

1 - 1ª Jornada

27-04-2013 - 15:30

Prova 1	Femin., 400m Livres				14 - 15 anos
27-04-2013 - 15:30					Resultados
Recorde Regional 25m Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Regional 25m Juv	4:26.77	Alexandra Maria, SILVA	FCP	Antibes	21-12-1980
Recorde Regional 25m Jun	4:18.68	Joana Filipa, SANTOS	VSC	Guimarães	07-12-2008
Recorde Nacional (25m) Absoluto	4:13.97	Sara Beatriz, LOUREIRO	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Juv	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Jun	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis								
1.	Ana Beatriz, MARTINS	F	108375	99	Famalicao	4:31.31	649	
	50m: 31.73		150m: 1:40.97		34.61	250m: 2:50.10	34.53	350m: 3:58.74
	100m: 1:06.36		200m: 2:15.57		34.60	300m: 3:24.61	34.51	400m: 4:31.31
34.13								32.57
2.	Mariana Alexandre, OLIVEIRA	F	107368	99	Porto	4:37.35	607	
	50m: 31.23		150m: 1:44.04		35.77	250m: 2:49.09	35.34	350m: 4:00.47
	100m: 1:06.36		200m: 2:15.57		34.60	300m: 3:24.43	35.34	400m: 4:37.35
36.04								36.88
3.	Ana Beatriz La, FERIA	F	116885	99	Porto	4:45.51	557	
	50m: 33.20		150m: 1:44.04		35.77	250m: 2:56.04	36.10	350m: 4:09.63
	100m: 1:08.27		200m: 2:19.94		35.90	300m: 3:32.82	36.78	400m: 4:45.51
36.81								35.88
4.	Viviana Pinto, CUNHA	F	125474	99	Famalicao	4:48.91	537	
	50m: 33.06		150m: 1:44.85		36.19	250m: 2:58.97	37.17	350m: 4:12.91
	100m: 1:08.66		200m: 2:21.80		36.95	300m: 3:36.08	37.11	400m: 4:48.91
36.83								36.00
5.	Ines Maria, NEVES	F	104492	99	Porto	4:53.83	511	
	50m: 33.41		150m: 1:45.25		36.72	250m: 3:00.61	37.29	350m: 4:16.88
	100m: 1:09.22		200m: 2:23.32		37.35	300m: 3:38.75	38.14	400m: 4:53.83
38.13								36.95
6.	Marta Ferreira, ROCHA	F	110558	99	Leixoes Sport Clube	4:53.85	510	
	50m: 33.88		150m: 1:46.12		36.39	250m: 3:01.30	37.70	350m: 4:16.84
	100m: 1:09.73		200m: 2:23.60		37.48	300m: 3:39.65	38.35	400m: 4:53.85
37.19								37.01
7.	Carolina Silva, MOREIRA	F	118910	99	CNMaia	4:55.49	502	
	50m: 32.84		150m: 1:45.25		36.72	250m: 2:59.47	37.45	350m: 4:12.86
	100m: 1:08.53		200m: 2:22.02		36.77	300m: 3:36.99	37.52	400m: 4:55.49
35.87								42.63
	Noemia Verdi, SILVA	F	111770	99	Vitoria Sport Clube	4:55.49	502	
	50m: 32.57		150m: 1:46.15		37.77	250m: 3:00.85	37.40	350m: 4:17.50
	100m: 1:08.38		200m: 2:23.45		37.30	300m: 3:39.47	38.62	400m: 4:55.49
38.03								37.99
9.	Carina Rodrigues, MARINHO	F	111716	99	Foca	4:57.86	490	
	50m: 33.39		150m: 1:46.93		37.46	250m: 3:03.13	38.27	350m: 4:20.06
	100m: 1:09.47		200m: 2:24.86		37.93	300m: 3:41.43	38.30	400m: 4:57.86
38.63								37.80
10.	Ines Maria, PEREIRA	F	105607	99	Leixoes Sport Clube	4:58.70	486	
	50m: 33.44		150m: 1:47.27		37.74	250m: 3:03.74	38.58	350m: 4:20.81
	100m: 1:09.53		200m: 2:25.16		37.89	300m: 3:41.98	38.24	400m: 4:58.70
38.83								37.89
11.	Ana Caetano, OLIVEIRA	F	118366	99	Leixoes Sport Clube	4:59.91	480	
	50m: 34.40		150m: 1:48.55		37.81	250m: 3:05.12	38.38	350m: 4:22.00
	100m: 1:10.74		200m: 2:26.74		38.19	300m: 3:43.80	38.68	400m: 4:59.91
38.20								37.91
12.	Catarina vieira, CORREIA	F	121076	99	Leixoes Sport Clube	5:00.55	477	
	50m: 34.40		150m: 1:50.75		38.38	250m: 3:07.30	38.31	350m: 4:23.37
	100m: 1:12.37		200m: 2:28.99		38.24	300m: 3:45.35	38.05	400m: 5:00.55
38.02								37.18
13.	Rosana Marinho, MACEDO	F	111500	99	Foca	5:00.72	476	
	50m: 34.29		150m: 1:48.98		38.00	250m: 3:06.46	39.06	350m: 4:23.70
	100m: 1:10.98		200m: 2:27.40		38.42	300m: 3:45.20	38.74	400m: 5:00.72
38.50								37.02
14.	Maria Leonor, MARTINS	F	107962	99	Gespacos	5:01.03	475	
	50m: 33.96		150m: 1:49.96		38.54	250m: 3:06.83	38.55	350m: 4:24.32
	100m: 1:11.42		200m: 2:28.28		38.32	300m: 3:45.53	38.70	400m: 5:01.03
38.79								36.71
15.	Ines Silva, MARQUES	F	110560	99	CNMaia	5:03.11	465	
	50m: 35.26		150m: 1:51.61		37.81	250m: 3:08.62	38.55	350m: 4:26.19
	100m: 1:13.80		200m: 2:30.07		38.46	300m: 3:48.28	39.66	400m: 5:03.11
37.91								36.92
16.	Ines Ferreira, LOPES	F	107956	99	Leixoes Sport Clube	5:03.24	464	
	50m: 34.54		150m: 1:52.23		39.05	250m: 3:10.46	39.11	350m: 4:26.73
	100m: 1:13.18		200m: 2:31.35		39.12	300m: 3:49.52	39.06	400m: 5:03.24
37.21								36.51
17.	Ana Cristina, SOUSA	F	110472	99	Porto	5:04.83	457	
	50m: 33.57		150m: 1:49.41		38.64	250m: 3:07.82	38.90	350m: 4:26.25
	100m: 1:10.77		200m: 2:28.92		39.51	300m: 3:47.31	39.49	400m: 5:04.83
38.94								38.58
18.	Ana Alexandra, OLIVEIRA	F	104491	99	Individual Norte de Portugal	5:05.65	454	
	50m: 33.45		150m: 1:48.45		38.54	250m: 3:06.42	39.21	350m: 4:26.10
	100m: 1:09.91		200m: 2:27.21		38.76	300m: 3:45.90	39.48	400m: 5:05.65
40.20								39.55

O Secretário do Juri

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Splash Meet Manager 11, Build 25506

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Prova 1, Femin., 400m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final				Pts	Obs
19.	Tatiana Isabel, CARDOSO	F	108175	99	Porto	5:07.78	444				
	50m: 34.61 34.61		150m: 1:51.50		39.10	250m: 3:10.29		39.28	350m: 4:29.87		39.61
	100m: 1:12.40 37.79		200m: 2:31.01		39.51	300m: 3:50.26		39.97	400m: 5:07.78		37.91
20.	Mafalda Malafaia, OLIVEIRA	F	109663	99	Porto	5:10.72	432				
	50m: 34.78 34.78		150m: 1:53.13		39.64	250m: 3:12.97		39.84	350m: 4:32.99		40.55
	100m: 1:13.49 38.71		200m: 2:33.13		40.00	300m: 3:52.44		39.47	400m: 5:10.72		37.73
21.	Rita Almeida, FRECHES	F	111873	99	Leixões Sport Clube	5:12.19	426				
	50m: 34.99 34.99		150m: 1:52.95		39.42	250m: 3:12.70		39.91	350m: 4:33.21		40.31
	100m: 1:13.53 38.54		200m: 2:32.79		39.84	300m: 3:52.90		40.20	400m: 5:12.19		38.98
22.	Ana Teresa, NASCIMENTO	F	111876	99	Leixões Sport Clube	5:13.79	419				
	50m: 34.61 34.61		150m: 1:53.47		39.99	250m: 3:14.16		40.42	350m: 4:35.03		39.96
	100m: 1:13.48 38.87		200m: 2:33.74		40.27	300m: 3:55.07		40.91	400m: 5:13.79		38.76
23.	Catarina Isabel, BRANCO	F	118331	99	Ginásio Santo Tirso	5:14.55	416				
	50m: 34.21 34.21		150m: 1:53.48		40.41	250m: 3:14.87		40.44	350m: 4:35.79		40.84
	100m: 1:13.07 38.86		200m: 2:34.43		40.95	300m: 3:54.95		40.08	400m: 5:14.55		38.76
24.	Maria Margarida, CABRAL	F	118114	99	Porto	5:18.06	402				
	50m: 35.89 35.89		150m: 1:55.34		39.98	250m: 3:15.96		40.36	350m: 4:37.79		41.06
	100m: 1:15.36 39.47		200m: 2:35.60		40.26	300m: 3:56.73		40.77	400m: 5:18.06		40.27
25.	Barbara Rita, SOUSA	F	116906	99	Valongo	5:23.03	384				
	50m: 35.13 35.13		150m: 1:54.01		40.21	250m: 3:16.50		41.69	350m: 4:40.63		42.14
	100m: 1:13.80 38.67		200m: 2:34.81		40.80	300m: 3:58.49		41.99	400m: 5:23.03		42.40
26.	Sandra Catarina, SILVA	F	117558	99	Propaganda da Natacao	5:38.15	335				
	50m: 38.06 38.06		150m: 2:02.53		42.82	250m: 3:29.15		42.49	350m: 4:56.70		44.12
	100m: 1:19.71 41.65		200m: 2:46.66		44.13	300m: 4:12.58		43.43	400m: 5:38.15		41.45
27.	Margarida Castro, OLIVEIRA	F	117323	99	Vitória Sport Clube	5:47.05	310				
	50m: 38.87 38.87		150m: 2:04.16		43.04	250m: 3:32.93		44.70	350m: 5:03.07		45.41
	100m: 1:21.12 42.25		200m: 2:48.23		44.07	300m: 4:17.66		44.73	400m: 5:47.05		43.98
28.	Renata vaz, PINTO	F	108165	99	Leixões Sport Clube	6:05.72	265				
	50m: 38.82 38.82		150m: 2:07.63		45.39	250m: 3:42.98		48.03	350m: 5:19.46		47.91
	100m: 1:22.24 43.42		200m: 2:54.95		47.32	300m: 4:31.55		48.57	400m: 6:05.72		46.26
29.	Ana Rita, MEIRELES	F	109278	99	Lousada	6:08.33	259				
	50m: 40.32 40.32		150m: 2:12.99		47.18	250m: 3:48.92		48.00	350m: 5:23.92		46.81
	100m: 1:25.81 45.49		200m: 3:00.92		47.93	300m: 4:37.11		48.19	400m: 6:08.33		44.41

Juniores

1.	Ana Silva, COSTA	F	104446	98	Famalicao	4:31.57	647				
	50m: 31.56 31.56		150m: 1:39.81		34.53	250m: 2:48.74		34.59	350m: 3:58.10		34.49
	100m: 1:05.28 33.72		200m: 2:14.15		34.34	300m: 3:23.61		34.87	400m: 4:31.57		33.47
2.	Maria Carolina, RIBEIRO	F	106805	98	Porto	4:33.37	634				
	50m: 31.01 31.01		150m: 1:39.62		34.55	250m: 2:49.43		34.65	350m: 3:59.47		34.65
	100m: 1:05.07 34.06		200m: 2:14.78		35.16	300m: 3:24.82		35.39	400m: 4:33.37		33.90
3.	Ines Lucas, ALVES	F	104738	98	Leixões Sport Clube	4:40.80	585				
	50m: 33.03 33.03		150m: 1:44.10		35.72	250m: 2:55.37		35.39	350m: 4:05.96		34.97
	100m: 1:08.38 35.35		200m: 2:19.98		35.88	300m: 3:30.99		35.62	400m: 4:40.80		34.84
4.	Beatriz Neves, CARDOSO	F	105741	98	Lamas	4:44.42	563				
	50m: 33.01 33.01		150m: 1:44.47		35.86	250m: 2:55.90		35.10	350m: 4:07.69		35.58
	100m: 1:08.61 35.60		200m: 2:20.80		36.33	300m: 3:32.11		36.21	400m: 4:44.42		36.73
5.	Catarina Alexandra, JARDIM	F	104449	98	Famalicao	4:45.35	557				
	50m: 32.24 32.24		150m: 1:42.52		35.66	250m: 2:54.64		36.34	350m: 4:08.25		36.94
	100m: 1:06.86 34.62		200m: 2:18.30		35.78	300m: 3:31.31		36.67	400m: 4:45.35		37.10
6.	Ana Carolina, MOREIRA	F	111076	98	Porto	4:47.01	548				
	50m: 32.98 32.98		150m: 1:44.82		36.64	250m: 2:58.51		37.03	350m: 4:11.61		36.50
	100m: 1:08.18 35.20		200m: 2:21.48		36.66	300m: 3:35.11		36.60	400m: 4:47.01		35.40
7.	Francisca Santos, PEREIRA	F	102019	98	Porto	4:47.12	547				
	50m: 32.57 32.57		150m: 1:44.18		35.97	250m: 2:56.96		36.38	350m: 4:11.75		37.75
	100m: 1:08.21 35.64		200m: 2:20.58		36.40	300m: 3:34.00		37.04	400m: 4:47.12		35.37
8.	Graca Maria, ARAUJO	F	104456	98	Famalicao	4:47.76	544				
	50m: 32.43 32.43		150m: 1:43.84		36.22	250m: 2:56.74		36.43	350m: 4:10.73		37.08
	100m: 1:07.62 35.19		200m: 2:20.31		36.47	300m: 3:33.65		36.91	400m: 4:47.76		37.03
9.	Patricia Goncalves, CARDOSO	F	107707	98	Porto	4:49.79	532				
	50m: 32.19 32.19		150m: 1:43.00		36.03	250m: 2:56.34		36.93	350m: 4:12.20		38.15
	100m: 1:06.97 34.78		200m: 2:19.41		36.41	300m: 3:34.05		37.71	400m: 4:49.79		37.59
10.	Ana Margarida, SANTOS	F	106839	98	Porto	4:51.07	525				
	50m: 32.74 32.74		150m: 1:44.53		36.16	250m: 2:58.02		37.09	350m: 4:13.12		37.62
	100m: 1:08.37 35.63		200m: 2:20.93		36.40	300m: 3:35.50		37.48	400m: 4:51.07		37.95
11.	Joana Cunha, SOUSA	F	103054	98	Foca	4:51.61	522				
	50m: 33.00 33.00		150m: 1:44.69		36.32	250m: 2:58.80		37.51	350m: 4:14.20		37.92
	100m: 1:08.37 35.37		200m: 2:21.29		36.60	300m: 3:36.28		37.48	400m: 4:51.61		37.41
12.	Lucilia Ferreira, FREITAS	F	111082	98	Porto	4:53.64	512				
	50m: 32.29 32.29		150m: 1:45.58		37.37	250m: 3:00.93		37.69	350m: 4:16.91		37.92
	100m: 1:08.21 35.92		200m: 2:23.24		37.66	300m: 3:38.99		38.06	400m: 4:53.64		36.73

