

1 - 1ª Jornada

18-11-2011 - 17:00

Prova 1	Femin., 4 x 50m Livres				Absolutos
18-11-2011 - 17:00	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recordes Nacionais 25m Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recorde Regional 25m Absoluto	1:43.49	Sara Loureiro, Sara Oliveira, Marta Marinho, Alexandra Oliveira	FCP	Leiria	04-12-2009
Recorde Regional 25m Jun	1:51.55	Sara Nunes, Claudia Monteiro, Sorai Pacheco, Mafalda Sgueiredo	FCP	Leiria	14-12-2007
Recorde Regional 25m Sen	1:43.49	Sara Loureiro, Sara Oliveira, Marta Marinho, Alexandra Oliveira	FCP	Leiria	04-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	F			FCPorto	1:49.52	617	
		91		27.12 Alexandra Paiva, OLIVEIRA	91		26.43
		87		28.13 Sara Freitas, OLIVEIRA	85		27.84
2.	F			Vitória Sport Clube	1:52.17	574	
		94		27.67 Daniela Filipa, PINTO	91	+0,42	28.97
		93	+0,36	26.84 Ana Sofia, ALVES	95	+0,30	28.69
3.	F			Gespacos	1:53.11	560	
		91	+0,85	28.50 Andreia Sofia, TORRES	95	+0,37	28.84
		94	+0,29	27.92 Sorai Vanessa, RIBEIRO	92	+0,43	27.85
4.	F			Foca	1:54.53	539	
		97	+0,93	28.60 Sofia Cunha, SOUSA	96	+0,24	29.05
		96	+0,37	29.90 Diana Margarida, DURAES	96		28.98
5.	F			Vilacondense	1:54.80	535	
		95	+0,90	28.89 Claudia Sofia, MONTEIRO	92	+0,42	27.38
		93	+0,40	29.23 Cassandra Pedro, OLIVEIRA	95	+0,37	29.30
6.	F			Leixões Sport Clube	1:57.27	502	
		94	+0,82	28.33 Ines Maria, PINTAO	96	+0,57	30.95
		96	+0,58	29.63 Patricia Isabel, OLIVEIRA	94	+0,42	28.36
7.	F			Valongo	2:02.18	444	
		93	+0,91	29.83 Cristiana Ferreira, SANTOS	97	+0,34	31.00
		91	+0,17	30.64 Joana Margarida, SOUSA	97	-0,01	30.71
8.	F			Ginásio Santo Tirso	2:08.47	382	
		90	+0,92	30.45 Monica Pinto, COELHO	95	+0,23	33.52
		96	+0,59	31.64 Ana Raquel, LIRIO	90	+0,35	32.86
9.	F			Propaganda da Natacao	2:09.85	370	
		94	+0,92	30.85 Andreia Sofia, PACHECO	95	+0,11	33.59
		94	+0,26	30.43 Joana Henriques, OLIVEIRA	93	+0,49	34.98

Prova 2	Masc., 4 x 50m Livres				Absolutos
18-11-2011 - 17:05	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recordes Nacionais 25m Jun	1:35.76	Futebol Clube do Porto/Imperio Bonifacio	FCP	Felgueiras	24-11-2006
Recordes Nacionais 25m Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
Recorde Regional 25m Absoluto	1:29.97	Paulo Santos,Joao Carvalho,Carlos Santos,Rui Leiria	FCP	Leiria	04-12-2009
Recorde Regional 25m Jun	1:35.76	Paulo Santos, Tiago Costa, Francisco Quintal, Daniel Pinho	FCP	Leiria	24-11-2006
Recorde Regional 25m Sen	1:29.97	Paulo Santos,Joao Carvalho,Carlos Santos,Rui Leiria	FCP	Leiria	04-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
-------	------	---------	-----	-------	-------------	-----	-----

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 1

Prova 2, Masc., 4 x 50m Livres

Rank	Club	Sex	Time	Club	Time	Rank	Points	Points
1.	FCPorto Francisco Tabora, MANGAS Paulo Jorge, SANTOS	M	94 +0,83 89 +0,43	FCPorto Fabio Andre, FIGUEIRA Joao Filipe, CARVALHO	88 +0,15 87 +0,15	1:35.99	595	23.45 23.74
2.	Vilacondense 1 Carlos Manuel, CABRAL Mario Jorge, RODRIGUES	M	94 +0,92 88 +0,26	Vilacondense Rui Filipe, MAIA Joao Duarte, MARAFONA	93 +0,36 95 +0,28	1:39.49	535	24.26 24.18
3.	Leixões Sport Clube 1 Vasco Vieira, LOPES Dario Almeida, SANTOS	M	84 +0,74 93 +0,36	Leixões Sport Clube Daniel Rento, LAUREANO Tiago Silva, OLIVEIRA	95 +0,54 94 +0,25	1:41.72	500	26.89 25.66
4.	Gespacos 1 Joao Claudio, SOUSA Ruben Filipe, NUNES	M	93 +0,79 94 +0,25	Gespacos Nuno Rafael, ALVES Hugo Alberto, RIBEIRO	90 +0,25 88 +0,38	1:41.73	500	24.95 25.52
5.	Valongo 1 Nelson Filipe, MARTINHO Bruno Miguel, CAVADAS	M	89 +0,80 89 +0,36	Valongo Hugo Moreira, MARTINS Rui Fernando, ROCHA	94 +1,37 94 +0,17	1:42.38	491	27.21 25.25
6.	Propaganda da Natacao 1 Paulo Ricardo, MOREIRA Carlos Daniel, SALABERT	M	91 +0,85 90 +0,24	Propaganda da Natacao Diogo Justino, PINHEIRO Andre Alexandre, SILVA	92 +0,39 94 +0,17	1:47.86	419	27.61 27.05
7.	Foca 1 Marcelo Jose, PINTO Luis Miguel, LOPES	M	94 +0,81 95 +0,52	Foca Luis Miguel, ALMEIDA Cesar Filipe, MAGALHAES	95 +0,17 95 +0,51	1:48.67	410	27.22 26.51
DSQ	Vitória Sport Clube 1 712 - Rendição antecipada do 4 nadador - SW 10.11 Luis Manuel, GOMES Jose Alberto, MARTINS	M	88 +0,90 94 +0,16	Vitória Sport Clube Andre Filipe, ALVES Rui Filipe, COSTA	92 +0,36 91 -0,13	1:41.30	DSQ	26.54 23.46
EXH	Clube Náutico Académico 1 Joao Pedro, ALMEIDA Mario Alexandre, PEREIRA	M	92 +0,77 92 +0,37	Clube Náutico Académico Miguel Silva, OLIVEIRA Miguel Monteiro, DIOGO	91 +0,24 93 +0,11	1:36.14	592	EXH 23.79 24.04

Prova 3

18-11-2011 - 17:05

Femin., 400m Estilos

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recordes Nacionais 25m Jun	4:51.07	Susana Patricia, MIGUEL	SFUAP	Tomar	09-12-2005
Recordes Nacionais 25m Sen	4:44.56	Nadia Morais, VIEIRA	GESL	Leiria	04-12-2009
Recorde Regional 25m Absoluto	4:49.17	Sara Beatriz, LOUREIRO	FCP	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Jun	4:55.09	Diana Margarida, DURAES	FOCA	Guarda	10-12-2010
Recorde Regional 25m Sen	4:55.09	Diana Ramos, ROCHA	CFV	Leiria	04-12-2009
Recorde Regional 25m Sen	4:49.17	Sara Beatriz, LOUREIRO	FCP	S. Antonio Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
1.	Marta Pereira, ABREU	F	23091	92	FCPorto	5:00.24	657		
	50m: 32.70 100m: 1:10.82				37.14 37.03	250m: 3:06.67 300m: 3:49.09	41.68 42.42	350m: 4:25.51 400m: 5:00.24	36.42 34.73
2.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	5:01.79	647		
	50m: 31.10 100m: 1:06.16				39.16 38.06	250m: 3:08.04 300m: 3:52.73	44.66 44.69	350m: 4:28.11 400m: 5:01.79	35.38 33.68
3.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	5:15.40	566		
	50m: 33.44 100m: 1:11.49				43.11 41.09	250m: 3:19.95 300m: 4:03.40	44.26 43.45	350m: 4:40.69 400m: 5:15.40	37.29 34.71
4.	Sofia Cunha, SOUSA	F	102996	96	Foca	5:16.41	561		
	50m: 35.09 100m: 1:15.03				40.02 40.08	250m: 3:20.30 300m: 4:05.94	45.17 45.64	350m: 4:41.23 400m: 5:16.41	35.29 35.18
5.	Ana Isabel, CUNHA	F	102991	96	Foca	5:20.53	540		
	50m: 35.50 100m: 1:14.78				41.06 40.28	250m: 3:22.42 300m: 4:08.87	46.30 46.45	350m: 4:45.09 400m: 5:20.53	36.22 35.44
6.	Adriana Daniela, CASTRO	F	104515	97	FCPorto	5:23.61	524		
	50m: 34.89 100m: 1:14.45				41.15 40.34	250m: 3:23.97 300m: 4:13.05	48.03 49.08	350m: 4:49.09 400m: 5:23.61	36.04 34.52
7.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	5:26.89	509		
	50m: 34.81 100m: 1:15.85				41.47 39.63	250m: 3:24.23 300m: 4:10.65	47.28 46.42	350m: 4:49.43 400m: 5:26.89	38.78 37.46
8.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	5:27.48	506		
	50m: 33.90 100m: 1:12.28				42.79 41.40	250m: 3:27.87 300m: 4:17.31	51.40 49.44	350m: 4:52.39 400m: 5:27.48	35.08 35.09
9.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalição	5:28.27	502		
	50m: 37.94 100m: 1:17.80				42.19 41.12	250m: 3:28.88 300m: 4:15.78	47.77 46.90	350m: 4:52.79 400m: 5:28.27	37.01 35.48

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 2

Prova 3, Femin., 400m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
10.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao	5:30.88				491	
	50m: 36.75		150m: 2:03.57		43.65	250m: 3:32.39		46.17	350m: 4:56.15		36.84
	100m: 1:19.92		200m: 2:46.22		42.65	300m: 4:19.31		46.92	400m: 5:30.88		34.73
11.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	5:34.19				476	
	50m: 36.91		150m: 2:01.54		42.69	250m: 3:30.87		46.29	350m: 4:57.00		39.96
	100m: 1:18.85		200m: 2:44.58		43.04	300m: 4:17.04		46.17	400m: 5:34.19		37.19
12.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:39.80				453	
	50m: 36.39		150m: 2:02.80		44.22	250m: 3:35.21		47.16	350m: 5:02.13		37.46
	100m: 1:18.58		200m: 2:48.05		45.25	300m: 4:24.67		49.46	400m: 5:39.80		37.67
DSQ	Diana Margarida, DURAES	F	102992	96	Foca						DSQ
	102 - Falsa partida – SW 4.4										

Prova 4

Masc., 400m Estilos

Absolutos

18-11-2011 - 17:20

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 Jun	4:20.95	Adriano Miguel, NIZ	FPN	Dublin (IRL)	12-12-2003
Recordes Nacionais 25m Sen	4:06.83	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	11-12-2009
Recorde Regional 25m Absoluto	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09-12-2005
Recorde Regional 25m Jun	4:20.95	Adriano Miguel, NIZ	FPN	Dublin (IRL)	03-12-2003
Recorde Regional 25m Sen	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09-12-2005

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
1.	Adriano Miguel, NIZ	M	23013	86	Famalicao	4:28.47				674	
	50m: 28.88		150m: 1:34.85		32.92	250m: 2:47.85		40.15	350m: 3:57.94		30.94
	100m: 1:01.93		200m: 2:07.70		32.85	300m: 3:27.00		39.15	400m: 4:28.47		30.53
2.	Nuno Rafael, ALVES	M	103907	90	Gespacos	4:30.39				660	
	50m: 29.51		150m: 1:38.81		36.02	250m: 2:51.53		37.16	350m: 3:59.76		31.48
	100m: 1:02.79		200m: 2:14.37		35.56	300m: 3:28.28		36.75	400m: 4:30.39		30.63
3.	Joao Claudio, SOUSA	M	23458	93	Gespacos	4:42.80				577	
	50m: 30.90		150m: 1:42.90		37.49	250m: 2:57.52		38.32	350m: 4:11.19		33.16
	100m: 1:05.41		200m: 2:19.20		36.30	300m: 3:38.03		40.51	400m: 4:42.80		31.61
4.	Paulo Andre, DIAS	M	23406	92	Gespacos	4:42.88				576	
	50m: 30.24		150m: 1:41.78		37.73	250m: 2:58.70		40.38	350m: 4:11.87		32.77
	100m: 1:04.05		200m: 2:18.32		36.54	300m: 3:39.10		40.40	400m: 4:42.88		31.01
5.	Samuel Patricio, QUEIROS	M	15701	91	FCPorto	4:43.31				574	
	50m: 29.04		150m: 1:38.27		35.22	250m: 2:55.00		41.78	350m: 4:11.91		33.28
	100m: 1:03.05		200m: 2:13.22		34.95	300m: 3:38.63		43.63	400m: 4:43.31		31.40
6.	Ruben Filipe, NUNES	M	23302	94	Gespacos	4:44.03				570	
	50m: 29.75		150m: 1:41.00		37.66	250m: 2:58.64		40.81	350m: 4:12.61		33.16
	100m: 1:03.34		200m: 2:17.83		36.83	300m: 3:39.45		40.81	400m: 4:44.03		31.42
7.	Antonio Rafael, BESSA	M	102089	94	Gespacos	4:48.84				542	
	50m: 30.39		150m: 1:40.80		36.40	250m: 2:58.77		43.22	350m: 4:16.44		33.41
	100m: 1:04.40		200m: 2:15.55		34.75	300m: 3:43.03		44.26	400m: 4:48.84		32.40
8.	Diogo Manuel, RODRIGUES	M	15338	94	Vitória Sport Clube	4:49.04				540	
	50m: 31.14		150m: 1:43.32		38.72	250m: 3:01.25		40.65	350m: 4:15.60		34.55
	100m: 1:04.60		200m: 2:20.60		37.28	300m: 3:41.05		39.80	400m: 4:49.04		33.44
9.	Rui Pedro, FARIA	M	15592	94	Famalicao	4:50.83				530	
	50m: 29.81		150m: 1:43.41		38.89	250m: 3:01.92		40.94	350m: 4:18.01		34.13
	100m: 1:04.52		200m: 2:20.98		37.57	300m: 3:43.88		41.96	400m: 4:50.83		32.82
10.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube	4:56.89				499	
	50m: 30.95		150m: 1:43.23		36.61	250m: 3:04.75		44.93	350m: 4:23.48		34.42
	100m: 1:06.62		200m: 2:19.82		36.59	300m: 3:49.06		44.31	400m: 4:56.89		33.41
11.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	4:57.25				497	
	50m: 30.99		150m: 1:44.40		37.36	250m: 3:03.94		42.08	350m: 4:22.60		36.08
	100m: 1:07.04		200m: 2:21.86		37.46	300m: 3:46.52		42.58	400m: 4:57.25		34.65
12.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	4:58.37				491	
	50m: 30.64		150m: 1:48.85		41.75	250m: 3:11.39		43.02	350m: 4:27.26		32.62
	100m: 1:07.10		200m: 2:28.37		39.52	300m: 3:54.64		43.25	400m: 4:58.37		31.11
13.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	5:05.79				456	
	50m: 31.58		150m: 1:48.69		39.81	250m: 3:10.86		42.40	350m: 4:30.37		35.09
	100m: 1:08.88		200m: 2:28.46		39.77	300m: 3:55.28		44.42	400m: 5:05.79		35.42
14.	Pedro Maria, BESSA	M	18656	95	Vilacondense	5:10.89				434	
	50m: 32.26		150m: 1:50.54		40.95	250m: 3:16.58		44.50	350m: 4:35.57		34.97
	100m: 1:09.59		200m: 2:32.08		41.54	300m: 4:00.60		44.02	400m: 5:10.89		35.32

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 3

Prova 4, Masc., 400m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	5:20.76	395	
	50m: 33.28 33.28		150m: 1:52.96		41.21 250m: 3:20.78	46.89	350m: 4:44.69	36.49
	100m: 1:11.75 38.47		200m: 2:33.89		40.93 300m: 4:08.20	47.42	400m: 5:20.76	36.07
DNS	Tomas Correia, SILVA	M	23367	95	FCPorto			DNS
EXH	Miguel Monteiro, DIOGO	M	10164	93	Clube Náutico Académico	4:36.77	616	EXH
	50m: 28.93 28.93		150m: 1:38.28		36.42 250m: 2:53.26	39.67	350m: 4:05.65	32.06
	100m: 1:01.86 32.93		200m: 2:13.59		35.31 300m: 3:33.59	40.33	400m: 4:36.77	31.12

Prova 5

18-11-2011 - 17:30

Femin., 100m Livres

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	56.78	Maria Carolina, ROSA	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	55.43	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	55.74	Sara Beatriz, LOUREIRO	FCP	Rijeka (CRO)	11-12-2008
Recorde Regional 25m Jun	57.40	Ana Feio, ALEGRIA	SCB	Algés	25-02-1993
Recorde Regional 25m Sen	55.74	Sara Beatriz, LOUREIRO	FCP	Rijeka (CRO)	11-12-2008

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Marta Vieira, MARINHO	F	15707	91	FCPorto	57.45	699	
	50m: 27.88 27.88		100m: 57.45		29.57			
2.	Sara Freitas, OLIVEIRA	F	23045	85	FCPorto	58.25	671	
	50m: 28.32 28.32		100m: 58.25		29.93			
3.	Alexandra Paiva, OLIVEIRA	F	15139	91	FCPorto	59.08	643	
	50m: 28.65 28.65		100m: 59.08		30.43			
4.	Ana Ribeiro, FERREIRA	F	15634	92	Famalicao	59.28	637	
	50m: 29.20 29.20		100m: 59.28		30.08			
5.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	59.74	622	
	50m: 29.14 29.14		100m: 59.74		30.60			
6.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	1:00.09	611	
	50m: 29.23 29.23		100m: 1:00.09		30.86			
7.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	1:00.14	610	
	50m: 29.14 29.14		100m: 1:00.14		31.00			
8.	Joana Aguiar, RODRIGUES	F	15401	93	FCPorto	1:00.29	605	
	50m: 29.08 29.08		100m: 1:00.29		31.21			
9.	Mariana Dias, ALMEIDA	F	22405	93	Famalicao	1:00.94	586	
	50m: 29.31 29.31		100m: 1:00.94		31.63			
10.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos	1:01.37	574	
	50m: 29.34 29.34		100m: 1:01.37		32.03			
11.	Joana Carina, SILVA	F	106219	97	Lousada	1:01.47	571	
	50m: 30.07 30.07		100m: 1:01.47		31.40			
12.	Maria Teresa, AMORIM	F	20104	97	FCPorto	1:02.03	556	
	50m: 30.05 30.05		100m: 1:02.03		31.98			
13.	Rita Amado, LAEZZA	F	12054	95	Vilacondense	1:02.25	550	
	50m: 29.98 29.98		100m: 1:02.25		32.27			
14.	Ana Sofia, MATOS	F	25111	91	Gespacos	1:02.30	548	
	50m: 30.00 30.00		100m: 1:02.30		32.30			
15.	Ana Filipa, MARTINS	F	104438	97	Foca	1:02.72	537	
	50m: 30.27 30.27		100m: 1:02.72		32.45			
16.	Ana Catarina, PEREIRA	F	20445	97	FCPorto	1:03.15	527	
	50m: 30.72 30.72		100m: 1:03.15		32.43			
17.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	1:03.20	525	
	50m: 30.28 30.28		100m: 1:03.20		32.92			
18.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	1:03.28	523	
	50m: 30.81 30.81		100m: 1:03.28		32.47			
19.	Rute Santos, FERREIRA	F	103823	97	FCPorto	1:03.67	514	
	50m: 30.84 30.84		100m: 1:03.67		32.83			
20.	Maria Joao, FERNANDES	F	102092	97	FCPorto	1:03.72	513	
	50m: 30.42 30.42		100m: 1:03.72		33.30			
21.	Ana Isabel, FERNANDES	F	102704	96	Famalicao	1:03.86	509	
	50m: 30.58 30.58		100m: 1:03.86		33.28			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 4

Prova 5, Femin., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	Ana Sofia, ALVES 50m: 30.45 30.45	F	25757	95	Vitória Sport Clube 33.48	1:03.93	507	
23.	Andreia Sofia, TORRES 50m: 30.84 30.84	F	102471	95	Gespacos 33.54	1:04.38	497	
24.	Vanessa Cristina, MAGALHAES 50m: 31.52 31.52	F	110566	96	Leixões Sport Clube 33.89	1:05.41	474	
25.	Claudia Cristina, LEO 50m: 31.78 31.78	F	102069	96	Gespacos 33.77	1:05.55	471	
26.	Maria Miguel, OLIVEIRA 50m: 32.10 32.10	F	117219	97	CNMaia 33.67	1:05.77	466	
27.	Joana Gabriela, SILVA 50m: 32.14 32.14	F	103945	95	Lamas 34.50	1:06.64	448	
28.	Beatriz Casimiro, VALENTE 50m: 32.39 32.39	F	15488	96	Leixões Sport Clube 34.34	1:06.73	446	
29.	Ana Micaela, CARVALHO 50m: 32.27 32.27	F	20475	97	Famalicao 34.53	1:06.80	445	
30.	Mafalda Mendes, MAGALHAES 50m: 32.60 32.60	F	107706	97	FCPorto 34.71	1:07.31	435	
31.	Ines Maria, PINTAO 50m: 32.75 32.75	F	102043	96	Leixões Sport Clube 34.80	1:07.55	430	
32.	Cristiana Ferreira, SANTOS 50m: 32.29 32.29	F	108222	97	Valongo 35.35	1:07.64	428	
33.	Maria Beatriz, FERREIRA 50m: 33.07 33.07	F	24133	95	Fluvial Portuense 34.89	1:07.96	422	
34.	Patricia Cristina, FERNANDES 50m: 33.09 33.09	F	23496	94	Gespacos 35.06	1:08.15	419	
35.	Sofia Patricia, GONCALVES 50m: 32.23 32.23	F	111410	97	Fluvial Portuense 35.93	1:08.16	419	
36.	Ana Paula, ARAUJO 50m: 33.15 33.15	F	20362	96	Ginásio Santo Tirso 35.22	1:08.37	415	
37.	Barbara Pinto, MARTINS 50m: 32.57 32.57	F	102519	94	Propaganda da Natacao 36.00	1:08.57	411	
38.	Joana Sofia, AMORIM 50m: 33.18 33.18	F	103717	97	Fluvial Portuense 35.62	1:08.80	407	
39.	Rita Alexandra, GUEDES 50m: 33.57 33.57	F	109572	94	Propaganda da Natacao 35.87	1:09.44	396	
40.	Rita Rafaela, BRUNIDO 50m: 33.49 33.49	F	105182	97	Gespacos 35.98	1:09.47	395	
41.	Mariana Lourenco, PRETO 50m: 33.50 33.50	F	103632	97	Leixões Sport Clube 36.14	1:09.64	392	
42.	Sandra Mafalda, SILVA 50m: 34.01 34.01	F	110595	97	CNMaia 36.48	1:10.49	378	
43.	Daniela Ferreira, COSTA 50m: 33.46 33.46	F	103627	97	Leixões Sport Clube 37.13	1:10.59	377	
44.	Luisa Vieira, CORREIA 50m: 34.21 34.21	F	121045	96	Leixões Sport Clube 36.50	1:10.71	375	
45.	Alexandra Fernandes, CUNHA 50m: 35.03 35.03	F	106410	96	Vitória Sport Clube 37.52	1:12.55	347	
46.	Beatriz Ana, VALENTE 50m: 35.01 35.01	F	103715	97	Fluvial Portuense 37.69	1:12.70	345	
47.	Carolina Conceicao, PAIS 50m: 34.44 34.44	F	103764	97	Lamas 38.35	1:12.79	344	
48.	Mafalda Barbosa, FARINHA 50m: 35.83 35.83	F	117824	97	Fluvial Portuense 38.72	1:14.55	320	
49.	Monica Pinto, COELHO 50m: 36.01 36.01	F	18121	95	Ginásio Santo Tirso 38.71	1:14.72	318	
50.	Ines Couto, RODRIGUES 50m: 36.10 36.10	F	121780	95	Leixões Sport Clube 38.73	1:14.83	316	
51.	Rute Portela, MORAIS 50m: 35.55 35.55	F	121046	96	Leixões Sport Clube 39.32	1:14.87	316	
52.	Ana Pires, FERNANDES 50m: 36.54 36.54	F	117831	97	Leixões Sport Clube 39.88	1:16.42	297	
53.	Ana Patricia, HENRIQUE 50m: 36.92 36.92	F	106884	97	Leixões Sport Clube 40.28	1:17.20	288	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 5

Prova 5, Femin., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
54.	Joana Henriques, OLIVEIRA 50m: 38.23 38.23	F	118030	93	Propaganda da Natacao 43.81	1:22.04	240	
DSQ	Sara Pinto, RODRIGUES 102 - Falsa partida – SW 4.4	F	20325	96	Fluvial Portuense			DSQ
DSQ	Joana Margarida, SOUSA 102 - Falsa partida – SW 4.4	F	104510	97	Valongo			DSQ

Prova 6

18-11-2011 - 17:45

Masc., 100m Livres

CMEP - Clínica Médica do Exercício do Porto

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	47.64	Alexandre Escudier, AGOSTINHO	FPN	Istambul (TUR)	11-12-2009
Recordes Nacionais 25m Jun	48.38	Tiago Andre, VENANCIO	CNS	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	47.64	Alexandre Escudier, AGOSTINHO	FPN	Istambul (TUR)	11-12-2009
Recorde Regional 25m Absoluto	48.41	Paulo Jorge, SANTOS	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	50.97	Paulo Jorge, SANTOS	FCP	Felgueiras	10-12-2006
Recorde Regional 25m Sen	48.41	Paulo Jorge, SANTOS	FCP	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Luis Emanuel, VAZ 50m: 25.01 25.01	M	15628	91	Famalicão 26.41	51.42	667	
2.	Jorge Manuel, MAIA 50m: 25.65 25.65	M	23220	89	Famalicão 26.83	52.48	627	
3.	Simao Pedro, ALVES 50m: 25.48 25.48	M	102500	94	Famalicão 27.06	52.54	625	
4.	Nelson Filipe, MARTINHO 50m: 25.11 25.11	M	16016	89	Valongo 27.58	52.69	620	
5.	Paulo Jorge, SANTOS 50m: 25.37 25.37	M	25982	89	FCPorto 27.52	52.89	613	
6.	Joao Filipe, CARVALHO 50m: 25.35 25.35	M	23026	87	FCPorto 27.57	52.92	612	
7.	Rui Filipe, COSTA 50m: 25.86 25.86	M	24004	91	Vitória Sport Clube 27.14	53.00	609	
8.	Rui Filipe, MAIA 50m: 26.21 26.21	M	24204	93	Vilacondense 28.06	54.27	567	
9.	Jose Alberto, MARTINS 50m: 26.24 26.24	M	23096	94	Vitória Sport Clube 28.05	54.29	567	
10.	Dario Almeida, SANTOS 50m: 26.63 26.63	M	22520	93	Leixões Sport Clube 27.75	54.38	564	
11.	Francisco Taborda, MANGAS 50m: 26.08 26.08	M	102002	94	FCPorto 28.37	54.45	562	
12.	Nuno Filipe, MAGALHAES 50m: 27.19 27.19	M	102016	94	FCPorto 28.06	55.25	538	
13.	Vasco Vieira, LOPES 50m: 26.19 26.19	M	15718	84	Leixões Sport Clube 29.20	55.39	534	
14.	Miguel Angelo, FERRARIA 50m: 27.16 27.16	M	102072	94	FCPorto 28.50	55.66	526	
15.	Hugo Alberto, RIBEIRO 50m: 27.09 27.09	M	23114	88	Gespacos 28.96	56.05	515	
16.	Miguel Alexandre, LEMOS 50m: 27.32 27.32	M	101989	94	Fluvial Portuense 29.04	56.36	506	
17.	Andre Ferreira, FERNANDES 50m: 27.04 27.04	M	11521	88	CNMaia 29.48	56.52	502	
18.	Rui Manuel, RIBEIRO 50m: 26.80 26.80	M	20615	82	Assoc. Desportiva de Fafe 29.81	56.61	500	
19.	Marcelo Jose, PINTO 50m: 27.56 27.56	M	19400	94	Foca 29.06	56.62	500	
20.	Bernardo Aguiar, BRANCO 50m: 27.73 27.73	M	103121	95	FCPorto 29.24	56.97	490	
21.	Joao Pedro, BARROSO 50m: 27.71 27.71	M	20392	95	Ginásio Santo Tirso 29.40	57.11	487	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 6

