

1 - 1ª Jornada

17/04/2016 - 9:30

Prova 1

Femin., 4 x 50m Livres

Absolutos

17/04/2016 - 9:30

Resultados

| | | | |
|-------------------------------|---------|---|------------|
| Recorde Regional 25m Absoluto | 1:43.49 | Sara Loureiro, Sara Oliveira, Marta FCPinho, AlLeirialra Oliveira | 04/12/2009 |
| Recorde Regional 25m Jun | 1:50.91 | Patricia Cardoso, Maria Amorim, MaFCPRibeiro, Felgueirasastro | 08/03/2013 |
| Recorde Regional 25m Sen | 1:43.49 | Sara Loureiro, Sara Oliveira, Marta FCPinho, AlLeirialra Oliveira | 04/12/2009 |
| Recorde do Torneio | 1:52.46 | Gespacos GESP Valongo | 07/04/2013 |

Pontos: FINA 2015

| Lugar | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|------------------------------------|------|-------------|-------------------------------|----------------|------|-------|-----|
| 1. Colegio SMLamas 1 | F | | Colegio SMLamas | 1:57.02 | 522 | 14,00 | |
| Iris Rodrigues, SA | 01 | 29.21 | Mariana Oliveira, RIBEIRO | 01 | | 29.09 | |
| Ines Gales, PINTO | 01 | 30.36 | Beatriz Neves, CARDOSO | 98 | | 28.36 | |
| 2. Vitória de Guimaraes/Olicargo 1 | F | | Vitória de Guimaraes/Olicargo | 1:58.01 | 509 | 12,00 | |
| Noemia Verdi, SILVA | 99 | 30.11 | Maria Carolina, RODRIGUES | 01 | | 30.00 | |
| Filipa Viamonte, FERNANDES | 02 | 29.50 | Ana Ines, FERNANDES | 00 | | 28.40 | |
| 3. Natacao da Maia 1 | F | | Natacao da Maia | 2:00.32 | 480 | 11,00 | |
| Carolina Ascenso, SANTOS | 01 | 29.81 | Joana Marques, MAIA | 91 | | 30.22 | |
| Mariana Cardoso, COSTA | 01 | 30.33 | Joana Daniela, JACINTO | 01 | | 29.96 | |
| 4. Aquatico Pacense 1 | F | | Aquatico Pacense | 2:00.36 | 480 | 10,00 | |
| Helena Neto, COSTA | 00 | 30.68 | Beatriz Neto, COSTA | 00 | | 31.06 | |
| Diana Patricia, FERREIRA | 94 | 27.69 | Sara Lopes, BARBOSA | 00 | | 30.93 | |
| 5. Assoc. Desportiva de Fafe 1 | F | | Assoc. Desportiva de Fafe | 2:01.01 | 472 | 9,00 | |
| Ana Margarida, LEITE | 02 | 30.33 | Catarina Lopes, FERREIRA | 03 | | 31.94 | |
| Maria Freitas, CASTRO | 03 | 29.74 | Mariana Magalhaes, SAMPAIO | 03 | | 29.00 | |
| 6. Leixões Sport Clube 1 | F | | Leixões Sport Clube | 2:01.11 | 471 | 8,00 | |
| Alexandra Jesus, SANTOS | 00 | 28.87 | Alexandra Martins, CAMPOS | 02 | | 31.03 | |
| Catarina Vieira, CORREIA | 99 | 32.71 | Sofia Filipa, GONCALVES | 01 | | 28.50 | |
| 7. Vilacondense 1 | F | | Vilacondense | 2:01.35 | 468 | 7,00 | |
| Leila Tavarra, LEMOS | 00 | 29.98 | Beatriz Pereira, VASCONCELOS | 98 | | 30.20 | |
| Leonor Paiva, RUIZ | 99 | 29.76 | Rafaela Campos, OLIVEIRA | 00 | | 31.41 | |
| 8. Natacao de Valongo 1 | F | | Natacao de Valongo | 2:01.42 | 467 | 6,00 | |
| Joana Sofia, MACHADO | 02 | 29.78 | Daniela Oliveira, RODRIGUES | 02 | | 30.70 | |
| Mariana Filipa, MOREIRA | 02 | 29.89 | Maria Ines, FERREIRA | 02 | | 31.05 | |
| 9. Fluvial Portuense 1 | F | | Fluvial Portuense | 2:03.14 | 448 | 5,00 | |
| Ines Alves, MARTINS | 01 | 30.86 | Ana Sofia, RAMOS | 00 | | 30.63 | |
| Mafalda Pacheco, CUNHA | 02 | 31.81 | Mariana Pacheco, CUNHA | 04 | | 29.84 | |
| 10. Lousada SXXI 1 | F | | Lousada SXXI | 2:10.58 | 375 | 4,00 | |
| Mafalda Joana, OLIVEIRA | 02 | 30.65 | Ana Rita, CORREIA | 98 | | 35.33 | |
| Sofia Isabel, CORREIA | 98 | 35.01 | Ana Catarina, MAGALHAES | 02 | | 29.59 | |
| 11. Penafiel 1 | F | | Penafiel | 2:10.96 | 372 | 3,00 | |
| Filipa Manuela, MARTINS | 03 | 32.79 | Sara Catarina, TEIXEIRA | 99 | | 33.22 | |
| Joana Amaro, MAGALHAES | 03 | 33.32 | Marcia Alexandra, SOUSA | 97 | | 31.63 | |
| DNS Ginásio Santo Tirso 1 | F | | Ginásio Santo Tirso | | | - | |
| EXH Natacao de Valongo 2 | F | | Natacao de Valongo | 2:05.69 | 421 | - | |
| Ana Rita, COSTA | 01 | 30.69 | Ines Goncalves, REIS | 01 | | 32.09 | |
| Carolina Silva, SOARES | 03 | 31.22 | Mariana Almeida, VALE | 03 | | 31.69 | |

Prova 2

Masc., 4 x 50m Livres

Absolutos

17/04/2016 - 9:40

Resultados

| | | | |
|-------------------------------|---------|---|------------|
| Recorde Regional 25m Absoluto | 1:29.97 | Paulo Santos,Joao Carvalho,Carlos FCPitos,RuiLeiria | 04/12/2009 |
| Recorde Regional 25m Jun | 1:35.76 | Paulo Santos, Tiago Costa, FranciscFCPuintal, CFelgueiras | 24/11/2006 |
| Recorde Regional 25m Sen | 1:29.97 | Paulo Santos,Joao Carvalho,Carlos FCPitos,RuiLeiria | 04/12/2009 |
| Recorde do Torneio | 1:38.29 | Clube de Natacao de Valongo CNV Valongo | 13/04/2014 |

Pontos: FINA 2015

| Lugar | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|------|-------------|-------|-------------|------|-----|-----|
|-------|------|-------------|-------|-------------|------|-----|-----|

Prova 2, Masc., 4 x 50m Livres

| | | | | | |
|------------------------------------|----|--------------------------------------|---------|-----|-------|
| 1. Natacao de Valongo 1 | M | Natacao de Valongo | 1:40.63 | 553 | 14,00 |
| Humberto Fernandes, FELGUEIRAS | 98 | 25.52 Afonso Ribeiro, COUTO | 99 | | 24.83 |
| Nuno Henrique, GUIMARAES | 99 | 24.49 Pedro Nuno, VIEIRA | 98 | | 25.79 |
| 2. Aquatico Pacense 1 | M | Aquatico Pacense | 1:42.83 | 518 | 12,00 |
| Luis Carlos, ALMEIDA | 98 | 26.12 Miguel Angelo, CRUZ | 96 | | 24.81 |
| Antonio Rafael, BESSA | 94 | 25.73 Pedro Miguel, LINO | 98 | | 26.17 |
| 3. Colegio SMLamas 1 | M | Colegio SMLamas | 1:44.03 | 500 | 11,00 |
| Alexandre Ferreira, AMORIM | 99 | 24.96 Simao Miguel, CAPITAO | 97 | | 25.02 |
| Alfredo Castro, COELHO | 01 | 27.02 David Fenker, SILVA | 00 | | 27.03 |
| 4. Fluvial Portuense 1 | M | Fluvial Portuense | 1:45.24 | 483 | 10,00 |
| Sergio Filipe, TRAVANCA | 00 | 26.98 Bruno Rafael, MACHADO | 01 | | 26.45 |
| Diogo Moreno, BASTOS | 00 | 26.52 Nuno Correia, SOUSA | 00 | | 25.29 |
| 5. Leixões Sport Clube 1 | M | Leixões Sport Clube | 1:46.35 | 468 | 9,00 |
| Diogo Fontes, MOREIRA | 93 | 25.17 Ricardo Manuel, MONTEIRO | 98 | | 27.07 |
| Joao Santos, MENDES | 98 | 27.40 Joao Afonso, PICAIO | 97 | | 26.71 |
| 6. Vilacondense 1 | M | Vilacondense | 1:46.56 | 465 | 8,00 |
| Filipe Carmo, RAMOS | 97 | 25.46 Daniel Costa, VIEIRA | 95 | | 27.28 |
| Rui Jorge, MATIAS | 99 | 26.39 Joao Manuel, SANTOS | 99 | | 27.43 |
| 7. Vitória de Guimaraes/Olicargo 1 | M | Vitória de Guimaraes/Olicargo | 1:46.65 | 464 | 7,00 |
| Pedro Miguel, FERNANDES | 99 | 24.59 Eduardo Miguel, MAGALHAES | 02 | | 26.84 |
| Joao Nogueira, COSTA | 01 | 28.29 Albino Manuel, GONCALVES | 99 | | 26.93 |
| 8. Assoc. Desportiva de Fafe 1 | M | Assoc. Desportiva de Fafe | 1:49.53 | 428 | 6,00 |
| Joao Freitas, PEIXOTO | 01 | 29.66 Rui Pires, MARTINS | 01 | | 26.69 |
| Romeu Ribeiro, FERNANDES | 01 | 26.08 Joao Pinto, FREITAS | 01 | | 27.10 |
| 9. Natacao da Maia 1 | M | Natacao da Maia | 1:51.60 | 405 | 5,00 |
| Paulo Filipe, SILVA | 98 | 25.95 Francisco Manuel, ZENZA | 01 | | 28.85 |
| Bruno Miguel, MAIA | 01 | 27.11 Bruno Miguel, SEIXAS | 01 | | 29.69 |
| 10. Penafiel 1 | M | Penafiel | 1:52.86 | 392 | 4,00 |
| Joao Paulo, PACHECO | 98 | 29.62 Alexandre Carvalho, CONCEICAO | 02 | | 30.98 |
| Alvaro Miguel, MAMEDE | 87 | 26.14 Goncalo Fernando, FERREIRA | 94 | | 26.12 |
| 11. Ginásio Santo Tirso 1 | M | Ginásio Santo Tirso | 1:55.62 | 364 | 3,00 |
| Domingos Tiago, PINHEIRO | 98 | 27.12 Miguel Silva, GONCALVES | 02 | | 28.84 |
| Francisco Miguel, NETO | 02 | 31.26 Tiago Lima, MARTINS | 01 | | 28.40 |
| 12. Lousada SXXI 1 | M | Lousada SXXI | 2:13.03 | 239 | 2,00 |
| Daniel Fernando, MAGALHAES | 02 | 40.10 Moises Manuel, GASPAR | 03 | | 31.43 |
| Lucas Vieira, NUNES | 02 | 32.23 Marco Antonio, PEREIRA | 02 | | 29.27 |
| EXH Natacao de Valongo 2 | M | Natacao de Valongo | 1:47.21 | 457 | - |
| Jose Miguel, RODRIGUES | 97 | 26.85 Hugo Moreira, MARTINS | 94 | | 26.71 |
| Diogo Antonio, CARVALHO | 93 | 26.64 Francisco Abrunhosa, RODRIGUES | 96 | | 27.01 |

