

1 - 1ª Jornada

22-10-2011 - 15:30

Prova 1 Juvenis  
22-10-2011 - 15:30 Resultados  
Femin., 400m Estilos  
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Recorde Regional 25m Absoluto 4:49.17 Sara Beatriz, LOUREIRO FCP S. Antonio Cavaleiros 20-12-2009  
Recorde Regional 25m Juv 5:03.78 Cristiana Oliveira, MARQUES ADF Braga 17-03-2000

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Silva, COSTA	F	104446	98	Famalicão	<b>5:18.56</b>	550	
	50m: 34.27 34.27				250m: 40.24 40.24	350m: 4:43.30 4:43.30		35.79
	100m: 1:14.34 40.07				300m: 2:38.84 39.26	400m: 5:18.56 46.65		35.26
2.	Graça Maria, ARAUJO	F	104456	98	Famalicão	<b>5:25.19</b>	517	
	50m: 34.40 34.40				250m: 42.55 42.55	350m: 4:50.62 4:50.62		37.73
	100m: 1:14.96 40.56				300m: 4:12.89 41.08	400m: 5:25.19 47.25		34.57
3.	Joana Cunha, SOUSA	F	103054	98	Foca	<b>5:25.88</b>	513	
	50m: 36.53 36.53				250m: 41.32 41.32	350m: 4:50.36 4:50.36		37.14
	100m: 1:16.96 40.43				300m: 4:13.22 40.52	400m: 5:25.88 47.34		35.52
4.	Barbara Nogueira, GONCALVES	F	104448	98	Famalicão	<b>5:30.54</b>	492	
	50m: 36.81 36.81				250m: 43.88 43.88	350m: 4:54.04 4:54.04		38.42
	100m: 1:19.74 42.93				300m: 4:15.62 42.78	400m: 5:30.54 45.10		36.50
5.	Diana Filipa, PORTELA	F	105488	98	Vitória Sport Clube	<b>5:33.42</b>	479	
	50m: 37.29 37.29				250m: 41.92 41.92	350m: 4:57.09 4:57.09		39.28
	100m: 1:20.53 43.24				300m: 4:17.81 41.83	400m: 5:33.42 47.09		36.33
	Catarina Alexandra, JARDIM	F	104449	98	Famalicão	<b>5:33.42</b>	479	
	50m: 35.37 35.37				250m: 38.85 38.85	350m: 4:56.65 4:56.65		37.54
	100m: 1:17.98 42.61				300m: 39.18 39.18	400m: 5:33.42 41.91		36.77
7.	Maria Carolina, RIBEIRO	F	106805	98	FCPorto	<b>5:36.85</b>	465	
	50m: 36.24 36.24				250m: 43.99 43.99	350m: 4:59.90 4:59.90		37.95
	100m: 1:17.22 40.98				300m: 4:21.95 42.49	400m: 5:36.85 49.22		36.95
8.	Ana Rita, GRACA	F	111321	98	Fluvial Vilacondense	<b>5:43.67</b>	438	
	50m: 40.38 40.38				250m: 41.76 41.76	350m: 5:05.17 5:05.17		40.69
	100m: 1:25.08 44.70				300m: 4:24.48 42.55	400m: 5:43.67 47.64		38.50
9.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	<b>5:44.64</b>	434	
	50m: 36.67 36.67				250m: 43.64 43.64	350m: 5:07.09 5:07.09		40.40
	100m: 1:21.77 45.10				300m: 4:19.97 41.97	400m: 5:44.64 42.69		37.55
10.	Ana Carolina, MOREIRA	F	111076	98	FCPorto	<b>5:47.37</b>	424	
	50m: 37.42 37.42				250m: 44.73 44.73	350m: 5:09.33 5:09.33		39.59
	100m: 1:19.93 42.51				300m: 4:29.74 44.04	400m: 5:47.37 50.69		38.04
11.	Ines Evangelista, BASTOS	F	110627	98	Assoc. Desportiva de Fafe	<b>5:51.14</b>	410	
	50m: 41.83 41.83				250m: 42.25 42.25	350m: 5:11.42 5:11.42		41.52
	100m: 1:31.37 49.54				300m: 4:29.90 43.88	400m: 5:51.14 47.62		39.72
12.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	<b>5:51.62</b>	409	
	50m: 38.58 38.58				250m: 43.34 43.34	350m: 5:13.76 5:13.76		40.67
	100m: 1:25.87 47.29				300m: 4:33.09 42.12	400m: 5:51.62 51.19		37.86
13.	Lucilia Ferreira, FREITAS	F	111082	98	FCPorto	<b>5:52.67</b>	405	
	50m: 39.33 39.33				250m: 44.24 44.24	350m: 5:14.12 5:14.12		40.56
	100m: 1:26.58 47.25				300m: 4:33.56 43.63	400m: 5:52.67 49.93		38.55
14.	Patricia Goncalves, CARDOSO	F	107707	98	FCPorto	<b>5:54.86</b>	398	
	50m: 37.99 37.99				250m: 44.90 44.90	350m: 5:15.73 5:15.73		39.71
	100m: 1:21.33 43.34				300m: 4:36.02 44.51	400m: 5:54.86 53.14		39.13
15.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	<b>5:55.85</b>	394	
	50m: 38.37 38.37				250m: 43.93 43.93	350m: 5:15.74 5:15.74		42.51
	100m: 1:24.79 46.42				300m: 4:33.23 44.28	400m: 5:55.85 51.84		40.11
16.	Margarida Mendes, FERNANDES	F	111732	98	Vitória Sport Clube	<b>5:58.51</b>	386	
	50m: 41.71 41.71				250m: 43.83 43.83	350m: 5:19.99 5:19.99		39.88
	100m: 1:28.11 46.40				300m: 4:40.11 45.40	400m: 5:58.51 52.29		38.52
17.	Rita Maria, CARDOSO	F	105877	98	Leixões Sport Clube	<b>5:59.20</b>	383	
	50m: 41.95 41.95				250m: 47.46 47.46	350m: 5:20.59 5:20.59		40.94
	100m: 1:29.88 47.93				300m: 4:39.65 46.56	400m: 5:59.20 48.87		38.61
18.	Ana Margarida, SANTOS	F	106839	98	FCPorto	<b>5:59.48</b>	382	
	50m: 37.36 37.36				250m: 44.91 44.91	350m: 5:20.37 5:20.37		39.28
	100m: 1:22.02 44.66				300m: 4:41.09 44.45	400m: 5:59.48 55.08		39.11
19.	Barbara Alves, SILVA	F	104734	98	Leixões Sport Clube	<b>6:03.57</b>	370	
	50m: 41.69 41.69				250m: 46.76 46.76	350m: 5:25.68 5:25.68		41.33
	100m: 1:33.36 51.67				300m: 4:44.35 46.21	400m: 6:03.57 48.58		37.89
20.	Ines Oliveira, SANTOS	F	117415	98	FCPorto	<b>6:03.82</b>	369	
	50m: 37.77 37.77				250m: 46.92 46.92	350m: 5:22.52 5:22.52		43.96
	100m: 1:23.46 45.69				300m: 4:38.56 45.48	400m: 6:03.82 52.30		41.30
21.	Ines Conceicao, FERRAZ	F	103245	98	Leixões Sport Clube	<b>6:05.15</b>	365	
	50m: 39.44 39.44				250m: 45.49 45.49	350m: 5:28.24 5:28.24		38.95
	100m: 1:26.89 47.45				300m: 4:49.29 43.33	400m: 6:05.15 56.83		36.91

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

24-10-2011 11:56 - Página 1

Prova 1, Femin., 400m Estilos, Juvenis

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
22.	Ana Filipa, FOLHA 50m: 42.47 42.47 100m: 1:35.04 52.57	F	106669 98	Leixões Sport Clube 43.92 250m: 3:52.94 50.00 43.98 300m: 4:42.88 49.94	<b>6:05.95</b>	362	42.35 40.72
23.	Joana Baptista, CARVALHO 50m: 42.72 42.72 100m: 1:33.94 51.22	F	101559 98	Fluvial Portuense 44.97 250m: 4:01.79 56.29 46.59 300m: 4:57.06 55.27	<b>6:16.53</b>	333	39.93 39.54
24.	Claudia Sofia, RIBEIRO 50m: 40.39 40.39 100m: 1:30.49 50.10	F	107742 98	Fluvial Vilacondense 46.80 250m: 3:58.33 54.16 46.88 300m: 4:52.69 54.36	<b>6:17.37</b>	330	42.59 42.09
25.	Cristina Cunha, MENDES 50m: 41.46 41.46 100m: 1:31.99 50.53	F	106833 98	Vitória Sport Clube 48.18 250m: 3:59.28 51.12 47.99 300m: 4:52.64 53.36	<b>6:17.76</b>	329	44.17 40.95
26.	Ana Rita, CORREIA 50m: 41.17 41.17 100m: 1:31.25 50.08	F	104558 98	Lousada 48.50 250m: 4:02.27 53.87 48.65 300m: 4:57.00 54.73	<b>6:25.21</b>	311	44.10 44.11
27.	Rita Lima, PEREIRA 50m: 41.38 41.38 100m: 1:35.97 54.59	F	105777 98	Lamas 47.26 250m: 4:08.09 54.98 49.88 300m: 5:04.27 56.18	<b>6:29.66</b>	300	43.11 42.28
28.	Raquel Sofia, LIMA 50m: 42.09 42.09 100m: 1:32.62 50.53	F	118326 98	Ginásio Santo Tirso 50.56 250m: 4:06.87 53.87 49.82 300m: 5:01.30 54.43	<b>6:30.16</b>	299	44.37 44.49
29.	Marcela Maria, MACHADO 50m: 40.11 40.11 100m: 1:27.87 47.76	F	117326 98	Vitória Sport Clube 51.18 250m: 4:07.16 57.03 51.08 300m: 5:05.00 57.84	<b>6:34.24</b>	290	45.70 43.54
30.	Ana Rita, MESQUITA 50m: 41.34 41.34 100m: 1:32.10 50.76	F	111875 98	Leixões Sport Clube 51.46 250m: 4:07.74 53.49 50.69 300m: 5:05.44 57.70	<b>6:35.09</b>	288	46.33 43.32
31.	Sara Martins, CAPELO 50m: 45.89 45.89 100m: 1:38.44 52.55	F	102562 98	Propaganda da Natacao 47.48 250m: 4:10.48 57.87 46.69 300m: 5:07.18 56.70	<b>6:35.49</b>	287	46.16 42.15
32.	Ana Carolina, PEREIRA 50m: 48.21 48.21 100m: 1:44.74 56.53	F	104475 98	FCPorto 45.38 250m: 4:14.14 56.16 47.86 300m: 5:12.01 57.87	<b>6:37.02</b>	284	42.56 42.45
33.	Sofia Isabel, CORREIA 50m: 45.17 45.17 100m: 1:40.35 55.18	F	104560 98	Lousada 49.08 250m: 4:16.94 58.37 49.14 300m: 5:16.20 59.26	<b>6:51.91</b>	254	48.12 47.59
DNS	Beatriz Pereira, VASCONCELOS	F	107934 98	Fluvial Vilacondense			DNS
DNS	Carla Luisa, ALVES	F	117522 98	Famalicão			DNS
DNS	Francisca Sousa, MAIA	F	117523 98	Famalicão			DNS

Prova 2

Masc., 200m Mariposa

Juvenis

22-10-2011 - 16:00

CMEP - Clínica Médica do Exercício do Porto

Resultados

Recorde Regional 25m Absoluto	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007
Recorde Regional 25m Juv B	2:12.30	Jorge Manuel, MAIA	GDNVNF		19-03-2004
Recorde Regional 25m Juv A	2:07.53	Adriano Miguel, NIZ	CFV	Vila do Conde	22-06-2002

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Joao Miguel, FERREIRA 50m: 32.09 32.09	M	103044 97	Foca 36.30 150m: 1:46.65 38.26	<b>2:24.82</b>	427	38.17
2.	Bernardo Francisco, PEDROSO 50m: 33.35 33.35	M	105206 97	Valongo 37.15 150m: 1:49.21 38.71	<b>2:27.50</b>	404	38.29
3.	Joao Miguel, ASCENSÃO 50m: 30.96 30.96	M	107710 97	FCPorto 37.33 150m: 1:47.85 39.56	<b>2:27.74</b>	402	39.89
4.	Ivo Pinto, RIBEIRO 50m: 32.79 32.79	M	108299 97	Foca 37.67 150m: 1:49.81 39.35	<b>2:28.10</b>	399	38.29
5.	Pedro Manuel, SILVA 50m: 32.05 32.05	M	104505 97	Ginásio Santo Tirso 37.74 150m: 1:49.36 39.57	<b>2:29.78</b>	386	40.42
6.	Vitor Joao, PEREIRA 50m: 33.40 33.40	M	102545 97	Leixões Sport Clube 38.56 150m: 1:51.42 39.46	<b>2:29.85</b>	386	38.43
7.	Marco Andre, FERNANDES 50m: 33.48 33.48	M	103645 97	Gespacos 38.81 150m: 1:51.96 39.67	<b>2:31.36</b>	374	39.40
8.	Andre Goncalo, SANTOS 50m: 32.51 32.51	M	104706 97	Leixões Sport Clube 38.21 150m: 1:52.06 41.34	<b>2:31.66</b>	372	39.60
9.	Flavio Dias, SILVA 50m: 33.82 33.82	M	104455 97	Famalicão 38.73 150m: 1:52.91 40.36	<b>2:32.91</b>	363	40.00