Prova 6, Masc., 100m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	Pedro Romanoski, CARVALHO 50m: 27.43 27.43	M	108664	94	Famalicão 29.74	57.17	485	
23.	Nuno Goncalo, MARTINS 50m: 27.32 27.32	M	102675	95	Famalicão 29.93	57.25	483	
24.	Joao Marcelo, GOMES 50m: 28.06 28.06	M	102025	95	FCPorto 29.72	57.78	470	
25.	Andre Isaias, GUIMARAES 50m: 27.25 27.25	M	102612	95	Famalicão 30.69	57.94	466	
26.	Frederico Renato, SOUSA 50m: 27.75 27.75	M	105734	95	Gespacos 30.31	58.06	463	
27.	Cesar Filipe, MAGALHAES 50m: 27.80 27.80	M	15473	95	Foca 30.28	58.08	463	
28.	Bruno Miguel, CAVADAS 50m: 27.66 27.66	M	23279	89	Valongo 30.45	58.11	462	
29.	Rui Fernando, ROCHA 50m: 27.57 27.57	M	24096	94	Valongo 30.55	58.12	462	
30.	Bernardo Manuel, VALENTE 50m: 28.59 28.59	M	23497	95	Fluvial Portuense 29.99	58.58	451	
31.	Andre Filipe, ALVES 50m: 27.87 27.87	M	24261	92	Vitória Sport Clube 30.79	58.66	449	
32.	Diogo Sequeira, APARICIO 50m: 28.63 28.63	M	102390	95	FCPorto 30.22	58.85	445	
33.	Afonso Aguiar, BRANCO 50m: 28.38 28.38	M	20310	95	FCPorto 30.57	58.95	443	
34.	Paulo Ricardo, MOREIRA 50m: 27.92 27.92	M	15487	91	Propaganda da Natacao 31.52	59.44	432	
35.	Pedro Miguel, COELHO 50m: 28.97 28.97	M	23495	94	Lousada 30.65	59.62	428	
36.	Daniel Rento, LAUREANO 50m: 29.70 29.70	M	103707	95	Leixões Sport Clube 30.32	1:00.02	419	
37.	Orlando Filipe, MORIM 50m: 28.84 28.84	M	107373	95	Vilacondense 32.02	1:00.86	402	
38.	Joao Eurico, COSTA 50m: 29.74 29.74	M	15450	94	Leixões Sport Clube 31.33	1:01.07	398	
39.	Hugo Moreira, MARTINS 50m: 29.62 29.62	M	108219	94	Valongo 31.61	1:01.23	395	
40.	Carlos Miguel, COSTA 50m: 28.44 28.44	M	102464	86	Gespacos 32.90	1:01.34	393	
41.	Rui Sergio, LUIS 50m: 28.94 28.94	M	117510	94	Fluvial Portuense 32.77	1:01.71	386	
42.	Rui Filipe, SOUSA 50m: 29.81 29.81	M	103092	95	Lousada 32.35	1:02.16	377	
43.	Luis Miguel, ALMEIDA 50m: 29.95 29.95	M	15370	95	Foca 32.58	1:02.53	371	
44.	Andre Sampaio, SANTOS 50m: 30.36 30.36	M	103267	95	Fluvial Portuense 32.82	1:03.18	359	
45.	Joao Pedro, FERNANDES 50m: 30.31 30.31	M	103773	92	Vitória Sport Clube 33.22	1:03.53	353	
46.	Bernardo Manuel, CERQUEIRA 50m: 31.12 31.12	M	123837	94	Leixões Sport Clube 32.84	1:03.96	346	
47.	Carlos Daniel, SALABERT 50m: 30.62 30.62	M	23322	90	Propaganda da Natacao 34.59	1:05.21	327	
DSQ	Andre Alexandre, SILVA 102 - Falsa partida – SW 4.4	M	102699	94	Propaganda da Natacao			DSQ
DNS	Fernando Santos, MOREIRA	M	15824	94	Fluvial Portuense			DNS
EXH	Joao Pedro, ALMEIDA 50m: 25.80 25.80	M	24029	92	Clube Náutico Académico 27.47	53.27	600	EXH
EXH	Joao Barbosa, MOREIRA 50m: 27.58 27.58	M	11196	94	Clube Náutico Académico 29.10	56.68	498	EXH

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 7

Prova 7 Femin., 50m Costas
18-11-2011 - 18:05 COPIDOURO - Cópia e Artigos de Reprodução, Lda Absolutos Resultados

Recordes Nacionais 25m Absoluto	28.42	Marta Vieira, MARINHO	FCP	Guarda	10-12-2010
Recordes Nacionais 25m Jun	29.69	Sofia Pavao, MACHADO	CNPD	Ponta Delgada	02-05-2008
Recordes Nacionais 25m Sen	28.42	Marta Vieira, MARINHO	FCP	Guarda	10-12-2010
Recorde Regional 25m	28.42	Marta Vieira, MARINHO	FCP	Guarda	10-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Marta Vieira, MARINHO	F	15707	91	FCPorto	29.81	640	
2.	Joana Carina, SILVA	F	106219	97	Lousada	30.29	610	
3.	Claudia Sofia, MONTEIRO	F	15882	92	Vilacondense	31.62	536	
4.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	31.90	522	
5.	Diana Patricia, FERREIRA	F	23500	94	Gespacos	32.16	510	
6.	Irina Filipa, LOUSA	F	102467	95	FCPorto	32.21	507	
7.	Joana Marques, MAIA	F	25067	91	CNMaia	33.11	467	
8.	Bruna Figueiro, COENTRAO	F	24315	93	Vilacondense	33.89	436	
9.	Mariana Oliveira, VALE	F	15977	93	Valongo	33.91	435	
10.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	34.12	427	
11.	Rita Rafaela, BRUNIDO	F	105182	97	Gespacos	35.05	394	
12.	Ana Catarina, ALMEIDA	F	102989	96	Foca	35.60	376	
13.	Maria Alves, FERREIRA	F	20480	97	Famalicao	35.99	364	
	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	35.99	364	
15.	Ana Paula, ARAUJO	F	20362	96	Ginásio Santo Tirso	36.00	363	
16.	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia	36.06	362	
17.	Ana Cristina, NEVES	F	22553	96	Leixões Sport Clube	36.12	360	
18.	Catia Marisa, SILVA	F	23319	91	Valongo	36.15	359	
19.	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	36.64	345	
20.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	36.82	340	
21.	Sofia Patricia, GONCALVES	F	111410	97	Fluvial Portuense	36.83	339	
22.	Tamara Filipa, SALDANHA	F	103824	96	Fluvial Portuense	37.09	332	
23.	Sara Pinto, RODRIGUES	F	20325	96	Fluvial Portuense	38.95	287	
24.	Beatriz Ana, VALENTE	F	103715	97	Fluvial Portuense	39.10	283	
DSQ	Andreia Sofia, PACHECO	F	102563	95	Propaganda da Natacao			DSQ
	102 - Falsa partida - SW 4.4							

Prova 8 Masc., 50m Costas
18-11-2011 - 18:10 CMEP - Clínica Médica do Exercício do Porto Absolutos Resultados

Recordes Nacionais 25m Absoluto	24.76	Nuno Filipe, LAURENTINO	FPN	Moscovo (RUS)	05-04-2002
Recordes Nacionais 25m Jun	25.01	Alexis Manacas, SANTOS	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	24.76	Nuno Filipe, LAURENTINO	FPN	Moscovo (RUS)	05-04-2002
Recorde Regional 25m	25.48	Adriano Miguel, NIZ	CFV	Óbidos	15-12-2007

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Adriano Miguel, NIZ	M	23013	86	Famalicao	26.82	599	
2.	Pedro Romanoski, CARVALHO	M	108664	94	Famalicao	28.33	508	
3.	Joao Filipe, FERNANDES	M	15222	93	Famalicao	28.57	495	
4.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	28.76	485	
5.	Dario Almeida, SANTOS	M	22520	93	Leixões Sport Clube	29.27	460	
6.	Carlos Manuel, CABRAL	M	24236	94	Vilacondense	29.32	458	
7.	Carlos Miguel, ARAUJO	M	15583	94	Famalicao	29.60	445	
8.	Mario Jorge, RODRIGUES	M	23050	88	Vilacondense	30.30	415	
9.	Miguel Alexandre, LEMOS	M	101989	94	Fluvial Portuense	30.86	393	
10.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	30.93	390	
11.	Hugo Moreira, MARTINS	M	108219	94	Valongo	31.16	382	
12.	Bernardo Manuel, VALENTE	M	23497	95	Fluvial Portuense	31.17	381	
13.	Daniel Costa, VIEIRA	M	102412	95	FCPorto	31.22	379	
14.	Pedro Miguel, COELHO	M	23495	94	Lousada	31.49	370	
15.	Luis Miguel, LOPES	M	102984	95	Foca	33.12	318	
16.	Joao Pedro, NEVES	M	123836	93	Leixões Sport Clube	33.58	305	
DNS	Miguel Filipe, FERREIRA	M	118003	91	Lamas			DNS
DNS	Diogo Carmo, RAMOS	M	15317	93	Vilacondense			DNS

O Secretário do Juri

O Juiz Árbitro

Prova 8, Masc., 50m Costas

EXH Mario Alexandre, PEREIRA M 10767 92 Clube Náutico Académico 27.43 560 EXH

Prova 9

18-11-2011 - 18:15

Femin., 200m Mariposa

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Recordes Nacionais 25m Jun	2:13.60	Ana Rita, FRANCISCO	FPN	Gelsenkirchen (GER)	11-02-1996
Recordes Nacionais 25m Sen	2:08.54	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Recorde Regional 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	15-12-2010
Recorde Regional 25m Jun	2:18.15	Diana Ramos, ROCHA	CFV	Leiria	04-12-2009
Recorde Regional 25m Sen	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai	15-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Catarina, MONTEIRO 50m: 31.95 31.95	F	24320	93	Vilacondense 34.69 150m: 1:41.75 35.11	2:16.67 2:16.67	690	34.92
2.	Angelica Maria, ANDRE 50m: 31.35 31.35	F	15497	94	Leixões Sport Clube 34.57 150m: 1:41.40 35.48	2:16.94 2:16.94	686	35.54
3.	Carolina Santos, SILVA 50m: 33.03 33.03	F	23208	86	CNMaia 37.93 150m: 1:49.95 38.99	2:29.79 2:29.79	524	39.84
4.	Ana Isabel, CUNHA 50m: 35.03 35.03	F	102991	96	Foca 38.79 150m: 1:53.17 39.35	2:31.76 2:31.76	504	38.59
5.	Sara Monteiro, MEIRELES 50m: 34.15 34.15	F	103921	97	Gespacos 37.86 150m: 1:52.22 40.21	2:32.01 2:32.01	501	39.79
6.	Barbara Daniela, SOUSA 50m: 35.08 35.08	F	15966	92	Valongo 37.74 150m: 1:51.50 38.68	2:32.62 2:32.62	495	41.12
7.	Andreia Sofia, TORRES 50m: 34.41 34.41	F	102471	95	Gespacos 38.53 150m: 1:52.73 39.79	2:33.22 2:33.22	489	40.49
8.	Claudia Cristina, LEAO 50m: 34.31 34.31	F	102069	96	Gespacos 38.95 150m: 1:53.43 40.17	2:34.68 2:34.68	476	41.25
9.	Ana Catarina, SOUSA 50m: 33.68 33.68	F	103447	96	Vitória Sport Clube 38.20 150m: 1:52.87 40.99	2:35.14 2:35.14	471	42.27
10.	Catia Alexandra, BATISTA 50m: 34.04 34.04	F	103036	96	Lamas 40.11 150m: 1:54.45 40.30	2:37.27 2:37.27	452	42.82
11.	Soraia Vanessa, RIBEIRO 50m: 33.20 33.20	F	15857	92	Gespacos 38.49 150m: 1:53.39 41.70	2:37.52 2:37.52	450	44.13
12.	Ana Vitoria, ALVES 50m: 34.41 34.41	F	25096	88	Gespacos 38.65 150m: 1:54.62 41.56	2:38.32 2:38.32	443	43.70
13.	Sofia Alexandra, VALINHAS 50m: 35.25 35.25	F	20482	97	Famalicão 40.04 150m: 1:58.12 42.83	2:41.21 2:41.21	420	43.09
14.	Rute Sofia, TEIXEIRA 50m: 34.51 34.51	F	15202	90	Ginásio Santo Tirso 39.90 150m: 1:57.05 42.64	2:41.86 2:41.86	415	44.81
15.	Sonia Alexandra, LEITE 50m: 34.72 34.72	F	110461	97	Vitória Sport Clube 41.70 150m: 1:59.95 43.53	2:43.18 2:43.18	405	43.23
16.	Ana Sofia, RAMOS 50m: 36.34 36.34	F	102593	97	Assoc. Desportiva de Fafe 43.85 150m: 2:05.33 45.14	2:50.27 2:50.27	356	44.94
17.	Tamara Filipa, SALDANHA 50m: 38.51 38.51	F	103824	96	Fluvial Portuense 44.95 150m: 2:10.25 46.79	2:57.27 2:57.27	316	47.02

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 9

Prova 10
18-11-2011 - 18:20

Masc., 200m Mariposa
CMEP - Cl nica M dica do Exerc cio do Porto

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	1:53.39	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	12-12-2009
Recordes Nacionais 25m Jun	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09-12-2005
Recordes Nacionais 25m Sen	1:53.39	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	12-12-2009
Recorde Regional 25m Absoluto	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007
Recorde Regional 25m Jun	1:59.76	Joao Pedro, ARAUJO	GDNVNF	Alges	16-05-2003
Recorde Regional 25m Sen	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Fabio Andre, FIGUEIRA 50m: 27.90 27.90	M	11084	88	FCPorto 31.41	150m: 1:31.62 32.31 200m: 2:07.10 2:07.10	632	35.48
2.	Joao Pedro, ARAUJO 50m: 27.73 27.73	M	15849	85	Famalio 32.31	150m: 1:33.42 33.38 200m: 2:08.66 2:08.66	609	35.24
3.	Hugo Alberto, RIBEIRO 50m: 29.90 29.90	M	23114	88	Gespacos 33.03	150m: 1:36.30 33.37 200m: 2:10.27 2:10.27	587	33.97
4.	Ruben Filipe, NUNES 50m: 29.79 29.79	M	23302	94	Gespacos 33.29	150m: 1:37.03 33.95 200m: 2:11.74 2:11.74	568	34.71
5.	Igor Guterres, CARVALHO 50m: 30.43 30.43	M	23057	88	Vilacondense 33.61	150m: 1:38.40 34.36 200m: 2:12.42 2:12.42	559	34.02
6.	Paulo Andre, DIAS 50m: 30.50 30.50	M	23406	92	Gespacos 33.87	150m: 1:39.03 34.66 200m: 2:14.17 2:14.17	537	35.14
7.	Cesar Filipe, MAGALHAES 50m: 31.39 31.39	M	15473	95	Foca 33.37	150m: 1:39.55 34.79 200m: 2:15.08 2:15.08	527	35.53
8.	Antonio Rafael, BESSA 50m: 30.37 30.37	M	102089	94	Gespacos 33.99	150m: 1:38.54 34.18 200m: 2:15.24 2:15.24	525	36.70
9.	Andre Ferreira, FERNANDES 50m: 30.13 30.13	M	11521	88	CNMaia 34.57	150m: 1:40.94 36.24 200m: 2:18.25 2:18.25	491	37.31
10.	Mario Guterres, CARVALHO 50m: 30.66 30.66	M	18088	95	Vilacondense 35.04	150m: 1:41.41 35.71 200m: 2:18.34 2:18.34	490	36.93
11.	Frederico Renato, SOUSA 50m: 31.10 31.10	M	105734	95	Gespacos 34.32	150m: 1:41.21 35.79 200m: 2:18.45 2:18.45	489	37.24
12.	Paulo Andre, SILVA 50m: 31.12 31.12	M	104517	95	CNMaia 36.17	150m: 1:44.77 37.48 200m: 2:23.98 2:23.98	435	39.21
13.	Rui Fernando, ROCHA 50m: 31.03 31.03	M	24096	94	Valongo 36.45	150m: 1:45.79 38.31 200m: 2:25.32 2:25.32	423	39.53
14.	Andre Sampaio, SANTOS 50m: 34.15 34.15	M	103267	95	Fluvial Portuense 41.62	150m: 1:58.99 43.22 200m: 2:39.94 2:39.94	317	40.95
15.	Joao Pedro, FERREIRA 50m: 36.21 36.21	M	111411	95	CNMaia 41.01	150m: 2:00.80 43.58 200m: 2:43.50 2:43.50	297	42.70
16.	Diogo Justino, PINHEIRO 50m: 35.27 35.27	M	20025	92	Propaganda da Natacao 43.36	150m: 2:08.42 49.79 200m: 2:59.34 2:59.34	225	50.92
DSQ	Rui Filipe, SOUSA 801 - O(a) atleta utilizou mais que um fato de banho - BL 8.2	M	103092	95	Lousada			DSQ
EXH	Miguel Silva, OLIVEIRA 50m: 28.18 28.18	M	10822	91	Clube N�utico Acad�mico 31.75	150m: 1:32.46 32.53 200m: 2:04.95 2:04.95	665	EXH 32.49
EXH	Andre Duarte, VAZ 50m: 31.12 31.12	M	10768	93	Clube N�utico Acad�mico 34.50	150m: 1:40.60 34.98 200m: 2:15.71 2:15.71	519	EXH 35.11

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 10

Prova 11
18-11-2011 - 18:25

Femin., 200m Braços
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	2:25.87	Diana Duarte, GOMES	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	2:29.56	Ana Rita, SANTOS	FPN	Dublin (IRL)	13-12-2003
Recordes Nacionais 25m Sen	2:25.87	Diana Duarte, GOMES	CNA	S. António Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-12-2002
Recorde Regional 25m Jun	2:34.09	Paula Alexandra, OLIVEIRA	FCP	Guarda	10-12-2010
Recorde Regional 25m Sen	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-02-2002

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Margarida, DURAES 50m: 37.09 37.09	F	102992	96	Foca 150m: 1:18.46 41.37	2:39.60 200m: 2:39.60	599	40.82
2.	Joana Marques, MAIA 50m: 37.19 37.19	F	25067	91	CNMaia 150m: 1:18.20 41.01	2:39.86 200m: 2:39.86	596	40.17
3.	Paula Alexandra, OLIVEIRA 50m: 37.01 37.01	F	102084	96	FCPorto 150m: 1:17.51 40.50	2:41.58 200m: 2:41.58	577	41.39
4.	Diana Patricia, FERREIRA 50m: 37.73 37.73	F	23500	94	Gespacos 150m: 1:19.17 41.44	2:44.87 200m: 2:44.87	543	42.97
5.	Ines Vilela, BRAGA 50m: 40.22 40.22	F	106935	97	Fluvial Portuense 150m: 1:25.83 45.59	2:53.68 200m: 2:53.68	465	43.34
6.	Sofia Isabel, TAVARES 50m: 42.04 42.04	F	101992	97	Vilacondense 150m: 1:26.68 44.64	2:54.44 200m: 2:54.44	459	43.13
7.	Maria Beatriz, RIBEIRO 50m: 40.31 40.31	F	105611	97	CNMaia 150m: 1:24.83 44.52	2:54.61 200m: 2:54.61	457	44.10
8.	Ana Filipa, MARTINS 50m: 41.17 41.17	F	104438	97	Foca 150m: 1:24.51 43.34	2:54.62 200m: 2:54.62	457	44.91
9.	Sofia Cunha, SOUSA 50m: 41.13 41.13	F	102996	96	Foca 150m: 1:25.62 44.49	2:55.11 200m: 2:55.11	453	44.54
10.	Maria Teresa, AMORIM 50m: 40.79 40.79	F	20104	97	FCPorto 150m: 1:25.93 45.14	2:55.38 200m: 2:55.38	451	44.28
11.	Patricia Cristina, FERNANDES 50m: 41.67 41.67	F	23496	94	Gespacos 150m: 1:27.69 46.02	3:00.74 200m: 3:00.74	412	46.49
12.	Ana Catarina, AZEVEDO 50m: 41.74 41.74	F	102640	96	Famalicao 150m: 1:28.13 46.39	3:03.63 200m: 3:03.63	393	47.67
13.	Ana Sofia, SOUSA 50m: 41.73 41.73	F	101952	96	Gespacos 150m: 1:29.95 48.22	3:04.49 200m: 3:04.49	388	47.05
14.	Carolina Isabel, PEREIRA 50m: 40.64 40.64	F	23115	94	Vitória Sport Clube 150m: 1:27.17 46.53	3:04.65 200m: 3:04.65	387	48.54
15.	Carolina Conceicao, PAIS 50m: 42.76 42.76	F	103764	97	Lamas 150m: 1:30.04 47.28	3:05.06 200m: 3:05.06	384	47.34
16.	Alexandra Fernandes, CUNHA 50m: 43.08 43.08	F	106410	96	Vitória Sport Clube 150m: 1:31.01 47.93	3:10.11 200m: 3:10.11	354	48.88
17.	Joana Margarida, SOUSA 50m: 41.98 41.98	F	104510	97	Valongo 150m: 1:30.25 48.27	3:12.55 200m: 3:12.55	341	50.73
18.	Daniela Ferreira, COSTA 50m: 44.69 44.69	F	103627	97	Leixões Sport Clube 150m: 1:34.17 49.48	3:13.42 200m: 3:13.42	336	50.44
19.	Monica Pinto, COELHO 50m: 45.24 45.24	F	18121	95	Ginásio Santo Tirso 150m: 1:35.43 50.19	3:18.77 200m: 3:18.77	310	51.62
20.	Rita Alexandra, GUEDES 50m: 44.74 44.74	F	109572	94	Propaganda da Natacao 150m: 1:36.01 51.27	3:22.12 200m: 3:22.12	295	52.62
21.	Andreia Sofia, PACHECO 50m: 45.21 45.21	F	102563	95	Propaganda da Natacao 150m: 1:36.93 51.72	3:22.57 200m: 3:22.57	293	52.99
22.	Sara Jose, PINTO 50m: 47.28 47.28	F	23467	95	Ginásio Santo Tirso 150m: 1:39.32 52.04	3:25.04 200m: 3:25.04	282	53.05
23.	Sofia Monteiro, SOUSA 50m: 46.13 46.13	F	109240	97	Leixões Sport Clube 150m: 1:39.73 53.60	3:25.63 200m: 3:25.63	280	52.43
24.	Ana Raquel, LIRIO 50m: 47.40 47.40	F	15206	90	Ginásio Santo Tirso 150m: 1:41.26 53.86	3:31.59 200m: 3:31.59	257	55.90
DSQ	Joana Henriques, OLIVEIRA 102 - Falsa partida – SW 4.4	F	118030	93	Propaganda da Natacao			DSQ

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 11

Prova 12
18-11-2011 - 18:40

Masc., 200m Bruços
CMEP - Cl nica M dica do Exerc cio do Porto

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	2:08.80	Nuno Goncalo, QUINTANILHA	LDC	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	2:14.00	Pedro Miguel, AGOSTINHO	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	2:08.80	Nuno Goncalo, QUINTANILHA	LDC	S. Ant�nio Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Jun	2:15.92	Henrique Pereira, NEIVA	CFV	Paços de Ferreira	23-11-2001
Recorde Regional 25m Sen	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Nuno Rafael, ALVES 50m: 32.47 32.47	M	103907	90	Gespacos 36.21 150m: 1:45.50 36.82	2:22.20 2:22.20	611	36.70
2.	Sergio Baptista, SILVA 50m: 33.37 33.37	M	15703	91	FCPorto 37.01 150m: 1:47.98 37.60	2:23.74 2:23.74	591	35.76
3.	Tiago Samuel, SILVA 50m: 33.70 33.70	M	23502	93	FCPorto 37.11 150m: 1:47.85 37.04	2:24.55 2:24.55	581	36.70
4.	Luis Manuel, FERNANDES 50m: 33.46 33.46	M	15589	95	Famalicao 37.26 150m: 1:48.61 37.89	2:26.25 2:26.25	561	37.64
5.	Joao Claudio, SOUSA 50m: 34.38 34.38	M	23458	93	Gespacos 38.25 150m: 1:51.29 38.66	2:30.47 2:30.47	515	39.18
6.	Rui Manuel, RIBEIRO 50m: 34.74 34.74	M	20615	82	Assoc. Desportiva de Fafe 39.32 150m: 1:53.82 39.76	2:33.96 2:33.96	481	40.14
7.	Luis Miguel, LOPES 50m: 35.16 35.16	M	102984	95	Foca 40.45 150m: 1:56.12 40.51	2:37.42 2:37.42	450	41.30
8.	Tiago Sobral, COELHO 50m: 35.25 35.25	M	20393	95	Gin�sio Santo Tirso 39.34 150m: 1:55.65 41.06	2:37.95 2:37.95	445	42.30
9.	Bruno Miguel, CAVADAS 50m: 34.74 34.74	M	23279	89	Valongo 40.96 150m: 1:56.39 40.69	2:39.78 2:39.78	430	43.39
10.	Carlos Cunha, COSTA 50m: 35.90 35.90	M	102610	95	Assoc. Desportiva de Fafe 40.94 150m: 1:58.34 41.50	2:39.84 2:39.84	430	41.50
11.	Rui Sergio, LUIS 50m: 36.91 36.91	M	117510	94	Fluvial Portuense 41.32 150m: 2:00.92 42.69	2:42.82 2:42.82	407	41.90
12.	Diogo Filipe, PEREIRA 50m: 35.54 35.54	M	24332	92	Propaganda da Natacao 41.61 150m: 2:00.11 42.96	2:43.21 2:43.21	404	43.10
13.	Paulo Andre, SILVA 50m: 37.98 37.98	M	104517	95	CNMaia 42.11 150m: 2:03.66 43.57	2:47.62 2:47.62	373	43.96
14.	Jose Pedro, OLIVEIRA 50m: 38.17 38.17	M	20294	95	Vilacondense 43.32 150m: 2:07.74 46.25	2:53.84 2:53.84	334	46.10
DSQ	Nuno Filipe, MAGALHAES 102 - Falsa partida - SW 4.4	M	122748	95	Propaganda da Natacao			DSQ
DNS	Tomas Correia, SILVA	M	23367	95	FCPorto			DNS
DNS	Diogo Carmo, RAMOS	M	15317	93	Vilacondense			DNS
EXH	Joao Albano, VIOLA 50m: 33.18 33.18	M	100421	89	Clube N�utico Acad�mico 37.29 150m: 1:48.31 37.84	2:25.75 2:25.75	567	EXH 37.44

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 12

Prova 13 Absolutos
18-11-2011 - 19:00 Resultados
Femin., 4 x 100m Estilos
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Recordes Nacionais 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Recordes Nacionais 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. FCPorto 1	F			FCPorto	4:32.99	582	
Irina Filipa, LOUSA	+0,92	33.03	1:08.66	Joana Aguiar, RODRIGUES	+0,54	31.96	1:08.52
Marta Pereira, ABREU	+0,52	35.13	1:15.29	Alexandra Paiva, OLIVEIRA	+0,36	28.83	1:00.52
2. Gespacos 1	F			Gespacos	4:39.30	543	
Claudia Susana, TEIXEIRA	+0,84	35.54	1:18.10	Claudia Cristina, LEAO	+0,72	32.58	1:10.25
Diana Patricia, FERREIRA		30.28	1:10.37	Soraia Vanessa, RIBEIRO	+0,50	29.01	1:00.58
3. Vilacondense 1	F			Vilacondense	4:39.37	543	
Claudia Sofia, MONTEIRO	+0,69	34.07	1:10.52	Ana Catarina, MONTEIRO	+0,50	30.51	1:05.15
Sofia Isabel, TAVARES		38.90	1:21.81	Rita Amado, LAEZZA	+0,61	29.72	1:01.89
4. Vitória Sport Clube 1	F			Vitória Sport Clube	4:44.17	516	
Ana Catarina, SOUSA	+0,72	34.70	1:12.58	Andreia Catarina, GOMES	+0,34	30.25	1:06.34
Carolina Isabel, PEREIRA	+0,47	40.02	1:25.71	Daniela Filipa, PINTO	+0,28	28.12	59.54
5. Foca 1	F			Foca	4:44.52	514	
Ana Isabel, CUNHA	+0,90	35.98	1:12.68	Diana Margarida, DURAES	+0,26	30.83	1:06.36
Ana Filipa, MARTINS	+0,29	38.84	1:22.16	Sofia Cunha, SOUSA	+0,48	30.38	1:03.32
6. CNMaia 1	F			CNMaia	4:49.84	486	
Joana Marques, MAIA	+0,75	34.33	1:10.66	Carolina Santos, SILVA		31.98	1:09.62
Maria Beatriz, RIBEIRO	+0,44	39.43	1:23.22	Maria Miguel, OLIVEIRA	+0,03	31.23	1:06.34
7. Valongo 1	F			Valongo	5:03.76	422	
Cristiana Ferreira, SANTOS	+0,63	37.20	1:17.00	Barbara Daniela, SOUSA	+0,28	34.23	1:12.48
Joana Margarida, SOUSA		41.41	1:27.74	Mariana Oliveira, VALE		31.22	1:06.54
8. Fluvial Portuense 1	F			Fluvial Portuense	5:11.08	393	
Joana Sofia, AMORIM	+0,80	37.65	1:19.86	Tamara Filipa, SALDANHA	+0,34	36.07	1:19.26
Beatriz Ana, VALENTE	+0,47	41.68	1:27.84	Ines Vilela, BRAGA	-0,08	30.52	1:04.12
9. Ginásio Santo Tirso 1	F			Ginásio Santo Tirso	5:16.24	374	
Ana Paula, ARAUJO	+0,80	37.19	1:16.26	Rute Sofia, TEIXEIRA	+0,48	33.95	1:13.51
Monica Pinto, COELHO	+0,47	43.09	1:33.08	Ana Raquel, LIRIO	+0,53	35.03	1:13.39
10. Propaganda da Natacao 1	F			Propaganda da Natacao	5:47.71	281	
Andreia Sofia, PACHECO	+1,14	45.28	1:32.84	Barbara Pinto, MARTINS	+0,74	37.16	1:24.33
Joana Henriques, OLIVEIRA	+0,37	45.78	1:39.07	Rita Alexandra, GUEDES	+0,28	33.15	1:11.47

Prova 14 Absolutos
18-11-2011 - 19:05 Resultados
Masc., 4 x 100m Estilos
CMEP - Clínica Médica do Exercício do Porto

