

1 - 1ª Jornada

29-10-2017 - 10:00

Prova 1	Femin., 1500m Livres				25 anos e mais velhos
29-10-2017 - 10:00	GRAFIPRONGO				Resultados
RN A(25-29)	19:00.78	Carolina Santos, SILVA	CNMAIA	Porto	08-11-2014
RN B(30-34)	19:29.48	Ana Marta, RESENDES	CNPDL	Rabo de Peixe	08-11-2014
RN C(35-39)	20:33.67	Patricia Diogenes, PEREIRA	CFBE	San Lorenzo (ESP)	
RN D(40-44)	19:28.04	Susana Clara, GOMES	CNF	Funchal	26-11-2016
RN E(45-49)	20:28.21	Patricia Diogenes, PEREIRA	SAD	Porto	28-11-2015
RN F(50-54)	24:28.74	Rita Cabral, GUIMARAES	CFP	Porto	28-11-2015
RN G(55-59)	59:00.00	,			
RN H(60-64)	24:36.53	Ana Maria, FERREIRA	SAD	Porto	08-11-2014
RN I(65-69)	24:30.19	Ana Maria, FERREIRA	SAD	Porto	28-11-2015
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			
MASTERS FEM : 27:30.00					

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	21:23.44	585	
	50m: 36.73 36.73	450m: 6:13.47 42.43	850m: 12:03.31 43.33	1250m: 17:53.09 44.07				
	100m: 1:17.79 41.06	500m: 6:57.28 43.81	900m: 12:46.63 43.32	1300m: 18:36.59 43.50				
	150m: 1:59.60 41.81	550m: 7:40.61 43.33	950m: 13:31.07 44.44	1350m: 19:18.39 41.80				
	200m: 2:41.23 41.63	600m: 8:24.36 43.75	1000m: 14:16.11 45.04	1400m: 20:00.68 42.29				
	250m: 3:22.85 41.62	650m: 9:08.63 44.27	1050m: 14:58.62 42.51	1450m: 20:43.04 42.36				
	300m: 4:05.23 42.38	700m: 9:52.17 43.54	1100m: 15:40.82 42.20	1500m: 21:23.44 40.40				
	350m: 4:47.88 42.65	750m: 10:35.92 43.75	1150m: 16:25.37 44.55					
	400m: 5:31.04 43.16	800m: 11:19.98 44.06	1200m: 17:09.02 43.65					
2.	Solange Ramalho, PEREIRA	F	101900	90	Propaganda de Natacao	22:40.45	491	
	50m: 39.82 39.82	450m: 6:38.78 46.05	850m: 12:45.48 45.92	1250m: 18:53.03 47.03				
	100m: 1:22.67 42.85	500m: 7:24.68 45.90	900m: 13:31.07 45.59	1300m: 19:38.99 45.96				
	150m: 2:06.11 43.44	550m: 8:10.89 46.21	950m: 14:17.27 46.20	1350m: 20:25.35 46.36				
	200m: 2:50.87 44.76	600m: 8:56.39 45.50	1000m: 15:02.12 44.85	1400m: 21:11.49 46.14				
	250m: 3:36.03 45.16	650m: 9:42.14 45.75	1050m: 15:48.11 45.99	1450m: 21:56.96 45.47				
	300m: 4:21.52 45.49	700m: 10:27.99 45.85	1100m: 16:34.33 46.22	1500m: 22:40.45 43.49				
	350m: 5:06.82 45.30	750m: 11:13.42 45.43	1150m: 17:20.00 45.67					
	400m: 5:52.73 45.91	800m: 11:59.56 46.14	1200m: 18:06.00 46.00					
3.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este/Gaia	23:43.40	429	
	50m: 40.00 40.00	450m: 6:50.88 46.93	850m: 13:14.50 47.50	1250m: 19:44.32 49.00				
	100m: 1:24.57 44.57	500m: 7:38.27 47.39	900m: 14:02.43 47.93	1300m: 20:32.69 48.37				
	150m: 2:10.76 46.19	550m: 8:26.33 48.06	950m: 14:51.14 48.71	1350m: 21:21.65 48.96				
	200m: 2:57.22 46.46	600m: 9:14.42 48.09	1000m: 15:40.12 48.98	1400m: 22:11.02 49.37				
	250m: 3:43.92 46.70	650m: 10:01.90 47.48	1050m: 16:28.46 48.34	1450m: 23:00.03 49.01				
	300m: 4:30.28 46.36	700m: 10:49.80 47.90	1100m: 17:16.75 48.29	1500m: 23:43.40 43.37				
	350m: 5:16.68 46.40	750m: 11:38.71 48.91	1150m: 18:06.10 49.35					
	400m: 6:03.95 47.27	800m: 12:27.00 48.29	1200m: 18:55.32 49.22					

Master Esc B

1.	Carolina Santos, SILVA	F	23208	86	Propaganda de Natacao	19:22.04	859	
	<i>Recorde Nacional</i>							
	50m: 34.86 34.86	450m: 5:41.12 38.40	850m: 10:51.56 38.92	1250m: 16:06.52 39.57				
	100m: 1:13.00 38.14	500m: 6:19.65 38.53	900m: 11:31.01 39.45	1300m: 16:45.69 39.17				
	150m: 1:51.50 38.50	550m: 6:58.08 38.43	950m: 12:11.50 40.49	1350m: 17:25.15 39.46				
	200m: 2:29.98 38.48	600m: 7:36.49 38.41	1000m: 12:50.68 39.18	1400m: 18:04.81 39.66				
	250m: 3:08.33 38.35	650m: 8:15.28 38.79	1050m: 13:29.89 39.21	1450m: 18:43.68 38.87				
	300m: 3:46.37 38.04	700m: 8:54.07 38.79	1100m: 14:08.79 38.90	1500m: 19:22.04 38.36				
	350m: 4:24.63 38.26	750m: 9:33.07 39.00	1150m: 14:47.71 38.92					
	400m: 5:02.72 38.09	800m: 10:12.64 39.57	1200m: 15:26.95 39.24					

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.50357

Registered to Associação de Natacao do Norte de Portugal

06-11-2017 11:43 - Página 1



Prova 1, Femin., 1500m Livres, Master Esc B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
2.	Ana Filipe, COSTA	F	102459	83	Porto	21:27.47				632	
	50m: 36.71	36.71	450m: 6:12.40	42.89	850m: 12:02.19	44.02	1250m: 17:51.87		42.86		
	100m: 1:16.60	39.89	500m: 6:55.84	43.44	900m: 12:46.31	44.12	1300m: 18:35.66		43.79		
	150m: 1:57.85	41.25	550m: 7:38.65	42.81	950m: 13:30.59	44.28	1350m: 19:19.30		43.64		
	200m: 2:39.68	41.83	600m: 8:22.34	43.69	1000m: 14:14.03	43.44	1400m: 20:02.85		43.55		
	250m: 3:21.73	42.05	650m: 9:06.23	43.89	1050m: 14:57.92	43.89	1450m: 20:45.18		42.33		
	300m: 4:03.98	42.25	700m: 9:50.72	44.49	1100m: 15:41.52	43.60	1500m: 21:27.47		42.29		
	350m: 4:46.64	42.66	750m: 10:34.68	43.96	1150m: 16:24.91	43.39					
	400m: 5:29.51	42.87	800m: 11:18.17	43.49	1200m: 17:09.01	44.10					

Master Esc E

1.	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia					27:36.54	347	
	FTL											
	50m:	48.95	48.95	450m:	7:59.81	55.65	850m:	15:25.55	57.26	1250m:	22:55.02	57.01
	100m:	1:40.75	51.80	500m:	8:54.49	54.68	900m:	16:20.97	55.42	1300m:	23:52.01	56.99
	150m:	2:33.88	53.13	550m:	9:50.77	56.28	950m:	17:17.04	56.07	1350m:	24:49.26	57.25
	200m:	3:26.93	53.05	600m:	10:45.86	55.09	1000m:	18:13.74	56.70	1400m:	25:46.32	57.06
	250m:	4:20.98	54.05	650m:	11:41.46	55.60	1050m:	19:10.45	56.71	1450m:	26:42.66	56.34
	300m:	5:15.53	54.55	700m:	12:36.51	55.05	1100m:	20:05.88	55.43	1500m:	27:36.54	53.88
	350m:	6:09.44	53.91	750m:	13:32.95	56.44	1150m:	21:02.47	56.59			
	400m:	7:04.16	54.72	800m:	14:28.29	55.34	1200m:	21:58.01	55.54			
2.	Luisa Lopes, AGANTE	F	132940	71	Leixões Sport Clube					29:01.48	299	
	FTL											
	50m:	46.90	46.90	450m:	8:30.82	1:00.00	850m:	16:18.79	1:00.22	1250m:	24:09.23	59.11
	100m:	1:40.21	53.31	500m:	9:29.63	58.81	900m:	17:17.23	58.44	1300m:	25:08.63	59.40
	150m:	2:38.07	57.86	550m:	10:29.30	59.67	950m:	18:15.73	58.50	1350m:	26:06.86	58.23
	200m:	3:34.08	56.01	600m:	11:27.46	58.16	1000m:	19:15.55	59.82	1400m:	27:05.35	58.49
	250m:	4:34.56	1:00.48	650m:	12:24.68	57.22	1050m:	20:12.97	57.42	1450m:	28:05.82	1:00.47
	300m:	5:34.25	59.69	700m:	13:23.18	58.50	1100m:	21:12.21	59.24	1500m:	29:01.48	55.66
	350m:	6:31.85	57.60	750m:	14:21.95	58.77	1150m:	22:12.55	1:00.34			
	400m:	7:30.82	58.97	800m:	15:18.57	56.62	1200m:	23:10.12	57.57			

Master Esc G

1.	Anette, KIND	F	120501	61	Leixões Sport Clube																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																									</
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25 anos e mais velhos

1.	Carolina Santos, SILVA	F	23208	86	Propaganda de Natacao				19:22.04	859
	Recorde Nacional									
	50m: 34.86	34.86	450m: 5:41.12	38.40	850m: 10:51.56	38.92	1250m: 16:06.52	39.57		
	100m: 1:13.00	38.14	500m: 6:19.65	38.53	900m: 11:31.01	39.45	1300m: 16:45.69	39.17		
	150m: 1:51.50	38.50	550m: 6:58.08	38.43	950m: 12:11.50	40.49	1350m: 17:25.15	39.46		
	200m: 2:29.98	38.48	600m: 7:36.49	38.41	1000m: 12:50.68	39.18	1400m: 18:04.81	39.66		
	250m: 3:08.33	38.35	650m: 8:15.28	38.79	1050m: 13:29.89	39.21	1450m: 18:43.68	38.87		
	300m: 3:46.37	38.04	700m: 8:54.07	38.79	1100m: 14:08.79	38.90	1500m: 19:22.04	38.36		
	350m: 4:24.63	38.26	750m: 9:33.07	39.00	1150m: 14:47.71	38.92				
	400m: 5:02.72	38.09	800m: 10:12.64	39.57	1200m: 15:26.95	39.24				
2.	Ana Filipe, COSTA	F	102459	83	Porto				21:27.47	632
	50m: 36.71	36.71	450m: 6:12.40	42.89	850m: 12:02.19	44.02	1250m: 17:51.87	42.86		
	100m: 1:16.60	39.89	500m: 6:55.84	43.44	900m: 12:46.31	44.12	1300m: 18:35.66	43.79		
	150m: 1:57.85	41.25	550m: 7:38.65	42.81	950m: 13:30.59	44.28	1350m: 19:19.30	43.64		
	200m: 2:39.68	41.83	600m: 8:22.34	43.69	1000m: 14:14.03	43.44	1400m: 20:02.85	43.55		
	250m: 3:21.73	42.05	650m: 9:06.23	43.89	1050m: 14:57.92	43.89	1450m: 20:45.18	42.33		
	300m: 4:03.98	42.25	700m: 9:50.72	44.49	1100m: 15:41.52	43.60	1500m: 21:27.47	42.29		
	350m: 4:46.64	42.66	750m: 10:34.68	43.96	1150m: 16:24.91	43.39				
	400m: 5:29.51	42.87	800m: 11:18.17	43.49	1200m: 17:09.01	44.10				

Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
3.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	21:23.44	585	
	50m: 36.73 36.73	450m: 6:13.47 42.43	850m: 12:03.31 43.33	1250m: 17:53.09 44.07				
	100m: 1:17.79 41.06	500m: 6:57.28 43.81	900m: 12:46.63 43.32	1300m: 18:36.59 43.50				
	150m: 1:59.60 41.81	550m: 7:40.61 43.33	950m: 13:31.07 44.44	1350m: 19:18.39 41.80				
	200m: 2:41.23 41.63	600m: 8:24.36 43.75	1000m: 14:16.11 45.04	1400m: 20:00.68 42.29				
	250m: 3:22.85 41.62	650m: 9:08.63 44.27	1050m: 14:58.62 42.51	1450m: 20:43.04 42.36				
	300m: 4:05.23 42.38	700m: 9:52.17 43.54	1100m: 15:40.82 42.20	1500m: 21:23.44 40.40				
	350m: 4:47.88 42.65	750m: 10:35.92 43.75	1150m: 16:25.37 44.55					
	400m: 5:31.04 43.16	800m: 11:19.98 44.06	1200m: 17:09.02 43.65					
4.	Solange Ramalho, PEREIRA	F	101900	90	Propaganda de Natacao	22:40.45	491	
	50m: 39.82 39.82	450m: 6:38.78 46.05	850m: 12:45.48 45.92	1250m: 18:53.03 47.03				
	100m: 1:22.67 42.85	500m: 7:24.68 45.90	900m: 13:31.07 45.59	1300m: 19:38.99 45.96				
	150m: 2:06.11 43.44	550m: 8:10.89 46.21	950m: 14:17.27 46.20	1350m: 20:25.35 46.36				
	200m: 2:50.87 44.76	600m: 8:56.39 45.50	1000m: 15:02.12 44.85	1400m: 21:11.49 46.14				
	250m: 3:36.03 45.16	650m: 9:42.14 45.75	1050m: 15:48.11 45.99	1450m: 21:56.96 45.47				
	300m: 4:21.52 45.49	700m: 10:27.99 45.85	1100m: 16:34.33 46.22	1500m: 22:40.45 43.49				
	350m: 5:06.82 45.30	750m: 11:13.42 45.43	1150m: 17:20.00 45.67					
	400m: 5:52.73 45.91	800m: 11:59.56 46.14	1200m: 18:06.00 46.00					
5.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este/Gaia	23:43.40	429	
	50m: 40.00 40.00	450m: 6:50.88 46.93	850m: 13:14.50 47.50	1250m: 19:44.32 49.00				
	100m: 1:24.57 44.57	500m: 7:38.27 47.39	900m: 14:02.43 47.93	1300m: 20:32.69 48.37				
	150m: 2:10.76 46.19	550m: 8:26.33 48.06	950m: 14:51.14 48.71	1350m: 21:21.65 48.96				
	200m: 2:57.22 46.46	600m: 9:14.42 48.09	1000m: 15:40.12 48.98	1400m: 22:11.02 49.37				
	250m: 3:43.92 46.70	650m: 10:01.90 47.48	1050m: 16:28.46 48.34	1450m: 23:00.03 49.01				
	300m: 4:30.28 46.36	700m: 10:49.80 47.90	1100m: 17:16.75 48.29	1500m: 23:43.40 43.37				
	350m: 5:16.68 46.40	750m: 11:38.71 48.91	1150m: 18:06.10 49.35					
	400m: 6:03.95 47.27	800m: 12:27.00 48.29	1200m: 18:55.32 49.22					
6.	Maria Manuela, FERREIRA FL	F	130114	70	Natacao da Maia	27:36.54	347	
	50m: 48.95 48.95	450m: 7:59.81 55.65	850m: 15:25.55 57.26	1250m: 22:55.02 57.01				
	100m: 1:40.75 51.80	500m: 8:54.49 54.68	900m: 16:20.97 55.42	1300m: 23:52.01 56.99				
	150m: 2:33.88 53.13	550m: 9:50.77 56.28	950m: 17:17.04 56.07	1350m: 24:49.26 57.25				
	200m: 3:28.93 53.05	600m: 10:45.86 55.09	1000m: 18:13.74 56.70	1400m: 25:46.32 57.06				
	250m: 4:20.98 54.05	650m: 11:41.46 55.60	1050m: 19:10.45 56.71	1450m: 26:42.66 56.34				
	300m: 5:15.53 54.55	700m: 12:36.51 55.05	1100m: 20:05.88 55.43	1500m: 27:36.54 53.88				
	350m: 6:09.44 53.91	750m: 13:32.95 56.44	1150m: 21:02.47 56.59					
	400m: 7:04.16 54.72	800m: 14:28.29 55.34	1200m: 21:58.01 55.54					
7.	Anette, KIND FL	F	120501	61	Leixões Sport Clube	30:13.18	311	
	50m: 49.94 49.94	450m: 8:48.02 1:00.78	850m: 16:56.18 1:01.63	1250m: 25:10.33 1:01.75				
	100m: 1:46.43 56.49	500m: 9:47.91 59.89	900m: 17:57.55 1:01.37	1300m: 26:11.25 1:00.92				
	150m: 2:46.06 59.63	550m: 10:49.25 1:01.34	950m: 19:00.02 1:02.47	1350m: 27:12.87 1:01.62				
	200m: 3:45.47 59.41	600m: 11:49.75 1:00.50	1000m: 20:01.49 1:01.47	1400m: 28:14.57 1:01.70				
	250m: 4:45.42 59.95	650m: 12:51.17 1:01.42	1050m: 21:03.29 1:01.80	1450m: 29:15.57 1:01.00				
	300m: 5:45.69 1:00.27	700m: 13:52.25 1:01.08	1100m: 22:05.76 1:02.47	1500m: 30:13.18 57.61				
	350m: 6:45.78 1:00.09	750m: 14:52.68 1:00.43	1150m: 23:06.65 1:00.89					
	400m: 7:47.24 1:01.46	800m: 15:54.55 1:01.87	1200m: 24:08.58 1:01.93					
8.	Luisa Lopes, AGANTE FL	F	132940	71	Leixões Sport Clube	29:01.48	299	
	50m: 46.90 46.90	450m: 8:30.82 1:00.00	850m: 16:18.79 1:00.22	1250m: 24:09.23 59.11				
	100m: 1:40.21 53.31	500m: 9:29.63 58.81	900m: 17:17.23 58.44	1300m: 25:08.63 59.40				
	150m: 2:38.07 57.86	550m: 10:29.30 59.67	950m: 18:15.73 58.50	1350m: 26:06.86 58.23				
	200m: 3:34.08 56.01	600m: 11:27.46 58.16	1000m: 19:15.55 59.82	1400m: 27:05.35 58.49				
	250m: 4:34.56 1:00.48	650m: 12:24.68 57.22	1050m: 20:12.97 57.42	1450m: 28:05.82 1:00.47				
	300m: 5:34.25 59.69	700m: 13:23.18 58.50	1100m: 21:12.21 59.24	1500m: 29:01.48 55.66				
	350m: 6:31.85 57.60	750m: 14:21.95 58.77	1150m: 22:12.55 1:00.34					
	400m: 7:30.82 58.97	800m: 15:18.57 56.62	1200m: 23:10.12 57.57					

Prova 2	Masc., 1500m Livres				25 anos e mais velhos
29-10-2017 - 10:30	CMF - Clínica Médica da Foz				Resultados
RN A(25-29)	15:50.89	Hugo Alberto, RIBEIRO	INDANP	Porto	28-11-2015
RN B(30-34)	18:10.77	Francisco Zamith, PASSOS	GDNVNF	Mealhada	20-06-2015
RN C(35-39)	18:17.18	Carlos Neves, CABRITA	UDCA	Londres (GBR)	25-11-2006
RN D(40-44)	19:04.97	Joao Pedro, SOUSA	CDSR	Funchal	26-11-2016
RN E(45-49)	17:33.84	Jose Carlos, FREITAS	CFP	Vigo (ESP)	25-03-2012
RN F(50-54)	17:28.53	Jose Carlos, FREITAS	CFP	Porto	28-11-2015
RN G(55-59)	20:07.69	Paulo Paula, CARVALHO	SCP	Porto	30-10-2016
RN H(60-64)	22:04.20	Alberto Vaz, CORREIA	SAD	Porto	28-11-2015
RN I(65-69)	59:00.00	,			
RN J(70-74)	30:34.81	Alexandre Azevedo, GASPAR	SAD	Porto	28-11-2015
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			
MASTERS MASC : 25:00.00					

