

Preparacao Juvenis
Paredes, 23. - 24.10.2010

1 - 1ª Jornada

23-10-2010 - 15:30

Prova 1 Juvenis
23-10-2010 - 15:30 Resultados
Femin., 400m Estilos
COPIDOURO - Cópia e Artigos de Reprodução, Lda

Recorde Regional 25m Open 20-12-2009
Recorde Regional 25m Juv 17-03-2000
Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Sara Monteiro, MEIRELES	F	103921	97	Gesp	5:18.17	592	
	50m: 33.33		150m: 1:54.25		42.56	350m: 4:41.96		37.72
	100m: 1:11.69		200m: 2:35.41		41.16	400m: 5:18.17		36.21
2.	Ana Filipa, MARTINS	F	104438	97	Foca	5:27.97	540	
	50m: 34.23		150m: 1:57.76		43.50	350m: 4:51.48		36.91
	100m: 1:14.26		200m: 2:39.64		41.88	400m: 5:27.97		36.49
3.	Maria Teresa, AMORIM	F	20104	97	Porto/Dolce Vita	5:33.56	514	
	50m: 34.24		150m: 2:00.70		44.75	350m: 4:56.60		38.90
	100m: 1:15.95		200m: 2:43.03		42.33	400m: 5:33.56		36.96
4.	Joana Carina, SILVA	F	106219	97	Lousada	5:38.09	493	
	50m: 33.28		150m: 1:53.66		41.80	350m: 5:00.64		38.51
	100m: 1:11.86		200m: 2:34.92		41.26	400m: 5:38.09		37.45
5.	Sofia Isabel, TAVARES	F	101992	97	Porto/Dolce Vita	5:39.47	487	
	50m: 36.20		150m: 2:02.30		43.45	400m: 5:39.47		1:20.09
	100m: 1:18.85		200m: 2:45.33		43.03			
6.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	5:42.36	475	
	50m: 35.97		150m: 2:03.58		44.57	350m: 5:03.86		39.12
	100m: 1:19.01		200m: 2:47.43		43.85	400m: 5:42.36		38.50
7.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	5:45.36	463	
	50m: 37.74		150m: 2:06.56		45.81	350m: 5:06.79		40.99
	100m: 1:20.75		200m: 2:50.46		43.90	400m: 5:45.36		38.57
8.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	5:48.57	450	
	50m: 36.10		150m: 2:00.98		43.51	400m: 5:48.57		1:19.75
	100m: 1:17.47		200m: 2:44.65		43.67			
9.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicão	5:48.72	450	
	50m: 36.64		150m: 2:05.56		46.59	350m: 5:10.88		40.47
	100m: 1:18.97		200m: 2:50.95		45.39	400m: 5:48.72		37.84
10.	Ana Catarina, PEREIRA	F	20445	97	Porto/Dolce Vita	5:49.02	448	
	50m: 35.78		150m: 2:04.68		45.56	350m: 5:10.89		39.52
	100m: 1:19.12		200m: 2:48.67		43.99	400m: 5:49.02		38.13
11.	Adriana Daniela, CASTRO	F	104515	97	Fluvial Portuense	5:49.41	447	
	50m: 37.58		150m: 2:07.43		45.67	400m: 5:49.41		1:15.87
	100m: 1:21.76		200m: 2:51.33		43.90			
12.	Sandra Mafalda, SILVA	F	110595	97	CNMaia	5:51.31	440	
	50m: 38.28		150m: 2:06.82		44.84	350m: 5:12.51		40.91
	100m: 1:21.98		200m: 2:49.60		42.78	400m: 5:51.31		38.80
13.	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia	5:54.01	430	
	50m: 36.69		150m: 2:05.35		44.80	350m: 5:15.57		41.77
	100m: 1:20.55		200m: 2:49.02		43.67	400m: 5:54.01		38.44
14.	Rita Rafaela, BRUNIDO	F	105182	97	Gesp	5:57.02	419	
	50m: 39.70		200m: 2:51.54		1:27.00	400m: 5:57.02		1:19.84
	100m: 1:24.54		300m: 4:37.18		1:45.64			
15.	Madalena Raquel, BARBOSA	F	103923	97	Gesp	6:06.92	386	
	50m: 38.65		150m: 2:11.05		48.58	350m: 5:31.15		53.25
	100m: 1:22.47		200m: 2:57.90		46.85	400m: 6:06.92		1:24.85
16.	Mariana Lourenco, PRETO	F	103632	97	Leixões Sport Clube	6:10.35	375	
	50m: 40.22		200m: 3:00.44		1:34.88	400m: 6:10.35		1:19.57
	100m: 1:25.56		300m: 4:50.78		1:50.34			
17.	Ana Rosa, ARTEIRO	F	105528	97	Vilacondense	6:12.29	369	
	50m: 40.32		200m: 3:03.90		1:34.03	400m: 6:12.29		1:25.50
	100m: 1:29.87		300m: 4:46.79		1:42.89			
18.	Rute Santos, FERREIRA	F	103823	97	Porto/Dolce Vita	6:12.32	369	
	50m: 41.11		150m: 2:20.74		48.61	350m: 5:38.01		51.65
	100m: 1:32.13		200m: 3:06.36		45.62	400m: 6:12.32		1:21.21
19.	Julia Casimira, MIRANDA	F	104512	97	Gesp	6:15.05	361	
	50m: 40.63		150m: 2:15.30		47.76	350m: 5:32.92		43.26
	100m: 1:27.54		200m: 3:01.79		46.49	400m: 6:15.05		42.13
20.	Mafalda Mendes, MAGALHAES	F	107706	97	Porto/Dolce Vita	6:16.45	357	
	50m: 42.76		150m: 2:24.52		46.97	350m: 5:47.83		42.82
	100m: 1:37.55		200m: 3:09.79		45.27	400m: 6:16.45		1:20.13
21.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	6:23.89	337	
	50m: 41.82		200m: 2:59.20		1:28.18	400m: 6:23.89		1:34.94
	100m: 1:31.02		300m: 4:48.95		1:49.75			
22.	Joana Margarida, SOUSA	F	104510	97	Valongo	6:29.94	322	
	50m: 42.22		150m: 26.00			300m: 4:58.47		1:47.39
	100m: 1:34.26		200m: 3:11.08		2:45.08	400m: 6:29.94		1:31.47
23.	Ana Catarina, SANTOS	F	112739	97	Vitória Sport Clube	6:31.31	318	
	50m: 42.54		150m: 2:23.45		50.20	350m: 5:47.83		42.82
	100m: 1:33.25		200m: 3:09.04		45.59	400m: 6:31.31		43.48

O Secretário do Juri

O Juiz Arbitro

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 1, Femin., 400m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
24.	Sofia Monteiro, SOUSA	F	109240	97	Leixões Sport Clube	6:33.28	313	
	50m: 44.59 44.59 100m: 1:37.44 52.85	200m: 3:14.10 300m: 5:07.57	1:36.66 1:53.47	400m: 6:33.28	1:25.71			
25.	Catarina Machado, BRAGA	F	118324	97	Ginásio Santo Tirso	7:16.20	230	
	50m: 48.70 48.70 100m: 1:45.73 57.03	200m: 3:39.13 300m: 5:43.48	1:53.40 2:04.35	400m: 7:16.20	1:32.72			
DSQ	Joana Sofia, AMORIM <i>A atleta efectuou pernada vertical antes da viragem aos 225 m (estilo bruços)</i>	F	103717	97	Fluvial Portuense			DSQ
DSQ	Maria Joao, FERNANDES <i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 275 m</i>	F	102092	97	Porto/Dolce Vita			DSQ
DNS	Catia Sofia, PINTO	F	105725	97	Clamas			DNS

Prova 2 Juvenis
23-10-2010 - 16:00 Resultados
Masc., 200m Mariposa
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Recorde Regional 25m Open	1:57.40	Adriano Miguel, NIZ	CFV	Senhora da Hora	12-05-2007
Recorde Regional 25m Juv B	2:12.30	Jorge Manuel, MAIA	GDNVNF		19-03-2004
Recorde Regional 25m Juv A	2:07.53	Adriano Miguel, NIZ	CFV	Vila do Conde	22-06-2002

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Paulo Andre, SILVA	M	105198	96	Vilacondense	2:26.49	437	
	50m: 31.98 31.98	100m: 1:09.56	37.58	150m: 1:46.98	37.42	200m: 2:26.49	39.51	
2.	Artur Jose, REIS	M	23369	96	Porto/Dolce Vita	2:27.01	433	
	50m: 31.53 31.53	100m: 1:08.19	36.66	150m: 1:47.82	39.63	200m: 2:27.01	39.19	
3.	Vitor Samuel, ROCHA	M	107743	96	Gesp	2:28.40	421	
	50m: 34.50 34.50	100m: 1:12.25	37.75	150m: 1:50.80	38.55	200m: 2:28.40	37.60	
4.	Andre Coelho, OLIVEIRA	M	103443	96	Vitória Sport Clube	2:35.48	366	
	50m: 34.13 34.13	100m: 1:13.05	38.92	150m: 1:54.55	41.50	200m: 2:35.48	40.93	
5.	Bruno Campos, NETO	M	105773	96	Gesp	2:37.50	352	
	50m: 35.47 35.47	100m: 1:15.73	40.26	150m: 1:56.24	40.51	200m: 2:37.50	41.26	
6.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	2:38.12	348	
	50m: 32.98 32.98	100m: 1:12.79	39.81	150m: 1:55.22	42.43	200m: 2:38.12	42.90	
7.	Francisco Abrunhosa, RODRIGUES	M	105264	96	Porto/Dolce Vita	2:38.65	344	
	50m: 34.28 34.28	100m: 1:13.64	39.36	150m: 1:56.28	42.64	200m: 2:38.65	42.37	
8.	Tiago Jose, NETO	M	101946	96	Gesp	2:44.85	307	
	50m: 36.87 36.87	100m: 1:19.01	42.14	150m: 2:02.10	43.09	200m: 2:44.85	42.75	
9.	Diogo Henrique, GOMES	M	20316	96	Porto/Dolce Vita	2:45.33	304	
	50m: 33.59 33.59	100m: 1:14.40	40.81	150m: 1:59.20	44.80	200m: 2:45.33	46.13	
10.	Joao Pedro, MACHADO	M	103444	96	Vitória Sport Clube	2:47.05	295	
	50m: 35.66 35.66	100m: 1:19.36	43.70	150m: 2:03.41	44.05	200m: 2:47.05	43.64	
11.	Humberto Joao, SILVA	M	102676	96	Assoc. Desportiva de Fafe	2:53.18	265	
	50m: 35.65 35.65	100m: 1:19.16	43.51	150m: 2:05.61	46.45	200m: 2:53.18	47.57	
12.	Bruno Alexandre, SOUSA	M	101972	96	Gesp	3:04.71	218	
	50m: 39.72 39.72	100m: 1:27.57	47.85	150m: 2:18.40	50.83	200m: 3:04.71	46.31	
13.	Duarte Magalhaes, PINTO	M	105728	96	Ginásio Santo Tirso	3:11.61	195	
	50m: 40.19 40.19	100m: 1:30.26	50.07	150m: 2:20.98	50.72	200m: 3:11.61	50.63	
DSQ	Andre Filipe, ROCHA <i>505 - Batimentos alternados de pernas durante percurso-SW8.3</i>	M	103625	96	Leixões Sport Clube			DSQ
DSQ	Daniel Fernando, MAGALHAES <i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 75 m</i>	M	103950	96	Clamas			DSQ
DNS	Nuno Filipe, SANTOS	M	20297	96	Vilacondense			DNS

Juvenis A

1.	Joao Miguel, COSTA	M	15088	95	Vilacondense	2:20.42	497	
	50m: 31.77 31.77	100m: 1:07.24	35.47	150m: 1:44.22	36.98	200m: 2:20.42	36.20	
2.	Mario Guterres, CARVALHO	M	18088	95	Vilacondense	2:21.03	490	
	50m: 32.01 32.01	100m: 1:08.49	36.48	150m: 1:45.56	37.07	200m: 2:21.03	35.47	
3.	Frederico Renato, SOUSA	M	105734	95	Gesp	2:21.26	488	
	50m: 32.08 32.08	100m: 1:07.86	35.78	150m: 1:44.62	36.76	200m: 2:21.26	36.64	
4.	Cesar Filipe, MAGALHAES	M	15473	95	Foca	2:21.52	485	
	50m: 31.31 31.31	100m: 1:06.85	35.54	150m: 1:43.91	37.06	200m: 2:21.52	37.61	
5.	Paulo Andre, SILVA	M	104517	95	CNMaia	2:28.24	422	
	50m: 33.16 33.16	100m: 1:11.46	38.30	150m: 1:49.75	38.29	200m: 2:28.24	38.49	
6.	Orlando Filipe, MORIM	M	107373	95	Vilacondense	2:31.19	398	
	50m: 32.88 32.88	100m: 1:10.20	37.32	150m: 1:49.55	39.35	200m: 2:31.19	41.64	

