

1 - 1ª Jornada

29-10-2011 - 15:30

Prova 1 29-10-2011 - 15:30	Femin., 400m Estilos				15 anos e mais velhos
	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
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 Jun	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
Juniores											
1.	Diana Margarida, DURAES	F	102992	96	Foca				4:59.58	661	
	50m: 31.00				150m: 1:46.54	250m: 3:07.27	42.82	350m: 4:26.00		35.03	
	100m: 1:08.13				200m: 2:24.45	300m: 3:50.97	43.70	400m: 4:59.58		33.58	
2.	Maria Teresa, AMORIM	F	20104	97	FCPorto				5:14.74	570	
	50m: 33.71				150m: 1:54.87	250m: 3:20.53	44.79	350m: 4:41.37		35.67	
	100m: 1:12.61				200m: 2:35.74	300m: 4:05.70	45.17	400m: 5:14.74		33.37	
3.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos				5:20.95	538	
	50m: 35.16				150m: 1:54.32	250m: 3:19.35	45.94	350m: 4:43.35		38.12	
	100m: 1:13.83				200m: 2:33.41	300m: 4:05.23	45.88	400m: 5:20.95		37.60	
4.	Joana Carina, SILVA	F	106219	97	Lousada				5:22.95	528	
	50m: 31.77				150m: 1:49.73	250m: 3:18.24	49.60	350m: 4:46.53		38.84	
	100m: 1:09.55				200m: 2:28.64	300m: 4:07.69	49.45	400m: 5:22.95		36.42	
5.	Adriana Daniela, CASTRO	F	104515	97	FCPorto				5:24.02	522	
	50m: 35.24				150m: 1:57.98	250m: 3:26.05	47.29	350m: 4:49.53		36.16	
	100m: 1:15.96				200m: 2:38.76	300m: 4:13.37	47.32	400m: 5:24.02		34.49	
6.	Ana Isabel, CUNHA	F	102991	96	Foca				5:26.25	512	
	50m: 35.77				150m: 1:57.36	250m: 3:25.31	47.54	350m: 4:50.81		37.59	
	100m: 1:15.85				200m: 2:37.77	300m: 4:13.22	47.91	400m: 5:26.25		35.44	
7.	Sofia Cunha, SOUSA	F	102996	96	Foca				5:27.17	507	
	50m: 36.40				150m: 1:58.77	250m: 3:26.06	46.61	350m: 4:50.70		37.41	
	100m: 1:17.39				200m: 2:39.45	300m: 4:13.29	47.23	400m: 5:27.17		36.47	
8.	Ana Catarina, PEREIRA	F	20445	97	FCPorto				5:28.39	502	
	50m: 34.03				150m: 1:56.49	250m: 3:26.04	47.46	350m: 4:53.02		37.29	
	100m: 1:13.43				200m: 2:38.58	300m: 4:15.73	49.69	400m: 5:28.39		35.37	
9.	Ana Catarina, SOUSA	F	103447	96	Vitória Sport Clube				5:30.12	494	
	50m: 34.67				150m: 1:56.94	250m: 3:28.03	49.73	350m: 4:53.75		36.78	
	100m: 1:14.71				200m: 2:38.30	300m: 4:16.97	48.94	400m: 5:30.12		36.37	
10.	Claudia Cristina, LEAO	F	102069	96	Gespacos				5:31.86	486	
	50m: 36.08				150m: 1:59.28	250m: 3:28.81	47.57	350m: 4:54.68		38.45	
	100m: 1:15.43				200m: 2:41.24	300m: 4:16.23	47.42	400m: 5:31.86		37.18	
11.	Maria Alves, FERREIRA	F	20480	97	Famalicao				5:33.22	480	
	50m: 36.66				150m: 2:01.93	250m: 3:28.75	47.13	350m: 4:56.25		39.28	
	100m: 1:20.06				200m: 2:41.62	300m: 4:16.97	48.22	400m: 5:33.22		36.97	
12.	Sofia Isabel, TAVARES	F	101992	97	Vilacondense				5:34.25	476	
	50m: 35.78				150m: 2:02.92	250m: 3:33.10	46.07	350m: 4:58.24		38.54	
	100m: 1:17.66				200m: 2:47.03	300m: 4:19.70	46.60	400m: 5:34.25		36.01	
13.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao				5:34.93	473	
	50m: 36.34				150m: 2:04.21	250m: 3:33.72	46.74	350m: 4:59.54		37.71	
	100m: 1:20.11				200m: 2:46.98	300m: 4:21.83	48.11	400m: 5:34.93		35.39	
14.	Catia Alexandra, BATISTA	F	103036	96	Lamas				5:35.98	469	
	50m: 34.72				150m: 1:58.90	250m: 3:30.11	48.36	350m: 4:57.50		39.09	
	100m: 1:14.66				200m: 2:41.75	300m: 4:18.41	48.30	400m: 5:35.98		38.48	
15.	Maria Beatriz, RIBEIRO	F	105611	97	Natacao da Maia				5:37.32	463	
	50m: 36.61				150m: 2:02.56	250m: 3:32.47	47.56	350m: 4:59.74		40.54	
	100m: 1:18.70				200m: 2:44.91	300m: 4:19.20	46.73	400m: 5:37.32		37.58	
16.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe				5:39.27	455	
	50m: 36.32				150m: 2:01.12	250m: 3:33.59	48.31	350m: 5:01.83		38.90	
	100m: 1:17.40				200m: 2:45.28	300m: 4:22.93	49.34	400m: 5:39.27		37.44	
17.	Beatriz Casimiro, VALENTE	F	15488	96	Leixões Sport Clube				5:39.78	453	
	50m: 36.95				150m: 2:02.93	250m: 3:35.68	49.47	350m: 5:03.55		37.81	
	100m: 1:18.53				200m: 2:46.21	300m: 4:25.74	50.06	400m: 5:39.78		36.23	
18.	Ana Isabel, FERNANDES	F	102704	96	Famalicao				5:39.85	453	
	50m: 35.66				150m: 2:02.65	250m: 3:35.73	49.66	350m: 5:03.82		37.81	
	100m: 1:17.68				200m: 2:46.07	300m: 4:26.01	50.28	400m: 5:39.85		36.03	
19.	Maria Joao, FERNANDES	F	102092	97	FCPorto				5:40.79	449	
	50m: 35.49				150m: 2:02.86	250m: 3:36.00	51.65	350m: 5:06.14		37.66	
	100m: 1:19.43				200m: 2:44.35	300m: 4:28.48	52.48	400m: 5:40.79		34.65	
20.	Ana Filipa, GOMES	F	107376	96	Vilacondense				5:40.83	449	
	50m: 36.04				150m: 2:05.40	250m: 3:33.54	46.71	350m: 5:02.31		41.21	
	100m: 1:20.91				200m: 2:46.83	300m: 4:21.10	47.56	400m: 5:40.83		38.52	

O Secretário do Juri

O Juiz Árbitro

Prova 1, Femin., 400m Estilos, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
21.	Sandra Mafalda, SILVA	F	110595	97	Natacao da Maia	5:41.27	447				
	50m: 36.71 36.71				45.09 250m: 3:34.17	48.78	350m: 5:03.30	40.59			
	100m: 1:17.83 41.12				42.47 300m: 4:22.71	48.54	400m: 5:41.27	37.97			
22.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	5:41.72	445				
	50m: 35.83 35.83				41.67 250m: 3:32.89	51.33	350m: 5:04.32	39.00			
	100m: 1:17.89 42.06				42.00 300m: 4:25.32	52.43	400m: 5:41.72	37.40			
23.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicao	5:42.51	442				
	50m: 34.86 34.86				45.40 250m: 3:34.91	50.49	350m: 5:04.81	39.80			
	100m: 1:14.92 40.06				44.10 300m: 4:25.01	50.10	400m: 5:42.51	37.70			
24.	Ana Paula, ARAUJO	F	20362	96	Ginásio Santo Tirso	5:47.76	422				
	50m: 37.90 37.90				43.02 250m: 3:38.45	52.35	350m: 5:09.61	39.40			
	100m: 1:21.20 43.30				41.88 300m: 4:30.21	51.76	400m: 5:47.76	38.15			
25.	Joana Margarida, SOUSA	F	104510	97	Valongo	5:50.61	412				
	50m: 41.90 41.90				43.40 250m: 3:42.89	47.63	350m: 5:12.05	41.29			
	100m: 1:29.88 47.98				41.98 300m: 4:30.76	47.87	400m: 5:50.61	38.56			
26.	Mafalda Mendes, MAGALHAES	F	107706	97	FCPorto	5:51.79	408				
	50m: 39.35 39.35				46.28 250m: 3:44.92	48.21	350m: 5:14.91	38.80			
	100m: 1:25.98 46.63				44.45 300m: 4:36.11	51.19	400m: 5:51.79	36.88			
27.	Maria Miguel, OLIVEIRA	F	117219	97	Natacao da Maia	5:51.93	408				
	50m: 36.70 36.70				43.61 250m: 3:41.33	51.92	350m: 5:12.59	38.70			
	100m: 1:21.29 44.59				44.51 300m: 4:33.89	52.56	400m: 5:51.93	39.34			
28.	Ines Maria, PINTAO	F	102043	96	Leixões Sport Clube	5:52.03	407				
	50m: 37.91 37.91				47.19 250m: 3:44.05	50.63	350m: 5:15.26	39.80			
	100m: 1:21.60 43.69				44.63 300m: 4:35.46	51.41	400m: 5:52.03	36.77			
29.	Rute Santos, FERREIRA	F	103823	97	FCPorto	5:52.65	405				
	50m: 39.24 39.24				43.23 250m: 3:44.43	51.92	350m: 5:15.77	38.34			
	100m: 1:28.59 49.35				40.69 300m: 4:37.43	53.00	400m: 5:52.65	36.88			
30.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	5:55.74	395				
	50m: 37.63 37.63				42.07 250m: 3:39.27	52.95	350m: 5:14.71	41.25			
	100m: 1:21.75 44.12				42.50 300m: 4:33.46	54.19	400m: 5:55.74	41.03			
31.	Ana Raquel, SILVA	F	104584	96	Vilacondense	6:00.80	378				
	50m: 38.56 38.56				44.63 250m: 3:44.82	55.80	350m: 5:20.94	41.02			
	100m: 1:20.85 44.29				43.54 300m: 4:39.92	55.10	400m: 6:00.80	39.86			
32.	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	6:02.46	373				
	50m: 37.88 37.88				44.25 250m: 3:48.28	55.28	350m: 5:23.74	40.27			
	100m: 1:25.46 47.58				43.29 300m: 4:43.47	55.19	400m: 6:02.46	38.72			
33.	Ana Sofia, SOUSA	F	101952	96	Gespacos	6:04.12	368				
	50m: 39.15 39.15				49.68 250m: 3:49.42	49.29	350m: 5:22.38	43.66			
	100m: 1:23.00 43.85				47.45 300m: 4:38.72	49.30	400m: 6:04.12	41.74			
34.	Ana Micaela, CARVALHO	F	20475	97	Famalicao	6:04.76	366				
	50m: 38.39 38.39				46.81 250m: 3:48.87	53.49	350m: 5:25.50	41.30			
	100m: 1:25.20 46.81				43.37 300m: 4:44.20	55.33	400m: 6:04.76	39.26			
35.	Andreia Filipa, NORA	F	15372	96	Leixões Sport Clube	6:05.62	363				
	50m: 39.38 39.38				46.43 250m: 3:50.58	52.95	350m: 5:25.87	41.55			
	100m: 1:26.47 47.09				44.73 300m: 4:44.32	53.74	400m: 6:05.62	39.75			
36.	Daniela Ferreira, COSTA	F	103627	97	Leixões Sport Clube	6:05.63	363				
	50m: 41.37 41.37				46.01 250m: 3:49.65	50.68	350m: 5:23.99	42.67			
	100m: 1:28.54 47.17				44.42 300m: 4:41.32	51.67	400m: 6:05.63	41.64			
37.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	6:24.30	313				
	50m: 39.17 39.17				48.46 250m: 3:58.79	58.92	350m: 5:42.31	43.20			
	100m: 1:26.43 47.26				44.98 300m: 4:59.11	1:00.32	400m: 6:24.30	41.99			
DSQ	Ana Catarina, ALMEIDA	F	102989	96	Foca						DSQ
	<i>512 - O(a) atleta tocou com uma mão na parede na viragem aos 75 metros – SW 8.4</i>										

Seniores

1.	Diana Patricia, FERREIRA	F	23500	94	Gespacos	5:11.39	589				
	50m: 33.04 33.04				40.94 250m: 3:14.50	43.87	350m: 4:35.87	37.11			
	100m: 1:10.17 37.13				39.52 300m: 3:58.76	44.26	400m: 5:11.39	35.52			
2.	Joana Filipa, SANTOS	F	24081	93	Vitória Sport Clube	5:13.39	577				
	50m: 34.12 34.12				40.35 250m: 3:17.50	45.63	350m: 4:39.85	35.54			
	100m: 1:12.67 38.55				38.85 300m: 4:04.31	46.81	400m: 5:13.39	33.54			
3.	Andreia Catarina, GOMES	F	103701	94	Vitória Sport Clube	5:14.62	571				
	50m: 32.49 32.49				42.12 250m: 3:19.63	47.46	350m: 4:43.32	35.22			
	100m: 1:09.82 37.33				40.23 300m: 4:08.10	48.47	400m: 5:14.62	31.30			
4.	Joana Marques, MAIA	F	25067	91	Natacao da Maia	5:19.48	545				
	50m: 33.65 33.65				41.87 250m: 3:18.59	42.46	350m: 4:41.32	39.71			
	100m: 1:13.41 39.76				40.85 300m: 4:01.61	43.02	400m: 5:19.48	38.16			
5.	Maria Luis, AMORIM	F	102029	95	FCPorto	5:24.31	521				
	50m: 34.72 34.72				41.01 250m: 3:23.57	48.46	350m: 4:48.95	36.49			
	100m: 1:14.33 39.61				39.77 300m: 4:12.46	48.89	400m: 5:24.31	35.36			

