

Prova 5
28/05/2022 - 16:00

Femin., 400m Estilos

14 - 15 anos
Resultados

Rec Nac 25m Absoluto	4:36.19	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	13/12/2017
Rec Nac 25m Juv A	4:51.85	Ana Claudia, SANTOS	SFUAP	Setubal	21/11/2004
Rec Nac 25m Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018
Recorde Regional 25m Absoluto	4:42.89	Ana Catarina, MONTEIRO	CFV	Felgueiras	21/12/2018
Recorde Regional 25m Juv A	4:55.09	Diana Margarida, DURAES	FOCA	Guarda	10/12/2010
Recorde Regional 25m Juv B	4:56.53	Mariana Pacheco, CUNHA	CFP	Porto	05/05/2018

Juvenis A Femininos Juv A: 5:55.78 / Juvenis B Femininos Juv B: 6:04.14

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
Juvenis B								
1.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	5:29.92	483	
	50m: 33.71 33.71				150m: 1:57.01 42.26	250m: 3:26.52 50.15	350m: 4:53.05 37.49	
	100m: 1:14.75 41.04				200m: 2:36.37 39.36	300m: 4:15.56 49.04	400m: 5:29.92 36.87	
2.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	5:31.20	477	
	50m: 33.93 33.93				150m: 1:53.79 40.76	250m: 3:23.44 48.25	350m: 4:50.72 39.15	
	100m: 1:13.03 39.10				200m: 2:35.19 41.40	300m: 4:11.57 48.13	400m: 5:31.20 40.48	
3.	Lara Filipa, PINTO	F	200514	08	Porto	5:32.12	473	
	50m: 36.25 36.25				150m: 1:58.92 41.14	250m: 3:27.38 47.45	350m: 4:53.74 38.34	
	100m: 1:17.78 41.53				200m: 2:39.93 41.01	300m: 4:15.40 48.02	400m: 5:32.12 38.38	
4.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	5:32.61	471	
	50m: 38.91 38.91				150m: 2:06.37 43.12	250m: 3:32.27 44.27	350m: 4:56.06 38.58	
	100m: 1:23.25 44.34				200m: 2:48.00 41.63	300m: 4:17.48 45.21	400m: 5:32.61 36.55	
5.	Carolina Amadeu, FERREIRA	F	202815	08	Leixões Sport Clube	5:32.95	470	
	50m: 38.17 38.17				150m: 2:02.35 41.07	250m: 3:32.68 49.64	350m: 4:58.32 36.15	
	100m: 1:21.28 43.11				200m: 2:43.04 40.69	300m: 4:22.17 49.49	400m: 5:32.95 34.63	
6.	Leonor Carvalho, SOARES	F	200784	08	Porto	5:34.22	465	
	50m: 34.96 34.96				150m: 1:58.00 43.42	250m: 3:30.72 51.14	350m: 4:58.15 37.02	
	100m: 1:14.58 39.62				200m: 2:39.58 41.58	300m: 4:21.13 50.41	400m: 5:34.22 36.07	
7.	Ana Carolina, CRUZ	F	201055	08	Famalicao	5:34.29	464	
	50m: 35.57 35.57				150m: 2:01.33 44.03	250m: 3:31.51 46.82	350m: 4:57.35 38.21	
	100m: 1:17.30 41.73				200m: 2:44.69 43.36	300m: 4:19.14 47.63	400m: 5:34.29 36.94	
8.	Maria Joao, COSTA	F	201391	08	Vilacondense	5:34.90	462	
	50m: 34.47 34.47				150m: 1:58.30 42.51	250m: 3:30.95 49.74	350m: 4:59.21 38.14	
	100m: 1:15.79 41.32				200m: 2:41.21 42.91	300m: 4:21.07 50.12	400m: 5:34.90 35.69	
9.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	5:36.84	454	
	50m: 36.53 36.53				150m: 2:01.05 42.83	250m: 3:30.68 47.98	350m: 4:58.46 39.13	
	100m: 1:18.22 41.69				200m: 2:42.70 41.65	300m: 4:19.33 48.65	400m: 5:36.84 38.38	
	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	5:36.84	454	
	50m: 35.84 35.84				150m: 2:00.17 42.74	250m: 3:32.97 50.31	350m: 5:00.12 37.09	
	100m: 1:17.43 41.59				200m: 2:42.66 42.49	300m: 4:23.03 50.06	400m: 5:36.84 36.72	
11.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	5:37.80	450	
	50m: 35.39 35.39				150m: 1:58.95 44.09	250m: 3:29.56 47.28	350m: 4:59.74 41.54	
	100m: 1:14.86 39.47				200m: 2:42.28 43.33	300m: 4:18.20 48.64	400m: 5:37.80 38.06	
12.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	5:41.68	435	
	50m: 36.43 36.43				150m: 2:01.84 42.97	250m: 3:33.68 48.78	350m: 5:03.01 39.50	
	100m: 1:18.87 42.44				200m: 2:44.90 43.06	300m: 4:23.51 49.83	400m: 5:41.68 38.67	
13.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	5:43.03	430	
	50m: 35.55 35.55				150m: 2:02.99 45.49	250m: 3:36.63 50.03	350m: 5:05.63 38.52	
	100m: 1:17.50 41.95				200m: 2:46.60 43.61	300m: 4:27.11 50.48	400m: 5:43.03 37.40	
14.	Luciana Filipa, PINTO	F	201801	08	Porto	5:43.45	428	
	50m: 39.54 39.54				150m: 2:10.47 44.79	250m: 3:39.36 45.96	350m: 5:06.08 39.41	
	100m: 1:25.68 46.14				200m: 2:53.40 42.93	300m: 4:26.67 47.31	400m: 5:43.45 37.37	
15.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	5:47.74	412	
	50m: 37.25 37.25				150m: 2:05.96 46.20	250m: 3:39.43 47.49	350m: 5:08.56 40.84	
	100m: 1:19.76 42.51				200m: 2:51.94 45.98	300m: 4:27.72 48.29	400m: 5:47.74 39.18	
16.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	5:52.31	397	
	50m: 40.45 40.45				150m: 2:12.48 46.90	250m: 3:47.56 50.28	350m: 5:15.83 37.77	
	100m: 1:25.58 45.13				200m: 2:57.28 44.80	300m: 4:38.06 50.50	400m: 5:52.31 36.48	
17.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	5:54.52	389	
	50m: 37.60 37.60				150m: 2:05.40 44.44	250m: 3:40.47 51.58	350m: 5:14.17 42.03	
	100m: 1:20.96 43.36				200m: 2:48.89 43.49	300m: 4:32.14 51.67	400m: 5:54.52 40.35	
18.	Mafalda Rego, CAIXEIRO	F	201092	08	Leixões Sport Clube	5:58.34	377	
	50m: 36.16 36.16				150m: 2:05.50 46.22	250m: 3:41.85 51.19	350m: 5:16.60 42.00	
	100m: 1:19.28 43.12				200m: 2:50.66 45.16	300m: 4:34.60 52.75	400m: 5:58.34 41.74	
19.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	6:00.14	371	
	50m: 40.12 40.12				150m: 2:13.48 48.28	250m: 3:46.32 47.61	350m: 5:19.05 43.92	
	100m: 1:25.20 45.08				200m: 2:58.71 45.23	300m: 4:35.13 48.81	400m: 6:00.14 41.09	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.72334

Registered to Associação de Natação do Norte de Portugal

29/05/2022 17:53 - Página 1

Prova 5, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
20.	Maria Leonor, MOUTINHO FTL	F	213221	08	Natacao da Maia	6:05.77	354	
	50m: 38.29 38.29 100m: 1:25.86 47.57		150m: 2:09.47 43.61 200m: 2:54.20 44.73		250m: 3:48.00 53.80 300m: 4:41.41 53.41	350m: 5:24.13 42.72 400m: 6:05.77 41.64		
21.	Ariana Micaela, BESSA FTL	F	201080	08	Lousada S�culo XXI	6:06.15	353	
	50m: 36.58 36.58 100m: 1:22.45 45.87		150m: 2:09.79 47.34 200m: 2:56.65 46.86		250m: 3:46.12 49.47 300m: 4:37.70 51.58	350m: 5:23.05 45.35 400m: 6:06.15 43.10		
22.	Mariana Nunes, CUNHA FTL	F	201087	08	Lousada S�culo XXI	6:22.20	310	
	50m: 41.86 41.86 100m: 1:35.79 53.93		150m: 2:22.28 46.49 200m: 3:06.86 44.58		250m: 4:01.36 54.50 300m: 4:56.05 54.69	350m: 5:39.30 43.25 400m: 6:22.20 42.90		
23.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	6:30.75	291	
	50m: 42.18 42.18 100m: 1:35.21 53.03		150m: 2:23.21 48.00 200m: 3:10.39 47.18		250m: 4:08.36 57.97 300m: 5:06.89 58.53	350m: 5:48.23 41.34 400m: 6:30.75 42.52		
DSQ	Mafalda Pinto, SOUSA 7.21 - O(A) nadador(a) tocou s� com uma m�o na parede na viragem dos 225 metros – SW 7.6	F	203348	08	Fluvial Portuense			
DSQ	Bruna Maria, BARBOSA 8.14 - O(A) nadador(a) tocou na parede s� com uma m�o na viragem dos 25 metros – SW 8.4	F	202261	08	Aquatico Pacense			
WDR	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo			
WDR	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o			

Juvenis A

1.	Francisca Martins, GOMES	F	207830	07	Porto	5:26.34	499	
	50m: 36.49 36.49 100m: 1:17.13 40.64		150m: 2:00.36 43.23 200m: 2:42.33 41.97		250m: 3:27.66 45.33 300m: 4:12.51 44.85	350m: 4:50.01 37.50 400m: 5:26.34 36.33		
2.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	5:28.05	491	
	50m: 33.19 33.19 100m: 1:12.66 39.47		150m: 1:54.51 41.85 200m: 2:36.66 42.15		250m: 3:24.03 47.37 300m: 4:13.38 49.35	350m: 4:51.36 37.98 400m: 5:28.05 36.69		
3.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	5:41.59	435	
	50m: 37.49 37.49 100m: 1:22.08 44.59		150m: 2:08.56 46.48 200m: 2:53.53 44.97		250m: 3:39.47 45.94 300m: 4:26.13 46.66	350m: 5:04.60 38.47 400m: 5:41.59 36.99		
4.	Sofia Pereira, BRAZ FTL	F	206537	07	CLIP Teams	5:56.58	382	
	50m: 36.08 36.08 100m: 1:18.94 42.86		150m: 2:05.34 46.40 200m: 2:50.80 45.46		250m: 3:40.90 50.10 300m: 4:32.72 51.82	350m: 5:14.34 41.62 400m: 5:56.58 42.24		
5.	Matilde Vale, SILVA FTL	F	202754	07	Clube Naval Povoense	5:59.57	373	
	50m: 37.38 37.38 100m: 1:21.38 44.00		150m: 2:04.66 43.28 200m: 2:47.76 43.10		250m: 3:41.46 53.70 300m: 4:37.89 56.43	350m: 5:19.08 41.19 400m: 5:59.57 40.49		
6.	Ana Medeiros, COSTA FTL	F	152164	07	Gcst	6:14.27	331	
	50m: 38.37 38.37 100m: 1:28.97 50.60		150m: 2:16.16 47.19 200m: 3:01.58 45.42		250m: 3:56.54 54.96 300m: 4:51.97 55.43	350m: 5:36.01 44.04 400m: 6:14.27 38.26		
7.	Eva Oliveira, SILVA FTL	F	201964	07	Penafiel	6:14.95	329	
	50m: 39.50 39.50 100m: 1:27.30 47.80		150m: 2:14.20 46.90 200m: 3:00.75 46.55		250m: 3:54.42 53.67 300m: 4:49.89 55.47	350m: 5:33.36 43.47 400m: 6:14.95 41.59		
8.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	6:23.96	306	
	50m: 42.20 42.20 100m: 1:30.79 48.59		150m: 2:17.23 46.44 200m: 3:02.02 44.79		250m: 3:59.18 57.16 300m: 4:55.28 56.10	350m: 5:39.66 44.38 400m: 6:23.96 44.30		
9.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	6:34.56	282	
	50m: 42.05 42.05 100m: 1:32.74 50.69		150m: 2:22.99 50.25 200m: 3:11.30 48.31		250m: 4:06.82 55.52 300m: 5:03.65 56.83	350m: 5:51.03 47.38 400m: 6:34.56 43.53		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associaç o de Nataç o do Norte de Portugal

29/05/2022 17:53 - P gina 2

ORGANIZAÇ O



PARCEIRO INSTITUCIONAL



PARCEIRO



FORNECEDOR OFICIAL



Prova 5, Femin., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
DSQ	Francisca Soares, PIMENTA	F	202786	07	Clube Naval Povoense			
	7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos 240 metros – SW 7.5							
DNF	Ines Rebelo, SOUSA	F	203317	07	Porto			
	10.1 - O(A) nadador(a), nadando uma prova individual, n�o completou o percurso - SW 10.2							

Prova 6

Masc., 1500m Livres

15 - 16 anos

28/05/2022 - 16:40

Resultados

Rec Nac 25m Absoluto	14:39.82	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	20/12/2021
Rec Nac 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Rec Nac 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01/03/1998
Recorde Regional 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10/12/2005
Recorde Regional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04/03/2007
Recorde Regional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01/03/1998

