

Campeonatos Regionais Juniores e Seniores
Povoa de Varzim, 16, 17 e 18-3-2012

Medalhados por Prova, Masc.

Todas as provas

1500m Livres Juniores				1500m Livres Seniores					
1.	Tiago Silva, OLIVEIRA	94	LSC	16:38.97	1.	Hugo Alberto, RIBEIRO	88 GESP	16:28.36	
2.	Ruben Filipe, NUNES	94	GESP	16:58.38	2.	Rui Filipe, COSTA	91 VSC	16:47.28	
3.	Cesar Filipe, MAGALHAES	95	FOCA	17:06.94	3.	Ricardo Manuel, MACHADO	93 SCB	16:52.57	
200m Costas Juniores				200m Costas Seniores					
1.	Pedro Romanoski, CARVALHO	94	GDNVNF	2:16.39	1.	Adriano Miguel, NIZ	86 GDNVNF	2:10.41	
2.	Daniel Costa, VIEIRA	95	FCP	2:18.99	2.	Samuel Patricio, QUEIROS	91 FCP	2:15.46	
3.	Antonio Rafael, BESSA	94	GESP	2:19.02	3.	Edgar Oliveira, RIBEIRO	93 SCB	2:16.60	
4 x 100m Livres Juniores				4 x 100m Livres Seniores					
1.	FCPorto 1		FCP	3:46.59	1.	Famalicao 2		GDNVNF	3:41.33
2.	Famalicao 1		GDNVNF	3:47.93	2.	Vilacondense 2		CFV	3:46.62
3.	Braga 1		SCB	3:49.61	3.	Braga 2		SCB	3:48.53
200m Mariposa Juniores				200m Mariposa Seniores					
1.	Ruben Filipe, NUNES	94	GESP	2:10.61	1.	Fabio Manuel, PEREIRA	86 CFV	2:05.79	
2.	Antonio Rafael, BESSA	94	GESP	2:13.57	2.	Igor Guterres, CARVALHO	88 CFV	2:14.35	
3.	Cesar Filipe, MAGALHAES	95	FOCA	2:14.32	3.	Hugo Alberto, RIBEIRO	88 GESP	2:14.77	
100m Costas Juniores				100m Costas Seniores					
1.	Tomas Correia, SILVA	95	FCP	1:02.57	1.	Adriano Miguel, NIZ	86 GDNVNF	1:01.10	
2.	Renato Mendes, PINHEIRO	94	EDV	1:02.68	2.	Daniel Aparicio, PEREIRA	83 SCB	1:01.74	
3.	Pedro Romanoski, CARVALHO	94	GDNVNF	1:02.75	3.	Joao Filipe, FERNANDES	93 GDNVNF	1:02.62	
400m Livres Juniores				400m Livres Seniores					
1.	Tiago Silva, OLIVEIRA	94	LSC	4:13.72	1.	Luis Emanuel, VAZ	91 GDNVNF	4:03.67	
2.	Ruben Filipe, NUNES	94	GESP	4:17.11	2.	Hugo Alberto, RIBEIRO	88 GESP	4:10.11	
3.	Artur Manuel, FERREIRA	95	FCP	4:20.51	3.	Rui Filipe, COSTA	91 VSC	4:10.96	
4 x 50m Estilos Juniores				4 x 50m Estilos Seniores					
1.	Famalicao 1		GDNVNF	1:53.25	1.	Braga 2		SCB	1:52.95
2.	Braga 1		SCB	1:55.88	2.	Vilacondense 2		CFV	1:53.22
3.	FCPorto 1		FCP	1:56.91	3.	Escola Desportiva de Viana 1		EDV	1:56.82
200m Livres Juniores				200m Livres Seniores					
1.	Tiago Silva, OLIVEIRA	94	LSC	2:00.77	1.	Luis Emanuel, VAZ	91 GDNVNF	1:53.77	
2.	Nuno Filipe, MAGALHAES	94	FCP	2:02.52	2.	Fabio Manuel, PEREIRA	86 CFV	1:55.03	
3.	Francisco Tabora, MANGAS	94	FCP	2:02.56	3.	Igor Guterres, CARVALHO	88 CFV	2:00.72	
400m Estilos Juniores				400m Estilos Seniores					
1.	Ruben Filipe, NUNES	94	GESP	4:45.08	1.	Fabio Manuel, PEREIRA	86 CFV	4:36.96	
2.	Joao Miguel, COSTA	95	CFV	4:57.83	2.	Nuno Rafael, ALVES	90 GESP	4:39.17	
3.	Andre Machado, VALE	95	VNC	4:58.79	3.	Adriano Miguel, NIZ	86 GDNVNF	4:48.06	

