

1 - 1ª Jornada

16-11-2019 - 15:00

Prova 1 16-11-2019 - 15:00	Femin., 1500m Livres GRAFIPRONGO				25 anos e mais velhos Resultados	
RN A(25-29)	19:00.78	Carolina Santos, SILVA	CNMAIA	Porto	08-11-2014	
RN B(30-34)	18:54.87	Carolina Santos, SILVA	GCST	Porto	28-10-2018	
RN C(35-39)	20:33.67	Patricia Diogenes, PEREIRA	CFBE	San Lorenzo (ESP)		
RN D(40-44)	19:28.04	Susana Clara, GOMES	CNF	Funchal	26-11-2016	
RN E(45-49)	20:28.21	Patricia Diogenes, PEREIRA	SAD	Porto	28-11-2015	
RN F(50-54)	24:28.74	Rita Cabral, GUIMARAES	CFP	Porto	28-11-2015	
RN G(55-59)	59:00.00	start,				
RN H(60-64)	24:36.53	Ana Maria, FERREIRA	SAD	Porto	08-11-2014	
RN I(65-69)	24:30.19	Ana Maria, FERREIRA	SAD	Porto	28-11-2015	
RN J(70-74)	59:00.00	start,				
RN K(75-79)	59:00.00	start,				
RN L(80-84)	59:00.00	start,				
RN M(85-89)	59:00.00	start,				

MASTERS FEM : 27:30.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Gay, PARRAGA	F	92		CDU Granada	25:10.46	359	
	50m: 38.77	38.77	450m: 7:08.90	51.25	850m: 14:05.08	52.23	1250m: 20:59.60	51.65
	100m: 1:22.18	43.41	500m: 8:00.98	52.08	900m: 14:57.10	52.02	1300m: 21:49.88	50.28
	150m: 2:08.76	46.58	550m: 8:53.46	52.48	950m: 15:49.40	52.30	1350m: 22:40.56	50.68
	200m: 2:56.96	48.20	600m: 9:45.14	51.68	1000m: 16:41.11	51.71	1400m: 23:32.64	52.08
	250m: 3:46.14	49.18	650m: 10:36.30	51.16	1050m: 17:32.86	51.75	1450m: 24:22.63	49.99
	300m: 4:36.77	50.63	700m: 11:28.67	52.37	1100m: 18:24.80	51.94	1500m: 25:10.46	47.83
	350m: 5:26.75	49.98	750m: 12:20.64	51.97	1150m: 19:16.64	51.84		
	400m: 6:17.65	50.90	800m: 13:12.85	52.21	1200m: 20:07.95	51.31		

Master Esc E

WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense			WDR
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Master Esc F

1.	Ana Paula, GRILO	F	13478	69	Desportivo de Odemira	20:48.64	788	
	<i>Recorde Nacional</i>							
	50m: 39.57	39.57	450m: 6:14.50	41.82	850m: 11:47.02	41.65	1250m: 17:21.62	41.59
	100m: 1:21.71	42.14	500m: 6:55.74	41.24	900m: 12:28.54	41.52	1300m: 18:03.73	42.11
	150m: 2:03.58	41.87	550m: 7:37.23	41.49	950m: 13:10.39	41.85	1350m: 18:45.52	41.79
	200m: 2:45.36	41.78	600m: 8:19.04	41.81	1000m: 13:52.42	42.03	1400m: 19:27.62	42.10
	250m: 3:26.89	41.53	650m: 9:00.70	41.66	1050m: 14:34.26	41.84	1450m: 20:09.42	41.80
	300m: 4:08.76	41.87	700m: 9:42.64	41.94	1100m: 15:16.18	41.92	1500m: 20:48.64	39.22
	350m: 4:50.69	41.93	750m: 10:23.82	41.18	1150m: 15:57.93	41.75		
	400m: 5:32.68	41.99	800m: 11:05.37	41.55	1200m: 16:40.03	42.10		
2.	Margarida Bleck, REIS	F	210540	68	Porto	26:52.23	366	
	50m: 50.05	50.05	450m: 8:02.79	54.28	850m: 15:13.40	53.36	1250m: 22:27.06	54.10
	100m: 1:42.42	52.37	500m: 8:56.22	53.43	900m: 16:07.08	53.68	1300m: 23:21.94	54.88
	150m: 2:36.22	53.80	550m: 9:50.09	53.87	950m: 17:01.39	54.31	1350m: 24:15.64	53.70
	200m: 3:30.71	54.49	600m: 10:44.52	54.43	1000m: 17:55.45	54.06	1400m: 25:08.69	53.05
	250m: 4:25.68	54.97	650m: 11:38.23	53.71	1050m: 18:49.44	53.99	1450m: 26:01.84	53.15
	300m: 5:19.40	53.72	700m: 12:32.14	53.91	1100m: 19:43.94	54.50	1500m: 26:52.23	50.39
	350m: 6:14.01	54.61	750m: 13:25.94	53.80	1150m: 20:38.62	54.68		
	400m: 7:08.51	54.50	800m: 14:20.04	54.10	1200m: 21:32.96	54.34		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.61084

Registered to Associação de Natacao do Norte de Portugal

17-11-2019 13:15 - Página 1



Prova 1, Femin., 1500m Livres

25 anos e mais velhos

1.	Ana Paula, GRILLO	F	13478	69	Desportivo de Odemira				20:48.64	788		
	<i>Recorde Nacional</i>											
	50m:	39.57	39.57	450m:	6:14.50	41.82	850m:	11:47.02	41.65	1250m:	17:21.62	41.59
	100m:	1:21.71	42.14	500m:	6:55.74	41.24	900m:	12:28.54	41.52	1300m:	18:03.73	42.11
	150m:	2:03.58	41.87	550m:	7:37.23	41.49	950m:	13:10.39	41.85	1350m:	18:45.52	41.79
	200m:	2:45.36	41.78	600m:	8:19.04	41.81	1000m:	13:52.42	42.03	1400m:	19:27.62	42.10
	250m:	3:26.89	41.53	650m:	9:00.70	41.66	1050m:	14:34.26	41.84	1450m:	20:09.42	41.80
	300m:	4:08.76	41.87	700m:	9:42.64	41.94	1100m:	15:16.18	41.92	1500m:	20:48.64	39.22
	350m:	4:50.69	41.93	750m:	10:23.82	41.18	1150m:	15:57.93	41.75			
	400m:	5:32.68	41.99	800m:	11:05.37	41.55	1200m:	16:40.03	42.10			
2.	Margarida Bleck, REIS	F	210540	68	Porto				26:52.23	366		
	50m:	50.05	50.05	450m:	8:02.79	54.28	850m:	15:13.40	53.36	1250m:	22:27.06	54.10
	100m:	1:42.42	52.37	500m:	8:56.22	53.43	900m:	16:07.08	53.68	1300m:	23:21.94	54.88
	150m:	2:36.22	53.80	550m:	9:50.09	53.87	950m:	17:01.39	54.31	1350m:	24:15.64	53.70
	200m:	3:30.71	54.49	600m:	10:44.52	54.43	1000m:	17:55.45	54.06	1400m:	25:08.69	53.05
	250m:	4:25.68	54.97	650m:	11:38.23	53.71	1050m:	18:49.44	53.99	1450m:	26:01.84	53.15
	300m:	5:19.40	53.72	700m:	12:32.14	53.91	1100m:	19:43.94	54.50	1500m:	26:52.23	50.39
	350m:	6:14.01	54.61	750m:	13:25.94	53.80	1150m:	20:38.62	54.68			
	400m:	7:08.51	54.50	800m:	14:20.04	54.10	1200m:	21:32.96	54.34			
3.	Ana Gay, PARRAGA	F		92	CDU Granada				25:10.46	359		
	50m:	38.77	38.77	450m:	7:08.90	51.25	850m:	14:05.08	52.23	1250m:	20:59.60	51.65
	100m:	1:22.18	43.41	500m:	8:00.98	52.08	900m:	14:57.10	52.02	1300m:	21:49.88	50.28
	150m:	2:08.76	46.58	550m:	8:53.46	52.48	950m:	15:49.40	52.30	1350m:	22:40.56	50.68
	200m:	2:56.96	48.20	600m:	9:45.14	51.68	1000m:	16:41.11	51.71	1400m:	23:32.64	52.08
	250m:	3:46.14	49.18	650m:	10:36.30	51.16	1050m:	17:32.86	51.75	1450m:	24:22.63	49.99
	300m:	4:36.77	50.63	700m:	11:28.67	52.37	1100m:	18:24.80	51.94	1500m:	25:10.46	47.83
	350m:	5:26.75	49.98	750m:	12:20.64	51.97	1150m:	19:16.64	51.84			
	400m:	6:17.65	50.90	800m:	13:12.85	52.21	1200m:	20:07.95	51.31			
WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense						WDR	

Prova 2
16-11-2019 - 15:25

Masc., 1500m Livres
TURBO

25 anos e mais velhos
Resultados

RN A(25-29)	15:50.89	Hugo Alberto, RIBEIRO	INDANP	Porto	28-11-2015
RN B(30-34)	17:41.58	Adriano Miguel, NIZ	GDNFAMA	Porto	28-10-2018
RN C(35-39)	18:17.18	Carlos Neves, CABRITA	UDCA	Londres (GBR)	25-11-2006
RN D(40-44)	18:51.55	Patrick, SANTOS	FS	Paris (FRA)	09-06-2019
RN E(45-49)	17:33.84	Jose Carlos, FREITAS	CFP	Vigo (ESP)	25-03-2012
RN F(50-54)	17:28.53	Jose Carlos, FREITAS	CFP	Porto	28-11-2015
RN G(55-59)	18:03.28	Jose Carlos, FREITAS	INDNP	Porto	28-10-2018
RN H(60-64)	22:04.20	Alberto Vaz, CORREIA	SAD	Porto	28-11-2015
RN I(65-69)	59:00.00	start,			
RN J(70-74)	30:34.81	Alexandre Azevedo, GASPAR	SAD	Porto	28-11-2015
RN K(75-79)	59:00.00	start,			
RN L(80-84)	59:00.00	start,			
RN M(85-89)	59:00.00	start,			

MASTERS MASC : 25:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs				
1.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	21:16.79	436					
	50m:	35.18	35.18	450m:	6:04.03	43.54	850m:	11:52.65	43.82	1250m:	17:44.01	42.76
	100m:	1:14.36	39.18	500m:	6:47.05	43.02	900m:	12:35.19	42.54	1300m:	18:27.77	43.76
	150m:	1:53.92	39.56	550m:	7:29.85	42.80	950m:	13:18.80	43.61	1350m:	19:11.00	43.23
	200m:	2:33.66	39.74	600m:	8:14.67	44.82	1000m:	14:01.98	43.18	1400m:	19:53.43	42.43
	250m:	3:14.26	40.60	650m:	8:58.26	43.59	1050m:	14:46.68	44.70	1450m:	20:36.95	43.52
	300m:	3:55.43	41.17	700m:	9:42.22	43.96	1100m:	15:31.91	45.23	1500m:	21:16.79	39.84
	350m:	4:37.81	42.38	750m:	10:25.65	43.43	1150m:	16:16.91	45.00			
	400m:	5:20.49	42.68	800m:	11:08.83	43.18	1200m:	17:01.25	44.34			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.61084

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17-11-2019 13:15 - Página 2



Prova 2, Masc., 1500m Livres

Master Esc B

1. Adriano Miguel, NIZ	M	23013	86	Famalicao					17:16.65	849	
<i>Recorde Nacional</i>											
50m:	30.05	30.05	450m:	5:01.76	34.54	850m:	9:40.92	34.86	1250m:	14:19.68	35.18
100m:	1:02.97	32.92	500m:	5:35.98	34.22	900m:	10:15.54	34.62	1300m:	14:54.75	35.07
150m:	1:36.61	33.64	550m:	6:10.73	34.75	950m:	10:50.33	34.79	1350m:	15:29.18	34.43
200m:	2:10.44	33.83	600m:	6:45.52	34.79	1000m:	11:24.97	34.64	1400m:	16:03.92	34.74
250m:	2:44.61	34.17	650m:	7:20.64	35.12	1050m:	11:58.94	33.97	1450m:	16:38.74	34.82
300m:	3:18.62	34.01	700m:	7:55.87	35.23	1100m:	12:33.63	34.69	1500m:	17:16.65	37.91
350m:	3:52.86	34.24	750m:	8:31.16	35.29	1150m:	13:08.90	35.27			
400m:	4:27.22	34.36	800m:	9:06.06	34.90	1200m:	13:44.50	35.60			
2. Pedro Joaquim, MOREIRA	M	131844	87	Penafiel					22:36.60	378	
50m:	35.37	35.37	450m:	6:12.16	44.30	850m:	12:22.36	46.96	1250m:	18:41.39	47.33
100m:	1:14.19	38.82	500m:	6:57.46	45.30	900m:	13:09.77	47.41	1300m:	19:29.27	47.88
150m:	1:54.16	39.97	550m:	7:43.32	45.86	950m:	13:56.66	46.89	1350m:	20:16.44	47.17
200m:	2:34.69	40.53	600m:	8:29.62	46.30	1000m:	14:43.80	47.14	1400m:	21:03.66	47.22
250m:	3:16.58	41.89	650m:	9:15.92	46.30	1050m:	15:31.26	47.46	1450m:	21:50.80	47.14
300m:	3:59.88	43.30	700m:	10:01.90	45.98	1100m:	16:18.76	47.50	1500m:	22:36.60	45.80
350m:	4:43.35	43.47	750m:	10:48.66	46.76	1150m:	17:06.47	47.71			
400m:	5:27.86	44.51	800m:	11:35.40	46.74	1200m:	17:54.06	47.59			
WDR Hugo Alberto, RIBEIRO	M	23114	88	Leixoes Sport Club						WDR	
WDR Tiago Narciso, CARMO	M	153493	85	Ginásio Santo Tirso						WDR	

Master Esc C

1. Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense					19:12.61	657	
50m:	35.01	35.01	450m:	5:44.50	38.36	850m:	10:54.53	39.41	1250m:	16:07.00	38.62
100m:	1:13.71	38.70	500m:	6:22.82	38.32	900m:	11:33.76	39.23	1300m:	16:45.33	38.33
150m:	1:52.56	38.85	550m:	7:01.32	38.50	950m:	12:13.05	39.29	1350m:	17:23.72	38.39
200m:	2:31.56	39.00	600m:	7:39.75	38.43	1000m:	12:52.08	39.03	1400m:	18:01.36	37.64
250m:	3:10.27	38.71	650m:	8:18.26	38.51	1050m:	13:31.54	39.46	1450m:	18:38.37	37.01
300m:	3:49.03	38.76	700m:	8:56.58	38.32	1100m:	14:10.38	38.84	1500m:	19:12.61	34.24
350m:	4:27.92	38.89	750m:	9:35.75	39.17	1150m:	14:49.60	39.22			
400m:	5:06.14	38.22	800m:	10:15.12	39.37	1200m:	15:28.38	38.78			

Master Esc D

1. Urbano Jesus, SANTOS	M	20649	75	Penafiel					22:37.37	396	
50m:	39.57	39.57	450m:	6:37.06	45.53	850m:	12:41.63	45.38	1250m:	18:48.97	46.42
100m:	1:22.33	42.76	500m:	7:23.64	46.58	900m:	13:27.25	45.62	1300m:	19:34.86	45.89
150m:	2:05.92	43.59	550m:	8:09.46	45.82	950m:	14:13.08	45.83	1350m:	20:20.53	45.67
200m:	2:50.36	44.44	600m:	8:54.56	45.10	1000m:	14:58.70	45.62	1400m:	21:06.02	45.49
250m:	3:35.17	44.81	650m:	9:39.93	45.37	1050m:	15:44.99	46.29	1450m:	21:51.84	45.82
300m:	4:20.64	45.47	700m:	10:25.30	45.37	1100m:	16:30.76	45.77	1500m:	22:37.37	45.53
350m:	5:06.08	45.44	750m:	11:11.01	45.71	1150m:	17:16.72	45.96			
400m:	5:51.53	45.45	800m:	11:56.25	45.24	1200m:	18:02.55	45.83			
2. Joao Antonio, GOMES	M	121592	75	Leixoes Sport Club					23:31.01	352	
50m:	39.51	39.51	450m:	6:52.80	47.92	850m:	13:12.73	48.14	1250m:	19:34.98	47.70
100m:	1:24.15	44.64	500m:	7:39.27	46.47	900m:	14:00.31	47.58	1300m:	20:23.29	48.31
150m:	2:10.29	46.14	550m:	8:27.19	47.92	950m:	14:48.20	47.89	1350m:	21:11.44	48.15
200m:	2:57.11	46.82	600m:	9:14.06	46.87	1000m:	15:35.74	47.54	1400m:	21:58.81	47.37
250m:	3:43.57	46.46	650m:	10:01.94	47.88	1050m:	16:23.89	48.15	1450m:	22:45.96	47.15
300m:	4:30.92	47.35	700m:	10:50.10	48.16	1100m:	17:11.52	47.63	1500m:	23:31.01	45.05
350m:	5:17.77	46.85	750m:	11:36.93	46.83	1150m:	17:59.44	47.92			
400m:	6:04.88	47.11	800m:	12:24.59	47.66	1200m:	18:47.28	47.84			

Master Esc E

1. Joao Miguel, MACEDO	M	121593	74	Leixoes Sport Club					21:28.29	451	
50m:	36.11	36.11	450m:	6:13.36	43.00	850m:	12:02.03	43.71	1250m:	17:54.66	44.45
100m:	1:16.75	40.64	500m:	6:56.88	43.52	900m:	12:46.11	44.08	1300m:	18:39.34	44.68
150m:	1:57.80	41.05	550m:	7:39.35	42.47	950m:	13:30.20	44.09	1350m:	19:23.46	44.12
200m:	2:39.90	42.10	600m:	8:22.93	43.58	1000m:	14:14.46	44.26	1400m:	20:07.48	44.02
250m:	3:22.22	42.32	650m:	9:06.74	43.81	1050m:	14:57.83	43.37	1450m:	20:50.99	43.51
300m:	4:04.58	42.36	700m:	9:51.04	44.30	1100m:	15:41.62	43.79	1500m:	21:28.29	37.30
350m:	4:47.13	42.55	750m:	10:34.81	43.77	1150m:	16:26.15	44.53			
400m:	5:30.36	43.23	800m:	11:18.32	43.51	1200m:	17:10.21	44.06			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.61084