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 2, Masc., 200m Mariposa, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
7.	Afonso Aguiar, BRANCO	M	20310	95	Porto/Dolce Vita	2:32.26	390	
	50m: 32.91 32.91	100m: 1:10.80			37.89 150m: 1:50.83 40.03	200m: 2:32.26		41.43
8.	Bernardo Aguiar, BRANCO	M	103121	95	Porto/Dolce Vita	2:32.39	389	
	50m: 31.52 31.52	100m: 1:08.56			37.04 150m: 1:49.11 40.55	200m: 2:32.39		43.28
9.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	2:34.33	374	
	50m: 34.12 34.12	100m: 1:12.45			38.33 150m: 1:52.37 39.92	200m: 2:34.33		41.96
10.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	2:34.39	374	
	50m: 34.75 34.75	100m: 1:14.95			40.20 150m: 1:55.38 40.43	200m: 2:34.39		39.01
11.	Pedro Maria, BESSA	M	18656	95	Vilacondense	2:34.96	370	
	50m: 32.39 32.39	100m: 1:11.61			39.22 150m: 1:53.09 41.48	200m: 2:34.96		41.87
12.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense	2:35.35	367	
	50m: 32.60 32.60	100m: 1:12.15			39.55 150m: 1:54.30 42.15	200m: 2:35.35		41.05
13.	Artur Manuel, FERREIRA	M	101981	95	Porto/Dolce Vita	2:36.17	361	
	50m: 34.66 34.66	100m: 1:15.14			40.48 150m: 1:55.68 40.54	200m: 2:36.17		40.49
14.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	2:42.09	323	
	50m: 33.25 33.25	100m: 1:13.12			39.87 150m: 1:56.92 43.80	200m: 2:42.09		45.17
15.	Rui Filipe, SOUSA	M	103092	95	Lousada	2:45.12	305	
	50m: 34.30 34.30	100m: 1:15.08			40.78 150m: 2:00.44 45.36	200m: 2:45.12		44.68

Prova 3 Juvenis
23-10-2010 - 16:10 Resultados
Femin., 200m Bruços

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Recorde Regional 25m Open	2:30.76	Barbara, FERREIRA	CNMaia	Riesa (GER)	13-12-2002
Recorde Regional 25m Juv	2:38.04	Paula Alexandra, OLIVEIRA	FCP	Vila Mea	22-05-2010

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Filipa, MARTINS	F	104438	97	Foca	3:01.81	446	
	50m: 42.44 42.44	100m: 1:28.65			46.21 150m: 2:15.11 46.46	200m: 3:01.81		46.70
2.	Liliana Patricia, CARVALHO	F	111412	97	Famalicão	3:02.62	440	
	50m: 40.56 40.56	100m: 1:26.55			45.99 150m: 2:14.57 48.02	200m: 3:02.62		48.05
3.	Adriana Filipa, MATOS	F	110318	97	Famalicão	3:10.01	390	
	50m: 43.29 43.29	100m: 1:31.75			48.46 150m: 2:20.59 48.84	200m: 3:10.01		49.42
4.	Joana Margarida, SOUSA	F	104510	97	Valongo	3:15.92	356	
	50m: 43.60 43.60	100m: 1:33.05			49.45 150m: 2:25.11 52.06	200m: 3:15.92		50.81
5.	Ines Vilela, BRAGA	F	106935	97	Fluvial Portuense	3:16.28	354	
	50m: 43.02 43.02	100m: 1:33.05			50.03 150m: 2:25.31 52.26	200m: 3:16.28		50.97
6.	Madalena Raquel, BARBOSA	F	103923	97	Gesp	3:19.38	338	
	50m: 46.72 46.72	100m: 1:39.14			52.42 150m: 2:29.14 50.00	200m: 3:19.38		50.24
7.	Daniela Ferreira, COSTA	F	103627	97	Leixões Sport Clube	3:20.43	333	
	50m: 46.18 46.18	100m: 1:37.01			50.83 150m: 2:28.49 51.48	200m: 3:20.43		51.94
8.	Rita Rafaela, BRUNIDO	F	105182	97	Gesp	3:21.94	325	
	50m: 46.81 46.81	100m: 1:39.06			52.25 150m: 2:31.56 52.50	200m: 3:21.94		50.38
9.	Sofia Patricia, GONCALVES	F	111410	97	Fluvial Portuense	3:22.40	323	
	50m: 45.89 45.89	100m: 1:36.93			51.04 150m: 2:29.88 52.95	200m: 3:22.40		52.52
10.	Ana Rosa, ARTEIRO	F	105528	97	Vilacondense	3:23.21	319	
	50m: 44.57 44.57	100m: 1:36.84			52.27 150m: 2:30.39 53.55	200m: 3:23.21		52.82
11.	Mafalda Magalhaes, SANTOS	F	103453	97	Vitória Sport Clube	3:26.08	306	
	50m: 47.13 47.13	100m: 1:39.36			52.23 150m: 2:33.15 53.79	200m: 3:26.08		52.93
12.	Ana Pires, FERNANDES	F	117831	97	Leixões Sport Clube	3:26.49	304	
	50m: 47.31 47.31	100m: 1:39.39			52.08 150m: 2:33.07 53.68	200m: 3:26.49		53.42
13.	Julia Casimira, MIRANDA	F	104512	97	Gesp	3:33.83	274	
	50m: 48.99 48.99	100m: 1:43.49			54.50 150m: 2:39.35 55.86	200m: 3:33.83		54.48
14.	Mafalda Barbosa, FARINHA	F	117824	97	Fluvial Portuense	3:34.51	271	
	50m: 46.99 46.99	100m: 1:41.76			54.77 150m: 2:38.43 56.67	200m: 3:34.51		56.08
15.	Maria Teresa, ALVES	F	119753	97	Clamas	3:34.68	271	
	50m: 47.91 47.91	100m: 1:42.31			54.40 150m: 2:38.18 55.87	200m: 3:34.68		56.50
16.	Cristiana Ferreira, SANTOS	F	108222	97	Valongo	3:36.11	265	
	50m: 50.29 50.29	100m: 1:44.13			53.84 150m: 2:39.54 55.41	200m: 3:36.11		56.57
17.	Ana Patricia, HENRIQUE	F	106884	97	Leixões Sport Clube	3:53.02	212	
	50m: 52.68 52.68	100m: 1:51.81			59.13 150m: 2:52.41 1:00.60	200m: 3:53.02		1:00.61
DSQ	Beatriz Ana, VALENTE	F	103715	97	Fluvial Portuense			DSQ
	<i>A atleta tocou só com uma mão na parede aos 75 m.</i>							
DNS	Catia Sofia, PINTO	F	105725	97	Clamas			DNS

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 4	Masc., 200m Costas				Juvenis
23-10-2010 - 16:25	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	1:57.46	Miguel Adriano, NIZ	CFV	Tavira	19-11-2006
Recorde Regional 25m Juv B	2:11.60	Adriano Miguel, NIZ	CFV	Pinhal Novo	17-03-2001
Recorde Regional 25m Juv A	2:02.33	Adriano Miguel, NIZ	CFV	Algés	17-05-2002

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	Tiago Manuel, TEIXEIRA	M	102485	96	Assoc. Desportiva de Fafe	2:12.92	559	
	50m: 31.17 31.17	100m: 1:04.91			33.74 150m: 1:39.36	34.45 200m: 2:12.92	33.56	
2.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	2:24.53	435	
	50m: 34.63 34.63	100m: 1:10.62			35.99 150m: 1:48.03	37.41 200m: 2:24.53	36.50	
3.	Paulo Gabriel, MAGALHAES	M	102527	96	Assoc. Desportiva de Fafe	2:25.72	424	
	50m: 33.87 33.87	100m: 1:10.61			36.74 150m: 1:48.62	38.01 200m: 2:25.72	37.10	
4.	Vitor Samuel, ROCHA	M	107743	96	Gesp	2:27.82	407	
	50m: 36.34 36.34	100m: 1:15.27			38.93 150m: 1:53.07	37.80 200m: 2:27.82	34.75	
5.	Andre Coelho, OLIVEIRA	M	103443	96	Vitória Sport Clube	2:27.92	406	
	50m: 36.31 36.31	100m: 1:14.80			38.49 150m: 1:51.63	36.83 200m: 2:27.92	36.29	
6.	Jose Rui, COELHO	M	111414	96	Lousada	2:28.26	403	
	50m: 34.68 34.68	100m: 1:12.69			38.01 150m: 1:51.93	39.24 200m: 2:28.26	36.33	
7.	Miguel Angelo, CRUZ	M	101976	96	Gesp	2:30.53	385	
	50m: 34.84 34.84	100m: 1:12.48			37.64 150m: 1:52.02	39.54 200m: 2:30.53	38.51	
8.	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe	2:30.68	384	
	50m: 35.17 35.17	100m: 1:13.78			38.61 150m: 1:53.21	39.43 200m: 2:30.68	37.47	
9.	Bruno Campos, NETO	M	105773	96	Gesp	2:31.36	379	
	50m: 34.78 34.78	100m: 1:13.00			38.22 150m: 1:52.86	39.86 200m: 2:31.36	38.50	
10.	Rui Miguel, CRUZ	M	104516	96	CNMaia	2:32.45	371	
	50m: 37.08 37.08	100m: 1:15.30			38.22 150m: 1:54.20	38.90 200m: 2:32.45	38.25	
11.	Julio Dinis, GONCALVES	M	103624	96	Fluvial Portuense	2:33.59	362	
	50m: 34.85 34.85	100m: 1:13.31			38.46 150m: 1:53.98	40.67 200m: 2:33.59	39.61	
12.	Miguel Filipe, PINTO	M	105729	96	Ginásio Santo Tirso	2:34.41	357	
	50m: 35.49 35.49	100m: 1:15.00			39.51 150m: 1:55.21	40.21 200m: 2:34.41	39.20	
13.	Francisco Carvalho, RODRIGUES	M	102981	96	Foca	2:34.45	356	
	50m: 36.92 36.92	100m: 1:16.32			39.40 150m: 1:55.99	39.67 200m: 2:34.45	38.46	
14.	Carlos Figueiredo, PAIS	M	104581	96	Vilacondense	2:36.56	342	
	50m: 35.50 35.50	100m: 1:14.09			38.59 150m: 1:54.95	40.86 200m: 2:36.56	41.61	
15.	Joao Jose, VILELA	M	104583	96	Vilacondense	2:38.82	328	
	50m: 37.28 37.28	100m: 1:17.60			40.32 150m: 1:59.58	41.98 200m: 2:38.82	39.24	
16.	Carlos Alberto, RAMOS	M	111114	96	CNMaia	2:40.46	318	
	50m: 38.67 38.67	100m: 1:19.52			40.85 150m: 2:00.55	41.03 200m: 2:40.46	39.91	
17.	Bruno Alexandre, SOUSA	M	101972	96	Gesp	2:40.82	316	
	50m: 38.50 38.50	100m: 1:20.28			41.78 150m: 2:01.95	41.67 200m: 2:40.82	38.87	
18.	Tiago Jose, NETO	M	101946	96	Gesp	2:41.72	311	
	50m: 38.29 38.29	100m: 1:18.94			40.65 150m: 2:00.56	41.62 200m: 2:41.72	41.16	
19.	Francisco Jose, OLIVEIRA	M	102549	96	Assoc. Desportiva de Fafe	2:46.65	284	
	50m: 38.74 38.74	100m: 1:20.35			41.61 150m: 2:03.58	43.23 200m: 2:46.65	43.07	
20.	Manuel Anselmo, MOREIRA	M	103441	96	Vitória Sport Clube	2:46.98	282	
	50m: 38.71 38.71	100m: 1:21.38			42.67 150m: 2:04.90	43.52 200m: 2:46.98	42.08	
21.	Daniel Fernando, MAGALHAES	M	103950	96	Clamas	2:47.51	279	
	50m: 40.19 40.19	100m: 1:24.02			43.83 150m: 2:07.48	43.46 200m: 2:47.51	40.03	
22.	Jose Pedro, BAPTISTA	M	102083	96	Porto/Dolce Vita	2:51.25	261	
	50m: 39.29 39.29	100m: 1:22.27			42.98 150m: 2:07.44	45.17 200m: 2:51.25	43.81	
23.	Manuel Duarte, FERNANDES	M	119293	96	Ginásio Santo Tirso	2:52.20	257	
	50m: 40.18 40.18	100m: 1:24.03			43.85 150m: 2:09.90	45.87 200m: 2:52.20	42.30	
24.	Luis Pedro, PIMENTA	M	110967	96	Leixões Sport Clube	2:52.42	256	
	50m: 41.09 41.09	100m: 1:24.97			43.88 150m: 2:09.45	44.48 200m: 2:52.42	42.97	
25.	Nuno Miguel, BASTOS	M	107937	96	Fluvial Portuense	2:53.07	253	
	50m: 41.09 41.09	100m: 1:24.83			43.74 150m: 2:09.93	45.10 200m: 2:53.07	43.14	
26.	Joao Pedro, LOPES	M	104035	96	Clamas	2:55.62	242	
	50m: 42.85 42.85	100m: 1:27.52			44.67 150m: 2:11.49	43.97 200m: 2:55.62	44.13	
27.	Francisco Manuel, LEMOS	M	103837	96	Foca	3:09.34	193	
	50m: 41.89 41.89	100m: 1:29.24			47.35 150m: 2:18.71	49.47 200m: 3:09.34	50.63	
28.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	3:10.85	189	
	50m: 44.83 44.83	100m: 1:34.03			49.20 150m: 2:23.93	49.90 200m: 3:10.85	46.92	
29.	Ruben Diogo, OLIVEIRA	M	117207	96	Valongo	3:23.31	156	
	50m: 46.40 46.40	100m: 1:38.33			51.93 150m: 2:32.59	54.26 200m: 3:23.31	50.72	
DNS	Antonio Pedro, OLIVEIRA	M	102671	96	Assoc. Desportiva de Fafe			DNS
DNS	Mauro Filipe, MAIA	M	15493	96	Fluvial Portuense			DNS