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	20:28.48	490	
	50m: 34.62 34.62	450m: 5:55.91 42.14	850m: 11:30.64 44.40	1250m: 17:02.61 39.85				
	100m: 1:11.89 37.27	500m: 6:37.91 42.00	900m: 12:13.34 42.70	1300m: 17:43.23 40.62				
	150m: 1:50.38 38.49	550m: 7:20.07 42.16	950m: 12:55.44 42.10	1350m: 18:26.46 43.23				
	200m: 2:29.51 39.13	600m: 8:00.83 40.76	1000m: 13:36.77 41.33	1400m: 19:09.49 43.03				
	250m: 3:09.96 40.45	650m: 8:40.58 39.75	1050m: 14:16.63 39.86	1450m: 19:50.67 41.18				
	300m: 3:51.07 41.11	700m: 9:23.18 42.60	1100m: 14:59.08 42.45	1500m: 20:28.48 37.81				
	350m: 4:32.35 41.28	750m: 10:05.29 42.11	1150m: 15:40.90 41.82					
	400m: 5:13.77 41.42	800m: 10:46.24 40.95	1200m: 16:22.76 41.86					

Master Esc B

1.	Nuno Maria, NOLASCO	M	28204	87	Ginasio Clube	18:26.36	724	
	50m: 32.69 32.69	450m: 5:23.92 36.14	850m: 10:17.97 37.23	1250m: 15:20.42 37.91				
	100m: 1:08.72 36.03	500m: 6:00.32 36.40	900m: 10:55.57 37.60	1300m: 15:57.87 37.45				
	150m: 1:45.38 36.66	550m: 6:36.58 36.26	950m: 11:33.26 37.69	1350m: 16:35.83 37.96				
	200m: 2:22.01 36.63	600m: 7:13.12 36.54	1000m: 12:11.01 37.75	1400m: 17:13.76 37.93				
	250m: 2:58.75 36.74	650m: 7:49.68 36.56	1050m: 12:48.68 37.67	1450m: 17:51.03 37.27				
	300m: 3:34.85 36.10	700m: 8:26.46 36.78	1100m: 13:26.86 38.18	1500m: 18:26.36 35.33				
	350m: 4:11.43 36.58	750m: 9:03.27 36.81	1150m: 14:05.05 38.19					
	400m: 4:47.78 36.35	800m: 9:40.74 37.47	1200m: 14:42.51 37.46					
2.	Francisco Rosario, FIGUEIREDO FL	M	130156	85	Propaganda de Natacao	25:22.48	278	
	50m: 41.10 41.10	450m: 7:14.75 51.96	850m: 14:09.50 51.91	1250m: 21:08.86 52.56				
	100m: 1:26.03 44.93	500m: 8:06.68 51.93	900m: 15:02.10 52.60	1300m: 22:01.25 52.39				
	150m: 2:12.76 46.73	550m: 8:58.87 52.19	950m: 15:53.90 51.80	1350m: 22:53.21 51.96				
	200m: 3:01.00 48.24	600m: 9:50.54 51.67	1000m: 16:45.64 51.74	1400m: 23:44.45 51.24				
	250m: 3:50.55 49.55	650m: 10:42.01 51.47	1050m: 17:38.21 52.57	1450m: 24:35.75 51.30				
	300m: 4:41.22 50.67	700m: 11:34.21 52.20	1100m: 18:30.76 52.55	1500m: 25:22.48 46.73				
	350m: 5:31.44 50.22	750m: 12:26.40 52.19	1150m: 19:23.55 52.79					
	400m: 6:22.79 51.35	800m: 13:17.59 51.19	1200m: 20:16.30 52.75					
3.	Carlos Filipe, SILVA FL	M	201882	87	Foca	26:55.26	232	
	50m: 43.30 43.30	450m: 7:48.82 54.73	850m: 15:03.48 54.35	1250m: 22:23.25 55.22				
	100m: 1:32.13 48.83	500m: 8:43.77 54.95	900m: 15:57.88 54.40	1300m: 23:18.52 55.27				
	150m: 2:24.86 52.73	550m: 9:38.20 54.43	950m: 16:53.39 55.51	1350m: 24:13.56 55.04				
	200m: 3:18.66 53.80	600m: 10:32.56 54.36	1000m: 17:48.19 54.80	1400m: 25:08.74 55.18				
	250m: 4:12.00 53.34	650m: 11:26.67 54.11	1050m: 18:43.68 55.49	1450m: 26:02.92 54.18				
	300m: 5:05.62 53.62	700m: 12:21.69 55.02	1100m: 19:39.90 56.22	1500m: 26:55.26 52.34				
	350m: 5:59.92 54.30	750m: 13:15.64 53.95	1150m: 20:34.05 54.15					
	400m: 6:54.09 54.17	800m: 14:09.13 53.49	1200m: 21:28.03 53.98					

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.50357

Registered to Associação de Natacao do Norte de Portugal

06-11-2017 11:43 - Página 4



Prova 2, Masc., 1500m Livres

Master Esc C

1.	Joao Carlos, MALTA	M	120612	82	Fundacao Salesianos					19:16.68	650
	50m: 34.55	34.55	450m: 5:40.17	38.28	850m: 10:49.55	39.19	1250m: 16:04.19	39.38			
	100m: 1:12.02	37.47	500m: 6:18.95	38.78	900m: 11:28.41	38.86	1300m: 16:43.74	39.55			
	150m: 1:49.70	37.68	550m: 6:56.79	37.84	950m: 12:07.99	39.58	1350m: 17:22.69	38.95			
	200m: 2:27.80	38.10	600m: 7:35.27	38.48	1000m: 12:47.06	39.07	1400m: 18:01.65	38.96			
	250m: 3:06.11	38.31	650m: 8:13.79	38.52	1050m: 13:26.03	38.97	1450m: 18:40.14	38.49			
	300m: 3:44.50	38.39	700m: 8:52.29	38.50	1100m: 14:05.81	39.78	1500m: 19:16.68	36.54			
	350m: 4:22.93	38.43	750m: 9:31.44	39.15	1150m: 14:44.75	38.94					
	400m: 5:01.89	38.96	800m: 10:10.36	38.92	1200m: 15:24.81	40.06					
2.	Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense					19:28.25	631
	50m: 33.71	33.71	450m: 5:40.69	38.63	850m: 10:54.39	39.78	1250m: 16:10.70	39.40			
	100m: 1:11.65	37.94	500m: 6:19.70	39.01	900m: 11:34.28	39.89	1300m: 16:50.69	39.99			
	150m: 1:49.80	38.15	550m: 6:58.88	39.18	950m: 12:13.91	39.63	1350m: 17:30.56	39.87			
	200m: 2:27.75	37.95	600m: 7:37.43	38.55	1000m: 12:53.60	39.69	1400m: 18:10.20	39.64			
	250m: 3:06.25	38.50	650m: 8:16.64	39.21	1050m: 13:33.19	39.59	1450m: 18:49.62	39.42			
	300m: 3:44.57	38.32	700m: 8:55.43	38.79	1100m: 14:12.81	39.62	1500m: 19:28.25	38.63			
	350m: 4:23.45	38.88	750m: 9:35.18	39.75	1150m: 14:52.20	39.39					
	400m: 5:02.06	38.61	800m: 10:14.61	39.43	1200m: 15:31.30	39.10					
3.	Rui Manuel, PINTO	M	106876	79	Fluvial Portuense					23:02.42	380
	50m: 39.31	39.31	450m: 6:49.24	47.66	850m: 13:06.67	46.85	1250m: 19:20.93	44.80			
	100m: 1:23.45	44.14	500m: 7:36.20	46.96	900m: 13:54.35	47.68	1300m: 20:05.82	44.89			
	150m: 2:08.23	44.78	550m: 8:24.11	47.91	950m: 14:42.17	47.82	1350m: 20:50.45	44.63			
	200m: 2:54.64	46.41	600m: 9:11.91	47.80	1000m: 15:29.07	46.90	1400m: 21:36.09	45.64			
	250m: 3:41.12	46.48	650m: 9:59.11	47.20	1050m: 16:15.33	46.26	1450m: 22:20.14	44.05			
	300m: 4:27.80	46.68	700m: 10:46.32	47.21	1100m: 17:02.07	46.74	1500m: 23:02.42	42.28			
	350m: 5:14.92	47.12	750m: 11:32.86	46.54	1150m: 17:48.58	46.51					
	400m: 6:01.58	46.66	800m: 12:19.82	46.96	1200m: 18:36.13	47.55					
4.	Mario Nuno, PEREIRA FTL	M	200652	81	Foca					25:00.99	297
	50m: 41.60	41.60	450m: 7:19.55	50.47	850m: 14:08.26	51.65	1250m: 20:57.32	51.50			
	100m: 1:28.86	47.26	500m: 8:10.43	50.88	900m: 14:58.20	49.94	1300m: 21:48.95	51.63			
	150m: 2:17.67	48.81	550m: 9:01.28	50.85	950m: 15:48.55	50.35	1350m: 22:37.63	48.68			
	200m: 3:07.35	49.68	600m: 9:52.87	51.59	1000m: 16:39.24	50.69	1400m: 23:26.23	48.60			
	250m: 3:57.20	49.85	650m: 10:44.39	51.52	1050m: 17:29.82	50.58	1450m: 24:14.72	48.49			
	300m: 4:47.83	50.63	700m: 11:35.21	50.82	1100m: 18:22.07	52.25	1500m: 25:00.99	46.27			
	350m: 5:37.92	50.09	750m: 12:25.79	50.58	1150m: 19:13.30	51.23					
	400m: 6:29.08	51.16	800m: 13:16.61	50.82	1200m: 20:05.82	52.52					

Master Esc D

1.	Rodolfo Pereira, NUNES			M	25137	73	Aquatico Pacense				19:00.27	668
	Recorde Nacional											
	50m:	34.01	34.01	450m:	5:32.47	37.19	850m:	10:33.90	38.01	1250m:	15:43.97	38.80
	100m:	1:11.18	37.17	500m:	6:09.57	37.10	900m:	11:11.98	38.08	1300m:	16:22.88	38.91
	150m:	1:48.38	37.20	550m:	6:46.71	37.14	950m:	11:50.44	38.46	1350m:	17:02.57	39.69
	200m:	2:25.98	37.60	600m:	7:24.00	37.29	1000m:	12:29.00	38.56	1400m:	17:42.55	39.98
	250m:	3:02.96	36.98	650m:	8:01.45	37.45	1050m:	13:07.69	38.69	1450m:	18:21.79	39.24
	300m:	3:40.43	37.47	700m:	8:39.80	38.35	1100m:	13:46.88	39.19	1500m:	19:00.27	38.48
	350m:	4:17.90	37.47	750m:	9:17.94	38.14	1150m:	14:26.03	39.15			
400m:	4:55.28	37.38	800m:	9:55.89	37.95	1200m:	15:05.17	39.14				
2.	Joao Miguel, MACEDO			M	121593	74	Leixões Sport Clube				22:10.19	421
	50m:	37.76	37.76	450m:	6:27.13	44.66	850m:	12:26.69	45.06	1250m:	18:27.66	45.20
	100m:	1:20.10	42.34	500m:	7:11.68	44.55	900m:	13:11.44	44.75	1300m:	19:13.65	45.99
	150m:	2:03.60	43.50	550m:	7:56.56	44.88	950m:	13:56.54	45.10	1350m:	19:59.48	45.83
	200m:	2:46.92	43.32	600m:	8:41.44	44.88	1000m:	14:42.55	46.01	1400m:	20:45.10	45.62
	250m:	3:30.78	43.86	650m:	9:26.76	45.32	1050m:	15:27.41	44.86	1450m:	21:30.20	45.10
	300m:	4:14.39	43.61	700m:	10:11.78	45.02	1100m:	16:12.61	45.20	1500m:	22:10.19	39.99
	350m:	4:58.63	44.24	750m:	10:56.49	44.71	1150m:	16:57.42	44.81			
	400m:	5:42.47	43.84	800m:	11:41.63	45.14	1200m:	17:42.46	45.04			
3.	Joao Antonio, GOMES			M	121592	75	Leixões Sport Clube				23:20.56	360
	50m:	40.85	40.85	450m:	6:55.05	46.33	850m:	13:10.33	47.40	1250m:	19:28.47	47.30
	100m:	1:26.58	45.73	500m:	7:42.39	47.34	900m:	13:57.92	47.59	1300m:	20:16.01	47.54
	150m:	2:13.32	46.74	550m:	8:28.90	46.51	950m:	14:45.55	47.63	1350m:	21:03.42	47.41
	200m:	3:00.30	46.98	600m:	9:15.33	46.43	1000m:	15:32.62	47.07	1400m:	21:50.88	47.46
	250m:	3:47.29	46.99	650m:	10:02.00	46.67	1050m:	16:20.59	47.97	1450m:	22:37.40	46.52
	300m:	4:34.75	47.46	700m:	10:48.66	46.66	1100m:	17:07.70	47.11	1500m:	23:20.56	43.16
	350m:	5:22.40	47.65	750m:	11:35.86	47.20	1150m:	17:54.74	47.04			
	400m:	6:08.72	46.32	800m:	12:22.93	47.07	1200m:	18:41.17	46.43			

Prova 2, Masc., 1500m Livres

Master Esc E

1. Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube	23:02.99	365
50m: 39.87 39.87	450m: 6:50.75 46.70	850m: 13:01.30 45.89	1250m: 19:15.04 47.17			
100m: 1:24.13 44.26	500m: 7:37.22 46.47	900m: 13:47.70 46.40	1300m: 20:02.31 47.27			
150m: 2:09.75 45.62	550m: 8:23.85 46.63	950m: 14:33.98 46.28	1350m: 20:49.95 47.64			
200m: 2:55.95 46.20	600m: 9:10.66 46.81	1000m: 15:21.23 47.25	1400m: 21:36.96 47.01			
250m: 3:43.20 47.25	650m: 9:56.91 46.25	1050m: 16:07.54 46.31	1450m: 22:22.12 45.16			
300m: 4:30.01 46.81	700m: 10:43.26 46.35	1100m: 16:53.89 46.35	1500m: 23:02.99 40.87			
350m: 5:16.86 46.85	750m: 11:29.62 46.36	1150m: 17:40.62 46.73				
400m: 6:04.05 47.19	800m: 12:15.41 45.79	1200m: 18:27.87 47.25				
2. Eduardo Alexandre, JUNIOR FL	M	127940	70	Propaganda de Natacao	25:49.90	259
50m: 44.49 44.49	450m: 7:33.49 52.70	850m: 14:33.34 52.32	1250m: 21:34.91 53.82			
100m: 1:32.37 47.88	500m: 8:26.58 53.09	900m: 15:25.62 52.28	1300m: 22:27.41 52.50			
150m: 2:22.59 50.22	550m: 9:18.55 51.97	950m: 16:18.84 53.22	1350m: 23:16.71 49.30			
200m: 3:12.83 50.24	600m: 10:11.20 52.65	1000m: 17:11.72 52.88	1400m: 24:08.52 51.81			
250m: 4:05.06 52.23	650m: 11:02.32 51.12	1050m: 18:03.74 52.02	1450m: 25:01.63 53.11			
300m: 4:56.23 51.17	700m: 11:55.04 52.72	1100m: 18:55.34 51.60	1500m: 25:49.90 48.27			
350m: 5:48.28 52.05	750m: 12:48.23 53.19	1150m: 19:48.48 53.14				
400m: 6:40.79 52.51	800m: 13:41.02 52.79	1200m: 20:41.09 52.61				
3. Jose Manuel, BAPTISTA FL	M	130027	69	Leixões Sport Clube	29:52.61	167
50m: 46.98 46.98	450m: 8:21.81 1:00.80	850m: 16:23.07 58.89	1250m: 24:45.83 1:02.60			
100m: 1:39.70 52.72	500m: 9:21.30 59.49	900m: 17:26.37 1:03.30	1300m: 25:46.96 1:01.13			
150m: 2:35.33 55.63	550m: 10:21.93 1:00.63	950m: 18:31.91 1:05.54	1350m: 26:51.02 1:04.06			
200m: 3:28.76 53.43	600m: 11:21.09 59.16	1000m: 19:34.98 1:03.07	1400m: 27:52.27 1:01.25			
250m: 4:26.47 57.71	650m: 12:22.60 1:01.51	1050m: 20:35.17 1:00.19	1450m: 28:52.76 1:00.49			
300m: 5:23.88 57.41	700m: 13:22.07 59.47	1100m: 21:37.72 1:02.55	1500m: 29:52.61 59.85			
350m: 6:22.19 58.31	750m: 14:23.50 1:01.43	1150m: 22:40.60 1:02.88				
400m: 7:21.01 58.82	800m: 15:24.18 1:00.68	1200m: 23:43.23 1:02.63				

Master Esc F

1. Jose Carlos, FREITAS	M	111877	63	Fluvial Portuense	17:56.10	845
50m: 32.97 32.97	450m: 5:23.77 36.29	850m: 10:14.38 36.20	1250m: 15:01.00 35.64			
100m: 1:09.06 36.09	500m: 6:00.07 36.30	900m: 10:50.40 36.02	1300m: 15:36.48 35.48			
150m: 1:45.75 36.69	550m: 6:36.35 36.28	950m: 11:26.34 35.94	1350m: 16:11.89 35.41			
200m: 2:22.19 36.44	600m: 7:12.78 36.43	1000m: 12:02.28 35.94	1400m: 16:47.32 35.43			
250m: 2:58.61 36.42	650m: 7:49.27 36.49	1050m: 12:38.24 35.96	1450m: 17:22.76 35.44			
300m: 3:35.05 36.44	700m: 8:25.57 36.30	1100m: 13:13.98 35.74	1500m: 17:56.10 33.34			
350m: 4:11.25 36.20	750m: 9:01.83 36.26	1150m: 13:49.67 35.69				
400m: 4:47.48 36.23	800m: 9:38.18 36.35	1200m: 14:25.36 35.69				
2. Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube	23:40.15	367
50m: 41.51 41.51	450m: 7:00.51 48.71	850m: 13:21.87 47.28	1250m: 19:45.05 48.45			
100m: 1:27.19 45.68	500m: 7:48.88 48.37	900m: 14:09.26 47.39	1300m: 20:32.72 47.67			
150m: 2:13.30 46.11	550m: 8:36.41 47.53	950m: 14:56.55 47.29	1350m: 21:20.40 47.68			
200m: 2:59.79 46.49	600m: 9:24.45 48.04	1000m: 15:45.22 48.67	1400m: 22:08.24 47.84			
250m: 3:46.68 46.89	650m: 10:12.01 47.56	1050m: 16:33.24 48.02	1450m: 22:55.90 47.66			
300m: 4:35.04 48.36	700m: 10:59.45 47.44	1100m: 17:20.40 47.16	1500m: 23:40.15 44.25			
350m: 5:22.80 47.76	750m: 11:47.28 47.83	1150m: 18:08.54 48.14				
400m: 6:11.80 49.00	800m: 12:34.59 47.31	1200m: 18:56.60 48.06				
3. Daniel Castro, TRIGO FL	M	120704	65	Sporting Clube de Aveiro	26:42.62	256
50m: 47.54 47.54	450m: 7:53.73 53.49	850m: 15:04.17 53.33	1250m: 22:17.13 53.90			
100m: 1:40.08 52.54	500m: 8:48.13 54.40	900m: 15:57.58 53.41	1300m: 23:10.96 53.83			
150m: 2:33.11 53.03	550m: 9:42.89 54.76	950m: 16:51.58 54.00	1350m: 24:04.85 53.89			
200m: 3:25.55 52.44	600m: 10:36.00 53.11	1000m: 17:45.64 54.06	1400m: 24:59.42 54.57			
250m: 4:18.95 53.40	650m: 11:30.48 54.48	1050m: 18:39.65 54.01	1450m: 25:52.94 53.52			
300m: 5:12.33 53.38	700m: 12:24.02 53.54	1100m: 19:34.05 54.40	1500m: 26:42.62 49.68			
350m: 6:06.72 54.39	750m: 13:17.69 53.67	1150m: 20:28.46 54.41				
400m: 7:00.24 53.52	800m: 14:10.84 53.15	1200m: 21:23.23 54.77				