Registered to Associação de Natacao do Norte de Portugal

17-11-2019 13:15 - Página 3



Prova 2, Masc., 1500m Livres, Master Esc E

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
2.	Pierre-Andre, GOISQUE	M	209007	70	Fluvial Portuense	23:04.03	364	
	50m: 35.83	35.83	450m: 6:31.92	46.67	850m: 12:49.32	48.22	1250m: 19:08.83	46.07
	100m: 1:16.44	40.61	500m: 7:18.58	46.66	900m: 13:37.49	48.17	1300m: 19:55.57	46.74
	150m: 1:58.92	42.48	550m: 8:04.60	46.02	950m: 14:24.65	47.16	1350m: 20:42.85	47.28
	200m: 2:42.66	43.74	600m: 8:52.36	47.76	1000m: 15:12.88	48.23	1400m: 21:29.24	46.39
	250m: 3:28.44	45.78	650m: 9:39.28	46.92	1050m: 16:00.24	47.36	1450m: 22:15.51	46.27
	300m: 4:14.12	45.68	700m: 10:26.57	47.29	1100m: 16:48.68	48.44	1500m: 23:04.03	48.52
	350m: 4:59.41	45.29	750m: 11:14.11	47.54	1150m: 17:35.22	46.54		
	400m: 5:45.25	45.84	800m: 12:01.10	46.99	1200m: 18:22.76	47.54		

Master Esc F

1.	Paulo Alexandre, NEVES	M	112616	66	Leixoes Sport Club	23:44.92	364	
	50m: 39.95	39.95	450m: 6:53.51	47.22	850m: 13:18.07	47.65	1250m: 19:46.32	48.65
	100m: 1:24.23	44.28	500m: 7:42.48	48.97	900m: 14:05.43	47.36	1300m: 20:34.71	48.39
	150m: 2:10.00	45.77	550m: 8:29.91	47.43	950m: 14:53.32	47.89	1350m: 21:23.29	48.58
	200m: 2:56.26	46.26	600m: 9:17.61	47.70	1000m: 15:41.92	48.60	1400m: 22:11.39	48.10
	250m: 3:43.32	47.06	650m: 10:04.76	47.15	1050m: 16:30.30	48.38	1450m: 22:59.35	47.96
	300m: 4:30.94	47.62	700m: 10:53.77	49.01	1100m: 17:18.12	47.82	1500m: 23:44.92	45.57
	350m: 5:18.14	47.20	750m: 11:41.93	48.16	1150m: 18:07.46	49.34		
	400m: 6:06.29	48.15	800m: 12:30.42	48.49	1200m: 18:57.67	50.21		
WDR	Jose Manuel, BAPTISTA	M	130027	69	Leixoes Sport Club			WDR
WDR	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro			WDR

Master Esc G

1.	Jose Carlos, FREITAS	M	111877	63	Individual ANNP	18:03.55	925	
	<i>Recorde Nacional</i>							
	50m: 33.40	33.40	450m: 5:22.14	36.12	850m: 10:10.09	35.96	1250m: 15:01.03	36.73
	100m: 1:09.42	36.02	500m: 5:58.03	35.89	900m: 10:46.12	36.03	1300m: 15:37.80	36.77
	150m: 1:45.61	36.19	550m: 6:33.90	35.87	950m: 11:22.08	35.96	1350m: 16:14.57	36.77
	200m: 2:21.79	36.18	600m: 7:09.80	35.90	1000m: 11:58.59	36.51	1400m: 16:51.52	36.95
	250m: 2:57.97	36.18	650m: 7:45.80	36.00	1050m: 12:34.95	36.36	1450m: 17:28.50	36.98
	300m: 3:34.06	36.09	700m: 8:21.81	36.01	1100m: 13:11.24	36.29	1500m: 18:03.55	35.05
	350m: 4:10.10	36.04	750m: 8:58.10	36.29	1150m: 13:47.65	36.41		
	400m: 4:46.02	35.92	800m: 9:34.13	36.03	1200m: 14:24.30	36.65		
2.	Armando Joao, COSTA	M	12262	63	Colegio SMLamas	23:19.57	429	
	50m: 37.44	37.44	450m: 6:44.83	46.78	850m: 13:03.69	47.63	1250m: 19:26.19	48.50
	100m: 1:20.09	42.65	500m: 7:31.62	46.79	900m: 13:51.64	47.95	1300m: 20:14.09	47.90
	150m: 2:04.96	44.87	550m: 8:19.19	47.57	950m: 14:39.52	47.88	1350m: 21:01.12	47.03
	200m: 2:50.81	45.85	600m: 9:06.59	47.40	1000m: 15:26.64	47.12	1400m: 21:47.57	46.45
	250m: 3:37.15	46.34	650m: 9:54.17	47.58	1050m: 16:14.56	47.92	1450m: 22:33.21	45.64
	300m: 4:24.13	46.98	700m: 10:41.64	47.47	1100m: 17:02.91	48.35	1500m: 23:19.57	46.36
	350m: 5:10.99	46.86	750m: 11:29.00	47.36	1150m: 17:50.47	47.56		
	400m: 5:58.05	47.06	800m: 12:16.06	47.06	1200m: 18:37.69	47.22		
3.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro	24:56.15	351	
	50m: 44.24	44.24	450m: 7:08.51	40.87	850m: 14:01.18	50.67	1250m: 20:45.36	50.92
	100m: 1:32.25	48.01	500m: 8:07.26	58.75	900m: 14:51.40	50.22	1300m: 21:36.20	50.84
	150m: 2:19.76	47.51	550m: 8:57.44	50.18	950m: 15:42.26	50.86	1350m: 22:26.82	50.62
	200m: 3:09.45	49.69	600m: 9:48.20	50.76	1000m: 16:32.47	50.21	1400m: 23:18.29	51.47
	250m: 3:59.29	48.84	650m: 10:38.65	50.45	1050m: 17:22.13	49.66	1450m: 24:09.72	51.43
	300m: 4:47.33	49.04	700m: 11:29.78	51.13	1100m: 18:12.64	50.51	1500m: 24:56.15	46.43
	350m: 5:32.68	45.35	750m: 12:20.24	50.46	1150m: 19:03.63	50.99		
	400m: 6:27.64	54.96	800m: 13:10.51	50.27	1200m: 19:54.44	50.81		
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR

Master Esc H

WDR	Alberto Vaz, CORREIA	M	128374	55	Salesianos			WDR
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25 anos e mais velhos

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Jose Carlos, FREITAS <i>Recorde Nacional</i>	M	111877	63	Individual ANNP	18:03.55	925	
	50m: 33.40	33.40	450m: 5:22.14	36.12	850m: 10:10.09	35.96	1250m: 15:01.03	36.73
	100m: 1:09.42	36.02	500m: 5:58.03	35.89	900m: 10:46.12	36.03	1300m: 15:37.80	36.77
	150m: 1:45.61	36.19	550m: 6:33.90	35.87	950m: 11:22.08	35.96	1350m: 16:14.57	36.77
	200m: 2:21.79	36.18	600m: 7:09.80	35.90	1000m: 11:58.59	36.51	1400m: 16:51.52	36.95
	250m: 2:57.97	36.18	650m: 7:45.80	36.00	1050m: 12:34.95	36.36	1450m: 17:28.50	36.98
	300m: 3:34.06	36.09	700m: 8:21.81	36.01	1100m: 13:11.24	36.29	1500m: 18:03.55	35.05
	350m: 4:10.10	36.04	750m: 8:58.10	36.29	1150m: 13:47.65	36.41		
	400m: 4:46.02	35.92	800m: 9:34.13	36.03	1200m: 14:24.30	36.65		
2.	Adriano Miguel, NIZ <i>Recorde Nacional</i>	M	23013	86	Famalicao	17:16.65	849	
	50m: 30.05	30.05	450m: 5:01.76	34.54	850m: 9:40.92	34.86	1250m: 14:19.68	35.18
	100m: 1:02.97	32.92	500m: 5:35.98	34.22	900m: 10:15.54	34.62	1300m: 14:54.75	35.07
	150m: 1:36.61	33.64	550m: 6:10.73	34.75	950m: 10:50.33	34.79	1350m: 15:29.18	34.43
	200m: 2:10.44	33.83	600m: 6:45.52	34.79	1000m: 11:24.97	34.64	1400m: 16:03.92	34.74
	250m: 2:44.61	34.17	650m: 7:20.64	35.12	1050m: 11:58.94	33.97	1450m: 16:38.74	34.82
	300m: 3:18.62	34.01	700m: 7:55.87	35.23	1100m: 12:33.63	34.69	1500m: 17:16.65	37.91
	350m: 3:52.86	34.24	750m: 8:31.16	35.29	1150m: 13:08.90	35.27		
	400m: 4:27.22	34.36	800m: 9:06.06	34.90	1200m: 13:44.50	35.60		
3.	Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense	19:12.61	657	
	50m: 35.01	35.01	450m: 5:44.50	38.36	850m: 10:54.53	39.41	1250m: 16:07.00	38.62
	100m: 1:13.71	38.70	500m: 6:22.82	38.32	900m: 11:33.76	39.23	1300m: 16:45.33	38.33
	150m: 1:52.56	38.85	550m: 7:01.32	38.50	950m: 12:13.05	39.29	1350m: 17:23.72	38.39
	200m: 2:31.56	39.00	600m: 7:39.75	38.43	1000m: 12:52.08	39.03	1400m: 18:01.36	37.64
	250m: 3:10.27	38.71	650m: 8:18.26	38.51	1050m: 13:31.54	39.46	1450m: 18:38.37	37.01
	300m: 3:49.03	38.76	700m: 8:56.58	38.32	1100m: 14:10.38	38.84	1500m: 19:12.61	34.24
	350m: 4:27.92	38.89	750m: 9:35.75	39.17	1150m: 14:49.60	39.22		
	400m: 5:06.14	38.22	800m: 10:15.12	39.37	1200m: 15:28.38	38.78		
4.	Joao Miguel, MACEDO	M	121593	74	Leixoes Sport Club	21:28.29	451	
	50m: 36.11	36.11	450m: 6:13.36	43.00	850m: 12:02.03	43.71	1250m: 17:54.66	44.45
	100m: 1:16.75	40.64	500m: 6:56.88	43.52	900m: 12:46.11	44.08	1300m: 18:39.34	44.68
	150m: 1:57.80	41.05	550m: 7:39.35	42.47	950m: 13:30.20	44.09	1350m: 19:23.46	44.12
	200m: 2:39.90	42.10	600m: 8:22.93	43.58	1000m: 14:14.46	44.26	1400m: 20:07.48	44.02
	250m: 3:22.22	42.32	650m: 9:06.74	43.81	1050m: 14:57.83	43.37	1450m: 20:50.99	43.51
	300m: 4:04.58	42.36	700m: 9:51.04	44.30	1100m: 15:41.62	43.79	1500m: 21:28.29	37.30
	350m: 4:47.13	42.55	750m: 10:34.81	43.77	1150m: 16:26.15	44.53		
	400m: 5:30.36	43.23	800m: 11:18.32	43.51	1200m: 17:10.21	44.06		
5.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	21:16.79	436	
	50m: 35.18	35.18	450m: 6:04.03	43.54	850m: 11:52.65	43.82	1250m: 17:44.01	42.76
	100m: 1:14.36	39.18	500m: 6:47.05	43.02	900m: 12:35.19	42.54	1300m: 18:27.77	43.76
	150m: 1:53.92	39.56	550m: 7:29.85	42.80	950m: 13:18.80	43.61	1350m: 19:11.00	43.23
	200m: 2:33.66	39.74	600m: 8:14.67	44.82	1000m: 14:01.98	43.18	1400m: 19:53.43	42.43
	250m: 3:14.26	40.60	650m: 8:58.26	43.59	1050m: 14:46.68	44.70	1450m: 20:36.95	43.52
	300m: 3:55.43	41.17	700m: 9:42.22	43.96	1100m: 15:31.91	45.23	1500m: 21:16.79	39.84
	350m: 4:37.81	42.38	750m: 10:25.65	43.43	1150m: 16:16.91	45.00		
	400m: 5:20.49	42.68	800m: 11:08.83	43.18	1200m: 17:01.25	44.34		
6.	Armando Joao, COSTA	M	12262	63	Colegio SMLamas	23:19.57	429	
	50m: 37.44	37.44	450m: 6:44.83	46.78	850m: 13:03.69	47.63	1250m: 19:26.19	48.50
	100m: 1:20.09	42.65	500m: 7:31.62	46.79	900m: 13:51.64	47.95	1300m: 20:14.09	47.90
	150m: 2:04.96	44.87	550m: 8:19.19	47.57	950m: 14:39.52	47.88	1350m: 21:01.12	47.03
	200m: 2:50.81	45.85	600m: 9:06.59	47.40	1000m: 15:26.64	47.12	1400m: 21:47.57	46.45
	250m: 3:37.15	46.34	650m: 9:54.17	47.58	1050m: 16:14.56	47.92	1450m: 22:33.21	45.64
	300m: 4:24.13	46.98	700m: 10:41.64	47.47	1100m: 17:02.91	48.35	1500m: 23:19.57	46.36
	350m: 5:10.99	46.86	750m: 11:29.00	47.36	1150m: 17:50.47	47.56		
	400m: 5:58.05	47.06	800m: 12:16.06	47.06	1200m: 18:37.69	47.22		
7.	Urbino Jesus, SANTOS	M	20649	75	Penafiel	22:37.37	396	
	50m: 39.57	39.57	450m: 6:37.06	45.53	850m: 12:41.63	45.38	1250m: 18:48.97	46.42
	100m: 1:22.33	42.76	500m: 7:23.64	46.58	900m: 13:27.25	45.62	1300m: 19:34.86	45.89
	150m: 2:05.92	43.59	550m: 8:09.46	45.82	950m: 14:13.08	45.83	1350m: 20:20.53	45.67
	200m: 2:50.36	44.44	600m: 8:54.56	45.10	1000m: 14:58.70	45.62	1400m: 21:06.02	45.49
	250m: 3:35.17	44.81	650m: 9:39.93	45.37	1050m: 15:44.99	46.29	1450m: 21:51.84	45.82
	300m: 4:20.64	45.47	700m: 10:25.30	45.37	1100m: 16:30.76	45.77	1500m: 22:37.37	45.53
	350m: 5:06.08	45.44	750m: 11:11.01	45.71	1150m: 17:16.72	45.96		
	400m: 5:51.53	45.45	800m: 11:56.25	45.24	1200m: 18:02.55	45.83		
8.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel	22:36.60	378	
	50m: 35.37	35.37	450m: 6:12.16	44.30	850m: 12:22.36	46.96	1250m: 18:41.39	47.33
	100m: 1:14.19	38.82	500m: 6:57.46	45.30	900m: 13:09.77	47.41	1300m: 19:29.27	47.88
	150m: 1:54.16	39.97	550m: 7:43.32	45.86	950m: 13:56.66	46.89	1350m: 20:16.44	47.17
	200m: 2:34.69	40.53	600m: 8:29.62	46.30	1000m: 14:43.80	47.14	1400m: 21:03.66	47.22
	250m: 3:16.58	41.89	650m: 9:15.92	46.30	1050m: 15:31.26	47.46	1450m: 21:50.80	47.14
	300m: 3:59.88	43.30	700m: 10:01.90	45.98	1100m: 16:18.76	47.50	1500m: 22:36.60	45.80
	350m: 4:43.35	43.47	750m: 10:48.66	46.76	1150m: 17:06.47	47.71		
	400m: 5:27.86	44.51	800m: 11:35.40	46.74	1200m: 17:54.06	47.59		

Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Pierre-Andre, GOISQUE	M	209007	70	Fluvial Portuense	23:04.03	364	
	50m: 35.83	35.83	450m: 6:31.92	46.67	850m: 12:49.32	48.22	1250m: 19:08.83	46.07
	100m: 1:16.44	40.61	500m: 7:18.58	46.66	900m: 13:37.49	48.17	1300m: 19:55.57	46.74
	150m: 1:58.92	42.48	550m: 8:04.60	46.02	950m: 14:24.65	47.16	1350m: 20:42.85	47.28
	200m: 2:42.66	43.74	600m: 8:52.36	47.76	1000m: 15:12.88	48.23	1400m: 21:29.24	46.39
	250m: 3:28.44	45.78	650m: 9:39.28	46.92	1050m: 16:00.24	47.36	1450m: 22:15.51	46.27
	300m: 4:14.12	45.68	700m: 10:26.57	47.29	1100m: 16:48.68	48.44	1500m: 23:04.03	48.52
	350m: 4:59.41	45.29	750m: 11:14.11	47.54	1150m: 17:35.22	46.54		
	400m: 5:45.25	45.84	800m: 12:01.10	46.99	1200m: 18:22.76	47.54		
	Paulo Alexandre, NEVES	M	112616	66	Leixoes Sport Club	23:44.92	364	
	50m: 39.95	39.95	450m: 6:53.51	47.22	850m: 13:18.07	47.65	1250m: 19:46.32	48.65
	100m: 1:24.23	44.28	500m: 7:42.48	48.97	900m: 14:05.43	47.36	1300m: 20:34.71	48.39
	150m: 2:10.00	45.77	550m: 8:29.91	47.43	950m: 14:53.32	47.89	1350m: 21:23.29	48.58
	200m: 2:56.26	46.26	600m: 9:17.61	47.70	1000m: 15:41.92	48.60	1400m: 22:11.39	48.10
	250m: 3:43.32	47.06	650m: 10:04.76	47.15	1050m: 16:30.30	48.38	1450m: 22:59.35	47.96
	300m: 4:30.94	47.62	700m: 10:53.77	49.01	1100m: 17:18.12	47.82	1500m: 23:44.92	45.57
	350m: 5:18.14	47.20	750m: 11:41.93	48.16	1150m: 18:07.46	49.34		
	400m: 6:06.29	48.15	800m: 12:30.42	48.49	1200m: 18:57.67	50.21		
11.	Joao Antonio, GOMES	M	121592	75	Leixoes Sport Club	23:31.01	352	
	50m: 39.51	39.51	450m: 6:52.80	47.92	850m: 13:12.73	48.14	1250m: 19:34.98	47.70
	100m: 1:24.15	44.64	500m: 7:39.27	46.47	900m: 14:00.31	47.58	1300m: 20:23.29	48.31
	150m: 2:10.29	46.14	550m: 8:27.19	47.92	950m: 14:48.20	47.89	1350m: 21:11.44	48.15
	200m: 2:57.11	46.82	600m: 9:14.06	46.87	1000m: 15:35.74	47.54	1400m: 21:58.81	47.37
	250m: 3:43.57	46.46	650m: 10:01.94	47.88	1050m: 16:23.89	48.15	1450m: 22:45.96	47.15
	300m: 4:30.92	47.35	700m: 10:50.10	48.16	1100m: 17:11.52	47.63	1500m: 23:31.01	45.05
	350m: 5:17.77	46.85	750m: 11:36.93	46.83	1150m: 17:59.44	47.92		
	400m: 6:04.88	47.11	800m: 12:24.59	47.66	1200m: 18:47.28	47.84		
12.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro	24:56.15	351	
	50m: 44.24	44.24	450m: 7:08.51	40.87	850m: 14:01.18	50.67	1250m: 20:45.36	50.92
	100m: 1:32.25	48.01	500m: 8:07.26	58.75	900m: 14:51.40	50.22	1300m: 21:36.20	50.84
	150m: 2:19.76	47.51	550m: 8:57.44	50.18	950m: 15:42.26	50.86	1350m: 22:26.82	50.62
	200m: 3:09.45	49.69	600m: 9:48.20	50.76	1000m: 16:32.47	50.21	1400m: 23:18.29	51.47
	250m: 3:58.29	48.84	650m: 10:38.65	50.45	1050m: 17:22.13	49.66	1450m: 24:09.72	51.43
	300m: 4:47.33	49.04	700m: 11:29.78	51.13	1100m: 18:12.64	50.51	1500m: 24:56.15	46.43
	350m: 5:32.68	45.35	750m: 12:20.24	50.46	1150m: 19:03.63	50.99		
	400m: 6:27.64	54.96	800m: 13:10.51	50.27	1200m: 19:54.44	50.81		
WDR	Alberto Vaz, CORREIA	M	128374	55	Salesianos			WDR
WDR	Jose Manuel, BAPTISTA	M	130027	69	Leixoes Sport Club			WDR
WDR	Hugo Alberto, RIBEIRO	M	23114	88	Leixoes Sport Club			WDR
WDR	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro			WDR
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR
WDR	Tiago Narciso, CARMO	M	153493	85	Ginásio Santo Tirso			WDR