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 4, Masc., 200m Costas

Juvenis A

1.	Andre Isaias, GUIMARAES	M	102612	95	Famalicao					2:19.11	488
	50m: 31.77 31.77	100m: 1:06.24	34.47	150m: 1:42.36	36.12	200m: 2:19.11	36.75				
2.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso					2:23.50	444
	50m: 33.67 33.67	100m: 1:09.62	35.95	150m: 1:46.35	36.73	200m: 2:23.50	37.15				
3.	Luis Alberto, NOGUEIRA	M	22543	95	Gesp					2:24.35	437
	50m: 33.12 33.12	100m: 1:08.19	35.07	150m: 1:46.03	37.84	200m: 2:24.35	38.32				
4.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube					2:24.93	431
	50m: 34.04 34.04	100m: 1:10.31	36.27	150m: 1:47.93	37.62	200m: 2:24.93	37.00				
5.	Luis Miguel, LOPES	M	102984	95	Foca					2:26.53	417
	50m: 35.07 35.07	100m: 1:11.93	36.86	150m: 1:49.75	37.82	200m: 2:26.53	36.78				
6.	Nuno Goncalo, MARTINS	M	102675	95	Famalicao					2:30.24	387
	50m: 34.44 34.44	100m: 1:12.05	37.61	150m: 1:51.45	39.40	200m: 2:30.24	38.79				
7.	Miguel Goncalves, MENESES	M	102239	95	Vitória Sport Clube					2:30.38	386
	50m: 34.85 34.85	100m: 1:13.27	38.42	150m: 1:53.06	39.79	200m: 2:30.38	37.32				
8.	Frederico Renato, SOUSA	M	105734	95	Gesp					2:33.26	365
	50m: 36.79 36.79	100m: 1:15.43	38.64	150m: 1:54.64	39.21	200m: 2:33.26	38.62				
9.	Bruno Miguel, SILVA	M	102558	95	Leixões Sport Clube					2:33.31	364
	50m: 36.81 36.81	100m: 1:15.29	38.48	150m: 1:54.62	39.33	200m: 2:33.31	38.69				
10.	Renato Almeida, DOMINGUES	M	102987	95	Foca					2:35.72	348
	50m: 35.77 35.77	100m: 1:15.46	39.69	150m: 1:55.38	39.92	200m: 2:35.72	40.34				
11.	Rui Filipe, SOUSA	M	103092	95	Lousada					2:36.32	344
	50m: 37.60 37.60	100m: 1:17.90	40.30	150m: 1:58.97	41.07	200m: 2:36.32	37.35				
12.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube					2:38.88	327
	50m: 37.68 37.68	100m: 1:18.62	40.94	150m: 1:59.80	41.18	200m: 2:38.88	39.08				
13.	Luis Miguel, ALMEIDA	M	15370	95	Foca					2:38.92	327
	50m: 38.66 38.66	100m: 1:18.98	40.32	150m: 1:59.15	40.17	200m: 2:38.92	39.77				
14.	Andre Sampaio, SANTOS	M	103267	95	Fluvial Portuense					2:44.13	297
	50m: 38.14 38.14	100m: 1:19.44	41.30	150m: 2:03.47	44.03	200m: 2:44.13	40.66				
15.	Jose Pedro, OLIVEIRA	M	20294	95	Vilacondense					2:48.92	272
	50m: 40.12 40.12	100m: 1:22.35	42.23	150m: 2:06.13	43.78	200m: 2:48.92	42.79				
16.	Jose Pedro, MOREIRA	M	102060	95	Vila de Este					2:53.17	253
	50m: 41.91 41.91	100m: 1:26.76	44.85	150m: 2:11.32	44.56	200m: 2:53.17	41.85				
17.	Joao Pedro, FERREIRA	M	111411	95	CNMaia					2:57.93	233
	50m: 43.01 43.01	100m: 1:28.64	45.63	150m: 2:14.64	46.00	200m: 2:57.93	43.29				
18.	Rui Filipe, PIMENTA	M	119163	95	Ginásio Santo Tirso					3:07.63	199
	50m: 42.48 42.48	100m: 1:29.89	47.41	150m: 2:19.90	50.01	200m: 3:07.63	47.73				
DNS	Alexandre Paiva, MACHADO	M	102595	95	Famalicao						DNS
DNS	Joao Paulo, COSTA	M	111329	95	Paredes/Rota dos Moveis						DNS
DNS	Ilidio Junio, BRITO	M	105565	95	Paredes/Rota dos Moveis						DNS
DNS	Jose Pedro, CABRAL	M	20295	95	Vilacondense						DNS
DNS	Marci Philip, MARTINS	M	111328	95	Paredes/Rota dos Moveis						DNS
DNS	Tiago Patricio, SILVA	M	104582	95	Vilacondense						DNS
EXH	Carlos Diogo, MORAIS	M	109756	96	Natação Clube Chaves					2:31.38	379 EXH
	50m: 34.21 34.21	100m: 1:11.74	37.53	150m: 1:51.55	39.81	200m: 2:31.38	39.83				

Prova 5

23-10-2010 - 17:00

Femin., 4 x 200m Livres

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Juvenis

Resultados

Recorde Regional 25m Open	8:18.93	Joana Rodrigues, Sara Oliveira, Sara Figueiredo, Mariana Cavaleiros	20-12-2009
Recorde Regional 25m Juv	8:59.70	Sandra Barbara, Carla Barbara, Virginia Gomes, Luísa Portela	21-02-1990

Pontos: FINA 2009

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Porto/Dolce Vita 1	F			Porto/Dolce Vita	9:51.18	494	
Maria Teresa, AMORIM		97		32.97	1:09.90	1:48.68	2:24.35
Ana Catarina, PEREIRA		97		33.16	1:10.50	1:49.60	2:27.83
Sofia Isabel, TAVARES		97		34.21	1:12.63	1:52.01	2:29.93
Rute Santos, FERREIRA		97		35.43	1:14.03	1:52.57	2:29.07
2. Fluvial Portuense 1	F			Fluvial Portuense	10:11.04	447	
Adriana Daniela, CASTRO		97		34.07	1:12.52	1:51.86	2:29.17
Sofia Patricia, GONCALVES		97		35.58	1:15.22	1:54.68	2:33.72
Joana Sofia, AMORIM		97		34.44	1:12.84	1:52.49	2:30.45
Beatriz Ana, VALENTE		97		37.42	1:18.15	1:59.08	2:37.70
3. Famalicao 1	F			Famalicao	10:11.47	447	
Ana Micaela, CARVALHO		97		33.56	1:11.13	1:49.23	2:26.12
Liliana Patricia, CARVALHO		97		36.13	1:15.80	1:56.98	2:37.84
Adriana Filipa, MATOS		97		35.02	1:14.33	1:55.06	2:34.85
Sofia Alexandra, VALINHAS		97		36.31	1:15.49	1:55.50	2:32.66

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 5, Femin., 4 x 200m Livres, Juvenis

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4. Leixões Sport Clube 1	F			Leixões Sport Clube	11:06.47	345	
Mariana Lourenco, PRETO		97		34.84	1:13.02	1:52.23	2:30.46
Ana Patricia, HENRIQUE		97		41.17	1:27.06	2:13.09	2:58.81
Daniela Ferreira, COSTA		97		38.65	1:21.54	2:06.39	2:50.44
Sofia Monteiro, SOUSA		97		37.12	1:19.99	2:04.34	2:46.76

Prova 6	Masc., 1500m Livres				Juvenis
23-10-2010 - 17:10	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	15:04.78	Fernando Eurico, COSTA	FPN	Trieste (ITA)	10-12-2005
Recorde Regional 25m Juv B	16:09.71	Luis Miguel, MONTEIRO	FCP	Felgueiras	01-03-1998
Recorde Regional 25m Juv A	15:36.31	Rui Filipe, COSTA	VSC	Braga	04-03-2007

