

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

1 - 1ª Jornada

28-11-2008 - 17:00

Prova 1 Femin., 400m Estilos
28-11-2008 - 17:00 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis Resultados

RNJUV 4:57.68 MIGUEL, Susana Patricia SFUAP Penafiel 19-03-2004

Time standard 1 : 6:14.00

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NETO, Ana Goncalves	F	101958	95	Futebol Clube do Porto/Império Bonança	5:20.08	594	
	50m: 34.38 34.38				100m: 1:15.38 41.00 400m: 5:20.08 4:04.70			
2.	GONCALVES, Ana Joaquina	F	13224	95	Sporting Clube de Braga	5:20.92	589	
	50m: 35.42 35.42				100m: 1:15.70 40.28 400m: 5:20.92 4:05.22			
3.	ROMPANTE, Filipa Maria	F	102733	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:26.07	562	
	50m: 34.51 34.51				100m: 1:13.95 39.44 200m: 2:37.64 1:23.69 400m: 5:26.07 1:14.75 300m: 4:11.32 1:33.68			
4.	MATOS, Joana Fazendeiro	F	101973	95	Futebol Clube do Porto/Império Bonança	5:33.84	523	
	50m: 35.56 35.56				100m: 1:17.22 41.66 400m: 5:33.84 4:16.62			
5.	AMORIM, Maria Luis	F	102029	95	Futebol Clube do Porto/Império Bonança	5:34.07	522	
	50m: 37.20 37.20				100m: 1:18.95 41.75 150m: 2:00.42 49.41 350m: 4:58.08 37.91 200m: 2:40.86 40.44 300m: 4:20.17 49.90 400m: 5:34.07 35.99			
6.	TEIXEIRA, Ana Filipa	F	15992	95	Escola Desportiva de Viana	5:35.41	516	
	50m: 34.91 34.91				100m: 1:16.60 41.69 400m: 5:35.41 4:18.81			
7.	SAMPAIO, Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe	5:36.22	512	
	50m: 36.45 36.45				100m: 1:17.90 41.45 400m: 5:36.22 4:18.32			
8.	CARVALHO, Hedvigés Ribeiro	F	106925	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:39.27	499	
	50m: 37.04 37.04				100m: 1:19.51 42.47 150m: 2:03.27 43.76 250m: 3:35.82 50.70 350m: 5:04.27 37.94 200m: 2:45.12 41.85 300m: 4:26.33 50.51 400m: 5:39.27 35.00			
9.	COSTA, Ines Joao	F	12893	95	Sporting Clube de Braga	5:39.28	499	
	50m: 37.78 37.78				100m: 1:20.93 43.15 150m: 2:03.64 42.71 250m: 3:35.37 48.90 350m: 5:01.82 37.87 200m: 2:46.47 42.83 300m: 4:23.95 48.58 400m: 5:39.28 37.46			
10.	PEREIRA, Ana Francisca	F	15582	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:39.35	498	
	50m: 36.42 36.42				100m: 1:20.49 44.07 200m: 2:49.60 42.71 400m: 5:39.35 1:29.11 300m: 4:25.26 40:02.66			
11.	OLIVEIRA, Cassandra Pedro	F	111071	95	Clube Fluvial Vilacondense	5:39.76	496	
	50m: 33.85 33.85				100m: 1:13.86 40.01 400m: 5:39.76 4:25.90			
12.	CUNHA, Ana Oliveira	F	15585	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:40.39	494	
	50m: 38.75 38.75				100m: 1:23.12 44.37 400m: 5:40.39 4:17.27			
13.	TEIXEIRA, Ana Catarina	F	18137	95	Foca-Clube De Natação De Felgueiras	5:42.88	483	
	50m: 37.98 37.98				100m: 1:21.67 43.69 150m: 2:07.13 45.46 250m: 3:38.90 46.67 350m: 5:05.25 38.31 200m: 2:52.23 45.10 300m: 4:26.94 48.04 400m: 5:42.88 37.63			
14.	SOARES, Silvia Ariana	F	15272	95	Futebol Clube do Porto/Império Bonança	5:43.13	482	
	50m: 35.02 35.02				100m: 1:16.76 41.74 200m: 2:44.32 42.77 400m: 5:43.13 1:27.56 1:43.78 400m: 5:43.13 1:15.03			
15.	COSTA, Ana Margarida	F	15495	95	Leixões Sport Clube	5:44.54	476	
	50m: 37.46 37.46				100m: 1:21.08 43.62 150m: 2:05.26 44.18 250m: 3:39.72 51.93 350m: 5:07.92 37.06 200m: 2:47.79 42.53 300m: 4:30.86 51.14 400m: 5:44.54 36.62			
16.	PINHEIRO, Guadalupe Ribeiro	F	102032	95	Gespacos	5:44.86	475	
	50m: 35.61 35.61				100m: 1:16.77 41.16 400m: 5:44.86 4:28.09			
17.	BRITO, Ana Cristina	F	102241	95	Sporting Clube de Braga	5:46.53	468	
	50m: 38.21 38.21				100m: 1:12.00 33.79 400m: 5:46.53 4:34.53			
17.	RIBEIRO, Ines Jesus	F	102237	95	Sporting Clube de Braga	5:46.53	468	
	50m: 37.99 37.99				100m: 1:22.12 44.13 400m: 5:46.53 4:24.41			
19.	LEMONS, Ines Perestrello	F	101365	95	Sporting Clube de Braga	5:46.67	467	
	50m: 38.14 38.14				100m: 1:23.88 45.74 150m: 2:07.06 43.18 250m: 3:38.75 49.18 350m: 5:08.49 38.70 200m: 2:49.57 42.51 300m: 4:29.79 51.04 400m: 5:46.67 38.18			
20.	MIRANDA, Joana Isabel	F	104220	95	Vitória Sport Clube	5:49.40	456	
	50m: 36.54 36.54				100m: 1:19.95 43.41 400m: 5:49.40 4:29.45			
21.	FERREIRA, Maria Beatriz	F	24133	95	Clube Fluvial Portuense	5:49.59	456	
	50m: 38.43 38.43				100m: 1:22.45 44.02 150m: 2:07.95 45.50 250m: 3:41.36 48.42 350m: 5:10.17 39.97 200m: 2:52.94 44.99 300m: 4:30.20 48.84 400m: 5:49.59 39.42			
22.	FERREIRA, Ines Sofia	F	15355	95	Gespacos	5:51.37	449	
	50m: 36.77 36.77				100m: 1:19.72 42.95 150m: 2:04.83 45.11 250m: 3:37.43 48.73 350m: 5:10.17 43.78 200m: 2:48.70 43.87 300m: 4:26.39 48.96 400m: 5:51.37 41.20			
23.	PEREIRA, Helena Marisa	F	20331	95	Foca-Clube De Natação De Felgueiras	5:52.60	444	
	50m: 38.45 38.45				100m: 1:23.82 45.37 400m: 5:52.60 4:28.78			
24.	SILVA, Carolina Costa	F	24561	95	Sporting Clube de Braga	5:55.90	432	
	50m: 37.29 37.29				100m: 1:22.18 44.89 150m: 2:06.68 44.50 250m: 3:42.97 51.82 350m: 5:15.98 40.58 200m: 2:51.15 44.47 300m: 4:35.40 52.43 400m: 5:55.90 39.92			
25.	FERREIRA, Maria Claudia	F	15498	95	Leixões Sport Clube	5:56.59	429	
	50m: 39.31 39.31				100m: 1:24.09 44.78 150m: 2:09.36 45.27 250m: 3:46.32 53.26 350m: 5:18.31 39.43 200m: 2:53.06 43.70 300m: 4:38.88 52.56 400m: 5:56.59 38.28			

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 1, Femin., 400m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
26.	RODRIGUES, Catia Sofia	F	23305	95	SSCMP/Paredes Rota Dos Moveis	6:00.59	415	
	50m: 39.75 39.75		150m: 2:12.36		43.27 250m: 3:47.03	51.28	350m: 5:21.48	41.61
	100m: 1:29.09 49.34		200m: 2:55.75		43.39 300m: 4:39.87	52.84	400m: 6:00.59	39.11
27.	KOBAYASHI, Luciana Tomi	F	107429	95	Clube Fluvial Vilacondense	6:08.65	389	
	50m: 38.09 38.09		150m: 2:08.29		46.23 250m: 3:49.44	56.28	350m: 5:27.62	42.91
	100m: 1:22.06 43.97		200m: 2:53.16		44.87 300m: 4:44.71	55.27	400m: 6:08.65	41.03
28.	SILVA, Ana Rita FTL	F	104553	95	Clube Fluvial Vilacondense	6:16.80	364	
	50m: 42.72 42.72		150m: 2:23.35		47.88 250m: 4:00.19	49.79	350m: 5:34.99	41.96
	100m: 1:35.47 52.75		200m: 3:10.40		47.05 300m: 4:53.03	52.84	400m: 6:16.80	41.81
29.	AMORIM, Ariana Barros FTL	F	26629	95	Escola Desportiva Limiana	7:00.87	261	
	50m: 50.81 50.81		150m: 2:41.15		50.04 250m: 4:31.10	1:00.65	350m: 6:16.06	45.38
	100m: 1:51.11 1:00.30		200m: 3:30.45		49.30 300m: 5:30.68	59.58	400m: 7:00.87	44.81
EXH	COSTA, Ana Catarina	F	103208	95	Clube Desportivo Feirense	5:45.88	471	
	50m: 36.70 36.70		100m: 1:19.18		42.48 400m: 5:45.88	4:26.70		

Prova 2
28-11-2008 - 17:25

Masc., 400m Estilos
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Juvenis
Resultados

RNJUVA	4:28.27	CARVALHO, Diogo Filipe	CGA	Penafiel	19-03-2004
RNJUVB	4:35.02	CARVALHO, Diogo Filipe	CGA	Braga	21-03-2003

Time standard 1 Juv B: 5:44.30; Juv A: 5:33.30

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NUNES, Ruben Filipe	M	23302	94	Gespacos	4:55.99	552	
	50m: 30.43 30.43		150m: 1:44.12		38.83 250m: 3:04.18	41.85	350m: 4:21.44	34.54
	100m: 1:05.29 34.86		200m: 2:22.33		38.21 300m: 3:46.90	42.72	400m: 4:55.99	34.55
2.	MARTINS, Jose Alberto	M	23096	94	Vitória Sport Clube	5:01.43	523	
	50m: 32.14 32.14		150m: 1:46.69		37.52 250m: 3:09.12	44.98	350m: 4:28.60	35.01
	100m: 1:09.17 37.03		200m: 2:24.14		37.45 300m: 3:53.59	44.47	400m: 5:01.43	32.83
3.	RODRIGUES, Diogo Manuel	M	15338	94	Vitória Sport Clube	5:03.65	512	
	50m: 33.19 33.19		150m: 1:51.01		39.40 250m: 3:11.33	41.35	350m: 4:29.50	36.81
	100m: 1:11.61 38.42		200m: 2:29.98		38.97 300m: 3:52.69	41.36	400m: 5:03.65	34.15
4.	RIBEIRO, Luis Pedro	M	15998	94	Escola Desportiva de Viana	5:10.07	480	
	50m: 32.28 32.28		150m: 1:49.03		39.74 250m: 3:12.78	44.80	350m: 4:35.06	36.14
	100m: 1:09.29 37.01		200m: 2:27.98		38.95 300m: 3:58.92	46.14	400m: 5:10.07	35.01
5.	SILVA, Hugo Miguel	M	24567	94	Sporting Clube de Braga	5:10.89	477	
	50m: 32.47 32.47		150m: 1:48.39		38.57 250m: 3:12.01	45.09	350m: 4:34.86	36.64
	100m: 1:09.82 37.35		200m: 2:26.92		38.53 300m: 3:58.22	46.21	400m: 5:10.89	36.03
6.	PINHEIRO, Renato Mendes	M	16071	94	Escola Desportiva de Viana	5:11.07	476	
	50m: 33.17 33.17		150m: 1:51.02		40.50 250m: 3:15.86	44.76	350m: 4:36.74	35.07
	100m: 1:10.52 37.35		200m: 2:31.10		40.08 300m: 4:01.67	45.81	400m: 5:11.07	34.33
7.	COSTA, Francisco Miguel	M	102620	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:11.40	474	
	50m: 32.94 32.94		150m: 1:51.31		40.88 250m: 3:15.08	43.89	350m: 4:36.88	35.52
	100m: 1:10.43 37.49		200m: 2:31.19		39.88 300m: 4:01.36	46.28	400m: 5:11.40	34.52
8.	CUNHA, David Xavier	M	24093	94	Vitória Sport Clube	5:14.19	462	
	50m: 31.69 31.69		150m: 1:50.93		40.14 250m: 3:16.69	46.54	350m: 4:39.71	36.05
	100m: 1:10.79 39.10		200m: 2:30.15		39.22 300m: 4:03.66	46.97	400m: 5:14.19	34.48
9.	ANTUNES, Pedro Gomes	M	13287	94	Sporting Clube de Braga	5:14.41	461	
	50m: 31.88 31.88		150m: 1:49.81		40.96 250m: 3:15.84	46.56	350m: 4:39.47	36.61
	100m: 1:08.85 36.97		200m: 2:29.28		39.47 300m: 4:02.86	47.02	400m: 5:14.41	34.94
10.	FERRARIA, Miguel Angelo	M	102072	94	Futebol Clube do Porto/Império Bonança	5:16.45	452	
	50m: 31.43 31.43		150m: 1:49.77		41.24 250m: 3:18.39	47.45	350m: 4:42.24	34.95
	100m: 1:08.53 37.10		200m: 2:30.94		41.17 300m: 4:07.29	48.90	400m: 5:16.45	34.21
11.	ALVES, Simao Pedro	M	102500	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:17.40	448	
	50m: 30.41 30.41		150m: 1:49.86		41.46 250m: 3:18.45	46.57	350m: 4:42.30	36.11
	100m: 1:08.40 37.99		200m: 2:31.88		42.02 300m: 4:06.19	47.74	400m: 5:17.40	35.10
12.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	5:18.18	445	
	50m: 33.75 33.75		150m: 1:55.04		42.10 250m: 3:21.46	45.30	350m: 4:43.30	35.52
	100m: 1:12.94 39.19		200m: 2:36.16		41.12 300m: 4:07.78	46.32	400m: 5:18.18	34.88
13.	PINTO, Marcelo Jose	M	19400	94	Foca-Clube De Natação De Felgueiras	5:18.34	444	
	50m: 34.28 34.28		150m: 1:55.34		41.41 250m: 3:22.20	46.63	350m: 4:44.28	35.66
	100m: 1:13.93 39.65		200m: 2:35.57		40.23 300m: 4:08.62	46.42	400m: 5:18.34	34.06
14.	SILVA, Miguel Antonio	M	24570	94	Sporting Clube de Braga	5:19.05	441	
	50m: 32.88 32.88		150m: 1:52.49		39.70 250m: 3:17.55	46.08	350m: 4:43.05	37.70
	100m: 1:12.79 39.91		200m: 2:31.47		38.98 300m: 4:05.35	47.80	400m: 5:19.05	36.00

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natacao do Minho
Torneio Regional de Juvenis

Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15.	COSTA, Bernardo Machado	M	19515	94	Futebol Clube do Porto/Império Bonança	5:19.46	439	
	50m: 33.44 33.44		150m: 1:53.47		40.48 250m: 3:19.81 47.06	350m: 4:44.23 36.38		
	100m: 1:12.99 39.55		200m: 2:32.75		39.28 300m: 4:07.85 48.04	400m: 5:19.46 35.23		
16.	CERQUEIRA, Mario Andre	M	15458	94	Clube Fluvial Portuense	5:20.63	435	
	50m: 33.40 33.40		150m: 1:54.92		42.20 250m: 3:22.41 45.91	350m: 4:46.11 36.52		
	100m: 1:12.72 39.32		200m: 2:36.50		41.58 300m: 4:09.59 47.18	400m: 5:20.63 34.52		
17.	MENDES, Tiago Vitorino	M	100819	94	Escola Desportiva Limiana	5:21.26	432	
	50m: 33.36 33.36		150m: 2:36.00		1:23.14 400m: 5:21.26 1:09.65			
	100m: 1:12.86 39.50		200m: 4:11.61		1:35.61			
18.	FARIA, Rui Pedro	M	15592	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:22.40	427	
	50m: 34.37 34.37		150m: 1:57.48		43.16 250m: 3:25.35 44.81	350m: 4:46.03 36.48		
	100m: 1:14.32 39.95		200m: 2:40.54		43.06 300m: 4:09.55 44.20	400m: 5:22.40 36.37		
19.	FERREIRA, Francisco Junior	M	15546	94	Gespacos	5:22.67	426	
	50m: 34.60 34.60		150m: 1:54.62		40.53 250m: 3:19.82 45.21	350m: 4:44.77 38.52		
	100m: 1:14.09 39.49		200m: 2:34.61		39.99 300m: 4:06.25 46.43	400m: 5:22.67 37.90		
20.	AZEVEDO, Mario Miguel	M	20034	94	Clube Fluvial Vilacondense	5:23.11	425	
	50m: 34.25 34.25		150m: 2:00.48		43.96 250m: 3:23.40 41.14	350m: 4:46.36 39.92		
	100m: 1:16.52 42.27		200m: 2:42.26		41.78 300m: 4:06.44 43.04	400m: 5:23.11 36.75		
21.	PASSOS, Luis Filipe	M	103697	94	Vitória Sport Clube	5:25.77	414	
	50m: 33.90 33.90		150m: 1:57.32		41.34 250m: 3:26.20 47.44	350m: 4:49.51 35.93		
	100m: 1:15.98 42.08		200m: 2:38.76		41.44 300m: 4:13.58 47.38	400m: 5:25.77 36.26		
22.	LEMONS, Miguel Alexandre	M	101989	94	Futebol Clube do Porto/Império Bonança	5:27.40	408	
	50m: 34.59 34.59		150m: 1:55.13		40.13 250m: 3:23.86 48.93	350m: 4:51.45 37.02		
	100m: 1:15.00 40.41		200m: 2:34.93		39.80 300m: 4:14.43 50.57	400m: 5:27.40 35.95		
23.	RODRIGUES, Ricardo Jorge	M	13290	94	Sporting Clube de Braga	5:29.19	401	
	50m: 34.76 34.76		150m: 1:58.54		43.31 250m: 3:30.55 50.51	350m: 4:56.05 33.87		
	100m: 1:15.23 40.47		200m: 2:40.04		41.50 300m: 4:22.18 51.63	400m: 5:29.19 33.14		
24.	COSTA, Miguel Ferraz	M	24108	94	Clube Fluvial Vilacondense	5:29.33	401	
	50m: 33.65 33.65		150m: 1:55.39		41.15 250m: 3:23.30 47.24	350m: 4:52.66 39.69		
	100m: 1:14.24 40.59		200m: 2:36.06		40.67 300m: 4:12.97 49.67	400m: 5:29.33 36.67		
25.	LIMA, Ricardo Magina	M	13295	94	Escola Desportiva Limiana	5:29.65	400	
	50m: 32.40 32.40		150m: 1:56.28		43.58 250m: 3:26.59 47.77	350m: 4:53.15 38.06		
	100m: 1:12.70 40.30		200m: 2:38.82		42.54 300m: 4:15.09 48.50	400m: 5:29.65 36.50		
26.	CABRAL, Carlos Manuel	M	24236	94	Clube Fluvial Vilacondense	5:30.25	398	
	50m: 34.64 34.64		150m: 1:56.87		41.42 250m: 3:27.06 49.33	350m: 4:54.69 38.42		
	100m: 1:15.45 40.81		200m: 2:37.73		40.86 300m: 4:16.27 49.21	400m: 5:30.25 35.56		
27.	PACHECO, Flavio Jesus	M	15351	94	Gespacos	5:32.31	390	
	50m: 34.12 34.12		150m: 1:56.18		42.41 250m: 3:26.22 48.35	350m: 4:52.64 38.22		
	100m: 1:13.77 39.65		200m: 2:37.87		41.69 300m: 4:14.42 48.20	400m: 5:32.31 39.67		
28.	SOUSA, Joao Miguel	M	13285	94	Sporting Clube de Braga	5:42.29	357	
	50m: 39.07 39.07		150m: 2:09.12		44.36 250m: 3:35.81 45.26	350m: 5:03.01 40.97		
	100m: 1:24.76 45.69		200m: 2:50.55		41.43 300m: 4:22.04 46.23	400m: 5:42.29 39.28		
29.	CARNEIRO, Antonio Joaquim	M	15471	94	Foca-Clube De Nataçao De Felgueiras	5:43.53	353	
	50m: 37.68 37.68		150m: 2:07.43		44.74 250m: 3:37.77 46.95	350m: 5:04.30 40.08		
	100m: 1:22.69 45.01		200m: 2:50.82		43.39 300m: 4:24.22 46.45	400m: 5:43.53 39.23		
30.	PINTO, Joao Filipe	M	22542	94	Gespacos	5:45.05	349	
	<i>FTL</i>							
	50m: 38.46 38.46		150m: 2:07.13		43.74 250m: 3:38.82 47.73	350m: 5:06.39 40.05		
	100m: 1:23.39 44.93		200m: 2:51.09		43.96 300m: 4:26.34 47.52	400m: 5:45.05 38.66		
31.	PINTO, Joao Ricardo	M	26630	94	Escola Desportiva Limiana	5:49.05	337	
	<i>FTL</i>							
	50m: 36.83 36.83		150m: 2:07.34		45.01 250m: 3:41.02 49.38	350m: 5:11.37 39.79		
	100m: 1:22.33 45.50		200m: 2:51.64		44.30 300m: 4:31.58 50.56	400m: 5:49.05 37.68		
32.	CASTRO, Francisco Xavier	M	13213	94	Escola Desportiva Limiana	6:13.70	274	
	<i>FTL</i>							
	50m: 41.20 41.20		100m: 1:29.90		48.70 400m: 6:13.70 4:43.80			
33.	BASTOS, Pedro Manuel	M	108434	94	Sporting Clube de Braga	6:20.17	261	
	<i>FTL</i>							
	50m: 42.65 42.65		100m: 1:33.37		50.72 400m: 6:20.17 4:46.80			
DSQ	MOREIRA, Fernando Santos	M	15824	94	Clube Fluvial Portuense			
	<i>O atleta na viragem de bruços efectuou batimentos alternados de mãos.</i>							
	50m: 33.77 33.77		100m: 1:12.47		38.70 150m: 1:53.82 41.35	200m: 2:34.59 40.77		
DSQ	BARROS, Manuel Silva	M	12877	94	Sporting Clube de Braga			
	<i>O atleta efectuou batimentos alternados de pernas na viragem aos 50m</i>							
DSQ	GARCIA, Andre Manuel	M	20033	94	Clube Fluvial Vilacondense			
	<i>O atleta na passagem par ao estilo de costas ficou em posição ventral.</i>							
	50m: 33.50 33.50		100m: 1:18.29		44.79			

