

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

02-03-2012 - 18:00

Prova 1	Femin., 100m Costas				Juvenis
02-03-2012 - 18:00	COPIDOURO - Centro de C�pias e Impress��o Digital				Resultados
Recordes Nacionais 25m Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12-02-2011
Juvenis Fem : 1:22.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	Ines Lucas, ALVES	F	104738	98	Leix�es Sport Clube	1:07.78	541	
	50m: 32.69 32.69	100m: 1:07.78			35.09			
2.	Catarina Alexandra, JARDIM	F	104449	98	Famalicao�	1:08.57	522	
	50m: 33.20 33.20	100m: 1:08.57			35.37			
3.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	1:10.79	474	
	50m: 34.23 34.23	100m: 1:10.79			36.56			
4.	Ana Margarida, SANTOS	F	106839	98	FCPorto	1:13.23	429	
	50m: 35.23 35.23	100m: 1:13.23			38.00			
5.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	1:13.54	423	
	50m: 35.47 35.47	100m: 1:13.54			38.07			
6.	Catarina Maria, FERREIRA	F	106534	98	Arcos de Valdevez	1:13.58	422	
	50m: 35.32 35.32	100m: 1:13.58			38.26			
7.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	1:14.17	412	
	50m: 35.25 35.25	100m: 1:14.17			38.92			
8.	Francisca Sousa, MAIA	F	117523	98	Famalicao�	1:14.70	404	
	50m: 36.36 36.36	100m: 1:14.70			38.34			
9.	Monica Castro, ALVES	F	108429	98	Escola Desportiva de Viana	1:15.35	393	
	50m: 36.32 36.32	100m: 1:15.35			39.03			
10.	Filipa Flambo, SOUSA	F	117827	98	Leix�es Sport Clube	1:15.66	388	
	50m: 36.33 36.33	100m: 1:15.66			39.33			
11.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Leix�es Sport Clube	1:16.74	372	
	50m: 37.57 37.57	100m: 1:16.74			39.17			
12.	Sara Martins, CAPELO	F	102562	98	Propaganda da Natacao�	1:18.10	353	
	50m: 37.48 37.48	100m: 1:18.10			40.62			
13.	Ines Barros, LOPES	F	106868	98	Arcos de Valdevez	1:18.18	352	
	50m: 37.09 37.09	100m: 1:18.18			41.09			
14.	Luana Moraes, MONTEIRO	F	105898	98	CNMaia	1:18.72	345	
	50m: 38.61 38.61	100m: 1:18.72			40.11			
15.	Antonia Branco, FRANCO	F	107479	98	Viana Natacao�	1:18.80	344	
	50m: 37.43 37.43	100m: 1:18.80			41.37			
16.	Ana Carolina, PEREIRA	F	104475	98	FCPorto	1:19.38	336	
	50m: 38.48 38.48	100m: 1:19.38			40.90			
17.	Joana Baptista, CARVALHO	F	101559	98	Fluvial Portuense	1:19.73	332	
	50m: 38.18 38.18	100m: 1:19.73			41.55			
18.	Rita Lima, PEREIRA	F	105777	98	Lamas	1:21.14	315	
	50m: 39.16 39.16	100m: 1:21.14			41.98			
19.	Ana Rita, CORREIA	F	104558	98	Lousada	1:24.54	278	
	FTL 50m: 40.21 40.21	100m: 1:24.54			44.33			
20.	Sofia Isabel, CORREIA	F	104560	98	Lousada	1:27.37	252	
	FTL 50m: 42.35 42.35	100m: 1:27.37			45.02			
21.	Marcela Maria, MACHADO	F	117326	98	Vit�ria Sport Clube	1:29.81	232	
	FTL 50m: 42.57 42.57	100m: 1:29.81			47.24			
22.	Ana Isabel, MAGALHAES	F	123905	98	Valongo	1:29.98	231	
	FTL 50m: 44.42 44.42	100m: 1:29.98			45.56			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 2	Masc., 100m Costas				Juvenis
02-03-2012 - 18:05	CMEP - Cl�nica M�dica do Exerc�cio do Porto				Resultados
Recordes Nacionais 25m Absoluto	52.70	Alexis Manacas, SANTOS	SCP	Mealhada	17-12-2011
Recordes Nacionais 25m Juv B	58.65	Pedro Diogo, OLIVEIRA	CNRM	Tomar	10-05-2003
Recordes Nacionais 25m Juv A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010

Juvenis B Masc Juv B: 1:15.00 / Juvenis A Masc Juv A: 1:13.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Ruben Oliveira, LOPES	M	102041	97	FCPorto	1:01.84	495	
	50m: 30.01 30.01	100m:	1:01.84		31.83			
2.	Bruno Dias, COUTO	M	100829	97	Escola Desportiva de Viana	1:02.18	487	
	50m: 30.59 30.59	100m:	1:02.18		31.59			
3.	Tomas Machado, VALE	M	102229	97	Viana Natacao	1:03.70	453	
	50m: 31.06 31.06	100m:	1:03.70		32.64			
4.	Ivo Pinto, RIBEIRO	M	108299	97	Foca	1:05.49	417	
	50m: 31.86 31.86	100m:	1:05.49		33.63			
5.	Bruno Daniel, RODRIGUES	M	103392	97	Braga	1:05.92	409	
	50m: 32.54 32.54	100m:	1:05.92		33.38			
6.	Daniel Lago, PINTO	M	112636	97	Escola Desportiva Limiana	1:07.85	375	
	50m: 32.99 32.99	100m:	1:07.85		34.86			
7.	Pedro Jose, GONCALVES	M	105416	97	Braga	1:08.56	363	
	50m: 33.57 33.57	100m:	1:08.56		34.99			
8.	Simao Miguel, CAPITAO	M	109596	97	Lamas	1:09.26	352	
	50m: 33.76 33.76	100m:	1:09.26		35.50			
9.	Miguel Joao, PINTO	M	102481	97	Fluvial Portuense	1:11.07	326	
	50m: 34.40 34.40	100m:	1:11.07		36.67			
10.	Joao Paulo, SILVA	M	104712	97	Gespacos	1:11.45	321	
	50m: 35.04 35.04	100m:	1:11.45		36.41			
11.	Tiago Soares, SILVA	M	105608	97	Propaganda da Natacao	1:11.79	316	
	50m: 34.16 34.16	100m:	1:11.79		37.63			
12.	Tiago Francisco, SILVA	M	103955	97	Lamas	1:11.90	315	
	50m: 35.08 35.08	100m:	1:11.90		36.82			
13.	Claudio Filipe, PEREIRA	M	117793	97	Desportos Barcelos	1:12.06	313	
	50m: 34.67 34.67	100m:	1:12.06		37.39			
14.	Pedro Ferreira, LOPES	M	107949	97	Gin�sio Santo Tirso	1:12.27	310	
	50m: 35.05 35.05	100m:	1:12.27		37.22			
15.	Pedro Jose, COSTA	M	107733	97	CNMaia	1:13.74	292	
	50m: 36.07 36.07	100m:	1:13.74		37.67			
16.	Jorge Filipe, MATOS	M	104725	97	Gespacos	1:13.89	290	
	50m: 35.77 35.77	100m:	1:13.89		38.12			
17.	Pedro Afonso, MACHADO	M	117565	97	Viana Natacao	1:14.49	283	
	50m: 35.53 35.53	100m:	1:14.49		38.96			
18.	Joao Guilherme, AFONSO	M	112062	97	Desportos Barcelos	1:14.76	280	
	50m: 35.85 35.85	100m:	1:14.76		38.91			
19.	Jose Miguel, RODRIGUES FTL	M	106741	97	Valongo	1:15.20	275	
	50m: 36.65 36.65	100m:	1:15.20		38.55			
20.	Francisco Miguel, TEIXEIRA FTL	M	104485	97	FCPorto	1:15.38	273	
	50m: 36.41 36.41	100m:	1:15.38		38.97			
21.	Eugenio Alexandre, DURAES FTL	M	120904	97	Vit�ria Sport Clube	1:17.24	254	
	50m: 37.25 37.25	100m:	1:17.24		39.99			

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Prova 2, Masc., 100m Costas

Juvenis A

1.	Tiago Manuel, TEIXEIRA	M	102485 96	Assoc. Desportiva de Fafe	59.71	550
	50m: 29.28 29.28	100m: 59.71		30.43		
2.	Paulo Gabriel, MAGALHAES	M	102527 96	Assoc. Desportiva de Fafe	1:01.90	494
	50m: 30.01 30.01	100m: 1:01.90		31.89		
3.	Diogo Henrique, GOMES	M	20316 96	FCPorto	1:02.29	484
	50m: 29.80 29.80	100m: 1:02.29		32.49		
4.	Julio Dinis, GONCALVES	M	103624 96	Fluvial Portuense	1:02.99	469
	50m: 30.60 30.60	100m: 1:02.99		32.39		
5.	Pedro Manuel, ROCHA	M	20491 96	Famalica�o	1:04.38	439
	50m: 31.21 31.21	100m: 1:04.38		33.17		
6.	Antonio Pedro, SILVA	M	107227 96	Braga	1:04.39	439
	50m: 30.89 30.89	100m: 1:04.39		33.50		
7.	Stefan Daniel, STEINMAIER	M	19644 96	Assoc. Desportiva de Fafe	1:04.47	437
	50m: 31.36 31.36	100m: 1:04.47		33.11		
8.	Antonio Miguel, VITORINO	M	25815 96	Viana Natacao	1:04.71	432
	50m: 31.34 31.34	100m: 1:04.71		33.37		
9.	Vitor Samuel, ROCHA	M	107743 96	Gespacos	1:05.29	421
	50m: 31.38 31.38	100m: 1:05.29		33.91		
10.	Francisco Abrunhosa, RODRIGUES	M	105264 96	FCPorto	1:06.39	400
	50m: 32.24 32.24	100m: 1:06.39				
11.	Fabio Duarte, RODRIGUES	M	105625 96	Escola Desportiva de Viana	1:07.04	389
	50m: 32.72 32.72	100m: 1:07.04		34.32		
12.	Bruno Campos, NETO	M	105773 96	Gespacos	1:07.77	376
	50m: 32.20 32.20	100m: 1:07.77		35.57		
13.	Nuno Filipe, GONÇALVES	M	122530 96	Vit�ria Sport Clube	1:09.04	356
	50m: 34.00 34.00	100m: 1:09.04		35.04		
14.	Miguel Angelo, PASSOS	M	105874 96	Escola Desportiva de Viana	1:09.36	351
	50m: 33.83 33.83	100m: 1:09.36		35.53		
15.	Joao Luis, PEREIRA	M	104234 96	Escola Desportiva Limiana	1:09.61	347
	50m: 33.32 33.32	100m: 1:09.61		36.29		
16.	Bruno Jose, SOUSA	M	105439 96	Escola Desportiva Limiana	1:10.40	335
	50m: 34.12 34.12	100m: 1:10.40		36.28		
17.	Rui Goncalo, PEREIRA	M	109914 96	Desportos Barcelos	1:10.47	334
	50m: 33.90 33.90	100m: 1:10.47		36.57		
18.	Daniel Fernando, MAGALHAES	M	103950 96	Lamas	1:12.26	310
	50m: 34.29 34.29	100m: 1:12.26		37.97		
19.	Diogo Monteiro, SILVA	M	107521 96	Escola Desportiva de Viana	1:12.56	306
	50m: 35.49 35.49	100m: 1:12.56		37.07		
20.	Duarte Magalhaes, PINTO	M	105728 96	Gin�sio Santo Tirso	1:12.67	305
	50m: 35.44 35.44	100m: 1:12.67		37.23		
21.	Paulo Martins, ALMEIDA FTL	M	119164 96	Gin�sio Santo Tirso	1:14.76	280
	50m: 36.82 36.82	100m: 1:14.76		37.94		

Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 3	Femin., 400m Estilos				Juvenis
02-03-2012 - 18:20	COPIDOURO - Centro de Cópias e Impressão Digital				Resultados
Recordes Nacionais 25m Absoluto	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recordes Nacionais 25m Juv	4:57.68	Susana Patricia, MIGUEL	SFUAP	Penafiel	19-03-2004
Juvenis Fem : 5:50.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Graca Maria, ARAUJO	F	104456 98	Famalicao	5:13.56	576	
	50m: 33.63		150m: 1:52.43	40.24	250m: 3:18.32	45.87	35.79
	100m: 1:12.19		200m: 2:32.45	40.02	300m: 4:03.92	45.60	33.85
2.	Maria Carolina, RIBEIRO	F	106805 98	FCPorto	5:20.81	538	
	50m: 32.57		150m: 1:51.80	41.86	250m: 3:19.78	47.36	36.99
	100m: 1:09.94		200m: 2:32.42	40.62	300m: 4:07.83	48.05	35.99
3.	Ana Rita, GRACA	F	111321 98	Vilacondense	5:27.60	505	
	50m: 37.39		150m: 2:00.66	40.67	250m: 3:27.07	46.24	38.76
	100m: 1:19.99		200m: 2:40.83	40.17	300m: 4:12.99	45.92	35.85
4.	Joana Cunha, SOUSA	F	103054 98	Foca	5:31.71	487	
	50m: 36.60		150m: 2:01.31	42.25	250m: 3:29.48	47.43	37.11
	100m: 1:19.06		200m: 2:42.05	40.74	300m: 4:17.62	48.14	36.98
5.	Ana Carolina, MOREIRA	F	111076 98	FCPorto	5:33.14	481	
	50m: 34.56		150m: 1:57.91	42.96	250m: 3:29.33	49.15	37.36
	100m: 1:14.95		200m: 2:40.18	42.27	300m: 4:19.06	49.73	36.72
6.	Diana Filipa, PORTELA	F	105488 98	Vitória Sport Clube	5:34.86	473	
	50m: 36.10		150m: 2:01.61	42.70	250m: 3:30.42	47.31	38.12
	100m: 1:18.91		200m: 2:43.11	41.50	300m: 4:19.72	49.30	37.02
7.	Catarina Sofia, NETO	F	104529 98	Gespacos	5:35.59	470	
	50m: 33.44		150m: 1:55.70	43.02	250m: 3:27.80	48.23	38.66
	100m: 1:12.68		200m: 2:39.57	43.87	300m: 4:18.35	50.55	38.58
8.	Lucilia Ferreira, FREITAS	F	111082 98	FCPorto	5:35.82	469	
	50m: 35.67		150m: 2:01.39	42.11	250m: 3:31.39	47.49	38.49
	100m: 1:19.28		200m: 2:43.90	42.51	300m: 4:19.48	48.09	37.85
9.	Patricia Goncalves, CARDOSO	F	107707 98	FCPorto	5:41.20	447	
	50m: 34.85		150m: 1:59.35	43.69	250m: 3:33.58	50.52	38.72
	100m: 1:15.66		200m: 2:43.06	43.71	300m: 4:25.20	51.62	37.28
DSQ	Ana Silva, COSTA	F	104446 98	Famalicao			
DSQ	Barbara Nogueira, GONCALVES	F	104448 98	Famalicao			
DSQ	Viviana Sofia, PINTO	F	110843 98	Escola Desportiva Limiana			

Prova 4	Masc., 400m Estilos				Juvenis
02-03-2012 - 18:35	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	4:06.83	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Juv B	4:35.02	Diogo Filipe, CARVALHO	CGA	Braga	21-03-2003
Recordes Nacionais 25m Juv A	4:28.27	Diogo Filipe, CARVALHO	CGA	Penafiel	19-03-2004
Juvenis B Masc Juv B: 5:30.00 / Juvenis A Masc Juv A: 5:20.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Alexandre Lages, RIBAS	M	24582 97	Escola Desportiva de Viana	4:43.90	570	
	50m: 28.77		150m: 1:39.69	36.60	250m: 2:56.66	41.13	33.71
	100m: 1:03.09		200m: 2:15.53	35.84	300m: 3:37.94	41.28	32.25
2.	Joao Miguel, FERREIRA	M	103044 97	Foca	4:46.37	556	
	50m: 30.32		150m: 1:42.27	37.63	250m: 3:00.23	40.97	33.16
	100m: 1:04.64		200m: 2:19.26	36.99	300m: 3:41.38	41.15	31.83
3.	Vitor Joao, PEREIRA	M	102545 97	Leixões Sport Clube	4:51.31	528	
	50m: 31.19		150m: 1:45.56	38.70	250m: 3:04.37	41.88	33.62
	100m: 1:06.86		200m: 2:22.49	36.93	300m: 3:46.74	42.37	30.95
4.	Luis Carlos, OLIVEIRA	M	102629 97	CNMaia	4:51.61	526	
	50m: 30.66		150m: 1:44.44	37.68	250m: 3:03.20	41.66	33.72
	100m: 1:06.76		200m: 2:21.54	37.10	300m: 3:45.62	42.42	32.27

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associacao de Natacao do Norte de Portugal

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 4, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
5.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	50m: 30.83 100m: 1:07.18	150m: 1:46.29 200m: 2:24.04	250m: 3:05.48 300m: 3:47.25	350m: 4:22.09 400m: 4:55.99	503	34.84 33.90
6.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	50m: 31.82 100m: 1:09.04	150m: 1:47.73 200m: 2:25.53	250m: 3:08.52 300m: 3:54.16	350m: 4:28.18 400m: 5:00.15	483	34.02 31.97
7.	Diogo Miguel, NELAS	M	105636	97	Braga	50m: 30.88 100m: 1:06.22	150m: 1:46.08 200m: 2:25.54	250m: 3:08.73 300m: 3:52.64	350m: 4:27.49 400m: 5:00.45	481	34.85 32.96
8.	Tomas Machado, VALE	M	102229	97	Viana Natacao	50m: 31.47 100m: 1:08.20	150m: 1:47.43 200m: 2:26.10	250m: 3:10.70 300m: 3:54.51	350m: 4:30.79 400m: 5:05.45	458	36.28 34.66
9.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	50m: 31.35 100m: 1:09.54	150m: 1:49.11 200m: 2:27.72	250m: 3:13.08 300m: 3:57.74	350m: 4:32.15 400m: 5:05.54	457	34.41 33.39
10.	Andre Resende, PINHEIRO	M	109196	97	FCPorto	50m: 32.48 100m: 1:10.13	150m: 1:48.83 200m: 2:26.77	250m: 3:10.90 300m: 3:55.85	350m: 4:31.89 400m: 5:05.74	456	36.04 33.85
11.	Filipe Carmo, RAMOS	M	105197	97	Vilacondense	50m: 32.56 100m: 1:11.02	150m: 1:51.48 200m: 2:30.61	250m: 3:13.82 300m: 3:57.66	350m: 4:33.20 400m: 5:06.83	452	35.54 33.63
12.	David Emanuel, MARTINS	M	105429	97	Braga	50m: 33.59 100m: 1:12.02	150m: 1:50.54 200m: 2:28.52	250m: 3:14.84 300m: 4:01.00	350m: 4:35.17 400m: 5:08.07	446	34.17 32.90
13.	Daniel Francisco, MENDONCA	M	111180	97	Braga	50m: 33.32 100m: 1:12.38	150m: 1:53.43 200m: 2:33.19	250m: 3:15.88 300m: 4:00.12	350m: 4:35.52 400m: 5:09.71	439	35.40 34.19
14.	Ricardo Eduardo, AFONSO	M	105414	97	Braga	50m: 32.58 100m: 1:10.87	150m: 1:53.36 200m: 2:33.57	250m: 3:16.51 300m: 4:02.46	350m: 4:37.61 400m: 5:10.46	436	35.15 32.85
15.	Joao Diogo, POINHO	M	104486	97	FCPorto	50m: 31.74 100m: 1:10.35	150m: 1:52.19 200m: 2:32.19	250m: 3:16.34 300m: 4:02.98	350m: 4:39.09 400m: 5:13.57	423	36.11 34.48
16.	Narciso Daniel, CORREIA	M	111197	97	Braga	50m: 33.39 100m: 1:11.86	150m: 1:51.49 200m: 2:30.88	250m: 3:17.52 300m: 4:05.88	350m: 4:39.34 400m: 5:13.73	422	33.46 34.39
17.	Pedro Manuel, SILVA	M	104505	97	Ginásio Santo Tirso	50m: 32.00 100m: 1:10.50	150m: 1:50.72 200m: 2:30.99	250m: 3:17.82 300m: 4:03.86	350m: 4:39.06 400m: 5:14.14	421	35.20 35.08
18.	David Andre, ALMEIDA	M	20340	97	Ginásio Santo Tirso	50m: 21.26 100m: 1:11.07	150m: 1:51.98 200m: 2:31.75	250m: 3:17.74 300m: 4:03.89	350m: 4:40.36 400m: 5:15.43	416	36.47 35.07
19.	Jose Ricardo, SOUSA	M	105759	97	Lousada	50m: 32.90 100m: 1:13.49	150m: 1:54.71 200m: 2:35.54	250m: 3:21.30 300m: 4:07.87	350m: 4:45.53 400m: 5:21.61	392	37.66 36.08
20.	Ruben Jose, MORIM	M	107935	97	Vilacondense	50m: 33.63 100m: 1:12.93	150m: 1:53.29 200m: 2:33.32	250m: 3:22.40 300m: 4:12.10	350m: 4:49.02 400m: 5:23.42	386	36.92 34.40
21.	Victor Monteiro, CUNHA	M	110625	97	Assoc. Desportiva de Fafe	50m: 33.66 100m: 1:14.32	150m: 1:55.55 200m: 2:36.78	250m: 3:23.78 300m: 4:11.83	350m: 4:49.47 400m: 5:25.99	377	37.64 36.52
22.	Rui Americo, RAMOS FTL	M	104490	97	FCPorto	50m: 35.56 100m: 1:15.67	150m: 2:00.50 200m: 2:43.12	250m: 3:33.36 300m: 4:24.94	350m: 5:03.22 400m: 5:39.73	333	38.28 36.51
DSQ	Andre Manuel, COSTA	M	107731	97	CNMaia						
DSQ	Luis Carlos, MATIAS FTL	M	103046	97	Foca					5:35.68	

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 4, Masc., 400m Estilos

Juvenis A

1.	Paulo Andre, SILVA	M	105198 96	Vilacondense	4:48.21	545
	50m: 29.67 29.67		150m: 1:42.44 38.10	250m: 3:01.76 42.05	350m: 4:16.42 33.29	
	100m: 1:04.34 34.67		200m: 2:19.71 37.27	300m: 3:43.13 41.37	400m: 4:48.21 31.79	
2.	Pedro Veiguiha, MARTINS	M	107233 96	Braga	4:48.71	542
	50m: 31.36 31.36		150m: 1:45.50 38.43	250m: 3:03.74 40.80	350m: 4:17.62 32.63	
	100m: 1:07.07 35.71		200m: 2:22.94 37.44	300m: 3:44.99 41.25	400m: 4:48.71 31.09	
3.	Artur Jose, REIS	M	23369 96	FCPorto	4:52.30	522
	50m: 29.04 29.04		150m: 1:42.08 39.42	250m: 3:01.02 40.53	350m: 4:18.16 35.10	
	100m: 1:02.66 33.62		200m: 2:20.49 38.41	300m: 3:43.06 42.04	400m: 4:52.30 34.14	
4.	Leonardo Cardoso, FIGUEIREDO	M	105612 96	CNMaia	4:56.09	503
	50m: 30.79 30.79		150m: 1:45.93 39.06	250m: 3:04.55 40.73	350m: 4:21.45 35.54	
	100m: 1:06.87 36.08		200m: 2:23.82 37.89	300m: 3:45.91 41.36	400m: 4:56.09 34.64	
5.	Miguel Prata, SANTOS	M	101137 96	Viana Natacao	4:59.38	486
	50m: 31.35 31.35		150m: 1:46.63 39.30	250m: 3:09.59 44.85	350m: 4:26.58 32.78	
	100m: 1:07.33 35.98		200m: 2:24.74 38.11	300m: 3:53.80 44.21	400m: 4:59.38 32.80	
6.	Rui Miguel, CRUZ	M	104516 96	CNMaia	5:10.87	434
	50m: 32.16 32.16		150m: 1:50.30 40.73	250m: 3:13.95 44.14	350m: 4:35.71 36.96	
	100m: 1:09.57 37.41		200m: 2:29.81 39.51	300m: 3:58.75 44.80	400m: 5:10.87 35.16	
7.	Mario Jose, BARROS	M	106913 96	Escola Desportiva de Viana	5:11.15	433
	50m: 31.21 31.21		150m: 1:50.54 42.25	250m: 3:16.08 44.77	350m: 4:36.63 35.86	
	100m: 1:08.29 37.08		200m: 2:31.31 40.77	300m: 4:00.77 44.69	400m: 5:11.15 34.52	
8.	Nuno Filipe, SANTOS	M	20297 96	Vilacondense	5:12.58	427
	50m: 32.28 32.28		150m: 1:49.83 39.61	250m: 3:16.29 47.62	350m: 4:38.86 34.75	
	100m: 1:10.22 37.94		200m: 2:28.67 38.84	300m: 4:04.11 47.82	400m: 5:12.58 33.72	
9.	Carlos Diogo, MORAIS	M	109756 96	Famalicão	5:13.42	424
	50m: 31.79 31.79		150m: 1:50.31 39.43	250m: 3:13.04 43.85	350m: 4:36.81 38.92	
	100m: 1:10.88 39.09		200m: 2:29.19 38.88	300m: 3:57.89 44.85	400m: 5:13.42 36.61	
10.	Joao Pedro, VIANA	M	101159 96	Viana Natacao	5:15.35	416
	50m: 34.14 34.14		150m: 1:54.37 41.37	250m: 3:19.33 45.03	350m: 4:40.59 36.09	
	100m: 1:13.00 38.86		200m: 2:34.30 39.93	300m: 4:04.50 45.17	400m: 5:15.35 34.76	
11.	Guilherme Lemos, LIMA FTL	M	105438 96	Escola Desportiva Limiana	5:29.15	366
	50m: 33.27 33.27		150m: 1:55.88 43.24	250m: 3:24.92 47.13	350m: 4:51.32 39.33	
	100m: 1:12.64 39.37		200m: 2:37.79 41.91	300m: 4:11.99 47.07	400m: 5:29.15 37.83	
12.	Manuel Duarte, FERNANDES FTL	M	119293 96	Ginásio Santo Tirso	5:30.33	362
	50m: 34.88 34.88		150m: 1:59.44 43.82	250m: 3:28.86 46.12	350m: 4:52.74 38.24	
	100m: 1:15.62 40.74		200m: 2:42.74 43.30	300m: 4:14.50 45.64	400m: 5:30.33 37.59	
DSQ	Andre Coelho, OLIVEIRA	M	103443 96	Vitória Sport Clube		

Prova 5

Femin., 100m Livres

Juvenis

02-03-2012 - 19:05

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Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv	59.33	Mariana Cunha, GUERRA	ASSSCC	Cantanhede	11-12-2011

Juvenis Fem : 1:13.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Patricia Goncalves, CARDOSO	F	107707 98	FCPorto	1:03.43	520	
	50m: 30.88 30.88		100m: 1:03.43 32.55				
2.	Francisca Santos, PEREIRA	F	102019 98	FCPorto	1:03.65	514	
	50m: 31.35 31.35		100m: 1:03.65 32.30				
3.	Carla Luisa, ALVES	F	117522 98	Famalicão	1:04.63	491	
	50m: 31.55 31.55		100m: 1:04.63 33.08				
4.	Catarina Maria, FERREIRA	F	106534 98	Arco de Valdevez	1:04.94	484	
	50m: 30.87 30.87		100m: 1:04.94 34.07				
5.	Beatriz Pereira, VASCONCELOS	F	107934 98	Vilacondense	1:05.28	477	
	50m: 31.94 31.94		100m: 1:05.28 33.34				
6.	Beatriz Neves, CARDOSO	F	105741 98	Lamas	1:06.41	453	
	50m: 31.53 31.53		100m: 1:06.41 34.88				
7.	Mafalda Ho, SANTOS	F	104714 98	Leixões Sport Clube	1:06.73	446	
	50m: 32.25 32.25		100m: 1:06.73 34.48				

