

1 - 1ª Jornada

18-05-2013 - 15:30

Prova 1	Femin., 400m Livres				15 anos e mais velhos
18-05-2013 - 15:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Regional 25m Jun	4:18.68	Joana Filipa, SANTOS	VSC	Guimarães	07-12-2008
Recorde Regional 25m Sen	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Ana Filipa, MARTINS	F	104438	97	Foca	4:38.47	600	
	50m: 32.14				150m: 1:41.21	34.83	250m: 2:51.61	35.48
	100m: 1:06.38				200m: 2:16.13	34.92	300m: 3:27.73	36.12
							350m: 4:03.17	35.44
							400m: 4:38.47	35.30
2.	Ana Rita, GRACA	F	111321	98	Vilacondense	4:40.68	586	
	50m: 32.47				150m: 1:43.09	35.54	250m: 2:54.54	35.91
	100m: 1:07.55				200m: 2:18.63	35.54	300m: 3:30.37	35.83
							350m: 4:06.21	35.84
							400m: 4:40.68	34.47
3.	Ines Lucas, ALVES	F	104738	98	Leixões Sport Clube	4:41.50	581	
	50m: 33.15				150m: 1:44.61	36.03	250m: 2:55.90	35.42
	100m: 1:08.58				200m: 2:20.48	35.87	300m: 3:31.46	35.56
							350m: 4:06.79	35.33
							400m: 4:41.50	34.71
4.	Rute Santos, FERREIRA	F	103823	97	Porto	4:42.34	576	
	50m: 32.21				150m: 1:44.14	36.37	250m: 2:56.24	35.71
	100m: 1:07.77				200m: 2:20.53	36.39	300m: 3:32.04	35.80
							350m: 4:07.93	35.89
							400m: 4:42.34	34.41
5.	Catarina Alexandra, JARDIM	F	104449	98	Famalicao	4:44.13	565	
	50m: 33.14				150m: 1:44.28	35.89	250m: 2:55.70	35.78
	100m: 1:08.39				200m: 2:19.92	35.64	300m: 3:31.81	36.11
							350m: 4:08.32	36.51
							400m: 4:44.13	35.81
6.	Joana Cunha, SOUSA	F	103054	98	Foca	4:46.60	550	
	50m: 32.87				150m: 1:44.55	36.09	250m: 2:57.21	36.41
	100m: 1:08.46				200m: 2:20.80	36.25	300m: 3:33.83	36.62
							350m: 4:10.70	36.87
							400m: 4:46.60	35.90
7.	Mafalda Mendes, MAGALHAES	F	107706	97	Porto	4:48.02	542	
	50m: 33.50				150m: 1:45.57	36.16	250m: 2:58.16	36.37
	100m: 1:09.41				200m: 2:21.79	36.22	300m: 3:34.60	36.44
							350m: 4:11.42	36.82
							400m: 4:48.02	36.60
8.	Joana Carina, SILVA	F	106219	97	Lousada	4:48.05	542	
	50m: 34.09				150m: 1:46.78	36.42	250m: 2:58.30	35.39
	100m: 1:10.36				200m: 2:22.91	36.13	300m: 3:33.84	35.54
							350m: 4:10.58	36.74
							400m: 4:48.05	37.47
9.	Lucilia Ferreira, FREITAS	F	111082	98	Porto	4:49.66	533	
	50m: 32.59				150m: 1:45.56	37.05	250m: 3:00.21	37.29
	100m: 1:08.51				200m: 2:22.92	37.36	300m: 3:37.20	36.99
							350m: 4:13.71	36.51
							400m: 4:49.66	35.95
10.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	4:55.98	500	
	50m: 34.01				150m: 1:47.15	37.30	250m: 3:02.40	37.95
	100m: 1:09.85				200m: 2:24.45	37.30	300m: 3:40.20	37.80
							350m: 4:18.44	38.24
							400m: 4:55.98	37.54
11.	Rita Maria, CARDOSO	F	105877	98	Leixões Sport Clube	4:56.78	495	
	50m: 34.88				150m: 1:49.67	37.42	250m: 3:04.28	37.46
	100m: 1:12.25				200m: 2:26.82	37.15	300m: 3:41.84	37.56
							350m: 4:19.37	37.53
							400m: 4:56.78	37.41
12.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	4:57.23	493	
	50m: 33.79				150m: 1:48.33	37.50	250m: 3:03.73	37.52
	100m: 1:10.83				200m: 2:26.21	37.88	300m: 3:41.85	38.12
							350m: 4:19.51	37.66
							400m: 4:57.23	37.72
13.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	4:58.72	486	
	50m: 34.03				150m: 1:48.85	37.43	250m: 3:04.83	38.34
	100m: 1:11.42				200m: 2:26.49	37.64	300m: 3:43.02	38.19
							350m: 4:21.34	38.32
							400m: 4:58.72	37.38
14.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	4:59.45	482	
	50m: 35.34				150m: 1:51.77	38.61	250m: 3:07.64	37.65
	100m: 1:13.16				200m: 2:29.99	38.22	300m: 3:45.45	37.81
							350m: 4:22.84	37.39
							400m: 4:59.45	36.61
15.	Diana Filipa, PORTELA	F	105488	98	Vitória Sport Clube	5:00.26	478	
	50m: 33.88				150m: 1:48.17	37.87	250m: 3:04.61	38.20
	100m: 1:10.30				200m: 2:26.41	38.24	300m: 3:43.53	38.92
							350m: 4:22.55	39.02
							400m: 5:00.26	37.71
16.	Mafalda Ho, SANTOS	F	104714	98	Leixões Sport Clube	5:04.66	458	
	50m: 34.44				150m: 1:50.82	38.43	250m: 3:08.69	38.92
	100m: 1:12.39				200m: 2:29.77	38.95	300m: 3:47.55	38.86
							350m: 4:26.23	38.68
							400m: 5:04.66	38.43
17.	Joana Maria, LOPES	F	105489	98	Vitória Sport Clube	5:17.46	405	
	50m: 35.89				150m: 1:54.88	39.89	250m: 3:16.16	40.47
	100m: 1:14.99				200m: 2:35.69	40.81	300m: 3:56.51	40.35
							350m: 4:37.41	40.90
							400m: 5:17.46	40.05
18.	Ana Rita, MESQUITA	F	111875	98	Propaganda da Natacao	5:23.14	384	
	50m: 35.94				150m: 1:54.66	40.07	250m: 3:17.29	41.53
	100m: 1:14.59				200m: 2:35.76	41.10	300m: 3:59.18	41.89
							350m: 4:41.41	42.23
							400m: 5:23.14	41.73
19.	Ana Rita, CORREIA	F	104558	98	Lousada	5:37.20	338	
	50m: 35.49				150m: 1:55.94	41.02	250m: 3:22.86	44.20
	100m: 1:14.92				200m: 2:38.66	42.72	300m: 4:07.75	44.89
							350m: 4:53.03	45.28
							400m: 5:37.20	44.17

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 1, Femin., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
DSQ	Joana Margarida, SOUSA <i>102 - Falsa partida – SW 4.4</i>	F	104510	97	Valongo			DSQ
DNF	Marcia Alexandra, SOUSA <i>701 - O(a) atleta não completou o percurso – SW 10.2</i>	F	111040	97	Penafiel			DNF
WDR	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense			WDR