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final			Pts	Obs
Juvenis B										
1.	Andre Filipe, ROCHA	M	103625	96	Leixões Sport Clube	17:41.04			541	
	50m: 30.99	30.99	450m: 5:10.37		35.62	850m: 9:56.00	35.80	1250m: 14:43.50		35.85
	100m: 1:05.20	34.21	500m: 5:46.28		35.91	900m: 10:31.66	35.66	1300m: 15:19.38		35.88
	150m: 1:39.35	34.15	550m: 6:22.23		35.95	950m: 11:07.76	36.10	1350m: 15:55.45		36.07
	200m: 2:14.23	34.88	600m: 6:57.38		35.15	1000m: 11:43.76	36.00	1400m: 16:31.42		35.97
	250m: 2:49.36	35.13	650m: 7:32.92		35.54	1050m: 12:19.80	36.04	1450m: 17:07.61		36.19
	300m: 3:24.24	34.88	700m: 8:08.66		35.74	1100m: 12:55.87	36.07	1500m: 17:41.04		33.43
	350m: 3:59.41	35.17	750m: 8:44.41		35.75	1150m: 13:32.01	36.14			
	400m: 4:34.75	35.34	800m: 9:20.20		35.79	1200m: 14:07.65	35.64			
2.	Miguel Angelo, CRUZ	M	101976	96	Gesp	18:01.12			511	
	50m: 33.43	33.43	450m: 5:26.06		36.39	850m: 10:17.28	36.00	1250m: 15:04.93		36.25
	100m: 1:09.50	36.07	500m: 6:02.89		36.83	900m: 10:53.26	35.98	1300m: 15:41.31		36.38
	150m: 1:46.01	36.51	550m: 6:39.86		36.97	950m: 11:28.98	35.72	1350m: 16:17.17		35.86
	200m: 2:22.76	36.75	600m: 7:16.30		36.44	1000m: 12:05.13	36.15	1400m: 16:53.22		36.05
	250m: 2:59.21	36.45	650m: 7:52.89		36.59	1050m: 12:41.09	35.96	1450m: 17:28.37		35.15
	300m: 3:36.29	37.08	700m: 8:29.02		36.13	1100m: 13:16.89	35.80	1500m: 18:01.12		32.75
	350m: 4:13.02	36.73	750m: 9:05.17		36.15	1150m: 13:52.53	35.64			
	400m: 4:49.67	36.65	800m: 9:41.28		36.11	1200m: 14:28.68	36.15			
3.	Mauro Filipe, MAIA	M	15493	96	Fluvial Portuense	18:20.33			485	
	50m: 33.00	33.00	450m: 5:23.88		37.29	850m: 10:19.69	36.95	1250m: 15:16.55		37.23
	100m: 1:08.25	35.25	500m: 6:01.03		37.15	900m: 10:56.55	36.86	1300m: 15:54.55		38.00
	150m: 1:44.82	36.57	550m: 6:37.18		36.15	950m: 11:33.14	36.59	1350m: 16:31.44		36.89
	200m: 2:20.10	35.28	600m: 7:13.88		36.70	1000m: 12:10.28	37.14	1400m: 17:08.73		37.29
	250m: 2:55.69	35.59	650m: 7:51.25		37.37	1050m: 12:47.51	37.23	1450m: 17:45.16		36.43
	300m: 3:32.24	36.55	700m: 8:28.10		36.85	1100m: 13:24.19	36.68	1500m: 18:20.33		35.17
	350m: 4:09.21	36.97	750m: 9:05.56		37.46	1150m: 14:01.90	37.71			
	400m: 4:46.59	37.38	800m: 9:42.74		37.18	1200m: 14:39.32	37.42			
4.	Paulo Andre, SILVA	M	105198	96	Vilacondense	18:30.00			473	
	50m: 32.65	32.65	450m: 5:27.75		37.97	850m: 10:27.46	37.49	1250m: 15:26.62		37.16
	100m: 1:08.25	35.60	500m: 6:05.35		37.60	900m: 11:04.95	37.49	1300m: 16:03.78		37.16
	150m: 1:44.38	36.13	550m: 6:43.10		37.75	950m: 11:42.30	37.35	1350m: 16:40.79		37.01
	200m: 2:21.06	36.68	600m: 7:20.39		37.29	1000m: 12:20.03	37.73	1400m: 17:18.32		37.53
	250m: 2:58.22	37.16	650m: 7:57.59		37.20	1050m: 12:57.30	37.27	1450m: 17:54.35		36.03
	300m: 3:35.39	37.17	700m: 8:35.20		37.61	1100m: 13:34.85	37.55	1500m: 18:30.00		35.65
	350m: 4:12.51	37.12	750m: 9:12.69		37.49	1150m: 14:12.06	37.21			
	400m: 4:49.78	37.27	800m: 9:49.97		37.28	1200m: 14:49.46	37.40			
5.	David Nunes, SOUSA	M	112204	96	Famalicao	18:41.68			458	
	50m: 33.83	33.83	450m: 5:32.11		36.64	850m: 10:33.46	38.06	1250m: 15:38.80		38.26
	100m: 1:10.20	36.37	500m: 6:09.77		37.66	900m: 11:12.10	38.64	1300m: 16:17.30		38.50
	150m: 1:48.07	37.87	550m: 6:47.37		37.60	950m: 11:49.32	37.22	1350m: 16:53.80		36.50
	200m: 2:25.06	36.99	600m: 7:24.96		37.59	1000m: 12:27.51	38.19	1400m: 17:31.15		37.35
	250m: 3:02.92	37.86	650m: 8:02.87		37.91	1050m: 13:05.92	38.41	1450m: 18:08.48		37.33
	300m: 3:40.87	37.95	700m: 8:40.60		37.73	1100m: 13:44.26	38.34	1500m: 18:41.68		33.20
	350m: 4:18.05	37.18	750m: 9:18.23		37.63	1150m: 14:22.23	37.97			
	400m: 4:55.47	37.42	800m: 9:55.40		37.17	1200m: 15:00.54	38.31			
6.	Bruno Miguel, SILVA	M	103826	96	Porto/Dolce Vita	18:59.45			437	
	50m: 33.46	33.46	450m: 5:34.60		38.02	850m: 10:40.26	38.28	1250m: 15:49.81		38.36
	100m: 1:10.12	36.66	500m: 6:12.65		38.05	900m: 11:18.94	38.68	1300m: 16:28.56		38.75
	150m: 1:47.11	36.99	550m: 6:50.83		38.18	950m: 11:57.46	38.52	1350m: 17:07.08		38.52
	200m: 2:24.69	37.58	600m: 7:28.81		37.98	1000m: 12:36.12	38.66	1400m: 17:44.87		37.79
	250m: 3:02.27	37.58	650m: 8:07.38		38.57	1050m: 13:14.88	38.76	1450m: 18:22.45		37.58
	300m: 3:40.25	37.98	700m: 8:44.81		37.43	1100m: 13:53.69	38.81	1500m: 18:59.45		37.00
	350m: 4:18.44	38.19	750m: 9:23.02		38.21	1150m: 14:32.52	38.83			
	400m: 4:56.58	38.14	800m: 10:01.98		38.96	1200m: 15:11.45	38.93			
DSQ	Jose Carlos, TEIXEIRA	M	102982	96	Foca					DSQ
	204 - Falsa partida-SW4.4									
DSQ	Joao Pedro, SANTOS	M	101954	96	Porto/Dolce Vita					DSQ
	204 - Falsa partida-SW4.4									
DSQ	Tiago Lopes, REIS	M	102556	96	Porto/Dolce Vita					DSQ
	204 - Falsa partida-SW4.4									

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 6, Masc., 1500m Livres

Juvenis A

1.	Tomas Correia, SILVA	M	23367	95	Porto/Dolce Vita			16:48.07	631
	50m: 28.96	28.96	450m: 4:57.14	33.88	850m: 9:28.09	33.97	1250m: 13:59.79	33.85	
	100m: 1:01.78	32.82	500m: 5:30.98	33.84	900m: 10:02.01	33.92	1300m: 14:33.70	33.91	
	150m: 1:35.34	33.56	550m: 6:04.65	33.67	950m: 10:36.04	34.03	1350m: 15:07.41	33.71	
	200m: 2:08.70	33.36	600m: 6:38.75	34.10	1000m: 11:10.10	34.06	1400m: 15:41.08	33.67	
	250m: 2:41.92	33.22	650m: 7:12.66	33.91	1050m: 11:44.42	34.32	1450m: 16:15.20	34.12	
	300m: 3:15.37	33.45	700m: 7:46.39	33.73	1100m: 12:18.51	34.09	1500m: 16:48.07	32.87	
	350m: 3:49.25	33.88	750m: 8:20.23	33.84	1150m: 12:52.31	33.80			
	400m: 4:23.26	34.01	800m: 8:54.12	33.89	1200m: 13:25.94	33.63			
2.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube			17:10.76	590
	50m: 31.10	31.10	450m: 5:07.53	34.33	850m: 9:43.70	34.73	1250m: 14:19.95	34.30	
	100m: 1:05.69	34.59	500m: 5:42.01	34.48	900m: 10:18.33	34.63	1300m: 14:54.40	34.45	
	150m: 1:40.21	34.52	550m: 6:16.45	34.44	950m: 10:52.67	34.34	1350m: 15:29.07	34.67	
	200m: 2:14.96	34.75	600m: 6:50.63	34.18	1000m: 11:27.19	34.52	1400m: 16:03.33	34.26	
	250m: 2:49.67	34.71	650m: 7:25.03	34.40	1050m: 12:01.87	34.68	1450m: 16:37.86	34.53	
	300m: 3:24.29	34.62	700m: 7:59.51	34.48	1100m: 12:36.57	34.70	1500m: 17:10.76	32.90	
	350m: 3:58.70	34.41	750m: 8:34.09	34.58	1150m: 13:10.86	34.29			
	400m: 4:33.20	34.50	800m: 9:08.97	34.88	1200m: 13:45.65	34.79			
3.	Joao Miguel, COSTA	M	15088	95	Vilacondense			17:22.05	571
	50m: 32.46	32.46	450m: 5:12.38	34.88	850m: 9:51.12	35.00	1250m: 14:31.48	34.79	
	100m: 1:06.86	34.40	500m: 5:47.42	35.04	900m: 10:26.02	34.90	1300m: 15:06.68	35.20	
	150m: 1:41.66	34.80	550m: 6:21.94	34.52	950m: 11:01.09	35.07	1350m: 15:41.29	34.61	
	200m: 2:16.92	35.26	600m: 6:55.88	33.94	1000m: 11:36.29	35.20	1400m: 16:15.99	34.70	
	250m: 2:52.21	35.29	650m: 7:31.44	35.56	1050m: 12:11.37	35.08	1450m: 16:50.02	34.03	
	300m: 3:27.22	35.01	700m: 8:06.64	35.20	1100m: 12:46.81	35.44	1500m: 17:22.05	32.03	
	350m: 4:02.48	35.26	750m: 8:41.22	34.58	1150m: 13:21.99	35.18			
	400m: 4:37.50	35.02	800m: 9:16.12	34.90	1200m: 13:56.69	34.70			
4.	Joao Duarte, MARAFONA	M	20293	95	Vilacondense			17:25.42	566
	50m: 32.31	32.31	450m: 5:09.92	34.77	850m: 9:50.21	35.54	1250m: 14:32.47	35.18	
	100m: 1:07.27	34.96	500m: 5:44.51	34.59	900m: 10:25.32	35.11	1300m: 15:07.60	35.13	
	150m: 1:41.94	34.67	550m: 6:19.47	34.96	950m: 11:00.89	35.57	1350m: 15:43.06	35.46	
	200m: 2:16.86	34.92	600m: 6:54.66	35.19	1000m: 11:35.66	34.77	1400m: 16:17.92	34.86	
	250m: 2:51.37	34.51	650m: 7:29.77	35.11	1050m: 12:10.88	35.22	1450m: 16:52.77	34.85	
	300m: 3:25.90	34.53	700m: 8:04.89	35.12	1100m: 12:46.34	35.46	1500m: 17:25.42	32.65	
	350m: 4:00.54	34.64	750m: 8:39.93	35.04	1150m: 13:22.14	35.80			
	400m: 4:35.15	34.61	800m: 9:14.67	34.74	1200m: 13:57.29	35.15			
5.	Bernardo Manuel, VALENTE	M	23497	95	Porto/Dolce Vita			17:35.46	550
	50m: 31.34	31.34	450m: 5:11.89	35.33	850m: 9:53.51	35.19	1250m: 14:38.57	35.51	
	100m: 1:06.12	34.78	500m: 5:47.18	35.29	900m: 10:28.77	35.26	1300m: 15:14.60	36.03	
	150m: 1:40.85	34.73	550m: 6:22.24	35.06	950m: 11:03.89	35.12	1350m: 15:49.82	35.22	
	200m: 2:16.03	35.18	600m: 6:57.15	34.91	1000m: 11:39.93	36.04	1400m: 16:26.34	36.52	
	250m: 2:51.07	35.04	650m: 7:32.06	34.91	1050m: 12:15.26	35.33	1450m: 17:02.28	35.94	
	300m: 3:25.96	34.89	700m: 8:07.56	35.50	1100m: 12:50.88	35.62	1500m: 17:35.46	33.18	
	350m: 4:01.43	35.47	750m: 8:43.14	35.58	1150m: 13:26.63	35.75			
	400m: 4:36.56	35.13	800m: 9:18.32	35.18	1200m: 14:03.06	36.43			
6.	Cesar Filipe, MAGALHAES	M	15473	95	Foca			17:37.69	546
	50m: 30.77	30.77	450m: 5:07.40	35.29	850m: 9:52.82	35.77	1250m: 14:39.91	36.09	
	100m: 1:04.99	34.22	500m: 5:42.75	35.35	900m: 10:28.70	35.88	1300m: 15:15.82	35.91	
	150m: 1:39.17	34.18	550m: 6:18.10	35.35	950m: 11:04.41	35.71	1350m: 15:51.66	35.84	
	200m: 2:13.40	34.23	600m: 6:53.99	35.89	1000m: 11:40.16	35.75	1400m: 16:27.78	36.12	
	250m: 2:47.76	34.36	650m: 7:29.81	35.82	1050m: 12:16.00	35.84	1450m: 17:03.37	35.59	
	300m: 3:22.44	34.68	700m: 8:05.61	35.80	1100m: 12:51.89	35.89	1500m: 17:37.69	34.32	
	350m: 3:57.26	34.82	750m: 8:41.38	35.77	1150m: 13:27.60	35.71			
	400m: 4:32.11	34.85	800m: 9:17.05	35.67	1200m: 14:03.82	36.22			
7.	Orlando Filipe, MORIM	M	107373	95	Vilacondense			17:50.91	526
	50m: 31.01	31.01	450m: 5:11.36	34.85	850m: 9:58.56	36.33	1250m: 14:49.32	36.27	
	100m: 1:05.60	34.59	500m: 5:47.29	35.93	900m: 10:34.41	35.85	1300m: 15:25.90	36.58	
	150m: 1:40.13	34.53	550m: 6:22.87	35.58	950m: 11:10.32	35.91	1350m: 16:02.61	36.71	
	200m: 2:14.91	34.78	600m: 6:58.32	35.45	1000m: 11:47.08	36.76	1400m: 16:39.36	36.75	
	250m: 2:49.97	35.06	650m: 7:33.94	35.62	1050m: 12:23.14	36.06	1450m: 17:15.59	36.23	
	300m: 3:25.47	35.50	700m: 8:09.95	36.01	1100m: 12:59.42	36.28	1500m: 17:50.91	35.32	
	350m: 4:01.28	35.81	750m: 8:46.34	36.39	1150m: 13:36.24	36.82			
	400m: 4:36.51	35.23	800m: 9:22.23	35.89	1200m: 14:13.05	36.81			
8.	Luis Manuel, FERNANDES	M	15589	95	Famalicão			18:11.78	497
	50m: 32.09	32.09	450m: 5:17.89	36.44	850m: 10:10.74	36.83	1250m: 15:06.73	37.05	
	100m: 1:06.62	34.53	500m: 5:54.43	36.54	900m: 10:47.49	36.75	1300m: 15:43.93	37.20	
	150m: 1:41.95	35.33	550m: 6:30.85	36.42	950m: 11:24.28	36.79	1350m: 16:21.20	37.27	
	200m: 2:17.16	35.21	600m: 7:07.39	36.54	1000m: 12:01.59	37.31	1400m: 16:58.35	37.15	
	250m: 2:52.99	35.83	650m: 7:44.10	36.71	1050m: 12:38.60	37.01	1450m: 17:35.60	37.25	
	300m: 3:28.78	35.79	700m: 8:20.72	36.62	1100m: 13:15.59	36.99	1500m: 18:11.78	36.18	
	350m: 4:05.07	36.29	750m: 8:57.27	36.55	1150m: 13:52.98	37.39			
	400m: 4:41.45	36.38	800m: 9:33.91	36.64	1200m: 14:29.68	36.70			
9.	Luis Alberto, NOGUEIRA	M	22543	95	Gesp			18:14.56	493
	50m: 32.90	32.90	450m: 5:24.96	36.77	850m: 10:20.01	36.30	1250m: 15:12.86	37.05	
	100m: 1:09.18	36.28	500m: 6:01.80	36.84	900m: 10:56.48	36.47	1300m: 15:49.18	36.32	
	150m: 1:45.21	36.03	550m: 6:38.56	36.76	950m: 11:33.21	36.73	1350m: 16:25.75	36.57	
	200m: 2:21.52	36.31	600m: 7:15.43	36.87	1000m: 12:10.05	36.84	1400m: 17:02.56	36.81	
	250m: 2:58.19	36.67	650m: 7:52.70	37.27	1050m: 12:46.29	36.24	1450m: 17:39.11	36.55	
	300m: 3:34.99	36.80	700m: 8:29.79	37.09	1100m: 13:22.60	36.31	1500m: 18:14.56	35.45	
	350m: 4:11.74	36.75	750m: 9:06.82	37.03	1150m: 13:59.18	36.58			
	400m: 4:48.19	36.45	800m: 9:43.71	36.89	1200m: 14:35.81	36.63			
10.	Paulo Andre, SILVA	M	104517	95	CNMaia			18:16.95	490
	50m: 32.95	32.95	450m: 5:28.25	36.84	850m: 10:20.14	36.29	1250m: 15:12.99	36.20	
	100m: 1:09.20	36.25	500m: 6:04.95	36.70	900m: 10:56.54	36.40	1300m: 15:49.91	36.92	
	150m: 1:46.30	37.10	550m: 6:41.68	36.73	950m: 11:33.21	36.67	1350m: 16:26.86	36.95	
	200m: 2:23.48	37.18	600m: 7:17.89	36.21	1000m: 12:10.00	36.79	1400m: 17:03.76	36.90	
	250m: 3:00.68	37.20	650m: 7:53.92	36.03	1050m: 12:46.33	36.33	1450m: 17:40.98	37.22	
	300m: 3:38.07	37.39	700m: 8:30.79	36.87	1100m: 13:22.94	36.61	1500m: 18:16.95	35.97	
	350m: 4:14.59	36.52	750m: 9:07.38	36.59	1150m: 13:59.88	36.94			
	400m: 4:51.41	36.82	800m: 9:43.85	36.47	1200m: 14:36.79	36.91			

