

1 - 1^a Jornada - 1^a Sess o

24/06/2022 - 8:30

Prova 1	Femin., 1500m Livres					Absolutos
24/06/2022 - 8:30						Resultados
Recordes Nacionais 50m Absoluto	16:15.12	Diana Margarida, DURAES	SLB	Lisboa		09/02/2020
Recordes Nacionais 50m Sen	16:15.12	Diana Margarida, DURAES	SLB	Lisboa		09/02/2020
Recordes Nacionais 50m Jun 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)		08/07/2016
Recordes Nacionais 50m Jun 16	16:43.22	Tamila Hryhorivna, HOLUB	SCB	Singapore (SGP)		29/08/2015
Recordes Nacionais 50m Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)		11/07/2014
Recordes Nacionais 50m Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra		08/07/2007
Recorde Regional 50m Absoluto	16:46.57	Angelica Maria, ANDRE	LSC	Famalicao		07/07/2013
Recorde Regional 50m Sen	16:46.57	Angelica Maria, ANDRE	LSC	Famalicao		07/07/2013
Recorde Regional 50m Jun 17	17:00.95	Angelica Maria, ANDRE	LSC	Coimbra		29/05/2011
Recorde Regional 50m Jun 16	17:21.73	Maria Leonor, AMORIM	FCP	Povoa de Varzim		16/03/2019
Recorde Regional 50m Juv A	17:52.94	Alexandra Maria, JORGE	CFP	Povoa de Varzim		22/06/1991
Recorde Regional 50m Juv B	18:13.98	Ana Filipa, MARTINS	FOCA	Famalicao		17/07/2011

Juv A - Feminino Juv A: 21:43.50 / Juv B - Feminino Juv B: 21:54.50 / Jun - Feminino Jun: 19:58.88 / Sen - Feminino Sen: 19:16.68

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Mafalda Martins, MESQUITA	F	202805	07	Famalicao	18:25.92	576	38,00
	50m: 33.61 33.61				450m: 5:29.99 37.42	850m: 10:29.06 37.15	1250m: 15:26.05 37.05	
	100m: 1:09.62 36.01				500m: 6:07.44 37.45	900m: 11:06.28 37.22	1300m: 16:02.48 36.43	
	150m: 1:46.59 36.97				550m: 6:45.03 37.59	950m: 11:43.68 37.40	1350m: 16:38.86 36.38	
	200m: 2:23.24 36.65				600m: 7:22.43 37.40	1000m: 12:21.13 37.45	1400m: 17:15.25 36.39	
	250m: 3:00.85 37.61				650m: 7:59.74 37.31	1050m: 12:58.02 36.89	1450m: 17:51.09 35.84	
	300m: 3:38.16 37.31				700m: 8:37.08 37.34	1100m: 13:34.72 36.70	1500m: 18:25.92 34.83	
	350m: 4:15.26 37.10				750m: 9:14.42 37.34	1150m: 14:11.85 37.13		
	400m: 4:52.57 37.31				800m: 9:51.91 37.49	1200m: 14:49.00 37.15		
2.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	19:14.47	506	34,00
	50m: 34.48 34.48				450m: 5:44.92 38.56	850m: 10:53.98 38.31	1250m: 16:03.08 38.63	
	100m: 1:12.85 38.37				500m: 6:23.75 38.83	900m: 11:32.65 38.67	1300m: 16:42.10 39.02	
	150m: 1:51.63 38.78				550m: 7:02.52 38.77	950m: 12:10.93 38.28	1350m: 17:20.53 38.43	
	200m: 2:30.24 38.61				600m: 7:41.59 39.07	1000m: 12:49.76 38.83	1400m: 17:59.42 38.89	
	250m: 3:09.10 38.86				650m: 8:20.03 38.44	1050m: 13:27.94 38.18	1450m: 18:37.44 38.02	
	300m: 3:48.24 39.14				700m: 8:58.85 38.82	1100m: 14:06.78 38.84	1500m: 19:14.47 37.03	
	350m: 4:27.18 38.94				750m: 9:37.13 38.28	1150m: 14:45.39 38.61		
	400m: 5:06.36 39.18				800m: 10:15.67 38.54	1200m: 15:24.45 39.06		
3.	Leonor Carvalho, SOARES	F	200784	08	Porto	19:25.45	492	-
	50m: 36.67 36.67				450m: 5:49.70 38.93	850m: 11:01.40 39.08	1250m: 16:12.51 39.26	
	100m: 1:15.87 39.20				500m: 6:28.57 38.87	900m: 11:40.17 38.77	1300m: 16:51.61 39.10	
	150m: 1:55.70 39.83				550m: 7:07.38 38.81	950m: 12:18.84 38.67	1350m: 17:30.84 39.23	
	200m: 2:35.14 39.44				600m: 7:46.33 38.95	1000m: 12:57.56 38.72	1400m: 18:09.61 38.77	
	250m: 3:14.41 39.27				650m: 8:25.20 38.87	1050m: 13:36.23 38.67	1450m: 18:48.28 38.67	
	300m: 3:53.46 39.05				700m: 9:04.09 38.89	1100m: 14:15.25 39.02	1500m: 19:25.45 37.17	
	350m: 4:32.17 38.71				750m: 9:43.29 39.20	1150m: 14:54.35 39.10		
	400m: 5:10.77 38.60				800m: 10:22.32 39.03	1200m: 15:33.25 38.90		
4.	Maria Joao, COSTA	F	201391	08	Vilacondense	19:45.37	468	-
	50m: 34.55 34.55				450m: 5:49.19 39.45	850m: 11:07.13 40.10	1250m: 16:28.85 40.42	
	100m: 1:13.13 38.58				500m: 6:28.57 39.38	900m: 11:47.52 40.39	1300m: 17:09.15 40.30	
	150m: 1:52.20 39.07				550m: 7:08.08 39.51	950m: 12:27.77 40.25	1350m: 17:48.68 39.53	
	200m: 2:31.44 39.24				600m: 7:47.75 39.67	1000m: 13:08.17 40.40	1400m: 18:27.91 39.23	
	250m: 3:10.88 39.44				650m: 8:27.30 39.55	1050m: 13:48.23 40.06	1450m: 19:07.17 39.26	
	300m: 3:50.49 39.61				700m: 9:07.25 39.95	1100m: 14:27.96 39.73	1500m: 19:45.37 38.20	
	350m: 4:29.83 39.34				750m: 9:46.92 39.67	1150m: 15:08.07 40.11		
	400m: 5:09.74 39.91				800m: 10:27.03 40.11	1200m: 15:48.43 40.36		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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

26/06/2022 17:44 - P gina 1

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Prova 1, Femin., 1500m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
5.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	20:15.09	434	30,00
	50m: 35.18 35.18		450m: 5:56.74	40.74	850m: 11:22.52	41.44	1250m: 16:52.53	41.14
	100m: 1:13.72 38.54		500m: 6:37.07	40.33	900m: 12:03.44	40.92	1300m: 17:34.01	41.48
	150m: 1:53.24 39.52		550m: 7:17.45	40.38	950m: 12:44.51	41.07	1350m: 18:14.77	40.76
	200m: 2:33.01 39.77		600m: 7:58.04	40.59	1000m: 13:25.88	41.37	1400m: 18:55.91	41.14
	250m: 3:13.51 40.50		650m: 8:38.54	40.50	1050m: 14:06.74	40.86	1450m: 19:36.22	40.31
	300m: 3:54.16 40.65		700m: 9:19.42	40.88	1100m: 14:48.28	41.54	1500m: 20:15.09	38.87
	350m: 4:35.20 41.04		750m: 10:00.08	40.66	1150m: 15:29.71	41.43		
	400m: 5:16.00 40.80		800m: 10:41.08	41.00	1200m: 16:11.39	41.68		
6.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	20:36.04	412	29,00
	50m: 34.95 34.95		450m: 5:55.52	40.84	850m: 11:26.21	42.08	1250m: 17:06.04	42.70
	100m: 1:13.30 38.35		500m: 6:36.52	41.00	900m: 12:08.18	41.97	1300m: 17:48.36	42.32
	150m: 1:53.17 39.87		550m: 7:18.24	41.72	950m: 12:50.40	42.22	1350m: 18:30.87	42.51
	200m: 2:32.87 39.70		600m: 8:00.25	42.01	1000m: 13:32.96	42.56	1400m: 19:13.17	42.30
	250m: 3:13.18 40.31		650m: 8:42.22	41.97	1050m: 14:15.46	42.50	1450m: 19:55.43	42.26
	300m: 3:53.87 40.69		700m: 9:23.33	41.11	1100m: 14:58.32	42.86	1500m: 20:36.04	40.61
	350m: 4:34.24 40.37		750m: 10:04.08	40.75	1150m: 15:40.78	42.46		
	400m: 5:14.68 40.44		800m: 10:44.13	40.05	1200m: 16:23.34	42.56		
7.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	20:53.21	396	28,00
	50m: 36.35 36.35		450m: 6:11.32	42.08	850m: 11:49.91	42.70	1250m: 17:28.41	42.26
	100m: 1:17.27 40.92		500m: 6:53.59	42.27	900m: 12:32.53	42.62	1300m: 18:10.51	42.10
	150m: 1:59.04 41.77		550m: 7:35.58	41.99	950m: 13:15.14	42.61	1350m: 18:52.73	42.22
	200m: 2:40.79 41.75		600m: 8:18.08	42.50	1000m: 13:57.95	42.81	1400m: 19:34.32	41.59
	250m: 3:22.86 42.07		650m: 9:00.19	42.11	1050m: 14:39.72	41.77	1450m: 20:15.25	40.93
	300m: 4:05.28 42.42		700m: 9:42.75	42.56	1100m: 15:21.93	42.21	1500m: 20:53.21	37.96
	350m: 4:47.16 41.88		750m: 10:24.97	42.22	1150m: 16:04.06	42.13		
	400m: 5:29.24 42.08		800m: 11:07.21	42.24	1200m: 16:46.15	42.09		
8.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	22:18.29	325	27,00
	50m: 37.23 37.23		400m: 5:48.00	45.06	900m: 13:20.79	44.45	1300m: 19:20.36	44.79
	100m: 1:19.60 42.37		450m: 6:34.04	46.04	950m: 14:06.45	45.66	1350m: 20:06.05	45.69
	150m: 2:03.35 43.75		500m: 8:05.05	1:31.01	1000m: 14:51.79	45.34	1400m: 21:35.21	1:29.16
	200m: 2:47.36 44.01		550m: 8:46.68	1:29.63	1050m: 15:37.04	45.25	1450m: 22:18.29	43.08
	250m: 3:32.33 44.97		600m: 9:34.68	1:30.34	1100m: 16:21.65	44.61		
	300m: 4:17.18 44.85		650m: 10:24.97	45.62	1150m: 17:05.88	44.23		
	350m: 5:02.94 45.76		700m: 11:15.02	45.70	1200m: 17:50.88	44.23		
			750m: 12:06.34	45.70	1250m: 18:35.57	1:29.69		

Juniores-Seniores

1.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	17:34.02	666	43,00
	50m: 32.11 32.11		450m: 5:12.67	35.10	850m: 9:54.60	35.40	1250m: 14:38.44	35.36
	100m: 1:06.59 34.48		500m: 5:48.02	35.35	900m: 10:30.02	35.42	1300m: 15:14.11	35.67
	150m: 1:41.41 34.82		550m: 6:23.00	34.98	950m: 11:05.14	35.12	1350m: 15:49.76	35.65
	200m: 2:16.82 35.41		600m: 6:58.29	35.29	1000m: 11:40.54	35.40	1400m: 16:25.22	35.46
	250m: 2:51.79 34.97		650m: 7:33.46	35.17	1050m: 12:16.00	35.46	1450m: 17:00.05	34.83
	300m: 3:27.09 35.30		700m: 8:08.53	35.07	1100m: 12:51.67	35.67	1500m: 17:34.02	33.97
	350m: 4:02.16 35.07		750m: 8:43.70	35.17	1150m: 13:27.34	35.67		
	400m: 4:37.57 35.41		800m: 9:19.20	35.50	1200m: 14:03.08	35.74		
2.	Ana Rita, RAMOS	F	126775	02	Porto	17:59.42	620	41,00
	50m: 32.04 32.04		450m: 5:15.54	36.22	850m: 10:03.51	36.34	1250m: 14:54.91	36.14
	100m: 1:06.78 34.74		500m: 5:51.56	36.02	900m: 10:40.02	36.51	1300m: 15:31.92	37.01
	150m: 1:41.97 35.19		550m: 6:27.02	35.46	950m: 11:16.02	36.00	1350m: 16:08.53	36.61
	200m: 2:17.53 35.56		600m: 7:03.08	36.06	1000m: 11:52.91	36.89	1400m: 16:45.53	37.00
	250m: 2:52.76 35.23		650m: 7:38.83	35.75	1050m: 12:29.31	36.40	1450m: 17:22.02	36.49
	300m: 3:28.45 35.69		700m: 8:14.55	35.72	1100m: 13:05.59	36.28	1500m: 17:59.42	37.40
	350m: 4:04.01 35.56		750m: 8:50.65	36.10	1150m: 13:41.86	36.27		
	400m: 4:39.32 35.31		800m: 9:27.17	36.52	1200m: 14:18.77	36.91		
3.	Marta Lima, PIMENTEL	F	130230	04	Fluvial Portuense	18:11.35	599	40,00
	50m: 32.97 32.97		450m: 5:20.12	36.38	850m: 10:13.27	36.70	1250m: 15:07.40	36.77
	100m: 1:08.49 35.52		500m: 5:56.77	36.65	900m: 10:50.08	36.81	1300m: 15:44.90	37.50
	150m: 1:43.91 35.42		550m: 6:33.23	36.46	950m: 11:27.02	36.94	1350m: 16:21.83	36.93
	200m: 2:19.62 35.71		600m: 7:10.09	36.86	1000m: 12:03.79	36.77	1400m: 16:59.38	37.55
	250m: 2:55.37 35.75		650m: 7:46.44	36.35	1050m: 12:40.48	36.69	1450m: 17:35.97	36.59
	300m: 3:31.28 35.91		700m: 8:23.27	36.83	1100m: 13:17.19	36.71	1500m: 18:11.35	35.38
	350m: 4:07.48 36.20		750m: 8:59.89	36.62	1150m: 13:53.79	36.60		
	400m: 4:43.74 36.26		800m: 9:36.57	36.68	1200m: 14:30.63	36.84		

O Secret rio do Juri

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Splash Meet Manager, 11.72334

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26/06/2022 17:44 - P gina 2

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Prova 1, Femin., 1500m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
4.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	18:23.63	580	39,00
	50m: 32.28 32.28		450m: 5:20.09		36.04 850m: 10:11.92	37.16	1250m: 15:14.30	38.34
	100m: 1:07.46 35.18		500m: 5:56.17		36.08 900m: 10:49.15	37.23	1300m: 15:52.67	38.37
	150m: 1:43.52 36.06		550m: 6:32.39		36.22 950m: 11:26.59	37.44	1350m: 16:31.05	38.38
	200m: 2:19.55 36.03		600m: 7:08.83		36.44 1000m: 12:04.24	37.65	1400m: 17:09.04	37.99
	250m: 2:55.66 36.11		650m: 7:45.25		36.42 1050m: 12:41.81	37.57	1450m: 17:46.79	37.75
	300m: 3:31.59 35.93		700m: 8:21.75		36.50 1100m: 13:19.71	37.90	1500m: 18:23.63	36.84
	350m: 4:07.66 36.07		750m: 8:58.18		36.43 1150m: 13:57.82	38.11		
	400m: 4:44.05 36.39		800m: 9:34.76		36.58 1200m: 14:35.96	38.14		
5.	Catarina Gaspar, PIRES	F	129871	06	Porto	18:43.68	549	37,00
	50m: 33.88 33.88		450m: 5:32.07		37.27 850m: 10:30.67	37.28	1250m: 15:34.04	38.25
	100m: 1:10.14 36.26		500m: 6:09.75		37.68 900m: 11:08.25	37.58	1300m: 16:12.20	38.16
	150m: 1:47.30 37.16		550m: 6:46.61		36.86 950m: 11:45.97	37.72	1350m: 16:50.24	38.04
	200m: 2:24.69 37.39		600m: 7:24.06		37.45 1000m: 12:23.75	37.78	1400m: 17:28.31	38.07
	250m: 3:01.99 37.30		650m: 8:01.26		37.20 1050m: 13:01.74	37.99	1450m: 18:06.25	37.94
	300m: 3:39.77 37.78		700m: 8:38.51		37.25 1100m: 13:39.69	37.95	1500m: 18:43.68	37.43
	350m: 4:17.09 37.32		750m: 9:15.91		37.40 1150m: 13:32.76			
	400m: 4:54.80 37.71		800m: 9:53.39		37.48 1200m: 14:55.79	1:23.03		
6.	Rita Sofia, NUNES	F	129103	05	Colegio Efanor	18:59.32	527	36,00
	50m: 33.13 33.13		450m: 5:36.35		38.07 850m: 10:43.07	38.55	1250m: 15:49.55	38.53
	100m: 1:09.89 36.76		500m: 6:14.27		37.92 900m: 11:20.85	37.78	1300m: 16:27.93	38.38
	150m: 1:47.59 37.70		550m: 6:52.80		38.53 950m: 11:59.41	38.56	1350m: 17:06.19	38.26
	200m: 2:25.62 38.03		600m: 7:30.56		37.76 1000m: 12:37.38	37.97	1400m: 17:44.03	37.84
	250m: 3:03.86 38.24		650m: 8:09.24		38.68 1050m: 13:16.08	38.70	1450m: 18:22.07	38.04
	300m: 3:41.91 38.05		700m: 8:47.88		38.64 1100m: 13:53.96	37.88	1500m: 18:59.32	37.25
	350m: 4:19.97 38.06		750m: 9:26.01		38.13 1150m: 14:32.67	38.71		
	400m: 4:58.28 38.31		800m: 10:04.52		38.51 1200m: 15:11.02	38.35		
7.	Ines Martins, SILVA	F	127134	04	Vilacondense	19:04.11	520	-
	50m: 33.08 33.08		450m: 5:36.03		37.90 850m: 10:43.04	38.32	1250m: 15:53.18	38.39
	100m: 1:09.21 36.13		500m: 6:14.48		38.45 900m: 11:21.85	38.81	1300m: 16:32.28	39.10
	150m: 1:47.03 37.82		550m: 6:52.30		37.82 950m: 12:00.31	38.46	1350m: 17:10.95	38.67
	200m: 2:24.73 37.70		600m: 7:30.61		38.31 1000m: 12:39.48	39.17	1400m: 17:49.66	38.71
	250m: 3:02.84 38.11		650m: 8:09.00		38.39 1050m: 13:18.02	38.54	1450m: 18:27.44	37.78
	300m: 3:41.25 38.41		700m: 8:47.69		38.69 1100m: 13:56.92	38.90	1500m: 19:04.11	36.67
	350m: 4:19.62 38.37		750m: 9:26.08		38.39 1150m: 14:35.61	38.69		
	400m: 4:58.13 38.51		800m: 10:04.72		38.64 1200m: 15:14.79	39.18		
8.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	19:13.95	507	35,00
	50m: 33.34 33.34		450m: 5:34.40		38.53 850m: 10:44.99	39.16	1250m: 16:01.10	39.72
	100m: 1:10.04 36.70		500m: 6:12.79		38.39 900m: 11:24.12	39.13	1300m: 16:40.53	39.43
	150m: 1:47.01 36.97		550m: 6:51.34		38.55 950m: 12:03.48	39.36	1350m: 17:19.56	39.03
	200m: 2:24.35 37.34		600m: 7:30.06		38.72 1000m: 12:43.05	39.57	1400m: 17:58.45	38.89
	250m: 3:01.64 37.29		650m: 8:08.90		38.84 1050m: 13:22.59	39.54	1450m: 18:36.77	38.32
	300m: 3:39.76 38.12		700m: 8:47.98		39.08 1100m: 14:01.94	39.35	1500m: 19:13.95	37.18
	350m: 4:17.70 37.94		750m: 9:26.48		38.50 1150m: 14:41.50	39.56		
	400m: 4:55.87 38.17		800m: 10:05.83		39.35 1200m: 15:21.38	39.88		
9.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	19:36.55	478	33,00
	50m: 35.60 35.60		450m: 5:40.16		38.32 850m: 10:54.06	40.23	1250m: 16:16.67	40.05
	100m: 1:13.47 37.87		500m: 6:18.43		38.27 900m: 11:34.64	40.58	1300m: 16:57.00	40.33
	150m: 1:51.60 38.13		550m: 6:57.07		38.64 950m: 12:15.34	40.70	1350m: 17:37.13	40.13
	200m: 2:29.62 38.02		600m: 7:36.06		38.99 1000m: 12:55.38	40.04	1400m: 18:17.37	40.24
	250m: 3:07.26 37.64		650m: 8:15.01		38.95 1050m: 13:35.56	40.18	1450m: 18:57.33	39.96
	300m: 3:45.59 38.33		700m: 8:54.13		39.12 1100m: 14:15.45	39.89	1500m: 19:36.55	39.22
	350m: 4:23.57 37.98		750m: 9:34.12		39.99 1150m: 14:56.17	40.72		
	400m: 5:01.84 38.27		800m: 10:13.83		39.71 1200m: 15:36.62	40.45		
10.	Maria Luis, SA	F	131836	06	Fluvial Portuense	19:38.04	477	32,00
	50m: 33.66 33.66		450m: 5:39.24		39.13 850m: 10:54.30	39.79	1250m: 16:16.99	40.63
	100m: 1:11.07 37.41		500m: 6:19.14		39.90 900m: 11:33.31	39.01	1300m: 16:58.15	41.16
	150m: 1:48.80 37.73		550m: 6:58.17		39.03 950m: 12:12.82	39.51	1350m: 17:38.57	40.42
	200m: 2:26.57 37.77		600m: 7:38.12		39.95 1000m: 12:53.29	40.47	1400m: 18:19.06	40.49
	250m: 3:04.68 38.11		650m: 8:16.84		38.72 1050m: 13:33.34	40.05	1450m: 18:58.95	39.89
	300m: 3:42.90 38.22		700m: 8:55.94		39.10 1100m: 14:14.68	41.34	1500m: 19:38.04	39.09
	350m: 4:21.32 38.42		750m: 9:34.95		39.01 1150m: 14:55.49	40.81		
	400m: 5:00.11 38.79		800m: 10:14.51		39.56 1200m: 15:36.36	40.87		

O Secret rio do Juri

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Splash Meet Manager, 11.72334

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|ORGANIZAO



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|PARCEIRO



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Prova 1, Femin., 1500m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS				
11.	Maria Santos, SILVA FTL	F	202788	06	Indannp	20:08.96	441	31,00				
	50m:	36.54	36.54	450m:	5:53.34	39.76	850m:	11:15.53	40.57	1250m:	16:45.92	41.77
	100m:	1:16.46	39.92	500m:	6:32.81	39.47	900m:	11:56.16	40.63	1300m:	17:27.13	41.21
	150m:	1:55.64	39.18	550m:	7:13.12	40.31	950m:	12:37.29	41.13	1350m:	18:08.67	41.54
	200m:	2:35.48	39.84	600m:	7:53.16	40.04	1000m:	13:18.03	40.74	1400m:	18:49.76	41.09
	250m:	3:14.59	39.11	650m:	8:33.51	40.35	1050m:	13:59.37	41.34	1450m:	19:29.73	39.97
	300m:	3:54.38	39.79	700m:	9:13.90	40.39	1100m:	14:40.73	41.36	1500m:	20:08.96	39.23
	350m:	4:33.68	39.30	750m:	9:54.56	40.66	1150m:	15:22.49	41.76			
	400m:	5:13.58	39.90	800m:	10:34.96	40.40	1200m:	16:04.15	41.66			

Absolutos

1.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	17:34.02	666	43,00				
	50m:	32.11	32.11	450m:	5:12.67	35.10	850m:	9:54.60	35.40	1250m:	14:38.44	35.36
	100m:	1:06.59	34.48	500m:	5:48.02	35.35	900m:	10:30.02	35.42	1300m:	15:14.11	35.67
	150m:	1:41.41	34.82	550m:	6:23.00	34.98	950m:	11:05.14	35.12	1350m:	15:49.76	35.65
	200m:	2:16.82	35.41	600m:	6:58.29	35.29	1000m:	11:40.54	35.40	1400m:	16:25.22	35.46
	250m:	2:51.79	34.97	650m:	7:33.46	35.17	1050m:	12:16.00	35.46	1450m:	17:00.05	34.83
	300m:	3:27.09	35.30	700m:	8:08.53	35.07	1100m:	12:51.67	35.67	1500m:	17:34.02	33.97
	350m:	4:02.16	35.07	750m:	8:43.70	35.17	1150m:	13:27.34	35.67			
	400m:	4:37.57	35.41	800m:	9:19.20	35.50	1200m:	14:03.08	35.74			
2.	Ana Rita, RAMOS	F	126775	02	Porto	17:59.42	620	41,00				
	50m:	32.04	32.04	450m:	5:15.54	36.22	850m:	10:03.51	36.34	1250m:	14:54.91	36.14
	100m:	1:06.78	34.74	500m:	5:51.56	36.02	900m:	10:40.02	36.51	1300m:	15:31.92	37.01
	150m:	1:41.97	35.19	550m:	6:27.02	35.46	950m:	11:16.02	36.00	1350m:	16:08.53	36.61
	200m:	2:17.53	35.56	600m:	7:03.08	36.06	1000m:	11:52.91	36.89	1400m:	16:45.53	37.00
	250m:	2:52.76	35.23	650m:	7:38.83	35.75	1050m:	12:29.31	36.40	1450m:	17:22.02	36.49
	300m:	3:28.45	35.69	700m:	8:14.55	35.72	1100m:	13:05.59	36.28	1500m:	17:59.42	37.40
	350m:	4:04.01	35.56	750m:	8:50.65	36.10	1150m:	13:41.86	36.27			
	400m:	4:39.32	35.31	800m:	9:27.17	36.52	1200m:	14:18.77	36.91			
3.	Marta Lima, PIMENTEL	F	130230	04	Fluvial Portuense	18:11.35	599	40,00				
	50m:	32.97	32.97	450m:	5:20.12	36.38	850m:	10:13.27	36.70	1250m:	15:07.40	36.77
	100m:	1:08.49	35.52	500m:	5:56.77	36.65	900m:	10:50.08	36.81	1300m:	15:44.90	37.50
	150m:	1:43.91	35.42	550m:	6:33.23	36.46	950m:	11:27.02	36.94	1350m:	16:21.83	36.93
	200m:	2:19.62	35.71	600m:	7:10.09	36.86	1000m:	12:03.79	36.77	1400m:	16:59.38	37.55
	250m:	2:55.37	35.75	650m:	7:46.44	36.35	1050m:	12:40.48	36.69	1450m:	17:35.97	36.59
	300m:	3:31.28	35.91	700m:	8:23.27	36.83	1100m:	13:17.19	36.71	1500m:	18:11.35	35.38
	350m:	4:07.48	36.20	750m:	8:59.89	36.62	1150m:	13:53.79	36.60			
	400m:	4:43.74	36.26	800m:	9:36.57	36.68	1200m:	14:30.63	36.84			
4.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	18:23.63	580	39,00				
	50m:	32.28	32.28	450m:	5:20.09	36.04	850m:	10:11.92	37.16	1250m:	15:14.30	38.34
	100m:	1:07.46	35.18	500m:	5:56.17	36.08	900m:	10:49.15	37.23	1300m:	15:52.67	38.37
	150m:	1:43.52	36.06	550m:	6:32.39	36.22	950m:	11:26.59	37.44	1350m:	16:31.05	38.38
	200m:	2:19.55	36.03	600m:	7:08.83	36.44	1000m:	12:04.24	37.65	1400m:	17:09.04	37.99
	250m:	2:55.66	36.11	650m:	7:45.25	36.42	1050m:	12:41.81	37.57	1450m:	17:46.79	37.75
	300m:	3:31.59	35.93	700m:	8:21.75	36.50	1100m:	13:19.71	37.90	1500m:	18:23.63	36.84
	350m:	4:07.66	36.07	750m:	8:58.18	36.43	1150m:	13:57.82	38.11			
	400m:	4:44.05	36.39	800m:	9:34.76	36.58	1200m:	14:35.96	38.14			
5.	Mafalda Martins, MESQUITA	F	202805	07	Famalicao	18:25.92	576	38,00				
	50m:	33.61	33.61	450m:	5:29.99	37.42	850m:	10:29.06	37.15	1250m:	15:26.05	37.05
	100m:	1:09.62	36.01	500m:	6:07.44	37.45	900m:	11:06.28	37.22	1300m:	16:02.48	36.43
	150m:	1:46.59	36.97	550m:	6:45.03	37.59	950m:	11:43.68	37.40	1350m:	16:38.86	36.38
	200m:	2:23.24	36.65	600m:	7:22.43	37.40	1000m:	12:21.13	37.45	1400m:	17:15.25	36.39
	250m:	3:00.85	37.61	650m:	7:59.74	37.31	1050m:	12:58.02	36.89	1450m:	17:51.09	35.84
	300m:	3:38.16	37.31	700m:	8:37.08	37.34	1100m:	13:34.72	36.70	1500m:	18:25.92	34.83
	350m:	4:15.26	37.10	750m:	9:14.42	37.34	1150m:	14:11.85	37.13			
	400m:	4:52.57	37.31	800m:	9:51.91	37.49	1200m:	14:49.00	37.15			

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Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
6.	Catarina Gaspar, PIRES	F	129871	06	Porto	18:43.68	549	37,00
	50m: 33.88 33.88		450m: 5:32.07 37.27		850m: 10:30.67 37.28	1250m: 15:34.04 38.25		
	100m: 1:10.14 36.26		500m: 6:09.75 37.68		900m: 11:08.25 37.58	1300m: 16:12.20 38.16		
	150m: 1:47.30 37.16		550m: 6:46.61 36.86		950m: 11:45.97 37.72	1350m: 16:50.24 38.04		
	200m: 2:24.69 37.39		600m: 7:24.06 37.45		1000m: 12:23.75 37.78	1400m: 17:28.31 38.07		
	250m: 3:01.99 37.30		650m: 8:01.26 37.20		1050m: 13:01.74 37.99	1450m: 18:06.25 37.94		
	300m: 3:39.77 37.78		700m: 8:38.51 37.25		1100m: 13:39.69 37.95	1500m: 18:43.68 37.43		
	350m: 4:17.09 37.32		750m: 9:15.91 37.40		1150m: 13:32.76			
	400m: 4:54.80 37.71		800m: 9:53.39 37.48		1200m: 14:55.79 1:23.03			
7.	Rita Sofia, NUNES	F	129103	05	Colegio Efanor	18:59.32	527	36,00
	50m: 33.13 33.13		450m: 5:36.35 38.07		850m: 10:43.07 38.55	1250m: 15:49.55 38.53		
	100m: 1:09.89 36.76		500m: 6:14.27 37.92		900m: 11:20.85 37.78	1300m: 16:27.93 38.38		
	150m: 1:47.59 37.70		550m: 6:52.80 38.53		950m: 11:59.41 38.56	1350m: 17:06.19 38.26		
	200m: 2:25.62 38.03		600m: 7:30.56 37.76		1000m: 12:37.38 37.97	1400m: 17:44.03 37.84		
	250m: 3:03.86 38.24		650m: 8:09.24 38.68		1050m: 13:16.08 38.70	1450m: 18:22.07 38.04		
	300m: 3:41.91 38.05		700m: 8:47.88 38.64		1100m: 13:53.96 37.88	1500m: 18:59.32 37.25		
	350m: 4:19.97 38.06		750m: 9:26.01 38.13		1150m: 14:32.67 38.71			
	400m: 4:58.28 38.31		800m: 10:04.52 38.51		1200m: 15:11.02 38.35			
8.	Ines Martins, SILVA	F	127134	04	Vilacondense	19:04.11	520	-
	50m: 33.08 33.08		450m: 5:34.03 37.90		850m: 10:43.04 38.32	1250m: 15:53.18 38.39		
	100m: 1:09.21 36.13		500m: 6:14.48 38.45		900m: 11:21.85 38.81	1300m: 16:32.28 39.10		
	150m: 1:47.03 37.82		550m: 6:52.30 37.82		950m: 12:00.31 38.46	1350m: 17:10.95 38.67		
	200m: 2:24.73 37.70		600m: 7:30.61 38.31		1000m: 12:39.48 39.17	1400m: 17:49.66 38.71		
	250m: 3:02.84 38.11		650m: 8:09.00 38.39		1050m: 13:18.02 38.54	1450m: 18:27.44 37.78		
	300m: 3:41.25 38.41		700m: 8:47.69 38.69		1100m: 13:56.92 38.90	1500m: 19:04.11 36.67		
	350m: 4:19.62 38.37		750m: 9:26.08 38.39		1150m: 14:35.61 38.69			
	400m: 4:58.13 38.51		800m: 10:04.72 38.64		1200m: 15:14.79 39.18			
9.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	19:13.95	507	35,00
	50m: 33.34 33.34		450m: 5:34.40 38.53		850m: 10:44.99 39.16	1250m: 16:01.10 39.72		
	100m: 1:10.04 36.70		500m: 6:12.79 38.39		900m: 11:24.12 39.13	1300m: 16:40.53 39.43		
	150m: 1:47.01 36.97		550m: 6:51.34 38.55		950m: 12:03.48 39.36	1350m: 17:19.56 39.03		
	200m: 2:24.35 37.34		600m: 7:30.06 38.72		1000m: 12:43.05 39.57	1400m: 17:58.45 38.89		
	250m: 3:01.64 37.29		650m: 8:08.90 38.84		1050m: 13:22.59 39.54	1450m: 18:36.77 38.32		
	300m: 3:39.76 38.12		700m: 8:47.98 39.08		1100m: 14:01.94 39.35	1500m: 19:13.95 37.18		
	350m: 4:17.70 37.94		750m: 9:26.48 38.50		1150m: 14:41.50 39.56			
	400m: 4:55.87 38.17		800m: 10:05.83 39.35		1200m: 15:21.38 39.88			
10.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	19:14.47	506	34,00
	50m: 34.48 34.48		450m: 5:44.92 38.56		850m: 10:53.98 38.31	1250m: 16:03.08 38.63		
	100m: 1:12.85 38.37		500m: 6:23.75 38.83		900m: 11:32.65 38.67	1300m: 16:42.10 39.02		
	150m: 1:51.63 38.78		550m: 7:02.52 38.77		950m: 12:10.93 38.28	1350m: 17:20.53 38.43		
	200m: 2:30.24 38.61		600m: 7:41.59 39.07		1000m: 12:49.76 38.83	1400m: 17:59.42 38.89		
	250m: 3:09.10 38.86		650m: 8:20.03 38.44		1050m: 13:27.94 38.18	1450m: 18:37.44 38.02		
	300m: 3:48.24 39.14		700m: 8:58.85 38.82		1100m: 14:06.78 38.84	1500m: 19:14.47 37.03		
	350m: 4:27.18 38.94		750m: 9:37.13 38.28		1150m: 14:45.39 38.61			
	400m: 5:06.36 39.18		800m: 10:15.67 38.54		1200m: 15:24.45 39.06			
11.	Leonor Carvalho, SOARES	F	200784	08	Porto	19:25.45	492	-
	50m: 36.67 36.67		450m: 5:49.70 38.93		850m: 11:01.40 39.08	1250m: 16:12.51 39.26		
	100m: 1:15.87 39.20		500m: 6:28.57 38.87		900m: 11:40.17 38.77	1300m: 16:51.61 39.10		
	150m: 1:55.70 39.83		550m: 7:07.38 38.81		950m: 12:18.84 38.67	1350m: 17:30.84 39.23		
	200m: 2:35.14 39.44		600m: 7:46.33 38.95		1000m: 12:57.56 38.72	1400m: 18:09.61 38.77		
	250m: 3:14.41 39.27		650m: 8:25.20 38.87		1050m: 13:36.23 38.67	1450m: 18:48.28 38.67		
	300m: 3:53.46 39.05		700m: 9:04.09 38.89		1100m: 14:15.25 39.02	1500m: 19:25.45 37.17		
	350m: 4:32.17 38.71		750m: 9:43.29 39.20		1150m: 14:54.35 39.10			
	400m: 5:10.77 38.60		800m: 10:22.32 39.03		1200m: 15:33.25 38.90			
12.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	19:36.55	478	33,00
	50m: 35.60 35.60		450m: 5:40.16 38.32		850m: 10:54.06 40.23	1250m: 16:16.67 40.05		
	100m: 1:13.47 37.87		500m: 6:18.43 38.27		900m: 11:34.64 40.58	1300m: 16:57.00 40.33		
	150m: 1:51.60 38.13		550m: 6:57.07 38.64		950m: 12:15.34 40.70	1350m: 17:37.13 40.13		
	200m: 2:29.62 38.02		600m: 7:36.06 38.99		1000m: 12:55.38 40.04	1400m: 18:17.37 40.24		
	250m: 3:07.26 37.64		650m: 8:15.01 38.95		1050m: 13:35.56 40.18	1450m: 18:57.33 39.96		
	300m: 3:45.59 38.33		700m: 8:54.13 39.12		1100m: 14:15.45 39.89	1500m: 19:36.55 39.22		
	350m: 4:23.57 37.98		750m: 9:34.12 39.99		1150m: 14:56.17 40.72			
	400m: 5:01.84 38.27		800m: 10:13.83 39.71		1200m: 15:36.62 40.45			

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Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
13.	Maria Luis, SA	F	131836	06	Fluvial Portuense	19:38.04	477	32,00
	50m: 33.66	33.66	450m: 5:39.24	39.13	850m: 10:54.30	39.79	1250m: 16:16.99	40.63
	100m: 1:11.07	37.41	500m: 6:19.14	39.90	900m: 11:33.31	39.01	1300m: 16:58.15	41.16
	150m: 1:48.80	37.73	550m: 6:58.17	39.03	950m: 12:12.82	39.51	1350m: 17:38.57	40.42
	200m: 2:26.57	37.77	600m: 7:38.12	39.95	1000m: 12:53.29	40.47	1400m: 18:19.06	40.49
	250m: 3:04.68	38.11	650m: 8:16.84	38.72	1050m: 13:33.34	40.05	1450m: 18:58.95	39.89
	300m: 3:42.90	38.22	700m: 8:55.94	39.10	1100m: 14:14.68	41.34	1500m: 19:38.04	39.09
	350m: 4:21.32	38.42	750m: 9:34.95	39.01	1150m: 14:55.49	40.81		
	400m: 5:00.11	38.79	800m: 10:14.51	39.56	1200m: 15:36.36	40.87		
14.	Maria Joao, COSTA	F	201391	08	Vilacondense	19:45.37	468	-
	50m: 34.55	34.55	450m: 5:49.19	39.45	850m: 11:07.13	40.10	1250m: 16:28.85	40.42
	100m: 1:13.13	38.58	500m: 6:28.57	39.38	900m: 11:47.52	40.39	1300m: 17:09.15	40.30
	150m: 1:52.20	39.07	550m: 7:08.08	39.51	950m: 12:27.77	40.25	1350m: 17:48.68	39.53
	200m: 2:31.44	39.24	600m: 7:47.75	39.67	1000m: 13:08.17	40.40	1400m: 18:27.91	39.23
	250m: 3:10.88	39.44	650m: 8:27.30	39.55	1050m: 13:48.23	40.06	1450m: 19:07.17	39.26
	300m: 3:50.49	39.61	700m: 9:07.25	39.95	1100m: 14:27.96	39.73	1500m: 19:45.37	38.20
	350m: 4:29.83	39.34	750m: 9:46.92	39.67	1150m: 15:08.07	40.11		
	400m: 5:09.74	39.91	800m: 10:27.03	40.11	1200m: 15:48.43	40.36		
15.	Maria Santos, SILVA FTL	F	202788	06	Indannp	20:08.96	441	31,00
	50m: 36.54	36.54	450m: 5:53.34	39.76	850m: 11:15.53	40.57	1250m: 16:45.92	41.77
	100m: 1:16.46	39.92	500m: 6:32.81	39.47	900m: 11:56.16	40.63	1300m: 17:27.13	41.21
	150m: 1:55.64	39.18	550m: 7:13.12	40.31	950m: 12:37.29	41.13	1350m: 18:08.67	41.54
	200m: 2:35.48	39.84	600m: 7:53.16	40.04	1000m: 13:18.03	40.74	1400m: 18:49.76	41.09
	250m: 3:14.59	39.11	650m: 8:33.51	40.35	1050m: 13:59.37	41.34	1450m: 19:29.73	39.97
	300m: 3:54.38	39.79	700m: 9:13.90	40.39	1100m: 14:40.73	41.36	1500m: 20:08.96	39.23
	350m: 4:33.68	39.30	750m: 9:54.56	40.66	1150m: 15:22.49	41.76		
	400m: 5:13.58	39.90	800m: 10:34.96	40.40	1200m: 16:04.15	41.66		
16.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	20:15.09	434	30,00
	50m: 35.18	35.18	450m: 5:56.74	40.74	850m: 11:22.52	41.44	1250m: 16:52.53	41.14
	100m: 1:13.72	38.54	500m: 6:37.07	40.33	900m: 12:03.44	40.92	1300m: 17:34.01	41.48
	150m: 1:53.24	39.52	550m: 7:17.45	40.38	950m: 12:44.51	41.07	1350m: 18:14.77	40.76
	200m: 2:33.01	39.77	600m: 7:58.04	40.59	1000m: 13:25.88	41.37	1400m: 18:55.91	41.14
	250m: 3:13.51	40.50	650m: 8:38.54	40.50	1050m: 14:06.74	40.86	1450m: 19:36.22	40.31
	300m: 3:54.16	40.65	700m: 9:19.42	40.88	1100m: 14:48.28	41.54	1500m: 20:15.09	38.87
	350m: 4:35.20	41.04	750m: 10:00.08	40.66	1150m: 15:29.71	41.43		
	400m: 5:16.00	40.80	800m: 10:41.08	41.00	1200m: 16:11.39	41.68		
17.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	20:36.04	412	29,00
	50m: 34.95	34.95	450m: 5:55.52	40.84	850m: 11:26.21	42.08	1250m: 17:06.04	42.70
	100m: 1:13.30	38.35	500m: 6:36.52	41.00	900m: 12:08.18	41.97	1300m: 17:48.36	42.32
	150m: 1:53.17	39.87	550m: 7:18.24	41.72	950m: 12:50.40	42.22	1350m: 18:30.87	42.51
	200m: 2:32.87	39.70	600m: 8:00.25	42.01	1000m: 13:32.96	42.56	1400m: 19:13.17	42.30
	250m: 3:13.18	40.31	650m: 8:42.22	41.97	1050m: 14:15.46	42.50	1450m: 19:55.43	42.26
	300m: 3:53.87	40.69	700m: 9:23.33	41.11	1100m: 14:58.32	42.86	1500m: 20:36.04	40.61
	350m: 4:34.24	40.37	750m: 10:04.08	40.75	1150m: 15:40.78	42.46		
	400m: 5:14.68	40.44	800m: 10:44.13	40.05	1200m: 16:23.34	42.56		
18.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	20:53.21	396	28,00
	50m: 36.35	36.35	450m: 6:11.32	42.08	850m: 11:49.91	42.70	1250m: 17:28.41	42.26
	100m: 1:17.27	40.92	500m: 6:53.59	42.27	900m: 12:32.53	42.62	1300m: 18:10.51	42.10
	150m: 1:59.04	41.77	550m: 7:35.58	41.99	950m: 13:15.14	42.61	1350m: 18:52.73	42.22
	200m: 2:40.79	41.75	600m: 8:18.08	42.50	1000m: 13:57.95	42.81	1400m: 19:34.32	41.59
	250m: 3:22.86	42.07	650m: 9:00.19	42.11	1050m: 14:39.72	41.77	1450m: 20:15.25	40.93
	300m: 4:05.28	42.42	700m: 9:42.75	42.56	1100m: 15:21.93	42.21	1500m: 20:53.21	37.96
	350m: 4:47.16	41.88	750m: 10:24.97	42.22	1150m: 16:04.06	42.13		
	400m: 5:29.24	42.08	800m: 11:07.21	42.24	1200m: 16:46.15	42.09		
19.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	22:18.29	325	27,00
	50m: 37.23	37.23	400m: 5:48.00	45.06	900m: 13:20.79	44.45	1300m: 19:20.36	44.79
	100m: 1:19.60	42.37	450m: 6:34.04	46.04	950m: 14:06.45	45.66	1350m: 20:06.05	45.69
	150m: 2:03.35	43.75	500m: 8:05.05	1:31.01	1000m: 14:51.79	45.34	1400m: 21:35.21	1:29.16
	200m: 2:47.36	44.01	650m: 9:34.68	1:29.63	1050m: 15:37.04	45.25	1500m: 22:18.29	43.08
	250m: 3:32.33	44.97	750m: 11:05.02	1:30.34	1100m: 16:21.65	44.61		
	300m: 4:17.18	44.85	800m: 11:50.64	45.62	1150m: 17:05.88	44.23		
	350m: 5:02.94	45.76	850m: 12:36.34	45.70	1250m: 18:35.57	1:29.69		

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Prova 2 Masc., 1500m Livres Absolutos
24/06/2022 - 9:35 Resultados

Recordes Nacionais 50m Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30/03/2017
Recordes Nacionais 50m Jun 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Recordes Nacionais 50m Jun 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SGP)	30/08/2015
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Recordes Nacionais 50m Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21/07/2016
Recorde Regional 50m Absoluto	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14/08/2007
Recorde Regional 50m Sen	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14/08/2007
Recorde Regional 50m Jun 18	15:34.51	Fernando Eurico, COSTA	LSC	Luxemburgo (LUX)	24/01/2003
Recorde Regional 50m Jun 17	15:53.24	Fernando Eurico, COSTA	LSC	Lisboa	28/07/2002
Recorde Regional 50m Juv A	16:04.07	Rui Filipe, COSTA	VSC	Loul�	08/06/2007
Recorde Regional 50m Juv B	16:35.93	Rui Filipe, COSTA	VSC	Porto	06/07/2006

Juv B - Masculino Juv B: 20:32.13 / Juv A - Masculino Juv A: 19:58.76 / Jun - Masculinos Jun: 18:47.00 / Sen - Masculinos Sen: 17:42.76

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Bruno Silva, LOUREIRO	M	129872	06	Porto	16:52.70	636	-
	50m: 31.94 31.94	450m: 5:02.14	33.69	850m: 9:32.63	33.70	1250m: 14:06.03	34.57	
	100m: 1:06.17 34.23	500m: 5:36.08	33.94	900m: 10:06.56	33.93	1300m: 14:39.59	33.56	
	150m: 1:40.37 34.20	550m: 6:09.78	33.70	950m: 10:40.59	34.03	1350m: 15:13.22	33.63	
	200m: 2:14.73 34.36	600m: 6:43.52	33.74	1000m: 11:14.64	34.05	1400m: 15:46.87	33.65	
	250m: 2:48.39 33.66	650m: 7:17.33	33.81	1050m: 11:48.28	33.64	1450m: 16:20.56	33.69	
	300m: 3:21.77 33.38	700m: 7:51.39	34.06	1100m: 12:22.67	34.39	1500m: 16:52.70	32.14	
	350m: 3:54.67 32.90	750m: 8:25.10	33.71	1150m: 12:57.03	34.36			
	400m: 4:28.45 33.78	800m: 8:58.93	33.83	1200m: 13:31.46	34.43			
2.	Vasco Monteiro, CASTRO	M	202720	06	Porto	17:40.09	554	-
	50m: 32.38 32.38	450m: 5:12.49	35.28	850m: 9:54.80	35.41	1250m: 14:41.67	35.68	
	100m: 1:07.43 35.05	500m: 5:46.98	34.49	900m: 10:30.75	35.95	1300m: 15:17.48	35.81	
	150m: 1:42.44 35.01	550m: 6:21.94	34.96	950m: 11:06.47	35.72	1350m: 15:53.70	36.22	
	200m: 2:18.04 35.60	600m: 6:57.24	35.30	1000m: 11:42.32	35.85	1400m: 16:29.65	35.95	
	250m: 2:52.82 34.78	650m: 7:32.72	35.48	1050m: 12:18.27	35.95	1450m: 17:05.31	35.66	
	300m: 3:27.56 34.74	700m: 8:08.00	35.28	1100m: 12:54.34	36.07	1500m: 17:40.09	34.78	
	350m: 4:02.23 34.67	750m: 8:43.91	35.91	1150m: 13:30.05	35.71			
	400m: 4:37.21 34.98	800m: 9:19.39	35.48	1200m: 14:05.99	35.94			
3.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	17:52.96	534	40,00
	50m: 32.45 32.45	450m: 5:12.13	35.91	850m: 10:02.23	36.56	1250m: 14:53.47	35.74	
	100m: 1:06.60 34.15	500m: 5:47.89	35.76	900m: 10:38.66	36.43	1300m: 15:30.19	36.72	
	150m: 1:41.07 34.47	550m: 6:24.16	36.27	950m: 11:15.48	36.82	1350m: 16:05.93	35.74	
	200m: 2:15.65 34.58	600m: 7:00.16	36.00	1000m: 11:52.28	36.80	1400m: 16:42.16	36.23	
	250m: 2:50.59 34.94	650m: 7:36.95	36.79	1050m: 12:28.48	36.20	1450m: 17:18.55	36.39	
	300m: 3:25.49 34.90	700m: 8:13.15	36.20	1100m: 13:05.71	37.23	1500m: 17:52.96	34.41	
	350m: 4:00.74 35.25	750m: 8:49.31	36.16	1150m: 13:42.09	36.38			
	400m: 4:36.22 35.48	800m: 9:25.67	36.36	1200m: 14:17.73	35.64			
4.	Duarte Maria, CARREIRA	M	205865	07	Porto	17:56.18	530	-
	50m: 33.61 33.61	450m: 5:21.15	35.43	850m: 10:08.08	35.87	1250m: 14:57.20	36.17	
	100m: 1:09.67 36.06	500m: 5:56.82	35.67	900m: 10:44.23	36.15	1300m: 15:33.41	36.21	
	150m: 1:46.20 36.53	550m: 6:32.66	35.84	950m: 11:20.29	36.06	1350m: 16:09.64	36.23	
	200m: 2:22.59 36.39	600m: 7:08.64	35.98	1000m: 11:56.82	36.53	1400m: 16:46.08	36.44	
	250m: 2:59.03 36.44	650m: 7:44.56	35.92	1050m: 12:33.00	36.18	1450m: 17:21.20	35.12	
	300m: 3:35.48 36.45	700m: 8:20.63	36.07	1100m: 13:09.69	36.69	1500m: 17:56.18	34.98	
	350m: 4:10.50 35.02	750m: 8:56.30	35.67	1150m: 13:45.50	35.81			
	400m: 4:45.72 35.22	800m: 9:32.21	35.91	1200m: 14:21.03	35.53			
5.	Gustavo Gomes, RAMOS	M	200774	06	Porto	18:03.23	519	-
	50m: 32.69 32.69	450m: 5:20.46	35.57	850m: 10:08.75	35.51	1250m: 15:00.41	37.05	
	100m: 1:08.35 35.66	500m: 5:56.58	36.12	900m: 10:44.98	36.23	1300m: 15:37.47	37.06	
	150m: 1:45.12 36.77	550m: 6:32.98	36.40	950m: 11:21.09	36.11	1350m: 16:14.89	37.42	
	200m: 2:21.58 36.46	600m: 7:09.20	36.22	1000m: 11:57.27	36.18	1400m: 16:51.30	36.41	
	250m: 2:57.92 36.34	650m: 6:45.22	36.50	1050m: 12:33.54	36.27	1450m: 17:27.52	36.22	
	300m: 3:34.61 36.69	700m: 8:21.36	1:36.14	1100m: 13:10.54	37.00	1500m: 18:03.23	35.71	
	350m: 4:09.30 34.69	750m: 8:57.14	35.78	1150m: 13:46.74	36.20			
	400m: 4:44.89 35.59	800m: 9:33.24	36.10	1200m: 14:23.36	36.62			

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Prova 2, Masc., 1500m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
6.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	18:05.14	517	39,00
	50m: 30.72 30.72		450m: 5:15.68		36.19 850m: 10:09.06		36.61 1250m: 15:04.27	37.20
	100m: 1:05.47 34.75		500m: 5:52.06		36.38 900m: 10:45.69		36.63 1300m: 15:40.81	36.54
	150m: 1:41.44 35.97		550m: 6:28.69		36.63 950m: 11:22.84		37.15 1350m: 16:17.45	36.64
	200m: 2:17.02 35.58		600m: 7:04.97		36.28 1000m: 11:59.76		36.92 1400m: 16:53.79	36.34
	250m: 2:52.44 35.42		650m: 7:41.95		36.98 1050m: 12:36.62		36.86 1450m: 17:29.97	36.18
	300m: 3:27.76 35.32		700m: 8:18.68		36.73 1100m: 13:13.46		36.84 1500m: 18:05.14	35.17
	350m: 4:03.69 35.93		750m: 8:55.65		36.97 1150m: 13:50.52		37.06	
	400m: 4:39.49 35.80		800m: 9:32.45		36.80 1200m: 14:27.07		36.55	
7.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	18:24.87	489	38,00
	50m: 30.63 30.63		450m: 5:20.81		36.96 850m: 10:18.70		37.43 1250m: 15:19.64	37.43
	100m: 1:04.50 33.87		500m: 5:57.82		37.01 900m: 10:55.89		37.19 1300m: 15:57.60	37.96
	150m: 1:40.51 36.01		550m: 6:34.77		36.95 950m: 11:33.40		37.51 1350m: 16:35.24	37.64
	200m: 2:16.91 36.40		600m: 7:12.05		37.28 1000m: 12:11.73		38.33 1400m: 17:13.88	38.64
	250m: 2:53.44 36.53		650m: 7:49.01		36.96 1050m: 12:48.66		36.93 1450m: 17:51.21	37.33
	300m: 3:30.04 36.60		700m: 8:26.74		37.73 1100m: 13:26.34		37.68 1500m: 18:24.87	33.66
	350m: 4:06.72 36.68		750m: 9:04.10		37.36 1150m: 14:04.04		37.70	
	400m: 4:43.85 37.13		800m: 9:41.27		37.17 1200m: 14:42.21		38.17	
8.	Guilherme Mahua, SOARES	M	200790	07	Porto	18:28.11	485	-
	50m: 32.59 32.59		450m: 5:28.85		37.17 850m: 10:27.05		37.52 1250m: 15:25.60	36.89
	100m: 1:09.10 36.51		500m: 6:06.04		37.19 900m: 11:04.28		37.23 1300m: 16:03.25	37.65
	150m: 1:46.34 37.24		550m: 6:42.93		36.89 950m: 11:42.04		37.76 1350m: 16:40.58	37.33
	200m: 2:24.19 37.85		600m: 7:20.08		37.15 1000m: 12:19.86		37.82 1400m: 17:17.85	37.27
	250m: 3:01.24 37.05		650m: 7:57.12		37.04 1050m: 12:57.19		37.33 1450m: 17:54.27	36.42
	300m: 3:37.72 36.48		700m: 8:34.24		37.12 1100m: 13:34.45		37.26 1500m: 18:28.11	33.84
	350m: 4:14.31 36.59		750m: 9:11.81		37.57 1150m: 14:11.22		36.77	
	400m: 4:51.68 37.37		800m: 9:49.53		37.72 1200m: 14:48.71		37.49	
9.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	18:28.19	485	-
	50m: 32.68 32.68		450m: 5:28.17		36.88 850m: 10:26.60		37.27 1250m: 15:26.07	37.22
	100m: 1:09.14 36.46		500m: 6:05.47		37.30 900m: 11:04.07		37.47 1300m: 16:03.60	37.53
	150m: 1:46.11 36.97		550m: 6:42.37		36.90 950m: 11:41.43		37.36 1350m: 16:40.68	37.08
	200m: 2:23.13 37.02		600m: 7:19.62		37.25 1000m: 12:19.33		37.90 1400m: 17:18.22	37.54
	250m: 2:59.85 36.72		650m: 7:56.49		36.87 1050m: 12:56.63		37.30 1450m: 17:54.00	35.78
	300m: 3:36.88 37.03		700m: 8:34.13		37.64 1100m: 13:34.47		37.84 1500m: 18:28.19	34.19
	350m: 4:13.95 37.07		750m: 9:11.52		37.39 1150m: 14:11.26		36.79	
	400m: 4:51.29 37.34		800m: 9:49.33		37.81 1200m: 14:48.85		37.59	
10.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	18:43.56	465	-
	50m: 31.48 31.48		450m: 5:32.70		37.84 850m: 10:36.85		38.44 1250m: 15:40.63	38.59
	100m: 1:07.63 36.15		500m: 6:10.84		38.14 900m: 11:14.39		37.54 1300m: 16:18.31	37.68
	150m: 1:45.11 37.48		550m: 6:48.62		37.78 950m: 11:52.57		38.18 1350m: 16:56.16	37.85
	200m: 2:22.80 37.69		600m: 7:26.44		37.82 1000m: 12:30.22		37.65 1400m: 17:33.69	37.53
	250m: 3:00.80 38.00		650m: 8:04.67		38.23 1050m: 13:08.22		38.00 1450m: 18:10.23	36.54
	300m: 3:39.00 38.20		700m: 8:42.82		38.15 1100m: 13:46.24		38.02 1500m: 18:43.56	33.33
	350m: 4:16.87 37.87		750m: 9:20.77		37.95 1150m: 14:23.93		37.69	
	400m: 4:54.86 37.99		800m: 9:58.41		37.64 1200m: 15:02.04		38.11	
11.	Tomas Machado, MIRANDA	M	200780	07	Porto	18:44.50	464	-
	50m: 34.41 34.41		450m: 5:37.63		37.69 850m: 10:38.19		37.65 1250m: 15:39.20	38.09
	100m: 1:11.39 36.98		500m: 6:15.33		37.70 900m: 11:15.71		37.52 1300m: 16:17.07	37.87
	150m: 1:49.62 38.23		550m: 6:53.16		37.83 950m: 11:53.27		37.56 1350m: 16:54.96	37.89
	200m: 2:27.87 38.25		600m: 7:30.52		37.36 1000m: 12:30.52		37.25 1400m: 17:32.93	37.97
	250m: 3:06.51 38.64		650m: 8:07.97		37.45 1050m: 13:08.26		37.74 1450m: 18:09.77	36.84
	300m: 3:45.08 38.57		700m: 8:44.94		36.97 1100m: 13:45.59		37.33 1500m: 18:44.50	34.73
	350m: 4:21.96 36.88		750m: 9:23.09		38.15 1150m: 14:23.48		37.89	
	400m: 4:59.94 37.98		800m: 10:00.54		37.45 1200m: 15:01.11		37.63	
12.	Guilherme Oliveira, CALHANDRO	M	131800	06	Colegio Efanor	19:00.41	445	37,00
	50m: 32.98 32.98		450m: 5:32.53		1:16.55 800m: 11:18.98		1:55.63 1250m: 15:50.11	39.22
	100m: 1:09.64 36.66		500m: 6:10.99		38.46 850m: 11:57.40		38.42 1300m: 16:28.54	38.43
	150m: 1:46.64 37.00		550m: 6:49.48		38.49 1000m: 12:36.12		38.72 1350m: 17:06.64	38.10
	200m: 2:23.53 36.89		600m: 7:27.87		38.39 1050m: 13:14.54		38.42 1400m: 17:45.95	39.31
	250m: 3:00.92 37.39		650m: 8:06.40		38.53 1100m: 13:53.89		39.35 1500m: 19:00.41	1:14.46
	300m: 3:38.66 37.74		700m: 8:45.00		38.60 1150m: 14:31.97		38.08	
	350m: 4:15.98 37.32		750m: 9:23.35		38.35 1200m: 15:10.89		38.92	

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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|ORGANIZAO



|PARCEIRO INSTITUCIONAL



|PARCEIRO



|FORNECEDOR OFICIAL



Prova 2, Masc., 1500m Livres

Juniores-Seniores

1. Pedro Miguel, SANTOS	M	121987	01	Porto					16:28.09	685	43,00
50m: 29.88 29.88	450m: 4:49.22	32.46	850m: 9:12.22	32.99	1250m: 13:40.46	33.67					
100m: 1:02.23 32.35	500m: 5:21.95	32.73	900m: 9:45.22	33.00	1300m: 14:14.25	33.79					
150m: 1:34.54 32.31	550m: 5:54.82	32.87	950m: 10:18.58	33.36	1350m: 14:48.20	33.95					
200m: 2:07.12 32.58	600m: 6:27.43	32.61	1000m: 10:52.25	33.67	1400m: 15:21.52	33.32					
250m: 2:39.62 32.50	650m: 7:00.83	33.40	1050m: 11:25.90	33.65	1450m: 15:55.06	33.54					
300m: 3:12.08 32.46	700m: 7:33.62	32.79	1100m: 11:59.44	33.54	1500m: 16:28.09	33.03					
350m: 3:44.20 32.12	750m: 8:06.37	32.75	1150m: 12:33.12	33.68							
400m: 4:16.76 32.56	800m: 8:39.23	32.86	1200m: 13:06.79	33.67							
2. Francisco Rodriguez, AMARAL	M	122608	02	Porto					16:38.87	663	41,00
50m: 30.72 30.72	450m: 4:58.20	33.37	850m: 9:22.98	33.21	1250m: 13:51.75	33.88					
100m: 1:03.93 33.21	500m: 5:31.60	33.40	900m: 9:56.29	33.31	1300m: 14:25.28	33.53					
150m: 1:37.29 33.36	550m: 6:04.74	33.14	950m: 10:29.67	33.38	1350m: 14:59.37	34.09					
200m: 2:10.93 33.64	600m: 6:37.91	33.17	1000m: 11:03.24	33.57	1400m: 15:33.04	33.49					
250m: 2:44.34 33.41	650m: 7:10.90	32.99	1050m: 11:36.96	33.72	1450m: 16:06.63	33.59					
300m: 3:17.76 33.42	700m: 7:43.78	32.88	1100m: 12:10.54	33.58	1500m: 16:38.87	32.24					
350m: 3:51.31 33.55	750m: 8:16.66	32.88	1150m: 12:44.21	33.67							
400m: 4:24.83 33.52	800m: 8:49.77	33.11	1200m: 13:17.87	33.66							
3. Gonçalo Renato, CARVALHO	M	127586	04	Porto					16:51.25	639	-
50m: 31.60 31.60	450m: 5:01.92	33.64	850m: 9:32.84	33.68	1250m: 14:05.51	34.33					
100m: 1:05.76 34.16	500m: 5:35.64	33.72	900m: 10:06.84	34.00	1300m: 14:39.39	33.88					
150m: 1:39.63 33.87	550m: 6:09.52	33.88	950m: 10:40.58	33.74	1350m: 15:13.07	33.68					
200m: 2:13.97 34.34	600m: 6:43.25	33.73	1000m: 11:14.67	34.09	1400m: 15:46.56	33.49					
250m: 2:47.52 33.55	650m: 7:17.14	33.89	1050m: 11:48.54	33.87	1450m: 16:19.74	33.18					
300m: 3:21.16 33.64	700m: 7:51.23	34.09	1100m: 12:22.55	34.01	1500m: 16:51.25	31.51					
350m: 3:54.42 33.26	750m: 8:24.96	33.73	1150m: 12:56.74	34.19							
400m: 4:28.28 33.86	800m: 8:59.16	34.20	1200m: 13:31.18	34.44							
4. Joao Pedro, TORRES	M	127551	05	Porto					17:58.86	526	-
50m: 31.65 31.65	450m: 5:12.91	35.47	850m: 10:03.83	36.97	1250m: 14:56.92	36.92					
100m: 1:07.07 35.42	500m: 5:48.50	35.59	900m: 10:40.30	36.47	1300m: 15:33.84	36.92					
150m: 1:42.54 35.47	550m: 6:24.39	35.89	950m: 11:16.81	36.51	1350m: 16:10.35	36.51					
200m: 2:17.57 35.03	600m: 7:00.96	36.57	1000m: 11:53.50	36.69	1400m: 16:46.53	36.18					
250m: 2:52.02 34.45	650m: 7:37.85	36.89	1050m: 12:30.39	36.89	1450m: 17:22.89	36.36					
300m: 3:26.82 34.80	700m: 8:14.13	36.28	1100m: 13:07.18	36.79	1500m: 17:58.86	35.97					
350m: 4:01.89 35.07	750m: 8:50.60	36.47	1150m: 13:43.73	36.55							
400m: 4:37.44 35.55	800m: 9:26.86	36.26	1200m: 14:20.00	36.27							
5. Daniel Carlos, CARNEIRO	M	124770	04	Fluvial Portuense					19:38.82	403	-
FTL											
50m: 31.60 31.60	450m: 5:32.81	38.34	850m: 10:52.37	40.73	1250m: 16:19.67	41.21					
100m: 1:07.44 35.84	500m: 6:11.88	39.07	900m: 11:33.53	41.16	1300m: 17:01.18	41.51					
150m: 1:44.80 37.36	550m: 6:50.94	39.06	950m: 12:13.82	40.29	1350m: 17:42.75	41.57					
200m: 2:22.09 37.29	600m: 7:30.58	39.64	1000m: 12:54.71	40.89	1400m: 18:23.65	40.90					
250m: 2:59.79 37.70	650m: 8:09.84	39.26	1050m: 13:35.44	40.73	1450m: 19:02.02	38.37					
300m: 3:38.06 38.27	700m: 8:49.95	40.11	1100m: 14:15.92	40.48	1500m: 19:38.82	36.80					
350m: 4:16.24 38.18	750m: 9:30.33	40.38	1150m: 14:57.14	41.22							
400m: 4:54.47 38.23	800m: 10:11.64	41.31	1200m: 15:38.46	41.32							
WDR Alexandre Ramos, GONCALVES	M	128601	05	Colegio Efanor							
WDR Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf							

Absolutos

1. Pedro Miguel, SANTOS	M	121987	01	Porto					16:28.09	685	43,00
50m: 29.88 29.88	450m: 4:49.22	32.46	850m: 9:12.22	32.99	1250m: 13:40.46	33.67					
100m: 1:02.23 32.35	500m: 5:21.95	32.73	900m: 9:45.22	33.00	1300m: 14:14.25	33.79					
150m: 1:34.54 32.31	550m: 5:54.82	32.87	950m: 10:18.58	33.36	1350m: 14:48.20	33.95					
200m: 2:07.12 32.58	600m: 6:27.43	32.61	1000m: 10:52.25	33.67	1400m: 15:21.52	33.32					
250m: 2:39.62 32.50	650m: 7:00.83	33.40	1050m: 11:25.90	33.65	1450m: 15:55.06	33.54					
300m: 3:12.08 32.46	700m: 7:33.62	32.79	1100m: 11:59.44	33.54	1500m: 16:28.09	33.03					
350m: 3:44.20 32.12	750m: 8:06.37	32.75	1150m: 12:33.12	33.68							
400m: 4:16.76 32.56	800m: 8:39.23	32.86	1200m: 13:06.79	33.67							

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.72334

Registered to Associação de Natação do Norte de Portugal

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Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
2.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	16:38.87	663	41,00
	50m: 30.72 30.72		450m: 4:58.20		33.37 850m: 9:22.98 33.21	1250m: 13:51.75	33.88	
	100m: 1:03.93 33.21		500m: 5:31.60		33.40 900m: 9:56.29 33.31	1300m: 14:25.28	33.53	
	150m: 1:37.29 33.36		550m: 6:04.74		33.14 950m: 10:29.67 33.38	1350m: 14:59.37	34.09	
	200m: 2:10.93 33.64		600m: 6:37.91		33.17 1000m: 11:03.24 33.57	1400m: 15:33.04	33.67	
	250m: 2:44.34 33.41		650m: 7:10.90		32.99 1050m: 11:36.96 33.72	1450m: 16:06.63	33.59	
	300m: 3:17.76 33.42		700m: 7:43.78		32.88 1100m: 12:10.54 33.58	1500m: 16:38.87	32.24	
	350m: 3:51.31 33.55		750m: 8:16.66		32.88 1150m: 12:44.21 33.67			
	400m: 4:24.83 33.52		800m: 8:49.77		33.11 1200m: 13:17.87 33.66			
3.	Goncalo Renato, CARVALHO	M	127586	04	Porto	16:51.25	639	-
	50m: 31.60 31.60		450m: 5:01.92		33.64 850m: 9:32.84 33.68	1250m: 14:05.51	34.33	
	100m: 1:05.76 34.16		500m: 5:35.64		33.72 900m: 10:06.84 34.00	1300m: 14:39.39	33.88	
	150m: 1:39.63 33.87		550m: 6:09.52		33.88 950m: 10:40.58 33.74	1350m: 15:13.07	33.68	
	200m: 2:13.97 34.34		600m: 6:43.25		33.73 1000m: 11:14.67 34.09	1400m: 15:46.56	33.49	
	250m: 2:47.52 33.55		650m: 7:17.14		33.89 1050m: 11:48.54 33.87	1450m: 16:19.74	33.18	
	300m: 3:21.16 33.64		700m: 7:51.23		34.09 1100m: 12:22.55 34.01	1500m: 16:51.25	31.51	
	350m: 3:54.42 33.26		750m: 8:24.96		33.73 1150m: 12:56.74 34.19			
	400m: 4:28.28 33.86		800m: 8:59.16		34.20 1200m: 13:31.18 34.44			
4.	Bruno Silva, LOUREIRO	M	129872	06	Porto	16:52.70	636	-
	50m: 31.94 31.94		450m: 5:02.14		33.69 850m: 9:32.63 33.70	1250m: 14:06.03	34.57	
	100m: 1:06.17 34.23		500m: 5:36.08		33.94 900m: 10:06.56 33.93	1300m: 14:39.59	33.56	
	150m: 1:40.37 34.20		550m: 6:09.78		33.70 950m: 10:40.59 34.03	1350m: 15:13.22	33.63	
	200m: 2:14.73 34.36		600m: 6:43.52		33.74 1000m: 11:14.64 34.05	1400m: 15:46.87	33.65	
	250m: 2:48.39 33.66		650m: 7:17.33		33.81 1050m: 11:48.28 33.64	1450m: 16:20.56	33.69	
	300m: 3:21.77 33.38		700m: 7:51.39		34.06 1100m: 12:22.67 34.39	1500m: 16:52.70	32.14	
	350m: 3:54.67 32.90		750m: 8:25.10		33.71 1150m: 12:57.03 34.36			
	400m: 4:28.45 33.78		800m: 8:58.93		33.83 1200m: 13:31.46 34.43			
5.	Vasco Monteiro, CASTRO	M	202720	06	Porto	17:40.09	554	-
	50m: 32.38 32.38		450m: 5:12.49		35.28 850m: 9:54.80 35.41	1250m: 14:41.67	35.68	
	100m: 1:07.43 35.05		500m: 5:46.98		34.49 900m: 10:30.75 35.95	1300m: 15:17.48	35.81	
	150m: 1:42.44 35.01		550m: 6:21.94		34.96 950m: 11:06.47 35.72	1350m: 15:53.70	36.22	
	200m: 2:18.04 35.60		600m: 6:57.24		35.30 1000m: 11:42.32 35.85	1400m: 16:29.65	35.95	
	250m: 2:52.82 34.78		650m: 7:32.72		35.48 1050m: 12:18.27 35.95	1450m: 17:05.31	35.66	
	300m: 3:27.56 34.74		700m: 8:08.00		35.28 1100m: 12:54.34 36.07	1500m: 17:40.09	34.78	
	350m: 4:02.23 34.67		750m: 8:43.91		35.91 1150m: 13:30.05 35.71			
	400m: 4:37.21 34.98		800m: 9:19.39		35.48 1200m: 14:05.99 35.94			
6.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	17:52.96	534	40,00
	50m: 32.45 32.45		450m: 5:12.13		35.91 850m: 10:02.23 36.56	1250m: 14:53.47	35.74	
	100m: 1:06.60 34.15		500m: 5:47.89		35.76 900m: 10:38.66 36.43	1300m: 15:30.19	36.72	
	150m: 1:41.07 34.47		550m: 6:24.16		36.27 950m: 11:15.48 36.82	1350m: 16:05.93	35.74	
	200m: 2:15.65 34.58		600m: 7:00.16		36.00 1000m: 11:52.28 36.80	1400m: 16:42.16	36.23	
	250m: 2:50.59 34.94		650m: 7:36.95		36.79 1050m: 12:28.48 36.20	1450m: 17:18.55	36.39	
	300m: 3:25.49 34.90		700m: 8:13.15		36.20 1100m: 13:05.71 37.23	1500m: 17:52.96	34.41	
	350m: 4:00.74 35.25		750m: 8:49.31		36.16 1150m: 13:42.09 36.38			
	400m: 4:36.22 35.48		800m: 9:25.67		36.36 1200m: 14:17.73 35.64			
7.	Duarte Maria, CARREIRA	M	205865	07	Porto	17:56.18	530	-
	50m: 33.61 33.61		450m: 5:21.15		35.43 850m: 10:08.08 35.87	1250m: 14:57.20	36.17	
	100m: 1:09.67 36.06		500m: 5:56.82		35.67 900m: 10:44.23 36.15	1300m: 15:33.41	36.21	
	150m: 1:46.20 36.53		550m: 6:32.66		35.84 950m: 11:20.29 36.06	1350m: 16:09.64	36.23	
	200m: 2:22.59 36.39		600m: 7:08.64		35.98 1000m: 11:56.82 36.53	1400m: 16:46.08	36.44	
	250m: 2:59.03 36.44		650m: 7:44.56		35.92 1050m: 12:33.00 36.18	1450m: 17:21.20	35.12	
	300m: 3:35.48 36.45		700m: 8:20.63		36.07 1100m: 13:09.69 36.69	1500m: 17:56.18	34.98	
	350m: 4:10.50 35.02		750m: 8:56.30		35.67 1150m: 13:45.50 35.81			
	400m: 4:45.72 35.22		800m: 9:32.21		35.91 1200m: 14:21.03 35.53			
8.	Joao Pedro, TORRES	M	127551	05	Porto	17:58.86	526	-
	50m: 31.65 31.65		450m: 5:12.91		35.47 850m: 10:03.83 36.97	1250m: 14:56.92	36.92	
	100m: 1:07.07 35.42		500m: 5:48.50		35.59 900m: 10:40.30 36.47	1300m: 15:33.84	36.92	
	150m: 1:42.54 35.47		550m: 6:24.39		35.89 950m: 11:16.81 36.51	1350m: 16:10.35	36.51	
	200m: 2:17.57 35.03		600m: 7:00.96		36.57 1000m: 11:53.50 36.69	1400m: 16:46.53	36.18	
	250m: 2:52.02 34.45		650m: 7:37.85		36.89 1050m: 12:30.39 36.89	1450m: 17:22.89	36.36	
	300m: 3:26.82 34.80		700m: 8:14.13		36.28 1100m: 13:07.18 36.79	1500m: 17:58.86	35.97	
	350m: 4:01.89 35.07		750m: 8:50.60		36.47 1150m: 13:43.73 36.55			
	400m: 4:37.44 35.55		800m: 9:26.86		36.26 1200m: 14:20.00 36.27			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.72334

Registered to Associação de Natação do Norte de Portugal

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|ORGANIZAÇÃO



|PARCEIRO INSTITUCIONAL



|PARCEIRO



|FORNECEDOR OFICIAL



Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS	
9.	Gustavo Gomes, RAMOS	M	200774	06	Porto	18:03.23	519	-	
	50m: 32.69 32.69		450m: 5:20.46		35.57	850m: 10:08.75	35.51	1250m: 15:00.41	37.05
	100m: 1:08.35 35.66		500m: 5:56.58		36.12	900m: 10:44.98	36.23	1300m: 15:37.47	37.06
	150m: 1:45.12 36.77		550m: 6:32.98		36.40	950m: 11:21.09	36.11	1350m: 16:14.89	37.42
	200m: 2:21.58 36.46		600m: 7:09.20		36.22	1000m: 11:57.27	36.18	1400m: 16:51.30	36.41
	250m: 2:57.92 36.34		650m: 6:45.22			1050m: 12:33.54	36.27	1450m: 17:27.52	36.22
	300m: 3:34.61 36.69		700m: 8:21.36	1:36.14	1100m: 13:10.54		37.00	1500m: 18:03.23	35.71
	350m: 4:09.30 34.69		750m: 8:57.14		35.78	1150m: 13:46.74	36.20		
	400m: 4:44.89 35.59		800m: 9:33.24		36.10	1200m: 14:23.36	36.62		
10.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	18:05.14	517	39,00	
	50m: 30.72 30.72		450m: 5:15.68		36.19	850m: 10:18.06	36.61	1250m: 15:04.27	37.20
	100m: 1:05.47 34.75		500m: 5:52.06		36.38	900m: 10:45.69	36.63	1300m: 15:40.81	36.54
	150m: 1:41.44 35.97		550m: 6:28.69		36.63	950m: 11:22.84	37.15	1350m: 16:17.45	36.64
	200m: 2:17.02 35.58		600m: 7:04.97		36.28	1000m: 11:59.76	36.92	1400m: 16:53.79	36.34
	250m: 2:52.44 35.42		650m: 7:41.95		36.98	1050m: 12:36.62	36.86	1450m: 17:29.97	36.18
	300m: 3:27.76 35.32		700m: 8:18.68		36.73	1100m: 13:13.46	36.84	1500m: 18:05.14	35.17
	350m: 4:03.69 35.93		750m: 8:55.65		36.97	1150m: 13:50.52	37.06		
	400m: 4:39.49 35.80		800m: 9:32.45		36.80	1200m: 14:27.07	36.55		
11.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	18:24.87	489	38,00	
	50m: 30.63 30.63		450m: 5:20.81		36.96	850m: 10:18.70	37.43	1250m: 15:19.64	37.43
	100m: 1:04.50 33.87		500m: 5:57.82		37.01	900m: 10:55.89	37.19	1300m: 15:57.60	37.96
	150m: 1:40.51 36.01		550m: 6:34.77		36.95	950m: 11:33.40	37.51	1350m: 16:35.24	37.64
	200m: 2:16.91 36.40		600m: 7:12.05		37.28	1000m: 12:11.73	38.33	1400m: 17:13.88	38.64
	250m: 2:53.44 36.53		650m: 7:49.01		36.96	1050m: 12:48.66	36.93	1450m: 17:51.21	37.33
	300m: 3:30.04 36.60		700m: 8:26.74		37.73	1100m: 13:26.34	37.68	1500m: 18:24.87	33.66
	350m: 4:06.72 36.68		750m: 9:04.10		37.36	1150m: 14:04.04	37.70		
	400m: 4:43.85 37.13		800m: 9:41.27		37.17	1200m: 14:42.21	38.17		
12.	Guilherme Mahua, SOARES	M	200790	07	Porto	18:28.11	485	-	
	50m: 32.59 32.59		450m: 5:28.85		37.17	850m: 10:27.05	37.52	1250m: 15:25.60	36.89
	100m: 1:09.10 36.51		500m: 6:06.04		37.19	900m: 11:04.28	37.23	1300m: 16:03.25	37.65
	150m: 1:46.34 37.24		550m: 6:42.93		36.89	950m: 11:42.04	37.76	1350m: 16:40.58	37.33
	200m: 2:24.19 37.85		600m: 7:20.08		37.15	1000m: 12:19.86	37.82	1400m: 17:17.85	37.27
	250m: 3:01.24 37.05		650m: 7:57.12		37.04	1050m: 12:57.19	37.33	1450m: 17:54.27	36.42
	300m: 3:37.72 36.48		700m: 8:34.24		37.12	1100m: 13:34.45	37.26	1500m: 18:28.11	33.84
	350m: 4:14.31 36.59		750m: 9:11.81		37.57	1150m: 14:11.22	36.77		
	400m: 4:51.68 37.37		800m: 9:49.53		37.72	1200m: 14:48.71	37.49		
13.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	18:28.19	485	-	
	50m: 32.68 32.68		450m: 5:28.17		36.88	850m: 10:26.60	37.27	1250m: 15:26.07	37.22
	100m: 1:09.14 36.46		500m: 6:05.47		37.30	900m: 11:04.07	37.47	1300m: 16:03.60	37.53
	150m: 1:46.11 36.97		550m: 6:42.37		36.90	950m: 11:41.43	37.36	1350m: 16:40.68	37.08
	200m: 2:23.13 37.02		600m: 7:19.62		37.25	1000m: 12:19.33	37.90	1400m: 17:18.22	37.54
	250m: 2:59.85 36.72		650m: 7:56.49		36.87	1050m: 12:56.63	37.30	1450m: 17:54.00	35.78
	300m: 3:36.88 37.03		700m: 8:34.13		37.64	1100m: 13:34.47	37.84	1500m: 18:28.19	34.19
	350m: 4:13.95 37.07		750m: 9:11.52		37.39	1150m: 14:11.26	36.79		
	400m: 4:51.29 37.34		800m: 9:49.33		37.81	1200m: 14:48.85	37.59		
14.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	18:43.56	465	-	
	50m: 31.48 31.48		450m: 5:32.70		37.84	850m: 10:36.85	38.44	1250m: 15:40.63	38.59
	100m: 1:07.63 36.15		500m: 6:10.84		38.14	900m: 11:14.39	37.54	1300m: 16:18.31	37.68
	150m: 1:45.11 37.48		550m: 6:48.62		37.78	950m: 11:52.57	38.18	1350m: 16:56.16	37.85
	200m: 2:22.80 37.69		600m: 7:26.44		37.82	1000m: 12:30.22	37.65	1400m: 17:33.69	37.53
	250m: 3:00.80 38.00		650m: 8:04.67		38.23	1050m: 13:08.22	38.00	1450m: 18:10.23	36.54
	300m: 3:39.00 38.20		700m: 8:42.82		38.15	1100m: 13:46.24	38.02	1500m: 18:43.56	33.33
	350m: 4:16.87 37.87		750m: 9:20.77		37.95	1150m: 14:23.93	37.69		
	400m: 4:54.86 37.99		800m: 9:58.41		37.64	1200m: 15:02.04	38.11		
15.	Tomas Machado, MIRANDA	M	200780	07	Porto	18:44.50	464	-	
	50m: 34.41 34.41		450m: 5:37.63		37.69	850m: 10:38.19	37.65	1250m: 15:39.20	38.09
	100m: 1:11.39 36.98		500m: 6:15.33		37.70	900m: 11:15.71	37.52	1300m: 16:17.07	37.87
	150m: 1:49.62 38.23		550m: 6:53.16		37.83	950m: 11:53.27	37.56	1350m: 16:54.96	37.89
	200m: 2:27.87 38.25		600m: 7:30.52		37.36	1000m: 12:30.52	37.25	1400m: 17:32.93	37.97
	250m: 3:06.51 38.64		650m: 8:07.97		37.45	1050m: 13:08.26	37.74	1450m: 18:09.77	36.84
	300m: 3:45.08 38.57		700m: 8:44.94		36.97	1100m: 13:45.59	37.33	1500m: 18:44.50	34.73
	350m: 4:21.96 36.88		750m: 9:23.09		38.15	1150m: 14:23.48	37.89		
	400m: 4:59.94 37.98		800m: 10:00.54		37.45	1200m: 15:01.11	37.63		