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 5, Femin., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
8.	Lucilia Ferreira, FREITAS 50m: 32.62 32.62	F	111082	98	FCPorto	1:07.65	428	
9.	Joana Cunha, SOUSA 50m: 32.31 32.31	F	103054	98	Foca	1:07.87	424	
10.	Claudia Sofia, RIBEIRO 50m: 33.24 33.24	F	107742	98	Vilacondense	1:09.11	402	
11.	Rita Maria, CARDOSO 50m: 33.58 33.58	F	105877	98	Leix�es Sport Clube	1:09.41	396	
12.	Antonia Branco, FRANCO 50m: 33.15 33.15	F	107479	98	Viana Natacao	1:10.15	384	
	Joana Baptista, CARVALHO 50m: 34.27 34.27	F	101559	98	Fluvial Portuense	1:10.15	384	
14.	Joana Maria, LOPES 50m: 33.46 33.46	F	125468	98	Vit�ria Sport Clube	1:10.33	381	
15.	Monica Castro, ALVES 50m: 33.74 33.74	F	108429	98	Escola Desportiva de Viana	1:10.41	380	
16.	Mariana Martins, ROCHA 50m: 33.83 33.83	F	111194	98	Viana Natacao	1:10.52	378	
17.	Ines Conceicao, FERRAZ 50m: 33.92 33.92	F	103245	98	Leix�es Sport Clube	1:10.93	371	
18.	Ines Barros, LOPES 50m: 33.76 33.76	F	106868	98	Arco de Valdevez	1:11.05	370	
19.	Cristina Cunha, MENDES 50m: 31.92 31.92	F	106833	98	Vit�ria Sport Clube	1:11.24	367	
20.	Francisca Sousa, MAIA 50m: 34.10 34.10	F	117523	98	Famalic�o	1:11.89	357	
21.	Rita Lima, PEREIRA 50m: 34.71 34.71	F	105777	98	Lamas	1:12.21	352	
22.	Ana Carolina, PEREIRA 50m: 34.65 34.65	F	104475	98	FCPorto	1:12.62	346	
23.	Ana Rita, CORREIA FTL 50m: 35.19 35.19	F	104558	98	Lousada	1:13.47	334	

Prova 6

02-03-2012 - 19:15

Masc., 100m Livres

CMEP - Cl nica M dica do Exerc cio do Porto

Juvenis

Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Juv B	52.59	Diogo Gomes, SOUSA	CNCVG	Ponte de S�r	13-12-2009
Recordes Nacionais 25m Juv A	50.82	Tiago Andre, VENANCIO	CNS	Braga	23-03-2003

Juvenis B Masc Juv B: 1:06.00 / Juvenis A Masc Juv A: 1:04.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	Andre Goncalo, SANTOS 50m: 25.85 25.85	M	104706	97	Leix�es Sport Clube	53.98	577	
2.	Joao Miguel, ASCENSAO 50m: 25.77 25.77	M	107710	97	FCPorto	54.38	564	
3.	Ricardo David, SILVA 50m: 27.23 27.23	M	103049	97	Foca	56.87	493	
4.	Bruno Dias, COUTO 50m: 27.84 27.84	M	100829	97	Escola Desportiva de Viana	57.01	489	
5.	Tiago Martim, ALVES 50m: 27.45 27.45	M	100789	97	Escola Desportiva de Viana	57.07	488	
6.	Ruben Oliveira, LOPES 50m: 28.13 28.13	M	102041	97	FCPorto	57.97	465	
7.	Rodrigo Carlos, ALBUQUERQUE 50m: 27.56 27.56	M	107565	97	Braga	58.08	463	

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Campeonatos Regionais Juvenis

Prova 6, Masc., 100m Livres, Juvenis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
8.	Artur Miguel, MARQUES 50m: 27.80 27.80	M	102930	97	Leix�es Sport Clube	58.13	462	
9.	Tiago Ribeiro, COSTA 50m: 28.60 28.60	M	104534	97	Famalic�o	58.51	453	
10.	Ivo Pinto, RIBEIRO 50m: 28.30 28.30	M	108299	97	Foca	58.71	448	
11.	Flavio Dias, SILVA 50m: 28.44 28.44	M	104455	97	Famalic�o	58.78	446	
12.	Joao Filipe, FERNANDES 50m: 28.34 28.34	M	104718	97	Vilacondense	59.24	436	
13.	Joao Afonso, PICA�O 50m: 29.12 29.12	M	102842	97	Leix�es Sport Clube	59.35	434	
14.	Jorge Miguel, NUNES 50m: 28.46 28.46	M	102008	97	FCPorto	59.95	421	
15.	Bruno Daniel, RODRIGUES 50m: 29.14 29.14	M	103392	97	Braga	1:00.55	408	
16.	Bernardo Francisco, PEDROSO 50m: 28.87 28.87	M	105206	97	Valongo	1:00.84	403	
17.	Joao Paulo, SILVA 50m: 29.20 29.20	M	104712	97	Gespacos	1:00.85	402	
18.	Claudio Filipe, PEREIRA 50m: 29.52 29.52	M	117793	97	Desportos Barcelos	1:01.05	398	
19.	Pedro Ferreira, LOPES 50m: 29.39 29.39	M	107949	97	Gin�sio Santo Tirso	1:01.57	388	
20.	David Andre, ALMEIDA 50m: 29.68 29.68	M	20340	97	Gin�sio Santo Tirso	1:01.63	387	
21.	Victor Monteiro, CUNHA 50m: 29.98 29.98	M	110625	97	Assoc. Desportiva de Fafe	1:02.29	375	
22.	Luis Miguel, CASTRO 50m: 30.48 30.48	M	117342	97	Vit�ria Sport Clube	1:02.46	372	
23.	Daniel Lago, PINTO 50m: 30.26 30.26	M	112636	97	Escola Desportiva Limiana	1:02.64	369	
24.	Miguel Joao, PINTO 50m: 30.31 30.31	M	102481	97	Fluvial Portuense	1:03.09	361	
25.	Rui Eduardo, CABRAL 50m: 30.08 30.08	M	107737	97	Vilacondense	1:03.19	359	
26.	Joao Guilherme, AFONSO 50m: 30.19 30.19	M	112062	97	Desportos Barcelos	1:03.49	354	
27.	Tiago Daniel, FERNANDES 50m: 31.00 31.00	M	104949	97	CNMaia	1:03.61	352	
28.	Filipe Manuel, FERREIRA 50m: 30.34 30.34	M	106797	97	FCPorto	1:03.84	348	
29.	Pedro Afonso, MACHADO 50m: 30.84 30.84	M	117565	97	Viana Natacao	1:04.01	346	
30.	Edgar Rocha, COSTA 50m: 30.44 30.44	M	106381	97	Viana Natacao	1:04.35	340	
31.	Joao Francisco, LEITAO 50m: 31.04 31.04	M	104733	97	Leix�es Sport Clube	1:04.38	340	
32.	Pedro Jose, GONCALVES 50m: 31.30 31.30	M	105416	97	Braga	1:04.98	330	
33.	Joao Miguel, TORRADO 50m: 31.32 31.32	M	104488	97	FCPorto	1:05.28	326	
34.	Carlos Manuel, SILVA FTL 50m: 31.08 31.08	M	104048	97	Penafiel	1:06.17	313	
35.	Manuel Jose, SANTOS FTL 50m: 32.98 32.98	M	117911	97	Escola Desportiva de Viana	1:10.39	260	
36.	Oscar Junio, RIBEIRO FTL 50m: 38.52 38.52	M	123923	97	Gespacos	1:19.74	179	
DNS	Joao Oliveira, SILVA	M	117225	97	Trofa			

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Campeonatos Regionais Juvenis

Prova 6, Masc., 100m Livres

Juvenis A

1.	Tiago Manuel, TEIXEIRA	50m: 26.34	26.34	M	102485 96	Assoc. Desportiva de Fafe	54.73	553
				100m:	54.73	28.39		
2.	Joao Pedro, SANTOS	50m: 26.84	26.84	M	101954 96	Vilacondense	56.21	511
				100m:	56.21	29.37		
3.	Tiago Joao, MEIRA	50m: 26.93	26.93	M	25816 96	Viana Natacao	56.27	509
				100m:	56.27	29.34		
4.	Miguel Filipe, PINTO	50m: 27.40	27.40	M	105729 96	Gin�sio Santo Tirso	56.43	505
				100m:	56.43	29.03		
5.	Bruno Miguel, SILVA	50m: 27.37	27.37	M	103826 96	FCPorto	56.48	503
				100m:	56.48	29.11		
6.	David Nunes, SOUSA	50m: 27.86	27.86	M	112204 96	Famali��o	56.81	495
				100m:	56.81	28.95		
7.	Antonio Miguel, VITORINO	50m: 27.43	27.43	M	25815 96	Viana Natacao	57.38	480
				100m:	57.38	29.95		
8.	Julio Dinis, GONCALVES	50m: 27.76	27.76	M	103624 96	Fluvial Portuense	57.65	473
				100m:	57.65	29.89		
9.	Joao Paulo, CAPITAO	50m: 27.62	27.62	M	109592 96	Lamas	57.77	470
				100m:	57.77	30.15		
10.	Carlos Figueiredo, PAIS	50m: 27.94	27.94	M	104581 96	Vilacondense	58.11	462
				100m:	58.11	30.17		
11.	Joao Jose, VILELA	50m: 27.21	27.21	M	104583 96	Vilacondense	58.15	461
				100m:	58.15	30.94		
12.	Gil Silva, SANTOS	50m: 28.13	28.13	M	101950 96	Gespacos	58.16	461
				100m:	58.16	30.03		
13.	Ricardo Miguel, ALVES	50m: 28.21	28.21	M	101139 96	Viana Natacao	58.39	455
				100m:	58.39	30.18		
14.	Antonio Pedro, SILVA	50m: 27.75	27.75	M	107227 96	Braga	58.58	451
				100m:	58.58	30.83		
	Paulo Gabriel, MAGALHAES	50m: 28.36	28.36	M	102527 96	Assoc. Desportiva de Fafe	58.58	451
				100m:	58.58	30.22		
16.	Matheus Pereira, GONCALVES	50m: 28.13	28.13	M	107161 96	Escola Desportiva Limiana	59.33	434
				100m:	59.33	31.20		
17.	Jose Carlos, TEIXEIRA	50m: 28.35	28.35	M	102982 96	Foca	59.63	428
				100m:	59.63	31.28		
18.	Rui Miguel, SAMPAIO	50m: 28.71	28.71	M	100845 96	Escola Desportiva de Viana	59.92	421
				100m:	59.92	31.21		
19.	Miguel Angelo, PASSOS	50m: 29.09	29.09	M	105874 96	Escola Desportiva de Viana	1:00.35	412
				100m:	1:00.35	31.26		
20.	Daniel Fernando, MAGALHAES	50m: 29.71	29.71	M	103950 96	Lamas	1:00.80	403
				100m:	1:00.80	31.09		
21.	Jose Pedro, BAPTISTA	50m: 29.42	29.42	M	102083 96	Vilacondense	1:00.92	401
				100m:	1:00.92	31.50		
22.	Francisco Abrunhosa, RODRIGUES	50m: 29.27	29.27	M	105264 96	FCPorto	1:00.98	400
				100m:	1:00.98	31.71		
23.	Joao Luis, PEREIRA	50m: 29.27	29.27	M	104234 96	Escola Desportiva Limiana	1:01.09	398
				100m:	1:01.09	31.82		
24.	Paulo Martins, ALMEIDA	50m: 29.56	29.56	M	119164 96	Gin�sio Santo Tirso	1:01.33	393
				100m:	1:01.33	31.77		
25.	Rui Goncalo, PEREIRA	50m: 29.37	29.37	M	109914 96	Desportos Barcelos	1:01.51	389
				100m:	1:01.51	32.14		
26.	Andre Filipe, VALE	50m: 30.01	30.01	M	107559 96	Braga	1:01.75	385
				100m:	1:01.75	31.74		
27.	Joao Pedro, MACHADO	50m: 28.73	28.73	M	103444 96	Vit�ria Sport Clube	1:02.07	379
				100m:	1:02.07	33.34		
28.	Fabio Duarte, RODRIGUES	50m: 29.84	29.84	M	105625 96	Escola Desportiva de Viana	1:02.31	375
				100m:	1:02.31	32.47		
29.	Diogo Monteiro, SILVA	50m: 30.00	30.00	M	107521 96	Escola Desportiva de Viana	1:02.70	368
				100m:	1:02.70	32.70		
30.	Manuel Duarte, FERNANDES	50m: 30.27	30.27	M	119293 96	Gin�sio Santo Tirso	1:03.27	358
				100m:	1:03.27	33.00		
31.	Ricardo Jorge, MESQUITA	50m: 30.37	30.37	M	102079 96	Fluvial Portuense	1:03.37	356
				100m:	1:03.37	33.00		

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 6, Masc., 100m Livres, Juvenis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
32.	Carlos Alberto, RAMOS 50m: 30.38 30.38	M	111114	96	CNMaia 100m: 1:03.42 33.04	1:03.42	355	
33.	Nuno Miguel, BASTOS FTL 50m: 30.83 30.83	M	107937	96	Fluvial Portuense 100m: 1:04.02 33.19	1:04.02	345	
34.	Miguel Joao, CAETANO FTL 50m: 31.22 31.22	M	123861	96	Fluvial Portuense 100m: 1:04.63 33.41	1:04.63	336	
35.	Duarte Magalhaes, PINTO FTL 50m: 31.69 31.69	M	105728	96	Gin�sio Santo Tirso 100m: 1:06.46 34.77	1:06.46	309	
36.	Francisco Novais, FERNANDES FTL 50m: 30.18 30.18	M	107823	96	Vit�ria Sport Clube 100m: 1:06.59 36.41	1:06.59	307	
37.	Ruben Diogo, OLIVEIRA FTL 50m: 31.83 31.83	M	117207	96	Valongo 100m: 1:08.28 36.45	1:08.28	285	

Prova 7	Femin., 4 x 200m Livres	Juvenis
02-03-2012 - 19:45	COPIDOURO - Centro de C�pias e Impress�o Digital	Resultados
Recordes Nacionais 25m Absoluto	8:14.13 Futebol Clube do Porto/Dolce Vita FCP Porto	05-12-2010
Recordes Nacionais 25m Juv	8:52.76 Sport Alges e Dafundo SAD Alg�s	04-06-2011
Pontos: FINA 2011		

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1. Famali��o 1	F			Famali��o	9:00.66	599	
Ana Silva, COSTA		98		30.79 1:04.07 1:38.45 2:12.24		2:12.24	
Graca Maria, ARAUJO		98		30.97 1:05.99 1:41.65 2:16.88		2:16.88	
Barbara Nogueira, GONCALVES		98		31.59 1:06.51 1:41.73 2:16.55		2:16.55	
Catarina Alexandra, JARDIM		98		30.58 1:04.54 1:39.86 2:14.99		2:14.99	
2. FCPorto 1	F			FCPorto	9:05.03	585	
Maria Carolina, RIBEIRO		98		30.08 1:03.44 1:37.74 2:11.35		2:11.35	
Patricia Goncalves, CARDOSO		98		31.34 1:06.09 1:42.84 2:17.76		2:17.76	
Ana Carolina, MOREIRA		98		31.83 1:06.00 1:41.78 2:17.09		2:17.09	
Ana Margarida, SANTOS		98		30.30 1:04.27 1:40.71 2:18.83		2:18.83	
3. Leix��es Sport Clube 1	F			Leix��es Sport Clube	9:38.47	489	
Ines Lucas, ALVES		98		31.33 1:04.24 1:38.45 2:19.81		2:19.81	
Mafalda Ho, SANTOS		98		26.52 1:03.64 1:41.57 2:20.06		2:20.06	
Filipa Flambo, SOUSA		98		33.24 1:11.18 1:50.39 2:30.38		2:30.38	
Rita Maria, CARDOSO		98		33.75 1:11.39 1:50.35 2:28.22		2:28.22	
4. Vit�ria Sport Clube 1	F			Vit�ria Sport Clube	10:09.08	419	
Diana Filipa, PORTELA		98		32.84 1:09.00 1:46.54 2:23.25		2:23.25	
Joana Maria, LOPES		98		34.09 1:12.99 1:52.39 2:30.51		2:30.51	
Cristina Cunha, MENDES		98		33.94 1:13.72 1:54.92 2:34.59		2:34.59	
Marcela Maria, MACHADO		98		34.23 1:14.86 1:58.20 2:40.73		2:40.73	

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 8	Masc., 4 x 200m Livres				Juvenis
02-03-2012 - 19:55	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv B	8:14.20	Soc. Filarm. Uniao Artistica Piedense	SFUAP	S. António Cavaleiros	22-06-2008
Recordes Nacionais 25m Juv A	7:57.31	Sporting Clube de Braga	SCB	Arcos de Valdevez	25-06-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1. Leixões Sport Clube 1	M			Leixões Sport Clube	8:17.81	554	
Vitor Joao, PEREIRA		97		28.38	59.68	1:32.53	2:04.66
Joao Afonso, PICAIO		97		29.44	1:01.68	1:34.00	2:06.56
Andre Goncalo, SANTOS		97		26.94	57.39	1:28.80	2:00.01
Artur Miguel, MARQUES		97		28.42	1:00.89	1:34.82	2:06.58
2. FCPorto 1	M			FCPorto	8:20.17	546	
Joao Miguel, ASCENSAO		97		27.67	59.09	1:31.87	2:02.99
Eduardo Salgado, RAMOS		97		28.16	1:00.10	1:32.93	2:05.14
Ruben Oliveira, LOPES		97		27.66	59.26	1:32.50	2:05.93
Jorge Miguel, NUNES		97		28.72	1:00.54	1:33.25	2:06.11
3. Braga 1	M			Braga	8:32.44	508	
Rodrigo Carlos, ALBUQUERQUE		97		29.27	1:01.46	1:34.12	2:06.10
Diogo Miguel, NELAS		97		29.16	1:02.20	1:35.86	2:08.84
Bruno Daniel, RODRIGUES		97		28.81	1:01.49	1:36.03	2:10.27
Ricardo Eduardo, AFONSO		97		28.83	1:01.20	1:34.74	2:07.23
4. Foca 1	M			Foca	8:44.82	473	
Joao Miguel, FERREIRA		97		28.57	1:00.25	1:32.87	2:05.07
Ivo Pinto, RIBEIRO		97		28.53	59.69	1:32.01	2:05.07
Ricardo David, SILVA		97		29.41	1:02.65	1:36.26	2:09.48
Luis Carlos, MATIAS		97		32.37	1:09.55	1:47.87	2:25.20
5. Ginásio Santo Tirso 2	M			Ginásio Santo Tirso	8:54.69	447	
David Andre, ALMEIDA		97		30.95	1:05.65	1:40.49	2:14.44
Pedro Manuel, SILVA		97		29.16	1:03.29	1:38.08	2:10.38
Pedro Ferreira, LOPES		97		29.91	1:03.99	1:40.20	2:16.39
Jose Pedro, BARBOSA		97		30.17	1:04.37	1:39.31	2:13.48
6. Escola Desportiva de Viana 2	M			Escola Desportiva de Viana	8:54.79	447	
Tiago Martin, ALVES		97		29.58	1:01.52	1:34.24	2:05.89
Bruno Dias, COUTO		97		29.75	1:03.10	1:36.97	2:08.91
Manuel Jose, SANTOS		97		33.30	1:13.54	1:55.78	2:37.05
Alexandre Lages, RIBAS		97		27.68	59.05	1:31.69	2:02.94
7. Vilacondense 2	M			Vilacondense	8:55.85	444	
Filipe Carmo, RAMOS		97		30.73	1:05.20	1:39.73	2:13.45
Joao Filipe, FERNANDES		97		28.91	1:01.87	1:36.20	2:10.02
Ruben Jose, MORIM		97		29.28	1:01.90	1:36.33	2:08.84
Rui Eduardo, CABRAL		97		30.67	1:07.49	1:46.43	2:23.54
8. CNMaia 1	M			CNMaia	9:05.85	420	
Luis Carlos, OLIVEIRA		97		28.85	1:01.07	1:34.48	2:07.10
Andre Manuel, COSTA		97		30.29	1:05.13	1:40.78	2:15.45
Pedro Jose, COSTA		97		31.59	1:08.99	1:46.96	2:23.42
Tiago Daniel, FERNANDES		97		31.54	1:07.43	1:44.58	2:19.88
9. Lamas 1	M			Lamas	9:29.43	370	
Simao Miguel, CAPITAO		97		29.04	1:01.41	1:34.62	2:07.42
Joel Baptista, PEIXOTO		97		33.98	1:12.50	1:50.07	2:27.41
Tiago Francisco, SILVA		97		32.12	1:10.16	1:48.81	2:26.29
Andre Oliveira, COUTO		97		33.52	1:11.83	1:50.85	2:28.31

Juvenis A

1. Viana Natacao 1	M			Viana Natacao	8:14.04	567	
Miguel Prata, SANTOS		96		28.23	59.10	1:30.73	2:02.20
Ricardo Miguel, ALVES		96		28.02	59.27	1:32.38	2:05.77
Tiago Joao, MEIRA		96		27.39	58.79	1:31.54	2:03.82
Antonio Miguel, VITORINO		96		27.52	58.33	1:30.26	2:02.25
2. FCPorto 2	M			FCPorto	8:15.57	562	
Artur Jose, REIS		96		28.93	1:00.77	1:32.95	2:05.03
Diogo Henrique, GOMES		96		28.53	59.98	1:30.04	1:59.32
Bruno Miguel, SILVA		96		27.21	57.39	1:28.96	2:00.52
Francisco Abrunhosa, RODRIGUES		96		29.40	1:02.30	1:36.75	2:10.70
3. Vilacondense 1	M			Vilacondense	8:31.86	510	
Paulo Andre, SILVA		96		27.58	58.90	1:30.96	2:02.37
Nuno Filipe, SANTOS		96		29.84	1:03.93	1:39.14	2:13.37
Joao Jose, VILELA		96		29.04	1:02.29	1:37.55	2:13.45
Joao Pedro, SANTOS		96		27.46	58.49	1:30.80	2:02.67

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Associação de Nataç o do Norte de Portugal
Associação de Nataç o do Minho
Campeonatos Regionais Juvenis

Prova 8, Masc., 4 x 200m Livres, Juvenis A

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4. Escola Desportiva de Viana 1	M			Escola Desportiva de Viana	8:59.66	435	
Mario Jose, BARROS		96		29.75	1:02.77	1:37.51	2:11.74
Rui Miguel, SAMPAIO		96		29.62	1:04.15	1:40.15	2:15.05
Fabio Duarte, RODRIGUES		96		30.21	1:04.95	1:42.21	2:21.27
Miguel Angelo, PASSOS		96		29.78	1:03.91	1:38.27	2:11.60
5. Gin�sio Santo Tirso 1	M			Gin�sio Santo Tirso	9:03.06	427	
Miguel Filipe, PINTO		96		28.49	1:01.19	1:35.06	2:07.01
Manuel Duarte, FERNANDES		96		32.30	1:07.71	1:43.03	2:19.24
Paulo Martins, ALMEIDA		96		31.13	1:05.91	1:41.43	2:16.76
Duarte Magalhaes, PINTO		96		21.60	1:07.08	1:44.15	2:20.05
6. Vit�ria Sport Clube 1	M			Vit�ria Sport Clube	9:03.39	426	
Andre Coelho, OLIVEIRA		96		28.91	1:01.23	1:34.23	2:05.89
Nuno Filipe, GONCALVES		96		30.22	1:04.24	1:38.38	2:12.28
Joao Pedro, MACHADO		96		29.19	1:02.72	1:39.74	2:16.29
Francisco Novais, FERNANDES		96		32.28	1:10.81	1:50.81	2:28.93
7. Escola Desportiva Limiana 1	M			Escola Desportiva Limiana	9:04.62	423	
Joao Luis, PEREIRA		96		30.73	1:05.10	1:40.68	2:15.36
Guilherme Lemos, LIMA		96		30.30	1:04.50	1:40.33	2:15.31
Matheus Pereira, GONCALVES		96		28.63	1:01.76	1:36.60	2:11.96
Bruno Jose, SOUSA		96		31.38	1:07.38	1:44.73	2:21.99
8. Lamas 2	M			Lamas	9:25.21	379	
Joao Paulo, CAPITAO		96		29.10	1:01.24	1:34.42	2:07.52
Nuno Baptista, PINTO		96		35.05	1:14.40	1:54.37	2:31.62
Joao Pedro, LOPES		96		31.55	1:08.77	1:49.99	2:29.08
Daniel Fernando, MAGALHAES		96		30.82	1:05.42	1:41.61	2:16.99

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

03-03-2012 - 9:30

Prova 9	Femin., 200m Costas				Juvenis
03-03-2012 - 9:30	COPIDOURO - Centro de C��pias e Impress��o Digital				Resultados
Recordes Nacionais 25m Absoluto	2:12.00	Ana Antas, BARROS	SAD	Alg��s	14-05-1993
Recordes Nacionais 25m Juv	2:17.86	Cat��a Raquel, MARTINHEIRA	LDC	Sines	21-12-2008
Juvenis Fem : 2:57.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen��a	Ano	Clube	Tempo Final			Pts	Obs
1.	Catarina Alexandra, JARDIM	F	104449	98	Famalic��o	2:31.40	500			
	50m: 34.49 34.49	100m: 1:12.01	37.52	150m: 1:51.93	39.92	200m: 2:31.40		39.47		
2.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	2:34.15	473			
	50m: 35.48 35.48	100m: 1:13.72	38.24	150m: 1:54.00	40.28	200m: 2:34.15		40.15		
3.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	2:36.93	449			
	50m: 36.29 36.29	100m: 1:16.28	39.99	150m: 1:57.34	41.06	200m: 2:36.93		39.59		
4.	Francisca Sousa, MAIA	F	117523	98	Famalic��o	2:40.05	423			
	50m: 36.76 36.76	100m: 1:16.95	40.19	150m: 1:58.88	41.93	200m: 2:40.05		41.17		
5.	Filipa Flambo, SOUSA	F	117827	98	Leix��es Sport Clube	2:40.13	422			
	50m: 37.10 37.10	100m: 1:17.77	40.67	150m: 1:59.25	41.48	200m: 2:40.13		40.88		
6.	Monica Castro, ALVES	F	108429	98	Escola Desportiva de Viana	2:42.20	406			
	50m: 36.56 36.56	100m: 1:17.23	40.67	150m: 2:00.20	42.97	200m: 2:42.20		42.00		
7.	Catarina Sofia, NETO	F	104529	98	Gespacos	2:42.48	404			
	50m: 37.23 37.23	100m: 1:18.15	40.92	150m: 2:00.33	42.18	200m: 2:42.48		42.15		
8.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Leix��es Sport Clube	2:43.43	397			
	50m: 37.94 37.94	100m: 1:19.10	41.16	150m: 2:00.99	41.89	200m: 2:43.43		42.44		
9.	Luana Moraes, MONTEIRO	F	105898	98	CNMaia	2:44.57	389			
	50m: 40.36 40.36	100m: 1:21.29	40.93	200m: 2:44.57	1:23.28					
10.	Ana Filipa, FOLHA	F	106669	98	Leix��es Sport Clube	2:47.15	371			
	50m: 38.69 38.69	100m: 1:20.69	42.00	150m: 2:04.63	43.94	200m: 2:47.15		42.52		
11.	Ant��nia Branco, FRANCO	F	107479	98	Viana Natacao	2:47.85	367			
	50m: 38.20 38.20	100m: 1:20.28	42.08	150m: 2:04.61	44.33	200m: 2:47.85		43.24		
12.	Ana Carolina, PEREIRA	F	104475	98	FCPorto	2:47.92	366			
	50m: 39.07 39.07	100m: 1:21.37	42.30	150m: 2:05.08	43.71	200m: 2:47.92		42.84		
13.	Sara Martins, CAPELO	F	102562	98	Propaganda da Natacao	2:48.57	362			
	50m: 39.42 39.42	100m: 1:22.68	43.26	150m: 2:05.93	43.25	200m: 2:48.57		42.64		
14.	Mafalda Ho, SANTOS	F	104714	98	Leix��es Sport Clube	2:50.67	349			
	50m: 39.85 39.85	100m: 1:23.00	43.15	150m: 2:06.60	43.60	200m: 2:50.67		44.07		
15.	Joana Baptista, CARVALHO	F	101559	98	Fluvial Portuense	2:52.26	339			
	50m: 39.66 39.66	100m: 1:23.23	43.57	150m: 2:08.22	44.99	200m: 2:52.26		44.04		
16.	Rita Lima, PEREIRA	F	105777	98	Lamas	2:52.55	337			
	50m: 39.89 39.89	100m: 1:23.56	43.67	150m: 2:08.62	45.06	200m: 2:52.55		43.93		
17.	Sofia Isabel, CORREIA FTL	F	104560	98	Lousada	3:06.33	268			
	50m: 42.75 42.75	100m: 1:29.16	46.41	200m: 3:06.33	1:37.17					
18.	Marcela Maria, MACHADO FTL	F	117326	98	Vit��ria Sport Clube	3:14.69	235			
	50m: 43.81 43.81	100m: 1:33.60	49.79	200m: 3:14.69	1:41.09					
DSQ	Beatriz Neves, CARDOSO	F	105741	98	Lamas					