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 2, Masc., 400m Estilos

Juvenis A

1.	SOUSA, Joao Claudio	M	23458	93	Gespacos	4:40.61	648	
	50m: 30.58	30.58	150m: 1:40.51	35.83	250m: 2:54.72	39.40	350m: 4:08.17	33.46
	100m: 1:04.68	34.10	200m: 2:15.32	34.81	300m: 3:34.71	39.99	400m: 4:40.61	32.44
2.	MARTINS, Rafael Dias	M	102480	93	Clube de Natação da Maia/Real Seguros	4:48.01	600	
	50m: 31.20	30.20	150m: 1:43.89	38.35	250m: 3:03.23	41.42	350m: 4:17.01	31.73
	100m: 1:04.59	34.39	200m: 2:21.81	37.92	300m: 3:45.28	42.05	400m: 4:48.01	31.00
3.	MACHADO, Ricardo Manuel	M	13278	93	Sporting Clube de Braga	4:50.02	587	
	50m: 30.68	30.68	150m: 1:43.79	36.62	250m: 3:02.38	41.84	350m: 4:17.59	32.08
	100m: 1:05.44	34.76	200m: 2:20.54	36.75	300m: 3:45.51	43.13	400m: 4:50.02	32.43
4.	RODRIGUES, Joao Luis	M	13280	93	Sporting Clube de Braga	4:57.87	542	
	50m: 31.38	31.38	150m: 1:48.16	37.20	250m: 3:07.68	44.48	350m: 4:25.23	33.96
	100m: 1:07.07	35.69	200m: 2:23.20	37.83	300m: 3:51.27	43.59	400m: 4:57.87	32.64
5.	RIBEIRO, Edgar Oliveira	M	13277	93	Sporting Clube de Braga	4:59.07	535	
	50m: 31.46	31.46	150m: 1:45.15	36.62	250m: 3:07.08	46.31	350m: 4:26.64	33.72
	100m: 1:08.53	37.07	200m: 2:20.77	35.62	300m: 3:52.92	45.84	400m: 4:59.07	32.43
6.	MAIA, Rui Filipe	M	24204	93	Clube Fluvial Vilacondense	5:00.98	525	
	50m: 32.82	32.82	150m: 1:48.16	38.52	250m: 3:10.56	44.05	350m: 4:28.64	34.27
	100m: 1:09.64	36.82	200m: 2:26.51	38.35	300m: 3:54.37	43.81	400m: 5:00.98	32.34
7.	ROCHA, Joao Miguel	M	23414	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:01.24	524	
	50m: 31.29	31.29	150m: 1:44.93	37.20	250m: 3:04.74	44.03	350m: 4:26.31	35.85
	100m: 1:07.73	36.44	200m: 2:20.71	35.78	300m: 3:50.46	45.72	400m: 5:01.24	34.93
8.	NOGUEIRA, Luis Miguel	M	15959	93	Futebol Clube do Porto/Império Bonança	5:02.57	517	
	50m: 31.69	31.69	150m: 1:48.96	40.50	250m: 3:13.10	44.56	350m: 4:31.20	32.76
	100m: 1:08.46	36.77	200m: 2:28.54	39.58	300m: 3:58.44	45.34	400m: 5:02.57	31.37
9.	FERNANDES, Joao Filipe	M	15222	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:02.82	516	
	50m: 31.83	31.83	150m: 1:45.67	37.16	250m: 3:07.60	45.17	350m: 4:29.01	36.54
	100m: 1:08.51	36.68	200m: 2:22.43	36.76	300m: 3:52.47	44.87	400m: 5:02.82	33.81
10.	RAMOS, Diogo Carmo	M	15317	93	Clube Fluvial Vilacondense	5:05.45	503	
	50m: 31.56	31.56	150m: 1:45.88	38.66	250m: 3:08.67	43.97	350m: 4:29.77	36.88
	100m: 1:07.22	35.66	200m: 2:24.70	38.82	300m: 3:52.89	44.22	400m: 5:05.45	35.68
11.	MALHEIRO, Nuno Vieira	M	13279	93	Sporting Clube de Braga	5:05.88	500	
	50m: 32.96	32.96	150m: 1:50.11	39.83	250m: 3:13.30	45.24	350m: 4:33.18	33.79
	100m: 1:10.28	37.32	200m: 2:28.06	37.95	300m: 3:59.39	46.09	400m: 5:05.88	32.70
12.	QUEIJO, Joao Pedro	M	24221	93	Clube de Natação da Maia/Real Seguros	5:07.07	495	
	50m: 31.75	31.75	150m: 1:48.88	39.61	250m: 3:13.56	45.43	350m: 4:33.06	34.30
	100m: 1:09.27	37.52	200m: 2:28.13	39.25	300m: 3:58.76	45.20	400m: 5:07.07	34.01
13.	RIBAS, Rafael Lages	M	12688	93	Escola Desportiva de Viana	5:07.08	495	
	50m: 32.58	32.58	150m: 1:50.03	39.65	250m: 3:13.72	43.89	350m: 4:33.75	34.48
	100m: 1:10.38	37.80	200m: 2:29.83	39.80	300m: 3:59.27	45.55	400m: 5:07.08	33.33
14.	FERREIRA, Venancio Guilherme	M	11039	93	Escola Desportiva de Viana	5:07.68	492	
	50m: 31.60	31.60	150m: 1:47.54	39.23	250m: 3:12.77	47.08	350m: 4:34.76	36.22
	100m: 1:08.31	36.71	200m: 2:25.69	38.15	300m: 3:58.54	45.77	400m: 5:07.68	32.92
15.	CASTANHO, Joao Bento	M	24084	93	Clube Fluvial Vilacondense	5:11.00	476	
	50m: 33.12	33.12	150m: 1:50.53	39.91	250m: 3:14.12	43.96	350m: 4:35.81	36.72
	100m: 1:10.62	37.50	200m: 2:30.16	39.63	300m: 3:59.09	44.97	400m: 5:11.00	35.19
16.	BASTOS, Nuno Ricardo	M	24230	93	Clube Fluvial Portuense	5:11.25	475	
	50m: 31.48	31.48	150m: 1:49.21	41.06	250m: 3:14.66	46.10	350m: 4:36.39	35.76
	100m: 1:08.15	36.67	200m: 2:28.56	39.35	300m: 4:00.63	45.97	400m: 5:11.25	34.86
17.	MENDES, Joao Rogerio	M	13272	93	Sporting Clube de Braga	5:18.68	443	
	50m: 32.24	32.24	150m: 1:49.83	39.82	250m: 3:16.50	47.31	350m: 4:42.08	36.70
	100m: 1:10.01	37.77	200m: 2:29.19	39.36	300m: 4:05.38	48.88	400m: 5:18.68	36.60
18.	NETO, Ricardo Ferreira	M	15399	93	Gespacos	5:24.11	421	
	50m: 31.49	31.49	150m: 1:50.85	42.00	250m: 3:20.44	49.16	350m: 4:48.42	38.16
	100m: 1:08.85	37.36	200m: 2:31.28	40.43	300m: 4:10.26	49.82	400m: 5:24.11	35.69
19.	RODRIGUES, Manuel Augusto	M	13273	93	Sporting Clube de Braga	5:24.28	420	
	50m: 31.74	31.74	150m: 1:47.91	38.78	250m: 3:12.56	46.43	350m: 4:43.16	41.16
	100m: 1:09.13	37.39	200m: 2:26.13	38.22	300m: 4:02.00	49.44	400m: 5:24.28	41.12
20.	CERDEIRA, Paulo Duarte	M	13275	93	Sporting Clube de Braga	5:24.44	419	
	50m: 35.37	35.37	150m: 2:01.23	44.28	250m: 3:29.17	45.21	350m: 4:50.38	35.54
	100m: 1:16.95	41.58	200m: 2:43.96	42.73	300m: 4:14.84	45.67	400m: 5:24.44	34.06
21.	ROCHA, Hugo Duarte	M	24374	93	Clube Fluvial Vilacondense	5:24.82	418	
	50m: 32.41	32.41	150m: 1:54.32	42.96	250m: 3:23.14	47.29	350m: 4:47.92	37.88
	100m: 1:11.36	38.95	200m: 2:35.85	41.53	300m: 4:10.04	46.90	400m: 5:24.82	36.90
22.	RODRIGUES, Diogo Miguel	M	15605	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:26.85	410	
	50m: 33.51	33.51	150m: 1:55.34	42.10	250m: 3:22.85	46.57	350m: 4:49.42	38.32
	100m: 1:13.24	39.73	200m: 2:36.28	40.94	300m: 4:11.10	48.25	400m: 5:26.85	37.43
23.	RODRIGUES, Marco Andre	M	23973	93	SSCMP/Paredes Rota Dos Moveis	5:26.93	410	
	50m: 34.91	34.91	150m: 1:58.46	41.22	250m: 3:25.27	45.76	350m: 4:50.15	38.80
	100m: 1:17.24	42.33	200m: 2:39.51	41.05	300m: 4:11.35	46.08	400m: 5:26.93	36.78
24.	FREITAS, Edgar Fernando	M	24260	93	Clube Fluvial Vilacondense	5:28.26	405	
	50m: 35.09	35.09	150m: 2:00.17	42.90	250m: 3:33.17	50.91	350m: 4:56.25	34.01
	100m: 1:17.27	42.18	200m: 2:42.26	42.09	300m: 4:22.24	49.07	400m: 5:28.26	32.01
25.	BRUNIDO, Rui Leandro	M	104787	93	Gespacos	5:29.28	401	
	50m: 35.93	35.93	150m: 2:00.00	43.80	250m: 3:29.55	47.67	350m: 4:54.12	37.97
	100m: 1:16.20	40.27	200m: 2:41.88	41.88	300m: 4:16.15	46.60	400m: 5:29.28	35.16

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
26.	FERREIRA, Andre Sousa	M	101166	93	Sporting Clube de Braga	5:30.69	396	
	50m: 34.64 34.64		150m: 1:57.61		41.16 250m: 3:28.07	50.30	350m: 4:54.79	37.31
	100m: 1:16.45 41.81		200m: 2:37.77		40.16 300m: 4:17.48	49.41	400m: 5:30.69	35.90
27.	COSTA, Joao Filipe FTL	M	26628	93	Escola Desportiva Limiana	6:14.85	272	
	50m: 39.55 39.55		150m: 2:15.83		47.50 250m: 3:57.45	55.69	350m: 5:34.99	40.62
	100m: 1:28.33 48.78		200m: 3:01.76		45.93 300m: 4:54.37	56.92	400m: 6:14.85	39.86
28.	DANTAS, Rui Filipe FTL	M	26627	93	Escola Desportiva Limiana	6:19.94	261	
	50m: 44.32 44.32		100m: 1:38.70		54.38 400m: 6:19.94	4:41.24		
EXH	PINHO, Emanuel Augusto	M	14295	93	Clube Desportivo Feirense	5:13.95	463	
	50m: 30.06 30.06		150m: 1:46.16		40.59 250m: 3:12.21	45.88	350m: 4:36.93	38.31
	100m: 1:05.57 35.51		200m: 2:26.33		40.17 300m: 3:58.62	46.41	400m: 5:13.95	37.02

Prova 3
28-11-2008 - 18:25

Femin., 100m Costas
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Juvenis
Resultados

RNJUV 1:04.91 MARTINHEIRA, Catia Raquel LDC TAVIRA 15-11-2008

Time standard 1 : 1:23.50

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	SILVA, Diana Patricia	F	23232	95	SSCMP/Paredes Rota Dos Moveis	1:12.64	496	
	50m: 35.46 35.46		100m: 1:12.64		37.18			
2.	LOUSA, Irina Filipa	F	102467	95	Futebol Clube do Porto/Império Bonança	1:13.26	484	
	50m: 36.59 36.59		100m: 1:13.26		36.67			
3.	REIS, Catarina Lopes	F	15489	95	Futebol Clube do Porto/Império Bonança	1:14.30	463	
	50m: 36.03 36.03		100m: 1:14.30		38.27			
4.	FREITAS, Ana Rita	F	102638	95	Assoc. Desportiva de Fafe	1:16.89	418	
	50m: 36.90 36.90		100m: 1:16.89		39.99			
5.	ALMEIDA, Claudia Cristina	F	105950	95	SSCMP/Paredes Rota Dos Moveis	1:17.09	415	
	50m: 37.83 37.83		100m: 1:17.09		39.26			
6.	TORRES, Andreia Sofia	F	102471	95	Gespacos	1:17.38	410	
	50m: 36.96 36.96		100m: 1:17.38		40.42			
7.	SANTOS, Mariana Rego	F	102580	95	Leixões Sport Clube	1:17.42	410	
	50m: 37.78 37.78		100m: 1:17.42		39.64			
8.	ROSAS, Joana Filipa	F	102023	95	Futebol Clube do Porto/Império Bonança	1:17.60	407	
	50m: 37.95 37.95		100m: 1:17.60		39.65			
9.	FERNANDES, Maria Francisca	F	20314	95	Vitória Sport Clube	1:17.77	404	
	50m: 37.77 37.77		100m: 1:17.77		40.00			
10.	SILVA, Maria Susana	F	102462	95	Futebol Clube do Porto/Império Bonança	1:18.94	386	
	50m: 39.36 39.36		100m: 1:18.94		39.58			
11.	DIAS, Mariana Matos	F	15590	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:19.74	375	
	50m: 39.12 39.12		100m: 1:19.74		40.62			
12.	ALVES, Ana Sofia	F	25757	95	Vitória Sport Clube	1:19.87	373	
	50m: 38.73 38.73		100m: 1:19.87		41.14			
13.	MENDES, Mafalda Sofia	F	24180	95	Clube Fluvial Portuense	1:20.06	370	
	50m: 38.40 38.40		100m: 1:20.06		41.66			
14.	MOTA, Ines Maria	F	102067	95	Clube Fluvial Portuense	1:20.73	361	
	50m: 40.14 40.14		100m: 1:20.73		40.59			
15.	MARQUES, Maria Joao	F	24183	95	Gespacos	1:20.93	359	
	50m: 40.01 40.01		100m: 1:20.93		40.92			
16.	BERNARDINO, Ines Pizarro	F	103739	95	Clube Fluvial Portuense	1:21.56	350	
	50m: 40.83 40.83		100m: 1:21.56		40.73			
17.	VIEIRA, Catarina Costa	F	23470	95	Futebol Clube do Porto/Império Bonança	1:21.99	345	
	50m: 40.01 40.01		100m: 1:21.99		41.98			
18.	SILVA, Carolina Costa	F	24561	95	Sporting Clube de Braga	1:22.14	343	
	50m: 39.94 39.94		100m: 1:22.14		42.20			
19.	BARBOSA, Ana Sofia FTL	F	106533	95	Leixões Sport Clube	1:23.63	325	
	50m: 40.76 40.76		100m: 1:23.63		42.87			
20.	BRITO, Ana Cristina FTL	F	102241	95	Sporting Clube de Braga	1:24.25	318	
	50m: 42.13 42.13		100m: 1:24.25		42.12			

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 3, Femin., 100m Costas, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	MARTINS, Ana Ferreira <i>FTL</i>	F	103029	95	Colégio Liceal de Santa Maria de Lamas	1:24.98	310	
	50m: 41.56 41.56		100m: 1:24.98		43.42			
22.	LOPES, Jessica Faria <i>FTL</i>	F	102551	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:25.24	307	
	50m: 41.06 41.06		100m: 1:25.24		44.18			
23.	SOUSA, Ana Claudia <i>FTL</i>	F	103699	95	Vitória Sport Clube	1:26.01	299	
	50m: 41.54 41.54		100m: 1:26.01		44.47			
24.	BARROS, Helena Sofia <i>FTL</i>	F	24345	95	Lousada Seculo XXI	1:27.79	281	
	50m: 42.71 42.71		100m: 1:27.79		45.08			
25.	NUNES, Eliana Sofia <i>FTL</i>	F	102006	95	Gespacos	1:28.15	278	
	50m: 43.75 43.75		100m: 1:28.15		44.40			
26.	TOPA, Joana Filipa <i>FTL</i>	F	101978	95	Gespacos	1:29.53	265	
	50m: 44.17 44.17		100m: 1:29.53		45.36			
DSQ	PINTO, Ana Rita <i>Falsa Partida</i>	F	22548	95	Assoc. Desportiva de Penafiel			
EXH	MARQUES, Patricia Silva	F	106920	95	Clube Desportivo Feirense	1:18.07	400	
	50m: 37.07 37.07		100m: 1:18.07		41.00			

Prova 4

28-11-2008 - 18:35

Masc., 100m Costas

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Juvenis

Resultados

RNJUVA	57.41	NIZ, Adriano Miguel	CFV	Algés	17-05-2002
RNJUVB	58.65	OLIVEIRA, Pedro Diogo	CNRM	Tomar	10-05-2003

Time standard 1 Juv B: 1:16.90; Juv A: 1:14.70

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	CARVALHO, Pedro Romanoski	M	108664	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:07.93	410	
	50m: 33.43 33.43		100m: 1:07.93		34.50			
2.	ROCHA, Antonio Jorge	M	15322	94	Assoc. Desportiva de Penafiel	1:08.48	400	
	50m: 33.87 33.87		100m: 1:08.48		34.61			
3.	SILVA, Hugo Miguel	M	24567	94	Sporting Clube de Braga	1:08.52	400	
	50m: 33.07 33.07		100m: 1:08.52		35.45			
4.	BESSA, Antonio Rafael	M	102089	94	Gespacos	1:09.05	390	
	50m: 33.21 33.21		100m: 1:09.05		35.84			
5.	KALDEICH, Andre Canelas	M	105749	94	Clube Fluvial Portuense	1:09.78	378	
	50m: 34.08 34.08		100m: 1:09.78		35.70			
6.	FONSECA, Luis Miguel	M	25216	94	Futebol Clube do Porto/Império Bonança	1:10.80	362	
	50m: 34.47 34.47		100m: 1:10.80		36.33			
7.	ARAUJO, Carlos Miguel	M	15583	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:11.43	353	
	50m: 35.34 35.34		100m: 1:11.43		36.09			
8.	MESQUITA, Miguel Correia	M	102050	94	Futebol Clube do Porto/Império Bonança	1:11.51	352	
	50m: 34.97 34.97		100m: 1:11.51		36.54			
9.	ROLA, Tiago Jose	M	101947	94	Futebol Clube do Porto/Império Bonança	1:13.04	330	
	50m: 35.47 35.47		100m: 1:13.04		37.57			
10.	MAGALHAES, Nuno Filipe	M	102016	94	Futebol Clube do Porto/Império Bonança	1:14.19	315	
	50m: 35.81 35.81		100m: 1:14.19		38.38			
11.	SILVA, Ricardo Mendes	M	103736	94	Clube Fluvial Portuense	1:14.26	314	
	50m: 35.79 35.79		100m: 1:14.26		38.47			
12.	MARTINS, Hugo Moreira	M	108219	94	Clube Natação de Valongo	1:14.31	313	
	50m: 36.45 36.45		100m: 1:14.31		37.86			
13.	PEREIRA, Andre Filipe	M	23465	94	Clube de Natação da Maia/Real Seguros	1:14.58	310	
	50m: 36.50 36.50		100m: 1:14.58		38.08			
14.	COELHO, Pedro Miguel	M	23495	94	Lousada Seculo XXI	1:14.86	306	
	50m: 36.13 36.13		100m: 1:14.86		38.73			
15.	MAIA, Andre Filipe	M	19465	94	Clube Fluvial Vilacondense	1:16.48	287	
	50m: 37.26 37.26		100m: 1:16.48		39.22			

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Associação de Natação do Norte de Portugal
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Prova 4, Masc., 100m Costas, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
16.	RODRIGUES, Diogo Orlando <i>FTL</i>	M	15339	94	Vitória Sport Clube	1:18.35	267	
	50m: 37.34 37.34				100m: 1:18.35 41.01			
17.	SOUSA, Joao Miguel <i>FTL</i>	M	13285	94	Sporting Clube de Braga	1:18.40	267	
	50m: 38.90 38.90				100m: 1:18.40 39.50			
18.	CARNEIRO, Antonio Joaquim <i>FTL</i>	M	15471	94	Foca-Clube De Natação De Felgueiras	1:18.65	264	
	50m: 38.66 38.66				100m: 1:18.65 39.99			
19.	MENDES, Vitor Daniel <i>FTL</i>	M	109337	94	Vitória Sport Clube	1:18.84	262	
	50m: 38.73 38.73				100m: 1:18.84 40.11			
20.	NASCIMENTO, Filipe Andre <i>FTL</i>	M	102030	94	Futebol Clube do Porto/Império Bonança	1:19.98	251	
	50m: 38.48 38.48				100m: 1:19.98 41.50			
21.	BASTOS, Pedro Manuel <i>FTL</i>	M	108434	94	Sporting Clube de Braga	1:22.09	232	
	50m: 40.68 40.68				100m: 1:22.09 41.41			

Juvenis A

1.	SANTOS, Dario Almeida	M	22520	93	Leixões Sport Clube	1:03.71	497	
	50m: 31.07 31.07				100m: 1:03.71 32.64			
2.	CORDEIRO, Ivo Alexandre	M	102560	93	Leixões Sport Clube	1:05.58	456	
	50m: 32.04 32.04				100m: 1:05.58 33.54			
3.	OLIVEIRA, Alvaro Miguel	M	23984	93	Futebol Clube do Porto/Império Bonança	1:06.20	443	
	50m: 31.99 31.99				100m: 1:06.20 34.21			
4.	SILVA, Bernardo Correia	M	15342	93	Clube Fluvial Portuense	1:06.95	428	
	50m: 32.62 32.62				100m: 1:06.95 34.33			
5.	MOREIRA, Augusto Daniel	M	23490	93	Assoc. Desportiva de Penafiel	1:07.00	427	
	50m: 32.30 32.30				100m: 1:07.00 34.70			
6.	RIBEIRO, Jose Enes	M	11036	93	Escola Desportiva de Viana	1:07.53	417	
	50m: 32.90 32.90				100m: 1:07.53 34.63			
7.	SILVA, Tiago Samuel	M	23502	93	Assoc. Desportiva de Penafiel	1:07.55	417	
	50m: 33.16 33.16				100m: 1:07.55 34.39			
8.	NOSSA, Vasco Antonio	M	103081	93	Assoc. Desportiva de Penafiel	1:08.39	402	
	50m: 33.43 33.43				100m: 1:08.39 34.96			
9.	PINTO, Paulo Jorge	M	16054	93	Vitória Sport Clube	1:08.46	401	
	50m: 33.31 33.31				100m: 1:08.46 35.15			
10.	MENDES, Joao Rogerio	M	13272	93	Sporting Clube de Braga	1:09.21	388	
	50m: 33.79 33.79				100m: 1:09.21 35.42			
11.	MOREIRA, Joao Carlos	M	24216	93	Lousada Seculo XXI	1:09.33	386	
	50m: 32.93 32.93				100m: 1:09.33 36.40			
12.	PINHEIRO, Claudio Miguel	M	103181	93	Clube de Natação da Maia/Real Seguros	1:09.51	383	
	50m: 34.32 34.32				100m: 1:09.51 35.19			
13.	BARBOSA, Ricardo Andre	M	102934	93	Gespacos	1:10.16	372	
	50m: 34.10 34.10				100m: 1:10.16 36.06			
14.	FERREIRA, Andre Sousa	M	101166	93	Sporting Clube de Braga	1:12.58	336	
	50m: 35.81 35.81				100m: 1:12.58 36.77			
15.	SOUSA, Bruno Miranda	M	106109	93	Escola Desportiva de Viana	1:14.14	315	
	50m: 36.45 36.45				100m: 1:14.14 37.69			
16.	ROCHA, Andre Filipe <i>FTL</i>	M	12688	93	Escola Desportiva de Viana	1:15.89	294	
	50m: 37.02 37.02				100m: 1:15.89 38.87			
17.	LOPES, Pedro David <i>FTL</i>	M	20554	93	Lousada Seculo XXI	1:18.67	264	
	50m: 38.05 38.05				100m: 1:18.67 40.62			
18.	CERDEIRA, Paulo Duarte <i>FTL</i>	M	13275	93	Sporting Clube de Braga	1:19.62	255	
	50m: 38.64 38.64				100m: 1:19.62 40.98			
EXH	CATELAS, Diogo Nobrega	M	13361	94	Clube Desportivo Feirense	1:11.16	357	
	50m: 33.43 33.43				100m: 1:11.16 37.73			
EXH	BAPTISTA, Filipe Jose	M	107614	94	Clube Desportivo Feirense	1:12.52	337	
	50m: 34.95 34.95				100m: 1:12.52 37.57			