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
16.	Guilherme Oliveira, CALHANDRO	M	131800	06	Colegio Efanor	19:00.41	445	37,00
	50m: 32.98 32.98		450m: 5:32.53		1:16.55 800m: 11:18.98	1:55.63	1250m: 15:50.11	39.22
	100m: 1:09.64 36.66		500m: 6:10.99		38.46 850m: 11:57.40	38.42	1300m: 16:28.54	38.43
	150m: 1:46.64 37.00		550m: 6:49.48		38.49 1000m: 12:36.12	38.72	1350m: 17:06.64	38.10
	200m: 2:23.53 36.89		600m: 7:27.87		38.39 1050m: 13:14.54	38.42	1400m: 17:45.95	39.31
	250m: 3:00.92 37.39		650m: 8:06.40		38.53 1100m: 13:53.89	39.35	1500m: 19:00.41	1:14.46
	300m: 3:38.66 37.74		700m: 8:45.00		38.60 1150m: 14:31.97	38.08		
	350m: 4:15.98 37.32		750m: 9:23.35		38.35 1200m: 15:10.89	38.92		
17.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	19:38.82	403	-
	50m: 31.60 31.60		450m: 5:32.81		38.34 850m: 10:52.37	40.73	1250m: 16:19.67	41.21
	100m: 1:07.44 35.84		500m: 6:11.88		39.07 900m: 11:33.53	41.16	1300m: 17:01.18	41.51
	150m: 1:44.80 37.36		550m: 6:50.94		39.06 950m: 12:13.82	40.29	1350m: 17:42.75	41.57
	200m: 2:22.09 37.29		600m: 7:30.58		39.64 1000m: 12:54.71	40.89	1400m: 18:23.65	40.90
	250m: 2:59.79 37.70		650m: 8:09.84		39.26 1050m: 13:35.44	40.73	1450m: 19:02.02	38.37
	300m: 3:38.06 38.27		700m: 8:49.95		40.11 1100m: 14:15.92	40.48	1500m: 19:38.82	36.80
	350m: 4:16.24 38.18		750m: 9:30.33		40.38 1150m: 14:57.14	41.22		
	400m: 4:54.47 38.23		800m: 10:11.64		41.31 1200m: 15:38.46	41.32		
WDR	Alexandre Ramos, GONCALVES	M	128601	05	Colegio Efanor			-
WDR	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf			-
EXH	Goncalo Andre, FERREIRA	M	151733	07	GCVR	18:38.04	472	-
	50m: 32.27 32.27		450m: 5:30.03		37.71 850m: 10:31.21	38.15	1250m: 15:33.17	38.16
	100m: 1:07.70 35.43		500m: 6:07.17		37.14 900m: 11:08.61	37.40	1300m: 16:11.11	37.94
	150m: 1:44.50 36.80		550m: 6:44.89		37.72 950m: 11:46.51	37.90	1350m: 16:48.03	36.92
	200m: 2:21.70 37.20		600m: 7:22.26		37.37 1000m: 12:24.14	37.63	1400m: 17:25.57	37.54
	250m: 2:58.88 37.18		650m: 8:00.63		38.37 1050m: 13:01.99	37.85	1450m: 18:02.66	37.09
	300m: 3:36.51 37.63		700m: 8:37.77		37.14 1100m: 13:39.70	37.71	1500m: 18:38.04	35.38
	350m: 4:14.36 37.85		750m: 9:15.44		37.67 1150m: 14:17.83	38.13		
	400m: 4:52.32 37.96		800m: 9:53.06		37.62 1200m: 14:55.01	37.18		

Prova 3

Femin., 50m Mariposa

Absolutos

24/06/2022 - 10:30

Resultados

Recordes Nacionais 50m Absoluto	26.58	Ana Margarida, GUEDES	GCVR	Porto	06/06/2021
Recordes Nacionais 50m Sen	26.58	Ana Margarida, GUEDES	GCVR	Porto	06/06/2021
Recordes Nacionais 50m Jun 17	27.10	Mariana Pacheco, CUNHA	POR	Rome (ITA)	09/07/2021
Recordes Nacionais 50m Jun 16	27.99	Carlina Miranda, FERNANDES	POR	Rome (ITA)	09/07/2021
Recordes Nacionais 50m Juv A	27.98	tempo limite,			
Recordes Nacionais 50m Juv B	28.51	tempo limite,			
Recorde Regional 50m Absoluto	27.12	Mariana Pacheco, CUNHA	CNCE	Campanh�	05/06/2022
Recorde Regional 50m Sen	27.12	Mariana Pacheco, CUNHA	CNCE	Campanh�	05/06/2022
Recorde Regional 50m Jun 17	27.25	Mariana Pacheco, CUNHA	CNCE	KIEV (UKR)	17/04/2021
Recorde Regional 50m Jun 16	28.08	Catarina Silva, SOARES	FCP	Funchal	01/08/2019
Recorde Regional 50m Juv A	28.03	Mariana Pacheco, CUNHA	CFP	Coimbra	07/04/2019
Recorde Regional 50m Juv B	28.71	Mariana Pacheco, CUNHA	CFP	Oeiras	26/07/2018

Juv A - Feminino Juv A: 35.96 / Juv B - Feminino Juv B: 37.76 / Jun - Feminino Jun: 34.25 / Sen - Feminino Sen: 32.05

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	31.00	489	40,00
2.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	31.38	471	39,00
3.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	32.38	429	34,00
4.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	32.54	423	33,00
5.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	32.65	418	32,00
6.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	32.90	409	28,00
7.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams	33.07	403	26,00

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Prova 3, Femin., 50m Mariposa, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
8.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	33.58	385	23,00
9.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	33.74	379	22,00
10.	Beatriz Silva, QUINTELA	F	204597	08	Foca Quinta Da Lixa - Cnf	33.80	377	-
	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	33.80	377	21,00
12.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	33.83	376	-
13.	Lara Filipa, PINTO	F	200514	08	Porto	33.96	372	-
14.	Ana Senhorinha, SILVA FTL	F	205527	07	Natacao da Maia	36.07	310	-
15.	Mafalda Rego, CAIXEIRO	F	201092	08	Leixoes Sport Clube	36.23	306	-
16.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	36.86	291	18,00
17.	Rafaela Filipa, MATOS	F	207851	08	Leixoes Sport Clube	36.87	290	-
18.	Mariana Nunes, CUNHA FTL	F	201087	08	Lousada S�culo XXI	39.98	228	16,00
19.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	40.10	226	-

Juniores-Seniores

1.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	29.40	573	43,00
2.	Leonor Santos, SILVA	F	121982	03	Porto	30.17	530	41,00
3.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	31.83	452	38,00
4.	Maria Ines, SILVA	F	200371	05	Porto	31.85	451	37,00
5.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	32.02	444	36,00
6.	Ana Ines, FERNANDES FTL	F	119258	00	Vit�ria Sport Clube	32.12	439	35,00
7.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	32.78	413	31,00
8.	Bruna Costa, SOARES FTL	F	124579	04	Leixoes Sport Clube	32.83	412	30,00
	Catarina Isabel, ALMEIDA FTL	F	127104	02	Vit�ria Sport Clube	32.83	412	-
10.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	32.89	409	29,00
11.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	32.97	406	27,00
12.	Eduarda Reis, SILVA FTL	F	121702	03	Famalici�o	33.07	403	26,00
13.	Ines Filipa, MAGALHAES FTL	F	121786	02	Aquatico Pacense	33.38	392	24,00
14.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	33.48	388	-
15.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	33.49	388	-
16.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	33.50	387	-
17.	Ana Rita, MARTINS	F	128148	06	Foca Quinta Da Lixa - Cnf	33.97	371	-
18.	Joana Filipa, PINTO FTL	F	202846	06	Fluvial Portuense	34.37	359	-
19.	Ana Carmo, PINHEIRO FTL	F	124856	02	GCST	34.92	342	20,00
20.	Mariana Sousa, MOREIRA FTL	F	126950	03	GCST	36.09	310	19,00
21.	Sofia Costa, PINHO FTL	F	126787	03	CLIP Teams	37.19	283	17,00
22.	Carolina Benedita, SOUSA FTL	F	153538	05	Penafiel	45.35	156	15,00

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Prova 3, Femin., 50m Mariposa, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
DSQ	Ana Beatriz, MARTINS 4.2 - Falsa Partida – SW 4.4	F	108375	99	Famalici�o			-
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube			-
WDR	Bruna Fangueiro, COENTRAO	F	24315	93	Vilacondense			-

Absolutos

1.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	29.40	573	43,00
2.	Leonor Santos, SILVA	F	121982	03	Porto	30.17	530	41,00
3.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	31.00	489	40,00
4.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	31.38	471	39,00
5.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	31.83	452	38,00
6.	Maria Ines, SILVA	F	200371	05	Porto	31.85	451	37,00
7.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	32.02	444	36,00
8.	Ana Ines, FERNANDES FTL	F	119258	00	Vit�ria Sport Clube	32.12	439	35,00
9.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	32.38	429	34,00
10.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	32.54	423	33,00
11.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	32.65	418	32,00
12.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	32.78	413	31,00
13.	Bruna Costa, SOARES FTL	F	124579	04	Leixoes Sport Clube	32.83	412	30,00
	Catarina Isabel, ALMEIDA FTL	F	127104	02	Vit�ria Sport Clube	32.83	412	-
15.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	32.89	409	29,00
16.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	32.90	409	28,00
17.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	32.97	406	27,00
18.	Sofia Pereira, BRAZ Eduarda Reis, SILVA FTL	F	206537	07	CLIP Teams	33.07	403	26,00
		F	121702	03	Famalici�o	33.07	403	26,00
20.	Ines Filipa, MAGALHAES FTL	F	121786	02	Aquatico Pacense	33.38	392	24,00
21.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	33.48	388	-
22.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	33.49	388	-
23.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	33.50	387	-
24.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	33.58	385	23,00
25.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	33.74	379	22,00
26.	Beatriz Silva, QUINTELA	F	204597	08	Foca Quinta Da Lixa - Cnf	33.80	377	-
	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	33.80	377	21,00
28.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	33.83	376	-
29.	Lara Filipa, PINTO	F	200514	08	Porto	33.96	372	-
30.	Ana Rita, MARTINS	F	128148	06	Foca Quinta Da Lixa - Cnf	33.97	371	-
31.	Joana Filipa, PINTO FTL	F	202846	06	Fluvial Portuense	34.37	359	-
32.	Ana Carmo, PINHEIRO FTL	F	124856	02	GCST	34.92	342	20,00
33.	Ana Senhorinha, SILVA FTL	F	205527	07	Natacao da Maia	36.07	310	-
34.	Mariana Sousa, MOREIRA FTL	F	126950	03	GCST	36.09	310	19,00
35.	Mafalda Rego, CAIXEIRO	F	201092	08	Leixoes Sport Clube	36.23	306	-

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Prova 3, Femin., 50m Mariposa, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
36.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	36.86	291	18,00
37.	Rafaela Filipa, MATOS	F	207851	08	Leixoes Sport Clube	36.87	290	-
38.	Sofia Costa, PINHO FTL	F	126787	03	CLIP Teams	37.19	283	17,00
39.	Mariana Nunes, CUNHA FTL	F	201087	08	Lousada Século XXI	39.98	228	16,00
40.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	40.10	226	-
41.	Carolina Benedita, SOUSA FTL	F	153538	05	Penafiel	45.35	156	15,00
DSQ	Ana Beatriz, MARTINS 4.2 - Falsa Partida – SW 4.4	F	108375	99	Famalicao			-
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube			-
WDR	Bruna Fangueiro, COENTRAO	F	24315	93	Vilacondense			-
EXH	Maria Silva, PEREIRA	F	209414	08	GCVR	30.74	501	-
EXH	Natalia Avila, PEREYRA FTL	F	215764	04	Clube Naval Povoense	33.81	377	-

Prova 4

Masc., 50m Mariposa

Absolutos

24/06/2022 - 10:40

Resultados

Recordes Nacionais 50m Absoluto	23.54	Diogo Matos, RIBEIRO	SLB	Coimbra	03/04/2022
Recordes Nacionais 50m Sen	23.72	Simao Gomes, MORGADO	POR	Malaga (ESP)	05/04/2009
Recordes Nacionais 50m Jun 18	23.54	Diogo Matos, RIBEIRO	SLB	Coimbra	03/04/2022
Recordes Nacionais 50m Jun 17	24.09	Diogo Matos, RIBEIRO	POR	Rome (ITA)	07/07/2021
Recordes Nacionais 50m Juv A	25.63	tempo limite,			
Recordes Nacionais 50m Juv B	26.18	tempo limite,			
Recorde Regional 50m Absoluto	24.63	Adriano Miguel, NIZ	INDANP	Faro	18/07/2009
Recorde Regional 50m Sen	24.63	Adriano Miguel, NIZ	INDANP	Faro	18/07/2009
Recorde Regional 50m Jun 18	24.78	Rafael, LINO	FCP	Chalon Sur Saone (FRA)	27/05/2017
Recorde Regional 50m Jun 17	25.55	Pedro Miguel, FERNANDES	VSC	Oeiras	21/07/2016
Recorde Regional 50m Juv A	26.33	Tiago Campos, LOURENCO	CNV	Porto	02/06/2018
Recorde Regional 50m Juv B	26.53	Rodrigo Ferreira, PEREIRA	G DVNF	Oeiras	31/07/2021

Juv B - Masculino Juv B: 31.89 / Juv A - Masculino Juv A: 30.37 / Jun - Masculinos Jun: 28.93 / Sen - Masculinos Sen: 28.22

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalicao	26.93	565	38,00
2.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	27.07	556	37,00
3.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	27.46	533	33,00
4.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	28.15	495	30,00
5.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	28.34	485	29,00
6.	Marco Oliveira, LOPES	M	202144	06	Penafiel	28.52	476	27,00
7.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	28.58	473	25,00
	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	28.58	473	25,00
9.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	28.73	465	22,00
	Francisco Bernardes, MARTELO	M	201758	07	Porto	28.73	465	-
11.	Tomas Rocha, DORES	M	200766	07	Colegio Efanor	28.92	456	20,00

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Prova 4, Masc., 50m Mariposa, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
12.	Rui Miguel, SANTOS	M	204083	06	Famalio	29.66	423	-
13.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	29.72	420	-
14.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	30.21	400	15,00
15.	Luis Miguel, RIBEIRO FTL	M	201081	06	Lousada S�culo XXI	30.98	371	14,00
16.	Paulo Tiago, VALES	M	201752	07	Porto	31.71	346	-
17.	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Natao	31.72	346	12,00
18.	Francisco Manuel, SAMPAIO FTL	M	128714	06	Foca Quinta Da Lixa - Cnf	32.65	317	-
19.	Duarte Correia, GARCIA FTL	M	202823	07	Leixoes Sport Clube	33.79	286	-

Juniores-Seniores

1.	Joao Nogueira, COSTA	M	124315	01	Vit�ria Sport Clube	25.23	687	43,00
2.	Tomas Teixeira, LOPES	M	122006	02	Vit�ria Sport Clube	25.67	652	41,00
3.	Porfirio Braga, NUNES	M	111552	00	Porto	25.82	641	40,00
4.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	26.42	598	39,00
5.	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube	26.78	575	-
6.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	27.17	550	-
7.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	27.30	542	36,00
8.	Duarte Monteiro, CASTRO	M	121978	03	Porto	27.38	538	35,00
9.	Dinis Barros, LEAL	M	123578	03	Aquatico Pacense	27.45	533	34,00
10.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	27.84	511	32,00
11.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	28.03	501	31,00
12.	Tomas Carvalhinho, RIBEIRO	M	131799	05	Natacao da Maia	28.37	483	28,00
13.	Bruno Miguel, MAIA FTL	M	126783	01	GCST	28.56	474	26,00
14.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	28.69	467	23,00
15.	Mateus Costa, FAIA FTL	M	124989	03	Famalio	28.78	463	21,00
16.	Bruno Miguel, SEIXAS FTL	M	126784	01	Natacao da Maia	29.13	446	19,00
17.	Manuel Fernando, TEIXEIRA FTL	M	129401	04	Natacao de Valongo	29.23	442	18,00
18.	Gil Amaral, MATOS FTL	M	127630	04	Porto	29.49	430	-
19.	Diogo Miguel, VENTURA FTL	M	132730	05	Foca Quinta Da Lixa - Cnf	29.68	422	17,00
20.	Henrique Santa, VALE FTL	M	125785	04	GCST	29.79	417	16,00
21.	Diogo Alexandre, PEREIRA FTL	M	202013	03	Natacao de Valongo	31.04	369	-
22.	Antonio Carlos, TELES FTL	M	127826	04	Foca Quinta Da Lixa - Cnf	31.29	360	-
23.	Diogo Nunes, SOUSA FTL	M	127667	03	Vit�ria Sport Clube	31.49	353	-

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Prova 4, Masc., 50m Mariposa, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
24.	Rodrigo Miguel, MARQUES FTL	M	127744	05	CLIP Teams	31.56	351	13,00
DSQ	Guilherme Oliveira, NUNES 4.2 - Falsa Partida – SW 4.4	M	101832	98	Leixoes Sport Clube			-
DSQ	Rodrigo Manuel, CUNHA 5.3 - Na partida, o(a) nadador(a) n�o rompeu a superf�cie da �gua com a cabea at� aos 15 metros – SW 5.3	M	131845	04	Vit�ria Sport Clube			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Afonso Teixeira, LOPES	M	127333	05	Indannp			-

Absolutos

1.	Joao Nogueira, COSTA	M	124315	01	Vit�ria Sport Clube	25.23	687	43,00
2.	Tomas Teixeira, LOPES	M	122006	02	Vit�ria Sport Clube	25.67	652	41,00
3.	Porfirio Braga, NUNES	M	111552	00	Porto	25.82	641	40,00
4.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	26.42	598	39,00
5.	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube	26.78	575	-
6.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalici�o	26.93	565	38,00
7.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	27.07	556	37,00
8.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	27.17	550	-
9.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	27.30	542	36,00
10.	Duarte Monteiro, CASTRO	M	121978	03	Porto	27.38	538	35,00
11.	Dinis Barros, LEAL	M	123578	03	Aquatico Pacense	27.45	533	34,00
12.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	27.46	533	33,00
13.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	27.84	511	32,00
14.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	28.03	501	31,00
15.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	28.15	495	30,00
16.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	28.34	485	29,00
17.	Tomas Carvalhinho, RIBEIRO	M	131799	05	Natacao da Maia	28.37	483	28,00
18.	Marco Oliveira, LOPES	M	202144	06	Penafiel	28.52	476	27,00
19.	Bruno Miguel, MAIA FTL	M	126783	01	GCST	28.56	474	26,00
20.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	28.58	473	25,00
	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	28.58	473	25,00
22.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	28.69	467	23,00
23.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	28.73	465	22,00
	Francisco Bernardes, MARTELO	M	201758	07	Porto	28.73	465	-
25.	Mateus Costa, FAIA FTL	M	124989	03	Famalici�o	28.78	463	21,00
26.	Tomas Rocha, DORES	M	200766	07	Colegio Efanor	28.92	456	20,00
27.	Bruno Miguel, SEIXAS FTL	M	126784	01	Natacao da Maia	29.13	446	19,00
28.	Manuel Fernando, TEIXEIRA FTL	M	129401	04	Natacao de Valongo	29.23	442	18,00
29.	Gil Amaral, MATOS FTL	M	127630	04	Porto	29.49	430	-
30.	Rui Miguel, SANTOS	M	204083	06	Famalici�o	29.66	423	-
31.	Diogo Miguel, VENTURA FTL	M	132730	05	Foca Quinta Da Lixa - Cnf	29.68	422	17,00
32.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	29.72	420	-

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Prova 4, Masc., 50m Mariposa, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
33.	Henrique Santa, VALE FTL	M	125785	04	GCST	29.79	417	16,00
34.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	30.21	400	15,00
35.	Luis Miguel, RIBEIRO FTL	M	201081	06	Lousada S�culo XXI	30.98	371	14,00
36.	Diogo Alexandre, PEREIRA FTL	M	202013	03	Natacao de Valongo	31.04	369	-
37.	Antonio Carlos, TELES FTL	M	127826	04	Foca Quinta Da Lixa - Cnf	31.29	360	-
38.	Diogo Nunes, SOUSA FTL	M	127667	03	Vit�ria Sport Clube	31.49	353	-
39.	Rodrigo Miguel, MARQUES FTL	M	127744	05	CLIP Teams	31.56	351	13,00
40.	Paulo Tiago, VALES	M	201752	07	Porto	31.71	346	-
41.	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Natao	31.72	346	12,00
42.	Francisco Manuel, SAMPAIO FTL	M	128714	06	Foca Quinta Da Lixa - Cnf	32.65	317	-
43.	Duarte Correia, GARCIA FTL	M	202823	07	Leixoes Sport Clube	33.79	286	-
DSQ	Guilherme Oliveira, NUNES 4.2 - Falsa Partida – SW 4.4	M	101832	98	Leixoes Sport Clube			-
DSQ	Rodrigo Manuel, CUNHA 5.3 - Na partida, o(a) nadador(a) n�o rompeu a superf�cie da �gua com a cabea at� aos 15 metros – SW 5.3	M	131845	04	Vit�ria Sport Clube			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Afonso Teixeira, LOPES	M	127333	05	Indannp			-
EXH	Eduardo, YAKUBENKO	M	205829	06	GCVR	28.37	483	-
EXH	Herman, KOVALCHUK	M	147658	06	GCVR	29.13	446	-

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Prova 5
24/06/2022 - 10:50

Femin., 100m Bruços

Absolutos
Resultados

Recordes Nacionais 50m Absoluto	1:08.69	Ana Pinho, RODRIGUES	EDV	Oeiras	30/07/2021
Recordes Nacionais 50m Sen	1:08.69	Ana Pinho, RODRIGUES	EDV	Oeiras	30/07/2021
Recordes Nacionais 50m Jun 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	31/03/2017
Recordes Nacionais 50m Jun 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	17/07/2005
Recordes Nacionais 50m Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31/05/2009
Recordes Nacionais 50m Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29/07/2010
Recorde Regional 50m Absoluto	1:10.62	Joana Catarina, CARVALHO	FCP	Coimbra	31/05/2009
Recorde Regional 50m Sen	1:11.55	Ana Pinho, RODRIGUES	FCP	Gijon (ESP)	18/05/2013
Recorde Regional 50m Jun 17	1:10.62	Joana Catarina, CARVALHO	FCP	Coimbra	31/05/2009
Recorde Regional 50m Jun 16	1:11.62	Paula Alexandra, OLIVEIRA	FCP	Lisboa	26/07/2012
Recorde Regional 50m Juv A	1:12.29	Paula Alexandra, OLIVEIRA	FCP	Povoa de Varzim	06/02/2011
Recorde Regional 50m Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29/07/2010

Juv A - Feminino Juv A: 1:31.77 / Juv B - Feminino Juv B: 1:32.91 / Jun - Feminino Jun: 1:26.70 / Sen - Feminino Sen: 1:23.39

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	1:19.36	527	39,00
	50m: 37.57 37.57		100m: 1:19.36		41.79			
2.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	1:21.52	486	35,00
	50m: 37.37 37.37		100m: 1:21.52		44.15			
3.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	1:21.91	479	34,00
	50m: 38.61 38.61		100m: 1:21.91		43.30			
4.	Luciana Filipa, PINTO	F	201801	08	Porto	1:25.20	426	-
	50m: 39.76 39.76		100m: 1:25.20		45.44			
5.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf	1:25.53	421	33,00
	50m: 40.42 40.42		100m: 1:25.53		45.11			
6.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	1:26.12	412	32,00
	50m: 40.40 40.40		100m: 1:26.12		45.72			
7.	Ana Carolina, CRUZ	F	201055	08	Famalica�o	1:26.39	409	31,00
	50m: 40.14 40.14		100m: 1:26.39		46.25			
8.	Ines Rebelo, SOUSA	F	203317	07	Porto	1:26.57	406	-
	50m: 40.76 40.76		100m: 1:26.57		45.81			
9.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	1:27.02	400	29,00
	50m: 40.07 40.07		100m: 1:27.02		46.95			
10.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	1:27.09	399	28,00
	50m: 41.84 41.84		100m: 1:27.09		45.25			
11.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	1:27.19	397	-
	50m: 40.34 40.34		100m: 1:27.19		46.85			
12.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	1:27.53	393	-
	50m: 42.37 42.37		100m: 1:27.53		45.16			
13.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	1:29.98	362	26,00
	50m: 42.68 42.68		100m: 1:29.98		47.30			
14.	Francisca Soares, PIMENTA FTL	F	202786	07	Clube Naval Povoense	1:32.56	332	23,00
	50m: 43.60 43.60		100m: 1:32.56		48.96			
15.	Matilde Araujo, PALMEIRA FTL	F	202806	07	Vilacondense	1:32.59	332	-
	50m: 43.43 43.43		100m: 1:32.59		49.16			
16.	Ana Vitoria, LOPES FTL	F	215066	08	Assoc. Desportiva de Fafe	1:39.69	266	22,00

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Prova 5, Femin., 100m Bruços, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
	50m: 46.50 46.50		100m: 1:39.69	53.19				
DSQ	Leonor Isabel, MARTINS	F	201385	08	Vilacondense			-
	<i>7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços – SW 7.1</i>							

Juniores-Seniores

1.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	1:17.41	568	43,00
	50m: 36.65 36.65		100m: 1:17.41	40.76				
2.	Sofia Nunes, FIAL	F	127329	03	Porto	1:18.33	548	41,00
	50m: 36.26 36.26		100m: 1:18.33	42.07				
3.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	1:18.71	540	40,00
	50m: 37.45 37.45		100m: 1:18.71	41.26				
4.	Leonor Filipa, PINTO	F	132842	06	Porto	1:20.26	510	38,00
	50m: 38.03 38.03		100m: 1:20.26	42.23				
5.	Marta Oliveira, FERREIRA	F	125854	04	GCST	1:20.85	499	37,00
	50m: 37.36 37.36		100m: 1:20.85	43.49				
6.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo	1:21.22	492	36,00
	50m: 37.96 37.96		100m: 1:21.22	43.26				
7.	Ines Correia, MARTINS	F	129741	04	Porto	1:25.38	423	-
	<i>FTL</i>							
	50m: 41.11 41.11		100m: 1:25.38	44.27				
8.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	1:26.48	407	30,00
	50m: 41.07 41.07		100m: 1:26.48	45.41				
9.	Mariana Santos, ROMAO	F	200366	06	Vilacondense	1:27.09	399	-
	<i>FTL</i>							
	50m: 40.95 40.95		100m: 1:27.09	46.14				
10.	Daniela Alves, FERNANDES	F	200918	05	Leixoes Sport Clube	1:27.18	398	-
	<i>FTL</i>							
	50m: 40.84 40.84		100m: 1:27.18	46.34				
11.	Carlota Sequeira, APARICIO	F	121976	03	Fluvial Portuense	1:28.22	384	27,00
	<i>FTL</i>							
	50m: 41.81 41.81		100m: 1:28.22	46.41				
12.	Carolina Ascenso, SANTOS	F	121271	01	Propaganda da Nataç�o	1:30.45	356	25,00
	<i>FTL</i>							
	50m: 42.47 42.47		100m: 1:30.45	47.98				
13.	Mariana Filipa, GOMES	F	128450	04	Penafiel	1:30.90	351	24,00
	<i>FTL</i>							
	50m: 42.57 42.57		100m: 1:30.90	48.33				
14.	Carolina Benedita, SOUSA	F	153538	05	Penafiel	1:45.77	222	21,00
	<i>FTL</i>							
	50m: 51.41 51.41		100m: 1:45.77	54.36				
DSQ	Regina Correia, NOVAIS	F	129769	06	Foca Quinta Da Lixa - Cnf			-
	<i>7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Durante o percurso</i>							

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Prova 5, Femin., 100m Bruços

Absolutos

1.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	1:17.41	568	43,00
	50m: 36.65 36.65		100m: 1:17.41		40.76			
2.	Sofia Nunes, FIAL	F	127329	03	Porto	1:18.33	548	41,00
	50m: 36.26 36.26		100m: 1:18.33		42.07			
3.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	1:18.71	540	40,00
	50m: 37.45 37.45		100m: 1:18.71		41.26			
4.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	1:19.36	527	39,00
	50m: 37.57 37.57		100m: 1:19.36		41.79			
5.	Leonor Filipa, PINTO	F	132842	06	Porto	1:20.26	510	38,00
	50m: 38.03 38.03		100m: 1:20.26		42.23			
6.	Marta Oliveira, FERREIRA	F	125854	04	GCST	1:20.85	499	37,00
	50m: 37.36 37.36		100m: 1:20.85		43.49			
7.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo	1:21.22	492	36,00
	50m: 37.96 37.96		100m: 1:21.22		43.26			
8.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	1:21.52	486	35,00
	50m: 37.37 37.37		100m: 1:21.52		44.15			
9.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	1:21.91	479	34,00
	50m: 38.61 38.61		100m: 1:21.91		43.30			
10.	Luciana Filipa, PINTO	F	201801	08	Porto	1:25.20	426	-
	50m: 39.76 39.76		100m: 1:25.20		45.44			
11.	Ines Correia, MARTINS	F	129741	04	Porto	1:25.38	423	-
	<i>FTL</i>							
	50m: 41.11 41.11		100m: 1:25.38		44.27			
12.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf	1:25.53	421	33,00
	50m: 40.42 40.42		100m: 1:25.53		45.11			
13.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	1:26.12	412	32,00
	50m: 40.40 40.40		100m: 1:26.12		45.72			
14.	Ana Carolina, CRUZ	F	201055	08	Famalica�o	1:26.39	409	31,00
	50m: 40.14 40.14		100m: 1:26.39		46.25			
15.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	1:26.48	407	30,00
	50m: 41.07 41.07		100m: 1:26.48		45.41			
16.	Ines Rebelo, SOUSA	F	203317	07	Porto	1:26.57	406	-
	50m: 40.76 40.76		100m: 1:26.57		45.81			
17.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	1:27.02	400	29,00
	50m: 40.07 40.07		100m: 1:27.02		46.95			
18.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	1:27.09	399	28,00
	50m: 41.84 41.84		100m: 1:27.09		45.25			
	Mariana Santos, ROMAO	F	200366	06	Vilacondense	1:27.09	399	-
	<i>FTL</i>							
	50m: 40.95 40.95		100m: 1:27.09		46.14			
20.	Daniela Alves, FERNANDES	F	200918	05	Leixoes Sport Clube	1:27.18	398	-
	<i>FTL</i>							
	50m: 40.84 40.84		100m: 1:27.18		46.34			
21.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	1:27.19	397	-
	50m: 40.34 40.34		100m: 1:27.19		46.85			
22.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	1:27.53	393	-
	50m: 42.37 42.37		100m: 1:27.53		45.16			
23.	Carlota Sequeira, APARICIO	F	121976	03	Fluvial Portuense	1:28.22	384	27,00
	<i>FTL</i>							
	50m: 41.81 41.81		100m: 1:28.22		46.41			

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Prova 5, Femin., 100m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
24.	Ariana Micaela, BESSA 50m: 42.68 42.68	F	201080	08	Lousada S�culo XXI 100m: 1:29.98 47.30	1:29.98	362	26,00
25.	Carolina Ascenso, SANTOS FTL 50m: 42.47 42.47	F	121271	01	Propaganda da Nataç�o 100m: 1:30.45 47.98	1:30.45	356	25,00
26.	Mariana Filipa, GOMES FTL 50m: 42.57 42.57	F	128450	04	Penafiel 100m: 1:30.90 48.33	1:30.90	351	24,00
27.	Francisca Soares, PIMENTA FTL 50m: 43.60 43.60	F	202786	07	Clube Naval Povoense 100m: 1:32.56 48.96	1:32.56	332	23,00
28.	Matilde Araujo, PALMEIRA FTL 50m: 43.43 43.43	F	202806	07	Vilacondense 100m: 1:32.59 49.16	1:32.59	332	-
29.	Ana Vitoria, LOPES FTL 50m: 46.50 46.50	F	215066	08	Assoc. Desportiva de Fafe 100m: 1:39.69 53.19	1:39.69	266	22,00
30.	Carolina Benedita, SOUSA FTL 50m: 51.41 51.41	F	153538	05	Penafiel 100m: 1:45.77 54.36	1:45.77	222	21,00
DSQ	Regina Correia, NOVAIS 7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Durante o percurso	F	129769	06	Foca Quinta Da Lixa - Cnf			-
DSQ	Leonor Isabel, MARTINS 7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaqu�tica que antecede a pernada de bruços – SW 7.1	F	201385	08	Vilacondense			-
EXH	Francisca Sena, PINHEIRO 50m: 37.49 37.49	F	129598	05	GCVR 100m: 1:20.46 42.97	1:20.46	506	-

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Prova 6	Masc., 100m Bruços				Absolutos
24/06/2022 - 11:00					Resultados
Recordes Nacionais 50m Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Recordes Nacionais 50m Sen	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Recordes Nacionais 50m Jun 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro	18/07/2009
Recordes Nacionais 50m Jun 17	1:04.54	Andre Miguel, SILVA	POR	Belgrado (SRB)	02/08/2008
Recordes Nacionais 50m Juv A	1:04.48	Ricardo Samuel, PEREIRA	POR	Baku (AZE)	25/07/2019
Recordes Nacionais 50m Juv B	1:06.16	Ricardo Samuel, PEREIRA	SLB	Oeiras	26/07/2018
Recorde Regional 50m Absoluto	1:02.02	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	18/08/2014
Recorde Regional 50m Sen	1:02.02	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	18/08/2014
Recorde Regional 50m Jun 18	1:04.37	Henrique Pereira, NEIVA	CFV	Linz (AUT)	12/07/2002
Recorde Regional 50m Jun 17	1:04.62	Ricardo Ribeiro, SILVA	CFV	Praga (CZE)	11/07/2009
Recorde Regional 50m Juv A	1:05.43	Andre Goncalo, SANTOS	LSC	Utrecht (NED)	16/07/2013
Recorde Regional 50m Juv B	1:06.44	Andre Goncalo, SANTOS	LSC	Corfu (GRE)	31/03/2012

Juv B - Masculino Juv B: 1:24.15 / Juv A - Masculino Juv A: 1:21.91 / Jun - Masculinos Jun: 1:17.45 / Sen - Masculinos Sen: 1:13.63

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Leonardo Freitas, FERNANDES	M	209567	06	Famalici�o	1:12.27	487	36,00
	50m: 34.14 34.14		100m: 1:12.27		38.13			
2.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	1:14.43	446	33,00
	50m: 34.64 34.64		100m: 1:14.43		39.79			
3.	Duarte Maria, CARREIRA	M	205865	07	Porto	1:15.01	436	-
	50m: 35.17 35.17		100m: 1:15.01		39.84			
4.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	1:15.68	424	31,00
	50m: 35.18 35.18		100m: 1:15.68		40.50			
5.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	1:16.58	409	30,00
	50m: 35.20 35.20		100m: 1:16.58		41.38			
6.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe	1:18.37	382	26,00
	50m: 36.29 36.29		100m: 1:18.37		42.08			
7.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	1:18.54	379	25,00
	50m: 35.99 35.99		100m: 1:18.54		42.55			
8.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	1:18.83	375	24,00
	50m: 35.48 35.48		100m: 1:18.83		43.35			
9.	Gustavo Andrade, PINTO	M	207848	07	Leixoes Sport Clube	1:19.41	367	-
	50m: 37.56 37.56		100m: 1:19.41		41.85			
10.	Bruno Emanuel, VIEIRA	M	204681	07	Lousada S�culo XXI	1:20.54	352	23,00
	50m: 36.79 36.79		100m: 1:20.54		43.75			
11.	Francisco Manuel, PINTO	M	200812	07	Penafiel	1:21.54	339	22,00
	50m: 37.83 37.83		100m: 1:21.54		43.71			
12.	Joao Pedro, SOUSA	M	210517	07	Natacao de Valongo	1:33.56	224	20,00
	FTL							
	50m: 43.67 43.67		100m: 1:33.56		49.89			
13.	Gustavo Amaro, MACHADO	M	203335	07	Natacao de Valongo	1:37.72	197	-
	FTL							
	50m: 44.60 44.60		100m: 1:37.72		53.12			
DSQ	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense			-
	<i>7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaqu�tica que antecede a pernada de bruços – SW 7.1</i>							
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalici�o			-

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Prova 6, Masc., 100m Bruços

Juniores-Seniores

1.	Joao Campelo, OLIVEIRA	M	127673	04	Famaliç�o	1:06.49	626	43,00
	50m: 31.66 31.66		100m: 1:06.49 34.83					
2.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	1:08.92	562	41,00
	50m: 31.88 31.88		100m: 1:08.92 37.04					
3.	Rui Pedro, SILVA	M	127555	03	Leixoes Sport Clube	1:10.58	523	40,00
	50m: 32.70 32.70		100m: 1:10.58 37.88					
4.	Tomas Antonio, SILVA	M	132294	01	Porto	1:10.95	515	39,00
	50m: 32.40 32.40		100m: 1:10.95 38.55					
5.	Diogo Miguel, COSTA	M	110489	98	Leixoes Sport Clube	1:11.25	508	38,00
	50m: 32.98 32.98		100m: 1:11.25 38.27					
6.	Sergio Daniel, ARAUJO	M	127097	02	Clube Naval Povoense	1:11.71	499	37,00
	50m: 33.12 33.12		100m: 1:11.71 38.59					
7.	Afonso Valente, FONSECA	M	200373	05	Fluvial Portuense	1:13.17	469	35,00
	50m: 34.03 34.03		100m: 1:13.17 39.14					
8.	Goncalo Manuel, SILVA	M	129734	05	Porto	1:13.99	454	34,00
	50m: 33.94 33.94		100m: 1:13.99 40.05					
9.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia	1:14.99	436	32,00
	50m: 35.51 35.51		100m: 1:14.99 39.48					
10.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	1:15.86	421	-
	50m: 35.50 35.50		100m: 1:15.86 40.36					
11.	Rodrigo Manuel, NETO	M	127952	04	Aquatico Pacense	1:17.20	399	29,00
	50m: 36.25 36.25		100m: 1:17.20 40.95					
12.	Henrique Rocha, CARNEIRO	M	132879	05	Aquatico Pacense	1:17.35	397	28,00
	50m: 35.85 35.85		100m: 1:17.35 41.50					
13.	Guilherme Lobo, PINTO FTL	M	126503	04	Foca Quinta Da Lixa - Cnf	1:17.53	394	27,00
	50m: 36.86 36.86		100m: 1:17.53 40.67					
14.	Ruben Leal, LIMA FTL	M	200678	05	Aquatico Pacense	1:18.20	384	-
	50m: 36.91 36.91		100m: 1:18.20 41.29					
15.	Pedro Martins, ALVES FTL	M	132333	05	Famaliç�o	1:18.59	379	-
	50m: 36.51 36.51		100m: 1:18.59 42.08					
16.	Goncalo Oliveira, SILVA FTL	M	128740	04	Foca Quinta Da Lixa - Cnf	1:22.82	323	21,00
	50m: 37.44 37.44		100m: 1:22.82 45.38					
DSQ	Joao Simons, CUNHA 7.2 - O(A) nadador(a), na viragem aos 50 metros, efetuou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1	M	124582	02	Leixoes Sport Clube			-
WDR	Guilherme Jesus, CARVALHO	M	201136	05	Foca Quinta Da Lixa - Cnf			-
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-

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Prova 6, Masc., 100m Bruços

Absolutos

1.	Joao Campelo, OLIVEIRA	M	127673	04	Famalic�o	1:06.49	626	43,00
	50m: 31.66 31.66		100m: 1:06.49 34.83					
2.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	1:08.92	562	41,00
	50m: 31.88 31.88		100m: 1:08.92 37.04					
3.	Rui Pedro, SILVA	M	127555	03	Leixoes Sport Clube	1:10.58	523	40,00
	50m: 32.70 32.70		100m: 1:10.58 37.88					
4.	Tomas Antonio, SILVA	M	132294	01	Porto	1:10.95	515	39,00
	50m: 32.40 32.40		100m: 1:10.95 38.55					
5.	Diogo Miguel, COSTA	M	110489	98	Leixoes Sport Clube	1:11.25	508	38,00
	50m: 32.98 32.98		100m: 1:11.25 38.27					
6.	Sergio Daniel, ARAUJO	M	127097	02	Clube Naval Povoense	1:11.71	499	37,00
	50m: 33.12 33.12		100m: 1:11.71 38.59					
7.	Leonardo Freitas, FERNANDES	M	209567	06	Famalic�o	1:12.27	487	36,00
	50m: 34.14 34.14		100m: 1:12.27 38.13					
8.	Afonso Valente, FONSECA	M	200373	05	Fluvial Portuense	1:13.17	469	35,00
	50m: 34.03 34.03		100m: 1:13.17 39.14					
9.	Goncalo Manuel, SILVA	M	129734	05	Porto	1:13.99	454	34,00
	50m: 33.94 33.94		100m: 1:13.99 40.05					
10.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	1:14.43	446	33,00
	50m: 34.64 34.64		100m: 1:14.43 39.79					
11.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia	1:14.99	436	32,00
	50m: 35.51 35.51		100m: 1:14.99 39.48					
12.	Duarte Maria, CARREIRA	M	205865	07	Porto	1:15.01	436	-
	50m: 35.17 35.17		100m: 1:15.01 39.84					
13.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	1:15.68	424	31,00
	50m: 35.18 35.18		100m: 1:15.68 40.50					
14.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	1:15.86	421	-
	50m: 35.50 35.50		100m: 1:15.86 40.36					
15.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	1:16.58	409	30,00
	50m: 35.20 35.20		100m: 1:16.58 41.38					
16.	Rodrigo Manuel, NETO	M	127952	04	Aquatico Pacense	1:17.20	399	29,00
	50m: 36.25 36.25		100m: 1:17.20 40.95					
17.	Henrique Rocha, CARNEIRO	M	132879	05	Aquatico Pacense	1:17.35	397	28,00
	50m: 35.85 35.85		100m: 1:17.35 41.50					
18.	Guilherme Lobo, PINTO FTL	M	126503	04	Foca Quinta Da Lixa - Cnf	1:17.53	394	27,00
	50m: 36.86 36.86		100m: 1:17.53 40.67					
19.	Ruben Leal, LIMA FTL	M	200678	05	Aquatico Pacense	1:18.20	384	-
	50m: 36.91 36.91		100m: 1:18.20 41.29					
20.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe	1:18.37	382	26,00
	50m: 36.29 36.29		100m: 1:18.37 42.08					
21.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	1:18.54	379	25,00
	50m: 35.99 35.99		100m: 1:18.54 42.55					
22.	Pedro Martins, ALVES FTL	M	132333	05	Famalic�o	1:18.59	379	-
	50m: 36.51 36.51		100m: 1:18.59 42.08					
23.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	1:18.83	375	24,00
	50m: 35.48 35.48		100m: 1:18.83 43.35					

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Prova 6, Masc., 100m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
24.	Gustavo Andrade, PINTO 50m: 37.56 37.56	M	207848	07	Leixoes Sport Clube	1:19.41	367	-
25.	Bruno Emanuel, VIEIRA 50m: 36.79 36.79	M	204681	07	Lousada S�culo XXI	1:20.54	352	23,00
26.	Francisco Manuel, PINTO 50m: 37.83 37.83	M	200812	07	Penafiel	1:21.54	339	22,00
27.	Goncalo Oliveira, SILVA FTL 50m: 37.44 37.44	M	128740	04	Foca Quinta Da Lixa - Cnf	1:22.82	323	21,00
28.	Joao Pedro, SOUSA FTL 50m: 43.67 43.67	M	210517	07	Natacao de Valongo	1:33.56	224	20,00
29.	Gustavo Amaro, MACHADO FTL 50m: 44.60 44.60	M	203335	07	Natacao de Valongo	1:37.72	197	-
DSQ	Diogo Borges, PORTELA 7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços – SW 7.1	M	202263	07	Fluvial Portuense			-
DSQ	Joao Simons, CUNHA 7.2 - O(A) nadador(a), na viragem aos 50 metros, efetuou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1	M	124582	02	Leixoes Sport Clube			-
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalic�o			-
WDR	Guilherme Jesus, CARVALHO	M	201136	05	Foca Quinta Da Lixa - Cnf			-
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-

Prova 7

Misto, 4 x 100m Estilos

Absolutos
Resultados

24/06/2022 - 11:25

Recordes Nacionais 50m Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Recordes Nacionais 50m Sen	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Recordes Nacionais 50m Jun	4:09.98	Clube Natacao Colegio Efanor	CNCE	Coimbra	28/03/2021
Recordes Nacionais 50m Juv A	4:23.79	Gesloures-Gestao Equip. Sociais, EGESL		Coimbra	02/04/2022
Recordes Nacionais 50m Juv	4:15.97	Clube dos Galitos / Bresimar	CGA	Oeiras	01/08/2021
Recordes Nacionais 50m Juv B	4:24.01	Grupo Desp. Natacao V. N. FamalicGDNFAMA		Oeiras	01/08/2021
Recordes Nacionais 50m Inf A	4:33.31	Sporting Clube de Portugal	SCP	Famalic�o	17/07/2016
Recordes Nacionais 50m Inf	4:33.31	Sporting Clube de Portugal	SCP	Famalic�o	17/07/2016
Recorde Regional 50m Sen	4:10.98	Vit�ria Sport Clube	VSC	P�voa de Varzim	12/03/2022
Recorde Regional 50m Jun	4:09.98	Ana Oliveira, Joao Moreira, Mariana	CNCE	BeCoimbra'erreira	28/03/2021
Recorde Regional 50m Juv A	4:24.82	Grupo Desportivo Nataç�o de V.N.FGDNFAMA		P�voa de Varzim	12/03/2022
Recorde Regional 50m Juv	4:24.01	Rita Soares, Tomas Costa, Rodrigo GDVNF		MaOeiras'lesquita	01/08/2021

Pontos: FINA 2021

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
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O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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

26/06/2022 17:44 - P gina 26

|ORGANIZA O



|PARCEIRO INSTITUCIONAL



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Prova 7, Misto, 4 x 100m Estilos

1.	Vit�ria Sport Clube 1	X			Vit�ria Sport Clube		4:13.86	636	43,00
	Joao Nogueira, COSTA	+0,63	27.61	55.97	Filipa Viamonte, FERNANDES	+0,41	30.53	1:06.27	
	Alexandre Ferreira, AMORIM	+0,25	31.90	1:07.24	Ana Ines, FERNANDES	+0,36	30.60	1:04.38	
2.	Porto 1	X			Porto		4:18.61	602	41,00
	Ana Rita, RAMOS	+0,72	32.98	1:09.80	Porfirio Braga, NUNES	+0,37	25.91	56.00	
	Tomas Antonio, SILVA		31.72	1:09.89	Leonor Santos, SILVA	+0,28	29.74	1:02.92	
3.	Vilacondense 1	X			Vilacondense		4:22.13	578	40,00
	Bruno Shinji, KOBAYASHI	+0,58	31.64	1:05.02	Ana Catarina, MONTEIRO	+0,10	28.85	1:01.67	
	Francisca Macedo, LOPES	+0,25	36.46	1:17.85	Ruben Vieira, SANTOS	+0,08	27.07	57.59	
4.	Famalica�o 2	X			Famalica�o		4:29.68	531	39,00
	Francisco Araujo, SILVA	+0,70	30.33	1:01.78	Rodrigo Ferreira, PEREIRA	+0,31	26.93	1:00.09	
	Ana Carolina, CRUZ	+0,68	40.31	1:28.11	Mafalda Martins, MESQUITA	+0,15	28.91	59.70	
5.	Fluvial Portuense 2	X			Fluvial Portuense		4:37.12	489	38,00
	Mafalda Pinto, SOUSA	+0,73	35.16	1:14.49	Joao Carlos, BARROS	+0,55	29.06	1:03.37	
	Gil Afonso, RODRIGUES		34.83	1:16.32	Sofia Alexandra, CARVALHO	+0,50	29.89	1:02.94	
6.	Natacao de Valongo 1	X			Natacao de Valongo		4:37.28	488	37,00
	Manuel Fernando, TEIXEIRA	+0,79	34.32	1:10.05	Francisco Campos, LOURENCO	+0,60	27.97	1:00.00	
	Gabriela Santos, ROCHA	+0,40	37.84	1:21.96	Matilde Teixeira, SOUSA	+0,42	30.30	1:05.27	
7.	Porto 2	X			Porto		4:37.52	487	36,00
	Rodrigo Filipe, CORREIA	+0,60	32.69	1:06.94	Leonor Carvalho, SOARES	+0,74	33.31	1:11.49	
	Duarte Maria, CARREIRA	+0,69	35.12	1:15.52	Sofia Teixeira, BARBOSA	+0,51	30.86	1:03.57	
8.	Natacao da Maia 2	X			Natacao da Maia		4:39.90	475	35,00
	Tomas Ferreira, OLIVEIRA	+0,62	30.93	1:04.41	Ana Gabriela, SILVA	+0,37	33.97	1:14.44	
	Alexandra Noemia, SILVANO	+0,80	39.51	1:25.97	Goncalo Carlos, AZEVEDO	+0,42	26.50	55.08	
9.	Fluvial Portuense 1	X			Fluvial Portuense		4:40.34	472	34,00
	Pedro Nuno, CANELAS	+0,57	31.38	1:05.44	Ines Aires, NOGUEIRA	+0,23	33.79	1:15.19	
	Afonso Valente, FONSECA	+0,67	34.67	1:15.25	Maria Luis, SA	+0,49	30.99	1:04.46	
10.	GCST 1	X			GCST		4:41.49	467	33,00
	Bruno Miguel, MAIA	+0,53	33.77	1:10.35	Henrique Santa, VALE	+0,68	29.31	1:03.04	
	Marta Oliveira, FERREIRA	+0,33	36.70	1:21.87	Ana Carmo, PINHEIRO	+0,42	31.50	1:06.23	
11.	Foca Quinta Da Lixa - Cnf 1	X			Foca Quinta Da Lixa - Cnf		4:43.11	459	32,00
	Maria Joao, FERREIRA	+0,67	34.59	1:11.16	Guilherme Lobo, PINTO	+0,41	31.91	1:08.13	
	Goncalo Oliveira, SILVA	+0,11	36.26	1:17.64	Ana Rita, MARTINS	+0,04	31.55	1:06.18	
12.	Assoc. Desportiva de Fafe 2	X			Assoc. Desportiva de Fafe		4:45.17	449	31,00
	Pedro Miguel, PINTO	+0,76	32.49	1:08.35	Maria Joao, MARTINS	+0,40	32.47	1:12.16	
	Laura Doellinger, CASTRO	+0,76	40.05	1:26.77	Antonio Miguel, COSTA	+0,13	27.27	57.89	
13.	Leixoes Sport Clube 2	X			Leixoes Sport Clube		4:47.17	439	30,00
	Pedro Santos, PEREIRA	+0,74	32.57	1:07.79	Carolina Amadeu, FERREIRA	+0,51	34.53	1:16.19	
	Gustavo Andrade, PINTO	+0,18	36.78	1:19.98	Barbara Sofia, GOMES	+0,29	29.48	1:03.21	
14.	Vilacondense 2	X			Vilacondense		4:51.74	419	29,00
	Artur Guterres, CARVALHO	+0,78	32.13	1:07.15	Maria Joao, COSTA	+0,63	33.20	1:18.59	
	Pedro Roque, IGREJA	+0,37	35.78	1:20.08	Maria Francisca, BERNARDO	+0,34	30.97	1:05.92	
15.	Aquatico Pacense 1	X			Aquatico Pacense		4:55.66	403	28,00
	Bebiana Filipa, BARBOSA	+0,65	38.70	1:19.34	Ines Filipa, MAGALHAES	+0,37	34.26	1:14.79	
	Ruben Leal, LIMA	+0,25	36.00	1:18.14	Rodrigo Manuel, NETO	+0,16	29.57	1:03.39	
16.	Aquatico Pacense 2	X			Aquatico Pacense		5:07.70	357	27,00
	Manuel Joaquim, LEAL	+0,65	34.75	1:13.53	Rafael Dinis, PACHECO	+0,51	32.43	1:13.91	
	Erica Ferreira, BARROS	+0,37	43.70	1:30.34	Bruna Maria, BARBOSA	+0,11	32.85	1:09.92	
DSQ	Clube Naval Povoense 1	X			Clube Naval Povoense				-
	<i>7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, 2� nadador - durante o percurso</i>								
	Matilde Reis, FONTES	+0,88	38.21	1:19.86	Tiago Fonseca, CARVALHO				
	Sergio Daniel, ARAUJO	+0,27			Natalia Avila, PEREYRA				
DSQ	Clube Naval Povoense 2	X			Clube Naval Povoense				-
	<i>10.18 - Rendi�o Antecipada do 3 Nadador(a) - SW 10.11</i>								
	Luis Filipe, CARVALHO	+0,63	31.78	1:05.23	Rodrigo Santos, CONCEICAO	-0,09			
	Francisca Soares, PIMENTA	+0,36	42.89	1:31.71	Matilde Vale, SILVA				

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26/06/2022 17:44 - P gina 27

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Prova 7, Misto, 4 x 100m Estilos, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
DSQ	Foca Quinta Da Lixa - Cnf 2	X		Foca Quinta Da Lixa - Cnf			-
	10.18 - Rendic�o Antecipada do 3 Nadador(a) - SW 10.11						
	Renato Gouveia, TEIXEIRA	+0,66	31.74	1:07.93	Leonardo Cunha, MOURA	-0,04	
	Mariana Pinto, FERREIRA		38.80	1:24.13	Ana Beatriz, VIEIRA		
DSQ	Leixoes Sport Clube 1	X		Leixoes Sport Clube			-
	10.21 - A Equipa de estafeta nadou com uma ordem de entrada de nadadores alterada sem apresentao de justificativo m�dico.- SW 10.13						
	Gaspar Pinheiro, LIMA, Rui Pedro, SILVA, Daniela Alexandra, COSTA, Maria Ines, LEMOS						
DSQ	Natacao da Maia 1	X		Natacao da Maia			-
	10.18 - Rendic�o Antecipada do 2 Nadador(a) - SW 10.11						
	Carolina Soares, PINTO	+0,72	40.91	1:26.95	Tomas Carvalhinho, RIBEIRO		
	Francisco Manuel, ZENZA	-0,04			Lara Nobre, FERREIRA		
DSQ	Propaganda da Natao 2	X		Propaganda da Natao			-
	10.18 - Rendic�o Antecipada do 2 Nadador(a) - SW 10.11						
	Margarida Ascenso, SANTOS	+0,69	38.46	1:20.18	Alex, LUKYANCHYKOV		
	Ariana, SAMPAIO RODRIGUES	-0,13			Goncalo, ALVES MOUTINHO		
WDR	Famalic�o 1	X		Famalic�o			-

2 - 1ª Jornada -2ª Sess o

24/06/2022 - 15:00

Prova 8 Misto, 4 x 100m Livres Absolutos
24/06/2022 - 15:00 Resultados

Recordes Nacionais 50m Absoluto	3:43.48	Sport Lisboa e Benfica	SLB	Coimbra	20/05/2017
Recordes Nacionais 50m Sen	3:43.48	Sport Lisboa e Benfica	SLB	Coimbra	20/05/2017
Recordes Nacionais 50m Jun	3:49.81	Clube Natacao Colegio Efanor	CNCE	Coimbra	24/04/2021
Recordes Nacionais 50m Juv A	4:00.22	Ass. Desp. Bairro dos Anjos	ADBA	Oeiras	31/07/2021
Recordes Nacionais 50m Juv	4:00.22	Ass. Desp. Bairro dos Anjos	ADBA	Oeiras	31/07/2021
Recordes Nacionais 50m Juv B	4:00.87	Gesloures-Gestao Equip. Sociais, EGESL		Oeiras	31/07/2021
Recordes Nacionais 50m Inf A	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	21/07/2018
Recordes Nacionais 50m Inf	4:01.87	Clube dos Galitos / Bresimar	CGA	S. Joao da Madeira	21/07/2018
Recorde Regional 50m Sen	3:48.15	Futebol Clube do Porto	FCP	P�voa de Varzim	11/03/2022
Recorde Regional 50m Jun	3:49.81	Mariana Cunha, Joao Moreira, Ana CNCera, BeCoimbra'erreira			24/04/2021
Recorde Regional 50m Juv A	4:04.67	Goncalo Silva, Catarina Pires, Joao FCPes, LeoFamalic�o			06/07/2021
Recorde Regional 50m Juv	4:01.49	Alexandre Goncalves, Nuria Silva, VCLAMASiOeirasatriz Pereira			31/07/2021
Recorde Regional 50m Juv B	4:10.44	Biagio Tona, Beatriz Pereira, RomukCCLAMASiFamalicao			06/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1. Porto 1	X			Porto	3:52.30	632	43,00
	Porfirio Braga, NUNES	+0,77	25.69	52.91	Ana Rita, RAMOS	+0,51	29.78
	Francisco Rodriguez, AMARAL	+0,41	26.04	54.21	Leonor Santos, SILVA	+0,18	29.98
2. Vilacondense 1	X			Vilacondense	3:58.32	585	41,00
	Bruno Shinji, KOBAYASHI	+0,68	28.87	58.20	Ana Catarina, MONTEIRO	+0,27	29.64
	Ruben Vieira, SANTOS	+0,07	27.02	57.08	Francisca Macedo, LOPES	+0,34	29.87
3. Foca Quinta Da Lixa - Cnf 2	X			Foca Quinta Da Lixa - Cnf	4:01.85	560	40,00
	Leonardo Cunha, MOURA	+0,70	27.62	57.40	Carolina Cunha, HENRIQUES	+0,23	31.20
	Renato Gouveia, TEIXEIRA	+0,40	28.23	58.87	Ana Beatriz, VIEIRA	+0,38	28.89
4. Famalic�o 2	X			Famalicao	4:02.16	558	39,00
	Francisco Araujo, SILVA	+0,83	28.28	58.55	Rodrigo Ferreira, PEREIRA	+0,54	26.44
	Ana Carolina, CRUZ	+0,71	32.21	1:07.14	Mafalda Martins, MESQUITA	+0,49	29.23

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Prova 8, Misto, 4 x 100m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS	
5.	Porto 2	X		Porto	4:03.76	547	38,00	
	Bruno Silva, LOUREIRO	+0,77	28.46	58.98	Francisca Martins, GOMES	+0,52	30.62	1:04.04
	Vasco Monteiro, CASTRO	+0,67	27.41	57.31	Sofia Teixeira, BARBOSA	+0,57	30.37	1:03.43
6.	Fluvial Portuense 2	X		Fluvial Portuense	4:05.05	538	37,00	
	Afonso Pacheco, CARVALHO	+0,80	28.47	1:00.12	Ana Carolina, NEVES	+0,22	29.70	1:02.66
	Sofia Alexandra, CARVALHO	+0,28	30.06	1:03.71	Joao Carlos, BARROS	+0,52	28.54	58.56
7.	Aquatico Pacense 1	X		Aquatico Pacense	4:07.11	525	36,00	
	Dinis Barros, LEAL	+0,69	28.60	59.31	Matilde Barros, LEAL	+0,32	31.41	1:05.95
	Beatriz Costa, DIAS	+0,37	31.87	1:06.86	Ricardo Filipe, ROCHA	+0,44	25.77	54.99
8.	Foca Quinta Da Lixa - Cnf 1	X		Foca Quinta Da Lixa - Cnf	4:08.49	516	35,00	
	Guilherme Lobo, PINTO	+0,69	27.43	57.45	Regina Correia, NOVAIS	+0,44	31.90	1:10.63
	Afonso Martim, LEITE	+0,39	27.16	56.42	Joao Joao, FERREIRA	+0,06	30.04	1:03.99
9.	Vilacondense 2	X		Vilacondense	4:11.45	498	34,00	
	Afonso Azevedo, PACHECO	+0,82	28.65	1:02.20	Maria Joao, COSTA	+0,56	30.57	1:04.42
	Artur Guterres, CARVALHO	+0,33	27.01	57.11	Maria Francisca, BERNARDO	+0,65	31.26	1:07.72
10.	Assoc. Desportiva de Fafe 2	X		Assoc. Desportiva de Fafe	4:12.17	494	33,00	
	Antonio Miguel, COSTA	+0,79	27.84	58.47	Maria Joao, MARTINS	+0,38	30.98	1:06.20
	Pedro Miguel, PINTO	+0,20	28.36	1:01.77	Laura Doellinger, CASTRO	+0,36	30.97	1:05.73
11.	Leixoes Sport Clube 2	X		Leixoes Sport Clube	4:14.52	480	32,00	
	Pedro Santos, PEREIRA	+0,83	28.76	59.74	Barbara Sofia, GOMES	+0,16	29.25	1:02.04
	Duarte Correia, GARCIA	+0,36	30.97	1:06.66	Carolina Amadeu, FERREIRA	+0,55	32.05	1:06.08
12.	Natacao da Maia 2	X		Natacao da Maia	4:14.83	479	31,00	
	Goncalo Carlos, AZEVEDO	+0,88	26.97	54.94	Tomas Ferreira, OLIVEIRA	+0,12	27.37	58.69
	Maria Leonor, MOUTINHO	+0,61	33.63	1:10.99	Ana Gabriela, SILVA	+0,65	33.74	1:10.21
13.	Clube Naval Povoense 2	X		Clube Naval Povoense	4:16.84	467	30,00	
	Rodrigo Santos, CONCEICAO	+0,73	27.87	58.62	Luis Filipe, CARVALHO	+0,43	27.90	58.33
	Matilde Vale, SILVA	+0,49	32.78	1:09.05	Francisca Soares, PIMENTA	+0,34	33.37	1:10.84
14.	Natacao da Maia 1	X		Natacao da Maia	4:26.78	417	29,00	
	Francisco Manuel, ZENZA	+0,83	26.56	55.42	Carolina Soares, PINTO	+0,49	36.67	1:18.94
	Lara Nobre, FERREIRA	+0,67	35.51	1:15.22	Tomas Carvalhinho, RIBEIRO	+0,41	27.06	57.20
15.	Natacao de Valongo 2	X		Natacao de Valongo	4:27.58	413	28,00	
	Jose Pedro, CARNEIRO	+0,88	28.76	1:00.09	Iara Clarisse, SOUSA	+0,54	36.36	1:15.30
	Rodrigo Miguel, FERNANDES	+0,52	30.82	1:05.99	Filipa Oliveira, COSTA	+0,50	31.69	1:06.20
16.	Aquatico Pacense 2	X		Aquatico Pacense	4:41.16	356	27,00	
	Bruna Maria, BARBOSA	+0,91	33.72	1:10.75	Rafael Dinis, PACHECO	+0,44	31.79	1:07.44
	Manuel Joaquim, LEAL	+0,06	31.80	1:07.51	Erica Ferreira, BARROS	+0,24	36.10	1:15.46
17.	Propaganda da Nataç�o 2	X		Propaganda da Nataç�o	4:41.84	354	26,00	
	Margarida Ascenso, SANTOS	+0,93	32.69	1:08.52	Bruna Alexandra, BARBOSA	+0,59	39.83	1:24.70
	Alex, LUKYANCHYKOV	+0,07	30.45	1:04.31	Goncalo, ALVES MOUTINHO	+0,15	30.19	1:04.31
DSQ	Natacao de Valongo 1	X		Natacao de Valongo			-	
	<i>10.18 - Rendic�o Antecipada do 3 Nadador(a) - SW 10.11</i>							
	Manuel Fernando, TEIXEIRA	+0,93	28.00	57.47	Mariana Ferreira, VIEIRA	-0,08		
	Natalia Passeira, NEVES	+0,33	29.89	1:03.80	Bernardo Oliveira, PIMENTA			
WDR	Famalic�o 1	X		Famalic�o			-	
WDR	Fluvial Portuense 1	X		Fluvial Portuense			-	
EXH	Clube Naval Povoense 1	X		Clube Naval Povoense	4:22.00	440	-	
	Tiago Fonseca, CARVALHO	+0,86	27.60	57.31	Joao Bernardo, FERNANDES	+0,17	30.01	1:05.00
	Natalia Avila, PEREYRA	+0,38	31.52	1:05.94	Matilde Reis, FONTES	+0,17	35.05	1:13.75

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Prova 9	Femin., 50m Costas				Absolutos
24/06/2022 - 15:15					Resultados
Recordes Nacionais 50m Absoluto	28.24	Rafaela Gomes, AZEVEDO	SAD	Oeiras	23/12/2021
Recordes Nacionais 50m Sen	28.24	Rafaela Gomes, AZEVEDO	SAD	Oeiras	23/12/2021
Recordes Nacionais 50m Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Kazan (RUS)	05/07/2019
Recordes Nacionais 50m Jun 17	28.55	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	23/08/2019
Recordes Nacionais 50m Jun 16	29.33	Rafaela Gomes, AZEVEDO	SAD	Oeiras	26/07/2018
Recordes Nacionais 50m Juv A	29.42	tempo limite,			
Recordes Nacionais 50m Juv B	30.52	tempo limite,			
Recorde Regional 50m Absoluto	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10/04/2010
Recorde Regional 50m Sen	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10/04/2010
Recorde Regional 50m Jun 17	30.52	Ana Rita, OLIVEIRA	CNCE	Oeiras	30/07/2021
Recorde Regional 50m Jun 16	29.93	Joana Carina, SILVA	LSXXI	Poznan (POL)	12/07/2013
Recorde Regional 50m Juv A	30.51	Joana Carina, SILVA	POR	Coimbra	01/04/2012
Recorde Regional 50m Juv B	30.99	Joana Carina, SILVA	SANNP	Gijon (ESP)	21/05/2011
Juv A - Feminino Juv A: 37.53 / Juv B - Feminino Juv B: 39.41 / Jun - Feminino Jun: 35.74 / Sen - Feminino Sen: 34.55					

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Mafalda Martins, MESQUITA	F	202805	07	Famaliç�o	32.35	580	40,00
2.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	33.87	505	35,00
3.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	34.86	463	30,00
4.	Beatriz Silva, COENTRAO	F	201062	08	Famaliç�o	35.08	454	29,00
5.	Rita Marques, SOARES	F	132341	07	Famaliç�o	35.12	453	-
6.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	35.40	442	28,00
7.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	35.87	425	-
8.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	37.08	385	24,00
9.	Ana Castro, SILVA	F	205522	08	Famaliç�o	37.48	373	-
10.	Ana Senhorinha, SILVA FTL	F	205527	07	Natacao da Maia	37.84	362	23,00
11.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	37.87	361	22,00
12.	Mariana Nunes, CUNHA	F	201087	08	Lousada S�culo XXI	38.02	357	21,00
13.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	38.10	355	20,00
14.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	38.24	351	-
15.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	39.05	329	-
16.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	39.67	314	-
17.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	39.81	311	-
18.	Erica Ferreira, BARROS FTL	F	151596	08	Aquatico Pacense	40.21	302	-
19.	Ariana, SAMPAIO RODRIGUES FTL	F	214663	07	Propaganda da Nataç�o	40.84	288	19,00
20.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	41.71	270	-
21.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	42.03	264	-
22.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Nataç�o	43.15	244	-

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Prova 9, Femin., 50m Costas

Juniores-Seniores

1.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	32.06	595	43,00
2.	Ana Rita, RAMOS	F	126775	02	Porto	32.07	595	41,00
3.	Maria Ines, SILVA	F	200371	05	Porto	32.35	580	40,00
4.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	32.44	575	38,00
5.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	32.97	547	37,00
6.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	33.82	507	36,00
7.	Catarina Isabel, ALMEIDA	F	127104	02	Vit�ria Sport Clube	33.90	504	34,00
8.	Luisa Coelho, QUINTA	F	127981	05	Leixoes Sport Clube	34.45	480	33,00
9.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	34.53	477	32,00
10.	Mariana Ferreira, VIEIRA	F	132810	05	Natacao de Valongo	34.76	467	31,00
11.	Ines Correia, MARTINS	F	129741	04	Porto	35.40	442	-
<i>FTL</i>								
12.	Joana Filipa, PINTO	F	202846	06	Fluvial Portuense	35.63	434	27,00
13.	Carolina Ascenso, SANTOS	F	121271	01	Propaganda da Nataç�o	35.98	421	26,00
<i>FTL</i>								
14.	Bebiana Filipa, BARBOSA	F	147271	06	Aquatico Pacense	36.66	398	25,00
<i>FTL</i>								
15.	Carina, CHYZH	F	202731	06	Vit�ria Sport Clube	37.88	361	-
<i>FTL</i>								
16.	Carolina Soares, PINTO	F	203016	06	Natacao da Maia	40.15	303	-
<i>FTL</i>								
DSQ	Maria Luis, SA	F	131836	06	Fluvial Portuense			-
<i>4.2 - Falsa Partida – SW 4.4</i>								
WDR	Mariana Martins, COSTA	F	127658	05	Famalici�o			-
WDR	Bruna Fangeiro, COENTRAO	F	24315	93	Vilacondense			-

Absolutos

1.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	32.06	595	43,00
2.	Ana Rita, RAMOS	F	126775	02	Porto	32.07	595	41,00
3.	Mafalda Martins, MESQUITA	F	202805	07	Famalici�o	32.35	580	40,00
	Maria Ines, SILVA	F	200371	05	Porto	32.35	580	40,00
5.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	32.44	575	38,00
6.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	32.97	547	37,00
7.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	33.82	507	36,00
8.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	33.87	505	35,00
9.	Catarina Isabel, ALMEIDA	F	127104	02	Vit�ria Sport Clube	33.90	504	34,00
10.	Luisa Coelho, QUINTA	F	127981	05	Leixoes Sport Clube	34.45	480	33,00
11.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	34.53	477	32,00
12.	Mariana Ferreira, VIEIRA	F	132810	05	Natacao de Valongo	34.76	467	31,00
13.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	34.86	463	30,00
14.	Beatriz Silva, COENTRAO	F	201062	08	Famalici�o	35.08	454	29,00
15.	Rita Marques, SOARES	F	132341	07	Famalici�o	35.12	453	-
16.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	35.40	442	28,00
	Ines Correia, MARTINS	F	129741	04	Porto	35.40	442	-
<i>FTL</i>								
18.	Joana Filipa, PINTO	F	202846	06	Fluvial Portuense	35.63	434	27,00
19.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	35.87	425	-
20.	Carolina Ascenso, SANTOS	F	121271	01	Propaganda da Nataç�o	35.98	421	26,00
<i>FTL</i>								
21.	Bebiana Filipa, BARBOSA	F	147271	06	Aquatico Pacense	36.66	398	25,00
<i>FTL</i>								

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Prova 9, Femin., 50m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
22.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	37.08	385	24,00
23.	Ana Castro, SILVA	F	205522	08	Famalic�o	37.48	373	-
24.	Ana Senhorinha, SILVA FTL	F	205527	07	Natacao da Maia	37.84	362	23,00
25.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	37.87	361	22,00
26.	Carina, CHYZH FTL	F	202731	06	Vit�ria Sport Clube	37.88	361	-
27.	Mariana Nunes, CUNHA	F	201087	08	Lousada S�culo XXI	38.02	357	21,00
28.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	38.10	355	20,00
29.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	38.24	351	-
30.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	39.05	329	-
31.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	39.67	314	-
32.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	39.81	311	-
33.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	40.15	303	-
34.	Erica Ferreira, BARROS FTL	F	151596	08	Aquatico Pacense	40.21	302	-
35.	Ariana, SAMPAIO RODRIGUES FTL	F	214663	07	Propaganda da Natao	40.84	288	19,00
36.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	41.71	270	-
37.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	42.03	264	-
38.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Natao	43.15	244	-
DSQ	Maria Luis, SA 4.2 - Falsa Partida – SW 4.4	F	131836	06	Fluvial Portuense			-
WDR	Mariana Martins, COSTA	F	127658	05	Famalic�o			-
WDR	Bruna Fangueiro, COENTRAO	F	24315	93	Vilacondense			-

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Prova 10	Masc., 50m Costas				Absolutos
24/06/2022 - 15:35					Resultados
Recordes Nacionais 50m Absoluto	25.28	Alexis Manacas, SANTOS	POR	Budapeste (HUN)	17/05/2021
Recordes Nacionais 50m Sen	25.28	Alexis Manacas, SANTOS	POR	Budapeste (HUN)	17/05/2021
Recordes Nacionais 50m Jun 18	26.22	Joao Nogueira, COSTA	POR	Budapest (HUN)	22/08/2019
Recordes Nacionais 50m Jun 17	26.67	Diogo Santos, COSTA	ADRCIMM	Oeiras	14/04/2019
Recordes Nacionais 50m Juv A	27.65	tempo limite,			
Recordes Nacionais 50m Juv B	28.21	tempo limite,			
Recorde Regional 50m Absoluto	25.73	Joao Nogueira, COSTA	VSC	P�voa de Varzim	11/03/2022
Recorde Regional 50m Sen	25.73	Joao Nogueira, COSTA	VSC	P�voa de Varzim	11/03/2022
Recorde Regional 50m Jun 18	26.22	Joao Nogueira, COSTA	VSC	Budapeste (HUN)	22/08/2019
Recorde Regional 50m Jun 17	26.99	Joao Nogueira, COSTA	VSC	Lisboa	26/07/2018
Recorde Regional 50m Juv A	27.91	Tomas Coelho, PEREIRA	ADP	Porto	06/06/2021
Recorde Regional 50m Juv B	28.57	Ricardo Filipe, ROCHA	CAP	Porto	01/07/2017

Juv B - Masculino Juv B: 35.18 / Juv A - Masculino Juv A: 33.50 / Jun - Masculinos Jun: 31.91 / Sen - Masculinos Sen: 30.65

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	29.25	552	35,00
2.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	29.35	546	34,00
3.	Francisco Araujo, SILVA	M	132331	06	Famalio	29.37	545	33,00
4.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	29.38	545	32,00
5.	Tiago Mendes, COSTA	M	201132	07	Famalio	29.99	512	28,00
6.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	30.01	511	-
7.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	30.28	497	27,00
8.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	30.79	473	25,00
9.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	31.57	439	-
10.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	31.80	429	23,00
11.	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense	32.12	417	22,00
12.	Rui Miguel, SANTOS	M	204083	06	Famalio	32.44	404	-
13.	Afonso Azevedo, PACHECO	M	201382	06	Vilacondense	32.95	386	21,00
14.	Manuel Joaquim, LEAL	M	130075	06	Aquatico Pacense	33.69	361	-
	<i>FTL</i>							
15.	Rafael Dinis, PACHECO	M	204593	07	Aquatico Pacense	34.30	342	-
16.	Rodrigo Miguel, FERNANDES	M	200798	07	Natacao de Valongo	34.31	342	20,00
17.	Martim Alves, GONCALVES	M	130643	06	Celorico Basto	34.64	332	19,00
	<i>FTL</i>							
18.	Dinis Canais, PERA	M	130639	06	Celorico Basto	34.97	323	-
	<i>FTL</i>							

Juniores-Seniores

1.	Joao Nogueira, COSTA	M	124315	01	Vit�ria Sport Clube	26.38	753	43,00
2.	Porfirio Braga, NUNES	M	111552	00	Porto	27.40	672	41,00
3.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	28.10	623	40,00
4.	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube	28.36	606	39,00
5.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	28.42	602	38,00
6.	Gaspar Pinheiro, LIMA	M	127892	04	Leixoes Sport Clube	28.93	570	37,00
7.	Rodrigo Manuel, CUNHA	M	131845	04	Vit�ria Sport Clube	29.05	563	-
8.	Duarte Monteiro, CASTRO	M	121978	03	Porto	29.09	561	36,00
9.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	29.53	536	31,00
10.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	29.82	521	30,00
11.	Sergio Daniel, ARAUJO	M	127097	02	Clube Naval Povoense	29.94	515	29,00
12.	Rui Pedro, MADUREIRA	M	204932	04	Famalio	30.35	494	-
13.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	30.51	486	-