O Secretário do Juri

O Juiz Árbitro

Prova 2, Masc., 200m Mariposa, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
10.	Eduardo Salgado, RAMOS 50m: 33.73 33.73	M	106796	97	FCPorto 39.73 150m: 1:54.44 40.98	2:33.93 2:33.93	356	39.49
11.	Ruben Jose, MORIM 50m: 33.75 33.75	M	107935	97	Fluvial Vilacondense 41.24 150m: 1:54.45 41.24	2:36.68 2:36.68	337	42.23
12.	Luis Carlos, OLIVEIRA 50m: 32.05 32.05	M	102629	97	Natacao da Maia 40.14 150m: 1:53.90 41.71	2:36.69 2:36.69	337	42.79
13.	Jorge Miguel, NUNES 50m: 34.56 34.56	M	102008	97	FCPorto 41.72 150m: 1:58.14 41.86	2:41.40 2:41.40	308	43.26
14.	Tiago Ribeiro, COSTA 50m: 35.76 35.76	M	104534	97	Famalicao 41.36 150m: 1:59.89 42.77	2:42.83 2:42.83	300	42.94
15.	David Andre, ALMEIDA 50m: 36.66 36.66	M	20340	97	Ginásio Santo Tirso 40.82 150m: 2:01.30 43.82	2:45.40 2:45.40	287	44.10
16.	Hugo Octavio, COELHO 50m: 35.20 35.20	M	111330	97	Gespacos 43.02 150m: 2:02.23 44.01	2:46.70 2:46.70	280	44.47
17.	Joao Luis, TRAVANCA 50m: 34.31 34.31	M	104716	97	FCPorto 41.40 150m: 2:01.13 45.42	2:47.13 2:47.13	278	46.00
18.	Joao Paulo, SILVA 50m: 37.92 37.92	M	104712	97	Gespacos 43.18 150m: 2:05.60 44.50	2:50.97 2:50.97	259	45.37
19.	Pedro Ferreira, LOPES 50m: 37.20 37.20	M	107949	97	Ginásio Santo Tirso 42.73 150m: 2:05.86 45.93	2:51.69 2:51.69	256	45.83
20.	Rui Americo, RAMOS 50m: 37.21 37.21	M	104490	97	FCPorto 44.26 150m: 2:08.07 46.60	2:55.15 2:55.15	241	47.08
21.	Victor Monteiro, CUNHA 50m: 36.05 36.05	M	110625	97	Assoc. Desportiva de Fafe 44.02 150m: 2:06.88 46.81	2:55.69 2:55.69	239	48.81
22.	Jose Pedro, BARBOSA 50m: 37.20 37.20	M	107948	97	Ginásio Santo Tirso 45.49 150m: 2:10.29 47.60	2:57.72 2:57.72	231	47.43
23.	Jose Miguel, RODRIGUES 50m: 38.85 38.85	M	106741	97	Valongo 46.28 150m: 2:12.82 47.69	2:58.38 2:58.38	228	45.56
24.	Andre Resende, PINHEIRO 50m: 35.85 35.85	M	109196	97	FCPorto 45.19 150m: 2:09.50 48.46	2:59.08 2:59.08	226	49.58
25.	Jorge Filipe, MATOS 50m: 40.03 40.03	M	104725	97	Gespacos 49.31 150m: 2:20.45 51.11	3:11.67 3:11.67	184	51.22
26.	Andre Oliveira, COUTO 50m: 41.91 41.91	M	111304	97	Lamas 54.32 150m: 2:29.45 53.22	3:21.01 3:21.01	159	51.56
DSQ	Paulo Filipe, MIRANDA <i>510 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 175 metros – SW 8.4</i>	M	110626	97	Assoc. Desportiva de Fafe			DSQ
DNS	Filipe Carmo, RAMOS	M	105197	97	Fluvial Vilacondense			DNS
DNS	Guilherme Lima, MORAIS	M	111673	97	Fluvial Portuense			DNS
DNS	Luan Fermينو, PIRES	M	117332	97	Assoc. Desportiva de Fafe			DNS
DNS	Tiago Miranda, SILVA	M	104535	97	Famalicao			DNS

Juvenis A

1.	Joao Pedro, SANTOS 50m: 29.27 29.27	M	101954	96	Fluvial Vilacondense 33.90 150m: 1:38.18 35.01	2:15.97 2:15.97	516	37.79
2.	Andre Coelho, OLIVEIRA 50m: 31.04 31.04	M	103443	96	Vitória Sport Clube 34.78 150m: 1:41.96 36.14	2:18.03 2:18.03	493	36.07
3.	Artur Jose, REIS 50m: 30.40 30.40	M	23369	96	FCPorto 35.69 150m: 1:42.74 36.65	2:18.63 2:18.63	487	35.89
4.	Bruno Miguel, SILVA 50m: 31.05 31.05	M	103826	96	FCPorto 34.64 150m: 1:41.23 35.54	2:18.82 2:18.82	485	37.59
5.	Miguel Angelo, CRUZ 50m: 33.33 33.33	M	101976	96	Gespacos 36.73 150m: 1:47.01 36.95	2:22.95 2:22.95	444	35.94
6.	Vitor Samuel, ROCHA 50m: 33.50 33.50	M	107743	96	Gespacos 38.08 150m: 1:48.10 36.52	2:23.94 2:23.94	435	35.84
7.	David Nunes, SOUSA 50m: 31.64 31.64	M	112204	96	Famalicao 36.83 150m: 1:46.77 38.30	2:24.13 2:24.13	433	37.36
8.	Paulo Andre, SILVA 50m: 32.92 32.92	M	105198	96	Fluvial Vilacondense 36.81 150m: 1:48.94 39.21	2:24.86 2:24.86	427	35.92
9.	Nuno Filipe, SANTOS 50m: 33.40 33.40	M	20297	96	Fluvial Vilacondense 36.71 150m: 1:47.70 37.59	2:24.89 2:24.89	427	37.19
10.	Gil Silva, SANTOS 50m: 32.97 32.97	M	101950	96	Gespacos 37.93 150m: 1:48.39 37.49	2:25.67 2:25.67	420	37.28
11.	Julio Dinis, GONCALVES 50m: 32.52 32.52	M	103624	96	Fluvial Portuense 37.41 150m: 1:47.90 37.97	2:26.27 2:26.27	415	38.37

O Secretário do Juri

O Juiz Árbitro

Prova 2, Masc., 200m Mariposa, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Ricardo Santos, AGUEDA 50m: 33.22 33.22	M	20061	96	Valongo 37.35 150m: 1:49.09 38.52	2:27.84 2:27.84	401	38.75
13.	Pedro Manuel, ROCHA 50m: 32.64 32.64	M	20491	96	Famalicao 38.67 150m: 1:51.06 39.75	2:29.11 2:29.11	391	38.05
14.	Jose Carlos, TEIXEIRA 50m: 33.33 33.33	M	102982	96	Foca 38.05 150m: 1:49.87 38.49	2:29.51 2:29.51	388	39.64
15.	Joao Pedro, MACHADO 50m: 32.66 32.66	M	103444	96	Vitoria Sport Clube 37.57 150m: 1:50.11 39.88	2:31.48 2:31.48	373	41.37
16.	Bruno Campos, NETO 50m: 34.55 34.55	M	105773	96	Gespacos 38.58 150m: 1:52.80 39.67	2:32.83 2:32.83	363	40.03
17.	Ricardo Jorge, MESQUITA 50m: 33.67 33.67	M	102079	96	Fluvial Portuense 40.45 150m: 1:54.73 40.61	2:33.60 2:33.60	358	38.87
18.	Stefan Daniel, STEINMAIER 50m: 31.32 31.32	M	19644	96	Assoc. Desportiva de Fafe 36.80 150m: 1:49.98 41.86	2:35.54 2:35.54	345	45.56
19.	Paulo Martins, ALMEIDA 50m: 37.26 37.26	M	119164	96	Ginásio Santo Tirso 43.05 150m: 2:03.10 42.79	2:43.59 2:43.59	296	40.49
20.	Bruno Alexandre, SOUSA 50m: 34.61 34.61	M	101972	96	Gespacos 41.67 150m: 2:00.74 44.46	2:43.66 2:43.66	296	42.92
21.	Carlos Diogo, MORAIS 50m: 33.33 33.33	M	109756	96	Individual Norte de Portugal 41.18 150m: 2:00.22 45.71	2:44.56 2:44.56	291	44.34
22.	Manuel Duarte, FERNANDES 50m: 37.05 37.05	M	119293	96	Ginásio Santo Tirso 43.05 150m: 2:05.13 45.03	2:48.27 2:48.27	272	43.14
23.	Tiago Jose, NETO 50m: 34.27 34.27	M	101946	96	Gespacos 40.53 150m: 2:00.81 46.01	2:48.59 2:48.59	271	47.78
24.	Duarte Magalhaes, PINTO 50m: 37.06 37.06	M	105728	96	Ginásio Santo Tirso 44.84 150m: 2:07.77 45.87	2:51.92 2:51.92	255	44.15
DSQ	Diogo Henrique, GOMES 102 - Falsa partida – SW 4.4	M	20316	96	FCPorto			DSQ
DSQ	Joao Paulo, CAPITAO 503 - O(a) atleta perdeu a posição ventral durante o percurso – SW 8.1	M	109592	96	Lamas			DSQ
DNS	Humberto Joao, SILVA	M	102676	96	Assoc. Desportiva de Fafe			DNS

Prova 3

22-10-2011 - 16:20

Femin., 200m Bruços

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Juvenis

Resultados

Recorde Regional 25m Absoluto	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-12-2002
Recorde Regional 25m Juv	2:38.04	Paula Alexandra, OLIVEIRA	FCP	Vila Mea	22-05-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ines Evangelista, BASTOS 50m: 39.76 39.76	F	110627	98	Assoc. Desportiva de Fafe 44.55 150m: 2:10.62 46.31	2:57.92 2:57.92	432	47.30
2.	Ana Rita, GRACA 50m: 41.67 41.67	F	111321	98	Fluvial Vilacondense 46.78 150m: 2:15.36 46.91	3:01.28 3:01.28	409	45.92
3.	Ines Lucas, ALVES 50m: 42.17 42.17	F	104738	98	Leixões Sport Clube 46.01 150m: 2:15.86 47.68	3:01.52 3:01.52	407	45.66
4.	Joana Cunha, SOUSA 50m: 42.45 42.45	F	103054	98	Foca 47.49 150m: 2:17.94 48.00	3:04.01 3:04.01	391	46.07
5.	Filipa Flambo, SOUSA 50m: 41.80 41.80	F	117827	98	Leixões Sport Clube 47.26 150m: 2:18.92 49.86	3:09.07 3:09.07	360	50.15
6.	Mafalda Ho, SANTOS 50m: 42.39 42.39	F	104714	98	Leixões Sport Clube 47.71 150m: 2:19.73 49.63	3:10.12 3:10.12	354	50.39
7.	Daniela Rodrigues, FIGUEIREDO 50m: 42.28 42.28	F	102684	98	Leixões Sport Clube 48.89 150m: 2:21.52 50.35	3:11.73 3:11.73	345	50.21
8.	Ines Oliveira, SANTOS 50m: 43.57 43.57	F	117415	98	FCPorto 49.26 150m: 2:23.67 50.84	3:13.00 3:13.00	338	49.33
9.	Catarina Sofia, NETO 50m: 43.89 43.89	F	104529	98	Gespacos 49.81 150m: 2:23.98 50.28	3:13.19 3:13.19	337	49.21
10.	Joana Maria, LOPES 50m: 44.54 44.54	F	125468	98	Vitoria Sport Clube 49.58 150m: 2:24.16 50.04	3:13.38 3:13.38	336	49.22
11.	Ines Campos, NETO 50m: 45.57 45.57	F	105776	98	Gespacos 49.61 150m: 2:25.29 50.11	3:15.22 3:15.22	327	49.93
12.	Luana Morais, MONTEIRO 50m: 47.43 47.43	F	105898	98	Natacao da Maia 50.84 150m: 2:29.69 51.42	3:22.51 3:22.51	293	52.82

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associacao de Natacao do Norte de Portugal

24-10-2011 11:56 - Página 4

Prova 3, Femin., 200m Bruços, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Ana Rita, CORREIA 50m: 46.62 46.62	F	104558	98	Lousada	3:24.63	284	53.14
14.	Maria Francisca, ESCUDEIRO 50m: 45.58 45.58	F	104698	98	Natacao da Maia	3:28.72	268	54.65
15.	Ana Carolina, PEREIRA 50m: 50.39 50.39	F	104475	98	FCPorto	3:34.50	246	53.83
16.	Sofia Isabel, CORREIA 50m: 49.59 49.59	F	104560	98	Lousada	3:35.23	244	54.45
17.	Ana Isabel, MAGALHAES 50m: 49.03 49.03	F	123905	98	Valongo	3:54.06	190	1:03.14
DNS	Beatriz Pereira, VASCONCELOS	F	107934	98	Fluvial Vilacondense			DNS

Prova 4

Masc., 200m Costas

Juvenis

22-10-2011 - 16:30

CMEP - Clínica Médica do Exercício do Porto

Resultados

Recorde Regional 25m Absoluto	1:57.46	Miguel Adriano, NIZ	CFV	Tavira	19-11-2006
Recorde Regional 25m Juv B	2:11.60	Adriano Miguel, NIZ	CFV	Pinhal Novo	17-03-2001
Recorde Regional 25m Juv A	2:02.33	Adriano Miguel, NIZ	CFV	Algés	17-05-2002

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ricardo David, SILVA 50m: 32.57 32.57	M	103049	97	Foca	2:20.42	431	35.64
2.	Luis Carlos, OLIVEIRA 50m: 34.36 34.36	M	102629	97	Natacao da Maia	2:27.34	373	37.22
3.	Andre Manuel, COSTA 50m: 35.20 35.20	M	107731	97	Natacao da Maia	2:27.61	371	36.44
4.	Jose Ricardo, SOUSA 50m: 36.13 36.13	M	105759	97	Lousada	2:30.15	352	36.99
5.	Hugo Octavio, COELHO 50m: 35.54 35.54	M	111330	97	Gespacos	2:30.64	349	38.87
6.	Flavio Dias, SILVA 50m: 36.11 36.11	M	104455	97	Famalicão	2:30.82	348	38.60
7.	Ruben Jose, MORIM 50m: 35.89 35.89	M	107935	97	Fluvial Vilacondense	2:33.19	332	38.22
8.	Tiago Ribeiro, COSTA 50m: 37.56 37.56	M	104534	97	Famalicão	2:33.83	328	37.69
9.	Miguel Joao, PINTO 50m: 35.64 35.64	M	102481	97	Fluvial Portuense	2:34.43	324	38.82
10.	Simao Miguel, CAPITAO 50m: 36.28 36.28	M	109596	97	Lamas	2:34.75	322	38.65
11.	Marco Andre, FERNANDES 50m: 38.54 38.54	M	103645	97	Gespacos	2:36.88	309	38.54
12.	Rui Eduardo, CABRAL 50m: 37.64 37.64	M	107737	97	Fluvial Vilacondense	2:37.09	308	39.10
13.	Joao Paulo, SILVA 50m: 39.82 39.82	M	104712	97	Gespacos	2:40.10	291	40.00
14.	Paulo Filipe, MIRANDA 50m: 38.35 38.35	M	110626	97	Assoc. Desportiva de Fafe	2:40.92	286	40.39
15.	Tiago Francisco, SILVA 50m: 38.19 38.19	M	103955	97	Lamas	2:41.17	285	39.84
16.	Jorge Filipe, MATOS 50m: 38.68 38.68	M	104725	97	Gespacos	2:41.23	285	40.88
17.	Joao Filipe, FERNANDES 50m: 38.15 38.15	M	104718	97	Fluvial Vilacondense	2:41.64	282	40.41
18.	Pedro Jose, COSTA 50m: 38.93 38.93	M	107733	97	Natacao da Maia	2:42.74	277	39.78
19.	Tiago Daniel, FERNANDES 50m: 37.11 37.11	M	104949	97	Natacao da Maia	2:43.33	274	41.88
20.	Joao Diogo, POINHO 50m: 37.11 37.11	M	104486	97	FCPorto	2:43.56	273	42.04

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Splash Meet Manager 11, Build 17589