O Secretário do Juri

O Juiz Árbitro

Campeonatos Regionais Juniores e Seniores
Pova de Varzim, 16, 17 e 18-3-2012

50m Livres				Juniores	50m Livres				Seniores
1.	Simao Pedro, ALVES	94	GDNVNF	25.09	1.	Paulo Jorge, SANTOS	89	FCP	23.97
2.	Antonio Jorge, ROCHA	94	ADP	25.52	2.	Nelson Filipe, MARTINHO	89	CNV	24.47
3.	Francisco Taborda, MANGAS	94	FCP	25.69	3.	Luis Emanuel, VAZ	91	GDNVNF	24.82
100m Bruços				Juniores	100m Bruços				Seniores
1.	Luis Manuel, FERNANDES	95	GDNVNF	1:10.37	1.	Sergio Baptista, SILVA	91	FCP	1:07.62
2.	Tomas Correia, SILVA	95	FCP	1:11.01	2.	Rui Filipe, VILAR	91	FCP	1:07.77
3.	Hugo Miguel, SILVA	94	SCB	1:11.40	3.	Tiago Samuel, SILVA	93	FCP	1:08.95
4 x 200m Livres				Juniores	4 x 200m Livres				Seniores
1.	FCPorto 1		FCP	8:24.83	1.	Braga 2		SCB	8:03.67
2.	Vilacondense 1		CFV	8:29.14	2.	Vilacondense 2		CFV	8:04.04
3.	Famalicao 1		GDNVNF	8:29.41	3.	Gespacos 1		GESP	8:21.40
200m Estilos				Juniores	200m Estilos				Seniores
1.	Renato Mendes, PINHEIRO	94	EDV	2:18.85	1.	Adriano Miguel, NIZ	86	GDNVNF	2:12.51
2.	Antonio Rafael, BESSA	94	GESP	2:19.57	2.	Nuno Rafael, ALVES	90	GESP	2:14.29
3.	Luis Manuel, FERNANDES	95	GDNVNF	2:20.13	3.	Diogo Fontes, MOREIRA	93	LSC	2:16.09
50m Bruços				Juniores	50m Bruços				Seniores
1.	Mauro Gaspar, FERREIRA	95	EMDB	32.67	1.	Fabio Andre, FIGUEIRA	88	FCP	31.27
2.	Frederico Renato, SOUSA	95	GESP	33.68	2.	Joao Claudio, SOUSA	93	GESP	31.44
3.	Luis Miguel, LOPES	95	FOCA	34.28	3.	Luis Nobre, NETO	90	CNMAIA	31.66
3.	Carlos Cunha, COSTA	95	ADF	34.28					
100m Livres				Juniores	100m Livres				Seniores
1.	Tomas Correia, SILVA	95	FCP	54.41	1.	Luis Emanuel, VAZ	91	GDNVNF	52.02
2.	Antonio Jorge, ROCHA	94	ADP	54.57	2.	Fabio Andre, FIGUEIRA	88	FCP	53.92
3.	Simao Pedro, ALVES	94	GDNVNF	54.63	3.	Jorge Manuel, MAIA	89	GDNVNF	53.99
50m Mariposa				Juniores	50m Mariposa				Seniores
1.	Simao Pedro, ALVES	94	GDNVNF	26.49	1.	Nelson Filipe, MARTINHO	89	CNV	26.51
2.	Ruben Filipe, NUNES	94	GESP	27.32	2.	Diogo Fontes, MOREIRA	93	LSC	27.32
3.	Antonio Jorge, ROCHA	94	ADP	27.36	3.	Bruno Miguel, ALVES	91	EDL	27.36
4 x 50m Livres				Juniores	4 x 50m Livres				Seniores
1.	FCPorto 1		FCP	1:42.26	1.	Famalicao 2		GDNVNF	1:39.61
2.	Braga 1		SCB	1:44.08	2.	Braga 2		SCB	1:42.77
3.	Famalicao 1		GDNVNF	1:44.28	3.	Escola Desportiva de Viana 1		EDV	1:42.97
200m Bruços				Juniores	200m Bruços				Seniores
1.	Tomas Correia, SILVA	95	FCP	2:28.58	1.	Nuno Rafael, ALVES	90	GESP	2:27.91
2.	Luis Manuel, FERNANDES	95	GDNVNF	2:35.54	2.	Rui Filipe, VILAR	91	FCP	2:29.27
3.	Hugo Miguel, SILVA	94	SCB	2:37.36	3.	Tiago Samuel, SILVA	93	FCP	2:30.25