Juvenis A Masculinos Juv A: 19:11.12 / Juvenis B Masculinos Juv B: 20:22.06

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
Juvenis A								
1.	Bruno Silva, LOUREIRO	M	129872	06	Porto	16:50.43	591	
	50m: 33.01	33.01	450m: 5:01.75	33.73	850m: 9:31.94	33.38	1250m: 14:03.76	33.87
	100m: 1:06.27	33.26	500m: 5:35.08	33.33	900m: 10:05.83	33.89	1300m: 14:37.38	33.62
	150m: 1:40.39	34.12	550m: 6:09.05	33.97	950m: 10:40.17	34.34	1350m: 15:10.87	33.49
	200m: 2:14.11	33.72	600m: 6:42.82	33.77	1000m: 11:14.74	34.57	1400m: 15:44.21	33.34
	250m: 2:47.73	33.62	650m: 7:16.73	33.91	1050m: 11:48.70	33.96	1450m: 16:18.20	33.99
	300m: 3:20.70	32.97	700m: 7:50.50	33.77	1100m: 12:22.44	33.74	1500m: 16:50.43	32.23
	350m: 3:54.10	33.40	750m: 8:24.33	33.83	1150m: 12:56.04	33.60		
	400m: 4:28.02	33.92	800m: 8:58.56	34.23	1200m: 13:29.89	33.85		
2.	Vasco Monteiro, CASTRO	M	202720	06	Porto	17:11.43	555	
	50m: 32.68	32.68	450m: 5:02.72	33.75	850m: 9:36.27	34.88	1250m: 14:16.44	35.55
	100m: 1:06.14	33.46	500m: 5:36.37	33.65	900m: 10:10.93	34.66	1300m: 14:51.90	35.46
	150m: 1:40.00	33.86	550m: 6:10.23	33.86	950m: 10:45.37	34.44	1350m: 15:26.81	34.91
	200m: 2:14.08	34.08	600m: 6:44.31	34.08	1000m: 11:20.24	34.87	1400m: 16:01.79	34.98
	250m: 2:48.02	33.94	650m: 7:18.29	33.98	1050m: 11:55.44	35.20	1450m: 16:37.19	35.40
	300m: 3:21.90	33.88	700m: 7:52.47	34.18	1100m: 12:30.75	35.31	1500m: 17:11.43	34.24
	350m: 3:55.37	33.47	750m: 8:26.76	34.29	1150m: 13:05.64	34.89		
	400m: 4:28.97	33.60	800m: 9:01.39	34.63	1200m: 13:40.89	35.25		
3.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	17:14.15	551	
	50m: 32.37	32.37	450m: 5:02.42	34.93	850m: 9:41.31	34.91	1250m: 14:21.91	35.05
	100m: 1:05.45	33.08	500m: 5:36.69	34.27	900m: 10:16.43	35.12	1300m: 14:56.73	34.82
	150m: 1:39.13	33.68	550m: 6:11.34	34.65	950m: 10:51.27	34.84	1350m: 15:31.23	34.50
	200m: 2:12.32	33.19	600m: 6:46.21	34.87	1000m: 11:26.07	34.80	1400m: 16:06.52	35.29
	250m: 2:45.76	33.44	650m: 7:21.10	34.89	1050m: 12:01.27	35.20	1450m: 16:41.46	34.94
	300m: 3:19.22	33.46	700m: 7:56.02	34.92	1100m: 12:36.63	35.36	1500m: 17:14.15	32.69
	350m: 3:53.02	33.80	750m: 8:31.15	35.13	1150m: 13:11.91	35.28		
	400m: 4:27.49	34.47	800m: 9:06.40	35.25	1200m: 13:46.86	34.95		
4.	Gustavo Gomes, RAMOS	M	200774	06	Porto	17:23.68	536	
	50m: 33.32	33.32	450m: 5:08.70	34.66	850m: 9:49.51	35.19	1250m: 14:30.81	35.07
	100m: 1:07.70	34.38	500m: 5:43.32	34.62	900m: 10:24.28	34.77	1300m: 15:05.71	34.90
	150m: 1:42.15	34.45	550m: 6:18.43	35.11	950m: 10:59.57	35.29	1350m: 15:41.19	35.48
	200m: 2:16.83	34.68	600m: 6:53.57	35.14	1000m: 11:34.80	35.23	1400m: 16:16.16	34.97
	250m: 2:51.28	34.45	650m: 7:28.51	34.94	1050m: 12:10.11	35.31	1450m: 16:50.30	34.14
	300m: 3:25.67	34.39	700m: 8:03.72	35.21	1100m: 12:45.13	35.02	1500m: 17:23.68	33.38
	350m: 3:59.94	34.27	750m: 8:39.10	35.38	1150m: 13:20.35	35.22		
	400m: 4:34.04	34.10	800m: 9:14.32	35.22	1200m: 13:55.74	35.39		
5.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	17:34.81	519	
	50m: 34.70	34.70	450m: 5:17.70	35.43	850m: 9:58.20	34.97	1250m: 14:39.47	35.29
	100m: 1:09.40	34.70	500m: 5:52.59	34.89	900m: 10:33.09	34.89	1300m: 15:14.97	35.50
	150m: 1:44.72	35.32	550m: 6:27.89	35.30	950m: 11:08.33	35.24	1350m: 15:50.52	35.55
	200m: 2:20.12	35.40	600m: 7:03.09	35.20	1000m: 11:43.38	35.05	1400m: 16:26.09	35.57
	250m: 2:55.69	35.57	650m: 7:38.56	35.47	1050m: 12:18.26	34.88	1450m: 17:00.91	34.82
	300m: 3:30.92	35.23	700m: 8:13.46	34.90	1100m: 12:53.78	35.52	1500m: 17:34.81	33.90
	350m: 4:07.07	36.15	750m: 8:48.31	34.85	1150m: 13:29.07	35.29		
	400m: 4:42.27	35.20	800m: 9:23.23	34.92	1200m: 14:04.18	35.11		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associaç o de Nataç o do Norte de Portugal

29/05/2022 17:53 - P gina 3

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
6.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	17:51.02	496	
	50m: 32.98	32.98	450m: 5:12.55	35.90	850m: 9:59.36	36.37	1250m: 14:52.15	36.51
	100m: 1:06.69	33.71	500m: 5:48.20	35.65	900m: 10:35.70	36.34	1300m: 15:29.16	37.01
	150m: 1:40.88	34.19	550m: 6:23.64	35.44	950m: 11:12.10	36.40	1350m: 16:05.48	36.32
	200m: 2:15.67	34.79	600m: 6:59.31	35.67	1000m: 11:48.60	36.50	1400m: 16:41.98	36.50
	250m: 2:50.60	34.93	650m: 7:35.01	35.70	1050m: 12:25.17	36.57	1450m: 17:17.64	35.66
	300m: 3:25.81	35.21	700m: 8:10.96	35.95	1100m: 13:01.98	36.81	1500m: 17:51.02	33.38
	350m: 4:01.03	35.22	750m: 8:47.13	36.17	1150m: 13:38.50	36.52		
	400m: 4:36.65	35.62	800m: 9:22.99	35.86	1200m: 14:15.64	37.14		
7.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	18:07.37	474	
	50m: 33.56	33.56	450m: 5:19.60	36.87	850m: 10:16.33	37.85	1250m: 15:07.39	36.12
	100m: 1:07.89	34.33	500m: 5:56.48	36.88	900m: 10:53.33	37.00	1300m: 15:44.11	36.72
	150m: 1:43.11	35.22	550m: 6:32.85	36.37	950m: 11:30.45	37.12	1350m: 16:19.86	35.75
	200m: 2:19.60	36.49	600m: 7:09.73	36.88	1000m: 12:06.53	36.08	1400m: 16:56.14	36.28
	250m: 2:54.31	34.71	650m: 7:46.80	37.07	1050m: 12:42.75	36.22	1450m: 17:32.53	36.39
	300m: 3:30.46	36.15	700m: 8:24.08	37.28	1100m: 13:19.24	36.49	1500m: 18:07.37	34.84
	350m: 4:06.64	36.18	750m: 9:01.36	37.28	1150m: 13:55.07	35.83		
	400m: 4:42.73	36.09	800m: 9:38.48	37.12	1200m: 14:31.27	36.20		
8.	Guilherme Oliveira, CALHANDRO	M	131800	06	Colegio Efanor	18:18.52	460	
	50m: 33.88	33.88	450m: 5:27.38	37.40	850m: 10:21.02	36.88	1250m: 15:15.75	36.45
	100m: 1:09.65	35.77	500m: 6:04.54	37.16	900m: 10:58.32	37.30	1300m: 15:52.61	36.86
	150m: 1:46.06	36.41	550m: 6:41.80	37.26	950m: 11:35.34	37.02	1350m: 16:29.55	36.94
	200m: 2:22.79	36.73	600m: 7:18.36	36.56	1000m: 12:12.10	36.76	1400m: 17:06.27	36.72
	250m: 2:59.58	36.79	650m: 7:55.32	36.96	1050m: 12:48.76	36.66	1450m: 17:42.80	36.53
	300m: 3:36.55	36.97	700m: 8:31.67	36.35	1100m: 13:25.51	36.75	1500m: 18:18.52	35.72
	350m: 4:13.05	36.50	750m: 9:07.65	35.98	1150m: 14:02.57	37.06		
	400m: 4:49.98	36.93	800m: 9:44.14	36.49	1200m: 14:39.30	36.73		
9.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	18:26.88	449	
	50m: 33.52	33.52	450m: 5:25.25	37.01	850m: 10:23.69	37.20	1250m: 15:23.84	37.67
	100m: 1:09.08	35.56	500m: 6:02.28	37.03	900m: 11:01.04	37.35	1300m: 15:41.29	37.45
	150m: 1:45.39	36.31	550m: 6:39.32	37.04	950m: 11:38.60	37.56	1350m: 16:38.64	37.35
	200m: 2:21.46	36.07	600m: 7:16.90	37.58	1000m: 12:16.02	37.42	1400m: 17:15.90	37.26
	250m: 2:57.88	36.42	650m: 7:54.34	37.44	1050m: 12:53.87	37.85	1450m: 17:52.38	36.48
	300m: 3:34.35	36.47	700m: 8:31.75	37.41	1100m: 13:32.14	38.27	1500m: 18:26.88	34.50
	350m: 4:11.66	37.31	750m: 9:09.15	37.40	1150m: 14:08.56	36.42		
	400m: 4:48.24	36.58	800m: 9:46.49	37.34	1200m: 14:46.17	37.61		
10.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	18:27.97	448	
	50m: 33.82	33.82	450m: 5:25.63	36.96	850m: 10:23.84	37.23	1250m: 15:23.97	37.69
	100m: 1:09.30	35.48	500m: 6:02.74	37.11	900m: 11:01.35	37.51	1300m: 16:01.65	37.68
	150m: 1:45.40	36.10	550m: 6:39.60	36.86	950m: 11:38.76	37.41	1350m: 16:38.75	37.10
	200m: 2:21.56	36.16	600m: 7:17.12	37.52	1000m: 12:16.27	37.51	1400m: 17:16.20	37.45
	250m: 2:57.75	36.19	650m: 7:54.56	37.44	1050m: 12:54.00	37.73	1450m: 17:52.74	36.54
	300m: 3:34.73	36.98	700m: 8:32.13	37.57	1100m: 13:32.18	38.18	1500m: 18:27.97	35.23
	350m: 4:11.97	37.24	750m: 9:09.69	37.56	1150m: 14:08.80	36.62		
	400m: 4:48.67	36.70	800m: 9:46.61	36.92	1200m: 14:46.28	37.48		
11.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	19:00.96	410	
	50m: 35.08	35.08	450m: 5:33.66	38.17	850m: 10:40.59	38.60	1250m: 15:51.97	38.51
	100m: 1:11.25	36.17	500m: 6:11.88	38.22	900m: 11:19.25	38.66	1300m: 16:31.18	39.21
	150m: 1:48.40	37.15	550m: 6:50.24	38.36	950m: 11:58.07	38.82	1350m: 17:10.31	39.13
	200m: 2:25.44	37.04	600m: 7:28.37	38.13	1000m: 12:36.63	38.56	1400m: 17:48.62	38.31
	250m: 3:02.58	37.14	650m: 8:07.06	38.69	1050m: 13:15.62	38.99	1450m: 18:26.50	37.88
	300m: 3:40.38	37.80	700m: 8:45.74	38.68	1100m: 13:54.82	39.20	1500m: 19:00.96	34.46
	350m: 4:18.19	37.81	750m: 9:23.86	38.12	1150m: 14:34.25	39.43		
	400m: 4:55.49	37.30	800m: 10:01.99	38.13	1200m: 15:13.46	39.21		
12.	Marco Oliveira, LOPES FTL	M	202144	06	Penafiel	19:19.98	390	
	50m: 35.62	35.62	450m: 5:39.15	39.10	850m: 10:53.17	39.59	1250m: 16:07.65	38.94
	100m: 1:12.64	37.02	500m: 6:18.16	39.01	900m: 11:32.36	39.19	1300m: 16:46.66	39.01
	150m: 1:49.40	36.76	550m: 6:57.67	39.51	950m: 12:11.67	39.31	1350m: 17:26.19	39.53
	200m: 2:27.31	37.91	600m: 7:37.04	39.37	1000m: 12:50.92	39.25	1400m: 18:05.21	39.02
	250m: 3:04.68	37.37	650m: 8:16.26	39.22	1050m: 13:30.28	39.36	1450m: 18:44.15	38.94
	300m: 3:42.83	38.15	700m: 8:55.28	39.02	1100m: 14:09.90	39.62	1500m: 19:19.98	35.83
	350m: 4:21.45	38.62	750m: 9:34.27	38.99	1150m: 14:48.75	38.85		
	400m: 5:00.05	38.60	800m: 10:13.58	39.31	1200m: 15:28.71	39.96		
13.	Afonso Azevedo, PACHECO FTL	M	201382	06	Vilacondense	19:53.77	358	
	50m: 34.30	34.30	400m: 5:04.62	39.97	750m: 9:45.96	40.78	1350m: 17:59.72	40.37
	100m: 1:10.29	35.99	450m: 5:44.47	39.85	800m: 10:26.70	40.74	1400m: 18:38.97	39.25
	150m: 1:47.88	37.59	500m: 6:24.39	39.92	1050m: 13:52.25	3:25.55	1450m: 19:16.83	37.86
	200m: 2:26.55	38.67	550m: 7:04.71	40.32	1100m: 14:33.10	40.85	1500m: 19:53.77	36.94
	250m: 3:05.77	39.22	600m: 7:45.28	40.57	1150m: 15:15.09	41.99		
	300m: 3:45.29	39.52	650m: 8:25.09	39.81	1200m: 15:56.70	41.61		
	350m: 4:24.65	39.36	700m: 9:05.18	40.09	1300m: 17:19.35	1:22.65		
WDR	Miguel Azevedo, ROCHA	M	131262	06	Penafiel			
WDR	Rui Miguel, SANTOS	M	204083	06	Famaliç�o			

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Prova 6, Masc., 1500m Livres