O Secretário do Juri

O Juiz Árbitro

Prova 1, Femin., 400m Estilos, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
6.	Soraja Vanessa, RIBEIRO	F	15857	92	Gespacos	5:24.64	519				
	50m: 32.96				150m: 1:53.48	42.03	250m: 3:21.65	47.34	350m: 4:47.75		37.71
	100m: 1:11.45				200m: 2:34.31	40.83	300m: 4:10.04	48.39	400m: 5:24.64		36.89
7.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	5:28.53	501				
	50m: 33.90				150m: 1:55.73	42.71	250m: 3:28.38	50.76	350m: 4:53.86		35.54
	100m: 1:13.02				200m: 2:37.62	41.89	300m: 4:18.32	49.94	400m: 5:28.53		34.67
8.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalicao	5:31.19	489				
	50m: 36.67				150m: 2:00.41	42.93	250m: 3:30.28	47.97	350m: 4:55.13		37.48
	100m: 1:17.48				200m: 2:42.31	41.90	300m: 4:17.65	47.37	400m: 5:31.19		36.06
9.	Barbara Daniela, SOUSA	F	15966	92	Valongo	5:31.39	488				
	50m: 34.70				150m: 1:56.33	43.05	250m: 3:26.65	48.45	350m: 4:52.99		39.15
	100m: 1:13.28				200m: 2:38.20	41.87	300m: 4:13.84	47.19	400m: 5:31.39		38.40
10.	Daniela Filipa, PINTO	F	20610	91	Vitória Sport Clube	5:31.75	487				
	50m: 35.79				150m: 2:01.43	44.35	250m: 3:32.77	49.14	350m: 4:57.62		35.21
	100m: 1:17.08				200m: 2:43.63	42.20	300m: 4:22.41	49.64	400m: 5:31.75		34.13
11.	Carolina Santos, SILVA	F	23208	86	Natacao da Maia	5:32.25	484				
	50m: 34.63				150m: 1:58.96	45.36	250m: 3:28.44	47.27	350m: 4:54.64		38.71
	100m: 1:13.60				200m: 2:41.17	42.21	300m: 4:15.93	47.49	400m: 5:32.25		37.61
12.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixões Sport Clube	5:37.86	461				
	50m: 36.24				150m: 1:58.61	42.22	250m: 3:30.70	51.03	350m: 5:02.45		38.63
	100m: 1:16.39				200m: 2:39.67	41.06	300m: 4:23.82	53.12	400m: 5:37.86		35.41
13.	Patricia Cristina, FERNANDES	F	23496	94	Gespacos	5:38.63	458				
	50m: 35.91				150m: 2:02.63	43.32	250m: 3:32.52	47.89	350m: 5:00.36		39.62
	100m: 1:19.31				200m: 2:44.63	42.00	300m: 4:20.74	48.22	400m: 5:38.63		38.27
14.	Ana Sofia, ALVES	F	25757	95	Vitória Sport Clube	5:38.84	457				
	50m: 35.78				150m: 2:03.13	44.88	250m: 3:34.75	49.06	350m: 5:01.48		37.13
	100m: 1:18.25				200m: 2:45.69	42.56	300m: 4:24.35	49.60	400m: 5:38.84		37.36
15.	Rute Sofia, TEIXEIRA	F	15202	90	Ginásio Santo Tirso	5:39.52	454				
	50m: 34.95				150m: 2:00.89	44.46	250m: 3:33.10	48.79	350m: 5:02.17		39.51
	100m: 1:16.43				200m: 2:44.31	43.42	300m: 4:22.66	49.56	400m: 5:39.52		37.35
16.	Mariana Oliveira, VALE	F	15977	93	Valongo	5:40.09	452				
	50m: 36.72				150m: 2:01.47	42.47	250m: 3:30.96	48.12	350m: 5:01.72		40.85
	100m: 1:19.00				200m: 2:42.84	41.37	300m: 4:20.87	49.91	400m: 5:40.09		38.37
17.	Ana Vitoria, ALVES	F	25096	88	Gespacos	5:42.77	441				
	50m: 35.14				150m: 2:00.79	44.86	250m: 3:34.55	49.29	350m: 5:03.74		40.04
	100m: 1:15.93				200m: 2:45.26	44.47	300m: 4:23.70	49.15	400m: 5:42.77		39.03
18.	Rita Amado, LAEZZA	F	12054	95	Vilacondense	5:45.20	432				
	50m: 37.64				150m: 2:05.48	43.64	250m: 3:38.28	52.13	350m: 5:08.19		38.15
	100m: 1:21.84				200m: 2:46.15	40.67	300m: 4:30.04	51.76	400m: 5:45.20		37.01
19.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	5:49.44	416				
	50m: 37.89				150m: 2:07.35	45.29	250m: 3:40.67	49.67	350m: 5:10.69		39.02
	100m: 1:22.06				200m: 2:51.00	43.65	300m: 4:31.67	51.00	400m: 5:49.44		38.75
20.	Ana Margarida, COSTA	F	15495	95	Leixões Sport Clube	5:50.35	413				
	50m: 37.49				150m: 2:06.67	45.22	250m: 3:43.53	53.35	350m: 5:13.98		37.00
	100m: 1:21.45				200m: 2:50.18	43.51	300m: 4:36.98	53.45	400m: 5:50.35		36.37
21.	Luciana Tomi, KOBAYASHI	F	107429	95	Vilacondense	5:57.06	390				
	50m: 35.44				150m: 2:03.03	45.57	250m: 3:41.02	52.49	350m: 5:15.69		42.07
	100m: 1:17.46				200m: 2:48.53	45.50	300m: 4:33.62	52.60	400m: 5:57.06		41.37
22.	Barbara Pinto, MARTINS	F	102519	94	Propaganda da Natacao	6:26.14	308				
	50m: 38.10				150m: 2:17.40	51.16	250m: 4:06.22	56.99	350m: 5:45.13		41.28
	100m: 1:26.24				200m: 3:09.23	51.83	300m: 5:03.85	57.63	400m: 6:26.14		41.01
DNS	Amelia Pereira, FERNANDES	F	15951	89	Vitória Sport Clube						DNS

Prova 2
29-10-2011 - 16:20

Masc., 200m Mariposa
CMEP - Clínica Médica do Exercício do Porto

17 anos e mais velhos
Resultados

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	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Simao Pedro, ALVES 50m: 30.67 30.67	M	102500	94	Famalicao 34.88 150m: 1:40.88 35.33	2:16.44 2:16.44	511	35.56
2.	Joao Miguel, COSTA 50m: 30.59 30.59	M	15088	95	Vilacondense 34.80 150m: 1:41.16 35.77	2:16.78 2:16.78	507	35.62
3.	Diogo Manuel, RODRIGUES 50m: 30.86 30.86	M	15338	94	Vitoria Sport Clube 35.81 150m: 1:43.17 36.50	2:19.45 2:19.45	479	36.28
4.	Mario Guterres, CARVALHO 50m: 31.47 31.47	M	18088	95	Vilacondense 35.17 150m: 1:42.38 35.74	2:19.87 2:19.87	474	37.49
5.	Frederico Renato, SOUSA 50m: 30.52 30.52	M	105734	95	Gespacos 34.83 150m: 1:42.12 36.77	2:20.15 2:20.15	471	38.03
6.	Cesar Filipe, MAGALHAES 50m: 31.10 31.10	M	15473	95	Foca 35.90 150m: 1:43.91 36.91	2:21.34 2:21.34	460	37.43
7.	Paulo Andre, SILVA 50m: 31.99 31.99	M	104517	95	Natacao da Maia 36.92 150m: 1:46.44 37.53	2:23.79 2:23.79	436	37.35
8.	Joao Duarte, MARAFONA 50m: 31.22 31.22	M	20293	95	Vilacondense 36.23 150m: 1:46.33 38.88	2:23.96 2:23.96	435	37.63
9.	Rui Fernando, ROCHA 50m: 31.08 31.08	M	24096	94	Valongo 35.60 150m: 1:44.02 37.34	2:24.33 2:24.33	432	40.31
10.	Fernando Santos, MOREIRA 50m: 31.06 31.06	M	15824	94	Fluvial Portuense 36.19 150m: 1:46.28 39.03	2:28.52 2:28.52	396	42.24
11.	Carlos Miguel, ARAUJO 50m: 31.82 31.82	M	15583	94	Famalicao 37.71 150m: 1:48.64 39.11	2:29.13 2:29.13	391	40.49
12.	Tiago Sobral, COELHO 50m: 32.51 32.51	M	20393	95	Ginasio Santo Tirso 38.03 150m: 1:49.34 38.80	2:29.68 2:29.68	387	40.34
13.	Nuno Goncalo, MARTINS 50m: 32.21 32.21	M	102675	95	Famalicao 37.46 150m: 1:49.08 39.41	2:30.24 2:30.24	383	41.16
14.	Afonso Aguiar, BRANCO 50m: 30.27 30.27	M	20310	95	FCPorto 39.72 150m: 1:49.70 39.71	2:31.07 2:31.07	376	41.37
15.	Orlando Filipe, MORIM 50m: 32.41 32.41	M	107373	95	Vilacondense 38.15 150m: 1:51.13 40.57	2:33.04 2:33.04	362	41.91
16.	Pedro Maria, BESSA 50m: 33.05 33.05	M	18656	95	Vilacondense 39.94 150m: 1:53.33 40.34	2:34.70 2:34.70	350	41.37
17.	Rui Filipe, SOUSA 50m: 33.75 33.75	M	103092	95	Lousada 39.21 150m: 1:55.19 42.23	2:38.34 2:38.34	327	43.15
18.	Joao Pedro, FERREIRA 50m: 36.31 36.31	M	111411	95	Natacao da Maia 41.89 150m: 2:00.31 42.11	2:41.68 2:41.68	307	41.37
19.	Andre Sampaio, SANTOS 50m: 34.00 34.00	M	103267	95	Fluvial Portuense 41.15 150m: 1:58.84 43.69	2:42.24 2:42.24	304	43.40
DSQ	Joao Paulo, COSTA 508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso - SW 8.3	M	111329	95	Gespacos			DSQ
DNS	Joao Marcelo, GOMES	M	102025	95	FCPorto			DNS

Seniores

1.	Jorge Manuel, MAIA 50m: 28.91 28.91	M	23220	89	Famalicao 32.33 150m: 1:34.61 33.37	2:08.72 2:08.72	609	34.11
2.	Igor Guterres, CARVALHO 50m: 29.76 29.76	M	23057	88	Vilacondense 32.84 150m: 1:36.52 33.92	2:10.30 2:10.30	587	33.78
3.	Nuno Rafael, ALVES 50m: 29.04 29.04	M	103907	90	Gespacos 33.18 150m: 1:36.21 33.99	2:10.39 2:10.39	585	34.18
4.	Rui Filipe, MAIA 50m: 30.12 30.12	M	24204	93	Vilacondense 34.21 150m: 1:38.77 34.44	2:13.69 2:13.69	543	34.92
5.	Rui Goncalves, OLIVEIRA 50m: 30.10 30.10	M	20359	93	Natacao da Maia 34.48 150m: 1:40.30 35.72	2:16.24 2:16.24	513	35.94
6.	Diogo Carmo, RAMOS 50m: 30.24 30.24	M	15317	93	Vilacondense 35.00 150m: 1:41.18 35.94	2:16.98 2:16.98	505	35.80
7.	Joao Claudio, SOUSA 50m: 30.56 30.56	M	23458	93	Gespacos 33.48 150m: 1:39.61 35.57	2:17.09 2:17.09	504	37.48

O Secretário do Juri

O Juiz Árbitro

Prova 2, Masc., 200m Mariposa, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Nelson Filipe, MARTINHO 50m: 29.47 29.47	M	16016	89	Valongo	2:22.62 2:22.62	447	39.63
9.	Dario Almeida, SANTOS 50m: 30.60 30.60	M	22520	93	Leixões Sport Clube	2:27.34 2:27.34	406	40.94
10.	Andre Ferreira, FERNANDES 50m: 30.71 30.71	M	11521	88	Natacao da Maia	2:28.44 2:28.44	397	42.87
11.	Diogo Justino, PINHEIRO 50m: 35.76 35.76	M	20025	92	Propaganda da Natacao	2:58.87 2:58.87	226	51.12

Prova 3

Femin., 200m Bruços

15 anos e mais velhos

29-10-2011 - 16:35

COPIDOURO - Cópia e Artigos de Reprodução, Lda

Resultados

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
Juniores								
1.	Paula Alexandra, OLIVEIRA 50m: 38.10 38.10	F	102084	96	FCPorto	2:43.16 2:43.16	561	41.92
2.	Ana Filipa, GOMES 50m: 38.55 38.55	F	107376	96	Vilacondense	2:50.95 2:50.95	487	44.71
3.	Ana Filipa, MARTINS 50m: 39.31 39.31	F	104438	97	Foca	2:53.52 2:53.52	466	45.46
4.	Maria Beatriz, RIBEIRO 50m: 41.37 41.37	F	105611	97	Natacao da Maia	2:55.37 2:55.37	451	43.73
5.	Sara Monteiro, MEIRELES 50m: 41.12 41.12	F	103921	97	Gespacos	2:55.46 2:55.46	451	44.14
6.	Claudia Susana, TEIXEIRA 50m: 41.57 41.57	F	102040	96	Gespacos	2:56.31 2:56.31	444	44.44
7.	Sofia Isabel, TAVARES 50m: 41.45 41.45	F	101992	97	Vilacondense	2:56.32 2:56.32	444	44.84
8.	Ines Vilela, BRAGA 50m: 39.49 39.49	F	106935	97	Fluvial Portuense	2:59.45 2:59.45	421	46.74
9.	Adriana Daniela, CASTRO 50m: 40.99 40.99	F	104515	97	FCPorto	3:00.51 3:00.51	414	45.67
10.	Maria Teresa, AMORIM 50m: 42.55 42.55	F	20104	97	FCPorto	3:02.41 3:02.41	401	47.01
11.	Joana Margarida, SOUSA 50m: 41.07 41.07	F	104510	97	Valongo	3:02.60 3:02.60	400	48.03
12.	Carolina Conceicao, PAIS 50m: 41.98 41.98	F	103764	97	Lamas	3:04.30 3:04.30	389	48.40
13.	Ana Catarina, AZEVEDO 50m: 42.75 42.75	F	102640	96	Famalicão	3:06.97 3:06.97	372	47.64
14.	Alexandra Fernandes, CUNHA 50m: 43.16 43.16	F	106410	96	Vitória Sport Clube	3:07.88 3:07.88	367	48.32
15.	Claudia Cristina, LEAO 50m: 43.19 43.19	F	102069	96	Gespacos	3:09.44 3:09.44	358	48.51
16.	Ana Sofia, SOUSA 50m: 43.71 43.71	F	101952	96	Gespacos	3:11.43 3:11.43	347	49.09
17.	Sofia Patricia, GONCALVES 50m: 43.79 43.79	F	111410	97	Fluvial Portuense	3:14.42 3:14.42	331	50.61
18.	Ana Rosa, ARTEIRO 50m: 44.13 44.13	F	105528	97	Vilacondense	3:16.01 3:16.01	323	50.79
19.	Vanessa Cristina, MAGALHAES 50m: 44.73 44.73	F	110566	96	Leixões Sport Clube	3:17.98 3:17.98	314	51.41
20.	Ana Cristina, NEVES 50m: 46.65 46.65	F	22553	96	Leixões Sport Clube	3:19.85 3:19.85	305	50.37
21.	Luisa Vieira, CORREIA 50m: 46.14 46.14	F	121045	96	Leixões Sport Clube	3:20.88 3:20.88	300	51.13
22.	Tamara Filipa, SALDANHA 50m: 45.34 45.34	F	103824	96	Fluvial Portuense	3:21.00 3:21.00	300	52.93

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associacao de Natacao do Norte de Portugal

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Prova 3, Femin., 200m Bruços, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
23.	Ana Pires, FERNANDES 50m: 46.80 46.80	F	117831	97	Leixões Sport Clube 52.80 150m: 2:34.38 54.78	3:27.69 3:27.69	272	53.31
24.	Maria Teresa, ALVES 50m: 45.71 45.71	F	119753	97	Lamas 54.23 150m: 2:32.53 54.21	3:29.70 3:29.70	264	57.17
25.	Sofia Monteiro, SOUSA 50m: 46.95 46.95	F	109240	97	Leixões Sport Clube 54.14 150m: 2:35.72 54.63	3:30.21 3:30.21	262	54.49
26.	Beatriz Ana, VALENTE 50m: 46.55 46.55	F	103715	97	Fluvial Portuense 54.23 150m: 2:36.75 55.97	3:30.30 3:30.30	262	53.55
27.	Mafalda Barbosa, FARINHA 50m: 44.88 44.88	F	117824	97	Fluvial Portuense 54.85 150m: 2:36.66 56.93	3:31.60 3:31.60	257	54.94
28.	Ana Patricia, HENRIQUE 50m: 48.78 48.78	F	106884	97	Leixões Sport Clube 54.56 150m: 2:40.43 57.09	3:36.11 3:36.11	241	55.68
DSQ	Rute Portela, MORAIS 421 - O(a) atleta tocou com uma mão na parede na viragem aos 175 metros – SW 7.6	F	121046	96	Leixões Sport Clube			DSQ