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Splash Meet Manager 11, Build 25506

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Prova 1, Femin., 400m Livres, Juniores

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
13.	Barbara Nogueira, GONCALVES	F	104448	98	Famalicao	4:53.97	510	
	50m: 32.17 32.17		150m: 1:44.37		36.70 250m: 2:58.97	37.28	350m: 4:15.36	38.27
	100m: 1:07.67 35.50		200m: 2:21.69		37.32 300m: 3:37.09	38.12	400m: 4:53.97	38.61
14.	Ana Beatriz, MEIRELES	F	110663	98	Assoc. Desportiva de Fafe	4:54.51	507	
	50m: 33.48 33.48		150m: 1:47.60		37.26 250m: 3:02.39	37.41	350m: 4:17.80	37.77
	100m: 1:10.34 36.86		200m: 2:24.98		37.38 300m: 3:40.03	37.64	400m: 4:54.51	36.71
15.	Ines Evangelista, BASTOS	F	110627	98	Assoc. Desportiva de Fafe	4:57.62	491	
	50m: 32.60 32.60		150m: 1:46.53		37.62 250m: 3:03.09	38.60	350m: 4:19.98	38.30
	100m: 1:08.91 36.31		200m: 2:24.49		37.96 300m: 3:41.68	38.59	400m: 4:57.62	37.64
16.	Rita Maria, CARDOSO	F	105877	98	Leixões Sport Clube	4:58.61	486	
	50m: 34.97 34.97		150m: 1:50.60		38.33 250m: 3:06.35	37.81	350m: 4:21.51	37.33
	100m: 1:12.27 37.30		200m: 2:28.54		37.94 300m: 3:44.18	37.83	400m: 4:58.61	37.10
17.	Carla Luisa, ALVES	F	117522	98	Famalicao	4:58.89	485	
	50m: 33.76 33.76		150m: 1:49.39		37.95 250m: 3:07.02	38.40	350m: 4:22.99	37.93
	100m: 1:11.44 37.68		200m: 2:28.62		39.23 300m: 3:45.06	38.04	400m: 4:58.89	35.90
18.	Mafalda Ho, SANTOS	F	104714	98	Leixões Sport Clube	5:04.40	459	
	50m: 34.64 34.64		150m: 1:51.22		38.84 250m: 3:08.85	38.43	350m: 4:26.07	38.55
	100m: 1:12.38 37.74		200m: 2:30.42		39.20 300m: 3:47.52	38.67	400m: 5:04.40	38.33
19.	Ana Rita, MESQUITA	F	111875	98	Propaganda da Natacao	5:11.61	428	
	50m: 35.68 35.68		150m: 1:53.61		39.17 250m: 3:12.94	40.13	350m: 4:33.64	40.15
	100m: 1:14.44 38.76		200m: 2:32.81		39.20 300m: 3:53.49	40.55	400m: 5:11.61	37.97
20.	Joana Maria, LOPES	F	105489	98	Vitória Sport Clube	5:13.57	420	
	50m: 35.30 35.30		150m: 1:53.99		40.02 250m: 3:13.83	40.26	350m: 4:34.97	40.58
	100m: 1:13.97 38.67		200m: 2:33.57		39.58 300m: 3:54.39	40.56	400m: 5:13.57	38.60
21.	Daniela Rodrigues, FIGUEIREDO	F	102684	98	Propaganda da Natacao	5:13.93	419	
	50m: 34.55 34.55		150m: 1:53.40		40.49 250m: 3:13.50	39.69	350m: 4:34.79	40.52
	100m: 1:12.91 38.36		200m: 2:33.81		40.41 300m: 3:54.27	40.77	400m: 5:13.93	39.14
22.	Ana Carolina, PEREIRA	F	104475	98	Porto	5:15.18	414	
	50m: 34.91 34.91		150m: 1:53.27		39.77 250m: 3:13.48	40.51	350m: 4:35.12	40.93
	100m: 1:13.50 38.59		200m: 2:32.97		39.70 300m: 3:54.19	40.71	400m: 5:15.18	40.06
23.	Rita Lima, PEREIRA	F	105777	98	Lamas	5:15.43	413	
	50m: 35.64 35.64		150m: 1:54.00		39.77 250m: 3:14.35	40.09	350m: 4:35.86	40.33
	100m: 1:14.23 38.59		200m: 2:34.26		40.26 300m: 3:55.53	41.18	400m: 5:15.43	39.57
24.	Francisca Sousa, MAIA	F	117523	98	Famalicao	5:27.44	369	
	50m: 36.24 36.24		150m: 1:56.51		40.26 250m: 3:19.51	41.75	350m: 4:45.67	43.57
	100m: 1:16.25 40.01		200m: 2:37.76		41.25 300m: 4:02.10	42.59	400m: 5:27.44	41.77
25.	Ana Rita, CORREIA	F	104558	98	Lousada	5:27.83	367	
	50m: 35.39 35.39		150m: 1:54.98		40.67 250m: 3:19.51	42.53	350m: 4:45.98	43.30
	100m: 1:14.31 38.92		200m: 2:36.98		42.00 300m: 4:02.68	43.17	400m: 5:27.83	41.85
26.	Marcela Maria, MACHADO	F	117326	98	Vitória Sport Clube	5:32.03	354	
	50m: 35.71 35.71		150m: 1:57.37		41.71 250m: 3:23.19	42.94	350m: 4:49.71	43.16
	100m: 1:15.66 39.95		200m: 2:40.25		42.88 300m: 4:06.55	43.36	400m: 5:32.03	42.32
27.	Cristina Cunha, MENDES	F	106833	98	Vitória Sport Clube	5:37.48	337	
	50m: 35.13 35.13		150m: 2:00.22		43.93 250m: 3:28.28	44.76	350m: 4:55.32	44.04
	100m: 1:16.29 41.16		200m: 2:43.52		43.30 300m: 4:11.28	43.00	400m: 5:37.48	42.16
28.	Sofia Isabel, CORREIA	F	104560	98	Lousada	5:44.60	316	
	50m: 38.80 38.80		150m: 2:04.23		43.47 250m: 3:32.24	44.42	350m: 5:01.59	44.63
	100m: 1:20.76 41.96		200m: 2:47.82		43.59 300m: 4:16.96	44.72	400m: 5:44.60	43.01
29.	Raquel Sofia, LIMA	F	118326	98	Ginásio Santo Tirso	5:51.27	299	
	50m: 38.82 38.82		150m: 2:04.86		44.28 250m: 3:34.66	44.71	350m: 5:06.39	45.85
	100m: 1:20.58 41.76		200m: 2:49.95		45.09 300m: 4:20.54	45.88	400m: 5:51.27	44.88
DSQ	Diana Filipa, PORTELA 102 - Falsa partida – SW 4.4	F	105488	98	Vitória Sport Clube			DSQ
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	

Prova 2
27-04-2013 - 16:20

Masc., 200m Estilos

15 - 17 anos
Resultados

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis A									
1.	Luis Carlos, OLIVEIRA	97	Porto	2:15.57	535	29.03	34.89	40.19	31.46
2.	Andre Resende, PINHEIRO	97	Porto	2:15.94	530	29.45	35.14	40.19	31.16
3.	Artur Miguel, MARQUES	97	Leixões Sport Clube	2:16.70	522	28.93	35.79	41.88	30.10
4.	Ivo Pinto, RIBEIRO	97	Foca	2:18.01	507	28.81	33.63	42.81	32.76
5.	Andre Goncalo, SANTOS	97	Leixões Sport Clube	2:18.61	500	28.80	35.57	39.89	34.35
6.	Simao Miguel, CAPITAO	97	Lamas	2:18.68	500	29.80	36.76	39.31	32.81
7.	Ruben Oliveira, LOPES	97	Porto	2:18.72	499	28.70	34.45	43.29	32.28
8.	Flavio Dias, SILVA	97	Famalicão	2:19.28	493	30.05	36.27	39.54	33.42
9.	Jose Ricardo, SOUSA	97	Lousada	2:19.41	492	29.87	35.80	41.15	32.59
10.	Joao Afonso, PICA	97	Leixões Sport Clube	2:20.45	481	31.38	35.03	42.21	31.83
11.	Ricardo David, SILVA	97	Foca	2:21.79	467	30.37	36.41	44.63	30.38
12.	Vitor Joao, PEREIRA	97	Leixões Sport Clube	2:22.45	461	30.20	36.77	41.78	33.70
13.	David Andre, ALMEIDA	97	Ginásio Santo Tirso	2:23.45	451	29.67	37.06	43.64	33.08
14.	Joao Paulo, SILVA	97	Gespacos	2:23.91	447	31.37	36.84	42.04	33.66
15.	Marco Andre, FERNANDES	97	Gespacos	2:23.93	447	30.22	37.25	42.99	33.47
16.	Joao Luis, TRAVANCA	97	Porto	2:24.46	442	31.11	37.07	43.15	33.13
17.	Jorge Filipe, MATOS	97	Gespacos	2:25.24	435	32.43	37.21	41.94	33.66
18.	Paulo Filipe, MIRANDA	97	Assoc. Desportiva de Fafe	2:25.48	433	30.99	37.64	42.38	34.47
19.	Pedro Manuel, SILVA	97	Ginásio Santo Tirso	2:25.66	431	30.66	39.39	43.25	32.36
20.	Joao Miguel, ASCENSAO	97	Porto	2:25.97	428	28.93	38.03	46.14	32.87
21.	Joao Diogo, POINHO	97	Porto	2:26.39	425	30.52	39.06	42.90	33.91
22.	B., PEDROSO	97	Valongo	2:26.58	423	31.02	37.96	44.35	33.25
23.	Filipe Manuel, FERREIRA	97	Porto	2:28.37	408	31.66	39.07	42.45	35.19
24.	Pedro Ferreira, LOPES	97	Ginásio Santo Tirso	2:28.76	405	30.55	38.66	45.80	33.75
25.	Victor Monteiro, CUNHA	97	Assoc. Desportiva de Fafe	2:31.21	385	32.58	40.27	47.13	31.23
26.	Jose Miguel, RODRIGUES	97	Valongo	2:31.52	383	31.79	38.01	46.83	34.89
27.	Andre Oliveira, COUTO	97	Lamas	2:35.81	352	33.33	42.87	43.39	36.22
28.	Joel Baptista, PEIXOTO	97	Lamas	2:36.19	350	33.98	40.88	47.58	33.75
29.	Pedro Niz, SILVA	97	Gespacos	2:37.02	344	32.73	41.47	45.08	37.74
30.	Tiago Alberto, SANTOS	97	Lamas	2:37.87	339	32.92	42.56	48.07	34.32
31.	Joao Miguel, TORRADO	97	Porto	2:37.90	338	34.59	40.48	47.53	35.30
32.	Eugenio Alexandre, DURANTE	97	Vitória Sport Clube	2:40.77	321	36.06	41.37	49.80	33.54
33.	A., MADUREIRA	97	Fluvial Portuense	2:49.18	275	37.75	44.64	50.03	36.76
34.	Joao Pedro, GUEDES	97	Lamas	2:58.92	232	39.89	45.13	53.40	40.50
DSQ	Luis Carlos, MATIAS	97	Foca						

419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 125 metros – SW 7.6

Juvenis B

1.	Joao Carlos, SILVA	98	Famalicão	2:18.35	503	29.22	35.52	41.94	31.67
2.	Diogo Miguel, COSTA	98	Porto	2:19.06	496	30.28	36.03	40.19	32.56
3.	Vasco Gradim, AMORIM	98	Porto	2:19.70	489	30.35	35.23	42.05	32.07
4.	Pedro Ferraz, SILVA	98	Gespacos	2:20.20	484	29.92	36.87	40.99	32.42
5.	Joao Costa, FERREIRA	98	Famalicão	2:21.68	469	30.78	38.13	41.40	31.37
6.	Goncalo Miguel, NOGUEIRA	98	Porto	2:21.74	468	29.93	37.90	42.39	31.52
7.	H., FELGUEIRAS	98	Valongo	2:21.81	467	30.32	35.07	42.83	33.59
8.	Pedro Nuno, VIEIRA	98	Valongo	2:21.90	466	30.55	36.51	41.63	33.21
9.	Luis Filipe, SOARES	98	Lamas	2:22.00	465	29.87	36.32	41.75	34.06
10.	Xavier Ribeiro, FERREIRA	98	Famalicão	2:22.04	465	30.89	35.42	41.86	33.87