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Prova 4, Masc., 200m Costas, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	Filipe Manuel, FERREIRA 50m: 38.47 38.47	M	106797	97	FCPorto 42.31 150m: 2:03.92 43.14	<b>2:45.16</b> 2:45.16	265	41.24
22.	Francisco Miguel, TEIXEIRA 50m: 38.49 38.49	M	104485	97	FCPorto 42.25 150m: 2:03.20 43.05	<b>2:45.19</b> 2:45.19	265	41.99
23.	Tiago Soares, SILVA 50m: 38.32 38.32	M	105608	97	Propaganda da Natacao 41.88 150m: 2:04.40 44.20	<b>2:45.94</b> 2:45.94	261	41.54
24.	Jose Miguel, RODRIGUES 50m: 39.32 39.32	M	106741	97	Valongo 42.25 150m: 2:05.68 44.11	<b>2:46.12</b> 2:46.12	260	40.44
25.	Luis Miguel, CASTRO 50m: 39.88 39.88	M	117342	97	Vitória Sport Clube 44.11 150m: 2:08.02 44.03	<b>2:48.46</b> 2:48.46	249	40.44
26.	Joao Miguel, TORRADO 50m: 40.53 40.53	M	104488	97	FCPorto 42.25 150m: 2:07.28 44.05	<b>2:50.73</b> 2:50.73	240	43.45
27.	Joel Baptista, PEIXOTO 50m: 39.43 39.43	M	117296	97	Lamas 43.67 150m: 2:08.51 45.41	<b>2:51.07</b> 2:51.07	238	42.56
28.	Luis Carlos, MATIAS 50m: 42.64 42.64	M	103046	97	Foca 44.26 150m: 2:12.53 45.63	<b>2:56.39</b> 2:56.39	217	43.86
29.	Andre Petiz, CORREIA 50m: 42.05 42.05	M	103954	97	Lamas 46.40 150m: 2:15.61 47.16	<b>2:59.46</b> 2:59.46	206	43.85
30.	Antonio Filipe, FERREIRA 50m: 48.26 48.26	M	119755	97	Lamas 49.57 150m: 2:27.63 49.80	<b>3:14.58</b> 3:14.58	162	46.95
31.	Joao Pedro, GUEDES 50m: 51.67 51.67	M	119754	97	Lamas 52.87 150m: 2:37.72 53.18	<b>3:26.81</b> 3:26.81	135	49.09
DSQ	Eugenio Alexandre, DURAES <i>307 - O(a) atleta efectuou mais que uma braçada, na posição ventral, antes da viragem aos 50 metros – SW 6.4</i>	M	120904	97	Vitória Sport Clube			DSQ
DNS	Luan Fermio, PIRES	M	117332	97	Assoc. Desportiva de Fafe			DNS
DNS	Filipe Carmo, RAMOS	M	105197	97	Fluvial Vilacondense			DNS
DNS	Tiago Miranda, SILVA	M	104535	97	Famalição			DNS
DNS	Goncalo Costa, AMARO	M	111229	97	Lousada			DNS

Juvenis A

1.	Tiago Manuel, TEIXEIRA 50m: 30.77 30.77	M	102485	96	Assoc. Desportiva de Fafe 34.91 150m: 1:43.09 37.41	<b>2:17.80</b> 2:17.80	456	34.71
2.	Leonardo Cardoso, FIGUEIREDO 50m: 33.39 33.39	M	105612	96	Natacao da Maia 35.33 150m: 1:46.51 37.79	<b>2:19.35</b> 2:19.35	441	32.84
3.	Andre Coelho, OLIVEIRA 50m: 35.03 35.03	M	103443	96	Vitória Sport Clube 36.51 150m: 1:48.30 36.76	<b>2:21.91</b> 2:21.91	418	33.61
4.	Julio Dinis, GONCALVES 50m: 34.31 34.31	M	103624	96	Fluvial Portuense 36.63 150m: 1:48.35 37.41	<b>2:24.51</b> 2:24.51	395	36.16
5.	Paulo Gabriel, MAGALHAES 50m: 34.21 34.21	M	102527	96	Assoc. Desportiva de Fafe 36.56 150m: 1:48.34 37.57	<b>2:25.10</b> 2:25.10	391	36.76
6.	Miguel Angelo, CRUZ 50m: 36.90 36.90	M	101976	96	Gespacos 37.63 150m: 1:51.26 36.73	<b>2:25.28</b> 2:25.28	389	34.02
7.	Joao Jose, VILELA 50m: 35.51 35.51	M	104583	96	Fluvial Vilacondense 36.57 150m: 1:49.51 37.43	<b>2:26.41</b> 2:26.41	380	36.90
8.	Vitor Samuel, ROCHA 50m: 35.13 35.13	M	107743	96	Gespacos 37.37 150m: 1:49.76 37.26	<b>2:26.57</b> 2:26.57	379	36.81
9.	Joao Pedro, SANTOS 50m: 34.60 34.60	M	101954	96	Fluvial Vilacondense 37.13 150m: 1:49.98 38.25	<b>2:26.71</b> 2:26.71	378	36.73
10.	Paulo Andre, SILVA 50m: 34.73 34.73	M	105198	96	Fluvial Vilacondense 37.14 150m: 1:50.40 38.53	<b>2:27.24</b> 2:27.24	374	36.84
11.	Nuno Filipe, GONCALVES 50m: 35.22 35.22	M	122530	96	Vitória Sport Clube 37.36 150m: 1:51.22 38.64	<b>2:28.47</b> 2:28.47	365	37.25
12.	Francisco Carvalho, RODRIGUES 50m: 34.89 34.89	M	102981	96	Foca 38.21 150m: 1:51.87 38.77	<b>2:29.00</b> 2:29.00	361	37.13
13.	Pedro Manuel, ROCHA 50m: 35.05 35.05	M	20491	96	Famalição 37.56 150m: 1:51.53 38.92	<b>2:29.82</b> 2:29.82	355	38.29
14.	Bruno Campos, NETO 50m: 35.39 35.39	M	105773	96	Gespacos 38.48 150m: 1:52.93 39.06	<b>2:31.14</b> 2:31.14	346	38.21
15.	Carlos Figueiredo, PAIS 50m: 34.62 34.62	M	104581	96	Fluvial Vilacondense 37.67 150m: 1:51.45 39.16	<b>2:31.35</b> 2:31.35	344	39.90
16.	Bruno Alexandre, SOUSA 50m: 37.75 37.75	M	101972	96	Gespacos 39.45 150m: 1:55.55 38.35	<b>2:33.43</b> 2:33.43	330	37.88
17.	Gil Silva, SANTOS 50m: 36.63 36.63	M	101950	96	Gespacos 39.16 150m: 1:55.54 39.75	<b>2:34.66</b> 2:34.66	322	39.12

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O Juiz Árbitro

Prova 4, Masc., 200m Costas, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
18.	Carlos Alberto, RAMOS 50m: 37.74 37.74	M	111114	96	Natacao da Maia 39.37 150m: 1:17.11 1:56.20 39.09	<b>2:34.96</b> 2:34.96	321	38.76
19.	David Nunes, SOUSA 50m: 37.80 37.80	M	112204	96	Famalicao 39.62 150m: 1:57.40 39.98	<b>2:35.85</b> 2:35.85	315	38.45
20.	Tiago Jose, NETO 50m: 37.58 37.58	M	101946	96	Gespacos 39.47 150m: 1:57.64 40.59	<b>2:36.30</b> 2:36.30	312	38.66
21.	Antonio Pedro, OLIVEIRA 50m: 36.55 36.55	M	102671	96	Assoc. Desportiva de Fafe 39.96 150m: 1:58.16 41.65	<b>2:39.28</b> 2:39.28	295	41.12
22.	Francisco Jose, OLIVEIRA 50m: 37.02 37.02	M	102549	96	Assoc. Desportiva de Fafe 40.53 150m: 1:59.84 42.29	<b>2:41.41</b> 2:41.41	284	41.57
23.	Daniel Fernando, MAGALHAES 50m: 38.04 38.04	M	103950	96	Lamas 41.19 150m: 2:01.78 42.55	<b>2:41.90</b> 2:41.90	281	40.12
24.	Jose Pedro, BAPTISTA 50m: 37.23 37.23	M	102083	96	Fluvial Vilacondense 40.72 150m: 2:01.59 43.64	<b>2:42.95</b> 2:42.95	276	41.36
25.	Joao Pedro, LOPES 50m: 40.12 40.12	M	104035	96	Lamas 42.01 150m: 2:04.40 42.27	<b>2:45.64</b> 2:45.64	262	41.24
26.	Nuno Miguel, BASTOS 50m: 38.80 38.80	M	107937	96	Fluvial Portuense 42.65 150m: 2:05.19 43.74	<b>2:47.80</b> 2:47.80	252	42.61
27.	Miguel Joao, CAETANO 50m: 39.33 39.33	M	123861	96	Fluvial Portuense 44.26 150m: 2:09.09 45.50	<b>2:52.97</b> 2:52.97	230	43.88
28.	Ruben Diogo, OLIVEIRA 50m: 41.85 41.85	M	117207	96	Valongo 44.33 150m: 2:12.33 46.15	<b>2:58.73</b> 2:58.73	209	46.40
29.	Nuno Baptista, PINTO 50m: 45.02 45.02	M	111302	96	Lamas 47.59 150m: 2:20.32 47.71	<b>3:05.02</b> 3:05.02	188	44.70
30.	David Jose, CARVALHO 50m: 43.85 43.85	M	110641	96	Lamas 46.91 150m: 2:19.06 48.30	<b>3:05.55</b> 3:05.55	187	46.49
DNS	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube			DNS
DNS	Mauro Filipe, MAIA	M	15493	96	Fluvial Portuense			DNS

Prova 5

22-10-2011 - 17:05

Femin., 4 x 200m Livres

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Juvenis

Resultados

Recorde Regional 25m Absoluto	8:14.13	Sara Oliveira, Sara Loureiro, Joana Rodrigues, Marta Marinho	05-12-2010
Recorde Regional 25m Juv	8:59.70	Sandra Barbara, Carla Barbara, Virginia Gomes, Luísa Portela	21-02-1990

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
1. Vitória Sport Clube 1	F			Vitória Sport Clube	<b>10:04.84</b>	428		
Margarida Mendes, FERNANDES		98		35.48	1:13.96	1:52.56	2:29.14	2:29.14
Diana Filipa, PORTELA		98		33.14	1:09.41	1:46.82	2:23.45	2:23.45
Joana Maria, LOPES		98		37.14	1:17.39	1:57.73	2:36.91	2:36.91
Cristina Cunha, MENDES		98		34.76	1:14.17	1:55.00	2:35.34	2:35.34
2. Leixões Sport Clube 1	F			Leixões Sport Clube	<b>10:13.38</b>	410		
Filipa Flambo, SOUSA		98		34.86	1:13.94	1:54.21	2:34.24	2:34.24
Ines Lucas, ALVES		98		34.00	1:10.31	1:47.39	2:24.26	2:24.26
Ines Conceicao, FERRAZ		98		36.97	1:18.11	1:59.37	2:38.51	2:38.51
Daniela Rodrigues, FIGUEIREDO		98		35.00	1:14.29	1:55.47	2:36.37	2:36.37

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Splash Meet Manager 11, Build 17589

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Prova 6  
22-10-2011 - 17:15

Masc., 1500m Livres  
CMEP - Clínica Médica do Exercício do Porto

Juvenis  
Resultados

Recorde Regional 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recorde Regional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Recorde Regional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Juvenis B</b>								
1.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto	<b>18:00.54</b>	486	
	50m: 32.02		200m: 2:19.60		1:12.66	400m: 4:45.26		1:12.72
	100m: 1:06.94		300m: 3:32.54		1:12.94	800m: 9:38.13		4:52.87
2.	Jorge Miguel, NUNES	M	102008	97	FCPorto	<b>18:02.46</b>	484	
	50m: 20.46		450m: 5:23.01		36.44	850m: 10:14.78		36.28
	100m: 1:08.48		500m: 5:59.35		36.34	900m: 10:51.08		36.30
	150m: 1:44.76		550m: 6:35.69		36.34	950m: 11:26.91		35.83
	200m: 2:21.05		600m: 7:12.49		36.80	1000m: 12:03.15		36.24
	250m: 2:57.44		650m: 7:49.08		36.59	1050m: 12:39.42		36.27
	300m: 3:33.81		700m: 8:25.64		36.56	1100m: 13:15.53		36.11
	350m: 4:10.18		750m: 9:02.36		36.72	1150m: 13:51.62		36.09
	400m: 4:46.57		800m: 9:38.50		36.14	1200m: 14:27.56		35.94
3.	Joao Afonso, PICA0	M	102842	97	Leixões Sport Clube	<b>18:02.48</b>	484	
	50m: 32.35		250m: 2:56.31		35.92	400m: 4:45.02		36.38
	100m: 1:07.78		300m: 3:32.38		36.07	800m: 9:33.86		4:48.84
	200m: 2:20.39		350m: 4:08.64		36.26	1500m: 18:02.48		8:28.62
4.	Jose Ricardo, SOUSA	M	105759	97	Lousada	<b>18:02.83</b>	483	
	50m: 20.46		450m: 5:23.32		36.38	850m: 10:13.58		36.25
	100m: 1:09.38		500m: 5:59.53		36.21	900m: 10:50.21		36.63
	150m: 1:45.89		550m: 6:35.80		36.27	950m: 11:26.76		36.55
	200m: 2:22.20		600m: 7:11.73		35.93	1000m: 12:02.79		36.03
	250m: 2:58.31		650m: 7:48.21		36.48	1050m: 12:39.15		36.36
	300m: 3:34.41		700m: 8:24.79		36.58	1100m: 13:15.82		36.67
	350m: 4:10.59		750m: 9:01.02		36.23	1150m: 13:52.41		36.59
	400m: 4:46.94		800m: 9:37.33		36.31	1200m: 14:28.94		36.53
5.	Joao Miguel, FERREIRA	M	103044	97	Foca	<b>18:15.10</b>	467	
	50m: 31.83		200m: 2:21.20		1:13.46	800m: 9:42.62		4:52.93
	100m: 1:07.74		400m: 4:49.69		2:28.49	1500m: 18:15.10		8:32.48
6.	Artur Miguel, MARQUES	M	102930	97	Leixões Sport Clube	<b>18:25.19</b>	455	
	50m: 32.64		450m: 5:26.61		36.70	850m: 10:25.62		38.50
	100m: 1:08.80		500m: 6:03.81		37.20	900m: 11:02.24		36.62
	150m: 1:45.81		550m: 6:41.10		37.29	950m: 11:40.62		38.38
	200m: 2:22.30		600m: 7:18.09		36.99	1000m: 12:17.40		36.78
	250m: 2:59.44		650m: 7:55.30		37.21	1050m: 12:55.62		38.22
	300m: 3:36.13		700m: 8:32.50		37.20	1100m: 13:32.25		36.63
	350m: 4:12.98		750m: 9:10.16		37.66	1150m: 14:10.39		38.14
	400m: 4:49.91		800m: 9:47.12		36.96	1200m: 14:47.16		36.77
7.	Ivo Pinto, RIBEIRO	M	108299	97	Foca	<b>18:32.36</b>	446	
	50m: 32.67		250m: 3:01.02		36.92	450m: 5:27.83		36.71
	100m: 1:09.53		300m: 3:37.46		36.44	500m: 6:04.90		37.07
	150m: 1:46.61		350m: 4:14.47		37.01	550m: 6:42.09		37.19
	200m: 2:24.10		400m: 4:51.12		36.65	600m: 7:19.24		37.15
8.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	<b>18:34.70</b>	443	
	50m: 32.24		250m: 2:58.93		36.92	450m: 5:27.30		37.40
	100m: 1:08.03		300m: 3:36.12		37.19	500m: 6:05.33		38.03
	150m: 1:45.24		350m: 4:13.04		36.92	550m: 6:42.62		37.29
	200m: 2:22.01		400m: 4:49.90		36.86	800m: 9:50.90		3:08.28
9.	Bernardo Francisco, PEDROSO	M	105206	97	Valongo	<b>18:49.41</b>	426	
	50m: 35.50		450m: 5:40.30		38.21	850m: 10:45.80		37.93
	100m: 1:13.77		500m: 6:18.62		38.32	900m: 11:23.47		37.67
	150m: 1:51.90		550m: 6:57.07		38.45	950m: 12:01.37		37.90
	200m: 2:30.45		600m: 7:35.99		38.92	1000m: 12:38.54		37.17
	250m: 3:08.29		650m: 8:13.57		37.58	1050m: 13:15.99		37.45
	300m: 3:46.18		700m: 8:51.36		37.79	1100m: 13:52.89		36.90
	350m: 4:24.39		750m: 9:29.64		38.28	1150m: 14:30.35		37.46
	400m: 5:02.09		800m: 10:07.87		38.23	1200m: 15:08.16		37.81
10.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	<b>18:52.88</b>	422	
	50m: 20.46		350m: 4:18.36		37.52	650m: 8:03.74		38.08
	100m: 1:12.00		400m: 4:55.56		37.20	700m: 8:41.90		38.16
	150m: 1:49.06		450m: 5:32.10		36.54	750m: 9:19.64		37.74
	200m: 2:25.95		500m: 6:10.82		38.72	800m: 9:58.06		38.42
	250m: 3:03.56		550m: 6:48.11		37.29	900m: 11:14.10		1:16.04
	300m: 3:40.84		600m: 7:25.66		37.55	1000m: 12:30.64		1:16.54
11.	Joao Francisco, LEITAO	M	104733	97	Leixões Sport Clube	<b>18:57.25</b>	417	
	50m: 35.19		450m: 5:38.49		38.91	850m: 10:43.59		37.88
	100m: 1:12.26		500m: 6:16.63		38.14	900m: 11:21.20		37.61
	150m: 1:49.92		550m: 6:55.42		38.79	950m: 11:59.73		38.53
	200m: 2:27.73		600m: 7:33.61		38.19	1000m: 12:37.80		38.07
	250m: 3:05.70		650m: 8:11.94		38.33	1050m: 13:15.28		37.48
	300m: 3:43.49		700m: 8:49.29		37.35	1100m: 13:53.10		37.82
	350m: 4:21.42		750m: 9:27.66		38.37	1150m: 14:32.00		38.90
	400m: 4:59.58		800m: 10:05.71		38.05	1200m: 15:10.95		38.95