Seniores

1.	Angelica Maria, ANDRE 50m: 36.62 36.62	F	15497	94	Leixões Sport Clube 40.40 150m: 1:58.10 41.08	2:39.48 2:39.48	600	41.38
2.	Joana Marques, MAIA 50m: 37.17 37.17	F	25067	91	Natacao da Maia 42.02 150m: 2:01.58 42.39	2:42.88 2:42.88	563	41.30
3.	Diana Patricia, FERREIRA 50m: 39.34 39.34	F	23500	94	Gespacos 42.58 150m: 2:04.95 43.03	2:47.31 2:47.31	520	42.36
4.	Carolina Isabel, PEREIRA 50m: 39.75 39.75	F	23115	94	Vitória Sport Clube 46.50 150m: 2:14.10 47.85	3:01.07 3:01.07	410	46.97
5.	Patricia Cristina, FERNANDES 50m: 42.82 42.82	F	23496	94	Gespacos 47.22 150m: 2:16.74 46.70	3:03.32 3:03.32	395	46.58
6.	Ana Rita, SILVA 50m: 41.54 41.54	F	104553	95	Vilacondense 45.99 150m: 2:15.57 48.04	3:04.43 3:04.43	388	48.86
7.	Maria Beatriz, FERREIRA 50m: 42.10 42.10	F	24133	95	Fluvial Portuense 46.72 150m: 2:16.75 47.93	3:05.30 3:05.30	383	48.55
8.	Mariana Oliveira, VALE 50m: 43.02 43.02	F	15977	93	Valongo 48.52 150m: 2:20.49 48.95	3:10.14 3:10.14	354	49.65
9.	Cassandra Pedro, OLIVEIRA 50m: 44.17 44.17	F	111071	95	Vilacondense 48.95 150m: 2:22.26 49.14	3:10.81 3:10.81	350	48.55
10.	Joana Gabriela, SILVA 50m: 43.18 43.18	F	103945	95	Lamas 49.11 150m: 2:22.24 49.95	3:11.48 3:11.48	347	49.24
11.	Monica Pinto, COELHO 50m: 44.07 44.07	F	18121	95	Ginásio Santo Tirso 49.25 150m: 2:24.16 50.84	3:15.35 3:15.35	326	51.19
12.	Sara Jose, PINTO 50m: 46.82 46.82	F	23467	95	Ginásio Santo Tirso 51.44 150m: 2:30.36 52.10	3:22.44 3:22.44	293	52.08
13.	Andreia Sofia, PACHECO 50m: 43.96 43.96	F	102563	95	Propaganda da Natacao 50.89 150m: 2:28.51 53.66	3:22.49 3:22.49	293	53.98
14.	Joana Henriques, OLIVEIRA 50m: 47.14 47.14	F	118030	93	Propaganda da Natacao 54.39 150m: 2:37.75 56.22	3:33.34 3:33.34	250	55.59
15.	Ines Couto, RODRIGUES 50m: 48.66 48.66	F	121780	95	Leixões Sport Clube 54.69 150m: 2:39.08 55.73	3:34.01 3:34.01	248	54.93
DSQ	Ana Vitoria, ALVES 402 - O(a) atleta efectuou a pernada de golfinho antes da braçada submarina – SW 7.1	F	25096	88	Gespacos			DSQ
DSQ	Rita Alexandra, GUEDES 419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 50 metros – SW 7.6	F	109572	94	Propaganda da Natacao			DSQ
DNS	Ana Catarina, TEIXEIRA	F	18137	95	Foca			DNS
DNS	Catia Marisa, SILVA	F	23319	91	Valongo			DNS

O Secretário do Juri

O Juiz Árbitro

Prova 4
29-10-2011 - 17:00

Masc., 200m Costas
CMEP - Clínica Médica do Exercício do Porto

17 anos e mais velhos
Resultados

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
Juniores								
1.	Jose Alberto, MARTINS 50m: 31.62 31.62	M	23096	94	Vitória Sport Clube 33.66 150m: 1:05.28	1:38.81 33.53 200m: 2:11.18	529	32.37
2.	Ruben Filipe, NUNES 50m: 33.24 33.24	M	23302	94	Gespacos 34.73 150m: 1:07.97	1:42.07 34.10 200m: 2:15.70	478	33.63
3.	Andre Isaias, GUIMARAES 50m: 32.77 32.77	M	102612	95	Famalicão 34.50 150m: 1:07.27	1:42.32 35.05 200m: 2:16.86	466	34.54
4.	Carlos Manuel, CABRAL 50m: 32.39 32.39	M	24236	94	Vilacondense 34.59 150m: 1:06.98	1:42.57 35.59 200m: 2:16.90	465	34.33
5.	Daniel Costa, VIEIRA 50m: 33.19 33.19	M	102412	95	FCPorto 34.43 150m: 1:07.62	1:42.81 35.19 200m: 2:17.56	458	34.75
6.	Pedro Romanoski, CARVALHO 50m: 32.68 32.68	M	108664	94	Famalicão 35.39 150m: 1:08.07	1:43.70 35.63 200m: 2:18.81	446	35.11
7.	Miguel Alexandre, LEMOS 50m: 33.53 33.53	M	101989	94	Fluvial Portuense 35.92 150m: 1:09.45	1:45.58 36.13 200m: 2:20.65	429	35.07
8.	Bernardo Manuel, VALENTE 50m: 33.92 33.92	M	23497	95	Fluvial Portuense 36.35 150m: 1:10.27	1:46.07 35.80 200m: 2:20.67	429	34.60
9.	Carlos Miguel, ARAUJO 50m: 33.39 33.39	M	15583	94	Famalicão 36.21 150m: 1:09.60	1:45.51 35.91 200m: 2:21.07	425	35.56
10.	Joao Nuno, ABREU 50m: 33.81 33.81	M	103432	95	Vitória Sport Clube 35.75 150m: 1:09.56	1:45.73 36.17 200m: 2:21.19	424	35.46
11.	Hugo Moreira, MARTINS 50m: 33.37 33.37	M	108219	94	Valongo 36.58 150m: 1:09.95	1:47.72 37.77 200m: 2:24.43	396	36.71
12.	Luis Manuel, FERNANDES 50m: 33.97 33.97	M	15589	95	Famalicão 36.59 150m: 1:10.56	1:47.61 37.05 200m: 2:24.65	394	37.04
13.	Joao Pedro, BARROSO 50m: 34.91 34.91	M	20392	95	Ginásio Santo Tirso 36.25 150m: 1:11.16	1:48.32 37.16 200m: 2:25.69	386	37.37
14.	Pedro Miguel, COELHO 50m: 33.26 33.26	M	23495	94	Lousada 36.72 150m: 1:09.98	1:48.11 38.13 200m: 2:25.78	385	37.67
15.	Nuno Goncalo, MARTINS 50m: 35.30 35.30	M	102675	95	Famalicão 38.41 150m: 1:13.71	1:51.78 38.07 200m: 2:28.08	367	36.30
16.	Fernando Santos, MOREIRA 50m: 37.05 37.05	M	15824	94	Fluvial Portuense 38.20 150m: 1:15.25	1:51.82 36.57 200m: 2:28.13	367	36.31
17.	Joao Paulo, COSTA 50m: 36.66 36.66	M	111329	95	Gespacos 37.58 150m: 1:14.24	1:52.04 37.80 200m: 2:29.29	359	37.25
18.	Vitor Daniel, MENDES 50m: 34.91 34.91	M	109337	94	Vitória Sport Clube 37.37 150m: 1:12.28	1:51.83 39.55 200m: 2:31.56	343	39.73
19.	Luis Miguel, LOPES 50m: 37.06 37.06	M	102984	95	Foca 38.58 150m: 1:15.64	1:53.76 38.12 200m: 2:32.00	340	38.24
20.	Frederico Renato, SOUSA 50m: 37.42 37.42	M	105734	95	Gespacos 38.72 150m: 1:16.14	1:55.49 39.35 200m: 2:33.92	327	38.43
21.	Rui Fernando, ROCHA 50m: 36.37 36.37	M	24096	94	Valongo 39.81 150m: 1:16.18	1:56.64 40.46 200m: 2:33.98	327	37.34
22.	Luis Miguel, ALMEIDA 50m: 36.75 36.75	M	15370	95	Foca 38.60 150m: 1:15.35	1:55.34 39.99 200m: 2:34.86	321	39.52
23.	Daniel Rento, LAUREANO 50m: 38.03 38.03	M	103707	95	Leixões Sport Clube 40.01 150m: 1:18.04	1:57.41 39.37 200m: 2:35.72	316	38.31
24.	Andre Alexandre, SILVA 50m: 38.41 38.41	M	102699	94	Propaganda da Natacao 41.96 150m: 1:20.37	2:02.72 42.35 200m: 2:42.43	278	39.71
25.	Jose Pedro, OLIVEIRA 50m: 40.11 40.11	M	20294	95	Vilacondense 42.72 150m: 1:22.83	2:06.09 43.26 200m: 2:48.17	251	42.08
26.	Nuno Filipe, MAGALHAES 50m: 44.04 44.04	M	122748	95	Propaganda da Natacao 48.24 150m: 1:32.28	2:21.04 48.76 200m: 3:06.88	183	45.84
DSQ	Bernardo Manuel, CERQUEIRA 303 - O(a) atleta saiu na posição ventral depois da viragem aos 25 metros – SW 6.2	M	123837	94	Leixões Sport Clube			DSQ

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

31-10-2011 19:05 - Página 7

Prova 4, Masc., 200m Costas

Seniores

Rank	Name	Sex	License	Year	Club	50m	100m	150m	200m	Final Time	Pts
1.	Diogo Carmo, RAMOS	M	15317	93	Vilacondense	32.36	1:06.89	1:41.69	2:15.28	2:15.28	482
2.	Rui Goncalves, OLIVEIRA	M	20359	93	Natacao da Maia	32.18	1:07.00	1:42.76	2:17.25	2:17.25	462
3.	Paulo Andre, DIAS	M	23406	92	Gespacos	33.26	1:08.04	1:43.08	2:17.85	2:17.85	456
4.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	33.54	1:09.56	1:45.06	2:20.27	2:20.27	432
5.	Rui Filipe, MAIA	M	24204	93	Vilacondense	34.04	1:09.74	1:45.85	2:21.02	2:21.02	426
6.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	32.69	1:08.79	1:46.63	2:24.28	2:24.28	397
7.	Andre Ferreira, FERNANDES	M	11521	88	Natacao da Maia	34.05	1:11.73	1:49.86	2:26.97	2:26.97	376
8.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	34.73	1:13.13	1:52.50	2:30.50	2:30.50	350
9.	Vasco Vieira, LOPES	M	15718	84	Leixões Sport Clube	35.32	1:13.21	1:52.95	2:32.21	2:32.21	338
10.	Luis Carlos, TEIXEIRA	M	15215	88	Ginásio Santo Tirso	36.24	1:16.17	1:56.60	2:36.51	2:36.51	311
11.	Paulo Ricardo, MOREIRA	M	15487	91	Propaganda da Natacao	38.49	1:18.73	1:59.23	2:40.01	2:40.01	291
12.	Joao Pedro, NEVES	M	123836	93	Leixões Sport Clube	36.36	1:16.82	1:59.02	2:41.28	2:41.28	284
13.	Diogo Filipe, PEREIRA	M	24332	92	Propaganda da Natacao	38.33	1:19.80	2:01.73	2:43.09	2:43.09	275
14.	Carlos Daniel, SALABERT	M	23322	90	Propaganda da Natacao	40.41	1:23.93	2:08.53	2:52.89	2:52.89	231
DNS	Miguel Filipe, FERREIRA	M	118003	91	Lamas						DNS

Prova 5

29-10-2011 - 17:30

Femin., 4 x 200m Livres

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15 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	8:14.13	Sara Oliveira, Sara Loureiro, Joana Rodrigues, Marta Marinho	05-12-2010
Recorde Regional 25m Jun	8:45.95	Soraia Ribeiro, Sara Nunes, Claudia Monteiro, Mafalda Guerreiro	15-12-2007
Recorde Regional 25m Sen	8:14.13	Sara Oliveira, Sara Loureiro, Joana Rodrigues, Marta Marinho	14-12-2010

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Vitória Sport Clube 1	F			Vitória Sport Clube	8:57.66	609	
Joana Filipa, SANTOS		93		30.87	1:03.97	1:37.71	2:10.84
Daniela Filipa, PINTO		91		31.21	1:05.59	1:40.65	2:15.05
Carolina Isabel, PEREIRA		94		32.77	1:09.53	1:46.90	2:22.73
Andreia Catarina, GOMES		94		29.25	1:01.48	1:35.13	2:09.04
2. Foca 1	F			Foca	9:01.15	598	
Ana Filipa, MARTINS		97		30.85	1:04.78	1:39.37	2:13.27
Sofia Cunha, SOUSA		96		31.96	1:07.62	1:44.38	2:20.69
Ana Isabel, CUNHA		96		32.39	1:07.75	1:43.78	2:19.48
Diana Margarida, DURAES		96		29.10	1:01.83	1:35.01	2:07.71
3. Leixões Sport Clube 2	F			Leixões Sport Clube	9:28.89	514	
Angelica Maria, ANDRE		94		30.02	1:01.93	1:35.06	2:08.10
Ana Margarida, COSTA		95		33.54	1:10.90	1:49.24	2:25.32
Patricia Isabel, OLIVEIRA		94		31.04	1:05.94	1:41.87	2:16.87
Ines Couto, RODRIGUES		95		36.72	1:16.77	1:58.05	2:38.60
4. Ginásio Santo Tirso 1	F			Ginásio Santo Tirso	9:42.43	479	
Rute Sofia, TEIXEIRA		90		32.13	1:08.10		2:23.26
Ana Paula, ARAUJO		96			1:13.74		2:30.31
Maria Joao, JOSE		90			1:10.32		2:23.07
Helena Manuel, JOSE		90			1:10.68		2:25.79
5. Fluvial Portuense 1	F			Fluvial Portuense	9:50.28	460	
Ines Vilela, BRAGA		97		32.85	1:09.31	1:46.06	2:21.08
Sofia Patricia, GONCALVES		97		34.48	1:13.33	1:52.65	2:31.11
Joana Sofia, AMORIM		97		34.23	1:12.01	1:51.32	2:31.31
Sara Pinto, RODRIGUES		96		33.27	1:10.62	1:48.70	2:26.78
6. Leixões Sport Clube 1	F			Leixões Sport Clube	9:51.69	457	
Vanessa Cristina, MAGALHAES		96		33.15	1:10.23	1:48.35	2:25.87
Ana Cristina, NEVES		96		34.54	1:12.53	1:51.78	2:30.40
Ines Maria, PINTAO		96		34.26	1:11.77	1:49.65	2:27.10
Mariana Lourenco, PRETO		97		33.44	1:11.02	1:49.66	2:28.32