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

29-04-2013 11:35 - Página 4

Prova 2, Masc., 200m Estilos, Juvenis B

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
11. Paulo Filipe, SILVA	98	CNMaia	2:22.37	462	30.07	36.68	42.14	33.48
12. Leandro Miguel, BAPTIST/98		Leixões Sport Clube	2:22.84	457	30.62	37.81	42.35	32.06
13. Luis Carlos, ALMEIDA	98	Gespacos	2:23.08	455	30.96	38.01	40.81	33.30
14. Pedro Miguel, LINO	98	Gespacos	2:23.20	454	31.86	38.92	41.60	30.82
15. Tomas Robalo, MAIA	98	Famalicão	2:23.95	447	30.21	39.14	41.43	33.17
16. Joao Nuno, COSTA	98	Gespacos	2:25.52	432	32.81	37.95	40.88	33.88
17. Jose Pedro, SAMPAIO	98	Foca	2:26.27	426	30.32	37.39	44.07	34.49
18. Joao Santos, MENDES	98	Leixões Sport Clube	2:26.72	422	32.17	36.32	44.13	34.10
19. Eduardo Abel, DUARTE	98	Lousada	2:26.86	421	32.23	36.02	44.60	34.01
20. Joao Diogo, LOURENCO	98	Foca	2:26.90	420	32.79	37.46	43.72	32.93
21. Pedro Goncalves, NETO	98	Porto	2:27.62	414	31.47	37.32	45.69	33.14
22. A., CARVALHO	98	Fluvial Portuense	2:27.67	414	31.74	39.94	43.15	32.84
23. Pedro Silva, FERREIRA	98	Famalicão	2:29.51	399	32.34	41.70	40.27	35.20
24. Jorge Rogerio, MORAIS	98	Lousada	2:29.56	398	30.91	37.20	47.04	34.41
25. Ricardo Manuel, MONTEIF98		Leixões Sport Clube	2:31.25	385	32.42	40.36	43.03	35.44
26. Joao Pedro, SANTOS	98	Lousada	2:31.35	384	32.26	38.66	43.78	36.65
27. Domingos Tiago, PINHEIF98		Ginásio Santo Tirso	2:31.56	383	31.97	42.22	44.40	32.97
28. Joao Ribeiro, MIRANDA	98	Foca	2:31.90	380	33.44	39.48	44.92	34.06
29. Rodrigo Reis, SILVA	98	Lamas	2:32.96	372	31.49	39.17	46.98	35.32
30. Victor Tiago, GONCALVES98		Porto	2:34.02	365	32.77	40.93	46.15	34.17
31. Ricardo Miguel, MOREIRA98		Valongo	2:34.24	363	32.88	39.59	48.26	33.51
32. Eduardo Maia, MENDES	98	Famalicão	2:34.59	361	34.67	36.68	47.07	36.17
33. Diogo Ferreira, NEVES	98	Valongo	2:34.64	360	32.96	40.39	46.59	34.70
34. Diogo Alexandre, PEREIR98		Porto	2:36.39	348	35.05	42.19	45.50	33.65
35. Carlos Andre, BESSA	98	Lousada	2:37.68	340	33.31	40.74	47.21	36.42
36. Leonardo Filipe, SILVA	98	Leixões Sport Clube	2:39.48	328	34.02	40.55	48.86	36.05
37. Joao Pedro, PIMENTEL	98	Lamas	2:40.21	324	34.48	42.30	46.16	37.27
38. Tiago Filipe, FERREIRA	98	Valongo	2:41.72	315	33.50	42.84	45.86	39.52
39. Nuno Filipe, PEREIRA	98	Propaganda da Natacao	2:42.73	309	33.27	39.92	50.05	39.49
40. Daniel Nunes, SOUSA	98	Famalicão	2:43.30	306	34.58	44.42	47.59	36.71
41. Diogo Andre, TEIXEIRA	98	Vitória Sport Clube	2:43.79	303	37.05	39.97	48.47	38.30
42. Joao Paulo, PACHECO	98	Penafiel	2:44.86	297	33.73	38.75	55.61	36.77
43. A., COELHO	98	Lamas	2:47.08	285	37.71	44.59	44.94	39.84
44. Rafael Pinheiro, RAMOS	98	Porto	2:48.41	279	38.44	42.96	49.63	37.38

Juniiores

1. Artur Jose, REIS	96	Porto	2:10.90	594	27.82	34.00	37.96	31.12
2. Tiago Manuel, TEIXEIRA	96	Vitória Sport Clube	2:12.96	567	27.96	32.85	40.16	31.99
3. L., FIGUEIREDO	96	Porto	2:13.98	554	28.64	34.38	39.62	31.34
4. Vitor Samuel, ROCHA	96	Gespacos	2:19.29	493	29.68	36.15	42.61	30.85
5. Andre Coelho, OLIVEIRA	96	Vitória Sport Clube	2:20.51	480	29.62	35.44	44.22	31.23
6. Joao Paulo, CAPITAO	96	Lamas	2:20.77	478	29.89	38.65	39.07	33.16
7. Bruno Miguel, SILVA	96	Porto	2:21.87	467	29.67	38.40	42.93	30.87
8. Paulo Martins, ALMEIDA	96	Ginásio Santo Tirso	2:24.27	444	31.96	39.66	39.49	33.16
9. David Nunes, SOUSA	96	Famalicão	2:25.98	428	30.13	37.78	48.31	29.76
10. Jose Carlos, TEIXEIRA	96	Foca	2:29.26	401	31.58	38.56	43.25	35.87
11. Nuno Filipe, GONCALVES96		Vitória Sport Clube	2:30.68	389	33.01	38.22	46.92	32.53
12. Daniel Batista, COIMBRA	96	Lamas	2:30.79	389	33.84	37.91	44.53	34.51
13. Manuel Duarte, FERNAND96		Famalicão	2:32.42	376	31.47	40.78	44.79	35.38
14. Filipe Costa, BARROSO	96	Leixões Sport Clube	2:34.24	363	30.77	40.05	49.28	34.14
15. Duarte Magalhaes, PINTO96		Ginásio Santo Tirso	2:37.62	340	34.18	40.35	48.41	34.68
16. Joao Pedro, MACHADO	96	Vitória Sport Clube	2:41.62	315	32.31	44.63	46.91	37.77

O Secretário do Juri

O Juiz Árbitro

Prova 3 Femin., 200m Estilos 14 - 15 anos
27-04-2013 - 17:15 Resultados

Recorde Regional 25m Absoluto	2:17.54	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Juv	2:21.88	Diana Margarida, DURAES	FOCA	Abrantes	10-04-2010
Recorde Regional 25m Jun	2:18.23	Diana Ramos, ROCHA	CFV	Leiria	05-12-2009
Recorde Nacional (25m) Absoluto	2:14.28	Victoria, KAMINSKAYA	PIMP	Porto	08-12-2012
Recorde Nacional (25m) Juv	2:20.93	Susana Patricia, MIGUEL	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Jun	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Juvenis								
1.	99	Ana Beatriz, MARTINS	2:25.03	634	32.23	38.43	40.87	33.50
2.	99	M., OLIVEIRA	2:31.57	555	33.64	40.16	44.32	33.45
3.	99	Marta Ferreira, ROCHA	2:36.65	503	33.63	40.11	46.54	36.37
4.	99	Ana Beatriz La, FERIA	2:37.56	494	34.86	41.38	46.32	35.00
5.	99	Rosana Marinho, MACED	2:38.14	489	34.75	40.26	47.38	35.75
6.	99	Ines Maria, PEREIRA	2:38.16	488	34.08	41.77	46.94	35.37
7.	99	Viviana Pinto, CUNHA	2:38.28	487	34.87	41.12	46.84	35.45
8.	99	Ines Silva, MARQUES	2:42.07	454	35.55	42.45	45.85	38.22
9.	99	Ines Maria, NEVES	2:42.22	453	36.63	42.20	46.60	36.79
10.	99	Maria Leonor, MARTINS	2:42.24	452	33.56	43.13	48.55	37.00
11.	99	Ana Teresa, NASCIMENT	2:42.55	450	36.19	42.05	46.54	37.77
12.	99	Carolina Silva, MOREIRA	2:43.18	445	36.16	42.46	48.36	36.20
13.	99	Noemia Verdi, SILVA	2:44.23	436	36.08	44.04	47.39	36.72
14.	99	Ana Cristina, SOUSA	2:44.63	433	33.88	43.81	49.60	37.34
15.	99	Catarina Isabel, BRANCO	2:44.99	430	37.94	44.17	45.00	37.88
16.	99	Carina Rodrigues, MARIN	2:45.25	428	38.23	41.26	48.46	37.30
17.	99	Mafalda Malafaia, OLIVEIR	2:45.58	426	36.84	42.90	48.36	37.48
18.	99	Ana Caetano, OLIVEIRA	2:46.74	417	38.07	42.32	50.56	35.79
19.	99	Rita Almeida, FRECHES	2:46.81	416	39.25	39.94	49.68	37.94
20.	99	Ines Ferreira, LOPES	2:47.19	413	37.58	42.76	51.85	35.00
21.	99	Catarina vieira, CORREIA	2:48.03	407	37.73	43.24	49.95	37.11
22.	99	Barbara Rita, SOUSA	2:48.05	407	38.51	42.43	46.77	40.34
23.	99	Ana Alexandra, OLIVEIRA	2:48.55	403	37.39	42.62	50.99	37.55
24.	99	Tatiana Isabel, CARDOSC	2:51.15	385	37.81	43.35	52.83	37.16
25.	99	Maria Margarida, CABRAL	2:51.76	381	37.84	41.33	53.17	39.42
26.	99	Ana Raquel, BRAGANCA	2:57.72	344	38.02	45.67	50.85	43.18
27.	99	Sandra Catarina, SILVA	2:58.06	342	40.39	46.68	50.50	40.49
28.	99	Ana Rita, MEIRELES	3:02.49	318	37.45	46.07	53.72	45.25
29.	99	Margarida Castro, OLIVEIF	3:15.16	260	46.96	49.32	56.14	42.74
DSQ	99	Renata vaz, PINTO						
<i>508 - O(a) atleta efectuou movimento alternado de pernas durante o percurso – SW 8.3</i>								

Juniores

1.	98	Graca Maria, ARAUJO	2:29.82	575	31.71	38.07	44.43	35.61
2.	98	Ana Silva, COSTA	2:30.81	563	32.92	38.62	45.75	33.52
3.	98	Maria Carolina, RIBEIRO	2:32.46	545	32.77	39.86	45.71	34.12
4.	98	Ines Lucas, ALVES	2:33.72	532	33.52	39.54	45.31	35.35
5.	98	Beatriz Neves, CARDOSO	2:34.82	521	32.82	41.28	45.60	35.12
6.	98	B., GONCALVES	2:34.90	520	34.76	41.55	41.57	37.02
7.	98	Ana Carolina, MOREIRA	2:36.04	509	33.37	41.27	46.31	35.09
8.	98	Francisca Santos, PEREIF	2:37.64	493	34.75	38.62	48.27	36.00
9.	98	Diana Filipa, PORTELA	2:38.11	489	35.30	41.45	44.90	36.46
10.	98	Catarina Alexandra, JARDI	2:38.29	487	34.31	37.57	49.61	36.80

O Secretário do Juri

O Juiz Árbitro

Prova 3, Femin., 200m Estilos, Juniores

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
11.	Ana Beatriz, MEIRELES	98	Assoc. Desportiva de Fafe	2:38.91	482	35.10	40.22	47.55	36.04
12.	Ines Evangelista, BASTOS	98	Assoc. Desportiva de Fafe	2:39.08	480	36.98	40.26	44.32	37.52
13.	Lucilia Ferreira, FREITAS	98	Porto	2:39.15	479	35.58	42.02	46.15	35.40
14.	P., CARDOSO	98	Porto	2:39.82	473	34.45	43.26	48.75	33.36
15.	Carla Luisa, ALVES	98	Famalicao	2:39.89	473	33.60	42.52	48.14	35.63
16.	Rita Maria, CARDOSO	98	Leixões Sport Clube	2:40.31	469	37.97	42.71	42.85	36.78
17.	Joana Cunha, SOUSA	98	Foca	2:41.72	457	36.49	41.45	47.22	36.56
18.	Ana Margarida, SANTOS	98	Porto	2:43.89	439	34.81	40.87	52.60	35.61
19.	Francisca Sousa, MAIA	98	Famalicao	2:45.67	425	36.27	39.80	50.05	39.55
20.	D., FIGUEIREDO	98	Propaganda da Natacao	2:49.38	398	35.66	43.56	49.61	40.55
21.	Mafalda Ho, SANTOS	98	Leixões Sport Clube	2:52.56	376	38.34	45.68	49.37	39.17
22.	Rita Lima, PEREIRA	98	Lamas	2:52.82	374	37.85	44.12	50.71	40.14
23.	Ana Rita, CORREIA	98	Lousada	2:54.03	367	37.41	43.65	51.89	41.08
24.	Ana Rita, MESQUITA	98	Propaganda da Natacao	2:54.51	363	36.70	47.93	50.60	39.28
25.	Ana Carolina, PEREIRA	98	Porto	2:56.95	349	40.13	42.83	53.31	40.68
26.	Cristina Cunha, MENDES	98	Vitória Sport Clube	2:57.25	347	36.72	48.04	50.07	42.42
27.	Joana Maria, LOPES	98	Vitória Sport Clube	2:58.84	338	40.93	47.39	51.14	39.38
28.	Marcela Maria, MACHADO	98	Vitória Sport Clube	2:58.88	337	37.52	47.61	54.02	39.73
29.	Raquel Sofia, LIMA	98	Ginásio Santo Tirso	3:02.80	316	37.54	47.11	53.96	44.19
30.	Sofia Isabel, CORREIA	98	Lousada	3:07.12	295	41.45	47.27	54.91	43.49

Prova 4

Masc., 400m Livres

15 - 17 anos

27-04-2013 - 17:50

Resultados

Recorde Regional 25m Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istanbul (TUR)	10-12-2009
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 Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004
Recorde Nacional (25m) Absoluto	3:45.58	Fabio Manuel, PEREIRA	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Juv B	4:03.22	Joao Pedro, GIL	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Juv A	3:59.31	Joao Carlos, SANTOS	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Jun	3:50.52	Adriano Miguel, NIZ	CFV	Fafe	26-06-2004

Pontos: FINA 2012

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis A								
1.	Vitor Joao, PEREIRA	M	102545	97	Leixões Sport Clube	4:14.49	584	
	50m: 28.89	28.89	150m: 1:32.58	32.18	250m: 2:37.66	32.30	350m: 3:43.72	32.83
	100m: 1:00.40	31.51	200m: 2:05.36	32.78	300m: 3:10.89	33.23	400m: 4:14.49	30.77
2.	Andre Resende, PINHEIRO	M	109196	97	Porto	4:16.16	573	
	50m: 29.52	29.52	150m: 1:35.02	32.77	250m: 2:39.51	31.56	350m: 3:44.93	32.41
	100m: 1:02.25	32.73	200m: 2:07.95	32.93	300m: 3:12.52	33.01	400m: 4:16.16	31.23
3.	Artur Miguel, MARQUES	M	102930	97	Leixões Sport Clube	4:18.52	557	
	50m: 29.39	29.39	150m: 1:35.67	33.36	250m: 2:42.73	33.25	350m: 3:48.30	32.18
	100m: 1:02.31	32.92	200m: 2:09.48	33.81	300m: 3:16.12	33.39	400m: 4:18.52	30.22
4.	Luis Carlos, OLIVEIRA	M	102629	97	Porto	4:19.12	553	
	50m: 28.46	28.46	150m: 1:34.63	33.56	250m: 2:41.04	32.62	350m: 3:47.51	32.74
	100m: 1:01.07	32.61	200m: 2:08.42	33.79	300m: 3:14.77	33.73	400m: 4:19.12	31.61
5.	Joao Luis, TRAVANCA	M	104716	97	Porto	4:19.75	549	
	50m: 30.48	30.48	150m: 1:35.83	32.45	250m: 2:40.91	32.62	350m: 3:46.98	33.02
	100m: 1:03.38	32.90	200m: 2:08.29	32.46	300m: 3:13.96	33.05	400m: 4:19.75	32.77
6.	Ivo Pinto, RIBEIRO	M	108299	97	Foca	4:19.93	548	
	50m: 30.17	30.17	150m: 1:35.57	32.46	250m: 2:42.06	33.17	350m: 3:48.19	32.91
	100m: 1:03.11	32.94	200m: 2:08.89	33.32	300m: 3:15.28	33.22	400m: 4:19.93	31.74
7.	Joao Afonso, PICA0	M	102842	97	Leixões Sport Clube	4:20.07	547	
	50m: 29.62	29.62	150m: 1:34.99	33.06	250m: 2:41.56	33.44	350m: 3:48.81	33.67
	100m: 1:01.93	32.31	200m: 2:08.12	33.13	300m: 3:15.14	33.58	400m: 4:20.07	31.26
8.	Andre Goncalo, SANTOS	M	104706	97	Leixões Sport Clube	4:22.33	533	
	50m: 29.32	29.32	150m: 1:35.16	33.23	250m: 2:41.89	33.45	350m: 3:48.97	33.55
	100m: 1:01.93	32.61	200m: 2:08.44	33.28	300m: 3:15.42	33.53	400m: 4:22.33	33.36