Seniores

1.	Joana Aguiar, RODRIGUES	F	15401	93	Porto	50m: 31.69 100m: 1:05.25	31.69 33.56	150m: 1:38.61 200m: 2:11.98	33.36 33.37	250m: 2:45.30 300m: 3:19.12	33.32 33.82	350m: 3:52.94 400m: 4:25.78	4:25.78	690	33.82 32.84
2.	Maria Luis, AMORIM	F	102029	95	Porto	50m: 31.84 100m: 1:05.96	31.84 34.12	150m: 1:40.50 200m: 2:15.18	34.54 34.68	250m: 2:49.34 300m: 3:23.87	34.16 34.53	350m: 3:58.61 400m: 4:33.25	4:33.25	635	34.74 34.64
3.	Ana Isabel, CUNHA	F	102991	96	Foca	50m: 32.60 100m: 1:07.69	32.60 35.09	150m: 1:43.39 200m: 2:19.52	35.70 36.13	250m: 2:55.74 300m: 3:32.13	36.22 36.39	350m: 4:08.83 400m: 4:45.14	4:45.14	559	36.70 36.31
4.	Ana Catarina, AZEVEDO	F	102640	96	Famalicão	50m: 32.50 100m: 1:07.79	32.50 35.29	150m: 1:43.47 200m: 2:19.75	35.68 36.28	250m: 2:56.66 300m: 3:33.75	36.91 37.09	350m: 4:10.61 400m: 4:46.08	4:46.08	553	36.86 35.47
5.	Diana Patricia, FERREIRA	F	23500	94	Gespacos	50m: 33.03 100m: 1:08.25	33.03 35.22	150m: 1:44.54 200m: 2:21.17	36.29 36.63	250m: 2:57.95 300m: 3:34.98	36.78 37.03	350m: 4:12.04 400m: 4:48.20	4:48.20	541	37.06 36.16
6.	Hedvigés Ribeiro, CARVALHO	F	106925	95	Famalicão	50m: 33.33 100m: 1:09.59	33.33 36.26	150m: 1:45.90 200m: 2:23.09	36.31 37.19	250m: 2:59.87 300m: 3:36.39	36.78 36.52	350m: 4:12.90 400m: 4:48.80	4:48.80	538	36.51 35.90
7.	Ana Catarina, TEIXEIRA	F	18137	95	Foca	50m: 32.69 100m: 1:08.59	32.69 35.90	150m: 1:44.93 200m: 2:21.86	36.34 36.93	250m: 2:59.14 300m: 3:36.68	37.28 37.54	350m: 4:14.28 400m: 4:51.44	4:51.44	523	37.60 37.16
8.	Rute Sofia, TEIXEIRA	F	15202	90	Ginásio Santo Tirso	50m: 33.52 100m: 1:09.71	33.52 36.19	150m: 1:47.11 200m: 2:25.15	37.40 38.04	250m: 3:01.98 300m: 3:39.34	36.83 37.36	350m: 4:18.08 400m: 4:56.85	4:56.85	495	38.74 38.77
9.	Ana Paula, ARAUJO	F	20362	96	Ginásio Santo Tirso	50m: 34.33 100m: 1:11.11	34.33 36.78	150m: 1:48.43 200m: 2:26.56	37.32 38.13	250m: 3:05.24 300m: 3:44.28	38.68 39.04	350m: 4:23.66 400m: 5:03.48	5:03.48	463	39.38 39.82
10.	Joana Gabriela, SILVA	F	103945	95	Lamas	50m: 34.16 100m: 1:11.66	34.16 37.50	150m: 1:50.63 200m: 2:29.70	38.97 39.07	250m: 3:09.13 300m: 3:48.58	39.43 39.45	350m: 4:28.52 400m: 5:08.08	5:08.08	443	39.94 39.56
11.	Ana Sofia, ALVES	F	25757	95	Vitória Sport Clube	50m: 33.00 100m: 1:09.31	33.00 36.31	150m: 1:46.61 200m: 2:25.20	37.30 38.59	250m: 3:04.82 300m: 3:45.58	39.62 40.76	350m: 4:28.04 400m: 5:10.80	5:10.80	431	42.46 42.76
WDR	Ana Ribeiro, FERREIRA	F	15634	92	Famalicão										WDR
WDR	Catia Marisa, SILVA	F	23319	91	Valongo										WDR

Prova 2

18-05-2013 - 15:55

Masc., 100m Costas

CMEP - Clínica Médica do Exercício do Porto

17 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	54.10	Adriano Miguel, NIZ	CFV	Silves	21-12-2007
Recorde Regional 25m Jun	55.55	Adriano Miguel, NIZ	CFV	Corunha (ESP)	18-04-2004
Recorde Regional 25m Sen	54.10	Adriano Miguel, NIZ	CFV	Silves	21-12-2007

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	Porto	59.95	544	
2.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	1:02.45	481	
3.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	1:03.18	464	
4.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	1:04.35	439	

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 2, Masc., 100m Costas, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	Andre Coelho, OLIVEIRA 50m: 32.23 32.23	M	103443	96	Vitória Sport Clube 32.71	1:04.94	428	
6.	Diogo Sequeira, APARICIO 50m: 32.58 32.58	M	102390	95	Porto 33.15	1:05.73	412	
7.	Joao Miguel, COSTA 50m: 32.25 32.25	M	15088	95	Vilacondense 33.71	1:05.96	408	
8.	Joao Pedro, BARROSO 50m: 32.21 32.21	M	20392	95	Ginásio Santo Tirso 34.35	1:06.56	397	
9.	Daniel Costa, VIEIRA 50m: 33.47 33.47	M	102412	95	Individual Norte de Portugal 33.28	1:06.75	394	
10.	Carlos Figueiredo, PAIS 50m: 32.73 32.73	M	104581	96	Vilacondense 34.19	1:06.92	391	
11.	Joao Jose, VILELA 50m: 32.84 32.84	M	104583	96	Vilacondense 34.21	1:07.05	388	
12.	Nuno Filipe, GONCALVES 50m: 34.00 34.00	M	122530	96	Vitória Sport Clube 35.91	1:09.91	343	
13.	Tiago Andre, ARAUJO 50m: 34.74 34.74	M	105931	95	Leixões Sport Clube 36.06	1:10.80	330	
14.	Luis Miguel, LOPES 50m: 35.97 35.97	M	102984	95	Foca 35.41	1:11.38	322	
15.	Daniel Rento, LAUREANO 50m: 35.45 35.45	M	103707	95	Leixões Sport Clube 36.68	1:12.13	312	
16.	Daniel Fernando, MAGALHAES 50m: 36.69 36.69	M	103950	96	Lamas 38.22	1:14.91	278	
DNS	Vitor Samuel, ROCHA	M	107743	96	Gespacos			DNS
DNS	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube			DNS

Seniores

1.	Pedro Romanoski, CARVALHO 50m: 29.66 29.66	M	108664	94	Famalicao 32.02	1:01.68	499	
2.	Diogo Fontes, MOREIRA 50m: 30.17 30.17	M	13359	93	Leixões Sport Clube 31.62	1:01.79	496	
3.	Joao Claudio, SOUSA 50m: 30.77 30.77	M	23458	93	Gespacos 31.72	1:02.49	480	
4.	Nuno Rafael, ALVES 50m: 30.53 30.53	M	25140	90	Gespacos 32.00	1:02.53	479	
5.	Ruben Filipe, NUNES 50m: 31.19 31.19	M	23302	94	Gespacos 32.03	1:03.22	463	
6.	Bruno Miguel, CAVADAS 50m: 31.70 31.70	M	23279	89	Valongo 34.28	1:05.98	408	
7.	Hugo Moreira, MARTINS 50m: 32.22 32.22	M	108219	94	Valongo 34.54	1:06.76	393	
8.	Rui Pedro, FARIA 50m: 33.22 33.22	M	15592	94	Famalicao 34.51	1:07.73	377	
9.	Marcelo Jose, PINTO 50m: 33.88 33.88	M	19400	94	Foca 34.77	1:08.65	362	
10.	Pedro Miguel, COELHO 50m: 33.64 33.64	M	23495	94	Lousada 35.46	1:09.10	355	
11.	Rui Fernando, ROCHA 50m: 33.94 33.94	M	24096	94	Valongo 35.78	1:09.72	345	
12.	Andre Alexandre, SILVA 50m: 35.26 35.26	M	102699	94	Propaganda da Natacao 38.40	1:13.66	293	
13.	Goncalo Fernando, FERREIRA 50m: 36.65 36.65	M	121734	94	Penafiel 38.39	1:15.04	277	
DNF	Dario Almeida, SANTOS 701 - O(a) atleta não completou o percurso – SW 10.2	M	22520	93	Leixões Sport Clube			DNF

Prova 3
18-05-2013 - 16:05

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

15 anos e mais velhos
Resultados

Recorde Regional 25m Absoluto	2:14.17	Marta Vieira, MARINHO	FCP	Mealhada	18-12-2011
Recorde Regional 25m Jun	2:14.77	Joana Carina, SILVA	LSXXI	Porto	09-12-2012
Recorde Regional 25m Sen	2:14.17	Marta Vieira, MARINHO	FCP	Mealhada	18-12-2011