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Prova 10, Masc., 50m Costas, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
14.	Dinis Barros, LEAL	M	123578	03	Aquatico Pacense	30.61	481	26,00
15.	Bruno Shinji, KOBAYASHI FTL	M	123019	02	Vilacondense	31.14	457	24,00
16.	Guilherme Nunes, ANDRADE	M	127620	05	Porto	31.35	448	-
17.	Rui Anjos, COSTA FTL	M	129944	05	Porto	32.63	397	-
18.	Bernardo Oliveira, PIMENTA FTL	M	131213	04	Natacao de Valongo	36.19	291	18,00
DSQ	Tomas Castro, SOUSA 6.4 - O(A) nadador(a), ap�s a partida, n�o rompeu a superf�cie da �gua com a cabea at� aos 15 metros - SW 6.3	M	123239	04	Vit�ria Sport Clube			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-

Absolutos

1.	Joao Nogueira, COSTA	M	124315	01	Vit�ria Sport Clube	26.38	753	43,00
2.	Porf�rio Braga, NUNES	M	111552	00	Porto	27.40	672	41,00
3.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	28.10	623	40,00
4.	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube	28.36	606	39,00
5.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	28.42	602	38,00
6.	Gaspar Pinheiro, LIMA	M	127892	04	Leixoes Sport Clube	28.93	570	37,00
7.	Rodrigo Manuel, CUNHA	M	131845	04	Vit�ria Sport Clube	29.05	563	-
8.	Duarte Monteiro, CASTRO	M	121978	03	Porto	29.09	561	36,00
9.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	29.25	552	35,00
10.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	29.35	546	34,00
11.	Francisco Araujo, SILVA	M	132331	06	Famalic�o	29.37	545	33,00
12.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	29.38	545	32,00
13.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	29.53	536	31,00
14.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	29.82	521	30,00
15.	Sergio Daniel, ARAUJO	M	127097	02	Clube Naval Povoense	29.94	515	29,00
16.	Tiago Mendes, COSTA	M	201132	07	Famalic�o	29.99	512	28,00
17.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	30.01	511	-
18.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	30.28	497	27,00
19.	Rui Pedro, MADUREIRA	M	204932	04	Famalic�o	30.35	494	-
20.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	30.51	486	-
21.	Dinis Barros, LEAL	M	123578	03	Aquatico Pacense	30.61	481	26,00
22.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	30.79	473	25,00
23.	Bruno Shinji, KOBAYASHI FTL	M	123019	02	Vilacondense	31.14	457	24,00
24.	Guilherme Nunes, ANDRADE	M	127620	05	Porto	31.35	448	-
25.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	31.57	439	-
26.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	31.80	429	23,00
27.	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense	32.12	417	22,00
28.	Rui Miguel, SANTOS	M	204083	06	Famalic�o	32.44	404	-
29.	Rui Anjos, COSTA FTL	M	129944	05	Porto	32.63	397	-
30.	Afonso Azevedo, PACHECO	M	201382	06	Vilacondense	32.95	386	21,00
31.	Manuel Joaquim, LEAL FTL	M	130075	06	Aquatico Pacense	33.69	361	-
32.	Rafael Dinis, PACHECO	M	204593	07	Aquatico Pacense	34.30	342	-
33.	Rodrigo Miguel, FERNANDES	M	200798	07	Natacao de Valongo	34.31	342	20,00

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Prova 10, Masc., 50m Costas, Absolutos

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS
34.	Martim Alves, GONCALVES FTL	M	130643	06	Celorico Basto	34.64	332	19,00
35.	Dinis Canais, PERA FTL	M	130639	06	Celorico Basto	34.97	323	-
36.	Bernardo Oliveira, PIMENTA FTL	M	131213	04	Natacao de Valongo	36.19	291	18,00
DSQ	Tomas Castro, SOUSA 6.4 - O(A) nadador(a), ap�s a partida, n�o rompeu a superf�cie da �gua com a cabe�a at� aos 15 metros - SW 6.3	M	123239	04	Vit�ria Sport Clube			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
EXH	Herman, KOVALCHUK	M	147658	06	GCVR	30.67	479	-

Prova 11

Femin., 400m Estilos

Absolutos
Resultados

24/06/2022 - 15:50

Recordes Nacionais 50m Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Recordes Nacionais 50m Jun 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27/07/2012
Recordes Nacionais 50m Jun 16	4:54.00	Ines Neto, ROCHA	SANNP	Gij�n (ESP)	20/05/2017
Recordes Nacionais 50m Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Recordes Nacionais 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015
Recorde Regional 50m Absoluto	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11/03/2016
Recorde Regional 50m Sen	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11/03/2016
Recorde Regional 50m Jun 17	4:57.32	Mariana Pacheco, CUNHA	CNCE	Oeiras	01/08/2021
Recorde Regional 50m Jun 16	4:54.00	Ines Neto, ROCHA	CAP	Gij�n (ESP)	20/05/2017
Recorde Regional 50m Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05/08/2011
Recorde Regional 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24/07/2015

Juv A - Feminino Juv A: 6:14.91 / Juv B - Feminino Juv B: 6:23.00 / Jun - Feminino Jun: 5:53.70 / Sen - Feminino Sen: 5:40.31

Pontos: FINA 2021

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	5:21.12	570	39,00
	50m: 33.60 33.60		150m: 1:55.97 44.01		250m: 3:25.80 46.92	350m: 4:47.23 34.07		
	100m: 1:11.96 38.36		200m: 2:38.88 42.91		300m: 4:13.16 47.36	400m: 5:21.12 33.89		
2.	Francisca Martins, GOMES	F	207830	07	Porto	5:31.74	517	-
	50m: 35.87 35.87		150m: 2:02.54 45.90		250m: 3:32.00 46.07	350m: 4:55.62 37.60		
	100m: 1:16.64 40.77		200m: 2:45.93 43.39		300m: 4:18.02 46.02	400m: 5:31.74 36.12		
3.	Leonor Carvalho, SOARES	F	200784	08	Porto	5:41.04	476	-
	50m: 35.98 35.98		150m: 2:00.68 44.39		250m: 3:36.13 52.26	350m: 5:05.00 36.82		
	100m: 1:16.29 40.31		200m: 2:43.87 43.19		300m: 4:28.18 52.05	400m: 5:41.04 36.04		
4.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	5:44.88	460	35,00
	50m: 36.58 36.58		150m: 2:07.07 48.19		250m: 3:41.04 46.16	350m: 5:07.02 39.44		
	100m: 1:18.88 42.30		200m: 2:54.88 47.81		300m: 4:27.58 46.54	400m: 5:44.88 37.86		
5.	Lara Filipa, PINTO	F	200514	08	Porto	5:45.01	460	-
	50m: 36.29 36.29		150m: 2:03.79 43.94		250m: 3:37.02 50.24	350m: 5:06.00 39.40		
	100m: 1:19.85 43.56		200m: 2:46.78 42.99		300m: 4:26.60 49.58	400m: 5:45.01 39.01		
6.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	5:47.71	449	33,00
	50m: 40.27 40.27		150m: 2:13.44 45.31		250m: 3:43.51 45.34	350m: 5:09.89 39.58		
	100m: 1:28.13 47.86		200m: 2:58.17 44.73		300m: 4:30.31 46.80	400m: 5:47.71 37.82		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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Prova 11, Fem., 400m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
7.	Ana Carolina, CRUZ	F	201055	08	Famalici�o	5:48.47	446	32,00
	50m: 36.54	36.54	150m: 2:07.86	46.91	250m: 3:43.15	49.84	350m: 5:11.79	38.74
	100m: 1:20.95	44.41	200m: 2:53.31	45.45	300m: 4:33.05	49.90	400m: 5:48.47	36.68
8.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	5:49.80	441	31,00
	50m: 37.68	37.68	150m: 2:07.47	47.49	250m: 3:44.05	49.01	350m: 5:11.83	38.98
	100m: 1:19.98	42.30	200m: 2:55.04	47.57	300m: 4:32.85	48.80	400m: 5:49.80	37.97
9.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	5:54.39	424	29,00
	50m: 36.77	36.77	150m: 2:07.75	47.29	250m: 3:44.71	50.93	350m: 5:15.79	40.05
	100m: 1:20.46	43.69	200m: 2:53.78	46.03	300m: 4:35.74	51.03	400m: 5:54.39	38.60

Juniores-Seniores

1.	Sofia Nunes, FIAL	F	127329	03	Porto	5:12.39	619	43,00
	50m: 33.80	33.80	150m: 1:54.06	41.67	250m: 3:17.29	42.12	350m: 4:37.24	36.87
	100m: 1:12.39	38.59	200m: 2:35.17	41.11	300m: 4:00.37	43.08	400m: 5:12.39	35.15
2.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	5:13.25	614	41,00
	50m: 33.94	33.94	150m: 1:54.69	42.30	250m: 3:19.60	44.04	350m: 4:39.69	35.29
	100m: 1:12.39	38.45	200m: 2:35.56	40.87	300m: 4:04.40	44.80	400m: 5:13.25	33.56
3.	Leonor Filipa, PINTO	F	132842	06	Porto	5:15.11	603	40,00
	50m: 34.28	34.28	150m: 1:54.12	40.78	250m: 3:18.94	44.57	350m: 4:39.52	36.06
	100m: 1:13.34	39.06	200m: 2:34.37	40.25	300m: 4:03.46	44.52	400m: 5:15.11	35.59
4.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	5:31.38	519	38,00
	50m: 33.93	33.93	150m: 1:55.62	43.84	250m: 3:27.36	48.82	350m: 4:54.55	38.58
	100m: 1:11.78	37.85	200m: 2:38.54	42.92	300m: 4:15.97	48.61	400m: 5:31.38	36.83
5.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	5:32.15	515	37,00
	50m: 35.82	35.82	150m: 2:01.37	42.49	250m: 3:30.33	47.84	350m: 4:55.82	37.11
	100m: 1:18.88	43.06	200m: 2:42.49	41.12	300m: 4:18.71	48.38	400m: 5:32.15	36.33
6.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	5:40.48	478	36,00
	50m: 34.94	34.94	150m: 2:00.96	45.09	250m: 3:33.77	49.65	350m: 5:03.19	38.78
	100m: 1:15.87	40.93	200m: 2:44.12	43.16	300m: 4:24.41	50.64	400m: 5:40.48	37.29
7.	Mariana Santos, ROMAO	F	200366	06	Vilacondense	5:46.65	453	34,00
	50m: 35.58	35.58	150m: 2:06.86	49.88	250m: 3:42.26	47.23	350m: 5:08.92	38.36
	100m: 1:16.98	41.40	200m: 2:55.03	48.17	300m: 4:30.56	48.30	400m: 5:46.65	37.73
8.	Maria Santos, SILVA	F	202788	06	Indannp	5:53.63	427	30,00
	50m: 40.49	40.49	150m: 2:12.32	45.87	250m: 3:45.73	48.08	350m: 5:14.50	40.23
	100m: 1:26.45	45.96	200m: 2:57.65	45.33	300m: 4:34.27	48.54	400m: 5:53.63	39.13

Absolutos

1.	Sofia Nunes, FIAL	F	127329	03	Porto	5:12.39	619	43,00
	50m: 33.80	33.80	150m: 1:54.06	41.67	250m: 3:17.29	42.12	350m: 4:37.24	36.87
	100m: 1:12.39	38.59	200m: 2:35.17	41.11	300m: 4:00.37	43.08	400m: 5:12.39	35.15
2.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	5:13.25	614	41,00
	50m: 33.94	33.94	150m: 1:54.69	42.30	250m: 3:19.60	44.04	350m: 4:39.69	35.29
	100m: 1:12.39	38.45	200m: 2:35.56	40.87	300m: 4:04.40	44.80	400m: 5:13.25	33.56
3.	Leonor Filipa, PINTO	F	132842	06	Porto	5:15.11	603	40,00
	50m: 34.28	34.28	150m: 1:54.12	40.78	250m: 3:18.94	44.57	350m: 4:39.52	36.06
	100m: 1:13.34	39.06	200m: 2:34.37	40.25	300m: 4:03.46	44.52	400m: 5:15.11	35.59
4.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	5:21.12	570	39,00
	50m: 33.60	33.60	150m: 1:55.97	44.01	250m: 3:25.80	46.92	350m: 4:47.23	34.07
	100m: 1:11.96	38.36	200m: 2:38.88	42.91	300m: 4:13.16	47.36	400m: 5:21.12	33.89
5.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	5:31.38	519	38,00
	50m: 33.93	33.93	150m: 1:55.62	43.84	250m: 3:27.36	48.82	350m: 4:54.55	38.58
	100m: 1:11.78	37.85	200m: 2:38.54	42.92	300m: 4:15.97	48.61	400m: 5:31.38	36.83
6.	Francisca Martins, GOMES	F	207830	07	Porto	5:31.74	517	-
	50m: 35.87	35.87	150m: 2:02.54	45.90	250m: 3:32.00	46.07	350m: 4:55.62	37.60
	100m: 1:16.64	40.77	200m: 2:45.93	43.39	300m: 4:18.02	46.02	400m: 5:31.74	36.12

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Prova 11, Femin., 400m Estilos, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	5:32.15	515	37,00
	50m: 35.82 35.82		150m: 2:01.37		42.49 250m: 3:30.33	47.84	350m: 4:55.82	37.11
	100m: 1:18.88 43.06		200m: 2:42.49		41.12 300m: 4:18.71	48.38	400m: 5:32.15	36.33
8.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	5:40.48	478	36,00
	50m: 34.94 34.94		150m: 2:00.96		45.09 250m: 3:33.77	49.65	350m: 5:03.19	38.78
	100m: 1:15.87 40.93		200m: 2:44.12		43.16 300m: 4:24.41	50.64	400m: 5:40.48	37.29
9.	Leonor Carvalho, SOARES	F	200784	08	Porto	5:41.04	476	-
	50m: 35.98 35.98		150m: 2:00.68		44.39 250m: 3:36.13	52.26	350m: 5:05.00	36.82
	100m: 1:16.29 40.31		200m: 2:43.87		43.19 300m: 4:28.18	52.05	400m: 5:41.04	36.04
10.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	5:44.88	460	35,00
	50m: 36.58 36.58		150m: 2:07.07		48.19 250m: 3:41.04	46.16	350m: 5:07.02	39.44
	100m: 1:18.88 42.30		200m: 2:54.88		47.81 300m: 4:27.58	46.54	400m: 5:44.88	37.86
11.	Lara Filipa, PINTO	F	200514	08	Porto	5:45.01	460	-
	50m: 36.29 36.29		150m: 2:03.79		43.94 250m: 3:37.02	50.24	350m: 5:06.00	39.40
	100m: 1:19.85 43.56		200m: 2:46.78		42.99 300m: 4:26.60	49.58	400m: 5:45.01	39.01
12.	Mariana Santos, ROMAO	F	200366	06	Vilacondense	5:46.65	453	34,00
	50m: 35.58 35.58		150m: 2:06.86		49.88 250m: 3:42.26	47.23	350m: 5:08.92	38.36
	100m: 1:16.98 41.40		200m: 2:55.03		48.17 300m: 4:30.56	48.30	400m: 5:46.65	37.73
13.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	5:47.71	449	33,00
	50m: 40.27 40.27		150m: 2:13.44		45.31 250m: 3:43.51	45.34	350m: 5:09.89	39.58
	100m: 1:28.13 47.86		200m: 2:58.17		44.73 300m: 4:30.31	46.80	400m: 5:47.71	37.82
14.	Ana Carolina, CRUZ	F	201055	08	Famalio	5:48.47	446	32,00
	50m: 36.54 36.54		150m: 2:07.86		46.91 250m: 3:43.15	49.84	350m: 5:11.79	38.74
	100m: 1:20.95 44.41		200m: 2:53.31		45.45 300m: 4:33.05	49.90	400m: 5:48.47	36.68
15.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	5:49.80	441	31,00
	50m: 37.68 37.68		150m: 2:07.47		47.49 250m: 3:44.05	49.01	350m: 5:11.83	38.98
	100m: 1:19.98 42.30		200m: 2:55.04		47.57 300m: 4:32.85	48.80	400m: 5:49.80	37.97
16.	Maria Santos, SILVA	F	202788	06	Indannp	5:53.63	427	30,00
	50m: 40.49 40.49		150m: 2:12.32		45.87 250m: 3:45.73	48.08	350m: 5:14.50	40.23
	100m: 1:26.45 45.96		200m: 2:57.65		45.33 300m: 4:34.27	48.54	400m: 5:53.63	39.13
17.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	5:54.39	424	29,00
	50m: 36.77 36.77		150m: 2:07.75		47.29 250m: 3:44.71	50.93	350m: 5:15.79	40.05
	100m: 1:20.46 43.69		200m: 2:53.78		46.03 300m: 4:35.74	51.03	400m: 5:54.39	38.60

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Prova 12
24/06/2022 - 16:10

Masc., 400m Estilos

Absolutos
Resultados

Recordes Nacionais 50m Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Recordes Nacionais 50m Jun 18	4:21.42	Jose Paulo, LOPES	POR	Helsinki (FIN)	08/07/2018
Recordes Nacionais 50m Jun 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SGP)	29/08/2015
Recordes Nacionais 50m Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01/06/2014
Recordes Nacionais 50m Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16/07/2013
Recorde Regional 50m Absoluto	4:30.01	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim (ESP)	19/04/2014
Recorde Regional 50m Sen	4:30.01	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	19/04/2014
Recorde Regional 50m Jun 18	4:31.48	Paulo Ricardo, ARAUJO	GDNVNF	Antuerpia (BEL)	22/07/2007
Recorde Regional 50m Jun 17	4:33.38	Adriano Miguel, NIZ	CFV	Lisboa	29/03/2003
Recorde Regional 50m Juv A	4:37.49	Adriano Miguel, NIZ	CFV	EULisboa	18/05/2002
Recorde Regional 50m Juv B	4:41.92	Tomas Correia, SILVA	FCP	Coimbra	30/07/2010

Juv B - Masculino Juv B: 5:52.28 / Juv A - Masculino Juv A: 5:42.58 / Jun - Masculinos Jun: 5:18.86 / Sen - Masculinos Sen: 5:07.89

Pontos: FINA 2021

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Gustavo Gomes, RAMOS	M	200774	06	Porto	5:02.97	521	-
	50m: 31.15 31.15		150m: 1:47.52	40.36	250m: 3:11.69	45.17	350m: 4:30.27	33.38
	100m: 1:07.16 36.01		200m: 2:26.52	39.00	300m: 3:56.89	45.20	400m: 5:02.97	32.70
2.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	5:03.06	520	34,00
	50m: 30.48 30.48		150m: 1:47.40	41.00	250m: 3:10.44	43.70	350m: 4:30.38	34.58
	100m: 1:06.40 35.92		200m: 2:26.74	39.34	300m: 3:55.80	45.36	400m: 5:03.06	32.68
	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	5:03.06	520	34,00
	50m: 30.87 30.87		150m: 1:46.25	39.18	250m: 3:09.45	44.68	350m: 4:29.10	34.48
	100m: 1:07.07 36.20		200m: 2:24.77	38.52	300m: 3:54.62	45.17	400m: 5:03.06	33.96
4.	Bruno Silva, LOUREIRO	M	129872	06	Porto	5:03.66	517	-
	50m: 31.74 31.74		150m: 1:48.71	40.74	250m: 3:13.06	44.72	350m: 4:31.91	33.23
	100m: 1:07.97 36.23		200m: 2:28.34	39.63	300m: 3:58.68	45.62	400m: 5:03.66	31.75
5.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	5:03.83	516	-
	50m: 30.58 30.58		150m: 1:46.33	39.53	250m: 3:12.16	47.88	350m: 4:32.73	33.26
	100m: 1:06.80 36.22		200m: 2:24.28	37.95	300m: 3:59.47	47.31	400m: 5:03.83	31.10
6.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	5:09.91	487	30,00
	50m: 31.31 31.31		150m: 1:49.38	41.71	250m: 3:14.74	44.21	350m: 4:35.49	35.62
	100m: 1:07.67 36.36		200m: 2:30.53	41.15	300m: 3:59.87	45.13	400m: 5:09.91	34.42
7.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	5:10.23	485	-
	50m: 31.79 31.79		150m: 1:52.96	41.90	250m: 3:17.32	45.24	350m: 4:36.91	34.45
	100m: 1:11.06 39.27		200m: 2:32.08	39.12	300m: 4:02.46	45.14	400m: 5:10.23	33.32
8.	Miguel Guedes, FERREIRA	M	205181	07	Porto	5:18.56	448	-
	50m: 32.94 32.94		150m: 1:53.68	42.83	250m: 3:23.22	48.05	350m: 4:45.43	34.58
	100m: 1:10.85 37.91		200m: 2:35.17	41.49	300m: 4:10.85	47.63	400m: 5:18.56	33.13
9.	Francisco Bernardes, MARTELO	M	201758	07	Porto	5:18.62	448	-
	50m: 31.76 31.76		150m: 1:51.54	42.37	250m: 3:18.68	45.36	350m: 4:44.25	37.11
	100m: 1:09.17 37.41		200m: 2:33.32	41.78	300m: 4:07.14	48.46	400m: 5:18.62	34.37
10.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	5:26.69	415	29,00
	50m: 30.85 30.85		150m: 1:52.37	44.09	250m: 3:21.19	47.24	350m: 4:49.09	39.65
	100m: 1:08.28 37.43		200m: 2:33.95	41.58	300m: 4:09.44	48.25	400m: 5:26.69	37.60
11.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	5:27.66	412	28,00
	50m: 32.28 32.28		150m: 1:56.17	44.89	250m: 3:26.33	47.70	350m: 4:53.08	37.82
	100m: 1:11.28 39.00		200m: 2:38.63	42.46	300m: 4:15.26	48.93	400m: 5:27.66	34.58
DSQ	Tomas Pinto, COSTA	M	202820	07	Leixoes Sport Clube			-
	4.2 - Falsa Partida - SW 4.4							
DSQ	Tomas Machado, MIRANDA	M	200780	07	Porto			-
	8.15 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem dos 50 metros - SW 8.4							

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Prova 12, Masc., 400m Estilos

Juniores-Seniores

1.	Pedro Miguel, SANTOS	M	121987	01	Porto	50m: 29.44 100m: 1:03.30	29.44 33.86	150m: 1:39.40 200m: 2:15.10	36.10 35.70	250m: 2:54.76 300m: 3:34.91	39.66 40.15	350m: 4:06.63 400m: 4:37.21	680	43,00
2.	Tomas Antonio, SILVA	M	132294	01	Porto	50m: 29.18 100m: 1:02.81	29.18 33.63	150m: 1:39.65 200m: 2:17.01	36.84 37.36	250m: 2:55.24 300m: 3:34.66	38.23 39.42	350m: 4:06.63 400m: 4:38.29	672	41,00
3.	Tomas Teixeira, LOPES	M	122006	02	Vitória Sport Clube	50m: 29.18 100m: 1:02.65	29.18 33.47	150m: 1:41.11 200m: 2:19.14	38.46 38.03	250m: 3:00.87 300m: 3:43.81	41.73 42.94	350m: 4:14.55 400m: 4:45.62	622	40,00
4.	Afonso Carvalho, SILVA	M	130127	05	Famalição	50m: 30.27 100m: 1:05.31	30.27 35.04	150m: 1:43.30 200m: 2:19.98	37.99 36.68	250m: 3:01.87 300m: 3:44.01	41.89 42.14	350m: 4:17.65 400m: 4:50.24	592	39,00
5.	Guilherme Lobo, PINTO	M	126503	04	Foca Quinta Da Lixa - Cnf	50m: 30.58 100m: 1:04.86	30.58 34.28	150m: 1:42.63 200m: 2:19.80	37.77 37.17	250m: 3:03.21 300m: 3:46.57	43.41 43.36	350m: 4:19.25 400m: 4:52.11	581	38,00
6.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	50m: 29.50 100m: 1:03.99	29.50 34.49	150m: 1:44.32 200m: 2:24.28	40.33 39.96	250m: 3:06.78 300m: 3:49.93	42.50 43.15	350m: 4:24.96 400m: 4:59.71	538	37,00
7.	Henrique Santa, VALE	M	125785	04	GCST	50m: 30.48 100m: 1:06.71	30.48 36.23	150m: 1:47.97 200m: 2:28.08	41.26 40.11	250m: 3:10.82 300m: 3:54.52	42.74 43.70	350m: 4:28.50 400m: 5:01.41	529	36,00
8.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	50m: 29.88 100m: 1:04.25	29.88 34.37	150m: 1:45.75 200m: 2:26.46	41.50 40.71	250m: 3:09.99 300m: 3:51.90	43.53 41.91	350m: 4:27.50 400m: 5:02.94	521	35,00
9.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube	50m: 31.28 100m: 1:06.93	31.28 35.65	150m: 1:48.14 200m: 2:28.97	41.21 40.83	250m: 3:10.92 300m: 3:53.53	41.95 42.61	350m: 4:30.41 400m: 5:05.19	510	32,00
10.	Tomas Carvalhinho, RIBEIRO	M	131799	05	Natacao da Maia	50m: 31.06 100m: 1:07.23	31.06 36.17	150m: 1:49.59 200m: 2:31.44	42.36 41.85	250m: 3:15.63 300m: 4:00.78	44.19 45.15	350m: 4:35.79 400m: 5:09.47	489	31,00
WDR	Diogo Nunes, SOUSA	M	127667	03	Vitória Sport Clube									-

Absolutos

1.	Pedro Miguel, SANTOS	M	121987	01	Porto	50m: 29.44 100m: 1:03.30	29.44 33.86	150m: 1:39.40 200m: 2:15.10	36.10 35.70	250m: 2:54.76 300m: 3:34.91	39.66 40.15	350m: 4:06.63 400m: 4:37.21	680	43,00
2.	Tomas Antonio, SILVA	M	132294	01	Porto	50m: 29.18 100m: 1:02.81	29.18 33.63	150m: 1:39.65 200m: 2:17.01	36.84 37.36	250m: 2:55.24 300m: 3:34.66	38.23 39.42	350m: 4:06.63 400m: 4:38.29	672	41,00
3.	Tomas Teixeira, LOPES	M	122006	02	Vitória Sport Clube	50m: 29.18 100m: 1:02.65	29.18 33.47	150m: 1:41.11 200m: 2:19.14	38.46 38.03	250m: 3:00.87 300m: 3:43.81	41.73 42.94	350m: 4:14.55 400m: 4:45.62	622	40,00
4.	Afonso Carvalho, SILVA	M	130127	05	Famalição	50m: 30.27 100m: 1:05.31	30.27 35.04	150m: 1:43.30 200m: 2:19.98	37.99 36.68	250m: 3:01.87 300m: 3:44.01	41.89 42.14	350m: 4:17.65 400m: 4:50.24	592	39,00
5.	Guilherme Lobo, PINTO	M	126503	04	Foca Quinta Da Lixa - Cnf	50m: 30.58 100m: 1:04.86	30.58 34.28	150m: 1:42.63 200m: 2:19.80	37.77 37.17	250m: 3:03.21 300m: 3:46.57	43.41 43.36	350m: 4:19.25 400m: 4:52.11	581	38,00
6.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	50m: 29.50 100m: 1:03.99	29.50 34.49	150m: 1:44.32 200m: 2:24.28	40.33 39.96	250m: 3:06.78 300m: 3:49.93	42.50 43.15	350m: 4:24.96 400m: 4:59.71	538	37,00
7.	Henrique Santa, VALE	M	125785	04	GCST	50m: 30.48 100m: 1:06.71	30.48 36.23	150m: 1:47.97 200m: 2:28.08	41.26 40.11	250m: 3:10.82 300m: 3:54.52	42.74 43.70	350m: 4:28.50 400m: 5:01.41	529	36,00
8.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	50m: 29.88 100m: 1:04.25	29.88 34.37	150m: 1:45.75 200m: 2:26.46	41.50 40.71	250m: 3:09.99 300m: 3:51.90	43.53 41.91	350m: 4:27.50 400m: 5:02.94	521	35,00

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Prova 12, Masc., 400m Estilos, Absolutos

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS
9.	Gustavo Gomes, RAMOS	M	200774	06	Porto	5:02.97	521	-
	50m: 31.15 31.15				150m: 1:47.52 40.36	250m: 3:11.69 45.17	350m: 4:30.27 33.38	
	100m: 1:07.16 36.01				200m: 2:26.52 39.00	300m: 3:56.89 45.20	400m: 5:02.97 32.70	
10.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	5:03.06	520	34,00
	50m: 30.48 30.48				150m: 1:47.40 41.00	250m: 3:10.44 43.70	350m: 4:30.38 34.58	
	100m: 1:06.40 35.92				200m: 2:26.74 39.34	300m: 3:55.80 45.36	400m: 5:03.06 32.68	
	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	5:03.06	520	34,00
	50m: 30.87 30.87				150m: 1:46.25 39.18	250m: 3:09.45 44.68	350m: 4:29.10 34.48	
	100m: 1:07.07 36.20				200m: 2:24.77 38.52	300m: 3:54.62 45.17	400m: 5:03.06 33.96	
12.	Bruno Silva, LOUREIRO	M	129872	06	Porto	5:03.66	517	-
	50m: 31.74 31.74				150m: 1:48.71 40.74	250m: 3:13.06 44.72	350m: 4:31.91 33.23	
	100m: 1:07.97 36.23				200m: 2:28.34 39.63	300m: 3:58.68 45.62	400m: 5:03.66 31.75	
13.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	5:03.83	516	-
	50m: 30.58 30.58				150m: 1:46.33 39.53	250m: 3:12.16 47.88	350m: 4:32.73 33.26	
	100m: 1:06.80 36.22				200m: 2:24.28 37.95	300m: 3:59.47 47.31	400m: 5:03.83 31.10	
14.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube	5:05.19	510	32,00
	50m: 31.28 31.28				150m: 1:48.14 41.21	250m: 3:10.92 41.95	350m: 4:30.41 36.88	
	100m: 1:06.93 35.65				200m: 2:28.97 40.83	300m: 3:53.53 42.61	400m: 5:05.19 34.78	
15.	Tomas Carvalhinho, RIBEIRO	M	131799	05	Natacao da Maia	5:09.47	489	31,00
	50m: 31.06 31.06				150m: 1:49.59 42.36	250m: 3:15.63 44.19	350m: 4:35.79 35.01	
	100m: 1:07.23 36.17				200m: 2:31.44 41.85	300m: 4:00.78 45.15	400m: 5:09.47 33.68	
16.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	5:09.91	487	30,00
	50m: 31.31 31.31				150m: 1:49.38 41.71	250m: 3:14.74 44.21	350m: 4:35.49 35.62	
	100m: 1:07.67 36.36				200m: 2:30.53 41.15	300m: 3:59.87 45.13	400m: 5:09.91 34.42	
17.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	5:10.23	485	-
	50m: 31.79 31.79				150m: 1:52.96 41.90	250m: 3:17.32 45.24	350m: 4:36.91 34.45	
	100m: 1:11.06 39.27				200m: 2:32.08 39.12	300m: 4:02.46 45.14	400m: 5:10.23 33.32	
18.	Miguel Guedes, FERREIRA	M	205181	07	Porto	5:18.56	448	-
	50m: 32.94 32.94				150m: 1:53.68 42.83	250m: 3:23.22 48.05	350m: 4:45.43 34.58	
	100m: 1:10.85 37.91				200m: 2:35.17 41.49	300m: 4:10.85 47.63	400m: 5:18.56 33.13	
19.	Francisco Bernardes, MARTELO	M	201758	07	Porto	5:18.62	448	-
	50m: 31.76 31.76				150m: 1:51.54 42.37	250m: 3:18.68 45.36	350m: 4:44.25 37.11	
	100m: 1:09.17 37.41				200m: 2:33.32 41.78	300m: 4:07.14 48.46	400m: 5:18.62 34.37	
20.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	5:26.69	415	29,00
	50m: 30.85 30.85				150m: 1:52.37 44.09	250m: 3:21.19 47.24	350m: 4:49.09 39.65	
	100m: 1:08.28 37.43				200m: 2:33.95 41.58	300m: 4:09.44 48.25	400m: 5:26.69 37.60	
21.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	5:27.66	412	28,00
	50m: 32.28 32.28				150m: 1:56.17 44.89	250m: 3:26.33 47.70	350m: 4:53.08 37.82	
	100m: 1:11.28 39.00				200m: 2:38.63 42.46	300m: 4:15.26 48.93	400m: 5:27.66 34.58	
DSQ	Tomas Pinto, COSTA <i>4.2 - Falsa Partida – SW 4.4</i>	M	202820	07	Leixoes Sport Clube			-
DSQ	Tomas Machado, MIRANDA <i>8.15 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem dos 50 metros - SW 8.4</i>	M	200780	07	Porto			-
WDR	Diogo Nunes, SOUSA	M	127667	03	Vit�ria Sport Clube			-
EXH	Goncalo Andre, FERREIRA	M	151733	07	GCVR	5:40.49	367	-
	50m: 33.62 33.62				150m: 2:03.71 47.22	250m: 3:37.64 49.49	350m: 5:04.75 36.67	
	100m: 1:16.49 42.87				200m: 2:48.15 44.44	300m: 4:28.08 50.44	400m: 5:40.49 35.74	

Prova 13	Femin., 50m Livres				Absolutos
24/06/2022 - 16:35					Resultados
Recordes Nacionais 50m Absoluto	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	03/08/2019
Recordes Nacionais 50m Sen	25.56	Ana Pinho, RODRIGUES	ADS	Funchal	03/08/2019
Recordes Nacionais 50m Jun 17	26.17	Carolina Miranda, FERNANDES	CGA	Coimbra	01/04/2022
Recordes Nacionais 50m Jun 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10/04/2010
Recordes Nacionais 50m Juv A	26.78	Maria Gomes, PEREIRA	SAD	Coimbra	05/04/2019
Recordes Nacionais 50m Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31/05/2015
Recorde Regional 50m Absoluto	26.02	Ana Pinho, RODRIGUES	FCP	Povoa de Varzim	19/04/2014
Recorde Regional 50m Sen	26.02	Ana Pinho, RODRIGUES	FCP	Povoa de Varzim	19/04/2014
Recorde Regional 50m Jun 17	26.59	Mariana Pacheco, CUNHA	CNCE	Coimbra	30/05/2021
Recorde Regional 50m Jun 16	26.74	Adriana Daniela, CASTRO	FCP	Coimbra	26/05/2013
Recorde Regional 50m Juv A	26.79	Catarina Silva, SOARES	FCP	Lisboa	29/07/2018
Recorde Regional 50m Juv B	27.54	Catarina Silva, SOARES	FCP	Porto	04/06/2017

Juv A - Feminino Juv A: 32.30 / Juv B - Feminino Juv B: 32.78 / Jun - Feminino Jun: 31.10 / Sen - Feminino Sen: 30.22

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	28.39	579	43,00
2.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	28.86	551	40,00
3.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	29.22	531	37,00
4.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	29.46	518	36,00
5.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	30.25	479	29,00
6.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams	30.86	451	27,00
	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	30.86	451	-
8.	Ana Medeiros, COSTA	F	152164	07	GCST	30.96	446	-
9.	Carolina Cunha, HENRIQUES	F	205459	08	Foca Quinta Da Lixa - Cnf	31.19	437	-
10.	Beatriz Silva, COENTRAO	F	201062	08	Famaliç�o	31.32	431	25,00
11.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	31.36	429	-
12.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	31.37	429	23,00
13.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	31.41	427	-
14.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	31.49	424	22,00
15.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	31.52	423	21,00
16.	Sara Rafaela, LEAL	F	204403	07	Penafiel	32.00	404	19,00
17.	Beatriz Silva, QUINTELA	F	204597	08	Foca Quinta Da Lixa - Cnf	32.14	399	-
18.	Maria Luis, SOUSA	F	205537	08	Porto	32.19	397	-
19.	Matilde Araujo, PALMEIRA	F	202806	07	Vilacondense	32.68	379	-
	<i>FTL</i>							
20.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	32.77	376	17,00
21.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	32.97	370	-
	<i>FTL</i>							
22.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	33.28	359	16,00
	<i>FTL</i>							
23.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	33.30	359	-
	<i>FTL</i>							
24.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	33.50	352	-
	<i>FTL</i>							
25.	Mafalda Rego, CAIXEIRO	F	201092	08	Leixoes Sport Clube	33.59	349	-
	<i>FTL</i>							
26.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	33.94	339	-
	<i>FTL</i>							
27.	Joana Vale, GUIMARAES	F	203330	08	Natacao de Valongo	34.21	331	-
	<i>FTL</i>							

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Prova 13, Femin., 50m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
28.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	34.42	325	-
29.	Rafaela Filipa, MATOS FTL	F	207851	08	Leixoes Sport Clube	35.25	302	-
30.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	35.49	296	-
31.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	35.73	290	-
32.	Mariana Vieira, SANTOS FTL	F	203093	08	Foca Quinta Da Lixa - Cnf	35.85	287	-
33.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Natao	37.67	248	-
DSQ	Maria Silva, PEREIRA 4.2 - Falsa Partida – SW 4.4	F	209414	08	GCVR			-
DSQ	Matilde Cardoso, ARAUJO 4.2 - Falsa Partida – SW 4.4	F	215155	07	Penafiel			-
DSQ	Sofia Teixeira, BARBOSA 4.2 - Falsa Partida – SW 4.4	F	200509	08	Porto			-
DSQ	Ariana, SAMPAIO RODRIGUES 4.2 - Falsa Partida – SW 4.4	F	214663	07	Propaganda da Natao			-

Juniores-Seniores

1.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	28.44	576	41,00
2.	Ana Ines, FERNANDES	F	119258	00	Vit�ria Sport Clube	29.07	539	39,00
3.	Maria Ines, LEMOS	F	120159	02	Leixoes Sport Clube	29.21	532	38,00
4.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	29.47	518	35,00
5.	Maria Luis, SA	F	131836	06	Fluvial Portuense	29.50	516	-
6.	Leonor Santos, SILVA	F	121982	03	Porto	29.60	511	34,00
7.	Luisa Coelho, QUINTA	F	127981	05	Leixoes Sport Clube	29.78	502	-
8.	Marta Oliveira, FERREIRA	F	125854	04	GCST	29.83	499	33,00
9.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	29.86	498	32,00
10.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	29.93	494	-
11.	Maria Ines, SILVA	F	200371	05	Porto	29.96	493	31,00
12.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	30.20	481	30,00
13.	Ana Rita, MARTINS	F	128148	06	Foca Quinta Da Lixa - Cnf	30.26	478	28,00
14.	Ana Sofia, ALVES FTL	F	25757	95	Vit�ria Sport Clube	30.56	464	-
15.	Ana Carmo, PINHEIRO FTL	F	124856	02	GCST	30.86	451	27,00
16.	Carolina Ascenso, SANTOS FTL	F	121271	01	Propaganda da Natao	31.32	431	25,00
17.	Mariana Filipa, GOMES FTL	F	128450	04	Penafiel	31.80	412	20,00
18.	Regina Correia, NOVAIS FTL	F	129769	06	Foca Quinta Da Lixa - Cnf	32.09	401	-
19.	Mariana Almeida, VALE FTL	F	126713	03	Natacao de Valongo	32.14	399	-

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Prova 13, Femin., 50m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
20.	Ana Sofia, FREITAS FTL	F	203490	04	Vit�ria Sport Clube	32.21	396	-
21.	Daniela Alves, FERNANDES FTL	F	200918	05	Leixoes Sport Clube	32.25	395	-
22.	Sofia Costa, PINHO FTL	F	126787	03	CLIP Teams	32.71	378	18,00
23.	Mafalda Reis, PINTO FTL	F	213593	06	Natacao de Valongo	32.96	370	-
24.	Mariana Sousa, MOREIRA FTL	F	126950	03	GCST	33.15	364	-
25.	Soraia Conceicao, MELO FTL	F	130116	05	Vit�ria Sport Clube	33.47	353	-
26.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	34.99	309	15,00
27.	Barbara Carneiro, TEIXEIRA FTL	F	213401	05	Aquatico Pacense	35.05	307	14,00
28.	Carolina Benedita, SOUSA FTL	F	153538	05	Penafiel	35.07	307	-
29.	Ariana Pinto, MAIA FTL	F	208232	06	Natacao de Valongo	36.40	274	-
DSQ	Ana Beatriz, MARTINS 4.2 - Falsa Partida – SW 4.4	F	108375	99	Famalic�o			-
DSQ	Bruna Costa, SOARES 1.12 - O(A) nadador(a) teve um comportamento anti-desportivo.	F	124579	04	Leixoes Sport Clube			-
WDR	Ines Gomes, MENDES	F	153455	06	Aquatico Pacense			-
WDR	Mariana Martins, COSTA	F	127658	05	Famalic�o			-
WDR	Bruna Fangueiro, COENTRAO	F	24315	93	Vilacondense			-

Absolutos

1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	28.39	579	43,00
2.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	28.44	576	41,00
3.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	28.86	551	40,00
4.	Ana Ines, FERNANDES	F	119258	00	Vit�ria Sport Clube	29.07	539	39,00
5.	Maria Ines, LEMOS	F	120159	02	Leixoes Sport Clube	29.21	532	38,00
6.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	29.22	531	37,00
7.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	29.46	518	36,00
8.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	29.47	518	35,00
9.	Maria Luis, SA	F	131836	06	Fluvial Portuense	29.50	516	-
10.	Leonor Santos, SILVA	F	121982	03	Porto	29.60	511	34,00
11.	Luisa Coelho, QUINTA	F	127981	05	Leixoes Sport Clube	29.78	502	-
12.	Marta Oliveira, FERREIRA	F	125854	04	GCST	29.83	499	33,00
13.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	29.86	498	32,00
14.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	29.93	494	-
15.	Maria Ines, SILVA	F	200371	05	Porto	29.96	493	31,00
16.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	30.20	481	30,00
17.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	30.25	479	29,00
18.	Ana Rita, MARTINS	F	128148	06	Foca Quinta Da Lixa - Cnf	30.26	478	28,00
19.	Ana Sofia, ALVES FTL	F	25757	95	Vit�ria Sport Clube	30.56	464	-

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Prova 13, Femin., 50m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
20.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams	30.86	451	27,00
	Ana Carmo, PINHEIRO	F	124856	02	GCST	30.86	451	27,00
	<i>FTL</i>							
	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	30.86	451	-
23.	Ana Medeiros, COSTA	F	152164	07	GCST	30.96	446	-
24.	Carolina Cunha, HENRIQUES	F	205459	08	Foca Quinta Da Lixa - Cnf	31.19	437	-
25.	Beatriz Silva, COENTRAO	F	201062	08	Famalic�o	31.32	431	25,00
	Carolina Ascenso, SANTOS	F	121271	01	Propaganda da Natao	31.32	431	25,00
	<i>FTL</i>							
27.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	31.36	429	-
28.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	31.37	429	23,00
29.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	31.41	427	-
30.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Natao	31.49	424	22,00
31.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	31.52	423	21,00
32.	Mariana Filipa, GOMES	F	128450	04	Penafiel	31.80	412	20,00
	<i>FTL</i>							
33.	Sara Rafaela, LEAL	F	204403	07	Penafiel	32.00	404	19,00
34.	Regina Correia, NOVAIS	F	129769	06	Foca Quinta Da Lixa - Cnf	32.09	401	-
	<i>FTL</i>							
35.	Beatriz Silva, QUINTELA	F	204597	08	Foca Quinta Da Lixa - Cnf	32.14	399	-
	Mariana Almeida, VALE	F	126713	03	Natacao de Valongo	32.14	399	-
	<i>FTL</i>							
37.	Maria Luis, SOUSA	F	205537	08	Porto	32.19	397	-
38.	Ana Sofia, FREITAS	F	203490	04	Vit�ria Sport Clube	32.21	396	-
	<i>FTL</i>							
39.	Daniela Alves, FERNANDES	F	200918	05	Leixoes Sport Clube	32.25	395	-
	<i>FTL</i>							
40.	Matilde Araujo, PALMEIRA	F	202806	07	Vilacondense	32.68	379	-
	<i>FTL</i>							
41.	Sofia Costa, PINHO	F	126787	03	CLIP Teams	32.71	378	18,00
	<i>FTL</i>							
42.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	32.77	376	17,00
43.	Mafalda Reis, PINTO	F	213593	06	Natacao de Valongo	32.96	370	-
	<i>FTL</i>							
44.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	32.97	370	-
	<i>FTL</i>							
45.	Mariana Sousa, MOREIRA	F	126950	03	GCST	33.15	364	-
	<i>FTL</i>							
46.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	33.28	359	16,00
	<i>FTL</i>							
47.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	33.30	359	-
	<i>FTL</i>							
48.	Soraia Conceicao, MELO	F	130116	05	Vit�ria Sport Clube	33.47	353	-
	<i>FTL</i>							
49.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	33.50	352	-
	<i>FTL</i>							

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Prova 13, Femin., 50m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
50.	Mafalda Rego, CAIXEIRO FTL	F	201092	08	Leixoes Sport Clube	33.59	349	-
51.	Maria Goncalves, DIAS FTL	F	208862	08	Fluvial Portuense	33.94	339	-
52.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	34.21	331	-
53.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	34.42	325	-
54.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	34.99	309	15,00
55.	Barbara Carneiro, TEIXEIRA FTL	F	213401	05	Aquatico Pacense	35.05	307	14,00
56.	Carolina Benedita, SOUSA FTL	F	153538	05	Penafiel	35.07	307	-
57.	Rafaela Filipa, MATOS FTL	F	207851	08	Leixoes Sport Clube	35.25	302	-
58.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	35.49	296	-
59.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	35.73	290	-
60.	Mariana Vieira, SANTOS FTL	F	203093	08	Foca Quinta Da Lixa - Cnf	35.85	287	-
61.	Ariana Pinto, MAIA FTL	F	208232	06	Natacao de Valongo	36.40	274	-
62.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Nataç�o	37.67	248	-
DSQ	Ana Beatriz, MARTINS 4.2 - Falsa Partida – SW 4.4	F	108375	99	Famalici�o			-
DSQ	Maria Silva, PEREIRA 4.2 - Falsa Partida – SW 4.4	F	209414	08	GCVR			-
DSQ	Bruna Costa, SOARES 1.12 - O(A) nadador(a) teve um comportamento anti-desportivo.	F	124579	04	Leixoes Sport Clube			-
DSQ	Matilde Cardoso, ARAUJO 4.2 - Falsa Partida – SW 4.4	F	215155	07	Penafiel			-
DSQ	Sofia Teixeira, BARBOSA 4.2 - Falsa Partida – SW 4.4	F	200509	08	Porto			-
DSQ	Ariana, SAMPAIO RODRIGUES 4.2 - Falsa Partida – SW 4.4	F	214663	07	Propaganda da Nataç�o			-
WDR	Ines Gomes, MENDES	F	153455	06	Aquatico Pacense			-
WDR	Mariana Martins, COSTA	F	127658	05	Famalici�o			-
WDR	Bruna Fangueiro, COENTRAO	F	24315	93	Vilacondense			-
EXH	Natalia Avila, PEREYRA FTL	F	215764	04	Clube Naval Povoense	30.95	447	-

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Prova 14	Masc., 50m Livres				Absolutos
24/06/2022 - 16:45					Resultados
Recordes Nacionais 50m Absoluto	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	19/12/2020
Recordes Nacionais 50m Sen	22.16	Miguel Duarte, NASCIMENTO	SLB	Oeiras	19/12/2020
Recordes Nacionais 50m Jun 18	22.35	Diogo Matos, RIBEIRO	SLB	Coimbra	01/04/2022
Recordes Nacionais 50m Jun 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16/07/2004
Recordes Nacionais 50m Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31/07/2003
Recordes Nacionais 50m Juv B	24.61	Tiago Andrade, MACHADO	SCA	Oeiras	20/07/2017
Recorde Regional 50m Absoluto	22.51	Paulo Jorge, SANTOS	FCP	Coimbra	30/05/2009
Recorde Regional 50m Sen	22.51	Paulo Jorge, SANTOS	FCP	Coimbra	30/05/2009
Recorde Regional 50m Jun 18	22.98	Paulo Jorge, SANTOS	FCP	Antuerpia (BEL)	22/07/2007
Recorde Regional 50m Jun 17	23.90	Luis Miguel, MONTEIRO	FCP	Lisboa	20/05/2000
Recorde Regional 50m Juv A	24.44	Tiago Moura, RODRIGUES	CLIP	Povoa de Varzim	16/03/2019
Recorde Regional 50m Juv B	25.27	Jose Miguel, MIRANDA	CFP	Antuerpia (BEL)	10/07/1988

Juv B - Masculino Juv B: 29.57 / Juv A - Masculino Juv A: 29.14 / Jun - Masculinos Jun: 28.06 / Sen - Masculinos Sen: 26.51

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalic�o	25.48	552	39,00
2.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	26.16	510	35,00
	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	26.16	510	35,00
4.	Marco Oliveira, LOPES	M	202144	06	Penafiel	26.47	492	31,00
5.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	26.84	472	28,00
6.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	27.03	462	26,00
7.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	27.06	461	24,00
8.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	27.13	457	22,00
9.	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense	27.14	457	-
10.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	27.20	454	21,00
11.	Tomas Rocha, DORES	M	200766	07	Colegio Efanor	27.23	452	20,00
12.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	27.38	445	18,00
13.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	27.59	435	-
14.	Leonardo Freitas, FERNANDES	M	209567	06	Famalic�o	27.75	427	-
15.	Afonso Azevedo, PACHECO	M	201382	06	Vilacondense	27.92	420	13,00
16.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	28.12	411	-
17.	Luis Miguel, RIBEIRO	M	201081	06	Lousada S�culo XXI	28.18	408	11,00
18.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	28.29	403	-
19.	Bruno Emanuel, VIEIRA	M	204681	07	Lousada S�culo XXI	28.37	400	-
20.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	28.64	389	-
21.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	28.81	382	-
22.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	28.84	381	-
23.	Jo�o Cunha, RODRIGUES	M	130641	06	Celorico Basto	29.03	373	10,00
24.	Goncalo, ALVES MOUTINHO	M	214745	06	Propaganda da Nata�o	29.04	373	9,00
25.	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Nata�o	29.15	369	8,00
26.	Francisco Manuel, SAMPAIO	M	128714	06	Foca Quinta Da Lixa - Cnf	29.58	353	-
	<i>FTL</i>							
27.	Dinis Miranda, CAMBAS	M	200367	07	Clube Naval Povoense	29.66	350	-
	<i>FTL</i>							
28.	Manuel Joaquim, LEAL	M	130075	06	Aquatico Pacense	29.87	343	-
	<i>FTL</i>							
29.	Dinis Canais, PERA	M	130639	06	Celorico Basto	30.02	337	-
	<i>FTL</i>							
30.	Rodrigo Miguel, FERNANDES	M	200798	07	Natacao de Valongo	30.14	333	-
	<i>FTL</i>							

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Prova 14, Masc., 50m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
31.	Martim Danilo, MENDES FTL	M	206619	07	Fluvial Portuense	30.50	322	-
32.	Gustavo Andrade, PINTO FTL	M	207848	07	Leixoes Sport Clube	30.58	319	-
33.	Duarte Correia, GARCIA FTL	M	202823	07	Leixoes Sport Clube	30.81	312	-
34.	Francisco Manuel, PINTO FTL	M	200812	07	Penafiel	31.12	303	-
35.	Gustavo Amaro, MACHADO FTL	M	203335	07	Natacao de Valongo	33.15	250	-
36.	Denis, ZBIRNEA FTL	M	213881	07	Propaganda da Nata�o	33.65	239	-
DSQ	Martim Alves, GONCALVES 4.2 - Falsa Partida – SW 4.4	M	130643	06	Celorico Basto			-
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalic�o			-

Juniores-Seniores

1.	Tomas Teixeira, LOPES	M	122006	02	Vit�ria Sport Clube	24.32	635	43,00
2.	Porfirio Braga, NUNES	M	111552	00	Porto	24.41	628	41,00
3.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	25.38	559	40,00
4.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	25.58	546	38,00
5.	Rui Pedro, MADUREIRA	M	204932	04	Famalic�o	25.81	531	37,00
6.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	25.89	526	36,00
7.	Joao Pedro, TORRES	M	127551	05	Porto	26.12	513	-
8.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	26.23	506	33,00
9.	Ruben Vieira, SANTOS	M	208122	00	Vilacondense	26.38	498	32,00
10.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	26.48	492	30,00
11.	Dinis Barros, LEAL FTL	M	123578	03	Aquatico Pacense	26.66	482	29,00
12.	Gaspar Pinheiro, LIMA	M	127892	04	Leixoes Sport Clube	27.00	464	27,00
13.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	27.05	461	25,00
14.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	27.08	460	23,00
15.	Bernardo Oliveira, PIMENTA	M	131213	04	Natacao de Valongo	27.29	449	19,00
16.	Gil Amaral, MATOS	M	127630	04	Porto	27.38	445	-
17.	Jason, SILVA FTL	M	126544	03	Famalic�o	27.41	443	-
19.	Henrique Santa, VALE	M	125785	04	GCST	27.41	443	17,00
20.	Goncalo Renato, CARVALHO FTL	M	127586	04	Porto	27.42	443	-
20.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	27.54	437	16,00
21.	Bruno Miguel, SEIXAS FTL	M	126784	01	Natacao da Maia	27.65	432	15,00
22.	Andre Martins, CARNEIRO FTL	M	125225	03	Aquatico Pacense	27.81	425	-
23.	Diogo Alexandre, PEREIRA FTL	M	202013	03	Natacao de Valongo	27.82	424	-
24.	Sergio Daniel, ARAUJO FTL	M	127097	02	Clube Naval Povoense	27.85	423	14,00

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Prova 14, Masc., 50m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
25.	Guilherme Nunes, ANDRADE FTL	M	127620	05	Porto	28.07	413	-
26.	Diogo Miguel, VENTURA FTL	M	132730	05	Foca Quinta Da Lixa - Cnf	28.12	411	12,00
27.	Rodrigo Miguel, MARQUES FTL	M	127744	05	CLIP Teams	28.45	397	-
28.	Goncalo Oliveira, SILVA FTL	M	128740	04	Foca Quinta Da Lixa - Cnf	28.67	387	-
29.	Joao Bernardo, FERNANDES FTL	M	129686	03	Clube Naval Povoense	29.04	373	-
DNS	Guilherme Oliveira, NUNES	M	101832	98	Leixoes Sport Clube			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vit�ria Sport Clube			-

Absolutos

1.	Tomas Teixeira, LOPES	M	122006	02	Vit�ria Sport Clube	24.32	635	43,00
2.	Porfirio Braga, NUNES	M	111552	00	Porto	24.41	628	41,00
3.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	25.38	559	40,00
4.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalic�o	25.48	552	39,00
5.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	25.58	546	38,00
6.	Rui Pedro, MADUREIRA	M	204932	04	Famalic�o	25.81	531	37,00
7.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	25.89	526	36,00
8.	Joao Pedro, TORRES	M	127551	05	Porto	26.12	513	-
9.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	26.16	510	35,00
	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	26.16	510	35,00
11.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	26.23	506	33,00
12.	Ruben Vieira, SANTOS	M	208122	00	Vilacondense	26.38	498	32,00
13.	Marco Oliveira, LOPES	M	202144	06	Penafiel	26.47	492	31,00
14.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	26.48	492	30,00
15.	Dinis Barros, LEAL FTL	M	123578	03	Aquatico Pacense	26.66	482	29,00
16.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	26.84	472	28,00
17.	Gaspar Pinheiro, LIMA	M	127892	04	Leixoes Sport Clube	27.00	464	27,00
18.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	27.03	462	26,00
19.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	27.05	461	25,00
20.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	27.06	461	24,00
21.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	27.08	460	23,00
22.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	27.13	457	22,00
23.	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense	27.14	457	-
24.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	27.20	454	21,00
25.	Tomas Rocha, DORES	M	200766	07	Colegio Efanor	27.23	452	20,00
26.	Bernardo Oliveira, PIMENTA	M	131213	04	Natacao de Valongo	27.29	449	19,00
27.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	27.38	445	18,00
	Gil Amaral, MATOS	M	127630	04	Porto	27.38	445	-
29.	Jason, SILVA FTL	M	126544	03	Famalic�o	27.41	443	-
	Henrique Santa, VALE	M	125785	04	GCST	27.41	443	17,00
31.	Goncalo Renato, CARVALHO	M	127586	04	Porto	27.42	443	-
32.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	27.54	437	16,00

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Prova 14, Masc., 50m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
33.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	27.59	435	-
34.	Bruno Miguel, SEIXAS FTL	M	126784	01	Natacao da Maia	27.65	432	15,00
35.	Leonardo Freitas, FERNANDES	M	209567	06	Famalici�o	27.75	427	-
36.	Andre Martins, CARNEIRO FTL	M	125225	03	Aquatico Pacense	27.81	425	-
37.	Diogo Alexandre, PEREIRA FTL	M	202013	03	Natacao de Valongo	27.82	424	-
38.	Sergio Daniel, ARAUJO FTL	M	127097	02	Clube Naval Povoense	27.85	423	14,00
39.	Afonso Azevedo, PACHECO	M	201382	06	Vilacondense	27.92	420	13,00
40.	Guilherme Nunes, ANDRADE FTL	M	127620	05	Porto	28.07	413	-
41.	Diogo Miguel, VENTURA FTL	M	132730	05	Foca Quinta Da Lixa - Cnf	28.12	411	12,00
	Pedro Roque, IGREJA	M	203964	06	Vilacondense	28.12	411	-
43.	Luis Miguel, RIBEIRO	M	201081	06	Lousada S�culo XXI	28.18	408	11,00
44.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	28.29	403	-
45.	Bruno Emanuel, VIEIRA	M	204681	07	Lousada S�culo XXI	28.37	400	-
46.	Rodrigo Miguel, MARQUES FTL	M	127744	05	CLIP Teams	28.45	397	-
47.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	28.64	389	-
48.	Goncalo Oliveira, SILVA FTL	M	128740	04	Foca Quinta Da Lixa - Cnf	28.67	387	-
49.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	28.81	382	-
50.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	28.84	381	-
51.	Jo�o Cunha, RODRIGUES	M	130641	06	Celorico Basto	29.03	373	10,00
52.	Joao Bernardo, FERNANDES FTL	M	129686	03	Clube Naval Povoense	29.04	373	-
	Goncalo, ALVES MOUTINHO	M	214745	06	Propaganda da Nata�o	29.04	373	9,00
54.	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Nata�o	29.15	369	8,00
55.	Francisco Manuel, SAMPAIO FTL	M	128714	06	Foca Quinta Da Lixa - Cnf	29.58	353	-
56.	Dinis Miranda, CAMBAS FTL	M	200367	07	Clube Naval Povoense	29.66	350	-
57.	Manuel Joaquim, LEAL FTL	M	130075	06	Aquatico Pacense	29.87	343	-
58.	Dinis Canais, PERA FTL	M	130639	06	Celorico Basto	30.02	337	-
59.	Rodrigo Miguel, FERNANDES FTL	M	200798	07	Natacao de Valongo	30.14	333	-
60.	Martim Danilo, MENDES FTL	M	206619	07	Fluvial Portuense	30.50	322	-
61.	Gustavo Andrade, PINTO FTL	M	207848	07	Leixoes Sport Clube	30.58	319	-
62.	Duarte Correia, GARCIA FTL	M	202823	07	Leixoes Sport Clube	30.81	312	-

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Prova 14, Masc., 50m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
63.	Francisco Manuel, PINTO FTL	M	200812	07	Penafiel	31.12	303	-
64.	Gustavo Amaro, MACHADO FTL	M	203335	07	Natacao de Valongo	33.15	250	-
65.	Denis, ZBIRNEA FTL	M	213881	07	Propaganda da Nataa�o	33.65	239	-
DSQ	Martim Alves, GONCALVES 4.2 - Falsa Partida – SW 4.4	M	130643	06	Celorico Basto			-
DNS	Guilherme Oliveira, NUNES	M	101832	98	Leixoes Sport Clube			-
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalia�o			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vit�ria Sport Clube			-
EXH	Eduardo, YAKUBENKO	M	205829	06	GCVR	27.16	456	-
EXH	Herman, KOVALCHUK	M	147658	06	GCVR	27.29	449	-

Prova 15

Femin., 4 x 200m Livres

Absolutos

24/06/2022 - 17:15

Resultados

Recordes Nacionais 50m Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14/04/2019
Recordes Nacionais 50m Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	18/03/2018
Recordes Nacionais 50m Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	26/07/2018
Recordes Nacionais 50m Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01/04/2015
Recordes Nacionais 50m Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23/07/2015
Recordes Nacionais 50m Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26/07/2012
Recorde Regional 50m Absoluto	8:27.04	Sara Oliveira, Marta Marinho, JoaneFCPrgues,		Rio Maiorreiro	01/04/2011
Recorde Regional 50m Sen	8:27.04	Sara Oliveira, Marta Marinho, JoaneFCPrgues,		Rio Maiorreiro	01/04/2011
Recorde Regional 50m Jun	8:43.85	Futebol Clube do Porto	FCP	Povoa de Varzim	15/03/2019
Recorde Regional 50m Juv A	8:00.49	Maria Cabral, Marta Canedo, Joana FCPeira, An		Coimbra	01/04/2015
Recorde Regional 50m Juv	8:46.61	Maria Cabral, Maria Costa, Isabel PFCP Ana Fa		Coimbra	23/07/2015

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1. Vilacondense 1	F			Vilacondense	8:55.75	639	43,00
Ines Martins, SILVA		04	+0,84	31.72	1:05.98	1:41.68	2:17.58
Maria Joao, COSTA		08	+0,48	31.12	1:06.99	1:43.97	2:19.84
Ana Catarina, MONTEIRO		93	+0,20	29.80	1:01.52	1:34.40	2:06.77
Francisca Macedo, LOPES		05	+0,61	30.14	1:03.22	1:37.35	2:11.56
2. Porto 1	F			Porto	9:02.92	614	41,00
Ana Rita, RAMOS		02	+0,88	30.26	1:02.53	1:35.42	2:08.52
Sofia Nunes, FIAL		03	+0,31	30.73	1:05.53	1:40.83	2:15.60
Leonor Santos, SILVA		03	+0,31	31.17	1:06.09	1:42.28	2:17.67
Ines Correia, MARTINS		04	+0,42	31.89	1:07.25	1:43.95	2:21.13
3. Vit�ria Sport Clube 1	F			Vit�ria Sport Clube	9:25.45	543	40,00
Lia Beatriz, GOMES		06	+0,82	32.15	1:07.31	1:43.85	2:19.73
Ana Sofia, ALVES		95	+0,35	31.63	1:07.24	1:45.08	2:25.13
Ana Ines, FERNANDES		00	+0,19	31.59	1:07.49	1:45.64	2:21.15
Filipa Viamonte, FERNANDES		02	+0,54	32.68	1:08.50	1:44.17	2:19.44
4. Famalia�o 2	F			Famalia�o	9:29.67	531	39,00
Mafalda Martins, MESQUITA		07	+0,79	30.96	1:05.34	1:39.54	2:12.61
Ana Castro, SILVA		08	+0,42	33.36	1:10.94	1:49.93	2:29.71
Beatriz Silva, COENTRAO		08	+0,49	33.34	1:10.75	1:49.57	2:26.67
Ana Carolina, CRUZ		08	+0,67	32.06	1:08.55	1:45.44	2:20.68

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Prova 15, Femin., 4 x 200m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
5.	F			Fluvial Portuense	9:32.91	522	38,00
		08	+0,72	32.49	1:08.19	1:44.72	2:20.25
		08	+0,50	33.89	1:11.69	1:51.10	2:29.14
		07	+0,54	34.30	1:11.49	1:49.48	2:26.00
		07	+0,31	31.24	1:06.34	1:42.59	2:17.52
6.	F			Porto	9:35.77	514	37,00
		07	+1,00	32.47	1:08.14	1:45.19	2:22.30
		08	+0,54	33.04	1:10.57	1:46.86	2:20.37
		08	+0,68	33.11	1:09.82	1:47.36	2:24.27
		08	+0,38	33.37	1:11.38	1:49.83	2:28.83
7.	F			Fluvial Portuense	9:37.90	509	36,00
		06	+0,80	32.50	1:08.79	1:48.09	2:25.13
		06	+0,69	32.92	1:10.46	1:49.11	2:27.63
		06	+0,30	32.78	1:09.43	1:47.16	2:24.18
		06	+0,56	32.01	1:08.52	1:47.23	2:20.96
8.	F			Foca Quinta Da Lixa - Cnf 1	9:38.84	506	35,00
		06	+0,77	32.22	1:07.47	1:43.71	2:19.37
		06	+0,38	32.78	1:09.56	1:48.31	2:25.95
		06	+0,21	33.02	1:08.10	1:44.76	2:21.13
		06	+0,46	34.64	1:12.93	1:52.86	2:32.39
9.	F			Foca Quinta Da Lixa - Cnf 2	9:41.49	499	34,00
		07	+0,76	31.13	1:04.55	1:38.76	2:13.06
		08	+0,34	32.52	1:09.19	1:47.47	2:26.20
		08	+0,41	34.02	1:12.70	1:52.17	2:31.07
		08	+0,48	33.36	1:12.18	1:51.60	2:31.16
10.	F			Leixoes Sport Clube 2	9:50.24	478	33,00
		08	+0,76	33.90	1:12.60	1:53.94	2:34.59
		08	+0,22	32.96	1:09.29	1:46.25	2:22.61
		08	+0,43	35.67	1:15.45	1:55.38	2:35.04
		07	+0,48	30.75	1:05.45	1:42.23	2:18.00
11.	F			Aquatico Pacense 2	10:08.04	437	32,00
		07	+0,91	32.97	1:09.75	1:46.88	2:23.94
		08	+0,07	32.77	1:10.79	1:50.10	2:28.03
		08	+0,43	37.70	1:20.46	2:03.67	2:45.60
		08	+0,34	34.27	1:13.07	1:52.28	2:30.47
12.	F			Assoc. Desportiva de Fafe 2	10:17.57	417	31,00
		08	+0,86	34.58	1:12.85	1:52.33	2:31.49
		08	+0,62	32.88	1:11.18	1:49.97	2:26.89
		08	+0,57	32.20	1:08.85	1:47.06	2:25.01
		08	+0,82	38.98	1:23.15	2:09.57	2:54.18
13.	F			Natacao da Maia 2	10:34.99	383	30,00
		08	+1,00	35.81	1:17.10	1:58.76	2:39.44
		08	+0,47	35.48	1:16.19	1:57.28	2:38.03
		07	+0,51	35.70	1:17.27	2:00.88	2:43.08
		08	+0,65	34.77	1:14.17	1:55.61	2:34.44

Prova 16	Masc., 4 x 200m Livres				Absolutos
24/06/2022 - 17:35					Resultados
Recordes Nacionais 50m Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Recordes Nacionais 50m Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Recordes Nacionais 50m Jun	7:44.42	Associaç�o Naval Amorense	ANAM	Coimbra	05/04/2014
Recordes Nacionais 50m Juv A	7:58.57	Associaç�o Naval Amorense	ANAM	Jamor	26/07/2012
Recordes Nacionais 50m Juv	7:58.57	tempo limite			
Recordes Nacionais 50m Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01/08/2019
Recorde Regional 50m Absoluto	7:37.31	Jorge Maia, Paulo Araujo, Adriano	IGDNNVF/aRio Maior		02/04/2011
Recorde Regional 50m Sen	7:37.31	Jorge Maia, Paulo Araujo, Adriano	IGDNNVF/aRio Maior		02/04/2011
Recorde Regional 50m Jun	7:49.68	Adriano Niz, Joao Maia, Joao Pereira	CFVbio PerJamor		28/03/2004
Recorde Regional 50m Juv A	8:02.80	Eduardo Ramos, Luis Oliveira, Jorg	F�P�nes, JcFamalicao		18/07/2013
Recorde Regional 50m Juv	8:02.80	Tempo Limite			
Recorde Regional 50m Juv B	8:17.45	Joao Ascencao, Ruben Lopes, Jorg	F�P�nes, E�Oeiras Ramos		26/07/2012

Pontos: FINA 2021

Lugar	Sexo	Licenç�a	Ano	Clube	Tempo Final	FINA	PTS	
1.	M			Porto	8:00.00	663	43,00	
		02	+0,85	Francisco Rodr�guez, AMARAL	28.63	58.67	1:29.64	2:00.22
		01	+0,40	Pedro Miguel, SANTOS	27.58	57.55	1:28.66	1:58.95
		00	+0,31	Porfirio Braga, NUNES	26.40	55.21	1:24.64	1:54.55
		05	+0,63	Joao Pedro, TORRES	28.23	1:00.03	1:33.55	2:06.28
2.	M			Foca Quinta Da Lixa - Cnf	8:37.66	528	41,00	
		05	+0,78	Afonso Martim, LEITE	28.96	1:00.07	1:31.43	2:02.16
		04	+0,28	Guilherme Lobo, PINTO	28.44	1:00.99	1:34.36	2:07.07
		05	+0,43	Diogo Miguel, VENTURA	30.14	1:03.53	1:37.18	2:09.89
		04	+0,58	Antonio Carlos, TELES	32.21	1:06.82	1:43.25	2:18.54
3.	M			Famalici�o	8:45.53	505	40,00	
		06	+0,78	Francisco Araujo, SILVA	29.25	1:01.58	1:34.89	2:08.43
		06	+0,32	Rui Miguel, SANTOS	28.90	1:02.76	1:36.77	2:08.62
		06	+0,72	Leonardo Freitas, FERNANDES	31.19	1:06.23	1:42.46	2:16.13
		07	+0,59	Tiago Mendes, COSTA	29.88	1:03.96	1:39.10	2:12.35
4.	M			Fluvial Portuense	8:52.31	486	39,00	
		06	+0,88	Joao Carlos, BARROS	31.12	1:05.18	1:39.18	2:12.31
		07	+0,64	Rodrigo Costa, BORGES	30.09	1:03.86	1:38.98	2:12.97
		07	+0,51	Afonso Pacheco, CARVALHO	29.29	1:04.96	1:42.87	2:19.36
		07	+0,58	Gil Afonso, RODRIGUES	28.54	1:00.79	1:34.27	2:07.67
5.	M			Clube Naval Povoense	8:58.03	470	38,00	
		07	+0,81	Luis Filipe, CARVALHO	30.39	1:03.53	1:36.14	2:08.47
		07	+0,53	Alexandre Moreira, DOURADO	32.31	1:08.09	1:44.94	2:17.58
		06	+0,41	Rodrigo Santos, CONCEICAO	28.92	1:01.84	1:36.54	2:08.96
		07	+0,63	Dinis Miranda, CAMBAS	32.66	1:06.21	1:46.21	2:23.02
6.	M			Assoc. Desportiva de Fafe	8:59.25	467	37,00	
		07	+0,91	Pedro Miguel, PINTO	31.31	1:05.99	1:41.97	2:17.14
		07	+0,59	Andre Leitao, COSTA	30.62	1:04.94	1:40.62	2:15.35
		07	+0,40	Martim Goncalves, CARVALHO	30.03	1:04.23	1:41.12	2:17.22
		07	+0,27	Antonio Miguel, COSTA	29.58	1:02.68	1:36.76	2:09.54
7.	M			Vilacondense	9:14.19	430	36,00	
		06	+0,60	Pedro Roque, IGREJA	31.80	1:08.90	1:48.29	2:27.62
		06		Artur Guterres, CARVALHO	27.69	59.86	1:32.94	2:06.49
		06	+0,21	Guilherme Ramos, SILVA	30.17	1:07.09	1:44.85	2:22.18
		06	+0,54	Afonso Azevedo, PACHECO	30.44	1:05.41	1:41.52	2:17.90
DSQ	M			Porto				-
				4.2 - Falsa Partida – SW 4.4				
				Bruno Silva, LOUREIRO, Gustavo Gomes, RAMOS, Vasco Monteiro, CASTRO, Rodrigo Filipe, CORREIA				

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3 - 2^a Jornada - 1^a Sess o

25/06/2022 - 9:00

Prova 17	Misto, 4 x 50m Estilos				Absolutos
25/06/2022 - 9:00					Resultados
Recordes Nacionais 50m Absoluto	1:51.43	Futebol Clube do Porto	FCP	Porto	06/06/2021
Recordes Nacionais 50m Sen	1:51.43	Futebol Clube do Porto	FCP	Porto	06/06/2021
Recordes Nacionais 50m Jun	1:52.50	Clube Natacao Colegio Efanor	CNCE	Coimbra	27/03/2021
Recordes Nacionais 50m Juv A	1:59.59	Sport Alges e Dafundo	SAD	Oeiras	31/07/2021
Recordes Nacionais 50m Juv	1:57.70	Clube dos Galitos / Bresimar	CGA	Oeiras	31/07/2021
Recordes Nacionais 50m Juv B	2:00.17	Gesloures-Gestao Equip. Sociais, EGESL		Oeiras	31/07/2021
Recordes Nacionais 50m Inf A	59:00.00				
Recordes Nacionais 50m Inf	2:24.78				
Recorde Regional 50m Absoluto	1:51.16	Jo�o Costa, Alexandre Amorim, FiliVSC�rmandP�voaa Fernandes			04/02/2022
Recorde Regional 50m Sen	1:51.16	Jo�o Costa, Alexandre Amorim, FiliVSC�rmandP�voaa Fernandes			04/02/2022
Recorde Regional 50m Jun	1:52.50	Ana Oliveira, Jo�o Moreira, MarianaCNCEia, BeCoimbraerreira			27/03/2021
Recorde Regional 50m Juv	2:01.25	Rita Soares, Tomas Costa, Rodrigo GDVNF. MaOeiraslesquita			31/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1. Vit�ria Sport Clube 1	X			Vit�ria Sport Clube	1:53.82	654	43,00
Joao Nogueira, COSTA	01	+0,63	26.21	Filipa Viamonte, FERNANDES	02	+0,42	30.04
Alexandre Ferreira, AMORIM	99		28.52	Ana Ines, FERNANDES	00		29.05
2. Porto 1	X			Porto	1:57.19	599	41,00
Porfirio Braga, NUNES	00	+0,63	27.47	Leonor Santos, SILVA	03	+0,26	29.95
Pedro Miguel, SANTOS	01		31.78	Ana Rita, RAMOS	02		27.99
3. Famalic�o 1	X			Famalic�o	1:59.67	563	40,00
Afonso Carvalho, SILVA	05	+0,72	29.57	Ana Beatriz, MARTINS	99	+0,58	30.52
Joao Campelo, OLIVEIRA	04		30.30	Daniela Magalhaes, LOPES	05		29.28
4. Aquatico Pacense 1	X			Aquatico Pacense	1:59.92	559	39,00
Ines Neto, ROCHA	01	+0,71	33.26	Ricardo Filipe, ROCHA	02	+0,42	26.74
Joao Claudio, SOUSA	93		30.86	Matilde Barros, LEAL	07		29.06
5. Leixoes Sport Clube 1	X			Leixoes Sport Clube	2:01.81	533	38,00
Daniela Alexandra, COSTA	06	+0,79	33.63	Joao Simons, CUNHA	02	+0,37	27.82
Rui Pedro, SILVA	03		31.72	Maria Ines, LEMOS	02		28.64
6. Vilacondense 1	X			Vilacondense	2:01.93	532	37,00
Bruno Shinji, KOBAYASHI	02	+0,62	30.97	Ana Catarina, MONTEIRO	93	+0,08	28.65
Francisca Macedo, LOPES	05		36.22	Ruben Vieira, SANTOS	00		26.09
7. Famalic�o 2	X			Famalic�o	2:04.11	504	36,00
Francisco Araujo, SILVA	06	+0,68	29.33	Rodrigo Ferreira, PEREIRA	06	+0,26	26.67
Ana Carolina, CRUZ	08		39.72	Mafalda Martins, MESQUITA	07		28.39
8. Foca Quinta Da Lixa - Cnf 2	X			Foca Quinta Da Lixa - Cnf	2:04.87	495	35,00
Renato Gouveia, TEIXEIRA	07	+0,62	31.56	Leonardo Cunha, MOURA	07	+0,32	27.01
Mariana Pinto, FERREIRA	08		38.97	Ana Beatriz, VIEIRA	07		27.33
9. Porto 2	X			Porto	2:05.15	492	34,00
Rodrigo Filipe, CORREIA	07	+0,65	29.84	Leonor Carvalho, SOARES	08	+0,76	32.45
Duarte Maria, CARREIRA	07		33.46	Sofia Teixeira, BARBOSA	08		29.40
10. Fluvial Portuense 2	X			Fluvial Portuense	2:06.47	477	33,00
Afonso Pacheco, CARVALHO	07	+0,67	31.96	Sofia Alexandra, CARVALHO	07	+0,54	31.13
Gil Afonso, RODRIGUES	07		34.72	Ana Carolina, NEVES	08		28.66
11. Vilacondense 2	X			Vilacondense	2:06.75	473	32,00
Artur Guterres, CARVALHO	06	+0,73	30.94	Maria Francisca, BERNARDO	07	+0,53	32.28
Pedro Roque, IGREJA	06		34.26	Maria Joao, COSTA	08		29.27
12. Leixoes Sport Clube 2	X			Leixoes Sport Clube	2:08.85	451	31,00
Pedro Santos, PEREIRA	06	+0,78	32.42	Barbara Sofia, GOMES	07	+0,44	31.41
Gustavo Andrade, PINTO	07		36.01	Carolina Amadeu, FERREIRA	08		29.01
13. Assoc. Desportiva de Fafe 2	X			Assoc. Desportiva de Fafe	2:09.86	440	30,00
Pedro Miguel, PINTO	07	+0,77	31.24	Maria Joao, MARTINS	08		32.65
Laura Doellinger, CASTRO	08		39.88	Antonio Miguel, COSTA	07		26.09

