

1 E 2 DE JULHO DE 2017

CAMPEONATOS REGIONAIS DE JUVENIS, ABSOLUTOS E DE CLUBES
COMPLEXO DE PISCINAS DE CAMPANHÃ - FC PORTO

1.^a JORNADA
SABADO - 09:00

2.^a JORNADA
SABADO - 16:00

3.^a JORNADA
DOMINGO - 09:00

4.^a JORNADA
DOMINGO - 15:30

WWW.ANNP.PT



Estatística de inscrições

Todas as provas

Clube	Código	Região	Atletas			Individuais			Estafetas		
			Masc.	Femin.	Total	Masc.	Femin.	Total	Masc.	Femin.	Total
Amarantus Aquatic Club	AACL	ANNP	2	7	9	8	24	32	-	-	-
AP Vila D Este/Gaia	APUVE	ANNP	6	4	10	20	13	33	2	2	4
Assoc. Desportiva de Fafe	ADF	ANNP	9	5	14	35	23	58	5	3	8
Associação Desportiva de Penafiel	ADP	ANNP	3	4	7	12	16	28	-	-	-
CCD Estrelas S. Joao de Brito	ESJB	ANL	-	1	1	-	3	3	-	-	-
Clube Aquatico Pacense	CAP	ANNP	8	11	19	35	51	86	7	10	17
Clube de Natacao da Maia	CNMAIA	ANNP	6	-	6	26	-	26	3	-	3
Clube Fluvial Portuense	CFP	ANNP	19	16	35	83	69	152	10	10	20
Clube Fluvial Vilacondense	CFV	ANNP	16	12	28	55	33	88	3	-	3
Clube Naval Povoense	CNPO	ANNP	5	2	7	20	9	29	-	-	-
Clube Propaganda da Natacao	CPN	ANNP	1	6	7	5	30	35	-	2	2
Colegio Liceal Santa Maria de Lamas	CLAMAS	ANNP	17	13	30	70	42	112	10	7	17
Colegio Luso-Internacional do Porto	CLIP	ANNP	-	2	2	-	8	8	-	-	-
FOCA - Clube de Natacao de Felgueiras	FOCA	ANNP	7	5	12	31	23	54	5	5	10
Futebol Clube do Porto	FCP	ANNP	13	20	33	65	98	163	10	10	20
Ginásio Clube de Santo Tirso	GCST	ANNP	4	1	5	11	4	15	-	-	-
Famalicao	GDNVNF	ANNP	19	15	34	81	70	151	12	10	22
Individual ANNP	INDANP	ANNP	2	3	5	8	13	21	-	-	-
Leixões Sport Clube	LSC	ANNP	17	8	25	74	33	107	10	10	20
Lousada Seculo XXI	LSXXI	ANNP	1	3	4	5	7	12	-	-	-
Natacao de Valongo	CNV	ANNP	10	8	18	34	35	69	6	5	11
Vitória Sport Clube	VSC	ANNP	7	10	17	29	44	73	2	7	9
Numero total de 22 Clubes			172	156	328	707	648	1.355	85	81	166

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.49155

Registered to Associação de Nataç o do Norte de Portugal

26-06-2017 17:45 - P gina 1



Hor rio da Sess o N . 1 - 1  Jornada

01-07-2017 - 9:00

Aquecimento: 8:00 a 8:50

Reuni o de Delegados: 8:30

Reuni o de Arbitragem: 8:45

9:00	1.	4 x 50m Livres	Masc.	Tempo Final	Abs	0:10	3 S�ries
9:10	2.	4 x 50m Livres	Femin.	Tempo Final	Abs	0:05	2 S�ries
9:15	3.	1500m Livres	Masc.	Tempo Final	Abs	1:15	4 S�ries
10:30	4.	800m Livres	Femin.	Tempo Final	Abs	0:35	3 S�ries
11:05	5.	50m Mariposa	Masc.	Tempo Final	Abs	0:05	5 S�ries
11:10	6.	50m Mariposa	Femin.	Tempo Final	Abs	0:10	6 S�ries
11:20	7.	100m Bruços	Masc.	Tempo Final	Abs	0:10	7 S�ries
11:30	8.	100m Bruços	Femin.	Tempo Final	Abs	0:15	7 S�ries
11:45	9.	50m Costas	Masc.	Tempo Final	Abs	0:05	3 S�ries
11:50	10.	50m Costas	Femin.	Tempo Final	Abs	0:05	5 S�ries
11:55	Cerimonia de Distribui�o de Medalhas - 1,2,3,4,5,6,7,8 e 9					0:20	
12:15	11.	4 x 200m Livres	Masc.	Tempo Final	Abs	0:20	2 S�ries
12:35	12.	4 x 200m Livres	Femin.	Tempo Final	Abs	0:20	2 S�ries
12:55	Cerimonia de Distribui�o de Medalhas - 10, 11 e 12						
12:55	Final da sess�o				Dura�o total	3:55	

Hor rio da Sess o N . 2 - 2  Jornada

01-07-2017 - 16:00

Aquecimento: 15:00 a 15:50

16:00	13.	400m Estilos	Masc.	Tempo Final	Abs	0:30	5 S�ries
16:30	14.	400m Estilos	Femin.	Tempo Final	Abs	0:20	3 S�ries
16:50	15.	200m Livres	Masc.	Tempo Final	Abs	0:20	8 S�ries
17:10	16.	200m Livres	Femin.	Tempo Final	Abs	0:25	7 S�ries
17:35	17.	50m Bruços	Masc.	Tempo Final	Abs	0:05	4 S�ries
17:40	18.	50m Bruços	Femin.	Tempo Final	Abs	0:05	4 S�ries
17:45	19.	200m Costas	Masc.	Tempo Final	Abs	0:15	5 S�ries
18:00	20.	200m Costas	Femin.	Tempo Final	Abs	0:20	5 S�ries
18:20	Cerimonia de Distribui�o de Medalhas - 13,14,15,16,17,18 e 19					0:20	
18:40	21.	4 x 100m Livres	Masc.	Tempo Final	Abs	0:10	3 S�ries
18:50	22.	4 x 100m Livres	Femin.	Tempo Final	Abs	0:15	2 S�ries
19:05	Cerimonia de Distribui�o de Medalhas - 20, 21 e 22						
19:05	Final da sess�o				Dura�o total	3:05	

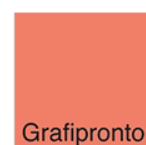
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Splash Meet Manager, 11.49155

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27-06-2017 12:14 - P gina 1



Hor rio da Sess o N . 3 - 3  Jornada

02-07-2017 - 9:00

Aquecimento: 8:00 a 8:50

9:00	23.	100m Mariposa	Femin.	Tempo Final	Abs	0:10	5 S�ries
9:10	24.	100m Mariposa	Masc.	Tempo Final	Abs	0:10	7 S�ries
9:20	25.	200m Bruços	Femin.	Tempo Final	Abs	0:20	5 S�ries
9:40	26.	200m Bruços	Masc.	Tempo Final	Abs	0:15	4 S�ries
9:55	27.	50m Livres	Femin.	Tempo Final	Abs	0:05	5 S�ries
10:00	28.	50m Livres	Masc.	Tempo Final	Abs	0:10	7 S�ries
10:10	29.	100m Costas	Femin.	Tempo Final	Abs	0:10	6 S�ries
10:20	30.	100m Costas	Masc.	Tempo Final	Abs	0:10	5 S�ries
10:30	31.	400m Livres	Femin.	Tempo Final	Abs	0:25	5 S�ries
10:55	32.	400m Livres	Masc.	Tempo Final	Abs	0:35	6 S�ries
11:30	Cerimonia de Distribuiç�o de Medalhas - 23,24,25,26,27,28,29,30 e 31					0:20	
11:50	33.	4 x 50m Estilos	Femin.	Tempo Final	Abs	0:10	3 S�ries
12:00	34.	4 x 50m Estilos	Masc.	Tempo Final	Abs	0:05	3 S�ries
12:05	Cerimonia de Distribuiç�o de Medalhas - 32, 33 e 34						
12:05	Final da sess�o				Duraç�o total	3:05	

Hor rio da Sess o N . 4 - 4  Jornada

02-07-2017 - 15:30

Aquecimento: 14:30 a 15:20

15:30	35.	1500m Livres	Femin.	Tempo Final	Abs	0:40	2 S�ries
16:10	36.	800m Livres	Masc.	Tempo Final	Abs	0:30	3 S�ries
16:40	37.	200m Mariposa	Femin.	Tempo Final	Abs	0:10	3 S�ries
16:50	38.	200m Mariposa	Masc.	Tempo Final	Abs	0:15	4 S�ries
17:05	39.	100m Livres	Femin.	Tempo Final	Abs	0:15	9 S�ries
17:20	40.	100m Livres	Masc.	Tempo Final	Abs	0:15	11 S�ries
17:35	41.	200m Estilos	Femin.	Tempo Final	Abs	0:20	6 S�ries
17:55	42.	200m Estilos	Masc.	Tempo Final	Abs	0:20	6 S�ries
18:15	Cerimonia de Distribuiç�o de Medalhas - 35,36,37,38,39,40 e 41					0:20	
18:35	43.	4 x 100m Estilos	Femin.	Tempo Final	Abs	0:15	3 S�ries
18:50	44.	4 x 100m Estilos	Masc.	Tempo Final	Abs	0:20	3 S�ries
19:10	Cerimonia de Distribuiç�o de Medalhas - 42, 43 e 44						
19:10	Final da sess�o				Duraç�o total	3:40	

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27-06-2017 12:14 - P gina 2



1 - 1^a Jornada

01-07-2017 - 9:00

Prova 1 01-07-2017 - 9:00	Masc., 4 x 50m Livres Grafiporto			Absolutos Startlist
RN Absoluto	1:32.36	Futebol Clube do Porto/Imperio Bonifacio	Faro	18-07-2009
RN Jun	1:36.69	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	27-03-2009
RN Sen	1:32.94	Futebol Clube do Porto	Oeiras	26-07-2012
Recorde Regional 50m Absoluto	1:32.36	Paulo S, Joao C, Carlos S, Rui Vilar FCP	Faro	18-07-2009
Recorde Regional 50m Jun	1:36.69	Rui Vilar, Nuno Vieira, Joao Almeida Carlos Sa	Lisboa	27-03-2009
Recorde Regional 50m Sen	1:32.94	Paulo Santos, Joao Carvalho, Fabio FCP, Ismael	Oeiras	26-07-2012

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 9:00</u>						
3	M		Abs		AP Vila D Este/Gaia	NT
4	M		Abs		Natacao de Valongo	1:54.15
5	M		Abs		Aquatico Pacense	2:00.95
<u>S�rie 2 de 3, 9:05</u>						
1	M		Abs		Colegio SMLamas	1:52.45
2	M		Abs		Natacao da Maia	1:50.31
3	M		Abs		Leix�es Sport Clube	1:49.13
4	M		Abs		Assoc. Desportiva de Fafe	1:47.75
5	M		Abs		Natacao de Valongo	1:49.07
6	M		Abs		Foca	1:49.20
7	M		Abs		Leix�es Sport Clube	1:51.61
<u>S�rie 3 de 3, 9:05</u>						
1	M		Abs		Aquatico Pacense	1:45.99
2	M		Abs		Famali�o	1:45.28
3	M		Abs		Colegio SMLamas	1:42.34
4	M		Abs		Porto	1:38.27
5	M		Abs		Fluvial Portuense	1:39.62
6	M		Abs		Famali�o	1:43.39
7	M		Abs		Porto	1:45.38
8	M		Abs		Fluvial Portuense	1:46.46

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27-06-2017 12:13 - P gina 1



Prova 2	Femin., 4 x 50m Livres				Absolutos
01-07-2017 - 9:10	TURBO				Startlist
RN Absoluto	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
RN Jun	1:49.70	Sporting Clube Portugal	SCP	Lisboa	27-03-2009
RN Sen	1:46.22	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Recorde Regional 50m Absoluto	1:46.22	Marta Marinho, Sara Loureiro, AlexaFCPa Olivei	Rio Maior	Oliveira	01-04-2011
Recorde Regional 50m Jun	1:52.50	Futebol Clube do Porto	FCP	Povoa de Varzim	19-03-2017
Recorde Regional 50m Sen	1:46.22	Marta Marinho, Sara Oliveira, AlexaFCP	Olivei	Rio Maior	Oliveira

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 9:10</u>						
1	F		Abs		Leix�es Sport Clube	2:16.56 _____
2	F		Abs		Fluvial Portuense	2:09.31 _____
3	F		Abs		Natacao de Valongo	2:05.12 _____
4	F		Abs		Foca	2:03.42 _____
5	F		Abs		Famali�o	2:03.63 _____
6	F		Abs		Vit�ria Sport Clube	2:07.18 _____
7	F		Abs		Aquatico Pacense	2:14.23 _____
8	F		Abs		AP Vila D Este/Gaia	NT _____
<u>S�rie 2 de 2, 9:10</u>						
1	F		Abs		Famali�o	1:59.02 _____
2	F		Abs		Aquatico Pacense	1:58.02 _____
3	F		Abs		Leix�es Sport Clube	1:56.86 _____
4	F		Abs		Porto	1:48.11 _____
5	F		Abs		Porto	1:54.08 _____
6	F		Abs		Colegio SMLamas	1:57.46 _____
7	F		Abs		Fluvial Portuense	1:58.34 _____
8	F		Abs		Colegio SMLamas	2:03.40 _____



Prova 3	Masc., 1500m Livres				Absolutos
01-07-2017 - 9:15	Grafiporto				Startlist
RN Absoluto	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
RN Juv B	16:30.45	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
RN Juv A	15:45.55	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
RN 17	15:43.45	Guilherme Filipe, PINA	POR	Singapore (SIN)	30-08-2015
RN 18	15:23.46	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	07-07-2016
RN Sen	15:15.12	Guilherme Filipe, PINA	SCP	Coimbra	30-03-2017
Recorde Regional 50m Absoluto	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14-08-2007
Recorde Regional 50m Juv B	16:35.93	Rui Filipe, COSTA	VSC	Porto	06-07-2006
Recorde Regional 50m Juv A	16:04.07	Rui Filipe, COSTA	VSC	Loul�	08-06-2007
Recorde Regional 50m 17	15:53.24	Fernando Eurico, COSTA	LSC	Lisboa	28-07-2002
Recorde Regional 50m 18	15:34.51	Fernando Eurico, COSTA	LSC	Luxemburgo (LUX)	24-01-2003
Recorde Regional 50m Sen	15:16.22	Fernando Eurico, COSTA	LSC	Bangkok (THA)	14-08-2007

Masculinos Juniores Jun: 19:05.84 / Masculinos Seniores Sen: 18:37.99 / Masculinos Juvenil B Juv B: 20:27.81 /
Masculinos Juvenil A Juv A: 20:12.64

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 4, 9:15</u>							
3	Joao Nogueira, COSTA	M	124315	Abs	01	Vit�ria Sport Clube	NT
4	Joao Carvalho, CUNHA	M	124813	Abs	02	Assoc. Desportiva de Fafe	20:56.64
5	Diogo Silva, COENTRAO	M	121715	Abs	02	Famalic�o	NT
<u>S�rie 2 de 4, 9:35</u>							
1	Joao Simons, CUNHA	M	124582	Abs	02	Fluvial Portuense	19:31.50
2	Jose Salgado, MOREIRA	M	121706	Abs	01	Famalic�o	19:08.23
3	Samuel Dias, MARTINS	M	122190	Abs	02	Colegio SMLamas	19:05.69
4	Luis Manuel, RIBEIRO	M	120816	Abs	02	Porto	18:34.18
5	Nuno Filipe, FERREIRA	M	119654	Abs	00	Foca	18:45.33
6	Bruno Miguel, SEIXAS	M	126784	Abs	01	Natacao da Maia	19:07.36
7	Alexandre Carvalho, CONCEICAO	M	126858	Abs	02	Penafiel	19:10.01
<u>S�rie 3 de 4, 9:55</u>							
1	Joao Pedro, BRANCO	M	132221	Abs	01	Aquatico Pacense	18:17.61
2	Guilherme Diogo, LOBO	M	122395	Abs	02	Porto	18:09.19
3	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famalic�o	18:05.99
4	Joao Leite, SARAIVA	M	118229	Abs	01	Famalic�o	17:31.82
5	Diogo Alexandre, PEREIRA	M	118265	Abs	98	Fluvial Portuense	17:50.51
6	Goncalo Sampaio, SALGADO	M	121720	Abs	02	Famalic�o	18:07.21
7	Goncalo Moreira, SANTOS	M	120511	Abs	01	Natacao de Valongo	18:17.05
8	Ricardo Jorge, MOREIRA	M	122012	Abs	01	Natacao de Valongo	18:28.58
<u>S�rie 4 de 4, 10:15</u>							
1	Ivan Emanuel, AMORIM	M	124774	Abs	02	Fluvial Portuense	17:21.51
2	Rui Pedro, FARIA	M	15592	Abs	94	Famalic�o	17:09.99
3	Rui Jorge, MATIAS	M	107735	Abs	99	Vilacondense	17:01.32
4	Joao Santos, MENDES	M	111648	Abs	98	Leix�es Sport Clube	16:39.00
5	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	16:55.51
6	Diogo Moreno, BASTOS	M	108285	Abs	00	Fluvial Portuense	17:08.91
7	Samson Silva, COSTA	M	120847	Abs	02	Fluvial Portuense	17:18.68
8	Tiago Mendonca, FREIRE	M	116898	Abs	01	Leix�es Sport Clube	17:27.65

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27-06-2017 12:13 - P gina 3



Prova 4	Femin., 800m Livres					Absolutos
01-07-2017 - 10:30	TURBO					Startlist
RN Absoluto	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra		28-05-2016
RN Juv B	9:07.70	Alexandra Maria, SILVA	POR	Split (CRO)		10-09-1981
RN Juv A	8:50.68	Tamila Hryhorivna, HOLUB	SCB	Oeiras		27-07-2014
RN 16	8:45.53	Tamila Hryhorivna, HOLUB	POR	Coimbra		30-05-2015
RN 17	8:36.21	Tamila Hryhorivna, HOLUB	SCB	Coimbra		28-05-2016
RN Sen	8:36.58	Diana Margarida, DURAES	SLB	Lisboa		18-02-2017
Recorde Regional 50m Absoluto	8:43.58	Diana Margarida, DURAES	FCP	Oeiras		13-03-2016
Recorde Regional 50m Juv B	9:07.70	Alexandra Maria, SILVA	FCP	Split (CRO)		10-09-1981
Recorde Regional 50m Juv A	9:03.51	Alexandra Maria, SILVA	FCP	Innsbruck (AUT)		29-08-1982
Recorde Regional 50m 16	9:00.58	Alexandra Maria, SILVA	FCP	Olivais		17-04-1983
Recorde Regional 50m 17	8:54.86	Angelica Maria, ANDRE	LSC	Porto		04-06-2011
Recorde Regional 50m Sen	8:43.58	Diana Margarida, DUARES	FCP	Oeiras		13-03-2016

Femininos Seniores Sen: 10:32.14 / Femininos Juniores Jun: 10:58.16 / Femininos Juvenil B Juv B: 11:42.97 /
Femininos Juvenil A Juv A: 11:22.48

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 10:30</u>							
2	Rita Constanca, CARDOSO	F	121989	Abs	03	Porto	NT _____
3	Ana Margarida, TEIXEIRA	F	111504	Abs	02	Foca	NT _____
4	Ines Gales, PINTO	F	129408	Abs	01	Colegio SMLamas	10:32.53 _____
5	Mafalda Joana, OLIVEIRA	F	119096	Abs	02	Individual ANNP	NT _____
6	Ana Margarida, ALMEIDA	F	122992	Abs	03	Foca	NT _____
<u>S�rie 2 de 3, 10:45</u>							
1	Alexandra Martins, CAMPOS	F	127155	Abs	02	Leix�es Sport Clube	10:20.69 _____
2	Ines Freitas, ROCHA	F	129880	Abs	03	Aquatico Pacense	10:12.34 _____
3	Ana Margarida, LEITE	F	123141	Abs	02	Assoc. Desportiva de Fafe	10:07.95 _____
4	Rafaela Campos, OLIVEIRA	F	111322	Abs	00	Vilacondense	10:01.94 _____
5	Carolina Silva, SOARES	F	123910	Abs	03	Natacao de Valongo	10:04.69 _____
6	Ana Pereira, SILVA	F	124810	Abs	03	Assoc. Desportiva de Fafe	10:09.46 _____
7	Ana Ines, FERNANDES	F	119258	Abs	00	Vit�ria Sport Clube	10:16.17 _____
8	Barbara Alexandra, NUNES	F	128640	Abs	03	Porto	10:27.34 _____
<u>S�rie 3 de 3, 10:55</u>							
1	Sara Lopes, BARBOSA	F	118181	Abs	00	Aquatico Pacense	9:53.70 _____
2	Ana Silva, COSTA	F	104446	Abs	98	Famaliç�o	9:34.37 _____
3	Ana Rita, FARIA	F	117417	Abs	00	Porto	9:21.87 _____
4	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	9:02.33 _____
5	Maria Carolina, COSTA	F	119080	Abs	01	Porto	9:18.94 _____
6	Rafaela Araujo, SILVA	F	119630	Abs	00	Famaliç�o	9:33.44 _____
7	Francisca Soares, MARTINS	F	126504	Abs	03	Foca	9:41.41 _____
8	Catarina Alexandra, JARDIM	F	104449	Abs	98	Famaliç�o	9:56.05 _____

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27-06-2017 12:13 - P gina 4



Prova 5	Masc., 50m Mariposa				Absolutos
01-07-2017 - 11:05	Grafiporto				Startlist
RN Absoluto	23.72	Simao Gomes, MORGADO	POR	M�laga (ESP)	05-04-2009
RN 17	24.89	Tiago Andre, VENANCIO	CNS	Oeiras	30-07-2004
RN 18	25.03	Miguel Duarte, NASCIMENTO	POR	Poznan (POL)	10-07-2013
RN Sen	23.72	Simao Gomes, MORGADO	POR	M�laga (ESP)	05-04-2009
Recorde Regional 50m Absoluto	24.63	Adriano Miguel, NIZ	INDANP	Faro	18-07-2009
Recorde Regional 50m 17	25.55	Pedro Miguel, FERNANDES	VSC	Oeiras	21-07-2016
Recorde Regional 50m 18	24.78	Rafael, LINO	FCP	Chalon Sur Saone (FRA)	27-05-2017
Recorde Regional 50m Sen	24.63	Adriano Miguel, NIZ	INDANP	Faro	18-07-2009

Masculinos Juniores Jun: 29.49 / Masculinos Seniores Sen: 28.61 / Masculinos Juvenil B Juv B: 30.98 / Masculinos Juvenil A Juv A: 30.23

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 5, 11:05</u>							
	2 Rui Almeida, SANTOS	M	119064	Abs	02	Colegio SMLamas	NT _____
	3 Sergio Miguel, ESTEVAO	M	121590	Abs	01	Leix�es Sport Clube	NT _____
	4 Leonardo Filipe, TEIXEIRA	M	202725	Abs	00	AP Vila D Este/Gaia	33.38 _____
	5 Pedro Lopes, SILVA	M	202726	Abs	02	AP Vila D Este/Gaia	36.25 _____
	6 Nuno Rocha, ALMEIDA	M	122193	Abs	02	Colegio SMLamas	NT _____
	7 Diogo Alexandre, SANTOS	M	129291	Abs	99	Fluvial Portuense	NT _____
<u>S�rie 2 de 5, 11:05</u>							
	1 Joao Pereira, TINOCO	M	111056	Abs	00	Famalio	31.76 _____
	2 Marco Antonio, PEREIRA	M	130896	Abs	02	Lousada SXXI	30.62 _____
	3 Marcos Daniel, VITORIA	M	120510	Abs	00	Natacao de Valongo	29.95 _____
	4 Daniel Jose, DUARTE	M	118897	Abs	00	Fluvial Portuense	29.36 _____
	5 Tomas Mota, DOMINGUES	M	116867	Abs	99	Colegio SMLamas	29.38 _____
	6 Alfredo Castro, COELHO	M	116943	Abs	01	Colegio SMLamas	30.41 _____
	7 Luis Francisco, MARQUES	M	200361	Abs	99	AP Vila D Este/Gaia	31.03 _____
	8 Ricardo Jorge, TEIXEIRA	M	116902	Abs	00	Natacao da Maia	31.77 _____
<u>S�rie 3 de 5, 11:05</u>							
	1 Diogo Filipe, RIBEIRO	M	124584	Abs	02	Leix�es Sport Clube	29.15 _____
	2 Tomas Teixeira, LOPES	M	122006	Abs	02	Foca	28.84 _____
	3 Sergio Filipe, TRAVANCA	M	117385	Abs	00	Fluvial Portuense	28.52 _____
	4 Gabriel Silva, AGUIAR	M	205025	Abs	01	Porto	28.25 _____
	5 Pedro Nuno, VIEIRA	M	106742	Abs	98	Natacao de Valongo	28.31 _____
	6 Tiago Oliveira, BARBOSA	M	121884	Abs	99	Colegio SMLamas	28.55 _____
	7 Martim Neiva, ALMEIDA	M	118543	Abs	01	Porto	29.09 _____
	8 Goncalo Fernando, FERREIRA	M	121734	Abs	94	Penafiel	29.17 _____
<u>S�rie 4 de 5, 11:10</u>							
	1 Paulo Filipe, SILVA	M	117012	Abs	98	Natacao da Maia	28.09 _____
	2 Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	27.96 _____
	3 Ivo Manuel, DIAS	M	111508	Abs	00	Foca	27.73 _____
	4 Diogo Carmo, RAMOS	M	15317	Abs	93	Vilacondense	27.41 _____
	5 Bernardo Leitao, GRACA	M	14838	Abs	93	Fluvial Portuense	27.67 _____
	6 Goncalo Manuel, PAQUETE	M	127101	Abs	99	Fluvial Portuense	27.81 _____
	7 Luis Carlos, ALMEIDA	M	104527	Abs	98	Aquatico Pacense	28.05 _____
	8 Tomas Pimentel, BORGES	M	112140	Abs	00	Porto	28.16 _____

Prova 5, Masc., 50m Mariposa

S rie 5 de 5, 11:10

1	David Dias, LIMA	M	118183	Abs	00	Vilacondense	27.34	_____
2	Joao Carlos, SILVA	M	108379	Abs	98	Famaliç�o	26.87	_____
3	Porfirio Braga, NUNES	M	111552	Abs	00	Vilacondense	26.59	_____
4	Pedro Miguel, FERNANDES	M	110494	Abs	99	Individual ANNP	25.38	_____
5	Tiago Silva, SOARES	M	108287	Abs	99	Porto	26.44	_____
6	Joao Ribeiro, SOUSA	M	123014	Abs	01	Porto	26.75	_____
7	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	27.16	_____
8	Humberto Fernandes, FELGUEIRAS	M	105205	Abs	98	Natacao de Valongo	27.39	_____

Prova 6

Femin., 50m Mariposa
TURBO

Absolutos
Startlist

RN Absoluto	27.27	Sara Freitas, OLIVEIRA	POR	Eindhoven (NED)	07-04-2011
RN 16	28.00	Sara Francisco, CRUZ	ADBA	Faro	18-07-2009
RN 17	28.31	Sara Freitas, OLIVEIRA	POR	Berlin (GER)	29-07-2002
RN Sen	27.27	Sara Freitas, OLIVEIRA	POR	Eindhoven (NED)	07-04-2011
Recorde Regional 50m Absoluto	27.27	Sara Freitas, OLIVEIRA	FCP	Eindhoven (NED)	07-04-2011
Recorde Regional 50m 16	28.66	Sara Freitas, OLIVEIRA	FCP	Lisboa	19-05-2001
Recorde Regional 50m 17	28.31	Sara Freitas, OLIVEIRA	FCP	Berlin (GER)	29-07-2002
Recorde Regional 50m Sen	27.27	Sara Freitas, OLIVEIRA	FCP	Eindhoven (NED)	07-04-2011

Femininos Seniores Sen: 33.03 / Femininos Juniores Jun: 33.41 / Femininos Juvenil B Juv B: 35.71 / Femininos Juvenil A Juv A: 34.84