Recordes Nacionais 25m Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedens	SFUAP	Mealhada	24-03-2000
Recordes Nacionais 25m Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. FCPorto 1	M			FCPorto	4:01.13	563	
Samuel Patricio, QUEIROS	+0,79	29.46	59.76	Miguel Angelo, FERRARIA	+0,56	29.18	1:02.21
Gil Goncalves, PINTO	+0,23	30.23	1:04.34	Nuno Filipe, MAGALHAES	+0,28	26.22	54.82
2. Famalicão 1	M			Famalicão	4:01.62	560	
Pedro Romanoski, CARVALHO	+0,60	29.57	1:00.83	Simao Pedro, ALVES	+0,40	26.99	58.86
Luis Manuel, FERNANDES	+0,28	30.95	1:06.24	Carlos Miguel, ARAUJO	+0,34	26.48	55.69
3. Gespacos 1	M			Gespacos	4:06.60	526	
Antonio Rafael, BESSA	+0,58	30.60	1:03.56	Nuno Rafael, ALVES	+0,12	27.72	1:00.02
Joao Claudio, SOUSA	+0,38	32.22	1:08.87	Ruben Filipe, NUNES	+0,13	25.82	54.15
4. Vitória Sport Clube 1	M			Vitória Sport Clube	4:06.62	526	
Jose Alberto, MARTINS	+0,69	30.02	1:01.15	Rui Filipe, COSTA	+0,12	28.06	1:00.78
Diogo Manuel, RODRIGUES	0.00	31.89	1:09.08	Andre Filipe, ALVES	+0,42	26.31	55.61
5. Valongo 1	M			Valongo	4:13.36	485	
Hugo Moreira, MARTINS	+0,76	32.49	1:06.61	Nelson Filipe, MARTINHO	+0,22	26.32	57.13
Bruno Miguel, CAVADAS	+0,49	32.59	1:11.22	Rui Fernando, ROCHA	+0,40	27.13	58.40
6. Vilacondense 1	M			Vilacondense	4:15.43	474	
Carlos Manuel, CABRAL	+0,75	30.65	1:03.44	Igor Guterres, CARVALHO	+0,24	29.83	1:02.06
Rui Filipe, MAIA	+0,34	34.34	1:13.58	Mario Jorge, RODRIGUES		26.61	56.35
7. Foca 1	M			Foca	4:22.75	435	
Luis Miguel, ALMEIDA	+0,66	35.02	1:11.17	Cesar Filipe, MAGALHAES	+0,55	28.76	1:02.47
Luis Miguel, LOPES	+0,46	33.44	1:12.48	Marcelo Jose, PINTO	+0,35	27.13	56.63

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associacao de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 13

Prova 14, Masc., 4 x 100m Estilos, Absolutos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8. Fluvial Portuense 1	M			Fluvial Portuense	4:27.33	413	
Bernardo Manuel, VALENTE	+0,87	32.40	1:06.58	Andre Sampaio, SANTOS	+0,07	31.51	1:10.36
Rui Sergio, LUIS	+0,29	34.68	1:14.17	Miguel Alexandre, LEMOS	+0,13	26.66	56.22
9. Propaganda da Natacao 1	M			Propaganda da Natacao	4:44.75	342	
Andre Alexandre, SILVA	+0,98	36.77	1:16.10	Paulo Ricardo, MOREIRA	+0,55	30.95	1:07.71
Diogo Filipe, PEREIRA	+0,34	34.26	1:15.11	Diogo Justino, PINHEIRO	+0,40	30.70	1:05.83
EXH Clube N�utico Acad�mico 2	M			Clube N�utico Acad�mico	3:56.24	599	EXH
Mario Alexandre, PEREIRA	+0,83	29.36	58.99	Miguel Monteiro, DIOGO	+0,27	27.10	58.55
Joao Albano, VIOLA	+0,24	30.72	1:07.10	Miguel Silva, OLIVEIRA	+0,26	24.80	51.60

2 - 2ª Jornada

19-11-2011 - 15:30

Prova 15	Femin., 4 x 50m Estilos				Absolutos
19-11-2011 - 15:30	COPIDOURO - C�pia e Artigos de Reproduç�o, Lda				Resultados
Recordes Nacionais 25m Absoluto	1:53.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun	2:03.55	Sporting Clube de Portugal	SCP	Guimar�es	07-12-2008
Recordes Nacionais 25m Sen	1:53.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009
Recorde Regional 25m Absoluto	1:53.97	Marta Marinho, Joana Carvalho, Sara Oliveira, Sara Loureiro	FCP	Sara Loureiro	05-12-2009
Recorde Regional 25m Jun	2:13.03	Diana Ferreira, Patricia Fernandes, Ana Filipa Torres, Ana Cunha	FCP	Ana Cunha	19-06-2010
Recorde Regional 25m Sen	1:53.97	Marta Marinho, Joana Carvalho, Sara Oliveira, Sara Loureiro	FCP	Sara Loureiro	05-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1. FCPorto 1	F		FCPorto	2:03.85	570	
Irina Filipa, LOUSA	95	+0,90	31.67 Claudia Marques, MORENO	91		29.94
Paula Alexandra, OLIVEIRA	96	+0,46	34.66 Sara Beatriz, LOUREIRO	87	+0,43	27.58
2. Vilacondense 1	F		Vilacondense	2:05.24	551	
Bruna Fangueiro, COENTRAO	93	+0,80	33.06 Claudia Sofia, MONTEIRO	92	+0,38	29.05
Ana Filipa, GOMES	96	+0,36	34.94 Rita Amado, LAEZZA	95	+0,61	28.19
3. Gespacos 1	F		Gespacos	2:06.16	539	
Claudia Susana, TEIXEIRA	96	+0,82	33.42 Sara Monteiro, MEIRELES	97	+0,50	30.80
Diana Patricia, FERREIRA	94		34.11 Soraia Vanessa, RIBEIRO	92	+0,47	27.83
4. Foca 1	F		Foca	2:09.12	503	
<i>Recorde Regional</i>						
Sofia Cunha, SOUSA	96	+0,82	34.03 Ana Isabel, CUNHA	96	+0,28	32.69
Diana Margarida, DURAES	96		34.17 Ana Filipa, MARTINS	97	+0,25	28.23
5. Leix�es Sport Clube 1	F		Leix�es Sport Clube	2:12.60	464	
Patricia Isabel, OLIVEIRA	94		31.70 Angelica Maria, ANDRE	94		29.23
Daniela Ferreira, COSTA	97	+0,67	41.94 Vanessa Cristina, MAGALHAES	96	+0,44	29.73
6. Valongo 1	F		Valongo	2:15.54	434	
Cristiana Ferreira, SANTOS	97		36.32 Barbara Daniela, SOUSA	92		31.98
Catia Marisa, SILVA	91		37.74 Mariana Oliveira, VALE	93	+0,35	29.50
7. Gin�sio Santo Tirso 1	F		Gin�sio Santo Tirso	2:16.19	428	
Ana Paula, ARAUJO	96	+0,78	35.08 Rute Sofia, TEIXEIRA	90	+0,58	33.36
Helena Manuel, JOSE	90	+0,61	38.15 Maria Joao, JOSE	90	+0,56	29.60
8. Lamas 1	F		Lamas	2:26.07	347	
Catia Alexandra, BATISTA	96	+0,88	34.95 Joana Gabriela, SILVA	95		34.52
Maria Teresa, ALVES	97	+0,65	43.99 Carolina Conceicao, PAIS	97	+0,53	32.61
9. Propaganda da Natacao 1	F		Propaganda da Natacao	2:31.35	312	
Ana Catarina, NETO	95	+1,07	42.06 Barbara Pinto, MARTINS	94	+0,17	34.78
Andreia Sofia, PACHECO	95	+0,25	43.83 Rita Alexandra, GUEDES	94	+0,33	30.68

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 15

Prova 16	Masc., 4 x 50m Estilos				Absolutos
19-11-2011 - 15:35	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:40.05	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun	1:47.34	Clube Natacao Colegio Vasco da Gama	CNCVCG	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	1:40.05	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	05-12-2009
Recorde Regional 25m Absoluto	1:40.05	Carlos Santos, Gil Pinto, Joao Carvalho	FCP	Santos	05-12-2009
Recorde Regional 25m Jun	1:50.42	Samuel Queiros, Sergio Silva, Carlos Santos, Nuno Oliveira	FCP	Obidos	15-12-2007
Recorde Regional 25m Sen	1:40.05	Carlos Santos, Gil Pinto, Joao Carvalho	FCP	Santos	05-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	M			FCPorto	1:45.96	650	
		91	+0,63	28.08	91	+0,47	24.93
		88	+0,16	29.28	88	+0,11	23.67
2.	M			Vilacondense	1:46.99	631	
		94	+0,79	29.22	86	+0,32	24.53
		84	+0,23	28.95	93	+0,18	24.29
3.	M			Leixões Sport Clube	1:51.67	555	
		93	+0,75	28.75	93		26.39
		84	+0,30	30.46	94		26.07
4.	M			Gespacos	1:51.92	551	
		94	+0,54	29.19	94	+0,37	26.64
		90	+0,34	30.28	93	+0,31	25.81
5.	M			Vitória Sport Clube	1:52.33	545	
		94	+0,64	29.22	92	+0,30	27.05
		94	+0,18	30.99	91	+0,30	25.07
6.	M			Valongo	1:53.01	536	
		94	+0,85	30.88	89	+0,09	24.96
		89	+0,36	31.68	94	+0,35	25.49
7.	M			Foca	2:00.25	444	
		95	+0,67	33.42	95	+0,52	27.96
		95	+0,41	32.50	94	+0,43	26.37
8.	M			Propaganda da Natacao	2:05.91	387	
		90	+0,92	36.22	91	+0,24	28.81
		92	+0,36	33.41	92	+0,22	27.47

Prova 17	Femin., 400m Livres				Absolutos
19-11-2011 - 15:35	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recordes Nacionais 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recordes Nacionais 25m Jun	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004
Recordes Nacionais 25m Sen	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Regional 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Regional 25m Jun	4:18.68	Joana Filipa, SANTOS	VSC	Guimarães	07-12-2008
Recorde Regional 25m Sen	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	4:18.80	747	
	50m: 29.88	150m: 1:34.48	32.61	250m: 2:40.69	33.12	350m: 3:46.89		33.14
	100m: 1:01.87	200m: 2:07.57	33.09	300m: 3:13.75	33.06	400m: 4:18.80		31.91
2.	Marta Vieira, MARINHO	F	15707	91	FCPorto	4:20.83	730	
	50m: 29.90	150m: 1:34.84	32.67	250m: 2:40.80	32.90	350m: 3:47.30		33.41
	100m: 1:02.17	200m: 2:07.90	33.06	300m: 3:13.89	33.09	400m: 4:20.83		33.53
3.	Joana Aguiar, RODRIGUES	F	15401	93	FCPorto	4:22.77	714	
	50m: 30.20	150m: 1:35.51	32.84	250m: 2:41.80	33.14	350m: 3:49.64		33.86
	100m: 1:02.67	200m: 2:08.66	33.15	300m: 3:15.78	33.98	400m: 4:22.77		33.13
4.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	4:23.51	708	
	50m: 30.26	150m: 1:36.02	33.01	250m: 2:42.93	33.54	350m: 3:49.99		33.74
	100m: 1:03.01	200m: 2:09.39	33.37	300m: 3:16.25	33.32	400m: 4:23.51		33.52
5.	Ana Gonçalves, NETO	F	101958	95	FCPorto	4:28.32	671	
	50m: 30.77	150m: 1:38.46	34.19	250m: 2:47.30	34.33	350m: 3:55.70		34.06
	100m: 1:04.27	200m: 2:12.97	34.51	300m: 3:21.64	34.34	400m: 4:28.32		32.62
6.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	4:28.33	671	
	50m: 30.06	150m: 1:35.26	32.90	250m: 2:43.26	34.32	350m: 3:54.47		35.80
	100m: 1:02.36	200m: 2:08.94	33.68	300m: 3:18.67	35.41	400m: 4:28.33		33.86
7.	Maria Teresa, AMORIM	F	20104	97	FCPorto	4:31.09	650	
	50m: 30.96	150m: 1:39.31	34.59	250m: 2:48.17	34.39	350m: 3:58.14		34.99
	100m: 1:04.72	200m: 2:13.78	34.47	300m: 3:23.15	34.98	400m: 4:31.09		32.95

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 16

Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Daniela Filipa, PINTO	F	20610	91	Vitória Sport Clube	4:31.20	649	
	50m: 31.37 31.37		150m: 1:39.22		34.26 250m: 2:48.22	34.55	350m: 3:58.16	35.08
	100m: 1:04.96 33.59		200m: 2:13.67		34.45 300m: 3:23.08	34.86	400m: 4:31.20	33.04
9.	Ana Ribeiro, FERREIRA	F	15634	92	Famalicao	4:33.27	635	
	50m: 30.66 30.66		150m: 1:36.72		33.39 250m: 2:46.25	35.06	350m: 3:57.79	35.90
	100m: 1:03.33 32.67		200m: 2:11.19		34.47 300m: 3:21.89	35.64	400m: 4:33.27	35.48
10.	Maria Luis, AMORIM	F	102029	95	FCPorto	4:34.20	628	
	50m: 31.39 31.39		150m: 1:39.49		34.45 250m: 2:49.43	34.84	350m: 3:59.74	35.31
	100m: 1:05.04 33.65		200m: 2:14.59		35.10 300m: 3:24.43	35.00	400m: 4:34.20	34.46
11.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	4:34.26	628	
	50m: 31.63 31.63		150m: 1:39.91		34.39 250m: 2:49.95	34.95	350m: 3:59.86	35.14
	100m: 1:05.52 33.89		200m: 2:15.00		35.09 300m: 3:24.72	34.77	400m: 4:34.26	34.40
12.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	4:38.22	601	
	50m: 33.29 33.29		150m: 1:44.33		35.40 250m: 2:54.20	34.82	350m: 4:03.28	34.52
	100m: 1:08.93 35.64		200m: 2:19.38		35.05 300m: 3:28.76	34.56	400m: 4:38.22	34.94
13.	Adriana Daniela, CASTRO	F	104515	97	FCPorto	4:39.31	594	
	50m: 32.12 32.12		150m: 1:41.53		35.14 250m: 2:53.02	35.58	350m: 4:05.04	35.67
	100m: 1:06.39 34.27		200m: 2:17.44		35.91 300m: 3:29.37	36.35	400m: 4:39.31	34.27
14.	Sofia Cunha, SOUSA	F	102996	96	Foca	4:41.42	581	
	50m: 32.65 32.65		150m: 1:42.75		35.44 250m: 2:54.40	35.90	350m: 4:06.24	35.86
	100m: 1:07.31 34.66		200m: 2:18.50		35.75 300m: 3:30.38	35.98	400m: 4:41.42	35.18
15.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos	4:43.10	571	
	50m: 30.64 30.64		150m: 1:39.16		34.92 250m: 2:51.15	36.23	350m: 4:05.97	37.87
	100m: 1:04.24 33.60		200m: 2:14.92		35.76 300m: 3:28.10	36.95	400m: 4:43.10	37.13
16.	Barbara Daniela, SOUSA	F	15966	92	Valongo	4:43.23	570	
	50m: 33.49 33.49		150m: 1:44.49		35.54 250m: 2:55.97	35.60	350m: 4:08.31	36.10
	100m: 1:08.95 35.46		200m: 2:20.37		35.88 300m: 3:32.21	36.24	400m: 4:43.23	34.92
17.	Ana Isabel, CUNHA	F	102991	96	Foca	4:43.99	566	
	50m: 33.47 33.47		150m: 1:44.28		35.63 250m: 2:56.68	36.21	350m: 4:08.74	35.95
	100m: 1:08.65 35.18		200m: 2:20.47		36.19 300m: 3:32.79	36.11	400m: 4:43.99	35.25
18.	Maria Joao, FERNANDES	F	102092	97	FCPorto	4:46.92	548	
	50m: 32.09 32.09		150m: 1:44.65		36.74 250m: 2:58.22	36.84	350m: 4:11.49	36.67
	100m: 1:07.91 35.82		200m: 2:21.38		36.73 300m: 3:34.82	36.60	400m: 4:46.92	35.43
19.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao	4:47.02	548	
	50m: 32.73 32.73		150m: 1:44.80		36.22 250m: 2:58.23	36.77	350m: 4:11.60	36.35
	100m: 1:08.58 35.85		200m: 2:21.46		36.66 300m: 3:35.25	37.02	400m: 4:47.02	35.42
20.	Mafalda Mendes, MAGALHAES	F	107706	97	FCPorto	4:47.65	544	
	50m: 32.64 32.64		150m: 1:45.38		36.62 250m: 2:58.90	36.84	350m: 4:12.27	36.48
	100m: 1:08.76 36.12		200m: 2:22.06		36.68 300m: 3:35.79	36.89	400m: 4:47.65	35.38
21.	Rute Santos, FERREIRA	F	103823	97	FCPorto	4:48.79	538	
	50m: 32.18 32.18		150m: 1:44.44		36.47 250m: 2:57.93	37.27	350m: 4:12.71	37.45
	100m: 1:07.97 35.79		200m: 2:20.66		36.22 300m: 3:35.26	37.33	400m: 4:48.79	36.08
22.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalicao	4:51.81	521	
	50m: 33.48 33.48		150m: 1:46.56		37.04 250m: 3:00.16	36.43	350m: 4:14.49	37.34
	100m: 1:09.52 36.04		200m: 2:23.73		37.17 300m: 3:37.15	36.99	400m: 4:51.81	37.32
23.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	4:53.52	512	
	50m: 33.10 33.10		150m: 1:48.00		37.53 250m: 3:03.16	37.73	350m: 4:17.82	36.98
	100m: 1:10.47 37.37		200m: 2:25.43		37.43 300m: 3:40.84	37.68	400m: 4:53.52	35.70
24.	Beatriz Casimiro, VALENTE	F	15488	96	Leixões Sport Clube	4:55.12	504	
	50m: 33.36 33.36		150m: 1:46.96		37.54 250m: 3:02.33	37.73	350m: 4:18.03	37.92
	100m: 1:09.42 36.06		200m: 2:24.60		37.64 300m: 3:40.11	37.78	400m: 4:55.12	37.09
25.	Ana Micaela, CARVALHO	F	20475	97	Famalicao	4:55.44	502	
	50m: 32.87 32.87		150m: 1:47.28		37.65 250m: 3:02.99	37.93	350m: 4:18.40	37.87
	100m: 1:09.63 36.76		200m: 2:25.06		37.78 300m: 3:40.53	37.54	400m: 4:55.44	37.04
26.	Ines Maria, PINTAO	F	102043	96	Leixões Sport Clube	4:57.15	494	
	50m: 34.12 34.12		150m: 1:48.49		37.79 250m: 3:04.20	37.90	350m: 4:20.37	38.02
	100m: 1:10.70 36.58		200m: 2:26.30		37.81 300m: 3:42.35	38.15	400m: 4:57.15	36.78
27.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	4:59.10	484	
	50m: 34.05 34.05		150m: 1:48.95		38.04 250m: 3:05.15	38.22	350m: 4:22.05	38.53
	100m: 1:10.91 36.86		200m: 2:26.93		37.98 300m: 3:43.52	38.37	400m: 4:59.10	37.05
28.	Ana Mafalda, OLIVEIRA	F	23193	81	CNMaia	4:59.69	481	
	50m: 34.06 34.06		150m: 1:48.79		37.72 250m: 3:04.72	37.75	350m: 4:22.24	39.07
	100m: 1:11.07 37.01		200m: 2:26.97		38.18 300m: 3:43.17	38.45	400m: 4:59.69	37.45
29.	Ana Catarina, ALMEIDA	F	102989	96	Foca	5:00.06	479	
	50m: 34.16 34.16		150m: 1:50.16		38.28 250m: 3:06.24	38.25	350m: 4:22.87	38.04
	100m: 1:11.88 37.72		200m: 2:27.99		37.83 300m: 3:44.83	38.59	400m: 5:00.06	37.19
30.	Daniela Ferreira, COSTA	F	103627	97	Leixões Sport Clube	5:07.36	446	
	50m: 35.00 35.00		150m: 1:52.05		38.88 250m: 3:10.12	39.11	350m: 4:29.19	39.60
	100m: 1:13.17 38.17		200m: 2:31.01		38.96 300m: 3:49.59	39.47	400m: 5:07.36	38.17
31.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	5:08.19	442	
	50m: 34.44 34.44		150m: 1:51.66		39.53 250m: 3:11.22	40.26	350m: 4:30.62	39.81
	100m: 1:12.13 37.69		200m: 2:30.96		39.30 300m: 3:50.81	39.59	400m: 5:08.19	37.57

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 17

Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
32.	Ana Cristina, NEVES	F	22553	96	Leixões Sport Clube	5:08.94	439	
	50m: 34.75 34.75		150m: 1:51.46 38.93		250m: 3:10.84 39.80		350m: 4:30.25 39.85	
	100m: 1:12.53 37.78		200m: 2:31.04 39.58		300m: 3:50.40 39.56		400m: 5:08.94 38.69	
33.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	5:09.04	439	
	50m: 34.13 34.13		150m: 1:49.24 38.23		250m: 3:08.63 40.02		350m: 4:29.33 40.37	
	100m: 1:11.01 36.88		200m: 2:28.61 39.37		300m: 3:48.96 40.33		400m: 5:09.04 39.71	
34.	Sara Pinto, RODRIGUES	F	20325	96	Fluvial Portuense	5:09.65	436	
	50m: 33.36 33.36		150m: 1:49.00 38.53		250m: 3:07.39 39.69		350m: 4:28.78 40.93	
	100m: 1:10.47 37.11		200m: 2:27.70 38.70		300m: 3:47.85 40.46		400m: 5:09.65 40.87	
35.	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	5:09.99	435	
	50m: 34.02 34.02		150m: 1:50.75 39.00		250m: 3:10.88 39.97		350m: 4:30.86 40.12	
	100m: 1:11.75 37.73		200m: 2:30.91 40.16		300m: 3:50.74 39.86		400m: 5:09.99 39.13	
36.	Sofia Patricia, GONCALVES	F	111410	97	Fluvial Portuense	5:10.40	433	
	50m: 34.58 34.58		150m: 1:53.22 39.86		250m: 3:12.70 39.77		350m: 4:32.54 39.75	
	100m: 1:13.36 38.78		200m: 2:32.93 39.71		300m: 3:52.79 40.09		400m: 5:10.40 37.86	
37.	Joana Gabriela, SILVA	F	103945	95	Lamas	5:18.00	403	
	50m: 37.29 37.29		150m: 1:58.09 40.19		250m: 3:19.21 40.12		350m: 4:41.47 41.23	
	100m: 1:17.90 40.61		200m: 2:39.09 41.00		300m: 4:00.24 41.03		400m: 5:18.00 36.53	
38.	Beatriz Ana, VALENTE	F	103715	97	Fluvial Portuense	5:18.08	402	
	50m: 36.17 36.17		150m: 1:56.94 40.41		250m: 3:18.16 40.36		350m: 4:39.38 40.61	
	100m: 1:16.53 40.36		200m: 2:37.80 40.86		300m: 3:58.77 40.61		400m: 5:18.08 38.70	
DSQ	Luciana Tomi, KOBAYASHI 102 - Falsa partida – SW 4.4	F	107429	95	Vilacondense			DSQ
EXH	Beatriz Filipa, MATOS	F	103939	97	Clube Náutico Académico	4:44.79	561	EXH
	50m: 32.84 32.84		150m: 1:44.65 36.31		250m: 2:57.50 36.41		350m: 4:09.85 36.29	
	100m: 1:08.34 35.50		200m: 2:21.09 36.44		300m: 3:33.56 36.06		400m: 4:44.79 34.94	
EXH	Matilde Domingues, GAMEIRO	F	101116	97	Clube Náutico Académico	4:48.76	538	EXH
	50m: 31.57 31.57		150m: 1:42.34 36.31		250m: 2:56.35 37.23		350m: 4:12.00 37.72	
	100m: 1:06.03 34.46		200m: 2:19.12 36.78		300m: 3:34.28 37.93		400m: 4:48.76 36.76	

Prova 18

19-11-2011 - 16:00

Masc., 400m Livres

CMEP - Clínica Médica do Exercício do Porto

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Juv A	4:05.91	Diogo Filipe, CARVALHO	CGA	Braga	22-03-2002
Recordes Nacionais 25m Juv B	3:59.33	Gustavo Manuel, SANTA	CNLA	Entroncamento	16-05-2009
Recordes Nacionais 25m Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Recordes Nacionais 25m Sen	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009
Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009
Recorde Regional 25m Juv A	4:06.60	Luis Miguel, MONTEIRO	FCP	Lousada	28-02-1998
Recorde Regional 25m Juv B	3:59.35	Rui Filipe, COSTA	VSC	Caldas da Rainha	01-12-2006
Recorde Regional 25m Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Recorde Regional 25m Sen	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Adriano Miguel, NIZ	M	23013	86	Famalicao	3:57.19	721	
	50m: 27.54 27.54		150m: 1:27.62 29.84		250m: 2:27.52 29.73		350m: 3:27.11 29.78	
	100m: 57.78 30.24		200m: 1:57.79 30.17		300m: 2:57.33 29.81		400m: 3:57.19 30.08	
2.	Rui Filipe, COSTA	M	24004	91	Vitória Sport Clube	4:00.98	688	
	50m: 27.71 27.71		150m: 1:27.26 29.74		250m: 2:28.70 30.80		350m: 3:30.81 30.76	
	100m: 57.52 29.81		200m: 1:57.90 30.64		300m: 3:00.05 31.35		400m: 4:00.98 30.17	
3.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	4:03.84	664	
	50m: 27.94 27.94		150m: 1:28.77 30.75		250m: 2:30.84 30.57		350m: 3:32.30 30.75	
	100m: 58.02 30.08		200m: 2:00.27 31.50		300m: 3:01.55 30.71		400m: 4:03.84 31.54	
4.	Nuno Filipe, MAGALHAES	M	102016	94	FCPorto	4:10.75	610	
	50m: 28.78 28.78		150m: 1:30.78 31.13		250m: 2:34.01 31.73		350m: 3:39.17 32.45	
	100m: 59.65 30.87		200m: 2:02.28 31.50		300m: 3:06.72 32.71		400m: 4:10.75 31.58	
5.	Ruben Filipe, NUNES	M	23302	94	Gespacos	4:12.42	598	
	50m: 28.17 28.17		150m: 1:29.75 31.20		250m: 2:34.03 32.44		350m: 3:39.86 33.22	
	100m: 58.55 30.38		200m: 2:01.59 31.84		300m: 3:06.64 32.61		400m: 4:12.42 32.56	
6.	Artur Manuel, FERREIRA	M	101981	95	FCPorto	4:13.13	593	
	50m: 28.72 28.72		150m: 1:31.99 32.04		250m: 2:35.69 31.50		350m: 3:40.81 33.02	
	100m: 59.95 31.23		200m: 2:04.19 32.20		300m: 3:07.79 32.10		400m: 4:13.13 32.32	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 18