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

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Prova 6, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Ricardo David, SILVA	M	103049	97	Foca	<b>19:03.45</b>	410	
	50m: 34.94	34.94	450m: 5:43.18	38.69	850m: 10:47.55	37.28	1250m: 15:52.70	37.75
	100m: 1:12.89	37.95	500m: 6:21.50	38.32	900m: 11:25.72	38.17	1300m: 16:31.15	38.45
	150m: 1:51.66	38.77	550m: 7:00.06	38.56	950m: 12:03.70	37.98	1350m: 17:09.33	38.18
	200m: 2:29.44	37.78	600m: 7:37.82	37.76	1000m: 12:41.51	37.81	1400m: 17:47.27	37.94
	250m: 3:08.71	39.27	650m: 8:15.76	37.94	1050m: 13:20.27	38.76	1450m: 18:25.89	38.62
	300m: 3:47.32	38.61	700m: 8:53.92	38.16	1100m: 13:58.49	38.22	1500m: 19:03.45	37.56
	350m: 4:25.46	38.14	750m: 9:32.27	38.35	1150m: 14:36.32	37.83		
	400m: 5:04.49	39.03	800m: 10:10.27	38.00	1200m: 15:14.95	38.63		
13.	Victor Monteiro, CUNHA	M	110625	97	Assoc. Desportiva de Fafe	<b>19:30.94</b>	382	
	50m: 35.88	35.88	450m: 5:48.62	39.51	850m: 11:04.97	39.49	1250m: 16:17.32	38.93
	100m: 1:13.85	37.97	500m: 6:27.95	39.33	900m: 11:44.64	39.67	1300m: 16:56.23	38.91
	150m: 1:52.67	38.82	550m: 7:07.70	39.75	950m: 12:24.26	39.62	1350m: 17:35.36	39.13
	200m: 2:31.67	39.00	600m: 7:47.31	39.61	1000m: 13:03.67	39.41	1400m: 18:14.73	39.37
	250m: 3:10.78	39.11	650m: 8:26.84	39.53	1050m: 13:41.52	37.85	1450m: 18:53.52	38.79
	300m: 3:49.77	38.99	700m: 9:06.36	39.52	1100m: 14:20.41	38.89	1500m: 19:30.94	37.42
	350m: 4:29.48	39.71	750m: 9:46.15	39.79	1150m: 15:00.89	40.48		
	400m: 5:09.11	39.63	800m: 10:25.48	39.33	1200m: 15:38.39	37.50		
14.	Joao Diogo, POINHO	M	104486	97	FCPorto	<b>19:31.85</b>	381	
	50m: 33.78	33.78	450m: 5:44.40	38.71	850m: 11:01.96	39.38	1250m: 16:18.14	38.93
	100m: 1:11.55	37.77	500m: 6:24.14	39.74	900m: 11:41.71	39.75	1300m: 16:57.42	39.28
	150m: 1:49.81	38.26	550m: 7:03.92	39.78	950m: 12:21.35	39.64	1350m: 17:36.85	39.43
	200m: 2:28.77	38.96	600m: 7:43.50	39.58	1000m: 13:01.46	40.11	1400m: 18:16.30	39.45
	250m: 3:07.79	39.02	650m: 8:22.69	39.19	1050m: 13:41.37	39.91	1450m: 18:55.40	39.10
	300m: 3:46.86	39.07	700m: 9:02.45	39.76	1100m: 14:20.35	38.98	1500m: 19:31.85	36.45
	350m: 4:26.11	39.25	750m: 9:42.49	40.04	1150m: 14:59.93	39.58		
	400m: 5:05.69	39.58	800m: 10:22.58	40.09	1200m: 15:39.21	39.28		
15.	Rui Americo, RAMOS	M	104490	97	FCPorto	<b>19:33.85</b>	379	
	50m: 35.27	35.27	450m: 5:47.51	39.36	850m: 11:04.63	39.61	1250m: 16:19.37	39.45
	100m: 1:12.65	37.38	500m: 6:27.07	39.56	900m: 11:44.31	39.68	1300m: 16:58.54	39.17
	150m: 1:51.46	38.81	550m: 7:06.73	39.66	950m: 12:24.05	39.74	1350m: 17:37.93	39.39
	200m: 2:30.57	39.11	600m: 7:46.78	40.05	1000m: 13:03.63	39.58	1400m: 18:17.42	39.49
	250m: 3:09.66	39.09	650m: 8:26.23	39.45	1050m: 13:42.48	38.85	1450m: 18:56.29	38.87
	300m: 3:49.13	39.47	700m: 9:06.14	39.91	1100m: 14:21.56	39.08	1500m: 19:33.85	37.56
	350m: 4:28.45	39.32	750m: 9:45.59	39.45	1150m: 15:02.33	40.77		
	400m: 5:08.15	39.70	800m: 10:25.02	39.43	1200m: 15:39.92	37.59		
16.	Filipe Manuel, FERREIRA	M	106797	97	FCPorto	<b>19:35.38</b>	378	
	50m: 33.94	33.94	450m: 5:44.84	39.53	850m: 11:03.34	39.76	1250m: 16:22.38	40.02
	100m: 1:12.57	38.63	500m: 6:24.44	39.60	900m: 11:43.55	40.21	1300m: 17:01.50	39.12
	150m: 1:51.43	38.86	550m: 7:04.38	39.94	950m: 12:23.19	39.64	1350m: 17:40.82	39.32
	200m: 2:29.96	38.53	600m: 7:44.04	39.66	1000m: 13:03.38	40.19	1400m: 18:20.09	39.27
	250m: 3:08.82	38.86	650m: 8:23.49	39.45	1050m: 13:43.10	39.72	1450m: 18:58.83	38.74
	300m: 3:47.65	38.83	700m: 9:03.68	40.19	1100m: 14:23.11	40.01	1500m: 19:35.38	36.55
	350m: 4:26.29	38.64	750m: 9:43.47	39.79	1150m: 15:02.91	39.80		
	400m: 5:05.31	39.02	800m: 10:23.58	40.11	1200m: 15:42.36	39.45		
17.	Joao Miguel, TORRADO	M	104488	97	FCPorto	<b>19:35.64</b>	378	
	50m: 35.31	35.31	450m: 5:51.33	39.37	850m: 11:06.82	39.25	1250m: 16:21.80	39.29
	100m: 1:13.53	38.22	500m: 6:31.07	39.74	900m: 11:46.36	39.54	1300m: 17:01.27	39.47
	150m: 1:52.92	39.39	550m: 7:10.46	39.39	950m: 12:25.79	39.43	1350m: 17:40.42	39.15
	200m: 2:32.66	39.74	600m: 7:49.67	39.21	1000m: 13:05.19	39.40	1400m: 18:19.75	39.33
	250m: 3:12.36	39.70	650m: 8:29.27	39.60	1050m: 13:44.80	39.61	1450m: 18:59.14	39.39
	300m: 3:51.94	39.58	700m: 9:08.82	39.55	1100m: 14:24.09	39.29	1500m: 19:35.64	36.50
	350m: 4:32.05	40.11	750m: 9:48.22	39.40	1150m: 15:03.00	38.91		
	400m: 5:11.96	39.91	800m: 10:27.57	39.35	1200m: 15:42.51	39.51		
DNS	Ruben Oliveira, LOPES	M	102041	97	FCPorto			DNS

Juvenis A

1.	Tiago Manuel, TEIXEIRA	M	102485	96	Assoc. Desportiva de Fafe	<b>17:07.26</b>	566	
	50m: 20.46	20.46	450m: 5:04.44	33.72	850m: 9:38.36	34.50	1250m: 14:16.74	35.12
	100m: 1:03.88	43.42	500m: 5:38.15	33.71	900m: 10:13.01	34.65	1300m: 14:51.35	34.61
	150m: 1:38.33	34.45	550m: 6:11.96	33.81	950m: 10:48.12	35.11	1350m: 15:25.61	34.26
	200m: 2:13.12	34.79	600m: 6:46.64	34.68	1000m: 11:22.83	34.71	1400m: 16:00.58	34.97
	250m: 2:47.72	34.60	650m: 7:20.61	33.97	1050m: 11:57.89	35.06	1450m: 16:34.90	34.32
	300m: 3:22.11	34.39	700m: 7:55.22	34.61	1100m: 12:32.10	34.21	1500m: 17:07.26	32.36
	350m: 3:56.44	34.33	750m: 8:29.71	34.49	1150m: 13:06.80	34.70		
	400m: 4:30.72	34.28	800m: 9:03.86	34.15	1200m: 13:41.62	34.82		
2.	Bruno Miguel, SILVA	M	103826	96	FCPorto	<b>17:18.96</b>	547	
	50m: 20.46	20.46	450m: 5:04.79	35.15	850m: 9:45.72	34.95	1250m: 14:27.12	35.07
	100m: 1:03.70	43.24	500m: 5:39.73	34.94	900m: 10:20.94	35.22	1300m: 15:02.32	35.20
	150m: 1:37.91	34.21	550m: 6:14.88	35.15	950m: 10:55.91	34.97	1350m: 15:37.49	35.17
	200m: 2:11.71	33.80	600m: 6:50.13	35.25	1000m: 11:31.10	35.19	1400m: 16:11.86	34.37
	250m: 2:45.76	34.05	650m: 7:25.38	35.25	1050m: 12:06.14	35.04	1450m: 16:46.19	34.33
	300m: 3:20.19	34.43	700m: 8:00.58	35.20	1100m: 12:41.32	35.18	1500m: 17:18.96	32.77
	350m: 3:54.88	34.69	750m: 8:35.70	35.12	1150m: 13:16.63	35.31		
	400m: 4:29.64	34.76	800m: 9:10.77	35.07	1200m: 13:52.05	35.42		
3.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	<b>17:30.03</b>	530	
	50m: 20.46	20.46	450m: 5:07.26	34.49	850m: 9:46.94	35.23	1250m: 14:30.20	35.91
	100m: 1:04.91	44.45	500m: 5:42.32	35.06	900m: 10:22.30	35.36	1300m: 15:06.54	36.34
	150m: 1:39.56	34.65	550m: 6:16.49	34.17	950m: 10:57.53	35.23	1350m: 15:42.51	35.97
	200m: 2:14.24	34.68	600m: 6:51.52	35.03	1000m: 11:33.26	35.73	1400m: 16:19.16	36.65
	250m: 2:48.18	33.94	650m: 7:26.10	34.58	1050m: 12:08.00	34.74	1450m: 16:55.06	35.90
	300m: 3:22.95	34.77	700m: 8:01.95	35.85	1100m: 12:43.48	35.48	1500m: 17:30.03	34.97
	350m: 3:58.03	35.08	750m: 8:36.65	34.70	1150m: 13:18.74	35.26		
	400m: 4:32.77	34.74	800m: 9:11.71	35.06	1200m: 13:54.29	35.55		