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 6, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
11.	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube	18:19.80				486	
	50m: 34.19		450m: 5:28.07		37.05	850m: 10:23.89	37.30	1250m: 15:20.79		36.69	
	100m: 1:10.89		500m: 6:04.60		36.53	900m: 11:01.19	37.30	1300m: 15:57.77		36.98	
	150m: 1:47.25		550m: 6:41.28		36.68	950m: 11:37.84	36.65	1350m: 16:34.73		36.96	
	200m: 2:24.20		600m: 7:18.31		37.03	1000m: 12:15.06	37.22	1400m: 17:11.34		36.61	
	250m: 3:00.94		650m: 7:55.28		36.97	1050m: 12:52.67	37.61	1450m: 17:47.13		35.79	
	300m: 3:37.60		700m: 8:32.63		37.35	1100m: 13:29.65	36.98	1500m: 18:19.80		32.67	
	350m: 4:14.15		750m: 9:09.42		36.79	1150m: 14:06.88	37.23				
	400m: 4:51.02		800m: 9:46.59		37.17	1200m: 14:44.10	37.22				
12.	Diogo Sequeira, APARICIO	M	102390	95	Porto/Dolce Vita	18:20.21				485	
	50m: 32.33		450m: 5:19.42		36.98	850m: 10:17.26	37.25	1250m: 15:15.55		37.67	
	100m: 1:07.20		500m: 5:56.55		37.13	900m: 10:54.55	37.29	1300m: 15:53.49		37.94	
	150m: 1:42.74		550m: 6:33.55		37.00	950m: 11:31.98	37.43	1350m: 16:31.19		37.70	
	200m: 2:18.49		600m: 7:10.76		37.21	1000m: 12:09.11	37.13	1400m: 17:08.22		37.03	
	250m: 2:54.59		650m: 7:48.28		37.52	1050m: 12:46.25	37.14	1450m: 17:45.14		36.92	
	300m: 3:30.18		700m: 8:25.36		37.08	1100m: 13:23.00	36.75	1500m: 18:20.21		35.07	
	350m: 4:05.99		750m: 9:02.40		37.04	1150m: 14:00.14	37.14				
	400m: 4:42.44		800m: 9:40.01		37.61	1200m: 14:37.88	37.74				
13.	Joao Marcelo, GOMES	M	102025	95	Porto/Dolce Vita	18:36.25				465	
	50m: 32.69		450m: 5:24.18		36.63	850m: 10:25.61	38.91	1250m: 15:28.50		37.65	
	100m: 1:09.34		500m: 6:00.95		36.77	900m: 11:03.73	38.12	1300m: 16:06.38		37.88	
	150m: 1:45.96		550m: 6:37.76		36.81	950m: 11:41.55	37.82	1350m: 16:44.43		38.05	
	200m: 2:22.38		600m: 7:14.58		36.82	1000m: 12:19.85	38.30	1400m: 17:22.72		38.29	
	250m: 2:58.57		650m: 7:52.03		37.45	1050m: 12:57.67	37.82	1450m: 18:00.47		37.75	
	300m: 3:34.52		700m: 8:29.72		37.69	1100m: 13:35.57	37.90	1500m: 18:36.25		35.78	
	350m: 4:11.24		750m: 9:07.63		37.91	1150m: 14:13.02	37.45				
	400m: 4:47.55		800m: 9:46.70		39.07	1200m: 14:50.85	37.83				
14.	Mario Guterres, CARVALHO	M	18088	95	Vilacondense	19:22.20				412	
	50m: 34.22		400m: 4:54.43		38.65	850m: 10:49.52	39.38	1200m: 15:31.12		40.07	
	100m: 1:10.51		450m: 6:12.19		1:17.76	900m: 11:29.83	40.31	1250m: 16:12.17		41.05	
	150m: 1:46.86		500m: 6:51.29		39.10	950m: 12:09.75	39.92	1300m: 16:51.21		39.04	
	200m: 2:23.37		600m: 8:10.99		1:19.70	1000m: 12:49.51	39.76	1350m: 17:30.36		39.15	
	250m: 3:00.09		700m: 8:50.61		39.62	1050m: 13:29.91	40.40	1400m: 18:08.81		38.45	
	300m: 3:37.80		750m: 9:30.01		39.40	1100m: 14:10.28	40.37	1450m: 18:45.78		36.97	
	350m: 4:15.78		800m: 10:10.14		40.13	1150m: 14:51.05	40.77	1500m: 19:22.20		36.42	
15.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	19:24.03				410	
	50m: 34.38		450m: 5:41.42		38.21	850m: 10:51.27	39.16	1250m: 16:09.53		39.90	
	100m: 1:11.56		500m: 6:19.89		38.47	900m: 11:30.67	39.40	1300m: 16:49.55		40.02	
	150m: 1:49.51		550m: 6:58.29		38.40	950m: 12:09.94	39.27	1350m: 17:28.60		39.05	
	200m: 2:28.37		600m: 7:36.84		38.55	1000m: 12:49.39	39.45	1400m: 18:07.73		39.13	
	250m: 3:07.07		650m: 8:15.53		38.69	1050m: 13:28.87	39.48	1450m: 18:46.99		39.26	
	300m: 3:45.84		700m: 8:54.20		38.67	1100m: 14:08.82	39.95	1500m: 19:24.03		37.04	
	350m: 4:24.54		750m: 9:33.17		38.97	1150m: 14:48.94	40.12				
	400m: 5:03.21		800m: 10:12.11		38.94	1200m: 15:29.63	40.69				

Preparacao Juvenis
Paredes, 23. - 24.10.2010

2 - 2ª Jornada

24-10-2010 - 9:30

Prova 7	Masc., 400m Estilos				Juvenis
24-10-2010 - 9:30	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	4:15.91	Adriano Miguel, NIZ	FPN	Trieste (ITA)	09-12-2005
Recorde Regional 25m Juv B	4:40.42	Joao Claudio, SOUSA	GESP	Braga	22-02-2008
Recorde Regional 25m Juv A	4:30.52	Adriano Miguel, NIZ	CFV	Ferrol	13-04-2002