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Prova 4, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Flavio Dias, SILVA	M	104455	97	Famalicao	4:23.06	529	
	50m: 29.79	29.79	150m: 1:35.27	33.04	250m: 2:41.83	33.43	350m: 3:49.28	33.72
	100m: 1:02.23	32.44	200m: 2:08.40	33.13	300m: 3:15.56	33.73	400m: 4:23.06	33.78
10.	Simao Miguel, CAPITAO	M	109596	97	Lamas	4:26.10	511	
	50m: 29.58	29.58	150m: 1:35.84	33.51	250m: 2:43.29	33.75	350m: 3:52.05	34.82
	100m: 1:02.33	32.75	200m: 2:09.54	33.70	300m: 3:17.23	33.94	400m: 4:26.10	34.05
11.	Ricardo David, SILVA	M	103049	97	Foca	4:26.19	510	
	50m: 30.39	30.39	150m: 1:37.58	33.88	250m: 2:45.62	33.88	350m: 3:53.65	34.05
	100m: 1:03.70	33.31	200m: 2:11.74	34.16	300m: 3:19.60	33.98	400m: 4:26.19	32.54
12.	Jose Ricardo, SOUSA	M	105759	97	Lousada	4:26.77	507	
	50m: 29.70	29.70	150m: 1:38.20	34.62	250m: 2:46.91	34.33	350m: 3:53.75	33.41
	100m: 1:03.58	33.88	200m: 2:12.58	34.38	300m: 3:20.34	33.43	400m: 4:26.77	33.02
13.	Pedro Manuel, SILVA	M	104505	97	Ginásio Santo Tirso	4:29.63	491	
	50m: 30.44	30.44	150m: 1:39.78	34.68	250m: 2:48.89	34.15	350m: 3:56.44	32.72
	100m: 1:05.10	34.66	200m: 2:14.74	34.96	300m: 3:23.72	34.83	400m: 4:29.63	33.19
14.	Ruben Oliveira, LOPES	M	102041	97	Porto	4:29.74	490	
	50m: 30.96	30.96	150m: 1:35.34	33.99	250m: 2:44.22	34.44	350m: 3:55.05	35.32
	100m: 1:01.35	30.39	200m: 2:09.78	34.44	300m: 3:19.73	35.51	400m: 4:29.74	34.69
15.	David Andre, ALMEIDA	M	20340	97	Ginásio Santo Tirso	4:32.01	478	
	50m: 30.77	30.77	150m: 1:40.07	34.96	250m: 2:49.33	33.88	350m: 3:59.55	35.71
	100m: 1:05.11	34.34	200m: 2:15.45	35.38	300m: 3:23.84	34.51	400m: 4:32.01	32.46
16.	Marco Andre, FERNANDES	M	103645	97	Gespacos	4:32.73	474	
	50m: 31.62	31.62	150m: 1:40.80	34.96	250m: 2:49.72	34.07	350m: 3:58.70	34.64
	100m: 1:05.84	34.22	200m: 2:15.65	34.85	300m: 3:24.06	34.34	400m: 4:32.73	34.03
17.	Joao Miguel, ASCENSAO	M	107710	97	Porto	4:33.24	472	
	50m: 29.75	29.75	150m: 1:38.37	35.00	250m: 2:49.26	35.42	350m: 3:59.28	34.74
	100m: 1:03.37	33.62	200m: 2:13.84	35.47	300m: 3:24.54	35.28	400m: 4:33.24	33.96
18.	Pedro Ferreira, LOPES	M	107949	97	Ginásio Santo Tirso	4:34.52	465	
	50m: 30.42	30.42	150m: 1:40.45	35.34	250m: 2:50.18	34.80	350m: 4:00.47	35.17
	100m: 1:05.11	34.69	200m: 2:15.38	34.93	300m: 3:25.30	35.12	400m: 4:34.52	34.05
19.	Filipe Manuel, FERREIRA	M	106797	97	Porto	4:35.95	458	
	50m: 30.79	30.79	150m: 1:41.28	35.28	250m: 2:51.83	34.88	350m: 4:02.28	35.11
	100m: 1:06.00	35.21	200m: 2:16.95	35.67	300m: 3:27.17	35.34	400m: 4:35.95	33.67
20.	Jorge Filipe, MATOS	M	104725	97	Gespacos	4:36.40	456	
	50m: 30.87	30.87	150m: 1:40.10	35.07	250m: 2:51.04	35.33	350m: 4:02.18	35.50
	100m: 1:05.03	34.16	200m: 2:15.71	35.61	300m: 3:26.68	35.64	400m: 4:36.40	34.22
21.	Joao Diogo, POINHO	M	104486	97	Porto	4:37.42	451	
	50m: 31.44	31.44	150m: 1:41.83	35.62	250m: 2:51.98	34.59	350m: 4:02.84	35.21
	100m: 1:06.21	34.77	200m: 2:17.39	35.56	300m: 3:27.63	35.65	400m: 4:37.42	34.58
22.	Victor Monteiro, CUNHA	M	110625	97	Assoc. Desportiva de Fafe	4:38.44	446	
	50m: 30.71	30.71	150m: 1:40.69	35.84	250m: 2:52.41	35.64	350m: 4:03.84	35.44
	100m: 1:04.85	34.14	200m: 2:16.77	36.08	300m: 3:28.40	35.99	400m: 4:38.44	34.60
23.	Joao Paulo, SILVA	M	104712	97	Gespacos	4:38.88	444	
	50m: 31.56	31.56	150m: 1:42.64	35.96	250m: 2:53.53	34.58	350m: 4:04.30	35.12
	100m: 1:06.68	35.12	200m: 2:18.95	36.31	300m: 3:29.18	35.65	400m: 4:38.88	34.58
24.	Bernardo Francisco, PEDROSO	M	105206	97	Valongo	4:39.61	440	
	50m: 32.68	32.68	150m: 1:43.56	35.50	250m: 2:53.08	34.75	350m: 4:03.37	35.37
	100m: 1:08.06	35.38	200m: 2:18.33	34.77	300m: 3:28.00	34.92	400m: 4:39.61	36.24
25.	Jose Miguel, RODRIGUES	M	106741	97	Valongo	4:42.53	427	
	50m: 31.18	31.18	150m: 1:42.17	35.81	250m: 2:54.21	36.39	350m: 4:06.95	36.59
	100m: 1:06.36	35.18	200m: 2:17.82	35.65	300m: 3:30.36	36.15	400m: 4:42.53	35.58
26.	Joel Baptista, PEIXOTO	M	117296	97	Lamas	4:43.85	421	
	50m: 32.27	32.27	150m: 1:44.34	36.33	250m: 2:57.35	36.01	350m: 4:09.97	35.97
	100m: 1:08.01	35.74	200m: 2:21.34	37.00	300m: 3:34.00	36.65	400m: 4:43.85	33.88
27.	Paulo Filipe, MIRANDA	M	110626	97	Assoc. Desportiva de Fafe	4:47.81	404	
	50m: 32.00	32.00	150m: 1:44.51	36.19	250m: 2:58.13	36.73	350m: 4:11.89	36.83
	100m: 1:08.32	36.32	200m: 2:21.40	36.89	300m: 3:35.06	36.93	400m: 4:47.81	35.92
28.	Joao Miguel, TORRADO	M	104488	97	Porto	4:49.70	396	
	50m: 32.77	32.77	150m: 1:45.47	36.97	250m: 2:59.95	37.02	350m: 4:14.42	36.99
	100m: 1:08.50	35.73	200m: 2:22.93	37.46	300m: 3:37.43	37.48	400m: 4:49.70	35.28
29.	Pedro Niz, SILVA	M	122577	97	Gespacos	4:58.92	360	
	50m: 33.37	33.37	150m: 1:47.11	37.46	250m: 3:03.13	38.46	350m: 4:21.23	39.11
	100m: 1:09.65	36.28	200m: 2:24.67	37.56	300m: 3:42.12	38.99	400m: 4:58.92	37.69
30.	Eugenio Alexandre, DURAES	M	120904	97	Vitória Sport Clube	4:59.10	359	
	50m: 33.62	33.62	150m: 1:47.63	37.73	250m: 3:03.91	38.48	350m: 4:21.73	39.01
	100m: 1:09.90	36.28	200m: 2:25.43	37.80	300m: 3:42.72	38.81	400m: 4:59.10	37.37
31.	Luis Carlos, MATIAS	M	103046	97	Foca	5:00.00	356	
	50m: 33.82	33.82	150m: 1:49.62	38.18	250m: 3:06.35	38.18	350m: 4:20.98	36.87
	100m: 1:11.44	37.62	200m: 2:28.17	38.55	300m: 3:44.11	37.76	400m: 5:00.00	39.02
32.	Tiago Alberto, SANTOS	M	123929	97	Lamas	5:05.39	338	
	50m: 35.56	35.56	150m: 1:54.11	39.55	250m: 3:12.22	38.45	350m: 4:30.11	38.58
	100m: 1:14.56	39.00	200m: 2:33.77	39.66	300m: 3:51.53	39.31	400m: 5:05.39	35.28

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Prova 4, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
33.	Andre Oliveira, COUTO	M	111304	97	Lamas	5:07.33	331	
	50m: 35.42 35.42		150m: 1:55.29		39.58 250m: 3:12.56	37.72	350m: 4:29.12	38.13
	100m: 1:15.71 40.29		200m: 2:34.84		39.55 300m: 3:50.99	38.43	400m: 5:07.33	38.21
34.	Antonio Eduardo, MADUREIRA	M	126951	97	Fluvial Portuense	5:11.43	318	
	50m: 34.77 34.77		150m: 1:54.24		40.32 250m: 3:15.08	40.14	350m: 4:34.18	38.90
	100m: 1:13.92 39.15		200m: 2:34.94		40.70 300m: 3:55.28	40.20	400m: 5:11.43	37.25
DSQ	Joao Pedro, GUEDES 102 - Falsa partida – SW 4.4	M	119754	97	Lamas			DSQ
	50m:		150m:		250m:		350m:	
	100m:		200m:		300m:		400m:	

Juvenis B

1.	Goncalo Miguel, NOGUEIRA	M	104471	98	Porto	4:14.64	583	
	50m: 29.04 29.04		150m: 1:32.21		31.99 250m: 2:37.35	32.69	350m: 3:43.29	32.92
	100m: 1:00.22 31.18		200m: 2:04.66		32.45 300m: 3:10.37	33.02	400m: 4:14.64	31.35
2.	Joao Costa, FERREIRA	M	119632	98	Famalicão	4:19.38	551	
	50m: 29.95 29.95		150m: 1:35.82		33.22 250m: 2:41.64	32.82	350m: 3:48.02	32.99
	100m: 1:02.60 32.65		200m: 2:08.82		33.00 300m: 3:15.03	33.39	400m: 4:19.38	31.36
3.	Joao Carlos, SILVA	M	108379	98	Famalicão	4:22.31	533	
	50m: 29.63 29.63		150m: 1:35.27		33.16 250m: 2:42.56	33.69	350m: 3:50.35	33.85
	100m: 1:02.11 32.48		200m: 2:08.87		33.60 300m: 3:16.50	33.94	400m: 4:22.31	31.96
4.	Vasco Gradim, AMORIM	M	110486	98	Porto	4:22.45	532	
	50m: 30.46 30.46		150m: 1:36.79		33.53 250m: 2:43.52	33.08	350m: 3:50.58	33.66
	100m: 1:03.26 32.80		200m: 2:10.44		33.65 300m: 3:16.92	33.40	400m: 4:22.45	31.87
5.	Diogo Miguel, COSTA	M	110489	98	Porto	4:22.92	529	
	50m: 29.77 29.77		150m: 1:35.29		33.23 250m: 2:42.54	33.54	350m: 3:50.18	33.84
	100m: 1:02.06 32.29		200m: 2:09.00		33.71 300m: 3:16.34	33.80	400m: 4:22.92	32.74
6.	Jose Pedro, SAMPAIO	M	108295	98	Foca	4:26.60	508	
	50m: 30.45 30.45		150m: 1:37.55		33.61 250m: 2:45.49	33.99	350m: 3:54.00	33.78
	100m: 1:03.94 33.49		200m: 2:11.50		33.95 300m: 3:20.22	34.73	400m: 4:26.60	32.60
7.	Paulo Filipe, SILVA	M	117012	98	CNMaia	4:27.12	505	
	50m: 30.55 30.55		150m: 1:38.53		34.48 250m: 2:46.48	34.00	350m: 3:54.18	33.11
	100m: 1:04.05 33.50		200m: 2:12.48		33.95 300m: 3:21.07	34.59	400m: 4:27.12	32.94
8.	H., FELGUEIRAS	M	105205	98	Valongo	4:27.44	503	
	50m: 30.46 30.46		150m: 1:38.85		34.46 250m: 2:46.44	32.78	350m: 3:53.72	33.85
	100m: 1:04.39 33.93		200m: 2:13.66		34.81 300m: 3:19.87	33.43	400m: 4:27.44	33.72
9.	Leandro Miguel, BAPTISTA	M	102657	98	Leixões Sport Clube	4:27.92	500	
	50m: 30.36 30.36		150m: 1:37.81		34.04 250m: 2:45.90	34.12	350m: 3:54.63	34.48
	100m: 1:03.77 33.41		200m: 2:11.78		33.97 300m: 3:20.15	34.25	400m: 4:27.92	33.29
10.	Joao Santos, MENDES	M	111648	98	Leixões Sport Clube	4:28.90	495	
	50m: 30.24 30.24		150m: 1:37.93		34.01 250m: 2:46.45	34.10	350m: 3:55.35	34.57
	100m: 1:03.92 33.68		200m: 2:12.35		34.42 300m: 3:20.78	34.33	400m: 4:28.90	33.55
11.	Pedro Ferraz, SILVA	M	104441	98	Gespacos	4:29.55	491	
	50m: 31.24 31.24		150m: 1:38.44		34.46 250m: 2:46.70	34.06	350m: 3:55.03	34.05
	100m: 1:04.59 33.35		200m: 2:12.64		34.20 300m: 3:20.98	34.28	400m: 4:29.55	34.52
12.	Pedro Goncalves, NETO	M	102038	98	Porto	4:31.48	481	
	50m: 30.32 30.32		150m: 1:38.49		34.44 250m: 2:48.21	35.26	350m: 3:58.60	35.29
	100m: 1:04.05 33.73		200m: 2:12.95		34.46 300m: 3:23.31	35.10	400m: 4:31.48	32.88
13.	Joao Nuno, COSTA	M	106838	98	Gespacos	4:32.20	477	
	50m: 31.64 31.64		150m: 1:40.54		34.76 250m: 2:50.19	34.44	350m: 3:59.23	34.72
	100m: 1:05.78 34.14		200m: 2:15.75		35.21 300m: 3:24.51	34.32	400m: 4:32.20	32.97
14.	Pedro Miguel, LINO	M	104724	98	Gespacos	4:32.76	474	
	50m: 31.08 31.08		150m: 1:40.73		35.09 250m: 2:51.44	35.50	350m: 4:02.58	35.57
	100m: 1:05.64 34.56		200m: 2:15.94		35.21 300m: 3:27.01	35.57	400m: 4:32.76	30.18
15.	Xavier Ribeiro, FERREIRA	M	108307	98	Famalicão	4:33.00	473	
	50m: 30.62 30.62		150m: 1:39.22		34.58 250m: 2:49.16	35.04	350m: 3:57.96	34.06
	100m: 1:04.64 34.02		200m: 2:14.12		34.90 300m: 3:23.90	34.74	400m: 4:33.00	35.04
16.	Alexandre Magno, CARVALHO	M	108284	98	Fluvial Portuense	4:34.32	466	
	50m: 31.32 31.32		150m: 1:40.99		35.00 250m: 2:50.59	34.59	350m: 4:00.12	34.45
	100m: 1:05.99 34.67		200m: 2:16.00		35.01 300m: 3:25.67	35.08	400m: 4:34.32	34.20
17.	Tomas Robalo, MAIA	M	110548	98	Famalicão	4:35.17	462	
	50m: 31.08 31.08		150m: 1:39.30		34.76 250m: 2:49.06	34.83	350m: 3:59.84	35.66
	100m: 1:04.54 33.46		200m: 2:14.23		34.93 300m: 3:24.18	35.12	400m: 4:35.17	35.33
18.	Luis Carlos, ALMEIDA	M	104527	98	Gespacos	4:35.18	462	
	50m: 31.61 31.61		150m: 1:40.77		35.02 250m: 2:50.46	34.59	350m: 4:01.32	35.40
	100m: 1:05.75 34.14		200m: 2:15.87		35.10 300m: 3:25.92	35.46	400m: 4:35.18	33.86
19.	Pedro Nuno, VIEIRA	M	106742	98	Valongo	4:36.65	454	
	50m: 30.95 30.95		150m: 1:40.57		35.45 250m: 2:51.17	35.01	350m: 4:02.12	35.39
	100m: 1:05.12 34.17		200m: 2:16.16		35.59 300m: 3:26.73	35.56	400m: 4:36.65	34.53