Prova 6, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	<b>17:30.39</b>	530	
	50m: 20.46	20.46	450m: 5:11.21	35.01	850m: 9:50.91	35.28	1250m: 14:35.25	35.78
	100m: 1:06.45	45.99	500m: 5:45.96	34.75	900m: 10:26.29	35.38	1300m: 15:10.69	35.44
	150m: 1:41.17	34.72	550m: 6:20.98	35.02	950m: 11:01.60	35.31	1350m: 15:46.49	35.80
	200m: 2:15.82	34.65	600m: 6:55.82	34.84	1000m: 11:37.21	35.61	1400m: 16:22.14	35.65
	250m: 2:51.06	35.24	650m: 7:30.77	34.95	1050m: 12:12.44	35.23	1450m: 16:57.69	35.55
	300m: 3:26.05	34.99	700m: 8:05.84	35.07	1100m: 12:48.04	35.60	1500m: 17:30.39	32.70
	350m: 4:01.38	35.33	750m: 8:40.88	35.04	1150m: 13:23.59	35.55		
	400m: 4:36.20	34.82	800m: 9:15.63	34.75	1200m: 13:59.47	35.88		
5.	Diogo Henrique, GOMES	M	20316	96	FCPorto	<b>17:40.19</b>	515	
	50m: 31.71	31.71	250m: 2:48.23	34.09	450m: 5:08.11	35.68	800m: 9:17.36	2:24.01
	100m: 1:05.84	34.13	300m: 3:22.80	34.57	500m: 5:43.03	34.92	1500m: 17:40.19	8:22.83
	150m: 1:39.54	33.70	350m: 3:57.24	34.44	550m: 6:18.38	35.35		
	200m: 2:14.14	34.60	400m: 4:32.43	35.19	600m: 6:53.35	34.97		
6.	Artur Jose, REIS	M	23369	96	FCPorto	<b>17:43.50</b>	510	
	50m: 20.46	20.46	450m: 5:15.30	35.83	850m: 9:58.91	35.39	1250m: 14:46.36	35.55
	100m: 1:07.12	46.66	500m: 5:50.35	35.05	900m: 10:34.82	35.91	1300m: 15:21.23	34.87
	150m: 1:42.60	35.48	550m: 6:25.86	35.51	950m: 11:10.86	36.04	1350m: 15:57.32	36.09
	200m: 2:18.15	35.55	600m: 7:01.27	35.41	1000m: 11:46.83	35.97	1400m: 16:32.70	35.38
	250m: 2:53.34	35.19	650m: 7:36.53	35.26	1050m: 12:22.59	35.76	1450m: 17:08.16	35.46
	300m: 3:28.97	35.63	700m: 8:12.64	36.11	1100m: 12:59.19	36.60	1500m: 17:43.50	35.34
	350m: 4:03.89	34.92	750m: 8:48.26	35.62	1150m: 13:35.02	35.83		
	400m: 4:39.47	35.58	800m: 9:23.52	35.26	1200m: 14:10.81	35.79		
7.	Ricardo Santos, AGUEDA	M	20061	96	Valongo	<b>18:02.45</b>	484	
	50m: 20.46	20.46	450m: 5:22.71	36.12	850m: 10:13.20	36.59	1250m: 15:05.76	36.68
	100m: 1:07.75	47.29	500m: 5:58.90	36.19	900m: 10:49.68	36.48	1300m: 15:42.24	36.48
	150m: 1:43.80	36.05	550m: 6:35.37	36.47	950m: 11:26.17	36.49	1350m: 16:18.62	36.38
	200m: 2:20.96	37.16	600m: 7:11.57	36.20	1000m: 12:02.52	36.35	1400m: 16:54.73	36.11
	250m: 2:57.88	36.92	650m: 7:47.87	36.30	1050m: 12:38.91	36.39	1450m: 17:30.25	35.52
	300m: 3:34.25	36.37	700m: 8:24.27	36.40	1100m: 13:15.56	36.65	1500m: 18:02.45	32.20
	350m: 4:10.53	36.28	750m: 9:00.48	36.21	1150m: 13:52.49	36.93		
	400m: 4:46.59	36.06	800m: 9:36.61	36.13	1200m: 14:29.08	36.59		
8.	Mauro Filipe, MAIA	M	15493	96	Fluvial Portuense	<b>18:23.84</b>	456	
	50m: 20.46	20.46	450m: 5:19.50	36.65	850m: 10:19.15	37.91	1250m: 15:20.96	35.65
	100m: 1:08.95	48.49	500m: 5:56.71	37.21	900m: 10:57.21	38.06	1300m: 15:57.41	36.45
	150m: 1:43.58	34.63	550m: 6:34.05	37.34	950m: 11:35.37	38.16	1350m: 16:33.15	35.74
	200m: 2:19.00	35.42	600m: 7:10.77	36.72	1000m: 12:13.52	38.15	1400m: 17:10.28	37.13
	250m: 2:53.97	34.97	650m: 7:48.27	37.50	1050m: 12:51.55	38.03	1450m: 17:47.36	37.08
	300m: 3:29.98	36.01	700m: 8:26.27	38.00	1100m: 13:29.35	37.80	1500m: 18:23.84	36.48
	350m: 4:06.20	36.22	750m: 9:03.69	37.42	1150m: 14:07.41	38.06		
	400m: 4:42.85	36.65	800m: 9:41.24	37.55	1200m: 14:45.31	37.90		
9.	Tiago Lopes, REIS	M	102556	96	FCPorto	<b>18:25.76</b>	454	
	50m: 30.94	30.94	250m: 2:53.24	36.82	450m: 5:22.39	37.28	1500m: 18:25.76	8:43.50
	100m: 1:06.26	35.32	300m: 3:30.61	37.37	500m: 5:59.15	36.76		
	150m: 1:40.64	34.38	350m: 4:07.87	37.26	550m: 6:36.73	37.58		
	200m: 2:16.42	35.78	400m: 4:45.11	37.24	800m: 9:42.26	3:05.53		
10.	Francisco Abrunhosa, RODRIGUES	M	105264	96	FCPorto	<b>18:31.35</b>	447	
	50m: 31.35	31.35	250m: 2:57.68	37.38	450m: 5:27.74	37.52	1500m: 18:31.35	8:41.04
	100m: 1:06.54	35.19	300m: 3:34.72	37.04	500m: 6:05.73	37.99		
	150m: 1:43.39	36.85	350m: 4:12.58	37.86	550m: 6:43.35	37.62		
	200m: 2:20.30	36.91	400m: 4:50.22	37.64	800m: 9:50.31	3:06.96		
11.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	<b>18:59.59</b>	415	
	50m: 31.39	31.39	250m: 3:00.71	38.40	450m: 5:32.33	38.46	800m: 10:03.44	2:35.55
	100m: 1:06.98	35.59	300m: 3:37.97	37.26	500m: 6:11.18	38.85	1500m: 18:59.59	8:56.15
	150m: 1:44.65	37.67	350m: 4:15.60	37.63	550m: 6:49.53	38.35		
	200m: 2:22.31	37.66	400m: 4:53.87	38.27	600m: 7:27.89	38.36		
12.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	<b>19:07.02</b>	407	
	50m: 30.37	30.37	450m: 5:30.42	39.51	850m: 10:39.59	38.11	1250m: 15:53.98	39.92
	100m: 1:04.98	34.61	500m: 6:08.32	37.90	900m: 11:18.97	39.38	1300m: 16:33.31	39.33
	150m: 1:41.26	36.28	550m: 6:46.54	38.22	950m: 11:58.65	39.68	1350m: 17:11.12	37.81
	200m: 2:18.23	36.97	600m: 7:25.17	38.63	1000m: 12:36.70	38.05	1400m: 17:50.69	39.57
	250m: 2:55.99	37.76	650m: 8:04.41	39.24	1050m: 13:15.11	38.41	1450m: 18:29.19	38.50
	300m: 3:34.08	38.09	700m: 8:43.90	39.49	1100m: 13:54.73	39.62	1500m: 19:07.02	37.83
	350m: 4:12.56	38.48	750m: 9:22.12	38.22	1150m: 14:33.85	39.12		
	400m: 4:50.91	38.35	800m: 10:01.48	39.36	1200m: 15:14.06	40.21		

2 - 2ª Jornada

23-10-2011 - 9:30

Prova 7	Masc., 400m Estilos				Juvenis
23-10-2011 - 9:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Absoluto	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09-12-2005
Recorde Regional 25m Juv B	4:40.42	Joao Claudio, SOUSA	GESP	Braga	22-02-2008
Recorde Regional 25m Juv A	4:30.52	Adriano Miguel, NIZ	CFV	Ferrol	13-04-2002

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Juvenis B</b>								
1.	Luis Carlos, OLIVEIRA	M	102629	97	Natacao da Maia	<b>5:04.76</b>	461	
	50m: 31.27 31.27		150m: 1:48.13 39.21		250m: 3:11.54 44.77	350m: 4:29.62 34.79		
	100m: 1:08.92 37.65		200m: 2:26.77 38.64		300m: 3:54.83 43.29	400m: 5:04.76 35.14		
2.	Andre Goncalo, SANTOS	M	104706	97	Leixões Sport Clube	<b>5:05.49</b>	458	
	50m: 32.19 32.19		150m: 1:50.54 39.71		250m: 3:11.21 42.16	350m: 4:30.78 36.89		
	100m: 1:10.83 38.64		200m: 2:29.05 38.51		300m: 3:53.89 42.68	400m: 5:05.49 34.71		
3.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	<b>5:10.69</b>	435	
	50m: 33.10 33.10		150m: 1:52.57 39.54		250m: 3:16.01 44.24	350m: 4:36.24 36.39		
	100m: 1:13.03 39.93		200m: 2:31.77 39.20		300m: 3:59.85 43.84	400m: 5:10.69 34.45		
4.	Joao Miguel, FERREIRA	M	103044	97	Foca	<b>5:11.25</b>	433	
	50m: 31.24 31.24		150m: 1:48.15 40.22		250m: 3:13.22 44.89	350m: 4:35.74 36.48		
	100m: 1:07.93 36.69		200m: 2:28.33 40.18		300m: 3:59.26 46.04	400m: 5:11.25 35.51		
5.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto	<b>5:15.12</b>	417	
	50m: 32.52 32.52		150m: 1:51.88 42.18		250m: 3:21.20 48.27	350m: 4:43.76 34.42		
	100m: 1:09.70 37.18		200m: 2:32.93 41.05		300m: 4:09.34 48.14	400m: 5:15.12 31.36		
6.	Ivo Pinto, RIBEIRO	M	108299	97	Foca	<b>5:15.14</b>	417	
	50m: 33.11 33.11		150m: 1:49.83 38.35		250m: 3:17.92 47.35	350m: 4:41.32 36.76		
	100m: 1:11.48 38.37		200m: 2:30.57 40.74		300m: 4:04.56 46.64	400m: 5:15.14 33.82		
7.	Flavio Dias, SILVA	M	104455	97	Famalicão	<b>5:17.86</b>	406	
	50m: 33.57 33.57		150m: 1:54.06 41.99		250m: 3:18.63 42.43	350m: 4:41.79 37.70		
	100m: 1:12.07 38.50		200m: 2:36.20 42.14		300m: 4:04.09 45.46	400m: 5:17.86 36.07		
8.	Ricardo David, SILVA	M	103049	97	Foca	<b>5:19.20</b>	401	
	50m: 34.00 34.00		150m: 1:52.25 37.86		250m: 3:20.83 50.65	350m: 4:46.09 34.43		
	100m: 1:14.39 40.39		200m: 2:30.18 37.93		300m: 4:11.66 50.83	400m: 5:19.20 33.11		
9.	Pedro Manuel, SILVA	M	104505	97	Ginásio Santo Tirso	<b>5:20.29</b>	397	
	50m: 32.41 32.41		150m: 1:52.39 40.81		250m: 3:20.95 48.60	350m: 4:45.06 36.05		
	100m: 1:11.58 39.17		200m: 2:32.35 39.96		300m: 4:09.01 48.06	400m: 5:20.29 35.23		
10.	Andre Manuel, COSTA	M	107731	97	Natacao da Maia	<b>5:21.41</b>	393	
	50m: 35.91 35.91		150m: 1:56.71 39.71		250m: 3:22.17 45.96	350m: 4:45.48 37.36		
	100m: 1:17.00 41.09		200m: 2:36.21 39.50		300m: 4:08.12 45.95	400m: 5:21.41 35.93		
11.	Jorge Miguel, NUNES	M	102008	97	FCPorto	<b>5:23.20</b>	386	
	50m: 33.36 33.36		150m: 1:53.79 41.49		250m: 3:23.00 48.66	350m: 4:49.32 36.58		
	100m: 1:12.30 38.94		200m: 2:34.34 40.55		300m: 4:12.74 49.74	400m: 5:23.20 33.88		
12.	Jose Ricardo, SOUSA	M	105759	97	Lousada	<b>5:23.51</b>	385	
	50m: 33.78 33.78		150m: 1:59.35 43.23		250m: 3:26.50 46.76	350m: 4:49.75 36.60		
	100m: 1:16.12 42.34		200m: 2:39.74 40.39		300m: 4:13.15 46.65	400m: 5:23.51 33.76		
13.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	<b>5:28.15</b>	369	
	50m: 35.00 35.00		150m: 1:58.97 42.61		250m: 3:26.28 46.26	350m: 4:52.26 37.79		
	100m: 1:16.36 41.36		200m: 2:40.02 41.05		300m: 4:14.47 48.19	400m: 5:28.15 35.89		
14.	Artur Miguel, MARQUES	M	102930	97	Leixões Sport Clube	<b>5:29.05</b>	366	
	50m: 33.83 33.83		150m: 1:58.27 42.43		250m: 3:28.24 47.94	350m: 4:53.84 37.95		
	100m: 1:15.84 42.01		200m: 2:40.30 42.03		300m: 4:15.89 47.65	400m: 5:29.05 35.21		
15.	Tiago Ribeiro, COSTA	M	104534	97	Famalicão	<b>5:29.25</b>	365	
	50m: 36.70 36.70		150m: 1:59.78 40.74		250m: 3:30.37 50.41	350m: 4:55.29 36.80		
	100m: 1:19.04 42.34		200m: 2:39.96 40.18		300m: 4:18.49 48.12	400m: 5:29.25 33.96		
16.	Jose Pedro, BARBOSA	M	107948	97	Ginásio Santo Tirso	<b>5:29.85</b>	363	
	50m: 33.82 33.82		150m: 1:57.60 42.69		250m: 3:29.78 49.02	350m: 4:53.47 36.50		
	100m: 1:14.91 41.09		200m: 2:40.76 43.16		300m: 4:16.97 47.19	400m: 5:29.85 36.38		
17.	Andre Resende, PINHEIRO	M	109196	97	FCPorto	<b>5:31.07</b>	359	
	50m: 35.41 35.41		150m: 2:04.61 43.28		250m: 3:31.58 45.64	350m: 4:55.38 37.93		
	100m: 1:21.33 45.92		200m: 2:45.94 41.33		300m: 4:17.45 45.87	400m: 5:31.07 35.69		
18.	Bernardo Francisco, PEDROSO	M	105206	97	Valongo	<b>5:31.36</b>	358	
	50m: 35.40 35.40		150m: 1:58.19 43.07		250m: 3:29.48 48.73	350m: 4:56.51 37.24		
	100m: 1:15.12 39.72		200m: 2:40.75 42.56		300m: 4:19.27 49.79	400m: 5:31.36 34.85		
19.	Tiago Daniel, FERNANDES	M	104949	97	Natacao da Maia	<b>5:34.80</b>	348	
	50m: 36.34 36.34		150m: 2:04.50 45.02		250m: 3:32.35 45.96	350m: 4:57.41 38.62		
	100m: 1:19.48 43.14		200m: 2:46.39 41.89		300m: 4:18.79 46.44	400m: 5:34.80 37.39		
20.	David Andre, ALMEIDA	M	20340	97	Ginásio Santo Tirso	<b>5:39.28</b>	334	
	50m: 34.53 34.53		150m: 2:01.20 44.82		250m: 3:33.71 50.14	350m: 5:03.00 39.53		
	100m: 1:16.38 41.85		200m: 2:43.57 42.37		300m: 4:23.47 49.76	400m: 5:39.28 36.28		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

