



Póvoa de Varzim, 05 - 06.02.2011
www.annp.pt/povoameeting11/

1 - Sábado, 5 de Fevereiro de 2011

05-02-2011 - 9:00

Prova 1	Femin., 100m Livres				Absolutos
05-02-2011 - 9:00	Copidouro - Cópias e Artigos de		Reprografia		Lista inscritos Elimin
Recordes Nacionais 50m Open	56.80	Sara Alexandra, MADEIRA	CNCVG	Barcelona (ESP)	11-06-2008
Recordes Nacionais 50m Inf B	1:02.16	Ines Camacho, FERNANDES	SCP	S. João da Madeira	25-07-2009
Recordes Nacionais 50m Inf A	59.73	Ines Camacho, FERNANDES	FPN	Catania (ITA)	20-06-2010
Recordes Nacionais 50m Juv	1:00.00	Joana Dias, ESCARIA	AMINAT	Lisboa	31-07-2004
Recordes Nacionais 50m Jun	57.75	Maria Carolina, ROSA	FPN	Prague (CZE)	08-07-2009
Recordes Nacionais 50m Sen	56.80	Sara Alexandra, MADEIRA	CNCVG	Barcelona (ESP)	11-06-2008
Recorde Meeting	56.94	Jana, MISKOVA	CZE	Póvoa de Varzim	21-01-2007
TLP INF_JUV FEM 12 - 14: 1:07.00 / TLP JUN_SEN FEM 15 +: 1:04.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Erica, BURATTO	84	Abs	TLOMBARDIA	56.00
2	Nicol, SAMSONYK	94	Abs	ISR	56.34
3	Marva, HARPAK	88	Abs	ISR	56.64
4	Martina, MARKS	95	Abs	ISR	57.37
5	Sara Beatriz, LOUREIRO	87	Abs	FCP	57.72
6	Natalia Fernandez, DIAZ	90	Abs	CNSO	57.97
7	Ana Pinho, RODRIGUES	94	Abs	AEJ	58.40
8	Claudia Sofia, MONTEIRO	92	Abs	CFV	58.67
9	Rotshtain, EFRAT	92	Abs	ISR	58.68
10	Claudia Marques, MORENO	91	Abs	FCP	59.00
11	Mafalda Gomes, BELEZA	94	Abs	SCP	59.55
12	Maria Alonso, GRELA	95	Abs	CNSO	59.60
13	Joana Patricia, PINTO	94	Abs	GCVR	59.79
14	Sonia Gonzalez, GAVILAN	89	Abs	CNSO	59.87
15	Diana Patricia, FERREIRA	94	Abs	GESP	59.87
16	Marisa Alexandra, LAGE	94	Abs	VNC	1:00.54
17	Catia Raquel, MARTINHEIRA	95	Abs	LDC	1:00.57
18	Sara Francisco, CRUZ	93	Abs	ADBA	1:00.73
19	Maria Ines, RIBEIRO	92	Abs	CNAC	1:00.78
20	Katia Garcia, ESPASANDIN	94	Abs	CNSO	1:00.90
21	Isabel Pinto, ABREU	96	Abs	CFB	1:00.92
22	Ana Filipa, GOMES	96	Abs	CFV	1:01.50
23	Soraia Vanessa, RIBEIRO	92	Abs	GESP	1:01.74
24	Filipa Vilas, TIAGO	94	Abs	SCP	1:02.02
25	Carolina Cunha, MARTINS	95	Abs	CNAC	1:02.04
26	Maria Ana, MAGALHAES	93	Abs	EDL	1:02.42
27	Tamara Vazquez, FERNANDEZ	96	Abs	CNSO	1:02.67
28	Ana Luisa, CARVALHO	96	Abs	CNAC	1:02.72
29	Vera Patricia, PINTO	94	Abs	SLB	1:02.75
30	Beatriz Neves, CRAVEIRO	97	Abs	CNAC	1:02.78
31	Mariana Cunha, GUERRA	98	Abs	ASSSCC	1:03.47
32	Carolina Sofia, LOPES	96	Abs	LDC	1:03.66
33	Elisa Garcia, RODRIGUEZ	97	Abs	CNSO	1:04.12
34	Sara Faria, COSTA	97	Abs	SCB	1:04.61
35	Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	1:05.04



Prova 1, Femin., 100m Livres, Elimin

36 Luana Raquel, ALVES	97	Abs	CDAN	1:05.25
37 Rute Santos, FERREIRA	97	Abs	FCP	1:06.11
38 Maria Teresa, AMORIM	97	Abs	FCP	1:06.48

Prova 2
05-02-2011 - 9:10

Masc., 200m Livres
Câmara Municipal da Póvoa de Varzim

Absolutos
Lista inscritos Elimin

Recordes Nacionais 50m Open	1:49.02	Tiago Andre, VENANCIO	FPN	Melbourne (AUS)	30-03-2007
Recordes Nacionais 50m Inf B	2:06.68	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26-07-2003
Recordes Nacionais 50m Inf A	2:01.65	Joao Duarte, SANTOS	CNOL	S. João da Madeira	25-07-2009
Recordes Nacionais 50m Juv B	1:57.67	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-07-2010
Recordes Nacionais 50m Juv A	1:54.18	Gustavo Manuel, SANTA	FPN	Tampere (FIN)	24-07-2009
Recordes Nacionais 50m Jun	1:49.98	Tiago Andre, VENANCIO	FPN	Budapest (HUN)	14-07-2005
Recordes Nacionais 50m Sen	1:49.02	Tiago Andre, VENANCIO	FPN	Melbourne (AUS)	30-03-2007
Recorde Meeting	1:49.98	START,		Póvoa de Varzim	

TLP INF_JUV MASC 13 - 16: 2:13.00 / TLP JUN_SEN MASC 17 +: 2:03.50

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Luis Emanuel, VAZ	91	Abs	GDNVNF	1:51.17
2	Joao Filipe, CARVALHO	87	Abs	FCP	1:51.62
3	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	1:51.90
4	Cesar Fernando, FARIA	90	Abs	ADBA	1:51.95
5	Maurizio, MOTTOLA	94	Abs	TLOMBARDIA	1:52.50
6	Fabio Manuel, PEREIRA	86	Abs	CFV	1:52.98
7	Matteo, MONTANARI	89	Abs	TLOMBARDIA	1:53.00
8	Adriano Miguel, NIZ	86	Abs	GDNVNF	1:53.20
9	Miguel Silva, OLIVEIRA	91	Abs	CNAC	1:53.97
10	Kyrylo, FESENKO	86	Abs	IUCP	1:54.12
11	Filippo, FARINAZZO	88	Abs	TLOMBARDIA	1:55.50
12	Gustavo Manuel, SANTA	93	Abs	SCP	1:55.65
13	Rui Filipe, COSTA	91	Abs	VSC	1:55.70
14	Ricardo Manuel, MACHADO	93	Abs	SCB	1:55.82
15	Mario Alexandre, PEREIRA	92	Abs	CNAC	1:56.11
16	Andre Filipe, LOPES	92	Abs	AAC	1:56.66
17	Nathan Keith, THEODORIS	95	Abs	LDC	1:57.00
18	Filipe Vieira, MALHEIRO	90	Abs	SCB	1:57.35
19	Joao Pedro, ALMEIDA	92	Abs	CNAC	1:57.40
20	Or, SABATIER	94	Abs	ISR	1:57.87
21	Miguel Monteiro, DIOGO	93	Abs	CNAL	1:58.63
22	Joao Paulo, RIBEIRO	92	Abs	ADBA	1:58.72
23	Tiago Rafael, LOPES	92	Abs	AAC	1:59.56
24	Carlos Lopes, PEDROSA	94	Abs	CNPD	1:59.69
25	Rafael Dias, MARTINS	93	Abs	FCP	1:59.74
26	Hugo Alberto, RIBEIRO	88	Abs	GESP	1:59.88
27	Tiago Silva, OLIVEIRA	94	Abs	LSC	2:00.16
28	Jose Alberto, MARTINS	94	Abs	VSC	2:00.25
29	Francisco Fezas, VITAL	92	Abs	SLB	2:00.86
30	Nuno Vieira, MALHEIRO	93	Abs	SCB	2:01.27
31	Adrian Vallina, GUERRA	93	Abs	CNSO	2:01.51

Prova 2, Masc., 200m Livres, Elimin

32	Tomas Correia, SILVA	95	Abs	FCP	2:01.86
33	Gustavo Almeida, MADUREIRA	94	Abs	AAC	2:01.87
34	Joao Nuno, PIRES	94	Abs	CNAC	2:02.18
35	Antonio Jorge, ROCHA	94	Abs	ADP	2:02.26
36	Tiago Manuel, TEIXEIRA	96	Abs	ADF	2:02.84
37	Afonso Lopes dos, SANTOS	95	Abs	PIMP	2:04.46
38	Bruno Miguel, SILVA	96	Abs	FCP	2:06.43
39	Joao Nuno, ABREU	95	Abs	VSC	2:06.56
40	Bernardo Aguiar, BRANCO	95	Abs	FCP	2:06.76
41	Luis Alberto, NOGUEIRA	95	Abs	GESP	2:07.16
42	Miguel Filipe, PINTO	96	Abs	GCST	2:07.25
43	Joao Pedro, SANTOS	96	Abs	CFV	2:07.25
44	Alexandre Lages, RIBAS	97	Abs	EDV	2:07.34
45	Miguel Prata, SANTOS	96	Abs	VNC	2:07.92
46	Joao Marcelo, GOMES	95	Abs	FCP	2:08.17
47	Nuno Goncalo, MARTINS	95	Abs	GDNVNF	2:08.31
48	Tiago Miguel, ALVES	95	Abs	ASSSCC	2:08.42
49	Mohammad Shams, AZAD	95	Abs	CNPD	2:09.33
50	Jose Carlos, TEIXEIRA	96	Abs	FOCA	2:09.50
51	Bernardo Manuel, VALENTE	95	Abs	FCP	2:09.68
52	Tiago Joao, MEIRA	96	Abs	VNC	2:09.83
53	Orlando Filipe, MORIM	95	Abs	CFV	2:10.67
54	Cesar Filipe, MAGALHAES	95	Abs	FOCA	2:10.73
55	Joao Duarte, MARAFONA	95	Abs	CFV	2:10.92
56	Miguel Angelo, CRUZ	96	Abs	GESP	2:10.93
57	Ricardo Miguel, ALVES	96	Abs	VNC	2:11.04
58	Diogo Sequeira, APARICIO	95	Abs	FCP	2:11.46
59	Ricardo Santos, AGUEDA	96	Abs	CNV	2:12.03
60	Pedro Maria, BESSA	95	Abs	CFV	2:13.00
61	Artur Manuel, FERREIRA	95	Abs	FCP	2:13.00



Póvoa de Varzim, 05 - 06.02.2011
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Prova 3	Femin., 50m Bruços				Absolutos
05-02-2011 - 9:30	Halcon Viagens				Lista inscritos Elimin
Recordes Nacionais 50m Open	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Jun	31.92	Ana Pinho, RODRIGUES	FPN	Gorzow Wlwp (POL)	28-03-2010
Recordes Nacionais 50m Sen	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Recorde Meeting	32.73	Yuliya, BANACH	ISR	Póvoa de Varzim	07-02-2009
TLP ABS FEMININOS : 38.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Marussia, PIETROCOLA	92	Abs	TLOMBARDIA	32.30
2	Joana Catarina, CARVALHO	92	Abs	FCP	32.80
3	Yuliya, BANACH	92	Abs	ISR	32.86
4	Anastasia, KOROTKOV	90	Abs	ISR	33.40
5	Paula Alexandra, OLIVEIRA	96	Abs	FCP	33.77
6	Irene, BONORA	87	Abs	TLOMBARDIA	34.00
7	Ana Teresa, FRANCO	91	Abs	SCP	34.22
8	Joana Patricia, PINTO	94	Abs	GCVR	34.41
9	Gabriela Oliveira, ANDRADE	94	Abs	CNAC	34.46
10	Joana Filipa, MARQUES	95	Abs	CAFBPD	34.49
11	Mariana Dias, ALMEIDA	93	Abs	GDNVNF	34.84
12	Olaya Carbajal, GARCIA	94	Abs	CNSO	35.60
13	Nadia Morais, VIEIRA	90	Abs	GESL	35.69
14	Celia Moro, PITA	96	Abs	CNSO	35.80
15	Victoria, KAMINSKAYA	95	Abs	PIMP	36.08
16	Catarina Alexandra, DIAS	95	Abs	CNPD	36.44
17	Ana Margarida, DOMINGOS	93	Abs	AVFC	36.65
18	Catia Marisa, SILVA	91	Abs	CNV	38.24
19	Ines Cristina, CORDEIRO	96	Abs	ADP	38.50

Prova 4	Masc., 100m Bruços				Absolutos
05-02-2011 - 9:35	LusoSwim				Lista inscritos Elimin
Recordes Nacionais 50m Open	1:02.17	Jose Guilherme, COUTO	FPN	Fukuoka (JPN)	23-07-2001
Recordes Nacionais 50m Inf B	1:11.95	Andre Goncalo, SANTOS	LSC	Porto	24-07-2010
Recordes Nacionais 50m Inf A	1:10.35	Luis Manuel, FERNANDES	GDNVNF	S. João da Madeira	25-07-2009
Recordes Nacionais 50m Juv B	1:06.98	Andre Miguel, SILVA	PDEM	Rio Maior	30-06-2006
Recordes Nacionais 50m Juv A	1:06.28	Andre Miguel, SILVA	PDEM	Loulé	09-06-2007
Recordes Nacionais 50m Jun	1:02.87	Andre Miguel, SILVA	PDEM	Faro	18-07-2009
Recordes Nacionais 50m Sen	1:02.17	Jose Guilherme, COUTO	FPN	Fukuoka (JPN)	23-07-2001
Recorde Meeting	1:02.17	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 1:18.50 / TLP JUN_SEN MASC 17 +: 1:12.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Davide, COVA	89	Abs	TLOMBARDIA	1:02.50
2	Aaron, OPELL	87	Abs	IUCP	1:03.04
3	Imri, GANIEL	92	Abs	ISR	1:03.25
4	Lorenzo, GARDONI	92	Abs	TLOMBARDIA	1:03.80
5	Yahav, SHAHAFF	93	Abs	ISR	1:04.47
6	Nuno Goncalo, QUINTANILHA	87	Abs	CNCVG	1:04.75
7	Itai, DE LA VIGA	93	Abs	ISR	1:04.94