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 6, 11:10							
3	Carolina Costa, SILVESTRE	F	200338	Abs	03	Luso-Internacional do Porto	NT
4	Ines Viamonte, GOMES	F	127122	Abs	03	Fluvial Portuense	37.29
5	Ana Morais, GONCALVES	F	124575	Abs	03	Leix�es Sport Clube	NT
S�rie 2 de 6, 11:10							
1	Filipa Manuela, MARTINS	F	128708	Abs	03	Penafiel	36.16
2	Maria Sa, MACEDO	F	130889	Abs	03	Porto	35.71
3	Carlota Sequeira, APARICIO	F	121976	Abs	03	Porto	34.46
4	Adriana Azevedo, COUTO	F	108336	Abs	00	Famaliç�o	34.00
5	Mafalda Pacheco, CUNHA	F	121589	Abs	02	Fluvial Portuense	34.10
6	Helena Isabel, FELGUEIRAS	F	122011	Abs	03	Natacao de Valongo	35.46
7	Marcia Alexandra, SOUSA	F	111040	Abs	97	Penafiel	35.86
8	Joana Amaro, MAGALHAES	F	128707	Abs	03	Penafiel	36.67
S�rie 3 de 6, 11:15							
1	Joana Rocha, ANJO	F	119757	Abs	01	Vilacondense	33.28
2	Eduarda Reis, SILVA	F	121702	Abs	03	Famaliç�o	33.21
3	Leonor Paiva, RUIZ	F	112518	Abs	99	Fluvial Portuense	32.67
4	Helena Neto, COSTA	F	111309	Abs	00	Aquatico Pacense	32.42
5	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	32.54
6	Leonor Santos, SILVA	F	121982	Abs	03	Porto	32.68
7	Maria Helena, PERES	F	129271	Abs	02	Colegio SMLamas	33.27
8	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	33.92

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Prova 6, Femin., 50m Mariposa

S rie 4 de 6, 11:15

1	Mafalda Joana, OLIVEIRA	F	119096	Abs	02	Individual ANNP	32.02	_____
2	Barbara Vilela, MAGALHAES	F	119078	Abs	01	Porto	31.82	_____
3	Ana Cristina, SOUSA	F	110472	Abs	99	Fluvial Portuense	31.67	_____
4	Bruna Fangueiro, COENTRAO	F	24315	Abs	93	Vilacondense	31.30	_____
5	Catarina Silva, SOARES	F	121977	Abs	03	Porto	31.31	_____
6	Beatriz Neves, CARDOSO	F	105741	Abs	98	Colegio SMLamas	31.74	_____
7	Ines Alves, MARTINS	F	112126	Abs	01	Fluvial Portuense	31.84	_____
8	Joana Gabriela, SILVA	F	103945	Abs	95	Colegio SMLamas	32.10	_____

S rie 5 de 6, 11:15

1	Rosa Maria, OLIVEIRA	F	105858	Abs	96	Porto	31.08	_____
2	Marta Ferreira, ROCHA	F	110558	Abs	99	Leix�es Sport Clube	30.99	_____
3	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famali�o	30.80	_____
4	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	30.43	_____
5	Paula Alexandra, OLIVEIRA	F	102084	Abs	96	Porto	30.44	_____
6	Alexandra Jesus, SANTOS	F	117408	Abs	00	Leix�es Sport Clube	30.93	_____
7	Catarina Carvalho, PEREIRA	F	123071	Abs	03	Porto	31.07	_____
8	Carolina Santos, SILVA	F	23208	Abs	86	Propaganda da Natacao	31.27	_____

S rie 6 de 6, 11:15

1	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	30.28	_____
2	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	29.98	_____
3	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	29.81	_____
4	Adriana Daniela, CASTRO	F	104515	Abs	97	Individual ANNP	29.15	_____
5	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	29.55	_____
6	Ana Beatriz, MARTINS	F	108375	Abs	99	Famali�o	29.91	_____
7	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	30.04	_____
8	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	30.40	_____

Prova 7	Masc., 100m Bruços				Absolutos
01-07-2017 - 11:20	Grafiporto				Startlist
RN Absoluto	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
RN Juv B	1:06.44	Andre Goncalo, SANTOS	POR	Corfu (GRE)	31-03-2012
RN Juv A	1:05.43	Andre Goncalo, SANTOS	POR	Utrecht (NED)	16-07-2013
RN 17	1:04.54	Andre Miguel, SILVA	POR	Belgrado (SRB)	02-08-2008
RN 18	1:02.87	Andre Miguel, SILVA	PDEM	Faro	18-07-2009
RN Sen	1:01.01	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	28-07-2013
Recorde Regional 50m Absoluto	1:02.02	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	18-08-2014
Recorde Regional 50m Juv B	1:06.44	Andre Goncalo, SANTOS	LSC	Corfu (GRE)	31-03-2012
Recorde Regional 50m Juv A	1:05.43	Andre Goncalo, SANTOS	LSC	Utrecht (NED)	16-07-2013
Recorde Regional 50m 17	1:04.62	Ricardo Ribeiro, SILVA	CFV	Praga (CZE)	11-07-2009
Recorde Regional 50m 18	1:04.37	Henrique Pereira, NEIVA	CFV	Linz (AUT)	12-07-2002
Recorde Regional 50m Sen	1:02.02	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	18-08-2014

Masculinos Juniores Jun: 1:17.22 / Masculinos Seniores Sen: 1:14.39 / Masculinos Juvenil B Juv B: 1:26.17 /
Masculinos Juvenil A Juv A: 1:24.92

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 7, 11:20</u>							
3	Diogo Soares, ALVES	M	202724	Abs	01	AP Vila D Este/Gaia	NT
4	Sergio Rafael, MOURA	M	201115	Abs	01	Amarantus	1:29.64
5	David Oliveira, MENDES	M	131977	Abs	02	Penafiel	1:32.46
6	Joao Ribeiro, SOUSA	M	123014	Abs	01	Porto	NT
<u>S�rie 2 de 7, 11:20</u>							
1	Tiago Filipe, GOMES	M	130893	Abs	02	AP Vila D Este/Gaia	1:25.43
2	Tomas Ribeiro, FERREIRA	M	133403	Abs	01	Vilacondense	1:23.13
3	Marcos Dias, MARTINS	M	122189	Abs	02	Colegio SMLamas	1:22.75
4	Rodrigo Oliveira, GONCALVES	M	124764	Abs	02	Porto	1:21.34
5	Vasco Antonio, LAMEIRA	M	127906	Abs	99	Amarantus	1:22.30
6	Joao Pinto, FREITAS	M	122926	Abs	01	Assoc. Desportiva de Fafe	1:22.81
7	Jose Carlos, RIBEIRO	M	124316	Abs	01	Vit�ria Sport Clube	1:24.18
8	Jose Diogo, PACHECO	M	126021	Abs	02	Vit�ria Sport Clube	1:27.59
<u>S�rie 3 de 7, 11:20</u>							
1	Joao Freitas, PEIXOTO	M	122172	Abs	01	Assoc. Desportiva de Fafe	1:21.31
2	Diogo Goncalves, MOURA	M	124963	Abs	02	Assoc. Desportiva de Fafe	1:20.45
3	Bruno Shinji, KOBAYASHI	M	123019	Abs	02	Vilacondense	1:19.65
4	Ricardo Manuel, FARIA	M	124353	Abs	00	Vit�ria Sport Clube	1:19.13
5	Lourenco Monteiro, SOUSA	M	116900	Abs	02	Leix�es Sport Clube	1:19.54
6	Goncalo Moreira, SANTOS	M	120511	Abs	01	Natacao de Valongo	1:20.08
7	Hugo Correia, FERREIRA	M	125012	Abs	02	Vilacondense	1:20.64
8	Rui Pires, MARTINS	M	122177	Abs	01	Assoc. Desportiva de Fafe	1:21.32
<u>S�rie 4 de 7, 11:25</u>							
1	Joao Sa, MELO	M	118226	Abs	01	Famaliç�o	1:17.79
2	Tomas Mota, DOMINGUES	M	116867	Abs	99	Colegio SMLamas	1:17.58
3	Joao Andre, OLIVEIRA	M	121981	Abs	02	Porto	1:16.72
4	Eduardo Miguel, MAGALHAES	M	125074	Abs	02	Vit�ria Sport Clube	1:16.61
5	Luis Goncalves, PEREIRA	M	119177	Abs	02	Colegio SMLamas	1:16.69
6	Joao Pedro, COSTA	M	121468	Abs	01	Vilacondense	1:17.28
7	Henrique Maieiro, AMORIM	M	125010	Abs	01	Clube Naval Povoense	1:17.61
8	Tiago Campos, LOURENCO	M	127923	Abs	02	Natacao de Valongo	1:18.47

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Prova 7, Masc., 100m Bruços

S rie 5 de 7, 11:25

1	Bruno Miguel, CAVADAS	M	23279	Abs	89	Natacao de Valongo	1:14.72	_____
2	Xavier Gomes, CERDEIRINHA	M	125904	Abs	02	Colegio SMLamas	1:14.56	_____
3	Vitor Pedro, MAGALHAES	M	123237	Abs	02	Famaliç�o	1:14.22	_____
4	Tiago Filipe, TEIXEIRA	M	112114	Abs	00	Foca	1:13.46	_____
5	Jose Moreira, SOUSA	M	118224	Abs	01	Famaliç�o	1:13.93	_____
6	Francisco Manuel, ZENZA	M	112097	Abs	01	Natacao da Maia	1:14.40	_____
7	Albino Manuel, GONCALVES	M	123698	Abs	99	Individual ANNP	1:14.71	_____
8	Bruno Miguel, MAIA	M	126783	Abs	01	Propaganda da Natacao	1:14.79	_____

S rie 6 de 7, 11:25

1	Pedro Miguel, SANTOS	M	121987	Abs	01	Porto	1:12.87	_____
2	Hugo Azurara, VIEIRA	M	125011	Abs	01	Clube Naval Povoense	1:12.51	_____
3	Jose Pedro, FREITAS	M	111446	Abs	00	Famaliç�o	1:12.37	_____
4	Daniel Pereira, SILVA	M	111055	Abs	00	Famaliç�o	1:11.12	_____
5	Sergio Daniel, ARAUJO	M	127097	Abs	02	Clube Naval Povoense	1:12.30	_____
6	Ricardo Manuel, MONTEIRO	M	110556	Abs	98	Leix�es Sport Clube	1:12.47	_____
7	Porfirio Braga, NUNES	M	111552	Abs	00	Vilacondense	1:12.58	_____
8	Diogo Santos, MENDES	M	126719	Abs	02	Leix�es Sport Clube	1:13.14	_____

S rie 7 de 7, 11:30

1	Joao Pedro, SANTOS	M	104562	Abs	98	Fluvial Portuense	1:10.55	_____
2	Tiago Oliveira, BARBOSA	M	121884	Abs	99	Colegio SMLamas	1:09.69	_____
3	Filipe Miguel, GOMES	M	107284	Abs	97	Fluvial Portuense	1:08.67	_____
4	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	1:05.08	_____
5	Simao Miguel, CAPITAO	M	109596	Abs	97	Colegio SMLamas	1:05.88	_____
6	Miguel Carlos, SOARES	M	121053	Abs	92	Clube Naval Povoense	1:09.11	_____
7	Luis Filipe, SOARES	M	105615	Abs	98	Porto	1:10.21	_____
8	Diogo Pereira, SANTOS	M	104483	Abs	99	Porto	1:10.77	_____

Prova 8	Femin., 100m Bruços				Absolutos
01-07-2017 - 11:30	TURBO				Startlist
RN Absoluto	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
RN Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
RN Juv A	1:10.73	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2009
RN 16	1:10.09	Diana Duarte, GOMES	POR	Budapeste (HUN)	17-07-2005
RN 17	1:10.00	Raquel Gomes, PEREIRA	SAD	Coimbra	31-03-2017
RN Sen	1:08.82	Ana Pinho, RODRIGUES	AEJ	Coimbra	31-05-2015
Recorde Regional 50m Absoluto	1:10.62	Joana Catarina, CARVALHO	FCP	Coimbra	31-05-2009
Recorde Regional 50m Juv B	1:12.89	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-07-2010
Recorde Regional 50m Juv A	1:12.29	Paula Alexandra, OLIVEIRA	FCP	Povoa de Varzim	06-02-2011
Recorde Regional 50m 16	1:11.62	Paula Alexandra, OLIVEIRA	FCP	Lisboa	26-07-2012
Recorde Regional 50m 17	1:10.62	Joana Catarina, CARVALHO	FCP	Coimbra	31-05-2009
Recorde Regional 50m Sen	1:11.55	Ana Pinho, RODRIGUES	FCP	Gijon (ESP)	18-05-2013

Femininos Seniores Sen: 1:25.40 / Femininos Juniores Jun: 1:28.73 / Femininos Juvenil B Juv B: 1:35.33 /
Femininos Juvenil A Juv A: 1:35.33

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 7, 11:30							
3	Maria Francisca, IGREJA	F	202668	Abs	99	Vilacondense	NT _____
4	Maria Estela, COIMBRA	F	126420	Abs	01	Luso-Internacional do Porto	NT _____
5	Maria Carolina, COSTA	F	119080	Abs	01	Porto	NT _____
S�rie 2 de 7, 11:35							
1	Jessica Filipa, SILVA	F	123095	Abs	03	AP Vila D Este/Gaia	1:43.27 _____
2	Maria Joao, VIEIRA	F	127899	Abs	02	Amarantus	1:37.57 _____
3	Barbara Castro, FERREIRA	F	124858	Abs	03	Famalic�o	1:36.44 _____
4	Joana Raquel, TAVARES	F	122229	Abs	01	Fluvial Portuense	1:34.66 _____
5	Joana Maria, SANTOS	F	120554	Abs	02	Fluvial Portuense	1:35.82 _____
6	Renata Miguel, OLIVEIRA	F	200362	Abs	00	AP Vila D Este/Gaia	1:37.52 _____
7	Filipa Manuela, MARTINS	F	128708	Abs	03	Penafiel	1:37.66 _____
8	Nadia Sofia, CARDOSO	F	130430	Abs	03	AP Vila D Este/Gaia	1:45.68 _____
S�rie 3 de 7, 11:35							
1	Joana Amaro, MAGALHAES	F	128707	Abs	03	Penafiel	1:33.23 _____
2	Mariana Filipa, GOMES	F	126712	Abs	02	Natacao de Valongo	1:32.86 _____
3	Florbel Magalhaes, GOUVEIA	F	127896	Abs	01	Amarantus	1:32.73 _____
4	Ines Paiva, CAMPOS	F	125901	Abs	03	Colegio SMLamas	1:30.90 _____
5	Joana Isabel, MONTEIRO	F	126711	Abs	03	Leix�es Sport Clube	1:31.90 _____
6	Maria Matilde, SOARES	F	130252	Abs	00	Amarantus	1:32.86 _____
7	Sofia Margarida, LEITE	F	122004	Abs	03	Foca	1:32.97 _____
8	Ana Beatriz, MACHADO	F	111444	Abs	00	Vit�ria Sport Clube	1:33.98 _____
S�rie 4 de 7, 11:40							
1	Beatriz Araujo, BARBOSA	F	124967	Abs	03	Famalic�o	1:27.76 _____
2	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	1:27.62 _____
3	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	1:26.33 _____
4	Mariana Filipa, MOREIRA	F	125777	Abs	02	Natacao de Valongo	1:26.21 _____
5	Catarina Lopes, FERREIRA	F	129483	Abs	03	Assoc. Desportiva de Fafe	1:26.29 _____
6	Joana Almeida, RAINHA	F	112519	Abs	00	Vilacondense	1:26.89 _____
7	Mariana Almeida, VALE	F	126713	Abs	03	Natacao de Valongo	1:27.65 _____
8	Maria Silva, RIBEIRO	F	121709	Abs	03	Famalic�o	1:29.13 _____

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Prova 8, Femin., 100m Bruços

S rie 5 de 7, 11:40

1	Ana Catarina, MAGALHAES	F	119092	Abs	02	Lousada SXXI	1:25.92	_____
2	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria Sport Clube	1:24.96	_____
3	Ana Margarida, GONCALVES	F	118052	Abs	01	Vilacondense	1:24.13	_____
4	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria Sport Clube	1:22.01	_____
5	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria Sport Clube	1:23.92	_____
6	Joana Sofia, MACHADO	F	127918	Abs	02	Natacao de Valongo	1:24.66	_____
7	Tatiana Valente, CARDOSO	F	128960	Abs	03	Aquatico Pacense	1:25.37	_____
8	Angela Filipa, RIBEIRO	F	122115	Abs	02	Aquatico Pacense	1:26.16	_____

S rie 6 de 7, 11:40

1	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	1:21.07	_____
2	Mafalda Joana, OLIVEIRA	F	119096	Abs	02	Individual ANNP	1:20.78	_____
3	Ana Rita, COSTA	F	116907	Abs	01	Natacao de Valongo	1:20.41	_____
4	Mariana Sousa, MAIA	F	118219	Abs	02	Famalic�o	1:18.98	_____
5	Ines Cadilhe, ALEXANDRE	F	128400	Abs	02	Clube Naval Povoense	1:19.55	_____
6	Matilde Mota, DOMINGUES	F	122289	Abs	03	Colegio SMLamas	1:20.64	_____
7	Maria Leonor, AMORIM	F	122000	Abs	03	Porto	1:21.03	_____
8	Rita Malafaia, OLIVEIRA	F	124783	Abs	03	Porto	1:21.21	_____

S rie 7 de 7, 11:45

1	Maria Rachadell, PEREIRA	F	104612	Abs	98	Estrelas S. Joao Brito	1:18.42	_____
2	Ines Araujo, MARTINS	F	111046	Abs	01	Famalic�o	1:18.07	_____
3	Joana Marques, MAIA	F	25067	Abs	91	Propaganda da Natacao	1:16.65	_____
4	Paula Alexandra, OLIVEIRA	F	102084	Abs	96	Porto	1:11.79	_____
5	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	1:14.98	_____
6	Sofia Filipa, GONCALVES	F	122990	Abs	01	Leix�es Sport Clube	1:16.77	_____
7	Maria Freitas, CASTRO	F	124809	Abs	03	Assoc. Desportiva de Fafe	1:18.12	_____
8	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	1:18.45	_____

Prova 9

01-07-2017 - 11:45

Masc., 50m Costas
Grafiporto

Absolutos
Startlist

RN Absoluto	25.54	Alexis Manacas, SANTOS	SCP	Coimbra	20-12-2015
RN 17	26.91	Alexis Manacas, SANTOS	POR	Praga (CZE)	11-07-2009
RN 18	26.58	Alexis Manacas, SANTOS	SCP	Coimbra	10-04-2010
RN Sen	25.54	Alexis Manacas, SANTOS	SCP	Coimbra	20-12-2015
Recorde Regional 50m Absoluto	26.44	Adriano Miguel, NIZ	INDANP	Belgrade (SRB)	07-07-2009
Recorde Regional 50m 17	27.75	Tiago Manuel, TEIXEIRA	VSC	Coimbra	30-03-2013
Recorde Regional 50m 18	26.99	Carlos Filipe, SANTOS	FCP	Coimbra	30-05-2009
Recorde Regional 50m Sen	26.44	Adriano Miguel, NIZ	INDANP	Belgrade (SRB)	07-07-2009

Masculinos Juniores Jun: 32.09 / Masculinos Seniores Sen: 31.04 / Masculinos Juvenil B Juv B: 33.71 / Masculinos Juvenil A Juv A: 32.89

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo	
S�rie 1 de 3, 11:45								
2	David Oliveira, MENDES	M	131977	Abs	02	Penafiel	40.50	_____
3	Jorge Coelho, QUINTA	M	120497	Abs	01	Leix�es Sport Clube	31.77	_____
4	Diogo Manuel, MARTINS	M	119083	Abs	02	Porto	31.48	_____
5	Nuno Filipe, LEITE	M	108300	Abs	00	Foca	31.60	_____
6	Rui Almeida, SANTOS	M	119064	Abs	02	Colegio SMLamas	33.24	_____

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O Juiz  rbitro

Splash Meet Manager, 11.49155

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27-06-2017 12:13 - P gina 11



Prova 9, Masc., 50m Costas

S rie 2 de 3, 11:45

1	Nuno Correia, SOUSA	M	110484	Abs	00	Fluvial Portuense	30.20	_____
2	Tiago Silva, SOARES	M	108287	Abs	99	Porto	30.10	_____
3	Bruno Carvalho, BARROSO	M	125969	Abs	01	Leix�es Sport Clube	29.95	_____
4	D�rio Almeida, SANTOS	M	22520	Abs	93	Leix�es Sport Clube	29.79	_____
5	Bernardo Leitao, GRACA	M	14838	Abs	93	Fluvial Portuense	29.83	_____
6	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	30.08	_____
7	Luis Filipe, SOARES	M	105615	Abs	98	Porto	30.13	_____
8	Bruno Rafael, MACHADO	M	119176	Abs	01	Fluvial Portuense	31.34	_____

S rie 3 de 3, 11:50

1	Francisco Manuel, ZENZA	M	112097	Abs	01	Natacao da Maia	29.23	_____
2	Pedro Miguel, FERNANDES	M	110494	Abs	99	Individual ANNP	29.01	_____
3	Pedro Romanoski, CARVALHO	M	108664	Abs	94	Famaliç�o	28.82	_____
4	Joao Pereira, TINOCO	M	111056	Abs	00	Famaliç�o	28.02	_____
5	Ricardo Filipe, ROCHA	M	121787	Abs	02	Aquatico Pacense	28.74	_____
6	Afonso Passos, CUNHA	M	118228	Abs	01	Famaliç�o	28.82	_____
7	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	29.05	_____
8	Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	29.48	_____

Prova 10

01-07-2017 - 11:50

Femin., 50m Costas
TURBO

Absolutos
Startlist

RN Absoluto	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
RN Absoluto	29.40	Ana Sofia, LEITE	POR	Malaga (ESP)	29-03-2015
RN 16	29.80	Ines Camacho, FERNANDES	SCP	Coimbra	30-03-2013
RN 17	30.18	Catia Raquel, MARTINHEIRA	LDC	C�diz (ESP)	02-03-2012
RN Sen	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
RN Sen	29.40	Ana Sofia, LEITE	POR	Malaga (ESP)	29-03-2015
Recorde Regional 50m Absoluto	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recorde Regional 50m 16	29.93	Joana Carina, SILVA	LSXXI	Poznan (POL)	12-07-2013
Recorde Regional 50m 17	30.89	Alexandra Jesus, SANTOS	LSC	Povoa de Varzim	18-12-2016
Recorde Regional 50m Sen	29.40	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010

Femininos Seniores Sen: 35.64 / Femininos Juniores Jun: 36.71 / Femininos Juvenil B Juv B: 38.57 / Femininos Juvenil A Juv A: 37.62

Pista	Nome	Sexo	Licenç�a	Cat	Ano	Clube	Tempo	
S�rie 1 de 5, 11:50								
3	Maria Estela, COIMBRA	F	126420	Abs	01	Luso-Internacional do Porto	NT	_____
4	Joana Margarida, TEIXEIRA	F	201365	Abs	02	Amarantus	42.94	_____
5	Maria Joao, FERNANDES	F	102092	Abs	97	Fluvial Portuense	NT	_____
6	Sara Catarina, TEIXEIRA	F	121735	Abs	99	Penafiel	NT	_____
S�rie 2 de 5, 11:50								
1	Ana Beatriz, MACHADO	F	111444	Abs	00	Vit�ria Sport Clube	40.06	_____
2	Ema Miranda, CAMBAS	F	127618	Abs	03	Clube Naval Povoense	39.70	_____
3	Carolina Costa, SILVESTRE	F	200338	Abs	03	Luso-Internacional do Porto	37.84	_____
4	Matilde Guimaraes, SANTOS	F	122894	Abs	02	Leix�es Sport Clube	37.29	_____
5	Beatriz Ferreira, MARTINS	F	129744	Abs	03	Porto	37.32	_____
6	Marcia Alexandra, SOUSA	F	111040	Abs	97	Penafiel	39.11	_____
7	Margarida Almeida, TEIXEIRA	F	200298	Abs	03	Amarantus	39.73	_____
8	Daniela Filipa, SANTOS	F	123011	Abs	03	Fluvial Portuense	41.49	_____

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Prova 10, Femin., 50m Costas

S rie 3 de 5, 11:50

1	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria Sport Clube	36.81	_____
2	Alice Martins, LAMEIRA	F	126721	Abs	03	Leix�es Sport Clube	36.25	_____
3	Rita Alexandra, CAMPOS	F	120820	Abs	02	Porto	35.73	_____
4	Catarina Silva, SOARES	F	121977	Abs	03	Porto	34.17	_____
5	Adriana Azevedo, COUTO	F	108336	Abs	00	Famali�o	35.11	_____
6	Marta Jose, RIBEIRO	F	127898	Abs	01	Amarantus	36.04	_____
7	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famali�o	36.30	_____
8	Ana Isabel, REIS	F	123703	Abs	01	Propaganda da Natacao	37.24	_____

S rie 4 de 5, 11:55

1	Ines Ferreira, LOPES	F	107956	Abs	99	Fluvial Portuense	33.73	_____
2	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	33.54	_____
3	Carolina Santos, SILVA	F	23208	Abs	86	Propaganda da Natacao	33.39	_____
4	Bruna Fangueiro, COENTRAO	F	24315	Abs	93	Vilacondense	33.06	_____
5	Catarina Alexandra, JARDIM	F	104449	Abs	98	Famali�o	33.11	_____
6	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	33.40	_____
7	Mafalda Joana, OLIVEIRA	F	119096	Abs	02	Individual ANNP	33.59	_____
8	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	33.89	_____

S rie 5 de 5, 11:55

1	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	32.42	_____
2	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	32.26	_____
3	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	31.79	_____
4	Alexandra Jesus, SANTOS	F	117408	Abs	00	Leix�es Sport Clube	30.89	_____
5	Mafalda Pacheco, CUNHA	F	121589	Abs	02	Fluvial Portuense	31.39	_____
6	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	32.07	_____
7	Rosana Marinho, MACEDO	F	111500	Abs	99	Foca	32.32	_____
8	Ana Rita, RAMOS	F	126775	Abs	02	Porto	33.04	_____

11:55 Cerimonia de Distribu o de Medalhas - 1,2,3,4,5,6,7,8 e 9

Prova 11	Masc., 4 x 200m Livres				Absolutos
01-07-2017 - 12:15	Grafiporto				Startlist
RN Absoluto	7:27.46	Sporting Clube de Portugal	SCP	Coimbra	31-03-2017
RN Juv B	8:15.48	Viana Natacao Clube	VNC	Povoa de Varzim	04-08-2011
RN Juv	7:58.57	tempo limite			
RN Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26-07-2012
RN Jun	7:44.42	Associacao Naval Amorense	ANAM	Coimbra	05-04-2014
RN Sen	7:27.46	Sporting Clube de Portugal	SCP	Coimbra	31-03-2017
Recorde Regional 50m Absoluto	7:37.31	Jorge Maia, Paulo Araujo, Adriano IGDNVNF/aRio Maior			02-04-2011
Recorde Regional 50m Juv B	8:17.45	Joao Ascencao, Ruben Lopes, JorgFCP,nes, EOeiras Ramos			26-07-2012
Recorde Regional 50m Juv	8:02.80	Tempo Limite			
Recorde Regional 50m Juv A	8:02.80	Eduardo Ramos, Luis Oliveira, JorgFCP,nes, JcFamalicaoosao			18-07-2013
Recorde Regional 50m Jun	7:49.68	Adriano Niz, Joao Maia,Joao PereiraCFVbio PerJamor			28-03-2004
Recorde Regional 50m Sen	7:37.31	Jorge Maia, Paulo Araujo, Adriano IGDNVNF/aRio Maior			02-04-2011

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 12:15</u>						
1	M		Juv		Colegio SMLamas	9:11.23 _____
2	M		Abs		Natacao de Valongo	9:04.63 _____
3	M		Juv		Assoc. Desportiva de Fafe 2	8:44.39 _____
4	M		Juv		Fluvial Portuense	8:38.63 _____
5	M		Juv		Leix�es Sport Clube 2	8:39.71 _____
6	M		Juv		Porto 2	8:47.07 _____
7	M		Juv		Vilacondense 2	9:10.59 _____
<u>S�rie 2 de 2, 12:25</u>						
1	M		Abs		Foca	8:35.82 _____
2	M		Abs		Leix�es Sport Clube 1	8:28.07 _____
3	M		Abs		Famali�o	8:05.72 _____
4	M		Abs		Porto 1	7:56.06 _____
5	M		Abs		Fluvial Portuense 1	8:01.91 _____
6	M		Abs		Aquatico Pacense 1	8:21.55 _____
7	M		Juv		Famali�o 2	8:28.76 _____
8	M		Abs		Colegio SMLamas 1	8:36.20 _____