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Joana Carina, SILVA 50m: 33.41 33.41	F	106219	97	Lousada 100m: 1:08.61 35.20 150m: 1:43.94 35.33	2:17.52 2:17.52	664	33.58
2.	Francisca Santos, PEREIRA 50m: 35.36 35.36	F	102019	98	Porto 100m: 1:13.28 37.92 150m: 1:51.12 37.84	2:27.52 2:27.52	538	36.40
3.	Ines Lucas, ALVES 50m: 35.44 35.44	F	104738	98	Leixões Sport Clube 100m: 1:13.56 38.12 150m: 1:51.80 38.24	2:28.14 2:28.14	531	36.34
4.	Maria Joao, FERNANDES 50m: 34.38 34.38	F	102092	97	Vilacondense 100m: 1:11.90 37.52 150m: 1:50.37 38.47	2:28.26 2:28.26	530	37.89
5.	Ana Beatriz, MEIRELES 50m: 35.51 35.51	F	110663	98	Assoc. Desportiva de Fafe 100m: 1:13.77 38.26 150m: 1:52.70 38.93	2:30.91 2:30.91	503	38.21
6.	Catarina Alexandra, JARDIM 50m: 35.19 35.19	F	104449	98	Famalicao 100m: 1:13.18 37.99 150m: 1:52.75 39.57	2:31.21 2:31.21	500	38.46
7.	Ana Micaela, CARVALHO 50m: 35.65 35.65	F	102722	97	Famalicao 100m: 1:14.04 38.39 150m: 1:53.37 39.33	2:31.88 2:31.88	493	38.51
8.	Ines Evangelista, BASTOS 50m: 36.52 36.52	F	110627	98	Assoc. Desportiva de Fafe 100m: 1:15.16 38.64 150m: 1:54.74 39.58	2:33.92 2:33.92	474	39.18
9.	Francisca Sousa, MAIA 50m: 36.53 36.53	F	117523	98	Famalicao 100m: 1:16.82 40.29 150m: 1:57.59 40.77	2:37.26 2:37.26	444	39.67
10.	Joana Cunha, SOUSA 50m: 38.30 38.30	F	103054	98	Foca 100m: 1:18.80 40.50 150m: 1:59.78 40.98	2:40.05 2:40.05	421	40.27
11.	Cristiana Ferreira, SANTOS 50m: 38.24 38.24	F	108222	97	Valongo 100m: 1:18.42 40.18 150m: 2:00.20 41.78	2:41.81 2:41.81	408	41.61
12.	Daniela Rodrigues, FIGUEIREDO 50m: 39.01 39.01	F	102684	98	Propaganda da Natacao 100m: 1:20.52 41.51 150m: 2:02.47 41.95	2:44.09 2:44.09	391	41.62
13.	Ana Carolina, PEREIRA 50m: 38.62 38.62	F	104475	98	Porto 100m: 1:20.21 41.59 150m: 2:03.38 43.17	2:46.15 2:46.15	377	42.77
14.	Sofia Isabel, CORREIA 50m: 41.43 41.43	F	104560	98	Lousada 100m: 1:26.31 44.88 150m: 2:12.80 46.49	2:59.21 2:59.21	300	46.41
WDR	Joana Margarida, SOUSA	F	104510	97	Valongo			WDR
Seniores								
1.	Marta Pereira, ABREU 50m: 32.48 32.48	F	23091	92	Porto 100m: 1:07.86 35.38 150m: 1:44.05 36.19	2:20.45 2:20.45	624	36.40
2.	Diana Patricia, FERREIRA 50m: 36.90 36.90	F	23500	94	Gespacos 100m: 1:16.04 39.14 150m: 1:55.65 39.61	2:32.68 2:32.68	485	37.03
3.	Joana Marques, MAIA 50m: 35.89 35.89	F	25067	91	CNMaia 100m: 1:14.64 38.75 150m: 1:54.02 39.38	2:32.74 2:32.74	485	38.72
4.	Claudia Susana, TEIXEIRA 50m: 35.88 35.88	F	102040	96	Gespacos 100m: 1:14.74 38.86 150m: 1:54.44 39.70	2:33.88 2:33.88	474	39.44
5.	Sofia Cunha, SOUSA 50m: 36.53 36.53	F	102996	96	Foca 100m: 1:15.18 38.65 150m: 1:55.53 40.35	2:36.14 2:36.14	454	40.61
6.	Ana Sofia, MATOS 50m: 37.78 37.78	F	25111	91	Gespacos 100m: 1:18.93 41.15 150m: 1:59.40 40.47	2:40.04 2:40.04	421	40.64
7.	Catia Alexandra, BATISTA 50m: 38.49 38.49	F	103036	96	Lamas 100m: 1:19.78 41.29 150m: 2:01.97 42.19	2:44.73 2:44.73	386	42.76
8.	Catia Marisa, SILVA 50m: 39.77 39.77	F	23319	91	Valongo 100m: 1:21.45 41.68 150m: 2:04.02 42.57	2:45.85 2:45.85	379	41.83
9.	Ana Raquel, SILVA 50m: 38.18 38.18	F	104584	96	Vilacondense 100m: 1:19.26 41.08 150m: 2:03.34 44.08	2:47.56 2:47.56	367	44.22
10.	Helena Manuel, JOSE 50m: 40.32 40.32	F	15205	90	Ginásio Santo Tirso 100m: 1:22.88 42.56 150m: 2:06.15 43.27	2:49.80 2:49.80	353	43.65
11.	Ines Couto, RODRIGUES 50m: 41.49 41.49	F	121780	95	Leixões Sport Clube 100m: 1:25.09 43.60 150m: 2:10.34 45.25	2:54.36 2:54.36	326	44.02
DNS	Rita Alexandre, OLIVEIRA	F	105609	96	Propaganda da Natacao			DNS

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Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 3, Femin., 200m Costas, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
WDR	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos			WDR

Prova 4

18-05-2013 - 16:20

Masc., 100m Mariposa

CMEP - Clínica Médica do Exercício do Porto

17 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	52.83	Adriano Miguel, NIZ	CFV	S. Antonio Cavaleiros	17-12-2006
Recorde Regional 25m Jun	55.96	Adriano Miguel, NIZ	CFV	Estoril	15-02-2004
Recorde Regional 25m Sen	52.83	Miguel Adriano, NIZ	CFV	S. Antonio Cavaleiros	17-12-2006

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Artur Jose, REIS	M	23369	96	Porto	58.57	567	
	50m: 27.56				100m: 58.57			
2.	Tiago Manuel, TEIXEIRA	M	102485	96	Vitória Sport Clube	59.99	527	
	50m: 28.44				100m: 59.99			
3.	Joao Paulo, CAPITAO	M	109592	96	Lamas	1:01.06	500	
	50m: 28.97				100m: 1:01.06			
4.	Joao Marcelo, GOMES	M	102025	95	Porto	1:01.12	499	
	50m: 29.07				100m: 1:01.12			
5.	Paulo Andre, SILVA	M	105198	96	Vilacondense	1:01.29	494	
	50m: 28.05				100m: 1:01.29			
6.	Nuno Goncalo, MARTINS	M	102675	95	Famalicao	1:01.98	478	
	50m: 28.72				100m: 1:01.98			
7.	Pedro Maria, BESSA	M	18656	95	Vilacondense	1:02.84	459	
	50m: 29.76				100m: 1:02.84			
8.	Bernardo Aguiar, BRANCO	M	103121	95	Porto	1:03.08	453	
	50m: 29.88				100m: 1:03.08			
9.	Paulo Andre, SILVA	M	104517	95	CNMaia	1:03.11	453	
	50m: 29.74				100m: 1:03.11			
10.	Bruno Miguel, SILVA	M	103826	96	Porto	1:03.25	450	
	50m: 29.55				100m: 1:03.25			
11.	Manuel Duarte, FERNANDES	M	119293	96	Famalicao	1:04.67	421	
	50m: 29.75				100m: 1:04.67			
12.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	1:04.71	420	
	50m: 30.54				100m: 1:04.71			
13.	David Nunes, SOUSA	M	112204	96	Famalicao	1:05.43	406	
	50m: 30.53				100m: 1:05.43			
14.	Joao Jose, VILELA	M	104583	96	Vilacondense	1:05.46	406	
	50m: 30.38				100m: 1:05.46			
15.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	1:06.06	395	
	50m: 30.47				100m: 1:06.06			
16.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	1:07.17	375	
	50m: 31.04				100m: 1:07.17			
17.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	1:07.81	365	
	50m: 31.08				100m: 1:07.81			
18.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	1:10.13	330	
	50m: 32.19				100m: 1:10.13			
19.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	1:11.61	310	
	50m: 32.94				100m: 1:11.61			
20.	Joao Pedro, FERREIRA	M	111411	95	CNMaia	1:14.35	277	
	50m: 34.86				100m: 1:14.35			
DNS	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe			DNS
DNS	Joao Pedro, MACHADO	M	103444	96	Vitória Sport Clube			DNS

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Prova 4, Masc., 100m Mariposa

Seniores

1.	Carlos Filipe, SANTOS	M	15694 91	Porto	56.67	626
	50m: 26.23 26.23	100m: 56.67		30.44		
2.	Nelson Filipe, MARTINHO	M	16016 89	Valongo	59.02	554
	50m: 27.39 27.39	100m: 59.02		31.63		
3.	Diogo Fontes, MOREIRA	M	13359 93	Leixões Sport Clube	59.25	547
	50m: 27.63 27.63	100m: 59.25		31.62		
4.	Joao Claudio, SOUSA	M	23458 93	Gespacos	1:01.36	493
	50m: 28.97 28.97	100m: 1:01.36		32.39		
5.	Joao Pedro, NEVES	M	123836 93	Leixões Sport Clube	1:01.91	480
	50m: 28.65 28.65	100m: 1:01.91		33.26		
6.	Rui Filipe, COSTA	M	24004 91	Vitória Sport Clube	1:02.24	472
	50m: 29.24 29.24	100m: 1:02.24		33.00		
7.	Nuno Rafael, ALVES	M	25140 90	Gespacos	1:02.58	464
	50m: 29.33 29.33	100m: 1:02.58		33.74		
8.	Pedro Romanoski, CARVALHO	M	108664 94	Famalicao	1:02.61	464
	50m: 29.23 29.23	100m: 1:02.61		33.38		
9.	Rui Fernando, ROCHA	M	24096 94	Valongo	1:04.56	423
	50m: 29.82 29.82	100m: 1:04.56		34.74		
10.	Goncalo Fernando, FERREIRA	M	121734 94	Penafiel	1:08.51	354
	50m: 31.45 31.45	100m: 1:08.51		37.06		
11.	Hugo Moreira, MARTINS	M	108219 94	Valongo	1:12.49	299
	50m: 32.74 32.74	100m: 1:12.49		39.75		

Prova 5

18-05-2013 - 16:30

Femin., 200m Mariposa

COPIDOURO - Cópia e Artigos de Reprodução, Lda

15 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	15-12-2010
Recorde Regional 25m Jun	2:18.15	Diana Ramos, ROCHA	CFV	Leiria	04-12-2009
Recorde Regional 25m Sen	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai	15-12-2010