Prova 18, Masc., 400m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Igor Guterres, CARVALHO	M	23057	88	Vilacondense	4:15.12	580	
	50m: 29.49 29.49				32.50 250m: 2:38.86 32.36	350m: 3:44.34 32.66		
	100m: 1:01.32 31.83				32.68 300m: 3:11.68 32.82	400m: 4:15.12 30.78		
8.	Marcelo Jose, PINTO	M	19400	94	Foca	4:15.70	576	
	50m: 28.88 28.88				31.40 250m: 2:36.69 32.90	350m: 3:43.03 33.26		
	100m: 1:00.04 31.16				32.35 300m: 3:09.77 33.08	400m: 4:15.70 32.67		
9.	Paulo Andre, DIAS	M	23406	92	Gespacos	4:17.26	565	
	50m: 29.06 29.06				31.81 250m: 2:37.23 32.68	350m: 3:44.14 33.59		
	100m: 1:00.26 31.20				32.48 300m: 3:10.55 33.32	400m: 4:17.26 33.12		
10.	Cesar Filipe, MAGALHAES	M	15473	95	Foca	4:17.46	564	
	50m: 28.66 28.66				32.44 250m: 2:38.82 32.79	350m: 3:44.73 32.78		
	100m: 1:01.03 32.37				32.56 300m: 3:11.95 33.13	400m: 4:17.46 32.73		
11.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	4:19.71	549	
	50m: 29.22 29.22				32.92 250m: 2:40.18 33.50	350m: 3:47.32 33.32		
	100m: 1:01.11 31.89				32.65 300m: 3:14.00 33.82	400m: 4:19.71 32.39		
12.	Rui Pedro, FARIA	M	15592	94	Famalici�o	4:19.88	548	
	50m: 29.62 29.62				32.42 250m: 2:39.26 33.02	350m: 3:46.48 33.56		
	100m: 1:01.54 31.92				32.28 300m: 3:12.92 33.66	400m: 4:19.88 33.40		
13.	Mario Guterres, CARVALHO	M	18088	95	Vilacondense	4:20.65	543	
	50m: 29.55 29.55				32.43 250m: 2:40.56 33.50	350m: 3:48.29 33.62		
	100m: 1:01.27 31.72				33.36 300m: 3:14.67 34.11	400m: 4:20.65 32.36		
14.	Bernardo Aguiar, BRANCO	M	103121	95	FCPorto	4:22.55	532	
	50m: 29.01 29.01				32.87 250m: 2:40.79 33.57	350m: 3:49.01 34.07		
	100m: 1:01.06 32.05				33.29 300m: 3:14.94 34.15	400m: 4:22.55 33.54		
15.	Daniel Rento, LAUREANO	M	103707	95	Leix�es Sport Clube	4:22.99	529	
	50m: 31.40 31.40				33.99 250m: 2:45.27 33.16	350m: 3:51.49 32.55		
	100m: 1:04.41 33.01				33.71 300m: 3:18.94 33.67	400m: 4:22.99 31.50		
16.	Joao Nuno, ABREU	M	103432	95	Vit�ria Sport Clube	4:23.48	526	
	50m: 29.09 29.09				32.83 250m: 2:40.43 33.47	350m: 3:49.30 34.56		
	100m: 1:00.64 31.55				33.49 300m: 3:14.74 34.31	400m: 4:23.48 34.18		
17.	Nuno Goncalo, MARTINS	M	102675	95	Famalici�o	4:24.48	520	
	50m: 29.48 29.48				32.78 250m: 2:41.57 33.80	350m: 3:50.47 34.40		
	100m: 1:01.68 32.20				33.31 300m: 3:16.07 34.50	400m: 4:24.48 34.01		
18.	Miguel Alexandre, LEMOS	M	101989	94	Fluvial Portuense	4:25.21	516	
	50m: 28.76 28.76				31.65 250m: 2:38.48 34.10	350m: 3:49.20 35.84		
	100m: 59.72 30.96				33.01 300m: 3:13.36 34.88	400m: 4:25.21 36.01		
19.	Diogo Sequeira, APARICIO	M	102390	95	FCPorto	4:25.31	515	
	50m: 29.41 29.41				32.67 250m: 2:42.16 34.42	350m: 3:51.68 34.66		
	100m: 1:01.07 31.66				34.00 300m: 3:17.02 34.86	400m: 4:25.31 33.63		
20.	Bernardo Manuel, VALENTE	M	23497	95	Fluvial Portuense	4:27.54	502	
	50m: 30.15 30.15				32.79 250m: 2:42.43 33.31	350m: 3:52.19 35.17		
	100m: 1:02.71 32.56				33.62 300m: 3:17.02 34.59	400m: 4:27.54 35.35		
21.	Pedro Maria, BESSA	M	18656	95	Vilacondense	4:30.91	484	
	50m: 29.53 29.53				35.02 250m: 2:48.11 34.61	350m: 3:57.67 34.65		
	100m: 1:03.22 33.69				35.26 300m: 3:23.02 34.91	400m: 4:30.91 33.24		
22.	Orlando Filipe, MORIM	M	107373	95	Vilacondense	4:31.26	482	
	50m: 29.51 29.51				34.55 250m: 2:47.43 35.03	350m: 3:57.61 35.15		
	100m: 1:02.89 33.38				34.96 300m: 3:22.46 35.03	400m: 4:31.26 33.65		
23.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	4:32.65	475	
	50m: 30.24 30.24				34.29 250m: 2:47.49 34.94	350m: 3:58.20 35.57		
	100m: 1:03.50 33.26				34.76 300m: 3:22.63 35.14	400m: 4:32.65 34.45		
24.	Hugo Moreira, MARTINS	M	108219	94	Valongo	4:35.72	459	
	50m: 30.55 30.55				35.07 250m: 2:49.12 34.53	350m: 4:00.12 35.44		
	100m: 1:04.43 33.88				35.09 300m: 3:24.68 35.56	400m: 4:35.72 35.60		
25.	Joao Eurico, COSTA	M	15450	94	Leix�es Sport Clube	4:35.97	458	
	50m: 30.45 30.45				34.74 250m: 2:49.37 35.81	350m: 4:01.48 35.94		
	100m: 1:03.67 33.22				35.15 300m: 3:25.54 36.17	400m: 4:35.97 34.49		
26.	Luis Miguel, ALMEIDA	M	15370	95	Foca	4:50.34	393	
	50m: 31.57 31.57				36.18 250m: 2:56.72 37.32	350m: 4:13.08 38.68		
	100m: 1:06.41 34.84				36.81 300m: 3:34.40 37.68	400m: 4:50.34 37.26		
27.	Andre Alexandre, SILVA	M	102699	94	Propaganda da Natacao	4:57.54	365	
	50m: 30.25 30.25				36.62 250m: 2:58.94 38.81	350m: 4:18.56 39.86		
	100m: 1:04.45 34.20				39.06 300m: 3:38.70 39.76	400m: 4:57.54 38.98		

Prova 19
19-11-2011 - 16:15

Femin., 100m Bruços
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009
Recordes Nacionais 25m Sen	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Recorde Regional 25m Absoluto	1:09.95	Joana Catarina, CARVALHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	1:11.05	Joana Magalhaes, SOUTINHO	FCP	Alges	20-06-1993
Recorde Regional 25m Sen	1:09.95	Joana Catarina, CARVALHO	FCP	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Margarida, DURAES 50m: 35.07 35.07	F	102992	96	Foca	1:13.60	618	
2.	Marta Pereira, ABREU 50m: 35.65 35.65	F	23091	92	FCPorto	1:14.92	586	
3.	Joana Marques, MAIA 50m: 35.57 35.57	F	25067	91	CNMaia	1:15.42	574	
4.	Paula Alexandra, OLIVEIRA 50m: 36.30 36.30	F	102084	96	FCPorto	1:16.13	558	
5.	Diana Patricia, FERREIRA 50m: 36.21 36.21	F	23500	94	Gespacos	1:16.42	552	
6.	Ana Filipa, GOMES 50m: 36.74 36.74	F	107376	96	Vilacondense	1:17.93	520	
7.	Maria Beatriz, RIBEIRO 50m: 39.21 39.21	F	105611	97	CNMaia	1:21.15	461	
8.	Ana Filipa, MARTINS 50m: 39.05 39.05	F	104438	97	Foca	1:21.59	453	
9.	Sofia Isabel, TAVARES 50m: 39.85 39.85	F	101992	97	Vilacondense	1:22.13	444	
10.	Carolina Isabel, PEREIRA 50m: 39.74 39.74	F	23115	94	Vitória Sport Clube	1:24.59	407	
11.	Catia Marisa, SILVA 50m: 39.09 39.09	F	23319	91	Valongo	1:24.95	402	
12.	Catia Alexandra, BATISTA 50m: 40.26 40.26	F	103036	96	Lamas	1:25.00	401	
13.	Ana Sofia, SOUSA 50m: 40.39 40.39	F	101952	96	Gespacos	1:25.50	394	
14.	Ana Vitória, ALVES 50m: 39.79 39.79	F	25096	88	Gespacos	1:26.21	384	
15.	Ana Rita, SILVA 50m: 40.61 40.61	F	104553	95	Vilacondense	1:26.36	382	
16.	Patricia Cristina, FERNANDES 50m: 40.84 40.84	F	23496	94	Gespacos	1:26.46	381	
17.	Carolina Conceicao, PAIS 50m: 41.49 41.49	F	103764	97	Lamas	1:27.00	374	
18.	Maria Beatriz, FERREIRA 50m: 41.81 41.81	F	24133	95	Fluvial Portuense	1:27.86	363	
19.	Joana Margarida, SOUSA 50m: 41.18 41.18	F	104510	97	Valongo	1:27.90	362	
20.	Alexandra Fernandes, CUNHA 50m: 42.43 42.43	F	106410	96	Vitória Sport Clube	1:28.87	351	
21.	Rute Portela, MORAIS 50m: 43.39 43.39	F	121046	96	Leixões Sport Clube	1:31.25	324	
22.	Maria Teresa, ALVES 50m: 45.26 45.26	F	119753	97	Lamas	1:33.87	298	
23.	Mafalda Barbosa, FARINHA 50m: 43.52 43.52	F	117824	97	Fluvial Portuense	1:34.62	290	
24.	Tamara Filipa, SALDANHA 50m: 44.53 44.53	F	103824	96	Fluvial Portuense	1:35.55	282	
25.	Andreia Sofia, PACHECO 50m: 44.78 44.78	F	102563	95	Propaganda da Natacao	1:36.12	277	
26.	Sara Jose, PINTO 50m: 47.00 47.00	F	23467	95	Ginásio Santo Tirso	1:37.44	266	
27.	Joana Henriques, OLIVEIRA 50m: 46.03 46.03	F	118030	93	Propaganda da Natacao	1:38.83	255	
28.	Ana Raquel, LIRIO 50m: 47.04 47.04	F	15206	90	Ginásio Santo Tirso	1:40.52	242	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 20

Prova 19, Femin., 100m Bruços

EXH Gabriela Oliveira, ANDRADE F 12055 94 Clube Náutico Académico 1:14.11 605 EXH
50m: 34.79 34.79 100m: 1:14.11 39.32

Prova 20

Masc., 100m Bruços

Absolutos

19-11-2011 - 16:25

CMEP - Clínica Médica do Exercício do Porto

Resultados

Recordes Nacionais 25m Absoluto	59.31	Nuno Goncalo, QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Juv A	1:05.85	Luis Manuel, FERNANDES	GDNVNF	Paços de Ferreira	14-11-2009
Recordes Nacionais 25m Juv B	1:04.84	Luis Manuel, FERNANDES	GDNVNF	Paços de Ferreira	12-12-2010
Recordes Nacionais 25m Jun	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	59.31	Nuno Goncalo, QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009
Recorde Regional 25m Absoluto	1:00.59	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Juv A	1:05.85	Luis Manuel, FERNANDES	GDNVNF	Pacos de Ferreira	06-12-2009
Recorde Regional 25m Juv B	1:04.84	Luis Manuel, FERNANDES	GDNF	Paços de Ferreira	12-12-2010
Recorde Regional 25m Jun	1:03.10	Henrique Pereira, NEIVA	CFV	Algés	17-05-2002
Recorde Regional 25m Sen	1:00.59	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Henrique Pereira, NEIVA 50m: 30.29 30.29	M	23019	84	Vilacondense 33.65	1:03.94	657	
2.	Gil Goncalves, PINTO 50m: 30.95 30.95	M	26051	88	FCPorto 33.98	1:04.93	628	
3.	Sergio Baptista, SILVA 50m: 31.00 31.00	M	15703	91	FCPorto 34.00	1:05.00	626	
4.	Fabio Andre, FIGUEIRA 50m: 31.07 31.07	M	11084	88	FCPorto 34.13	1:05.20	620	
5.	Nuno Rafael, ALVES 50m: 31.86 31.86	M	103907	90	Gespacos 34.84	1:06.70	579	
6.	Tiago Samuel, SILVA 50m: 31.51 31.51	M	23502	93	FCPorto 35.35	1:06.86	575	
7.	Rui Manuel, RIBEIRO 50m: 30.92 30.92	M	20615	82	Assoc. Desportiva de Fafe 36.65	1:07.57	557	
8.	Diogo Carmo, RAMOS 50m: 32.26 32.26	M	15317	93	Vilacondense 35.35	1:07.61	556	
9.	Miguel Aragao, SANTOS 50m: 32.06 32.06	M	15886	91	Vilacondense 36.37	1:08.43	536	
10.	Diogo Manuel, RODRIGUES 50m: 32.41 32.41	M	15338	94	Vitória Sport Clube 36.38	1:08.79	528	
11.	Ricardo Ribeiro, SILVA 50m: 32.26 32.26	M	15314	92	Vilacondense 36.64	1:08.90	525	
12.	Tiago Sobral, COELHO 50m: 32.68 32.68	M	20393	95	Ginásio Santo Tirso 36.97	1:09.65	508	
13.	Frederico Renato, SOUSA 50m: 33.99 33.99	M	105734	95	Gespacos 36.87	1:10.86	483	
14.	Joao Claudio, SOUSA 50m: 32.94 32.94	M	23458	93	Gespacos 37.95	1:10.89	482	
15.	Bruno Miguel, CAVADAS 50m: 33.51 33.51	M	23279	89	Valongo 39.02	1:12.53	450	
16.	Luis Miguel, LOPES 50m: 34.09 34.09	M	102984	95	Foca 38.45	1:12.54	450	
17.	Jose Alberto, MARTINS 50m: 34.69 34.69	M	23096	94	Vitória Sport Clube 38.97	1:13.66	430	
18.	Rui Sergio, LUIS 50m: 34.65 34.65	M	117510	94	Fluvial Portuense 39.83	1:14.48	416	
19.	Diogo Filipe, PEREIRA 50m: 34.42 34.42	M	24332	92	Propaganda da Natacao 40.13	1:14.55	415	
20.	Pedro Miguel, COELHO 50m: 35.09 35.09	M	23495	94	Lousada 39.62	1:14.71	412	
21.	Carlos Cunha, COSTA 50m: 35.09 35.09	M	102610	95	Assoc. Desportiva de Fafe 40.80	1:15.89	393	
22.	Daniel Jose, LOPES 50m: 35.15 35.15	M	16042	87	Vitória Sport Clube 40.75	1:15.90	393	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 21

Prova 20, Masc., 100m Bruços, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
23.	Paulo Andre, SILVA 50m: 36.14 36.14	M	104517	95	CNMaia 40.15	1:16.29	387	
24.	Jose Pedro, OLIVEIRA 50m: 36.18 36.18	M	20294	95	Vilacondense 42.71	1:18.89	350	
25.	Andre Sampaio, SANTOS 50m: 37.36 37.36	M	103267	95	Fluvial Portuense 41.77	1:19.13	347	
26.	Carlos Daniel, SALABERT 50m: 38.21 38.21	M	23322	90	Propaganda da Natacao 42.89	1:21.10	322	
27.	Nuno Filipe, MAGALHAES 50m: 39.10 39.10	M	122748	95	Propaganda da Natacao 42.86	1:21.96	312	
28.	Miguel Filipe, FERREIRA 50m: 40.68 40.68	M	118003	91	Lamas 44.91	1:25.59	274	
EXH	Joao Albano, VIOLA 50m: 30.80 30.80	M	100421	89	Clube Náutico Académico 36.01	1:06.81	576	EXH

Prova 21

19-11-2011 - 16:30

Femin., 50m Livres

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	20-12-2009
Recordes Nacionais 25m Sen	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	25.81	Marta Vieira, MARINHO	FCP	Guarda	11-12-2010
Recorde Regional 25m Jun	26.70	Claudia Sofia, MONTEIRO	CFV	Silves	22-12-2007
Recorde Regional 25m Sen	25.81	Marta Vieira, MARINHO	FCP	Guarda	11-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Sara Freitas, OLIVEIRA	F	23045	85	FCPorto	27.05	634	
2.	Alexandra Paiva, OLIVEIRA	F	15139	91	FCPorto	27.21	623	
3.	Claudia Marques, MORENO	F	24213	91	FCPorto	27.37	612	
4.	Sara Beatriz, LOUREIRO	F	12503	87	FCPorto	27.54	601	
5.	Claudia Sofia, MONTEIRO	F	15882	92	Vilacondense	27.58	599	
6.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	27.73	589	
7.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	28.15	563	
8.	Mariana Dias, ALMEIDA	F	22405	93	Famalicão	28.55	540	
9.	Ana Sofia, MATOS	F	25111	91	Gespacos	28.59	537	
10.	Rita Amado, LAZZA	F	12054	95	Vilacondense	28.67	533	
11.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	29.00	515	
12.	Ana Isabel, FERNANDES	F	102704	96	Famalicão	29.16	506	
13.	Maria Joao, FERNANDES	F	102092	97	FCPorto	29.43	493	
14.	Mariana Oliveira, VALE	F	15977	93	Valongo	29.45	492	
15.	Carolina Santos, SILVA	F	23208	86	CNMaia	29.57	486	
16.	Andreia Sofia, TORRES	F	102471	95	Gespacos	29.58	485	
17.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	29.81	474	
18.	Ana Sofia, ALVES	F	25757	95	Vitória Sport Clube	29.82	473	
19.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	29.86	472	
20.	Claudia Cristina, LEAO	F	102069	96	Gespacos	29.87	471	
21.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	29.96	467	
22.	Vanessa Cristina, MAGALHAES	F	110566	96	Leixões Sport Clube	30.30	451	
23.	Vania Sofia, PORTELA	F	23975	93	Vitória Sport Clube	30.99	422	
24.	Rita Alexandra, GUEDES	F	109572	94	Propaganda da Natacao	31.09	418	
25.	Patricia Cristina, FERNANDES	F	23496	94	Gespacos	31.18	414	
	Barbara Pinto, MARTINS	F	102519	94	Propaganda da Natacao	31.18	414	
27.	Rita Rafaela, BRUNIDO	F	105182	97	Gespacos	32.07	381	
28.	Luisa Vieira, CORREIA	F	121045	96	Leixões Sport Clube	32.23	375	
29.	Ana Pires, FERNANDES	F	117831	97	Leixões Sport Clube	34.56	304	
30.	Ines Couto, RODRIGUES	F	121780	95	Leixões Sport Clube	34.71	300	
31.	Ana Patricia, HENRIQUE	F	106884	97	Leixões Sport Clube	35.36	284	
EXH	Carolina Cunha, MARTINS	F	10881	95	Clube Náutico Académico	28.29	555	EXH
EXH	Maria Ines, RIBEIRO	F	10899	92	Clube Náutico Académico	28.60	537	EXH

O Secretário do Juri

O Juiz Árbitro

Prova 22 19-11-2011 - 16:40	Masc., 50m Livres CMEP - Cl�nica M�dica do Exerc�cio do Porto				Absolutos Resultados
Recordes Nacionais 25m Absoluto	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv A	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de S�r	13-12-2009
Recordes Nacionais 25m Juv B	24.16	David Miguel, FERRO	SFUAP	Alg�s	12-02-2000
Recordes Nacionais 25m Jun	22.33	Tiago Andre, VENANCIO	FPN	Viena (AUT)	16-05-2003
Recordes Nacionais 25m Sen	21.64	Alexandre Escudier, AGOSTINHO	PORTIN	S. Ant�nio Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	21.87	Paulo Jorge, SANTOS	FCP	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Juv A	24.80	Jose Miguel, MIRANDA	CFP	Vigo	30-04-1988
Recorde Regional 25m Juv B	24.66	Jose Miguel, MIRANDA	CFP	Alg�s	18-03-1989
Recorde Regional 25m Jun	23.20	Paulo Jorge, SANTOS	FCP	S. Ant�nio dos Cavaleiros	17-12-2006
Recorde Regional 25m Sen	21.87	Paulo Jorge, SANTOS	FCP	S. Antonio Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Paulo Jorge, SANTOS	M	25982	89	FCPorto	23.41	652	
2.	Fabio Manuel, PEREIRA	M	23049	86	Vilacondense	23.84	617	
3.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	24.07	599	
4.	Simao Pedro, ALVES	M	102500	94	Famalio	24.09	598	
5.	Jorge Manuel, MAIA	M	23220	89	Famalio	24.24	587	
6.	Francisco Taborda, MANGAS	M	102002	94	FCPorto	24.76	551	
7.	Vasco Vieira, LOPES	M	15718	84	Leix�es Sport Clube	24.80	548	
8.	Dario Almeida, SANTOS	M	22520	93	Leix�es Sport Clube	25.07	530	
9.	Miguel Angelo, FERRARIA	M	102072	94	FCPorto	25.76	489	
10.	Nuno Filipe, MAGALHAES	M	102016	94	FCPorto	25.78	488	
11.	Mario Jorge, RODRIGUES	M	23050	88	Vilacondense	26.05	473	
12.	Andre Ferreira, FERNANDES	M	11521	88	CNMaia	26.10	470	
13.	Rui Fernando, ROCHA	M	24096	94	Valongo	26.22	464	
14.	Joao Pedro, BARROSO	M	20392	95	Gin�sio Santo Tirso	26.33	458	
15.	Paulo Ricardo, MOREIRA	M	15487	91	Propaganda da Natacao	26.51	449	
16.	Miguel Alexandre, LEMOS	M	101989	94	Fluvial Portuense	26.64	442	
17.	Bernardo Aguiar, BRANCO	M	103121	95	FCPorto	26.67	440	
18.	Marcelo Jose, PINTO	M	19400	94	Foca	26.73	438	
19.	Artur Sousa, FERREIRA	M	108511	93	Lamas	27.34	409	
20.	Joao Pedro, NEVES	M	123836	93	Leix�es Sport Clube	27.99	381	
21.	Rui Filipe, SOUSA	M	103092	95	Lousada	28.15	375	
22.	Diogo Justino, PINHEIRO	M	20025	92	Propaganda da Natacao	28.64	356	
23.	Joao Pedro, FERNANDES	M	103773	92	Vit�ria Sport Clube	28.72	353	
24.	Bernardo Manuel, CERQUEIRA	M	123837	94	Leix�es Sport Clube	28.93	345	
25.	Luis Miguel, ALMEIDA	M	15370	95	Foca	29.79	316	
DNS	Fernando Santos, MOREIRA	M	15824	94	Fluvial Portuense			DNS

Prova 23
19-11-2011 - 16:55

Femin., 100m Costas
COPIDOURO - C pia e Artigos de Reproduç o, Lda

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	1:03.03	Lisa Marisa, SOARES	CNA	Porto	04-12-2010
Recordes Nacionais 25m Sen	1:00.69	Marta Vieira, MARINHO	FCP	S. Ant�nio Cavaleiros	19-12-2009
Recorde Regional 25m Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	1:05.20	Marisa Santos, FREITAS	VTSC	Tavira	05-05-2002
Recorde Regional 25m Sen	1:00.69	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Carina, SILVA <i>Recorde Regional</i>	F	106219	97	Lousada	1:03.76	649	
	50m: 31.10 31.10	100m:	1:03.76		32.66			
2.	Diana Margarida, DURAES	F	102992	96	Foca	1:05.59	597	
	50m: 32.07 32.07	100m:	1:05.59		33.52			
3.	Patricia Isabel, OLIVEIRA	F	15970	94	Leix�es Sport Clube	1:08.01	535	
	50m: 32.90 32.90	100m:	1:08.01		35.11			
4.	Irina Filipa, LOUSA	F	102467	95	FCPorto	1:08.33	528	
	50m: 33.61 33.61	100m:	1:08.33		34.72			
5.	Andreia Catarina, GOMES	F	103701	94	Vit�ria Sport Clube	1:09.59	499	
	50m: 34.04 34.04	100m:	1:09.59		35.55			
6.	Maria Luis, AMORIM	F	102029	95	FCPorto	1:10.97	471	
	50m: 34.44 34.44	100m:	1:10.97		36.53			
7.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	1:11.77	455	
	50m: 34.29 34.29	100m:	1:11.77		37.48			
8.	Bruna Fanguero, COENTRAO	F	24315	93	Vilacondense	1:12.14	448	
	50m: 35.09 35.09	100m:	1:12.14		37.05			
9.	Sofia Cunha, SOUSA	F	102996	96	Foca	1:12.32	445	
	50m: 35.45 35.45	100m:	1:12.32		36.87			
10.	Ana Isabel, CUNHA	F	102991	96	Foca	1:12.83	436	
	50m: 36.04 36.04	100m:	1:12.83		36.79			
11.	Sonia Alexandra, LEITE	F	110461	97	Vit�ria Sport Clube	1:13.18	429	
	50m: 35.40 35.40	100m:	1:13.18		37.78			
12.	Maria Alves, FERREIRA	F	20480	97	Famalicao	1:13.47	424	
	50m: 36.54 36.54	100m:	1:13.47		36.93			
13.	Mariana Oliveira, VALE	F	15977	93	Valongo	1:13.51	424	
	50m: 35.64 35.64	100m:	1:13.51		37.87			
14.	Ana Paula, ARAUJO	F	20362	96	Gin�sio Santo Tirso	1:14.37	409	
	50m: 36.62 36.62	100m:	1:14.37		37.75			
15.	Ana Micaela, CARVALHO	F	20475	97	Famalicao	1:15.27	395	
	50m: 36.74 36.74	100m:	1:15.27		38.53			
16.	Rita Rafaela, BRUNIDO	F	105182	97	Gespacos	1:15.41	392	
	50m: 36.77 36.77	100m:	1:15.41		38.64			
17.	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia	1:16.30	379	
	50m: 37.77 37.77	100m:	1:16.30		38.53			
18.	Ana Rosa, ARTEIRO	F	105528	97	Vilacondense	1:16.46	376	
	50m: 37.06 37.06	100m:	1:16.46		39.40			
19.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	1:16.94	369	
	50m: 37.44 37.44	100m:	1:16.94		39.50			
20.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	1:17.74	358	
	50m: 37.88 37.88	100m:	1:17.74		39.86			
21.	Ana Catarina, ALMEIDA	F	102989	96	Foca	1:18.21	352	
	50m: 37.87 37.87	100m:	1:18.21		40.34			
22.	Sofia Patricia, GONCALVES	F	111410	97	Fluvial Portuense	1:18.43	349	
	50m: 38.49 38.49	100m:	1:18.43		39.94			
	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	1:18.43	349	
	50m: 37.50 37.50	100m:	1:18.43		40.93			
24.	Ana Raquel, SILVA	F	104584	96	Vilacondense	1:19.82	331	
	50m: 38.73 38.73	100m:	1:19.82		41.09			
25.	Sara Pinto, RODRIGUES	F	20325	96	Fluvial Portuense	1:21.62	309	
	50m: 39.92 39.92	100m:	1:21.62		41.70			
26.	Beatriz Ana, VALENTE	F	103715	97	Fluvial Portuense	1:23.10	293	
	50m: 39.66 39.66	100m:	1:23.10		43.44			
27.	Sofia Monteiro, SOUSA	F	109240	97	Leix�es Sport Clube	1:26.95	256	
	50m: 41.60 41.60	100m:	1:26.95		45.35			

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 24

Prova 23, Femin., 100m Costas, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
28.	Ana Catarina, NETO 50m: 44.64 44.64	F	105610	95	Propaganda da Natacao 46.20	1:30.84	224	
29.	Andreia Sofia, PACHECO 50m: 45.21 45.21	F	102563	95	Propaganda da Natacao 46.58	1:31.79	217	
30.	Maria Teresa, ALVES 50m: 45.87 45.87	F	119753	97	Lamas 47.17	1:33.04	209	

Prova 24

19-11-2011 - 17:05

Masc., 100m Costas

CMEP - Clínica Médica do Exercício do Porto

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	53.04	Nuno Filipe, LAURENTINO	FPN	Moscovo (RUS)	03-04-2002
Recordes Nacionais 25m Juv A	58.65	Pedro Diogo, OLIVEIRA	CNRM	Tomar	10-05-2003
Recordes Nacionais 25m Juv B	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010
Recordes Nacionais 25m Jun	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	53.04	Nuno Filipe, LAURENTINO	FPN	Moscovo (RUS)	03-04-2002
Recorde Regional 25m Absoluto	54.10	Adriano Miguel, NIZ	CFV	Silves	21-12-2007
Recorde Regional 25m Juv A	1:00.21	Tiago Manuel, TEIXEIRA	ADF	Paços de Ferreira	04-03-2011
Recorde Regional 25m Juv B	57.41	Adriano Miguel, NIZ	CFV	Algés	17-05-2002
Recorde Regional 25m Jun	55.55	Adriano Miguel, NIZ	CFV	Corunha (ESP)	18-04-2004
Recorde Regional 25m Sen	54.10	Adriano Miguel, NIZ	CFV	Silves	21-12-2007

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Adriano Miguel, NIZ 50m: 28.85 28.85	M	23013	86	Famalicão 29.67	58.52	584	
2.	Samuel Patricio, QUEIROS 50m: 28.88 28.88	M	15701	91	FCPorto 30.20	59.08	568	
3.	Gil Goncalves, PINTO 50m: 29.99 29.99	M	26051	88	FCPorto 29.76	59.75	549	
4.	Joao Filipe, FERNANDES 50m: 29.27 29.27	M	15222	93	Famalicão 30.49	59.76	549	
5.	Jose Alberto, MARTINS 50m: 29.75 29.75	M	23096	94	Vitória Sport Clube 31.22	1:00.97	517	
6.	Pedro Romanoski, CARVALHO 50m: 29.42 29.42	M	108664	94	Famalicão 31.56	1:00.98	516	
7.	Dario Almeida, SANTOS 50m: 29.93 29.93	M	22520	93	Leixões Sport Clube 31.83	1:01.76	497	
8.	Antonio Rafael, BESSA 50m: 30.06 30.06	M	102089	94	Gespacos 31.95	1:02.01	491	
	Carlos Manuel, CABRAL 50m: 30.23 30.23	M	24236	94	Vilacondense 31.78	1:02.01	491	
10.	Andre Isaias, GUIMARAES 50m: 30.25 30.25	M	102612	95	Famalicão 32.30	1:02.55	478	
11.	Daniel Costa, VIEIRA 50m: 31.21 31.21	M	102412	95	FCPorto 31.99	1:03.20	464	
12.	Rui Goncalves, OLIVEIRA 50m: 30.93 30.93	M	20359	93	CNMaia 32.69	1:03.62	455	
13.	Mario Joao, COSTA 50m: 30.59 30.59	M	15622	90	Famalicão 33.16	1:03.75	452	
14.	Joao Claudio, SOUSA 50m: 31.30 31.30	M	23458	93	Gespacos 33.51	1:04.81	430	
15.	Bernardo Manuel, VALENTE 50m: 32.17 32.17	M	23497	95	Fluvial Portuense 33.86	1:06.03	407	
16.	Hugo Moreira, MARTINS 50m: 32.29 32.29	M	108219	94	Valongo 34.16	1:06.45	399	
17.	Pedro Miguel, COELHO 50m: 32.72 32.72	M	23495	94	Lousada 34.09	1:06.81	393	
18.	Joao Pedro, BARROSO 50m: 32.42 32.42	M	20392	95	Ginásio Santo Tirso 34.44	1:06.86	392	
19.	Luis Carlos, TEIXEIRA 50m: 34.86 34.86	M	15215	88	Ginásio Santo Tirso 36.87	1:11.73	317	
20.	Artur Sousa, FERREIRA 50m: 37.88 37.88	M	108511	93	Lamas 37.74	1:15.62	271	

O Secretário do Juri

O Juiz Árbitro

Prova 24, Masc., 100m Costas, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	Miguel Filipe, FERREIRA 50m: 37.36 37.36	M	118003	91	Lamas 100m: 1:16.44 39.08	1:16.44	262	
DNS	Joao Miguel, ROCHA	M	23414	93	Famaliç�o			DNS

