



# CAMPEONATO REGIONAL DE INVERNO

03-04 dezembro 2022

Piscina Municipal Póvoa de Varzim

| ORGANIZAÇÃO



| PARCEIRO INSTITUCIONAL



| PARCEIRO



| FORNECEDOR OFICIAL



### Hor rio da Sess o N . 1 - 1  Jornada - 1  Sess o

03/12/2022 - 15:30

Aquecimento: 14:30 at  15:20

15:30	1.	400m Livres	Femin.	Tempo Final	Absoluto	0:09	1 S�rie	2
15:39	2.	400m Livres	Masc.	Tempo Final	Absoluto	0:18	2 S�ries	15
15:57	3.	200m Livres	Femin.	Tempo Final	Absoluto	0:06	1 S�rie	8
16:03	4.	200m Livres	Masc.	Tempo Final	Absoluto	0:14	2 S�ries	16
16:17	5.	100m Bruços	Femin.	Tempo Final	Absoluto	0:11	2 S�ries	11
16:28	6.	100m Bruços	Masc.	Tempo Final	Absoluto	0:14	3 S�ries	19
16:42	7.	200m Costas	Femin.	Tempo Final	Absoluto	0:17	2 S�ries	9
16:59	8.	200m Costas	Masc.	Tempo Final	Absoluto	0:14	2 S�ries	10
17:13	9.	100m Mariposa	Femin.	Tempo Final	Absoluto	0:03	1 S�rie	5
17:16	10.	100m Mariposa	Masc.	Tempo Final	Absoluto	0:03	1 S�rie	7
17:19	11.	200m Bruços	Femin.	Tempo Final	Absoluto		sem inscriç�es	-
17:19	12.	200m Bruços	Masc.	Tempo Final	Absoluto	0:05	1 S�rie	3
17:24	13.	50m Livres	Femin.	Tempo Final	Absoluto	0:13	4 S�ries	25
17:37	14.	50m Livres	Masc.	Tempo Final	Absoluto	0:23	7 S�ries	51
18:00	15.	4 x 100m Livres	Femin.	Tempo Final	Absoluto	0:07	1 S�rie	2
18:07	16.	4 x 100m Livres	Masc.	Tempo Final	Absoluto	0:05	1 S�rie	2
18:12	17.	800m Livres	Femin.	Tempo Final	Absoluto	0:17	1 S�rie	2
18:29	18.	800m Livres	Masc.	Tempo Final	Absoluto	0:14	1 S�rie	6
18:43		Final da sess�o			Duraç�o total	3:13		

### Hor rio da Sess o N . 2 - 2  Jornada - 1  Sess o

04/12/2022 - 9:00

Aquecimento: 8:00 at  8:50

9:00	19.	100m Costas	Femin.	Tempo Final	Absoluto	0:10	2 S�ries	10
9:10	20.	100m Costas	Masc.	Tempo Final	Absoluto	0:21	4 S�ries	29
9:31	21.	200m Mariposa	Femin.	Tempo Final	Absoluto		sem inscriç�es	-
9:31	22.	200m Mariposa	Masc.	Tempo Final	Absoluto	0:03	1 S�rie	1
9:34	23.	50m Costas	Femin.	Tempo Final	Absoluto	0:12	3 S�ries	22
9:46	24.	50m Costas	Masc.	Tempo Final	Absoluto	0:15	4 S�ries	31
10:01	25.	150m Estilos	Femin.	Tempo Final	Absoluto		sem inscriç�es	-
10:01	26.	150m Estilos	Masc.	Tempo Final	Absoluto	0:07	1 S�rie	1
10:08	27.	200m Estilos	Femin.	Tempo Final	Absoluto	0:05	1 S�rie	5
10:13	28.	200m Estilos	Masc.	Tempo Final	Absoluto	0:06	1 S�rie	8
10:19	29.	50m Bruços	Femin.	Tempo Final	Absoluto	0:03	1 S�rie	2
10:22	30.	50m Bruços	Masc.	Tempo Final	Absoluto	0:03	1 S�rie	8
10:25	31.	50m Mariposa	Femin.	Tempo Final	Absoluto	0:02	1 S�rie	6
10:27	32.	50m Mariposa	Masc.	Tempo Final	Absoluto	0:06	2 S�ries	15
10:33	33.	100m Livres	Femin.	Tempo Final	Absoluto	0:14	3 S�ries	17
10:47	34.	100m Livres	Masc.	Tempo Final	Absoluto	0:22	5 S�ries	34
11:09	35.	4 x 100m Estilos	Femin.	Tempo Final	Absoluto		sem inscriç�es	-
11:09	36.	4 x 100m Estilos	Masc.	Tempo Final	Absoluto	0:05	1 S�rie	1
11:14	37.	1500m Livres	Femin.	Tempo Final	Absoluto	0:28	1 S�rie	2
11:42	38.	1500m Livres	Masc.	Tempo Final	Absoluto	0:28	1 S�rie	6
12:10		Final da sess�o			Duraç�o total	3:10		

## Estatística de inscriç es

## Todas as provas

Clube	C�digo	Regi�o	Atletas			Indivisuais			Estafetas		
			Masc.	Femin.	Total	Masc.	Femin.	Total	Masc.	Femin.	Total
Alhandra Sporting Club	ASC	ANL	5	6	11	20	24	44	1	1	2
AP Vila D Este	APUVE	ANNP	1	1	2	4	4	8	-	-	-
Assoc Desporto Adaptado do Porto	ADADA	ANNP	18	9	27	61	34	95	-	1	1
Assoc Paralisia Cerebral Coimbra	APCC	ANC	2	3	5	4	6	10	-	-	-
Clube Aquatico Pacense	CAP	ANNP	1	-	1	4	-	4	-	-	-
Clube Fluvial Portuense	CFP	ANNP	3	-	3	7	-	7	-	-	-
Clube Fluvial Vilacondense	CFV	ANNP	1	1	2	3	3	6	-	-	-
Feira Viva Cultura e Desporto e.m	FVCD	ANCNP	13	6	19	51	24	75	-	-	-
Futebol Clube do Porto	FCP	ANNP	12	3	15	48	12	60	2	-	2
Gondomar Cultural	ADDEG	ANNP	6	2	8	15	8	23	-	-	-
Individual AN Norte de Portugal	INDANNP	ANNP	1	-	1	4	-	4	-	-	-
Lousada S�culo XXI	LSXXI	ANNP	2	2	4	6	5	11	-	-	-
Palmela Desporto, E.M.	PDEM	ANL	1	-	1	2	-	2	-	-	-
Sporting Clube de Aveiro	SCA	ANCNP	8	3	11	15	6	21	-	-	-
Sporting Clube de Portugal	SCP	ANL	4	-	4	16	-	16	-	-	-
Numero total de 15 Clubes			78	36	114	260	126	386	3	2	5

## INFORMAÇÕES GERAIS

03/12/2022 J1S1	14:15h	Abertura da piscina
	14:30h-15:20h	Aquecimento
	15:30h	In�cio do torneio
04/12/2022 J2S1	07:45h	Abertura da piscina
	08:00h-08:50h	Aquecimento
	09:00h	In�cio do torneio

- O cais da piscina destina-se  nica e exclusivamente aos agentes desportivos envolvidos na competiç o.

- N o h  turnos de aquecimento.

- As pistas **1 e 2** destinam-se exclusivamente   realizaç o de partidas e sprints.

- Lugares distribuídos por setores conforme documento na p gina seguinte.

- Ser  exigido cart o FPN na c mara de chamada. Na aus ncia do mesmo, os nadadores devem apresentar um documento identificativo (cart o de cidad o).

- Tanque de descompress o indispon vel para utilizaç o.

- Balne rios 3 e 4 dispon veis para utilizaç o.

### Localizaç o:

Rua do Varzim Sport Club, 97

4490-588 P voa de Varzim

<https://goo.gl/maps/GsWTeKH7zfREwDPq6>

|ORGANIZAÇÃO



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|PARCEIRO

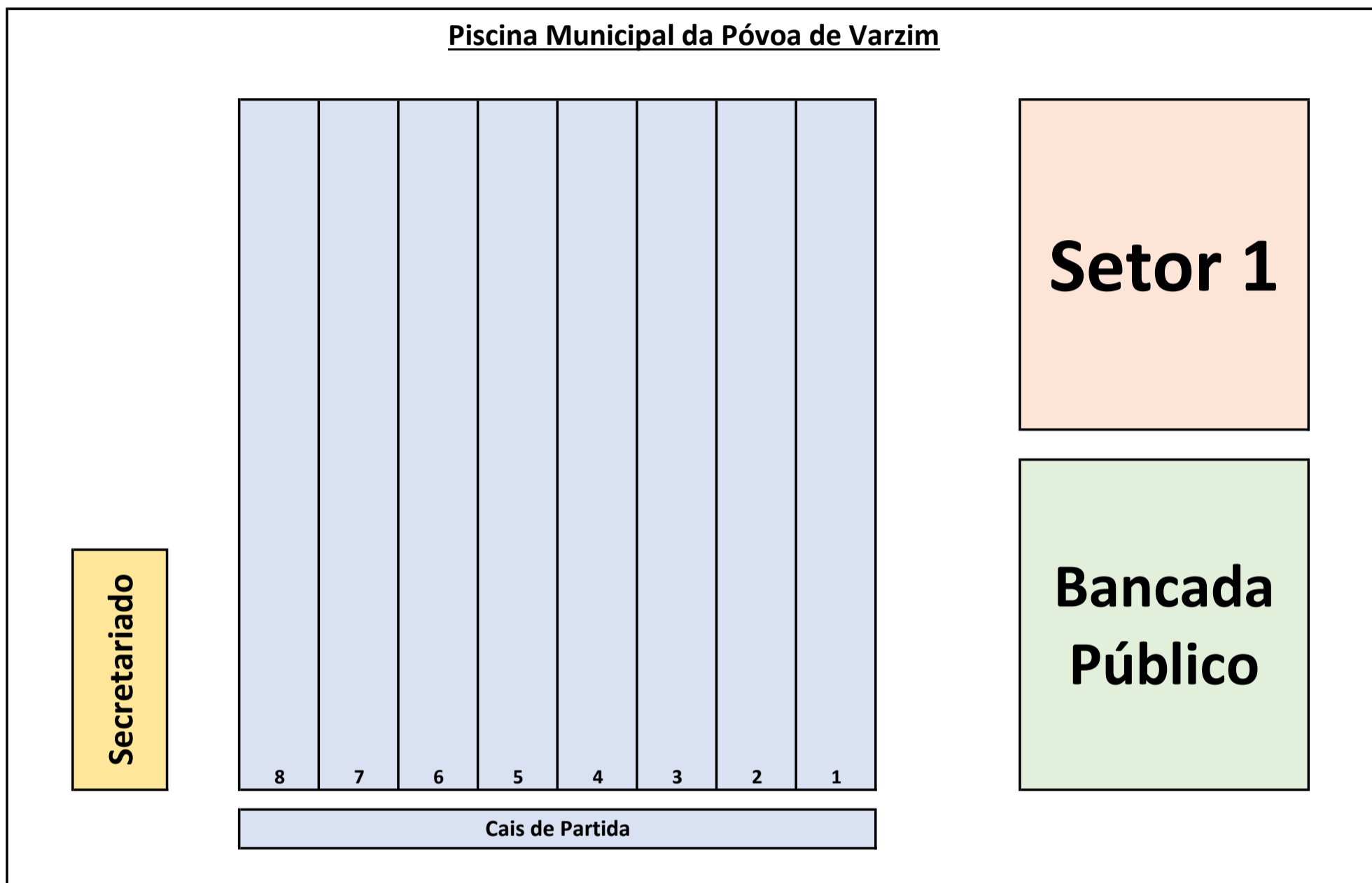


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# Distribuição de Clubes por Setores

## Piscina Municipal da Póvoa de Varzim



Lugares por Clube		
Clube	Lugares	Setor
ASC	13	1
APUVE	4	
ADADA	29	
APCC	7	
CAP	3	
CFP	5	
CFV	4	
FVCD	21	
FCP	17	
ADDEG	10	
INDANNP	3	
LSXXI	6	
PDEM	3	
SCA	13	
SCP	6	

1 - 1<sup>a</sup> Jornada - 1<sup>a</sup> Sess o

03/12/2022 - 15:30

Prova 1	Femin., 400m Livres					Absoluto
03/12/2022 - 15:30						Startlist
Rec Nac S6	11:31.70	Ana Sofia, BARBOSA	FCP	P�ova de Varzim	27/11/2021	
Rec Nac S7	9:59.80	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)	05/05/2018	
Rec Nac S8	5:42.76	Ana Filipa, CASTRO	FVCD	Oeiras	11/05/2019	
Rec Nac S9	5:00.92	Susana Pereira, VEIGA	POR	Funchal	16/06/2022	
Rec Nac S10	5:18.60	Teresa Lamego, NEVES	POR	Eindhoven (NED)	07/08/2014	
Rec Nac S11	59:00.00	start,				
Rec Nac S12	59:00.00	start,				
Rec Nac S13	59:00.00	start,				
Rec Nac S14	6:25.10	Sonia Castanheiro, RESENDE	SCA	Vila Franca de Xira	05/03/2016	
Rec Nac S15	5:50.21	Susana Maria, LOURENCO	SCP	Coimbra	13/08/2011	
Rec Nac S16	7:18.70	Maria Joao, TABORDA	FCP	Povoa de Varzim	07/04/2019	
Rec Nac S17	59:00.00	start,				
Rec Nac S21	7:26.00	Diana Ines, TORRES	FCP	Porto	29/01/2022	
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	9:59.80	Ana Branca, SAMPAIO	ANNP	Valladolid (ESP)	05/05/2018	
Rec Reg Adaptada S8 Esperanas	7:35.75	Iara Pinto, TORRES	FCP	Porto	26/06/2021	
Rec Reg Adaptada S9 Esperanas	5:54.25	Renata Vaz, PINTO	LSC	Berlin (GER)	26/04/2014	
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	7:30.93	Maria Mafalda, SOARES	ADADA	P�ova de Varzim (SUI)	20/05/2018	
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	7:48.73	Diana In�s, TORRES	ADADA	P�ova de Varzim	09/05/2015	

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 15:30									
4	Camila Anjos, NEVES	F	206308	S113		01	Alhandra	6:28.40 S	EXH
5	Raquel Rocilio, MONTEIRO	F	147090	S14		98	Feira Viva	8:04.36 S	EXH