Prova 12	Femin., 4 x 200m Livres				Absolutos
01-07-2017 - 12:35	TURBO				Startlist
RN Absoluto	8:27.04	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
RN Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26-07-2012
RN Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23-07-2015
RN Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01-04-2015
RN Jun	8:38.96	Sport Alges e Dafundo	SAD	Oeiras	24-07-2014
RN Sen	8:27.04	Futebol Clube do Porto/Dolce Vita	FCP	Rio Maior	01-04-2011
Recorde Regional 50m Absoluto	8:27.04	Sara Oliveira, Marta Marinho, JoaneFCPrgues,Rio Maiorreiro			01-04-2011
Recorde Regional 50m Juv B	8:53.79	Maria Cabral, Ana La Feria, MafaldeFCPveira, AOeirasa			24-07-2014
Recorde Regional 50m Juv	8:46.61	Maria Cabral, Maria Costa, Isabel PFCP Ana FaCoimbra			23-07-2015
Recorde Regional 50m Juv A	8:00.49	Maria Cabral, Marta Canedo, Joana FCPeira, AnCoimbra			01-04-2015
Recorde Regional 50m Jun	8:53.56	Futebol Clube do Porto	FCP	Povoa de Varzim	17-03-2017
Recorde Regional 50m Sen	8:27.04	Sara Oliveira, Marta Marinho, JoaneFCPrgues,Rio Maiorreiro			01-04-2011

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 12:35</u>						
1	F		Juv		Leix�es Sport Clube	10:46.27 _____
2	F		Juv		Aquatico Pacense	10:02.97 _____
3	F		Juv		Assoc. Desportiva de Fafe	9:35.91 _____
4	F		Abs		Foca	9:27.39 _____
5	F		Juv		Famali�o	9:33.32 _____
6	F		Juv		Vit�ria Sport Clube	9:50.13 _____
7	F		Juv		Fluvial Portuense	10:21.14 _____
<u>S�rie 2 de 2, 12:45</u>						
1	F		Juv		Natacao de Valongo	9:24.09 _____
2	F		Juv		Porto	9:20.91 _____
3	F		Abs		Famali�o	8:55.00 _____
4	F		Abs		Porto	8:31.13 _____
5	F		Abs		Fluvial Portuense	8:46.07 _____
6	F		Abs		Colegio SMLamas	9:18.71 _____
7	F		Abs		Aquatico Pacense	9:21.23 _____
8	F		Abs		Leix�es Sport Clube	9:25.31 _____

12:55 Cerimonia de Distribu o de Medalhas - 10, 11 e12



2 - 2ª Jornada

01-07-2017 - 16:00

Prova 13	Masc., 400m Estilos				Absolutos
01-07-2017 - 16:00	Grafiporto				Startlist
RN Absoluto	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
RN Juv B	4:37.06	Joao Alexandre, VITAL	POR	Utrecht (NED)	16-07-2013
RN Juv A	4:32.66	Joao Alexandre, VITAL	ADRCIMM	Coimbra	01-06-2014
RN 17	4:25.23	Joao Alexandre, VITAL	POR	Singapore (SIN)	29-08-2015
RN 18	4:22.25	Joao Alexandre, VITAL	SCP	Oeiras	22-07-2016
RN Sen	4:15.84	Alexis Manacas, SANTOS	POR	Rio de Janeiro (BRA)	06-08-2016
Recorde Regional 50m Absoluto	4:30.01	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim (ESP)	19-04-2014
Recorde Regional 50m Juv B	4:41.92	Tommas Correia, SILVA	FCP	Coimbra	30-07-2010
Recorde Regional 50m Juv A	4:37.49	Adriano Miguel, NIZ	CFV	EULisboa	18-05-2002
Recorde Regional 50m 17	4:33.38	Adriano Miguel, NIZ	CFV	Lisboa	29-03-2003
Recorde Regional 50m 18	4:31.48	Paulo Ricardo, ARAUJO	GDNVNF	Antuierpia (BEL)	22-07-2007
Recorde Regional 50m Sen	4:30.01	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	19-04-2014

Masculinos Juniores Jun: 5:27.35 / Masculinos Seniores Sen: 5:14.70 / Masculinos Juvenil B Juv B: 5:53.24 /
Masculinos Juvenil A Juv A: 5:44.93

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 5, 16:00							
3	Lourenco Monteiro, SOUSA	M	116900	Abs	02	Leix�es Sport Clube	5:51.47
4	Tomas Ribeiro, FERREIRA	M	133403	Abs	01	Vilacondense	5:36.32
5	Marcos Dias, MARTINS	M	122189	Abs	02	Colegio SMLamas	5:38.05
S�rie 2 de 5, 16:05							
1	Tiago Campos, LOURENCO	M	127923	Abs	02	Natacao de Valongo	5:27.98
2	Gustavo Francisco, RIBEIRO	M	129252	Abs	02	Leix�es Sport Clube	5:26.89
3	Diogo Silva, COENTRAO	M	121715	Abs	02	Famali�o	5:23.88
4	Sergio Daniel, ARAUJO	M	127097	Abs	02	Clube Naval Povoense	5:15.21
5	Diogo Santos, MENDES	M	126719	Abs	02	Leix�es Sport Clube	5:20.83
6	Ricardo Jorge, TEIXEIRA	M	116902	Abs	00	Natacao da Maia	5:24.78
7	Hugo Correia, FERREIRA	M	125012	Abs	02	Vilacondense	5:27.25
8	Samuel Dias, MARTINS	M	122190	Abs	02	Colegio SMLamas	5:32.10
S�rie 3 de 5, 16:10							
1	Joao Luis, TRAVANCA	M	104716	Abs	97	Fluvial Portuense	5:14.56
2	Joao Pinto, FREITAS	M	122926	Abs	01	Assoc. Desportiva de Fafe	5:13.47
3	Vitor Pedro, MAGALHAES	M	123237	Abs	02	Famali�o	5:11.11
4	Bruno Miguel, MAIA	M	126783	Abs	01	Propaganda da Natacao	5:09.87
5	Xavier Gomes, CERDEIRINHA	M	125904	Abs	02	Colegio SMLamas	5:10.59
6	Joao Pedro, COSTA	M	121468	Abs	01	Vilacondense	5:11.26
7	Joao Pedro, RIBEIRO	M	127135	Abs	02	Vilacondense	5:14.05
8	Luis Manuel, RIBEIRO	M	120816	Abs	02	Porto	5:15.15
S�rie 4 de 5, 16:20							
1	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	5:04.18
2	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	5:01.91
3	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famali�o	4:59.80
4	Ivan Emanuel, AMORIM	M	124774	Abs	02	Fluvial Portuense	4:55.19
5	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	4:58.24
6	Diogo Moreno, BASTOS	M	108285	Abs	00	Fluvial Portuense	5:01.28
7	Romeu Ribeiro, FERNANDES	M	122171	Abs	01	Assoc. Desportiva de Fafe	5:04.10
8	Martim Neiva, ALMEIDA	M	118543	Abs	01	Porto	5:04.75

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Prova 13, Masc., 400m Estilos

S rie 5 de 5, 16:25

1	Paulo Filipe, SILVA	M	117012	Abs	98	Natacao da Maia	4:54.39	_____
2	Sergio Filipe, TRAVANCA	M	117385	Abs	00	Fluvial Portuense	4:49.27	_____
3	Antonio Rafael, BESSA	M	102089	Abs	94	Aquatico Pacense	4:41.21	_____
4	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	4:35.16	_____
5	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	4:38.17	_____
6	Joao Carlos, SILVA	M	108379	Abs	98	Famaliç�o	4:47.35	_____
7	Ruben Jose, MORIM	M	107935	Abs	97	Vilacondense	4:50.11	_____
8	Pedro Miguel, SANTOS	M	121987	Abs	01	Porto	4:54.95	_____

Prova 14

01-07-2017 - 16:30

Femin., 400m Estilos
TURBO

Absolutos
Startlist

RN Absoluto	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
RN Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
RN Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
RN Juv A	4:58.08	Diana Margarida, DURAES	FOCA	P�voa de Varzim	05-08-2011
RN 16	4:54.00	Ines Neto, ROCHA	SANNP	Gij�n (ESP)	20-05-2017
RN 17	4:52.12	Victoria, KAMINSKAYA	PIMP	Oeiras	27-07-2012
RN Sen	4:40.11	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	09-04-2017
Recorde Regional 50m Absoluto	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11-03-2016
Recorde Regional 50m Juv B	5:01.00	Ines Neto, ROCHA	CAP	Coimbra	24-07-2015
Recorde Regional 50m Juv A	4:58.08	Diana Margarida, DURAES	FOCA	Povoa de Varzim	05-08-2011
Recorde Regional 50m 16	4:54.95	Ines Neto, ROCHA	CAP	Coimbra	01-04-2017
Recorde Regional 50m 17	4:58.10	Barbara Sousa, FERREIRA	CNMAIA	Porto	15-06-2002
Recorde Regional 50m Sen	4:49.45	Diana Margarida, DURAES	FCP	Oeiras	11-03-2016

Femininos Seniores Sen: 5:51.02 / Femininos Juniores Jun: 6:05.44 / Femininos Juvenil B Juv B: 6:33.89 /

Femininos Juvenil A Juv A: 6:21.65

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
S�rie 1 de 3, 16:30							
1	Ana Catarina, MAGALHAES	F	119092	Abs	02	Lousada SXXI	NT _____
2	Catarina Lopes, FERREIRA	F	129483	Abs	03	Assoc. Desportiva de Fafe	5:55.74 _____
3	Maria Sa, MACEDO	F	130889	Abs	03	Porto	5:51.27 _____
4	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	5:47.52 _____
5	Beatriz Daniela, MACEDO	F	124313	Abs	02	Vit�ria Sport Clube	5:49.50 _____
6	Ana Sofia, AGUIAR	F	120624	Abs	02	Vilacondense	5:52.90 _____
7	Rita Malafaia, OLIVEIRA	F	124783	Abs	03	Porto	5:59.99 _____

S rie 2 de 3, 16:35

1	Ana Pereira, SILVA	F	124810	Abs	03	Assoc. Desportiva de Fafe	5:45.65 _____
2	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria Sport Clube	5:42.15 _____
3	Ines Araujo, MARTINS	F	111046	Abs	01	Famaliç�o	5:37.35 _____
4	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	5:29.41 _____
5	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria Sport Clube	5:29.67 _____
6	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	5:39.40 _____
7	Matilde Mota, DOMINGUES	F	122289	Abs	03	Colegio SMLamas	5:43.57 _____
8	Ema Miranda, CAMBAS	F	127618	Abs	03	Clube Naval Povoense	5:45.71 _____

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Prova 14, Femin., 400m Estilos

S rie 3 de 3, 16:40

1	Eduarda Reis, SILVA	F	121702	Abs	03	Famalic�o	5:27.90	_____
2	Rafaela Araujo, SILVA	F	119630	Abs	00	Famalic�o	5:24.26	_____
3	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	5:13.64	_____
4	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	5:00.80	_____
5	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	5:08.02	_____
6	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	5:20.35	_____
7	Maria Leonor, AMORIM	F	122000	Abs	03	Porto	5:25.95	_____
8	Leila Tavar�a, LEMOS	F	127860	Abs	00	Vilacondense	5:28.89	_____

Prova 15

01-07-2017 - 16:50

Masc., 200m Livres
Grafiporto

Absolutos
Startlist

RN Absoluto	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31-03-2017
RN Juv B	1:57.11	Miguel Diogo, AGOSTINHO	FBSC	Coimbra	24-07-2015
RN Juv B	1:57.11	Miguel Diogo, AGOSTINHO	FBSC	Coimbra	24-07-2015
RN Juv A	1:54.18	Gustavo Manuel, SANTA	POR	Tampere (FIN)	24-07-2009
RN 17	1:53.32	Gustavo Manuel, SANTA	CNLA	Coimbra	30-07-2010
RN 18	1:49.98	Tiago Andre, VENANCIO	POR	Budapeste (HUN)	14-07-2005
RN Sen	1:48.39	Alexis Manacas, SANTOS	SCP	Coimbra	31-03-2017
Recorde Regional 50m Absoluto	1:48.98	Luis Miguel, VAZ	GDNVNF	Oeiras	25-07-2014
Recorde Regional 50m Juv B	1:59.27	Rui Filipe, COSTA	VSC	Coimbra	28-07-2006
Recorde Regional 50m Juv A	1:55.02	Jorge Manuel, MAIA	GDNVNF	Lignano (ITA)	08-07-2005
Recorde Regional 50m 17	1:53.59	Jorge Manuel, MAIA	GDNVNF	Palma de Maiorca (ESP)	06-07-2006
Recorde Regional 50m 18	1:50.76	Luis Emanuel, VAZ	GDNVNF	Faro	19-07-2009
Recorde Regional 50m Sen	1:48.98	Luis Manuel, VAZ	GDNVNF	Oeiras	25-07-2014

Masculinos Juniores Jun: 2:12.30 / Masculinos Seniores Sen: 2:08.56 / Masculinos Juvenil B Juv B: 2:23.84 /
Masculinos Juvenil A Juv A: 2:21.82

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
S�rie 1 de 8, 16:50							
3	Sergio Rafael, MOURA	M	201115	Abs	01	Amarantus	2:44.68
4	Luis Francisco, MARQUES	M	200361	Abs	99	AP Vila D Este/Gaia	2:39.07
5	Leonardo Filipe, TEIXEIRA	M	202725	Abs	00	AP Vila D Este/Gaia	2:40.11
6	Pedro Lopes, SILVA	M	202726	Abs	02	AP Vila D Este/Gaia	2:48.87

S�rie 2 de 8, 16:50							
1	Tiago Filipe, GOMES	M	130893	Abs	02	AP Vila D Este/Gaia	2:32.22
2	Joao Miguel, MARQUES	M	201137	Abs	02	Foca	2:29.18
3	Pedro Miguel, FARIA	M	129799	Abs	02	Vit�ria Sport Clube	2:27.59
4	Gustavo Ferreira, VITOR	M	129874	Abs	02	Fluvial Portuense	2:25.06
5	Joao Carlos, PAIVA	M	200236	Abs	02	Leix�es Sport Clube	2:26.45
6	Bruno Costa, CASTRO	M	124814	Abs	02	Assoc. Desportiva de Fafe	2:28.37
7	Samuel Silva, RIBEIRO	M	126720	Abs	02	Leix�es Sport Clube	2:30.11
8	Jose Diogo, PACHECO	M	126021	Abs	02	Vit�ria Sport Clube	2:32.62

S�rie 3 de 8, 16:55							
1	Diogo Goncalves, MOURA	M	124963	Abs	02	Assoc. Desportiva de Fafe	2:22.02
2	Tomas Teixeira, LOPES	M	122006	Abs	02	Foca	2:20.17
3	Joao Simons, CUNHA	M	124582	Abs	02	Fluvial Portuense	2:18.21
4	Jose Carlos, RIBEIRO	M	124316	Abs	01	Vit�ria Sport Clube	2:17.25
5	Bruno Miguel, SEIXAS	M	126784	Abs	01	Natacao da Maia	2:17.96
6	Diogo Gomes, CARDOSO	M	202714	Abs	02	Colegio SMLamas	2:19.08
7	Joao Carvalho, CUNHA	M	124813	Abs	02	Assoc. Desportiva de Fafe	2:21.82
8	Nuno Rocha, ALMEIDA	M	122193	Abs	02	Colegio SMLamas	2:22.05

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Prova 15, Masc., 200m Livres

S rie 4 de 8, 17:00

1	Jorge Coelho, QUINTA	M	120497	Abs	01	Leix�es Sport Clube	2:15.88	_____
2	Goncalo Sampaio, SALGADO	M	121720	Abs	02	Famalic�o	2:14.61	_____
3	Tiago Lima, MARTINS	M	124861	Abs	01	Gin�sio Santo Tirso	2:13.10	_____
4	Joao Luis, TRAVANCA	M	104716	Abs	97	Fluvial Portuense	2:12.75	_____
5	Jose Pedro, PICA0	M	118898	Abs	01	Leix�es Sport Clube	2:12.89	_____
6	Rui Tiago, PACHECO	M	118357	Abs	01	Vilacondense	2:13.77	_____
7	Sergio Miguel, ESTEVAO	M	121590	Abs	01	Leix�es Sport Clube	2:15.12	_____
8	Joao Pedro, BRANCO	M	132221	Abs	01	Aquatico Pacense	2:16.62	_____

S rie 5 de 8, 17:00

1	Bruno Carvalho, BARROSO	M	125969	Abs	01	Leix�es Sport Clube	2:11.60	_____
2	Goncalo Gomes, ORNELAS	M	127125	Abs	01	Fluvial Portuense	2:10.75	_____
3	Eduardo Miguel, MAGALHAES	M	125074	Abs	02	Vit�ria Sport Clube	2:10.20	_____
4	Bruno Rafael, MACHADO	M	119176	Abs	01	Fluvial Portuense	2:09.57	_____
5	Joao Andre, OLIVEIRA	M	121981	Abs	02	Porto	2:09.78	_____
6	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	2:10.69	_____
7	Hugo Azurara, VIEIRA	M	125011	Abs	01	Clube Naval Povoense	2:11.04	_____
8	Henrique Maieiro, AMORIM	M	125010	Abs	01	Clube Naval Povoense	2:11.87	_____

S rie 6 de 8, 17:05

1	Rui Pires, MARTINS	M	122177	Abs	01	Assoc. Desportiva de Fafe	2:09.43	_____
2	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	2:09.19	_____
3	Daniel Jose, DUARTE	M	118897	Abs	00	Fluvial Portuense	2:08.85	_____
4	Joao Afonso, PICA0	M	102842	Abs	97	Leix�es Sport Clube	2:06.50	_____
5	Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	2:06.86	_____
6	Diogo Filipe, RIBEIRO	M	124584	Abs	02	Leix�es Sport Clube	2:08.87	_____
7	Guilherme Diogo, LOBO	M	122395	Abs	02	Porto	2:09.38	_____
8	Ricardo Jorge, MOREIRA	M	122012	Abs	01	Natacao de Valongo	2:09.49	_____

S rie 7 de 8, 17:05

1	Diogo Alexandre, SANTOS	M	129291	Abs	99	Fluvial Portuense	2:06.39	_____
2	Joao Ribeiro, SOUSA	M	123014	Abs	01	Porto	2:05.88	_____
3	Tomas Pimentel, BORGES	M	112140	Abs	00	Porto	2:03.74	_____
4	Goncalo Manuel, PAQUETE	M	127101	Abs	99	Fluvial Portuense	2:01.93	_____
5	Joao Santos, MENDES	M	111648	Abs	98	Leix�es Sport Clube	2:02.19	_____
6	Dario Almeida, SANTOS	M	22520	Abs	93	Leix�es Sport Clube	2:04.53	_____
7	Tiago Mendonca, FREIRE	M	116898	Abs	01	Leix�es Sport Clube	2:06.35	_____
8	Joao Leite, SARAIVA	M	118229	Abs	01	Famalic�o	2:06.39	_____

S rie 8 de 8, 17:10

1	Nuno Correia, SOUSA	M	110484	Abs	00	Fluvial Portuense	2:01.06	_____
2	Bernardo Leitao, GRACA	M	14838	Abs	93	Fluvial Portuense	1:59.38	_____
3	Diogo Barbosa, NUNES	M	110529	Abs	00	Fluvial Portuense	1:58.39	_____
4	Tiago Silva, SOARES	M	108287	Abs	99	Porto	1:55.22	_____
5	Rui Pedro, FARIA	M	15592	Abs	94	Famalic�o	1:57.09	_____
6	Porfirio Braga, NUNES	M	111552	Abs	00	Vilacondense	1:59.26	_____
7	Luis Carlos, ALMEIDA	M	104527	Abs	98	Aquatico Pacense	2:00.32	_____
8	Jose Pedro, FREITAS	M	111446	Abs	00	Famalic�o	2:01.07	_____

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Prova 16	Femin., 200m Livres				Absolutos
01-07-2017 - 17:10	TURBO				Startlist
RN Absoluto	2:01.78	Diana Margarida, DURAES	SLB	Lisboa	18-02-2017
RN Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	25-07-2014
RN Juv A	2:05.94	Tamila Hryhorivna, HOLUB	SCB	Oeiras	25-07-2014
RN Juv A	2:05.94	Alexandra Couto, FRAZAO	INDANC	Coimbra	02-04-2017
RN 16	2:05.38	Ana Feio, ALEGRIA	POR	Florença (ITA)	03-04-1993
RN 17	2:03.70	Diana Margarida, DURAES	FCP	Coimbra	25-05-2013
RN Sen	2:01.78	Diana Margarida, DURAES	SLB	Lisboa	18-02-2017
Recorde Regional 50m Absoluto	2:02.65	Diana Margarida, DURAES	FCP	Oeiras	13-03-2016
Recorde Regional 50m Juv B	2:07.40	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
Recorde Regional 50m Juv A	2:07.23	Maria Francisca, CABRAL	FCP	Coimbra	24-07-2015
Recorde Regional 50m 16	2:05.38	Ana Feio, ALEGRIA	SCB	Florença (ITA)	03-04-1993
Recorde Regional 50m 17	2:03.70	Diana Margarida, DURAES	FCP	Coimbra	25-05-2013
Recorde Regional 50m Sen	2:02.65	Diana Margarida, DUARES	FCP	Oeiras	13-03-2016

Femininos Seniores Sen: 2:24.28 / Femininos Juniores Jun: 2:27.65 / Femininos Juvenil B Juv B: 2:38.60 /
Femininos Juvenil A Juv A: 2:35.21

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 7, 17:10							
2	Joana Raquel, TAVARES	F	122229	Abs	01	Fluvial Portuense	NT
3	Marta Jose, RIBEIRO	F	127898	Abs	01	Amarantus	3:32.97
4	Jessica Filipa, SILVA	F	123095	Abs	03	AP Vila D Este/Gaia	2:47.47
5	Margarida Almeida, TEIXEIRA	F	200298	Abs	03	Amarantus	2:48.36
6	Carlota Alves, FRANCA	F	127021	Abs	03	Colegio SMLamas	NT
S�rie 2 de 7, 17:15							
1	Carolina Costa, SILVESTRE	F	200338	Abs	03	Luso-Internacional do Porto	2:41.00
2	Tatiana Valente, CARDOSO	F	128960	Abs	03	Aquatico Pacense	2:35.93
3	Ines Soares, LEMA	F	129875	Abs	03	Fluvial Portuense	2:35.19
4	Barbara Azevedo, MAGALHAES	F	129745	Abs	03	Fluvial Portuense	2:34.80
5	Carolina Nogueira, ROCHA	F	131790	Abs	03	Colegio SMLamas	2:34.86
6	Ines Viamonte, GOMES	F	127122	Abs	03	Fluvial Portuense	2:35.40
7	Barbara Castro, FERREIRA	F	124858	Abs	03	Famaliç�o	2:37.70
8	Mariana Coelho, PEIXOTO	F	117432	Abs	00	Vit�ria Sport Clube	2:42.73
S�rie 3 de 7, 17:20							
1	Joana Maria, SANTOS	F	120554	Abs	02	Fluvial Portuense	2:33.29
2	Ines Cadilhe, ALEXANDRE	F	128400	Abs	02	Clube Naval Povoense	2:32.55
3	Beatriz Ferreira, MARTINS	F	129744	Abs	03	Porto	2:30.33
4	Soraia Isabel, GUIMARAES	F	119151	Abs	02	Vit�ria Sport Clube	2:29.27
5	Ana Margarida, TEIXEIRA	F	111504	Abs	02	Foca	2:29.34
6	Sofia Xavier, GOMES	F	122007	Abs	02	Vilacondense	2:32.00
7	Ana Margarida, ALMEIDA	F	122992	Abs	03	Foca	2:33.19
8	Maria Joao, SILVA	F	111045	Abs	01	Famaliç�o	2:33.69
S�rie 4 de 7, 17:20							
1	Beatriz Araujo, BARBOSA	F	124967	Abs	03	Famaliç�o	2:27.88
2	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria Sport Clube	2:27.74
3	Maria Vitoria, HENRIQUES	F	128311	Abs	03	Assoc. Desportiva de Fafe	2:25.64
4	Ana Margarida, LEITE	F	123141	Abs	02	Assoc. Desportiva de Fafe	2:23.78
5	Ana Carmo, PINHEIRO	F	124856	Abs	02	Gin�sio Santo Tirso	2:25.46
6	Joana Daniela, JACINTO	F	111230	Abs	01	Propaganda da Natacao	2:27.56
7	Leonor Santos, SILVA	F	121982	Abs	03	Porto	2:27.83
8	Mariana Almeida, VALE	F	126713	Abs	03	Natacao de Valongo	2:28.38

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Prova 16, Femin., 200m Livres

S rie 5 de 7, 17:25

1	Matilde Guimaraes, SANTOS	F	122894	Abs	02	Leix�es Sport Clube	2:22.93	_____
2	Ines Gales, PINTO	F	129408	Abs	01	Colegio SMLamas	2:21.49	_____
3	Maria Freitas, CASTRO	F	124809	Abs	03	Assoc. Desportiva de Fafe	2:21.21	_____
4	Mariana Filipa, MOREIRA	F	125777	Abs	02	Natacao de Valongo	2:20.44	_____
5	Sara Lopes, BARBOSA	F	118181	Abs	00	Aquatico Pacense	2:20.69	_____
6	Alexandra Martins, CAMPOS	F	127155	Abs	02	Leix�es Sport Clube	2:21.30	_____
7	Ines Freitas, ROCHA	F	129880	Abs	03	Aquatico Pacense	2:21.54	_____
8	Beatriz Daniela, MACEDO	F	124313	Abs	02	Vit�ria Sport Clube	2:23.22	_____

S rie 6 de 7, 17:30

1	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famaliç�o	2:18.68	_____
2	Catarina Carvalho, PEREIRA	F	123071	Abs	03	Porto	2:16.71	_____
3	Francisca Soares, MARTINS	F	126504	Abs	03	Foca	2:15.87	_____
4	Ines Alves, MARTINS	F	112126	Abs	01	Fluvial Portuense	2:15.57	_____
5	Catarina Silva, SOARES	F	121977	Abs	03	Porto	2:15.71	_____
6	Rita Constanca, CARDOSO	F	121989	Abs	03	Porto	2:16.42	_____
7	Ana Ines, FERNANDES	F	119258	Abs	00	Vit�ria Sport Clube	2:18.15	_____
8	Joana Sofia, MACHADO	F	127918	Abs	02	Natacao de Valongo	2:19.50	_____

S rie 7 de 7, 17:30

1	Eduarda Reis, SILVA	F	121702	Abs	03	Famaliç�o	2:15.34	_____
2	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	2:11.93	_____
3	Ana Rita, RAMOS	F	126775	Abs	02	Porto	2:10.91	_____
4	Ana Rita, FARIA	F	117417	Abs	00	Porto	2:05.16	_____
5	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	2:09.53	_____
6	Maria Carolina, COSTA	F	119080	Abs	01	Porto	2:11.43	_____
7	Ana Beatriz, MARTINS	F	108375	Abs	99	Famaliç�o	2:14.18	_____
8	Beatriz Neves, CARDOSO	F	105741	Abs	98	Colegio SMLamas	2:15.36	_____

Prova 17

01-07-2017 - 17:35

Masc., 50m Bruços
Grafiporto

Absolutos
Startlist

RN Absoluto	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30-07-2013
RN 17	29.10	Pedro Miguel, AGOSTINHO	POR	Praga (CZE)	10-07-2009
RN 18	29.07	Bruno Miguel, RAMOS	POR	Linz (AUT)	13-07-2002
RN Sen	28.16	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	30-07-2013
Recorde Regional 50m Absoluto	28.37	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	22-08-2014
Recorde Regional 50m 17	29.58	Andre Goncalo, SANTOS	LSC	Dordrecht (NED)	13-07-2014
Recorde Regional 50m 18	29.47	Simao Miguel, CAPITAO	CLAMAS	Coimbra	30-05-2015
Recorde Regional 50m Sen	28.37	Carlos Esteves, ALMEIDA	FCP	Berlim (GER)	22-08-2014

Masculinos Juniores Jun: 35.22 / Masculinos Seniores Sen: 33.90 / Masculinos Juvenil B Juv B: 37.01 / Masculinos Juvenil A Juv A: 36.10

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 4, 17:35							
2	Diogo Soares, ALVES	M	202724	Abs	01	AP Vila D Este/Gaia	NT
3	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	36.95
4	Joao Carlos, SILVA	M	108379	Abs	98	Famaliç�o	36.09
5	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famaliç�o	36.47
6	Vasco Antonio, LAMEIRA	M	127906	Abs	99	Amarantus	37.54
7	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	NT

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Prova 17, Masc., 50m Bruços

S rie 2 de 4, 17:35

1	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	35.03	_____
2	Luis Goncalves, PEREIRA	M	119177	Abs	02	Colegio SMLamas	34.81	_____
3	Jose Moreira, SOUSA	M	118224	Abs	01	Famalicao	34.39	_____
4	Diogo Santos, MENDES	M	126719	Abs	02	Leixoes Sport Clube	33.84	_____
5	Albino Manuel, GONCALVES	M	123698	Abs	99	Individual ANNP	34.14	_____
6	Hugo Azurara, VIEIRA	M	125011	Abs	01	Clube Naval Povoense	34.77	_____
7	Joao Sa, MELO	M	118226	Abs	01	Famalicao	34.86	_____
8	Alfredo Castro, COELHO	M	116943	Abs	01	Colegio SMLamas	35.86	_____