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Prova 17, Misto, 4 x 50m Estilos, Absolutos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS	
14.	Natacao da Maia 1	X		Natacao da Maia	2:11.25	426	29,00	
	Carolina Soares, PINTO	06	+0,69	39.85	Tomas Carvalhinho, RIBEIRO	05	+0,42	28.21
	Francisco Manuel, ZENZA	01		30.22	Lara Nobre, FERREIRA	03		32.97
15.	Natacao de Valongo 1	X		Natacao de Valongo	2:11.42	425	28,00	
	Mariana Ferreira, VIEIRA	05	+0,76	34.69	Manuel Fernando, TEIXEIRA	04	+0,76	29.58
	Mariana Almeida, VALE	03		40.62	Bernardo Oliveira, PIMENTA	04		26.53
16.	Clube Naval Povoense 2	X		Clube Naval Povoense	2:12.56	414	27,00	
	Luis Filipe, CARVALHO	07	+0,67	30.75	Rodrigo Santos, CONCEICAO	06	+0,35	27.58
	Francisca Soares, PIMENTA	07		42.26	Matilde Vale, SILVA	07		31.97
17.	Aquatico Pacense 2	X		Aquatico Pacense	2:15.34	389	26,00	
	Manuel Joaquim, LEAL	06	+0,65	33.63	Beatriz Costa, DIAS	08	+0,25	31.52
	Rafael Dinis, PACHECO	07		39.15	Bruna Maria, BARBOSA	08		31.04
18.	Natacao de Valongo 2	X		Natacao de Valongo	2:18.11	366	25,00	
	Rodrigo Miguel, FERNANDES	07	+0,78	34.22	Ines Maria, PEREIRA	08	+0,21	33.57
	Filipa Oliveira, COSTA	08		42.78	Jose Pedro, CARNEIRO	06		27.54
19.	Propaganda da Nataçao 2	X		Propaganda da Nataçao	2:28.88	292	24,00	
	Alex, LUKYANCHYKOV	07	+0,77	37.58	Margarida Ascenso, SANTOS	08	+0,33	33.36
	Denis, ZBIRNEA	07		40.99	Ariana, SAMPAIO RODRIGUES	07		36.95
DSQ	Foca Quinta Da Lixa - Cnf 1	X		Foca Quinta Da Lixa - Cnf			-	
	<i>10.18 - Rendiçao Antecipada do 3 Nadador(a) - SW 10.11</i>							
	Maria Joao, FERREIRA	06	+0,66	33.23	Guilherme Lobo, PINTO	04	-0,09	
	Francisca Soares, MARTINS	03		37.14	Afonso Martim, LEITE	05		
DSQ	Natacao da Maia 2	X		Natacao da Maia	2:06.24		-	
	<i>6.4 - O(A) nadador(a), após a partida, não rompeu a superficie da água com a cabeça até aos 15 metros - SW 6.3, 1º nadador</i>							
	Tomas Ferreira, OLIVEIRA	06	+0,65	30.41	Ana Gabriela, SILVA	08	+0,52	32.69
	Alexandra Noemia, SILVANO	08		37.96	Goncalo Carlos, AZEVEDO	07		25.18
EXH	Fluvial Portuense 1	X		Fluvial Portuense	2:04.88	495	-	
	Pedro Nuno, CANELAS	04	+0,63	29.64	Joao Luis, SA	03	+0,36	29.06
	Irina, SOROKINA	97		36.87	Maria Luis, SA	06		29.31
EXH	Clube Naval Povoense 1	X		Clube Naval Povoense	2:09.80	441	-	
	Matilde Reis, FONTES	08	+0,78	37.19	Pedro Soares, MORIM	02	+0,17	29.17
	Hugo Azurara, VIEIRA	01		33.91	Natalia Avila, PEREYRA	04		29.53

Prova 18 Femin., 200m Livres Absolutos
25/06/2022 - 9:10 Resultados

Recordes Nacionais 50m Absoluto	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Recordes Nacionais 50m Sen	2:01.48	Diana Margarida, DURAES	POR	Budapeste (HUN)	25/07/2017
Recordes Nacionais 50m Jun 17	2:03.11	Francisca Soares, MARTINS	POR	Loule	16/08/2020
Recordes Nacionais 50m Jun 16	2:02.89	Ana Reis, SOUSA	POR	Helsinki (FIN)	06/07/2018
Recordes Nacionais 50m Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Oeiras	27/07/2018
Recordes Nacionais 50m Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25/07/2014
Recorde Regional 50m Absoluto	2:02.65	Diana Margarida, DURAES	FCP	Oeiras	13/03/2016
Recorde Regional 50m Sen	2:02.65	Diana Margarida, DUARES	FCP	Oeiras	13/03/2016
Recorde Regional 50m Jun 17	2:03.11	Francisca Soares, MARTINS	FOCA	Algarve	16/08/2020
Recorde Regional 50m Jun 16	2:04.20	Francisca Soares, MARTINS	FOCA	Gijon (ESP)	18/05/2019
Recorde Regional 50m Juv A	2:05.85	Francisca Soares, MARTINS	FOCA	Lisboa	27/07/2018
Recorde Regional 50m Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014

Juv A - Feminino Juv A: 2:31.37 / Juv B - Feminino Juv B: 2:37.71 / Jun - Feminino Jun: 2:24.73 / Sen - Feminino Sen: 2:20.18

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Francisca Martins, GOMES	F	207830	07	Porto	2:21.14	512	-
	50m: 33.06 33.06		100m: 1:09.19		36.13 150m: 1:45.28		36.09 200m: 2:21.14	35.86
2.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	2:22.11	502	-
	50m: 33.90 33.90		100m: 1:11.22		37.32 150m: 1:47.02		35.80 200m: 2:22.11	35.09
3.	Leonor Carvalho, SOARES	F	200784	08	Porto	2:23.83	484	-
	50m: 34.09 34.09		100m: 1:10.13		36.04 150m: 1:47.31		37.18 200m: 2:23.83	36.52
4.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	2:24.73	475	31,00
	50m: 32.62 32.62		100m: 1:09.60		36.98 150m: 1:47.29		37.69 200m: 2:24.73	37.44
5.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	2:24.82	474	30,00
	50m: 33.55 33.55		100m: 1:10.96		37.41 150m: 1:49.21		38.25 200m: 2:24.82	35.61
6.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	2:25.51	468	29,00
	50m: 33.56 33.56		100m: 1:10.91		37.35 150m: 1:49.21		38.30 200m: 2:25.51	36.30
7.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	2:26.47	458	27,00
	50m: 34.44 34.44		100m: 1:11.92		37.48 150m: 1:49.81		37.89 200m: 2:26.47	36.66
8.	Carolina Cunha, HENRIQUES	F	205459	08	Foca Quinta Da Lixa - Cnf	2:26.53	458	-
	50m: 32.87 32.87		100m: 1:09.45		36.58 150m: 1:48.05		38.60 200m: 2:26.53	38.48
9.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	2:28.82	437	25,00
	50m: 33.51 33.51		100m: 1:10.78		37.27 150m: 1:50.06		39.28 200m: 2:28.82	38.76
10.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	2:29.10	435	-
	50m: 33.19 33.19		100m: 1:10.42		37.23 150m: 1:49.73		39.31 200m: 2:29.10	39.37
11.	Lara Filipa, PINTO	F	200514	08	Porto	2:31.22	417	-
	50m: 34.10 34.10		100m: 1:12.63		38.53 150m: 1:51.82		39.19 200m: 2:31.22	39.40
12.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	2:32.11	409	24,00
	50m: 35.08 35.08		100m: 1:14.07		38.99 150m: 1:53.71		39.64 200m: 2:32.11	38.40
13.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	2:33.25	400	23,00
	50m: 34.81 34.81		100m: 1:12.99		38.18 150m: 1:52.77		39.78 200m: 2:33.25	40.48
14.	Maria Luis, SOUSA	F	205537	08	Porto	2:34.58	390	-
	50m: 35.60 35.60		100m: 1:15.08		39.48 150m: 1:55.38		40.30 200m: 2:34.58	39.20
15.	Eva Oliveira, SILVA FTL	F	201964	07	Penafiel	2:35.07	386	22,00
	50m: 35.27 35.27		100m: 1:14.93		39.66 150m: 1:55.77		40.84 200m: 2:35.07	39.30
16.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	2:35.77	381	21,00
	50m: 34.92 34.92		100m: 1:13.33		38.41 150m: 1:54.31		40.98 200m: 2:35.77	41.46

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Prova 18, Femin., 200m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
17.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	2:37.85	366	20,00
	50m: 36.46 36.46			100m: 1:17.61 41.15	150m: 1:58.97 41.36	200m: 2:37.85 38.88		
18.	Ana Medeiros, COSTA FTL	F	152164	07	GCST	2:38.21	364	19,00
	50m: 34.83 34.83			100m: 1:14.75 39.92	150m: 1:57.24 42.49	200m: 2:38.21 40.97		
19.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	2:39.74	353	-
	50m: 35.89 35.89			100m: 1:16.12 40.23	150m: 1:58.23 42.11	200m: 2:39.74 41.51		
20.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	2:40.45	349	-
	50m: 37.87 37.87			100m: 1:18.82 40.95	150m: 2:00.30 41.48	200m: 2:40.45 40.15		
21.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	2:42.37	336	-
	50m: 37.66 37.66			100m: 1:19.38 41.72	150m: 2:01.41 42.03	200m: 2:42.37 40.96		
22.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	2:47.51	306	-
	50m: 37.81 37.81			100m: 1:20.11 42.30	150m: 2:04.46 44.35	200m: 2:47.51 43.05		
23.	Ana Vitoria, LOPES FTL	F	215066	08	Assoc. Desportiva de Fafe	2:52.73	279	-
	50m: 38.45 38.45			100m: 1:23.01 44.56	150m: 2:07.54 44.53	200m: 2:52.73 45.19		

Juniores-Seniores

1.	Catarina Gaspar, PIRES	F	129871	06	Porto	2:14.60	591	43,00
	50m: 32.25 32.25			100m: 1:06.05 33.80	150m: 1:40.78 34.73	200m: 2:14.60 33.82		
2.	Daniela Magalhaes, LOPES	F	130098	05	Famalic�o	2:14.70	590	41,00
	50m: 32.01 32.01			100m: 1:05.62 33.61	150m: 1:40.64 35.02	200m: 2:14.70 34.06		
3.	Rita Sofia, NUNES	F	129103	05	Colegio Efanor	2:16.24	570	40,00
	50m: 32.06 32.06			100m: 1:06.33 34.27	150m: 1:41.47 35.14	200m: 2:16.24 34.77		
4.	Ines Martins, SILVA	F	127134	04	Vilacondense	2:16.92	561	39,00
	50m: 31.67 31.67			100m: 1:05.95 34.28	150m: 1:41.29 35.34	200m: 2:16.92 35.63		
5.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	2:18.05	548	38,00
	50m: 32.03 32.03			100m: 1:07.43 35.40	150m: 1:42.96 35.53	200m: 2:18.05 35.09		
6.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	2:18.32	544	37,00
	50m: 31.94 31.94			100m: 1:07.09 35.15	150m: 1:43.29 36.20	200m: 2:18.32 35.03		
7.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	2:19.39	532	36,00
	50m: 32.20 32.20			100m: 1:07.64 35.44	150m: 1:44.04 36.40	200m: 2:19.39 35.35		
8.	Leonor Santos, SILVA	F	121982	03	Porto	2:19.48	531	35,00
	50m: 33.26 33.26			100m: 1:08.53 35.27	150m: 1:44.22 35.69	200m: 2:19.48 35.26		
9.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	2:19.54	530	34,00
	50m: 31.97 31.97			100m: 1:07.21 35.24	150m: 1:43.57 36.36	200m: 2:19.54 35.97		
10.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	2:22.61	497	33,00
	50m: 33.04 33.04			100m: 1:07.27 34.23	150m: 1:44.55 37.28	200m: 2:22.61 38.06		
11.	Maria Luis, SA	F	131836	06	Fluvial Portuense	2:24.54	477	32,00
	50m: 32.80 32.80			100m: 1:09.22 36.42	150m: 39.51	200m: 2:24.54 1:45.03		
12.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	2:24.63	476	-
	50m: 32.50 32.50			100m: 1:08.61 36.11	150m: 1:46.80 38.19	200m: 2:24.63 37.83		

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Prova 18, Femin., 200m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
13.	Ana Rita, MARTINS FTL	F	128148	06	Foca Quinta Da Lixa - Cnf	2:26.24	461	28,00
	50m: 33.87 33.87		100m: 1:09.85 35.98		150m: 1:48.57 38.72	200m: 2:26.24 37.67		
14.	Ana Carmo, PINHEIRO FTL	F	124856	02	GCST	2:28.52	440	26,00
	50m: 33.19 33.19		100m: 1:11.28 38.09		150m: 1:50.52 39.24	200m: 2:28.52 38.00		
15.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	2:52.04	283	18,00
	50m: 38.21 38.21		100m: 1:22.61 44.40		150m: 2:08.47 45.86	200m: 2:52.04 43.57		

Absolutos

1.	Catarina Gaspar, PIRES	F	129871	06	Porto	2:14.60	591	43,00
	50m: 32.25 32.25		100m: 1:06.05 33.80		150m: 1:40.78 34.73	200m: 2:14.60 33.82		
2.	Daniela Magalhaes, LOPES	F	130098	05	Famalic�o	2:14.70	590	41,00
	50m: 32.01 32.01		100m: 1:05.62 33.61		150m: 1:40.64 35.02	200m: 2:14.70 34.06		
3.	Rita Sofia, NUNES	F	129103	05	Colegio Efanor	2:16.24	570	40,00
	50m: 32.06 32.06		100m: 1:06.33 34.27		150m: 1:41.47 35.14	200m: 2:16.24 34.77		
4.	Ines Martins, SILVA	F	127134	04	Vilacondense	2:16.92	561	39,00
	50m: 31.67 31.67		100m: 1:05.95 34.28		150m: 1:41.29 35.34	200m: 2:16.92 35.63		
5.	Filipa Viamonte, FERNANDES	F	122198	02	Vit�ria Sport Clube	2:18.05	548	38,00
	50m: 32.03 32.03		100m: 1:07.43 35.40		150m: 1:42.96 35.53	200m: 2:18.05 35.09		
6.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	2:18.32	544	37,00
	50m: 31.94 31.94		100m: 1:07.09 35.15		150m: 1:43.29 36.20	200m: 2:18.32 35.03		
7.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	2:19.39	532	36,00
	50m: 32.20 32.20		100m: 1:07.64 35.44		150m: 1:44.04 36.40	200m: 2:19.39 35.35		
8.	Leonor Santos, SILVA	F	121982	03	Porto	2:19.48	531	35,00
	50m: 33.26 33.26		100m: 1:08.53 35.27		150m: 1:44.22 35.69	200m: 2:19.48 35.26		
9.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	2:19.54	530	34,00
	50m: 31.97 31.97		100m: 1:07.21 35.24		150m: 1:43.57 36.36	200m: 2:19.54 35.97		
10.	Francisca Martins, GOMES	F	207830	07	Porto	2:21.14	512	-
	50m: 33.06 33.06		100m: 1:09.19 36.13		150m: 1:45.28 36.09	200m: 2:21.14 35.86		
11.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	2:22.11	502	-
	50m: 33.90 33.90		100m: 1:11.22 37.32		150m: 1:47.02 35.80	200m: 2:22.11 35.09		
12.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	2:22.61	497	33,00
	50m: 33.04 33.04		100m: 1:07.27 34.23		150m: 1:44.55 37.28	200m: 2:22.61 38.06		
13.	Leonor Carvalho, SOARES	F	200784	08	Porto	2:23.83	484	-
	50m: 34.09 34.09		100m: 1:10.13 36.04		150m: 1:47.31 37.18	200m: 2:23.83 36.52		
14.	Maria Luis, SA	F	131836	06	Fluvial Portuense	2:24.54	477	32,00
	50m: 32.80 32.80		100m: 1:09.22 36.42		150m: 39.51	200m: 2:24.54 1:45.03		
15.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	2:24.63	476	-
	50m: 32.50 32.50		100m: 1:08.61 36.11		150m: 1:46.80 38.19	200m: 2:24.63 37.83		
16.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	2:24.73	475	31,00
	50m: 32.62 32.62		100m: 1:09.60 36.98		150m: 1:47.29 37.69	200m: 2:24.73 37.44		
17.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	2:24.82	474	30,00
	50m: 33.55 33.55		100m: 1:10.96 37.41		150m: 1:49.21 38.25	200m: 2:24.82 35.61		
18.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	2:25.51	468	29,00
	50m: 33.56 33.56		100m: 1:10.91 37.35		150m: 1:49.21 38.30	200m: 2:25.51 36.30		
19.	Ana Rita, MARTINS FTL	F	128148	06	Foca Quinta Da Lixa - Cnf	2:26.24	461	28,00

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Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
	50m: 33.87 33.87		100m: 1:09.85 35.98		150m: 1:48.57 38.72	200m: 2:26.24 37.67		
20.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	2:26.47	458	27,00
	50m: 34.44 34.44		100m: 1:11.92 37.48		150m: 1:49.81 37.89	200m: 2:26.47 36.66		
21.	Carolina Cunha, HENRIQUES	F	205459	08	Foca Quinta Da Lixa - Cnf	2:26.53	458	-
	50m: 32.87 32.87		100m: 1:09.45 36.58		150m: 1:48.05 38.60	200m: 2:26.53 38.48		
22.	Ana Carmo, PINHEIRO FTL	F	124856	02	GCST	2:28.52	440	26,00
	50m: 33.19 33.19		100m: 1:11.28 38.09		150m: 1:50.52 39.24	200m: 2:28.52 38.00		
23.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	2:28.82	437	25,00
	50m: 33.51 33.51		100m: 1:10.78 37.27		150m: 1:50.06 39.28	200m: 2:28.82 38.76		
24.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	2:29.10	435	-
	50m: 33.19 33.19		100m: 1:10.42 37.23		150m: 1:49.73 39.31	200m: 2:29.10 39.37		
25.	Lara Filipa, PINTO	F	200514	08	Porto	2:31.22	417	-
	50m: 34.10 34.10		100m: 1:12.63 38.53		150m: 1:51.82 39.19	200m: 2:31.22 39.40		
26.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	2:32.11	409	24,00
	50m: 35.08 35.08		100m: 1:14.07 38.99		150m: 1:53.71 39.64	200m: 2:32.11 38.40		
27.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	2:33.25	400	23,00
	50m: 34.81 34.81		100m: 1:12.99 38.18		150m: 1:52.77 39.78	200m: 2:33.25 40.48		
28.	Maria Luis, SOUSA	F	205537	08	Porto	2:34.58	390	-
	50m: 35.60 35.60		100m: 1:15.08 39.48		150m: 1:55.38 40.30	200m: 2:34.58 39.20		
29.	Eva Oliveira, SILVA FTL	F	201964	07	Penafiel	2:35.07	386	22,00
	50m: 35.27 35.27		100m: 1:14.93 39.66		150m: 1:55.77 40.84	200m: 2:35.07 39.30		
30.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	2:35.77	381	21,00
	50m: 34.92 34.92		100m: 1:13.33 38.41		150m: 1:54.31 40.98	200m: 2:35.77 41.46		
31.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	2:37.85	366	20,00
	50m: 36.46 36.46		100m: 1:17.61 41.15		150m: 1:58.97 41.36	200m: 2:37.85 38.88		
32.	Ana Medeiros, COSTA FTL	F	152164	07	GCST	2:38.21	364	19,00
	50m: 34.83 34.83		100m: 1:14.75 39.92		150m: 1:57.24 42.49	200m: 2:38.21 40.97		
33.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	2:39.74	353	-
	50m: 35.89 35.89		100m: 1:16.12 40.23		150m: 1:58.23 42.11	200m: 2:39.74 41.51		
34.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	2:40.45	349	-
	50m: 37.87 37.87		100m: 1:18.82 40.95		150m: 2:00.30 41.48	200m: 2:40.45 40.15		
35.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	2:42.37	336	-
	50m: 37.66 37.66		100m: 1:19.38 41.72		150m: 2:01.41 42.03	200m: 2:42.37 40.96		
36.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	2:47.51	306	-
	50m: 37.81 37.81		100m: 1:20.11 42.30		150m: 2:04.46 44.35	200m: 2:47.51 43.05		
37.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	2:52.04	283	18,00
	50m: 38.21 38.21		100m: 1:22.61 44.40		150m: 2:08.47 45.86	200m: 2:52.04 43.57		

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Prova 18, Femin., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS				
38.	Ana Vitoria, LOPES FTL	F	215066	08	Assoc. Desportiva de Fafe	2:52.73	279	-				
	50m:	38.45	38.45	100m:	1:23.01	44.56	150m:	2:07.54	44.53	200m:	2:52.73	45.19

Prova 19

Masc., 200m Livres

Absolutos
Resultados

25/06/2022 - 9:25

Recordes Nacionais 50m Absoluto	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019
Recordes Nacionais 50m Sen	1:47.97	Miguel Duarte, NASCIMENTO	SLB	Coimbra	06/04/2019
Recordes Nacionais 50m Jun 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14/07/2005
Recordes Nacionais 50m Jun 17	1:50.82	Diogo Matos, RIBEIRO	CUC	Coimbra	27/03/2021
Recordes Nacionais 50m Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24/07/2009
Recordes Nacionais 50m Juv B	1:53.96	Diogo Matos, RIBEIRO	CUC	Funchal	02/08/2019
Recorde Regional 50m Absoluto	1:48.98	Luis Miguel, VAZ	GDNVNF	Oeiras	25/07/2014
Recorde Regional 50m Sen	1:48.98	Luis Manuel, VAZ	GDNVNF	Oeiras	25/07/2014
Recorde Regional 50m Jun 18	1:50.76	Luis Emanuel, VAZ	GDNVNF	Faro	19/07/2009
Recorde Regional 50m Jun 17	1:52.84	Tomas Teixeira, LOPES	FOCA	Funchal	02/08/2019
Recorde Regional 50m Juv A	1:55.02	Jorge Manuel, MAIA	GDNVNF	Lignano (ITA)	08/07/2005
Recorde Regional 50m Juv B	1:59.27	Rui Filipe, COSTA	VSC	Coimbra	28/07/2006

Juv B - Masculino Juv B: 2:21.33 / Juv A - Masculino Juv A: 2:18.59 / Jun - Masculinos Jun: 2:09.39 / Sen - Masculinos Sen: 2:06.09

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS				
Juvenis												
1.	Bruno Silva, LOUREIRO	M	129872	06	Porto	2:04.71	547	-				
	50m:	29.64	29.64	100m:	1:01.23	31.59	150m:	1:33.18	31.95	200m:	2:04.71	31.53
2.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	2:05.09	542	34,00				
	50m:	30.17	30.17	100m:	1:02.10	31.93	150m:	1:34.82	32.72	200m:	2:05.09	30.27
3.	Vasco Monteiro, CASTRO	M	202720	06	Porto	2:06.00	530	-				
	50m:	28.74	28.74	100m:	1:00.41	31.67	150m:	1:33.09	32.68	200m:	2:06.00	32.91
4.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	2:06.75	521	33,00				
	50m:	28.55	28.55	100m:	1:00.48	31.93	150m:	1:34.43	33.95	200m:	2:06.75	32.32
5.	Gustavo Gomes, RAMOS	M	200774	06	Porto	2:07.03	517	-				
	50m:	29.44	29.44	100m:	1:01.83	32.39	150m:	1:34.12	32.29	200m:	2:07.03	32.91
6.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	2:07.05	517	32,00				
	50m:	29.17	29.17	100m:	1:01.50	32.33	150m:	1:34.69	33.19	200m:	2:07.05	32.36
7.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	2:08.35	501	-				
	50m:	29.86	29.86	100m:	1:02.55	32.69	150m:	1:35.86	33.31	200m:	2:08.35	32.49
8.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	2:09.79	485	28,00				
	50m:	29.23	29.23	100m:	1:02.18	32.95	150m:	1:37.79	35.61	200m:	2:09.79	32.00
9.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	2:10.44	478	27,00				
	50m:	30.31	30.31	100m:	1:03.96	33.65	150m:	1:38.14	34.18	200m:	2:10.44	32.30
10.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	2:11.18	470	25,00				
	50m:	30.06	30.06	100m:	1:03.63	33.57	150m:	1:38.19	34.56	200m:	2:11.18	32.99
11.	Francisco Araujo, SILVA	M	132331	06	Famalicao	2:12.15	459	-				
	50m:	29.87	29.87	100m:	1:03.44	33.57	150m:	1:37.75	34.31	200m:	2:12.15	34.40
12.	Rui Miguel, SANTOS	M	204083	06	Famalicao	2:12.23	458	-				
	50m:	29.98	29.98	100m:	1:04.03	34.05	150m:	1:38.48	34.45	200m:	2:12.23	33.75
13.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	2:13.08	450	24,00				
	50m:	30.25	30.25	100m:	1:03.64	33.39	150m:	1:38.50	34.86	200m:	2:13.08	34.58

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Prova 19, Masc., 200m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
14.	Paulo Tiago, VALES 50m: 29.66 29.66	M	201752	07	Porto	2:15.84	423	-
15.	David Luis, ANTUNES 50m: 30.94 30.94	M	201934	07	Fluvial Portuense	2:16.23	419	-
16.	Rodrigo Manuel, MONTEIRO 50m: 30.19 30.19	M	132895	07	Porto	2:16.48	417	-
17.	Martim Goncalves, CARVALHO 50m: 30.40 30.40	M	209245	07	Assoc. Desportiva de Fafe	2:18.82	396	-
18.	Pedro Mendonca, BRAGA 50m: 31.74 31.74	M	203198	07	Vilacondense	2:19.82	388	23,00
19.	Dinis Miranda, CAMBAS FTL 50m: 32.83 32.83	M	200367	07	Clube Naval Povoense	2:24.99	348	-
20.	Martim Danilo, MENDES FTL 50m: 32.44 32.44	M	206619	07	Fluvial Portuense	2:25.14	347	-
21.	Duarte Correia, GARCIA FTL 50m: 32.11 32.11	M	202823	07	Leixoes Sport Clube	2:27.32	331	22,00
22.	Tomas Pinto, COSTA FTL 50m: 34.50 34.50	M	202820	07	Leixoes Sport Clube	2:30.88	308	-

Juniores-Seniores

1.	Francisco Rodriguez, AMARAL 50m: 28.31 28.31	M	122608	02	Porto	1:59.20	626	43,00
2.	Kevin Alexandre, APSENEICE 50m: 28.42 28.42	M	128451	04	Porto	2:01.29	594	41,00
3.	Diogo Barbosa, NUNES 50m: 28.44 28.44	M	110529	00	Colegio Efanor	2:01.48	591	40,00
4.	Joao Campelo, OLIVEIRA 50m: 28.57 28.57	M	127673	04	Famalic�o	2:02.49	577	39,00
5.	Afonso Martim, LEITE 50m: 28.05 28.05	M	127335	05	Foca Quinta Da Lixa - Cnf	2:02.79	573	38,00
6.	Filipe Silva, RIBEIRO 50m: 28.60 28.60	M	132090	05	Leixoes Sport Clube	2:02.88	571	37,00
7.	Goncalo Renato, CARVALHO 50m: 29.19 29.19	M	127586	04	Porto	2:03.69	560	-
8.	Joao Pedro, TORRES 50m: 28.05 28.05	M	127551	05	Porto	2:04.27	552	-
9.	Afonso Carvalho, SILVA 50m: 28.62 28.62	M	130127	05	Famalic�o	2:04.36	551	36,00
10.	Tiago Fonseca, CARVALHO 50m: 28.67 28.67	M	127099	03	Clube Naval Povoense	2:04.58	548	35,00
11.	Joao Luis, SA FTL 50m: 29.37 29.37	M	124728	03	Fluvial Portuense	2:07.78	508	31,00
12.	Manuel Fernando, TEIXEIRA 50m: 30.49 30.49	M	129401	04	Natacao de Valongo	2:08.09	504	30,00

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Prova 19, Masc., 200m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
13.	Jose Luis, GONCALVES <i>FTL</i>	M	131849	05	Assoc. Desportiva de Fafe	2:09.45	489	29,00
	50m: 28.57 28.57		100m: 1:01.03	32.46	150m: 1:35.56	34.53	200m: 2:09.45	33.89
14.	Gil Amaral, MATOS <i>FTL</i>	M	127630	04	Porto	2:09.51	488	-
	50m: 30.54 30.54		100m: 1:03.84	33.30	150m: 1:37.08	33.24	200m: 2:09.51	32.43
15.	Diogo Miguel, VENTURA <i>FTL</i>	M	132730	05	Foca Quinta Da Lixa - Cnf	2:10.69	475	-
	50m: 29.79 29.79		100m: 1:02.62	32.83	150m: 1:36.55	33.93	200m: 2:10.69	34.14
16.	Marcos Goncalves, BELTRAO <i>FTL</i>	M	202313	04	Natacao da Maia	2:11.15	470	26,00
	50m: 30.22 30.22		100m: 1:03.30	33.08	150m: 1:37.03	33.73	200m: 2:11.15	34.12
17.	Daniel Carlos, CARNEIRO <i>FTL</i>	M	124770	04	Fluvial Portuense	2:13.85	442	-
	50m: 31.25 31.25		100m: 1:05.17	33.92	150m: 1:40.02	34.85	200m: 2:13.85	33.83
18.	Pedro Lopes, SILVA <i>FTL</i>	M	202726	02	AP Vila D Este	2:33.97	290	21,00
	50m: 33.91 33.91		100m: 1:11.71	37.80	150m: 1:52.57	40.86	200m: 2:33.97	41.40
WDR	Alexandre Ramos, GONCALVES	M	128601	05	Colegio Efanor			-
WDR	Afonso Valente, FONSECA	M	200373	05	Fluvial Portuense			-
WDR	Rodrigo Manuel, CUNHA	M	131845	04	Vit�ria Sport Clube			-

Absolutos

1.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	1:59.20	626	43,00
	50m: 28.31 28.31		100m: 58.66	30.35	150m: 1:29.30	30.64	200m: 1:59.20	29.90
2.	Kevins Alexandre, APSENIECE	M	128451	04	Porto	2:01.29	594	41,00
	50m: 28.42 28.42		100m: 59.64	31.22	150m: 1:31.03	31.39	200m: 2:01.29	30.26
3.	Diogo Barbosa, NUNES	M	110529	00	Colegio Efanor	2:01.48	591	40,00
	50m: 28.44 28.44		100m: 59.05	30.61	150m: 1:30.49	31.44	200m: 2:01.48	30.99
4.	Joao Campelo, OLIVEIRA	M	127673	04	Famalic�o	2:02.49	577	39,00
	50m: 28.57 28.57		100m: 59.66	31.09	150m: 1:31.57	31.91	200m: 2:02.49	30.92
5.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	2:02.79	573	38,00
	50m: 28.05 28.05		100m: 58.90	30.85	150m: 1:30.72	31.82	200m: 2:02.79	32.07
6.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	2:02.88	571	37,00
	50m: 28.60 28.60		100m: 59.38	30.78	150m: 1:31.14	31.76	200m: 2:02.88	31.74
7.	Goncalo Renato, CARVALHO	M	127586	04	Porto	2:03.69	560	-
	50m: 29.19 29.19		100m: 1:00.35	31.16	150m: 1:32.06	31.71	200m: 2:03.69	31.63
8.	Joao Pedro, TORRES	M	127551	05	Porto	2:04.27	552	-
	50m: 28.05 28.05		100m: 58.94	30.89	150m: 1:31.09	32.15	200m: 2:04.27	33.18
9.	Afonso Carvalho, SILVA	M	130127	05	Famalic�o	2:04.36	551	36,00
	50m: 28.62 28.62		100m: 59.88	31.26	150m: 1:32.02	32.14	200m: 2:04.36	32.34
10.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	2:04.58	548	35,00
	50m: 28.67 28.67		100m: 1:00.09	31.42	150m: 1:32.02	31.93	200m: 2:04.58	32.56
11.	Bruno Silva, LOUREIRO	M	129872	06	Porto	2:04.71	547	-
	50m: 29.64 29.64		100m: 1:01.23	31.59	150m: 1:33.18	31.95	200m: 2:04.71	31.53
12.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	2:05.09	542	34,00
	50m: 30.17 30.17		100m: 1:02.10	31.93	150m: 1:34.82	32.72	200m: 2:05.09	30.27
13.	Vasco Monteiro, CASTRO	M	202720	06	Porto	2:06.00	530	-
	50m: 28.74 28.74		100m: 1:00.41	31.67	150m: 1:33.09	32.68	200m: 2:06.00	32.91

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Prova 19, Masc., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
14.	Goncalo Carlos, AZEVEDO 50m: 28.55 28.55	M	209939	07	Natacao da Maia	2:06.75	521	33,00
			100m: 1:00.48		31.93 150m: 1:34.43	33.95	200m: 2:06.75	32.32
15.	Gustavo Gomes, RAMOS 50m: 29.44 29.44	M	200774	06	Porto	2:07.03	517	-
			100m: 1:01.83		32.39 150m: 1:34.12	32.29	200m: 2:07.03	32.91
16.	Artur Guterres, CARVALHO 50m: 29.17 29.17	M	202266	06	Vilacondense	2:07.05	517	32,00
			100m: 1:01.50		32.33 150m: 1:34.69	33.19	200m: 2:07.05	32.36
17.	Joao Luis, SA FTL	M	124728	03	Fluvial Portuense	2:07.78	508	31,00
	50m: 29.37 29.37		100m: 1:01.63		32.26 150m: 1:35.06	33.43	200m: 2:07.78	32.72
18.	Manuel Fernando, TEIXEIRA 50m: 30.49 30.49	M	129401	04	Natacao de Valongo	2:08.09	504	30,00
			100m: 1:03.43		32.94 150m: 1:36.68	33.25	200m: 2:08.09	31.41
19.	Rodrigo Filipe, CORREIA 50m: 29.86 29.86	M	210429	07	Porto	2:08.35	501	-
			100m: 1:02.55		32.69 150m: 1:35.86	33.31	200m: 2:08.35	32.49
20.	Jose Luis, GONCALVES FTL	M	131849	05	Assoc. Desportiva de Fafe	2:09.45	489	29,00
	50m: 28.57 28.57		100m: 1:01.03		32.46 150m: 1:35.56	34.53	200m: 2:09.45	33.89
21.	Gil Amaral, MATOS FTL	M	127630	04	Porto	2:09.51	488	-
	50m: 30.54 30.54		100m: 1:03.84		33.30 150m: 1:37.08	33.24	200m: 2:09.51	32.43
22.	Rodrigo Santos, CONCEICAO 50m: 29.23 29.23	M	204488	06	Clube Naval Povoense	2:09.79	485	28,00
			100m: 1:02.18		32.95 150m: 1:37.79	35.61	200m: 2:09.79	32.00
23.	Andre Leitao, COSTA 50m: 30.31 30.31	M	201806	07	Assoc. Desportiva de Fafe	2:10.44	478	27,00
			100m: 1:03.96		33.65 150m: 1:38.14	34.18	200m: 2:10.44	32.30
24.	Diogo Miguel, VENTURA FTL	M	132730	05	Foca Quinta Da Lixa - Cnf	2:10.69	475	-
	50m: 29.79 29.79		100m: 1:02.62		32.83 150m: 1:36.55	33.93	200m: 2:10.69	34.14
25.	Marcos Goncalves, BELTRAO FTL	M	202313	04	Natacao da Maia	2:11.15	470	26,00
	50m: 30.22 30.22		100m: 1:03.30		33.08 150m: 1:37.03	33.73	200m: 2:11.15	34.12
26.	Rodrigo Costa, BORGES 50m: 30.06 30.06	M	133190	07	Fluvial Portuense	2:11.18	470	25,00
			100m: 1:03.63		33.57 150m: 1:38.19	34.56	200m: 2:11.18	32.99
27.	Francisco Araujo, SILVA 50m: 29.87 29.87	M	132331	06	Famalicao	2:12.15	459	-
			100m: 1:03.44		33.57 150m: 1:37.75	34.31	200m: 2:12.15	34.40
28.	Rui Miguel, SANTOS 50m: 29.98 29.98	M	204083	06	Famalicao	2:12.23	458	-
			100m: 1:04.03		34.05 150m: 1:38.48	34.45	200m: 2:12.23	33.75
29.	Jose Pedro, CARNEIRO 50m: 30.25 30.25	M	201823	06	Natacao de Valongo	2:13.08	450	24,00
			100m: 1:03.64		33.39 150m: 1:38.50	34.86	200m: 2:13.08	34.58
30.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	2:13.85	442	-
	50m: 31.25 31.25		100m: 1:05.17		33.92 150m: 1:40.02	34.85	200m: 2:13.85	33.83
31.	Paulo Tiago, VALES 50m: 29.66 29.66	M	201752	07	Porto	2:15.84	423	-
			100m: 1:02.77		33.11 150m: 1:39.32	36.55	200m: 2:15.84	36.52
32.	David Luis, ANTUNES 50m: 30.94 30.94	M	201934	07	Fluvial Portuense	2:16.23	419	-
			100m: 1:05.46		34.52 150m: 1:41.52	36.06	200m: 2:16.23	34.71
33.	Rodrigo Manuel, MONTEIRO 50m: 30.19 30.19	M	132895	07	Porto	2:16.48	417	-
			100m: 1:03.54		33.35 150m: 1:39.90	36.36	200m: 2:16.48	36.58
34.	Martim Goncalves, CARVALHO 50m: 30.40 30.40	M	209245	07	Assoc. Desportiva de Fafe	2:18.82	396	-
			100m: 1:05.33		34.93 150m: 1:41.96	36.63	200m: 2:18.82	36.86

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Prova 19, Masc., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
35.	Pedro Mendonca, BRAGA 50m: 31.74 31.74	M	203198	07	Vilacondense	2:19.82	388	23,00
			100m: 1:06.61		34.87	150m: 1:43.10	36.49	200m: 2:19.82
36.	Dinis Miranda, CAMBAS FTL 50m: 32.83 32.83	M	200367	07	Clube Naval Povoense	2:24.99	348	-
			100m: 1:09.75		36.92	150m: 1:48.33	38.58	200m: 2:24.99
37.	Martim Danilo, MENDES FTL 50m: 32.44 32.44	M	206619	07	Fluvial Portuense	2:25.14	347	-
			100m: 1:09.44		37.00	150m: 1:48.91	39.47	200m: 2:25.14
38.	Duarte Correia, GARCIA FTL 50m: 32.11 32.11	M	202823	07	Leixoes Sport Clube	2:27.32	331	22,00
			100m: 1:09.85		37.74	150m: 1:49.08	39.23	200m: 2:27.32
39.	Tomas Pinto, COSTA FTL 50m: 34.50 34.50	M	202820	07	Leixoes Sport Clube	2:30.88	308	-
			100m: 1:12.98		38.48	150m: 1:52.03	39.05	200m: 2:30.88
40.	Pedro Lopes, SILVA FTL 50m: 33.91 33.91	M	202726	02	AP Vila D Este	2:33.97	290	21,00
			100m: 1:11.71		37.80	150m: 1:52.57	40.86	200m: 2:33.97
WDR	Alexandre Ramos, GONCALVES	M	128601	05	Colegio Efanor			-
WDR	Afonso Valente, FONSECA	M	200373	05	Fluvial Portuense			-
WDR	Rodrigo Manuel, CUNHA	M	131845	04	Vit�ria Sport Clube			-

Prova 20

Femin., 50m Bruos

Absolutos

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Resultados

Recordes Nacionais 50m Absoluto	31.23	Ana Pinho, RODRIGUES	EDV	Coimbra	02/04/2022
Recordes Nacionais 50m Sen	31.23	Ana Pinho, RODRIGUES	EDV	Coimbra	02/04/2022
Recordes Nacionais 50m Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30/05/2009
Recordes Nacionais 50m Jun 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)	28/03/2010
Recordes Nacionais 50m Juv A	32.04	tempo limite,			
Recordes Nacionais 50m Juv B	34.12	tempo limite,			
Recorde Regional 50m Absoluto	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30/05/2009
Recorde Regional 50m Sen	32.58	Ana Pinho, RODRIGUES	FCP	Povo de Varzim (PRK)	19/04/2014
Recorde Regional 50m Jun 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30/05/2009
Recorde Regional 50m Jun 16	32.56	Paula Alexandra, OLIVEIRA	FCP	Antwerp (BEL)	04/07/2012
Recorde Regional 50m Juv A	34.03	Paula Alexandra, OLIVEIRA	FCP	P�voa de Varzim	06/02/2011
Recorde Regional 50m Juv B	33.77	Paula Alexandra, OLIVEIRA	POR	Dubai (UAE)	18/12/2010

Juv A - Feminino Juv A: 41.90 / Juv B - Feminino Juv B: 43.99 / Jun - Feminino Jun: 39.90 / Sen - Feminino Sen: 38.37

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	36.85	507	39,00
2.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	37.01	501	38,00
3.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	37.42	484	35,00
4.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf	38.82	434	32,00
5.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	39.02	427	31,00
6.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	39.11	424	30,00
7.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	39.52	411	-
8.	Luciana Filipa, PINTO	F	201801	08	Porto	39.74	404	28,00
9.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	39.89	400	-

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Prova 20, Femin., 50m Bruços, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
10.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	40.10	394	27,00
11.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	40.15	392	-
12.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	40.58	380	26,00
13.	Ana Carolina, CRUZ	F	201055	08	Famaliç�o	40.73	376	25,00
14.	Ines Rebelo, SOUSA	F	203317	07	Porto	40.75	375	-
15.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	41.81	347	22,00
16.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	42.01	342	-
17.	Francisca Soares, PIMENTA FTL	F	202786	07	Clube Naval Povoense	43.40	310	20,00
18.	Matilde Cardoso, ARAUJO FTL	F	215155	07	Penafiel	55.77	146	17,00

Juniores-Seniores

1.	Sofia Nunes, FIAL	F	127329	03	Porto	36.40	526	43,00
2.	Marta Oliveira, FERREIRA	F	125854	04	GCST	36.41	526	41,00
3.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	36.55	520	40,00
4.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	37.06	499	37,00
5.	Ines Neto, ROCHA	F	111313	01	Aquatico Pacense	37.32	488	36,00
6.	Ana Beatriz, MARTINS	F	108375	99	Famaliç�o	37.47	483	34,00
7.	Francisca Soares, MARTINS	F	126504	03	Foca Quinta Da Lixa - Cnf	37.70	474	33,00
8.	Daniela Alves, FERNANDES	F	200918	05	Leixoes Sport Clube	39.20	421	29,00
9.	Maria Ines, LEMOS FTL	F	120159	02	Leixoes Sport Clube	39.82	402	-
10.	Carlota Sequeira, APARICIO FTL	F	121976	03	Fluvial Portuense	41.42	357	24,00
11.	Mariana Almeida, VALE FTL	F	126713	03	Natacao de Valongo	41.60	352	23,00
12.	Ines Faria, REGO FTL	F	127663	05	Famaliç�o	41.63	352	-
13.	Mariana Filipa, GOMES FTL	F	128450	04	Penafiel	41.99	343	21,00
14.	Soraia Conceicao, MELO FTL	F	130116	05	Vit�ria Sport Clube	44.10	296	19,00
15.	Regina Correia, NOVAIS FTL	F	129769	06	Foca Quinta Da Lixa - Cnf	44.20	294	-
16.	Ana Sofia, FREITAS FTL	F	203490	04	Vit�ria Sport Clube	45.51	269	18,00

Absolutos

1.	Sofia Nunes, FIAL	F	127329	03	Porto	36.40	526	43,00
2.	Marta Oliveira, FERREIRA	F	125854	04	GCST	36.41	526	41,00
3.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	36.55	520	40,00
4.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	36.85	507	39,00
5.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	37.01	501	38,00
6.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	37.06	499	37,00
7.	Ines Neto, ROCHA	F	111313	01	Aquatico Pacense	37.32	488	36,00
8.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	37.42	484	35,00
9.	Ana Beatriz, MARTINS	F	108375	99	Famaliç�o	37.47	483	34,00
10.	Francisca Soares, MARTINS	F	126504	03	Foca Quinta Da Lixa - Cnf	37.70	474	33,00

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Prova 20, Femin., 50m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
11.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf	38.82	434	32,00
12.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	39.02	427	31,00
13.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	39.11	424	30,00
14.	Daniela Alves, FERNANDES	F	200918	05	Leixoes Sport Clube	39.20	421	29,00
15.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	39.52	411	-
16.	Luciana Filipa, PINTO	F	201801	08	Porto	39.74	404	28,00
17.	Maria Ines, LEMOS FTL	F	120159	02	Leixoes Sport Clube	39.82	402	-
18.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	39.89	400	-
19.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	40.10	394	27,00
20.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	40.15	392	-
21.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	40.58	380	26,00
22.	Ana Carolina, CRUZ	F	201055	08	Famaliç�o	40.73	376	25,00
23.	Ines Rebelo, SOUSA	F	203317	07	Porto	40.75	375	-
24.	Carlota Sequeira, APARICIO FTL	F	121976	03	Fluvial Portuense	41.42	357	24,00
25.	Mariana Almeida, VALE FTL	F	126713	03	Natacao de Valongo	41.60	352	23,00
26.	Ines Faria, REGO FTL	F	127663	05	Famaliç�o	41.63	352	-
27.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	41.81	347	22,00
28.	Mariana Filipa, GOMES FTL	F	128450	04	Penafiel	41.99	343	21,00
29.	Leonor Isabel, MARTINS	F	201385	08	Vilacondense	42.01	342	-
30.	Francisca Soares, PIMENTA FTL	F	202786	07	Clube Naval Povoense	43.40	310	20,00
31.	Soraia Conceicao, MELO FTL	F	130116	05	Vit�ria Sport Clube	44.10	296	19,00
32.	Regina Correia, NOVAIS FTL	F	129769	06	Foca Quinta Da Lixa - Cnf	44.20	294	-
33.	Ana Sofia, FREITAS FTL	F	203490	04	Vit�ria Sport Clube	45.51	269	18,00
34.	Matilde Cardoso, ARAUJO FTL	F	215155	07	Penafiel	55.77	146	17,00
EXH	Irina, SOROKINA	F	216159	97	Fluvial Portuense	37.08	498	-

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Prova 21 Absolutos
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		Masc., 50m Bruços				
Recordes Nacionais 50m Absoluto	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)		30/07/2013
Recordes Nacionais 50m Sen	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)		30/07/2013
Recordes Nacionais 50m Jun 18	29.07	Bruno Miguel, RAMOS	POR	Linz (AUT)		13/07/2002
Recordes Nacionais 50m Jun 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)		10/07/2009
Recordes Nacionais 50m Juv A	29.75	tempo limite,				
Recordes Nacionais 50m Juv B	30.57	tempo limite,				
Recorde Regional 50m Absoluto	28.33	Alexandre Amorim, AMORIM	LSC	Berlim (GER)		01/08/2021
Recorde Regional 50m Sen	28.33	Alexandre Ferreira, AMORIM	Individual	Oeiras		01/08/2021
Recorde Regional 50m Jun 18	29.38	Alexandre Ferreira, AMORIM	CLAMAS	Porto		01/07/2017
Recorde Regional 50m Jun 17	29.58	Andre Goncalo, SANTOS	LSC	Dordrecht (NED)		13/07/2014
Recorde Regional 50m Juv A	29.65	Andre Goncalo, SANTOS	LSC	Coimbra		31/05/2014
Recorde Regional 50m Juv B	30.72	Andre Goncalo, SANTOS	LSC	Oeiras		27/07/2012

Juv B - Masculino Juv B: 38.99 / Juv A - Masculino Juv A: 37.14 / Jun - Masculinos Jun: 35.37 / Sen - Masculinos Sen: 33.43

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Duarte Maria, CARREIRA	M	205865	07	Porto	33.46	466	36,00
2.	Leonardo Freitas, FERNANDES	M	209567	06	Famaliç�o	34.09	441	33,00
3.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famaliç�o	34.16	438	31,00
4.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	34.60	421	28,00
5.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	34.94	409	27,00
6.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	35.79	381	24,00
7.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe	36.34	364	21,00
8.	Gustavo Andrade, PINTO	M	207848	07	Leixoes Sport Clube	36.74	352	-
9.	Francisco Manuel, PINTO	M	200812	07	Penafiel	36.78	351	20,00
10.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	37.36	335	19,00
11.	Luis Miguel, RIBEIRO	M	201081	06	Lousada S�culo XXI	37.72	325	18,00
	<i>FTL</i>							
12.	Goncalo, ALVES MOUTINHO	M	214745	06	Propaganda da Nataç�o	38.98	295	16,00
	<i>FTL</i>							
13.	Denis, ZBIRNEA	M	213881	07	Propaganda da Nataç�o	40.93	254	15,00
	<i>FTL</i>							
14.	Joao Pedro, SOUSA	M	210517	07	Natacao de Valongo	41.67	241	14,00
	<i>FTL</i>							
15.	Alex, LUKYANCHYKOV	M	209361	07	Propaganda da Nataç�o	42.63	225	-
	<i>FTL</i>							
16.	Gustavo Amaro, MACHADO	M	203335	07	Natacao de Valongo	44.63	196	13,00
	<i>FTL</i>							

Juniores-Seniores

1.	Joao Claudio, SOUSA	M	23458	93	Aquatico Pacense	30.96	588	43,00
2.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	30.99	587	41,00
3.	Diogo Miguel, COSTA	M	110489	98	Leixoes Sport Clube	32.06	530	40,00
	Tomas Coelho, PEREIRA	M	133202	05	Penafiel	32.06	530	40,00
5.	Rui Pedro, SILVA	M	127555	03	Leixoes Sport Clube	32.37	515	38,00
6.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube	32.47	510	-
7.	Tiago Sobral, COELHO	M	20393	95	GCST	32.70	499	37,00
8.	Tomas Teixeira, LOPES	M	122006	02	Vit�ria Sport Clube	33.72	455	35,00
	<i>FTL</i>							

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Prova 21, Masc., 50m Bruços, Juniores-Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
9.	Goncalo Manuel, SILVA	M	129734	05	Porto	33.92	447	34,00
10.	Bruno Miguel, MAIA FTL	M	126783	01	GCST	34.15	438	32,00
11.	Hugo Azurara, VIEIRA FTL	M	125011	01	Clube Naval Povoense	34.21	436	30,00
12.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia	34.44	427	29,00
13.	Pedro Martins, ALVES	M	132333	05	Famaliç�o	34.52	424	-
14.	Mateus Costa, FAIA FTL	M	124989	03	Famaliç�o	34.57	422	-
15.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	35.08	404	26,00
16.	Leonardo Filipe, TEIXEIRA FTL	M	202725	00	AP Vila D Este	35.27	398	25,00
17.	Jason, SILVA FTL	M	126544	03	Famaliç�o	35.30	397	-
18.	Ruben Leal, LIMA FTL	M	200678	05	Aquatico Pacense	35.97	375	23,00
19.	Rodrigo Manuel, NETO FTL	M	127952	04	Aquatico Pacense	36.09	371	-
20.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	36.29	365	22,00
21.	Gui Alexandre, GUIMARAES FTL	M	127784	04	AP Vila D Este	38.55	305	17,00
DSQ	Porf�rio Braga, NUNES <i>7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaqu�tica que antecede a pernada de bruços – SW 7.1</i>	M	111552	00	Porto			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Guilherme Jesus, CARVALHO	M	201136	05	Foca Quinta Da Lixa - Cnf			-
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-
WDR	Goncalo Oliveira, SILVA	M	128740	04	Foca Quinta Da Lixa - Cnf			-
WDR	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vit�ria Sport Clube			-

Absolutos

1.	Joao Claudio, SOUSA	M	23458	93	Aquatico Pacense	30.96	588	43,00
2.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	30.99	587	41,00
3.	Diogo Miguel, COSTA	M	110489	98	Leixoes Sport Clube	32.06	530	40,00
	Tomas Coelho, PEREIRA	M	133202	05	Penafiel	32.06	530	40,00
5.	Rui Pedro, SILVA	M	127555	03	Leixoes Sport Clube	32.37	515	38,00
6.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube	32.47	510	-
7.	Tiago Sobral, COELHO	M	20393	95	GCST	32.70	499	37,00
8.	Duarte Maria, CARREIRA	M	205865	07	Porto	33.46	466	36,00
9.	Tomas Teixeira, LOPES FTL	M	122006	02	Vit�ria Sport Clube	33.72	455	35,00
10.	Goncalo Manuel, SILVA	M	129734	05	Porto	33.92	447	34,00
11.	Leonardo Freitas, FERNANDES	M	209567	06	Famaliç�o	34.09	441	33,00
12.	Bruno Miguel, MAIA FTL	M	126783	01	GCST	34.15	438	32,00
13.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famaliç�o	34.16	438	31,00

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Prova 21, Masc., 50m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
14.	Hugo Azurara, VIEIRA FTL	M	125011	01	Clube Naval Povoense	34.21	436	30,00
15.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia	34.44	427	29,00
16.	Pedro Martins, ALVES	M	132333	05	Famaliç�o	34.52	424	-
17.	Mateus Costa, FAIA FTL	M	124989	03	Famaliç�o	34.57	422	-
18.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	34.60	421	28,00
19.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	34.94	409	27,00
20.	Tomas Castro, SOUSA	M	123239	04	Vit�ria Sport Clube	35.08	404	26,00
21.	Leonardo Filipe, TEIXEIRA FTL	M	202725	00	AP Vila D Este	35.27	398	25,00
22.	Jason, SILVA FTL	M	126544	03	Famaliç�o	35.30	397	-
23.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	35.79	381	24,00
24.	Ruben Leal, LIMA FTL	M	200678	05	Aquatico Pacense	35.97	375	23,00
25.	Rodrigo Manuel, NETO FTL	M	127952	04	Aquatico Pacense	36.09	371	-
26.	Vitor Hugo, RIBEIRO FTL	M	122129	03	Lousada S�culo XXI	36.29	365	22,00
27.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe	36.34	364	21,00
28.	Gustavo Andrade, PINTO	M	207848	07	Leixoes Sport Clube	36.74	352	-
29.	Francisco Manuel, PINTO	M	200812	07	Penafiel	36.78	351	20,00
30.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	37.36	335	19,00
31.	Luis Miguel, RIBEIRO FTL	M	201081	06	Lousada S�culo XXI	37.72	325	18,00
32.	Gui Alexandre, GUIMARAES FTL	M	127784	04	AP Vila D Este	38.55	305	17,00
33.	Goncalo, ALVES MOUTINHO FTL	M	214745	06	Propaganda da Nataç�o	38.98	295	16,00
34.	Denis, ZBIRNEA FTL	M	213881	07	Propaganda da Nataç�o	40.93	254	15,00
35.	Joao Pedro, SOUSA FTL	M	210517	07	Natacao de Valongo	41.67	241	14,00
36.	Alex, LUKYANCHYKOV FTL	M	209361	07	Propaganda da Nataç�o	42.63	225	-
37.	Gustavo Amaro, MACHADO FTL	M	203335	07	Natacao de Valongo	44.63	196	13,00
DSQ	Porf�rio Braga, NUNES <i>7.1 - O(A) nadador(a), na partida, efetuou mais do que uma pernada de golfinho durante a braçada subaqu�tica que antecede a pernada de bruços – SW 7.1</i>	M	111552	00	Porto			-
WDR	Fernando Costa, CARVALHO	M	129065	03	Foca Quinta Da Lixa - Cnf			-
WDR	Guilherme Jesus, CARVALHO	M	201136	05	Foca Quinta Da Lixa - Cnf			-
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-
WDR	Goncalo Oliveira, SILVA	M	128740	04	Foca Quinta Da Lixa - Cnf			-
WDR	Alexandre Ferreira, AMORIM	M	103953	99	Vit�ria Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vit�ria Sport Clube			-

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Prova 22	Femin., 200m Costas					Absolutos
25/06/2022 - 10:00						Resultados
Recordes Nacionais 50m Absoluto	2:11.18	Camila Rodrigues, REBELO	ALN	Coimbra		03/04/2022
Recordes Nacionais 50m Sen	2:11.18	Camila Rodrigues, REBELO	ALN	Coimbra		03/04/2022
Recordes Nacionais 50m Jun 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra		02/04/2015
Recordes Nacionais 50m Jun 16	2:15.72	Camila Rodrigues, REBELO	ALN	Coimbra		07/04/2019
Recordes Nacionais 50m Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra		05/04/2012
Recordes Nacionais 50m Juv B	2:20.53	Camila Rodrigues, REBELO	ALN	Oeiras		21/07/2017
Recorde Regional 50m Absoluto	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra		05/04/2012
Recorde Regional 50m Sen	2:18.29	Marta Vieira, MARINHO	FCP	Coimbra		09/04/2010
Recorde Regional 50m Jun 17	2:20.74	Ines Neto, ROCHA	CAP	Funchal		25/03/2018
Recorde Regional 50m Jun 16	2:21.27	Joana Carina, SILVA	LSXXI	Poznan (POL)		10/07/2013
Recorde Regional 50m Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra		05/04/2012
Recorde Regional 50m Juv B	2:22.61	Joana Carina, SILVA	LSXXI	Povoa de Varzim		06/02/2011

Juv A - Feminino Juv A: 2:53.95 / Juv B - Feminino Juv B: 3:00.36 / Jun - Feminino Jun: 2:46.17 / Sen - Feminino Sen: 2:40.48

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Mafalda Martins, MESQUITA	F	202805	07	Famalic�o	2:28.47	573	39,00
	50m: 35.02 35.02		100m: 1:12.89		37.87 150m: 1:51.33	38.44	200m: 2:28.47	37.14
2.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	2:35.32	500	35,00
	50m: 36.42 36.42		100m: 1:15.05		38.63 150m: 1:55.61	40.56	200m: 2:35.32	39.71
3.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	2:39.18	465	33,00
	50m: 36.64 36.64		100m: 1:16.94		40.30 150m: 1:57.97	41.03	200m: 2:39.18	41.21
4.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	2:39.73	460	32,00
	50m: 36.68 36.68		100m: 1:17.32		40.64 150m: 1:59.40	42.08	200m: 2:39.73	40.33
5.	Beatriz Silva, COENTRAO	F	201062	08	Famalic�o	2:42.63	436	-
	50m: 38.40 38.40		100m: 1:20.32		41.92 150m: 2:03.08	42.76	200m: 2:42.63	39.55
6.	Rita Marques, SOARES	F	132341	07	Famalic�o	2:43.33	430	-
	50m: 37.35 37.35		100m: 1:18.49		41.14 150m: 2:01.01	42.52	200m: 2:43.33	42.32
7.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	2:43.94	425	-
	50m: 38.19 38.19		100m: 1:20.14		41.95 150m: 2:02.85	42.71	200m: 2:43.94	41.09
8.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	2:45.06	417	27,00
	50m: 38.22 38.22		100m: 1:19.72		41.50 150m: 2:02.43	42.71	200m: 2:45.06	42.63
9.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	2:46.25	408	-
	50m: 38.59 38.59		100m: 1:21.05		42.46 150m: 2:04.12	43.07	200m: 2:46.25	42.13
10.	Ana Castro, SILVA	F	205522	08	Famalic�o	2:47.19	401	-
	50m: 39.06 39.06		100m: 1:21.69		42.63 150m: 2:04.27	42.58	200m: 2:47.19	42.92
11.	Maria Joao, COSTA	F	201391	08	Vilacondense	2:48.93	389	-
	50m: 38.67 38.67		100m: 1:21.24		42.57 150m: 2:05.73	44.49	200m: 2:48.93	43.20
12.	Ana Senhorinha, SILVA	F	205527	07	Natacao da Maia	2:49.76	383	25,00
	50m: 39.36 39.36		100m: 1:22.19		42.83 150m: 2:06.16	43.97	200m: 2:49.76	43.60
13.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	2:51.70	370	23,00
	50m: 39.71 39.71		100m: 1:24.21		44.50 150m: 2:08.71	44.50	200m: 2:51.70	42.99
14.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	2:57.86	333	-
	50m: 41.74 41.74		100m: 1:27.20		45.46 150m: 2:13.63	46.43	200m: 2:57.86	44.23
15.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	3:01.48	314	21,00
	50m: 42.08 42.08		100m: 1:28.83		46.75 150m: 2:15.64	46.81	200m: 3:01.48	45.84
16.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	3:03.73	302	-
	50m: 40.81 40.81		100m: 1:27.46		46.65 150m: 2:15.50	48.04	200m: 3:03.73	48.23

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Prova 22, Femin., 200m Costas, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
17.	Ana Vitoria, LOPES FTL	F	215066	08	Assoc. Desportiva de Fafe	3:13.75	258	-
	50m: 43.94 43.94		100m: 1:33.34	49.40	150m: 2:23.78 50.44	200m: 3:13.75	49.97	

Juniores-Seniores

1.	Francisca Soares, MARTINS	F	126504	03	Foca Quinta Da Lixa - Cnf	2:21.91	656	43,00
	50m: 32.80 32.80		100m: 1:07.74	34.94	150m: 1:44.79 37.05	200m: 2:21.91	37.12	
2.	Ana Rita, RAMOS	F	126775	02	Porto	2:25.44	610	41,00
	50m: 33.16 33.16		100m: 1:09.23	36.07	150m: 1:46.96 37.73	200m: 2:25.44	38.48	
3.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	2:27.86	580	40,00
	50m: 35.53 35.53		100m: 1:13.17	37.64	150m: 1:51.10 37.93	200m: 2:27.86	36.76	
4.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	2:29.04	566	38,00
	50m: 34.35 34.35		100m: 1:11.54	37.19	150m: 1:50.23 38.69	200m: 2:29.04	38.81	
5.	Leonor Filipa, PINTO	F	132842	06	Porto	2:32.35	530	37,00
	50m: 35.75 35.75		100m: 1:13.88	38.13	150m: 1:53.36 39.48	200m: 2:32.35	38.99	
6.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	2:32.84	525	36,00
	50m: 34.96 34.96		100m: 1:14.50	39.54	150m: 1:53.90 39.40	200m: 2:32.84	38.94	
7.	Maria Ines, SILVA	F	200371	05	Porto	2:33.64	517	-
	50m: 35.14 35.14		100m: 1:13.91	38.77	150m: 1:54.03 40.12	200m: 2:33.64	39.61	
8.	Francisca Macedo, LOPES	F	129982	05	Vilacondense	2:36.50	489	34,00
	50m: 37.18 37.18		100m: 1:16.64	39.46	150m: 1:56.86 40.22	200m: 2:36.50	39.64	
9.	Ines Correia, MARTINS	F	129741	04	Porto	2:37.68	478	-
	50m: 37.39 37.39		100m: 1:17.19	39.80	150m: 1:57.58 40.39	200m: 2:37.68	40.10	
10.	Catarina Isabel, ALMEIDA	F	127104	02	Vit�ria Sport Clube	2:40.36	455	31,00
	50m: 36.45 36.45		100m: 1:17.37	40.92	150m: 1:59.16 41.79	200m: 2:40.36	41.20	
11.	Daniela Magalhaes, LOPES	F	130098	05	Famalic�o	2:40.85	450	30,00
	50m: 37.43 37.43		100m: 1:18.72	41.29	150m: 1:59.84 41.12	200m: 2:40.85	41.01	
12.	Joana Filipa, PINTO	F	202846	06	Fluvial Portuense	2:42.22	439	29,00
	50m: 37.26 37.26		100m: 1:18.70	41.44	150m: 2:00.83 42.13	200m: 2:42.22	41.39	
13.	Mariana Ferreira, VIEIRA	F	132810	05	Natacao de Valongo	2:42.40	438	28,00
	50m: 37.23 37.23		100m: 1:18.15	40.92	150m: 2:00.94 42.79	200m: 2:42.40	41.46	
14.	Bebiana Filipa, BARBOSA FTL	F	147271	06	Aquatico Pacense	2:49.32	386	26,00
	50m: 40.46 40.46		100m: 1:23.68	43.22	150m: 2:06.70 43.02	200m: 2:49.32	42.62	
15.	Carina, CHYZH FTL	F	202731	06	Vit�ria Sport Clube	2:51.59	371	24,00
	50m: 38.75 38.75		100m: 1:22.16	43.41	150m: 2:06.95 44.79	200m: 2:51.59	44.64	
16.	Carolina Ascenso, SANTOS FTL	F	121271	01	Propaganda da Natao	2:53.55	359	22,00
	50m: 39.18 39.18		100m: 1:23.73	44.55	150m: 2:09.46 45.73	200m: 2:53.55	44.09	

Absolutos

1.	Francisca Soares, MARTINS	F	126504	03	Foca Quinta Da Lixa - Cnf	2:21.91	656	43,00
	50m: 32.80 32.80		100m: 1:07.74	34.94	150m: 1:44.79 37.05	200m: 2:21.91	37.12	
2.	Ana Rita, RAMOS	F	126775	02	Porto	2:25.44	610	41,00
	50m: 33.16 33.16		100m: 1:09.23	36.07	150m: 1:46.96 37.73	200m: 2:25.44	38.48	
3.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	2:27.86	580	40,00
	50m: 35.53 35.53		100m: 1:13.17	37.64	150m: 1:51.10 37.93	200m: 2:27.86	36.76	

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Prova 22, Femin., 200m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
4.	Mafalda Martins, MESQUITA 50m: 35.02 35.02	F	202805	07	Famalic�o	2:28.47 2:28.47	573 37.14	39,00
5.	Maria Joao, FERREIRA 50m: 34.35 34.35	F	132732	06	Foca Quinta Da Lixa - Cnf	2:29.04 2:29.04	566 38.81	38,00
6.	Leonor Filipa, PINTO 50m: 35.75 35.75	F	132842	06	Porto	2:32.35 2:32.35	530 38.99	37,00
7.	Daniela Alexandra, COSTA 50m: 34.96 34.96	F	129441	06	Leixoes Sport Clube	2:32.84 2:32.84	525 38.94	36,00
8.	Maria Ines, SILVA 50m: 35.14 35.14	F	200371	05	Porto	2:33.64 2:33.64	517 39.61	-
9.	Carolina Amadeu, FERREIRA 50m: 36.42 36.42	F	202815	08	Leixoes Sport Clube	2:35.32 2:35.32	500 39.71	35,00
10.	Francisca Macedo, LOPES 50m: 37.18 37.18	F	129982	05	Vilacondense	2:36.50 2:36.50	489 39.64	34,00
11.	Ines Correia, MARTINS 50m: 37.39 37.39	F	129741	04	Porto	2:37.68 2:37.68	478 40.10	-
12.	Maria Joao, MARTINS 50m: 36.64 36.64	F	204552	08	Assoc. Desportiva de Fafe	2:39.18 2:39.18	465 41.21	33,00
13.	Mafalda Pinto, SOUSA 50m: 36.68 36.68	F	203348	08	Fluvial Portuense	2:39.73 2:39.73	460 40.33	32,00
14.	Catarina Isabel, ALMEIDA 50m: 36.45 36.45	F	127104	02	Vit�ria Sport Clube	2:40.36 2:40.36	455 41.20	31,00
15.	Daniela Magalhaes, LOPES 50m: 37.43 37.43	F	130098	05	Famalic�o	2:40.85 2:40.85	450 41.01	30,00
16.	Joana Filipa, PINTO 50m: 37.26 37.26	F	202846	06	Fluvial Portuense	2:42.22 2:42.22	439 41.39	29,00
17.	Mariana Ferreira, VIEIRA 50m: 37.23 37.23	F	132810	05	Natacao de Valongo	2:42.40 2:42.40	438 41.46	28,00
18.	Beatriz Silva, COENTRAO 50m: 38.40 38.40	F	201062	08	Famalic�o	2:42.63 2:42.63	436 39.55	-
19.	Rita Marques, SOARES 50m: 37.35 37.35	F	132341	07	Famalic�o	2:43.33 2:43.33	430 42.32	-
20.	Mafalda Monteiro, ARAUJO 50m: 38.19 38.19	F	207850	08	Leixoes Sport Clube	2:43.94 2:43.94	425 41.09	-
21.	Matilde Vale, SILVA 50m: 38.22 38.22	F	202754	07	Clube Naval Povoense	2:45.06 2:45.06	417 42.63	27,00
22.	Ana Carolina, NEVES 50m: 38.59 38.59	F	200350	08	Fluvial Portuense	2:46.25 2:46.25	408 42.13	-
23.	Ana Castro, SILVA 50m: 39.06 39.06	F	205522	08	Famalic�o	2:47.19 2:47.19	401 42.92	-
24.	Maria Joao, COSTA 50m: 38.67 38.67	F	201391	08	Vilacondense	2:48.93 2:48.93	389 43.20	-
25.	Bebiana Filipa, BARBOSA FTL 50m: 40.46 40.46	F	147271	06	Aquatico Pacense	2:49.32 2:49.32	386 42.62	26,00
26.	Ana Senhorinha, SILVA 50m: 39.36 39.36	F	205527	07	Natacao da Maia	2:49.76 2:49.76	383 43.60	25,00
27.	Carina, CHYZH FTL 50m: 38.75 38.75	F	202731	06	Vit�ria Sport Clube	2:51.59 2:51.59	371 44.64	24,00

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Prova 22, Femin., 200m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
28.	Matilde Reis, FONTES 50m: 39.71 39.71	F	207037	08	Clube Naval Povoense	2:51.70 2:51.70	370 42.99	23,00
29.	Carolina Ascenso, SANTOS FTL 50m: 39.18 39.18	F	121271	01	Propaganda da Nataç�o	2:53.55 2:53.55	359 44.09	22,00
30.	Maria Goncalves, DIAS 50m: 41.74 41.74	F	208862	08	Fluvial Portuense	2:57.86 2:57.86	333 44.23	-
31.	Melissa Freitas, NOGUEIRA FTL 50m: 42.08 42.08	F	210657	07	Assoc. Desportiva de Fafe	3:01.48 3:01.48	314 45.84	21,00
32.	Ana Margarida, ALMEIDA FTL 50m: 40.81 40.81	F	205184	08	Vit�ria Sport Clube	3:03.73 3:03.73	302 48.23	-
33.	Ana Vitoria, LOPES FTL 50m: 43.94 43.94	F	215066	08	Assoc. Desportiva de Fafe	3:13.75 3:13.75	258 49.97	-

Prova 23

Masc., 200m Costas

Absolutos

25/06/2022 - 10:25

Resultados

Recordes Nacionais 50m Absoluto	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	06/06/2021
Recordes Nacionais 50m Sen	1:57.06	Francisco Rogerio, SANTOS	SCP	Porto	06/06/2021
Recordes Nacionais 50m Jun 18	2:00.07	Joao Nogueira, COSTA	POR	Budapest (HUN)	25/08/2019
Recordes Nacionais 50m Jun 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapest (HUN)	15/07/2005
Recordes Nacionais 50m Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28/06/2014
Recordes Nacionais 50m Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17/07/2013
Recorde Regional 50m Absoluto	1:58.58	Joao Nogueira, COSTA	VSC	Budapest (HUN)	16/08/2020
Recorde Regional 50m Sen	1:58.58	Joao Nogueira, COSTA	VSC	Budapest (HUN)	
Recorde Regional 50m Jun 18	2:00.07	Joao Nogueira, COSTA	VSC	Budapest (HUN)	25/08/2019
Recorde Regional 50m Jun 17	2:04.96	Adriano Miguel, NIZ	CFV	Glasgow (GBR)	01/08/2003
Recorde Regional 50m Juv A	2:08.09	Adriano Miguel, NIZ	CFV	Jamor	10/05/2002
Recorde Regional 50m Juv B	2:11.44	Ricardo Filipe, ROCHA	CAP	Oeiras	22/07/2017

Juv B - Masculino Juv B: 2:41.97 / Juv A - Masculino Juv A: 2:35.57 / Jun - Masculinos Jun: 2:29.29 / Sen - Masculinos Sen: 2:24.76

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1.	Francisco Araujo, SILVA 50m: 31.68 31.68	M	132331	06	Famalic�o	2:16.50 2:16.50	551 34.63	41,00
2.	Tiago Mendes, COSTA 50m: 32.33 32.33	M	201132	07	Famalic�o	2:18.04 2:18.04	532 34.52	40,00
3.	Tomas Ferreira, OLIVEIRA 50m: 32.46 32.46	M	151457	06	Natacao da Maia	2:18.88 2:18.88	523 35.11	39,00
4.	Renato Gouveia, TEIXEIRA 50m: 32.64 32.64	M	204599	07	Foca Quinta Da Lixa - Cnf	2:23.20 2:23.20	477 37.52	36,00
5.	Pedro Santos, PEREIRA 50m: 33.65 33.65	M	202814	06	Leixoes Sport Clube	2:25.43 2:25.43	455 37.41	34,00
6.	Guilherme Mahua, SOARES 50m: 34.87 34.87	M	200790	07	Porto	2:27.31 2:27.31	438 37.18	-

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Prova 23, Masc., 200m Costas, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Luis Filipe, CARVALHO 50m: 35.34 35.34	M	132279	07	Clube Naval Povoense 100m: 1:13.28 37.94 150m: 1:52.28 39.00	2:29.97 2:29.97	415 37.69	31,00
8.	Pedro Miguel, PINTO 50m: 34.52 34.52	M	148621	07	Assoc. Desportiva de Fafe 100m: 1:13.13 38.61 150m: 1:52.46 39.33	2:31.10 2:31.10	406 38.64	29,00
9.	Tomas Machado, MIRANDA 50m: 37.51 37.51	M	200780	07	Porto 100m: 1:17.11 39.60 150m: 1:57.06 39.95	2:35.93 2:35.93	369 38.87	-
10.	Martim Goncalves, CARVALHO 50m: 36.86 36.86	M	209245	07	Assoc. Desportiva de Fafe 100m: 1:17.03 40.17 150m: 1:58.30 41.27	2:38.08 2:38.08	354 39.78	28,00
11.	Rafael Dinis, PACHECO 50m: 36.24 36.24	M	204593	07	Aquatico Pacense 100m: 1:16.50 40.26 150m: 1:58.06 41.56	2:38.38 2:38.38	352 40.32	27,00
12.	Miguel Guedes, FERREIRA 50m: 37.42 37.42	M	205181	07	Porto 100m: 1:17.98 40.56 150m: 1:59.10 41.12	2:39.12 2:39.12	347 40.02	-
13.	Rodrigo Miguel, FERNANDES 50m: 37.80 37.80	M	200798	07	Natacao de Valongo 100m: 1:18.78 40.98 150m: 2:00.51 41.73	2:41.06 2:41.06	335 40.55	26,00
14.	Pedro Mendonca, BRAGA 50m: 36.77 36.77	M	203198	07	Vilacondense 100m: 1:17.18 40.41 150m: 2:00.27 43.09	2:41.97 2:41.97	329 41.70	25,00

Juniores-Seniores

1.	Pedro Miguel, SANTOS 50m: 32.04 32.04	M	121987	01	Porto 100m: 1:06.31 34.27 150m: 1:38.35 32.04	2:10.82 2:10.82	626 32.47	43,00	
2.	Bruno Shinji, KOBAYASHI 50m: 32.81 32.81	M	123019	02	Vilacondense 100m: 1:07.50 34.69 150m: 1:43.90 36.40	2:20.07 2:20.07	510 36.17	38,00	
3.	Ricardo Filipe, ROCHA 50m: 31.54 31.54	M	121787	02	Aquatico Pacense 100m: 1:06.11 34.57 150m: 1:42.65 36.54	2:22.49 2:22.49	484 39.84	37,00	
4.	Pedro Nuno, CANELAS 50m: 31.85 31.85	M	148387	04	Fluvial Portuense 100m: 1:07.55 35.70 150m: 1:45.11 37.56	2:23.32 2:23.32	476 38.21	35,00	
5.	Guilherme Nunes, ANDRADE 50m: 33.27 33.27	M	127620	05	Porto 100m: 1:10.16 36.89 150m: 1:48.82 38.66	2:25.82 2:25.82	452 37.00	33,00	
6.	Guilherme Lobo, PINTO 50m: 33.78 33.78	M	126503	04	Foca Quinta Da Lixa - Cnf 100m: 1:11.06 37.28 150m: 1:49.90 38.84	2:28.72 2:28.72	426 38.82	32,00	
7.	Rui Anjos, COSTA 50m: 35.02 35.02	M	129944	05	Porto 100m: 1:12.74 37.72 150m: 1:51.29 38.55	2:29.28 2:29.28	421 37.99	-	
8.	Tomas Carvalhinho, RIBEIRO FTL 50m: 34.74 34.74	M	131799	05	Natacao da Maia 100m: 1:12.50 37.76 150m: 1:51.83 39.33	2:30.82 2:30.82	408 38.99	30,00	
9.	Rodrigo Manuel, NETO FTL 50m: 35.88 35.88	M	127952	04	Aquatico Pacense 100m: 1:16.38 40.50 150m: 1:57.36 40.98	2:39.40 2:39.40	346 42.04	-	
WDR	Duarte Monteiro, CASTRO	M	121978	03	Porto				-

Absolutos

1.	Pedro Miguel, SANTOS 50m: 32.04 32.04	M	121987	01	Porto 100m: 1:06.31 34.27 150m: 1:38.35 32.04	2:10.82 2:10.82	626 32.47	43,00
2.	Francisco Araujo, SILVA 50m: 31.68 31.68	M	132331	06	Famalicao 100m: 1:06.40 34.72 150m: 1:41.87 35.47	2:16.50 2:16.50	551 34.63	41,00
3.	Tiago Mendes, COSTA 50m: 32.33 32.33	M	201132	07	Famalicao 100m: 1:07.25 34.92 150m: 1:43.52 36.27	2:18.04 2:18.04	532 34.52	40,00
4.	Tomas Ferreira, OLIVEIRA 50m: 32.46 32.46	M	151457	06	Natacao da Maia 100m: 1:07.82 35.36 150m: 1:43.77 35.95	2:18.88 2:18.88	523 35.11	39,00

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Prova 23, Masc., 200m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
5.	Bruno Shinji, KOBAYASHI 50m: 32.81 32.81	M	123019	02	Vilacondense	2:20.07 2:20.07	510 36.17	38,00
6.	Ricardo Filipe, ROCHA 50m: 31.54 31.54	M	121787	02	Aquatico Pacense	2:22.49 2:22.49	484 39.84	37,00
7.	Renato Gouveia, TEIXEIRA 50m: 32.64 32.64	M	204599	07	Foca Quinta Da Lixa - Cnf	2:23.20 2:23.20	477 37.52	36,00
8.	Pedro Nuno, CANELAS 50m: 31.85 31.85	M	148387	04	Fluivial Portuense	2:23.32 2:23.32	476 38.21	35,00
9.	Pedro Santos, PEREIRA 50m: 33.65 33.65	M	202814	06	Leixoes Sport Clube	2:25.43 2:25.43	455 37.41	34,00
10.	Guilherme Nunes, ANDRADE 50m: 33.27 33.27	M	127620	05	Porto	2:25.82 2:25.82	452 37.00	33,00
11.	Guilherme Mahua, SOARES 50m: 34.87 34.87	M	200790	07	Porto	2:27.31 2:27.31	438 37.18	-
12.	Guilherme Lobo, PINTO 50m: 33.78 33.78	M	126503	04	Foca Quinta Da Lixa - Cnf	2:28.72 2:28.72	426 38.82	32,00
13.	Rui Anjos, COSTA 50m: 35.02 35.02	M	129944	05	Porto	2:29.28 2:29.28	421 37.99	-
14.	Luis Filipe, CARVALHO 50m: 35.34 35.34	M	132279	07	Clube Naval Povoense	2:29.97 2:29.97	415 37.69	31,00
15.	Tomas Carvalhinho, RIBEIRO FTL 50m: 34.74 34.74	M	131799	05	Natacao da Maia	2:30.82 2:30.82	408 38.99	30,00
16.	Pedro Miguel, PINTO 50m: 34.52 34.52	M	148621	07	Assoc. Desportiva de Fafe	2:31.10 2:31.10	406 38.64	29,00
17.	Tomas Machado, MIRANDA 50m: 37.51 37.51	M	200780	07	Porto	2:35.93 2:35.93	369 38.87	-
18.	Martim Goncalves, CARVALHO 50m: 36.86 36.86	M	209245	07	Assoc. Desportiva de Fafe	2:38.08 2:38.08	354 39.78	28,00
19.	Rafael Dinis, PACHECO 50m: 36.24 36.24	M	204593	07	Aquatico Pacense	2:38.38 2:38.38	352 40.32	27,00
20.	Miguel Guedes, FERREIRA 50m: 37.42 37.42	M	205181	07	Porto	2:39.12 2:39.12	347 40.02	-
21.	Rodrigo Manuel, NETO FTL 50m: 35.88 35.88	M	127952	04	Aquatico Pacense	2:39.40 2:39.40	346 42.04	-
22.	Rodrigo Miguel, FERNANDES 50m: 37.80 37.80	M	200798	07	Natacao de Valongo	2:41.06 2:41.06	335 40.55	26,00
23.	Pedro Mendonca, BRAGA 50m: 36.77 36.77	M	203198	07	Vilacondense	2:41.97 2:41.97	329 41.70	25,00
WDR	Duarte Monteiro, CASTRO	M	121978	03	Porto			-