Prova 2	Masc., 400m Livres				Absoluto
03/12/2022 - 15:39					Startlist
Rec Nac S6	5:15.72	Daniel Carlos, VIDEIRA	POR	Funchal	19/05/2021
Rec Nac S7	5:31.30	Daniel Carlos, VIDEIRA	GESL	Povo de Varzim	12/05/2018
Rec Nac S8	4:45.39	Diogo Luis, CANCELA	ALN	Coimbra	03/04/2022
Rec Nac S9	4:21.94	David Realista, GRACHAT	POR	Londres (GBR)	04/09/2012
Rec Nac S10	4:24.87	Emanuel Luis, GONCALVES	CDN	Coimbra	10/06/2011
Rec Nac S11	4:44.29	Marco Ribeiro, MENESES	POR	Funchal	18/06/2022
Rec Nac S12	59:00.00	start,			
Rec Nac S13	4:31.26	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	10/08/2014
Rec Nac S14	5:07.36	Samuel Lima, DUARTE	FVCD	Porto	26/06/2021
Rec Nac S15	4:28.84	Miguel Duarte, CRUZ	CFB	Oeiras	20/12/2020
Rec Nac S16	5:18.51	Andre Camara, JORGE	CEOL	Rio Maior	25/01/2020
Rec Nac S17	6:18.94	Miguel Paiva, BRANCO	APPDAC	Porto	29/01/2022
Rec Nac S21	5:59.96	Andre Reis, ALMEIDA	SCP	Oeiras	11/05/2019
Rec Reg Adaptada S6 Esperanç�as	8:42.39	Lu�s Carlos, NASCIMENTO	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S6	8:42.39	Lu�s Carlos, NASCIMENTO	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S7 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S7	6:57.04	Nuno Diogo, ALVES	CPN	P�ova de Varzim	20/05/2017
Rec Reg Adaptada S8 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S8	5:20.00	Bruno Ferreira, REIS	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S9 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S9	5:18.90	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S10	4:31.14	Tom�s Cordeiro, CORDEIRO	POR	Lignano (ITA)	13/03/2022
Rec Reg Adaptada S11 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S11	5:54.26	Amadeu Andr�, CRUZ	FCP	Oeiras	17/06/2017
Rec Reg Adaptada S12 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Star,			
Rec Reg Adaptada S13 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanç�as	5:56.03	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	5:28.25	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	20/05/2018
Rec Reg Adaptada S15 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S15	7:26.53	Pedro Miguel, COSTA	CFP	Porto	06/02/2016
Rec Reg Adaptada S16 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanç�as	59:00.00	Start,			
Rec Reg Adaptada S17	6:21.12	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Reg Adaptada S21 Esperanç�as	6:53.69	Francisco Pessanha, MONTES	ADADA	Oeiras	17/06/2017
Rec Reg Adaptada S21	6:15.15	Francisco Pessanha, MONTES	ADADA	Campanha	09/04/2022

Pista	Nome	Sexo	Licenç�a	Clas	Exc	Ano	Clube	T. Inscriç�o	Situaç�o
S�rie 1 de 2, 15:39									
1	Ricardo Silva, REIS	M	216676	S9	A, 3,	509	ADADA		NT
2	Daniel Filipe, MOREIRA	M	148345	S21		97	AP Vila D Este		NT
3	Hugo Bernardo, GONCALVES	M	148371	S21		96	Fcp	7:46.26	L
4	Americo Manuel, OLIVEIRA	M	212076	S17		08	Gondomar Cultural	6:50.23	S
5	Bruno Miguel, SILVA	M	203838	S17		93	Fcp	7:16.19	L
6	Jose Manuel, PINTO	M	148323	S6	A, 12,	00	ADADA	8:23.57	S
7	Alberto Guedes, VALENTIM	M	216603	S14		07	Fcp		NT

Prova 2, Masc., 400m Livres

S rie 2 de 2, 15:49

1	Diogo Lopes, GOMES	M	147098	S21		96	Feira Viva	6:32.45 S	EXH
2	Francisco Mario, GOUVEIA	M	203960	S9	9	75	Feira Viva	6:18.52 S	EXH
3	Pedro Miguel, RIBEIRO	M	148294	S14		91	Gondomar Cultural	5:38.59 S	
4	Renato Filipe, SILVA	M	148373	S9	9	98	Fcp	5:02.94 S	
5	Bruno Ferreira, REIS	M	133136	S8	12+	00	Fcp	5:14.04 S	
6	Andre Guimaraes, SILVA	M	148288	S17		96	Fcp	6:21.12 L	
7	Joao Miguel, CAMPOS	M	202239	S7	6.12,+79		ADADA	6:27.97 S	
8	Alexandre Costa, COUTO	M	120634	S10		01	Sporting	6:46.89 S	EXH



Prova 3	Femin., 200m Livres					Absoluto
03/12/2022 - 15:57						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	5:07.35	Susana Cristina, BARROSO	GESL	Lisboa		26/05/2001
Rec Nac S4	4:07.64	Diana Lobo, GUIMARAES	FCP	Vila Franca de Xira		01/12/2007
Rec Nac S5	3:31.89	Maria Joao, MORGADO	POR	Braunschweig (GER)		13/08/1999
Rec Nac S14	2:48.99	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		11/06/2016
Rec Nac S15	2:40.90	Eunice Evora, ALMEIDA	SCP	Povoa de Varzim		12/05/2018
Rec Nac S16	3:35.36	Maria Joao, TABORDA	FCP	Povoa de Varzim		07/04/2019
Rec Nac S17	5:54.10	Francisca Araujo, FERREIRA	ADADA	Campanha		10/04/2022
Rec Nac S21	3:33.20	Filipa Sa, REIS	FVCD	Porto		29/01/2022
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	3:34.14	Maria Mafalda, SOARES	ADADA	Porto		22/04/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
S�rie 1 de 1, 15:57									
1	Diana Ines, TORRES	F	133453	S21		99	Fcp	NT	
2	Ana Alexandra, CASTRO	F	148287	S21		92	Fcp	4:16.77 L	
3	Susana Raquel, GOUVEIA	F	133446	S14		89	ADADA	3:44.31 L	
4	Filipa Sa, REIS	F	147099	S21		00	Feira Viva	3:26.09 S	EXH
5	Maria Mafalda, SOARES	F	153119	S14		02	ADADA	3:26.05 S	
6	Adriana Godinho, REIS	F	133132	S21		95	Feira Viva	3:40.73 S	EXH
7	Carina Barbosa, MOREIRA	F	148289	S21		81	Gondomar Cultural	4:35.63 S	
8	Cl�udia Filipa, PENETRO	F	213508	S5	A 1,3,502		Alhandra	NT	EXH

Prova 4	Masc., 200m Livres				Absoluto
03/12/2022 - 16:03					Startlist
Rec Nac S1	7:14.02	Joao, MARTINS	CNBC	Estocolmo (SWE)	02/08/2001
Rec Nac S2	5:30.51	Joao Alexandre, PINA	GESL	Vila Franca de Xira	05/03/2016
Rec Nac S3	5:18.76	Nuno, VITORINO	GESL	Almendralejo (ESP)	26/07/2002
Rec Nac S4	3:49.10	Rui Manuel, PEDROSO	POR	Sheffield (GBR)	06/06/1998
Rec Nac S5	2:58.33	Ivo Filipe, ROCHA	FVCD	Porto	26/05/2019
Rec Nac S8	2:21.66	Diogo Luis, CANCELA	ALN	Coimbra	03/04/2022
Rec Nac S11	2:14.31	Marco Ribeiro, MENESES	CRASTO	Coimbra	28/05/2022
Rec Nac S14	2:15.10	Samuel Lima, DUARTE	FVCD	Coimbra	28/05/2022
Rec Nac S15	2:03.73	Tiago Correia, NEVES	CFB	Funchal	24/03/2018
Rec Nac S16	2:20.19	Andre Camara, JORGE	CEOL	Funchal	22/02/2020
Rec Nac S17	3:01.01	Miguel Paiva, BRANCO	APPDAC	Porto	29/01/2022
Rec Nac S21	2:49.44	Andre Reis, ALMEIDA	POR	Olbia (ITA)	17/09/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	3:57.23	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S5	3:57.23	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S14 Esperanas	2:52.99	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	2:37.22	Pedro Miguel, RIBEIRO	CNMAIA	P�ova de Varzim	18/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	3:27.46	Ant�nio Manuel, OLIVEIRA	ADDEG	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S17	3:08.08	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Reg Adaptada S21 Esperanas	3:23.98	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	21/05/2017
Rec Reg Adaptada S21	2:59.57	Jos� Augusto, RIBEIRO	POR	Firenze (ITA)	17/06/2016

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<b>S�rie 1 de 2, 16:03</b>									
1	Pedro Henrique, RODRIGUES	M	204177	S17		97	Gondomar Cultural	6:56.09 S	
2	Jorge Filipe, RIBEIRO	M	148322	S14		81	ADADA	5:00.55 S	
3	Ruben Jose, SANTOS	M	148261	S21		80	APC Coimbra	4:00.93 S	EXH
4	Bruno Ricardo, GUIMARAES	M	206297	S17		94	ADADA	3:48.84 S	
5	Ricardo Jorge, MOREIRA	M	208706	S5	A 3 5	101+	Fcp	3:54.20 S	
6	Welisson Gonalo, SILVA	M	210914	S14		05	Alhandra	4:21.74 S	EXH
7	Jose Antonio, ALBERGARIA	M	214787	S4	A,3,5,	98+	Feira Viva	6:02.82 S	EXH
8	Leonardo Ferreira, SILVA	M	209874	S4	A,3,5,	101	Feira Viva	7:39.14 L	EXH
<b>S�rie 2 de 2, 16:12</b>									
1	Marcelo Esteves, EUSEBIO	M	133451	S21		02	ADADA	3:47.27 L	
2	Rui Miguel, PESTANA	M	201141	S21		00	Individual Norte de Portugal	3:09.07 S	
3	Francisco Pessanha, MONTES	M	133450	S21		02	ADADA	2:54.77 S	
4	Simao Pedro, ROCHA	M	203015	S14		06	Aquatico Pacense	2:43.94 S	
5	Ivo Filipe, ROCHA	M	131736	S5	A 12	90	Feira Viva	2:59.45 L	EXH
6	Francisco Jose, VICENTE	M	148269	S21		99	Sporting	3:03.77 S	EXH
7	Humberto Julio, MENDES	M	204182	S17		90	ADADA	3:23.87 L	
8	Luis Carlos, NASCIMENTO	M	212095	S5	3 5 12	06	Fcp	3:41.87 S	

Prova 5	Femin., 100m Bruços					Absoluto
03/12/2022 - 16:17						Startlist
Rec Nac S4	2:12.38	Diana Lobo, GUIMARAES	CFV	Coimbra		12/06/2010
Rec Nac S5	2:19.48	Simone Silva, FRAGOSO	SCP	P�ova de Varzim		18/06/2016
Rec Nac S6	59:00.00	start,				
Rec Nac S7	3:28.27	Ana Branca, SAMPAIO	ADADA	Berlin (GER)		06/07/2017
Rec Nac S8	1:25.96	Joana Catarina, CALADO	POR	Rio de Janeiro (BRA)		14/09/2016
Rec Nac S9	1:25.02	Renata Vaz, PINTO	POR	Funchal		16/05/2021
Rec Nac S11	59:00.00	start,				
Rec Nac S12	59:00.00	start,				
Rec Nac S13	59:00.00	start,				
Rec Nac S14	1:37.18	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		10/06/2016
Rec Nac S15	1:30.94	Susana Maria, LOURENCO	SCP	Oeiras		17/06/2017
Rec Nac S16	1:51.58	Maria Joao, TABORDA	FCP	Oeiras		11/05/2019
Rec Nac S17	1:53.19	Beatriz Malaquias, PELAIO	APPDAC	Coimbra		02/03/2019
Rec Nac S21	1:55.00	Mannie, NG	GESL	P�ova de Varzim		10/03/2013
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	3:28.27	Ana Branca, SAMPAIO	ADADA	Berlin (GER)		06/07/2017
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S9 Esperanas	1:31.35	Renata Vaz, PINTO	LSC	Porto		05/07/2014
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situacao
S�rie 1 de 2, 16:17									
3	Sara Isabel, DUARTE	F	204091	SB21		91	AP Vila D Este	NT	
4	Laura Soares, RODRIGUES	F	213509	SB14		08	Alhandra	4:12.08 S	EXH
5	Claudia Sofia, DOURADO	F	216604	SB8	A, 3,	594	Fcp	4:36.58 S	
S�rie 2 de 2, 16:24									
1	Rita Manuela, SANTOS	F	206298	SB8	A,3,5,	'96+	ADADA	3:09.06 S	
2	Barbara Ines, GOMES	F	148265	SB21		91	APC Coimbra	2:08.96 S	EXH
3	Matilde Lucia, GASPAR	F	201275	SB21		06	APC Coimbra	2:01.24 S	EXH
4	Renata Vaz, PINTO	F	108165	SB9	1,3,5	99	ADADA	1:25.51 L	
5	Ana Filipa, CASTRO	F	131735	SB8	12	97	Feira Viva	1:59.74 L	EXH
6	Camila Anjos, NEVES	F	206308	SB113		01	Alhandra	2:02.65 S	EXH
7	Carolina Caetano, LOURENCO	F	201276	SB21		94	APC Coimbra	2:14.34 L	EXH
8	Carlota Girao, FERREIRA	F	216675	SB7	A, 3,	506	ADADA	3:24.75 S	

Prova 6	Masc., 100m Bruços					Absoluto
03/12/2022 - 16:28						Startlist
Rec Nac S4	2:20.54	Jaime Lopes, CATARINO	FCP	Campanha	09/04/2022	
Rec Nac S5	1:41.35	Ivo Filipe, ROCHA	FVCD	Porto	23/03/2019	
Rec Nac S6	2:11.85	Nuno Diogo, ALVES	CNMAIA	Povoa de Varzim	18/06/2016	
Rec Nac S7	1:29.16	Joao Miguel, CAMPOS	ADADA	Porto	25/05/2019	
Rec Nac S8	1:19.30	Diogo Luis, CANCELA	POR	Tokyo (JPN)	26/08/2021	
Rec Nac S9	1:11.87	Adriano Miguel, NASCIMENTO	POR	Londres (GBR)	08/09/2012	
Rec Nac S10						
Rec Nac S11	1:31.69	Marco Ribeiro, MENESES	POR	Funchal	18/05/2021	
Rec Nac S12	1:35.57	Joao Tanica, CRUZ	PDEM	Porto	29/01/2022	
Rec Nac S13	59:00.00	start,				
Rec Nac S14	1:27.84	Carlos, DUARTE		Sheffield (GBR)	06/06/1998	
Rec Nac S15	1:11.94	Tiago Correia, NEVES	CFB	Porto	29/01/2022	
Rec Nac S16	1:12.25	Andre Camara, JORGE	POR	Newcastle (GBR)	20/08/2019	
Rec Nac S17	1:44.40	Daniel Mendo, OLIVEIRA	AO21	Coimbra	09/01/2022	
Rec Nac S21	1:31.35	Joao Francisco, VAZ	SCP	Rio Maior	25/01/2020	
Rec Reg Adaptada S4 Esperanas	3:37.11	Luis Carlos, NASCIMENTO	FCP	Campanha	09/04/2022	
Rec Reg Adaptada S4	2:20.54	Jaime Lopes, CATARINO	FCP	Campanha	09/04/2022	
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5	2:37.81	Jos� Manuel, PINTO	ADADA	Porto	29/01/2022	
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6	2:11.85	Nuno Diogo, ALVES	CNMAIA	P�ova de Varzim	18/06/2016	
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7	1:29.16	Jo�o Miguel, CAMPOS	ADADA	Porto	25/05/2019	
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S8	2:42.71	Jo�o Pedro, MONTEIRO	FCP	P�ova de Varzim	27/11/2021	
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S9	1:15.58	Tomas Coelho, CORDEIRO	POR	Lignano (ITA)	12/03/2022	
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S11	1:50.19	Amadeu Andr�, CRUZ	POR	Porto	29/04/2017	
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	1:47.53	Simao Pedro, ROCHA	CAP	Campanha	09/04/2022	
Rec Reg Adaptada S14	1:39.19	Pedro Miguel, RIBEIRO	CPN	Porto	21/04/2018	
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	1:52.79	Pedro Miguel, COSTA	CFP	P�ova de Varzim	18/06/2016	
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	1:49.71	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022	
Rec Reg Adaptada S21 Esperanas	2:12.90	Rui Miguel, PESTANA	FCP	P�ova de Varzim	18/06/2016	
Rec Reg Adaptada S21	1:54.54	Rui Miguel, PESTANA	FCP	P�ova de Varzim	06/04/2019	