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1.	Tiago Manuel, TEIXEIRA	M	102485 96	Assoc. Desportiva de Fafe	5:03.87	508	
	50m: 30.48 30.48		150m: 1:44.36	37.87 250m: 3:05.63	44.02 350m: 4:29.02		37.51
	100m: 1:06.49 36.01		200m: 2:21.61	37.25 300m: 3:51.51	45.88 400m: 5:03.87		34.85
2.	Leonardo Cardoso, FIGUEIREDO	M	105612 96	CNMaia	5:11.07	473	
	50m: 33.50 33.50		150m: 1:53.45	41.05 250m: 3:16.01	42.67 350m: 4:36.65		36.68
	100m: 1:12.40 38.90		200m: 2:33.34	39.89 300m: 3:59.97	43.96 400m: 5:11.07		34.42
3.	Artur Jose, REIS	M	23369 96	Porto/Dolce Vita	5:11.93	469	
	50m: 32.46 32.46		150m: 1:49.31	40.18 250m: 3:14.28	44.38 350m: 4:36.91		38.23
	100m: 1:09.13 36.67		200m: 2:29.90	40.59 300m: 3:58.68	44.40 400m: 5:11.93		35.02
4.	Jose Rui, COELHO	M	111414 96	Lousada	5:12.22	468	
	50m: 30.94 30.94		150m: 1:50.32	42.15 250m: 3:13.38	42.03 350m: 4:37.85		37.38
	100m: 1:08.17 37.23		200m: 2:31.35	41.03 300m: 4:00.47	47.09 400m: 5:12.22		34.37
5.	Andre Filipe, ROCHA	M	103625 96	Leixões Sport Clube	5:16.21	451	
	50m: 34.57 34.57		150m: 1:56.47	40.47 250m: 3:22.24	45.81 350m: 4:42.59		34.52
	100m: 1:16.00 41.43		200m: 2:36.43	39.96 300m: 4:08.07	45.83 400m: 5:16.21		33.62
6.	Francisco Abrunhosa, RODRIGUES	M	105264 96	Porto/Dolce Vita	5:19.51	437	
	50m: 33.69 33.69		150m: 1:54.82	41.49 250m: 3:20.81	46.24 350m: 4:44.61		37.94
	100m: 1:13.33 39.64		200m: 2:34.57	39.75 300m: 4:06.67	45.86 400m: 5:19.51		34.90
7.	Pedro Manuel, ROCHA	M	20491 96	Famalicao	5:19.62	436	
	50m: 33.28 33.28		150m: 1:53.35	41.37 250m: 3:19.07	45.97 350m: 4:43.63		37.99
	100m: 1:11.98 38.70		200m: 2:33.10	39.75 300m: 4:05.64	46.57 400m: 5:19.62		35.99
8.	Joao Pedro, SANTOS	M	101954 96	Porto/Dolce Vita	5:19.99	435	
	50m: 31.46 31.46		150m: 1:49.03	41.72 250m: 3:16.13	45.87 350m: 4:45.05		40.22
	100m: 1:07.31 35.85		200m: 2:30.26	41.23 300m: 4:04.83	48.70 400m: 5:19.99		34.94
9.	Jose Carlos, TEIXEIRA	M	102982 96	Foca	5:20.50	433	
	50m: 34.33 34.33		150m: 1:56.84	41.98 250m: 3:23.93	45.50 350m: 4:46.54		36.75
	100m: 1:14.86 40.53		200m: 2:38.43	41.59 300m: 4:09.79	45.86 400m: 5:20.50		33.96
10.	Bruno Campos, NETO	M	105773 96	Gesp	5:21.55	429	
	50m: 34.17 34.17		150m: 1:55.72	40.85 250m: 3:23.59	47.33 350m: 4:45.93		36.54
	100m: 1:14.87 40.70		200m: 2:36.26	40.54 300m: 4:09.39	45.80 400m: 5:21.55		35.62
11.	Andre Coelho, OLIVEIRA	M	103443 96	Vitória Sport Clube	5:23.41	421	
	50m: 34.26 34.26		150m: 1:53.45	40.07 250m: 3:23.17	50.64 350m: 4:48.85		35.57
	100m: 1:13.38 39.12		200m: 2:32.53	39.08 300m: 4:13.28	50.11 400m: 5:23.41		34.56
12.	Bruno Miguel, SILVA	M	103826 96	Porto/Dolce Vita	5:24.88	416	
	50m: 31.82 31.82		150m: 1:52.07	41.85 250m: 3:21.45	48.88 350m: 4:49.32		37.35
	100m: 1:10.22 38.40		200m: 2:32.57	40.50 300m: 4:11.97	50.52 400m: 5:24.88		35.56
13.	Mauro Filipe, MAIA	M	15493 96	Fluvial Portuense	5:26.16	411	
	50m: 34.15 34.15		150m: 1:57.30	41.69 250m: 3:25.63	48.33 350m: 4:51.35		36.31
	100m: 1:15.61 41.46		200m: 2:37.30	40.00 300m: 4:15.04	49.41 400m: 5:26.16		34.81
14.	Miguel Filipe, PINTO	M	105729 96	Ginásio Santo Tirso	5:28.28	403	
	50m: 34.06 34.06		150m: 1:56.93	42.07 250m: 3:27.66	49.25 350m: 4:53.57		35.92
	100m: 1:14.86 40.80		200m: 2:38.41	41.48 300m: 4:17.65	49.99 400m: 5:28.28		34.71
15.	Rui Miguel, CRUZ	M	104516 96	CNMaia	5:28.31	403	
	50m: 34.53 34.53		150m: 1:56.71	41.30 250m: 3:22.78	46.06 350m: 4:50.90		39.98
	100m: 1:15.41 40.88		200m: 2:36.72	40.01 300m: 4:10.92	48.14 400m: 5:28.31		37.41
16.	Tiago Lopes, REIS	M	102556 96	Porto/Dolce Vita	5:31.65	391	
	50m: 34.47 34.47		150m: 1:56.79	41.45 250m: 3:25.69	48.66 350m: 4:53.91		37.75
	100m: 1:15.34 40.87		200m: 2:37.03	40.24 300m: 4:16.16	50.47 400m: 5:31.65		37.74
17.	Diogo Henrique, GOMES	M	20316 96	Porto/Dolce Vita	5:35.40	378	
	50m: 34.12 34.12		150m: 1:58.18	42.78 250m: 3:31.21	50.93 350m: 4:59.86		37.51
	100m: 1:15.40 41.28		200m: 2:40.28	42.10 300m: 4:22.35	51.14 400m: 5:35.40		35.54
18.	Ricardo Santos, AGUEDA	M	20061 96	Valongo	5:35.44	377	
	50m: 35.16 35.16		150m: 1:59.23	43.33 250m: 3:28.98	47.36 350m: 4:57.04		40.10
	100m: 1:15.90 40.74		200m: 2:41.62	42.39 300m: 4:16.94	47.96 400m: 5:35.44		38.40
19.	Joao Pedro, MACHADO	M	103444 96	Vitória Sport Clube	5:38.74	367	
	50m: 35.67 35.67		150m: 2:04.00	45.83 250m: 3:35.55	47.15 350m: 5:02.02		37.30
	100m: 1:18.17 42.50		200m: 2:48.40	44.40 300m: 4:24.72	49.17 400m: 5:38.74		36.72
20.	Paulo Gabriel, MAGALHAES	M	102527 96	Assoc. Desportiva de Fafe	5:40.64	360	
	50m: 34.43 34.43		150m: 1:56.45	40.00 250m: 3:29.63	53.11 350m: 5:03.06		39.90
	100m: 1:16.45 42.02		200m: 2:36.52	40.07 300m: 4:23.16	53.53 400m: 5:40.64		37.58
21.	Tiago Jose, NETO	M	101946 96	Gesp	5:42.03	356	
	50m: 35.07 35.07		150m: 2:01.38	44.02 250m: 3:32.05	48.82 350m: 5:02.67		40.51
	100m: 1:17.36 42.29		200m: 2:43.23	41.85 300m: 4:22.16	50.11 400m: 5:42.03		39.36
22.	Ricardo Jorge, MESQUITA	M	102079 96	Fluvial Portuense	5:44.95	347	
	50m: 37.28 37.28		150m: 2:06.63	45.38 250m: 3:38.79	48.63 350m: 5:07.54		41.38
	100m: 1:21.25 43.97		200m: 2:50.16	43.53 300m: 4:26.16	47.37 400m: 5:44.95		37.41

O Secretário do Juri

O Juiz Arbitro

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 7, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
23.	Julio Dinis, GONCALVES	M	103624	96	Fluvial Portuense	5:46.27	343	
	50m: 35.15 35.15	150m: 1:59.36			42.92 250m: 3:32.57	51.66 350m: 5:08.04		40.05
	100m: 1:16.44 41.29	200m: 2:40.91			41.55 300m: 4:27.99	55.42 400m: 5:46.27		38.23
24.	Humberto Joao, SILVA	M	102676	96	Assoc. Desportiva de Fafe	5:48.08	338	
	50m: 35.79 35.79	150m: 2:05.13			46.22 250m: 3:37.80	46.65 350m: 5:08.08		42.05
	100m: 1:18.91 43.12	200m: 2:51.15			46.02 300m: 4:26.03	48.23 400m: 5:48.08		40.00
25.	Francisco Carvalho, RODRIGUES	M	102981	96	Foca	5:53.81	322	
	50m: 40.50 40.50	150m: 2:12.79			44.83 250m: 3:44.93	49.13 350m: 5:14.77		40.52
	100m: 1:27.96 47.46	200m: 2:55.80			43.01 300m: 4:34.25	49.32 400m: 5:53.81		39.04
26.	Jose Pedro, BAPTISTA	M	102083	96	Porto/Dolce Vita	5:58.75	309	
	50m: 37.32 37.32	150m: 2:12.02			47.90 250m: 3:44.10	47.30 350m: 5:18.25		42.81
	100m: 1:24.12 46.80	200m: 2:56.80			44.78 300m: 4:35.44	51.34 400m: 5:58.75		40.50
27.	Duarte Magalhaes, PINTO	M	105728	96	Ginásio Santo Tirso	5:58.90	308	
	50m: 40.49 40.49	150m: 2:15.29			46.29 250m: 3:48.53	49.41 350m: 5:19.18		41.31
	100m: 1:29.00 48.51	200m: 2:59.12			43.83 300m: 4:37.87	49.34 400m: 5:58.90		39.72
28.	Daniel Fernando, MAGALHAES	M	103950	96	Clamas	6:12.36	276	
	50m: 38.04 38.04	150m: 2:13.13			47.04 250m: 3:54.24	56.38 350m: 5:32.80		41.12
	100m: 1:26.09 48.05	200m: 2:57.86			44.73 300m: 4:51.68	57.44 400m: 6:12.36		39.56
29.	Luis Pedro, PIMENTA	M	110967	96	Leixões Sport Clube	6:17.34	265	
	50m: 36.92 36.92	150m: 2:10.93			48.34 250m: 3:57.99	58.52 350m: 5:38.05		40.68
	100m: 1:22.59 45.67	200m: 2:59.47			48.54 300m: 4:57.37	59.38 400m: 6:17.34		39.29
30.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	6:30.92	239	
	50m: 42.10 42.10	150m: 2:26.39			52.44 250m: 4:11.62	52.74 350m: 5:49.52		43.84
	100m: 1:33.95 51.85	200m: 3:18.88			52.49 300m: 5:05.68	54.06 400m: 6:30.92		41.40
31.	Joao Pedro, LOPES	M	104035	96	Clamas	6:37.68	227	
	50m: 39.74 39.74	150m: 2:20.08			49.76 250m: 4:08.32	1:01.72 350m: 5:54.05		45.04
	100m: 1:30.32 50.58	200m: 3:06.60			46.52 300m: 5:09.01	1:00.69 400m: 6:37.68		43.63
32.	Francisco Manuel, LEMOS	M	103837	96	Foca	6:39.28	224	
	50m: 41.08 41.08	150m: 2:22.95			48.53 250m: 4:10.92	58.90 350m: 5:56.72		44.39
	100m: 1:34.42 53.34	200m: 3:12.02			49.07 300m: 5:12.33	1:01.41 400m: 6:39.28		42.56
33.	Nuno Batista, PINTO	M	111302	96	Clamas	7:15.18	173	
	50m: 48.58 48.58	150m: 2:48.76			56.08 250m: 4:42.90	57.81 350m: 6:31.27		48.54
	100m: 1:52.68 1:04.10	200m: 3:45.09			56.33 300m: 5:42.73	59.83 400m: 7:15.18		43.91
DSQ	Manuel Duarte, FERNANDES 204 - Falsa partida-SW4.4	M	119293	96	Ginásio Santo Tirso			DSQ
DNS	Stefan Daniel, STEINMAIER	M	19644	96	Assoc. Desportiva de Fafe			DNS

Juvenis A

1.	Tomas Correia, SILVA	M	23367	95	Porto/Dolce Vita	4:48.18	595	
	50m: 30.13 30.13	150m: 1:42.03			37.13 250m: 2:59.90	41.43 350m: 4:15.74		34.01
	100m: 1:04.90 34.77	200m: 2:18.47			36.44 300m: 3:41.73	41.83 400m: 4:48.18		32.44
2.	Frederico Renato, SOUSA	M	105734	95	Gesp	5:09.13	482	
	50m: 31.88 31.88	150m: 1:49.93			41.93 250m: 3:15.01	44.09 350m: 4:34.99		35.53
	100m: 1:08.00 36.12	200m: 2:30.92			40.99 300m: 3:59.46	44.45 400m: 5:09.13		34.14
3.	Joao Nuno, ABREU	M	103432	95	Vitória Sport Clube	5:10.47	476	
	50m: 31.49 31.49	150m: 1:48.92			39.85 250m: 3:13.42	46.04 350m: 4:36.57		36.34
	100m: 1:09.07 37.58	200m: 2:27.38			38.46 300m: 4:00.23	46.81 400m: 5:10.47		33.90
4.	Luis Alberto, NOGUEIRA	M	22543	95	Gesp	5:12.56	467	
	50m: 31.66 31.66	150m: 1:48.40			39.30 250m: 3:15.03	48.25 350m: 4:38.48		35.44
	100m: 1:09.10 37.44	200m: 2:26.78			38.38 300m: 4:03.04	48.01 400m: 5:12.56		34.08
5.	Bernardo Manuel, VALENTE	M	23497	95	Porto/Dolce Vita	5:13.29	463	
	50m: 31.96 31.96	150m: 1:50.93			38.75 250m: 3:14.25	46.37 350m: 4:39.65		35.83
	100m: 1:12.18 40.22	200m: 2:27.88			36.95 300m: 4:03.82	49.57 400m: 5:13.29		33.64
6.	Andre Isaias, GUIMARAES	M	102612	95	Famalicão	5:14.27	459	
	50m: 32.38 32.38	150m: 1:48.23			37.71 250m: 3:15.88	50.13 350m: 4:40.65		35.26
	100m: 1:10.52 38.14	200m: 2:25.75			37.52 300m: 4:05.39	49.51 400m: 5:14.27		33.62
7.	Bernardo Aguiar, BRANCO	M	103121	95	Porto/Dolce Vita	5:14.49	458	
	50m: 32.09 32.09	150m: 1:50.78			41.92 250m: 3:19.00	46.66 350m: 4:41.68		34.49
	100m: 1:08.86 36.77	200m: 2:32.34			41.56 300m: 4:07.19	48.19 400m: 5:14.49		32.81
8.	Paulo Andre, SILVA	M	104517	95	CNMaia	5:15.64	453	
	50m: 32.51 32.51	150m: 1:51.98			41.80 250m: 3:17.68	45.34 350m: 4:40.37		37.24
	100m: 1:10.18 37.67	200m: 2:32.34			40.36 300m: 4:03.13	45.45 400m: 5:15.64		35.27
9.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	5:16.60	449	
	50m: 32.39 32.39	150m: 1:50.93			40.13 250m: 3:16.90	45.66 350m: 4:40.46		37.14
	100m: 1:10.80 38.41	200m: 2:31.24			40.31 300m: 4:03.32	46.42 400m: 5:16.60		36.14
10.	Artur Manuel, FERREIRA	M	101981	95	Porto/Dolce Vita	5:20.57	433	
	50m: 33.91 33.91	150m: 1:54.44			40.32 250m: 3:21.60	47.98 350m: 4:45.33		35.56
	100m: 1:14.12 40.21	200m: 2:33.62			39.18 300m: 4:09.77	48.17 400m: 5:20.57		35.24
11.	Diogo Sequeira, APARICIO	M	102390	95	Porto/Dolce Vita	5:22.34	425	
	50m: 33.33 33.33	150m: 1:51.58			39.65 250m: 3:18.20	47.85 350m: 4:45.95		38.12
	100m: 1:11.93 38.60	200m: 2:30.35			38.77 300m: 4:07.83	49.63 400m: 5:22.34		36.39
12.	Nuno Goncalo, MARTINS	M	102675	95	Famalicão	5:22.49	425	
	50m: 32.21 32.21	150m: 1:51.30			41.45 250m: 3:19.44	46.60 350m: 4:45.45		38.28
	100m: 1:09.85 37.64	200m: 2:32.84			41.54 300m: 4:07.17	47.73 400m: 5:22.49		37.04
13.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	5:24.11	418	
	50m: 33.91 33.91	150m: 1:55.70			41.28 250m: 3:22.68	46.15 350m: 4:47.49		37.69
	100m: 1:14.42 40.51	200m: 2:36.53			40.83 300m: 4:09.80	47.12 400m: 5:24.11		36.62