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Prova 4, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
20.	Domingos Tiago, PINHEIRO	M	118328	98	Ginásio Santo Tirso	4:36.80	454	
	50m: 31.17 31.17				150m: 1:40.77 35.19 250m: 2:50.49 34.88 300m: 3:25.63 35.14	350m: 4:01.42 35.79		35.38
	100m: 1:05.58 34.41					400m: 4:36.80		
21.	Joao Diogo, LOURENCO	M	104412	98	Foca	4:37.40	451	
	50m: 31.80 31.80				150m: 1:41.17 34.92 250m: 2:51.37 34.91 300m: 3:26.76 35.39	350m: 4:02.06 35.30		35.34
	100m: 1:06.25 34.45					400m: 4:37.40		
22.	Luis Filipe, SOARES	M	105615	98	Lamas	4:41.85	430	
	50m: 31.21 31.21				150m: 1:41.69 35.57 250m: 2:52.58 34.59 300m: 3:28.37 35.79	350m: 4:04.83 36.46		37.02
	100m: 1:06.12 34.91					400m: 4:41.85		
23.	Diogo Alexandre, PEREIRA	M	118265	98	Porto	4:43.10	424	
	50m: 33.27 33.27				150m: 1:44.42 35.72 250m: 2:56.41 36.00 300m: 3:32.14 35.73	350m: 4:08.30 36.16		36.80
	100m: 1:08.70 35.43					400m: 4:43.10		
24.	Ricardo Manuel, MONTEIRO	M	110556	98	Leixões Sport Clube	4:44.27	419	
	50m: 33.57 33.57				150m: 1:47.06 37.04 250m: 3:00.23 36.20 300m: 3:36.44 36.21	350m: 4:10.97 34.53		33.30
	100m: 1:10.02 36.45					400m: 4:44.27		
25.	Pedro Silva, FERREIRA	M	108308	98	Famalicao	4:45.52	413	
	50m: 33.23 33.23				150m: 1:45.23 36.39 250m: 2:57.80 36.17 300m: 3:34.11 36.31	350m: 4:10.48 36.37		35.04
	100m: 1:08.84 35.61					400m: 4:45.52		
26.	Ricardo Miguel, MOREIRA	M	118060	98	Valongo	4:47.11	406	
	50m: 32.90 32.90				150m: 1:46.57 37.43 250m: 2:59.76 35.78 300m: 3:36.17 36.41	350m: 4:12.44 36.27		34.67
	100m: 1:09.14 36.24					400m: 4:47.11		
27.	Jorge Rogerio, MORAIS	M	104413	98	Lousada	4:47.61	404	
	50m: 30.62 30.62				150m: 1:44.42 37.36 250m: 2:59.05 37.15 300m: 3:36.35 37.30	350m: 4:12.80 36.45		34.81
	100m: 1:07.06 36.44					400m: 4:47.61		
28.	Eduardo Abel, DUARTE	M	104561	98	Lousada	4:49.86	395	
	50m: 31.04 31.04				150m: 1:42.68 36.54 250m: 2:57.52 37.61 300m: 3:35.38 37.86	350m: 4:13.42 38.04		36.44
	100m: 1:06.14 35.10					400m: 4:49.86		
29.	Leonardo Filipe, SILVA	M	104487	98	Leixões Sport Clube	4:52.29	385	
	50m: 31.81 31.81				150m: 1:43.26 36.32 250m: 2:57.76 36.64 300m: 3:36.90 39.14	350m: 4:14.87 37.97		37.42
	100m: 1:06.94 35.13					400m: 4:52.29		
30.	Diogo Ferreira, NEVES	M	108221	98	Valongo	4:53.08	382	
	50m: 32.15 32.15				150m: 1:46.50 37.75 250m: 3:01.58 37.43 300m: 3:39.57 37.99	350m: 4:17.08 37.51		36.00
	100m: 1:08.75 36.60					400m: 4:53.08		
31.	Victor Tiago, GONCALVES	M	104482	98	Porto	4:54.49	377	
	50m: 32.99 32.99				150m: 1:46.91 37.27 250m: 3:02.24 37.62 300m: 3:41.02 38.78	350m: 4:18.62 37.60		35.87
	100m: 1:09.64 36.65					400m: 4:54.49		
32.	Rodrigo Reis, SILVA	M	117297	98	Lamas	4:55.15	374	
	50m: 34.72 34.72				150m: 1:52.23 38.52 250m: 3:05.62 37.01 300m: 3:43.49 37.87	350m: 4:19.96 36.47		35.19
	100m: 1:13.71 38.99					400m: 4:55.15		
33.	Daniel Nunes, SOUSA	M	122546	98	Famalicao	4:57.05	367	
	50m: 33.06 33.06				150m: 1:47.73 37.54 250m: 3:03.94 38.40 300m: 3:41.97 38.03	350m: 4:20.04 38.07		37.01
	100m: 1:10.19 37.13					400m: 4:57.05		
34.	Joao Ribeiro, MIRANDA	M	111505	98	Foca	4:57.37	366	
	50m: 32.71 32.71				150m: 1:46.20 37.02 250m: 3:02.25 37.82 300m: 3:41.08 38.83	350m: 4:19.35 38.27		38.02
	100m: 1:09.18 36.47					400m: 4:57.37		
35.	Joao Pedro, SANTOS	M	104562	98	Lousada	4:57.47	365	
	50m: 32.34 32.34				150m: 1:49.32 39.32 250m: 3:06.81 39.15 300m: 3:43.88 37.07	350m: 4:21.92 38.04		35.55
	100m: 1:10.00 37.66					400m: 4:57.47		
36.	Eduardo Maia, MENDES	M	108306	98	Famalicao	4:57.80	364	
	50m: 32.45 32.45				150m: 1:48.39 38.60 250m: 3:05.61 38.71 300m: 3:43.44 37.83	350m: 4:21.22 37.78		36.58
	100m: 1:09.79 37.34					400m: 4:57.80		
37.	Carlos Andre, BESSA	M	110467	98	Lousada	4:58.64	361	
	50m: 31.77 31.77				150m: 1:46.87 38.08 250m: 3:03.61 38.42 300m: 3:42.09 38.48	350m: 4:20.04 37.95		38.60
	100m: 1:08.79 37.02					400m: 4:58.64		
38.	Rafael Pinheiro, RAMOS	M	118117	98	Porto	5:02.09	349	
	50m: 34.15 34.15				150m: 1:50.27 39.01 250m: 3:07.99 38.53 300m: 3:46.55 38.56	350m: 4:25.16 38.61		36.93
	100m: 1:11.26 37.11					400m: 5:02.09		
39.	Joao Pedro, PIMENTEL	M	103024	98	Lamas	5:05.15	338	
	50m: 34.69 34.69				150m: 1:51.01 39.16 250m: 3:09.40 38.84 300m: 3:48.58 39.18	350m: 4:27.45 38.87		37.70
	100m: 1:11.85 37.16					400m: 5:05.15		
40.	Diogo Andre, TEIXEIRA	M	118320	98	Vitória Sport Clube	5:11.00	320	
	50m: 33.40 33.40				150m: 1:52.11 40.00 250m: 3:12.60 40.53 300m: 3:52.68 40.08	350m: 4:32.88 40.20		38.12
	100m: 1:12.11 38.71					400m: 5:11.00		
41.	Nuno Filipe, PEREIRA	M	104730	98	Propaganda da Natacao	5:14.29	310	
	50m: 35.35 35.35				150m: 1:53.66 39.61 250m: 3:12.42 38.36 300m: 3:52.36 39.94	350m: 4:33.91 41.55		40.38
	100m: 1:14.05 38.70					400m: 5:14.29		
42.	Joao Paulo, PACHECO	M	121342	98	Penafiel	5:18.80	297	
	50m: 34.26 34.26				150m: 1:53.46 40.81 250m: 3:16.01 41.81 300m: 3:56.77 40.76	350m: 4:37.58 40.81		41.22
	100m: 1:12.65 38.39					400m: 5:18.80		
43.	Alexandre Cerqueira, COELHO	M	112745	98	Lamas	5:25.94	278	
	50m: 36.96 36.96				150m: 1:58.29 41.49 250m: 3:22.01 42.44 300m: 4:04.39 42.38	350m: 4:45.73 41.34		40.21
	100m: 1:16.80 39.84					400m: 5:25.94		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 4, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
44.	Tiago Filipe, FERREIRA	M	108220	98	Valongo	5:26.74	276	
	50m: 35.79	35.79	150m: 1:59.59	42.72	250m: 3:25.22	42.49	350m: 4:48.03	41.30
	100m: 1:16.87	41.08	200m: 2:42.73	43.14	300m: 4:06.73	41.51	400m: 5:26.74	38.71