O Secretário do Juri

O Juiz Árbitro

Prova 5, Femin., 4 x 200m Livres, 15 anos e mais velhos

Lugar	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
7.	F			Gespacos	9:58.83				441	
Rita Rafaela, BRUNIDO		97		33.06	1:10.83	1:49.63	2:27.21	2:27.21		
Andreia Sofia, TORRES		95		30.80	1:06.55	1:43.17	2:19.63	2:19.63		
Ana Sofia, MATOS		91		33.05	1:10.71	1:47.82	2:24.80	2:24.80		
Ana Sofia, SOUSA		96		37.67	1:20.54	2:04.06	2:47.19	2:47.19		

Prova 6 Masc., 1500m Livres 17 anos e mais velhos
29-10-2011 - 17:40 CMEP - Clínica Médica do Exercício do Porto Resultados

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.	Ruben Filipe, NUNES	M	23302	94	Gespacos	16:40.25				613	
	50m: 30.55	30.55	450m: 4:55.20	33.96	850m: 9:23.50	32.53	1250m: 13:52.31	33.77			
	100m: 1:02.26	31.71	500m: 5:28.97	33.77	900m: 9:56.32	32.82	1300m: 14:26.16	33.85			
	150m: 1:34.81	32.55	550m: 6:03.11	34.14	950m: 10:29.44	33.12	1350m: 14:59.99	33.83			
	200m: 2:07.97	33.16	600m: 6:37.18	34.07	1000m: 11:03.17	33.73	1400m: 15:34.46	34.47			
	250m: 2:40.65	32.68	650m: 7:11.11	33.93	1050m: 11:37.16	33.99	1450m: 16:08.14	33.68			
	300m: 3:14.02	33.37	700m: 7:45.25	34.14	1100m: 12:11.52	34.36	1500m: 16:40.25	32.11			
	350m: 3:47.67	33.65	750m: 8:19.12	33.87	1150m: 12:44.84	33.32					
	400m: 4:21.24	33.57	800m: 8:50.97	31.85	1200m: 13:18.54	33.70					
2.	Rui Pedro, FARIA	M	15592	94	Famalicao	17:00.48				578	
	50m: 30.96	30.96	450m: 5:07.22	34.30	850m: 9:38.38	33.88	1250m: 14:10.96	34.62			
	100m: 1:04.25	33.29	500m: 5:41.99	34.77	900m: 10:12.69	34.31	1300m: 14:45.28	34.32			
	150m: 1:38.84	34.59	550m: 6:15.24	33.25	950m: 10:46.58	33.89	1350m: 15:19.64	34.36			
	200m: 2:13.87	35.03	600m: 6:48.72	33.48	1000m: 11:20.41	33.83	1400m: 15:53.55	33.91			
	250m: 2:48.96	35.09	650m: 7:22.81	34.09	1050m: 11:54.30	33.89	1450m: 16:27.53	33.98			
	300m: 3:23.98	35.02	700m: 7:56.79	33.98	1100m: 12:28.36	34.06	1500m: 17:00.48	32.95			
	350m: 3:58.51	34.53	750m: 8:30.79	34.00	1150m: 13:02.58	34.22					
	400m: 4:32.92	34.41	800m: 9:04.50	33.71	1200m: 13:36.34	33.76					
3.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	17:12.16				558	
	50m: 31.02	31.02	450m: 5:09.25	34.67	850m: 9:46.81	34.88	1250m: 14:24.54	34.67			
	100m: 1:05.21	34.19	500m: 5:43.88	34.63	900m: 10:21.94	35.13	1300m: 14:59.23	34.69			
	150m: 1:39.78	34.57	550m: 6:18.47	34.59	950m: 10:56.49	34.55	1350m: 15:33.74	34.51			
	200m: 2:14.45	34.67	600m: 6:53.29	34.82	1000m: 11:30.88	34.39	1400m: 16:07.45	33.71			
	250m: 2:49.18	34.73	650m: 7:27.79	34.50	1050m: 12:05.83	34.95	1450m: 16:41.31	33.86			
	300m: 3:24.10	34.92	700m: 8:02.48	34.69	1100m: 12:40.66	34.83	1500m: 17:12.16	30.85			
	350m: 3:59.46	35.36	750m: 8:37.31	34.83	1150m: 13:15.30	34.64					
	400m: 4:34.58	35.12	800m: 9:11.93	34.62	1200m: 13:49.87	34.57					
4.	Joao Miguel, COSTA	M	15088	95	Vilacondense	17:22.49				542	
	50m: 31.18	31.18	450m: 5:07.20	34.98	850m: 9:46.99	34.80	1250m: 14:30.27	35.33			
	100m: 1:05.03	33.85	500m: 5:41.72	34.52	900m: 10:22.13	35.14	1300m: 15:05.69	35.42			
	150m: 1:39.31	34.28	550m: 6:16.28	34.56	950m: 10:57.31	35.18	1350m: 15:41.47	35.78			
	200m: 2:14.00	34.69	600m: 6:50.42	34.14	1000m: 11:32.78	35.47	1400m: 16:16.42	34.95			
	250m: 2:48.77	34.77	650m: 7:25.88	35.46	1050m: 12:08.52	35.74	1450m: 16:49.98	33.56			
	300m: 3:23.52	34.75	700m: 8:01.66	35.78	1100m: 12:44.05	35.53	1500m: 17:22.49	32.51			
	350m: 3:57.80	34.28	750m: 8:36.91	35.25	1150m: 13:19.63	35.58					
	400m: 4:32.22	34.42	800m: 9:12.19	35.28	1200m: 13:54.94	35.31					
5.	Antonio Rafael, BESSA	M	102089	94	Gespacos	17:24.32				539	
	50m: 30.71	30.71	450m: 5:08.39	34.90	850m: 9:52.11	35.17	1250m: 14:33.71	34.79			
	100m: 1:05.05	34.34	500m: 5:43.28	34.89	900m: 10:27.28	35.17	1300m: 15:08.77	35.06			
	150m: 1:39.36	34.31	550m: 6:18.70	35.42	950m: 11:03.11	35.83	1350m: 15:43.16	34.39			
	200m: 2:13.91	34.55	600m: 6:53.94	35.24	1000m: 11:38.68	35.57	1400m: 16:17.72	34.56			
	250m: 2:48.69	34.78	650m: 7:29.65	35.71	1050m: 12:13.73	35.05	1450m: 16:51.80	34.08			
	300m: 3:23.40	34.71	700m: 8:05.64	35.99	1100m: 12:49.14	35.41	1500m: 17:24.32	32.52			
	350m: 3:58.35	34.95	750m: 8:41.55	35.91	1150m: 13:23.89	34.75					
	400m: 4:33.49	35.14	800m: 9:16.94	35.39	1200m: 13:58.92	35.03					
6.	Marcelo Jose, PINTO	M	19400	94	Foca	17:30.92				529	
	50m: 30.96	30.96	450m: 5:07.15	35.62	850m: 9:49.44	35.60	1250m: 14:35.37	35.99			
	100m: 1:05.25	34.29	500m: 5:42.53	35.38	900m: 10:25.22	35.78	1300m: 15:11.03	35.66			
	150m: 1:38.84	33.59	550m: 6:17.83	35.30	950m: 11:00.60	35.38	1350m: 15:46.49	35.46			
	200m: 2:12.85	34.01	600m: 6:53.18	35.35	1000m: 11:36.23	35.63	1400m: 16:22.05	35.56			
	250m: 2:46.60	33.75	650m: 7:28.29	35.11	1050m: 12:11.71	35.48	1450m: 16:56.72	34.67			
	300m: 3:21.04	34.44	700m: 8:03.32	35.03	1100m: 12:47.67	35.96	1500m: 17:30.92	34.20			
	350m: 3:56.09	35.05	750m: 8:38.44	35.12	1150m: 13:23.45	35.78					
	400m: 4:31.53	35.44	800m: 9:13.84	35.40	1200m: 13:59.38	35.93					

O Secretário do Juri

O Juiz Árbitro

Prova 6, Masc., 1500m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Cesar Filipe, MAGALHAES	M	15473	95	Foca	17:34.49	523	
	50m: 31.07		450m: 5:10.22		35.22	850m: 9:54.83		35.30
	100m: 1:05.47		500m: 5:45.48		35.26	900m: 10:30.51		35.68
	150m: 1:39.71		550m: 6:21.36		35.88	950m: 11:06.25		35.74
	200m: 2:14.46		600m: 6:57.21		35.85	1000m: 11:41.60		35.35
	250m: 2:49.37		650m: 7:32.82		35.61	1050m: 12:16.93		35.33
	300m: 3:24.00		700m: 8:08.12		35.30	1100m: 12:52.67		35.74
	350m: 3:59.40		750m: 8:43.80		35.68	1150m: 13:27.86		35.19
	400m: 4:35.00		800m: 9:19.53		35.73	1200m: 14:03.47		35.61
8.	Bernardo Manuel, VALENTE	M	23497	95	Fluvial Portuense	17:57.02	491	
	50m: 31.34		450m: 5:48.83		36.66	900m: 10:38.57		36.59
	100m: 1:06.19		550m: 6:25.43		36.60	950m: 11:15.27		36.70
	150m: 1:40.61		600m: 7:01.60		36.17	1000m: 11:52.18		36.91
	200m: 2:15.49		650m: 7:37.88		36.28	1050m: 12:28.75		36.57
	250m: 3:02.61		700m: 8:14.57		36.69	1100m: 13:03.07		34.32
	300m: 4:00.73		750m: 8:50.89		36.32	1150m: 13:38.79		35.72
	350m: 4:36.06		800m: 9:25.87		34.98	1200m: 14:17.05		38.26
	400m: 5:12.17		850m: 10:01.98		36.11	1250m: 14:53.70		36.65
9.	Joao Eurico, COSTA	M	15450	94	Leixões Sport Clube	18:02.82	483	
	50m: 31.83		450m: 5:17.43		36.42	850m: 10:07.93		36.55
	100m: 1:08.58		500m: 5:53.36		35.93	900m: 10:44.30		36.37
	150m: 1:41.54		550m: 6:29.38		36.02	950m: 11:19.99		35.69
	200m: 2:17.05		600m: 7:05.55		36.17	1000m: 11:56.38		36.39
	250m: 2:52.95		650m: 7:42.05		36.50	1050m: 12:32.99		36.61
	300m: 3:28.54		700m: 8:18.22		36.17	1100m: 13:09.39		36.40
	350m: 4:04.74		750m: 8:54.79		36.57	1150m: 13:46.30		36.91
	400m: 4:41.01		800m: 9:31.38		36.59	1200m: 14:23.01		36.71
10.	Mario Guterres, CARVALHO	M	18088	95	Vilacondense	18:15.47	467	
	50m: 32.43		450m: 5:22.33		36.49	850m: 10:19.41		37.44
	100m: 1:07.89		500m: 5:59.83		37.50	900m: 10:57.38		37.97
	150m: 1:43.24		550m: 6:37.01		37.18	950m: 11:34.44		37.06
	200m: 2:18.94		600m: 7:13.94		36.93	1000m: 12:11.97		37.53
	250m: 2:54.81		650m: 7:51.06		37.12	1050m: 12:49.04		37.07
	300m: 3:31.76		700m: 8:28.72		37.66	1100m: 13:26.51		37.47
	350m: 4:08.73		750m: 9:05.85		37.13	1150m: 14:04.14		37.63
	400m: 4:45.84		800m: 9:41.97		36.12	1200m: 14:41.30		37.16
11.	Orlando Filipe, MORIM	M	107373	95	Vilacondense	18:21.03	460	
	50m: 32.59		450m: 5:29.38		36.98	850m: 10:22.86		35.80
	100m: 1:09.29		500m: 6:06.67		37.29	900m: 11:00.12		37.26
	150m: 1:46.24		550m: 6:43.80		37.13	950m: 11:37.76		37.64
	200m: 2:23.48		600m: 7:20.10		36.30	1000m: 12:14.19		36.43
	250m: 3:00.63		650m: 7:56.84		36.74	1050m: 12:51.50		37.31
	300m: 3:37.91		700m: 8:33.76		36.92	1100m: 13:28.24		36.74
	350m: 4:15.32		750m: 9:11.05		37.29	1150m: 14:04.82		36.58
	400m: 4:52.40		800m: 9:47.06		36.01	1200m: 14:41.57		36.75
12.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	18:30.04	449	
	50m: 32.48		450m: 5:26.51		36.20	850m: 10:24.58		37.03
	100m: 1:08.39		500m: 6:02.63		36.12	900m: 11:02.10		37.52
	150m: 1:44.68		550m: 6:39.60		36.97	950m: 11:39.83		37.73
	200m: 2:21.83		600m: 7:16.34		36.74	1000m: 12:17.06		37.23
	250m: 2:58.93		650m: 7:54.08		37.74	1050m: 12:54.77		37.71
	300m: 3:35.51		700m: 8:31.28		37.20	1100m: 13:32.41		37.64
	350m: 4:12.75		750m: 9:09.43		38.15	1150m: 14:10.67		38.26
	400m: 4:50.31		800m: 9:47.55		38.12	1200m: 14:48.48		37.81
13.	Pedro Maria, BESSA	M	18656	95	Vilacondense	18:35.11	443	
	50m: 31.32		400m: 4:50.43		1:14.27	800m: 9:47.85		1:13.88
	100m: 1:07.38		500m: 6:04.82		1:14.39	900m: 11:01.80		1:13.95
	200m: 2:21.60		600m: 7:19.70		1:14.88	1000m: 12:16.70		1:14.90
	300m: 3:36.16		700m: 8:33.97		1:14.27	1100m: 13:31.00		1:14.30
14.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	18:52.20	423	
	50m: 34.33		450m: 5:34.05		37.43	850m: 10:37.96		38.27
	100m: 1:10.74		500m: 6:11.91		37.86	900m: 11:16.33		38.37
	150m: 1:47.71		550m: 6:49.20		37.29	950m: 11:54.87		38.54
	200m: 2:25.36		600m: 7:26.67		37.47	1000m: 12:32.92		38.05
	250m: 3:02.81		650m: 8:04.46		37.79	1050m: 13:11.04		38.12
	300m: 3:40.70		700m: 8:42.71		38.25	1100m: 13:48.95		37.91
	350m: 4:18.30		750m: 9:20.98		38.27	1150m: 14:27.14		38.19
	400m: 4:56.62		800m: 9:59.69		38.71	1200m: 15:05.51		38.37

Seniores

1.	Rui Filipe, COSTA	M	24004	91	Vitória Sport Clube	15:58.25	698	
	50m: 28.32		450m: 4:45.69		32.03	850m: 9:04.16		32.16
	100m: 1:00.21		500m: 5:18.01		32.32	900m: 9:36.18		32.02
	150m: 1:32.63		550m: 5:50.18		32.17	950m: 10:08.35		32.17
	200m: 2:05.29		600m: 6:22.41		32.23	1000m: 10:40.37		32.02
	250m: 2:37.28		650m: 6:54.97		32.56	1050m: 11:12.69		32.32
	300m: 3:09.54		700m: 7:27.31		32.34	1100m: 11:44.59		31.90
	350m: 3:41.68		750m: 7:59.64		32.33	1150m: 12:16.63		32.04
	400m: 4:13.66		800m: 8:32.00		32.36	1200m: 12:48.40		31.77
						1250m: 13:20.29		31.89
						1300m: 13:51.97		31.68
						1350m: 14:24.39		32.42
						1400m: 14:56.86		32.47
						1450m: 15:29.02		32.16
						1500m: 15:58.25		29.23