O Secretário do Juri

O Juiz Árbitro

Campeonatos Regionais Juniores e Seniores
Povoa de Varzim, 16, 17 e 18-3-2012

100m Mariposa				100m Mariposa			
Juniores				Seniores			
1. Antonio Jorge, ROCHA	94	ADP	58.89	1. Fabio Manuel, PEREIRA	86	CFV	56.77
2. Ruben Filipe, NUNES	94	GESP	59.48	2. Fabio Andre, FIGUEIRA	88	FCP	57.81
3. Simao Pedro, ALVES	94	GDNVNF	59.77	3. Nelson Filipe, MARTINHO	89	CNV	58.47
50m Costas				50m Costas			
Juniores				Seniores			
1. Renato Mendes, PINHEIRO	94	EDV	29.27	1. Adriano Miguel, NIZ	86	GDNVNF	27.78
2. Pedro Romanoski, CARVALHO	94	GDNVNF	29.33	2. Joao Filipe, FERNANDES	93	GDNVNF	29.04
3. Miguel Antonio, SILVA	94	SCB	29.36	3. Daniel Aparicio, PEREIRA	83	SCB	29.21
800m Livres				800m Livres			
Juniores				Seniores			
1. Tiago Silva, OLIVEIRA	94	LSC	8:38.13	1. Rui Filipe, COSTA	91	VSC	8:40.09
2. Artur Manuel, FERREIRA	95	FCP	8:56.71	2. Ricardo Manuel, MACHADO	93	SCB	8:43.77
3. Cesar Filipe, MAGALHAES	95	FOCA	8:59.77	3. Hugo Alberto, RIBEIRO	88	GESP	8:45.72
4 x 100m Estilos				4 x 100m Estilos			
Juniores				Seniores			
1. Famalic�o 1		GDNVNF	4:10.49	1. Vilacondense 2		CFV	4:07.81
2. FCPorto 1		FCP	4:16.15	2. Braga 2		SCB	4:13.46
3. Vilacondense 1		CFV	4:22.98	3. Gespacos 1		GESP	4:13.78

Campeonatos Regionais Juniores e Seniores
Povoa de Varzim, 16, 17 e 18-3-2012

Medalhados por Prova, Femin.