Juniores

1.	Tiago Manuel, TEIXEIRA	M		96	Vitória Sport Clube	4:05.85	648	
	50m: 27.40	27.40	150m: 1:28.25	30.74	250m: 2:30.76	31.40	350m: 3:34.95	32.12
	100m: 57.51	30.11	200m: 1:59.36	31.11	300m: 3:02.83	32.07	400m: 4:05.85	30.90
2.	Andre Coelho, OLIVEIRA	M	103443	96	Vitória Sport Clube	4:18.24	559	
	50m: 29.33	29.33	150m: 1:35.24	33.51	250m: 2:40.65	31.73	350m: 3:46.38	33.04
	100m: 1:01.73	32.40	200m: 2:08.92	33.68	300m: 3:13.34	32.69	400m: 4:18.24	31.86
3.	Artur Jose, REIS	M	23369	96	Porto	4:19.76	549	
	50m: 29.75	29.75	150m: 1:36.69	33.77	250m: 2:43.22	33.11	350m: 3:48.57	32.29
	100m: 1:02.92	33.17	200m: 2:10.11	33.42	300m: 3:16.28	33.06	400m: 4:19.76	31.19
4.	Leonardo Cardoso, FIGUEIREDO	M	105612	96	Porto	4:20.11	547	
	50m: 28.66	28.66	150m: 1:34.47	33.39	250m: 2:39.67	32.69	350m: 3:47.40	32.28
	100m: 1:01.08	32.42	200m: 2:06.98	32.51	300m: 3:14.12	34.45	400m: 4:20.11	32.71
5.	David Nunes, SOUSA	M	112204	96	Famalicão	4:21.21	540	
	50m: 29.91	29.91	150m: 1:35.61	33.45	250m: 2:43.80	33.65	350m: 3:50.52	33.31
	100m: 1:03.16	33.25	200m: 2:10.15	33.54	300m: 3:17.21	33.41	400m: 4:21.21	30.69
6.	Bruno Miguel, SILVA	M	103826	96	Porto	4:25.36	515	
	50m: 29.95	29.95	150m: 1:36.46	33.81	250m: 2:43.71	33.29	350m: 3:51.68	34.07
	100m: 1:02.65	32.70	200m: 2:10.42	33.96	300m: 3:17.61	33.90	400m: 4:25.36	33.68
7.	Vitor Samuel, ROCHA	M	107743	96	Gespacos	4:25.72	513	
	50m: 30.30	30.30	150m: 1:37.80	33.81	250m: 2:45.98	33.79	350m: 3:53.79	
	100m: 1:03.99	33.69	200m: 2:12.19	34.39	300m:		400m: 4:25.72	31.93
8.	Joao Paulo, CAPITAO	M	109592	96	Lamas	4:34.94	463	
	50m: 30.95	30.95	150m: 1:40.57	35.62	250m: 2:52.51	35.92	350m: 4:01.92	33.82
	100m: 1:04.95	34.00	200m: 2:16.59	36.02	300m: 3:28.10	35.59	400m: 4:34.94	33.02
9.	Nuno Filipe, GONCALVES	M	122530	96	Vitória Sport Clube	4:36.13	457	
	50m: 30.98	30.98	150m: 1:40.51	34.49	250m: 2:50.31	34.97	350m: 4:00.98	35.51
	100m: 1:06.02	35.04	200m: 2:15.34	34.83	300m: 3:25.47	35.16	400m: 4:36.13	35.15
10.	Jose Carlos, TEIXEIRA	M	102982	96	Foca	4:36.21	457	
	50m: 30.60	30.60	150m: 1:38.71	33.77	250m: 2:48.41	34.84	350m: 3:59.93	35.95
	100m: 1:04.94	34.34	200m: 2:13.57	34.86	300m: 3:23.98	35.57	400m: 4:36.21	36.28
11.	Paulo Martins, ALMEIDA	M	119164	96	Ginásio Santo Tirso	4:45.08	415	
	50m: 31.06	31.06	150m: 1:42.54	36.00	250m: 2:55.43	36.45	350m: 4:09.15	36.76
	100m: 1:06.54	35.48	200m: 2:18.98	36.44	300m: 3:32.39	36.96	400m: 4:45.08	35.93
12.	Filipe Costa, BARROSO	M	123838	96	Leixões Sport Clube	4:46.40	410	
	50m: 31.71	31.71	150m: 1:42.71	36.23	250m: 2:56.21	36.37	350m: 4:10.58	37.31
	100m: 1:06.48	34.77	200m: 2:19.84	37.13	300m: 3:33.27	37.06	400m: 4:46.40	35.82
13.	Daniel Batista, COIMBRA	M	103780	96	Lamas	4:50.79	391	
	50m: 31.49	31.49	150m: 1:42.85	36.05	250m: 2:56.05	37.17	350m: 4:14.55	40.40
	100m: 1:06.80	35.31	200m: 2:18.88	36.03	300m: 3:34.15	38.10	400m: 4:50.79	36.24
14.	Duarte Magalhaes, PINTO	M	105728	96	Ginásio Santo Tirso	4:54.94	375	
	50m: 32.91	32.91	150m: 1:48.34	37.92	250m: 3:03.59	37.49	350m: 4:19.42	37.87
	100m: 1:10.42	37.51	200m: 2:26.10	37.76	300m: 3:41.55	37.96	400m: 4:54.94	35.52
15.	Manuel Duarte, FERNANDES	M	119293	96	Famalicão	5:03.85	343	
	50m: 33.42	33.42	150m: 1:49.10	38.34	250m: 3:07.41	39.41	350m: 4:26.69	39.51
	100m: 1:10.76	37.34	200m: 2:28.00	38.90	300m: 3:47.18	39.77	400m: 5:03.85	37.16
16.	Joao Pedro, MACHADO	M	103444	96	Vitória Sport Clube	5:04.01	342	
	50m: 33.36	33.36	150m: 1:49.79	38.50	250m: 3:07.44	38.48	350m: 4:26.12	39.18
	100m: 1:11.29	37.93	200m: 2:28.96	39.17	300m: 3:46.94	39.50	400m: 5:04.01	37.89

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Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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2 - 2ª Jornada

28-04-2013 - 9:00

Prova 5

Masc., 200m Costas

15 - 17 anos

28-04-2013 - 9:00

Resultados

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis A									
1.	Ivo Pinto, RIBEIRO	97	Foca	2:13.51	502	30.96	32.58	33.89	36.08
2.	Ruben Oliveira, LOPES	97	Porto	2:17.53	459	29.75	34.11	36.18	37.49
3.	David Andre, ALMEIDA	97	Ginásio Santo Tirso	2:22.12	416	33.70	35.22	36.63	36.57
4.	Ricardo David, SILVA	97	Foca	2:24.70	394	33.84	36.77	37.15	36.94
5.	Jose Miguel, RODRIGUES	97	Valongo	2:26.87	377	34.50	37.07	38.59	36.71
6.	Joao Diogo, POINHO	97	Porto	2:31.02	346	35.67	38.41	38.45	38.49
7.	Joel Baptista, PEIXOTO	97	Lamas	2:36.15	313	35.97	39.84	40.26	40.08
8.	Victor Monteiro, CUNHA	97	Assoc. Desportiva de Fafe	2:41.63	282	37.53	40.74	41.98	41.38
9.	Eugenio Alexandre, DURAN	97	Vitória Sport Clube	2:42.60	277	37.50	40.18	42.18	42.74
10.	Pedro Niz, SILVA	97	Gespacos	2:44.04	270	37.19	41.06	42.92	42.87
11.	A., MADUREIRA	97	Fluvial Portuense	2:50.92	239	40.27	43.72	44.98	41.95
12.	Joao Pedro, GUEDES	97	Lamas	2:54.72	223	42.37	44.36	45.10	42.89

Juvenis B

1.	Luis Filipe, SOARES	98	Lamas	2:18.98	445	32.51	35.11	35.87	35.49
2.	H., FELGUEIRAS	98	Valongo	2:19.64	438	32.31	35.17	36.50	35.66
3.	Paulo Filipe, SILVA	98	CNMaia	2:20.01	435	32.69	34.86	36.70	35.76
4.	Pedro Ferraz, SILVA	98	Gespacos	2:22.08	416	33.92	35.25	36.19	36.72
5.	Joao Diogo, LOURENCO	98	Foca	2:22.10	416	32.88	35.73	36.60	36.89
6.	Xavier Ribeiro, FERREIRA	98	Famalicão	2:22.84	409	33.55	35.43	36.91	36.95
7.	Eduardo Abel, DUARTE	98	Lousada	2:25.35	389	33.48	36.52	37.84	37.51
8.	Leandro Miguel, BAPTISTA	98	Leixões Sport Clube	2:26.32	381	34.47	37.64	37.78	36.43
9.	Eduardo Maia, MENDES	98	Famalicão	2:28.15	367	34.32	37.54	38.69	37.60
10.	Diogo Ferreira, NEVES	98	Valongo	2:29.41	358	35.97	38.02	38.66	36.76
11.	Jorge Rogerio, MORAIS	98	Lousada	2:29.61	356	34.72	37.55	38.69	38.65
12.	Joao Ribeiro, MIRANDA	98	Foca	2:31.22	345	35.22	38.04	39.21	38.75
13.	Tomas Robalo, MAIA	98	Famalicão	2:31.50	343	35.78	38.18	39.26	38.28
14.	Diogo Andre, TEIXEIRA	98	Vitória Sport Clube	2:33.33	331	35.24	38.62	39.92	39.55
15.	Leonardo Filipe, SILVA	98	Leixões Sport Clube	2:36.09	314	36.10	39.33	41.10	39.56
16.	Joao Pedro, SANTOS	98	Lousada	2:38.33	301	37.08	40.73	41.14	39.38
17.	Joao Paulo, PACHECO	98	Penafiel	2:39.03	297	36.83	39.20	41.77	41.23
18.	Carlos Andre, BESSA	98	Lousada	2:39.59	293	36.96	40.26	41.73	40.64
19.	Diogo Alexandre, PEREIRA	98	Porto	2:42.42	278	39.35	40.86	41.53	40.68
20.	Nuno Filipe, PEREIRA	98	Propaganda da Natacao	2:42.95	276	36.48	40.86	42.75	42.86

Juniores

1.	Tiago Manuel, TEIXEIRA	96	Vitória Sport Clube	2:08.26	566	29.61	32.73	32.28	33.64
2.	L., FIGUEIREDO	96	Porto	2:13.53	501	31.06	33.93	35.75	32.79
3.	Nuno Filipe, GONCALVES	96	Vitória Sport Clube	2:24.65	394	34.81	36.88	36.40	36.56
4.	Daniel Batista, COIMBRA	96	Lamas	2:30.93	347	34.57	37.97	39.32	39.07
5.	Jose Carlos, TEIXEIRA	96	Foca	2:31.34	344	36.18	38.14	38.36	38.66
6.	Duarte Magalhaes, PINTO	96	Ginásio Santo Tirso	2:34.01	327	36.58	39.31	39.73	38.39

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Prova 6 Femin., 100m Costas 14 - 15 anos
28-04-2013 - 9:20 Resultados

Recorde Regional 25m Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. Antonio Cavaleiros	19-12-2009
Recorde Regional 25m Juv	1:03.25	Joana Carina, SILVA	LSXXI	Paços de Ferreira	04-03-2011
Recorde Regional 25m Jun	1:03.63	Joana Carina, SILVA	LSXXI	Porto	08-12-2012
Recorde Nacional (25m) Absoluto	1:00.69	Marta Vieira, MARINHO	FCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12-02-2011
Recorde Nacional (25m) Jun	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17-12-2011

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis						
1.	99	Ana Beatriz, MARTINS	1:11.59	459	35.12	36.47
2.	99	Mariana Alexandre, OLIVEIRA	1:13.38	426	36.06	37.32
3.	99	Viviana Pinto, CUNHA	1:15.73	387	37.16	38.57
4.	99	Ines Silva, MARQUES	1:16.78	372	37.81	38.97
5.	99	Ana Beatriz La, FERIA	1:17.00	369	38.05	38.95
6.	99	Ana Cristina, SOUSA	1:17.35	364	37.35	40.00
7.	99	Tatiana Isabel, CARDOSO	1:20.25	325	39.03	41.22
8.	99	Catarina Isabel, BRANCO	1:20.98	317	40.17	40.81
9.	99	Sandra Catarina, SILVA	1:23.31	291	40.60	42.71

Juniores

1.	98	Graca Maria, ARAUJO	1:06.68	568	32.47	34.21
2.	98	Ines Lucas, ALVES	1:09.97	491	33.71	36.26
3.	98	Ana Silva, COSTA	1:09.99	491	34.12	35.87
4.	98	Ines Evangelista, BASTOS	1:12.73	437	35.46	37.27
5.	98	Maria Carolina, RIBEIRO	1:13.21	429	35.56	37.65
6.	98	Lucilia Ferreira, FREITAS	1:14.72	403	36.34	38.38
7.	98	Ana Carolina, MOREIRA	1:15.66	388	35.94	39.72
8.	98	Joana Maria, LOPES	1:22.19	303	40.11	42.08

Prova 7 Masc., 200m Bruços 15 - 17 anos
28-04-2013 - 9:30 Resultados

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m
Juvenis A								
1.	97	Andre Goncalo, SANTOS	2:25.49	570	32.19	37.50	38.47	37.33
2.	97	Simao Miguel, CAPITAO	2:31.97	500	33.36	38.60	39.31	40.70
3.	97	Luis Carlos, OLIVEIRA	2:34.68	474	33.07	39.59	40.68	41.34
4.	97	Vitor Joao, PEREIRA	2:35.88	463	35.36	39.37	40.28	40.87
5.	97	Flavio Dias, SILVA	2:38.80	438	35.71	39.60	40.82	42.67
6.	97	Jorge Filipe, MATOS	2:44.51	394	36.65	41.70	42.76	43.40
7.	97	Joao Paulo, SILVA	2:45.13	390	38.73	41.81	41.91	42.68
8.	97	Andre Oliveira, COUTO	2:47.64	372	38.53	42.60	42.98	43.53
9.	97	Pedro Ferreira, LOPES	2:50.14	356	37.29	42.52	44.90	45.43
10.	97	Joao Miguel, TORRADO	3:02.00	291	41.37	45.79	47.36	47.48
11.	97	Tiago Alberto, SANTOS	3:09.04	260	44.32	49.58	49.60	45.54
DSQ	97	Luis Carlos, MATIAS						

419 - O(a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 125 metros – SW 7.6

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Splash Meet Manager 11, Build 25506

Registered to Associação de Natacao do Norte de Portugal

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Prova 7, Masc., 200m Bruços

Juvenis B

1. Diogo Miguel, COSTA	98	Porto	2:33.10	489	34.26	38.93	40.17	39.74
2. Joao Nuno, COSTA	98	Gespacos	2:38.84	438	36.15	39.71	40.88	42.10
3. Pedro Miguel, LINO	98	Gespacos	2:40.29	426	37.30	41.23	41.62	40.14
4. Joao Costa, FERREIRA	98	Famalicão	2:40.33	426	37.90	41.68	41.53	39.22
5. Pedro Silva, FERREIRA	98	Famalicão	2:41.01	420	36.32	41.31	41.99	41.39
6. A., CARVALHO	98	Fluvial Portuense	2:43.99	398	36.85	41.81	42.47	42.86
7. Ricardo Manuel, MONTEIRO	98	Leixões Sport Clube	2:47.22	375	37.90	42.10	43.26	43.96
8. Joao Santos, MENDES	98	Leixões Sport Clube	2:52.71	341	38.88	42.64	44.99	46.20
9. Domingos Tiago, PINHEIRO	98	Ginásio Santo Tirso	2:53.99	333	39.34	44.09	45.19	45.37
10. Tiago Filipe, FERREIRA	98	Valongo	2:57.69	313	40.57	44.78	46.13	46.21
11. A., COELHO	98	Lamas	2:59.51	303	38.63	44.47	47.19	49.22
12. Joao Pedro, PIMENTEL	98	Lamas	3:04.50	279	40.30	46.73	48.14	49.33
13. Daniel Nunes, SOUSA	98	Famalicão	3:06.60	270	41.06	48.44	49.76	47.34
14. Rafael Pinheiro, RAMOS	98	Porto	3:13.02	244	41.29	49.15	51.63	50.95

Juniiores

1. Paulo Martins, ALMEIDA	96	Ginásio Santo Tirso	2:40.04	428	34.77	39.21	42.16	43.90
2. Manuel Duarte, FERNANDES	96	Famalicão	2:49.70	359	38.72	42.97	44.49	43.52
3. Joao Pedro, MACHADO	96	Vitória Sport Clube	3:06.84	269	41.22	46.79	48.99	49.84

Prova 8

Femin., 100m Bruços

14 - 15 anos

28-04-2013 - 9:45

Resultados

Recorde Regional 25m Absoluto	1:09.60	Ana Pinho, RODRIGUES	FCP	Porto	08-12-2012
Recorde Regional 25m Juv	1:14.36	Barbara, FERREIRA	LSC	Penafiel	29-06-1999
Recorde Regional 25m Jun	1:11.05	Joana Magalhaes, SOUTINHO	FCP	Alges	20-06-1993
Recorde Nacional (25m) Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Jun	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m
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Juvenis