Prova 25

19-11-2011 - 17:15

Femin., 100m Mariposa

COPIDOURO - C pia e Artigos de Reproduç o, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recordes Nacionais 25m Jun	1:01.56	Filipa Vilas, TIAGO	SCP	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Sen	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recorde Regional 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recorde Regional 25m Jun	1:02.89	Sara Freitas, OLIVEIRA	FCP	Guarda	25-11-2000
Recorde Regional 25m Sen	58.31	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	18-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Marta Pereira, ABREU 50m: 31.75 31.75	F	23091	92	FCPorto 100m: 1:07.54 35.79	1:07.54	541	
2.	Soraia Vanessa, RIBEIRO 50m: 31.81 31.81	F	15857	92	Gespacos 100m: 1:07.56 35.75	1:07.56	541	
3.	Sara Monteiro, MEIRELES 50m: 31.88 31.88	F	103921	97	Gespacos 100m: 1:07.97 36.09	1:07.97	531	
4.	Ana Catarina, PEREIRA 50m: 32.05 32.05	F	20445	97	FCPorto 100m: 1:08.35 36.30	1:08.35	522	
5.	Joana Filipa, SANTOS 50m: 32.18 32.18	F	24081	93	Vit�ria Sport Clube 100m: 1:08.80 36.62	1:08.80	512	
6.	Carolina Santos, SILVA 50m: 32.42 32.42	F	23208	86	CNMaia 100m: 1:09.12 36.70	1:09.12	505	
7.	Claudia Cristina, LEAO 50m: 32.35 32.35	F	102069	96	Gespacos 100m: 1:09.38 37.03	1:09.38	499	
8.	Catia Alexandra, BATISTA 50m: 32.73 32.73	F	103036	96	Lamas 100m: 1:09.48 36.75	1:09.48	497	
9.	Barbara Daniela, SOUSA 50m: 33.49 33.49	F	15966	92	Valongo 100m: 1:09.63 36.14	1:09.63	494	
10.	Andreia Sofia, TORRES 50m: 32.45 32.45	F	102471	95	Gespacos 100m: 1:10.08 37.63	1:10.08	484	
11.	Mariana Dias, ALMEIDA 50m: 33.03 33.03	F	22405	93	Famaliç�o 100m: 1:11.46 38.43	1:11.46	457	
12.	Ana Catarina, SOUSA 50m: 33.39 33.39	F	103447	96	Vit�ria Sport Clube 100m: 1:11.55 38.16	1:11.55	455	
13.	Rute Sofia, TEIXEIRA 50m: 33.76 33.76	F	15202	90	Gin�sio Santo Tirso 100m: 1:12.92 39.16	1:12.92	430	
14.	Ana Vitoria, ALVES 50m: 33.97 33.97	F	25096	88	Gespacos 100m: 1:13.03 39.06	1:13.03	428	
15.	Sofia Alexandra, VALINHAS 50m: 34.84 34.84	F	20482	97	Famaliç�o 100m: 1:13.92 39.08	1:13.92	413	
16.	Barbara Pinto, MARTINS 50m: 36.52 36.52	F	102519	94	Propaganda da Natacao 100m: 1:20.29 43.77	1:20.29	322	
17.	Tamara Filipa, SALDANHA 50m: 36.88 36.88	F	103824	96	Fluvial Portuense 100m: 1:21.20 44.32	1:21.20	311	
18.	Joana Gabriela, SILVA 50m: 37.70 37.70	F	103945	95	Lamas 100m: 1:21.91 44.21	1:21.91	303	
EXH	Daniela Figueiredo, METELO 50m: 32.17 32.17	F	26780	97	Clube N�utico Acad�mico 100m: 1:08.84 36.67	1:08.84	511	EXH
EXH	Maria Amelia, GASPAR 50m: 34.02 34.02	F	26584	96	Clube N�utico Acad�mico 100m: 1:12.08 38.06	1:12.08	445	EXH

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 26

Prova 26
19-11-2011 - 17:20

Masc., 100m Mariposa
CMEP - Cl nica M dica do Exerc cio do Porto

Absolutos
Resultados

Recordes Nacionais 25m Absoluto	51.45	Diogo Filipe, CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Recordes Nacionais 25m Juv A	57.32	Diogo Filipe, CARVALHO	CGA	Estarreja	10-07-2003
Recordes Nacionais 25m Juv B	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	05-12-2010
Recordes Nacionais 25m Jun	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	19-12-2004
Recordes Nacionais 25m Sen	51.45	Diogo Filipe, CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Recorde Regional 25m Absoluto	52.83	Adriano Miguel, NIZ	CFV	S. Antonio Cavaleiros	17-12-2006
Recorde Regional 25m Juv A	59.26	Joao Pedro, SANTOS	SANNP	Abrantes (QAT)	09-04-2011
Recorde Regional 25m Juv B	57.82	Ruben Filipe, NUNES	GESP	Ponte de Sor	12-12-2009
Recorde Regional 25m Jun	55.96	Adriano Miguel, NIZ	CFV	Estoril	15-02-2004
Recorde Regional 25m Sen	52.83	Miguel Adriano, NIZ	CFV	S. Antonio Cavaleiros	17-12-2006

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Fabio Manuel, PEREIRA 50m: 25.97 25.97	M	23049	86	Vilacondense 100m: 55.19 29.22	55.19	677	
2.	Nelson Filipe, MARTINHO 50m: 26.27 26.27	M	16016	89	Valongo 100m: 56.60 30.33	56.60	628	
3.	Carlos Filipe, SANTOS 50m: 26.79 26.79	M	15694	91	FCPorto 100m: 57.13 30.34	57.13	611	
4.	Luis Emanuel, VAZ 50m: 27.65 27.65	M	15628	91	Famalicao 100m: 58.40 30.75	58.40	572	
5.	Rui Filipe, MAIA 50m: 27.29 27.29	M	24204	93	Vilacondense 100m: 58.71 31.42	58.71	563	
6.	Simao Pedro, ALVES 50m: 27.93 27.93	M	102500	94	Famalicao 100m: 58.97 31.04	58.97	555	
7.	Ruben Filipe, NUNES 50m: 28.26 28.26	M	23302	94	Gespacos 100m: 59.40 31.14	59.40	543	
8.	Diogo Fontes, MOREIRA 50m: 27.62 27.62	M	13359	93	Leixoes Sport Clube 100m: 59.55 31.93	59.55	539	
9.	Frederico Renato, SOUSA 50m: 28.87 28.87	M	105734	95	Gespacos 100m: 1:00.97 32.10	1:00.97	502	
10.	Carlos Miguel, ARAUJO 50m: 29.07 29.07	M	15583	94	Famalicao 100m: 1:01.12 32.05	1:01.12	499	
11.	Hugo Alberto, RIBEIRO 50m: 29.03 29.03	M	23114	88	Gespacos 100m: 1:01.64 32.61	1:01.64	486	
12.	Joao Miguel, COSTA 50m: 28.81 28.81	M	15088	95	Vilacondense 100m: 1:01.75 32.94	1:01.75	483	
13.	Miguel Angelo, FERRARIA 50m: 28.99 28.99	M	102072	94	FCPorto 100m: 1:01.85 32.86	1:01.85	481	
14.	Cesar Filipe, MAGALHAES 50m: 29.09 29.09	M	15473	95	Foca 100m: 1:02.18 33.09	1:02.18	473	
15.	Andre Ferreira, FERNANDES 50m: 29.12 29.12	M	11521	88	CNMaia 100m: 1:02.53 33.41	1:02.53	466	
16.	Mario Guterres, CARVALHO 50m: 29.19 29.19	M	18088	95	Vilacondense 100m: 1:02.61 33.42	1:02.61	464	
17.	Afonso Aguiar, BRANCO 50m: 29.63 29.63	M	20310	95	FCPorto 100m: 1:03.40 33.77	1:03.40	447	
18.	Joao Marcelo, GOMES 50m: 29.83 29.83	M	102025	95	FCPorto 100m: 1:03.73 33.90	1:03.73	440	
19.	Rui Fernando, ROCHA 50m: 29.32 29.32	M	24096	94	Valongo 100m: 1:03.94 34.62	1:03.94	435	
20.	Andre Filipe, ALVES 50m: 29.79 29.79	M	24261	92	Vitoria Sport Clube 100m: 1:04.32 34.53	1:04.32	428	
21.	Joao Duarte, MARAFONA 50m: 29.56 29.56	M	20293	95	Vilacondense 100m: 1:05.43 35.87	1:05.43	406	
22.	Francisco Taborda, MANGAS 50m: 30.16 30.16	M	102002	94	FCPorto 100m: 1:06.36 36.20	1:06.36	389	
23.	Paulo Andre, SILVA 50m: 31.19 31.19	M	104517	95	CNMaia 100m: 1:07.70 36.51	1:07.70	367	
24.	Paulo Ricardo, MOREIRA 50m: 31.66 31.66	M	15487	91	Propaganda da Natacao 100m: 1:09.73 38.07	1:09.73	336	
25.	Rui Filipe, SOUSA 50m: 32.09 32.09	M	103092	95	Lousada 100m: 1:10.50 38.41	1:10.50	325	

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 27

Prova 26, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
26.	Andre Sampaio, SANTOS 50m: 31.84 31.84	M	103267	95	Fluvial Portuense 39.14	1:10.98	318	
27.	Diogo Justino, PINHEIRO 50m: 32.78 32.78	M	20025	92	Propaganda da Natacao 41.90	1:14.68	273	
28.	Joao Pedro, FERREIRA 50m: 35.58 35.58	M	111411	95	CNMaia 39.29	1:14.87	271	
DNS	Fernando Santos, MOREIRA	M	15824	94	Fluvial Portuense			DNS

Prova 27

19-11-2011 - 17:25

Femin., 200m Estilos

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	2:16.30	Diana Duarte, GOMES	CNA	Leiria	05-12-2009
Recorde Regional 25m Absoluto	2:17.54	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	2:18.23	Diana Ramos, ROCHA	CFV	Leiria	05-12-2009
Recorde Regional 25m Sen	2:17.54	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Patricia, FERREIRA 50m: 31.83 31.83	F	23500	94	Gespacos 37.47 150m: 1:51.43 42.13	2:25.51	627	34.08
2.	Sara Freitas, OLIVEIRA 50m: 29.28 29.28	F	23045	85	FCPorto 37.28 150m: 1:52.66 46.10	2:26.72	612	34.06
3.	Alexandra Paiva, OLIVEIRA 50m: 32.96 32.96	F	15139	91	FCPorto 36.85 150m: 1:53.99 44.18	2:27.48	603	33.49
4.	Amelia Pereira, FERNANDES 50m: 31.43 31.43	F	15951	89	Vitória Sport Clube 37.60 150m: 1:55.53 46.50	2:30.27	570	34.74
5.	Joana Carina, SILVA 50m: 32.16 32.16	F	106219	97	Lousada 38.68 150m: 1:56.37 45.53	2:30.32	569	33.95
6.	Joana Marques, MAIA 50m: 33.02 33.02	F	25067	91	CNMaia 40.52 150m: 1:56.18 42.64	2:32.68	543	36.50
7.	Maria Teresa, AMORIM 50m: 33.06 33.06	F	20104	97	FCPorto 40.07 150m: 1:57.99 44.86	2:32.78	542	34.79
8.	Sofia Cunha, SOUSA 50m: 35.06 35.06	F	102996	96	Foca 38.93 150m: 1:59.04 45.05	2:33.02	539	33.98
9.	Adriana Daniela, CASTRO 50m: 33.77 33.77	F	104515	97	FCPorto 39.91 150m: 2:00.88 47.20	2:34.53	524	33.65
10.	Ana Isabel, CUNHA 50m: 35.33 35.33	F	102991	96	Foca 39.18 150m: 2:00.79 46.28	2:35.72	512	34.93
11.	Claudia Susana, TEIXEIRA 50m: 34.23 34.23	F	102040	96	Gespacos 39.37 150m: 1:59.78 46.18	2:36.18	507	36.40
12.	Carolina Santos, SILVA 50m: 32.62 32.62	F	23208	86	CNMaia 42.70 150m: 2:01.45 46.13	2:37.95	490	36.50
13.	Sofia Isabel, TAVARES 50m: 34.93 34.93	F	101992	97	Vilacondense 41.85 150m: 2:01.77 44.99	2:38.33	487	36.56
14.	Cassandra Pedro, OLIVEIRA 50m: 33.67 33.67	F	111071	95	Vilacondense 39.86 150m: 2:03.81 50.28	2:39.15	479	35.34
15.	Maria Beatriz, RIBEIRO 50m: 35.23 35.23	F	105611	97	CNMaia 41.97 150m: 2:03.57 46.37	2:40.92	464	37.35
16.	Hedvigés Ribeiro, CARVALHO 50m: 35.93 35.93	F	106925	95	Famalicão 41.70 150m: 2:05.28 47.65	2:41.04	463	35.76
17.	Maria Beatriz, FERREIRA 50m: 36.11 36.11	F	24133	95	Fluvial Portuense 41.93 150m: 2:05.22 47.18	2:42.83	448	37.61
18.	Ana Sofia, RAMOS 50m: 34.87 34.87	F	102593	97	Assoc. Desportiva de Fafe 42.95 150m: 2:05.66 47.84	2:43.07	446	37.41
19.	Helena Manuel, JOSE 50m: 34.96 34.96	F	15205	90	Ginásio Santo Tirso 42.74 150m: 2:05.74 48.04	2:43.42	443	37.68
20.	Sandra Mafalda, SILVA 50m: 37.28 37.28	F	110595	97	CNMaia 42.09 150m: 2:06.90 47.53	2:44.84	431	37.94
21.	Ana Paula, ARAUJO 50m: 37.36 37.36	F	20362	96	Ginásio Santo Tirso 40.12 150m: 2:08.85 51.37	2:45.87	423	37.02

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 28

Prova 27, Femin., 200m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	Maria Miguel, OLIVEIRA 50m: 36.50 36.50	F	117219	97	CNMaia 41.95 150m: 2:10.00 51.55	2:45.87 2:45.87	423	35.87
23.	Maria Joao, JOSE 50m: 35.21 35.21	F	15208	90	Ginásio Santo Tirso 41.95 150m: 2:07.20 50.04	2:46.81 2:46.81	416	39.61
24.	Joana Margarida, SOUSA 50m: 39.97 39.97	F	104510	97	Valongo 40.98 150m: 2:09.14 48.19	2:47.91 2:47.91	408	38.77
25.	Ana Sofia, SOUSA 50m: 36.80 36.80	F	101952	96	Gespacos 46.05 150m: 2:09.38 46.53	2:50.92 2:50.92	387	41.54
26.	Ana Cristina, NEVES 50m: 38.79 38.79	F	22553	96	Leixões Sport Clube 43.72 150m: 2:13.67 51.16	2:53.69 2:53.69	369	40.02
27.	Rita Alexandra, GUEDES 50m: 38.33 38.33	F	109572	94	Propaganda da Natacao 45.45 150m: 2:14.42 50.64	2:56.11 2:56.11	354	41.69
28.	Monica Pinto, COELHO 50m: 39.05 39.05	F	18121	95	Ginásio Santo Tirso 46.24 150m: 2:15.55 50.26	2:56.20 2:56.20	353	40.65
29.	Carolina Conceicao, PAIS 50m: 39.98 39.98	F	103764	97	Lamas 50.15 150m: 2:18.30 48.17	2:59.29 2:59.29	335	40.99

Prova 28

19-11-2011 - 17:35

Masc., 200m Estilos

CMEP - Clínica Médica do Exercício do Porto

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	1:54.58	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Juv A	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10-05-2003
Recordes Nacionais 25m Juv B	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15-05-2004
Recordes Nacionais 25m Jun	2:00.80	Diogo Filipe, CARVALHO	CGA	Estoril	11-02-2005
Recordes Nacionais 25m Sen	1:54.58	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	10-12-2009
Recorde Regional 25m Absoluto	1:59.77	Adriano Miguel, NIZ	CFV	Tavira	17-11-2007
Recorde Regional 25m Juv A	2:12.55	Joao Claudio, SOUSA	GESP	Amarante	10-05-2008
Recorde Regional 25m Juv B	2:06.87	Adriano Miguel, NIZ	CFV	Ponte Vedra	20-04-2002
Recorde Regional 25m Jun	2:01.94	Adriano Miguel, NIZ	CFV	Estoril	14-02-2004
Recorde Regional 25m Sen	1:59.77	Adriano Miguel, NIZ	CFV	Tavira	17-11-2007

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Adriano Miguel, NIZ 50m: 26.93 26.93	M	23013	86	Famalicao 31.54 150m: 1:37.06 38.59	2:05.71 2:05.71	671	28.65
2.	Fabio Andre, FIGUEIRA 50m: 27.08 27.08	M	11084	88	FCPorto 31.89 150m: 1:36.48 37.51	2:06.05 2:06.05	666	29.57
3.	Fabio Manuel, PEREIRA 50m: 26.78 26.78	M	23049	86	Vilacondense 33.28 150m: 1:39.23 39.17	2:07.94 2:07.94	636	28.71
4.	Nuno Rafael, ALVES 50m: 28.07 28.07	M	103907	90	Gespacos 33.62 150m: 1:37.78 36.09	2:08.07 2:08.07	635	30.29
5.	Diogo Carmo, RAMOS 50m: 28.47 28.47	M	15317	93	Vilacondense 32.97 150m: 1:39.69 38.25	2:10.26 2:10.26	603	30.57
6.	Henrique Pereira, NEIVA 50m: 28.16 28.16	M	23019	84	Vilacondense 35.17 150m: 1:39.93 36.60	2:10.98 2:10.98	593	31.05
7.	Jorge Manuel, MAIA 50m: 27.89 27.89	M	23220	89	Famalicao 33.44 150m: 1:41.12 39.79	2:11.15 2:11.15	591	30.03
8.	Rui Filipe, COSTA 50m: 28.85 28.85	M	24004	91	Vitória Sport Clube 35.95 150m: 1:42.97 38.17	2:12.72 2:12.72	570	29.75
9.	Paulo Andre, DIAS 50m: 28.80 28.80	M	23406	92	Gespacos 34.64 150m: 1:42.24 38.80	2:13.57 2:13.57	559	31.33
10.	Antonio Rafael, BESSA 50m: 29.49 29.49	M	102089	94	Gespacos 33.85 150m: 1:44.33 40.99	2:15.55 2:15.55	535	31.22
11.	Tiago Sobral, COELHO 50m: 29.09 29.09	M	20393	95	Ginásio Santo Tirso 35.22 150m: 1:44.50 40.19	2:16.29 2:16.29	526	31.79
12.	Jose Alberto, MARTINS 50m: 29.61 29.61	M	23096	94	Vitória Sport Clube 34.32 150m: 1:47.33 43.40	2:17.93 2:17.93	508	30.60
13.	Luis Manuel, FERNANDES 50m: 29.64 29.64	M	15589	95	Famalicao 37.79 150m: 1:45.89 38.46	2:17.97 2:17.97	507	32.08
14.	Diogo Manuel, RODRIGUES 50m: 29.60 29.60	M	15338	94	Vitória Sport Clube 36.46 150m: 1:45.53 39.47	2:18.88 2:18.88	497	33.35
15.	Nuno Goncalo, MARTINS 50m: 30.78 30.78	M	102675	95	Famalicao 37.23 150m: 1:48.20 40.19	2:19.13 2:19.13	495	30.93

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associacao de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 29

Prova 28, Masc., 200m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
16.	Luis Emanuel, VAZ 50m: 28.18 28.18	M	15628	91	Famalicao	2:19.24 34.93 150m: 1:46.47 43.36 200m: 2:19.24	494	32.77
17.	Joao Miguel, COSTA 50m: 29.66 29.66	M	15088	95	Vilacondense	2:19.75 37.00 150m: 1:48.03 41.37 200m: 2:19.75	488	31.72
18.	Carlos Miguel, ARAUJO 50m: 29.85 29.85	M	15583	94	Famalicao	2:20.21 35.59 150m: 1:48.45 43.01 200m: 2:20.21	483	31.76
19.	Rui Goncalves, OLIVEIRA 50m: 29.76 29.76	M	20359	93	CNMaia	2:21.21 36.19 150m: 1:49.64 43.69 200m: 2:21.21	473	31.57
20.	Diogo Sequeira, APARICIO 50m: 31.05 31.05	M	102390	95	FCPorto	2:22.66 35.88 150m: 1:49.63 42.70 200m: 2:22.66	459	33.03
21.	Pedro Romanoski, CARVALHO 50m: 30.20 30.20	M	108664	94	Famalicao	2:23.73 34.95 150m: 1:49.89 44.74 200m: 2:23.73	449	33.84
22.	Andre Isaias, GUIMARAES 50m: 31.37 31.37	M	102612	95	Famalicao	2:24.98 34.44 150m: 1:52.80 46.99 200m: 2:24.98	437	32.18
23.	Bruno Miguel, CAVADAS 50m: 31.21 31.21	M	23279	89	Valongo	2:25.23 38.00 150m: 1:50.34 41.13 200m: 2:25.23	435	34.89
24.	Luis Miguel, LOPES 50m: 32.68 32.68	M	102984	95	Foca	2:25.30 38.74 150m: 1:50.07 38.65 200m: 2:25.30	434	35.23
25.	Carlos Cunha, COSTA 50m: 31.43 31.43	M	102610	95	Assoc. Desportiva de Fafe	2:26.43 39.35 150m: 1:52.31 41.53 200m: 2:26.43	424	34.12
26.	Tiago Andre, ARAUJO 50m: 32.93 32.93	M	105931	95	Leixões Sport Clube	2:31.64 38.90 150m: 1:57.50 45.67 200m: 2:31.64	382	34.14
27.	Rui Sergio, LUIS 50m: 34.63 34.63	M	117510	94	Fluvial Portuense	2:37.56 42.78 150m: 2:02.01 44.60 200m: 2:37.56	341	35.55
28.	Diogo Filipe, PEREIRA 50m: 33.74 33.74	M	24332	92	Propaganda da Natacao	2:38.28 43.68 150m: 2:00.38 42.96 200m: 2:38.28	336	37.90
DNS	Tomas Correia, SILVA	M	23367	95	FCPorto			DNS

Prova 29

19-11-2011 - 17:55

Femin., 4 x 200m Livres

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recordes Nacionais 25m Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009
Recordes Nacionais 25m Sen	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recorde Regional 25m Absoluto	8:14.13	Sara Oliveira, Sara Loureiro, Joana Rodrigues, Marta Marinho	FCP	Porto	05-12-2010
Recorde Regional 25m Jun	8:45.95	Soraia Ribeiro, Sara Nunes, Claudia Monteiro, Mónica Sgueiredo	FCP	Porto	15-12-2007
Recorde Regional 25m Sen	8:14.13	Sara Oliveira, Sara Loureiro, Joana Rodrigues, Marta Marinho	FCP	Porto	14-12-2010

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Vitória Sport Clube 1 Andreia Catarina, GOMES Joana Filipa, SANTOS Daniela Filipa, PINTO Amelia Pereira, FERNANDES	F			Vitória Sport Clube	8:44.08 +0.94 30.27 1:02.11 1:35.27 2:08.56 +0.11 29.33 1:02.79 1:36.91 2:10.31 +0.35 31.02 1:04.89 1:39.41 2:13.31 +0.37 30.10 1:03.28 1:37.49 2:11.90	658	2:08.56 2:10.31 2:13.31 2:11.90
2. Foca 1 Ana Filipa, MARTINS Sofia Cunha, SOUSA Ana Isabel, CUNHA Diana Margarida, DURAES	F			Foca	8:50.12 +0.89 30.58 1:03.85 1:38.06 2:11.14 +0.42 31.29 1:05.42 1:40.83 2:15.81 1:06.92 1:42.57 2:17.98 +0.20 28.76 1:00.95 1:33.29 2:05.19	636	2:11.14 2:15.81 2:17.98 2:05.19
3. FCPorto 1 Ana Goncalves, NETO Adriana Daniela, CASTRO Maria Teresa, AMORIM Maria Luis, AMORIM	F			FCPorto	8:53.25 +1.04 30.03 1:03.07 1:36.76 2:09.86 +0.41 30.77 1:05.22 1:41.54 2:15.71 +0.64 30.50 1:04.74 1:39.62 2:13.35 +0.69 30.72 1:04.46 1:39.36 2:14.33	625	2:09.86 2:15.71 2:13.35 2:14.33
4. Vilacondense 1 Cassandra Pedro, OLIVEIRA Claudia Sofia, MONTEIRO Rita Amado, LAEZZA Ana Filipa, GOMES	F			Vilacondense	8:55.57 +1.07 31.80 1:05.14 1:39.32 2:13.55 +0.63 31.00 1:05.20 1:40.21 2:15.34 30.70 1:04.60 1:40.47 2:15.82 29.44 1:02.65 1:36.76 2:10.86	616	2:13.55 2:15.34 2:15.82 2:10.86
5. Gespacos 1 Diana Patricia, FERREIRA Sara Monteiro, MEIRELES Claudia Cristina, LEO Soraia Vanessa, RIBEIRO	F			Gespacos	8:59.78 +0.89 31.11 1:04.94 1:39.10 2:13.70 +0.61 30.66 1:04.46 1:38.91 2:12.08 +0.70 31.37 1:06.19 1:42.32 2:20.00 +0.55 29.62 1:02.59 1:37.36 2:14.00	602	2:13.70 2:12.08 2:20.00 2:14.00

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 30

Prova 29, Femin., 4 x 200m Livres, Absolutos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
6.	F			Fluvial Portuense	9:44.80				473	
Ines Vilela, BRAGA		97		+0,91 32.04	1:08.19	1:45.36	2:21.28	2:21.28		
Maria Beatriz, FERREIRA		95		+0,48 33.34	1:09.80	1:47.62	2:25.36	2:25.36		
Sofia Patricia, GONCALVES		97		+0,45 33.73	1:12.93	1:52.94	2:32.48	2:32.48		
Sara Pinto, RODRIGUES		96		+0,50 33.10	1:09.88	1:47.88	2:25.68	2:25.68		
EXH	F			Clube N�utico Acad�mico	8:56.08				615	EXH
Matilde Domingues, GAMEIRO		97		+1,06 31.19	1:05.61	1:41.21	2:16.93	2:16.93		
Carolina Cunha, MARTINS		95		+0,59 29.66	1:02.94	1:38.24	2:14.22	2:14.22		
Gabriela Oliveira, ANDRADE		94			1:01.28	1:35.79	2:10.47	2:10.47		
Maria Ines, RIBEIRO		92		-0,02 29.41	1:03.24	1:38.24	2:14.46	2:14.46		

Prova 30

19-11-2011 - 18:05

Masc., 4 x 200m Livres

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

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Juv A	8:14.20	Soc. Filarm. Uniao Artistica Piedense	SFUAP	S. Ant�nio Cavaleiros	22-06-2008
Recordes Nacionais 25m Juv B	7:57.31	Sporting Clube de Braga	SCB	Arcos de Valdevez	25-06-2009
Recordes Nacionais 25m Jun	7:39.07	Futebol Clube do Porto/Imperio Bonifazi	FCB	Felgueiras	08-03-1998
Recordes Nacionais 25m Sen	7:15.07	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Aguiar, Nuno Sousa	AGN	S. Ant�nio Cavaleiros	20-12-2009
Recorde Regional 25m Juv A	8:14.79	Luis Monteiro, Ivo Seco, Pedro Morais	FCP	Joao Montez	27-02-1998
Recorde Regional 25m Juv B	8:02.98	Fabio Pereira, Joao Maia, David Moreira	FCB	Adriano Clumares	08-03-2002
Recorde Regional 25m Jun	7:39.07	Tiago Lousada, Mario Carvalho, Hugo Brao, Nuno Felgueiras	FCB	Felgueiras	08-03-1998
Recorde Regional 25m Sen	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Aguiar, Nuno Sousa	AGN	S. Ant�nio Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
1.	M			FCPorto	7:53.61				644	
Nuno Filipe, MAGALHAES		94		+0,83 27.91	57.70	1:28.39	1:59.09	1:59.09		
Miguel Angelo, FERRARIA		94		+0,29 28.83	57.07	1:28.19	1:59.01	1:59.01		
Francisco Taborda, MANGAS		94		+0,27 28.15	55.93	1:27.68	1:59.37	1:59.37		
Paulo Jorge, SANTOS		89		+0,30 25.55	55.15	1:26.29	1:56.14	1:56.14		
2.	M			Gespacos	7:55.46				636	
Joao Claudio, SOUSA		93		+0,70 28.10	58.61	1:29.42	2:00.49	2:00.49		
Hugo Alberto, RIBEIRO		88		+0,61 27.65	58.05	1:27.90	1:57.47	1:57.47		
Paulo Andre, DIAS		92		+0,56 27.75	57.61	1:28.67	1:59.52	1:59.52		
Ruben Filipe, NUNES		94		+0,38 27.03	57.17	1:27.55	1:57.98	1:57.98		
3.	M			Vit�ria Sport Clube	8:06.97				592	
Rui Filipe, COSTA		91		+0,94 27.03	55.90	1:25.04	1:53.58	1:53.58		
Joao Nuno, ABREU		95		+0,56 27.58	58.46	1:30.32	2:02.84	2:02.84		
Diogo Manuel, RODRIGUES		94		+0,30 28.80	1:00.71	1:33.52	2:07.07	2:07.07		
Jose Alberto, MARTINS		94		+0,41 26.44	56.23	1:29.48	2:03.48	2:03.48		
4.	M			Famalicao	8:13.94				567	
Simao Pedro, ALVES		94		+0,87 27.52	57.56	1:29.48	2:01.39	2:01.39		
Carlos Miguel, ARAUJO		94		+0,54 27.62	58.24	1:30.24	2:03.05	2:03.05		
Nuno Goncalo, MARTINS		95		+0,45 27.94	59.26	1:31.65	2:04.45	2:04.45		
Rui Pedro, FARIA		94		+0,38 27.78	59.30	1:32.23	2:05.05	2:05.05		
5.	M			Vilacondense	8:24.00				534	
Joao Miguel, COSTA		95		+0,71 27.77	58.79	1:31.14	2:02.51	2:02.51		
Joao Duarte, MARAFONA		95		+0,26 27.25	59.98	1:33.98	2:06.19	2:06.19		
Mario Guterres, CARVALHO		95		+0,51 28.46	1:00.37	1:32.26	2:03.79	2:03.79		
Pedro Maria, BESSA		95		+0,11 28.66	1:02.31	1:37.03	2:11.51	2:11.51		
6.	M			Foca	8:30.34				514	
Cesar Filipe, MAGALHAES		95		+0,86 28.29	59.58	1:31.54	2:03.30	2:03.30		
Luis Miguel, ALMEIDA		95		+0,22 28.80	1:02.08	1:37.46	2:12.97	2:12.97		
Luis Miguel, LOPES		95		+0,48 29.78	1:02.93	1:37.85				
Marcelo Jose, PINTO		94								
DNS	M			Fluvial Portuense						DNS