Prova 3

Femin., 100m Mariposa

Absolutos

17/04/2016 - 9:50

Resultados

| | | | | | |
|-------------------------------|---------|------------------------|-------|-------------------|------------|
| Recorde Regional 25m Absoluto | 58.31 | Sara Freitas, OLIVEIRA | FPN | Dubai (UAE) | 18/12/2010 |
| Recorde Regional 25m Inf B | 1:10.02 | Joana Carina, SILVA | LSXXI | Lousada | 09/05/2009 |
| Recorde Regional 25m Inf A | 1:06.87 | Nina Pinto, RIBEIRO | FOCA | Fafe | 20/06/2015 |
| Recorde Regional 25m Juv B | 1:05.67 | Ines Neto, ROCHA | CAP | Paços de Ferreira | 10/05/2015 |
| Recorde Regional 25m JUV A | 1:03.92 | Sara Freitas, OLIVEIRA | FCP | Mealhada | 26/03/2000 |
| Recorde Regional 25m 16 | 1:02.89 | Sara Freitas, OLIVEIRA | FCP | Guarda | 25/11/2000 |
| Recorde Regional 25m 17 | 1:01.71 | Sara Freitas, OLIVEIRA | FCP | Paços de Ferreira | 24/11/2001 |
| Recorde Regional 25m Sen | 58.31 | Sara Freitas, OLIVEIRA | FCP | Dubai (UAE) | 18/12/2010 |
| Recorde do Torneio | 1:05.22 | Angelica Maria, ANDRE | LSC | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|-----------------------------|------|-------------|-------------------------------|-------------|------|-------|-----|
| 1. | Filipa Viamonte, FERNANDES | F | 122198 02 | Vitória de Guimaraes/Olicargo | 1:09.46 | 485 | 14,00 | |
| | 50m: 33.47 33.47 | | | | | | | |
| 2. | Mafalda Joana, OLIVEIRA | F | 119096 02 | Lousada SXXI | 1:11.09 | 453 | 12,00 | |
| | 50m: 32.99 32.99 | | | | | | | |
| 3. | Mariana Pacheco, CUNHA | F | 124577 04 | Fluvial Portuense | 1:11.25 | 450 | 11,00 | |
| | 50m: 33.25 33.25 | | | | | | | |
| 4. | Daniela Oliveira, RODRIGUES | F | 118056 02 | Natacao de Valongo | 1:11.35 | 448 | 10,00 | |
| | 50m: 33.06 33.06 | | | | | | | |
| 5. | Helena Neto, COSTA | F | 111309 00 | Aquatico Pacense | 1:11.44 | 446 | 9,00 | |
| | 50m: 33.34 33.34 | | | | | | | |
| 6. | Leonor Paiva, RUIZ | F | 112518 99 | Vilacondense | 1:11.81 | 439 | 8,00 | |
| | 50m: 33.66 33.66 | | | | | | | |
| 7. | Sofia Gales, PINTO | F | 129409 01 | Colegio SMLamas | 1:12.75 | 422 | 7,00 | |
| | 50m: 33.03 33.03 | | | | | | | |
| 8. | Mariana Cardoso, COSTA | F | 117322 01 | Natacao da Maia | 1:14.71 | 390 | 6,00 | |
| | 50m: 34.62 34.62 | | | | | | | |
| 9. | Sofia Filipa, GONCALVES | F | 122990 01 | Leixões Sport Clube | 1:14.96 | 386 | 5,00 | |
| | 50m: 35.17 35.17 | | | | | | | |



Prova 3, Femin., 100m Mariposa, Absolutos

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|-------------|------------------------------------|----------------|------|------|-----|
| 10. | Mariana Magalhaes, SAMPAIO 50m: 34.99 34.99 | F | 122166 03 | Assoc. Desportiva de Fafe 42.29 | 1:17.28 | 352 | 4,00 | |
| 11. | Marcia Alexandra, SOUSA 50m: 38.62 38.62 | F | 111040 97 | Penafiel 45.83 | 1:24.45 | 270 | 3,00 | |
| 12. | Marta Oliveira, FERREIRA 50m: 40.96 40.96 | F | 125854 04 | Ginásio Santo Tirso 50.74 | 1:31.70 | 211 | 2,00 | |
| EXH | Helena Isabel, FELGUEIRAS 50m: 35.57 35.57 | F | 122011 03 | Natacao de Valongo 38.53 | 1:14.10 | 400 | - | |
| EXH | Maria Ines, FERREIRA 50m: 34.47 34.47 | F | 123908 02 | Natacao de Valongo 39.87 | 1:14.34 | 396 | - | |
| EXH | Carolina Silva, SOARES 50m: 35.92 35.92 | F | 123910 03 | Natacao de Valongo 41.23 | 1:17.15 | 354 | - | |

Prova 4

Masc., 100m Mariposa

Absolutos

17/04/2016 - 9:55

Resultados

| | | | | | |
|-------------------------------|---------|-------------------------|--------|-----------------------|------------|
| Recorde Regional 25m Absoluto | 52.83 | Adriano Miguel, NIZ | CFV | S. Antonio Cavaleiros | 17/12/2006 |
| Recorde Regional 25m Inf B | 1:04.78 | Afonso Passos, CUNHA | GDNVNF | Lousada | 03/05/2014 |
| Recorde Regional 25m Inf A | 1:00.89 | Hugo Gabriel, MORAIS | GDNVNF | Lousada | 03/05/2014 |
| Recorde Regional 25m Juv B | 59.26 | Joao Pedro, SANTOS | SANNP | Abrantes (QAT) | 09/04/2011 |
| Recorde Regional 25m Juv A | 57.82 | Ruben Filipe, NUNES | GESP | Ponte de Sor | 12/12/2009 |
| Recorde Regional 25m 17 | 57.03 | Adriano Miguel, NIZ | CFV | Estoril | 23/02/2003 |
| Recorde Regional 25m 18 | 55.70 | Adriano Miguel, NIZ | CFV | Estoril | 15/02/2004 |
| Recorde Regional 25m Sen | 52.83 | Miguel Adriano, NIZ | CFV | S. Antonio Cavaleiros | 17/12/2006 |
| Recorde do Torneio | 57.70 | Nelson Filipe, MARTINHO | CNV | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|-------------|--|----------------|------|-------|-----|
| 1. | Pedro Miguel, FERNANDES 50m: 27.91 27.91 | M | 110494 99 | Vitória de Guimaraes/Olicargo 31.34 | 59.25 | 546 | 14,00 | |
| 2. | Joao Pedro, NEVES 50m: 28.22 28.22 | M | 123836 93 | Leixões Sport Clube 32.81 | 1:01.03 | 500 | 12,00 | |
| 3. | Filipe Carmo, RAMOS 50m: 29.25 29.25 | M | 105197 97 | Vilacondense 31.93 | 1:01.18 | 496 | 11,00 | |
| 4. | Luis Carlos, ALMEIDA 50m: 29.53 29.53 | M | 104527 98 | Aquatico Pacense 32.08 | 1:01.61 | 486 | 10,00 | |
| 5. | Paulo Filipe, SILVA 50m: 29.27 29.27 | M | 117012 98 | Natacao da Maia 32.38 | 1:01.65 | 485 | 9,00 | |
| 6. | Afonso Ribeiro, COUTO 50m: 28.95 28.95 | M | 111102 99 | Natacao de Valongo 33.25 | 1:02.20 | 472 | 8,00 | |
| 7. | Sergio Filipe, TRAVANCA 50m: 29.57 29.57 | M | 117385 00 | Fluvial Portuense 33.23 | 1:02.80 | 458 | 7,00 | |
| 8. | Tiago Oliveira, BARBOSA 50m: 29.33 29.33 | M | 121884 99 | Colegio SMLamas 34.53 | 1:03.86 | 436 | 6,00 | |
| 9. | Rui Pires, MARTINS 50m: 30.68 30.68 | M | 122177 01 | Assoc. Desportiva de Fafe 36.11 | 1:06.79 | 381 | 5,00 | |
| 10. | Goncalo Fernando, FERREIRA 50m: 31.04 31.04 | M | 121734 94 | Penafiel 35.82 | 1:06.86 | 380 | 4,00 | |
| 11. | Francisco Miguel, NETO 50m: 32.70 32.70 | M | 125855 02 | Ginásio Santo Tirso 38.77 | 1:11.47 | 311 | 3,00 | |
| 12. | Moises Manuel, GASPAR 50m: 36.19 36.19 | M | 129363 03 | Lousada SXXI 41.31 | 1:17.50 | 244 | 2,00 | |
| EXH | Diogo Martins, AIRES 50m: 35.41 35.41 | M | 126513 02 | Natacao de Valongo 41.26 | 1:16.67 | 252 | - | |
| EXH | Ricardo Jorge, MOREIRA 50m: 32.64 32.64 | M | 122012 01 | Natacao de Valongo 36.53 | 1:09.17 | 343 | - | |
| EXH | Jose Miguel, RODRIGUES 50m: 30.20 30.20 | M | 106741 97 | Natacao de Valongo 34.94 | 1:05.14 | 411 | - | |
| EXH | Pedro Nuno, VIEIRA 50m: 29.00 29.00 | M | 106742 98 | Natacao de Valongo 34.36 | 1:03.36 | 446 | - | |
| EXH | Marcos Daniel, VITORIA 50m: 31.93 31.93 | M | 120510 00 | Natacao de Valongo 36.61 | 1:08.54 | 353 | - | |

Prova 5 Femin., 100m Costas Absoluto
17/04/2016 - 10:00 Resultados

| | | | | | |
|-------------------------------|---------|----------------------------|--------|-----------------------|------------|
| Recorde Regional 25m Absoluto | 1:00.69 | Marta Vieira, MARINHO | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional 25m Inf B | 1:10.23 | Catarina Alexandra, JARDIM | GDNVNF | Ponte da Barca | 05/03/2010 |
| Recorde Regional 25m Inf A | 1:06.53 | Keissy Joselin, SOUSA | FCP | Algés | 13/03/1998 |
| Recorde Regional 25m Juv B | 1:03.25 | Joana Carina, SILVA | LSXXI | Paços de Ferreira | 04/03/2011 |
| Recorde Regional 25m JUV A | 1:03.76 | Joana Carina, SILVA | LSXXI | Porto | 19/11/2011 |
| Recorde Regional 25m 16 | 1:03.63 | Joana Carina, SILVA | LSXXI | Porto | 08/12/2012 |
| Recorde Regional 25m 17 | 1:02.90 | Joana Carina, SILVA | LSXXI | Felgueiras | 22/12/2013 |
| Recorde Regional 25m Sen | 1:00.69 | Marta Vieira, MARINHO | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde do Torneio | 1:05.36 | Patricia Isabel, OLIVEIRA | LSC | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|------------------|---------------------------|------|---------|-----|-------------------------------|-------------|------|-------|-----|
| Absolutos | | | | | | | | | |
| 1. | Beatriz Neto, COSTA | F | 111310 | 00 | Aquatico Pacense | 1:10.72 | 471 | 14,00 | |
| | 50m: 34.77 34.77 | | | | 100m: 1:10.72 35.95 | | | | |
| 2. | Joana Marques, MAIA | F | 25067 | 91 | Natacao da Maia | 1:11.58 | 454 | 12,00 | |
| | 50m: 35.10 35.10 | | | | 100m: 1:11.58 36.48 | | | | |
| 3. | Mafalda Pacheco, CUNHA | F | 121589 | 02 | Fluvial Portuense | 1:11.67 | 452 | 11,00 | |
| | 50m: 34.84 34.84 | | | | 100m: 1:11.67 36.83 | | | | |
| 4. | Maria Freitas, CASTRO | F | 124809 | 03 | Assoc. Desportiva de Fafe | 1:11.82 | 449 | 10,00 | |
| | 50m: 34.91 34.91 | | | | 100m: 1:11.82 36.91 | | | | |
| 5. | Leila Tavarã, LEMOS | F | 127860 | 00 | Vilacondense | 1:12.59 | 435 | 9,00 | |
| | 50m: 35.62 35.62 | | | | 100m: 1:12.59 36.97 | | | | |
| 6. | Filipa Oliveira, ANDRADE | F | 110582 | 97 | Colegio SMLamas | 1:13.67 | 416 | 8,00 | |
| | 50m: 34.83 34.83 | | | | 100m: 1:13.67 38.84 | | | | |
| 7. | Soraia Isabel, GUIMARAES | F | 119151 | 02 | Vitória de Guimaraes/Olicargo | 1:13.92 | 412 | 7,00 | |
| | 50m: 35.61 35.61 | | | | 100m: 1:13.92 38.31 | | | | |
| 8. | Joana Sofia, MACHADO | F | 127918 | 02 | Natacao de Valongo | 1:15.32 | 390 | 6,00 | |
| | 50m: 36.61 36.61 | | | | 100m: 1:15.32 38.71 | | | | |
| 9. | Alexandra Martins, CAMPOS | F | 127155 | 02 | Leixões Sport Clube | 1:21.15 | 311 | 5,00 | |
| | 50m: 39.91 39.91 | | | | 100m: 1:21.15 41.24 | | | | |
| 10. | Mariana Filipa, GOMES | F | 128450 | 04 | Penafiel | 1:22.34 | 298 | 4,00 | |
| | 50m: 40.25 40.25 | | | | 100m: 1:22.34 42.09 | | | | |
| 11. | Barbara Castro, FERREIRA | F | 124858 | 03 | Ginásio Santo Tirso | 1:24.69 | 274 | 3,00 | |
| | 50m: 40.36 40.36 | | | | 100m: 1:24.69 44.33 | | | | |
| 12. | Telma Alexandra, MOREIRA | F | 153343 | 00 | Lousada SXXI | 1:33.99 | 200 | 2,00 | |
| | 50m: 45.38 45.38 | | | | 100m: 1:33.99 48.61 | | | | |
| DNS | Marcia Eduarda, FERREIRA | F | 148564 | 99 | Natacao de Valongo | | | | - |
| EXH | Ines Ferreira, NEVES | F | 120508 | 02 | Natacao de Valongo | 1:25.79 | 263 | - | |
| | 50m: 39.27 39.27 | | | | 100m: 1:25.79 46.52 | | | | |
| EXH | Ines Goncalves, REIS | F | 120176 | 01 | Natacao de Valongo | 1:19.17 | 335 | - | |
| | 50m: 38.09 38.09 | | | | 100m: 1:19.17 41.08 | | | | |
| EXH | Renata Vaz, PINTO | F | 108165 | 99 | ADADA Porto | 1:23.29 | 288 | - | |
| | 50m: 40.48 40.48 | | | | 100m: 1:23.29 42.81 | | | | |