1. Barbara Rita, SOUSA	99	Valongo	1:24.35	410	39.81	44.54
2. Ana Teresa, NASCIMENTO	99	Leixões Sport Clube	1:25.93	388	40.33	45.60
3. Carina Rodrigues, MARINHO	99	Foca	1:29.14	348	41.78	47.36
4. Ana Alexandra, OLIVEIRA	99	Individual Norte de Portugal	1:31.26	324	43.22	48.04
5. Catarina vieira, CORREIA	99	Leixões Sport Clube	1:32.42	312	44.55	47.87
6. Rita Almeida, FRECHES	99	Leixões Sport Clube	1:33.68	299	44.57	49.11
7. Maria Margarida, CABRAL	99	Porto	1:37.43	266	45.82	51.61
8. Margarida Castro, OLIVEIRA	99	Vitória Sport Clube	1:43.88	219	49.81	54.07

Juniiores

1. Rita Maria, CARDOSO	98	Leixões Sport Clube	1:16.72	545	36.58	40.14
2. Beatriz Neves, CARDOSO	98	Lamas	1:23.36	425	40.14	43.22
3. Joana Cunha, SOUSA	98	Foca	1:26.43	381	40.51	45.92
4. Diana Filipa, PORTELA	98	Vitória Sport Clube	1:26.73	377	40.74	45.99
5. Daniela Rodrigues, FIGUEIREDO	98	Propaganda da Natacao	1:27.74	364	41.27	46.47
6. Carla Luisa, ALVES	98	Famalicão	1:27.98	361	41.76	46.22
7. Rita Lima, PEREIRA	98	Lamas	1:33.43	302	44.20	49.23
8. Ana Carolina, PEREIRA	98	Porto	1:35.35	284	45.12	50.23

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Prova 8, Femin., 100m Bruços, Juniores

Lugar	Ano	Tempo final	Pts	50m	100m
DSQ Francisca Sousa, MAIA 102 - Falsa partida – SW 4.4	98 Famalicão				

Prova 9 Masc., 200m Mariposa 15 - 17 anos Resultados

Pontos: FINA 2012

Lugar	Ano	Tempo final	Pts	50m	100m	150m	200m
Juvenis A							
1. Artur Miguel, MARQUES	97 Leixões Sport Clube	2:20.32	470	29.95	35.99	37.81	36.57
2. B., PEDROSO	97 Valongo	2:20.35	469	30.91	35.33	36.74	37.37
3. Jose Ricardo, SOUSA	97 Lousada	2:20.84	464	30.34	35.41	36.98	38.11
4. Marco Andre, FERNANDEZ	97 Gespacos	2:20.85	464	30.59	35.39	37.23	37.64
5. Andre Resende, PINHEIRO	97 Porto	2:20.88	464	31.52	35.32	36.38	37.66
6. Joao Luis, TRAVANCA	97 Porto	2:23.32	441	32.23	36.02	37.73	37.34
7. Joao Miguel, ASCENSAO	97 Porto	2:27.98	400	31.03	38.06	39.64	39.25
8. Paulo Filipe, MIRANDA	97 Assoc. Desportiva de Fafe	2:31.37	374	33.27	39.29	39.56	39.25
9. Filipe Manuel, FERREIRA	97 Porto	2:32.03	369	32.34	38.73	40.95	40.01
10. Joao Afonso, PICAIO	97 Leixões Sport Clube	2:33.64	358	32.19	37.73	40.43	43.29
11. Pedro Manuel, SILVA	97 Ginásio Santo Tirso	2:34.69	350	31.55	38.56	42.29	42.29

Juvenis B

1. Joao Carlos, SILVA	98 Famalicão	2:15.94	517	29.90	33.79	34.94	37.31
2. Vasco Gradim, AMORIM	98 Porto	2:15.98	516	31.45	35.32	34.15	35.06
3. Pedro Nuno, VIEIRA	98 Valongo	2:19.38	479	30.42	34.26	35.89	38.81
4. Jose Pedro, SAMPAIO	98 Foca	2:25.11	425	30.85	35.46	38.24	40.56
5. Goncalo Miguel, NOGUEIRA	98 Porto	2:25.39	422	31.54	36.53	38.55	38.77
6. Luis Carlos, ALMEIDA	98 Gespacos	2:26.43	413	32.49	37.23	38.25	38.46
7. Victor Tiago, GONCALVES	98 Porto	2:31.84	371	33.71	38.30	40.28	39.55
8. Ricardo Miguel, MOREIRA	98 Valongo	2:31.88	370	33.65	37.69	39.37	41.17
9. Rodrigo Reis, SILVA	98 Lamas	2:32.94	363	33.59	38.99	40.04	40.32
10. Pedro Goncalves, NETO	98 Porto	2:34.30	353	32.47	38.64	41.67	41.52

Juniores

1. Artur Jose, REIS	96 Porto	2:11.25	574	29.05	33.42	34.29	34.49
2. Andre Coelho, OLIVEIRA	96 Vitória Sport Clube	2:14.85	529	30.32	34.71	35.13	34.69
3. Vitor Samuel, ROCHA	96 Gespacos	2:15.44	522	31.27	34.84	34.44	34.89
4. Joao Paulo, CAPITAO	96 Lamas	2:17.68	497	30.59	34.64	35.52	36.93
5. Bruno Miguel, SILVA	96 Porto	2:20.07	472	31.11	35.63	36.68	36.65
6. David Nunes, SOUSA	96 Famalicão	2:24.14	433	31.77	36.97	38.97	36.43

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Prova 10
28-04-2013 - 10:05

Femin., 100m Mariposa

14 - 15 anos
Resultados

Recorde Regional 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recorde Regional 25m Juv	1:06.02	Raquel Maria, FELGUEIRAS	SCB	Braga	06-03-1994
Recorde Regional 25m Jun	1:02.89	Sara Freitas, OLIVEIRA	FCP	Guarda	25-11-2000
Recorde Nacional (25m) Absoluto	58.31	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Recorde Nacional (25m) Juv	1:04.12	Mariana Cunha, GUERRA	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Jun	1:01.56	Filipa Vilas, TIAGO	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis						
1.	99	Maria Leonor, MARTINS	1:10.77	470	33.64	37.13
2.	99	Marta Ferreira, ROCHA	1:11.82	450	33.64	38.18
3.	99	Ines Maria, PEREIRA	1:12.09	445	34.32	37.77
4.	99	Rosana Marinho, MACEDO	1:13.79	415	34.47	39.32
5.	99	Carolina Silva, MOREIRA	1:16.35	374	35.56	40.79
6.	99	Noemia Verdi, SILVA	1:16.93	366	35.95	40.98
7.	99	Ines Maria, NEVES	1:17.54	357	36.06	41.48
8.	99	Mafalda Malafaia, OLIVEIRA	1:19.74	329	36.83	42.91
9.	99	Ana Caetano, OLIVEIRA	1:20.75	316	37.53	43.22
10.	99	Ana Rita, MEIRELES	1:21.26	310	37.38	43.88
11.	99	Ines Ferreira, LOPES	1:21.53	307	38.76	42.77
12.	99	Ana Raquel, BRAGANCA	1:26.41	258	37.58	48.83
13.	99	Renata vaz, PINTO	1:42.63	154	47.44	55.19

Juniores

1.	98	Ana Margarida, SANTOS	1:13.20	425	34.31	38.89
2.	98	Catarina Alexandra, JARDIM	1:13.46	420	34.18	39.28
3.	98	Barbara Nogueira, GONCALVE	1:13.57	418	34.52	39.05
4.	98	Patricia Goncalves, CARDOSO	1:14.73	399	34.06	40.67
5.	98	Francisca Santos, PEREIRA	1:16.23	376	34.56	41.67
6.	98	Ana Beatriz, MEIRELES	1:16.67	370	35.07	41.60
7.	98	Ana Rita, MESQUITA	1:18.83	340	36.57	42.26
8.	98	Raquel Sofia, LIMA	1:21.70	305	37.60	44.10
9.	98	Marcela Maria, MACHADO	1:21.98	302	37.71	44.27
10.	98	Mafalda Ho, SANTOS	1:22.11	301	37.38	44.73
11.	98	Ana Rita, CORREIA	1:24.36	277	37.67	46.69
12.	98	Cristina Cunha, MENDES	1:25.05	271	36.99	48.06
13.	98	Sofia Isabel, CORREIA	1:31.24	219	41.18	50.06

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Prova 11 Femin., 200m Costas 14 - 15 anos
28-04-2013 - 10:25 Resultados

Recorde Regional 25m Absoluto	2:14.17	Marta Vieira, MARINHO	FCP	Mealhada	18-12-2011
Recorde Regional 25m Juv	2:18.15	Joana Carina, SILVA	LSXXI	Porto	22-01-2011
Recorde Regional 25m Jun	2:14.77	Joana Carina, SILVA	LSXXI	Porto	09-12-2012
Recorde Nacional (25m) Absoluto	2:12.00	Ana Antas, BARROS	SAD	Algés	14-05-1993
Recorde Nacional (25m) Juv	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21-12-2008
Recorde Nacional (25m) Jun	2:12.80	Petra Quintela, CHAVES	SAD	Algés	31-05-1994

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis									
1.		Rosana Marinho, MACED(99	Foca	2:35.32	461	36.11	38.71	40.16	40.34
2.		Rita Almeida, FRECHES 99	Leixões Sport Clube	2:38.39	435	36.74	40.54	40.85	40.26
3.		Ana Teresa, NASCIMENT(99	Leixões Sport Clube	2:39.09	429	37.47	40.60	41.38	39.64
4.		Maria Leonor, MARTINS 99	Gespacos	2:39.37	427	37.82	40.95	41.37	39.23
5.		Carina Rodrigues, MARINI(99)	Foca	2:41.82	408	38.27	40.68	41.95	40.92
6.		Ines Ferreira, LOPES 99	Leixões Sport Clube	2:42.22	405	38.41	42.02	42.33	39.46
7.		Ines Maria, NEVES 99	Porto	2:42.71	401	38.60	41.52	41.58	41.01
8.		Carolina Silva, MOREIRA 99	CNMaia	2:43.61	394	39.26	40.89	42.03	41.43
9.		Catarina vieira, CORREIA 99	Leixões Sport Clube	2:45.40	382	40.24	42.13	42.21	40.82
10.		Barbara Rita, SOUSA 99	Valongo	2:47.26	369	38.98	42.05	43.26	42.97
11.		Maria Margarida, CABRAL 99	Porto	2:48.13	363	39.23	41.69	43.59	43.62
12.		Ana Alexandra, OLIVEIRA 99	Individual Norte de Portugal	2:48.91	358	39.16	41.82	43.72	44.21
13.		Ana Rita, MEIRELES 99	Lousada	3:04.83	273	43.94	46.61	48.20	46.08
14.		Margarida Castro, OLIVEIRA 99	Vitória Sport Clube	3:09.83	252	44.57	48.69	48.93	47.64

Juniores

1.		Catarina Alexandra, JARDI(98	Famalicão	2:28.43	528	34.15	36.62	38.83	38.83
2.		Francisca Santos, PEREIRA(98	Porto	2:28.70	525	35.41	37.74	38.17	37.38
3.		Ana Beatriz, MEIRELES 98	Assoc. Desportiva de Fafe	2:29.61	516	34.98	38.03	38.63	37.97
4.		Beatriz Neves, CARDOSO 98	Lamas	2:34.91	465	37.10	39.42	39.60	38.79
5.		Ana Margarida, SANTOS 98	Porto	2:36.87	447	36.98	38.65	40.80	40.44
6.		Francisca Sousa, MAIA 98	Famalicão	2:38.20	436	35.59	40.12	42.03	40.46
7.		Joana Cunha, SOUSA 98	Foca	2:39.66	424	38.80	40.43	40.79	39.64
8.		Diana Filipa, PORTELA 98	Vitória Sport Clube	2:42.35	404	38.30	40.52	42.16	41.37
9.		P., CARDOSO 98	Porto	2:45.04	384	38.59	41.45	42.98	42.02
10.		D., FIGUEIREDO 98	Propaganda da Natacao	2:46.64	373	38.82	41.94	43.18	42.70
11.		Rita Lima, PEREIRA 98	Lamas	2:48.91	358	40.02	42.79	43.57	42.53
12.		Ana Carolina, PEREIRA 98	Porto	2:49.20	357	39.53	42.06	43.91	43.70
13.		Rita Maria, CARDOSO 98	Leixões Sport Clube	2:52.71	335	42.03	43.40	43.94	43.34
14.		Mafalda Ho, SANTOS 98	Leixões Sport Clube	2:54.49	325	41.89	43.47	44.98	44.15
15.		Sofia Isabel, CORREIA 98	Lousada	3:04.16	276	42.96	46.48	48.14	46.58
16.		Marcela Maria, MACHADO 98	Vitória Sport Clube	3:14.43	235	44.86	48.98	50.80	49.79

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Prova 12 Masc., 100m Costas 15 - 17 anos
28-04-2013 - 10:40 Resultados

Recorde Regional 25m Absoluto	54.10	Adriano Miguel, NIZ	CFV	Silves	21-12-2007
Recorde Regional 25m Juv B	1:00.21	Tiago Manuel, TEIXEIRA	ADF	Paços de Ferreira	04-03-2011
Recorde Regional 25m Juv A	57.41	Adriano Miguel, NIZ	CFV	Algés	17-05-2002
Recorde Regional 25m Jun	55.55	Adriano Miguel, NIZ	CFV	Corunha (ESP)	18-04-2004
Recorde Nacional (25m) Absoluto	52.16	Alexis Manacas, SANTOS	FPN	Chartres (FRA)	24-11-2012
Recorde Nacional (25m) Juv B	57.38	Gabriel Jose, LOPES	CDL	Coimbra	13-05-2012
Recorde Nacional (25m) Juv A	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010
Recorde Nacional (25m) Jun	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis A						
1.	97	Andre Goncalo, SANTOS	1:02.61	477	31.54	31.07
2.	97	Artur Miguel, MARQUES	1:05.04	426	31.78	33.26
3.	97	Joao Miguel, ASCENSAO	1:06.12	405	32.31	33.81
4.	97	Marco Andre, FERNANDES	1:06.97	390	33.22	33.75
5.	97	Paulo Filipe, MIRANDA	1:09.18	354	33.54	35.64
6.	97	Pedro Ferreira, LOPES	1:09.52	348	33.55	35.97
7.	97	Jorge Filipe, MATOS	1:09.67	346	34.14	35.53
8.	97	Joao Paulo, SILVA	1:10.30	337	34.90	35.40
9.	97	Filipe Manuel, FERREIRA	1:10.67	332	34.84	35.83
10.	97	Bernardo Francisco, PEDROSC	1:10.95	328	34.75	36.20