Prova 4, Masc., 100m Bruços, Elimin

8	Ricardo Jose, VARELA	89	Abs	CNS	1:05.13
9	Luis Nobre, NETO	90	Abs	CNMAIA	1:05.43
10	Pedro Miguel, AGOSTINHO	92	Abs	SCP	1:05.82
11	Sergio Baptista, SILVA	91	Abs	FCP	1:06.27
12	Gil Goncalves, PINTO	88	Abs	FCP	1:06.52
13	Diogo Parrilha da, SILVA	93	Abs	CNAL	1:06.81
14	Luis Manuel, FERNANDES	95	Abs	GDNVNF	1:07.02
15	Pelayo Fernandez, ALONSO	93	Abs	CNSO	1:07.07
16	Joao Albano, VIOLA	89	Abs	CNAC	1:07.30
17	Miguel Aragao, SANTOS	91	Abs	CFV	1:08.11
18	Joao Claudio, SOUSA	93	Abs	GESP	1:08.29
19	Pedro Miguel, VARELA	86	Abs	CNS	1:08.46
20	Fabio Andre, MADUREIRA	90	Abs	ADP	1:08.52
21	Tiago Samuel, SILVA	93	Abs	FCP	1:08.70
22	Joao Pedro, BRAGA	94	Abs	CNPD	1:08.86
23	Tiago Geraldés, MACHADO	93	Abs	PIMP	1:09.08
24	Edgar Miguel, LOPES	94	Abs	LDC	1:09.84
25	Pedro Barros, MENDES	94	Abs	AAC	1:10.03
26	Goncalo Pereira, SA	95	Abs	CDF	1:10.29
27	Alcides Costa, SOUSA	94	Abs	CDF	1:10.58
28	Diogo Manuel, RODRIGUES	94	Abs	VSC	1:10.60
29	Joao Andre, NEVES	95	Abs	AAC	1:10.64
30	Hugo Miguel, SILVA	94	Abs	SCB	1:10.76
31	Ricardo Filipe, FERREIRA	95	Abs	PIMP	1:11.46
32	Joao Pedro, VEIGA	94	Abs	CNAC	1:11.80
33	Andre Gonçalo, SANTOS	97	Abs	LSC	1:11.95
34	Ruben Paiva, CARVALHO	94	Abs	AAC	1:12.04
35	Mauro Gaspar, FERREIRA	95	Abs	EMDB	1:12.85
36	Nuno Miguel, FELICIANO	95	Abs	CNAL	1:13.30
37	Artur Jose, REIS	96	Abs	FCP	1:13.32
38	Tiago Sobral, COELHO	95	Abs	GCST	1:13.43
39	Frederico Renato, SOUSA	95	Abs	GESP	1:14.29
40	Rodrigo Silverio, CARMO	96	Abs	CNCVG	1:14.31
41	Manuel Henrique, ALVES	95	Abs	EDV	1:14.57
42	Joao Paulo, CAPITAO	96	Abs	CDF	1:14.60
43	Carlos Cunha, COSTA	95	Abs	ADF	1:15.31
44	Andre Machado, VALE	95	Abs	VNC	1:15.55
45	Paulo Andre, SILVA	96	Abs	CFV	1:15.68
46	Miguel Rego, BORGES	95	Abs	CAFBPD	1:15.99
47	Luis Miguel, LOPES	95	Abs	FOCA	1:17.41
48	Vitor Joao, PEREIRA	97	Abs	LSC	1:17.93
49	Tiago Martim, ALVES	97	Abs	CDAN	1:18.42

Prova 5	Femin., 100m Costas				Absolutos
05-02-2011 - 9:50	TURBO				Lista inscritos Elimin
Recordes Nacionais 50m Open	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Inf B	1:10.04	Keissy Joselin, SOUSA	FPN	Toulouse (FRA)	27-04-1997
Recordes Nacionais 50m Inf A	1:06.78	Ines Camacho, FERNANDES	FPN	Catania (ITA)	20-06-2010
Recordes Nacionais 50m Juv	1:07.44	Catia Raquel, MARTINHEIRA	LDC	Póvoa de Varzim	13-03-2009
Recordes Nacionais 50m Jun	1:05.04	Petra Quintela, CHAVES	FPN	Roma (ITA)	07-09-1994
Recordes Nacionais 50m Sen	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recorde Meeting	1:03.05	Mercedes Peris, MINGUET	ESP	Póvoa de Varzim	06-02-2010
TLP_INF_JUV_FEM_12 - 14: 1:17.00 / TLP_JUN_SEN_FEM_15 +: 1:13.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Mercedes Peris, MINGUET	85	Abs	CNSO	1:00.70
2	Anna, VOLCHKOV	92	Abs	ISR	1:02.82
3	Marta Vieira, MARINHO	91	Abs	FCP	1:03.45
4	Stefania, CARTAPANI	90	Abs	TLOMBARDIA	1:03.50
5	Filipa Mendes, PINHEIRO	92	Abs	EDV	1:05.07
6	Anat, ZIMIN	93	Abs	ISR	1:05.45
7	Mafalda Gomes, BELEZA	94	Abs	SCP	1:06.08
8	Margarita Alvarez, BARRIO	95	Abs	CNSO	1:06.24
9	Ana Sofia, LEITE	93	Abs	GCVR	1:06.43
10	Marta Pereira, ABREU	92	Abs	FCP	1:06.61
11	Catia Raquel, MARTINHEIRA	95	Abs	LDC	1:06.93
12	Marussia, PIETROCOLA	92	Abs	TLOMBARDIA	1:07.00
13	Patricia Isabel, OLIVEIRA	94	Abs	LSC	1:07.04
14	Andreia Filipa, ANJOS	92	Abs	ADBA	1:07.05
15	Adriana Correia, LOPES	95	Abs	CNAC	1:07.27
16	Joana Carina, SILVA	97	Abs	LSXXI	1:07.37
17	Carolina Sofia, LOPES	96	Abs	LDC	1:07.56
18	Ana Filipa, GONCALVES	92	Abs	CDAN	1:08.32
19	Sofia Pavao, MACHADO	94	Abs	CNPD	1:08.52
20	Tatiana Filipa, SANTOS	95	Abs	GCF	1:08.63
21	Mara Lisboa e, SILVA	93	Abs	ADBA	1:09.11
22	Rute Rocha, INES	97	Abs	LDC	1:09.28
23	Maria Ines, ALMEIDA	96	Abs	CNAC	1:09.68
24	Matilde Apolinario, PORTADA	94	Abs	LDC	1:10.09
25	Mariana Oliveira, VALE	93	Abs	CNV	1:10.13
26	Ana Catarina, SOUSA	96	Abs	VSC	1:11.03
27	Mariana Jesus, COSTA	96	Abs	CNAL	1:11.43
28	Juliana Lima, FREIXO	97	Abs	EDV	1:11.76
29	Beatriz Neves, CRAVEIRO	97	Abs	CNAC	1:11.80
30	Leonor Rebelo, PEREIRA	96	Abs	EMDB	1:11.83
31	Ana Catarina, COSTA	95	Abs	AEJ	1:12.16
32	Alicia Arboleya, MARTINEZ	96	Abs	CNSO	1:12.30
33	Ana Joaquina, GONCALVES	95	Abs	SCB	1:12.44
34	Maria Luis, AMORIM	95	Abs	FCP	1:12.46
35	Margarida Teixeira, MONTEIRO	97	Abs	EDL	1:13.22
36	Maria Malaguerra, COSTA	98	Abs	ASSSCC	1:13.47
37	Ana Filipa, SOUSA	96	Abs	INDADS	1:13.50
38	Isa Moraes, PENAS	96	Abs	BSCN	1:13.54

Prova 5, Femin., 100m Costas, Elimin

39 Irina Filipa, LOUSA	95	Abs	FCP	1:13.67
40 Ines Lucas, ALVES	98	Abs	LSC	1:14.07
41 Ana Beatriz, MEIRELES	98	Abs	ADF	1:15.36
42 Rita Teixeira, COSTA	97	Abs	CFB	1:16.00
43 Filipa Oliveira, ANDRADE	97	Abs	AEJ	1:16.23

Prova 6	Masc., 50m Costas				Absolutos
05-02-2011 - 10:00	Axis Vermar Conference & Beach Hotel				Lista inscritos Elimin
Recordes Nacionais 50m Open	25.99	Nuno Filipe, LAURENTINO	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Jun	26.58	Alexis Manacas, SANTOS	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	25.99	Nuno Filipe, LAURENTINO	FPN	Berlim (GER)	31-07-2002
Recorde Meeting	25.36	Benedict, HESEN	USA	Póvoa de Varzim	07-02-2009
TLP ABS MASCULINOS : 32.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Enrico, CATALANO	83	Abs	TLOMBARDIA	25.50
2	Jonatan, KOPELEV	91	Abs	ISR	25.66
3	Itai, CHAMMAH	85	Abs	ISR	25.75
4	Yakov Yan, TOUMARKIN	92	Abs	ISR	25.80
5	David, GAMBURG	93	Abs	ISR	25.95
6	Marco, DASSO	88	Abs	TLOMBARDIA	26.00
7	Alexis Manacas, SANTOS	92	Abs	SCP	26.58
8	Adriano Miguel, NIZ	86	Abs	GDNVNF	26.74
9	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	27.00
10	Tomer, ZAMIR	94	Abs	ISR	27.07
11	Nuno Rafael, DURAES	93	Abs	CNS	27.77
12	Daniel Aparicio, PEREIRA	83	Abs	SCB	28.22
13	Joao Filipe, FERNANDES	93	Abs	GDNVNF	28.93
14	Edgar Oliveira, RIBEIRO	93	Abs	SCB	28.99
15	Edgar Miguel, LOPES	94	Abs	LDC	29.06
16	Samuel Patricio, QUEIROS	91	Abs	FCP	29.07
17	Joao Miguel, ROCHA	93	Abs	GDNVNF	29.31
18	Miguel Angelo, PINTO	94	Abs	CNCVG	29.48
19	Diogo Maia e, SILVA	93	Abs	PIMP	29.49
20	Miguel Antonio, SILVA	94	Abs	SCB	29.64
21	Filipe Franco, NORTE	93	Abs	DNMG	29.72
22	Bruno Miguel, ALVES	91	Abs	EDL	29.84
23	Andre Duarte, VAZ	93	Abs	GCF	29.97
24	Joao Pedro, NETO	95	Abs	CNS	30.01
25	Danilo Ismael, MACHADO	92	Abs	FCP	30.12
26	Bernardo Correia, SILVA	93	Abs	FCP	30.23
27	Antonio Rafael, BESSA	94	Abs	GESP	30.31
28	Francisco Fezas, VITAL	92	Abs	SLB	30.64
29	Rui Goncalves, OLIVEIRA	93	Abs	CNMAIA	30.81
30	Alexandre Galveias, VALE	93	Abs	PIMP	31.37
31	Antonio Sampaio, REBOLO	94	Abs	CFB	31.50
32	Jose Goncalo, NASCIMENTO	93	Abs	CNPD	32.00

Prova 7	Femin., 200m Mariposa				Absolutos
05-02-2011 - 10:10	Copidouro - Cópias e Artigos de Reprografia				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:10.14	Sara Freitas, OLIVEIRA	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Inf B	2:30.76	Susana Patricia, MIGUEL	SFUAP	Restelo	20-07-2002
Recordes Nacionais 50m Inf A	2:25.32	Susana Patricia, MIGUEL	SFUAP	Restelo	05-07-2003
Recordes Nacionais 50m Juv	2:20.75	Susana Patricia, MIGUEL	FPN	Génova (ITA)	04-07-2004
Recordes Nacionais 50m Jun	2:15.56	Ana Rita, FRANCISCO	FPN	Genebra (SUI)	20-07-1995
Recordes Nacionais 50m Sen	2:10.14	Sara Freitas, OLIVEIRA	FPN	Beijing (CHN)	12-08-2008
Recorde Meeting	2:12.56	START,		Póvoa de Varzim	
TLP_INF_JUV_FEM_12 - 14: 2:43.50 / TLP_JUN_SEN_FEM_15 +: 2:37.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Sara Freitas, OLIVEIRA	85	Abs	FCP	2:10.97
2	Alisa, TSYPIN	93	Abs	ISR	2:16.30
3	Ana Catarina, MONTEIRO	93	Abs	CFV	2:17.44
4	Shir, WASSERMAN	95	Abs	ISR	2:18.60
5	Diana Ramos, ROCHA	94	Abs	INDMIN	2:19.78
6	Filipa Vilas, TIAGO	94	Abs	SCP	2:21.17
7	Maria Miguel, VELOSO	93	Abs	CNAC	2:22.93
8	Carolina Santos, SILVA	86	Abs	CNMAIA	2:25.27
9	Mariana Sousa, MARTINS	95	Abs	CDF	2:27.55
10	Maria Carolina, ROSA	94	Abs	SCP	2:27.57
11	Bruna Elisabete, PAULINO	97	Abs	CNAL	2:28.32
12	Carolina Francisco, GOMES	95	Abs	CNNZ	2:28.82
13	Alba Ortiz, BASTON	97	Abs	CNSO	2:32.50
14	Sara Monteiro, MEIRELES	97	Abs	GESP	2:32.65
15	Barbara Daniela, SOUSA	92	Abs	CNV	2:33.46
16	Debora Guimaraes, OLIVEIRA	96	Abs	SCB	2:33.80
17	Ana Isabel, CUNHA	96	Abs	FOCA	2:34.68
18	Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	2:35.27
19	Luisa Pinto, ABREU	94	Abs	CFB	2:35.36
20	Filipa Vicente, CUSTOIAS	97	Abs	BSCN	2:39.32
21	Sonia Alexandra, LEITE	97	Abs	VSC	2:40.40
22	Daniela Figueiredo, METELO	97	Abs	CNAC	2:41.83

Prova 8	Masc., 100m Mariposa				Absolutos
05-02-2011 - 10:20	Varzim Lazer, E.M.				Lista inscritos Elimin
Recordes Nacionais 50m Open	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Recordes Nacionais 50m Inf B	1:03.64	Fabio Parrilha da, SILVA	CNAL	S. João da Madeira	22-07-2000
Recordes Nacionais 50m Inf A	1:00.27	Fabio Parrilha da, SILVA	CNAL	Campanhã	28-07-2001
Recordes Nacionais 50m Juv B	57.58	David Miguel, FERRO	SFUAP	Lisboa	31-07-1999
Recordes Nacionais 50m Juv A	56.11	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	29-07-2004
Recordes Nacionais 50m Jun	54.66	Diogo Filipe, CARVALHO	CGA	Lisboa	25-03-2006
Recordes Nacionais 50m Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Recorde Meeting	53.53	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 1:07.00 / TLP JUN_SEN MASC 17 +: 1:02.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Rudy, GOLDIN	84	Abs	TLOMBARDIA	53.50
2	Stefano, IACOBONE	87	Abs	TLOMBARDIA	53.70
3	Yakov Yan, TOUMARKIN	92	Abs	ISR	55.50
4	Marco, MIGLIORINI	89	Abs	TLOMBARDIA	55.70
5	Carlos Filipe, SANTOS	91	Abs	FCP	56.48
6	Almog, OLSHTEIN	93	Abs	ISR	56.78
7	Miguel Silva, OLIVEIRA	91	Abs	CNAC	56.93
8	Francisco Fezas, VITAL	92	Abs	SLB	57.04
9	Adriano Miguel, NIZ	86	Abs	GDNVNF	57.28
10	Joao Paulo, RIBEIRO	92	Abs	ADBA	57.31
11	Miguel Monteiro, DIOGO	93	Abs	CNAL	57.51
12	Carlos Lopes, PEDROSA	94	Abs	CNPD	57.54
13	Diogo Gomes, SOUSA	95	Abs	CNCVG	57.61
14	Rui Miguel, FONSECA	88	Abs	AVFC	57.68
15	Nathan Keith, THEODORIS	95	Abs	LDC	58.16
16	Nuno Cruz, OLIVEIRA	90	Abs	SCB	58.42
17	Joao Pedro, ARAUJO	85	Abs	GDNVNF	59.16
18	Ruben Filipe, NUNES	94	Abs	GESP	59.64
19	Rafael Dias, MARTINS	93	Abs	FCP	1:00.01
20	Jorge Miguel, CARMO	90	Abs	CNCVG	1:00.13
21	Bernardo Correia, SILVA	93	Abs	FCP	1:00.20
22	Rui Filipe, MAIA	93	Abs	CFV	1:00.26
23	Antonio Jorge, ROCHA	94	Abs	ADP	1:00.37
24	Emanuel Augusto, PINHO	93	Abs	CDF	1:00.44
25	Daniel Aparicio, PEREIRA	83	Abs	SCB	1:00.49
26	Joao Filipe, LUCAS	94	Abs	AAC	1:00.77
27	António Fraga, FRAGOSO	95	Abs	CAFBDP	1:01.00
28	Renato Filipe, NASCIMENTO	94	Abs	LDC	1:01.04
29	Pablo Pastur, URBINA	92	Abs	CNSO	1:01.05
30	Simao Pedro, ALVES	94	Abs	GDNVNF	1:01.15
31	Daniel Ribeiro, SOUSA	95	Abs	DNMG	1:02.93
32	Afonso Mateus, RIBEIRO	95	Abs	CFB	1:03.11
33	Francisco Jose, FERNANDES	96	Abs	CNAC	1:03.97
34	Cesar Filipe, MAGALHAES	95	Abs	FOCA	1:05.69
35	Antonio Miguel, VITORINO	96	Abs	VNC	1:06.88
36	Afonso Aguiar, BRANCO	95	Abs	FCP	1:06.91
37	Jose Rui, COELHO	96	Abs	LSXXI	1:06.93