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Prova 24	Femin., 4 x 100m Livres				Absolutos
25/06/2022 - 10:55					Resultados
Recordes Nacionais 50m Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Recordes Nacionais 50m Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Recordes Nacionais 50m Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30/07/2010
Recordes Nacionais 50m Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02/04/2015
Recordes Nacionais 50m Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24/07/2015
Recordes Nacionais 50m Juv B	4:10.72	Clube Nautico Academico de CoimbrCNAC		Povoa de Varzim	05/08/2011
Recorde Regional 50m Absoluto	3:52.07	Sara Oliveira, Alexandra Oliveira, JcFCP, RodrigCoimbrarta Marinho			30/07/2010
Recorde Regional 50m Sen	3:52.07	Sara Oliveira, Marta Marinho, JoaneFCPdrigues,Coimbrapureiro			30/07/2010
Recorde Regional 50m Jun	4:05.66	Futebol Clube do Porto	FCP	Povoa de Varzim	18/03/2017
Recorde Regional 50m Juv A	4:06.43	Maria Cabral, Marta Canedo, Joana FCP,aira, AnCoimbra			
Recorde Regional 50m Juv	4:03.10	IAna Faria, Beatriz Silva, Maria CosFCP, Maria C:Coimbra			24/07/2015

Pontos: FINA 2021

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
1.	F			Porto	4:09.16	599	43,00
		+0,88	30.90	Ana Rita, RAMOS	+0,51	28.66	59.80
		+0,46	30.63	Leonor Santos, SILVA	+0,20	29.33	1:01.84
2.	F			Foca Quinta Da Lixa - Cnf 1	4:15.30	556	41,00
		+0,79	28.74	Gabriela Ferreira, NEVES	+0,36	32.00	1:07.74
		+0,11	30.72	Ana Rita, MARTINS	+0,29	30.63	1:04.36
3.	F			Vilacondense	4:15.58	555	40,00
		+0,85	31.09	Ana Catarina, MONTEIRO	+0,21	28.94	1:00.40
		+0,39	29.87	Mariana Santos, ROMAO	+0,51	32.45	1:08.55
4.	F			Fluvial Portuense	4:23.54	506	39,00
		+0,81	31.23	Joana Filipa, PINTO	+0,34	31.79	1:06.44
		+0,56	32.45	Ines Aires, NOGUEIRA	+0,55	31.00	1:04.96
5.	F			Fluvial Portuense	4:24.37	501	38,00
		+0,72	30.34	Joana Navega, TEIXEIRA	+0,50	33.53	1:08.74
		+0,62	33.57	Sofia Alexandra, CARVALHO	+0,51	29.64	1:02.52
6.	F			Famalici�o	4:24.54	500	37,00
		+0,79	29.86	Rita Marques, SOARES	+0,55	33.66	1:11.48
		+0,51	31.87	Ana Carolina, CRUZ	+0,69	31.30	1:05.52
7.	F			Leixoes Sport Clube	4:26.60	489	36,00
		+0,83	32.22	Mafalda Guimaraes, SANTOS	+0,28	33.53	1:11.16
		+0,29	31.41	Barbara Sofia, GOMES	+0,22	29.12	1:01.23
8.	F			Porto	4:27.00	486	35,00
		+0,96	32.03	Leonor Carvalho, SOARES	+0,79	32.50	1:07.42
		+0,54	30.74	Lara Filipa, PINTO	+0,35	32.14	1:09.80
9.	F			Aquatico Pacense	4:34.74	446	34,00
		+0,92	32.97	Erica Ferreira, BARROS	+0,35	35.59	1:13.22
		+0,48	30.88	Bruna Maria, BARBOSA	+0,30	33.29	1:09.87
10.	F			Natacao de Valongo	4:36.14	440	33,00
		+0,89	32.63	Mariana Ferreira, VIEIRA	-0,03	32.77	1:09.29
		+0,26	32.67	Filipa Oliveira, COSTA	+0,49	32.37	1:08.05
11.	F			Vilacondense	4:41.54	415	32,00
		+0,56	32.66	Leonor Isabel, MARTINS	+0,24	34.87	1:15.28
		+0,57	30.78	Matilde Araujo, PALMEIRA	+0,53	34.44	1:12.98
12.	F			Assoc. Desportiva de Fafe 2	4:43.59	406	31,00
		+0,71	33.83	Maria Joao, MARTINS	+0,38	31.70	1:06.73
		+0,50	31.71	Ana Vitoria, LOPES	+0,77	36.60	1:18.77
13.	F			Aquatico Pacense	4:48.14	387	30,00
		+0,92	32.98	Bebiana Filipa, BARBOSA	+0,19	35.27	1:14.15
		+0,40	33.18	Barbara Carneiro, TEIXEIRA	+0,37	35.57	1:15.80
14.	F			Natacao da Maia	4:48.98	384	29,00
		+0,92	32.64	Alexandra Noemia, SILVANO	+0,36	34.52	1:13.16
		+0,61	33.85	Ana Senhorinha, SILVA	+0,18	33.88	1:12.88

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Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS		
15.	F			Propaganda da Nataç�o	5:08.19	316	28,00		
		Margarida Ascenso, SANTOS	+0,89	31.94	1:08.03	Ariana, SAMPAIO RODRIGUES	+0,50	38.42	1:24.25
		Carolina Ascenso, SANTOS	+0,65	33.13	1:09.87	Bruna Alexandra, BARBOSA	+0,29	40.39	1:26.04
16.	F			Clube Naval Povoense	5:09.92	311	27,00		
		Matilde Vale, SILVA	+0,77	33.24	1:09.82	Matilde Reis, FONTES	+0,11	35.08	1:15.59
		Francisca Soares, PIMENTA	+0,44	34.65	1:12.92	Mariana Gomes, BOAS	+0,83	41.39	1:31.59
DSQ	F			Foca Quinta Da Lixa - Cnf			-		
		<i>10.18 - Rendic�o Antecipada do 2 Nadador(a) - SW 10.11</i>							
		Carolina Cunha, HENRIQUES	+0,82	32.03	1:08.25	Mariana Pinto, FERREIRA			
		Ana Beatriz, VIEIRA	-0,05			Beatriz Silva, QUINTELA			
WDR	F			Penafiel			-		

Prova 25

Masc., 4 x 100m Livres

Absolutos
Resultados

25/06/2022 - 11:15

Recordes Nacionais 50m Absoluto	3:20.94	Sport Lisboa e Benfica	SLB	Oeiras	09/04/2022
Recordes Nacionais 50m Sen	3:24.34	Sporting Clube de Portugal	SCP	Oeiras	09/04/2022
Recordes Nacionais 50m Jun	3:32.70	Clube Uniao 1919	CUC	Coimbra	09/05/2021
Recordes Nacionais 50m Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Recordes Nacionais 50m Juv	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Recordes Nacionais 50m Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02/08/2019
Recorde Regional 50m Absoluto	3:24.33	Paulo Santos, Joao Carvalho, Carlo FCPintos, RFaroar			19/03/2009
Recorde Regional 50m Sen	3:26.21	Paulo Santos, Fabio Figueira, Joao (FCP)alho, IsOeirasirat			27/07/2012
Recorde Regional 50m Jun	3:34.25	Rui Vilar, Joao Almeida, Samuel QuFCP3, CarloLisboas			27/03/2009
Recorde Regional 50m Juv A	3:39.68	Joao Ascensao, Luis Oliveira, EduaFCPRamos,Famalicaoipes			19/07/2013
Recorde Regional 50m Juv	3:39.68	Tempo Limite			
Recorde Regional 50m Juv B	3:45.99	Joao Ascensao, Eduardo Ramos, JFCP NunesOeirasn Lopes			27/07/2012

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS		
1.	M			Vit�ria Sport Clube	3:34.86	672	43,00		
		Tomas Teixeira, LOPES	+0,73	25.42	52.45	Rodrigo Manuel, CUNHA	+0,44	27.26	57.54
		Joao Nogueira, COSTA	+0,28	24.73	52.29	Alexandre Ferreira, AMORIM	+0,04	25.13	52.58
2.	M			Porto	3:36.66	655	41,00		
		Kevin Alexandre, APSENECE	+0,75	26.84	55.81	Pedro Miguel, SANTOS	+0,19	26.18	54.41
		Francisco Rodriguez, AMARAL	+0,36	26.01	54.05	Porfirio Braga, NUNES	+0,21	24.34	52.39
3.	M			Natacao da Maia	3:47.08	569	40,00		
		Francisco Manuel, ZENZA	+0,84	26.20	55.13	Tomas Carvalhinho, RIBEIRO	+0,54	27.75	58.17
		Marcos Goncalves, BELTRAO	+0,40	27.35	57.26	Goncalo Carlos, AZEVEDO	+0,57	27.36	56.52
4.	M			Famalic�o	3:52.89	528	39,00		
		Rodrigo Ferreira, PEREIRA	+0,75	26.97	56.86	Tiago Mendes, COSTA	+0,45	27.53	58.06
		Rui Miguel, SANTOS	+0,31	28.29	59.25	Francisco Araujo, SILVA	+0,63	27.97	58.72
5.	M			Porto	3:53.46	524	38,00		
		Bruno Silva, LOUREIRO	+0,83	28.57	58.90	Vasco Monteiro, CASTRO	+0,58	28.05	58.08
		Rodrigo Filipe, CORREIA	+0,22	27.32	57.81	Gustavo Gomes, RAMOS	+0,69	27.88	58.67
6.	M			Aquatico Pacense	3:55.59	510	37,00		
		Joao Claudio, SOUSA	+0,74	28.52	58.85	Dinis Barros, LEAL	0,00	27.55	59.36
		Ricardo Filipe, ROCHA	+0,44	27.14	56.75	Henrique Rocha, CARNEIRO	+0,12	28.18	1:00.63
7.	M			Foca Quinta Da Lixa - Cnf	3:56.12	506	36,00		
		Afonso Martim, LEITE	+0,79	27.81	56.93	Antonio Carlos, TELES	+0,43	30.20	1:03.57
		Guilherme Lobo, PINTO	+0,23	27.28	57.45	Diogo Miguel, VENTURA	+0,24	27.76	58.17
8.	M			Famalic�o	3:57.48	498	35,00		
		Afonso Carvalho, SILVA	+0,71	27.33	57.11	Pedro Martins, ALVES	+0,40	30.71	1:05.73
		Jason, SILVA	+0,35	28.29	59.27	Joao Campelo, OLIVEIRA	+0,39	26.52	55.37

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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Prova 25, Masc., 4 x 100m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
9.	M			Fluvial Portuense	3:58.19	493	34,00
		Afonso Pacheco, CARVALHO	1:00.36	Rodrigo Costa, BORGES	+0,46	28.56	1:00.42
		Gil Afonso, RODRIGUES	59.71	Joao Carlos, BARROS	+0,42	27.57	57.70
10.	M			Natacao de Valongo	3:58.78	489	33,00
		Jose Pedro, CARNEIRO	1:00.24	Bernardo Oliveira, PIMENTA	+0,40	29.01	1:01.99
		Manuel Fernando, TEIXEIRA	57.41	Hugo Alexandre, COSTA	+0,61	27.15	59.14
11.	M			Assoc. Desportiva de Fafe	4:01.48	473	32,00
		Andre Leitao, COSTA	1:00.10	Pedro Miguel, PINTO	+0,15	28.44	1:01.98
		Martim Goncalves, CARVALHO	1:02.06	Antonio Miguel, COSTA	+0,18	26.94	57.34
12.	M			Clube Naval Povoense	4:01.50	473	31,00
		Tiago Fonseca, CARVALHO	56.84	Hugo Azurara, VIEIRA	+0,45	29.01	1:02.28
		Pedro Soares, MORIM	59.36	Joao Bernardo, FERNANDES	+0,41	29.03	1:03.02
13.	M			Clube Naval Povoense 2	4:03.08	464	30,00
		Rodrigo Santos, CONCEICAO	59.46	Alexandre Moreira, DOURADO	+0,57	29.66	1:02.23
		Luis Filipe, CARVALHO	57.35	Dinis Miranda, CAMBAS	+0,52	30.37	1:04.04
14.	M			Vilacondense	4:03.26	463	29,00
		Pedro Roque, IGREJA	1:03.14	Afonso Azevedo, PACHECO	+0,43	27.92	1:01.37
		Artur Guterres, CARVALHO	56.90	Guilherme Ramos, SILVA	+0,06	28.50	1:01.85
15.	M			Celorico Basto	4:25.78	355	28,00
		Manuel Alves, GONCALVES	58.79	Dinis Canais, PERA	+0,39	30.75	1:09.82
		Martim Alves, GONCALVES	1:05.38	Jo�o Cunha, RODRIGUES	+0,58	34.83	1:11.79

4 - 2ª Jornada - 2ª Sess o

25/06/2022 - 15:30

Prova 26 Femin., 800m Livres Absolutos
25/06/2022 - 15:30 Resultados

Recordes Nacionais 50m Absoluto	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Sen	8:29.33	Diana Margarida, DURAES	POR	Tarragona (ESP)	23/06/2018
Recordes Nacionais 50m Jun 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra	28/05/2016
Recordes Nacionais 50m Jun 16	8:45.53	Tamila Hryhorivna, HOLUB	SCB	Coimbra	30/05/2015
Recordes Nacionais 50m Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras	27/07/2014
Recordes Nacionais 50m Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)	10/09/1981
Recorde Regional 50m Absoluto	8:43.58	Diana Margarida, DURAES	FCP	Oeiras	13/03/2016
Recorde Regional 50m Sen	8:43.58	Diana Margarida, DURAES	FCP	Oeiras	13/03/2016
Recorde Regional 50m Jun 17	8:54.86	Angelica Maria, ANDRE	LSC	Porto	04/06/2011
Recorde Regional 50m Jun 16	9:00.58	Alexandra Maria, SILVA	FCP	Olivais	17/04/1983
Recorde Regional 50m Juv A	9:03.51	Alexandra Maria, SILVA	FCP	Innsbruck (AUT)	29/08/1982
Recorde Regional 50m Juv B	9:07.70	Alexandra Maria, SILVA	FCP	Split (CRO)	10/09/1981

Juv A - Feminino Juv A: 11:09.48 / Juv B - Feminino Juv B: 11:37.26 / Jun - Feminino Jun: 10:34.48 / Sen - Feminino Sen: 10:10.69

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	9:33.98	602	40,00
	50m: 32.91 32.91		250m: 2:57.20	36.49	450m: 5:22.93	36.63	650m: 7:48.81	36.22
	100m: 1:08.76 35.85		300m: 3:33.67	36.47	500m: 5:59.38	36.45	700m: 8:25.39	36.58
	150m: 1:44.71 35.95		350m: 4:10.00	36.33	550m: 6:35.87	36.49	750m: 9:00.94	35.55
	200m: 2:20.71 36.00		400m: 4:46.30	36.30	600m: 7:12.59	36.72	800m: 9:33.98	33.04
2.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	10:03.68	517	35,00
	50m: 33.17 33.17		250m: 3:06.46	38.78	450m: 5:40.41	38.29	650m: 8:12.73	38.09
	100m: 1:10.59 37.42		300m: 3:45.02	38.56	500m: 6:18.44	38.03	700m: 8:50.66	37.93
	150m: 1:49.21 38.62		350m: 4:23.71	38.69	550m: 6:56.84	38.40	750m: 9:27.92	37.26
	200m: 2:27.68 38.47		400m: 5:02.12	38.41	600m: 7:34.64	37.80	800m: 10:03.68	35.76

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Prova 26, Femin., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
3.	Ana Carolina, CRUZ	F	201055	08	Famalicação	10:10.80	499	33,00
	50m: 33.47 33.47		250m: 3:07.61		39.30 450m: 5:42.67		38.98 650m: 8:18.56	39.08
	100m: 1:11.05 37.58		300m: 3:46.67		39.06 500m: 6:21.63		38.96 700m: 8:56.90	38.34
	150m: 1:49.53 38.48		350m: 4:25.02		38.35 550m: 7:00.61		38.98 750m: 9:34.62	37.72
	200m: 2:28.31 38.78		400m: 5:03.69		38.67 600m: 7:39.48		38.87 800m: 10:10.80	36.18
4.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	10:18.11	482	-
	50m: 34.71 34.71		250m: 3:10.96		39.64 450m: 4:29.30		650m: 8:24.48	39.14
	100m: 1:13.43 38.72		300m: 3:50.17		39.21 500m: 6:26.76		1:57.46 700m: 9:03.33	38.85
	150m: 1:52.26 38.83		350m: 3:15.43		550m: 7:06.24		39.48 750m: 9:41.10	37.77
	200m: 2:31.32 39.06		400m: 5:08.31		1:52.88 600m: 7:45.34		39.10 800m: 10:18.11	37.01
5.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	10:18.13	482	-
	50m: 34.95 34.95		250m: 3:10.33		39.19 450m: 5:47.59		39.20 650m: 8:24.38	38.96
	100m: 1:13.50 38.55		300m: 3:49.59		39.26 500m: 6:27.04		39.45 700m: 9:03.38	39.00
	150m: 1:52.49 38.99		350m: 4:29.09		39.50 550m: 7:06.09		39.05 750m: 9:41.32	37.94
	200m: 2:31.14 38.65		400m: 5:08.39		39.30 600m: 7:45.42		39.33 800m: 10:18.13	36.81
6.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	10:25.39	465	32,00
	50m: 35.39 35.39		250m: 3:12.33		39.78 450m: 5:50.97		39.35 650m: 8:29.95	39.55
	100m: 1:13.86 38.47		300m: 3:52.24		39.91 500m: 6:31.05		40.08 700m: 9:09.68	39.73
	150m: 1:53.12 39.26		350m: 4:31.95		39.71 550m: 7:10.40		39.35 750m: 9:48.21	38.53
	200m: 2:32.55 39.43		400m: 5:11.62		39.67 600m: 7:50.40		40.00 800m: 10:25.39	37.18
7.	Luciana Filipa, PINTO	F	201801	08	Porto	10:27.41	461	-
	50m: 36.84 36.84		250m: 3:13.41		38.65 450m: 5:50.58		39.39 650m: 8:30.33	39.87
	100m: 1:16.60 39.76		300m: 3:52.50		39.09 500m: 6:30.51		39.93 700m: 9:10.44	40.11
	150m: 1:56.20 39.60		350m: 4:31.77		39.27 550m: 7:10.44		39.93 750m: 9:49.60	39.16
	200m: 2:34.76 38.56		400m: 5:11.19		39.42 600m: 7:50.46		40.02 800m: 10:27.41	37.81
8.	Lara Filipa, PINTO	F	200514	08	Porto	10:27.79	460	-
	50m: 35.66 35.66		250m: 3:11.58		39.18 450m: 5:49.50		39.51 650m: 8:31.24	40.50
	100m: 1:14.36 38.70		300m: 3:50.54		38.96 500m: 6:29.80		40.30 700m: 9:10.92	39.68
	150m: 1:53.71 39.35		350m: 4:30.13		39.59 550m: 7:10.42		40.62 750m: 9:50.55	39.63
	200m: 2:32.40 38.69		400m: 5:09.99		39.86 600m: 7:50.74		40.32 800m: 10:27.79	37.24
9.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	10:28.40	459	31,00
	50m: 34.65 34.65		250m: 3:14.03		40.11 450m: 5:54.83		39.52 650m: 8:35.31	39.68
	100m: 1:14.09 39.44		300m: 3:55.04		41.01 500m: 6:34.89		40.06 700m: 9:14.20	38.89
	150m: 1:54.26 40.17		350m: 4:35.19		40.15 550m: 7:15.52		40.63 750m: 9:52.94	38.74
	200m: 2:33.92 39.66		400m: 5:15.31		40.12 600m: 7:55.63		40.11 800m: 10:28.40	35.46
10.	Ines Rebelo, SOUSA	F	203317	07	Porto	10:34.61	445	-
	50m: 35.30 35.30		250m: 3:12.44		39.52 450m: 5:53.42		39.89 650m: 8:34.38	39.92
	100m: 1:14.21 38.91		300m: 3:52.62		40.18 500m: 6:33.96		40.54 700m: 9:15.20	40.82
	150m: 1:53.08 38.87		350m: 4:33.10		40.48 550m: 7:13.95		39.99 750m: 9:55.05	39.85
	200m: 2:32.92 39.84		400m: 5:13.53		40.43 600m: 7:54.46		40.51 800m: 10:34.61	39.56
11.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	10:40.41	433	29,00
	50m: 35.97 35.97		250m: 3:15.43		40.50 450m: 5:59.08		40.91 650m: 8:42.91	40.59
	100m: 1:15.20 39.23		300m: 3:56.14		40.71 500m: 6:40.12		41.04 700m: 9:23.43	40.52
	150m: 1:54.84 39.64		350m: 4:37.22		41.08 550m: 7:21.27		41.15 750m: 10:03.37	39.94
	200m: 2:34.93 40.09		400m: 5:18.17		40.95 600m: 8:02.32		41.05 800m: 10:40.41	37.04
12.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	10:47.25	420	28,00
	50m: 36.20 36.20		250m: 3:16.35		40.44 450m: 6:00.42		40.67 650m: 8:45.13	40.74
	100m: 1:15.90 39.70		300m: 3:57.36		41.01 500m: 6:42.52		42.10 700m: 9:27.26	42.13
	150m: 1:55.87 39.97		350m: 4:38.66		41.30 550m: 7:23.40		40.88 750m: 10:07.76	40.50
	200m: 2:35.91 40.04		400m: 5:19.75		41.09 600m: 8:04.39		40.99 800m: 10:47.25	39.49
13.	Ana Castro, SILVA	F	205522	08	Famalicação	10:55.50	404	27,00
	50m: 36.44 36.44		250m: 3:19.13		40.77 450m: 6:03.87		41.20 650m: 8:50.38	42.33
	100m: 1:16.27 39.83		300m: 3:59.98		40.85 500m: 6:45.17		41.30 700m: 9:32.67	42.29
	150m: 1:57.29 41.02		350m: 4:41.05		41.07 550m: 7:26.48		41.31 750m: 10:14.50	41.83
	200m: 2:38.36 41.07		400m: 5:22.67		41.62 600m: 8:08.05		41.57 800m: 10:55.50	41.00
14.	Maria Luis, SOUSA	F	205537	08	Porto	11:04.76	387	-
	50m: 39.25 39.25		250m: 3:27.36		42.09 450m: 6:14.78		42.05 650m: 9:02.44	41.93
	100m: 1:20.83 41.58		300m: 4:09.03		41.67 500m: 6:56.62		41.84 700m: 9:44.24	41.80
	150m: 2:03.71 42.88		350m: 4:51.04		42.01 550m: 7:38.54		41.92 750m: 10:25.50	41.26
	200m: 2:45.27 41.56		400m: 5:32.73		41.69 600m: 8:20.51		41.97 800m: 11:04.76	39.26

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Prova 26, Femin., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
15.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	11:07.11	383	-
	50m: 36.85 36.85		250m: 3:22.77		42.21 450m: 6:12.74	42.16	650m: 9:02.79	43.04
	100m: 1:17.32 40.47		300m: 4:05.24		42.47 500m: 6:54.84	42.10	700m: 9:45.14	42.35
	150m: 1:58.53 41.21		350m: 4:48.15		42.91 550m: 7:37.08	42.24	750m: 10:27.03	41.89
	200m: 2:40.56 42.03		400m: 5:30.58		42.43 600m: 8:19.75	42.67	800m: 11:07.11	40.08
16.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	11:20.90	360	-
	50m: 38.84 38.84		250m: 3:27.37		42.39 450m: 6:18.39	43.24	650m: 9:12.86	43.66
	100m: 1:20.37 41.53		300m: 4:09.45		42.08 500m: 7:01.58	43.19	700m: 9:56.61	43.75
	150m: 2:02.93 42.56		350m: 4:52.13		42.68 550m: 7:45.55	43.97	750m: 10:39.84	43.23
	200m: 2:44.98 42.05		400m: 5:35.15		43.02 600m: 8:29.20	43.65	800m: 11:20.90	41.06

Juniores-Seniores

1.	Ana Rita, RAMOS	F	126775	02	Porto	9:17.08	659	43,00
	50m: 31.18 31.18		250m: 2:48.51		34.62 450m: 5:09.39	35.10	650m: 7:31.31	35.44
	100m: 1:05.04 33.86		300m: 3:23.52		35.01 500m: 5:44.93	35.54	700m: 8:06.87	35.56
	150m: 1:39.23 34.19		350m: 3:58.58		35.06 550m: 6:20.15	35.22	750m: 8:42.36	35.49
	200m: 2:13.89 34.66		400m: 4:34.29		35.71 600m: 6:55.87	35.72	800m: 9:17.08	34.72
2.	Marta Lima, PIMENTEL	F	130230	04	Fluvial Portuense	9:33.24	604	41,00
	50m: 32.78 32.78		250m: 2:55.76		36.08 450m: 5:20.84	36.34	650m: 7:46.25	36.25
	100m: 1:07.60 34.82		300m: 3:32.06		36.30 500m: 5:57.20	36.36	700m: 8:22.64	36.39
	150m: 1:43.48 35.88		350m: 4:08.24		36.18 550m: 6:33.52	36.32	750m: 8:58.60	35.96
	200m: 2:19.68 36.20		400m: 4:44.50		36.26 600m: 7:10.00	36.48	800m: 9:33.24	34.64
3.	Lia Beatriz, GOMES	F	200413	06	Vit�ria Sport Clube	9:54.64	541	39,00
	50m: 33.55 33.55		250m: 3:01.51		37.16 450m: 5:32.86	37.98	650m: 8:03.72	37.49
	100m: 1:10.00 36.45		300m: 3:39.65		38.14 500m: 6:10.73	37.87	700m: 8:41.54	37.82
	150m: 1:46.98 36.98		350m: 4:16.88		37.23 550m: 6:48.19	37.46	750m: 9:18.64	37.10
	200m: 2:24.35 37.37		400m: 4:54.88		38.00 600m: 7:26.23	38.04	800m: 9:54.64	36.00
4.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	9:56.11	537	38,00
	50m: 33.22 33.22		250m: 3:01.78		37.04 450m: 5:32.00	37.86	650m: 8:03.75	37.85
	100m: 1:10.19 36.97		300m: 3:39.22		37.44 500m: 6:09.95	37.95	700m: 8:41.94	38.19
	150m: 1:47.41 37.22		350m: 4:16.59		37.37 550m: 6:48.00	38.05	750m: 9:19.22	37.28
	200m: 2:24.74 37.33		400m: 4:54.14		37.55 600m: 7:25.90	37.90	800m: 9:56.11	36.89
5.	Ines Martins, SILVA	F	127134	04	Vilacondense	9:57.25	534	37,00
	50m: 32.38 32.38		250m: 3:00.10		37.87 450m: 5:33.15	38.45	650m: 8:05.89	37.99
	100m: 1:07.98 35.60		300m: 3:38.12		38.02 500m: 6:11.41	38.26	700m: 8:44.15	38.26
	150m: 1:44.76 36.78		350m: 4:16.25		38.13 550m: 6:49.35	37.94	750m: 9:20.85	36.70
	200m: 2:22.23 37.47		400m: 4:54.70		38.45 600m: 7:27.90	38.55	800m: 9:57.25	36.40
6.	Ines Correia, MARTINS	F	129741	04	Porto	10:00.39	526	36,00
	50m: 34.44 34.44		250m: 3:03.62		37.67 450m: 5:34.63	37.77	650m: 8:07.01	38.19
	100m: 1:11.25 36.81		300m: 3:41.14		37.52 500m: 6:12.61	37.98	700m: 8:45.26	38.25
	150m: 1:48.71 37.46		350m: 4:19.10		37.96 550m: 6:50.74	38.13	750m: 9:23.36	38.10
	200m: 2:25.95 37.24		400m: 4:56.86		37.76 600m: 7:28.82	38.08	800m: 10:00.39	37.03
7.	Maria Luis, SA	F	131836	06	Fluvial Portuense	10:08.02	506	34,00
	50m: 33.20 33.20		250m: 3:03.04		37.70 450m: 5:36.94	38.73	650m: 8:13.08	39.50
	100m: 1:10.37 37.17		300m: 3:41.34		38.30 500m: 6:16.00	39.06	700m: 8:51.68	38.60
	150m: 1:47.93 37.56		350m: 4:19.81		38.47 550m: 6:55.22	39.22	750m: 9:30.59	38.91
	200m: 2:25.34 37.41		400m: 4:58.21		38.40 600m: 7:33.58	38.36	800m: 10:08.02	37.43
8.	Maria Santos, SILVA FTL	F	202788	06	Indannp	10:36.11	442	30,00
	50m: 36.63 36.63		250m: 3:15.01		39.35 450m: 5:54.74	40.35	650m: 8:35.86	40.09
	100m: 1:16.04 39.41		300m: 3:54.63		39.62 500m: 6:34.74	40.00	700m: 9:16.22	40.36
	150m: 1:55.92 39.88		350m: 4:34.43		39.80 550m: 7:15.19	40.45	750m: 9:56.75	40.53
	200m: 2:35.66 39.74		400m: 5:14.39		39.96 600m: 7:55.77	40.58	800m: 10:36.11	39.36
WDR	Rita Sofia, NUNES	F	129103	05	Colegio Efanor			-

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Splash Meet Manager, 11.72334

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Prova 26, Femin., 800m Livres

Absolutos

1. Ana Rita, RAMOS	F 126775	02 Porto	9:17.08	659	43,00
50m: 31.18	250m: 2:48.51	34.62	450m: 5:09.39	35.10	650m: 7:31.31
100m: 1:05.04	300m: 3:23.52	35.01	500m: 5:44.93	35.54	700m: 8:06.87
150m: 1:39.23	350m: 3:58.58	35.06	550m: 6:20.15	35.22	750m: 8:42.36
200m: 2:13.89	400m: 4:34.29	35.71	600m: 6:55.87	35.72	800m: 9:17.08
2. Marta Lima, PIMENTEL	F 130230	04 Fluvial Portuense	9:33.24	604	41,00
50m: 32.78	250m: 2:55.76	36.08	450m: 5:20.84	36.34	650m: 7:46.25
100m: 1:07.60	300m: 3:32.06	36.30	500m: 5:57.20	36.36	700m: 8:22.64
150m: 1:43.48	350m: 4:08.24	36.18	550m: 6:33.52	36.32	750m: 8:58.60
200m: 2:19.68	400m: 4:44.50	36.26	600m: 7:10.00	36.48	800m: 9:33.24
3. Ana Beatriz, VIEIRA	F 202851	07 Foca Quinta Da Lixa - Cnf	9:33.98	602	40,00
50m: 32.91	250m: 2:57.20	36.49	450m: 5:22.93	36.63	650m: 7:48.81
100m: 1:08.76	300m: 3:33.67	36.47	500m: 5:59.38	36.45	700m: 8:25.39
150m: 1:44.71	350m: 4:10.00	36.33	550m: 6:35.87	36.49	750m: 9:00.94
200m: 2:20.71	400m: 4:46.30	36.30	600m: 7:12.59	36.72	800m: 9:33.98
4. Lia Beatriz, GOMES	F 200413	06 Vit�ria Sport Clube	9:54.64	541	39,00
50m: 33.55	250m: 3:01.51	37.16	450m: 5:32.86	37.98	650m: 8:03.72
100m: 1:10.00	300m: 3:39.65	38.14	500m: 6:10.73	37.87	700m: 8:41.54
150m: 1:46.98	350m: 4:16.88	37.23	550m: 6:48.19	37.46	750m: 9:18.64
200m: 2:24.35	400m: 4:54.88	38.00	600m: 7:26.23	38.04	800m: 9:54.64
5. Maria Joao, FERREIRA	F 132732	06 Foca Quinta Da Lixa - Cnf	9:56.11	537	38,00
50m: 33.22	250m: 3:01.78	37.04	450m: 5:32.00	37.86	650m: 8:03.75
100m: 1:10.19	300m: 3:39.22	37.44	500m: 6:09.95	37.95	700m: 8:41.94
150m: 1:47.41	350m: 4:16.59	37.37	550m: 6:48.00	38.05	750m: 9:19.22
200m: 2:24.74	400m: 4:54.14	37.55	600m: 7:25.90	37.90	800m: 9:56.11
6. Ines Martins, SILVA	F 127134	04 Vilacondense	9:57.25	534	37,00
50m: 32.38	250m: 3:00.10	37.87	450m: 5:33.15	38.45	650m: 8:05.89
100m: 1:07.98	300m: 3:38.12	38.02	500m: 6:11.41	38.26	700m: 8:44.15
150m: 1:44.76	350m: 4:16.25	38.13	550m: 6:49.35	37.94	750m: 9:20.85
200m: 2:22.23	400m: 4:54.70	38.45	600m: 7:27.90	38.55	800m: 9:57.25
7. Ines Correia, MARTINS	F 129741	04 Porto	10:00.39	526	36,00
50m: 34.44	250m: 3:03.62	37.67	450m: 5:34.63	37.77	650m: 8:07.01
100m: 1:11.25	300m: 3:41.14	37.52	500m: 6:12.61	37.98	700m: 8:45.26
150m: 1:48.71	350m: 4:19.10	37.96	550m: 6:50.74	38.13	750m: 9:23.36
200m: 2:25.95	400m: 4:56.86	37.76	600m: 7:28.82	38.08	800m: 10:00.39
8. Carolina Amadeu, FERREIRA	F 202815	08 Leixoes Sport Clube	10:03.68	517	35,00
50m: 33.17	250m: 3:06.46	38.78	450m: 5:40.41	38.29	650m: 8:12.73
100m: 1:10.59	300m: 3:45.02	38.56	500m: 6:18.44	38.03	700m: 8:50.66
150m: 1:49.21	350m: 4:23.71	38.69	550m: 6:56.84	38.40	750m: 9:27.92
200m: 2:27.68	400m: 5:02.12	38.41	600m: 7:34.64	37.80	800m: 10:03.68
9. Maria Luis, SA	F 131836	06 Fluvial Portuense	10:08.02	506	34,00
50m: 33.20	250m: 3:03.04	37.70	450m: 5:36.94	38.73	650m: 8:13.08
100m: 1:10.37	300m: 3:41.34	38.30	500m: 6:16.00	39.06	700m: 8:51.68
150m: 1:47.93	350m: 4:19.81	38.47	550m: 6:55.22	39.22	750m: 9:30.59
200m: 2:25.34	400m: 4:58.21	38.40	600m: 7:33.58	38.36	800m: 10:08.02
10. Ana Carolina, CRUZ	F 201055	08 Famaliç�o	10:10.80	499	33,00
50m: 33.47	250m: 3:07.61	39.30	450m: 5:42.67	38.98	650m: 8:18.56
100m: 1:11.05	300m: 3:46.67	39.06	500m: 6:21.63	38.96	700m: 8:56.90
150m: 1:49.53	350m: 4:25.02	38.35	550m: 7:00.61	38.98	750m: 9:34.62
200m: 2:28.31	400m: 5:03.69	38.67	600m: 7:39.48	38.87	800m: 10:10.80
11. Sofia Teixeira, BARBOSA	F 200509	08 Porto	10:18.11	482	-
50m: 34.71	250m: 3:10.96	39.64	450m: 4:29.30		650m: 8:24.48
100m: 1:13.43	300m: 3:50.17	39.21	500m: 6:26.76	1:57.46	700m: 9:03.33
150m: 1:52.26	350m: 3:15.43		550m: 7:06.24	39.48	750m: 9:41.10
200m: 2:31.32	400m: 5:08.31	1:52.88	600m: 7:45.34	39.10	800m: 10:18.11
12. Joana Navega, TEIXEIRA	F 200355	07 Fluvial Portuense	10:18.13	482	-
50m: 34.95	250m: 3:10.33	39.19	450m: 5:47.59	39.20	650m: 8:24.38
100m: 1:13.50	300m: 3:49.59	39.26	500m: 6:27.04	39.45	700m: 9:03.38
150m: 1:52.49	350m: 4:29.09	39.50	550m: 7:06.09	39.05	750m: 9:41.32
200m: 2:31.14	400m: 5:08.39	39.30	600m: 7:45.42	39.33	800m: 10:18.13

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O Juiz  rbitro

Splash Meet Manager, 11.72334

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Prova 26, Femin., 800m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
13.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	10:25.39	465	32,00
	50m: 35.39 35.39		250m: 3:12.33 39.78		450m: 5:50.97 39.35	650m: 8:29.95 39.55		
	100m: 1:13.86 38.47		300m: 3:52.24 39.91		500m: 6:31.05 40.08	700m: 9:09.68 39.73		
	150m: 1:53.12 39.26		350m: 4:31.95 39.71		550m: 7:10.40 39.35	750m: 9:48.21 38.53		
	200m: 2:32.55 39.43		400m: 5:11.62 39.67		600m: 7:50.40 40.00	800m: 10:25.39 37.18		
14.	Luciana Filipa, PINTO	F	201801	08	Porto	10:27.41	461	-
	50m: 36.84 36.84		250m: 3:13.41 38.65		450m: 5:50.58 39.39	650m: 8:30.33 39.87		
	100m: 1:16.60 39.76		300m: 3:52.50 39.09		500m: 6:30.51 39.93	700m: 9:10.44 40.11		
	150m: 1:56.20 39.60		350m: 4:31.77 39.27		550m: 7:10.44 39.93	750m: 9:49.60 39.16		
	200m: 2:34.76 38.56		400m: 5:11.19 39.42		600m: 7:50.46 40.02	800m: 10:27.41 37.81		
15.	Lara Filipa, PINTO	F	200514	08	Porto	10:27.79	460	-
	50m: 35.66 35.66		250m: 3:11.58 39.18		450m: 5:49.50 39.51	650m: 8:31.24 40.50		
	100m: 1:14.36 38.70		300m: 3:50.54 38.96		500m: 6:29.80 40.30	700m: 9:10.92 39.68		
	150m: 1:53.71 39.35		350m: 4:30.13 39.59		550m: 7:10.42 40.62	750m: 9:50.55 39.63		
	200m: 2:32.40 38.69		400m: 5:09.99 39.86		600m: 7:50.74 40.32	800m: 10:27.79 37.24		
16.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	10:28.40	459	31,00
	50m: 34.65 34.65		250m: 3:14.03 40.11		450m: 5:54.83 39.52	650m: 8:35.31 39.68		
	100m: 1:14.09 39.44		300m: 3:55.04 41.01		500m: 6:34.89 40.06	700m: 9:14.20 38.89		
	150m: 1:54.26 40.17		350m: 4:35.19 40.15		550m: 7:15.52 40.63	750m: 9:52.94 38.74		
	200m: 2:33.92 39.66		400m: 5:15.31 40.12		600m: 7:55.63 40.11	800m: 10:28.40 35.46		
17.	Ines Rebelo, SOUSA	F	203317	07	Porto	10:34.61	445	-
	50m: 35.30 35.30		250m: 3:12.44 39.52		450m: 5:53.42 39.89	650m: 8:34.38 39.92		
	100m: 1:14.21 38.91		300m: 3:52.62 40.18		500m: 6:33.96 40.54	700m: 9:15.20 40.82		
	150m: 1:53.08 38.87		350m: 4:33.10 40.48		550m: 7:13.95 39.99	750m: 9:55.05 39.85		
	200m: 2:32.92 39.84		400m: 5:13.53 40.43		600m: 7:54.46 40.51	800m: 10:34.61 39.56		
18.	Maria Santos, SILVA FTL	F	202788	06	Indannp	10:36.11	442	30,00
	50m: 36.63 36.63		250m: 3:15.01 39.35		450m: 5:54.74 40.35	650m: 8:35.86 40.09		
	100m: 1:16.04 39.41		300m: 3:54.63 39.62		500m: 6:34.74 40.00	700m: 9:16.22 40.36		
	150m: 1:55.92 39.88		350m: 4:34.43 39.80		550m: 7:15.19 40.45	750m: 9:56.75 40.53		
	200m: 2:35.66 39.74		400m: 5:14.39 39.96		600m: 7:55.77 40.58	800m: 10:36.11 39.36		
19.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	10:40.41	433	29,00
	50m: 35.97 35.97		250m: 3:15.43 40.50		450m: 5:59.08 40.91	650m: 8:42.91 40.59		
	100m: 1:15.20 39.23		300m: 3:56.14 40.71		500m: 6:40.12 41.04	700m: 9:23.43 40.52		
	150m: 1:54.84 39.64		350m: 4:37.22 41.08		550m: 7:21.27 41.15	750m: 10:03.37 39.94		
	200m: 2:34.93 40.09		400m: 5:18.17 40.95		600m: 8:02.32 41.05	800m: 10:40.41 37.04		
20.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	10:47.25	420	28,00
	50m: 36.20 36.20		250m: 3:16.35 40.44		450m: 6:00.42 40.67	650m: 8:45.13 40.74		
	100m: 1:15.90 39.70		300m: 3:57.36 41.01		500m: 6:42.52 42.10	700m: 9:27.26 42.13		
	150m: 1:55.87 39.97		350m: 4:38.66 41.30		550m: 7:23.40 40.88	750m: 10:07.76 40.50		
	200m: 2:35.91 40.04		400m: 5:19.75 41.09		600m: 8:04.39 40.99	800m: 10:47.25 39.49		
21.	Ana Castro, SILVA	F	205522	08	Famalição	10:55.50	404	27,00
	50m: 36.44 36.44		250m: 3:19.13 40.77		450m: 6:03.87 41.20	650m: 8:50.38 42.33		
	100m: 1:16.27 39.83		300m: 3:59.98 40.85		500m: 6:45.17 41.30	700m: 9:32.67 42.29		
	150m: 1:57.29 41.02		350m: 4:41.05 41.07		550m: 7:26.48 41.31	750m: 10:14.50 41.83		
	200m: 2:38.36 41.07		400m: 5:22.67 41.62		600m: 8:08.05 41.57	800m: 10:55.50 41.00		
22.	Maria Luis, SOUSA	F	205537	08	Porto	11:04.76	387	-
	50m: 39.25 39.25		250m: 3:27.36 42.09		450m: 6:14.78 42.05	650m: 9:02.44 41.93		
	100m: 1:20.83 41.58		300m: 4:09.03 41.67		500m: 6:56.62 41.84	700m: 9:44.24 41.80		
	150m: 2:03.71 42.88		350m: 4:51.04 42.01		550m: 7:38.54 41.92	750m: 10:25.50 41.26		
	200m: 2:45.27 41.56		400m: 5:32.73 41.69		600m: 8:20.51 41.97	800m: 11:04.76 39.26		
23.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	11:07.11	383	-
	50m: 36.85 36.85		250m: 3:22.77 42.21		450m: 6:12.74 42.16	650m: 9:02.79 43.04		
	100m: 1:17.32 40.47		300m: 4:05.24 42.47		500m: 6:54.84 42.10	700m: 9:45.14 42.35		
	150m: 1:58.53 41.21		350m: 4:48.15 42.91		550m: 7:37.08 42.24	750m: 10:27.03 41.89		
	200m: 2:40.56 42.03		400m: 5:30.58 42.43		600m: 8:19.75 42.67	800m: 11:07.11 40.08		
24.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	11:20.90	360	-
	50m: 38.84 38.84		250m: 3:27.37 42.39		450m: 6:18.39 43.24	650m: 9:12.86 43.66		
	100m: 1:20.37 41.53		300m: 4:09.45 42.08		500m: 7:01.58 43.19	700m: 9:56.61 43.75		
	150m: 2:02.93 42.56		350m: 4:52.13 42.68		550m: 7:45.55 43.97	750m: 10:39.84 43.23		
	200m: 2:44.98 42.05		400m: 5:35.15 43.02		600m: 8:29.20 43.65	800m: 11:20.90 41.06		
WDR	Rita Sofia, NUNES	F	129103	05	Colegio Efanor			-

O Secretário do Juri

O Juiz Árbitro

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Prova 27	Masc., 800m Livres				Absolutos
25/06/2022 - 16:15					Resultados
Recordes Nacionais 50m Absoluto	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Recordes Nacionais 50m Sen	7:52.68	Jose Paulo, LOPES	POR	Budapeste (HUN)	22/05/2021
Recordes Nacionais 50m Jun 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Recordes Nacionais 50m Jun 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17/07/2010
Recordes Nacionais 50m Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23/07/2009
Recordes Nacionais 50m Juv B	8:37.90	Vitor Belo, CLARA	ADBA	Coimbra	14/07/2019
Recorde Regional 50m Absoluto	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27/07/2007
Recorde Regional 50m Sen	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27/07/2007
Recorde Regional 50m Jun 18	8:16.64	Fernando Eurico, COSTA	LSC	Luxemburgo (LUX)	24/01/2003
Recorde Regional 50m Jun 17	8:21.47	Antonio Fernando, PINTO	LSXXI	Oeiras	11/03/2016
Recorde Regional 50m Juv A	8:28.22	Rui Filipe, COSTA	VSC	Famalic�o	08/07/2007
Recorde Regional 50m Juv B	8:46.63	Rui Filipe, COSTA	VSC	Porto	06/07/2006

Juv B - Masculino Juv B: 10:37.81 / Juv A - Masculino Juv A: 10:24.23 / Jun - Masculino Jun: 9:46.31 / Sen - Masculinos Sen: 9:23.92

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Vasco Monteiro, CASTRO	M	202720	06	Porto	9:04.72	571	-
	50m: 30.87 30.87		250m: 2:44.63	33.50	450m: 5:01.62	34.55	650m: 7:21.05	35.03
	100m: 1:04.07 33.20		300m: 3:18.53	33.90	500m: 5:36.17	34.55	700m: 7:55.99	34.94
	150m: 1:37.50 33.43		350m: 3:52.62	34.09	550m: 6:10.93	34.76	750m: 8:30.95	34.96
	200m: 2:11.13 33.63		400m: 4:27.07	34.45	600m: 6:46.02	35.09	800m: 9:04.72	33.77
2.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	9:12.66	547	39,00
	50m: 31.32 31.32		250m: 2:48.45	35.00	450m: 5:08.11	34.95	650m: 7:28.57	35.05
	100m: 1:05.03 33.71		300m: 3:23.53	35.08	500m: 5:43.50	35.39	700m: 8:03.64	35.07
	150m: 1:39.31 34.28		350m: 3:58.66	35.13	550m: 6:18.61	35.11	750m: 8:38.55	34.91
	200m: 2:13.45 34.14		400m: 4:33.16	34.50	600m: 6:53.52	34.91	800m: 9:12.66	34.11
3.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	9:14.35	542	37,00
	50m: 31.15 31.15		250m: 2:48.66	34.78	450m: 5:08.64	34.71	650m: 7:29.94	35.28
	100m: 1:05.06 33.91		300m: 3:23.64	34.98	500m: 5:43.88	35.24	700m: 8:05.40	35.46
	150m: 1:39.36 34.30		350m: 3:58.81	35.17	550m: 6:19.32	35.44	750m: 8:40.46	35.06
	200m: 2:13.88 34.52		400m: 4:33.93	35.12	600m: 6:54.66	35.34	800m: 9:14.35	33.89
4.	Guilherme Mahua, SOARES	M	200790	07	Porto	9:23.56	516	-
	50m: 31.49 31.49		250m: 2:52.53	35.39	450m: 5:15.47	35.72	650m: 7:39.07	36.02
	100m: 1:06.34 34.85		300m: 3:28.40	35.87	500m: 5:51.31	35.84	700m: 8:14.76	35.69
	150m: 1:41.46 35.12		350m: 4:04.23	35.83	550m: 6:26.93	35.62	750m: 8:50.12	35.36
	200m: 2:17.14 35.68		400m: 4:39.75	35.52	600m: 7:03.05	36.12	800m: 9:23.56	33.44
5.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	9:23.78	515	-
	50m: 30.79 30.79		250m: 2:52.84	35.35	450m: 5:16.80	35.80	650m: 7:38.95	35.10
	100m: 1:05.58 34.79		300m: 3:29.13	36.29	500m: 5:52.14	35.34	700m: 8:15.49	36.54
	150m: 1:41.37 35.79		350m: 4:05.31	36.18	550m: 6:27.76	35.62	750m: 8:50.84	35.35
	200m: 2:17.49 36.12		400m: 4:41.00	35.69	600m: 7:03.85	36.09	800m: 9:23.78	32.94
6.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	9:40.20	473	-
	50m: 31.09 31.09		250m: 2:56.38	37.07	450m: 5:24.54	37.08	650m: 7:52.57	37.20
	100m: 1:06.45 35.36		300m: 3:33.57	37.19	500m: 6:01.52	36.98	700m: 8:29.25	36.68
	150m: 1:42.54 36.09		350m: 4:10.67	37.10	550m: 6:38.51	36.99	750m: 9:05.88	36.63
	200m: 2:19.31 36.77		400m: 4:47.46	36.79	600m: 7:15.37	36.86	800m: 9:40.20	34.32
7.	Paulo Tiago, VALES	M	201752	07	Porto	9:44.35	463	-
	50m: 31.33 31.33		250m: 2:56.04	36.93	450m: 5:23.59	37.12	650m: 7:52.28	37.53
	100m: 1:06.25 34.92		300m: 3:32.75	36.71	500m: 6:00.69	37.10	700m: 8:29.45	37.17
	150m: 1:42.43 36.18		350m: 4:09.49	36.74	550m: 6:37.85	37.16	750m: 9:07.15	37.70
	200m: 2:19.11 36.68		400m: 4:46.47	36.98	600m: 7:14.75	36.90	800m: 9:44.35	37.20
8.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	9:45.15	461	-
	50m: 33.70 33.70		250m: 3:02.50	36.61	450m: 5:31.84	37.89	650m: 7:58.47	36.19
	100m: 1:11.66 37.96		300m: 3:39.83	37.33	500m: 6:08.46	36.62	700m: 8:35.27	36.80
	150m: 1:49.38 37.72		350m: 4:16.61	36.78	550m: 6:46.42	37.96	750m: 9:10.59	35.32
	200m: 2:25.89 36.51		400m: 4:53.95	37.34	600m: 7:22.28	35.86	800m: 9:45.15	34.56

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Splash Meet Manager, 11.72334

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Prova 27, Masc., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
9.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	9:48.27	453	36,00
	50m: 32.57 32.57		250m: 3:01.06		37.53 450m: 5:30.78	37.53	650m: 7:59.79	37.17
	100m: 1:08.82 36.25		300m: 3:38.47		37.41 500m: 6:08.40	37.62	700m: 8:37.14	37.35
	150m: 1:46.50 37.68		350m: 4:15.84		37.37 550m: 6:45.56	37.16	750m: 9:13.43	36.29
	200m: 2:23.53 37.03		400m: 4:53.25		37.41 600m: 7:22.62	37.06	800m: 9:48.27	34.84
10.	Guilherme Oliveira, CALHANDRO	M	131800	06	Colegio Efanor	9:54.39	440	35,00
	50m: 32.35 32.35		250m: 3:01.38		37.67 450m: 5:31.26	37.54	650m: 8:02.35	38.27
	100m: 1:08.93 36.58		300m: 3:38.51		37.13 500m: 6:08.85	37.59	700m: 8:40.29	37.94
	150m: 1:46.31 37.38		350m: 4:16.24		37.73 550m: 6:46.63	37.78	750m: 9:18.15	37.86
	200m: 2:23.71 37.40		400m: 4:53.72		37.48 600m: 7:24.08	37.45	800m: 9:54.39	36.24
11.	Tomas Machado, MIRANDA	M	200780	07	Porto	10:07.70	411	-
	50m: 33.63 33.63		250m: 3:04.80		38.12 450m: 5:39.72	39.14	650m: 8:14.92	38.75
	100m: 1:10.66 37.03		300m: 3:43.63		38.83 500m: 6:19.03	39.31	700m: 8:53.15	38.23
	150m: 1:48.44 37.78		350m: 4:21.86		38.23 550m: 6:57.74	38.71	750m: 9:30.60	37.45
	200m: 2:26.68 38.24		400m: 5:00.58		38.72 600m: 7:36.17	38.43	800m: 10:07.70	37.10
12.	Pedro Mendonca, BRAGA	M	203198	07	Vilacondense	10:13.02	401	34,00
	50m: 34.08 34.08		250m: 3:07.05		38.45 450m: 5:43.17	38.87	650m: 8:19.60	38.56
	100m: 1:11.63 37.55		300m: 3:46.15		39.10 500m: 6:22.33	39.16	700m: 8:58.00	38.40
	150m: 1:50.21 38.58		350m: 4:25.17		39.02 550m: 7:01.60	39.27	750m: 9:36.63	38.63
	200m: 2:28.60 38.39		400m: 5:04.30		39.13 600m: 7:41.04	39.44	800m: 10:13.02	36.39
13.	Dinis Miranda, CAMBAS	M	200367	07	Clube Naval Povoense	10:27.07	374	33,00
	50m: 34.93 34.93		250m: 3:10.96		38.88 450m: 5:50.44	39.68	650m: 8:29.92	39.98
	100m: 1:13.45 38.52		300m: 3:51.10		40.14 500m: 6:30.20	39.76	700m: 9:09.90	39.98
	150m: 1:52.88 39.43		350m: 4:30.77		39.67 550m: 7:10.20	40.00	800m: 10:27.07	1:17.17
	200m: 2:32.08 39.20		400m: 5:10.76		39.99 600m: 7:49.94	39.74		

Juniores-Seniores

1.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	8:42.60	647	43,00
	50m: 29.86 29.86		250m: 2:41.06		32.80 450m: 4:53.85	33.00	650m: 7:06.25	32.62
	100m: 1:02.21 32.35		300m: 3:14.05		32.99 500m: 5:27.07	33.22	700m: 7:38.77	32.52
	150m: 1:35.36 33.15		350m: 3:47.35		33.30 550m: 6:00.44	33.37	750m: 8:11.21	32.44
	200m: 2:08.26 32.90		400m: 4:20.85		33.50 600m: 6:33.63	33.19	800m: 8:42.60	31.39
2.	Goncalo Renato, CARVALHO	M	127586	04	Porto	8:51.54	615	41,00
	50m: 30.77 30.77		250m: 2:43.46		33.35 450m: 4:57.65	33.22	650m: 7:12.54	33.58
	100m: 1:03.58 32.81		300m: 3:16.92		33.46 500m: 5:31.44	33.79	700m: 7:46.11	33.57
	150m: 1:36.86 33.28		350m: 3:50.57		33.65 550m: 6:05.09	33.65	750m: 8:19.41	33.30
	200m: 2:10.11 33.25		400m: 4:24.43		33.86 600m: 6:38.96	33.87	800m: 8:51.54	32.13
3.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	9:00.27	586	40,00
	50m: 30.06 30.06		250m: 2:43.00		33.76 450m: 4:59.62	34.64	650m: 7:18.40	34.75
	100m: 1:02.65 32.59		300m: 3:16.70		33.70 500m: 5:34.42	34.80	700m: 7:53.27	34.87
	150m: 1:35.95 33.30		350m: 3:50.81		34.11 550m: 6:08.88	34.46	750m: 8:27.38	34.11
	200m: 2:09.24 33.29		400m: 4:24.98		34.17 600m: 6:43.65	34.77	800m: 9:00.27	32.89
4.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	9:13.93	543	38,00
	50m: 30.34 30.34		250m: 2:48.02		34.86 450m: 5:08.48	34.92	650m: 7:28.25	35.03
	100m: 1:04.07 33.73		300m: 3:23.28		35.26 500m: 5:43.45	34.97	700m: 8:03.60	35.35
	150m: 1:38.16 34.09		350m: 3:58.29		35.01 550m: 6:18.00	34.55	750m: 8:38.28	34.68
	200m: 2:13.16 35.00		400m: 4:33.56		35.27 600m: 6:53.22	35.22	800m: 9:13.93	35.65
5.	Joao Pedro, TORRES	M	127551	05	Porto	9:20.57	524	-
	50m: 30.54 30.54		250m: 2:46.41		34.72 450m: 5:09.23	35.14	650m: 7:34.69	35.98
	100m: 1:03.40 32.86		300m: 3:22.02		35.61 500m: 5:46.02	36.79	700m: 8:10.79	36.10
	150m: 1:37.33 33.93		350m: 3:58.15		36.13 550m: 6:21.90	35.88	750m: 8:46.36	35.57
	200m: 2:11.69 34.36		400m: 4:34.09		35.94 600m: 6:58.71	36.81	800m: 9:20.57	34.21
6.	Joao Luis, SA FTL	M	124728	03	Fluvial Portuense	9:24.01	515	-
	50m: 30.71 30.71		250m: 2:50.45		35.92 450m: 5:15.04	36.34	650m: 7:39.81	36.08
	100m: 1:04.42 33.71		300m: 3:26.62		36.17 500m: 5:51.40	36.36	700m: 8:16.08	36.27
	150m: 1:39.11 34.69		350m: 4:02.49		35.87 550m: 6:27.75	36.35	750m: 8:51.29	35.21
	200m: 2:14.53 35.42		400m: 4:38.70		36.21 600m: 7:03.73	35.98	800m: 9:24.01	32.72

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Prova 27, Masc., 800m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	9:50.55	448	-
	50m: 34.14 34.14	250m: 3:04.24	37.14	450m: 5:33.27	38.02	650m: 8:01.59	36.91	
	100m: 1:12.48 38.34	300m: 3:41.41	37.17	500m: 6:10.40	37.13	700m: 8:38.88	37.29	
	150m: 1:50.89 38.41	350m: 4:18.58	37.17	550m: 6:48.38	37.98	750m: 9:16.58	37.70	
	200m: 2:27.10 36.21	400m: 4:55.25	36.67	600m: 7:24.68	36.30	800m: 9:50.55	33.97	

Absolutos

1.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	8:42.60	647	43,00
	50m: 29.86 29.86	250m: 2:41.06	32.80	450m: 4:53.85	33.00	650m: 7:06.25	32.62	
	100m: 1:02.21 32.35	300m: 3:14.05	32.99	500m: 5:27.07	33.22	700m: 7:38.77	32.52	
	150m: 1:35.36 33.15	350m: 3:47.35	33.30	550m: 6:00.44	33.37	750m: 8:11.21	32.44	
	200m: 2:08.26 32.90	400m: 4:20.85	33.50	600m: 6:33.63	33.19	800m: 8:42.60	31.39	
2.	Goncalo Renato, CARVALHO	M	127586	04	Porto	8:51.54	615	41,00
	50m: 30.77 30.77	250m: 2:43.46	33.35	450m: 4:57.65	33.22	650m: 7:12.54	33.58	
	100m: 1:03.58 32.81	300m: 3:16.92	33.46	500m: 5:31.44	33.79	700m: 7:46.11	33.57	
	150m: 1:36.86 33.28	350m: 3:50.57	33.65	550m: 6:05.09	33.65	750m: 8:19.41	33.30	
	200m: 2:10.11 33.25	400m: 4:24.43	33.86	600m: 6:38.96	33.87	800m: 8:51.54	32.13	
3.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	9:00.27	586	40,00
	50m: 30.06 30.06	250m: 2:43.00	33.76	450m: 4:59.62	34.64	650m: 7:18.40	34.75	
	100m: 1:02.65 32.59	300m: 3:16.70	33.70	500m: 5:34.42	34.80	700m: 7:53.27	34.87	
	150m: 1:35.95 33.30	350m: 3:50.81	34.11	550m: 6:08.88	34.46	750m: 8:27.38	34.11	
	200m: 2:09.24 33.29	400m: 4:24.98	34.17	600m: 6:43.65	34.77	800m: 9:00.27	32.89	
4.	Vasco Monteiro, CASTRO	M	202720	06	Porto	9:04.72	571	-
	50m: 30.87 30.87	250m: 2:44.63	33.50	450m: 5:01.62	34.55	650m: 7:21.05	35.03	
	100m: 1:04.07 33.20	300m: 3:18.53	33.90	500m: 5:36.17	34.55	700m: 7:55.99	34.94	
	150m: 1:37.50 33.43	350m: 3:52.62	34.09	550m: 6:10.93	34.76	750m: 8:30.95	34.96	
	200m: 2:11.13 33.63	400m: 4:27.07	34.45	600m: 6:46.02	35.09	800m: 9:04.72	33.77	
5.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	9:12.66	547	39,00
	50m: 31.32 31.32	250m: 2:48.45	35.00	450m: 5:08.11	34.95	650m: 7:28.57	35.05	
	100m: 1:05.03 33.71	300m: 3:23.53	35.08	500m: 5:43.50	35.39	700m: 8:03.64	35.07	
	150m: 1:39.31 34.28	350m: 3:58.66	35.13	550m: 6:18.61	35.11	750m: 8:38.55	34.91	
	200m: 2:13.45 34.14	400m: 4:33.16	34.50	600m: 6:53.52	34.91	800m: 9:12.66	34.11	
6.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	9:13.93	543	38,00
	50m: 30.34 30.34	250m: 2:48.02	34.86	450m: 5:08.48	34.92	650m: 7:28.25	35.03	
	100m: 1:04.07 33.73	300m: 3:23.28	35.26	500m: 5:43.45	34.97	700m: 8:03.60	35.35	
	150m: 1:38.16 34.09	350m: 3:58.29	35.01	550m: 6:18.00	34.55	750m: 8:38.28	34.68	
	200m: 2:13.16 35.00	400m: 4:33.56	35.27	600m: 6:53.22	35.22	800m: 9:13.93	35.65	
7.	Rodrigo Costa, BORGES	M	133190	07	Fluvial Portuense	9:14.35	542	37,00
	50m: 31.15 31.15	250m: 2:48.66	34.78	450m: 5:08.64	34.71	650m: 7:29.94	35.28	
	100m: 1:05.06 33.91	300m: 3:23.64	34.98	500m: 5:43.88	35.24	700m: 8:05.40	35.46	
	150m: 1:39.36 34.30	350m: 3:58.81	35.17	550m: 6:19.32	35.44	750m: 8:40.46	35.06	
	200m: 2:13.88 34.52	400m: 4:33.93	35.12	600m: 6:54.66	35.34	800m: 9:14.35	33.89	
8.	Joao Pedro, TORRES	M	127551	05	Porto	9:20.57	524	-
	50m: 30.54 30.54	250m: 2:46.41	34.72	450m: 5:09.23	35.14	650m: 7:34.69	35.98	
	100m: 1:03.40 32.86	300m: 3:22.02	35.61	500m: 5:46.02	36.79	700m: 8:10.79	36.10	
	150m: 1:37.33 33.93	350m: 3:58.15	36.13	550m: 6:21.90	35.88	750m: 8:46.36	35.57	
	200m: 2:11.69 34.36	400m: 4:34.09	35.94	600m: 6:58.71	36.81	800m: 9:20.57	34.21	
9.	Guilherme Mahua, SOARES	M	200790	07	Porto	9:23.56	516	-
	50m: 31.49 31.49	250m: 2:52.53	35.39	450m: 5:15.47	35.72	650m: 7:39.07	36.02	
	100m: 1:06.34 34.85	300m: 3:28.40	35.87	500m: 5:51.31	35.84	700m: 8:14.76	35.69	
	150m: 1:41.46 35.12	350m: 4:04.23	35.83	550m: 6:26.93	35.62	750m: 8:50.12	35.36	
	200m: 2:17.14 35.68	400m: 4:39.75	35.52	600m: 7:03.05	36.12	800m: 9:23.56	33.44	
10.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	9:23.78	515	-
	50m: 30.79 30.79	250m: 2:52.84	35.35	450m: 5:16.80	35.80	650m: 7:38.95	35.10	
	100m: 1:05.58 34.79	300m: 3:29.13	36.29	500m: 5:52.14	35.34	700m: 8:15.49	36.54	
	150m: 1:41.37 35.79	350m: 4:05.31	36.18	550m: 6:27.76	35.62	750m: 8:50.84	35.35	
	200m: 2:17.49 36.12	400m: 4:41.00	35.69	600m: 7:03.85	36.09	800m: 9:23.78	32.94	

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Prova 27, Masc., 800m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
11.	Joao Luis, SA FTL	M	124728	03	Fluvial Portuense	9:24.01	515	-
	50m: 30.71 30.71		250m: 2:50.45	35.92	450m: 5:15.04	36.34	650m: 7:39.81	36.08
	100m: 1:04.42 33.71		300m: 3:26.62	36.17	500m: 5:51.40	36.36	700m: 8:16.08	36.27
	150m: 1:39.11 34.69		350m: 4:02.49	35.87	550m: 6:27.75	36.35	750m: 8:51.29	35.21
	200m: 2:14.53 35.42		400m: 4:38.70	36.21	600m: 7:03.73	35.98	800m: 9:24.01	32.72
12.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	9:40.20	473	-
	50m: 31.09 31.09		250m: 2:56.38	37.07	450m: 5:24.54	37.08	650m: 7:52.57	37.20
	100m: 1:06.45 35.36		300m: 3:33.57	37.19	500m: 6:01.52	36.98	700m: 8:29.25	36.68
	150m: 1:42.54 36.09		350m: 4:10.67	37.10	550m: 6:38.51	36.99	750m: 9:05.88	36.63
	200m: 2:19.31 36.77		400m: 4:47.46	36.79	600m: 7:15.37	36.86	800m: 9:40.20	34.32
13.	Paulo Tiago, VALES	M	201752	07	Porto	9:44.35	463	-
	50m: 31.33 31.33		250m: 2:56.04	36.93	450m: 5:23.59	37.12	650m: 7:52.28	37.53
	100m: 1:06.25 34.92		300m: 3:32.75	36.71	500m: 6:00.69	37.10	700m: 8:35.25	37.17
	150m: 1:42.43 36.18		350m: 4:09.49	36.74	550m: 6:37.85	37.16	750m: 9:07.15	37.70
	200m: 2:19.11 36.68		400m: 4:46.47	36.98	600m: 7:14.75	36.90	800m: 9:44.35	37.20
14.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	9:45.15	461	-
	50m: 33.70 33.70		250m: 3:02.50	36.61	450m: 5:31.84	37.89	650m: 7:58.47	36.19
	100m: 1:11.66 37.96		300m: 3:39.83	37.33	500m: 6:08.46	36.62	700m: 8:35.27	36.80
	150m: 1:49.38 37.72		350m: 4:16.61	36.78	550m: 6:46.42	37.96	750m: 9:10.59	35.32
	200m: 2:25.89 36.51		400m: 4:53.95	37.34	600m: 7:22.28	35.86	800m: 9:45.15	34.56
15.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	9:48.27	453	36,00
	50m: 32.57 32.57		250m: 3:01.06	37.53	450m: 5:30.78	37.53	650m: 7:59.79	37.17
	100m: 1:08.82 36.25		300m: 3:38.47	37.41	500m: 6:08.40	37.62	700m: 8:37.14	37.35
	150m: 1:46.50 37.68		350m: 4:15.84	37.37	550m: 6:45.56	37.16	750m: 9:13.43	36.29
	200m: 2:23.53 37.03		400m: 4:53.25	37.41	600m: 7:22.62	37.06	800m: 9:48.27	34.84
16.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	9:50.55	448	-
	50m: 34.14 34.14		250m: 3:04.24	37.14	450m: 5:33.27	38.02	650m: 8:01.59	36.91
	100m: 1:12.48 38.34		300m: 3:41.41	37.17	500m: 6:10.40	37.13	700m: 8:38.88	37.29
	150m: 1:50.89 38.41		350m: 4:18.58	37.17	550m: 6:48.38	37.98	750m: 9:16.58	37.70
	200m: 2:27.10 36.21		400m: 4:55.25	36.67	600m: 7:24.68	36.30	800m: 9:50.55	33.97
17.	Guilherme Oliveira, CALHANDRO	M	131800	06	Colegio Efanor	9:54.39	440	35,00
	50m: 32.35 32.35		250m: 3:01.38	37.67	450m: 5:31.26	37.54	650m: 8:02.35	38.27
	100m: 1:08.93 36.58		300m: 3:38.51	37.13	500m: 6:08.85	37.59	700m: 8:40.29	37.94
	150m: 1:46.31 37.38		350m: 4:16.24	37.73	550m: 6:46.63	37.78	750m: 9:18.15	37.86
	200m: 2:23.71 37.40		400m: 4:53.72	37.48	600m: 7:24.08	37.45	800m: 9:54.39	36.24
18.	Tomas Machado, MIRANDA	M	200780	07	Porto	10:07.70	411	-
	50m: 33.63 33.63		250m: 3:04.80	38.12	450m: 5:39.72	39.14	650m: 8:14.92	38.75
	100m: 1:10.66 37.03		300m: 3:43.63	38.83	500m: 6:19.03	39.31	700m: 8:53.15	38.23
	150m: 1:48.44 37.78		350m: 4:21.86	38.23	550m: 6:57.74	38.71	750m: 9:30.60	37.45
	200m: 2:26.68 38.24		400m: 5:00.58	38.72	600m: 7:36.17	38.43	800m: 10:07.70	37.10
19.	Pedro Mendonca, BRAGA	M	203198	07	Vilacondense	10:13.02	401	34,00
	50m: 34.08 34.08		250m: 3:07.05	38.45	450m: 5:43.17	38.87	650m: 8:19.60	38.56
	100m: 1:11.63 37.55		300m: 3:46.15	39.10	500m: 6:22.33	39.16	700m: 8:58.00	38.40
	150m: 1:50.21 38.58		350m: 4:25.17	39.02	550m: 7:01.60	39.27	750m: 9:36.63	38.63
	200m: 2:28.60 38.39		400m: 5:04.30	39.13	600m: 7:41.04	39.44	800m: 10:13.02	36.39
20.	Dinis Miranda, CMBAS	M	200367	07	Clube Naval Povoense	10:27.07	374	33,00
	50m: 34.93 34.93		250m: 3:10.96	38.88	450m: 5:50.44	39.68	650m: 8:29.92	39.98
	100m: 1:13.45 38.52		300m: 3:51.10	40.14	500m: 6:30.20	39.76	700m: 9:09.90	39.98
	150m: 1:52.88 39.43		350m: 4:30.77	39.67	550m: 7:10.20	40.00	800m: 10:27.07	1:17.17
	200m: 2:32.08 39.20		400m: 5:10.76	39.99	600m: 7:49.94	39.74		

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Prova 28	Femin., 200m Mariposa				Absolutos
25/06/2022 - 16:50					Resultados
Recordes Nacionais 50m Absoluto	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Recordes Nacionais 50m Sen	2:08.03	Ana Catarina, MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Recordes Nacionais 50m Jun 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04/08/2002
Recordes Nacionais 50m Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Oeiras	29/07/2018
Recordes Nacionais 50m Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20/07/1995
Recordes Nacionais 50m Juv B	2:20.75	Susana Patricia, MIGUEL	POR	G�nova (ITA)	04/07/2004
Recorde Regional 50m Absoluto	2:08.03	Ana Catarina, MONTEIRO	CFV	Glasgow (GBR)	06/08/2018
Recorde Regional 50m Sen	2:08.03	Ana Catarina, MONTEIRO	CFV	Glasgow (GBR)	06/08/2018
Recorde Regional 50m Jun 17	2:12.56	Sara Freitas, OLIVEIRA	FCP	Berlim (GER)	04/08/2002
Recorde Regional 50m Jun 16	2:17.09	Mariana Fernandes, BARBOSA	FCP	Lisboa	29/07/2018
Recorde Regional 50m Juv A	2:19.82	Raquel Maria, FELGUEIRAS	SCB	Porto	01/07/1995
Recorde Regional 50m Juv B	2:22.10	Mariana Pacheco, CUNHA	CFP	Coimbra	20/05/2018

Juv A - Feminino Juv A: 3:01.50 / Juv B - Feminino Juv B: 3:03.15 / Jun - Feminino Jun: 2:46.87 / Sen - Feminino Sen: 2:37.30

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Leonor Carvalho, SOARES	F	200784	08	Porto	2:38.78	451	-
	50m: 34.51 34.51		100m: 1:15.27	40.76	150m: 1:57.10	41.83	200m: 2:38.78	41.68
2.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	2:41.66	427	38,00
	50m: 33.79 33.79		100m: 1:14.92	41.13	150m: 1:58.82	43.90	200m: 2:41.66	42.84
3.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	2:44.25	407	36,00
	50m: 34.04 34.04		100m: 1:14.05	40.01	150m: 1:57.99	43.94	200m: 2:44.25	46.26
4.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	2:44.99	402	35,00
	50m: 33.55 33.55		100m: 1:13.91	40.36	150m: 1:57.57	43.66	200m: 2:44.99	47.42
5.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	2:48.34	378	34,00
	50m: 36.84 36.84		100m: 1:19.83	42.99	150m: 2:03.03	43.20	200m: 2:48.34	45.31
6.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	2:51.25	359	33,00
	50m: 35.97 35.97		100m: 1:18.44	42.47	150m: 2:03.37	44.93	200m: 2:51.25	47.88
7.	Maria Joao, COSTA	F	201391	08	Vilacondense	2:55.73	333	32,00
	50m: 35.39 35.39		100m: 1:18.54	43.15	150m: 2:05.37	46.83	200m: 2:55.73	50.36
8.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	2:58.54	317	31,00
	50m: 38.02 38.02		100m: 1:23.17	45.15	150m: 2:10.63	47.46	200m: 2:58.54	47.91
9.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	2:59.70	311	30,00
	50m: 38.46 38.46		100m: 1:24.25	45.79	150m: 2:11.54	47.29	200m: 2:59.70	48.16
Juniores-Seniores								
1.	Joana Ferreira, SILVA	F	131358	05	Colegio Efanor	2:29.49	541	43,00
	50m: 34.14 34.14		100m: 1:12.01	37.87	150m: 1:50.43	38.42	200m: 2:29.49	39.06
2.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	2:30.68	528	41,00
	50m: 33.79 33.79		100m: 1:11.38	37.59	150m: 1:50.84	39.46	200m: 2:30.68	39.84
3.	Catarina Gaspar, PIRES	F	129871	06	Porto	2:32.58	508	40,00
	50m: 33.85 33.85		100m: 1:11.59	37.74	150m: 1:50.98	39.39	200m: 2:32.58	41.60
4.	Leonor Santos, SILVA FTL	F	121982	03	Porto	2:38.17	456	39,00
	50m: 35.35 35.35		100m: 1:15.18	39.83	150m: 1:56.55	41.37	200m: 2:38.17	41.62
5.	Mariana Santos, ROMAO	F	200366	06	Vilacondense	2:43.83	411	37,00
	50m: 35.72 35.72		100m: 1:16.88	41.16	150m: 2:00.44	43.56	200m: 2:43.83	43.39
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube			-
WDR	Bruna Costa, SOARES	F	124579	04	Leixoes Sport Clube			-

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Prova 28, Femin., 200m Mariposa

Absolutos

1.	Joana Ferreira, SILVA	F	131358	05	Colegio Efanor					2:29.49	541	43,00
	50m: 34.14 34.14		100m: 1:12.01		37.87 150m: 1:50.43	38.42	200m:	2:29.49		39.06		
2.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf					2:30.68	528	41,00
	50m: 33.79 33.79		100m: 1:11.38		37.59 150m: 1:50.84	39.46	200m:	2:30.68		39.84		
3.	Catarina Gaspar, PIRES	F	129871	06	Porto					2:32.58	508	40,00
	50m: 33.85 33.85		100m: 1:11.59		37.74 150m: 1:50.98	39.39	200m:	2:32.58		41.60		
4.	Leonor Santos, SILVA FTL	F	121982	03	Porto					2:38.17	456	39,00
	50m: 35.35 35.35		100m: 1:15.18		39.83 150m: 1:56.55	41.37	200m:	2:38.17		41.62		
5.	Leonor Carvalho, SOARES	F	200784	08	Porto					2:38.78	451	-
	50m: 34.51 34.51		100m: 1:15.27		40.76 150m: 1:57.10	41.83	200m:	2:38.78		41.68		
6.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense					2:41.66	427	38,00
	50m: 33.79 33.79		100m: 1:14.92		41.13 150m: 1:58.82	43.90	200m:	2:41.66		42.84		
7.	Mariana Santos, ROMAO	F	200366	06	Vilacondense					2:43.83	411	37,00
	50m: 35.72 35.72		100m: 1:16.88		41.16 150m: 2:00.44	43.56	200m:	2:43.83		43.39		
8.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense					2:44.25	407	36,00
	50m: 34.04 34.04		100m: 1:14.05		40.01 150m: 1:57.99	43.94	200m:	2:44.25		46.26		
9.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe					2:44.99	402	35,00
	50m: 33.55 33.55		100m: 1:13.91		40.36 150m: 1:57.57	43.66	200m:	2:44.99		47.42		
10.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor					2:48.34	378	34,00
	50m: 36.84 36.84		100m: 1:19.83		42.99 150m: 2:03.03	43.20	200m:	2:48.34		45.31		
11.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo					2:51.25	359	33,00
	50m: 35.97 35.97		100m: 1:18.44		42.47 150m: 2:03.37	44.93	200m:	2:51.25		47.88		
12.	Maria Joao, COSTA	F	201391	08	Vilacondense					2:55.73	333	32,00
	50m: 35.39 35.39		100m: 1:18.54		43.15 150m: 2:05.37	46.83	200m:	2:55.73		50.36		
13.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense					2:58.54	317	31,00
	50m: 38.02 38.02		100m: 1:23.17		45.15 150m: 2:10.63	47.46	200m:	2:58.54		47.91		
14.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense					2:59.70	311	30,00
	50m: 38.46 38.46		100m: 1:24.25		45.79 150m: 2:11.54	47.29	200m:	2:59.70		48.16		
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube							-
WDR	Bruna Costa, SOARES	F	124579	04	Leixoes Sport Clube							-

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Prova 29	Masc., 200m Mariposa					Absolutos
25/06/2022 - 16:55						Resultados
Recordes Nacionais 50m Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)		28/07/2009
Recordes Nacionais 50m Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)		28/07/2009
Recordes Nacionais 50m Jun 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)		08/07/2006
Recordes Nacionais 50m Jun 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)		16/07/2005
Recordes Nacionais 50m Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa		31/07/2004
Recordes Nacionais 50m Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra		26/07/2015
Recorde Regional 50m Absoluto	1:59.99	Luis Miguel, MONTEIRO	FCP	Berlin (GER)		31/07/2002
Recorde Regional 50m Sen	1:59.99	Luis Miguel, MONTEIRO	FCP	Berlin (GER)		31/07/2002
Recorde Regional 50m Jun 18	2:02.35	Fabio Miguel, PEREIRA	CFV	Jamor		17/07/2004
Recorde Regional 50m Jun 17	2:05.15	kevins Alexandre, APSENIECE	FCP	Coimbra		29/05/2021
Recorde Regional 50m Juv A	2:09.08	Mateus Ribeiro, CARVALHO	GDNF	Famalicao		26/07/2015
Recorde Regional 50m Juv B	2:13.71	Rodrigo Ferreira, PEREIRA	GDVNF	Oeiras		30/07/2021

Juv B - Masculino Juv B: 2:45.00 / Juv A - Masculino Juv A: 2:39.31 / Jun - Masculinos Jun: 2:27.32 / Sen - Masculinos Sen: 2:21.05

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	2:15.71	543	41,00
	50m: 30.32 30.32		100m: 1:04.15		33.83 150m: 1:39.79 35.64	200m: 2:15.71 35.92		
2.	Gustavo Gomes, RAMOS	M	200774	06	Porto	2:16.71	531	38,00
	50m: 30.27 30.27		100m: 1:04.61		34.34 150m: 1:40.30 35.69	200m: 2:16.71 36.41		
3.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	2:18.28	513	35,00
	50m: 30.11 30.11		100m: 1:05.51		35.40 150m: 1:41.75 36.24	200m: 2:18.28 36.53		
4.	Francisco Bernardes, MARTELO	M	201758	07	Porto	2:21.65	477	-
	50m: 31.96 31.96		100m: 1:08.28		36.32 150m: 1:44.76 36.48	200m: 2:21.65 36.89		
5.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	2:21.68	477	33,00
	50m: 30.36 30.36		100m: 1:05.71		35.35 150m: 1:43.17 37.46	200m: 2:21.68 38.51		
6.	Bruno Silva, LOUREIRO	M	129872	06	Porto	2:27.38	424	-
	50m: 32.39 32.39		100m: 1:09.97		37.58 150m: 1:48.48 38.51	200m: 2:27.38 38.90		
7.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	2:29.35	407	30,00
	50m: 32.19 32.19		100m: 1:09.52		37.33 150m: 1:48.65 39.13	200m: 2:29.35 40.70		
8.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	2:32.14	385	29,00
	50m: 31.28 31.28		100m: 1:07.82		36.54 150m: 1:48.85 41.03	200m: 2:32.14 43.29		
9.	Miguel Guedes, FERREIRA	M	205181	07	Porto	2:32.90	379	-
	50m: 33.22 33.22		100m: 1:12.22		39.00 150m: 1:52.45 40.23	200m: 2:32.90 40.45		
10.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	2:33.89	372	28,00
	50m: 31.81 31.81		100m: 1:10.11		38.30 150m: 1:50.92 40.81	200m: 2:33.89 42.97		