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
<b>S�rie 1 de 3, 16:28</b>									
3	Pedro Fernandes, MANITO	M	210491	SB17	A	02	Palmela	NT	EXH
4	Luis Bernardo, SA	M	203797	SB4	A12	96	Feira Viva	NT	EXH
5	Diogo Jos�, MARQUES	M	209288	SB14		99	Alhandra	NT	EXH

Prova 6, Masc., 100m Bruços

S rie 2 de 3, 16:34

1	Luis Carlos, NASCIMENTO	M	212095	SB4	3 5 12-06	Fcp	3:18.02	S
2	Rodrigo Oliveira, SILVA	M	214788	SB7	A,3,5,108+	Feira Viva	3:13.99	S EXH
3	Helder Ferreira, SOUSA	M	207625	SB6	12+ 75	Fcp	2:33.46	S
4	Nuno Diogo, ALVES	M	148292	SB6	A12+ 88	Gondomar Cultural	2:24.87	L
5	Joao Pedro, MONTEIRO	M	208705	SB7	A, 3, 504	Fcp	2:34.33	L
6	Jos� Pedro, FERREIRA	M	215733	SB21	W 04	Alhandra	2:41.83	S EXH
7	Jo�o Paulo, FARRIM	M	215863	SB6	A H 3,72 2	Alhandra	3:15.38	S EXH
8	Ricardo Jorge, MOREIRA	M	208706	SB4	A 3 5 101+	Fcp	3:21.13	S

S rie 3 de 3, 16:39

1	Renato Alexandre, OLIVEIRA	M	201295	SB6	A,1,2,482	ADADA	2:05.39	S
2	Luis Gabriel, MAGALH�ES	M	215930	SB110	07	Lousada S�culo XXI	1:59.51	S
3	Alberto Guedes, VALENTIM	M	216603	SB14	07	Fcp	1:38.85	S
4	Antonio Joaquin, ALVES	M	210482	SB14	97	Feira Viva	1:30.32	S EXH
5	Samuel Lima, DUARTE	M	207426	SB14	04	Feira Viva	1:35.60	S EXH
6	Andre Reis, ALMEIDA	M	201716	SB21	00	Sporting	1:47.55	S EXH
7	Luis Miguel, MONTEIRO	M	133454	SB14	96	ADADA	2:03.47	S
8	Jaime Lopes, CATARINO	M	147100	SB4	A 12 91	Fcp	2:11.54	S

Prova 7  
03/12/2022 - 16:42

Femin., 200m Costas

Absoluto  
Startlist

Rec Nac S14	3:14.60	Sonia Castanheiro, RESENDE	SCA	P�ova de Varzim	18/06/2016
Rec Nac S15	3:43.76	Raquel Rosa, CORREIA	ACDCBR	P�ova de Varzim	18/06/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S21	3:41.39	Mannie, NG	POR	Liberec (CZE)	08/07/2009
Rec Reg Adaptada S14 Esperanas	4:44.99	Joana Candeias, REGO	ADADA	P�ova de Varzim	07/04/2019
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	3:44.23	Diana In�es, TORRES	ADADA	P�ova de Varzim	09/05/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
<u>S�rie 1 de 2, 16:42</u>									
3	Joana Candeias, REGO	F	203837	S14		04	ADADA	NT	
4	Catarina Resende, GRACA	F	207054	S21		04	Feira Viva	NT	EXH
5	Camila Matos, MOURATO	F	216544	S14		06	Alhandra	NT	EXH
<u>S�rie 2 de 2, 16:51</u>									
2	Bruna Gomes, CASTRO	F	207055	S21		04	Feira Viva	6:15.25 L	EXH
3	Patricia Alexandra, SOUSA	F	206924	S14		01	Alhandra	5:02.38 S	EXH
4	Beatriz Moreira, ALMEIDA	F	203836	S14		04	ADADA	4:44.84 S	
5	Gabriela Chambel, MATOS	F	202858	S14		05	Alhandra	4:45.86 S	EXH
6	Noemi Pereira, COSTA	F	204887	S21		93	Gondomar Cultural	5:51.16 L	
7	Francisca Araujo, FERREIRA	F	133461	S17		96	ADADA	6:04.18 S	

Prova 8	Masc., 200m Costas					Absoluto
03/12/2022 - 16:59						Startlist
Rec Nac S8	2:51.97	Diogo Luis, CANCELA	CNMC	Coimbra		11/07/2021
Rec Nac S14	2:49.95	Rodrigo Oliveira, PATRICIO	FVCD	Porto		29/01/2022
Rec Nac S15	2:23.63	Tiago Correia, NEVES	CFB	P�ova de Varzim		12/05/2018
Rec Nac S17	3:14.51	Andre Guimaraes, SILVA	FCP	P�ova de Varzim		27/11/2021
Rec Nac S21	3:09.88	Andre Reis, ALMEIDA	POR	Olbia (ITA)		20/09/2019
Rec Reg Adaptada S14 Esperanas	3:24.31	Sim�o Pedro, ROCHA	CAP	P�ova de Varzim		27/11/2021
Rec Reg Adaptada S14	3:10.04	Andr� Guimar�es, SILVA	CNMAIA	P�ova de Varzim		09/05/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	3:14.51	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim		27/11/2021
Rec Reg Adaptada S21 Esperanas	4:04.76	Francisco Pessanha, MONTES	ADADA	Vila Franca de Xira		05/03/2016
Rec Reg Adaptada S21	3:28.09	Jose Miguel, SILVA	POR	Oeiras		11/05/2019

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
<u>S�rie 1 de 2, 16:59</u>									
3	Rui Miguel, PESTANA	M	201141	S21		00	Individual Norte de Portugal	NT	
4	Joao Pedro, GOMES	M	215274	S21		82	ADADA	NT	
5	Micael Alexandre, VIEIRA	M	210485	S14		07	Alhandra	NT	EXH
<u>S�rie 2 de 2, 17:07</u>									
1	Vasco Feliciano, SOARES	M	217139	S17		09	Feira Viva	NT	EXH
2	Joao Barge, ANDRADE	M	214789	S21		06	Feira Viva	5:03.53 L	EXH
3	Joel Alexandre, PEREIRA	M	148272	S21		92	APC Coimbra	4:02.20 S	EXH
4	Rodrigo Oliveira, PATRICIO	M	201581	S14		05	Feira Viva	2:49.95 L	EXH
5	Simao Pedro, ROCHA	M	203015	S14		06	Aquatico Pacense	3:25.18 L	
6	David Silva, PAIVA	M	212742	S17		04	Fcp	4:26.76 L	
7	Diogo Miguel, CORREIA	M	217138	S21		08	Feira Viva	NT	EXH

Prova 9  
03/12/2022 - 17:13

Femin., 100m Mariposa

Absoluto  
Startlist

Rec Nac S8	1:29.49	Ana Filipa, CASTRO	POR	Funchal	14/06/2022
Rec Nac S9	1:17.64	Leila Susana, MARQUES	POR	Atenas (GRE)	17/09/2004
Rec Nac S10	1:15.72	Teresa Lamego, NEVES	POR	Glasgow (GBR)	17/07/2015
Rec Nac S11	59:00.00	start,			
Rec Nac S12	59:00.00	start,			
Rec Nac S13	59:00.00	start,			
Rec Nac S14	1:42.84	Sonia Castanheiro, RESENDE	SCA	Porto	30/04/2017
Rec Nac S15	1:26.66	Susana Maria, LOURENCO	SCP	P�voa de Varzim	18/06/2016
Rec Nac S16	59:00.00	start,			
Rec Nac S17	59:00.00	start,			
Rec Nac S21	1:47.00	Diana Ines, TORRES	FCP	Oeiras	11/05/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	2:12.64	Beatriz Soares, RODRIGUES	APUVE	P�voa de Varzim	13/12/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situacao
<u>S�rie 1 de 1, 17:13</u>									
2	Sara Isabel, DUARTE	F	204091	S21		91	AP Vila D Este	NT	
3	Diana Ines, TORRES	F	133453	S21		99	Fcp	1:40.61 S	
4	Ana Filipa, CASTRO	F	131735	S8	12	97	Feira Viva	1:29.49 L	EXH
5	Ana Alexandra, CASTRO	F	148287	S21		92	Fcp	1:33.08 L	
6	Barbara Ines, GOMES	F	148265	S21		91	APC Coimbra	2:18.53 S	EXH



Prova 10  
03/12/2022 - 17:16

Masc., 100m Mariposa

Absoluto  
Startlist

Rec Nac S8	1:04.30	Diogo Luis, CANCELA	POR	Funchal	14/06/2022
Rec Nac S9	1:06.63	David Realista, GRACHAT	POR	Sheffield (GBR)	17/04/2010
Rec Nac S10	1:03.52	Emanuel Luis, GONCALVES	POR	Reykjavik (ISL)	22/10/2009
Rec Nac S11	1:21.25	Marco Ribeiro, MENESES	POR	Tokyo (JPN)	03/09/2021
Rec Nac S12	1:36.62	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019
Rec Nac S13	1:04.97	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	08/08/2014
Rec Nac S14	1:18.55	Samuel Lima, DUARTE	FVCD	Campanha	10/04/2022
Rec Nac S15	59.56	Tiago Correia, NEVES	POR	S�o Paulo (BRA)	27/08/2019
Rec Nac S16	1:11.98	Andre Camara, JORGE	CEOL	Funchal	15/06/2019
Rec Nac S17	1:37.58	Andre Guimaraes, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Nac S21	1:20.02	Filipe Bjorcke, SANTOS	POR	Florence (ITA)	20/07/2016
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	1:33.77	Bruno Ferreira, REIS	FCP	Porto	26/06/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:17.63	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:05.56	Tom�s Coelho, CORDEIRO	POR	Lignano (ITA)	13/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:22.98	Amadeu Andr�, CRUZ	FCP	Oeiras	17/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	1:50.20	Carlos Alexandre, BRTO	APUVE	Vila Franca de Xira	22/02/2015
Rec Reg Adaptada S14	1:20.79	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	12/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	1:37.58	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21	1:49.41	Jos� Miguel, SILVA	FCP	Porto	03/11/2019

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
S�rie 1 de 1, 17:16									
1	Luis Gabriel, MAGALH�ES	M	215930	S110		07	Lousada S�culo XXI	NT	
2	Alexandre Costa, COUTO	M	120634	S10		01	Sporting	2:01.97 S	EXH
3	Joao Francisco, VAZ	M	133323	S21		92	Sporting	1:24.88 S	EXH
4	Renato Filipe, SILVA	M	148373	S9	9	98	Fcp	1:11.93 S	
5	Samuel Lima, DUARTE	M	207426	S14		04	Feira Viva	1:18.55 L	EXH
6	Bruno Ferreira, REIS	M	133136	S8	12+	00	Fcp	1:30.04 S	
7	Daniel Filipe, MOREIRA	M	148345	S21		97	AP Vila D Este	NT	

Prova 11		Femin., 200m Bruços			Absoluto
03/12/2022 - 17:19					Startlist
Rec Nac S14	3:32.83	Sonia Castanheiro, RESENDE	POR	Loano (ITA)	13/06/2016
Rec Nac S15	3:18.70	Susana Maria, LOURENCO	SCP	Vila Franca de Xira	05/03/2016
Rec Nac S17	59:00.00	start,			
Rec Nac S21	4:18.17	Matilde Lucia, GASPAR	APCC	Porto	29/01/2022
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscrio	Situao
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Prova 12  
03/12/2022 - 17:19

Masc., 200m Bruços

Absoluto  
Startlist

Rec Nac S8	3:03.49	Diogo Luis, CANCELA	CNMC	Coimbra	10/07/2021
Rec Nac S14	3:24.68	Carlos, DUARTE		Liberec (CZE)	13/07/1997
Rec Nac S15	2:34.24	Tiago Correia, NEVES	POR	Caxias do Sul (BRA)	07/05/2022
Rec Nac S17	3:45.52	Daniel Mendo, OLIVEIRA	AO21	Coimbra	09/01/2022
Rec Nac S21	3:14.60	Joao Francisco, VAZ	POR	Olbia (ITA)	21/09/2019
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14	3:33.54	Andr� Guimar�es, SILVA	CNMAIA	P�ova de Varzim	09/05/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	4:22.82	Pedro Miguel, COSTA	CFP	Porto	06/02/2016
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	3:57.89	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21	4:12.23	Jos� Miguel, SILVA	CFP	Porto	29/05/2017

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 17:19									
3	Pedro Fernandes, MANITO	M	210491	SB17	A	02	Palmela	NT	EXH
4	Andre Guimaraes, SILVA	M	148288	SB17		96	Fcp	3:38.40 S	
5	Diogo Lopes, GOMES	M	147098	SB21		96	Feira Viva	3:59.29 L	EXH