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 7, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
14.	Afonso Aguiar, BRANCO	M	20310	95	Porto/Dolce Vita	5:25.12				415	
	50m: 31.76 31.76		150m: 1:52.52		43.94 250m: 3:23.81	47.99	350m: 4:49.34			36.71	
	100m: 1:08.58 36.82		200m: 2:35.82		43.30 300m: 4:12.63	48.82	400m: 5:25.12			35.78	
15.	Joao Marcelo, GOMES	M	102025	95	Porto/Dolce Vita	5:27.26				407	
	50m: 32.41 32.41		150m: 1:52.15		41.25 250m: 3:23.81	49.76	350m: 4:50.87			37.18	
	100m: 1:10.90 38.49		200m: 2:34.05		41.90 300m: 4:13.69	49.88	400m: 5:27.26			36.39	
16.	Rui Filipe, SOUSA	M	103092	95	Lousada	5:33.37				385	
	50m: 34.39 34.39		150m: 1:57.01		43.13 250m: 3:29.19	51.42	350m: 4:57.82			37.20	
	100m: 1:13.88 39.49		200m: 2:37.77		40.76 300m: 4:20.62	51.43	400m: 5:33.37			35.55	
17.	Alexandre Paiva, MACHADO	M	102595	95	Famalicao	5:33.40				384	
	50m: 34.23 34.23		150m: 1:58.24		44.00 250m: 3:29.34	48.24	350m: 4:56.34			39.19	
	100m: 1:14.24 40.01		200m: 2:41.10		42.86 300m: 4:17.15	47.81	400m: 5:33.40			37.06	
18.	Tiago Andre, ARAUJO	M	105931	95	Leixões Sport Clube	5:40.28				362	
	50m: 35.24 35.24		150m: 2:01.31		43.38 250m: 3:33.66	49.06	350m: 5:01.77			39.09	
	100m: 1:17.93 42.69		200m: 2:44.60		43.29 300m: 4:22.68	49.02	400m: 5:40.28			38.51	
19.	Miguel Goncalves, MENESES	M	102239	95	Vitória Sport Clube	5:42.73				354	
	50m: 34.68 34.68		150m: 1:59.70		42.51 250m: 3:32.50	52.12	350m: 5:05.81			40.12	
	100m: 1:17.19 42.51		200m: 2:40.38		40.68 300m: 4:25.69	53.19	400m: 5:42.73			36.92	
20.	Luis Miguel, ALMEIDA	M	15370	95	Foca	5:54.50				320	
	50m: 34.95 34.95		150m: 2:06.64		45.57 250m: 3:42.74	52.88	350m: 5:13.50			38.09	
	100m: 1:21.07 46.12		200m: 2:49.86		43.22 300m: 4:35.41	52.67	400m: 5:54.50			41.00	
DSQ	Renato Almeida, DOMINGUES	M	102987	95	Foca						DSQ
	<i>Falsa Partida.</i>										
DSQ	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe						DSQ
	<i>403 - Não tocou simultaneamente com duas mãos na parede à chegada do percurso de bruços.</i>										
DSQ	Bruno Miguel, SILVA	M	102558	95	Leixões Sport Clube						DSQ
	<i>303 - Não tocou simultaneamente com duas mãos na parede na viragem aos 75 m</i>										
DSQ	Daniel Rento, LAUREANO	M	103707	95	Leixões Sport Clube						DSQ
	<i>O atleta efectuou movimento alternado de pernas em todas as viragens, no estilo Bruços</i>										
DNS	Joao Paulo, COSTA	M	111329	95	Paredes/Rota dos Moveis						DNS
DNS	Ilidio Junio, BRITO	M	105565	95	Paredes/Rota dos Moveis						DNS
DNS	Marci Pillip, MARTINS	M	111328	95	Paredes/Rota dos Moveis						DNS
DNS	Luis Manuel, FERNANDES	M	15589	95	Famalicao						DNS
EXH	Carlos Diogo, MORAIS	M	109756	96	Natação Clube Chaves	5:31.34				392	EXH
	50m: 34.79 34.79		150m: 1:59.82		42.42 250m: 3:28.65	47.31	350m: 4:55.65			38.46	
	100m: 1:17.40 42.61		200m: 2:41.34		41.52 300m: 4:17.19	48.54	400m: 5:31.34			35.69	

Prova 8 Femin., 200m Mariposa
24-10-2010 - 10:25 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis
Resultados

Recorde Regional 25m Open	2:10.68	Sara Freitas, OLIVEIRA	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Juv	2:22.15	Raquel Maria, FELGUEIRAS	SCB	Braga	04-03-1994

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
1.	Joana Carina, SILVA	F	106219	97	Lousada	2:39.33				468	
	50m: 34.59 34.59		100m: 1:14.81		40.22 150m: 1:57.03	42.22	200m: 2:39.33			42.30	
2.	Sofia Alexandra, VALINHAS	F	20482	97	Famalicao	2:41.92				446	
	50m: 36.16 36.16		100m: 1:16.61		40.45 150m: 1:59.52	42.91	200m: 2:41.92			42.40	
3.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube	2:42.63				440	
	50m: 35.77 35.77		100m: 1:18.18		42.41 150m: 2:01.03	42.85	200m: 2:42.63			41.60	
4.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe	2:48.19				398	
	50m: 36.16 36.16		100m: 1:19.10		42.94 150m: 2:03.40	44.30	200m: 2:48.19			44.79	
5.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia	2:51.05				379	
	50m: 37.98 37.98		100m: 1:21.32		43.34 150m: 2:07.03	45.71	200m: 2:51.05			44.02	
DNS	Catia Sofia, PINTO	F	105725	97	Clamas						DNS

Preparacao Juvenis
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Prova 9	Masc., 200m Bruços				Juvenis
24-10-2010 - 10:25	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	2:10.72	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Juv B	2:21.70	Luis Manuel, FERNANDES	GDNVNF	Pacos de Ferreira	05-12-2009
Recorde Regional 25m Juv A	2:22.78	Bruno Daniel, MONTEIRO	LSC	Penafiel	19-03-2004

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube					Tempo Final	Pts	Obs
Juvenis B												
1.	Jose Rui, COELHO	M	111414	96	Lousada	100m: 1:18.10	150m: 2:02.06	43.96	200m: 2:43.80	436	41.74	
2.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	CNMaia	100m: 1:18.38	150m: 2:02.04	43.66	200m: 2:44.64	429	42.60	
3.	Miguel Angelo, CRUZ	M	101976	96	Gesp	100m: 1:20.80	150m: 2:02.75	41.95	200m: 2:45.08	426	42.33	
4.	Vitor Samuel, ROCHA	M	107743	96	Gesp	100m: 1:23.54	150m: 2:07.10	43.56	200m: 2:50.93	384	43.83	
5.	Bruno Alexandre, SOUSA	M	101972	96	Gesp	100m: 1:24.29	150m: 2:09.82	45.53	200m: 2:53.29	368	43.47	
6.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	100m: 1:24.45	150m: 2:10.78	46.33	200m: 2:56.89	346	46.11	
7.	Ricardo Jorge, MESQUITA	M	102079	96	Fluvial Portuense	100m: 1:26.08	150m: 2:12.77	46.69	200m: 2:57.80	341	45.03	
8.	Joao Pedro, MACHADO	M	103444	96	Vitória Sport Clube	100m: 1:26.28	150m: 2:12.67	46.39	200m: 2:59.99	328	47.32	
9.	Rui Miguel, CRUZ	M	104516	96	CNMaia	100m: 1:26.29	150m: 2:13.73	47.44	200m: 3:00.61	325	46.88	
10.	Ricardo Santos, AGUEDA	M	20061	96	Valongo	100m: 1:29.33	150m: 2:16.10	46.77	200m: 3:02.55	315	46.45	
11.	Francisco Carvalho, RODRIGUES	M	102981	96	Foca	100m: 1:31.30	150m: 2:20.09	48.79	200m: 3:08.39	286	48.30	
12.	Carlos Alberto, RAMOS	M	111114	96	CNMaia	100m: 1:32.55	150m: 2:22.68	50.13	200m: 3:13.10	266	50.42	
13.	Francisco Jose, OLIVEIRA	M	102549	96	Assoc. Desportiva de Fafe	100m: 1:33.37	150m: 2:24.44	51.07	200m: 3:16.15	254	51.71	
14.	Nuno Miguel, BASTOS	M	107937	96	Fluvial Portuense	100m: 1:35.43	150m: 2:28.54	53.11	200m: 3:20.28	238	51.74	
15.	Ruben Diogo, OLIVEIRA	M	117207	96	Valongo	100m: 1:37.60	150m: 2:30.63	53.03	200m: 3:24.30	225	53.67	
16.	Joao Pedro, LOPES	M	104035	96	Clamas	100m: 1:42.87	150m: 2:40.63	57.76	200m: 3:36.86	188	56.23	
17.	Nuno Batista, PINTO	M	111302	96	Clamas	100m: 1:46.78	150m: 2:43.83	57.05	200m: 3:38.76	183	54.93	
18.	Francisco Manuel, LEMOS	M	103837	96	Foca	100m: 1:48.18	150m: 2:48.57	1:00.39	200m: 3:47.57	163	59.00	

Juvenis A

1.	Luis Manuel, FERNANDES	M	15589	95	Famalicao	100m: 1:11.71	150m: 1:49.63	200m: 2:27.66	595	38.03
	50m: 34.03 34.03				37.68					
2.	Luis Miguel, LOPES	M	102984	95	Foca	100m: 1:17.72	150m: 1:58.83	200m: 2:40.36	464	41.53
	50m: 37.15 37.15				40.57					
3.	Tiago Sobral, COELHO	M	20393	95	Ginásio Santo Tirso	100m: 1:17.59	150m: 2:00.13	200m: 2:44.14	433	44.01
	50m: 37.15 37.15				40.44					
4.	Carlos Cunha, COSTA	M	102610	95	Assoc. Desportiva de Fafe	100m: 1:21.97	150m: 2:07.19	200m: 2:52.15	375	44.96
	50m: 38.21 38.21				43.76					
5.	Bruno Miguel, SILVA	M	102558	95	Leixões Sport Clube	100m: 1:23.94	150m: 2:08.47	200m: 2:53.89	364	45.42
	50m: 40.23 40.23				43.71					
6.	Joao Pedro, BARROSO	M	20392	95	Ginásio Santo Tirso	100m: 1:25.63	150m: 2:11.41	200m: 2:57.05	345	45.64
	50m: 40.13 40.13				45.50					
7.	Joao Pedro, FERREIRA	M	111411	95	CNMaia	100m: 1:37.83	150m: 2:31.30	200m: 3:23.05	229	51.75
	50m: 46.20 46.20				51.63					
8.	Rui Filipe, PIMENTA	M	119163	95	Ginásio Santo Tirso	100m: 1:36.85	150m: 2:34.30	200m: 3:29.86	207	55.56
	50m: 44.63 44.63				52.22					
DSQ	Andre Sampaio, SANTOS	M	103267	95	Fluvial Portuense					DSQ
	<i>O atleta tocou apenas com uma mão na parede na viragem aos 25m, 75, 125, 175 m.</i>									
DNS	Marci Pillip, MARTINS	M	111328	95	Paredes/Rota dos Moveis					DNS
DNS	Joao Paulo, COSTA	M	111329	95	Paredes/Rota dos Moveis					DNS
DNS	Ilidio Junio, BRITO	M	105565	95	Paredes/Rota dos Moveis					DNS