Juvenis B

1. Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	17:11.72	555	
50m: 32.19	32.19	450m: 5:04.43	33.75	850m: 9:37.75	34.52	1250m: 14:18.35	35.14
100m: 1:05.93	33.74	500m: 5:38.38	33.95	900m: 10:12.98	35.23	1300m: 14:52.79	34.44
150m: 1:39.87	33.94	550m: 6:12.67	34.29	950m: 10:47.50	34.52	1350m: 15:28.02	35.23
200m: 2:14.18	34.31	600m: 6:46.68	34.01	1000m: 11:22.32	34.82	1400m: 16:03.17	35.15
250m: 2:48.28	34.10	650m: 7:20.63	33.95	1050m: 11:57.39	35.07	1450m: 16:38.12	34.95
300m: 3:22.39	34.11	700m: 7:54.63	34.00	1100m: 12:32.79	35.40	1500m: 17:11.72	33.60
350m: 3:56.51	34.12	750m: 8:28.77	34.14	1150m: 13:07.55	34.76		
400m: 4:30.68	34.17	800m: 9:03.23	34.46	1200m: 13:43.21	35.66		
2. Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	17:14.39	551	
50m: 31.04	31.04	450m: 5:01.26	33.97	850m: 9:37.86	34.56	1250m: 14:19.03	35.73
100m: 1:03.75	32.71	500m: 5:35.45	34.19	900m: 10:12.87	35.01	1300m: 14:54.90	35.87
150m: 1:37.08	33.33	550m: 6:10.08	34.63	950m: 10:47.71	34.84	1350m: 15:30.18	35.28
200m: 2:11.12	34.04	600m: 6:44.56	34.48	1000m: 11:22.28	34.57	1400m: 16:05.99	35.81
250m: 2:45.01	33.89	650m: 7:19.21	34.65	1050m: 11:57.66	35.38	1450m: 16:40.82	34.83
300m: 3:18.99	33.98	700m: 7:53.64	34.43	1100m: 12:32.82	35.16	1500m: 17:14.39	33.57
350m: 3:53.12	34.13	750m: 8:28.56	34.92	1150m: 13:07.77	34.95		
400m: 4:27.29	34.17	800m: 9:03.30	34.74	1200m: 13:43.30	35.53		
3. Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	17:24.85	534	
50m: 32.03	32.03	450m: 5:06.24	34.95	850m: 9:48.93	35.40	1250m: 14:30.92	35.34
100m: 1:05.47	33.44	500m: 5:41.60	35.36	900m: 10:24.18	35.25	1300m: 15:06.10	35.18
150m: 1:39.12	33.65	550m: 6:17.01	35.41	950m: 10:59.56	35.38	1350m: 15:41.17	35.07
200m: 2:13.10	33.98	600m: 6:52.71	35.70	1000m: 11:34.50	34.94	1400m: 16:16.20	35.03
250m: 2:47.54	34.44	650m: 7:28.24	35.53	1050m: 12:09.49	34.99	1450m: 16:50.70	34.50
300m: 3:21.99	34.45	700m: 8:03.51	35.27	1100m: 12:44.64	35.15	1500m: 17:24.85	34.15
350m: 3:56.55	34.56	750m: 8:38.60	35.09	1150m: 13:19.72	35.08		
400m: 4:31.29	34.74	800m: 9:13.53	34.93	1200m: 13:55.58	35.86		
4. Duarte Maria, CARREIRA	M	205865	07	Porto	17:38.69	514	
50m: 34.36	34.36	450m: 5:17.36	35.25	850m: 10:01.97	35.62	1250m: 14:43.05	35.45
100m: 1:09.41	35.05	500m: 5:52.65	35.29	900m: 10:37.37	35.40	1300m: 15:19.00	35.95
150m: 1:45.15	35.74	550m: 6:28.51	35.86	950m: 11:11.77	34.40	1350m: 15:54.07	35.07
200m: 2:20.67	35.52	600m: 7:03.76	35.25	1000m: 11:46.70	34.93	1400m: 16:28.98	34.91
250m: 2:56.10	35.43	650m: 7:39.43	35.67	1050m: 12:21.41	34.71	1450m: 17:04.11	35.13
300m: 3:31.80	35.70	700m: 8:14.99	35.56	1100m: 12:56.79	35.38	1500m: 17:38.69	34.58
350m: 4:06.85	35.05	750m: 8:50.56	35.57	1150m: 13:31.85	35.06		
400m: 4:42.11	35.26	800m: 9:26.35	35.79	1200m: 14:07.60	35.75		
5. Tomas Rocha, DORES	M	200766	07	Colegio Efanor	17:42.02	509	
50m: 33.30	33.30	450m: 5:12.33	35.35	850m: 9:58.39	36.02	1250m: 14:45.55	35.94
100m: 1:07.73	34.43	500m: 5:47.68	35.35	900m: 10:34.37	35.98	1300m: 15:21.77	36.22
150m: 1:42.31	34.58	550m: 6:23.69	36.01	950m: 11:09.76	35.39	1350m: 15:57.42	35.65
200m: 2:17.23	34.92	600m: 6:59.23	35.54	1000m: 11:45.40	35.64	1400m: 16:33.53	36.11
250m: 2:52.04	34.81	650m: 7:35.03	35.80	1050m: 12:21.62	36.22	1450m: 17:08.50	34.97
300m: 3:26.92	34.88	700m: 8:10.80	35.77	1100m: 12:57.61	35.99	1500m: 17:42.02	33.52
350m: 4:01.98	35.06	750m: 8:46.82	36.02	1150m: 13:33.63	36.02		
400m: 4:36.98	35.00	800m: 9:22.37	35.55	1200m: 14:09.61	35.98		
6. Rodrigo Filipe, CORREIA	M	210429	07	Porto	17:43.35	507	
50m: 33.95	33.95	450m: 5:19.31	35.75	850m: 10:05.81	35.94	1250m: 14:47.86	35.20
100m: 1:09.02	35.07	500m: 5:55.08	35.77	900m: 10:41.80	35.99	1300m: 15:23.13	35.27
150m: 1:44.22	35.20	550m: 6:30.59	35.51	950m: 11:16.98	35.18	1350m: 15:58.57	35.44
200m: 2:20.17	35.95	600m: 7:06.12	35.53	1000m: 11:51.84	34.86	1400m: 16:33.87	35.30
250m: 2:56.25	36.08	650m: 7:42.08	35.96	1050m: 12:26.85	35.01	1450m: 17:09.46	35.59
300m: 3:31.79	35.54	700m: 8:17.99	35.91	1100m: 13:02.17	35.32	1500m: 17:43.35	33.89
350m: 4:07.65	35.86	750m: 8:53.89	35.90	1150m: 13:37.25	35.08		
400m: 4:43.56	35.91	800m: 9:29.87	35.98	1200m: 14:12.66	35.41		
7. Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	18:00.35	483	
50m: 33.52	33.52	450m: 5:19.34	36.00	850m: 10:08.65	36.06	1250m: 15:02.43	38.19
100m: 1:08.20	34.68	500m: 5:55.54	36.20	900m: 10:44.81	36.16	1300m: 15:38.49	36.06
150m: 1:43.16	34.96	550m: 6:30.89	35.35	950m: 11:21.66	36.85	1350m: 16:14.51	36.02
200m: 2:18.77	35.61	600m: 7:07.04	36.15	1000m: 11:58.36	36.70	1400m: 16:51.59	37.08
250m: 2:54.67	35.90	650m: 7:42.87	35.83	1050m: 12:35.55	37.19	1450m: 17:27.24	35.65
300m: 3:30.73	36.06	700m: 8:19.30	36.43	1100m: 13:12.75	37.20	1500m: 18:00.35	33.11
350m: 4:07.21	36.48	750m: 8:56.04	36.74	1150m: 13:47.66	34.91		
400m: 4:43.34	36.13	800m: 9:32.59	36.55	1200m: 14:24.24	36.58		
8. Miguel Guedes, FERREIRA	M	205181	07	Porto	18:03.10	480	
50m: 34.29	34.29	450m: 5:23.11	36.15	850m: 10:13.18	36.19	1250m: 15:02.56	35.98
100m: 1:09.80	35.51	500m: 5:59.30	36.19	900m: 10:49.12	35.94	1300m: 15:38.85	36.29
150m: 1:45.95	36.15	550m: 6:35.61	36.31	950m: 11:25.38	36.26	1350m: 16:14.96	36.11
200m: 2:21.96	36.01	600m: 7:12.01	36.40	1000m: 12:01.72	36.34	1400m: 16:51.42	36.46
250m: 2:58.39	36.43	650m: 7:48.18	36.17	1050m: 12:37.86	36.14	1450m: 17:27.55	36.13
300m: 3:34.61	36.22	700m: 8:24.44	36.26	1100m: 13:14.36	36.50	1500m: 18:03.10	35.55
350m: 4:10.70	36.09	750m: 9:00.45	36.01	1150m: 13:50.80	36.44		
400m: 4:46.96	36.26	800m: 9:36.99	36.54	1200m: 14:26.58	35.78		
9. Tiago Mendes, COSTA	M	201132	07	Famalicao	18:08.37	473	
50m: 34.33	34.33	450m: 5:58.99	36.25	900m: 10:50.85	36.51	1300m: 15:44.21	36.42
150m: 1:45.03	1:10.70	550m: 6:35.55	36.56	950m: 11:27.52	36.67	1350m: 16:20.78	36.57
200m: 2:20.81	35.78	600m: 7:11.91	36.36	1000m: 12:04.28	36.76	1400m: 16:57.23	36.45
250m: 2:57.10	36.29	650m: 7:48.40	36.49	1050m: 12:41.12	36.84	1450m: 17:33.53	36.30
300m: 3:33.41	36.31	700m: 8:24.81	36.41	1100m: 13:17.80	36.68	1500m: 18:08.37	34.84
350m: 4:09.46	36.05	750m: 9:01.64	36.83	1150m: 13:54.26	36.46		
400m: 4:45.93	36.47	800m: 9:38.24	36.60	1200m: 14:30.90	36.64		
450m: 5:22.74	36.81	850m: 10:14.34	36.10	1250m: 15:07.79	36.89		

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
10.	Francisco Bernardes, MARTELO	M	201758	07	Porto	18:11.16	469	
	50m: 34.67		450m: 5:22.07		36.62	850m: 10:16.15		36.81
	100m: 1:09.53		500m: 5:58.59		36.52	900m: 10:52.17		36.02
	150m: 1:45.01		550m: 6:34.96		36.37	950m: 11:28.54		36.37
	200m: 2:21.08		600m: 7:11.45		36.49	1000m: 12:04.94		36.40
	250m: 2:57.09		650m: 7:48.25		36.80	1050m: 12:42.01		37.07
	300m: 3:33.18		700m: 8:24.99		36.74	1100m: 13:18.75		36.74
	350m: 4:09.12		750m: 9:02.38		37.39	1150m: 13:54.95		36.20
	400m: 4:45.45		800m: 9:39.34		36.96	1200m: 14:32.10		37.15
11.	Guilherme Mahua, SOARES	M	200790	07	Porto	18:15.91	463	
	50m: 34.18		450m: 5:20.61		36.68	850m: 10:14.34		36.81
	100m: 1:09.49		500m: 5:56.71		36.10	900m: 10:51.37		37.03
	150m: 1:45.05		550m: 6:33.50		36.79	950m: 11:28.32		36.95
	200m: 2:20.72		600m: 7:10.08		36.58	1000m: 12:05.71		37.39
	250m: 2:56.41		650m: 7:46.86		36.78	1050m: 12:42.73		37.02
	300m: 3:31.98		700m: 8:23.52		36.66	1100m: 13:20.03		37.30
	350m: 4:08.21		750m: 9:00.61		37.09	1150m: 13:57.02		36.99
	400m: 4:43.93		800m: 9:37.53		36.92	1200m: 14:34.45		37.43
12.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	18:19.19	459	
	50m: 35.35		650m: 7:50.33		36.76	1000m: 12:05.61		37.09
	100m: 1:11.30		700m: 8:26.58		36.25	1050m: 12:42.68		37.07
	200m: 2:23.01	1:11.71	750m: 9:02.94		36.36	1100m: 13:20.16		37.48
	250m: 2:59.18	36.17	800m: 9:39.16		36.22	1150m: 13:57.46		37.30
	300m: 4:11.77	1:12.59	850m: 10:15.45		36.29	1200m: 14:35.21		37.75
	350m: 4:48.21	1:12.95	900m: 10:52.16		36.71	1250m: 15:12.77		37.56
	400m: 7:13.57	1:48.85	950m: 11:28.52		36.36	1300m: 15:50.34		37.57
13.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta da Lixa CNF	18:19.84	458	
	50m: 34.85	34.85	450m: 5:25.21		36.63	850m: 10:17.77		36.64
	100m: 1:10.24	35.39	500m: 6:01.65		36.44	900m: 10:53.79		36.02
	150m: 1:46.24	36.00	550m: 6:37.91		36.26	950m: 11:30.64		36.85
	200m: 2:22.42	36.18	600m: 7:13.78		35.87	1000m: 12:07.23		36.59
	250m: 2:58.69	36.27	650m: 7:50.96		37.18	1050m: 12:44.43		37.20
	300m: 3:35.51	36.82	700m: 8:27.94		36.98	1100m: 13:21.70		37.27
	350m: 4:12.05	36.54	750m: 9:04.25		36.31	1150m: 13:59.93		38.23
	400m: 4:48.58	36.53	800m: 9:41.13		36.88	1200m: 14:37.02		37.09
14.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	18:20.00	458	
	50m: 34.30	34.30	450m: 5:26.97		36.49	850m: 10:21.21		36.54
	100m: 1:10.28	35.98	500m: 6:03.63		36.66	900m: 10:58.58		37.37
	150m: 1:46.24	35.96	550m: 6:40.74		37.11	950m: 11:35.97		37.39
	200m: 2:22.79	36.55	600m: 7:17.51		36.77	1000m: 12:13.39		37.42
	250m: 2:59.55	36.76	650m: 7:53.75		36.24	1050m: 12:50.23		36.84
	300m: 3:36.37	36.82	700m: 8:30.53		36.78	1100m: 13:27.72		37.49
	350m: 4:13.23	36.86	750m: 9:07.39		36.86	1150m: 14:04.07		36.35
	400m: 4:50.48	37.25	800m: 9:44.67		37.28	1200m: 14:39.83		35.76
15.	Paulo Tiago, VALES	M	201752	07	Porto	18:21.44	456	
	50m: 34.36	34.36	450m: 5:22.52		36.48	850m: 10:17.78		36.91
	100m: 1:09.97	35.61	500m: 5:59.28		36.76	900m: 10:54.84		37.06
	150m: 1:45.78	35.81	550m: 6:35.93		36.65	950m: 11:32.07		37.23
	200m: 2:21.66	35.88	600m: 7:13.13		37.20	1000m: 12:09.14		37.07
	250m: 2:57.37	35.71	650m: 7:49.92		36.79	1050m: 12:46.75		37.61
	300m: 3:33.46	36.09	700m: 8:26.82		36.90	1100m: 13:24.38		37.63
	350m: 4:09.76	36.30	750m: 9:03.92		37.10	1150m: 14:02.07		37.69
	400m: 4:46.04	36.28	800m: 9:40.87		36.95	1200m: 14:39.58		37.51
16.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	18:32.48	442	
	50m: 35.25	35.25	450m: 5:33.86		37.40	850m: 10:33.20		37.48
	100m: 1:11.54	36.29	500m: 6:11.28		37.42	900m: 11:10.97		37.77
	150m: 1:48.98	37.44	550m: 6:48.45		37.17	950m: 11:48.33		37.36
	200m: 2:26.49	37.51	600m: 7:25.86		37.41	1000m: 12:25.22		36.89
	250m: 3:03.82	37.33	650m: 8:03.36		37.50	1050m: 13:02.59		37.37
	300m: 3:41.64	37.82	700m: 8:40.84		37.48	1100m: 13:40.25		37.66
	350m: 4:18.93	37.29	750m: 9:18.27		37.43	1150m: 14:17.67		37.42
	400m: 4:56.46	37.53	800m: 9:55.72		37.45	1200m: 14:54.99		37.32
17.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	18:33.31	442	
	50m: 34.41	34.41	450m: 5:24.76		37.11	850m: 10:25.92		36.90
	100m: 1:10.28	35.87	500m: 6:02.19		37.43	900m: 11:03.16		37.24
	150m: 1:45.74	35.46	550m: 6:39.65		37.46	950m: 11:40.55		37.39
	200m: 2:22.03	36.29	600m: 7:17.64		37.99	1000m: 12:18.41		37.86
	250m: 2:57.92	35.89	650m: 7:55.02		37.38	1050m: 12:56.33		37.92
	300m: 3:34.43	36.51	700m: 8:32.62		37.60	1100m: 13:33.90		37.57
	350m: 4:10.67	36.24	750m: 9:10.46		37.84	1150m: 14:11.81		37.91
	400m: 4:47.65	36.98	800m: 9:49.02		38.56	1200m: 14:49.61		37.80
18.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta da Lixa CNF	18:36.09	438	
	50m: 33.66	33.66	450m: 5:19.95		36.53	850m: 10:16.38		37.33
	100m: 1:08.07	34.41	500m: 5:56.75		36.80	900m: 10:54.10		37.72
	150m: 1:43.51	35.44	550m: 6:33.54		36.79	950m: 11:31.42		37.32
	200m: 2:19.01	35.50	600m: 7:10.24		36.70	1000m: 12:10.86		39.44
	250m: 2:54.65	35.64	650m: 7:47.04		36.80	1050m: 12:49.13		38.27
	300m: 3:30.85	36.20	700m: 8:24.40		37.36	1100m: 13:27.72		38.59
	350m: 4:06.99	36.14	750m: 9:01.59		37.19	1150m: 14:06.15		38.43
	400m: 4:43.42	36.43	800m: 9:39.05		37.46	1200m: 14:44.87		38.72