Prova 13	Femin., 50m Livres					Absoluto
03/12/2022 - 17:24						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	1:52.21	Susana, PINTO	CNBC			02/09/1995
Rec Nac S3	1:05.08	Susana Cristina, BARROSO	POR	Sydney (AUS)		15/10/2000
Rec Nac S4	57.88	Diana Lobo, GUIMARAES	FCP	P�ova de Varzim		16/03/2008
Rec Nac S5	44.17	Simone Silva, FRAGOSO	POR	Berlin (GER)		28/06/2012
Rec Nac S6	1:19.30	Ana Sofia, BARBOSA	FCP	P�ova de Varzim		27/11/2021
Rec Nac S7	1:07.41	Ana Branca, SAMPAIO	SANNP	Valladolid (ESP)		06/05/2018
Rec Nac S8	37.00	Ana Filipa, CASTRO	FVCD	Porto		24/03/2019
Rec Nac S9	28.85	Susana Pereira, VEIGA	POR	Funchal		22/05/2021
Rec Nac S10	32.95	Teresa Lamego, NEVES	SCP	Campanha		01/06/2014
Rec Nac S11	1:45.07	Cristiana Marisa, NETO	ADADA	Porto		30/04/2017
Rec Nac S12	59:00.00	start,				
Rec Nac S13	42.22	Camila Anjos, NEVES	ASC	Povoa de Varzim		13/05/2018
Rec Nac S14	33.61	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		10/06/2016
Rec Nac S15	31.46	Eunice Evora, ALMEIDA	CDAP	Oeiras		11/05/2019
Rec Nac S16	41.13	Maria Joao, TABORDA	FCP	Oeiras		11/05/2019
Rec Nac S17	42.36	Beatriz Malaquias, PELAIO	APPDAC	Povoa de Varzim		07/04/2019
Rec Nac S21	43.45	Filipa Sa, REIS	SCA	Porto		26/05/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	1:07.41	Ana Branca, SAMPAIO	ANNP	Valladolid (ESP)		06/05/2018
Rec Reg Adaptada S8 Esperanas	40.59	Iara Pinto, TORRES	FCP	Porto		24/06/2021
Rec Reg Adaptada S9 Esperanas	35.83	Renata Vaz, PINTO	LSC	Berlin (GER)		24/04/2014
Rec Reg Adaptada S10 Esperanas	50.44	Maria Matilde, MORAIS	ADADA	Porto		25/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	44.30	Maria Mafalda, SOARES	ADADA	Porto		22/04/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	46.74	Diana In�es, TORRES	ADADA	Vila Franca de Xira		22/02/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 4, 17:24									
3	Maria Beatriz, RAPOSO	F	218182	S17		06	ADADA	NT	
4	Camila Matos, MOURATO	F	216544	S14		06	Alhandra	1:40.73 S	EXH
5	Cl�udia Filipa, PENETRO	F	213508	S5	A 1,3,502		Alhandra	1:54.92 S	EXH
S�rie 2 de 4, 17:28									
2	Claudia Sofia, DOURADO	F	216604	S8	A, 3, 594		Fcp	1:35.14 S	
3	Francisca Araujo, FERREIRA	F	133461	S17		96	ADADA	1:18.80 L	
4	Bruna Gomes, CASTRO	F	207055	S21		04	Feira Viva	1:15.28 S	EXH
5	Noemi Pereira, COSTA	F	204887	S21		93	Gondomar Cultural	1:15.14 S	
6	Laura Soares, RODRIGUES	F	213509	S14		08	Alhandra	1:36.48 S	EXH
7	Catarina Resende, GRACA	F	207054	S21		04	Feira Viva	1:46.35 L	EXH

Prova 13, Femin., 50m Livres

S rie 3 de 4, 17:32

1	Carla Filipa, SILVA	F	201537	S14	97	Lousada S�culo XXI	1:07.61	S
2	Debora Filipa, SANTOS	F	132091	S113	92	Vilacondense	59.35	L
3	Gabriela Chambel, MATOS	F	202858	S14	05	Alhandra	58.49	L EXH
4	Carolina Caetano, LOURENCO	F	201276	S21	94	APC Coimbra	55.17	L EXH
5	Carina Barbosa, MOREIRA	F	148289	S21	81	Gondomar Cultural	57.09	L
6	Carlota Girao, FERREIRA	F	216675	S8	A, 3, 506	ADADA	56.58	S
7	Rita Manuela, SANTOS	F	206298	S8	A,3,5,'96+	ADADA	1:07.79	L
8	Claudia Maria, RIBEIRO	F	201538	S21	04	Lousada S�culo XXI	1:17.91	L

S rie 4 de 4, 17:35

1	Raquel Rocilio, MONTEIRO	F	147090	S14	98	Feira Viva	49.36	S EXH
2	Beatriz Moreira, ALMEIDA	F	203836	S14	04	ADADA	48.96	L
3	Susana Raquel, GOUVEIA	F	133446	S14	89	ADADA	43.28	L
4	Renata Vaz, PINTO	F	108165	S9	1,3,5 99	ADADA	33.06	L
5	Maria Mafalda, SOARES	F	153119	S14	02	ADADA	41.12	L
6	Joana Candeias, REGO	F	203837	S14	04	ADADA	46.48	L
7	Adriana Godinho, REIS	F	133132	S21	95	Feira Viva	47.64	S
8	Patricia Alexandra, SOUSA	F	206924	S14	01	Alhandra	54.51	L EXH

Prova 14	Masc., 50m Livres				Absoluto
03/12/2022 - 17:37					Startlist
Rec Nac S1	1:35.50	Joao, MARTINS	CNBC	P�voa de Varzim	03/04/2011
Rec Nac S2	1:19.73	Joao Alexandre, PINA	POR	Funchal	01/05/2016
Rec Nac S3	1:14.92	Nuno, VITORINO	POR	Madrid (ESP)	29/03/2002
Rec Nac S4	48.30	Rui Manuel, PEDROSO	POR	Atlanta (USA)	20/09/1996
Rec Nac S5	42.56	Ivo Filipe, ROCHA	FVCD	Valladolid (ESP)	04/05/2019
Rec Nac S6	32.39	Daniel Carlos, VIDEIRA	GESL	Oeiras	11/05/2019
Rec Nac S7	33.77	Daniel Carlos, VIDEIRA	GESL	Porto	22/04/2018
Rec Nac S8	29.32	David Pedro, CARREIRA	POR	Rio de Janeiro (BRA)	16/09/2016
Rec Nac S9	26.23	Gino Santos, CAETANO	CGA	Povoa de Varzim	08/12/2019
Rec Nac S10	26.50	Gino Santos, CAETANO	CGA	Coimbra	31/03/2017
Rec Nac S11	27.86	Marco Ribeiro, MENESES	POR	Funchal	12/06/2022
Rec Nac S12	32.17	Joao Tanica, CRUZ	PDEM	Oeiras	11/05/2019
Rec Nac S13	27.56	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	07/08/2014
Rec Nac S14	28.88	Samuel Lima, DUARTE	FVCD	Coimbra	28/05/2022
Rec Nac S15	25.30	Tiago Correia, NEVES	CFB	Funchal	23/03/2018
Rec Nac S16	26.90	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
Rec Nac S17	36.07	Miguel Paiva, BRANCO	APPDAC	Rio Maior	25/01/2020
Rec Nac S21	30.99	Vicente Barros, PEREIRA	SCP	Porto (ARG)	29/01/2022
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	1:22.22	Pedro Moreira, PRAZERES	CFP	Porto	29/01/2022
Rec Reg Adaptada S5 Esperanas	52.25	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S5	45.11	Ricardo Jorge, MOREIRA	FCP	Porto	26/06/2021
Rec Reg Adaptada S6 Esperanas	1:00.05	Luis Carlos, NASCIMENTO	FCP	P�voa de Varzim	27/11/2021
Rec Reg Adaptada S6	44.35	Jos� Manuel, PINTO	ADADA	Porto	29/01/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	35.07	Jo�o Miguel, CAMPOS	ADADA	Porto	24/03/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	30.34	Jo�o Silva, ROCHA	FCP	Porto	25/04/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	29.23	Renato Filipe, SILVA	FCP	P�voa de Varzim	19/03/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	33.64	Ant�nio Pedro, OLIVEIRA	FCP	Porto	26/06/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	34.94	Amadeu Andr�, CRUZ	POR	P�voa de Varzim	21/05/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13	1:15.22	Andr� Joaquim, TRIGUEIRA	ADADA	P�voa de Varzim	25/05/2018
Rec Reg Adaptada S14 Esperanas	36.29	Carlos Alexandre, BRITO	APUVE	Vila Franca de Xira	22/02/2015
Rec Reg Adaptada S14	30.79	Pedro Miguel, RIBEIRO	CNMAIA	P�voa de Varzim	18/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	36.59	Pedro Miguel, COSTA	CFP	P�voa de Varzim	18/06/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	39.41	Americo Manuel, OLIVEIRA	ADDEG	Campanha	10/04/2022
Rec Reg Adaptada S17	36.42	Humberto J�lio, MENDES	ADADA	Coimbra	09/01/2022
Rec Reg Adaptada S21 Esperanas	40.38	Marcelo Esteves, EUS�BIO	ADADA	Porto	20/05/2018
Rec Reg Adaptada S21	34.13	Rui Miguel, PESTANA	FCP	Porto	25/04/2021

Pista Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscrio	Situao
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Prova 14, Masc., 50m Livres

S rie 1 de 7, 17:37

3	Vasco Feliciano, SOARES	M	217139	S17	09	Feira Viva	NT	EXH
4	Nuno Rafael, GUIMARAES	M	217959	S17	09	ADADA	NT	
5	Ilia, MOSKOVTSSEV	M		S110	08	ADADA	NT	EXH

S rie 2 de 7, 17:41

1	Diogo Andre, CARVALHO	M	204176	S4	99	Gondomar Cultural	NT	
2	Rodrigo Fernandes, PAUPERIO	M	217960	S14	07	ADADA	NT	
3	Diogo Miguel, CORREIA	M	217138	S21	08	Feira Viva	NT	EXH
4	Diogo Jos�, MARQUES	M	209288	S14	99	Alhandra	NT	EXH
5	Afonso Cunha, FELGUEIRAS	M	132413	S15	98	Fluvial Portuense	NT	
6	Santiago Batista, BARBOSA	M	217961	S17	08	ADADA	NT	
7	Semen, MOSKOVTSSEV	M		S110	08	ADADA	NT	EXH
8	Vasco Paixao, OLIVEIRA	M	217962	S17	15	ADADA	NT	

S rie 3 de 7, 17:45

1	Bruno Miguel, FERREIRA	M	216695	S110	77	Gondomar Cultural	1:51.13	S
2	Leonardo Ferreira, SILVA	M	209874	S4	A,3,5,'01	Feira Viva	1:44.81	L EXH
3	Filipe Luis, CARDOSO	M	204080	S13	01	ADADA	1:33.30	L
4	Pedro Moreira, PRAZERES	M	148372	S4	00	Fluvial Portuense	1:22.22	L
5	Pedro Henrique, RODRIGUES	M	204177	S17	97	Gondomar Cultural	1:21.76	S
6	Miguel Vieira, MONTEIRO	M	213872	S14	01	Fluvial Portuense	1:31.08	S
7	Otavio Filipe, BESSA	M	201539	S14	00	Lousada S�culo XXI	2:01.78	L
8	Luis Bernardo, SA	M	203797	S5	A12 96	Feira Viva	NT	EXH

S rie 4 de 7, 17:49

1	Jos� Pedro, FERREIRA	M	215733	S21	W 04	Alhandra	1:12.47	S EXH
2	Joao Pedro, GOMES	M	215274	S21	82	ADADA	1:01.78	S
3	Jorge Filipe, RIBEIRO	M	148322	S14	81	ADADA	53.69	S
4	Jaime Lopes, CATARINO	M	147100	S5	A 12 91	Fcp	52.44	S
5	Jo�o Paulo, FARRIM	M	215863	S7	A H 3,'72.2	Alhandra	55.14	L EXH
6	Rodrigo Oliveira, SILVA	M	214788	S8	A,3,5,'08+	Feira Viva	54.23	S EXH
7	Joao Pedro, MONTEIRO	M	208705	S6	A, 3, 504	Fcp	1:02.60	S
8	Jose Antonio, ALBERGARIA	M	214787	S4	A,3,5,'98+	Feira Viva	1:21.88	L EXH

S rie 5 de 7, 17:53

1	Micael Alexandre, VIEIRA	M	210485	S14	07	Alhandra	49.60	S EXH
2	Nuno Diogo, ALVES	M	148292	S7	A12+ 88	Gondomar Cultural	50.61	L
3	Ruben Jose, SANTOS	M	148261	S21	80	APC Coimbra	48.53	L EXH
4	David Silva, PAIVA	M	212742	S17	04	Fcp	45.42	S
5	Helder Ferreira, SOUSA	M	207625	S7	12+ 75	Fcp	48.05	L
6	Welisson Gonalves, SILVA	M	210914	S14	05	Alhandra	49.94	L EXH
7	Ricardo Silva, REIS	M	216676	S9	A, 3, 509	ADADA	48.99	S
8	Joao Barge, ANDRADE	M	214789	S21	06	Feira Viva	51.17	S EXH

S rie 6 de 7, 17:55

1	Bruno Ricardo, GUIMARAES	M	206297	S17	94	ADADA	45.10	S
2	Jose Manuel, PINTO	M	148323	S6	A,12 00	ADADA	44.35	L
3	Marcelo Esteves, EUSEBIO	M	133451	S21	02	ADADA	42.80	L
4	Americo Manuel, OLIVEIRA	M	212076	S17	08	Gondomar Cultural	37.76	S
5	Bruno Miguel, SILVA	M	203838	S17	93	Fcp	40.17	S
6	Ivo Filipe, ROCHA	M	131736	S5	A 12 90	Feira Viva	41.70	S EXH
7	Joel Alexandre, PEREIRA	M	148272	S21	92	APC Coimbra	44.91	L EXH
8	Hugo Bernardo, GONCALVES	M	148371	S21	96	Fcp	47.09	L

Prova 14, Masc., 50m Livres

S rie 7 de 7, 17:58

1	Luis Miguel, MONTEIRO	M	133454	S14	96	ADADA	36.64	S	
2	Humberto Julio, MENDES	M	204182	S17	90	ADADA	36.61	L	
3	Pedro Miguel, LEAL	M	148293	S14	90	Vilacondense	35.69	L	
4	Antonio Joaquin, ALVES	M	210482	S14	97	Feira Viva	31.21	S	EXH
5	Joao Miguel, CAMPOS	M	202239	S7	6.12,+79	ADADA	35.20	L	
6	Alberto Guedes, VALENTIM	M	216603	S14	07	Fcp	34.85	S	
7	Renato Alexandre, OLIVEIRA	M	201295	S7	A,1,2,482	ADADA	37.82	L	
8	Francisco Mario, GOUVEIA	M	203960	S9	9 75	Feira Viva	38.19	L	EXH



Prova 15	Femin., 4 x 100m Livres					Absoluto
03/12/2022 - 18:00						Startlist
Rec Nac S14	6:45.87	Sporting Clube de Aveiro	SCA	Porto		29/04/2017
Rec Nac S17	59:00.00	start				
Rec Nac S21	7:08.91	Sporting Clube de Aveiro	SCA	Porto		29/04/2017
Rec Nac 34P	6:28.56	Feira Viva Cultura e Desporto	FVCD	Porto		29/04/2017
Rec Reg Adaptada 34P	59:00.00	Start				

Pista	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
<u>S�rie 1 de 1, 18:00</u>								
4	F	ADADA 1				ADADA	6:32.91	
5	F	Alhandra 1				Alhandra	NT	