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Prova 5	Femin., 4 x 200m Livres	Juvenis
28-11-2008 - 18:55	COPIDOURO - Cópia e Artigos de Reprodução, Lda	Resultados
RNJUV	8:56.42 InesV,SLoureiro,LeonorF,HelenaA SCB Pinhal Novo	16-03-2001

Pontos: FINA 2008

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.				Futebol Clube do Porto/Império Bonança	9:16.40	596	
				SOARES, Sílvia Ariana	+1,04	32.23	1:07.41 1:44.26 2:19.45 2:19.45
				REIS, Catarina Lopes	+0,55	31.45	1:06.12 1:42.18 2:17.91 2:17.91
				AMORIM, Maria Luis	+0,55	32.78	1:09.00 1:46.40 2:23.24 2:23.24
				NETO, Ana Goncalves	+0,40	31.77	1:08.81 1:41.63 2:15.80 2:15.80
2.				Grupo Desportivo Natacao de Vila Nova de Famalicao	9:36.94	535	
				CARVALHO, Hedvigés Ribeiro	+0,94	34.16	1:10.83 1:48.64 2:24.50 2:24.50
				CUNHA, Ana Oliveira	+0,66	33.16	1:10.41 1:48.85 2:25.51 2:25.51
				PEREIRA, Ana Francisca	+0,66	32.81	1:09.72 1:48.83 2:24.98 2:24.98
				ROMPANTE, Filipa Maria	+0,76	32.64	1:08.83 1:46.24 2:21.95 2:21.95
3.	F			Sporting Clube de Braga	9:37.83	532	
				RIBEIRO, Ines Jesus	+0,93	33.14	1:08.51 1:45.01 2:20.97 2:20.97
				COSTA, Ines Joao	+0,44	34.26	1:11.38 1:49.86 2:28.13 2:28.13
				LEMOS, Ines Perestrello	+0,66	33.85	1:11.67 1:50.63 2:27.63 2:27.63
				GONCALVES, Ana Joaquina	+0,57	32.42	1:08.71 1:45.78 2:21.10 2:21.10
4.	F			Vitória Sport Clube	9:52.84	493	
				OLIVEIRA, Filipa Daniela	+1,10	35.05	1:12.56 1:52.54 2:32.82 2:32.82
				ALVES, Ana Sofia	+0,70	32.67	1:09.18 1:47.80 2:26.46 2:26.46
				FERNANDES, Maria Francisca	+0,82	33.99	1:12.71 1:51.13 2:29.25 2:29.25
				MIRANDA, Joana Isabel	+0,69	32.84	1:10.29 1:47.76 2:24.31 2:24.31
5.	F			Leixões Sport Clube	10:00.54	474	
				SANTOS, Mariana Rego	+0,86	34.50	1:12.03 1:50.25 2:27.86 2:27.86
				BARBOSA, Ana Sofia	+0,52	36.18	1:15.63 1:55.66 2:34.01 2:34.01
				COSTA, Ana Margarida	+0,32	34.38	1:12.51 1:51.48 2:29.61 2:29.61
				FERREIRA, Maria Claudia	+0,42	35.01	1:13.19 1:51.59 2:29.06 2:29.06
6.	F			Gespacos	10:01.70	471	
				PINHEIRO, Guadalupe Ribeiro	+0,92	32.99	1:09.38 1:46.76 2:24.14 2:24.14
				TORRES, Andreia Sofia	+0,31	32.47	1:10.17 1:48.29 2:25.44 2:25.44
				FERREIRA, Ines Sofia	+0,43	34.89	1:15.41 1:56.62 2:36.93 2:36.93
				MARQUES, Maria Joao	+0,46	35.52	1:16.29 1:56.20 2:35.19 2:35.19
7.	F			SSCMP/Paredes Rota Dos Moveis 1	10:07.10	459	
				SILVA, Diana Patricia	+0,92	31.92	1:07.34 1:44.73 2:21.36 2:21.36
				PINTO, Maria Clara	+0,72	35.62	1:16.69 2:00.67 2:44.37 2:44.37
				ALMEIDA, Claudia Cristina	+0,62	34.22	1:13.23 1:54.26 2:33.91 2:33.91
				RODRIGUES, Catia Sofia	+0,63	34.56	1:12.60 1:50.93 2:27.46 2:27.46
8.	F			Clube Fluvial Portuense 1	10:15.04	441	
				MENDES, Mafalda Sofia	+0,96	34.28	1:12.80 1:53.42 2:34.20 2:34.20
				MOTA, Ines Maria	+0,71	34.14	1:11.67 1:50.48 2:26.95 2:26.95
				FERREIRA, Maria Beatriz	+0,71	35.95	1:15.03 1:54.94 2:32.64 2:32.64
				BERNARDINO, Ines Pizarro	+0,73	36.74	1:17.98 2:00.62 2:41.25 2:41.25

Prova 6	Masc., 4 x 200m Livres	Juvenis
28-11-2008 - 19:05	COPIDOURO - Cópia e Artigos de Reprodução, Lda	Resultados
RNJUVA	8:02.98 FPereira,JNaia,DMoreira,ANiz CFV Guimarães	08-03-2002
RNJUVB	8:14.20 SFUAP SFUAP Stº. António dos Cavaleiros	22-06-2008

Pontos: FINA 2008

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1.	M			Sporting Clube de Braga	8:45.86	518	
				ANTUNES, Pedro Gomes	+0,78	30.00	1:03.46 1:37.97 2:10.96 2:10.96
				RODRIGUES, Ricardo Jorge	+0,34	29.44	1:02.71 1:38.10 2:12.80 2:12.80
				SILVA, Miguel Antonio	+0,43	29.17	1:02.39 1:37.48 2:11.23 2:11.23
				BARROS, Manuel Silva	+0,51	30.17	1:03.11 1:37.02 2:10.87 2:10.87
2.				Futebol Clube do Porto/Império Bonança	8:48.52	511	
				LEMOS, Miguel Alexandre	+0,84	30.76	1:05.21 1:39.92 2:13.20 2:13.20
				MESQUITA, Miguel Correia	+0,36	30.14	1:04.63 1:39.63 2:14.98 2:14.98
				COSTA, Bernardo Machado	+0,80	29.20	1:01.97 1:36.51 2:10.05 2:10.05
				FONSECA, Luis Miguel	+0,29	29.15	1:02.02 1:36.09 2:10.29 2:10.29
3.	M			Vitória Sport Clube	8:49.67	507	
				PASSOS, Luis Filipe	+0,80	30.07	1:03.85 1:38.40 2:11.92 2:11.92
				RODRIGUES, Diogo Manuel	+0,45	30.81	1:05.82 1:42.02 2:17.39 2:17.39
				CUNHA, David Xavier	+0,61	29.27	1:03.07 1:38.77 2:13.37 2:13.37
				MARTINS, Jose Alberto	+0,39	28.36	1:00.52 1:33.86 2:06.99 2:06.99
4.	M			Clube Fluvial Vilacondense 1	8:54.09	495	
				GARCIA, Andre Manuel	+0,98	30.28	1:04.65 1:39.25 2:11.90 2:11.90
				COSTA, Miguel Ferraz	+0,79	30.20	1:04.67 1:40.21 2:14.73 2:14.73
				AZEVEDO, Mario Miguel	+0,80	31.58	1:06.24 1:41.28 2:15.16 2:15.16
				CABRAL, Carlos Manuel	+0,76	30.16	1:04.09 1:38.45 2:12.30 2:12.30

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Prova 6, Masc., 4 x 200m Livres, Juvenis B

Lugar	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
5.	M	Famalicao 2	Grupo Desportivo Natacao de Vila Nova de Famalicao	9:01.45	475	
		94	+0,81 28.71 1:01.33 1:36.62 2:11.97		2:11.97	
		94	+0,38 29.58 1:02.99 1:37.12 2:11.00		2:11.00	
		94	+0,49 31.79 1:07.19 1:43.81 2:19.40		2:19.40	
		94	30.95 1:06.08 1:42.67 2:19.08		2:19.08	
6.	M		Gespacos	9:03.25	470	
		94	+0,80 29.72 1:02.56 1:36.56 2:08.86		2:08.86	
		94	+0,51 32.31 1:08.37 1:45.02 2:20.82		2:20.82	
		94	+0,23 30.27 1:04.77 1:41.02 2:18.16		2:18.16	
		94	+0,21 29.38 1:04.57 1:39.70 2:15.41		2:15.41	
DSQ	M		Clube Fluvial Portuense			
			<i>Falsa Partida</i>			
			KALDEICH, Andre Canelas, MOREIRA, Fernando Santos, CERQUEIRA, Mario Andre, SILVA, Ricardo Mendes			

Juvenis A

1.	M		Sporting Clube de Braga	8:19.92	603	
		93	+1,05 28.52 59.15 1:29.89 1:59.97		1:59.97	
		93	+0,61 28.57 1:00.83 1:34.56 2:07.16		2:07.16	
		93	+0,44 29.47 1:01.24 1:33.74 2:05.44		2:05.44	
		93	+0,58 28.79 1:00.90 1:34.69 2:07.35		2:07.35	
2.	M		Clube Fluvial Vilacondense	8:27.31	577	
		93	+0,88 28.73 1:00.71 1:32.21 2:03.02		2:03.02	
		93	+0,50 29.31 1:02.20 1:35.81 2:08.77		2:08.77	
		93	+0,27 29.50 1:02.18 1:36.27 2:10.01		2:10.01	
		93	+0,29 29.08 1:01.31 1:33.93 2:05.51		2:05.51	
3.	M		Futebol Clube do Porto/Império Bonança	8:33.13	558	
		93	+0,84 29.93 1:03.46 1:37.47 2:11.47		2:11.47	
		93	+0,40 28.99 1:01.84 1:36.27 2:09.89		2:09.89	
		93	+0,22 28.57 1:01.34 1:35.04 2:07.94		2:07.94	
		93	+0,41 27.44 58.62 1:31.20 2:03.83		2:03.83	
4.	M	Famalicao 1	Grupo Desportivo Natacao de Vila Nova de Famalicao	8:39.45	538	
		93	+0,93 29.05 1:01.33 1:34.56 2:08.86		2:08.86	
		93	+0,17 29.99 1:04.08 1:39.30 2:13.60		2:13.60	
		93	+0,33 29.35 1:02.68 1:36.53 2:09.67		2:09.67	
		93	+0,21 29.77 1:02.89 1:35.68 2:07.32		2:07.32	
5.	M		Escola Desportiva de Viana	8:41.81	531	
		93	+0,86 29.16 1:02.15 1:35.40 2:08.41		2:08.41	
		93	+0,56 31.18 1:05.26 1:40.59 2:14.23		2:14.23	
		93	+0,43 29.60 1:02.43 1:35.65 2:07.52		2:07.52	
		93	+0,26 30.03 1:03.81 1:38.17 2:11.65		2:11.65	
6.	M		Clube de Natação da Maia/Real Seguros	8:44.69	522	
		93	+0,82 28.48 59.18 1:29.78 1:59.81		1:59.81	
		93	+0,40 29.22 1:01.90 1:35.88 2:09.23		2:09.23	
		93	+0,71 33.40 1:10.54 1:48.15 2:23.95		2:23.95	
		93	+0,69 30.52 1:04.31 1:38.90 2:11.70		2:11.70	
7.	M		Gespacos	8:51.49	502	
		93	+0,80 29.86 1:03.26 1:38.63 2:13.75		2:13.75	
		93	+0,24 27.98 58.70 1:29.90 2:00.50		2:00.50	
		93	+0,83 32.54 1:08.64 1:44.58 2:19.92		2:19.92	
		93	+0,30 29.57 1:04.44 1:40.73 2:17.32		2:17.32	

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2 - 2ª Jornada - 1ª Sessão

29-11-2008 - 9:30

Prova 7 Femin., 800m Livres
29-11-2008 - 9:30 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis
Resultados

RNJUV 9:00.27 , tempo limite

Time standard 1 : 10:46.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NETO, Ana Goncalves	F	101958	95	Futebol Clube do Porto/Império Bonança	9:36.25	621	
	50m: 32.93 32.93		250m: 2:58.16		36.87 450m: 5:25.46 36.10	650m: 7:50.27	35.73	
	100m: 1:08.49 35.56		300m: 3:35.20		37.04 500m: 6:01.84 36.38	700m: 8:26.45	36.18	
	150m: 1:44.71 36.22		350m: 4:12.41		37.21 550m: 6:38.22 36.38	750m: 9:01.94	35.49	
	200m: 2:21.29 36.58		400m: 4:49.36		36.95 600m: 7:14.54 36.32	800m: 9:36.25	34.31	
2.	AMORIM, Maria Luis	F	102029	95	Futebol Clube do Porto/Império Bonança	9:51.83	573	
	50m: 33.72 33.72		250m: 3:01.20		37.47 450m: 5:30.23 37.64	650m: 8:00.99	38.29	
	100m: 1:09.58 35.86		300m: 3:37.86		36.66 500m: 6:07.40 37.17	700m: 8:38.10	37.11	
	150m: 1:46.44 36.86		350m: 4:15.11		37.25 550m: 6:44.96 37.56	750m: 9:15.31	37.21	
	200m: 2:23.73 37.29		400m: 4:52.59		37.48 600m: 7:22.70 37.74	800m: 9:51.83	36.52	
3.	OLIVEIRA, Cassandra Pedro	F	111071	95	Clube Fluvial Vilacondense	9:54.40	566	
	50m: 33.71 33.71		250m: 3:01.24		37.36 450m: 5:30.71 37.50	650m: 8:02.40	37.52	
	100m: 1:09.80 36.09		300m: 3:38.41		37.17 500m: 6:08.65 37.94	700m: 8:40.11	37.71	
	150m: 1:46.68 36.88		350m: 4:15.67		37.26 550m: 6:46.80 38.15	750m: 9:17.56	37.45	
	200m: 2:23.88 37.20		400m: 4:53.21		37.54 600m: 7:24.88 38.08	800m: 9:54.40	36.84	
4.	SAMPAIO, Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe	10:00.62	548	
	50m: 33.76 33.76		250m: 3:04.01		37.39 450m: 5:35.31 37.86	650m: 8:07.72	38.16	
	100m: 1:10.82 37.06		300m: 3:41.81		37.80 500m: 6:13.13 37.82	700m: 8:46.26	38.54	
	150m: 1:48.98 38.16		350m: 4:19.50		37.69 550m: 6:51.39 38.26	750m: 9:24.34	38.08	
	200m: 2:26.62 37.64		400m: 4:57.45		37.95 600m: 7:29.56 38.17	800m: 10:00.62	36.28	
5.	GONCALVES, Ana Joaquina	F	13224	95	Sporting Clube de Braga	10:01.65	545	
	50m: 34.00 34.00		250m: 3:04.72		38.23 450m: 5:37.27 38.05	650m: 8:09.91	38.59	
	100m: 1:10.82 36.82		300m: 3:42.95		38.23 500m: 6:15.16 37.89	700m: 8:48.27	38.36	
	150m: 1:48.36 37.54		350m: 4:21.07		38.12 550m: 6:53.30 38.14	750m: 9:26.19	37.92	
	200m: 2:26.49 38.13		400m: 4:59.22		38.15 600m: 7:31.32 38.02	800m: 10:01.65	35.46	
6.	REIS, Catarina Lopes	F	15489	95	Futebol Clube do Porto/Império Bonança	10:04.78	537	
	50m: 32.82 32.82		250m: 3:00.11		37.71 450m: 5:33.43 38.62	650m: 8:10.43	39.28	
	100m: 1:08.15 35.33		300m: 3:38.33		38.22 500m: 6:12.92 39.49	700m: 8:49.53	39.10	
	150m: 1:44.99 36.84		350m: 4:16.27		37.94 550m: 6:51.79 38.87	750m: 9:27.50	37.97	
	200m: 2:22.40 37.41		400m: 4:54.81		38.54 600m: 7:31.15 39.36	800m: 10:04.78	37.28	
7.	MIRANDA, Joana Isabel	F	104220	95	Vitória Sport Clube	10:08.55	527	
	50m: 33.46 33.46		250m: 3:05.11		38.45 450m: 5:38.93 38.21	650m: 8:14.34	38.80	
	100m: 1:10.36 36.90		300m: 3:43.42		38.31 500m: 6:18.02 39.09	700m: 8:53.24	38.90	
	150m: 1:48.80 38.44		350m: 4:21.93		38.51 550m: 6:56.92 38.90	750m: 9:32.03	38.79	
	200m: 2:26.66 37.86		400m: 5:00.72		38.79 600m: 7:35.54 38.62	800m: 10:08.55	36.52	
8.	PEREIRA, Ana Francisca	F	15582	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	10:14.57	512	
	50m: 36.42 36.42		250m: 3:13.54		38.91 450m: 5:48.36 38.35	650m: 8:22.22	37.96	
	100m: 1:15.58 39.16		300m: 3:53.06		39.52 500m: 6:27.11 38.75	700m: 9:00.31	38.09	
	150m: 1:55.10 39.52		350m: 4:31.63		38.57 550m: 7:05.74 38.63	750m: 9:38.48	38.17	
	200m: 2:34.63 39.53		400m: 5:10.01		38.38 600m: 7:44.26 38.52	800m: 10:14.57	36.09	
9.	CARVALHO, Hedvigés Ribeiro	F	106925	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	10:16.74	506	
	50m: 37.33 37.33		250m: 3:15.41		39.51 450m: 5:49.11 37.86	650m: 8:24.05	38.79	
	100m: 1:16.89 39.56		300m: 3:54.23		38.82 500m: 6:27.84 38.73	700m: 9:01.98	37.93	
	150m: 1:56.38 39.49		350m: 4:33.33		39.10 550m: 7:06.36 38.52	750m: 9:40.11	38.13	
	200m: 2:35.90 39.52		400m: 5:11.25		37.92 600m: 7:45.26 38.90	800m: 10:16.74	36.63	
10.	SOARES, Sílvia Ariana	F	15272	95	Futebol Clube do Porto/Império Bonança	10:17.49	504	
	50m: 33.86 33.86		250m: 3:08.26		39.24 450m: 5:44.19 38.81	650m: 8:22.76	39.42	
	100m: 1:11.41 37.55		300m: 3:47.05		38.79 500m: 6:23.68 39.49	700m: 9:01.68	38.92	
	150m: 1:50.17 38.76		350m: 4:25.73		38.68 550m: 7:03.19 39.51	750m: 9:40.43	38.75	
	200m: 2:29.02 38.85		400m: 5:05.38		39.65 600m: 7:43.34 40.15	800m: 10:17.49	37.06	
11.	COSTA, Ana Margarida	F	15495	95	Leixões Sport Clube	10:18.40	502	
	50m: 35.37 35.37		250m: 3:12.14		39.44 450m: 5:49.59 39.43	650m: 8:24.44	38.93	
	100m: 1:13.78 38.41		300m: 3:51.43		39.29 500m: 6:28.72 39.13	700m: 9:03.57	39.13	
	150m: 1:53.35 39.57		350m: 4:30.88		39.45 550m: 7:07.20 38.48	750m: 9:41.93	38.36	
	200m: 2:32.70 39.35		400m: 5:10.16		39.28 600m: 7:45.51 38.31	800m: 10:18.40	36.47	
12.	FREITAS, Ana Rita	F	102638	95	Assoc. Desportiva de Fafe	10:19.64	499	
	50m: 32.83 32.83		250m: 3:05.06		38.61 450m: 5:42.40 39.81	650m: 8:22.66	39.91	
	100m: 1:09.75 36.92		300m: 3:43.77		38.71 500m: 6:21.49 39.09	700m: 9:01.24	38.58	
	150m: 1:47.78 38.03		350m: 4:22.96		39.19 550m: 7:02.28 40.79	750m: 9:41.35	40.11	
	200m: 2:26.45 38.67		400m: 5:02.59		39.63 600m: 7:42.75 40.47	800m: 10:19.64	38.29	
13.	RIBEIRO, Ines Jesus	F	102237	95	Sporting Clube de Braga	10:25.59	485	
	50m: 33.24 33.24		250m: 3:01.84		38.21 450m: 5:39.04 40.25	650m: 8:24.31	41.13	
	100m: 1:08.91 35.67		300m: 3:40.54		38.70 500m: 6:19.85 40.81	700m: 9:05.37	41.06	
	150m: 1:45.95 37.04		350m: 4:19.73		39.19 550m: 7:01.64 41.79	750m: 9:46.22	40.85	
	200m: 2:23.63 37.68		400m: 4:58.79		39.06 600m: 7:43.18 41.54	800m: 10:25.59	39.37	
14.	SILVA, Diana Patricia	F	23232	95	SSCMP/Paredes Rota Dos Moveis	10:25.93	484	
	50m: 33.63 33.63		250m: 3:05.41		38.88 450m: 5:45.99 40.98	650m: 8:27.95	40.17	
	100m: 1:10.26 36.63		300m: 3:44.73		39.32 500m: 6:26.04 40.05	700m: 9:08.86	40.91	
	150m: 1:48.26 38.00		350m: 4:24.62		39.89 550m: 7:07.07 41.03	750m: 9:48.69	39.83	
	200m: 2:26.53 38.27		400m: 5:05.01		40.39 600m: 7:47.78 40.71	800m: 10:25.93	37.24	