Preparacao Juvenis
Paredes, 23. - 24.10.2010

Prova 11	Masc., 4 x 200m Livres				Juvenis
24-10-2010 - 11:10	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	7:18.39	Jorge Maia, Diogo Carneiro, Paulo Amorim, Luis Sa	ADN	Antonio Cavaleiros	20-12-2009
Recorde Regional 25m Juv B	8:14.79	Luis Monteiro, Ivo Seco, Pedro Morais, Joao Monteiro	FCP	Joao Monteiro	27-02-1998
Recorde Regional 25m Juv A	8:02.98	Fabio Pereira, Joao Maia, David Moreira, Adriano Guimarães	FCP	Adriano Guimarães	08-03-2002

Pontos: FINA 2009

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1. Porto/Dolce Vita 2	M			Porto/Dolce Vita		8:46.63	511
Bruno Miguel, SILVA		96		29.38	1:02.32	1:36.68	2:09.41
Artur Jose, REIS		96		29.43	1:02.81	1:38.22	2:11.61
Diogo Henrique, GOMES		96		31.04	1:05.77	1:41.21	2:15.69
Joao Pedro, SANTOS		96		28.39	1:01.14	1:35.84	2:09.92
2. Assoc. Desportiva de Fafe 1	M			Assoc. Desportiva de Fafe		9:11.77	444
Tiago Manuel, TEIXEIRA		96		30.15	1:01.98	1:33.48	2:03.90
Francisco Jose, OLIVEIRA		96		32.61	1:10.44	1:50.56	2:29.86
Stefan Daniel, STEINMAIER		96		30.18	1:05.37	1:42.08	2:17.81
Paulo Gabriel, MAGALHAES		96		31.62	1:07.19	1:44.41	2:20.20
3. Fluvial Portuense 1	M			Fluvial Portuense		9:30.32	402
Julio Dinis, GONCALVES		96		31.96	1:07.76	1:43.93	2:19.46
Mauro Filipe, MAIA		96		30.22	1:03.79	1:39.61	2:12.78
Ricardo Jorge, MESQUITA		96		32.76	1:11.86	1:51.63	2:28.14
Nuno Miguel, BASTOS		96		34.09	1:12.33	1:52.81	2:29.94
4. Ginásio Santo Tirso 1	M			Ginásio Santo Tirso		9:56.00	352
Miguel Filipe, PINTO		96		28.99	1:02.55	1:36.63	2:10.84
Duarte Magalhães, PINTO		96		34.30	1:12.64	1:52.42	2:31.83
Manuel Duarte, FERNANDES		96		34.82	1:14.45	1:55.70	2:33.58
Paulo Martins, ALMEIDA		96		34.95	1:15.62	1:58.27	2:39.75

Juvenis A

1. Porto/Dolce Vita 1	M			Porto/Dolce Vita		8:32.40	554
Tomas Correia, SILVA		95		27.48	57.90	1:29.74	2:00.47
Diogo Sequeira, APARICIO		95		31.10	1:04.86	1:39.39	2:13.51
Bernardo Aguiar, BRANCO		95		29.38	1:01.72	1:35.08	2:08.50
Bernardo Manuel, VALENTE		95		29.66	1:02.59	1:35.76	2:09.92
2. Famalicão 1	M			Famalicão		8:40.16	530
Nuno Goncalo, MARTINS		95		29.34	1:02.29	1:36.14	2:11.10
Andre Isaías, GUIMARAES		95		29.66	1:02.25	1:36.46	2:09.68
Alexandre Paiva, MACHADO		95		29.49	1:03.12	1:38.45	2:13.64
Luis Manuel, FERNANDES		95		27.98	59.99	1:32.77	2:05.74
3. Foca 1	M			Foca		8:59.82	474
Renato Almeida, DOMINGUES		95		30.90	1:06.31	1:40.78	2:16.08
Luis Miguel, LOPES		95		31.49	1:06.20	1:41.58	2:16.49
Luis Miguel, ALMEIDA		95		30.68	1:06.39	1:42.91	2:17.86
Cesar Filipe, MAGALHAES		95		28.90	1:01.78	1:35.88	2:09.39

Prova 12	Femin., 800m Livres				Juvenis
24-10-2010 - 11:20	COPIDOURO - Cópia e Artigos de Reprodução, Lda				Resultados
Recorde Regional 25m Open	8:52.24	Ana Feio, ALEGRIA	SCB	Algés	26-02-1993
Recorde Regional 25m Juv	9:00.27	Alexandra Maria, SILVA	FCP	Antibes	21-12-1980

Pontos: FINA 2009

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Filipa, MARTINS	F	104438	97	Foca		9:47.24	578
	50m: 34.03		250m: 3:03.22		38.12	450m: 5:33.11	37.60	650m: 8:01.89
	100m: 1:10.57		300m: 3:40.84		37.62	500m: 6:10.45	37.34	700m: 8:38.65
	150m: 1:47.69		350m: 4:18.42		37.58	550m: 6:47.99	37.54	750m: 9:14.17
	200m: 2:25.10		400m: 4:55.51		37.09	600m: 7:25.11	37.12	800m: 9:47.24
2.	Sara Monteiro, MEIRELES	F	103921	97	Gesp		9:51.84	565
	50m: 34.22		250m: 3:03.38		37.87	450m: 5:33.47	37.68	650m: 8:02.94
	100m: 1:10.66		300m: 3:41.21		37.83	500m: 6:11.03	37.56	700m: 8:40.43
	150m: 1:47.96		350m: 4:18.69		37.48	550m: 6:48.44	37.41	750m: 9:17.25
	200m: 2:25.51		400m: 4:55.79		37.10	600m: 7:25.67	37.23	800m: 9:51.84
3.	Maria Teresa, AMORIM	F	20104	97	Porto/Dolce Vita		10:00.70	540
	50m: 34.71		250m: 3:06.96		38.20	450m: 5:38.63	37.54	650m: 8:09.66
	100m: 1:11.98		300m: 3:45.50		38.54	500m: 6:16.57	37.94	700m: 8:49.12
	150m: 1:50.78		350m: 4:23.45		37.95	550m: 6:54.66	38.09	750m: 9:25.15
	200m: 2:28.76		400m: 5:01.09		37.64	600m: 7:32.12	37.46	800m: 10:00.70
4.	Maria Joao, FERNANDES	F	102092	97	Porto/Dolce Vita		10:03.93	532
	50m: 34.10		250m: 3:06.70		38.41	450m: 5:39.02	38.12	650m: 8:11.27
	100m: 1:11.91		300m: 3:45.02		38.32	500m: 6:16.89	37.87	700m: 8:49.28
	150m: 1:50.17		350m: 4:22.95		37.93	550m: 6:55.16	38.27	750m: 9:26.81
	200m: 2:28.29		400m: 5:00.90		37.95	600m: 7:33.08	37.92	800m: 10:03.93
5.	Rute Santos, FERREIRA	F	103823	97	Porto/Dolce Vita		10:30.47	467
	50m: 36.26		250m: 3:14.63		39.51	450m: 5:52.92	39.82	650m: 8:33.00
	100m: 1:15.59		300m: 3:54.09		39.46	500m: 6:33.01	40.09	700m: 9:13.01
	150m: 1:55.47		350m: 4:33.70		39.61	550m: 7:13.05	40.04	750m: 9:52.70
	200m: 2:35.12		400m: 5:13.10		39.40	600m: 7:53.06	40.01	800m: 10:30.47

Preparacao Juvenis
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Prova 12, Femin., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube					Tempo Final	Pts	Obs
6.	Sonia Alexandra, LEITE	F	110461	97	Vitória Sport Clube					10:31.56	465	
	50m: 36.62		250m: 3:17.34		39.88	450m: 5:56.58	39.54	650m: 8:35.96			39.53	
	100m: 1:16.69		300m: 3:57.39		40.05	500m: 6:37.19	40.61	700m: 9:15.57			39.61	
	150m: 1:56.85		350m: 4:36.79		39.40	550m: 7:16.54	39.35	750m: 9:54.96			39.39	
	200m: 2:37.46		400m: 5:17.04		40.25	600m: 7:56.43	39.89	800m: 10:31.56			36.60	
7.	Ana Sofia, RAMOS	F	102593	97	Assoc. Desportiva de Fafe					10:33.67	460	
	50m: 35.50		250m: 3:14.32		40.28	450m: 5:54.77	39.92	650m: 8:35.16			39.88	
	100m: 1:14.49		300m: 3:54.76		40.44	500m: 6:35.23	40.46	700m: 9:15.89			40.73	
	150m: 1:54.38		350m: 4:34.97		40.21	550m: 7:15.41	40.18	750m: 9:54.77			38.88	
	200m: 2:34.04		400m: 5:14.85		39.88	600m: 7:55.28	39.87	800m: 10:33.67			38.90	
8.	Mafalda Mendes, MAGALHAES	F	107706	97	Porto/Dolce Vita					10:33.77	460	
	50m: 35.89		250m: 3:17.25		41.02	450m: 5:57.96	40.15	650m: 8:37.07			39.41	
	100m: 1:16.20		300m: 3:57.62		40.37	500m: 6:38.13	40.17	700m: 9:19.11			40.26	
	150m: 1:56.22		350m: 4:37.87		40.25	550m: 7:18.16	40.03	750m: 9:56.35			39.02	
	200m: 2:36.23		400m: 5:17.81		39.94	600m: 7:57.66	39.50	800m: 10:33.77			37.42	
9.	Sofia Isabel, TAVARES	F	101992	97	Porto/Dolce Vita					10:36.41	454	
	50m: 36.48		250m: 3:17.72		40.31	450m: 5:59.47	40.42	650m: 8:39.29			39.95	
	100m: 1:16.21		300m: 3:58.56		40.84	500m: 6:39.27	39.80	700m: 9:19.11			39.82	
	150m: 1:56.86		350m: 4:38.67		40.11	550m: 7:19.56	40.29	750m: 9:58.58			39.47	
	200m: 2:37.41		400m: 5:19.05		40.38	600m: 7:59.34	39.78	800m: 10:36.41			37.83	
10.	Ana Catarina, PEREIRA	F	20445	97	Porto/Dolce Vita					10:40.17	446	
	50m: 35.29		250m: 3:14.57		40.15	450m: 5:58.15	40.91	650m: 8:40.83			40.44	
	100m: 1:13.89		300m: 3:55.43		40.86	500m: 6:38.74	40.59	700m: 9:21.52			40.69	
	150m: 1:53.42		350m: 4:36.12		40.69	550m: 7:19.60	40.86	750m: 10:01.92			40.40	
	200m: 2:34.42		400m: 5:17.24		41.12	600m: 8:00.39	40.79	800m: 10:40.17			38.25	
11.	Maria Beatriz, RIBEIRO	F	105611	97	CNMaia					10:46.74	433	
	50m: 37.83		250m: 3:21.27		41.11	450m: 6:04.88	41.33	650m: 8:48.26			40.74	
	100m: 1:18.27		300m: 4:01.94		40.67	500m: 6:45.72	40.84	700m: 9:29.02			40.76	
	150m: 1:59.09		350m: 4:42.93		40.99	550m: 7:27.42	41.70	750m: 10:09.72			40.70	
	200m: 2:40.16		400m: 5:23.55		40.62	600m: 8:07.52	40.10	800m: 10:46.74			37.02	
12.	Sandra Mafalda, SILVA	F	110595	97	CNMaia					10:48.28	430	
	50m: 36.83		250m: 3:21.83		41.32	450m: 6:06.18	41.08	650m: 8:49.99			40.66	
	100m: 1:17.59		300m: 4:02.76		40.93	500m: 6:47.25	41.07	700m: 9:30.85			40.86	
	150m: 1:59.28		350m: 4:43.83		41.07	550m: 7:28.44	41.19	750m: 10:10.88			40.03	
	200m: 2:40.51		400m: 5:25.10		41.27	600m: 8:09.33	40.89	800m: 10:48.28			37.40	
13.	Maria Miguel, OLIVEIRA	F	117219	97	CNMaia					11:00.19	407	
	50m: 37.27		250m: 3:24.70		41.85	450m: 6:11.36	41.16	650m: 8:56.67			40.88	
	100m: 1:18.31		300m: 4:06.21		41.51	500m: 6:53.25	41.89	700m: 9:37.62			40.95	
	150m: 2:00.64		350m: 4:48.25		42.04	550m: 7:34.63	41.38	750m: 10:19.06			41.44	
	200m: 2:42.85		400m: 5:30.20		41.95	600m: 8:15.79	41.16	800m: 11:00.19			41.13	