.59	22-11-2009	89%	
JANEIRO, Paulo Bruno, 04-01-1994								3
200m Freestyle	Final	16.	2:04.09	555	1:59.79		93%	
200m Freestyle	Prelim	13.	1:59.79	617	1:58.26	19-07-2009	97%	
400m Freestyle	Final	13.	4:16.74	629	4:16.10		100%	
400m Freestyle	Prelim	15.	<b>4:16.10</b>	634	4:19.76	31-05-2009	103%	
1500m Freestyle	Slower Heats	7.	<b>16:43.26</b>	662	17:11.99	18-07-2009	106%	
200m Medley	Final	15.	2:23.49	502	2:16.76		91%	
200m Medley	Prelim	12.	<b>2:16.76</b>	580	2:17.93	21-07-2009	102%	
400m Medley	Slower Heats	WDR		-	5:12.92	04-07-2009	-	
SANTA, Gustavo Manuel, 22-08-1993								-
100m Freestyle	Prelim	WDR		-	53.17	20-07-2009	-	
200m Freestyle	Prelim	WDR		-	1:54.18	23-07-2009	-	
400m Freestyle	Prelim	WDR		-	3:59.38	21-07-2009	-	
1500m Freestyle	Slower Heats	WDR		-	15:45.55	22-07-2009	-	
200m Medley	Prelim	WDR		-	2:14.73	31-10-2009	-	
TAVARES, Rogerio Pina, 14-05-1992								-
50m Freestyle	Prelim	41.	26.84	474	24.94	14-11-2009	86%	
100m Freestyle	Prelim	46.	58.79	508	55.49	12-12-2009	89%	

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Clube de Natacao do Tejo

FERREIRA, Ana Rita, 29-05-1992

50m Freestyle	Prelim	41.	30.83	456	30.02	14-11-2009	95%
800m Freestyle	Slower Heats	WDR		-	10:15.86	04-07-2009	-

SOUSA, Ana Filipa, 11-02-1996

50m Freestyle	Prelim	40.	30.74	460	30.13	14-11-2009	96%
200m Backstroke	Prelim	33.	2:43.78	442	2:41.30	08-11-2009	97%

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Clube de Natacao Faro								9
ABREU, Marta Pereira, 06-06-1992								2
50m Backstroke	Final	7.	31.79	616	31.74		100%	
50m Backstroke	Prelim	5.	31.74	619	30.98	18-07-2009	95%	
100m Backstroke	Final	6.	<b>1:07.02</b>	652	1:07.47		101%	
100m Backstroke	Prelim	7.	1:07.47	639	1:05.39	04-12-2009	94%	
200m Backstroke	Final	4.	2:24.22	648	2:23.54		99%	
200m Backstroke	Prelim	1.	2:23.54	657	2:20.06	06-12-2009	95%	
200m Medley	Final	4.	<b>2:23.68</b>	676	2:25.81		103%	
200m Medley	Prelim	1.	2:25.81	647	2:22.68	30-05-2009	96%	
ABREU, Rita Pereira, 06-10-1993								5
50m Freestyle	Prelim	22.	<b>29.04</b>	545	29.75	08-02-2009	105%	
50m Backstroke	Final	11.	<b>31.86</b>	612	32.47		104%	
50m Backstroke	Prelim	14.	<b>32.47</b>	578	33.35	18-07-2009	105%	
100m Backstroke	Prelim	32.	1:13.76	489	1:08.59	19-12-2009	86%	
50m Fly	Final	10.	<b>30.07</b>	579	31.31		108%	
50m Fly	Prelim	15.	31.31	513	30.06	27-03-2009	92%	
100m Fly	Final	9.	<b>1:06.57</b>	597	1:09.94		110%	
100m Fly	Prelim	12.	1:09.94	514	1:06.97	29-03-2009	92%	
FIGUEIRA, Isabel Maria, 05-11-1979								1
50m Breaststroke	Final	3.	<b>33.67</b>	693	34.17		103%	
50m Breaststroke	Prelim	3.	34.17	663	33.66	16-09-2009	97%	
100m Breaststroke	Prelim	WDR	-	-	1:14.95	17-09-2009	-	
MELO, Paula Cristina, 16-06-1993								1
200m Freestyle	Prelim	39.	2:21.59	508	2:18.59	04-07-2009	96%	
100m Backstroke	Prelim	29.	<b>1:13.53</b>	493	1:14.64	10-05-2009	103%	
50m Fly	Prelim	20.	31.76	491	29.65	18-07-2009	87%	
100m Fly	Prelim	26.	1:13.23	448	1:07.22	04-07-2009	84%	

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Clube Desportivo de Campinho

FERNANDES, Daniel Filipe, 17-01-1985

50m Breaststroke Prelim

21. 33.15 520 31.74 30-05-2009 92%

FIGUEIREDO, Joao Miguel, 06-01-1993

100m Backstroke Prelim

22. 1:04.86 513 1:02.72 02-07-2009 94%

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Clube Desportivo Feirense								7
COSTA, Ana Catarina, 19-12-1995								2
100m Backstroke	Prelim	23.	<b>1:12.22</b>	521	1:14.70	27-02-2009	107%	
200m Backstroke	Final	15.	<b>2:33.15</b>	541	2:34.74		102%	
200m Backstroke	Prelim	15.	2:34.74	524	2:31.36	19-07-2009	96%	
200m Medley	Prelim	26.	2:39.73	492	2:37.60	21-07-2009	97%	
MARTINS, Mariana Sousa, 24-04-1995								1
100m Fly	Final	13.	<b>1:10.05</b>	512	1:10.70		102%	
100m Fly	Prelim	14.	1:10.70	498	1:08.43	05-12-2009	94%	
PINHO, Emanuel Augusto, 25-06-1993								-
50m Freestyle	Prelim	33.	26.43	497	25.86	30-05-2009	96%	
100m Freestyle	Prelim	43.	58.54	514	56.08	21-07-2009	92%	
100m Breaststroke	Prelim	31.	1:15.50	467	1:12.77	18-07-2009	93%	
50m Fly	Final	14.	27.21	560	27.19		100%	
50m Fly	Prelim	14.	27.19	561	26.94	08-02-2009	98%	
SA, Goncalo Pereira, 13-08-1995								2
50m Breaststroke	Prelim	28.	33.90	486	32.67	09-01-2010	93%	
100m Breaststroke	Prelim	23.	<b>1:13.72</b>	501	1:14.14	25-07-2009	101%	
200m Breaststroke	Prelim	30.	<b>2:44.49</b>	463	2:46.19	26-07-2009	102%	
SILVA, Patricia Fonseca, 19-03-1993								1
50m Breaststroke	Prelim	18.	36.58	540	36.41	29-03-2009	99%	
100m Breaststroke	Final	12.	<b>1:20.55</b>	512	1:21.23		102%	
100m Breaststroke	Prelim	13.	1:21.23	499	1:18.30	28-03-2009	93%	
200m Breaststroke	Final	14.	2:54.13	521	2:53.23		99%	
200m Breaststroke	Prelim	15.	2:53.23	529	2:47.14	27-03-2009	93%	
SOUSA, Alcides Costa, 31-03-1994								1
50m Breaststroke	Prelim	24.	33.32	512	32.95	09-01-2010	98%	
100m Breaststroke	Prelim	22.	1:12.81	520	1:11.64	31-05-2009	97%	
200m Breaststroke	Prelim	20.	<b>2:38.45</b>	518	2:43.82	01-03-2009	107%	
200m Medley	Prelim	35.	2:24.75	489	2:21.79	30-05-2009	96%	

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Clube Desportivo Nacional

FRANCO, Paulo Fragueiro, 06-04-1982

400m Freestyle	Prelim	WDR	-	3:58.51	20-07-2009	-	
1500m Freestyle	Slower Heats	9.	17:10.27	611	15:43.81	18-07-2009	84%

Clube Fluvial Vilacondense

								27
<b>AZEVEDO, Mario Miguel, 10-09-1994</b>								-
100m Breaststroke	Prelim	33.	1:15.86	460	1:13.94	18-07-2009	95%	
200m Breaststroke	Prelim	26.	2:42.50	480	2:41.95	20-07-2009	99%	
<b>CABRAL, Carlos Manuel, 30-04-1994</b>								-
100m Freestyle	Prelim	37.	58.11	526	57.63	21-07-2009	98%	
200m Freestyle	Prelim	61.	2:09.81	485	2:08.46	26-06-2009	98%	
100m Backstroke	Prelim	26.	1:05.22	505	1:04.98	20-07-2009	99%	
200m Backstroke	Prelim	32.	2:24.55	464	2:22.37	19-07-2009	97%	
<b>CARVALHO, Igor Guterres, 28-10-1988</b>								-
200m Freestyle	Prelim	49.	2:06.13	528	1:55.25	30-05-2009	83%	
200m Backstroke	Final	15.	2:18.65	525	2:18.43		100%	
200m Backstroke	Prelim	16.	2:18.43	528	2:11.92		91%	
200m Fly	Final	11.	2:14.17	574	2:14.13		100%	
200m Fly	Prelim	9.	2:14.13	574	2:03.66	21-07-2009	85%	
<b>COSTA, Miguel Ferraz, 28-05-1994</b>								1
200m Freestyle	Prelim	74.	2:13.76	443	2:12.33		98%	
400m Freestyle	Prelim	52.	<b>4:38.88</b>	491	4:41.29	27-06-2009	102%	
<b>GARCIA, Andre Manuel, 06-02-1994</b>								-
100m Freestyle	Prelim	WDR		-	57.50	21-07-2009	-	
200m Freestyle	Prelim	WDR		-	2:06.12	19-07-2009	-	
<b>GOMES, Ana Filipa, 03-05-1996</b>								4
100m Freestyle	Prelim	17.	<b>1:02.50</b>	578	1:03.05	25-07-2009	102%	
200m Freestyle	Prelim	22.	<b>2:16.84</b>	562	2:19.22	26-07-2009	104%	
100m Backstroke	Prelim	24.	<b>1:12.24</b>	520	1:14.55	24-07-2009	106%	
200m Backstroke	Prelim	20.	<b>2:37.44</b>	498	2:43.63	26-07-2009	108%	
<b>MAIA, Rui Filipe, 24-07-1993</b>								-
100m Freestyle	Prelim	25.	56.68	566	54.69	21-07-2009	93%	
200m Freestyle	Prelim	41.	2:04.31	552	2:00.01	19-07-2009	93%	
50m Fly	Prelim	32.	28.22	502	27.64	20-07-2009	96%	
100m Fly	Prelim	26.	1:01.77	524	59.93	20-07-2009	94%	
<b>MARTINS, Sara Alexandra, 16-06-1991</b>								-
50m Breaststroke	Prelim	22.	39.11	442	37.23	20-07-2009	91%	
200m Breaststroke	Prelim	20.	2:57.78	489	2:42.52	20-12-2009	84%	
<b>MONTEIRO, Ana Catarina, 14-08-1993</b>								4
50m Backstroke	Final	16.	<b>32.44</b>	580	32.80		102%	
50m Backstroke	Prelim	17.	32.80	561	32.21	30-05-2009	96%	
100m Fly	Final	5.	1:04.97	642	1:04.82		100%	
100m Fly	Prelim	3.	1:04.82	646	1:04.63	13-06-2009	99%	
200m Fly	Final	3.	2:18.73	703	2:18.34		99%	
200m Fly	Prelim	1.	<b>2:18.34</b>	709	2:19.10	20-06-2009	101%	
200m Medley	Final	9.	<b>2:28.02</b>	619	2:30.83		104%	
200m Medley	Prelim	10.	2:30.83	585	2:26.90		95%	
400m Medley	Slower Heats	6.	<b>5:13.72</b>	633	5:13.81	26-06-2009	100%	
<b>MONTEIRO, Claudia Sofia, 07-07-1992</b>								3
50m Freestyle	Final	2.	<b>26.97</b>	681	27.25		102%	
50m Freestyle	Prelim	2.	27.25	660	27.07	30-05-2009	99%	
100m Freestyle	Final	3.	<b>58.69</b>	698	1:00.67		107%	
100m Freestyle	Prelim	6.	1:00.67	632	59.58	19-07-2009	96%	
50m Backstroke	Final	6.	<b>31.42</b>	638	31.94		103%	
50m Backstroke	Prelim	7.	31.94	608	31.72	08-02-2009	99%	
50m Fly	Final	7.	29.47	615	29.43		100%	
50m Fly	Prelim	4.	29.43	618	29.13	18-07-2009	98%	
<b>NEIVA, Henrique Pereira, 01-10-1984</b>								-
50m Breaststroke	Prelim	WDR		-	29.66	05-06-2009	-	
100m Breaststroke	Prelim	WDR		-	1:04.78	07-06-2009	-	
200m Breaststroke	Prelim	WDR		-	2:20.31	27-03-2009	-	
200m Medley	Prelim	WDR		-	2:13.20	21-07-2009	-	
<b>OLIVEIRA, Cassandra Pedro, 30-07-1995</b>								2
200m Freestyle	Prelim	17.	<b>2:14.97</b>	586	2:15.68		101%	
400m Freestyle	Final	13.	4:44.53	593	4:41.76		98%	
400m Freestyle	Prelim	12.	<b>4:41.76</b>	611	4:52.29	15-03-2009	108%	
<b>PEREIRA, Fabio Manuel, 13-03-1986</b>								4
50m Freestyle	Prelim	20.	25.69	541	23.91	18-07-2009	87%	
100m Freestyle	Prelim	WDR		-	52.10	21-07-2009	-	
200m Freestyle	Final	6.	1:57.65	651	1:57.64		100%	
200m Freestyle	Prelim	6.	1:57.64	651	1:50.87	03-04-2009	89%	

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400m Freestyle	Final	4.	<b>4:04.68</b>	727	4:10.70		105%
400m Freestyle	Prelim	4.	4:10.70	676	3:54.83	05-04-2009	88%
50m Backstroke	Final	9.	<b>28.66</b>	590	28.74		101%
50m Backstroke	Prelim	10.	28.74	585	27.42	30-05-2009	91%
50m Fly	Final	6.	<b>25.97</b>	644	26.29		102%
50m Fly	Prelim	8.	26.29	621	25.59	08-02-2009	95%
100m Fly	Final	2.	<b>56.87</b>	672	58.48		106%
100m Fly	Prelim	3.	58.48	618	56.34	07-02-2009	93%
<b>PEREIRA, Joao Pedro, 24-06-1987</b>							
50m Freestyle	Final	14.	25.60	547	25.32		98%
50m Freestyle	Prelim	11.	25.32	565	25.31		100%
50m Fly	Final	11.	<b>26.43</b>	611	26.68		102%
50m Fly	Prelim	11.	26.68	594	25.48	18-07-2009	91%
100m Fly	Final	14.	59.64	582	59.44		99%
100m Fly	Prelim	12.	59.44	588	56.97	20-07-2009	92%
<b>PEREIRA, Marcelo Goncalo, 13-05-1990</b>							
200m Freestyle	Prelim	24.	2:02.34	579	1:59.34	30-05-2009	95%
400m Freestyle	Prelim	30.	4:23.43	583	4:14.99	25-06-2009	94%
200m Medley	Final	13.	2:19.00	553	2:17.51		98%
200m Medley	Prelim	15.	2:17.51	571	2:13.54	21-07-2009	94%
400m Medley	Slower Heats	13.	4:59.04	542	4:45.55	19-07-2009	91%
<b>PINTO, Joao Filipe, 09-07-1991</b>							
50m Backstroke	Prelim	32.	30.74	478	29.79	27-06-2009	94%
100m Backstroke	Prelim	WDR	-	-	1:03.84	29-03-2009	-
200m Backstroke	Prelim	42.	2:29.17	422	2:17.59	27-03-2009	85%
<b>RAMOS, Diogo Carmo, 19-06-1993</b>							
200m Breaststroke	Prelim	23.	<b>2:38.84</b>	514	2:39.62		101%
200m Medley	Prelim	22.	<b>2:19.73</b>	544	2:22.55		104%
<b>RIBEIRO, Hugo Alberto, 01-07-1988</b>							
200m Freestyle	Prelim	19.	2:01.78	587	1:58.35	30-05-2009	94%
1500m Freestyle	Slower Heats	11.	17:14.55	604	16:17.95	18-07-2009	89%
<b>RIBEIRO, Soraia Vanessa, 29-12-1992</b>							
100m Freestyle	Prelim	19.	1:02.59	575	1:00.82	31-05-2009	94%
200m Freestyle	Prelim	WDR	-	-	2:07.58	18-04-2009	-
200m Medley	Prelim	WDR	-	-	2:22.28	13-06-2009	-
400m Medley	Slower Heats	11.	5:23.13	579	5:09.33	19-07-2009	92%
<b>ROCHA, Diana Ramos, 20-04-1994</b>							
200m Freestyle	Final	6.	<b>2:10.66</b>	646	2:11.60		101%
200m Freestyle	Prelim	6.	<b>2:11.60</b>	632	2:11.89		100%
200m Fly	Final	5.	2:21.38	665	2:19.98		98%
200m Fly	Prelim	3.	<b>2:19.98</b>	685	2:22.06	31-05-2009	103%
200m Medley	Final	6.	<b>2:25.70</b>	649	2:27.44		102%
200m Medley	Prelim	7.	2:27.44	626	2:22.96	11-07-2009	94%
400m Medley	Slower Heats	4.	<b>5:03.70</b>	698	5:04.02	31-05-2009	100%
<b>RODRIGUES, Mario Jorge, 22-01-1988</b>							
50m Backstroke	Prelim	22.	30.04	512	28.72	20-07-2009	91%
100m Backstroke	Prelim	27.	1:05.45	499	1:01.79	29-03-2009	89%
200m Backstroke	Prelim	19.	2:19.48	516	2:14.59	31-05-2009	93%
<b>SANTOS, Miguel Aragao, 06-03-1991</b>							
50m Breaststroke	Prelim	20.	33.09	523	30.13	19-07-2009	83%
100m Breaststroke	Final	16.	1:11.89	541	1:10.76		97%
100m Breaststroke	Prelim	12.	1:10.76	567	1:05.04	18-07-2009	84%
<b>SILVA, Ricardo Ribeiro, 11-11-1992</b>							
50m Breaststroke	Final	11.	31.76	592	31.55		99%
50m Breaststroke	Prelim	9.	31.55	604	29.61	10-07-2009	88%
100m Breaststroke	Final	5.	<b>1:07.15</b>	663	1:08.61		104%
100m Breaststroke	Prelim	5.	1:08.61	622	1:04.62	11-07-2009	89%
200m Breaststroke	Final	15.	2:37.53	527	2:36.85		99%
200m Breaststroke	Prelim	15.	2:36.85	534	2:31.01	27-03-2009	93%