Prova 3 16-11-2019 - 16:15	Femin., 100m Costas GRAFIPRONGO				25 anos e mais velhos Resultados
RN A(25-29)	1:07.01	Filipa Mendes, PINHEIRO	EDV	Mealhada	18-01-2019
RN B(30-34)	1:09.23	Ana Paula, GRILO	UDCA	Funchal	05-04-2003
RN C(35-39)	1:09.91	Ana Paula, GRILO	UDCA	Caldas da Rainha	19-02-2005
RN D(40-44)	1:11.91	Ana Paula, GRILO	INDALEN	Lisboa	20-03-2010
RN E(45-49)	1:15.34	Monica Anjos, REZENDE	INDANC	Mealhada	07-01-2018
RN F(50-54)	1:17.09	Monica Anjos, REZENDE	FCP	Mealhada	18-01-2019
RN G(55-59)	1:19.42	Elena Nikolaevna, KRAEVA	ADRCIMM	Tomar	30-01-2016
RN H(60-64)	1:37.00	Ana Maria, FERREIRA	SAD	Tomar	28-01-2012
RN I(65-69)	1:42.96	Ana Maria, FERREIRA	SAD	Sines	28-01-2017
RN J(70-74)	2:07.18	Isabel Maria, RAIMUNDO	SAD	Lisboa	26-02-2011
RN K(75-79)	2:08.60	Isabel Maria, RAIMUNDO	SAD	Pontevedra (ESP)	21-02-2015
RN L(80-84)	2:16.56	Nair Gomes, SA	ANE	Sines	02-03-2019
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc B								
1.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	1:24.90	481	
	50m: 40.71 40.71	100m: 1:24.90			44.19			
2.	Filipa Isabel, REIS	F	153141	87	Leixoes Sport Club	1:56.96	184	
	50m: 56.14 56.14	100m: 1:56.96			1:00.82			
Master Esc C								
1.	Ana DAlte, GUEDES	F	121739	80	Leixoes Sport Club	1:35.97	324	
	50m: 47.83 47.83	100m: 1:35.97			48.14			
2.	Isabel Carolina, NEVES	F	202850	80	Individual ANNP	1:53.09	198	
	50m: 57.66 57.66	100m: 1:53.09			55.43			
Master Esc D								
1.	Liliana Elisabete, BAPTISTA	F	120495	78	Leixoes Sport Club	1:19.96	613	
	50m: 39.23 39.23	100m: 1:19.96			40.73			
Master Esc E								
1.	Maria Manuela, OLIVEIRA	F	208451	74	Sporting Clube de Espinho	1:41.67	297	
	50m: 48.33 48.33	100m: 1:41.67			53.34			
2.	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia	2:00.48	178	
	50m: 58.58 58.58	100m: 2:00.48			1:01.90			
Master Esc G								
1.	Gracinda Maria, MACHADO	F	117386	61	Ginásio Santo Tirso	2:18.09	164	
	50m: 1:07.66 1:07.66	100m: 2:18.09			1:10.43			
2.	Olga Ivanonva, KONDRASHINA	F	207737	64	AP Vila D Este	3:01.27	72	
	50m: 1:24.64 1:24.64	100m: 3:01.27			1:36.63			
Master Esc H								
DSQ	Ana Vieira, MOREIRA	F	205072	57	Penafiel			DSQ
	<i>604 - O(A) nadador(a) perdeu a posição dorsal antes da viragem aos 75 metros - SW 6.2</i>							

Prova 4 16-11-2019 - 16:25	Masc., 100m Costas GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	56.06	Artiom Viatcheslavovitch, POLIAKCCOL		Caldas da Rainha	13-04-2019
RN B(30-34)	56.96	Adriano Miguel, NIZ	GDNVNF	Santa Marta de Penaguiao	04-06-2016
RN C(35-39)	1:00.57	Ricardo Conceicao, PEDROSO	SAD	Tomar	29-01-2012
RN D(40-44)	1:01.68	Nuno Filipe, LAURENTINO	SAD	Sines	29-01-2017
RN E(45-49)	1:02.52	Jorge Eduardo, FARIA	ANE	Inatel	30-05-2009
RN F(50-54)	1:02.31	Jorge Eduardo, FARIA	SAD	Algés	06-04-2014
RN G(55-59)	1:10.70	Paulo Paula, CARVALHO	SCP	Mealhada	18-01-2019
RN H(60-64)	1:20.26	Vitor Manuel, MAVIOSO	SAD	Mealhada	18-01-2019
RN I(65-69)	1:21.35	Antonio Bessone, BASTO	SAD	Lisboa	21-04-2011
RN J(70-74)	1:22.77	Antonio Bessone, BASTO	SAD	Algés	29-03-2015
RN K(75-79)	1:54.01	Jose Antonio, SACADURA	SAD	Tomar	31-01-2016
RN L(80-84)	2:06.59	Leonel Sousa, GOMES	AAC	Mealhada	30-01-2010
RN M(85-89)	2:55.10	Leonel Sousa, GOMES	SAD	Sines	29-01-2017

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Rui Goncalves, OLIVEIRA	M	20359	93	Natacao da Maia	1:02.17	693	
	50m: 29.86 29.86				100m: 1:02.17 32.31			
2.	Bruno Miguel, SANTOS	M	102648	91	Leixoes Sport Club	1:11.08	464	
	50m: 33.64 33.64				100m: 1:11.08 37.44			
3.	Luis Manuel, RIBEIRO	M	107830	91	Foca Quinta da Lixa-CNF	1:26.71	255	
	50m: 41.51 41.51				100m: 1:26.71 45.20			
4.	Fernando Daniel, COUTO	M	207687	90	Penafiel	1:45.17	143	
	50m: 49.64 49.64				100m: 1:45.17 55.53			

Master Esc B								
1.	Edgar Paiva, BARTOLO	M	26055	88	Leixoes Sport Club	1:06.20	657	
	50m: 31.16 31.16				100m: 1:06.20 35.04			
2.	Francisco Rosario, FIGUEIREDO	M	130156	85	Leixoes Sport Club	1:32.47	241	
	50m: 45.25 45.25				100m: 1:32.47 47.22			
3.	Jorge Ricardo, RIBEIRO	M	204489	88	Leixoes Sport Club	1:32.88	238	
	50m: 46.12 46.12				100m: 1:32.88 46.76			

Master Esc C								
1.	Ricardo Amorim, REGO	M	15954	84	Leixoes Sport Club	1:04.49	652	
	50m: 30.96 30.96				100m: 1:04.49 33.53			
2.	Jorge Miguel, OLIVEIRA	M	127982	80	Natacao de Valongo	1:21.47	323	
	50m: 40.43 40.43				100m: 1:21.47 41.04			
3.	Marco Paulo, QUARESMA	M	210441	84	AP Vila D Este	2:02.09	96	
	50m: 1:00.84 1:00.84				100m: 2:02.09 1:01.25			
DSQ	Fernando Alberto, SILVA	M	206894	80	Natacao de Valongo			DSQ
	<i>611 - O(A) nadador(a) não tocou na parede com qualquer parte do corpo durante a viragem dos 50 metros - SW 6.4</i>							
WDR	Filipe Ricardo, DIAS	M	207403	84	Penafiel			WDR

Master Esc D								
1.	Manuel Antonio, DANTAS	M	101163	75	Sporting Clube Caminhense	1:11.26	569	
	50m: 34.11 34.11				100m: 1:11.26 37.15			
2.	Renato Castro, VALENTE	M	209675	79	Clube Desportivo Estarreja	1:29.81	284	
	50m: 42.60 42.60				100m: 1:29.81 47.21			

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Prova 4, Masc., 100m Costas

Master Esc E

1.	Vitorino Fernando, FARIA	M	147080	73	Foca Quinta da Lixa-CNF	1:56.20	134
	50m: 57.57 57.57		100m: 1:56.20	58.63			
DSQ	Antonio Manuel, PEREIRA	M	201104	72	Penafiel		DSQ
	604 - O(A) nadador(a) perdeu a posiç�o dorsal antes da viragem aos 75 metros - SW 6.2						
DSQ	Augusto Mariano, SOARES	M	117424	72	Gin�sio Santo Tirso		DSQ
	609 - O(A) nadador(a) n�o começou a executar a viragem imediatamente ap�s terminar a braçada na posiç�o ventral aos 75 metros - SW 6.4						
DNS	Hugo Alexandre, BORREGO	M	205001	72	Sporting Clube de Aveiro		DNS
WDR	Luis Miguel, NUNES	M	209668	74	Nataç�o de Valongo		WDR

Master Esc F

1.	Jorge Fernando, MONTEIRO	M	204873	65	AP Vila D Este	2:52.89	49
	50m: 1:24.34 1:24.34		100m: 2:52.89	1:28.55			
WDR	Paulo Alexandre, NEVES	M	112616	66	Leixoes Sport Club		WDR

Master Esc G

1.	Jose Miguel, BARROSO	M	208445	62	Fluvial Portuense	1:26.97	412
	50m: 42.43 42.43		100m: 1:26.97	44.54			
2.	Pedro Bruno, MENESES	M	132358	62	Leixoes Sport Club	1:32.44	343
	50m: 46.08 46.08		100m: 1:32.44	46.36			
DNS	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense		DNS
WDR	Armando Joao, COSTA	M	12262	63	Colegio SMLamas		WDR

Master Esc I

1.	Antonio Alves, CECILIO	M	100919	54	Fluvial Portuense	1:49.13	291
	50m: 52.08 52.08		100m: 1:49.13	57.05			

Prova 5 16-11-2019 - 16:35	Femin., 200m Costas GRAFIPRONGO				25 anos e mais velhos Resultados
RN A(25-29)	2:25.91	Vania Soares, NEVES	CFP	Mealhada	20-01-2019
RN B(30-34)	2:25.88	Ana Paula, GRILO	UDCA	Inatel	23-03-2003
RN C(35-39)	2:33.17	Ana Paula, GRILO	UDCA	Inatel	05-02-2006
RN D(40-44)	2:39.07	Ana Paula, GRILO	INDALEN	Penafiel	20-11-2010
RN E(45-49)	2:43.12	Maria Helena, CARMO	CNCVG	Lisboa	27-02-2011
RN F(50-54)	2:50.54	Monica Anjos, REZENDE	FCP	Mealhada	20-01-2019
RN G(55-59)	2:53.12	Elena Nikolaevna, KRAEVA	ADRCIMM	Vila Franca de Xira	21-01-2018
RN H(60-64)	3:32.50	Ana Maria, FERREIRA	SAD	Abóboda	16-01-2011
RN I(65-69)	3:46.86	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016
RN J(70-74)	4:59.45	Nair Gomes, SA	SFP	Lisboa	19-04-2009
RN K(75-79)	5:11.80	Nair Gomes, SA	ANE	Caldas da Rainha	01-12-2018
RN L(80-84)	5:05.73	Nair Gomes, SA	ANE	Mealhada	20-01-2019
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Ana Lucia, CASTRO	F	102795	92	Clube Desportivo Estarreja	2:50.90	508	
	50m: 41.09 41.09	100m: 1:24.28	43.19	150m: 2:07.63	43.35	200m: 2:50.90	43.27	
Master Esc B								
1.	Raquel Filipa, MIRANDA	F	132422	85	Foca Quinta da Lixa-CNF	2:52.83	550	
	50m: 42.17 42.17	100m: 1:26.69	44.52	150m: 2:11.34	44.65	200m: 2:52.83	41.49	
Master Esc C								
1.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este	3:43.46	261	
	50m: 52.28 52.28	100m: 1:47.92	55.64	150m: 2:46.10	58.18	200m: 3:43.46	57.36	
2.	Ana Rosa, SILVA	F	133361	80	Foca Quinta da Lixa-CNF	3:56.91	219	
	50m: 56.89 56.89	100m: 1:56.47	59.58	150m: 2:57.03	1:00.56	200m: 3:56.91	59.88	
Master Esc D								
1.	Carla Santa, BARBARA	F	118948	75	Porto	2:56.62	605	
	50m: 41.46 41.46	100m: 1:25.86	44.40	150m: 2:11.69	45.83	200m: 2:56.62	44.93	
2.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este	3:26.11	380	
	50m: 49.49 49.49	100m: 1:40.70	51.21	150m: 2:33.96	53.26	200m: 3:26.11	52.15	
3.	Ana Maria, MARTINS	F	123246	79	Sporting Clube de Aveiro	4:00.96	238	
	50m: 57.04 57.04	100m: 1:58.35	1:01.31	150m: 3:00.75	1:02.40	200m: 4:00.96	1:00.21	
Master Esc E								
1.	Graca Maria, ALMEIDA	F	124702	73	Leixoes Sport Club	3:09.75	532	
	50m: 43.42 43.42	100m: 1:30.86	47.44	150m: 2:20.64	49.78	200m: 3:09.75	49.11	
WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense			WDR
Master Esc F								
WDR	Margarida Bleck, REIS	F	210540	68	Porto			WDR

Prova 5, Femin., 200m Costas

25 anos e mais velhos

1.	Carla Santa, BARBARA	F	118948	75	Porto						2:56.62	605
	50m: 41.46				44.40	150m: 2:11.69	45.83	200m: 2:56.62				44.93
2.	Raquel Filipa, MIRANDA	F	132422	85	Foca Quinta da Lixa-CNF						2:52.83	550
	50m: 42.17				44.52	150m: 2:11.34	44.65	200m: 2:52.83				41.49
3.	Graca Maria, ALMEIDA	F	124702	73	Leixoes Sport Club						3:09.75	532
	50m: 43.42				47.44	150m: 2:20.64	49.78	200m: 3:09.75				49.11
4.	Ana Lucia, CASTRO	F	102795	92	Clube Desportivo Estarreja						2:50.90	508
	50m: 41.09				43.19	150m: 2:07.63	43.35	200m: 2:50.90				43.27
5.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este						3:26.11	380
	50m: 49.49				51.21	150m: 2:33.96	53.26	200m: 3:26.11				52.15
6.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este						3:43.46	261
	50m: 52.28				55.64	150m: 2:46.10	58.18	200m: 3:43.46				57.36
7.	Ana Maria, MARTINS	F	123246	79	Sporting Clube de Aveiro						4:00.96	238
	50m: 57.04				1:01.31	150m: 3:00.75	1:02.40	200m: 4:00.96				1:00.21
8.	Ana Rosa, SILVA	F	133361	80	Foca Quinta da Lixa-CNF						3:56.91	219
	50m: 56.89				59.58	150m: 2:57.03	1:00.56	200m: 3:56.91				59.88
WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense							WDR
WDR	Margarida Bleck, REIS	F	210540	68	Porto							WDR

Prova 6
16-11-2019 - 16:40

Masc., 200m Costas
VITALIS

25 anos e mais velhos
Resultados

RN A(25-29)	2:02.10	Adriano Miguel, NIZ	GDNVNF	Mealhada	21-06-2015
RN B(30-34)	2:01.89	Adriano Miguel, NIZ	GDNVNF	Sines	28-01-2017
RN C(35-39)	2:16.57	Ricardo Amorim, REGO	LSC	Mealhada	19-01-2019
RN D(40-44)	2:13.43	Mario Moura, CARVALHO	FCP	Mealhada	19-01-2019
RN E(45-49)	2:17.46	Jorge Eduardo, FARIA	ANE	Lisboa	19-04-2009
RN F(50-54)	2:30.55	Paulo Paula, CARVALHO	SFUAP	Porto	01-12-2011
RN G(55-59)	2:31.57	Paulo Paula, CARVALHO	SCP	Mealhada	19-01-2019
RN H(60-64)	2:53.97	Vitor Manuel, MAVIOSO	SAD	Caldas da Rainha	01-12-2018
RN I(65-69)	2:57.17	Antonio Bessone, BASTO	SAD	Lisboa	20-06-2010
RN J(70-74)	3:26.76	Antonio Bessone, BASTO	SAD	Vila Franca de Xira	20-01-2018
RN K(75-79)	59:00.00	start,			
RN L(80-84)	5:47.35	Joao Rodrigues, TEIXEIRA	AAC	Vila Franca de Xira	20-01-2018
RN M(85-89)	59:00.00	start,			

Lugar Nome Sexo Licença Ano Clube Tempo Final Pts Obs

Master Esc A

1.	Carlos Miguel, SOTELO	M	11017	91	Sporting Clube Caminhense						2:25.31	511
	50m: 33.29				36.80	150m: 1:48.20	38.11	200m: 2:25.31				37.11
2.	Artur Sousa, FERREIRA	M	108511	93	Colegio SMLamas						2:37.67	400
	50m: 37.82				41.14	150m: 2:00.37	41.41	200m: 2:37.67				37.30

Master Esc B

1.	Daniel Ribeiro, QUINTA	M	204540	88	Leixoes Sport Club						2:54.08	300
	50m: 38.49				43.17	150m: 2:08.03	46.37	200m: 2:54.08				46.05

Master Esc C

1.	Luis Filipe, RATO	M	26260	81	Leixoes Sport Club						2:41.18	428
	50m: 35.72				40.70	150m: 1:58.96	42.54	200m: 2:41.18				42.22
2.	Sergio Manuel, NEVES	M	204875	82	Individual ANNP						4:07.91	117
	50m: 1:01.08				1:04.40	150m: 3:10.15	1:04.67	200m: 4:07.91				57.76

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Prova 6, Masc., 200m Costas

Master Esc D

1.	Artur Jorge, ROSA	M	126945 76	AP Vila D Este					2:47.64	471
	50m: 38.97 38.97		100m: 1:21.52	42.55 150m: 2:05.04	43.52	200m: 2:47.64	42.60			
2.	Carlos Manta, OLIVEIRA	M	207729 77	AP Vila D Este					4:27.02	116
	50m: 1:04.84 1:04.84		100m: 2:12.40	1:07.56 150m: 3:22.10	1:09.70	200m: 4:27.02	1:04.92			