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Ana Carolina, MOREIRA	F	111076	98	Porto	2:29.68	525	
	50m: 33.52 33.52	100m: 1:11.50			37.98	150m: 1:51.56 40.06	200m: 2:29.68	38.12
2.	Carla Luisa, ALVES	F	117522	98	Famalicao	2:43.67	401	
	50m: 34.51 34.51	100m: 1:15.08			40.57	150m: 1:58.73 43.65	200m: 2:43.67	44.94
3.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	2:49.47	361	
	50m: 36.28 36.28	100m: 1:19.43			43.15	150m: 2:03.88 44.45	200m: 2:49.47	45.59
4.	Ana Rita, MESQUITA	F	111875	98	Propaganda da Natacao	2:59.73	303	
	50m: 38.96 38.96	100m: 1:23.41			44.45	150m: 2:11.24 47.83	200m: 2:59.73	48.49
WDR	Cristiana Ferreira, SANTOS	F	108222	97	Valongo			WDR

Seniores

1.	Ana Isabel, CUNHA	F	102991	96	Foca	2:29.26	529	
	50m: 33.96 33.96	100m: 1:11.83			37.87	150m: 1:50.28 38.45	200m: 2:29.26	38.98
2.	Ana Sofia, SOUSA	F	101952	96	Gespacos	2:57.80	313	
	50m: 37.97 37.97	100m: 1:22.12			44.15	150m: 2:09.71 47.59	200m: 2:57.80	48.09

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Prova 6
18-05-2013 - 16:30

Masc., 100m Bruços
CMEP - Clínica Médica do Exercício do Porto

17 anos e mais velhos
Resultados

Recorde Regional 25m Absoluto	1:00.59	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	1:03.10	Henrique Pereira, NEIVA	CFV	Algés	17-05-2002
Recorde Regional 25m Sen	1:00.59	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	Porto	1:06.18	593	
	50m: 31.31 31.31				100m: 1:06.18			
2.	Luis Manuel, FERNANDES	M	15589	95	Famalicao	1:08.39	537	
	50m: 32.77 32.77				100m: 1:08.39			
3.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	1:09.70	507	
	50m: 32.80 32.80				100m: 1:09.70			
4.	Luis Miguel, LOPES	M	102984	95	Foca	1:10.05	500	
	50m: 33.45 33.45				100m: 1:10.05			
5.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	1:10.13	498	
	50m: 33.71 33.71				100m: 1:10.13			
6.	Nuno Goncalo, MARTINS	M	102675	95	Famalicao	1:11.66	467	
	50m: 33.59 33.59				100m: 1:11.66			
7.	Pedro Maria, BESSA	M	18656	95	Vilacondense	1:12.01	460	
	50m: 34.63 34.63				100m: 1:12.01			
8.	Joao Miguel, COSTA	M	15088	95	Vilacondense	1:12.17	457	
	50m: 34.95 34.95				100m: 1:12.17			
9.	Paulo Andre, SILVA	M	105198	96	Vilacondense	1:14.33	418	
	50m: 35.08 35.08				100m: 1:14.33			
10.	Jose Pedro, BAPTISTA	M	102083	96	Vilacondense	1:14.86	409	
	50m: 34.29 34.29				100m: 1:14.86			
11.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	1:15.21	404	
	50m: 36.04 36.04				100m: 1:15.21			
12.	Jose Pedro, OLIVEIRA	M	20294	95	Vilacondense	1:17.77	365	
	50m: 35.93 35.93				100m: 1:17.77			
13.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	1:18.83	351	
	50m: 37.94 37.94				100m: 1:18.83			
14.	David Nunes, SOUSA	M	112204	96	Famalicao	1:20.58	328	
	50m: 38.53 38.53				100m: 1:20.58			
15.	Daniel Batista, COIMBRA	M	103780	96	Lamas	1:21.54	317	
	50m: 38.69 38.69				100m: 1:21.54			
16.	Nuno Filipe, MAGALHAES	M	122748	95	Propaganda da Natacao	1:24.91	280	
	50m: 39.88 39.88				100m: 1:24.91			
DNS	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe			DNS
DNS	Vitor Samuel, ROCHA	M	107743	96	Gespacos			DNS

Seniores

1.	Diogo Manuel, RODRIGUES	M	15338	94	Vitória Sport Clube	1:09.14	520	
	50m: 32.82 32.82				100m: 1:09.14			
2.	Ruben Filipe, NUNES	M	23302	94	Gespacos	1:09.99	501	
	50m: 33.70 33.70				100m: 1:09.99			
3.	Rui Pedro, FARIA	M	15592	94	Famalicao	1:11.67	467	
	50m: 34.27 34.27				100m: 1:11.67			
4.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	1:12.06	459	
	50m: 34.25 34.25				100m: 1:12.06			
5.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	1:15.23	403	
	50m: 34.43 34.43				100m: 1:15.23			
6.	Carlos Daniel, SALABERT	M	23322	90	Propaganda da Natacao	1:19.13	347	
	50m: 36.84 36.84				100m: 1:19.13			
DSQ	Marcelo Jose, PINTO	M	19400	94	Foca			DSQ
	<i>401 - O(a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina – SW 7.1, após a viragem dos 50 m.</i>							

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Prova 7 Femin., 200m Bruços 15 anos e mais velhos
18-05-2013 - 16:40 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-12-2002
Recorde Regional 25m Jun	2:32.39	Paula Alexandra, OLIVEIRA	FCP	Mealhada	18-12-2011
Recorde Regional 25m Sen	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-02-2002

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Rita Maria, CARDOSO	F	105877	98	Leixões Sport Clube	2:46.73	525	
	50m: 38.03 38.03	100m: 1:21.11			43.08 150m: 2:04.39	43.28	200m: 2:46.73	42.34
2.	Ana Rita, GRACA	F	111321	98	Vilacondense	2:51.13	486	
	50m: 38.34 38.34	100m: 1:22.01			43.67 150m: 2:06.62	44.61	200m: 2:51.13	44.51
3.	Beatriz Pereira, VASCONCELOS	F	107934	98	Vilacondense	2:52.16	477	
	50m: 40.92 40.92	100m: 1:24.43			43.51 150m: 2:08.56	44.13	200m: 2:52.16	43.60
4.	Ines Evangelista, BASTOS	F	110627	98	Assoc. Desportiva de Fafe	2:53.38	467	
	50m: 39.87 39.87	100m: 1:24.13			44.26 150m: 2:08.92	44.79	200m: 2:53.38	44.46
5.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	2:53.99	462	
	50m: 40.25 40.25	100m: 1:25.26			45.01 150m: 2:10.21	44.95	200m: 2:53.99	43.78
6.	Ana Filipa, MARTINS	F	104438	97	Foca	2:57.67	434	
	50m: 41.35 41.35	100m: 1:25.83			44.48 150m: 2:11.82	45.99	200m: 2:57.67	45.85
7.	Diana Filipa, PORTELA	F	105488	98	Vitória Sport Clube	3:03.82	392	
	50m: 41.26 41.26	100m: 1:28.20			46.94 150m: 2:16.42	48.22	200m: 3:03.82	47.40
8.	Joana Cunha, SOUSA	F	103054	98	Foca	3:04.30	389	
	50m: 41.56 41.56	100m: 1:27.98			46.42 150m: 2:16.42	48.44	200m: 3:04.30	47.88
9.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Propaganda da Natacao	3:04.93	385	
	50m: 43.57 43.57	100m: 1:31.53			47.96 150m: 2:18.44	46.91	200m: 3:04.93	46.49
10.	Joana Margarida, SOUSA	F	104510	97	Valongo	3:05.02	384	
	50m: 43.13 43.13	100m: 1:30.99			47.86 150m: 2:17.83	46.84	200m: 3:05.02	47.19
11.	Marcia Alexandra, SOUSA	F	111040	97	Penafiel	3:13.87	334	
	50m: 43.46 43.46	100m: 1:32.46			49.00 150m: 2:23.17	50.71	200m: 3:13.87	50.70
12.	Ana Rita, CORREIA	F	104558	98	Lousada	3:20.28	303	
	50m: 44.06 44.06	100m: 1:33.71			49.65 150m: 2:26.32	52.61	200m: 3:20.28	53.96
13.	Claudia Sofia, RIBEIRO	F	107742	98	Vilacondense	3:25.15	282	
	50m: 44.31 44.31	100m: 1:35.44			51.13 150m: 2:30.07	54.63	200m: 3:25.15	55.08
DNS	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense			DNS

Seniores

1.	Sofia Cunha, SOUSA	F	102996	96	Foca	2:59.03	424	
	50m: 41.96 41.96	100m: 1:27.02			45.06 150m: 2:12.78	45.76	200m: 2:59.03	46.25
2.	Claudia Susana, TEIXEIRA	F	102040	96	Gespacos	3:03.52	394	
	50m: 43.61 43.61	100m: 1:30.94			47.33 150m: 2:17.94	47.00	200m: 3:03.52	45.58
3.	Catia Marisa, SILVA	F	23319	91	Valongo	3:05.60	381	
	50m: 42.81 42.81	100m: 1:29.98			47.17 150m: 2:17.63	47.65	200m: 3:05.60	47.97
4.	Cassandra Pedro, OLIVEIRA	F	111071	95	Vilacondense	3:07.81	367	
	50m: 43.47 43.47	100m: 1:31.19			47.72 150m: 2:19.57	48.38	200m: 3:07.81	48.24
5.	Rute Portela, MORAIS	F	121046	96	Leixões Sport Clube	3:08.69	362	
	50m: 42.13 42.13	100m: 1:29.07			46.94 150m: 2:18.31	49.24	200m: 3:08.69	50.38
WDR	Soraia Vanessa, RIBEIRO	F	15857	92	Gespacos			WDR