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Clube Futebol Os Belenenses								4
ABREU, Isabel Pinto, 12-04-1996								-
50m Freestyle	Prelim	20.	28.97	549	28.26	23-05-2009	95%	
100m Freestyle	Prelim	25.	1:03.49	551	1:00.95	25-07-2009	92%	
200m Freestyle	Prelim	37.	2:20.74	517	2:12.37	26-07-2009	88%	
ABREU, Luisa Pinto, 14-07-1994								-
100m Freestyle	Prelim	40.	1:06.26	485	1:03.96	12-07-2009	93%	
50m Fly	Prelim	24.	32.82	445	31.88	06-12-2009	94%	
100m Fly	Final	16.	1:11.33	485	1:10.58		98%	
100m Fly	Prelim	13.	1:10.58	501	1:09.88	30-05-2009	98%	
COSTA, Filipa Viana, 18-10-1991								1
50m Freestyle	Prelim	35.	30.23	483	29.77	28-02-2009	97%	
50m Fly	Swim Off Prelim	2.	<b>30.84</b>	537	31.35		103%	
50m Fly	Prelim	16.	31.35	511	30.02	24-05-2009	92%	
100m Fly	Prelim	23.	1:12.58	460	1:08.44	20-07-2009	89%	
OLIVEIRA, Pedro Fontoura, 18-01-1990								-
200m Freestyle	Prelim	28.	2:02.79	573	1:53.28	27-03-2009	85%	
400m Freestyle	Prelim	20.	4:19.70	608	3:58.57	28-03-2009	84%	
OLIVEIRA, Susana Correia, 13-03-1994								2
50m Backstroke	Final	14.	<b>32.33</b>	586	32.54		101%	
50m Backstroke	Prelim	15.	32.54	575	31.44	29-03-2009	93%	
100m Backstroke	Final	11.	<b>1:08.00</b>	624	1:08.12		100%	
100m Backstroke	Prelim	9.	1:08.12	621	1:06.45	28-03-2009	95%	
PINHEIRO, Lara Santana, 30-05-1992								-
800m Freestyle	Slower Heats	9.	9:36.79	628	9:10.46	18-07-2009	91%	
400m Medley	Slower Heats	9.	5:17.45	611	5:08.80	31-05-2009	95%	
REBOLO, Antonio Sampaio, 27-10-1994								-
100m Backstroke	Prelim	39.	1:07.95	446	1:07.84	20-07-2009	100%	
200m Backstroke	Prelim	39.	2:25.81	452	2:25.51	19-07-2009	100%	
SANTOS, Andre Augusto, 01-02-1995								-
100m Fly	Prelim	44.	1:08.71	381	1:05.95	25-07-2009	92%	
400m Medley	Slower Heats	WDR	-	-	5:16.87	24-07-2009	-	
SARAIVA, Miguel Cordeiro, 24-02-1993								-
50m Freestyle	Prelim	WDR	-	-	24.89	30-05-2009	-	
100m Freestyle	Prelim	WDR	-	-	53.55	15-03-2009	-	
SIMOES, Ana Sofia, 23-12-1993								1
50m Backstroke	Prelim	23.	33.57	523	32.71	18-07-2009	95%	
100m Backstroke	Prelim	16.	1:10.53	559	1:09.02	07-02-2009	96%	
200m Backstroke	Final	11.	<b>2:29.69</b>	579	2:30.06		100%	
200m Backstroke	Prelim	10.	2:30.06	575	2:27.24	08-02-2009	96%	

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Clube Natacao de Valongo								7
MARTINHO, Nelson Filipe, 02-06-1989								-
50m Backstroke	Prelim	25.	30.25	501	29.96	27-06-2009	98%	
50m Fly	Final	15.	27.44	546	27.34		99%	
50m Fly	Prelim	16.	27.34	552	26.72	27-06-2009	96%	
MARTINS, Hugo Moreira, 05-11-1994								1
200m Backstroke	Prelim	44.	<b>2:33.20</b>	389	2:34.97	26-06-2009	102%	
ROCHA, Rui Fernando, 26-08-1994								1
100m Freestyle	Prelim	54.	<b>1:01.48</b>	444	1:02.47	28-06-2009	103%	
SOUSA, Barbara Daniela, 06-05-1992								-
800m Freestyle	Slower Heats	WDR		-	10:10.07	27-06-2009	-	
VALE, Mariana Oliveira, 23-05-1993								5
50m Freestyle	Final	16.	<b>28.88</b>	554	28.89		100%	
50m Freestyle	Prelim	16.	<b>28.89</b>	554	29.20	25-06-2009	102%	
100m Freestyle	Prelim	19.	1:02.59	575	1:02.42	20-06-2009	99%	
200m Freestyle	Final	14.	<b>2:13.81</b>	601	2:14.42		101%	
200m Freestyle	Prelim	13.	<b>2:14.42</b>	593	2:16.18	26-06-2009	103%	
50m Backstroke	Prelim	21.	33.20	541	32.88	08-03-2009	98%	
100m Backstroke	Prelim	20.	<b>1:11.59</b>	535	1:13.00	07-03-2009	104%	

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Clube Naval da Nazare

GOMES, Carolina Francisco, 05-01-1995

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400m Freestyle	Prelim	31.	4:56.65	523	4:45.51	21-11-2009	93%
200m Fly	Final	9.	<b>2:31.03</b>	545	2:32.89		102%
200m Fly	Prelim	9.	2:32.89	525	2:29.77		96%
400m Medley	Slower Heats	WDR		-	5:28.93	19-07-2009	-

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Clube Naval de Ponta Delgada								5
AZAD, Mohammad Shams, 10-02-1995								-
100m Freestyle	Prelim	52.	1:00.65	462	1:00.51	26-07-2009	100%	
200m Freestyle	Prelim	68.	2:13.01	450	2:11.79	25-07-2009	98%	
400m Freestyle	Prelim	56.	4:44.37	463	4:42.02	25-07-2009	98%	
1500m Freestyle	Slower Heats	WDR		-	18:40.23	26-07-2009	-	
BRAGA, Joao Pedro, 15-06-1994								1
100m Freestyle	Prelim	49.	59.22	497	57.27		94%	
1500m Freestyle	Slower Heats	15.	17:55.13	538	17:24.01		94%	
100m Breaststroke	Prelim	20.	1:12.63	524	1:12.58	18-07-2009	100%	
200m Breaststroke	Prelim	18.	2:37.22	530	2:31.82		93%	
200m Medley	Prelim	31.	<b>2:23.33</b>	504	2:24.04	21-07-2009	101%	
DAMASO, Mariana Oliveira, 30-04-1993								-
50m Freestyle	Prelim	37.	30.45	473	30.07	30-05-2009	98%	
50m Fly	Prelim	23.	32.07	477	31.48	29-03-2009	96%	
100m Fly	Prelim	22.	1:12.01	471	1:09.26	29-03-2009	93%	
DIAS, Catarina Alexandra, 05-10-1995								1
100m Breaststroke	Prelim	18.	<b>1:22.84</b>	470	1:25.21	18-07-2009	106%	
MACHADO, Sofia Pavao, 21-11-1994								1
50m Freestyle	Prelim	19.	28.95	550	27.23	30-05-2009	88%	
100m Freestyle	Prelim	21.	1:02.74	571	1:00.10	27-03-2009	92%	
200m Freestyle	Prelim	34.	2:19.57	530	2:12.79	19-07-2009	91%	
100m Backstroke	Prelim	28.	1:13.05	503	1:07.39	13-12-2009	85%	
100m Fly	Final	11.	<b>1:08.98</b>	536	1:09.51		102%	
100m Fly	Prelim	10.	1:09.51	524	1:05.71	29-03-2009	89%	
NASCIMENTO, Jose Goncalo, 08-12-1993								-
400m Medley	Slower Heats	WDR		-	5:13.75	05-12-2009	-	
PEDROSA, Carlos Fernando, 25-05-1994								1
50m Freestyle	Prelim	22.	<b>25.75</b>	537	26.27	05-06-2009	104%	
100m Freestyle	Prelim	24.	56.67	567	54.94	21-07-2009	94%	
200m Freestyle	Prelim	31.	2:03.36	565	2:02.23	19-07-2009	98%	
100m Backstroke	Prelim	32.	1:06.24	482	1:04.92	07-06-2009	96%	
100m Fly	Prelim	22.	1:01.34	535	59.51	12-12-2009	94%	
PEREIRA, Rui Miguel, 08-01-1990								1
50m Backstroke	Final	10.	<b>28.76</b>	584	28.86		101%	
50m Backstroke	Prelim	11.	28.86	577	28.61	29-03-2009	98%	
100m Backstroke	Prelim	21.	1:04.38	525	1:03.53	07-06-2009	97%	
200m Backstroke	Prelim	31.	2:23.61	473	2:19.81		95%	

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Clube Naval do Funchal

CAIRES, Nuno Costa, 10-03-1994

100m Freestyle	Prelim	WDR	-	56.17	19-07-2009	-
200m Freestyle	Prelim	WDR	-	2:04.37	18-07-2009	-
50m Fly	Prelim	WDR	-	27.58	20-07-2009	-
100m Fly	Prelim	WDR	-	1:00.31	20-07-2009	-

CASTANHEIRO, Vitor Goncalo, 01-04-1992

100m Fly	Prelim	39.	1:04.86	453	1:00.15	86%
200m Fly	Prelim	24.	2:23.78	466	2:15.17	88%

FIGUEIRA, Andre Temtem, 11-07-1991

50m Breaststroke	Prelim	31.	34.59	458	29.80	19-07-2009	74%
100m Breaststroke	Prelim	27.	1:14.86	479	1:05.96	18-07-2009	78%

FIGUEIRA, Sara Isabel, 09-05-1993

100m Breaststroke	Prelim	26.	1:27.25	403	1:18.19	80%
200m Breaststroke	Prelim	24.	3:02.97	449	2:48.72	85%

FREITAS, Joaquina Silva, 17-06-1993

50m Backstroke	Prelim	24.	34.31	490	33.29	20-07-2009	94%
100m Backstroke	Prelim	34.	1:15.40	457	1:12.06	21-07-2009	91%

GOMES, Alexandre Santos, 12-11-1993

200m Medley	Prelim	WDR	-	2:19.25	-	-
400m Medley	Slower Heats	WDR	-	4:52.26	-	-

HENRIQUES, Luisa Costa, 20-08-1993

200m Freestyle	Prelim	30.	2:18.17	546	2:16.31	03-07-2009	97%
400m Freestyle	Prelim	29.	4:53.93	538	4:50.73	04-07-2009	98%

TRINDADE, Goncalo Nuno, 21-04-1991

50m Backstroke	Prelim	38.	32.91	389	31.41	28-03-2009	91%
100m Backstroke	Prelim	41.	1:11.31	386	1:02.21	19-12-2009	76%

VARGAS, Joao Afonso, 20-08-1993

100m Freestyle	Prelim	51.	59.69	485	55.70	87%	
200m Freestyle	Prelim	72.	2:13.40	447	2:01.87	21-11-2009	83%

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Clube Naval Setubalense								9
COSTA, Mauro Cabral, 18-01-1993								2
50m Freestyle	Final	13.	<b>25.40</b>	560	25.48		101%	
50m Freestyle	Prelim	16.	25.48	555	24.65	05-12-2009	94%	
100m Freestyle	Final	13.	56.12	584	55.77		99%	
100m Freestyle	Prelim	14.	55.77	595	52.90	20-12-2009	90%	
50m Fly	Prelim	20.	<b>27.60</b>	536	27.67	31-05-2009	101%	
100m Fly	Prelim	24.	1:01.58	529	58.29	20-07-2009	90%	
DURAES, Nuno Rafael, 26-08-1993								-
50m Backstroke	Final	11.	28.84	579	28.69		99%	
50m Backstroke	Prelim	9.	28.69	588	28.20	23-05-2009	97%	
100m Backstroke	Final	11.	1:02.04	586	1:01.60		99%	
100m Backstroke	Prelim	9.	1:01.60	599	59.51	05-12-2009	93%	
200m Backstroke	Final	13.	2:16.48	551	2:14.81		98%	
200m Backstroke	Prelim	9.	2:14.81	572	2:07.94	06-12-2009	90%	
TEODORO, Joao Pedro, 06-10-1990								1
50m Freestyle	Final	8.	25.09	581	24.88		98%	
50m Freestyle	Prelim	7.	24.88	596	23.66	04-12-2009	90%	
100m Freestyle	Final	13.	56.12	584	55.65		98%	
100m Freestyle	Prelim	13.	55.65	598	51.76	19-12-2009	87%	
50m Fly	Final	8.	26.74	590	26.28		97%	
50m Fly	Prelim	7.	26.28	621	25.29	06-12-2009	93%	
100m Fly	Final	11.	<b>58.81</b>	607	59.24		101%	
100m Fly	Prelim	10.	59.24	594	56.57	29-03-2009	91%	
VARELA, Pedro Miguel, 01-06-1986								3
50m Breaststroke	Final	14.	<b>32.33</b>	561	32.81		103%	
50m Breaststroke	Swim Off Prelim	1.	<b>32.32</b>	561	32.81		103%	
50m Breaststroke	Prelim	16.	32.81	537	31.58	06-12-2009	93%	
100m Breaststroke	Final	12.	1:10.97	562	1:10.40		98%	
100m Breaststroke	Prelim	11.	1:10.40	576	1:07.82	05-12-2009	93%	
200m Breaststroke	Final	12.	<b>2:34.43</b>	560	2:34.48		100%	
200m Breaststroke	Prelim	9.	2:34.48	559	2:26.57	04-12-2009	90%	
VARELA, Ricardo Jose, 05-09-1989								3
50m Breaststroke	Final	4.	<b>30.61</b>	661	31.12		103%	
50m Breaststroke	Prelim	5.	31.12	629	28.94	19-07-2009	86%	
100m Breaststroke	Final	3.	<b>1:06.70</b>	677	1:07.76		103%	
100m Breaststroke	Prelim	3.	1:07.76	646	1:03.45	18-07-2009	88%	
200m Breaststroke	Final	4.	<b>2:28.27</b>	633	2:28.82		101%	
200m Breaststroke	Prelim	4.	2:28.82	626	2:16.46	20-07-2009	84%	

Clube Nautico Academico de Coimbra								37
ABRANTES, Joao Bernardo, 21-01-1990								-
100m Freestyle	Prelim	38.	58.25	522	57.65	31-05-2009	98%	
200m Medley	Final	14.	2:20.39	536	2:19.29		98%	
200m Medley	Prelim	17.	2:19.29	549	2:13.79	05-12-2009	92%	
ALMEIDA, Maria Ines, 12-08-1996								3
100m Backstroke	Prelim	31.	<b>1:13.68</b>	490	1:14.69	09-01-2010	103%	
200m Backstroke	Final	16.	<b>2:34.47</b>	527	2:35.00		101%	
200m Backstroke	Prelim	16.	<b>2:35.00</b>	522	2:41.96	14-06-2009	109%	
AMARAL, Bruno Miguel, 29-03-1989								-
50m Backstroke	Prelim	30.	30.64	482	28.60	04-07-2009	87%	
100m Backstroke	Prelim	23.	1:04.93	511	1:01.63	05-07-2009	90%	
200m Backstroke	Prelim	29.	2:23.17	477	2:13.63	03-07-2009	87%	
ANDRADE, Gabriela Oliveira, 03-09-1994								3
50m Breaststroke	Final	8.	35.37	598	35.02		98%	
50m Breaststroke	Prelim	6.	<b>35.02</b>	616	35.18	07-02-2009	101%	
100m Breaststroke	Final	6.	<b>1:15.97</b>	610	1:16.26		101%	
100m Breaststroke	Prelim	5.	1:16.26	603	1:15.82	28-03-2009	99%	
200m Breaststroke	Final	4.	2:43.11	633	2:39.55		96%	
200m Breaststroke	Prelim	4.	<b>2:39.55</b>	677	2:42.82	27-03-2009	104%	
CONDE, Pedro Miguel, 16-10-1990								-
50m Backstroke	Prelim	28.	30.61	484	29.28	28-03-2009	91%	
100m Backstroke	Prelim	30.	1:05.94	488	1:01.74	01-03-2009	88%	
200m Backstroke	Prelim	24.	2:20.59	504	2:12.75	27-03-2009	89%	
CORDEIRO, Ana Claudia, 20-08-1995								1
100m Breaststroke	Final	15.	<b>1:21.68</b>	491	1:22.43		102%	
100m Breaststroke	Prelim	15.	1:22.43	477	1:21.18	14-11-2009	97%	
200m Breaststroke	Prelim	21.	2:58.58	483	2:50.01	20-11-2009	91%	
FONSECA, Rui Miguel, 06-02-1988								2
50m Fly	Prelim	19.	27.55	539	26.64	20-07-2009	94%	
100m Fly	Final	10.	<b>58.64</b>	613	59.37		103%	
100m Fly	Prelim	11.	59.37	590	57.29	20-07-2009	93%	
200m Fly	Final	5.	<b>2:10.67</b>	621	2:12.66		103%	
200m Fly	Prelim	4.	2:12.66	593	2:07.23	21-07-2009	92%	
GASPAR, Maria Amelia, 11-07-1996								1
400m Freestyle	Prelim	32.	4:57.22	520	4:55.94	14-11-2009	99%	
200m Backstroke	Prelim	28.	<b>2:40.01</b>	474	2:42.08	24-10-2009	103%	
LOPES, Adriana Correia, 05-03-1995								6
50m Backstroke	Final	9.	<b>31.75</b>	619	32.05		102%	
50m Backstroke	Prelim	10.	<b>32.05</b>	601	33.40	20-07-2009	109%	
100m Backstroke	Final	10.	<b>1:07.27</b>	644	1:08.13		103%	
100m Backstroke	Prelim	10.	<b>1:08.13</b>	620	1:12.55	21-07-2009	113%	
200m Backstroke	Final	3.	<b>2:23.61</b>	656	2:26.91		105%	
200m Backstroke	Prelim	4.	<b>2:26.91</b>	613	2:35.72	03-07-2009	112%	
400m Medley	Slower Heats	WDR		-	5:26.75	27-02-2009	-	
MARTINS, Carolina Cunha, 27-04-1995								4
50m Freestyle	Prelim	27.	<b>29.38</b>	526	29.93	21-07-2009	104%	
100m Freestyle	Final	13.	<b>1:02.04</b>	591	1:02.35		101%	
100m Freestyle	Prelim	15.	<b>1:02.35</b>	582	1:02.41	21-07-2009	100%	
200m Freestyle	Prelim	29.	2:18.05	548	2:16.33	18-04-2009	98%	
400m Freestyle	Final	10.	4:40.38	620	4:39.58		99%	
400m Freestyle	Prelim	9.	<b>4:39.58</b>	625	4:46.35	04-07-2009	105%	
MENDES, Jorge Miguel, 30-12-1990								-
200m Freestyle	Final	12.	1:59.98	614	1:59.83		100%	
200m Freestyle	Prelim	14.	1:59.83	616	1:57.66	27-03-2009	96%	
400m Freestyle	Final	15.	4:18.25	618	4:15.01		98%	
400m Freestyle	Prelim	13.	4:15.01	642	4:09.43	28-03-2009	96%	
NUNES, Hugo Miguel, 15-01-1990								4
50m Breaststroke	Swim Off Prelim	2.	<b>32.62</b>	546	32.81		101%	
50m Breaststroke	Prelim	16.	<b>32.81</b>	537	33.55	03-07-2009	105%	
100m Breaststroke	Final	11.	<b>1:10.83</b>	565	1:11.21		101%	
100m Breaststroke	Prelim	13.	1:11.21	556	1:09.54	21-11-2009	95%	
200m Breaststroke	Final	11.	<b>2:33.45</b>	571	2:34.51		101%	
200m Breaststroke	Prelim	10.	2:34.51	559	2:30.68	04-12-2009	95%	
OLIVEIRA, Miguel Silva, 01-01-1991								3
200m Freestyle	Final	3.	<b>1:55.37</b>	691	1:56.52		102%	
200m Freestyle	Prelim	2.	1:56.52	670	1:53.44	20-12-2009	95%	