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

Registered to Associacao de Natacao do Norte de Portugal

21-11-2011 14:40 - P gina 31

3 - 3ª Jornada

20-11-2011 - 9:30

Prova 31	Femin., 800m Livres				Absolutos
20-11-2011 - 9:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recordes Nacionais 25m Absoluto	8:45.91	Marta Andreia, FERREIRA	FPN	Riesa (GER)	13-12-2002
Recordes Nacionais 25m Jun	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19-12-2004
Recordes Nacionais 25m Sen	8:45.91	Marta Andreia, FERREIRA	FPN	Riesa (GER)	13-12-2002
Recorde Regional 25m Absoluto	8:52.24	Ana Feio, ALEGRIA	SCB	Algés	26-02-1993
Recorde Regional 25m Jun	8:52.24	Ana Feio, ALEGRIA	SCB	Alges	26-02-1993
Recorde Regional 25m Sen	8:54.20	Teresa Manuela, FERREIRA	FCP	Cantanhede	19-12-2004

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Margarida, DURAES	F	102992	96	Foca	9:00.08	722	
	50m: 30.78 30.78	200m: 2:11.72 1:07.64	400m: 4:26.88 2:15.16	600m: 9:00.08 4:33.20				
2.	Joana Aguiar, RODRIGUES	F	15401	93	FCPorto	9:07.46	693	
	50m: 30.80 30.80	300m: 3:20.64 1:08.50	400m: 4:30.13 1:09.49	600m: 6:49.57 1:10.06	700m: 7:59.07 1:09.50			
	100m: 1:04.17 33.37	500m: 5:39.51 1:09.38	800m: 9:07.46 1:08.39					
3.	Ana Goncalves, NETO	F	101958	95	FCPorto	9:08.70	688	
	50m: 31.20 31.20	300m: 3:23.79 1:09.50	400m: 4:34.28 1:10.49	600m: 6:52.60 1:08.90	700m: 8:01.41 1:08.81			
	100m: 1:05.26 34.06	500m: 5:43.70 1:09.42	800m: 9:08.70 1:07.29					
4.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	9:13.04	672	
	50m: 31.24 31.24	300m: 3:25.82 1:10.47	400m: 4:35.53 1:09.71	600m: 6:55.59 1:10.33	700m: 8:06.09 1:10.50			
	100m: 1:05.26 34.02	500m: 5:45.26 1:09.73	800m: 9:13.04 1:06.95					
5.	Maria Luis, AMORIM	F	102029	95	FCPorto	9:13.37	671	
	50m: 31.50 31.50	300m: 3:25.87 1:10.03	400m: 4:36.37 1:10.50	600m: 6:55.11 1:09.83	700m: 8:05.21 1:10.10			
	100m: 1:05.87 34.37	500m: 5:45.28 1:08.91	800m: 9:13.37 1:08.16					
6.	Daniela Filipa, PINTO	F	20610	91	Vitória Sport Clube	9:18.75	652	
	50m: 32.17 32.17	300m: 3:25.91 1:09.99	400m: 4:36.22 1:10.31	600m: 6:57.39 1:10.81	700m: 8:08.76 1:11.37			
	100m: 1:06.47 34.30	500m: 5:46.58 1:10.36	800m: 9:18.75 1:09.99					
7.	Maria Teresa, AMORIM	F	20104	97	FCPorto	9:19.14	650	
	50m: 32.10 32.10	300m: 3:28.18 1:10.84	400m: 4:38.71 1:10.53	600m: 6:59.21 1:09.81	700m: 8:09.90 1:10.69			
	100m: 1:06.51 34.41	500m: 5:49.40 1:10.69	800m: 9:19.14 1:09.24					
8.	Ana Filipa, MARTINS	F	104438	97	Foca	9:21.61	642	
	50m: 31.61 31.61	300m: 3:26.04 1:10.57	400m: 4:36.58 1:10.54	600m: 6:59.30 1:11.66	700m: 8:11.26 1:11.96			
	100m: 1:05.83 34.22	500m: 5:47.64 1:11.06	800m: 9:21.61 1:10.35					
9.	Sara Monteiro, MEIRELES	F	103921	97	Gespacos	9:31.15	610	
	50m: 33.82 33.82	250m: 2:58.83 35.97	300m: 3:35.23 36.40	450m: 5:23.29 35.68	650m: 7:46.23 35.36			
	100m: 1:09.74 35.92	350m: 4:11.28 36.05	500m: 5:59.06 35.77	700m: 8:21.87 35.64	800m: 9:31.15 33.54			
	150m: 1:46.41 36.67	400m: 4:47.61 36.33	550m: 6:35.06 36.00	750m: 8:57.61 35.74				
	200m: 2:22.86 36.45		600m: 7:10.87 35.81	800m: 9:31.15 33.54				
10.	Adriana Daniela, CASTRO	F	104515	97	FCPorto	9:44.43	569	
	50m: 33.60 33.60	250m: 3:00.86 37.04	300m: 3:37.93 37.07	450m: 5:29.79 37.34	650m: 7:57.14 36.99			
	100m: 1:09.91 36.31	350m: 4:15.16 37.23	500m: 6:06.89 37.10	700m: 8:34.11 36.97	800m: 9:44.43 33.64			
	150m: 1:47.04 37.13	400m: 4:52.45 37.29	550m: 6:43.55 36.66	750m: 9:10.79 36.68				
	200m: 2:23.82 36.78		600m: 7:20.15 36.60	800m: 9:44.43 33.64				
11.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	9:50.97	551	
	50m: 32.47 32.47	250m: 3:33.18 1:13.36	300m: 4:48.54 1:15.36	450m: 7:20.84 1:16.55	650m: 8:36.92 1:16.08			
	100m: 1:07.38 34.91	500m: 6:04.29 1:15.75	600m: 7:20.84 1:16.08	700m: 8:36.92 1:16.08	800m: 9:50.97 1:14.05			
	200m: 2:19.82 1:12.44							
12.	Maria Joao, FERNANDES	F	102092	97	FCPorto	9:52.10	547	
	50m: 33.37 33.37	250m: 3:01.35 37.66	300m: 3:38.92 37.57	450m: 5:32.30 37.62	650m: 8:03.00 37.65			
	100m: 1:09.90 36.53	350m: 4:16.81 37.89	500m: 6:10.28 37.98	700m: 8:40.80 37.80	800m: 9:52.10 34.70			
	150m: 1:47.21 37.31	400m: 4:54.68 37.87	550m: 6:48.21 37.93	750m: 9:17.40 36.60				
	200m: 2:23.69 36.48		600m: 7:25.35 37.14	800m: 9:52.10 34.70				
13.	Mafalda Mendes, MAGALHAES	F	107706	97	FCPorto	9:53.58	543	
	50m: 33.16 33.16	250m: 3:02.80 37.58	300m: 3:40.28 37.48	450m: 5:32.45 37.52	650m: 8:03.46 36.95			
	100m: 1:10.30 37.14	350m: 4:17.26 36.98	500m: 6:10.27 37.82	700m: 8:41.47 38.01	800m: 9:53.58 35.39			
	150m: 1:47.84 37.54	400m: 4:54.93 37.67	550m: 6:48.25 37.98	750m: 9:18.19 36.72				
	200m: 2:25.22 37.38		600m: 7:26.51 38.26	800m: 9:53.58 35.39				
14.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao	9:57.45	533	
	50m: 33.51 33.51	250m: 3:56.86 1:32.06	300m: 4:46.86 50.00	450m: 7:29.00 1:16.14	650m: 8:44.70 1:15.70			
	100m: 1:09.95 36.44	500m: 6:12.86 1:26.00	600m: 7:29.00 1:16.14	700m: 8:44.70 1:15.70	800m: 9:57.45 1:12.75			
	200m: 2:24.80 1:14.85							

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 32

Prova 31, Femin., 800m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15.	Luciana Tomi, KOBAYASHI	F	107429	95	Vilacondense	10:15.36	488	
	50m: 34.38				250m: 3:07.90	38.65	450m: 5:45.18	39.47
	100m: 1:11.91				300m: 3:47.04	39.14	500m: 6:24.31	39.13
	150m: 1:50.50				350m: 4:25.99	38.95	550m: 7:04.02	39.71
	200m: 2:29.25				400m: 5:05.71	39.72	600m: 7:43.19	39.17
650m:	8:21.76							38.57
700m:	8:59.96							38.20
750m:	9:38.82							38.86
800m:	10:15.36							36.54
16.	Ana Mafalda, OLIVEIRA	F	23193	81	CNMaia	10:17.48	483	
	50m: 35.01				250m: 3:08.24	38.61	450m: 5:43.33	38.12
	100m: 1:12.87				300m: 3:47.16	38.92	500m: 6:22.00	38.67
	150m: 1:51.34				350m: 4:26.27	39.11	550m: 7:01.44	39.44
	200m: 2:29.63				400m: 5:05.21	38.94	600m: 7:41.17	39.73
650m:	8:20.40							39.23
700m:	9:00.11							39.71
750m:	9:38.98							38.87
800m:	10:17.48							38.50
17.	Beatriz Casimiro, VALENTE	F	15488	96	Leixões Sport Clube	10:19.55	478	
	50m: 33.99				250m: 3:07.62	39.07	450m: 5:45.26	39.33
	100m: 1:11.42				300m: 3:47.03	39.41	500m: 6:25.03	39.77
	150m: 1:49.50				350m: 4:26.43	39.40	550m: 7:04.59	39.56
	200m: 2:28.55				400m: 5:05.93	39.50	600m: 7:44.09	39.50
650m:	8:23.53							39.44
700m:	9:02.56							39.03
750m:	9:41.23							38.67
800m:	10:19.55							38.32
18.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	10:21.64	473	
	50m: 34.81				250m: 3:10.07	39.05	450m: 5:47.17	39.61
	100m: 1:12.66				300m: 3:49.33	39.26	500m: 6:26.31	39.14
	150m: 1:52.07				350m: 4:28.68	39.35	550m: 7:05.88	39.57
	200m: 2:31.02				400m: 5:07.56	38.88	600m: 7:45.37	39.49
650m:	8:24.74							39.37
700m:	9:04.07							39.33
750m:	9:43.07							39.00
800m:	10:21.64							38.57

Prova 32

20-11-2011 - 9:50

Masc., 1500m Livres

CMEP - Clínica Médica do Exercício do Porto

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recordes Nacionais 25m Jun	15:05.57	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009
Recordes Nacionais 25m Sen	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recorde Regional 25m Absoluto	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recorde Regional 25m Jun	15:28.27	Egas Sousa, BASTOS	ADF	Fafe	01-05-2001
Recorde Regional 25m Sen	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joao Filipe, CARVALHO	M	23026	87	FCPorto	16:11.36	670	
	50m: 29.22				450m: 4:46.46	32.16	850m: 9:04.98	32.44
	100m: 1:01.11				500m: 5:18.72	32.26	900m: 9:37.47	32.49
	150m: 1:33.37				550m: 5:50.97	32.25	950m: 10:10.19	32.72
	200m: 2:05.51				600m: 6:22.87	31.90	1000m: 10:42.86	32.67
	250m: 2:37.72				650m: 6:54.97	32.10	1050m: 11:15.39	32.53
	300m: 3:09.90				700m: 7:27.31	32.34	1100m: 11:48.45	33.06
	350m: 3:42.23				750m: 7:59.98	32.67	1150m: 12:21.36	32.91
	400m: 4:14.30				800m: 8:32.54	32.56	1200m: 12:54.95	33.59
1250m:	13:28.17							33.22
1300m:	14:01.54							33.37
1350m:	14:34.62							33.08
1400m:	15:07.83							33.21
1450m:	15:40.09							32.26
1500m:	16:11.36							31.27
2.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	16:27.61	637	
	50m: 29.29				450m: 4:47.47	32.27	850m: 9:09.19	33.71
	100m: 1:01.13				500m: 5:19.84	32.37	900m: 9:42.74	33.55
	150m: 1:33.48				550m: 5:52.17	32.33	950m: 10:16.30	33.56
	200m: 2:05.71				600m: 6:24.59	32.42	1000m: 10:49.93	33.63
	250m: 2:38.09				650m: 6:57.15	32.56	1050m: 11:23.36	33.43
	300m: 3:10.52				700m: 7:29.48	32.33	1100m: 11:57.30	33.94
	350m: 3:42.82				750m: 8:02.33	32.85	1150m: 12:31.59	34.29
	400m: 4:15.20				800m: 8:35.48	33.15	1200m: 13:05.60	34.01
1250m:	13:39.66							34.06
1300m:	14:13.69							34.03
1350m:	14:47.29							33.60
1400m:	15:20.84							33.55
1450m:	15:54.46							33.62
1500m:	16:27.61							33.15
3.	Artur Manuel, FERREIRA	M	101981	95	FCPorto	16:36.17	621	
	50m: 29.20				450m: 4:52.29	33.15	850m: 9:20.35	33.58
	100m: 1:00.87				500m: 5:25.76	33.47	900m: 9:53.59	33.24
	150m: 1:33.42				550m: 5:59.45	33.69	950m: 10:27.32	33.73
	200m: 2:06.26				600m: 6:32.64	33.19	1000m: 11:01.07	33.75
	250m: 2:39.03				650m: 7:06.43	33.79	1050m: 11:34.46	33.39
	300m: 3:12.25				700m: 7:39.68	33.25	1100m: 12:08.13	33.67
	350m: 3:45.96				750m: 8:13.07	33.39	1150m: 12:41.62	33.49
	400m: 4:19.14				800m: 8:46.77	33.70	1200m: 13:15.28	33.66
1250m:	13:48.85							33.57
1300m:	14:22.64							33.79
1350m:	14:56.26							33.62
1400m:	15:29.76							33.50
1450m:	16:03.58							33.82
1500m:	16:36.17							32.59
4.	Paulo Andre, DIAS	M	23406	92	Gespacos	16:53.78	589	
	50m: 29.77				450m: 4:52.50	33.60	850m: 9:31.07	35.20
	100m: 1:01.76				500m: 5:26.75	34.25	900m: 10:05.73	34.66
	150m: 1:33.88				550m: 6:01.56	34.81	950m: 10:40.33	34.60
	200m: 2:06.46				600m: 6:36.04	34.48	1000m: 11:14.70	34.37
	250m: 2:39.08				650m: 7:11.34	35.30	1050m: 11:49.15	34.45
	300m: 3:12.27				700m: 7:45.84	34.50	1100m: 12:23.34	34.19
	350m: 3:45.37				750m: 8:20.86	35.02	1150m: 12:57.40	34.06
	400m: 4:18.90				800m: 8:55.87	35.01	1200m: 13:31.65	34.25
1250m:	14:05.83							34.18
1300m:	14:39.53							33.70
1350m:	15:13.35							33.82
1400m:	15:46.79							33.44
1450m:	16:19.99							33.20
1500m:	16:53.78							33.79

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 33

Prova 32, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	Rui Pedro, FARIA	M	15592	94	Famalicao	16:56.87	584	
	50m: 30.16	30.16	450m: 4:54.31	33.73	850m: 9:24.54	34.02	1250m: 14:01.98	34.92
	100m: 1:02.09	31.93	500m: 5:27.91	33.60	900m: 9:58.67	34.13	1300m: 14:37.09	35.11
	150m: 1:34.41	32.32	550m: 6:01.89	33.98	950m: 10:33.19	34.52	1350m: 15:12.26	35.17
	200m: 2:07.29	32.88	600m: 6:35.28	33.39	1000m: 11:07.77	34.58	1400m: 15:47.26	35.00
	250m: 2:40.19	32.90	650m: 7:08.76	33.48	1050m: 11:42.48	34.71	1450m: 16:22.35	35.09
	300m: 3:13.68	33.49	700m: 7:42.32	33.56	1100m: 12:17.11	34.63	1500m: 16:56.87	34.52
	350m: 3:47.14	33.46	750m: 8:16.24	33.92	1150m: 12:51.91	34.80		
	400m: 4:20.58	33.44	800m: 8:50.52	34.28	1200m: 13:27.06	35.15		
6.	Joao Miguel, COSTA	M	15088	95	Vilacondense	16:57.86	582	
	50m: 30.83	30.83	450m: 5:05.06	34.63	850m: 9:41.42	34.10	1250m: 14:12.74	33.41
	100m: 1:04.29	33.46	500m: 5:39.47	34.41	900m: 10:16.03	34.61	1300m: 14:46.66	33.92
	150m: 1:38.36	34.07	550m: 6:13.76	34.29	950m: 10:50.54	34.51	1350m: 15:20.21	33.55
	200m: 2:12.77	34.41	600m: 6:48.27	34.51	1000m: 11:24.78	34.24	1400m: 15:53.75	33.54
	250m: 2:46.99	34.22	650m: 7:23.25	34.98	1050m: 11:58.88	34.10	1450m: 16:27.00	33.25
	300m: 3:21.38	34.39	700m: 7:57.84	34.59	1100m: 12:32.68	33.80	1500m: 16:57.86	30.86
	350m: 3:55.72	34.34	750m: 8:32.66	34.82	1150m: 13:06.25	33.57		
	400m: 4:30.43	34.71	800m: 9:07.32	34.66	1200m: 13:39.33	33.08		
7.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	17:01.47	576	
	50m: 30.62	30.62	450m: 5:04.12	34.23	850m: 9:39.80	34.51	1250m: 14:14.91	34.43
	100m: 1:03.81	33.19	500m: 5:39.05	34.93	900m: 10:14.57	34.77	1300m: 14:49.26	34.35
	150m: 1:37.55	33.74	550m: 6:13.27	34.22	950m: 10:49.04	34.47	1350m: 15:23.71	34.45
	200m: 2:11.64	34.09	600m: 6:47.87	34.60	1000m: 11:23.54	34.50	1400m: 15:57.78	34.07
	250m: 2:45.89	34.25	650m: 7:21.97	34.10	1050m: 11:58.04	34.50	1450m: 16:31.42	33.64
	300m: 3:20.62	34.73	700m: 7:56.47	34.50	1100m: 12:32.19	34.15	1500m: 17:01.47	30.05
	350m: 3:54.86	34.24	750m: 8:30.87	34.40	1150m: 13:06.08	33.89		
	400m: 4:29.89	35.03	800m: 9:05.29	34.42	1200m: 13:40.48	34.40		
8.	Igor Guterres, CARVALHO	M	23057	88	Vilacondense	17:02.08	575	
	50m: 31.07	31.07	450m: 5:05.20	34.52	850m: 9:42.37	34.24	1250m: 14:16.00	34.73
	100m: 1:04.42	33.35	500m: 5:39.68	34.48	900m: 10:16.51	34.14	1300m: 14:50.13	34.13
	150m: 1:38.43	34.01	550m: 6:14.02	34.34	950m: 10:50.63	34.12	1350m: 15:23.71	34.44
	200m: 2:12.78	34.35	600m: 6:48.88	34.66	1000m: 11:24.88	34.25	1400m: 15:59.04	34.47
	250m: 2:47.06	34.28	650m: 7:23.45	34.77	1050m: 11:59.12	34.24	1450m: 16:32.18	33.14
	300m: 3:21.43	34.37	700m: 7:58.40	34.95	1100m: 12:33.27	34.15	1500m: 17:02.08	29.90
	350m: 3:55.95	34.52	750m: 8:33.17	34.77	1150m: 13:06.96	33.69		
	400m: 4:30.68	34.73	800m: 9:08.13	34.96	1200m: 13:41.27	34.31		
9.	Marcelo Jose, PINTO	M	19400	94	Foca	17:03.48	573	
	50m: 30.70	30.70	450m: 5:00.35	34.95	850m: 9:40.06	34.54	1250m: 14:15.22	34.26
	100m: 1:03.45	32.75	500m: 5:35.47	35.12	900m: 10:14.85	34.79	1300m: 14:49.43	34.21
	150m: 1:36.62	33.17	550m: 6:11.10	35.63	950m: 10:49.35	34.50	1350m: 15:23.71	34.28
	200m: 2:10.13	33.51	600m: 6:46.70	35.60	1000m: 11:23.91	34.56	1400m: 15:57.88	34.17
	250m: 2:43.50	33.37	650m: 7:22.09	35.39	1050m: 11:58.43	34.52	1450m: 16:31.47	33.59
	300m: 3:16.96	33.46	700m: 7:56.56	34.47	1100m: 12:32.65	34.22	1500m: 17:03.48	32.01
	350m: 3:51.36	34.40	750m: 8:31.15	34.59	1150m: 13:06.65	34.00		
	400m: 4:25.40	34.04	800m: 9:05.52	34.37	1200m: 13:40.96	34.31		
10.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube	17:18.61	548	
	50m: 30.08	30.08	450m: 5:03.39	34.88	850m: 9:43.04	34.88	1250m: 14:23.36	35.38
	100m: 1:03.05	32.97	500m: 5:38.09	34.70	900m: 10:18.02	34.98	1300m: 14:58.55	35.19
	150m: 1:36.78	33.73	550m: 6:12.63	34.54	950m: 10:53.02	35.00	1350m: 15:33.95	35.40
	200m: 2:10.76	33.98	600m: 6:47.46	34.83	1000m: 11:28.15	35.13	1400m: 16:09.27	35.32
	250m: 2:44.90	34.14	650m: 7:22.53	35.07	1050m: 12:03.40	35.25	1450m: 16:44.43	35.16
	300m: 3:19.34	34.44	700m: 7:57.68	35.15	1100m: 12:38.30	34.90	1500m: 17:18.61	34.18
	350m: 3:53.90	34.56	750m: 8:32.55	34.87	1150m: 13:13.30	35.00		
	400m: 4:28.51	34.61	800m: 9:08.16	35.61	1200m: 13:47.98	34.68		
11.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	17:27.70	534	
	50m: 32.49	32.49	450m: 5:12.23	34.72	850m: 9:50.39	34.83	1250m: 14:34.10	35.43
	100m: 1:07.53	35.04	500m: 5:46.46	34.23	900m: 10:25.74	35.35	1300m: 15:09.53	35.43
	150m: 1:42.41	34.88	550m: 6:20.92	34.46	950m: 11:01.20	35.46	1350m: 15:44.96	35.43
	200m: 2:17.84	35.43	600m: 6:55.68	34.76	1000m: 11:36.50	35.30	1400m: 16:20.46	35.50
	250m: 2:52.85	35.01	650m: 7:30.31	34.63	1050m: 12:11.72	35.22	1450m: 16:55.33	34.87
	300m: 3:27.92	35.07	700m: 8:05.52	35.21	1100m: 12:46.95	35.23	1500m: 17:27.70	32.37
	350m: 4:02.80	34.88	750m: 8:40.45	34.93	1150m: 13:23.02	36.07		
	400m: 4:37.51	34.71	800m: 9:15.56	35.11	1200m: 13:58.67	35.65		
12.	Pedro Maria, BESSA	M	18656	95	Vilacondense	17:38.73	517	
	50m: 31.16	31.16	450m: 5:12.87	35.83	850m: 9:57.18	35.38	1250m: 14:42.56	36.04
	100m: 1:05.41	34.25	500m: 5:48.46	35.59	900m: 10:32.31	35.13	1300m: 15:18.93	36.37
	150m: 1:40.59	35.18	550m: 6:24.10	35.64	950m: 11:07.57	35.26	1350m: 15:54.99	36.06
	200m: 2:15.75	35.16	600m: 6:59.48	35.38	1000m: 11:43.06	35.49	1400m: 16:31.04	36.05
	250m: 2:51.08	35.33	650m: 7:35.21	35.73	1050m: 12:18.76	35.70	1450m: 17:06.15	35.11
	300m: 3:26.49	35.41	700m: 8:10.89	35.68	1100m: 12:54.37	35.61	1500m: 17:38.73	32.58
	350m: 4:01.77	35.28	750m: 8:46.27	35.38	1150m: 13:30.35	35.98		
	400m: 4:37.04	35.27	800m: 9:21.80	35.53	1200m: 14:06.52	36.17		
13.	Mario Guterres, CARVALHO	M	18088	95	Vilacondense	17:39.20	516	
	50m: 31.00	31.00	450m: 5:10.84	35.02	850m: 9:56.44	36.67	1250m: 14:47.30	36.25
	100m: 1:04.93	33.93	500m: 5:46.45	35.61	900m: 10:32.59	36.15	1300m: 15:23.31	36.01
	150m: 1:39.69	34.76	550m: 6:21.35	34.90	950m: 11:08.65	36.06	1350m: 15:58.24	34.93
	200m: 2:15.19	35.50	600m: 6:56.21	34.86	1000m: 11:45.17	36.52	1400m: 16:33.49	35.25
	250m: 2:50.42	35.23	650m: 7:31.57	35.36	1050m: 12:21.09	35.92	1450m: 17:07.86	34.37
	300m: 3:25.80	35.38	700m: 8:07.47	35.90	1100m: 12:57.79	36.70	1500m: 17:39.20	31.34
	350m: 4:00.68	34.88	750m: 8:43.42	35.95	1150m: 13:34.69	36.90		
	400m: 4:35.82	35.14	800m: 9:19.77	36.35	1200m: 14:11.05	36.36		

Prova 32, Masc., 1500m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
14.	Joao Eurico, COSTA	M	15450	94	Leixões Sport Clube	17:43.79	510	
	50m: 31.96	31.96	450m: 5:11.95	35.61	850m: 9:58.22	35.66	1250m: 14:46.91	36.16
	100m: 1:06.27	34.31	500m: 5:47.73	35.78	900m: 10:34.60	36.38	1300m: 15:22.51	35.60
	150m: 1:40.95	34.68	550m: 6:23.26	35.53	950m: 11:10.13	35.53	1350m: 15:58.20	35.69
	200m: 2:15.77	34.82	600m: 6:58.75	35.49	1000m: 11:46.42	36.29	1400m: 16:34.14	35.94
	250m: 2:50.56	34.79	650m: 7:34.89	36.14	1050m: 12:22.59	36.17	1450m: 17:09.33	35.19
	300m: 3:25.89	35.33	700m: 8:10.70	35.81	1100m: 12:58.36	35.77	1500m: 17:43.79	34.46
	350m: 4:00.86	34.97	750m: 8:46.49	35.79	1150m: 13:34.63	36.27		
	400m: 4:36.34	35.48	800m: 9:22.56	36.07	1200m: 14:10.75	36.12		
15.	Orlando Filipe, MORIM	M	107373	95	Vilacondense	17:59.11	488	
	50m: 30.19	30.19	450m: 5:13.27	35.77	850m: 10:02.03	36.37	1250m: 14:55.47	36.70
	100m: 1:03.80	33.61	500m: 5:49.24	35.97	900m: 10:38.48	36.45	1300m: 15:32.91	37.44
	150m: 1:38.79	34.99	550m: 6:24.85	35.61	950m: 11:15.80	37.32	1350m: 16:09.99	37.08
	200m: 2:14.49	35.70	600m: 7:00.90	36.05	1000m: 11:52.35	36.55	1400m: 16:47.33	37.34
	250m: 2:50.18	35.69	650m: 7:36.86	35.96	1050m: 12:28.96	36.61	1450m: 17:23.39	36.06
	300m: 3:25.91	35.73	700m: 8:13.47	36.61	1100m: 13:05.10	36.14	1500m: 17:59.11	35.72
	350m: 4:01.56	35.65	750m: 8:49.35	35.88	1150m: 13:41.82	36.72		
	400m: 4:37.50	35.94	800m: 9:25.66	36.31	1200m: 14:18.77	36.95		

Prova 33

Femin., 50m Mariposa

Absolutos

20-11-2011 - 10:30

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Resultados

Recordes Nacionais 25m Absoluto	26.78	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	16-12-2010
Recordes Nacionais 25m Jun	27.57	Filipa Vilas, TIAGO	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	26.78	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	16-12-2010
Recorde Regional 25m	26.78	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	16-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Claudia Sofia, MONTEIRO	F	15882	92	Vilacondense	29.91	541	
2.	Claudia Marques, MORENO	F	24213	91	FCPorto	30.17	527	
3.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos	30.39	516	
4.	Angelica Maria, ANDRE	F	15497	94	Leixões Sport Clube	30.60	505	
5.	Amelia Pereira, FERNANDES	F	15951	89	Vitória Sport Clube	30.97	487	
6.	Ana Catarina, PEREIRA	F	20445	97	FCPorto	31.09	482	
7.	Andreia Sofia, TORRES	F	102471	95	Gespacos	31.28	473	
8.	Catia Alexandra, BATISTA	F	103036	96	Lamas	31.32	471	
9.	Carolina Santos, SILVA	F	23208	86	CNMaia	31.94	444	
10.	Claudia Cristina, LEAO	F	102069	96	Gespacos	31.98	443	
11.	Barbara Daniela, SOUSA	F	15966	92	Valongo	32.06	439	
12.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	32.35	428	
13.	Ana Isabel, FERNANDES	F	102704	96	Famalicão	32.38	426	
14.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	32.70	414	
15.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	33.54	384	
16.	Rute Sofia, TEIXEIRA	F	15202	90	Ginásio Santo Tirso	33.59	382	
17.	Ana Vitoria, ALVES	F	25096	88	Gespacos	33.88	372	
18.	Joana Gabriela, SILVA	F	103945	95	Lamas	34.10	365	
19.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicão	34.45	354	
20.	Rita Rafaela, BRUNIDO	F	105182	97	Gespacos	34.57	350	
21.	Barbara Pinto, MARTINS	F	102519	94	Propaganda da Natacao	35.25	330	
22.	Tamara Filipa, SALDANHA	F	103824	96	Fluvial Portuense	36.06	309	
23.	Maria Teresa, ALVES	F	119753	97	Lamas	47.46	135	
EXH	Beatriz Neves, CRAVEIRO	F	106762	97	Clube Náutico Académico	31.31	472	EXH
EXH	Andreia Margarida, MORGADO	F	100542	97	Clube Náutico Académico	32.81	410	EXH