Todas as provas

100m Livres				Juniores	100m Livres				Seniores
1.	Diana Margarida, DURAES	96	FOCA	1:00.54	1.	Angelica Maria, ANDRE	94	LSC	1:01.69
2.	Adriana Daniela, CASTRO	97	FCP	1:02.55	2.	Joana Filipa, SANTOS	93	VSC	1:01.76
3.	Sara Faria, COSTA	97	SCB	1:03.13	3.	Ana Ribeiro, FERREIRA	92	GDNVNF	1:01.88
200m Costas				Juniores	200m Costas				Seniores
1.	Joana Carina, SILVA	97	LSXXI	2:18.65	1.	Marta Pereira, ABREU	92	FCP	2:23.71
2.	Juliana Lima, FREIXO	97	EDV	2:32.71	2.	Maria Luis, AMORIM	95	FCP	2:28.59
3.	Flavia Daniela, GONCALVES	96	EDV	2:33.30	3.	Patricia Isabel, OLIVEIRA	94	LSC	2:31.18
4 x 200m Livres				Juniores	4 x 200m Livres				Seniores
1.	Foca 1		FOCA	9:03.70	1.	Vitória Sport Clube 1		VSC	9:01.02
2.	FCPorto 1		FCP	9:07.65	2.	Gespacos 1		GESP	9:18.89
3.	Braga 1		SCB	9:17.38					
50m Livres				Juniores	50m Livres				Seniores
1.	Ana Filipa, MARTINS	97	FOCA	29.06	1.	Joana Filipa, SANTOS	93	VSC	29.01
2.	Sara Faria, COSTA	97	SCB	29.35	2.	Ana Filipa, TEIXEIRA	95	VNC	29.23
3.	Vera Patricia, FERNANDES	96	SCB	29.67	2.	Ana Sofia, MATOS	91	GESP	29.23
100m Costas				Juniores	100m Costas				Seniores
1.	Joana Carina, SILVA	97	LSXXI	1:06.04	1.	Patricia Isabel, OLIVEIRA	94	LSC	1:09.05
2.	Juliana Lima, FREIXO	97	EDV	1:09.95	2.	Maria Luis, AMORIM	95	FCP	1:10.37
3.	M., MONTEIRO	97	EDL	1:10.58	3.	Filipa Mendes, PINHEIRO	92	EDV	1:10.94
400m Estilos				Juniores	400m Estilos				Seniores
1.	Diana Margarida, DURAES	96	FOCA	5:04.68	1.	Marta Pereira, ABREU	92	FCP	5:05.23
2.	Sara Monteiro, MEIRELES	97	GESP	5:24.46	2.	Joana Marques, MAIA	91	CNMAIA	5:27.14
3.	Ana Isabel, CUNHA	96	FOCA	5:27.48	3.	Ana Joaquina, GONCALVES	95	SCB	5:39.78
800m Livres				Juniores	800m Livres				Seniores
1.	Maria Teresa, AMORIM	97	FCP	9:31.52	1.	Angelica Maria, ANDRE	94	LSC	9:10.14
2.	Adriana Daniela, CASTRO	97	FCP	9:41.55	2.	Marta Vieira, MARINHO	91	FCP	9:12.07
3.	Ana Filipa, MARTINS	97	FOCA	9:50.62	3.	Andreia Catarina, GOMES	94	VSC	9:17.90
4 x 50m Estilos				Juniores	4 x 50m Estilos				Seniores
1.	Braga 1		SCB	2:11.32	1.	Gespacos 1		GESP	2:08.82
2.	Foca 1		FOCA	2:12.78	2.	Leixões Sport Clube 1		LSC	2:15.55
3.	FCPorto 1		FCP	2:16.22	3.	Ginásio Santo Tirso 1		GCST	2:24.27
400m Livres				Juniores	400m Livres				Seniores
1.	Diana Margarida, DURAES	96	FOCA	4:36.32	1.	Marta Vieira, MARINHO	91	FCP	4:25.65
2.	Adriana Daniela, CASTRO	97	FCP	4:39.39	2.	Joana Filipa, SANTOS	93	VSC	4:28.66
3.	Maria Teresa, AMORIM	97	FCP	4:39.47	3.	Andreia Catarina, GOMES	94	VSC	4:29.07