Prova 9	Femin., 400m Livres				Absolutos
05-02-2011 - 10:25	Modelo Continente				Lista inscritos Elimin
Recordes Nacionais 50m Open	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996
Recordes Nacionais 50m Inf B	4:43.70	tempo limite,			
Recordes Nacionais 50m Inf A	4:31.53	tempo limite,			
Recordes Nacionais 50m Juv	4:28.67	tempo limite,			
Recordes Nacionais 50m Jun	4:20.37	Marta Andreia, FERREIRA	FPN	Berlim (GER)	04-08-2002
Recordes Nacionais 50m Sen	4:19.89	Ana Feio, ALEGRIA	FPN	Barcelona (ESP)	30-05-1996
Recorde Meeting	4:19.16	GIULIA, BOLGIANI	ITA	Póvoa de Varzim	06-02-2010
TLP_INF_JUV_FEM_12 - 14: 4:56.50 / TLP_JUN_SEN_FEM_15 +: 4:45.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Susanna, NEGRI	90	Abs	TLOMBARDIA	4:13.00
2	Pamela, GABRIELI	94	Abs	TLOMBARDIA	4:21.60
3	Natalia Fernandez, DIAZ	90	Abs	CNSO	4:21.93
4	Ana Ribeiro, FERREIRA	92	Abs	GDNVNF	4:23.61
5	Martina, MARKS	95	Abs	ISR	4:23.89
6	Andreia Catarina, GOMES	94	Abs	VSC	4:24.06
7	Rotshtain, EFRAT	92	Abs	ISR	4:24.50
8	Joana Aguiar, RODRIGUES	93	Abs	FCP	4:24.69
9	Joana Filipa, SANTOS	93	Abs	VSC	4:28.01
10	Ana Goncalves, NETO	95	Abs	FCP	4:29.32
11	Marisa Alexandra, LAGE	94	Abs	VNC	4:29.72
12	Angelica Maria, ANDRE	94	Abs	LSC	4:29.99
13	Marta Vieira, MARINHO	91	Abs	FCP	4:30.87
14	Carolina Cunha, MARTINS	95	Abs	CNAC	4:32.45
15	Diana Margarida, DURAES	96	Abs	FOCA	4:34.38
16	Ana Margarida, DOMINGOS	93	Abs	AVFC	4:35.25
17	Catia Raquel, MARTINHEIRA	95	Abs	LDC	4:35.72
18	Ines Sofia, SAMPAIO	94	Abs	AVFC	4:37.22
19	Florbela Cavaco, MACHADO	96	Abs	ASSSCC	4:38.20
20	Cassandra Pedro, OLIVEIRA	95	Abs	CFV	4:40.67
21	Ana Isabel, NEVES	96	Abs	PIMP	4:42.89
22	Sofia Cunha, SOUSA	96	Abs	FOCA	4:43.11
23	Mariana Cunha, GUERRA	98	Abs	ASSSCC	4:46.19
24	Ana Filipa, MARTINS	97	Abs	FOCA	4:47.09
25	Elisa Garcia, RODRIGUEZ	97	Abs	CNSO	4:47.50

Prova 10	Masc., 200m Estilos				Absolutos
05-02-2011 - 10:50	LusoSwim				Lista inscritos Elimin
Recordes Nacionais 50m Open	1:59.96	Diogo Filipe, CARVALHO	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Inf B	2:23.06	Tomas Miguel, FREITAS	CDN	Rio Maior	01-08-2003
Recordes Nacionais 50m Inf A	2:17.91	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	25-07-2004
Recordes Nacionais 50m Juv B	2:11.19	Diogo Filipe, CARVALHO	CGA	Lisboa	18-05-2003
Recordes Nacionais 50m Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31-07-2004
Recordes Nacionais 50m Jun	2:04.06	Carlos Esteves, ALMEIDA	CNA	Lisboa	24-03-2006
Recordes Nacionais 50m Sen	1:59.96	Diogo Filipe, CARVALHO	FPN	Málaga (ESP)	05-04-2009
Recorde Meeting	2:02.80	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 2:30.00 / TLP JUN_SEN MASC 17 +: 2:21.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Davide, COVA	89	Abs	TLOMBARDIA	2:00.00
2	Alexis Manacas, SANTOS	92	Abs	SCP	2:04.99
3	Aaron, OPELL	87	Abs	IUCP	2:05.37
4	Kyrylo, FESENKO	86	Abs	IUCP	2:05.53
5	Nuno Goncalo, QUINTANILHA	87	Abs	CNCVG	2:05.82
6	Davide, PENSABENE	92	Abs	TLOMBARDIA	2:06.50
7	Ricardo Amorim, REGO	84	Abs	SCB	2:06.77
8	Rui Filipe, VILAR	91	Abs	FCP	2:08.07
9	Tal, HANANI	93	Abs	ISR	2:08.50
10	Lorenzo, GARDONI	92	Abs	TLOMBARDIA	2:09.00
11	Pedro Miguel, PINOTES	89	Abs	SCP	2:09.74
12	Ramses de la, FUENTE	90	Abs	CNSO	2:11.20
13	Pedro Ribeiro, MENDES	93	Abs	CNCVG	2:11.90
14	Diogo Parrilha da, SILVA	93	Abs	CNAL	2:12.44
15	Imri, GANIEL	92	Abs	ISR	2:12.80
16	Tomas Correia, SILVA	95	Abs	FCP	2:13.40
17	Joao Claudio, SOUSA	93	Abs	GESP	2:14.06
18	Paulo Andre, DIAS	92	Abs	GESP	2:14.88
19	Afonso Lopes dos, SANTOS	95	Abs	PIMP	2:15.38
20	Jorge Miguel, CARMO	90	Abs	CNCVG	2:15.47
21	Joao Pedro, BRAGA	94	Abs	CNPD	2:15.57
22	Andre Filipe, LOPES	92	Abs	AAC	2:15.59
23	Renato Mendes, PINHEIRO	94	Abs	EDV	2:16.22
24	Marcelo Goncalo, PEREIRA	90	Abs	CFV	2:16.39
25	Sergio San Milan, ALVAREZ	93	Abs	CNSO	2:17.70
26	Andre Duarte, VAZ	93	Abs	GCF	2:17.89
27	Diogo Manuel, RODRIGUES	94	Abs	VSC	2:18.01
28	Pedro Barros, MENDES	94	Abs	AAC	2:18.49
29	Tomas Miguel, VELOSO	96	Abs	CNAC	2:19.20
30	Joao Andre, NEVES	95	Abs	AAC	2:19.42
31	Luis Manuel, FERNANDES	95	Abs	GDNVNF	2:19.81
32	Miguel Angelo, PINTO	94	Abs	CNCVG	2:20.18
33	Antonio Sampaio, REBOLO	94	Abs	CFB	2:21.52
34	Mauro Gaspar, FERREIRA	95	Abs	EMDB	2:24.62
35	Miguel Rego, BORGES	95	Abs	CAFBPD	2:25.62
36	Cesar Filipe, MAGALHAES	95	Abs	FOCA	2:25.82
37	Tiago Joao, MEIRA	96	Abs	VNC	2:26.13

Prova 10, Masc., 200m Estilos, Elimin

38 Tiago Sobral, COELHO 95 Abs GCST 2:26.47

Prova 11 Femin., 200m Bruços Absolutos
05-02-2011 - 11:05 TURBO Lista inscritos Elimin

Recordes Nacionais 50m Open	2:29.51	Diana Duarte, GOMES	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Inf B	2:53.19	tempo limite,			
Recordes Nacionais 50m Inf A	2:43.76	Ana Pinho, RODRIGUES	AEJ	Coimbra	07-07-2007
Recordes Nacionais 50m Juv	2:36.99	Diana Duarte, GOMES	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Jun	2:29.51	Diana Duarte, GOMES	FPN	Budapeste (HUN)	15-07-2005
Recordes Nacionais 50m Sen	2:29.76	Diana Duarte, GOMES	FPN	Loulé	10-06-2007
Recorde Meeting	2:29.51	START,		Póvoa de Varzim	

TLP INF_JUV FEM 12 - 14: 3:03.50 / TLP JUN_SEN FEM 15 +: 2:54.50

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Irene, BONORA	87	Abs	TLOMBARDIA	2:28.80
2	Pamela, GABRIELI	94	Abs	TLOMBARDIA	2:31.79
3	Yuliya, BANACH	92	Abs	ISR	2:31.80
4	Anastasia, KOROTKOV	90	Abs	ISR	2:34.50
5	Ana Teresa, FRANCO	91	Abs	SCP	2:35.83
6	Ana Pinho, RODRIGUES	94	Abs	AEJ	2:37.65
7	Gabriela Oliveira, ANDRADE	94	Abs	CNAC	2:39.55
8	Paula Alexandra, OLIVEIRA	96	Abs	FCP	2:39.84
9	Joana Filipa, MARQUES	95	Abs	CAFBDP	2:40.14
10	Victoria, KAMINSKAYA	95	Abs	PIMP	2:43.39
11	Mariana Dias, ALMEIDA	93	Abs	GDNVNF	2:45.14
12	Filipa Vilas, RUIVO	97	Abs	DNMG	2:45.53
13	Olaya Carbajal, GARCIA	94	Abs	CNSO	2:46.95
14	Celia Moro, PITA	96	Abs	CNSO	2:50.70
15	Patricia Fonseca, SILVA	93	Abs	CDF	2:53.23
16	Margarida Domingues, DUARTE	97	Abs	DNMG	2:53.68
17	Filipa Ferreira, BARUM	94	Abs	CFB	2:54.00
18	Ana Filipa, TEIXEIRA	95	Abs	CFV	2:54.21
19	Catarina Alexandra, DIAS	95	Abs	CNPD	2:54.48
20	Sofia Isabel, TAVARES	97	Abs	FCP	2:59.47
21	Ines Evangelista, BASTOS	98	Abs	ADF	3:00.50
22	Ana Rita, CUNHA	94	Abs	GESP	3:03.13
23	Diana Sofia, SILVA	97	Abs	SCB	3:03.39
24	Ines Serra, DUARTE	98	Abs	CNNZ	3:03.50

Prova 12	Masc., 50m Livres				Absolutos
05-02-2011 - 11:15	Axis Vermar Conference & Beach Hotel				Lista inscritos Elimin
Recordes Nacionais 50m Open	22.36	Alexandre Escudier, AGOSTINHO	PORTIN	Coimbra	30-05-2009
Recordes Nacionais 50m Inf B	27.00	tempo limite,			
Recordes Nacionais 50m Inf A	26.04	tempo limite,			
Recordes Nacionais 50m Juv B	24.68	Tiago Andre, VENANCIO	CNS	Lisboa	18-05-2002
Recordes Nacionais 50m Juv A	23.78	Tiago Andre, VENANCIO	FPN	Paris (FRA)	31-07-2003
Recordes Nacionais 50m Sen	22.36	Alexandre Escudier, AGOSTINHO	PORTIN	Coimbra	30-05-2009
Recorde Meeting	22.86	Rafed, EL-MASRI	GER	Póvoa de Varzim	07-02-2009
TLP ABS MASCULINOS : 26.80					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Paulo Jorge, SANTOS	89	Abs	FCP	22.68
2	Almog, OLSHTEIN	93	Abs	ISR	23.42
3	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	23.49
4	Joao Filipe, CARVALHO	87	Abs	FCP	23.58
5	Maurizio, MOTTOLA	94	Abs	TLOMBARDIA	23.60
6	Yahav, SHAHAFF	93	Abs	ISR	23.75
7	Filippo, FARINAZZO	88	Abs	TLOMBARDIA	23.80
8	Rudy, GOLDIN	84	Abs	TLOMBARDIA	23.90
9	Or, SABATIER	94	Abs	ISR	24.00
10	Fabio Manuel, PEREIRA	86	Abs	CFV	24.10
11	Carlos Filipe, SANTOS	91	Abs	FCP	24.16
12	Mario Alexandre, PEREIRA	92	Abs	CNAC	24.19
13	Pedro Miguel, AGOSTINHO	92	Abs	SCP	24.36
14	Gil Goncalves, PINTO	88	Abs	FCP	24.40
15	Carlos Lopes, PEDROSA	94	Abs	CNPD	24.48
16	Joao Pedro, ALMEIDA	92	Abs	CNAC	24.48
17	Nelson Filipe, MARTINHO	89	Abs	CNV	24.63
18	Gustavo Almeida, MADUREIRA	94	Abs	AAC	24.66
19	Luis Emanuel, VAZ	91	Abs	GDNVNF	24.69
20	Antonio Jorge, ROCHA	94	Abs	ADP	24.80
21	Filipe Vieira, MALHEIRO	90	Abs	SCB	24.86
22	Adrian Vallina, GUERRA	93	Abs	CNSO	25.10
23	Joao Guilherme, FERREIRA	93	Abs	EMDB	25.18
24	Rafael Lages, RIBAS	93	Abs	EDV	25.18
25	Luis Nobre, NETO	90	Abs	CNMAIA	25.22
26	Itai, DE LA VIGA	93	Abs	ISR	25.29
27	Tiago Geraldies, MACHADO	93	Abs	PIMP	25.58
28	Emanuel Augusto, PINHO	93	Abs	CDF	25.62
29	Rui Filipe, MAIA	93	Abs	CFV	25.92
30	Francisco Fezas, VITAL	92	Abs	SLB	25.96
31	Joao Petinga de, ALMEIDA	94	Abs	CNNZ	26.28
32	Alexandre Galveias, VALE	93	Abs	PIMP	26.45
33	Tiago Lopes, RIBEIRO	93	Abs	BSCN	26.77