Prova 16	Masc., 4 x 100m Livres					Absoluto
03/12/2022 - 18:07						Startlist
Rec Nac S14	5:08.04	Feira Viva Cultura e Desporto EM	FVCD	Porto		26/06/2021
Rec Nac S17	59:00.00	start				
Rec Nac S21	5:47.19	Sporting Clube de Portugal	SCP	Rio Maior		25/01/2020
Rec Nac 34P	4:33.84	Gesloures-Gestao Equip. Sociais, EIGESL		Rio Maior		25/01/2020
Rec Reg Adaptada S14	5:24.28	Clube Nataç�o da Maia	CNMAIA	Vila Franca de Xira		05/03/2016
Rec Reg Adaptada S17	59:00.00	Start				
Rec Reg Adaptada S21	59:00.00	Start				
Rec Reg Adaptada 34P	5:32.26	Futebol Clube do Porto	FCP	Porto		29/01/2022

Pista	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 18:07								
4	Fcp	34				Fcp		NT
5	Alhandra	2				Alhandra		NT

Prova 17 Femin., 800m Livres Absoluto  
Startlist  
03/12/2022 - 18:12

Rec Nac S14	14:37.94	Susana Raquel, GOUVEIA	ADADA	Porto	29/04/2017
Rec Nac S15	13:10.81	Susana Maria, LOURENCO	SFP	Loul�	28/06/2013
Rec Nac S17	59:00.00	start,			
Rec Nac S21	16:12.88	Matilde Lucia, GASPAR	APCC	Campanha	09/04/2022
Rec Reg Adaptada S14 Esperanas	17:54.05	Joana Candeias, REGO	ADADA	Porto	23/03/2019
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscrio	Situao
<u>S�rie 1 de 1, 18:12</u>									
4	Filipa Sa, REIS	F	147099	S21		00	Feira Viva	14:32.29 S	EXH
5	Matilde Lucia, GASPAR	F	201275	S21		06	APC Coimbra	15:53.91 S	EXH

Prova 18	Masc., 800m Livres					Absoluto
03/12/2022 - 18:29						Startlist
Rec Nac S6	12:23.11	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim		08/12/2019
Rec Nac S8	11:08.65	Ricardo Aderneira, SOARES	GESL	Povoa de Varzim		08/12/2019
Rec Nac S9	9:37.37	David Realista, GRACHAT	GESL	Povoa de Varzim		08/12/2019
Rec Nac S14	11:44.84	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim		20/05/2018
Rec Nac S15	9:17.95	Miguel Duarte, CRUZ	CFB	Coimbra		28/03/2021
Rec Nac S17	13:08.24	Pedro Fernandes, MANITO	PDEM	Campanha		09/04/2022
Rec Nac S21	12:41.88	Francisco Pessanha, MONTES	ADADA	Campanha		09/04/2022
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14	11:44.84	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim		20/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	14:50.16	Bruno Miguel, SILVA	FCP	Campanha		09/04/2022
Rec Reg Adaptada S21 Esperanas	16:25.53	Francisco Pessanha, MONTES	ADADA	Porto		30/04/2017
Rec Reg Adaptada S21	12:41.88	Francisco Pessanha, MONTES	ADADA	Campanha		09/04/2022

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 18:29									
2	Francisco Jose, VICENTE	M	148269	S21		99	Sporting	13:22.38 S	EXH
3	Andre Reis, ALMEIDA	M	201716	S21		00	Sporting	12:13.86 S	EXH
4	Rodrigo Oliveira, PATRICIO	M	201581	S14		05	Feira Viva	10:50.07 S	EXH
5	Pedro Miguel, RIBEIRO	M	148294	S14		91	Gondomar Cultural	11:43.95 S	
6	Francisco Pessanha, MONTES	M	133450	S21		02	ADADA	12:41.88 L	
7	Joao Francisco, VAZ	M	133323	S21		92	Sporting	NT	EXH

2 - 2<sup>a</sup> Jornada - 1<sup>a</sup> Sess o

04/12/2022 - 9:00

Prova 19	Femin., 100m Costas				Absoluto
04/12/2022 - 9:00					Startlist
Rec Nac S1	59:00.00	start,			
Rec Nac S2	59:00.00	start,			
Rec Nac S6	2:44.99	Ana Sofia, BARBOSA	FCP	Porto	30/01/2022
Rec Nac S7	2:36.68	Ana Branca, SAMPAIO	ADADA	Berlim (GER)	09/07/2017
Rec Nac S8	1:35.76	Ana Filipa, CASTRO	FVCD	Porto	25/05/2019
Rec Nac S9	1:19.54	Susana Pereira, VEIGA	CNCVG	Porto	27/06/2021
Rec Nac S10	1:22.85	Teresa Lamego, NEVES	POR	Eindhoven (NED)	09/08/2014
Rec Nac S11	4:37.31	Cristiana Marisa, NETO	ADADA	Porto	21/04/2018
Rec Nac S12	59:00.00	start,			
Rec Nac S13	1:55.77	Camila Anjos, NEVES	ASC	Povoa de Varzim	13/05/2018
Rec Nac S14	1:30.24	Sonia Castanheiro, RESENDE	POR	Loano (ITA)	12/06/2016
Rec Nac S15	1:35.23	Ana, PEREIRA			01/01/1995
Rec Nac S16	59:00.00	start,			
Rec Nac S17	2:40.09	Francisca Araujo, FERREIRA	ADADA	Campanha	09/04/2022
Rec Nac S21	1:41.53	Mannie, NG	POR	Liberec (CZE)	10/07/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7 Esperanas	2:36.68	Ana Branca, SAMPAIO	ADADA	Berlin (GER)	09/07/2017
Rec Reg Adaptada S8 Esperanas	1:50.89	Iara Pinto, TORRES	FCP	Porto	24/04/2021
Rec Reg Adaptada S9 Esperanas	1:26.53	Renata Vaz, PINTO	ADADA	P�voa de varzim	14/03/2015
Rec Reg Adaptada S10 Esperanas	2:14.79	Maria Matilde, MORAIS	ADADA	Porto	02/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	2:10.98	Beatriz Soares, RODRIGUES	APUVE	P�voa de Varzim	12/12/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<b>S�rie 1 de 2, 9:00</b>									
3	Laura Soares, RODRIGUES	F	213509	S14		08	Alhandra	NT	EXH
4	Catarina Resende, GRACA	F	207054	S21		04	Feira Viva	3:31.65 S	EXH
5	Claudia Sofia, DOURADO	F	216604	S8	A, 3,	594	Fcp	3:42.27 S	
<b>S�rie 2 de 2, 9:07</b>									
1	Bruna Gomes, CASTRO	F	207055	S21		04	Feira Viva	2:40.06 S	EXH
2	Rita Manuela, SANTOS	F	206298	S8	A,3,5,	'96+	ADADA	2:36.76 S	
3	Joana Candeias, REGO	F	203837	S14		04	ADADA	2:18.44 L	
4	Renata Vaz, PINTO	F	108165	S9	1,3,5	99	ADADA	1:22.74 L	
5	Camila Anjos, NEVES	F	206308	S113		01	Alhandra	1:38.97 S	EXH
6	Gabriela Chambel, MATOS	F	202858	S14		05	Alhandra	2:22.51 L	EXH
7	Carlota Girao, FERREIRA	F	216675	S8	A, 3,	506	ADADA	2:38.22 S	

Prova 20 04/12/2022 - 9:10	Masc., 100m Costas				Absoluto Startlist
Rec Nac S1	3:35.90	Joao, MARTINS	CNBC	Berlim (GER)	01/07/2012
Rec Nac S2	2:41.89	Joao Alexandre, PINA	POR	Funchal	04/05/2016
Rec Nac S4	59:00.00	start,			
Rec Nac S6	1:21.90	Daniel Carlos, VIDEIRA	POR	Funchal	16/05/2021
Rec Nac S7	1:26.15	Daniel Carlos, VIDEIRA	GESL	Oeiras	18/06/2017
Rec Nac S8	1:13.33	Diogo Luis, CANCELA	POR	Dublin (IRL)	16/08/2018
Rec Nac S9	1:09.62	Gino Santos, CAETANO	POR	Dublin (IRL)	16/08/2018
Rec Nac S10	1:05.09	Gino Santos, CAETANO	SCA	Vila Franca de Xira	29/04/2012
Rec Nac S11	1:10.37	Marco Ribeiro, MENESES	POR	Funchal	17/06/2022
Rec Nac S12	59:00.00	start,			
Rec Nac S13	2:35.47	Andre Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Nac S14	1:18.85	Andre Carreiro, PONTE	CNPDL	Porto	30/01/2022
Rec Nac S15	1:03.60	Tiago Correia, NEVES	POR	Lublin (POL)	02/07/2018
Rec Nac S16	3:05.42	Carlos Barbosa, MENDES	ASC	Povoa de Varzim	06/04/2019
Rec Nac S17	1:26.49	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	1:28.29	Andre Reis, ALMEIDA	SCP	Rio Maior	26/01/2020
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S6 Esperanas	2:03.84	Lu�s Carlos, NASCIMENTO	FCP	P�voa de Varzim	28/11/2021
Rec Reg Adaptada S6	1:43.20	Jos� Manuel, PINTO	ADADA	Porto	30/01/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	1:44.83	Jos� Manuel, PINTO	ADADA	Oeiras	27/06/2021
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	1:27.50	Bruno Ferreira, REIS	FCP	Porto	27/06/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:16.66	Renato Filipe, SILVA	ADADA	Porto	24/04/2021
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:08.68	Tom�s Coelho, CORDEIRO	CNCE	Porto	30/01/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:31.84	Amadeu Andr�, CRUZ	FCP	Oeiras	18/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	2:35.47	Andr� Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Reg Adaptada S14 Esperanas	1:30.90	Sim�o Pedro, ROCHA	CAP	Porto	30/01/2022
Rec Reg Adaptada S14	1:31.58	Lu�s Monteiro, MONTEIRO	ADADA	P�voa de Varzim	06/04/2019
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	1:30.73	Andr� Guimar�es, SILVA	FCP	P�voa de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	1:46.08	Francisco Pessanha, MONTES	ADADA	P�voa de Varzim	19/05/2018
Rec Reg Adaptada S21	1:36.61	Francisco Pessanha, MONTES	ADADA	Campanha	09/04/2022

Pista Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
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Prova 20, Masc., 100m Costas

S rie 1 de 4, 9:10

2	Diogo Jos�, MARQUES	M	209288	S14	99	Alhandra	NT	EXH
3	Diogo Almeida, REGO	M	147097	S21	97	Sporting Clube de Aveiro	NT	EXH
4	Vasco Feliciano, SOARES	M	217139	S17	09	Feira Viva	NT	EXH
5	Luis Gabriel, MAGALH�ES	M	215930	S110	07	Lousada S�culo XXI	NT	
6	Pedro Xavier, REBOCHO	M	217747	S17	A, W 02	Sporting Clube de Aveiro	NT	EXH

S rie 2 de 4, 9:17

1	Jo�o Paulo, FARRIM	M	215863	S7	A H 3,72 2	Alhandra	2:55.34 L	EXH
2	Ricardo Silva, REIS	M	216676	S9	A, 3, 509	ADADA	2:21.75 S	
3	Rodrigo Oliveira, SILVA	M	214788	S8	A,3,5,108+	Feira Viva	2:29.02 L	EXH
4	Micael Alexandre, VIEIRA	M	210485	S14	07	Alhandra	2:10.04 L	EXH
5	Marcelo Esteves, EUSEBIO	M	133451	S21	02	ADADA	2:01.63 S	
6	Joao Pedro, MONTEIRO	M	208705	S6	A, 3, 504	Fcp	2:31.32 L	
7	Joao Pedro, GOMES	M	215274	S21	82	ADADA	2:45.67 L	
8	Filipe Luis, CARDOSO	M	204080	S13	01	ADADA	3:17.93 L	

S rie 3 de 4, 9:23

1	Bruno Ricardo, GUIMARAES	M	206297	S17	94	ADADA	2:03.61 L	
2	Orlando Constancio, DUARTE	M	207632	S14	89	Sporting Clube de Aveiro	1:51.64 S	EXH
3	Renato Alexandre, OLIVEIRA	M	201295	S7	A,1,2,482	ADADA	1:43.48 S	
4	Francisco Mario, GOUVEIA	M	203960	S9	9 75	Feira Viva	1:42.06 S	EXH
5	Joao Miguel, CAMPOS	M	202239	S7	6.12,+79	ADADA	1:42.65 S	
6	Alberto Guedes, VALENTIM	M	216603	S14	07	Fcp	1:49.37 S	
7	Nuno Diogo, ALVES	M	148292	S7	A12+ 88	Gondomar Cultural	2:02.01 L	
8	Helder Ferreira, SOUSA	M	207625	S7	12+ 75	Fcp	2:07.08 L	

S rie 4 de 4, 9:28

1	Jose Manuel, PINTO	M	148323	S6	A,12 00	ADADA	1:43.20 L	
2	Bruno Miguel, SILVA	M	203838	S17	93	Fcp	1:37.80 L	
3	Bruno Ferreira, REIS	M	133136	S8	12+ 00	Fcp	1:28.28 L	
4	Renato Filipe, SILVA	M	148373	S9	9 98	Fcp	1:17.15 L	
5	Samuel Lima, DUARTE	M	207426	S14	04	Feira Viva	1:20.73 L	EXH
6	Simao Pedro, ROCHA	M	203015	S14	06	Aquatico Pacense	1:30.90 L	
7	Andre Guimaraes, SILVA	M	148288	S17	96	Fcp	1:31.18 S	
8	Alexandre Costa, COUTO	M	120634	S10	01	Sporting	1:44.97 L	EXH

Prova 21	Femin., 200m Mariposa					Absoluto
04/12/2022 - 9:31						Startlist
Rec Nac S14	59:00.00	start,				
Rec Nac S15	3:18.33	Susana Maria, LOURENCO	SCP	Loul�		10/07/2016
Rec Nac S17	59:00.00	start,				
Rec Nac S21	3:55.17	Diana Ines, TORRES	POR	Olbia (ITA)		20/09/2019
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,				

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
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Prova 22 04/12/2022 - 9:31	Masc., 200m Mariposa				Absoluto Startlist
Rec Nac S8	2:22.35	Diogo Luis, CANCELA	ALN	Coimbra	31/03/2022
Rec Nac S14	3:27.61	Levi Daniel, NASCIMENTO	O2ADCP	Oeiras	12/05/2019
Rec Nac S15	2:19.31	Tiago Correia, NEVES	CFB	Funchal	22/03/2018
Rec Nac S17	59:00.00	start,			
Rec Nac S21	3:15.81	Filipe Bjorcke, SANTOS	FCF	P�voa de Varzim	12/12/2015
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S14	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 9:31									
4	Pedro Miguel, RIBEIRO	M	148294	S14		91	Gondomar Cultural		NT