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 10	Masc., 200m Costas				Juvenis
03-03-2012 - 9:40	CMEP - Cl�nica M�dica do Exerc�cio do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:55.92	Adriano Miguel, NIZ	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Juv B	2:07.15	Pedro Diogo, OLIVEIRA	CNRM	Tomar	11-05-2003
Recordes Nacionais 25m Juv A	2:01.43	Diogo Gomes, SOUSA	CNCVG	Alg�s	04-06-2011
Juvenis B Masc Juv B: 2:42.00 / Juvenis A Masc Juv A: 2:38.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube					Tempo Final	Pts	Obs
Juvenis B												
1.	Ruben Oliveira, LOPES	M	102041	97	FCPorto	50m: 30.94	100m: 1:05.30	150m: 1:40.49	35.19	200m: 2:16.22	472	35.73
2.	Tomas Machado, VALE	M	102229	97	Viana Natacao	50m: 31.82	100m: 1:07.32	150m: 1:43.44	36.12	200m: 2:17.03	464	33.59
3.	Luis Carlos, OLIVEIRA	M	102629	97	CNMaia	50m: 31.57	100m: 1:05.94	150m: 1:42.04	36.10	200m: 2:17.55	459	35.51
4.	Bruno Dias, COUTO	M	100829	97	Escola Desportiva de Viana	50m: 31.65	100m: 1:06.28	150m: 1:42.99	36.71	200m: 2:17.82	456	34.83
5.	Bruno Daniel, RODRIGUES	M	103392	97	Braga	50m: 32.71	100m: 1:07.19	150m: 1:42.81	35.62	200m: 2:18.21	452	35.40
6.	Ricardo David, SILVA	M	103049	97	Foca	50m: 32.19	100m: 1:06.63	150m: 1:42.57	35.94	200m: 2:19.05	444	36.48
7.	Filipe Carmo, RAMOS	M	105197	97	Vilacondense	50m: 32.05	100m: 1:07.52	150m: 1:44.83	37.31	200m: 2:21.28	423	36.45
8.	Andre Resende, PINHEIRO	M	109196	97	FCPorto	50m: 33.79	100m: 1:09.36	150m: 1:46.56	37.20	200m: 2:22.16	415	35.60
9.	Pedro Jose, GONCALVES	M	105416	97	Braga	50m: 33.95	100m: 1:09.75	150m: 1:46.38	36.63	200m: 2:22.99	408	36.61
10.	Andre Manuel, COSTA	M	107731	97	CNMaia	50m: 33.73	100m: 1:10.12	150m: 1:47.27	37.15	200m: 2:23.73	402	36.46
11.	Simao Miguel, CAPITAO	M	109596	97	Lamas	50m: 34.89	100m: 1:12.03	150m: 1:50.67	38.64	200m: 2:27.93	369	37.26
12.	Joao Paulo, SILVA	M	104712	97	Gespacos	50m: 35.05	100m: 1:12.02	150m: 1:50.84	38.82	200m: 2:29.76	355	38.92
13.	Miguel Joao, PINTO	M	102481	97	Fluvial Portuense	50m: 35.86	100m: 1:14.63	150m: 1:53.76	39.13	200m: 2:32.49	336	38.73
14.	Rui Eduardo, CABRAL	M	107737	97	Vilacondense	50m: 36.08	100m: 1:15.71	150m: 1:55.71	40.00	200m: 2:32.85	334	37.14
15.	Tiago Francisco, SILVA	M	103955	97	Lamas	50m: 35.01	100m: 1:14.38	150m: 1:55.38	41.00	200m: 2:34.11	326	38.73
16.	Pedro Afonso, MACHADO	M	117565	97	Viana Natacao	50m: 36.43	100m: 1:14.51	150m: 1:55.00	40.49	200m: 2:35.05	320	40.05
17.	Jorge Filipe, MATOS	M	104725	97	Gespacos	50m: 37.21	100m: 1:16.89	150m: 1:56.45	39.56	200m: 2:35.22	319	38.77
18.	Claudio Filipe, PEREIRA	M	117793	97	Desportos Barcelos	50m: 36.38	100m: 1:16.01	150m: 1:56.71	40.70	200m: 2:35.85	315	39.14
19.	Tiago Soares, SILVA	M	105608	97	Propaganda da Natacao	50m: 35.45	100m: 1:15.48	150m: 1:55.99	40.51	200m: 2:36.85	309	40.86
20.	Jose Miguel, RODRIGUES	M	106741	97	Valongo	50m: 37.54	100m: 1:18.39	150m: 1:58.22	39.83	200m: 2:37.19	307	38.97
21.	Pedro Jose, COSTA	M	107733	97	CNMaia	50m: 37.37	100m: 1:18.04	150m: 1:59.25	41.21	200m: 2:38.22	301	38.97
22.	Francisco Miguel, TEIXEIRA	M	104485	97	FCPorto	50m: 37.37	100m: 1:17.39	150m: 1:58.49	41.10	200m: 2:39.13	296	40.64
23.	Joao Guilherme, AFONSO	M	112062	97	Desportos Barcelos	50m: 36.76	100m: 1:16.85	150m: 1:58.97	42.12	200m: 2:40.96	286	41.99
24.	Eugenio Alexandre, DURAES	M	120904	97	Vitória Sport Clube	50m: 38.31	100m: 1:20.81	150m: 2:04.00	43.19	200m: 2:46.76	257	42.76

O Secret rio do Juri

O Juiz  rbitro

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 10, Masc., 200m Costas

Juvenis A

1.	Tiago Manuel, TEIXEIRA	M	102485	96	Assoc. Desportiva de Fafe	33.57	200m:	2:09.28	552
	50m: 30.16 30.16	100m:	1:02.48		32.32 150m: 1:36.05			2:09.28	33.23
2.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	35.74	200m:	2:16.42	470
	50m: 31.75 31.75	100m:	1:06.54		34.79 150m: 1:42.28			2:16.42	34.14
3.	Julio Dinis, GONCALVES	M	103624	96	Fluvial Portuense	36.15	200m:	2:17.60	458
	50m: 32.36 32.36	100m:	1:06.73		34.37 150m: 1:42.88			2:17.60	34.72
4.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	37.17	200m:	2:17.62	458
	50m: 32.15 32.15	100m:	1:08.01		35.86 150m: 1:45.18			2:17.62	32.44
5.	Andre Coelho, OLIVEIRA	M	103443	96	Vit�ria Sport Clube	35.52	200m:	2:19.33	441
	50m: 33.43 33.43	100m:	1:08.51		35.08 150m: 1:44.03			2:19.33	35.30
6.	Francisco Abrunhosa, RODRIGUES	M	105264	96	FCPorto	36.22	200m:	2:19.37	441
	50m: 32.49 32.49	100m:	1:07.61		35.12 150m: 1:43.83			2:19.37	35.54
7.	Antonio Pedro, SILVA	M	107227	96	Braga	36.44	200m:	2:20.24	433
	50m: 32.13 32.13	100m:	1:07.14		35.01 150m: 1:43.58			2:20.24	36.66
8.	Vitor Samuel, ROCHA	M	107743	96	Gespacos	36.63	200m:	2:21.60	420
	50m: 32.88 32.88	100m:	1:08.40		35.52 150m: 1:45.03			2:21.60	36.57
9.	Antonio Miguel, VITORINO	M	25815	96	Viana Natacao	36.49	200m:	2:21.72	419
	50m: 33.16 33.16	100m:	1:08.45		35.29 150m: 1:44.94			2:21.72	36.78
10.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	36.79	200m:	2:21.80	419
	50m: 33.49 33.49	100m:	1:09.34		35.85 150m: 1:46.13			2:21.80	35.67
11.	Joao Pedro, SANTOS	M	101954	96	Vilacondense	37.80	200m:	2:23.00	408
	50m: 32.50 32.50	100m:	1:08.52		36.02 150m: 1:46.32			2:23.00	36.68
12.	Fabio Duarte, RODRIGUES	M	105625	96	Escola Desportiva de Viana	38.15	200m:	2:25.63	386
	50m: 33.49 33.49	100m:	1:11.62		38.13 150m: 1:49.77			2:25.63	35.86
13.	Joao Luis, PEREIRA	M	104234	96	Escola Desportiva Limiana	37.31	200m:	2:25.66	386
	50m: 34.54 34.54	100m:	1:11.81		37.27 150m: 1:49.12			2:25.66	36.54
14.	Bruno Campos, NETO	M	105773	96	Gespacos	38.11	200m:	2:25.92	384
	50m: 33.10 33.10	100m:	1:09.47		36.37 150m: 1:47.58			2:25.92	38.34
15.	Carlos Figueiredo, PAIS	M	104581	96	Vilacondense	38.85	200m:	2:30.20	352
	50m: 35.03 35.03	100m:	1:12.60		37.57 150m: 1:51.45			2:30.20	38.75
16.	Rui Miguel, CRUZ	M	104516	96	CNMaia	38.89	200m:	2:30.29	351
	50m: 35.89 35.89	100m:	1:13.94		38.05 150m: 1:52.83			2:30.29	37.46
17.	Bruno Jose, SOUSA	M	105439	96	Escola Desportiva Limiana	39.49	200m:	2:31.34	344
	50m: 34.41 34.41	100m:	1:12.80		38.39 150m: 1:52.29			2:31.34	39.05
18.	Carlos Alberto, RAMOS	M	111114	96	CNMaia	39.31	200m:	2:31.92	340
	50m: 35.53 35.53	100m:	1:13.72		38.19 150m: 1:53.03			2:31.92	38.89
19.	Miguel Angelo, PASSOS	M	105874	96	Escola Desportiva de Viana	39.94	200m:	2:33.25	331
	50m: 35.58 35.58	100m:	1:14.21		38.63 150m: 1:54.15			2:33.25	39.10
20.	Joao Jose, VILELA	M	104583	96	Vilacondense	40.01	200m:	2:33.67	329
	50m: 35.16 35.16	100m:	1:14.00		38.84 150m: 1:54.01			2:33.67	39.66
21.	Rui Goncalo, PEREIRA	M	109914	96	Desportos Barcelos	40.47	200m:	2:34.28	325
	50m: 36.43 36.43	100m:	1:15.33		38.90 150m: 1:55.80			2:34.28	38.48
22.	Alexandre Jose, BOLAND	M	101156	96	Escola Desportiva de Viana	41.05	200m:	2:34.76	322
	50m: 35.35 35.35	100m:	1:14.15		38.80 150m: 1:55.20			2:34.76	39.56
23.	Duarte Magalhaes, PINTO	M	105728	96	Gin�sio Santo Tirso	40.04	200m:	2:34.78	322
	50m: 35.67 35.67	100m:	1:14.65		38.98 150m: 1:54.69			2:34.78	40.09
24.	Manuel Duarte, FERNANDES	M	119293	96	Gin�sio Santo Tirso	40.66	200m:	2:37.02	308
	50m: 36.60 36.60	100m:	1:15.83		39.23 150m: 1:56.49			2:37.02	40.53
25.	Paulo Martins, ALMEIDA	M	119164	96	Gin�sio Santo Tirso			2:40.88	286
	FTL								
	50m: 39.11 39.11	100m:	1:20.60		41.49 150m: 2:01.07	40.47	200m:	2:40.88	39.81
26.	Joao Pedro, LOPES	M	104035	96	Lamas			2:43.86	271
	FTL								
	50m: 38.35 38.35	100m:	1:19.77		41.42 150m: 2:02.47	42.70	200m:	2:43.86	41.39

O Secret rio do Juri

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Associação de Natacao do Norte de Portugal
Associação de Natacao do Minho
Campeonatos Regionais Juvenis

Prova 11	Femin., 800m Livres				Juvenis
03-03-2012 - 10:05	COPIDOURO - Centro de Cópias e Impressão Digital				Resultados
Recordes Nacionais 25m Absoluto	8:45.91	Marta Andreia, FERREIRA	FPN	Riesa (GER)	13-12-2002
Recordes Nacionais 25m Juv	9:00.27	tempo limite,			
Juvenis Fem : 10:35.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Silva, COSTA	F	104446 98	Famalicao	9:29.18	616	
	50m: 32.55		250m: 2:54.10	35.67	450m: 5:17.10	35.62	650m: 7:42.51
	100m: 1:07.51		300m: 3:29.78	35.68	500m: 5:53.34	36.24	700m: 8:18.87
	150m: 1:43.01		350m: 4:05.72	35.94	550m: 6:29.52	36.18	750m: 8:55.09
	200m: 2:18.43		400m: 4:41.48	35.76	600m: 7:06.05	36.53	800m: 9:29.18
2.	Maria Carolina, RIBEIRO	F	106805 98	FCPorto	9:44.86	568	
	50m: 32.63		250m: 2:56.42	36.80	450m: 5:25.49	36.95	650m: 7:54.91
	100m: 1:07.79		300m: 3:33.81	37.39	500m: 6:02.97	37.48	700m: 8:32.33
	150m: 1:43.66		350m: 4:10.95	37.14	550m: 6:39.93	36.96	750m: 9:09.26
	200m: 2:19.62		400m: 4:48.54	37.59	600m: 7:17.79	37.86	800m: 9:44.86
3.	Graca Maria, ARAUJO	F	104456 98	Famalicao	9:53.02	545	
	50m: 34.01		250m: 3:03.87	37.75	450m: 5:34.30	38.04	650m: 8:04.02
	100m: 1:10.61		300m: 3:41.13	37.26	500m: 6:11.62	37.32	700m: 8:41.06
	150m: 1:48.13		350m: 4:18.53	37.40	550m: 6:49.13	37.51	750m: 9:17.55
	200m: 2:26.12		400m: 4:56.26	37.73	600m: 7:26.63	37.50	800m: 9:53.02
4.	Ana Rita, GRACA	F	111321 98	Vilacondense	9:56.08	537	
	50m: 34.04		250m: 3:03.00	37.64	450m: 5:34.08	37.79	650m: 8:05.93
	100m: 1:10.82		300m: 3:40.65	37.65	500m: 6:12.34	38.26	700m: 8:43.47
	150m: 1:47.99		350m: 4:18.68	38.03	550m: 6:49.99	37.65	750m: 9:20.98
	200m: 2:25.36		400m: 4:56.29	37.61	600m: 7:27.66	37.67	800m: 9:56.08
5.	Ana Carolina, MOREIRA	F	111076 98	FCPorto	9:59.98	526	
	50m: 33.47		250m: 3:01.86	37.57	450m: 5:34.05	37.85	650m: 8:07.59
	100m: 1:09.59		300m: 3:39.97	38.11	500m: 6:12.35	38.30	700m: 8:45.31
	150m: 1:46.87		350m: 4:17.73	37.76	550m: 6:50.75	38.40	750m: 9:23.07
	200m: 2:24.29		400m: 4:56.20	38.47	600m: 7:29.09	38.34	800m: 9:59.98
6.	Diana Filipa, PORTELA	F	105488 98	Vitória Sport Clube	10:11.02	498	
	50m: 32.95		250m: 3:02.54	37.93	450m: 5:37.49	39.25	650m: 8:14.70
	100m: 1:09.43		300m: 3:40.91	38.37	500m: 6:16.41	38.92	700m: 8:53.92
	150m: 1:46.81		350m: 4:19.09	38.18	550m: 6:55.90	39.49	750m: 9:33.20
	200m: 2:24.61		400m: 4:58.24	39.15	600m: 7:35.14	39.24	800m: 10:11.02
7.	Joana Cunha, SOUSA	F	103054 98	Foca	10:15.30	488	
	50m: 34.06		250m: 3:08.70	39.15	450m: 5:43.87	38.86	650m: 8:19.90
	100m: 1:11.83		300m: 3:47.58	38.88	500m: 6:22.32	38.45	700m: 8:59.11
	150m: 1:50.34		350m: 4:26.51	38.93	550m: 7:01.12	38.80	750m: 9:37.78
	200m: 2:29.55		400m: 5:05.01	38.50	600m: 7:40.36	39.24	800m: 10:15.30
8.	Ana Margarida, SANTOS	F	106839 98	FCPorto	10:31.81	451	
	50m: 34.70		250m: 3:10.08	39.57	450m: 5:49.53	40.53	650m: 8:31.96
	100m: 1:12.25		300m: 3:48.97	38.89	500m: 6:30.34	40.81	700m: 9:12.44
	150m: 1:51.05		350m: 4:28.73	39.76	550m: 7:11.35	41.01	750m: 9:52.93
	200m: 2:30.51		400m: 5:09.00	40.27	600m: 7:51.67	40.32	800m: 10:31.81
9.	Joana Maria, LOPES	F	125468 98	Vitória Sport Clube	10:33.47	447	
	50m: 34.45		250m: 3:12.13	40.31	450m: 5:51.91	40.29	650m: 8:34.77
	100m: 1:12.79		300m: 3:51.70	39.57	500m: 6:32.58	40.67	700m: 9:15.48
	150m: 1:51.94		350m: 4:31.82	40.12	550m: 7:13.20	40.62	750m: 9:55.70
	200m: 2:31.82		400m: 5:11.62	39.80	600m: 7:54.08	40.88	800m: 10:33.47
10.	Claudia Sofia, RIBEIRO FTL	F	107742 98	Vilacondense	11:01.70	392	
	50m: 34.76		250m: 3:18.96	41.61	450m: 6:06.58	42.46	650m: 8:55.65
	100m: 1:13.94		300m: 4:00.86	41.90	500m: 6:48.85	42.27	700m: 9:37.99
	150m: 1:55.33		350m: 4:42.68	41.82	550m: 7:31.07	42.22	750m: 10:20.18
	200m: 2:37.35		400m: 5:24.12	41.44	600m: 8:13.01	41.94	800m: 11:01.70

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 12	Masc., 400m Livres				Juvenis
03-03-2012 - 10:30	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Juv B	4:05.91	Diogo Filipe, CARVALHO	CGA	Braga	22-03-2002
Recordes Nacionais 25m Juv A	3:59.33	Gustavo Manuel, SANTA	CNLA	Entroncamento	16-05-2009
Juvenis B Masc Juv B: 4:52.00 / Juvenis A Masc Juv A: 4:43.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube					Tempo Final	Pts	Obs
Juvenis B												
1.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto	50m: 28.10 100m: 59.91	150m: 1:32.82 200m: 2:05.98	250m: 32.91 300m: 3:11.34	32.95 32.41	350m: 3:43.95 400m: 4:14.23	586	32.61 30.28
2.	Alexandre Lages, RIBAS	M	24582	97	Escola Desportiva de Viana	50m: 28.45 100m: 1:00.41	150m: 1:33.72 200m: 2:07.25	250m: 33.31 300m: 3:14.00	33.34 33.41	350m: 3:46.63 400m: 4:16.21	572	32.63 29.58
3.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	50m: 29.92 100m: 1:02.68	150m: 1:35.63 200m: 2:08.88	250m: 32.95 300m: 3:14.82	32.97 32.97	350m: 3:47.91 400m: 4:19.91	548	33.09 32.00
4.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	50m: 29.42 100m: 1:02.52	150m: 1:36.48 200m: 2:10.01	250m: 33.96 300m: 3:16.91	33.46 33.44	350m: 3:50.30 400m: 4:22.64	531	33.39 32.34
5.	Jorge Miguel, NUNES	M	102008	97	FCPorto	50m: 30.05 100m: 1:02.83	150m: 1:36.42 200m: 2:09.96	250m: 33.59 300m: 3:16.60	33.54 33.10	350m: 3:50.56 400m: 4:23.05	529	33.96 32.49
6.	Joao Miguel, FERREIRA	M	103044	97	Foca	50m: 28.98 100m: 1:02.30	150m: 1:36.67 200m: 2:10.26	250m: 34.37 300m: 3:17.22	33.32 33.64	350m: 3:50.82 400m: 4:23.29	527	33.60 32.47
7.	Tiago Ribeiro, COSTA	M	104534	97	Famalicão	50m: 30.05 100m: 1:02.62	150m: 1:36.01 200m: 2:09.33	250m: 33.39 300m: 3:17.30	33.67 34.30	350m: 3:51.43 400m: 4:24.19	522	34.13 32.76
8.	Joao Afonso, PICAIO	M	102842	97	Leixões Sport Clube	50m: 30.82 100m: 1:03.75	150m: 1:36.97 200m: 2:10.96	250m: 33.22 300m: 3:18.89	33.91 34.02	350m: 3:53.51 400m: 4:27.02	505	34.62 33.51
9.	Diogo Miguel, NELAS	M	105636	97	Braga	50m: 29.92 100m: 1:03.03	150m: 1:37.10 200m: 2:10.95	250m: 34.07 300m: 3:19.50	34.24 34.31	350m: 3:54.03 400m: 4:27.25	504	34.53 33.22
10.	Artur Miguel, MARQUES	M	102930	97	Leixões Sport Clube	50m: 29.70 100m: 1:03.51	150m: 1:37.92 200m: 2:12.29	250m: 34.41 300m: 3:21.22	34.30 34.63	350m: 3:55.78 400m: 4:28.10	499	34.56 32.32
11.	Narciso Daniel, CORREIA	M	111197	97	Braga	50m: 30.42 100m: 1:03.49	150m: 1:38.03 200m: 2:11.89	250m: 34.54 300m: 3:20.83	34.68 34.26	350m: 3:55.72 400m: 4:28.80	495	34.89 33.08
12.	Ricardo Eduardo, AFONSO	M	105414	97	Braga	50m: 30.32 100m: 1:04.34	150m: 1:39.06 200m: 2:14.19	250m: 34.72 300m: 3:23.97	35.03 34.75	350m: 3:58.14 400m: 4:28.96	495	34.17 30.82
13.	David Emanuel, MARTINS	M	105429	97	Braga	50m: 30.89 100m: 1:04.54	150m: 1:38.91 200m: 2:13.82	250m: 34.37 300m: 3:23.23	34.75 34.66	350m: 3:56.96 400m: 4:29.30	493	33.73 32.34
14.	Luis Carlos, OLIVEIRA	M	102629	97	CNMaia	50m: 29.65 100m: 1:02.74	150m: 1:36.48 200m: 2:10.87	250m: 33.74 300m: 3:20.70	34.61 35.22	350m: 3:56.11 400m: 4:30.58	486	35.41 34.47
15.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	50m: 29.94 100m: 1:03.98	150m: 1:38.47 200m: 2:13.85	250m: 34.49 300m: 3:23.61	35.10 34.66	350m: 3:58.94 400m: 4:32.62	475	35.33 33.68
16.	Ruben Oliveira, LOPES	M	102041	97	FCPorto	50m: 29.61 100m: 1:02.21	150m: 1:36.17 200m: 2:11.13	250m: 33.96 300m: 3:21.72	35.61 34.98	350m: 3:57.12 400m: 4:32.83	474	35.40 35.71
17.	Ricardo David, SILVA	M	103049	97	Foca	50m: 30.66 100m: 1:04.64	150m: 1:39.24 200m: 2:14.68	250m: 34.60 300m: 3:24.01	34.48 34.85	350m: 3:58.96 400m: 4:33.01	473	34.95 34.05
18.	Ruben Jose, MORIM	M	107935	97	Vilacondense	50m: 31.48 100m: 1:06.10	150m: 1:41.70 200m: 2:16.98	250m: 35.60 300m: 3:26.74	34.94 34.82	350m: 4:01.96 400m: 4:34.33	466	35.22 32.37
19.	Daniel Francisco, MENDONCA	M	111180	97	Braga	50m: 30.61 100m: 1:04.80	150m: 1:39.49 200m: 2:14.47	250m: 34.69 300m: 3:24.75	35.27 35.01	350m: 3:59.89 400m: 4:35.10	462	35.14 35.21

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Splash Meet Manager 11, Build 19249

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Associação de Natacao do Norte de Portugal
Associação de Natacao do Minho
Campeonatos Regionais Juvenis

Prova 12, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
20.	Rodrigo Carlos, ALBUQUERQUE	M	107565 97	Braga	4:35.35	461	
	50m: 29.90 29.90		150m: 1:38.46	34.52 250m: 2:48.87 35.02	350m: 4:00.83		36.04
	100m: 1:03.94 34.04		200m: 2:13.85	35.39 300m: 3:24.79 35.92	400m: 4:35.35		34.52
21.	Joao Diogo, POINHO	M	104486 97	FCPorto	4:35.49	460	
	50m: 32.22 32.22		150m: 1:41.79	35.53 250m: 2:52.22 35.05	350m: 4:02.53		34.36
	100m: 1:06.26 34.04		200m: 2:17.17	35.38 300m: 3:28.17 35.95	400m: 4:35.49		32.96
22.	Pedro Manuel, SILVA	M	104505 97	Ginásio Santo Tirso	4:35.91	458	
	50m: 30.12 30.12		150m: 1:40.45	36.04 250m: 2:52.13 35.59	350m: 4:01.76		34.71
	100m: 1:04.41 34.29		200m: 2:16.54	36.09 300m: 3:27.05 34.92	400m: 4:35.91		34.15
23.	Bernardo Francisco, PEDROSO	M	105206 97	Valongo	4:37.18	452	
	50m: 30.48 30.48		150m: 1:39.30	34.96 250m: 2:50.87 35.94	350m: 4:03.21		35.82
	100m: 1:04.34 33.86		200m: 2:14.93	35.63 300m: 3:27.39 36.52	400m: 4:37.18		33.97
24.	Ivo Pinto, RIBEIRO	M	108299 97	Foca	4:40.63	435	
	50m: 29.66 29.66		150m: 1:36.47	34.13 250m: 2:48.59 36.52	350m: 4:03.74		37.50
	100m: 1:02.34 32.68		200m: 2:12.07	35.60 300m: 3:26.24 37.65	400m: 4:40.63		36.89
25.	David Andre, ALMEIDA	M	20340 97	Ginásio Santo Tirso	4:41.13	433	
	50m: 31.92 31.92		150m: 1:44.41	36.62 250m: 2:56.09 35.06	350m: 4:07.11		35.29
	100m: 1:07.79 35.87		200m: 2:21.03	36.62 300m: 3:31.82 35.73	400m: 4:41.13		34.02
26.	Jose Pedro, BARBOSA	M	107948 97	Ginásio Santo Tirso	4:42.95	425	
	50m: 31.73 31.73		150m: 1:42.88	35.96 250m: 2:55.64 36.32	350m: 4:08.20		36.41
	100m: 1:06.92 35.19		200m: 2:19.32	36.44 300m: 3:31.79 36.15	400m: 4:42.95		34.75
27.	Joao Paulo, SILVA	M	104712 97	Gespacos	4:43.88	421	
	50m: 31.91 31.91		150m: 1:41.69	35.47 250m: 2:54.20 36.34	350m: 4:07.76		36.24
	100m: 1:06.22 34.31		200m: 2:17.86	36.17 300m: 3:31.52 37.32	400m: 4:43.88		36.12
28.	Luis Miguel, CASTRO	M	117342 97	Vitória Sport Clube	4:45.11	415	
	50m: 31.65 31.65		150m: 1:43.87	35.79 250m: 2:56.61 36.32	350m: 4:10.23		36.93
	100m: 1:08.08 36.43		200m: 2:20.29	36.42 300m: 3:33.30 36.69	400m: 4:45.11		34.88
29.	Joao Filipe, FERNANDES	M	104718 97	Vilacondense	4:45.12	415	
	50m: 32.69 32.69		150m: 1:43.79	35.98 250m: 2:56.82 36.43	350m: 4:10.82		37.25
	100m: 1:07.81 35.12		200m: 2:20.39	36.60 300m: 3:33.57 36.75	400m: 4:45.12		34.30
30.	Victor Monteiro, CUNHA	M	110625 97	Assoc. Desportiva de Fafe	4:46.10	411	
	50m: 31.18 31.18		150m: 1:40.97	35.44 250m: 2:54.83 37.06	350m: 4:09.99		37.60
	100m: 1:05.53 34.35		200m: 2:17.77	36.80 300m: 3:32.39 37.56	400m: 4:46.10		36.11
31.	Pedro Ferreira, LOPES	M	107949 97	Ginásio Santo Tirso	4:47.14	406	
	50m: 31.49 31.49		150m: 1:42.36	35.79 250m: 2:55.79 36.72	350m: 4:10.20		37.31
	100m: 1:06.57 35.08		200m: 2:19.07	36.71 300m: 3:32.89 37.10	400m: 4:47.14		36.94
32.	Rui Americo, RAMOS	M	104490 97	FCPorto	4:48.13	402	
	50m: 32.66 32.66		150m: 1:44.36	36.26 250m: 2:57.85 36.78	350m: 4:11.77		37.12
	100m: 1:08.10 35.44		200m: 2:21.07	36.71 300m: 3:34.65 36.80	400m: 4:48.13		36.36
33.	Jose Ricardo, SOUSA	M	105759 97	Lousada	4:48.33	401	
	50m: 31.82 31.82		150m: 1:45.03	37.29 250m: 2:57.85 35.84	350m: 4:12.19		37.24
	100m: 1:07.74 35.92		200m: 2:22.01	36.98 300m: 3:34.95 37.10	400m: 4:48.33		36.14
34.	Joao Francisco, LEITAO	M	104733 97	Leixões Sport Clube	4:49.02	398	
	50m: 31.70 31.70		150m: 1:43.23	36.52 250m: 2:57.12 37.11	350m: 4:12.16		37.47
	100m: 1:06.71 35.01		200m: 2:20.01	36.78 300m: 3:34.69 37.57	400m: 4:49.02		36.86
35.	Manuel Jose, SANTOS	M	117911 97	Escola Desportiva de Viana	5:24.73	281	
	FTL						
	50m: 34.37 34.37		150m: 1:56.20	41.72 250m: 3:19.65 41.81	350m: 4:45.44		42.84
	100m: 1:14.48 40.11		200m: 2:37.84	41.64 300m: 4:02.60 42.95	400m: 5:24.73		39.29