Prova 6
17/04/2016 - 10:10

Masc., 100m Costas

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|--------------------------|------|-------------------|------------|
| Recorde Regional 25m Absoluto | 54.10 | Adriano Miguel, NIZ | CFV | Silves | 21/12/2007 |
| Recorde Regional 25m Inf B | 1:05.14 | Adelino Manuel, GAITEIRO | LSC | Matosinhos | 18/05/2002 |
| Recorde Regional 25m Inf A | 1:01.37 | Andre Goncalo, SANTOS | LSC | Viseu | 11/03/2011 |
| Recorde Regional 25m Juv B | 1:00.12 | Joao Pereira, TTINOCO | GDNF | Paços de Ferreira | 10/05/2015 |
| Recorde Regional 25m Juv A | 57.41 | Adriano Miguel, NIZ | CFV | Algés | 17/05/2002 |
| Recorde Regional 25m 17 | 56.33 | Adriano Miguel, NIZ | CFV | Coimbra | 05/07/2003 |
| Recorde Regional 25m 18 | 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 |
| Recorde do Torneio | 59.22 | Tiago Manuel, TEIXEIRA | ADF | Valongo | 13/04/2014 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--------------------------------|------|---------------|-----|-------------------------------|----------------|------|-------|-----|
| 1. | Nuno Henrique, GUIMARAES | M | 119147 | 99 | Natacao de Valongo | 59.86 | 546 | 14,00 | |
| | 50m: 29.63 29.63 | | 100m: 59.86 | | 30.23 | | | | |
| 2. | Diogo Fontes, MOREIRA | M | 13359 | 93 | Leixões Sport Clube | 1:00.01 | 542 | 12,00 | |
| | 50m: 29.91 29.91 | | 100m: 1:00.01 | | 30.10 | | | | |
| 3. | Rodrigo Reis, SILVA | M | 117297 | 98 | Colegio SMLamas | 1:02.36 | 483 | 11,00 | |
| | 50m: 30.22 30.22 | | 100m: 1:02.36 | | 32.14 | | | | |
| 4. | Miguel Angelo, CRUZ | M | 101976 | 96 | Aquatico Pacense | 1:03.62 | 455 | 10,00 | |
| | 50m: 30.85 30.85 | | 100m: 1:03.62 | | 32.77 | | | | |
| 5. | Joao Nogueira, COSTA | M | 124315 | 01 | Vitória de Guimaraes/Olicargo | 1:05.34 | 420 | 9,00 | |
| | 50m: 32.38 32.38 | | 100m: 1:05.34 | | 32.96 | | | | |
| 6. | Francisco Manuel, ZENZA | M | 112097 | 01 | Natacao da Maia | 1:05.58 | 415 | 8,00 | |
| | 50m: 31.74 31.74 | | 100m: 1:05.58 | | 33.84 | | | | |
| 7. | Daniel Costa, VIEIRA | M | 102412 | 95 | Vilacondense | 1:05.72 | 412 | 7,00 | |
| | 50m: 32.48 32.48 | | 100m: 1:05.72 | | 33.24 | | | | |
| 8. | Bruno Rafael, MACHADO | M | 119176 | 01 | Fluvial Portuense | 1:06.42 | 400 | 6,00 | |
| | 50m: 32.27 32.27 | | 100m: 1:06.42 | | 34.15 | | | | |
| 9. | Joao Freitas, PEIXOTO | M | 122172 | 01 | Assoc. Desportiva de Fafe | 1:07.78 | 376 | 5,00 | |
| | 50m: 33.36 33.36 | | 100m: 1:07.78 | | 34.42 | | | | |
| 10. | Miguel Silva, GONCALVES | M | 124862 | 02 | Ginásio Santo Tirso | 1:12.36 | 309 | 4,00 | |
| | 50m: 35.25 35.25 | | 100m: 1:12.36 | | 37.11 | | | | |
| 11. | Joao Paulo, PACHECO | M | 121342 | 98 | Penafiel | 1:16.42 | 262 | 3,00 | |
| | 50m: 36.37 36.37 | | 100m: 1:16.42 | | 40.05 | | | | |
| 12. | Flavio Rafael, BESSA | M | 127616 | 03 | Lousada SXXI | 1:20.65 | 223 | 2,00 | |
| | 50m: 39.24 39.24 | | 100m: 1:20.65 | | 41.41 | | | | |
| DNS | Ruben Fonseca, DIAS | M | 125780 | 03 | Natacao de Valongo | | | - | |
| EXH | Pedro Sales, CIDRAIS | M | 128938 | 00 | Natacao de Valongo | 1:17.52 | 251 | - | |
| | 50m: 36.64 36.64 | | 100m: 1:17.52 | | 40.88 | | | | |
| EXH | Tomas Ribeiro, COUTO | M | 111100 | 99 | Natacao de Valongo | 1:16.86 | 258 | - | |
| | 50m: 36.32 36.32 | | 100m: 1:16.86 | | 40.54 | | | | |
| EXH | Hugo Moreira, MARTINS | M | 108219 | 94 | Natacao de Valongo | 1:11.48 | 320 | - | |
| | 50m: 34.26 34.26 | | 100m: 1:11.48 | | 37.22 | | | | |
| EXH | Francisco Abrunhosa, RODRIGUES | M | 105264 | 96 | Natacao de Valongo | 1:08.56 | 363 | - | |
| | 50m: 34.00 34.00 | | 100m: 1:08.56 | | 34.56 | | | | |
| EXH | Goncalo Moreira, SANTOS | M | 120511 | 01 | Natacao de Valongo | 1:12.01 | 313 | - | |
| | 50m: 35.02 35.02 | | 100m: 1:12.01 | | 36.99 | | | | |

Prova 7 Femin., 400m Livres Absolutos
17/04/2016 - 10:15 Resultados

| | | | | | |
|-------------------------------|---------|-------------------------|-----|-----------|------------|
| Recorde Regional 25m Absoluto | 4:10.22 | Diana Margarida, DURAES | FCP | Porto | 12/12/2015 |
| Recorde Regional 25m Inf B | 4:41.00 | Alexandra Maria, SILVA | FCP | Funchal | 29/07/1979 |
| Recorde Regional 25m Inf A | 4:25.30 | Alexandra Maria, SILVA | FCP | Antas | 19/07/1980 |
| Recorde Regional 25m Juv B | 4:26.77 | Alexandra Maria, SILVA | FCP | Antibes | 21/12/1980 |
| Recorde Regional 25m JUV A | 4:22.88 | Ana Feio, ALEGRIA | SCB | Alges | 27/02/1992 |
| Recorde Regional 25m 16 | 4:18.68 | Joana Filipa, SANTOS | VSC | Guimarães | 07/12/2008 |
| Recorde Regional 25m 17 | 4:14.95 | Joana Aguiar, RODRIGUES | FCP | Leiria | 05/12/2009 |
| Recorde Regional 25m Sen | 4:11.62 | Diana Margarida, DURAES | FCP | Porto | 12/12/2015 |
| Recorde do Torneio | 4:22.48 | Angelica Maria, ANDRE | LSC | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--------------------------|---------------------|---------------------|---------------------|-------------------------------|-------------|------|-----|-----|
| 1. | Beatriz Neves, CARDOSO | F | 105741 | 98 | Colegio SMLamas | 4:44.15 | 562 | - | |
| | 50m: 32.98 32.98 | 150m: 1:44.35 35.94 | 250m: 2:56.79 36.04 | 350m: 4:08.89 35.82 | | | | | |
| | 100m: 1:08.41 35.43 | 200m: 2:20.75 36.40 | 300m: 3:33.07 36.28 | 400m: 4:44.15 35.26 | | | | | |
| 2. | Carolina Ascenso, SANTOS | F | 121271 | 01 | Natacao da Maia | 4:48.24 | 538 | - | |
| | 50m: 32.68 32.68 | 150m: 1:45.36 36.61 | 250m: 2:59.12 37.12 | 350m: 4:13.01 37.26 | | | | | |
| | 100m: 1:08.75 36.07 | 200m: 2:22.00 36.64 | 300m: 3:35.75 36.63 | 400m: 4:48.24 35.23 | | | | | |
| 3. | Ana Sofia, RAMOS | F | 108171 | 00 | Fluvial Portuense | 4:50.16 | 527 | - | |
| | 50m: 33.93 33.93 | 150m: 1:47.01 36.99 | 250m: 3:00.61 36.77 | 350m: 4:14.02 36.65 | | | | | |
| | 100m: 1:10.02 36.09 | 200m: 2:23.84 36.83 | 300m: 3:37.37 36.76 | 400m: 4:50.16 36.14 | | | | | |
| 4. | Alexandra Jesus, SANTOS | F | 117408 | 00 | Leixões Sport Clube | 4:51.24 | 522 | - | |
| | 50m: 32.73 32.73 | 150m: 1:45.97 36.81 | 250m: 2:59.67 36.89 | 350m: 4:14.83 37.57 | | | | | |
| | 100m: 1:09.16 36.43 | 200m: 2:22.78 36.81 | 300m: 3:37.26 37.59 | 400m: 4:51.24 36.41 | | | | | |
| 5. | Sara Lopes, BARBOSA | F | 118181 | 00 | Aquatico Pacense | 4:52.81 | 513 | - | |
| | 50m: 34.08 34.08 | 150m: 1:47.56 36.96 | 250m: 3:01.63 37.06 | 350m: 4:16.00 37.20 | | | | | |
| | 100m: 1:10.60 36.52 | 200m: 2:24.57 37.01 | 300m: 3:38.80 37.17 | 400m: 4:52.81 36.81 | | | | | |
| 6. | Ana Ines, FERNANDES | F | 119258 | 00 | Vitória de Guimaraes/Olicargo | 4:55.02 | 502 | - | |
| | 50m: 33.58 33.58 | 150m: 1:47.01 37.14 | 250m: 3:01.67 37.04 | 350m: 4:17.77 38.49 | | | | | |
| | 100m: 1:09.87 36.29 | 200m: 2:24.63 37.62 | 300m: 3:39.28 37.61 | 400m: 4:55.02 37.25 | | | | | |
| 7. | Mariana Filipa, MOREIRA | F | 125777 | 02 | Natacao de Valongo | 4:55.75 | 498 | - | |
| | 50m: 33.32 33.32 | 150m: 1:46.98 37.25 | 250m: 3:02.85 38.13 | 350m: 4:19.05 37.96 | | | | | |
| | 100m: 1:09.73 36.41 | 200m: 2:24.72 37.74 | 300m: 3:41.09 38.24 | 400m: 4:55.75 36.70 | | | | | |
| 8. | Rafaela Campos, OLIVEIRA | F | 111322 | 00 | Vilacondense | 4:56.16 | 496 | - | |
| | 50m: 33.38 33.38 | 150m: 1:47.06 37.35 | 250m: 3:02.43 37.77 | 350m: 4:19.20 38.57 | | | | | |
| | 100m: 1:09.71 36.33 | 200m: 2:24.66 37.60 | 300m: 3:40.63 38.20 | 400m: 4:56.16 36.96 | | | | | |
| 9. | Ana Margarida, LEITE | F | 123141 | 02 | Assoc. Desportiva de Fafe | 5:02.77 | 464 | - | |
| | 50m: 33.94 33.94 | 150m: 1:49.52 38.09 | 250m: 3:06.33 38.45 | 350m: 4:24.53 38.99 | | | | | |
| | 100m: 1:11.43 37.49 | 200m: 2:27.88 38.36 | 300m: 3:45.54 39.21 | 400m: 5:02.77 38.24 | | | | | |
| 10. | Ana Catarina, MAGALHAES | F | 119092 | 02 | Lousada SXXI | 5:06.95 | 446 | - | |
| | 50m: 33.11 33.11 | 150m: 1:47.02 37.21 | 250m: 3:05.21 39.40 | 350m: 4:26.67 41.16 | | | | | |
| | 100m: 1:09.81 36.70 | 200m: 2:25.81 38.79 | 300m: 3:45.51 40.30 | 400m: 5:06.95 40.28 | | | | | |
| 11. | Mariana Sousa, MOREIRA | F | 126950 | 03 | Ginásio Santo Tirso | 5:31.06 | 355 | - | |
| | 50m: 35.67 35.67 | 150m: 1:57.09 41.90 | 250m: 3:22.11 42.36 | 350m: 4:48.67 43.17 | | | | | |
| | 100m: 1:15.19 39.52 | 200m: 2:39.75 42.66 | 300m: 4:05.50 43.39 | 400m: 5:31.06 42.39 | | | | | |
| 12. | Filipa Manuela, MARTINS | F | 128708 | 03 | Penafiel | 5:32.83 | 349 | - | |
| | 50m: 36.76 36.76 | 150m: 2:00.94 43.10 | 250m: 3:26.57 42.60 | 350m: 4:52.59 42.52 | | | | | |
| | 100m: 1:17.84 41.08 | 200m: 2:43.97 43.03 | 300m: 4:10.07 43.50 | 400m: 5:32.83 40.24 | | | | | |
| EXH | Carolina Silva, SOARES | F | 123910 | 03 | Natacao de Valongo | 5:11.35 | 427 | - | |
| | 50m: 35.09 35.09 | 150m: 1:53.63 40.13 | 250m: 3:12.25 38.86 | 350m: 4:32.86 40.68 | | | | | |
| | 100m: 1:13.50 38.41 | 200m: 2:33.39 39.76 | 300m: 3:52.18 39.93 | 400m: 5:11.35 38.49 | | | | | |