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 35

Prova 34 Absolutos
20-11-2011 - 10:35 Resultados
CMEP - Clínica Médica do Exercício do Porto

Recordes Nacionais 25m Absoluto	23.63	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	13-12-2009
Recordes Nacionais 25m Jun	24.83	Miguel Silva, OLIVEIRA	CNAC	Coimbra	09-05-2009
Recordes Nacionais 25m Sen	23.63	Diogo Filipe, CARVALHO	FPN	Istambul (TUR)	13-12-2009
Recorde Regional 25m	24.38	Miguel Adriano, NIZ	CFV	Vigo (ESP)	02-12-2006

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Simao Pedro, ALVES	M	102500	94	Famalicão	25.66	613	
2.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	25.83	601	
3.	Jorge Manuel, MAIA	M	23220	89	Famalicão	26.47	558	
4.	Diogo Fontes, MOREIRA	M	13359	93	Leixões Sport Clube	26.79	538	
5.	Rui Filipe, MAIA	M	24204	93	Vilacondense	26.95	529	
6.	Carlos Miguel, ARAUJO	M	15583	94	Famalicão	27.36	505	
7.	Rui Filipe, COSTA	M	24004	91	Vitória Sport Clube	27.51	497	
8.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	27.63	491	
9.	Ruben Filipe, NUNES	M	23302	94	Gespacos	27.66	489	
10.	Frederico Renato, SOUSA	M	105734	95	Gespacos	28.13	465	
11.	Rui Fernando, ROCHA	M	24096	94	Valongo	28.27	458	
12.	Miguel Angelo, FERRARIA	M	102072	94	FCPorto	28.37	453	
13.	Mario Jorge, RODRIGUES	M	23050	88	Vilacondense	28.68	439	
14.	Andre Ferreira, FERNANDES	M	11521	88	CNMaia	28.85	431	
15.	Andre Filipe, ALVES	M	24261	92	Vitória Sport Clube	29.12	419	
16.	Paulo Ricardo, MOREIRA	M	15487	91	Propaganda da Natacao	29.42	406	
17.	Paulo Andre, SILVA	M	104517	95	CNMaia	29.58	400	
18.	Andre Sampaio, SANTOS	M	103267	95	Fluvial Portuense	30.59	361	
19.	Artur Sousa, FERREIRA	M	108511	93	Lamas	30.70	358	
20.	Rui Filipe, SOUSA	M	103092	95	Lousada	31.15	342	
21.	Diogo Justino, PINHEIRO	M	20025	92	Propaganda da Natacao	31.36	335	
22.	Joao Pedro, FERREIRA	M	111411	95	CNMaia	34.28	257	
DSQ	Francisco Taborda, MANGAS	M	102002	94	FCPorto			DSQ
	102 - Falsa partida – SW 4.4							
EXH	Joao Albano, VIOLA	M	100421	89	Clube Náutico Académico	30.10	379	EXH

Prova 35 Absolutos
20-11-2011 - 10:40 Resultados
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Recordes Nacionais 25m Absoluto	2:12.00	Ana Antas, BARROS	SAD	Algés	14-05-1993
Recordes Nacionais 25m Jun	2:12.80	Petra Quintela, CHAVES	SAD	Algés	31-05-1994
Recordes Nacionais 25m Sen	2:12.00	Ana Antas, BARROS	SAD	Algés	14-05-1993
Recorde Regional 25m Absoluto	2:15.44	Marta Vieira, MARINHO	FCP	Porto	05-12-2010
Recorde Regional 25m Jun	2:18.82	Joana Carina, SILVA	LSXXI	Paços de Ferreira	30-10-2011
Recorde Regional 25m Sen	2:15.44	Marta Vieira, MARINHO	FCP	Porto	05-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Marta Vieira, MARINHO	F	15707	91	FCPorto	2:17.56	666	
	50m: 32.82 32.82				100m: 1:06.81 33.99	150m: 1:41.68 34.87	200m: 2:17.56	35.88
2.	Marta Pereira, ABREU	F	23091	92	FCPorto	2:20.41	627	
	50m: 32.83 32.83				100m: 1:07.66 34.83	150m: 1:43.99 36.33	200m: 2:20.41	36.42
3.	Joana Carina, SILVA	F	106219	97	Lousada	2:23.17	591	
	50m: 33.08 33.08				100m: 1:08.66 35.58	150m: 1:46.20 37.54	200m: 2:23.17	36.97
4.	Ana Catarina, MONTEIRO	F	24320	93	Vilacondense	2:24.04	580	
	50m: 34.01 34.01				100m: 1:10.24 36.23	150m: 1:47.25 37.01	200m: 2:24.04	36.79
5.	Irina Filipa, LOUSA	F	102467	95	FCPorto	2:25.85	559	
	50m: 34.49 34.49				100m: 1:11.21 36.72	150m: 1:48.65 37.44	200m: 2:25.85	37.20
6.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	2:26.20	555	
	50m: 33.55 33.55				100m: 1:10.26 36.71	150m: 1:48.66 38.40	200m: 2:26.20	37.54
7.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	2:26.51	551	
	50m: 34.88 34.88				100m: 1:12.08 37.20	150m: 1:49.63 37.55	200m: 2:26.51	36.88
8.	Diana Margarida, DURAES	F	102992	96	Foca	2:27.86	536	
	50m: 34.04 34.04				100m: 1:11.16 37.12	150m: 1:49.32 38.16	200m: 2:27.86	38.54

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 36

Prova 35, Femin., 200m Costas, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Ana Filipa, GOMES 50m: 34.71 34.71	F	107376	96	Vilacondense 37.56 150m: 1:51.10 38.83	2:30.17 2:30.17	512	39.07
10.	Claudia Susana, TEIXEIRA 50m: 34.64 34.64	F	102040	96	Gespacos 37.86 150m: 1:51.64 39.14	2:31.05 2:31.05	503	39.41
11.	Joana Marques, MAIA 50m: 35.35 35.35	F	25067	91	CNMaia 38.47 150m: 1:52.91 39.09	2:31.23 2:31.23	501	38.32
12.	Maria Alves, FERREIRA 50m: 37.05 37.05	F	20480	97	Famalic�o 38.81 150m: 1:55.49 39.63	2:33.66 2:33.66	478	38.17
13.	Carolina Santos, SILVA 50m: 36.39 36.39	F	23208	86	CNMaia 39.16 150m: 1:55.10 39.55	2:33.91 2:33.91	476	38.81
14.	Ana Micaela, CARVALHO 50m: 36.48 36.48	F	20475	97	Famalic�o 39.16 150m: 1:55.75 40.11	2:34.10 2:34.10	474	38.35
15.	Sofia Cunha, SOUSA 50m: 37.07 37.07	F	102996	96	Foca 38.63 150m: 1:55.66 39.96	2:34.64 2:34.64	469	38.98
16.	Ana Isabel, CUNHA 50m: 37.21 37.21	F	102991	96	Foca 38.83 150m: 1:56.06 40.02	2:35.28 2:35.28	463	39.22
17.	Ana Paula, ARAUJO 50m: 37.02 37.02	F	20362	96	Gin�sio Santo Tirso 38.99 150m: 1:56.61 40.60	2:36.93 2:36.93	449	40.32
18.	Sonia Alexandra, LEITE 50m: 35.72 35.72	F	110461	97	Vit�ria Sport Clube 39.90 150m: 1:56.90 41.28	2:36.97 2:36.97	448	40.07
19.	Ana Catarina, SOUSA 50m: 34.98 34.98	F	103447	96	Vit�ria Sport Clube 39.07 150m: 1:55.58 41.53	2:38.22 2:38.22	438	42.64
20.	Mariana Oliveira, VALE 50m: 37.31 37.31	F	15977	93	Valongo 40.44 150m: 1:58.34 40.59	2:38.69 2:38.69	434	40.35
21.	Ana Catarina, ALMEIDA 50m: 37.49 37.49	F	102989	96	Foca 41.31 150m: 2:00.42 41.62	2:41.66 2:41.66	410	41.24
22.	Sandra Mafalda, SILVA 50m: 38.05 38.05	F	110595	97	CNMaia 41.25 150m: 2:01.44 42.14	2:42.20 2:42.20	406	40.76
23.	Maria Beatriz, RIBEIRO 50m: 37.74 37.74	F	105611	97	CNMaia 41.41 150m: 2:01.68 42.53	2:42.59 2:42.59	403	40.91
24.	Maria Miguel, OLIVEIRA 50m: 38.95 38.95	F	117219	97	CNMaia 40.81 150m: 2:01.35 41.59	2:42.78 2:42.78	402	41.43
25.	Ana Rosa, ARTEIRO 50m: 38.81 38.81	F	105528	97	Vilacondense 41.54 150m: 2:02.95 42.60	2:44.90 2:44.90	387	41.95
26.	Cristiana Ferreira, SANTOS 50m: 38.53 38.53	F	108222	97	Valongo 41.20 150m: 2:02.33 42.60	2:45.07 2:45.07	385	42.74
27.	Joana Sofia, AMORIM 50m: 38.68 38.68	F	103717	97	Fluvial Portuense 42.14 150m: 2:03.23 42.41	2:45.29 2:45.29	384	42.06
28.	Ana Raquel, SILVA 50m: 38.86 38.86	F	104584	96	Vilacondense 41.93 150m: 2:05.05 44.26	2:47.88 2:47.88	366	42.83
29.	Joana Margarida, SOUSA 50m: 39.80 39.80	F	104510	97	Valongo 42.13 150m: 2:06.73 44.80	2:50.07 2:50.07	352	43.34
30.	Sara Pinto, RODRIGUES 50m: 40.43 40.43	F	20325	96	Fluvial Portuense 43.05 150m: 2:07.56 44.08	2:51.41 2:51.41	344	43.85
31.	Beatriz Ana, VALENTE 50m: 40.89 40.89	F	103715	97	Fluvial Portuense 45.14 150m: 2:11.51 45.48	2:55.33 2:55.33	322	43.82
32.	Sofia Monteiro, SOUSA 50m: 43.45 43.45	F	109240	97	Leix�es Sport Clube 46.24 150m: 2:17.41 47.72	3:02.97 3:02.97	283	45.56
EXH	Adriana Correia, LOPES 50m: 33.97 33.97	F	24491	95	Clube N�utico Acad�mico 37.25 150m: 1:48.82 37.60	2:26.90 2:26.90	547	EXH 38.08

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 37

Prova 36	Masc., 200m Costas				Absolutos
20-11-2011 - 10:55	CMEP - Clínica Médica do Exercício do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:55.92	Adriano Miguel, NIZ	FPN	Istambul (TUR)	10-12-2009
Recordes Nacionais 25m Jun	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Recordes Nacionais 25m Sen	1:55.92	Adriano Miguel, NIZ	FPN	Istambul (TUR)	10-12-2009
Recorde Regional 25m Absoluto	1:57.46	Miguel Adriano, NIZ	CFV	Tavira	19-11-2006
Recorde Regional 25m Jun	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Recorde Regional 25m Sen	1:57.46	Adriano Miguel, NIZ	CFV	Tavira	19-11-2006

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Adriano Miguel, NIZ 50m: 30.09 30.09	M	23013	86	Famalicão 100m: 1:03.29 150m: 1:35.29 32.00	2:06.39 2:06.39	591	31.10
2.	Samuel Patricio, QUEIROS 50m: 30.43 30.43	M	15701	91	FCPorto 100m: 1:03.54 150m: 1:35.82 32.28	2:07.68 2:07.68	573	31.86
3.	Diogo Carmo, RAMOS 50m: 30.70 30.30	M	15317	93	Vilacondense 100m: 1:02.89 150m: 1:36.86 33.97	2:10.50 2:10.50	537	33.64
4.	Nuno Rafael, ALVES 50m: 31.51 31.51	M	103907	90	Gespacos 100m: 1:04.63 150m: 1:38.38 33.75	2:11.17 2:11.17	529	32.79
5.	Joao Filipe, FERNANDES 50m: 31.50 30.79	M	15222	93	Famalicão 100m: 1:03.89 150m: 1:37.36 33.47	2:11.22 2:11.22	528	33.86
6.	Antonio Rafael, BESSA 50m: 30.70 30.70	M	102089	94	Gespacos 100m: 1:03.77 150m: 1:38.06 34.29	2:13.52 2:13.52	501	35.46
7.	Pedro Romanoski, CARVALHO 50m: 30.72 30.72	M	108664	94	Famalicão 100m: 1:04.51 150m: 1:39.55 35.04	2:14.79 2:14.79	487	35.24
8.	Daniel Costa, VIEIRA 50m: 31.96 31.96	M	102412	95	FCPorto 100m: 1:06.03 150m: 1:41.02 34.99	2:15.51 2:15.51	480	34.49
9.	Carlos Manuel, CABRAL 50m: 30.72 31.50	M	24236	94	Vilacondense 100m: 1:05.63 150m: 1:41.11 35.48	2:15.65 2:15.65	478	34.54
10.	Dario Almeida, SANTOS 50m: 31.69 31.69	M	22520	93	Leixões Sport Clube 100m: 1:05.92 150m: 1:41.21 35.29	2:16.03 2:16.03	474	34.82
11.	Andre Isaias, GUIMARAES 50m: 31.76 31.76	M	102612	95	Famalicão 100m: 1:05.98 150m: 1:40.98 35.00	2:16.95 2:16.95	465	35.97
12.	Rui Goncalves, OLIVEIRA 50m: 31.25 31.25	M	20359	93	CNMaia 100m: 1:05.85 150m: 1:42.66 36.81	2:19.40 2:19.40	441	36.74
13.	Bernardo Manuel, VALENTE 50m: 32.54 32.54	M	23497	95	Fluvial Portuense 100m: 1:08.16 150m: 1:44.26 36.10	2:20.25 2:20.25	433	35.99
14.	Joao Claudio, SOUSA 50m: 32.64 32.64	M	23458	93	Gespacos 100m: 1:07.06 150m: 1:43.50 36.44	2:20.35 2:20.35	432	36.85
15.	Hugo Moreira, MARTINS 50m: 32.62 32.62	M	108219	94	Valongo 100m: 1:08.34 150m: 1:45.06 36.72	2:21.43 2:21.43	422	36.37
16.	Cesar Filipe, MAGALHAES 50m: 32.53 32.53	M	15473	95	Foca 100m: 1:08.11 150m: 1:44.78 36.67	2:21.96 2:21.96	417	37.18
17.	Mario Joao, COSTA 50m: 31.75 31.75	M	15622	90	Famalicão 100m: 1:06.45 150m: 1:44.18 37.73	2:22.89 2:22.89	409	38.71
18.	Joao Nuno, ABREU 50m: 33.17 33.17	M	103432	95	Vitória Sport Clube 100m: 1:09.06 150m: 1:46.71 37.65	2:24.41 2:24.41	396	37.70
19.	Pedro Miguel, COELHO 50m: 33.80 33.80	M	23495	94	Lousada 100m: 1:10.41 150m: 1:49.22 38.81	2:26.34 2:26.34	381	37.12
20.	Miguel Filipe, FERREIRA 50m: 38.54 38.54	M	118003	91	Lamas 100m: 1:20.42 150m: 2:03.87 43.45	2:48.09 2:48.09	251	44.22
DNS	Joao Miguel, ROCHA	M	23414	93	Famalicão			DNS
DNS	Luis Carlos, TEIXEIRA	M	15215	88	Ginásio Santo Tirso			DNS

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 38

Prova 37 Femin., 50m Bruços
20-11-2011 - 11:20 COPIDOURO - C pia e Artigos de Reproduç o, Lda Absolutos Resultados

Recordes Nacionais 25m Absoluto	31.43	Diana Duarte, GOMES	CNA	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	31.46	Ana Pinho, RODRIGUES	AEJ	Leiria	06-12-2009
Recordes Nacionais 25m Sen	31.43	Diana Duarte, GOMES	CNA	S. Ant�nio Cavaleiros	19-12-2009
Recorde Regional 25m	32.24	Joana, LOPES	FCP	Mealhada	23-03-2000

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Diana Patricia, FERREIRA	F	23500	94	Gespacos	35.02	556	
	Paula Alexandra, OLIVEIRA	F	102084	96	FCPorto	35.02	556	
3.	Joana Marques, MAIA	F	25067	91	CNMaia	35.41	538	
4.	Mariana Dias, ALMEIDA	F	22405	93	Famalio	35.45	536	
5.	Joana Filipa, SANTOS	F	24081	93	Vit�ria Sport Clube	37.18	464	
6.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	37.66	447	
7.	Sofia Isabel, TAVARES	F	101992	97	Vilacondense	38.13	430	
8.	Catia Marisa, SILVA	F	23319	91	Valongo	38.34	423	
9.	Ana Filipa, MARTINS	F	104438	97	Foca	38.82	408	
10.	Ana Sofia, SOUSA	F	101952	96	Gespacos	39.62	384	
11.	Carolina Conceicao, PAIS	F	103764	97	Lamas	39.72	381	
12.	Joana Gabriela, SILVA	F	103945	95	Lamas	39.81	378	
13.	Patricia Cristina, FERNANDES	F	23496	94	Gespacos	39.94	374	
14.	Ana Vitoria, ALVES	F	25096	88	Gespacos	41.07	344	
15.	Catia Alexandra, BATISTA	F	103036	96	Lamas	41.12	343	
16.	Rute Portela, MORAIS	F	121046	96	Leix�es Sport Clube	41.74	328	
17.	Monica Pinto, COELHO	F	18121	95	Gin�sio Santo Tirso	43.10	298	
18.	Ana Catarina, NETO	F	105610	95	Propaganda da Natacao	43.53	289	
19.	Maria Teresa, ALVES	F	119753	97	Lamas	44.55	270	
20.	Sara Jose, PINTO	F	23467	95	Gin�sio Santo Tirso	45.30	256	
DNS	Ana Rita, SILVA	F	104553	95	Vilacondense			DNS
EXH	Maria Ines, RIBEIRO	F	10899	92	Clube N�utico Acad�mico	35.45	536	EXH

Prova 38 Masc., 50m Bruços
20-11-2011 - 11:25 CMEP - Cl nica M dica do Exerc cio do Porto Absolutos Resultados

Recordes Nacionais 25m Absoluto	27.22	Jose Guilherme, COUTO	FPN	Moscovo (RUS)	06-04-2002
Recordes Nacionais 25m Jun	28.56	Pedro Miguel, AGOSTINHO	SLB	S. Ant�nio Cavaleiros	03-05-2009
Recordes Nacionais 25m Sen	27.22	Jose Guilherme, COUTO	FPN	Moscovo (RUS)	06-04-2002
Recorde Regional 25m	28.32	Henrique Pereira, NEIVA	CFV	Leiria	06-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Henrique Pereira, NEIVA	M	23019	84	Vilacondense	29.45	630	
2.	Gil Goncalves, PINTO	M	26051	88	FCPorto	29.85	605	
3.	Rui Manuel, RIBEIRO	M	20615	82	Assoc. Desportiva de Fafe	29.89	602	
4.	Luis Manuel, FERNANDES	M	15589	95	Famalio	30.46	569	
5.	Tiago Samuel, SILVA	M	23502	93	FCPorto	30.70	556	
6.	Vasco Vieira, LOPES	M	15718	84	Leix�es Sport Clube	31.21	529	
7.	Ricardo Ribeiro, SILVA	M	15314	92	Vilacondense	31.41	519	
8.	Joao Claudio, SOUSA	M	23458	93	Gespacos	31.46	517	
9.	Diogo Manuel, RODRIGUES	M	15338	94	Vit�ria Sport Clube	32.06	488	
10.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	32.51	468	
11.	Frederico Renato, SOUSA	M	105734	95	Gespacos	32.97	449	
12.	Luis Miguel, LOPES	M	102984	95	Foca	33.25	437	
13.	Diogo Filipe, PEREIRA	M	24332	92	Propaganda da Natacao	33.57	425	
14.	Luis Manuel, GOMES	M	16043	88	Vit�ria Sport Clube	34.16	403	
15.	Pedro Miguel, COELHO	M	23495	94	Lousada	34.42	394	
16.	Rui Sergio, LUIS	M	117510	94	Fluvial Portuense	34.70	385	
17.	Jose Pedro, OLIVEIRA	M	20294	95	Vilacondense	35.48	360	
18.	Artur Sousa, FERREIRA	M	108511	93	Lamas	36.28	337	
19.	Carlos Daniel, SALABERT	M	23322	90	Propaganda da Natacao	37.00	317	
DSQ	Miguel Aragao, SANTOS	M	15886	91	Vilacondense			DSQ
	102 - Falsa partida - SW 4.4							
DSQ	Nuno Filipe, MAGALHAES	M	122748	95	Propaganda da Natacao			DSQ
	102 - Falsa partida - SW 4.4							

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

Registered to Associacao de Natacao do Norte de Portugal

21-11-2011 14:40 - P gina 39

Prova 38, Masc., 50m Bruços

EXH Joao Albano, VIOLA M 100421 89 Clube Náutico Académico 31.27 526 EXH

Prova 39

20-11-2011 - 11:30

Femin., 200m Livres

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	2:00.20	Marta Vieira, MARINHO	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun	2:02.42	Andreia Catarina, GOMES	VSC	S. António Cavaleiros	19-12-2009
Recordes Nacionais 25m Sen	2:00.20	Marta Vieira, MARINHO	FCP	Porto	04-12-2010
Recorde Regional 25m Absoluto	2:00.20	Marta Vieira, MARINHO	FCP	Porto	04-12-2010
Recorde Regional 25m Jun	2:02.42	Andreia Catarina, GOMES	VSC	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Sen	2:00.20	Marta Vieira, MARINHO	FCP	Porto	04-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Alexandra Paiva, OLIVEIRA 50m: 29.79 29.79	F	15139	91	FCPorto 100m: 1:01.52	31.73 150m: 1:33.41 31.89 200m: 2:06.04	686	32.63
2.	Soraia Vanessa, RIBEIRO 50m: 30.19 30.19	F	15857	92	Gespacos 100m: 1:02.10	31.91 150m: 1:34.50 32.40 200m: 2:06.63	676	32.13
3.	Andreia Catarina, GOMES 50m: 30.14 30.14	F	103701	94	Vitória Sport Clube 100m: 1:02.06	31.92 150m: 1:34.25 32.19 200m: 2:06.78	674	32.53
4.	Angelica Maria, ANDRE 50m: 29.97 29.97	F	15497	94	Leixões Sport Clube 100m: 1:02.09	32.12 150m: 1:34.71 32.62 200m: 2:07.46	663	32.75
5.	Sara Beatriz, LOUREIRO 50m: 29.72 29.72	F	12503	87	FCPorto 100m: 1:01.51	31.79 150m: 1:34.75 33.24 200m: 2:08.74	643	33.99
6.	Claudia Marques, MORENO 50m: 29.81 29.81	F	24213	91	FCPorto 100m: 1:02.48	32.67 150m: 1:35.33 32.85 200m: 2:09.16	637	33.83
7.	Ana Ribeiro, FERREIRA 50m: 30.50 30.50	F	15634	92	Famalicão 100m: 1:03.02	32.52 150m: 1:36.65 33.63 200m: 2:11.11	609	34.46
8.	Amélia Pereira, FERNANDES 50m: 31.13 31.13	F	15951	89	Vitória Sport Clube 100m: 1:04.48	33.35 150m: 1:38.36 33.88 200m: 2:11.72	601	33.36
9.	Ana Filipa, MARTINS 50m: 30.62 30.62	F	104438	97	Foca 100m: 1:03.83	33.21 150m: 1:38.38 34.55 200m: 2:12.56	589	34.18
10.	Daniela Filipa, PINTO 50m: 31.77 31.77	F	20610	91	Vitória Sport Clube 100m: 1:05.75	33.98 150m: 1:40.05 34.30 200m: 2:13.35	579	33.30
11.	Maria Luis, AMORIM 50m: 31.03 31.03	F	102029	95	FCPorto 100m: 1:04.47	33.44 150m: 1:39.05 34.58 200m: 2:14.42	565	35.37
12.	Rita Amado, LAEZZA 50m: 31.32 31.32	F	12054	95	Vilacondense 100m: 1:06.85	35.53 150m: 1:42.38 35.53 200m: 2:16.21	543	33.83
13.	Andreia Sofia, TORRES 50m: 31.94 31.94	F	102471	95	Gespacos 100m: 1:07.30	35.36 150m: 1:42.68 35.38 200m: 2:16.83	536	34.15
14.	Barbara Daniela, SOUSA 50m: 32.38 32.38	F	15966	92	Valongo 100m: 1:07.52	35.14 150m: 1:42.81 35.29 200m: 2:17.16	532	34.35
15.	Rute Santos, FERREIRA 50m: 31.58 31.58	F	103823	97	FCPorto 100m: 1:06.35	34.77 150m: 1:41.93 35.58 200m: 2:17.24	531	35.31
16.	Ana Sofia, ALVES 50m: 32.01 32.01	F	25757	95	Vitória Sport Clube 100m: 1:06.24	34.23 150m: 1:41.11 34.87 200m: 2:17.69	526	36.58
17.	Ana Isabel, FERNANDES 50m: 31.59 31.59	F	102704	96	Famalicão 100m: 1:07.07	35.48 150m: 1:42.72 35.65 200m: 2:18.66	515	35.94
18.	Ana Catarina, SOUSA 50m: 31.91 31.91	F	103447	96	Vitória Sport Clube 100m: 1:06.76	34.85 150m: 1:42.78 36.02 200m: 2:19.84	502	37.06
19.	Vanessa Cristina, MAGALHAES 50m: 32.02 32.02	F	110566	96	Leixões Sport Clube 100m: 1:06.14	34.12 150m: 1:43.06 36.92 200m: 2:20.88	491	37.82
20.	Hedvigés Ribeiro, CARVALHO 50m: 32.03 32.03	F	106925	95	Famalicão 100m: 1:07.49	35.46 150m: 1:45.18 37.69 200m: 2:20.90	491	35.72
21.	Claudia Cristina, LEAO 50m: 32.43 32.43	F	102069	96	Gespacos 100m: 1:07.91	35.48 150m: 1:44.07 36.16 200m: 2:20.98	490	36.91
22.	Ana Catarina, PEREIRA 50m: 32.17 32.17	F	20445	97	FCPorto 100m: 1:07.59	35.42 150m: 1:44.69 37.10 200m: 2:21.32	486	36.63
23.	Ana Catarina, AZEVEDO 50m: 32.75 32.75	F	102640	96	Famalicão 100m: 1:08.69	35.94 150m: 1:45.66 36.97 200m: 2:21.63	483	35.97
24.	Ines Maria, PINTAO 50m: 33.48 33.48	F	102043	96	Leixões Sport Clube 100m: 1:09.64	36.16 150m: 1:46.64 37.00 200m: 2:23.05	469	36.41
25.	Maria Joao, JOSE 50m: 33.96 33.96	F	15208	90	Ginásio Santo Tirso 100m: 1:10.22	36.26 150m: 1:46.03 35.81 200m: 2:23.23	467	37.20