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Prova 8 Masc., 4 x 100m Livres
18-05-2013 - 17:05 17 anos e mais velhos
COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	3:18.28	Paulo Santos, Joao Carvalho, Carlo FCPintos, RLeiriaar	04-12-2009
Recorde Regional 25m Jun	3:30.51	Tiago Lousada, Mario Carvalho, NuncFCPcio, HugFelgueiras	06-03-1998
Recorde Regional 25m Sen	3:18.28	Paulo Santos, Joao Carvalho, Carlo FCPintos, RLeiriaar	04-12-2009

Pontos: FINA 2012

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17 anos e mais velhos							
1.	M			Leixões Sport Clube	3:42.41	559	
		93	26.21	53.68 Daniel Rento, LAUREANO	95 28.49		57.64
		93	27.28	56.27 Diogo Fontes, MOREIRA	93 26.35		54.82
2.	M			Famalicao	3:46.86	527	
		94	26.85	55.78 David Nunes, SOUSA	96 27.87		57.45
		95	26.38	55.74 Pedro Romanoski, CARVALHO	94 27.72		57.89
3.	M			Valongo	3:53.23	485	
		89	26.86	56.35 Hugo Moreira, MARTINS	94 28.38		59.85
		89	28.39	1:00.12 Rui Fernando, ROCHA	94 27.14		56.91
4.	M			Ginásio Santo Tirso	3:53.53	483	
		95	28.48	58.90 Paulo Martins, ALMEIDA	96 29.63		1:01.90
		96	27.85	57.30 Tiago Sobral, COELHO	95 26.52		55.43

Prova 9 Femin., 4 x 100m Estilos
18-05-2013 - 17:10 15 anos e mais velhos
COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	4:06.14	Marta Marinho, Joana Carvalho, SaIFCPliveira, S. António Cavaleiros	19-12-2009
Recorde Regional 25m Jun	4:32.87	Ana Cabral, Joana Freitas, Patricia FCPcalves, Bragaçomes	01-01-1994
Recorde Regional 25m Sen	4:06.14	Marta Marinho, Joana Carvalho, SaIFCPliveira, S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15 anos e mais velhos							
1.	F			Leixões Sport Clube	5:22.83	352	
		98	35.55	1:13.89 Mafalda Ho, SANTOS	98 42.40		1:29.88
		96	41.74	1:27.68 Ines Couto, RODRIGUES	95 34.28		1:11.38

2 - 2ª Jornada

19-05-2013 - 9:30

Prova 10	Masc., 400m Livres				17 anos e mais velhos
19-05-2013 - 9:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10-12-2009
Recorde Regional 25m Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Recorde Regional 25m Sen	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Tiago Manuel, TEIXEIRA	M	102485	96	Vitória Sport Clube	4:10.04	616	
	50m: 26.97 26.97		150m: 1:27.75		30.86 250m: 2:31.12	31.95	350m: 3:38.60	34.57
	100m: 56.89 29.92		200m: 1:59.17		31.42 300m: 3:04.03	32.91	400m: 4:10.04	31.44
2.	Joao Marcelo, GOMES	M	102025	95	Porto	4:13.04	594	
	50m: 28.15 28.15		150m: 1:31.15		31.97 250m: 2:36.59	32.61	350m: 3:41.99	32.49
	100m: 59.18 31.03		200m: 2:03.98		32.83 300m: 3:09.50	32.91	400m: 4:13.04	31.05
3.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	4:19.86	548	
	50m: 29.59 29.59		150m: 1:35.08		33.36 250m: 2:41.05	32.63	350m: 3:47.97	33.93
	100m: 1:01.72 32.13		200m: 2:08.42		33.34 300m: 3:14.04	32.99	400m: 4:19.86	31.89
4.	Andre Coelho, OLIVEIRA	M	103443	96	Vitória Sport Clube	4:20.16	547	
	50m: 29.90 29.90		150m: 1:36.96		34.06 250m: 2:43.58	32.33	350m: 3:49.48	33.06
	100m: 1:02.90 33.00		200m: 2:11.25		34.29 300m: 3:16.42	32.84	400m: 4:20.16	30.68
	David Nunes, SOUSA	M	112204	96	Famalicão	4:20.16	547	
	50m: 31.11 31.11		150m: 1:37.39		33.79 250m: 2:44.93	33.65	350m: 3:51.58	32.96
	100m: 1:03.60 32.49		200m: 2:11.28		33.89 300m: 3:18.62	33.69	400m: 4:20.16	28.58
6.	Bernardo Aguiar, BRANCO	M	103121	95	Porto	4:27.35	504	
	50m: 29.33 29.33		150m: 1:35.69		33.98 250m: 2:45.23	34.82	350m: 3:54.24	34.34
	100m: 1:01.71 32.38		200m: 2:10.41		34.72 300m: 3:19.90	34.67	400m: 4:27.35	33.11
7.	Nuno Filipe, GONCALVES	M	122530	96	Vitória Sport Clube	4:28.11	499	
	50m: 29.96 29.96		150m: 1:36.68		33.64 250m: 2:45.74	34.71	350m: 3:55.07	34.40
	100m: 1:03.04 33.08		200m: 2:11.03		34.35 300m: 3:20.67	34.93	400m: 4:28.11	33.04
8.	Nuno Goncalo, MARTINS	M	102675	95	Famalicão	4:29.19	493	
	50m: 29.31 29.31		150m: 1:35.62		33.30 250m: 2:44.47	35.00	350m: 3:55.67	35.65
	100m: 1:02.32 33.01		200m: 2:09.47		33.85 300m: 3:20.02	35.55	400m: 4:29.19	33.52
9.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	4:30.02	489	
	50m: 30.71 30.71		150m: 1:37.81		33.84 250m: 2:46.75	34.33	350m: 3:56.20	34.70
	100m: 1:03.97 33.26		200m: 2:12.42		34.61 300m: 3:21.50	34.75	400m: 4:30.02	33.82
10.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	4:32.89	473	
	50m: 30.50 30.50		150m: 1:39.42		34.94 250m: 2:49.46	34.90	350m: 3:59.32	35.18
	100m: 1:04.48 33.98		200m: 2:14.56		35.14 300m: 3:24.14	34.68	400m: 4:32.89	33.57
11.	Paulo Andre, SILVA	M	104517	95	CNMaia	4:32.98	473	
	50m: 31.18 31.18		150m: 1:38.98		34.28 250m: 2:48.85	34.76	350m: 3:58.97	35.00
	100m: 1:04.70 33.52		200m: 2:14.09		35.11 300m: 3:23.97	35.12	400m: 4:32.98	34.01
12.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	4:35.33	461	
	50m: 30.15 30.15		150m: 1:39.35		34.61 250m: 2:51.48	36.44	350m: 4:02.30	34.67
	100m: 1:04.74 34.59		200m: 2:15.04		35.69 300m: 3:27.63	36.15	400m: 4:35.33	33.03
13.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	4:40.79	435	
	50m: 31.58 31.58		150m: 1:40.96		35.23 250m: 2:53.32	36.36	350m: 4:05.87	36.00
	100m: 1:05.73 34.15		200m: 2:16.96		36.00 300m: 3:29.87	36.55	400m: 4:40.79	34.92
14.	Daniel Batista, COIMBRA	M	103780	96	Lamas	4:50.28	393	
	50m: 33.23 33.23		150m: 1:46.18		36.73 250m: 3:00.42	36.73	350m: 4:13.08	36.58
	100m: 1:09.45 36.22		200m: 2:23.69		37.51 300m: 3:36.50	36.08	400m: 4:50.28	37.20
DNS	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe			DNS
DNS	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube			DNS
DNF	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube			DNF