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
19.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	18:37.41	437	
	50m: 33.74	33.74	450m: 5:25.65	37.40	850m: 10:25.35	37.37	1250m: 15:25.42	37.15
	100m: 1:08.60	34.86	500m: 6:03.08	37.43	900m: 11:02.58	37.23	1300m: 16:03.77	38.35
	150m: 1:44.67	36.07	550m: 6:40.30	37.22	950m: 11:40.14	37.56	1350m: 16:41.37	37.60
	200m: 2:21.15	36.48	600m: 7:18.22	37.92	1000m: 12:17.55	37.41	1400m: 17:19.31	37.94
	250m: 2:57.76	36.61	650m: 7:55.99	37.77	1050m: 12:54.87	37.32	1450m: 17:56.91	37.60
	300m: 3:34.25	36.49	700m: 8:33.12	37.13	1100m: 13:32.30	37.43	1500m: 18:37.41	40.50
	350m: 4:11.27	37.02	750m: 9:10.58	37.46	1150m: 14:09.41	37.11		
	400m: 4:48.25	36.98	800m: 9:47.98	37.40	1200m: 14:48.27	38.86		
20.	Tomas Machado, MIRANDA	M	200780	07	Porto	18:38.99	435	
	50m: 35.23	35.23	450m: 5:33.55	37.86	850m: 10:34.02	37.96	1250m: 15:34.62	37.25
	100m: 1:11.88	36.65	500m: 6:11.02	37.47	900m: 11:11.67	37.65	1300m: 16:11.89	37.27
	150m: 1:48.86	36.98	550m: 6:48.32	37.30	950m: 11:49.63	37.96	1350m: 16:49.00	37.11
	200m: 2:25.82	36.96	600m: 7:26.08	37.76	1000m: 12:27.45	37.82	1400m: 17:26.44	37.44
	250m: 3:03.47	37.65	650m: 8:03.53	37.45	1050m: 13:04.91	37.46	1450m: 18:03.26	36.82
	300m: 3:40.47	37.00	700m: 8:41.40	37.87	1100m: 13:42.15	37.24	1500m: 18:38.99	35.73
	350m: 4:17.89	37.42	750m: 9:18.66	37.26	1150m: 14:19.70	37.55		
	400m: 4:55.69	37.80	800m: 9:56.06	37.40	1200m: 14:57.37	37.67		
21.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	19:00.16	411	
	50m: 34.79	34.79	450m: 5:33.09	37.96	850m: 10:40.65	37.98	1250m: 15:51.66	38.90
	100m: 1:11.43	36.64	500m: 6:11.07	37.58	900m: 11:18.24	37.59	1300m: 16:31.18	39.52
	150m: 1:48.63	37.20	550m: 6:49.64	38.97	950m: 11:57.47	39.23	1350m: 17:10.51	39.33
	200m: 2:25.70	37.07	600m: 7:28.50	38.86	1000m: 12:36.48	39.01	1400m: 17:48.30	37.79
	250m: 3:02.70	37.00	650m: 8:07.26	38.76	1050m: 13:15.70	39.22	1450m: 18:26.70	38.40
	300m: 3:40.13	37.43	700m: 8:45.62	38.36	1100m: 13:55.11	39.41	1500m: 19:00.16	33.46
	350m: 4:18.10	37.97	750m: 9:24.14	38.52	1150m: 14:33.92	38.81		
	400m: 4:55.13	37.03	800m: 10:02.67	38.53	1200m: 15:12.76	38.84		
22.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	19:00.26	411	
	50m: 34.17	34.17	450m: 5:23.81	36.56	850m: 10:25.80	38.27	1250m: 15:45.18	40.27
	100m: 1:09.53	35.36	500m: 5:59.87	36.06	900m: 11:04.67	38.87	1300m: 16:25.33	40.15
	150m: 1:45.95	36.42	550m: 6:36.08	36.21	950m: 11:44.76	40.09	1350m: 17:05.34	40.01
	200m: 2:22.13	36.18	600m: 7:13.04	36.96	1000m: 12:25.18	40.42	1400m: 17:45.83	40.49
	250m: 2:58.89	36.76	650m: 7:50.43	37.39	1050m: 13:05.44	40.26	1450m: 18:23.61	37.78
	300m: 3:35.22	36.33	700m: 8:29.47	39.04	1100m: 13:46.46	41.02	1500m: 19:00.26	36.65
	350m: 4:10.83	35.61	750m: 9:08.23	38.76	1150m: 14:26.35	39.89		
	400m: 4:47.25	36.42	800m: 9:47.53	39.30	1200m: 15:04.91	38.56		
23.	Martim Goncalves, CARVALHO	M	209245	07	Assoc. Desportiva de Fafe	19:01.03	410	
	50m: 34.82	34.82	450m: 5:33.24	37.50	850m: 10:40.23	38.40	1250m: 15:52.05	38.70
	100m: 1:10.96	36.14	500m: 6:11.71	38.47	900m: 11:18.80	38.57	1300m: 16:31.24	39.19
	150m: 1:48.11	37.15	550m: 6:49.89	38.18	950m: 11:57.79	38.99	1350m: 17:09.51	38.27
	200m: 2:25.46	37.35	600m: 7:28.02	38.13	1000m: 12:36.70	38.91	1400m: 17:48.77	39.36
	250m: 3:02.36	36.90	650m: 8:06.88	38.86	1050m: 13:15.49	38.79	1450m: 18:26.70	37.83
	300m: 3:40.32	37.96	700m: 8:45.60	38.72	1100m: 13:54.64	39.15	1500m: 19:01.03	34.33
	350m: 4:18.27	37.95	750m: 9:23.59	37.99	1150m: 14:34.16	39.52		
	400m: 4:55.74	37.47	800m: 10:01.83	38.24	1200m: 15:13.35	39.19		
24.	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense	19:12.50	398	
	50m: 33.63	33.63	450m: 5:33.55	38.56	850m: 10:44.04	38.97	1250m: 15:57.36	38.94
	100m: 1:09.42	35.79	500m: 6:12.02	38.47	900m: 11:23.34	39.30	1300m: 16:36.33	38.97
	150m: 1:46.24	36.82	550m: 6:50.32	38.30	950m: 12:02.76	39.42	1350m: 17:15.56	39.23
	200m: 2:23.08	36.84	600m: 7:28.84	38.52	1000m: 12:41.64	38.88	1400m: 17:54.78	39.22
	250m: 3:00.30	37.22	650m: 8:07.48	38.64	1050m: 13:20.69	39.05	1450m: 18:34.07	39.29
	300m: 3:38.61	38.31	700m: 8:46.77	39.29	1100m: 13:59.76	39.07	1500m: 19:12.50	38.43
	350m: 4:16.61	38.00	750m: 9:26.06	39.29	1150m: 14:39.09	39.33		
	400m: 4:54.99	38.38	800m: 10:05.07	39.01	1200m: 15:18.42	39.33		
25.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe	19:29.60	381	
	50m: 35.03	35.03	450m: 5:37.68	38.58	850m: 10:57.74	40.67	1250m: 16:15.10	39.56
	100m: 1:11.56	36.53	500m: 6:17.47	39.79	900m: 11:37.78	40.04	1300m: 16:55.64	40.54
	150m: 1:49.07	37.51	550m: 6:57.61	40.14	950m: 12:17.03	39.25	1350m: 17:35.61	39.97
	200m: 2:26.65	37.58	600m: 7:37.91	40.30	1000m: 12:57.33	40.30	1400m: 18:15.11	39.50
	250m: 3:04.27	37.62	650m: 8:17.97	40.06	1050m: 13:36.89	39.56	1450m: 18:53.00	37.89
	300m: 3:42.42	38.15	700m: 8:57.70	39.73	1100m: 14:16.99	40.10	1500m: 19:29.60	36.60
	350m: 4:20.42	38.00	750m: 9:37.16	39.46	1150m: 14:56.39	39.40		
	400m: 4:59.10	38.68	800m: 10:17.07	39.91	1200m: 15:35.54	39.15		
26.	Pedro Mendonca, BRAGA	M	203198	07	Vilacondense	19:47.55	364	
	50m: 36.53	36.53	450m: 5:44.59	38.59	850m: 11:02.20	39.68	1250m: 16:26.53	40.75
	100m: 1:14.34	37.81	500m: 6:24.70	40.11	900m: 11:42.17	39.97	1300m: 17:07.70	41.17
	150m: 1:52.57	38.23	550m: 7:03.40	38.70	950m: 12:22.16	39.99	1350m: 17:48.53	40.83
	200m: 2:31.56	38.99	600m: 7:42.62	39.22	1000m: 13:02.69	40.53	1400m: 18:29.32	40.79
	250m: 3:10.22	38.66	650m: 8:22.33	39.71	1050m: 13:43.45	40.76	1450m: 19:09.42	40.10
	300m: 3:48.81	38.59	700m: 9:02.50	40.17	1100m: 14:23.96	40.51	1500m: 19:47.55	38.13
	350m: 4:27.23	38.42	750m: 9:42.68	40.18	1150m: 15:04.27	40.31		
	400m: 5:06.00	38.77	800m: 10:22.52	39.84	1200m: 15:45.78	41.51		
27.	Martim Danilo, MENDES FTL	M	206619	07	Fluvial Portuense	20:31.62	326	
	50m: 36.30	36.30	450m: 6:02.18	42.25	850m: 11:36.89	41.78	1250m: 17:13.58	42.29
	100m: 1:14.20	37.90	500m: 6:43.35	41.17	900m: 12:18.76	41.87	1300m: 17:55.06	41.48
	150m: 1:53.81	39.61	550m: 7:25.35	42.00	950m: 13:01.20	42.44	1350m: 18:35.16	40.10
	200m: 2:34.27	40.46	600m: 8:07.66	42.31	1000m: 13:44.11	42.91	1400m: 19:15.69	40.53
	250m: 3:15.46	41.19	650m: 8:49.39	41.73	1050m: 14:26.06	41.95	1450m: 19:54.75	39.06
	300m: 3:56.90	41.44	700m: 9:31.68	42.29	1100m: 15:08.16	42.10	1500m: 20:31.62	36.87
	350m: 4:38.54	41.64	750m: 10:13.44	41.76	1150m: 15:49.58	41.42		
	400m: 5:19.93	41.39	800m: 10:55.11	41.67	1200m: 16:31.29	41.71		

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
28.	Rafael Dinis, PACHECO FTL	M	204593	07	Aquatico Pacense	20:56.09	307	
	50m: 36.27 36.27		450m: 6:07.92	42.30	850m: 11:47.45	42.37	1250m: 17:27.75	41.66
	100m: 1:15.33 39.06		500m: 6:50.62	42.70	900m: 12:30.09	42.64	1300m: 18:11.15	43.40
	150m: 1:55.62 40.29		550m: 7:33.10	42.48	950m: 13:13.07	42.98	1350m: 18:53.40	42.25
	200m: 2:36.94 41.32		600m: 8:15.73	42.63	1000m: 13:55.19	42.12	1400m: 19:35.18	41.78
	250m: 3:18.38 41.44		650m: 8:58.70	42.97	1050m: 14:37.98	42.79	1450m: 20:15.45	40.27
	300m: 4:00.37 41.99		700m: 9:40.99	42.29	1100m: 15:20.45	42.47	1500m: 20:56.09	40.64
	350m: 4:43.37 43.00		750m: 10:22.19	41.20	1150m: 16:03.31	42.86		
	400m: 5:25.62 42.25		800m: 11:05.08	42.89	1200m: 16:46.09	42.78		
29.	Francisco Manuel, PINTO FTL	M	200812	07	Penafiel	22:19.76	253	
	50m: 38.55 38.55		450m: 6:27.11	45.19	850m: 12:31.18	46.23	1250m: 18:37.41	45.43
	100m: 1:18.92 40.37		500m: 7:12.12	45.01	900m: 13:17.07	45.89	1300m: 19:23.53	46.12
	150m: 2:01.30 42.38		550m: 7:58.01	45.89	950m: 14:03.58	46.51	1350m: 20:08.57	45.04
	200m: 2:44.88 43.58		600m: 8:43.56	45.55	1000m: 14:49.76	46.18	1400m: 20:54.51	45.94
	250m: 3:28.44 43.56		650m: 9:28.78	45.22	1050m: 15:37.13	47.37	1450m: 21:38.91	44.40
	300m: 4:12.01 43.57		700m: 10:14.49	45.71	1100m: 16:22.65	45.52	1500m: 22:19.76	40.85
	350m: 4:56.96 44.95		750m: 10:58.83	44.34	1150m: 17:07.30	44.65		
	400m: 5:41.92 44.96		800m: 11:44.95	46.12	1200m: 17:51.98	44.68		
WDR	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Nataç�o			

Prova 7

Femin., 200m Estilos

14 - 15 anos

28/05/2022 - 17:45

Resultados

Rec Nac 25m Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16/12/2017
Rec Nac 25m Juv A	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27/04/2019
Rec Nac 25m Juv B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018
Recorde Regional 25m Absoluto	2:13.60	Ana Catarina, MONTEIRO	CFV	Felgueiras	22/12/2018
Recorde Regional 25m Juv A	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	28/04/2019
Recorde Regional 25m Juv B	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14/04/2018