Prova 23	Femin., 50m Costas					Absoluto
04/12/2022 - 9:34						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	1:04.47	Susana Cristina, BARROSO	GESL	Badajoz (ESP)		10/08/1997
Rec Nac S4	1:02.50	Diana Lobo, GUIMARAES	POR	Brno (CZE)		02/06/2007
Rec Nac S5	56.38	Simone Silva, FRAGOSO	SCP	Coimbra		04/07/2015
Rec Nac S14	38.84	Sonia Castanheiro, RESENDE	SCA	Liberec (CZE)		22/08/2014
Rec Nac S15	41.95	Rute, ROSA				01/01/2006
Rec Nac S16	59:00.00	start,				
Rec Nac S17	53.96	Beatriz Malaquias, PELAIO	APPDAC	Povoa de Varzim		07/04/2019
Rec Nac S21	47.46	Mannie, NG	POR	Liberec (CZE)		11/07/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	51.80	Maria Mafalda, SOARES	ADADA	P�ova de Varzim		13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	50.74	Diana In�es, TORRES	ADADA	Vila Franca de Xira		22/02/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<u>S�rie 1 de 3, 9:34</u>									
2	Cl�udia Filipa, PENETRO	F	213508	S5	A 1,3,5002		Alhandra	2:12.60 L	EXH
3	Ana Filipa, AGOSTINHO	F	210774	S14	W 00		Sporting Clube de Aveiro	1:29.96 S	EXH
4	Noemi Pereira, COSTA	F	204887	S21		93	Gondomar Cultural	1:19.32 S	
5	Catarina Resende, GRACA	F	207054	S21		04	Feira Viva	1:33.60 L	EXH
6	Camila Matos, MOURATO	F	216544	S14		06	Alhandra	1:41.45 S	EXH
7	Maria Beatriz, RAPOSO	F	218182	S17		06	ADADA	NT	
<u>S�rie 2 de 3, 9:39</u>									
1	Carla Filipa, SILVA	F	201537	S14		97	Lousada S�culo XXI	1:15.22 S	
2	Francisca Araujo, FERREIRA	F	133461	S17		96	ADADA	1:14.63 L	
3	Susana Raquel, GOUVEIA	F	133446	S14		89	ADADA	1:06.83 S	
4	Patricia Alexandra, SOUSA	F	206924	S14		01	Alhandra	1:05.05 S	EXH
5	Adriana Godinho, REIS	F	133132	S21		95	Feira Viva	1:05.50 S	EXH
6	Debora Filipa, SANTOS	F	132091	S113		92	Vilacondense	1:12.01 L	EXH
7	Carina Barbosa, MOREIRA	F	148289	S21		81	Gondomar Cultural	1:12.16 S	
8	Claudia Maria, RIBEIRO	F	201538	S21		04	Lousada S�culo XXI	1:16.66 S	
<u>S�rie 3 de 3, 9:44</u>									
1	Gabriela Chambel, MATOS	F	202858	S14		05	Alhandra	1:02.45 L	EXH
2	Joana Filipa, PINHO	F	139533	S14		02	Sporting Clube de Aveiro	1:01.33 L	EXH
3	Diana Vieira, SIMOES	F	147096	S14	W	98	Sporting Clube de Aveiro	54.10 L	EXH
4	Maria Mafalda, SOARES	F	153119	S14		02	ADADA	51.24 L	
5	Raquel Rocilio, MONTEIRO	F	147090	S14		98	Feira Viva	52.88 L	EXH
6	Filipa Sa, REIS	F	147099	S21		00	Feira Viva	55.50 S	EXH
7	Joana Candeias, REGO	F	203837	S14		04	ADADA	1:01.81 L	
8	Beatriz Moreira, ALMEIDA	F	203836	S14		04	ADADA	1:06.93 L	

Prova 24	Masc., 50m Costas				Absoluto
04/12/2022 - 9:46					Startlist
Rec Nac S1	1:32.57	Joao, MARTINS	CNBC	Mar Del Plata (ARG)	13/12/2002
Rec Nac S2	1:18.41	Joao Alexandre, PINA	POR	Funchal	06/05/2016
Rec Nac S3	1:12.43	Nuno, VITORINO	GESL	Lisboa	29/06/2012
Rec Nac S4	51.62	Nelson Jose, LOPES	POR	Funchal	02/05/2016
Rec Nac S5	45.73	Ivo Filipe, ROCHA	POR	Funchal	17/05/2021
Rec Nac S8	34.99	Diogo Luis, CANCELA	ALN	Coimbra	29/05/2022
Rec Nac S10	32.35	Tomas Coelho, CORDEIRO	CNCE	Coimbra	29/05/2022
Rec Nac S14	35.68	Andre Carreiro, PONTE	CNPDL	Porto	30/01/2022
Rec Nac S15	30.31	Tiago Correia, NEVES	CFB	Oeiras	12/05/2019
Rec Nac S16	34.97	Andre Camara, JORGE	CEOL	Rio Maior	26/01/2020
Rec Nac S17	39.75	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	41.18	Filipe Bjorcke, SANTOS	POR	Olbia (ITA)	17/09/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	1:33.44	Ces�rio, VIEIRA	POR	Mar de la Plata (ARG)	10/12/2002
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	59:00.00	Start,			
Rec Reg Adaptada S5 Esperanas	58.10	Luis Carlos, NASCIMENTO	FCP	Campanha	09/04/2022
Rec Reg Adaptada S5	51.46	Ricardo Jorge, MOREIRA	FCP	Porto	30/01/2022
Rec Reg Adaptada S14 Esperanas	42.57	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	42.57	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	49.90	Pedro Miguel, COSTA	CFP	Porto	07/02/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	48.22	Ant�nio Manuel, OLIVEIRA	ADDEG	P�ova de Varzim	28/11/2021
Rec Reg Adaptada S17	40.17	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021
Rec Reg Adaptada S21 Esperanas	51.01	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	21/05/2017
Rec Reg Adaptada S21	44.22	Jos� Miguel, SILVA	CFP	Vila Franca de Xira	06/03/2016

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<b>S�rie 1 de 4, 9:46</b>									
1	Nuno Rafael, GUIMARAES	M	217959	S17		09	ADADA	NT	
2	Semen, MOSKOVTSV	M		S110		08	ADADA	NT	EXH
3	Rui Miguel, PESTANA	M	201141	S21		00	Individual Norte de Portugal	NT	
4	Afonso Cunha, FELGUEIRAS	M	132413	S15		98	Fluvial Portuense	NT	
5	Ilia, MOSKOVTSV	M		S110		08	ADADA	NT	EXH
6	Santiago Batista, BARBOSA	M	217961	S17		08	ADADA	NT	
7	Vasco Paixao, OLIVEIRA	M	217962	S17		15	ADADA	NT	
<b>S�rie 2 de 4, 9:50</b>									
1	Rodrigo Fernandes, PAUPERIO	M	217960	S14		07	ADADA	NT	
2	Diogo Miguel, CORREIA	M	217138	S21		08	Feira Viva	NT	EXH
3	Joao Caldas, SANTOS	M	145304	S17	A, W	01	Sporting Clube de Aveiro	1:27.78 S	EXH
4	Otavio Filipe, BESSA	M	201539	S14		00	Lousada S�culo XXI	1:21.31 L	
5	Jos� Pedro, FERREIRA	M	215733	S21	W	04	Alhandra	1:23.52 S	EXH
6	Leonardo Ferreira, SILVA	M	209874	S4	A,3,5,101		Feira Viva	1:44.45 L	EXH
7	Luis Bernardo, SA	M	203797	S5	A12	96	Feira Viva	NT	EXH
8	Pedro Moreira, PRAZERES	M	148372	S4		00	Fluvial Portuense	NT	

Prova 24, Masc., 50m Costas

S rie 3 de 4, 9:55

1	Hugo Bernardo, GONCALVES	M	148371	S21	96	Fcp	59.15	S
2	Luis Carlos, NASCIMENTO	M	212095	S5	3 5 12-06	Fcp	58.10	L
3	Jose Viscaya, VIEIRA	M	141073	S17	A,W 07	Sporting Clube de Aveiro	53.33	L EXH
4	Ricardo Jorge, MOREIRA	M	208706	S5	A 3 5 '01+	Fcp	51.46	L
5	Joao Barge, ANDRADE	M	214789	S21	06	Feira Viva	52.61	L EXH
6	Jaime Lopes, CATARINO	M	147100	S5	A 12 91	Fcp	56.01	L
7	Welisson Gonçalo, SILVA	M	210914	S14	05	Alhandra	57.21	S EXH
8	Jorge Filipe, RIBEIRO	M	148322	S14	81	ADADA	1:12.53	L

S rie 4 de 4, 9:59

1	Americo Manuel, OLIVEIRA	M	212076	S17	08	Gondomar Cultural	47.06	S
2	Francisco Pessanha, MONTES	M	133450	S21	02	ADADA	46.73	L
3	Humberto Julio, MENDES	M	204182	S17	90	ADADA	44.80	L
4	Rodrigo Oliveira, PATRICIO	M	201581	S14	05	Feira Viva	36.47	L EXH
5	Simao Pedro, ROCHA	M	203015	S14	06	Aquatico Pacense	42.57	L
6	Pedro Miguel, LEAL	M	148293	S14	90	Vilacondense	45.52	L
7	Luis Miguel, MONTEIRO	M	133454	S14	96	ADADA	43.75	S
8	David Silva, PAIVA	M	212742	S17	04	Fcp	50.96	L

Prova 25  
04/12/2022 - 10:01

Femin., 150m Estilos

Absoluto  
Startlist

Rec Nac S1	59:00.00	start,
Rec Nac S2	59:00.00	start,
Rec Nac S3	59:00.00	start,
Rec Nac S4	59:00.00	start,
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
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Prova 26	Masc., 150m Estilos					Absoluto
04/12/2022 - 10:01						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	59:00.00	start,				
Rec Nac S4	3:13.76	Nelson Jose, LOPES	CNCVG	Vila Franca de Xira		08/06/2008
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S1	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4	5:12.32	Pedro Moreira, PRAZERES	CFP	Campanha		10/04/2022

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
S�rie 1 de 1, 10:01									
4	Jose Antonio, ALBERGARIA	M	214787	SM4	A,3,5,198+		Feira Viva	5:45.04 L	EXH

Prova 27	Femin., 200m Estilos					Absoluto
04/12/2022 - 10:08						Startlist
Rec Nac S5	4:26.08	Simone Silva, FRAGOSO	POR	Rio de Janeiro (BRA)		15/09/2016
Rec Nac S6	59:00.00	start,				
Rec Nac S7	59:00.00	start,				
Rec Nac S8	3:19.65	Ana Filipa, CASTRO	FVCD	Oeiras		12/05/2019
Rec Nac S9	2:51.48	Susana Pereira, VEIGA	POR	London (GBR)		14/09/2019
Rec Nac S10	2:50.03	Teresa Lamego, NEVES	SCP	Vila Franca de Xira		23/02/2014
Rec Nac S11	59:00.00	start,				
Rec Nac S12	59:00.00	start,				
Rec Nac S13	59:00.00	start,				
Rec Nac S14	3:15.72	Sonia Castanheiro, RESENDE	SCA	P�ova de Varzim		19/06/2016
Rec Nac S15	3:10.42	Susana Maria, LOURENCO	SCP	P�ova de Varzim		10/05/2015
Rec Nac S16	59:00.00	start,				
Rec Nac S17	59:00.00	start,				
Rec Nac S21	4:04.03	Filipa Sa, REIS	FVCD	P�ova de Varzim		28/11/2021
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S9 Esperanas	3:07.21	Renata Vaz, PINTO	ADADA	P�ova de Varzim		10/05/2015
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	4:15.15	Diana In�s, TORRES	ADADA	P�ova de varzim		10/05/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situacao
S�rie 1 de 1, 10:08									
2	Sara Isabel, DUARTE	F	204091	SM21		91	AP Vila D Este		NT
3	Ana Alexandra, CASTRO	F	148287	SM21		92	Fcp	3:21.81	L
4	Renata Vaz, PINTO	F	108165	SM9	1,3,5	99	ADADA	2:54.86	L
5	Ana Filipa, CASTRO	F	131735	SM8	12	97	Feira Viva	3:21.57	L EXH
6	Diana Ines, TORRES	F	133453	SM21		99	Fcp	4:14.01	S

Prova 28	Masc., 200m Estilos				Absoluto
04/12/2022 - 10:13					Startlist
Rec Nac S5	3:18.24	Ivo Filipe, ROCHA	POR	Funchal	15/06/2022
Rec Nac S6	3:09.79	Daniel Carlos, VIDEIRA	GESL	Rio Maior	26/01/2020
Rec Nac S7	3:15.61	Joao Miguel, CAMPOS	POR	Lignano Sabbiadoro (ITA)	11/03/2022
Rec Nac S8	2:27.47	Diogo Luis, CANCELA	ALN	Coimbra	02/04/2022
Rec Nac S9	2:24.99	David Realista, GRACHAT	POR	Berlim (GER)	04/07/2011
Rec Nac S10	2:23.69	Emanuel Luis, GONCALVES	POR	Glasgow (GBR)	27/03/2015
Rec Nac S11	2:43.46	Marco Ribeiro, MENESES	POR	Lignano Sabbiadoro (ITA)	11/03/2022
Rec Nac S12	3:09.49	Joao Tanica, CRUZ	PDEM	Oeiras	12/05/2019
Rec Nac S13	2:33.52	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	06/08/2014
Rec Nac S14	3:00.18	Rodrigo Oliveira, PATRICIO	FVCD	Coimbra	28/05/2022
Rec Nac S15	2:16.25	Tiago Correia, NEVES	POR	Lublin (POL)	03/07/2018
Rec Nac S16	2:41.05	Andre Camara, JORGE	CEOL	Funchal	22/02/2020
Rec Nac S17	3:23.68	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Nac S21	3:02.61	Joao Francisco, VAZ	POR	Olbia (ITA)	18/09/2019
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S5	4:44.28	Jaime Lopes, CATARINO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S6	4:48.24	Jose Manuel, PINTO	ADADA	Campanha	10/04/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	3:15.61	Jo�o Miguel, CAMPOS	ADADA	Lignano (ITA)	11/03/2022
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	3:20.85	Bruno Ferreira, REIS	POR	Szczecin (POL)	07/11/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	2:58.42	Renato Filipe, SILVA	FCP	Funchal	19/02/2022
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	2:23.90	Tom�s Coelho, CORDEIRO	POR	Lignano (ITA)	11/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	3:06.60	Amadeu Andr�, CRUZ	FCP	Oeiras	18/06/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	3:26.11	Sim�o Pedro, ROCHA	CAP	Porto	30/01/2022
Rec Reg Adaptada S14	3:03.75	Pedro Miguel, RIBEIRO	CPN	P�ova de Varzim	13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17	3:23.68	Andre Guimaraes, SILVA	FCP	Campanha	10/04/2022
Rec Reg Adaptada S21 Esperanas	3:39.47	Francisco Pessanha, MONTES	ADADA	P�ova de varzim	20/05/2018
Rec Reg Adaptada S21	3:33.67	Francisco Pessanha, MONTES	ADADA	Porto	24/03/2019