Prova 6, Masc., 1500m Livres, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
2.	Nuno Rafael, ALVES	M	103907	90	Gespacos	16:21.99	648	
	50m: 29.18	29.18	450m: 4:51.57	33.71	850m: 9:20.08	33.52	1250m: 13:41.33	32.24
	100m: 1:01.22	32.04	500m: 5:25.18	33.61	900m: 9:53.70	33.62	1300m: 14:13.83	32.50
	150m: 1:33.59	32.37	550m: 5:58.77	33.59	950m: 10:27.20	33.50	1350m: 14:45.83	32.00
	200m: 2:05.86	32.27	600m: 6:32.51	33.74	1000m: 11:00.55	33.35	1400m: 15:18.09	32.26
	250m: 2:38.37	32.51	650m: 7:06.03	33.52	1050m: 11:33.70	33.15	1450m: 15:50.34	32.25
	300m: 3:11.38	33.01	700m: 7:39.60	33.57	1100m: 12:05.80	32.10	1500m: 16:21.99	31.65
	350m: 3:44.33	32.95	750m: 8:13.04	33.44	1150m: 12:37.12	31.32		
	400m: 4:17.86	33.53	800m: 8:46.56	33.52	1200m: 13:09.09	31.97		
3.	Paulo Andre, DIAS	M	23406	92	Gespacos	16:52.10	592	
	50m: 30.17	30.17	450m: 4:55.22	33.97	850m: 9:26.84	34.26	1250m: 14:03.79	34.16
	100m: 1:02.06	31.89	500m: 5:29.17	33.95	900m: 10:01.66	34.82	1300m: 14:37.98	34.19
	150m: 1:34.47	32.41	550m: 6:03.07	33.90	950m: 10:36.33	34.67	1350m: 15:12.21	34.23
	200m: 2:07.47	33.00	600m: 6:37.21	34.14	1000m: 11:11.26	34.93	1400m: 15:46.07	33.86
	250m: 2:40.42	32.95	650m: 7:11.40	34.19	1050m: 11:45.89	34.63	1450m: 16:19.66	33.59
	300m: 3:13.91	33.49	700m: 7:45.46	34.06	1100m: 12:20.44	34.55	1500m: 16:52.10	32.44
	350m: 3:47.48	33.57	750m: 8:19.56	34.10	1150m: 12:54.92	34.48		
	400m: 4:21.25	33.77	800m: 8:52.58	33.02	1200m: 13:29.63	34.71		
4.	Luis Emanuel, VAZ	M	15628	91	Famalicao	17:06.40	568	
	50m: 28.92	28.92	450m: 4:56.84	34.34	850m: 9:34.45	34.93	1250m: 14:13.16	35.01
	100m: 1:00.77	31.85	500m: 5:31.31	34.47	900m: 10:08.88	34.43	1300m: 14:48.32	35.16
	150m: 1:33.31	32.54	550m: 6:05.39	34.08	950m: 10:43.55	34.67	1350m: 15:23.64	35.32
	200m: 2:06.38	33.07	600m: 6:40.12	34.73	1000m: 11:18.38	34.83	1400m: 15:58.33	34.69
	250m: 2:39.78	33.40	650m: 7:14.83	34.71	1050m: 11:53.54	35.16	1450m: 16:32.69	34.36
	300m: 3:13.87	34.09	700m: 7:49.65	34.82	1100m: 12:28.63	35.09	1500m: 17:06.40	33.71
	350m: 3:48.06	34.19	750m: 8:24.72	35.07	1150m: 13:03.46	34.83		
	400m: 4:22.50	34.44	800m: 8:59.52	34.80	1200m: 13:38.15	34.69		
5.	Diogo Fontes, MOREIRA	M	13359	93	Leixões Sport Clube	17:19.00	547	
	50m: 30.90	30.90	450m: 5:07.82	34.32	850m: 9:46.66	35.03	1250m: 14:26.18	34.72
	100m: 1:05.42	34.52	500m: 5:42.35	34.53	900m: 10:21.72	35.06	1300m: 15:01.12	34.94
	150m: 1:39.96	34.54	550m: 6:17.13	34.78	950m: 10:56.57	34.85	1350m: 15:35.69	34.57
	200m: 2:14.89	34.93	600m: 6:51.66	34.53	1000m: 11:31.69	35.12	1400m: 16:10.63	34.94
	250m: 2:49.74	34.85	650m: 7:26.31	34.65	1050m: 12:06.72	35.03	1450m: 16:45.58	34.95
	300m: 3:24.40	34.66	700m: 8:01.40	35.09	1100m: 12:41.54	34.82	1500m: 17:19.00	33.42
	350m: 3:59.04	34.64	750m: 8:36.59	35.19	1150m: 13:16.24	34.70		
	400m: 4:33.50	34.46	800m: 9:11.63	35.04	1200m: 13:51.46	35.22		
6.	Joao Claudio, SOUSA	M	23458	93	Gespacos	17:21.78	543	
	50m: 30.70	30.70	450m: 5:05.79	35.21	850m: 9:47.43	35.23	1250m: 14:27.16	34.25
	100m: 1:03.36	32.66	500m: 5:40.90	35.11	900m: 10:22.84	35.41	1300m: 15:02.14	34.98
	150m: 1:37.44	34.08	550m: 6:16.44	35.54	950m: 10:58.38	35.54	1350m: 15:37.18	35.04
	200m: 2:11.63	34.19	600m: 6:51.66	35.22	1000m: 11:33.87	35.49	1400m: 16:12.45	35.27
	250m: 2:46.42	34.79	650m: 7:26.97	35.31	1050m: 12:09.43	35.56	1450m: 16:47.70	35.25
	300m: 3:21.40	34.98	700m: 8:01.98	35.01	1100m: 12:44.41	34.98	1500m: 17:21.78	34.08
	350m: 3:55.71	34.31	750m: 8:36.94	34.96	1150m: 13:18.59	34.18		
	400m: 4:30.58	34.87	800m: 9:12.20	35.26	1200m: 13:52.91	34.32		
7.	Andre Filipe, ALVES	M	24261	92	Vitória Sport Clube	17:48.63	503	
	50m: 31.37	31.37	450m: 5:16.43	35.98	850m: 10:08.09	36.71	1250m: 14:50.57	35.75
	100m: 1:05.90	34.53	500m: 5:52.65	36.22	900m: 10:43.71	35.62	1300m: 15:26.66	36.09
	150m: 1:40.17	34.27	550m: 6:29.01	36.36	950m: 11:18.91	35.20	1350m: 16:02.68	36.02
	200m: 2:15.90	35.73	600m: 7:05.62	36.61	1000m: 11:53.53	34.62	1400m: 16:38.31	35.63
	250m: 2:51.61	35.71	650m: 7:42.01	36.39	1050m: 12:28.95	35.42	1450m: 17:14.15	35.84
	300m: 3:27.91	36.30	700m: 8:18.59	36.58	1100m: 13:04.67	35.72	1500m: 17:48.63	34.48
	350m: 4:03.91	36.00	750m: 8:54.62	36.03	1150m: 13:40.05	35.38		
	400m: 4:40.45	36.54	800m: 9:31.38	36.76	1200m: 14:14.82	34.77		

2 - 2ª Jornada

30-10-2011 - 9:30

Prova 7	Masc., 400m Estilos				17 anos e mais velhos
30-10-2011 - 9:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
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
Juniores								
1.	Antonio Rafael, BESSA	M	102089	94	Gespacos	4:46.78	553	
	50m: 30.23				150m: 1:41.59	250m: 2:58.50	350m: 4:14.94	34.80
	100m: 1:04.18				200m: 2:16.16	300m: 3:40.14	400m: 4:46.78	31.84
2.	Simao Pedro, ALVES	M	102500	94	Famalicão	4:51.37	528	
	50m: 30.14				150m: 1:43.64	250m: 3:03.36	350m: 4:18.57	33.32
	100m: 1:05.11				200m: 2:22.24	300m: 3:45.25	400m: 4:51.37	32.80
3.	Rui Pedro, FARIA	M	15592	94	Famalicão	4:51.61	526	
	50m: 30.79				150m: 1:44.85	250m: 3:01.75	350m: 4:18.20	34.50
	100m: 1:05.54				200m: 2:22.55	300m: 3:43.70	400m: 4:51.61	33.41
4.	Luis Manuel, FERNANDES	M	15589	95	Famalicão	4:52.54	521	
	50m: 30.94				150m: 1:46.06	250m: 3:03.12	350m: 4:18.13	35.13
	100m: 1:06.75				200m: 2:23.98	300m: 3:43.00	400m: 4:52.54	34.41
5.	Miguel Angelo, FERRARIA	M	102072	94	FCPorto	4:59.11	488	
	50m: 29.96				150m: 1:44.38	250m: 3:08.81	350m: 4:27.28	32.61
	100m: 1:04.37				200m: 2:23.32	300m: 3:54.67	400m: 4:59.11	31.83
6.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube	5:00.09	483	
	50m: 31.04				150m: 1:45.45	250m: 3:08.71	350m: 4:27.74	34.31
	100m: 1:06.99				200m: 2:23.45	300m: 3:53.43	400m: 5:00.09	32.35
7.	Pedro Romanoski, CARVALHO	M	108664	94	Famalicão	5:00.48	481	
	50m: 29.96				150m: 1:45.05	250m: 3:07.48	350m: 4:26.92	35.18
	100m: 1:05.28				200m: 2:22.98	300m: 3:51.74	400m: 5:00.48	33.56
8.	Marcelo Jose, PINTO	M	19400	94	Foca	5:05.06	460	
	50m: 31.67				150m: 1:48.58	250m: 3:12.23	350m: 4:32.26	34.20
	100m: 1:08.04				200m: 2:27.36	300m: 3:58.06	400m: 5:05.06	32.80
9.	Nuno Filipe, MAGALHAES	M	102016	94	FCPorto	5:05.56	457	
	50m: 30.47				150m: 1:45.20	250m: 3:08.87	350m: 4:32.08	35.31
	100m: 1:05.73				200m: 2:23.33	300m: 3:56.77	400m: 5:05.56	33.48
10.	Carlos Miguel, ARAUJO	M	15583	94	Famalicão	5:05.66	457	
	50m: 29.78				150m: 1:44.06	250m: 3:07.94	350m: 4:30.82	36.59
	100m: 1:04.70				200m: 2:21.66	300m: 3:54.23	400m: 5:05.66	34.84
11.	Andre Isaias, GUIMARAES	M	102612	95	Famalicão	5:06.48	453	
	50m: 32.17				150m: 1:47.21	250m: 3:11.50	350m: 4:32.62	34.21
	100m: 1:08.89				200m: 2:25.10	300m: 3:58.41	400m: 5:06.48	33.86
12.	Frederico Renato, SOUSA	M	105734	95	Gespacos	5:06.64	452	
	50m: 31.65				150m: 1:47.72	250m: 3:10.70	350m: 4:30.99	37.18
	100m: 1:07.37				200m: 2:27.62	300m: 3:53.81	400m: 5:06.64	35.65
13.	Nuno Goncalo, MARTINS	M	102675	95	Famalicão	5:08.81	443	
	50m: 31.23				150m: 1:47.62	250m: 3:11.98	350m: 4:34.17	35.56
	100m: 1:07.56				200m: 2:27.16	300m: 3:58.61	400m: 5:08.81	34.64
14.	Miguel Alexandre, LEMOS	M	101989	94	Fluvial Portuense	5:09.13	442	
	50m: 32.13				150m: 1:47.51	250m: 3:11.36	350m: 4:34.60	36.48
	100m: 1:08.93				200m: 2:24.81	300m: 3:58.12	400m: 5:09.13	34.53
15.	Paulo Andre, SILVA	M	104517	95	Natacao da Maia	5:09.31	441	
	50m: 32.01				150m: 1:50.55	250m: 3:15.02	350m: 4:35.01	35.62
	100m: 1:08.57				200m: 2:30.47	300m: 3:59.39	400m: 5:09.31	34.30
16.	Artur Manuel, FERREIRA	M	101981	95	FCPorto	5:09.35	441	
	50m: 32.25				150m: 1:50.05	250m: 3:14.87	350m: 4:37.78	35.38
	100m: 1:09.61				200m: 2:27.46	300m: 4:02.40	400m: 5:09.35	31.57
17.	Pedro Miguel, COELHO	M	23495	94	Lousada	5:09.42	440	
	50m: 33.29				150m: 1:53.05	250m: 3:14.96	350m: 4:34.91	36.31
	100m: 1:13.19				200m: 2:31.80	300m: 3:58.60	400m: 5:09.42	34.51
18.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	5:10.16	437	
	50m: 31.61				150m: 1:49.54	250m: 3:12.82	350m: 4:34.42	36.73
	100m: 1:08.00				200m: 2:30.56	300m: 3:57.69	400m: 5:10.16	35.74
19.	Rui Fernando, ROCHA	M	24096	94	Valongo	5:12.90	426	
	50m: 31.62				150m: 1:49.85	250m: 3:17.54	350m: 4:39.15	34.45
	100m: 1:08.84				200m: 2:30.05	300m: 4:04.70	400m: 5:12.90	33.75
20.	Jose Alberto, MARTINS	M	23096	94	Vitória Sport Clube	5:13.13	425	
	50m: 30.09				150m: 1:45.66	250m: 3:08.72	350m: 4:35.40	38.91
	100m: 1:05.15				200m: 2:25.44	300m: 3:56.49	400m: 5:13.13	37.73