Master Esc E

1.	Antonio Aderito, CHAVES	M	127786 70	Porto					2:37.46	583
	50m: 37.82 37.82		100m: 1:18.28	40.46 150m: 1:59.08	40.80	200m: 2:37.46	38.38			
2.	Miguel Jose, FERREIRA	M	119657 70	Leixoes Sport Club					3:09.41	335
	50m: 45.67 45.67		100m: 1:33.30	47.63 150m: 2:22.32	49.02	200m: 3:09.41	47.09			
3.	Ricardo Jorge, FERNANDES	M	14684 72	Natacao de Valongo					3:18.59	290
	50m: 47.08 47.08		100m: 1:37.68	50.60 150m: 2:29.00	51.32	200m: 3:18.59	49.59			
4.	Pedro Fonseca, OLIVEIRA	M	207947 74	Fluvial Portuense					3:27.87	253
	50m: 49.54 49.54		100m: 1:43.38	53.84 150m: 2:37.03	53.65	200m: 3:27.87	50.84			

Master Esc F

1.	Daniel Castro, TRIGO	M	120704 65	Sporting Clube de Aveiro					3:55.85	205
	50m: 55.62 55.62		100m: 1:56.33	1:00.71 150m: 2:57.65	1:01.32	200m: 3:55.85	58.20			
2.	Luis Miguel, ANTUNES	M	206896 68	Leixoes Sport Club					4:00.08	194
	50m: 57.45 57.45		100m: 1:58.27	1:00.82 150m: 3:01.52	1:03.25	200m: 4:00.08	58.56			

Master Esc G

1.	Jorge Vieira, RIBEIRO	M	128894 64	Sporting Clube de Aveiro					3:34.01	299
	50m: 51.43 51.43		100m: 1:46.41	54.98 150m: 2:42.70	56.29	200m: 3:34.01	51.31			
2.	Paulo Luis, AZEVEDO	M	204147 60	Leixoes Sport Club					5:02.64	106
	50m: 1:13.46 1:13.46		100m: 2:29.32	1:15.86 150m: 3:46.25	1:16.93	200m: 5:02.64	1:16.39			

Master Esc H

1.	Jose Alexandre, RAPOSO	M	131484 55	Sporting Clube de Aveiro					4:11.15	244
	50m: 1:00.39 1:00.39		100m: 2:04.86	1:04.47 150m: 3:09.54	1:04.68	200m: 4:11.15	1:01.61			

25 anos e mais velhos

1.	Antonio Aderito, CHAVES	M	127786 70	Porto					2:37.46	583
	50m: 37.82 37.82		100m: 1:18.28	40.46 150m: 1:59.08	40.80	200m: 2:37.46	38.38			
2.	Carlos Miguel, SOTELO	M	11017 91	Sporting Clube Caminhense					2:25.31	511
	50m: 33.29 33.29		100m: 1:10.09	36.80 150m: 1:48.20	38.11	200m: 2:25.31	37.11			
3.	Artur Jorge, ROSA	M	126945 76	AP Vila D Este					2:47.64	471
	50m: 38.97 38.97		100m: 1:21.52	42.55 150m: 2:05.04	43.52	200m: 2:47.64	42.60			
4.	Luis Filipe, RATO	M	26260 81	Leixoes Sport Club					2:41.18	428
	50m: 35.72 35.72		100m: 1:16.42	40.70 150m: 1:58.96	42.54	200m: 2:41.18	42.22			
5.	Artur Sousa, FERREIRA	M	108511 93	Colegio SMLamas					2:37.67	400
	50m: 37.82 37.82		100m: 1:18.96	41.14 150m: 2:00.37	41.41	200m: 2:37.67	37.30			
6.	Miguel Jose, FERREIRA	M	119657 70	Leixoes Sport Club					3:09.41	335
	50m: 45.67 45.67		100m: 1:33.30	47.63 150m: 2:22.32	49.02	200m: 3:09.41	47.09			
7.	Daniel Ribeiro, QUINTA	M	204540 88	Leixoes Sport Club					2:54.08	300
	50m: 38.49 38.49		100m: 1:21.66	43.17 150m: 2:08.03	46.37	200m: 2:54.08	46.05			
8.	Jorge Vieira, RIBEIRO	M	128894 64	Sporting Clube de Aveiro					3:34.01	299
	50m: 51.43 51.43		100m: 1:46.41	54.98 150m: 2:42.70	56.29	200m: 3:34.01	51.31			
9.	Ricardo Jorge, FERNANDES	M	14684 72	Natacao de Valongo					3:18.59	290
	50m: 47.08 47.08		100m: 1:37.68	50.60 150m: 2:29.00	51.32	200m: 3:18.59	49.59			
10.	Pedro Fonseca, OLIVEIRA	M	207947 74	Fluvial Portuense					3:27.87	253
	50m: 49.54 49.54		100m: 1:43.38	53.84 150m: 2:37.03	53.65	200m: 3:27.87	50.84			
11.	Jose Alexandre, RAPOSO	M	131484 55	Sporting Clube de Aveiro					4:11.15	244
	50m: 1:00.39 1:00.39		100m: 2:04.86	1:04.47 150m: 3:09.54	1:04.68	200m: 4:11.15	1:01.61			

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Prova 6, Masc., 200m Costas, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	Daniel Castro, TRIGO 50m: 55.62 55.62	M	120704	65	Sporting Clube de Aveiro 100m: 1:56.33 1:00.71 150m: 2:57.65 1:01.32	3:55.85 200m: 3:55.85	205	58.20
13.	Luis Miguel, ANTUNES 50m: 57.45 57.45	M	206896	68	Leixoes Sport Club 100m: 1:58.27 1:00.82 150m: 3:01.52 1:03.25	4:00.08 200m: 4:00.08	194	58.56
14.	Sergio Manuel, NEVES 50m: 1:01.08 1:01.08	M	204875	82	Individual ANNP 100m: 2:05.48 1:04.40 150m: 3:10.15 1:04.67	4:07.91 200m: 4:07.91	117	57.76
15.	Carlos Manta, OLIVEIRA 50m: 1:04.84 1:04.84	M	207729	77	AP Vila D Este 100m: 2:12.40 1:07.56 150m: 3:22.10 1:09.70	4:27.02 200m: 4:27.02	116	1:04.92
16.	Paulo Luis, AZEVEDO 50m: 1:13.46 1:13.46	M	204147	60	Leixoes Sport Club 100m: 2:29.32 1:15.86 150m: 3:46.25 1:16.93	5:02.64 200m: 5:02.64	106	1:16.39

Prova 7
16-11-2019 - 16:50

Femin., 100m Mariposa
GRAFIPRONGO

25 anos e mais velhos
Resultados

RN A(25-29)	1:05.71	Soraia Vanessa, RIBEIRO	ESJB	Mealhada	07-01-2018
RN B(30-34)	1:07.27	Carolina Santos, SILVA	CPN	Sines	28-01-2017
RN C(35-39)	1:06.87	Susana Clara, GOMES	CNF	Funchal	17-01-2015
RN D(40-44)	1:07.05	Susana Clara, GOMES	CNF	Vila Franca de Xira	20-01-2018
RN E(45-49)	1:14.05	Maria Luisa, COSTA	CFP	Mealhada	19-01-2019
RN F(50-54)	1:17.16	Elena Alarcon, GAMONAL	CNFA	Portimão	28-04-2012
RN G(55-59)	1:21.04	Elena Alarcon, GAMONAL	CNFA	Vila Franca de Xira	20-01-2018
RN H(60-64)	1:38.17	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011
RN I(65-69)	1:45.49	Ana Maria, FERREIRA	SAD	Sines	05-03-2016
RN J(70-74)	59:00.00	start,			
RN K(75-79)	59:00.00	start,			
RN L(80-84)	59:00.00	start,			
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Catia Vanessa, MOURA 50m: 38.90 38.90	F	11048	90	Sporting Clube Caminhense 100m: 1:26.51 47.61	1:26.51	350	
Master Esc C								
1.	Lina Orrego, ARENAS 50m: 44.07 44.07	F	211228	84	Porto 100m: 1:38.32 54.25	1:38.32	272	
Master Esc F								
1.	Maria Manuel, FRIAES 50m: 56.31 56.31	F	204549	65	Porto 100m: 2:01.44 1:05.13	2:01.44	188	

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17-11-2019 13:15 - Página 13

Prova 8 16-11-2019 - 16:50	Masc., 100m Mariposa GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	55.90	Mario Alexandre, PEREIRA	CNAC	Mealhada	20-01-2019
RN B(30-34)	57.29	Adriano Miguel, NIZ	GDNVNF	Sines	29-01-2017
RN C(35-39)	59.12	Pedro Miguel, SILVA	CFV	Ponte de Sor	30-01-2011
RN D(40-44)	1:00.74	Jorge Eduardo, FARIA	ANE	Cantanhede	26-05-2007
RN E(45-49)	1:00.13	Jorge Eduardo, FARIA	ANE	Inatel	31-05-2009
RN F(50-54)	1:00.08	Jorge Eduardo, FARIA	SAD	Algés	06-04-2014
RN G(55-59)	1:01.41	Jorge Eduardo, FARIA	SAD	Algés	06-04-2019
RN H(60-64)	1:14.23	Vitor Manuel, MAVIOSO	SAD	Tomar	31-01-2016
RN I(65-69)	1:23.93	Orlando Gomes, BAI RRADA	ANE	Lisboa	20-06-2010
RN J(70-74)	1:36.15	Orlando Gomes, BAI RRADA	SAD	Algés	02-04-2016
RN K(75-79)	2:03.93	Antonio Alexandre, RODRIGUES	AAC	Mealhada	26-01-2014
RN L(80-84)	59:00.00	start,			
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Fernando Santos, MOREIRA	M	15824	94	Leixoes Sport Club	1:06.35	537	
	50m: 30.52 30.52							
	100m: 1:06.35 35.83							
2.	Guilherme Araujo, SOARES	M	111295	93	Colegio SMLamas	1:07.26	515	
	50m: 31.51 31.51							
	100m: 1:07.26 35.75							
3.	Jose Alberto, RIBEIRO	M	11034	93	Sporting Clube Caminhense	1:09.03	476	
	50m: 31.61 31.61							
	100m: 1:09.03 37.42							
4.	Jose Luis, MOREIRA	M	207903	93	Natacao da Maia	1:31.36	205	
	50m: 38.56 38.56							
	100m: 1:31.36 52.80							
WDR	Cesar Henrique, SILVA	M	11018	91	Sporting Clube Caminhense			WDR

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc B								
1.	Henrique Mira, GODINHO	M	11664	88	Sporting Clube Caminhense	1:04.93	532	
	50m: 30.71 30.71							
	100m: 1:04.93 34.22							
2.	Helder Tomas, ROCHA	M	203931	86	Penafiel	1:40.10	145	
	50m: 45.18 45.18							
	100m: 1:40.10 54.92							

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc C								
1.	Marcelo Porto, RODRIGUES	M	205613	82	Natacao de Valongo	1:14.53	406	
	50m: 33.96 33.96							
	100m: 1:14.53 40.57							
2.	Mario Nuno, PEREIRA	M	200652	81	Foca Quinta da Lixa-CNF	1:24.33	280	
	50m: 37.93 37.93							
	100m: 1:24.33 46.40							

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc D								
1.	Marcio Oliveira, SILVA	M	208840	78	Clube Desportivo Estarreja	1:22.01	329	
	50m: 37.09 37.09							
	100m: 1:22.01 44.92							
2.	Pedro Nuno, PIRES	M	210671	75	Individual ARNN	1:43.14	165	
	50m: 45.45 45.45							
	100m: 1:43.14 57.69							

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc E								
1.	Filipe Pinheiro, PIRES	M	117638	73	Foca Quinta da Lixa-CNF	1:12.43	535	
	50m: 34.27 34.27							
	100m: 1:12.43 38.16							
WDR	Rui Abel, PEREIRA	M	153155	73	Fluvial Portuense			WDR

Prova 8, Masc., 100m Mariposa

Master Esc I

1. Antonio Monteiro, CANELAS M 148547 50 Sporting Clube de Espinho 1:57.50 222
50m: 54.15 54.15 100m: 1:57.50 1:03.35

Prova 9

16-11-2019 - 16:55

Femin., 200m Mariposa
TURBO

25 anos e mais velhos
Resultados

RN A(25-29)	2:27.70	Andreia Catarina, MARTINS	CNMAL	Inatel	13-04-2008
RN B(30-34)	2:25.78	Ana Paula, GRILO	UDCA	Anadia	01-06-2003
RN C(35-39)	2:26.45	Ana Paula, GRILO	UDCA	Inatel	05-02-2006
RN D(40-44)	2:39.67	Ana Paula, GRILO	INDALEN	Penafiel	20-11-2010
RN E(45-49)	2:42.49	Joana Isabel, ARANTES	CMBCP	Vila Franca de Xira	21-01-2018
RN F(50-54)	3:02.67	Ana Paula, GRILO	NDCO	Mealhada	20-01-2019
RN G(55-59)	3:35.07	Eugenia Maria, CUNHA	AAC	Caldas da Rainha	22-04-2017
RN H(60-64)	3:49.01	Ana Maria, FERREIRA	ANE	Lisboa	18-04-2010
RN I(65-69)	3:47.45	Ana Maria, FERREIRA	SAD	Badajoz (ESP)	23-04-2016
RN J(70-74)	59:00.00	start,			
RN K(75-79)	59:00.00	start,			
RN L(80-84)	59:00.00	start,			
RN M(85-89)	59:00.00	start,			

Lugar Nome Sexo Licença Ano Clube Tempo Final Pts Obs

Master Esc F

1. Ana Paula, GRILO F 13478 69 Desportivo de Odemira 3:09.23 520
50m: 45.64 45.64 100m: 1:34.24 48.60 150m: 2:23.43 49.19 200m: 3:09.23 45.80

25 anos e mais velhos

1. Ana Paula, GRILO F 13478 69 Desportivo de Odemira 3:09.23 520
50m: 45.64 45.64 100m: 1:34.24 48.60 150m: 2:23.43 49.19 200m: 3:09.23 45.80

Prova 10 16-11-2019 - 17:00	Masc., 200m Mariposa VITALIS				25 anos e mais velhos Resultados	
RN A(25-29)	2:07.89	Adriano Miguel, NIZ	GDNVNF	Porto	28-11-2015	
RN B(30-34)	2:08.70	Eduardo Ferreira, SEVERI	FCP	Vila Franca de Xira	20-01-2018	
RN C(35-39)	2:22.72	Duarte Nuno, CAMACHO	CDN	Caldas da Rainha	16-05-2004	
RN D(40-44)	2:22.74	Paulo Paula, CARVALHO	SFP	Inatel	23-06-2001	
RN E(45-49)	2:19.13	Jorge Eduardo, FARIA	ANE	Lisboa	21-02-2010	
RN F(50-54)	2:26.10	Paulo Paula, CARVALHO	SFUAP	Lisboa	27-02-2011	
RN G(55-59)	2:27.46	Paulo Paula, CARVALHO	SCP	Vila Franca de Xira	20-01-2018	
RN H(60-64)	3:02.76	Vitor Manuel, MAVIOSO	SAD	Badajoz (ESP)	23-04-2016	
RN I(65-69)	3:05.18	Orlando Gomes, BAIRRADA	ANE	Lisboa	20-06-2010	
RN J(70-74)	3:40.82	Orlando Gomes, BAIRRADA	SAD	Badajoz (ESP)	23-04-2016	
RN K(75-79)	59:00.00	start,				
RN L(80-84)	59:00.00	start,				
RN M(85-89)	59:00.00	start,				

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	2:11.42	887	
	50m: 29.34 29.34	100m: 1:02.51	33.17	150m: 1:36.76	34.25	200m: 2:11.42	34.66	
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR
Master Esc B								
WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel			WDR
Master Esc D								
1.	Paulo Sergio, NASCIMENTO	M	103187	76	Leixoes Sport Club	2:58.89	349	
	50m: 37.74 37.74	100m: 1:19.47	41.73	150m: 2:08.46	48.99	200m: 2:58.89	50.43	
Master Esc E								
1.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	2:36.27	598	
	50m: 34.24 34.24	100m: 1:13.03	38.79	150m: 1:54.45	41.42	200m: 2:36.27	41.82	
2.	Eduardo Alexandre, JUNIOR	M	127940	70	Leixoes Sport Club	4:01.83	161	
	50m: 48.11 48.11	100m: 1:47.68	59.57	150m: 2:54.51	1:06.83	200m: 4:01.83	1:07.32	
Master Esc G								
WDR	Henrique Luis, SEABRA	M	125467	61	Fluvial Portuense			WDR
25 anos e mais velhos								
1.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	2:11.42	887	
	50m: 29.34 29.34	100m: 1:02.51	33.17	150m: 1:36.76	34.25	200m: 2:11.42	34.66	
2.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	2:36.27	598	
	50m: 34.24 34.24	100m: 1:13.03	38.79	150m: 1:54.45	41.42	200m: 2:36.27	41.82	
3.	Paulo Sergio, NASCIMENTO	M	103187	76	Leixoes Sport Club	2:58.89	349	
	50m: 37.74 37.74	100m: 1:19.47	41.73	150m: 2:08.46	48.99	200m: 2:58.89	50.43	
4.	Eduardo Alexandre, JUNIOR	M	127940	70	Leixoes Sport Club	4:01.83	161	
	50m: 48.11 48.11	100m: 1:47.68	59.57	150m: 2:54.51	1:06.83	200m: 4:01.83	1:07.32	
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR
WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel			WDR
WDR	Henrique Luis, SEABRA	M	125467	61	Fluvial Portuense			WDR

Prova 11	Misto, 4 x 100m Livres				AG 100 - 359
16-11-2019 - 17:05	TURBO				Resultados
RN 1(100-119)	4:22.19	Foca-Clube de Natacao de Felgueir	FOCA	Porto	28-10-2018
RN 2(120-159)	4:39.33	Uniao Desportiva e Columbofila AdcUDCAuense	NATEL		10-03-2002
RN 3(160-199)	5:20.25	Clube Natacao de Valongo	CNV	Porto	28-10-2018
RN 4(200-239)	6:05.93	Clube de Natacao da Maia	CNMAIA	Porto	28-10-2018
RN 5(240-279)	59:00.00	start			
RN 6(280-319)	59:00.00	start			

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
AG 100 - 119							
1.				Leixoes Sport Club	4:21.48		
				<i>Recorde Nacional</i>			
				Paulo Ricardo, MOREIRA	91	28.58	1:00.78
				Patricia Alexandra, MARQUES	87	34.68	1:04.49
2.				Sporting Clube Caminhense	4:47.65		
				Jose Alberto, RIBEIRO	93	30.47	1:26.81
				Catia Vanessa, MOURA	90	35.65	1:01.52

AG 120 - 159							
1.				Natacao da Maia	4:48.87		
				Rui Goncalves, OLIVEIRA	93	27.19	1:12.65
				Jose Luis, MOREIRA	93	31.96	1:31.44
2.				Ginásio Santo Tirso	5:04.43		
				Maria Joao, JOSE	90	35.17	1:34.68
				Helena Manuel, JOSE	90	33.99	1:04.41
3.				Leixoes Sport Club	5:07.57		
				Francisco Rosario, FIGUEIREDO	85	34.06	1:23.33
				Elsa Maria, FUMEGA	78	38.31	1:13.12
4.				Clube Desportivo Estarreja	5:55.14		
				Renato Castro, VALENTE	79	35.43	1:11.96
				Olivia Cristina, NUNES	72	1:04.29	1:08.46