24-10-2011 11:56 - Página 11

Prova 7, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
21.	Victor Monteiro, CUNHA	M	110625	97	Assoc. Desportiva de Fafe	<b>5:44.12</b>	320		
	50m: 36.05 36.05		150m: 2:04.99		44.49 250m: 3:37.57	49.31	350m: 5:06.77	38.50	
	100m: 1:20.50 44.45		200m: 2:48.26		43.27 300m: 4:28.27	50.70	400m: 5:44.12	37.35	
22.	Filipe Manuel, FERREIRA	M	106797	97	FCPorto	<b>5:44.51</b>	319		
	50m: 37.02 37.02		150m: 2:07.74		45.06 250m: 3:39.05	47.81	350m: 5:07.04	38.50	
	100m: 1:22.68 45.66		200m: 2:51.24		43.50 300m: 4:28.54	49.49	400m: 5:44.51	37.47	
23.	Joao Diogo, POINHO	M	104486	97	FCPorto	<b>5:44.94</b>	318		
	50m: 35.42 35.42		150m: 2:04.13		45.40 250m: 3:37.02	49.40	350m: 5:08.58	39.92	
	100m: 1:18.73 43.31		200m: 2:47.62		43.49 300m: 4:28.66	51.64	400m: 5:44.94	36.36	
24.	Pedro Jose, COSTA	M	107733	97	Natacao da Maia	<b>5:45.31</b>	317		
	50m: 36.82 36.82		150m: 2:07.83		45.27 250m: 3:40.26	49.15	350m: 5:09.03	39.32	
	100m: 1:22.56 45.74		200m: 2:51.11		43.28 300m: 4:29.71	49.45	400m: 5:45.31	36.28	
25.	Jorge Filipe, MATOS	M	104725	97	Gespacos	<b>5:46.88</b>	312		
	50m: 40.41 40.41		150m: 2:12.86		41.68 250m: 3:41.43	46.51	350m: 5:08.18	38.75	
	100m: 1:31.18 50.77		200m: 2:54.92		42.06 300m: 4:29.43	48.00	400m: 5:46.88	38.70	
26.	Rui Americo, RAMOS	M	104490	97	FCPorto	<b>5:47.14</b>	312		
	50m: 36.12 36.12		150m: 2:03.57		45.20 250m: 3:38.49	50.48	350m: 5:10.05	39.86	
	100m: 1:18.37 42.25		200m: 2:48.01		44.44 300m: 4:30.19	51.70	400m: 5:47.14	37.09	
27.	Joao Francisco, LEITAO	M	104733	97	Leixões Sport Clube	<b>5:51.55</b>	300		
	50m: 37.43 37.43		150m: 2:08.59		45.30 250m: 3:42.46	49.90	350m: 5:13.45	40.38	
	100m: 1:23.29 45.86		200m: 2:52.56		43.97 300m: 4:33.07	50.61	400m: 5:51.55	38.10	
28.	Joao Miguel, TORRADO	M	104488	97	FCPorto	<b>5:52.01</b>	299		
	50m: 38.71 38.71		150m: 2:09.21		44.83 250m: 3:45.10	51.55	350m: 5:13.94	39.25	
	100m: 1:24.38 45.67		200m: 2:53.55		44.34 300m: 4:34.69	49.59	400m: 5:52.01	38.07	
29.	Luis Miguel, CASTRO	M	117342	97	Vitória Sport Clube	<b>5:58.63</b>	283		
	50m: 39.15 39.15		150m: 2:07.62		46.93 250m: 3:47.08	53.53	350m: 5:21.75	38.33	
	100m: 1:20.69 41.54		200m: 2:53.55		45.93 300m: 4:43.42	56.34	400m: 5:58.63	36.88	
30.	Jose Miguel, RODRIGUES	M	106741	97	Valongo	<b>5:59.06</b>	282		
	50m: 38.89 38.89		150m: 2:08.21		43.84 250m: 3:45.55	55.36	350m: 5:21.55	41.15	
	100m: 1:24.37 45.48		200m: 2:50.19		41.98 300m: 4:40.40	54.85	400m: 5:59.06	37.51	
31.	Tiago Francisco, SILVA	M	103955	97	Lamas	<b>6:01.55</b>	276		
	50m: 38.22 38.22		150m: 2:12.54		46.59 250m: 3:49.90	51.84	350m: 5:23.37	41.27	
	100m: 1:25.95 47.73		200m: 2:58.06		45.52 300m: 4:42.10	52.20	400m: 6:01.55	38.18	
32.	Francisco Miguel, TEIXEIRA	M	104485	97	FCPorto	<b>6:07.22</b>	263		
	50m: 40.55 40.55		150m: 2:16.23		45.65 250m: 3:51.37	51.11	350m: 5:26.00	41.94	
	100m: 1:30.58 50.03		200m: 3:00.26		44.03 300m: 4:44.06	52.69	400m: 6:07.22	41.22	
33.	Tiago Soares, SILVA	M	105608	97	Propaganda da Natacao	<b>6:11.21</b>	255		
	50m: 38.33 38.33		150m: 2:13.63		47.94 250m: 3:51.63	53.42	350m: 5:30.26	43.19	
	100m: 1:25.69 47.36		200m: 2:58.21		44.58 300m: 4:47.07	55.44	400m: 6:11.21	40.95	
34.	Joel Baptista, PEIXOTO	M	117296	97	Lamas	<b>6:13.18</b>	251		
	50m: 40.13 40.13		150m: 2:18.85		51.00 250m: 3:57.58	50.97	350m: 5:34.34	43.28	
	100m: 1:27.85 47.72		200m: 3:06.61		47.76 300m: 4:51.06	53.48	400m: 6:13.18	38.84	
35.	Joao Pedro, GUEDES	M	119754	97	Lamas	<b>7:21.17</b>	152		
	50m: 52.10 52.10		150m: 2:44.80		53.63 250m: 4:39.12	1:01.23	350m: 6:32.88	51.24	
	100m: 1:51.17 59.07		200m: 3:37.89		53.09 300m: 5:41.64	1:02.52	400m: 7:21.17	48.29	
DSQ	Andre Oliveira, COUTO	M	111304	97	Lamas				DSQ
	<i>419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 300 metros – SW 7.6</i>								
DSQ	Pedro Ferreira, LOPES	M	107949	97	Ginásio Santo Tirso				DSQ
	<i>508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3</i>								
DNS	Luan Fermio, PIRES	M	117332	97	Assoc. Desportiva de Fafe				DNS
DNS	Tiago Miranda, SILVA	M	104535	97	Famalicão				DNS
DNS	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe				DNS
DNS	Ruben Oliveira, LOPES	M	102041	97	FCPorto				DNS

Juvenis A

1.	Artur Jose, REIS	M	23369	96	FCPorto	<b>4:53.29</b>	517	
	50m: 29.67 29.67		150m: 1:45.38		40.88 250m: 3:04.40	40.22	350m: 4:21.13	35.18
	100m: 1:04.50 34.83		200m: 2:24.18		38.80 300m: 3:45.95	41.55	400m: 4:53.29	32.16
2.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	Natacao da Maia	<b>4:58.38</b>	491	
	50m: 31.26 31.26		150m: 1:47.14		38.64 250m: 3:07.89	41.83	350m: 4:25.28	34.87
	100m: 1:08.50 37.24		200m: 2:26.06		38.92 300m: 3:50.41	42.52	400m: 4:58.38	33.10
3.	Andre Coelho, OLIVEIRA	M	103443	96	Vitória Sport Clube	<b>4:59.74</b>	484	
	50m: 31.02 31.02		150m: 1:44.61		38.24 250m: 3:07.67	45.51	350m: 4:27.44	34.04
	100m: 1:06.37 35.35		200m: 2:22.16		37.55 300m: 3:53.40	45.73	400m: 4:59.74	32.30
4.	Bruno Miguel, SILVA	M	103826	96	FCPorto	<b>5:03.44</b>	467	
	50m: 31.55 31.55		150m: 1:45.57		39.22 250m: 3:09.57	45.03	350m: 4:30.58	35.48
	100m: 1:06.35 34.80		200m: 2:24.54		38.97 300m: 3:55.10	45.53	400m: 5:03.44	32.86
5.	David Nunes, SOUSA	M	112204	96	Famalicão	<b>5:10.06</b>	438	
	50m: 32.54 32.54		150m: 1:51.26		42.47 250m: 3:18.42	45.58	350m: 4:38.36	35.55
	100m: 1:08.79 36.25		200m: 2:32.84		41.58 300m: 4:02.81	44.39	400m: 5:10.06	31.70

O Secretário do Juri

O Juiz Árbitro

Prova 7, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
6.	Pedro Manuel, ROCHA 50m: 32.42 32.42 100m: 1:09.99 37.57	M	20491	96	Famalicao 39.14 250m: 3:11.39 44.56 37.70 300m: 3:57.47 46.08	5:10.20 350m: 4:34.15 36.68 400m: 5:10.20 36.05	437	
7.	Francisco Abrunhosa, RODRIGUES 50m: 33.10 33.10 100m: 1:13.33 40.23	M	105264	96	FCPorto 39.34 250m: 3:16.40 45.34 38.39 300m: 4:01.97 45.57	5:13.98 350m: 4:39.12 37.15 400m: 5:13.98 34.86	421	
8.	Mauro Filipe, MAIA 50m: 33.86 33.86 100m: 1:13.14 39.28	M	15493	96	Fluvial Portuense 40.37 250m: 3:19.95 46.90 39.54 300m: 4:06.76 46.81	5:16.62 350m: 4:42.31 35.55 400m: 5:16.62 34.31	411	
9.	Tiago Lopes, REIS 50m: 33.11 33.11 100m: 1:11.31 38.20	M	102556	96	FCPorto 39.62 250m: 3:17.98 46.78 40.27 300m: 4:06.17 48.19	5:16.79 350m: 4:42.60 36.43 400m: 5:16.79 34.19	410	
10.	Ricardo Santos, AGUEDA 50m: 33.23 33.23 100m: 1:11.70 38.47	M	20061	96	Valongo 41.41 250m: 3:19.12 45.41 40.60 300m: 4:05.68 46.56	5:17.91 350m: 4:42.84 37.16 400m: 5:17.91 35.07	406	
11.	Tiago Manuel, TEIXEIRA 50m: 28.62 28.62 100m: 1:02.93 34.31	M	102485	96	Assoc. Desportiva de Fafe 40.00 250m: 3:07.19 45.36 38.90 300m: 3:56.82 49.63	5:18.87 350m: 4:38.11 41.29 400m: 5:18.87 40.76	402	
12.	Carlos Diogo, MORAIS 50m: 33.27 33.27 100m: 1:13.82 40.55	M	109756	96	Individual Norte de Portugal 41.76 250m: 3:21.48 44.05 41.85 300m: 4:07.31 45.83	5:19.30 350m: 4:45.12 37.81 400m: 5:19.30 34.18	401	
13.	Miguel Filipe, PINTO 50m: 32.84 32.84 100m: 1:14.02 41.18	M	105729	96	Ginásio Santo Tirso 42.11 250m: 3:25.14 47.84 41.17 300m: 4:12.78 47.64	5:20.38 350m: 4:47.47 34.69 400m: 5:20.38 32.91	397	
14.	Stefan Daniel, STEINMAIER 50m: 31.27 31.27 100m: 1:07.85 36.58	M	19644	96	Assoc. Desportiva de Fafe 40.97 250m: 3:18.59 50.12 39.65 300m: 4:08.02 49.43	5:20.92 350m: 4:46.10 38.08 400m: 5:20.92 34.82	395	
15.	Joao Pedro, MACHADO 50m: 33.83 33.83 100m: 1:11.80 37.97	M	103444	96	Vitória Sport Clube 42.25 250m: 3:21.04 44.39 42.60 300m: 4:08.40 47.36	5:21.24 350m: 4:44.82 36.42 400m: 5:21.24 36.42	393	
16.	Nuno Filipe, GONCALVES 50m: 36.16 36.16 100m: 1:17.53 41.37	M	122530	96	Vitória Sport Clube 41.68 250m: 3:27.10 48.00 39.89 300m: 4:15.15 48.05	5:27.03 350m: 4:52.04 36.89 400m: 5:27.03 34.99	373	
17.	Duarte Magalhaes, PINTO 50m: 38.27 38.27 100m: 1:22.74 44.47	M	105728	96	Ginásio Santo Tirso 43.04 250m: 3:35.49 47.86 41.85 300m: 4:22.92 47.43	5:37.17 350m: 5:01.68 38.76 400m: 5:37.17 35.49	340	
18.	Francisco Carvalho, RODRIGUES 50m: 37.98 37.98 100m: 1:22.59 44.61	M	102981	96	Foca 43.47 250m: 3:34.15 46.30 41.79 300m: 4:21.11 46.96	5:37.98 350m: 5:01.02 39.91 400m: 5:37.98 36.96	338	
19.	Carlos Alberto, RAMOS 50m: 38.59 38.59 100m: 1:22.03 43.44	M	111114	96	Natacao da Maia 40.73 250m: 3:32.30 49.71 39.83 300m: 4:22.04 49.74	5:38.16 350m: 5:01.08 39.04 400m: 5:38.16 37.08	337	
20.	Paulo Gabriel, MAGALHAES 50m: 32.60 32.60 100m: 1:13.47 40.87	M	102527	96	Assoc. Desportiva de Fafe 40.56 250m: 3:28.26 53.85 40.38 300m: 4:22.12 53.86	5:38.44 350m: 5:00.73 38.61 400m: 5:38.44 37.71	336	
21.	Paulo Martins, ALMEIDA 50m: 36.36 36.36 100m: 1:17.96 41.60	M	119164	96	Ginásio Santo Tirso 46.87 250m: 3:39.79 48.98 45.98 300m: 4:26.45 46.66	5:40.27 350m: 5:03.78 37.33 400m: 5:40.27 36.49	331	
22.	Antonio Pedro, OLIVEIRA 50m: 36.05 36.05 100m: 1:22.16 46.11	M	102671	96	Assoc. Desportiva de Fafe 43.28 250m: 3:39.25 49.85 43.96 300m: 4:29.32 50.07	5:46.31 350m: 5:08.12 38.80 400m: 5:46.31 38.19	314	
23.	Manuel Duarte, FERNANDES 50m: 36.84 36.84 100m: 1:20.17 43.33	M	119293	96	Ginásio Santo Tirso 47.90 250m: 3:42.08 48.33 45.68 300m: 4:30.86 48.78	5:52.00 350m: 5:12.35 41.49 400m: 5:52.00 39.65	299	
24.	Francisco Jose, OLIVEIRA 50m: 39.87 39.87 100m: 1:32.01 52.14	M	102549	96	Assoc. Desportiva de Fafe 43.90 250m: 3:50.25 51.36 42.98 300m: 4:42.33 52.08	6:01.49 350m: 5:23.69 41.36 400m: 6:01.49 37.80	276	
25.	Daniel Fernando, MAGALHAES 50m: 36.96 36.96 100m: 1:18.30 41.34	M	103950	96	Lamas 47.11 250m: 3:49.63 58.80 45.42 300m: 4:48.11 58.48	6:11.69 350m: 5:30.66 42.55 400m: 6:11.69 41.03	254	
26.	Joao Pedro, LOPES 50m: 40.21 40.21 100m: 1:29.16 48.95	M	104035	96	Lamas 46.46 250m: 3:56.14 55.76 44.76 300m: 4:53.35 57.21	6:12.96 350m: 5:35.19 41.84 400m: 6:12.96 37.77	251	
DSQ	Diogo Henrique, GOMES 102 - Falsa partida - SW 4.4	M	20316	96	FCPorto			DSQ
DNS	Humberto Joao, SILVA	M	102676	96	Assoc. Desportiva de Fafe			DNS

O Secretário do Juri

O Juiz Árbitro

Prova 8  
23-10-2011 - 10:15

Femin., 200m Mariposa  
CMEP - Clínica Médica do Exercício do Porto

Juvenis  
Resultados

Recorde Regional 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	15-12-2010
Recorde Regional 25m Juv	2:22.15	Raquel Maria, FELGUEIRAS	SCB	Braga	04-03-1994