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 7, Femin., 800m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
15.	ROSAS, Joana Filipa	F	102023	95	Futebol Clube do Porto/Império Bonança	10:26.87	482	
	50m: 34.98	34.98	250m: 3:09.66	38.60	450m: 5:46.52	39.80	650m: 8:26.57	40.40
	100m: 1:13.08	38.10	300m: 3:48.69	39.03	500m: 6:26.38	39.86	700m: 9:06.52	39.95
	150m: 1:51.68	38.60	350m: 4:27.86	39.17	550m: 7:05.79	39.41	750m: 9:47.65	41.13
	200m: 2:31.06	39.38	400m: 5:06.72	38.86	600m: 7:46.17	40.38	800m: 10:26.87	39.22
16.	PINHEIRO, Guadalupe Ribeiro	F	102032	95	Gespacos	10:28.65	478	
	50m: 33.44	33.44	250m: 3:07.18	38.29	450m: 5:46.47	39.51	650m: 8:28.95	39.99
	100m: 1:11.59	38.15	300m: 3:47.25	40.07	500m: 6:27.96	41.49	700m: 9:10.34	41.39
	150m: 1:50.13	38.54	350m: 4:26.75	39.50	550m: 7:07.63	39.67	750m: 9:51.29	40.95
	200m: 2:28.89	38.76	400m: 5:06.96	40.21	600m: 7:48.96	41.33	800m: 10:28.65	37.36
17.	LOUSA, Irina Filipa	F	102467	95	Futebol Clube do Porto/Império Bonança	10:28.93	477	
	50m: 37.21	37.21	250m: 3:15.09	39.55	450m: 5:53.03	39.41	650m: 8:32.23	39.95
	100m: 1:16.43	39.22	300m: 3:54.68	39.59	500m: 6:32.83	39.80	700m: 9:11.81	39.58
	150m: 1:56.07	39.64	350m: 4:33.73	39.05	550m: 7:12.52	39.69	750m: 9:51.54	39.73
	200m: 2:35.54	39.47	400m: 5:13.62	39.89	600m: 7:52.28	39.76	800m: 10:28.93	37.39
18.	MOTA, Ines Maria	F	102067	95	Clube Fluvial Portuense	10:29.69	476	
	50m: 37.18	37.18	250m: 3:16.17	39.58	450m: 5:53.64	39.35	650m: 8:33.09	39.67
	100m: 1:16.79	39.61	300m: 3:55.16	39.99	500m: 6:33.59	39.95	700m: 9:13.19	40.10
	150m: 1:56.72	39.93	350m: 4:34.77	39.61	550m: 7:13.29	39.70	750m: 9:52.85	39.66
	200m: 2:36.59	39.87	400m: 5:14.29	39.52	600m: 7:53.42	40.13	800m: 10:29.69	36.84
19.	LEMOS, Ines Perestrello	F	101365	95	Sporting Clube de Braga	10:30.01	475	
	50m: 37.33	37.33	250m: 3:17.52	39.73	450m: 5:57.73	39.62	650m: 8:35.60	39.28
	100m: 1:16.99	39.66	300m: 3:57.50	39.98	500m: 6:37.51	39.78	700m: 9:14.32	38.72
	150m: 1:57.21	40.22	350m: 4:37.86	40.36	550m: 7:16.64	39.13	750m: 9:53.36	39.04
	200m: 2:37.79	40.58	400m: 5:18.11	40.25	600m: 7:56.32	39.68	800m: 10:30.01	36.65
20.	BRITO, Ana Cristina	F	102241	95	Sporting Clube de Braga	10:30.67	473	
	50m: 36.33	36.33	250m: 3:14.09	39.63	450m: 5:53.90	39.55	650m: 8:34.79	40.37
	100m: 1:15.81	39.48	300m: 3:53.90	39.81	500m: 6:34.31	40.41	700m: 9:13.52	38.73
	150m: 1:54.87	39.06	350m: 4:33.80	39.90	550m: 7:14.39	40.08	750m: 9:53.14	39.62
	200m: 2:34.46	39.59	400m: 5:14.35	40.55	600m: 7:54.42	40.03	800m: 10:30.67	37.53
21.	COSTA, Ines Joao	F	12893	95	Sporting Clube de Braga	10:35.70	462	
	50m: 37.22	37.22	250m: 3:16.80	40.02	450m: 5:57.41	40.28	650m: 8:37.10	39.91
	100m: 1:16.84	39.62	300m: 3:56.88	40.08	500m: 6:37.54	40.13	700m: 9:17.33	40.23
	150m: 1:56.91	40.07	350m: 4:37.14	40.26	550m: 7:17.31	39.77	750m: 9:57.38	40.05
	200m: 2:36.78	39.87	400m: 5:17.13	39.99	600m: 7:57.19	39.88	800m: 10:35.70	38.32
22.	SILVA, Carolina Costa	F	24561	95	Sporting Clube de Braga	10:55.01	423	
	<i>FTL</i>							
	50m: 38.41	38.41	250m: 3:21.35	40.59	450m: 6:05.18	41.41	650m: 8:52.35	41.81
	100m: 1:19.57	41.16	300m: 4:01.97	40.62	500m: 6:46.97	41.79	700m: 9:33.77	41.42
	150m: 2:00.23	40.66	350m: 4:42.56	40.59	550m: 7:28.71	41.74	750m: 10:15.12	41.35
	200m: 2:40.76	40.53	400m: 5:23.77	41.21	600m: 8:10.54	41.83	800m: 10:55.01	39.89
23.	FERNANDES, Filipa Mota	F	13053	95	Viana Natação Clube	11:02.27	409	
	<i>FTL</i>							
	50m: 36.25	36.25	250m: 3:18.33	41.32	450m: 6:05.73	42.35	650m: 8:55.32	42.45
	100m: 1:15.70	39.45	300m: 3:59.70	41.37	500m: 6:48.36	42.63	700m: 9:38.37	43.05
	150m: 1:56.52	40.82	350m: 4:40.74	41.04	550m: 7:30.79	42.43	750m: 10:21.17	42.80
	200m: 2:37.01	40.49	400m: 5:23.38	42.64	600m: 8:12.87	42.08	800m: 11:02.27	41.10
24.	AMORIM, Ariana Barros	F	26629	95	Escola Desportiva Limiana	11:28.75	364	
	<i>FTL</i>							
	50m: 38.55	38.55	250m: 3:30.15	43.85	450m: 6:24.74	44.18	650m: 9:18.58	43.52
	100m: 1:20.04	41.49	300m: 4:13.93	43.78	500m: 7:07.53	42.79	700m: 10:02.76	44.18
	150m: 2:03.24	43.20	350m: 4:57.30	43.37	550m: 7:50.43	42.90	750m: 10:47.10	44.34
	200m: 2:46.30	43.06	400m: 5:40.56	43.26	600m: 8:35.06	44.63	800m: 11:28.75	41.65
EXH	COSTA, Ana Catarina	F	103208	95	Clube Desportivo Feirense	10:49.40	434	
	<i>FTL</i>							
	50m: 35.25	35.25	250m: 3:17.22	40.78	450m: 6:01.33	40.98	650m: 8:46.93	41.50
	100m: 1:15.43	40.18	300m: 3:58.13	40.91	500m: 6:42.80	41.47	700m: 9:28.84	41.91
	150m: 1:56.00	40.57	350m: 4:39.22	41.09	550m: 7:23.78	40.98	750m: 10:10.30	41.46
	200m: 2:36.44	40.44	400m: 5:20.35	41.13	600m: 8:05.43	41.65	800m: 10:49.40	39.10

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 8 Juvenis
29-11-2008 - 10:15 Resultados
Masc., 400m Livres
COPIDOURO - Cópia e Artigos de Reprodução, Lda

RNJUVA 01-12-2006
RNJUVB 22-03-2002
3:59.35 COSTA, Rui Filipe VSC Caldas da Rainha
4:05.91 CARVALHO, Diogo Filipe CGA Braga

Time standard 1 Juv B: 5:02.00; Juv A: 4:53.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	4:25.19	554	
	50m: 29.89	29.89	150m: 1:37.50	34.09	250m: 2:45.21	33.84	350m: 3:52.74	33.74
	100m: 1:03.41	33.52	200m: 2:11.37	33.87	300m: 3:19.00	33.79	400m: 4:25.19	32.45
2.	BARROS, Manuel Silva	M	12877	94	Sporting Clube de Braga	4:26.71	545	
	50m: 29.54	29.54	150m: 1:35.78	33.98	250m: 2:44.08	34.21	350m: 3:53.08	34.22
	100m: 1:01.80	32.26	200m: 2:09.87	34.09	300m: 3:18.86	34.78	400m: 4:26.71	33.63
3.	MARTINS, Jose Alberto	M	23096	94	Vitória Sport Clube	4:28.10	537	
	50m: 29.93	29.93	150m: 1:36.79	33.91	250m: 2:45.87	34.66	350m: 3:54.86	34.38
	100m: 1:02.88	32.95	200m: 2:11.21	34.42	300m: 3:20.48	34.61	400m: 4:28.10	33.24
4.	NUNES, Ruben Filipe	M	23302	94	Gespacos	4:29.98	525	
	50m: 29.68	29.68	150m: 1:36.25	33.83	250m: 2:45.43	34.69	350m: 3:56.53	35.28
	100m: 1:02.42	32.74	200m: 2:10.74	34.49	300m: 3:21.25	35.82	400m: 4:29.98	33.45
5.	KALDEICH, Andre Canelas	M	105749	94	Clube Fluvial Portuense	4:31.68	516	
	50m: 30.86	30.86	150m: 1:39.31	34.61	250m: 2:48.73	34.44	350m: 3:58.24	34.63
	100m: 1:04.70	33.84	200m: 2:14.29	34.98	300m: 3:23.61	34.88	400m: 4:31.68	33.44
6.	GARCIA, Andre Manuel	M	20033	94	Clube Fluvial Vilacondense	4:32.01	514	
	50m: 30.71	30.71	150m: 1:40.81	35.51	250m: 2:51.07	35.17	350m: 4:00.39	34.31
	100m: 1:05.30	34.59	200m: 2:15.90	35.09	300m: 3:26.08	35.01	400m: 4:32.01	31.62
7.	ALVES, Simao Pedro	M	102500	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	4:32.18	513	
	50m: 29.86	29.86	150m: 1:37.82	34.56	250m: 2:47.99	35.02	350m: 3:58.26	34.85
	100m: 1:03.26	33.40	200m: 2:12.97	35.15	300m: 3:23.41	35.42	400m: 4:32.18	33.92
8.	COSTA, Francisco Miguel	M	102620	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	4:32.64	510	
	50m: 30.25	30.25	150m: 1:37.45	34.16	250m: 2:47.37	35.16	350m: 3:58.09	35.34
	100m: 1:03.29	33.04	200m: 2:12.21	34.76	300m: 3:22.75	35.38	400m: 4:32.64	34.55
9.	FERRARIA, Miguel Angelo	M	102072	94	Futebol Clube do Porto/Império Bonança	4:34.94	497	
	50m: 31.13	31.13	150m: 1:40.24	35.27	250m: 2:51.07	35.08	350m: 4:01.18	35.05
	100m: 1:04.97	33.84	200m: 2:15.99	35.75	300m: 3:26.13	35.06	400m: 4:34.94	33.76
10.	MENDES, Tiago Vitorino	M	100819	94	Escola Desportiva Limiana	4:35.66	494	
	50m: 31.08	31.08	150m: 1:40.08	34.92	250m: 4:01.67	1:11.21	350m: 5:06.20	27.09
	100m: 1:05.16	34.08	200m: 2:05.46	1:10.38	300m: 4:39.11	37.44	400m: 4:35.66	
11.	ANTUNES, Pedro Gomes	M	13287	94	Sporting Clube de Braga	4:36.63	488	
	50m: 31.01	31.01	150m: 1:40.50	35.01	250m: 2:50.71	35.15	350m: 4:01.30	35.27
	100m: 1:05.49	34.48	200m: 2:15.56	35.06	300m: 3:26.03	35.32	400m: 4:36.63	35.33
12.	SILVA, Miguel Antonio	M	24570	94	Sporting Clube de Braga	4:36.65	488	
	50m: 31.16	31.16	150m: 1:41.86	35.32	250m: 2:51.88	35.67	350m: 4:02.86	34.84
	100m: 1:06.54	35.38	200m: 2:16.21	34.35	300m: 3:28.02	36.14	400m: 4:36.65	33.79
13.	RIBEIRO, Luis Pedro	M	15998	94	Escola Desportiva de Viana	4:36.67	488	
	50m: 31.59	31.59	150m: 1:40.02	34.50	250m: 2:50.35	35.50	350m: 4:01.67	35.75
	100m: 1:05.52	33.93	200m: 2:14.85	34.83	300m: 3:25.92	35.57	400m: 4:36.67	35.00
14.	MOREIRA, Fernando Santos	M	15824	94	Clube Fluvial Portuense	4:38.59	478	
	50m: 30.12	30.12	150m: 1:37.15	34.06	250m: 2:48.49	36.11	350m: 4:02.20	36.97
	100m: 1:03.09	32.97	200m: 2:12.38	35.23	300m: 3:25.23	36.74	400m: 4:38.59	36.39
15.	LEMONS, Miguel Alexandre	M	101989	94	Futebol Clube do Porto/Império Bonança	4:39.07	476	
	50m: 31.18	31.18	150m: 1:42.18	36.16	250m: 2:53.77	35.27	350m: 4:05.06	35.79
	100m: 1:06.02	34.84	200m: 2:18.50	36.32	300m: 3:29.27	35.50	400m: 4:39.07	34.01
16.	MAGALHAES, Nuno Filipe	M	102016	94	Futebol Clube do Porto/Império Bonança	4:40.04	471	
	50m: 30.72	30.72	150m: 1:40.30	35.51	250m: 2:51.77	35.81	350m: 4:04.60	36.38
	100m: 1:04.79	34.07	200m: 2:15.96	35.66	300m: 3:28.22	36.45	400m: 4:40.04	35.44
17.	CERQUEIRA, Mario Andre	M	15458	94	Clube Fluvial Portuense	4:40.19	470	
	50m: 31.48	31.48	150m: 1:41.44	35.48	250m: 2:52.90	35.79	350m: 4:05.29	36.41
	100m: 1:05.96	34.48	200m: 2:17.11	35.67	300m: 3:28.88	35.98	400m: 4:40.19	34.90
18.	FONSECA, Luis Miguel	M	25216	94	Futebol Clube do Porto/Império Bonança	4:42.36	459	
	50m: 30.81	30.81	150m: 1:41.17	35.83	250m: 2:53.40	36.12	350m: 4:07.12	36.82
	100m: 1:05.34	34.53	200m: 2:17.28	36.11	300m: 3:30.30	36.90	400m: 4:42.36	35.24
19.	SILVA, Hugo Miguel	M	24567	94	Sporting Clube de Braga	4:42.55	458	
	50m: 31.03	31.03	150m: 1:41.42	35.88	250m: 2:52.10	36.12	350m: 4:06.18	37.23
	100m: 1:05.54	34.51	200m: 2:15.98	34.56	300m: 3:28.95	36.85	400m: 4:42.55	36.37
20.	PINTO, Marcelo Jose	M	19400	94	Foca-Clube De Natacao De Felgueiras	4:43.09	456	
	50m: 31.76	31.76	150m: 1:42.97	36.07	250m: 2:55.37	36.08	350m: 4:07.84	36.28
	100m: 1:06.90	35.14	200m: 2:19.29	36.32	300m: 3:31.56	36.19	400m: 4:43.09	35.25
21.	PASSOS, Luis Filipe	M	103697	94	Vitória Sport Clube	4:43.96	452	
	50m: 31.93	31.93	150m: 1:42.54	35.88	250m: 2:56.11	36.77	350m: 4:10.47	38.25
	100m: 1:06.66	34.73	200m: 2:19.34	36.80	300m: 3:32.22	36.11	400m: 4:43.96	33.49
22.	RODRIGUES, Ricardo Jorge	M	13290	94	Sporting Clube de Braga	4:46.47	440	
	50m: 30.00	30.00	150m: 1:39.82	35.87	250m: 2:52.73	36.46	350m: 4:08.85	38.64
	100m: 1:03.95	33.95	200m: 2:16.27	36.45	300m: 3:30.21	37.48	400m: 4:46.47	37.62

O Secretário do Júri

O Juiz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
23.	MARQUES, Claudio Miguel	M	13059	94	Viana Natação Clube	4:47.22	436	
	50m: 31.62 31.62		150m: 1:41.65		35.38 250m: 2:55.11 37.19	350m: 4:11.07 38.25		
	100m: 1:06.27 34.65		200m: 2:17.92		36.27 300m: 3:32.82 37.71	400m: 4:47.22 36.15		
24.	MANGAS, Francisco Taborda	M	102002	94	Futebol Clube do Porto/Império Bonança	4:47.47	435	
	50m: 33.52 33.52		150m: 1:45.79		36.74 250m: 2:58.89 36.38	350m: 4:13.21 37.40		
	100m: 1:09.05 35.53		200m: 2:22.51		36.72 300m: 3:35.81 36.92	400m: 4:47.47 34.26		
25.	LIMA, Ricardo Magina	M	13295	94	Escola Desportiva Limiana	4:47.56	435	
	50m: 30.97 30.97		150m: 1:41.52		36.18 250m: 2:56.32 37.58	350m: 4:12.35 38.41		
	100m: 1:05.34 34.37		200m: 2:18.74		37.22 300m: 3:33.94 37.62	400m: 4:47.56 35.21		
26.	CUNHA, David Xavier	M	24093	94	Vitória Sport Clube	4:49.06	428	
	50m: 31.01 31.01		150m: 1:41.64		36.05 250m: 2:56.39 37.69	350m: 4:12.28 37.57		
	100m: 1:05.59 34.58		200m: 2:18.70		37.06 300m: 3:34.71 38.32	400m: 4:49.06 36.78		
27.	AZEVEDO, Mario Miguel	M	20034	94	Clube Fluvial Vilacondense	4:49.78	425	
	50m: 32.71 32.71		150m: 1:45.91		37.06 250m: 3:00.41 37.26	350m: 4:14.72 37.42		
	100m: 1:08.85 36.14		200m: 2:23.15		37.24 300m: 3:37.30 36.89	400m: 4:49.78 35.06		
28.	FERREIRA, Jorge Filipe	M	103957	94	Colégio Liceal de Santa Maria de Lamas	4:58.01	391	
	50m: 32.66 32.66		150m: 1:45.05		36.64 250m: 3:01.63 38.76	350m: 4:20.69 39.68		
	100m: 1:08.41 35.75		200m: 2:22.87		37.82 300m: 3:41.01 39.38	400m: 4:58.01 37.32		
29.	PORTO, Joao Luis	M	25813	94	Viana Natação Clube	5:03.39	370	
	<i>FTL</i>							
	50m: 32.57 32.57		150m: 1:46.39		37.60 250m: 3:02.60 38.62	350m: 4:23.20 40.62		
	100m: 1:08.79 36.22		200m: 2:23.98		37.59 300m: 3:42.58 39.98	400m: 5:03.39 40.19		
30.	PINTO, Joao Ricardo	M	26630	94	Escola Desportiva Limiana	5:06.43	359	
	<i>FTL</i>							
	50m: 33.85 33.85		150m: 1:51.26		39.56 250m: 3:11.02 39.79	350m: 4:29.41 38.86		
	100m: 1:11.70 37.85		200m: 2:31.23		39.97 300m: 3:50.55 39.53	400m: 5:06.43 37.02		
31.	SOUSA, Joao Miguel	M	13285	94	Sporting Clube de Braga	5:07.18	357	
	<i>FTL</i>							
	50m: 33.73 33.73		150m: 1:48.69		38.19 250m: 3:07.03 39.43	350m: 4:28.02 40.85		
	100m: 1:10.50 36.77		200m: 2:27.60		38.91 300m: 3:47.17 40.14	400m: 5:07.18 39.16		
32.	COENTRAO, Joao Paulo	M	109676	94	Clube Fluvial Vilacondense	5:08.31	353	
	<i>FTL</i>							
	50m: 35.08 35.08		150m: 1:51.20		38.94 250m: 3:09.82 39.40	350m: 4:29.85 40.12		
	100m: 1:12.26 37.18		200m: 2:30.42		39.22 300m: 3:49.73 39.91	400m: 5:08.31 38.46		
33.	COSTA, Joao Eurico	M	15450	94	Leixões Sport Clube	5:13.37	336	
	<i>FTL</i>							
	50m: 34.97 34.97		150m: 1:53.49		39.97 250m: 3:13.79 40.22	350m: 4:34.71 39.96		
	100m: 1:13.52 38.55		200m: 2:33.57		40.08 300m: 3:54.75 40.96	400m: 5:13.37 38.66		
34.	CARNEIRO, Antonio Joaquim	M	15471	94	Foca-Clube De Natação De Felgueiras	5:13.57	335	
	<i>FTL</i>							
	50m: 34.69 34.69		150m: 1:53.33		39.94 250m: 3:12.53 39.94	350m: 4:33.56 40.49		
	100m: 1:13.39 38.70		200m: 2:32.59		39.26 300m: 3:53.07 40.54	400m: 5:13.57 40.01		
35.	PINTO, Joao Filipe	M	22542	94	Gespacos	5:15.84	328	
	<i>FTL</i>							
	50m: 35.39 35.39		150m: 1:53.43		39.31 250m: 3:13.34 40.12	350m: 4:35.64 41.11		
	100m: 1:14.12 38.73		200m: 2:33.22		39.79 300m: 3:54.53 41.19	400m: 5:15.84 40.20		
36.	CASTRO, Francisco Xavier	M	13213	94	Escola Desportiva Limiana	5:22.39	309	
	<i>FTL</i>							
	50m: 35.73 35.73		150m: 1:56.60		41.00 250m: 3:19.11 41.38	350m: 4:42.10 41.48		
	100m: 1:15.60 39.87		200m: 2:37.73		41.13 300m: 4:00.62 41.51	400m: 5:22.39 40.29		
37.	BASTOS, Pedro Manuel	M	108434	94	Sporting Clube de Braga	5:37.09	270	
	<i>FTL</i>							
	50m: 37.64 37.64		150m: 2:01.59		42.30 250m: 3:28.27 43.12	350m: 4:55.08 43.39		
	100m: 1:19.29 41.65		200m: 2:45.15		43.56 300m: 4:11.69 43.42	400m: 5:37.09 42.01		
DSQ	COSTA, Bernardo Machado	M	19515	94	Futebol Clube do Porto/Império Bonança			
DSQ	ROCHA, Antonio Jorge	M	15322	94	Assoc. Desportiva de Penafiel			
	<i>Falsa Partida</i>							