Master Esc G

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Paulo Paula, CARVALHO <i>Recorde Nacional</i>	M	25645	61	Sporting	19:41.17	944	
	50m: 35.24 35.24	450m: 5:53.12 39.63	850m: 11:09.27 39.69	1250m: 16:27.74 39.95				
	100m: 1:13.83 38.59	500m: 6:32.29 39.17	900m: 11:48.86 39.59	1300m: 17:06.82 39.08				
	150m: 1:53.84 40.01	550m: 7:11.47 39.18	950m: 12:28.48 39.62	1350m: 17:46.24 39.42				
	200m: 2:33.41 39.57	600m: 7:50.68 39.21	1000m: 13:08.38 39.90	1400m: 18:25.46 39.22				
	250m: 3:13.37 39.96	650m: 8:30.12 39.44	1050m: 13:48.30 39.92	1450m: 19:03.81 38.35				
	300m: 3:53.58 40.21	700m: 9:10.42 40.30	1100m: 14:28.10 39.80	1500m: 19:41.17 37.36				
	350m: 4:33.90 40.32	750m: 9:50.06 39.64	1150m: 15:08.09 39.99					
	400m: 5:13.49 39.59	800m: 10:29.58 39.52	1200m: 15:47.79 39.70					
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR

Master Esc H

1.	Alberto Vaz, CORREIA	M	128374	55	Fundacao Salesianos	22:19.81	675	
	50m: 38.42 38.42	450m: 6:31.90 45.82	850m: 12:34.58 45.42	1250m: 18:37.65 45.54				
	100m: 1:20.45 42.03	500m: 7:16.33 44.43	900m: 13:21.21 46.63	1300m: 19:22.50 44.85				
	150m: 2:03.69 43.24	550m: 8:01.48 45.15	950m: 14:05.86 44.65	1350m: 20:07.89 45.39				
	200m: 2:48.52 44.83	600m: 8:47.63 46.15	1000m: 14:50.99 45.13	1400m: 20:53.53 45.64				
	250m: 3:31.98 43.46	650m: 9:32.70 45.07	1050m: 15:36.04 45.05	1450m: 21:39.27 45.74				
	300m: 4:15.55 43.57	700m: 10:18.52 45.82	1100m: 16:21.66 45.62	1500m: 22:19.81 40.54				
	350m: 5:01.31 45.76	750m: 11:03.33 44.81	1150m: 17:06.77 45.11					
	400m: 5:46.08 44.77	800m: 11:49.16 45.83	1200m: 17:52.11 45.34					

25 anos e mais velhos

1.	Paulo Paula, CARVALHO <i>Recorde Nacional</i>	M	25645	61	Sporting	19:41.17	944	
	50m: 35.24 35.24	450m: 5:53.12 39.63	850m: 11:09.27 39.69	1250m: 16:27.74 39.95				
	100m: 1:13.83 38.59	500m: 6:32.29 39.17	900m: 11:48.86 39.59	1300m: 17:06.82 39.08				
	150m: 1:53.84 40.01	550m: 7:11.47 39.18	950m: 12:28.48 39.62	1350m: 17:46.24 39.42				
	200m: 2:33.41 39.57	600m: 7:50.68 39.21	1000m: 13:08.38 39.90	1400m: 18:25.46 39.22				
	250m: 3:13.37 39.96	650m: 8:30.12 39.44	1050m: 13:48.30 39.92	1450m: 19:03.81 38.35				
	300m: 3:53.58 40.21	700m: 9:10.42 40.30	1100m: 14:28.10 39.80	1500m: 19:41.17 37.36				
	350m: 4:33.90 40.32	750m: 9:50.06 39.64	1150m: 15:08.09 39.99					
	400m: 5:13.49 39.59	800m: 10:29.58 39.52	1200m: 15:47.79 39.70					
2.	Jose Carlos, FREITAS	M	111877	63	Fluvial Portuense	17:56.10	845	
	50m: 32.97 32.97	450m: 5:23.77 36.29	850m: 10:14.38 36.20	1250m: 15:01.00 35.64				
	100m: 1:09.06 36.09	500m: 6:00.07 36.30	900m: 10:50.40 36.02	1300m: 15:36.48 35.48				
	150m: 1:45.75 36.69	550m: 6:36.35 36.28	950m: 11:26.34 35.94	1350m: 16:11.89 35.41				
	200m: 2:22.19 36.44	600m: 7:12.78 36.43	1000m: 12:02.28 35.94	1400m: 16:47.32 35.43				
	250m: 2:58.61 36.42	650m: 7:49.27 36.49	1050m: 12:38.24 35.96	1450m: 17:22.76 35.44				
	300m: 3:35.05 36.44	700m: 8:25.57 36.30	1100m: 13:13.98 35.74	1500m: 17:56.10 33.34				
	350m: 4:11.25 36.20	750m: 9:01.83 36.26	1150m: 13:49.67 35.69					
	400m: 4:47.48 36.23	800m: 9:38.18 36.35	1200m: 14:25.36 35.69					
3.	Nuno Maria, NOLASCO	M	28204	87	Ginasio Clube	18:26.36	724	
	50m: 32.69 32.69	450m: 5:23.92 36.14	850m: 10:17.97 37.23	1250m: 15:20.42 37.91				
	100m: 1:08.72 36.03	500m: 6:00.32 36.40	900m: 10:55.57 37.60	1300m: 15:57.87 37.45				
	150m: 1:45.38 36.66	550m: 6:36.58 36.26	950m: 11:33.26 37.69	1350m: 16:35.83 37.96				
	200m: 2:22.01 36.63	600m: 7:13.12 36.54	1000m: 12:11.01 37.75	1400m: 17:13.76 37.93				
	250m: 2:58.75 36.74	650m: 7:49.68 36.56	1050m: 12:48.68 37.67	1450m: 17:51.03 37.27				
	300m: 3:34.85 36.10	700m: 8:26.46 36.78	1100m: 13:26.86 38.18	1500m: 18:26.36 35.33				
	350m: 4:11.43 36.58	750m: 9:03.27 36.81	1150m: 14:05.05 38.19					
	400m: 4:47.78 36.35	800m: 9:40.74 37.47	1200m: 14:42.51 37.46					
4.	Alberto Vaz, CORREIA	M	128374	55	Fundacao Salesianos	22:19.81	675	
	50m: 38.42 38.42	450m: 6:31.90 45.82	850m: 12:34.58 45.42	1250m: 18:37.65 45.54				
	100m: 1:20.45 42.03	500m: 7:16.33 44.43	900m: 13:21.21 46.63	1300m: 19:22.50 44.85				
	150m: 2:03.69 43.24	550m: 8:01.48 45.15	950m: 14:05.86 44.65	1350m: 20:07.89 45.39				
	200m: 2:48.52 44.83	600m: 8:47.63 46.15	1000m: 14:50.99 45.13	1400m: 20:53.53 45.64				
	250m: 3:31.98 43.46	650m: 9:32.70 45.07	1050m: 15:36.04 45.05	1450m: 21:39.27 45.74				
	300m: 4:15.55 43.57	700m: 10:18.52 45.82	1100m: 16:21.66 45.62	1500m: 22:19.81 40.54				
	350m: 5:01.31 45.76	750m: 11:03.33 44.81	1150m: 17:06.77 45.11					
	400m: 5:46.08 44.77	800m: 11:49.16 45.83	1200m: 17:52.11 45.34					

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	Rodolfo Pereira, NUNES <i>Recorde Nacional</i>	M	25137	73	Aquatico Pacense	19:00.27	668	
	50m: 34.01 34.01	450m: 5:32.47 37.19	850m: 10:33.90 38.01	1250m: 15:43.97 38.80				
	100m: 1:11.18 37.17	500m: 6:09.57 37.10	900m: 11:11.98 38.08	1300m: 16:22.88 38.91				
	150m: 1:48.38 37.20	550m: 6:46.71 37.14	950m: 11:50.44 38.46	1350m: 17:02.57 39.69				
	200m: 2:25.98 37.60	600m: 7:24.00 37.29	1000m: 12:29.00 38.56	1400m: 17:42.55 39.98				
	250m: 3:02.96 36.98	650m: 8:01.45 37.45	1050m: 13:07.69 38.69	1450m: 18:21.79 39.24				
	300m: 3:40.43 37.47	700m: 8:39.80 38.35	1100m: 13:46.88 39.19	1500m: 19:00.27 38.48				
	350m: 4:17.90 37.47	750m: 9:17.94 38.14	1150m: 14:26.03 39.15					
	400m: 4:55.28 37.38	800m: 9:55.89 37.95	1200m: 15:05.17 39.14					
6.	Joao Carlos, MALTA	M	120612	82	Fundacao Salesianos	19:16.68	650	
	50m: 34.55 34.55	450m: 5:40.17 38.28	850m: 10:49.55 39.19	1250m: 16:04.19 39.38				
	100m: 1:12.02 37.47	500m: 6:18.95 38.78	900m: 11:28.41 38.86	1300m: 16:43.74 39.55				
	150m: 1:49.70 37.68	550m: 6:56.79 37.84	950m: 12:07.99 39.58	1350m: 17:22.69 38.95				
	200m: 2:27.80 38.10	600m: 7:35.27 38.48	1000m: 12:47.06 39.07	1400m: 18:01.65 38.96				
	250m: 3:06.11 38.31	650m: 8:13.79 38.52	1050m: 13:26.03 38.97	1450m: 18:40.14 38.49				
	300m: 3:44.50 38.39	700m: 8:52.29 38.50	1100m: 14:05.81 39.78	1500m: 19:16.68 36.54				
	350m: 4:22.93 38.43	750m: 9:31.44 39.15	1150m: 14:44.75 38.94					
	400m: 5:01.89 38.96	800m: 10:10.36 38.92	1200m: 15:24.81 40.06					
7.	Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense	19:28.25	631	
	50m: 33.71 33.71	450m: 5:40.69 38.63	850m: 10:54.39 39.78	1250m: 16:10.70 39.40				
	100m: 1:11.65 37.94	500m: 6:19.70 39.01	900m: 11:34.28 39.89	1300m: 16:50.69 39.99				
	150m: 1:49.80 38.15	550m: 6:58.88 39.18	950m: 12:13.91 39.63	1350m: 17:30.56 39.87				
	200m: 2:27.75 37.95	600m: 7:37.43 38.55	1000m: 12:53.60 39.69	1400m: 18:10.20 39.64				
	250m: 3:06.25 38.50	650m: 8:16.64 39.21	1050m: 13:33.19 39.59	1450m: 18:49.62 39.42				
	300m: 3:44.57 38.32	700m: 8:55.43 38.79	1100m: 14:12.81 39.62	1500m: 19:28.25 38.63				
	350m: 4:23.45 38.88	750m: 9:35.18 39.75	1150m: 14:52.20 39.39					
	400m: 5:02.06 38.61	800m: 10:14.61 39.43	1200m: 15:31.30 39.10					
8.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	20:28.48	490	
	50m: 34.62 34.62	450m: 5:55.91 42.14	850m: 11:30.64 44.40	1250m: 17:02.61 39.85				
	100m: 1:11.89 37.27	500m: 6:37.91 42.00	900m: 12:13.34 42.70	1300m: 17:43.23 40.62				
	150m: 1:50.38 38.49	550m: 7:20.07 42.16	950m: 12:55.44 42.10	1350m: 18:26.46 43.23				
	200m: 2:29.51 39.13	600m: 8:00.83 40.76	1000m: 13:36.77 41.33	1400m: 19:09.49 43.03				
	250m: 3:09.96 40.45	650m: 8:40.58 39.75	1050m: 14:16.63 39.86	1450m: 19:50.67 41.18				
	300m: 3:51.07 41.11	700m: 9:23.18 42.60	1100m: 14:59.08 42.45	1500m: 20:28.48 37.81				
	350m: 4:32.35 41.28	750m: 10:05.29 42.11	1150m: 15:40.90 41.82					
	400m: 5:13.77 41.42	800m: 10:46.24 40.95	1200m: 16:22.76 41.86					
9.	Joao Miguel, MACEDO	M	121593	74	Leixões Sport Clube	22:10.19	421	
	50m: 37.76 37.76	450m: 6:27.13 44.66	850m: 12:26.69 45.06	1250m: 18:27.66 45.20				
	100m: 1:20.10 42.34	500m: 7:11.68 44.55	900m: 13:11.44 44.75	1300m: 19:13.65 45.99				
	150m: 2:03.60 43.50	550m: 7:56.56 44.88	950m: 13:56.54 45.10	1350m: 19:59.48 45.83				
	200m: 2:46.92 43.32	600m: 8:41.44 44.88	1000m: 14:42.55 46.01	1400m: 20:45.10 45.62				
	250m: 3:30.78 43.86	650m: 9:26.76 45.32	1050m: 15:27.41 44.86	1450m: 21:30.20 45.10				
	300m: 4:14.39 43.61	700m: 10:11.78 45.02	1100m: 16:12.61 45.20	1500m: 22:10.19 39.99				
	350m: 4:58.63 44.24	750m: 10:56.49 44.71	1150m: 16:57.42 44.81					
	400m: 5:42.47 43.84	800m: 11:41.63 45.14	1200m: 17:42.46 45.04					
10.	Rui Manuel, PINTO	M	106876	79	Fluvial Portuense	23:02.42	380	
	50m: 39.31 39.31	450m: 6:49.24 47.66	850m: 13:06.67 46.85	1250m: 19:20.93 44.80				
	100m: 1:23.45 44.14	500m: 7:36.20 46.96	900m: 13:54.35 47.68	1300m: 20:05.82 44.89				
	150m: 2:08.23 44.78	550m: 8:24.11 47.91	950m: 14:42.17 47.82	1350m: 20:50.45 44.63				
	200m: 2:54.64 46.41	600m: 9:11.91 47.80	1000m: 15:29.07 46.90	1400m: 21:36.09 45.64				
	250m: 3:41.12 46.48	650m: 9:59.11 47.20	1050m: 16:15.33 46.26	1450m: 22:20.14 44.05				
	300m: 4:27.80 46.68	700m: 10:46.32 47.21	1100m: 17:02.07 46.74	1500m: 23:02.42 42.28				
	350m: 5:14.92 47.12	750m: 11:32.86 46.54	1150m: 17:48.58 46.51					
	400m: 6:01.58 46.66	800m: 12:19.82 46.96	1200m: 18:36.13 47.55					
11.	Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube	23:40.15	367	
	50m: 41.51 41.51	450m: 7:00.51 48.71	850m: 13:21.87 47.28	1250m: 19:45.05 48.45				
	100m: 1:27.19 45.68	500m: 7:48.88 48.37	900m: 14:09.26 47.39	1300m: 20:32.72 47.67				
	150m: 2:13.30 46.11	550m: 8:36.41 47.53	950m: 14:56.55 47.29	1350m: 21:20.40 47.68				
	200m: 2:59.79 46.49	600m: 9:24.45 48.04	1000m: 15:45.22 48.67	1400m: 22:08.24 47.84				
	250m: 3:46.68 46.89	650m: 10:12.01 47.56	1050m: 16:33.24 48.02	1450m: 22:55.90 47.66				
	300m: 4:35.04 48.36	700m: 10:59.45 47.44	1100m: 17:20.40 47.16	1500m: 23:40.15 44.25				
	350m: 5:22.80 47.76	750m: 11:47.28 47.83	1150m: 18:08.54 48.14					
	400m: 6:11.80 49.00	800m: 12:34.59 47.31	1200m: 18:56.60 48.06					
12.	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube	23:02.99	365	
	50m: 39.87 39.87	450m: 6:50.75 46.70	850m: 13:01.30 45.89	1250m: 19:15.04 47.17				
	100m: 1:24.13 44.26	500m: 7:37.22 46.47	900m: 13:47.70 46.40	1300m: 20:02.31 47.27				
	150m: 2:09.75 45.62	550m: 8:23.85 46.63	950m: 14:33.98 46.28	1350m: 20:49.95 47.64				
	200m: 2:55.95 46.20	600m: 9:10.66 46.81	1000m: 15:21.23 47.25	1400m: 21:36.96 47.01				
	250m: 3:43.20 47.25	650m: 9:56.91 46.25	1050m: 16:07.54 46.31	1450m: 22:22.12 45.16				
	300m: 4:30.01 46.81	700m: 10:43.26 46.35	1100m: 16:53.89 46.35	1500m: 23:02.99 40.87				
	350m: 5:16.86 46.85	750m: 11:29.62 46.36	1150m: 17:40.62 46.73					
	400m: 6:04.05 47.19	800m: 12:15.41 45.79	1200m: 18:27.87 47.25					

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

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube	23:20.56	360	
	50m: 40.85	40.85	450m: 6:55.05	46.33	850m: 13:10.33	47.40	1250m: 19:28.47	47.30
	100m: 1:28.58	45.73	500m: 7:42.39	47.34	900m: 13:57.92	47.59	1300m: 20:16.01	47.54
	150m: 2:13.32	46.74	550m: 8:28.90	46.51	950m: 14:45.55	47.63	1350m: 21:03.42	47.41
	200m: 3:00.30	46.98	600m: 9:15.33	46.43	1000m: 15:32.62	47.07	1400m: 21:50.88	47.46
	250m: 3:47.29	46.99	650m: 10:02.00	46.67	1050m: 16:20.59	47.97	1450m: 22:37.40	46.52
	300m: 4:34.75	47.46	700m: 10:48.66	46.66	1100m: 17:07.70	47.11	1500m: 23:20.56	43.16
	350m: 5:22.40	47.65	750m: 11:35.86	47.20	1150m: 17:54.74	47.04		
	400m: 6:08.72	46.32	800m: 12:22.93	47.07	1200m: 18:41.17	46.43		
14.	Mario Nuno, PEREIRA FL	M	200652	81	Foca	25:00.99	297	
	50m: 41.60	41.60	450m: 7:19.55	50.47	850m: 14:08.26	51.65	1250m: 20:57.32	51.50
	100m: 1:28.86	47.26	500m: 8:10.43	50.88	900m: 14:58.20	49.94	1300m: 21:48.95	51.63
	150m: 2:17.67	48.81	550m: 9:01.28	50.85	950m: 15:48.55	50.35	1350m: 22:37.63	48.68
	200m: 3:07.35	49.68	600m: 9:52.87	51.59	1000m: 16:39.24	50.69	1400m: 23:26.23	48.60
	250m: 3:57.20	49.85	650m: 10:44.39	51.52	1050m: 17:29.82	50.58	1450m: 24:14.72	48.49
	300m: 4:47.83	50.63	700m: 11:35.21	50.82	1100m: 18:22.07	52.25	1500m: 25:00.99	46.27
	350m: 5:37.92	50.09	750m: 12:25.79	50.58	1150m: 19:13.30	51.23		
	400m: 6:29.08	51.16	800m: 13:16.61	50.82	1200m: 20:05.82	52.52		
15.	Francisco Rosario, FIGUEIREDO FL	M	130156	85	Propaganda de Natacao	25:22.48	278	
	50m: 41.10	41.10	450m: 7:14.75	51.96	850m: 14:09.50	51.91	1250m: 21:08.86	52.56
	100m: 1:26.03	44.93	500m: 8:06.68	51.93	900m: 15:02.10	52.60	1300m: 22:01.25	52.39
	150m: 2:12.76	46.73	550m: 8:58.87	52.19	950m: 15:53.90	51.80	1350m: 22:53.21	51.96
	200m: 3:01.00	48.24	600m: 9:50.54	51.67	1000m: 16:45.64	51.74	1400m: 23:44.45	51.24
	250m: 3:50.55	49.55	650m: 10:42.01	51.47	1050m: 17:38.21	52.57	1450m: 24:35.75	51.30
	300m: 4:41.22	50.67	700m: 11:34.21	52.20	1100m: 18:30.76	52.55	1500m: 25:22.48	46.73
	350m: 5:31.44	50.22	750m: 12:26.40	52.19	1150m: 19:23.55	52.79		
	400m: 6:22.79	51.35	800m: 13:17.59	51.19	1200m: 20:16.30	52.75		
16.	Eduardo Alexandre, JUNIOR FL	M	127940	70	Propaganda de Natacao	25:49.90	259	
	50m: 44.49	44.49	450m: 7:33.49	52.70	850m: 14:33.34	52.32	1250m: 21:34.91	53.82
	100m: 1:32.37	47.88	500m: 8:26.58	53.09	900m: 15:25.62	52.28	1300m: 22:27.41	52.50
	150m: 2:22.59	50.22	550m: 9:18.55	51.97	950m: 16:18.84	53.22	1350m: 23:16.71	49.30
	200m: 3:12.83	50.24	600m: 10:11.20	52.65	1000m: 17:11.72	52.88	1400m: 24:08.52	51.81
	250m: 4:05.06	52.23	650m: 11:02.32	51.12	1050m: 18:03.74	52.02	1450m: 25:01.63	53.11
	300m: 4:56.23	51.17	700m: 11:55.04	52.72	1100m: 18:55.34	51.60	1500m: 25:49.90	48.27
	350m: 5:48.28	52.05	750m: 12:48.23	53.19	1150m: 19:48.48	53.14		
	400m: 6:40.79	52.51	800m: 13:41.02	52.79	1200m: 20:41.09	52.61		
17.	Daniel Castro, TRIGO FL	M	120704	65	Sporting Clube de Aveiro	26:42.62	256	
	50m: 47.54	47.54	450m: 7:53.73	53.49	850m: 15:04.17	53.33	1250m: 22:17.13	53.90
	100m: 1:40.08	52.54	500m: 8:48.13	54.40	900m: 15:57.58	53.41	1300m: 23:10.96	53.83
	150m: 2:33.11	53.03	550m: 9:42.89	54.76	950m: 16:51.58	54.00	1350m: 24:04.85	53.89
	200m: 3:25.55	52.44	600m: 10:36.00	53.11	1000m: 17:45.64	54.06	1400m: 24:59.42	54.57
	250m: 4:18.95	53.40	650m: 11:30.48	54.48	1050m: 18:39.65	54.01	1450m: 25:52.94	53.52
	300m: 5:12.33	53.38	700m: 12:24.02	53.54	1100m: 19:34.05	54.40	1500m: 26:42.62	49.68
	350m: 6:06.72	54.39	750m: 13:17.69	53.67	1150m: 20:28.46	54.41		
	400m: 7:00.24	53.52	800m: 14:10.84	53.15	1200m: 21:23.23	54.77		
18.	Carlos Filipe, SILVA FL	M	201882	87	Foca	26:55.26	232	
	50m: 43.30	43.30	450m: 7:48.82	54.73	850m: 15:03.48	54.35	1250m: 22:23.25	55.22
	100m: 1:32.13	48.83	500m: 8:43.77	54.95	900m: 15:57.88	54.40	1300m: 23:18.52	55.27
	150m: 2:24.86	52.73	550m: 9:38.20	54.43	950m: 16:53.39	55.51	1350m: 24:13.56	55.04
	200m: 3:18.66	53.80	600m: 10:32.56	54.36	1000m: 17:48.19	54.80	1400m: 25:08.74	55.18
	250m: 4:12.00	53.34	650m: 11:26.67	54.11	1050m: 18:43.68	55.49	1450m: 26:02.92	54.18
	300m: 5:05.62	53.62	700m: 12:21.69	55.02	1100m: 19:39.90	56.22	1500m: 26:55.26	52.34
	350m: 5:59.92	54.30	750m: 13:15.64	53.95	1150m: 20:34.05	54.15		
	400m: 6:54.09	54.17	800m: 14:09.13	53.49	1200m: 21:28.03	53.98		
19.	Jose Manuel, BAPTISTA FL	M	130027	69	Leixões Sport Clube	29:52.61	167	
	50m: 46.98	46.98	450m: 8:21.81	1:00.80	850m: 16:23.07	58.89	1250m: 24:45.83	1:02.60
	100m: 1:39.70	52.72	500m: 9:21.30	59.49	900m: 17:26.37	1:03.30	1300m: 25:46.96	1:01.13
	150m: 2:35.33	55.63	550m: 10:21.93	1:00.63	950m: 18:31.91	1:05.54	1350m: 26:51.02	1:04.06
	200m: 3:28.76	53.43	600m: 11:21.09	59.16	1000m: 19:34.98	1:03.07	1400m: 27:52.27	1:01.25
	250m: 4:26.47	57.71	650m: 12:22.60	1:01.51	1050m: 20:35.17	1:00.19	1450m: 28:52.76	1:00.49
	300m: 5:23.88	57.41	700m: 13:22.07	59.47	1100m: 21:37.72	1:02.55	1500m: 29:52.61	59.85
	350m: 6:22.19	58.31	750m: 14:23.50	1:01.43	1150m: 22:40.60	1:02.88		
	400m: 7:21.01	58.82	800m: 15:24.18	1:00.68	1200m: 23:43.23	1:02.63		
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR

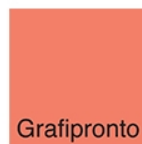
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Prova 3	Femin., 200m Costas				25 anos e mais velhos	
29-10-2017 - 11:25	GRAFIPRONGO				Resultados	
RN A(25-29)	2:31.67	Sandra Cristina, CORREIA	CPT	Inatel		23-03-2003
RN B(30-34)	2:25.88	Ana Paula, GRILO	UDCA	Inatel		23-03-2003
RN C(35-39)	2:33.17	Ana Paula, GRILO	UDCA	Inatel		05-02-2006
RN D(40-44)	2:39.07	Ana Paula, GRILO	INDALEN	Penafiel		20-11-2010
RN E(45-49)	2:43.12	Maria Helena, CARMO	CNCVG	Lisboa		27-02-2011
RN F(50-54)	2:52.43	Elena Nikolaevna, KRAEVA	CIMM	Lisboa		22-05-2011
RN G(55-59)	2:53.37	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines		29-01-2017
RN H(60-64)	3:32.50	Ana Maria, FERREIRA	SAD	Abóboda		16-01-2011
RN I(65-69)	3:46.86	Ana Maria, FERREIRA	SAD	Benedita		03-04-2016
RN J(70-74)	4:59.45	Nair Gomes, SA	SFP	Lisboa		19-04-2009
RN K(75-79)	59:00.00	,				
RN L(80-84)	59:00.00	,				
RN M(85-89)	59:00.00	,				

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	2:45.99	555	
	50m: 38.80 38.80	100m: 1:21.90	43.10	150m: 2:03.72	41.82	200m: 2:45.99	42.27	
2.	Joana Catarina, MARTINS	F	23226	92	Propaganda de Natacao	2:59.00	442	
	50m: 40.15 40.15	100m: 1:25.19	45.04	150m: 2:12.22	47.03	200m: 2:59.00	46.78	
Master Esc B								
1.	Ana Filipe, COSTA	F	102459	83	Porto	2:52.77	550	
	50m: 40.22 40.22	100m: 1:23.84	43.62	150m: 2:08.83	44.99	200m: 2:52.77	43.94	
2.	Rita Loureiro, PINTO	F	131353	85	Ginasio Clube	3:07.14	433	
	50m: 44.13 44.13	100m: 1:31.25	47.12	150m: 2:19.56	48.31	200m: 3:07.14	47.58	
3.	Ana Catarina, REIS	F	202670	87	Propaganda de Natacao	3:08.36	424	
	50m: 42.71 42.71	100m: 1:29.26	46.55	150m: 2:19.33	50.07	200m: 3:08.36	49.03	
Master Esc C								
1.	Liliana Elisabete, BAPTISTA	F	120495	78	Leixões Sport Clube	3:02.26	481	
	50m: 44.13 44.13	100m: 1:30.14	46.01	150m: 2:16.58	46.44	200m: 3:02.26	45.68	
2.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este/Gaia	3:55.16	223	
	50m: 54.93 54.93	100m: 1:54.63	59.70	150m: 2:55.75	1:01.12	200m: 3:55.16	59.41	
3.	Ana Maria, MARTINS	F	123246	79	Sporting Clube de Aveiro	4:00.14	210	
	50m: 59.61 59.61	100m: 2:01.27	1:01.66	150m: 3:02.76	1:01.49	200m: 4:00.14	57.38	
Master Esc D								
1.	Graca Maria, ALMEIDA	F	124702	73	Leixões Sport Clube	3:16.72	438	
	50m: 45.94 45.94	100m: 1:34.89	48.95	150m: 2:25.93	51.04	200m: 3:16.72	50.79	
2.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este/Gaia	3:16.99	436	
	50m: 47.82 47.82	100m: 1:37.90	50.08	150m: 2:28.64	50.74	200m: 3:16.99	48.35	
Master Esc F								
1.	Rosalina Bessa, BABO	F	108036	67	Porto	3:24.82	454	
	50m: 46.87 46.87	100m: 1:38.13	51.26	150m: 2:32.85	54.72	200m: 3:24.82	51.97	
2.	Margarida Maria, RIBEIRO	F	131782	64	Fluvial Portuense	5:00.29	144	
	50m: 1:08.41 1:08.41	100m: 2:26.91	1:18.50	150m: 3:46.22	1:19.31	200m: 5:00.29	1:14.07	

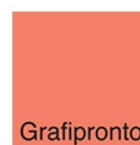
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Prova 3, Femin., 200m Costas

25 anos e mais velhos

1.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	2:45.99	555
	50m: 38.80 38.80	100m: 1:21.90	43.10	150m: 2:03.72	41.82	200m: 2:45.99	42.27
2.	Ana Filipe, COSTA	F	102459	83	Porto	2:52.77	550
	50m: 40.22 40.22	100m: 1:23.84	43.62	150m: 2:08.83	44.99	200m: 2:52.77	43.94
3.	Liliana Elisabete, BAPTISTA	F	120495	78	Leixões Sport Clube	3:02.26	481
	50m: 44.13 44.13	100m: 1:30.14	46.01	150m: 2:16.58	46.44	200m: 3:02.26	45.68
4.	Rosalina Bessa, BABO	F	108036	67	Porto	3:24.82	454
	50m: 46.87 46.87	100m: 1:38.13	51.26	150m: 2:32.85	54.72	200m: 3:24.82	51.97
5.	Joana Catarina, MARTINS	F	23226	92	Propaganda de Natacao	2:59.00	442
	50m: 40.15 40.15	100m: 1:25.19	45.04	150m: 2:12.22	47.03	200m: 2:59.00	46.78
6.	Graca Maria, ALMEIDA	F	124702	73	Leixões Sport Clube	3:16.72	438
	50m: 45.94 45.94	100m: 1:34.89	48.95	150m: 2:25.93	51.04	200m: 3:16.72	50.79
7.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este/Gaia	3:16.99	436
	50m: 47.82 47.82	100m: 1:37.90	50.08	150m: 2:28.64	50.74	200m: 3:16.99	48.35
8.	Rita Loureiro, PINTO	F	131353	85	Ginasio Clube	3:07.14	433
	50m: 44.13 44.13	100m: 1:31.25	47.12	150m: 2:19.56	48.31	200m: 3:07.14	47.58
9.	Ana Catarina, REIS	F	202670	87	Propaganda de Natacao	3:08.36	424
	50m: 42.71 42.71	100m: 1:29.26	46.55	150m: 2:19.33	50.07	200m: 3:08.36	49.03
10.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este/Gaia	3:55.16	223
	50m: 54.93 54.93	100m: 1:54.63	59.70	150m: 2:55.75	1:01.12	200m: 3:55.16	59.41
11.	Ana Maria, MARTINS	F	123246	79	Sporting Clube de Aveiro	4:00.14	210
	50m: 59.61 59.61	100m: 2:01.27	1:01.66	150m: 3:02.76	1:01.49	200m: 4:00.14	57.38
12.	Margarida Maria, RIBEIRO	F	131782	64	Fluvial Portuense	5:00.29	144
	50m: 1:08.41 1:08.41	100m: 2:26.91	1:18.50	150m: 3:46.22	1:19.31	200m: 5:00.29	1:14.07

Prova 4 29-10-2017 - 11:35

Masc., 200m Costas CMF - Clínica Médica da Foz

25 anos e mais velhos Resultados

RN A(25-29)	2:02.10	Adriano Miguel, NIZ	GDNVNF	Mealhada	21-06-2015
RN B(30-34)	2:01.89	Adriano Miguel, NIZ	GDNVNF	Sines	28-01-2017
RN C(35-39)	2:17.59	David Oliveira, GORGULHO	CNLA	Sines	28-01-2017
RN D(40-44)	2:21.09	Jorge Eduardo, FARIA	SAD	Inatel	17-02-2008
RN E(45-49)	2:17.46	Jorge Eduardo, FARIA	ANE	Lisboa	19-04-2009
RN F(50-54)	2:30.55	Paulo Paula, CARVALHO	SFUAP	Porto	01-12-2011
RN G(55-59)	2:33.07	Paulo Paula, CARVALHO	SCP	Sines	28-01-2017
RN H(60-64)	3:00.23	Vitor Manuel, MAVIOSO	SAD	Sines	28-01-2017
RN I(65-69)	2:57.17	Antonio Bessone, BASTO	SAD	Lisboa	20-06-2010
RN J(70-74)	5:07.60	Jose Joaquim, MARREIROS	SAD	Sines	28-01-2017
RN K(75-79)	59:00.00	,			
RN L(80-84)	6:49.11	Joao Rodrigues, TEIXEIRA	AAC	Sines	28-01-2017
RN M(85-89)	59:00.00	,			

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

1.	Carlos Daniel, COSTA	M	202827	91	Natacao de Valongo	2:57.61	280
	50m: 40.84 40.84	100m: 1:24.95	44.11	150m: 2:11.62	46.67	200m: 2:57.61	45.99

Master Esc B

1.	Carlos Filipe, SILVA	M	201882	87	Foca	3:24.78	184
	50m: 47.23 47.23	100m: 1:38.56	51.33	150m: 2:31.92	53.36	200m: 3:24.78	52.86

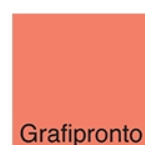
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Prova 4, Masc., 200m Costas

Master Esc C

1.	Mario Moura, CARVALHO	M	15378	78	Porto					2:21.84	629
	50m: 33.22 33.22	100m: 1:08.98	35.76	150m: 1:45.64	36.66	200m: 2:21.84	36.20				

Master Esc D

1.	Nuno Miguel, GUERRA	M	111799	77	Fluvial Portuense					2:54.58	417
	50m: 41.11 41.11	100m: 1:24.88	43.77	150m: 2:09.96	45.08	200m: 2:54.58	44.62				
WDR	Rodolfo Pereira, NUNES	M	25137	73	Aquatico Pacense						WDR

Master Esc E

1.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense					2:40.53	612
	50m: 36.80 36.80	100m: 1:17.11	40.31	150m: 1:58.68	41.57	200m: 2:40.53	41.85				
DNS	Hugo Alexandre, BORREGO	M	205001	72	Sporting Clube de Aveiro						DNS
WDR	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube						WDR

Master Esc G

1.	Antonio Graca, BARBOSA	M	125452	62	Leixões Sport Clube					3:37.11	287
	50m: 50.33 50.33	100m: 1:44.57	54.24	150m: 2:41.00	56.43	200m: 3:37.11	56.11				

Master Esc H

1.	Jose Alexandre, RAPOSO	M	131484	55	Sporting Clube de Aveiro					4:12.45	247
	50m: 59.18 59.18	100m: 2:03.37	1:04.19	150m: 3:08.65	1:05.28	200m: 4:12.45	1:03.80				

25 anos e mais velhos

1.	Mario Moura, CARVALHO	M	15378	78	Porto					2:21.84	629
	50m: 33.22 33.22	100m: 1:08.98	35.76	150m: 1:45.64	36.66	200m: 2:21.84	36.20				
2.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense					2:40.53	612
	50m: 36.80 36.80	100m: 1:17.11	40.31	150m: 1:58.68	41.57	200m: 2:40.53	41.85				
3.	Nuno Miguel, GUERRA	M	111799	77	Fluvial Portuense					2:54.58	417
	50m: 41.11 41.11	100m: 1:24.88	43.77	150m: 2:09.96	45.08	200m: 2:54.58	44.62				
4.	Antonio Graca, BARBOSA	M	125452	62	Leixões Sport Clube					3:37.11	287
	50m: 50.33 50.33	100m: 1:44.57	54.24	150m: 2:41.00	56.43	200m: 3:37.11	56.11				
5.	Carlos Daniel, COSTA	M	202827	91	Natacao de Valongo					2:57.61	280
	50m: 40.84 40.84	100m: 1:24.95	44.11	150m: 2:11.62	46.67	200m: 2:57.61	45.99				
6.	Jose Alexandre, RAPOSO	M	131484	55	Sporting Clube de Aveiro					4:12.45	247
	50m: 59.18 59.18	100m: 2:03.37	1:04.19	150m: 3:08.65	1:05.28	200m: 4:12.45	1:03.80				
7.	Carlos Filipe, SILVA	M	201882	87	Foca					3:24.78	184
	50m: 47.23 47.23	100m: 1:38.56	51.33	150m: 2:31.92	53.36	200m: 3:24.78	52.86				
DNS	Hugo Alexandre, BORREGO	M	205001	72	Sporting Clube de Aveiro						DNS
WDR	Rodolfo Pereira, NUNES	M	25137	73	Aquatico Pacense						WDR
WDR	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube						WDR

Prova 5	Femin., 200m Mariposa				25 anos e mais velhos
29-10-2017 - 11:40	GRAFIPRONGO				Resultados
RN A(25-29)	2:27.70	Andreia Catarina, MARTINS	CNMAL	Inatel	13-04-2008
RN B(30-34)	2:25.78	Ana Paula, GRILO	UDCA	Anadia	01-06-2003
RN C(35-39)	2:26.45	Ana Paula, GRILO	UDCA	Inatel	05-02-2006
RN D(40-44)	2:39.67	Ana Paula, GRILO	INDALEN	Penafiel	20-11-2010
RN E(45-49)	2:54.65	Ana Paula, GRILO	NDCO	Leiria	26-04-2014
RN F(50-54)	3:26.67	Eugenia Maria, CUNHA	AAC	Caldas da Rainha	28-04-2012
RN G(55-59)	3:35.07	Eugenia Maria, CUNHA	AAC	Caldas da Rainha	22-04-2017
RN H(60-64)	3:49.01	Ana Maria, FERREIRA	ANE	Lisboa	18-04-2010
RN I(65-69)	3:47.45	Ana Maria, FERREIRA	SAD	Badajoz (ESP)	23-04-2016
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	3:01.48	438	
	50m: 39.20 39.20	100m: 1:24.73	45.53	150m: 2:13.05	48.32	200m: 3:01.48	48.43	

25 anos e mais velhos								
1.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	3:01.48	438	
	50m: 39.20 39.20	100m: 1:24.73	45.53	150m: 2:13.05	48.32	200m: 3:01.48	48.43	

Prova 6	Masc., 200m Mariposa				25 anos e mais velhos
29-10-2017 - 11:45	CMF - Clínica Médica da Foz				Resultados
RN A(25-29)	2:07.89	Adriano Miguel, NIZ	GDNVNF	Porto	28-11-2015
RN B(30-34)	2:11.36	Adriano Miguel, NIZ	GDNVNF	Sines	29-01-2017
RN C(35-39)	2:22.72	Duarte Nuno, CAMACHO	CDN	Caldas da Rainha	16-05-2004
RN D(40-44)	2:22.74	Paulo Paula, CARVALHO	SFP	Inatel	23-06-2001
RN E(45-49)	2:19.13	Jorge Eduardo, FARIA	ANE	Lisboa	21-02-2010
RN F(50-54)	2:26.10	Paulo Paula, CARVALHO	SFUAP	Lisboa	27-02-2011
RN G(55-59)	2:35.92	Paulo Paula, CARVALHO	SFUAP	Benedita	03-04-2016
RN H(60-64)	3:02.76	Vitor Manuel, MAVIOSO	SAD	Badajoz (ESP)	23-04-2016
RN I(65-69)	3:05.18	Orlando Gomes, BAIRRADA	ANE	Lisboa	20-06-2010
RN J(70-74)	3:40.82	Orlando Gomes, BAIRRADA	SAD	Badajoz (ESP)	23-04-2016
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Bruno Miguel, SANTOS	M	102648	91	Propaganda de Natacao	2:39.70	494	
	50m: 34.61 34.61	100m: 1:14.86	40.25	150m: 1:57.21	42.35	200m: 2:39.70	42.49	
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR

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Prova 6, Masc., 200m Mariposa

Master Esc D

WDR Jorge Miguel, SILVA M 119954 76 Fundacao Salesianos WDR

Master Esc H

1. Mario Jorge, BARROS M 128252 56 Porto 4:09.33 263
50m: 52.66 100m: 1:52.73 1:00.07 150m: 2:58.69 1:05.96 200m: 4:09.33 1:10.64

25 anos e mais velhos

1. Bruno Miguel, SANTOS M 102648 91 Propaganda de Natacao 2:39.70 494
50m: 34.61 100m: 1:14.86 40.25 150m: 1:57.21 42.35 200m: 2:39.70 42.49

2. Mario Jorge, BARROS M 128252 56 Porto 4:09.33 263
50m: 52.66 100m: 1:52.73 1:00.07 150m: 2:58.69 1:05.96 200m: 4:09.33 1:10.64

WDR Fabio Andre, MADUREIRA M 15910 90 Penafiel WDR
WDR Jorge Miguel, SILVA M 119954 76 Fundacao Salesianos WDR