S rie 3 de 4, 17:35

1	Bruno Miguel, CAVADAS	M	23279	Abs	89	Natacao de Valongo	33.25	_____
2	Diogo Pereira, SANTOS	M	104483	Abs	99	Porto	32.94	_____
3	Pedro Nuno, VIEIRA	M	106742	Abs	98	Natacao de Valongo	32.70	_____
4	Joao Pedro, SANTOS	M	104562	Abs	98	Fluvial Portuense	32.38	_____
5	Ricardo Manuel, MONTEIRO	M	110556	Abs	98	Leixoes Sport Clube	32.57	_____
6	Daniel Pereira, SILVA	M	111055	Abs	00	Famalicao	32.82	_____
7	Porfirio Braga, NUNES	M	111552	Abs	00	Vilacondense	33.20	_____
8	Tomas Mota, DOMINGUES	M	116867	Abs	99	Colegio SMLamas	33.60	_____

S rie 4 de 4, 17:35

1	Tiago Filipe, TEIXEIRA	M	112114	Abs	00	Foca	31.83	_____
2	Tiago Oliveira, BARBOSA	M	121884	Abs	99	Colegio SMLamas	31.38	_____
3	Filipe Miguel, GOMES	M	107284	Abs	97	Fluvial Portuense	30.62	_____
4	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	29.43	_____
5	Simao Miguel, CAPITAO	M	109596	Abs	97	Colegio SMLamas	29.67	_____
6	Miguel Carlos, SOARES	M	121053	Abs	92	Clube Naval Povoense	30.75	_____
7	Luis Filipe, SOARES	M	105615	Abs	98	Porto	31.51	_____
8	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	31.96	_____

Prova 18

01-07-2017 - 17:40

Femin., 50m Bruços
TURBO

Absolutos
Startlist

RN Absoluto	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	01-04-2017
RN 16	31.92	Ana Pinho, RODRIGUES	POR	Gorzow Wlwp (POL)	28-03-2010
RN 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
RN Sen	31.35	Ana Pinho, RODRIGUES	AEJ	Coimbra	01-04-2017
Recorde Regional 50m Absoluto	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Recorde Regional 50m 16	32.56	Paula Alexandra, OLIVEIRA	FCP	Antwerp (BEL)	04-07-2012
Recorde Regional 50m 17	31.60	Joana Catarina, CARVALHO	FCP	Coimbra	30-05-2009
Recorde Regional 50m Sen	32.58	Ana Pinho, RODRIGUES	FCP	Povoa de Varzim (PRK)	19-04-2014

Femininos Seniores Sen: 39.09 / Femininos Juniores Jun: 40.60 / Femininos Juvenil B Juv B: 42.66 / Femininos Juvenil A Juv A: 41.62

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 4, 17:40							
3	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	NT
4	Nadia Sofia, CARDOSO	F	130430	Abs	03	AP Vila D Este/Gaia	49.49
5	Maria Estela, COIMBRA	F	126420	Abs	01	Luso-Internacional do Porto	NT

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.49155

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27-06-2017 12:13 - P gina 22



Prova 18, Femin., 50m Bruços

S rie 2 de 4, 17:40

1	Maria Joao, VIEIRA	F	127899	Abs	02	Amarantus	45.14	_____
2	Maria Matilde, SOARES	F	130252	Abs	00	Amarantus	41.40	_____
3	Ines Paiva, CAMPOS	F	125901	Abs	03	Colegio SMLamas	40.71	_____
4	Mariana Filipa, GOMES	F	126712	Abs	02	Natacao de Valongo	40.16	_____
5	Joana Isabel, MONTEIRO	F	126711	Abs	03	Leix�es Sport Clube	40.42	_____
6	Sofia Margarida, LEITE	F	122004	Abs	03	Foca	41.34	_____
7	Florbel Magalhaes, GOUVEIA	F	127896	Abs	01	Amarantus	42.67	_____
8	Renata Miguel, OLIVEIRA	F	200362	Abs	00	AP Vila D Este/Gaia	45.20	_____

S rie 3 de 4, 17:40

1	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	39.72	_____
2	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria Sport Clube	37.99	_____
3	Ines Alves, MARTINS	F	112126	Abs	01	Fluvial Portuense	37.76	_____
4	Ines Araujo, MARTINS	F	111046	Abs	01	Famaliç�o	36.70	_____
5	Ana Rita, COSTA	F	116907	Abs	01	Natacao de Valongo	37.17	_____
6	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	37.83	_____
7	Joana Gabriela, SILVA	F	103945	Abs	95	Colegio SMLamas	38.67	_____
8	Ana Margarida, GONCALVES	F	118052	Abs	01	Vilacondense	40.03	_____

S rie 4 de 4, 17:45

1	Joana Marques, MAIA	F	25067	Abs	91	Propaganda da Natacao	35.92	_____
2	Barbara Vilela, MAGALHAES	F	119078	Abs	01	Porto	35.43	_____
3	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	35.31	_____
4	Paula Alexandra, OLIVEIRA	F	102084	Abs	96	Porto	33.43	_____
5	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	34.24	_____
6	Sofia Filipa, GONCALVES	F	122990	Abs	01	Leix�es Sport Clube	35.33	_____
7	Rosa Maria, OLIVEIRA	F	105858	Abs	96	Porto	35.88	_____
8	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	36.06	_____

Prova 19	Masc., 200m Costas				Absolutos
01-07-2017 - 17:45	Grafiporto				Startlist
RN Absoluto	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
RN Juv B	2:06.44	Joao Alexandre, VITAL	POR	Utrecht (NED)	17-07-2013
RN Juv A	2:06.59	Joao Alexandre, VITAL	POR	Netanya (ISR)	28-06-2014
RN 17	2:03.06	Pedro Diogo, OLIVEIRA	POR	Budapeste (HUN)	15-07-2005
RN 18	2:02.21	Pedro Diogo, OLIVEIRA	CNRM	Coimbra	28-07-2006
RN Sen	1:58.83	Pedro Diogo, OLIVEIRA	POR	Londres (GBR)	01-08-2012
Recorde Regional 50m Absoluto	2:02.34	Adriano Miguel, NIZ	GDNF	Povoa de Varzim	05-08-2011
Recorde Regional 50m Juv B	2:12.14	Adriano Miguel, NIZ	CFV		23-07-2001
Recorde Regional 50m Juv A	2:08.09	Adriano Miguel, NIZ	CFV	Jamor	10-05-2002
Recorde Regional 50m 17	2:04.96	Adriano Miguel, NIZ	CFV	Glasgow (GBR)	01-08-2003
Recorde Regional 50m 18	2:03.87	Adriano Miguel, NIZ	CFV	EULisboa	20-12-2003
Recorde Regional 50m Sen	2:02.34	Adriano Miguel, NIZ	GDNF	Povoa de Varzim	05-08-2011

Masculinos Juniores Jun: 2:32.24 / Masculinos Seniores Sen: 2:26.67 / Masculinos Juvenil B Juv B: 2:44.03 /
Masculinos Juvenil A Juv A: 2:43.47

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 5, 17:45</u>							
3	Sergio Daniel, ARAUJO	M	127097	Abs	02	Clube Naval Povoense	NT _____
4	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	NT _____
5	Rodrigo Oliveira, GONCALVES	M	124764	Abs	02	Porto	NT _____
<u>S�rie 2 de 5, 17:50</u>							
1	Pedro Miguel, FARIA	M	129799	Abs	02	Vit�ria Sport Clube	2:45.75 _____
2	Goncalo Traila, MARTINS	M	124974	Abs	02	Famaliç�o	2:37.91 _____
3	Rui Almeida, SANTOS	M	119064	Abs	02	Colegio SMLamas	2:34.07 _____
4	Alexandre Abreu, MACHADO	M	119215	Abs	02	Vit�ria Sport Clube	2:32.84 _____
5	Luis Manuel, RIBEIRO	M	120816	Abs	02	Porto	2:33.34 _____
6	Luis Tiago, FERNANDES	M	111447	Abs	01	Famaliç�o	2:35.07 _____
7	Jose Pedro, PICA0	M	118898	Abs	01	Leix�es Sport Clube	2:38.15 _____
8	Joao Carvalho, CUNHA	M	124813	Abs	02	Assoc. Desportiva de Fafe	3:04.28 _____
<u>S�rie 3 de 5, 17:50</u>							
1	Francisco Emanuel, MORIM	M	118054	Abs	02	Vilacondense	2:29.59 _____
2	Pedro Miguel, MARQUES	M	111060	Abs	00	Famaliç�o	2:29.10 _____
3	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	2:27.36 _____
4	Nuno Filipe, FERREIRA	M	119654	Abs	00	Foca	2:25.56 _____
5	Bruno Carvalho, BARROSO	M	125969	Abs	01	Leix�es Sport Clube	2:27.03 _____
6	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	2:28.84 _____
7	Bruno Shinji, KOBAYASHI	M	123019	Abs	02	Vilacondense	2:29.33 _____
8	Nuno Filipe, LEITE	M	108300	Abs	00	Foca	2:31.45 _____
<u>S�rie 4 de 5, 17:55</u>							
1	Diogo Manuel, MARTINS	M	119083	Abs	02	Porto	2:23.48 _____
2	Joao Carlos, SILVA	M	108379	Abs	98	Famaliç�o	2:22.39 _____
3	Ricardo Filipe, ROCHA	M	121787	Abs	02	Aquatico Pacense	2:21.85 _____
4	Francisco Manuel, ZENSA	M	112097	Abs	01	Natacao da Maia	2:20.10 _____
5	Ivo Manuel, DIAS	M	111508	Abs	00	Foca	2:20.78 _____
6	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famaliç�o	2:22.24 _____
7	Tiago Campos, LOURENCO	M	127923	Abs	02	Natacao de Valongo	2:22.87 _____
8	Joao Freitas, PEIXOTO	M	122172	Abs	01	Assoc. Desportiva de Fafe	2:24.75 _____

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Prova 19, Masc., 200m Costas

S rie 5 de 5, 17:55

1	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	2:18.63	_____
2	Jose Salgado, MOREIRA	M	121706	Abs	01	Famaliç�o	2:15.49	_____
3	Joao Pereira, TINOCO	M	111056	Abs	00	Famaliç�o	2:10.27	_____
4	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	2:08.26	_____
5	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	2:09.36	_____
6	Joao Nogueira, COSTA	M	124315	Abs	01	Vit�ria Sport Clube	2:12.53	_____
7	Samson Silva, COSTA	M	120847	Abs	02	Fluvial Portuense	2:18.15	_____
8	Afonso Passos, CUNHA	M	118228	Abs	01	Famaliç�o	2:18.86	_____

Prova 20

01-07-2017 - 18:00

Femin., 200m Costas
TURBO

Absolutos
Startlist

RN Absoluto	2:15.27	Francisca Gomes, AZEVEDO	SAD	Coimbra	20-06-2015
RN Juv B	2:22.24	Camila Rodrigues, REBELO	POR	Geneva (SUI)	30-04-2017
RN Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
RN 16	2:17.98	Catia Raquel, MARTINHEIRA	POR	Lima (PER)	18-08-2011
RN 17	2:15.53	Rita Barros, FRISCHKNECHT	SAD	Coimbra	02-04-2015
RN Sen	2:15.27	Francisca Gomes, AZEVEDO	SAD	Coimbra	02-04-2015
Recorde Regional 50m Absoluto	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Recorde Regional 50m Juv B	2:22.61	Joana Carina, SILVA	LSXXI	Povoa de Varzim	06-02-2011
Recorde Regional 50m Juv A	2:17.38	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2012
Recorde Regional 50m 16	2:21.27	Joana Carina, SILVA	LSXXI	Poznan (POL)	10-07-2013
Recorde Regional 50m 17	2:24.90	Joana Carina, SILVA	LSXXI	Coimbra	04-04-2014
Recorde Regional 50m Sen	2:18.29	Marta Vieira, MARINHO	FCP	Coimbra	09-04-2010

Femininos Seniores Sen: 2:43.81 / Femininos Juniores Jun: 2:51.13 / Femininos Juvenil B Juv B: 2:59.79 /
Femininos Juvenil A Juv A: 2:59.79

Pista	Nome	Sexo	Licenç�a	Cat	Ano	Clube	Tempo
S�rie 1 de 5, 18:00							
1	Maria Joao, FERNANDES	F	102092	Abs	97	Fluvial Portuense	NT
2	Daniela Filipa, SANTOS	F	123011	Abs	03	Fluvial Portuense	3:04.89
3	Barbara Castro, FERREIRA	F	124858	Abs	03	Famaliç�o	2:56.89
4	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	2:54.62
5	Maria Silva, RIBEIRO	F	121709	Abs	03	Famaliç�o	2:56.23
6	Carolina Costa, SILVESTRE	F	200338	Abs	03	Luso-Internacional do Porto	2:57.52
7	Ines Silva, OLIVEIRA	F	116890	Abs	00	Fluvial Portuense	NT
8	Angela Filipa, RIBEIRO	F	122115	Abs	02	Aquatico Pacense	NT

S rie 2 de 5, 18:05

1	Ana Carolina, LOPES	F	124707	Abs	03	Vilacondense	2:52.26	_____
2	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	2:48.71	_____
3	Ines Ferreira, LOPES	F	107956	Abs	99	Fluvial Portuense	2:45.05	_____
4	Carlota Sequeira, APARICIO	F	121976	Abs	03	Porto	2:43.15	_____
5	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria Sport Clube	2:43.68	_____
6	Helena Isabel, FELGUEIRAS	F	122011	Abs	03	Natacao de Valongo	2:47.87	_____
7	Alice Martins, LAMEIRA	F	126721	Abs	03	Leix�es Sport Clube	2:48.78	_____
8	Ana Isabel, REIS	F	123703	Abs	01	Propaganda da Natacao	2:53.79	_____

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O Juiz  rbitro

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27-06-2017 12:13 - P gina 25



Prova 20, Femin., 200m Costas

S rie 3 de 5, 18:10

1	Ana Margarida, GONCALVES	F	118052	Abs	01	Vilacondense	2:41.57	_____
2	Francisca Soares, MARTINS	F	126504	Abs	03	Foca	2:40.26	_____
3	Carolina Santos, SILVA	F	23208	Abs	86	Propaganda da Natacao	2:39.42	_____
4	Margarida Salgado, MOREIRA	F	121710	Abs	03	Famali�o	2:38.73	_____
5	Soraia Isabel, GUIMARAES	F	119151	Abs	02	Vit�ria Sport Clube	2:39.24	_____
6	Erna Miranda, CAMBAS	F	127618	Abs	03	Clube Naval Povoense	2:39.82	_____
7	Ana Lopes, SANTOS	F	120698	Abs	02	Vilacondense	2:40.80	_____
8	Maria Vitoria, HENRIQUES	F	128311	Abs	03	Assoc. Desportiva de Fafe	2:42.65	_____

S rie 4 de 5, 18:10

1	Rosana Marinho, MACEDO	F	111500	Abs	99	Foca	2:37.05	_____
2	Ana Margarida, LEITE	F	123141	Abs	02	Assoc. Desportiva de Fafe	2:34.55	_____
3	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria Sport Clube	2:34.40	_____
4	Mariana Sousa, MAIA	F	118219	Abs	02	Famali�o	2:33.83	_____
5	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	2:33.85	_____
6	Leila Tavarria, LEMOS	F	127860	Abs	00	Vilacondense	2:34.53	_____
7	Catarina Isabel, ALMEIDA	F	127104	Abs	02	Vit�ria Sport Clube	2:36.34	_____
8	Rita Alexandra, CAMPOS	F	120820	Abs	02	Porto	2:38.33	_____

S rie 5 de 5, 18:15

1	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	2:31.32	_____
2	Catarina Alexandra, JARDIM	F	104449	Abs	98	Famali�o	2:31.23	_____
3	Ana Rita, RAMOS	F	126775	Abs	02	Porto	2:26.30	_____
4	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	2:24.42	_____
5	Alexandra Jesus, SANTOS	F	117408	Abs	00	Leix�es Sport Clube	2:26.02	_____
6	Barbara Alexandra, NUNES	F	128640	Abs	03	Porto	2:29.10	_____
7	Mafalda Pacheco, CUNHA	F	121589	Abs	02	Fluvial Portuense	2:31.29	_____
8	Ana Beatriz, MARTINS	F	108375	Abs	99	Famali�o	2:32.50	_____

18:20 Cerimonia de Distribui o de Medalhas - 13,14,15,16,17,18 e 19

Prova 21	Masc., 4 x 100m Livres			Absolutos
01-07-2017 - 18:40	Grafiporto			Startlist
RN Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonifacio	Faro	19-07-2009
RN Juv B	3:45.99	Futebol Clube do Porto	FCP Jamor	27-07-2012
RN Juv	3:39.68	tempo limite	FCP Famalic�o	19-07-2013
RN Juv A	3:39.68	Futebol Clube do Porto	FCP Famalic�o	19-07-2013
RN Jun	3:34.25	Futebol Clube do Porto/Imperio Bonifacio	Lisboa	27-03-2009
RN Sen	3:26.21	Futebol Clube do Porto	FCP Jamor	27-07-2012
Recorde Regional 50m Absoluto	3:24.33	Paulo Santos, Joao Carvalho, Carlo Figueira, Rui Vilar		19-03-2009
Recorde Regional 50m Juv B	3:45.99	Joao Ascencao, Eduardo Ramos, Joao Figueira, Rui Vilar		27-07-2012
Recorde Regional 50m Juv	3:39.68	Tempo Limite		
Recorde Regional 50m Juv A	3:39.68	Joao Ascencao, Luis Oliveira, Eduardo Ramos, Joao Figueira, Rui Vilar		19-07-2013
Recorde Regional 50m Jun	3:34.25	Rui Vilar, Joao Almeida, Samuel Quaresma, Carlo Lisboa		27-03-2009
Recorde Regional 50m Sen	3:26.21	Paulo Santos, Fabio Figueira, Joao Figueira, Rui Vilar		27-07-2012

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 18:40</u>						
3 Vilacondense 2	M		Juv		Vilacondense	4:22.76 _____
4 Famalic�o 4	M		Juv B		Famalic�o	4:12.58 EXH _____
5 Vit�ria Sport Clube 1	M		Juv		Vit�ria Sport Clube	4:18.72 _____
<u>S�rie 2 de 3, 18:45</u>						
2 Porto 2	M		Juv		Porto	4:03.97 _____
3 Assoc. Desportiva de Fafe 2	M		Juv		Assoc. Desportiva de Fafe	4:00.93 _____
4 Leix�es Sport Clube 1	M		Abs		Leix�es Sport Clube	3:57.53 _____
5 Famalic�o 2	M		Juv		Famalic�o	3:57.98 _____
6 Fluvial Portuense 2	M		Juv		Fluvial Portuense	4:02.65 _____
7 Colegio SMLamas 2	M		Juv		Colegio SMLamas	4:04.92 _____
<u>S�rie 3 de 3</u>						
1 Colegio SMLamas 1	M		Abs		Colegio SMLamas	3:55.66 _____
2 Aquatico Pacense 1	M		Abs		Aquatico Pacense	3:54.42 _____
3 Famalic�o 1	M		Abs		Famalic�o	3:41.60 _____
4 Porto 1	M		Abs		Porto	3:32.81 _____
5 Fluvial Portuense 1	M		Abs		Fluvial Portuense	3:40.61 _____
6 Natacao de Valongo 1	M		Abs		Natacao de Valongo	3:52.76 _____
7 Foca 1	M		Abs		Foca	3:54.49 _____
8 Leix�es Sport Clube 2	M		Juv		Leix�es Sport Clube	3:56.45 _____

Prova 22	Femin., 4 x 100m Livres				Absolutos
01-07-2017 - 18:50	TURBO				Startlist
RN Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
RN Juv B	4:10.72	Clube Nautico Academico de Coimbra	CNAC	Povoa de Varzim	05-08-2011
RN Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24-07-2015
RN Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02-04-2015
RN Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	30-07-2010
RN Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30-07-2010
Recorde Regional 50m Absoluto	3:52.07	Sara Oliveira, Alexandra Oliveira, JcFCP	RodrigCoimbrarta	Marinho	30-07-2010
Recorde Regional 50m Juv B	4:12.11	Marta Marinho, Claudia Moreno, Silvi	FCP	lo, SaraCoimbrao	22-07-2005
Recorde Regional 50m Juv	4:03.10	lAna Faria, Beatriz Silva, Maria Cos	FCP	Maria C:Coimbra	24-07-2015
Recorde Regional 50m Juv A	4:06.43	Maria Cabral, Marta Canedo, Joana	FCP	eira, AnCoimbra	
Recorde Regional 50m Jun	4:05.66	Futebol Clube do Porto	FCP	Povoa de Varzim	18-03-2017
Recorde Regional 50m Sen	3:52.07	Sara Oliveira, Marta Marinho, Joana	FCP	driguesCoimbraureiro	30-07-2010

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 18:50</u>						
1	F		Abs		Vit�ria Sport Clube	4:38.38 _____
2	F		Juv		Aquatico Pacense	4:34.43 _____
3	F		Juv		Vit�ria Sport Clube	4:27.46 _____
4	F		Abs		Foca	4:23.80 _____
5	F		Juv		Assoc. Desportiva de Fafe	4:26.49 _____
6	F		Juv		Famali�o	4:29.62 _____
7	F		Juv		Fluvial Portuense	4:37.37 _____
8	F		Juv		Leix�es Sport Clube	4:56.70 _____
<u>S�rie 2 de 2, 18:55</u>						
1	F		Juv		Natacao de Valongo	4:22.47 _____
2	F		Abs		Colegio SMLamas	4:16.25 _____
3	F		Abs		Famali�o	4:14.61 _____
4	F		Abs		Porto	3:55.75 _____
5	F		Abs		Fluvial Portuense	4:07.58 _____
6	F		Abs		Leix�es Sport Clube	4:14.84 _____
7	F		Juv		Porto	4:18.29 _____
8	F		Abs		Aquatico Pacense	4:22.73 _____

19:00 Cerimonia de Distribu o de Medalhas - 20, 21 e 22



3 - 3^a Jornada

02-07-2017 - 9:00

Prova 23 02-07-2017 - 9:00	Femin., 100m Mariposa Grafiporto				Absolutos Startlist
RN Absoluto	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
RN Juv B	1:03.88	Ines Camacho, FERNANDES	POR	Trabzon (TUR)	25-07-2011
RN Juv A	1:03.14	Ana Rita, FRANCISCO	SFUAP	Coimbra	05-08-1995
RN 16	1:01.48	Sara Francisco, CRUZ	ADBA	Faro	20-07-2009
RN 17	1:00.95	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	01-08-2002
RN Sen	58.76	Sara Freitas, OLIVEIRA	POR	Budapeste (HUN)	12-08-2010
Recorde Regional 50m Absoluto	58.76	Sara Freitas, OLIVEIRA	FCP	Budapeste (HUN)	12-08-2010
Recorde Regional 50m Juv B	1:04.44	Ana Feio, ALEGRIA	SCB	Chiasso (SUI)	15-06-1991
Recorde Regional 50m Juv A	1:04.00	Ana Feio, ALEGRIA	SCB	Olivais	17-05-1992
Recorde Regional 50m 16	1:02.66	Sara Freitas, OLIVEIRA	FCP	Malta (MLT)	08-07-2001
Recorde Regional 50m 17	1:00.95	Sara Freitas, OLIVEIRA	FCP	Berlin (GER)	01-08-2002
Recorde Regional 50m Sen	58.76	Sara Freitas, OLIVEIRA	FCP	Eindhoven (NED)	12-08-2010

Femininos Seniores Sen: 1:13.13 / Femininos Juniores Jun: 1:15.92 / Femininos Juvenil B Juv B: 1:21.81 /
Femininos Juvenil A Juv A: 1:21.81

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 5, 9:00							
1	Maria Carolina, COSTA	F	119080	Abs	01	Porto	NT _____
2	Maria Matilde, SOARES	F	130252	Abs	00	Amarantus	1:25.27 _____
3	Ines Viamonte, GOMES	F	127122	Abs	03	Fluvial Portuense	1:23.99 _____
4	Ana Pereira, SILVA	F	124810	Abs	03	Assoc. Desportiva de Fafe	1:17.43 _____
5	Joana Raquel, TAVARES	F	122229	Abs	01	Fluvial Portuense	1:19.41 _____
6	Ana Isabel, REIS	F	123703	Abs	01	Propaganda da Natacao	1:24.19 _____
7	Ana Morais, GONCALVES	F	124575	Abs	03	Leix�es Sport Clube	1:27.63 _____
S�rie 2 de 5, 9:00							
1	Helena Isabel, FELGUEIRAS	F	122011	Abs	03	Natacao de Valongo	1:16.97 _____
2	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	1:16.26 _____
3	Marta Ferreira, ROCHA	F	110558	Abs	99	Leix�es Sport Clube	1:15.08 _____
4	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	1:14.86 _____
5	Maria Helena, PERES	F	129271	Abs	02	Colegio SMLamas	1:14.91 _____
6	Carlota Sequeira, APARICIO	F	121976	Abs	03	Porto	1:15.26 _____
7	Tatiana Valente, CARDOSO	F	128960	Abs	03	Aquatico Pacense	1:16.57 _____
8	Maria Sa, MACEDO	F	130889	Abs	03	Porto	1:17.35 _____
S�rie 3 de 5, 9:05							
1	Rita Constanca, CARDOSO	F	121989	Abs	03	Porto	1:14.35 _____
2	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	1:13.00 _____
3	Leonor Paiva, RUIZ	F	112518	Abs	99	Fluvial Portuense	1:12.33 _____
4	Lara Beatriz, MATOS	F	111049	Abs	01	Famali�o	1:11.80 _____
5	Leonor Santos, SILVA	F	121982	Abs	03	Porto	1:12.05 _____
6	Catarina Isabel, ALMEIDA	F	127104	Abs	02	Vit�ria Sport Clube	1:12.56 _____
7	Ana Margarida, LEITE	F	123141	Abs	02	Assoc. Desportiva de Fafe	1:13.26 _____
8	Beatriz Daniela, MACEDO	F	124313	Abs	02	Vit�ria Sport Clube	1:14.63 _____

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.49155

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27-06-2017 12:13 - P gina 29



Prova 23, Femin., 100m Mariposa

S rie 4 de 5, 9:05

1	Rafaela Araujo, SILVA	F	119630	Abs	00	Famalic�o	1:11.02	_____
2	Eduarda Reis, SILVA	F	121702	Abs	03	Famalic�o	1:10.48	_____
3	Helena Neto, COSTA	F	111309	Abs	00	Aquatico Pacense	1:09.59	_____
4	Matilde Mota, DOMINGUES	F	122289	Abs	03	Colegio SMLamas	1:09.01	_____
5	Ana Rita, FARIA	F	117417	Abs	00	Porto	1:09.36	_____
6	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	1:10.21	_____
7	Ana Cristina, SOUSA	F	110472	Abs	99	Fluvial Portuense	1:10.60	_____
8	Barbara Vilela, MAGALHAES	F	119078	Abs	01	Porto	1:11.36	_____

S rie 5 de 5, 9:05

1	Carolina Santos, SILVA	F	23208	Abs	86	Propaganda da Natacao	1:08.28	_____
2	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famalic�o	1:07.92	_____
3	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	1:05.78	_____
4	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	1:05.36	_____
5	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	1:05.54	_____
6	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria Sport Clube	1:07.76	_____
7	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	1:08.17	_____
8	Catarina Carvalho, PEREIRA	F	123071	Abs	03	Porto	1:08.38	_____

Prova 24

02-07-2017 - 9:10

Masc., 100m Mariposa
TURBO

Absolutos
Startlist

RN Absoluto	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
RN Juv B	57.58	David Miguel, FERRO	SFUAP	Lisboa	31-07-1999
RN Juv A	56.11	Pedro Diogo, OLVEIRA	CNRM	Lisboa	29-07-2004
RN 17	54.77	Tiago Andre, VENANCIO	CNS	Oeiras	29-07-2004
RN 18	54.66	Diogo Filipe, CARVALHO	CGA	Lisboa	25-03-2006
RN Sen	52.42	Diogo Filipe, CARVALHO	CGA	Lisboa	29-03-2009
Recorde Regional 50m Absoluto	54.41	Adriano Miguel, NIZ	INDANP	Coimbra	21-04-2007
Recorde Regional 50m Juv B	59.58	Joao Pedro, SANTOS	CFV	Povoa de Varzim	06-08-2011
Recorde Regional 50m Juv A	58.01	Mateus Ribeiro, CARVALHO	GDNF	Coimbra	25-07-2015
Recorde Regional 50m 17	57.26	Joao Carlos, SILVA	GDNF	Coimbra	25-07-2015
Recorde Regional 50m 18	55.40	Luis Miguel, MONTEIRO	FCP	Loule	04-08-2001
Recorde Regional 50m Sen	54.41	Adriano Miguel, NIZ	CFV	Coimbra	21-04-2007