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

31-10-2011 19:05 - Página 12

Prova 7, Masc., 400m Estilos, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	Diogo Sequeira, APARICIO	M	102390	95	FCPorto	5:13.86	422	
	50m: 32.38 32.38		150m: 1:47.25		38.39 250m: 3:13.10	45.91 350m: 4:39.03		37.06
	100m: 1:08.86 36.48		200m: 2:27.19		39.94 300m: 4:01.97	48.87 400m: 5:13.86		34.83
22.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	5:13.98	421	
	50m: 32.28 32.28		150m: 1:50.08		39.96 250m: 3:15.15	46.31 350m: 4:38.59		37.00
	100m: 1:10.12 37.84		200m: 2:28.84		38.76 300m: 4:01.59	46.44 400m: 5:13.98		35.39
23.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	5:14.04	421	
	50m: 32.74 32.74		150m: 1:49.72		38.65 250m: 3:12.61	44.75 350m: 4:37.31		39.12
	100m: 1:11.07 38.33		200m: 2:27.86		38.14 300m: 3:58.19	45.58 400m: 5:14.04		36.73
24.	Joao Paulo, COSTA	M	111329	95	Gespacos	5:21.33	393	
	50m: 33.80 33.80		150m: 1:55.63		40.12 250m: 3:22.60	47.11 350m: 4:46.10		36.94
	100m: 1:15.51 41.71		200m: 2:35.49		39.86 300m: 4:09.16	46.56 400m: 5:21.33		35.23
25.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	5:22.34	389	
	50m: 36.95 36.95		150m: 1:59.66		41.28 250m: 3:28.69	48.07 350m: 4:49.58		33.65
	100m: 1:18.38 41.43		200m: 2:40.62		40.96 300m: 4:15.93	47.24 400m: 5:22.34		32.76
26.	Joao Eurico, COSTA	M	15450	94	Leixões Sport Clube	5:26.22	376	
	50m: 33.75 33.75		150m: 1:56.56		44.37 250m: 3:26.12	46.92 350m: 4:50.54		37.31
	100m: 1:12.19 38.44		200m: 2:39.20		42.64 300m: 4:13.23	47.11 400m: 5:26.22		35.68
27.	Rui Filipe, SOUSA	M	103092	95	Lousada	5:27.48	371	
	50m: 32.09 32.09		150m: 1:51.61		42.24 250m: 3:24.21	51.71 350m: 4:53.76		38.10
	100m: 1:09.37 37.28		200m: 2:32.50		40.89 300m: 4:15.66	51.45 400m: 5:27.48		33.72
28.	Hugo Moreira, MARTINS	M	108219	94	Valongo	5:29.55	364	
	50m: 36.81 36.81		150m: 2:00.44		38.78 250m: 3:27.79	49.39 350m: 4:54.08		37.24
	100m: 1:21.66 44.85		200m: 2:38.40		37.96 300m: 4:16.84	49.05 400m: 5:29.55		35.47
29.	Luis Miguel, ALMEIDA	M	15370	95	Foca	5:37.73	339	
	50m: 38.00 38.00		150m: 2:04.48		42.74 250m: 3:34.60	50.02 350m: 5:03.20		38.34
	100m: 1:21.74 43.74		200m: 2:44.58		40.10 300m: 4:24.86	50.26 400m: 5:37.73		34.53
DSQ	Andre Alexandre, SILVA	M	102699	94	Propaganda da Natacao			DSQ
	<i>401 - O(a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina – SW 7.1</i>							
DSQ	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube			DSQ
	<i>421 - O(a) atleta tocou com uma mão na parede na viragem aos 300 metros – SW 7.6</i>							
DNS	Bernardo Aguiar, BRANCO	M	103121	95	FCPorto			DNS

Seniores

1.	Adriano Miguel, NIZ	M	23013	86	Famalicao	4:26.09	693	
	50m: 27.95 27.95		150m: 1:32.58		33.14 250m: 2:44.98	39.85 350m: 3:56.49		32.02
	100m: 59.44 31.49		200m: 2:05.13		32.55 300m: 3:24.47	39.49 400m: 4:26.09		29.60
2.	Rui Filipe, COSTA	M	24004	91	Vitória Sport Clube	4:45.43	561	
	50m: 29.83 29.83		150m: 1:41.62		37.00 250m: 2:59.69	41.23 350m: 4:13.69		32.63
	100m: 1:04.62 34.79		200m: 2:18.46		36.84 300m: 3:41.06	41.37 400m: 4:45.43		31.74
3.	Diogo Fontes, MOREIRA	M	13359	93	Leixões Sport Clube	4:48.70	542	
	50m: 30.18 30.18		150m: 1:42.72		37.69 250m: 3:00.18	40.72 350m: 4:16.89		34.82
	100m: 1:05.03 34.85		200m: 2:19.46		36.74 300m: 3:42.07	41.89 400m: 4:48.70		31.81
4.	Joao Pedro, ARAUJO	M	15849	85	Famalicao	4:48.81	542	
	50m: 27.02 27.02		150m: 1:36.78		38.45 250m: 2:57.05	42.34 350m: 4:15.53		35.42
	100m: 58.33 31.31		200m: 2:14.71		37.93 300m: 3:40.11	43.06 400m: 4:48.81		33.28
5.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	4:49.02	540	
	50m: 29.80 29.80		150m: 1:41.87		38.01 250m: 3:03.36	44.21 350m: 4:19.37		31.31
	100m: 1:03.86 34.06		200m: 2:19.15		37.28 300m: 3:48.06	44.70 400m: 4:49.02		29.65
6.	Joao Filipe, FERNANDES	M	15222	93	Famalicao	4:54.68	510	
	50m: 30.95 30.95		150m: 1:44.35		37.37 250m: 3:03.53	43.53 350m: 4:21.71		34.84
	100m: 1:06.98 36.03		200m: 2:20.00		35.65 300m: 3:46.87	43.34 400m: 4:54.68		32.97
7.	Dario Almeida, SANTOS	M	22520	93	Leixões Sport Clube	4:57.41	496	
	50m: 31.93 31.93		150m: 1:45.77		36.36 250m: 3:08.38	46.00 350m: 4:25.02		31.09
	100m: 1:09.41 37.48		200m: 2:22.38		36.61 300m: 3:53.93	45.55 400m: 4:57.41		32.39
8.	Rui Goncalves, OLIVEIRA	M	20359	93	Natacao da Maia	5:00.51	481	
	50m: 30.01 30.01		150m: 1:43.59		38.73 250m: 3:06.87	45.31 350m: 4:25.85		32.75
	100m: 1:04.86 34.85		200m: 2:21.56		37.97 300m: 3:53.10	46.23 400m: 5:00.51		34.66
9.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	5:03.15	468	
	50m: 30.28 30.28		150m: 1:46.87		40.96 250m: 3:10.82	43.19 350m: 4:29.64		34.80
	100m: 1:05.91 35.63		200m: 2:27.63		40.76 300m: 3:54.84	44.02 400m: 5:03.15		33.51
10.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	5:08.66	444	
	50m: 31.99 31.99		150m: 1:48.72		39.36 250m: 3:10.06	42.10 350m: 4:31.69		38.33
	100m: 1:09.36 37.37		200m: 2:27.96		39.24 300m: 3:53.36	43.30 400m: 5:08.66		36.97
11.	Paulo Ricardo, MOREIRA	M	15487	91	Propaganda da Natacao	5:31.16	359	
	50m: 32.94 32.94		150m: 1:56.60		45.86 250m: 3:26.51	45.67 350m: 4:53.40		39.23
	100m: 1:10.74 37.80		200m: 2:40.84		44.24 300m: 4:14.17	47.66 400m: 5:31.16		37.76
12.	Luis Carlos, TEIXEIRA	M	15215	88	Ginásio Santo Tirso	5:40.31	331	
	50m: 34.81 34.81		150m: 1:57.64		42.75 250m: 3:29.83	50.22 350m: 5:02.61		41.89
	100m: 1:14.89 40.08		200m: 2:39.61		41.97 300m: 4:20.72	50.89 400m: 5:40.31		37.70

O Secretário do Juri

O Juiz Árbitro

Prova 7, Masc., 400m Estilos, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Diogo Justino, PINHEIRO	M	20025	92	Propaganda da Natacao	5:55.36	291	
	50m: 34.41 34.41		150m: 2:04.09		48.00 250m: 3:40.72	50.29	350m: 5:13.76	41.80
	100m: 1:16.09 41.68		200m: 2:50.43		46.34 300m: 4:31.96	51.24	400m: 5:55.36	41.60

Prova 8
30-10-2011 - 10:05

Femin., 200m Mariposa
CMEP - Clínica Médica do Exercício do Porto

15 anos e mais velhos
Resultados

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
Juniores								
1.	Ana Catarina, SOUSA	F	103447	96	Vitória Sport Clube	2:32.45	497	
	50m: 34.21 34.21		100m: 1:13.46		39.25 150m: 1:53.16	39.70	200m: 2:32.45	39.29
2.	Ana Isabel, CUNHA	F	102991	96	Foca	2:34.52	477	
	50m: 35.52 35.52		100m: 1:14.66		39.14 150m: 1:54.70	40.04	200m: 2:34.52	39.82
3.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	2:35.40	469	
	50m: 34.47 34.47		100m: 1:13.62		39.15 150m: 1:54.98	41.36	200m: 2:35.40	40.42
4.	Claudia Cristina, LEAO	F	102069	96	Gespacos	2:36.03	463	
	50m: 33.94 33.94		100m: 1:12.83		38.89 150m: 1:53.84	41.01	200m: 2:36.03	42.19
5.	Catia Alexandra, BATISTA	F	103036	96	Lamas	2:36.31	461	
	50m: 34.61 34.61		100m: 1:14.57		39.96 150m: 1:54.93	40.36	200m: 2:36.31	41.38
6.	Sofia Alexandra, VALINHAS	F	20482	97	Famalição	2:43.47	403	
	50m: 35.31 35.31		100m: 1:15.70		40.39 150m: 1:59.27	43.57	200m: 2:43.47	44.20
7.	Maria Beatriz, RIBEIRO	F	105611	97	Natacao da Maia	2:45.84	386	
	50m: 36.22 36.22		100m: 1:18.47		42.25 150m: 2:02.34	43.87	200m: 2:45.84	43.50
8.	Rosa Maria, MIRANDA	F	102010	96	Gespacos	2:50.35	356	
	50m: 36.57 36.57		100m: 1:18.93		42.36 150m: 2:03.83	44.90	200m: 2:50.35	46.52
9.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	2:58.20	311	
	50m: 38.45 38.45		100m: 1:21.66		43.21 150m: 2:08.90	47.24	200m: 2:58.20	49.30
10.	Tamara Filipa, SALDANHA	F	103824	96	Fluvial Portuense	2:58.40	310	
	50m: 38.90 38.90		100m: 1:24.07		45.17 150m: 2:11.81	47.74	200m: 2:58.40	46.59
11.	Ana Cristina, NEVES	F	22553	96	Leixões Sport Clube	3:07.99	265	
	50m: 41.07 41.07		100m: 1:28.17		47.10 150m: 2:17.78	49.61	200m: 3:07.99	50.21
12.	Sara Pinto, RODRIGUES	F	20325	96	Fluvial Portuense	3:12.70	246	
	50m: 38.98 38.98		100m: 1:26.78		47.80 150m: 2:18.91	52.13	200m: 3:12.70	53.79
DNS	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe			DNS

Seniores

1.	Carolina Santos, SILVA	F	23208	86	Natacao da Maia	2:29.09	531	
	50m: 33.22 33.22		100m: 1:10.98		37.76 150m: 1:49.69	38.71	200m: 2:29.09	39.40
2.	Barbara Daniela, SOUSA	F	15966	92	Valongo	2:30.86	513	
	50m: 34.49 34.49		100m: 1:12.89		38.40 150m: 1:51.61	38.72	200m: 2:30.86	39.25
3.	Andreia Sofia, TORRES	F	102471	95	Gespacos	2:35.56	468	
	50m: 34.63 34.63		100m: 1:13.74		39.11 150m: 1:53.68	39.94	200m: 2:35.56	41.88
4.	Joana Marques, MAIA	F	25067	91	Natacao da Maia	2:41.79	416	
	50m: 32.97 32.97		100m: 1:13.11		40.14 150m: 1:57.88	44.77	200m: 2:41.79	43.91
5.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalição	2:44.01	399	
	50m: 36.92 36.92		100m: 1:18.78		41.86 150m: 2:02.61	43.83	200m: 2:44.01	41.40
6.	Ana Vitoria, ALVES	F	25096	88	Gespacos	2:46.73	380	
	50m: 34.80 34.80		100m: 1:15.89		41.09 150m: 2:00.30	44.41	200m: 2:46.73	46.43
7.	Mariana Dias, ALMEIDA	F	22405	93	Famalição	2:48.19	370	
	50m: 36.15 36.15		100m: 1:18.33		42.18 150m: 2:02.51	44.18	200m: 2:48.19	45.68
8.	Ana Sofia, ALVES	F	25757	95	Vitória Sport Clube	2:49.13	364	
	50m: 36.79 36.79		100m: 1:19.45		42.66 150m: 2:04.12	44.67	200m: 2:49.13	45.01
9.	Joana Gabriela, SILVA	F	103945	95	Lamas	3:04.53	280	
	50m: 38.41 38.41		100m: 1:24.44		46.03 150m: 2:13.73	49.29	200m: 3:04.53	50.80
DNS	Silvia Ariana, SOARES	F	15272	95	FCPorto			DNS

O Secretário do Juri

O Juiz Árbitro

Prova 9
30-10-2011 - 10:20

Masc., 200m Bruços
COPIDOURO - Cópia e Artigos de Reprodução, Lda

17 anos e mais velhos
Resultados

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	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Diogo Manuel, RODRIGUES	M	15338	94	Vitória Sport Clube	2:29.98	520	
	50m: 33.61 33.61	100m: 1:11.59			37.98 150m: 1:50.57	38.98	200m: 2:29.98	520 39.41
2.	Tomas Correia, SILVA	M	23367	95	FCPorto	2:31.85	501	
	50m: 34.96 34.96	100m: 1:14.18			39.22 150m: 1:54.05	39.87	200m: 2:31.85	501 37.80
3.	Ruben Filipe, NUNES	M	23302	94	Gespacos	2:32.48	495	
	50m: 34.75 34.75	100m: 1:13.44			38.69 150m: 1:52.48	39.04	200m: 2:32.48	495 40.00
4.	Antonio Rafael, BESSA	M	102089	94	Gespacos	2:34.31	478	
	50m: 36.41 36.41	100m: 1:15.89			39.48 150m: 1:55.16	39.27	200m: 2:34.31	478 39.15
5.	Luis Miguel, LOPES	M	102984	95	Foca	2:37.71	447	
	50m: 35.74 35.74	100m: 1:16.42			40.68 150m: 1:56.22	39.80	200m: 2:37.71	447 41.49
6.	Paulo Andre, SILVA	M	104517	95	Natacao da Maia	2:47.42	374	
	50m: 38.24 38.24	100m: 1:20.69			42.45 150m: 2:04.42	43.73	200m: 2:47.42	374 43.00
7.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	2:48.68	366	
	50m: 37.37 37.37	100m: 1:20.49			43.12 150m: 2:05.15	44.66	200m: 2:48.68	366 43.53
8.	Francisco Taborda, MANGAS	M	102002	94	FCPorto	2:50.55	354	
	50m: 38.59 38.59	100m: 1:21.80			43.21 150m: 2:06.41	44.61	200m: 2:50.55	354 44.14
9.	Andre Sampaio, SANTOS	M	103267	95	Fluvial Portuense	2:58.58	308	
	50m: 40.38 40.38	100m: 1:25.35			44.97 150m: 2:12.48	47.13	200m: 2:58.58	308 46.10
10.	Hugo Moreira, MARTINS	M	108219	94	Valongo	3:05.01	277	
	50m: 41.82 41.82	100m: 1:30.34			48.52 150m: 2:18.41	48.07	200m: 3:05.01	277 46.60
11.	Nuno Filipe, MAGALHAES	M	122748	95	Propaganda da Natacao	3:10.28	255	
	50m: 41.97 41.97	100m: 1:30.98			49.01 150m: 2:22.09	51.11	200m: 3:10.28	255 48.19
12.	Joao Pedro, FERREIRA	M	111411	95	Natacao da Maia	3:13.42	242	
	50m: 43.76 43.76	100m: 1:34.02			50.26 150m: 2:24.37	50.35	200m: 3:13.42	242 49.05
13.	Bernardo Manuel, CERQUEIRA	M	123837	94	Leixões Sport Clube	3:25.05	203	
	50m: 48.85 48.85	100m: 1:40.97			52.12 150m: 2:33.77	52.80	200m: 3:25.05	203 51.28