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
Juvenis B								
1.	Lara Martins, LAMEIRA	F	201091	08	Leix�es Sport Clube	2:42.24	423	
	50m: 35.67 35.67		100m: 1:18.20	42.53	150m: 2:03.99	45.79	200m: 2:42.24	38.25
2.	Beatriz Silva, COENTRAO	F	201062	08	Famalicao	2:44.01	410	
	50m: 35.72 35.72		100m: 1:17.17	41.45	150m: 2:06.09	48.92	200m: 2:44.01	37.92
3.	Ana Castro, SILVA	F	205522	08	Famalicao	2:44.49	406	
	50m: 36.56 36.56		100m: 1:17.94	41.38	150m: 2:06.21	48.27	200m: 2:44.49	38.28
4.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	2:54.19	342	
	50m: 37.12 37.12		100m: 1:22.79	45.67	150m: 2:12.50	49.71	200m: 2:54.19	41.69
5.	Joana Vale, GUIMARAES	F	203330	08	Natacao de Valongo	2:54.45	340	
	50m: 39.20 39.20		100m: 1:24.42	45.22	150m: 2:15.14	50.72	200m: 2:54.45	39.31
6.	Mafalda Guimaraes, SANTOS	F	200926	08	Leix�es Sport Clube	2:54.90	338	
	50m: 37.95 37.95		100m: 1:21.71	43.76	150m: 2:14.79	53.08	200m: 2:54.90	40.11
7.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	2:54.93	338	
	50m: 41.61 41.61		100m: 1:28.89	47.28	150m: 2:16.00	47.11	200m: 2:54.93	38.93
8.	Maria Luis, SOUSA	F	205537	08	Porto	2:55.31	335	
	50m: 37.97 37.97		100m: 1:24.04	46.07	150m: 2:17.60	53.56	200m: 2:55.31	37.71
9.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	3:00.38	308	
	50m: 39.73 39.73		100m: 1:26.17	46.44	150m: 2:20.52	54.35	200m: 3:00.38	39.86
10.	Lara Santos, PEREIRA	F	201773	08	Natacao de Valongo	3:00.83	306	
	50m: 40.96 40.96		100m: 1:26.51	45.55	150m: 2:21.51	55.00	200m: 3:00.83	39.32
11.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	3:08.22	271	
	50m: 44.29 44.29		100m: 1:31.70	47.41	150m: 2:28.02	56.32	200m: 3:08.22	40.20
12.	Ana Vitoria, LOPES	F	215066	08	Assoc. Desportiva de Fafe	3:11.25	258	
	50m: 41.52 41.52		100m: 1:29.37	47.85	150m: 2:25.62	56.25	200m: 3:11.25	45.63
13.	Leonor Ribeiro, NOBRE	F	205775	08	Natacao de Valongo	3:11.56	257	
	50m: 44.46 44.46		100m: 1:32.07	47.61	150m: 2:29.10	57.03	200m: 3:11.56	42.46

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associaç o de Nataç o do Norte de Portugal

29/05/2022 17:53 - P gina 8

Prova 7, Femin., 200m Estilos

Juvenis A

1.	Rita Marques, SOARES	F	132341 07	Famalici�o						2:46.14	394
	50m: 36.95 36.95		100m: 1:17.10	40.15	150m: 2:07.20	50.10	200m: 2:46.14				38.94
2.	Maria Francisca, BERNARDO	F	205973 07	Vilacondense						2:47.31	386
	50m: 33.86 33.86		100m: 1:17.67	43.81	150m: 2:10.17	52.50	200m: 2:47.31				37.14
3.	Ana Senhorinha, SILVA	F	205527 07	Natacao da Maia						2:53.19	348
	50m: 37.58 37.58		100m: 1:21.07	43.49	150m: 2:13.40	52.33	200m: 2:53.19				39.79
4.	Melissa Freitas, NOGUEIRA	F	210657 07	Assoc. Desportiva de Fafe						2:53.34	347
	50m: 38.94 38.94		100m: 1:23.37	44.43	150m: 2:12.85	49.48	200m: 2:53.34				40.49
5.	Matilde Araujo, PALMEIRA	F	202806 07	Vilacondense						2:56.21	330
	50m: 39.65 39.65		100m: 1:26.79	47.14	150m: 2:16.59	49.80	200m: 2:56.21				39.62
6.	Iara Clarisse, SOUSA	F	204410 07	Natacao de Valongo						3:04.11	289
	50m: 40.52 40.52		100m: 1:28.09	47.57	150m: 2:22.53	54.44	200m: 3:04.11				41.58
WDR	Bruna Alexandra, BARBOSA	F	214664 07	Propaganda da Nataç�o							
WDR	Ariana, SAMPAIO RODRIGUES	F	214663 07	Propaganda da Nataç�o							

Prova 8

Masc., 400m Livres

15 - 16 anos

28/05/2022 - 17:55

Resultados

Rec Nac 25m Absoluto	3:42.57	Jose Paulo, LOPES	POR	Abu Dhabi (UAE)	16/12/2021
Rec Nac 25m Juv A	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada	07/12/2019
Rec Nac 25m Juv B	4:02.41	Diogo Matos, RIBEIRO	CUC	Lous�	23/06/2019
Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10/12/2009
Recorde Regional 25m Juv A	3:59.35	Rui Filipe, COSTA	VSC	Caldas da Rainha	01/12/2006
Recorde Regional 25m Juv B	4:06.60	Luis Miguel, MONTEIRO	FCP	Lousada	28/02/1998

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	FINA	Obs	
Juvenis A								
1.	Goncalo Sa, MAGALHAES	M	201798 06	Leix�es Sport Clube		4:28.79	492	
	50m: 30.55 30.55		150m: 1:37.83	33.86	250m: 2:46.22	34.12	350m: 3:54.89	34.26
	100m: 1:03.97 33.42		200m: 2:12.10	34.27	300m: 3:20.63	34.41	400m: 4:28.79	33.90
2.	Pedro Santos, PEREIRA	M	202814 06	Leix�es Sport Clube		4:32.96	470	
	50m: 29.89 29.89		150m: 1:37.17	34.31	250m: 2:46.98	34.93	350m: 3:58.40	35.95
	100m: 1:02.86 32.97		200m: 2:12.05	34.88	300m: 3:22.45	35.47	400m: 4:32.96	34.56
3.	Pedro Roque, IGREJA	M	203964 06	Vilacondense		5:00.72	351	
	50m: 31.71 31.71		150m: 1:46.44	38.02	250m: 3:04.61	39.06	350m: 4:23.41	39.62
	100m: 1:08.42 36.71		200m: 2:25.55	39.11	300m: 3:43.79	39.18	400m: 5:00.72	37.31
4.	Manuel Joaquim, LEAL	M	130075 06	Aquatico Pacense		5:01.45	349	
	50m: 30.98 30.98		150m: 1:44.17	37.58	250m: 3:02.99	40.18	350m: 4:24.20	39.72
	100m: 1:06.59 35.61		200m: 2:22.81	38.64	300m: 3:44.48	41.49	400m: 5:01.45	37.25
5.	Afonso Figueiredo, DIAS	M	205774 06	Natacao de Valongo		5:40.63	241	
	50m: 32.99 32.99		150m: 1:53.17	42.34	250m: 3:22.43	46.01	350m: 4:54.50	45.23
	100m: 1:10.83 37.84		200m: 2:36.42	43.25	300m: 4:09.27	46.84	400m: 5:40.63	46.13
WDR	Goncalo, ALVES MOUTINHO	M	214745 06	Propaganda da Nataç�o				

Juvenis B

1.	Joao Alves, RODRIGUES	M	201808 07	Famalici�o						4:33.13	469
	50m: 30.92 30.92		150m: 1:39.56	34.56	250m: 2:50.24	35.67	350m: 3:59.48	35.02			35.02
	100m: 1:05.00 34.08		200m: 2:14.57	35.01	300m: 3:24.46	34.22	400m: 4:33.13	33.65			33.65
2.	Duarte Correia, GARCIA	M	202823 07	Leix�es Sport Clube						4:54.41	374
	50m: 31.75 31.75		150m: 1:44.82	37.32	250m: 3:01.40	38.40	350m: 4:17.92	38.15			38.15
	100m: 1:07.50 35.75		200m: 2:23.00	38.18	300m: 3:39.77	38.37	400m: 4:54.41	36.49			36.49
3.	Dinis Miranda, CAMBAS	M	200367 07	Clube Naval Povoense						5:01.45	349
	50m: 34.27 34.27		150m: 1:50.53	38.27	250m: 3:07.27	38.41	350m: 4:23.72	37.77			37.77
	100m: 1:12.26 37.99		200m: 2:28.86	38.33	300m: 3:45.95	38.68	400m: 5:01.45	37.73			37.73
4.	Bruno Emanuel, VIEIRA	M	204681 07	Lousada S�culo XXI						5:04.44	338
	50m: 31.93 31.93		150m: 1:45.96	37.97	250m: 3:04.84	39.52	350m: 4:25.46	40.63			40.63
	100m: 1:07.99 36.06		200m: 2:25.32	39.36	300m: 3:44.83	39.99	400m: 5:04.44	38.98			38.98
5.	Tomas Pinto, COSTA	M	202820 07	Leix�es Sport Clube						5:06.71	331
	50m: 34.14 34.14		150m: 1:49.97	38.36	250m: 3:08.96	39.77	350m: 4:27.86	39.52			39.52
	100m: 1:11.61 37.47		200m: 2:29.19	39.22	300m: 3:48.34	39.38	400m: 5:06.71	38.85			38.85

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associaç o de Nataç o do Norte de Portugal

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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
6.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	5:08.07	327	
	50m: 34.47 34.47		150m: 1:51.45		38.84 250m: 3:09.46	39.37	350m: 4:29.66	40.18
	100m: 1:12.61 38.14		200m: 2:30.09		38.64 300m: 3:49.48	40.02	400m: 5:08.07	38.41
7.	Rodrigo Miguel, FERNANDES	M	200798	07	Natacao de Valongo	5:16.77	300	
	50m: 33.57 33.57		150m: 1:52.47		39.82 250m: 3:14.08	41.18	350m: 4:36.54	41.28
	100m: 1:12.65 39.08		200m: 2:32.90		40.43 300m: 3:55.26	41.18	400m: 5:16.77	40.23
8.	Andre Filipe, COUTO	M	201541	07	Natacao de Valongo	5:26.91	273	
	50m: 33.58 33.58		150m: 1:54.57		41.45 250m: 3:19.42	42.34	350m: 4:45.06	42.45
	100m: 1:13.12 39.54		200m: 2:37.08		42.51 300m: 4:02.61	43.19	400m: 5:26.91	41.85
9.	Joao Pedro, SOUSA	M	210517	07	Natacao de Valongo	6:05.76	195	
	50m: 36.91 36.91		150m: 2:08.55		47.24 250m: 3:43.40	47.27	350m: 5:20.79	48.27
	100m: 1:21.31 44.40		200m: 2:56.13		47.58 300m: 4:32.52	49.12	400m: 6:05.76	44.97
WDR	Denis, ZBIRNEA	M	213881	07	Propaganda da Nataç�o			
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalic�o			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associaç o de Nataç o do Norte de Portugal

29/05/2022 17:53 - P gina 10

|ORGANIZAÇ O



|PARCEIRO INSTITUCIONAL



|PARCEIRO



|FORNECEDOR OFICIAL



Prova 13
29/05/2022 - 16:00

Masc., 400m Estilos

15 - 16 anos
Resultados

Rec Nac 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	POR	Istanbul (TUR)	11/12/2009
Rec Nac 25m Juv A	4:25.04	Joao Alexandre, VITAL	ADRCIMM	Tomar	13/12/2013
Rec Nac 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21/03/2003
Recorde Regional 25m Absoluto	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09/12/2005
Recorde Regional 25m Juv A	4:30.52	Adriano Miguel, NIZ	CFV	Ferrol	13/04/2002
Recorde Regional 25m Juv B	4:40.42	Joao Claudio, SOUSA	GESP	Braga	22/02/2008

Juvenis A Masculinos Juv A: 5:26.32 / Juvenis B Masculinos Juv B: 5:35.09

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
Juvenis A								
1.	Vasco Monteiro, CASTRO	M	202720	06	Porto	4:51.73	521	
	50m: 31.48 31.48		150m: 1:43.51		36.09	250m: 3:01.56		350m: 4:19.23
	100m: 1:07.42 35.94		200m: 2:18.80		35.29	300m: 3:45.45		400m: 4:51.73
2.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	4:52.15	519	
	50m: 30.53 30.53		150m: 1:43.71		38.09	250m: 3:02.65		350m: 4:20.26
	100m: 1:05.62 35.09		200m: 2:19.96		36.25	300m: 3:46.00		400m: 4:52.15
3.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	4:52.50	517	
	50m: 29.73 29.73		150m: 1:41.19		37.69	250m: 3:01.09		350m: 4:19.23
	100m: 1:03.50 33.77		200m: 2:18.47		37.28	300m: 3:44.63		400m: 4:52.50
4.	Bruno Silva, LOUREIRO	M	129872	06	Porto	4:55.90	499	
	50m: 31.60 31.60		150m: 1:46.64		38.89	250m: 3:07.50		350m: 4:24.47
	100m: 1:07.75 36.15		200m: 2:24.21		37.57	300m: 3:50.86		400m: 4:55.90
5.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	4:58.90	484	
	50m: 31.38 31.38		150m: 1:45.62		36.51	250m: 3:06.16		350m: 4:25.64
	100m: 1:09.11 37.73		200m: 2:22.31		36.69	300m: 3:51.10		400m: 4:58.90
6.	Gustavo Gomes, RAMOS	M	200774	06	Porto	5:01.90	470	
	50m: 30.76 30.76		150m: 1:44.70		39.14	250m: 3:08.66		350m: 4:28.47
	100m: 1:05.56 34.80		200m: 2:23.08		38.38	300m: 3:53.97		400m: 5:01.90
7.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	5:05.16	455	
	50m: 29.95 29.95		150m: 1:45.84		40.98	250m: 3:10.14		350m: 4:31.98
	100m: 1:04.86 34.91		200m: 2:25.73		39.89	300m: 3:56.24		400m: 5:05.16
8.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	5:06.37	450	
	50m: 30.89 30.89		150m: 1:45.80		38.76	250m: 3:10.57		350m: 4:32.95
	100m: 1:07.04 36.15		200m: 2:24.75		38.95	300m: 3:57.96		400m: 5:06.37
9.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	5:15.86	410	
	50m: 30.87 30.87		150m: 1:50.32		42.51	250m: 3:15.90		350m: 4:39.28
	100m: 1:07.81 36.94		200m: 2:30.74		40.42	300m: 4:01.50		400m: 5:15.86
10.	Marco Oliveira, LOPES	M	202144	06	Penafiel	5:18.57	400	
	50m: 32.72 32.72		150m: 1:51.69		41.82	250m: 3:18.98		350m: 4:42.59
	100m: 1:09.87 37.15		200m: 2:32.66		40.97	300m: 4:04.62		400m: 5:18.57
11.	Afonso Azevedo, PACHECO	M	201382	06	Vilacondense	5:22.32	386	
	50m: 31.23 31.23		150m: 1:51.13		41.91	250m: 3:19.96		350m: 4:46.12
	100m: 1:09.22 37.99		200m: 2:30.99		39.86	300m: 4:09.29		400m: 5:22.32
12.	Jose Pedro, CARNEIRO FL	M	201823	06	Natacao de Valongo	5:26.97	370	
	50m: 32.73 32.73		150m: 1:52.60		41.08	250m: 3:23.83		350m: 4:51.30
	100m: 1:11.52 38.79		200m: 2:32.90		40.30	300m: 4:15.20		400m: 5:26.97
13.	Manuel Joaquim, LEAL FL	M	130075	06	Aquatico Pacense	5:29.52	361	
	50m: 32.19 32.19		150m: 1:50.28		40.93	250m: 3:20.55		350m: 4:50.19
	100m: 1:09.35 37.16		200m: 2:30.80		40.52	300m: 4:09.38		400m: 5:29.52
14.	Guilherme Oliveira, CALHANDRO FL	M	131800	06	Colegio Efanor	5:31.09	356	
	50m: 35.22 35.22		150m: 2:01.41		43.41	250m: 3:31.92		350m: 4:55.27
	100m: 1:18.00 42.78		200m: 2:44.20		42.79	300m: 4:18.59		400m: 5:31.09
15.	Pedro Roque, IGREJA FL	M	203964	06	Vilacondense	5:38.02	335	
	50m: 37.54 37.54		150m: 2:07.69		43.82	250m: 3:33.75		350m: 4:59.37
	100m: 1:23.87 46.33		200m: 2:49.87		42.18	300m: 4:18.42		400m: 5:38.02
WDR	Miguel Azevedo, ROCHA	M	131262	06	Penafiel			
WDR	Rui Miguel, SANTOS	M	204083	06	Famalicao			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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Prova 13, Masc., 400m Estilos