Masculinos Juniores Jun: 1:05.58 / Masculinos Seniores Sen: 1:03.93 / Masculinos Juvenil B Juv B: 1:12.21 /
Masculinos Juvenil A Juv A: 1:10.89

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo	
S�rie 1 de 7, 9:10								
2	Leonardo Filipe, TEIXEIRA	M	202725	Abs	00	AP Vila D Este/Gaia	1:17.34	_____
3	Bruno Costa, CASTRO	M	124814	Abs	02	Assoc. Desportiva de Fafe	1:13.26	_____
4	Luis Francisco, MARQUES	M	200361	Abs	99	AP Vila D Este/Gaia	1:12.75	_____
5	Joao Simons, CUNHA	M	124582	Abs	02	Fluvial Portuense	1:13.20	_____
6	Sergio Miguel, ESTEVAO	M	121590	Abs	01	Leix�es Sport Clube	1:13.77	_____
7	Pedro Lopes, SILVA	M	202726	Abs	02	AP Vila D Este/Gaia	1:21.20	_____

S rie 2 de 7, 9:10

1	Nuno Rocha, ALMEIDA	M	122193	Abs	02	Colegio SMLamas	1:12.65	_____
2	Jose Diogo, PACHECO	M	126021	Abs	02	Vit�ria Sport Clube	1:11.35	_____
3	Francisco Miguel, NETO	M	125855	Abs	02	Gin�sio Santo Tirso	1:10.96	_____
4	Gustavo Francisco, RIBEIRO	M	129252	Abs	02	Leix�es Sport Clube	1:10.29	_____
5	Samuel Dias, MARTINS	M	122190	Abs	02	Colegio SMLamas	1:10.84	_____
6	Bruno Miguel, SEIXAS	M	126784	Abs	01	Natacao da Maia	1:10.98	_____
7	Alexandre Abreu, MACHADO	M	119215	Abs	02	Vit�ria Sport Clube	1:11.51	_____
8	Diogo Manuel, MARTINS	M	119083	Abs	02	Porto	1:12.68	_____

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Prova 24, Masc., 100m Mariposa

S rie 3 de 7, 9:15

1	Ricardo Jorge, TEIXEIRA	M	116902	Abs	00	Natacao da Maia	1:09.06	_____
2	Marcos Daniel, VITORIA	M	120510	Abs	00	Natacao de Valongo	1:08.35	_____
3	Marcos Dias, MARTINS	M	122189	Abs	02	Colegio SMLamas	1:07.39	_____
4	Tomas Teixeira, LOPES	M	122006	Abs	02	Foca	1:06.74	_____
5	Diogo Gomes, CARDOSO	M	202714	Abs	02	Colegio SMLamas	1:07.30	_____
6	Marco Antonio, PEREIRA	M	130896	Abs	02	Lousada SXXI	1:07.66	_____
7	Rui Tiago, PACHECO	M	118357	Abs	01	Vilacondense	1:08.39	_____
8	Rui Pires, MARTINS	M	122177	Abs	01	Assoc. Desportiva de Fafe	1:09.29	_____

S rie 4 de 7, 9:15

1	Rodrigo Oliveira, GONCALVES	M	124764	Abs	02	Porto	1:06.31	_____
2	Tiago Oliveira, BARBOSA	M	121884	Abs	99	Colegio SMLamas	1:05.58	_____
3	Joao Nogueira, COSTA	M	124315	Abs	01	Vit�ria Sport Clube	1:05.20	_____
4	Sergio Daniel, ARAUJO	M	127097	Abs	02	Clube Naval Povoense	1:04.57	_____
5	Henrique Maieiro, AMORIM	M	125010	Abs	01	Clube Naval Povoense	1:05.13	_____
6	Miguel Silva, GONCALVES	M	124862	Abs	02	Gin�sio Santo Tirso	1:05.57	_____
7	Ricardo Jorge, MOREIRA	M	122012	Abs	01	Natacao de Valongo	1:05.83	_____
8	Xavier Gomes, CERDEIRINHA	M	125904	Abs	02	Colegio SMLamas	1:06.65	_____

S rie 5 de 7, 9:15

1	Eduardo Miguel, MAGALHAES	M	125074	Abs	02	Vit�ria Sport Clube	1:03.15	_____
2	Ivo Manuel, DIAS	M	111508	Abs	00	Foca	1:03.08	_____
3	Romeu Ribeiro, FERNANDES	M	122171	Abs	01	Assoc. Desportiva de Fafe	1:02.77	_____
4	Afonso Passos, CUNHA	M	118228	Abs	01	Famali�o	1:02.12	_____
5	Martim Neiva, ALMEIDA	M	118543	Abs	01	Porto	1:02.32	_____
6	Daniel Silva, BESSA	M	123018	Abs	99	Aquatico Pacense	1:03.01	_____
7	Diogo Silva, COENTRAO	M	121715	Abs	02	Famali�o	1:03.12	_____
8	Joao Luis, TRAVANCA	M	104716	Abs	97	Fluvial Portuense	1:03.50	_____

S rie 6 de 7, 9:20

1	Ricardo Filipe, ROCHA	M	121787	Abs	02	Aquatico Pacense	1:01.75	_____
2	Luis Carlos, ALMEIDA	M	104527	Abs	98	Aquatico Pacense	1:01.57	_____
3	Humberto Fernandes, FELGUEIRAS	M	105205	Abs	98	Natacao de Valongo	1:01.49	_____
4	Pedro Nuno, VIEIRA	M	106742	Abs	98	Natacao de Valongo	1:01.08	_____
5	Sergio Filipe, TRAVANCA	M	117385	Abs	00	Fluvial Portuense	1:01.25	_____
6	Joao Pereira, TINOCO	M	111056	Abs	00	Famali�o	1:01.53	_____
7	Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	1:01.59	_____
8	Diogo Filipe, RIBEIRO	M	124584	Abs	02	Leix�es Sport Clube	1:02.05	_____

S rie 7 de 7, 9:20

1	Gabriel Silva, AGUIAR	M	205025	Abs	01	Porto	1:00.79	_____
2	Paulo Filipe, SILVA	M	117012	Abs	98	Natacao da Maia	1:00.48	_____
3	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	59.47	_____
4	Joao Carlos, SILVA	M	108379	Abs	98	Famali�o	57.91	_____
5	Joao Ribeiro, SOUSA	M	123014	Abs	01	Porto	58.20	_____
6	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	1:00.15	_____
7	Tiago Silva, SOARES	M	108287	Abs	99	Porto	1:00.59	_____
8	David Dias, LIMA	M	118183	Abs	00	Vilacondense	1:01.00	_____

Prova 25	Femin., 200m Braços				Absolutos
02-07-2017 - 9:20	Grafiporto				Startlist
RN Absoluto	2:27.70	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	11-04-2017
RN Juv B	2:36.99	Diana Duarte, GOMES	POR	Paris (FRA)	28-07-2003
RN Juv A	2:31.32	Diana Duarte, GOMES	POR	Mulhouse (FRA)	27-06-2004
RN 16	2:29.51	Diana Duarte, GOMES	POR	Budapeste (HUN)	15-07-2005
RN 17	2:29.23	Raquel Gomes, PEREIRA	SAD	Coimbra	02-04-2017
RN Sen	2:27.70	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	11-04-2017
Recorde Regional 50m Absoluto	2:32.77	Paula Alexandra, OLIVEIRA	FCP	Lisboa	28-07-2012
Recorde Regional 50m Juv B	2:39.84	Paula Alexandra, OLIVEIRA	FCP	Coimbra	29-05-2010
Recorde Regional 50m Juv A	2:33.45	Paula Alexandra, OLIVEIRA	FCP	Povoa de Varzim	08-02-2011
Recorde Regional 50m 16	2:32.77	Paula Alexandra, OLIVEIRA	FCP	Lisboa	01-01-1996
Recorde Regional 50m 17	2:33.75	Paula Alexandra, OLIVEIRA	FCP	Famalicao	20-07-2013
Recorde Regional 50m Sen	2:34.54	Barbara Sousa, FERREIRA	CNMAIA	Loule	13-06-2004

Femininos Seniores Sen: 3:01.44 / Femininos Juniores Jun: 3:13.89 / Femininos Juvenil B Juv B: 3:26.04 /
Femininos Juvenil A Juv A: 3:26.04

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 5, 9:20</u>							
3	Maria Joao, VIEIRA	F	127899	Abs	02	Amarantus	3:35.19
4	Florbela Magalhaes, GOUVEIA	F	127896	Abs	01	Amarantus	3:26.81
5	Renata Miguel, OLIVEIRA	F	200362	Abs	00	AP Vila D Este/Gaia	3:28.45
<u>S�rie 2 de 5, 9:25</u>							
1	Mariana Filipa, GOMES	F	126712	Abs	02	Natacao de Valongo	3:23.68
2	Francisca Alexandra, GRACA	F	118051	Abs	01	Vilacondense	3:14.58
3	Ines Paiva, CAMPOS	F	125901	Abs	03	Colegio SMLamas	3:12.98
4	Sofia Margarida, LEITE	F	122004	Abs	03	Foca	3:09.67
5	Leila Tavora, LEMOS	F	127860	Abs	00	Vilacondense	3:11.23
6	Mariana Almeida, VALE	F	126713	Abs	03	Natacao de Valongo	3:14.47
7	Joana Amaro, MAGALHAES	F	128707	Abs	03	Penafiel	3:15.39
8	Ines Moreira, SOUSA	F	130542	Abs	03	Lousada SXXI	3:26.46
<u>S�rie 3 de 5, 9:30</u>							
1	Beatriz Araujo, BARBOSA	F	124967	Abs	03	Famalicao	3:07.03
2	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	3:05.69
3	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	3:05.21
4	Catarina Lopes, FERREIRA	F	129483	Abs	03	Assoc. Desportiva de Fafe	3:04.80
5	Joana Sofia, MACHADO	F	127918	Abs	02	Natacao de Valongo	3:05.16
6	Ana Catarina, MAGALHAES	F	119092	Abs	02	Lousada SXXI	3:05.36
7	Mariana Filipa, MOREIRA	F	125777	Abs	02	Natacao de Valongo	3:06.94
8	Maria Silva, RIBEIRO	F	121709	Abs	03	Famalicao	3:09.17
<u>S�rie 4 de 5, 9:35</u>							
1	Joana Almeida, RAINHA	F	112519	Abs	00	Vilacondense	3:02.41
2	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria Sport Clube	2:58.81
3	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	2:58.04
4	Ines Cadilhe, ALEXANDRE	F	128400	Abs	02	Clube Naval Povoense	2:54.40
5	Rita Malafaia, OLIVEIRA	F	124783	Abs	03	Porto	2:55.19
6	Ana Margarida, GONCALVES	F	118052	Abs	01	Vilacondense	2:58.75
7	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria Sport Clube	3:01.40
8	Angela Filipa, RIBEIRO	F	122115	Abs	02	Aquatico Pacense	3:03.36

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Prova 25, Femin., 200m Bruços

S rie 5 de 5, 9:35

1	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	2:51.32	_____
2	Maria Freitas, CASTRO	F	124809	Abs	03	Assoc. Desportiva de Fafe	2:46.76	_____
3	Joana Marques, MAIA	F	25067	Abs	91	Propaganda da Natacao	2:43.10	_____
4	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	2:39.44	_____
5	Paula Alexandra, OLIVEIRA	F	102084	Abs	96	Porto	2:39.66	_____
6	Ana Beatriz, MARTINS	F	108375	Abs	99	Famalicao	2:44.05	_____
7	Ines Araujo, MARTINS	F	111046	Abs	01	Famalicao	2:46.83	_____
8	Maria Leonor, AMORIM	F	122000	Abs	03	Porto	2:52.08	_____

Prova 26

02-07-2017 - 9:40

Masc., 200m Bruços
TURBO

Absolutos
Startlist

RN Absoluto	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
RN Juv B	2:24.15	Andre Miguel, SILVA	PDEM	Loul�	10-06-2006
RN Juv A	2:22.25	Jorge Jesus, SILVA	SCB	Oeiras	23-07-2016
RN 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
RN 18	2:15.99	Andre Miguel, SILVA	PDEM	Faro	20-07-2009
RN Sen	2:13.21	Carlos Esteves, ALMEIDA	POR	Barcelona (ESP)	01-08-2013
Recorde Regional 50m Absoluto	2:14.23	Carlos Esteves, ALMEIDA	FCP	Palma de Maiorca (ESP)	13-04-2014
Recorde Regional 50m Juv B	2:26.41	Luis Manuel, FERNANDES	GDNVNF	Coimbra	31-07-2010
Recorde Regional 50m Juv A	2:24.92	Diogo Filipe, TEODORO	CNMAIA	Coimbra	25-07-2015
Recorde Regional 50m 17	2:19.00	Andre Goncalo, SANTOS	LSC	Oeiras	26-07-2014
Recorde Regional 50m 18	2:18.32	Henrique Pereira, NEIVA	CFV	Linz (AUT)	14-07-2002
Recorde Regional 50m Sen	2:14.13	Carlos Esteves, ALMEIDA	FCP	Palma de Maiorca (ESP)	13-04-2014

Masculinos Juniores Jun: 2:52.48 / Masculinos Seniores Sen: 2:43.99 / Masculinos Juvenil B Juv B: 3:08.77 /
Masculinos Juvenil A Juv A: 3:08.77

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 4, 9:40							
3	Porf�rio Braga, NUNES	M	111552	Abs	00	Vilacondense	NT _____
4	Joao Pedro, BRANCO	M	132221	Abs	01	Aquatico Pacense	NT _____
5	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	NT _____

S rie 2 de 4, 9:45

1	Jose Diogo, PACHECO	M	126021	Abs	02	Vit�ria Sport Clube	3:03.49 _____
2	Hugo Correia, FERREIRA	M	125012	Abs	02	Vilacondense	2:55.73 _____
3	Luis Goncalves, PEREIRA	M	119177	Abs	02	Colegio SMLamas	2:53.36 _____
4	Bruno Shinji, KOBAYASHI	M	123019	Abs	02	Vilacondense	2:52.34 _____
5	Diogo Goncalves, MOURA	M	124963	Abs	02	Assoc. Desportiva de Fafe	2:53.01 _____
6	Joao Pinto, FREITAS	M	122926	Abs	01	Assoc. Desportiva de Fafe	2:53.47 _____
7	Joao Freitas, PEIXOTO	M	122172	Abs	01	Assoc. Desportiva de Fafe	2:58.37 _____
8	Diogo Soares, ALVES	M	202724	Abs	01	AP Vila D Este/Gaia	3:08.39 _____

S rie 3 de 4, 9:50

1	Ricardo Manuel, FARIA	M	124353	Abs	00	Vit�ria Sport Clube	2:50.62 _____
2	Lourenco Monteiro, SOUSA	M	116900	Abs	02	Leix�es Sport Clube	2:49.31 _____
3	Tiago Filipe, TEIXEIRA	M	112114	Abs	00	Foca	2:46.61 _____
4	Bruno Miguel, CAVADAS	M	23279	Abs	89	Natacao de Valongo	2:43.57 _____
5	Bruno Miguel, MAIA	M	126783	Abs	01	Propaganda da Natacao	2:43.85 _____
6	Joao Sa, MELO	M	118226	Abs	01	Famalicao	2:48.88 _____
7	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	2:50.22 _____
8	Goncalo Moreira, SANTOS	M	120511	Abs	01	Natacao de Valongo	2:52.09 _____

O Secret rio do Juri

O Juiz  rbitro

Splash Meet Manager, 11.49155

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27-06-2017 12:13 - P gina 33



Prova 26, Masc., 200m Bruços

S rie 4 de 4, 9:50

1	Jose Moreira, SOUSA	M	118224	Abs	01	Famaliç�o	2:40.18	_____
2	Ivan Emanuel, AMORIM	M	124774	Abs	02	Fluvial Portuense	2:36.38	_____
3	Joao Pedro, SANTOS	M	104562	Abs	98	Fluvial Portuense	2:35.06	_____
4	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	2:24.96	_____
5	Filipe Miguel, GOMES	M	107284	Abs	97	Fluvial Portuense	2:34.32	_____
6	Hugo Azurara, VIEIRA	M	125011	Abs	01	Clube Naval Povoense	2:36.20	_____
7	Diogo Santos, MENDES	M	126719	Abs	02	Leix�es Sport Clube	2:38.48	_____
8	Vitor Pedro, MAGALHAES	M	123237	Abs	02	Famaliç�o	2:40.31	_____

Prova 27

02-07-2017 - 9:55

Femin., 50m Livres
Grafiporto

Absolutos
Startlist

RN Absoluto	25.73	Patricia Vilas, CONCEICAO	CNA	Oeiras	28-07-2012
RN Juv B	27.17	Ana Margarida, GUEDES	GCVR	Coimbra	31-05-2015
RN Juv A	26.98	Ana Pinho, RODRIGUES	AEJ	Campanha	21-06-2009
RN 16	26.21	Ana Pinho, RODRIGUES	AEJ	Coimbra	10-04-2010
RN 17	26.25	Beatriz Mendes, VIEGAS	POR	Uster (SUI)	05-02-2017
RN Sen	25.73	Patricia Vilas, CONCEICAO	CNA	Oeiras	28-07-2012
Recorde Regional 50m Absoluto	26.02	Ana Pinho, RODRIGUES	FCP	Povoa de Varzim	19-04-2014
Recorde Regional 50m Juv B	27.54	Catarina Silva, SOARES	FCP	Porto	04-06-2017
Recorde Regional 50m Juv A	27.31	Claudia Sofia, MONTEIRO	CFV	Aveiro	28-07-2007
Recorde Regional 50m 16	26.74	Adriana Daniela, CASTRO	FCP	Coimbra	26-05-2013
Recorde Regional 50m 17	26.82	Diana Margarida, DURAES	FCP	Famaliç�o	20-07-2013
Recorde Regional 50m Sen	26.02	Ana Pinho, RODRIGUES	FCP	Povoa de Varzim	19-04-2014

Femininos Seniores Sen: 30.93 / Femininos Juniores Jun: 31.66 / Femininos Juvenil B Juv B: 33.26 / Femininos Juvenil A Juv A: 32.45

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
S�rie 1 de 5, 9:55							
3	Sara Catarina, TEIXEIRA	F	121735	Abs	99	Penafiel	NT
4	Vanda Sofia, SANTOS	F	129517	Abs	03	Colegio SMLamas	33.89
5	Mariana Coelho, PEIXOTO	F	117432	Abs	00	Vit�ria Sport Clube	34.73
6	Tatiana Paula, RODRIGUES	F	202728	Abs	01	AP Vila D Este/Gaia	NT

S rie 2 de 5, 9:55

1	Barbara Azevedo, MAGALHAES	F	129745	Abs	03	Fluvial Portuense	33.10
2	Joana Maria, SANTOS	F	120554	Abs	02	Fluvial Portuense	32.23
3	Joana Raquel, TAVARES	F	122229	Abs	01	Fluvial Portuense	32.04
4	Filipa Manuela, MARTINS	F	128708	Abs	03	Penafiel	31.98
5	Margarida Almeida, TEIXEIRA	F	200298	Abs	03	Amarantus	32.00
6	Maria Helena, PERES	F	129271	Abs	02	Colegio SMLamas	32.14
7	Marcia Alexandra, SOUSA	F	111040	Abs	97	Penafiel	32.83
8	Ines Soares, LEMA	F	129875	Abs	03	Fluvial Portuense	33.25

S rie 3 de 5, 9:55

1	Joana Daniela, JACINTO	F	111230	Abs	01	Propaganda da Natacao	31.03
2	Adriana Azevedo, COUTO	F	108336	Abs	00	Famaliç�o	30.84
3	Joana Gabriela, SILVA	F	103945	Abs	95	Colegio SMLamas	30.33
4	Matilde Guimaraes, SANTOS	F	122894	Abs	02	Leix�es Sport Clube	29.57
5	Ines Gales, PINTO	F	129408	Abs	01	Colegio SMLamas	29.82
6	Marta Jose, RIBEIRO	F	127898	Abs	01	Amarantus	30.58
7	Ana Margarida, ALMEIDA	F	122992	Abs	03	Foca	30.88
8	Carolina Nogueira, ROCHA	F	131790	Abs	03	Colegio SMLamas	31.28

O Secret rio do Juri

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Prova 27, Femin., 50m Livres

S rie 4 de 5, 10:00

1	Ana Ines, FERNANDES	F	119258	Abs	00	Vit�ria Sport Clube	29.37	_____
2	Catarina Carvalho, PEREIRA	F	123071	Abs	03	Porto	29.28	_____
3	Beatriz Neves, CARDOSO	F	105741	Abs	98	Colegio SMLamas	29.16	_____
4	Sofia Filipa, GONCALVES	F	122990	Abs	01	Leix�es Sport Clube	28.59	_____
5	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	28.70	_____
6	Barbara Vilela, MAGALHAES	F	119078	Abs	01	Porto	29.19	_____
7	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	29.31	_____
8	Marta Ferreira, ROCHA	F	110558	Abs	99	Leix�es Sport Clube	29.43	_____

S rie 5 de 5, 10:00

1	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	28.40	_____
2	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	28.23	_____
3	Catarina Silva, SOARES	F	121977	Abs	03	Porto	27.54	_____
4	Rosa Maria, OLIVEIRA	F	105858	Abs	96	Porto	27.20	_____
5	Adriana Daniela, CASTRO	F	104515	Abs	97	Individual ANNP	27.40	_____
6	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	27.67	_____
7	Bruna Figueiro, COENTRAO	F	24315	Abs	93	Vilacondense	28.39	_____
8	Maria Rachadell, PEREIRA	F	104612	Abs	98	Estrelas S. Joao Brito	28.40	_____

Prova 28

02-07-2017 - 10:00

Masc., 50m Livres
TURBO

Absolutos
Startlist

RN Absoluto	22.36	Alexandre Escudier, AGOSTINHO	PORTIN	Coimbra	30-05-2009
RN Juv B	24.68	Tiago Andre, VENANCIO	CNS	Lisboa	18-05-2002
RN Juv A	23.78	Tiago Andre, VENANCIO	POR	Paris (FRA)	31-07-2003
RN 17	22.95	Tiago Andre, VENANCIO	POR	Oeiras	16-07-2004
RN 18	22.98	Paulo Jorge, SANTOS	POR	Antu�rpia (BEL)	22-07-2007
RN Sen	22.36	Alexandre Escudier, AGOSTINHO	PORTIN	Coimbra	30-05-2009
Recorde Regional 50m Absoluto	22.51	Paulo Jorge, SANTOS	FCP	Coimbra	30-05-2009
Recorde Regional 50m Juv B	25.27	Jose Miguel, MIRANDA	CFP	Antu�rpia (BEL)	10-07-1988
Recorde Regional 50m Juv A	24.71	Paulo Jorge, SANTOS	FCP	Famalicao	01-01-2005
Recorde Regional 50m 17	23.90	Luis Miguel, MONTEIRO	FCP	Lisboa	20-05-2000
Recorde Regional 50m 18	22.98	Paulo Jorge, SANTOS	FCP	Antu�rpia (BEL)	22-07-2007
Recorde Regional 50m Sen	22.51	Paulo Jorge, SANTOS	FCP	Coimbra	30-05-2009

Masculinos Juniores Jun: 27.80 / Masculinos Seniores Sen: 27.17 / Masculinos Juvenil B Juv B: 29.20 / Masculinos Juvenil A Juv A: 28.49

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo	
S�rie 1 de 7, 10:00								
	2 Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	NT	_____
	3 Gustavo Francisco, RIBEIRO	M	129252	Abs	02	Leix�es Sport Clube	NT	_____
	4 Joao Miguel, MARQUES	M	201137	Abs	02	Foca	30.88	_____
	5 Jose Pedro, SILVA	M	130966	Abs	01	Clube Naval Povoense	31.02	_____
	6 Ricardo Manuel, MONTEIRO	M	110556	Abs	98	Leix�es Sport Clube	NT	_____

S rie 2 de 7, 10:00

1	Sergio Rafael, MOURA	M	201115	Abs	01	Amarantus	29.98	_____
2	Jose Pedro, MENEZES	M	118899	Abs	01	Leix�es Sport Clube	29.81	_____
3	Marco Antonio, PEREIRA	M	130896	Abs	02	Lousada SXXI	28.85	_____
4	Afonso Fernandes, PEREIRA	M	119160	Abs	00	Natacao da Maia	28.65	_____
5	Nuno Rocha, ALMEIDA	M	122193	Abs	02	Colegio SMLamas	28.72	_____
6	Joao Carlos, PAIVA	M	200236	Abs	02	Leix�es Sport Clube	29.13	_____
7	Vasco Antonio, LAMEIRA	M	127906	Abs	99	Amarantus	29.93	_____
8	Tiago Daniel, MARTINS	M	202729	Abs	01	AP Vila D Este/Gaia	30.04	_____

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Prova 28, Masc., 50m Livres

S rie 3 de 7, 10:00

1	Albino Manuel, GONCALVES	M	123698	Abs	99	Individual ANNP	28.24	_____
2	Diogo Ferreira, NEVES	M	108221	Abs	98	Natacao de Valongo	28.04	_____
3	Tomas Mota, DOMINGUES	M	116867	Abs	99	Colegio SMLamas	27.97	_____
4	Pedro Sales, CIDRAIS	M	128938	Abs	00	Natacao de Valongo	27.84	_____
5	Diogo Gomes, CARDOSO	M	202714	Abs	02	Colegio SMLamas	27.92	_____
6	Jorge Coelho, QUINTA	M	120497	Abs	01	Leix�es Sport Clube	28.00	_____
7	Jose Pedro, PICA0	M	118898	Abs	01	Leix�es Sport Clube	28.09	_____
8	Luis Goncalves, PEREIRA	M	119177	Abs	02	Colegio SMLamas	28.33	_____

S rie 4 de 7, 10:05

1	David Fenker, SILVA	M	119060	Abs	00	Colegio SMLamas	27.48	_____
2	Joao Afonso, PICA0	M	102842	Abs	97	Leix�es Sport Clube	27.35	_____
3	Domingos Tiago, PINHEIRO	M	118328	Abs	98	Gin�sio Santo Tirso	27.17	_____
4	Joao Pedro, SANTOS	M	104562	Abs	98	Fluvial Portuense	27.05	_____
5	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	27.08	_____
6	Marcos Daniel, VITORIA	M	120510	Abs	00	Natacao de Valongo	27.24	_____
7	Sergio Miguel, ESTEVAO	M	121590	Abs	01	Leix�es Sport Clube	27.45	_____
8	Alfredo Castro, COELHO	M	116943	Abs	01	Colegio SMLamas	27.77	_____

S rie 5 de 7, 10:05

1	Diogo Alexandre, SANTOS	M	129291	Abs	99	Fluvial Portuense	26.98	_____
2	Joao Carlos, SILVA	M	108379	Abs	98	Famali�o	26.93	_____
3	Daniel Pereira, SILVA	M	111055	Abs	00	Famali�o	26.52	_____
4	Tomas Pimentel, BORGES	M	112140	Abs	00	Porto	26.20	_____
5	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	26.41	_____
6	Daniel Jose, DUARTE	M	118897	Abs	00	Fluvial Portuense	26.75	_____
7	Joao Andre, OLIVEIRA	M	121981	Abs	02	Porto	26.98	_____
8	Goncalo Fernando, FERREIRA	M	121734	Abs	94	Penafiel	26.98	_____

S rie 6 de 7, 10:05

1	Joao Miguel, NUNES	M	108104	Abs	00	Aquatico Pacense	26.12	_____
2	Rui Pedro, FARIA	M	15592	Abs	94	Famali�o	25.81	_____
3	Simao Miguel, CAPITAO	M	109596	Abs	97	Colegio SMLamas	25.42	_____
4	Goncalo Manuel, PAQUETE	M	127101	Abs	99	Fluvial Portuense	25.37	_____
5	Dario Almeida, SANTOS	M	22520	Abs	93	Leix�es Sport Clube	25.41	_____
6	Nuno Correia, SOUSA	M	110484	Abs	00	Fluvial Portuense	25.62	_____
7	Luis Carlos, ALMEIDA	M	104527	Abs	98	Aquatico Pacense	25.88	_____
8	Humberto Fernandes, FELGUEIRAS	M	105205	Abs	98	Natacao de Valongo	26.13	_____