701 - O(a) atleta não completou o percurso - SW 10.2

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

22-05-2013 11:09 - Página 10

Prova 10, Masc., 400m Livres

Seniores

1.	Ruben Filipe, NUNES	M	23302	94	Gespacos	4:10.37	613		
	50m: 29.14	29.14	150m: 1:32.51	32.03	250m: 2:36.49	31.54	350m: 3:40.75	32.00	
	100m: 1:00.48	31.34	200m: 2:04.95	32.44	300m: 3:08.75	32.26	400m: 4:10.37	29.62	
2.	Rui Pedro, FARIA	M	15592	94	Famalicão	4:13.70	589		
	50m: 28.42	28.42	150m: 1:31.43	32.07	250m: 2:36.93	32.50	350m: 3:42.49	32.65	
	100m: 59.36	30.94	200m: 2:04.43	33.00	300m: 3:09.84	32.91	400m: 4:13.70	31.21	
3.	Dario Almeida, SANTOS	M	22520	93	Leixões Sport Clube	4:17.86	561		
	50m: 29.33	29.33	150m: 1:34.35	32.84	250m: 2:40.30	33.15	350m: 3:47.26	32.89	
	100m: 1:01.51	32.18	200m: 2:07.15	32.80	300m: 3:14.37	34.07	400m: 4:17.86	30.60	
4.	Rui Filipe, COSTA	M	24004	91	Vitória Sport Clube	4:17.93	561		
	50m: 29.15	29.15	150m: 1:32.59	32.17	250m: 2:38.18	32.99	350m: 3:44.10	32.31	
	100m: 1:00.42	31.27	200m: 2:05.19	32.60	300m: 3:11.79	33.61	400m: 4:17.93	33.83	
5.	Joao Claudio, SOUSA	M	23458	93	Gespacos	4:23.62	525		
	50m: 32.66	32.66	150m: 1:37.26	33.01	250m: 2:44.44	33.75	350m: 3:52.11	33.80	
	100m: 1:04.25	31.59	200m: 2:10.69	33.43	300m: 3:18.31	33.87	400m: 4:23.62	31.51	
6.	Antonio Rafael, BESSA	M	102089	94	Gespacos	4:24.27	521		
	50m: 29.35	29.35	150m: 1:35.52	33.39	250m: 2:42.10	33.46	350m: 3:49.58	33.68	
	100m: 1:02.13	32.78	200m: 2:08.64	33.12	300m: 3:15.90	33.80	400m: 4:24.27	34.69	
7.	Marcelo Jose, PINTO	M	19400	94	Foca	4:26.83	507		
	50m: 30.70	30.70	150m: 1:37.42	33.06	250m: 2:45.25	33.41	350m: 3:53.15	33.95	
	100m: 1:04.36	33.66	200m: 2:11.84	34.42	300m: 3:19.20	33.95	400m: 4:26.83	33.68	
8.	Rui Fernando, ROCHA	M	24096	94	Valongo	4:32.46	476		
	50m: 30.36	30.36	150m: 1:40.74	35.52	250m: 2:50.35	34.45	350m: 3:59.02	33.75	
	100m: 1:05.22	34.86	200m: 2:15.90	35.16	300m: 3:25.27	34.92	400m: 4:32.46	33.44	
9.	Joao Pedro, NEVES	M	123836	93	Leixões Sport Clube	4:36.73	454		
	50m: 32.13	32.13	150m: 1:41.62	34.67	250m: 2:51.91	35.27	350m: 3:54.77	35.82	
	100m: 1:06.95	34.82	200m: 2:16.64	35.02	300m: 3:26.95	35.04	400m: 4:36.73	33.96	
10.	Bruno Miguel, CAVADAS	M	23279	89	Valongo	4:37.41	451		
	50m: 30.50	30.50	150m: 1:41.44	35.99	250m: 2:52.48	34.96	350m: 4:02.68	35.17	
	100m: 1:05.45	34.95	200m: 2:17.52	36.08	300m: 3:27.51	35.03	400m: 4:37.41	34.73	
11.	Nelson Filipe, MARTINHO	M	16016	89	Valongo	4:38.35	446		
	50m: 30.69	30.69	150m: 1:39.95	35.15	250m: 2:51.43	36.19	350m: 4:02.93	35.02	
	100m: 1:04.80	34.11	200m: 2:15.24	35.29	300m: 3:27.91	36.48	400m: 4:38.35	35.42	
12.	Hugo Moreira, MARTINS	M	108219	94	Valongo	4:42.22	428		
	50m: 32.69	32.69	150m: 1:44.73	36.08	250m: 2:55.39	34.45	350m: 4:06.38	35.68	
	100m: 1:08.65	35.96	200m: 2:20.94	36.21	300m: 3:30.70	35.31	400m: 4:42.22	35.84	
13.	Andre Alexandre, SILVA	M	102699	94	Propaganda da Natacao	4:58.21	363		
	50m: 32.86	32.86	150m: 1:46.46	36.89	250m: 3:00.74	36.98	350m: 4:18.95	39.42	
	100m: 1:09.57	36.71	200m: 2:23.76	37.30	300m: 3:39.53	38.79	400m: 4:58.21	39.26	
DNS	Artur Manuel, LIMA	M	118874	94	Trofa			DNS	

Prova 11

19-05-2013 - 9:55

Femin., 100m Costas

CMEP - Clínica Médica do Exercício do Porto

15 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Jun	1:03.63	Joana Carina, SILVA	LSXXI	Porto	08-12-2012
Recorde Regional 25m Sen	1:00.69	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Joana Carina, SILVA	F	106219	97	Lousada	1:04.64	623	
	50m: 31.75	31.75	100m: 1:04.64	32.89				
2.	Ines Lucas, ALVES	F	104738	98	Leixões Sport Clube	1:08.27	529	
	50m: 33.15	33.15	100m: 1:08.27	35.12				
3.	Francisca Santos, PEREIRA	F	102019	98	Porto	1:09.38	504	
	50m: 33.54	33.54	100m: 1:09.38	35.84				
4.	Catarina Alexandra, JARDIM	F	104449	98	Famalicão	1:09.60	499	
	50m: 33.81	33.81	100m: 1:09.60	35.79				
5.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	1:09.71	497	
	50m: 33.90	33.90	100m: 1:09.71	35.81				
6.	Francisca Sousa, MAIA	F	117523	98	Famalicão	1:11.67	457	
	50m: 34.65	34.65	100m: 1:11.67	37.02				

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Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 11, Femin., 100m Costas, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Ana Micaela, CARVALHO 50m: 35.26 35.26	F	102722	97	Famalição 36.79	1:12.05	450	
8.	Beatriz Neves, CARDOSO 50m: 35.98 35.98	F	105741	98	Lamas 37.07	1:13.05	432	
9.	Ines Evangelista, BASTOS 50m: 36.27 36.27	F	110627	98	Assoc. Desportiva de Fafe 38.11	1:14.38	409	
10.	Diana Filipa, PORTELA 50m: 36.85 36.85	F	105488	98	Vitória Sport Clube 37.98	1:14.83	402	
11.	Joana Margarida, SOUSA 50m: 37.18 37.18	F	104510	97	Valongo 38.32	1:15.50	391	
12.	Cristiana Ferreira, SANTOS 50m: 37.31 37.31	F	108222	97	Valongo 38.83	1:16.14	381	
13.	Maria Beatriz, RIBEIRO 50m: 37.77 37.77	F	105611	97	CNMaia 39.78	1:17.55	361	
14.	Ana Carolina, PEREIRA 50m: 38.06 38.06	F	104475	98	Porto 40.38	1:18.44	349	
15.	Daniela Rodrigues, FIGUEIREDO 50m: 37.90 37.90	F	102684	98	Propaganda da Natacao 40.62	1:18.52	348	
16.	Rita Lima, PEREIRA 50m: 38.00 38.00	F	105777	98	Lamas 40.90	1:18.90	342	
17.	Mafalda Ho, SANTOS 50m: 40.10 40.10	F	104714	98	Leixões Sport Clube 42.18	1:22.28	302	
18.	Ana Rita, CORREIA 50m: 39.34 39.34	F	104558	98	Lousada 43.12	1:22.46	300	
19.	Sofia Isabel, CORREIA 50m: 41.35 41.35	F	104560	98	Lousada 44.94	1:26.29	262	
20.	Marcela Maria, MACHADO 50m: 43.02 43.02	F	117326	98	Vitória Sport Clube 46.55	1:29.57	234	
21.	Carolina Conceicao, PAIS 50m: 43.98 43.98	F	103764	97	Lamas 46.97	1:30.95	223	
DNS	Ana Margarida, SANTOS	F	106839	98	Porto			DNS

Seniores

1.	Diana Patricia, FERREIRA 50m: 33.20 33.20	F	23500	94	Gespacos 35.22	1:08.42	525	
2.	Soraia Vanessa, RIBEIRO 50m: 33.65 33.65	F	15857	92	Gespacos 35.44	1:09.09	510	
3.	Joana Marques, MAIA 50m: 34.32 34.32	F	25067	91	CNMaia 36.50	1:10.82	474	
4.	Claudia Susana, TEIXEIRA 50m: 34.70 34.70	F	102040	96	Gespacos 37.04	1:11.74	456	
5.	Sofia Cunha, SOUSA 50m: 35.50 35.50	F	102996	96	Foca 37.16	1:12.66	439	
6.	Ana Isabel, CUNHA 50m: 35.89 35.89	F	102991	96	Foca 38.01	1:13.90	417	
7.	Ana Sofia, MATOS 50m: 35.54 35.54	F	25111	91	Gespacos 39.09	1:14.63	405	
8.	Ana Paula, ARAUJO 50m: 37.31 37.31	F	20362	96	Ginásio Santo Tirso 38.09	1:15.40	393	
9.	Ana Catarina, TEIXEIRA 50m: 37.13 37.13	F	18137	95	Foca 39.70	1:16.83	371	
10.	Catia Marisa, SILVA 50m: 38.43 38.43	F	23319	91	Valongo 40.83	1:19.26	338	
11.	Ines Couto, RODRIGUES 50m: 41.10 41.10	F	121780	95	Leixões Sport Clube 41.74	1:22.84	296	
DNS	Rita Alexandre, OLIVEIRA	F	105609	96	Propaganda da Natacao			DNS

Prova 12 Masc., 200m Costas 17 anos e mais velhos
19-05-2013 - 10:05 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	1:57.46	Miguel Adriano, NIZ	CFV	Tavira	19-11-2006
Recorde Regional 25m Jun	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Recorde Regional 25m Sen	1:57.46	Adriano Miguel, NIZ	CFV	Tavira	19-11-2006