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
S�rie 1 de 1, 10:13									
1	Luis Bernardo, SA	M	203797	SM5	A12	96	Feira Viva	NT	EXH
2	Joao Meirinhos, TEIXEIRA	M	148554	SM14		96	Sporting Clube de Aveiro	NT	EXH
3	David Saraiva, RIBEIRO	M	147095	SM21		96	Sporting Clube de Aveiro	4:02.97 S	EXH
4	Andre Reis, ALMEIDA	M	201716	SM21		00	Sporting	3:04.82 S	EXH
5	Alexandre Costa, COUTO	M	120634	SM10		01	Sporting	3:53.79 S	EXH
6	Jose Manuel, PINTO	M	148323	SM6	A,12	00	ADADA	4:48.24 L	
7	Daniel Filipe, MOREIRA	M	148345	SM21		97	AP Vila D Este	NT	
8	Diogo Almeida, REGO	M	147097	SM21		97	Sporting Clube de Aveiro	NT	EXH



Prova 29 Femin., 50m Bruços Absoluto  
Startlist  
04/12/2022 - 10:19

Rec Nac S1	59:00.00	start,							
Rec Nac S2	59:00.00	start,							
Rec Nac S3	1:01.18	Diana Lobo, GUIMARAES	POR	Durban (RSA)				06/12/2006	
Rec Nac S14	43.68	Sonia Castanheiro, RESENDE	POR	Loano (ITA)				10/06/2016	
Rec Nac S15	40.74	Susana Maria, LOURENCO	SCP	Loul�				10/07/2016	
Rec Nac S16	51.42	Maria Joao, TABORDA	FCP	Oeiras				11/05/2019	
Rec Nac S17	51.75	Beatriz Malaquias, PELAIO	APPDAC	Coimbra				02/03/2019	
Rec Nac S21	56.20	Mannie, NG	GESL	Vila Franca de Xira				29/04/2012	
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,							
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,							

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<u>S�rie 1 de 1, 10:19</u>									
4	Carla Filipa, SILVA	F	201537	SB14		97	Lousada S�culo XXI	1:22.58 L	
5	Laura Soares, RODRIGUES	F	213509	SB14		08	Alhandra	2:03.56 S	EXH

Prova 30 04/12/2022 - 10:22	Masc., 50m Bruços				Absoluto Startlist
Rec Nac S1	1:40.94	Cesario, VIEIRA	FCP	P�ova de Varzim	22/05/2004
Rec Nac S2	59:00.00	start,			
Rec Nac S3	1:01.88	Nelson Jose, LOPES	ABVE	Lisboa	27/05/2001
Rec Nac S5	48.65	Ivo Filipe, ROCHA	FVCD	Coimbra	28/05/2022
Rec Nac S8	39.27	Diogo Luis, CANCELA	ALN	Coimbra	28/05/2022
Rec Nac S10	59:00.00	,			
Rec Nac S14	41.37	Pedro Manuel, FILIPE	LDC	Vila Franca de Xira	06/03/2016
Rec Nac S15	31.89	Tiago Correia, NEVES	CFB	Caxias do Sul (BRA)	03/05/2022
Rec Nac S16	31.63	Andre Camara, JORGE	POR	Newcastle (GBR)	21/08/2019
Rec Nac S17	45.99	Daniel Mendo, OLIVEIRA	AO21	Porto	30/01/2022
Rec Nac S21	42.20	Joao Francisco, VAZ	SCP	Rio Maior	25/01/2020
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S1	1:40.94	Ces�rio, VIEIRA	FCP	P�ova de Varzim	22/05/2004
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S14 Esperanas	49.60	Simao Pedro, ROCHA	CAP	Campanha	09/04/2022
Rec Reg Adaptada S14	44.49	Andr� Guimar�es, SILVA	CNMAIA	P�ova de Varzim	19/06/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	52.10	Pedro Miguel, COSTA	CFP	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	49.25	Americo Manuel, OLIVEIRA	ADDEG	Campanha	09/04/2022
Rec Reg Adaptada S17	48.21	Andre Guimaraes, SILVA	FCP	Campanha	09/04/2022
Rec Reg Adaptada S21 Esperanas	57.72	Rui Miguel, PESTANA	FCP	Porto	06/02/2016
Rec Reg Adaptada S21	49.89	Rui Miguel, PESTANA	FCP	Campanha	09/04/2022

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situacao
S�rie 1 de 1, 10:22									
1	Pedro Xavier, REBOCHO	M	217747	SB17	A, W	02	Sporting Clube de Aveiro	NT	EXH
2	Leonardo Ferreira, SILVA	M	209874	SB3	A,3,5,	101	Feira Viva	2:01.59 L	EXH
3	Jos� Pedro, FERREIRA	M	215733	SB21	W	04	Alhandra	1:16.27 S	EXH
4	Ivo Filipe, ROCHA	M	131736	SB5	A 12	90	Feira Viva	48.65 L	EXH
5	Luis Miguel, MONTEIRO	M	133454	SB14		96	ADADA	55.19 L	
6	Micael Alexandre, VIEIRA	M	210485	SB14		07	Alhandra	1:18.06 S	EXH
7	Pedro Moreira, PRAZERES	M	148372	SB3		00	Fluvial Portuense	NT	
8	Afonso Cunha, FELGUEIRAS	M	132413	SB15		98	Fluvial Portuense	NT	

Prova 31	Femin., 50m Mariposa					Absoluto
04/12/2022 - 10:25						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	59:00.00	start,				
Rec Nac S4	59:00.00	start,				
Rec Nac S5	51.37	Simone Silva, FRAGOSO	POR	Berlim (GER)		29/06/2012
Rec Nac S6	59:00.00	start,				
Rec Nac S7	59:00.00	start,				
Rec Nac S14	44.09	Sonia Castanheiro, RESENDE	SCA	Oeiras		18/06/2017
Rec Nac S15	36.48	Raquel Rosa, CORREIA	ACDCBR	P�ova de Varzim		19/06/2016
Rec Nac S16	59:00.00	start,				
Rec Nac S17	57.84	Beatriz Malaquias, PELAIO	APPDAC	Povoa de Varzim		06/04/2019
Rec Nac S21	44.46	Diana Ines, TORRES	FPC	Porto		25/05/2019
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	58.76	Beatriz Soares, RODRIGUES	APUVE	Vila Franca de Xira		22/02/2015
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	57.42	Diana In�s, TORRES	ADADA	P�ova de varzim		10/05/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 10:25									
2	Ana Filipa, AGOSTINHO	F	210774	S14	W	00	Sporting Clube de Aveiro	1:25.13 L	EXH
3	Carina Barbosa, MOREIRA	F	148289	S21		81	Gondomar Cultural	57.22 S	
4	Ana Filipa, CASTRO	F	131735	S8	12	97	Feira Viva	39.96 L	EXH
5	Susana Raquel, GOUVEIA	F	133446	S14		89	ADADA	56.23 S	
6	Patricia Alexandra, SOUSA	F	206924	S14		01	Alhandra	1:15.88 S	EXH
7	Sara Isabel, DUARTE	F	204091	S21		91	AP Vila D Este	NT	

Prova 32	Masc., 50m Mariposa					Absoluto
04/12/2022 - 10:27						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	59:00.00	start,				
Rec Nac S4	1:05.61	Rui Manuel, PEDROSO	POR	Sheffield (GBR)	06/06/1998	
Rec Nac S5	44.53	Ivo Filipe, ROCHA	POR	Londres (GBR)	12/09/2019	
Rec Nac S6	43.26	Daniel Carlos, VIDEIRA	GESL	Coimbra	03/03/2019	
Rec Nac S7	36.66	Renato Alexandre, OLIVEIRA	ADADA	Porto	27/06/2021	
Rec Nac S8	30.15	Diogo Luis, CANCELA	ALN	Coimbra	29/05/2022	
Rec Nac S14	33.68	Pedro Miguel, RIBEIRO	POR	Loano (ITA)	13/06/2016	
Rec Nac S15	26.29	Tiago Correia, NEVES	POR	Samsun (HUN)	22/07/2017	
Rec Nac S16	30.25	Andre Camara, JORGE	CEOL	Rio Maior	26/01/2020	
Rec Nac S17	40.53	Andre Guimaraes, SILVA	FCP	P�ova de Varzim	27/11/2021	
Rec Nac S21	32.68	Filipe Bjorcke, SANTOS	FCF	Vila Franca de Xira	22/02/2015	
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5	1:04.76	Jaime Lopes, CATARINO	FCP	Porto	29/01/2022	
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6	56.87	Jose Manuel, PINTO	ADADA	Campanha	10/04/2022	
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7	36.66	Renato Alexandre, OLIVEIRA	ADADA	Porto	27/06/2021	
Rec Reg Adaptada S14 Esperanas	1:05.48	Sim�o Pedro, ROCHA	CAP	Porto	20/05/2019	
Rec Reg Adaptada S14	33.68	Pedro Miguel, RIBEIRO	POR	Loano (ITA)	13/06/2016	
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	40.53	Andr� Guimar�es, SILVA	FCP	P�ova de Varzim	27/11/2021	
Rec Reg Adaptada S21 Esperanas	45.19	Francisco Pessanha, MONTES	ADADA	P�ova de Varzim	20/05/2017	
Rec Reg Adaptada S21	38.71	Jos� Miguel, SILVA	ANNP	Porto	30/01/2022	

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscri�o	Situa�o
<u>S�rie 1 de 2, 10:27</u>									
1	Rui Miguel, PESTANA	M	201141	S21		00	Individual Norte de Portugal	NT	
2	Hugo Bernardo, GONCALVES	M	148371	S21		96	Fcp	59.63 L	
3	Humberto Julio, MENDES	M	204182	S17		90	ADADA	53.61 S	
4	Diogo Lopes, GOMES	M	147098	S21		96	Feira Viva	47.93 S	EXH
5	Marcelo Esteves, EUSEBIO	M	133451	S21		02	ADADA	48.87 S	
6	Daniel Filipe, MOREIRA	M	148345	S21		97	AP Vila D Este	55.38 S	
7	Nuno Barreto, FERREIRA	M	148555	S21	A, W	84	Sporting Clube de Aveiro	1:33.19 L	EXH
<u>S�rie 2 de 2, 10:31</u>									
1	Francisco Jose, VICENTE	M	148269	S21		99	Sporting	40.15 S	EXH
2	Renato Alexandre, OLIVEIRA	M	201295	S7	A,1,2,482		ADADA	38.20 L	
3	Joao Miguel, CAMPOS	M	202239	S7	6.12,+79		ADADA	37.77 L	
4	Antonio Joaquin, ALVES	M	210482	S14		97	Feira Viva	33.87 S	EXH
5	Rodrigo Oliveira, PATRICIO	M	201581	S14		05	Feira Viva	35.11 S	EXH
6	Joao Francisco, VAZ	M	133323	S21		92	Sporting	36.95 S	EXH
7	Andre Guimaraes, SILVA	M	148288	S17		96	Fcp	39.31 S	
8	Orlando Constancio, DUARTE	M	207632	S14		89	Sporting Clube de Aveiro	45.31 S	EXH

Prova 33	Femin., 100m Livres					Absoluto
04/12/2022 - 10:33						Startlist
Rec Nac S1	59:00.00	start,				
Rec Nac S2	59:00.00	start,				
Rec Nac S3	2:18.20	Susana Cristina, BARROSO	POR	Sydney (AUS)		15/10/2000
Rec Nac S4	1:56.22	Diana Lobo, GUIMARAES	FCP	P�voa de Varzim		16/03/2008
Rec Nac S5	1:37.30	Simone Silva, FRAGOSO	POR	Berlim (GER)		08/07/2011
Rec Nac S6	2:43.80	Ana Sofia, BARBOSA	FCP	Porto		30/01/2022
Rec Nac S7	2:19.39	Ana Branca, SAMPAIO	ADADA	Porto		21/04/2018
Rec Nac S8	1:19.47	Ana Filipa, CASTRO	FVCD	Campanha		09/04/2022
Rec Nac S9	1:04.19	Susana Pereira, VEIGA	POR	Funchal		15/06/2022
Rec Nac S10	1:10.02	Ana Beatriz, CORREIA	LDC	P�voa de Varzim		12/12/2005
Rec Nac S11	4:48.30	Mariana Filipa, LUCAS	ASC	Povoa de Varzim		06/04/2019
Rec Nac S12	59:00.00	start,				
Rec Nac S13	1:33.27	Camila Anjos, NEVES	ASC	Povoa de Varzim		13/05/2018
Rec Nac S14	1:15.31	Sonia Castanheiro, RESENDE	POR	Loano (ITA)		13/06/2016
Rec Nac S15	1:11.24	Eunice Evora, ALMEIDA	CDAP	Oeiras		12/05/2019
Rec Nac S16	1:32.62	Maria Joao, TABORDA	FCP	Oeiras		12/05/2019
Rec Nac S17	1:42.21	Beatriz Malaquias, PELAIO	APPDAC	Rio Maior		26/01/2020
Rec Nac S21	1:37.82	Mannie, NG	POR	Reykjavik (ISL)		23/10/2009
Rec Reg Adaptada S1 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S5 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S6 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S7 Esperanas	2:19.39	Ana Branca, SAMPAIO	ADADA	Porto		21/04/2018
Rec Reg Adaptada S8 Esperanas	1:36.05	Iara Pinto, TORRES	FCP	Porto		24/04/2021
Rec Reg Adaptada S9 Esperanas	1:19.02	Renata Vaz, PINTO	LSC	Berlin (GER)		25/04/2014
Rec Reg Adaptada S10 Esperanas	2:02.98	Matilde Maria, MORAIS	ADADA	Porto		24/04/2021
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14 Esperanas	1:39.62	Maria Mafalda, SOARES	ADADA	P�voa de Varzim		13/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S21 Esperanas	1:44.11	Diana In�s, TORRES	ADADA	Vila Franca de Xira		22/02/2015

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
<b>S�rie 1 de 3, 10:33</b>									
3	Diana Ines, TORRES	F	133453	S21		99	Fcp	NT	
4	Camila Matos, MOURATO	F	216544	S14		06	Alhandra	3:35.29 S	EXH
5	Cl�udia Filipa, PENETRO	F	213508	S5	A	1,3,5002	Alhandra	3:59.56 S	EXH
<b>S�rie 2 de 3, 10:39</b>									
2	Noemi Pereira, COSTA	F	204887	S21		93	Gondomar Cultural	2:50.73 L	
3	Francisca Araujo, FERREIRA	F	133461	S17		96	ADADA	2:42.53 L	
4	Carlota Gira, FERREIRA	F	216675	S8	A, 3,	506	ADADA	2:19.57 S	
5	Rita Manuela, SANTOS	F	206298	S8	A,3,5,	'96+	ADADA	2:32.04 S	
6	Bruna Gomes, CASTRO	F	207055	S21		04	Feira Viva	2:50.54 L	EXH
7	Claudia Sofia, DOURADO	F	216604	S8	A, 3,	594	Fcp	3:24.78 S	