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Graça Maria, ARAUJO 50m: 34.13 34.13	F	104456	98	Famalicao	2:32.23 100m: 1:13.87 39.74 150m: 1:52.26 38.39 200m: 2:32.23 39.97	499	
2.	Ana Silva, COSTA 50m: 34.97 34.97	F	104446	98	Famalicao	2:36.50 100m: 1:14.60 39.63 150m: 1:55.53 40.93 200m: 2:36.50 40.97	459	
3.	Catarina Sofia, NETO 50m: 35.18 35.18	F	104529	98	Gespacos	2:48.51 100m: 1:17.26 42.08 150m: 2:02.19 44.93 200m: 2:48.51 46.32	368	
4.	Maria Carolina, RIBEIRO 50m: 37.63 37.63	F	106805	98	FCPorto	2:48.85 100m: 1:20.35 42.72 150m: 2:04.56 44.21 200m: 2:48.85 44.29	366	
5.	Catarina Alexandra, JARDIM 50m: 35.26 35.26	F	104449	98	Famalicao	2:49.87 100m: 1:18.07 42.81 150m: 2:03.66 45.59 200m: 2:49.87 46.21	359	
6.	Ana Carolina, MOREIRA 50m: 37.60 37.60	F	111076	98	FCPorto	2:50.83 100m: 1:21.22 43.62 150m: 2:05.62 44.40 200m: 2:50.83 45.21	353	
7.	Barbara Nogueira, GONCALVES 50m: 36.84 36.84	F	104448	98	Famalicao	2:53.79 100m: 1:19.64 42.80 150m: 2:06.61 46.97 200m: 2:53.79 47.18	335	
8.	Ana Margarida, SANTOS 50m: 38.42 38.42	F	106839	98	FCPorto	2:59.80 100m: 1:24.65 46.23 150m: 2:11.11 46.46 200m: 2:59.80 48.69	303	
9.	Patricia Goncalves, CARDOSO 50m: 38.08 38.08	F	107707	98	FCPorto	3:03.77 100m: 1:22.16 44.08 150m: 2:10.82 48.66 200m: 3:03.77 52.95	283	
10.	Ines Campos, NETO 50m: 40.96 40.96	F	105776	98	Gespacos	3:10.99 100m: 1:31.09 50.13 150m: 2:22.07 50.98 200m: 3:10.99 48.92	252	
DNS	Francisca Sousa, MAIA	F	117523	98	Famalicao			DNS
DNS	Carla Luisa, ALVES	F	117522	98	Famalicao			DNS

Prova 9  
23-10-2011 - 10:25

Masc., 200m Bruços  
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Juvenis  
Resultados

Recorde Regional 25m Absoluto	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Juv B	2:21.70	Luis Manuel, FERNANDES	GDNVNF	Pacos de Ferreira	05-12-2009
Recorde Regional 25m Juv A	2:22.78	Bruno Daniel, MONTEIRO	LSC	Penafiel	19-03-2004

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Vitor Joao, PEREIRA 50m: 36.09 36.09	M	102545	97	Leixões Sport Clube	2:39.32 100m: 1:16.64 40.55 150m: 1:58.49 41.85 200m: 2:39.32 40.83	434	
2.	Simao Miguel, CAPITAO 50m: 36.12 36.12	M	109596	97	Lamas	2:40.31 100m: 1:17.88 41.76 150m: 2:00.31 42.43 200m: 2:40.31 40.00	426	
3.	Andre Resende, PINHEIRO 50m: 39.02 39.02	M	109196	97	FCPorto	2:51.24 100m: 1:23.27 44.25 150m: 2:07.94 44.67 200m: 2:51.24 43.30	349	
4.	Andre Manuel, COSTA 50m: 39.69 39.69	M	107731	97	Natacao da Maia	2:51.90 100m: 1:23.60 43.91 150m: 2:08.15 44.55 200m: 2:51.90 43.75	345	
5.	Joao Afonso, PICA0 50m: 41.00 41.00	M	102842	97	Leixões Sport Clube	2:57.58 100m: 1:25.33 44.33 150m: 2:11.37 46.04 200m: 2:57.58 46.21	313	
6.	Tiago Daniel, FERNANDES 50m: 39.45 39.45	M	104949	97	Natacao da Maia	2:58.92 100m: 1:25.04 45.59 150m: 2:13.43 48.39 200m: 2:58.92 45.49	306	
7.	Hugo Octavio, COELHO 50m: 39.27 39.27	M	111330	97	Gespacos	2:59.85 100m: 1:24.55 45.28 150m: 2:12.41 47.86 200m: 2:59.85 47.44	302	
8.	Marco Andre, FERNANDES 50m: 41.12 41.12	M	103645	97	Gespacos	3:00.66 100m: 1:26.94 45.82 150m: 2:14.47 47.53 200m: 3:00.66 46.19	297	
9.	Pedro Jose, COSTA 50m: 41.87 41.87	M	107733	97	Natacao da Maia	3:04.14 100m: 1:28.74 46.87 150m: 2:17.39 48.65 200m: 3:04.14 46.75	281	
10.	Joao Paulo, SILVA 50m: 43.83 43.83	M	104712	97	Gespacos	3:08.93 100m: 1:31.83 48.00 150m: 2:19.68 47.85 200m: 3:08.93 49.25	260	
11.	Luis Carlos, MATIAS 50m: 42.59 42.59	M	103046	97	Foca	3:10.28 100m: 1:31.06 48.47 150m: 2:20.89 49.83 200m: 3:10.28 49.39	255	
12.	Miguel Joao, PINTO 50m: 41.71 41.71	M	102481	97	Fluvial Portuense	3:10.64 100m: 1:29.69 47.98 150m: 2:20.68 50.99 200m: 3:10.64 49.96	253	

O Secretário do Juri

O Juiz Árbitro

Prova 9, Masc., 200m Bruços, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Francisco Miguel, TEIXEIRA 50m: 45.67 45.67	M	104485	97	FCPorto 50.37 150m: 2:26.79 50.75	<b>3:17.33</b> 3:17.33	228	50.54
14.	Antonio Filipe, FERREIRA 50m: 51.23 51.23	M	119755	97	Lamas 100m: 1:44.00 150m: 2:38.73 54.73	<b>3:33.31</b> 3:33.31	181	54.58
15.	Tiago Alberto, SANTOS 50m: 54.87 54.87	M	123929	97	Lamas 100m: 1:58.43 1:03.56 150m: 3:03.98 1:05.55	<b>4:05.07</b> 4:05.07	119	1:01.09
DSQ	Andre Petiz, CORREIA <i>421 - O(a) atleta tocou com uma mão na parede na viragem aos 75 metros – SW 7.6</i>	M	103954	97	Lamas			DSQ
DSQ	Eugenio Alexandre, DURAES <i>102 - Falsa partida – SW 4.4</i>	M	120904	97	Vitória Sport Clube			DSQ
DNS	Ruben Oliveira, LOPES	M	102041	97	FCPorto			DNS
DNS	Guilherme Lima, MORAIS	M	111673	97	Fluvial Portuense			DNS
DNS	Goncalo Costa, AMARO	M	111229	97	Lousada			DNS

Juvenis A

1.	Leonardo Cardoso, FIGUEIREDO 50m: 34.31 34.31	M	105612	96	Natacao da Maia 39.27 150m: 1:54.53 40.95	<b>2:34.96</b> 2:34.96	472	40.43
2.	Miguel Angelo, CRUZ 50m: 37.18 37.18	M	101976	96	Gespacos 40.58 150m: 1:58.78 41.02	<b>2:40.63</b> 2:40.63	423	41.85
3.	Bruno Alexandre, SOUSA 50m: 38.56 38.56	M	101972	96	Gespacos 100m: 1:20.13 150m: 2:02.53 42.40	<b>2:44.39</b> 2:44.39	395	41.86
4.	Gil Silva, SANTOS 50m: 38.44 38.44	M	101950	96	Gespacos 100m: 1:20.41 150m: 2:03.88 43.47	<b>2:46.31</b> 2:46.31	381	42.43
5.	Ricardo Jorge, MESQUITA 50m: 38.61 38.61	M	102079	96	Fluvial Portuense 100m: 1:21.56 150m: 2:04.95 43.39	<b>2:47.32</b> 2:47.32	375	42.37
6.	Jose Carlos, TEIXEIRA 50m: 37.92 37.92	M	102982	96	Foca 100m: 1:20.84 150m: 2:04.56 43.72	<b>2:48.28</b> 2:48.28	368	43.72
7.	Carlos Diogo, MORAIS 50m: 37.61 37.61	M	109756	96	Individual Norte de Portugal 100m: 1:20.52 150m: 2:04.91 44.39	<b>2:48.30</b> 2:48.30	368	43.39
8.	Vitor Samuel, ROCHA 50m: 39.42 39.42	M	107743	96	Gespacos 100m: 1:23.05 150m: 2:06.17 43.12	<b>2:49.53</b> 2:49.53	360	43.36
9.	Bruno Campos, NETO 50m: 38.92 38.92	M	105773	96	Gespacos 100m: 1:22.47 150m: 2:06.70 44.23	<b>2:51.19</b> 2:51.19	350	44.49
10.	Francisco Abrunhosa, RODRIGUES 50m: 38.74 38.74	M	105264	96	FCPorto 100m: 1:23.22 150m: 2:08.78 45.56	<b>2:51.84</b> 2:51.84	346	43.06
11.	Francisco Carvalho, RODRIGUES 50m: 39.29 39.29	M	102981	96	Foca 100m: 1:22.99 150m: 2:07.36 44.37	<b>2:52.40</b> 2:52.40	342	45.04
12.	Tiago Jose, NETO 50m: 38.75 38.75	M	101946	96	Gespacos 100m: 1:22.87 150m: 2:09.17 46.30	<b>2:54.79</b> 2:54.79	329	45.62
13.	Joao Pedro, MACHADO 50m: 40.53 40.53	M	103444	96	Vitória Sport Clube 100m: 1:26.23 150m: 2:13.26 47.03	<b>3:00.34</b> 3:00.34	299	47.08
14.	Tiago Lopes, REIS 50m: 40.09 40.09	M	102556	96	FCPorto 100m: 1:26.59 150m: 2:14.23 47.64	<b>3:00.35</b> 3:00.35	299	46.12
15.	Antonio Pedro, OLIVEIRA 50m: 40.11 40.11	M	102671	96	Assoc. Desportiva de Fafe 100m: 1:26.84 150m: 2:15.96 49.12	<b>3:03.97</b> 3:03.97	282	48.01
16.	Ruben Diogo, OLIVEIRA 50m: 41.45 41.45	M	117207	96	Valongo 100m: 1:27.60 150m: 2:17.56 49.96	<b>3:08.01</b> 3:08.01	264	50.45
17.	Carlos Alberto, RAMOS 50m: 43.59 43.59	M	111114	96	Natacao da Maia 100m: 1:31.92 150m: 2:20.38 48.46	<b>3:09.29</b> 3:09.29	259	48.91
18.	Miguel Joao, CAETANO 50m: 43.54 43.54	M	123861	96	Fluvial Portuense 100m: 1:34.36 150m: 2:24.89 50.53	<b>3:13.85</b> 3:13.85	241	48.96
19.	Nuno Miguel, BASTOS 50m: 43.33 43.33	M	107937	96	Fluvial Portuense 100m: 1:32.78 150m: 2:24.27 51.49	<b>3:14.59</b> 3:14.59	238	50.32
20.	David Jose, CARVALHO 50m: 41.95 41.95	M	110641	96	Lamas 100m: 1:31.91 150m: 2:25.52 53.61	<b>3:20.31</b> 3:20.31	218	54.79
21.	Nuno Baptista, PINTO 50m: 46.57 46.57	M	111302	96	Lamas 100m: 1:38.48 150m: 2:32.81 54.33	<b>3:26.38</b> 3:26.38	199	53.57
DSQ	Francisco Jose, OLIVEIRA <i>419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 125 metros – SW 7.6</i>	M	102549	96	Assoc. Desportiva de Fafe			DSQ
DNS	Humberto Joao, SILVA	M	102676	96	Assoc. Desportiva de Fafe			DNS
DNS	Joao Paulo, CAPITAO	M	109592	96	Lamas			DNS
DNS	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube			DNS

O Secretário do Juri

O Juiz Árbitro

Prova 10  
23-10-2011 - 10:40

Femin., 200m Costas  
CMEP - Clínica Médica do Exercício do Porto

Juvenis  
Resultados

Recorde Regional 25m Absoluto 2:15.44 Marta Vieira, MARINHO FCP Porto 05-12-2010  
Recorde Regional 25m Juv 2:18.15 Joana Carina, SILVA LSXXI Porto 22-01-2011

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Catarina Alexandra, JARDIM 50m: 35.91 35.91	F	104449	98	Famalicao	2:33.22	482	39.00
2.	Ana Silva, COSTA 50m: 35.32 35.32	F	104446	98	Famalicao	2:33.50	479	38.84
3.	Graça Maria, ARAUJO 50m: 36.86 36.86	F	104456	98	Famalicao	2:37.45	444	38.63
4.	Francisca Santos, PEREIRA 50m: 36.33 36.33	F	102019	98	FCPorto	2:38.79	433	41.23
5.	Ana Beatriz, MEIRELES 50m: 37.09 37.09	F	110663	98	Assoc. Desportiva de Fafe	2:40.16	422	40.84
6.	Barbara Nogueira, GONCALVES 50m: 38.37 38.37	F	104448	98	Famalicao	2:40.84	417	40.55
7.	Beatriz Neves, CARDOSO 50m: 38.85 38.85	F	105741	98	Lamas	2:41.18	414	40.47
8.	Daniela Rodrigues, FIGUEIREDO 50m: 38.84 38.84	F	102684	98	Leixoes Sport Clube	2:44.71	388	41.90
9.	Lucilia Ferreira, FREITAS 50m: 38.89 38.89	F	111082	98	FCPorto	2:45.09	385	41.88
10.	Catarina Sofia, NETO 50m: 39.60 39.60	F	104529	98	Gespacos	2:48.82	360	43.38
11.	Ana Filipa, FOLHA 50m: 39.31 39.31	F	106669	98	Leixoes Sport Clube	2:49.89	353	43.46
12.	Ines Oliveira, SANTOS 50m: 40.84 40.84	F	117415	98	FCPorto	2:52.52	338	42.50
13.	Barbara Alves, SILVA 50m: 41.31 41.31	F	104734	98	Leixoes Sport Clube	2:53.31	333	43.43
14.	Luana Morais, MONTEIRO 50m: 43.35 43.35	F	105898	98	Natacao da Maia	2:55.71	319	44.12
15.	Cristina Cunha, MENDES 50m: 41.56 41.56	F	106833	98	Vitoria Sport Clube	2:56.02	318	43.87
16.	Sara Martins, CAPELO 50m: 41.49 41.49	F	102562	98	Propaganda da Natacao	2:56.07	318	44.77
17.	Margarida Mendes, FERNANDES 50m: 42.05 42.05	F	111732	98	Vitoria Sport Clube	2:56.53	315	45.01
18.	Maria Francisca, ESCUDEIRO 50m: 40.83 40.83	F	104698	98	Natacao da Maia	2:57.27	311	45.23
19.	Ana Carolina, PEREIRA 50m: 40.80 40.80	F	104475	98	FCPorto	2:58.11	307	44.95
20.	Ines Campos, NETO 50m: 41.68 41.68	F	105776	98	Gespacos	2:58.60	304	45.58
21.	Joana Maria, LOPES 50m: 42.54 42.54	F	125468	98	Vitoria Sport Clube	2:58.68	304	45.33
22.	Rita Maria, CARDOSO 50m: 43.65 43.65	F	105877	98	Leixoes Sport Clube	2:58.93	303	44.76
23.	Rita Lima, PEREIRA 50m: 41.22 41.22	F	105777	98	Lamas	2:59.26	301	44.97
24.	Joana Baptista, CARVALHO 50m: 42.42 42.42	F	101559	98	Fluvial Portuense	2:59.76	298	45.03
25.	Ana Rita, CORREIA 50m: 42.88 42.88	F	104558	98	Lousada	3:05.58	271	47.56
26.	Raquel Sofia, LIMA 50m: 42.00 42.00	F	118326	98	Ginásio Santo Tirso	3:10.42	251	47.79
27.	Ana Rita, MESQUITA 50m: 45.40 45.40	F	111875	98	Leixoes Sport Clube	3:12.48	243	47.88
28.	Sofia Isabel, CORREIA 50m: 43.69 43.69	F	104560	98	Lousada	3:13.09	241	49.64
29.	Marcela Maria, MACHADO 50m: 46.72 46.72	F	117326	98	Vitoria Sport Clube	3:18.19	222	50.21
30.	Ana Isabel, MAGALHAES 50m: 49.63 49.63	F	123905	98	Valongo	3:28.82	190	51.23