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 40

Prova 39, Femin., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
26.	Beatriz Casimiro, VALENTE 50m: 33.26 33.26	F	15488	96	Leixões Sport Clube 36.19 150m: 1:46.80 37.35	2:23.68 2:23.68	463	36.88
27.	Carolina Isabel, PEREIRA 50m: 31.99 31.99	F	23115	94	Vitória Sport Clube 35.94 150m: 1:45.89 37.96	2:24.02 2:24.02	459	38.13
28.	Maria Miguel, OLIVEIRA 50m: 33.34 33.34	F	117219	97	CNMaia 36.24 150m: 1:46.75 37.17	2:24.03 2:24.03	459	37.28
29.	Ana Catarina, ALMEIDA 50m: 33.21 33.21	F	102989	96	Foca 37.25 150m: 1:48.30 37.84	2:25.25 2:25.25	448	36.95
30.	Luciana Tomi, KOBAYASHI 50m: 32.69 32.69	F	107429	95	Vilacondense 36.76 150m: 1:47.22 37.77	2:25.43 2:25.43	446	38.21
31.	Sonia Alexandra, LEITE 50m: 33.82 33.82	F	110461	97	Vitória Sport Clube 37.64 150m: 1:48.81 37.35	2:25.97 2:25.97	441	37.16
32.	Rita Rafaela, BRUNIDO 50m: 34.28 34.28	F	105182	97	Gespacos 37.64 150m: 1:49.60 37.68	2:26.52 2:26.52	436	36.92
33.	Claudia Susana, TEIXEIRA 50m: 33.24 33.24	F	102040	96	Gespacos 36.97 150m: 1:48.31 38.10	2:26.69 2:26.69	435	38.38
34.	Vania Sofia, PORTELA 50m: 33.80 33.80	F	23975	93	Vitória Sport Clube 36.52 150m: 1:48.36 38.04	2:26.77 2:26.77	434	38.41
35.	Sara Pinto, RODRIGUES 50m: 33.50 33.50	F	20325	96	Fluvial Portuense 36.63 150m: 1:48.45 38.32	2:27.04 2:27.04	432	38.59
36.	Ana Cristina, NEVES 50m: 34.00 34.00	F	22553	96	Leixões Sport Clube 37.06 150m: 1:49.89 38.83	2:27.34 2:27.34	429	37.45
37.	Joana Margarida, SOUSA 50m: 34.41 34.41	F	104510	97	Valongo 37.59 150m: 1:50.48 38.48	2:27.39 2:27.39	429	36.91
38.	Cristiana Ferreira, SANTOS 50m: 34.13 34.13	F	108222	97	Valongo 37.59 150m: 1:49.88 38.16	2:27.76 2:27.76	425	37.88
39.	Ana Sofia, RAMOS 50m: 33.89 33.89	F	102593	97	Assoc. Desportiva de Fafe 37.31 150m: 1:49.66 38.46	2:28.30 2:28.30	421	38.64
40.	Mariana Lourenco, PRETO 50m: 33.47 33.47	F	103632	97	Leixões Sport Clube 36.73 150m: 1:48.98 38.78	2:28.31 2:28.31	421	39.33
41.	Sandra Mafalda, SILVA 50m: 35.19 35.19	F	110595	97	CNMaia 38.06 150m: 1:52.33 39.08	2:30.61 2:30.61	402	38.28
42.	Sofia Patricia, GONCALVES 50m: 34.26 34.26	F	111410	97	Fluvial Portuense 39.13 150m: 1:52.57 39.18	2:30.65 2:30.65	401	38.08
43.	Rita Alexandra, GUEDES 50m: 35.03 35.03	F	109572	94	Propaganda da Natacao 38.58 150m: 1:54.23 40.62	2:34.28 2:34.28	374	40.05
44.	Daniela Ferreira, COSTA 50m: 34.76 34.76	F	103627	97	Leixões Sport Clube 38.24 150m: 1:53.54 40.54	2:35.01 2:35.01	368	41.47
45.	Luisa Vieira, CORREIA 50m: 35.21 35.21	F	121045	96	Leixões Sport Clube 40.08 150m: 1:55.30 40.01	2:35.12 2:35.12	368	39.82
46.	Ines Couto, RODRIGUES 50m: 36.81 36.81	F	121780	95	Leixões Sport Clube 39.94 150m: 1:57.79 41.04	2:37.95 2:37.95	348	40.16
47.	Beatriz Ana, VALENTE 50m: 35.63 35.63	F	103715	97	Fluvial Portuense 39.95 150m: 1:58.06 42.48	2:38.36 2:38.36	345	40.30
48.	Ana Patricia, HENRIQUE 50m: 37.38 37.38	F	106884	97	Leixões Sport Clube 40.01 150m: 1:58.29 40.90	2:39.19 2:39.19	340	40.90
49.	Mafalda Barbosa, FARINHA 50m: 35.73 35.73	F	117824	97	Fluvial Portuense 39.93 150m: 1:58.18 42.52	2:40.93 2:40.93	329	42.75
50.	Andreia Sofia, PACHECO 50m: 36.19 36.19	F	102563	95	Propaganda da Natacao 40.95 150m: 2:00.86 43.72	2:43.72 2:43.72	313	42.86
51.	Ana Pires, FERNANDES 50m: 37.21 37.21	F	117831	97	Leixões Sport Clube 41.57 150m: 2:03.40 44.62	2:48.36 2:48.36	287	44.96
EXH	Beatriz Neves, CRAVEIRO 50m: 31.00 31.00	F	106762	97	Clube Náutico Académico 33.77 150m: 1:39.03 34.26	2:13.18 2:13.18	581	34.15
EXH	Adriana Correia, LOPES 50m: 31.54 31.54	F	24491	95	Clube Náutico Académico 33.99 150m: 1:40.38 34.85	2:15.21 2:15.21	555	34.83
EXH	Andreia Margarida, MORGADO 50m: 32.08 32.08	F	100542	97	Clube Náutico Académico 35.88 150m: 1:45.94 37.98	2:23.89 2:23.89	461	37.95

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 41

Prova 40	Masc., 200m Livres				Absolutos
20-11-2011 - 11:50	CMEP - Cl�nica M�dica do Exerc�cio do Porto				Resultados
Recordes Nacionais 25m Absoluto	1:45.69	Diogo Filipe, CARVALHO	CGA	S. Ant�nio Cavaleiros	20-12-2009
Recordes Nacionais 25m Jun	1:47.73	Tiago Andre, VENANCIO	FPN	Viena (AUT)	12-12-2004
Recordes Nacionais 25m Sen	1:45.69	Diogo Filipe, CARVALHO	CGA	S. Ant�nio Cavaleiros	20-12-2009
Recorde Regional 25m Absoluto	1:46.21	Jorge Manuel, MAIA	GDNVNF	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	1:48.47	Adriano Miguel, NIZ	CFV	Dublin (IRL)	04-12-2003
Recorde Regional 25m Sen	1:46.21	Jorge Manuel, MAIA	GDNVNF	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1.	Rui Filipe, COSTA 50m: 26.77 26.77	M	24004	91	Vit�ria Sport Clube 29.00 150m: 1:25.05 29.28	1:54.45 1:54.45	654	29.40
2.	Jose Alberto, MARTINS 50m: 27.47 27.47	M	23096	94	Vit�ria Sport Clube 29.60 150m: 1:27.16 30.09	1:57.12 1:57.12	610	29.96
3.	Simao Pedro, ALVES 50m: 27.39 27.39	M	102500	94	Famalio 29.68 150m: 1:27.88 30.57	1:57.15 1:57.15	610	29.27
4.	Hugo Alberto, RIBEIRO 50m: 28.26 28.26	M	23114	88	Gespacos 30.62 150m: 1:29.03 30.15	1:58.57 1:58.57	588	29.54
5.	Nuno Filipe, MAGALHAES 50m: 27.73 27.73	M	102016	94	FCPorto 29.68 150m: 1:27.95 30.54	1:58.64 1:58.64	587	30.69
6.	Rui Filipe, MAIA 50m: 27.75 27.75	M	24204	93	Vilacondense 29.76 150m: 1:27.99 30.48	1:58.95 1:58.95	583	30.96
7.	Francisco Taborda, MANGAS 50m: 26.96 26.96	M	102002	94	FCPorto 29.75 150m: 1:28.34 31.63	1:59.25 1:59.25	578	30.91
8.	Miguel Angelo, FERRARIA 50m: 27.58 27.58	M	102072	94	FCPorto 30.15 150m: 1:28.48 30.75	1:59.30 1:59.30	577	30.82
9.	Paulo Andre, DIAS 50m: 28.20 28.20	M	23406	92	Gespacos 30.05 150m: 1:28.81 30.56	1:59.41 1:59.41	576	30.60
10.	Samuel Patricio, QUEIROS 50m: 28.34 28.34	M	15701	91	FCPorto 30.50 150m: 1:29.33 30.49	1:59.43 1:59.43	576	30.10
11.	Cesar Filipe, MAGALHAES 50m: 28.42 28.42	M	15473	95	Foca 30.81 150m: 1:30.43 31.20	2:01.74 2:01.74	543	31.31
12.	Bernardo Aguiar, BRANCO 50m: 27.94 27.94	M	103121	95	FCPorto 30.45 150m: 1:30.11 31.72	2:02.33 2:02.33	536	32.22
13.	Miguel Alexandre, LEMOS 50m: 27.80 27.80	M	101989	94	Fluvial Portuense 30.19 150m: 1:29.44 31.45	2:02.43 2:02.43	534	32.99
14.	Carlos Miguel, ARAUJO 50m: 28.37 28.37	M	15583	94	Famalio 31.14 150m: 1:30.86 31.35	2:02.61 2:02.61	532	31.75
15.	Rui Pedro, FARIA 50m: 28.78 28.78	M	15592	94	Famalio 31.13 150m: 1:31.75 31.84	2:02.96 2:02.96	527	31.21
16.	Nuno Goncalo, MARTINS 50m: 28.54 28.54	M	102675	95	Famalio 31.21 150m: 1:31.74 31.99	2:04.15 2:04.15	512	32.41
17.	Dario Almeida, SANTOS 50m: 28.37 28.37	M	22520	93	Leix�es Sport Clube 30.29 150m: 1:30.41 31.75	2:04.33 2:04.33	510	33.92
18.	Afonso Aguiar, BRANCO 50m: 28.81 28.81	M	20310	95	FCPorto 31.27 150m: 1:32.14 32.06	2:04.34 2:04.34	510	32.20
19.	Andre Ferreira, FERNANDES 50m: 28.62 28.62	M	11521	88	CNMaia 32.20 150m: 1:33.84 33.02	2:04.95 2:04.95	502	31.11
20.	Diogo Sequeira, APARICIO 50m: 28.74 28.74	M	102390	95	FCPorto 31.07 150m: 1:33.12 33.31	2:06.03 2:06.03	490	32.91
21.	Bernardo Manuel, VALENTE 50m: 29.44 29.44	M	23497	95	Fluvial Portuense 31.82 150m: 1:33.41 32.15	2:06.24 2:06.24	487	32.83
22.	Rui Fernando, ROCHA 50m: 28.02 28.02	M	24096	94	Valongo 31.65 150m: 1:32.86 33.19	2:06.46 2:06.46	485	33.60
23.	Joao Pedro, BARROSO 50m: 29.50 29.50	M	20392	95	Gin�sio Santo Tirso 31.44 150m: 1:33.54 32.60	2:06.74 2:06.74	481	33.20
24.	Joao Marcelo, GOMES 50m: 28.54 28.54	M	102025	95	FCPorto 31.72 150m: 1:33.49 33.23	2:07.81 2:07.81	469	34.32
25.	Andre Filipe, ALVES 50m: 28.49 28.49	M	24261	92	Vit�ria Sport Clube 31.58 150m: 1:33.82 33.75	2:07.88 2:07.88	469	34.06
26.	Joao Nuno, ABREU 50m: 29.41 29.41	M	103432	95	Vit�ria Sport Clube 32.29 150m: 1:34.78 33.08	2:08.22 2:08.22	465	33.44
27.	Carlos Cunha, COSTA 50m: 28.65 28.65	M	102610	95	Assoc. Desportiva de Fafe 32.14 150m: 1:34.97 34.18	2:08.72 2:08.72	460	33.75
28.	Daniel Costa, VIEIRA 50m: 28.76 28.76	M	102412	95	FCPorto 32.13 150m: 1:34.96 34.07	2:08.86 2:08.86	458	33.90

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager 11, Build 17983

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

21-11-2011 14:40 - P gina 42

Prova 40, Masc., 200m Livres, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
29.	Diogo Manuel, RODRIGUES 50m: 29.92 29.92	M	15338	94	Vitória Sport Clube 32.60 150m: 1:36.20 33.68	2:08.87 2:08.87	458	32.67
30.	Daniel Rento, LAUREANO 50m: 30.14 30.14	M	103707	95	Leixões Sport Clube 33.44 150m: 1:37.20 33.62	2:09.27 2:09.27	454	32.07
31.	Paulo Andre, SILVA 50m: 29.74 29.74	M	104517	95	CNMaia 32.23 150m: 1:35.69 33.72	2:09.55 2:09.55	451	33.86
32.	Orlando Filipe, MORIM 50m: 29.51 29.51	M	107373	95	Vilacondense 32.58 150m: 1:35.90 33.81	2:10.26 2:10.26	443	34.36
33.	Pedro Maria, BESSA 50m: 30.20 30.20	M	18656	95	Vilacondense 33.78 150m: 1:38.29 34.31	2:10.98 2:10.98	436	32.69
34.	Luis Miguel, ALMEIDA 50m: 31.40 31.40	M	15370	95	Foça 35.20 150m: 1:41.53 34.93	2:14.80 2:14.80	400	33.27
35.	Joao Eurico, COSTA 50m: 31.15 31.15	M	15450	94	Leixões Sport Clube 34.47 150m: 1:41.53 35.91	2:15.81 2:15.81	391	34.28
36.	Tiago Andre, ARAUJO 50m: 31.77 31.77	M	105931	95	Leixões Sport Clube 34.63 150m: 1:41.95 35.55	2:17.25 2:17.25	379	35.30
37.	Andre Alexandre, SILVA 50m: 30.16 30.16	M	102699	94	Propaganda da Natacao 34.76 150m: 1:40.73 35.81	2:17.43 2:17.43	378	36.70
38.	Andre Sampaio, SANTOS 50m: 31.39 31.39	M	103267	95	Fluvial Portuense 35.36 150m: 1:43.34 36.59	2:17.82 2:17.82	374	34.48
39.	Joao Pedro, NEVES 50m: 29.95 29.95	M	123836	93	Leixões Sport Clube 35.10 150m: 1:42.46 37.41	2:18.21 2:18.21	371	35.75
40.	Bernardo Manuel, CERQUEIRA 50m: 33.48 33.48	M	123837	94	Leixões Sport Clube 36.93 150m: 1:48.68 38.27	2:24.23 2:24.23	327	35.55
DNS	Luis Emanuel, VAZ	M	15628	91	Famalicao			DNS
DNS	Fernando Santos, MOREIRA	M	15824	94	Fluvial Portuense			DNS

Prova 41

20-11-2011 - 12:05

Femin., 100m Estilos

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Absolutos

Resultados

Recordes Nacionais 25m Absoluto	1:03.32	Diana Duarte, GOMES	CNA	Leiria	06-12-2009
Recordes Nacionais 25m Jun	1:04.11	Maria Carolina, ROSA	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	1:03.32	Diana Duarte, GOMES	CNA	Leiria	06-12-2009
Recorde Regional 25m	1:04.75	Marta Pereira, ABREU	FCP	Guarda	12-12-2010

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Marta Pereira, ABREU 50m: 30.89 30.89	F	23091	92	FCPorto 35.48	1:06.37	658	
2.	Sara Freitas, OLIVEIRA 50m: 29.76 29.76	F	23045	85	FCPorto 37.57	1:07.33	630	
3.	Diana Patricia, FERREIRA 50m: 31.59 31.59	F	23500	94	Gespacos 36.11	1:07.70	620	
4.	Claudia Sofia, MONTEIRO 50m: 31.26 31.26	F	15882	92	Vilacondense 37.46	1:08.72	593	
5.	Mariana Dias, ALMEIDA 50m: 33.24 33.24	F	22405	93	Famalicao 37.21	1:10.45	550	
6.	Joana Carina, SILVA 50m: 32.50 32.50	F	106219	97	Lousada 38.48	1:10.98	538	
7.	Sara Monteiro, MEIRELES 50m: 33.81 33.81	F	103921	97	Gespacos 37.24	1:11.05	536	
8.	Paula Alexandra, OLIVEIRA 50m: 33.80 33.80	F	102084	96	FCPorto 37.74	1:11.54	525	
9.	Ana Filipa, GOMES 50m: 33.65 33.65	F	107376	96	Vilacondense 38.80	1:12.45	506	
10.	Ines Vilela, BRAGA 50m: 35.00 35.00	F	106935	97	Fluvial Portuense 39.18	1:14.18	471	
11.	Catia Alexandra, BATISTA 50m: 34.04 34.04	F	103036	96	Lamas 40.33	1:14.37	467	
12.	Sofia Isabel, TAVARES 50m: 35.53 35.53	F	101992	97	Vilacondense 39.06	1:14.59	463	
13.	Helena Manuel, JOSE 50m: 34.65 34.65	F	15205	90	Ginásio Santo Tirso 40.61	1:15.26	451	

O Secretário do Juri

O Juiz Árbitro

Prova 41, Femin., 100m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
14.	Mariana Oliveira, VALE 50m: 35.84 35.84	F	15977	93	Valongo 39.65	1:15.49	447	
15.	Patricia Cristina, FERNANDES 50m: 34.81 34.81	F	23496	94	Gespacos 40.84	1:15.65	444	
16.	Maria Beatriz, RIBEIRO 50m: 35.64 35.64	F	105611	97	CNMaia 40.11	1:15.75	442	
17.	Rute Sofia, TEIXEIRA 50m: 34.70 34.70	F	15202	90	Ginásio Santo Tirso 42.38	1:17.08	420	
18.	Joana Gabriela, SILVA 50m: 36.36 36.36	F	103945	95	Lamas 41.13	1:17.49	413	
19.	Maria Beatriz, FERREIRA 50m: 36.53 36.53	F	24133	95	Fluvial Portuense 41.57	1:18.10	404	
20.	Ana Paula, ARAUJO 50m: 35.23 35.23	F	20362	96	Ginásio Santo Tirso 43.54	1:18.77	393	
21.	Catia Marisa, SILVA 50m: 36.86 36.86	F	23319	91	Valongo 42.27	1:19.13	388	
22.	Ana Vitoria, ALVES 50m: 35.77 35.77	F	25096	88	Gespacos 43.37	1:19.14	388	
23.	Ana Sofia, SOUSA 50m: 37.51 37.51	F	101952	96	Gespacos 42.75	1:20.26	372	
24.	Joana Sofia, AMORIM 50m: 36.66 36.66	F	103717	97	Fluvial Portuense 44.40	1:21.06	361	
25.	Tamara Filipa, SALDANHA 50m: 37.20 37.20	F	103824	96	Fluvial Portuense 44.50	1:21.70	352	
26.	Sofia Patricia, GONCALVES 50m: 37.49 37.49	F	111410	97	Fluvial Portuense 44.35	1:21.84	351	
27.	Carolina Conceicao, PAIS 50m: 40.25 40.25	F	103764	97	Lamas 42.88	1:23.13	335	
28.	Ana Raquel, LIRIO 50m: 39.12 39.12	F	15206	90	Ginásio Santo Tirso 46.86	1:25.98	302	
29.	Sara Jose, PINTO 50m: 43.84 43.84	F	23467	95	Ginásio Santo Tirso 45.28	1:29.12	271	
30.	Joana Henriques, OLIVEIRA 50m: 44.19 44.19	F	118030	93	Propaganda da Natacao 48.73	1:32.92	239	
DNS	Joana Aguiar, RODRIGUES	F	15401	93	FCPorto			DNS
EXH	Maria Ines, RIBEIRO 50m: 33.15 33.15	F	10899	92	Clube Náutico Académico 37.25	1:10.40	551	EXH

Prova 42

Masc., 100m Estilos

Absolutos

20-11-2011 - 12:15

CMEP - Clínica Médica do Exercício do Porto

Resultados

Recordes Nacionais 25m Absoluto	53.28	Diogo Filipe, CARVALHO	CGA	Viseu	18-04-2009
Recordes Nacionais 25m Jun	56.47	Alexis Manacas, SANTOS	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	53.28	Diogo Filipe, CARVALHO	CGA	Viseu	18-04-2009
Recorde Regional 25m	56.56	Ricardo Amorim, REGO	LSC	Tomar	12-12-2005

Pontos: FINA 2011

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Fabio Andre, FIGUEIRA 50m: 26.66 26.66	M	11084	88	FCPorto 32.12	58.78	643	
2.	Gil Goncalves, PINTO 50m: 27.25 27.25	M	26051	88	FCPorto 31.90	59.15	631	
3.	Jorge Manuel, MAIA 50m: 27.44 27.44	M	23220	89	Famalicão 32.63	1:00.07	603	
4.	Nelson Filipe, MARTINHO 50m: 27.43 27.43	M	16016	89	Valongo 32.65	1:00.08	603	
5.	Nuno Rafael, ALVES 50m: 28.65 28.65	M	103907	90	Gespacos 32.06	1:00.71	584	
6.	Diogo Carmo, RAMOS 50m: 28.41 28.41	M	15317	93	Vilacondense 32.82	1:01.23	569	
7.	Diogo Fontes, MOREIRA 50m: 28.51 28.51	M	13359	93	Leixões Sport Clube 33.88	1:02.39	538	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 44

Prova 42, Masc., 100m Estilos, Absolutos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Ruben Filipe, NUNES 50m: 29.22 29.22	M	23302	94	Gespacos 33.56	1:02.78	528	
9.	Tiago Sobral, COELHO 50m: 29.18 29.18	M	20393	95	Ginásio Santo Tirso 33.64	1:02.82	527	
10.	Luis Manuel, FERNANDES 50m: 30.04 30.04	M	15589	95	Famaliç�o 32.80	1:02.84	527	
11.	Tiago Samuel, SILVA 50m: 29.95 29.95	M	23502	93	FCPorto 33.36	1:03.31	515	
12.	Vasco Vieira, LOPES 50m: 30.11 30.11	M	15718	84	Leix�es Sport Clube 33.48	1:03.59	508	
13.	Antonio Rafael, BESSA 50m: 29.17 29.17	M	102089	94	Gespacos 35.07	1:04.24	493	
14.	Pedro Romanoski, CARVALHO 50m: 28.91 28.91	M	108664	94	Famaliç�o 36.04	1:04.95	477	
15.	Rui Goncalves, OLIVEIRA 50m: 29.40 29.40	M	20359	93	CNMaia 35.61	1:05.01	476	
16.	Bruno Miguel, CAVADAS 50m: 30.64 30.64	M	23279	89	Valongo 34.79	1:05.43	466	
17.	Daniel Jose, LOPES 50m: 30.98 30.98	M	16042	87	Vit�ria Sport Clube 35.69	1:06.67	441	
18.	Joao Pedro, BARROSO 50m: 31.21 31.21	M	20392	95	Ginásio Santo Tirso 36.90	1:08.11	413	
19.	Paulo Ricardo, MOREIRA 50m: 31.91 31.91	M	15487	91	Propaganda da Natacao 36.73	1:08.64	404	
20.	Hugo Moreira, MARTINS 50m: 31.39 31.39	M	108219	94	Valongo 38.76	1:10.15	378	
21.	Diogo Filipe, PEREIRA 50m: 34.53 34.53	M	24332	92	Propaganda da Natacao 36.70	1:11.23	361	
	Rui Sergio, LUIS 50m: 34.53 34.53	M	117510	94	Fluvial Portuense 36.70	1:11.23	361	
23.	Rui Filipe, SOUSA 50m: 32.78 32.78	M	103092	95	Lousada 39.35	1:12.13	348	
24.	Artur Sousa, FERREIRA 50m: 34.43 34.43	M	108511	93	Lamas 38.45	1:12.88	337	
25.	Miguel Filipe, FERREIRA 50m: 33.70 33.70	M	118003	91	Lamas 40.96	1:14.66	314	
DSQ	Adriano Miguel, NIZ <i>O atleta ultrapassou o numero limite de provas em que podia participar n�o cumprindo com o estipulado no ponto 5 do regulamento da competiç�o.</i>	M	23013	86	Famaliç�o			DSQ
DNS	Luis Emanuel, VAZ	M	15628	91	Famaliç�o			DNS
DNS	Tomas Correia, SILVA	M	23367	95	FCPorto			DNS

Prova 43	Femin., 4 x 100m Livres				Absolutos
20-11-2011 - 12:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recordes Nacionais 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recordes Nacionais 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Recordes Nacionais 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recorde Regional 25m Absoluto	3:44.99	Sara Oliveira, Sara Loureiro, Alexandra Oliveira, Marta Marinho	FCP	Porto	04-12-2010
Recorde Regional 25m Jun	4:01.76	Claudia Monteiro, Marta Figueiredo, Cláudia Ribeiro, Sara Nunes	FCP	Porto	21-12-2007
Recorde Regional 25m Sen	3:44.99	Sara Oliveira, Sara Loureiro, Alexandra Oliveira, Marta Marinho	FCP	Porto	04-12-2010

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	F			FCPorto	4:01.27	642	
	+0,87	30.26	1:02.40	Marta Pereira, ABREU	+0,30	28.19	58.71
	+0,34	28.93	59.60	Maria Teresa, AMORIM	+0,58	29.10	1:00.56
2.	F			Vilacondense	4:03.02	628	
	+0,85	29.20	59.78	Ana Filipa, GOMES	+0,48	29.68	1:01.52
	+0,45	29.67	1:01.69	Ana Catarina, MONTEIRO	+0,29	28.91	1:00.03
	F			Gespacos	4:03.02	628	
	+0,86	29.72	1:02.77	Soraia Vanessa, RIBEIRO	+0,44	28.42	59.64
	+0,56	29.54	1:01.24	Diana Patricia, FERREIRA	+0,29	28.45	59.37
4.	F			Vitória Sport Clube	4:03.21	627	
	+0,84	29.09	1:00.66	Daniela Filipa, PINTO	+0,38	30.31	1:03.02
	+0,42	29.46	1:01.09	Andreia Catarina, GOMES	+0,25	27.72	58.44
5.	F			Foca	4:08.40	588	
	+0,82	28.83	59.39	Sofia Cunha, SOUSA	+0,32	30.05	1:03.38
	+0,24	30.79	1:03.97	Ana Filipa, MARTINS	+0,39	29.59	1:01.66
6.	F			Ginásio Santo Tirso	4:25.62	481	
	+0,88	31.23	1:04.66	Rute Sofia, TEIXEIRA	+0,49	31.49	1:06.73
	+0,51	31.57	1:05.40	Ana Paula, ARAUJO	+0,51	33.57	1:08.83
7.	F			Valongo	4:26.42	477	
	+1,07	31.31	1:04.13	Cristiana Ferreira, SANTOS	+0,69	32.87	1:09.05
	+0,65	32.36	1:07.53	Mariana Oliveira, VALE	+0,59	30.56	1:05.71
8.	F			CNMaia	4:28.88	464	
	+0,78	30.64	1:04.14	Maria Beatriz, RIBEIRO		32.92	1:09.06
	+0,34	32.13	1:09.30	Ana Mafalda, OLIVEIRA	+0,12	31.50	1:06.38
9.	F			Fluvial Portuense	4:30.76	454	
	+0,78	31.55	1:04.34	Maria Beatriz, FERREIRA	+0,29	32.36	1:07.21
	+0,22	32.97	1:09.58	Joana Sofia, AMORIM	+0,18	32.54	1:09.63
10.	F			Propaganda da Natacao	4:57.33	343	
	+0,89	33.42	1:10.60	Andreia Sofia, PACHECO	+0,04	36.18	1:17.88
	+0,46	32.52	1:09.09	Ana Catarina, NETO	+0,46	37.42	1:19.76
EXH	F			Clube Náutico Académico	4:13.20	556	EXH
	+1,05	29.68	1:02.41	Andreia Margarida, MORGADO	+0,42	30.50	1:04.87
	+0,44	30.06	1:03.41	Maria Ines, RIBEIRO		29.41	1:02.51

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17983

Registered to Associação de Natacao do Norte de Portugal

21-11-2011 14:40 - Página 46

Prova 44 20-11-2011 - 12:40	Masc., 4 x 100m Livres CMEP - Cl�nica M�dica do Exerc�cio do Porto				Absolutos Resultados
Recordes Nacionais 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	19-12-2009
Recordes Nacionais 25m Jun	3:30.51	Futebol Clube do Porto/Imperio Bonafina	Foca	Felgueiras	06-03-1998
Recordes Nacionais 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	19-12-2009
Recorde Regional 25m Absoluto	3:18.28	Paulo Santos, Joao Carvalho, Carlos Santos, Rui Vitar	FCSA	Felgueiras	04-12-2009
Recorde Regional 25m Jun	3:30.51	Tiago Lousada, Mario Carvalho, Nuno Pinheiro, Hugo Felgueiras	FCSA	Felgueiras	06-03-1998
Recorde Regional 25m Sen	3:18.28	Paulo Santos, Joao Carvalho, Carlos Santos, Rui Vitar	FCSA	Felgueiras	04-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licena	Ano	Clube	Tempo Final	Pts	Obs
1. Vilacondense 1	M			Vilacondense	3:35.85	612	
Carlos Manuel, CABRAL	+0,87	26.54		55.38 Rui Filipe, MAIA	+0,18 25.23		53.00
Henrique Pereira, NEIVA	+0,34	25.29		53.41 Diogo Carmo, RAMOS	+0,31 25.96		54.06
2. FCPorto 1	M			FCPorto	3:39.21	584	
Francisco Taborda, MANGAS	+0,85	25.68		54.04 Bernardo Aguiar, BRANCO	+0,47 26.23		55.63
Miguel Angelo, FERRARIA	+1,15	26.24		54.92 Nuno Filipe, MAGALHAES	+0,46 25.97		54.62
3. Vit�ria Sport Clube 1	M			Vit�ria Sport Clube	3:39.59	581	
Rui Filipe, COSTA	+0,73	26.29		53.63 Joao Nuno, ABREU	+0,21 26.67		57.21
Jose Alberto, MARTINS	+0,35	25.66		53.84 Andre Filipe, ALVES	+0,21 25.88		54.91
4. Famalio 1	M			Famalio	3:40.68	573	
Simao Pedro, ALVES	+0,75	24.71		52.14 Nuno Goncalo, MARTINS	+0,65 26.56		56.69
Carlos Miguel, ARAUJO	+0,52	26.31		55.57 Andre Isaias, GUIMARAES	+0,55 26.14		56.28
5. Gespacos 1	M			Gespacos	3:41.82	564	
Paulo Andre, DIAS	+0,82	26.86		55.79 Hugo Alberto, RIBEIRO	+0,48 26.72		55.54
Joao Claudio, SOUSA	+0,40	26.46		55.90 Ruben Filipe, NUNES	+0,22 26.15		54.59
6. Valongo 1	M			Valongo	3:48.63	515	
Nelson Filipe, MARTINHO	+0,89	25.45		53.83 Hugo Moreira, MARTINS	+0,19 28.43		1:00.11
Bruno Miguel, CAVADAS	+0,42	27.00		57.29 Rui Fernando, ROCHA	+0,11 26.60		57.40
7. Foca 1	M			Foca	3:55.29	472	
Marcelo Jose, PINTO	+0,83	27.40		57.38 Luis Miguel, ALMEIDA	+0,16 28.54		1:00.32
Luis Miguel, LOPES	+0,41	28.79		1:01.49 Cesar Filipe, MAGALHAES	+0,31 26.77		56.10
8. Fluvial Portuense 1	M			Fluvial Portuense	3:59.58	447	
Miguel Alexandre, LEMOS	+0,82	27.32		56.83 Fernando Santos, MOREIRA	+0,22 29.00		1:01.06
Bernardo Manuel, VALENTE	+0,27	28.00		59.08 Rui Sergio, LUIS	29.70		1:02.61
9. Propaganda da Natacao 1	M			Propaganda da Natacao	4:18.48	356	
Paulo Ricardo, MOREIRA	+1,09	28.37		1:00.10 Diogo Justino, PINHEIRO	+0,34 29.43		1:04.26
Nuno Filipe, MAGALHAES	+0,46	34.28		1:12.18 Andre Alexandre, SILVA	+0,34 29.79		1:01.94