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200m Breaststroke	Final	3.	<b>2:23.97</b>	691	2:28.59		107%	
200m Breaststroke	Prelim	3.	2:28.59	628	2:18.14	20-12-2009	86%	
200m Medley	Final	5.	<b>2:12.56</b>	637	2:13.67		102%	
200m Medley	Prelim	4.	2:13.67	621	2:06.36	30-05-2009	89%	
400m Medley	Slower Heats	4.	4:35.99	689	4:33.43	19-07-2009	98%	
<b>PIRES, Joao Nuno, 07-08-1994</b>								
200m Freestyle	Prelim	47.	<b>2:06.02</b>	530	2:10.50	18-04-2009	107%	4
400m Freestyle	Prelim	36.	<b>4:27.00</b>	559	4:29.75	04-07-2009	102%	
100m Backstroke	Prelim	34.	<b>1:06.75</b>	471	1:08.45	02-07-2009	105%	
200m Backstroke	Prelim	33.	<b>2:24.66</b>	463	2:25.81	19-07-2009	102%	
<b>RIBEIRO, Maria Ines, 22-03-1992</b>								
50m Freestyle	Prelim	20.	28.97	549	28.39	31-05-2009	96%	-
100m Freestyle	Prelim	23.	1:03.15	560	1:01.54	05-07-2009	95%	
200m Freestyle	Prelim	18.	2:15.73	576	2:12.22	27-03-2009	95%	
<b>VEIGA, Joao Pedro, 05-09-1994</b>								
100m Breaststroke	Prelim	26.	<b>1:14.66</b>	483	1:17.02	04-07-2009	106%	3
200m Breaststroke	Prelim	20.	<b>2:38.45</b>	518	2:41.67	20-07-2009	104%	
200m Medley	Prelim	36.	<b>2:24.89</b>	488	2:26.33	21-07-2009	102%	
<b>VELOSO, Maria Miguel, 11-10-1993</b>								
200m Freestyle	Final	12.	<b>2:13.19</b>	610	2:14.50		102%	2
200m Freestyle	Prelim	14.	2:14.50	592	2:08.26	18-07-2009	91%	
400m Freestyle	Final	5.	<b>4:32.32</b>	677	4:34.47		102%	
400m Freestyle	Prelim	2.	4:34.47	661	4:23.05	20-07-2009	92%	
800m Freestyle	Slower Heats	3.	9:13.51	711	8:58.92	18-07-2009	95%	
400m Medley	Slower Heats	5.	5:09.47	660	5:01.62	19-07-2009	95%	
<b>VIOLA, Joao Albano, 25-12-1989</b>								
50m Breaststroke	Final	7.	31.32	617	31.31		100%	1
50m Breaststroke	Prelim	6.	31.31	618	29.16	30-05-2009	87%	
100m Breaststroke	Final	6.	1:08.26	632	1:07.84		99%	
100m Breaststroke	Prelim	4.	1:07.84	643	1:05.52	18-07-2009	93%	
200m Breaststroke	Final	16.	2:37.93	523	2:35.95		98%	
200m Breaststroke	Prelim	14.	<b>2:35.95</b>	544	2:36.12	21-02-2009	100%	

Escola Desportiva de Viana								8
ALVES, Manuel Henrique, 15-02-1995								2
100m Breaststroke	Prelim	36.	<b>1:17.16</b>	437	1:18.09	25-07-2009	102%	
200m Breaststroke	Prelim	34.	<b>2:48.18</b>	433	2:49.07	07-06-2009	101%	
PINHEIRO, Filipa Mendes, 27-06-1992								3
50m Backstroke	Final	5.	<b>31.09</b>	659	31.93		105%	
50m Backstroke	Prelim	6.	31.93	608	30.48	18-07-2009	91%	
100m Backstroke	Final	4.	<b>1:05.96</b>	684	1:06.85		103%	
100m Backstroke	Prelim	3.	1:06.85	657	1:04.50	05-12-2009	93%	
200m Backstroke	Final	2.	<b>2:22.23</b>	675	2:27.83		108%	
200m Backstroke	Prelim	6.	2:27.83	601	2:18.77	06-12-2009	88%	
50m Fly	Final	11.	30.44	558	30.09		98%	
50m Fly	Prelim	10.	30.09	578	29.62	18-07-2009	97%	
PINHEIRO, Renato Mendes, 29-12-1994								1
100m Backstroke	Prelim	29.	1:05.86	490	1:04.76	13-12-2009	97%	
200m Backstroke	Prelim	23.	2:20.25	508	2:18.03	13-12-2009	97%	
200m Medley	Prelim	25.	<b>2:21.78</b>	521	2:23.90	21-07-2009	103%	
400m Medley	Slower Heats	WDR		-	5:09.41	13-03-2009	-	
RIBAS, Rafael Lages, 07-04-1993								1
50m Freestyle	Prelim	28.	<b>26.20</b>	510	26.23	30-05-2009	100%	
100m Freestyle	Prelim	42.	58.53	514	56.93	21-07-2009	95%	
RIBEIRO, Luis Pedro, 05-01-1994								1
100m Breaststroke	Prelim	38.	<b>1:17.64</b>	429	1:18.15	25-06-2009	101%	

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Escola Desportiva Limiana								2
ALVES, Bruno Miguel, 10-07-1991								2
50m Backstroke	Final	15.	29.91	519	29.84		100%	
50m Backstroke	Prelim	16.	<b>29.84</b>	522	30.40	08-03-2009	104%	
50m Fly	Prelim	18.	<b>27.41</b>	547	27.62	31-05-2009	102%	
MAGALHAES, Maria Ana, 14-06-1993								-
50m Freestyle	Prelim	30.	29.71	509	29.27	30-05-2009	97%	
100m Freestyle	Prelim	33.	1:04.54	525	1:03.10	20-06-2009	96%	
200m Freestyle	Prelim	27.	2:17.89	550	2:13.77	19-07-2009	94%	
400m Freestyle	Prelim	20.	4:48.50	569	4:43.08	20-07-2009	96%	
MENDES, Tiago Vitorino, 27-04-1994								-
400m Freestyle	Prelim	WDR		-	4:35.89	20-07-2009	-	
PIRES, Duarte Barros, 15-08-1992								-
50m Breaststroke	Prelim	29.	34.07	479	33.00	21-06-2009	94%	
200m Breaststroke	Prelim	WDR		-	2:30.03	30-05-2009	-	
200m Medley	Prelim	19.	2:19.44	547	2:16.71	20-06-2009	96%	
400m Medley	Slower Heats	12.	4:58.64	544	4:45.79	19-07-2009	92%	
REIS, Rita Soares, 27-09-1995								-
50m Freestyle	Prelim	30.	29.71	509	29.00	21-11-2009	95%	
100m Freestyle	Prelim	36.	1:04.95	515	1:03.37	04-12-2009	95%	

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Foca-Clube De Natacao De Felgueiras								1
<b>BARBOSA, Gilberta Cristina, 04-08-1993</b>								-
400m Freestyle	Prelim	WDR	-	4:33.60	07-03-2009	-	-	
800m Freestyle	Slower Heats	WDR	-	9:15.68	08-02-2009	-	-	
200m Fly	Prelim	WDR	-	2:26.44	12-12-2009	-	-	
<b>CUNHA, Ana Isabel, 12-07-1996</b>								-
200m Fly	Final	16.	2:42.95	434	2:41.76	99%	-	
200m Fly	Prelim	16.	2:41.76	444	2:39.15	07-06-2009	97%	
200m Medley	Prelim	29.	2:42.44	468	2:41.43	04-07-2009	99%	
400m Medley	Slower Heats	WDR	-	5:38.59	03-07-2009	-	-	
<b>DOMINGUES, Renato Almeida, 10-04-1995</b>								-
200m Medley	Prelim	41.	2:34.49	402	2:29.65	05-12-2009	94%	
<b>DURAES, Diana Margarida, 08-06-1996</b>								1
400m Freestyle	Final	15.	4:47.49	575	4:44.67	98%	-	
400m Freestyle	Prelim	15.	4:44.67	592	4:43.45	26-07-2009	99%	
800m Freestyle	Slower Heats	10.	9:44.92	602	9:29.47	25-07-2009	95%	
200m Medley	Final	12.	<b>2:30.36</b>	590	2:31.60	102%	-	
200m Medley	Prelim	11.	2:31.60	576	2:29.55	25-07-2009	97%	
400m Medley	Slower Heats	10.	5:17.51	611	5:11.89	24-07-2009	96%	
<b>LOPES, Luis Miguel, 26-09-1995</b>								-
200m Breaststroke	Prelim	39.	2:53.51	395	2:47.15	13-12-2009	93%	
<b>MAGALHAES, Cesar Filipe, 01-02-1995</b>								-
1500m Freestyle	Slower Heats	WDR	-	17:47.07	26-07-2009	-	-	
100m Fly	Prelim	43.	1:08.34	387	1:06.74	04-07-2009	95%	
200m Fly	Prelim	27.	2:29.58	414	2:26.50	26-07-2009	96%	
400m Medley	Slower Heats	WDR	-	5:13.73	24-07-2009	-	-	
<b>PINTO, Marcelo Jose, 09-07-1994</b>								-
400m Freestyle	Prelim	59.	4:49.65	438	4:39.83	25-06-2009	93%	
<b>SOUSA, Sofia Cunha, 15-05-1996</b>								-
400m Freestyle	Prelim	27.	4:53.06	543	4:52.00	05-07-2009	99%	
800m Freestyle	Slower Heats	WDR	-	9:59.84	04-07-2009	-	-	
200m Medley	Prelim	24.	2:39.20	497	2:38.39	30-05-2009	99%	
400m Medley	Slower Heats	WDR	-	5:29.41	24-07-2009	-	-	
<b>TEIXEIRA, Lia Marques, 06-06-1989</b>								-
50m Backstroke	Prelim	25.	34.62	477	34.32	27-06-2009	98%	
200m Backstroke	Prelim	23.	2:37.97	493	2:35.65	26-06-2009	97%	

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ALMEIDA, Joao Pedro, 03-06-1992								-
50m Freestyle	Prelim	18.	25.51	553	24.51	05-12-2009	92%	
100m Freestyle	Prelim	21.	56.47	573	53.86	04-12-2009	91%	
200m Freestyle	Final	14.	2:01.74	588	2:00.48		98%	
200m Freestyle	Prelim	15.	2:00.48	606	1:57.09	06-12-2009	94%	
400m Freestyle	Prelim	37.	4:27.23	558	4:11.43	31-05-2009	89%	
AMORIM, Maria Luis, 09-06-1995								1
100m Freestyle	Prelim	29.	1:03.77	544	1:02.85	21-07-2009	97%	
200m Freestyle	Prelim	24.	2:17.42	555	2:12.29	06-12-2009	93%	
400m Freestyle	Prelim	17.	4:45.54	587	4:41.03	05-12-2009	97%	
800m Freestyle	Slower Heats	12.	<b>9:50.62</b>	585	9:53.28	18-07-2009	101%	
200m Backstroke	Prelim	22.	2:37.71	495	2:34.33	22-11-2009	96%	
CARVALHO, Joana Catarina, 07-06-1992								3
50m Freestyle	Prelim	28.	29.58	516	28.27	21-11-2009	91%	
50m Breaststroke	Final	4.	<b>33.76</b>	687	35.07		108%	
50m Breaststroke	Prelim	7.	35.07	613	31.60	30-05-2009	81%	
100m Breaststroke	Final	5.	<b>1:15.16</b>	630	1:18.49		109%	
100m Breaststroke	Prelim	6.	1:18.49	553	1:10.62	31-05-2009	81%	
200m Breaststroke	Final	10.	<b>2:49.23</b>	567	2:50.85		102%	
200m Breaststroke	Prelim	11.	2:50.85	551	2:40.34	20-12-2009	88%	
CARVALHO, Joao Filipe, 29-07-1987								4
50m Freestyle	Final	2.	<b>23.96</b>	667	24.47		104%	
50m Freestyle	Prelim	2.	24.47	626	22.93	05-12-2009	88%	
100m Freestyle	Final	2.	<b>52.48</b>	714	53.98		106%	
100m Freestyle	Prelim	3.	53.98	656	49.84	04-12-2009	85%	
50m Fly	Final	11.	<b>26.43</b>	611	26.65		102%	
50m Fly	Prelim	10.	26.65	596	25.67	18-07-2009	93%	
100m Fly	Final	9.	<b>58.63</b>	613	59.72		104%	
100m Fly	Prelim	13.	59.72	580	57.62	05-12-2009	93%	
COSTA, Bernardo Guilherme, 14-02-1994								-
200m Freestyle	Prelim	WDR		-	2:08.66	19-07-2009	-	
FERRARIA, Miguel Angelo, 19-03-1994								-
100m Freestyle	Prelim	41.	58.52	515	56.81	06-12-2009	94%	
200m Freestyle	Prelim	64.	2:10.01	482	2:05.38	04-12-2009	93%	
100m Fly	Prelim	38.	1:04.73	455	1:03.93	05-12-2009	98%	
FONSECA, Luis Miguel, 22-10-1994								-
100m Freestyle	Prelim	WDR		-	57.64	17-05-2009	-	
200m Freestyle	Prelim	WDR		-	2:06.50	19-07-2009	-	
LEMONS, Miguel Alexandre, 08-02-1994								-
200m Freestyle	Prelim	62.	2:09.88	484	2:07.35	05-12-2009	96%	
200m Backstroke	Prelim	43.	2:31.45	403	2:27.59	05-12-2009	95%	
LOUREIRO, Sara Beatriz, 07-02-1987								3
50m Freestyle	Final	5.	<b>27.18</b>	665	27.42		102%	
50m Freestyle	Prelim	3.	27.42	648	26.18	20-07-2009	91%	
100m Freestyle	Final	4.	<b>58.73</b>	696	1:01.24		109%	
100m Freestyle	Prelim	8.	1:01.24	614	56.86	20-06-2009	86%	
200m Freestyle	Final	9.	<b>2:10.10</b>	654	2:13.27		105%	
200m Freestyle	Prelim	10.	2:13.27	609	2:02.92	06-12-2009	85%	
400m Freestyle	Prelim	23.	4:49.90	561	4:17.42	05-12-2009	79%	
LOUSA, Irina Filipa, 08-10-1995								-
100m Backstroke	Prelim	35.	1:15.56	455	1:12.97	21-11-2009	93%	
200m Backstroke	Prelim	28.	2:40.01	474	2:33.78	22-11-2009	92%	
MACHADO, Danilo Ismael, 28-09-1992								2
50m Backstroke	Prelim	24.	<b>30.12</b>	508	30.74	08-03-2009	104%	
50m Fly	Prelim	27.	<b>27.84</b>	522	28.63	06-03-2009	106%	
MAGALHAES, Nuno Filipe, 11-07-1994								-
200m Freestyle	Prelim	58.	2:09.03	494	2:06.83	05-12-2009	97%	
400m Freestyle	Prelim	38.	4:27.72	555	4:25.24	20-07-2009	98%	
100m Fly	Prelim	41.	1:07.00	411	1:05.65	25-06-2009	96%	
MANGAS, Francisco Taborda, 04-03-1994								-
100m Freestyle	Prelim	50.	59.27	495	58.49	04-12-2009	97%	
100m Breaststroke	Prelim	44.	1:21.25	374	1:15.11	16-05-2009	85%	
MARINHO, Marta Vieira, 25-03-1991								6
200m Freestyle	Final	2.	<b>2:05.55</b>	728	2:10.38		108%	
200m Freestyle	Prelim	3.	2:10.38	650	2:04.90	06-12-2009	92%	
50m Backstroke	Final	3.	<b>30.41</b>	704	31.71		109%	