Juvenis B

1.	Tomas Rocha, DORES	M	200766 07	Colegio Efanor					4:52.87	515
	50m: 30.33 30.33		150m: 1:43.34	38.10	250m: 3:04.00	42.84	350m: 4:20.65		4:20.65	33.72
	100m: 1:05.24 34.91		200m: 2:21.16	37.82	300m: 3:46.93	42.93	400m: 4:52.87		4:52.87	32.22
2.	Renato Gouveia, TEIXEIRA	M	204599 07	Foca Quinta da Lixa CNF					4:53.62	511
	50m: 30.51 30.51		150m: 1:42.07	36.75	250m: 3:01.82	41.90	350m: 4:20.09		4:20.09	34.10
	100m: 1:05.32 34.81		200m: 2:19.92	37.85	300m: 3:45.99	44.17	400m: 4:53.62		4:53.62	33.53
3.	Antonio Miguel, COSTA	M	202259 07	Assoc. Desportiva de Fafe					4:55.83	500
	50m: 30.01 30.01		150m: 1:44.24	39.79	250m: 3:05.48	42.34	350m: 4:23.26		4:23.26	33.56
	100m: 1:04.45 34.44		200m: 2:23.14	38.90	300m: 3:49.70	44.22	400m: 4:55.83		4:55.83	32.57
4.	Tiago Mendes, COSTA	M	201132 07	Famalicao					4:57.02	494
	50m: 31.31 31.31		150m: 1:45.17	37.84	250m: 3:05.23	43.75	350m: 4:24.23		4:24.23	34.74
	100m: 1:07.33 36.02		200m: 2:21.48	36.31	300m: 3:49.49	44.26	400m: 4:57.02		4:57.02	32.79
5.	Rodrigo Filipe, CORREIA	M	210429 07	Porto					4:58.84	485
	50m: 29.55 29.55		150m: 1:41.99	37.49	250m: 3:05.15	46.20	350m: 4:24.81		4:24.81	34.08
	100m: 1:04.50 34.95		200m: 2:18.95	36.96	300m: 3:50.73	45.58	400m: 4:58.84		4:58.84	34.03
6.	Gil Afonso, RODRIGUES	M	148683 07	Fluvial Portuense					5:01.56	472
	50m: 30.43 30.43		150m: 1:44.47	38.52	250m: 3:06.81	44.11	350m: 4:27.41		4:27.41	35.51
	100m: 1:05.95 35.52		200m: 2:22.70	38.23	300m: 3:51.90	45.09	400m: 5:01.56		5:01.56	34.15
7.	Goncalo Carlos, AZEVEDO	M	209939 07	Natacao da Maia					5:02.02	469
	50m: 31.30 33.10		150m: 1:51.36	38.78	250m: 3:12.51	42.70	350m: 4:30.10		4:30.10	33.24
	100m: 1:12.58 39.48		200m: 2:29.81	38.45	300m: 3:56.86	44.35	400m: 5:02.02		5:02.02	31.92
8.	Rodrigo Costa, BORGES	M	133190 07	Fluvial Portuense					5:02.14	469
	50m: 30.67 30.67		150m: 1:47.50	39.49	250m: 3:09.77	45.19	350m: 4:29.39		4:29.39	34.53
	100m: 1:08.01 37.34		200m: 2:24.58	37.08	300m: 3:54.86	45.09	400m: 5:02.14		5:02.14	32.75
9.	Leonardo Cunha, MOURA	M	205462 07	Foca Quinta da Lixa CNF					5:07.26	446
	50m: 29.79 29.79		150m: 1:45.37	40.04	250m: 3:09.76	45.49	350m: 4:31.92		4:31.92	36.38
	100m: 1:05.33 35.54		200m: 2:24.27	38.90	300m: 3:55.54	45.78	400m: 5:07.26		5:07.26	35.34
10.	Duarte Maria, CARREIRA	M	205865 07	Porto					5:08.24	442
	50m: 33.29 33.29		150m: 1:53.43	41.90	250m: 3:14.88	41.11	350m: 4:33.12		4:33.12	36.38
	100m: 1:11.53 38.24		200m: 2:33.77	40.34	300m: 3:56.74	41.86	400m: 5:08.24		5:08.24	35.12
11.	Pedro Miguel, PINTO	M	148621 07	Assoc. Desportiva de Fafe					5:09.48	436
	50m: 32.28 32.28		150m: 1:49.16	40.16	250m: 3:13.59	45.70	350m: 4:34.70		4:34.70	35.84
	100m: 1:09.00 36.72		200m: 2:27.89	38.73	300m: 3:58.86	45.27	400m: 5:09.48		5:09.48	34.78
12.	Luis Filipe, CARVALHO	M	132279 07	Clube Naval Povoense					5:10.16	433
	50m: 31.43 31.43		150m: 1:46.84	38.07	250m: 3:12.42	47.51	350m: 4:37.08		4:37.08	35.76
	100m: 1:08.77 37.34		200m: 2:24.91	38.07	300m: 4:01.32	48.90	400m: 5:10.16		5:10.16	33.08
13.	Miguel Guedes, FERREIRA	M	205181 07	Porto					5:11.04	430
	50m: 32.41 32.41		150m: 1:50.78	40.81	250m: 3:17.31	46.56	350m: 4:37.68		4:37.68	34.42
	100m: 1:09.97 37.56		200m: 2:30.75	39.97	300m: 4:03.26	45.95	400m: 5:11.04		5:11.04	33.36
14.	Francisco Bernardes, MARTELO	M	201758 07	Porto					5:11.83	426
	50m: 31.07 31.07		150m: 1:48.24	41.19	250m: 3:13.44	45.70	350m: 4:35.98		4:35.98	36.92
	100m: 1:07.05 35.98		200m: 2:27.74	39.50	300m: 3:59.06	45.62	400m: 5:11.83		5:11.83	35.85
15.	Joao Lourenco, HERDEIRO	M	207204 07	CLIP Teams					5:13.63	419
	50m: 31.98 31.98		150m: 1:52.13	41.75	250m: 3:17.22	44.58	350m: 4:38.42		4:38.42	35.97
	100m: 1:10.38 38.40		200m: 2:32.64	40.51	300m: 4:02.45	45.23	400m: 5:13.63		5:13.63	35.21
16.	Andre Leitao, COSTA	M	201806 07	Assoc. Desportiva de Fafe					5:17.48	404
	50m: 32.29 32.29		150m: 1:52.47	42.21	250m: 3:18.46	45.39	350m: 4:43.32		4:43.32	36.74
	100m: 1:10.26 37.97		200m: 2:33.07	40.60	300m: 4:06.58	48.12	400m: 5:17.48		5:17.48	34.16
17.	Guilherme Mahua, SOARES	M	200790 07	Porto					5:20.55	393
	50m: 34.18 34.18		150m: 1:52.63	37.81	250m: 3:20.84	51.23	350m: 4:46.71		4:46.71	35.76
	100m: 1:14.82 40.64		200m: 2:29.61	36.98	300m: 4:10.95	50.11	400m: 5:20.55		5:20.55	33.84
18.	Afonso Pacheco, CARVALHO	M	200933 07	Fluvial Portuense					5:21.96	387
	50m: 32.49 32.49		150m: 1:53.99	40.87	250m: 3:22.58	48.44	350m: 4:47.49		4:47.49	36.24
	100m: 1:13.12 40.63		200m: 2:34.14	40.15	300m: 4:11.25	48.67	400m: 5:21.96		5:21.96	34.47
19.	Martim Goncalves, CARVALHO	M	209245 07	Assoc. Desportiva de Fafe					5:22.24	386
	50m: 33.26 33.26		150m: 1:53.82	42.34	250m: 3:20.83	46.23	350m: 4:45.37		4:45.37	37.45
	100m: 1:11.48 38.22		200m: 2:34.60	40.78	300m: 4:07.92	47.09	400m: 5:22.24		5:22.24	36.87
20.	Tomas Machado, MIRANDA	M	200780 07	Porto					5:22.81	384
	50m: 36.68 36.68		150m: 2:00.67	41.01	250m: 3:26.54	46.78	350m: 4:48.74		4:48.74	35.58
	100m: 1:19.66 42.98		200m: 2:39.76	39.09	300m: 4:13.16	46.62	400m: 5:22.81		5:22.81	34.07
21.	Afonso Abreu, FREITAS	M	201645 07	Assoc. Desportiva de Fafe					5:30.94	357
	50m: 34.37 34.37		150m: 1:58.51	43.23	250m: 3:27.13	45.89	350m: 4:52.61		4:52.61	38.56
	100m: 1:15.28 40.91		200m: 2:41.24	42.73	300m: 4:14.05	46.92	400m: 5:30.94		5:30.94	38.33
22.	Rodrigo Manuel, MONTEIRO FTL	M	132895 07	Porto					5:36.32	340
	50m: 35.15 35.15		150m: 1:58.36	40.34	250m: 3:32.58	53.28	350m: 5:01.30		5:01.30	36.72
	100m: 1:18.02 42.87		200m: 2:39.30	40.94	300m: 4:24.58	52.00	400m: 5:36.32		5:36.32	35.02

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| ORGANIZAÇ O

| PARCEIRO INSTITUCIONAL

| PARCEIRO

| FORNECEDOR OFICIAL



Prova 13, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
23.	Rafael Dinis, PACHECO FTL	M	204593	07	Aquatico Pacense	5:42.03	323	
	50m: 34.18 34.18 150m: 2:00.34 44.16 250m: 3:30.96 47.71 350m: 5:01.56 41.20 100m: 1:16.18 42.00 200m: 2:43.25 42.91 300m: 4:20.36 49.40 400m: 5:42.03 40.47							
DSQ	Francisco Manuel, PINTO 7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 275 metros – SW 7.6	M	200812	07	Penafiel			
DSQ	Paulo Tiago, VALES 7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 250 metros – SW 7.6	M	201752	07	Porto			
DSQ	Pedro Mendonca, BRAGA 9.6 - O(A) nadador(a) n�o efetuou a viragem aos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.3	M	203198	07	Vilacondense			
WDR	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Nataç�o			

Prova 14

Femin., 800m Livres

14 - 15 anos

29/05/2022 - 16:40

Resultados

Rec Nac 25m Absoluto	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04/12/2019
Rec Nac 25m Juv A	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19/12/2004
Rec Nac 25m Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20/12/1980
Recorde Regional 25m Absoluto	8:36.74	Diana Margarida, DURAES	FCP	Porto	13/12/2015
Recorde Regional 25m Juv A	8:55.10	Alexandra Maria, SILVA	FCP	Antas	11/07/1982
Recorde Regional 25m Juv B	9:00.27	Alexandra Maria, SILVA	FCP	Antibes	21/12/1980

Juvenis A Femininos Juv A: 10:52.41 / Juvenis B Femininos Juv B: 11:19.20

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
Juvenis B								
1.	Carolina Amadeu, FERREIRA	F	202815	08	Leix�es Sport Clube	9:47.11	544	
	50m: 35.33 35.33 250m: 3:04.13 37.61 450m: 5:32.48 36.67 650m: 7:59.64 36.95 100m: 1:11.86 36.53 300m: 3:41.17 37.04 500m: 6:09.84 37.36 700m: 8:36.57 36.93 150m: 1:49.10 37.24 350m: 4:18.55 37.38 550m: 6:45.98 36.14 750m: 9:12.24 35.67 200m: 2:26.52 37.42 400m: 4:55.81 37.26 600m: 7:22.69 36.71 800m: 9:47.11 34.87							
2.	Leonor Carvalho, SOARES	F	200784	08	Porto	9:52.51	529	
	50m: 36.88 36.88 250m: 3:05.29 37.15 450m: 5:32.69 36.85 650m: 8:01.63 37.72 100m: 1:13.77 36.89 300m: 3:42.33 37.04 500m: 6:09.87 37.18 700m: 8:39.34 37.71 150m: 1:51.17 37.40 350m: 4:19.01 36.68 550m: 6:46.97 37.10 750m: 9:16.62 37.28 200m: 2:28.14 36.97 400m: 4:55.84 36.83 600m: 7:23.91 36.94 800m: 9:52.51 35.89							
3.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	9:58.60	513	
	50m: 37.36 37.36 250m: 3:07.86 37.50 450m: 5:37.98 37.42 650m: 8:07.82 37.97 100m: 1:14.64 37.28 300m: 3:45.85 37.99 500m: 6:15.39 37.41 700m: 8:44.96 37.14 150m: 1:52.37 37.73 350m: 4:22.84 36.99 550m: 6:52.37 36.98 750m: 9:22.48 37.52 200m: 2:30.36 37.99 400m: 5:00.56 37.72 600m: 7:29.85 37.48 800m: 9:58.60 36.12							
4.	Maria Joao, COSTA	F	201391	08	Vilacondense	10:04.98	497	
	50m: 35.59 35.59 250m: 3:06.15 37.86 450m: 5:39.27 38.38 650m: 8:12.84 38.38 100m: 1:12.25 36.66 300m: 3:44.50 38.35 500m: 6:17.61 38.34 700m: 8:50.83 37.99 150m: 1:50.32 38.07 350m: 4:22.49 37.99 550m: 6:56.29 38.68 750m: 9:28.71 37.88 200m: 2:28.29 37.97 400m: 5:00.89 38.40 600m: 7:34.46 38.17 800m: 10:04.98 36.27							
5.	Ana Carolina, CRUZ	F	201055	08	Famalicao	10:09.16	487	
	50m: 35.89 35.89 250m: 3:05.97 38.04 450m: 5:39.73 38.47 650m: 8:13.89 38.76 100m: 1:12.46 36.57 300m: 3:44.30 38.33 500m: 6:18.13 38.40 700m: 8:52.70 38.81 150m: 1:49.89 37.43 350m: 4:22.71 38.41 550m: 6:56.73 38.60 750m: 9:31.61 38.91 200m: 2:27.93 38.04 400m: 5:01.26 38.55 600m: 7:35.13 38.40 800m: 10:09.16 37.55							
6.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	10:09.95	485	
	50m: 35.87 35.87 250m: 2:29.47 38.15 350m: 4:22.68 37.86 500m: 6:17.82 38.83 100m: 1:13.45 37.58 300m: 3:07.26 37.79 400m: 5:00.81 38.13 750m: 9:22.97 3:05.15 150m: 1:51.32 37.87 350m: 3:44.82 37.56 450m: 5:38.99 38.18 800m: 10:09.95 46.98							
7.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	10:10.96	482	
	50m: 36.94 36.94 250m: 3:09.40 37.85 450m: 5:41.63 37.71 650m: 8:12.23 39.56 100m: 1:15.10 38.16 300m: 3:47.42 38.02 500m: 6:19.36 37.73 700m: 8:52.62 40.39 150m: 1:53.44 38.34 350m: 4:25.46 38.04 550m: 6:56.90 37.54 750m: 9:33.17 40.55 200m: 2:31.55 38.11 400m: 5:03.92 38.46 600m: 7:32.67 35.77 800m: 10:10.96 37.79							