Prova 33, Femin., 100m Livres

S rie 3 de 3, 10:44

1	Raquel Rocilio, MONTEIRO	F	147090	S14	98	Feira Viva	1:46.44	S	EXH
2	Beatriz Moreira, ALMEIDA	F	203836	S14	04	ADADA	1:48.47	L	
3	Maria Mafalda, SOARES	F	153119	S14	02	ADADA	1:32.41	L	
4	Ana Alexandra, CASTRO	F	148287	S21	92	Fcp	1:19.87	L	
5	Camila Anjos, NEVES	F	206308	S113	01	Alhandra	1:25.77	S	EXH
6	Joana Filipa, PINHO	F	139533	S14	02	Sporting Clube de Aveiro	1:35.16	S	EXH
7	Adriana Godinho, REIS	F	133132	S21	95	Feira Viva	1:46.01	S	EXH
8	Debora Filipa, SANTOS	F	132091	S113	92	Vilacondense	2:04.29	S	

Prova 34	Masc., 100m Livres				Absoluto
04/12/2022 - 10:47					Startlist
Rec Nac S1	3:22.00	Joao, MARTINS	APCL	Lisboa	17/06/2000
Rec Nac S2	2:41.51	Joao Alexandre, PINA	GESL	Vila Franca de Xira	05/03/2016
Rec Nac S3	2:38.74	Nuno, VITORINO	GESL	Lisboa	29/06/2002
Rec Nac S4	1:44.83	Rui Manuel, PEDROSO	POR	Atlanta (USA)	28/09/1996
Rec Nac S5	1:26.93	Ivo Filipe, ROCHA	POR	Londres (GBR)	15/09/2019
Rec Nac S6	1:09.87	Daniel Carlos, VIDEIRA	POR	Dublin (IRL)	19/08/2018
Rec Nac S7	1:13.24	Daniel Carlos, VIDEIRA	GESL	Povo de Varzim	13/05/2018
Rec Nac S8	1:02.52	Diogo Luis, CANCELA	ALN	Campanha	09/04/2022
Rec Nac S9	57.41	Gino Santos, CAETANO	POR	Londres (GBR)	09/09/2019
Rec Nac S10	56.94	Gino Santos, CAETANO	CGA	Coimbra	30/03/2017
Rec Nac S11	1:01.50	Marco Ribeiro, MENESES	POR	Funchal	16/06/2022
Rec Nac S12	1:15.93	Joao Tanica, CRUZ	PDEM	Campanha	09/04/2022
Rec Nac S13	59.51	Vitor Hugo, ENCARNACAO	POR	Eindhoven (NED)	09/08/2014
Rec Nac S14	1:03.56	Samuel Lima, DUARTE	FVCD	Porto	30/01/2022
Rec Nac S15	55.31	Tiago Correia, NEVES	CFB	Coimbra	18/03/2018
Rec Nac S16	1:00.48	Andre Camara, JORGE	POR	Newcastle (GBR)	20/08/2019
Rec Nac S17	1:20.78	Miguel Paiva, BRANCO	APPDAC	Rio Maior	26/01/2020
Rec Nac S21	1:13.15	Vicente Barros, PEREIRA	SCP	Porto	30/01/2022
Rec Reg Adaptada S1 Esperanas		,			
Rec Reg Adaptada S1 Esperanas		,			
Rec Reg Adaptada S1	59:00.00	Start,			
Rec Reg Adaptada S2 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S2	59:00.00	Start,			
Rec Reg Adaptada S3 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S3	59:00.00	Start,			
Rec Reg Adaptada S4 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S4	3:07.91	Pedro Moreira, PRAZERES	CFP	Porto	24/04/2021
Rec Reg Adaptada S5 Esperanas	1:54.83	Luis Carlos, NASCIMENTO	FCP	Campanha	10/04/2022
Rec Reg Adaptada S5	1:48.93	Ricardo Jorge, MOREIRA	FCP	Porto	24/04/2021
Rec Reg Adaptada S6 Esperanas	2:00.30	Lu�s Carlos, NASCIMENTO	FCP	Coimbra	09/01/2022
Rec Reg Adaptada S6	1:43.24	Jos� Manuel, PINTO	ADADA	Porto	30/01/2022
Rec Reg Adaptada S7 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S7	1:22.22	Jo�o Miguel, CAMPOS	ADADA	Glasgow (GBR)	25/04/2019
Rec Reg Adaptada S8 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S8	1:11.92	Bruno Ferreira, REIS	FCP	Szczecin (POL)	05/11/2021
Rec Reg Adaptada S9 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S9	1:04.06	Renato Filipe, SILVA	FCP	Porto	24/04/2021
Rec Reg Adaptada S10 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S10	1:00.88	Tom�s Coelho, CORDEIRO	FCP	Coimbra	31/03/2022
Rec Reg Adaptada S11 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S11	1:19.85	Amadeu Andr�, CRUZ	FCP	P�voa de Varzim	20/05/2017
Rec Reg Adaptada S12 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S12	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S13	2:43.04	Andr� Joaquim, TRIGUEIRA	ADADA	Porto	21/04/2018
Rec Reg Adaptada S14 Esperanas	1:19.81	Simao Pedro, ROCHA	CAP	Campanha	10/04/2022
Rec Reg Adaptada S14	1:11.88	Pedro Miguel, RIBEIRO	CNMAIA	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15	1:24.66	Pedro Miguel, COSTA	CFP	Vila Franca de Xira	06/03/2016
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	1:30.33	Americo Manuel, OLIVEIRA	ADDEG	Campanha	09/04/2022
Rec Reg Adaptada S17	1:26.27	Humberto J�lio, MENDES	ADADA	Porto	30/01/2022
Rec Reg Adaptada S21 Esperanas	1:32.13	Francisco Pessanha, MONTES	ADADA	Oeiras	18/06/2017
Rec Reg Adaptada S21	1:21.61	Rui Miguel, PESTANA	FCP	Campanha	09/04/2022

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
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Prova 34, Masc., 100m Livres

S rie 1 de 5, 10:47

3	Santiago Batista, BARBOSA	M	217961	S17	08	ADADA		NT	
4	Joao Caldas, SANTOS	M	145304	S17	A, W 01	Sporting Clube de Aveiro		NT	EXH
5	David Saraiva, RIBEIRO	M	147095	S21	96	Sporting Clube de Aveiro		NT	EXH

S rie 2 de 5, 10:53

1	Diogo Miguel, CORREIA	M	217138	S21	08	Feira Viva		NT	EXH
2	Nuno Rafael, GUIMARAES	M	217959	S17	09	ADADA		NT	
3	Filipe Luis, CARDOSO	M	204080	S13	01	ADADA	3:20.59 S		
4	Joao Pedro, GOMES	M	215274	S21	82	ADADA	2:32.97 L		
5	Jose Antonio, ALBERGARIA	M	214787	S4	A,3,5,198+	Feira Viva	2:51.50 L		EXH
6	Diogo Jos�, MARQUES	M	209288	S14	99	Alhandra		NT	EXH
7	Vasco Feliciano, SOARES	M	217139	S17	09	Feira Viva		NT	EXH

S rie 3 de 5, 10:58

1	Joao Barge, ANDRADE	M	214789	S21	06	Feira Viva	2:18.56 S		EXH
2	Rodrigo Oliveira, SILVA	M	214788	S8	A,3,5,108+	Feira Viva	2:01.22 S		EXH
3	Jo�o Paulo, FARRIM	M	215863	S7	A H 3,72 2	Alhandra	2:06.17 L		EXH
4	Nuno Diogo, ALVES	M	148292	S7	A12+ 88	Gondomar Cultural	1:45.40 S		
5	Ricardo Silva, REIS	M	216676	S9	A, 3, 509	ADADA	1:48.14 S		
6	Welisson Gonalo, SILVA	M	210914	S14	05	Alhandra	2:07.06 L		EXH
7	Jorge Filipe, RIBEIRO	M	148322	S14	81	ADADA	2:11.03 L		
8	Joao Pedro, MONTEIRO	M	208705	S6	A, 3, 504	Fcp	2:21.47 S		

S rie 4 de 5, 11:02

1	Helder Ferreira, SOUSA	M	207625	S7	12+ 75	Fcp	1:49.77 L		
2	David Silva, PAIVA	M	212742	S17	04	Fcp	1:40.50 S		
3	Bruno Ricardo, GUIMARAES	M	206297	S17	94	ADADA	1:39.74 S		
4	Jose Viscaya, VIEIRA	M	141073	S17	A,W 07	Sporting Clube de Aveiro	1:38.65 L		EXH
5	Jaime Lopes, CATARINO	M	147100	S5	A 12 91	Fcp	1:43.94 L		
6	Luis Gabriel, MAGALH�ES	M	215930	S110	07	Lousada S�culo XXI	1:39.72 S		
7	Ricardo Jorge, MOREIRA	M	208706	S5	A 3 5 101+	Fcp	1:41.94 S		
8	Luis Carlos, NASCIMENTO	M	212095	S5	3 5 12-06	Fcp	1:45.79 S		

S rie 5 de 5, 11:06

1	Ivo Filipe, ROCHA	M	131736	S5	A 12 90	Feira Viva	1:29.53 S		EXH
2	Pedro Miguel, LEAL	M	148293	S14	90	Vilacondense	1:23.98 S		
3	Joao Meirinhos, TEIXEIRA	M	148554	S14	96	Sporting Clube de Aveiro	1:23.46 L		EXH
4	Renato Filipe, SILVA	M	148373	S9	9 98	Fcp	1:04.14 L		
5	Bruno Ferreira, REIS	M	133136	S8	12+ 00	Fcp	1:14.04 L		
6	Francisco Mario, GOUVEIA	M	203960	S9	9 75	Feira Viva	1:25.49 L		EXH
7	Americo Manuel, OLIVEIRA	M	212076	S17	08	Gondomar Cultural	1:25.13 S		
8	Bruno Miguel, SILVA	M	203838	S17	93	Fcp	1:30.10 S		



Prova 35  
04/12/2022 - 11:09

Femin., 4 x 100m Estilos

Absoluto  
Startlist

Rec Nac S14	8:01.37	Sporting Clube de Aveiro	SCA	P�voa de Varzim	10/05/2015
Rec Nac S17	59:00.00	start			
Rec Nac S21	59:00.00	start			
Rec Nac 34P	59:00.00	start			
Rec Reg Adaptada 34P	59:00.00	Start			

Pista	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
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Prova 36	Masc., 4 x 100m Estilos				Absoluto
04/12/2022 - 11:09					Startlist
Rec Nac S14	6:07.11	Sporting Clube de Aveiro	SCA	Oeiras	12/05/2019
Rec Nac S17	59:00.00	start			
Rec Nac S21	6:18.25	Sporting Clube de Portugal	SCP	Rio Maior	26/01/2020
Rec Nac 34P	5:36.75	Gesloures-Gestao Equip. Sociais, EIGESL		Rio Maior	26/01/2020
Rec Reg Adaptada S14	6:18.14	Clube Nataç�o da Maia	CNMAIA	P�voa de Varzim	19/06/2016
Rec Reg Adaptada S17	59:00.00	Start			
Rec Reg Adaptada S21	59:00.00	Start			
Rec Reg Adaptada 34P	6:45.76	Futebol Clube do Porto	FCP	Porto	03/11/2019

Pista	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situac�o
S�rie 1 de 1, 11:09								
4 Fcp 34	M					Fcp		NT

Prova 37	Femin., 1500m Livres				Absoluto
04/12/2022 - 11:14					Startlist
Rec Nac S14	29:27.02	Maria Mafalda, SOARES	ADADA	Campanha	10/04/2022
Rec Nac S15	27:22.00	Maria, FERREIRA			01/01/1997
Rec Nac S17	59:00.00	start,			
Rec Nac S21	31:16.14	Diana Ines, TORRES	POR	Florence (ITA)	20/07/2016
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,			
Rec Reg Adaptada S21 Esperanas	59:00.00	Start,			

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
<u>S�rie 1 de 1, 11:14</u>									
4	Filipa Sa, REIS	F	147099	S21		00	Feira Viva	27:24.15 S	EXH
5	Diana Vieira, SIMOES	F	147096	S14	W	98	Sporting Clube de Aveiro	NT	EXH

Prova 38	Masc., 1500m Livres					Absoluto
04/12/2022 - 11:42						Startlist
Rec Nac S6	22:43.43	Daniel Carlos, VIDEIRA	GESL	Povoa de Varzim		08/12/2019
Rec Nac S8	20:47.59	Ricardo Aderneira, SOARES	GESL	Povoa de Varzim		08/12/2019
Rec Nac S9	18:12.44	David Realista, GRACHAT	GESL	Povoa de Varzim		08/12/2019
Rec Nac S14	22:22.35	Pedro Miguel, RIBEIRO	CPN	Povoa de Varzim		20/05/2018
Rec Nac S15	18:15.76	Miguel Duarte, CRUZ	CFB	Vila Franca de Xira		28/02/2020
Rec Nac S17	25:06.23	Pedro Fernandes, MANITO	PDEM	Campanha		10/04/2022
Rec Nac S21	24:40.51	Francisco Pessanha, MONTES	ADADA	Campanha		10/04/2022
Rec Reg Adaptada S14 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S14	22:22.35	Pedro Miguel, RIBEIRO	CPN	P�voa de Varzim		20/05/2018
Rec Reg Adaptada S15 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S15	59:00.00	Start,				
Rec Reg Adaptada S16 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17 Esperanas	59:00.00	Start,				
Rec Reg Adaptada S17	28:59.41	Bruno Miguel, SILVA	FCP	Campanha		10/04/2022
Rec Reg Adaptada S21 Esperanas		Start,				
Rec Reg Adaptada S21	24:40.51	Francisco Pessanha, MONTES	ADADA	Campanha		10/04/2022

Pista	Nome	Sexo	Licena	Clas	Exc	Ano	Clube	T. Inscriao	Situaao
S�rie 1 de 1, 11:42									
2	Francisco Jose, VICENTE	M	148269	S21		99	Sporting	NT	EXH
3	Diogo Lopes, GOMES	M	147098	S21		96	Feira Viva	26:50.64 S	EXH
4	Samuel Lima, DUARTE	M	207426	S14		04	Feira Viva	19:29.64 S	EXH
5	Francisco Pessanha, MONTES	M	133450	S21		02	ADADA	23:49.27 S	
6	Andre Reis, ALMEIDA	M	201716	S21		00	Sporting	NT	EXH
7	Joao Francisco, VAZ	M	133323	S21		92	Sporting	NT	EXH