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50m Backstroke	Prelim	4.	31.71	621	31.04	29-03-2009	96%	
100m Backstroke	Final	3.	<b>1:04.97</b>	715	1:06.91		106%	
100m Backstroke	Prelim	4.	1:06.91	655	1:02.49	19-12-2009	87%	
200m Backstroke	Final	10.	<b>2:28.68</b>	591	2:31.62		104%	
200m Backstroke	Prelim	12.	2:31.62	557	2:19.44	20-12-2009	85%	
50m Fly	Final	5.	<b>29.22</b>	631	29.77		104%	
50m Fly	Prelim	8.	<b>29.77</b>	597	30.41		104%	
<b>MARTINS, Rafael Dias, 07-02-1993</b>								
1500m Freestyle	Slower Heats	13.	17:33.36	572	17:15.43	18-07-2009	97%	2
100m Fly	Final	16.	<b>1:00.01</b>	572	1:00.15		100%	
100m Fly	Prelim	16.	1:00.15	568	1:00.08	05-12-2009	100%	
200m Fly	Final	6.	<b>2:11.65</b>	607	2:14.06		104%	
200m Fly	Prelim	8.	2:14.06	575	2:10.72	15-03-2009	95%	
<b>MORENO, Claudia Marques, 27-03-1991</b>								
50m Freestyle	Final	8.	28.03	606	27.88		99%	1
50m Freestyle	Prelim	7.	27.88	616	27.51	30-05-2009	97%	
100m Freestyle	Final	11.	<b>1:01.22</b>	615	1:01.81		102%	
100m Freestyle	Prelim	11.	1:01.81	597	59.34	28-03-2009	92%	
<b>NETO, Ana Goncalves, 04-08-1995</b>								
200m Freestyle	Prelim	35.	2:19.61	529	2:14.04	15-03-2009	92%	-
400m Freestyle	Prelim	19.	4:47.93	572	4:41.46	22-02-2009	96%	
200m Backstroke	Prelim	sick	-	-	2:31.40	22-11-2009	-	
<b>NOGUEIRA, Luis Miguel, 15-10-1993</b>								
200m Freestyle	Prelim	22.	2:02.27	580	2:01.39	19-07-2009	99%	-
400m Freestyle	Prelim	26.	4:22.46	589	4:15.18	05-12-2009	95%	
<b>OLIVEIRA, Alexandra Paiva, 09-05-1991</b>								
50m Freestyle	Final	13.	28.68	566	28.21		97%	1
50m Freestyle	Prelim	12.	28.21	595	27.52	28-03-2009	95%	
100m Freestyle	Final	9.	<b>1:00.51</b>	637	1:01.63		104%	
100m Freestyle	Prelim	10.	1:01.63	603	59.28	27-03-2009	93%	
200m Freestyle	Final	7.	2:11.01	641	2:10.64		99%	
200m Freestyle	Prelim	4.	2:10.64	646	2:08.03	06-12-2009	96%	
50m Backstroke	Final	15.	32.38	583	32.22		99%	
50m Backstroke	Prelim	13.	32.22	592	31.96	18-07-2009	98%	
100m Backstroke	Prelim	18.	1:11.20	543	1:07.42	05-12-2009	90%	
<b>OLIVEIRA, Alvaro Miguel, 15-03-1993</b>								
50m Backstroke	Prelim	36.	<b>31.71</b>	435	31.80	21-07-2009	101%	1
200m Backstroke	Prelim	36.	2:25.63	453	2:22.08	26-06-2009	95%	
<b>OLIVEIRA, Paula Alexandra, 02-02-1996</b>								
100m Breaststroke	Final	13.	1:20.65	510	1:20.34		99%	2
100m Breaststroke	Prelim	11.	1:20.34	516	1:18.49	06-12-2009	95%	
200m Breaststroke	Final	6.	<b>2:47.42</b>	586	2:47.82		100%	
200m Breaststroke	Prelim	7.	<b>2:47.82</b>	582	2:51.84	25-07-2009	105%	
<b>OLIVEIRA, Sara Freitas, 07-12-1985</b>								
50m Freestyle	Final	9.	<b>27.47</b>	644	28.18		105%	4
50m Freestyle	Prelim	11.	28.18	597	26.82	05-12-2009	91%	
50m Fly	Final	2.	<b>28.07</b>	712	28.65		104%	
50m Fly	Prelim	2.	28.65	670	27.18	06-12-2009	90%	
100m Fly	Final	2.	<b>1:01.35</b>	762	1:04.60		111%	
100m Fly	Prelim	2.	1:04.60	653	1:00.52	20-12-2009	88%	
200m Fly	Final	1.	<b>2:15.03</b>	763	2:18.86		106%	
200m Fly	Prelim	2.	2:18.86	701	2:12.29	19-12-2009	91%	
<b>PINTO, Gil Goncalves, 31-10-1988</b>								
50m Freestyle	Final	7.	<b>24.80</b>	601	25.09		102%	5
50m Freestyle	Prelim	8.	25.09	581	25.05	20-06-2009	100%	
50m Backstroke	Final	8.	<b>28.53</b>	598	28.62		101%	
50m Backstroke	Prelim	7.	28.62	592	27.87	31-05-2009	95%	
50m Breaststroke	Final	3.	<b>30.30</b>	681	30.98		105%	
50m Breaststroke	Prelim	3.	30.98	638	29.50	19-07-2009	91%	
100m Breaststroke	Final	7.	<b>1:09.15</b>	607	1:10.02		103%	
100m Breaststroke	Prelim	8.	1:10.02	585	1:04.29	05-12-2009	84%	
200m Breaststroke	Final	10.	<b>2:33.34</b>	572	2:35.07		102%	
200m Breaststroke	Prelim	12.	2:35.07	553	2:20.13	04-12-2009	82%	
<b>QUEIROS, Samuel Patricio, 17-03-1991</b>								
200m Freestyle	Prelim	18.	2:00.90	600	1:56.82	06-12-2009	93%	1
400m Freestyle	Prelim	16.	4:16.81	629	4:05.69	05-12-2009	92%	
50m Backstroke	Prelim	21.	30.02	513	28.41	18-07-2009	90%	
100m Backstroke	Prelim	16.	1:03.36	550	1:01.46	28-03-2009	94%	
200m Backstroke	Final	10.	<b>2:13.62</b>	587	2:14.99		102%	

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200m Backstroke	Prelim	10.	2:14.99	569	2:08.23	20-12-2009	90%	-
REIS, Catarina Lopes, 13-02-1995								
200m Medley	Prelim	23.	2:39.00	499	2:36.44	14-03-2009	97%	-
RIBEIRO, Pedro Nuno, 10-03-1993								
1500m Freestyle	Slower Heats	WDR	-	-	17:32.18	27-06-2009	-	-
RODRIGUES, Hugo Cascais, 23-01-1989								
200m Breaststroke	Prelim	WDR	-	-	2:22.28	20-07-2009	-	-
200m Medley	Prelim	WDR	-	-	2:08.36	05-12-2009	-	-
RODRIGUES, Joana Aguiar, 03-02-1993								
50m Freestyle	Prelim	17.	28.91	553	27.77	28-03-2009	92%	1
200m Freestyle	Final	8.	2:14.10	598	2:11.29		96%	
200m Freestyle	Prelim	5.	2:11.29	637	2:05.85	06-12-2009	92%	
400m Freestyle	Final	2.	<b>4:27.07</b>	718	4:35.14		106%	
400m Freestyle	Prelim	3.	4:35.14	656	4:18.45	05-12-2009	88%	
800m Freestyle	Slower Heats	4.	9:21.70	680	9:08.98	22-05-2009	96%	
SANTOS, Carlos Filipe, 26-06-1991								
50m Freestyle	Final	6.	<b>24.71</b>	608	24.73		100%	5
50m Freestyle	Prelim	6.	24.73	607	23.93	28-03-2009	94%	
50m Backstroke	Final	6.	<b>28.30</b>	612	28.39		101%	
50m Backstroke	Prelim	6.	28.39	607	26.99	30-05-2009	90%	
100m Backstroke	Final	9.	<b>1:00.92</b>	619	1:01.68		103%	
100m Backstroke	Prelim	10.	1:01.68	597	58.93	30-05-2009	91%	
50m Fly	Final	7.	<b>26.08</b>	636	26.18		101%	
50m Fly	Prelim	5.	26.18	628	25.11	31-05-2009	92%	
100m Fly	Final	6.	<b>58.23</b>	626	59.04		103%	
100m Fly	Prelim	7.	59.04	600	55.35	20-12-2009	88%	
SANTOS, Paulo Jorge, 23-12-1989								
50m Freestyle	Final	1.	<b>23.36</b>	720	24.34		109%	5
50m Freestyle	Prelim	1.	24.34	636	22.27	20-12-2009	84%	
100m Freestyle	Final	1.	<b>51.86</b>	740	54.13		109%	
100m Freestyle	Prelim	4.	54.13	650	49.58	19-12-2009	84%	
100m Backstroke	Final	13.	<b>1:02.74</b>	567	1:02.97		101%	
100m Backstroke	Prelim	15.	<b>1:02.97</b>	561	1:07.27	31-10-2009	114%	
50m Fly	Final	10.	<b>26.37</b>	615	27.01		105%	
50m Fly	Prelim	12.	27.01	572	25.51	06-12-2009	89%	
SILVA, Bernardo Correia, 10-10-1993								
200m Medley	Final	12.	<b>2:18.98</b>	553	2:19.36		101%	1
200m Medley	Prelim	18.	2:19.36	548	2:16.91	05-12-2009	97%	
400m Medley	Slower Heats	WDR	-	-	5:01.58	19-07-2009	-	
SILVA, Sergio Baptista, 06-04-1991								
50m Breaststroke	Final	9.	<b>30.42</b>	673	31.94		110%	3
50m Breaststroke	Prelim	11.	31.94	582	29.63	22-11-2009	86%	
100m Breaststroke	Final	4.	<b>1:06.91</b>	671	1:09.58		108%	
100m Breaststroke	Prelim	7.	1:09.58	596	1:03.71	19-12-2009	84%	
200m Breaststroke	Final	9.	<b>2:25.40</b>	671	2:34.79		113%	
200m Breaststroke	Prelim	11.	2:34.79	556	2:18.25	20-12-2009	80%	
SILVA, Tiago Samuel, 26-06-1993								
100m Breaststroke	Prelim	19.	1:12.59	525	1:10.60	05-12-2009	95%	1
200m Breaststroke	Final	14.	<b>2:34.97</b>	554	2:37.10		103%	
200m Breaststroke	Prelim	16.	2:37.10	532	2:32.49	04-12-2009	94%	
SILVA, Tomas Correia, 25-10-1995								
100m Freestyle	Prelim	23.	<b>56.62</b>	568	59.74	10-05-2009	111%	1
200m Freestyle	Prelim	26.	2:02.59	576	2:02.27	05-12-2009	99%	
1500m Freestyle	Slower Heats	WDR	-	-	17:34.47	26-07-2009	-	
400m Medley	Slower Heats	WDR	-	-	4:57.43	24-07-2009	-	
SOARES, Silvia Ariana, 11-10-1995								
100m Freestyle	Prelim	34.	1:04.62	523	1:03.02	31-05-2009	95%	-
200m Freestyle	Prelim	26.	2:17.81	551	2:14.07	15-03-2009	95%	
100m Fly	Prelim	27.	1:14.15	432	1:09.93	21-06-2009	89%	
SOUSA, Ricardo Fernandes, 25-01-1993								
50m Breaststroke	Final	15.	<b>32.44</b>	555	32.75		102%	2
50m Breaststroke	Prelim	14.	<b>32.75</b>	540	33.93	18-07-2009	107%	
VILAR, Rui Filipe, 19-06-1991								
50m Freestyle	Prelim	19.	25.68	542	24.39	20-07-2009	90%	3
200m Fly	Final	10.	<b>2:11.22</b>	613	2:14.15		105%	
200m Fly	Prelim	10.	<b>2:14.15</b>	574	2:14.92	28-03-2009	101%	
200m Medley	Final	3.	<b>2:10.74</b>	664	2:16.01		108%	
200m Medley	Prelim	10.	2:16.01	590	2:05.72	19-12-2009	85%	

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400m Medley	Slower Heats	9.	4:46.22	618	4:45.93	28-03-2009	100%
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<b>G.S. Vigili Del Fuoco Modena</b>								<b>11</b>
<b>BERETTA, Matteo, 01-01-1993</b>								<b>2</b>
50m Freestyle	Prelim	37.	26.59	488	26.17	20-12-2009	97%	
100m Freestyle	Final	15.	56.39	575	56.11		99%	
100m Freestyle	Prelim	17.	56.11	584	55.48	08-08-2009	98%	
200m Freestyle	Final	9.	<b>1:57.32</b>	657	1:58.11		101%	
200m Freestyle	Prelim	10.	1:58.11	644	1:57.74	07-04-2009	99%	
400m Freestyle	Final	7.	<b>4:10.98</b>	674	4:12.10		101%	
400m Freestyle	Prelim	8.	4:12.10	665	4:10.13	09-05-2009	98%	
200m Medley	Prelim	21.	2:19.71	544	2:15.06	11-07-2009	93%	
400m Medley	Slower Heats	16.	5:03.30	519	4:47.84	25-10-2009	90%	
<b>BONILAURI, Augusto, 01-01-1993</b>								<b>3</b>
50m Freestyle	Prelim	23.	25.96	524	25.60	20-12-2009	97%	
100m Freestyle	Final	11.	55.50	603	55.39		100%	
100m Freestyle	Prelim	11.	55.39	607	54.85	11-07-2009	98%	
200m Freestyle	Final	10.	<b>1:57.38</b>	656	1:58.04		101%	
200m Freestyle	Prelim	9.	1:58.04	645	1:55.56	20-12-2009	96%	
400m Freestyle	Final	11.	4:14.35	647	4:13.70		99%	
400m Freestyle	Prelim	10.	4:13.70	652	4:05.47	24-10-2009	94%	
50m Fly	Prelim	22.	27.68	532	26.62	27-06-2009	92%	
100m Fly	Final	7.	<b>58.64</b>	613	59.14		102%	
100m Fly	Prelim	8.	59.14	597	58.15	20-12-2009	97%	
200m Fly	Final	4.	<b>2:09.52</b>	638	2:13.62		106%	
200m Fly	Prelim	6.	2:13.62	581	2:10.71	27-06-2009	96%	
200m Medley	Prelim	7.	2:15.42	598	2:15.14	25-10-2009	100%	
<b>DALL'AGLIO, Mattia, 01-01-1993</b>								<b>1</b>
50m Freestyle	Prelim	32.	26.34	502	24.71	06-08-2009	88%	
100m Freestyle	Final	16.	57.21	551	56.05		96%	
100m Freestyle	Prelim	16.	56.05	586	54.12	07-04-2009	93%	
200m Freestyle	Final	15.	2:03.15	568	2:00.80		96%	
200m Freestyle	Prelim	16.	2:00.80	602	1:58.40	28-06-2009	96%	
400m Freestyle	Prelim	32.	4:24.31	577	4:12.67	24-10-2009	91%	
50m Breaststroke	Final	16.	32.87	534	32.43		97%	
50m Breaststroke	Prelim	13.	<b>32.43</b>	556	32.85	20-12-2009	103%	
50m Fly	Prelim	29.	27.86	521	26.43	27-06-2009	90%	
200m Fly	Final	15.	2:19.09	515	2:18.08		99%	
200m Fly	Prelim	16.	2:18.08	526	2:11.97	10-07-2009	91%	
<b>FERRETTI, Mattia, 01-01-1993</b>								<b>4</b>
100m Freestyle	Prelim	33.	57.84	533	57.00	25-10-2009	97%	
200m Freestyle	Prelim	32.	2:03.43	564	2:01.42	25-10-2009	97%	
400m Freestyle	Prelim	19.	<b>4:19.63</b>	609	4:21.00		101%	
100m Fly	Prelim	30.	1:02.55	505	1:02.23	25-10-2009	99%	
200m Fly	Final	7.	<b>2:13.31</b>	585	2:13.60		100%	
200m Fly	Prelim	5.	<b>2:13.60</b>	581	2:16.00		104%	
200m Medley	Prelim	20.	<b>2:19.61</b>	545	2:22.71	10-05-2009	104%	
400m Medley	Slower Heats	WDR		-	4:57.29	07-04-2009	-	
<b>NEGRELLI, Alessio, 01-01-1993</b>								<b>1</b>
50m Freestyle	Prelim	25.	26.17	512	23.90	22-07-2009	83%	
100m Freestyle	Final	10.	55.13	616	55.01		100%	
100m Freestyle	Prelim	9.	55.01	620	51.83	20-07-2009	89%	
200m Freestyle	Final	7.	1:58.01	645	1:57.84		100%	
200m Freestyle	Prelim	8.	1:57.84	648	1:51.92	23-07-2009	90%	
400m Freestyle	Final	10.	4:13.71	652	4:12.95		99%	
400m Freestyle	Prelim	9.	4:12.95	658	4:02.79	06-04-2009	92%	
50m Backstroke	Prelim	14.	29.32	551	27.52	19-12-2009	88%	
50m Fly	Prelim	34.	28.40	492	27.06	30-05-2009	91%	
100m Fly	Prelim	17.	1:00.17	567	59.23	10-05-2009	97%	
200m Fly	Final	9.	<b>2:10.87</b>	618	2:15.03		106%	
200m Fly	Prelim	12.	2:15.03	563	2:12.31	30-05-2009	96%	

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Gafanha da Encarnacao

PINHEIRO, Ines Silva, 08-06-1991

200m Breaststroke Prelim

19.

2:56.72

498

2:51.39

07-02-2009

94%

SILVA, Ana Beatriz, 07-07-1996

100m Freestyle Prelim

27.