Juvenis A

1.	MACHADO, Ricardo Manuel	M	13278	93	Sporting Clube de Braga	4:13.56	634	
	50m: 28.80 28.80		150m: 1:31.83		31.90 250m: 2:36.89 32.13	350m: 3:42.18 32.45		
	100m: 59.93 31.13		200m: 2:04.76		32.93 300m: 3:09.73 32.84	400m: 4:13.56 31.38		
2.	MARTINS, Rafael Dias	M	102480	93	Clube de Natação da Maia/Real Seguros	4:13.63	634	
	50m: 29.21 29.21		150m: 1:32.15		31.71 250m: 2:37.09 32.43	350m: 3:42.16 32.52		
	100m: 1:00.44 31.23		200m: 2:04.66		32.51 300m: 3:09.64 32.55	400m: 4:13.63 31.47		
3.	NOGUEIRA, Luis Miguel	M	15959	93	Futebol Clube do Porto/Império Bonança	4:19.58	591	
	50m: 29.19 29.19		150m: 1:33.07		32.63 250m: 2:39.87 33.71	350m: 3:47.38 33.64		
	100m: 1:00.44 31.25		200m: 2:06.16		33.09 300m: 3:13.74 33.87	400m: 4:19.58 32.20		
4.	MAIA, Rui Filipe	M	24204	93	Clube Fluvial Vilacondense	4:22.79	570	
	50m: 30.02 30.02		150m: 1:36.47		33.77 250m: 2:43.76 33.75	350m: 3:50.94 33.32		
	100m: 1:02.70 32.68		200m: 2:10.01		33.54 300m: 3:17.62 33.86	400m: 4:22.79 31.85		
5.	SILVA, Bernardo Correia	M	15342	93	Clube Fluvial Portuense	4:23.13	567	
	50m: 29.88 29.88		150m: 1:35.26		32.66 250m: 2:42.19 33.62	350m: 3:50.42 34.35		
	100m: 1:02.60 32.72		200m: 2:08.57		33.31 300m: 3:16.07 33.88	400m: 4:23.13 32.71		

Associação de Natação do Norte de Portugal
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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
6.	RIBEIRO, Edgar Oliveira	M	13277	93	Sporting Clube de Braga	4:23.60	564	
	50m: 30.80 30.80		150m: 1:37.38		33.42 250m: 2:44.64 33.78	350m: 3:51.61 33.19		
	100m: 1:03.96 33.16		200m: 2:10.86		33.48 300m: 3:18.42 33.78	400m: 4:23.60 31.99		
7.	MALHEIRO, Nuno Vieira	M	13279	93	Sporting Clube de Braga	4:25.75	551	
	50m: 30.85 30.85		150m: 1:37.15		33.20 250m: 2:44.78 33.96	350m: 3:52.73 33.88		
	100m: 1:03.95 33.10		200m: 2:10.82		33.67 300m: 3:18.85 34.07	400m: 4:25.75 33.02		
8.	RODRIGUES, Joao Luis	M	13280	93	Sporting Clube de Braga	4:26.00	549	
	50m: 29.44 29.44		150m: 1:35.26		33.46 250m: 2:43.32 34.12	350m: 3:52.40 34.68		
	100m: 1:01.80 32.36		200m: 2:09.20		33.94 300m: 3:17.72 34.40	400m: 4:26.00 33.60		
9.	QUEIJO, Joao Pedro	M	24221	93	Clube de Natação da Maia/Real Seguros	4:28.94	532	
	50m: 29.91 29.91		150m: 1:36.98		34.26 250m: 2:46.16 34.67	350m: 3:55.79 34.89		
	100m: 1:02.72 32.81		200m: 2:11.49		34.51 300m: 3:20.90 34.74	400m: 4:28.94 33.15		
10.	FREITAS, Edgar Fernando	M	24260	93	Clube Fluvial Vilacondense	4:31.39	517	
	50m: 30.74 30.74		150m: 1:40.21		35.18 250m: 2:50.12 34.83	350m: 3:59.19 34.51		
	100m: 1:05.03 34.29		200m: 2:15.29		35.08 300m: 3:24.68 34.56	400m: 4:31.39 32.20		
11.	CASTANHO, Joao Bento	M	24084	93	Clube Fluvial Vilacondense	4:32.62	510	
	50m: 31.30 31.30		150m: 1:39.34		34.23 250m: 2:49.01 34.65	350m: 3:58.87 34.79		
	100m: 1:05.11 33.81		200m: 2:14.36		35.02 300m: 3:24.08 35.07	400m: 4:32.62 33.75		
12.	RODRIGUES, Manuel Augusto	M	13273	93	Sporting Clube de Braga	4:33.66	504	
	50m: 30.90 30.90		150m: 1:39.18		34.62 250m: 2:49.96 35.51	350m: 4:00.89 35.67		
	100m: 1:04.56 33.66		200m: 2:14.45		35.27 300m: 3:25.22 35.26	400m: 4:33.66 32.77		
13.	RIBAS, Rafael Lages	M	12688	93	Escola Desportiva de Viana	4:35.53	494	
	50m: 29.72 29.72		150m: 1:38.21		34.93 250m: 2:47.95 34.68	350m: 4:00.15 36.22		
	100m: 1:03.28 33.56		200m: 2:13.27		35.06 300m: 3:23.93 35.98	400m: 4:35.53 35.38		
14.	SOUSA, NunoTiago	M	19004	93	Leixões Sport Clube	4:36.94	487	
	50m: 30.99 30.99		150m: 1:40.21		34.93 250m: 2:50.79 35.50	350m: 4:02.47 35.79		
	100m: 1:05.28 34.29		200m: 2:15.29		35.08 300m: 3:26.68 35.89	400m: 4:36.94 34.47		
15.	PARENTE, Lino Manuel	M	13051	93	Viana Natação Clube	4:38.58	478	
	50m: 30.20 30.20		150m: 1:39.52		35.27 250m: 2:51.65 36.36	350m: 4:03.98 36.28		
	100m: 1:04.25 34.05		200m: 2:15.29		35.77 300m: 3:27.70 36.05	400m: 4:38.58 34.60		
16.	MARTINS, Antonio Rafael	M	15240	93	Clube Fluvial Portuense	4:40.67	468	
	50m: 29.83 29.83		150m: 1:37.47		34.57 250m: 2:50.38 36.35	350m: 4:05.16 37.45		
	100m: 1:02.90 33.07		200m: 2:14.03		36.56 300m: 3:27.71 37.33	400m: 4:40.67 35.51		
17.	MENDES, Joao Rogerio	M	13272	93	Sporting Clube de Braga	4:41.25	465	
	50m: 30.81 30.81		150m: 1:40.73		35.59 250m: 2:53.81 36.53	350m: 4:06.84 36.35		
	100m: 1:05.14 34.33		200m: 2:17.28		36.55 300m: 3:30.49 36.68	400m: 4:41.25 34.41		
18.	RIBEIRO, Pedro Nuno	M	24127	93	Futebol Clube do Porto/Império Bonança	4:41.73	462	
	50m: 30.71 30.71		150m: 1:40.19		35.59 250m: 2:53.01 36.43	350m: 4:06.34 36.77		
	100m: 1:04.60 33.89		200m: 2:16.58		36.39 300m: 3:29.57 36.56	400m: 4:41.73 35.39		
19.	FERREIRA, Andre Sousa	M	101166	93	Sporting Clube de Braga	4:41.98	461	
	50m: 30.45 30.45		150m: 1:38.26		34.56 250m: 2:50.79 36.50	350m: 4:05.26 37.72		
	100m: 1:03.70 33.25		200m: 2:14.29		36.03 300m: 3:27.54 36.75	400m: 4:41.98 36.72		
20.	SOUSA, Bruno Miranda	M	106109	93	Escola Desportiva de Viana	4:42.33	459	
	50m: 30.77 30.77		150m: 1:40.81		35.65 250m: 2:53.75 36.52	350m: 4:07.59 37.22		
	100m: 1:05.16 34.39		200m: 2:17.23		36.42 300m: 3:30.37 36.62	400m: 4:42.33 34.74		
21.	PILAR, Eduardo Alexandre	M	11507	93	Clube Esposende 2000	4:42.88	457	
	50m: 30.11 30.11		150m: 1:40.11		35.93 250m: 2:52.98 36.45	350m: 4:07.97 37.83		
	100m: 1:04.18 34.07		200m: 2:16.53		36.42 300m: 3:30.14 37.16	400m: 4:42.88 34.91		
22.	CUNHA, Mario Rui	M	15616	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	4:43.01	456	
	50m: 31.83 31.83		150m: 1:41.33		35.83 250m: 2:54.15 36.39	350m: 4:08.08 37.35		
	100m: 1:05.50 33.67		200m: 2:17.76		36.43 300m: 3:30.73 36.58	400m: 4:43.01 34.93		
23.	SILVA, Tiago Samuel	M	23502	93	Assoc. Desportiva de Penafiel	4:44.26	450	
	50m: 30.13 30.13		150m: 1:39.02		35.27 250m: 2:51.57 36.64	350m: 4:06.76 37.42		
	100m: 1:03.75 33.62		200m: 2:14.93		35.91 300m: 3:29.34 37.77	400m: 4:44.26 37.50		
24.	NETO, Ricardo Ferreira	M	15399	93	Gespacos	4:45.76	443	
	50m: 32.24 32.24		150m: 1:42.89		35.73 250m: 2:55.45 36.34	350m: 4:11.00 37.79		
	100m: 1:07.16 34.92		200m: 2:19.11		36.22 300m: 3:33.21 37.76	400m: 4:45.76 34.76		
25.	BRUNIDO, Rui Leandro	M	104787	93	Gespacos	4:51.74	416	
	50m: 33.27 33.27		150m: 1:46.63		37.27 250m: 3:00.87 36.99	350m: 4:15.98 37.43		
	100m: 1:09.36 36.09		200m: 2:23.88		37.25 300m: 3:38.55 37.68	400m: 4:51.74 35.76		
26.	CERDEIRA, Paulo Duarte	M	13275	93	Sporting Clube de Braga	4:52.50	413	
	50m: 31.71 31.71		150m: 1:43.63		36.52 250m: 2:58.47 37.61	350m: 4:14.39 37.99		
	100m: 1:07.11 35.40		200m: 2:20.86		37.23 300m: 3:36.40 37.93	400m: 4:52.50 38.11		
27.	ROCHA, Hugo Duarte	M	24374	93	Clube Fluvial Vilacondense	4:56.43	397	
	<i>FTL</i>							
	50m: 32.02 32.02		150m: 1:44.75		37.21 250m: 3:01.65 39.01	350m: 4:18.14 38.20		
	100m: 1:07.54 35.52		200m: 2:22.64		37.89 300m: 3:39.94 38.29	400m: 4:56.43 38.29		
28.	BARBOSA, Ricardo Andre	M	102934	93	Gespacos	4:58.54	389	
	<i>FTL</i>							
	50m: 30.70 30.70		150m: 1:43.85		37.70 250m: 3:01.20 38.90	350m: 4:19.49 38.80		
	100m: 1:06.15 35.45		200m: 2:22.30		38.45 300m: 3:40.69 39.49	400m: 4:58.54 39.05		
29.	FERREIRA, Carlos Manuel	M	13056	93	Viana Natação Clube	4:59.25	386	
	<i>FTL</i>							
	50m: 32.59 32.59		150m: 1:46.75		37.79 250m: 3:03.90 38.72	350m: 4:21.54 38.84		
	100m: 1:08.96 36.37		200m: 2:25.18		38.43 300m: 3:42.70 38.80	400m: 4:59.25 37.71		

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
30.	COSTA, Joao Filipe <i>FTL</i>	M	26628	93	Escola Desportiva Limiana	5:08.49	352	
	50m: 32.89 32.89		150m: 1:48.86		38.84	250m: 3:09.21		40.71
	100m: 1:10.02 37.13		200m: 2:28.50		39.64	300m: 3:49.83		40.62
31.	DANTAS, Rui Filipe <i>FTL</i>	M	26627	93	Escola Desportiva Limiana	5:40.59	262	
	50m: 36.26 36.26		150m: 1:59.91		42.87	250m: 3:28.22		44.13
	100m: 1:17.04 40.78		200m: 2:44.09		44.18	300m: 4:13.21		44.99
EXH	ROSAS, Marcelo Fernandes	M	103742	93	Clube Desportivo Feirense	4:44.27	450	
	50m: 32.10 32.10		150m: 1:42.81		35.37	250m: 2:55.83		36.87
	100m: 1:07.44 35.34		200m: 2:18.96		36.15	300m: 3:32.19		36.36
EXH	SOUSA, Alcides Costa	M	103744	94	Clube Desportivo Feirense	4:44.28	450	
	50m: 30.99 30.99		150m: 1:41.78		36.01	250m: 2:54.42		36.08
	100m: 1:05.77 34.78		200m: 2:18.34		36.56	300m: 3:31.08		36.66
EXH	SANTOS, Telmo Almeida	M	103746	93	Clube Desportivo Feirense	4:51.17	419	
	50m: 30.25 30.25		150m: 1:41.10		36.29	250m: 2:56.99		38.43
	100m: 1:04.81 34.56		200m: 2:18.56		37.46	300m: 3:35.42		38.43
EXH	ANDRADE, Tiago Botelho	M	13910	94	Clube Desportivo Feirense	4:54.32	406	
	50m: 31.57 31.57		150m: 1:44.42		37.16	250m: 3:00.75		38.66
	100m: 1:07.26 35.69		200m: 2:22.09		37.67	300m: 3:39.22		38.47
EXH	BARBOSA, Telmo Goncalves <i>FTL</i>	M	14294	94	Clube Desportivo Feirense	5:12.57	339	
	50m: 32.80 32.80		150m: 1:50.06		39.62	250m: 3:10.58		40.32
	100m: 1:10.44 37.64		200m: 2:30.26		40.20	300m: 3:51.93		41.35

Prova 9
29-11-2008 - 11:15

Femin., 200m Bruços
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Juvenis
Resultados

RNJUV 2:34.51 GOMES, Diana Duarte ABVE Reboleira 28-06-2003

Time standard 1 : 3:25.50

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	ROMPANTE, Filipa Maria	F	102733	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:59.14	472	
	50m: 41.59 41.59		100m: 1:26.75		45.16	150m: 2:13.26		46.51
			200m: 2:59.14					45.88
2.	FERREIRA, Ines Sofia	F	15355	95	Gespacos	3:00.80	460	46.06
	50m: 41.87 41.87		100m: 1:27.98		46.11	150m: 2:14.74		46.76
			200m: 3:00.80					46.06
3.	MATOS, Joana Fazendeiro	F	101973	95	Futebol Clube do Porto/Império Bonança	3:02.81	445	47.40
	50m: 41.75 41.75		100m: 1:27.81		46.06	150m: 2:15.41		47.60
			200m: 3:02.81					47.40
4.	SILVA, Ana Rita	F	104553	95	Clube Fluvial Vilacondense	3:03.11	442	47.97
	50m: 41.05 41.05		100m: 1:27.79		46.74	150m: 2:15.14		47.35
			200m: 3:03.11					47.97
5.	TEIXEIRA, Ana Catarina	F	18137	95	Foca-Clube De Natação De Felgueiras	3:03.62	439	46.44
	50m: 41.99 41.99		100m: 1:29.48		47.49	150m: 2:17.18		47.70
			200m: 3:03.62					46.44
6.	FERREIRA, Maria Beatriz	F	24133	95	Clube Fluvial Portuense	3:07.37	413	47.94
	50m: 43.15 43.15		100m: 1:31.02		47.87	150m: 2:19.43		48.41
			200m: 3:07.37					47.94
7.	SANTOS, Mariana Rego	F	102580	95	Leixões Sport Clube	3:07.79	410	47.97
	50m: 43.05 43.05		100m: 1:30.53		47.48	150m: 2:19.82		49.29
			200m: 3:07.79					47.97
8.	MARQUES, Maria Joao	F	24183	95	Gespacos	3:10.49	393	49.14
	50m: 43.19 43.19		100m: 1:31.87		48.68	150m: 2:21.35		49.48
			200m: 3:10.49					49.14
9.	SILVA, Maria Susana	F	102462	95	Futebol Clube do Porto/Império Bonança	3:10.50	393	51.15
	50m: 42.28 42.28		100m: 1:29.47		47.19	150m: 2:19.35		49.88
			200m: 3:10.50					51.15
10.	PEREIRA, Helena Marisa	F	20331	95	Foca-Clube De Natação De Felgueiras	3:11.48	387	48.52
	50m: 44.19 44.19		100m: 1:33.18		48.99	150m: 2:22.96		49.78
			200m: 3:11.48					48.52
11.	DIAS, Mariana Matos	F	15590	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	3:13.75	373	51.10
	50m: 42.93 42.93		100m: 1:32.21		49.28	150m: 2:22.65		50.44
			200m: 3:13.75					51.10
12.	PINTO, Maria Clara	F	104713	95	SSCMP/Paredes Rota Dos Moveis	3:17.98	350	51.87
	50m: 43.79 43.79		100m: 1:34.06		50.27	150m: 2:26.11		52.05
			200m: 3:17.98					51.87
13.	SILVA, Joana Gabriela	F	103945	95	Colégio Liceal de Santa Maria de Lamas	3:20.48	337	51.85
	50m: 44.82 44.82		100m: 1:36.01		51.19	150m: 2:28.63		52.62
			200m: 3:20.48					51.85
14.	CAIXEIRO, Mariana Dias	F	13265	95	Viana Natação Clube	3:21.01	334	52.98
	50m: 44.55 44.55		100m: 1:34.99		50.44	150m: 2:28.03		53.04
			200m: 3:21.01					52.98
15.	MARTINS, Ana Ferreira	F	103029	95	Colégio Liceal de Santa Maria de Lamas	3:22.98	325	52.52
	50m: 44.58 44.58		100m: 1:36.11		51.53	150m: 2:30.46		54.35
			200m: 3:22.98					52.52
15.	CONCEICAO, Ines Sofia	F	104711	95	SSCMP/Paredes Rota Dos Moveis	3:22.98	325	52.14
	50m: 45.93 45.93		100m: 1:37.99		52.06	150m: 2:30.84		52.85
			200m: 3:22.98					52.14

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 9, Femin., 200m Bruços, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
17.	NUNES, Eliana Sofia <i>FTL</i>	F	102006	95	Gespacos	3:26.89	307	
	50m: 46.37 46.37		100m: 1:39.02		52.65 150m: 2:33.17	54.15	200m: 3:26.89	53.72
18.	SOUSA, Roberta Irene <i>FTL</i>	F	107510	95	Clube Esposende 2000	3:29.94	294	
	50m: 46.47 46.47		100m: 1:40.39		53.92 150m: 2:36.59	56.20	200m: 3:29.94	53.35

Prova 10

29-11-2008 - 11:35

Masc., 200m Costas

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Juvenis

Resultados

RNJUVA	2:02.33	NIZ, Adriano Miguel	CFV	Algés	17-05-2002
RNJUVB	2:07.15	OLIVEIRA, Pedro Diogo	CNRM	Tomar	11-05-2003

Time standard 1 Juv B: 2:44.80; Juv A: 2:40.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	SILVA, Miguel Antonio 50m: 33.90 33.90	M	24570	94	Sporting Clube de Braga 36.13 150m: 1:46.61	36.58	200m: 2:21.75	470 35.14
2.	CABRAL, Carlos Manuel 50m: 33.46 33.46	M	24236	94	Clube Fluvial Vilacondense 36.22 150m: 1:47.28	37.60	200m: 2:23.98	448 36.70
3.	PINHEIRO, Renato Mendes 50m: 34.44 34.44	M	16071	94	Escola Desportiva de Viana 37.25 150m: 1:51.09	39.40	200m: 2:27.11	420 36.02
4.	RODRIGUES, Diogo Manuel 50m: 34.78 34.78	M	15338	94	Vitória Sport Clube 37.82 150m: 1:50.37	37.77	200m: 2:27.64	416 37.27
5.	SILVA, Hugo Miguel 50m: 34.85 34.85	M	24567	94	Sporting Clube de Braga 37.15 150m: 1:51.64	39.64	200m: 2:29.22	403 37.58
6.	BESSA, Antonio Rafael 50m: 33.88 33.88	M	102089	94	Gespacos 37.67 150m: 1:51.06	39.51	200m: 2:29.52	400 38.46
7.	COSTA, Miguel Ferraz 50m: 33.99 33.99	M	24108	94	Clube Fluvial Vilacondense 38.47 150m: 1:52.15	39.69	200m: 2:29.57	400 37.42
8.	FERREIRA, Francisco Junior 50m: 36.02 36.02	M	15546	94	Gespacos 38.13 150m: 1:53.30	39.15	200m: 2:31.56	384 38.26
9.	ARAUJO, Carlos Miguel 50m: 36.18 36.18	M	15583	94	Grupo Desportivo Natacao de Vila Nova de Famalicao 38.97 150m: 1:54.87	39.72	200m: 2:33.19	372 38.32
10.	ANTUNES, Pedro Gomes 50m: 36.03 36.03	M	13287	94	Sporting Clube de Braga 39.37 150m: 1:55.56	40.16	200m: 2:34.63	362 39.07
11.	MENDES, Tiago Vitorino 50m: 37.01 37.01	M	100819	94	Escola Desportiva Limiana 39.83 150m: 1:57.43	40.59	200m: 2:35.66	355 38.23
12.	MARTINS, Hugo Moreira 50m: 36.78 36.78	M	108219	94	Clube Natação de Valongo 39.17 150m: 1:56.00	40.05	200m: 2:35.89	353 39.89
13.	PEREIRA, Andre Filipe 50m: 37.73 37.73	M	23465	94	Clube de Natação da Maia/Real Seguros 40.76 150m: 1:59.37	40.88	200m: 2:38.41	336 39.04
14.	PACHECO, Flavio Jesus 50m: 37.05 37.05	M	15351	94	Gespacos 39.92 150m: 1:58.11	41.14	200m: 2:39.14	332 41.03
15.	SOUSA, Joao Miguel 50m: 39.45 39.45	M	13285	94	Sporting Clube de Braga 41.06 150m: 1:59.94	39.43	200m: 2:39.29	331 39.35
16.	SILVA, Ricardo Mendes 50m: 38.43 38.43	M	103736	94	Clube Fluvial Portuense 40.95 150m: 2:00.62	41.24	200m: 2:40.24	325 39.62
17.	RODRIGUES, Ricardo Jorge 50m: 37.77 37.77	M	13290	94	Sporting Clube de Braga 40.32 150m: 1:59.50	41.41	200m: 2:40.37	324 40.87
18.	MAIA, Andre Filipe 50m: 37.61 37.61	M	19465	94	Clube Fluvial Vilacondense 40.46 150m: 1:59.64	41.57	200m: 2:40.40	324 40.76
19.	COELHO, Pedro Miguel 50m: 38.47 38.47	M	23495	94	Lousada Seculo XXI 41.26 150m: 2:01.21	41.48	200m: 2:42.11	314 40.90
20.	BARROS, Manuel Silva 50m: 38.88 38.88	M	12877	94	Sporting Clube de Braga 42.06 150m: 2:02.48	41.54	200m: 2:42.41	312 39.93
21.	MENDES, Vitor Daniel 50m: 38.36 38.36	M	109337	94	Vitória Sport Clube 41.13 150m: 2:02.00	42.51	200m: 2:43.17	308 41.17
22.	LIMA, Ricardo Magina 50m: 38.19 38.19	M	13295	94	Escola Desportiva Limiana 42.10 150m: 2:03.35	43.06	200m: 2:43.51	306 40.16
23.	RODRIGUES, Diogo Orlando <i>FTL</i> 50m: 39.33 39.33	M	15339	94	Vitória Sport Clube 42.77 150m: 2:04.81	42.71	200m: 2:47.51	285 42.70