O Secretário do Juri

O Juiz Árbitro

Campeonatos Regionais Juniores e Seniores
Povoa de Varzim, 16, 17 e 18-3-2012

200m Mariposa				200m Mariposa			
Juniores				Seniores			
1. Debora Guimaraes, OLIVEIRA	96	SCB	2:28.06	1. Silvia Ariana, SOARES	95	FCP	2:26.19
2. Claudia Cristina, LEAO	96	GESP	2:32.24	2. Carolina Santos, SILVA	86	CNMAIA	2:28.24
3. Ana Isabel, CUNHA	96	FOCA	2:33.19	3. Amelia Pereira, FERNANDES	89	VSC	2:31.34
100m Bruços				100m Bruços			
Juniores				Seniores			
1. Diana Sofia, SILVA	97	SCB	1:19.23	1. Marta Pereira, ABREU	92	FCP	1:16.36
2. Ana Filipa, GOMES	96	CFV	1:20.84	2. Joana Marques, MAIA	91	CNMAIA	1:16.49
3. Rita Catarina, MIRANDA	97	SCB	1:21.06	3. Mariana Dias, ALMEIDA	93	GDNVNF	1:19.43
4 x 100m Livres				4 x 100m Livres			
Juniores				Seniores			
1. FCPorto 1		FCP	4:16.36	1. Vitória Sport Clube 1		VSC	4:11.09
2. Foca 1		FOCA	4:18.21	2. Gespacos 1		GESP	4:15.01
3. Braga 1		SCB	4:20.58	3. Leixões Sport Clube 1		LSC	4:25.75
1500m Livres				1500m Livres			
Juniores				Seniores			
1. Joana Carina, SILVA	97	LSXXI	18:55.05	1. Angelica Maria, ANDRE	94	LSC	17:17.17
2. Maria Joao, FERNANDES	97	CFV	19:04.84	2. Joana Filipa, SANTOS	93	VSC	17:50.31
3. Sara Monteiro, MEIRELES	97	GESP	19:11.78	3. Andreia Catarina, GOMES	94	VSC	18:04.84
200m Estilos				200m Estilos			
Juniores				Seniores			
1. Diana Margarida, DURAES	96	FOCA	2:26.67	1. Joana Marques, MAIA	91	CNMAIA	2:33.42
2. Maria Teresa, AMORIM	97	FCP	2:32.84	2. Amelia Pereira, FERNANDES	89	VSC	2:36.85
3. Sara Monteiro, MEIRELES	97	GESP	2:34.53	3. Carolina Santos, SILVA	86	CNMAIA	2:38.82
50m Bruços				50m Bruços			
Juniores				Seniores			
1. Paula Alexandra, OLIVEIRA	96	FCP	34.82	1. Joana Marques, MAIA	91	CNMAIA	35.37
2. Diana Sofia, SILVA	97	SCB	37.14	2. Mariana Dias, ALMEIDA	93	GDNVNF	37.07
3. Rita Catarina, MIRANDA	97	SCB	37.38	3. Ana Filipa, TEIXEIRA	95	VNC	37.71
50m Mariposa				50m Mariposa			
Juniores				Seniores			
1. Claudia Cristina, LEAO	96	GESP	31.47	1. Claudia Sofia, MONTEIRO	92	CFV	29.94
2. Joana Carina, SILVA	97	LSXXI	31.51	2. Filipa Mendes, PINHEIRO	92	EDV	30.93
3. Iolanda Ribeiro, PINHEIRO	97	ADP	31.64	3. Silvia Ariana, SOARES	95	FCP	31.33
3. Ana Catarina, PEREIRA	97	FCP	31.64				
4 x 50m Livres				4 x 50m Livres			
Juniores				Seniores			
1. FCPorto 1		FCP	1:56.26	1. Gespacos 1		GESP	1:54.61
2. Gespacos 2		GESP	1:58.29	2. Vitória Sport Clube 1		VSC	1:54.95
3. Braga 1		SCB	1:59.58	3. Leixões Sport Clube 1		LSC	2:03.45
200m Bruços				200m Bruços			
Juniores				Seniores			
1. Paula Alexandra, OLIVEIRA	96	FCP	2:38.14	1. Joana Marques, MAIA	91	CNMAIA	2:41.82
2. Diana Margarida, DURAES	96	FOCA	2:50.35	2. Diana Patricia, FERREIRA	94	GESP	2:50.14
3. Sara Monteiro, MEIRELES	97	GESP	2:51.27	3. Ana Filipa, TEIXEIRA	95	VNC	2:59.41

O Secretário do Juri

O Juiz Árbitro

Campeonatos Regionais Juniores e Seniores
Povoa de Varzim, 16, 17 e 18-3-2012

100m Mariposa				Juniores	100m Mariposa				Seniores
1.	Claudia Cristina, LEAO	96	GESP	1:09.04	1.	Ana Catarina, MONTEIRO	93	CFV	1:03.70
2.	Debora Guimaraes, OLIVEIRA	96	SCB	1:09.59	2.	Marta Pereira, ABREU	92	FCP	1:06.92
3.	Maria Teresa, AMORIM	97	FCP	1:09.81	3.	Diana Patricia, FERREIRA	94	GESP	1:07.26
50m Costas				Juniores	50m Costas				Seniores
1.	Juliana Lima, FREIXO	97	EDV	32.25	1.	Patricia Isabel, OLIVEIRA	94	LSC	32.25
2.	M., MONTEIRO	97	EDL	32.32	2.	Filipa Mendes, PINHEIRO	92	EDV	32.33
3.	Joana Carina, SILVA	97	LSXXI	33.01	3.	Bruna Fangueiro, COENTRÃO	90	CFV	34.66
200m Livres				Juniores	200m Livres				Seniores
1.	Adriana Daniela, CASTRO	97	FCP	2:13.05	1.	Andreia Catarina, GOMES	94	VSC	2:09.27
2.	Vera Patricia, FERNANDES	96	SCB	2:16.17	2.	Ana Catarina, MONTEIRO	93	CFV	2:10.35
3.	Ana Filipa, MARTINS	97	FOCA	2:17.89	3.	Maria Luis, AMORIM	95	FCP	2:10.58
4 x 100m Estilos				Juniores	4 x 100m Estilos				Seniores
1.	FCPorto 1		FCP	4:40.55	1.	Gespacos 1		GESP	4:49.71
2.	Gespacos 2		GESP	4:47.48	2.	Leixões Sport Clube 1		LSC	4:57.25
3.	Braga 1		SCB	4:48.55	3.	Vilacondense 2		CFV	5:00.10