Juniores-Seniores

1.	Antonio Rafael, BESSA	M	102089	94	Aquatico Pacense	2:11.57	596	43,00
	50m: 29.42 29.42		100m: 1:03.31		33.89 150m: 1:37.36 34.05	200m: 2:11.57 34.21		
2.	Gil Amaral, MATOS	M	127630	04	Porto	2:16.11	538	40,00
	50m: 30.12 30.12		100m: 1:04.27		34.15 150m: 1:38.97 34.70	200m: 2:16.11 37.14		
3.	Guilherme Lobo, PINTO	M	126503	04	Foca Quinta Da Lixa - Cnf	2:16.13	538	39,00
	50m: 30.16 30.16		100m: 1:04.63		34.47 150m: 1:39.66 35.03	200m: 2:16.13 36.47		
4.	Henrique Santa, VALE	M	125785	04	GCST	2:17.62	520	37,00
	50m: 30.23 30.23		100m: 1:04.97		34.74 150m: 1:41.05 36.08	200m: 2:17.62 36.57		
5.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	2:18.25	513	36,00
	50m: 29.87 29.87		100m: 1:04.25		34.38 150m: 1:40.68 36.43	200m: 2:18.25 37.57		
6.	Henrique Rocha, CARNEIRO	M	132879	05	Aquatico Pacense	2:19.75	497	34,00
	50m: 30.40 30.40		100m: 1:05.54		35.14 150m: 1:42.19 36.65	200m: 2:19.75 37.56		

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Prova 29, Masc., 200m Mariposa, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Tomas Carvalhinho, RIBEIRO 50m: 30.07 30.07	M	131799	05	Natacao da Maia 100m: 1:05.71 35.64 150m: 1:42.79 37.08	2:22.40 2:22.40	470 39.61	32,00
8.	Joao Pedro, MOREIRA 50m: 30.99 30.99	M	200349	04	Colegio Efanor 100m: 1:07.43 36.44 150m: 1:46.31 38.88	2:26.53 2:26.53	431 40.22	31,00
DSQ	Afonso Teixeira, LOPES 4.2 - Falsa Partida – SW 4.4	M	127333	05	Indannp			-

Absolutos

1.	Antonio Rafael, BESSA 50m: 29.42 29.42	M	102089	94	Aquatico Pacense 100m: 1:03.31 33.89 150m: 1:37.36 34.05	2:11.57 2:11.57	596 34.21	43,00
2.	Leonardo Cunha, MOURA 50m: 30.32 30.32	M	205462	07	Foca Quinta Da Lixa - Cnf 100m: 1:04.15 33.83 150m: 1:39.79 35.64	2:15.71 2:15.71	543 35.92	41,00
3.	Gil Amaral, MATOS 50m: 30.12 30.12	M	127630	04	Porto 100m: 1:04.27 34.15 150m: 1:38.97 34.70	2:16.11 2:16.11	538 37.14	40,00
4.	Guilherme Lobo, PINTO 50m: 30.16 30.16	M	126503	04	Foca Quinta Da Lixa - Cnf 100m: 1:04.63 34.47 150m: 1:39.66 35.03	2:16.13 2:16.13	538 36.47	39,00
5.	Gustavo Gomes, RAMOS 50m: 30.27 30.27	M	200774	06	Porto 100m: 1:04.61 34.34 150m: 1:40.30 35.69	2:16.71 2:16.71	531 36.41	38,00
6.	Henrique Santa, VALE 50m: 30.23 30.23	M	125785	04	GCST 100m: 1:04.97 34.74 150m: 1:41.05 36.08	2:17.62 2:17.62	520 36.57	37,00
7.	Jose Luis, GONCALVES 50m: 29.87 29.87	M	131849	05	Assoc. Desportiva de Fafe 100m: 1:04.25 34.38 150m: 1:40.68 36.43	2:18.25 2:18.25	513 37.57	36,00
8.	Antonio Miguel, COSTA 50m: 30.11 30.11	M	202259	07	Assoc. Desportiva de Fafe 100m: 1:05.51 35.40 150m: 1:41.75 36.24	2:18.28 2:18.28	513 36.53	35,00
9.	Henrique Rocha, CARNEIRO 50m: 30.40 30.40	M	132879	05	Aquatico Pacense 100m: 1:05.54 35.14 150m: 1:42.19 36.65	2:19.75 2:19.75	497 37.56	34,00
10.	Francisco Bernardes, MARTELO 50m: 31.96 31.96	M	201758	07	Porto 100m: 1:08.28 36.32 150m: 1:44.76 36.48	2:21.65 2:21.65	477 36.89	-
11.	Francisco Campos, LOURENCO 50m: 30.36 30.36	M	132136	06	Natacao de Valongo 100m: 1:05.71 35.35 150m: 1:43.17 37.46	2:21.68 2:21.68	477 38.51	33,00
12.	Tomas Carvalhinho, RIBEIRO 50m: 30.07 30.07	M	131799	05	Natacao da Maia 100m: 1:05.71 35.64 150m: 1:42.79 37.08	2:22.40 2:22.40	470 39.61	32,00
13.	Joao Pedro, MOREIRA 50m: 30.99 30.99	M	200349	04	Colegio Efanor 100m: 1:07.43 36.44 150m: 1:46.31 38.88	2:26.53 2:26.53	431 40.22	31,00
14.	Bruno Silva, LOUREIRO 50m: 32.39 32.39	M	129872	06	Porto 100m: 1:09.97 37.58 150m: 1:48.48 38.51	2:27.38 2:27.38	424 38.90	-
15.	Rodrigo Santos, CONCEICAO 50m: 32.19 32.19	M	204488	06	Clube Naval Povoense 100m: 1:09.52 37.33 150m: 1:48.65 39.13	2:29.35 2:29.35	407 40.70	30,00
16.	Artur Guterres, CARVALHO 50m: 31.28 31.28	M	202266	06	Vilacondense 100m: 1:07.82 36.54 150m: 1:48.85 41.03	2:32.14 2:32.14	385 43.29	29,00
17.	Miguel Guedes, FERREIRA 50m: 33.22 33.22	M	205181	07	Porto 100m: 1:12.22 39.00 150m: 1:52.45 40.23	2:32.90 2:32.90	379 40.45	-
18.	Guilherme Ramos, SILVA 50m: 31.81 31.81	M	205033	06	Vilacondense 100m: 1:10.11 38.30 150m: 1:50.92 40.81	2:33.89 2:33.89	372 42.97	28,00
DSQ	Afonso Teixeira, LOPES 4.2 - Falsa Partida – SW 4.4	M	127333	05	Indannp			-

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Prova 30	Femin., 200m Estilos				Absolutos
25/06/2022 - 17:05					Resultados
Recordes Nacionais 50m Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Recordes Nacionais 50m Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Recordes Nacionais 50m Jun 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30/03/2017
Recordes Nacionais 50m Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03/06/2012
Recordes Nacionais 50m Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04/04/2015
Recordes Nacionais 50m Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01/08/2010
Recorde Regional 50m Absoluto	2:17.48	Mariana Pacheco, CUNHA	CNCE	Oeiras	
Recorde Regional 50m Sen	2:17.90	Mariana Pacheco, CUNHA	CNCE	Campanh�	04/06/2022
Recorde Regional 50m Jun 17	2:17.48	Mariana Pacheco, CUNHA	CNCE	Oeiras	31/07/2021
Recorde Regional 50m Jun 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03/06/2012
Recorde Regional 50m Juv A	2:21.75	Ines Neto, ROCHA	CAP	Gijon (ESP)	15/05/2016
Recorde Regional 50m Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01/08/2010

Juv A - Feminino Juv A: 2:52.93 / Juv B - Feminino Juv B: 2:58.18 / Jun - Feminino Jun: 2:45.38 / Sen - Feminino Sen: 2:39.38

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	2:35.24	536	39,00
	50m: 33.35 33.35		100m: 1:15.84	42.49	150m: 2:00.06	44.22	200m: 2:35.24	35.18
2.	Francisca Martins, GOMES	F	207830	07	Porto	2:39.86	491	-
	50m: 34.41 34.41		100m: 1:18.55	44.14	150m: 2:03.63	45.08	200m: 2:39.86	36.23
3.	Maria Joao, COSTA	F	201391	08	Vilacondense	2:41.93	472	36,00
	50m: 33.64 33.64		100m: 1:17.31	43.67	150m: 2:06.50	49.19	200m: 2:41.93	35.43
4.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams	2:43.27	460	34,00
	50m: 33.71 33.71		100m: 1:15.84	42.13	150m: 2:05.98	50.14	200m: 2:43.27	37.29
5.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	2:44.58	450	-
	50m: 36.71 36.71		100m: 1:20.77	44.06	150m: 2:07.57	46.80	200m: 2:44.58	37.01
6.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	2:44.93	447	-
	50m: 34.66 34.66		100m: 1:18.78	44.12	150m: 2:05.31	46.53	200m: 2:44.93	39.62
7.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	2:45.85	439	30,00
	50m: 34.86 34.86		100m: 1:18.54	43.68	150m: 2:08.44	49.90	200m: 2:45.85	37.41
8.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	2:46.68	433	29,00
	50m: 34.42 34.42		100m: 1:21.46	47.04	150m: 2:09.37	47.91	200m: 2:46.68	37.31
9.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	2:48.68	417	-
	50m: 37.32 37.32		100m: 1:19.05	41.73	150m: 2:10.29	51.24	200m: 2:48.68	38.39
10.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	2:49.02	415	-
	50m: 36.25 36.25		100m: 1:20.46	44.21	150m: 2:10.77	50.31	200m: 2:49.02	38.25
11.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Natao	2:49.73	410	28,00
	50m: 35.99 35.99		100m: 1:19.73	43.74	150m: 2:10.21	50.48	200m: 2:49.73	39.52
12.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	2:51.75	395	27,00
	50m: 37.68 37.68		100m: 1:25.20	47.52	150m: 2:13.97	48.77	200m: 2:51.75	37.78
13.	Rita Marques, SOARES FTL	F	132341	07	Famalic�o	2:54.13	379	26,00
	50m: 37.50 37.50		100m: 1:20.88	43.38	150m: 2:13.20	52.32	200m: 2:54.13	40.93
14.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	2:54.96	374	25,00
	50m: 37.27 37.27		100m: 1:25.73	48.46	150m: 2:15.19	49.46	200m: 2:54.96	39.77
15.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	2:55.06	373	24,00
	50m: 38.84 38.84		100m: 1:26.68	47.84	150m: 2:14.96	48.28	200m: 2:55.06	40.10
16.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	2:55.36	372	-
	50m: 38.37 38.37		100m: 1:24.20	45.83	150m: 2:14.56	50.36	200m: 2:55.36	40.80

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Prova 30, Femin., 200m Estilos, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
17.	Francisca Soares, PIMENTA <i>FTL</i>	F	202786	07	Clube Naval Povoense	2:56.14	367	23,00
	50m: 39.34 39.34				100m: 1:28.08 48.74	150m: 2:17.45 49.37	200m: 2:56.14 38.69	
18.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	2:56.52	364	22,00
	50m: 38.08 38.08				100m: 1:25.02 46.94	150m: 2:15.66 50.64	200m: 2:56.52 40.86	
19.	Mafalda Rego, CAIXEIRO <i>FTL</i>	F	201092	08	Leixoes Sport Clube	2:58.95	350	-
	50m: 36.56 36.56				100m: 1:23.88 47.32	150m: 2:16.78 52.90	200m: 2:58.95 42.17	
20.	Alexandra Noemia, SILVANO <i>FTL</i>	F	213220	08	Natacao da Maia	2:59.86	344	21,00
	50m: 42.38 42.38				100m: 1:30.56 48.18	150m: 2:19.62 49.06	200m: 2:59.86 40.24	
21.	Mariana Nunes, CUNHA <i>FTL</i>	F	201087	08	Lousada S�culo XXI	3:01.08	337	20,00
	50m: 42.37 42.37				100m: 1:29.17 46.80	150m: 2:21.51 52.34	200m: 3:01.08 39.57	
22.	Ana Margarida, ALMEIDA <i>FTL</i>	F	205184	08	Vit�ria Sport Clube	3:10.77	288	19,00
	50m: 39.95 39.95				100m: 1:28.80 48.85	150m: 2:28.36 59.56	200m: 3:10.77 42.41	
DSQ	Ana Vitoria, LOPES <i>7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6</i>	F	215066	08	Assoc. Desportiva de Fafe			-
DSQ	Ana Senhorinha, SILVA <i>7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6</i>	F	205527	07	Natacao da Maia			-
DSQ	Ariana, SAMPAIO RODRIGUES <i>7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6</i>	F	214663	07	Propaganda da Nataç�o			-

Juniores-Seniores

1.	Leonor Filipa, PINTO	F	132842	06	Porto	2:30.25	591	43,00
	50m: 33.01 33.01				100m: 1:11.79 38.78	150m: 1:55.60 43.81	200m: 2:30.25 34.65	
2.	Sofia Nunes, FIAL	F	127329	03	Porto	2:30.32	590	41,00
	50m: 33.28 33.28				100m: 1:13.49 40.21	150m: 1:54.72 41.23	200m: 2:30.32 35.60	
3.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	2:34.93	539	40,00
	50m: 33.91 33.91				100m: 1:12.16 38.25	150m: 1:58.87 46.71	200m: 2:34.93 36.06	
4.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	2:36.66	521	38,00
	50m: 34.91 34.91				100m: 1:14.64 39.73	150m: 2:01.53 46.89	200m: 2:36.66 35.13	
5.	Marta Oliveira, FERREIRA	F	125854	04	GCST	2:37.08	517	37,00
	50m: 33.65 33.65				100m: 1:15.86 42.21	150m: 2:00.25 44.39	200m: 2:37.08 36.83	
6.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	2:42.02	471	35,00
	50m: 33.46 33.46				100m: 1:17.01 43.55	150m: 2:06.09 49.08	200m: 2:42.02 35.93	
7.	Ana Ines, FERNANDES <i>FTL</i>	F	119258	00	Vit�ria Sport Clube	2:43.88	455	33,00
	50m: 33.00 33.00				100m: 1:17.28 44.28	150m: 2:07.27 49.99	200m: 2:43.88 36.61	
8.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense	2:44.30	452	32,00
	50m: 34.27 34.27				100m: 1:17.11 42.84	150m: 2:07.98 50.87	200m: 2:44.30 36.32	
9.	Carlota Sequeira, APARICIO <i>FTL</i>	F	121976	03	Fluvial Portuense	2:45.21	444	31,00
	50m: 34.69 34.69				100m: 1:17.48 42.79	150m: 2:04.87 47.39	200m: 2:45.21 40.34	
DSQ	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense			-

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9.5 - O(A) nadador(a) não efetuou a chegada aos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.3

Absolutos

1.	Leonor Filipa, PINTO	F	132842	06	Porto		2:30.25	591	43,00
	50m: 33.01	33.01	100m: 1:11.79	38.78	150m: 1:55.60	43.81	200m: 2:30.25	34.65	
2.	Sofia Nunes, FIAL	F	127329	03	Porto		2:30.32	590	41,00
	50m: 33.28	33.28	100m: 1:13.49	40.21	150m: 1:54.72	41.23	200m: 2:30.32	35.60	
3.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf		2:34.93	539	40,00
	50m: 33.91	33.91	100m: 1:12.16	38.25	150m: 1:58.87	46.71	200m: 2:34.93	36.06	
4.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube		2:35.24	536	39,00
	50m: 33.35	33.35	100m: 1:15.84	42.49	150m: 2:00.06	44.22	200m: 2:35.24	35.18	
5.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube		2:36.66	521	38,00
	50m: 34.91	34.91	100m: 1:14.64	39.73	150m: 2:01.53	46.89	200m: 2:36.66	35.13	
6.	Marta Oliveira, FERREIRA	F	125854	04	GCST		2:37.08	517	37,00
	50m: 33.65	33.65	100m: 1:15.86	42.21	150m: 2:00.25	44.39	200m: 2:37.08	36.83	
7.	Francisca Martins, GOMES	F	207830	07	Porto		2:39.86	491	-
	50m: 34.41	34.41	100m: 1:18.55	44.14	150m: 2:03.63	45.08	200m: 2:39.86	36.23	
8.	Maria Joao, COSTA	F	201391	08	Vilacondense		2:41.93	472	36,00
	50m: 33.64	33.64	100m: 1:17.31	43.67	150m: 2:06.50	49.19	200m: 2:41.93	35.43	
9.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf		2:42.02	471	35,00
	50m: 33.46	33.46	100m: 1:17.01	43.55	150m: 2:06.09	49.08	200m: 2:42.02	35.93	
10.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams		2:43.27	460	34,00
	50m: 33.71	33.71	100m: 1:15.84	42.13	150m: 2:05.98	50.14	200m: 2:43.27	37.29	
11.	Ana Ines, FERNANDES <i>FTL</i>	F	119258	00	Vitória Sport Clube		2:43.88	455	33,00
	50m: 33.00	33.00	100m: 1:17.28	44.28	150m: 2:07.27	49.99	200m: 2:43.88	36.61	
12.	Ana Marques, PINTO	F	201832	06	Fluvial Portuense		2:44.30	452	32,00
	50m: 34.27	34.27	100m: 1:17.11	42.84	150m: 2:07.98	50.87	200m: 2:44.30	36.32	
13.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube		2:44.58	450	-
	50m: 36.71	36.71	100m: 1:20.77	44.06	150m: 2:07.57	46.80	200m: 2:44.58	37.01	
14.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube		2:44.93	447	-
	50m: 34.66	34.66	100m: 1:18.78	44.12	150m: 2:05.31	46.53	200m: 2:44.93	39.62	
15.	Carlota Sequeira, APARICIO <i>FTL</i>	F	121976	03	Fluvial Portuense		2:45.21	444	31,00
	50m: 34.69	34.69	100m: 1:17.48	42.79	150m: 2:04.87	47.39	200m: 2:45.21	40.34	
16.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia		2:45.85	439	30,00
	50m: 34.86	34.86	100m: 1:18.54	43.68	150m: 2:08.44	49.90	200m: 2:45.85	37.41	
17.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe		2:46.68	433	29,00
	50m: 34.42	34.42	100m: 1:21.46	47.04	150m: 2:09.37	47.91	200m: 2:46.68	37.31	
18.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense		2:48.68	417	-
	50m: 37.32	37.32	100m: 1:19.05	41.73	150m: 2:10.29	51.24	200m: 2:48.68	38.39	
19.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube		2:49.02	415	-
	50m: 36.25	36.25	100m: 1:20.46	44.21	150m: 2:10.77	50.31	200m: 2:49.02	38.25	
20.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataçao		2:49.73	410	28,00
	50m: 35.99	35.99	100m: 1:19.73	43.74	150m: 2:10.21	50.48	200m: 2:49.73	39.52	
21.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo		2:51.75	395	27,00
	50m: 37.68	37.68	100m: 1:25.20	47.52	150m: 2:13.97	48.77	200m: 2:51.75	37.78	
22.	Rita Marques, SOARES <i>FTL</i>	F	132341	07	Famalicao		2:54.13	379	26,00
	50m: 37.50	37.50	100m: 1:20.88	43.38	150m: 2:13.20	52.32	200m: 2:54.13	40.93	
23.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe		2:54.96	374	25,00
	50m: 37.27	37.27	100m: 1:25.73	48.46	150m: 2:15.19	49.46	200m: 2:54.96	39.77	
24.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense		2:55.06	373	24,00
	50m: 38.84	38.84	100m: 1:26.68	47.84	150m: 2:14.96	48.28	200m: 2:55.06	40.10	

Prova 30, Femin., 200m Estilos, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
25.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	2:55.36	372	-
	50m: 38.37 38.37		100m: 1:24.20	45.83	150m: 2:14.56	50.36	200m: 2:55.36	40.80
26.	Francisca Soares, PIMENTA FTL	F	202786	07	Clube Naval Povoense	2:56.14	367	23,00
	50m: 39.34 39.34		100m: 1:28.08	48.74	150m: 2:17.45	49.37	200m: 2:56.14	38.69
27.	Ariana Micaela, BESSA FTL	F	201080	08	Lousada S�culo XXI	2:56.52	364	22,00
	50m: 38.08 38.08		100m: 1:25.02	46.94	150m: 2:15.66	50.64	200m: 2:56.52	40.86
28.	Mafalda Rego, CAIXEIRO FTL	F	201092	08	Leixoes Sport Clube	2:58.95	350	-
	50m: 36.56 36.56		100m: 1:23.88	47.32	150m: 2:16.78	52.90	200m: 2:58.95	42.17
29.	Alexandra Noemia, SILVANO FTL	F	213220	08	Natacao da Maia	2:59.86	344	21,00
	50m: 42.38 42.38		100m: 1:30.56	48.18	150m: 2:19.62	49.06	200m: 2:59.86	40.24
30.	Mariana Nunes, CUNHA FTL	F	201087	08	Lousada S�culo XXI	3:01.08	337	20,00
	50m: 42.37 42.37		100m: 1:29.17	46.80	150m: 2:21.51	52.34	200m: 3:01.08	39.57
31.	Ana Margarida, ALMEIDA FTL	F	205184	08	Vit�ria Sport Clube	3:10.77	288	19,00
	50m: 39.95 39.95		100m: 1:28.80	48.85	150m: 2:28.36	59.56	200m: 3:10.77	42.41
DSQ	Ana Vitoria, LOPES 7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6	F	215066	08	Assoc. Desportiva de Fafe			-
DSQ	Ines Aires, NOGUEIRA 9.5 - O(A) nadador(a) n�o efetuou a chegada aos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.3	F	203625	06	Fluvial Portuense			-
DSQ	Ana Senhorinha, SILVA 7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6	F	205527	07	Natacao da Maia			-
DSQ	Ariana, SAMPAIO RODRIGUES 7.22 - O(A) nadador(a) tocou na parede com toque n�o simult�neo na viragem aos 150 metros – SW 7.6	F	214663	07	Propaganda da Natao			-

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Prova 31
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Masc., 200m Estilos

Absolutos
Resultados

Recordes Nacionais 50m Absoluto	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Recordes Nacionais 50m Sen	1:58.19	Alexis Manacas, SANTOS	SCP	Coimbra	06/04/2019
Recordes Nacionais 50m Jun 18	2:02.55	Jose Paulo, LOPES	POR	Helsinki (FIN)	06/07/2018
Recordes Nacionais 50m Jun 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17/07/2005
Recordes Nacionais 50m Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31/07/2004
Recordes Nacionais 50m Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26/07/2015
Recorde Regional 50m Absoluto	2:04.47	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	18/04/2014
Recorde Regional 50m Sen	2:04.47	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	18/04/2014
Recorde Regional 50m Jun 18	2:06.16	Paulo Ricardo, ARAUJO	GDNVNF	Antuerpia (BEL)	19/07/2007
Recorde Regional 50m Jun 17	2:08.21	Adriano Miguel, NIZ	CFV	Lisboa	29/03/2003
Recorde Regional 50m Juv A	2:10.71	Adriano Miguel, NIZ	CFV	EULisboa	19/05/2002
Recorde Regional 50m Juv B	2:13.40	Tomas Correia, SILVA	FCP	Catania (ITA)	20/06/2010

Juv B - Masculino Juv B: 2:42.59 / Juv A - Masculino Juv A: 2:37.31 / Jun - Masculinos Jun: 2:28.18 / Sen - Masculinos Sen: 2:23.92

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Francisco Araujo, SILVA	M	132331	06	Famalic�o	2:19.94	540	39,00
	50m: 28.36 28.36		100m: 1:04.58	36.22	150m: 1:46.77	42.19	200m: 2:19.94	33.17
2.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	2:22.32	513	36,00
	50m: 30.13 30.13		100m: 1:06.22	36.09	150m: 1:49.38	43.16	200m: 2:22.32	32.94
3.	Tiago Mendes, COSTA	M	201132	07	Famalic�o	2:22.44	512	-
	50m: 29.36 29.36		100m: 1:05.92	36.56	150m: 1:49.30	43.38	200m: 2:22.44	33.14
4.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	2:22.55	511	35,00
	50m: 29.98 29.98		100m: 1:06.01	36.03	150m: 1:50.74	44.73	200m: 2:22.55	31.81
5.	Rui Miguel, SANTOS	M	204083	06	Famalic�o	2:23.64	499	-
	50m: 30.06 30.06		100m: 1:07.93	37.87	150m: 1:50.55	42.62	200m: 2:23.64	33.09
6.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	2:24.17	494	32,00
	50m: 31.98 31.98		100m: 1:09.54	37.56	150m: 1:52.93	43.39	200m: 2:24.17	31.24
7.	Joao Carlos, BARROS	M	200357	06	Fluvial Portuense	2:25.42	481	31,00
	50m: 31.00 31.00		100m: 1:10.08	39.08	150m: 1:52.33	42.25	200m: 2:25.42	33.09
8.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	2:25.50	480	30,00
	50m: 30.31 30.31		100m: 1:10.43	40.12	150m: 1:53.60	43.17	200m: 2:25.50	31.90
9.	Leonardo Freitas, FERNANDES	M	209567	06	Famalic�o	2:25.79	478	-
	50m: 31.20 31.20		100m: 1:14.63	43.43	150m: 1:52.22	37.59	200m: 2:25.79	33.57
10.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	2:26.38	472	29,00
	50m: 30.16 30.16		100m: 1:09.18	39.02	150m: 1:52.43	43.25	200m: 2:26.38	33.95
11.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	2:29.95	439	-
	50m: 30.45 30.45		100m: 1:07.87	37.42	150m: 1:55.27	47.40	200m: 2:29.95	34.68
12.	Diogo Borges, PORTELA	M	202263	07	Fluvial Portuense	2:30.98	430	-
	50m: 33.08 33.08		100m: 1:12.52	39.44	150m: 1:56.56	44.04	200m: 2:30.98	34.42
13.	Marco Oliveira, LOPES	M	202144	06	Penafiel	2:31.97	422	28,00
	50m: 31.56 31.56		100m: 1:12.86	41.30	150m: 1:57.37	44.51	200m: 2:31.97	34.60
14.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	2:32.01	421	-
	50m: 32.02 32.02		100m: 1:10.71	38.69	150m: 1:57.03	46.32	200m: 2:32.01	34.98
15.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	2:34.13	404	-
	50m: 31.45 31.45		100m: 1:13.98	42.53	150m: 2:01.14	47.16	200m: 2:34.13	32.99
16.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense	2:34.36	402	27,00
	50m: 33.18 33.18		100m: 1:17.42	44.24	150m: 1:59.04	41.62	200m: 2:34.36	35.32
17.	Bruno Emanuel, VIEIRA	M	204681	07	Lousada S�culo XXI	2:35.62	393	26,00
	50m: 32.11 32.11		100m: 1:13.90	41.79	150m: 1:59.17	45.27	200m: 2:35.62	36.45
18.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	2:36.07	389	25,00
	50m: 30.11 30.11		100m: 1:09.59	39.48	150m: 2:02.60	53.01	200m: 2:36.07	33.47

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Prova 31, Masc., 200m Estilos, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
19.	Francisco Manuel, SAMPAIO 50m: 33.56 33.56	M	128714	06	Foca Quinta Da Lixa - Cnf 100m: 1:14.99 41.43 150m: 2:02.47 47.48	2:36.68	385	24,00
20.	Afonso Abreu, FREITAS 50m: 33.41 33.41	M	201645	07	Assoc. Desportiva de Fafe 100m: 1:17.19 43.78 150m: 2:01.85 44.66	2:37.98	375	-
21.	Rafael Dinis, PACHECO 50m: 32.46 32.46	M	204593	07	Aquatico Pacense 100m: 1:11.77 39.31 150m: 1:59.87 48.10	2:38.57	371	23,00
22.	Gustavo Andrade, PINTO 50m: 36.70 36.70	M	207848	07	Leixoes Sport Clube 100m: 1:21.93 45.23 150m: 2:03.52 41.59	2:40.20	360	-
23.	Martim Danilo, MENDES FTL 50m: 36.52 36.52	M	206619	07	Fluvial Portuense 100m: 1:17.48 40.96 150m: 2:08.51 51.03	2:44.36	333	-
24.	Francisco Manuel, PINTO FTL 50m: 37.09 37.09	M	200812	07	Penafiel 100m: 1:21.80 44.71 150m: 2:07.88 46.08	2:45.94	324	21,00
25.	Tomas Pinto, COSTA FTL 50m: 37.75 37.75	M	202820	07	Leixoes Sport Clube 100m: 1:20.99 43.24 150m: 2:13.11 52.12	2:50.86	297	-
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-

Juniores-Seniores

1.	Porfirio Braga, NUNES 50m: 26.88 26.88	M	111552	00	Porto 100m: 1:01.07 34.19 150m: 1:39.03 37.96	2:08.54	697	43,00
2.	Pedro Miguel, SANTOS 50m: 27.85 27.85	M	121987	01	Porto 100m: 1:03.01 35.16 150m: 1:42.59 39.58	2:13.96	616	41,00
3.	Kevins Alexandre, APSENIECE 50m: 27.72 27.72	M	128451	04	Porto 100m: 1:04.38 36.66 150m: 1:45.30 40.92	2:14.93	603	-
4.	Afonso Carvalho, SILVA 50m: 29.22 29.22	M	130127	05	Famalio 100m: 1:04.42 35.20 150m: 1:43.40 38.98	2:15.02	601	40,00
5.	Jose Luis, GONCALVES 50m: 28.78 28.78	M	131849	05	Assoc. Desportiva de Fafe 100m: 1:07.59 38.81 150m: 1:47.89 40.30	2:20.23	537	38,00
6.	Joao Simons, CUNHA 50m: 29.69 29.69	M	124582	02	Leixoes Sport Clube 100m: 1:07.47 37.78 200m: 2:21.02 1:13.55	2:21.02	528	37,00
7.	Filipe Silva, RIBEIRO 50m: 29.00 29.00	M	132090	05	Leixoes Sport Clube 100m: 1:05.47 36.47 150m: 1:49.57 44.10	2:22.67	510	34,00
8.	Manuel Fernando, TEIXEIRA 50m: 30.46 30.46	M	129401	04	Natacao de Valongo 100m: 1:08.20 37.74 150m: 1:51.49 43.29	2:24.16	494	33,00
9.	Duarte Monteiro, CASTRO FTL 50m: 30.20 30.20	M	121978	03	Porto 100m: 1:04.18 33.98 150m: 1:52.27 48.09	2:25.25	483	-
10.	Marcos Goncalves, BELTRAO 50m: 29.81 29.81	M	202313	04	Natacao da Maia 100m: 1:07.26 37.45 150m: 1:52.48 45.22	2:27.51	461	-
11.	Pedro Nuno, CANELAS 50m: 31.40 31.40	M	148387	04	Fluvial Portuense 100m: 1:08.57 37.17 150m: 1:53.62 45.05	2:27.90	457	-
12.	Renato Teixeira, LOPES FTL 50m: 31.13 31.13	M	132099	04	Natacao da Maia 100m: 1:12.68 41.55 150m: 1:54.83 42.15	2:29.89	439	-
13.	Joao Carlos, SILVA FTL 50m: 29.29 29.29	M	108379	98	Famalio 100m: 1:08.05 38.76 150m: 1:56.49 48.44	2:33.68	408	-

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Prova 31, Masc., 200m Estilos, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
14.	Leonardo Filipe, TEIXEIRA FTL	M	202725	00	AP Vila D Este	2:43.51	338	22,00
	50m: 32.18 32.18				100m: 1:18.85 46.67	150m: 2:05.64 46.79	200m: 2:43.51 37.87	
15.	Gui Alexandre, GUIMARAES FTL	M	127784	04	AP Vila D Este	2:47.75	313	20,00
	50m: 34.17 34.17				100m: 1:18.77 44.60	150m: 2:08.63 49.86	200m: 2:47.75 39.12	
16.	Pedro Lopes, SILVA FTL	M	202726	02	AP Vila D Este	2:50.83	297	-
	50m: 33.41 33.41				100m: 1:18.17 44.76	150m: 2:10.77 52.60	200m: 2:50.83 40.06	
DSQ	Antonio Carlos, TELES 7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Percurso de bruos	M	127826	04	Foca Quinta Da Lixa - Cnf			-
DSQ	Diogo Nunes, SOUSA 4.2 - Falsa Partida – SW 4.4	M	127667	03	Vit�ria Sport Clube			-
WDR	Nuno Rafael, ALVES	M	25140	90	Aquatico Pacense			-

Absolutos

1.	Porfirio Braga, NUNES	M	111552	00	Porto	2:08.54	697	43,00
	50m: 26.88 26.88				100m: 1:01.07 34.19	150m: 1:39.03 37.96	200m: 2:08.54 29.51	
2.	Pedro Miguel, SANTOS	M	121987	01	Porto	2:13.96	616	41,00
	50m: 27.85 27.85				100m: 1:03.01 35.16	150m: 1:42.59 39.58	200m: 2:13.96 31.37	
3.	Kevins Alexandre, APSENIECE	M	128451	04	Porto	2:14.93	603	-
	50m: 27.72 27.72				100m: 1:04.38 36.66	150m: 1:45.30 40.92	200m: 2:14.93 29.63	
4.	Afonso Carvalho, SILVA	M	130127	05	Famalic�o	2:15.02	601	40,00
	50m: 29.22 29.22				100m: 1:04.42 35.20	150m: 1:43.40 38.98	200m: 2:15.02 31.62	
5.	Francisco Araujo, SILVA	M	132331	06	Famalic�o	2:19.94	540	39,00
	50m: 28.36 28.36				100m: 1:04.58 36.22	150m: 1:46.77 42.19	200m: 2:19.94 33.17	
6.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	2:20.23	537	38,00
	50m: 28.78 28.78				100m: 1:07.59 38.81	150m: 1:47.89 40.30	200m: 2:20.23 32.34	
7.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube	2:21.02	528	37,00
	50m: 29.69 29.69				100m: 1:07.47 37.78	200m: 2:21.02 1:13.55		
8.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	2:22.32	513	36,00
	50m: 30.13 30.13				100m: 1:06.22 36.09	150m: 1:49.38 43.16	200m: 2:22.32 32.94	
9.	Tiago Mendes, COSTA	M	201132	07	Famalic�o	2:22.44	512	-
	50m: 29.36 29.36				100m: 1:05.92 36.56	150m: 1:49.30 43.38	200m: 2:22.44 33.14	
10.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	2:22.55	511	35,00
	50m: 29.98 29.98				100m: 1:06.01 36.03	150m: 1:50.74 44.73	200m: 2:22.55 31.81	
11.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	2:22.67	510	34,00
	50m: 29.00 29.00				100m: 1:05.47 36.47	150m: 1:49.57 44.10	200m: 2:22.67 33.10	
12.	Rui Miguel, SANTOS	M	204083	06	Famalic�o	2:23.64	499	-
	50m: 30.06 30.06				100m: 1:07.93 37.87	150m: 1:50.55 42.62	200m: 2:23.64 33.09	
13.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	2:24.16	494	33,00
	50m: 30.46 30.46				100m: 1:08.20 37.74	150m: 1:51.49 43.29	200m: 2:24.16 32.67	
14.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	2:24.17	494	32,00
	50m: 31.98 31.98				100m: 1:09.54 37.56	150m: 1:52.93 43.39	200m: 2:24.17 31.24	
15.	Duarte Monteiro, CASTRO FTL	M	121978	03	Porto	2:25.25	483	-
	50m: 30.20 30.20				100m: 1:04.18 33.98	150m: 1:52.27 48.09	200m: 2:25.25 32.98	

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Prova 31, Masc., 200m Estilos, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
16.	Joao Carlos, BARROS 50m: 31.00 31.00	M	200357	06	Fluvial Portuense	2:25.42	481	31,00
17.	Antonio Miguel, COSTA 50m: 30.31 30.31	M	202259	07	Assoc. Desportiva de Fafe	2:25.50	480	30,00
18.	Leonardo Freitas, FERNANDES 50m: 31.20 31.20	M	209567	06	Famalic�o	2:25.79	478	-
19.	Gil Afonso, RODRIGUES 50m: 30.16 30.16	M	148683	07	Fluvial Portuense	2:26.38	472	29,00
20.	Marcos Goncalves, BELTRAO 50m: 29.81 29.81	M	202313	04	Natacao da Maia	2:27.51	461	-
21.	Pedro Nuno, CANELAS 50m: 31.40 31.40	M	148387	04	Fluvial Portuense	2:27.90	457	-
22.	Renato Teixeira, LOPES FTL 50m: 31.13 31.13	M	132099	04	Natacao da Maia	2:29.89	439	-
23.	Pedro Santos, PEREIRA 50m: 30.45 30.45	M	202814	06	Leixoes Sport Clube	2:29.95	439	-
24.	Diogo Borges, PORTELA 50m: 33.08 33.08	M	202263	07	Fluvial Portuense	2:30.98	430	-
25.	Marco Oliveira, LOPES 50m: 31.56 31.56	M	202144	06	Penafiel	2:31.97	422	28,00
26.	Pedro Miguel, PINTO 50m: 32.02 32.02	M	148621	07	Assoc. Desportiva de Fafe	2:32.01	421	-
27.	Joao Carlos, SILVA FTL 50m: 29.29 29.29	M	108379	98	Famalic�o	2:33.68	408	-
28.	Andre Leitao, COSTA 50m: 31.45 31.45	M	201806	07	Assoc. Desportiva de Fafe	2:34.13	404	-
29.	Alexandre Moreira, DOURADO 50m: 33.18 33.18	M	213891	07	Clube Naval Povoense	2:34.36	402	27,00
30.	Bruno Emanuel, VIEIRA 50m: 32.11 32.11	M	204681	07	Lousada S�culo XXI	2:35.62	393	26,00
31.	Antonio Furtado, PIRES 50m: 30.11 30.11	M	148630	07	CLIP Teams	2:36.07	389	25,00
32.	Francisco Manuel, SAMPAIO 50m: 33.56 33.56	M	128714	06	Foca Quinta Da Lixa - Cnf	2:36.68	385	24,00
33.	Afonso Abreu, FREITAS 50m: 33.41 33.41	M	201645	07	Assoc. Desportiva de Fafe	2:37.98	375	-
34.	Rafael Dinis, PACHECO 50m: 32.46 32.46	M	204593	07	Aquatico Pacense	2:38.57	371	23,00
35.	Gustavo Andrade, PINTO 50m: 36.70 36.70	M	207848	07	Leixoes Sport Clube	2:40.20	360	-
36.	Leonardo Filipe, TEIXEIRA FTL 50m: 32.18 32.18	M	202725	00	AP Vila D Este	2:43.51	338	22,00
37.	Martim Danilo, MENDES FTL 50m: 36.52 36.52	M	206619	07	Fluvial Portuense	2:44.36	333	-

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Prova 31, Masc., 200m Estilos, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
38.	Francisco Manuel, PINTO <i>FTL</i>	M	200812	07	Penafiel	2:45.94	324	21,00
	50m: 37.09 37.09				100m: 1:21.80 44.71	150m: 2:07.88 46.08	200m: 2:45.94 38.06	
39.	Gui Alexandre, GUIMARAES <i>FTL</i>	M	127784	04	AP Vila D Este	2:47.75	313	20,00
	50m: 34.17 34.17				100m: 1:18.77 44.60	150m: 2:08.63 49.86	200m: 2:47.75 39.12	
40.	Pedro Lopes, SILVA <i>FTL</i>	M	202726	02	AP Vila D Este	2:50.83	297	-
	50m: 33.41 33.41				100m: 1:18.17 44.76	150m: 2:10.77 52.60	200m: 2:50.83 40.06	
41.	Tomas Pinto, COSTA <i>FTL</i>	M	202820	07	Leixoes Sport Clube	2:50.86	297	-
	50m: 37.75 37.75				100m: 1:20.99 43.24	150m: 2:13.11 52.12	200m: 2:50.86 37.75	
DSQ	Antonio Carlos, TELES <i>7.19 - O(A) nadador(a) executou pernada de mariposa durante o percurso dos ... metros – SW 7.5, Percurso de bruos</i>	M	127826	04	Foca Quinta Da Lixa - Cnf			-
DSQ	Diogo Nunes, SOUSA <i>4.2 - Falsa Partida – SW 4.4</i>	M	127667	03	Vit�ria Sport Clube			-
WDR	Nuno Rafael, ALVES	M	25140	90	Aquatico Pacense			-
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-

Prova 32

Femin., 4 x 50m Estilos

Absolutos

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Resultados

Recordes Nacionais 50m Absoluto	1:56.39	Sport Alges e Dafundo	SAD	Funchal	03/08/2019
Recordes Nacionais 50m Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10/04/2010
Recordes Nacionais 50m Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra	31/07/2010
Recordes Nacionais 50m Juv A	2:08.21				
Recordes Nacionais 50m Juv	2:02.78				
Recordes Nacionais 50m Juv B	2:10.12				
Recorde Regional 50m Absoluto	1:56.50	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			10/04/2010
Recorde Regional 50m Sen	1:56.50	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			10/04/2010
Recorde Regional 50m Jun	2:04.37	Maria Amorim, Paula OLiveira, SilviiFCPares, ArRio Maior			02/04/2011
Recorde Regional 50m Juv A	2:14.38	Maria Ferreira, Regina Novais, GabiFOCAeves,Famali�es			07/07/2021
Recorde Regional 50m Juv	2:14.38	Maria Ferreira, Regina Novais, GabiFOCAeves,Famali�es			07/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1. Porto 1	F			Porto	2:05.41	599	43,00
	02	+0,73	31.57	Leonor Santos, SILVA	03	+0,29	29.61
	03		34.91	Catarina Gaspar, PIRES	06		29.32
2. Vit�ria Sport Clube 1	F			Vit�ria Sport Clube	2:10.21	535	41,00
	02	+0,70	33.64	Filipa Viamonte, FERNANDES	02	+0,26	29.12
	06		39.24	Ana Ines, FERNANDES	00		28.21
3. Foca Quinta Da Lixa - Cnf 1	F			Foca Quinta Da Lixa - Cnf	2:11.66	518	40,00
	06	+0,68	33.18	Gabriela Ferreira, NEVES	06	+0,57	32.26
	07		37.30	Ana Rita, MARTINS	06		28.92
4. Fluvial Portuense 2 <i>Recorde Regional</i>	F			Fluvial Portuense	2:11.94	514	39,00
	08	+0,74	34.93	Sofia Alexandra, CARVALHO	07	+0,53	31.21
	07		37.53	Ana Carolina, NEVES	08		28.27

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Prova 32, Femin., 4 x 50m Estilos, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS		
5.	F			Leixoes Sport Clube	07	2:14.98	480 38,00		
				Carolina Amadeu, FERREIRA				+0,33	31.39
				Beatriz Teixeira, CUNHA				08	29.82
6.	F			Porto	08	2:18.22	447 37,00		
				Sofia Teixeira, BARBOSA				+0,83	32.99
				Francisca Martins, GOMES				08	32.05
7.	F			Famaliç�o	08	2:19.36	436 36,00		
				Beatriz Silva, COENTRAO				+0,26	36.67
				Ana Carolina, CRUZ				08	28.72
8.	F			Vilacondense	07	2:21.46	417 35,00		
				Maria Joao, COSTA				+0,42	31.78
				Leonor Isabel, MARTINS				08	32.51
9.	F			Fluvial Portuense	06	2:21.56	416 34,00		
				Joana Filipa, PINTO				+0,72	32.68
				Ana Marques, PINTO				06	28.85
10.	F			Aquatico Pacense	07	2:21.57	416 33,00		
				Beatriz Costa, DIAS				+0,44	31.55
				Erica Ferreira, BARROS				08	32.09
11.	F			Natacao da Maia	08	2:23.33	401 32,00		
				Ana Senhorinha, SILVA				+0,29	32.99
				Alexandra Noemia, SILVANO				08	32.84
12.	F			Foca Quinta Da Lixa - Cnf	08	2:23.68	398 31,00		
				Mariana Vieira, SANTOS				+0,61	33.79
				Mariana Pinto, FERREIRA				08	30.53
13.	F			Assoc. Desportiva de Fafe 2	08	2:24.24	394 30,00		
				Maria Joao, MARTINS				+0,56	35.24
				Laura Doellinger, CASTRO				08	35.53
14.	F			Clube Naval Povoense 1	07	2:34.99	317 29,00		
				Matilde Reis, FONTES				+0,42	34.65
				Francisca Soares, PIMENTA				08	39.00
15.	F			Penafiel	07	2:37.41	303 28,00		
				Eva Oliveira, SILVA				+0,70	36.91
				Gabriela Oliveira, SILVA				07	37.83
WDR	F			Aquatico Pacense			-		
WDR	F			Famaliç�o 1			-		

Prova 33

Masc., 4 x 50m Estilos

Absolutos

25/06/2022 - 18:05

Resultados

Recordes Nacionais 50m Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20/07/2009
Recordes Nacionais 50m Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20/07/2009
Recordes Nacionais 50m Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10/04/2010
Recordes Nacionais 50m Juv A	1:52.81	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Coimbra	01/04/2022
Recordes Nacionais 50m Juv	1:52.81	Grupo Desp. Natacao V. N. Famalic	GDNFAMA	Coimbra	01/04/2022
Recordes Nacionais 50m Juv B	1:56.08	Grupo Desportivo Nataçao de V.N.	FGDNFAMA	Famalicao	07/07/2021
Recorde Regional 50m Absoluto	1:43.41	Carlos Santos, Gil Pinto, Joao Carv	FCP	Paulo (Faros)	20/07/2009
Recorde Regional 50m Sen	1:44.57	GIL Pinto, Sergio Silva, Carlos Santr	FCP	Paulo S=Coimbra	06/04/2012
Recorde Regional 50m Jun	1:48.60	Samuel Queiros, Sergio Silva, Carlo	FCP	antos, RLisboa	28/03/2009
Recorde Regional 50m Juv B	1:56.08	Francisco Silva, Tomas Costa, Rodr	GDNF	eira, Famalicões	08/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
1. Vitória Sport Clube 1	M			Vitória Sport Clube	1:47.60	654	43,00
Rodrigo Manuel, CUNHA	04	+0,67	28.98	Tomas Castro, SOUSA	04	+0,39	26.46
Alexandre Ferreira, AMORIM	99		28.24	Tomas Teixeira, LOPES	02		23.92
2. Porto 1	M			Porto	1:49.31	624	41,00
Porfirio Braga, NUNES	00	+0,63	27.44	Kevin Alexandre, APSENIECE	04	+0,49	25.88
Pedro Miguel, SANTOS	01		31.49	Francisco Rodriguez, AMARAL	02		24.50
3. Famalicão 2	M			Famalicão	1:57.49	502	40,00
Tiago Mendes, COSTA	07	+0,82	29.86	Rui Miguel, SANTOS	06	+0,45	28.69
Leonardo Freitas, FERNANDES	06		33.43	Francisco Araujo, SILVA	06		25.51
4. Aquatico Pacense 1	M			Aquatico Pacense	1:57.50	502	39,00
Dinis Barros, LEAL	03	+0,55	30.27	Ricardo Filipe, ROCHA	02	+0,47	26.61
Antonio Rafael, BESSA	94		33.64	Henrique Rocha, CARNEIRO	05		26.98
5. Natacao da Maia 1	M			Natacao da Maia	1:57.69	500	38,00
Tomas Ferreira, OLIVEIRA	06	+0,66	30.06	Tomas Carvalho, RIBEIRO	05	+0,37	28.47
Renato Teixeira, LOPES	04		33.69	Goncalo Carlos, AZEVEDO	07		25.47
6. Porto 2	M			Porto	1:59.12	482	37,00
Rodrigo Filipe, CORREIA	07	+0,66	30.10	Francisco Bernardes, MARTELO	07	+0,37	28.54
Duarte Maria, CARREIRA	07		32.60	Guilherme Mahua, SOARES	07		27.88
7. Foca Quinta Da Lixa - Cnf 1	M			Foca Quinta Da Lixa - Cnf	1:59.31	480	36,00
Renato Gouveia, TEIXEIRA	07	+0,62	30.68	Leonardo Cunha, MOURA	07	+0,14	26.78
Guilherme Lobo, PINTO	04		35.54	Afonso Martim, LEITE	05		26.31
8. Clube Naval Povoense 1	M			Clube Naval Povoense	1:59.60	476	35,00
Tiago Fonseca, CARVALHO	03	+0,62	30.64	Pedro Soares, MORIM	02	-0,03	27.43
Hugo Azurara, VIEIRA	01		34.08	Joao Bernardo, FERNANDES	03		27.45
9. Vilacondense 2	M			Vilacondense	2:02.39	444	34,00
Artur Guterres, CARVALHO	06	+0,78	31.57	Guilherme Ramos, SILVA	06	+0,27	29.85
Pedro Roque, IGREJA	06		33.83	Afonso Azevedo, PACHECO	06		27.14
10. Clube Naval Povoense 2	M			Clube Naval Povoense	2:02.85	439	33,00
Luis Filipe, CARVALHO	07	+0,73	30.91	Rodrigo Santos, CONCEICAO	06	+0,46	28.27
Alexandre Moreira, DOURADO	07		34.64	Dinis Miranda, CAMBAS	07		29.03
11. Assoc. Desportiva de Fafe 2	M			Assoc. Desportiva de Fafe	2:03.18	436	32,00
Pedro Miguel, PINTO	07	+0,80	31.63	Antonio Miguel, COSTA	07	+0,34	28.45
Afonso Abreu, FREITAS	07		35.69	Andre Leitao, COSTA	07		27.41
12. Fluvial Portuense 2	M			Fluvial Portuense	2:04.11	426	31,00
Rodrigo Costa, BORGES	07	+0,69	31.67	Gil Afonso, RODRIGUES	07	+0,52	29.78
Diogo Borges, PORTELA	07		36.52	Joao Carlos, BARROS	06		26.14
WDR Famalicão 1	M			Famalicão			-

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5 - 3^a Jornada - 1^a Sess o

26/06/2022 - 9:00

Prova 34	Femin., 100m Mariposa				Absolutos
26/06/2022 - 9:00					Resultados
Recordes Nacionais 50m Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Recordes Nacionais 50m Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Recordes Nacionais 50m Jun 17	1:00.11	Mariana Pacheco, CUNHA	POR	Porto	05/06/2021
Recordes Nacionais 50m Jun 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20/07/2009
Recordes Nacionais 50m Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03/08/2019
Recordes Nacionais 50m Juv B	1:02.99	Carolina Miranda, FERNANDES	POR	Baku (AZE)	24/07/2019
Recorde Regional 50m Absoluto	58.76	Sara Freitas, OLIVEIRA	FCP	Budapeste (HUN)	12/08/2010
Recorde Regional 50m Sen	58.76	Sara Freitas, OLIVEIRA	FCP	Eindhoven (NED)	12/08/2010
Recorde Regional 50m Jun 17	1:00.11	Mariana Pacheco, CUNHA	CNCE	Porto	05/06/2021
Recorde Regional 50m Jun 16	1:01.83	Mariana Pacheco, CUNHA	CNCE	Povoa de Varzim	01/02/2020
Recorde Regional 50m Juv A	1:01.69	Mariana Pacheco, CUNHA	CFP	Funchal	03/08/2019
Recorde Regional 50m Juv B	1:03.73	Mariana Pacheco, CUNHA	CFP	Coimbra	19/05/2018

Juv A - Feminino Juv A: 1:17.84 / Juv B - Feminino Juv B: 1:21.77 / Jun - Feminino Jun: 1:14.99 / Sen - Feminino Sen: 1:11.13

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	1:10.85	480	39,00
	50m: 33.01 33.01		100m: 1:10.85		37.84			
2.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	1:11.52	466	38,00
	50m: 33.72 33.72		100m: 1:11.52		37.80			
3.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	1:12.86	441	36,00
	50m: 33.84 33.84		100m: 1:12.86		39.02			
4.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	1:14.27	416	33,00
	50m: 33.92 33.92		100m: 1:14.27		40.35			
5.	Sofia Pereira, BRAZ	F	206537	07	CLIP Teams	1:14.66	410	32,00
	50m: 33.82 33.82		100m: 1:14.66		40.84			
6.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	1:15.40	398	31,00
	50m: 33.30 33.30		100m: 1:15.40		42.10			
7.	Beatriz Silva, QUINTELA	F	204597	08	Foca Quinta Da Lixa - Cnf	1:16.98	374	27,00
	50m: 35.65 35.65		100m: 1:16.98		41.33			
8.	Lara Mota, FERREIRA	F	209955	08	Assoc. Desportiva de Fafe	1:17.87	361	26,00
	50m: 36.68 36.68		100m: 1:17.87		41.19			
9.	Ana Castro, SILVA	F	205522	08	Famaliç�o	1:21.18	319	25,00
	50m: 36.26 36.26		100m: 1:21.18		44.92			
10.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	1:29.96	234	-
	50m: 41.05 41.05		100m: 1:29.96		48.91			
11.	Rafaela Filipa, MATOS FTL	F	207851	08	Leixoes Sport Clube	1:32.98	212	23,00
	50m: 39.80 39.80		100m: 1:32.98		53.18			

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Prova 34, Femin., 100m Mariposa

Juniores-Seniores

1.	Leonor Santos, SILVA	F	121982	03	Porto	1:07.00	567	43,00
	50m: 31.28 31.28		100m: 1:07.00		35.72			
2.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	1:09.21	515	41,00
	50m: 32.42 32.42		100m: 1:09.21		36.79			
3.	Catarina Gaspar, PIRES	F	129871	06	Porto	1:10.09	495	40,00
	50m: 32.74 32.74		100m: 1:10.09		37.35			
4.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	1:12.52	447	37,00
	50m: 32.60 32.60		100m: 1:12.52		39.92			
5.	Bruna Costa, SOARES FTL	F	124579	04	Leixoes Sport Clube	1:12.97	439	35,00
	50m: 33.24 33.24		100m: 1:12.97		39.73			
6.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	1:13.33	433	34,00
	50m: 33.11 33.11		100m: 1:13.33		40.22			
7.	Ines Filipa, MAGALHAES FTL	F	121786	02	Aquatico Pacense	1:15.48	397	30,00
	50m: 35.16 35.16		100m: 1:15.48		40.32			
8.	Ana Marques, PINTO FTL	F	201832	06	Fluvial Portuense	1:15.83	391	29,00
	50m: 35.01 35.01		100m: 1:15.83		40.82			
9.	Mariana Santos, ROMAO FTL	F	200366	06	Vilacondense	1:16.94	374	28,00
	50m: 35.92 35.92		100m: 1:16.94		41.02			
10.	Mariana Sousa, MOREIRA FTL	F	126950	03	GCST	1:21.75	312	24,00
	50m: 37.16 37.16		100m: 1:21.75		44.59			
WDR	Eduarda Reis, SILVA	F	121702	03	Famaliç�o			-
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube			-

Absolutos

1.	Leonor Santos, SILVA	F	121982	03	Porto	1:07.00	567	43,00
	50m: 31.28 31.28		100m: 1:07.00		35.72			
2.	Gabriela Ferreira, NEVES	F	132731	06	Foca Quinta Da Lixa - Cnf	1:09.21	515	41,00
	50m: 32.42 32.42		100m: 1:09.21		36.79			
3.	Catarina Gaspar, PIRES	F	129871	06	Porto	1:10.09	495	40,00
	50m: 32.74 32.74		100m: 1:10.09		37.35			
4.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	1:10.85	480	39,00
	50m: 33.01 33.01		100m: 1:10.85		37.84			
5.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	1:11.52	466	38,00
	50m: 33.72 33.72		100m: 1:11.52		37.80			
6.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	1:12.52	447	37,00
	50m: 32.60 32.60		100m: 1:12.52		39.92			
7.	Ines Maria, PEREIRA	F	200504	08	Natacao de Valongo	1:12.86	441	36,00
	50m: 33.84 33.84		100m: 1:12.86		39.02			
8.	Bruna Costa, SOARES FTL	F	124579	04	Leixoes Sport Clube	1:12.97	439	35,00
	50m: 33.24 33.24		100m: 1:12.97		39.73			
9.	Ana Luisa, GOUVEIA	F	200924	06	Colegio Efanor	1:13.33	433	34,00
	50m: 33.11 33.11		100m: 1:13.33		40.22			

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Prova 34, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
10.	Laura Doellinger, CASTRO 50m: 33.92 33.92	F	201105	08	Assoc. Desportiva de Fafe	1:14.27	416	33,00
11.	Sofia Pereira, BRAZ 50m: 33.82 33.82	F	206537	07	CLIP Teams	1:14.66	410	32,00
12.	Maria Francisca, BERNARDO 50m: 33.30 33.30	F	205973	07	Vilacondense	1:15.40	398	31,00
13.	Ines Filipa, MAGALHAES FTL 50m: 35.16 35.16	F	121786	02	Aquatico Pacense	1:15.48	397	30,00
14.	Ana Marques, PINTO FTL 50m: 35.01 35.01	F	201832	06	Fluvial Portuense	1:15.83	391	29,00
15.	Mariana Santos, ROMAO FTL 50m: 35.92 35.92	F	200366	06	Vilacondense	1:16.94	374	28,00
16.	Beatriz Silva, QUINTELA 50m: 35.65 35.65	F	204597	08	Foca Quinta Da Lixa - Cnf	1:16.98	374	27,00
17.	Lara Mota, FERREIRA 50m: 36.68 36.68	F	209955	08	Assoc. Desportiva de Fafe	1:17.87	361	26,00
18.	Ana Castro, SILVA 50m: 36.26 36.26	F	205522	08	Famalio	1:21.18	319	25,00
19.	Mariana Sousa, MOREIRA FTL 50m: 37.16 37.16	F	126950	03	GCST	1:21.75	312	24,00
20.	Iara Clarisse, SOUSA FTL 50m: 41.05 41.05	F	204410	07	Natacao de Valongo	1:29.96	234	-
21.	Rafaela Filipa, MATOS FTL 50m: 39.80 39.80	F	207851	08	Leixoes Sport Clube	1:32.98	212	23,00
WDR	Eduarda Reis, SILVA	F	121702	03	Famalio			-
WDR	Ines Alves, CORREIA	F	200769	05	Leixoes Sport Clube			-

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Prova 35	Masc., 100m Mariposa					Absolutos
26/06/2022 - 9:05						Resultados
Recordes Nacionais 50m Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29/03/2009	
Recordes Nacionais 50m Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29/03/2009	
Recordes Nacionais 50m Jun 18	52.68	Diogo Matos, RIBEIRO	SLB	Oeiras	10/04/2022	
Recordes Nacionais 50m Jun 17	52.54	Diogo Matos, RIBEIRO	POR	Rome (ITA)	09/07/2021	
Recordes Nacionais 50m Juv A	56.05	Paulo, VAKULYUK	CNTN	Funchal	03/08/2019	
Recordes Nacionais 50m Juv B	56.61	Diogo Matos, RIBEIRO	CUC	Funchal	03/08/2019	
Recorde Regional 50m Absoluto	54.41	Adriano Miguel, NIZ	INDANP	Coimbra	21/04/2007	
Recorde Regional 50m Sen	54.41	Adriano Miguel, NIZ	CFV	Coimbra	21/04/2007	
Recorde Regional 50m Jun 18	55.40	Luis Miguel, MONTEIRO	FCP	Loule	04/08/2001	
Recorde Regional 50m Jun 17	57.26	Joao Carlos, SILVA	GDNF	Coimbra	25/07/2015	
Recorde Regional 50m Juv A	58.01	Mateus Ribeiro, CARVALHO	GDNF	Coimbra	25/07/2015	
Recorde Regional 50m Juv B	59.28	Rodrigo Ferreira, PEREIRA	GDVNF	Oeiras	01/08/2021	

Juv B - Masculino Juv B: 1:11.26 / Juv A - Masculino Juv A: 1:09.62 / Jun - Masculinos Jun: 1:04.38 / Sen - Masculinos Sen: 1:02.80

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalici�o	58.80	596	43,00
	50m: 27.40 27.40		100m: 58.80		31.40			
2.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	59.93	563	39,00
	50m: 27.80 27.80		100m: 59.93		32.13			
3.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	1:01.20	529	36,00
	50m: 28.08 28.08		100m: 1:01.20		33.12			
4.	Gustavo Gomes, RAMOS	M	200774	06	Porto	1:02.73	491	33,00
	50m: 29.88 29.88		100m: 1:02.73		32.85			
5.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	1:03.60	471	28,00
	50m: 29.93 29.93		100m: 1:03.60		33.67			
6.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	1:04.16	459	26,00
	50m: 29.67 29.67		100m: 1:04.16		34.49			
7.	Rui Miguel, SANTOS	M	204083	06	Famalici�o	1:04.37	454	-
	50m: 30.29 30.29		100m: 1:04.37		34.08			
8.	Marco Oliveira, LOPES	M	202144	06	Penafiel	1:06.06	420	22,00
	50m: 29.75 29.75		100m: 1:06.06		36.31			
9.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	1:06.25	417	21,00
	50m: 30.33 30.33		100m: 1:06.25		35.92			
10.	Guilherme Ramos, SILVA	M	205033	06	Vilacondense	1:07.20	399	20,00
	50m: 30.37 30.37		100m: 1:07.20		36.83			
11.	Andre Leitao, COSTA	M	201806	07	Assoc. Desportiva de Fafe	1:08.66	374	19,00
	50m: 31.50 31.50		100m: 1:08.66		37.16			
12.	Alex, LUKYANCHYKOV FTL	M	209361	07	Propaganda da Nataç�o	1:16.90	266	15,00
	50m: 33.65 33.65		100m: 1:16.90		43.25			
DNS	Duarte Correia, GARCIA	M	202823	07	Leixoes Sport Clube			-
Juniores-Seniores								
1.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	58.97	591	41,00
	50m: 28.04 28.04		100m: 58.97		30.93			
2.	Joao Campelo, OLIVEIRA	M	127673	04	Famalici�o	59.25	583	40,00
	50m: 27.59 27.59		100m: 59.25		31.66			
3.	Diogo Severino, NUNES	M	128592	04	Natacao de Valongo	1:00.04	560	38,00
	50m: 28.41 28.41		100m: 1:00.04		31.63			

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Prova 35, Masc., 100m Mariposa, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
4.	Dinis Barros, LEAL 50m: 28.49 28.49	M	123578 100m: 1:00.54	03	Aquatico Pacense 32.05	1:00.54	546	37,00
5.	Jose Luis, GONCALVES 50m: 28.41 28.41	M	131849 100m: 1:01.62	05	Assoc. Desportiva de Fafe 33.21	1:01.62	518	35,00
6.	Tomas Coelho, PEREIRA 50m: 28.87 28.87	M	133202 100m: 1:02.35	05	Penafiel 33.48	1:02.35	500	34,00
7.	Tiago Fonseca, CARVALHO FTL 50m: 28.56 28.56	M	127099 100m: 1:02.82	03	Clube Naval Povoense 34.26	1:02.82	489	32,00
8.	Henrique Santa, VALE 50m: 30.07 30.07	M	125785 100m: 1:02.98	04	GCST 32.91	1:02.98	485	31,00
9.	Joao Simons, CUNHA FTL 50m: 29.20 29.20	M	124582 100m: 1:03.00	02	Leixoes Sport Clube 33.80	1:03.00	485	30,00
10.	Marcos Goncalves, BELTRAO 50m: 29.58 29.58	M	202313 100m: 1:03.51	04	Natacao da Maia 33.93	1:03.51	473	29,00
11.	Gil Amaral, MATOS 50m: 29.81 29.81	M	127630 100m: 1:03.72	04	Porto 33.91	1:03.72	468	-
12.	Bruno Miguel, SEIXAS FTL 50m: 29.93 29.93	M	126784 100m: 1:03.96	01	Natacao da Maia 34.03	1:03.96	463	27,00
13.	Tomas Carvalhinho, RIBEIRO 50m: 29.64 29.64	M	131799 100m: 1:04.07	05	Natacao da Maia 34.43	1:04.07	461	-
14.	Henrique Rocha, CARNEIRO 50m: 30.19 30.19	M	132879 100m: 1:04.18	05	Aquatico Pacense 33.99	1:04.18	458	25,00
15.	Guilherme Lobo, PINTO 50m: 29.81 29.81	M	126503 100m: 1:04.22	04	Foca Quinta Da Lixa - Cnf 34.41	1:04.22	457	24,00
16.	Vitor Samuel, ROCHA FTL 50m: 30.28 30.28	M	107743 100m: 1:04.24	96	Aquatico Pacense 33.96	1:04.24	457	-
17.	Vitor Hugo, RIBEIRO FTL 50m: 29.46 29.46	M	122129 100m: 1:05.60	03	Lousada S�culo XXI 36.14	1:05.60	429	23,00
18.	Renato Teixeira, LOPES FTL 50m: 31.78 31.78	M	132099 100m: 1:08.68	04	Natacao da Maia 36.90	1:08.68	374	-
19.	Flavio Rafael, BESSA FTL 50m: 30.15 30.15	M	127616 100m: 1:08.90	03	Lousada S�culo XXI 38.75	1:08.90	370	18,00
20.	Leonardo Filipe, TEIXEIRA FTL 50m: 31.98 31.98	M	202725 100m: 1:11.19	00	AP Vila D Este 39.21	1:11.19	336	17,00
21.	Pedro Lopes, SILVA FTL 50m: 33.39 33.39	M	202726 100m: 1:12.55	02	AP Vila D Este 39.16	1:12.55	317	16,00
22.	Gui Alexandre, GUIMARAES FTL	M	127784	04	AP Vila D Este	1:24.61	200	-

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Prova 35, Masc., 100m Mariposa, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
	50m: 35.12 35.12		100m: 1:24.61	49.49				
WDR	Mateus Costa, FAIA	M	124989	03	Famalici�o			-
WDR	Joao Carlos, SILVA	M	108379	98	Famalici�o			-
WDR	Antonio Carlos, TELES	M	127826	04	Foca Quinta Da Lixa - Cnf			-
WDR	David Alexandre, ANTUNES	M	200246	04	Leixoes Sport Clube			-

Absolutos

1.	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalici�o	58.80	596	43,00
	50m: 27.40 27.40		100m: 58.80	31.40				
2.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	58.97	591	41,00
	50m: 28.04 28.04		100m: 58.97	30.93				
3.	Joao Campelo, OLIVEIRA	M	127673	04	Famalici�o	59.25	583	40,00
	50m: 27.59 27.59		100m: 59.25	31.66				
4.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	59.93	563	39,00
	50m: 27.80 27.80		100m: 59.93	32.13				
5.	Diogo Severino, NUNES	M	128592	04	Natacao de Valongo	1:00.04	560	38,00
	50m: 28.41 28.41		100m: 1:00.04	31.63				
6.	Dinis Barros, LEAL	M	123578	03	Aquatico Pacense	1:00.54	546	37,00
	50m: 28.49 28.49		100m: 1:00.54	32.05				
7.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	1:01.20	529	36,00
	50m: 28.08 28.08		100m: 1:01.20	33.12				
8.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	1:01.62	518	35,00
	50m: 28.41 28.41		100m: 1:01.62	33.21				
9.	Tomas Coelho, PEREIRA	M	133202	05	Penafiel	1:02.35	500	34,00
	50m: 28.87 28.87		100m: 1:02.35	33.48				
10.	Gustavo Gomes, RAMOS	M	200774	06	Porto	1:02.73	491	33,00
	50m: 29.88 29.88		100m: 1:02.73	32.85				
11.	Tiago Fonseca, CARVALHO FTL	M	127099	03	Clube Naval Povoense	1:02.82	489	32,00
	50m: 28.56 28.56		100m: 1:02.82	34.26				
12.	Henrique Santa, VALE	M	125785	04	GCST	1:02.98	485	31,00
	50m: 30.07 30.07		100m: 1:02.98	32.91				
13.	Joao Simons, CUNHA FTL	M	124582	02	Leixoes Sport Clube	1:03.00	485	30,00
	50m: 29.20 29.20		100m: 1:03.00	33.80				
14.	Marcos Goncalves, BELTRAO	M	202313	04	Natacao da Maia	1:03.51	473	29,00
	50m: 29.58 29.58		100m: 1:03.51	33.93				
15.	Artur Guterres, CARVALHO	M	202266	06	Vilacondense	1:03.60	471	28,00
	50m: 29.93 29.93		100m: 1:03.60	33.67				
16.	Gil Amaral, MATOS	M	127630	04	Porto	1:03.72	468	-
	50m: 29.81 29.81		100m: 1:03.72	33.91				
17.	Bruno Miguel, SEIXAS FTL	M	126784	01	Natacao da Maia	1:03.96	463	27,00
	50m: 29.93 29.93		100m: 1:03.96	34.03				
18.	Tomas Carvalhinho, RIBEIRO	M	131799	05	Natacao da Maia	1:04.07	461	-
	50m: 29.64 29.64		100m: 1:04.07	34.43				
19.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	1:04.16	459	26,00
	50m: 29.67 29.67		100m: 1:04.16	34.49				
20.	Henrique Rocha, CARNEIRO	M	132879	05	Aquatico Pacense	1:04.18	458	25,00
	50m: 30.19 30.19		100m: 1:04.18	33.99				

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Prova 35, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
21.	Guilherme Lobo, PINTO 50m: 29.81 29.81	M	126503	04	Foca Quinta Da Lixa - Cnf	1:04.22	457	24,00
22.	Vitor Samuel, ROCHA FTL 50m: 30.28 30.28	M	107743	96	Aquatico Pacense	1:04.24	457	-
23.	Rui Miguel, SANTOS 50m: 30.29 30.29	M	204083	06	Famalio	1:04.37	454	-
24.	Vitor Hugo, RIBEIRO FTL 50m: 29.46 29.46	M	122129	03	Lousada S�culo XXI	1:05.60	429	23,00
25.	Marco Oliveira, LOPES 50m: 29.75 29.75	M	202144	06	Penafiel	1:06.06	420	22,00
26.	Gil Afonso, RODRIGUES 50m: 30.33 30.33	M	148683	07	Fluvial Portuense	1:06.25	417	21,00
27.	Guilherme Ramos, SILVA 50m: 30.37 30.37	M	205033	06	Vilacondense	1:07.20	399	20,00
28.	Andre Leitao, COSTA 50m: 31.50 31.50	M	201806	07	Assoc. Desportiva de Fafe	1:08.66	374	19,00
29.	Renato Teixeira, LOPES FTL 50m: 31.78 31.78	M	132099	04	Natacao da Maia	1:08.68	374	-
30.	Flavio Rafael, BESSA FTL 50m: 30.15 30.15	M	127616	03	Lousada S�culo XXI	1:08.90	370	18,00
31.	Leonardo Filipe, TEIXEIRA FTL 50m: 31.98 31.98	M	202725	00	AP Vila D Este	1:11.19	336	17,00
32.	Pedro Lopes, SILVA FTL 50m: 33.39 33.39	M	202726	02	AP Vila D Este	1:12.55	317	16,00
33.	Alex, LUKYANCHYKOV FTL 50m: 33.65 33.65	M	209361	07	Propaganda da Natao	1:16.90	266	15,00
34.	Gui Alexandre, GUIMARAES FTL 50m: 35.12 35.12	M	127784	04	AP Vila D Este	1:24.61	200	-
DNS	Duarte Correia, GARCIA	M	202823	07	Leixoes Sport Clube			-
WDR	Mateus Costa, FAIA	M	124989	03	Famalio			-
WDR	Joao Carlos, SILVA	M	108379	98	Famalio			-
WDR	Antonio Carlos, TELES	M	127826	04	Foca Quinta Da Lixa - Cnf			-
WDR	David Alexandre, ANTUNES	M	200246	04	Leixoes Sport Clube			-

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Prova 36	Femin., 400m Livres					Absolutos
26/06/2022 - 9:15						Resultados
Recordes Nacionais 50m Absoluto	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25/06/2018	
Recordes Nacionais 50m Sen	4:09.49	Diana Margarida, DURAES	POR	Tarragona (ESP)	25/06/2018	
Recordes Nacionais 50m Jun 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23/07/2016	
Recordes Nacionais 50m Jun 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04/08/2002	
Recordes Nacionais 50m Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07/06/2014	
Recordes Nacionais 50m Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014	
Recorde Regional 50m Absoluto	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016	
Recorde Regional 50m Sen	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12/03/2016	
Recorde Regional 50m Jun 17	4:20.42	Francisca Soares, MARTINS	FOCA	Algarve	15/08/2020	
Recorde Regional 50m Jun 16	4:22.01	Francisca Soares, MARTINS	FOCA	Gijon (ESP)	19/05/2019	
Recorde Regional 50m Juv A	4:26.91	Alexandra Maria, SILVA	FCP	Buenos Aires (ARG)	16/04/1982	
Recorde Regional 50m Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26/07/2014	

Juv A - Feminino Juv A: 5:21.54 / Juv B - Feminino Juv B: 5:37.45 / Jun - Feminino Jun: 5:07.19 / Sen - Feminino Sen: 4:56.73

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	4:41.05	595	43,00
	50m: 32.16 32.16		150m: 1:43.14 36.03		250m: 2:55.63 36.41	350m: 4:07.67 35.90		
	100m: 1:07.11 34.95		200m: 2:19.22 36.08		300m: 3:31.77 36.14	400m: 4:41.05 33.38		
2.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	4:51.88	531	38,00
	50m: 32.40 32.40		150m: 1:45.44 37.16		250m: 3:00.95 37.98	350m: 4:16.04 37.34		
	100m: 1:08.28 35.88		200m: 2:22.97 37.53		300m: 3:38.70 37.75	400m: 4:51.88 35.84		
3.	Francisca Martins, GOMES	F	207830	07	Porto	4:52.68	527	37,00
	50m: 33.86 33.86		150m: 1:48.89 37.80		250m: 3:02.87 36.93	350m: 4:16.20 36.79		
	100m: 1:11.09 37.23		200m: 2:25.94 37.05		300m: 3:39.41 36.54	400m: 4:52.68 36.48		
4.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	4:58.91	495	33,00
	50m: 34.12 34.12		150m: 1:50.64 38.67		250m: 3:07.36 38.06	350m: 4:23.22 37.57		
	100m: 1:11.97 37.85		200m: 2:29.30 38.66		300m: 3:45.65 38.29	400m: 4:58.91 35.69		
5.	Leonor Carvalho, SOARES	F	200784	08	Porto	4:59.24	493	-
	50m: 35.07 35.07		150m: 1:50.87 38.45		250m: 3:07.03 38.40	350m: 4:23.06 38.01		
	100m: 1:12.42 37.35		200m: 2:28.63 37.76		300m: 3:45.05 38.02	400m: 4:59.24 36.18		
6.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	5:01.33	483	-
	50m: 33.18 33.18		150m: 1:47.96 38.12		250m: 3:05.01 38.92	350m: 4:23.70 39.84		
	100m: 1:09.84 36.66		200m: 2:26.09 38.13		300m: 3:43.86 38.85	400m: 5:01.33 37.63		
7.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	5:01.38	482	-
	50m: 35.07 35.07		150m: 1:51.34 38.38		250m: 3:08.76 38.70	350m: 4:24.75 37.58		
	100m: 1:12.96 37.89		200m: 2:30.06 38.72		300m: 3:47.17 38.41	400m: 5:01.38 36.63		
8.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	5:06.02	461	-
	50m: 34.56 34.56		150m: 1:51.46 39.24		250m: 3:09.70 39.33	350m: 4:28.99 39.66		
	100m: 1:12.22 37.66		200m: 2:30.37 38.91		300m: 3:49.33 39.63	400m: 5:06.02 37.03		
9.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	5:07.54	454	30,00
	50m: 34.05 34.05		150m: 1:50.45 38.69		250m: 3:09.41 39.59	350m: 4:29.24 39.76		
	100m: 1:11.76 37.71		200m: 2:29.82 39.37		300m: 3:49.48 40.07	400m: 5:07.54 38.30		
10.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	5:11.93	435	29,00
	50m: 35.39 35.39		150m: 1:54.39 39.51		250m: 3:12.90 39.24	350m: 4:33.29 40.36		
	100m: 1:14.88 39.49		200m: 2:33.66 39.27		300m: 3:52.93 40.03	400m: 5:11.93 38.64		
11.	Ines Rebelo, SOUSA	F	203317	07	Porto	5:15.03	422	-
	50m: 35.72 35.72		150m: 1:55.10 40.26		250m: 3:13.99 39.87	350m: 4:35.18 40.73		
	100m: 1:14.84 39.12		200m: 2:34.12 39.02		300m: 3:54.45 40.46	400m: 5:15.03 39.85		
12.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	5:17.12	414	26,00
	50m: 34.97 34.97		150m: 1:53.62 39.88		250m: 3:15.98 41.51	350m: 4:37.97 40.79		
	100m: 1:13.74 38.77		200m: 2:34.47 40.85		300m: 3:57.18 41.20	400m: 5:17.12 39.15		
13.	Francisca Soares, PIMENTA	F	202786	07	Clube Naval Povoense	5:17.81	411	25,00
	50m: 34.63 34.63		150m: 1:53.70 39.95		250m: 3:15.52 40.84	350m: 4:38.30 41.15		
	100m: 1:13.75 39.12		200m: 2:34.68 40.98		300m: 3:57.15 41.63	400m: 5:17.81 39.51		

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Prova 36, Femin., 400m Livres, Juvenis