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 10, Masc., 200m Costas, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
24.	NASCIMENTO, Filipe Andre <i>FTL</i>	M	102030	94	Futebol Clube do Porto/Império Bonança	2:47.67	284	
	50m: 40.11 40.11	100m: 1:24.06	43.95	150m: 2:08.11	44.05	200m: 2:47.67	39.56	
25.	PINTO, Joao Ricardo <i>FTL</i>	M	26630	94	Escola Desportiva Limiana	2:49.99	272	
	50m: 40.13 40.13	100m: 1:23.55	43.42	150m: 2:07.40	43.85	200m: 2:49.99	42.59	
26.	CASTRO, Francisco Xavier <i>FTL</i>	M	13213	94	Escola Desportiva Limiana	2:51.58	265	
	50m: 41.46 41.46	100m: 1:25.19	43.73	150m: 2:09.35	44.16	200m: 2:51.58	42.23	
27.	BASTOS, Pedro Manuel <i>FTL</i>	M	108434	94	Sporting Clube de Braga	2:56.69	242	
	50m: 42.33 42.33	100m: 1:27.12	44.79	150m: 2:13.11	45.99	200m: 2:56.69	43.58	
DSQ	CARVALHO, Pedro Romanoski <i>Falsa Partida</i>	M	108664	94	Grupo Desportivo Natacao de Vila Nova de Famalicao			
DNF	TORRES, Marcelo David	M	11509	94	Clube Esposende 2000			

Juvenis A

1.	SOUSA, Joao Claudio	M	23458	93	Gespacos	2:12.06	581	
	50m: 32.15 32.15	100m: 1:05.39	33.24	150m: 1:38.44	33.05	200m: 2:12.06	33.62	
2.	ROCHA, Joao Miguel	M	23414	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:16.19	530	
	50m: 32.30 32.30	100m: 1:06.61	34.31	150m: 1:41.76	35.15	200m: 2:16.19	34.43	
3.	RIBEIRO, Edgar Oliveira	M	13277	93	Sporting Clube de Braga	2:17.32	517	
	50m: 31.84 31.84	100m: 1:06.37	34.53	150m: 1:42.20	35.83	200m: 2:17.32	35.12	
4.	FERNANDES, Joao Filipe	M	15222	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:18.36	505	
	50m: 32.11 32.11	100m: 1:06.89	34.78	150m: 1:43.14	36.25	200m: 2:18.36	35.22	
5.	SANTOS, Dario Almeida	M	22520	93	Leixões Sport Clube	2:18.82	500	
	50m: 32.59 32.59	100m: 1:07.58	34.99	150m: 1:43.34	35.76	200m: 2:18.82	35.48	
6.	MACHADO, Ricardo Manuel	M	13278	93	Sporting Clube de Braga	2:20.58	481	
	50m: 34.08 34.08	100m: 1:09.17	35.09	150m: 1:45.46	36.29	200m: 2:20.58	35.12	
6.	RAMOS, Diogo Carmo	M	15317	93	Clube Fluvial Vilacondense	2:20.58	481	
	50m: 32.82 32.82	100m: 1:08.76	35.94	150m: 1:45.03	36.27	200m: 2:20.58	35.55	
8.	RODRIGUES, Joao Luis	M	13280	93	Sporting Clube de Braga	2:21.59	471	
	50m: 33.31 33.31	100m: 1:09.21	35.90	150m: 1:46.62	37.41	200m: 2:21.59	34.97	
9.	CORDEIRO, Ivo Alexandre	M	102560	93	Leixões Sport Clube	2:22.33	464	
	50m: 33.11 33.11	100m: 1:09.64	36.53	150m: 1:47.76	38.12	200m: 2:22.33	34.57	
10.	FERREIRA, Venancio Guilherme	M	11039	93	Escola Desportiva de Viana	2:22.53	462	
	50m: 33.99 33.99	100m: 1:10.29	36.30	150m: 1:47.74	37.45	200m: 2:22.53	34.79	
11.	OLIVEIRA, Alvaro Miguel	M	23984	93	Futebol Clube do Porto/Império Bonança	2:23.43	453	
	50m: 33.13 33.13	100m: 1:09.15	36.02	150m: 1:46.35	37.20	200m: 2:23.43	37.08	
12.	RODRIGUES, Manuel Augusto	M	13273	93	Sporting Clube de Braga	2:24.53	443	
	50m: 34.40 34.40	100m: 1:11.09	36.69	150m: 1:48.29	37.20	200m: 2:24.53	36.24	
13.	PINHEIRO, Claudio Miguel	M	103181	93	Clube de Natação da Maia/Real Seguros	2:25.45	435	
	50m: 34.28 34.28	100m: 1:11.98	37.70	150m: 1:49.61	37.63	200m: 2:25.45	35.84	
14.	PILAR, Eduardo Alexandre	M	11507	93	Clube Esposende 2000	2:27.23	419	
	50m: 34.71 34.71	100m: 1:12.02	37.31	150m: 1:50.75	38.73	200m: 2:27.23	36.48	
15.	MENDES, Joao Rogerio	M	13272	93	Sporting Clube de Braga	2:27.70	415	
	50m: 35.32 35.32	100m: 1:12.63	37.31	150m: 1:50.23	37.60	200m: 2:27.70	37.47	
16.	NOSSA, Vasco Antonio	M	103081	93	Assoc. Desportiva de Penafiel	2:28.40	409	
	50m: 33.39 33.39	100m: 1:10.18	36.79	150m: 1:48.95	38.77	200m: 2:28.40	39.45	
17.	MALHEIRO, Nuno Vieira	M	13279	93	Sporting Clube de Braga	2:32.17	380	
	50m: 36.21 36.21	100m: 1:14.61	38.40	150m: 1:53.47	38.86	200m: 2:32.17	38.70	
18.	FERREIRA, Andre Sousa	M	101166	93	Sporting Clube de Braga	2:32.18	380	
	50m: 35.55 35.55	100m: 1:14.49	38.94	150m: 1:53.75	39.26	200m: 2:32.18	38.43	
19.	MOREIRA, Joao Carlos	M	24216	93	Lousada Seculo XXI	2:32.37	378	
	50m: 35.46 35.46	100m: 1:13.27	37.81	150m: 1:52.84	39.57	200m: 2:32.37	39.53	
20.	PEREIRA, Diogo Torres	M	24521	93	Clube Esposende 2000	2:38.97	333	
	50m: 36.11 36.11	100m: 1:15.43	39.32	150m: 1:57.31	41.88	200m: 2:38.97	41.66	
21.	PASSOS, Joao Pedro	M	11503	93	Viana Natação Clube	2:39.49	330	
	50m: 36.41 36.41	100m: 1:17.21	40.80	150m: 1:59.17	41.96	200m: 2:39.49	40.32	
22.	CERDEIRA, Paulo Duarte <i>FTL</i>	M	13275	93	Sporting Clube de Braga	2:46.29	291	
	50m: 39.45 39.45	100m: 1:21.91	42.46	150m: 2:02.99	41.08	200m: 2:46.29	43.30	
23.	COSTA, Joao Filipe <i>FTL</i>	M	26628	93	Escola Desportiva Limiana	2:48.61	279	
	50m: 40.11 40.11	100m: 1:22.44	42.33	150m: 2:06.03	43.59	200m: 2:48.61	42.58	
24.	DANTAS, Rui Filipe <i>FTL</i>	M	26627	93	Escola Desportiva Limiana	2:54.08	254	
	50m: 41.70 41.70	100m: 1:25.77	44.07	150m: 2:10.77	45.00	200m: 2:54.08	43.31	

Associação de Natação do Norte de Portugal
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Torneio Regional de Juvenis

Prova 10, Masc., 200m Costas, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs	
DSQ	ROCHA, Andre Filipe <i>O atleta perdeu a posição de costas depois da viragem aos 150m.</i>	M	12688	93	Escola Desportiva de Viana				
EXH	PINHO, Emanuel Augusto 50m: 33.45 33.45	M	14295	93	Clube Desportivo Feirense	2:20.83	479		
			100m:	1:09.09	35.64	150m:	1:46.08	36.99	200m: 2:20.83 34.75
EXH	CATELAS, Diogo Nobrega 50m: 33.77 33.77	M	13361	94	Clube Desportivo Feirense	2:30.32	394		
			100m:	1:11.41	37.64	150m:	1:50.96	39.55	200m: 2:30.32 39.36
EXH	CARVALHO, Diogo Antonio 50m: 37.00 37.00	M	103753	93	Clube Desportivo Feirense	2:35.66	355		
			100m:	1:16.29	39.29	150m:	1:55.85	39.56	200m: 2:35.66 39.81
EXH	BAPTISTA, Filipe Jose 50m: 36.24 36.24	M	107614	94	Clube Desportivo Feirense	2:43.40	307		
			100m:	1:16.80	40.56	150m:	2:01.37	44.57	200m: 2:43.40 42.03

Prova 11

29-11-2008 - 12:00

Femin., 200m Estilos

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Juvenis

Resultados

RNJUV 2:20.93 MIGUEL, Susana Patricia SFUAP Penafiel 20-03-2004

Time standard 1 : 3:00.20

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs		
1.	ROMPANTE, Filipa Maria 50m: 33.98 33.98	F	102733	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:37.28	541			
			100m:	1:14.37	40.39	150m:	2:01.61	47.24	200m: 2:37.28 35.67	
2.	TEIXEIRA, Ana Filipa 50m: 33.86 33.86	F	15992	95	Escola Desportiva de Viana	2:37.82	536			
			100m:	1:15.48	41.62	150m:	2:02.43	46.95	200m: 2:37.82 35.39	
3.	OLIVEIRA, Cassandra Pedro 50m: 34.42 34.42	F	111071	95	Clube Fluvial Vilacondense	2:41.70	498			
			100m:	1:16.43	42.01	150m:	2:06.51	50.08	200m: 2:41.70 35.19	
4.	CUNHA, Ana Oliveira 50m: 37.78 37.78	F	15585	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:41.86	497			
			100m:	1:17.42	39.64	150m:	2:06.23	48.81	200m: 2:41.86 35.63	
5.	FERNANDES, Maria Francisca 50m: 36.53 36.53	F	20314	95	Vitória Sport Clube	2:44.26	475			
			100m:	1:18.93	42.40	150m:	2:07.46	48.53	200m: 2:44.26 36.80	
6.	MENDES, Mafalda Sofia 50m: 35.36 35.36	F	24180	95	Clube Fluvial Portuense	2:48.39	441			
			100m:	1:19.27	43.91	150m:	2:08.58	49.31	200m: 2:48.39 39.81	
7.	TEIXEIRA, Ana Catarina 50m: 38.35 38.35	F	18137	95	Foca-Clube De Nataçao De Felgueiras	2:48.40	441			
			100m:	1:24.25	45.90	150m:	2:12.95	48.70	200m: 2:48.40 35.45	
8.	ALVES, Ana Sofia 50m: 36.40 36.40	F	25757	95	Vitória Sport Clube	2:49.26	434			
			100m:	1:19.35	42.95	150m:	2:09.69	50.34	200m: 2:49.26 39.57	
9.	PEREIRA, Catarina Pinheiro 50m: 37.81 37.81	F	24517	95	Clube Esposende 2000	2:49.62	432			
			100m:	1:20.84	43.03	150m:	2:11.76	50.92	200m: 2:49.62 37.86	
10.	OLIVEIRA, Filipa Daniela 50m: 35.16 35.16	F	103703	95	Vitória Sport Clube	2:50.55	425			
			100m:	1:17.92	42.76	150m:	2:10.05	52.13	200m: 2:50.55 40.50	
11.	RODRIGUES, Catia Sofia 50m: 39.35 39.35	F	23305	95	SSCMP/Paredes Rota Dos Moveis	2:50.94	422			
			100m:	1:22.29	42.94	150m:	2:13.83	51.54	200m: 2:50.94 37.11	
12.	ALMEIDA, Claudia Cristina 50m: 40.55 40.55	F	105950	95	SSCMP/Paredes Rota Dos Moveis	2:51.34	419			
			100m:	1:22.83	42.28	150m:	2:14.48	51.65	200m: 2:51.34 36.86	
13.	FERREIRA, Maria Claudia 50m: 39.35 39.35	F	15498	95	Leixões Sport Clube	2:51.87	415			
			100m:	1:23.30	43.95	150m:	2:14.53	51.23	200m: 2:51.87 37.34	
14.	LOPES, Jessica Faria 50m: 36.96 36.96	F	102551	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:51.89	415			
			100m:	1:20.54	43.58	150m:	2:12.78	52.24	200m: 2:51.89 39.11	
15.	MARQUES, Maria Joao 50m: 38.77 38.77	F	24183	95	Gespacos	2:52.47	411			
			100m:	1:23.60	44.83	150m:	2:14.59	50.99	200m: 2:52.47 37.88	
16.	BARBOSA, Ana Sofia 50m: 40.02 40.02	F	106533	95	Leixões Sport Clube	2:54.52	396			
			100m:	1:23.82	43.80	150m:	2:16.33	52.51	200m: 2:54.52 38.19	
17.	BERNARDINO, Ines Pizarro 50m: 39.56 39.56	F	103739	95	Clube Fluvial Portuense	2:57.97	374			
			100m:	1:22.85	43.29	150m:	2:18.14	55.29	200m: 2:57.97 39.83	
18.	CAIXEIRO, Carolina Dias FTL	F	13264	95	Viana Nataçao Clube	3:05.59	330			
			50m:	37.97	37.97	100m:	1:27.88	49.91	150m: 2:21.10 53.22	200m: 3:05.59 44.49
19.	VIEIRA, Catarina Costa FTL	F	23470	95	Futebol Clube do Porto/Império Bonança	3:06.06	327			
			50m:	41.61	41.61	100m:	1:26.87	45.26	150m: 2:24.89 58.02	200m: 3:06.06 41.17
20.	CAIXEIRO, Mariana Dias FTL	F	13265	95	Viana Nataçao Clube	3:06.12	327			
			50m:	40.84	40.84	100m:	1:30.90	50.06	150m: 2:25.13 54.23	200m: 3:06.12 40.99
21.	SOUSA, Ana Claudia FTL	F	103699	95	Vitória Sport Clube	3:08.85	313			
			50m:	38.70	38.70	100m:	1:25.32	46.62	150m: 2:24.61 59.29	200m: 3:08.85 44.24

O Secretário do Júri

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Associação de Natação do Norte de Portugal
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Prova 11, Femin., 200m Estilos, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
22.	TOPA, Joana Filipa <i>FTL</i>	F	101978	95	Gespacos	3:12.71	294	
	50m: 44.02 44.02	100m: 1:32.46	48.44	150m: 2:29.86	57.40	200m: 3:12.71	42.85	
23.	AMORIM, Ariana Barros <i>FTL</i>	F	26629	95	Escola Desportiva Limiana	3:18.42	270	
	50m: 48.71 48.71	100m: 1:38.01	49.30	150m: 2:35.39	57.38	200m: 3:18.42	43.03	
EXH	MARQUES, Patricia Silva	F	106920	95	Clube Desportivo Feirense	2:51.89	415	
	50m: 36.45 36.45	100m: 1:18.86	42.41	150m: 2:11.50	52.64	200m: 2:51.89	40.39	
EXH	MARTINS, Mariana Sousa	F	103743	95	Clube Desportivo Feirense	2:52.60	410	
	50m: 35.83 35.83	100m: 1:20.61	44.78	150m: 2:12.54	51.93	200m: 2:52.60	40.06	

Associação de Natação do Norte de Portugal
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3 - 2ª Jornada - 2ª Sessão

29-11-2008 - 16:00

Prova 12 29-11-2008 - 16:00	Masc., 200m Livres COPIDOURO - Cópia e Artigos de Reprodução, Lda	Juvenis Resultados
RNJUVA	1:51.06 VENANCIO, Tiago Andre	CNS
RNJUVB	1:55.53 CARVALHO, Diogo Filipe	CGA Braga Ilhavo
Time standard 1 Juv B: 2:26.10; Juv A: 2:21.70		22-03-2003
Pontos: FINA 2008		01-03-2003

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	MARTINS, Jose Alberto	M	23096	94	Vitória Sport Clube	2:05.48	545	
	50m: 29.53 29.53				100m: 1:01.80 32.27	150m: 1:34.31 32.51	200m: 2:05.48	31.17
2.	GARCIA, Andre Manuel	M	20033	94	Clube Fluvial Vilacondense	2:07.56	518	
	50m: 30.05 30.05				100m: 1:02.51 32.46	150m: 1:35.86 33.35	200m: 2:07.56	31.70
3.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	2:08.80	504	
	50m: 29.63 29.63				100m: 1:02.60 32.97	150m: 1:36.16 33.56	200m: 2:08.80	32.64
4.	KALDEICH, Andre Canelas	M	105749	94	Clube Fluvial Portuense	2:09.10	500	
	50m: 29.23 29.23				100m: 1:01.74 32.51	150m: 1:35.60 33.86	200m: 2:09.10	33.50
5.	LEMOS, Miguel Alexandre	M	101989	94	Futebol Clube do Porto/Império Bonança	2:10.11	488	
	50m: 29.74 29.74				100m: 1:03.11 33.37	150m: 1:36.80 33.69	200m: 2:10.11	33.31
6.	CABRAL, Carlos Manuel	M	24236	94	Clube Fluvial Vilacondense	2:10.34	486	
	50m: 29.61 29.61				100m: 1:02.74 33.13	150m: 1:37.48 34.74	200m: 2:10.34	32.86
7.	FONSECA, Luis Miguel	M	25216	94	Futebol Clube do Porto/Império Bonança	2:10.80	481	
	50m: 29.84 29.84				100m: 1:03.48 33.64	150m: 1:37.05 33.57	200m: 2:10.80	33.75
8.	PASSOS, Luis Filipe	M	103697	94	Vitória Sport Clube	2:11.11	477	
	50m: 30.64 30.64				100m: 1:04.35 33.71	150m: 1:38.39 34.04	200m: 2:11.11	32.72
9.	CUNHA, David Xavier	M	24093	94	Vitória Sport Clube	2:11.13	477	
	50m: 30.61 30.61				100m: 1:04.48 33.87	150m: 1:38.40 33.92	200m: 2:11.13	32.73
10.	CERQUEIRA, Mario Andre	M	15458	94	Clube Fluvial Portuense	2:13.22	455	
	50m: 31.03 31.03				100m: 1:04.80 33.77	150m: 1:39.19 34.39	200m: 2:13.22	34.03
11.	COSTA, Bernardo Machado	M	19515	94	Futebol Clube do Porto/Império Bonança	2:13.51	452	
	50m: 29.51 29.51				100m: 1:02.07 32.56	150m: 1:37.69 35.62	200m: 2:13.51	35.82
12.	PINTO, Marcelo Jose	M	19400	94	Foca-Clube De Natação De Felgueiras	2:15.62	431	
	50m: 31.43 31.43				100m: 1:05.56 34.13	150m: 1:41.23 35.67	200m: 2:15.62	34.39
13.	ARAÚJO, Carlos Miguel	M	15583	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:15.98	428	
	50m: 31.12 31.12				100m: 1:05.19 34.07	150m: 1:40.98 35.79	200m: 2:15.98	35.00
14.	FERREIRA, Jorge Filipe	M	103957	94	Colégio Liceal de Santa Maria de Lamas	2:20.19	391	
	50m: 31.56 31.56				100m: 1:07.26 35.70	150m: 1:44.31 37.05	200m: 2:20.19	35.88
15.	CARVALHO, Pedro Romanoski	M	108664	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:20.40	389	
	50m: 31.60 31.60				100m: 1:07.67 36.07	150m: 1:45.20 37.53	200m: 2:20.40	35.20
16.	SILVA, Rui Cesar	M	106121	94	Vitória Sport Clube	2:21.00	384	
	50m: 32.81 32.81				100m: 1:08.47 35.66	150m: 1:45.87 37.40	200m: 2:21.00	35.13
17.	COENTRAO, Joao Paulo	M	109676	94	Clube Fluvial Vilacondense	2:21.98	376	
	50m: 33.94 33.94				100m: 1:09.97 36.03	150m: 1:46.44 36.47	200m: 2:21.98	35.54
18.	TORRES, Marcelo David	M	11509	94	Clube Esposende 2000	2:22.65	371	
	50m: 32.29 32.29				100m: 1:08.35 36.06	150m: 1:45.83 37.48	200m: 2:22.65	36.82
19.	MARTINS, Hugo Moreira	M	108219	94	Clube Natação de Valongo	2:24.47	357	
	50m: 32.99 32.99				100m: 1:09.94 36.95	150m: 1:47.13 37.19	200m: 2:24.47	37.34
20.	MAIA, Andre Filipe	M	19465	94	Clube Fluvial Vilacondense	2:24.82	354	
	50m: 33.22 33.22				100m: 1:10.60 37.38	150m: 1:48.15 37.55	200m: 2:24.82	36.67
21.	ROCHA, Rui Fernando	M	24096	94	Clube Natação de Valongo	2:27.00	339	
	FTL 50m: 34.65 34.65				100m: 1:12.73 38.08	150m: 1:50.44 37.71	200m: 2:27.00	36.56
22.	PINTO, Joao Filipe	M	22542	94	Gespacos	2:28.69	327	
	FTL 50m: 34.59 34.59				100m: 1:12.01 37.42	150m: 1:50.19 38.18	200m: 2:28.69	38.50
23.	COSTA, Joao Eurico	M	15450	94	Leixões Sport Clube	2:28.83	326	
	FTL 50m: 34.31 34.31				100m: 1:12.54 38.23	150m: 1:51.36 38.82	200m: 2:28.83	37.47
24.	PINTO, Diogo Bernardo	M	111663	94	Clube de Natacao de Resende	3:10.17	156	
	FTL 50m: 38.62 38.62				100m: 1:25.42 46.80	150m: 2:17.89 52.47	200m: 3:10.17	52.28

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Prova 12, Masc., 200m Livres