Juvenis A

1.	Diogo Henrique, GOMES	M	20316 96	FCPorto	4:13.56	590	
	50m: 28.10 28.10		150m: 1:31.87	32.73 250m: 2:37.51 32.76	350m: 3:43.51		32.37
	100m: 59.14 31.04		200m: 2:04.75	32.88 300m: 3:11.14 33.63	400m: 4:13.56		30.05
2.	David Nunes, SOUSA	M	112204 96	Famalicao	4:17.59	563	
	50m: 28.97 28.97		150m: 1:33.68	32.85 250m: 2:40.04 33.35	350m: 3:46.82		33.57
	100m: 1:00.83 31.86		200m: 2:06.69	33.01 300m: 3:13.25 33.21	400m: 4:17.59		30.77
3.	Pedro Veiguinha, MARTINS	M	107233 96	Braga	4:17.61	563	
	50m: 29.87 29.87		150m: 1:33.51	32.19 250m: 2:39.82 33.60	350m: 3:46.08		32.95
	100m: 1:01.32 31.45		200m: 2:06.22	32.71 300m: 3:13.13 33.31	400m: 4:17.61		31.53
4.	Miguel Prata, SANTOS	M	101137 96	Viana Natacao	4:18.15	559	
	50m: 29.31 29.31		150m: 1:34.33	33.28 250m: 2:40.46 32.24	350m: 3:46.94		33.73
	100m: 1:01.05 31.74		200m: 2:08.22	33.89 300m: 3:13.21 32.75	400m: 4:18.15		31.21
5.	Bruno Miguel, SILVA	M	103826 96	FCPorto	4:18.45	557	
	50m: 28.43 28.43		150m: 1:33.18	33.12 250m: 2:40.26 33.54	350m: 3:46.84		33.28
	100m: 1:00.06 31.63		200m: 2:06.72	33.54 300m: 3:13.56 33.30	400m: 4:18.45		31.61

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Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 12, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
6.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	4:21.85	536	
	50m: 28.88 100m: 1:01.32		150m: 1:34.58 200m: 2:08.20		250m: 2:41.56 300m: 3:14.56	350m: 3:48.49 400m: 4:21.85	33.93 33.36	
7.	Tiago Joao, MEIRA	M	25816	96	Viana Natacao	4:24.68	519	
	50m: 29.27 100m: 1:01.45		150m: 1:34.90 200m: 2:09.10		250m: 2:43.06 300m: 3:17.20	350m: 3:51.31 400m: 4:24.68	34.11 33.37	
8.	Paulo Andre, SILVA	M	105198	96	Vilacondense	4:27.57	502	
	50m: 28.77 100m: 1:01.05		150m: 1:34.64 200m: 2:08.84		250m: 2:43.46 300m: 3:18.22	350m: 3:53.37 400m: 4:27.57	35.15 34.20	
9.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	4:30.99	484	
	50m: 29.36 100m: 1:02.00		150m: 1:35.48 200m: 2:10.08		250m: 2:45.25 300m: 3:20.66	350m: 3:56.03 400m: 4:30.99	35.37 34.96	
10.	Ricardo Miguel, ALVES	M	101139	96	Viana Natacao	4:33.74	469	
	50m: 29.81 100m: 1:03.86		150m: 1:38.76 200m: 2:14.04		250m: 2:49.63 300m: 3:25.27	350m: 3:59.64 400m: 4:33.74	34.37 34.10	
11.	Nuno Filipe, SANTOS	M	20297	96	Vilacondense	4:36.63	455	
	50m: 31.03 100m: 1:05.87		150m: 1:41.40 200m: 2:17.34		250m: 2:51.07 300m: 3:27.05	350m: 4:03.15 400m: 4:36.63	36.10 33.48	
12.	Rui Miguel, CRUZ	M	104516	96	CNMaia	4:36.77	454	
	50m: 30.98 100m: 1:05.12		150m: 1:40.32 200m: 2:16.25		250m: 2:51.79 300m: 3:27.38	350m: 4:03.38 400m: 4:36.77	36.00 33.39	
13.	Joao Pedro, VIANA	M	101159	96	Viana Natacao	4:40.30	437	
	50m: 32.21 100m: 1:07.07		150m: 1:42.79 200m: 2:17.68		250m: 2:53.32 300m: 3:29.60	350m: 4:05.55 400m: 4:40.30	35.95 34.75	
14.	Nuno Filipe, GONÇALVES	M	122530	96	Vitória Sport Clube	4:40.32	437	
	50m: 31.18 100m: 1:05.76		150m: 1:40.87 200m: 2:16.52		250m: 2:52.93 300m: 3:28.93	350m: 4:05.17 400m: 4:40.32	36.24 35.15	
15.	Matheus Pereira, GONCALVES FTL	M	107161	96	Escola Desportiva Limiana	4:45.76	412	
	50m: 32.32 100m: 1:08.49		150m: 1:45.43 200m: 2:21.17		250m: 2:57.38 300m: 3:33.46	350m: 4:09.93 400m: 4:45.76	36.47 35.83	
16.	Nuno Miguel, BASTOS FTL	M	107937	96	Fluvial Portuense	4:51.99	386	
	50m: 33.33 100m: 1:09.53		150m: 1:47.01 200m: 2:24.09		250m: 3:01.47 300m: 3:39.22	350m: 4:16.72 400m: 4:51.99	37.50 35.27	
17.	Andre Filipe, VALE FTL	M	107559	96	Braga	4:53.07	382	
	50m: 32.40 100m: 1:07.32		150m: 1:42.42 200m: 2:18.71		250m: 2:56.06 300m: 3:34.18	350m: 4:13.41 400m: 4:53.07	39.23 39.66	
18.	Joao Luis, PEREIRA FTL	M	104234	96	Escola Desportiva Limiana	4:58.11	363	
	50m: 31.68 100m: 1:07.32		150m: 1:44.63 200m: 2:23.11		250m: 3:01.96 300m: 3:41.15	350m: 4:20.16 400m: 4:58.11	39.01 37.95	
19.	Diogo Monteiro, SILVA FTL	M	107521	96	Escola Desportiva de Viana	5:00.06	356	
	50m: 33.13 100m: 1:10.76		150m: 1:49.42 200m: 2:28.13		250m: 3:06.36 300m: 3:44.92	350m: 4:23.59 400m: 5:00.06	38.67 36.47	
20.	Bruno Jose, SOUSA FTL	M	105439	96	Escola Desportiva Limiana	5:07.13	332	
	50m: 33.15 100m: 1:10.48		150m: 1:49.49 200m: 2:29.26		250m: 3:09.27 300m: 3:49.56	350m: 4:29.03 400m: 5:07.13	39.47 38.10	
21.	Rui Pedro, MENDES FTL	M	117226	96	Trofa	5:21.43	290	
	50m: 33.65 100m: 1:11.70		150m: 1:51.95 200m: 2:33.49		250m: 3:15.29 300m: 3:57.69	350m: 4:40.56 400m: 5:21.43	42.87 40.87	

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 13	Femin., 200m Bruços				Juvenis
03-03-2012 - 11:25	COPIDOURO - Centro de Cópias e Impressão Digital				Resultados
Recordes Nacionais 25m Absoluto	2:25.87	Diana Duarte, GOMES	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Juvenis Fem : 3:23.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final			Pts	Obs
1.	Barbara Nogueira, GONCALVES	F	104448 98	Famalicao	50m: 37.96	100m: 1:19.71	150m: 2:02.93	200m: 2:46.64	526
2.	Rita Maria, CARDOSO	F	105877 98	Leixoes Sport Clube	50m: 39.51	100m: 1:23.79	150m: 2:08.47	200m: 2:53.65	465
3.	Beatriz Pereira, VASCONCELOS	F	107934 98	Vilacondense	50m: 41.48	100m: 1:25.69	150m: 2:10.93	200m: 2:55.04	454
4.	Lucilia Ferreira, FREITAS	F	111082 98	FCPorto	50m: 40.40	100m: 1:25.26	150m: 2:11.39	200m: 2:58.13	431
5.	Viviana Sofia, PINTO	F	110843 98	Escola Desportiva Limiana	50m: 42.68	100m: 1:29.86	150m: 2:18.30	200m: 3:04.61	387
6.	Diana Filipa, PORTELA	F	105488 98	Vitoria Sport Clube	50m: 41.46	100m: 1:28.18	150m: 2:16.57	200m: 3:05.18	383
7.	Barbara Alves, SILVA	F	104734 98	Leixoes Sport Clube	50m: 43.21	100m: 1:30.86	150m: 2:20.13	200m: 3:07.18	371
8.	Ana Filipa, FOLHA	F	106669 98	Leixoes Sport Clube	50m: 42.40	100m: 1:30.11	150m: 2:19.65	200m: 3:08.88	361
9.	Cristina Cunha, MENDES	F	106833 98	Vitoria Sport Clube	50m: 43.09	100m: 1:30.36	150m: 2:19.61	200m: 3:09.02	360
10.	Catarina Maria, FERREIRA	F	106534 98	Arcos de Valdevez	50m: 40.21	100m: 1:27.17	150m: 2:18.23	200m: 3:11.34	347
11.	Ana Rita, CORREIA	F	104558 98	Lousada	50m: 44.71	100m: 1:34.82	150m: 2:27.11	200m: 3:19.40	307
12.	Raquel Sofia, LIMA	F	118326 98	Ginasio Santo Tirso	50m: 46.88	100m: 1:38.28	150m: 2:30.91	200m: 3:24.51	284
13.	Ana Isabel, MAGALHAES	F	123905 98	Valongo	50m: 47.92	100m: 1:41.13	150m: 2:35.52	200m: 3:29.55	264

Prova 14	Masc., 200m Bruços				Juvenis
03-03-2012 - 11:35	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	2:08.80	Nuno Goncalo, QUINTANILHA	LDC	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv B	2:21.70	Luis Manuel, FERNANDES	GDNVNF	Paços Ferreira	05-12-2009
Recordes Nacionais 25m Juv A	2:18.42	tempo limite,			
Juvenis B Masc Juv B: 3:04.00 / Juvenis A Masc Juv A: 3:00.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
Juvenis B											
1.	Andre Goncalo, SANTOS	M	104706	97	Leixões Sport Clube	2:20.22				637	
	Recorde Nacional,										
	50m: 32.24	32.24	100m:	1:08.12	35.88	150m: 1:44.01	35.89	200m: 2:20.22		36.21	
2.	Tiago Martin, ALVES	M	100789	97	Escola Desportiva de Viana	2:30.65				513	
	50m: 34.31	34.31	100m:	1:12.09	37.78	150m: 1:51.36	39.27	200m: 2:30.65		39.29	
3.	Simao Miguel, CAPITAO	M	109596	97	Lamas	2:30.88				511	
	50m: 33.40	33.40	100m:	1:11.14	37.74	150m: 1:50.40	39.26	200m: 2:30.88		40.48	
4.	Joao Miguel, FERREIRA	M	103044	97	Foca	2:38.51				441	
	50m: 35.70	35.70	100m:	1:16.21	40.51	150m: 1:58.01	41.80	200m: 2:38.51		40.50	
5.	Daniel Lago, PINTO	M	112636	97	Escola Desportiva Limiana	2:40.68				423	
	50m: 35.80	35.80	100m:	1:16.21	40.41	150m: 1:58.29	42.08	200m: 2:40.68		42.39	

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 14, Masc., 200m Bru os, Juvenis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
6.	Flavio Dias, SILVA 50m: 37.16 37.16	M	104455	97	Famali��o	2:41.71 200m: 2:41.71	415	42.30
7.	Andre Resende, PINHEIRO 50m: 37.74 37.74	M	109196	97	FCPorto	2:44.15 200m: 2:44.15	397	41.60
8.	Jorge Filipe, MATOS 50m: 37.27 37.27	M	104725	97	Gespacos	2:45.60 200m: 2:45.60	386	44.09
9.	Jose Pedro, BARBOSA 50m: 38.99 38.99	M	107948	97	Gin�sio Santo Tirso	2:48.98 200m: 2:48.98	364	43.17
10.	Tiago Daniel, FERNANDES 50m: 37.35 37.35	M	104949	97	CNMaia	2:49.40 200m: 2:49.40	361	43.87
11.	Jose Ricardo, SOUSA 50m: 40.25 40.25	M	105759	97	Lousada	2:54.10 200m: 2:54.10	332	44.13
12.	Filipe Manuel, FERREIRA 50m: 38.75 38.75	M	106797	97	FCPorto	2:55.31 200m: 2:55.31	326	45.16
13.	Edgar Rocha, COSTA 50m: 37.54 37.54	M	106381	97	Viana Nata��o	2:56.94 200m: 2:56.94	317	47.40
14.	Carlos Manuel, SILVA 50m: 38.80 38.80	M	104048	97	Penafiel	2:58.31 200m: 2:58.31	309	47.34
15.	Luis Carlos, MATIAS 50m: 40.23 40.23	M	103046	97	Foca	2:59.48 200m: 2:59.48	303	45.43
16.	Joao Miguel, TORRADO FTL 50m: 41.57 41.57	M	104488	97	FCPorto	3:04.26 200m: 3:04.26	280	48.09
17.	Andre Petiz, CORREIA FTL 50m: 42.87 42.87	M	103954	97	Lamas	3:06.35 200m: 3:06.35	271	46.17
DSQ	Oscar Junio, RIBEIRO 421 - O(a) atleta tocou com uma m�o na parede na viragem aos 175 metros – SW 7.6	M	123923	97	Gespacos			

Juvenis A

1.	Artur Jose, REIS 50m: 34.17 34.17	M	23369	96	FCPorto	2:30.80 200m: 2:30.80	512	38.44
2.	Leonardo Cardoso, FIGUEIREDO 50m: 33.67 33.67	M	105612	96	CNMaia	2:32.67 200m: 2:32.67	493	39.05
3.	Gil Silva, SANTOS 50m: 36.23 36.23	M	101950	96	Gespacos	2:36.48 200m: 2:36.48	458	39.64
4.	Joao Paulo, CAPITAO 50m: 34.62 34.62	M	109592	96	Lamas	2:36.75 200m: 2:36.75	456	42.12
5.	Bruno Campos, NETO 50m: 35.70 35.70	M	105773	96	Gespacos	2:36.96 200m: 2:36.96	454	41.21
6.	Carlos Diogo, MORAIS 50m: 34.80 34.80	M	109756	96	Famali��o	2:37.06 200m: 2:37.06	453	42.04
7.	Ricardo Jorge, MESQUITA 50m: 35.96 35.96	M	102079	96	Fluvial Portuense	2:38.25 200m: 2:38.25	443	41.01
8.	Pedro Veiguinha, MARTINS 50m: 37.15 37.15	M	107233	96	Braga	2:42.03 200m: 2:42.03	413	42.09
9.	Jose Pedro, BAPTISTA 50m: 36.33 36.33	M	102083	96	Vilacondense	2:42.86 200m: 2:42.86	406	42.80
10.	Mario Jose, BARROS 50m: 37.58 37.58	M	106913	96	Escola Desportiva de Viana	2:45.38 200m: 2:45.38	388	42.42
11.	Guilherme Lemos, LIMA 50m: 37.63 37.63	M	105438	96	Escola Desportiva Limiana	2:45.75 200m: 2:45.75	385	42.46
12.	Miguel Joao, CAETANO 50m: 40.42 40.42	M	123861	96	Fluvial Portuense	2:59.06 200m: 2:59.06	306	45.72
13.	Andre Filipe, VALE FTL 50m: 40.03 40.03	M	107559	96	Braga	3:02.88 200m: 3:02.88	287	49.02
14.	Ruben Diogo, OLIVEIRA FTL 50m: 40.97 40.97	M	117207	96	Valongo	3:07.31 200m: 3:07.31	267	50.51

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O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Prova 14, Masc., 200m Bru os, Juvenis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
DSQ	Rui Miguel, SAMPAIO 102 - Falsa partida – SW 4.4	M	100845	96	Escola Desportiva de Viana			

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

03-03-2012 - 15:30

Prova 15	Masc., 200m Livres				Juvenis
03-03-2012 - 15:30	COPIDOURO - Centro de C�pias e Impress�o Digital				Resultados
Recordes Nacionais 25m Absoluto	1:45.69	Diogo Filipe, CARVALHO	CGA	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv B	1:55.53	Diogo Filipe, CARVALHO	CGA	Ilhavo	01-03-2003
Recordes Nacionais 25m Juv A	1:51.06	Tiago Andre, VENANCIO	CNS	Braga	22-03-2003

Juvenis B Masc Juv B: 2:24.00 / Juvenis A Masc Juv A: 2:19.70

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Alexandre Lages, RIBAS	M	24582	97	Escola Desportiva de Viana	1:57.33	607	
	50m: 27.77 27.77	100m: 57.82	30.05	150m: 1:28.28	30.46	200m: 1:57.33	29.05	
2.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto	2:00.35	562	
	50m: 27.31 27.31	100m: 58.19	30.88	150m: 1:29.98	31.79	200m: 2:00.35	30.37	
3.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	2:03.58	519	
	50m: 28.71 28.71	100m: 1:00.56	31.85	150m: 1:32.74	32.18	200m: 2:03.58	30.84	
4.	Ruben Oliveira, LOPES	M	102041	97	FCPorto	2:04.58	507	
	50m: 28.03 28.03	100m: 59.97	31.94	150m: 1:32.56	32.59	200m: 2:04.58	32.02	
5.	Ricardo David, SILVA	M	103049	97	Foca	2:05.42	497	
	50m: 28.74 28.74	100m: 1:00.29	31.55	150m: 1:32.88	32.59	200m: 2:05.42	32.54	
6.	Rodrigo Carlos, ALBUQUERQUE	M	107565	97	Braga	2:05.64	494	
	50m: 29.31 29.31	100m: 1:01.17	31.86	150m: 1:33.73	32.56	200m: 2:05.64	31.91	
7.	Jorge Miguel, NUNES	M	102008	97	FCPorto	2:06.15	488	
	50m: 28.76 28.76	100m: 1:00.36	31.60	150m: 1:33.46	33.10	200m: 2:06.15	32.69	
8.	Tiago Ribeiro, COSTA	M	104534	97	Famalicao	2:06.39	485	
	50m: 29.69 29.69	100m: 1:01.34	31.65	150m: 1:34.12	32.78	200m: 2:06.39	32.27	
9.	Ricardo Eduardo, AFONSO	M	105414	97	Braga	2:06.56	484	
	50m: 29.84 29.84	100m: 1:02.50	32.66	150m: 1:35.91	33.41	200m: 2:06.56	30.65	
10.	Joao Afonso, PICA	M	102842	97	Leix�es Sport Clube	2:06.61	483	
	50m: 29.63 29.63	100m: 1:01.79	32.16	150m: 1:34.32	32.53	200m: 2:06.61	32.29	
11.	Artur Miguel, MARQUES	M	102930	97	Leix�es Sport Clube	2:06.93	479	
	50m: 29.14 29.14	100m: 1:01.94	32.80	150m: 1:35.20	33.26	200m: 2:06.93	31.73	
12.	Flavio Dias, SILVA	M	104455	97	Famalicao	2:07.10	477	
	50m: 29.37 29.37	100m: 1:01.29	31.92	150m: 1:34.37	33.08	200m: 2:07.10	32.73	
13.	Tiago Martim, ALVES	M	100789	97	Escola Desportiva de Viana	2:07.28	475	
	50m: 30.61 30.61	100m: 1:03.11	32.50	150m: 1:36.27	33.16	200m: 2:07.28	31.01	
14.	Ivo Pinto, RIBEIRO	M	108299	97	Foca	2:07.34	475	
	50m: 28.77 28.77	100m: 1:00.07	31.30	150m: 1:33.54	33.47	200m: 2:07.34	33.80	
15.	Ruben Jose, MORIM	M	107935	97	Vilacondense	2:08.07	467	
	50m: 30.33 30.33	100m: 1:03.15	32.82	150m: 1:36.18	33.03	200m: 2:08.07	31.89	
16.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	2:08.51	462	
	50m: 29.93 29.93	100m: 1:02.88	32.95	150m: 1:36.03	33.15	200m: 2:08.51	32.48	
17.	Joao Filipe, FERNANDES	M	104718	97	Vilacondense	2:11.00	436	
	50m: 29.10 29.10	100m: 1:01.90	32.80	150m: 1:36.54	34.64	200m: 2:11.00	34.46	
18.	Joao Diogo, POINHO	M	104486	97	FCPorto	2:11.84	428	
	50m: 30.41 30.41	100m: 1:03.85	33.44	150m: 1:38.34	34.49	200m: 2:11.84	33.50	
19.	Joao Paulo, SILVA	M	104712	97	Gespacos	2:11.96	427	
	50m: 30.08 30.08	100m: 1:03.81	33.73	150m: 1:38.43	34.62	200m: 2:11.96	33.53	
20.	Daniel Francisco, MENDONCA	M	111180	97	Braga	2:12.15	425	
	50m: 30.04 30.04	100m: 1:04.02	33.98	150m: 1:38.47	34.45	200m: 2:12.15	33.68	
21.	Claudio Filipe, PEREIRA	M	117793	97	Desportos Barcelos	2:13.30	414	
	50m: 29.71 29.71	100m: 1:03.31	33.60	150m: 1:38.72	35.41	200m: 2:13.30	34.58	
22.	Narciso Daniel, CORREIA	M	111197	97	Braga	2:13.43	413	
	50m: 30.85 30.85	100m: 1:04.86	34.01	150m: 1:39.65	34.79	200m: 2:13.43	33.78	
23.	Jose Pedro, BARBOSA	M	107948	97	Gin�sio Santo Tirso	2:14.00	407	
	50m: 31.05 31.05	100m: 1:05.51	34.46	150m: 1:40.37	34.86	200m: 2:14.00	33.63	
	Pedro Manuel, SILVA	M	104505	97	Gin�sio Santo Tirso	2:14.00	407	
	50m: 30.39 30.39	100m: 1:04.54	34.15	150m: 1:40.00	35.46	200m: 2:14.00	34.00	

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 15, Masc., 200m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
25.	Victor Monteiro, CUNHA 50m: 30.38 30.38	M	110625	97	Assoc. Desportiva de Fafe	2:14.19	406	34.89
26.	Pedro Ferreira, LOPES 50m: 30.16 30.16	M	107949	97	Ginásio Santo Tirso	2:14.54	402	35.50
27.	Pedro Jose, GONCALVES 50m: 31.35 31.35	M	105416	97	Braga	2:15.18	397	34.09
28.	Jorge Filipe, MATOS 50m: 30.91 30.91	M	104725	97	Gespacos	2:15.57	393	34.71
29.	Luis Miguel, CASTRO 50m: 30.90 30.90	M	117342	97	Vitória Sport Clube	2:15.96	390	34.62
30.	Joao Francisco, LEITAO 50m: 31.91 31.91	M	104733	97	Leixões Sport Clube	2:16.02	389	34.68
31.	Rui Americo, RAMOS 50m: 31.84 31.84	M	104490	97	FCPorto	2:16.55	385	34.85
32.	Filipe Manuel, FERREIRA 50m: 31.09 31.09	M	106797	97	FCPorto	2:17.05	381	34.49
33.	Miguel Joao, PINTO 50m: 31.80 31.80	M	102481	97	Fluvial Portuense	2:17.08	380	34.47
34.	Joao Guilherme, AFONSO 50m: 31.00 31.00	M	112062	97	Desportos Barcelos	2:20.28	355	37.79
35.	Tiago Daniel, FERNANDES 50m: 31.74 31.74	M	104949	97	CNMaia	2:20.30	355	36.39
36.	Pedro Afonso, MACHADO 50m: 31.74 31.74	M	117565	97	Viana Natacao	2:20.74	351	36.56
37.	Joao Miguel, TORRADO 50m: 32.59 32.59	M	104488	97	FCPorto	2:21.77	344	36.59
38.	Rui Eduardo, CABRAL 50m: 30.46 30.46	M	107737	97	Vilacondense	2:22.84	336	37.37
39.	Tiago Soares, SILVA 50m: 31.74 31.74	M	105608	97	Propaganda da Natacao	2:23.45	332	38.52
40.	Eugenio Alexandre, DURAES 50m: 32.94 32.94	M	120904	97	Vitória Sport Clube	2:23.81	329	37.83
41.	Andre Oliveira, COUTO FTL 50m: 33.72 33.72	M	111304	97	Lamas	2:26.34	313	36.14
42.	Joel Baptista, PEIXOTO FTL 50m: 33.32 33.32	M	117296	97	Lamas	2:27.22	307	36.61
43.	Joao Oliveira, SILVA FTL 50m: 34.19 34.19	M	117225	97	Trofa	2:29.85	291	38.62
44.	Manuel Jose, SANTOS FTL 50m: 34.26 34.26	M	117911	97	Escola Desportiva de Viana	2:34.22	267	38.81
45.	Oscar Junio, RIBEIRO FTL 50m: 35.38 35.38	M	123923	97	Gespacos	2:39.64	241	41.40

Juvenis A

1.	Diogo Henrique, GOMES 50m: 28.17 28.17	M	20316	96	FCPorto	1:59.06	581	30.17
2.	Bruno Miguel, SILVA 50m: 28.00 28.00	M	103826	96	FCPorto	1:59.22	579	29.92
3.	Tiago Manuel, TEIXEIRA 50m: 27.48 27.48	M	102485	96	Assoc. Desportiva de Fafe	2:00.15	565	31.57
4.	Joao Pedro, SANTOS 50m: 28.41 28.41	M	101954	96	Vilacondense	2:01.98	540	32.17
5.	Pedro Veiguinha, MARTINS 50m: 28.61 28.61	M	107233	96	Braga	2:02.75	530	31.66
6.	David Nunes, SOUSA 50m: 28.65 28.65	M	112204	96	Famalicão	2:03.02	527	30.53