AG 160 - 199							
1.				Leixoes Sport Club	4:56.21		
				<i>Recorde Nacional</i>			
				Rodrigo Jorge, RODRIGUES	69	34.64	1:20.49
				Liliana Elisabete, BAPTISTA	78	35.06	1:09.97
2.				Natacao de Valongo	5:16.66		
				Paula Margarida, NAVARRO	68	44.08	1:31.46
				Carlos Daniel, COSTA	91	30.64	1:08.49
3.				AP Vila D Este	5:25.89		
				Elza Maria, CARVALHO	76	38.23	1:26.75
				Carlos Manta, OLIVEIRA	77	45.28	1:03.90

AG 200 - 239							
1.				Natacao da Maia	5:41.45		
				<i>Recorde Nacional</i>			
				Alberto Sergio, SOUSA	63	36.48	1:29.75
				Maria Manuela, NETO	62	45.02	1:11.75
2.				Leixoes Sport Club	6:24.07		
				Pedro Bruno, MENESES	62	37.20	1:25.20
				Maria Carmo, ROCHA	54	1:11.76	1:18.32

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Prova 12 16-11-2019 - 17:30	Femin., 400m Estilos GRAFIPRONGO				25 anos e mais velhos Resultados	
RN A(25-29)	5:34.41	Andreia Silva, MARTINS	CNMAL	Inatel	11-04-2008	
RN B(30-34)	5:07.66	Ana Paula, GRILO	UDCA	Anadia	31-05-2003	
RN C(35-39)	5:10.65	Ana Paula, GRILO	UDCA	Ponte da Barca	10-06-2005	
RN D(40-44)	5:32.53	Ana Paula, GRILO	CNBE	Blackpool (GBR)	25-02-2012	
RN E(45-49)	5:54.12	Ana Paula, GRILO	NDCO	Leiria	26-04-2014	
RN F(50-54)	6:23.27	Elena Nikolaevna, KRAEVA	CIMM	Lisboa	20-05-2011	
RN G(55-59)	7:26.86	Ana Maria, FERREIRA	SFP	Ponte de Sôr	26-05-2006	
RN H(60-64)	7:18.48	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011	
RN I(65-69)	7:32.09	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016	
RN J(70-74)	59:00.00	start,				
RN K(75-79)	59:00.00	start,				
RN L(80-84)	59:00.00	start,				
RN M(85-89)	59:00.00	start,				

MASTERS FEM : 8:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Soraia Vanessa, RIBEIRO	F	15857	92	Leixoes Sport Club	5:37.89	701	
	50m: 34.50 34.50		150m: 1:58.52	43.19	250m: 3:30.72	48.42	350m: 5:00.05	39.59
	100m: 1:15.33 40.83		200m: 2:42.30	43.78	300m: 4:20.46	49.74	400m: 5:37.89	37.84
2.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este	6:40.54	421	
	50m: 41.48 41.48		150m: 2:23.16	50.79	250m: 4:08.59	55.65	350m: 5:54.41	48.77
	100m: 1:32.37 50.89		200m: 3:12.94	49.78	300m: 5:05.64	57.05	400m: 6:40.54	46.13

Master Esc B

1.	Raquel Filipa, MIRANDA	F	132422	85	Foca Quinta da Lixa-CNF	5:47.73	633	
	50m: 37.30 37.30		150m: 2:05.12	46.95	250m: 3:41.45	49.32	350m: 5:10.14	39.90
	100m: 1:18.17 40.87		200m: 2:52.13	47.01	300m: 4:30.24	48.79	400m: 5:47.73	37.59

Master Esc C

1.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	6:25.44	548	
	50m: 39.18 39.18		150m: 2:18.69	50.74	250m: 4:01.49	54.95	350m: 5:41.08	44.01
	100m: 1:27.95 48.77		200m: 3:06.54	47.85	300m: 4:57.07	55.58	400m: 6:25.44	44.36

Master Esc D

1.	Carla Santa, BARBARA	F	118948	75	Porto	6:07.62	649	
	50m: 37.00 37.00		150m: 2:05.80	44.87	250m: 3:47.06	55.49	350m: 5:24.22	41.77
	100m: 1:20.93 43.93		200m: 2:51.57	45.77	300m: 4:42.45	55.39	400m: 6:07.62	43.40

25 anos e mais velhos

1.	Soraia Vanessa, RIBEIRO	F	15857	92	Leixoes Sport Club	5:37.89	701	
	50m: 34.50 34.50		150m: 1:58.52	43.19	250m: 3:30.72	48.42	350m: 5:00.05	39.59
	100m: 1:15.33 40.83		200m: 2:42.30	43.78	300m: 4:20.46	49.74	400m: 5:37.89	37.84
2.	Carla Santa, BARBARA	F	118948	75	Porto	6:07.62	649	
	50m: 37.00 37.00		150m: 2:05.80	44.87	250m: 3:47.06	55.49	350m: 5:24.22	41.77
	100m: 1:20.93 43.93		200m: 2:51.57	45.77	300m: 4:42.45	55.39	400m: 6:07.62	43.40
3.	Raquel Filipa, MIRANDA	F	132422	85	Foca Quinta da Lixa-CNF	5:47.73	633	
	50m: 37.30 37.30		150m: 2:05.12	46.95	250m: 3:41.45	49.32	350m: 5:10.14	39.90
	100m: 1:18.17 40.87		200m: 2:52.13	47.01	300m: 4:30.24	48.79	400m: 5:47.73	37.59
4.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	6:25.44	548	
	50m: 39.18 39.18		150m: 2:18.69	50.74	250m: 4:01.49	54.95	350m: 5:41.08	44.01
	100m: 1:27.95 48.77		200m: 3:06.54	47.85	300m: 4:57.07	55.58	400m: 6:25.44	44.36
5.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este	6:40.54	421	
	50m: 41.48 41.48		150m: 2:23.16	50.79	250m: 4:08.59	55.65	350m: 5:54.41	48.77
	100m: 1:32.37 50.89		200m: 3:12.94	49.78	300m: 5:05.64	57.05	400m: 6:40.54	46.13

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Prova 13 16-11-2019 - 17:35	Masc., 400m Estilos TURBO				25 anos e mais velhos	Resultados
RN A(25-29)	4:33.01	Adriano Miguel, NIZ	GDNVNF	Porto	08-11-2014	
RN B(30-34)	4:56.32	Adriano Miguel, NIZ	GDNFAMA	Maia	12-01-2019	
RN C(35-39)	4:58.31	Ricardo Amorim, REGO	LSC	Maia	12-01-2019	
RN D(40-44)	5:08.76	Nuno Rogerio, SANTOS	GESL	S. Antonio Cavaleiros	01-07-2018	
RN E(45-49)	5:14.57	Paulo Paula, CARVALHO	EMDS	Inatel	22-12-2008	
RN F(50-54)	5:29.30	Jose Samuel, DUARTE	SCP	Porto	28-11-2015	
RN G(55-59)	5:35.57	Paulo Paula, CARVALHO	SFUAP	Benedita	03-04-2016	
RN H(60-64)	6:10.05	Vitor Manuel, MAVIOSO	SAD	Lisboa	15-12-2018	
RN I(65-69)	6:26.02	Antonio Bessone, BASTO	SAD	Lisboa	18-06-2010	
RN J(70-74)	6:35.10	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	20-02-2015	
RN K(75-79)	59:00.00	start,				
RN L(80-84)	59:00.00	start,				
RN M(85-89)	59:00.00	start,				

MASTERS MASC : 7:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	4:44.25	852	
	50m: 29.92 29.92		150m: 1:40.78		36.68 250m: 2:58.25	41.35	350m: 4:12.58	32.84
	100m: 1:04.10 34.18		200m: 2:16.90		36.12 300m: 3:39.74	41.49	400m: 4:44.25	31.67
2.	Paulo Ricardo, MOREIRA	M	15487	91	Leixoes Sport Club	5:24.96	570	
	50m: 32.96 32.96		150m: 1:55.06		45.22 250m: 3:24.47	45.45	350m: 4:48.28	38.12
	100m: 1:09.84 36.88		200m: 2:39.02		43.96 300m: 4:10.16	45.69	400m: 5:24.96	36.68
3.	Artur Sousa, FERREIRA	M	108511	93	Colegio SMLamas	5:34.49	523	
	50m: 34.54 34.54		150m: 2:00.17		45.60 250m: 3:33.19	49.05	350m: 5:00.79	37.39
	100m: 1:14.57 40.03		200m: 2:44.14		43.97 300m: 4:23.40	50.21	400m: 5:34.49	33.70
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR

Master Esc B								
WDR	Adriano Miguel, NIZ	M	23013	86	Famalicão			WDR
WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel			WDR

Master Esc C								
1.	Ricardo Amorim, REGO	M	15954	84	Leixoes Sport Club	4:54.73	794	
	50m: 30.48 30.48		150m: 1:43.28		37.03 250m: 3:02.01	40.68	350m: 4:19.95	36.35
	100m: 1:06.25 35.77		200m: 2:21.33		38.05 300m: 3:43.60	41.59	400m: 4:54.73	34.78
2.	Pedro Filipe, PIMENTEL	M	101691	84	Foca Quinta da Lixa-CNF	5:34.86	541	
	50m: 32.53 32.53		150m: 1:54.86		42.07 250m: 3:25.55	49.25	350m: 4:55.55	41.49
	100m: 1:12.79 40.26		200m: 2:36.30		41.44 300m: 4:14.06	48.51	400m: 5:34.86	39.31

Master Esc D								
WDR	Urbino Jesus, SANTOS	M	20649	75	Penafiel			WDR

Master Esc E								
1.	Antonio Aderito, CHAVES	M	127786	70	Porto	5:32.36	658	
	50m: 32.92 32.92		150m: 1:55.54		44.85 250m: 3:28.29	49.14	350m: 4:55.52	38.96
	100m: 1:10.69 37.77		200m: 2:39.15		43.61 300m: 4:16.56	48.27	400m: 5:32.36	36.84
2.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	5:45.44	586	
	50m: 33.49 33.49		150m: 1:57.06		45.49 250m: 3:31.75	50.06	350m: 5:06.00	41.45
	100m: 1:11.57 38.08		200m: 2:41.69		44.63 300m: 4:24.55	52.80	400m: 5:45.44	39.44
3.	Miguel Angelo, NUNES	M	206646	73	Clube Desportivo Estarreja	6:27.98	413	
	50m: 37.54 37.54		150m: 2:13.77		51.29 250m: 4:02.98	56.94	350m: 5:43.62	44.66
	100m: 1:22.48 44.94		200m: 3:06.04		52.27 300m: 4:58.96	55.98	400m: 6:27.98	44.36

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Prova 13, Masc., 400m Estilos

25 anos e mais velhos

1.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	4:44.25	852	
	50m: 29.92	29.92	150m: 1:40.78	36.68	250m: 2:58.25	41.35	350m: 4:12.58	32.84
	100m: 1:04.10	34.18	200m: 2:16.90	36.12	300m: 3:39.74	41.49	400m: 4:44.25	31.67
2.	Ricardo Amorim, REGO	M	15954	84	Leixoes Sport Club	4:54.73	794	
	50m: 30.48	30.48	150m: 1:43.28	37.03	250m: 3:02.01	40.68	350m: 4:19.95	36.35
	100m: 1:06.25	35.77	200m: 2:21.33	38.05	300m: 3:43.60	41.59	400m: 4:54.73	34.78
3.	Antonio Aderito, CHAVES	M	127786	70	Porto	5:32.36	658	
	50m: 32.92	32.92	150m: 1:55.54	44.85	250m: 3:28.29	49.14	350m: 4:55.52	38.96
	100m: 1:10.69	37.77	200m: 2:39.15	43.61	300m: 4:16.56	48.27	400m: 5:32.36	36.84
4.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	5:45.44	586	
	50m: 33.49	33.49	150m: 1:57.06	45.49	250m: 3:31.75	50.06	350m: 5:06.00	41.45
	100m: 1:11.57	38.08	200m: 2:41.69	44.63	300m: 4:24.55	52.80	400m: 5:45.44	39.44
5.	Paulo Ricardo, MOREIRA	M	15487	91	Leixoes Sport Club	5:24.96	570	
	50m: 32.96	32.96	150m: 1:55.06	45.22	250m: 3:24.47	45.45	350m: 4:48.28	38.12
	100m: 1:09.84	36.88	200m: 2:39.02	43.96	300m: 4:10.16	45.69	400m: 5:24.96	36.68
6.	Pedro Filipe, PIMENTEL	M	101691	84	Foca Quinta da Lixa-CNF	5:34.86	541	
	50m: 32.53	32.53	150m: 1:54.86	42.07	250m: 3:25.55	49.25	350m: 4:55.55	41.49
	100m: 1:12.79	40.26	200m: 2:36.30	41.44	300m: 4:14.06	48.51	400m: 5:34.86	39.31
7.	Artur Sousa, FERREIRA	M	108511	93	Colegio SMLamas	5:34.49	523	
	50m: 34.54	34.54	150m: 2:00.17	45.60	250m: 3:33.19	49.05	350m: 5:00.79	37.39
	100m: 1:14.57	40.03	200m: 2:44.14	43.97	300m: 4:23.40	50.21	400m: 5:34.49	33.70
8.	Miguel Angelo, NUNES	M	206646	73	Clube Desportivo Estarreja	6:27.98	413	
	50m: 37.54	37.54	150m: 2:13.77	51.29	250m: 4:02.98	56.94	350m: 5:43.62	44.66
	100m: 1:22.48	44.94	200m: 3:06.04	52.27	300m: 4:58.96	55.98	400m: 6:27.98	44.36
WDR	Adriano Miguel, NIZ	M	23013	86	Famalicão		WDR	
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel		WDR	
WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel		WDR	
WDR	Urbino Jesus, SANTOS	M	20649	75	Penafiel		WDR	

Prova 14
16-11-2019 - 17:45

Femin., 100m Livres
GRAFIPRONGO

25 anos e mais velhos
Resultados

RN A(25-29)	59.05	Soraia Vanessa, RIBEIRO	CPN	Mealhada	20-01-2019
RN B(30-34)	58.49	Ana Paula, GRILLO	UDCA	Funchal	05-04-2003
RN C(35-39)	59.37	Ana Paula, GRILLO	UDCA	Desenzano (ITA)	25-01-2004
RN D(40-44)	1:00.63	Susana Clara, GOMES	CNF	Mealhada	20-01-2019
RN E(45-49)	1:06.20	Natacha Alexandra, SOUSA	CFP	Senhora da Hora	13-05-2017
RN F(50-54)	1:09.02	Isabel Baptista, FERREIRA	ADRCIMM	Algés	08-04-2017
RN G(55-59)	1:13.67	Elena Nikolaevna, KRAEVA	ADRCIMM	Algés	21-04-2018
RN H(60-64)	1:18.54	Ana Maria, FERREIRA	SAD	Tomar	28-01-2012
RN I(65-69)	1:21.75	Ana Maria, FERREIRA	SAD	Alges	29-03-2015
RN J(70-74)	1:35.24	Luisa Bessone, BASTO	SAD	Vila Franca de Xira	21-01-2018
RN K(75-79)	1:36.29	Luisa Bessone, BASTO	SAD	Algés	06-04-2019
RN L(80-84)	2:54.01	Maria Augusta, AZINHEIRA	SFP	Mealhada	20-01-2019
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	1:12.19	469	
	50m: 36.33	36.33	100m: 1:12.19		35.86			
2.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	1:13.13	451	
	50m: 36.21	36.21	100m: 1:13.13		36.92			
3.	Ines Isabel, ESTEVES	F	201103	91	Penafiel	1:18.43	366	
	50m: 37.72	37.72	100m: 1:18.43		40.71			
DSQ	Ana Isabel, FERREIRA	F	102081	92	Penafiel			DSQ
	403 - O(A) nadador(a) partiu antes do sinal de partida - SW 4.4							

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Prova 14, Femin., 100m Livres

Master Esc B

1.	Joana Martins, PEREIRA		F	210566 86	Sporting Clube Caminhense	1:27.56	282
	50m: 41.74	41.74	100m:	1:27.56	45.82		
2.	Filipa Isabel, REIS		F	153141 87	Leixoes Sport Club	1:36.50	211
	50m: 47.44	47.44	100m:	1:36.50	49.06		

Master Esc C

1.	Lina Orrego, ARENAS		F	211228 84	Porto	1:23.55	330
	50m: 40.52	40.52	100m:	1:23.55	43.03		

Master Esc D

1.	Maria Rosa, SERRA		F	205535 77	Clube Naval Povoense	1:53.99	141
	50m: 53.00	53.00	100m:	1:53.99	1:00.99		

Master Esc F

1.	Paula Margarida, NAVARRO		F	202829 68	Natacao de Valongo	1:30.74	315
	50m: 43.74	43.74	100m:	1:30.74	47.00		
2.	Delfina Maria, MARTINS		F	117387 66	Gin�sio Santo Tirso	1:58.34	142
	50m: 58.35	58.35	100m:	1:58.34	59.99		

Master Esc G

1.	Maria Manuela, NETO		F	102090 62	Natacao da Maia	1:36.51	293
	50m: 46.22	46.22	100m:	1:36.51	50.29		

Master Esc H

1.	Ana Vieira, MOREIRA		F	205072 57	Penafiel	2:19.10	135
	50m: 1:02.83	1:02.83	100m:	2:19.10	1:16.27		

Prova 15 16-11-2019 - 17:50	Masc., 100m Livres GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	51.10	Artiom Viatcheslavovitch, POLIAKCCOL	Caldas da Rainha		02-12-2018
RN B(30-34)	51.28	Adriano Miguel, NIZ	Sines		28-01-2017
RN C(35-39)	52.38	Pedro Miguel, SILVA	Felgueiras		26-01-2013
RN D(40-44)	52.90	Miguel Alexandre, MACHADO	Sheffield (GBR)		28-10-2016
RN E(45-49)	55.99	Jorge Eduardo, FARIA	Torres Novas		31-01-2009
RN F(50-54)	55.76	Jorge Eduardo, FARIA	Caldas da Rainha		12-04-2014
RN G(55-59)	57.72	Jorge Eduardo, FARIA	Algés		06-04-2019
RN H(60-64)	1:05.64	Vitor Manuel, MAVIOSO	Algés		02-04-2016
RN I(65-69)	1:09.18	Antonio Bessone, BASTO	Lisboa		19-03-2011
RN J(70-74)	1:11.98	Antonio Bessone, BASTO	Caldas da Rainha		11-04-2015
RN K(75-79)	1:31.42	Antonio Alexandre, RODRIGUES	Mealhada		25-01-2014
RN L(80-84)	1:38.75	Leonel Sousa, GOMES	Mealhada		30-01-2010
RN M(85-89)	2:09.84	Leonel Sousa, GOMES	Algés		29-03-2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Fernando Santos, MOREIRA	M	15824	94	Leixoes Sport Club	58.91	560	
	50m: 28.16 28.16				100m: 58.91 30.75			
2.	Jose Luis, MOREIRA	M	207903	93	Natacao da Maia	1:08.68	353	
	50m: 32.23 32.23				100m: 1:08.68 36.45			
3.	Edgar Francisco, RIBEIRO	M	208133	91	Leixoes Sport Club	1:09.01	348	
	50m: 31.59 31.59				100m: 1:09.01 37.42			
4.	Tiago Andre, FERREIRA	M	203935	92	Penafiel	1:16.00	261	
	50m: 37.28 37.28				100m: 1:16.00 38.72			
5.	Fernando Daniel, COUTO	M	207687	90	Penafiel	1:24.96	186	
	50m: 37.57 37.57				100m: 1:24.96 47.39			
WDR	Artur Sousa, FERREIRA	M	108511	93	Colegio SMLamas			WDR
WDR	Cesar Henrique, SILVA	M	11018	91	Sporting Clube Caminhense			WDR