Prova 7

29-10-2017 - 11:50

Femin., 4 x 100m Estilos
GRAFIPRONGO

AG 100 - 359
Resultados

RN 1(100-119)	5:03.80	Clube de Natacao da Maia	CNMAIA	Porto	08-11-2014
RN 2(120-159)	4:57.73	Clube Fluvial Portuense	CFP	Porto	08-11-2014
RN 3(160-199)	5:35.51	Leixoes Sport Club	LSC	Porto	30-10-2016
RN 4(200-239)	6:13.74	Clube Fluvial Portuense	CFP	Porto	30-10-2016
RN 5(240-279)	59:00.00				
RN 6(280-319)	59:00.00				

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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Master Fem Estaf Cat 1

1. Propaganda de Natacao 1 F 5:33.37
Claudia Cristina, ROQUE 90 39.57 1:24.35 Carolina Santos, SILVA 86 33.52 1:09.16
Ana Catarina, REIS 87 45.95 1:42.24 Solange Ramalho, PEREIRA 90 35.99 1:17.62

Master Fem Estaf Cat 2

1. Ginásio Santo Tirso F 5:22.63
Maria Joao, JOSE 90 40.46 1:23.45 Rute Sofia, TEIXEIRA 90 34.14 1:15.55
Sandra Santa, BARBARA 75 43.28 1:34.80 Helena Manuel, JOSE 90 32.32 1:08.83

2. AP Vila D Este/Gaia F 6:42.42
Elza Maria, CARVALHO 76 45.81 1:31.90 Patricia Marisa, RIBEIRO 91 42.61 1:38.36
Maria Margarida, MACHADO 81 52.21 1:52.61 Isabel Carolina, NEVES 80 48.31 1:39.55

Master Fem Estaf Cat 3

1. Leixões Sport Clube 1 F 5:34.96
Recorde Nacional
Liliana Elisabete, BAPTISTA 78 40.66 1:24.56 Raquel Alexandra, SILVA 91 35.39 1:19.44
Joana Maria, FARIA 74 41.62 1:30.76 Maribel Santos, FERNANDES 65 37.33 1:20.20

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Prova 8	Masc., 4 x 100m Estilos				AG 100 - 359
29-10-2017 - 12:00	TURBO				Resultados
RN 1(100-119)	4:30.69	Clube Nautico Academico de Coim	CNAC	Pedrolha	23-01-2005
RN 2(120-159)	4:28.06	Clube Futebol Benfica	CFBE	Vila Franca de Xira	17-03-2007
RN 3(160-199)	4:32.66	Clube Fluvial Portuense	CFP	Porto	30-10-2016
RN 4(200-239)	5:05.51	Clube Fluvial Portuense	CFP	Porto	30-10-2016
RN 5(240-279)	7:07.33	Sport Alges e Dafundo	SAD	Porto	08-11-2014
RN 6(280-319)	8:59.37	Sport Alges e Dafundo	SAD	Algés	07-04-2013

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Masc Estaf Cat 2							
1. Propaganda de Natacao 1	M			Propaganda de Natacao	5:19.58		
Bruno Miguel, SANTOS	91	36.53	1:14.69	Eduardo Alexandre, JUNIOR	70	47.36	1:43.97
Diogo Filipe, PEREIRA	92	34.94	1:14.98	Francisco Manuel, BERNARDES	91	29.28	1:05.94
Master Masc Estaf Cat 3							
1. Fluvial Portuense 1	M			Fluvial Portuense	5:08.85		
Carlos Guimaraes, GONCALVES	70	36.37	1:15.26	Rui Manuel, PINTO	79	37.16	1:25.58
Luis Miguel, BERNARDO	61	40.25	1:25.40	Ivan Mauricio, COURAS	81	30.21	1:02.61
2. Leixões Sport Clube 1	M			Leixões Sport Clube	5:09.23		
Miguel Jose, FERREIRA	70	43.17	1:27.11	Jose Manuel, FONSECA	87	29.59	1:05.43
Joao Antonio, GOMES	75	41.77	1:29.20	Joao Miguel, MACEDO	74	33.26	1:07.49
WDR Natacao de Valongo 1	M			Natacao de Valongo			WDR

Prova 9	Femin., 400m Estilos				25 anos e mais velhos
29-10-2017 - 12:10	GRAFIPRONGO				Resultados
RN A(25-29)	5:34.41	Andreia Silva, MARTINS	CNMAL	Inatel	11-04-2008
RN B(30-34)	5:07.66	Ana Paula, GRILO	UDCA	Anadia	31-05-2003
RN C(35-39)	5:10.65	Ana Paula, GRILO	UDCA	Ponte da Barca	10-06-2005
RN D(40-44)	5:32.53	Ana Paula, GRILO	CNBE	Blackpool (GBR)	25-02-2012
RN E(45-49)	5:54.12	Ana Paula, GRILO	NDCO	Leiria	26-04-2014
RN F(50-54)	6:23.27	Elena Nikolaevna, KRAEVA	CIMM	Lisboa	20-05-2011
RN G(55-59)	7:26.86	Ana Maria, FERREIRA	SFP	Ponte de Sôr	26-05-2006
RN H(60-64)	7:18.48	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011
RN I(65-69)	7:32.09	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			
MASTERS FEM : 8:00.00					

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Joana Catarina, MARTINS	F	23226	92	Propaganda de Natacao	6:26.38	469	
	50m: 40.22 40.22	150m: 2:15.29	50.94	250m: 3:59.80	56.11	350m: 5:41.64	45.11	
	100m: 1:24.35 44.13	200m: 3:03.69	48.40	300m: 4:56.53	56.73	400m: 6:26.38	44.74	
Master Esc B								
1.	Raquel Filipa, MIRANDA	F	132422	85	Foca	5:48.97	664	
	50m: 36.85 36.85	150m: 2:04.46	47.37	250m: 3:39.75	49.47	350m: 5:10.50	41.47	
	100m: 1:17.09 40.24	200m: 2:50.28	45.82	300m: 4:29.03	49.28	400m: 5:48.97	38.47	
2.	Rita Loureiro, PINTO	F	131353	85	Ginasio Clube	6:44.59	426	
	50m: 42.82 42.82	150m: 2:28.23	51.99	250m: 4:14.26	55.91	350m: 5:59.01	46.95	
	100m: 1:36.24 53.42	200m: 3:18.35	50.12	300m: 5:12.06	57.80	400m: 6:44.59	45.58	

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Prova 9, Femin., 400m Estilos

Master Esc D

1. Carla Santa, BARBARA	F	118948	75	Porto						5:59.62	693
50m: 38.48				150m: 2:05.77	44.86	250m: 3:43.83	52.31	350m: 5:18.41			39.38
100m: 1:20.91		42.43		200m: 2:51.52	45.75	300m: 4:39.03	55.20	400m: 5:59.62			41.21

25 anos e mais velhos

1. Carla Santa, BARBARA	F	118948	75	Porto						5:59.62	693
50m: 38.48				150m: 2:05.77	44.86	250m: 3:43.83	52.31	350m: 5:18.41			39.38
100m: 1:20.91		42.43		200m: 2:51.52	45.75	300m: 4:39.03	55.20	400m: 5:59.62			41.21
2. Raquel Filipa, MIRANDA	F	132422	85	Foca						5:48.97	664
50m: 36.85				150m: 2:04.46	47.37	250m: 3:39.75	49.47	350m: 5:10.50			41.47
100m: 1:17.09		40.24		200m: 2:50.28	45.82	300m: 4:29.03	49.28	400m: 5:48.97			38.47
3. Joana Catarina, MARTINS	F	23226	92	Propaganda de Natacao						6:26.38	469
50m: 40.22				150m: 2:15.29	50.94	250m: 3:59.80	56.11	350m: 5:41.64			45.11
100m: 1:24.35		44.13		200m: 3:03.69	48.40	300m: 4:56.53	56.73	400m: 6:26.38			44.74
4. Rita Loureiro, PINTO	F	131353	85	Ginasio Clube						6:44.59	426
50m: 42.82				150m: 2:28.23	51.99	250m: 4:14.26	55.91	350m: 5:59.01			46.95
100m: 1:36.24		53.42		200m: 3:18.35	50.12	300m: 5:12.06	57.80	400m: 6:44.59			45.58

EXH Carolina Santos, SILVA	F	23208	86	Propaganda de Natacao						5:32.34	769 EXH
50m: 34.02				150m: 1:57.92	45.43	250m: 3:28.58	47.42	350m: 4:54.64			38.64
100m: 1:12.49		38.47		200m: 2:41.16	43.24	300m: 4:16.00	47.42	400m: 5:32.34			37.70

Prova 10 29-10-2017 - 12:20

Masc., 400m Estilos CMF - Clínica Médica da Foz

25 anos e mais velhos Resultados

RN A(25-29)	4:33.01	Adriano Miguel, NIZ	GDNVNF	Porto	08-11-2014
RN B(30-34)	5:07.41	Adriano Miguel, NIZ	GDNVNF	Porto	30-10-2016
RN C(35-39)	5:10.82	Carlos Neves, CABRITA	UDCA	Inatel	05-02-2006
RN D(40-44)	5:17.33	Rodolfo Pereira, NUNES	CAP	Porto	08-11-2014
RN E(45-49)	5:14.57	Paulo Paula, CARVALHO	EMDS	Inatel	22-12-2008
RN F(50-54)	5:29.30	Jose Samuel, DUARTE	SCP	Porto	28-11-2015
RN G(55-59)	5:35.57	Paulo Paula, CARVALHO	SFUAP	Benedita	03-04-2016
RN H(60-64)	6:11.82	Vitor Manuel, MAVIOSO	SAD	Badajoz (ESP)	19-11-2016
RN I(65-69)	6:26.02	Antonio Bessone, BASTO	SAD	Lisboa	18-06-2010
RN J(70-74)	6:35.10	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	20-02-2015
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

MASTERS MASC : 7:00.00

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

1. Fabio Andre, MADUREIRA	M	15910	90	Penafiel						5:30.79	541
50m: 37.66				150m: 1:58.89	41.55	250m: 3:27.75	45.29	350m: 4:53.98			40.25
100m: 1:17.34		39.68		200m: 2:42.46	43.57	300m: 4:13.73	45.98	400m: 5:30.79			36.81

Master Esc B

1. Pedro Filipe, PIMENTEL	M	101691	84	Foca						5:41.31	478
50m: 34.41				150m: 1:56.64	42.09	250m: 3:28.14	49.06	350m: 4:59.08			42.66
100m: 1:14.55		40.14		200m: 2:39.08	42.44	300m: 4:16.42	48.28	400m: 5:41.31			42.23

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Prova 10, Masc., 400m Estilos

Master Esc C

1. Luis Filipe, RATO	M	26260	81	Propaganda de Natacao					5:43.67	501
50m: 32.78				150m: 1:58.83	47.65	250m: 3:36.62	50.54	350m: 5:05.51		38.53
100m: 1:11.18				200m: 2:46.08	47.25	300m: 4:26.98	50.36	400m: 5:43.67		38.16

Master Esc D

1. Filipe Pinheiro, PIRES	M	117638	73	Foca					5:45.62	482
50m: 35.84				150m: 2:03.00	45.24	250m: 3:35.50	48.80	350m: 5:06.48		41.63
100m: 1:17.76				200m: 2:46.70	43.70	300m: 4:24.85	49.35	400m: 5:45.62		39.14

Master Esc E

1. Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense					5:50.63	560
50m: 36.04				150m: 2:02.35	44.10	250m: 3:39.95	52.67	350m: 5:12.58		39.94
100m: 1:18.25				200m: 2:47.28	44.93	300m: 4:32.64	52.69	400m: 5:50.63		38.05

Master Esc G

1. Paulo Paula, CARVALHO	M	25645	61	Sporting					5:41.47	843
50m: 34.49				150m: 1:58.75	44.33	250m: 3:35.80	53.71	350m: 5:06.19		38.14
100m: 1:14.42				200m: 2:42.09	43.34	300m: 4:28.05	52.25	400m: 5:41.47		35.28

25 anos e mais velhos

1. Paulo Paula, CARVALHO	M	25645	61	Sporting					5:41.47	843
50m: 34.49				150m: 1:58.75	44.33	250m: 3:35.80	53.71	350m: 5:06.19		38.14
100m: 1:14.42				200m: 2:42.09	43.34	300m: 4:28.05	52.25	400m: 5:41.47		35.28
2. Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense					5:50.63	560
50m: 36.04				150m: 2:02.35	44.10	250m: 3:39.95	52.67	350m: 5:12.58		39.94
100m: 1:18.25				200m: 2:47.28	44.93	300m: 4:32.64	52.69	400m: 5:50.63		38.05
3. Fabio Andre, MADUREIRA	M	15910	90	Penafiel					5:30.79	541
50m: 37.66				150m: 1:58.89	41.55	250m: 3:27.75	45.29	350m: 4:53.98		40.25
100m: 1:17.34				200m: 2:42.46	43.57	300m: 4:13.73	45.98	400m: 5:30.79		36.81
4. Luis Filipe, RATO	M	26260	81	Propaganda de Natacao					5:43.67	501
50m: 32.78				150m: 1:58.83	47.65	250m: 3:36.62	50.54	350m: 5:05.51		38.53
100m: 1:11.18				200m: 2:46.08	47.25	300m: 4:26.98	50.36	400m: 5:43.67		38.16
5. Filipe Pinheiro, PIRES	M	117638	73	Foca					5:45.62	482
50m: 35.84				150m: 2:03.00	45.24	250m: 3:35.50	48.80	350m: 5:06.48		41.63
100m: 1:17.76				200m: 2:46.70	43.70	300m: 4:24.85	49.35	400m: 5:45.62		39.14
6. Pedro Filipe, PIMENTEL	M	101691	84	Foca					5:41.31	478
50m: 34.41				150m: 1:56.64	42.09	250m: 3:28.14	49.06	350m: 4:59.08		42.66
100m: 1:14.55				200m: 2:39.08	42.44	300m: 4:16.42	48.28	400m: 5:41.31		42.23

Prova 11	Femin., 200m Livres				25 anos e mais velhos
29-10-2017 - 12:25	GRAFIPRONGO				Resultados
RN A(25-29)	2:10.97	Soraia Vanessa, RIBEIRO	ESJB	Mealhada	08-01-2017
RN B(30-34)	2:06.50	Ana Paula, GRILO	UDCA	Inatel	22-03-2003
RN C(35-39)	2:07.69	Ana Paula, GRILO	UDCA	Freiburg (GER)	08-05-2004
RN D(40-44)	2:19.30	Carla Santa, BARBARA	FCP	Tomar	30-01-2016
RN E(45-49)	2:23.60	Ana Paula, GRILO	NDCO	Mealhada	25-01-2014
RN F(50-54)	2:33.74	Elena Nikolaevna, KRAEVA	ADRCIMM	Tomar	28-01-2012
RN G(55-59)	2:40.35	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines	28-01-2017
RN H(60-64)	2:54.01	Ana Maria, FERREIRA	SAD	Ponte de Sor	29-01-2011
RN I(65-69)	2:57.96	Ana Maria, FERREIRA	SAD	Caldas da Rainha	16-04-2016
RN J(70-74)	3:39.24	Luisa Bessone, BASTO	SAD	Caldas da Rainha	22-04-2017
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Carla Sofia, SANTOS	F	204832	89	Porto	2:29.05	590	
	50m: 33.29 33.29	100m: 1:09.51	36.22	150m: 1:48.65	39.14	200m: 2:29.05	40.40	
2.	Rute Sofia, TEIXEIRA	F	15202	90	Ginásio Santo Tirso	2:32.82	547	
	50m: 35.27 35.27	100m: 1:14.06	38.79	150m: 1:53.22	39.16	200m: 2:32.82	39.60	
3.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	2:36.12	513	
	50m: 36.83 36.83	100m: 1:16.54	39.71	150m: 1:57.79	41.25	200m: 2:36.12	38.33	
4.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	2:36.33	511	
	50m: 35.66 35.66	100m: 1:14.89	39.23	150m: 1:56.02	41.13	200m: 2:36.33	40.31	
5.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	2:39.97	477	
	50m: 37.37 37.37	100m: 1:17.32	39.95	150m: 1:58.31	40.99	200m: 2:39.97	41.66	
6.	Joana Filipa, SILVA	F	26059	91	Leixões Sport Clube	2:45.11	434	
	50m: 35.78 35.78	100m: 1:16.31	40.53	150m: 1:59.93	43.62	200m: 2:45.11	45.18	
7.	Ines Isabel, ESTEVES	F	201103	91	Penafiel	2:49.78	399	
	50m: 38.59 38.59	100m: 1:20.98	42.39	150m: 2:05.12	44.14	200m: 2:49.78	44.66	

Master Esc C								
1.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	2:35.81	555	
	50m: 35.31 35.31	100m: 1:14.17	38.86	150m: 1:54.79	40.62	200m: 2:35.81	41.02	
2.	Sonia Oliveira, VILAR	F	26837	79	Natacao de Valongo	2:40.24	511	
	50m: 36.49 36.49	100m: 1:15.94	39.45	150m: 1:58.08	42.14	200m: 2:40.24	42.16	
3.	Ana Dalte, GUEDES	F	121739	80	Leixões Sport Clube	2:44.86	469	
	50m: 37.41 37.41	100m: 1:19.37	41.96	150m: 2:02.91	43.54	200m: 2:44.86	41.95	
4.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este/Gaia	3:20.42	261	
	50m: 45.05 45.05	100m: 1:36.27	51.22	150m: 2:29.20	52.93	200m: 3:20.42	51.22	
5.	Ana Maria, MARTINS	F	123246	79	Sporting Clube de Aveiro	3:25.69	241	
	50m: 48.64 48.64	100m: 1:41.08	52.44	150m: 2:34.58	53.50	200m: 3:25.69	51.11	
6.	Ana Rosa, SILVA	F	133361	80	Foca	3:27.78	234	
	50m: 46.37 46.37	100m: 1:38.71	52.34	150m: 2:33.94	55.23	200m: 3:27.78	53.84	
7.	Isabel Carolina, NEVES	F	202850	80	AP Vila D Este/Gaia	3:34.81	212	
	50m: 49.14 49.14	100m: 1:43.47	54.33	150m: 2:40.75	57.28	200m: 3:34.81	54.06	
8.	Clotilde Eunice, COSTA	F	104469	80	Foca	3:35.62	209	
	50m: 46.43 46.43	100m: 1:40.04	53.61	150m: 2:38.15	58.11	200m: 3:35.62	57.47	

Master Esc D								
1.	Carla Santa, BARBARA	F	118948	75	Porto	2:23.47	732	
	50m: 32.86 32.86	100m: 1:08.59	35.73	150m: 1:45.99	37.40	200m: 2:23.47	37.48	
2.	Sandra Santa, BARBARA	F	104504	75	Ginásio Santo Tirso	2:45.53	476	
	50m: 38.34 38.34	100m: 1:20.39	42.05	150m: 2:03.94	43.55	200m: 2:45.53	41.59	

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Prova 11, Femin., 200m Livres

Master Esc E

1. Ana Paula, SEQUEIRA	F	124853	68	Gafanha da Encarnacao	2:52.80	430
50m: 39.40 39.40	100m: 1:22.42	43.02	150m: 2:08.52	46.10	200m: 2:52.80	44.28
2. Teresa Margarida, LOURENCO	F	202828	69	Natacao de Valongo	3:07.96	334
50m: 42.41 42.41	100m: 1:29.10	46.69	150m: 2:18.58	49.48	200m: 3:07.96	49.38
3. Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia	3:20.53	275
50m: 45.88 45.88	100m: 1:35.76	49.88	150m: 2:28.80	53.04	200m: 3:20.53	51.73

Master Esc F

1. Maria Adriana, VISEU	F	26830	66	Leixões Sport Clube	3:05.53	384
50m: 40.75 40.75	100m: 1:27.79	47.04	150m: 2:17.29	49.50	200m: 3:05.53	48.24
2. Helena Paula, CARVALHO	F	17549	64	Sporting	3:13.36	339
50m: 44.68 44.68	100m: 1:33.44	48.76	150m: 2:23.89	50.45	200m: 3:13.36	49.47
3. Delfina Maria, MARTINS	F	117387	66	Ginásio Santo Tirso	4:03.23	170
50m: 57.69 57.69	100m: 1:59.08	1:01.39	150m: 3:01.33	1:02.25	200m: 4:03.23	1:01.90

Master Esc G

1. Maria Manuela, NETO	F	102090	62	Natacao da Maia	3:37.69	256
50m: 47.41 47.41	100m: 1:41.16	53.75	150m: 2:39.92	58.76	200m: 3:37.69	57.77
2. Gracinda Maria, MACHADO	F	117386	61	Ginásio Santo Tirso	4:27.57	138
50m: 1:01.62 1:01.62	100m: 2:09.42	1:07.80	150m: 3:18.84	1:09.42	200m: 4:27.57	1:08.73