Seniores

1.	Nuno Rafael, ALVES	M	103907	90	Gespacos	2:23.64	592	
	50m: 32.89 32.89	100m: 1:09.20			36.31 150m: 1:46.39	37.19	200m: 2:23.64	592 37.25
2.	Tiago Samuel, SILVA	M	23502	93	FCPorto	2:27.75	544	
	50m: 34.18 34.18	100m: 1:11.44			37.26 150m: 1:49.13	37.69	200m: 2:27.75	544 38.62
3.	Joao Claudio, SOUSA	M	23458	93	Gespacos	2:29.65	524	
	50m: 34.40 34.40	100m: 1:13.74			39.34 150m: 1:52.39	38.65	200m: 2:29.65	524 37.26
4.	Paulo Andre, DIAS	M	23406	92	Gespacos	2:32.14	498	
	50m: 35.98 35.98	100m: 1:15.70			39.72 150m: 1:54.00	38.30	200m: 2:32.14	498 38.14
5.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	2:41.71	415	
	50m: 35.66 35.66	100m: 1:16.62			40.96 150m: 1:59.16	42.54	200m: 2:41.71	415 42.55
6.	Vasco Vieira, LOPES	M	15718	84	Leixões Sport Clube	2:43.69	400	
	50m: 34.87 34.87	100m: 1:15.88			41.01 150m: 1:59.64	43.76	200m: 2:43.69	400 44.05
7.	Diogo Filipe, PEREIRA	M	24332	92	Propaganda da Natacao	2:46.00	384	
	50m: 35.72 35.72	100m: 1:17.47			41.75 150m: 2:00.94	43.47	200m: 2:46.00	384 45.06
8.	Hugo Alberto, RIBEIRO	M	23114	88	Gespacos	2:48.72	365	
	50m: 39.81 39.81	100m: 1:22.79			42.98 150m: 2:06.23	43.44	200m: 2:48.72	365 42.49
9.	Carlos Daniel, SALABERT	M	23322	90	Propaganda da Natacao	3:02.76	287	
	50m: 40.25 40.25	100m: 1:27.28			47.03 150m: 2:14.83	47.55	200m: 3:02.76	287 47.93
10.	Joao Pedro, FERNANDES	M	103773	92	Vitória Sport Clube	3:10.98	252	
	50m: 42.34 42.34	100m: 1:31.67			49.33 150m: 2:21.74	50.07	200m: 3:10.98	252 49.24
11.	Joao Pedro, NEVES	M	123836	93	Leixões Sport Clube	3:18.23	225	
	50m: 42.95 42.95	100m: 1:34.22			51.27 150m: 2:26.79	52.57	200m: 3:18.23	225 51.44
DNS	Miguel Filipe, FERREIRA	M	118003	91	Lamas			DNS
DNS	Carlos Miguel, COSTA	M	102464	86	Gespacos			DNS

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

31-10-2011 19:05 - Página 15

Prova 10
30-10-2011 - 10:35

Femin., 200m Costas
CMEP - Clínica Médica do Exercício do Porto

15 anos e mais velhos
Resultados

Recorde Regional 25m Absoluto	2:15.44	Marta Vieira, MARINHO	FCP	Porto	05-12-2010
Recorde Regional 25m Jun	2:21.47	Keissy Joseline, SOUSA	FCP	Mealhada	25-03-2000
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
Juniores								
1.	Joana Carina, SILVA <i>Recorde Regional</i>	F	106219	97	Lousada	2:18.82	648	
	50m: 32.02 32.02				100m: 1:07.17 35.15	150m: 1:43.12 35.95	200m: 2:18.82	35.70
2.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	2:35.39	462	38.98
	50m: 36.34 36.34				100m: 1:15.50 39.16	150m: 1:56.41 40.91	200m: 2:35.39	
3.	Maria Alves, FERREIRA	F	20480	97	Famalicao	2:35.91	458	38.35
	50m: 37.97 37.97				100m: 1:17.49 39.52	150m: 1:57.56 40.07	200m: 2:35.91	
4.	Ana Paula, ARAUJO	F	20362	96	Ginásio Santo Tirso	2:37.48	444	40.42
	50m: 37.75 37.75				100m: 1:17.00 39.25	150m: 1:57.06 40.06	200m: 2:37.48	
5.	Maria Joao, FERNANDES	F	102092	97	FCPorto	2:37.68	442	40.98
	50m: 36.05 36.05				100m: 1:16.18 40.13	150m: 1:56.70 40.52	200m: 2:37.68	
6.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	2:38.92	432	38.78
	50m: 38.07 38.07				100m: 1:19.40 41.33	150m: 2:00.14 40.74	200m: 2:38.92	
7.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	2:40.73	418	39.96
	50m: 39.34 39.34				100m: 1:19.98 40.64	150m: 2:00.77 40.79	200m: 2:40.73	
8.	Rita Rafaela, BRUNIDO	F	105182	97	Gespacos	2:42.12	407	40.44
	50m: 38.89 38.89				100m: 1:20.58 41.69	150m: 2:01.68 41.10	200m: 2:42.12	
9.	Ana Isabel, FERNANDES	F	102704	96	Famalicao	2:43.37	398	40.71
	50m: 38.30 38.30				100m: 1:20.44 42.14	150m: 2:02.66 42.22	200m: 2:43.37	
10.	Ana Catarina, ALMEIDA	F	102989	96	Foca	2:43.44	397	0.07
	50m: 38.79 38.79				100m: 1:20.32 41.53	150m: 2:43.37 1:23.05	200m: 2:43.44	
11.	Sandra Mafalda, SILVA	F	110595	97	Natacao da Maia	2:43.81	394	41.06
	50m: 38.81 38.81				100m: 1:20.16 41.35	150m: 2:02.75 42.59	200m: 2:43.81	
12.	Ana Micaela, CARVALHO	F	20475	97	Famalicao	2:45.28	384	42.18
	50m: 38.38 38.38				100m: 1:20.83 42.45	150m: 2:03.10 42.27	200m: 2:45.28	
13.	Joana Margarida, SOUSA	F	104510	97	Valongo	2:45.42	383	42.24
	50m: 38.49 38.49				100m: 1:19.49 41.00	150m: 2:03.18 43.69	200m: 2:45.42	
14.	Beatriz Ana, VALENTE	F	103715	97	Fluvial Portuense	2:46.93	373	41.21
	50m: 40.49 40.49				100m: 1:23.18 42.69	150m: 2:05.72 42.54	200m: 2:46.93	
15.	Sofia Patricia, GONCALVES	F	111410	97	Fluvial Portuense	2:47.32	370	41.14
	50m: 40.12 40.12				100m: 1:23.05 42.93	150m: 2:06.18 43.13	200m: 2:47.32	
16.	Joana Sofia, AMORIM	F	103717	97	Fluvial Portuense	2:47.85	367	42.89
	50m: 38.78 38.78				100m: 1:21.50 42.72	150m: 2:04.96 43.46	200m: 2:47.85	
17.	Andreia Filipa, NORA	F	15372	96	Leixões Sport Clube	2:49.20	358	42.31
	50m: 40.83 40.83				100m: 1:23.53 42.70	150m: 2:06.89 43.36	200m: 2:49.20	
18.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	2:50.18	352	44.34
	50m: 39.38 39.38				100m: 1:21.63 42.25	150m: 2:05.84 44.21	200m: 2:50.18	
19.	Sara Pinto, RODRIGUES	F	20325	96	Fluvial Portuense	2:52.46	338	43.06
	50m: 42.59 42.59				100m: 1:26.05 43.46	150m: 2:09.40 43.35	200m: 2:52.46	
20.	Rosa Maria, MIRANDA	F	102010	96	Gespacos	2:53.58	331	44.61
	50m: 41.02 41.02				100m: 1:24.36 43.34	150m: 2:08.97 44.61	200m: 2:53.58	
21.	Maria Miguel, OLIVEIRA	F	117219	97	Natacao da Maia	2:55.28	322	44.61
	50m: 41.45 41.45				100m: 1:25.13 43.68	150m: 2:10.67 45.54	200m: 2:55.28	
22.	Ana Pires, FERNANDES	F	117831	97	Leixões Sport Clube	2:58.36	305	45.88
	50m: 41.02 41.02				100m: 1:25.28 44.26	150m: 2:12.48 47.20	200m: 2:58.36	
23.	Rute Portela, MORAIS	F	121046	96	Leixões Sport Clube	3:00.51	295	43.27
	50m: 43.02 43.02				100m: 1:29.94 46.92	150m: 2:17.24 47.30	200m: 3:00.51	
24.	Carolina Conceicao, PAIS	F	103764	97	Lamas	3:00.87	293	45.23
	50m: 42.18 42.18				100m: 1:27.99 45.81	150m: 2:15.64 47.65	200m: 3:00.87	
25.	Luisa Vieira, CORREIA	F	121045	96	Leixões Sport Clube	3:01.61	289	44.58
	50m: 43.11 43.11				100m: 1:30.12 47.01	150m: 2:17.03 46.91	200m: 3:01.61	
26.	Ana Patricia, HENRIQUE	F	106884	97	Leixões Sport Clube	3:01.63	289	45.07
	50m: 43.83 43.83				100m: 1:29.83 46.00	150m: 2:16.56 46.73	200m: 3:01.63	
27.	Sofia Monteiro, SOUSA	F	109240	97	Leixões Sport Clube	3:04.57	276	46.31
	50m: 43.31 43.31				100m: 1:31.38 48.07	150m: 2:18.26 46.88	200m: 3:04.57	
28.	Mafalda Barbosa, FARINHA	F	117824	97	Fluvial Portuense	3:11.50	247	48.98
	50m: 44.34 44.34				100m: 1:32.47 48.13	150m: 2:22.52 50.05	200m: 3:11.50	

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Splash Meet Manager 11, Build 17589

Registered to Associacao de Natacao do Norte de Portugal

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Prova 10, Femin., 200m Costas, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
29.	Maria Teresa, ALVES 50m: 50.78 50.78	F	119753	97	Lamas 55.21 150m: 2:41.01 55.02	3:34.21 200m: 3:34.21	176	53.20
DNS	Sara Monteiro, MEIRELES	F	103921	97	Gespacos			DNS

Seniores

1.	Diana Patricia, FERREIRA 50m: 34.06 34.06	F	23500	94	Gespacos 36.75 150m: 1:48.54 37.73	2:27.12 200m: 2:27.12	545	38.58
2.	Soraia Vanessa, RIBEIRO 50m: 35.27 35.27	F	15857	92	Gespacos 38.16 150m: 1:52.72 39.29	2:32.08 200m: 2:32.08	493	39.36
3.	Irina Filipa, LOUSA 50m: 37.27 37.27	F	102467	95	FCPorto 38.44 150m: 1:54.76 39.05	2:33.13 200m: 2:33.13	483	38.37
4.	Ana Goncalves, NETO 50m: 35.37 35.37	F	101958	95	FCPorto 39.13 150m: 1:55.07 40.57	2:34.92 200m: 2:34.92	466	39.85
5.	Angelica Maria, ANDRE 50m: 33.72 33.72	F	15497	94	Leixões Sport Clube 37.69 150m: 1:52.97 41.56	2:36.69 200m: 2:36.69	451	43.72
6.	Mariana Oliveira, VALE 50m: 37.54 37.54	F	15977	93	Valongo 39.84 150m: 1:57.54 40.16	2:37.09 200m: 2:37.09	447	39.55
7.	Carolina Santos, SILVA 50m: 37.86 37.86	F	23208	86	Natacao da Maia 40.41 150m: 1:58.63 40.36	2:38.93 200m: 2:38.93	432	40.30
8.	Barbara Daniela, SOUSA 50m: 38.94 38.94	F	15966	92	Valongo 40.41 150m: 2:00.32 40.97	2:41.21 200m: 2:41.21	414	40.89
9.	Ana Margarida, COSTA 50m: 39.30 39.30	F	15495	95	Leixões Sport Clube 41.00 150m: 2:01.76 41.46	2:42.30 200m: 2:42.30	406	40.54
10.	Patricia Cristina, FERNANDES 50m: 38.24 38.24	F	23496	94	Gespacos 40.59 150m: 2:01.14 42.31	2:42.37 200m: 2:42.37	405	41.23
11.	Rute Sofia, TEIXEIRA 50m: 38.50 38.50	F	15202	90	Ginásio Santo Tirso 41.56 150m: 2:02.19 42.13	2:43.83 200m: 2:43.83	394	41.64
12.	Andreia Sofia, TORRES 50m: 38.51 38.51	F	102471	95	Gespacos 42.33 150m: 2:03.31 42.47	2:43.88 200m: 2:43.88	394	40.57
13.	Maria Joao, JOSE 50m: 38.59 38.59	F	15208	90	Ginásio Santo Tirso 41.28 150m: 2:01.49 41.62	2:44.42 200m: 2:44.42	390	42.93
14.	Helena Manuel, JOSE 50m: 39.37 39.37	F	15205	90	Ginásio Santo Tirso 42.31 150m: 2:04.57 42.89	2:47.15 200m: 2:47.15	371	42.58
15.	Maria Beatriz, FERREIRA 50m: 40.36 40.36	F	24133	95	Fluvial Portuense 42.19 150m: 2:06.49 43.94	2:49.73 200m: 2:49.73	354	43.24
16.	Rita Alexandra, GUEDES 50m: 40.94 40.94	F	109572	94	Propaganda da Natacao 44.90 150m: 2:12.29 46.45	2:57.31 200m: 2:57.31	311	45.02
17.	Andreia Sofia, PACHECO 50m: 44.17 44.17	F	102563	95	Propaganda da Natacao 45.68 150m: 2:16.78 46.93	3:02.71 200m: 3:02.71	284	45.93
18.	Ines Couto, RODRIGUES 50m: 45.06 45.06	F	121780	95	Leixões Sport Clube 46.50 150m: 2:19.20 47.64	3:05.75 200m: 3:05.75	270	46.55
19.	Barbara Pinto, MARTINS 50m: 42.65 42.65	F	102519	94	Propaganda da Natacao 47.61 150m: 2:19.18 48.92	3:07.56 200m: 3:07.56	263	48.38
20.	Ana Catarina, NETO 50m: 44.89 44.89	F	105610	95	Propaganda da Natacao 47.97 150m: 2:22.77 49.91	3:10.90 200m: 3:10.90	249	48.13
21.	Joana Henriques, OLIVEIRA 50m: 45.72 45.72	F	118030	93	Propaganda da Natacao 51.55 150m: 2:30.23 52.96	3:22.38 200m: 3:22.38	209	52.15
DNS	Ana Catarina, TEIXEIRA	F	18137	95	Foca			DNS
DNS	Ana Sofia, MATOS	F	25111	91	Gespacos			DNS
DNS	Catia Marisa, SILVA	F	23319	91	Valongo			DNS