Master Esc B								
1.	Carlos Manuel, BAPTISTA	M	204872	89	Colegio SMLamas	1:13.55	296	
	50m: 34.63 34.63				100m: 1:13.55 38.92			
DNS	Pedro Miguel, BERNARDES	M	207736	86	Penafiel			DNS

Master Esc C								
1.	Pedro Alexandre, SOUSA	M	123374	82	Porto	1:01.09	595	
	50m: 28.92 28.92				100m: 1:01.09 32.17			
2.	Pedro Manuel, VENTURA	M	153165	83	Penafiel	1:12.85	351	
	50m: 35.04 35.04				100m: 1:12.85 37.81			
3.	Paulo Ricardo, MOREIRA	M	208404	83	Penafiel	1:27.26	204	
	50m: 39.03 39.03				100m: 1:27.26 48.23			
4.	Sergio Manuel, NEVES	M	204875	82	Individual ANNP	1:31.90	175	
	50m: 44.46 44.46				100m: 1:31.90 47.44			
5.	Marco Paulo, QUARESMA	M	210441	84	AP Vila D Este	1:48.20	107	
	50m: 49.25 49.25				100m: 1:48.20 58.95			

Prova 15, Masc., 100m Livres

Master Esc D

1.	Ricardo Zamith, PASSOS	M	103229 75	Clube Naval Povoense	58.55	671
	50m: 27.86 27.86		100m: 58.55			
2.	Estevao Guerra, LIBERAL	M	125017 79	Individual ANNP	1:09.89	394
	50m: 33.76 33.76		100m: 1:09.89			
3.	Rui Alberto, MENDES	M	202097 75	Fluvial Portuense	1:11.74	365
	50m: 33.72 33.72		100m: 1:11.74			
4.	Hugo Andre, AFONSO	M	204884 76	Sporting	1:12.61	352
	50m: 33.73 33.73		100m: 1:12.61			
5.	Renato Castro, VALENTE	M	209675 79	Clube Desportivo Estarreja	1:17.12	293
	50m: 35.18 35.18		100m: 1:17.12			
6.	Hugo Rafael, GUEDES	M	204930 76	Leixoes Sport Club	1:25.39	216
	50m: 41.64 41.64		100m: 1:25.39			
DNS	Joao Antonio, GOMES	M	121592 75	Leixoes Sport Club		DNS

Master Esc E

1.	Americo Pedro, GONCALVES	M	121758 71	Fluvial Portuense	1:02.65	602
	50m: 29.54 29.54		100m: 1:02.65			
2.	Pedro Fonseca, OLIVEIRA	M	207947 74	Fluvial Portuense	1:16.49	331
	50m: 36.24 36.24		100m: 1:16.49			
3.	Nuno Miguel, SILVA	M	206943 72	Clube Naval Povoense	1:23.55	254
	50m: 40.62 40.62		100m: 1:23.55			
4.	Pedro Cunha, RIBEIRO	M	153289 70	Foca Quinta da Lixa-CNF	1:30.24	201
	50m: 42.29 42.29		100m: 1:30.24			
5.	Miguel Paulo, SILVA	M	207402 71	Penafiel	1:31.09	196
	50m: 42.37 42.37		100m: 1:31.09			
6.	Antonio Manuel, PEREIRA	M	201104 72	Penafiel	1:41.28	142
	50m: 47.79 47.79		100m: 1:41.28			
7.	Augusto Mariano, SOARES	M	117424 72	Ginásio Santo Tirso	2:12.33	63
	50m: 54.98 54.98		100m: 2:12.33			
DSQ	Armando Moreira, ROCHA <i>403 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>	M	120744 74	Colegio SMLamas		DSQ
DNS	Pierre-Andre, GOISQUE	M	209007 70	Fluvial Portuense		DNS
WDR	Vitor Carvalho, LOPES	M	132421 72	Foca Quinta da Lixa-CNF		WDR
WDR	Luis Miguel, NUNES	M	209668 74	Natacao de Valongo		WDR
WDR	Joao Miguel, MACEDO	M	121593 74	Leixoes Sport Club		WDR
WDR	Hugo Alexandre, BORREGO	M	205001 72	Sporting Clube de Aveiro		WDR
WDR	Rui Abel, PEREIRA	M	153155 73	Fluvial Portuense		WDR

Master Esc F

1.	Jorge Manuel, MONTEIRO	M	202134 67	Fluvial Portuense	1:00.97	723
	50m: 28.30 28.30		100m: 1:00.97			
2.	Joao Paulo, CAMPOS	M	14639 65	Leixoes Sport Club	1:15.48	381
	50m: 36.63 36.63		100m: 1:15.48			
3.	Joao Gunther, AMARAL	M	209669 69	Fluvial Portuense	1:21.34	304
	50m: 36.03 36.03		100m: 1:21.34			
4.	Antonio Paulo, SILVA	M	106814 67	Colegio SMLamas	1:33.34	201
	50m: 42.98 42.98		100m: 1:33.34			
5.	Jorge Fernando, MONTEIRO	M	204873 65	AP Vila D Este	1:50.60	121
	50m: 49.31 49.31		100m: 1:50.60			

Master Esc G

1.	Fabio, FLORIANO	M	207665 63	Sporting Clube de Espinho	1:22.49	348
	50m: 38.18 38.18		100m: 1:22.49			
2.	Rui Pedro, FERREIRA	M	129087 64	Natacao da Maia	1:27.68	289
	50m: 41.87 41.87		100m: 1:27.68			
WDR	Henrique Luis, SEABRA	M	125467 61	Fluvial Portuense		WDR

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Prova 15, Masc., 100m Livres

Master Esc H

1. Alberto Vaz, CORREIA	M	128374	55	Salesianos	1:14.93	510
50m: 36.21 36.21	100m: 1:14.93	38.72				

Master Esc I

1. Domingos Jose, FERREIRA	M	209351	54	Sporting Clube de Espinho	1:28.56	328
50m: 40.90 40.90	100m: 1:28.56	47.66				

Master Esc J

1. Antonio Goncalves, COSTA	M	131590	46	Fluvial Portuense	1:55.29	195
50m: 54.57 54.57	100m: 1:55.29	1:00.72				
WDR Joao Brandao, ANDRADE	M	153287	49	Foca Quinta da Lixa-CNF		WDR

Prova 16
16-11-2019 - 18:00

Femin., 200m Livres
GRAFIPRONGO

25 anos e mais velhos
Resultados

RN A(25-29)	2:10.40	Soraia Vanessa, RIBEIRO	CPN	Mealhada	19-01-2019
RN B(30-34)	2:06.50	Ana Paula, GRILO	UDCA	Inatel	22-03-2003
RN C(35-39)	2:07.69	Ana Paula, GRILO	UDCA	Freiburg (GER)	08-05-2004
RN D(40-44)	2:15.77	Susana Clara, GOMES	CNF	Mealhada	19-01-2019
RN E(45-49)	2:23.60	Ana Paula, GRILO	NDCO	Mealhada	25-01-2014
RN F(50-54)	2:30.47	Isabel Baptista, FERREIRA	ADRCIMM	Vila Franca de Xira	20-01-2018
RN G(55-59)	2:40.35	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines	28-01-2017
RN H(60-64)	2:54.01	Ana Maria, FERREIRA	SAD	Ponte de Sor	29-01-2011
RN I(65-69)	2:57.96	Ana Maria, FERREIRA	SAD	Caldas da Rainha	16-04-2016
RN J(70-74)	3:27.07	Luisa Bessone, BASTO	SAD	Vila Franca de Xira	20-01-2018
RN K(75-79)	3:28.77	Luisa Bessone, BASTO	SAD	Mealhada	18-01-2019
RN L(80-84)	7:55.15	Maria Alice, VIEIRA	CNMAIA	Vila Franca de Xira	20-01-2018
RN M(85-89)	59:00.00	start,			

Lugar Nome Sexo Licença Ano Clube Tempo Final Pts Obs

Master Esc A

1. Soraia Vanessa, RIBEIRO	F	15857	92	Leixoes Sport Club	2:18.47	736
50m: 32.14 32.14	100m: 1:07.22	35.08	150m: 1:43.42	36.20	200m: 2:18.47	35.05
2. Catia Vanessa, MOURA	F	11048	90	Sporting Clube Caminhense	2:41.49	464
50m: 37.00 37.00	100m: 1:17.90	40.90	150m: 2:00.63	42.73	200m: 2:41.49	40.86

Master Esc B

1. Patricia Alexandra, MARQUES	F	15143	87	Leixoes Sport Club	2:46.82	430
50m: 38.69 38.69	100m: 1:20.93	42.24	150m: 2:04.19	43.26	200m: 2:46.82	42.63

Master Esc C

1. Ana DAlte, GUEDES	F	121739	80	Leixoes Sport Club	2:52.47	409
50m: 38.86 38.86	100m: 1:22.53	43.67	150m: 2:08.04	45.51	200m: 2:52.47	44.43
2. Maria Margarida, MACHADO	F	153145	81	AP Vila D Este	3:14.04	287
50m: 42.42 42.42	100m: 1:31.38	48.96	150m: 2:24.10	52.72	200m: 3:14.04	49.94
3. Isabel Carolina, NEVES	F	202850	80	Individual ANNP	3:16.23	278
50m: 47.14 47.14	100m: 1:37.40	50.26	150m: 2:28.21	50.81	200m: 3:16.23	48.02

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Prova 16, Femin., 200m Livres

Master Esc D

1.	Ana Maria, MARTINS	F	123246 79	Sporting Clube de Aveiro				3:23.85	255
	50m: 47.57		100m: 1:39.29	51.72	150m: 2:32.09	52.80	200m: 3:23.85		51.76
WDR	Elsa Maria, FUMEGA	F	119665 78	Leixoes Sport Club					WDR

Master Esc F

1.	Margarida Bleck, REIS	F	210540 68	Porto				3:21.23	301
	50m: 46.63		100m: 1:37.68	51.05	150m: 2:30.29	52.61	200m: 3:21.23		50.94
2.	Rosa Leitao, COSTA	F	132419 65	Foca Quinta da Lixa-CNF				4:22.64	135
	50m: 55.43		100m: 2:02.19	1:06.76	150m: 3:12.80	1:10.61	200m: 4:22.64		1:09.84

25 anos e mais velhos

1.	Soraia Vanessa, RIBEIRO	F	15857 92	Leixoes Sport Club				2:18.47	736
	50m: 32.14		100m: 1:07.22	35.08	150m: 1:43.42	36.20	200m: 2:18.47		35.05
2.	Catia Vanessa, MOURA	F	11048 90	Sporting Clube Caminhense				2:41.49	464
	50m: 37.00		100m: 1:17.90	40.90	150m: 2:00.63	42.73	200m: 2:41.49		40.86
3.	Patricia Alexandra, MARQUES	F	15143 87	Leixoes Sport Club				2:46.82	430
	50m: 38.69		100m: 1:20.93	42.24	150m: 2:04.19	43.26	200m: 2:46.82		42.63
4.	Ana DAlte, GUEDES	F	121739 80	Leixoes Sport Club				2:52.47	409
	50m: 38.86		100m: 1:22.53	43.67	150m: 2:08.04	45.51	200m: 2:52.47		44.43
5.	Margarida Bleck, REIS	F	210540 68	Porto				3:21.23	301
	50m: 46.63		100m: 1:37.68	51.05	150m: 2:30.29	52.61	200m: 3:21.23		50.94
6.	Maria Margarida, MACHADO	F	153145 81	AP Vila D Este				3:14.04	287
	50m: 42.42		100m: 1:31.38	48.96	150m: 2:24.10	52.72	200m: 3:14.04		49.94
7.	Isabel Carolina, NEVES	F	202850 80	Individual ANNP				3:16.23	278
	50m: 47.14		100m: 1:37.40	50.26	150m: 2:28.21	50.81	200m: 3:16.23		48.02
8.	Ana Maria, MARTINS	F	123246 79	Sporting Clube de Aveiro				3:23.85	255
	50m: 47.57		100m: 1:39.29	51.72	150m: 2:32.09	52.80	200m: 3:23.85		51.76
9.	Rosa Leitao, COSTA	F	132419 65	Foca Quinta da Lixa-CNF				4:22.64	135
	50m: 55.43		100m: 2:02.19	1:06.76	150m: 3:12.80	1:10.61	200m: 4:22.64		1:09.84
WDR	Elsa Maria, FUMEGA	F	119665 78	Leixoes Sport Club					WDR

Prova 17 16-11-2019 - 18:10	Masc., 200m Livres GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	1:51.39	Artiom Viatcheslavovitch, POLIAKCCOL	Caldas da Rainha		01-12-2018
RN B(30-34)	1:54.11	Adriano Miguel, NIZ	Tomar		31-01-2016
RN C(35-39)	1:54.01	Pedro Miguel, SILVA	Ponte de Sor		30-01-2011
RN D(40-44)	2:04.25	Jorge Eduardo, FARIA	Inatel		14-04-2007
RN E(45-49)	2:03.77	Jorge Eduardo, FARIA	Lisboa		17-04-2010
RN F(50-54)	2:04.16	Jorge Eduardo, FARIA	Caldas da Rainha		12-04-2014
RN G(55-59)	2:06.91	Jose Carlos, FREITAS	Mealhada		20-01-2019
RN H(60-64)	2:25.13	Vitor Manuel, MAVIOSO	Mealhada		07-01-2017
RN I(65-69)	2:36.83	Antonio Bessone, BASTO	Lisboa		27-02-2011
RN J(70-74)	2:42.97	Antonio Bessone, BASTO	Vila Praia de Âncora		17-05-2015
RN K(75-79)	3:34.50	Leonel Sousa, GOMES	Pedrolha		23-01-2005
RN L(80-84)	3:55.06	Leonel Sousa, GOMES	Ponte de Sor		30-01-2011
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Paulo Ricardo, MOREIRA	M	15487	91	Leixoes Sport Club	2:16.07	545	
	50m: 29.66 29.66	100m: 1:04.92			35.26 150m: 1:41.30	36.38	200m: 2:16.07	34.77
2.	Luis Manuel, RIBEIRO	M	107830	91	Foca Quinta da Lixa-CNF	2:28.20	422	
	50m: 32.17 32.17	100m: 1:08.68			36.51 150m: 1:48.08	39.40	200m: 2:28.20	40.12
3.	Tiago Andre, FERREIRA	M	203935	92	Penafiel	2:55.05	256	
	50m: 41.28 41.28	100m: 1:25.16			43.88 150m: 2:10.71	45.55	200m: 2:55.05	44.34

Master Esc B								
1.	Luis Rosario, FIGUEIREDO	M	131311	89	Ginásio Santo Tirso	2:30.17	356	
	50m: 33.02 33.02	100m: 1:10.90			37.88 150m: 1:51.16	40.26	200m: 2:30.17	39.01
2.	Daniel Ribeiro, QUINTA	M	204540	88	Leixoes Sport Club	2:31.09	350	
	50m: 35.14 35.14	100m: 1:14.29			39.15 150m: 1:55.28	40.99	200m: 2:31.09	35.81
3.	Helder Tomas, ROCHA	M	203931	86	Penafiel	3:04.20	193	
	50m: 41.14 41.14	100m: 1:28.27			47.13 150m: 2:17.12	48.85	200m: 3:04.20	47.08
4.	Pedro Miguel, BERNARDES	M	207736	86	Penafiel	3:23.82	142	
	50m: 42.92 42.92	100m: 1:32.24			49.32 150m: 2:29.63	57.39	200m: 3:23.82	54.19
WDR	Adriano Miguel, NIZ	M	23013	86	Famalicao			WDR

Master Esc C								
1.	Jorge Miguel, OLIVEIRA	M	127982	80	Natacao de Valongo	2:32.74	388	
	50m: 34.54 34.54	100m: 1:13.97			39.43 150m: 1:54.94	40.97	200m: 2:32.74	37.80
2.	Mario Nuno, PEREIRA	M	200652	81	Foca Quinta da Lixa-CNF	2:40.19	336	
	50m: 35.15 35.15	100m: 1:15.61			40.46 150m: 1:58.66	43.05	200m: 2:40.19	41.53
3.	Pedro Manuel, VENTURA	M	153165	83	Penafiel	2:51.77	273	
	50m: 39.23 39.23	100m: 1:21.51			42.28 150m: 2:07.17	45.66	200m: 2:51.77	44.60
4.	Fernando Alberto, SILVA	M	206894	80	Natacao de Valongo	3:22.60	166	
	50m: 45.05 45.05	100m: 1:35.08			50.03 150m: 2:30.00	54.92	200m: 3:22.60	52.60

Master Esc D								
1.	Artur Jorge, ROSA	M	126945	76	AP Vila D Este	2:20.86	516	
	50m: 31.65 31.65	100m: 1:07.32			35.67 150m: 1:44.00	36.68	200m: 2:20.86	36.86
2.	Urbino Jesus, SANTOS	M	20649	75	Penafiel	2:35.82	381	
	50m: 35.66 35.66	100m: 1:14.14			38.48 150m: 1:54.96	40.82	200m: 2:35.82	40.86
3.	Hugo Andre, AFONSO	M	204884	76	Sporting	2:43.39	331	
	50m: 36.25 36.25	100m: 1:17.83			41.58 150m: 2:01.32	43.49	200m: 2:43.39	42.07
4.	Rui Albino, JORGE	M	106807	78	Colegio SMLamas	2:46.22	314	
	50m: 36.97 36.97	100m: 1:19.05			42.08 150m: 2:03.05	44.00	200m: 2:46.22	43.17

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Prova 17, Masc., 200m Livres