1:03.68

546

1:02.35

12-12-2009

96%

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Gesloures								4
VIEIRA, Nadia Morais, 14-05-1990								3
50m Breaststroke	Final	11.	<b>35.69</b>	582	35.77		100%	
50m Breaststroke	Prelim	11.	<b>35.77</b>	578	35.85	07-02-2009	100%	
200m Medley	Final	3.	<b>2:22.93</b>	687	2:26.03		104%	
200m Medley	Prelim	3.	2:26.03	644	2:19.90	30-05-2009	92%	
400m Medley	Slower Heats	2.	4:57.25	744	4:53.17	13-06-2009	97%	
YANG, Paula Cristina, 14-02-1995								1
100m Freestyle	Prelim	30.	1:03.80	543	1:02.35	06-12-2009	96%	
50m Backstroke	Prelim	19.	<b>33.04</b>	549	33.97	20-07-2009	106%	
100m Backstroke	Prelim	26.	1:12.77	509	1:10.71	04-12-2009	94%	
200m Backstroke	Prelim	17.	2:35.60	516	2:31.31	06-12-2009	95%	

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Gespacos								11
<b>ALVES, Nuno Rafael, 12-09-1990</b>								2
50m Backstroke	Prelim	28.	<b>30.61</b>	484	32.87	07-02-2009	115%	
200m Backstroke	Prelim	17.	2:18.47	528	2:18.04	07-02-2009	99%	
200m Breaststroke	Final	5.	2:31.10	598	2:30.89		100%	
200m Breaststroke	Prelim	5.	2:30.89	600	2:29.92	20-07-2009	99%	
400m Medley	Slower Heats	6.	<b>4:39.61</b>	663	4:42.66	21-06-2009	102%	
<b>BESSA, Antonio Rafael, 25-03-1994</b>								2
200m Backstroke	Prelim	37.	2:25.71	453	2:25.21	26-06-2009	99%	
100m Fly	Prelim	34.	<b>1:03.25</b>	488	1:04.56	20-07-2009	104%	
200m Fly	Final	16.	2:19.30	512	2:17.88		98%	
200m Fly	Prelim	15.	<b>2:17.88</b>	528	2:18.40	21-07-2009	101%	
<b>CUNHA, Ana Rita, 07-03-1994</b>								-
800m Freestyle	Slower Heats	WDR	-	-	10:10.71	27-06-2009	-	
100m Fly	Prelim	20.	1:11.52	481	1:10.85	25-06-2009	98%	
200m Fly	Final	12.	2:34.42	510	2:34.18		100%	
200m Fly	Prelim	12.	2:34.18	512	2:32.58	28-06-2009	98%	
<b>DIAS, Paulo Andre, 07-11-1992</b>								2
200m Fly	Final	13.	<b>2:14.56</b>	569	2:14.71		100%	
200m Fly	Prelim	11.	<b>2:14.71</b>	567	2:14.87	28-03-2009	100%	
200m Medley	Final	11.	2:17.56	570	2:16.96		99%	
200m Medley	Prelim	13.	2:16.96	578	2:16.72	20-06-2009	100%	
400m Medley	Slower Heats	10.	4:46.88	614	4:44.18	19-07-2009	98%	
<b>FERREIRA, Diana Patricia, 02-03-1994</b>								2
50m Freestyle	Final	15.	28.80	559	28.33		97%	
50m Freestyle	Prelim	13.	<b>28.33</b>	587	28.97	30-05-2009	105%	
50m Backstroke	Prelim	18.	<b>33.01</b>	550	33.72	30-05-2009	104%	
50m Breaststroke	Prelim	19.	36.63	538	36.05	08-03-2009	97%	
<b>MATOS, Ana Sofia, 10-07-1991</b>								-
50m Freestyle	Prelim	34.	29.99	495	29.12	07-03-2009	94%	
<b>MEIRELES, Sara Monteiro, 11-05-1997</b>								2
200m Breaststroke	Final	13.	2:52.88	532	2:52.74		100%	
200m Breaststroke	Prelim	14.	<b>2:52.74</b>	533	2:58.21	25-07-2009	106%	
200m Medley	Prelim	22.	<b>2:38.98</b>	499	2:40.76	07-06-2009	102%	
<b>NUNES, Ruben Filipe, 28-01-1994</b>								1
100m Fly	Prelim	27.	1:02.03	518	1:01.93	20-07-2009	100%	
200m Fly	Final	14.	<b>2:15.21</b>	560	2:16.99		103%	
200m Fly	Prelim	14.	2:16.99	539	2:16.38	21-07-2009	99%	
200m Medley	Prelim	30.	2:23.17	506	2:20.28	21-07-2009	96%	
400m Medley	Slower Heats	14.	4:59.99	537	4:49.76	19-07-2009	93%	

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Ginasio Clube de Vila Real								5
<b>CARDOSO, Elsa Manuela, 21-07-1986</b>								1
50m Freestyle	Prelim	18.	28.92	552	27.41	05-12-2009	90%	
100m Freestyle	Prelim	24.	1:03.18	559	59.52	20-12-2009	89%	
50m Fly	Final	14.	<b>31.01</b>	528	31.11		101%	
50m Fly	Prelim	13.	31.11	523	30.06	18-07-2009	93%	
<b>GUEDES, Ana Carolina, 14-10-1993</b>								-
100m Fly	Prelim	25.	1:12.85	455	1:10.30	30-05-2009	93%	
<b>LEITE, Ana Sofia, 29-04-1993</b>								1
100m Freestyle	Prelim	31.	1:03.96	539	1:00.57	27-03-2009	90%	
50m Backstroke	Final	12.	<b>31.89</b>	610	32.21		102%	
50m Backstroke	Prelim	12.	32.21	592	31.37	04-12-2009	95%	
100m Backstroke	Final	16.	1:11.23	543	1:10.37		98%	
100m Backstroke	Prelim	15.	1:10.37	563	1:06.27	05-12-2009	89%	
<b>NOBREGA, Ana Sofia, 20-12-1990</b>								-
50m Freestyle	Prelim	42.	31.17	441	29.45	25-06-2009	89%	
100m Freestyle	Prelim	WDR		-	1:01.49	27-03-2009	-	
<b>PINTO, Joana Patricia, 07-03-1994</b>								3
50m Freestyle	Final	12.	<b>28.53</b>	575	28.56		100%	
50m Freestyle	Prelim	14.	28.56	573	27.53	05-12-2009	93%	
50m Breaststroke	Final	12.	<b>35.85</b>	574	36.04		101%	
50m Breaststroke	Prelim	12.	<b>36.04</b>	565	37.16	08-03-2009	106%	
<b>SOUSA, Diogo, 28-01-1995</b>								-
100m Freestyle	Prelim	56.	1:04.61	382	1:00.33	12-12-2009	87%	

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Ginasio Clube de Santo Tirso								1
BARROSO, Joao Pedro, 17-01-1995								-
100m Freestyle	Prelim	53.	1:00.69	461	59.55	26-07-2009	96%	
COELHO, Tiago Sobral, 07-08-1995								1
50m Breaststroke	Prelim	30.	<b>34.48</b>	462	36.11	28-02-2009	110%	
200m Breaststroke	Prelim	37.	2:49.82	421	2:47.97	26-07-2009	98%	
TEIXEIRA, Rute Sofia, 10-09-1990								-
100m Fly	Prelim	30.	1:15.40	411	1:10.98	21-06-2009	89%	

Ginasio Clube Figueirense								14
<b>BORGES, Joao Manuel, 24-03-1994</b>								<b>3</b>
200m Freestyle	Prelim	57.	<b>2:08.93</b>	495	2:11.98	31-01-2009	105%	
400m Freestyle	Prelim	45.	4:35.02	512	4:29.27	14-11-2009	96%	
100m Backstroke	Prelim	35.	<b>1:06.77</b>	470	1:07.87	12-12-2009	103%	
200m Backstroke	Prelim	27.	<b>2:21.50</b>	494	2:23.20	17-01-2010	102%	
<b>PAIXAO, Maria Joao, 08-08-1996</b>								<b>2</b>
100m Backstroke	Prelim	36.	<b>1:15.69</b>	452	1:17.49	24-07-2009	105%	
200m Backstroke	Prelim	24.	<b>2:38.78</b>	485	2:40.56	17-01-2010	102%	
<b>PEREIRA, Mario Alexandre, 18-11-1992</b>								<b>3</b>
50m Freestyle	Final	10.	<b>25.10</b>	580	25.39		102%	
50m Freestyle	Prelim	12.	25.39	560	24.92	16-01-2010	96%	
100m Freestyle	Final	7.	<b>54.41</b>	640	54.50		100%	
100m Freestyle	Prelim	7.	54.50	637	52.45	12-12-2009	93%	
100m Fly	Final	8.	<b>58.81</b>	607	58.99		101%	
100m Fly	Prelim	6.	58.99	602	58.33	12-12-2009	98%	
<b>SANTOS, Luis Gabriel, 17-04-1995</b>								<b>2</b>
100m Backstroke	Prelim	38.	<b>1:07.92</b>	447	1:08.75	21-11-2009	102%	
200m Backstroke	Prelim	34.	<b>2:24.87</b>	461	2:29.36	17-01-2010	106%	
<b>SANTOS, Tatiana Filipa, 10-10-1995</b>								<b>2</b>
50m Backstroke	Prelim	22.	<b>33.28</b>	537	33.42	17-01-2010	101%	
100m Backstroke	Final	12.	<b>1:08.93</b>	599	1:09.38		101%	
100m Backstroke	Prelim	13.	1:09.38	587	1:08.72	18-04-2009	98%	
200m Backstroke	Final	5.	2:25.55	630	2:23.63		97%	
200m Backstroke	Prelim	2.	2:23.63	656	2:22.84	15-03-2009	99%	
<b>VAZ, Andre Duarte, 02-05-1993</b>								<b>2</b>
50m Backstroke	Prelim	27.	<b>30.57</b>	486	31.05	17-01-2010	103%	
50m Breaststroke	Prelim	26.	<b>33.56</b>	501	34.80		108%	
200m Medley	Prelim	24.	2:21.44	524	2:20.79	21-07-2009	99%	
400m Medley	Slower Heats	WDR		-	4:56.82	19-07-2009	-	

Greater Jerusalem Swimming Club

2

ROTZTEJN, Efrat, 01-01-1992

2

200m Freestyle	Final	3.	<b>2:06.71</b>	708	2:09.88		105%
200m Freestyle	Prelim	2.	2:09.88	658	2:04.59	07-08-2009	92%
400m Freestyle	Final	3.	<b>4:28.33</b>	707	4:37.12		107%
400m Freestyle	Prelim	6.	4:37.12	642	4:24.67	05-08-2009	91%

Grupo Desportivo Natacao de V.N.Famalicao

								13
ALMEIDA, Mariana Dias, 12-09-1993								3
50m Freestyle	Prelim	26.	29.27	532	28.39	20-07-2009	94%	
50m Breaststroke	Final	16.	36.84	529	36.33		97%	
50m Breaststroke	Prelim	15.	<b>36.33</b>	551	36.43	19-07-2009	101%	
100m Breaststroke	Final	10.	<b>1:19.55</b>	531	1:20.35		102%	
100m Breaststroke	Prelim	12.	1:20.35	516	1:18.91	18-07-2009	96%	
200m Breaststroke	Final	12.	<b>2:51.90</b>	541	2:53.88		102%	
200m Breaststroke	Prelim	16.	2:53.88	523	2:53.66	27-03-2009	100%	
ALVES, Simao Pedro, 30-04-1994								-
100m Freestyle	Prelim	27.	57.17	552	55.99	19-07-2009	96%	
100m Fly	Prelim	29.	1:02.17	514	1:00.74	20-07-2009	95%	
ARAUJO, Carlos Miguel, 19-10-1994								-
200m Freestyle	Prelim	WDR	-	-	2:17.94	26-06-2009	-	
CARVALHO, Pedro Romanoski, 08-01-1994								-
100m Backstroke	Prelim	WDR	-	-	1:05.89	25-06-2009	-	
FARIA, Rui Pedro, 30-12-1994								1
200m Breaststroke	Prelim	35.	<b>2:48.74</b>	429	2:51.06	15-03-2009	103%	
FERNANDES, Joao Filipe, 22-11-1993								-
50m Backstroke	Prelim	WDR	-	-	30.20	21-06-2009	-	
100m Backstroke	Prelim	WDR	-	-	1:01.98	20-07-2009	-	
200m Backstroke	Prelim	WDR	-	-	2:14.83	19-07-2009	-	
FERNANDES, Luis Manuel, 01-01-1995								4
100m Breaststroke	Final	10.	<b>1:10.06</b>	584	1:10.17		100%	
100m Breaststroke	Prelim	10.	<b>1:10.17</b>	581	1:10.35	25-07-2009	101%	
200m Breaststroke	Final	13.	<b>2:34.93</b>	554	2:35.53		101%	
200m Breaststroke	Prelim	13.	<b>2:35.53</b>	548	2:37.49	07-06-2009	103%	
200m Medley	Prelim	39.	2:26.02	477	2:25.58	05-07-2009	99%	
FERREIRA, Ana Ribeiro, 09-10-1992								1
50m Freestyle	Prelim	29.	29.61	514	28.32	21-06-2009	91%	
100m Freestyle	Final	14.	1:02.23	585	1:01.89		99%	
100m Freestyle	Prelim	12.	1:01.89	595	58.44	20-06-2009	89%	
200m Freestyle	Prelim	21.	2:16.47	567	2:04.66	30-05-2009	83%	
400m Freestyle	Final	9.	<b>4:39.18</b>	628	4:42.96		103%	
400m Freestyle	Prelim	13.	4:42.96	603	4:23.76	20-06-2009	87%	
FERREIRA, Joao Miguel, 26-02-1989								-
50m Breaststroke	Prelim	WDR	-	-	31.17		-	
GRANJO, Andreia Raquel, 01-01-1996								1
200m Breaststroke	Prelim	25.	3:04.63	437	3:03.60	04-07-2009	99%	
200m Medley	Prelim	30.	<b>2:43.09</b>	462	2:51.49	04-07-2009	111%	
MAIA, Jorge Manuel, 02-05-1989								-
400m Freestyle	Prelim	WDR	-	-	3:56.83	05-04-2009	-	
50m Fly	Prelim	27.	27.84	522	26.67	31-05-2009	92%	
100m Fly	Prelim	19.	1:00.86	548	58.81		93%	
200m Medley	Prelim	23.	2:20.98	530	2:12.04		88%	
MARQUES, Catarina Isabel, 03-04-1994								-
100m Freestyle	Prelim	35.	1:04.92	515	1:04.71	06-03-2009	99%	
100m Breaststroke	Prelim	20.	1:23.29	463	1:20.84	27-06-2009	94%	
ROCHA, Joao Miguel, 22-01-1993								-
50m Backstroke	Final	16.	29.99	515	29.84		99%	
50m Backstroke	Prelim	16.	29.84	522	29.59	31-05-2009	98%	
100m Backstroke	Prelim	19.	1:04.06	533	1:01.42	20-07-2009	92%	
200m Backstroke	Final	14.	2:17.52	539	2:15.72		97%	
200m Backstroke	Prelim	11.	2:15.72	560	2:12.97	20-06-2009	96%	
ROMPANTE, Filipa Maria, 20-06-1995								-
400m Freestyle	Prelim	24.	4:51.41	552	4:45.52	20-07-2009	96%	
200m Medley	Prelim	20.	2:36.26	526	2:31.64	30-05-2009	94%	
400m Medley	Slower Heats	14.	5:25.23	568	5:19.41	19-07-2009	96%	
VAZ, Luis Emanuel, 04-06-1991								3
50m Freestyle	Prelim	14.	<b>25.44</b>	557	25.69	21-07-2009	102%	
100m Freestyle	Final	9.	<b>53.79</b>	663	55.25		106%	
100m Freestyle	Prelim	10.	55.25	612	52.54	21-07-2009	90%	
50m Fly	Prelim	13.	<b>27.18</b>	562	27.62		103%	
100m Fly	Prelim	31.	1:02.77	499	1:00.82		94%	

Indiana University Club Paradise

SWANDER, Kevin, 01-01-1984

3

3

50m Breaststroke	Final	1.	<b>28.30</b>	836	29.43		108%
50m Breaststroke	Prelim	1.	29.43	744	27.14	10-07-2009	85%
100m Breaststroke	Final	1.	<b>1:03.17</b>	797	1:04.36		104%
100m Breaststroke	Prelim	1.	1:04.36	754	59.40	07-08-2009	85%
200m Breaststroke	Final	2.	<b>2:20.12</b>	750	2:25.15		107%
200m Breaststroke	Prelim	1.	2:25.15	674	2:18.14		91%
200m Medley	Prelim	6.	2:14.75	607	2:13.15		98%

Individual 1 USA								4
BARBIERE, James, 01-01-1989								4
50m Freestyle	Final	4.	<b>24.34</b>	636	24.56			102%
50m Freestyle	Prelim	4.	<b>24.56</b>	619	25.41			107%
100m Freestyle	Final	3.	<b>52.59</b>	709	53.24			102%
100m Freestyle	Prelim	1.	53.24	684	50.82	05-08-2009		91%
400m Freestyle	Final	3.	<b>4:03.02</b>	742	4:08.87			105%
400m Freestyle	Prelim	2.	4:08.87	691	3:54.49	06-08-2009		89%

Individual 2 USA

CORDES, Nicklaus, 01-01-1989

50m Freestyle	Prelim	WDR	-	23.27	-
100m Freestyle	Prelim	WDR	-	54.19	-
50m Fly	Prelim	WDR	-	26.09	-
100m Fly	Prelim	WDR	-	56.46	-

Individual 3 USA

HESEN, Benedict, 15-02-1986

4

4

50m Backstroke	Final	2.	<b>26.48</b>	748	27.47		108%
50m Backstroke	Prelim	3.	27.47	670	25.36	07-02-2009	85%
100m Backstroke	Final	3.	57.76	727	57.65		100%
100m Backstroke	Prelim	1.	57.65	731	53.62		87%
200m Backstroke	Final	4.	<b>2:08.33</b>	663	2:08.58		100%
200m Backstroke	Prelim	2.	2:08.58	659	2:04.09		93%
50m Breaststroke	Final	5.	<b>30.76</b>	651	31.05		102%
50m Breaststroke	Prelim	4.	31.05	633	29.89		93%
50m Fly	Final	4.	<b>25.91</b>	648	26.04		101%
50m Fly	Prelim	2.	26.04	639	25.09		93%
100m Fly	Final	5.	57.63	646	57.55		100%
100m Fly	Prelim	1.	57.55	648	55.09		92%

Individual Norte de Portugal									1
OLIVEIRA, Rui Goncalves, 07-09-1993									1
50m Backstroke	Prelim	37.	<b>31.76</b>	433	32.42	21-11-2009	104%		