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	FINA	PTS
14.	Luciana Filipa, PINTO	F	201801	08	Porto	5:18.28	410	-
	50m: 35.85 35.85		150m: 1:55.67	40.16	250m: 3:16.49	40.30	350m: 4:38.29	40.62
	100m: 1:15.51 39.66		200m: 2:36.19	40.52	300m: 3:57.67	41.18	400m: 5:18.28	39.99
15.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	5:18.49	409	24,00
	50m: 35.84 35.84		150m: 1:57.60	41.51	250m: 3:19.42	40.53	350m: 4:39.28	39.70
	100m: 1:16.09 40.25		200m: 2:38.89	41.29	300m: 3:59.58	40.16	400m: 5:18.49	39.21
16.	Maria Luis, SOUSA	F	205537	08	Porto	5:26.95	378	-
	50m: 37.27 37.27		150m: 2:00.81	42.70	250m: 3:23.90	42.36	350m: 4:47.22	41.96
	100m: 1:18.11 40.84		200m: 2:41.54	40.73	300m: 4:05.26	41.36	400m: 5:26.95	39.73
17.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	5:27.74	375	-
	50m: 36.20 36.20		150m: 1:59.43	42.53	250m: 3:22.91	41.60	350m: 4:47.00	41.90
	100m: 1:16.90 40.70		200m: 2:41.31	41.88	300m: 4:05.10	42.19	400m: 5:27.74	40.74
18.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	5:29.13	370	23,00
	50m: 35.44 35.44		150m: 1:59.40	42.03	250m: 3:24.55	42.13	350m: 4:48.96	41.06
	100m: 1:17.37 41.93		200m: 2:42.42	43.02	300m: 4:07.90	43.35	400m: 5:29.13	40.17
19.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	5:30.32	366	-
	50m: 36.76 36.76		150m: 2:00.51	42.47	250m: 3:25.27	42.27	350m: 4:49.63	42.34
	100m: 1:18.04 41.28		200m: 2:43.00	42.49	300m: 4:07.29	42.02	400m: 5:30.32	40.69
20.	Matilde Araujo, PALMEIRA FTL	F	202806	07	Vilacondense	5:30.41	366	-
	50m: 35.94 35.94		150m: 1:58.72	41.92	250m: 3:23.18	42.56	350m: 4:49.17	43.37
	100m: 1:16.80 40.86		200m: 2:40.62	41.90	300m: 4:05.80	42.62	400m: 5:30.41	41.24
21.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	5:30.93	364	-
	50m: 37.95 37.95		150m: 2:01.99	42.80	250m: 3:25.93	42.35	350m: 4:50.44	42.15
	100m: 1:19.19 41.24		200m: 2:43.58	41.59	300m: 4:08.29	42.36	400m: 5:30.93	40.49
22.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	5:34.39	353	-
	50m: 36.93 36.93		150m: 2:00.42	42.32	250m: 3:26.65	43.39	350m: 4:52.95	42.98
	100m: 1:18.10 41.17		200m: 2:43.26	42.84	300m: 4:09.97	43.32	400m: 5:34.39	41.44
23.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	5:35.58	349	22,00
	50m: 35.94 35.94		150m: 2:00.31	43.16	250m: 3:26.72	43.10	350m: 4:53.46	43.23
	100m: 1:17.15 41.21		200m: 2:43.62	43.31	300m: 4:10.23	43.51	400m: 5:35.58	42.12
24.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	5:37.36	344	-
	50m: 36.77 36.77		150m: 2:00.59	42.59	250m: 3:25.31	43.02	350m: 4:53.72	44.96
	100m: 1:18.00 41.23		200m: 2:42.29	41.70	300m: 4:08.76	43.45	400m: 5:37.36	43.64

Juniores-Seniores

1.	Sofia Nunes, FIAL	F	127329	03	Porto	4:41.90	590	41,00
	50m: 32.16 32.16		150m: 1:42.91	35.63	250m: 2:55.40	36.27	350m: 4:07.63	35.87
	100m: 1:07.28 35.12		200m: 2:19.13	36.22	300m: 3:31.76	36.36	400m: 4:41.90	34.27
2.	Ines Martins, SILVA	F	127134	04	Vilacondense	4:47.98	553	40,00
	50m: 32.41 32.41		150m: 1:43.85	36.18	250m: 2:57.45	36.79	350m: 4:11.85	36.82
	100m: 1:07.67 35.26		200m: 2:20.66	36.81	300m: 3:35.03	37.58	400m: 4:47.98	36.13
3.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	4:51.80	532	39,00
	50m: 32.53 32.53		150m: 1:45.84	37.24	250m: 3:01.40	38.22	350m: 4:16.29	37.24
	100m: 1:08.60 36.07		200m: 2:23.18	37.34	300m: 3:39.05	37.65	400m: 4:51.80	35.51
4.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	4:52.86	526	36,00
	50m: 32.99 32.99		150m: 1:45.97	37.26	250m: 3:01.20	38.06	350m: 4:17.63	37.89
	100m: 1:08.71 35.72		200m: 2:23.14	37.17	300m: 3:39.74	38.54	400m: 4:52.86	35.23
5.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	4:53.23	524	35,00
	50m: 32.87 32.87		150m: 1:45.11	36.50	250m: 2:59.34	37.22	350m: 4:15.58	37.65
	100m: 1:08.61 35.74		200m: 2:22.12	37.01	300m: 3:37.93	38.59	400m: 4:53.23	37.65
6.	Marta Oliveira, FERREIRA	F	125854	04	GCST	4:55.86	510	34,00
	50m: 33.11 33.11		150m: 1:47.00	37.13	250m: 3:02.25	37.75	350m: 4:18.40	38.26
	100m: 1:09.87 36.76		200m: 2:24.50	37.50	300m: 3:40.14	37.89	400m: 4:55.86	37.46

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Prova 36, Femin., 400m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
7.	Maria Luis, SA	F	131836	06	Fluvial Portuense	4:59.03	494	32,00
	50m: 33.11 33.11		150m: 1:49.23		38.54 250m: 3:05.14	38.04	350m: 4:22.90	38.52
	100m: 1:10.69 37.58		200m: 2:27.10		37.87 300m: 3:44.38	39.24	400m: 4:59.03	36.13
8.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo	5:06.29	460	31,00
	50m: 32.53 32.53		150m: 1:48.12		38.64 250m: 3:07.01	39.67	350m: 4:27.41	39.81
	100m: 1:09.48 36.95		200m: 2:27.34		39.22 300m: 3:47.60	40.59	400m: 5:06.29	38.88
9.	Maria Santos, SILVA FTL	F	202788	06	Indannp	5:13.07	430	28,00
	50m: 36.31 36.31		150m: 1:54.39		39.38 250m: 3:14.46	40.02	350m: 4:34.68	39.77
	100m: 1:15.01 38.70		200m: 2:34.44		40.05 300m: 3:54.91	40.45	400m: 5:13.07	38.39
10.	Mariana Santos, ROMAO FTL	F	200366	06	Vilacondense	5:13.47	429	27,00
	50m: 35.51 35.51		150m: 1:55.12		40.53 250m: 3:15.98	40.48	350m: 4:36.01	39.43
	100m: 1:14.59 39.08		200m: 2:35.50		40.38 300m: 3:56.58	40.60	400m: 5:13.47	37.46

Absolutos

1.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	4:41.05	595	43,00
	50m: 32.16 32.16		150m: 1:43.14		36.03 250m: 2:55.63	36.41	350m: 4:07.67	35.90
	100m: 1:07.11 34.95		200m: 2:19.22		36.08 300m: 3:31.77	36.14	400m: 4:41.05	33.38
2.	Sofia Nunes, FIAL	F	127329	03	Porto	4:41.90	590	41,00
	50m: 32.16 32.16		150m: 1:42.91		35.63 250m: 2:55.40	36.27	350m: 4:07.63	35.87
	100m: 1:07.28 35.12		200m: 2:19.13		36.22 300m: 3:31.76	36.36	400m: 4:41.90	34.27
3.	Ines Martins, SILVA	F	127134	04	Vilacondense	4:47.98	553	40,00
	50m: 32.41 32.41		150m: 1:43.85		36.18 250m: 2:57.45	36.79	350m: 4:11.85	36.82
	100m: 1:07.67 35.26		200m: 2:20.66		36.81 300m: 3:35.03	37.58	400m: 4:47.98	36.13
4.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	4:51.80	532	39,00
	50m: 32.53 32.53		150m: 1:45.84		37.24 250m: 3:01.40	38.22	350m: 4:16.29	37.24
	100m: 1:08.60 36.07		200m: 2:23.18		37.34 300m: 3:39.05	37.65	400m: 4:51.80	35.51
5.	Carolina Amadeu, FERREIRA	F	202815	08	Leixoes Sport Clube	4:51.88	531	38,00
	50m: 32.40 32.40		150m: 1:45.44		37.16 250m: 3:00.95	37.98	350m: 4:16.04	37.34
	100m: 1:08.28 35.88		200m: 2:22.97		37.53 300m: 3:38.70	37.75	400m: 4:51.88	35.84
6.	Francisca Martins, GOMES	F	207830	07	Porto	4:52.68	527	37,00
	50m: 33.86 33.86		150m: 1:48.89		37.80 250m: 3:02.87	36.93	350m: 4:16.20	36.79
	100m: 1:11.09 37.23		200m: 2:25.94		37.05 300m: 3:39.41	36.54	400m: 4:52.68	36.48
7.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	4:52.86	526	36,00
	50m: 32.99 32.99		150m: 1:45.97		37.26 250m: 3:01.20	38.06	350m: 4:17.63	37.89
	100m: 1:08.71 35.72		200m: 2:23.14		37.17 300m: 3:39.74	38.54	400m: 4:52.86	35.23
8.	Daniela Alexandra, COSTA	F	129441	06	Leixoes Sport Clube	4:53.23	524	35,00
	50m: 32.87 32.87		150m: 1:45.11		36.50 250m: 2:59.34	37.22	350m: 4:15.58	37.65
	100m: 1:08.61 35.74		200m: 2:22.12		37.01 300m: 3:37.93	38.59	400m: 4:53.23	37.65
9.	Marta Oliveira, FERREIRA	F	125854	04	GCST	4:55.86	510	34,00
	50m: 33.11 33.11		150m: 1:47.00		37.13 250m: 3:02.25	37.75	350m: 4:18.40	38.26
	100m: 1:09.87 36.76		200m: 2:24.50		37.50 300m: 3:40.14	37.89	400m: 4:55.86	37.46
10.	Beatriz Costa, DIAS	F	204424	08	Aquatico Pacense	4:58.91	495	33,00
	50m: 34.12 34.12		150m: 1:50.64		38.67 250m: 3:07.36	38.06	350m: 4:23.22	37.57
	100m: 1:11.97 37.85		200m: 2:29.30		38.66 300m: 3:45.65	38.29	400m: 4:58.91	35.69
11.	Maria Luis, SA	F	131836	06	Fluvial Portuense	4:59.03	494	32,00
	50m: 33.11 33.11		150m: 1:49.23		38.54 250m: 3:05.14	38.04	350m: 4:22.90	38.52
	100m: 1:10.69 37.58		200m: 2:27.10		37.87 300m: 3:44.38	39.24	400m: 4:59.03	36.13
12.	Leonor Carvalho, SOARES	F	200784	08	Porto	4:59.24	493	-
	50m: 35.07 35.07		150m: 1:50.87		38.45 250m: 3:07.03	38.40	350m: 4:23.06	38.01
	100m: 1:12.42 37.35		200m: 2:28.63		37.76 300m: 3:45.05	38.02	400m: 4:59.24	36.18
13.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	5:01.33	483	-
	50m: 33.18 33.18		150m: 1:47.96		38.12 250m: 3:05.01	38.92	350m: 4:23.70	39.84
	100m: 1:09.84 36.66		200m: 2:26.09		38.13 300m: 3:43.86	38.85	400m: 5:01.33	37.63

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Prova 36, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
14.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	5:01.38	482	-
	50m: 35.07 35.07		150m: 1:51.34 38.38		250m: 3:08.76 38.70	350m: 4:24.75 37.58		
	100m: 1:12.96 37.89		200m: 2:30.06 38.72		300m: 3:47.17 38.41	400m: 5:01.38 36.63		
15.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	5:06.02	461	-
	50m: 34.56 34.56		150m: 1:51.46 39.24		250m: 3:09.70 39.33	350m: 4:28.99 39.66		
	100m: 1:12.22 37.66		200m: 2:30.37 38.91		300m: 3:49.33 39.63	400m: 5:06.02 37.03		
16.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo	5:06.29	460	31,00
	50m: 32.53 32.53		150m: 1:48.12 38.64		250m: 3:07.01 39.67	350m: 4:27.41 39.81		
	100m: 1:09.48 36.95		200m: 2:27.34 39.22		300m: 3:47.60 40.59	400m: 5:06.29 38.88		
17.	Filipa Oliveira, COSTA	F	203331	08	Natacao de Valongo	5:07.54	454	30,00
	50m: 34.05 34.05		150m: 1:50.45 38.69		250m: 3:09.41 39.59	350m: 4:29.24 39.76		
	100m: 1:11.76 37.71		200m: 2:29.82 39.37		300m: 3:49.48 40.07	400m: 5:07.54 38.30		
18.	Francisca Lamas, SILVA	F	202816	08	Colegio Efanor	5:11.93	435	29,00
	50m: 35.39 35.39		150m: 1:54.39 39.51		250m: 3:12.90 39.24	350m: 4:33.29 40.36		
	100m: 1:14.88 39.49		200m: 2:33.66 39.27		300m: 3:52.93 40.03	400m: 5:11.93 38.64		
19.	Maria Santos, SILVA <i>FTL</i>	F	202788	06	Indannp	5:13.07	430	28,00
	50m: 36.31 36.31		150m: 1:54.39 39.38		250m: 3:14.46 40.02	350m: 4:34.68 39.77		
	100m: 1:15.01 38.70		200m: 2:34.44 40.05		300m: 3:54.91 40.45	400m: 5:13.07 38.39		
20.	Mariana Santos, ROMAO <i>FTL</i>	F	200366	06	Vilacondense	5:13.47	429	27,00
	50m: 35.51 35.51		150m: 1:55.12 40.53		250m: 3:15.98 40.48	350m: 4:36.01 39.43		
	100m: 1:14.59 39.08		200m: 2:35.50 40.38		300m: 3:56.58 40.60	400m: 5:13.47 37.46		
21.	Ines Rebelo, SOUSA	F	203317	07	Porto	5:15.03	422	-
	50m: 35.72 35.72		150m: 1:55.10 40.26		250m: 3:13.99 39.87	350m: 4:35.18 40.73		
	100m: 1:14.84 39.12		200m: 2:34.12 39.02		300m: 3:54.45 40.46	400m: 5:15.03 39.85		
22.	Bruna Maria, BARBOSA	F	202261	08	Aquatico Pacense	5:17.12	414	26,00
	50m: 34.97 34.97		150m: 1:53.62 39.88		250m: 3:15.98 41.51	350m: 4:37.97 40.79		
	100m: 1:13.74 38.77		200m: 2:34.47 40.85		300m: 3:57.18 41.20	400m: 5:17.12 39.15		
23.	Francisca Soares, PIMENTA	F	202786	07	Clube Naval Povoense	5:17.81	411	25,00
	50m: 34.63 34.63		150m: 1:53.70 39.95		250m: 3:15.52 40.84	350m: 4:38.30 41.15		
	100m: 1:13.75 39.12		200m: 2:34.68 40.98		300m: 3:57.15 41.63	400m: 5:17.81 39.51		
24.	Luciana Filipa, PINTO	F	201801	08	Porto	5:18.28	410	-
	50m: 35.85 35.85		150m: 1:55.67 40.16		250m: 3:16.49 40.30	350m: 4:38.29 40.62		
	100m: 1:15.51 39.66		200m: 2:36.19 40.52		300m: 3:57.67 41.18	400m: 5:18.28 39.99		
25.	Ana Gabriela, SILVA	F	203708	08	Natacao da Maia	5:18.49	409	24,00
	50m: 35.84 35.84		150m: 1:57.60 41.51		250m: 3:19.42 40.53	350m: 4:39.28 39.70		
	100m: 1:16.09 40.25		200m: 2:38.89 41.29		300m: 3:59.58 40.16	400m: 5:18.49 39.21		
26.	Maria Luis, SOUSA	F	205537	08	Porto	5:26.95	378	-
	50m: 37.27 37.27		150m: 2:00.81 42.70		250m: 3:23.90 42.36	350m: 4:47.22 41.96		
	100m: 1:18.11 40.84		200m: 2:41.54 40.73		300m: 4:05.26 41.36	400m: 5:26.95 39.73		
27.	Beatriz Maria, NEVES	F	201090	08	Leixoes Sport Clube	5:27.74	375	-
	50m: 36.20 36.20		150m: 1:59.43 42.53		250m: 3:22.91 41.60	350m: 4:47.00 41.90		
	100m: 1:16.90 40.70		200m: 2:41.31 41.88		300m: 4:05.10 42.19	400m: 5:27.74 40.74		
28.	Maria Leonor, MOUTINHO	F	213221	08	Natacao da Maia	5:29.13	370	23,00
	50m: 35.44 35.44		150m: 1:59.40 42.03		250m: 3:24.55 42.13	350m: 4:48.96 41.06		
	100m: 1:17.37 41.93		200m: 2:42.42 43.02		300m: 4:07.90 43.35	400m: 5:29.13 40.17		
29.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	5:30.32	366	-
	50m: 36.76 36.76		150m: 2:00.51 42.47		250m: 3:25.27 42.27	350m: 4:49.63 42.34		
	100m: 1:18.04 41.28		200m: 2:43.00 42.49		300m: 4:07.29 42.02	400m: 5:30.32 40.69		
30.	Matilde Araujo, PALMEIRA <i>FTL</i>	F	202806	07	Vilacondense	5:30.41	366	-
	50m: 35.94 35.94		150m: 1:58.72 41.92		250m: 3:23.18 42.56	350m: 4:49.17 43.37		
	100m: 1:16.80 40.86		200m: 2:40.62 41.90		300m: 4:05.80 42.62	400m: 5:30.41 41.24		

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Prova 36, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
31.	Matilde Vidal, SILVA	F	214613	08	Fluvial Portuense	5:30.93	364	-
	50m: 37.95 37.95		150m: 2:01.99		42.80 250m: 3:25.93	42.35	350m: 4:50.44	42.15
	100m: 1:19.19 41.24		200m: 2:43.58		41.59 300m: 4:08.29	42.36	400m: 5:30.93	40.49
32.	Maria Goncalves, DIAS	F	208862	08	Fluvial Portuense	5:34.39	353	-
	50m: 36.93 36.93		150m: 2:00.42		42.32 250m: 3:26.65	43.39	350m: 4:52.95	42.98
	100m: 1:18.10 41.17		200m: 2:43.26		42.84 300m: 4:09.97	43.32	400m: 5:34.39	41.44
33.	Melissa Freitas, NOGUEIRA FTL	F	210657	07	Assoc. Desportiva de Fafe	5:35.58	349	22,00
	50m: 35.94 35.94		150m: 2:00.31		43.16 250m: 3:26.72	43.10	350m: 4:53.46	43.23
	100m: 1:17.15 41.21		200m: 2:43.62		43.31 300m: 4:10.23	43.51	400m: 5:35.58	42.12
34.	Mafalda Guimaraes, SANTOS	F	200926	08	Leixoes Sport Clube	5:37.36	344	-
	50m: 36.77 36.77		150m: 2:00.59		42.59 250m: 3:25.31	43.02	350m: 4:53.72	44.96
	100m: 1:18.00 41.23		200m: 2:42.29		41.70 300m: 4:08.76	43.45	400m: 5:37.36	43.64

Prova 37

Masc., 400m Livres

Absolutos

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Resultados

Recordes Nacionais 50m Absoluto	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Sen	3:50.56	Jose Paulo, LOPES	POR	Barcelona (ESP)	06/06/2021
Recordes Nacionais 50m Jun 18	3:53.79	Jose Paulo, LOPES	SCB	Oeiras	28/07/2018
Recordes Nacionais 50m Jun 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14/07/2010
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21/07/2009
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006
Recorde Regional 50m Absoluto	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14/06/2008
Recorde Regional 50m Sen	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14/06/2008
Recorde Regional 50m Jun 18	3:58.61	Luis Miguel, MONTEIRO	FCP	Loule	03/08/2001
Recorde Regional 50m Jun 17	3:59.53	Tomas Teixeira, LOPES	FOCA	Coimbra	24/05/2019
Recorde Regional 50m Juv A	4:02.13	Jorge Manuel, MAIA	GDNVNF	EULisboa	29/05/2005
Recorde Regional 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29/07/2006

Juv B - Masculino Juv B: 5:05.44 / Juv A - Masculino Juv A: 4:58.23 / Jun - Masculinos Jun: 4:38.18 / Sen - Masculinos Sen: 4:29.73

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	4:36.84	502	35,00
	50m: 30.72 30.72		150m: 1:40.16		35.17 250m: 2:52.01	35.94	350m: 4:04.35	36.31
	100m: 1:04.99 34.27		200m: 2:16.07		35.91 300m: 3:28.04	36.03	400m: 4:36.84	32.49
2.	Duarte Maria, CARREIRA	M	205865	07	Porto	4:36.90	502	-
	50m: 31.17 31.17		150m: 1:41.40		35.91 250m: 2:51.21	34.88	400m: 4:36.90	34.96
	100m: 1:05.49 34.32		200m: 2:16.33		34.93 350m: 4:01.94	1:10.73		
3.	Miguel Guedes, FERREIRA	M	205181	07	Porto	4:36.92	501	-
	50m: 31.45 31.45		150m: 1:41.13		35.43 250m: 2:52.09	35.67	350m: 4:03.00	35.27
	100m: 1:05.70 34.25		200m: 2:16.42		35.29 300m: 3:27.73	35.64	400m: 4:36.92	33.92
4.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	4:41.44	478	34,00
	50m: 31.84 31.84		150m: 1:43.47		36.28 250m: 2:55.25	35.69	350m: 4:06.87	35.74
	100m: 1:07.19 35.35		200m: 2:19.56		36.09 300m: 3:31.13	35.88	400m: 4:41.44	34.57
5.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	4:43.17	469	-
	50m: 31.99 31.99		150m: 1:44.02		36.75 250m: 2:55.97	35.89	350m: 4:08.60	36.24
	100m: 1:07.27 35.28		200m: 2:20.08		36.06 300m: 3:32.36	36.39	400m: 4:43.17	34.57
6.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	4:45.65	457	33,00
	50m: 31.08 31.08		150m: 1:42.89		36.49 250m: 2:57.05	37.20	350m: 4:10.97	36.71
	100m: 1:06.40 35.32		200m: 2:19.85		36.96 300m: 3:34.26	37.21	400m: 4:45.65	34.68
7.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	4:47.34	449	32,00
	50m: 31.08 31.08		150m: 1:42.60		36.48 250m: 2:56.68	37.19	350m: 4:11.45	37.56
	100m: 1:06.12 35.04		200m: 2:19.49		36.89 300m: 3:33.89	37.21	400m: 4:47.34	35.89

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.72334

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Prova 37, Masc., 400m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
8.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	4:48.65	443	30,00
	50m: 30.90 30.90	150m: 1:39.02	34.61	250m: 2:52.79	37.51	350m: 4:10.53	39.17	
	100m: 1:04.41 33.51	200m: 2:15.28	36.26	300m: 3:31.36	38.57	400m: 4:48.65	38.12	
9.	Francisco Bernardes, MARTELO	M	201758	07	Porto	4:51.17	431	-
	50m: 31.75 31.75	150m: 1:44.89	37.63	250m: 2:59.21	37.36	350m: 4:14.56	37.38	
	100m: 1:07.26 35.51	200m: 2:21.85	36.96	300m: 3:37.18	37.97	400m: 4:51.17	36.61	
10.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	4:52.57	425	29,00
	50m: 31.61 31.61	150m: 1:44.36	36.93	250m: 3:00.01	38.03	350m: 4:15.69	37.86	
	100m: 1:07.43 35.82	200m: 2:21.98	37.62	300m: 3:37.83	37.82	400m: 4:52.57	36.88	
11.	Pedro Mendonca, BRAGA	M	203198	07	Vilacondense	4:54.67	416	28,00
	50m: 32.10 32.10	150m: 1:45.21	37.10	250m: 3:00.97	38.16	350m: 4:17.28	38.32	
	100m: 1:08.11 36.01	200m: 2:22.81	37.60	300m: 3:38.96	37.99	400m: 4:54.67	37.39	
12.	Martim Goncalves, CARVALHO	M	209245	07	Assoc. Desportiva de Fafe	4:54.71	416	27,00
	50m: 31.69 31.69	150m: 1:45.79	37.70	250m: 3:02.38	38.79	350m: 4:19.02	38.13	
	100m: 1:08.09 36.40	200m: 2:23.59	37.80	300m: 3:40.89	38.51	400m: 4:54.71	35.69	
13.	Dinis Miranda, CAMBAS FTL	M	200367	07	Clube Naval Povoense	5:07.09	368	-
	50m: 34.46 34.46	150m: 1:51.97	38.95	250m: 3:10.67	39.47	350m: 4:28.99	38.58	
	100m: 1:13.02 38.56	200m: 2:31.20	39.23	300m: 3:50.41	39.74	400m: 5:07.09	38.10	
14.	Pedro Roque, IGREJA FTL	M	203964	06	Vilacondense	5:10.78	355	26,00
	50m: 33.28 33.28	150m: 1:49.48	38.93	250m: 3:10.06	40.43	350m: 4:31.69	40.57	
	100m: 1:10.55 37.27	200m: 2:29.63	40.15	300m: 3:51.12	41.06	400m: 5:10.78	39.09	
15.	Tomas Pinto, COSTA FTL	M	202820	07	Leixoes Sport Clube	5:15.23	340	25,00
	50m: 35.16 35.16	150m: 1:53.86	39.98	250m: 3:15.58	41.48	350m: 4:36.37	39.91	
	100m: 1:13.88 38.72	200m: 2:34.10	40.24	300m: 3:56.46	40.88	400m: 5:15.23	38.86	

Juniores-Seniores

1.	Pedro Miguel, SANTOS	M	121987	01	Porto	4:07.73	701	43,00
	50m: 28.46 28.46	150m: 1:29.37	30.72	250m: 2:31.85	31.36	350m: 3:35.89	32.33	
	100m: 58.65 30.19	200m: 2:00.49	31.12	300m: 3:03.56	31.71	400m: 4:07.73	31.84	
2.	Goncalo Renato, CARVALHO	M	127586	04	Porto	4:17.79	622	41,00
	50m: 30.14 30.14	150m: 1:34.82	32.45	250m: 2:39.63	32.14	350m: 3:45.81	32.93	
	100m: 1:02.37 32.23	200m: 2:07.49	32.67	300m: 3:12.88	33.25	400m: 4:17.79	31.98	
3.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	4:22.12	591	40,00
	50m: 28.77 28.77	150m: 1:34.38	33.02	250m: 2:41.41	33.67	350m: 3:48.81	33.71	
	100m: 1:01.36 32.59	200m: 2:07.74	33.36	300m: 3:15.10	33.69	400m: 4:22.12	33.31	
4.	Adriano Miguel, NIZ	M	23013	86	Famalicao	4:23.59	581	39,00
	50m: 29.79 29.79	150m: 1:35.71	33.33	250m: 2:42.68	33.43	350m: 3:50.11	33.69	
	100m: 1:02.38 32.59	200m: 2:09.25	33.54	300m: 3:16.42	33.74	400m: 4:23.59	33.48	
5.	Afonso Carvalho, SILVA	M	130127	05	Famalicao	4:24.45	576	38,00
	50m: 29.87 29.87	150m: 1:36.88	34.26	250m: 2:45.54	34.08	350m: 3:52.49	33.52	
	100m: 1:02.62 32.75	200m: 2:11.46	34.58	300m: 3:18.97	33.43	400m: 4:24.45	31.96	
6.	Guilherme Lobo, PINTO	M	126503	04	Foca Quinta Da Lixa - Cnf	4:27.58	556	37,00
	50m: 30.12 30.12	150m: 1:36.31	33.30	250m: 2:44.22	33.90	350m: 3:53.44	34.57	
	100m: 1:03.01 32.89	200m: 2:10.32	34.01	300m: 3:18.87	34.65	400m: 4:27.58	34.14	
7.	Joao Pedro, TORRES	M	127551	05	Porto	4:30.89	536	-
	50m: 29.76 29.76	150m: 1:35.26	32.95	250m: 2:45.05	34.86	350m: 3:56.90	35.92	
	100m: 1:02.31 32.55	200m: 2:10.19	34.93	300m: 3:20.98	35.93	400m: 4:30.89	33.99	
8.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	4:31.64	531	36,00
	50m: 30.18 30.18	150m: 1:38.76	34.91	250m: 2:48.27	35.01	350m: 3:57.33	34.62	
	100m: 1:03.85 33.67	200m: 2:13.26	34.50	300m: 3:22.71	34.44	400m: 4:31.64	34.31	

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Prova 37, Masc., 400m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
9.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	4:47.86	446	31,00
	50m: 31.97 31.97	150m: 1:45.26 36.69	250m: 2:59.67 36.56	350m: 4:13.89 37.10				
	100m: 1:08.57 36.60	200m: 2:23.11 37.85	300m: 3:36.79 37.12	400m: 4:47.86 33.97				

Absolutos

1.	Pedro Miguel, SANTOS	M	121987	01	Porto	4:07.73	701	43,00
	50m: 28.46 28.46	150m: 1:29.37 30.72	250m: 2:31.85 31.36	350m: 3:35.89 32.33				
	100m: 58.65 30.19	200m: 2:00.49 31.12	300m: 3:03.56 31.71	400m: 4:07.73 31.84				
2.	Goncalo Renato, CARVALHO	M	127586	04	Porto	4:17.79	622	41,00
	50m: 30.14 30.14	150m: 1:34.82 32.45	250m: 2:39.63 32.14	350m: 3:45.81 32.93				
	100m: 1:02.37 32.23	200m: 2:07.49 32.67	300m: 3:12.88 33.25	400m: 4:17.79 31.98				
3.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	4:22.12	591	40,00
	50m: 28.77 28.77	150m: 1:34.38 33.02	250m: 2:41.41 33.67	350m: 3:48.81 33.71				
	100m: 1:01.36 32.59	200m: 2:07.74 33.36	300m: 3:15.10 33.69	400m: 4:22.12 33.31				
4.	Adriano Miguel, NIZ	M	23013	86	Famalição	4:23.59	581	39,00
	50m: 29.79 29.79	150m: 1:35.71 33.33	250m: 2:42.68 33.43	350m: 3:50.11 33.69				
	100m: 1:02.38 32.59	200m: 2:09.25 33.54	300m: 3:16.42 33.74	400m: 4:23.59 33.48				
5.	Afonso Carvalho, SILVA	M	130127	05	Famalição	4:24.45	576	38,00
	50m: 29.87 29.87	150m: 1:36.88 34.26	250m: 2:45.54 34.08	350m: 3:52.49 33.52				
	100m: 1:02.62 32.75	200m: 2:11.46 34.58	300m: 3:18.97 33.43	400m: 4:24.45 31.96				
6.	Guilherme Lobo, PINTO	M	126503	04	Foca Quinta Da Lixa - Cnf	4:27.58	556	37,00
	50m: 30.12 30.12	150m: 1:36.31 33.30	250m: 2:44.22 33.90	350m: 3:53.44 34.57				
	100m: 1:03.01 32.89	200m: 2:10.32 34.01	300m: 3:18.87 34.65	400m: 4:27.58 34.14				
7.	Joao Pedro, TORRES	M	127551	05	Porto	4:30.89	536	-
	50m: 29.76 29.76	150m: 1:35.26 32.95	250m: 2:45.05 34.86	350m: 3:56.90 35.92				
	100m: 1:02.31 32.55	200m: 2:10.19 34.93	300m: 3:20.98 35.93	400m: 4:30.89 33.99				
8.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	4:31.64	531	36,00
	50m: 30.18 30.18	150m: 1:38.76 34.91	250m: 2:48.27 35.01	350m: 3:57.33 34.62				
	100m: 1:03.85 33.67	200m: 2:13.26 34.50	300m: 3:22.71 34.44	400m: 4:31.64 34.31				
9.	Rodrigo Santos, CONCEICAO	M	204488	06	Clube Naval Povoense	4:36.84	502	35,00
	50m: 30.72 30.72	150m: 1:40.16 35.17	250m: 2:52.01 35.94	350m: 4:04.35 36.31				
	100m: 1:04.99 34.27	200m: 2:16.07 35.91	300m: 3:28.04 36.03	400m: 4:36.84 32.49				
10.	Duarte Maria, CARREIRA	M	205865	07	Porto	4:36.90	502	-
	50m: 31.17 31.17	150m: 1:41.40 35.91	250m: 2:51.21 34.88	350m: 4:06.87 35.74				
	100m: 1:05.49 34.32	200m: 2:16.33 34.93	300m: 3:28.04 36.03	400m: 4:36.90 34.96				
11.	Miguel Guedes, FERREIRA	M	205181	07	Porto	4:36.92	501	-
	50m: 31.45 31.45	150m: 1:41.13 35.43	250m: 2:52.09 35.67	350m: 4:03.00 35.27				
	100m: 1:05.70 34.25	200m: 2:16.42 35.29	300m: 3:27.73 35.64	400m: 4:36.92 33.92				
12.	Luis Filipe, CARVALHO	M	132279	07	Clube Naval Povoense	4:41.44	478	34,00
	50m: 31.84 31.84	150m: 1:43.47 36.28	250m: 2:55.25 35.69	350m: 4:06.87 35.74				
	100m: 1:07.19 35.35	200m: 2:19.56 36.09	300m: 3:31.13 35.88	400m: 4:41.44 34.57				
13.	Rodrigo Manuel, MONTEIRO	M	132895	07	Porto	4:43.17	469	-
	50m: 31.99 31.99	150m: 1:44.02 36.75	250m: 2:55.97 35.89	350m: 4:08.60 36.24				
	100m: 1:07.27 35.28	200m: 2:20.08 36.06	300m: 3:32.36 36.39	400m: 4:43.17 34.57				
14.	David Luis, ANTUNES	M	201934	07	Fluvial Portuense	4:45.65	457	33,00
	50m: 31.08 31.08	150m: 1:42.89 36.49	250m: 2:57.05 37.20	350m: 4:10.97 36.71				
	100m: 1:06.40 35.32	200m: 2:19.85 36.96	300m: 3:34.26 37.21	400m: 4:45.65 34.68				
15.	Pedro Miguel, PINTO	M	148621	07	Assoc. Desportiva de Fafe	4:47.34	449	32,00
	50m: 31.08 31.08	150m: 1:42.60 36.48	250m: 2:56.68 37.19	350m: 4:11.45 37.56				
	100m: 1:06.12 35.04	200m: 2:19.49 36.89	300m: 3:33.89 37.21	400m: 4:47.34 35.89				
16.	Daniel Carlos, CARNEIRO FTL	M	124770	04	Fluvial Portuense	4:47.86	446	31,00
	50m: 31.97 31.97	150m: 1:45.26 36.69	250m: 2:59.67 36.56	350m: 4:13.89 37.10				
	100m: 1:08.57 36.60	200m: 2:23.11 37.85	300m: 3:36.79 37.12	400m: 4:47.86 33.97				

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Prova 37, Masc., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
17.	Jose Pedro, CARNEIRO	M	201823	06	Natacao de Valongo	4:48.65	443	30,00
	50m: 30.90 30.90	150m: 1:39.02	34.61	250m: 2:52.79	37.51	350m: 4:10.53	39.17	
	100m: 1:04.41 33.51	200m: 2:15.28	36.26	300m: 3:31.36	38.57	400m: 4:48.65	38.12	
18.	Francisco Bernardes, MARTELO	M	201758	07	Porto	4:51.17	431	-
	50m: 31.75 31.75	150m: 1:44.89	37.63	250m: 2:59.21	37.36	350m: 4:14.56	37.38	
	100m: 1:07.26 35.51	200m: 2:21.85	36.96	300m: 3:37.18	37.97	400m: 4:51.17	36.61	
19.	Joao Lourenco, HERDEIRO	M	207204	07	CLIP Teams	4:52.57	425	29,00
	50m: 31.61 31.61	150m: 1:44.36	36.93	250m: 3:00.01	38.03	350m: 4:15.69	37.86	
	100m: 1:07.43 35.82	200m: 2:21.98	37.62	300m: 3:37.83	37.82	400m: 4:52.57	36.88	
20.	Pedro Mendonca, BRAGA	M	203198	07	Vilacondense	4:54.67	416	28,00
	50m: 32.10 32.10	150m: 1:45.21	37.10	250m: 3:00.97	38.16	350m: 4:17.28	38.32	
	100m: 1:08.11 36.01	200m: 2:22.81	37.60	300m: 3:38.96	37.99	400m: 4:54.67	37.39	
21.	Martim Goncalves, CARVALHO	M	209245	07	Assoc. Desportiva de Fafe	4:54.71	416	27,00
	50m: 31.69 31.69	150m: 1:45.79	37.70	250m: 3:02.38	38.79	350m: 4:19.02	38.13	
	100m: 1:08.09 36.40	200m: 2:23.59	37.80	300m: 3:40.89	38.51	400m: 4:54.71	35.69	
22.	Dinis Miranda, CAMBAS	M	200367	07	Clube Naval Povoense	5:07.09	368	-
	<i>FTL</i>							
	50m: 34.46 34.46	150m: 1:51.97	38.95	250m: 3:10.67	39.47	350m: 4:28.99	38.58	
	100m: 1:13.02 38.56	200m: 2:31.20	39.23	300m: 3:50.41	39.74	400m: 5:07.09	38.10	
23.	Pedro Roque, IGREJA	M	203964	06	Vilacondense	5:10.78	355	26,00
	<i>FTL</i>							
	50m: 33.28 33.28	150m: 1:49.48	38.93	250m: 3:10.06	40.43	350m: 4:31.69	40.57	
	100m: 1:10.55 37.27	200m: 2:29.63	40.15	300m: 3:51.12	41.06	400m: 5:10.78	39.09	
24.	Tomas Pinto, COSTA	M	202820	07	Leixoes Sport Clube	5:15.23	340	25,00
	<i>FTL</i>							
	50m: 35.16 35.16	150m: 1:53.86	39.98	250m: 3:15.58	41.48	350m: 4:36.37	39.91	
	100m: 1:13.88 38.72	200m: 2:34.10	40.24	300m: 3:56.46	40.88	400m: 5:15.23	38.86	

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Prova 38

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Femin., 100m Costas

Absolutos

Resultados

Recordes Nacionais 50m Absoluto	1:01.10	Camila Rodrigues, REBELO	ALN	Coimbra	01/04/2022
Recordes Nacionais 50m Sen	1:01.10	Camila Rodrigues, REBELO	ALN	Coimbra	01/04/2022
Recordes Nacionais 50m Jun 17	1:01.18	Rafaela Gomes, AZEVEDO	POR	Budapest (HUN)	20/08/2019
Recordes Nacionais 50m Jun 16	1:03.21	Camila Rodrigues, REBELO	ALN	Coimbra	05/04/2019
Recordes Nacionais 50m Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06/04/2012
Recordes Nacionais 50m Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06/04/2012
Recordes Nacionais 50m Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25/03/2011
Recorde Regional 50m Absoluto	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10/04/2010
Recorde Regional 50m Sen	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10/04/2010
Recorde Regional 50m Jun 17	1:04.70	Mariana Pacheco, CUNHA	CNCE	Coimbra	24/04/2021
Recorde Regional 50m Jun 16	1:04.42	Joana Carina, SILVA	LSXXI	Poznan (POL)	13/07/2013
Recorde Regional 50m Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06/04/2012
Recorde Regional 50m Juv B	1:04.90	Joana Carina, SILVA	LSXXI	LISBOA	25/03/2011

Juv A - Feminino Juv A: 1:20.39 / Juv B - Feminino Juv B: 1:23.51 / Jun - Feminino Jun: 1:17.38 / Sen - Feminino Sen: 1:14.10

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Mafalda Martins, MESQUITA	F	202805	07	Famalicao	1:10.05	555	40,00
	50m: 33.88 33.88		100m: 1:10.05		36.17			
2.	Maria Joao, MARTINS	F	204552	08	Assoc. Desportiva de Fafe	1:14.07	469	38,00
	50m: 34.88 34.88		100m: 1:14.07		39.19			
3.	Mafalda Pinto, SOUSA	F	203348	08	Fluvial Portuense	1:14.08	469	37,00
	50m: 36.12 36.12		100m: 1:14.08		37.96			
4.	Beatriz Silva, COENTRAO	F	201062	08	Famalicao	1:15.39	445	35,00
	50m: 36.57 36.57		100m: 1:15.39		38.82			
5.	Rita Marques, SOARES	F	132341	07	Famalicao	1:15.73	439	-
	50m: 36.21 36.21		100m: 1:15.73		39.52			
6.	Matilde Vale, SILVA	F	202754	07	Clube Naval Povoense	1:16.23	430	34,00
	50m: 37.10 37.10		100m: 1:16.23		39.13			
7.	Mafalda Monteiro, ARAUJO	F	207850	08	Leixoes Sport Clube	1:16.96	418	32,00
	50m: 37.60 37.60		100m: 1:16.96		39.36			
8.	Ana Castro, SILVA	F	205522	08	Famalicao	1:19.41	381	-
	50m: 38.57 38.57		100m: 1:19.41		40.84			
9.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	1:20.06	371	29,00
	50m: 39.43 39.43		100m: 1:20.06		40.63			
10.	Ana Senhorinha, SILVA	F	205527	07	Natacao da Maia	1:20.09	371	28,00
	50m: 39.24 39.24		100m: 1:20.09		40.85			
11.	Lara Filipa, PINTO	F	200514	08	Porto	1:20.16	370	-
	50m: 39.02 39.02		100m: 1:20.16		41.14			
12.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	1:21.37	354	-
	50m: 39.90 39.90		100m: 1:21.37		41.47			
13.	Mariana Nunes, CUNHA	F	201087	08	Lousada Século XXI	1:21.73	349	27,00
	50m: 40.00 40.00		100m: 1:21.73		41.73			
14.	Ana Medeiros, COSTA FTL	F	152164	07	GCST	1:22.90	334	26,00
	50m: 39.59 39.59		100m: 1:22.90		43.31			
15.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	1:23.92	322	24,00
	50m: 40.89 40.89		100m: 1:23.92		43.03			

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Prova 38, Femin., 100m Costas, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
16.	Eva Oliveira, SILVA <i>FTL</i>	F	201964	07	Penafiel	1:25.41	306	-
	50m: 41.04 41.04				100m: 1:25.41 44.37			
17.	Joana Vale, GUIMARAES <i>FTL</i>	F	203330	08	Natacao de Valongo	1:26.49	294	21,00
	50m: 41.23 41.23				100m: 1:26.49 45.26			
18.	Lara Santos, PEREIRA <i>FTL</i>	F	201773	08	Natacao de Valongo	1:28.38	276	-
	50m: 42.81 42.81				100m: 1:28.38 45.57			
19.	Gabriela Oliveira, SILVA <i>FTL</i>	F	201965	07	Penafiel	1:30.01	261	-
	50m: 44.07 44.07				100m: 1:30.01 45.94			
20.	Leonor Ribeiro, NOBRE <i>FTL</i>	F	205775	08	Natacao de Valongo	1:30.05	261	-
	50m: 42.94 42.94				100m: 1:30.05 47.11			
21.	Ana Vitoria, LOPES <i>FTL</i>	F	215066	08	Assoc. Desportiva de Fafe	1:31.83	246	20,00
	50m: 43.87 43.87				100m: 1:31.83 47.96			
22.	Bruna Alexandra, BARBOSA <i>FTL</i>	F	214664	07	Propaganda da Nataç�o	1:32.56	240	19,00
	50m: 46.07 46.07				100m: 1:32.56 46.49			
23.	Ariana, SAMPAIO RODRIGUES <i>FTL</i>	F	214663	07	Propaganda da Nataç�o	1:33.02	237	-
	50m: 44.92 44.92				100m: 1:33.02 48.10			

Juniores-Seniores

1.	Ana Rita, RAMOS	F	126775	02	Porto	1:08.52	593	43,00
	50m: 32.72 32.72				100m: 1:08.52 35.80			
2.	Maria Joao, FERREIRA	F	132732	06	Foca Quinta Da Lixa - Cnf	1:08.97	581	41,00
	50m: 33.87 33.87				100m: 1:08.97 35.10			
3.	Maria Ines, SILVA	F	200371	05	Porto	1:10.44	545	39,00
	50m: 33.38 33.38				100m: 1:10.44 37.06			
4.	Leonor Filipa, PINTO	F	132842	06	Porto	1:10.60	542	-
	50m: 34.27 34.27				100m: 1:10.60 36.33			
5.	Mariana Ferreira, VIEIRA	F	132810	05	Natacao de Valongo	1:14.84	455	36,00
	50m: 36.25 36.25				100m: 1:14.84 38.59			
6.	Ines Correia, MARTINS <i>FTL</i>	F	129741	04	Porto	1:16.01	434	-
	50m: 36.87 36.87				100m: 1:16.01 39.14			
7.	Maria Luis, SA	F	131836	06	Fluvial Portuense	1:16.27	430	33,00
	50m: 36.54 36.54				100m: 1:16.27 39.73			
8.	Joana Filipa, PINTO	F	202846	06	Fluvial Portuense	1:16.31	429	-
	50m: 36.86 36.86				100m: 1:16.31 39.45			
9.	Carolina Ascenso, SANTOS <i>FTL</i>	F	121271	01	Propaganda da Nataç�o	1:18.12	400	31,00
	50m: 37.33 37.33				100m: 1:18.12 40.79			

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Prova 38, Femin., 100m Costas, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
10.	Bebiana Filipa, BARBOSA FTL	F	147271	06	Aquatico Pacense	1:18.93	388	30,00
	50m: 38.64 38.64				100m: 1:18.93 40.29			
11.	Ana Marques, PINTO FTL	F	201832	06	Fluvial Portuense	1:19.23	383	-
	50m: 38.84 38.84				100m: 1:19.23 40.39			
12.	Ana Beatriz, PAIVA FTL	F	131224	05	AP Vila D Este	1:23.15	331	25,00
	50m: 40.15 40.15				100m: 1:23.15 43.00			
13.	Mariana Filipa, GOMES FTL	F	128450	04	Penafiel	1:24.56	315	23,00
	50m: 40.84 40.84				100m: 1:24.56 43.72			
14.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	1:25.73	302	22,00
	50m: 41.61 41.61				100m: 1:25.73 44.12			
WDR	Mariana Martins, COSTA	F	127658	05	Famalic�o			-

Absolutos

1.	Ana Rita, RAMOS 50m: 32.72 32.72	F	126775	02	Porto	1:08.52	593	43,00
					100m: 1:08.52 35.80			
2.	Maria Joao, FERREIRA 50m: 33.87 33.87	F	132732	06	Foca Quinta Da Lixa - Cnf	1:08.97	581	41,00
					100m: 1:08.97 35.10			
3.	Mafalda Martins, MESQUITA 50m: 33.88 33.88	F	202805	07	Famalic�o	1:10.05	555	40,00
					100m: 1:10.05 36.17			
4.	Maria Ines, SILVA 50m: 33.38 33.38	F	200371	05	Porto	1:10.44	545	39,00
					100m: 1:10.44 37.06			
5.	Leonor Filipa, PINTO 50m: 34.27 34.27	F	132842	06	Porto	1:10.60	542	-
					100m: 1:10.60 36.33			
6.	Maria Joao, MARTINS 50m: 34.88 34.88	F	204552	08	Assoc. Desportiva de Fafe	1:14.07	469	38,00
					100m: 1:14.07 39.19			
7.	Mafalda Pinto, SOUSA 50m: 36.12 36.12	F	203348	08	Fluvial Portuense	1:14.08	469	37,00
					100m: 1:14.08 37.96			
8.	Mariana Ferreira, VIEIRA 50m: 36.25 36.25	F	132810	05	Natacao de Valongo	1:14.84	455	36,00
					100m: 1:14.84 38.59			
9.	Beatriz Silva, COENTRAO 50m: 36.57 36.57	F	201062	08	Famalic�o	1:15.39	445	35,00
					100m: 1:15.39 38.82			
10.	Rita Marques, SOARES 50m: 36.21 36.21	F	132341	07	Famalic�o	1:15.73	439	-
					100m: 1:15.73 39.52			
11.	Ines Correia, MARTINS FTL 50m: 36.87 36.87	F	129741	04	Porto	1:16.01	434	-
					100m: 1:16.01 39.14			
12.	Matilde Vale, SILVA 50m: 37.10 37.10	F	202754	07	Clube Naval Povoense	1:16.23	430	34,00
					100m: 1:16.23 39.13			
13.	Maria Luis, SA 50m: 36.54 36.54	F	131836	06	Fluvial Portuense	1:16.27	430	33,00
					100m: 1:16.27 39.73			
14.	Joana Filipa, PINTO 50m: 36.86 36.86	F	202846	06	Fluvial Portuense	1:16.31	429	-
					100m: 1:16.31 39.45			
15.	Mafalda Monteiro, ARAUJO 50m: 37.60 37.60	F	207850	08	Leixoes Sport Clube	1:16.96	418	32,00
					100m: 1:16.96 39.36			

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Prova 38, Femin., 100m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
16.	Carolina Ascenso, SANTOS FTL	F	121271	01	Propaganda da Nataç�o	1:18.12	400	31,00
	50m: 37.33 37.33				100m: 1:18.12 40.79			
17.	Bebiana Filipa, BARBOSA FTL	F	147271	06	Aquatico Pacense	1:18.93	388	30,00
	50m: 38.64 38.64				100m: 1:18.93 40.29			
18.	Ana Marques, PINTO FTL	F	201832	06	Fluvial Portuense	1:19.23	383	-
	50m: 38.84 38.84				100m: 1:19.23 40.39			
19.	Ana Castro, SILVA	F	205522	08	Famaliç�o	1:19.41	381	-
	50m: 38.57 38.57				100m: 1:19.41 40.84			
20.	Matilde Reis, FONTES	F	207037	08	Clube Naval Povoense	1:20.06	371	29,00
	50m: 39.43 39.43				100m: 1:20.06 40.63			
21.	Ana Senhorinha, SILVA	F	205527	07	Natacao da Maia	1:20.09	371	28,00
	50m: 39.24 39.24				100m: 1:20.09 40.85			
22.	Lara Filipa, PINTO	F	200514	08	Porto	1:20.16	370	-
	50m: 39.02 39.02				100m: 1:20.16 41.14			
23.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	1:21.37	354	-
	50m: 39.90 39.90				100m: 1:21.37 41.47			
24.	Mariana Nunes, CUNHA	F	201087	08	Lousada S�culo XXI	1:21.73	349	27,00
	50m: 40.00 40.00				100m: 1:21.73 41.73			
25.	Ana Medeiros, COSTA FTL	F	152164	07	GCST	1:22.90	334	26,00
	50m: 39.59 39.59				100m: 1:22.90 43.31			
26.	Ana Beatriz, PAIVA FTL	F	131224	05	AP Vila D Este	1:23.15	331	25,00
	50m: 40.15 40.15				100m: 1:23.15 43.00			
27.	Sara Rafaela, LEAL FTL	F	204403	07	Penafiel	1:23.92	322	24,00
	50m: 40.89 40.89				100m: 1:23.92 43.03			
28.	Mariana Filipa, GOMES FTL	F	128450	04	Penafiel	1:24.56	315	23,00
	50m: 40.84 40.84				100m: 1:24.56 43.72			
29.	Eva Oliveira, SILVA FTL	F	201964	07	Penafiel	1:25.41	306	-
	50m: 41.04 41.04				100m: 1:25.41 44.37			
30.	Carolina Soares, PINTO FTL	F	203016	06	Natacao da Maia	1:25.73	302	22,00
	50m: 41.61 41.61				100m: 1:25.73 44.12			
31.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	1:26.49	294	21,00
	50m: 41.23 41.23				100m: 1:26.49 45.26			
32.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	1:28.38	276	-
	50m: 42.81 42.81				100m: 1:28.38 45.57			

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Prova 38, Femin., 100m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
33.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	1:30.01	261	-
	50m: 44.07 44.07				100m: 1:30.01 45.94			
34.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	1:30.05	261	-
	50m: 42.94 42.94				100m: 1:30.05 47.11			
35.	Ana Vitoria, LOPES FTL	F	215066	08	Assoc. Desportiva de Fafe	1:31.83	246	20,00
	50m: 43.87 43.87				100m: 1:31.83 47.96			
36.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Nataç�o	1:32.56	240	19,00
	50m: 46.07 46.07				100m: 1:32.56 46.49			
37.	Ariana, SAMPAIO RODRIGUES FTL	F	214663	07	Propaganda da Nataç�o	1:33.02	237	-
	50m: 44.92 44.92				100m: 1:33.02 48.10			
WDR	Mariana Martins, COSTA	F	127658	05	Famalici�o			-

Prova 39

Masc., 100m Costas

Absolutos

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Resultados

Recordes Nacionais 50m Absoluto	53.88	Joao Nogueira, COSTA	VSC	Coimbra	01/04/2022
Recordes Nacionais 50m Sen	53.88	Joao Nogueira, COSTA	VSC	Coimbra	01/04/2022
Recordes Nacionais 50m Jun 18	55.18	Joao Nogueira, COSTA	POR	Budapest (HUN)	20/08/2019
Recordes Nacionais 50m Jun 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12/07/2009
Recordes Nacionais 50m Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29/05/2011
Recordes Nacionais 50m Juv B	59.54	Diogo Matos, RIBEIRO	POR	Baku (AZE)	22/07/2019
Recorde Regional 50m Absoluto	54.70	Joao Nogueira, COSTA	VSC	Algarve	19/05/2021
Recorde Regional 50m Sen	54.70	Joao Nogueira, COSTA	VSC	Budapest (HUN)	19/05/2021
Recorde Regional 50m Jun 18	55.18	Joao Nogueira, COSTA	VSC	Budapest (HUN)	20/08/2019
Recorde Regional 50m Jun 17	57.76	Joao Nogueira, COSTA	VSC	Lisboa	28/07/2018
Recorde Regional 50m Juv A	59.41	Ricardo Filipe, ROCHA	CAP	Lisboa	28/07/2018
Recorde Regional 50m Juv B	1:00.62	Ricardo Filipe, ROCHA	CAP	Oeiras	22/07/2017

Juv B - Masculino Juv B: 1:14.72 / Juv A - Masculino Juv A: 1:12.03 / Jun - Masculinos Jun: 1:08.20 / Sen - Masculinos Sen: 1:05.93

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Francisco Araujo, SILVA	M	132331	06	Famalici�o	1:02.53	570	39,00
	50m: 30.09 30.09				100m: 1:02.53 32.44			
2.	Tiago Mendes, COSTA	M	201132	07	Famalici�o	1:03.92	533	36,00
	50m: 30.96 30.96				100m: 1:03.92 32.96			
3.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	1:04.00	531	35,00
	50m: 30.73 30.73				100m: 1:04.00 33.27			
4.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	1:05.00	507	34,00
	50m: 31.28 31.28				100m: 1:05.00 33.72			
5.	Vasco Monteiro, CASTRO	M	202720	06	Porto	1:05.28	501	-
	50m: 31.43 31.43				100m: 1:05.28 33.85			
6.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	1:05.39	498	-
	50m: 31.79 31.79				100m: 1:05.39 33.60			

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Prova 39, Masc., 100m Costas, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Manuel Alves, GONCALVES 50m: 31.48 31.48	M	148528 100m: 1:06.25	06	Celorico Basto 34.77	1:06.25	479	31,00
8.	Guilherme Mahua, SOARES 50m: 33.02 33.02	M	200790 100m: 1:06.53	07	Porto 33.51	1:06.53	473	-
9.	Renato Gouveia, TEIXEIRA 50m: 32.31 32.31	M	204599 100m: 1:07.20	07	Foca Quinta Da Lixa - Cnf 34.89	1:07.20	459	29,00
10.	Pedro Santos, PEREIRA 50m: 32.44 32.44	M	202814 100m: 1:07.27	06	Leixoes Sport Clube 34.83	1:07.27	457	28,00
11.	Artur Guterres, CARVALHO 50m: 32.10 32.10	M	202266 100m: 1:07.34	06	Vilacondense 35.24	1:07.34	456	27,00
12.	Paulo Tiago, VALES 50m: 33.42 33.42	M	201752 100m: 1:09.77	07	Porto 36.35	1:09.77	410	-
13.	Manuel Joaquim, LEAL 50m: 35.14 35.14	M	130075 100m: 1:11.79	06	Aquatico Pacense 36.65	1:11.79	376	-
14.	Bruno Emanuel, VIEIRA 50m: 35.54 35.54	M	204681 100m: 1:13.21	07	Lousada S�culo XXI 37.67	1:13.21	355	25,00
15.	Rafael Dinis, PACHECO 50m: 34.91 34.91	M	204593 100m: 1:13.37	07	Aquatico Pacense 38.46	1:13.37	352	-
16.	Martim Goncalves, CARVALHO 50m: 35.57 35.57	M	209245 100m: 1:13.86	07	Assoc. Desportiva de Fafe 38.29	1:13.86	345	24,00
17.	Pedro Mendonca, BRAGA FTL 50m: 35.59 35.59	M	203198 100m: 1:15.37	07	Vilacondense 39.78	1:15.37	325	23,00
18.	Rodrigo Miguel, FERNANDES FTL 50m: 35.66 35.66	M	200798 100m: 1:15.99	07	Natacao de Valongo 40.33	1:15.99	317	22,00
19.	Martim Danilo, MENDES FTL 50m: 38.00 38.00	M	206619 100m: 1:16.90	07	Fluvial Portuense 38.90	1:16.90	306	21,00
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-

Juniores-Seniores

1.	Porfirio Braga, NUNES 50m: 28.64 28.64	M	111552 100m: 59.63	00	Porto 30.99	59.63	657	43,00
2.	Ricardo Filipe, ROCHA 50m: 28.97 28.97	M	121787 100m: 59.70	02	Aquatico Pacense 30.73	59.70	655	41,00
3.	Duarte Monteiro, CASTRO 50m: 29.85 29.85	M	121978 100m: 1:01.42	03	Porto 31.57	1:01.42	601	40,00
4.	Francisco Rodriguez, AMARAL 50m: 30.32 30.32	M	122608 100m: 1:02.68	02	Porto 32.36	1:02.68	566	-
5.	Francisco Manuel, ZENZA 50m: 30.00 30.00	M	112097 100m: 1:02.88	01	Natacao da Maia 32.88	1:02.88	560	38,00
6.	Tiago Campos, LOURENCO 50m: 30.66 30.66	M	127923 100m: 1:03.31	02	Natacao de Valongo 32.65	1:03.31	549	37,00
7.	Filipe Silva, RIBEIRO 50m: 30.82 30.82	M	132090 100m: 1:05.06	05	Leixoes Sport Clube 34.24	1:05.06	506	33,00
8.	Pedro Nuno, CANELAS 50m: 31.60 31.60	M	148387 100m: 1:05.36	04	Fluvial Portuense 33.76	1:05.36	499	32,00

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Prova 39, Masc., 100m Costas, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
9.	Tiago Fonseca, CARVALHO FTL	M	127099	03	Clube Naval Povoense	1:06.75	468	30,00
	50m: 31.86 31.86				100m: 1:06.75 34.89			
10.	Guilherme Nunes, ANDRADE	M	127620	05	Porto	1:07.75	448	-
	50m: 32.68 32.68				100m: 1:07.75 35.07			
11.	Rodrigo Manuel, NETO FTL	M	127952	04	Aquatico Pacense	1:11.04	388	26,00
	50m: 33.92 33.92				100m: 1:11.04 37.12			

Absolutos

1.	Porfirio Braga, NUNES	M	111552	00	Porto	59.63	657	43,00
	50m: 28.64 28.64				100m: 59.63 30.99			
2.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	59.70	655	41,00
	50m: 28.97 28.97				100m: 59.70 30.73			
3.	Duarte Monteiro, CASTRO	M	121978	03	Porto	1:01.42	601	40,00
	50m: 29.85 29.85				100m: 1:01.42 31.57			
4.	Francisco Araujo, SILVA	M	132331	06	Famalic�o	1:02.53	570	39,00
	50m: 30.09 30.09				100m: 1:02.53 32.44			
5.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	1:02.68	566	-
	50m: 30.32 30.32				100m: 1:02.68 32.36			
6.	Francisco Manuel, ZENZA	M	112097	01	Natacao da Maia	1:02.88	560	38,00
	50m: 30.00 30.00				100m: 1:02.88 32.88			
7.	Tiago Campos, LOURENCO	M	127923	02	Natacao de Valongo	1:03.31	549	37,00
	50m: 30.66 30.66				100m: 1:03.31 32.65			
8.	Tiago Mendes, COSTA	M	201132	07	Famalic�o	1:03.92	533	36,00
	50m: 30.96 30.96				100m: 1:03.92 32.96			
9.	Tomas Ferreira, OLIVEIRA	M	151457	06	Natacao da Maia	1:04.00	531	35,00
	50m: 30.73 30.73				100m: 1:04.00 33.27			
10.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	1:05.00	507	34,00
	50m: 31.28 31.28				100m: 1:05.00 33.72			
11.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	1:05.06	506	33,00
	50m: 30.82 30.82				100m: 1:05.06 34.24			
12.	Vasco Monteiro, CASTRO	M	202720	06	Porto	1:05.28	501	-
	50m: 31.43 31.43				100m: 1:05.28 33.85			
13.	Pedro Nuno, CANELAS	M	148387	04	Fluvial Portuense	1:05.36	499	32,00
	50m: 31.60 31.60				100m: 1:05.36 33.76			
14.	Rodrigo Filipe, CORREIA	M	210429	07	Porto	1:05.39	498	-
	50m: 31.79 31.79				100m: 1:05.39 33.80			
15.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	1:06.25	479	31,00
	50m: 31.48 31.48				100m: 1:06.25 34.77			
16.	Guilherme Mahua, SOARES	M	200790	07	Porto	1:06.53	473	-
	50m: 33.02 33.02				100m: 1:06.53 33.51			
17.	Tiago Fonseca, CARVALHO FTL	M	127099	03	Clube Naval Povoense	1:06.75	468	30,00
	50m: 31.86 31.86				100m: 1:06.75 34.89			
18.	Renato Gouveia, TEIXEIRA	M	204599	07	Foca Quinta Da Lixa - Cnf	1:07.20	459	29,00
	50m: 32.31 32.31				100m: 1:07.20 34.89			
19.	Pedro Santos, PEREIRA	M	202814	06	Leixoes Sport Clube	1:07.27	457	28,00
	50m: 32.44 32.44				100m: 1:07.27 34.83			

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Prova 39, Masc., 100m Costas, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
20.	Artur Guterres, CARVALHO 50m: 32.10 32.10	M	202266	06	Vilacondense	1:07.34	456	27,00
21.	Guilherme Nunes, ANDRADE 50m: 32.68 32.68	M	127620	05	Porto	1:07.75	448	-
22.	Paulo Tiago, VALES 50m: 33.42 33.42	M	201752	07	Porto	1:09.77	410	-
23.	Rodrigo Manuel, NETO FTL 50m: 33.92 33.92	M	127952	04	Aquatico Pacense	1:11.04	388	26,00
24.	Manuel Joaquim, LEAL 50m: 35.14 35.14	M	130075	06	Aquatico Pacense	1:11.79	376	-
25.	Bruno Emanuel, VIEIRA 50m: 35.54 35.54	M	204681	07	Lousada S�culo XXI	1:13.21	355	25,00
26.	Rafael Dinis, PACHECO 50m: 34.91 34.91	M	204593	07	Aquatico Pacense	1:13.37	352	-
27.	Martim Goncalves, CARVALHO 50m: 35.57 35.57	M	209245	07	Assoc. Desportiva de Fafe	1:13.86	345	24,00
28.	Pedro Mendonca, BRAGA FTL 50m: 35.59 35.59	M	203198	07	Vilacondense	1:15.37	325	23,00
29.	Rodrigo Miguel, FERNANDES FTL 50m: 35.66 35.66	M	200798	07	Natacao de Valongo	1:15.99	317	22,00
30.	Martim Danilo, MENDES FTL 50m: 38.00 38.00	M	206619	07	Fluvial Portuense	1:16.90	306	21,00
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-

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Prova 40	Femin., 4 x 50m Livres				Absolutos
26/06/2022 - 10:50					Resultados
Recordes Nacionais 50m Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01/04/2011
Recordes Nacionais 50m Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01/04/2011
Recordes Nacionais 50m Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa	27/03/2009
Recordes Nacionais 50m Juv A	1:52.98				
Recordes Nacionais 50m Juv	1:52.98				
Recordes Nacionais 50m Juv B	1:54.01				
Recorde Regional 50m Absoluto	1:46.22	Marta Marinho, Sara Loureiro, Alex	FCPa	OliveirRio Maior	Oliveira
Recorde Regional 50m Sen	1:46.22	Marta Marinho, Sara Oliveira, Alexa	FCP	OliveirRio Maior	rourreiro
Recorde Regional 50m Jun	1:52.50	Futebol Clube do Porto	FCP	Povoa de Varzim	
Recorde Regional 50m Juv A	2:01.51	Ana Martins, Maria Ferreira, Regina	FOCA's,	GaFamaliç�es	
Recorde Regional 50m Juv	2:01.51	Ana Martins, Maria Ferreira, Regina	FOCA's,	GaFamaliç�es	

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1.	F			Foca Quinta Da Lixa - Cnf	1:59.18	529	43,00
	06	+0,76	30.10	Gabriela Ferreira, NEVES	06	+0,38	31.20
	07		28.07	Maria Joao, FERREIRA	06		29.81
2.	F			Leixoes Sport Clube	2:00.78	508	41,00
	08	+0,76	30.07	Mafalda Guimaraes, SANTOS	08	+0,19	31.99
	08		30.42	Barbara Sofia, GOMES	07		28.30
3.	F			Famaliç�o 2	2:02.04	493	40,00
	07	+0,80	29.00	Rita Marques, SOARES	07	+0,59	32.51
	08		30.75	Ana Carolina, CRUZ	08		29.78
	F			Fluvial Portuense 2	2:02.04	493	40,00
	07	+0,84	29.34	Joana Navega, TEIXEIRA	07	+0,69	31.87
	08		31.55	Ana Carolina, NEVES	08		29.28
5.	F			Fluvial Portuense 1	2:02.13	491	38,00
	06	+0,81	29.34	Ana Marques, PINTO	06	+0,64	32.12
	06		31.45	Ines Aires, NOGUEIRA	06		29.22
6.	F			Porto 2	2:03.62	474	37,00
	08	+0,98	30.38	Francisca Martins, GOMES	07	+0,59	29.87
	08		32.04	Leonor Carvalho, SOARES	08		31.33
7.	F			Vilacondense 2	2:04.40	465	36,00
	07	+0,75	30.16	Maria Joao, COSTA	08	+0,64	29.69
	08		31.72	Matilde Araujo, PALMEIRA	07		32.83
8.	F			Natacao de Valongo 1	2:05.32	455	35,00
	06	+0,86	30.06	Iara Clarisse, SOUSA	07	+0,39	34.54
	05		29.95	Mariana Ferreira, VIEIRA	05		30.77
9.	F			Aquatico Pacense 2	2:07.06	436	34,00
	08	+0,92	31.24	Erica Ferreira, BARROS	08	+0,44	33.47
	07		29.39	Bruna Maria, BARBOSA	08		32.96
10.	F			Assoc. Desportiva de Fafe 2	2:08.79	419	33,00
	08	+0,89	29.98	Maria Joao, MARTINS	08	+0,38	29.83
	08		35.40	Lara Mota, FERREIRA	08		33.58
11.	F			Aquatico Pacense 1	2:09.19	415	32,00
	01	+0,94	30.09	Bebiana Filipa, BARBOSA	06	+0,38	33.62
	02		31.73	Barbara Carneiro, TEIXEIRA	05		33.75
12.	F			Natacao de Valongo 2	2:10.11	406	31,00
	08	+0,92	31.24	Lara Santos, PEREIRA	08	+0,21	34.46
	08		32.83	Filipa Oliveira, COSTA	08		31.58
13.	F			Natacao da Maia 2	2:12.10	388	30,00
	08	+0,95	32.23	Alexandra Noemia, SILVANO	08	+0,65	34.19
	08		32.79	Ana Senhorinha, SILVA	07		32.89
14.	F			Penafiel 2	2:15.23	362	29,00
	07	+0,96	31.81	Matilde Cardoso, ARAUJO	07	0.00	37.87
	07		33.93	Eva Oliveira, SILVA	07		31.62

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Prova 40, Femin., 4 x 50m Livres, Absolutos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
15.	F			Propaganda da Natação	2:16.24	354	28,00
		08	+0,92	30.97	01	+0,54	30.88
		07		37.17	07		37.22
				Carolina Ascenso, SANTOS			
				Bruna Alexandra, BARBOSA			
16.	F			Clube Naval Povoense	2:17.62	343	27,00
		07	+0,74	31.25	08	+0,16	33.93
		07		33.30	08		39.14
				Matilde Vale, SILVA			
				Mariana Gomes, BOAS			
DSQ	F			Foca Quinta Da Lixa - Cnf			-
				4.2 - Falsa Partida – SW 4.4			
				Carolina Cunha, HENRIQUES, Mariana Pinto, FERREIRA, Mariana Vieira, SANTOS, Beatriz Silva, QUINTELA			
DSQ	F			Porto			-
				4.2 - Falsa Partida – SW 4.4			
				Sofia Nunes, FIAL, Ana Rita, RAMOS, Catarina Gaspar, PIRES, Leonor Santos, SILVA			

Prova 41

Masc., 4 x 50m Livres

Absolutos

26/06/2022 - 11:00

Resultados

Recordes Nacionais 50m Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bonifacio	Faro	18/07/2009
Recordes Nacionais 50m Sen	1:32.94	Futebol Clube do Porto	Oeiras	26/07/2012
Recordes Nacionais 50m Jun	1:36.69	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	27/03/2009
Recordes Nacionais 50m Juv A	1:44.05			
Recordes Nacionais 50m Juv	1:44.05			
Recordes Nacionais 50m Juv B	1:44.74			
Recorde Regional 50m Absoluto	1:32.36	Paulo S, Joao C, Carlos S, Rui Vilar FCP	Faro	18/07/2009
Recorde Regional 50m Sen	1:32.94	Paulo Santos, Joao Carvalho, Fabio Ferreira, Ismael	Oeiras	26/07/2012
Recorde Regional 50m Jun	1:36.69	Rui Vilar, Nuno Vieira, Joao Almeida Carlos Sa	Lisboa	27/03/2009

Pontos: FINA 2021

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
1.	M			Porto	1:39.16	626	43,00
		05	+0,82	26.04	01	+0,24	24.90
		00		23.85	02		24.37
				Joao Pedro, TORRES			
				Porfirio Braga, NUNES			
2.	M			Natacao de Valongo	1:40.97	593	41,00
		02	+0,88	25.09	04	+0,63	25.75
		06		25.35	04		24.78
				Manuel Fernando, TEIXEIRA			
				Diogo Severino, NUNES			
3.	M			Leixoes Sport Clube	1:41.37	586	40,00
		98	+0,76	25.63	02	+0,47	25.49
		05		25.17	93		25.08
				Joao Simons, CUNHA			
				Dario Almeida, SANTOS			
4.	M			Famalicao	1:42.28	570	39,00
		06	+0,73	25.82	05	+0,29	25.77
		06		25.71	04		24.98
				Afonso Carvalho, SILVA			
				Joao Campelo, OLIVEIRA			
5.	M			Natacao da Maia	1:44.13	541	38,00
		01	+0,83	25.26	06	+0,42	26.67
		05		26.26	04		25.94
				Tomas Ferreira, OLIVEIRA			
				Marcos Goncalves, BELTRAO			
6.	M			Foca Quinta Da Lixa - Cnf	1:46.12	511	37,00
		07	+0,72	26.12	07	+0,28	
		04		25.86	05		
				Renato Gouveia, TEIXEIRA			
				Afonso Martim, LEITE			
7.	M			Clube Naval Povoense	1:47.30	494	36,00
		03	+0,85	26.75	01	+0,53	27.54
		02		25.55	03		27.46
				Hugo Azurara, VIEIRA			
				Joao Bernardo, FERNANDES			
8.	M			Porto	1:47.47	492	35,00
		06	+0,80	26.85	07	+0,44	26.91
		07		26.37	07		27.34
				Guilherme Mahua, SOARES			
				Rodrigo Filipe, CORREIA			
9.	M			Vilacondense	1:49.22	468	34,00
		06	+0,79	27.63	06	+0,25	27.38
		06		26.00	06		28.21
				Afonso Azevedo, PACHECO			
				Guilherme Ramos, SILVA			

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Prova 41, Masc., 4 x 50m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS	
10.	M			Assoc. Desportiva de Fafe 2	1:50.06	458	33,00	
		07	+0,78	26.84	Martim Goncalves, CARVALHO	07	+0,49	28.33
		07		27.54	Andre Leitao, COSTA	07		27.35
11.	M			Clube Naval Povoense 2	1:51.30	443	32,00	
		07	+0,78	27.08	Rodrigo Santos, CONCEICAO	06	+0,39	26.96
		07		28.82	Alexandre Moreira, DOURADO	07		28.44
12.	M			Fluvial Portuense 2	1:51.64	439	31,00	
		07	+0,78	27.71	David Luis, ANTUNES	07	+0,64	28.25
		07		28.52	Joao Carlos, BARROS	06		27.16
DSQ	M			Aquatico Pacense 1			-	
				<i>10.18 - Rendio Antecipada do 3 Nadador(a) - SW 10.11</i>				
		96	+0,79	26.88	Henrique Rocha, CARNEIRO	05	-0,06	
		03		26.25	Ricardo Filipe, ROCHA	02		
WDR	M			Celorico Basto 2			-	

6 - 3ª Jornada - 2ª Sess o

26/06/2022 - 15:30

Prova 42 Misto, 4 x 50m Livres Absolutos Resultados

Recordes Nacionais 50m Absoluto	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Recordes Nacionais 50m Sen	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Recordes Nacionais 50m Jun	1:46.18	Clube Natacao Colegio Efanor	CNCE	Povoa de Varzim	02/02/2020
Recordes Nacionais 50m Juv A	1:49.50				
Recordes Nacionais 50m Juv	1:49.50				
Recordes Nacionais 50m Juv B	1:53.38	Clube Colegio de Lamas	CCLAMAS	Famalicao	08/07/2021
Recordes Nacionais 50m Inf A	59:00.00				
Recordes Nacionais 50m Inf	2:11.78				
Recorde Regional 50m Absoluto	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Recorde Regional 50m Sen	1:41.55	Futebol Clube do Porto	FCP	Povoa de Varzim	02/02/2020
Recorde Regional 50m Jun	1:46.18	Clube Natao Col�gio Efanor	CNCE	Povoa de Varzim	02/02/2020
Recorde Regional 50m Juv	1:51.16	Goncalo Silva, Joao Torres, Catarin	FCP'es, Leo	Famalicao	08/07/2021
Recorde Regional 50m Juv B	1:53.38	Romulo Pinto, Beatriz Pereira, Biagi	CCLAMAS	Famalicao	08/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS	
1.	X			Porto	1:45.87	616	43,00	
		00	+0,74	24.80	Ana Rita, RAMOS	02	+0,49	28.41
		02		24.54	Leonor Santos, SILVA	03		28.12
2.	X			Aquatico Pacense 1	1:49.83	551	41,00	
		96	+0,79	26.83	Matilde Barros, LEAL	07	+0,30	29.27
		01		29.35	Ricardo Filipe, ROCHA	02		24.38
3.	X			Fluvial Portuense 2	1:50.92	535	40,00	
				<i>Recorde Regional</i>				
		06	+0,77	26.15	Gil Afonso, RODRIGUES	07	+0,66	27.22
		07		28.95	Ana Carolina, NEVES	08		28.60
4.	X			Natacao de Valongo 1	1:51.92	521	39,00	
		04	+0,89	26.32	Mariana Filipa, MOREIRA	02	+0,42	30.41
		05		29.83	Manuel Fernando, TEIXEIRA	04		25.36
5.	X			Famalicao 2	1:52.29	516	38,00	
		06	+0,72	26.25	Ana Carolina, CRUZ	08	+0,70	30.21
		06		26.93	Mafalda Martins, MESQUITA	07		28.90

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Prova 42, Misto, 4 x 50m Livres, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS	
6.	Porto 2	X		Porto	1:52.55	512	37,00	
	Bruno Silva, LOUREIRO	06	+0,81	27.03	Francisca Martins, GOMES	07	+0,87	29.97
	Rodrigo Filipe, CORREIA	07		26.04	Sofia Teixeira, BARBOSA	08		29.51
7.	Fluvial Portuense 1	X		Fluvial Portuense	1:52.57	512	36,00	
	Pedro Nuno, CANELAS	04	+0,73	27.06	Afonso Valente, FONSECA	05	+0,50	26.76
	Maria Luis, SA	06		29.23	Ines Aires, NOGUEIRA	06		29.52
8.	Vilacondense 2	X		Vilacondense	1:52.61	512	35,00	
	Artur Guterres, CARVALHO	06	+0,76	26.71	Pedro Roque, IGREJA	06	+0,37	27.04
	Maria Joao, COSTA	08		29.83	Maria Francisca, BERNARDO	07		29.03
9.	Foca Quinta Da Lixa - Cnf 2	X		Foca Quinta Da Lixa - Cnf	1:52.86	508	34,00	
	Leonardo Cunha, MOURA	07	+0,70	26.31	Carolina Cunha, HENRIQUES	08	+0,50	31.22
	Renato Gouveia, TEIXEIRA	07		27.26	Ana Beatriz, VIEIRA	07		28.07
10.	Foca Quinta Da Lixa - Cnf 1	X		Foca Quinta Da Lixa - Cnf	1:53.39	501	33,00	
	Afonso Martim, LEITE	05	+0,76	27.08	Maria Joao, FERREIRA	06	+0,11	30.48
	Guilherme Lobo, PINTO	04		26.15	Ana Rita, MARTINS	06		29.68
11.	Assoc. Desportiva de Fafe 2	X		Assoc. Desportiva de Fafe	1:53.90	494	32,00	
	Pedro Miguel, PINTO	07	+0,85	27.77	Maria Joao, MARTINS	08	+0,38	29.66
	Laura Doellinger, CASTRO	08		30.26	Antonio Miguel, COSTA	07		26.21
12.	Natacao da Maia 2	X		Natacao da Maia	1:55.64	472	31,00	
	Tomas Ferreira, OLIVEIRA	06	+0,76	27.08	Goncalo Carlos, AZEVEDO	07	+0,34	24.91
	Maria Leonor, MOUTINHO	08		32.69	Ana Gabriela, SILVA	08		30.96
13.	Clube Naval Povoense 2	X		Clube Naval Povoense	1:57.50	450	30,00	
	Rodrigo Santos, CONCEICAO	06	+0,74	27.05	Matilde Vale, SILVA	07	+0,46	31.06
	Luis Filipe, CARVALHO	07		27.01	Francisca Soares, PIMENTA	07		32.38
14.	Natacao da Maia 1	X		Natacao da Maia	2:00.20	421	29,00	
	Tomas Carvalhinho, RIBEIRO	05	+0,74	26.86	Carolina Soares, PINTO	06	+0,36	34.31
	Lara Nobre, FERREIRA	03		32.90	Marcos Goncalves, BELTRAO	04		26.13
15.	Aquatico Pacense 2	X		Aquatico Pacense	2:02.46	398	28,00	
	Beatriz Costa, DIAS	08	+0,88	30.68	Manuel Joaquim, LEAL	06	+0,39	28.95
	Bruna Maria, BARBOSA	08		32.32	Rafael Dinis, PACHECO	07		30.51
16.	Propaganda da Nataç�o 2	X		Propaganda da Nataç�o	2:11.05	324	27,00	
	Alex, LUKYANCHYKOV	07	+0,87	28.80	Goncalo, ALVES MOUTINHO	06	+0,36	29.26
	Bruna Alexandra, BARBOSA	07		36.66	Ariana, SAMPAIO RODRIGUES	07		36.33
WDR	Famaliç�o 1	X		Famaliç�o			-	
EXH	Clube Naval Povoense 1	X		Clube Naval Povoense	1:55.81	470	-	
	Pedro Soares, MORIM	02	+0,81	26.33	Joao Bernardo, FERNANDES	03	+0,04	27.11
	Natalia Avila, PEREYRA	04		29.90	Matilde Reis, FONTES	08		32.47