Master Esc E

1.	Joao Miguel, MACEDO	M	121593 74	Leixoes Sport Club						2:26.04	484
	50m: 33.02 33.02		100m: 1:10.56	37.54	150m: 1:48.92	38.36	200m: 2:26.04				37.12
2.	Filipe Pinheiro, PIRES	M	117638 73	Foca Quinta da Lixa-CNF						2:30.82	440
	50m: 34.15 34.15		100m: 1:13.62	39.47	150m: 1:53.12	39.50	200m: 2:30.82				37.70
3.	Miguel Jose, FERREIRA	M	119657 70	Leixoes Sport Club						2:42.45	352
	50m: 36.89 36.89		100m: 1:18.24	41.35	150m: 2:01.36	43.12	200m: 2:42.45				41.09
4.	Marco Paulo, SILVA	M	118005 70	Clube Naval Povoense						2:51.17	301
	50m: 39.24 39.24		100m: 1:22.91	43.67	150m: 2:08.46	45.55	200m: 2:51.17				42.71
5.	Vitorino Fernando, FARIA	M	147080 73	Foca Quinta da Lixa-CNF						3:23.56	179
	50m: 45.71 45.71		100m: 1:36.17	50.46	150m: 2:31.45	55.28	200m: 3:23.56				52.11

Master Esc F

1.	Paulo Alexandre, NEVES	M	112616 66	Leixoes Sport Club						2:46.78	416
	50m: 38.53 38.53		100m: 1:21.28	42.75	150m: 2:05.06	43.78	200m: 2:46.78				41.72
2.	Daniel Castro, TRIGO	M	120704 65	Sporting Clube de Aveiro						3:04.14	309
	50m: 42.10 42.10		100m: 1:29.19	47.09	150m: 2:17.62	48.43	200m: 3:04.14				46.52
3.	Luis Miguel, ANTUNES	M	206896 68	Leixoes Sport Club						3:24.82	224
	50m: 48.04 48.04		100m: 1:38.93	50.89	150m: 2:33.43	54.50	200m: 3:24.82				51.39

Master Esc G

1.	Jose Carlos, FREITAS	M	111877 63	Individual ANNP						2:11.83	926
	50m: 31.63 31.63		100m: 1:05.47	33.84	150m: 1:39.30	33.83	200m: 2:11.83				32.53
2.	Armando Joao, COSTA	M	12262 63	Colegio SMLamas						2:44.78	474
	50m: 36.55 36.55		100m: 1:18.50	41.95	150m: 2:02.24	43.74	200m: 2:44.78				42.54
3.	Pedro Bruno, MENESES	M	132358 62	Leixoes Sport Club						2:50.20	430
	50m: 38.69 38.69		100m: 1:23.01	44.32	150m: 2:07.70	44.69	200m: 2:50.20				42.50
4.	Domingos Marques, NEVES	M	202831 61	Natacao de Valongo						3:36.20	209
	50m: 47.59 47.59		100m: 1:41.96	54.37	150m: 2:39.00	57.04	200m: 3:36.20				57.20
DNS	Arnaldo Silva, MARTINS	M	129911 61	Fluvial Portuense							DNS
WDR	Jorge Vieira, RIBEIRO	M	128894 64	Sporting Clube de Aveiro							WDR

Master Esc H

1.	Alberto Vaz, CORREIA	M	128374 55	Salesianos						2:43.45	582
	50m: 36.93 36.93		100m: 1:18.44	41.51	150m: 2:01.86	43.42	200m: 2:43.45				41.59
2.	Jose Alexandre, RAPOSO	M	131484 55	Sporting Clube de Aveiro						3:46.62	218
	50m: 51.05 51.05		100m: 1:51.27	1:00.22	150m: 2:49.40	58.13	200m: 3:46.62				57.22

Master Esc I

1.	Domingos Jose, FERREIRA	M	209351 54	Sporting Clube de Espinho						3:14.76	393
	50m: 42.24 42.24		100m: 1:31.02	48.78	150m: 2:22.75	51.73	200m: 3:14.76				52.01

Master Esc J

1.	Antonio Goncalves, COSTA	M	131590 46	Fluvial Portuense						4:17.44	200
	50m: 56.69 56.69		100m: 2:03.04	1:06.35	150m: 3:13.41	1:10.37	200m: 4:17.44				1:04.03

Prova 17, Masc., 200m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
31.	Pedro Miguel, BERNARDES	M	207736	86	Penafiel	3:23.82	142	
	50m: 42.92 42.92	100m: 1:32.24			49.32 150m: 2:29.63 57.39	200m: 3:23.82		54.19
DNS	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			DNS
WDR	Adriano Miguel, NIZ	M	23013	86	Famalicão			WDR
WDR	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro			WDR

Prova 18
16-11-2019 - 18:30

Femin., 100m Bruços
GRAFIPRONGO

25 anos e mais velhos
Resultados

RN A(25-29)	1:15.32	Joana Marques, MAIA	GCST	Mealhada	20-01-2019
RN B(30-34)	1:13.31	Isabel Maria, FIGUEIRA	CNFA	Mealhada	30-01-2010
RN C(35-39)	1:14.91	Isabel Maria, FIGUEIRA	CNFA	Vila Franca de Xira	21-01-2018
RN D(40-44)	1:14.18	Isabel Maria, FIGUEIRA	CNFA	Mealhada	20-01-2019
RN E(45-49)	1:27.32	Amelia Ponte, GALHARDO	CCDCML	Torres Novas	31-01-2009
RN F(50-54)	1:29.16	Maria Helena, CARMO	SAD	Sines	29-01-2017
RN G(55-59)	1:31.85	Maria Teresa, ANDRADE	FCP	Mealhada	20-01-2019
RN H(60-64)	1:39.93	Ana Moura, RELVAS	AAC	Tomar	31-01-2016
RN I(65-69)	1:50.13	Luisa Maria, PINTAO	ANE	Algés	06-04-2019
RN J(70-74)	1:45.73	Luisa Bessone, BASTO	SAD	Plan-les-Ouates (SUI)	28-04-2018
RN K(75-79)	1:55.81	Luisa Bessone, BASTO	SAD	Algés	06-04-2019
RN L(80-84)	2:39.25	Nair Gomes, SA	ANE	Manique	23-03-2019
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Maria Ines, SILVA	F	203934	90	Penafiel	1:52.21	249	
	50m: 52.71 52.71	100m: 1:52.21			59.50			

Master Esc B

1.	Joana Martins, PEREIRA	F	210566	86	Sporting Clube Caminhense	1:59.30	195	
	50m: 57.87 57.87	100m: 1:59.30			1:01.43			

Master Esc E

1.	Olivia Cristina, NUNES	F	209367	72	Clube Desportivo Estarreja	2:20.88	168	
	50m: 1:06.29 1:06.29	100m: 2:20.88			1:14.59			
DSQ	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia			DSQ
	<i>710 - O(A) nadador(a) não levou as mãos para a frente juntas, vindas do peito, durante o percurso dos ... metros - SW 7.3, Após a partida.</i>							

Master Esc F

1.	Maribel Santos, FERNANDES	F	26829	65	Leixoes Sport Club	1:40.49	508	
	50m: 47.56 47.56	100m: 1:40.49			52.93			
2.	Teresa Margarida, LOURENCO	F	202828	69	Natacao de Valongo	1:46.86	423	
	50m: 49.99 49.99	100m: 1:46.86			56.87			
3.	Rosa Leitao, COSTA	F	132419	65	Foca Quinta da Lixa-CNF	2:00.34	296	
	50m: 57.49 57.49	100m: 2:00.34			1:02.85			

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Prova 18, Femin., 100m Bruços

Master Esc G

1.	Maria Manuela, NETO	F	102090	62	Natacao da Maia	2:03.58	310
	50m: 57.69 57.69		100m: 2:03.58		1:05.89		
2.	Gracinda Maria, MACHADO	F	117386	61	Ginásio Santo Tirso	2:19.65	215
	50m: 1:06.93 1:06.93		100m: 2:19.65		1:12.72		
DSQ	Olga Ivanonva, KONDRASHINA	F	207737	64	AP Vila D Este		DSQ
	403 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4						

Master Esc I

DNS	Maria Carmo, ROCHA	F	118886	54	Leixoes Sport Club		DNS
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Prova 19
16-11-2019 - 18:40

Masc., 100m Bruços
GRAFIPRONGO

25 anos e mais velhos
Resultados

RN A(25-29)	1:05.76	Pedro Miguel, SILVA	ADRCIMM	Manique	23-03-2019
RN B(30-34)	1:04.90	Bruno Daniel, MONTEIRO	LSC	Mealhada	20-01-2019
RN C(35-39)	1:08.12	Ricardo Amorim, REGO	LSC	Mealhada	20-01-2019
RN D(40-44)	1:05.21	Vasco Jorge, ROSARIO	SAD	Palma de Mallorca (ESP)	04-02-2017
RN E(45-49)	1:10.35	Rodolfo Pereira, NUNES	INDNP	Mealhada	20-01-2019
RN F(50-54)	1:12.73	Jose Samuel, DUARTE	SCP	Caldas da Rainha	22-04-2017
RN G(55-59)	1:21.26	Jose Miguel, BARROSO	CFP	Algés	06-04-2019
RN H(60-64)	1:24.72	Jose Santos, SILVA	CPN	Sines	28-01-2017
RN I(65-69)	1:29.34	Antonio Bessone, BASTO	SAD	Ponte da Barca	16-05-2010
RN J(70-74)	1:31.62	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	22-02-2015
RN K(75-79)	1:40.76	Leonel Sousa, GOMES	INATEL	Inatel	18-06-2005
RN L(80-84)	1:55.42	Leonel Sousa, GOMES	AAC	Mealhada	30-01-2010
RN M(85-89)	2:34.03	Leonel Sousa, GOMES	SAD	Caldas da Rainha	11-04-2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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Master Esc A

1.	Carlos Miguel, SOTELO	M	11017	91	Sporting Clube Caminhense	1:13.70	596
	50m: 35.01 35.01		100m: 1:13.70		38.69		
2.	Jose Alberto, RIBEIRO	M	11034	93	Sporting Clube Caminhense	1:20.04	465
	50m: 38.48 38.48		100m: 1:20.04		41.56		
3.	Carlos Daniel, COSTA	M	202827	91	Natacao de Valongo	1:20.30	460
	50m: 36.81 36.81		100m: 1:20.30		43.49		

Master Esc B

1.	Bruno Daniel, MONTEIRO	M	26069	88	Leixoes Sport Club	1:07.26	758
	50m: 31.10 31.10		100m: 1:07.26		36.16		
2.	Henrique Mira, GODINHO	M	11664	88	Sporting Clube Caminhense	1:12.16	614
	50m: 34.10 34.10		100m: 1:12.16		38.06		
3.	Edgar Paiva, BARTELO	M	26055	88	Leixoes Sport Club	1:17.38	498
	50m: 36.39 36.39		100m: 1:17.38		40.99		
4.	Carlos Manuel, BAPTISTA	M	204872	89	Colegio SMLamas	1:26.69	354
	50m: 41.32 41.32		100m: 1:26.69		45.37		

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Prova 19, Masc., 100m Bruços

Master Esc C

1.	Pedro Alexandre, SOUSA	M	123374 82	Porto	1:16.69	581
	50m: 36.87 36.87		100m: 1:16.69	39.82		
2.	Marcelo Porto, RODRIGUES	M	205613 82	Natacao de Valongo	1:23.23	455
	50m: 39.09 39.09		100m: 1:23.23	44.14		
3.	Paulo Ricardo, MOREIRA	M	208404 83	Penafiel	1:39.28	268
	50m: 47.61 47.61		100m: 1:39.28	51.67		
WDR	Filipe Ricardo, DIAS	M	207403 84	Penafiel		WDR

Master Esc D

1.	Manuel Antonio, DANTAS	M	101163 75	Sporting Clube Caminhense	1:18.94	541
	50m: 37.50 37.50		100m: 1:18.94	41.44		
2.	Marcio Oliveira, SILVA	M	208840 78	Clube Desportivo Estarreja	1:29.44	372
	50m: 43.06 43.06		100m: 1:29.44	46.38		
3.	Joao Antonio, GOMES	M	121592 75	Leixoes Sport Club	1:29.70	369
	50m: 42.18 42.18		100m: 1:29.70	47.52		
4.	Estevao Guerra, LIBERAL	M	125017 79	Individual ANNP	1:31.82	344
	50m: 42.74 42.74		100m: 1:31.82	49.08		
5.	Rui Alberto, MENDES	M	202097 75	Fluvial Portuense	1:36.23	298
	50m: 45.66 45.66		100m: 1:36.23	50.57		
6.	Hugo Rafael, GUEDES	M	204930 76	Leixoes Sport Club	1:37.36	288
	50m: 44.99 44.99		100m: 1:37.36	52.37		

Master Esc E

1.	Armando Moreira, ROCHA	M	120744 74	Colegio SMLamas	1:41.55	275
	50m: 48.18 48.18		100m: 1:41.55	53.37		
2.	Luis Duarte, CARVALHO	M	152640 70	Sporting Clube de Aveiro	1:44.89	249
	50m: 50.53 50.53		100m: 1:44.89	54.36		
3.	Miguel Paulo, SILVA	M	207402 71	Penafiel	1:47.35	233
	50m: 49.63 49.63		100m: 1:47.35	57.72		

Master Esc F

1.	Jose Samuel, DUARTE	M	120465 65	Sporting	1:17.06	735
	50m: 35.96 35.96		100m: 1:17.06	41.10		
2.	Jorge Sequeira, LIMA	M	10524 67	Sporting	1:21.66	617
	50m: 38.62 38.62		100m: 1:21.66	43.04		
3.	Rodrigo Jorge, RODRIGUES	M	126944 69	Leixoes Sport Club	1:27.86	496
	50m: 41.32 41.32		100m: 1:27.86	46.54		
4.	Joao Gunther, AMARAL	M	209669 69	Fluvial Portuense	1:38.39	353
	50m: 45.72 45.72		100m: 1:38.39	52.67		
5.	Antonio Eduardo, AFONSO	M	207922 65	Ginásio Santo Tirso	1:38.96	347
	50m: 46.52 46.52		100m: 1:38.96	52.44		
6.	Jose Manuel, BAPTISTA	M	130027 69	Leixoes Sport Club	1:39.76	338
	50m: 48.30 48.30		100m: 1:39.76	51.46		
DSQ	Manuel Fernando, FERNANDES	M	202748 68	Foca Quinta da Lixa-CNF		DSQ
	<i>727 - O(A) nadador(a) tocou na parede com toque não simultâneo na chegada – SW 7.6</i>					

Master Esc G

1.	Fabio, FLORIANO	M	207665 63	Sporting Clube de Espinho	1:37.70	339
	50m: 46.14 46.14		100m: 1:37.70	51.56		
2.	Alberto Nuno, ESPINHEIRO	M	106811 62	Colegio SMLamas	1:40.87	308
	50m: 46.80 46.80		100m: 1:40.87	54.07		
3.	Rui Pedro, FERREIRA	M	129087 64	Natacao da Maia	1:53.12	218
	50m: 51.60 51.60		100m: 1:53.12	1:01.52		

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Prova 19, Masc., 100m Bruços, Master Esc G

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Domingos Marques, NEVES 50m: 57.11 57.11	M	202831	61	Natacao de Valongo	1:59.10	187	
DSQ	Jose Miguel, BARROSO 403 - O(A) nadador(a) partiu antes do sinal de partida - SW 4.4	M	208445	62	Fluvial Portuense			DSQ

Master Esc H

DNS	Alfredo Gouveia, FERRARIA	M	102458	57	Porto			DNS
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Master Esc I

1.	Antonio Monteiro, CANELAS 50m: 52.29 52.29	M	148547	50	Sporting Clube de Espinho	1:49.95	376	
DSQ	Jose Manuel, RAMALHO O atleta não tocou com as mãos na parede.	M		52	Penafiel			DSQ

Master Esc J

1.	Jose, LEITE 50m: 52.83 52.83	M	204547	48	Foca Quinta da Lixa-CNF	1:53.89	379	
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Prova 20 16-11-2019 - 18:50

Femin., 200m Bruços GRAFIPRONGO

25 anos e mais velhos Resultados

RN A(25-29)	2:41.11	Joana Marques, MAIA	GCST	Mealhada	19-01-2019
RN B(30-34)	2:51.39	Maria Sofia, MARTINS	CFP	Porto	08-11-2014
RN C(35-39)	2:57.65	Ana Paula, GRILO	UDCA	Ponte da Barca	11-06-2005
RN D(40-44)	3:01.00	Catarina Andrade, ALVES	CDN	Vila Franca de Xira	20-01-2018
RN E(45-49)	3:15.32	Patricia Diogenes, PEREIRA	SAD	Badajoz (ESP)	23-04-2016
RN F(50-54)	3:10.13	Maria Helena, CARMO	SAD	Sines	28-01-2017
RN G(55-59)	3:25.50	Maria Teresa, ANDRADE	FCP	Mealhada	19-01-2019
RN H(60-64)	3:50.74	Luisa Maria, PINTAO	ANE	Caldas da Rainha	12-04-2014
RN I(65-69)	3:53.18	Luisa Maria, PINTAO	ANE	Mealhada	19-01-2019
RN J(70-74)	3:55.98	Luisa Bessone, BASTO	SAD	Caldas da Rainha	09-12-2017
RN K(75-79)	4:09.40	Luisa Bessone, BASTO	SAD	Mealhada	19-01-2019
RN L(80-84)	6:07.51	Nair Gomes, SA	ANE	Mealhada	19-01-2019
RN M(85-89)	59:00.00	start,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Mariana Dias, ALMEIDA 50m: 42.15 42.15	F	22405	93	Ginásio Santo Tirso	3:04.55	577	
2.	Ana Lucia, CASTRO 50m: 41.65 41.65	F	102795	92	Clube Desportivo Estarreja	3:06.23	561	48.46
3.	Ana Gay, PARRAGA 50m: 47.15 47.15	F		92	CDU Granada	3:23.18	432	51.16
4.	Patricia Marisa, RIBEIRO 50m: 48.62 48.62	F	201640	91	AP Vila D Este	3:31.12	385	53.92
5.	Ana Isabel, FERREIRA 50m: 48.75 48.75	F	102081	92	Penafiel	3:34.21	369	55.72

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Prova 20, Femin., 200m Bruços

Master Esc B

1.	Patricia Alexandra, MARQUES	F	15143	87	Leixoes Sport Club					3:19.40	449
	50m: 45.21 45.21		100m: 1:35.15		49.94	150m: 2:27.00	51.85		200m: 3:19.40		52.40

Master Esc C

1.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia					3:28.33	413
	50m: 46.14 46.14		100m: 1:39.24		53.10	150m: 2:34.69	55.45		200m: 3:28.33		53.64
2.	Ana Rosa, SILVA	F	133361	80	Foca Quinta da Lixa-CNF					4:04.03	256
	50m: 54.49 54.49		100m: 1:56.83		1:02.34	150m: 3:01.06	1:04.23		200m: 4:04.03		1:02.97

Master Esc D

1.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este					3:31.74	482
	50m: 47.56 47.56		100m: 1:40.62		53.06	150m: 2:35.80	55.18		200m: 3:31.74		55.94
2.	Maria Rosa, SERRA	F	205535	77	Clube Naval Povoense					4:29.46	234
	50m: 59.63 59.63		100m: 2:08.38		1:08.75	150m: 3:19.63	1:11.25		200m: 4:29.46		1:09.83