Prova 13	Femin., 50m Mariposa				Absolutos
05-02-2011 - 11:25	Copidouro - Cópias e Artigos de Reprografia				Lista inscritos Elimin
Recordes Nacionais 50m Open	27.36	Sara Freitas, OLIVEIRA	FPN	Budapeste (HUN)	13-08-2010
Recordes Nacionais 50m Jun	28.00	Sara Francisco, CRUZ	ADBA	Faro	18-07-2009
Recordes Nacionais 50m Sen	27.36	Sara Freitas, OLIVEIRA	FCP	COIMBRA	13-08-2010
Recorde Meeting	26.97	Amit, IVRY	ISR	Póvoa de Varzim	06-02-2010
TLP ABS FEMININOS : 33.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Sara Freitas, OLIVEIRA	85	Abs	FCP	27.44
2	Mercedes Peris, MINGUET	85	Abs	CNSO	27.70
3	Marussia, PIETROCOLA	92	Abs	TLOMBARDIA	28.00
4	Filipa Vilas, TIAGO	94	Abs	SCP	28.58
5	Sara Francisco, CRUZ	93	Abs	ADBA	28.78
6	Shir, WASSERMAN	95	Abs	ISR	28.99
7	Alisa, TSYPIN	93	Abs	ISR	29.01
8	Nicol, SAMSONYK	94	Abs	ISR	29.10
9	Sofia Pavao, MACHADO	94	Abs	CNPD	29.29
10	Anat, ZIMIN	93	Abs	ISR	29.30
11	Sonia Gonzalez, GAVILAN	89	Abs	CNSO	29.40
12	Claudia Sofia, MONTEIRO	92	Abs	CFV	29.41
13	Diana Patricia, FERREIRA	94	Abs	GESP	29.54
14	Ana Catarina, MONTEIRO	93	Abs	CFV	29.57
15	Maria Alonso, GRELA	95	Abs	CNSO	29.70
16	Claudia Marques, MORENO	91	Abs	FCP	29.71
17	Katia Garcia, ESPASANDIN	94	Abs	CNSO	30.40
18	Margarita Alvarez, BARRIO	95	Abs	CNSO	30.50
19	Mariana Sousa, MARTINS	95	Abs	CDF	30.51
20	Vera Patricia, PINTO	94	Abs	SLB	30.57
21	Joana Catarina, CARVALHO	92	Abs	FCP	30.66
22	Mariana Oliveira, DAMASO	93	Abs	CNPD	30.82
23	Soraia Vanessa, RIBEIRO	92	Abs	GESP	30.91
24	Catia Raquel, MARTINHEIRA	95	Abs	LDC	31.17
25	Isabel Pinto, ABREU	96	Abs	CFB	31.36
26	Luisa Pinto, ABREU	94	Abs	CFB	31.42
27	Cristina Paris, SANTOS	94	Abs	PIMP	31.78
28	Rute Rocha, INES	97	Abs	LDC	32.29
29	Ana Carolina, GUEDES	93	Abs	GCVR	32.77
30	Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	NT

Prova 14	Masc., 200m Costas				Absolutos
05-02-2011 - 11:30	Varzim Lazer, E.M.				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:00.62	Pedro Diogo, OLIVEIRA	FPN	Melbourne (AUS)	29-03-2007
Recordes Nacionais 50m Inf B	2:21.70	Alexandre Lages, RIBAS	EDV	Porto	24-07-2010
Recordes Nacionais 50m Inf A	2:15.87	Pedro Diogo, OLIVEIRA	ANDS	Campanhã	15-06-2002
Recordes Nacionais 50m Juv B	2:09.42	Pedro Diogo, OLIVEIRA	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Juv A	2:06.92	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	30-07-2004
Recordes Nacionais 50m Jun	2:02.21	Pedro Diogo, OLIVEIRA	CNRM	Coimbra	28-07-2006
Recordes Nacionais 50m Sen	2:00.62	Pedro Diogo, OLIVEIRA	FPN	Melbourne (AUS)	29-03-2007
Recorde Meeting	2:00.71	Yakov-Yan, ZURABLOV	ISR	Póvoa de Varzim	06-02-2010
TLP INF_JUV MASC 13 - 16: 2:30.00 / TLP JUN_SEN MASC 17 +: 2:22.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Yakov Yan, TOUMARKIN	92	Abs	ISR	1:59.25
2	Enrico, CATALANO	83	Abs	TLOMBARDIA	2:00.00
3	Marco, DASSO	88	Abs	TLOMBARDIA	2:00.00
4	Itai, CHAMMAH	85	Abs	ISR	2:00.86
5	Adriano Miguel, NIZ	86	Abs	GDNVNF	2:02.09
6	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	2:03.00
7	David, GAMBURG	93	Abs	ISR	2:03.11
8	Jonatan, KOPELEV	91	Abs	ISR	2:03.68
9	Matteo, MONTANARI	89	Abs	TLOMBARDIA	2:04.00
10	Alexis Manacas, SANTOS	92	Abs	SCP	2:05.69
11	Aaron, OPELL	87	Abs	IUCP	2:08.00
12	Samuel Patricio, QUEIROS	91	Abs	FCP	2:09.20
13	Edgar Oliveira, RIBEIRO	93	Abs	SCB	2:09.42
14	Nuno Rafael, DURAES	93	Abs	CNS	2:09.52
15	Nathan Keith, THEODORIS	95	Abs	LDC	2:09.70
16	Tal, HANANI	93	Abs	ISR	2:10.00
17	Tomer, ZAMIR	94	Abs	ISR	2:10.15
18	Diogo Gomes, SOUSA	95	Abs	CNCVG	2:10.34
19	Joao Miguel, ROCHA	93	Abs	GDNVNF	2:11.65
20	Jose Alberto, MARTINS	94	Abs	VSC	2:11.69
21	Joao Filipe, FERNANDES	93	Abs	GDNVNF	2:12.71
22	Diogo Maia e, SILVA	93	Abs	PIMP	2:13.92
23	Ramses de la, FUENTE	90	Abs	CNSO	2:15.20
24	Antonio Rafael, BESSA	94	Abs	GESP	2:15.43
25	Renato Filipe, NASCIMENTO	94	Abs	LDC	2:15.84
26	Joao Pedro, NETO	95	Abs	CNS	2:16.30
27	Sergio San Milan, ALVAREZ	93	Abs	CNSO	2:16.30
28	Andre Duarte, VAZ	93	Abs	GCF	2:16.35
29	Miguel Angelo, PINTO	94	Abs	CNCVG	2:17.71
30	Filipe Franco, NORTE	93	Abs	DNMG	2:18.21
31	Edgar Miguel, LOPES	94	Abs	LDC	2:18.66
32	Luis Alberto, NOGUEIRA	95	Abs	GESP	2:20.75
33	Rodrigo Silverio, CARMO	96	Abs	CNCVG	2:21.00
34	Andre Isaias, GUIMARAES	95	Abs	GDNVNF	2:21.68
35	Alexandre Lages, RIBAS	97	Abs	EDV	2:21.70
36	Daniel Costa, VIEIRA	95	Abs	FCP	2:23.20
37	Carlos Manuel, CABRAL	94	Abs	CFV	2:23.52

Prova 14, Masc., 200m Costas, Elimin

38 Luis Miguel, LOPES	95	Abs	FOCA	2:24.35
39 Antonio Miguel, VITORINO	96	Abs	VNC	2:26.14
40 Francisco Abrunhosa, RODRIGUES	96	Abs	FCP	2:26.70
41 Mohammad Shams, AZAD	95	Abs	CNPD	2:27.19
42 Daniel Ribeiro, SOUSA	95	Abs	DNMG	2:27.82
43 Joao Pedro, BARROSO	95	Abs	GCST	2:29.80
44 Andre Coelho, OLIVEIRA	96	Abs	VSC	2:32.79

Prova 15
05-02-2011 - 11:45

Femin., 4 x 100m Estilos
Modelo Continente

Absolutos
Lista inscritos Elimin

Recordes Nacionais 50m Open	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Inf B	4:56.36	Grupo Desportivo Natacao V. N. Fardes	GDVNF	Porto	24-07-2010
Recordes Nacionais 50m Inf A	4:45.41	Sport Lisboa e Benfica	SLB	Lisboa	30-06-2007
Recordes Nacionais 50m Juv	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
Recordes Nacionais 50m Jun	4:27.58	Sporting Clube de Portugal	SCP	Coimbra	01-08-2010
Recordes Nacionais 50m Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recorde Meeting	4:16.41	Israel Swimming Association	ISR	Póvoa de Varzim	07-02-2009

TLP ABS FEMININOS : 4:48.00

Ord.	ANO	Cat	Clube	Tempo de Inscrição
1		Abs	FCP	4:10.80
2		Abs	ISR	4:15.00
3		Abs	TLOMBARDIA	4:15.00
4		Abs	CNSO	4:21.10
5		Abs	CNAC	4:31.36
6		Abs	CFV	4:35.18
7		Abs	SCB	4:47.65
8		Abs	GESP	4:48.70

Prova 16	Masc., 4 x 100m Livres				Absolutos
05-02-2011 - 11:45	LusoSwim				Lista inscritos Elimin
Recordes Nacionais 50m Open	3:24.33	Futebol Clube do Porto/Imperio Bonafina	FCP	Faro	19-07-2009
Recordes Nacionais 50m Inf B	4:07.84	Associacao Naval Amorense	ANAM	Vila Franca de Xira	04-07-2009
Recordes Nacionais 50m Inf A	3:55.31	Viana Natacao Clube	VNC	Porto	24-07-2010
Recordes Nacionais 50m Juv B	3:48.23	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Famalicão	31-07-1999
Recordes Nacionais 50m Juv A	3:42.32	Futebol Clube do Porto	FCP	Coimbra	22-07-2005
Recordes Nacionais 50m Jun	3:34.25	Futebol Clube do Porto/Imperio Bonafina	FCP	Lisboa	27-03-2009
Recordes Nacionais 50m Sen	3:26.36	Clube Natacao da Amadora	CNA	Faro	19-07-2009
Recorde Meeting	3:28.59	START	POR	Póvoa de Varzim	
TLP ABS MASCULINOS : 3:55.00					

Ord.	ANO	Cat	Clube	Tempo de Inscrição
1		Abs	FCP	3:24.49
2		Abs	TLOMBARDIA	3:30.00
3		Abs	ISR	3:35.00
4		Abs	CNAC	3:35.50
5		Abs	CFV	3:39.12
6		Abs	CNSO	3:39.51
7		Abs	SCB	3:40.83
8		Abs	AAC	3:46.20
9		Abs	GESP	3:48.09
10		Abs	EDV	3:51.60

Prova 17	Femin., 400m Estilos				Absolutos
05-02-2011 - 11:55	Câmara Municipal da Póvoa de Varzim				Lista inscritos
Recordes Nacionais 50m Open	4:50.58	Nadia Moraes, VIEIRA	GESL	Coimbra	10-04-2010
Recordes Nacionais 50m Inf B	5:14.05	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	24-07-2009
Recordes Nacionais 50m Inf A	5:11.29	Diana Ramos, ROCHA	EDV	Faro	20-07-2007
Recordes Nacionais 50m Juv	5:01.04	Susana Patricia, MIGUEL	SFUAP	Lisboa	08-07-2004
Recordes Nacionais 50m Jun	4:58.87	Susana Patricia, MIGUEL	FPN	Palma Maiorca (ESP)	06-07-2006
Recordes Nacionais 50m Sen	4:50.58	Nadia Moraes, VIEIRA	GESL	Coimbra	10-04-2010
Recorde Meeting	4:52.87	SUSANNA, NEGRI	ITA	Póvoa de Varzim	06-02-2010
TLP ABS FEMININOS : 5:45.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Susanna, NEGRI	90	Abs	TLOMBARDIA	4:50.00
2	Nadia Moraes, VIEIRA	90	Abs	GESL	4:50.58
3	Erica, BURATTO	84	Abs	TLOMBARDIA	4:52.00
4	Marta Pereira, ABREU	92	Abs	FCP	4:58.78
5	Anat, ZIMIN	93	Abs	ISR	4:59.30
6	Diana Ramos, ROCHA	94	Abs	INDMIN	5:01.47
7	Angelica Maria, ANDRE	94	Abs	LSC	5:02.31
8	Diana Margarida, DURAES	96	Abs	FOCA	5:03.06
9	Ana Catarina, MONTEIRO	93	Abs	CFV	5:08.47
10	Maria Carolina, ROSA	94	Abs	SCP	5:10.43
11	Filipa Vilas, RUIVO	97	Abs	DNMG	5:13.60
12	Filipa Maria, ROMPANTE	95	Abs	GDNVNF	5:14.18
13	Maria Ana, MAGALHAES	93	Abs	EDL	5:18.70
14	Sara Monteiro, MEIRELES	97	Abs	GESP	5:22.57

Prova 17, Femin., 400m Estilos

15 Maria Teresa, AMORIM	97	Abs	FCP	5:24.26	
16 Ana Rita, CUNHA	94	Abs	GESP	5:30.39	
Margarida Domingues, DUARTE	97	Abs	DNMG	5:32.47	WDR
Claudia Susana, TEIXEIRA	96	Abs	GESP	5:33.62	WDR
Patricia Cristina, FERNANDES	94	Abs	GESP	5:34.91	WDR
Filipa Vicente, CUSTOIAS	97	Abs	BSCN	5:38.86	WDR

Prova 18 Masc., 1500m Livres Absolutos
05-02-2011 - 12:05 TURBO Lista inscritos

Recordes Nacionais 50m Open	15:16.22	Fernando Eurico, COSTA	FPN	Bangkok (THA)	14-08-2007
Recordes Nacionais 50m Inf B	17:21.58	Pedro Fontoura, OLIVEIRA	CFB	Restelo	27-07-2003
Recordes Nacionais 50m Inf A	16:43.48	Pedro Fontoura, OLIVEIRA	CFB	Rio Maior	19-06-2004
Recordes Nacionais 50m Juv B	16:31.97	Pedro Fontoura, OLIVEIRA	CFB	Lisboa	28-05-2005
Recordes Nacionais 50m Juv A	15:45.55	Gustavo Manuel, SANTA	FPN	Tampere (FIN)	23-07-2009
Recordes Nacionais 50m Jun	15:34.51	Fernando Eurico, COSTA	FPN	Luxemburgo (LUX)	24-01-2003
Recordes Nacionais 50m Sen	15:16.22	Fernando Eurico, COSTA	FPN	Bangkok (THA)	14-08-2007
Recorde Meeting	15:21.94	START,		Póvoa de Varzim	

TLP ABS MASCULINOS : 18:20.00

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição	
1	Marco Rivera, MIRANDA	83	Abs	CNSO	14:57.47	
2	Matteo, MONTANARI	89	Abs	TLOMBARDIA	15:11.90	
3	Davide, PENSABENE	92	Abs	TLOMBARDIA	15:36.53	
4	Gustavo Manuel, SANTA	93	Abs	SCP	15:53.81	
5	Rui Filipe, COSTA	91	Abs	VSC	15:57.43	
6	Tiago Silva, OLIVEIRA	94	Abs	LSC	16:12.85	
7	Ricardo Manuel, MACHADO	93	Abs	SCB	16:25.31	
8	Jorge Manuel, MAIA	89	Abs	GDNVNF	16:31.50	
9	Hugo Alberto, RIBEIRO	88	Abs	GESP	16:36.08	
10	Joao Nuno, PIRES	94	Abs	CNAC	16:44.53	
11	Luis Miguel, NOGUEIRA	93	Abs	FCP	16:48.70	
12	Adrian Vallina, GUERRA	93	Abs	CNSO	17:01.10	
13	Bruno Miranda, SOUSA	93	Abs	EDV	17:15.43	
14	Nuno Filipe, MAGALHAES	94	Abs	FCP	17:40.74	
15	Joao Nuno, ABREU	95	Abs	VSC	17:43.69	
16	Miguel Prata, SANTOS	96	Abs	VNC	17:43.82	
	Antero Simao, MARTINS	94	Abs	DNMG	17:52.27	WDR