WDR Anette, KIND F 120501 61 Leixões Sport Clube WDR

Master Esc H

WDR Ana Vieira, MOREIRA F 205072 57 Penafiel WDR

Master Esc I

1. Marília Laura, SILVA	F	131783	52	Fluvial Portuense	5:06.56	153
50m: 1:08.43 1:08.43	100m: 2:28.57	1:20.14	150m: 3:48.78	1:20.21	200m: 5:06.56	1:17.78

25 anos e mais velhos

1. Carla Santa, BARBARA	F	118948	75	Porto	2:23.47	732
50m: 32.86 32.86	100m: 1:08.59	35.73	150m: 1:45.99	37.40	200m: 2:23.47	37.48
2. Carla Sofia, SANTOS	F	204832	89	Porto	2:29.05	590
50m: 33.29 33.29	100m: 1:09.51	36.22	150m: 1:48.65	39.14	200m: 2:29.05	40.40
3. Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	2:35.81	555
50m: 35.31 35.31	100m: 1:14.17	38.86	150m: 1:54.79	40.62	200m: 2:35.81	41.02
4. Rute Sofia, TEIXEIRA	F	15202	90	Ginásio Santo Tirso	2:32.82	547
50m: 35.27 35.27	100m: 1:14.06	38.79	150m: 1:53.22	39.16	200m: 2:32.82	39.60
5. Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	2:36.12	513
50m: 36.83 36.83	100m: 1:16.54	39.71	150m: 1:57.79	41.25	200m: 2:36.12	38.33
6. Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	2:36.33	511
50m: 35.66 35.66	100m: 1:14.89	39.23	150m: 1:56.02	41.13	200m: 2:36.33	40.31
Sonia Oliveira, VILAR	F	26837	79	Natacao de Valongo	2:40.24	511
50m: 36.49 36.49	100m: 1:15.94	39.45	150m: 1:58.08	42.14	200m: 2:40.24	42.16
8. Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	2:39.97	477
50m: 37.37 37.37	100m: 1:17.32	39.95	150m: 1:58.31	40.99	200m: 2:39.97	41.66
9. Sandra Santa, BARBARA	F	104504	75	Ginásio Santo Tirso	2:45.53	476
50m: 38.34 38.34	100m: 1:20.39	42.05	150m: 2:03.94	43.55	200m: 2:45.53	41.59
10. Ana Dalte, GUEDES	F	121739	80	Leixões Sport Clube	2:44.86	469
50m: 37.41 37.41	100m: 1:19.37	41.96	150m: 2:02.91	43.54	200m: 2:44.86	41.95
11. Joana Filipa, SILVA	F	26059	91	Leixões Sport Clube	2:45.11	434
50m: 35.78 35.78	100m: 1:16.31	40.53	150m: 1:59.93	43.62	200m: 2:45.11	45.18
12. Ana Paula, SEQUEIRA	F	124853	68	Gafanha da Encarnacao	2:52.80	430
50m: 39.40 39.40	100m: 1:22.42	43.02	150m: 2:08.52	46.10	200m: 2:52.80	44.28

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Prova 11, Femin., 200m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Ines Isabel, ESTEVES 50m: 38.59 38.59	F	201103	91	Penafiel 100m: 1:20.98 42.39 150m: 2:05.12 44.14 200m: 2:49.78 2:49.78	2:49.78	399	44.66
14.	Maria Adriana, VISEU 50m: 40.75 40.75	F	26830	66	Leixões Sport Clube 100m: 1:27.79 47.04 150m: 2:17.29 49.50 200m: 3:05.53 3:05.53	3:05.53	384	48.24
15.	Helena Paula, CARVALHO 50m: 44.68 44.68	F	17549	64	Sporting 100m: 1:33.44 48.76 150m: 2:23.89 50.45 200m: 3:13.36 3:13.36	3:13.36	339	49.47
16.	Teresa Margarida, LOURENCO 50m: 42.41 42.41	F	202828	69	Natacao de Valongo 100m: 1:29.10 46.69 150m: 2:18.58 49.48 200m: 3:07.96 3:07.96	3:07.96	334	49.38
17.	Maria Manuela, FERREIRA 50m: 45.88 45.88	F	130114	70	Natacao da Maia 100m: 1:35.76 49.88 150m: 2:28.80 53.04 200m: 3:20.53 3:20.53	3:20.53	275	51.73
18.	Maria Margarida, MACHADO 50m: 45.05 45.05	F	153145	81	AP Vila D Este/Gaia 100m: 1:36.27 51.22 150m: 2:29.20 52.93 200m: 3:20.42 3:20.42	3:20.42	261	51.22
19.	Maria Manuela, NETO 50m: 47.41 47.41	F	102090	62	Natacao da Maia 100m: 1:41.16 53.75 150m: 2:39.92 58.76 200m: 3:37.69 3:37.69	3:37.69	256	57.77
20.	Ana Maria, MARTINS 50m: 48.64 48.64	F	123246	79	Sporting Clube de Aveiro 100m: 1:41.08 52.44 150m: 2:34.58 53.50 200m: 3:25.69 3:25.69	3:25.69	241	51.11
21.	Ana Rosa, SILVA 50m: 46.37 46.37	F	133361	80	Foca 100m: 1:38.71 52.34 150m: 2:33.94 55.23 200m: 3:27.78 3:27.78	3:27.78	234	53.84
22.	Isabel Carolina, NEVES 50m: 49.14 49.14	F	202850	80	AP Vila D Este/Gaia 100m: 1:43.47 54.33 150m: 2:40.75 57.28 200m: 3:34.81 3:34.81	3:34.81	212	54.06
23.	Clotilde Eunice, COSTA 50m: 46.43 46.43	F	104469	80	Foca 100m: 1:40.04 53.61 150m: 2:38.15 58.11 200m: 3:35.62 3:35.62	3:35.62	209	57.47
24.	Delfina Maria, MARTINS 50m: 57.69 57.69	F	117387	66	Ginásio Santo Tirso 100m: 1:59.08 1:01.39 150m: 3:01.33 1:02.25 200m: 4:03.23 4:03.23	4:03.23	170	1:01.90
25.	Marilia Laura, SILVA 50m: 1:08.43 1:08.43	F	131783	52	Fluvial Portuense 100m: 2:28.57 1:20.14 150m: 3:48.78 1:20.21 200m: 5:06.56 5:06.56	5:06.56	153	1:17.78
26.	Gracinda Maria, MACHADO 50m: 1:01.62 1:01.62	F	117386	61	Ginásio Santo Tirso 100m: 2:09.42 1:07.80 150m: 3:18.84 1:09.42 200m: 4:27.57 4:27.57	4:27.57	138	1:08.73
WDR	Ana Vieira, MOREIRA	F	205072	57	Penafiel			WDR
WDR	Anette, KIND	F	120501	61	Leixões Sport Clube			WDR

Prova 12	Masc., 200m Livres				25 anos e mais velhos
29-10-2017 - 12:40	CMF - Clínica Médica da Foz				Resultados
RN A(25-29)	1:51.71	Adriano Miguel, NIZ	GDNVNF	Funchal	16-01-2015
RN B(30-34)	1:54.11	Adriano Miguel, NIZ	GDNVNF	Tomar	31-01-2016
RN C(35-39)	1:54.01	Pedro Miguel, SILVA	CFV	Ponte de Sor	30-01-2011
RN D(40-44)	2:04.25	Jorge Eduardo, FARIA	ANE	Inatel	14-04-2007
RN E(45-49)	2:03.77	Jorge Eduardo, FARIA	ANE	Lisboa	17-04-2010
RN F(50-54)	2:04.16	Jorge Eduardo, FARIA	SAD	Caldas da Rainha	12-04-2014
RN G(55-59)	2:15.07	Paulo Paula, CARVALHO	SCP	Sines	29-01-2017
RN H(60-64)	2:25.13	Vitor Manuel, MAVIOSO	SAD	Mealhada	07-01-2017
RN I(65-69)	2:36.83	Antonio Bessone, BASTO	SAD	Lisboa	27-02-2011
RN J(70-74)	2:42.97	Antonio Bessone, BASTO	SAD	Vila Praia de Âncora	17-05-2015
RN K(75-79)	3:34.50	Leonel Sousa, GOMES	SFP	Pedrolha	23-01-2005
RN L(80-84)	3:55.06	Leonel Sousa, GOMES	AAC	Ponte de Sor	30-01-2011
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Jorge Filipe, BARREIRA	M	102971	91	Leixões Sport Clube	2:18.31	538	
	50m: 29.69 29.69	100m: 1:04.35	34.66	150m: 1:41.06	36.71	200m: 2:18.31	37.25	
2.	Francisco Manuel, BERNARDES	M	205276	91	Propaganda de Natacao	2:32.55	401	
	50m: 33.47 33.47	100m: 1:11.86	38.39	150m: 1:53.03	41.17	200m: 2:32.55	39.52	
3.	Jose Miguel, GOUVEIA	M	105902	91	Leixões Sport Clube	2:34.34	387	
	50m: 34.24 34.24	100m: 1:13.00	38.76	150m: 1:54.54	41.54	200m: 2:34.34	39.80	
4.	Jorge Ricardo, RIBEIRO	M	204489	88	Propaganda de Natacao	2:48.99	295	
	50m: 36.97 36.97	100m: 1:18.60	41.63	150m: 2:02.83	44.23	200m: 2:48.99	46.16	

Master Esc B								
1.	Jose Manuel, FONSECA	M	25159	87	Leixões Sport Clube	2:12.52	519	
	50m: 31.15 31.15	100m: 1:04.69	33.54	150m: 1:38.88	34.19	200m: 2:12.52	33.64	
2.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel	2:17.69	463	
	50m: 30.09 30.09	100m: 1:04.33	34.24	150m: 1:40.86	36.53	200m: 2:17.69	36.83	
3.	Nuno Ricardo, SILVA	M	10210	87	Fluvial Portuense	2:31.13	350	
	50m: 32.67 32.67	100m: 1:09.93	37.26	150m: 1:50.39	40.46	200m: 2:31.13	40.74	
4.	Helder Tomas, ROCHA	M	203931	86	Penafiel	3:15.58	161	
	50m: 40.96 40.96	100m: 1:31.78	50.82	150m: 2:25.70	53.92	200m: 3:15.58	49.88	

Master Esc C								
1.	Helder Rafael, TULHA	M	128313	78	Ginásio Santo Tirso	2:42.47	322	
	50m: 35.67 35.67	100m: 1:15.31	39.64	150m: 1:58.65	43.34	200m: 2:42.47	43.82	
2.	Marcelo Porto, RODRIGUES	M	205613	82	Natacao de Valongo	2:53.83	263	
	50m: 36.96 36.96	100m: 1:17.86	40.90	150m: 2:04.43	46.57	200m: 2:53.83	49.40	

Master Esc D								
1.	Rodolfo Pereira, NUNES	M	25137	73	Aquatico Pacense	2:09.75	661	
	50m: 31.01 31.01	100m: 1:04.51	33.50	150m: 1:37.61	33.10	200m: 2:09.75	32.14	
2.	Celso Ruben, BARBOSA	M	201888	77	Porto	2:13.10	612	
	50m: 31.95 31.95	100m: 1:05.72	33.77	150m: 1:39.82	34.10	200m: 2:13.10	33.28	
3.	Bruno Miguel, SANTOS	M	14631	76	Porto	2:21.69	507	
	50m: 31.82 31.82	100m: 1:06.56	34.74	150m: 1:43.31	36.75	200m: 2:21.69	38.38	
4.	Joao Miguel, MACEDO	M	121593	74	Leixões Sport Clube	2:32.24	409	
	50m: 34.50 34.50	100m: 1:14.04	39.54	150m: 1:54.39	40.35	200m: 2:32.24	37.85	
5.	Joao Alexandre, PESSOA	M	202781	73	Leixões Sport Clube	3:13.97	197	
	50m: 42.75 42.75	100m: 1:33.53	50.78	150m: 2:25.79	52.26	200m: 3:13.97	48.18	
6.	Vitorino Fernando, FARIA	M	147080	73	Foca	3:15.56	193	
	50m: 43.53 43.53	100m: 1:30.28	46.75	150m: 2:22.28	52.00	200m: 3:15.56	53.28	

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Prova 12, Masc., 200m Livres, Master Esc D

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Pedro Manuel, SILVA	M	204929	77	Foca	3:22.90	172	
	50m: 42.71 42.71		100m: 1:33.15		50.44 150m: 2:27.77 54.62	200m: 3:22.90		55.13
8.	Hugo Rafael, GUEDES	M	204930	76	Leixões Sport Clube	3:44.91	126	
	50m: 53.70 53.70		100m: 1:53.13		59.43 150m: 2:52.62 59.49	200m: 3:44.91		52.29
9.	Nuno Alexandre, VISEU	M	205761	77	Leixões Sport Clube	3:48.67	120	
	50m: 49.60 49.60		100m: 1:46.30		56.70 150m: 2:46.12 59.82	200m: 3:48.67		1:02.55
DNS	Antonio Pessoa, COSTA	M	105543	75	Clube Nacional de Nataçao			DNS
DNS	Antonio Pedro, CASTRO	M	132355	74	Leixões Sport Clube			DNS
WDR	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube			WDR

Master Esc E

1.	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube	2:40.52	365	
	50m: 37.00 37.00		100m: 1:18.35		41.35 150m: 2:01.40 43.05	200m: 2:40.52		39.12
2.	Carlos Manuel, SANTOS	M	153143	69	AP Vila D Este/Gaia	3:01.86	251	
	50m: 39.89 39.89		100m: 1:25.01		45.12 150m: 2:14.14 49.13	200m: 3:01.86		47.72
3.	Pedro Cunha, RIBEIRO	M	153289	70	Foca	3:16.69	198	
	50m: 43.65 43.65		100m: 1:32.98		49.33 150m: 2:26.13 53.15	200m: 3:16.69		50.56
4.	Pedro Nuno, GONCALVES	M	205032	72	Fluvial Portuense	3:29.79	163	
	50m: 47.09 47.09		100m: 1:39.02		51.93 150m: 2:35.14 56.12	200m: 3:29.79		54.65
5.	Antonio Manuel, PEREIRA	M	201104	72	Penafiel	3:38.53	144	
	50m: 47.59 47.59		100m: 1:41.81		54.22 150m: 2:40.44 58.63	200m: 3:38.53		58.09
6.	Augusto Mariano, SOARES	M	117424	72	Ginásio Santo Tirso	4:19.95	85	
	50m: 58.78 58.78		100m: 2:06.22		1:07.44 150m: 3:17.86 1:11.64	200m: 4:19.95		1:02.09
WDR	Pedro Alexandre, INVERNEIRO	M	153118	71	Fluvial Portuense			WDR

Master Esc F

1.	Jose Carlos, FREITAS	M	111877	63	Fluvial Portuense	2:10.09	877	
	50m: 31.28 31.28		100m: 1:04.83		33.55 150m: 1:38.67 33.84	200m: 2:10.09		31.42
2.	Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube	2:51.21	385	
	50m: 38.95 38.95		100m: 1:23.04		44.09 150m: 2:09.17 46.13	200m: 2:51.21		42.04
3.	Alberto Sergio, SOUSA	M	201926	63	Natacao da Maia	3:00.79	327	
	50m: 37.23 37.23		100m: 1:21.21		43.98 150m: 2:09.54 48.33	200m: 3:00.79		51.25
4.	Rui Pedro, FERREIRA	M	129087	64	Natacao da Maia	3:15.92	256	
	50m: 42.00 42.00		100m: 1:31.84		49.84 150m: 2:24.80 52.96	200m: 3:15.92		51.12
5.	Joao Henrique, SEARA	M	131833	63	Leixões Sport Clube	3:46.88	165	
	50m: 44.41 44.41		100m: 1:37.37		52.96 150m: 2:39.00 1:01.63	200m: 3:46.88		1:07.88
6.	Jorge Fernando, MONTEIRO	M	204873	65	AP Vila D Este/Gaia	4:23.08	106	
	50m: 55.85 55.85		100m: 2:05.02		1:09.17 150m: 3:16.47 1:11.45	200m: 4:23.08		1:06.61

Master Esc G

1.	Henrique Luis, SEABRA	M	125467	61	Fluvial Portuense	2:48.26	472	
	50m: 34.68 34.68		100m: 1:13.60		38.92 150m: 1:59.24 45.64	200m: 2:48.26		49.02
2.	Pedro Bruno, MENESES	M	132358	62	Leixões Sport Clube	2:51.69	444	
	50m: 39.92 39.92		100m: 1:23.45		43.53 150m: 2:09.35 45.90	200m: 2:51.69		42.34
3.	Jorge Manuel, CAMPANICO	M	108639	58	Académica de Coimbra	2:59.84	386	
	50m: 36.05 36.05		100m: 1:18.73		42.68 150m: 2:06.76 48.03	200m: 2:59.84		53.08
4.	Fernando Manuel, PINTO	M	131365	61	Fluvial Portuense	3:43.84	200	
	50m: 51.01 51.01		100m: 1:49.76		58.75 150m: 2:48.79 59.03	200m: 3:43.84		55.05
5.	Fernando Jorge, SILVA	M	205090	59	Foca	3:54.17	175	
	50m: 50.47 50.47		100m: 1:51.01		1:00.54 150m: 2:55.17 1:04.16	200m: 3:54.17		59.00
6.	Domingos Marques, NEVES	M	202831	61	Natacao de Valongo	4:01.64	159	
	50m: 51.51 51.51		100m: 1:53.01		1:01.50 150m: 2:58.30 1:05.29	200m: 4:01.64		1:03.34
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR

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Prova 12, Masc., 200m Livres

Master Esc H

1.	Alberto Vaz, CORREIA	M	128374 55	Fundacao Salesianos	2:47.78	538
	50m: 36.79 36.79	100m: 1:19.09	42.30 150m: 2:04.18	45.09	200m: 2:47.78	43.60
2.	Jose Alexandre, RAPOSO	M	131484 55	Sporting Clube de Aveiro	3:51.21	205
	50m: 52.23 52.23	100m: 1:51.83	59.60 150m: 2:52.83	1:01.00	200m: 3:51.21	58.38
3.	Antonio Alves, CECILIO	M	100919 54	Aquatico Pacense	3:56.90	191
	50m: 52.46 52.46	100m: 1:53.73	1:01.27 150m: 2:56.72	1:02.99	200m: 3:56.90	1:00.18
4.	Joao Luis, ROSEIRA	M	142204 55	Fluvial Portuense	4:14.28	154
	50m: 55.31 55.31	100m: 1:58.94	1:03.63 150m: 3:07.38	1:08.44	200m: 4:14.28	1:06.90

Master Esc I

1.	Antonio Monteiro, CANELAS	M	148547 50	Sporting Clube de Espinho	3:37.64	282
	50m: 46.92 46.92	100m: 1:43.20	56.28 150m: 2:41.51	58.31	200m: 3:37.64	56.13
2.	Antonio Jorge, MARQUES	M	130679 51	Fluvial Portuense	3:44.37	257
	50m: 50.89 50.89	100m: 1:47.88	56.99 150m: 2:48.63	1:00.75	200m: 3:44.37	55.74