Master Esc E

WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense						WDR
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25 anos e mais velhos

1.	Mariana Dias, ALMEIDA	F	22405	93	Ginásio Santo Tirso					3:04.55	577
	50m: 42.15 42.15		100m: 1:29.02		46.87	150m: 2:16.65	47.63		200m: 3:04.55		47.90
2.	Ana Lucia, CASTRO	F	102795	92	Clube Desportivo Estarreja					3:06.23	561
	50m: 41.65 41.65		100m: 1:28.73		47.08	150m: 2:17.77	49.04		200m: 3:06.23		48.46
3.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este					3:31.74	482
	50m: 47.56 47.56		100m: 1:40.62		53.06	150m: 2:35.80	55.18		200m: 3:31.74		55.94
4.	Patricia Alexandra, MARQUES	F	15143	87	Leixoes Sport Club					3:19.40	449
	50m: 45.21 45.21		100m: 1:35.15		49.94	150m: 2:27.00	51.85		200m: 3:19.40		52.40
5.	Ana Gay, PARRAGA	F		92	CDU Granada					3:23.18	432
	50m: 47.15 47.15		100m: 1:38.73		51.58	150m: 2:32.02	53.29		200m: 3:23.18		51.16
6.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia					3:28.33	413
	50m: 46.14 46.14		100m: 1:39.24		53.10	150m: 2:34.69	55.45		200m: 3:28.33		53.64
7.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este					3:31.12	385
	50m: 48.62 48.62		100m: 1:42.87		54.25	150m: 2:37.20	54.33		200m: 3:31.12		53.92
8.	Ana Isabel, FERREIRA	F	102081	92	Penafiel					3:34.21	369
	50m: 48.75 48.75		100m: 1:41.66		52.91	150m: 2:38.49	56.83		200m: 3:34.21		55.72
9.	Ana Rosa, SILVA	F	133361	80	Foca Quinta da Lixa-CNF					4:04.03	256
	50m: 54.49 54.49		100m: 1:56.83		1:02.34	150m: 3:01.06	1:04.23		200m: 4:04.03		1:02.97
10.	Maria Rosa, SERRA	F	205535	77	Clube Naval Povoense					4:29.46	234
	50m: 59.63 59.63		100m: 2:08.38		1:08.75	150m: 3:19.63	1:11.25		200m: 4:29.46		1:09.83
WDR	Catarina Araujo, BLANCO	F	124701	71	Fluvial Portuense						WDR

Prova 21 16-11-2019 - 19:00	Masc., 200m Bruços GRAFIPRONGO	25 anos e mais velhos Resultados
RN A(25-29)	2:24.75 Marcelo Goncalo, PEREIRA	FOCA Sines 29-01-2017
RN B(30-34)	2:24.34 Adriano Miguel, NIZ	GDNVNF Sines 29-01-2017
RN C(35-39)	2:26.33 Ricardo Amorim, REGO	LSC Mealhada 19-01-2019
RN D(40-44)	2:22.69 Vasco Jorge, ROSARIO	SAD Palma de Mallorca (ESP) 02-02-2017
RN E(45-49)	2:38.21 Rodolfo Pereira, NUNES	CAP Vila Franca de Xira 20-01-2018
RN F(50-54)	2:39.50 Jose Samuel, DUARTE	SCP Algés 29-03-2015
RN G(55-59)	3:04.12 Jose Miguel, BARROSO	CFP Mealhada 19-01-2019
RN H(60-64)	3:13.87 Jose Santos, SILVA	CPN Sines 29-01-2017
RN I(65-69)	3:18.46 Antonio Bessone, BASTO	SAD Lisboa 26-02-2011
RN J(70-74)	3:20.44 Antonio Bessone, BASTO	SAD Pontevedra (ESP) 21-02-2015
RN K(75-79)	3:44.78 Leonel Sousa, GOMES	SFP Ponte da Barca 11-06-2005
RN L(80-84)	4:11.52 Leonel Sousa, GOMES	AAC Caldas da Rainha 24-04-2010
RN M(85-89)	59:00.00 start,	

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	2:48.14	557	
	50m: 38.85 38.85	100m: 1:22.13			43.28 150m: 2:04.59	42.46	200m: 2:48.14	43.55
2.	Bruno Miguel, SANTOS	M	102648	91	Leixoes Sport Club	2:48.34	555	
	50m: 37.65 37.65	100m: 1:19.83			42.18 150m: 2:03.72	43.89	200m: 2:48.34	44.62

Master Esc B								
1.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel	3:05.28	436	
	50m: 42.34 42.34	100m: 1:29.96			47.62 150m: 2:16.61	46.65	200m: 3:05.28	48.67
2.	Jorge Ricardo, RIBEIRO	M	204489	88	Leixoes Sport Club	3:15.05	373	
	50m: 44.46 44.46	100m: 1:34.59			50.13 150m: 2:25.69	51.10	200m: 3:15.05	49.36
DSQ	Francisco Rosario, FIGUEIREDO	M	130156	85	Leixoes Sport Club			DSQ
	<i>723 - O(A) nadador(a) tocou só com uma mão na parede na viragem dos 100 metros – SW 7.6</i>							

Master Esc D								
1.	Ricardo Zamith, PASSOS	M	103229	75	Clube Naval Povoense	2:49.89	594	
	50m: 39.58 39.58	100m: 1:24.05			44.47 150m: 2:08.26	44.21	200m: 2:49.89	41.63
2.	Rui Albino, JORGE	M	106807	78	Colegio SMLamas	3:22.16	353	
	50m: 43.10 43.10	100m: 1:35.80			52.70 150m: 2:29.49	53.69	200m: 3:22.16	52.67
3.	Carlos Manta, OLIVEIRA	M	207729	77	AP Vila D Este	3:52.79	231	
	50m: 50.67 50.67	100m: 1:48.30			57.63 150m: 2:50.09	1:01.79	200m: 3:52.79	1:02.70

Master Esc E								
1.	Miguel Angelo, NUNES	M	206646	73	Clube Desportivo Estarreja	3:14.58	436	
	50m: 44.67 44.67	100m: 1:34.81			50.14 150m: 2:25.81	51.00	200m: 3:14.58	48.77
2.	Joao Tiago, SOARES	M	201938	70	Porto	3:33.40	331	
	50m: 47.62 47.62	100m: 1:43.35			55.73 150m: 2:40.68	57.33	200m: 3:33.40	52.72
3.	Ricardo Jorge, FERNANDES	M	14684	72	Natacao de Valongo	3:34.12	327	
	50m: 49.03 49.03	100m: 1:45.18			56.15 150m: 2:40.04	54.86	200m: 3:34.12	54.08
4.	Marco Paulo, SILVA	M	118005	70	Clube Naval Povoense	3:35.78	320	
	50m: 47.65 47.65	100m: 1:42.67			55.02 150m: 2:39.94	57.27	200m: 3:35.78	55.84
5.	Luis Duarte, CARVALHO	M	152640	70	Sporting Clube de Aveiro	3:51.66	258	
	50m: 54.57 54.57	100m: 1:54.00			59.43 150m: 2:54.84	1:00.84	200m: 3:51.66	56.82

Prova 21, Masc., 200m Bruços

Master Esc F

1.	Jose Samuel, DUARTE	M	120465 65	Sporting						2:46.53	802
	50m: 39.80 39.80		100m: 1:22.34	42.54	150m: 2:05.05	42.71	200m: 2:46.53			41.48	
2.	Rodrigo Jorge, RODRIGUES	M	126944 69	Leixoes Sport Club						3:24.00	436
	50m: 46.07 46.07		100m: 1:36.45	50.38	150m: 2:29.86	53.41	200m: 3:24.00			54.14	
3.	Jose Manuel, BAPTISTA	M	130027 69	Leixoes Sport Club						3:41.56	340
	50m: 50.80 50.80		100m: 1:45.96	55.16	150m: 2:43.23	57.27	200m: 3:41.56			58.33	
DNS	Jorge Sequeira, LIMA	M	10524 67	Sporting							DNS

Master Esc G

1.	Alberto Nuno, ESPINHEIRO	M	106811 62	Colegio SMLamas						3:43.57	380
	50m: 50.92 50.92		100m: 1:48.04	57.12	150m: 2:46.77	58.73	200m: 3:43.57			56.80	
2.	Joao Henrique, SEARA	M	131833 63	Leixoes Sport Club						4:05.30	288
	50m: 53.46 53.46		100m: 1:53.81	1:00.35	150m: 2:58.82	1:05.01	200m: 4:05.30			1:06.48	
3.	Albano Couto, TEIXEIRA	M	117114 63	Foca Quinta da Lixa-CNF						4:28.52	219
	50m: 57.89 57.89		100m: 2:07.21	1:09.32	150m: 3:19.50	1:12.29	200m: 4:28.52			1:09.02	
4.	Paulo Luis, AZEVEDO	M	204147 60	Leixoes Sport Club						5:11.54	140
	50m: 1:09.27 1:09.27		100m: 2:26.81	1:17.54	150m: 3:48.92	1:22.11	200m: 5:11.54			1:22.62	

Master Esc I

1.	Antonio Alves, CECILIO	M	100919 54	Fluvial Portuense						3:47.27	514
	50m: 50.13 50.13		100m: 1:47.94	57.81	150m: 2:47.52	59.58	200m: 3:47.27			59.75	

25 anos e mais velhos

1.	Jose Samuel, DUARTE	M	120465 65	Sporting						2:46.53	802
	50m: 39.80 39.80		100m: 1:22.34	42.54	150m: 2:05.05	42.71	200m: 2:46.53			41.48	
2.	Ricardo Zamith, PASSOS	M	103229 75	Clube Naval Povoense						2:49.89	594
	50m: 39.58 39.58		100m: 1:24.05	44.47	150m: 2:08.26	44.21	200m: 2:49.89			41.63	
3.	Fabio Andre, MADUREIRA	M	15910 90	Penafiel						2:48.14	557
	50m: 38.85 38.85		100m: 1:22.13	43.28	150m: 2:04.59	42.46	200m: 2:48.14			43.55	
4.	Bruno Miguel, SANTOS	M	102648 91	Leixoes Sport Club						2:48.34	555
	50m: 37.65 37.65		100m: 1:19.83	42.18	150m: 2:03.72	43.89	200m: 2:48.34			44.62	
5.	Antonio Alves, CECILIO	M	100919 54	Fluvial Portuense						3:47.27	514
	50m: 50.13 50.13		100m: 1:47.94	57.81	150m: 2:47.52	59.58	200m: 3:47.27			59.75	
6.	Pedro Joaquim, MOREIRA	M	131844 87	Penafiel						3:05.28	436
	50m: 42.34 42.34		100m: 1:29.96	47.62	150m: 2:16.61	46.65	200m: 3:05.28			48.67	
	Miguel Angelo, NUNES	M	206646 73	Clube Desportivo Estarreja						3:14.58	436
	50m: 44.67 44.67		100m: 1:34.81	50.14	150m: 2:25.81	51.00	200m: 3:14.58			48.77	
	Rodrigo Jorge, RODRIGUES	M	126944 69	Leixoes Sport Club						3:24.00	436
	50m: 46.07 46.07		100m: 1:36.45	50.38	150m: 2:29.86	53.41	200m: 3:24.00			54.14	
9.	Alberto Nuno, ESPINHEIRO	M	106811 62	Colegio SMLamas						3:43.57	380
	50m: 50.92 50.92		100m: 1:48.04	57.12	150m: 2:46.77	58.73	200m: 3:43.57			56.80	
10.	Jorge Ricardo, RIBEIRO	M	204489 88	Leixoes Sport Club						3:15.05	373
	50m: 44.46 44.46		100m: 1:34.59	50.13	150m: 2:25.69	51.10	200m: 3:15.05			49.36	
11.	Rui Albino, JORGE	M	106807 78	Colegio SMLamas						3:22.16	353
	50m: 43.10 43.10		100m: 1:35.80	52.70	150m: 2:29.49	53.69	200m: 3:22.16			52.67	
12.	Jose Manuel, BAPTISTA	M	130027 69	Leixoes Sport Club						3:41.56	340
	50m: 50.80 50.80		100m: 1:45.96	55.16	150m: 2:43.23	57.27	200m: 3:41.56			58.33	
13.	Joao Tiago, SOARES	M	201938 70	Porto						3:33.40	331
	50m: 47.62 47.62		100m: 1:43.35	55.73	150m: 2:40.68	57.33	200m: 3:33.40			52.72	
14.	Ricardo Jorge, FERNANDES	M	14684 72	Natacao de Valongo						3:34.12	327
	50m: 49.03 49.03		100m: 1:45.18	56.15	150m: 2:40.04	54.86	200m: 3:34.12			54.08	
15.	Marco Paulo, SILVA	M	118005 70	Clube Naval Povoense						3:35.78	320
	50m: 47.65 47.65		100m: 1:42.67	55.02	150m: 2:39.94	57.27	200m: 3:35.78			55.84	
16.	Joao Henrique, SEARA	M	131833 63	Leixoes Sport Club						4:05.30	288
	50m: 53.46 53.46		100m: 1:53.81	1:00.35	150m: 2:58.82	1:05.01	200m: 4:05.30			1:06.48	

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Prova 21, Masc., 200m Bruços, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17.	Luis Duarte, CARVALHO 50m: 54.57 54.57	M	152640	70	Sporting Clube de Aveiro 59.43 150m: 2:54.84 1:00.84	3:51.66 200m: 3:51.66	258	56.82
18.	Carlos Manta, OLIVEIRA 50m: 50.67 50.67	M	207729	77	AP Vila D Este 57.63 150m: 2:50.09 1:01.79	3:52.79 200m: 3:52.79	231	1:02.70
19.	Albano Couto, TEIXEIRA 50m: 57.89 57.89	M	117114	63	Foca Quinta da Lixa-CNF 1:09.32 150m: 3:19.50 1:12.29	4:28.52 200m: 4:28.52	219	1:09.02
20.	Paulo Luis, AZEVEDO 50m: 1:09.27 1:09.27	M	204147	60	Leixoes Sport Club 1:17.54 150m: 3:48.92 1:22.11	5:11.54 200m: 5:11.54	140	1:22.62
DSQ	Francisco Rosario, FIGUEIREDO 723 - O(A) nadador(a) tocou só com uma mão na parede na viragem dos 100 metros – SW 7.6	M	130156	85	Leixoes Sport Club			DSQ
DNS	Jorge Sequeira, LIMA	M	10524	67	Sporting			DNS

Prova 22
16-11-2019 - 19:15

Misto, 4 x 100m Estilos
TURBO

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Resultados

RN 1(100-119)	6:45.50	Associação Desportiva de Penafiel ADP	Porto	28-10-2018	
RN 2(120-159)	4:47.88	Futebol Clube do Porto	FCP	Porto	28-10-2018
RN 3(160-199)	59:00.00	start			
RN 4(200-239)	7:01.85	Clube Fluvial Portuense	CFP	Porto	28-10-2018
RN 5(240-279)	8:10.44	Clube Fluvial Portuense	CFP	Porto	28-10-2018
RN 6(280-319)	59:00.00	start			

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
1.	Leixoes Sport Club 1 <i>Recorde Nacional</i>	X		Leixoes Sport Club	5:26.90			
	Bruno Miguel, SANTOS	91	34.28	1:11.40	Fernando Santos, MOREIRA	94	31.25	1:08.02
	Patricia Alexandra, MARQUES	87	43.36	1:34.07	Filipa Isabel, REIS	87	42.92	1:33.41

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1.	Leixoes Sport Club 2 <i>Recorde Nacional</i>	X		Leixoes Sport Club	4:41.81			
	Edgar Paiva, BARTELO	88	32.58	1:07.38	Ricardo Amorim, REGO	84	28.40	1:02.65
	Elsa Maria, FUMEGA	78	41.57	1:30.63	Soraia Vanessa, RIBEIRO	92	29.03	1:01.15
2.	Sporting Clube Caminhense 1	X		Sporting Clube Caminhense	5:16.03			
	Catia Vanessa, MOURA	90	41.30	1:24.69	Manuel Antonio, DANTAS	75	31.78	1:09.08
	Henrique Mira, GODINHO	88	33.47	1:11.90	Joana Martins, PEREIRA	86	42.94	1:30.36
3.	Porto 1	X		Porto	5:39.48			
	Hugo Miguel, VILAS	78	43.57	1:36.53	Lina Orrego, ARENAS	84	43.49	1:38.90
	Pedro Alexandre, SOUSA	82	35.91	1:15.25	Carla Santa, BARBARA	75	31.86	1:08.80
4.	Ginásio Santo Tirso 1	X		Ginásio Santo Tirso	5:49.62			
	Mariana Dias, ALMEIDA	93	41.31	1:23.42	Luis Rosario, FIGUEIREDO	89	42.03	1:35.32
	Antonio Eduardo, AFONSO	65	46.63	1:40.56	Maria Joao, JOSE	90	30.03	1:10.32
5.	AP Vila D Este 1	X		AP Vila D Este	5:58.10			
	Patricia Marisa, RIBEIRO	91	41.79	1:24.69	Artur Jorge, ROSA	76	35.04	1:15.10
	Elza Maria, CARVALHO	76	46.40	1:37.97	Carlos Manta, OLIVEIRA	77	47.31	1:40.34

Prova 22, Misto, 4 x 100m Estilos

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1. Leixoes Sport Club 3	X			Leixoes Sport Club				5:30.17	
<i>Recorde Nacional</i>									
Graca Maria, ALMEIDA	73	42.75	1:28.57	Liliana Elisabete, BAPTISTA	78	39.61	1:24.61		
Bruno Daniel, MONTEIRO	88	30.59	1:06.02	Luis Miguel, ANTUNES	68	42.64	1:30.97		
2. Natacao de Valongo 1	X			Natacao de Valongo				5:58.25	
Paula Margarida, NAVARRO	68	51.16	1:43.54	Marcelo Porto, RODRIGUES	82	35.78	1:16.83		
Teresa Margarida, LOURENCO	69	49.14	1:46.56	Ricardo Jorge, FERNANDES	72	33.72	1:11.32		
3. Clube Desportivo Estarreja 1	X			Clube Desportivo Estarreja				6:30.13	
Renato Castro, VALENTE	79	45.25	1:31.82	Ana Lucia, CASTRO	92	1:04.23	1:49.03		
Olivia Cristina, NUNES	72	1:08.95	1:59.20	Miguel Angelo, NUNES	73	32.70	1:10.08		

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DSQ	Leixoes Sport Club 4	X		Leixoes Sport Club					DSQ
	<i>609 - O(A) nadador(a) n�o comeou a executar a viragem imediatamente ap�s terminar a braada na posi�o ventral aos 75 metros - SW 6.4</i>								
	Maribel Santos, FERNANDES	65	47.40	Eduardo Alexandre, JUNIOR	70				
	Maria Carmo, ROCHA	54		Jose Manuel, BAPTISTA	69				