3 - Domingo, 6 de Fevereiro de 2011

06-02-2011 - 9:00

Prova 19	Masc., 100m Livres				Absolutos
06-02-2011 - 9:00	Copidouro - Cópias e Artigos de Reprografia				Lista inscritos Elimin
Recordes Nacionais 50m Open	49.50	Alexandre Escudier, AGOSTINHO	FPN	Roma (ITA)	29-07-2009
Recordes Nacionais 50m Inf B	58.49	Alexandre Lages, RIBAS	EDV	Porto	25-07-2010
Recordes Nacionais 50m Inf A	55.53	David Miguel, FERRO	SFUAP	Campanhã	26-07-1998
Recordes Nacionais 50m Juv B	53.51	Tiago Andre, VENANCIO	CNS	Lisboa	19-05-2002
Recordes Nacionais 50m Juv A	52.10	Tiago Andre, VENANCIO	FPN	Paris (FRA)	28-07-2003
Recordes Nacionais 50m Jun	49.59	Tiago Andre, VENANCIO	FPN	Lisboa	15-07-2004
Recordes Nacionais 50m Sen	49.50	Alexandre Escudier, AGOSTINHO	FPN	Roma (ITA)	29-07-2009
Recorde Meeting	49.59	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 1:00.50 / TLP JUN_SEN MASC 17 +: 57.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Maurizio, MOTTOLA	94	Abs	TLOMBARDIA	50.49
2	Filippo, FARINAZZO	88	Abs	TLOMBARDIA	50.50
3	Paulo Jorge, SANTOS	89	Abs	FCP	50.74
4	Luis Emanuel, VAZ	91	Abs	GDNVNF	50.98
5	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	51.00
6	Almog, OLSHTEIN	93	Abs	ISR	51.91
7	Cesar Fernando, FARIA	90	Abs	ADBA	51.94
8	Joao Filipe, CARVALHO	87	Abs	FCP	51.98
9	Yakov Yan, TOUMARKIN	92	Abs	ISR	52.50
10	Mario Alexandre, PEREIRA	92	Abs	CNAC	52.61
11	Or, SABATIER	94	Abs	ISR	52.87
12	Kyrylo, FESENKO	86	Abs	IUCP	52.96
13	Itai, DE LA VIGA	93	Abs	ISR	53.00
14	Ricardo Manuel, MACHADO	93	Abs	SCB	53.36
15	Carlos Lopes, PEDROSA	94	Abs	CNPD	53.42
16	Francisco Fezas, VITAL	92	Abs	SLB	53.49
17	Diogo Gomes, SOUSA	95	Abs	CNCVG	53.57
18	Gustavo Almeida, MADUREIRA	94	Abs	AAC	53.74
19	Joao Pedro, ALMEIDA	92	Abs	CNAC	53.91
20	Samuel Patricio, QUEIROS	91	Abs	FCP	54.39
21	Filipe Vieira, MALHEIRO	90	Abs	SCB	54.46
22	Antonio Jorge, ROCHA	94	Abs	ADP	55.10
23	Rafael Lages, RIBAS	93	Abs	EDV	55.17
24	Rui Filipe, MAIA	93	Abs	CFV	55.21
25	Carlos Fernandes, QUEIROS	86	Abs	GCVR	55.34
26	Simao Pedro, ALVES	94	Abs	GDNVNF	55.54
27	Afonso Lopes dos, SANTOS	95	Abs	PIMP	55.65
28	Nelson Filipe, MARTINHO	89	Abs	CNV	55.98
29	Tiago Rafael, LOPES	92	Abs	AAC	56.13
30	Tomas Correia, SILVA	95	Abs	FCP	56.23
31	Nathan Keith, THEODORIS	95	Abs	LDC	56.54
32	Mauro Gaspar, FERREIRA	95	Abs	EMDB	58.12
33	Joao Pedro, BARROSO	95	Abs	GCST	58.35
34	Miguel Rego, BORGES	95	Abs	CAFBPD	58.61

Prova 19, Masc., 100m Livres, Elimin

35	Tiago Sobral, COELHO	95	Abs	GCST	58.77
36	Mohammad Shams, AZAD	95	Abs	CNPD	58.93
37	Miguel Filipe, PINTO	96	Abs	GCST	59.04
38	Miguel Prata, SANTOS	96	Abs	VNC	59.30
39	Joao Pedro, SANTOS	96	Abs	CFV	59.38
40	Nuno Goncalo, MARTINS	95	Abs	GDNVNF	59.46
41	Bruno Miguel, SILVA	96	Abs	FCP	59.62
42	Carlos Diogo, MORAIS	96	Abs	NCC	59.64
43	Tiago Joao, MEIRA	96	Abs	VNC	59.68
44	Ricardo Miguel, ALVES	96	Abs	VNC	59.77
45	Bernardo Aguiar, BRANCO	95	Abs	FCP	59.90
46	Bernardo Manuel, VALENTE	95	Abs	FCP	1:00.33
47	Diogo de, SOUSA	95	Abs	GCVR	1:01.08

Prova 20	Femin., 200m Livres				Absolutos
06-02-2011 - 9:10	Câmara Municipal da Póvoa de Varzim				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:03.42	Sara Beatriz, LOUREIRO	FCP	Coimbra	30-05-2009
Recordes Nacionais 50m Inf B	2:12.20	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	24-07-2009
Recordes Nacionais 50m Inf A	2:11.43	tempo limite,			
Recordes Nacionais 50m Juv	2:09.97	Diana Ramos, ROCHA	EDV	Coimbra	17-05-2008
Recordes Nacionais 50m Jun	2:05.38	Ana Feio, ALEGRIA	FPN	Florença (ITA)	03-04-1993
Recordes Nacionais 50m Sen	2:03.42	Sara Beatriz, LOUREIRO	FCP	Coimbra	30-05-2009
Recorde Meeting	2:04.06	START,		Póvoa de Varzim	
TLP_INF_JUV_FEM_12 - 14: 2:24.50 / TLP_JUN_SEN_FEM_15 +: 2:18.50					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Erica, BURATTO	84	Abs	TLOMBARDIA	2:02.00
2	Marta Vieira, MARINHO	91	Abs	FCP	2:02.16
3	Marussia, PIETROCOLA	92	Abs	TLOMBARDIA	2:02.70
4	Natalia Fernandez, DIAZ	90	Abs	CNSO	2:03.86
5	Marva, HARPAK	88	Abs	ISR	2:03.93
6	Ana Ribeiro, FERREIRA	92	Abs	GDNVNF	2:05.16
7	Martina, MARKS	95	Abs	ISR	2:05.32
8	Andreia Catarina, GOMES	94	Abs	VSC	2:05.48
9	Rotshtain, EFRAT	92	Abs	ISR	2:05.80
10	Joana Aguiar, RODRIGUES	93	Abs	FCP	2:06.23
11	Sara Beatriz, LOUREIRO	87	Abs	FCP	2:06.64
12	Marisa Alexandra, LAGE	94	Abs	VNC	2:07.48
13	Claudia Marques, MORENO	91	Abs	FCP	2:07.91
14	Pamela, GABRIELI	94	Abs	TLOMBARDIA	2:08.40
15	Ana Goncalves, NETO	95	Abs	FCP	2:08.60
16	Catia Raquel, MARTINHEIRA	95	Abs	LDC	2:09.63
17	Joana Filipa, SANTOS	93	Abs	VSC	2:09.81
18	Mafalda Gomes, BELEZA	94	Abs	SCP	2:10.19
19	Soraia Vanessa, RIBEIRO	92	Abs	GESP	2:11.19
20	Ana Margarida, DOMINGOS	93	Abs	AVFC	2:11.22
21	Carolina Cunha, MARTINS	95	Abs	CNAC	2:11.37

Prova 20, Femin., 200m Livres, Elimin

22 Ines Sofia, SAMPAIO	94	Abs	AVFC	2:11.89
23 Maria Ines, RIBEIRO	92	Abs	CNAC	2:12.22
24 Isabel Pinto, ABREU	96	Abs	CFB	2:12.37
25 Cassandra Pedro, OLIVEIRA	95	Abs	CFV	2:12.54
26 Maria Ana, MAGALHAES	93	Abs	EDL	2:13.32
27 Mariana Oliveira, VALE	93	Abs	CNV	2:13.81
28 Filipa Vilas, RUIVO	97	Abs	DNMG	2:13.97
29 Ana Sofia, FERNANDES	93	Abs	SCB	2:14.25
30 Ana Filipa, GOMES	96	Abs	CFV	2:14.58
31 Florbela Cavaco, MACHADO	96	Abs	ASSSCC	2:14.89
32 Ana Catarina, SOUSA	96	Abs	VSC	2:15.21
33 Joana Patricia, PINTO	94	Abs	GCVR	2:15.22
34 Ana Isabel, NEVES	96	Abs	PIMP	2:15.52
35 Ana Luisa, CARVALHO	96	Abs	CNAC	2:16.13
36 Mariana Jesus, COSTA	96	Abs	CNAL	2:16.25
37 Beatriz Neves, CRAVEIRO	97	Abs	CNAC	2:16.79
38 Sofia Cunha, SOUSA	96	Abs	FOCA	2:16.97
39 Sara Monteiro, MEIRELES	97	Abs	GESP	2:17.57
40 Ana Filipa, MARTINS	97	Abs	FOCA	2:17.59
41 Elisa Garcia, RODRIGUEZ	97	Abs	CNSO	2:17.70
42 Tamara Vazquez, FERNANDEZ	96	Abs	CNSO	2:17.80
43 Mariana Cunha, GUERRA	98	Abs	ASSSCC	2:17.92
44 Maria Teresa, AMORIM	97	Abs	FCP	2:18.06
45 Ana Sofia, ALVES	95	Abs	VSC	2:18.10
46 Sara Faria, COSTA	97	Abs	SCB	2:20.54
47 Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	2:21.74
48 Luana Raquel, ALVES	97	Abs	CDAN	2:22.25
49 Maria Malaguerra, COSTA	98	Abs	ASSSCC	2:23.84
50 Rute Santos, FERREIRA	97	Abs	FCP	2:23.87

Prova 21	Masc., 50m Bruços				Absolutos
06-02-2011 - 9:30	Halcon Viagens				Lista inscritos Elimin
Recordes Nacionais 50m Open	28.51	Jose Guilherme, COUTO	FPN	Fukuoka (JPN)	28-07-2001
Recordes Nacionais 50m Jun	29.07	tempo limite,			
Recordes Nacionais 50m Sen	28.51	Jose Guilherme, COUTO	FPN	Fukuoka (JPN)	28-07-2001
Recorde Meeting	28.05	Kevin, SWANDER	USA	Póvoa de Varzim	08-02-2009
TLP ABS MASCULINOS : 34.80					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Imri, GANIEL	92	Abs	ISR	28.62
2	Yahav, SHAHAFF	93	Abs	ISR	28.72
3	Aaron, OPELL	87	Abs	IUCP	29.00
4	Davide, COVA	89	Abs	TLOMBARDIA	29.00
5	Itai, DE LA VIGA	93	Abs	ISR	29.12
6	Luis Nobre, NETO	90	Abs	CNMAIA	29.35
7	Lorenzo, GARDONI	92	Abs	TLOMBARDIA	29.50
8	Gil Goncalves, PINTO	88	Abs	FCP	29.57

Prova 21, Masc., 50m Bruços, Elimin

9	Pedro Miguel, AGOSTINHO	92	Abs	SCP	29.71
10	Henrique Pereira, NEIVA	84	Abs	CFV	29.84
11	Ricardo Jose, VARELA	89	Abs	CNS	29.95
12	Sergio Baptista, SILVA	91	Abs	FCP	30.25
13	Joao Albano, VIOLA	89	Abs	CNAC	30.33
14	Rui Manuel, RIBEIRO	82	Abs	SCB	30.60
15	Tiago Geraldès, MACHADO	93	Abs	PIMP	30.60
16	Pelayo Fernandez, ALONSO	93	Abs	CNSO	30.70
17	Pedro Miguel, VARELA	86	Abs	CNS	31.57
18	Tiago Samuel, SILVA	93	Abs	FCP	31.76
19	Mario Diogo, NOBREGA	90	Abs	FSPS	32.23
20	Joao Pedro, BRAGA	94	Abs	CNPD	32.28
21	Pedro Barros, MENDES	94	Abs	AAC	32.33
22	Ruben Paiva, CARVALHO	94	Abs	AAC	32.37
23	Fabio Andre, MADUREIRA	90	Abs	ADP	32.73
24	Alcides Costa, SOUSA	94	Abs	CDF	32.97
25	Goncalo Pereira, SA	95	Abs	CDF	33.30
26	Joao Pedro, VEIGA	94	Abs	CNAC	33.35
27	Joao Guilherme, FERREIRA	93	Abs	EMDB	33.55
28	Bruno Miguel, CAVADAS	89	Abs	CNV	33.76
29	Edgar Miguel, LOPES	94	Abs	LDC	33.87
30	Luis Miguel, LOPES	95	Abs	FOCA	33.95
31	Miguel Rego, BORGES	95	Abs	CAFBDP	34.80

Prova 22
06-02-2011 - 9:35

Femin., 100m Bruços
LusoSwim

Absolutos
Lista inscritos Elimin

Recordes Nacionais 50m Open	1:09.47	Diana Duarte, GOMES	CNA	LOULÉ	06-06-2009
Recordes Nacionais 50m Inf B	1:20.63	Ana Pinho, RODRIGUES	AEJ	S. Joao da Madeira	23-07-2006
Recordes Nacionais 50m Inf A	1:15.49	Ana Pinho, RODRIGUES	AEJ	Coimbra	08-07-2007
Recordes Nacionais 50m Juv	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
Recordes Nacionais 50m Jun	1:10.09	Diana Duarte, GOMES	FPN	Budapeste (HUN)	17-07-2005
Recordes Nacionais 50m Sen	1:09.47	Diana Duarte, GOMES	CNA	LOULÉ	06-06-2009
Recorde Meeting	1:10.09	START,		Póvoa de Varzim	

TLP INF_JUV FEM 12 - 14: 1:26.00 / TLP JUN_SEN FEM 15 +: 1:22.00

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Yuliya, BANACH	92	Abs	ISR	1:09.55
2	Pamela, GABRIELI	94	Abs	TLOMBARDIA	1:10.58
3	Anastasia, KOROTKOV	90	Abs	ISR	1:10.60
4	Irene, BONORA	87	Abs	TLOMBARDIA	1:11.20
5	Ana Pinho, RODRIGUES	94	Abs	AEJ	1:11.28
6	Ana Teresa, FRANCO	91	Abs	SCP	1:12.51
7	Joana Catarina, CARVALHO	92	Abs	FCP	1:12.54
8	Paula Alexandra, OLIVEIRA	96	Abs	FCP	1:12.89
9	Gabriela Oliveira, ANDRADE	94	Abs	CNAC	1:13.42
10	Joana Filipa, MARQUES	95	Abs	CAFBDP	1:14.38
11	Mariana Dias, ALMEIDA	93	Abs	GDNVNF	1:15.86

Prova 22, Femin., 100m Bruços, Elimin

12	Victoria, KAMINSKAYA	95	Abs	PIMP	1:15.93
13	Olaya Carbajal, GARCIA	94	Abs	CNSO	1:16.30
14	Catarina Alexandra, DIAS	95	Abs	CNPD	1:17.85
15	Celia Moro, PITA	96	Abs	CNSO	1:18.64
16	Patricia Fonseca, SILVA	93	Abs	CDF	1:19.83
17	Andreia Margarida, ARAUJO	96	Abs	VNC	1:19.99
18	Ines Joao, COSTA	95	Abs	SCB	1:20.96
19	Beatriz Carvalho, RIBEIRO	97	Abs	EMDB	1:21.93
20	Margarida Domingues, DUARTE	97	Abs	DNMG	1:22.01
21	Ana Filipa, TEIXEIRA	95	Abs	CFV	1:22.23
22	Ines Cristina, CORDEIRO	96	Abs	ADP	1:25.19
23	Diana Sofia, SILVA	97	Abs	SCB	1:26.91

Prova 23
06-02-2011 - 9:45 Masc., 100m Costas
Cópidoiro - Cópias e Artigos de Reprografia Absolutos
Lista inscritos Elimin

Recordes Nacionais 50m Open	56.56	Nuno Filipe, LAURENTINO	FPN	Viena (AUT)	26-08-1995
Recordes Nacionais 50m Inf B	1:05.71	Alexandre Lages, RIBAS	EDV	Porto	23-07-2010
Recordes Nacionais 50m Inf A	1:02.84	Sergio Fernando, SILVA	ANAM	Porto	23-07-2010
Recordes Nacionais 50m Juv B	59.97	Diogo Gomes, SOUSA	CNCVG	Coimbra	31-07-2010
Recordes Nacionais 50m Juv A	59.46	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	01-08-2004
Recordes Nacionais 50m Jun	57.09	Alexis Manacas, SANTOS	SCP	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	56.56	Nuno Filipe, LAURENTINO	FPN	Viena (AUT)	26-08-1995
Recorde Meeting	54.88	Mirco, DI TORA	ITA	Póvoa de Varzim	08-02-2009