S rie 7 de 7, 10:05

1	Miguel Carlos, SOARES	M	121053	Abs	92	Clube Naval Povoense	25.22	_____
2	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	24.64	_____
3	Tiago Silva, SOARES	M	108287	Abs	99	Porto	24.41	_____
4	Pedro Miguel, FERNANDES	M	110494	Abs	99	Individual ANNP	23.81	_____
5	Bernardo Leitao, GRACA	M	14838	Abs	93	Fluvial Portuense	24.32	_____
6	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famali�o	24.61	_____
7	Filipe Miguel, GOMES	M	107284	Abs	97	Fluvial Portuense	24.82	_____
8	Porfirio Braga, NUNES	M	111552	Abs	00	Vilacondense	25.28	_____

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Prova 29	Femin., 100m Costas				Absolutos
02-07-2017 - 10:10	Grafiporto				Startlist
RN Absoluto	1:03.42	Ana Sofia, LEITE	GCVR	Coimbra	03-04-2015
RN Juv B	1:04.90	Joana Carina, SILVA	LSXXI	Oeiras	25-03-2011
RN Juv A	1:03.92	Ines Camacho, FERNANDES	SCP	Coimbra	06-04-2012
RN Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
RN 16	1:04.00	Ines Camacho, FERNANDES	SCP	Coimbra	30-03-2013
RN 17	1:04.15	Maria Carlos, SANTOS	POR	Viena (AUT)	24-08-1995
RN Sen	1:03.42	Ana Sofia, LEITE	GCVR	Coimbra	03-04-2015
Recorde Regional 50m Absoluto	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010
Recorde Regional 50m Juv B	1:04.90	Joana Carina, SILVA	LSXXI	LISBOA	25-03-2011
Recorde Regional 50m Juv A	1:03.92	Joana Carina, SILVA	LSXXI	Coimbra	06-04-2012
Recorde Regional 50m 16	1:04.42	Joana Carina, SILVA	LSXXI	Poznan (POL)	13-07-2013
Recorde Regional 50m 17	1:06.47	Joana Carina, SILVA	LSXXI	Coimbra	05-04-2014
Recorde Regional 50m Sen	1:03.45	Marta Vieira, MARINHO	FCP	Coimbra	10-04-2010

Femininos Seniores Sen: 1:16.32 / Femininos Juniores Jun: 1:18.22 / Femininos Juvenil B Juv B: 1:23.43 /
Femininos Juvenil A Juv A: 1:23.28

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 6, 10:10							
1	Telma Alexandra, MOREIRA	F	153343	Abs	00	Lousada SXXI	1:33.94
2	Nadia Sofia, CARDOSO	F	130430	Abs	03	AP Vila D Este/Gaia	1:30.42
3	Daniela Filipa, SANTOS	F	123011	Abs	03	Fluvial Portuense	1:27.34
4	Barbara Castro, FERREIRA	F	124858	Abs	03	Famaliç�o	1:24.82
5	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	1:25.05
6	Joana Margarida, TEIXEIRA	F	201365	Abs	02	Amarantus	1:29.35
7	Jessica Filipa, SILVA	F	123095	Abs	03	AP Vila D Este/Gaia	1:30.92
S�rie 2 de 6, 10:10							
1	Ana Carolina, LOPES	F	124707	Abs	03	Vilacondense	1:21.56
2	Beatriz Ferreira, MARTINS	F	129744	Abs	03	Porto	1:20.76
3	Ana Isabel, REIS	F	123703	Abs	01	Propaganda da Natacao	1:20.12
4	Alice Martins, LAMEIRA	F	126721	Abs	03	Leix�es Sport Clube	1:19.20
5	Helena Isabel, FELGUEIRAS	F	122011	Abs	03	Natacao de Valongo	1:19.92
6	Maria Sa, MACEDO	F	130889	Abs	03	Porto	1:20.27
7	Maria Silva, RIBEIRO	F	121709	Abs	03	Famaliç�o	1:21.39
8	Joana Isabel, MONTEIRO	F	126711	Abs	03	Leix�es Sport Clube	1:22.18
S�rie 3 de 6, 10:10							
1	Carlota Sequeira, APARICIO	F	121976	Abs	03	Porto	1:17.56
2	Ines Freitas, ROCHA	F	129880	Abs	03	Aquatico Pacense	1:15.96
3	Matilde Guimaraes, SANTOS	F	122894	Abs	02	Leix�es Sport Clube	1:15.78
4	Carolina Silva, SOARES	F	123910	Abs	03	Natacao de Valongo	1:15.08
5	Maria Vitoria, HENRIQUES	F	128311	Abs	03	Assoc. Desportiva de Fafe	1:15.48
6	Ema Miranda, CAMBAS	F	127618	Abs	03	Clube Naval Povoense	1:15.78
7	Matilde Mota, DOMINGUES	F	122289	Abs	03	Colegio SMLamas	1:17.36
8	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria Sport Clube	1:17.57
S�rie 4 de 6, 10:15							
1	Ines Alves, MARTINS	F	112126	Abs	01	Fluvial Portuense	1:14.65
2	Ines Ferreira, LOPES	F	107956	Abs	99	Fluvial Portuense	1:14.23
3	Catarina Isabel, ALMEIDA	F	127104	Abs	02	Vit�ria Sport Clube	1:13.14
4	Leila Tavarria, LEMOS	F	127860	Abs	00	Vilacondense	1:12.44
5	Ana Margarida, LEITE	F	123141	Abs	02	Assoc. Desportiva de Fafe	1:12.61
6	Soraia Isabel, GUIMARAES	F	119151	Abs	02	Vit�ria Sport Clube	1:14.02
7	Rita Alexandra, CAMPOS	F	120820	Abs	02	Porto	1:14.51
8	Ana Lopes, SANTOS	F	120698	Abs	02	Vilacondense	1:14.87

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Prova 29, Femin., 100m Costas

S rie 5 de 6, 10:15

1	Maria Joao, FERNANDES	F	102092	Abs	97	Fluvial Portuense	1:12.07	_____
2	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria Sport Clube	1:11.49	_____
3	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	1:10.98	_____
4	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	1:10.53	_____
5	Barbara Alexandra, NUNES	F	128640	Abs	03	Porto	1:10.73	_____
6	Francisca Soares, MARTINS	F	126504	Abs	03	Foca	1:11.10	_____
7	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	1:11.65	_____
8	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famalicao	1:12.41	_____

S rie 6 de 6, 10:15

1	Catarina Alexandra, JARDIM	F	104449	Abs	98	Famalicao	1:10.07	_____
2	Mafalda Pacheco, CUNHA	F	121589	Abs	02	Fluvial Portuense	1:09.60	_____
3	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	1:08.29	_____
4	Alexandra Jesus, SANTOS	F	117408	Abs	00	Leixoes Sport Clube	1:06.71	_____
5	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	1:07.40	_____
6	Ana Rita, RAMOS	F	126775	Abs	02	Porto	1:08.46	_____
7	Rosana Marinho, MACEDO	F	111500	Abs	99	Foca	1:09.81	_____
8	Mariana Sousa, MAIA	F	118219	Abs	02	Famalicao	1:10.18	_____

Prova 30

02-07-2017 - 10:20

Masc., 100m Costas
TURBO

Absolutos
Startlist

RN Absoluto	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
RN Juv B	59.97	Diogo Gomes, SOUSA	CNCVG	Coimbra	31-07-2010
RN Juv A	58.61	Diogo Gomes, SOUSA	CNCVG	Coimbra	29-05-2011
RN 17	57.17	Alexis Manacas, SANTOS	POR	Praga (CZE)	12-07-2009
RN 18	55.79	Gabriel Jose, LOPES	POR	Singapore (SIN)	25-08-2015
RN Sen	55.01	Gabriel Jose, LOPES	ALN	Coimbra	31-03-2017
Recorde Regional 50m Absoluto	56.76	Adriano Miguel, NIZ	GDNF	Povoa de Varzim	06-08-2011
Recorde Regional 50m Juv B	1:00.79	Adriano Miguel, NIZ	CFV		26-07-2001
Recorde Regional 50m Juv A	59.55	Tiago Manuel, TEIXEIRA	ADF	Coimbra	26-05-2012
Recorde Regional 50m 17	58.56	Adriano Miguel, NIZ	CFV	Glasgow (GBR)	02-08-2003
Recorde Regional 50m 18	57.95	Adriano Miguel, NIZ	CFV	Jamor	18-07-2004
Recorde Regional 50m Sen	56.76	Adriano Miguel, NIZ	GDNF	Povoa de Varzim	06-08-2011

Masculinos Juniores Jun: 1:08.86 / Masculinos Seniores Sen: 1:06.80 / Masculinos Juvenil B Juv B: 1:15.53 /
Masculinos Juvenil A Juv A: 1:14.67

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo	
S�rie 1 de 5, 10:20								
1	Alexandre Carvalho, CONCEICAO	M	126858	Abs	02	Penafiel	1:16.02	_____
2	Goncalo Traila, MARTINS	M	124974	Abs	02	Famalicao	1:13.72	_____
3	Alexandre Abreu, MACHADO	M	119215	Abs	02	Vit�ria Sport Clube	1:11.74	_____
4	Samuel Dias, MARTINS	M	122190	Abs	02	Colegio SMLamas	1:11.11	_____
5	Rui Almeida, SANTOS	M	119064	Abs	02	Colegio SMLamas	1:11.53	_____
6	Sergio Filipe, TRAVANCA	M	117385	Abs	00	Fluvial Portuense	1:12.32	_____
7	Marco Antonio, PEREIRA	M	130896	Abs	02	Lousada SXXI	1:15.23	_____
8	Pedro Miguel, FARIA	M	129799	Abs	02	Vit�ria Sport Clube	1:17.27	_____

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Prova 30, Masc., 100m Costas

S rie 2 de 5, 10:20

1	Xavier Gomes, CERDEIRINHA	M	125904	Abs	02	Colegio SMLamas	1:10.45	_____
2	Pedro Miguel, MARQUES	M	111060	Abs	00	Famali�o	1:09.52	_____
3	Francisco Emanuel, MORIM	M	118054	Abs	02	Vilacondense	1:08.82	_____
4	Bruno Shinji, KOBAYASHI	M	123019	Abs	02	Vilacondense	1:08.65	_____
5	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	1:08.74	_____
6	Nuno Filipe, LEITE	M	108300	Abs	00	Foca	1:09.42	_____
7	Joao Pedro, RIBEIRO	M	127135	Abs	02	Vilacondense	1:09.86	_____
8	Jose Pedro, PICAO	M	118898	Abs	01	Leix�es Sport Clube	1:11.02	_____

S rie 3 de 5, 10:25

1	Rodrigo Oliveira, GONCALVES	M	124764	Abs	02	Porto	1:08.03	_____
2	Rui Pires, MARTINS	M	122177	Abs	01	Assoc. Desportiva de Fafe	1:07.91	_____
3	Jorge Coelho, QUINTA	M	120497	Abs	01	Leix�es Sport Clube	1:06.80	_____
4	Nuno Filipe, FERREIRA	M	119654	Abs	00	Foca	1:06.56	_____
5	Diogo Manuel, MARTINS	M	119083	Abs	02	Porto	1:06.68	_____
6	Samson Silva, COSTA	M	120847	Abs	02	Fluvial Portuense	1:07.02	_____
7	Joao Freitas, PEIXOTO	M	122172	Abs	01	Assoc. Desportiva de Fafe	1:08.00	_____
8	Bruno Miguel, MAIA	M	126783	Abs	01	Propaganda da Natacao	1:08.21	_____

S rie 4 de 5, 10:25

1	Eduardo Miguel, MAGALHAES	M	125074	Abs	02	Vit�ria Sport Clube	1:05.51	_____
2	Ivo Manuel, DIAS	M	111508	Abs	00	Foca	1:05.02	_____
3	Nuno Correia, SOUSA	M	110484	Abs	00	Fluvial Portuense	1:04.61	_____
4	Francisco Manuel, ZENZA	M	112097	Abs	01	Natacao da Maia	1:03.94	_____
5	Joao Pinto, FREITAS	M	122926	Abs	01	Assoc. Desportiva de Fafe	1:04.55	_____
6	Dario Almeida, SANTOS	M	22520	Abs	93	Leix�es Sport Clube	1:04.81	_____
7	Bruno Rafael, MACHADO	M	119176	Abs	01	Fluvial Portuense	1:05.21	_____
8	Bruno Carvalho, BARROSO	M	125969	Abs	01	Leix�es Sport Clube	1:05.53	_____

S rie 5 de 5, 10:25

1	Jose Salgado, MOREIRA	M	121706	Abs	01	Famali�o	1:03.40	_____
2	Ricardo Filipe, ROCHA	M	121787	Abs	02	Aquatico Pacense	1:02.16	_____
3	Joao Nogueira, COSTA	M	124315	Abs	01	Vit�ria Sport Clube	1:01.74	_____
4	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	59.01	_____
5	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	1:01.56	_____
6	Pedro Romanoski, CARVALHO	M	108664	Abs	94	Famali�o	1:02.10	_____
7	Afonso Passos, CUNHA	M	118228	Abs	01	Famali�o	1:02.19	_____
8	Luis Filipe, SOARES	M	105615	Abs	98	Porto	1:03.76	_____

Prova 31	Femin., 400m Livres				Absolutos
02-07-2017 - 10:30	Grafiporto				Startlist
RN Absoluto	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12-03-2016
RN Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
RN Juv A	4:20.78	Tamila Hryhorivna, HOLUB	POR	Porto	07-06-2014
RN 16	4:20.37	Marta Andreia, FERREIRA	POR	Berlim (GER)	04-08-2002
RN 17	4:14.67	Tamila Hryhorivna, HOLUB	SCB	Oeiras	23-07-2016
RN Sen	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12-03-2016
Recorde Regional 50m Absoluto	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12-03-2016
Recorde Regional 50m Juv B	4:26.20	Maria Francisca, CABRAL	FCP	Oeiras	26-07-2014
Recorde Regional 50m Juv A	4:26.91	Alexandra Maria, SILVA	FCP	Buenos Aires (ARG)	16-04-1982
Recorde Regional 50m 16	4:23.86	Alexandra Maria, SILVA	FCP	Olivais	16-04-1983
Recorde Regional 50m 17	4:23.18	Marcia Santos, FREITAS	VSC	Famalicao	09-07-2005
Recorde Regional 50m Sen	4:13.34	Diana Margarida, DURAES	FCP	Oeiras	12-03-2016

Femininos Seniores Sen: 5:04.35 / Femininos Juniores Jun: 5:16.53 / Femininos Juvenil B Juv B: 5:35.14 /
Femininos Juvenil A Juv A: 5:28.20

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
S�rie 1 de 5, 10:30							
1	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	NT
2	Carolina Costa, SILVESTRE	F	200338	Abs	03	Luso-Internacional do Porto	5:40.27
3	Ana Margarida, TEIXEIRA	F	111504	Abs	02	Foca	5:15.20
4	Beatriz Araujo, BARBOSA	F	124967	Abs	03	Famalicao	5:12.91
5	Tatiana Valente, CARDOSO	F	128960	Abs	03	Aquatico Pacense	5:14.43
6	Ana Margarida, ALMEIDA	F	122992	Abs	03	Foca	5:16.86
7	Filipa Manuela, MARTINS	F	128708	Abs	03	Penafiel	5:51.97
S�rie 2 de 5, 10:35							
1	Ana Sofia, AGUIAR	F	120624	Abs	02	Vilacondense	5:10.25
2	Joana Sofia, MACHADO	F	127918	Abs	02	Natacao de Valongo	5:09.51
3	Beatriz Daniela, MACEDO	F	124313	Abs	02	Vit�ria Sport Clube	5:05.64
4	Ines Gales, PINTO	F	129408	Abs	01	Colegio SMLamas	5:04.08
5	Ana Carmo, PINHEIRO	F	124856	Abs	02	Gin�sio Santo Tirso	5:04.65
6	Mariana Almeida, VALE	F	126713	Abs	03	Natacao de Valongo	5:07.51
7	Joana Daniela, JACINTO	F	111230	Abs	01	Propaganda da Natacao	5:09.58
8	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	5:11.71
S�rie 3 de 5, 10:40							
1	Ana Pereira, SILVA	F	124810	Abs	03	Assoc. Desportiva de Fafe	5:01.14
2	Ines Freitas, ROCHA	F	129880	Abs	03	Aquatico Pacense	4:58.31
3	Ana Ines, FERNANDES	F	119258	Abs	00	Vit�ria Sport Clube	4:57.63
4	Maria Freitas, CASTRO	F	124809	Abs	03	Assoc. Desportiva de Fafe	4:55.42
5	Maria Leonor, AMORIM	F	122000	Abs	03	Porto	4:57.32
6	Mariana Filipa, MOREIRA	F	125777	Abs	02	Natacao de Valongo	4:58.06
7	Alexandra Martins, CAMPOS	F	127155	Abs	02	Leix�es Sport Clube	4:58.81
8	Leonor Santos, SILVA	F	121982	Abs	03	Porto	5:02.92
S�rie 4 de 5, 10:45							
1	Sofia Filipa, GONCALVES	F	122990	Abs	01	Leix�es Sport Clube	4:53.71
2	Lara Beatriz, MATOS	F	111049	Abs	01	Famalicao	4:52.54
3	Carolina Silva, SOARES	F	123910	Abs	03	Natacao de Valongo	4:48.39
4	Maria Joao, FERNANDES	F	102092	Abs	97	Fluvial Portuense	4:44.24
5	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	4:45.66
6	Rita Constanca, CARDOSO	F	121989	Abs	03	Porto	4:50.58
7	Sara Lopes, BARBOSA	F	118181	Abs	00	Aquatico Pacense	4:53.27
8	Rafaela Campos, OLIVEIRA	F	111322	Abs	00	Vilacondense	4:54.15

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Prova 31, Femin., 400m Livres

S rie 5 de 5, 10:55

1	Rafaela Araujo, SILVA	F	119630	Abs	00	Famalic�o	4:42.15	_____
2	Ana Silva, COSTA	F	104446	Abs	98	Famalic�o	4:38.99	_____
3	Maria Carolina, COSTA	F	119080	Abs	01	Porto	4:31.63	_____
4	Ana Rita, FARIA	F	117417	Abs	00	Porto	4:27.32	_____
5	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	4:30.99	_____
6	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	4:36.58	_____
7	Ana Beatriz, MARTINS	F	108375	Abs	99	Famalic�o	4:40.45	_____
8	Ines Silva, OLIVEIRA	F	116890	Abs	00	Fluvial Portuense	4:42.94	_____

Prova 32

02-07-2017 - 11:00

Masc., 400m Livres
TURBO

Absolutos
Startlist

RN Absoluto	3:52.29	Jorge Manuel, MAIA	POR	M�laga (ESP)	05-04-2009
RN Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
RN Juv A	3:59.38	Gustavo Manuel, SANTA	POR	Tampere (FIN)	21-07-2009
RN 17	3:57.15	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	14-07-2010
RN 18	3:58.26	Ivo Emanuel, CARNEIRO	POR	Linz (AUT)	12-07-2002
RN Sen	3:52.29	Jorge Manuel, MAIA	POR	M�laga (ESP)	05-04-2009
Recorde Regional 50m Absoluto	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14-06-2008
Recorde Regional 50m Juv B	4:06.22	Rui Filipe, COSTA	VSC	Coimbra	29-07-2006
Recorde Regional 50m Juv A	4:02.13	Jorge Manuel, MAIA	GDNVNF	EULisboa	29-05-2005
Recorde Regional 50m 17	4:00.90	Jorge Manuel, MAIA	GDNVNF	Palma de Maiorca (ESP)	07-07-2006
Recorde Regional 50m 18	3:58.61	Luis Miguel, MONTEIRO	FCP	Loule	03-08-2001
Recorde Regional 50m Sen	3:52.29	Jorge Manuel, MAIA	GDNVNF	Malaga (ESP)	14-06-2008

Masculinos Juniores Jun: 4:43.93 / Masculinos Seniores Sen: 4:37.68 / Masculinos Juvenil B Juv B: 5:05.03 /
Masculinos Juvenil A Juv A: 5:04.92

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
S�rie 1 de 6, 11:00							
1	Rui Barros, PINTO	M	124924	Abs	01	Assoc. Desportiva de Fafe	NT
2	Tiago Filipe, GOMES	M	130893	Abs	02	AP Vila D Este/Gaia	5:21.62
3	Joao Carvalho, CUNHA	M	124813	Abs	02	Assoc. Desportiva de Fafe	5:00.56
4	Joao Pedro, RIBEIRO	M	127135	Abs	02	Vilacondense	4:57.96
5	Francisco Emanuel, MORIM	M	118054	Abs	02	Vilacondense	4:58.23
6	Gustavo Ferreira, VITOR	M	129874	Abs	02	Fluvial Portuense	5:03.24
7	Samuel Silva, RIBEIRO	M	126720	Abs	02	Leix�es Sport Clube	5:30.43

S rie 2 de 6, 11:05

1	Joao Simons, CUNHA	M	124582	Abs	02	Fluvial Portuense	4:52.18	_____
2	Jose Salgado, MOREIRA	M	121706	Abs	01	Famalic�o	4:51.32	_____
3	Bruno Miguel, SEIXAS	M	126784	Abs	01	Natacao da Maia	4:49.85	_____
4	Rui Tiago, PACHECO	M	118357	Abs	01	Vilacondense	4:46.80	_____
5	Luis Tiago, FERNANDES	M	111447	Abs	01	Famalic�o	4:48.50	_____
6	Tiago Lima, MARTINS	M	124861	Abs	01	Gin�sio Santo Tirso	4:50.92	_____
7	Marcos Dias, MARTINS	M	122189	Abs	02	Colegio SMLamas	4:51.61	_____
8	Miguel Silva, GONCALVES	M	124862	Abs	02	Gin�sio Santo Tirso	4:57.57	_____

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Prova 32, Masc., 400m Livres

S rie 3 de 6, 11:10

1	Joao Andre, OLIVEIRA	M	121981	Abs	02	Porto	4:42.53	_____
2	Goncalo Moreira, SANTOS	M	120511	Abs	01	Natacao de Valongo	4:40.26	_____
3	Luis Manuel, RIBEIRO	M	120816	Abs	02	Porto	4:38.96	_____
4	Nuno Filipe, FERREIRA	M	119654	Abs	00	Foca	4:38.36	_____
5	Goncalo Gomes, ORNELAS	M	127125	Abs	01	Fluvial Portuense	4:38.52	_____
6	Goncalo Sampaio, SALGADO	M	121720	Abs	02	Famaliç�o	4:39.57	_____
7	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	4:41.98	_____
8	Joao Pedro, BRANCO	M	132221	Abs	01	Aquatico Pacense	4:44.45	_____

S rie 4 de 6, 11:15

1	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	4:35.60	_____
2	Diogo Filipe, RIBEIRO	M	124584	Abs	02	Leix�es Sport Clube	4:33.75	_____
3	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	4:33.01	_____
4	Diogo Pereira, SANTOS	M	104483	Abs	99	Porto	4:32.10	_____
5	Guilherme Diogo, LOBO	M	122395	Abs	02	Porto	4:32.50	_____
6	Joao Pereira, TINOCO	M	111056	Abs	00	Famaliç�o	4:33.43	_____
7	Joao Sa, MELO	M	118226	Abs	01	Famaliç�o	4:34.26	_____
8	Ricardo Jorge, MOREIRA	M	122012	Abs	01	Natacao de Valongo	4:37.77	_____

S rie 5 de 6, 11:20

1	Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	4:30.00	_____
2	Tomas Pimentel, BORGES	M	112140	Abs	00	Porto	4:27.14	_____
3	Samson Silva, COSTA	M	120847	Abs	02	Fluvial Portuense	4:23.78	_____
4	Diogo Moreno, BASTOS	M	108285	Abs	00	Fluvial Portuense	4:23.53	_____
5	Tiago Mendonca, FREIRE	M	116898	Abs	01	Leix�es Sport Clube	4:23.69	_____
6	Joao Leite, SARAIVA	M	118229	Abs	01	Famaliç�o	4:25.05	_____
7	Romeu Ribeiro, FERNANDES	M	122171	Abs	01	Assoc. Desportiva de Fafe	4:27.63	_____
8	Hugo Azurara, VIEIRA	M	125011	Abs	01	Clube Naval Povoense	4:30.67	_____

S rie 6 de 6, 11:25

1	Jose Pedro, FREITAS	M	111446	Abs	00	Famaliç�o	4:21.96	_____
2	Paulo Filipe, SILVA	M	117012	Abs	98	Natacao da Maia	4:19.78	_____
3	Joao Santos, MENDES	M	111648	Abs	98	Leix�es Sport Clube	4:14.66	_____
4	Pedro Miguel, SANTOS	M	121987	Abs	01	Porto	4:08.58	_____
5	Diogo Barbosa, NUNES	M	110529	Abs	00	Fluvial Portuense	4:09.03	_____
6	Rui Jorge, MATIAS	M	107735	Abs	99	Vilacondense	4:16.02	_____
7	Goncalo Manuel, PAQUETE	M	127101	Abs	99	Fluvial Portuense	4:20.47	_____
8	Ivan Emanuel, AMORIM	M	124774	Abs	02	Fluvial Portuense	4:22.46	_____

11:30 Cerimonia de Distribu o de Medalhas - 23,24,25,26,27,28,29,30 e 31

Prova 33	Femin., 4 x 50m Estilos				Absolutos
02-07-2017 - 11:50	Grafiporto				Startlist
RN Absoluto	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
RN Jun	2:01.61	Sporting Clube de Portugal	SCP	Coimbra	31-07-2010
RN Sen	1:56.50	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	10-04-2010
Recorde Regional 50m Absoluto	1:56.50	Marta Marinho, Joana Carvalho, SaifCPliveira,	Coimbrara	Oliveira	10-04-2010
Recorde Regional 50m Jun	2:04.37	Maria Amorim, Paula OLiveira, SsilvFCPoares,	Rio	Maior	02-04-2011
Recorde Regional 50m Sen	1:56.50	Marta Marinho, Joana Carvalho, SaifCPliveira,	Coimbrara	Oliveira	10-04-2010

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 11:50</u>						
3	F		Abs		AP Vila D Este/Gaia	NT _____
4	F		Abs		Leix�es Sport Clube	2:25.65 _____
5	F		Abs		Vit�ria Sport Clube	2:26.00 _____
<u>S�rie 2 de 3, 11:55</u>						
2	F		Abs		Foca	2:21.59 _____
3	F		Abs		Famaliç�o	2:19.78 _____
4	F		Abs		Propaganda da Natacao	2:14.11 _____
5	F		Abs		Colegio SMLamas	2:16.77 _____
6	F		Abs		Natacao de Valongo	2:20.69 _____
7	F		Abs		Aquatico Pacense	2:24.96 _____
<u>S�rie 3 de 3, 11:55</u>						
1	F		Abs		Colegio SMLamas	2:10.48 _____
2	F		Abs		Famaliç�o	2:08.46 _____
3	F		Abs		Leix�es Sport Clube	2:06.93 _____
4	F		Abs		Porto	2:01.63 _____
5	F		Abs		Porto	2:06.66 _____
6	F		Abs		Fluvial Portuense	2:07.23 _____
7	F		Abs		Aquatico Pacense	2:08.51 _____
8	F		Abs		Fluvial Portuense	2:12.88 _____

Prova 34	Masc., 4 x 50m Estilos				Absolutos
02-07-2017 - 12:00	TURBO				Startlist
RN Absoluto	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
RN Jun	1:48.28	Sporting Clube de Portugal	SCP	Coimbra	10-04-2010
RN Sen	1:42.03	Clube Natacao da Amadora	CNA	Faro	20-07-2009
Recorde Regional 50m Absoluto	1:43.41	Carlos Santos, Gil Pinto, Joao CarveFCP Paulo (Faro)s			20-07-2009
Recorde Regional 50m Jun	1:48.60	Samuel Queiros, Sergio Silva, CarloFCPantos, RLisboa			28-03-2009
Recorde Regional 50m Sen	1:44.57	GIL Pinto, Sergio Silva, Carlos SantFCP Paulo SCoimbra			06-04-2012

Pista	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 12:00</u>						
3	M		Abs		AP Vila D Este/Gaia	NT _____
4	M		Abs		Colegio SMLamas	2:04.86 _____
5	M		Abs		Aquatico Pacense	2:10.24 _____

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Prova 34, Masc., 4 x 50m Estilos

S rie 2 de 3, 12:00

2	Fluvial Portuense 2	M	Abs	Fluvial Portuense	2:01.79	_____
3	Leix�es Sport Clube 1	M	Abs	Leix�es Sport Clube	2:00.24	_____
4	Natacao de Valongo 1	M	Abs	Natacao de Valongo	1:59.57	_____
5	Assoc. Desportiva de Fafe 1	M	Abs	Assoc. Desportiva de Fafe	2:00.04	_____
6	Leix�es Sport Clube 2	M	Abs	Leix�es Sport Clube	2:00.80	_____
7	Natacao da Maia 1	M	Abs	Natacao da Maia	2:01.92	_____