Juvenis A

1.	SANTOS, Dario Almeida	M	22520	93	Leixões Sport Clube	2:01.20	604
	50m: 28.26 28.26		100m: 58.53		30.27 150m: 1:29.25 30.72	200m: 2:01.20	31.95
2.	MAIA, Rui Filipe	M	24204	93	Clube Fluvial Vilacondense	2:01.41	601
	50m: 28.23 28.23		100m: 59.02		30.79 150m: 1:30.27 31.25	200m: 2:01.41	31.14
3.	FERREIRA, Venancio Guilherme	M	11039	93	Escola Desportiva de Viana	2:03.69	569
	50m: 28.60 28.60		100m: 59.88		31.28 150m: 1:31.99 32.11	200m: 2:03.69	31.70
4.	NOGUEIRA, Luis Miguel	M	15959	93	Futebol Clube do Porto/Império Bonança	2:04.29	560
	50m: 27.84 27.84		100m: 58.89		31.05 150m: 1:31.35 32.46	200m: 2:04.29	32.94
5.	FERNANDES, Joao Filipe	M	15222	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:04.76	554
	50m: 29.50 29.50		100m: 1:01.14		31.64 150m: 1:32.70 31.56	200m: 2:04.76	32.06
6.	CUNHA, Mario Rui	M	15616	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:05.79	541
	50m: 29.57 29.57		100m: 1:01.53		31.96 150m: 1:33.92 32.39	200m: 2:05.79	31.87
7.	RIBAS, Rafael Lages	M	12688	93	Escola Desportiva de Viana	2:06.06	537
	50m: 29.70 29.70		100m: 1:01.47		31.77 150m: 1:33.98 32.51	200m: 2:06.06	32.08
8.	ROCHA, Joao Miguel	M	23414	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:08.39	508
	50m: 29.16 29.16		100m: 1:01.67		32.51 150m: 1:35.24 33.57	200m: 2:08.39	33.15
9.	QUEIJO, Joao Pedro	M	24221	93	Clube de Natação da Maia/Real Seguros	2:08.57	506
	50m: 29.65 29.65		100m: 1:02.21		32.56 150m: 1:35.48 33.27	200m: 2:08.57	33.09
10.	RIBEIRO, Pedro Nuno	M	24127	93	Futebol Clube do Porto/Império Bonança	2:08.68	505
	50m: 29.41 29.41		100m: 1:01.79		32.38 150m: 1:35.53 33.74	200m: 2:08.68	33.15
11.	FREITAS, Edgar Fernando	M	24260	93	Clube Fluvial Vilacondense	2:09.10	500
	50m: 29.44 29.44		100m: 1:01.86		32.42 150m: 1:35.64 33.78	200m: 2:09.10	33.46
12.	SOUSA, NunoTiago	M	19004	93	Leixões Sport Clube	2:09.29	498
	50m: 29.50 29.50		100m: 1:02.26		32.76 150m: 1:36.18 33.92	200m: 2:09.29	33.11
13.	RIBEIRO, Jose Enes	M	11036	93	Escola Desportiva de Viana	2:10.31	486
	50m: 30.09 30.09		100m: 1:03.93		33.84 150m: 1:37.84 33.91	200m: 2:10.31	32.47
14.	PINHEIRO, Claudio Miguel	M	103181	93	Clube de Natação da Maia/Real Seguros	2:10.52	484
	50m: 30.31 30.31		100m: 1:03.39		33.08 150m: 1:37.48 34.09	200m: 2:10.52	33.04
15.	PARENTE, Lino Manuel	M	13051	93	Viana Natação Clube	2:10.94	479
	50m: 29.36 29.36		100m: 1:02.31		32.95 150m: 1:37.28 34.97	200m: 2:10.94	33.66
16.	OLIVEIRA, Alvaro Miguel	M	23984	93	Futebol Clube do Porto/Império Bonança	2:11.32	475
	50m: 29.80 29.80		100m: 1:02.22		32.42 150m: 1:36.52 34.30	200m: 2:11.32	34.80
17.	PINTO, Paulo Jorge	M	16054	93	Vitória Sport Clube	2:11.52	473
	50m: 28.88 28.88		100m: 1:01.75		32.87 150m: 1:36.38 34.63	200m: 2:11.52	35.14
18.	MARTINS, Antonio Rafael	M	15240	93	Clube Fluvial Portuense	2:11.72	471
	50m: 29.57 29.57		100m: 1:01.81		32.24 150m: 1:36.70 34.89	200m: 2:11.72	35.02
19.	PILAR, Eduardo Alexandre	M	11507	93	Clube Esposende 2000	2:11.90	469
	50m: 29.58 29.58		100m: 1:02.34		32.76 150m: 1:37.13 34.79	200m: 2:11.90	34.77
20.	SOUSA, Bruno Miranda	M	106109	93	Escola Desportiva de Viana	2:13.60	451
	50m: 31.08 31.08		100m: 1:05.08		34.00 150m: 1:40.32 35.24	200m: 2:13.60	33.28
21.	ROCHA, Andre Filipe	M	12688	93	Escola Desportiva de Viana	2:14.49	442
	50m: 31.41 31.41		100m: 1:05.79		34.38 150m: 1:41.06 35.27	200m: 2:14.49	33.43
22.	STIGLIANO, Francisco Azevedo	M	20419	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:14.57	442
	50m: 30.46 30.46		100m: 1:04.30		33.84 150m: 1:39.26 34.96	200m: 2:14.57	35.31
23.	NOSSA, Vasco Antonio	M	103081	93	Assoc. Desportiva de Penafiel	2:16.39	424
	50m: 29.69 29.69		100m: 1:03.74		34.05 150m: 1:39.97 36.23	200m: 2:16.39	36.42
24.	LOPES, Pedro David	M	20554	93	Lousada Seculo XXI	2:17.30	416
	50m: 30.01 30.01		100m: 1:03.13		33.12 150m: 1:40.14 37.01	200m: 2:17.30	37.16
25.	BRUNIDO, Rui Leandro	M	104787	93	Gespacos	2:17.90	410
	50m: 31.56 31.56		100m: 1:06.20		34.64 150m: 1:42.25 36.05	200m: 2:17.90	35.65
26.	RABACA, Joao Rafael FTL	M	111662	93	Clube de Natacao de Resende	3:12.74	150
	50m: 38.42 38.42		100m: 1:29.43		51.01 150m: 2:23.24 53.81	200m: 3:12.74	49.50
EXH	ANDRADE, Tiago Botelho	M	13910	94	Clube Desportivo Feirense	2:22.94	368
	50m: 31.19 31.19		100m: 1:06.49		35.30 150m: 1:45.09 38.60	200m: 2:22.94	37.85

Associação de Natação do Norte de Portugal
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Prova 13
29-11-2008 - 16:20

Femin., 100m Livres
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Juvenis
Resultados

RNJUV 59.70 SMITH, Harriet Larcher CFB Setubal 28-02-2003

Time standard 1 : 1:13.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NETO, Ana Goncalves 50m: 30.94 30.94	F	101958	95	Futebol Clube do Porto/Império Bonança 32.17	1:03.11	573	
2.	SOARES, Silvia Ariana 50m: 30.55 30.55	F	15272	95	Futebol Clube do Porto/Império Bonança 33.28	1:03.83	554	
3.	REIS, Catarina Lopes 50m: 31.50 31.50	F	15489	95	Futebol Clube do Porto/Império Bonança 33.36	1:04.86	528	
4.	TORRES, Andreia Sofia 50m: 31.34 31.34	F	102471	95	Gespacos 34.20	1:05.54	512	
5.	FERNANDES, Maria Francisca 50m: 32.10 32.10	F	20314	95	Vitória Sport Clube 34.71	1:06.81	483	
6.	AMORIM, Maria Luis 50m: 31.70 31.70	F	102029	95	Futebol Clube do Porto/Império Bonança 35.42	1:07.12	476	
7.	ALVES, Ana Sofia 50m: 32.08 32.08	F	25757	95	Vitória Sport Clube 35.33	1:07.41	470	
8.	FREITAS, Ana Rita 50m: 32.27 32.27	F	102638	95	Assoc. Desportiva de Fafe 35.37	1:07.64	465	
9.	RODRIGUES, Catia Sofia 50m: 32.94 32.94	F	23305	95	SSCMP/Paredes Rota Dos Moveis 35.03	1:07.97	459	
10.	PEREIRA, Catarina Pinheiro 50m: 33.06 33.06	F	24517	95	Clube Esposende 2000 35.02	1:08.08	456	
11.	CARVALHO, Hedvigés Ribeiro 50m: 33.40 33.40	F	106925	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 34.75	1:08.15	455	
12.	SANTOS, Mariana Rego 50m: 32.51 32.51	F	102580	95	Leixões Sport Clube 35.68	1:08.19	454	
13.	CUNHA, Ana Oliveira 50m: 32.88 32.88	F	15585	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 35.39	1:08.27	453	
14.	ROSAS, Joana Filipa 50m: 33.43 33.43	F	102023	95	Futebol Clube do Porto/Império Bonança 34.95	1:08.38	451	
15.	ALMEIDA, Claudia Cristina 50m: 33.59 33.59	F	105950	95	SSCMP/Paredes Rota Dos Moveis 35.54	1:09.13	436	
16.	MOTA, Ines Maria 50m: 33.98 33.98	F	102067	95	Clube Fluvial Portuense 35.53	1:09.51	429	
17.	FERREIRA, Maria Claudia 50m: 34.18 34.18	F	15498	95	Leixões Sport Clube 35.60	1:09.78	424	
18.	BARBOSA, Ana Sofia 50m: 34.11 34.11	F	106533	95	Leixões Sport Clube 35.70	1:09.81	423	
19.	COSTA, Ana Margarida 50m: 34.18 34.18	F	15495	95	Leixões Sport Clube 36.15	1:10.33	414	
20.	DIAS, Mariana Matos 50m: 33.73 33.73	F	15590	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 37.01	1:10.74	407	
21.	LOPES, Jessica Faria 50m: 33.82 33.82	F	102551	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 37.18	1:11.00	402	
22.	MENDES, Mafalda Sofia 50m: 33.33 33.33	F	24180	95	Clube Fluvial Portuense 37.74	1:11.07	401	
23.	SILVA, Joana Gabriela 50m: 34.56 34.56	F	103945	95	Colégio Liceal de Santa Maria de Lamas 36.53	1:11.09	401	
24.	SILVA, Maria Susana 50m: 34.92 34.92	F	102462	95	Futebol Clube do Porto/Império Bonança 36.24	1:11.16	400	
25.	MARQUES, Maria Joao 50m: 34.71 34.71	F	24183	95	Gespacos 36.56	1:11.27	398	
26.	FERREIRA, Maria Beatriz 50m: 34.60 34.60	F	24133	95	Clube Fluvial Portuense 36.99	1:11.59	393	
27.	VIEIRA, Catarina Costa 50m: 34.17 34.17	F	23470	95	Futebol Clube do Porto/Império Bonança 37.87	1:12.04	385	
28.	FERNANDES, Filipa Mota 50m: 34.71 34.71	F	13053	95	Viana Natação Clube 37.40	1:12.11	384	
29.	SOUSA, Roberta Irene 50m: 35.05 35.05	F	107510	95	Clube Esposende 2000 37.25	1:12.30	381	
30.	CAIXEIRO, Mariana Dias 50m: 34.85 34.85	F	13265	95	Viana Natação Clube 37.66	1:12.51	378	
31.	PINTO, Ana Rita 50m: 35.32 35.32	F	22548	95	Assoc. Desportiva de Penafiel 37.48	1:12.80	373	

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Prova 13, Femin., 100m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
32.	SILVA, Ana Rita <i>FTL</i>	F	104553	95	Clube Fluvial Vilacondense	1:14.09	354	
	50m: 35.87 35.87				100m: 1:14.09 38.22			
33.	CAIXEIRO, Carolina Dias <i>FTL</i>	F	13264	95	Viana Natação Clube	1:16.40	323	
	50m: 35.97 35.97				100m: 1:16.40 40.43			
34.	NUNES, Eliana Sofia <i>FTL</i>	F	102006	95	Gespacos	1:17.04	315	
	50m: 38.11 38.11				100m: 1:17.04 38.93			
35.	COELHO, Monica Pinto <i>FTL</i>	F	18121	95	Ginásio Clube de Santo Tirso	1:17.28	312	
	50m: 36.58 36.58				100m: 1:17.28 40.70			
36.	BARROS, Helena Sofia <i>FTL</i>	F	24345	95	Lousada Seculo XXI	1:18.87	294	
	50m: 37.94 37.94				100m: 1:18.87 40.93			
37.	TOPA, Joana Filipa <i>FTL</i>	F	101978	95	Gespacos	1:19.64	285	
	50m: 38.80 38.80				100m: 1:19.64 40.84			
38.	PINTO, Sara Jose <i>FTL</i>	F	18118	95	Ginásio Clube de Santo Tirso	1:23.17	250	
	50m: 40.47 40.47				100m: 1:23.17 42.70			
39.	TUNA, Patricia Isabel <i>FTL</i>	F	111122	95	Clube de Natacao de Resende	1:24.08	242	
	50m: 38.11 38.11				100m: 1:24.08 45.97			
EXH	MARQUES, Patricia Silva <i>FTL</i>	F	106920	95	Clube Desportivo Feirense	1:09.71	425	
	50m: 33.16 33.16				100m: 1:09.71 36.55			
EXH	ANDRADE, Catarina Rita <i>FTL</i>	F	24354	95	Clube Desportivo Feirense	1:15.44	335	
	50m: 36.47 36.47				100m: 1:15.44 38.97			
EXH	SILVA, Salome Santos <i>FTL</i>	F	107610	95	Clube Desportivo Feirense	1:16.42	323	
	50m: 36.18 36.18				100m: 1:16.42 40.24			

Prova 14
29-11-2008 - 16:35

Masc., 100m Bruços
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Juvenis
Resultados

RNJUVA	1:05.02	SANTOS, Miguel Aragao	CFV	Ferrol (ESP)	14-04-2007
RNJUVB	1:06.93	SILVA, Andre Miguel	PDEM	Pinhal Novo	04-06-2006

Time standard 1 Juv B: 1:26.80; Juv A: 1:24.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	RODRIGUES, Diogo Manuel	M	15338	94	Vitória Sport Clube	1:13.05	496	
	50m: 34.67 34.67				100m: 1:13.05 38.38			
2.	MARQUES, Claudio Miguel	M	13059	94	Viana Natação Clube	1:16.55	431	
	50m: 35.77 35.77				100m: 1:16.55 40.78			
3.	AZEVEDO, Mario Miguel	M	20034	94	Clube Fluvial Vilacondense	1:17.50	415	
	50m: 36.19 36.19				100m: 1:17.50 41.31			
4.	MANGAS, Francisco Taborda	M	102002	94	Futebol Clube do Porto/Império Bonança	1:18.31	403	
	50m: 36.80 36.80				100m: 1:18.31 41.51			
5.	ROLA, Tiago Jose	M	101947	94	Futebol Clube do Porto/Império Bonança	1:19.06	391	
	50m: 36.93 36.93				100m: 1:19.06 42.13			
6.	FARIA, Rui Pedro	M	15592	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:20.14	376	
	50m: 38.14 38.14				100m: 1:20.14 42.00			
7.	PORTO, Joao Luis	M	25813	94	Viana Natação Clube	1:20.57	370	
	50m: 36.92 36.92				100m: 1:20.57 43.65			
8.	COELHO, Pedro Miguel	M	23495	94	Lousada Seculo XXI	1:20.62	369	
	50m: 37.70 37.70				100m: 1:20.62 42.92			
9.	FERREIRA, Francisco Junior	M	15546	94	Gespacos	1:21.21	361	
	50m: 38.98 38.98				100m: 1:21.21 42.23			
10.	COSTA, Francisco Miguel	M	102620	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:21.22	361	
	50m: 38.43 38.43				100m: 1:21.22 42.79			

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Prova 14, Masc., 100m Bruços, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
11.	COSTA, Miguel Ferraz 50m: 39.22 39.22	M	24108	94	Clube Fluvial Vilacondense 43.63	1:22.85	340	
12.	CARNEIRO, Antonio Joaquim 50m: 40.31 40.31	M	15471	94	Foca-Clube De Natação De Felgueiras 44.61	1:24.92	316	
13.	NASCIMENTO, Filipe Andre 50m: 40.22 40.22	M	102030	94	Futebol Clube do Porto/Império Bonança 45.32	1:25.54	309	
14.	ESTEVES, Bruno Miguel 50m: 41.11 41.11	M	15346	94	Assoc. Desportiva de Penafiel 45.14	1:26.25	301	
DSQ	MESQUITA, Miguel Correia	M	102050	94	Futebol Clube do Porto/Império Bonança			

Juvenis A

1.	SOUSA, Joao Claudio 50m: 32.60 32.60	M	23458	93	Gespacos 36.07	1:08.67	597	
2.	SILVA, Tiago Samuel 50m: 34.11 34.11	M	23502	93	Assoc. Desportiva de Penafiel 36.50	1:10.61	549	
3.	BARBOSA, Ricardo Andre 50m: 35.19 35.19	M	102934	93	Gespacos 38.60	1:13.79	481	
4.	RAMOS, Diogo Carmo 50m: 36.19 36.19	M	15317	93	Clube Fluvial Vilacondense 38.20	1:14.39	470	
5.	SOUSA, Ricardo Fernandes 50m: 35.24 35.24	M	19499	93	Futebol Clube do Porto/Império Bonança 39.74	1:14.98	459	
6.	CASTANHO, Joao Bento 50m: 35.60 35.60	M	24084	93	Clube Fluvial Vilacondense 39.77	1:15.37	451	
7.	RODRIGUES, Diogo Miguel <i>Falsa Partida</i> 50m: 35.31 35.31	M	15605	93	Grupo Desportivo Natacao de Vila Nova de Famalicao 40.66	1:15.97	441	
8.	RODRIGUES, Marco Andre 50m: 37.07 37.07	M	23973	93	SSCMP/Paredes Rota Dos Moveis 41.67	1:18.74	396	
9.	AMARAL, Joao Pedro 50m: 38.47 38.47	M	23429	93	Clube de Natação da Maia/Real Seguros 42.20	1:20.67	368	
10.	PILAR, Eduardo Alexandre 50m: 39.07 39.07	M	11507	93	Clube Esposende 2000 42.23	1:21.30	360	
11.	LOPES, Pedro David 50m: 38.96 38.96	M	20554	93	Lousada Seculo XXI 43.09	1:22.05	350	
12.	PASSOS, Joao Pedro 50m: 38.75 38.75	M	11503	93	Viana Natação Clube 44.17	1:22.92	339	
13.	PEREIRA, Diogo Torres <i>FTL</i> 50m: 41.14 41.14	M	24521	93	Clube Esposende 2000 49.73	1:30.87	258	
EXH	SOUSA, Alcides Costa 50m: 35.12 35.12	M	103744	94	Clube Desportivo Feirense 38.09	1:13.21	493	
EXH	ROSAS, Marcelo Fernandes 50m: 35.46 35.46	M	103742	93	Clube Desportivo Feirense 40.66	1:16.12	438	
EXH	BAPTISTA, Filipe Jose 50m: 39.40 39.40	M	107614	94	Clube Desportivo Feirense 44.99	1:24.39	322	
EXH	BARBOSA, Telmo Goncalves 50m: 40.67 40.67	M	14294	94	Clube Desportivo Feirense 46.13	1:26.80	296	
EXH	CARVALHO, Diogo Antonio <i>FTL</i> 50m: 41.24 41.24	M	103753	93	Clube Desportivo Feirense 46.76	1:28.00	284	

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Prova 15 Femin., 200m Mariposa
29-11-2008 - 16:45 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis Resultados

RNJUV 2:19.06 MIGUEL, Susana Patricia SFUAP Penafiel 20-03-2004

Time standard 1 : 3:04.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	OLIVEIRA, Cassandra Pedro 50m: 34.74 34.74	F	111071	95	Clube Fluvial Vilacondense 39.84 150m: 1:57.48 42.90	2:41.72 200m: 2:41.72	452	44.24
2.	SAMPAIO, Beatriz Magalhaes 50m: 36.48 36.48	F	102666	95	Assoc. Desportiva de Fafe 41.77 150m: 2:01.44 43.19	2:43.57 200m: 2:43.57	437	42.13
3.	SILVA, Diana Patricia 50m: 35.04 35.04	F	23232	95	SSCMP/Paredes Rota Dos Moveis 41.71 150m: 2:00.21 43.46	2:43.71 200m: 2:43.71	436	43.50
4.	MIRANDA, Joana Isabel 50m: 35.89 35.89	F	104220	95	Vitória Sport Clube 41.42 150m: 2:01.26 43.95	2:44.48 200m: 2:44.48	430	43.22
5.	MATOS, Joana Fazendeiro 50m: 35.96 35.96	F	101973	95	Futebol Clube do Porto/Império Bonança 41.96 150m: 2:01.72 43.80	2:45.06 200m: 2:45.06	425	43.34
6.	PINHEIRO, Guadalupe Ribeiro 50m: 36.03 36.03	F	102032	95	Gespacos 43.17 150m: 2:04.13 44.93	2:49.67 200m: 2:49.67	392	45.54
7.	FERREIRA, Ines Sofia 50m: 36.39 36.39	F	15355	95	Gespacos 43.93 150m: 2:05.88 45.56	2:51.88 200m: 2:51.88	377	46.00
8.	PEREIRA, Ana Francisca 50m: 37.55 37.55	F	15582	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 46.48 150m: 2:12.01 47.98	2:58.71 200m: 2:58.71	335	46.70
DSQ	TEIXEIRA, Ana Filipa <i>A atleta durante todo o percurso efectuou pernada de bruços.</i>	F	15992	95	Escola Desportiva de Viana			
EXH	COSTA, Ana Catarina 50m: 35.93 35.93	F	103208	95	Clube Desportivo Feirense 41.75 150m: 2:01.43 43.75	2:44.63 200m: 2:44.63	429	43.20
EXH	MARTINS, Mariana Sousa 50m: 36.99 36.99	F	103743	95	Clube Desportivo Feirense 42.44 150m: 2:05.01 45.58	2:50.50 200m: 2:50.50	386	45.49

Prova 16 Masc., 100m Mariposa
29-11-2008 - 16:50 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis Resultados