Israel Swimming Association								29
<b>BANACH, Yuliya, 03-05-1992</b>								<b>3</b>
50m Breaststroke	Final	1.	<b>33.10</b>	729	33.76		104%	
50m Breaststroke	Prelim	1.	33.76	687	31.95	07-08-2009	90%	
100m Breaststroke	Final	1.	<b>1:11.78</b>	723	1:12.63		102%	
100m Breaststroke	Prelim	1.	1:12.63	698	1:09.18	27-07-2009	91%	
200m Breaststroke	Final	1.	<b>2:33.43</b>	761	2:36.56		104%	
200m Breaststroke	Prelim	1.	2:36.56	716	2:29.03	06-08-2009	91%	
<b>BENAIM, Reouth, 26-06-1994</b>								<b>3</b>
50m Fly	Final	6.	<b>29.43</b>	618	29.62		101%	
50m Fly	Prelim	7.	29.62	606	28.20		91%	
100m Fly	Final	4.	<b>1:04.73</b>	649	1:05.20		101%	
100m Fly	Prelim	5.	1:05.20	635	1:03.90		96%	
200m Fly	Final	8.	<b>2:32.10</b>	534	2:32.17		100%	
200m Fly	Prelim	8.	2:32.17	533	2:25.00		91%	
<b>FELDMAN, Noa Ruth, 20-01-1994</b>								-
50m Freestyle	Final	7.	27.87	617	27.67		99%	
50m Freestyle	Prelim	5.	27.67	630	27.50	11-07-2009	99%	
100m Freestyle	Final	5.	59.41	673	59.20		99%	
100m Freestyle	Prelim	2.	59.20	680	59.08	08-07-2009	100%	
200m Freestyle	Prelim	WDR	-	-	2:10.47	10-07-2009	-	
200m Medley	Prelim	9.	2:30.27	591	2:27.64	11-07-2009	97%	
<b>GAMBURG, David, 12-12-1993</b>								<b>3</b>
50m Backstroke	Final	5.	<b>27.86</b>	642	27.95		101%	
50m Backstroke	Prelim	4.	27.95	636	27.42	06-08-2009	96%	
100m Backstroke	Final	5.	<b>58.15</b>	712	1:00.39		108%	
100m Backstroke	Prelim	5.	1:00.39	636	58.30	23-07-2009	93%	
200m Backstroke	Final	2.	<b>2:05.09</b>	716	2:10.89		109%	
200m Backstroke	Prelim	3.	2:10.89	625	2:05.30	05-08-2009	92%	
<b>HANANI, Tal, 20-04-1993</b>								-
200m Backstroke	Prelim	WDR	-	-	2:08.57	05-08-2009	-	
200m Medley	Final	4.	2:11.00	660	2:09.80		98%	
200m Medley	Prelim	2.	2:09.80	679	2:08.44	08-08-2009	98%	
400m Medley	Slower Heats	5.	4:36.04	689	4:35.37	20-06-2009	100%	
<b>IVRY, Amit, 02-09-1989</b>								<b>4</b>
50m Freestyle	Final	1.	<b>26.74</b>	698	27.14		103%	
50m Freestyle	Prelim	1.	27.14	668	27.06	29-11-2009	99%	
100m Freestyle	Final	1.	<b>57.72</b>	734	58.51		103%	
100m Freestyle	Prelim	1.	58.51	704	56.62	06-08-2009	94%	
50m Fly	Final	1.	<b>26.97</b>	803	27.84		107%	
50m Fly	Prelim	1.	27.84	730	26.50	05-08-2009	91%	
100m Fly	Final	1.	<b>58.96</b>	859	1:00.76		106%	
100m Fly	Prelim	1.	1:00.76	785	58.21	08-08-2009	92%	
<b>KOPELEV, Jonatan Josef, 01-10-1991</b>								<b>4</b>
50m Backstroke	Final	1.	<b>26.26</b>	767	26.57		102%	
50m Backstroke	Prelim	1.	26.57	740	26.37	06-08-2009	99%	
100m Backstroke	Final	2.	<b>57.21</b>	748	1:00.45		112%	
100m Backstroke	Prelim	6.	1:00.45	634	56.41	07-08-2009	87%	
50m Fly	Final	9.	<b>25.69</b>	665	26.55		107%	
50m Fly	Prelim	9.	26.55	602	25.04	05-08-2009	89%	
100m Fly	Final	4.	<b>57.32</b>	656	57.94		102%	
100m Fly	Prelim	2.	57.94	635	55.70	08-08-2009	92%	
<b>KOROTKOV, Anastasia, 04-12-1990</b>								<b>3</b>
50m Breaststroke	Final	2.	<b>33.66</b>	693	34.40		104%	
50m Breaststroke	Prelim	4.	34.40	650	32.19	07-08-2009	88%	
100m Breaststroke	Final	2.	<b>1:11.94</b>	719	1:14.80		108%	
100m Breaststroke	Prelim	2.	1:14.80	639	1:08.97	05-08-2009	85%	
200m Breaststroke	Prelim	3.	2:39.04	683	2:30.17	30-07-2009	89%	
200m Medley	Final	1.	<b>2:20.88</b>	717	2:26.02		107%	
200m Medley	Prelim	2.	2:26.02	644	2:17.79	26-07-2009	89%	
<b>LEVY, Doron Osher, 07-04-1994</b>								<b>3</b>
50m Freestyle	Final	6.	<b>27.52</b>	641	27.68		101%	
50m Freestyle	Prelim	6.	27.68	630	26.96	08-08-2009	95%	
50m Backstroke	Final	4.	<b>30.63</b>	689	31.07		103%	
50m Backstroke	Prelim	2.	31.07	660	30.62	06-08-2009	97%	
100m Backstroke	Final	5.	<b>1:05.97</b>	683	1:07.36		104%	
100m Backstroke	Prelim	6.	1:07.36	642	1:05.99	21-02-2009	96%	
50m Fly	Final	8.	29.54	611	29.53		100%	

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50m Fly	Prelim	6.	29.53	611	28.60	07-02-2009	94%	
<b>MARKS, Martina, 22-01-1995</b>								<b>2</b>
50m Freestyle	Prelim	WDR		-	27.20		-	
100m Freestyle	Final	2.	<b>58.44</b>	707	59.83		105%	
100m Freestyle	Prelim	3.	59.83	659	57.68	06-08-2009	93%	
200m Freestyle	Final	4.	<b>2:08.74</b>	675	2:12.58		106%	
200m Freestyle	Prelim	8.	2:12.58	618	2:06.62	22-07-2009	91%	
400m Freestyle	Final	8.	4:47.69	574	4:39.24		94%	
400m Freestyle	Prelim	8.	4:39.24	628	4:26.72	05-08-2009	91%	
<b>ZURABLOV, Yakov-Yan, 15-02-1992</b>								<b>4</b>
100m Backstroke	Final	1.	<b>55.50</b>	819	58.66		112%	
100m Backstroke	Prelim	2.	58.66	694	56.29	12-07-2009	92%	
200m Backstroke	Final	1.	<b>2:00.71</b>	797	2:07.37		111%	
200m Backstroke	Prelim	1.	2:07.37	678	2:00.48	05-08-2009	89%	
50m Fly	Final	3.	<b>25.55</b>	676	26.13		105%	
50m Fly	Prelim	3.	<b>26.13</b>	632	26.94	05-06-2009	106%	
200m Medley	Prelim	WDR		-	2:04.59	28-11-2009	-	

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Leixoes Sport Clube								6
ANDRE, Angelica Maria, 13-10-1994								1
400m Freestyle	Prelim	18.	4:46.78	579	4:40.72	07-02-2009	96%	
800m Freestyle	Slower Heats	5.	<b>9:24.30</b>	671	9:31.81	08-02-2009	103%	
400m Medley	Slower Heats	16.	5:30.59	541	5:17.32	07-02-2009	92%	
OLIVEIRA, Patricia Isabel, 18-03-1994								1
50m Backstroke	Final	13.	<b>31.96</b>	606	32.05		101%	
50m Backstroke	Prelim	10.	32.05	601	31.31	18-07-2009	95%	
100m Backstroke	Final	7.	1:07.27	644	1:07.04		99%	
100m Backstroke	Prelim	5.	1:07.04	651	1:06.74	07-02-2009	99%	
200m Backstroke	Final	13.	2:30.47	570	2:29.33		98%	
200m Backstroke	Prelim	9.	2:29.33	583	2:25.89	19-07-2009	95%	
OLIVEIRA, Tiago Silva, 15-04-1994								2
100m Freestyle	Prelim	48.	58.89	505	58.22	21-07-2009	98%	
200m Freestyle	Prelim	30.	2:03.28	566	2:02.39	19-07-2009	99%	
400m Freestyle	Final	12.	<b>4:15.81</b>	636	4:15.97		100%	
400m Freestyle	Prelim	14.	<b>4:15.97</b>	635	4:16.73	21-06-2009	101%	
1500m Freestyle	Slower Heats	12.	17:21.51	592	16:37.07	18-07-2009	92%	
REIS, Sebastiao Jose, 29-03-1995								2
100m Freestyle	Prelim	35.	<b>58.02</b>	528	59.08	04-12-2009	104%	
400m Freestyle	Prelim	43.	<b>4:31.52</b>	532	4:38.25	05-12-2009	105%	

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Louletano Desportos Clube								9
<b>FERREIRA, Filipe Maria, 01-07-1995</b>								1
200m Freestyle	Prelim	71.	<b>2:13.35</b>	447	2:13.68	04-07-2009	100%	
100m Backstroke	Prelim	40.	1:09.02	426	1:08.25	24-07-2009	98%	
200m Backstroke	Prelim	41.	2:27.05	440	2:24.62	25-07-2009	97%	
<b>INES, Rute Rocha, 05-03-1997</b>								-
100m Backstroke	Prelim	41.	1:16.73	434	1:14.68	24-07-2009	95%	
200m Backstroke	Prelim	35.	2:44.31	438	2:41.78	26-07-2009	97%	
<b>LOPES, Carolina Sofia, 07-07-1996</b>								2
100m Backstroke	Prelim	27.	<b>1:12.90</b>	506	1:15.53	24-07-2009	107%	
200m Backstroke	Prelim	26.	<b>2:39.16</b>	482	2:39.71	26-07-2009	101%	
<b>LOPES, Edgar Miguel, 05-04-1994</b>								-
50m Breaststroke	Prelim	27.	33.87	488	33.15	05-06-2009	96%	
100m Breaststroke	Prelim	28.	1:14.99	476	1:13.25	18-07-2009	95%	
200m Breaststroke	Prelim	27.	2:43.20	474	2:37.95	04-07-2009	94%	
<b>NASCIMENTO, Renato Filipe, 03-01-1994</b>								2
200m Backstroke	Prelim	25.	<b>2:20.93</b>	500	2:22.54	04-07-2009	102%	
100m Fly	Prelim	28.	<b>1:02.12</b>	515	1:02.21	06-06-2009	100%	
200m Fly	Prelim	20.	2:21.28	491	2:18.92	21-07-2009	97%	
<b>THEODORIS, Nathan Keith, 16-06-1995</b>								3
100m Freestyle	Prelim	22.	56.54	571	55.86	27-06-2009	98%	
200m Freestyle	Prelim	39.	2:04.21	553	1:59.55	04-07-2009	93%	
100m Backstroke	Final	10.	<b>1:01.29</b>	608	1:02.14		103%	
100m Backstroke	Prelim	11.	<b>1:02.14</b>	583	1:02.19	07-06-2009	100%	
200m Backstroke	Final	11.	<b>2:14.92</b>	570	2:17.87		104%	
200m Backstroke	Prelim	13.	2:17.87	534	2:13.57	04-07-2009	94%	
<b>THEODORIS, Sasha Penelope, 31-12-1996</b>								1
100m Backstroke	Final	15.	<b>1:10.57</b>	558	1:11.09		101%	
100m Backstroke	Prelim	17.	1:11.09	546	1:09.55	24-07-2009	96%	
200m Backstroke	Prelim	30.	2:40.73	468	2:32.05	26-07-2009	89%	

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Nuim Devils Swim Team

CASSIDY, Joe, 01-01-1990

1

1

50m Freestyle	Prelim	36.	26.54	491	25.00		89%
100m Freestyle	Prelim	31.	57.61	539	55.00		91%
200m Freestyle	Prelim	51.	2:06.82	520	2:03.00		94%
50m Breaststroke	Final	13.	<b>32.01</b>	578	32.75		105%
50m Breaststroke	Prelim	14.	32.75	540	32.00		95%
100m Breaststroke	Prelim	18.	1:12.53	526	1:09.00		91%
100m Fly	Prelim	33.	1:03.19	490	59.90		90%
200m Medley	Prelim	26.	2:22.24	516	2:15.00		90%

STACEY, Seamus, 01-01-1990

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50m Freestyle	Prelim	35.	26.47	495	24.09	19-04-2009	83%
100m Freestyle	Prelim	27.	57.17	552	51.27	24-07-2009	80%
200m Freestyle	Prelim	33.	2:03.53	562	1:51.68	23-07-2009	82%
50m Fly	Prelim	33.	28.39	493	26.00		84%
100m Fly	Prelim	37.	1:04.56	459	57.00		78%

Soc. Filarm. Uniao Artistica Piedense								10
<b>AMARAL, Renata Lopes, 13-01-1987</b>								2
50m Freestyle	Prelim	24.	29.20	536	28.00	28-03-2009	92%	
50m Backstroke	Prelim	16.	32.79	562	31.21	29-03-2009	91%	
50m Breaststroke	Final	10.	<b>35.49</b>	592	35.56		100%	
50m Breaststroke	Prelim	9.	35.56	588	34.16	19-07-2009	92%	
50m Fly	Final	9.	<b>29.94</b>	587	30.08		101%	
50m Fly	Prelim	9.	30.08	578	28.15	06-12-2009	88%	
<b>DIAS, Jose Manuel, 20-09-1994</b>								-
100m Fly	Prelim	35.	1:03.75	477	1:02.22	14-03-2009	95%	
200m Fly	Prelim	23.	2:23.25	471	2:20.18	28-06-2009	96%	
200m Medley	Prelim	37.	2:24.94	487	2:23.68	14-06-2009	98%	
<b>GASPAR, Diogo Andre, 29-11-1990</b>								-
200m Freestyle	Prelim	20.	2:01.79	587	2:00.49	26-06-2009	98%	
1500m Freestyle	Slower Heats	5.	16:40.93	667	16:20.26	18-07-2009	96%	
<b>GREGORIO, Goncalo Filipe, 28-03-1993</b>								3
50m Backstroke	Final	7.	<b>28.45</b>	603	28.67		102%	
50m Backstroke	Prelim	8.	28.67	589	28.26	06-06-2009	97%	
100m Backstroke	Final	7.	<b>1:00.37</b>	636	1:00.97		102%	
100m Backstroke	Prelim	8.	1:00.97	618	59.62	23-07-2009	96%	
200m Backstroke	Final	6.	<b>2:10.21</b>	635	2:12.94		104%	
200m Backstroke	Prelim	8.	2:12.94	596	2:08.41	31-05-2009	93%	
<b>MIRANDA, Ana Marta, 30-12-1996</b>								4
100m Fly	Prelim	17.	<b>1:11.43</b>	483	1:11.49	05-07-2009	100%	
200m Fly	Final	13.	<b>2:36.58</b>	489	2:37.13		101%	
200m Fly	Prelim	14.	2:37.13	484	2:34.70	04-07-2009	97%	
200m Medley	Final	13.	<b>2:33.75</b>	552	2:34.73		101%	
200m Medley	Prelim	15.	<b>2:34.73</b>	541	2:36.07	14-06-2009	102%	
400m Medley	Slower Heats	WDR		-	5:30.70	31-05-2009	-	
<b>NUNES, Catarina Tiago, 27-01-1995</b>								-
100m Breaststroke	Prelim	sick		-	1:19.01	15-03-2009	-	
200m Breaststroke	Prelim	sick		-	2:49.23	27-06-2009	-	
200m Medley	Prelim	sick		-	2:25.79	05-04-2009	-	
400m Medley	Slower Heats	sick		-	5:09.32	22-07-2009	-	
<b>SANTOS, Joana Dias, 21-11-1996</b>								1
100m Breaststroke	Prelim	17.	1:22.64	474	1:21.07	09-01-2010	96%	
200m Breaststroke	Final	5.	2:45.36	608	2:44.34		99%	
200m Breaststroke	Prelim	5.	<b>2:44.34</b>	619	2:48.52	25-07-2009	105%	
<b>SARAIVA, Marta Alexandra, 07-02-1993</b>								-
200m Freestyle	Final	16.	2:15.40	580	2:14.54		99%	
200m Freestyle	Prelim	15.	2:14.54	592	2:08.55	19-12-2009	91%	
400m Freestyle	Final	6.	4:40.28	621	4:36.35		97%	
400m Freestyle	Prelim	4.	4:36.35	648	4:31.27	06-06-2009	96%	
800m Freestyle	Slower Heats	6.	9:30.35	650	9:13.79	08-02-2009	94%	

Sociedade de Instrucao e Recreio "Os Pimpoes"								10
DUQUE, Debora Filipa, 17-05-1996								-
400m Freestyle	Prelim	35.	5:07.92	468	4:54.88	14-11-2009	92%	-
400m Medley	Slower Heats	WDR		-	5:50.22	24-07-2009	-	-
FERREIRA, Ricardo Filipe, 10-02-1995								-
100m Breaststroke	Prelim	37.	1:17.23	436	1:16.03	25-07-2009	97%	-
FREITAS, Francisco Maldonado, 13-07-1991								-
200m Fly	Prelim	18.	2:19.18	514	2:13.10	08-02-2009	91%	-
GUIMARAES, Joana Margarida, 04-01-1995								2
50m Backstroke	Prelim	20.	<b>33.19</b>	541	34.31	03-07-2009	107%	
100m Backstroke	Prelim	19.	<b>1:11.27</b>	542	1:11.42	13-03-2009	100%	
200m Backstroke	Prelim	19.	2:36.26	509	2:32.61	15-03-2009	95%	
KAMINSKAYA, Victoriya, 01-01-1995								2
100m Breaststroke	Prelim	19.	1:22.97	468	1:16.91	13-12-2009	86%	
200m Breaststroke	Final	9.	<b>2:45.10</b>	611	2:51.47		108%	
200m Breaststroke	Prelim	13.	2:51.47	545	2:45.16	12-12-2009	93%	
200m Medley	Final	10.	<b>2:28.23</b>	616	2:32.76		106%	
200m Medley	Prelim	12.	2:32.76	563	2:30.00	28-11-2009	96%	
MACHADO, Tiago Gerales, 28-04-1993								3
50m Breaststroke	Final	10.	<b>31.42</b>	611	31.93		103%	
50m Breaststroke	Prelim	10.	<b>31.93</b>	582	32.73	14-03-2009	105%	
100m Breaststroke	Final	14.	<b>1:11.53</b>	549	1:11.75		101%	
100m Breaststroke	Prelim	15.	1:11.75	544	1:11.71	18-07-2009	100%	
NEVES, Ana Isabel, 23-01-1996								3
200m Freestyle	Prelim	33.	<b>2:18.60</b>	541	2:18.72	26-07-2009	100%	
400m Freestyle	Prelim	22.	<b>4:49.55</b>	563	4:50.15	26-07-2009	100%	
800m Freestyle	Slower Heats	13.	<b>9:52.82</b>	578	9:54.75	11-07-2009	101%	
SILVA, Diogo Maia e, 23-04-1993								-
100m Backstroke	Prelim	25.	1:05.19	505	1:04.34	21-07-2009	97%	
200m Backstroke	Prelim	26.	2:21.21	497	2:19.27	03-07-2009	97%	
400m Medley	Slower Heats	WDR		-	4:57.74	03-07-2009	-	
VALE, Alexandre Galveias, 08-02-1993								-
100m Freestyle	Prelim	29.	57.22	551	55.94	12-12-2009	96%	