TLP INF_JUV MASC 13 - 16: 1:09.50 / TLP JUN_SEN MASC 17 +: 1:05.00

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Enrico, CATALANO	83	Abs	TLOMBARDIA	54.20
2	Jonatan, KOPELEV	91	Abs	ISR	54.78
3	Yakov Yan, TOUMARKIN	92	Abs	ISR	55.20
4	Marco, DASSO	88	Abs	TLOMBARDIA	55.50
5	David, GAMBURG	93	Abs	ISR	56.63
6	Itai, CHAMMAH	85	Abs	ISR	56.73
7	Adriano Miguel, NIZ	86	Abs	GDNVNF	56.78
8	Luca, LAVEZZARI	89	Abs	TLOMBARDIA	56.90
9	Alexis Manacas, SANTOS	92	Abs	SCP	57.09
10	Tomer, ZAMIR	94	Abs	ISR	58.48
11	Carlos Filipe, SANTOS	91	Abs	FCP	59.30
12	Diogo Gomes, SOUSA	95	Abs	CNCVG	59.97
13	Nuno Rafael, DURAES	93	Abs	CNS	1:00.47
14	Samuel Patricio, QUEIROS	91	Abs	FCP	1:00.51
15	Edgar Oliveira, RIBEIRO	93	Abs	SCB	1:01.14
16	Joao Miguel, ROCHA	93	Abs	GDNVNF	1:01.20
17	Joao Pedro, NETO	95	Abs	CNS	1:01.28
18	Nathan Keith, THEODORIS	95	Abs	LDC	1:01.29
19	Joao Filipe, FERNANDES	93	Abs	GDNVNF	1:01.67
20	Jose Alberto, MARTINS	94	Abs	VSC	1:02.15
21	Miguel Angelo, PINTO	94	Abs	CNCVG	1:02.25
22	Ramses de la, FUENTE	90	Abs	CNSO	1:02.62

Prova 23, Masc., 100m Costas, Elimin

23 Diogo Maia e, SILVA	93	Abs	PIMP	1:02.78
24 Edgar Miguel, LOPES	94	Abs	LDC	1:02.89
25 Miguel Antonio, SILVA	94	Abs	SCB	1:02.99
26 Antonio Sampaio, REBOLO	94	Abs	CFB	1:03.00
27 Filipe Franco, NORTE	93	Abs	DNMG	1:03.61
28 Tiago Manuel, TEIXEIRA	96	Abs	ADF	1:03.70
29 Carlos Lopes, PEDROSA	94	Abs	CNPD	1:04.42
30 Francisco Fezas, VITAL	92	Abs	SLB	1:04.46
31 Andre Isaias, GUIMARAES	95	Abs	GDNVNF	1:04.56
32 Andre Duarte, VAZ	93	Abs	GCF	1:04.72
33 Luis Alberto, NOGUEIRA	95	Abs	GESP	1:04.87
34 Daniel Ribeiro, SOUSA	95	Abs	DNMG	1:05.37
35 Alexandre Lages, RIBAS	97	Abs	EDV	1:05.71
36 Daniel Costa, VIEIRA	95	Abs	FCP	1:06.20
37 Mohammad Shams, AZAD	95	Abs	CNPD	1:06.80
38 Antonio Miguel, VITORINO	96	Abs	VNC	1:07.42
39 Francisco Jose, FERNANDES	96	Abs	CNAC	1:07.59
40 Francisco Abrunhosa, RODRIGUES	96	Abs	FCP	1:08.95

Prova 24	Femin., 50m Costas				Absolutos
06-02-2011 - 9:55	Axis Verman Conference & Beach Hotel				Lista inscritos Elimin
Recordes Nacionais 50m Open	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recordes Nacionais 50m Jun	30.83	Joana Dias, ESCARIA	FPN	Bordéus (FRA)	15-01-2005
Recordes Nacionais 50m Sen	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recorde Meeting	28.93	Mercedes Peris, MINGUET	ESP	Póvoa de Varzim	07-02-2010
TLP ABS FEMININOS : 35.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Mercedes Peris, MINGUET	85	Abs	CNSO	27.80
2	Marta Vieira, MARINHO	91	Abs	FCP	29.40
3	Stefania, CARTAPANI	90	Abs	TLOMBARDIA	29.50
4	Anna, VOLCHKOV	92	Abs	ISR	30.45
5	Margarita Alvarez, BARRIO	95	Abs	CNSO	30.50
6	Ana Sofia, LEITE	93	Abs	GCVR	30.62
7	Sonia Gonzalez, GAVILAN	89	Abs	CNSO	30.80
8	Filipa Mendes, PINHEIRO	92	Abs	EDV	30.83
9	Sofia Pavao, MACHADO	94	Abs	CNPD	31.21
10	Diana Patricia, FERREIRA	94	Abs	GESP	31.25
11	Claudia Sofia, MONTEIRO	92	Abs	CFV	31.28
12	Carolina Sofia, LOPES	96	Abs	LDC	31.38
13	Catia Raquel, MARTINHEIRA	95	Abs	LDC	31.46
14	Andreia Filipa, ANJOS	92	Abs	ADBA	31.47
15	Patricia Isabel, OLIVEIRA	94	Abs	LSC	31.63
16	Adriana Correia, LOPES	95	Abs	CNAC	31.75
17	Rute Rocha, INES	97	Abs	LDC	31.83
18	Ana Filipa, GONCALVES	92	Abs	CDAN	32.12
19	Mariana Oliveira, VALE	93	Abs	CNV	32.50

Prova 24, Femin., 50m Costas, Elimin

20 Tatiana Filipa, SANTOS	95	Abs	GCF	32.93
21 Alicia Arboleya, MARTINEZ	96	Abs	CNSO	33.40
22 Ana Filipa, SOUSA	96	Abs	INDADS	33.59
23 Matilde Apolinario, PORTADA	94	Abs	LDC	33.71
24 Maria Ines, ALMEIDA	96	Abs	CNAC	34.00
25 Isabel Rovisco, MONTEIRO	93	Abs	ADF	34.12
26 Isabel Pinto, ABREU	96	Abs	CFB	34.14
27 Mariana Oliveira, DAMASO	93	Abs	CNPD	34.68
28 Rita Teixeira, COSTA	97	Abs	CFB	35.00

Prova 25 Masc., 200m Mariposa Absolutos
06-02-2011 - 10:00 TURBO Lista inscritos Elimin

Recordes Nacionais 50m Open	1:56.17	Pedro Diogo, OLIVEIRA	FPN	Roma (ITA)	28-07-2009
Recordes Nacionais 50m Inf B	2:21.67	Fabio Parrilha da, SILVA	CNAL	S. João da Madeira	23-07-2000
Recordes Nacionais 50m Inf A	2:14.50	Fabio Parrilha da, SILVA	CNAL	Campanhã	29-07-2001
Recordes Nacionais 50m Juv B	2:09.61	Fabio Parrilha da, SILVA	CNAL	Lisboa	11-05-2002
Recordes Nacionais 50m Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
Recordes Nacionais 50m Jun	2:01.46	Pedro Diogo, OLIVEIRA	FPN	Palma Maiorca (ESP)	08-07-2006
Recordes Nacionais 50m Sen	1:56.17	Pedro Diogo, OLIVEIRA	FPN	Roma (ITA)	28-07-2009
Recorde Meeting	1:59.99	START,		Póvoa de Varzim	

TLP INF_JUV MASC 13 - 16: 2:29.00 / TLP JUN_SEN MASC 17 +: 2:17.50

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Stefano, IACOBONE	87	Abs	TLOMBARDIA	1:56.60
2	Nuno Goncalo, QUINTANILHA	87	Abs	CNCVG	1:59.14
3	Marco, MIGLIORINI	89	Abs	TLOMBARDIA	2:01.30
4	Fabio Manuel, PEREIRA	86	Abs	CFV	2:03.22
5	Miguel Monteiro, DIOGO	93	Abs	CNAL	2:04.72
6	Miguel Silva, OLIVEIRA	91	Abs	CNAC	2:05.19
7	Francisco Fezas, VITAL	92	Abs	SLB	2:05.58
8	Diogo Parrilha da, SILVA	93	Abs	CNAL	2:05.86
9	Rui Filipe, VILAR	91	Abs	FCP	2:07.18
10	Pedro Miguel, PINOTES	89	Abs	SCP	2:07.20
11	Joao Paulo, RIBEIRO	92	Abs	ADBA	2:07.96
12	Jorge Miguel, CARMO	90	Abs	CNCVG	2:08.38
13	Rui Miguel, FONSECA	88	Abs	AVFC	2:09.43
14	Nuno Cruz, OLIVEIRA	90	Abs	SCB	2:09.76
15	Ruben Filipe, NUNES	94	Abs	GESP	2:09.78
16	Igor Guterres, CARVALHO	88	Abs	CFV	2:09.83
17	Rafael Dias, MARTINS	93	Abs	FCP	2:10.19
18	Paulo Andre, DIAS	92	Abs	GESP	2:11.22
19	Pedro Ribeiro, MENDES	93	Abs	CNCVG	2:11.62
20	Andre Filipe, LOPES	92	Abs	AAC	2:11.91
21	Antonio Rafael, BESSA	94	Abs	GESP	2:12.70
22	Pablo Pastur, URBINA	92	Abs	CNSO	2:13.90
23	Antonio Jorge, ROCHA	94	Abs	ADP	2:14.66
24	Renato Filipe, NASCIMENTO	94	Abs	LDC	2:14.97
25	António Fraga, FRAGOSO	95	Abs	CAFBPD	2:15.18

Prova 25, Masc., 200m Mariposa, Elimin

26 Tomas Miguel, VELOSO	96	Abs	CNAC	2:18.90
27 Afonso Mateus, RIBEIRO	95	Abs	CFB	2:20.24
28 Mario Guterres, CARVALHO	95	Abs	CFV	2:20.49
29 Joao Miguel, COSTA	95	Abs	CFV	2:22.66
30 Andre Machado, VALE	95	Abs	VNC	2:25.63
31 Gil Cruz, FERNANDES	95	Abs	CDAN	2:26.60
32 Andre Coelho, OLIVEIRA	96	Abs	VSC	2:34.57

Prova 26 Femin., 100m Mariposa Absolutos
06-02-2011 - 10:10 Varzim Lazer, E.M. Lista inscritos Elimin

Recordes Nacionais 50m Open	58.76	Sara Freitas, OLIVEIRA	FPN	Budapeste (HUN)	12-08-2010
Recordes Nacionais 50m Inf B	1:08.02	Ines Camacho, FERNANDES	SCP	S. João da Madeira	26-07-2009
Recordes Nacionais 50m Inf A	1:05.13	Ines Camacho, FERNANDES	FPN	Catania (ITA)	19-06-2010
Recordes Nacionais 50m Juv	1:04.44	tempo limite,			
Recordes Nacionais 50m Jun	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
Recordes Nacionais 50m Sen	58.76	Sara Freitas, OLIVEIRA	FPN	Budapeste (HUN)	12-08-2010
Recorde Meeting	58.96	Amit, IVRY	ISR	Póvoa de Varzim	07-02-2010

TLP INF_JUV FEM 12 - 14: 1:14.50 / TLP JUN_SEN FEM 15 +: 1:11.50

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Sara Freitas, OLIVEIRA	85	Abs	FCP	58.76
2	Alisa, TSYPIN	93	Abs	ISR	1:02.80
3	Nicol, SAMSONYK	94	Abs	ISR	1:02.92
4	Sara Francisco, CRUZ	93	Abs	ADBA	1:02.97
5	Filipa Vilas, TIAGO	94	Abs	SCP	1:03.12
6	Shir, WASSERMAN	95	Abs	ISR	1:03.21
7	Ana Catarina, MONTEIRO	93	Abs	CFV	1:04.04
8	Sofia Pavao, MACHADO	94	Abs	CNPD	1:06.33
9	Mariana Sousa, MARTINS	95	Abs	CDF	1:06.61
10	Carolina Santos, SILVA	86	Abs	CNMAIA	1:06.94
11	Maria Alonso, GRELA	95	Abs	CNSO	1:07.03
12	Soraia Vanessa, RIBEIRO	92	Abs	GESP	1:07.46
13	Maria Miguel, VELOSO	93	Abs	CNAC	1:07.71
14	Sara Monteiro, MEIRELES	97	Abs	GESP	1:08.25
15	Mariana Oliveira, DAMASO	93	Abs	CNPD	1:08.46
16	Angelica Maria, ANDRE	94	Abs	LSC	1:08.64
17	Luisa Pinto, ABREU	94	Abs	CFB	1:09.26
18	Alba Ortiz, BASTON	97	Abs	CNSO	1:09.30
19	Rute Rocha, INES	97	Abs	LDC	1:09.57
20	Debora Guimaraes, OLIVEIRA	96	Abs	SCB	1:09.64
21	Rute Sofia, TEIXEIRA	90	Abs	GCST	1:09.67
22	Bruna Elisabete, PAULINO	97	Abs	CNAL	1:09.82
23	Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	1:09.86
24	Daniela Figueiredo, METELO	97	Abs	CNAC	1:10.12
25	Cristina Paris, SANTOS	94	Abs	PIMP	1:10.78
26	Filipa Vicente, CUSTOIAS	97	Abs	BSCN	1:11.46
27	Catia Alexandra, BATISTA	96	Abs	CDF	1:11.91

Prova 26, Femin., 100m Mariposa, Elimin

28 Sonia Alexandra, LEITE 97 Abs VSC 1:14.85

Prova 27	Masc., 400m Livres				Absolutos
06-02-2011 - 10:20	Modelo Continente				Lista inscritos Elimin
Recordes Nacionais 50m Open	3:52.29	Jorge Manuel, MAIA	FPN	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Inf B	4:28.42	Pedro Fontoura, OLIVEIRA	CFB	Restelo	26-07-2003
Recordes Nacionais 50m Inf A	4:15.99	Pedro Fontoura, OLIVEIRA	CFB	Badajoz (ESP)	11-07-2004
Recordes Nacionais 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Recordes Nacionais 50m Juv A	3:59.38	Gustavo Manuel, SANTA	FPN	Tampere (FIN)	21-07-2009
Recordes Nacionais 50m Jun	3:57.15	Gustavo Manuel, SANTA	FPN	Helsinki (FIN)	14-07-2010
Recordes Nacionais 50m Sen	3:52.29	Jorge Manuel, MAIA	FPN	Málaga (ESP)	05-04-2009
Recorde Meeting	3:55.57	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 4:35.50 / TLP JUN_SEN MASC 17 +: 4:18.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Marco Rivera, MIRANDA	83	Abs	CNSO	3:49.82
2	Matteo, MONTANARI	89	Abs	TLOMBARDIA	3:51.60
3	Jorge Manuel, MAIA	89	Abs	GDNVNF	3:57.51
4	Kyrylo, FESENKO	86	Abs	IUCP	3:59.22
5	Cesar Fernando, FARIA	90	Abs	ADBA	3:59.90
6	Joao Filipe, CARVALHO	87	Abs	FCP	4:00.94
7	Davide, PENSABENE	92	Abs	TLOMBARDIA	4:01.90
8	Gustavo Manuel, SANTA	93	Abs	SCP	4:02.01
9	Rui Filipe, COSTA	91	Abs	VSC	4:02.66
10	Miguel Monteiro, DIOGO	93	Abs	CNAL	4:04.96
11	Tiago Silva, OLIVEIRA	94	Abs	LSC	4:06.58
12	Ricardo Manuel, MACHADO	93	Abs	SCB	4:08.04
13	Andre Filipe, LOPES	92	Abs	AAC	4:08.48
14	Hugo Alberto, RIBEIRO	88	Abs	GESP	4:10.71
15	Adrian Vallina, GUERRA	93	Abs	CNSO	4:11.30
16	Nuno Vieira, MALHEIRO	93	Abs	SCB	4:11.85
17	Joao Nuno, PIRES	94	Abs	CNAC	4:12.37
18	Tiago Rafael, LOPES	92	Abs	AAC	4:13.71
19	Sergio San Milan, ALVAREZ	93	Abs	CNSO	4:19.30
20	Joao Andre, NEVES	95	Abs	AAC	4:20.33
21	Cesar Filipe, MAGALHAES	95	Abs	FOCA	4:26.63
22	Joao Nuno, ABREU	95	Abs	VSC	4:28.47
23	Miguel Prata, SANTOS	96	Abs	VNC	4:29.51
24	Jose Carlos, TEIXEIRA	96	Abs	FOCA	4:34.36
25	Tiago Miguel, ALVES	95	Abs	ASSSCC	4:35.14