Prova 8
17/04/2016 - 10:35

Masc., 400m Livres

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|-----------------------|------|------------------|------------|
| Recorde Regional 25m Absoluto | 3:45.58 | Fabio Manuel, PEREIRA | FPN | Istanbul (TUR) | 10/12/2009 |
| Recorde Regional 25m Inf B | 4:26.90 | Joao Claudio, SOUSA | GESP | Felgueiras | 08/04/2006 |
| Recorde Regional 25m Inf A | 4:13.70 | Rui Paulo, BORGES | FCP | Antas | 25/07/1981 |
| Recorde Regional 25m Juv B | 4:06.60 | Luis Miguel, MONTEIRO | FCP | Lousada | 28/02/1998 |
| Recorde Regional 25m Juv A | 3:59.35 | Rui Filipe, COSTA | VSC | Caldas da Rainha | 01/12/2006 |
| Recorde Regional 25m 17 | 3:56.54 | Rui Filipe, COSTA | VSC | Felgueiras | 24/11/2007 |
| Recorde Regional 25m 18 | 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 |
| Recorde do Torneio | 4:06.24 | Tiago Silva, OLIVEIRA | LSC | Valongo | 13/04/2014 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|-------------------------------|---------------|---------|---------------|-------------------------------|---------------|-------|-----|-----|
| 1. | Antonio Rafael, BESSA | M | 102089 | 94 | Aquatico Pacense | 4:10.20 | 610 | - | |
| | 50m: 28.95 | 150m: 1:31.29 | 31.16 | 250m: 2:34.11 | 31.29 | 350m: 3:37.78 | 32.06 | | |
| | 100m: 1:00.13 | 200m: 2:02.82 | 31.53 | 300m: 3:05.72 | 31.61 | 400m: 4:10.20 | 32.42 | | |
| 2. | Paulo Filipe, SILVA | M | 117012 | 98 | Natacao da Maia | 4:11.03 | 604 | - | |
| | 50m: 29.00 | 150m: 1:31.41 | 30.70 | 250m: 2:34.64 | 31.61 | 350m: 3:39.04 | 32.27 | | |
| | 100m: 1:00.71 | 200m: 2:03.03 | 31.62 | 300m: 3:06.77 | 32.13 | 400m: 4:11.03 | 31.99 | | |
| 3. | Rui Jorge, MATIAS | M | 107735 | 99 | Vilacondense | 4:18.05 | 556 | - | |
| | 50m: 29.44 | 150m: 1:33.62 | 32.00 | 250m: 2:39.49 | 33.24 | 350m: 3:45.82 | 33.14 | | |
| | 100m: 1:01.62 | 200m: 2:06.25 | 32.63 | 300m: 3:12.68 | 33.19 | 400m: 4:18.05 | 32.23 | | |
| 4. | H., FELGUEIRAS | M | 105205 | 98 | Natacao de Valongo | 4:19.01 | 550 | - | |
| | 50m: 29.59 | 150m: 1:33.61 | 32.17 | 250m: 2:39.21 | 32.96 | 350m: 3:46.32 | 33.86 | | |
| | 100m: 1:01.44 | 200m: 2:06.25 | 32.64 | 300m: 3:12.46 | 33.25 | 400m: 4:19.01 | 32.69 | | |
| 5. | Nuno Correia, SOUSA | M | 110484 | 00 | Fluvial Portuense | 4:24.20 | 518 | - | |
| | 50m: 29.22 | 150m: 1:34.71 | 33.37 | 250m: 2:42.26 | 33.63 | 350m: 3:51.29 | 34.42 | | |
| | 100m: 1:01.34 | 200m: 2:08.63 | 33.92 | 300m: 3:16.87 | 34.61 | 400m: 4:24.20 | 32.91 | | |
| 6. | Joao Santos, MENDES | M | 111648 | 98 | Leixões Sport Clube | 4:29.07 | 490 | - | |
| | 50m: 30.93 | 150m: 1:37.66 | 33.33 | 250m: 2:45.25 | 33.70 | 350m: 3:53.83 | 34.78 | | |
| | 100m: 1:04.33 | 200m: 2:11.55 | 33.89 | 300m: 3:19.05 | 33.80 | 400m: 4:29.07 | 35.24 | | |
| 7. | Romeu Ribeiro, FERNANDES | M | 122171 | 01 | Assoc. Desportiva de Fafe | 4:38.21 | 444 | - | |
| | 50m: 29.53 | 150m: 1:39.10 | 35.32 | 250m: 2:50.47 | 35.39 | 350m: 4:02.87 | 36.24 | | |
| | 100m: 1:03.78 | 200m: 2:15.08 | 35.98 | 300m: 3:26.63 | 36.16 | 400m: 4:38.21 | 35.34 | | |
| 8. | Eduardo Miguel, MAGALHAES | M | 125074 | 02 | Vitória de Guimaraes/Olicargo | 4:44.60 | 414 | - | |
| | 50m: 31.17 | 150m: 1:42.42 | 35.74 | 250m: 2:55.16 | 36.42 | 350m: 4:09.18 | 37.15 | | |
| | 100m: 1:06.68 | 200m: 2:18.74 | 36.32 | 300m: 3:32.03 | 36.87 | 400m: 4:44.60 | 35.42 | | |
| 9. | Tiago Lima, MARTINS | M | 124861 | 01 | Ginásio Santo Tirso | 4:46.41 | 406 | - | |
| | 50m: 31.38 | 150m: 1:43.14 | 36.42 | 250m: 2:57.55 | 37.29 | 350m: 4:11.37 | 36.55 | | |
| | 100m: 1:06.72 | 200m: 2:20.26 | 37.12 | 300m: 3:34.82 | 37.27 | 400m: 4:46.41 | 35.04 | | |
| 10. | Marco Antonio, PEREIRA | M | 130896 | 02 | Lousada SXXI | 4:58.81 | 358 | - | |
| | 50m: 31.92 | 150m: 1:45.40 | 36.87 | 250m: 3:01.50 | 37.91 | 350m: 4:20.00 | 39.52 | | |
| | 100m: 1:08.53 | 200m: 2:23.59 | 38.19 | 300m: 3:40.48 | 38.98 | 400m: 4:58.81 | 38.81 | | |
| 11. | Diogo Oliveira, ANDRADE | M | 117585 | 00 | Colegio SMLamas | 5:00.71 | 351 | - | |
| | 50m: 35.59 | 150m: 1:44.23 | 34.44 | 250m: 2:58.30 | 38.12 | 350m: 4:20.17 | 41.86 | | |
| | 100m: 1:09.79 | 200m: 2:20.18 | 35.95 | 300m: 3:38.31 | 40.01 | 400m: 5:00.71 | 40.54 | | |
| 12. | Alexandre Carvalho, CONCEICAO | M | 126858 | 02 | Penafiel | 5:07.87 | 327 | - | |
| | 50m: 33.01 | 150m: 1:51.34 | 39.71 | 250m: 3:12.09 | 40.54 | 350m: 4:29.97 | 38.89 | | |
| | 100m: 1:11.63 | 200m: 2:31.55 | 40.21 | 300m: 3:51.08 | 38.99 | 400m: 5:07.87 | 37.90 | | |
| EXH | Nuno Rafael, ALVES | M | 25140 | 90 | Individual Norte de Portugal | 4:15.47 | 573 | - | |
| | 50m: 29.20 | 150m: 1:32.38 | 31.70 | 250m: 2:36.97 | 32.39 | 350m: 3:42.69 | 32.85 | | |
| | 100m: 1:00.68 | 200m: 2:04.58 | 32.20 | 300m: 3:09.84 | 32.87 | 400m: 4:15.47 | 32.78 | | |
| EXH | Tiago Campos, LOURENCO | M | 127923 | 02 | Natacao de Valongo | 4:54.68 | 373 | - | |
| | 50m: 31.59 | 150m: 1:43.60 | 36.64 | 250m: 2:57.84 | 37.28 | 350m: 4:15.96 | 39.18 | | |
| | 100m: 1:06.96 | 200m: 2:20.56 | 36.96 | 300m: 3:36.78 | 38.94 | 400m: 4:54.68 | 38.72 | | |