Sport Alges e Dafundo								7
ABREU, Pedro Miguel, 17-12-1993								1
50m Fly	Prelim	31.	<b>28.12</b>	507	28.34	05-06-2009	102%	
100m Fly	Prelim	32.	1:03.18	490	1:00.46	20-07-2009	92%	
200m Fly	Prelim	WDR		-	2:20.19	15-03-2009	-	
BARGADO, Catarina Isabel, 10-07-1993								-
50m Freestyle	Prelim	38.	30.48	471	28.24	20-12-2009	86%	
50m Fly	Prelim	21.	31.82	489	29.70	18-07-2009	87%	
CAMPOS, Filipe Miguel, 22-03-1990								-
200m Freestyle	Prelim	42.	2:05.10	542	2:00.87	30-05-2009	93%	
400m Freestyle	Prelim	40.	4:29.24	546	4:16.28	31-05-2009	91%	
CIRURGIAO, Francisco Miguel, 31-08-1993								1
200m Freestyle	Prelim	50.	2:06.79	520	2:03.05	14-11-2009	94%	
400m Freestyle	Final	14.	<b>4:18.08</b>	620	4:18.75		101%	
400m Freestyle	Prelim	18.	4:18.75	615	4:12.91	20-07-2009	96%	
1500m Freestyle	Slower Heats	10.	17:10.98	610	16:49.93	18-07-2009	96%	
COSTA, Mario Martins, 30-06-1992								-
50m Freestyle	Prelim	27.	26.19	511	25.50	13-11-2009	95%	
50m Breaststroke	Prelim	16.	32.81	537	31.28	06-12-2009	91%	
100m Breaststroke	Prelim	17.	1:11.84	542	1:11.45	02-07-2009	99%	
200m Breaststroke	Prelim	32.	2:45.12	458	2:27.15	20-12-2009	79%	
GARCIA, Mafalda Jotta, 22-06-1994								1
100m Breaststroke	Final	14.	<b>1:21.00</b>	503	1:21.23		101%	
100m Breaststroke	Prelim	13.	1:21.23	499	1:21.21	30-05-2009	100%	
200m Breaststroke	Final	7.	2:53.96	522	2:49.23		95%	
200m Breaststroke	Prelim	8.	2:49.23	567	2:48.67	30-05-2009	99%	
200m Medley	Prelim	18.	2:35.67	532	2:35.10	28-06-2009	99%	
LIMA, Frederico Subtil, 21-04-1988								-
50m Backstroke	Prelim	WDR		-	27.97	04-12-2009	-	
100m Backstroke	Prelim	WDR		-	58.74	19-12-2009	-	
50m Fly	Prelim	WDR		-	27.56	13-11-2009	-	
PAIVA, Ines Sousa, 15-06-1996								2
100m Freestyle	Prelim	31.	<b>1:03.96</b>	539	1:04.14	07-02-2009	101%	
200m Freestyle	Prelim	32.	2:18.45	543	2:15.02	05-07-2009	95%	
100m Fly	Prelim	18.	1:11.46	482	1:08.28	26-07-2009	91%	
200m Fly	Final	11.	<b>2:33.84</b>	516	2:35.09		102%	
200m Fly	Prelim	13.	2:35.09	503	2:30.45	25-07-2009	94%	
PINTO, Diogo Banza, 01-12-1987								-
200m Backstroke	Prelim	22.	2:20.24	508	2:10.99	06-12-2009	87%	
200m Fly	Prelim	19.	2:19.68	508	2:08.12	21-07-2009	84%	
RODRIGUES, Rafael David, 06-11-1992								-
50m Freestyle	Prelim	40.	26.79	477	24.96	28-03-2009	87%	
100m Freestyle	Prelim	WDR		-	56.24	21-06-2009	-	
SANTOS, Pedro Andre, 26-01-1994								2
200m Freestyle	Prelim	45.	<b>2:05.73</b>	533	2:07.82	13-03-2009	103%	
100m Backstroke	Final	14.	1:03.23	554	1:02.82		99%	
100m Backstroke	Prelim	14.	<b>1:02.82</b>	565	1:05.02	31-05-2009	107%	
200m Backstroke	Prelim	18.	2:18.61	526	2:17.80	14-03-2009	99%	
400m Medley	Slower Heats	WDR		-	5:01.46	27-06-2009	-	
TAVEIRA, Raquel Maurile, 05-11-1995								-
50m Freestyle	Prelim	WDR		-	28.24	05-12-2009	-	
100m Freestyle	Prelim	WDR		-	1:03.02	21-07-2009	-	
200m Freestyle	Prelim	WDR		-	2:15.90	19-12-2009	-	

Sport Lisboa e Benfica								9
CAPELA, Joana Filipa, 22-09-1989								-
100m Freestyle	Prelim	28.	1:03.76	544	1:00.97	27-03-2009	91%	
200m Freestyle	Prelim	28.	2:18.03	548	2:09.33	19-12-2009	88%	
400m Freestyle	Prelim	26.	4:52.47	546	4:36.01	19-12-2009	89%	
GRACA, Bernardo Leitao, 21-02-1993								-
50m Freestyle	Prelim	30.	26.26	507	25.16	05-12-2009	92%	
100m Freestyle	Prelim	40.	58.45	516	55.13	21-07-2009	89%	
LEITAO, Rita Fernandes, 29-08-1996								1
50m Breaststroke	Final	13.	36.42	547	36.31		99%	
50m Breaststroke	Prelim	14.	36.31	552	35.71	14-11-2009	97%	
100m Breaststroke	Final	9.	<b>1:17.90</b>	566	1:19.74		105%	
100m Breaststroke	Prelim	10.	1:19.74	528	1:15.82	13-11-2009	90%	
200m Breaststroke	Prelim	9.	2:49.56	564	2:38.70	20-12-2009	88%	
LOPES, Rodrigo Pereira, 31-10-1995								1
50m Backstroke	Prelim	34.	<b>31.20</b>	457	31.74	24-07-2009	103%	
100m Backstroke	Prelim	28.	1:05.72	493	1:05.20	24-05-2009	98%	
200m Backstroke	Prelim	30.	2:23.39	475	2:18.42	25-07-2009	93%	
NIZ, Adriano Miguel, 05-03-1986								6
200m Freestyle	Final	1.	<b>1:54.02</b>	715	1:57.73		107%	
200m Freestyle	Prelim	7.	1:57.73	650	1:48.76	13-12-2009	85%	
400m Freestyle	Final	5.	<b>4:04.90</b>	725	4:10.88		105%	
400m Freestyle	Prelim	5.	4:10.88	674	4:03.82	07-03-2009	94%	
50m Backstroke	Final	3.	<b>27.23</b>	688	28.14		107%	
50m Backstroke	Prelim	5.	28.14	623	26.44	07-07-2009	88%	
100m Backstroke	Final	4.	<b>57.79</b>	726	59.91		107%	
100m Backstroke	Prelim	4.	59.91	651	56.49	21-11-2009	89%	
200m Backstroke	Final	3.	<b>2:06.03</b>	700	2:11.91		110%	
200m Backstroke	Prelim	6.	2:11.91	610	2:01.29	10-12-2009	85%	
50m Fly	Final	5.	<b>25.96</b>	645	26.15		101%	
50m Fly	Prelim	4.	26.15	631	24.63	18-07-2009	89%	
200m Medley	Prelim	WDR		-	2:01.47	19-12-2009	-	
OLIVEIRA, Andre Neves, 20-11-1991								-
50m Freestyle	Prelim	29.	26.23	508	26.12	09-01-2010	99%	
100m Freestyle	Prelim	32.	57.73	536	55.97	15-11-2009	94%	
50m Fly	Prelim	22.	27.68	532	27.17	26-06-2009	96%	
100m Fly	Prelim	21.	1:01.32	536	58.74	14-11-2009	92%	
PINTO, Sofia Oliveira, 24-02-1994								1
100m Backstroke	Prelim	25.	1:12.67	511	1:08.20	19-12-2009	88%	
100m Fly	Final	15.	<b>1:10.43</b>	504	1:10.86		101%	
100m Fly	Prelim	15.	1:10.86	495	1:05.82	20-12-2009	86%	

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<b>ANTUNES, Pedro Gomes, 11-03-1994</b>								1
200m Freestyle	Prelim	60.	2:09.58	487	2:08.80	18-07-2009	99%	
400m Freestyle	Prelim	46.	4:36.53	504	4:33.64	21-06-2009	98%	
200m Fly	Prelim	22.	<b>2:22.62</b>	477	2:23.43	21-07-2009	101%	
<b>BARROS, Manuel Silva, 17-08-1994</b>								1
100m Freestyle	Prelim	45.	58.71	510	58.54	21-07-2009	99%	
200m Freestyle	Prelim	54.	<b>2:08.00</b>	506	2:08.12	20-06-2009	100%	
400m Freestyle	Prelim	41.	4:30.51	538	4:26.99	20-07-2009	97%	
<b>COSTA, Ines Joao, 18-12-1995</b>								1
200m Medley	Final	15.	2:35.77	531	2:35.37		99%	
200m Medley	Prelim	16.	<b>2:35.37</b>	535	2:36.99	21-06-2009	102%	
400m Medley	Slower Heats	WDR	-	-	5:33.66	19-07-2009	-	
<b>DIAS, Elsa Daniel, 22-06-1992</b>								1
50m Fly	Prelim	WDR	-	-	31.55	05-06-2009	-	
100m Fly	Final	12.	<b>1:09.33</b>	528	1:09.92		102%	
100m Fly	Prelim	11.	1:09.92	515	1:06.36	20-07-2009	90%	
200m Fly	Final	6.	2:31.30	542	2:30.15		98%	
200m Fly	Prelim	7.	2:30.15	555	2:23.79	21-07-2009	92%	
<b>FERNANDES, Ana Sofia, 05-04-1993</b>								-
200m Freestyle	Prelim	WDR	-	-	2:15.39	21-06-2009	-	
400m Freestyle	Final	16.	4:57.37	520	4:44.97		92%	
400m Freestyle	Prelim	16.	4:44.97	591	4:39.80	20-06-2009	96%	
800m Freestyle	Slower Heats	15.	9:58.19	563	9:30.19	18-07-2009	91%	
<b>GONCALVES, Ana Joaquina, 05-02-1995</b>								-
200m Backstroke	Prelim	21.	2:37.54	497	2:37.36	15-03-2009	100%	
200m Medley	Prelim	27.	2:40.39	486	2:33.54		92%	
400m Medley	Slower Heats	WDR	-	-	5:26.68	13-03-2009	-	
<b>MACHADO, Ricardo Manuel, 16-01-1993</b>								1
100m Freestyle	Final	8.	55.13	616	54.57		98%	
100m Freestyle	Prelim	8.	54.57	635	54.23	15-03-2009	99%	
200m Freestyle	Final	11.	<b>1:57.74</b>	650	1:58.84		102%	
200m Freestyle	Prelim	11.	1:58.84	632	1:57.35	20-06-2009	98%	
400m Freestyle	Final	8.	4:14.30	648	4:12.02		98%	
400m Freestyle	Prelim	7.	4:12.02	665	4:09.90	20-07-2009	98%	
1500m Freestyle	Slower Heats	6.	16:42.33	664	16:36.65	18-07-2009	99%	
<b>MAGANINHO, Pedro Miguel, 19-06-1992</b>								-
400m Freestyle	Prelim	34.	4:25.79	567	4:15.56		92%	
1500m Freestyle	Slower Heats	WDR	-	-	17:27.74	06-03-2009	-	
<b>MALHEIRO, Filipe Vieira, 08-09-1990</b>								1
50m Freestyle	Final	12.	<b>25.32</b>	565	25.42		101%	
50m Freestyle	Prelim	13.	25.42	558	24.39	31-05-2009	92%	
100m Freestyle	Prelim	18.	56.33	577	53.62	31-05-2009	91%	
200m Freestyle	Prelim	27.	2:02.73	574	1:56.57	19-07-2009	90%	
400m Freestyle	Prelim	25.	4:21.90	593	4:07.15	20-07-2009	89%	
<b>MALHEIRO, Nuno Vieira, 14-01-1993</b>								-
400m Freestyle	Prelim	35.	4:25.80	567	4:19.96	20-07-2009	96%	
1500m Freestyle	Slower Heats	16.	17:55.24	538	17:13.23	18-07-2009	92%	
<b>NEVES, Eduarda Malheiro, 10-07-1994</b>								2
50m Fly	Prelim	19.	31.56	501	31.33	05-06-2009	99%	
100m Fly	Final	8.	<b>1:08.59</b>	545	1:08.61		100%	
100m Fly	Prelim	8.	1:08.61	545	1:08.08	20-07-2009	98%	
200m Fly	Final	6.	2:31.30	542	2:28.82		97%	
200m Fly	Prelim	6.	2:28.82	570	2:26.08	21-07-2009	96%	
200m Medley	Prelim	19.	<b>2:36.07</b>	528	2:36.20	08-03-2009	100%	
400m Medley	Slower Heats	15.	5:25.93	565	5:17.50	19-07-2009	95%	
<b>OLIVEIRA, Joao Filipe, 01-04-1992</b>								-
100m Breaststroke	Prelim	WDR	-	-	1:06.88		-	
<b>PEREIRA, Daniel Aparicio, 11-08-1983</b>								-
50m Backstroke	Final	13.	29.63	534	28.92		95%	
50m Backstroke	Prelim	12.	28.92	574	27.94	21-06-2009	93%	
100m Backstroke	Final	16.	1:03.56	545	1:02.73		97%	
100m Backstroke	Prelim	13.	1:02.73	567	59.51	28-03-2009	90%	
50m Fly	Final	16.	27.62	535	27.37		98%	
50m Fly	Prelim	17.	27.37	550	27.29	08-02-2009	99%	
100m Fly	Prelim	18.	1:00.49	558	59.59	08-03-2009	97%	

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<b>REGO, Ricardo Amorim, 24-06-1984</b>								-
200m Breaststroke	Final	8.	2:34.15	563	2:33.36		99%	
200m Breaststroke	Prelim	7.	2:33.36	572	2:21.97	20-07-2009	86%	
200m Medley	Final	7.	2:15.95	591	2:15.53		99%	
200m Medley	Prelim	8.	2:15.53	596	2:07.02	21-07-2009	88%	
400m Medley	Slower Heats	11.	4:55.09	564	4:34.08	19-07-2009	86%	
<b>RIBEIRO, Edgar Oliveira, 10-12-1993</b>								3
50m Backstroke	Final	12.	29.33	550	28.99		98%	
50m Backstroke	Prelim	13.	<b>28.99</b>	570	29.64	20-06-2009	105%	
100m Backstroke	Final	12.	<b>1:02.16</b>	583	1:02.59		101%	
100m Backstroke	Prelim	12.	1:02.59	571	1:01.46	21-07-2009	96%	
200m Backstroke	Final	7.	2:13.47	589	2:11.70		97%	
200m Backstroke	Prelim	5.	<b>2:11.70</b>	613	2:13.10	19-07-2009	102%	
<b>RIBEIRO, Rui Manuel, 20-05-1982</b>								1
50m Breaststroke	Final	12.	<b>31.98</b>	580	32.10		101%	
50m Breaststroke	Prelim	12.	32.10	573	29.59	29-03-2009	85%	
100m Breaststroke	Prelim	24.	1:14.14	493	1:08.16	18-07-2009	85%	
<b>SERRA, Carlos Filipe, 26-02-1992</b>								-
200m Freestyle	Prelim	34.	2:03.69	560	2:00.84	27-03-2009	95%	
400m Freestyle	Prelim	WDR		-	4:15.55	07-03-2009	-	
<b>SILVA, Hugo Miguel, 25-03-1994</b>								1
100m Breaststroke	Final	15.	<b>1:11.71</b>	545	1:11.81		100%	
100m Breaststroke	Prelim	16.	1:11.81	542	1:11.32	18-07-2009	99%	
200m Breaststroke	Prelim	19.	2:37.67	526	2:36.18	15-03-2009	98%	
200m Medley	Prelim	32.	2:23.44	503	2:23.03	21-07-2009	99%	
<b>SILVA, Luis Miguel, 10-01-1989</b>								-
200m Freestyle	Prelim	23.	2:02.30	580	1:58.83	30-05-2009	94%	
400m Freestyle	Prelim	28.	4:22.81	587	4:15.10	31-05-2009	94%	
<b>SILVA, Miguel Antonio, 09-02-1994</b>								3
50m Backstroke	Prelim	23.	<b>30.08</b>	510	31.84		112%	
100m Backstroke	Prelim	24.	<b>1:04.95</b>	511	1:05.64	20-07-2009	102%	
200m Backstroke	Final	16.	2:21.06	499	2:17.89		96%	
200m Backstroke	Prelim	14.	<b>2:17.89</b>	534	2:21.77	20-06-2009	106%	
<b>SOUSA, Joao Miguel, 11-10-1994</b>								-
100m Breaststroke	Prelim	42.	1:18.59	414	1:16.96	14-03-2009	96%	
200m Breaststroke	Prelim	WDR		-	2:48.81	15-03-2009	-	

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Sporting Clube de Espinho

COSTA, Pedro Miguel, 02-01-1992

50m Backstroke Prelim 18. 29.86 521 29.23 01-03-2009 96%

CRUZ, Carla Sofia, 28-05-1996

100m Backstroke Prelim 43. 1:19.14 396 1:14.45 88%

Sporting Clube de Portugal

AGOSTINHO, Pedro Miguel, 28-01-1992

50m Breaststroke	Final	8.	<b>31.37</b>	614	31.47		101%
50m Breaststroke	Prelim	8.	31.47	608	29.36	06-06-2009	87%
100m Breaststroke	Final	8.	1:09.36	602	1:08.95		99%
100m Breaststroke	Prelim	6.	1:08.95	613	1:05.28	07-06-2009	90%
200m Breaststroke	Final	6.	2:31.88	588	2:31.60		100%
200m Breaststroke	Prelim	6.	2:31.60	592	2:21.54	06-06-2009	87%
200m Medley	Prelim	16.	2:18.74	556	2:13.79	14-02-2009	93%

BELEZA, Mafalda Gomes, 30-07-1994

100m Freestyle	Prelim	18.	1:02.55	576	1:00.10	21-07-2009	92%
200m Freestyle	Prelim	24.	2:17.42	555	2:09.20	19-07-2009	88%
400m Freestyle	Final	11.	4:41.83	611	4:40.81		99%
400m Freestyle	Prelim	11.	4:40.81	617	4:34.63	20-06-2009	96%
200m Backstroke	Final	12.	<b>2:29.81</b>	578	2:33.15		105%
200m Backstroke	Prelim	14.	2:33.15	541	2:25.94	19-07-2009	91%

COTOVIO, Ricardo Ferreira, 20-07-1991

200m Freestyle	Prelim	35.	2:03.84	558	1:55.49	19-07-2009	87%
50m Backstroke	Prelim	19.	29.88	520	28.45	29-03-2009	91%
100m Backstroke	Prelim	20.	1:04.07	532	1:00.43	20-07-2009	89%
200m Backstroke	Prelim	20.	2:19.85	512	2:10.76	27-03-2009	87%

FRANÇO, Ana Teresa, 27-03-1991

50m Breaststroke	Final	14.	36.65	537	36.07		97%
50m Breaststroke	Prelim	13.	36.07	563	33.15	19-07-2009	84%
100m Breaststroke	Final	11.	1:20.51	513	1:19.56		98%
100m Breaststroke	Prelim	9.	1:19.56	531	1:11.61	18-07-2009	81%
200m Breaststroke	Final	15.	2:54.23	520	2:49.91		95%
200m Breaststroke	Prelim	10.	2:49.91	560	2:34.89	20-07-2009	83%

GASPAR, Pedro Afonso, 23-02-1994

100m Freestyle	Prelim	30.	57.30	548	55.57		94%
200m Freestyle	Prelim	36.	2:03.93	557	1:57.89		90%
400m Freestyle	Prelim	33.	4:24.38	576	4:14.28		93%