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	Porto	2:10.04	543	
	50m: 30.68 30.68	100m: 1:04.40			33.72 150m: 1:39.83 35.43	200m: 2:10.04		30.21
2.	Diogo Sequeira, APARICIO	M	102390	95	Porto	2:19.27	442	
	50m: 33.26 33.26	100m: 1:08.52			35.26 150m: 1:44.37 35.85	200m: 2:19.27		34.90
3.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	2:23.30	406	
	50m: 31.50 31.50	100m: 1:08.98			37.48 150m: 1:47.02 38.04	200m: 2:23.30		36.28
4.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	2:24.63	394	
	50m: 33.49 33.49	100m: 1:09.47			35.98 150m: 1:47.08 37.61	200m: 2:24.63		37.55
5.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	2:27.26	374	
	50m: 35.80 35.80	100m: 1:12.96			37.16 150m: 1:50.02 37.06	200m: 2:27.26		37.24
6.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	2:27.87	369	
	50m: 36.39 36.39	100m: 1:14.23			37.84 150m: 1:52.11 37.88	200m: 2:27.87		35.76
DNS	Vitor Samuel, ROCHA	M	107743	96	Gespacos			DNS
DNS	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube			DNS

Seniores

1.	Pedro Romanoski, CARVALHO	M	108664	94	Famalicao	2:12.58	512	
	50m: 30.62 30.62	100m: 1:04.21			33.59 150m: 1:38.72 34.51	200m: 2:12.58		33.86
2.	Joao Claudio, SOUSA	M	23458	93	Gespacos	2:13.96	496	
	50m: 32.62 32.62	100m: 1:06.09			33.47 150m: 1:40.31 34.22	200m: 2:13.96		33.65
3.	Hugo Moreira, MARTINS	M	108219	94	Valongo	2:25.66	386	
	50m: 33.32 33.32	100m: 1:09.84			36.52 150m: 1:48.13 38.29	200m: 2:25.66		37.53
4.	Pedro Miguel, COELHO	M	23495	94	Lousada	2:32.13	339	
	50m: 34.89 34.89	100m: 1:12.89			38.00 150m: 1:52.72 39.83	200m: 2:32.13		39.41
DNS	Nuno Rafael, ALVES	M	25140	90	Gespacos			DNS
WDR	Bruno Miguel, CAVADAS	M	23279	89	Valongo			WDR
WDR	Nelson Filipe, MARTINHO	M	16016	89	Valongo			WDR
WDR	Rui Fernando, ROCHA	M	24096	94	Valongo			WDR

Prova 13 Femin., 100m Mariposa 15 anos e mais velhos
19-05-2013 - 10:10 CMEP - Clínica Médica do Exercício do Porto Resultados

Recorde Regional 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recorde Regional 25m Jun	1:02.89	Sara Freitas, OLIVEIRA	FCP	Guarda	25-11-2000
Recorde Regional 25m Sen	58.31	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	18-12-2010

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Joana Carina, SILVA	F	106219	97	Lousada	1:07.66	538	
	50m: 32.12 32.12	100m: 1:07.66			35.54			
2.	Ana Carolina, MOREIRA	F	111076	98	Porto	1:09.46	497	
	50m: 32.45 32.45	100m: 1:09.46			37.01			
3.	Ana Filipa, MARTINS	F	104438	97	Foca	1:09.67	493	
	50m: 32.71 32.71	100m: 1:09.67			36.96			
4.	Carla Luisa, ALVES	F	117522	98	Famalicao	1:10.52	475	
	50m: 32.71 32.71	100m: 1:10.52			37.81			
5.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	1:13.23	424	
	50m: 34.73 34.73	100m: 1:13.23			38.50			
6.	Patricia Goncalves, CARDOSO	F	107707	98	Porto	1:15.04	394	
	50m: 34.79 34.79	100m: 1:15.04			40.25			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 13, Femin., 100m Mariposa, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Ana Sofia, RAMOS 50m: 35.07 35.07	F	102593	97	Assoc. Desportiva de Fafe 40.32	1:15.39	389	
8.	Ana Beatriz, MEIRELES 50m: 35.27 35.27	F	110663	98	Assoc. Desportiva de Fafe 41.46	1:16.73	369	
9.	Rute Santos, FERREIRA 50m: 35.74 35.74	F	103823	97	Porto 42.11	1:17.85	353	
10.	Mafalda Mendes, MAGALHAES 50m: 35.40 35.40	F	107706	97	Porto 43.45	1:18.85	340	
11.	Mafalda Ho, SANTOS 50m: 38.72 38.72	F	104714	98	Leixões Sport Clube 45.08	1:23.80	283	
12.	Ana Rita, CORREIA 50m: 38.55 38.55	F	104558	98	Lousada 46.41	1:24.96	272	
13.	Sofia Isabel, CORREIA 50m: 41.61 41.61	F	104560	98	Lousada 50.90	1:32.51	210	
DNS	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense			DNS

Seniores

1.	Diana Patricia, FERREIRA 50m: 32.44 32.44	F	23500	94	Gespacos 36.36	1:08.80	512	
2.	Joana Marques, MAIA 50m: 32.86 32.86	F	25067	91	CNMaia 36.98	1:09.84	489	
3.	Catia Alexandra, BATISTA 50m: 33.52 33.52	F	103036	96	Lamas 37.90	1:11.42	457	
4.	Ana Isabel, CUNHA 50m: 33.88 33.88	F	102991	96	Foca 37.68	1:11.56	455	
5.	Rute Sofia, TEIXEIRA 50m: 33.78 33.78	F	15202	90	Ginásio Santo Tirso 38.55	1:12.33	440	
6.	Claudia Susana, TEIXEIRA 50m: 33.50 33.50	F	102040	96	Gespacos 40.37	1:13.87	413	
7.	Ana Sofia, ALVES 50m: 34.51 34.51	F	25757	95	Vitória Sport Clube 40.45	1:14.96	396	
8.	Ana Paula, ARAUJO 50m: 36.40 36.40	F	20362	96	Ginásio Santo Tirso 42.45	1:18.85	340	
9.	Ana Sofia, SOUSA 50m: 37.12 37.12	F	101952	96	Gespacos 42.69	1:19.81	328	

Prova 14

19-05-2013 - 10:20

Masc., 200m Mariposa

COPIDOURO - Cópia e Artigos de Reprodução, Lda

17 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007
Recorde Regional 25m Jun	1:59.76	Joao Pedro, ARAUJO	GDNVNF	Alges	16-05-2003
Recorde Regional 25m Sen	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Artur Jose, REIS 50m: 29.58 29.58	M	23369	96	Porto 33.60 150m: 1:36.70 33.52	2:10.30	587	33.60
2.	Bruno Miguel, SILVA 50m: 30.55 30.55	M	103826	96	Porto 35.66 150m: 1:42.41 36.20	2:18.94	484	36.53
3.	Miguel Filipe, PINTO 50m: 34.40 34.40	M	105729	96	Ginásio Santo Tirso 38.70 150m: 1:52.40 39.30	2:30.37	382	37.97
4.	David Nunes, SOUSA 50m: 34.50 34.50	M	112204	96	Famalicão 39.81 150m: 1:56.49 42.18	2:37.86	330	41.37
5.	Joao Pedro, FERREIRA 50m: 35.96 35.96	M	111411	95	CNMaia 41.19 150m: 2:00.47 43.32	2:42.07	305	41.60
6.	Paulo Martins, ALMEIDA 50m: 35.22 35.22	M	119164	96	Ginásio Santo Tirso 41.16 150m: 1:59.72 43.34	2:44.18	293	44.46

O Secretário do Juri

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Prova 14, Masc., 200m Mariposa

Seniores

1.	Nelson Filipe, MARTINHO	M	16016 89	Valongo					2:18.34	490
	50m: 31.13 31.13		100m: 1:07.68	36.55	150m: 1:44.29	36.61	200m: 2:18.34			34.05
2.	Joao Pedro, NEVES	M	123836 93	Leixões Sport Clube					2:22.21	451
	50m: 31.95 31.95		100m: 1:08.17	36.22	150m: 1:45.43	37.26	200m: 2:22.21			36.78
3.	Rui Fernando, ROCHA	M	24096 94	Valongo					2:29.18	391
	50m: 32.10 32.10		100m: 1:09.72	37.62	150m: 1:48.57	38.85	200m: 2:29.18			40.61
DNS	Nuno Rafael, ALVES	M	25140 90	Gespacos						DNS
WDR	Hugo Moreira, MARTINS	M	108219 94	Valongo						WDR

Prova 15

Femin., 100m Bruços

15 anos e mais velhos

19-05-2013 - 10:25

CMEP - Clínica Médica do Exercício do Porto

Resultados

Recorde Regional 25m Absoluto	1:09.60	Ana Pinho, RODRIGUES	FCP	Porto	08-12-2012
Recorde Regional 25m Jun	1:11.05	Joana Magalhaes, SOUTINHO	FCP	Alges	20-06-1993
Recorde Regional 25m Sen	1:09.60	Ana Pinho, RODRIGUES	FCP	Porto	08-12-2012