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 15, Masc., 200m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Miguel Filipe, PINTO 50m: 28.30 28.30	M	105729	96	Ginásio Santo Tirso 31.36 150m: 1:31.43 31.77	200m: 2:03.14 2:03.14	525	31.71
8.	Miguel Prata, SANTOS 50m: 29.51 29.51	M	101137	96	Viana Natacao 31.27 150m: 1:32.58 31.80	200m: 2:03.68 2:03.68	518	31.10
9.	Artur Jose, REIS 50m: 29.27 29.27	M	23369	96	FCPorto 32.46 150m: 1:34.58 32.85	200m: 2:05.62 2:05.62	494	31.04
10.	Tiago Joao, MEIRA 50m: 28.27 28.27	M	25816	96	Viana Natacao 31.65 150m: 1:32.88 32.96	200m: 2:05.76 2:05.76	493	32.88
11.	Jose Carlos, TEIXEIRA 50m: 29.75 29.75	M	102982	96	Foca 32.41 150m: 1:34.45 32.29	200m: 2:05.94 2:05.94	491	31.49
12.	Paulo Gabriel, MAGALHAES 50m: 28.62 28.62	M	102527	96	Assoc. Desportiva de Fafe 32.62 150m: 1:34.39 33.15	200m: 2:07.46 2:07.46	473	33.07
13.	Carlos Figueiredo, PAIS 50m: 29.26 29.26	M	104581	96	Vilacondense 32.14 150m: 1:34.40 33.00	200m: 2:07.60 2:07.60	472	33.20
14.	Miguel Angelo, PASSOS 50m: 29.53 29.53	M	105874	96	Escola Desportiva de Viana 32.72 150m: 1:35.64 33.39	200m: 2:08.85 2:08.85	458	33.21
15.	Ricardo Miguel, ALVES 50m: 29.46 29.46	M	101139	96	Viana Natacao 32.68 150m: 1:35.85 33.71	200m: 2:09.70 2:09.70	449	33.85
16.	Joao Jose, VILELA 50m: 30.07 30.07	M	104583	96	Vilacondense 33.24 150m: 1:37.51 34.20	200m: 2:11.21 2:11.21	434	33.70
17.	Rui Miguel, SAMPAIO 50m: 29.41 29.41	M	100845	96	Escola Desportiva de Viana 34.42 150m: 1:38.55 34.72	200m: 2:11.85 2:11.85	428	33.30
18.	Andre Filipe, VALE 50m: 30.91 30.91	M	107559	96	Braga 33.55 150m: 1:39.14 34.68	200m: 2:12.10 2:12.10	425	32.96
	Joao Luis, PEREIRA 50m: 30.07 30.07	M	104234	96	Escola Desportiva Limiana 32.89 150m: 1:37.40 34.44	200m: 2:12.10 2:12.10	425	34.70
20.	Nuno Filipe, GONÇALVES 50m: 30.74 30.74	M	122530	96	Vitória Sport Clube 33.43 150m: 1:38.70 34.53	200m: 2:12.38 2:12.38	422	33.68
21.	Jose Pedro, BAPTISTA 50m: 31.44 31.44	M	102083	96	Vilacondense 34.78 150m: 1:40.43 34.21	200m: 2:13.96 2:13.96	408	33.53
22.	Fabio Duarte, RODRIGUES 50m: 31.16 31.16	M	105625	96	Escola Desportiva de Viana 34.60 150m: 1:40.90 35.14	200m: 2:15.72 2:15.72	392	34.82
23.	Francisco Abrunhosa, RODRIGUES 50m: 31.37 31.37	M	105264	96	FCPorto 35.16 150m: 1:42.20 35.67	200m: 2:16.68 2:16.68	384	34.48
24.	Nuno Miguel, BASTOS 50m: 31.71 31.71	M	107937	96	Fluvial Portuense 35.44 150m: 1:43.45 36.30	200m: 2:17.29 2:17.29	379	33.84
25.	Joao Pedro, VIANA 50m: 31.63 31.63	M	101159	96	Viana Natacao 34.67 150m: 1:42.56 36.26	200m: 2:17.72 2:17.72	375	35.16
26.	Carlos Alberto, RAMOS 50m: 32.03 32.03	M	111114	96	CNMaia 34.76 150m: 1:42.46 35.67	200m: 2:17.94 2:17.94	373	35.48
27.	Bruno Jose, SOUSA FTL 50m: 32.42 32.42	M	105439	96	Escola Desportiva Limiana 35.70 150m: 1:44.92 36.80	200m: 2:20.35 2:20.35	354	35.43
28.	Rui Goncalo, PEREIRA FTL 50m: 30.15 30.15	M	109914	96	Desportos Barcelos 34.52 150m: 1:42.32 37.65	200m: 2:20.57 2:20.57	353	38.25
29.	Diogo Monteiro, SILVA FTL 50m: 32.80 32.80	M	107521	96	Escola Desportiva de Viana 36.50 150m: 1:46.36 37.06	200m: 2:20.78 2:20.78	351	34.42
30.	Alexandre Jose, BOLAND FTL 50m: 31.39 31.39	M	101156	96	Escola Desportiva de Viana 35.65 150m: 1:44.98 37.94	200m: 2:22.63 2:22.63	338	37.65
31.	Rui Pedro, MENDES FTL 50m: 33.05 33.05	M	117226	96	Trofa 37.22 150m: 1:49.55 39.28	200m: 2:27.68 2:27.68	304	38.13
32.	Ruben Diogo, OLIVEIRA FTL 50m: 34.38 34.38	M	117207	96	Valongo 38.49 150m: 1:53.24 40.37	200m: 2:33.13 2:33.13	273	39.89

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 16	Femin., 200m Livres				Juvenis
03-03-2012 - 16:05	CMEP - Cl�nica M�dica do Exerc�cio do Porto				Resultados
Recordes Nacionais 25m Absoluto	2:00.20	Marta Vieira, MARINHO	FCP	Porto	04-12-2010
Recordes Nacionais 25m Juv	2:06.53	Ana Claudia, SANTOS	SFUAP	Mealhada	17-04-2004
Juvenis Fem : 2:37.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final			Pts	Obs
1.	Ana Silva, COSTA	F	104446	98	Famalica�o	150m:	1:39.09	34.40	200m:	2:13.23 580
	50m:									34.14
2.	Catarina Alexandra, JARDIM	F	104449	98	Famalica�o	150m:	1:41.85	35.59	200m:	2:16.57 539
	50m:									34.72
3.	Patricia Goncalves, CARDOSO	F	107707	98	FCPorto	150m:	1:42.03	35.55	200m:	2:16.75 537
	50m:									34.72
4.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	150m:	1:43.25	36.15	200m:	2:18.99 511
	50m:									35.74
5.	Ana Rita, GRACA	F	111321	98	Vilacondense	150m:	1:44.88	36.70	200m:	2:19.90 501
	50m:									35.02
6.	Diana Filipa, PORTELA	F	105488	98	Vit�ria Sport Clube	150m:	1:44.93	36.32	200m:	2:20.32 497
	50m:									35.39
7.	Lucilia Ferreira, FREITAS	F	111082	98	FCPorto	150m:	1:44.39	36.25	200m:	2:20.47 495
	50m:									36.08
8.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	150m:	1:46.74	37.71	200m:	2:23.91 460
	50m:									37.17
9.	Catarina Sofia, NETO	F	104529	98	Gespacos	150m:	1:47.76	37.60	200m:	2:25.22 448
	50m:									37.46
10.	Joana Cunha, SOUSA	F	103054	98	Foca	150m:	1:47.61	38.09	200m:	2:25.55 445
	50m:									37.94
11.	Antonia Branco, FRANCO	F	107479	98	Viana Natacao	150m:	1:52.53	39.97	200m:	2:30.05 406
	50m:									37.52
12.	Mariana Martins, ROCHA	F	111194	98	Viana Natacao	150m:	1:52.01	39.48	200m:	2:30.36 404
	50m:									38.35
13.	Ines Conceicao, FERRAZ	F	103245	98	Leix�es Sport Clube	150m:	1:54.88	39.53	200m:	2:31.09 398
	50m:									36.21
14.	Claudia Sofia, RIBEIRO	F	107742	98	Vilacondense	150m:	1:52.92	40.06	200m:	2:32.52 387
	50m:									39.60
15.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	150m:	1:54.61	40.89	200m:	2:32.85 384
	50m:									38.24
16.	Rita Lima, PEREIRA	F	105777	98	Lamas	150m:	1:53.85	40.46	200m:	2:33.32 381
	50m:									39.47
17.	Ana Carolina, PEREIRA	F	104475	98	FCPorto	150m:	1:54.57	40.65	200m:	2:34.80 370
	50m:									40.23
18.	Luana Moraes, MONTEIRO	F	105898	98	CNMaia	150m:	1:56.10	40.54	200m:	2:35.87 362
	50m:									39.77
19.	Marcela Maria, MACHADO	F	117326	98	Vit�ria Sport Clube					2:39.83 336
	FTL									
	50m:									41.53

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 17	Masc., 100m Mariposa				Juvenis
03-03-2012 - 16:15	COPIDOURO - Centro de C�pias e Impress�o Digital				Resultados
Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Recordes Nacionais 25m Juv B	57.32	Diogo Filipe, CARVALHO	CGA	Estarreja	10-07-2003
Recordes Nacionais 25m Juv A	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	05-12-2010

Juvenis B Masc Juv B: 1:14.00 / Juvenis A Masc Juv A: 1:11.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Lic��a	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto	59.99	527	
	50m: 27.61 27.61	100m:	59.99		32.38			
2.	Joao Miguel, FERREIRA	M	103044	97	Foca	1:01.34	493	
	50m: 29.09 29.09	100m:	1:01.34		32.25			
3.	Tomas Machado, VALE	M	102229	97	Viana Natacao	1:03.44	446	
	50m: 29.80 29.80	100m:	1:03.44		33.64			
4.	Bernardo Francisco, PEDROSO	M	105206	97	Valongo	1:04.19	430	
	50m: 30.33 30.33	100m:	1:04.19		33.86			
5.	Bruno Dias, COUTO	M	100829	97	Escola Desportiva de Viana	1:04.53	424	
	50m: 30.88 30.88	100m:	1:04.53		33.65			
6.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	1:05.19	411	
	50m: 30.80 30.80	100m:	1:05.19		34.39			
7.	Jorge Miguel, NUNES	M	102008	97	FCPorto	1:05.83	399	
	50m: 30.77 30.77	100m:	1:05.83		35.06			
8.	Bruno Daniel, RODRIGUES	M	103392	97	Braga	1:06.18	393	
	50m: 30.88 30.88	100m:	1:06.18		35.30			
9.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	1:06.46	388	
	50m: 31.40 31.40	100m:	1:06.46		35.06			
10.	David Andre, ALMEIDA	M	20340	97	Gin�sio Santo Tirso	1:06.49	387	
	50m: 30.78 30.78	100m:	1:06.49		35.71			
11.	David Emanuel, MARTINS	M	105429	97	Braga	1:08.45	355	
	50m: 31.90 31.90	100m:	1:08.45		36.55			
12.	Pedro Manuel, SILVA	M	104505	97	Gin�sio Santo Tirso	1:08.90	348	
	50m: 31.58 31.58	100m:	1:08.90		37.32			
13.	Carlos Manuel, SILVA	M	104048	97	Penafiel	1:12.93	293	
	50m: 34.03 34.03	100m:	1:12.93		38.90			
14.	Rui Americo, RAMOS	M	104490	97	FCPorto	1:13.42	287	
	50m: 35.03 35.03	100m:	1:13.42		38.39			
15.	Joao Oliveira, SILVA FTL	M	117225	97	Trofa	1:18.86	232	
	50m: 36.27 36.27	100m:	1:18.86		42.59			
16.	Jose Miguel, RODRIGUES FTL	M	106741	97	Valongo	1:20.60	217	
	50m: 35.71 35.71	100m:	1:20.60		44.89			

Juvenis A

1.	Antonio Pedro, SILVA	M	107227	96	Braga	1:01.20	497	
	50m: 28.03 28.03	100m:	1:01.20		33.17			
2.	Gil Silva, SANTOS	M	101950	96	Gespacos	1:01.39	492	
	50m: 28.66 28.66	100m:	1:01.39		32.73			
3.	Joao Paulo, CAPITAO	M	109592	96	Lamas	1:01.45	491	
	50m: 28.50 28.50	100m:	1:01.45		32.95			
4.	Julio Dinis, GONCALVES	M	103624	96	Fluvial Portuense	1:03.12	453	
	50m: 29.43 29.43	100m:	1:03.12		33.69			
5.	Antonio Miguel, VITORINO	M	25815	96	Viana Natacao	1:03.15	452	
	50m: 28.75 28.75	100m:	1:03.15		34.40			
6.	Vitor Samuel, ROCHA	M	107743	96	Gespacos	1:03.40	447	
	50m: 29.93 29.93	100m:	1:03.40		33.47			
7.	Mario Jose, BARROS	M	106913	96	Escola Desportiva de Viana	1:03.77	439	
	50m: 29.91 29.91	100m:	1:03.77		33.86			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 17, Masc., 100m Mariposa, Juvenis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
8.	Andre Coelho, OLIVEIRA 50m: 30.24 30.24	M	103443	96	Vit�ria Sport Clube	1:04.27	429	
9.	Nuno Filipe, SANTOS 50m: 30.50 30.50	M	20297	96	Vilacondense	1:04.47	425	
10.	Stefan Daniel, STEINMAIER 50m: 30.78 30.78	M	19644	96	Assoc. Desportiva de Fafe	1:04.77	419	
11.	Tiago Joao, MEIRA 50m: 30.13 30.13	M	25816	96	Viana Natacao	1:05.22	410	
12.	Matheus Pereira, GONCALVES 50m: 30.48 30.48	M	107161	96	Escola Desportiva Limiana	1:05.88	398	
13.	Miguel Prata, SANTOS 50m: 30.92 30.92	M	101137	96	Viana Natacao	1:06.12	394	
14.	Guilherme Lemos, LIMA 50m: 31.40 31.40	M	105438	96	Escola Desportiva Limiana	1:08.10	360	
15.	Ricardo Miguel, ALVES 50m: 31.41 31.41	M	101139	96	Viana Natacao	1:08.47	354	
16.	Joao Pedro, MACHADO 50m: 32.46 32.46	M	103444	96	Vit�ria Sport Clube	1:10.96	318	
DSQ	Daniel Fernando, MAGALHAES 102 - Falsa partida – SW 4.4	M	103950	96	Lamas			

Prova 18

03-03-2012 - 16:30

Femin., 100m Mariposa

CMEP - Cl nica M dica do Exerc cio do Porto

Juvenis

Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Juv	1:04.12	Mariana Cunha, GUERRA	ASSSCC	Cantanhede	11-12-2011

Juvenis Fem : 1:23.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	Graca Maria, ARAUJO 50m: 31.91 31.91	F	104456	98	Famalicao	1:06.63	563	
2.	Maria Carolina, RIBEIRO 50m: 32.37 32.37	F	106805	98	FCPorto	1:09.00	507	
3.	Ana Carolina, MOREIRA 50m: 33.39 33.39	F	111076	98	FCPorto	1:11.96	447	
4.	Carla Luisa, ALVES 50m: 33.30 33.30	F	117522	98	Famalicao	1:12.42	439	
5.	Catarina Sofia, NETO 50m: 33.88 33.88	F	104529	98	Gespacos	1:13.39	422	
6.	Viviana Sofia, PINTO 50m: 35.00 35.00	F	110843	98	Escola Desportiva Limiana	1:13.43	421	
7.	Ana Margarida, SANTOS 50m: 33.91 33.91	F	106839	98	FCPorto	1:13.52	419	
8.	Daniela Rodrigues, FIGUEIREDO 50m: 35.58 35.58	F	102684	98	Leix�es Sport Clube	1:18.69	342	
9.	Ines Barros, LOPES 50m: 35.72 35.72	F	106868	98	Arco de Valdevez	1:19.46	332	
10.	Raquel Sofia, LIMA FTL	F	118326	98	Gin�sio Santo Tirso	1:28.56	240	
11.	Ana Isabel, MAGALHAES FTL	F	123905	98	Valongo	1:36.99	182	

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Associa  o de Nata  o do Norte de Portugal
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Campeonatos Regionais Juvenis

Prova 19	Masc., 200m Estilos					Juvenis
03-03-2012 - 16:35	COPIDOURO - Centro de C�pias e Impress�o Digital					Resultados
Recordes Nacionais 25m Absoluto	1:54.58	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)		10-12-2009
Recordes Nacionais 25m Juv B	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe		10-05-2003
Recordes Nacionais 25m Juv A	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro		15-05-2004
Juvenis B Masc Juv B: 2:42.00 / Juvenis A Masc Juv A: 2:38.00						

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Andre Goncalo, SANTOS	M	104706	97	Leix�es Sport Clube	2:11.17	591	
	50m: 28.63 28.63	100m: 1:03.17			34.54 150m: 1:40.09 36.92	200m: 2:11.17		31.08
2.	Alexandre Lages, RIBAS	M	24582	97	Escola Desportiva de Viana	2:13.52	560	
	50m: 29.56 29.56	100m: 1:04.20			34.64 150m: 1:44.11 39.91	200m: 2:13.52		29.41
3.	Luis Carlos, OLIVEIRA	M	102629	97	CNMaia	2:17.82	509	
	50m: 29.87 29.87	100m: 1:05.88			36.01 150m: 1:46.04 40.16	200m: 2:17.82		31.78
4.	Filipe Carmo, RAMOS	M	105197	97	Vilacondense	2:19.46	491	
	50m: 29.89 29.89	100m: 1:06.44			36.55 150m: 1:46.53 40.09	200m: 2:19.46		32.93
5.	Flavio Dias, SILVA	M	104455	97	Famalicao�	2:22.87	457	
	50m: 30.98 30.98	100m: 1:08.66			37.68 150m: 1:49.86 41.20	200m: 2:22.87		33.01
6.	Rodrigo Carlos, ALBUQUERQUE	M	107565	97	Braga	2:23.19	454	
	50m: 30.44 30.44	100m: 1:08.10			37.66 150m: 1:52.34 44.24	200m: 2:23.19		30.85
7.	Diogo Miguel, NELAS	M	105636	97	Braga	2:23.21	454	
	50m: 30.51 30.51	100m: 1:08.26			37.75 150m: 1:50.58 42.32	200m: 2:23.21		32.63
8.	Tiago Martim, ALVES	M	100789	97	Escola Desportiva de Viana	2:23.36	452	
	50m: 31.87 31.87	100m: 1:09.40			37.53 150m: 1:49.92 40.52	200m: 2:23.36		33.44
9.	Simao Miguel, CAPITAO	M	109596	97	Lamas	2:24.37	443	
	50m: 30.72 30.72	100m: 1:10.18			39.46 150m: 1:50.97 40.79	200m: 2:24.37		33.40
10.	Andre Resende, PINHEIRO	M	109196	97	FCPorto	2:24.99	437	
	50m: 31.83 31.83	100m: 1:09.07			37.24 150m: 1:52.46 43.39	200m: 2:24.99		32.53
11.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	2:25.06	437	
	50m: 30.78 30.78	100m: 1:09.25			38.47 150m: 1:52.42 43.17	200m: 2:25.06		32.64
12.	Andre Manuel, COSTA	M	107731	97	CNMaia	2:25.58	432	
	50m: 32.07 32.07	100m: 1:08.69			36.62 150m: 1:51.17 42.48	200m: 2:25.58		34.41
13.	Bruno Dias, COUTO	M	100829	97	Escola Desportiva de Viana	2:25.67	431	
	50m: 31.46 31.46	100m: 1:07.29			35.83 150m: 1:53.32 46.03	200m: 2:25.67		32.35
14.	Ricardo David, SILVA	M	103049	97	Foca	2:26.60	423	
	50m: 32.93 32.93	100m: 1:08.23			35.30 150m: 1:56.18 47.95	200m: 2:26.60		30.42
15.	Daniel Lago, PINTO	M	112636	97	Escola Desportiva Limiana	2:27.54	415	
	50m: 34.30 34.30	100m: 1:11.52			37.22 150m: 1:53.43 41.91	200m: 2:27.54		34.11
16.	Daniel Francisco, MENDONCA	M	111180	97	Braga	2:27.81	413	
	50m: 33.07 33.07	100m: 1:12.55			39.48 150m: 1:55.41 42.86	200m: 2:27.81		32.40
17.	David Emanuel, MARTINS	M	105429	97	Braga	2:27.83	412	
	50m: 32.82 32.82	100m: 1:11.74			38.92 150m: 1:55.60 43.86	200m: 2:27.83		32.23
18.	Tiago Ribeiro, COSTA	M	104534	97	Famalicao�	2:28.62	406	
	50m: 32.12 32.12	100m: 1:11.06			38.94 150m: 1:56.82 45.76	200m: 2:28.62		31.80
19.	Joao Diogo, POINHO	M	104486	97	FCPorto	2:29.33	400	
	50m: 31.78 31.78	100m: 1:11.77			39.99 150m: 1:55.79 44.02	200m: 2:29.33		33.54
20.	Jose Pedro, BARBOSA	M	107948	97	Gin�sio Santo Tirso	2:30.16	393	
	50m: 32.37 32.37	100m: 1:13.06			40.69 150m: 1:56.89 43.83	200m: 2:30.16		33.27
21.	Jose Ricardo, SOUSA	M	105759	97	Lousada	2:33.23	370	
	50m: 33.61 33.61	100m: 1:11.84			38.23 150m: 1:59.37 47.53	200m: 2:33.23		33.86
22.	Filipe Manuel, FERREIRA	M	106797	97	FCPorto	2:35.10	357	
	50m: 34.61 34.61	100m: 1:16.26			41.65 150m: 2:01.47 45.21	200m: 2:35.10		33.63
23.	Victor Monteiro, CUNHA	M	110625	97	Assoc. Desportiva de Fafe	2:35.64	353	
	50m: 34.38 34.38	100m: 1:14.71			40.33 150m: 2:00.10 45.39	200m: 2:35.64		35.54
24.	Miguel Joao, PINTO	M	102481	97	Fluvial Portuense	2:36.72	346	
	50m: 35.64 35.64	100m: 1:14.75			39.11 150m: 2:03.01 48.26	200m: 2:36.72		33.71
25.	Pedro Jose, COSTA	M	107733	97	CNMaia	2:37.29	342	
	50m: 35.00 35.00	100m: 1:14.47			39.47 150m: 2:02.36 47.89	200m: 2:37.29		34.93
26.	Tiago Daniel, FERNANDES	M	104949	97	CNMaia	2:37.50	341	
	50m: 34.75 34.75	100m: 1:16.97			42.22 150m: 2:01.69 44.72	200m: 2:37.50		35.81

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 19, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
27.	Edgar Rocha, COSTA	M	106381	97	Viana Natacao	2:38.39	335	
	50m: 34.66 34.66	100m: 1:15.37			40.71 150m: 2:01.19 45.82	200m: 2:38.39		37.20
28.	Tiago Francisco, SILVA	M	103955	97	Lamas	2:40.42	323	
	50m: 32.72 32.72	100m: 1:12.37			39.65 150m: 2:02.76 50.39	200m: 2:40.42		37.66
29.	Joao Miguel, TORRADO	M	104488	97	FCPorto	2:40.52	322	
	50m: 35.95 35.95	100m: 1:17.31			41.36 150m: 2:04.44 47.13	200m: 2:40.52		36.08
30.	Luis Carlos, MATIAS	M	103046	97	Foca	2:41.52	316	
	50m: 35.70 35.70	100m: 1:18.50			42.80 150m: 2:03.45 44.95	200m: 2:41.52		38.07
31.	Pedro Afonso, MACHADO	M	117565	97	Viana Natacao	2:42.99	308	
	FTL 50m: 34.57 34.57	100m: 1:15.18			40.61 150m: 2:05.74 50.56	200m: 2:42.99		37.25
32.	Francisco Miguel, TEIXEIRA	M	104485	97	FCPorto	2:47.29	284	
	FTL 50m: 38.89 38.89	100m: 1:20.53			41.64 150m: 2:09.02 48.49	200m: 2:47.29		38.27

Juvenis A

1.	Artur Jose, REIS	M	23369	96	FCPorto	2:15.52	535	
	50m: 29.70 29.70	100m: 1:04.82			35.12 150m: 1:44.34 39.52	200m: 2:15.52		31.18
2.	Paulo Andre, SILVA	M	105198	96	Vilacondense	2:15.66	534	
	50m: 29.55 29.55	100m: 1:04.87			35.32 150m: 1:45.05 40.18	200m: 2:15.66		30.61
3.	Tiago Manuel, TEIXEIRA	M	102485	96	Assoc. Desportiva de Fafe	2:16.55	523	
	50m: 29.63 29.63	100m: 1:04.51			34.88 150m: 1:45.01 40.50	200m: 2:16.55		31.54
4.	Diogo Henrique, GOMES	M	20316	96	FCPorto	2:17.33	515	
	50m: 30.61 30.61	100m: 1:05.94			35.33 150m: 1:47.12 41.18	200m: 2:17.33		30.21
5.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	2:19.10	495	
	50m: 30.25 30.25	100m: 1:05.62			35.37 150m: 1:47.02 41.40	200m: 2:19.10		32.08
6.	Bruno Campos, NETO	M	105773	96	Gespacos	2:19.96	486	
	50m: 31.04 31.04	100m: 1:07.57			36.53 150m: 1:47.64 40.07	200m: 2:19.96		32.32
7.	Vitor Samuel, ROCHA	M	107743	96	Gespacos	2:20.70	478	
	50m: 30.74 30.74	100m: 1:04.90			34.16 150m: 1:47.44 42.54	200m: 2:20.70		33.26
8.	Gil Silva, SANTOS	M	101950	96	Gespacos	2:21.11	474	
	50m: 30.01 30.01	100m: 1:07.19			37.18 150m: 1:48.95 41.76	200m: 2:21.11		32.16
9.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	2:21.30	472	
	50m: 29.94 29.94	100m: 1:06.08			36.14 150m: 1:48.57 42.49	200m: 2:21.30		32.73
10.	Bruno Miguel, SILVA	M	103826	96	FCPorto	2:21.49	470	
	50m: 30.16 30.16	100m: 1:08.33			38.17 150m: 1:50.47 42.14	200m: 2:21.49		31.02
11.	Carlos Diogo, MORAIS	M	109756	96	Famalicao	2:22.80	458	
	50m: 30.96 30.96	100m: 1:08.28			37.32 150m: 1:49.43 41.15	200m: 2:22.80		33.37
12.	Miguel Filipe, PINTO	M	105729	96	Gin�sio Santo Tirso	2:23.58	450	
	50m: 31.44 31.44	100m: 1:08.90			37.46 150m: 1:51.45 42.55	200m: 2:23.58		32.13
13.	David Nunes, SOUSA	M	112204	96	Famalicao	2:24.06	446	
	50m: 30.86 30.86	100m: 1:09.79			38.93 150m: 1:54.88 45.09	200m: 2:24.06		29.18
14.	Francisco Abrunhosa, RODRIGUES	M	105264	96	FCPorto	2:24.70	440	
	50m: 32.04 32.04	100m: 1:08.60			36.56 150m: 1:52.40 43.80	200m: 2:24.70		32.30
15.	Mario Jose, BARROS	M	106913	96	Escola Desportiva de Viana	2:24.99	437	
	50m: 30.33 30.33	100m: 1:08.42			38.09 150m: 1:52.33 43.91	200m: 2:24.99		32.66
16.	Rui Miguel, SAMPAIO	M	100845	96	Escola Desportiva de Viana	2:27.50	415	
	50m: 32.25 32.25	100m: 1:11.04			38.79 150m: 1:53.76 42.72	200m: 2:27.50		33.74
17.	Ricardo Jorge, MESQUITA	M	102079	96	Fluvial Portuense	2:28.27	409	
	50m: 33.57 33.57	100m: 1:11.73			38.16 150m: 1:53.68 41.95	200m: 2:28.27		34.59
18.	Rui Miguel, CRUZ	M	104516	96	CNMaia	2:29.24	401	
	50m: 32.38 32.38	100m: 1:11.58			39.20 150m: 1:55.23 43.65	200m: 2:29.24		34.01
19.	Miguel Angelo, PASSOS	M	105874	96	Escola Desportiva de Viana	2:30.31	392	
	50m: 31.56 31.56	100m: 1:10.81			39.25 150m: 1:56.76 45.95	200m: 2:30.31		33.55
20.	Guilherme Lemos, LIMA	M	105438	96	Escola Desportiva Limiana	2:30.51	391	
	50m: 32.54 32.54	100m: 1:11.93			39.39 150m: 1:55.50 43.57	200m: 2:30.51		35.01
21.	Paulo Martins, ALMEIDA	M	119164	96	Gin�sio Santo Tirso	2:31.39	384	
	50m: 33.51 33.51	100m: 1:15.04			41.53 150m: 1:57.16 42.12	200m: 2:31.39		34.23
22.	Fabio Duarte, RODRIGUES	M	105625	96	Escola Desportiva de Viana	2:32.51	376	
	50m: 31.18 31.18	100m: 1:08.07			36.89 150m: 1:55.27 47.20	200m: 2:32.51		37.24