25 anos e mais velhos

1.	Jose Carlos, FREITAS	M	111877 63	Fluvial Portuense	2:10.09	877
	50m: 31.28 31.28	100m: 1:04.83	33.55 150m: 1:38.67	33.84	200m: 2:10.09	31.42
2.	Rodolfo Pereira, NUNES	M	25137 73	Aquatico Pacense	2:09.75	661
	50m: 31.01 31.01	100m: 1:04.51	33.50 150m: 1:37.61	33.10	200m: 2:09.75	32.14
3.	Celso Ruben, BARBOSA	M	201888 77	Porto	2:13.10	612
	50m: 31.95 31.95	100m: 1:05.72	33.77 150m: 1:39.82	34.10	200m: 2:13.10	33.28
4.	Jorge Filipe, BARREIRA	M	102971 91	Leixões Sport Clube	2:18.31	538
	50m: 29.69 29.69	100m: 1:04.35	34.66 150m: 1:41.06	36.71	200m: 2:18.31	37.25
	Alberto Vaz, CORREIA	M	128374 55	Fundacao Salesianos	2:47.78	538
	50m: 36.79 36.79	100m: 1:19.09	42.30 150m: 2:04.18	45.09	200m: 2:47.78	43.60
6.	Jose Manuel, FONSECA	M	25159 87	Leixões Sport Clube	2:12.52	519
	50m: 31.15 31.15	100m: 1:04.69	33.54 150m: 1:38.88	34.19	200m: 2:12.52	33.64
7.	Bruno Miguel, SANTOS	M	14631 76	Porto	2:21.69	507
	50m: 31.82 31.82	100m: 1:06.56	34.74 150m: 1:43.31	36.75	200m: 2:21.69	38.38
8.	Henrique Luis, SEABRA	M	125467 61	Fluvial Portuense	2:48.26	472
	50m: 34.68 34.68	100m: 1:13.60	38.92 150m: 1:59.24	45.64	200m: 2:48.26	49.02
9.	Pedro Joaquim, MOREIRA	M	131844 87	Penafiel	2:17.69	463
	50m: 30.09 30.09	100m: 1:04.33	34.24 150m: 1:40.86	36.53	200m: 2:17.69	36.83
10.	Pedro Bruno, MENESSES	M	132358 62	Leixões Sport Clube	2:51.69	444
	50m: 39.92 39.92	100m: 1:23.45	43.53 150m: 2:09.35	45.90	200m: 2:51.69	42.34
11.	Joao Miguel, MACEDO	M	121593 74	Leixões Sport Clube	2:32.24	409
	50m: 34.50 34.50	100m: 1:14.04	39.54 150m: 1:54.39	40.35	200m: 2:32.24	37.85
12.	Francisco Manuel, BERNARDES	M	205276 91	Propaganda de Natacao	2:32.55	401
	50m: 33.47 33.47	100m: 1:11.86	38.39 150m: 1:53.03	41.17	200m: 2:32.55	39.52
13.	Jose Miguel, GOUVEIA	M	105902 91	Leixões Sport Clube	2:34.34	387
	50m: 34.24 34.24	100m: 1:13.00	38.76 150m: 1:54.54	41.54	200m: 2:34.34	39.80
14.	Jorge Manuel, CAMPANICO	M	108639 58	Académica de Coimbra	2:59.84	386
	50m: 36.05 36.05	100m: 1:18.73	42.68 150m: 2:06.76	48.03	200m: 2:59.84	53.08
15.	Paulo Alexandre, NEVES	M	112616 66	Leixões Sport Clube	2:51.21	385
	50m: 38.95 38.95	100m: 1:23.04	44.09 150m: 2:09.17	46.13	200m: 2:51.21	42.04
16.	Miguel Jose, FERREIRA	M	119657 70	Leixões Sport Clube	2:40.52	365
	50m: 37.00 37.00	100m: 1:18.35	41.35 150m: 2:01.40	43.05	200m: 2:40.52	39.12
17.	Nuno Ricardo, SILVA	M	10210 87	Fluvial Portuense	2:31.13	350
	50m: 32.67 32.67	100m: 1:09.93	37.26 150m: 1:50.39	40.46	200m: 2:31.13	40.74
18.	Alberto Sergio, SOUSA	M	201926 63	Natacao da Maia	3:00.79	327
	50m: 37.23 37.23	100m: 1:21.21	43.98 150m: 2:09.54	48.33	200m: 3:00.79	51.25
19.	Helder Rafael, TULHA	M	128313 78	Ginásio Santo Tirso	2:42.47	322
	50m: 35.67 35.67	100m: 1:15.31	39.64 150m: 1:58.65	43.34	200m: 2:42.47	43.82
20.	Jorge Ricardo, RIBEIRO	M	204489 88	Propaganda de Natacao	2:48.99	295
	50m: 36.97 36.97	100m: 1:18.60	41.63 150m: 2:02.83	44.23	200m: 2:48.99	46.16
21.	Antonio Monteiro, CANELAS	M	148547 50	Sporting Clube de Espinho	3:37.64	282
	50m: 46.92 46.92	100m: 1:43.20	56.28 150m: 2:41.51	58.31	200m: 3:37.64	56.13

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Prova 12, Masc., 200m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	Marcelo Porto, RODRIGUES	M	205613	82	Natacao de Valongo	2:53.83	263	
	50m: 36.96 36.96				40.90 150m: 2:04.43 46.57	200m: 2:53.83		49.40
23.	Antonio Jorge, MARQUES	M	130679	51	Fluvial Portuense	3:44.37	257	
	50m: 50.89 50.89				56.99 150m: 2:48.63 1:00.75	200m: 3:44.37		55.74
24.	Rui Pedro, FERREIRA	M	129087	64	Natacao da Maia	3:15.92	256	
	50m: 42.00 42.00				49.84 150m: 2:24.80 52.96	200m: 3:15.92		51.12
25.	Carlos Manuel, SANTOS	M	153143	69	AP Vila D Este/Gaia	3:01.86	251	
	50m: 39.89 39.89				45.12 150m: 2:14.14 49.13	200m: 3:01.86		47.72
26.	Jose Alexandre, RAPOSO	M	131484	55	Sporting Clube de Aveiro	3:51.21	205	
	50m: 52.23 52.23				59.60 150m: 2:52.83 1:01.00	200m: 3:51.21		58.38
27.	Fernando Manuel, PINTO	M	131365	61	Fluvial Portuense	3:43.84	200	
	50m: 51.01 51.01				58.75 150m: 2:48.79 59.03	200m: 3:43.84		55.05
28.	Pedro Cunha, RIBEIRO	M	153289	70	Foca	3:16.69	198	
	50m: 43.65 43.65				49.33 150m: 2:26.13 53.15	200m: 3:16.69		50.56
29.	Joao Alexandre, PESSOA	M	202781	73	Leixões Sport Clube	3:13.97	197	
	50m: 42.75 42.75				50.78 150m: 2:25.79 52.26	200m: 3:13.97		48.18
30.	Vitorino Fernando, FARIA	M	147080	73	Foca	3:15.56	193	
	50m: 43.53 43.53				46.75 150m: 2:22.28 52.00	200m: 3:15.56		53.28
31.	Antonio Alves, CECILIO	M	100919	54	Aquatico Pacense	3:56.90	191	
	50m: 52.46 52.46				1:01.27 150m: 2:56.72 1:02.99	200m: 3:56.90		1:00.18
32.	Fernando Jorge, SILVA	M	205090	59	Foca	3:54.17	175	
	50m: 50.47 50.47				1:00.54 150m: 2:55.17 1:04.16	200m: 3:54.17		59.00
33.	Pedro Manuel, SILVA	M	204929	77	Foca	3:22.90	172	
	50m: 42.71 42.71				50.44 150m: 2:27.77 54.62	200m: 3:22.90		55.13
34.	Joao Henrique, SEARA	M	131833	63	Leixões Sport Clube	3:46.88	165	
	50m: 44.41 44.41				52.96 150m: 2:39.00 1:01.63	200m: 3:46.88		1:07.88
35.	Pedro Nuno, GONCALVES	M	205032	72	Fluvial Portuense	3:29.79	163	
	50m: 47.09 47.09				51.93 150m: 2:35.14 56.12	200m: 3:29.79		54.65
36.	Helder Tomas, ROCHA	M	203931	86	Penafiel	3:15.58	161	
	50m: 40.96 40.96				50.82 150m: 2:25.70 53.92	200m: 3:15.58		49.88
37.	Domingos Marques, NEVES	M	202831	61	Natacao de Valongo	4:01.64	159	
	50m: 51.51 51.51				1:01.50 150m: 2:58.30 1:05.29	200m: 4:01.64		1:03.34
38.	Joao Luis, ROSEIRA	M	142204	55	Fluvial Portuense	4:14.28	154	
	50m: 55.31 55.31				1:03.63 150m: 3:07.38 1:08.44	200m: 4:14.28		1:06.90
39.	Antonio Manuel, PEREIRA	M	201104	72	Penafiel	3:38.53	144	
	50m: 47.59 47.59				54.22 150m: 2:40.44 58.63	200m: 3:38.53		58.09
40.	Hugo Rafael, GUEDES	M	204930	76	Leixões Sport Clube	3:44.91	126	
	50m: 53.70 53.70				59.43 150m: 2:52.62 59.49	200m: 3:44.91		52.29
41.	Nuno Alexandre, VISEU	M	205761	77	Leixões Sport Clube	3:48.67	120	
	50m: 49.60 49.60				56.70 150m: 2:46.12 59.82	200m: 3:48.67		1:02.55
42.	Jorge Fernando, MONTEIRO	M	204873	65	AP Vila D Este/Gaia	4:23.08	106	
	50m: 55.85 55.85				1:09.17 150m: 3:16.47 1:11.45	200m: 4:23.08		1:06.61
43.	Augusto Mariano, SOARES	M	117424	72	Ginásio Santo Tirso	4:19.95	85	
	50m: 58.78 58.78				1:07.44 150m: 3:17.86 1:11.64	200m: 4:19.95		1:02.09
DNS	Antonio Pessoa, COSTA	M	105543	75	Clube Nacional de Natacao			DNS
DNS	Antonio Pedro, CASTRO	M	132355	74	Leixões Sport Clube			DNS
WDR	Pedro Alexandre, INVERNEIRO	M	153118	71	Fluvial Portuense			WDR
WDR	Arnaldo Silva, MARTINS	M	129911	61	Fluvial Portuense			WDR
WDR	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube			WDR

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Prova 13	Femin., 200m Bruços				25 anos e mais velhos
29-10-2017 - 13:00	TURBO				Resultados
RN A(25-29)	2:41.90	Joana Marques, MAIA	CPN	Sines	28-01-2017
RN B(30-34)	2:51.39	Maria Sofia, MARTINS	CFP	Porto	08-11-2014
RN C(35-39)	2:57.65	Ana Paula, GRILO	UDCA	Ponte da Barca	11-06-2005
RN D(40-44)	3:04.68	Claudia Patricia, NOBREGA	CDN	Sines	28-01-2017
RN E(45-49)	3:15.32	Patricia Diogenes, PEREIRA	SAD	Badajoz (ESP)	23-04-2016
RN F(50-54)	3:10.13	Maria Helena, CARMO	SAD	Sines	28-01-2017
RN G(55-59)	3:30.48	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines	28-01-2017
RN H(60-64)	3:50.74	Luisa Maria, PINTAO	ANE	Caldas da Rainha	12-04-2014
RN I(65-69)	4:02.42	Ana Maria, FERREIRA	SAD	Badajoz (ESP)	23-04-2016
RN J(70-74)	4:01.01	Luisa Bessone, BASTO	SAD	Badajoz (ESP)	23-04-2016
RN K(75-79)	5:01.56	Isabel Maria, RAIMUNDO	SAD	Sines	28-01-2017
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este/Gaia	3:26.72	410	
	50m: 46.98 46.98	100m: 1:39.79			52.81 150m: 2:32.78 52.99	200m: 3:26.72	53.94	
DSQ	Ana Isabel, FERREIRA	F	102081	92	Penafiel			DSQ
	713 - O(A) nadador(a) não realizou movimentos simultâneos de pernas, durante o percurso dos ... metros – SW 7.4, Após a partida.							

Master Esc B

1.	Carolina Santos, SILVA	F	23208	86	Propaganda de Natacao	3:00.69	604	
	50m: 42.67 42.67	100m: 1:27.89			45.22 150m: 2:14.35 46.46	200m: 3:00.69	46.34	

Master Esc D

1.	Joana Maria, FARIA	F	128933	74	Leixões Sport Clube	3:17.75	592	
	50m: 45.17 45.17	100m: 1:34.83			49.66 150m: 2:25.65 50.82	200m: 3:17.75	52.10	
2.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este/Gaia	3:31.85	482	
	50m: 51.45 51.45	100m: 1:46.26			54.81 150m: 2:39.22 52.96	200m: 3:31.85	52.63	

Master Esc E

1.	Maria Manuela, SEQUEIRA	F	109962	68	Gafanha da Encarnacao	3:26.52	561	
	50m: 45.56 45.56	100m: 1:37.34			51.78 150m: 2:32.31 54.97	200m: 3:26.52	54.21	
2.	Paula Margarida, NAVARRO	F	202829	68	Natacao de Valongo	3:53.11	390	
	50m: 52.18 52.18	100m: 1:48.67			56.49 150m: 2:51.40 1:02.73	200m: 3:53.11	1:01.71	
WDR	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia			WDR

Master Esc F

1.	Helena Paula, CARVALHO	F	17549	64	Sporting	3:37.59	542	
	50m: 52.77 52.77	100m: 1:47.89			55.12 150m: 2:43.95 56.06	200m: 3:37.59	53.64	
2.	Maria Trigueiros, CUNHA	F	132357	64	Leixões Sport Clube	3:53.90	436	
	50m: 53.44 53.44	100m: 1:52.48			59.04 150m: 2:53.98 1:01.50	200m: 3:53.90	59.92	
3.	Rosa Leitao, COSTA	F	132419	65	Foca	4:16.36	331	
	50m: 59.75 59.75	100m: 2:02.78			1:03.03 150m: 3:09.16 1:06.38	200m: 4:16.36	1:07.20	

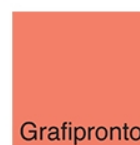
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Prova 13, Femin., 200m Bruços

Master Esc G

1.	Maria Santos, FERNANDES	F	105263	62	Leixões Sport Clube					3:41.69	583
	50m: 50.76 50.76	100m: 1:47.32	56.56	150m: 2:44.53	57.21	200m: 3:41.69	57.16				
2.	Anette, KIND	F	120501	61	Leixões Sport Clube					3:52.63	505
	50m: 52.47 52.47	100m: 1:51.00	58.53	150m: 2:51.96	1:00.96	200m: 3:52.63	1:00.67				

Master Esc H

1.	Maria Carmo, ROCHA	F	118886	54	Leixões Sport Clube					4:57.57	249
	50m: 1:06.89 1:06.89	100m: 2:22.56	1:15.67	150m: 3:42.17	1:19.61	200m: 4:57.57	1:15.40				

25 anos e mais velhos

1.	Carolina Santos, SILVA	F	23208	86	Propaganda de Natacao					3:00.69	604
	50m: 42.67 42.67	100m: 1:27.89	45.22	150m: 2:14.35	46.46	200m: 3:00.69	46.34				
2.	Joana Maria, FARIA	F	128933	74	Leixões Sport Clube					3:17.75	592
	50m: 45.17 45.17	100m: 1:34.83	49.66	150m: 2:25.65	50.82	200m: 3:17.75	52.10				
3.	Maria Manuela, SEQUEIRA	F	109962	68	Gafanha da Encarnacao					3:26.52	561
	50m: 45.56 45.56	100m: 1:37.34	51.78	150m: 2:32.31	54.97	200m: 3:26.52	54.21				
4.	Patricia Marisa, RIBEIRO	F	201640	91	AP Vila D Este/Gaia					3:26.72	410
	50m: 46.98 46.98	100m: 1:39.79	52.81	150m: 2:32.78	52.99	200m: 3:26.72	53.94				
5.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este/Gaia					3:31.85	482
	50m: 51.45 51.45	100m: 1:46.26	54.81	150m: 2:39.22	52.96	200m: 3:31.85	52.63				
6.	Helena Paula, CARVALHO	F	17549	64	Sporting					3:37.59	542
	50m: 52.77 52.77	100m: 1:47.89	55.12	150m: 2:43.95	56.06	200m: 3:37.59	53.64				
7.	Maria Santos, FERNANDES	F	105263	62	Leixões Sport Clube					3:41.69	583
	50m: 50.76 50.76	100m: 1:47.32	56.56	150m: 2:44.53	57.21	200m: 3:41.69	57.16				
8.	Anette, KIND	F	120501	61	Leixões Sport Clube					3:52.63	505
	50m: 52.47 52.47	100m: 1:51.00	58.53	150m: 2:51.96	1:00.96	200m: 3:52.63	1:00.67				
9.	Paula Margarida, NAVARRO	F	202829	68	Natacao de Valongo					3:53.11	390
	50m: 52.18 52.18	100m: 1:48.67	56.49	150m: 2:51.40	1:02.73	200m: 3:53.11	1:01.71				
10.	Maria Trigueiros, CUNHA	F	132357	64	Leixões Sport Clube					3:53.90	436
	50m: 53.44 53.44	100m: 1:52.48	59.04	150m: 2:53.98	1:01.50	200m: 3:53.90	59.92				
11.	Rosa Leitao, COSTA	F	132419	65	Foca					4:16.36	331
	50m: 59.75 59.75	100m: 2:02.78	1:03.03	150m: 3:09.16	1:06.38	200m: 4:16.36	1:07.20				
12.	Maria Carmo, ROCHA	F	118886	54	Leixões Sport Clube					4:57.57	249
	50m: 1:06.89 1:06.89	100m: 2:22.56	1:15.67	150m: 3:42.17	1:19.61	200m: 4:57.57	1:15.40				
DSQ	Ana Isabel, FERREIRA	F	102081	92	Penafiel						DSQ
	713 - O(A) nadador(a) não realizou movimentos simultâneos de pernas, durante o percurso dos ... metros – SW 7.4, Após a partida.										
WDR	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia						WDR

Prova 14	Masc., 200m Bruços				25 anos e mais velhos
29-10-2017 - 13:10	CMF - Clínica Médica da Foz				Resultados
RN A(25-29)	2:24.75	Marcelo Goncalo, PEREIRA	FOCA	Sines	29-01-2017
RN B(30-34)	2:24.34	Adriano Miguel, NIZ	GDNVNF	Sines	29-01-2017
RN C(35-39)	2:34.62	Rodrigo Marques, COSTA	CNLA	Algés	29-03-2015
RN D(40-44)	2:22.69	Vasco Jorge, ROSARIO	SAD	Palma de Mallorca (ESP)	02-02-2017
RN E(45-49)	2:40.63	Jean Alexandre, TESTAGROSSA	FSL	Coimbra	10-12-2016
RN F(50-54)	2:39.50	Jose Samuel, DUARTE	SCP	Algés	29-03-2015
RN G(55-59)	3:10.25	Paulo Paula, CARVALHO	SCP	Porto	30-10-2016
RN H(60-64)	3:13.87	Jose Santos, SILVA	CPN	Sines	29-01-2017
RN I(65-69)	3:18.46	Antonio Bessone, BASTO	SAD	Lisboa	26-02-2011
RN J(70-74)	3:20.44	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	21-02-2015
RN K(75-79)	3:44.78	Leonel Sousa, GOMES	SFP	Ponte da Barca	11-06-2005
RN L(80-84)	4:11.52	Leonel Sousa, GOMES	AAC	Caldas da Rainha	24-04-2010
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Esc A								
1.	Diogo Filipe, PEREIRA	M	24332	92	Propaganda de Natacao	2:47.12	568	
	50m: 37.05 37.05	100m: 1:19.76	42.71	150m: 2:03.11	43.35	200m: 2:47.12	44.01	
2.	Carlos Daniel, COSTA	M	202827	91	Natacao de Valongo	3:11.98	374	
	50m: 41.87 41.87	100m: 1:30.24	48.37	150m: 2:22.01	51.77	200m: 3:11.98	49.97	
3.	Pedro Miguel, MACHADO	M	204539	89	Natacao da Maia	4:17.09	156	
	50m: 52.13 52.13	100m: 1:57.79	1:05.66	150m: 3:07.10	1:09.31	200m: 4:17.09	1:09.99	

Master Esc B								
1.	Nuno Maria, NOLASCO	M	28204	87	Ginasio Clube	2:36.34	726	
	50m: 34.48 34.48	100m: 1:15.01	40.53	150m: 1:55.78	40.77	200m: 2:36.34	40.56	
2.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel	3:00.51	471	
	50m: 41.13 41.13	100m: 1:27.14	46.01	150m: 2:14.14	47.00	200m: 3:00.51	46.37	
3.	Francisco Rosario, FIGUEIREDO	M	130156	85	Propaganda de Natacao	3:29.99	299	
	50m: 46.01 46.01	100m: 1:41.09	55.08	150m: 2:36.29	55.20	200m: 3:29.99	53.70	
4.	Jorge Filipe, ALVARENGA	M	205759	87	Leixões Sport Clube	3:31.48	293	
	50m: 43.44 43.44	100m: 1:35.78	52.34	150m: 2:33.15	57.37	200m: 3:31.48	58.33	

Master Esc C								
1.	Pedro Alexandre, SOUSA	M	123374	82	Porto	2:44.19	627	
	50m: 37.60 37.60	100m: 1:19.23	41.63	150m: 2:02.20	42.97	200m: 2:44.19	41.99	
2.	Rui Manuel, PINTO	M	106876	79	Fluvial Portuense	3:22.18	336	
	50m: 45.25 45.25	100m: 1:37.56	52.31	150m: 2:31.85	54.29	200m: 3:22.18	50.33	
3.	Sergio Manuel, NEVES	M	204875	82	AP Vila D Este/Gaia	4:35.46	132	
	50m: 1:00.99 1:00.99	100m: 2:12.98	1:11.99	150m: 3:27.15	1:14.17	200m: 4:35.46	1:08.31	