S rie 3 de 3, 12:05

1	Foca 1	M	Abs	Foca	1:57.85	_____
2	Famalic�o 1	M	Abs	Famalic�o	1:56.58	_____
3	Colegio SMLamas 1	M	Abs	Colegio SMLamas	1:53.55	_____
4	Porto 1	M	Abs	Porto	1:50.13	_____
5	Fluvial Portuense 1	M	Abs	Fluvial Portuense	1:51.80	_____
6	Aquatico Pacense 1	M	Abs	Aquatico Pacense	1:55.20	_____
7	Famalic�o 2	M	Abs	Famalic�o	1:57.35	_____
8	Porto 2	M	Abs	Porto	1:58.26	_____

12:10 Cerimonia de Distribui o de Medalhas - 32, 33 e 34

4 - 4^a Jornada

02-07-2017 - 15:30

Prova 35 02-07-2017 - 15:30	Femin., 1500m Livres Grafiporto				Absolutos Startlist
RN Absoluto	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Juv B	17:34.28	Maria Miguel, VELOSO	CNAC	Coimbra	08-07-2007
RN Juv A	16:54.60	Tamila Hryhorivna, HOLUB	POR	Dordrecht (NED)	11-07-2014
RN 16	16:47.35	Tamila Hryhorivna, HOLUB	POR	Coimbra	31-05-2015
RN 17	16:20.80	Tamila Hryhorivna, HOLUB	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Sen	16:33.93	Tamila Hryhorivna, HOLUB	POR	Pontevedra (ESP)	10-04-2017
Recorde Regional 50m Absoluto	16:46.57	Angelica Maria, ANDRE	LSC	Famaliç�o	07-07-2013
Recorde Regional 50m Juv B	18:13.98	Ana Filipa, MARTINS	FOCA	Famalicao	17-07-2011
Recorde Regional 50m Juv A	17:52.94	Alexandra Maria, JORGE	CFP	Povoa de Varzim	22-06-1991
Recorde Regional 50m 16	17:25.39	Andreia Catarina, GOMES	VSC	Coimbra	01-08-2010
Recorde Regional 50m 17	17:00.95	Angelica Maria, ANDRE	LSC	Coimbra	29-05-2011
Recorde Regional 50m Sen	16:46.57	Angelica Maria, ANDRE	LSC	Famalicao	07-07-2013

Femininos Seniores Sen: 19:56.62 / Femininos Juniores Jun: 20:38.07 / Femininos Juvenil B Juv B: 22:15.34 /
Femininos Juvenil A Juv A: 21:36.41

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 2, 15:30</u>							
3	Francisca Soares, MARTINS	F	126504	Abs	03	Foca	NT _____
4	Rafaela Campos, OLIVEIRA	F	111322	Abs	00	Vilacondense	19:11.34 _____
5	Ana Rita, RAMOS	F	126775	Abs	02	Porto	NT _____
<u>S�rie 2 de 2, 15:50</u>							
1	Sara Lopes, BARBOSA	F	118181	Abs	00	Aquatico Pacense	18:36.62 _____
2	Rafaela Araujo, SILVA	F	119630	Abs	00	Famaliç�o	18:16.05 _____
3	Ana Silva, COSTA	F	104446	Abs	98	Famaliç�o	18:09.09 _____
4	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	17:22.78 _____
5	Maria Carolina, COSTA	F	119080	Abs	01	Porto	17:37.12 _____
6	Maria Joao, FERNANDES	F	102092	Abs	97	Fluvial Portuense	18:12.60 _____
7	Leila Tavarina, LEMOS	F	127860	Abs	00	Vilacondense	18:31.85 _____

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Prova 36	Masc., 800m Livres				Absolutos
02-07-2017 - 16:10	TURBO				Startlist
RN Absoluto	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27-07-2007
RN Juv B	8:43.31	Duarte Miguel, JORGE	CGA	Oeiras	21-07-2016
RN Juv A	8:23.54	Gustavo Manuel, SANTA	POR	Tampere (FIN)	23-07-2009
RN 17	8:13.49	Gustavo Manuel, SANTA	POR	Helsinki (FIN)	17-07-2010
RN 18	8:06.97	Guilherme Filipe, PINA	POR	Hodmezovasarhely (HUN)	09-07-2016
RN Sen	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27-07-2007
Recorde Regional 50m Absoluto	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27-07-2007
Recorde Regional 50m Juv B	8:46.63	Rui Filipe, COSTA	VSC	Porto	06-07-2006
Recorde Regional 50m Juv A	8:28.22	Rui Filipe, COSTA	VSC	Famalic�o	08-07-2007
Recorde Regional 50m 17	8:21.47	Antonio Fernando, PINTO	LSXXI	Oeiras	11-03-2016
Recorde Regional 50m 18	8:16.64	Fernando Eurico, COSTA	LSC	Luxemburgo (LUX)	24-01-2003
Recorde Regional 50m Sen	8:05.35	Fernando Eurico, COSTA	LSC	Aveiro	27-07-2007

Masculinos Juniores Jun: 9:39.09 / Masculinos Seniores Sen: 9:27.42 / Masculinos Juvenil B Juv B: 10:37.45 /
Masculinos Juvenil A Juv A: 10:29.70

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 16:10</u>							
3	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	NT
4	Luis Tiago, FERNANDES	M	111447	Abs	01	Famalic�o	9:39.44
5	Alexandre Carvalho, CONCEICAO	M	126858	Abs	02	Penafiel	9:52.54
<u>S�rie 2 de 3, 16:20</u>							
1	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	9:39.01
2	Joao Pedro, BRANCO	M	132221	Abs	01	Aquatico Pacense	9:36.01
3	Joao Sa, MELO	M	118226	Abs	01	Famalic�o	9:33.57
4	Nuno Filipe, FERREIRA	M	119654	Abs	00	Foca	9:25.00
5	Diogo Alexandre, PEREIRA	M	118265	Abs	98	Fluvial Portuense	9:27.50
6	Goncalo Sampaio, SALGADO	M	121720	Abs	02	Famalic�o	9:34.18
7	Guilherme Diogo, LOBO	M	122395	Abs	02	Porto	9:37.80
<u>S�rie 3 de 3, 16:30</u>							
1	Tiago Mendonca, FREIRE	M	116898	Abs	01	Leix�es Sport Clube	9:07.81
2	Rui Jorge, MATIAS	M	107735	Abs	99	Vilacondense	8:54.66
3	Rui Pedro, FARIA	M	15592	Abs	94	Famalic�o	8:47.77
4	Pedro Miguel, SANTOS	M	121987	Abs	01	Porto	8:43.55
5	Diogo Barbosa, NUNES	M	110529	Abs	00	Fluvial Portuense	8:45.84
6	Joao Santos, MENDES	M	111648	Abs	98	Leix�es Sport Clube	8:48.60
7	Diogo Moreno, BASTOS	M	108285	Abs	00	Fluvial Portuense	9:07.66
8	Samson Silva, COSTA	M	120847	Abs	02	Fluvial Portuense	9:14.35



Prova 37	Femin., 200m Mariposa				Absolutos
02-07-2017 - 16:40	Grafiporto				Startlist
RN Absoluto	2:10.14	Sara Freitas, OLIVEIRA	POR	Beijing (CHN)	12-08-2008
RN Juv B	2:20.75	Susana Patricia, MIGUEL	POR	G�nova (ITA)	04-07-2004
RN Juv A	2:15.56	Ana Rita, FRANCISCO	POR	Genebra (SUI)	20-07-1995
RN 16	2:17.11	Ana Rita, FRANCISCO	SFUAP	Porto	29-06-1996
RN 17	2:12.56	Sara Freitas, OLIVEIRA	POR	Berlim (GER)	04-08-2002
RN Sen	2:10.14	Sara Freitas, OLIVEIRA	POR	Beijing (CHN)	12-08-2008
Recorde Regional 50m Absoluto	2:10.14	Sara Freitas, OLIVEIRA	FCP	Pequim (CHN)	12-08-2008
Recorde Regional 50m Juv B	2:22.76	Raquel Maria, FELGUEIRAS	SCB	Restelo	31-07-1994
Recorde Regional 50m Juv A	2:19.82	Raquel Maria, FELGUEIRAS	SCB	Porto	01-07-1995
Recorde Regional 50m 16	2:19.10	Ana Catarina, MONTEIRO	CFV	Porto	20-06-2009
Recorde Regional 50m 17	2:12.56	Sara Freitas, OLIVEIRA	FCP	Berlin (GER)	04-08-2002
Recorde Regional 50m Sen	2:10.14	Sara Freitas, OLIVEIRA	FCP	Pequim (CHN)	12-08-2008

Femininos Seniores Sen: 2:44.64 / Femininos Juniores Jun: 2:56.02 / Femininos Juvenil B Juv B: 3:12.13 /
Femininos Juvenil A Juv A: 3:05.74

Pista	Nome	Sexo	Licena	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 16:40</u>							
2	Angela Filipa, RIBEIRO	F	122115	Abs	02	Aquatico Pacense	NT
3	Ana Pereira, SILVA	F	124810	Abs	03	Assoc. Desportiva de Fafe	3:04.49
4	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	2:44.73
5	Ana Sofia, AGUIAR	F	120624	Abs	02	Vilacondense	2:54.90
6	Maria Sa, MACEDO	F	130889	Abs	03	Porto	NT
<u>S�rie 2 de 3, 16:45</u>							
1	Leonor Paiva, RUIZ	F	112518	Abs	99	Fluvial Portuense	2:43.34
2	Sara Lopes, BARBOSA	F	118181	Abs	00	Aquatico Pacense	2:40.73
3	Daniela Filipa, ROCHA	F	128609	Abs	02	Aquatico Pacense	2:37.97
4	Eduarda Reis, SILVA	F	121702	Abs	03	Famalio	2:33.28
5	Catarina Carvalho, PEREIRA	F	123071	Abs	03	Porto	2:33.94
6	Beatriz Daniela, MACEDO	F	124313	Abs	02	Vit�ria Sport Clube	2:40.22
7	Ana Cristina, SOUSA	F	110472	Abs	99	Fluvial Portuense	2:41.50
8	Leonor Santos, SILVA	F	121982	Abs	03	Porto	2:43.43
<u>S�rie 3 de 3, 16:45</u>							
1	Carolina Santos, SILVA	F	23208	Abs	86	Propaganda da Natacao	2:29.51
2	Helena Neto, COSTA	F	111309	Abs	00	Aquatico Pacense	2:29.11
3	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	2:22.61
4	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	2:18.53
5	Ana Beatriz, MARTINS	F	108375	Abs	99	Famalio	2:22.09
6	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	2:23.21
7	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famalio	2:29.20
8	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	2:32.79

Prova 38	Masc., 200m Mariposa				Absolutos
02-07-2017 - 16:50	TURBO				Startlist
RN Absoluto	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
RN Juv B	2:08.12	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
RN Juv A	2:03.76	Pedro Diogo, OLIVEIRA	CNRM	Lisboa	31-07-2004
RN 17	2:02.12	Pedro Diogo, OLIVEIRA	POR	Belgrado (HUN)	16-07-2005
RN 18	2:01.46	Pedro Diogo, OLIVEIRA	POR	Palma de Mallorca (ESP)	08-07-2006
RN Sen	1:56.17	Pedro Diogo, OLIVEIRA	POR	Roma (ITA)	28-07-2009
Recorde Regional 50m Absoluto	1:59.99	Luis Miguel, MONTEIRO	FCP	Berlin (GER)	31-07-2002
Recorde Regional 50m Juv B	2:13.72	Igor Guterres, CARVALHO	CFV	Restelo	27-07-2003
Recorde Regional 50m Juv A	2:09.08	Mateus Ribeiro, CARVALHO	GDNF	Famalicao	26-07-2015
Recorde Regional 50m 17	2:05.32	Joao Carlos, SILVA	GDNVNF	Coimbra	26-07-2015
Recorde Regional 50m 18	2:02.35	Fabio Miguel, PEREIRA	CFV	Jamor	17-07-2004
Recorde Regional 50m Sen	1:59.99	Luis Miguel, MONTEIRO	FCP	Berlin (GER)	31-07-2002

Masculinos Juniores Jun: 2:29.38 / Masculinos Seniores Sen: 2:24.22 / Masculinos Juvenil B Juv B: 2:48.62 /
Masculinos Juvenil A Juv A: 2:43.81

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 4, 16:50</u>							
3	Ivan Emanuel, AMORIM	M	124774	Abs	02	Fluvial Portuense	NT _____
4	Alexandre Ferreira, AMORIM	M	103953	Abs	99	Colegio SMLamas	NT _____
5	Lourenco Monteiro, SOUSA	M	116900	Abs	02	Leix�es Sport Clube	NT _____
<u>S�rie 2 de 4, 16:55</u>							
2	Tomas Teixeira, LOPES	M	122006	Abs	02	Foca	2:39.45 _____
3	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	2:28.38 _____
4	Henrique Maieiro, AMORIM	M	125010	Abs	01	Clube Naval Povoense	2:25.44 _____
5	Miguel Silva, GONCALVES	M	124862	Abs	02	Gin�sio Santo Tirso	2:27.15 _____
6	Joao Pedro, COSTA	M	121468	Abs	01	Vilacondense	2:28.77 _____
7	Francisco Miguel, NETO	M	125855	Abs	02	Gin�sio Santo Tirso	2:47.97 _____
<u>S�rie 3 de 4, 16:55</u>							
1	Gabriel Silva, AGUIAR	M	205025	Abs	01	Porto	2:21.53 _____
2	Rodrigo Reis, SILVA	M	117297	Abs	98	Colegio SMLamas	2:19.59 _____
3	Martim Neiva, ALMEIDA	M	118543	Abs	01	Porto	2:18.43 _____
4	Ivo Manuel, DIAS	M	111508	Abs	00	Foca	2:16.07 _____
5	Romeu Ribeiro, FERNANDES	M	122171	Abs	01	Assoc. Desportiva de Fafe	2:16.78 _____
6	Ivo Pinto, RIBEIRO	M	108299	Abs	97	Foca	2:19.08 _____
7	Diogo Filipe, RIBEIRO	M	124584	Abs	02	Leix�es Sport Clube	2:21.33 _____
8	Diogo Silva, COENTRAO	M	121715	Abs	02	Famalicao	2:24.11 _____
<u>S�rie 4 de 4, 17:00</u>							
1	Daniel Silva, BESSA	M	123018	Abs	99	Aquatico Pacense	2:12.50 _____
2	Joao Ribeiro, SOUSA	M	123014	Abs	01	Porto	2:11.56 _____
3	Antonio Rafael, BESSA	M	102089	Abs	94	Aquatico Pacense	2:07.94 _____
4	Joao Carlos, SILVA	M	108379	Abs	98	Famalicao	2:05.93 _____
5	Mateus Ribeiro, CARVALHO	M	119635	Abs	99	Famalicao	2:06.05 _____
6	Nuno Rafael, ALVES	M	25140	Abs	90	Aquatico Pacense	2:10.15 _____
7	Sergio Filipe, TRAVANCA	M	117385	Abs	00	Fluvial Portuense	2:12.40 _____
8	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	2:12.69 _____

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Prova 39	Femin., 100m Livres				Absolutos
02-07-2017 - 17:05	Grafiporto				Startlist
RN Absoluto	56.41	Ana Sofia, LEITE	GCVR	Coimbra	04-04-2015
RN Juv B	59.41	Joana Costa, AMADOR	CGA	Coimbra	26-07-2015
RN Juv A	57.75	Maria Carolina, ROSA	POR	Prague (CZE)	08-07-2009
RN 16	58.40	Ana Pinho, RODRIGUES	AEJ	Coimbra	09-04-2010
RN 17	57.63	Beatriz Mendes, VIEGAS	TNC	Coimbra	30-03-2017
RN Sen	56.41	Ana Sofia, LEITE	GCVR	Coimbra	04-04-2015
Recorde Regional 50m Absoluto	56.86	Sara Beatriz, LOUREIRO	FCP	Porto	20-06-2009
Recorde Regional 50m Juv B	59.80	Ana Rita, FARIA	FCP	Oeiras	27-07-2014
Recorde Regional 50m Juv A	59.18	Ana Rita, FARIA	FCP	BAKU (AZE)	23-06-2015
Recorde Regional 50m 16	58.70	Ana Feio, ALEGRIA	SCB	Florenca (ITA)	02-04-1993
Recorde Regional 50m 17	57.72	Diana Margarida, DURAES	FCP	Coimbra	26-05-2013
Recorde Regional 50m Sen	56.86	Sara Beatriz, LOUREIRO	FCP	Porto	20-06-2009

Femininos Seniores Sen: 1:06.72 / Femininos Juniores Jun: 1:08.40 / Femininos Juvenil B Juv B: 1:12.78 /
Femininos Juvenil A Juv A: 1:11.89

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 9, 17:05</u>							
2	Sara Catarina, TEIXEIRA	F	121735	Abs	99	Penafiel	NT
3	Joana Margarida, TEIXEIRA	F	201365	Abs	02	Amarantus	1:21.90
4	Sara Gomes, OLIVEIRA	F	129361	Abs	03	Colegio SMLamas	1:19.83
5	Ana Morais, GONCALVES	F	124575	Abs	03	Leix�es Sport Clube	1:20.87
6	Nadia Sofia, CARDOSO	F	130430	Abs	03	AP Vila D Este/Gaia	1:22.17
7	Maria Francisca, IGREJA	F	202668	Abs	99	Vilacondense	NT
<u>S�rie 2 de 9, 17:05</u>							
1	Ines Viamonte, GOMES	F	127122	Abs	03	Fluvial Portuense	1:18.65
2	Renata Miguel, OLIVEIRA	F	200362	Abs	00	AP Vila D Este/Gaia	1:17.66
3	Jessica Filipa, SILVA	F	123095	Abs	03	AP Vila D Este/Gaia	1:16.38
4	Mariana Coelho, PEIXOTO	F	117432	Abs	00	Vit�ria Sport Clube	1:15.33
5	Alice Martins, LAMEIRA	F	126721	Abs	03	Leix�es Sport Clube	1:15.83
6	Maria Joao, VIEIRA	F	127899	Abs	02	Amarantus	1:16.91
7	Florbela Magalhaes, GOUVEIA	F	127896	Abs	01	Amarantus	1:18.22
8	Beatriz Magalhaes, MENDES	F	131789	Abs	03	Colegio SMLamas	1:19.39
<u>S�rie 3 de 9, 17:05</u>							
1	Joana Amaro, MAGALHAES	F	128707	Abs	03	Penafiel	1:14.52
2	Vanda Sofia, SANTOS	F	129517	Abs	03	Colegio SMLamas	1:12.98
3	Barbara Azevedo, MAGALHAES	F	129745	Abs	03	Fluvial Portuense	1:11.67
4	Marcia Alexandra, SOUSA	F	111040	Abs	97	Penafiel	1:11.30
5	Ines Soares, LEMA	F	129875	Abs	03	Fluvial Portuense	1:11.65
6	Ana Isabel, REIS	F	123703	Abs	01	Propaganda da Natacao	1:11.88
7	Jessica Sofia, PINTO	F	127895	Abs	00	Amarantus	1:13.15
8	Maria Matilde, SOARES	F	130252	Abs	00	Amarantus	1:14.52
<u>S�rie 4 de 9, 17:10</u>							
1	Ana Beatriz, MACHADO	F	111444	Abs	00	Vit�ria Sport Clube	1:10.90
2	Beatriz Araujo, BARBOSA	F	124967	Abs	03	Famaliç�o	1:10.55
3	Adriana Azevedo, COUTO	F	108336	Abs	00	Famaliç�o	1:09.87
4	Carolina Nogueira, ROCHA	F	131790	Abs	03	Colegio SMLamas	1:09.78
5	Margarida Almeida, TEIXEIRA	F	200298	Abs	03	Amarantus	1:09.86
6	Joana Maria, SANTOS	F	120554	Abs	02	Fluvial Portuense	1:10.17
7	Carolina Isabel, MACHADO	F	111445	Abs	00	Vit�ria Sport Clube	1:10.89
8	Filipa Manuela, MARTINS	F	128708	Abs	03	Penafiel	1:11.29

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Prova 39, Femin., 100m Livres

S rie 5 de 9, 17:10

1	Sofia Xavier, GOMES	F	122007	Abs	02	Vilacondense	1:09.42	_____
2	Ana Margarida, TEIXEIRA	F	111504	Abs	02	Foca	1:09.25	_____
3	Catarina Alexandra, JARDIM	F	104449	Abs	98	Famalic�o	1:08.78	_____
4	Joana Gabriela, SILVA	F	103945	Abs	95	Colegio SMLamas	1:07.38	_____
5	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria Sport Clube	1:07.66	_____
6	Joana Raquel, TAVARES	F	122229	Abs	01	Fluvial Portuense	1:09.06	_____
7	Mariana Almeida, VALE	F	126713	Abs	03	Natacao de Valongo	1:09.40	_____
8	Beatriz Ferreira, MARTINS	F	129744	Abs	03	Porto	1:09.65	_____

S rie 6 de 9, 17:10

1	Soraia Isabel, GUIMARAES	F	119151	Abs	02	Vit�ria Sport Clube	1:07.25	_____
2	Rita Alexandra, CAMPOS	F	120820	Abs	02	Porto	1:06.97	_____
3	Barbara Alexandra, NUNES	F	128640	Abs	03	Porto	1:06.78	_____
4	Carolina Silva, SOARES	F	123910	Abs	03	Natacao de Valongo	1:06.44	_____
5	Ana Carmo, PINHEIRO	F	124856	Abs	02	Gin�sio Santo Tirso	1:06.69	_____
6	Ana Margarida, ALMEIDA	F	122992	Abs	03	Foca	1:06.93	_____
7	Joana Daniela, JACINTO	F	111230	Abs	01	Propaganda da Natacao	1:07.04	_____
8	Marta Jose, RIBEIRO	F	127898	Abs	01	Amarantus	1:07.27	_____

S rie 7 de 9, 17:15

1	Mariana Filipa, MOREIRA	F	125777	Abs	02	Natacao de Valongo	1:05.30	_____
2	Barbara Vilela, MAGALHAES	F	119078	Abs	01	Porto	1:05.00	_____
3	Rita Constanca, CARDOSO	F	121989	Abs	03	Porto	1:04.61	_____
4	Matilde Mota, DOMINGUES	F	122289	Abs	03	Colegio SMLamas	1:04.55	_____
5	Marta Ferreira, ROCHA	F	110558	Abs	99	Leix�es Sport Clube	1:04.57	_____
6	Alexandra Martins, CAMPOS	F	127155	Abs	02	Leix�es Sport Clube	1:04.84	_____
7	Leonor Paiva, RUIZ	F	112518	Abs	99	Fluvial Portuense	1:05.02	_____
8	Maria Vitoria, HENRIQUES	F	128311	Abs	03	Assoc. Desportiva de Fafe	1:06.00	_____

S rie 8 de 9, 17:15

1	Ines Gales, PINTO	F	129408	Abs	01	Colegio SMLamas	1:04.30	_____
2	Ana Ines, FERNANDES	F	119258	Abs	00	Vit�ria Sport Clube	1:03.65	_____
3	Julia Albuquerque, FRAGA	F	123700	Abs	01	Aquatico Pacense	1:03.05	_____
4	Alexandra Jesus, SANTOS	F	117408	Abs	00	Leix�es Sport Clube	1:02.68	_____
5	Beatriz Neves, CARDOSO	F	105741	Abs	98	Colegio SMLamas	1:03.04	_____
6	Ana Catarina, MAGALHAES	F	119092	Abs	02	Lousada SXXI	1:03.09	_____
7	Rosana Marinho, MACEDO	F	111500	Abs	99	Foca	1:04.23	_____
8	Matilde Guimaraes, SANTOS	F	122894	Abs	02	Leix�es Sport Clube	1:04.35	_____

S rie 9 de 9, 17:15

1	Maria Rachadell, PEREIRA	F	104612	Abs	98	Estrelas S. Joao Brito	1:02.22	_____
2	Madalena Amaro, MACHADO	F	105916	Abs	98	Fluvial Portuense	1:01.59	_____
3	Adriana Daniela, CASTRO	F	104515	Abs	97	Individual ANNP	1:00.50	_____
4	Ana Rita, FARIA	F	117417	Abs	00	Porto	58.52	_____
5	Isabel Porfirio, PEGO	F	121336	Abs	01	Individual ANNP	59.52	_____
6	Rosa Maria, OLIVEIRA	F	105858	Abs	96	Porto	1:00.59	_____
7	Maria Carolina, COSTA	F	119080	Abs	01	Porto	1:01.87	_____
8	Catarina Silva, SOARES	F	121977	Abs	03	Porto	1:02.22	_____

Prova 40	Masc., 100m Livres				Absolutos
02-07-2017 - 17:20	TURBO				Startlist
RN Absoluto	49.50	Alexandre Escudier, AGOSTINHO	POR	Roma (ITA)	29-07-2009
RN Juv B	53.51	Tiago Andre, VENANCIO	CNS	Lisboa	19-05-2002
RN Juv A	52.10	Tiago Andre, VENANCIO	POR	Paris (FRA)	28-07-2003
RN 17	49.59	Tiago Andre, VENANCIO	POR	Oeiras	15-07-2004
RN 18	50.24	Tiago Andre, VENANCIO	CNS	Oeiras	19-03-2005
RN Sen	49.50	Alexandre Escudier, AGOSTINHO	POR	Roma (ITA)	29-07-2009
Recorde Regional 50m Absoluto	50.01	Paulo Jorge, SANTOS	FCP	Rome (ITA)	29-07-2009
Recorde Regional 50m Juv B	54.53	Joao Miguel, ASCENCAO	FCP	Lisboa	27-07-2012
Recorde Regional 50m Juv A	53.46	Jorge Manuel, MAIA	GDNVNF	Lisboa	29-05-2005
Recorde Regional 50m 17	51.95	Paulo Jorge, SANTOS	FCP	Lisboa	24-03-2006
Recorde Regional 50m 18	51.32	Luis Miguel, MONTEIRO	FCP	Loule	02-08-2001
Recorde Regional 50m Sen	50.01	Paulo Jorge, SANTOS	FCP	Rome (ITA)	29-07-2009

Masculinos Juniores Jun: 1:00.07 / Masculinos Seniores Sen: 58.54 / Masculinos Juvenil B Juv B: 1:05.63 /
Masculinos Juvenil A Juv A: 1:04.15

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 11, 17:20</u>							
1	Samuel Dias, MARTINS	M	122190	Abs	02	Colegio SMLamas	NT
2	Rui Barros, PINTO	M	124924	Abs	01	Assoc. Desportiva de Fafe	1:12.57
3	Ricardo Miguel, PEREIRA	M	118789	Abs	00	Colegio SMLamas	1:10.35
4	Ricardo Manuel, FARIA	M	124353	Abs	00	Vit�ria Sport Clube	1:07.73
5	Jose Pedro, SILVA	M	130966	Abs	01	Clube Naval Povoense	1:08.64
6	Pedro Lopes, SILVA	M	202726	Abs	02	AP Vila D Este/Gaia	1:12.01
7	Jose Diogo, PACHECO	M	126021	Abs	02	Vit�ria Sport Clube	1:15.00
8	Filipe Miguel, GOMES	M	107284	Abs	97	Fluvial Portuense	NT
<u>S�rie 2 de 11, 17:20</u>							
1	Samuel Silva, RIBEIRO	M	126720	Abs	02	Leix�es Sport Clube	1:07.29
2	Sergio Rafael, MOURA	M	201115	Abs	01	Amarantus	1:07.17
3	Tiago Filipe, GOMES	M	130893	Abs	02	AP Vila D Este/Gaia	1:06.67
4	Goncalo Traila, MARTINS	M	124974	Abs	02	Famali�o	1:06.58
5	Bruno Costa, CASTRO	M	124814	Abs	02	Assoc. Desportiva de Fafe	1:06.61
6	Joao Pedro, GUEDES	M	119754	Abs	97	Colegio SMLamas	1:07.16
7	Gustavo Ferreira, VITOR	M	129874	Abs	02	Fluvial Portuense	1:07.19
8	Pedro Miguel, FARIA	M	129799	Abs	02	Vit�ria Sport Clube	1:07.44
<u>S�rie 3 de 11, 17:20</u>							
1	Luis Francisco, MARQUES	M	200361	Abs	99	AP Vila D Este/Gaia	1:06.28
2	Alexandre Abreu, MACHADO	M	119215	Abs	02	Vit�ria Sport Clube	1:05.98
3	Jose Pedro, MENEZES	M	118899	Abs	01	Leix�es Sport Clube	1:05.22
4	Diogo Goncalves, MOURA	M	124963	Abs	02	Assoc. Desportiva de Fafe	1:04.72
5	Joao Carlos, PAIVA	M	200236	Abs	02	Leix�es Sport Clube	1:04.77
6	Ricardo Manuel, MONTEIRO	M	110556	Abs	98	Leix�es Sport Clube	1:05.46
7	Joao Carvalho, CUNHA	M	124813	Abs	02	Assoc. Desportiva de Fafe	1:06.11
8	Leonardo Filipe, TEIXEIRA	M	202725	Abs	00	AP Vila D Este/Gaia	1:06.48
<u>S�rie 4 de 11, 17:25</u>							
1	Goncalo Sampaio, SALGADO	M	121720	Abs	02	Famali�o	1:03.91
2	Joao Miguel, MARQUES	M	201137	Abs	02	Foca	1:03.69
3	Rui Almeida, SANTOS	M	119064	Abs	02	Colegio SMLamas	1:03.61
4	Marco Antonio, PEREIRA	M	130896	Abs	02	Lousada SXXI	1:03.28
5	Jose Carlos, RIBEIRO	M	124316	Abs	01	Vit�ria Sport Clube	1:03.43
6	Joao Simons, CUNHA	M	124582	Abs	02	Fluvial Portuense	1:03.65
7	Nuno Simao, SILVA	M	200299	Abs	02	Famali�o	1:03.85
8	Pedro Sales, CIDRAIS	M	128938	Abs	00	Natacao de Valongo	1:04.31