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Prova 14, Femin., 800m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
8.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	10:15.31	472	
	50m: 35.08	35.08	250m: 3:01.72	37.48	450m: 5:34.01	38.42	650m: 8:14.74	40.83
	100m: 1:10.67	35.59	300m: 3:39.38	37.66	500m: 6:13.93	39.92	700m: 8:55.66	40.92
	150m: 1:47.35	36.68	350m: 4:17.23	37.85	550m: 6:53.62	39.69	750m: 9:36.31	40.65
	200m: 2:24.24	36.89	400m: 4:55.59	38.36	600m: 7:33.91	40.29	800m: 10:15.31	39.00
9.	Lara Filipa, PINTO	F	200514	08	Porto	10:20.50	461	
	50m: 36.58	36.58	250m: 3:09.47	37.70	450m: 5:45.03	39.18	650m: 8:22.79	39.25
	100m: 1:14.63	38.05	300m: 3:47.68	38.21	500m: 6:24.44	39.41	700m: 9:02.68	39.89
	150m: 1:53.30	38.67	350m: 4:26.38	38.70	550m: 7:03.78	39.34	750m: 9:42.11	39.43
	200m: 2:31.77	38.47	400m: 5:05.85	39.47	600m: 7:43.54	39.76	800m: 10:20.50	38.39
10.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	10:24.21	452	
	50m: 36.36	36.36	250m: 3:10.65	38.60	450m: 5:48.32	38.74	650m: 8:27.71	39.11
	100m: 1:14.17	37.81	300m: 3:50.40	39.75	500m: 6:28.08	39.76	700m: 9:07.26	39.55
	150m: 1:53.25	39.08	350m: 4:30.22	39.82	550m: 7:07.81	39.73	750m: 9:46.64	39.38
	200m: 2:32.05	38.80	400m: 5:09.58	39.36	600m: 7:48.60	40.79	800m: 10:24.21	37.57
11.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	10:25.43	450	
	50m: 37.09	37.09	300m: 3:51.77	1:18.93	550m: 7:11.03	39.36	750m: 9:48.03	38.89
	100m: 1:14.63	37.54	400m: 5:11.56	1:19.79	600m: 7:50.26	39.23	800m: 10:25.43	37.40
	150m: 1:53.57	38.94	450m: 5:51.28	39.72	650m: 8:29.93	39.67		
	200m: 2:32.84	39.27	500m: 6:31.67	40.39	700m: 9:09.14	39.21		
12.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	10:26.49	447	
	50m: 35.31	35.31	250m: 3:12.10	39.40	450m: 5:50.42	39.42	650m: 8:30.17	39.98
	100m: 1:13.93	38.62	300m: 3:51.55	39.45	500m: 6:30.34	39.92	700m: 9:10.34	40.17
	150m: 1:52.99	39.06	350m: 4:31.19	39.64	550m: 7:10.17	39.83	750m: 9:49.18	38.84
	200m: 2:32.70	39.71	400m: 5:11.00	39.81	600m: 7:50.19	40.02	800m: 10:26.49	37.31
13.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	10:27.86	444	
	50m: 35.93	35.93	250m: 3:09.36	39.17	450m: 5:48.80	40.42	650m: 8:30.11	40.27
	100m: 1:12.80	36.87	300m: 3:48.59	39.23	500m: 6:29.28	40.48	700m: 9:10.80	40.69
	150m: 1:51.10	38.30	350m: 4:28.40	39.81	550m: 7:09.55	40.27	750m: 9:49.66	38.86
	200m: 2:30.19	39.09	400m: 5:08.38	39.98	600m: 7:49.84	40.29	800m: 10:27.86	38.20
14.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	10:28.30	444	
	50m: 35.72	35.72	250m: 3:08.13	38.91	450m: 5:45.96	39.93	650m: 8:27.41	40.32
	100m: 1:12.95	37.23	300m: 3:47.42	39.29	500m: 6:26.37	40.41	700m: 9:08.12	40.71
	150m: 1:50.88	37.93	350m: 4:26.96	39.54	550m: 7:06.60	40.23	750m: 9:48.93	40.81
	200m: 2:29.22	38.34	400m: 5:06.03	39.07	600m: 7:47.09	40.49	800m: 10:28.30	39.37
15.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	10:35.31	429	
	50m: 38.15	38.15	250m: 3:14.91	39.51	450m: 5:54.41	40.11	650m: 8:36.63	40.87
	100m: 1:17.37	39.22	300m: 3:55.18	40.27	500m: 6:34.52	40.11	700m: 9:17.53	40.90
	150m: 1:56.12	38.75	350m: 4:34.38	39.20	550m: 7:15.05	40.53	750m: 9:57.69	40.16
	200m: 2:35.40	39.28	400m: 5:14.30	39.92	600m: 7:55.76	40.71	800m: 10:35.31	37.62
16.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	10:40.17	419	
	50m: 36.21	36.21	250m: 3:13.57	39.99	450m: 5:55.53	40.70	650m: 8:39.17	39.87
	100m: 1:14.53	38.32	300m: 3:53.59	40.02	500m: 6:36.55	41.02	700m: 9:21.00	41.83
	150m: 1:53.84	39.31	350m: 4:34.50	40.91	550m: 7:17.62	41.07	750m: 10:01.44	40.44
	200m: 2:33.58	39.74	400m: 5:14.83	40.33	600m: 7:59.30	41.68	800m: 10:40.17	38.73
17.	Luciana Filipa, PINTO	F	201801	08	Porto	10:43.59	413	
	50m: 38.05	38.05	250m: 3:19.85	40.76	450m: 6:02.86	40.72	650m: 8:43.99	40.38
	100m: 1:17.63	39.58	300m: 4:00.53	40.68	500m: 6:44.28	41.42	700m: 9:24.28	40.29
	150m: 1:58.61	40.98	350m: 4:41.28	40.75	550m: 7:23.99	39.71	750m: 10:04.80	40.52
	200m: 2:39.09	40.48	400m: 5:22.14	40.86	600m: 8:03.61	39.62	800m: 10:43.59	38.79
18.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	10:50.96	399	
	50m: 38.20	38.20	250m: 3:22.80	41.75	450m: 6:07.46	41.06	650m: 8:50.96	41.02
	100m: 1:18.46	40.26	300m: 4:03.81	41.01	500m: 6:48.51	41.05	700m: 9:31.48	40.52
	150m: 1:59.48	41.02	350m: 4:45.22	41.41	550m: 7:29.13	40.62	750m: 10:11.85	40.37
	200m: 2:41.05	41.57	400m: 5:26.40	41.18	600m: 8:09.94	40.81	800m: 10:50.96	39.11
19.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	11:05.85	373	
	50m: 37.94	37.94	250m: 3:23.06	41.38	450m: 6:10.66	41.71	650m: 9:00.60	42.38
	100m: 1:18.70	40.76	300m: 4:04.70	41.64	500m: 6:53.33	42.67	700m: 9:42.97	42.37
	150m: 1:59.83	41.13	350m: 4:46.56	41.86	550m: 7:35.93	42.60	750m: 10:25.70	42.73
	200m: 2:41.68	41.85	400m: 5:28.95	42.39	600m: 8:18.22	42.29	800m: 11:05.85	40.15
20.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	11:09.99	366	
	50m: 38.63	38.63	250m: 3:26.24	42.22	450m: 6:17.44	43.03	650m: 9:08.18	42.88
	100m: 1:19.50	40.87	300m: 4:08.78	42.54	500m: 6:59.87	42.43	700m: 9:50.68	42.50
	150m: 2:02.04	42.54	350m: 4:51.89	43.11	550m: 7:42.58	42.71	750m: 10:32.58	41.90
	200m: 2:44.02	41.98	400m: 5:34.41	42.52	600m: 8:25.30	42.72	800m: 11:09.99	37.41
21.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	11:10.29	365	
	50m: 37.53	37.53	250m: 3:26.40	41.78	450m: 6:17.75	43.00	650m: 9:08.74	43.04
	100m: 1:19.43	41.90	300m: 4:09.20	42.80	500m: 7:00.08	42.33	700m: 9:51.08	42.34
	150m: 2:02.09	42.66	350m: 4:52.23	43.03	550m: 7:43.14	43.06	750m: 10:33.32	42.24
	200m: 2:44.62	42.53	400m: 5:34.75	42.52	600m: 8:25.70	42.56	800m: 11:10.29	36.97
22.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	11:13.99	359	
	50m: 39.56	39.56	250m: 3:25.35	41.82	450m: 6:15.29	42.52	650m: 9:07.73	43.59
	100m: 1:20.42	40.86	300m: 4:07.81	42.46	500m: 6:58.11	42.82	700m: 9:50.94	43.21
	150m: 2:01.76	41.34	350m: 4:50.25	42.44	550m: 7:41.23	43.12	750m: 10:33.13	42.19
	200m: 2:43.53	41.77	400m: 5:32.77	42.52	600m: 8:24.14	42.91	800m: 11:13.99	40.86

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.72334

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Prova 14, Femin., 800m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
23.	Mariana Nunes, CUNHA <i>FIL</i>	F	201087	08	Lousada S�culo XXI	11:24.02	344	
	50m: 38.73 38.73	250m: 3:27.47	42.92	450m: 6:21.38	43.79	650m: 9:16.77	44.14	
	100m: 1:19.54 40.81	300m: 4:10.70	43.23	500m: 7:05.11	43.73	700m: 10:00.37	43.60	
	150m: 2:01.89 42.35	350m: 4:53.62	42.92	550m: 7:49.21	44.10	750m: 10:42.83	42.46	
	200m: 2:44.55 42.66	400m: 5:37.59	43.97	600m: 8:32.63	43.42	800m: 11:24.02	41.19	
24.	Ana Margarida, ALMEIDA <i>FIL</i>	F	205184	08	Vit�ria Sport Clube	11:37.64	324	
	50m: 38.21 38.21	250m: 3:30.03	43.98	450m: 6:29.74	44.93	650m: 9:27.04	44.06	
	100m: 1:19.11 40.90	300m: 4:14.54	44.51	500m: 7:14.41	44.67	700m: 10:12.02	44.98	
	150m: 2:01.99 42.88	350m: 5:00.18	45.64	550m: 7:58.16	43.75	750m: 10:55.41	43.39	
	200m: 2:46.05 44.06	400m: 5:44.81	44.63	600m: 8:42.98	44.82	800m: 11:37.64	42.23	
25.	Ariana Micaela, BESSA <i>FIL</i>	F	201080	08	Lousada S�culo XXI	11:44.52	314	
	50m: 38.12 38.12	250m: 3:29.59	44.74	450m: 6:28.78	44.91	650m: 9:31.53	45.47	
	100m: 1:19.61 41.49	300m: 4:13.95	44.36	500m: 7:14.55	45.77	700m: 10:17.36	45.83	
	150m: 2:01.41 41.80	350m: 4:58.82	44.87	550m: 8:00.50	45.95	750m: 11:02.40	45.04	
	200m: 2:44.85 43.44	400m: 5:43.87	45.05	600m: 8:46.06	45.56	800m: 11:44.52	42.12	
WDR	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo			
WDR	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o			

Juvenis A

1.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	9:57.29	516	
	50m: 32.82 32.82	250m: 2:59.24	37.23	450m: 5:31.16	38.34	650m: 8:03.26	38.76	
	100m: 1:08.23 35.41	300m: 3:36.74	37.50	500m: 6:09.15	37.99	700m: 8:42.34	39.08	
	150m: 1:44.72 36.49	350m: 4:15.25	38.51	550m: 6:46.36	37.21	750m: 9:21.12	38.78	
	200m: 2:22.01 37.29	400m: 4:52.82	37.57	600m: 7:24.50	38.14	800m: 9:57.29	36.17	
2.	Francisca Martins, GOMES	F	207830	07	Porto	10:02.53	503	
	50m: 36.04 36.04	250m: 3:05.79	37.24	450m: 5:36.61	37.73	650m: 8:08.52	38.00	
	100m: 1:13.34 37.30	300m: 3:43.21	37.42	500m: 6:14.41	37.80	700m: 8:46.63	38.11	
	150m: 1:50.71 37.37	350m: 4:21.27	38.06	550m: 6:52.36	37.95	750m: 9:24.75	38.12	
	200m: 2:28.55 37.84	400m: 4:58.88	37.61	600m: 7:30.52	38.16	800m: 10:02.53	37.78	
3.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	10:11.10	482	
	50m: 36.48 36.48	250m: 3:08.85	38.54	450m: 5:43.88	39.02	650m: 8:18.59	38.47	
	100m: 1:13.88 37.40	300m: 3:47.35	38.50	500m: 6:22.56	38.68	700m: 8:57.04	38.45	
	150m: 1:52.06 38.18	350m: 4:26.26	38.91	550m: 7:01.06	38.50	750m: 9:34.88	37.84	
	200m: 2:30.31 38.25	400m: 5:04.86	38.60	600m: 7:40.12	39.06	800m: 10:11.10	36.22	
4.	Ines Rebelo, SOUSA	F	203317	07	Porto	10:26.68	447	
	50m: 37.35 37.35	250m: 3:11.57	39.45	450m: 5:48.88	39.61	650m: 8:27.85	40.25	
	100m: 1:14.69 37.34	300m: 3:50.80	39.23	500m: 6:28.51	39.63	700m: 9:08.07	40.22	
	150m: 1:52.91 38.22	350m: 4:29.98	39.18	550m: 7:08.18	39.67	750m: 9:47.54	39.47	
	200m: 2:32.12 39.21	400m: 5:09.27	39.29	600m: 7:47.60	39.42	800m: 10:26.68	39.14	
5.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	10:27.08	446	
	50m: 36.38 36.38	250m: 3:12.01	39.24	450m: 5:49.43	39.45	650m: 8:28.75	39.41	
	100m: 1:14.70 38.32	300m: 3:51.35	39.34	500m: 6:29.28	39.85	700m: 9:08.95	40.20	
	150m: 1:53.55 38.85	350m: 4:30.54	39.19	550m: 7:09.25	39.97	750m: 9:48.91	39.96	
	200m: 2:32.77 39.22	400m: 5:09.98	39.44	600m: 7:49.34	40.09	800m: 10:27.08	38.17	
6.	Francisca Soares, PIMENTA	F	202786	07	Clube Naval Povoense	10:39.77	420	
	50m: 36.44 36.44	250m: 3:12.79	39.46	450m: 5:55.15	40.77	650m: 8:38.66	40.80	
	100m: 1:14.71 38.27	300m: 3:53.17	40.38	500m: 6:35.97	40.82	700m: 9:19.36	40.70	
	150m: 1:53.87 39.16	350m: 4:33.64	40.47	550m: 7:16.85	40.88	750m: 9:59.83	40.47	
	200m: 2:33.33 39.46	400m: 5:14.38	40.74	600m: 7:57.86	41.01	800m: 10:39.77	39.94	
7.	Sofia Pereira, BRAZ <i>FIL</i>	F	206537	07	CLIP Teams	10:57.12	388	
	50m: 35.07 35.07	250m: 3:13.91	39.94	450m: 6:00.52	42.36	650m: 8:50.70	43.06	
	100m: 1:13.69 38.62	300m: 3:54.82	40.91	500m: 6:42.98	42.46	700m: 9:34.19	43.49	
	150m: 1:53.74 40.05	350m: 4:36.22	41.40	550m: 7:25.21	42.23	750m: 10:15.65	41.46	
	200m: 2:33.97 40.23	400m: 5:18.16	41.94	600m: 8:07.64	42.43	800m: 10:57.12	41.47	
8.	Ana Medeiros, COSTA <i>FIL</i>	F	152164	07	Gcst	11:09.02	367	
	50m: 35.89 35.89	250m: 3:20.68	42.06	450m: 6:13.59	43.21	650m: 9:04.17	42.44	
	100m: 1:14.97 39.08	300m: 4:03.52	42.84	500m: 6:56.59	43.00	700m: 9:47.12	42.95	
	150m: 1:56.28 41.31	350m: 4:47.08	43.56	550m: 7:38.56	41.97	750m: 10:29.20	42.08	
	200m: 2:38.62 42.34	400m: 5:30.38	43.30	600m: 8:21.73	43.17	800m: 11:09.02	39.82	
9.	Eva Oliveira, SILVA <i>FIL</i>	F	201964	07	Penafiel	11:38.07	323	
	50m: 38.71 38.71	200m: 2:47.22	43.25	350m: 5:00.54	44.55	500m: 7:14.18	44.55	
	100m: 1:20.77 42.06	250m: 3:31.30	44.08	400m: 5:45.06	44.52	550m: 7:58.21	44.03	
	150m: 2:03.97 43.20	300m: 4:15.99	44.69	450m: 6:29.63	44.57	600m: 8:43.62	45.41	
	650m: 9:28.48 44.86	700m: 10:12.26	43.78	750m: 10:57.06	44.80	800m: 11:38.07	41.01	