Prova 9
17/04/2016 - 10:50

Femin., 100m Livres

8 - 11 anos
Resultados

| | | | | | |
|----------------------|---------|---------------------------|-----|--------------|------------|
| Recorde Regional 25m | 55.74 | Sara Beatriz, LOUREIRO | FCP | Rijeka (CRO) | 11/12/2008 |
| Recorde do Torneio | 1:00.13 | Patricia Isabel, OLIVEIRA | LSC | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|-------------|--------------------|-------------|------|-----|-----|
| 1. | Nara Soraia, NOGUEIRA 50m: 39.84 39.84 | F | 127914 05 | Natacao de Valongo | 1:20.63 | 253 | - | |
| 2. | Natalia Passeira, NEVES 50m: 40.84 40.84 | F | 200503 05 | Natacao de Valongo | 1:21.07 | 249 | - | |
| 3. | Mariana Ferreira, VIEIRA 50m: 40.48 40.48 | F | 132810 05 | Natacao de Valongo | 1:24.64 | 218 | - | |
| 4. | Ivone Sousa, NEVES 50m: 42.97 42.97 | F | 127915 05 | Natacao de Valongo | 1:30.07 | 181 | - | |
| 5. | Matilde Teixeira, SOUSA 50m: 46.32 46.32 | F | 129947 06 | Natacao de Valongo | 1:44.41 | 116 | - | |

Prova 10
17/04/2016 - 10:55

Masc., 100m Livres

8 - 12 anos
Resultados

| | | | | | |
|----------------------|-------|-------------------------|-----|-----------------------|------------|
| Recorde Regional 25m | 48.41 | Paulo Jorge, SANTOS | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde do Torneio | 51.90 | Nelson Filipe, MARTINHO | CNV | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|---|------|-------------|--------------------|-------------|------|-----|-----|
| 1. | Diogo Severino, NUNES 50m: 36.39 36.39 | M | 128592 04 | Natacao de Valongo | 1:14.32 | 221 | - | |
| 2. | David Miguel, COSTA 50m: 35.93 35.93 | M | 126237 04 | Natacao de Valongo | 1:17.77 | 192 | - | |
| 3. | Manuel Fernando, TEIXEIRA 50m: 37.85 37.85 | M | 129401 04 | Natacao de Valongo | 1:19.67 | 179 | - | |
| 4. | Bernardo Oliveira, PIMENTA 50m: 40.74 40.74 | M | 131213 04 | Natacao de Valongo | 1:27.03 | 137 | - | |
| 5. | Sergio Jose, ESTEVES 50m: 40.59 40.59 | M | 200797 04 | Natacao de Valongo | 1:28.51 | 130 | - | |
| 6. | Francisco Campos, LOURENCO 50m: 45.66 45.66 | M | 132136 06 | Natacao de Valongo | 1:37.02 | 99 | - | |
| 7. | Miguel Neves, RIBEIRO 50m: 45.63 45.63 | M | 132884 06 | Natacao de Valongo | 1:37.03 | 99 | - | |
| 8. | Francisco Fonseca, RODRIGUES 50m: 48.56 48.56 | M | 132137 07 | Natacao de Valongo | 1:47.91 | 72 | - | |
| 9. | Pedro Dinis, FERREIRA 50m: 51.70 51.70 | M | 200505 08 | Natacao de Valongo | 1:52.35 | 64 | - | |
| DSQ | Goncalo Oliveira, LOPES 404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4 | M | 200502 05 | Natacao de Valongo | | | - | |
| DSQ | Afonso Oliveira, PIMENTA 404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4 | M | 132131 04 | Natacao de Valongo | | | - | |
| DNS | Miguel Filipe, MOTA | M | 132247 04 | Natacao de Valongo | | | - | |

Prova 11
17/04/2016 - 11:00

Femin., 100m Bruços

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|---------------------------|------|-------------------|------------|
| Recorde Regional 25m Absoluto | 1:09.60 | Ana Pinho, RODRIGUES | FCP | Porto | 08/12/2012 |
| Recorde Regional 25m Inf B | 1:19.03 | Ines Neto, ROCHA | GESP | Porto | 17/03/2013 |
| Recorde Regional 25m Inf A | 1:16.26 | Maria Freitas, CASTRO | ADF | Abrantes | 20/02/2016 |
| Recorde Regional 25m Juv B | 1:13.96 | Ines Neto, ROCHA | CAP | Paços de Ferreira | 10/05/2015 |
| Recorde Regional 25m JUV A | 1:12.01 | Barbara, FERREIRA | LSC | Mealhada | 25/03/2000 |
| Recorde Regional 25m 16 | 1:11.05 | Joana Magalhaes, SOUTINHO | FCP | Alges | 20/06/1993 |
| Recorde Regional 25m 17 | 1:10.57 | Joana Catarina, CARVALHO | FCP | Sines | 20/12/2008 |
| Recorde Regional 25m Sen | 1:09.60 | Ana Pinho, RODRIGUES | FCP | Porto | 08/12/2012 |
| Recorde do Torneio | 1:13.74 | Joana Catarina, CARVALHO | | Valongo | 22/07/2007 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|---------|-----|--|----------------|------|-------|-----|
| 1. | Diana Patricia, FERREIRA 50m: 36.61 36.61 | F | 23500 | 94 | Aquatico Pacense 39.53 | 1:16.14 | 549 | 14,00 | |
| 2. | Joana Marques, MAIA 50m: 36.54 36.54 | F | 25067 | 91 | Natacao da Maia 40.39 | 1:16.93 | 532 | 12,00 | |
| 3. | Beatriz Pereira, VASCONCELOS 50m: 38.63 38.63 | F | 107934 | 98 | Vilacondense 42.21 | 1:20.84 | 459 | 11,00 | |
| 4. | Matilde Mota, DOMINGUES 50m: 38.81 38.81 | F | 122289 | 03 | Colegio SMLamas 43.06 | 1:21.87 | 441 | 10,00 | |
| 5. | Ana Rita, COSTA 50m: 38.90 38.90 | F | 116907 | 01 | Natacao de Valongo 43.19 | 1:22.09 | 438 | 9,00 | |
| 6. | Valeria Goncalves, VIEIRA 50m: 40.15 40.15 | F | 124314 | 02 | Vitória de Guimaraes/Olicargo 43.93 | 1:24.08 | 407 | 8,00 | |
| 7. | Ines Alves, MARTINS 50m: 40.55 40.55 | F | 112126 | 01 | Fluvial Portuense 44.96 | 1:25.51 | 387 | 7,00 | |
| 8. | Catarina Lopes, FERREIRA 50m: 42.38 42.38 | F | 129483 | 03 | Assoc. Desportiva de Fafe 47.17 | 1:29.55 | 337 | 6,00 | |
| 9. | Ana Rita, CORREIA 50m: 44.85 44.85 | F | 104558 | 98 | Lousada SXXI 50.48 | 1:35.33 | 279 | 5,00 | |
| 10. | Joana Amaro, MAGALHAES 50m: 44.24 44.24 | F | 128707 | 03 | Penafiel 51.71 | 1:35.95 | 274 | 4,00 | |
| 11. | Marta Oliveira, FERREIRA 50m: 45.91 45.91 | F | 125854 | 04 | Ginásio Santo Tirso 52.51 | 1:38.42 | 254 | 3,00 | |
| DNS | Marta Ferreira, ROCHA | F | 110558 | 99 | Leixões Sport Clube | | | - | |
| EXH | Maria Ines, FERRAZ 50m: 44.59 44.59 | F | 129355 | 00 | Natacao de Valongo 51.10 | 1:35.69 | 276 | - | |
| EXH | Mariana Filipa, GOMES 50m: 43.62 43.62 | F | 126712 | 02 | Natacao de Valongo 50.53 | 1:34.15 | 290 | - | |
| EXH | Mariana Almeida, VALE 50m: 42.51 42.51 | F | 126713 | 03 | Natacao de Valongo 47.31 | 1:29.82 | 334 | - | |
| EXH | Renata Vaz, PINTO 50m: 43.34 43.34 | F | 108165 | 99 | ADADA Porto 48.26 | 1:31.60 | 315 | - | |

Prova 12
17/04/2016 - 11:05

Masc., 100m Bruços

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|-------------------------|--------|------------------------------|------------|
| Recorde Regional 25m Absoluto | 58.88 | Carlos Esteves, ALMEIDA | FCP | Felgueiras | 21/12/2013 |
| Recorde Regional 25m Inf B | 1:09.54 | Goncalo Andre, SANTOS | LSC | Lousada | 15/05/2010 |
| Recorde Regional 25m Inf A | 1:07.92 | Andre Goncalo, SANTOS | LSC | Viseu | 12/03/2011 |
| Recorde Regional 25m Juv B | 1:04.22 | Andre Goncalo, SANTOS | LSC | Braga | 04/03/2012 |
| Recorde Regional 25m Juv A | 1:03.39 | Andre Goncalo, SANTOS | LSC | Santo Antonio dos Cavaleiros | 21/12/2012 |
| Recorde Regional 25m 17 | 1:02.99 | Andre Goncalo, SANTOS | LSC | Felgueiras | 21/12/2013 |
| Recorde Regional 25m 18 | 1:02.63 | Andre Goncalo, SANTOS | LSC | Porto | 20/12/2014 |
| Recorde Regional 25m 18 | 1:02.63 | Simao Miguel, CAPITAO | CLAMAS | Estarreja | 10/06/2015 |
| Recorde Regional 25m Sen | 58.88 | Carlos Esteves, ALMEIDA | FCP | Felgueiras | 21/12/2013 |
| Recorde do Torneio | 1:04.22 | Bruno Daniel, MONTEIRO | LSC | Valongo | 13/04/2014 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|---------|-----|--|----------------|------|-------|-----|
| 1. | Filipe Carmo, RAMOS 50m: 32.19 32.19 | M | 105197 | 97 | Vilacondense 100m: 1:08.72 36.53 | 1:08.72 | 529 | 14,00 | |
| 2. | Miguel Angelo, CRUZ 50m: 34.08 34.08 | M | 101976 | 96 | Aquatico Pacense 100m: 1:09.69 35.61 | 1:09.69 | 508 | 12,00 | |
| 3. | Ricardo Manuel, MONTEIRO 50m: 33.90 33.90 | M | 110556 | 98 | Leixões Sport Clube 100m: 1:11.96 38.06 | 1:11.96 | 461 | 11,00 | |
| 4. | Pedro Nuno, VIEIRA 50m: 33.64 33.64 | M | 106742 | 98 | Natacao de Valongo 100m: 1:12.24 38.60 | 1:12.24 | 456 | 10,00 | |
| 5. | Bruno Miguel, MAIA 50m: 34.79 34.79 | M | 126783 | 01 | Natacao da Maia 100m: 1:13.63 38.84 | 1:13.63 | 430 | 9,00 | |
| 6. | Xavier Gomes, CERDEIRINHA 50m: 35.59 35.59 | M | 125904 | 02 | Colegio SMLamas 100m: 1:14.58 38.99 | 1:14.58 | 414 | 8,00 | |
| 7. | Albino Manuel, GONCALVES 50m: 35.33 35.33 | M | 123698 | 99 | Vitória de Guimaraes/Olicargo 100m: 1:16.20 40.87 | 1:16.20 | 388 | 7,00 | |
| 8. | Diogo Moreno, BASTOS 50m: 36.33 36.33 | M | 108285 | 00 | Fluvial Portuense 100m: 1:16.81 40.48 | 1:16.81 | 379 | 6,00 | |
| 9. | Rui Pires, MARTINS 50m: 35.57 35.57 | M | 122177 | 01 | Assoc. Desportiva de Fafe 100m: 1:17.06 41.49 | 1:17.06 | 375 | 5,00 | |
| 10. | Domingos Tiago, PINHEIRO 50m: 35.85 35.85 | M | 118328 | 98 | Ginásio Santo Tirso 100m: 1:17.17 41.32 | 1:17.17 | 374 | 4,00 | |
| 11. | Ricardo Alexandre, MARQUES 50m: 39.02 39.02 | M | 110468 | 00 | Lousada SXXI 100m: 1:23.77 44.75 | 1:23.77 | 292 | 3,00 | |
| 12. | Joao Rafael, BORGES 50m: 39.68 39.68 | M | 126856 | 99 | Penafiel 100m: 1:25.10 45.42 | 1:25.10 | 279 | 2,00 | |
| EXH | Diogo Martins, AIRES 50m: 40.22 40.22 | M | 126513 | 02 | Natacao de Valongo 100m: 1:25.69 45.47 | 1:25.69 | 273 | - | |
| EXH | Joao Pedro, CASTRO 50m: 52.42 52.42 | M | 200468 | 03 | Natacao de Valongo 100m: 1:53.33 1:00.91 | 1:53.33 | 118 | - | |
| EXH | Pedro Sales, CIDRAIS 50m: 45.13 45.13 | M | 128938 | 00 | Natacao de Valongo 100m: 1:38.38 53.25 | 1:38.38 | 180 | - | |
| EXH | Tiago Campos, LOURENCO 50m: 37.78 37.78 | M | 127923 | 02 | Natacao de Valongo 100m: 1:19.48 41.70 | 1:19.48 | 342 | - | |
| EXH | Diogo Ferreira, NEVES 50m: 35.60 35.60 | M | 108221 | 98 | Natacao de Valongo 100m: 1:16.67 41.07 | 1:16.67 | 381 | - | |
| EXH | Goncalo Moreira, SANTOS 50m: 37.96 37.96 | M | 120511 | 01 | Natacao de Valongo 100m: 1:20.10 42.14 | 1:20.10 | 334 | - | |