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 19, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
23.	Manuel Duarte, FERNANDES	M	119293	96	Ginásio Santo Tirso	2:33.39	369	
	50m: 32.24 32.24	100m: 1:12.65			40.41 150m: 1:58.56 45.91	200m: 2:33.39		34.83
24.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	2:35.74	353	
	50m: 32.43 32.43	100m: 1:09.71			37.28 150m: 1:58.47 48.76	200m: 2:35.74		37.27
25.	Alexandre Jose, BOLAND	M	101156	96	Escola Desportiva de Viana	2:44.95	297	
	FTL 50m: 35.34 35.34	100m: 1:16.55			41.21 150m: 2:07.42 50.87	200m: 2:44.95		37.53
26.	Miguel Joao, CAETANO	M	123861	96	Fluvial Portuense	2:45.93	291	
	FTL 50m: 36.25 36.25	100m: 1:19.35			43.10 150m: 2:09.32 49.97	200m: 2:45.93		36.61
27.	Rui Pedro, MENDES	M	117226	96	Trofa	2:47.35	284	
	FTL 50m: 38.46 38.46	100m: 1:20.82			42.36 150m: 2:10.29 49.47	200m: 2:47.35		37.06
28.	Diogo Monteiro, SILVA	M	107521	96	Escola Desportiva de Viana	2:51.26	265	
	FTL 50m: 36.77 36.77	100m: 1:20.21			43.44 150m: 2:13.96 53.75	200m: 2:51.26		37.30
DNS	Pedro Manuel, ROCHA	M	20491	96	Famalicao			

Prova 20 Femin., 200m Estilos Juvenis
03-03-2012 - 17:00 COPIDOURO - Centro de Cópias e Impressão Digital Resultados

Recordes Nacionais 25m Absoluto	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv	2:20.93	Susana Patricia, MIGUEL	SFUAP	Penafiel	20-03-2004

Juvenis Fem : 2:58.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Graca Maria, ARAUJO	F	104456	98	Famalicao	2:29.67	576	
	50m: 32.44 32.44	100m: 1:10.51			38.07 150m: 1:55.47 44.96	200m: 2:29.67		34.20
2.	Maria Carolina, RIBEIRO	F	106805	98	FCPorto	2:32.00	550	
	50m: 32.98 32.98	100m: 1:13.28			40.30 150m: 1:59.20 45.92	200m: 2:32.00		32.80
3.	Ana Silva, COSTA	F	104446	98	Famalicao	2:33.65	533	
	50m: 34.27 34.27	100m: 1:14.10			39.83 150m: 2:00.21 46.11	200m: 2:33.65		33.44
4.	Barbara Nogueira, GONCALVES	F	104448	98	Famalicao	2:33.77	532	
	50m: 35.24 35.24	100m: 1:17.41			42.17 150m: 1:58.76 41.35	200m: 2:33.77		35.01
5.	Beatriz Pereira, VASCONCELOS	F	107934	98	Vilacondense	2:36.53	504	
	50m: 34.47 34.47	100m: 1:13.84			39.37 150m: 2:00.04 46.20	200m: 2:36.53		36.49
6.	Patricia Goncalves, CARDOSO	F	107707	98	FCPorto	2:39.42	477	
	50m: 34.71 34.71	100m: 1:16.70			41.99 150m: 2:05.79 49.09	200m: 2:39.42		33.63
7.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	2:39.58	476	
	50m: 35.17 35.17	100m: 1:16.74			41.57 150m: 2:02.86 46.12	200m: 2:39.58		36.72
8.	Ana Margarida, SANTOS	F	106839	98	FCPorto	2:39.67	475	
	50m: 33.60 33.60	100m: 1:13.30			39.70 150m: 2:04.53 51.23	200m: 2:39.67		35.14
9.	Catarina Alexandra, JARDIM	F	104449	98	Famalicao	2:40.25	470	
	50m: 34.81 34.81	100m: 1:13.61			38.80 150m: 2:04.48 50.87	200m: 2:40.25		35.77
10.	Catarina Maria, FERREIRA	F	106534	98	Arco de Valdevez	2:43.69	441	
	50m: 37.63 37.63	100m: 1:19.71			42.08 150m: 2:07.03 47.32	200m: 2:43.69		36.66
11.	Rita Maria, CARDOSO	F	105877	98	Leixões Sport Clube	2:44.98	430	
	50m: 37.82 37.82	100m: 1:22.54			44.72 150m: 2:06.68 44.14	200m: 2:44.98		38.30
12.	Carla Luisa, ALVES	F	117522	98	Famalicao	2:45.14	429	
	50m: 34.04 34.04	100m: 1:17.54			43.50 150m: 2:07.15 49.61	200m: 2:45.14		37.99
13.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	2:47.59	410	
	50m: 37.23 37.23	100m: 1:20.02			42.79 150m: 2:08.78 48.76	200m: 2:47.59		38.81
14.	Monica Castro, ALVES	F	108429	98	Escola Desportiva de Viana	2:48.50	404	
	50m: 35.66 35.66	100m: 1:17.38			41.72 150m: 2:07.51 50.13	200m: 2:48.50		40.99
15.	Mariana Martins, ROCHA	F	111194	98	Viana Natacao	2:48.72	402	
	50m: 37.44 37.44	100m: 1:19.42			41.98 150m: 2:09.35 49.93	200m: 2:48.72		39.37
16.	Mafalda Ho, SANTOS	F	104714	98	Leixões Sport Clube	2:49.85	394	
	50m: 37.65 37.65	100m: 1:22.25			44.60 150m: 2:11.70 49.45	200m: 2:49.85		38.15

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

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Associação de Natacao do Norte de Portugal
Associação de Natacao do Minho
Campeonatos Regionais Juvenis

Prova 20, Femin., 200m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17.	Joana Baptista, CARVALHO	F	101559	98	Fluvial Portuense	2:50.20	392	
	50m: 38.03 38.03	100m: 1:21.17			43.14 150m: 2:13.38	52.21	200m: 2:50.20	36.82
18.	Cristina Cunha, MENDES	F	106833	98	Vitória Sport Clube	2:50.34	391	
	50m: 35.75 35.75	100m: 1:21.38			45.63 150m: 2:10.01	48.63	200m: 2:50.34	40.33
19.	Francisca Sousa, MAIA	F	117523	98	Famalicão	2:50.36	391	
	50m: 37.67 37.67	100m: 1:18.96			41.29 150m: 2:10.12	51.16	200m: 2:50.36	40.24
20.	Barbara Alves, SILVA	F	104734	98	Leixões Sport Clube	2:50.65	389	
	50m: 38.95 38.95	100m: 1:23.97			45.02 150m: 2:12.77	48.80	200m: 2:50.65	37.88
21.	Filipa Flambo, SOUSA	F	117827	98	Leixões Sport Clube	2:52.12	379	
	50m: 38.94 38.94	100m: 1:21.00			42.06 150m: 2:11.84	50.84	200m: 2:52.12	40.28
22.	Ines Barros, LOPES	F	106868	98	Arcos de Valdevez	2:52.51	376	
	50m: 36.56 36.56	100m: 1:20.36			43.80 150m: 2:11.65	51.29	200m: 2:52.51	40.86
23.	Joana Maria, LOPES	F	125468	98	Vitória Sport Clube	2:52.59	376	
	50m: 37.75 37.75	100m: 1:24.32			46.57 150m: 2:13.72	49.40	200m: 2:52.59	38.87
24.	Ana Filipa, FOLHA	F	106669	98	Leixões Sport Clube	2:54.18	366	
	50m: 41.84 41.84	100m: 1:24.44			42.60 150m: 2:14.41	49.97	200m: 2:54.18	39.77
25.	Ana Rita, CORREIA FTL	F	104558	98	Lousada	2:59.63	333	
	50m: 39.60 39.60	100m: 1:24.77			45.17 150m: 2:16.91	52.14	200m: 2:59.63	42.72
26.	Ana Rita, MESQUITA FTL	F	111875	98	Leixões Sport Clube	3:00.90	326	
	50m: 39.34 39.34	100m: 1:25.01			45.67 150m: 2:19.07	54.06	200m: 3:00.90	41.83
27.	Sara Martins, CAPELO FTL	F	102562	98	Propaganda da Natacao	3:00.95	326	
	50m: 41.07 41.07	100m: 1:24.17			43.10 150m: 2:19.22	55.05	200m: 3:00.95	41.73
28.	Sofia Isabel, CORREIA FTL	F	104560	98	Lousada	3:12.66	270	
	50m: 42.50 42.50	100m: 1:30.06			47.56 150m: 2:26.91	56.85	200m: 3:12.66	45.75

Prova 21

Masc., 4 x 100m Estilos

Juvenis

03-03-2012 - 17:25

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Resultados

Recordes Nacionais 25m Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv B	4:11.92	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Penafiel	21-03-1999
Recordes Nacionais 25m Juv A	4:03.10	Clube Natacao Colegio Vasco da Gama	CNC	Braga	23-03-2003

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1.	M			FCPorto	4:09.04	511	
				<i>Recorde Nacional</i>			
	97	30.04	1:01.66	Joao Miguel, ASCENSAO	97	26.71	58.66
	97	33.86	1:11.16	Joao Luis, TRAVANCA	97	27.74	57.56
2.	M			Foca	4:23.72	430	
	97	31.53	1:04.66	Ivo Pinto, RIBEIRO	97	29.01	1:02.76
	97	33.75	1:11.69	Luis Carlos, MATIAS	97	30.62	1:04.61
3.	M			Escola Desportiva de Viana 2	4:25.48	422	
	97	32.28	1:04.86	Alexandre Lages, RIBAS	97	27.84	59.61
	97	33.87	1:11.86	Manuel Jose, SANTOS	97	32.80	1:09.15
4.	M			Braga	4:27.55	412	
	97	31.99	1:04.92	Diogo Miguel, NELAS	97	30.43	1:05.65
	97	36.03	1:17.93	Rodrigo Carlos, ALBUQUERQUE	97	28.50	59.05
5.	M			Ginásio Santo Tirso	4:36.61	373	
	97	34.01	1:09.39	David Andre, ALMEIDA	97	31.09	1:07.00
	97	37.45	1:19.48	Pedro Ferreira, LOPES	97	28.64	1:00.74
6.	M			CNMaia	4:38.78	364	
	97	33.52	1:11.45	Luis Carlos, OLIVEIRA	97	29.68	1:05.11
	97	34.30	1:17.06	Pedro Jose, COSTA	97	30.66	1:05.16
7.	M			Lamas	4:47.51	332	
	97	39.44	1:19.62	Tiago Francisco, SILVA	97	33.24	1:12.63
	97	32.25	1:08.85	Andre Oliveira, COUTO	97	32.67	1:06.41

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 21, Masc., 4 x 100m Estilos, Juvenis B

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
DSQ	M			Leix�es Sport Clube			
<i>712 - Rendi��o antecipada do 3 nadador – SW 10.11</i>							
Artur Miguel, MARQUES	97	33.64	1:09.48	Joao Afonso, PICA	97		
Andre Goncalo, SANTOS	97	30.41	1:04.35	Joao Francisco, LEITAO	97		
DSQ	M			Vilacondense			
<i>508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3, No estilo de mariposa.</i>							
Rui Eduardo, CABRAL	97	35.30	1:12.07	Ruben Jose, MORIM	97		
Filipe Carmo, RAMOS	97	33.58	1:12.12	Joao Filipe, FERNANDES	97		

Juvenis A

1.	FCPorto 2	M		FCPorto	4:08.08	517	
	Francisco Abrunhosa, RODRIGUES	96	32.03	Bruno Miguel, SILVA	96	28.07	1:01.36
	Artur Jose, REIS	96	31.61	Diogo Henrique, GOMES	96	25.84	53.85
2.	Vilacondense 1	M		Vilacondense	4:12.27	492	
	Carlos Figueiredo, PAIS	96	32.36	Joao Pedro, SANTOS	96	26.88	57.53
	Paulo Andre, SILVA	96	32.78	Joao Jose, VILELA	96	26.47	57.37
3.	Escola Desportiva de Viana 1	M		Escola Desportiva de Viana	4:24.60	426	
	Fabio Duarte, RODRIGUES	96	32.61	Mario Jose, BARROS	96	29.53	1:04.19
	Rui Miguel, SAMPAIO	96	34.78	Miguel Angelo, PASSOS	96	28.81	59.05
4.	Viana Natacao 1	M		Viana Natacao	4:24.79	425	
	Miguel Prata, SANTOS	96	32.49	Tiago Joao, MEIRA	96	29.35	1:04.29
	Antonio Miguel, VITORINO	96	33.87	Ricardo Miguel, ALVES	96	27.78	57.84
5.	Gin�sio Santo Tirso 1	M		Gin�sio Santo Tirso	4:34.62	381	
	Duarte Magalhaes, PINTO	96	34.74	Manuel Duarte, FERNANDES	96	31.95	1:09.28
	Paulo Martins, ALMEIDA	96	36.13	Miguel Filipe, PINTO	96	27.28	57.65
6.	Escola Desportiva Limiana 1	M		Escola Desportiva Limiana	4:35.75	376	
	Bruno Jose, SOUSA	96	33.80	Matheus Pereira, GONCALVES	96	30.50	1:06.69
	Guilherme Lemos, LIMA	96	36.56	Joao Luis, PEREIRA	96	28.84	1:00.59
7.	Fluvial Portuense 1	M		Fluvial Portuense	4:39.58	361	
	Julio Dinis, GONCALVES	96	30.55	Ricardo Jorge, MESQUITA	96	32.86	1:11.89
	Miguel Joao, CAETANO	96	36.95	Nuno Miguel, BASTOS	96	30.87	1:04.68
8.	Lamas 2	M		Lamas	4:47.37	332	
	Joao Pedro, LOPES	96	37.08	Joao Paulo, CAPITAO	96	28.62	1:01.64
	David Jose, CARVALHO	96	40.42	Daniel Fernando, MAGALHAES	96	29.26	1:00.12

Prova 22

03-03-2012 - 17:45

Femin., 4 x 100m Estilos

CMEP - Cl nica M dica do Exerc cio do Porto

Juvenis

Resultados

Recordes Nacionais 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006

Pontos: FINA 2011

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	F			Famalicao�	4:40.26	538	
		98	34.27	Graca Maria, ARAUJO	98	32.12	1:08.81
		98	36.75	Ana Silva, COSTA	98	30.05	1:02.67
2.	F			FCPorto	4:47.44	498	
		98	34.80	Maria Carolina, RIBEIRO	98	31.83	1:09.42
		98	39.44	Patricia Goncalves, CARDOSO	98	30.34	1:03.36
3.	F			Leix�es Sport Clube	5:11.44	392	
		98	37.11	Daniela Rodrigues, FIGUEIREDO	98	37.32	1:21.68
		98	38.92	Mafalda Ho, SANTOS	98	32.78	1:09.24

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

Registered to Associacao de Natacao do Norte de Portugal

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4 - 3^a Jornada - 1^a Sess  o

04-03-2012 - 9:30

Prova 23	Masc., 100m Bru�os				Juvenis
04-03-2012 - 9:30	COPIDOURO - Centro de C�pias e Impress�o Digital				Resultados
Recordes Nacionais 25m Absoluto	59.31	Nuno Goncalo, QUINTANILHA	LDC	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv B	1:05.85	Luis Manuel, FERNANDES	GDNVNF	Pa�os de Ferreira	14-11-2009
Recordes Nacionais 25m Juv A	1:04.84	Luis Manuel, FERNANDES	GDNVNF	Pa�os de Ferreira	12-12-2010
Juvenis B Masc Juv B: 1:25.00 / Juvenis A Masc Juv A: 1:23.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Andre Goncalo, SANTOS <i>Recorde Nacional</i>	M	104706	97	Leix�es Sport Clube	1:04.22	649	
	50m: 30.17 30.17		100m:	1:04.22	34.05			
2.	Simao Miguel, CAPITAO	M	109596	97	Lamas	1:07.01	571	
	50m: 31.84 31.84		100m:	1:07.01	35.17			
3.	Tiago Martim, ALVES	M	100789	97	Escola Desportiva de Viana	1:10.92	482	
	50m: 33.46 33.46		100m:	1:10.92	37.46			
4.	Eduardo Salgado, RAMOS	M	106796	97	FCPorto	1:12.30	455	
	50m: 34.64 34.64		100m:	1:12.30	37.66			
5.	Flavio D�as, SILVA	M	104455	97	Famalicao�	1:13.40	434	
	50m: 34.16 34.16		100m:	1:13.40	39.24			
6.	Daniel Lago, PINTO	M	112636	97	Escola Desportiva Limiana	1:14.09	422	
	50m: 34.75 34.75		100m:	1:14.09	39.34			
7.	Andre Resende, PINHEIRO	M	109196	97	FCPorto	1:16.11	390	
	50m: 36.29 36.29		100m:	1:16.11	39.82			
8.	Andre Manuel, COSTA	M	107731	97	CNMaia	1:17.37	371	
	50m: 36.80 36.80		100m:	1:17.37	40.57			
9.	Tiago Daniel, FERNANDES	M	104949	97	CNMaia	1:18.84	350	
	50m: 36.79 36.79		100m:	1:18.84	42.05			
10.	Jose Pedro, BARBOSA	M	107948	97	Gin�sio Santo Tirso	1:19.70	339	
	50m: 38.21 38.21		100m:	1:19.70	41.49			
11.	Jorge Filipe, MATOS	M	104725	97	Gespacos	1:19.72	339	
	50m: 37.42 37.42		100m:	1:19.72	42.30			
12.	Edgar Rocha, COSTA	M	106381	97	Viana Natacao�	1:20.13	334	
	50m: 37.40 37.40		100m:	1:20.13	42.73			
13.	Carlos Manuel, SILVA	M	104048	97	Penafiel	1:21.29	320	
	50m: 37.74 37.74		100m:	1:21.29	43.55			
14.	Filipe Manuel, FERREIRA	M	106797	97	FCPorto	1:21.86	313	
	50m: 38.98 38.98		100m:	1:21.86	42.88			
15.	Pedro Jose, COSTA	M	107733	97	CNMaia	1:22.68	304	
	50m: 39.13 39.13		100m:	1:22.68	43.55			
16.	Luis Carlos, MATIAS <i>FTL</i>	M	103046	97	Foca	1:25.70	273	
	50m: 39.86 39.86		100m:	1:25.70	45.84			
17.	Andre Petiz, CORREIA <i>FTL</i>	M	103954	97	Lamas	1:26.37	266	
	50m: 41.45 41.45		100m:	1:26.37	44.92			
18.	Joao Miguel, TORRADO <i>FTL</i>	M	104488	97	FCPorto	1:26.98	261	
	50m: 41.73 41.73		100m:	1:26.98	45.25			
19.	Manuel Jose, SANTOS <i>FTL</i>	M	117911	97	Escola Desportiva de Viana	1:30.07	235	
	50m: 42.48 42.48		100m:	1:30.07	47.59			
20.	Tiago Francisco, SILVA <i>FTL</i>	M	103955	97	Lamas	1:31.24	226	
	50m: 42.18 42.18		100m:	1:31.24	49.06			
21.	Francisco Miguel, TEIXEIRA <i>FTL</i>	M	104485	97	FCPorto	1:31.72	222	
	50m: 43.89 43.89		100m:	1:31.72	47.83			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

Registered to Associacao de Natacao do Norte de Portugal

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 23, Masc., 100m Bruços, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	Jose Miguel, RODRIGUES <i>FTL</i>	M	106741	97	Valongo	1:33.14	212	
	50m: 44.17 44.17	100m: 1:33.14			48.97			

Juvenis A

1.	Artur Jose, REIS	M	23369	96	FCPorto	1:07.33	563	
	50m: 31.66 31.66	100m: 1:07.33			35.67			
2.	Joao Paulo, CAPITAO	M	109592	96	Lamas	1:09.49	512	
	50m: 32.98 32.98	100m: 1:09.49			36.51			
3.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	1:10.14	498	
	50m: 32.40 32.40	100m: 1:10.14			37.74			
4.	Paulo Andre, SILVA	M	105198	96	Vilacondense	1:11.33	473	
	50m: 33.66 33.66	100m: 1:11.33			37.67			
5.	Bruno Campos, NETO	M	105773	96	Gespacos	1:12.23	456	
	50m: 33.94 33.94	100m: 1:12.23			38.29			
6.	Rui Miguel, SAMPAIO	M	100845	96	Escola Desportiva de Viana	1:13.88	426	
	50m: 34.54 34.54	100m: 1:13.88			39.34			
7.	Carlos Diogo, MORAIS	M	109756	96	Famalicão	1:14.02	424	
	50m: 34.88 34.88	100m: 1:14.02			39.14			
8.	Ricardo Jorge, MESQUITA	M	102079	96	Fluvial Portuense	1:14.87	409	
	50m: 35.44 35.44	100m: 1:14.87			39.43			
9.	Jose Pedro, BAPTISTA	M	102083	96	Vilacondense	1:15.63	397	
	50m: 34.74 34.74	100m: 1:15.63			40.89			
10.	Mario Jose, BARROS	M	106913	96	Escola Desportiva de Viana	1:15.81	394	
	50m: 35.94 35.94	100m: 1:15.81			39.87			
11.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	1:16.02	391	
	50m: 36.16 36.16	100m: 1:16.02			39.86			
12.	Guilherme Lemos, LIMA	M	105438	96	Escola Desportiva Limiana	1:17.36	371	
	50m: 36.59 36.59	100m: 1:17.36			40.77			
13.	Rui Miguel, CRUZ	M	104516	96	CNMaia	1:20.36	331	
	50m: 37.84 37.84	100m: 1:20.36			42.52			
14.	Miguel Joao, CAETANO	M	123861	96	Fluvial Portuense	1:20.68	327	
	50m: 37.39 37.39	100m: 1:20.68			43.29			
15.	Andre Filipe, VALE <i>FTL</i>	M	107559	96	Braga	1:24.29	287	
	50m: 38.93 38.93	100m: 1:24.29			45.36			
16.	Alexandre Jose, BOLAND <i>FTL</i>	M	101156	96	Escola Desportiva de Viana	1:24.49	285	
	50m: 39.11 39.11	100m: 1:24.49			45.38			
17.	Bruno Jose, SOUSA <i>FTL</i>	M	105439	96	Escola Desportiva Limiana	1:24.79	282	
	50m: 39.51 39.51	100m: 1:24.79			45.28			
18.	Ruben Diogo, OLIVEIRA <i>FTL</i>	M	117207	96	Valongo	1:25.28	277	
	50m: 41.31 41.31	100m: 1:25.28			43.97			

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Prova 24	Femin., 100m Bruços				Juvenis
04-03-2012 - 9:40	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Juvenis Fem : 1:34.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Barbara Nogueira, GONCALVES	F	104448 98	Famalição	1:19.51	490	
	50m: 37.31 37.31	100m: 1:19.51		42.20			
2.	Rita Maria, CARDOSO	F	105877 98	Leixões Sport Clube	1:21.16	461	
	50m: 38.30 38.30	100m: 1:21.16		42.86			
3.	Lucilia Ferreira, FREITAS	F	111082 98	FCPorto	1:23.17	428	
	50m: 39.72 39.72	100m: 1:23.17		43.45			
4.	Beatriz Pereira, VASCONCELOS	F	107934 98	Vilacondense	1:25.21	398	
	50m: 40.14 40.14	100m: 1:25.21		45.07			
5.	Catarina Maria, FERREIRA	F	106534 98	Arcos de Valdevez	1:26.28	383	
	50m: 40.21 40.21	100m: 1:26.28		46.07			
6.	Viviana Sofia, PINTO	F	110843 98	Escola Desportiva Limiana	1:26.53	380	
	50m: 41.40 41.40	100m: 1:26.53		45.13			
7.	Barbara Alves, SILVA	F	104734 98	Leixões Sport Clube	1:28.42	356	
	50m: 42.29 42.29	100m: 1:28.42		46.13			
8.	Cristina Cunha, MENDES	F	106833 98	Vitória Sport Clube	1:28.63	354	
	50m: 41.27 41.27	100m: 1:28.63		47.36			
9.	Ana Filipa, FOLHA	F	106669 98	Leixões Sport Clube	1:28.73	352	
	50m: 42.70 42.70	100m: 1:28.73		46.03			
10.	Monica Castro, ALVES	F	108429 98	Escola Desportiva de Viana	1:30.28	334	
	50m: 42.54 42.54	100m: 1:30.28		47.74			
11.	Ines Barros, LOPES	F	106868 98	Arcos de Valdevez	1:32.57	310	
	50m: 42.44 42.44	100m: 1:32.57		50.13			
12.	Ana Rita, CORREIA	F	104558 98	Lousada	1:33.05	305	
	50m: 43.74 43.74	100m: 1:33.05		49.31			
13.	Sofia Isabel, CORREIA	F	104560 98	Lousada	1:38.68	256	
	FTL 50m: 46.80 46.80	100m: 1:38.68		51.88			
14.	Ana Isabel, MAGALHAES	F	123905 98	Valongo	1:39.02	253	
	FTL 50m: 46.83 46.83	100m: 1:39.02		52.19			
DNS	Ana Rodrigues, BRITO	F	122068 98	Penafiel			

Prova 25	Masc., 1500m Livres				Juvenis
04-03-2012 - 9:45	COPIDOURO - Centro de Cópias e Impressão Digital				Resultados
Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Recordes Nacionais 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007
Juvenis B Masc Juv B: 18:42.00 / Juvenis A Masc Juv A: 18:17.00					

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	Vitor Joao, PEREIRA	M	102545 97	Leixões Sport Clube	16:43.36	608	
	50m: 29.70 29.70	450m: 4:58.97		33.90	850m: 9:27.78	33.37	1250m: 13:57.26 33.79
	100m: 1:02.74 33.04	500m: 5:32.71		33.74	900m: 10:00.87	33.09	1300m: 14:31.10 33.84
	150m: 1:36.12 33.38	550m: 6:06.75		34.04	950m: 10:34.70	33.83	1350m: 15:04.86 33.76
	200m: 2:09.83 33.71	600m: 6:40.49		33.74	1000m: 11:08.45	33.75	1400m: 15:38.04 33.18
	250m: 2:43.60 33.77	650m: 7:14.13		33.64	1050m: 11:42.05	33.60	1450m: 16:11.22 33.18
	300m: 3:17.39 33.79	700m: 7:47.99		33.86	1100m: 12:15.93	33.88	1500m: 16:43.36 32.14
	350m: 3:51.47 34.08	750m: 8:21.21		33.22	1150m: 12:49.85	33.92	
	400m: 4:25.07 33.60	800m: 8:54.41		33.20	1200m: 13:23.47	33.62	

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Splash Meet Manager 11, Build 19249

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Associação de Nataçao do Norte de Portugal
Associação de Nataçao do Minho
Campeonatos Regionais Juvenis