Prova 28	Femin., 200m Estilos				Absolutos
06-02-2011 - 10:40	Konica Minolta				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:18.49	Nadia Morais, VIEIRA	FPN	Budapeste (HUN)	11-08-2010
Recordes Nacionais 50m Inf B	2:33.06	Ines Camacho, FERNANDES	SCP	S. João da Madeira	25-07-2009
Recordes Nacionais 50m Inf A	2:28.56	Susana Patricia, MIGUEL	FPN	Paris (FRA)	29-07-2003
Recordes Nacionais 50m Juv	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
Recordes Nacionais 50m Jun	2:21.44	Petra Quintela, CHAVES	SAD	Restelo	29-07-1994
Recordes Nacionais 50m Sen	2:18.49	Nadia Morais, VIEIRA	FPN	Budapeste (HUN)	11-08-2010
Recorde Meeting	2:19.95	START,		Póvoa de Varzim	
TLP INF_JUV FEM 12 - 14: 2:42.50 / TLP JUN_SEN FEM 15 +: 2:37.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Marussia, PIETROCOLA	92	Abs	TLOMBARDIA	2:14.00
2	Rotshtain, EFRAT	92	Abs	ISR	2:14.15
3	Susanna, NEGRI	90	Abs	TLOMBARDIA	2:17.00
4	Nadia Morais, VIEIRA	90	Abs	GESL	2:18.49
5	Marta Pereira, ABREU	92	Abs	FCP	2:19.32
6	Anastasia, KOROTKOV	90	Abs	ISR	2:19.68
7	Anat, ZIMIN	93	Abs	ISR	2:20.80
8	Maria Carolina, ROSA	94	Abs	SCP	2:22.21
9	Diana Ramos, ROCHA	94	Abs	INDMIN	2:23.50
10	Diana Margarida, DURAES	96	Abs	FOCA	2:23.60
11	Ana Pinho, RODRIGUES	94	Abs	AEJ	2:23.95
12	Pamela, GABRIELI	94	Abs	TLOMBARDIA	2:24.20
13	Ana Catarina, MONTEIRO	93	Abs	CFV	2:28.02
14	Mara Lisboa e, SILVA	93	Abs	ADBA	2:30.40
15	Ana Filipa, MENDES	89	Abs	SCB	2:30.66
16	Filipa Maria, ROMPANTE	95	Abs	GDNVNF	2:31.67
17	Ines Joao, COSTA	95	Abs	SCB	2:32.14
18	Olaya Carbajal, GARCIA	94	Abs	CNSO	2:32.60
19	Sofia Pavao, MACHADO	94	Abs	CNPD	2:34.08
20	Ana Rita, CUNHA	94	Abs	GESP	2:35.13
21	Joana Filipa, MARQUES	95	Abs	CAFBPD	2:35.39
22	Sofia Cunha, SOUSA	96	Abs	FOCA	2:35.92
23	Mariana Cunha, GUERRA	98	Abs	ASSSCC	2:36.34
24	Rita Teixeira, COSTA	97	Abs	CFB	2:39.00
25	Daniela Figueiredo, METELO	97	Abs	CNAC	2:40.13
26	Ines Cristina, CORDEIRO	96	Abs	ADP	2:40.88
27	Luana Raquel, ALVES	97	Abs	CDAN	2:41.11
28	Patricia Cristina, FERNANDES	94	Abs	GESP	2:41.47
29	Ana Filipa, MARTINS	97	Abs	FOCA	2:42.31

Prova 29	Masc., 200m Bruços				Absolutos
06-02-2011 - 10:55	Axis Vermar Conference & Beach Hotel				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:13.34	Carlos Esteves, ALMEIDA	FPN	Beijing (CHN)	12-08-2008
Recordes Nacionais 50m Inf B	2:39.83	Luis Manuel, FERNANDES	GDNVNF	Famalicão	20-07-2008
Recordes Nacionais 50m Inf A	2:32.84	tempo limite,			
Recordes Nacionais 50m Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loulé	10-06-2006
Recordes Nacionais 50m Juv A	2:23.94	Andre Miguel, SILVA	PDEM	Coimbra	25-03-2007
Recordes Nacionais 50m Jun	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
Recordes Nacionais 50m Sen	2:13.34	Carlos Esteves, ALMEIDA	FPN	Beijing (CHN)	12-08-2008
Recorde Meeting	2:14.90	START,		Póvoa de Varzim	
TLP INF_JUV MASC 13 - 16: 2:51.00 / TLP JUN_SEN MASC 17 +: 2:38.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Aaron, OPELL	87	Abs	IUCP	2:15.08
2	Davide, COVA	89	Abs	TLOMBARDIA	2:16.00
3	Lorenzo, GARDONI	92	Abs	TLOMBARDIA	2:18.00
4	Imri, GANIEL	92	Abs	ISR	2:18.73
5	Henrique Pereira, NEIVA	84	Abs	CFV	2:21.18
6	Rui Filipe, VILAR	91	Abs	FCP	2:22.85
7	Itai, DE LA VIGA	93	Abs	ISR	2:22.90
8	Pedro Miguel, AGOSTINHO	92	Abs	SCP	2:23.45
9	Ricardo Jose, VARELA	89	Abs	CNS	2:23.76
10	Yahav, SHAHAFF	93	Abs	ISR	2:24.40
11	Sergio Baptista, SILVA	91	Abs	FCP	2:25.02
12	Ricardo Amorim, REGO	84	Abs	SCB	2:25.63
13	Joao Pedro, BRAGA	94	Abs	CNPD	2:26.32
14	Luis Manuel, FERNANDES	95	Abs	GDNVNF	2:26.41
15	Luis Nobre, NETO	90	Abs	CNMAIA	2:26.56
16	Miguel Aragao, SANTOS	91	Abs	CFV	2:27.53
17	Pedro Miguel, VARELA	86	Abs	CNS	2:27.66
18	Marcelo Goncalo, PEREIRA	90	Abs	CFV	2:29.12
19	Joao Claudio, SOUSA	93	Abs	GESP	2:29.66
20	Tiago Samuel, SILVA	93	Abs	FCP	2:29.72
21	Diogo Manuel, RODRIGUES	94	Abs	VSC	2:29.96
22	Joao Albano, VIOLA	89	Abs	CNAC	2:30.23
23	Diogo Parrilha da, SILVA	93	Abs	CNAL	2:32.54
24	Hugo Miguel, SILVA	94	Abs	SCB	2:34.26
25	Nuno Miguel, FELICIANO	95	Abs	CNAL	2:35.14
26	Edgar Miguel, LOPES	94	Abs	LDC	2:35.71
27	Joao Pedro, VEIGA	94	Abs	CNAC	2:35.85
28	Alcides Costa, SOUSA	94	Abs	CDF	2:35.99
29	Pedro Barros, MENDES	94	Abs	AAC	2:36.75
30	Diogo Carmo, RAMOS	93	Abs	CFV	2:37.81
31	Pelayo Fernandez, ALONSO	93	Abs	CNSO	2:38.30
32	Paulo Andre, SILVA	96	Abs	CFV	2:39.03
33	Ricardo Filipe, FERREIRA	95	Abs	PIMP	2:40.09
34	Andre Gonçalo, SANTOS	97	Abs	LSC	2:40.32
35	Frederico Renato, SOUSA	95	Abs	GESP	2:40.54
36	Artur Jose, REIS	96	Abs	FCP	2:41.15
37	Goncalo Pereira, SA	95	Abs	CDF	2:41.26

Prova 29, Masc., 200m Bruços, Elimin

38	Rodrigo Silverio, CARMO	96	Abs	CNCVG	2:41.84
39	Mauro Gaspar, FERREIRA	95	Abs	EMDB	2:41.90
40	Andre Machado, VALE	95	Abs	VNC	2:42.28
41	Luis Miguel, LOPES	95	Abs	FOCA	2:44.67
42	Tiago Sobral, COELHO	95	Abs	GCST	2:44.78
43	Bruno Campos, NETO	96	Abs	GESP	2:45.10
44	Manuel Henrique, ALVES	95	Abs	EDV	2:45.11
45	Carlos Cunha, COSTA	95	Abs	ADF	2:45.36
46	Jose Rui, COELHO	96	Abs	LSXXI	2:45.59
47	Joao Paulo, CAPITAO	96	Abs	CDF	2:45.78
48	Tiago Martim, ALVES	97	Abs	CDAN	2:45.98
49	Carlos Diogo, MORAIS	96	Abs	NCC	2:47.80
50	Leonardo Cardoso, FIGUEIREDO	96	Abs	CNMAIA	2:49.01
51	Vitor Joao, PEREIRA	97	Abs	LSC	2:50.01
52	Leonardo Peralta, REIS	96	Abs	BSCN	2:54.84

Prova 30	Femin., 50m Livres				Absolutos
06-02-2011 - 11:20	Copidouro - Cópias e Artigos de Reprografia				Lista inscritos Elimin
Recordes Nacionais 50m Open	25.83	Patricia Vilas, CONCEICAO	CNA	Coimbra	30-05-2009
Recordes Nacionais 50m Inf B	29.30	Isabel Pinto, ABREU	CFB	Restelo	31-05-2008
Recordes Nacionais 50m Inf A	28.26	Isabel Pinto, ABREU	CFB	Lisboa	23-05-2009
Recordes Nacionais 50m Juv	27.41	Harriet Larcher, SMITH	FPN	Paris (FRA)	31-07-2003
Recordes Nacionais 50m Jun	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10-04-2010
Recordes Nacionais 50m Sen	25.83	Patricia Vilas, CONCEICAO	CNA	Coimbra	30-05-2009
Recorde Meeting	26.43	START,		Póvoa de Varzim	
TLP ABS FEMININOS : 30.20					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Mercedes Peris, MINGUET	85	Abs	CNSO	25.92
2	Erica, BURATTO	84	Abs	TLOMBARDIA	26.00
3	Nicol, SAMSONYK	94	Abs	ISR	26.21
4	Sara Freitas, OLIVEIRA	85	Abs	FCP	26.62
5	Martina, MARKS	95	Abs	ISR	26.67
6	Sara Beatriz, LOUREIRO	87	Abs	FCP	26.68
7	Marva, HARPAK	88	Abs	ISR	26.87
8	Claudia Sofia, MONTEIRO	92	Abs	CFV	26.97
9	Maria Carolina, ROSA	94	Abs	SCP	27.09
10	Joana Patricia, PINTO	94	Abs	GCVR	27.30
11	Claudia Marques, MORENO	91	Abs	FCP	27.32
12	Sonia Gonzalez, GAVILAN	89	Abs	CNSO	27.34
13	Katia Garcia, ESPASANDIN	94	Abs	CNSO	27.40
14	Maria Alonso, GRELA	95	Abs	CNSO	27.50
15	Diana Patricia, FERREIRA	94	Abs	GESP	27.74
16	Margarita Alvarez, BARRIO	95	Abs	CNSO	28.00
17	Sara Francisco, CRUZ	93	Abs	ADBA	28.06
18	Joana Catarina, CARVALHO	92	Abs	FCP	28.14
19	Isabel Pinto, ABREU	96	Abs	CFB	28.26

Prova 30, Femin., 50m Livres, Elimin

20	Maria Ines, RIBEIRO	92	Abs	CNAC	28.39
21	Ana Sofia, LEITE	93	Abs	GCVR	28.51
22	Maria Ana, MAGALHAES	93	Abs	EDL	28.55
23	Tamara Vazquez, FERNANDEZ	96	Abs	CNSO	28.60
24	Marisa Alexandra, LAGE	94	Abs	VNC	28.65
25	Vera Patricia, PINTO	94	Abs	SLB	28.67
26	Rita Amado, LAEZZA	95	Abs	CFV	29.13
27	Cristina Paris, SANTOS	94	Abs	PIMP	29.24
28	Mariana Sousa, MARTINS	95	Abs	CDF	29.68
29	Mariana Oliveira, DAMASO	93	Abs	CNPD	29.85
30	Ana Luisa, CARVALHO	96	Abs	CNAC	30.04
31	Ana Filipa, SOUSA	96	Abs	INDADS	30.20

Prova 31
06-02-2011 - 11:25

Masc., 50m Mariposa

Câmara Municipal da Póvoa de Varzim

Absolutos

Lista inscritos Elimin

Recordes Nacionais 50m Open	23.72	Simao Gomes, MORGADO	CNA	Málaga (ESP)	05-04-2009
Recordes Nacionais 50m Jun	24.89	tempo limite,			
Recordes Nacionais 50m Sen	23.72	Simao Gomes, MORGADO	CNA	Málaga (ESP)	05-04-2009
Recorde Meeting	24.38	START,		Póvoa de Varzim	

TLP ABS MASCULINOS : 29.00

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Rudy, GOLDIN	84	Abs	TLOMBARDIA	24.50
2	Yakov Yan, TOUMARKIN	92	Abs	ISR	24.75
3	Stefano, IACOBONE	87	Abs	TLOMBARDIA	24.80
4	Jonatan, KOPELEV	91	Abs	ISR	24.90
5	Enrico, CATALANO	83	Abs	TLOMBARDIA	25.00
6	Fabio Manuel, PEREIRA	86	Abs	CFV	25.12
7	Adriano Miguel, NIZ	86	Abs	GDNVNF	25.34
8	Miguel Silva, OLIVEIRA	91	Abs	CNAC	25.44
9	Almog, OLSHTEIN	93	Abs	ISR	25.49
10	Maurizio, MOTTOLA	94	Abs	TLOMBARDIA	25.50
11	David, GAMBURG	93	Abs	ISR	25.51
12	Carlos Filipe, SANTOS	91	Abs	FCP	25.59
13	Marco, MIGLIORINI	89	Abs	TLOMBARDIA	25.60
14	Or, SABATIER	94	Abs	ISR	25.85
15	Paulo Jorge, SANTOS	89	Abs	FCP	25.88
16	Francisco Fezas, VITAL	92	Abs	SLB	25.89
17	Joao Paulo, RIBEIRO	92	Abs	ADBA	26.53
18	Nathan Keith, THEODORIS	95	Abs	LDC	26.65
19	Joao Pedro, ARAUJO	85	Abs	GDNVNF	26.73
20	Carlos Lopes, PEDROSA	94	Abs	CNPD	26.84
21	Mario Alexandre, PEREIRA	92	Abs	CNAC	26.93
22	Emanuel Augusto, PINHO	93	Abs	CDF	27.07
23	Danilo Ismael, MACHADO	92	Abs	FCP	27.08
24	Afonso Mateus, RIBEIRO	95	Abs	CFB	27.17
25	Daniel Aparicio, PEREIRA	83	Abs	SCB	27.25