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Prova 10, Femin., 200m Costas, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
31.	Ines Cerveira, SANTOS 50m: 47.05 47.05	F	110658	98	Propaganda da Natacao	<b>3:28.93</b>	190	55.11
DNS	Carla Luisa, ALVES	F	117522	98	Famalicão			DNS
DNS	Francisca Sousa, MAIA	F	117523	98	Famalicão			DNS

Prova 11

23-10-2011 - 11:05

Masc., 4 x 200m Livres

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Juvenis

Resultados

Recorde Regional 25m Absoluto	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Aguiar, Luis Sa	Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Juv B	8:14.79	Luis Monteiro, Ivo Seco, Pedro Moraes, Joao Monteiro		27-02-1998
Recorde Regional 25m Juv A	8:02.98	Fabio Pereira, Joao Maia, David Moraes, Adriano Guimarães		08-03-2002

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
<b>Juvenis B</b>								
1.	M			Leixões Sport Clube	<b>8:46.10</b>	469		
			97	Joao Afonso, PICA0	31.42	1:05.23	1:40.34	2:15.03
			97	Andre Goncalo, SANTOS	29.25	1:02.02	1:35.36	2:08.46
			97	Artur Miguel, MARQUES	30.15	1:05.17	1:41.51	2:16.85
			97	Vitor Joao, PEREIRA	30.66	1:03.34	1:35.15	2:05.76
2.	M			Ginásio Santo Tirso	<b>9:15.92</b>	398		
			97	Pedro Ferreira, LOPES	31.91	1:06.59	1:43.27	2:19.91
			97	Pedro Manuel, SILVA	29.86	1:04.56	1:39.20	2:12.87
			97	David Andre, ALMEIDA	31.40	1:08.27	1:45.24	2:21.30
			97	Jose Pedro, BARBOSA	31.26	1:06.81	1:44.97	2:21.84
3.	M			Lamas	<b>10:11.17</b>	299		
			97	Simao Miguel, CAPITAO	31.15	1:06.72	1:42.20	2:16.80
			97	Andre Oliveira, COUTO	37.22	1:20.24	2:02.76	2:42.22
			97	Joel Baptista, PEIXOTO	36.38	1:17.07	1:58.22	2:37.97
			97	Tiago Francisco, SILVA	34.44	1:14.90	1:55.40	2:34.18

Juvenis A

1.	M			Fluvial Portuense	<b>8:52.11</b>	454		
			96	Mauro Filipe, MAIA	31.73	1:03.83	1:37.41	2:10.28
			96	Julio Dinis, GONCALVES	29.54	1:01.43	1:34.14	2:06.67
			96	Ricardo Jorge, MESQUITA	31.17	1:06.50	1:41.87	2:15.81
			96	Nuno Miguel, BASTOS	31.80	1:07.02	1:43.21	2:19.35
2.	M			Ginásio Santo Tirso	<b>9:28.93</b>	371		
			96	Paulo Martins, ALMEIDA	31.83	1:07.62	1:44.88	2:21.46
			96	Miguel Filipe, PINTO	29.09	1:02.94	1:37.30	2:10.59
			96	Duarte Magalhaes, PINTO	32.28	1:09.87	1:48.58	2:26.58
			96	Manuel Duarte, FERNANDES	32.72	1:11.34	1:51.35	2:30.30
3.	M			Lamas	<b>10:17.02</b>	291		
			96	Daniel Fernando, MAGALHAES	32.79	1:10.64	1:51.11	2:30.11
			96	Nuno Baptista, PINTO	36.18	1:17.05	1:58.18	2:36.65
			96	David Jose, CARVALHO	35.46	1:15.67	1:58.99	2:40.80
			96	Joao Pedro, LOPES	33.05	1:10.72	1:50.57	2:29.46

Prova 12  
23-10-2011 - 11:20

Femin., 800m Livres  
CMEP - Clínica Médica do Exercício do Porto

Juvenis  
Resultados

Recorde Regional 25m Absoluto 8:52.24 Ana Feio, ALEGRIA SCB Algés 26-02-1993  
Recorde Regional 25m Juv 9:00.27 Alexandra Maria, SILVA FCP Antibes 21-12-1980

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Filipa, PORTELA	F	105488	98	Vitória Sport Clube	<b>9:49.98</b>	553	
	50m: 33.31 33.31				250m: 2:58.72 37.11	450m: 5:28.63 37.49	650m: 7:59.75 37.75	
	100m: 1:09.13 35.82				300m: 3:35.90 37.18	500m: 6:06.29 37.66	700m: 8:36.96 37.21	
	150m: 1:44.92 35.79				350m: 4:13.39 37.49	550m: 6:44.29 38.00	750m: 9:14.48 37.52	
	200m: 2:21.61 36.69				400m: 4:51.14 37.75	600m: 7:22.00 37.71	800m: 9:49.98 35.50	
2.	Maria Carolina, RIBEIRO	F	106805	98	FCPorto	<b>9:53.89</b>	543	
	50m: 33.98 33.98				250m: 3:02.48 37.14	450m: 5:32.44 37.64	650m: 8:02.18 37.41	
	100m: 1:11.11 37.13				300m: 3:40.35 37.87	500m: 6:09.63 37.19	700m: 8:39.44 37.26	
	150m: 1:48.23 37.12				350m: 4:17.91 37.56	550m: 6:47.36 37.73	750m: 9:17.07 37.63	
	200m: 2:25.34 37.11				400m: 4:54.80 36.89	600m: 7:24.77 37.41	800m: 9:53.89 36.82	
3.	Joana Cunha, SOUSA	F	103054	98	Foca	<b>9:59.58</b>	527	
	50m: 33.85 33.85				250m: 3:02.87 37.48	450m: 5:33.28 37.55	650m: 8:05.62 37.95	
	100m: 1:10.94 37.09				300m: 3:40.40 37.53	500m: 6:11.07 37.79	700m: 8:43.77 38.15	
	150m: 1:48.12 37.18				350m: 4:18.14 37.74	550m: 6:49.19 38.12	750m: 9:22.04 38.27	
	200m: 2:25.39 37.27				400m: 4:55.73 37.59	600m: 7:27.67 38.48	800m: 9:59.58 37.54	
4.	Ines Lucas, ALVES	F	104738	98	Leixões Sport Clube	<b>10:05.04</b>	513	
	50m: 34.55 34.55				250m: 3:05.90 38.30	450m: 5:39.54 38.47	650m: 8:12.57 38.09	
	100m: 1:11.74 37.19				300m: 3:44.29 38.39	500m: 6:17.88 38.34	700m: 8:50.83 38.26	
	150m: 1:49.48 37.74				350m: 4:22.61 38.32	550m: 6:56.21 38.33	750m: 9:29.73 37.90	
	200m: 2:27.60 38.12				400m: 5:01.07 38.46	600m: 7:34.48 38.27	800m: 10:05.04 36.31	
5.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	<b>10:24.91</b>	466	
	50m: 35.94 35.94				250m: 3:14.76 39.46	450m: 5:53.86 39.71	650m: 8:31.64 38.76	
	100m: 1:15.40 39.46				300m: 3:54.45 39.69	500m: 6:33.63 39.77	700m: 9:09.97 38.33	
	150m: 1:55.31 39.91				350m: 4:34.45 40.00	550m: 7:13.51 39.88	750m: 9:48.50 38.53	
	200m: 2:35.30 39.99				400m: 5:14.15 39.70	600m: 7:52.88 39.37	800m: 10:24.91 36.41	
6.	Ines Evangelista, BASTOS	F	110627	98	Assoc. Desportiva de Fafe	<b>10:27.16</b>	461	
	50m: 34.89 34.89				250m: 3:10.27 39.36	450m: 5:50.17 40.18	650m: 8:29.57 39.81	
	100m: 1:12.58 37.69				300m: 3:49.54 39.27	500m: 6:29.85 39.68	700m: 9:09.27 39.70	
	150m: 1:51.40 38.82				350m: 4:29.55 40.01	550m: 7:09.92 40.07	750m: 9:48.48 39.21	
	200m: 2:30.91 39.51				400m: 5:09.99 40.44	600m: 7:49.76 39.84	800m: 10:27.16 38.68	
7.	Lucilia Ferreira, FREITAS	F	111082	98	FCPorto	<b>10:33.85</b>	446	
	50m: 35.39 35.39				250m: 3:14.07 40.30	450m: 5:52.96 39.73	650m: 8:34.63 40.69	
	100m: 1:14.44 39.05				300m: 3:53.70 39.63	500m: 6:33.03 40.07	700m: 9:14.81 40.18	
	150m: 1:53.92 39.48				350m: 4:33.49 39.79	550m: 7:13.35 40.32	750m: 9:54.90 40.09	
	200m: 2:33.77 39.85				400m: 5:13.23 39.74	600m: 7:53.94 40.59	800m: 10:33.85 38.95	
8.	Ana Carolina, MOREIRA	F	111076	98	FCPorto	<b>10:36.45</b>	441	
	50m: 36.25 36.25				250m: 3:16.47 40.30	450m: 5:57.06 40.17	650m: 8:39.06 40.50	
	100m: 1:15.66 39.41				300m: 3:56.55 40.08	500m: 6:37.96 40.90	700m: 9:19.47 40.41	
	150m: 1:56.09 40.43				350m: 4:36.67 40.12	550m: 7:18.54 40.58	750m: 9:58.88 39.41	
	200m: 2:36.17 40.08				400m: 5:16.89 40.22	600m: 7:58.56 40.02	800m: 10:36.45 37.57	
9.	Ines Conceicao, FERRAZ	F	103245	98	Leixões Sport Clube	<b>10:36.96</b>	440	
	50m: 35.91 35.91				250m: 3:15.92 40.47	450m: 5:59.72 40.95	650m: 8:41.89 40.80	
	100m: 1:15.77 39.86				300m: 3:56.90 40.98	500m: 6:40.55 40.83	700m: 9:21.66 39.77	
	150m: 1:55.73 39.96				350m: 4:37.92 41.02	550m: 7:21.04 40.49	750m: 10:00.97 39.31	
	200m: 2:35.45 39.72				400m: 5:18.77 40.85	600m: 8:01.09 40.05	800m: 10:36.96 35.99	
10.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	<b>10:39.82</b>	434	
	50m: 36.05 36.05				250m: 3:16.70 39.79	450m: 5:56.67 39.27	650m: 8:38.53 41.03	
	100m: 1:15.81 39.76				300m: 3:57.16 40.46	500m: 6:36.19 39.52	700m: 9:19.48 40.95	
	150m: 1:56.33 40.52				350m: 4:37.37 40.21	550m: 7:16.65 40.46	750m: 9:59.78 40.30	
	200m: 2:36.91 40.58				400m: 5:17.40 40.03	600m: 7:57.50 40.85	800m: 10:39.82 40.04	
11.	Ana Margarida, SANTOS	F	106839	98	FCPorto	<b>10:43.80</b>	426	
	50m: 36.42 36.42				250m: 3:17.33 40.90	450m: 6:00.61 40.63	650m: 8:44.27 40.88	
	100m: 1:15.93 39.51				300m: 3:58.29 40.96	500m: 6:41.38 40.77	700m: 9:24.70 40.43	
	150m: 1:56.18 40.25				350m: 4:39.50 41.21	550m: 7:22.53 41.15	750m: 10:04.39 39.69	
	200m: 2:36.43 40.25				400m: 5:19.98 40.48	600m: 8:03.39 40.86	800m: 10:43.80 39.41	
12.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	<b>10:44.27</b>	425	
	50m: 35.58 35.58				250m: 3:17.78 41.38	450m: 6:03.51 41.74	650m: 8:47.46 40.61	
	100m: 1:15.21 39.63				300m: 3:58.91 41.13	500m: 6:44.72 41.21	700m: 9:27.05 39.59	
	150m: 1:55.94 40.73				350m: 4:40.29 41.38	550m: 7:26.17 41.45	750m: 10:07.06 40.01	
	200m: 2:36.40 40.46				400m: 5:21.77 41.48	600m: 8:06.85 40.68	800m: 10:44.27 37.21	
13.	Patricia Goncalves, CARDOSO	F	107707	98	FCPorto	<b>10:47.12</b>	419	
	50m: 35.11 35.11				250m: 3:14.09 40.64	450m: 5:56.93 41.25	650m: 8:44.01 42.06	
	100m: 1:13.47 38.36				300m: 3:54.14 40.05	500m: 6:38.50 41.57	700m: 9:25.57 41.56	
	150m: 1:53.19 39.72				350m: 4:34.40 40.26	550m: 7:20.05 41.55	750m: 10:07.28 41.71	
	200m: 2:33.45 40.26				400m: 5:15.68 41.28	600m: 8:01.95 41.90	800m: 10:47.12 39.84	
14.	Mafalda Ho, SANTOS	F	104714	98	Leixões Sport Clube	<b>10:47.72</b>	418	
	50m: 36.17 36.17				250m: 3:16.54 40.53	450m: 6:00.91 41.20	650m: 8:45.28 41.22	
	100m: 1:15.60 39.43				300m: 3:57.51 40.97	500m: 6:41.89 40.98	700m: 9:26.29 41.01	
	150m: 1:55.88 40.28				350m: 4:38.65 41.14	550m: 7:22.98 41.09	750m: 10:07.49 41.20	
	200m: 2:36.01 40.13				400m: 5:19.71 41.06	600m: 8:04.06 41.08	800m: 10:47.72 40.23	
15.	Filipa Flambo, SOUSA	F	117827	98	Leixões Sport Clube	<b>11:14.92</b>	370	
	50m: 36.80 36.80				250m: 3:24.99 42.76	450m: 6:15.60 42.22	650m: 9:05.60 43.03	
	100m: 1:17.85 41.05				300m: 4:07.89 42.90	500m: 6:57.37 41.77	700m: 9:48.74 43.14	
	150m: 1:59.81 41.96				350m: 4:50.74 42.85	550m: 7:40.05 42.68	750m: 10:31.57 42.83	
	200m: 2:42.23 42.42				400m: 5:33.38 42.64	600m: 8:22.57 42.52	800m: 11:14.92 43.35	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

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Prova 12, Femin., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube					Tempo Final	Pts	Obs
16.	Rita Lima, PEREIRA	F	105777	98	Lamas					<b>11:56.69</b>	<b>309</b>	
	50m:	40.26	40.26	250m:	3:39.94	45.04	450m:	6:40.68	45.56	650m:	9:41.23	44.96
	100m:	1:24.42	44.16	300m:	4:25.08	45.14	500m:	7:26.21	45.53	700m:	10:26.21	44.98
	150m:	2:09.56	45.14	350m:	5:10.37	45.29	550m:	8:11.48	45.27	750m:	11:11.07	44.86
	200m:	2:54.90	45.34	400m:	5:55.12	44.75	600m:	8:56.27	44.79	800m:	11:56.69	45.62