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Prova 43	Femin., 200m Bruços					Absolutos
26/06/2022 - 15:40						Resultados
Recordes Nacionais 50m Absoluto	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)		25/07/2019
Recordes Nacionais 50m Sen	2:25.67	Victoria, KAMINSKAYA	POR	Gwangju (KOR)		25/07/2019
Recordes Nacionais 50m Jun 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra		02/04/2017
Recordes Nacionais 50m Jun 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)		15/07/2005
Recordes Nacionais 50m Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)		27/06/2004
Recordes Nacionais 50m Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)		28/07/2003
Recorde Regional 50m Absoluto	2:32.77	Paula Alexandra, OLIVEIRA	FCP	Lisboa		28/07/2012
Recorde Regional 50m Sen	2:34.54	Barbara Sousa, FERREIRA	CNMAIA	Loule		13/06/2004
Recorde Regional 50m Jun 17	2:33.75	Paula Alexandra, OLIVEIRA	FCP	Famalicao		20/07/2013
Recorde Regional 50m Jun 16	2:32.77	Paula Alexandra, OLIVEIRA	FCP	Lisboa		01/01/1996
Recorde Regional 50m Juv A	2:33.45	Paula Alexandra, OLIVEIRA	FCP	Povoa de Varzim		08/02/2011
Recorde Regional 50m Juv B	2:39.84	Paula Alexandra, OLIVEIRA	FCP	Coimbra		29/05/2010

Juv A - Feminino Juv A: 3:18.75 / Juv B - Feminino Juv B: 3:21.89 / Jun - Feminino Jun: 3:09.12 / Sen - Feminino Sen: 2:59.84

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense	2:49.14	556	41,00
	50m: 39.34 39.34		100m: 1:22.75	43.41	150m: 2:06.15	43.40	200m: 2:49.14	42.99
2.	Francisca Martins, GOMES	F	207830	07	Porto	2:57.68	479	-
	50m: 40.45 40.45		100m: 1:25.78	45.33	150m: 2:11.35	45.57	200m: 2:57.68	46.33
3.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense	2:58.26	475	38,00
	50m: 40.14 40.14		100m: 1:25.58	45.44	150m: 2:12.16	46.58	200m: 2:58.26	46.10
4.	Rita Silva, GOMES	F	200932	08	Colegio Efanor	3:00.34	458	37,00
	50m: 39.60 39.60		100m: 1:25.85	46.25	150m: 2:12.81	46.96	200m: 3:00.34	47.53
5.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense	3:00.87	454	36,00
	50m: 42.15 42.15		100m: 1:28.42	46.27	150m: 2:15.66	47.24	200m: 3:00.87	45.21
6.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf	3:02.10	445	35,00
	50m: 40.57 40.57		100m: 1:27.32	46.75	150m: 2:14.83	47.51	200m: 3:02.10	47.27
7.	Luciana Filipa, PINTO	F	201801	08	Porto	3:03.00	439	-
	50m: 41.76 41.76		100m: 1:28.24	46.48	150m: 2:15.87	47.63	200m: 3:03.00	47.13
8.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube	3:04.97	425	33,00
	50m: 42.53 42.53		100m: 1:29.49	46.96	150m: 2:16.47	46.98	200m: 3:04.97	48.50
9.	Ana Carolina, CRUZ	F	201055	08	Famalicao	3:05.57	421	31,00
	50m: 41.66 41.66		100m: 1:29.72	48.06	150m: 2:18.10	48.38	200m: 3:05.57	47.47
10.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia	3:05.90	419	30,00
	50m: 41.48 41.48		100m: 1:29.07	47.59	150m: 2:17.19	48.12	200m: 3:05.90	48.71
11.	Ines Rebelo, SOUSA	F	203317	07	Porto	3:09.86	393	-
	50m: 42.50 42.50		100m: 1:32.12	49.62	150m: 2:21.38	49.26	200m: 3:09.86	48.48
12.	Maria Joao, COSTA	F	201391	08	Vilacondense	3:10.10	391	29,00
	50m: 43.52 43.52		100m: 1:32.38	48.86	150m: 2:21.16	48.78	200m: 3:10.10	48.94
13.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o	3:10.70	388	28,00
	50m: 42.04 42.04		100m: 1:30.30	48.26	150m: 2:19.58	49.28	200m: 3:10.70	51.12
14.	Beatriz Teixeira, CUNHA	F	204727	07	Leixoes Sport Clube	3:12.38	378	27,00
	50m: 42.05 42.05		100m: 1:31.79	49.74	150m: 2:22.32	50.53	200m: 3:12.38	50.06
15.	Melissa Freitas, NOGUEIRA	F	210657	07	Assoc. Desportiva de Fafe	3:14.72	364	26,00
	50m: 43.47 43.47		100m: 1:33.34	49.87	150m: 2:24.34	51.00	200m: 3:14.72	50.38
16.	Ariana Micaela, BESSA	F	201080	08	Lousada S�culo XXI	3:15.06	362	25,00
	50m: 43.74 43.74		100m: 1:33.75	50.01	150m: 2:24.17	50.42	200m: 3:15.06	50.89
17.	Matilde Araujo, PALMEIRA	F	202806	07	Vilacondense	3:17.88	347	-
	50m: 44.25 44.25		100m: 1:34.78	50.53	150m: 2:26.85	52.07	200m: 3:17.88	51.03

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Prova 43, Femin., 200m Bruços

Juniores-Seniores

1.	Sofia Nunes, FIAL	F	127329	03	Porto						2:44.12	608	43,00
	50m: 36.81 36.81		100m: 1:18.33		41.52	150m: 2:00.91	42.58	200m: 2:44.12			43.21		
2.	Leonor Filipa, PINTO	F	132842	06	Porto						2:50.42	543	40,00
	50m: 38.76 38.76		100m: 1:22.24		43.48	150m: 2:06.10	43.86	200m: 2:50.42			44.32		
3.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo						2:57.78	479	39,00
	50m: 39.73 39.73		100m: 1:24.55		44.82	150m: 2:11.04	46.49	200m: 2:57.78			46.74		
4.	Mariana Santos, ROMAO	F	200366	06	Vilacondense						3:03.26	437	34,00
	50m: 41.85 41.85		100m: 1:28.81		46.96	150m: 2:16.29	47.48	200m: 3:03.26			46.97		
5.	Carlota Sequeira, APARICIO FTL	F	121976	03	Fluvial Portuense						3:05.25	423	32,00
	50m: 42.28 42.28		100m: 1:29.43		47.15	150m: 2:17.31	47.88	200m: 3:05.25			47.94		

Absolutos

1.	Sofia Nunes, FIAL	F	127329	03	Porto						2:44.12	608	43,00
	50m: 36.81 36.81		100m: 1:18.33		41.52	150m: 2:00.91	42.58	200m: 2:44.12			43.21		
2.	Matilde Barros, LEAL	F	132883	07	Aquatico Pacense						2:49.14	556	41,00
	50m: 39.34 39.34		100m: 1:22.75		43.41	150m: 2:06.15	43.40	200m: 2:49.14			42.99		
3.	Leonor Filipa, PINTO	F	132842	06	Porto						2:50.42	543	40,00
	50m: 38.76 38.76		100m: 1:22.24		43.48	150m: 2:06.10	43.86	200m: 2:50.42			44.32		
4.	Francisca Martins, GOMES	F	207830	07	Porto						2:57.68	479	-
	50m: 40.45 40.45		100m: 1:25.78		45.33	150m: 2:11.35	45.57	200m: 2:57.68			46.33		
5.	Gabriela Santos, ROCHA	F	204325	05	Natacao de Valongo						2:57.78	479	39,00
	50m: 39.73 39.73		100m: 1:24.55		44.82	150m: 2:11.04	46.49	200m: 2:57.78			46.74		
6.	Joana Navega, TEIXEIRA	F	200355	07	Fluvial Portuense						2:58.26	475	38,00
	50m: 40.14 40.14		100m: 1:25.58		45.44	150m: 2:12.16	46.58	200m: 2:58.26			46.10		
7.	Rita Silva, GOMES	F	200932	08	Colegio Efanor						3:00.34	458	37,00
	50m: 39.60 39.60		100m: 1:25.85		46.25	150m: 2:12.81	46.96	200m: 3:00.34			47.53		
8.	Erica Ferreira, BARROS	F	151596	08	Aquatico Pacense						3:00.87	454	36,00
	50m: 42.15 42.15		100m: 1:28.42		46.27	150m: 2:15.66	47.24	200m: 3:00.87			45.21		
9.	Mariana Pinto, FERREIRA	F	206487	08	Foca Quinta Da Lixa - Cnf						3:02.10	445	35,00
	50m: 40.57 40.57		100m: 1:27.32		46.75	150m: 2:14.83	47.51	200m: 3:02.10			47.27		
10.	Luciana Filipa, PINTO	F	201801	08	Porto						3:03.00	439	-
	50m: 41.76 41.76		100m: 1:28.24		46.48	150m: 2:15.87	47.63	200m: 3:03.00			47.13		
11.	Mariana Santos, ROMAO	F	200366	06	Vilacondense						3:03.26	437	34,00
	50m: 41.85 41.85		100m: 1:28.81		46.96	150m: 2:16.29	47.48	200m: 3:03.26			46.97		
12.	Lara Martins, LAMEIRA	F	201091	08	Leixoes Sport Clube						3:04.97	425	33,00
	50m: 42.53 42.53		100m: 1:29.49		46.96	150m: 2:16.47	46.98	200m: 3:04.97			48.50		
13.	Carlota Sequeira, APARICIO FTL	F	121976	03	Fluvial Portuense						3:05.25	423	32,00
	50m: 42.28 42.28		100m: 1:29.43		47.15	150m: 2:17.31	47.88	200m: 3:05.25			47.94		
14.	Ana Carolina, CRUZ	F	201055	08	Famalicao						3:05.57	421	31,00
	50m: 41.66 41.66		100m: 1:29.72		48.06	150m: 2:18.10	48.38	200m: 3:05.57			47.47		
15.	Alexandra Noemia, SILVANO	F	213220	08	Natacao da Maia						3:05.90	419	30,00
	50m: 41.48 41.48		100m: 1:29.07		47.59	150m: 2:17.19	48.12	200m: 3:05.90			48.71		
16.	Ines Rebelo, SOUSA	F	203317	07	Porto						3:09.86	393	-
	50m: 42.50 42.50		100m: 1:32.12		49.62	150m: 2:21.38	49.26	200m: 3:09.86			48.48		
17.	Maria Joao, COSTA	F	201391	08	Vilacondense						3:10.10	391	29,00
	50m: 43.52 43.52		100m: 1:32.38		48.86	150m: 2:21.16	48.78	200m: 3:10.10			48.94		
18.	Margarida Ascenso, SANTOS	F	209004	08	Propaganda da Nataç�o						3:10.70	388	28,00
	50m: 42.04 42.04		100m: 1:30.30		48.26	150m: 2:19.58	49.28	200m: 3:10.70			51.12		

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Prova 43, Femin., 200m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
19.	Beatriz Teixeira, CUNHA 50m: 42.05 42.05	F	204727	07	Leixoes Sport Clube	3:12.38	378	27,00
20.	Melissa Freitas, NOGUEIRA 50m: 43.47 43.47	F	210657	07	Assoc. Desportiva de Fafe	3:14.72	364	26,00
21.	Ariana Micaela, BESSA 50m: 43.74 43.74	F	201080	08	Lousada S�culo XXI	3:15.06	362	25,00
22.	Matilde Araujo, PALMEIRA 50m: 44.25 44.25	F	202806	07	Vilacondense	3:17.88	347	-

Prova 44

Masc., 200m Bruços

Absolutos

26/06/2022 - 15:50

Resultados

Recordes Nacionais 50m Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01/08/2013
Recordes Nacionais 50m Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01/08/2013
Recordes Nacionais 50m Jun 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20/07/2009
Recordes Nacionais 50m Jun 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26/07/2014
Recordes Nacionais 50m Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23/07/2016
Recordes Nacionais 50m Juv B	2:23.84	Rafael Miguel, MIMOSO	SLB	Oeiras	10/04/2022
Recorde Regional 50m Absoluto	2:14.13	Carlos Esteves, ALMEIDA	FCP	Palma de Maiorca (ESP)	13/04/2014
Recorde Regional 50m Sen	2:14.13	Carlos Esteves, ALMEIDA	FCP	Palma de Maiorca (ESP)	13/04/2014
Recorde Regional 50m Jun 18	2:18.32	Henrique Pereira, NEIVA	CFV	Linz (AUT)	14/07/2002
Recorde Regional 50m Jun 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26/07/2014
Recorde Regional 50m Juv A	2:24.92	Diogo Filipe, TEODORO	CNMAIA	Coimbra	25/07/2015
Recorde Regional 50m Juv B	2:26.41	Luis Manuel, FERNANDES	GDNVNF	Coimbra	31/07/2010

Juv B - Masculino Juv B: 3:05.90 / Juv A - Masculino Juv A: 3:00.32 / Jun - Masculinos Jun: 2:48.13 / Sen - Masculinos Sen: 2:41.91

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Leonardo Freitas, FERNANDES 50m: 34.57 34.57	M	209567	06	Famaliç�o	2:37.89	509	40,00
2.	Duarte Maria, CARREIRA 50m: 36.46 36.46	M	205865	07	Porto	2:40.48	485	39,00
3.	Alexandre Moreira, DOURADO 50m: 37.36 37.36	M	213891	07	Clube Naval Povoense	2:43.90	455	35,00
4.	Antonio Miguel, COSTA 50m: 37.23 37.23	M	202259	07	Assoc. Desportiva de Fafe	2:46.04	438	34,00
5.	Afonso Abreu, FREITAS 50m: 36.98 36.98	M	201645	07	Assoc. Desportiva de Fafe	2:47.16	429	33,00
6.	Vasco Monteiro, CASTRO 50m: 37.62 37.62	M	202720	06	Porto	2:47.22	429	-
7.	Gustavo Andrade, PINTO 50m: 37.91 37.91	M	207848	07	Leixoes Sport Clube	2:47.67	425	32,00
8.	Tomas Ferreira, OLIVEIRA 50m: 36.83 36.83	M	151457	06	Natacao da Maia	2:48.09	422	31,00
9.	Diogo Borges, PORTELA 50m: 38.52 38.52	M	202263	07	Fluvial Portuense	2:51.08	400	29,00
10.	Joao Lourenco, HERDEIRO 50m: 37.01 37.01	M	207204	07	CLIP Teams	2:51.62	396	28,00
11.	Francisco Manuel, PINTO 50m: 39.33 39.33	M	200812	07	Penafiel	3:00.57	340	26,00
WDR	Pedro Roque, IGREJA	M	203964	06	Vilacondense			-

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Prova 44, Masc., 200m Bruos

Juniores-Seniores

1.	Nuno Rafael, ALVES	M	25140	90	Aquatico Pacense							2:31.79	573	43,00
	50m: 34.69 34.69		100m: 1:13.93		39.24	150m: 1:53.14	39.21	200m:	2:31.79				38.65	
2.	Pedro Miguel, SANTOS	M	121987	01	Porto							2:31.92	572	41,00
	50m: 35.18 35.18		100m: 1:14.51		39.33	150m: 1:53.57	39.06	200m:	2:31.92				38.35	
3.	Tomas Coelho, PEREIRA	M	133202	05	Penafiel							2:40.63	484	38,00
	50m: 36.01 36.01		100m: 1:16.86		40.85	150m: 1:59.17	42.31	200m:	2:40.63				41.46	
4.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube							2:40.65	483	37,00
	50m: 36.14 36.14		100m: 1:16.76		40.62	150m: 1:58.26	41.50	200m:	2:40.65				42.39	
5.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia							2:43.21	461	36,00
	50m: 35.53 35.53		100m: 1:17.01		41.48	150m: 2:00.09	43.08	200m:	2:43.21				43.12	
6.	Gil Amaral, MATOS	M	127630	04	Porto							2:43.41	459	-
	50m: 37.45 37.45		100m: 1:20.14		42.69	150m: 2:01.52	41.38	200m:	2:43.41				41.89	
7.	Henrique Rocha, CARNEIRO FTL	M	132879	05	Aquatico Pacense							2:50.91	401	30,00
	50m: 39.39 39.39		100m: 1:24.08		44.69	150m: 2:08.01	43.93	200m:	2:50.91				42.90	
8.	Afonso Valente, FONSECA FTL	M	200373	05	Fluvial Portuense							2:58.98	349	27,00
	50m: 34.23 34.23		100m: 1:16.06		41.83	150m: 2:07.79	51.73	200m:	2:58.98				51.19	
9.	Leonardo Filipe, TEIXEIRA FTL	M	202725	00	AP Vila D Este							3:01.76	334	25,00
	50m: 37.94 37.94		100m: 1:23.08		45.14	150m: 2:11.83	48.75	200m:	3:01.76				49.93	

Absolutos

1.	Nuno Rafael, ALVES	M	25140	90	Aquatico Pacense							2:31.79	573	43,00
	50m: 34.69 34.69		100m: 1:13.93		39.24	150m: 1:53.14	39.21	200m:	2:31.79				38.65	
2.	Pedro Miguel, SANTOS	M	121987	01	Porto							2:31.92	572	41,00
	50m: 35.18 35.18		100m: 1:14.51		39.33	150m: 1:53.57	39.06	200m:	2:31.92				38.35	
3.	Leonardo Freitas, FERNANDES	M	209567	06	Famalicao							2:37.89	509	40,00
	50m: 34.57 34.57		100m: 1:15.19		40.62	150m: 1:57.12	41.93	200m:	2:37.89				40.77	
4.	Duarte Maria, CARREIRA	M	205865	07	Porto							2:40.48	485	39,00
	50m: 36.46 36.46		100m: 1:18.39		41.93	150m: 1:58.49	40.10	200m:	2:40.48				41.99	
5.	Tomas Coelho, PEREIRA	M	133202	05	Penafiel							2:40.63	484	38,00
	50m: 36.01 36.01		100m: 1:16.86		40.85	150m: 1:59.17	42.31	200m:	2:40.63				41.46	
6.	Joao Simons, CUNHA	M	124582	02	Leixoes Sport Clube							2:40.65	483	37,00
	50m: 36.14 36.14		100m: 1:16.76		40.62	150m: 1:58.26	41.50	200m:	2:40.65				42.39	
7.	Renato Teixeira, LOPES	M	132099	04	Natacao da Maia							2:43.21	461	36,00
	50m: 35.53 35.53		100m: 1:17.01		41.48	150m: 2:00.09	43.08	200m:	2:43.21				43.12	
8.	Gil Amaral, MATOS	M	127630	04	Porto							2:43.41	459	-
	50m: 37.45 37.45		100m: 1:20.14		42.69	150m: 2:01.52	41.38	200m:	2:43.41				41.89	
9.	Alexandre Moreira, DOURADO	M	213891	07	Clube Naval Povoense							2:43.90	455	35,00
	50m: 37.36 37.36		100m: 1:20.12		42.76	150m: 2:02.53	42.41	200m:	2:43.90				41.37	
10.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe							2:46.04	438	34,00
	50m: 37.23 37.23		100m: 1:20.25		43.02	150m: 2:03.50	43.25	200m:	2:46.04				42.54	
11.	Afonso Abreu, FREITAS	M	201645	07	Assoc. Desportiva de Fafe							2:47.16	429	33,00
	50m: 36.98 36.98		100m: 1:20.89		43.91	150m: 2:05.26	44.37	200m:	2:47.16				41.90	
12.	Vasco Monteiro, CASTRO	M	202720	06	Porto							2:47.22	429	-
	50m: 37.62 37.62		100m: 1:20.42		42.80	150m: 2:03.62	43.20	200m:	2:47.22				43.60	
13.	Gustavo Andrade, PINTO	M	207848	07	Leixoes Sport Clube							2:47.67	425	32,00
	50m: 37.91 37.91		100m: 1:21.29		43.38	150m: 2:04.01	42.72	200m:	2:47.67				43.66	

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Prova 44, Masc., 200m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
14.	Tomas Ferreira, OLIVEIRA 50m: 36.83 36.83	M	151457	06	Natacao da Maia 100m: 1:18.63 41.80 150m: 2:03.06 44.43	2:48.09 2:48.09	422 45.03	31,00
15.	Henrique Rocha, CARNEIRO FTL 50m: 39.39 39.39	M	132879	05	Aquatico Pacense 100m: 1:24.08 44.69 150m: 2:08.01 43.93	2:50.91 2:50.91	401 42.90	30,00
16.	Diogo Borges, PORTELA 50m: 38.52 38.52	M	202263	07	Fluvial Portuense 100m: 1:22.07 43.55 150m: 2:06.77 44.70	2:51.08 2:51.08	400 44.31	29,00
17.	Joao Lourenco, HERDEIRO 50m: 37.01 37.01	M	207204	07	CLIP Teams 100m: 1:19.65 42.64 150m: 2:05.15 45.50	2:51.62 2:51.62	396 46.47	28,00
18.	Afonso Valente, FONSECA FTL 50m: 34.23 34.23	M	200373	05	Fluvial Portuense 100m: 1:16.06 41.83 150m: 2:07.79 51.73	2:58.98 2:58.98	349 51.19	27,00
19.	Francisco Manuel, PINTO 50m: 39.33 39.33	M	200812	07	Penafiel 100m: 1:24.20 44.87 150m: 2:11.92 47.72	3:00.57 3:00.57	340 48.65	26,00
20.	Leonardo Filipe, TEIXEIRA FTL 50m: 37.94 37.94	M	202725	00	AP Vila D Este 100m: 1:23.08 45.14 150m: 2:11.83 48.75	3:01.76 3:01.76	334 49.93	25,00
WDR	Pedro Roque, IGREJA	M	203964	06	Vilacondense			-

Prova 45

Femin., 100m Livres

Absolutos

26/06/2022 - 16:00

Resultados

Recordes Nacionais 50m Absoluto	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04/04/2019
Recordes Nacionais 50m Sen	56.39	Ana Pinho, RODRIGUES	ADS	Coimbra	04/04/2019
Recordes Nacionais 50m Jun 17	56.56	Ana Reis, SOUSA	SAD	Coimbra	04/04/2019
Recordes Nacionais 50m Jun 16	57.11	Ana Reis, SOUSA	POR	Helsinki (FIN)	04/07/2018
Recordes Nacionais 50m Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08/07/2009
Recordes Nacionais 50m Juv B	58.07	Carolina Miranda, FERNANDES	POR	Baku (AZE)	22/07/2019
Recorde Regional 50m Absoluto	56.86	Sara Beatriz, LOUREIRO	FCP	Porto	20/06/2009
Recorde Regional 50m Sen	56.86	Sara Beatriz, LOUREIRO	FCP	Porto	20/06/2009
Recorde Regional 50m Jun 17	57.03	Francisca Soares, MARTINS	FOCA	Algarve	14/08/2020
Recorde Regional 50m Jun 16	58.06	Francisca Soares, MARTINS	FOCA	Funchal	04/08/2019
Recorde Regional 50m Juv A	58.25	Francisca Soares, MARTINS	FOCA	Lisboa	29/07/2018
Recorde Regional 50m Juv B	59.80	Ana Rita, FARIA	FCP	Oeiras	27/07/2014

Juv A - Feminino Juv A: 1:10.36 / Juv B - Feminino Juv B: 1:13.08 / Jun - Feminino Jun: 1:06.76 / Sen - Feminino Sen: 1:05.01

Pontos: FINA 2021

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
1.	Ana Beatriz, VIEIRA 50m: 29.80 29.80	F	202851	07	Foca Quinta Da Lixa - Cnf 100m: 1:00.72 30.92	1:00.72	617	41,00
2.	Mafalda Martins, MESQUITA 50m: 30.16 30.16	F	202805	07	Famalç�o 100m: 1:01.48 31.32	1:01.48	595	40,00
3.	Barbara Sofia, GOMES 50m: 30.01 30.01	F	147188	07	Leixoes Sport Clube 100m: 1:01.93 31.92	1:01.93	582	39,00
4.	Ana Carolina, NEVES 50m: 30.94 30.94	F	200350	08	Fluvial Portuense 100m: 1:03.40 32.46	1:03.40	542	36,00
5.	Sofia Alexandra, CARVALHO 50m: 31.25 31.25	F	133262	07	Fluvial Portuense 100m: 1:04.10 32.85	1:04.10	524	35,00
6.	Sofia Teixeira, BARBOSA 50m: 32.00 32.00	F	200509	08	Porto 100m: 1:04.60 32.60	1:04.60	512	-

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Prova 45, Femin., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
7.	Beatriz Silva, COENTRAO 50m: 32.23 32.23	F	201062	08	Famalici�o 34.15	1:06.38	472	-
8.	Laura Doellinger, CASTRO 50m: 32.49 32.49	F	201105	08	Assoc. Desportiva de Fafe 33.91	1:06.40	472	29,00
9.	Carolina Cunha, HENRIQUES 50m: 31.71 31.71	F	205459	08	Foca Quinta Da Lixa - Cnf 35.59	1:07.30	453	-
10.	Maria Francisca, BERNARDO 50m: 32.63 32.63	F	205973	07	Vilacondense 34.93	1:07.56	448	27,00
11.	Ines Maria, PEREIRA 50m: 32.34 32.34	F	200504	08	Natacao de Valongo 35.35	1:07.69	445	-
12.	Matilde Vale, SILVA 50m: 32.53 32.53	F	202754	07	Clube Naval Povoense 35.30	1:07.83	443	26,00
13.	Filipa Oliveira, COSTA 50m: 33.01 33.01	F	203331	08	Natacao de Valongo 34.94	1:07.95	440	-
14.	Beatriz Maria, NEVES 50m: 32.44 32.44	F	201090	08	Leixoes Sport Clube 35.80	1:08.24	435	25,00
15.	Francisca Lamas, SILVA 50m: 32.31 32.31	F	202816	08	Colegio Efanor 36.32	1:08.63	427	23,00
16.	Sara Rafaela, LEAL 50m: 33.08 33.08	F	204403	07	Penafiel 36.93	1:10.01	402	21,00
17.	Beatriz Silva, QUINTELA 50m: 33.75 33.75	F	204597	08	Foca Quinta Da Lixa - Cnf 36.28	1:10.03	402	-
18.	Eva Oliveira, SILVA FTL 50m: 34.47 34.47	F	201964	07	Penafiel 36.00	1:10.47	395	-
19.	Maria Luis, SOUSA 50m: 33.99 33.99	F	205537	08	Porto 36.82	1:10.81	389	-
20.	Ana Medeiros, COSTA FTL 50m: 33.24 33.24	F	152164	07	GCST 37.77	1:11.01	386	-
21.	Mafalda Guimaraes, SANTOS 50m: 33.58 33.58	F	200926	08	Leixoes Sport Clube 37.52	1:11.10	384	-
22.	Francisca Soares, PIMENTA FTL 50m: 34.30 34.30	F	202786	07	Clube Naval Povoense 36.92	1:11.22	382	20,00
23.	Mafalda Monteiro, ARAUJO 50m: 34.75 34.75	F	207850	08	Leixoes Sport Clube 37.54	1:12.29	366	-
24.	Mariana Nunes, CUNHA FTL 50m: 34.17 34.17	F	201087	08	Lousada S�culo XXI 39.07	1:13.24	351	19,00
25.	Maria Leonor, MOUTINHO FTL 50m: 34.69 34.69	F	213221	08	Natacao da Maia 38.76	1:13.45	348	18,00
26.	Mafalda Rego, CAIXEIRO FTL 50m: 34.41 34.41	F	201092	08	Leixoes Sport Clube 39.40	1:13.81	343	-
27.	Leonor Isabel, MARTINS FTL 50m: 34.76 34.76	F	201385	08	Vilacondense 39.16	1:13.92	342	-

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Prova 45, Femin., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
28.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	1:14.66	332	-
	50m: 36.26 36.26				100m: 1:14.66 38.40			
29.	Mariana Vieira, SANTOS FTL	F	203093	08	Foca Quinta Da Lixa - Cnf	1:15.03	327	-
	50m: 36.46 36.46				100m: 1:15.03 38.57			
30.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	1:15.34	323	-
	50m: 36.76 36.76				100m: 1:15.34 38.58			
31.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	1:15.64	319	-
	50m: 36.12 36.12				100m: 1:15.64 39.52			
32.	Rafaela Filipa, MATOS FTL	F	207851	08	Leixoes Sport Clube	1:15.67	319	-
	50m: 36.79 36.79				100m: 1:15.67 38.88			
33.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	1:15.87	316	-
	50m: 36.84 36.84				100m: 1:15.87 39.03			
34.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	1:17.62	295	-
	50m: 36.30 36.30				100m: 1:17.62 41.32			
35.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	1:18.96	280	-
	50m: 37.54 37.54				100m: 1:18.96 41.42			
36.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Nataç�o	1:23.30	239	15,00
	50m: 39.94 39.94				100m: 1:23.30 43.36			
DSQ	Matilde Cardoso, ARAUJO 4.2 - Falsa Partida – SW 4.4	F	215155	07	Penafiel			-

Juniores-Seniores

1.	Ana Rita, RAMOS	F	126775	02	Porto	1:00.22	633	43,00
	50m: 29.38 29.38				100m: 1:00.22 30.84			
2.	Leonor Santos, SILVA	F	121982	03	Porto	1:03.24	546	38,00
	50m: 30.66 30.66				100m: 1:03.24 32.58			
3.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	1:03.25	546	37,00
	50m: 30.58 30.58				100m: 1:03.25 32.67			
4.	Ines Martins, SILVA	F	127134	04	Vilacondense	1:04.12	524	34,00
	50m: 31.21 31.21				100m: 1:04.12 32.91			
5.	Ana Beatriz, MARTINS	F	108375	99	Famaliç�o	1:04.46	516	33,00
	50m: 31.01 31.01				100m: 1:04.46 33.45			
	Marta Oliveira, FERREIRA	F	125854	04	GCST	1:04.46	516	33,00
	50m: 30.88 30.88				100m: 1:04.46 33.58			
7.	Maria Ines, SILVA	F	200371	05	Porto	1:04.52	514	-
	50m: 30.98 30.98				100m: 1:04.52 33.54			
8.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	1:05.11	500	-
	50m: 31.38 31.38				100m: 1:05.11 33.73			

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Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
9.	Ana Rita, MARTINS 50m: 31.69 31.69	F	128148 100m: 1:05.32	06	Foca Quinta Da Lixa - Cnf 33.63	1:05.32	496	31,00
10.	Matilde Teixeira, SOUSA 50m: 31.75 31.75	F	129947 100m: 1:05.77	06	Natacao de Valongo 34.02	1:05.77	486	30,00
11.	Joana Filipa, PINTO FTL 50m: 32.65 32.65	F	202846 100m: 1:07.13	06	Fluvial Portuense 34.48	1:07.13	457	-
12.	Ana Carmo, PINHEIRO FTL 50m: 32.26 32.26	F	124856 100m: 1:07.33	02	GCST 35.07	1:07.33	452	28,00
13.	Ines Correia, MARTINS FTL 50m: 32.80 32.80	F	129741 100m: 1:07.63	04	Porto 34.83	1:07.63	446	-
14.	Ana Marques, PINTO FTL 50m: 33.04 33.04	F	201832 100m: 1:08.04	06	Fluvial Portuense 35.00	1:08.04	438	-
15.	Mariana Filipa, GOMES FTL 50m: 32.81 32.81	F	128450 100m: 1:08.31	04	Penafiel 35.50	1:08.31	433	24,00
16.	Mariana Filipa, MOREIRA FTL 50m: 32.37 32.37	F	125777 100m: 1:08.49	02	Natacao de Valongo 36.12	1:08.49	430	-
17.	Mariana Ferreira, VIEIRA FTL 50m: 33.09 33.09	F	132810 100m: 1:08.93	05	Natacao de Valongo 35.84	1:08.93	422	-
18.	Carolina Ascenso, SANTOS FTL 50m: 33.67 33.67	F	121271 100m: 1:09.23	01	Propaganda da Nataç�o 35.56	1:09.23	416	22,00
19.	Mariana Sousa, MOREIRA FTL 50m: 34.46 34.46	F	126950 100m: 1:12.08	03	GCST 37.62	1:12.08	369	-
20.	Barbara Carneiro, TEIXEIRA FTL 50m: 35.90 35.90	F	213401 100m: 1:15.50	05	Aquatico Pacense 39.60	1:15.50	321	17,00
21.	Ana Beatriz, PAIVA FTL 50m: 36.50 36.50	F	131224 100m: 1:16.46	05	AP Vila D Este 39.96	1:16.46	309	16,00
22.	Ariana Pinto, MAIA FTL 50m: 36.77 36.77	F	208232 100m: 1:18.22	06	Natacao de Valongo 41.45	1:18.22	288	-
WDR	Ines Gomes, MENDES	F	153455	06	Aquatico Pacense			-
WDR	Mariana Martins, COSTA	F	127658	05	Famalio			-

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Prova 45, Femin., 100m Livres

Absolutos

1.	Ana Rita, RAMOS	F	126775	02	Porto	1:00.22	633	43,00
	50m: 29.38 29.38		100m: 1:00.22		30.84			
2.	Ana Beatriz, VIEIRA	F	202851	07	Foca Quinta Da Lixa - Cnf	1:00.72	617	41,00
	50m: 29.80 29.80		100m: 1:00.72		30.92			
3.	Mafalda Martins, MESQUITA	F	202805	07	Famaliç�o	1:01.48	595	40,00
	50m: 30.16 30.16		100m: 1:01.48		31.32			
4.	Barbara Sofia, GOMES	F	147188	07	Leixoes Sport Clube	1:01.93	582	39,00
	50m: 30.01 30.01		100m: 1:01.93		31.92			
5.	Leonor Santos, SILVA	F	121982	03	Porto	1:03.24	546	38,00
	50m: 30.66 30.66		100m: 1:03.24		32.58			
6.	Natalia Passeira, NEVES	F	200503	05	Natacao de Valongo	1:03.25	546	37,00
	50m: 30.58 30.58		100m: 1:03.25		32.67			
7.	Ana Carolina, NEVES	F	200350	08	Fluvial Portuense	1:03.40	542	36,00
	50m: 30.94 30.94		100m: 1:03.40		32.46			
8.	Sofia Alexandra, CARVALHO	F	133262	07	Fluvial Portuense	1:04.10	524	35,00
	50m: 31.25 31.25		100m: 1:04.10		32.85			
9.	Ines Martins, SILVA	F	127134	04	Vilacondense	1:04.12	524	34,00
	50m: 31.21 31.21		100m: 1:04.12		32.91			
10.	Ana Beatriz, MARTINS	F	108375	99	Famaliç�o	1:04.46	516	33,00
	50m: 31.01 31.01		100m: 1:04.46		33.45			
	Marta Oliveira, FERREIRA	F	125854	04	GCST	1:04.46	516	33,00
	50m: 30.88 30.88		100m: 1:04.46		33.58			
12.	Maria Ines, SILVA	F	200371	05	Porto	1:04.52	514	-
	50m: 30.98 30.98		100m: 1:04.52		33.54			
13.	Sofia Teixeira, BARBOSA	F	200509	08	Porto	1:04.60	512	-
	50m: 32.00 32.00		100m: 1:04.60		32.60			
14.	Ines Aires, NOGUEIRA	F	203625	06	Fluvial Portuense	1:05.11	500	-
	50m: 31.38 31.38		100m: 1:05.11		33.73			
15.	Ana Rita, MARTINS	F	128148	06	Foca Quinta Da Lixa - Cnf	1:05.32	496	31,00
	50m: 31.69 31.69		100m: 1:05.32		33.63			
16.	Matilde Teixeira, SOUSA	F	129947	06	Natacao de Valongo	1:05.77	486	30,00
	50m: 31.75 31.75		100m: 1:05.77		34.02			
17.	Beatriz Silva, COENTRAO	F	201062	08	Famaliç�o	1:06.38	472	-
	50m: 32.23 32.23		100m: 1:06.38		34.15			
18.	Laura Doellinger, CASTRO	F	201105	08	Assoc. Desportiva de Fafe	1:06.40	472	29,00
	50m: 32.49 32.49		100m: 1:06.40		33.91			
19.	Joana Filipa, PINTO	F	202846	06	Fluvial Portuense	1:07.13	457	-
	FTL							
	50m: 32.65 32.65		100m: 1:07.13		34.48			
20.	Carolina Cunha, HENRIQUES	F	205459	08	Foca Quinta Da Lixa - Cnf	1:07.30	453	-
	50m: 31.71 31.71		100m: 1:07.30		35.59			
21.	Ana Carmo, PINHEIRO	F	124856	02	GCST	1:07.33	452	28,00
	FTL							
	50m: 32.26 32.26		100m: 1:07.33		35.07			
22.	Maria Francisca, BERNARDO	F	205973	07	Vilacondense	1:07.56	448	27,00
	50m: 32.63 32.63		100m: 1:07.56		34.93			
23.	Ines Correia, MARTINS	F	129741	04	Porto	1:07.63	446	-
	FTL							
	50m: 32.80 32.80		100m: 1:07.63		34.83			

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Prova 45, Femin., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
24.	Ines Maria, PEREIRA 50m: 32.34 32.34	F	200504 100m: 1:07.69	08	Natacao de Valongo 35.35	1:07.69	445	-
25.	Matilde Vale, SILVA 50m: 32.53 32.53	F	202754 100m: 1:07.83	07	Clube Naval Povoense 35.30	1:07.83	443	26,00
26.	Filipa Oliveira, COSTA 50m: 33.01 33.01	F	203331 100m: 1:07.95	08	Natacao de Valongo 34.94	1:07.95	440	-
27.	Ana Marques, PINTO FTL 50m: 33.04 33.04	F	201832 100m: 1:08.04	06	Fluvial Portuense 35.00	1:08.04	438	-
28.	Beatriz Maria, NEVES 50m: 32.44 32.44	F	201090 100m: 1:08.24	08	Leixoes Sport Clube 35.80	1:08.24	435	25,00
29.	Mariana Filipa, GOMES FTL 50m: 32.81 32.81	F	128450 100m: 1:08.31	04	Penafiel 35.50	1:08.31	433	24,00
30.	Mariana Filipa, MOREIRA FTL 50m: 32.37 32.37	F	125777 100m: 1:08.49	02	Natacao de Valongo 36.12	1:08.49	430	-
31.	Francisca Lamas, SILVA 50m: 32.31 32.31	F	202816 100m: 1:08.63	08	Colegio Efanor 36.32	1:08.63	427	23,00
32.	Mariana Ferreira, VIEIRA FTL 50m: 33.09 33.09	F	132810 100m: 1:08.93	05	Natacao de Valongo 35.84	1:08.93	422	-
33.	Carolina Ascenso, SANTOS FTL 50m: 33.67 33.67	F	121271 100m: 1:09.23	01	Propaganda da Nataç�o 35.56	1:09.23	416	22,00
34.	Sara Rafeela, LEAL 50m: 33.08 33.08	F	204403 100m: 1:10.01	07	Penafiel 36.93	1:10.01	402	21,00
35.	Beatriz Silva, QUINTELA 50m: 33.75 33.75	F	204597 100m: 1:10.03	08	Foca Quinta Da Lixa - Cnf 36.28	1:10.03	402	-
36.	Eva Oliveira, SILVA FTL 50m: 34.47 34.47	F	201964 100m: 1:10.47	07	Penafiel 36.00	1:10.47	395	-
37.	Maria Luis, SOUSA 50m: 33.99 33.99	F	205537 100m: 1:10.81	08	Porto 36.82	1:10.81	389	-
38.	Ana Medeiros, COSTA FTL 50m: 33.24 33.24	F	152164 100m: 1:11.01	07	GCST 37.77	1:11.01	386	-
39.	Mafalda Guimaraes, SANTOS 50m: 33.58 33.58	F	200926 100m: 1:11.10	08	Leixoes Sport Clube 37.52	1:11.10	384	-
40.	Francisca Soares, PIMENTA FTL 50m: 34.30 34.30	F	202786 100m: 1:11.22	07	Clube Naval Povoense 36.92	1:11.22	382	20,00
41.	Mariana Sousa, MOREIRA FTL 50m: 34.46 34.46	F	126950 100m: 1:12.08	03	GCST 37.62	1:12.08	369	-
42.	Mafalda Monteiro, ARAUJO 50m: 34.75 34.75	F	207850 100m: 1:12.29	08	Leixoes Sport Clube 37.54	1:12.29	366	-

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Prova 45, Femin., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
43.	Mariana Nunes, CUNHA FTL	F	201087	08	Lousada S�culo XXI	1:13.24	351	19,00
	50m: 34.17 34.17				100m: 1:13.24 39.07			
44.	Maria Leonor, MOUTINHO FTL	F	213221	08	Natacao da Maia	1:13.45	348	18,00
	50m: 34.69 34.69				100m: 1:13.45 38.76			
45.	Mafalda Rego, CAIXEIRO FTL	F	201092	08	Leixoes Sport Clube	1:13.81	343	-
	50m: 34.41 34.41				100m: 1:13.81 39.40			
46.	Leonor Isabel, MARTINS FTL	F	201385	08	Vilacondense	1:13.92	342	-
	50m: 34.76 34.76				100m: 1:13.92 39.16			
47.	Lara Santos, PEREIRA FTL	F	201773	08	Natacao de Valongo	1:14.66	332	-
	50m: 36.26 36.26				100m: 1:14.66 38.40			
48.	Mariana Vieira, SANTOS FTL	F	203093	08	Foca Quinta Da Lixa - Cnf	1:15.03	327	-
	50m: 36.46 36.46				100m: 1:15.03 38.57			
49.	Iara Clarisse, SOUSA FTL	F	204410	07	Natacao de Valongo	1:15.34	323	-
	50m: 36.76 36.76				100m: 1:15.34 38.58			
50.	Barbara Carneiro, TEIXEIRA FTL	F	213401	05	Aquatico Pacense	1:15.50	321	17,00
	50m: 35.90 35.90				100m: 1:15.50 39.60			
51.	Matilde Vidal, SILVA FTL	F	214613	08	Fluvial Portuense	1:15.64	319	-
	50m: 36.12 36.12				100m: 1:15.64 39.52			
52.	Rafaela Filipa, MATOS FTL	F	207851	08	Leixoes Sport Clube	1:15.67	319	-
	50m: 36.79 36.79				100m: 1:15.67 38.88			
53.	Gabriela Oliveira, SILVA FTL	F	201965	07	Penafiel	1:15.87	316	-
	50m: 36.84 36.84				100m: 1:15.87 39.03			
54.	Ana Beatriz, PAIVA FTL	F	131224	05	AP Vila D Este	1:16.46	309	16,00
	50m: 36.50 36.50				100m: 1:16.46 39.96			
55.	Joana Vale, GUIMARAES FTL	F	203330	08	Natacao de Valongo	1:17.62	295	-
	50m: 36.30 36.30				100m: 1:17.62 41.32			
56.	Ariana Pinto, MAIA FTL	F	208232	06	Natacao de Valongo	1:18.22	288	-
	50m: 36.77 36.77				100m: 1:18.22 41.45			
57.	Leonor Ribeiro, NOBRE FTL	F	205775	08	Natacao de Valongo	1:18.96	280	-
	50m: 37.54 37.54				100m: 1:18.96 41.42			

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Prova 45, Femin., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
58.	Bruna Alexandra, BARBOSA FTL	F	214664	07	Propaganda da Nataç�o	1:23.30	239	15,00
	50m: 39.94 39.94				100m: 1:23.30 43.36			
DSQ	Matilde Cardoso, ARAUJO 4.2 - Falsa Partida – SW 4.4	F	215155	07	Penafiel			-
WDR	Ines Gomes, MENDES	F	153455	06	Aquatico Pacense			-
WDR	Mariana Martins, COSTA	F	127658	05	Famalici�o			-

Prova 46

Masc., 100m Livres

Absolutos

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Resultados

Recordes Nacionais 50m Absoluto	48.72	Diogo Matos, RIBEIRO	SLB	Coimbra	31/03/2022
Recordes Nacionais 50m Sen	49.04	Miguel Duarte, NASCIMENTO	SLB	Oeiras	20/12/2020
Recordes Nacionais 50m Jun 18	48.72	Diogo Matos, RIBEIRO	SLB	Coimbra	31/03/2022
Recordes Nacionais 50m Jun 17	49.34	Diogo Matos, RIBEIRO	POR	Rome (ITA)	07/07/2021
Recordes Nacionais 50m Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28/07/2003
Recordes Nacionais 50m Juv B	52.51	Diogo Matos, RIBEIRO	CUC	Funchal	04/08/2019
Recorde Regional 50m Absoluto	50.01	Paulo Jorge, SANTOS	FCP	Rome (ITA)	29/07/2009
Recorde Regional 50m Sen	50.01	Paulo Jorge, SANTOS	FCP	Rome (ITA)	29/07/2009
Recorde Regional 50m Jun 18	51.32	Luis Miguel, MONTEIRO	FCP	Loule	02/08/2001
Recorde Regional 50m Jun 17	51.95	Paulo Jorge, SANTOS	FCP	Lisboa	24/03/2006
Recorde Regional 50m Juv A	53.46	Jorge Manuel, MAIA	GDNVNF	Lisboa	29/05/2005
Recorde Regional 50m Juv B	54.53	Joao Miguel, ASCENCAO	FCP	Lisboa	27/07/2012

Juv B - Masculino Juv B: 1:05.69 / Juv A - Masculino Juv A: 1:03.56 / Jun - Masculinos Jun: 59.36 / Sen - Masculinos Sen: 57.96

Pontos: FINA 2021

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
Juvenis								
1.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	55.14	615	40,00
	50m: 26.71 26.71				100m: 55.14 28.43			
2.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	57.36	546	33,00
	50m: 26.99 26.99				100m: 57.36 30.37			
3.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	57.52	542	31,00
	50m: 27.51 27.51				100m: 57.52 30.01			
4.	Tiago Mendes, COSTA	M	201132	07	Famalici�o	57.86	532	30,00
	50m: 27.66 27.66				100m: 57.86 30.20			
5.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	58.00	529	29,00
	50m: 28.14 28.14				100m: 58.00 29.86			
6.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	58.07	527	28,00
	50m: 28.16 28.16				100m: 58.07 29.91			
7.	Bruno Silva, LOUREIRO	M	129872	06	Porto	58.10	526	-
	50m: 28.61 28.61				100m: 58.10 29.49			
8.	Marco Oliveira, LOPES	M	202144	06	Penafiel	58.16	524	27,00
	50m: 27.97 27.97				100m: 58.16 30.19			
9.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	58.67	511	25,00
	50m: 28.13 28.13				100m: 58.67 30.54			
10.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	58.75	509	24,00
	50m: 28.24 28.24				100m: 58.75 30.51			
11.	Guilherme Mahua, SOARES	M	200790	07	Porto	59.09	500	-
	50m: 28.78 28.78				100m: 59.09 30.31			

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Prova 46, Masc., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
12.	Gil Afonso, RODRIGUES 50m: 28.38 28.38	M	148683 100m: 59.36	07	Fluvial Portuense 30.98	59.36	493	23,00
13.	Jose Pedro, CARNEIRO 50m: 28.71 28.71	M	201823 100m: 59.49	06	Natacao de Valongo 30.78	59.49	490	-
14.	Afonso Azevedo, PACHECO 50m: 28.37 28.37	M	201382 100m: 1:00.47	06	Vilacondense 32.10	1:00.47	466	16,00
15.	Rodrigo Manuel, MONTEIRO 50m: 29.07 29.07	M	132895 100m: 1:00.73	07	Porto 31.66	1:00.73	460	-
16.	Paulo Tiago, VALES 50m: 29.08 29.08	M	201752 100m: 1:01.40	07	Porto 32.32	1:01.40	445	-
17.	Miguel Guedes, FERREIRA 50m: 30.39 30.39	M	205181 100m: 1:01.54	07	Porto 31.15	1:01.54	442	-
18.	Francisco Bernardes, MARTELO 50m: 29.54 29.54	M	201758 100m: 1:01.69	07	Porto 32.15	1:01.69	439	-
19.	David Luis, ANTUNES 50m: 29.75 29.75	M	201934 100m: 1:01.97	07	Fluvial Portuense 32.22	1:01.97	433	-
20.	Martim Goncalves, CARVALHO 50m: 29.51 29.51	M	209245 100m: 1:02.52	07	Assoc. Desportiva de Fafe 33.01	1:02.52	422	-
21.	Pedro Miguel, PINTO 50m: 29.70 29.70	M	148621 100m: 1:02.78	07	Assoc. Desportiva de Fafe 33.08	1:02.78	417	-
22.	Luis Miguel, RIBEIRO 50m: 29.18 29.18	M	201081 100m: 1:02.88	06	Lousada S�culo XXI 33.70	1:02.88	415	-
23.	Guilherme Ramos, SILVA 50m: 29.87 29.87	M	205033 100m: 1:03.38	06	Vilacondense 33.51	1:03.38	405	15,00
24.	Martim Alves, GONCALVES FTL 50m: 30.52 30.52	M	130643 100m: 1:03.85	06	Celorico Basto 33.33	1:03.85	396	14,00
25.	Bruno Emanuel, VIEIRA 50m: 30.37 30.37	M	204681 100m: 1:04.01	07	Lousada S�culo XXI 33.64	1:04.01	393	-
26.	Alex, LUKYANCHYKOV 50m: 30.32 30.32	M	209361 100m: 1:04.20	07	Propaganda da Nataao 33.88	1:04.20	390	13,00
27.	Dinis Miranda, CAMBAS 50m: 30.83 30.83	M	200367 100m: 1:04.62	07	Clube Naval Povoense 33.79	1:04.62	382	-
28.	Martim Danilo, MENDES 50m: 32.02 32.02	M	206619 100m: 1:05.10	07	Fluvial Portuense 33.08	1:05.10	374	-
29.	Tomas Machado, MIRANDA 50m: 32.28 32.28	M	200780 100m: 1:05.57	07	Porto 33.29	1:05.57	366	-
30.	Goncalo, ALVES MOUTINHO FTL 50m: 31.37 31.37	M	214745 100m: 1:05.94	06	Propaganda da Nataao 34.57	1:05.94	360	11,00
31.	Rafael Dinis, PACHECO FTL 50m: 32.20 32.20	M	204593 100m: 1:07.09	07	Aquatico Pacense 34.89	1:07.09	341	9,00
32.	Duarte Correia, GARCIA FTL 50m: 31.28 31.28	M	202823 100m: 1:07.13	07	Leixoes Sport Clube 35.85	1:07.13	341	-
33.	Rodrigo Miguel, FERNANDES FTL 50m: 31.86 31.86	M	200798 100m: 1:07.52	07	Natacao de Valongo 35.66	1:07.52	335	-

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Prova 46, Masc., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
34.	Afonso Abreu, FREITAS FTL	M	201645	07	Assoc. Desportiva de Fafe	1:08.21	325	-
	50m: 32.77 32.77				100m: 1:08.21 35.44			
35.	Dinis Canais, PERA FTL	M	130639	06	Celorico Basto	1:08.94	315	-
	50m: 31.25 31.25				100m: 1:08.94 37.69			
36.	Tomas Pinto, COSTA FTL	M	202820	07	Leixoes Sport Clube	1:09.40	308	-
	50m: 33.41 33.41				100m: 1:09.40 35.99			
37.	Joao Pedro, SOUSA FTL	M	210517	07	Natacao de Valongo	1:12.27	273	-
	50m: 33.22 33.22				100m: 1:12.27 39.05			
38.	Denis, ZBIRNEA FTL	M	213881	07	Propaganda da Nataç�o	1:17.39	222	-
WDR	Tiago Carvalho, COSTA	M	201068	07	Famaliç�o			-
WDR	Rodrigo Ferreira, PEREIRA	M	205524	06	Famaliç�o			-
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-

Juniores-Seniores

1.	Porfirio Braga, NUNES	M	111552	00	Porto	52.99	693	43,00
	50m: 25.92 25.92				100m: 52.99 27.07			
2.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	54.49	638	41,00
	50m: 26.54 26.54				100m: 54.49 27.95			
3.	Diogo Severino, NUNES	M	128592	04	Natacao de Valongo	55.19	614	39,00
	50m: 27.02 27.02				100m: 55.19 28.17			
4.	Diogo Barbosa, NUNES	M	110529	00	Colegio Efanor	55.53	602	38,00
	50m: 27.22 27.22				100m: 55.53 28.31			
5.	Guilherme Oliveira, NUNES	M	101832	98	Leixoes Sport Clube	55.98	588	37,00
	50m: 26.88 26.88				100m: 55.98 29.10			
6.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	56.38	575	36,00
	50m: 27.13 27.13				100m: 56.38 29.25			
7.	Joao Pedro, TORRES	M	127551	05	Porto	56.51	572	-
	50m: 27.41 27.41				100m: 56.51 29.10			
8.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	56.78	563	35,00
	50m: 27.58 27.58				100m: 56.78 29.20			
9.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	56.97	558	34,00
	50m: 27.52 27.52				100m: 56.97 29.45			
10.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	57.51	542	32,00
	50m: 27.70 27.70				100m: 57.51 29.81			
11.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	57.77	535	-
	50m: 28.01 28.01				100m: 57.77 29.76			
12.	Duarte Monteiro, CASTRO	M	121978	03	Porto	57.95	530	-
	50m: 28.15 28.15				100m: 57.95 29.80			
13.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	58.41	518	26,00
	50m: 27.84 27.84				100m: 58.41 30.57			
14.	Guilherme Nunes, ANDRADE	M	127620	05	Porto	59.21	497	-
	50m: 28.48 28.48				100m: 59.21 30.73			

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Prova 46, Masc., 100m Livres, Juniores-Seniores

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
15.	Tomas Carvalhinho, RIBEIRO <i>FTL</i>	M	131799	05	Natacao da Maia	59.46	491	22,00
	50m: 28.33 28.33				100m: 59.46 31.13			
16.	Diogo Miguel, VENTURA <i>FTL</i>	M	132730	05	Foca Quinta Da Lixa - Cnf	59.47	490	-
	50m: 28.82 28.82				100m: 59.47 30.65			
17.	Flavio Rafael, BESSA <i>FTL</i>	M	127616	03	Lousada S�culo XXI	59.66	486	21,00
	50m: 28.59 28.59				100m: 59.66 31.07			
18.	Bruno Miguel, SEIXAS <i>FTL</i>	M	126784	01	Natacao da Maia	59.71	484	-
	50m: 29.02 29.02				100m: 59.71 30.69			
19.	Pedro Soares, MORIM <i>FTL</i>	M	131612	02	Clube Naval Povoense	59.72	484	20,00
	50m: 28.31 28.31				100m: 59.72 31.41			
20.	Jason, SILVA <i>FTL</i>	M	126544	03	Famalic�o	59.78	483	19,00
	50m: 28.70 28.70				100m: 59.78 31.08			
21.	Vitor Hugo, RIBEIRO <i>FTL</i>	M	122129	03	Lousada S�culo XXI	1:00.04	476	18,00
	50m: 28.55 28.55				100m: 1:00.04 31.49			
22.	Pedro Nuno, CANELAS <i>FTL</i>	M	148387	04	Fluvial Portuense	1:00.07	476	17,00
	50m: 28.55 28.55				100m: 1:00.07 31.52			
23.	Marcos Goncalves, BELTRAO <i>FTL</i>	M	202313	04	Natacao da Maia	1:00.26	471	-
	50m: 29.10 29.10				100m: 1:00.26 31.16			
24.	Daniel Carlos, CARNEIRO <i>FTL</i>	M	124770	04	Fluvial Portuense	1:01.57	442	-
	50m: 29.90 29.90				100m: 1:01.57 31.67			
25.	Diogo Alexandre, PEREIRA <i>FTL</i>	M	202013	03	Natacao de Valongo	1:02.41	424	-
	50m: 28.72 28.72				100m: 1:02.41 33.69			
26.	Bernardo Oliveira, PIMENTA <i>FTL</i>	M	131213	04	Natacao de Valongo	1:02.69	418	-
	50m: 29.84 29.84				100m: 1:02.69 32.85			
27.	Gui Alexandre, GUIMARAES <i>FTL</i>	M	127784	04	AP Vila D Este	1:05.42	368	12,00
	50m: 30.50 30.50				100m: 1:05.42 34.92			
28.	Pedro Lopes, SILVA <i>FTL</i>	M	202726	02	AP Vila D Este	1:06.31	354	10,00
	50m: 31.33 31.33				100m: 1:06.31 34.98			
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-
WDR	David Alexandre, ANTUNES	M	200246	04	Leixoes Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vit�ria Sport Clube			-

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Prova 46, Masc., 100m Livres

Absolutos

1.	Porfirio Braga, NUNES	M	111552	00	Porto	52.99	693	43,00
	50m: 25.92 25.92		100m: 52.99		27.07			
2.	Francisco Rodriguez, AMARAL	M	122608	02	Porto	54.49	638	41,00
	50m: 26.54 26.54		100m: 54.49		27.95			
3.	Goncalo Carlos, AZEVEDO	M	209939	07	Natacao da Maia	55.14	615	40,00
	50m: 26.71 26.71		100m: 55.14		28.43			
4.	Diogo Severino, NUNES	M	128592	04	Natacao de Valongo	55.19	614	39,00
	50m: 27.02 27.02		100m: 55.19		28.17			
5.	Diogo Barbosa, NUNES	M	110529	00	Colegio Efanor	55.53	602	38,00
	50m: 27.22 27.22		100m: 55.53		28.31			
6.	Guilherme Oliveira, NUNES	M	101832	98	Leixoes Sport Clube	55.98	588	37,00
	50m: 26.88 26.88		100m: 55.98		29.10			
7.	Ricardo Filipe, ROCHA	M	121787	02	Aquatico Pacense	56.38	575	36,00
	50m: 27.13 27.13		100m: 56.38		29.25			
8.	Joao Pedro, TORRES	M	127551	05	Porto	56.51	572	-
	50m: 27.41 27.41		100m: 56.51		29.10			
9.	Afonso Martim, LEITE	M	127335	05	Foca Quinta Da Lixa - Cnf	56.78	563	35,00
	50m: 27.58 27.58		100m: 56.78		29.20			
10.	Filipe Silva, RIBEIRO	M	132090	05	Leixoes Sport Clube	56.97	558	34,00
	50m: 27.52 27.52		100m: 56.97		29.45			
11.	Francisco Campos, LOURENCO	M	132136	06	Natacao de Valongo	57.36	546	33,00
	50m: 26.99 26.99		100m: 57.36		30.37			
12.	Tiago Fonseca, CARVALHO	M	127099	03	Clube Naval Povoense	57.51	542	32,00
	50m: 27.70 27.70		100m: 57.51		29.81			
13.	Leonardo Cunha, MOURA	M	205462	07	Foca Quinta Da Lixa - Cnf	57.52	542	31,00
	50m: 27.51 27.51		100m: 57.52		30.01			
14.	Manuel Fernando, TEIXEIRA	M	129401	04	Natacao de Valongo	57.77	535	-
	50m: 28.01 28.01		100m: 57.77		29.76			
15.	Tiago Mendes, COSTA	M	201132	07	Famalici�o	57.86	532	30,00
	50m: 27.66 27.66		100m: 57.86		30.20			
16.	Duarte Monteiro, CASTRO	M	121978	03	Porto	57.95	530	-
	50m: 28.15 28.15		100m: 57.95		29.80			
17.	Miguel Azevedo, ROCHA	M	131262	06	Penafiel	58.00	529	29,00
	50m: 28.14 28.14		100m: 58.00		29.86			
18.	Antonio Miguel, COSTA	M	202259	07	Assoc. Desportiva de Fafe	58.07	527	28,00
	50m: 28.16 28.16		100m: 58.07		29.91			
19.	Bruno Silva, LOUREIRO	M	129872	06	Porto	58.10	526	-
	50m: 28.61 28.61		100m: 58.10		29.49			
20.	Marco Oliveira, LOPES	M	202144	06	Penafiel	58.16	524	27,00
	50m: 27.97 27.97		100m: 58.16		30.19			
21.	Jose Luis, GONCALVES	M	131849	05	Assoc. Desportiva de Fafe	58.41	518	26,00
	50m: 27.84 27.84		100m: 58.41		30.57			
22.	Manuel Alves, GONCALVES	M	148528	06	Celorico Basto	58.67	511	25,00
	50m: 28.13 28.13		100m: 58.67		30.54			
23.	Antonio Furtado, PIRES	M	148630	07	CLIP Teams	58.75	509	24,00
	50m: 28.24 28.24		100m: 58.75		30.51			
24.	Guilherme Mahua, SOARES	M	200790	07	Porto	59.09	500	-
	50m: 28.78 28.78		100m: 59.09		30.31			
25.	Guilherme Nunes, ANDRADE	M	127620	05	Porto	59.21	497	-
	50m: 28.48 28.48		100m: 59.21		30.73			
26.	Gil Afonso, RODRIGUES	M	148683	07	Fluvial Portuense	59.36	493	23,00
	50m: 28.38 28.38		100m: 59.36		30.98			

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Prova 46, Masc., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
27.	Tomas Carvalhinho, RIBEIRO <i>FTL</i>	M	131799	05	Natacao da Maia	59.46	491	22,00
	50m: 28.33 28.33		100m: 59.46	31.13				
28.	Diogo Miguel, VENTURA <i>FTL</i>	M	132730	05	Foca Quinta Da Lixa - Cnf	59.47	490	-
	50m: 28.82 28.82		100m: 59.47	30.65				
29.	Jose Pedro, CARNEIRO <i>FTL</i>	M	201823	06	Natacao de Valongo	59.49	490	-
	50m: 28.71 28.71		100m: 59.49	30.78				
30.	Flavio Rafael, BESSA <i>FTL</i>	M	127616	03	Lousada S�culo XXI	59.66	486	21,00
	50m: 28.59 28.59		100m: 59.66	31.07				
31.	Bruno Miguel, SEIXAS <i>FTL</i>	M	126784	01	Natacao da Maia	59.71	484	-
	50m: 29.02 29.02		100m: 59.71	30.69				
32.	Pedro Soares, MORIM <i>FTL</i>	M	131612	02	Clube Naval Povoense	59.72	484	20,00
	50m: 28.31 28.31		100m: 59.72	31.41				
33.	Jason, SILVA <i>FTL</i>	M	126544	03	Famali�o	59.78	483	19,00
	50m: 28.70 28.70		100m: 59.78	31.08				
34.	Vitor Hugo, RIBEIRO <i>FTL</i>	M	122129	03	Lousada S�culo XXI	1:00.04	476	18,00
	50m: 28.55 28.55		100m: 1:00.04	31.49				
35.	Pedro Nuno, CANELAS <i>FTL</i>	M	148387	04	Fluvial Portuense	1:00.07	476	17,00
	50m: 28.55 28.55		100m: 1:00.07	31.52				
36.	Marcos Goncalves, BELTRAO <i>FTL</i>	M	202313	04	Natacao da Maia	1:00.26	471	-
	50m: 29.10 29.10		100m: 1:00.26	31.16				
37.	Afonso Azevedo, PACHECO <i>FTL</i>	M	201382	06	Vilacondense	1:00.47	466	16,00
	50m: 28.37 28.37		100m: 1:00.47	32.10				
38.	Rodrigo Manuel, MONTEIRO <i>FTL</i>	M	132895	07	Porto	1:00.73	460	-
	50m: 29.07 29.07		100m: 1:00.73	31.66				
39.	Paulo Tiago, VALES <i>FTL</i>	M	201752	07	Porto	1:01.40	445	-
	50m: 29.08 29.08		100m: 1:01.40	32.32				
40.	Miguel Guedes, FERREIRA <i>FTL</i>	M	205181	07	Porto	1:01.54	442	-
	50m: 30.39 30.39		100m: 1:01.54	31.15				
41.	Daniel Carlos, CARNEIRO <i>FTL</i>	M	124770	04	Fluvial Portuense	1:01.57	442	-
	50m: 29.90 29.90		100m: 1:01.57	31.67				
42.	Francisco Bernardes, MARTELO <i>FTL</i>	M	201758	07	Porto	1:01.69	439	-
	50m: 29.54 29.54		100m: 1:01.69	32.15				
43.	David Luis, ANTUNES <i>FTL</i>	M	201934	07	Fluvial Portuense	1:01.97	433	-
	50m: 29.75 29.75		100m: 1:01.97	32.22				
44.	Diogo Alexandre, PEREIRA <i>FTL</i>	M	202013	03	Natacao de Valongo	1:02.41	424	-
	50m: 28.72 28.72		100m: 1:02.41	33.69				

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Prova 46, Masc., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
45.	Martim Goncalves, CARVALHO 50m: 29.51 29.51	M	209245 100m: 1:02.52	07	Assoc. Desportiva de Fafe 33.01	1:02.52	422	-
46.	Bernardo Oliveira, PIMENTA FTL 50m: 29.84 29.84	M	131213 100m: 1:02.69	04	Natacao de Valongo 32.85	1:02.69	418	-
47.	Pedro Miguel, PINTO 50m: 29.70 29.70	M	148621 100m: 1:02.78	07	Assoc. Desportiva de Fafe 33.08	1:02.78	417	-
48.	Luis Miguel, RIBEIRO 50m: 29.18 29.18	M	201081 100m: 1:02.88	06	Lousada S�culo XXI 33.70	1:02.88	415	-
49.	Guilherme Ramos, SILVA 50m: 29.87 29.87	M	205033 100m: 1:03.38	06	Vilacondense 33.51	1:03.38	405	15,00
50.	Martim Alves, GONCALVES FTL 50m: 30.52 30.52	M	130643 100m: 1:03.85	06	Celorico Basto 33.33	1:03.85	396	14,00
51.	Bruno Emanuel, VIEIRA 50m: 30.37 30.37	M	204681 100m: 1:04.01	07	Lousada S�culo XXI 33.64	1:04.01	393	-
52.	Alex, LUKYANCHYKOV 50m: 30.32 30.32	M	209361 100m: 1:04.20	07	Propaganda da Nata�o 33.88	1:04.20	390	13,00
53.	Dinis Miranda, CAMBAS 50m: 30.83 30.83	M	200367 100m: 1:04.62	07	Clube Naval Povoense 33.79	1:04.62	382	-
54.	Martim Danilo, MENDES 50m: 32.02 32.02	M	206619 100m: 1:05.10	07	Fluvial Portuense 33.08	1:05.10	374	-
55.	Gui Alexandre, GUIMARAES FTL 50m: 30.50 30.50	M	127784 100m: 1:05.42	04	AP Vila D Este 34.92	1:05.42	368	12,00
56.	Tomas Machado, MIRANDA 50m: 32.28 32.28	M	200780 100m: 1:05.57	07	Porto 33.29	1:05.57	366	-
57.	Goncalo, ALVES MOUTINHO FTL 50m: 31.37 31.37	M	214745 100m: 1:05.94	06	Propaganda da Nata�o 34.57	1:05.94	360	11,00
58.	Pedro Lopes, SILVA FTL 50m: 31.33 31.33	M	202726 100m: 1:06.31	02	AP Vila D Este 34.98	1:06.31	354	10,00
59.	Rafael Dinis, PACHECO FTL 50m: 32.20 32.20	M	204593 100m: 1:07.09	07	Aquatico Pacense 34.89	1:07.09	341	9,00
60.	Duarte Correia, GARCIA FTL 50m: 31.28 31.28	M	202823 100m: 1:07.13	07	Leixoes Sport Clube 35.85	1:07.13	341	-
61.	Rodrigo Miguel, FERNANDES FTL 50m: 31.86 31.86	M	200798 100m: 1:07.52	07	Natacao de Valongo 35.66	1:07.52	335	-
62.	Afonso Abreu, FREITAS FTL 50m: 32.77 32.77	M	201645 100m: 1:08.21	07	Assoc. Desportiva de Fafe 35.44	1:08.21	325	-
63.	Dinis Canais, PERA FTL	M	130639	06	Celorico Basto	1:08.94	315	-

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Prova 46, Masc., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
	50m: 31.25 31.25		100m: 1:08.94 37.69					
64.	Tomas Pinto, COSTA FTL	M	202820	07	Leixoes Sport Clube	1:09.40	308	-
	50m: 33.41 33.41		100m: 1:09.40 35.99					
65.	Joao Pedro, SOUSA FTL	M	210517	07	Natacao de Valongo	1:12.27	273	-
	50m: 33.22 33.22		100m: 1:12.27 39.05					
66.	Denis, ZBIRNEA FTL	M	213881	07	Propaganda da Natação	1:17.39	222	-
WDR	Tiago Carvalho, COSTA	M	201068	07	Famalicao			-
WDR	Rodrigo Ferreira, PEREIRA	M	205524	06	Famalicao			-
WDR	Afonso Pacheco, CARVALHO	M	200933	07	Fluvial Portuense			-
WDR	Francisco Oliveira, SILVA	M	128741	04	Foca Quinta Da Lixa - Cnf			-
WDR	David Alexandre, ANTUNES	M	200246	04	Leixoes Sport Clube			-
WDR	Lucas Andre, FERNANDES	M	205757	04	Vitória Sport Clube			-

Prova 47

Femin., 4 x 100m Estilos

Absolutos
Resultados

26/06/2022 - 16:50

Recordes Nacionais 50m Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Recordes Nacionais 50m Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21/07/2009
Recordes Nacionais 50m Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04/04/2015
Recordes Nacionais 50m Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
Recordes Nacionais 50m Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016
Recordes Nacionais 50m Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008
Recorde Regional 50m Absoluto	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			11/04/2010
Recorde Regional 50m Sen	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra'a Oliveira			11/04/2010
Recorde Regional 50m Jun	4:26.70	Maria Amorim, Paula Oliveira, Silvia FCPires, AnPovoa de Varzim			07/08/2011
Recorde Regional 50m Juv A	4:40.48	Graca Araujo, Barbara Goncalves, GDNVNFaCoimbraCosta			30/03/2013
Recorde Regional 50m Juv	4:38.17	Isabel Pego, Beatriz Silva, Maria CaFCP Ana FzFamalicao			05/07/2015

Pontos: FINA 2021

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
1.	F			Porto	4:34.90	588	43,00
	+0,71	32.93	1:08.65	Leonor Santos, SILVA	+0,27	30.42	1:06.53
	+0,41	35.96	1:17.07	Leonor Filipa, PINTO	+0,15	29.86	1:02.65
2.	F			Fluvial Portuense	4:51.94	491	41,00
	+0,77	36.56	1:17.14	Sofia Alexandra, CARVALHO	+0,38	32.19	1:10.56
	+0,41	37.44	1:21.15	Ana Carolina, NEVES	+0,26	30.43	1:03.09
3.	F			Natacao de Valongo	4:52.55	488	40,00
	+0,75	35.95	1:14.29	Matilde Teixeira, SOUSA	+0,74	32.34	1:12.17
	+0,77	38.55	1:23.85	Natalia Passeira, NEVES	+0,31	29.32	1:02.24
4.	F			Leixoes Sport Clube	4:59.64	454	39,00
	+0,76	36.48	1:17.68	Carolina Amadeu, FERREIRA	+0,36	34.64	1:16.48
	+0,39	38.77	1:24.33	Barbara Sofia, GOMES	+0,25	28.92	1:01.15
5.	F			Famalicao	4:59.68	454	38,00
	+0,72	36.53	1:16.07	Mafalda Martins, MESQUITA		32.19	1:10.59
		40.46	1:28.40	Beatriz Silva, COENTRAO	+0,40	30.35	1:04.62
6.	F			Aquatico Pacense	5:01.92	444	37,00
	+0,70	36.40	1:15.88	Matilde Barros, LEAL		31.94	1:10.27
	+0,53	40.64	1:26.66	Bruna Maria, BARBOSA	+0,29	32.37	1:09.11
7.	F			Porto	5:04.80	431	36,00
	+0,63	38.67	1:20.24	Leonor Carvalho, SOARES	+0,61	33.66	1:11.96
	+0,56	37.62	1:22.11	Maria Luis, SOUSA	+0,88	33.95	1:10.49

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Prova 47, Femin., 4 x 100m Estilos, Absolutos

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
8.	F			Aquatico Pacense	5:07.24	421	35,00
				Bebiana Filipa, BARBOSA	+0,72	38.78	1:18.74
				Ines Neto, ROCHA	+0,17	36.39	1:18.58
				Ines Filipa, MAGALHAES	+0,34	33.95	1:13.96
				Barbara Carneiro, TEIXEIRA	+0,47	35.74	1:15.96
9.	F			Fluvial Portuense	5:11.18	405	34,00
				Joana Filipa, PINTO	+0,66	38.27	1:19.09
				Ines Aires, NOGUEIRA	+0,34	40.46	1:28.49
				Ana Marques, PINTO	+0,66	35.09	1:16.58
				Maria Luis, SA	+0,49	31.63	1:07.02
10.	F			Assoc. Desportiva de Fafe 2	5:14.33	393	33,00
				Maria Joao, MARTINS	+0,64	34.97	1:13.11
				Laura Doellinger, CASTRO	+0,68	40.57	1:27.03
				Lara Mota, FERREIRA		35.42	1:16.11
				Ana Vitoria, LOPES	+0,94	36.38	1:18.08
11.	F			Vilacondense 2	5:17.42	382	32,00
				Maria Joao, COSTA	+0,73	37.42	1:18.28
				Leonor Isabel, MARTINS	+0,36	41.79	1:31.32
				Maria Francisca, BERNARDO	+0,56	32.81	1:15.15
				Matilde Araujo, PALMEIRA	+0,58	33.96	1:12.67
12.	F			Natacao da Maia 2	5:19.93	373	31,00
				Ana Senhorinha, SILVA	+0,93	39.11	1:20.93
				Alexandra Noemia, SILVANO	+0,72	41.00	1:29.54
				Ana Gabriela, SILVA	+0,55	33.87	1:15.29
				Maria Leonor, MOUTINHO	+0,85	34.46	1:14.17
13.	F			Natacao de Valongo 2	5:36.93	319	30,00
				Lara Santos, PEREIRA	+0,76	43.48	1:29.56
				Filipa Oliveira, COSTA	+0,41	43.55	1:34.73
				Ines Maria, PEREIRA	+0,28	34.49	1:17.22
				Joana Vale, GUIMARAES	+0,01	34.82	1:15.42
14.	F			Clube Naval Povoense 1	5:43.26	302	29,00
				Matilde Vale, SILVA	+0,71	37.60	1:17.26
				Francisca Soares, PIMENTA	+0,52	43.80	1:33.44
				Matilde Reis, FONTES	+0,31	38.01	1:22.60
				Mariana Gomes, BOAS	+0,45	40.99	1:29.96
WDR	F			Penafiel 2			-

Prova 48

26/06/2022 - 17:05

Masc., 4 x 100m Estilos

Absolutos
Resultados

Recordes Nacionais 50m Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13/04/2019
Recordes Nacionais 50m Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	13/04/2019
Recordes Nacionais 50m Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29/07/2018
Recordes Nacionais 50m Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Recordes Nacionais 50m Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Recordes Nacionais 50m Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23/07/2017
Recorde Regional 50m Absoluto	3:49.28	Gil Pinto, Carlos Almeida, Carlos SaFCP, Paulo Povo de Varzim			18/04/2014
Recorde Regional 50m Sen	3:49.28	Gil Pinto, Carlos Almeida, Carlos SaFCP, Paulo Povo de Varzim			18/04/2014
Recorde Regional 50m Jun	3:55.96	Samuel Queiros, Sergio Silva, CarloFCPintos, RFarolar			21/07/2009
Recorde Regional 50m Juv A	4:07.60	Joao Ascensao, Luis Oliveira, EduaFCPRamos,Famalic�o�es			21/07/2013
Recorde Regional 50m Juv	4:07.35	Grupo Desportivo de Natacao de VGDNFalic�o�es			
Recorde Regional 50m Juv B	4:09.78	Joao Tinoco, Miguel Santos, Hugo IGDNVNFiseCoimbra			04/04/2015
Recorde Regional 50m 14 - 15	4:29.92	Rita Soares, Tomas Costa, Rodrigo GDVNF. MaFamalic�o�quita			07/07/2021

Pontos: FINA 2021

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	FINA	PTS
1.	M			Porto	4:04.92	606	43,00
				Duarte Monteiro, CASTRO	+0,78	30.43	1:02.27
				Pedro Miguel, SANTOS	+0,30	33.06	1:11.30
				Porfirio Braga, NUNES	+0,27	26.04	55.76
				Francisco Rodriguez, AMARAL	+0,46	26.48	55.59
2.	M			Famalic�o� 2	4:11.79	557	41,00
				Francisco Araujo, SILVA	+0,73	30.82	1:02.40
				Leonardo Freitas, FERNANDES	+0,70	34.48	1:13.51
				Rodrigo Ferreira, PEREIRA	+0,63	26.74	58.90
				Tiago Mendes, COSTA	+0,64	27.10	56.98
3.	M			Aquatico Pacense	4:15.71	532	40,00
				Ricardo Filipe, ROCHA	+0,61	29.96	1:01.21
				Vitor Samuel, ROCHA	+0,04	34.01	1:12.56
				Dinis Barros, LEAL	+0,09	27.76	1:00.16
				Henrique Rocha, CARNEIRO	+0,17	28.99	1:01.78
4.	M			Natacao da Maia 1	4:18.79	513	39,00
				Tomas Ferreira, OLIVEIRA	+0,70	31.03	1:05.05
				Renato Teixeira, LOPES	+0,51	34.79	1:14.89
				Bruno Miguel, SEIXAS	+0,27	28.81	1:03.73
				Goncalo Carlos, AZEVEDO	+0,62	26.52	55.12
5.	M			Porto 2	4:18.93	513	38,00
				Rodrigo Filipe, CORREIA	+0,61	32.03	1:05.63
				Duarte Maria, CARREIRA	+0,77	34.30	1:13.73
				Gustavo Gomes, RAMOS	+0,45	29.02	1:02.88
				Bruno Silva, LOUREIRO	+0,25	27.41	56.69

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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Prova 48, Masc., 4 x 100m Estilos, Absolutos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	FINA	PTS
6.	M	32.90	1:07.28	Leixoes Sport Clube	4:19.05	512	37,00
				Guilherme Oliveira, NUNES	+0,59	28.37	1:04.08
				Rui Pedro, SILVA	+0,55	27.56	56.35
7.	M	32.96	1:08.63	Assoc. Desportiva de Fafe	4:28.49	460	36,00
				Pedro Miguel, PINTO	+0,19	27.84	1:00.99
				Afonso Abreu, FREITAS	+0,43	28.68	59.61
8.	M	32.19	1:06.69	Vilacondense	4:30.24	451	35,00
				Artur Guterres, CARVALHO	+0,37	29.86	1:06.35
				Pedro Roque, IGREJA	+0,42	27.88	1:00.72
9.	M	32.58	1:07.50	Clube Naval Povoense	4:31.92	442	34,00
				Luis Filipe, CARVALHO	+0,54	28.28	1:02.53
				Alexandre Moreira, DOURADO	+0,85	31.28	1:05.23
10.	M	34.45	1:12.04	Fluvial Portuense	4:37.44	417	33,00
				Gil Afonso, RODRIGUES	+0,58	29.72	1:03.37
				Diogo Borges, PORTELA	+0,44	29.62	1:01.77
11.	M	37.30	1:16.66	Natacao de Valongo	4:38.36	412	32,00
				Bernardo Oliveira, PIMENTA	+0,50	28.44	1:01.55
				Manuel Fernando, TEIXEIRA	+0,71	30.24	1:01.98
12.	M	38.24	1:21.15	Clube Naval Povoense	4:44.41	387	31,00
				Joao Bernardo, FERNANDES	+0,57	28.79	1:03.96
				Hugo Azurara, VIEIRA	+0,42	29.19	1:02.91
13.	M	36.47	1:14.60	Natacao de Valongo	4:46.07	380	30,00
				Rodrigo Miguel, FERNANDES	+0,47	27.77	1:00.53
				Joao Pedro, SOUSA	+0,81	41.99	1:31.38

O Secretário do Juri

O Juiz Árbitro

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