Prova 31, Masc., 50m Mariposa, Elimin

26 Bruno Miguel, ALVES	91	Abs	EDL	27.41
27 Simao Pedro, ALVES	94	Abs	GDNVNF	27.72
28 Joao Filipe, LUCAS	94	Abs	AAC	27.72
29 Joao Guilherme, FERREIRA	93	Abs	EMDB	27.80
30 Nuno Cruz, OLIVEIRA	90	Abs	SCB	27.86
31 Carlos Fernandes, QUEIROS	86	Abs	GCVR	27.86
32 Rui Filipe, MAIA	93	Abs	CFV	27.95
33 Jose Enes, RIBEIRO	93	Abs	EDV	28.03
34 Antonio Jorge, ROCHA	94	Abs	ADP	28.05
35 Bernardo Correia, SILVA	93	Abs	FCP	28.23
36 Pablo Pastur, URBINA	92	Abs	CNSO	28.40
37 Jose Goncalo, NASCIMENTO	93	Abs	CNPD	28.67
38 Alexandre Galveias, VALE	93	Abs	PIMP	28.77
39 António Fraga, FRAGOSO	95	Abs	CAFBPD	29.00

Prova 32	Femin., 200m Costas				Absolutos
06-02-2011 - 11:30	Modelo Continente				Lista inscritos Elimin
Recordes Nacionais 50m Open	2:16.28	Ana Antas, BARROS	FPN	Sheffield (GBR)	08-08-1993
Recordes Nacionais 50m Inf B	2:33.03	Keissy Joselin, SOUSA	FCP	Famalicão	27-07-1997
Recordes Nacionais 50m Inf A	2:24.42	Catia Raquel, MARTINHEIRA	LDC	Madrid (ESP)	04-07-2008
Recordes Nacionais 50m Juv	2:22.84	Tatiana Filipa, SANTOS	GCF	Póvoa de Varzim	15-03-2009
Recordes Nacionais 50m Jun	2:19.60	Petra Quintela, CHAVES	FPN	Barcelona (ESP)	15-06-1994
Recordes Nacionais 50m Sen	2:16.28	Ana Antas, BARROS	FPN	Sheffield (GBR)	08-08-1993
Recorde Meeting	2:16.28	START,		Póvoa de Varzim	
TLP_INF_JUV_FEM_12 - 14: 2:45.00 / TLP_JUN_SEN_FEM_15 +: 2:38.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Anna, VOLCHKOV	92	Abs	ISR	2:14.93
2	Mafalda Gomes, BELEZA	94	Abs	SCP	2:19.91
3	Stefania, CARTAPANI	90	Abs	TLOMBARDIA	2:21.00
4	Marta Pereira, ABREU	92	Abs	FCP	2:21.09
5	Catia Raquel, MARTINHEIRA	95	Abs	LDC	2:21.20
6	Tatiana Filipa, SANTOS	95	Abs	GCF	2:21.82
7	Filipa Mendes, PINHEIRO	92	Abs	EDV	2:22.23
8	Mara Lisboa e, SILVA	93	Abs	ADBA	2:23.45
9	Adriana Correia, LOPES	95	Abs	CNAC	2:23.61
10	Victoria, KAMINSKAYA	95	Abs	PIMP	2:23.67
11	Patricia Isabel, OLIVEIRA	94	Abs	LSC	2:25.78
12	Maria Ines, ALMEIDA	96	Abs	CNAC	2:25.96
13	Joana Carina, SILVA	97	Abs	LSXXI	2:27.15
14	Ana Sofia, LEITE	93	Abs	GCVR	2:27.20
15	Ana Filipa, GONCALVES	92	Abs	CDAN	2:27.75
16	Andreia Filipa, ANJOS	92	Abs	ADBA	2:28.67
17	Ana Catarina, COSTA	95	Abs	AEJ	2:30.34
18	Maria Luis, AMORIM	95	Abs	FCP	2:30.78
19	Catia Andreia, CLARA	95	Abs	DNMG	2:30.97
20	Rute Rocha, INES	97	Abs	LDC	2:31.05

Prova 32, Femin., 200m Costas, Elimin

21 Matilde Apolinario, PORTADA	94	Abs	LDC	2:31.10
22 Mariana Jesus, COSTA	96	Abs	CNAL	2:31.30
23 Isabel Rovisco, MONTEIRO	93	Abs	ADF	2:31.48
24 Ana Catarina, SOUSA	96	Abs	VSC	2:32.09
25 Iolanda Ribeiro, PINHEIRO	97	Abs	ADP	2:32.89
26 Beatriz Neves, CRAVEIRO	97	Abs	CNAC	2:33.41
27 Ana Joaquina, GONCALVES	95	Abs	SCB	2:33.64
28 Carolina Sofia, LOPES	96	Abs	LDC	2:34.44
29 Leonor Rebelo, PEREIRA	96	Abs	EMDB	2:34.61
30 Ana Isabel, CUNHA	96	Abs	FOCA	2:35.25
31 Flavia Daniela, GONCALVES	96	Abs	EDV	2:35.63
32 Ines Lucas, ALVES	98	Abs	LSC	2:36.04
33 Luisa Pinto, ABREU	94	Abs	CFB	2:36.52
34 Alicia Arboleya, MARTINEZ	96	Abs	CNSO	2:36.60
35 Rita Teixeira, COSTA	97	Abs	CFB	2:37.00
36 Isa Moraes, PENAS	96	Abs	BSCN	2:37.24
37 Margarida Teixeira, MONTEIRO	97	Abs	EDL	2:38.50
38 Juliana Lima, FREIXO	97	Abs	EDV	2:39.10
39 Ana Paula, ARAUJO	96	Abs	GCST	2:39.45
40 Filipa Vicente, CUSTOIAS	97	Abs	BSCN	2:41.17
41 Maria Malaguerra, COSTA	98	Abs	ASSSCC	2:41.18
42 Claudia Susana, TEIXEIRA	96	Abs	GESP	2:41.92
43 Filipa Oliveira, ANDRADE	97	Abs	AEJ	2:47.19

Prova 33 Masc., 4 x 100m Estilos Absolutos
06-02-2011 - 11:50 LusoSwim Lista inscritos Elimin

Recordes Nacionais 50m Open	3:46.73	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recordes Nacionais 50m Inf B	4:42.31	Associacao Naval Amorense	ANAM	S. João da Madeira	26-07-2009
Recordes Nacionais 50m Inf A	4:21.67	Grupo Desp. Natacao V. N. Famalicão	GDVN	S. João da Madeira	26-07-2009
Recordes Nacionais 50m Juv B	4:11.65	Clube de Natacao Colegio Vasco da Gama	CNVG	Coimbra	01-08-2010
Recordes Nacionais 50m Juv A	4:07.72	Colegio Vasco da Gama	CVG	Rio Maior	03-08-2003
Recordes Nacionais 50m Jun	3:55.96	Futebol Clube do Porto/Imperio Bonifaz	FCB	Faro	21-07-2009
Recordes Nacionais 50m Sen	3:46.73	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recorde Meeting	3:50.25	START	POR	Póvoa de Varzim	

TLP ABS MASCULINOS : 4:18.00

Ord.	ANO	Cat	Clube	Tempo de Inscrição
1 Team Lombardia 1		Abs	TLOMBARDIA	3:40.00
2 Israel Swimming Association 1		Abs	ISR	3:50.00
3 Porto/Dolce Vita 1		Abs	FCP	3:50.21
4 Vilacondense 1		Abs	CFV	3:59.22
5 Clube Náutico Académico 1		Abs	CNAC	4:00.13
6 CN Santa Olaya 1		Abs	CNSO	4:00.81
7 Braga 1		Abs	SCB	4:03.95
8 Académica de Coimbra 2		Abs	AAC	4:09.69
9 Gespacos 1		Abs	GESP	4:10.30
10 Escola Desportiva de Viana 1		Abs	EDV	4:12.90
11 Valongo 1		Abs	CNV	4:16.00

Prova 34	Femin., 4 x 100m Livres				Absolutos
06-02-2011 - 12:00	TURBO				Lista inscritos Elimin
Recordes Nacionais 50m Open	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recordes Nacionais 50m Inf B	4:23.37	tempo limite			
Recordes Nacionais 50m Inf A	4:17.71	Clube Nautico Academico de Coimbra	CNAC	Porto	25-07-2010
Recordes Nacionais 50m Juv	4:12.11	Futebol Clube do Porto	FCP	Coimbra	22-07-2005
Recordes Nacionais 50m Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recorde Meeting	3:54.60	Israel Swimming Association	ISR	Póvoa de Varzim	07-02-2010
TLP ABS FEMININOS : 4:25.00					

Ord.	ANO	Cat	Clube	Tempo de Inscrição
1		Abs	FCP	3:46.12
2		Abs	CNSO	3:51.78
3		Abs	TLOMBARDIA	3:55.00
4		Abs	ISR	3:55.00
5		Abs	CFV	4:06.02
6		Abs	CNAC	4:07.03
7		Abs	GESP	4:16.27
8		Abs	SCB	4:18.39
9		Abs	CFB	4:23.00

Prova 35	Masc., 400m Estilos				Absolutos
06-02-2011 - 12:10	TURBO				Lista inscritos
Recordes Nacionais 50m Open	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2009
Recordes Nacionais 50m Inf B	4:59.28	Tomas Miguel, FREITAS	CDN	Restelo	25-07-2003
Recordes Nacionais 50m Inf A	4:46.20	Tomas Miguel, FREITAS	CDN	Póvoa Varzim	23-07-2004
Recordes Nacionais 50m Juv B	4:40.16	Diogo Filipe, CARVALHO	CGA	Lisboa	17-05-2003
Recordes Nacionais 50m Juv A	4:33.24	Diogo Filipe, CARVALHO	CGA	Lisboa	29-07-2004
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas, SANTOS	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Jun	4:26.40	Alexis Manacas, SANTOS	SCP	Coimbra	30-07-2010
Recordes Nacionais 50m Sen	4:18.08	Diogo Filipe, CARVALHO	FPN	Roma (ITA)	02-08-2008
Recorde Meeting	4:28.10	START,		Póvoa de Varzim	
TLP ABS MASCULINOS : 5:20.00					

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Davide, COVA	89	Abs	TLOMBARDIA	4:19.00
2	Kyrylo, FESENKO	86	Abs	IUCP	4:25.57
3	Davide, PENSABENE	92	Abs	TLOMBARDIA	4:25.80
4	Alexis Manacas, SANTOS	92	Abs	SCP	4:26.40
5	Aaron, OPELL	87	Abs	IUCP	4:29.02
6	Pedro Miguel, PINOTES	89	Abs	SCP	4:29.96
7	Tal, HANANI	93	Abs	ISR	4:32.00
8	Nuno Goncalo, QUINTANILHA	87	Abs	CNCVG	4:32.19
9	Ramses de la, FUENTE	90	Abs	CNSO	4:38.80
10	Paulo Andre, DIAS	92	Abs	GESP	4:41.37
11	Tomas Correia, SILVA	95	Abs	FCP	4:41.92
12	Joao Claudio, SOUSA	93	Abs	GESP	4:42.40
13	Ricardo Amorim, REGO	84	Abs	SCB	4:43.08
14	Jorge Miguel, CARMO	90	Abs	CNCVG	4:44.66

Prova 35, Masc., 400m Estilos

15	Ruben Filipe, NUNES	94	Abs	GESP	4:45.27	
16	Afonso Lopes dos, SANTOS	95	Abs	PIMP	4:46.49	
	Sergio San Milan, ALVAREZ	93	Abs	CNSO	4:47.10	WDR
	Pedro Ribeiro, MENDES	93	Abs	CNCVG	4:47.71	WDR
	Andre Duarte, VAZ	93	Abs	GCF	4:48.77	WDR
	Joao Pedro, BRAGA	94	Abs	CNPD	4:49.96	WDR
	Pedro Nuno, MENDES	92	Abs	SCB	4:50.72	WDR
	Renato Filipe, NASCIMENTO	94	Abs	LDC	4:55.72	WDR
	Renato Mendes, PINHEIRO	94	Abs	EDV	4:56.87	WDR
	Joao Pedro, QUEIJO	93	Abs	CNMAIA	5:01.12	WDR
	Antero Simao, MARTINS	94	Abs	DNMG	5:03.88	WDR
	Rodrigo Silverio, CARMO	96	Abs	CNCVG	5:05.58	WDR
	Andre Machado, VALE	95	Abs	VNC	5:09.71	WDR
	Jose Goncalo, NASCIMENTO	93	Abs	CNPD	5:14.74	WDR
	Henrique Jose, MARQUES	93	Abs	BSCN	5:16.93	WDR
	Miguel Prata, SANTOS	96	Abs	VNC	5:17.03	WDR
	Tiago Lopes, RIBEIRO	93	Abs	BSCN	5:18.42	WDR
	Jose Carlos, TEIXEIRA	96	Abs	FOCA	5:23.52	WDR

Prova 36

06-02-2011 - 12:15

Femin., 800m Livres

Copidouro - Cópias e Artigos de Reprografia

Absolutos

Lista inscritos

Recordes Nacionais 50m Open	8:57.14	Marta Andreia, FERREIRA	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Inf B	9:30.42	Filipa Vilas, RUIVO	DNMG	S. João da Madeira	25-07-2009
Recordes Nacionais 50m Inf A	9:14.85	tempo limite,			
Recordes Nacionais 50m Juv	9:07.70	tempo limite,			
Recordes Nacionais 50m Jun	8:57.14	Marta Andreia, FERREIRA	FPN	Berlim (GER)	31-07-2002
Recordes Nacionais 50m Sen	8:58.41	Marta Andreia, FERREIRA	FPN	Barcelona (ESP)	25-07-2003
Record Meeting	8:51.99	SUSANNA, NEGRI	ITA	Póvoa de Varzim	07-02-2010

TLP ABS FEMININOS : 10:15.00

Ord.	Nome	ANO	Cat	Clube	Tempo de Inscrição
1	Susanna, NEGRI	90	Abs	TLOMBARDIA	8:39.00
2	Natalia Fernandez, DIAZ	90	Abs	CNSO	9:01.24
3	Joana Aguiar, RODRIGUES	93	Abs	FCP	9:02.39
4	Andreia Catarina, GOMES	94	Abs	VSC	9:05.27
5	Joana Filipa, SANTOS	93	Abs	VSC	9:13.37
6	Angelica Maria, ANDRE	94	Abs	LSC	9:14.38
7	Carolina Cunha, MARTINS	95	Abs	CNAC	9:20.77
8	Ana Goncalves, NETO	95	Abs	FCP	9:21.03
9	Diana Margarida, DURAES	96	Abs	FOCA	9:25.44
10	Ines Sofia, SAMPAIO	94	Abs	AVFC	9:28.31
11	Florbela Cavaco, MACHADO	96	Abs	ASSSCC	9:31.20
12	Filipa Vilas, RUIVO	97	Abs	DNMG	9:32.70
13	Catia Andreia, CLARA	95	Abs	DNMG	9:35.84
14	Silvia Ariana, SOARES	95	Abs	FCP	9:38.71
15	Ana Isabel, NEVES	96	Abs	PIMP	9:39.04
16	Ana Filipa, MARTINS	97	Abs	FOCA	9:43.48



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www.annp.pt/povoameeting11/

Prova 36, Femin., 800m Livres

Maria Teresa, AMORIM	97	Abs	FCP	9:50.70	WDR
Sofia Cunha, SOUSA	96	Abs	FOCA	9:54.17	WDR
Alba Ortiz, BASTON	97	Abs	CNSO	9:56.10	WDR