MARINHO, Patricia Garcia, 28-05-1994

400m Freestyle	Final	12.	4:43.56	599	4:40.71		98%
400m Freestyle	Prelim	10.	4:40.71	618	4:30.66	20-07-2009	93%
800m Freestyle	Slower Heats	7.	9:34.97	634	9:08.48	18-07-2009	91%
200m Medley	Final	16.	2:37.31	515	2:34.67		97%
200m Medley	Prelim	14.	2:34.67	542	2:24.36	21-07-2009	87%
400m Medley	Slower Heats	7.	5:15.96	620	5:02.41	19-07-2009	92%

PINOTES, Pedro Miguel, 30-09-1989

100m Fly	Prelim	20.	1:01.21	539	59.04	20-06-2009	93%
200m Fly	Final	8.	2:15.43	558	2:13.91		98%
200m Fly	Prelim	7.	2:13.91	577	2:05.65	02-04-2009	88%
200m Medley	Final	6.	<b>2:14.68</b>	608	2:15.99		102%
200m Medley	Prelim	9.	2:15.99	590	2:07.92	29-03-2009	88%
400m Medley	Slower Heats	3.	4:35.48	693	4:31.74	28-03-2009	97%

SANTOS, Alexis Manacas, 23-03-1992

50m Backstroke	Final	4.	27.63	658	27.37		98%
50m Backstroke	Prelim	2.	27.37	677	27.12	28-03-2009	98%
100m Backstroke	Final	6.	<b>59.73</b>	657	59.74		100%
100m Backstroke	Prelim	3.	59.74	657	58.14	21-07-2009	95%
200m Backstroke	Final	5.	<b>2:09.34</b>	647	2:11.64		104%
200m Backstroke	Prelim	4.	2:11.64	614	2:05.39	19-07-2009	91%
200m Medley	Final	2.	<b>2:10.02</b>	675	2:14.51		107%
200m Medley	Prelim	5.	2:14.51	610	2:05.72	21-07-2009	87%
400m Medley	Slower Heats	8.	4:45.82	620	4:42.17	28-03-2009	97%

TIAGO, Filipa Vilas, 18-09-1994

50m Fly	Prelim	WDR		-	29.12	27-03-2009	-
100m Fly	Prelim	WDR		-	1:03.57	29-03-2009	-
200m Fly	Prelim	WDR		-	2:20.14	19-12-2009	-

Team Lombardia Nuoto MGM								38
ARDISSINO, MADDALENA, 05-09-1995								2
100m Freestyle	Final	16.	1:03.00	564	1:02.27		98%	
100m Freestyle	Prelim	14.	1:02.27	584	1:00.08	05-04-2009	93%	
200m Freestyle	Prelim	19.	2:15.75	576	2:10.80	29-11-2009	93%	
50m Fly	Final	15.	31.22	517	31.16		100%	
50m Fly	Prelim	14.	31.16	520	30.78	08-11-2009	98%	
100m Fly	Final	10.	<b>1:08.18</b>	555	1:09.12		103%	
100m Fly	Prelim	9.	1:09.12	533	1:04.38	01-11-2009	87%	
200m Medley	Final	11.	<b>2:29.30</b>	603	2:33.99		106%	
200m Medley	Prelim	13.	2:33.99	549	2:23.53	01-11-2009	87%	
400m Medley	Slower Heats	12.	5:23.27	579	5:11.12	13-12-2009	93%	
BOLGIANI, GIULIA, 18-02-1990								1
200m Freestyle	Final	5.	2:09.60	662	2:09.59		100%	
200m Freestyle	Prelim	1.	2:09.59	662	2:02.56	30-05-2009	89%	
400m Freestyle	Final	1.	<b>4:19.16</b>	785	4:28.21		107%	
400m Freestyle	Prelim	1.	4:28.21	708	4:11.84	28-05-2009	88%	
800m Freestyle	Slower Heats	2.	8:58.74	771	8:40.69	29-05-2009	93%	
200m Medley	Final	8.	2:30.57	588	2:29.37		98%	
200m Medley	Prelim	8.	2:29.37	602	2:27.12	10-05-2009	97%	
CARTAPANI, STEFANIA, 27-11-1990								2
50m Backstroke	Final	2.	<b>29.93</b>	739	31.28		109%	
50m Backstroke	Prelim	3.	31.28	647	29.08	20-12-2009	86%	
100m Backstroke	Final	2.	<b>1:04.21</b>	741	1:06.48		107%	
100m Backstroke	Prelim	2.	1:06.48	668	1:02.01	25-04-2009	87%	
200m Backstroke	Final	7.	2:26.91	613	2:26.84		100%	
200m Backstroke	Prelim	3.	2:26.84	614	2:25.41	09-05-2009	98%	
COVA, DAVIDE, 25-06-1989								3
50m Breaststroke	Final	2.	<b>29.74</b>	721	30.69		106%	
50m Breaststroke	Prelim	2.	30.69	656	29.03	07-11-2009	89%	
100m Breaststroke	Final	2.	<b>1:03.76</b>	775	1:07.22		111%	
100m Breaststroke	Prelim	2.	1:07.22	661	1:02.51	24-10-2009	86%	
200m Breaststroke	Final	1.	<b>2:19.61</b>	758	2:25.50		109%	
200m Breaststroke	Prelim	2.	2:25.50	669	2:19.68	21-06-2009	92%	
200m Medley	Prelim	3.	2:10.89	662	2:01.25	22-11-2009	86%	
400m Medley	Slower Heats	2.	4:28.35	750	4:19.10	21-11-2009	93%	
CUNICO, MARTINA, 30-10-1993								3
50m Freestyle	Final	4.	<b>27.17</b>	666	27.43		102%	
50m Freestyle	Prelim	4.	27.43	647	26.11	03-04-2009	91%	
100m Freestyle	Final	6.	<b>59.75</b>	661	1:00.60		103%	
100m Freestyle	Prelim	5.	1:00.60	634	57.03	04-04-2009	89%	
50m Breaststroke	Final	5.	34.26	658	33.87		98%	
50m Breaststroke	Prelim	2.	33.87	681	32.46	05-03-2009	92%	
50m Fly	Final	12.	<b>30.52</b>	554	30.67		101%	
50m Fly	Prelim	11.	30.67	546	29.00		89%	
GABRIELI, PAMELA, 21-01-1994								3
50m Breaststroke	Final	6.	<b>34.50</b>	644	34.62		101%	
50m Breaststroke	Prelim	5.	34.62	637	32.95	10-08-2009	91%	
100m Breaststroke	Final	4.	<b>1:14.66</b>	643	1:15.11		101%	
100m Breaststroke	Prelim	3.	1:15.11	631	1:09.38	27-05-2009	85%	
200m Breaststroke	Final	2.	<b>2:36.04</b>	724	2:37.57		102%	
200m Breaststroke	Prelim	2.	2:37.57	703	2:26.53	30-05-2009	86%	
200m Medley	Final	7.	2:26.25	641	2:26.25		100%	
200m Medley	Prelim	5.	2:26.25	641	2:20.50	03-04-2009	92%	
GIANESINI, ALICE, 26-05-1986								-
50m Freestyle	Prelim	WDR	-	-	26.00		-	
100m Freestyle	Prelim	WDR	-	-	58.00		-	
50m Fly	Prelim	WDR	-	-	29.00		-	
GOLDIN, RUDY, 08-02-1984								4
50m Freestyle	Final	9.	<b>24.60</b>	616	25.13		104%	
50m Freestyle	Prelim	10.	25.13	578	22.82	22-11-2009	82%	
100m Freestyle	Final	6.	<b>53.11</b>	689	54.49		105%	
100m Freestyle	Prelim	6.	54.49	638	51.50	10-05-2009	89%	
50m Fly	Final	1.	<b>25.48</b>	682	25.88		103%	
50m Fly	Prelim	1.	25.88	651	24.12	30-05-2009	87%	
100m Fly	Final	1.	<b>55.90</b>	707	58.77		111%	
100m Fly	Prelim	4.	58.77	609	52.68	01-11-2009	80%	

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<b>GREMIZZI, GIACOMO, 09-01-1990</b>								<b>3</b>
200m Backstroke	Final	9.	<b>2:10.53</b>	630	2:18.03		112%	
200m Backstroke	Prelim	15.	2:18.03	533	2:05.10	13-12-2009	82%	
200m Fly	Final	1.	<b>2:06.10</b>	691	2:07.29		102%	
200m Fly	Prelim	1.	2:07.29	672	2:03.78	09-05-2009	95%	
200m Medley	Final	1.	<b>2:04.54</b>	769	2:09.41		108%	
200m Medley	Prelim	1.	2:09.41	685	2:02.28	12-08-2009	89%	
400m Medley	Slower Heats	1.	4:28.27	750	4:23.10	25-04-2009	96%	
<b>LAVEZZARI, LUCA, 11-07-1989</b>								<b>4</b>
50m Freestyle	Final	5.	<b>24.52</b>	622	24.63		101%	
50m Freestyle	Prelim	5.	24.63	614	23.29	25-04-2009	89%	
100m Freestyle	Final	5.	<b>52.95</b>	695	53.34		101%	
100m Freestyle	Prelim	2.	53.34	680	51.04	10-08-2009	92%	
200m Freestyle	Final	2.	<b>1:55.16</b>	694	1:56.27		102%	
200m Freestyle	Prelim	1.	1:56.27	675	1:52.23	07-04-2009	93%	
100m Backstroke	Final	8.	<b>1:00.56</b>	630	1:00.87		101%	
100m Backstroke	Prelim	7.	1:00.87	621	58.32	20-12-2009	92%	
200m Backstroke	Final	8.	2:22.94	480	2:12.35		86%	
200m Backstroke	Prelim	7.	2:12.35	604	2:11.36	07-06-2009	99%	
<b>LEONI, LUDOVICA, 02-03-1994</b>								<b>5</b>
200m Freestyle	Final	1.	<b>2:05.50</b>	729	2:12.39		111%	
200m Freestyle	Prelim	7.	2:12.39	621	2:01.85	10-08-2009	85%	
100m Backstroke	Final	9.	<b>1:06.87</b>	656	1:08.51		105%	
100m Backstroke	Prelim	11.	1:08.51	610	1:04.19	12-08-2009	88%	
200m Backstroke	Final	1.	<b>2:20.95</b>	694	2:27.51		110%	
200m Backstroke	Prelim	5.	2:27.51	605	2:16.50	11-08-2009	86%	
50m Fly	Final	4.	<b>28.94</b>	650	29.52		104%	
50m Fly	Prelim	5.	29.52	612	29.10	20-12-2009	97%	
200m Medley	Final	2.	<b>2:22.54</b>	693	2:26.39		105%	
200m Medley	Prelim	6.	2:26.39	639	2:16.69	12-07-2009	87%	
400m Medley	Slower Heats	3.	5:01.77	711	4:52.19	05-03-2009	94%	
<b>MONTANARI, MATTEO, 21-08-1989</b>								<b>2</b>
200m Freestyle	Final	4.	<b>1:56.97</b>	663	1:57.20		100%	
200m Freestyle	Prelim	4.	1:57.20	659	1:53.60	10-08-2009	94%	
400m Freestyle	Final	2.	<b>4:00.45</b>	766	4:11.56		109%	
400m Freestyle	Prelim	6.	4:11.56	669	3:53.71	28-05-2009	86%	
1500m Freestyle	Slower Heats	2.	16:06.70	740	15:28.35	13-08-2009	92%	
<b>NEGRI, SUSANNA, 09-02-1990</b>								<b>2</b>
800m Freestyle	Slower Heats	1.	8:51.99	801	8:48.00		99%	
200m Fly	Final	2.	<b>2:18.32</b>	710	2:22.17		106%	
200m Fly	Prelim	5.	2:22.17	654	2:14.36	22-11-2009	89%	
200m Medley	Final	5.	<b>2:23.75</b>	675	2:26.04		103%	
200m Medley	Prelim	4.	2:26.04	644	2:20.71	12-08-2009	93%	
400m Medley	Slower Heats	1.	4:52.87	778	4:51.87	10-05-2009	99%	
<b>SALOMONI, MATTEO, 06-09-1985</b>								<b>4</b>
50m Freestyle	Final	2.	<b>23.96</b>	667	24.54		105%	
50m Freestyle	Prelim	3.	24.54	621	22.79	06-06-2009	86%	
100m Freestyle	Final	4.	<b>52.93</b>	696	54.40		106%	
100m Freestyle	Prelim	5.	54.40	641	50.57	20-12-2009	86%	
200m Freestyle	Prelim	WDR	-	-	1:52.00		-	
50m Fly	Final	2.	<b>25.54</b>	677	26.26		106%	
50m Fly	Prelim	6.	26.26	623	24.07	05-03-2009	84%	
100m Fly	Final	3.	<b>56.90</b>	671	58.81		107%	
100m Fly	Prelim	5.	58.81	607	53.23	26-05-2009	82%	

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Viana Natacao Clube

AMARAL, Maria Joao, 27-07-1996								-
100m Breaststroke	Prelim	25.	1:25.11	434	1:21.08	26-07-2009	91%	-
ARAUJO, Andreia Margarida, 24-03-1996								-
100m Breaststroke	Prelim	22.	1:24.33	446	1:20.16	19-12-2009	90%	-
LAGE, Marisa Alexandra, 05-07-1994								-
50m Freestyle	Prelim	33.	29.81	504	28.90	27-03-2009	94%	-
100m Freestyle	Final	15.	1:02.47	579	1:02.39		100%	-
100m Freestyle	Prelim	16.	1:02.39	581	1:00.06	27-03-2009	93%	-
200m Freestyle	Prelim	23.	2:16.88	562	2:07.86	19-07-2009	87%	-
400m Medley	Slower Heats	13.	5:24.29	573	5:23.04	28-03-2009	99%	-
VALE, Andre Machado, 03-05-1995								-
100m Breaststroke	Prelim	43.	1:19.56	399	1:17.68	12-12-2009	95%	-
200m Breaststroke	Prelim	40.	2:57.89	366	2:47.76	13-12-2009	89%	-

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Vitoria Sport Clube								16
<b>ABREU, Joao Nuno, 23-07-1995</b>								2
200m Freestyle	Prelim	67.	<b>2:13.00</b>	451	2:13.55	25-07-2009	101%	
400m Freestyle	Prelim	54.	<b>4:39.40</b>	488	4:45.40	25-07-2009	104%	
<b>ALVES, Ana Sofia, 24-02-1995</b>								-
200m Freestyle	Prelim	45.	2:26.52	458	2:17.78	22-02-2009	88%	
<b>ALVES, Andre Filipe, 11-11-1992</b>								-
400m Freestyle	Prelim	27.	4:22.59	588	4:16.85	21-06-2009	96%	
1500m Freestyle	Slower Heats	14.	17:38.82	563	16:57.18	20-06-2009	92%	
<b>COSTA, Rui Filipe, 10-03-1991</b>								1
200m Freestyle	Final	8.	2:00.65	604	1:56.97		94%	
200m Freestyle	Prelim	3.	1:56.97	663	1:52.59	19-12-2009	93%	
400m Freestyle	Final	6.	<b>4:09.50</b>	686	4:09.57		100%	
400m Freestyle	Prelim	3.	4:09.57	685	3:57.37	19-12-2009	90%	
1500m Freestyle	Slower Heats	3.	16:19.66	711	16:00.17	27-03-2009	96%	
<b>FERNANDES, Amelia Pereira, 23-12-1989</b>								3
100m Freestyle	Final	10.	<b>1:01.02</b>	621	1:01.55		102%	
100m Freestyle	Prelim	9.	1:01.55	605	1:00.05	07-03-2009	95%	
200m Freestyle	Final	11.	<b>2:11.17</b>	639	2:13.08		103%	
200m Freestyle	Prelim	9.	2:13.08	611	2:09.33	08-03-2009	94%	
100m Fly	Final	6.	<b>1:07.14</b>	582	1:08.11		103%	
100m Fly	Prelim	6.	1:08.11	557	1:05.67	08-02-2009	93%	
<b>GOMES, Andreia Catarina, 10-09-1994</b>								2
200m Backstroke	Final	9.	<b>2:27.46</b>	606	2:31.29		105%	
200m Backstroke	Prelim	11.	<b>2:31.29</b>	561	2:34.06	22-11-2009	104%	
400m Medley	Slower Heats	WDR		-	5:45.00		-	
<b>MARTINS, Jose Alberto, 03-02-1994</b>								3
200m Freestyle	Prelim	43.	2:05.39	538	2:03.51	05-12-2009	97%	
100m Backstroke	Final	15.	<b>1:03.41</b>	549	1:03.71		101%	
100m Backstroke	Prelim	17.	<b>1:03.71</b>	541	1:05.03	21-06-2009	104%	
200m Backstroke	Final	12.	<b>2:15.75</b>	560	2:16.41		101%	
200m Backstroke	Prelim	12.	2:16.41	552	2:15.44	20-12-2009	99%	
<b>PASSOS, Luis Filipe, 24-04-1994</b>								-
200m Freestyle	Prelim	73.	2:13.58	445	2:11.15	26-06-2009	96%	
<b>RODRIGUES, Diogo Manuel, 01-03-1994</b>								3
100m Breaststroke	Final	13.	<b>1:11.16</b>	557	1:11.49		101%	
100m Breaststroke	Prelim	14.	1:11.49	550	1:08.40	19-12-2009	92%	
200m Breaststroke	Final	7.	<b>2:32.65</b>	580	2:33.70		101%	
200m Breaststroke	Prelim	8.	2:33.70	568	2:27.45	20-12-2009	92%	
200m Medley	Prelim	29.	<b>2:23.11</b>	506	2:25.62	05-12-2009	104%	
<b>SANTOS, Joana Filipa, 07-06-1993</b>								2
200m Freestyle	Final	10.	<b>2:10.80</b>	644	2:13.61		104%	
200m Freestyle	Prelim	11.	2:13.61	604	2:10.15	19-07-2009	95%	
400m Freestyle	Final	4.	<b>4:31.73</b>	681	4:36.74		104%	
400m Freestyle	Prelim	5.	4:36.74	645	4:28.33	20-07-2009	94%	
100m Backstroke	Prelim	21.	1:11.96	526	1:11.96	21-11-2009	100%	
<b>SOUSA, Ana Catarina, 08-07-1996</b>								-
100m Freestyle	Prelim	42.	1:06.76	474	1:05.68	25-07-2009	97%	
200m Freestyle	Prelim	42.	2:24.02	482	2:22.49	05-07-2009	98%	
200m Backstroke	Prelim	36.	2:46.49	421	2:37.71	20-12-2009	90%	
100m Fly	Prelim	28.	1:14.77	421	1:14.09	26-07-2009	98%	