Juvenis B						
1.	98	Joao Carlos, SILVA	1:06.02	407	32.32	33.70
2.	98	Jose Pedro, SAMPAIO	1:06.60	396	32.85	33.75
3.	98	Pedro Goncalves, NETO	1:08.12	370	32.36	35.76
4.	98	Luis Carlos, ALMEIDA	1:08.38	366	33.21	35.17
5.	98	Joao Santos, MENDES	1:09.51	349	34.24	35.27
6.	98	Rodrigo Reis, SILVA	1:10.44	335	34.48	35.96
7.	98	Pedro Miguel, LINO	1:11.16	325	34.87	36.29
8.	98	Joao Nuno, COSTA	1:12.84	303	35.32	37.52
9.	98	Victor Tiago, GONCALVES	1:13.02	301	36.05	36.97
10.	98	Ricardo Miguel, MOREIRA	1:14.00	289	36.49	37.51
11.	98	Joao Pedro, PIMENTEL	1:16.80	258	37.78	39.02
12.	98	Rafael Pinheiro, RAMOS	1:17.50	251	37.84	39.66
13.	98	Alexandre Cerqueira, COELHO	1:21.20	218	39.38	41.82

Juniore						
1.	96	Vitor Samuel, ROCHA	1:03.29	462	30.75	32.54
2.	96	Andre Coelho, OLIVEIRA	1:05.96	408	32.35	33.61
3.	96	Bruno Miguel, SILVA	1:07.97	373	33.44	34.53
4.	96	David Nunes, SOUSA	1:09.38	350	33.19	36.19

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Prova 13 Femin., 200m Bruços 14 - 15 anos
28-04-2013 - 10:50 Resultados

Recorde Regional 25m Absoluto	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
Recorde Regional 25m Jun	2:32.39	Paula Alexandra, OLIVEIRA	FCP	Mealhada	18-12-2011
Recorde Nacional (25m) Absoluto	2:25.87	Diana Duarte, GOMES	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Juv	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Jun	2:29.56	Ana Rita, SANTOS	FPN	Dublin (IRL)	13-12-2003

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m		
Juvenis										
1.		Ana Beatriz, MARTINS	99	Famalicão	2:41.13	582	36.74	41.36	41.70	41.33
2.		Catarina Isabel, BRANCO	99	Ginásio Santo Tirso	2:54.49	458	39.68	44.06	45.23	45.52
3.		Marta Ferreira, ROCHA	99	Leixões Sport Clube	2:58.60	427	40.27	45.31	46.92	46.10
4.		Ines Maria, PEREIRA	99	Leixões Sport Clube	3:00.09	417	41.99	45.38	46.48	46.24
5.		Viviana Pinto, CUNHA	99	Famalicão	3:02.43	401	41.23	45.62	47.81	47.77
6.		Ines Silva, MARQUES	99	CNMaia	3:02.46	401	40.99	46.56	48.07	46.84
7.		Mafalda Malafaia, OLIVEIRA	99	Porto	3:03.32	395	41.34	46.55	47.72	47.71
8.		Noemia Verdi, SILVA	99	Vitória Sport Clube	3:05.55	381	41.23	46.56	48.66	49.10
9.		Ana Raquel, BRAGANCA	99	Lousada	3:19.10	308	44.38	49.94	52.22	52.56
10.		Ana Caetano, OLIVEIRA	99	Leixões Sport Clube	3:19.23	308	45.64	50.63	51.50	51.46
11.		Sandra Catarina, SILVA	99	Propaganda da Natacao	3:19.71	305	45.74	50.67	52.11	51.19
12.		Renata vaz, PINTO	99	Leixões Sport Clube	3:22.51	293	45.83	50.90	52.57	53.21

Juniores

1.		B., GONCALVES	98	Famalicão	2:50.25	493	38.61	43.31	44.37	43.96
2.		Ines Evangelista, BASTOS	98	Assoc. Desportiva de Fafe	2:56.32	444	39.55	44.75	46.41	45.61
3.		Lucilia Ferreira, FREITAS	98	Porto	2:58.04	431	40.32	45.22	46.37	46.13
4.		Ines Lucas, ALVES	98	Leixões Sport Clube	2:59.82	419	41.38	45.49	46.68	46.27
5.		Ana Rita, MESQUITA	98	Propaganda da Natacao	3:15.83	324	43.59	50.46	51.24	50.54
6.		Ana Rita, CORREIA	98	Lousada	3:18.84	309	43.98	50.09	52.13	52.64
7.		Joana Maria, LOPES	98	Vitória Sport Clube	3:19.80	305	44.79	51.21	52.43	51.37
8.		Raquel Sofia, LIMA	98	Ginásio Santo Tirso	3:22.84	292	46.29	50.05	53.28	53.22
9.		Cristina Cunha, MENDES	98	Vitória Sport Clube	3:23.36	289	45.08	53.34	54.62	50.32

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Prova 14 Masc., 100m Bruços 15 - 17 anos
28-04-2013 - 11:05 Resultados

Recorde Regional 25m Absoluto	1:00.59	Henrique Pereira, NEIVA	CFV	S. Antonio Cavaleiros	19-12-2009
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 Jun	1:03.10	Henrique Pereira, NEIVA	CFV	Algés	17-05-2002
Recorde Nacional (25m) Absoluto	58.19	Carlos Esteves, ALMEIDA	FPN	Chatres (FRA)	22-11-2012
Recorde Nacional (25m) Juv B	1:04.22	Andre Goncalo, SANTOS	LSC	Braga	04-03-2012
Recorde Nacional (25m) Juv A	1:03.39	Andre Goncalo, SANTOS	LSC	S. António Cavaleiros	21-12-2012
Recorde Nacional (25m) Jun	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m
Juvenis A						
1.	97	Andre Resende, PINHEIRO	1:10.74	485	33.54	37.20
2.	97	Jose Ricardo, SOUSA	1:15.19	404	35.56	39.63
3.	97	Pedro Manuel, SILVA	1:16.15	389	36.17	39.98
4.	97	Joao Afonso, PICAIO	1:17.01	376	36.82	40.19
5.	97	Joao Luis, TRAVANCA	1:17.15	374	36.36	40.79
6.	97	Joel Baptista, PEIXOTO	1:26.71	263	41.58	45.13
7.	97	Eugenio Alexandre, DURAES	1:29.85	237	42.50	47.35
8.	97	Antonio Eduardo, MADUREIRA	1:30.75	230	43.36	47.39

Juvenis B

1.	98	Xavier Ribeiro, FERREIRA	1:15.21	404	35.44	39.77
2.	98	Goncalo Miguel, NOGUEIRA	1:15.67	396	35.21	40.46
3.	98	Joao Pedro, SANTOS	1:17.16	374	35.92	41.24
4.	98	Pedro Nuno, VIEIRA	1:17.43	370	36.61	40.82
5.	98	Vasco Gradim, AMORIM	1:17.53	369	37.20	40.33
6.	98	Joao Diogo, LOURENCO	1:18.85	350	37.50	41.35
7.	98	Eduardo Abel, DUARTE	1:22.98	300	38.43	44.55
8.	98	Diogo Ferreira, NEVES	1:23.98	290	40.50	43.48
9.	98	Carlos Andre, BESSA	1:25.63	273	41.11	44.52
10.	98	Leonardo Filipe, SILVA	1:26.08	269	38.82	47.26
11.	98	Diogo Andre, TEIXEIRA	1:27.61	255	41.41	46.20

Juniores

1.	96	Artur Jose, REIS	1:05.55	610	30.72	34.83
2.	96	Leonardo Cardoso, FIGUEIREI	1:07.21	566	31.61	35.60
3.	96	Joao Paulo, CAPITAO	1:07.79	552	32.32	35.47
4.	96	Duarte Magalhaes, PINTO	1:24.44	285	40.23	44.21

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Prova 15 Femin., 200m Mariposa 14 - 15 anos
28-04-2013 - 11:15 Resultados

Recorde Regional 25m Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FCP	Dubai (UAE)	15-12-2010
Recorde Regional 25m Juv	2:22.15	Raquel Maria, FELGUEIRAS	SCB	Braga	04-03-1994
Recorde Regional 25m Jun	2:18.15	Diana Ramos, ROCHA	CFV	Leiria	04-12-2009
Recorde Nacional (25m) Absoluto	2:08.54	Sara Freitas, OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Recorde Nacional (25m) Juv	2:19.06	Susana Patricia, MIGUEL	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Jun	2:13.60	Ana Rita, FRANCISCO	FPN	Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	150m	200m	
Juvenis									
1.	M., OLIVEIRA	99	Porto	2:33.80	484	33.60	38.45	40.54	41.21
2.	Ana Cristina, SOUSA	99	Porto	2:40.19	428	34.61	40.74	41.57	43.27
3.	Ana Beatriz La, FERIA	99	Porto	2:42.29	412	34.71	39.88	42.71	44.99
4.	Tatiana Isabel, CARDOSC99	99	Porto	3:14.75	238	39.63	49.17	52.89	53.06

Juniores

1.	Graca Maria, ARAUJO	98	Famalicao	2:26.05	565	32.06	36.27	37.69	40.03
2.	Ana Silva, COSTA	98	Famalicao	2:30.13	520	32.97	37.32	39.35	40.49
3.	Maria Carolina, RIBEIRO	98	Porto	2:33.55	486	34.66	39.66	39.67	39.56
4.	Ana Carolina, MOREIRA	98	Porto	2:35.07	472	34.78	39.27	40.31	40.71
5.	Carla Luisa, ALVES	98	Famalicao	2:47.47	375	34.23	41.18	45.17	46.89

Prova 16 Masc., 100m Mariposa 15 - 17 anos
28-04-2013 - 11:20 Resultados

Recorde Regional 25m Absoluto	52.83	Adriano Miguel, NIZ	CFV	S. Antonio Cavaleiros	17-12-2006
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 Jun	55.96	Adriano Miguel, NIZ	CFV	Estoril	15-02-2004
Recorde Nacional (25m) Absoluto	51.45	Diogo Filipe, CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Recorde Nacional (25m) Juv B	57.32	Diogo Filipe, CARVALHO	CGA	Estarreja	10-07-2003
Recorde Nacional (25m) Juv A	55.60	Diogo Gomes, SOUSA	CNCVG	Porto	05-12-2010
Recorde Nacional (25m) Jun	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	19-12-2004

Pontos: FINA 2012

Lugar	Ano		Tempo final	Pts	50m	100m	
Juvenis A							
1.	Ivo Pinto, RIBEIRO	97	Foca	1:00.15	523	28.17	31.98
2.	Luis Carlos, OLIVEIRA	97	Porto	1:02.35	470	28.96	33.39
3.	David Andre, ALMEIDA	97	Ginásio Santo Tirso	1:03.82	438	29.20	34.62
4.	Flavio Dias, SILVA	97	Famalicao	1:04.31	428	29.65	34.66
5.	Vitor Joao, PEREIRA	97	Leixões Sport Clube	1:04.60	422	29.90	34.70
6.	Simao Miguel, CAPITAO	97	Lamas	1:04.99	415	30.20	34.79
7.	Ricardo David, SILVA	97	Foca	1:05.83	399	30.29	35.54
8.	Joao Diogo, POINHO	97	Porto	1:07.30	373	30.85	36.45
9.	Tiago Alberto, SANTOS	97	Lamas	1:09.48	339	33.70	35.78
10.	Jose Miguel, RODRIGUES	97	Valongo	1:09.49	339	31.72	37.77
11.	Pedro Niz, SILVA	97	Gespacos	1:11.74	308	33.37	38.37
12.	Luis Carlos, MATIAS	97	Foca	1:14.68	273	34.72	39.96
13.	Joao Miguel, TORRADO	97	Porto	1:15.37	266	34.52	40.85
14.	Andre Oliveira, COUTO	97	Lamas	1:15.58	263	33.75	41.83
15.	Joao Pedro, GUEDES	97	Lamas	1:32.00	146	41.45	50.55

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Prova 16, Masc., 100m Mariposa, Juvenis A

Lugar	Ano	Tempo final	Pts	50m	100m
DSQ Victor Monteiro, CUNHA <i>102 - Falsa partida – SW 4.4</i>	97 Assoc. Desportiva de Fafe				
DSQ Ruben Oliveira, LOPES <i>102 - Falsa partida – SW 4.4</i>	97 Porto				

Juvenis B

1. Luis Filipe, SOARES	98 Lamas	1:01.41	492	28.80	32.61
2. H., FELGUEIRAS	98 Valongo	1:02.94	456	28.40	34.54
3. Tomas Robalo, MAIA	98 Famalicão	1:03.19	451	30.03	33.16
4. Pedro Ferraz, SILVA	98 Gespacos	1:03.21	451	29.49	33.72
5. Joao Costa, FERREIRA	98 Famalicão	1:03.36	447	29.99	33.37
6. Paulo Filipe, SILVA	98 CNMaia	1:04.85	417	30.19	34.66
7. Leandro Miguel, BAPTISTA	98 Leixões Sport Clube	1:05.05	413	30.13	34.92
8. Diogo Miguel, COSTA	98 Porto	1:05.65	402	30.02	35.63
9. Jorge Rogerio, MORAIS	98 Lousada	1:05.96	397	30.88	35.08
10. Pedro Silva, FERREIRA	98 Famalicão	1:09.48	339	31.89	37.59
11. Domingos Tiago, PINHEIRO	98 Ginásio Santo Tirso	1:09.56	338	32.32	37.24
12. Ricardo Manuel, MONTEIRO	98 Leixões Sport Clube	1:09.74	335	32.09	37.65
13. Alexandre Magno, CARVALHO	98 Fluvial Portuense	1:10.43	326	32.83	37.60
14. Tiago Filipe, FERREIRA	98 Valongo	1:11.20	315	33.33	37.87
15. Joao Paulo, PACHECO	98 Penafiel	1:12.31	301	33.72	38.59
16. Joao Ribeiro, MIRANDA	98 Foca	1:13.19	290	33.66	39.53
17. Nuno Filipe, PEREIRA	98 Propaganda da Natacao	1:14.54	275	32.95	41.59
18. Diogo Alexandre, PEREIRA	98 Porto	1:15.20	267	35.34	39.86
19. Eduardo Maia, MENDES	98 Famalicão	1:15.45	265	34.99	40.46
20. Daniel Nunes, SOUSA	98 Famalicão	1:17.08	248	35.50	41.58

Juniores

1. Tiago Manuel, TEIXEIRA	96 Vitória Sport Clube	59.91	529	28.09	31.82
2. Jose Carlos, TEIXEIRA	96 Foca	1:06.84	381	30.55	36.29
3. Manuel Duarte, FERNANDES	96 Famalicão	1:07.63	368	30.35	37.28
4. Paulo Martins, ALMEIDA	96 Ginásio Santo Tirso	1:09.50	339	32.41	37.09
5. Nuno Filipe, GONCALVES	96 Vitória Sport Clube	1:10.95	319	33.66	37.29
6. Joao Pedro, MACHADO	96 Vitória Sport Clube	1:11.10	317	32.97	38.13
7. Daniel Batista, COIMBRA	96 Lamas	1:11.70	309	33.28	38.42