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Prova 40, Masc., 100m Livres

S rie 5 de 11, 17:25

1	Luis Goncalves, PEREIRA	M	119177	Abs	02	Colegio SMLamas	1:02.98	_____
2	Diogo Manuel, MARTINS	M	119083	Abs	02	Porto	1:02.72	_____
3	Marcos Dias, MARTINS	M	122189	Abs	02	Colegio SMLamas	1:02.40	_____
4	Diogo Gomes, CARDOSO	M	202714	Abs	02	Colegio SMLamas	1:01.99	_____
5	Alfredo Castro, COELHO	M	116943	Abs	01	Colegio SMLamas	1:02.08	_____
6	Bruno Miguel, SEIXAS	M	126784	Abs	01	Natacao da Maia	1:02.50	_____
7	Nuno Rocha, ALMEIDA	M	122193	Abs	02	Colegio SMLamas	1:02.80	_____
8	Vasco Antonio, LAMEIRA	M	127906	Abs	99	Amarantus	1:03.05	_____

S rie 6 de 11, 17:25

1	Andre Miguel, SANTOS	M	118053	Abs	00	Vilacondense	1:01.70	_____
2	Jorge Coelho, QUINTA	M	120497	Abs	01	Leix�es Sport Clube	1:00.82	_____
3	Bruno Miguel, CAVADAS	M	23279	Abs	89	Natacao de Valongo	1:00.54	_____
4	Sergio Miguel, ESTEVAO	M	121590	Abs	01	Leix�es Sport Clube	1:00.08	_____
5	Guilherme Diogo, LOBO	M	122395	Abs	02	Porto	1:00.22	_____
6	Jose Salgado, MOREIRA	M	121706	Abs	01	Famali�o	1:00.69	_____
7	Diogo Ferreira, NEVES	M	108221	Abs	98	Natacao de Valongo	1:01.22	_____
8	Tiago Lima, MARTINS	M	124861	Abs	01	Gin�sio Santo Tirso	1:01.84	_____

S rie 7 de 11, 17:30

1	Joao Manuel, SANTOS	M	111323	Abs	99	Vilacondense	59.98	_____
2	Tiago Oliveira, BARBOSA	M	121884	Abs	99	Colegio SMLamas	59.66	_____
3	Bruno Carvalho, BARROSO	M	125969	Abs	01	Leix�es Sport Clube	59.62	_____
4	Domingos Tiago, PINHEIRO	M	118328	Abs	98	Gin�sio Santo Tirso	59.37	_____
5	Marcos Daniel, VITORIA	M	120510	Abs	00	Natacao de Valongo	59.54	_____
6	Goncalo Fernando, FERREIRA	M	121734	Abs	94	Penafiel	59.65	_____
7	David Fenker, SILVA	M	119060	Abs	00	Colegio SMLamas	59.68	_____
8	Jose Pedro, PICAO	M	118898	Abs	01	Leix�es Sport Clube	1:00.04	_____

S rie 8 de 11, 17:30

1	Albino Manuel, GONCALVES	M	123698	Abs	99	Individual ANNP	59.34	_____
2	Goncalo Gomes, ORNELAS	M	127125	Abs	01	Fluvial Portuense	59.28	_____
3	Joao Santos, MENDES	M	111648	Abs	98	Leix�es Sport Clube	58.98	_____
4	Joao Luis, TRAVANCA	M	104716	Abs	97	Fluvial Portuense	58.82	_____
5	Pedro Saraiva, SILVA	M	111516	Abs	99	Vilacondense	58.87	_____
6	Tiago Campos, LOURENCO	M	127923	Abs	02	Natacao de Valongo	59.26	_____
7	Ricardo Jorge, MOREIRA	M	122012	Abs	01	Natacao de Valongo	59.31	_____
8	Joao Andre, OLIVEIRA	M	121981	Abs	02	Porto	59.35	_____

S rie 9 de 11, 17:30

1	Joao Afonso, PICAO	M	102842	Abs	97	Leix�es Sport Clube	58.26	_____
2	Eduardo Miguel, MAGALHAES	M	125074	Abs	02	Vit�ria Sport Clube	57.98	_____
3	Diogo Alexandre, SANTOS	M	129291	Abs	99	Fluvial Portuense	57.90	_____
4	Francisco Vilhena, COSTA	M	111325	Abs	00	Vilacondense	57.22	_____
5	Joao Leite, SARAIVA	M	118229	Abs	01	Famali�o	57.63	_____
6	Tiago Mendonca, FREIRE	M	116898	Abs	01	Leix�es Sport Clube	57.96	_____
7	Joao Miguel, NUNES	M	108104	Abs	00	Aquatico Pacense	58.02	_____
8	Daniel Pereira, SILVA	M	111055	Abs	00	Famali�o	58.68	_____

S rie 10 de 11, 17:35

1	Daniel Jose, DUARTE	M	118897	Abs	00	Fluvial Portuense	56.97	_____
2	Tomas Pimentel, BORGES	M	112140	Abs	00	Porto	56.50	_____
3	Afonso Passos, CUNHA	M	118228	Abs	01	Famali�o	56.22	_____
4	Nuno Correia, SOUSA	M	110484	Abs	00	Fluvial Portuense	55.53	_____
5	Humberto Fernandes, FELGUEIRAS	M	105205	Abs	98	Natacao de Valongo	56.08	_____
6	Goncalo Manuel, PAQUETE	M	127101	Abs	99	Fluvial Portuense	56.46	_____
7	Ricardo Filipe, ROCHA	M	121787	Abs	02	Aquatico Pacense	56.74	_____
8	Diogo Pereira, SANTOS	M	104483	Abs	99	Porto	57.11	_____

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Prova 40, Masc., 100m Livres

S rie 11 de 11, 17:35

1	Jose Pedro, FREITAS	M	111446	Abs	00	Famaliç�o	55.01
2	Rui Pedro, F�RIA	M	15592	Abs	94	Famaliç�o	54.45
3	Pedro Miguel, FERNANDES	M	110494	Abs	99	Individual ANNP	53.75
4	Tiago Silva, SOARES	M	108287	Abs	99	Porto	52.38
5	Bernardo Leitao, GRACA	M	14838	Abs	93	Fluvial Portuense	53.70
6	Simao Miguel, CAPITAO	M	109596	Abs	97	Colegio SMLamas	54.36
7	Dario Almeida, SANTOS	M	22520	Abs	93	Leix�es Sport Clube	54.83
8	Luis Carlos, ALMEIDA	M	104527	Abs	98	Aquatico Pacense	55.43

Prova 41

02-07-2017 - 17:40

Femin., 200m Estilos
Grafiporto

Absolutos
Startlist

RN Absoluto	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
RN Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
RN Juv A	2:21.01	Raquel Gomes, PEREIRA	SAD	Coimbra	04-04-2015
RN 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03-06-2012
RN 17	2:17.22	Raquel Gomes, PEREIRA	SAD	Coimbra	30-03-2017
RN Sen	2:13.87	Victoria, KAMINSKAYA	POR	Pontevedra (ESP)	10-04-2017
Recorde Regional 50m Absoluto	2:19.47	Marta Pereira, ABREU	FOP	Rio Maior	03-04-2011
Recorde Regional 50m Juv B	2:23.60	Diana Margarida, DURAES	FOCA	Coimbra	01-08-2010
Recorde Regional 50m Juv A	2:21.75	Ines Neto, ROCHA	CAP	Gijon (ESP)	15-05-2016
Recorde Regional 50m 16	2:20.61	Diana Margarida, DURAES	FOCA	Porto	03-06-2012
Recorde Regional 50m 17	2:20.41	Diana Margarida, DURAES	FOCA	Gijon (ESP)	18-05-2013
Recorde Regional 50m Sen	2:19.10	Diana Margarida, DURAES	FOP	Oeiras	24-07-2016

Femininos Seniores Sen: 2:44.66 / Femininos Juniores Jun: 2:49.60 / Femininos Juvenil B Juv B: 2:59.12 /
Femininos Juvenil A Juv A: 2:59.02

Pista	Nome	Sexo	Licenç�a	Cat	Ano	Clube	Tempo
S�rie 1 de 6, 17:40							
1	Maria Joao, SILVA	F	111045	Abs	01	Famaliç�o	2:57.71
2	Maria Silva, RIBEIRO	F	121709	Abs	03	Famaliç�o	2:52.37
3	Ines Filipa, MAGALHAES	F	121786	Abs	02	Aquatico Pacense	2:50.80
4	Tatiana Valente, CARDOSO	F	128960	Abs	03	Aquatico Pacense	2:49.60
5	Catarina Lopes, FERREIRA	F	129483	Abs	03	Assoc. Desportiva de Fafe	2:50.51
6	Carolina Amaral, SOUSA	F	125085	Abs	01	Propaganda da Natacao	2:51.99
7	Sofia Margarida, LEITE	F	122004	Abs	03	Foca	2:52.62
8	Ines Silva, OLIVEIRA	F	116890	Abs	00	Fluvial Portuense	NT

S rie 2 de 6, 17:40

1	Catarina Isabel, ALMEIDA	F	127104	Abs	02	Vit�ria Sport Clube	2:48.67
2	Helena Isabel, FELGUEIRAS	F	122011	Abs	03	Natacao de Valongo	2:48.04
3	Carlota Sequeira, APARICIO	F	121976	Abs	03	Porto	2:46.19
4	Valeria Goncalves, VIEIRA	F	124314	Abs	02	Vit�ria Sport Clube	2:45.36
5	Ana Lopes, SANTOS	F	120698	Abs	02	Vilacondense	2:45.37
6	Maria Helena, PERES	F	129271	Abs	02	Colegio SMLamas	2:47.42
7	Ana Sofia, AGUIAR	F	120624	Abs	02	Vilacondense	2:48.49
8	Ana Carmo, PINHEIRO	F	124856	Abs	02	Gin�sio Santo Tirso	2:49.08

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Prova 41, Femin., 200m Estilos

S rie 3 de 6, 17:45

1	Rita Malafaia, OLIVEIRA	F	124783	Abs	03	Porto	2:43.97	_____
2	Cristiana Sofia, RIBEIRO	F	125475	Abs	00	Famali�o	2:42.32	_____
3	Joana Sofia, MACHADO	F	127918	Abs	02	Natacao de Valongo	2:42.20	_____
4	Ines Araujo, MARTINS	F	111046	Abs	01	Famali�o	2:41.30	_____
5	Beatriz Neto, COSTA	F	111310	Abs	00	Aquatico Pacense	2:41.61	_____
6	Ema Miranda, CAMBAS	F	127618	Abs	03	Clube Naval Povoense	2:42.23	_____
7	Ana Catarina, MAGALHAES	F	119092	Abs	02	Lousada SXXI	2:43.61	_____
8	Angela Filipa, RIBEIRO	F	122115	Abs	02	Aquatico Pacense	2:44.92	_____

S rie 4 de 6, 17:50

1	Mafalda Pacheco, CUNHA	F	121589	Abs	02	Fluvial Portuense	2:40.45	_____
2	Ines Cadilhe, ALEXANDRE	F	128400	Abs	02	Clube Naval Povoense	2:40.04	_____
3	Maria Carolina, RODRIGUES	F	121473	Abs	01	Vit�ria Sport Clube	2:38.14	_____
4	Leila Tavar�a, LEMOS	F	127860	Abs	00	Vilacondense	2:36.18	_____
5	Carolina Silva, SOARES	F	123910	Abs	03	Natacao de Valongo	2:37.84	_____
6	Rosana Marinho, MACEDO	F	111500	Abs	99	Foca	2:38.32	_____
7	Sofia Gales, PINTO	F	129409	Abs	01	Colegio SMLamas	2:40.23	_____
8	Daniela Oliveira, RODRIGUES	F	118056	Abs	02	Natacao de Valongo	2:40.53	_____

S rie 5 de 6, 17:50

1	Maria Leonor, AMORIM	F	122000	Abs	03	Porto	2:35.79	_____
2	Carolina Ascenso, SANTOS	F	121271	Abs	01	Propaganda da Natacao	2:35.72	_____
3	Lara Beatriz, MATOS	F	111049	Abs	01	Famali�o	2:33.89	_____
4	Mariana Sousa, MAIA	F	118219	Abs	02	Famali�o	2:31.56	_____
5	Maria Freitas, CASTRO	F	124809	Abs	03	Assoc. Desportiva de Fafe	2:33.84	_____
6	Ines Alves, MARTINS	F	112126	Abs	01	Fluvial Portuense	2:35.44	_____
7	Ines Freitas, ROCHA	F	129880	Abs	03	Aquatico Pacense	2:35.73	_____
8	Filipa Viamonte, FERNANDES	F	122198	Abs	02	Vit�ria Sport Clube	2:35.86	_____

S rie 6 de 6, 17:55

1	Beatriz Santos, SILVA	F	112078	Abs	01	Porto	2:30.21	_____
2	Vania Soares, NEVES	F	12380	Abs	90	Fluvial Portuense	2:27.60	_____
3	Maria Francisca, CABRAL	F	118113	Abs	00	Porto	2:25.34	_____
4	Angelica Maria, ANDRE	F	15497	Abs	94	Fluvial Portuense	2:23.66	_____
5	Ana Beatriz, MARTINS	F	108375	Abs	99	Famali�o	2:23.88	_____
6	Diana Patricia, FERREIRA	F	23500	Abs	94	Aquatico Pacense	2:27.28	_____
7	Mariana Fernandes, BARBOSA	F	121985	Abs	02	Porto	2:28.14	_____
8	Sofia Filipa, GONCALVES	F	122990	Abs	01	Leix�es Sport Clube	2:31.12	_____

Prova 42	Masc., 200m Estilos				Absolutos
02-07-2017 - 18:00	TURBO				Startlist
RN Absoluto	1:58.88	Alexis Manacas, SANTOS	SCP	Coimbra	01-04-2017
RN Juv B	2:10.83	Jorge Jesus, SILVA	SCB	Coimbra	26-07-2015
RN Juv A	2:08.11	Carlos Esteves, ALMEIDA	CNA	Lisboa	31-07-2004
RN 17	2:04.32	Carlos Esteves, ALMEIDA	POR	Budapeste (HUN)	17-07-2005
RN 18	2:02.72	Gabriel Jose, LOPES	POR	Baku (AZE)	24-06-2015
RN Sen	1:58.88	Alexis Manacas, SANTOS	SCP	Coimbra	01-04-2017
Recorde Regional 50m Absoluto	2:04.47	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	18-04-2014
Recorde Regional 50m Juv B	2:13.40	Tomas Correia, SILVA	FCP	Catania (ITA)	20-06-2010
Recorde Regional 50m Juv A	2:10.71	Adriano Miguel, NIZ	CFV	EULisboa	19-05-2002
Recorde Regional 50m 17	2:08.21	Adriano Miguel, NIZ	CFV	Lisboa	29-03-2003
Recorde Regional 50m 18	2:06.16	Paulo Ricardo, ARAUJO	GDNVNF	Antuerpia (BEL)	19-07-2007
Recorde Regional 50m Sen	2:04.47	Carlos Esteves, ALMEIDA	FCP	Povoa de Varzim	18-04-2014

Masculinos Juniores Jun: 2:30.44 / Masculinos Seniores Sen: 2:26.44 / Masculinos Juvenil B Juv B: 2:43.04 /
Masculinos Juvenil A Juv A: 2:40.28

Pista	Nome	Sexo	Licença	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 6, 18:00</u>							
2	Tiago Filipe, TEIXEIRA	M	112114	Abs	00	Foca	NT
3	Lourenco Monteiro, SOUSA	M	116900	Abs	02	Leix�es Sport Clube	2:37.19
4	Tomas Ribeiro, FERREIRA	M	133403	Abs	01	Vilacondense	2:35.68
5	Alexandre Carvalho, CONCEICAO	M	126858	Abs	02	Penafiel	2:36.36
6	Diogo Goncalves, MOURA	M	124963	Abs	02	Assoc. Desportiva de Fafe	2:44.94
<u>S�rie 2 de 6, 18:05</u>							
1	Tomas Teixeira, LOPES	M	122006	Abs	02	Foca	2:35.34
2	Ricardo Jorge, TEIXEIRA	M	116902	Abs	00	Natacao da Maia	2:34.89
3	Hugo Correia, FERREIRA	M	125012	Abs	02	Vilacondense	2:33.15
4	Pedro Miguel, MARQUES	M	111060	Abs	00	Famalicao	2:31.76
5	Miguel Silva, GONCALVES	M	124862	Abs	02	Gin�sio Santo Tirso	2:32.71
6	Joao Freitas, PEIXOTO	M	122172	Abs	01	Assoc. Desportiva de Fafe	2:33.99
7	Francisco Emanuel, MORIM	M	118054	Abs	02	Vilacondense	2:35.29
8	Gustavo Francisco, RIBEIRO	M	129252	Abs	02	Leix�es Sport Clube	2:35.49
<u>S�rie 3 de 6, 18:10</u>							
1	Goncalo Moreira, SANTOS	M	120511	Abs	01	Natacao de Valongo	2:30.14
2	Jose Moreira, SOUSA	M	118224	Abs	01	Famalicao	2:29.69
3	Gabriel Silva, AGUIAR	M	205025	Abs	01	Porto	2:28.64
4	Vitor Pedro, MAGALHAES	M	123237	Abs	02	Famalicao	2:28.34
5	Joao Pedro, RIBEIRO	M	127135	Abs	02	Vilacondense	2:28.44
6	Luis Manuel, RIBEIRO	M	120816	Abs	02	Porto	2:29.43
7	Joao Pinto, FREITAS	M	122926	Abs	01	Assoc. Desportiva de Fafe	2:29.70
8	Francisco Manuel, ZENZA	M	112097	Abs	01	Natacao da Maia	2:30.37
<u>S�rie 4 de 6, 18:10</u>							
1	Rodrigo Oliveira, GONCALVES	M	124764	Abs	02	Porto	2:27.35
2	Joao Pedro, COSTA	M	121468	Abs	01	Vilacondense	2:27.02
3	Diogo Santos, MENDES	M	126719	Abs	02	Leix�es Sport Clube	2:26.72
4	Rui Pires, MARTINS	M	122177	Abs	01	Assoc. Desportiva de Fafe	2:26.44
5	Joao Pedro, SANTOS	M	104562	Abs	98	Fluvial Portuense	2:26.59
6	Xavier Gomes, CERDEIRINHA	M	125904	Abs	02	Colegio SMLamas	2:26.74
7	Henrique Maieiro, AMORIM	M	125010	Abs	01	Clube Naval Povoense	2:27.34
8	Sergio Eduardo, DIAS	M	108011	Abs	00	Aquatico Pacense	2:27.86

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Prova 42, Masc., 200m Estilos

S rie 5 de 6, 18:15

1	Bruno Miguel, MAIA	M	126783	Abs	01	Propaganda da Natacao	2:25.40	_____
2	Tiago Silva, SOARES	M	108287	Abs	99	Porto	2:22.96	_____
3	Romeu Ribeiro, FERNANDES	M	122171	Abs	01	Assoc. Desportiva de Fafe	2:22.55	_____
4	Bruno Rafael, MACHADO	M	119176	Abs	01	Fluvial Portuense	2:21.64	_____
5	Joao Pereira, TINOCO	M	111056	Abs	00	Famalic�o	2:22.20	_____
6	Joao Nogueira, COSTA	M	124315	Abs	01	Vit�ria Sport Clube	2:22.65	_____
7	Martim Neiva, ALMEIDA	M	118543	Abs	01	Porto	2:24.64	_____
8	Tiago Campos, LOURENCO	M	127923	Abs	02	Natacao de Valongo	2:26.06	_____

S rie 6 de 6, 18:15

1	Luis Filipe, SOARES	M	105615	Abs	98	Porto	2:17.44	_____
2	Luis Carlos, OLIVEIRA	M	102629	Abs	97	Natacao da Maia	2:16.80	_____
3	Pedro Miguel, SANTOS	M	121987	Abs	01	Porto	2:15.23	_____
4	Jose Pedro, SAMPAIO	M	108295	Abs	98	Fluvial Portuense	2:11.60	_____
5	Antonio Rafael, BESSA	M	102089	Abs	94	Aquatico Pacense	2:14.73	_____
6	Jose Pedro, FREITAS	M	111446	Abs	00	Famalic�o	2:15.89	_____
7	Paulo Filipe, SILVA	M	117012	Abs	98	Natacao da Maia	2:16.81	_____
8	Sergio Daniel, ARAUJO	M	127097	Abs	02	Clube Naval Povoense	2:21.64	_____

18:20 Cerimonia de Distribu o de Medalhas - 35,36,37,38,39,40 e 41

Prova 43

02-07-2017 - 18:40

Femin., 4 x 100m Estilos

Grafiporto

Absolutos

Startlist

RN Absoluto	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
RN Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27-07-2008
RN Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24-07-2016
RN Juv A	4:35.70	tempo limite	SLB	Oeiras	27-07-2008
RN Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04-04-2015
RN Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21-07-2009
Recorde Regional 50m Absoluto	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra Oliveira			11-04-2010
Recorde Regional 50m Juv B	4:42.26	Catarina Jardim, Barbara Goncalves:GDNVNF\lvJamora Costa			29-07-2012
Recorde Regional 50m Juv	4:38.17	Isabel Pego, Beatriz Silva, Maria CaFCP, Ana F:Famalicao			05-07-2015
Recorde Regional 50m Juv A	4:40.48	Graca Araujo, Barbara Goncalves, GDNVNFauCoimbraCosta			30-03-2013
Recorde Regional 50m Jun	4:26.70	Maria Amorim, Paula Oliveira, Silvia FCpres, AnPovoa de Varzim			07-08-2011
Recorde Regional 50m Sen	4:17.41	Marta Marinho, Joana Carvalho, SaFCPliveira, Coimbra Oliveira			11-04-2010

Pista	Sexo	Licen�a	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 18:40</u>						
3	F		Abs		Vit�ria Sport Clube	5:24.30
4	F		Juv		Leix�es Sport Clube	5:13.14
5	F		Juv		Fluvial Portuense	5:21.06

S rie 2 de 3, 18:45

2	Aquatico Pacense 2	F		Juv	Aquatico Pacense	5:03.79	_____
3	Vit�ria Sport Clube 2	F		Juv	Vit�ria Sport Clube	4:55.88	_____
4	Assoc. Desportiva de Fafe 2	F		Juv	Assoc. Desportiva de Fafe	4:54.88	_____
5	Natacao de Valongo 2	F		Juv	Natacao de Valongo	4:55.16	_____
6	Famalic�o 2	F		Juv	Famalic�o	5:00.34	_____
7	Foca 1	F		Abs	Foca	5:12.24	_____

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Prova 43, Femin., 4 x 100m Estilos

S rie 3 de 3, 18:50

1	Porto 2	F	Juv	Porto	4:48.87	_____
2	Leix�es Sport Clube 1	F	Abs	Leix�es Sport Clube	4:42.91	_____
3	Famaliç�o 1	F	Abs	Famaliç�o	4:34.55	_____
4	Porto 1	F	Abs	Porto	4:28.06	_____
5	Fluvial Portuense 1	F	Abs	Fluvial Portuense	4:31.69	_____
6	Aquatico Pacense 1	F	Abs	Aquatico Pacense	4:40.07	_____
7	Propaganda da Natacao 1	F	Abs	Propaganda da Natacao	4:48.70	_____
8	Colegio SMLamas 1	F	Abs	Colegio SMLamas	4:48.95	_____

Prova 44

02-07-2017 - 19:00

Masc., 4 x 100m Estilos
TURBO

Absolutos
Startlist

RN Absoluto	3:46.65	Clube Natacao da Amadora	CNA	Povoa de Varzim	07-08-2011
RN Juv B	4:09.78	Grupo Desp. Natacao V. N. Famalic�o	GDNVNF	Coimbra	04-04-2015
RN Juv	4:03.79	Sporting Clube de Braga	SCB	Coimbra	26-07-2015
RN Juv A	4:05.25	Sport Alges e Dafundo	SAD	Oeiras	27-07-2014
RN Jun	3:55.96	Futebol Clube do Porto/Imperio Bonifazi	FCP	Faro	21-07-2009
RN Sen	3:46.65	Clube Natacao da Amadora	CNA	Povoa de Varzim	07-08-2011
Recorde Regional 50m Absoluto	3:49.28	Gil Pinto, Carlos Almeida, Carlos SaFCP, Paulo Povoa de Varzim			18-04-2014
Recorde Regional 50m Juv B	4:09.78	Joao Tinoco, Miguel Santos, Hugo IGDNVNFiseCoimbra			04-04-2015
Recorde Regional 50m Juv	4:07.35	GDNF	GDNF	Oeiras	
Recorde Regional 50m Juv A	4:07.60	Joao Ascensao, Luis Oliveira, EduaFCPRamos,Famaliç�oes			21-07-2013
Recorde Regional 50m Jun	3:55.96	Samuel Queiros, Sergio Silva, CarloFCPantos, RFarolar			21-07-2009
Recorde Regional 50m Sen	3:49.28	Gil Pinto, Carlos Almeida, Carlos SaFCP, Paulo P�voa de Varzim			18-04-2014

Pista	Sexo	Licenç�a	Cat	Ano	Clube	Tempo
<u>S�rie 1 de 3, 19:00</u>						
3	M	Vit�ria Sport Clube 1	Juv		Vit�ria Sport Clube	4:54.04 _____
4	M	Colegio SMLamas 2	Juv		Colegio SMLamas	4:37.60 _____
5	M	Vilacondense 2	Juv		Vilacondense	4:46.66 _____

S rie 2 de 3, 19:05

1	M	Famaliç�o 4	Juv B		Famaliç�o	4:34.97 EXH _____
2	M	Fluvial Portuense 2	Juv		Fluvial Portuense	4:21.93 _____
3	M	Natacao de Valongo 1	Abs		Natacao de Valongo	4:21.04 _____
4	M	Leix�es Sport Clube 1	Abs		Leix�es Sport Clube	4:19.83 _____
5	M	Famaliç�o 2	Juv		Famaliç�o	4:20.94 _____
6	M	Assoc. Desportiva de Fafe 2	Juv		Assoc. Desportiva de Fafe	4:21.81 _____
7	M	Porto 2	Juv		Porto	4:31.63 _____

S rie 3 de 3, 19:10

1	M	Natacao da Maia 1	Abs		Natacao da Maia	4:17.64 _____
2	M	Colegio SMLamas 1	Abs		Colegio SMLamas	4:10.00 _____
3	M	Aquatico Pacense 1	Abs		Aquatico Pacense	4:05.80 _____
4	M	Famaliç�o 1	Abs		Famaliç�o	4:04.99 _____
5	M	Fluvial Portuense 1	Abs		Fluvial Portuense	4:05.18 _____
6	M	Porto 1	Abs		Porto	4:06.17 _____
7	M	Foca 1	Abs		Foca	4:12.76 _____
8	M	Leix�es Sport Clube 2	Juv		Leix�es Sport Clube	4:19.29 _____

19:15 Cerimonia de Distribu o de Medalhas - 42, 43 e 44

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ASSOCIAÇÃO DE NATAÇÃO
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Competições Regionais da ANNP
BAIXAS

CLUBE/TEAM:

N.º Prova	Serie	Pista	Nadador

Entregar 1h antes do início da Sessão



NATAÇÃO PURA



ASSOCIAÇÃO DE NATAÇÃO
DO NORTE DE PORTUGAL

ASSOCIAÇÃO DE NATAÇÃO DO NORTE DE PORTUGAL
Competições Regionais da ANNP
BAIXAS

CLUBE/TEAM:

N.º Prova	Serie	Pista	Nadador

Entregar 1h antes do início da Sessão