Prova 13
17/04/2016 - 11:15

Femin., 100m Livres

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|----------------------------|------|----------------------|------------|
| Recorde Regional 25m Absoluto | 55.74 | Sara Beatriz, LOUREIRO | FCP | Rijeka (CRO) | 11/12/2008 |
| Recorde Regional 25m Inf B | 1:03.80 | Mariana Magalhaes, SAMPAIO | ADF | Vila Praia de Ancora | 28/03/2015 |
| Recorde Regional 25m Inf A | 1:01.14 | Raquel Maria, FELGUEIRAS | SCB | Algés | 25/02/1993 |
| Recorde Regional 25m Juv B | 59.75 | Ana Ribeiro, FERREIRA | GDNF | Senhora da Hora | 14/05/2006 |
| Recorde Regional 25m JUV A | 58.52 | Ana Feio, ALEGRIA | SCB | Algés | 29/02/1992 |
| Recorde Regional 25m 16 | 57.40 | Ana Feio, ALEGRIA | SCB | Algés | 25/02/1993 |
| Recorde Regional 25m 17 | 56.54 | Diana Margarida, DURAES | FCP | Porto | 07/12/2013 |
| Recorde Regional 25m Sen | 55.74 | Sara Beatriz, LOUREIRO | FCP | Rijeka (CRO) | 11/12/2008 |
| Recorde do Torneio | 1:00.13 | Patricia Isabel, OLIVEIRA | LSC | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|------|-------------|--|-------------|------|-------|-----|
| 1. | Leila Tavarã, LEMOS 50m: 30.50 30.50 | F | 127860 00 | Vilacondense 32.29 | 1:02.79 | 536 | 14,00 | |
| 2. | Mariana Magalhaes, SAMPAIO 50m: 30.43 30.43 | F | 122166 03 | Assoc. Desportiva de Fafe 33.26 | 1:03.69 | 513 | 12,00 | |
| 3. | Carolina Ascenso, SANTOS 50m: 31.09 31.09 | F | 121271 01 | Natacao da Maia 33.01 | 1:04.10 | 503 | 11,00 | |
| 4. | Joana Sofia, MACHADO 50m: 31.56 31.56 | F | 127918 02 | Natacao de Valongo 32.96 | 1:04.52 | 494 | 10,00 | |
| 5. | Noemia Verdi, SILVA 50m: 30.66 30.66 | F | 111770 99 | Vitória de Guimaraes/Olicargo 34.81 | 1:05.47 | 472 | 9,00 | |
| 6. | Ines Alves, MARTINS 50m: 32.25 32.25 | F | 112126 01 | Fluvial Portuense 33.63 | 1:05.88 | 464 | 8,00 | |
| 7. | Ana Catarina, MAGALHAES 50m: 32.10 32.10 | F | 119092 02 | Lousada SXXI 34.49 | 1:06.59 | 449 | 7,00 | |
| 8. | Joana Gabriela, SILVA 50m: 32.68 32.68 | F | 103945 95 | Colegio SMLamas 34.97 | 1:07.65 | 428 | 6,00 | |
| 9. | Sara Lopes, BARBOSA 50m: 33.39 33.39 | F | 118181 00 | Aquático Pacense 35.43 | 1:08.82 | 407 | 5,00 | |
| 10. | Alexandra Martins, CAMPOS 50m: 33.66 33.66 | F | 127155 02 | Leixões Sport Clube 35.63 | 1:09.29 | 398 | 4,00 | |
| 11. | Mariana Sousa, MOREIRA 50m: 34.55 34.55 | F | 126950 03 | Ginásio Santo Tirso 38.14 | 1:12.69 | 345 | 3,00 | |
| 12. | Sara Catarina, TEIXEIRA 50m: 35.59 35.59 | F | 121735 99 | Penafiel 38.55 | 1:14.14 | 325 | 2,00 | |
| DNS | Ana Filipa, ANTUNES | F | 201772 00 | Natacao de Valongo | | | - | |
| DNS | Marcia Eduarda, FERREIRA | F | 148564 99 | Natacao de Valongo | | | - | |
| DNS | Ines Filipa, MOTA | F | 132138 04 | Natacao de Valongo | | | - | |
| EXH | Catarina Maria, CARDOSO 50m: 50.38 50.38 | F | 04 | Natacao de Valongo 1:04.22 | 1:54.60 | 88 | - | |
| EXH | Maria Ines, FERRAZ 50m: 36.28 36.28 | F | 129355 00 | Natacao de Valongo 41.06 | 1:17.34 | 286 | - | |
| EXH | Ines Goncalves, REIS 50m: 34.65 34.65 | F | 120176 01 | Natacao de Valongo 36.77 | 1:11.42 | 364 | - | |
| EXH | Ana Catarina, MOREIRA 50m: 35.97 35.97 | F | 123907 01 | Natacao de Valongo 39.64 | 1:15.61 | 307 | - | |


 Prova 14
 17/04/2016 - 11:20

Masc., 100m Livres

 Absolutos
 Resultados

| | | | | | |
|-------------------------------|-------|-------------------------|-----|-----------------------|------------|
| Recorde Regional 25m Absoluto | 48.41 | Paulo Jorge, SANTOS | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional 25m Inf B | 58.94 | Jose Pedro, FREITAS | CSB | Porto | 11/05/2013 |
| Recorde Regional 25m Inf A | 55.50 | Jose Miguel, MIRANDA | CFP | Alges | 28/03/1987 |
| Recorde Regional 25m Juv B | 54.22 | Jose Miguel, MIRANDA | CFP | Espinho | 17/04/1988 |
| Recorde Regional 25m Juv A | 52.74 | Jose Miguel, MIRANDA | CFP | Alges | 17/03/1989 |
| Recorde Regional 25m 17 | 51.88 | Paulo Jorge, SANTOS | FCP | Paços de Ferreira | 16/12/2005 |
| Recorde Regional 25m 18 | 50.58 | Tiago Manuel, TEIXEIRA | ADF | Leiria | 08/12/2013 |
| Recorde Regional 25m Sen | 48.41 | Paulo Jorge, SANTOS | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde do Torneio | 51.90 | Nelson Filipe, MARTINHO | CNV | Valongo | 29/04/2012 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|--|---------------|---------|-----|-------------------------------|----------------|------|-------|-----|
| 1. | Pedro Miguel, FERNANDES | M | 110494 | 99 | Vitória de Guimaraes/Olicargo | 53.10 | 606 | 14,00 | |
| | 50m: 25.63 25.63 | 100m: 53.10 | | | 27.47 | | | | |
| 2. | Simao Miguel, CAPITAO | M | 109596 | 97 | Colegio SMLamas | 54.02 | 575 | 12,00 | |
| | 50m: 26.46 26.46 | 100m: 54.02 | | | 27.56 | | | | |
| 3. | Nuno Henrique, GUIMARAES | M | 119147 | 99 | Natacao de Valongo | 54.91 | 548 | 11,00 | |
| | 50m: 26.78 26.78 | 100m: 54.91 | | | 28.13 | | | | |
| 4. | Nuno Correia, SOUSA | M | 110484 | 00 | Fluvial Portuense | 56.92 | 492 | 10,00 | |
| | 50m: 27.42 27.42 | 100m: 56.92 | | | 29.50 | | | | |
| 5. | Joao Afonso, PICAIO | M | 102842 | 97 | Leixões Sport Clube | 57.81 | 469 | 9,00 | |
| | 50m: 28.16 28.16 | 100m: 57.81 | | | 29.65 | | | | |
| 6. | Pedro Miguel, LINO | M | 104724 | 98 | Aquatico Pacense | 58.47 | 454 | 8,00 | |
| | 50m: 28.41 28.41 | 100m: 58.47 | | | 30.06 | | | | |
| 7. | Pedro Saraiva, SILVA | M | 111516 | 99 | Vilacondense | 58.74 | 447 | 7,00 | |
| | 50m: 28.35 28.35 | 100m: 58.74 | | | 30.39 | | | | |
| 8. | Alvaro Miguel, MAMEDE | M | 153256 | 87 | Penafiel | 1:00.29 | 414 | 6,00 | |
| | 50m: 27.96 27.96 | 100m: 1:00.29 | | | 32.33 | | | | |
| 9. | Joao Pinto, FREITAS | M | 122926 | 01 | Assoc. Desportiva de Fafe | 1:01.88 | 383 | 5,00 | |
| | 50m: 29.51 29.51 | 100m: 1:01.88 | | | 32.37 | | | | |
| 10. | Bruno Miguel, SEIXAS | M | 126784 | 01 | Natacao da Maia | 1:03.22 | 359 | 4,00 | |
| | 50m: 30.61 30.61 | 100m: 1:03.22 | | | 32.61 | | | | |
| 11. | Jose Carneiro, RIBEIRO | M | 127133 | 01 | Ginásio Santo Tirso | 1:07.84 | 290 | 3,00 | |
| | 50m: 32.71 32.71 | 100m: 1:07.84 | | | 35.13 | | | | |
| 12. | Vitor Hugo, RIBEIRO | M | 122129 | 03 | Lousada SXXI | 1:11.28 | 250 | 2,00 | |
| | 50m: 34.37 34.37 | 100m: 1:11.28 | | | 36.91 | | | | |
| DSQ | Diogo Alexandre, PEREIRA | M | | 03 | Natacao de Valongo | | | | - |
| | 1001 - O(A) nadador(a), nadando uma prova individual, não cobriu o percurso completo - SW 10.2 | | | | | | | | |
| EXH | Tomas Ribeiro, COUTO | M | 111100 | 99 | Natacao de Valongo | 1:04.72 | 334 | - | |
| | 50m: 29.99 29.99 | 100m: 1:04.72 | | | 34.73 | | | | |
| EXH | Hugo Moreira, MARTINS | M | 108219 | 94 | Natacao de Valongo | 1:03.11 | 361 | - | |
| | 50m: 29.46 29.46 | 100m: 1:03.11 | | | 33.65 | | | | |
| EXH | Gabriel Simao, MONTEIRO | M | 201828 | 01 | Natacao de Valongo | 1:14.99 | 215 | - | |
| | 50m: 34.84 34.84 | 100m: 1:14.99 | | | 40.15 | | | | |
| EXH | Ricardo Miguel, MOREIRA | M | 118060 | 98 | Natacao de Valongo | 1:03.22 | 359 | - | |
| | 50m: 30.37 30.37 | 100m: 1:03.22 | | | 32.85 | | | | |
| EXH | Francisco Abrunhosa, RODRIGUES | M | 105264 | 96 | Natacao de Valongo | 1:01.79 | 384 | - | |
| | 50m: 30.11 30.11 | 100m: 1:01.79 | | | 31.68 | | | | |