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
Juniores							
1.	Rita Maria, CARDOSO	F	105877 98	Leixões Sport Clube	1:18.03	518	
	50m: 37.30 37.30		100m: 1:18.03	40.73			
2.	Maria Beatriz, RIBEIRO	F	105611 97	CNMaia	1:22.47	439	
	50m: 38.94 38.94		100m: 1:22.47	43.53			
3.	Lucilia Ferreira, FREITAS	F	111082 98	Porto	1:22.53	438	
	50m: 39.25 39.25		100m: 1:22.53	43.28			
4.	Ines Evangelista, BASTOS	F	110627 98	Assoc. Desportiva de Fafe	1:22.74	435	
	50m: 39.46 39.46		100m: 1:22.74	43.28			
5.	Ana Filipa, MARTINS	F	104438 97	Foca	1:23.48	423	
	50m: 40.00 40.00		100m: 1:23.48	43.48			
6.	Ines Lucas, ALVES	F	104738 98	Leixões Sport Clube	1:24.29	411	
	50m: 40.60 40.60		100m: 1:24.29	43.69			
7.	Carolina Conceicao, PAIS	F	103764 97	Lamas	1:27.21	371	
	50m: 41.48 41.48		100m: 1:27.21	45.73			
8.	Joana Cunha, SOUSA	F	103054 98	Foca	1:27.53	367	
	50m: 41.38 41.38		100m: 1:27.53	46.15			
9.	Joana Margarida, SOUSA	F	104510 97	Valongo	1:27.99	361	
	50m: 41.47 41.47		100m: 1:27.99	46.52			
10.	Marcia Alexandra, SOUSA	F	111040 97	Penafiel	1:31.43	322	
	50m: 42.69 42.69		100m: 1:31.43	48.74			
11.	Joana Maria, LOPES	F	105489 98	Vitória Sport Clube	1:31.85	318	
	50m: 43.16 43.16		100m: 1:31.85	48.69			
12.	Cristina Cunha, MENDES	F	106833 98	Vitória Sport Clube	1:32.34	313	
	50m: 42.49 42.49		100m: 1:32.34	49.85			

Seniores

1.	Marta Pereira, ABREU	F	23091 92	Porto	1:15.97	562	
	50m: 35.79 35.79		100m: 1:15.97	40.18			
2.	Soraia Vanessa, RIBEIRO	F	15857 92	Gespacos	1:20.89	465	
	50m: 38.73 38.73		100m: 1:20.89	42.16			
3.	Joana Gabriela, SILVA	F	103945 95	Lamas	1:20.93	465	
	50m: 37.79 37.79		100m: 1:20.93	43.14			
4.	Ana Catarina, AZEVEDO	F	102640 96	Famalicão	1:23.25	427	
	50m: 39.73 39.73		100m: 1:23.25	43.52			
5.	Sofia Cunha, SOUSA	F	102996 96	Foca	1:25.05	400	
	50m: 40.60 40.60		100m: 1:25.05	44.45			
6.	Catia Marisa, SILVA	F	23319 91	Valongo	1:26.23	384	
	50m: 41.49 41.49		100m: 1:26.23	44.74			
7.	Ana Catarina, TEIXEIRA	F	18137 95	Foca	1:26.86	376	
	50m: 41.03 41.03		100m: 1:26.86	45.83			

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Prova 15, Femin., 100m Bruços, Seniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
8.	Rute Portela, MORAIS 50m: 41.39 41.39	F	121046	96	Leixões Sport Clube 45.85	1:27.24	371	
9.	Helena Manuel, JOSE 50m: 43.16 43.16	F	15205	90	Ginásio Santo Tirso 50.23	1:33.39	302	
10.	Ines Couto, RODRIGUES 50m: 46.05 46.05	F	121780	95	Leixões Sport Clube 50.70	1:36.75	272	

Prova 16

19-05-2013 - 10:35

Masc., 200m Bruços

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17 anos e mais velhos

Resultados

Recorde Regional 25m Absoluto	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Jun	2:15.92	Henrique Pereira, NEIVA	CFV	Paços de Ferreira	23-11-2001
Recorde Regional 25m Sen	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juniores								
1.	Leonardo Cardoso, FIGUEIREDO 50m: 34.20 34.20	M	105612	96	Porto 37.62 150m: 1:51.30 39.48	2:28.83 2:28.83	532	37.53
2.	Joao Paulo, CAPITAO 50m: 35.18 35.18	M	109592	96	Lamas 38.79 150m: 1:53.56 39.59	2:32.91 2:32.91	491	39.35
3.	Tiago Sobral, COELHO 50m: 35.19 35.19	M	20393	95	Ginásio Santo Tirso 40.16 150m: 1:55.51 40.16	2:33.65 2:33.65	484	38.14
4.	Luis Miguel, LOPES 50m: 35.38 35.38	M	102984	95	Foca 39.52 150m: 1:54.96 40.06	2:35.22 2:35.22	469	40.26
5.	Nuno Goncalo, MARTINS 50m: 36.54 36.54	M	102675	95	Famalicao 40.21 150m: 1:59.06 42.31	2:41.32 2:41.32	418	42.26
6.	Manuel Duarte, FERNANDES 50m: 37.13 37.13	M	119293	96	Famalicao 41.84 150m: 2:02.38 43.41	2:45.55 2:45.55	387	43.17
7.	Jose Carlos, TEIXEIRA 50m: 38.56 38.56	M	102982	96	Foca 43.98 150m: 2:07.55 45.01	2:53.62 2:53.62	335	46.07
8.	Daniel Fernando, MAGALHAES 50m: 40.79 40.79	M	103950	96	Lamas 49.33 150m: 2:21.82 51.70	3:12.72 3:12.72	245	50.90
DNS	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe			DNS
DNS	Vitor Samuel, ROCHA	M	107743	96	Gespacos			DNS

Seniores

1.	Ruben Filipe, NUNES 50m: 35.57 35.57	M	23302	94	Gespacos 38.94 150m: 1:52.76 38.25	2:30.70 2:30.70	513	37.94
2.	Rui Pedro, FARIA 50m: 36.13 36.13	M	15592	94	Famalicao 39.94 150m: 1:56.38 40.31	2:36.63 2:36.63	457	40.25
3.	Antonio Rafael, BESSA 50m: 36.17 36.17	M	102089	94	Gespacos 40.72 150m: 1:58.11 41.22	2:38.69 2:38.69	439	40.58
4.	Bruno Miguel, CAVADAS 50m: 36.19 36.19	M	23279	89	Valongo 41.56 150m: 1:59.13 41.38	2:40.05 2:40.05	428	40.92
5.	Marcelo Jose, PINTO 50m: 38.51 38.51	M	19400	94	Foca 42.59 150m: 2:03.95 42.85	2:47.92 2:47.92	371	43.97

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Prova 17 Femin., 4 x 100m Livres
19-05-2013 - 10:50 15 anos e mais velhos
COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	3:44.99	Sara Oliveira, Sara Loureiro, AlexarFCP Oliveira, Porto ta Marinho	04-12-2010
Recorde Regional 25m Jun	4:01.76	Claudia Monteiro, Marta Figueiredo, CFV, ia RibeSilvesra Nunes	21-12-2007
Recorde Regional 25m Sen	3:44.99	Sara Oliveira, Sara Loureiro, AlexarFCP Oliveira, Porto ta Marinho	04-12-2010

Pontos: FINA 2012

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15 anos e mais velhos							
1.	F			Famalicao	4:19.48	516	
	98	31.05	1:03.15	Hedvigés Ribeiro, CARVALHO	95 32.03		1:06.08
	96	31.67	1:05.62	Catarina Alexandra, JARDIM	98 31.13		1:04.63
2.	F			Lamas	4:29.86	459	
	95	31.59	1:04.51	Catia Alexandra, BATISTA	96 32.91		1:08.72
	98	33.35	1:11.73	Beatriz Neves, CARDOSO	98 30.59		1:04.90
3.	F			Leixões Sport Clube	4:42.28	401	
	98	33.27	1:08.15	Mafalda Ho, SANTOS	98 33.37		1:09.59
	96	35.73	1:13.58	Ines Couto, RODRIGUES	95 34.20		1:10.96

Prova 18 Masc., 4 x 100m Estilos
19-05-2013 - 10:55 17 anos e mais velhos
COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

Recorde Regional 25m Absoluto	3:41.06	Carlos Santos, Gil Pinto, Joao CarvzFCP Paulo tS. António Cavaleiros	19-12-2009
Recorde Regional 25m Jun	3:55.99	Nuno Inacio, Bruno Gaspar, Tiago LFCP, ada, HuEstorilrao	07-03-1997
Recorde Regional 25m Sen	3:41.06	Carlos Santos, Gil Pinto, Joao CarvzFCP Paulo tS. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17 anos e mais velhos							
1.	M			Vitória Sport Clube	4:08.91	512	
	96	28.86	1:00.61	Andre Coelho, OLIVEIRA	96 28.85		1:02.62
	94	31.98	1:08.76	Rui Filipe, COSTA	91 26.91		56.92
2.	M			Famalicao	4:12.64	489	
	94	29.65	1:01.77	Nuno Goncalo, MARTINS	95 28.90		1:02.84
	94	32.80	1:10.55	David Nunes, SOUSA	96 27.78		57.48
3.	M			Valongo	4:13.96	482	
	94	32.21	1:07.39	Nelson Filipe, MARTINHO	89 26.96		59.09
	89	32.88	1:11.20	Rui Fernando, ROCHA	94 26.78		56.28
4.	M			Ginásio Santo Tirso	4:22.99	434	
	95	32.56	1:07.79	Tiago Sobral, COELHO	95 29.17		1:02.28
	96	35.72	1:16.90	Miguel Filipe, PINTO	96 27.69		56.02
5.	M			Leixões Sport Clube	4:23.16	433	
	93	29.16	1:00.63	Joao Pedro, NEVES	93 28.46		1:01.36
	95	38.67	1:23.15	Daniel Rento, LAUREANO	95 28.15		58.02