Prova 25, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
2.	Joao Luis, TRAVANCA	M	104716	97	FCPorto	17:03.14	573	
	50m: 30.94 30.94	450m: 5:03.57 34.64	850m: 9:37.08 33.89	1250m: 14:12.51 34.88				
	100m: 1:04.64 33.70	500m: 5:37.82 34.25	900m: 10:11.16 34.08	1300m: 14:47.01 34.50				
	150m: 1:38.53 33.89	550m: 6:12.18 34.36	950m: 10:45.23 34.07	1350m: 15:21.24 34.23				
	200m: 2:12.81 34.28	600m: 6:46.82 34.64	1000m: 11:19.58 34.35	1400m: 15:55.64 34.40				
	250m: 2:47.08 34.27	650m: 7:20.99 34.17	1050m: 11:54.08 34.50	1450m: 16:30.43 34.79				
	300m: 3:20.68 33.60	700m: 7:55.04 34.05	1100m: 12:28.19 34.11	1500m: 17:03.14 32.71				
	350m: 3:54.93 34.25	750m: 8:28.87 33.83	1150m: 13:03.00 34.81					
	400m: 4:28.93 34.00	800m: 9:03.19 34.32	1200m: 13:37.63 34.63					
3.	Jorge Miguel, NUNES	M	102008	97	FCPorto	17:12.73	557	
	50m: 30.65 30.65	450m: 5:06.05 34.67	850m: 9:42.79 34.97	1250m: 14:21.17 34.59				
	100m: 1:04.65 34.00	500m: 5:40.75 34.70	900m: 10:17.44 34.65	1300m: 14:55.98 34.81				
	150m: 1:39.06 34.41	550m: 6:15.55 34.80	950m: 10:52.02 34.58	1350m: 15:30.49 34.51				
	200m: 2:13.47 34.41	600m: 6:49.83 34.28	1000m: 11:27.25 35.23	1400m: 16:05.00 34.51				
	250m: 2:48.01 34.54	650m: 7:24.55 34.72	1050m: 12:02.09 34.84	1450m: 16:39.33 34.33				
	300m: 3:22.58 34.57	700m: 7:58.85 34.30	1100m: 12:36.77 34.68	1500m: 17:12.73 33.40				
	350m: 3:57.13 34.55	750m: 8:33.44 34.59	1150m: 13:11.93 35.16					
	400m: 4:31.38 34.25	800m: 9:07.82 34.38	1200m: 13:46.58 34.65					
4.	Diogo Miguel, NELAS	M	105636	97	Braga	17:13.51	556	
	50m: 29.98 29.98	450m: 5:03.97 34.67	850m: 9:41.19 34.82	1250m: 14:21.23 35.29				
	100m: 1:03.26 33.28	500m: 5:38.42 34.45	900m: 10:16.05 34.86	1300m: 14:56.10 34.87				
	150m: 1:36.99 33.73	550m: 6:13.19 34.77	950m: 10:50.73 34.68	1350m: 15:31.25 35.15				
	200m: 2:11.20 34.21	600m: 6:47.36 34.17	1000m: 11:25.58 34.85	1400m: 16:06.22 34.97				
	250m: 2:45.50 34.30	650m: 7:22.17 34.81	1050m: 12:00.51 34.93	1450m: 16:40.46 34.24				
	300m: 3:20.19 34.69	700m: 7:56.67 34.50	1100m: 12:35.65 35.14	1500m: 17:13.51 33.05				
	350m: 3:54.81 34.62	750m: 8:31.56 34.89	1150m: 13:10.77 35.12					
	400m: 4:29.30 34.49	800m: 9:06.37 34.81	1200m: 13:45.94 35.17					
5.	Tiago Ribeiro, COSTA	M	104534	97	Famalicão	17:14.25	555	
	50m: 31.54 31.54	450m: 5:04.87 34.19	850m: 9:41.53 34.69	1250m: 14:21.50 35.09				
	100m: 1:05.28 33.74	500m: 5:39.06 34.19	900m: 10:16.49 34.96	1300m: 14:56.70 35.20				
	150m: 1:39.61 34.33	550m: 6:13.65 34.59	950m: 10:51.46 34.97	1350m: 15:31.68 34.98				
	200m: 2:14.06 34.45	600m: 6:48.10 34.45	1000m: 11:26.13 34.67	1400m: 16:07.03 35.35				
	250m: 2:48.31 34.25	650m: 7:22.51 34.41	1050m: 12:01.22 35.09	1450m: 16:41.85 34.82				
	300m: 3:22.48 34.17	700m: 7:57.17 34.66	1100m: 12:36.19 34.97	1500m: 17:14.25 32.40				
	350m: 3:56.51 34.03	750m: 8:31.83 34.66	1150m: 13:11.11 34.92					
	400m: 4:30.68 34.17	800m: 9:06.84 35.01	1200m: 13:46.41 35.30					
6.	Joao Afonso, PICA0	M	102842	97	Leixões Sport Clube	17:30.49	529	
	50m: 31.70 31.70	450m: 5:06.86 35.24	850m: 9:48.86 35.43	1250m: 14:33.09 35.60				
	100m: 1:05.50 33.80	500m: 5:41.84 34.98	900m: 10:24.03 35.17	1300m: 15:08.56 35.47				
	150m: 1:39.52 34.02	550m: 6:16.66 34.82	950m: 10:59.37 35.34	1350m: 15:43.76 35.20				
	200m: 2:13.67 34.15	600m: 6:52.10 35.44	1000m: 11:35.14 35.77	1400m: 16:19.57 35.81				
	250m: 2:47.94 34.27	650m: 7:27.11 35.01	1050m: 12:10.78 35.64	1450m: 16:56.09 36.52				
	300m: 3:22.25 34.31	700m: 8:02.57 35.46	1100m: 12:46.49 35.71	1500m: 17:30.49 34.40				
	350m: 3:56.87 34.62	750m: 8:38.06 35.49	1150m: 13:22.04 35.55					
	400m: 4:31.62 34.75	800m: 9:13.43 35.37	1200m: 13:57.49 35.45					
7.	Ricardo Eduardo, AFONSO	M	105414	97	Braga	17:33.70	525	
	50m: 31.19 31.19	450m: 5:10.51 35.29	850m: 9:53.97 35.16	1250m: 14:39.69 35.57				
	100m: 1:04.91 33.72	500m: 5:46.33 35.82	900m: 10:29.63 35.66	1300m: 15:15.46 35.77				
	150m: 1:39.56 34.65	550m: 6:21.64 35.31	950m: 11:05.54 35.91	1350m: 15:51.10 35.64				
	200m: 2:15.02 35.46	600m: 6:57.24 35.60	1000m: 11:41.35 35.81	1400m: 16:26.62 35.52				
	250m: 2:50.05 35.03	650m: 7:32.87 35.63	1050m: 12:16.83 35.48	1450m: 17:01.51 34.89				
	300m: 3:25.20 35.15	700m: 8:08.34 35.47	1100m: 12:52.77 35.94	1500m: 17:33.70 32.19				
	350m: 4:00.45 35.25	750m: 8:43.48 35.14	1150m: 13:28.26 35.49					
	400m: 4:35.22 34.77	800m: 9:18.81 35.33	1200m: 14:04.12 35.86					
8.	Narciso Daniel, CORREIA	M	111197	97	Braga	17:33.88	524	
	50m: 31.02 31.02	450m: 5:09.66 35.32	850m: 9:51.84 35.16	1250m: 14:37.30 35.76				
	100m: 1:05.20 34.18	500m: 5:44.71 35.05	900m: 10:27.67 35.83	1300m: 15:13.07 35.77				
	150m: 1:39.94 34.74	550m: 6:19.68 34.97	950m: 11:03.40 35.73	1350m: 15:48.86 35.79				
	200m: 2:14.59 34.65	600m: 6:55.45 35.77	1000m: 11:38.63 35.23	1400m: 16:25.05 36.19				
	250m: 2:49.62 35.03	650m: 7:30.65 35.20	1050m: 12:14.20 35.57	1450m: 17:00.87 35.82				
	300m: 3:23.95 34.33	700m: 8:05.99 35.34	1100m: 12:50.21 36.01	1500m: 17:33.88 33.01				
	350m: 3:59.39 35.44	750m: 8:41.55 35.56	1150m: 13:25.41 35.20					
	400m: 4:34.34 34.95	800m: 9:16.68 35.13	1200m: 14:01.54 36.13					
9.	Luis Carlos, OLIVEIRA	M	102629	97	CNMaia	17:34.90	523	
	50m: 30.21 30.21	450m: 5:09.10 35.47	850m: 9:52.47 35.37	1250m: 14:38.39 36.00				
	100m: 1:04.32 34.11	500m: 5:44.22 35.12	900m: 10:28.02 35.55	1300m: 15:14.14 35.75				
	150m: 1:38.98 34.66	550m: 6:19.75 35.53	950m: 11:03.40 35.38	1350m: 15:50.23 36.09				
	200m: 2:14.02 35.04	600m: 6:55.03 35.28	1000m: 11:39.13 35.73	1400m: 16:25.77 35.54				
	250m: 2:48.83 34.81	650m: 7:30.72 35.69	1050m: 12:14.82 35.69	1450m: 17:01.52 35.75				
	300m: 3:23.26 34.43	700m: 8:06.00 35.28	1100m: 12:50.72 35.90	1500m: 17:34.90 33.38				
	350m: 3:58.26 35.00	750m: 8:41.55 35.55	1150m: 13:26.77 36.05					
	400m: 4:33.63 35.37	800m: 9:17.10 35.55	1200m: 14:02.39 35.62					

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Associação de Nataçao do Norte de Portugal
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Prova 25, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
10.	Daniel Francisco, MENDONCA	M	111180	97	Braga	17:42.32	512	
	50m: 31.51 31.51	450m: 5:13.60 35.69	850m: 9:58.75 35.78	1250m: 14:45.64 35.73				
	100m: 1:06.11 34.60	500m: 5:49.04 35.44	900m: 10:34.58 35.83	1300m: 15:21.42 35.78				
	150m: 1:41.42 35.31	550m: 6:24.63 35.59	950m: 11:10.48 35.90	1350m: 15:57.00 35.58				
	200m: 2:16.61 35.19	600m: 7:00.18 35.55	1000m: 11:46.17 35.69	1400m: 16:32.62 35.62				
	250m: 2:52.40 35.79	650m: 7:35.94 35.76	1050m: 12:22.23 36.06	1450m: 17:08.26 35.64				
	300m: 3:27.49 35.09	700m: 8:11.55 35.61	1100m: 12:58.15 35.92	1500m: 17:42.32 34.06				
	350m: 4:02.48 34.99	750m: 8:47.44 35.89	1150m: 13:33.98 35.83					
	400m: 4:37.91 35.43	800m: 9:22.97 35.53	1200m: 14:09.91 35.93					
11.	Joao Diogo, POINHO	M	104486	97	FCPorto	17:52.75	497	
	50m: 30.72 30.72	450m: 5:16.29 36.29	850m: 10:02.98 35.54	1250m: 14:53.28 36.49				
	100m: 1:05.09 34.37	500m: 5:52.10 35.81	900m: 10:39.47 36.49	1300m: 15:29.19 35.91				
	150m: 1:40.49 35.40	550m: 6:27.64 35.54	950m: 11:15.65 36.18	1350m: 16:05.62 36.43				
	200m: 2:15.95 35.46	600m: 7:03.62 35.98	1000m: 11:52.14 36.49	1400m: 16:41.10 35.48				
	250m: 2:51.82 35.87	650m: 7:39.34 35.72	1050m: 12:28.34 36.20	1450m: 17:17.41 36.31				
	300m: 3:27.47 35.65	700m: 8:15.15 35.81	1100m: 13:04.56 36.22	1500m: 17:52.75 35.34				
	350m: 4:03.55 36.08	750m: 8:51.12 35.97	1150m: 13:40.79 36.23					
	400m: 4:40.00 36.45	800m: 9:27.44 36.32	1200m: 14:16.79 36.00					
12.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	17:53.55	496	
	50m: 30.52 30.52	450m: 5:15.43 35.82	850m: 10:04.53 36.37	1250m: 14:54.71 36.73				
	100m: 1:05.12 34.60	500m: 5:51.42 35.99	900m: 10:40.54 36.01	1300m: 15:31.37 36.66				
	150m: 1:40.51 35.39	550m: 6:27.73 36.31	950m: 11:16.22 35.68	1350m: 16:07.47 36.10				
	200m: 2:16.04 35.53	600m: 7:03.32 35.59	1000m: 11:52.58 36.36	1400m: 16:43.49 36.02				
	250m: 2:51.63 35.59	650m: 7:39.96 36.64	1050m: 12:29.15 36.57	1450m: 17:19.61 36.12				
	300m: 3:27.74 36.11	700m: 8:15.99 36.03	1100m: 13:04.95 35.80	1500m: 17:53.55 33.94				
	350m: 4:03.76 36.02	750m: 8:52.51 36.52	1150m: 13:41.28 36.33					
	400m: 4:39.61 35.85	800m: 9:28.16 35.65	1200m: 14:17.98 36.70					
13.	Pedro Jose, GONCALVES	M	105416	97	Braga	17:55.41	493	
	50m: 31.48 31.48	450m: 5:16.71 35.88	850m: 10:04.86 36.30	1250m: 14:56.94 36.32				
	100m: 1:06.37 34.89	500m: 5:52.67 35.96	900m: 10:41.34 36.48	1300m: 15:33.55 36.61				
	150m: 1:41.67 35.30	550m: 6:28.56 35.89	950m: 11:17.72 36.38	1350m: 16:09.71 36.16				
	200m: 2:17.76 36.09	600m: 7:04.57 36.01	1000m: 11:54.35 36.63	1400m: 16:46.19 36.48				
	250m: 2:53.57 35.81	650m: 7:40.18 35.61	1050m: 12:30.92 36.57	1450m: 17:21.82 35.63				
	300m: 3:29.27 35.70	700m: 8:16.14 35.96	1100m: 13:07.35 36.43	1500m: 17:55.41 33.59				
	350m: 4:04.82 35.55	750m: 8:52.33 36.19	1150m: 13:44.20 36.85					
	400m: 4:40.83 36.01	800m: 9:28.56 36.23	1200m: 14:20.62 36.42					
14.	Artur Miguel, MARQUES	M	102930	97	Leixões Sport Clube	17:57.27	491	
	50m: 31.40 31.40	450m: 5:11.39 36.08	850m: 10:00.01 35.83	1250m: 14:52.51 38.62				
	100m: 1:05.93 34.53	500m: 5:47.01 35.62	900m: 10:36.62 36.61	1300m: 15:30.99 38.48				
	150m: 1:40.71 34.78	550m: 6:23.09 36.08	950m: 11:12.25 35.63	1350m: 16:08.05 37.06				
	200m: 2:15.68 34.97	600m: 6:58.86 35.77	1000m: 11:48.57 36.32	1400m: 16:44.69 36.64				
	250m: 2:50.49 34.81	650m: 7:34.41 35.55	1050m: 12:25.33 36.76	1450m: 17:21.48 36.79				
	300m: 3:25.59 35.10	700m: 8:10.79 36.38	1100m: 13:01.47 36.14	1500m: 17:57.27 35.79				
	350m: 4:00.29 34.70	750m: 8:48.01 37.22	1150m: 13:37.88 36.41					
	400m: 4:35.31 35.02	800m: 9:24.18 36.17	1200m: 14:13.89 36.01					
15.	Joao Miguel, FERREIRA	M	103044	97	Foca	18:00.82	486	
	50m: 30.25 30.25	450m: 5:13.12 36.86	850m: 10:07.92 36.88	1250m: 15:01.53 36.97				
	100m: 1:04.85 34.60	500m: 5:50.76 37.64	900m: 10:44.61 36.69	1300m: 15:38.18 36.65				
	150m: 1:39.51 34.66	550m: 6:27.53 36.77	950m: 11:21.29 36.68	1350m: 16:15.20 37.02				
	200m: 2:14.22 34.71	600m: 7:04.55 37.02	1000m: 11:57.94 36.65	1400m: 16:51.43 36.23				
	250m: 2:49.76 35.54	650m: 7:41.25 36.70	1050m: 12:34.64 36.70	1450m: 17:27.72 36.29				
	300m: 3:25.22 35.46	700m: 8:17.78 36.53	1100m: 13:11.47 36.83	1500m: 18:00.82 33.10				
	350m: 4:00.39 35.17	750m: 8:54.48 36.70	1150m: 13:48.26 36.79					
	400m: 4:36.26 35.87	800m: 9:31.04 36.56	1200m: 14:24.56 36.30					
16.	Filipe Carmo, RAMOS	M	105197	97	Vilacondense	18:11.88	471	
	50m: 31.71 31.71	450m: 5:22.82 36.43	850m: 10:14.70 35.72	1250m: 15:08.11 37.16				
	100m: 1:07.29 35.58	500m: 6:00.43 37.61	900m: 10:50.90 36.20	1300m: 15:45.32 37.21				
	150m: 1:43.40 36.11	550m: 6:37.38 36.95	950m: 11:27.09 36.19	1350m: 16:22.69 37.37				
	200m: 2:19.84 36.44	600m: 7:14.43 37.05	1000m: 12:03.79 36.70	1400m: 17:00.09 37.40				
	250m: 2:56.62 36.78	650m: 7:51.04 36.61	1050m: 12:41.01 37.22	1450m: 17:36.88 36.79				
	300m: 3:32.19 35.57	700m: 8:27.24 36.20	1100m: 13:16.83 35.82	1500m: 18:11.88 35.00				
	350m: 4:09.25 37.06	750m: 9:02.85 35.61	1150m: 13:53.47 36.64					
	400m: 4:46.39 37.14	800m: 9:38.98 36.13	1200m: 14:30.95 37.48					
17.	Joao Francisco, LEITAO	M	104733	97	Leixões Sport Clube	18:23.31	457	
	50m: 32.22 32.22	450m: 5:21.89 36.63	850m: 10:15.13 36.84	1250m: 15:15.73 37.25				
	100m: 1:07.42 35.20	500m: 5:58.16 36.27	900m: 10:53.51 38.38	1300m: 15:54.36 38.63				
	150m: 1:43.52 36.10	550m: 6:34.75 36.59	950m: 11:30.95 37.44	1350m: 16:31.47 37.11				
	200m: 2:19.22 35.70	600m: 7:11.37 36.62	1000m: 12:09.04 38.09	1400m: 17:10.00 38.53				
	250m: 2:55.86 36.64	650m: 7:48.01 36.64	1050m: 12:46.92 37.88	1450m: 17:48.34 38.34				
	300m: 3:32.14 36.28	700m: 8:25.03 37.02	1100m: 13:24.14 37.22	1500m: 18:23.31 34.97				
	350m: 4:08.63 36.49	750m: 9:02.12 37.09	1150m: 14:01.40 37.26					
	400m: 4:45.26 36.63	800m: 9:38.29 36.17	1200m: 14:38.48 37.08					

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associacao de Natacao do Norte de Portugal

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 25, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
18.	Ruben Jose, MORIM FTL	M	107935	97	Vilacondense	18:44.16	432	
	50m: 31.67 31.67	450m: 5:24.75	37.36	850m: 10:27.91	38.07	1250m: 15:34.54	38.18	
	100m: 1:07.32 35.65	500m: 6:01.70	36.95	900m: 11:05.88	37.97	1300m: 16:13.26	38.72	
	150m: 1:43.34 36.02	550m: 6:40.29	38.59	950m: 11:43.64	37.76	1350m: 16:52.03	38.77	
	200m: 2:20.16 36.82	600m: 7:17.92	37.63	1000m: 12:22.48	38.84	1400m: 17:29.79	37.76	
	250m: 2:55.98 35.82	650m: 7:56.22	38.30	1050m: 13:00.66	38.18	1450m: 18:07.03	37.24	
	300m: 3:31.62 35.64	700m: 8:32.65	36.43	1100m: 13:39.42	38.76	1500m: 18:44.16	37.13	
	350m: 4:09.27 37.65	750m: 9:11.60	38.95	1150m: 14:17.85	38.43			
	400m: 4:47.39 38.12	800m: 9:49.84	38.24	1200m: 14:56.36	38.51			
19.	Joao Filipe, FERNANDES FTL	M	104718	97	Vilacondense	18:49.55	426	
	50m: 33.85 33.85	450m: 5:33.67	38.77	850m: 10:41.84	38.75	1250m: 15:45.30	37.19	
	100m: 1:09.89 36.04	500m: 6:11.44	37.77	900m: 11:20.46	38.62	1300m: 16:22.93	37.63	
	150m: 1:47.07 37.18	550m: 6:49.92	38.48	950m: 11:59.58	39.12	1350m: 17:00.12	37.19	
	200m: 2:24.54 37.47	600m: 7:28.64	38.72	1000m: 12:38.94	39.36	1400m: 17:38.21	38.09	
	250m: 3:02.31 37.77	650m: 8:06.75	38.11	1050m: 13:16.86	37.92	1450m: 18:14.85	36.64	
	300m: 3:39.82 37.51	700m: 8:45.29	38.54	1100m: 13:53.66	36.80	1500m: 18:49.55	34.70	
	350m: 4:16.75 36.93	750m: 9:24.56	39.27	1150m: 14:30.93	37.27			
	400m: 4:54.90 38.15	800m: 10:03.09	38.53	1200m: 15:08.11	37.18			
20.	Rui Americo, RAMOS FTL	M	104490	97	FCPorto	18:51.67	423	
	50m: 33.68 33.68	450m: 5:34.82	37.82	850m: 10:36.81	38.19	1250m: 15:41.47	38.75	
	100m: 1:09.87 36.19	500m: 6:12.69	37.87	900m: 11:14.83	38.02	1300m: 16:20.48	39.01	
	150m: 1:47.29 37.42	550m: 6:50.06	37.37	950m: 11:52.89	38.06	1350m: 16:59.62	39.14	
	200m: 2:24.77 37.48	600m: 7:27.40	37.34	1000m: 12:31.01	38.12	1400m: 17:37.88	38.26	
	250m: 3:02.93 38.16	650m: 8:05.13	37.73	1050m: 13:07.86	36.85	1450m: 18:15.81	37.93	
	300m: 3:40.82 37.89	700m: 8:42.39	37.26	1100m: 13:45.31	37.45	1500m: 18:51.67	35.86	
	350m: 4:18.78 37.96	750m: 9:20.30	37.91	1150m: 14:23.77	38.46			
	400m: 4:57.00 38.22	800m: 9:58.62	38.32	1200m: 15:02.72	38.95			
21.	Rui Eduardo, CABRAL FTL	M	107737	97	Vilacondense	22:01.52	266	
	50m: 33.88 33.88	450m: 6:20.98	45.02	850m: 12:16.91	44.59	1250m: 18:20.12	45.93	
	100m: 1:13.93 40.05	500m: 7:05.72	44.74	900m: 13:02.21	45.30	1300m: 19:05.55	45.43	
	150m: 1:58.72 44.79	550m: 7:49.55	43.83	950m: 13:47.89	45.68	1350m: 19:51.08	45.53	
	200m: 2:43.03 44.31	600m: 8:34.69	45.14	1000m: 14:33.00	45.11	1400m: 20:36.02	44.94	
	250m: 3:25.61 42.58	650m: 9:18.30	43.61	1050m: 15:18.09	45.09	1450m: 21:19.64	43.62	
	300m: 4:08.76 43.15	700m: 10:03.07	44.77	1100m: 16:03.09	45.00	1500m: 22:01.52	41.88	
	350m: 4:52.76 44.00	750m: 10:47.28	44.21	1150m: 16:48.82	45.73			
	400m: 5:35.96 43.20	800m: 11:32.32	45.04	1200m: 17:34.19	45.37			

Juvenis A

1.	Miguel Prata, SANTOS	M	101137	96	Viana Natacao	16:50.47	595	
	50m: 30.53 30.53	450m: 4:59.73	33.75	850m: 9:30.23	34.12	1250m: 14:02.80	33.99	
	100m: 1:03.65 33.12	500m: 5:33.37	33.64	900m: 10:04.06	33.83	1300m: 14:37.12	34.32	
	150m: 1:37.53 33.88	550m: 6:07.27	33.90	950m: 10:38.67	34.61	1350m: 15:11.34	34.22	
	200m: 2:11.70 34.17	600m: 6:40.37	33.10	1000m: 11:13.18	34.51	1400m: 15:45.17	33.83	
	250m: 2:45.34 33.64	650m: 7:14.19	33.82	1050m: 11:48.15	34.97	1450m: 16:18.37	33.20	
	300m: 3:18.91 33.57	700m: 7:48.44	34.25	1100m: 12:21.92	33.77	1500m: 16:50.47	32.10	
	350m: 3:52.40 33.49	750m: 8:22.79	34.35	1150m: 12:55.23	33.31			
	400m: 4:25.98 33.58	800m: 8:56.11	33.32	1200m: 13:28.81	33.58			
2.	Pedro Veiginha, MARTINS	M	107233	96	Braga	16:51.73	593	
	50m: 30.61 30.61	450m: 4:59.32	34.06	850m: 9:29.51	34.21	1250m: 14:03.52	33.78	
	100m: 1:03.64 33.03	500m: 5:32.97	33.65	900m: 10:03.93	34.42	1300m: 14:37.56	34.04	
	150m: 1:37.08 33.44	550m: 6:06.87	33.90	950m: 10:38.71	34.78	1350m: 15:11.72	34.16	
	200m: 2:10.60 33.52	600m: 6:40.71	33.84	1000m: 11:13.26	34.55	1400m: 15:45.75	34.03	
	250m: 2:44.04 33.44	650m: 7:14.12	33.41	1050m: 11:47.85	34.59	1450m: 16:19.10	33.35	
	300m: 3:17.61 33.57	700m: 7:48.30	34.18	1100m: 12:21.51	33.66	1500m: 16:51.73	32.63	
	350m: 3:51.44 33.83	750m: 8:22.00	33.70	1150m: 12:55.82	34.31			
	400m: 4:25.26 33.82	800m: 8:55.30	33.30	1200m: 13:29.74	33.92			
3.	David Nunes, SOUSA	M	112204	96	Famalicao	17:06.70	567	
	50m: 29.62 29.62	450m: 4:59.35	34.28	850m: 9:36.06	35.48	1250m: 14:17.86	34.87	
	100m: 1:02.42 32.80	500m: 5:33.46	34.11	900m: 10:11.54	35.48	1300m: 14:52.94	35.08	
	150m: 1:36.08 33.66	550m: 6:07.52	34.06	950m: 10:46.52	34.98	1350m: 15:28.08	35.14	
	200m: 2:09.76 33.68	600m: 6:41.59	34.07	1000m: 11:21.79	35.27	1400m: 16:02.94	34.86	
	250m: 2:43.67 33.91	650m: 7:15.87	34.28	1050m: 11:56.57	34.78	1450m: 16:37.50	34.56	
	300m: 3:17.27 33.60	700m: 7:50.48	34.61	1100m: 12:31.86	35.29	1500m: 17:06.70	29.20	
	350m: 3:51.33 34.06	750m: 8:25.46	34.98	1150m: 13:07.40	35.54			
	400m: 4:25.07 33.74	800m: 9:00.58	35.12	1200m: 13:42.99	35.59			

O Secret rio do Juri

O Juiz  rbitro

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Associação de Natacao do Norte de Portugal
Associação de Natacao do Minho
Campeonatos Regionais Juvenis