Prova 15
17/04/2016 - 11:25

Femin., 200m Estilos

Absolutos
Resultados

| | | | | | |
|-------------------------------|---------|-------------------------|-------|-----------------------|------------|
| Recorde Regional 25m Absoluto | 2:17.27 | Marta Pereira, ABREU | FCP | Felgueiras | 21/12/2013 |
| Recorde Regional 25m Inf B | 2:34.45 | Marisa, FREITAS | AHBVG | Ferrol | 04/04/1998 |
| Recorde Regional 25m Inf A | 2:25.42 | Diana Margarida, DURAES | FOCA | Lousada | 10/05/2009 |
| Recorde Regional 25m Juv B | 2:21.88 | Diana Margarida, DURAES | FOCA | Abrantes | 10/04/2010 |
| Recorde Regional 25m JUV A | 2:19.11 | Diana Margarida, DURAES | FOCA | Guarda | 11/12/2010 |
| Recorde Regional 25m 16 | 2:18.23 | Diana Ramos, ROCHA | CFV | Leiria | 05/12/2009 |
| Recorde Regional 25m 17 | 2:17.81 | Diana Margarida, DURAES | FCP | S. Antonio Cavaleiros | 19/12/2009 |
| Recorde Regional 25m Sen | 2:17.27 | Marta Pereira, ABREU | FCP | Felgueiras | 21/12/2013 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|-------|---|------|-------------|--|--------------------|--------------|-------|-----|
| 1. | Beatriz Pereira, VASCONCELOS 50m: 34.17 34.17 | F | 107934 98 | Vilacondense 100m: 1:12.78 38.61 150m: 1:55.63 42.85 | 2:30.27 2:30.27 | 533 34.64 | 14,00 | |
| 2. | Maria Freitas, CASTRO 50m: 33.32 33.32 | F | 124809 03 | Assoc. Desportiva de Fafe 100m: 1:13.40 40.08 150m: 1:56.16 42.76 | 2:31.93 2:31.93 | 516 35.77 | 12,00 | |
| 3. | Maria Carolina, RODRIGUES 50m: 33.88 33.88 | F | 121473 01 | Vitória de Guimaraes/Olicargo 100m: 1:15.81 41.93 150m: 2:00.91 45.10 | 2:36.71 2:36.71 | 470 35.80 | 11,00 | |
| 4. | Mariana Cardoso, COSTA 50m: 35.16 35.16 | F | 117322 01 | Natacao da Maia 100m: 1:16.76 41.60 150m: 2:01.97 45.21 | 2:38.43 2:38.43 | 455 36.46 | 10,00 | |
| 5. | Mariana Pacheco, CUNHA 50m: 34.77 34.77 | F | 124577 04 | Fluvial Portuense 100m: 1:16.08 41.31 150m: 2:00.93 44.85 | 2:38.50 2:38.50 | 454 37.57 | 9,00 | |
| 6. | Sofia Filipa, GONCALVES 50m: 35.23 35.23 | F | 122990 01 | Leixões Sport Clube 100m: 1:18.66 43.43 150m: 2:02.65 43.99 | 2:38.52 2:38.52 | 454 35.87 | 8,00 | |
| 7. | Mariana Oliveira, RIBEIRO 50m: 33.37 33.37 | F | 112134 01 | Colegio SMLamas 100m: 1:15.43 42.06 150m: 2:02.61 47.18 | 2:39.05 2:39.05 | 449 36.44 | 7,00 | |
| 8. | Ana Rita, COSTA 50m: 36.08 36.08 | F | 116907 01 | Natacao de Valongo 100m: 1:17.89 41.81 150m: 2:03.56 45.67 | 2:40.13 2:40.13 | 440 36.57 | 6,00 | |
| 9. | Helena Neto, COSTA 50m: 33.96 33.96 | F | 111309 00 | Aquatico Pacense 100m: 1:16.69 42.73 150m: 2:04.20 47.51 | 2:43.64 2:43.64 | 412 39.44 | 5,00 | |
| 10. | Barbara Castro, FERREIRA 50m: 41.40 41.40 | F | 124858 03 | Ginásio Santo Tirso 100m: 1:27.46 46.06 150m: 2:18.93 51.47 | 2:59.52 2:59.52 | 312 40.59 | 4,00 | |
| 11. | Filipa Manuela, MARTINS 50m: 41.68 41.68 | F | 128708 03 | Penafiel 100m: 1:29.36 47.68 150m: 2:21.38 52.02 | 3:01.62 3:01.62 | 302 40.24 | 3,00 | |
| DSQ | Mariana Filipa, MOREIRA 722 - O(A) nadador(a) tocou na parede só com uma mão na chegada – SW 7.6 | F | 125777 02 | Natacao de Valongo | | | - | |
| DSQ | Mafalda Joana, OLIVEIRA 607 - O(A) nadador(a) não começou a executar a viragem imediatamente após terminar a braçada na posição ventral aos 75 metros - SW 6.4 | F | 119096 02 | Lousada SXXI | | | - | |
| EXH | Helena Isabel, FELGUEIRAS 50m: 34.61 34.61 | F | 122011 03 | Natacao de Valongo 100m: 1:16.21 41.60 150m: 2:04.94 48.73 | 2:43.45 2:43.45 | 414 38.51 | - | |
| EXH | Maria Ines, FERREIRA 50m: 34.08 34.08 | F | 123908 02 | Natacao de Valongo 100m: 1:17.89 43.81 150m: 2:04.06 46.17 | 2:41.77 2:41.77 | 427 37.71 | - | |
| EXH | Daniela Oliveira, RODRIGUES 50m: 33.42 33.42 | F | 118056 02 | Natacao de Valongo 100m: 1:15.93 42.51 150m: 2:03.47 47.54 | 2:40.13 2:40.13 | 440 36.66 | - | |
| EXH | Mariana Almeida, VALE 50m: 42.02 42.02 | F | 126713 03 | Natacao de Valongo 100m: 1:30.11 48.09 150m: 2:21.37 51.26 | 3:01.26 3:01.26 | 303 39.89 | - | |

| Prova 16 | Masc., 200m Estilos | | | | Absolutos |
|-------------------------------|---------------------|-----------------------|--------|-------------|------------|
| 17/04/2016 - 11:40 | | | | | Resultados |
| Recorde Regional 25m Absoluto | 1:59.77 | Adriano Miguel, NIZ | CFV | Tavira | 17/11/2007 |
| Recorde Regional 25m Inf B | 2:23.83 | Jose Pedro, FREITAS | CSB | Porto | 11/05/2013 |
| Recorde Regional 25m Inf A | 2:17.47 | Jose Pedro, FREITAS | GDNVNF | Cantanhede | 30/03/2014 |
| Recorde Regional 25m Juv B | 2:11.17 | Andre Goncalo, SANTOS | LSC | Amarante | 03/03/2012 |
| Recorde Regional 25m Juv A | 2:06.87 | Adriano Miguel, NIZ | CFV | Ponte Vedra | 20/04/2002 |
| Recorde Regional 25m 17 | 2:03.75 | Adriano Miguel, NIZ | CFV | Estoril | 22/02/2003 |
| Recorde Regional 25m 18 | 2:01.94 | Adriano Miguel, NIZ | CFV | Estoril | 14/02/2004 |
| Recorde Regional 25m Sen | 1:59.77 | Adriano Miguel, NIZ | CFV | Tavira | 17/11/2007 |
| Recorde do Torneio | 2:09.38 | Ruben Filipe, NUNES | GESP | Valongo | 07/04/2013 |

Pontos: FINA 2015

| Lugar | Nome | Sexo | Licença | Ano | Clube | | | | | Tempo Final | FINA | PTS | Obs |
|-------|--|---------------|---------|---------------|--|---------------|---------------|-----|-------|----------------|------|-------|-----|
| 1. | Diogo Fontes, MOREIRA <i>Recorde do Torneio</i> | M | 13359 | 93 | Leixões Sport Clube | | | | | 2:08.90 | 615 | 14,00 | |
| | 50m: 27.17 27.17 | 100m: 1:00.31 | 33.14 | 150m: 1:38.31 | 38.00 | 200m: 2:08.90 | 30.59 | | | | | | |
| 2. | Alexandre Ferreira, AMORIM 50m: 29.33 29.33 | M | 103953 | 99 | Colegio SMLamas 34.60 150m: 1:40.92 | 36.99 | 200m: 2:13.70 | 551 | 12,00 | | | | |
| 3. | H., FELGUEIRAS 50m: 29.45 29.45 | M | 105205 | 98 | Natacao de Valongo 35.07 150m: 1:44.20 | 39.68 | 200m: 2:15.06 | 534 | 11,00 | | | | |
| 4. | Luis Carlos, ALMEIDA 50m: 29.45 29.45 | M | 104527 | 98 | Aquatico Pacense 35.18 150m: 1:45.79 | 41.16 | 200m: 2:16.59 | 517 | 10,00 | | | | |
| 5. | Sergio Filipe, TRAVANCA 50m: 29.55 29.55 | M | 117385 | 00 | Fluvial Portuense 36.74 150m: 1:48.59 | 42.30 | 200m: 2:20.67 | 473 | 9,00 | | | | |
| 6. | Albino Manuel, GONCALVES 50m: 31.17 31.17 | M | 123698 | 99 | Vitória de Guimaraes/Olicargo 37.98 150m: 1:51.42 | 42.27 | 200m: 2:25.54 | 427 | 8,00 | | | | |
| 7. | Bruno Miguel, MAIA 50m: 31.72 31.72 | M | 126783 | 01 | Natacao da Maia 39.67 150m: 1:52.03 | 40.64 | 200m: 2:26.03 | 423 | 7,00 | | | | |
| 8. | Joao Pinto, FREITAS 50m: 31.76 31.76 | M | 122926 | 01 | Assoc. Desportiva de Fafe 37.61 150m: 1:53.90 | 44.53 | 200m: 2:27.50 | 410 | 6,00 | | | | |
| 9. | Joao Manuel, SANTOS 50m: 32.51 32.51 | M | 111323 | 99 | Vilacondense 39.37 150m: 1:55.66 | 43.78 | 200m: 2:29.83 | 391 | 5,00 | | | | |
| 10. | Goncalo Fernando, FERREIRA 50m: 30.84 30.84 | M | 121734 | 94 | Penafiel 42.11 150m: 2:01.67 | 48.72 | 200m: 2:34.57 | 356 | 4,00 | | | | |
| 11. | Marco Antonio, PEREIRA 50m: 32.37 32.37 | M | 130896 | 02 | Lousada SXXI 40.45 150m: 2:02.71 | 49.89 | 200m: 2:37.50 | 337 | 3,00 | | | | |
| 12. | Miguel Silva, GONCALVES 50m: 33.78 33.78 | M | 124862 | 02 | Ginásio Santo Tirso 39.89 150m: 2:02.80 | 49.13 | 200m: 2:37.87 | 334 | 2,00 | | | | |
| DNS | Ruben Fonseca, DIAS | M | 125780 | 03 | Natacao de Valongo | | | | | | | | |
| EXH | Nuno Rafael, ALVES 50m: 28.95 28.95 | M | 25140 | 90 | Individual Norte de Portugal 35.01 150m: 1:40.49 | 36.53 | 200m: 2:11.45 | 580 | - | | | | |
| EXH | Afonso Ribeiro, COUTO 50m: 29.63 29.63 | M | 111102 | 99 | Natacao de Valongo 36.62 150m: 1:49.71 | 43.46 | 200m: 2:21.59 | 464 | - | | | | |
| EXH | Ricardo Jorge, MOREIRA 50m: 31.94 31.94 | M | 122012 | 01 | Natacao de Valongo 39.87 150m: 1:56.71 | 44.90 | 200m: 2:29.63 | 393 | - | | | | |
| EXH | Diogo Ferreira, NEVES 50m: 30.82 30.82 | M | 108221 | 98 | Natacao de Valongo 37.33 150m: 1:50.12 | 41.97 | 200m: 2:22.78 | 452 | - | | | | |
| EXH | Daniel Santos, PEREIRA 50m: 44.64 44.64 | M | 123915 | 03 | Natacao de Valongo 47.97 150m: 2:32.65 | 1:00.04 | 200m: 3:17.04 | 172 | - | | | | |
| EXH | Jose Miguel, RODRIGUES 50m: 30.38 30.38 | M | 106741 | 97 | Natacao de Valongo 37.43 150m: 1:50.13 | 42.32 | 200m: 2:24.71 | 434 | - | | | | |
| EXH | Marcos Daniel, VITORIA 50m: 30.54 30.54 | M | 120510 | 00 | Natacao de Valongo 40.66 150m: 2:00.99 | 49.79 | 200m: 2:37.88 | 334 | - | | | | |