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Prova 11	Masc., 4 x 200m Livres				17 anos e mais velhos
30-10-2011 - 11:10	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Absoluto	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Aguiar, Luis Sa	AGN/NFIS	Sa Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Jun	7:39.07	Tiago Lousada, Mario Carvalho, Hugo Fidalgo, Nuno Felgacões	FCP	Nur Felgacões	08-03-1998
Recorde Regional 25m Sen	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Aguiar, Luis Sa	AGN/NFIS	Sa Antonio Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Vitória Sport Clube 2	M			Vitória Sport Clube	8:21.25	543	
Jose Alberto, MARTINS		94		27.57	57.18	1:27.47	1:57.68
Diogo Manuel, RODRIGUES		94		28.60	1:00.25	1:32.98	2:05.55
Vitor Daniel, MENDES		94		28.81	1:02.54	1:37.60	2:13.44
Joao Nuno, ABREU		95		28.36	59.90	1:32.03	2:04.58
2. Foca 1	M			Foca	8:32.31	508	
Cesar Filipe, MAGALHAES		95		28.41	59.32	1:30.98	2:02.32
Luis Miguel, LOPES		95		30.28	1:04.04	1:38.68	2:13.26
Luis Miguel, ALMEIDA		95		30.62	1:04.93	1:39.25	2:13.71
Marcelo Jose, PINTO		94		28.41	59.42	1:31.32	2:03.02
3. Vitória Sport Clube 1	M			Vitória Sport Clube	8:33.42	505	
Andre Filipe, ALVES		92		27.87	58.69	1:30.75	2:02.62
Luis Manuel, GOMES		88		30.15	1:04.84	1:41.45	2:18.68
Joao Pedro, FERNANDES		92		31.02	1:06.06	1:41.95	2:17.67
Rui Filipe, COSTA		91		26.15	55.82	1:25.43	1:54.45
4. Fluvial Portuense 1	M			Fluvial Portuense	8:33.46	505	
Miguel Alexandre, LEMOS		94		28.30	59.84	1:31.97	2:03.93
Fernando Santos, MOREIRA		94		28.17	59.69	1:32.21	2:05.47
Bernardo Manuel, VALENTE		95		28.21	1:00.00	1:32.34	2:05.64
Andre Sampaio, SANTOS		95		30.82	1:05.70	1:42.87	2:18.42

Prova 12	Femin., 800m Livres				15 anos e mais velhos
30-10-2011 - 11:20	CMEP - Clínica Médica do Exercício do Porto				Resultados
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
Juniores								
1.	Diana Margarida, DURAES	F	102992	96	Foca	9:02.63	711	
	50m: 30.73	30.73	250m: 2:45.22	34.06	450m: 5:03.72	34.59	650m: 7:21.11	34.11
	100m: 1:03.73	33.00	300m: 3:19.65	34.43	500m: 5:38.46	34.74	700m: 7:55.53	34.42
	150m: 1:37.21	33.48	350m: 3:54.32	34.67	550m: 6:12.77	34.31	750m: 8:29.42	33.89
	200m: 2:11.16	33.95	400m: 4:29.13	34.81	600m: 6:47.00	34.23	800m: 9:02.63	33.21
2.	Ana Filipa, MARTINS	F	104438	97	Foca	9:20.74	645	
	50m: 32.16	32.16	250m: 2:51.62	35.12	450m: 5:13.73	35.62	650m: 7:36.71	36.07
	100m: 1:06.68	34.52	300m: 3:26.82	35.20	500m: 5:49.28	35.55	700m: 8:12.67	35.96
	150m: 1:41.40	34.72	350m: 4:02.57	35.75	550m: 6:25.09	35.81	750m: 8:47.79	35.12
	200m: 2:16.50	35.10	400m: 4:38.11	35.54	600m: 7:00.64	35.55	800m: 9:20.74	32.95
3.	Sofia Cunha, SOUSA	F	102996	96	Foca	9:54.12	542	
	50m: 33.80	33.80	250m: 3:00.72	37.34	450m: 5:29.73	37.45	650m: 8:00.57	37.81
	100m: 1:09.73	35.93	300m: 3:37.83	37.11	500m: 6:07.35	37.62	700m: 8:38.51	37.94
	150m: 1:46.53	36.80	350m: 4:15.01	37.18	550m: 6:45.01	37.66	750m: 9:16.72	38.21
	200m: 2:23.38	36.85	400m: 4:52.28	37.27	600m: 7:22.76	37.75	800m: 9:54.12	37.40
4.	Joana Carina, SILVA	F	106219	97	Lousada	9:57.51	533	
	50m: 33.46	33.46	250m: 3:01.67	37.49	450m: 5:33.07	38.36	650m: 8:06.31	38.25
	100m: 1:09.99	36.53	300m: 3:39.41	37.74	500m: 6:11.48	38.41	700m: 8:44.68	38.37
	150m: 1:46.74	36.75	350m: 4:16.53	37.12	550m: 6:50.11	38.63	750m: 9:21.71	37.03
	200m: 2:24.18	37.44	400m: 4:54.71	38.18	600m: 7:28.06	37.95	800m: 9:57.51	35.80
5.	Ana Catarina, SOUSA	F	103447	96	Vitória Sport Clube	9:59.51	527	
	50m: 33.93	33.93	250m: 3:05.10	37.63	450m: 5:34.99	37.69	650m: 8:07.25	38.32
	100m: 1:11.48	37.55	300m: 3:42.34	37.24	500m: 6:12.96	37.97	700m: 8:44.80	37.55
	150m: 1:49.51	38.03	350m: 4:19.70	37.36	550m: 6:50.86	37.90	750m: 9:22.46	37.66
	200m: 2:27.47	37.96	400m: 4:57.30	37.60	600m: 7:28.93	38.07	800m: 9:59.51	37.05
6.	Ana Catarina, AZEVEDO	F	102640	96	Famalicao	10:05.25	513	
	50m: 34.49	34.49	250m: 3:05.01	37.92	450m: 5:38.60	38.72	650m: 8:12.01	38.13
	100m: 1:11.69	37.20	300m: 3:43.11	38.10	500m: 6:16.85	38.25	700m: 8:50.32	38.31
	150m: 1:49.01	37.32	350m: 4:21.61	38.50	550m: 6:55.65	38.80	750m: 9:28.38	38.06
	200m: 2:27.09	38.08	400m: 4:59.88	38.27	600m: 7:33.88	38.23	800m: 10:05.25	36.87
7.	Beatriz Casimiro, VALENTE	F	15488	96	Leixões Sport Clube	10:09.92	501	
	50m: 34.16	34.16	250m: 3:03.55	37.98	450m: 5:37.42	38.66	650m: 8:14.32	39.37
	100m: 1:11.01	36.85	300m: 3:41.71	38.16	500m: 6:16.59	39.17	700m: 8:53.87	39.55
	150m: 1:47.95	36.94	350m: 4:20.20	38.49	550m: 6:55.79	39.20	750m: 9:32.47	38.60
	200m: 2:25.57	37.62	400m: 4:58.76	38.56	600m: 7:34.95	39.16	800m: 10:09.92	37.45

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Splash Meet Manager 11, Build 17589

Registered to Associação de Natacao do Norte de Portugal

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Prova 12, Femin., 800m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Ana Isabel, FERNANDES	F	102704	96	Famalicao	10:18.56	480	
	50m: 35.75		250m: 3:11.95		39.09	450m: 5:48.82	39.31	650m: 8:25.88
	100m: 1:14.52		300m: 3:50.64		38.69	500m: 6:28.07	39.25	700m: 9:05.27
	150m: 1:53.66		350m: 4:29.81		39.17	550m: 7:07.35	39.28	750m: 9:43.25
	200m: 2:32.86		400m: 5:09.51		39.70	600m: 7:46.90	39.55	800m: 10:18.56
9.	Catia Alexandra, BATISTA	F	103036	96	Lamas	10:18.60	480	
	50m: 35.20		250m: 3:07.99		38.11	450m: 5:43.80	39.90	650m: 8:23.06
	100m: 1:13.61		300m: 3:46.32		38.33	500m: 6:23.97	40.17	700m: 9:02.76
	150m: 1:51.99		350m: 4:24.90		38.58	550m: 7:03.93	39.96	750m: 9:41.88
	200m: 2:29.88		400m: 5:03.90		39.00	600m: 7:43.56	39.63	800m: 10:18.60
10.	Sonia Alexandra, LEITE	F	110461	97	Vitoria Sport Clube	10:30.89	453	
	50m: 36.32		250m: 3:15.68		39.16	450m: 5:56.03	38.97	650m: 8:33.69
	100m: 1:16.45		300m: 3:56.79		41.11	500m: 6:34.88	38.85	700m: 9:13.45
	150m: 1:56.28		350m: 4:36.89		40.10	550m: 7:14.37	39.49	750m: 9:53.18
	200m: 2:36.52		400m: 5:17.06		40.17	600m: 7:54.00	39.63	800m: 10:30.89
11.	Ines Maria, PINTAO	F	102043	96	Leixoes Sport Clube	10:32.84	448	
	50m: 35.35		250m: 3:13.01		39.65	450m: 5:53.85	40.34	650m: 8:34.94
	100m: 1:13.94		300m: 3:52.99		39.98	500m: 6:34.25	40.40	700m: 9:15.03
	150m: 1:53.51		350m: 4:33.18		40.19	550m: 7:14.51	40.26	750m: 9:55.12
	200m: 2:33.36		400m: 5:13.51		40.33	600m: 7:54.68	40.17	800m: 10:32.84
12.	Vanessa Cristina, MAGALHAES	F	110566	96	Leixoes Sport Clube	10:40.41	433	
	50m: 33.98		250m: 3:08.17		40.20	450m: 5:52.49	41.80	650m: 8:37.40
	100m: 1:10.31		300m: 3:48.79		40.62	500m: 6:33.22	40.73	700m: 9:13.35
	150m: 1:48.27		350m: 4:29.65		40.86	550m: 7:14.06	40.84	750m: 10:00.88
	200m: 2:27.97		400m: 5:10.69		41.04	600m: 7:55.49	41.43	800m: 10:40.41
13.	Daniela Ferreira, COSTA	F	103627	97	Leixoes Sport Clube	10:56.75	401	
	50m: 37.12		250m: 3:21.38		41.64	450m: 6:06.80	41.32	650m: 8:53.21
	100m: 1:17.54		300m: 4:03.15		41.77	500m: 6:48.29	41.49	700m: 9:34.75
	150m: 1:56.51		350m: 4:44.61		41.46	550m: 7:29.83	41.54	750m: 10:16.19
	200m: 2:39.74		400m: 5:25.48		40.87	600m: 8:11.41	41.58	800m: 10:56.75
DNS	Sara Monteiro, MEIRELES	F	103921	97	Gespacos			DNS
DNS	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe			DNS

Seniores

1.	Andreia Catarina, GOMES	F	103701	94	Vitoria Sport Clube	9:01.66	715	
	50m: 30.63	30.63	250m: 2:45.14		34.04	450m: 5:03.83	34.47	650m: 7:21.01
	100m: 1:03.61	32.98	300m: 3:19.64		34.50	500m: 5:38.52	34.69	700m: 7:55.21
	150m: 1:37.11	33.50	350m: 3:54.41		34.77	550m: 6:12.68	34.16	750m: 8:29.41
	200m: 2:11.10	33.99	400m: 4:29.36		34.95	600m: 6:46.79	34.11	800m: 9:01.66
2.	Joana Filipa, SANTOS	F	24081	93	Vitoria Sport Clube	9:04.04	706	
	50m: 31.35	31.35	250m: 2:48.71		34.63	450m: 5:05.57	33.79	650m: 7:21.92
	100m: 1:05.13	33.78	300m: 3:23.54		34.83	500m: 5:39.64	34.07	700m: 7:56.00
	150m: 1:39.57	34.44	350m: 3:57.99		34.45	550m: 6:13.85	34.21	750m: 8:30.38
	200m: 2:14.08	34.51	400m: 4:31.78		33.79	600m: 6:47.93	34.08	800m: 9:04.04
3.	Daniela Filipa, PINTO	F	20610	91	Vitoria Sport Clube	9:21.27	643	
	50m: 32.29	32.29	250m: 2:51.64		35.12	450m: 5:14.60	35.77	650m: 7:36.92
	100m: 1:06.58	34.29	300m: 3:27.43		35.79	500m: 5:50.07	35.47	700m: 8:12.69
	150m: 1:41.47	34.89	350m: 4:03.02		35.59	550m: 6:25.66	35.59	750m: 8:48.15
	200m: 2:16.52	35.05	400m: 4:38.83		35.81	600m: 7:01.30	35.64	800m: 9:21.27
4.	Ana Ribeiro, FERREIRA	F	15634	92	Famalicao	9:37.67	590	
	50m: 32.26	32.26	250m: 2:55.07		35.93	450m: 5:18.88	35.91	650m: 7:47.64
	100m: 1:07.13	34.87	300m: 3:30.82		35.75	500m: 5:56.32	37.44	700m: 8:24.86
	150m: 1:43.31	36.18	350m: 4:07.18		36.36	550m: 6:33.46	37.14	750m: 9:01.32
	200m: 2:19.14	35.83	400m: 4:42.97		35.79	600m: 7:10.50	37.04	800m: 9:37.67
5.	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos	9:43.28	573	
	50m: 32.32	32.32	250m: 2:51.00		35.07	450m: 5:15.84	37.22	650m: 7:49.65
	100m: 1:06.40	34.08	300m: 3:26.56		35.56	500m: 5:54.06	38.22	700m: 8:28.35
	150m: 1:40.92	34.52	350m: 4:02.41		35.85	550m: 6:32.31	38.25	750m: 9:06.36
	200m: 2:15.93	35.01	400m: 4:38.62		36.21	600m: 7:11.48	39.17	800m: 9:43.28
6.	Patricia Isabel, OLIVEIRA	F	15970	94	Leixoes Sport Clube	9:47.77	560	
	50m: 33.52	33.52	250m: 2:22.62		1:13.22	800m: 9:47.77	4:56.93	
	100m: 1:09.40	35.88	400m: 4:50.84		2:28.22			
7.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalicao	9:51.69	549	
	50m: 34.10	34.10	250m: 3:00.99		37.28	450m: 5:29.41	36.90	650m: 7:59.59
	100m: 1:10.43	36.33	300m: 3:37.80		36.81	500m: 6:06.94	37.53	700m: 8:37.78
	150m: 1:47.03	36.60	350m: 4:15.02		37.22	550m: 6:44.37	37.43	750m: 9:15.75
	200m: 2:23.71	36.68	400m: 4:52.51		37.49	600m: 7:22.19	37.82	800m: 9:51.69
8.	Carolina Isabel, PEREIRA	F	23115	94	Vitoria Sport Clube	10:14.99	489	
	50m: 33.86	33.86	250m: 3:06.76		38.64	450m: 5:42.43	39.01	650m: 8:19.28
	100m: 1:11.16	37.30	300m: 3:45.53		38.77	500m: 6:21.55	39.12	700m: 8:58.61
	150m: 1:49.55	38.39	350m: 4:24.38		38.85	550m: 7:00.64	39.09	750m: 9:37.41
	200m: 2:28.12	38.57	400m: 5:03.42		39.04	600m: 7:39.86	39.22	800m: 10:14.99
9.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	10:17.10	484	
	50m: 34.91	34.91	250m: 3:06.93		38.59	450m: 5:42.10	38.46	650m: 8:19.40
	100m: 1:12.20	37.29	300m: 3:45.46		38.53	500m: 6:21.36	39.26	700m: 8:58.91
	150m: 1:49.98	37.78	350m: 4:24.43		38.97	550m: 7:00.74	39.38	750m: 9:38.20
	200m: 2:28.34	38.36	400m: 5:03.64		39.21	600m: 7:40.07	39.33	800m: 10:17.10

O Secretário do Juri

O Juiz Árbitro