Prova 25, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Diogo Henrique, GOMES	M	20316	96	FCPorto	17:06.89	567	
	50m: 29.93		450m: 4:59.81		34.65	850m: 9:37.69	34.78	1250m: 14:16.38
	100m: 1:02.88		500m: 5:34.12		34.31	900m: 10:11.69	34.00	1300m: 14:52.25
	150m: 1:37.16		550m: 6:08.27		34.15	950m: 10:47.37	35.68	1350m: 15:27.55
	200m: 2:11.07		600m: 6:42.60		34.33	1000m: 11:22.30	34.93	1400m: 16:02.50
	250m: 2:44.11		650m: 7:17.80		35.20	1050m: 11:55.92	33.62	1450m: 16:36.58
	300m: 3:17.63		700m: 7:53.47		35.67	1100m: 12:31.80	35.88	1500m: 17:06.89
	350m: 3:51.60		750m: 8:28.41		34.94	1150m: 13:07.47	35.67	
	400m: 4:25.16		800m: 9:02.91		34.50	1200m: 13:42.55	35.08	
5.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	17:54.12	495	
	50m: 30.69		450m: 5:09.48		35.43	850m: 9:58.99	36.73	1250m: 14:53.05
	100m: 1:05.07		500m: 5:45.18		35.70	900m: 10:35.63	36.64	1300m: 15:29.74
	150m: 1:39.39		550m: 6:21.11		35.93	950m: 11:12.06	36.43	1350m: 16:06.18
	200m: 2:13.68		600m: 6:56.91		35.80	1000m: 11:48.86	36.80	1400m: 16:42.90
	250m: 2:48.55		650m: 7:33.12		36.21	1050m: 12:25.88	37.02	1450m: 17:18.98
	300m: 3:23.71		700m: 8:09.63		36.51	1100m: 13:02.91	37.03	1500m: 17:54.12
	350m: 3:58.79		750m: 8:45.86		36.23	1150m: 13:39.20	36.29	
	400m: 4:34.05		800m: 9:22.26		36.40	1200m: 14:16.35	37.15	
6.	Nuno Filipe, GONÇALVES	M	122530	96	Vitória Sport Clube	18:01.40	485	
	50m: 31.47		450m: 5:18.14		35.96	850m: 10:08.02	36.28	1250m: 15:02.88
	100m: 1:06.43		500m: 5:53.85		35.71	900m: 10:44.60	36.58	1300m: 15:39.81
	150m: 1:42.23		550m: 6:29.67		35.82	950m: 11:21.87	37.27	1350m: 16:16.57
	200m: 2:18.04		600m: 7:05.52		35.85	1000m: 11:58.72	36.85	1400m: 16:52.69
	250m: 2:53.81		650m: 7:41.52		36.00	1050m: 12:35.80	37.08	1450m: 17:28.06
	300m: 3:29.97		700m: 8:17.83		36.31	1100m: 13:12.31	36.51	1500m: 18:01.40
	350m: 4:06.30		750m: 8:55.04		37.21	1150m: 13:48.87	36.56	
	400m: 4:42.18		800m: 9:31.74		36.70	1200m: 14:26.11	37.24	
7.	Joao Pedro, VIANA	M	101159	96	Viana Natacao	18:15.10	467	
	50m: 33.07		450m: 5:24.48		36.73	850m: 10:17.71	36.74	1250m: 15:11.73
	100m: 1:09.24		500m: 6:01.11		36.63	900m: 10:54.58	36.87	1300m: 15:48.60
	150m: 1:45.49		550m: 6:37.64		36.53	950m: 11:31.49	36.91	1350m: 16:25.71
	200m: 2:21.62		600m: 7:14.71		37.07	1000m: 12:07.78	36.29	1400m: 17:02.86
	250m: 2:58.09		650m: 7:51.22		36.51	1050m: 12:44.59	36.81	1450m: 17:39.34
	300m: 3:34.65		700m: 8:27.70		36.48	1100m: 13:21.18	36.59	1500m: 18:15.10
	350m: 4:11.31		750m: 9:04.25		36.55	1150m: 13:58.03	36.85	
	400m: 4:47.75		800m: 9:40.97		36.72	1200m: 14:34.95	36.92	
8.	Ricardo Miguel, ALVES FL	M	101139	96	Viana Natacao	18:21.44	459	
	50m: 32.26		450m: 5:21.46		37.29	850m: 10:16.82	37.14	1250m: 15:16.19
	100m: 1:07.01		500m: 5:58.11		36.65	900m: 10:54.78	37.96	1300m: 15:53.07
	150m: 1:42.70		550m: 6:34.26		36.15	950m: 11:32.09	37.31	1350m: 16:30.98
	200m: 2:18.47		600m: 7:11.12		36.86	1000m: 12:09.88	37.79	1400m: 17:08.76
	250m: 2:54.37		650m: 7:48.19		37.07	1050m: 12:47.87	37.99	1450m: 17:45.42
	300m: 3:30.69		700m: 8:25.41		37.22	1100m: 13:24.98	37.11	1500m: 18:21.44
	350m: 4:07.40		750m: 9:02.31		36.90	1150m: 14:02.00	37.02	
	400m: 4:44.17		800m: 9:39.68		37.37	1200m: 14:40.21	38.21	
9.	Carlos Figueiredo, PAIS FL	M	104581	96	Vilacondense	18:44.16	432	
	50m: 32.85		450m: 5:32.73		38.26	850m: 10:33.02	37.05	1250m: 15:33.19
	100m: 1:09.30		500m: 6:10.77		38.04	900m: 11:10.52	37.50	1300m: 16:11.21
	150m: 1:46.64		550m: 6:48.64		37.87	950m: 11:47.92	37.40	1350m: 16:49.93
	200m: 2:24.04		600m: 7:26.37		37.73	1000m: 12:25.32	37.40	1400m: 17:28.48
	250m: 3:02.04		650m: 8:03.81		37.44	1050m: 13:02.85	37.53	1450m: 18:06.72
	300m: 3:40.06		700m: 8:41.34		37.53	1100m: 13:40.32	37.47	1500m: 18:44.16
	350m: 4:16.58		750m: 9:18.81		37.47	1150m: 14:17.74	37.42	
	400m: 4:54.47		800m: 9:55.97		37.16	1200m: 14:55.53	37.79	
10.	Joao Jose, VILELA FL	M	104583	96	Vilacondense	20:12.94	344	
	50m: 33.86		450m: 5:57.79		40.89	850m: 11:23.97	41.28	1250m: 16:55.83
	100m: 1:12.45		500m: 6:38.26		40.47	900m: 12:05.23	41.26	1300m: 17:37.19
	150m: 1:52.71		550m: 7:18.74		40.48	950m: 12:46.91	41.68	1350m: 18:16.69
	200m: 2:33.63		600m: 7:59.61		40.87	1000m: 13:28.04	41.13	1400m: 18:56.00
	250m: 3:14.28		650m: 8:40.28		40.67	1050m: 14:09.76	41.72	1450m: 19:35.11
	300m: 3:55.27		700m: 9:21.05		40.77	1100m: 14:50.98	41.22	1500m: 20:12.94
	350m: 4:36.12		750m: 10:01.79		40.74	1150m: 15:33.10	42.12	
	400m: 5:16.90		800m: 10:42.69		40.90	1200m: 16:14.53	41.43	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 19249

Registered to Associacao de Natacao do Norte de Portugal

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 26	Femin., 400m Livres					Juvenis
04-03-2012 - 11:30	CMEP - Clínica Médica do Exercício do Porto					Resultados
Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009	
Recordes Nacionais 25m Juv	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004	
Juvenis Fem : 5:16.00						

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final				Pts	Obs
1.	Ana Silva, COSTA	F	104446	98	Famalicao	50m: 31.89 100m: 1:05.79	150m: 1:40.55 200m: 2:15.79	250m: 2:51.19 300m: 3:26.18	350m: 35.40 400m: 4:35.73	618	35.36 34.19
2.	Maria Carolina, RIBEIRO	F	106805	98	FCPorto	50m: 30.57 100m: 1:04.65	150m: 1:39.98 200m: 2:16.11	250m: 2:52.05 300m: 3:28.66	350m: 35.94 400m: 4:40.81	585	36.31 35.84
3.	Catarina Alexandra, JARDIM	F	104449	98	Famalicao	50m: 32.51 100m: 1:07.31	150m: 1:43.07 200m: 2:19.22	250m: 2:55.14 300m: 3:32.02	350m: 35.92 400m: 4:44.75	561	37.07 35.66
4.	Ines Lucas, ALVES	F	104738	98	Leix�es Sport Clube	50m: 31.82 100m: 1:06.17	150m: 1:42.17 200m: 2:18.77	250m: 2:56.07 300m: 3:33.54	350m: 37.30 400m: 4:47.41	546	37.23 36.64
5.	Ana Carolina, MOREIRA	F	111076	98	FCPorto	50m: 32.94 100m: 1:08.33	150m: 1:44.49 200m: 2:21.35	250m: 2:58.40 300m: 3:35.46	350m: 37.05 400m: 4:49.05	536	37.07 36.52
6.	Ana Rita, GRACA	F	111321	98	Vilacondense	50m: 33.62 100m: 1:10.45	150m: 1:48.04 200m: 2:25.33	250m: 3:02.38 300m: 3:39.66	350m: 37.05 400m: 4:52.82	516	37.11 36.05
7.	Patricia Goncalves, CARDOSO	F	107707	98	FCPorto	50m: 32.83 100m: 1:08.34	150m: 1:44.72 200m: 2:21.67	250m: 2:59.34 300m: 3:37.55	350m: 37.67 400m: 4:54.30	508	38.76 37.99
8.	Diana Filipa, PORTELA	F	105488	98	Vit�ria Sport Clube	50m: 33.62 100m: 1:09.91	150m: 1:47.38 200m: 2:25.16	250m: 3:03.18 300m: 3:41.53	350m: 38.02 400m: 4:57.57	492	38.70 37.34
9.	Francisca Santos, PEREIRA	F	102019	98	FCPorto	50m: 33.49 100m: 1:10.00	150m: 1:47.60 200m: 2:26.12	250m: 3:04.86 300m: 3:44.15	350m: 38.74 400m: 5:00.82	476	38.94 37.73
10.	Ana Margarida, SANTOS	F	106839	98	FCPorto	50m: 33.27 100m: 1:09.55	150m: 1:46.94 200m: 2:25.33	250m: 3:04.52 300m: 3:43.66	350m: 39.19 400m: 5:01.97	470	39.44 38.87
11.	Joana Cunha, SOUSA	F	103054	98	Foca	50m: 33.35 100m: 1:10.70	150m: 1:49.01 200m: 2:27.59	250m: 3:06.53 300m: 3:45.66	350m: 38.94 400m: 5:03.09	465	39.30 38.13
12.	Mariana Martins, ROCHA	F	111194	98	Viana Natacao	50m: 34.09 100m: 1:12.35	150m: 1:52.00 200m: 2:31.69	250m: 3:11.41 300m: 3:50.81	350m: 39.72 400m: 5:09.10	438	39.70 38.59
13.	Mafalda Ho, SANTOS	F	104714	98	Leix�es Sport Clube	50m: 34.46 100m: 1:13.65	150m: 1:53.17 200m: 2:32.63	250m: 3:11.93 300m: 3:51.44	350m: 39.30 400m: 5:09.25	438	38.82 38.99
14.	Joana Maria, LOPES	F	125468	98	Vit�ria Sport Clube	50m: 33.96 100m: 1:12.45	150m: 1:52.42 200m: 2:32.57	250m: 3:13.01 300m: 3:53.16	350m: 40.44 400m: 5:10.31	433	39.63 37.52
15.	Ines Conceicao, FERRAZ	F	103245	98	Leix�es Sport Clube	50m: 34.98 100m: 1:14.62	150m: 1:55.94 200m: 2:36.13	250m: 41.32 300m: 3:15.84	350m: 39.71 400m: 5:10.35	433	38.56 36.86
16.	Joana Baptista, CARVALHO	F	101559	98	Fluvial Portuense	50m: 35.11 100m: 1:13.92	150m: 1:53.89 200m: 2:34.11	250m: 3:13.90 300m: 3:53.93	350m: 39.79 400m: 40.03	427	40.12 37.74
17.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	50m: 34.31 100m: 1:13.68	150m: 1:53.87 200m: 2:34.30	250m: 3:14.12 300m: 3:54.35	350m: 39.82 400m: 40.23	425	40.53 37.44
18.	Antonia Branco, FRANCO	F	107479	98	Viana Natacao	50m: 34.21 100m: 1:12.94	150m: 1:52.28 200m: 2:32.16	250m: 3:12.33 300m: 3:53.53	350m: 40.17 400m: 41.20	411	41.98 40.35
19.	Claudia Sofia, RIBEIRO FTL	F	107742	98	Vilacondense	50m: 34.27 100m: 1:13.22	150m: 1:53.93 200m: 2:35.29	250m: 3:16.67 300m: 3:58.21	350m: 41.38 400m: 41.54	397	41.14 40.06
20.	Filipa Flambo, SOUSA FTL	F	117827	98	Leix�es Sport Clube	50m: 34.29 100m: 1:13.13	150m: 1:53.90 200m: 2:35.92	250m: 40.77 300m: 4:00.10	350m: 42.40 400m: 41.78	390	41.45 39.78

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 19249

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 27	Masc., 200m Mariposa					Juvenis
04-03-2012 - 11:45	COPIDOURO - Centro de C�pias e Impress�o Digital					Resultados
Recordes Nacionais 25m Absoluto	1:53.39	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)		12-12-2009
Recordes Nacionais 25m Juv B	2:07.06	Pedro Diogo, OLIVEIRA	CNRM	Entroncamento		24-05-2003
Recordes Nacionais 25m Juv A	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcoba�a		13-06-2009
Juvenis B Masc Juv B: 2:42.00 / Juvenis A Masc Juv A: 2:38.00						

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube				Tempo Final	Pts	Obs
Juvenis B											
1.	Alexandre Lages, RIBAS	M	24582	97	Escola Desportiva de Viana				2:12.39	559	
	50m: 29.12 29.12	100m:	1:02.80		33.68 150m: 1:37.34	34.54	200m:	2:12.39		35.05	
2.	Bernardo Francisco, PEDROSO	M	105206	97	Valongo				2:19.45	479	
	50m: 30.99 30.99	100m:	1:05.80		34.81 150m: 1:42.73	36.93	200m:	2:19.45		36.72	
3.	Rodrigo Carlos, ALBUQUERQUE	M	107565	97	Braga				2:21.81	455	
	50m: 30.98 30.98	100m:	1:06.65		35.67 150m: 1:44.34	37.69	200m:	2:21.81		37.47	
4.	Bruno Daniel, RODRIGUES	M	103392	97	Braga				2:22.33	450	
	50m: 31.59 31.59	100m:	1:07.51		35.92 150m: 1:44.57	37.06	200m:	2:22.33		37.76	
5.	Ivo Pinto, RIBEIRO	M	108299	97	Foca				2:22.35	450	
	50m: 31.05 31.05	100m:	1:06.91		35.86 150m: 1:44.89	37.98	200m:	2:22.35		37.46	
6.	Tomas Machado, VALE	M	102229	97	Viana Natacao				2:22.87	445	
	50m: 30.78 30.78	100m:	1:06.55		35.77 150m: 1:44.98	38.43	200m:	2:22.87		37.89	
7.	Diogo Miguel, NELAS	M	105636	97	Braga				2:23.64	438	
	50m: 31.26 31.26	100m:	1:07.96		36.70 150m: 1:45.63	37.67	200m:	2:23.64		38.01	
8.	Joao Miguel, ASCENSAO	M	107710	97	FCPorto				2:24.10	434	
	50m: 29.71 29.71	100m:	1:05.87		36.16 150m: 1:44.37	38.50	200m:	2:24.10		39.73	
9.	David Emanuel, MARTINS	M	105429	97	Braga				2:28.01	400	
	50m: 33.50 33.50	100m:	1:11.16		37.66 150m: 1:49.80	38.64	200m:	2:28.01		38.21	
10.	Joao Luis, TRAVANCA	M	104716	97	FCPorto				2:30.61	380	
	50m: 33.32 33.32	100m:	1:12.71		39.39 150m: 1:52.04	39.33	200m:	2:30.61		38.57	
11.	David Andre, ALMEIDA	M	20340	97	Gin�sio Santo Tirso				2:30.83	378	
	50m: 33.38 33.38	100m:	1:11.83		38.45 150m: 1:50.98	39.15	200m:	2:30.83		39.85	
12.	Ricardo Eduardo, AFONSO	M	105414	97	Braga				2:34.21	354	
	50m: 33.53 33.53	100m:	1:12.45		38.92 150m: 1:53.52	41.07	200m:	2:34.21		40.69	
13.	Narciso Daniel, CORREIA	M	111197	97	Braga				2:40.34	315	
	50m: 34.45 34.45	100m:	1:14.88		40.43 150m: 1:57.74	42.86	200m:	2:40.34		42.60	
DSQ	Ruben Jose, MORIM	M	107935	97	Vilacondense						
O atleta, fez pernada alternada ap�s a viragem aos 100 e 150m.											
DSQ	Pedro Ferreira, LOPES	M	107949	97	Gin�sio Santo Tirso						
508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3											

Juvenis A

1.	Joao Pedro, SANTOS	M	101954	96	Vilacondense	2:11.54	570			
	50m: 28.82 28.82	100m: 1:01.96	33.14	150m: 1:36.34	34.38	200m: 2:11.54	35.20			
2.	Antonio Miguel, VITORINO	M	25815	96	Viana Natacao	2:16.55	510			
	50m: 29.25 29.25	100m: 1:02.69	33.44	150m: 1:38.26	35.57	200m: 2:16.55	38.29			
3.	Vitor Samuel, ROCHA	M	107743	96	Gespacos	2:17.39	500			
	50m: 30.70 30.70	100m: 1:04.92	34.22	150m: 1:40.66	35.74	200m: 2:17.39	36.73			
4.	Gil Silva, SANTOS	M	101950	96	Gespacos	2:18.52	488			
	50m: 29.96 29.96	100m: 1:05.26	35.30	150m: 1:42.04	36.78	200m: 2:18.52	36.48			
5.	Bruno Miguel, SILVA	M	103826	96	FCPorto	2:19.50	478			
	50m: 30.27 30.27	100m: 1:05.40	35.13	150m: 1:42.80	37.40	200m: 2:19.50	36.70			
	Andre Coelho, OLIVEIRA	M	103443	96	Vit�ria Sport Clube	2:19.50	478			
	50m: 30.09 30.09	100m: 1:05.50	35.41	150m: 1:42.62	37.12	200m: 2:19.50	36.88			
7.	Antonio Pedro, SILVA	M	107227	96	Braga	2:19.56	477			
	50m: 29.61 29.61	100m: 1:03.14	33.53	150m: 1:40.00	36.86	200m: 2:19.56	39.56			
8.	Joao Paulo, CAPITAO	M	109592	96	Lamas	2:21.05	462			
	50m: 30.80 30.80	100m: 1:07.56	36.76	150m: 1:43.61	36.05	200m: 2:21.05	37.44			
9.	Tiago Joao, MEIRA	M	25816	96	Viana Natacao	2:21.39	459			
	50m: 30.57 30.57	100m: 1:07.06	36.49	150m: 1:44.38	37.32	200m: 2:21.39	37.01			

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 27, Masc., 200m Mariposa, Juvenis A

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
10.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	2:23.27	441	
	50m: 30.71 30.71	100m: 1:06.10			35.39 150m: 1:43.99	200m: 2:23.27		39.28
11.	Nuno Filipe, SANTOS	M	20297	96	Vilacondense	2:25.09	425	
	50m: 31.23 31.23	100m: 1:09.01			37.78 150m: 1:47.33	200m: 2:25.09		37.76
12.	Miguel Filipe, PINTO	M	105729	96	Gin�sio Santo Tirso	2:33.58	358	
	50m: 31.88 31.88	100m: 1:09.78			37.90 150m: 1:51.64	200m: 2:33.58		41.94
13.	Matheus Pereira, GONCALVES	M	107161	96	Escola Desportiva Limiana	2:35.99	342	
	50m: 34.05 34.05	100m: 1:14.21			40.16 150m: 1:56.31	200m: 2:35.99		39.68
14.	Joao Pedro, MACHADO	M	103444	96	Vit�ria Sport Clube	2:43.67	296	
	FTL 50m: 34.01 34.01	100m: 1:14.61			40.60 150m: 1:58.19	200m: 2:43.67		45.48
DSQ	Manuel Duarte, FERNANDES	M	119293	96	Gin�sio Santo Tirso			
	505 - O(a) atleta efectuou bra�ada subaqu�tica antes da viragem aos 100 metros – SW 8.2							

Prova 28 Femin., 200m Mariposa Juvenis
04-03-2012 - 12:05 CMEP - Cl nica M dica do Exerc cio do Porto Resultados

Recordes Nacionais 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Recordes Nacionais 25m Juv	2:19.06	Susana Patr�cia, MIGUEL	SFUAP	Penafiel	20-03-2004

Juvenis Fem : 2:58.00

Pontos: FINA 2011

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	Graca Maria, ARAUJO	F	104456	98	Famalicao�	2:26.09	565	
	50m: 32.65 32.65	100m: 1:09.80			37.15 150m: 1:47.94	200m: 2:26.09		38.15
2.	Viviana Sofia, PINTO	F	110843	98	Escola Desportiva Limiana	2:40.52	425	
	50m: 35.23 35.23	100m: 1:16.03			40.80 150m: 1:59.18	200m: 2:40.52		41.34
3.	Catarina Sofia, NETO	F	104529	98	Gespacos	2:40.60	425	
	50m: 34.19 34.19	100m: 1:13.76			39.57 150m: 1:56.96	200m: 2:40.60		43.64
4.	Ana Carolina, MOREIRA	F	111076	98	FCPorto	2:42.38	411	
	50m: 35.26 35.26	100m: 1:16.32			41.06 150m: 1:59.19	200m: 2:42.38		43.19
5.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Leix�es Sport Clube	2:56.89	318	
	50m: 37.27 37.27	100m: 1:21.94			44.67 150m: 2:09.17	200m: 2:56.89		47.72
6.	Raquel Sofia, LIMA	F	118326	98	Gin�sio Santo Tirso	3:22.35	212	
	FTL 50m: 40.91 40.91	100m: 1:32.39			51.48 150m: 2:27.20	200m: 3:22.35		55.15

Prova 29 Masc., 4 x 100m Livres Juvenis
04-03-2012 - 12:20 COPIDOURO - Centro de C pias e Impress o Digital Resultados

Recordes Nacionais 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv B	3:46.15	Soc. Filarm. Uniao Artistica Piedens�	SFUAP	Penafiel	20-03-1999
Recordes Nacionais 25m Juv A	3:38.13	Sporting Clube de Braga	SCB	Arcos de Valdevez	27-06-2009

Pontos: FINA 2011

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
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O Secret rio do Juri

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Registered to Associacao de Natacao do Norte de Portugal

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 29, Masc., 4 x 100m Livres

Juvenis B

1. FCPorto 1	M		FCPorto		3:43.53	551
<i>Recorde Nacional</i>						
Joao Miguel, ASCENSAO	97	26.36	54.65	Jorge Miguel, NUNES	97	27.43
Eduardo Salgado, RAMOS	97	27.13	56.26	Ruben Oliveira, LOPES	97	26.07
						57.68
						54.94
2. Leix��es Sport Clube 1	M		Leix��es Sport Clube		3:47.95	519
Andre Goncalo, SANTOS	97	26.62	55.15	Artur Miguel, MARQUES	97	27.58
Vitor Joao, PEREIRA	97	26.81	55.78	Joao Afonso, PICA�O	97	28.43
						58.32
						58.70
3. Foca 1	M		Foca		3:56.90	463
Joao Miguel, FERREIRA	97	28.10	58.83	Ivo Pinto, RIBEIRO	97	27.32
Ricardo David, SILVA	97	26.63	55.56	Luis Carlos, MATIAS	97	31.33
						57.35
						1:05.16
4. Braga 1	M		Braga		3:58.57	453
Rodrigo Carlos, ALBUQUERQUE	97	28.16	58.77	Diogo Miguel, NELAS	97	29.18
Bruno Daniel, RODRIGUES	97	28.57	59.87	Ricardo Eduardo, AFONSO	97	28.24
						1:01.39
						58.54
5. Escola Desportiva de Viana 2	M		Escola Desportiva de Viana		3:58.58	453
Bruno Dias, COUTO	97	27.73	57.83	Alexandre Lages, RIBAS	97	25.92
Tiago Martim, ALVES	97	27.69	57.44	Manuel Jose, SANTOS	97	32.89
						53.88
						1:09.43
6. Vilacondense 2	M		Vilacondense		3:59.69	447
Joao Filipe, FERNANDES	97	28.30	58.98	Filipe Carmo, RAMOS	97	27.90
Rui Eduardo, CABRAL	97	29.67	1:03.58	Ruben Jose, MORIM	97	28.18
						58.22
						58.91
7. CNMaia 1	M		CNMaia		4:08.30	402
Luis Carlos, OLIVEIRA	97	27.87	58.04	Pedro Jose, COSTA	97	30.20
Andre Manuel, COSTA	97	29.66	1:02.65	Tiago Daniel, FERNANDES	97	29.67
						1:04.44
						1:03.17
8. Gin��sio Santo Tirso 2	M		Gin��sio Santo Tirso		4:27.00	323
Pedro Ferreira, LOPES	97	29.28	1:01.20	Bruno Alberto, MATOS	97	37.49
Jose Pedro, BARBOSA	97	28.70	1:00.51	David Andre, ALMEIDA	97	29.47
						1:23.19
						1:02.10
9. Lamas 1	M		Lamas		4:27.13	323
Simao Miguel, CAPITAO	97	28.38	58.72	Andre Petiz, CORREIA	97	35.72
Joel Baptista, PEIXOTO	97	32.43	1:07.98	Tiago Francisco, SILVA	97	31.07
						1:14.94
						1:05.49

Juvenis A

1. Vilacondense 1	M		Vilacondense		3:43.01	555
Paulo Andre, SILVA	96	26.43	55.58	Carlos Figueiredo, PAIS	96	26.38
Joao Jose, VILELA	96	26.74	56.63	Joao Pedro, SANTOS	96	25.69
						56.63
						54.17
2. FCPorto 2	M		FCPorto		3:45.35	538
Bruno Miguel, SILVA	96	27.25	56.30	Francisco Abrunhosa, RODRIGUES	96	27.78
Artur Jose, REIS	96	26.05	54.91	Diogo Henrique, GOMES	96	25.84
						58.61
						55.53
3. Viana Natacao 1	M		Viana Natacao		3:46.60	529
Miguel Prata, SANTOS	96	28.05	57.74	Tiago Joao, MEIRA	96	26.44
Ricardo Miguel, ALVES	96	26.91	56.84	Antonio Miguel, VITORINO	96	26.79
						55.00
						57.02
4. Escola Desportiva de Viana 1	M		Escola Desportiva de Viana		4:00.44	443
Mario Jose, BARROS	96	29.16	1:00.09	Fabio Duarte, RODRIGUES	96	28.57
Rui Miguel, SAMPAIO	96	28.52	1:00.09	Miguel Angelo, PASSOS	96	28.26
						1:01.06
						59.20
5. Escola Desportiva Limiana 1	M		Escola Desportiva Limiana		4:01.19	438
Joao Luis, PEREIRA	96	28.41	59.66	Guilherme Lemos, LIMA	96	28.30
Bruno Jose, SOUSA	96	29.36	1:02.35	Matheus Pereira, GONCALVES	96	27.58
						59.99
						59.19
6. Gin��sio Santo Tirso 1	M		Gin��sio Santo Tirso		4:06.05	413
Miguel Filipe, PINTO	96	28.22	57.82	Paulo Martins, ALMEIDA	96	29.73
Duarte Magalhaes, PINTO	96	30.53	1:04.10	Manuel Duarte, FERNANDES	96	29.30
						1:02.61
						1:01.52
7. Fluvial Portuense 1	M		Fluvial Portuense		4:07.60	405
Julio Dinis, GONCALVES	96	27.92	58.52	Miguel Joao, CAETANO	96	30.23
Ricardo Jorge, MESQUITA	96	29.58	1:02.43	Nuno Miguel, BASTOS	96	29.92
						1:03.94
						1:02.71
8. Vit��ria Sport Clube 1	M		Vit��ria Sport Clube		4:07.78	404
Andre Coelho, OLIVEIRA	96	28.18	58.36	Joao Pedro, MACHADO	96	28.94
Nuno Filipe, GONCALVES	96	29.78	1:03.10	Francisco Novais, FERNANDES	96	30.38
						1:01.13
						1:05.19
9. Lamas 2	M		Lamas		4:11.47	387
Joao Paulo, CAPITAO	96	27.55	57.31	Daniel Fernando, MAGALHAES	96	29.23
David Jose, CARVALHO	96	32.20	1:08.60	Joao Pedro, LOPES	96	30.46
						1:00.26
						1:05.30

O Secret  rio do Juri

O Juiz   rbitro

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Associa  o de Nata  o do Norte de Portugal
Associa  o de Nata  o do Minho
Campeonatos Regionais Juvenis

Prova 30	Femin., 4 x 100m Livres				Juvenis
04-03-2012 - 12:35	CMEP - Cl�nica M�dica do Exerc�cio do Porto				Resultados
Recordes Nacionais 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recordes Nacionais 25m Juv	4:08.36	Sporting Clube de Portugal	SCP	Guimar�es	10-03-2002

Pontos: FINA 2011

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1. Famalic�o 1	F			Famalic�o	4:11.68	566	
Ana Silva, COSTA	98	30.41	1:02.51	Barbara Nogueira, GONCALVES	98	30.16	1:03.73
Graca Maria, ARAUJO	98	29.69	1:02.06	Catarina Alexandra, JARDIM	98	30.32	1:03.38
2. FCPorto 1	F			FCPorto	4:12.51	560	
Maria Carolina, RIBEIRO	98	29.95	1:01.63	Ana Carolina, MOREIRA	98	31.40	1:04.75
Francisca Santos, PEREIRA	98	30.81	1:03.79	Patricia Goncalves, CARDOSO	98	29.87	1:02.34
3. Leix�es Sport Clube 1	F			Leix�es Sport Clube	4:30.48	456	
Ines Lucas, ALVES	98	30.35	1:02.90	Rita Maria, CARDOSO	98	33.73	1:09.72
Mafalda Ho, SANTOS	98	31.68	1:07.54	Filipa Flambo, SOUSA	98	32.98	1:10.32
4. Vit�ria Sport Clube 1	F			Vit�ria Sport Clube	4:39.76	412	
Diana Filipa, PORTELA	98	32.87	1:08.01	Cristina Cunha, MENDES	98	31.65	1:09.00
Joana Maria, LOPES	98	33.09	1:10.19	Marcela Maria, MACHADO	98	33.94	1:12.56

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