Master Esc D								
1.	Filipe Pinheiro, PIRES	M	117638	73	Foca	3:01.27	489	
	50m: 40.65 40.65	100m: 1:28.25	47.60	150m: 2:15.23	46.98	200m: 3:01.27	46.04	
2.	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube	3:19.62	366	
	50m: 44.45 44.45	100m: 1:36.09	51.64	150m: 2:29.25	53.16	200m: 3:19.62	50.37	
3.	Rui Fernando, CASTRO	M	201641	73	AP Vila D Este/Gaia	3:40.65	271	
	50m: 50.35 50.35	100m: 1:45.76	55.41	150m: 2:43.95	58.19	200m: 3:40.65	56.70	
4.	Sergio Nuno, TEIXEIRA	M	204877	75	AP Vila D Este/Gaia	4:05.05	198	
	50m: 56.62 56.62	100m: 1:57.57	1:00.95	150m: 3:01.15	1:03.58	200m: 4:05.05	1:03.90	
DNS	Antonio Pessoa, COSTA	M	105543	75	Clube Nacional de Natacao			DNS
DNS	Jorge Miguel, SILVA	M	119954	76	Fundacao Salesianos			DNS
DNS	Tiago Filipe, MOREIRA	M	130842	75	Ginásio Santo Tirso			DNS
DNS	Nuno Miguel, GUERRA	M	111799	77	Fluvial Portuense			DNS

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Prova 14, Masc., 200m Bruços, Master Esc D

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
WDR	Pedro Miguel, FERNANDES	M	203820	76	Natacao de Valongo			WDR

Master Esc E

1.	Vitor Carvalho, LOPES	M	132421	72	Foca	50m: 46.57 100m: 1:38.76 150m: 2:34.32 200m: 3:27.97	357	53.65
2.	Eduardo Alexandre, JUNIOR	M	127940	70	Propaganda de Natacao	50m: 49.61 100m: 1:44.52 150m: 2:41.48 200m: 3:39.09	306	57.61
3.	Jose Manuel, BAPTISTA	M	130027	69	Leixões Sport Clube	50m: 51.82 100m: 1:48.02 150m: 2:45.69 200m: 3:41.06	297	55.37
DSQ	Hugo Alexandre, BORREGO	M	205001	72	Sporting Clube de Aveiro			DSQ

720 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 150 metros – SW 7.6

Master Esc F

1.	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro	50m: 49.75 100m: 1:45.59 150m: 2:44.81 200m: 3:42.28	337	57.47
2.	Francisco Manuel, SEQUEIRA	M	201740	66	AP Vila D Este/Gaia	50m: 51.09 100m: 1:49.46 150m: 2:51.94 200m: 3:54.32	287	1:02.38
3.	Albano Couto, TEIXEIRA	M	117114	63	Foca	50m: 55.49 100m: 2:01.44 150m: 3:11.99 200m: 4:20.09	210	1:08.10

Master Esc G

1.	Luis Miguel, BERNARDO	M	201380	61	Fluvial Portuense	50m: 43.31 100m: 1:34.46 150m: 2:27.98 200m: 3:16.54	560	48.56
2.	Manuel Jose, ROMARIZ	M	26843	59	Leixões Sport Clube	50m: 52.33 100m: 1:51.20 150m: 2:53.79 200m: 3:52.88	336	59.09
3.	Domingos Marques, NEVES	M	202831	61	Natacao de Valongo	50m: 59.39 100m: 2:02.99 150m: 3:08.22 200m: 4:12.33	264	1:04.11

Master Esc H

1.	Antonio Alves, CECILIO	M	100919	54	Aquatico Pacense	50m: 52.79 100m: 1:50.47 150m: 2:49.76 200m: 3:47.02	390	57.26
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Master Esc I

1.	Antonio Monteiro, CANELAS	M	148547	50	Sporting Clube de Espinho	50m: 55.29 100m: 2:00.54 150m: 3:06.63 200m: 4:07.88	396	1:01.25
2.	Jose, LEITE	M	204547	48	Foca	50m: 53.98 100m: 1:58.38 150m: 3:06.82 200m: 4:12.68	374	1:05.86
3.	Antonio Jorge, MARQUES	M	130679	51	Fluvial Portuense	50m: 1:00.46 100m: 2:08.99 150m: 3:22.20 200m: 4:34.20	293	1:12.00

Master Esc K

1.	Manuel Monteiro, TENREIRO	M	11175	40	Académica de Coimbra	50m: 1:18.06 100m: 2:42.49 150m: 4:07.01 200m: 5:27.93	212	1:20.92
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Prova 14, Masc., 200m Bruços

25 anos e mais velhos

1.	Nuno Maria, NOLASCO	M	28204	87	Ginasio Clube	2:36.34	726
	50m: 34.48 34.48		100m: 1:15.01		40.53 150m: 1:55.78 40.77	200m: 2:36.34 40.56	
2.	Pedro Alexandre, SOUSA	M	123374	82	Porto	2:44.19	627
	50m: 37.60 37.60		100m: 1:19.23		41.63 150m: 2:02.20 42.97	200m: 2:44.19 41.99	
3.	Diogo Filipe, PEREIRA	M	24332	92	Propaganda de Natacao	2:47.12	568
	50m: 37.05 37.05		100m: 1:19.76		42.71 150m: 2:03.11 43.35	200m: 2:47.12 44.01	
4.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel	3:00.51	471
	50m: 41.13 41.13		100m: 1:27.14		46.01 150m: 2:14.14 47.00	200m: 3:00.51 46.37	
5.	Filipe Pinheiro, PIRES	M	117638	73	Foca	3:01.27	489
	50m: 40.65 40.65		100m: 1:28.25		47.60 150m: 2:15.23 46.98	200m: 3:01.27 46.04	
6.	Carlos Daniel, COSTA	M	202827	91	Natacao de Valongo	3:11.98	374
	50m: 41.87 41.87		100m: 1:30.24		48.37 150m: 2:22.01 51.77	200m: 3:11.98 49.97	
7.	Luis Miguel, BERNARDO	M	201380	61	Fluvial Portuense	3:16.54	560
	50m: 43.31 43.31		100m: 1:34.46		51.15 150m: 2:27.98 53.52	200m: 3:16.54 48.56	
8.	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube	3:19.62	366
	50m: 44.45 44.45		100m: 1:36.09		51.64 150m: 2:29.25 53.16	200m: 3:19.62 50.37	
9.	Rui Manuel, PINTO	M	106876	79	Fluvial Portuense	3:22.18	336
	50m: 45.25 45.25		100m: 1:37.56		52.31 150m: 2:31.85 54.29	200m: 3:22.18 50.33	
10.	Vitor Carvalho, LOPES	M	132421	72	Foca	3:27.97	357
	50m: 46.57 46.57		100m: 1:38.76		52.19 150m: 2:34.32 55.56	200m: 3:27.97 53.65	
11.	Francisco Rosario, FIGUEIREDO	M	130156	85	Propaganda de Natacao	3:29.99	299
	50m: 46.01 46.01		100m: 1:41.09		55.08 150m: 2:36.29 55.20	200m: 3:29.99 53.70	
12.	Jorge Filipe, ALVARENGA	M	205759	87	Leixões Sport Clube	3:31.48	293
	50m: 43.44 43.44		100m: 1:35.78		52.34 150m: 2:33.15 57.37	200m: 3:31.48 58.33	
13.	Eduardo Alexandre, JUNIOR	M	127940	70	Propaganda de Natacao	3:39.09	306
	50m: 49.61 49.61		100m: 1:44.52		54.91 150m: 2:41.48 56.96	200m: 3:39.09 57.61	
14.	Rui Fernando, CASTRO	M	201641	73	AP Vila D Este/Gaia	3:40.65	271
	50m: 50.35 50.35		100m: 1:45.76		55.41 150m: 2:43.95 58.19	200m: 3:40.65 56.70	
15.	Jose Manuel, BAPTISTA	M	130027	69	Leixões Sport Clube	3:41.06	297
	50m: 51.82 51.82		100m: 1:48.02		56.20 150m: 2:45.69 57.67	200m: 3:41.06 55.37	
16.	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro	3:42.28	337
	50m: 49.75 49.75		100m: 1:45.59		55.84 150m: 2:44.81 59.22	200m: 3:42.28 57.47	
17.	Antonio Alves, CECILIO	M	100919	54	Aquatico Pacense	3:47.02	390
	50m: 52.79 52.79		100m: 1:50.47		57.68 150m: 2:49.76 59.29	200m: 3:47.02 57.26	
18.	Manuel Jose, ROMARIZ	M	26843	59	Leixões Sport Clube	3:52.88	336
	50m: 52.33 52.33		100m: 1:51.20		58.87 150m: 2:53.79 1:02.59	200m: 3:52.88 59.09	
19.	Francisco Manuel, SEQUEIRA	M	201740	66	AP Vila D Este/Gaia	3:54.32	287
	50m: 51.09 51.09		100m: 1:49.46		58.37 150m: 2:51.94 1:02.48	200m: 3:54.32 1:02.38	
20.	Sergio Nuno, TEIXEIRA	M	204877	75	AP Vila D Este/Gaia	4:05.05	198
	50m: 56.62 56.62		100m: 1:57.57		1:00.95 150m: 3:01.15 1:03.58	200m: 4:05.05 1:03.90	
21.	Antonio Monteiro, CANELAS	M	148547	50	Sporting Clube de Espinho	4:07.88	396
	50m: 55.29 55.29		100m: 2:00.54		1:05.25 150m: 3:06.63 1:06.09	200m: 4:07.88 1:01.25	
22.	Domingos Marques, NEVES	M	202831	61	Natacao de Valongo	4:12.33	264
	50m: 59.39 59.39		100m: 2:02.99		1:03.60 150m: 3:08.22 1:05.23	200m: 4:12.33 1:04.11	
23.	Jose, LEITE	M	204547	48	Foca	4:12.68	374
	50m: 53.98 53.98		100m: 1:58.38		1:04.40 150m: 3:06.82 1:08.44	200m: 4:12.68 1:05.86	
24.	Pedro Miguel, MACHADO	M	204539	89	Natacao da Maia	4:17.09	156
	50m: 52.13 52.13		100m: 1:57.79		1:05.66 150m: 3:07.10 1:09.31	200m: 4:17.09 1:09.99	
25.	Albano Couto, TEIXEIRA	M	117114	63	Foca	4:20.09	210
	50m: 55.49 55.49		100m: 2:01.44		1:05.95 150m: 3:11.99 1:10.55	200m: 4:20.09 1:08.10	
26.	Antonio Jorge, MARQUES	M	130679	51	Fluvial Portuense	4:34.20	293
	50m: 1:00.46 1:00.46		100m: 2:08.99		1:08.53 150m: 3:22.20 1:13.21	200m: 4:34.20 1:12.00	
27.	Sergio Manuel, NEVES	M	204875	82	AP Vila D Este/Gaia	4:35.46	132
	50m: 1:00.99 1:00.99		100m: 2:12.98		1:11.99 150m: 3:27.15 1:14.17	200m: 4:35.46 1:08.31	
28.	Manuel Monteiro, TENREIRO	M	11175	40	Académica de Coimbra	5:27.93	212
	50m: 1:18.06 1:18.06		100m: 2:42.49		1:24.43 150m: 4:07.01 1:24.52	200m: 5:27.93 1:20.92	
DSQ	Hugo Alexandre, BORREGO	M	205001	72	Sporting Clube de Aveiro		DSQ
	720 - O(A) nadador(a) tocou na parede com toque não simultâneo na viragem aos 150 metros – SW 7.6						
DNS	Antonio Pessoa, COSTA	M	105543	75	Clube Nacional de Natacao		DNS
DNS	Jorge Miguel, SILVA	M	119954	76	Fundacao Salesianos		DNS

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Prova 14, Masc., 200m Bruços, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
DNS	Tiago Filipe, MOREIRA	M	130842	75	Ginásio Santo Tirso			DNS
DNS	Nuno Miguel, GUERRA	M	111799	77	Fluvial Portuense			DNS
WDR	Pedro Miguel, FERNANDES	M	203820	76	Natacao de Valongo			WDR

Prova 15

29-10-2017 - 13:30

Femin., 4 x 100m Livres
TURBO

AG 100 - 359
Resultados

RN 1(100-119)	4:55.08	Clube Natacao Masters de Almada	CNMAL	Inatel	13-04-2008
RN 2(120-159)	4:34.00	Clube Fluvial Portuense	CFP	Porto	08-11-2014
RN 3(160-199)	4:54.40	Clube Fluvial Portuense	CFP	Porto	28-11-2015
RN 4(200-239)	5:25.19	Sport Alges e Dafundo	SAD	Algés	02-04-2016
RN 5(240-279)	7:18.00	Sport Alges e Dafundo	SAD	Algés	02-04-2016
RN 6(280-319)	59:00.00				

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Fem Estaf Cat 1							
1. Propaganda de Natacao 1	F			Propaganda de Natacao	4:58.56		
Solange Ramalho, PEREIRA	90	36.80	1:18.22	Ana Catarina, REIS	87	34.81	1:16.09
Claudia Cristina, ROQUE	90	37.82	1:21.59	Carolina Santos, SILVA	86	30.60	1:02.66

Master Fem Estaf Cat 2

1. Ginásio Santo Tirso 1	F			Ginásio Santo Tirso	4:38.56		
Maria Joao, JOSE	90	33.26	1:09.21	Rute Sofia, TEIXEIRA	90	31.86	1:07.26
Sandra Santa, BARBARA	75	34.57	1:13.71	Helena Manuel, JOSE	90	32.47	1:08.38
2. AP Vila D Este/Gaia 1	F			AP Vila D Este/Gaia	5:47.13		
Elza Maria, CARVALHO	76	38.97	1:21.20	Maria Margarida, MACHADO	81	40.92	1:29.06
Isabel Carolina, NEVES	80	47.96	1:39.87	Patricia Marisa, RIBEIRO	91	36.53	1:17.00

Master Fem Estaf Cat 3

1. Porto 1	F			Porto	4:59.05		
Ana Filipe, COSTA	83	33.74	1:09.99	Rosalina Bessa, BABO	67	39.24	1:26.01
Maria Teresa, ANDRADE	63	35.87	1:17.63	Carla Santa, BARBARA	75	30.55	1:05.42
2. Leixões Sport Clube 1	F			Leixões Sport Clube	5:31.54		
Graca Maria, ALMEIDA	73	40.32	1:27.28	Maria Santos, FERNANDES	62	43.60	1:31.50
Ana Dalte, GUEDES	80	36.81	1:17.18	Joana Filipa, SILVA	91	35.31	1:15.58
3. Natacao da Maia 1	F			Natacao da Maia	5:33.62		
Maria Manuela, NETO	62	45.73	1:38.09	Ana Mafalda, OLIVEIRA	81	33.59	1:11.09
Rita Claudia, FOUGO	88	33.76	1:11.64	Maria Manuela, FERREIRA	70	45.40	1:32.80

Master Fem Estaf Cat 4

1. Leixões Sport Clube 2	F			Leixões Sport Clube	7:09.12		
Anette, KIND	61	46.01	1:38.86	Maria Adriana, VISEU	66		1:23.66
Maria Carmo, ROCHA	54		2:36.54	Maria Trigueiros, CUNHA	64		1:30.06

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Prova 16	Masc., 4 x 100m Livres				AG 100 - 359
29-10-2017 - 13:40	CMF - Clínica Médica da Foz				Resultados
RN 1(100-119)	3:57.64	Clube Nautico Academico de Coim	CNAC	Pedrulha	23-01-2005
RN 2(120-159)	3:52.28	Clube de Natacao do Litoral Alentej	CNLA	Algés	02-04-2016
RN 3(160-199)	4:03.06	Clube Fluvial Portuense	CFP	Porto	30-10-2016
RN 4(200-239)	4:12.51	Clube Fluvial Portuense	CFP	Porto	30-10-2016
RN 5(240-279)	4:50.13	Sport Alges e Dafundo	SAD	Badajoz (ESP)	23-04-2016
RN 6(280-319)	6:30.64	Sport Alges e Dafundo	SAD	Algés	02-04-2016

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Master Masc Estaf Cat 2							
1. Propaganda de Natacao 1	M			Propaganda de Natacao	4:36.20		
Luis Filipe, RATO	81	28.46	59.81	Jorge Ricardo, RIBEIRO	88	37.08	1:20.04
Francisco Manuel, BERNARDES	91	31.22	1:06.62	Francisco Rosario, FIGUEIREDO	85	33.68	1:09.73
2. Leixões Sport Clube 1	M			Leixões Sport Clube	4:54.83		
Jorge Filipe, ALVARENGA	87	37.38	1:20.68	Jose Miguel, GOUVEIA	91	30.57	1:04.64
Jorge Filipe, BARREIRA	91	27.93	58.84	Hugo Rafael, GUEDES	76	42.43	1:30.67
3. Penafiel 1	M			Penafiel	5:08.29		
Pedro Joaquim, MOREIRA	87	29.97	1:02.93	Helder Tomas, ROCHA	86	40.44	1:26.50
Antonio Manuel, PEREIRA	72	43.73	1:37.44	Fabio Andre, MADUREIRA	90	27.45	1:01.42

Master Masc Estaf Cat 3							
1. Fluvial Portuense 3	M			Fluvial Portuense	4:11.78		
Jorge Manuel, MONTEIRO	67	27.95	59.99	Carlos Guimaraes, GONCALVES	70	29.26	1:03.04
Nuno Ricardo, SILVA	87	30.08	1:05.18	Jose Carlos, FREITAS	63	30.85	1:03.57
2. Leixões Sport Clube 2	M			Leixões Sport Clube	5:26.40		
Joao Alexandre, PESSOA	73	38.25	1:21.00	Paulo Alexandre, NEVES	66	37.16	1:17.79
Pedro Bruno, MENESES	62	35.13	1:11.97	Jose Manuel, BAPTISTA	69	43.47	1:35.64
3. Foca 1	M			Foca	5:43.86		
Pedro Manuel, SILVA	77	41.61	1:28.14	Vitor Carvalho, LOPES	72	41.65	1:29.41
Pedro Cunha, RIBEIRO	70	41.88	1:29.57	Carlos Filipe, SILVA	87	36.58	1:16.74
4. AP Vila D Este/Gaia 1	M			AP Vila D Este/Gaia	6:09.32		
Rui Fernando, CASTRO	73	41.50	1:28.91	Sergio Manuel, NEVES	82	49.52	1:45.14
,		44.78	1:38.07	Carlos Manuel, SANTOS	69	36.36	1:17.20
5. Natacao da Maia 1	M			Natacao da Maia	6:46.60		
Alberto Sergio, SOUSA	63	35.62	1:19.11	Pedro Miguel, MACHADO	89	47.69	1:40.64
Rui Pedro, FERREIRA	64	38.68	1:24.32	Afonso Jorge, PEREIRA	69	1:05.80	2:22.53

Master Masc Estaf Cat 4							
1. Foca 2	M			Foca	7:17.13		
Fernando Jorge, SILVA	59	45.70	1:40.29	Jose, LEITE	48	1:17.96	2:09.49
Joao Brandao, ANDRADE	49	26.34	1:00.37	Vitorino Fernando, FARIA	73	1:40.54	2:26.98
WDR Fluvial Portuense 2	M			Fluvial Portuense			WDR

Master Masc Estaf Cat 5							
1. Fluvial Portuense 1	M			Fluvial Portuense	6:28.04		
Henrique Luis, SEABRA	61	33.89	1:12.20	Joao Luis, ROSEIRA	55	52.53	1:53.08
Antonio Jorge, MARQUES	51	47.28	1:41.04	Fernando Manuel, PINTO	61	48.75	1:41.72
EXH Porto	M			Porto	4:27.32		EXH
Celso Ruben, BARBOSA	77	30.25	59.97	Bruno Miguel, SANTOS	76	29.40	1:02.36
Pedro Alexandre, SOUSA	82	29.51	1:00.93	Mario Moura, CARVALHO	78	38.83	1:24.06
EXH Natacao de Valongo 1	M			Natacao de Valongo	5:35.80		EXH
Carlos Daniel, COSTA	91	35.76	1:13.19	Nuno Alexandre, SERRA	72		
Domingos Marques, NEVES	61	28.51		Marcelo Porto, RODRIGUES	82		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.50357

Registered to Associação de Natacao do Norte de Portugal

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