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ORGANIZAÇ O



PARCEIRO INSTITUCIONAL



PARCEIRO



FORNECEDOR OFICIAL



Prova 14, Femin., 800m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
10.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	11:54.52	301	
	50m: 42.37 42.37		250m: 3:40.43	44.78	450m: 6:42.86	45.22	650m: 9:44.42	43.99
	100m: 1:26.30 43.93		300m: 4:26.33	45.90	500m: 7:28.96	46.10	700m: 10:29.87	45.45
	150m: 2:11.18 44.88		350m: 5:11.51	45.18	550m: 8:14.83	45.87	750m: 11:14.05	44.18
	200m: 2:55.65 44.47		400m: 5:57.64	46.13	600m: 9:00.43	45.60	800m: 11:54.52	40.47
11.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	11:55.41	300	
	50m: 42.63 42.63		250m: 3:42.58	45.03	450m: 6:44.34	45.44	650m: 9:45.92	44.65
	100m: 1:27.64 45.01		300m: 4:28.27	45.69	500m: 7:29.72	45.38	700m: 10:30.30	44.38
	150m: 2:12.79 45.15		350m: 5:13.23	44.96	550m: 8:15.64	45.92	750m: 11:15.11	44.81
	200m: 2:57.55 44.76		400m: 5:58.90	45.67	600m: 9:01.27	45.63	800m: 11:55.41	40.30

Prova 15

Masc., 200m Estilos

15 - 16 anos

29/05/2022 - 17:15

Resultados

Rec Nac 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04/12/2015
Rec Nac 25m Juv A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15/05/2004
Rec Nac 25m Juv B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10/05/2003
Recorde Regional 25m Absoluto	1:59.77	Adriano Miguel, NIZ	CFV	Tavira	17/11/2007
Recorde Regional 25m Juv A	2:06.87	Adriano Miguel, NIZ	CFV	Ponte Vedra	20/04/2002
Recorde Regional 25m Juv B	2:11.17	Andre Goncalo, SANTOS	LSC	Amarante	03/03/2012

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs
1.	Pedro Santos, PEREIRA	M	202814	06	Leixões Sport Clube	2:23.61	444	
	50m: 29.25 29.25		100m: 1:05.65	36.40	150m: 1:50.75	45.10	200m: 2:23.61	32.86
2.	Afonso Figueiredo, DIAS	M	205774	06	Natacao de Valongo	2:55.12	245	
	50m: 36.41 36.41		100m: 1:23.03	46.62	150m: 2:14.45	51.42	200m: 2:55.12	40.67
WDR	Goncalo, ALVES MOUTINHO	M	214745	06	Propaganda da Nataç�o			

Juvenis B

1.	Joao Alves, RODRIGUES	M	201808	07	Famalici�o	2:24.50	436	
	50m: 31.94 31.94		100m: 1:10.99	39.05	150m: 1:50.71	39.72	200m: 2:24.50	33.79
2.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	2:28.09	405	
	50m: 32.84 32.84		100m: 1:11.44	38.60	150m: 1:53.79	42.35	200m: 2:28.09	34.30
3.	Bruno Emanuel, VIEIRA	M	204681	07	Lousada S�culo XXI	2:34.77	355	
	50m: 33.66 33.66		100m: 1:12.60	38.94	150m: 1:58.43	45.83	200m: 2:34.77	36.34
4.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	2:35.70	349	
	50m: 36.10 36.10		100m: 1:17.19	41.09	150m: 2:02.43	45.24	200m: 2:35.70	33.27
5.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	2:36.74	342	
	50m: 33.33 33.33		100m: 1:17.28	43.95	150m: 2:00.76	43.48	200m: 2:36.74	35.98
6.	Rodrigo Miguel, FERNANDES	M	200798	07	Natacao de Valongo	2:39.66	323	
	50m: 34.76 34.76		100m: 1:12.61	37.85	150m: 2:01.05	48.44	200m: 2:39.66	38.61
7.	Martim Danilo, MENDES	M	206619	07	Fluvial Portuense	2:42.10	309	
	50m: 35.90 35.90		100m: 1:16.44	40.54	150m: 2:05.80	49.36	200m: 2:42.10	36.30
8.	Duarte Correia, GARCIA	M	202823	07	Leixões Sport Clube	2:43.13	303	
	50m: 33.14 33.14		100m: 1:14.51	41.37	150m: 2:05.33	50.82	200m: 2:43.13	37.80
9.	Dinis Miranda, CAMBAS	M	200367	07	Clube Naval Povoense	2:44.13	298	
	50m: 35.41 35.41		100m: 1:19.08	43.67	150m: 2:09.52	50.44	200m: 2:44.13	34.61
10.	Tomas Pinto, COSTA	M	202820	07	Leixões Sport Clube	2:44.28	297	
	50m: 35.92 35.92		100m: 1:17.55	41.63	150m: 2:07.27	49.72	200m: 2:44.28	37.01
11.	Joao Pedro, SOUSA	M	210517	07	Natacao de Valongo	2:58.94	229	
	50m: 39.27 39.27		100m: 1:25.91	46.64	150m: 2:16.72	50.81	200m: 2:58.94	42.22
DSQ	Andre Filipe, COUTO	M	201541	07	Natacao de Valongo			
	7.21 - O(A) nadador(a) tocou s� com uma m�o na parede na viragem dos 125 metros – SW 7.6							
WDR	Denis, ZBIRNEA	M	213881	07	Propaganda da Nataç�o			
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalici�o			

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Prova 16
29/05/2022 - 17:20

Femin., 400m Livres

14 - 15 anos
Resultados

Rec Nac 25m Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17/12/2017
Rec Nac 25m Juv A	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20/12/2004
Rec Nac 25m Juv B	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15/05/2004
Recorde Regional 25m Absoluto	4:10.22	Diana Margarida, DURAES	FCP	Porto	12/12/2015
Recorde Regional 25m Juv A	4:22.09	Francisca Soares, MARTINS	FOCA	Felgueiras	15/04/2018
Recorde Regional 25m Juv B	4:26.77	Alexandra Maria, SILVA	FCP	Antibes	21/12/1980

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	Obs	
Juvenis B									
1.	Beatriz Silva, COENTRAO	F	201062	08	Famalicao	5:11.10	425		
	50m: 34.00 34.00		150m: 1:51.63		39.46 250m: 3:10.86	39.55	350m: 4:30.99	40.24	
	100m: 1:12.17 38.17		200m: 2:31.31		39.68 300m: 3:50.75	39.89	400m: 5:11.10	40.11	
2.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	5:16.61	403		
	50m: 36.75 36.75		150m: 1:58.17		40.68 250m: 3:18.05	38.89	350m: 4:38.28	40.08	
	100m: 1:17.49 40.74		200m: 2:39.16		40.99 300m: 3:58.20	40.15	400m: 5:16.61	38.33	
3.	Ana Castro, SILVA	F	205522	08	Famalicao	5:18.58	395		
	50m: 34.17 34.17		150m: 1:50.99		38.79 250m: 3:08.60	38.36	350m: 4:26.24	39.05	
	100m: 1:12.20 38.03		200m: 2:30.24		39.25 300m: 3:47.19	38.59	400m: 5:18.58	52.34	
4.	Maria Luis, SOUSA	F	205537	08	Porto	5:21.68	384		
	50m: 35.57 35.57		150m: 1:55.47		40.51 250m: 3:18.61	41.53	350m: 4:41.79	41.33	
	100m: 1:14.96 39.39		200m: 2:37.08		41.61 300m: 4:00.46	41.85	400m: 5:21.68	39.89	
5.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	5:27.14	365		
	50m: 37.67 37.67		150m: 1:59.66		41.48 250m: 3:23.17	42.27	350m: 4:46.93	41.99	
	100m: 1:18.18 40.51		200m: 2:40.90		41.24 300m: 4:04.94	41.77	400m: 5:27.14	40.21	
6.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixes Sport Clube	5:28.24	361		
	50m: 35.00 35.00		150m: 1:54.19		40.28 250m: 3:18.28	42.36	350m: 4:44.75	43.57	
	100m: 1:13.91 38.91		200m: 2:35.92		41.73 300m: 4:01.18	42.90	400m: 5:28.24	43.49	
7.	Lara Santos, PEREIRA	F	201773	08	Natacao de Valongo	5:29.89	356		
	50m: 36.92 36.92		150m: 1:58.30		41.31 250m: 3:23.60	42.91	350m: 4:49.10	42.79	
	100m: 1:16.99 40.07		200m: 2:40.69		42.39 300m: 4:06.31	42.71	400m: 5:29.89	40.79	
8.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	5:35.76	338		
	50m: 35.58 35.58		150m: 1:56.94		41.49 250m: 3:24.14	43.37	350m: 4:52.20	43.97	
	100m: 1:15.45 39.87		200m: 2:40.77		43.83 300m: 4:08.23	44.09	400m: 5:35.76	43.56	
9.	Joana Vale, GUIMARAES	F	203330	08	Natacao de Valongo	5:38.19	330		
	50m: 35.04 35.04		150m: 1:59.54		43.85 250m: 3:27.70	44.29	350m: 4:56.36	44.11	
	100m: 1:15.69 40.65		200m: 2:43.41		43.87 300m: 4:12.25	44.55	400m: 5:38.19	41.83	
10.	Leonor Ribeiro, NOBRE	F	205775	08	Natacao de Valongo	5:55.96	283		
	50m: 38.94 38.94		150m: 2:08.86		45.41 250m: 3:40.98	46.15	350m: 5:12.71	46.05	
	100m: 1:23.45 44.51		200m: 2:54.83		45.97 300m: 4:26.66	45.68	400m: 5:55.96	43.25	
11.	Ana Vitoria, LOPES	F	215066	08	Assoc. Desportiva de Fafe	6:01.74	270		
	50m: 38.97 38.97		150m: 2:06.41		44.84 250m: 3:39.59	47.17	350m: 5:14.82	47.54	
	100m: 1:21.57 42.60		200m: 2:52.42		46.01 300m: 4:27.28	47.69	400m: 6:01.74	46.92	
WDR	Beatriz Maria, NEVES	F	201090	08	Leixes Sport Clube				

Juvenis A

1.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	5:07.19	441	
	50m: 32.85 32.85		150m: 1:49.07		38.89 250m: 3:08.59	39.82	350m: 4:29.27	40.59
	100m: 1:10.18 37.33		200m: 2:28.77		39.70 300m: 3:48.68	40.09	400m: 5:07.19	37.92
2.	Rita Marques, SOARES	F	132341	07	Famalicao	5:14.52	411	
	50m: 34.78 34.78		150m: 1:53.67		39.96 250m: 3:14.33	40.40	350m: 4:34.87	39.93
	100m: 1:13.71 38.93		200m: 2:33.93		40.26 300m: 3:54.94	40.61	400m: 5:14.52	39.65
3.	Matilde Araujo, PALMEIRA	F	202806	07	Vilacondense	5:20.51	388	
	50m: 35.63 35.63		150m: 1:54.90		40.13 250m: 3:15.56	40.48	350m: 4:38.16	41.16
	100m: 1:14.77 39.14		200m: 2:35.08		40.18 300m: 3:57.00	41.44	400m: 5:20.51	42.35
4.	Ana Senhorinha, SILVA	F	205527	07	Natacao da Maia	5:22.84	380	
	50m: 36.37 36.37		150m: 1:57.30		40.81 250m: 3:18.65	40.15	350m: 4:41.71	41.92
	100m: 1:16.49 40.12		200m: 2:38.50		41.20 300m: 3:59.79	41.14	400m: 5:22.84	41.13
5.	Melissa Freitas, NOGUEIRA	F	210657	07	Assoc. Desportiva de Fafe	5:29.46	357	
	50m: 36.29 36.29		150m: 1:57.90		41.62 250m: 3:22.50	42.24	350m: 4:48.68	42.76
	100m: 1:16.28 39.99		200m: 2:40.26		42.36 300m: 4:05.92	43.42	400m: 5:29.46	40.78
6.	Iara Clarisse, SOUSA	F	204410	07	Natacao de Valongo	5:32.55	348	
	50m: 37.40 37.40		150m: 2:01.44		42.52 250m: 3:27.08	42.87	350m: 4:52.76	43.01
	100m: 1:18.92 41.52		200m: 2:44.21		42.77 300m: 4:09.75	42.67	400m: 5:32.55	39.79

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

Registered to Associao de Natao do Norte de Portugal

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