Prova 17

17/04/2016 - 11:55

Femin., 4 x 50m Estilos

Absolutos

Resultados

| | | | |
|-------------------------------|---------|---|------------|
| Recorde Regional 25m Absoluto | 1:53.38 | Marta Marinho, Ana Rodrigues, Sara FCPveira, CPortoDuraes | 08/12/2012 |
| Recorde Regional 25m Jun | 2:05.46 | Graca Araujo, Barbara Goncalves, GDNVNFesFelgueirasta | 09/03/2013 |
| Recorde Regional 25m Sen | 1:53.38 | Marta Marinho, Ana Rodrigues, Sara FCPveira, CPortoDuraes | 08/12/2012 |

Pontos: FINA 2015

| Lugar | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|------------------------------------|------|-------------|-----------------------------------|-------------|------|-------|-----|
| 1. Aquatico Pacense 1 | F | | Aquatico Pacense | 2:12.81 | 480 | 14,00 | |
| Beatriz Neto, COSTA | 00 | | 33.73 Helena Neto, COSTA | 00 | | | |
| Diana Patricia, FERREIRA | 94 | | 34.45 Sara Lopes, BARBOSA | 00 | | | |
| 2. Vitória de Guimaraes/Olicargo 1 | F | | Vitória de Guimaraes/Olicargo | 2:13.32 | 475 | 12,00 | |
| Soraia Isabel, GUIMARAES | 02 | | 35.29 Filipa Viamonte, FERNANDES | 02 | | | |
| Valeria Goncalves, VIEIRA | 02 | | 38.31 Ana Ines, FERNANDES | 00 | | | |
| 3. Natacao da Maia 1 | F | | Natacao da Maia | 2:13.79 | 470 | 11,00 | |
| Carolina Ascenso, SANTOS | 01 | | 33.92 Mariana Cardoso, COSTA | 01 | | | |
| Joana Marques, MAIA | 91 | | Joana Daniela, JACINTO | 01 | | | |
| 4. Natacao de Valongo 1 | F | | Natacao de Valongo | 2:14.05 | 467 | 10,00 | |
| Joana Sofia, MACHADO | 02 | | 34.78 Daniela Oliveira, RODRIGUES | 02 | | 31.66 | |
| Ana Rita, COSTA | 01 | | 37.62 Mariana Filipa, MOREIRA | 02 | | 29.99 | |
| 5. Leixões Sport Clube 1 | F | | Leixões Sport Clube | 2:15.51 | 452 | 9,00 | |
| Catarina Vieira, CORREIA | 99 | | 36.51 Alexandra Jesus, SANTOS | 00 | | | |
| Sofia Filipa, GONCALVES | 01 | | Alexandra Martins, CAMPOS | 02 | | | |
| 6. Fluvial Portuense 1 | F | | Fluvial Portuense | 2:15.59 | 451 | 8,00 | |
| Mafalda Pacheco, CUNHA | 02 | +0,60 | 33.27 Mariana Pacheco, CUNHA | 04 | | 31.84 | |
| Ines Alves, MARTINS | 01 | | 39.27 Ana Sofia, RAMOS | 00 | | 31.21 | |
| 7. Colegio SMLamas 1 | F | | Colegio SMLamas | 2:16.09 | 446 | 7,00 | |
| Beatriz Sousa, FONTES | 01 | | 35.94 Sofia Gales, PINTO | 01 | | | |
| Filipa Oliveira, ANDRADE | 97 | | Mariana Baptista, PINTO | 02 | | | |
| 8. Vilacondense 1 | F | | Vilacondense | 2:16.70 | 440 | 6,00 | |
| Leila Tavarira, LEMOS | 00 | | 34.02 Leonor Paiva, RUIZ | 99 | | | |
| Beatriz Pereira, VASCONCELOS | 98 | | 38.84 Rafaela Campos, OLIVEIRA | 00 | | | |
| 9. Assoc. Desportiva de Fafe 1 | F | | Assoc. Desportiva de Fafe | 2:18.07 | 427 | 5,00 | |
| Ana Margarida, LEITE | 02 | +0,82 | 35.41 Maria Freitas, CASTRO | 03 | | 32.26 | |
| Catarina Lopes, FERREIRA | 03 | | 41.02 Mariana Magalhaes, SAMPAIO | 03 | | 29.38 | |
| 10. Penafiel 1 | F | | Penafiel | 2:29.46 | 337 | 4,00 | |
| Mariana Filipa, GOMES | 04 | +0,71 | 38.72 Marcia Alexandra, SOUSA | 97 | | 34.77 | |
| Joana Amaro, MAGALHAES | 03 | | 43.90 Filipa Manuela, MARTINS | 03 | | 32.07 | |
| 11. Lousada SXXI 1 | F | | Lousada SXXI | 2:31.14 | 326 | 3,00 | |
| Mafalda Joana, OLIVEIRA | 02 | +0,70 | 33.18 Ana Catarina, MAGALHAES | 02 | | 36.10 | |
| Telma Alexandra, MOREIRA | 00 | | 47.90 Ana Rita, CORREIA | 98 | | 33.96 | |
| DNS Ginásio Santo Tirso 1 | F | | Ginásio Santo Tirso | | | | - |
| EXH Natacao de Valongo 2 | F | | Natacao de Valongo | 2:22.44 | 389 | | - |
| Carolina Silva, SOARES | 03 | +0,65 | 36.31 Helena Isabel, FELGUEIRAS | 03 | | 33.58 | |
| Maria Ines, FERREIRA | 02 | | 40.58 Ines Goncalves, REIS | 01 | | 31.97 | |

Prova 18

17/04/2016 - 12:05

Masc., 4 x 50m Estilos

Absolutos

Resultados

| | | | |
|-------------------------------|---------|---|------------|
| Recorde Regional 25m Absoluto | 1:40.05 | Carlos Santos, Gil Pinto, Joao CarveFCP Paulo Leirias | 05/12/2009 |
| Recorde Regional 25m Jun | 1:44.80 | Ruben Lopes, Leonardo FigueiredoFCP:ur ReisFelgueirasencaio | 21/12/2013 |
| Recorde Regional 25m Sen | 1:40.05 | Carlos Santos, Gil Pinto, Joao CarveFCP Paulo Leirias | 05/12/2009 |

Pontos: FINA 2015

| Lugar | Sexo | Licença Ano | Clube | Tempo Final | FINA | PTS | Obs |
|------------------------------------|------|-------------|--------------------------------------|-------------|------|-------|-----|
| 1. Colegio SMLamas 1 | M | | Colegio SMLamas | 1:50.16 | 554 | 14,00 | |
| Rodrigo Reis, SILVA | 98 | +0,66 | 29.22 Tiago Oliveira, BARBOSA | 99 | | 27.41 | |
| Simao Miguel, CAPITAO | 97 | | 29.35 Alexandre Ferreira, AMORIM | 99 | | 24.18 | |
| 2. Natacao de Valongo 1 | M | | Natacao de Valongo | 1:51.10 | 540 | 12,00 | |
| Nuno Henrique, GUIMARAES | 99 | +0,78 | 28.18 Afonso Ribeiro, COUTO | 99 | | 26.43 | |
| Pedro Nuno, VIEIRA | 98 | | 32.22 Humberto Fernandes, FELGUEIRAS | 98 | | 24.27 | |
| 3. Leixões Sport Clube 1 | M | | Leixões Sport Clube | 1:54.35 | 495 | 11,00 | |
| Diogo Fontes, MOREIRA | 93 | +0,59 | 28.78 Joao Pedro, NEVES | 93 | | 26.98 | |
| Ricardo Manuel, MONTEIRO | 98 | | 32.48 Joao Afonso, PICAIO | 97 | | 26.11 | |
| 4. Aquatico Pacense 1 | M | | Aquatico Pacense | 1:54.96 | 488 | 10,00 | |
| Antonio Rafael, BESSA | 94 | +0,56 | 29.84 Luis Carlos, ALMEIDA | 98 | | 27.42 | |
| Miguel Angelo, CRUZ | 96 | | 31.25 Pedro Miguel, LINO | 98 | | 26.45 | |
| 5. Vilacondense 1 | M | | Vilacondense | 1:56.93 | 463 | 9,00 | |
| Daniel Costa, VIEIRA | 95 | +0,63 | 31.11 Rui Jorge, MATIAS | 99 | | 28.45 | |
| Filipe Carmo, RAMOS | 97 | | 30.81 Pedro Saraiva, SILVA | 99 | | 26.56 | |
| 6. Vitória de Guimaraes/Olicargo 1 | M | | Vitória de Guimaraes/Olicargo | 1:57.80 | 453 | 8,00 | |
| Joao Nogueira, COSTA | 01 | +0,75 | 31.85 Eduardo Miguel, MAGALHAES | 02 | | 28.60 | |
| Albino Manuel, GONCALVES | 99 | | 33.37 Pedro Miguel, FERNANDES | 99 | | 23.98 | |

Prova 18, Masc., 4 x 50m Estilos, Absolutos

| Lugar | Sexo | Licença | Ano | Clube | Tempo Final | FINA | PTS | Obs |
|--------------------------------|------|---------|-------|----------------------------|----------------|------|-------|-----|
| 7. Fluvial Portuense 1 | M | | | Fluvial Portuense | 1:59.31 | 436 | 7,00 | |
| Bruno Rafael, MACHADO | 01 | +0,69 | 30.73 | Sergio Filipe, TRAVANCA | 00 | | 28.47 | |
| Diogo Moreno, BASTOS | 00 | | 34.82 | Nuno Correia, SOUSA | 00 | | 25.29 | |
| 8. Natacao da Maia 1 | M | | | Natacao da Maia | 2:01.93 | 409 | 6,00 | |
| Francisco Manuel, ZENZA | 01 | +0,61 | 30.77 | Paulo Filipe, SILVA | 98 | | 27.58 | |
| Bruno Miguel, MAIA | 01 | | 34.02 | Bruno Miguel, SEIXAS | 01 | | 29.56 | |
| 9. Assoc. Desportiva de Fafe 1 | M | | | Assoc. Desportiva de Fafe | 2:05.89 | 371 | 5,00 | |
| Joao Freitas, PEIXOTO | 01 | +0,64 | 31.64 | Rui Pires, MARTINS | 01 | | 29.98 | |
| Romeu Ribeiro, FERNANDES | 01 | | 36.81 | Joao Pinto, FREITAS | 01 | | 27.46 | |
| 10. Penafiel 1 | M | | | Penafiel | 2:07.74 | 355 | 4,00 | |
| Joao Paulo, PACHECO | 98 | +0,76 | 35.44 | Alvaro Miguel, MAMEDE | 87 | | 28.34 | |
| Joao Rafael, BORGES | 99 | | 37.53 | Goncalo Fernando, FERREIRA | 94 | | 26.43 | |
| 11. Ginásio Santo Tirso 1 | M | | | Ginásio Santo Tirso | 2:13.84 | 309 | 3,00 | |
| Miguel Silva, GONCALVES | 02 | | 34.69 | Francisco Miguel, NETO | 02 | | 33.10 | |
| Tiago Lima, MARTINS | 01 | | 38.42 | Domingos Tiago, PINHEIRO | 98 | | 27.63 | |
| 12. Lousada SXXI 1 | M | | | Lousada SXXI | 2:33.63 | 204 | 2,00 | |
| Flavio Rafael, BESSA | 03 | +0,68 | 38.66 | Vitor Hugo, RIBEIRO | 03 | | 39.33 | |
| Daniel Fernando, MAGALHAES | 02 | | 43.53 | Lucas Vieira, NUNES | 02 | | 32.11 | |
| EXH. Natacao de Valongo 2 | M | | | Natacao de Valongo | 2:05.05 | 379 | - | |
| Francisco Abrunhosa, RODRIGUES | 96 | +0,75 | 32.66 | Jose Miguel, RODRIGUES | 97 | | 29.05 | |
| Diogo Antonio, CARVALHO | 93 | | 36.43 | Hugo Moreira, MARTINS | 94 | | 26.91 | |