RNJUVA 56.22 VENANCIO, Tiago Andre CNS Braga 22-03-2003

RNJUVB 57.32 CARVALHO, Diogo Filipe CGA Estarreja 10-07-2003

Time standard 1 Juv B: 1:15.25

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	ALVES, Simao Pedro 50m: 28.80 28.80	M	102500	94	Grupo Desportivo Natacao de Vila Nova de Famalicao 32.41	1:01.21	552	
2.	ROCHA, Antonio Jorge 50m: 29.40 29.40	M	15322	94	Assoc. Desportiva de Penafiel 33.33	1:02.73	512	
3.	BESSA, Antonio Rafael 50m: 31.06 31.06	M	102089	94	Gespacos 34.73	1:05.79	444	
4.	FERRARIA, Miguel Angelo 50m: 31.01 31.01	M	102072	94	Futebol Clube do Porto/Império Bonança 35.47	1:06.48	431	
5.	TORRES, Marcelo David 50m: 31.36 31.36	M	11509	94	Clube Esposende 2000 35.85	1:07.21	417	
6.	RIBEIRO, Luis Pedro 50m: 31.67 31.67	M	15998	94	Escola Desportiva de Viana 35.57	1:07.24	416	
7.	PINHEIRO, Renato Mendes 50m: 32.07 32.07	M	16071	94	Escola Desportiva de Viana 36.40	1:08.47	394	
8.	PACHECO, Flavio Jesus 50m: 32.52 32.52	M	15351	94	Gespacos 36.51	1:09.03	385	
9.	MAGALHAES, Nuno Filipe 50m: 33.16 33.16	M	102016	94	Futebol Clube do Porto/Império Bonança 37.31	1:10.47	361	
10.	MOREIRA, Fernando Santos 50m: 33.00 33.00	M	15824	94	Clube Fluvial Portuense 37.67	1:10.67	358	
11.	ROCHA, Rui Fernando FTL 50m: 35.84 35.84	M	24096	94	Clube Natação de Valongo 42.21	1:18.05	266	

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Prova 16, Masc., 100m Mariposa

Juvenis A

1.	MARTINS, Rafael Dias	M	102480	93	Clube de Natação da Maia/Real Seguros	1:00.86	561
	50m: 29.01 29.01		100m: 1:00.86		31.85		
2.	SILVA, Bernardo Correia	M	15342	93	Clube Fluvial Portuense	1:03.57	492
	50m: 29.89 29.89		100m: 1:03.57		33.68		
3.	ROCHA, Hugo Duarte	M	24374	93	Clube Fluvial Vilacondense	1:04.84	464
	50m: 30.37 30.37		100m: 1:04.84		34.47		
4.	NETO, Ricardo Ferreira	M	15399	93	Gespacos	1:05.26	455
	50m: 30.49 30.49		100m: 1:05.26		34.77		
5.	BASTOS, Nuno Ricardo	M	24230	93	Clube Fluvial Portuense	1:05.60	448
	50m: 30.63 30.63		100m: 1:05.60		34.97		
6.	PINTO, Paulo Jorge	M	16054	93	Vitória Sport Clube	1:06.68	427
	50m: 30.56 30.56		100m: 1:06.68		36.12		
7.	CORDEIRO, Ivo Alexandre	M	102560	93	Leixões Sport Clube	1:06.69	427
	50m: 31.23 31.23		100m: 1:06.69		35.46		
8.	AGANTE, Nuno Miguel	M	24375	93	Clube Fluvial Portuense	1:07.41	413
	50m: 31.93 31.93		100m: 1:07.41		35.48		
9.	MOREIRA, Joao Carlos	M	24216	93	Lousada Seculo XXI	1:08.41	395
	50m: 31.82 31.82		100m: 1:08.41		36.59		
10.	RIBEIRO, Jose Enes	M	11036	93	Escola Desportiva de Viana	1:09.09	384
	50m: 32.28 32.28		100m: 1:09.09		36.81		
11.	FERREIRA, Carlos Manuel	M	13056	93	Viana Natação Clube	1:11.44	347
	50m: 32.97 32.97		100m: 1:11.44		38.47		
12.	PEREIRA, Diogo Torres	M	24521	93	Clube Esposende 2000	1:18.96	257
	50m: 36.31 36.31		100m: 1:18.96		42.65		
EXH	PINHO, Emanuel Augusto	M	14295	93	Clube Desportivo Feirense	59.32	606
	50m: 27.77 27.77		100m: 59.32		31.55		
EXH	CATELAS, Diogo Nobrega	M	13361	94	Clube Desportivo Feirense	1:06.88	423
	50m: 30.99 30.99		100m: 1:06.88		35.89		
EXH	SANTOS, Telmo Almeida	M	103746	93	Clube Desportivo Feirense	1:08.72	390
	50m: 31.49 31.49		100m: 1:08.72		37.23		

Prova 17
29-11-2008 - 17:10

Femin., 4 x 100m Estilos
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Juvenis
Resultados

RNJUV 4:34.30 RRolo, Marcia P, JViana, MLeitao SCP Guimarães 09-03-2002

Pontos: FINA 2008

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Futebol Clube do Porto/Império Bonança	F			Futebol Clube do Porto/Império Bonança	4:57.79	500	
LOUSA, Irina Filipa	+1,03	37.42	1:15.09	SOARES, Silvia Ariana	+0,71	35.09	1:15.41
MATOS, Joana Fazendeiro	+0,59	40.00	1:24.91	NETO, Ana Goncalves	+0,41	29.94	1:02.38
2. Grupo Desportivo Natacao de Vila Nova de Famalicao 1	F			Grupo Desportivo Natacao de Vila Nova de Famalicao	4:58.61	496	
CUNHA, Ana Oliveira	+0,82	37.34	1:16.04	ROMPANTE, Filipa Maria	+0,59	34.22	1:12.48
PEREIRA, Ana Francisca	+0,55	40.39	1:24.68	CARVALHO, Hedvigues Ribeiro	+0,64	31.88	1:05.41
3. Gespacos 1	F			Gespacos	5:04.47	468	
MARQUES, Maria Joao	+0,77	39.63	1:19.90	PINHEIRO, Guadalupe Ribeiro	+0,46	32.96	1:12.24
FERREIRA, Ines Sofia	+0,46	40.99	1:26.45	TORRES, Andreia Sofia	+0,12	31.19	1:05.88
4. Vitória Sport Clube 1	F			Vitória Sport Clube	5:12.09	434	
OLIVEIRA, Filipa Daniela	+0,92	38.33	1:18.29	MIRANDA, Joana Isabel	+0,67	35.21	1:16.12
FERNANDES, Maria Francisca	+0,70	42.70	1:30.65	ALVES, Ana Sofia	+0,55	31.83	1:07.03
5. SSCMP/Paredes Rota Dos Moveis 1	F			SSCMP/Paredes Rota Dos Moveis	5:14.12	426	
ALMEIDA, Claudia Cristina	+0,76	39.14	1:18.81	SILVA, Diana Patricia	+0,65	35.08	1:15.51
PINTO, Maria Clara	+0,80	43.06	1:30.98	RODRIGUES, Catia Sofia	+0,72	33.25	1:08.82
6. Clube Fluvial Vilacondense 1	F			Clube Fluvial Vilacondense	5:15.20	422	
SILVA, Andreia Raquel	+0,70	41.53	1:25.35	OLIVEIRA, Cassandra Pedro	+0,70	34.55	1:14.27
SILVA, Ana Rita	+0,68	40.58	1:26.98	KOBAYASHI, Luciana Tomi	+0,29	32.51	1:08.60
7. Clube Fluvial Portuense 1	F			Clube Fluvial Portuense	5:20.44	401	
BERNARDINO, Ines Pizarro	+1,00	40.86	1:21.87	MENDES, Mafalda Sofia	+0,66	35.57	1:19.69
FERREIRA, Maria Beatriz	+0,80	43.33	1:30.74	MOTA, Ines Maria	+0,46	32.95	1:08.14
8. Leixões Sport Clube 1	F			Leixões Sport Clube	5:36.51	346	
BARBOSA, Ana Sofia	+0,84	39.94	1:21.96	COSTA, Ana Margarida	+0,65	38.03	1:23.69
SANTOS, Mariana Rego	+0,53	42.38	1:29.31	CORREIA, Ines Guedes		37.12	1:21.55

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Prova 17, Femin., 4 x 100m Estilos

EXH	Clube Desportivo Feirense 1	F		Clube Desportivo Feirense		5:24.15	388	
	MARQUES, Patricia Silva		+0,76	38.56	1:19.96	MARTINS, Mariana Sousa		+0,86 36.20 1:18.13
	COSTA, Ana Catarina		+0,92	42.11	1:28.56	SILVA, Salome Santos		+0,86 38.15 1:17.50

Prova 18

29-11-2008 - 17:20

Masc., 4 x 100m Livres

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Juvenis

Resultados

RNJUVA	3:40.69	LMonteiro,ISecco,JMonteiro,PMorais FCP	Penafiel	06-03-1998
RNJUVB	3:46.15	DFerro,BRamos,PMartins FGomes SFUAP	Penafiel	20-03-1999

Pontos: FINA 2008

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B							
1.		Futebol Clube do Porto/Império Bonança		Futebol Clube do Porto/Império Bonança	3:58.22	511	
		FERRARIA, Miguel Angelo	+0,87	28.00	57.75	MESQUITA, Miguel Correia	+0,53 28.57 1:00.71
		LEMOS, Miguel Alexandre	+0,50	29.02	1:00.02	FONSECA, Luis Miguel	+0,29 28.04 59.74
2.		Grupo Desportivo Natacao de Vila Nova de Famalicao 2		Grupo Desportivo Natacao de Vila Nova de Famalicao	4:02.48	484	
		ALVES, Simao Pedro	+0,81	27.18	56.33	CARVALHO, Pedro Romanoski	+0,31 29.60 1:03.52
		COSTA, Francisco Miguel	+0,49	29.18	1:00.78	ARAUJO, Carlos Miguel	+0,36 29.50 1:01.85
3.		Vitória Sport Clube 1	M	Vitória Sport Clube	4:02.87	482	
		MARTINS, Jose Alberto	+0,82	28.38	58.88	CUNHA, David Xavier	+0,52 28.38 1:01.03
		RODRIGUES, Diogo Manuel	+0,36	30.05	1:03.54	PASSOS, Luis Filipe	+0,48 28.30 59.42
4.		Clube Fluvial Vilacondense 1	M	Clube Fluvial Vilacondense	4:04.60	472	
		GARCIA, Andre Manuel	+1,15	29.29	1:01.91	AZEVEDO, Mario Miguel	+0,56 30.19 1:02.68
		COSTA, Miguel Ferraz	+1,06	29.45	1:01.93	CABRAL, Carlos Manuel	+0,82 27.64 58.08
5.		Gespacos 2	M	Gespacos	4:05.71	465	
		NUNES, Ruben Filipe	+0,79	28.62	59.88	FERREIRA, Francisco Junior	+0,42 30.66 1:04.04
		BESSA, Antonio Rafael	+0,47	28.96	1:01.73	PACHECO, Flavio Jesus	+0,11 28.76 1:00.06
6.		Clube Fluvial Portuense 2	M	Clube Fluvial Portuense	4:09.45	445	
		MOREIRA, Fernando Santos	+0,88	29.12	1:00.06	CERQUEIRA, Mario Andre	+0,35 29.64 1:01.92
		KALDEICH, Andre Canelas	+0,65	28.55	59.57	SILVA, Ricardo Mendes	+0,55 33.33 1:07.90

Juvenis A

1.		Futebol Clube do Porto/Império Bonança		Futebol Clube do Porto/Império Bonança	3:50.20	566	
		OLIVEIRA, Alvaro Miguel	+1,06	28.37	59.99	NOGUEIRA, Luis Miguel	+0,49 26.48 56.47
		SOUSA, Ricardo Fernandes	+0,51	26.67	55.96	RIBEIRO, Pedro Nuno	+0,55 27.36 57.78
2.		Grupo Desportivo Natacao de Vila Nova de Famalicao 1		Grupo Desportivo Natacao de Vila Nova de Famalicao	3:53.30	544	
		ROCHA, Joao Miguel	+0,86	27.71	57.94	STIGLIANO, Francisco Azevedo	+0,28 28.66 1:01.02
		CUNHA, Mario Rui	+0,25	27.42	57.23	FERNANDES, Joao Filipe	+0,47 27.16 57.11
3.		Clube Fluvial Vilacondense 2	M	Clube Fluvial Vilacondense	3:55.03	532	
		MAIA, Rui Filipe	+0,86	27.35	56.36	CASTANHO, Joao Bento	+0,52 28.90 1:00.36
		FREITAS, Edgar Fernando	+0,43	28.91	59.90	RAMOS, Diogo Carmo	+0,45 28.28 58.41
4.		Escola Desportiva de Viana 1	M	Escola Desportiva de Viana	3:57.78	513	
		RIBAS, Rafael Lages	+0,84	27.42	58.05	ROCHA, Andre Filipe	+0,56 28.58 1:00.63
		FERREIRA, Venancio Guilherme	+0,66	27.82	57.41	SOUSA, Bruno Miranda	+0,63 29.72 1:01.69
5.		Clube de Natação da Maia/Real Seguros	M	Clube de Natação da Maia/Real Seguros	4:00.07	499	
		MARTINS, Rafael Dias	+0,81	27.19	56.18	PINHEIRO, Claudio Miguel	+0,64 29.51 1:01.17
		QUEIJO, Joao Pedro	+0,50	28.70	59.72	AMARAL, Joao Pedro	+0,66 31.11 1:03.00
6.		Clube Fluvial Portuense 1	M	Clube Fluvial Portuense	4:01.06	493	
		MARTINS, Antonio Rafael	+0,90	29.10	1:00.26	BASTOS, Nuno Ricardo	+0,43 29.03 1:01.28
		SILVA, Bernardo Correia	+0,31	25.71	58.02	AGANTE, Nuno Miguel	+0,34 30.33 1:01.50
7.		Gespacos 1	M	Gespacos	4:01.62	489	
		BARBOSA, Ricardo Andre	+0,89	29.01	1:02.11	SOUSA, Joao Claudio	+0,35 27.08 55.65
		NETO, Ricardo Ferreira	+0,40	29.02	1:00.46	BRUNIDO, Rui Leandro	+0,73 30.88 1:03.40
EXH	Clube Desportivo Feirense 2	M		Clube Desportivo Feirense	3:59.92	500	
	ROSAS, Marcelo Fernandes		+0,83	28.80	1:00.06	SANTOS, Telmo Almeida	+0,26 28.79 1:01.28
	CARVALHO, Diogo Antonio		+0,59	28.77	1:01.32	PINHOU, Emanuel Augusto	+0,43 26.82 57.26
EXH	Viana Natação Clube	M		Viana Natação Clube	4:07.81	454	
	PASSOS, Joao Pedro		+0,84	29.85	1:02.24	FERREIRA, Carlos Manuel	+0,76 31.17 1:05.23
	PARENTE, Lino Manuel		+0,58	28.54	1:00.18	MARQUES, Claudio Miguel	+0,38 28.68 1:00.16
EXH	Clube Desportivo Feirense 1	M		Clube Desportivo Feirense	4:17.08	406	
	BAPTISTA, Filipe Jose		+0,79	30.75	1:04.41	SOUSA, Alcides Costa	+0,40 29.07 1:01.69
	BARBOSA, Telmo Goncalves		+0,64	31.60	1:06.94	CATELAS, Diogo Nobrega	+0,82 30.34 1:04.04

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

4 - 3ª Jornada - 1ª Sessão

30-11-2008 - 9:30

Prova 19 Masc., 1500m Livres Juvenis
30-11-2008 - 9:30 COPIDOURO - Cópia e Artigos de Reprodução, Lda Resultados

RNJUVA 15:36.31 COSTA, Rui Filipe VSC Braga 04-03-2007
RNJUVB 16:09.71 MONTEIRO, Luis Miguel FCP Felgueiras 01-03-1998

Time standard 1 Juv A: 18:51.00; Juv B: 19:26.00

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	OLIVEIRA, Tiago Silva	M	15465	94	Leixões Sport Clube	17:16.62	585	
	50m: 30.93 30.93		450m: 5:06.41 34.86		850m: 9:46.27 35.17	1250m: 14:25.77 34.74		
	100m: 1:04.51 33.58		500m: 5:41.37 34.96		900m: 10:21.30 35.03	1300m: 15:00.68 34.91		
	150m: 1:38.76 34.25		550m: 6:16.36 34.99		950m: 10:56.23 34.93	1350m: 15:35.44 34.76		
	200m: 2:12.98 34.22		600m: 6:51.26 34.90		1000m: 11:31.58 35.35	1400m: 16:10.16 34.72		
	250m: 2:47.96 34.98		650m: 7:26.14 34.88		1050m: 12:06.31 34.73	1450m: 16:44.55 34.39		
	300m: 3:22.52 34.56		700m: 8:01.39 35.25		1100m: 12:41.06 34.75	1500m: 17:16.62 32.07		
	350m: 3:57.02 34.50		750m: 8:35.85 34.46		1150m: 13:16.18 35.12			
	400m: 4:31.55 34.53		800m: 9:11.10 35.25		1200m: 13:51.03 34.85			
2.	NUNES, Ruben Filipe	M	23302	94	Gespacos	17:25.15	571	
	50m: 31.27 31.27		450m: 5:09.72 34.75		850m: 9:50.42 35.35	1250m: 14:32.61 35.46		
	100m: 1:05.78 34.51		500m: 5:44.73 35.01		900m: 10:26.01 35.59	1300m: 15:07.92 35.31		
	150m: 1:40.57 34.79		550m: 6:19.68 34.95		950m: 11:00.83 34.82	1350m: 15:43.35 35.43		
	200m: 2:15.52 34.95		600m: 6:54.58 34.90		1000m: 11:35.84 35.01	1400m: 16:18.25 34.90		
	250m: 2:50.27 34.75		650m: 7:29.55 34.97		1050m: 12:11.38 35.54	1450m: 16:53.12 34.87		
	300m: 3:25.06 34.79		700m: 8:04.37 34.82		1100m: 12:46.77 35.39	1500m: 17:25.15 32.03		
	350m: 3:59.96 34.90		750m: 8:39.75 35.38		1150m: 13:21.97 35.20			
	400m: 4:34.97 35.01		800m: 9:15.07 35.32		1200m: 13:57.15 35.18			
3.	GARCIA, Andre Manuel	M	20033	94	Clube Fluvial Vilacondense	17:36.11	553	
	50m: 30.72 30.72		450m: 5:09.59 35.07		850m: 9:53.20 36.17	1250m: 14:40.78 36.47		
	100m: 1:04.77 34.05		500m: 5:44.24 34.65		900m: 10:29.06 35.86	1300m: 15:17.26 36.48		
	150m: 1:39.41 34.64		550m: 6:19.42 35.18		950m: 11:05.26 36.20	1350m: 15:53.04 35.78		
	200m: 2:14.18 34.77		600m: 6:55.05 35.63		1000m: 11:40.91 35.65	1400m: 16:29.31 36.27		
	250m: 2:48.69 34.51		650m: 7:30.53 35.48		1050m: 12:16.63 35.72	1450m: 17:04.71 35.40		
	300m: 3:23.80 35.11		700m: 8:06.10 35.57		1100m: 12:52.11 35.48	1500m: 17:36.11 31.40		
	350m: 3:59.16 35.36		750m: 8:41.63 35.53		1150m: 13:28.24 36.13			
	400m: 4:34.52 35.36		800m: 9:17.03 35.40		1200m: 14:04.31 36.07			
4.	KALDEICH, Andre Canelas	M	105749	94	Clube Fluvial Portuense	17:55.20	524	
	50m: 31.48 31.48		450m: 5:13.85 36.01		850m: 10:00.60 36.40	1250m: 14:55.20 37.07		
	100m: 1:05.80 34.32		500m: 5:49.45 35.60		900m: 10:37.82 37.22	1300m: 15:32.06 36.86		
	150m: 1:41.11 35.31		550m: 6:25.09 35.64		950m: 11:14.28 36.46	1350m: 16:07.43 35.37		
	200m: 2:16.41 35.30		600m: 7:01.04 35.95		1000m: 11:50.91 36.63	1400m: 16:42.88 35.45		
	250m: 2:51.65 35.24		650m: 7:36.48 35.44		1050m: 12:27.36 36.45	1450m: 17:20.29 37.41		
	300m: 3:27.68 36.03		700m: 8:12.19 35.71		1100m: 13:04.12 36.76	1500m: 17:55.20 34.91		
	350m: 4:02.47 34.79		750m: 8:48.33 36.14		1150m: 13:40.92 36.80			
	400m: 4:37.84 35.37		800m: 9:24.20 35.87		1200m: 14:18.13 37.21			
5.	MARTINS, Jose Alberto	M	23096	94	Vitória Sport Clube	17:59.72	518	
	50m: 31.19 31.19		450m: 5:16.93 36.36		850m: 10:09.79 37.04	1250m: 15:03.63 36.93		
	100m: 1:06.09 34.90		500m: 5:52.80 35.87		900m: 10:46.06 36.27	1300m: 15:40.25 36.62		
	150m: 1:41.06 34.97		550m: 6:29.79 36.99		950m: 11:23.13 37.07	1350m: 16:18.60 36.35		
	200m: 2:16.29 35.23		600m: 7:06.23 36.44		1000m: 11:59.96 36.83	1400m: 16:53.00 36.40		
	250m: 2:52.00 35.71		650m: 7:43.35 37.12		1050m: 12:36.24 36.28	1450m: 17:27.98 34.98		
	300m: 3:28.21 36.21		700m: 8:19.43 36.08		1100m: 13:12.80 36.56	1500m: 17:59.72 31.74		
	350m: 4:03.94 35.73		750m: 8:56.28 36.85		1150m: 13:49.54 36.74			
	400m: 4:40.57 36.63		800m: 9:32.75 36.47		1200m: 14:26.70 37.16			
6.	MOREIRA, Fernando Santos	M	15824	94	Clube Fluvial Portuense	17:59.99	517	
	50m: 32.00 32.00		450m: 5:16.68 36.32		850m: 10:09.41 36.92	1250m: 15:03.64 36.72		
	100m: 1:06.38 34.38		500m: 5:52.87 36.19		900m: 10:46.48 37.07	1300m: 15:40.29 36.65		
	150m: 1:41.48 35.10		550m: 6:29.35 36.48		950m: 11:22.89 36.41	1350m: 16:18.46 36.17		
	200m: 2:16.68 35.20		600m: 7:05.91 36.56		1000m: 12:00.06 37.17	1400m: 16:52.64 36.18		
	250m: 2:52.30 35.62		650m: 7:42.80 36.89		1050m: 12:37.14 37.08	1450m: 17:28.10 35.46		
	300m: 3:28.05 35.75		700m: 8:18.96 36.16		1100m: 13:13.73 36.59	1500m: 17:59.99 31.89		
	350m: 4:03.84 35.79		750m: 8:55.60 36.64		1150m: 13:50.05 36.32			
	400m: 4:40.36 36.52		800m: 9:32.49 36.89		1200m: 14:26.92 36.87			
7.	COSTA, Francisco Miguel	M	102620	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	18:03.17	513	
	50m: 31.70 31.70		450m: 5:12.77 36.07		850m: 10:08.23 37.18	1250m: 15:02.88 36.71		
	100m: 1:05.49 33.79		500m: 5:48.94 36.17		900m: 10:45.34 37.11	1300m: 15:39.41 36.53		
	150m: 1:40.07 34.58		550m: 6:25.29 36.35		950m: 11:22.52 37.18	1350m: 16:15.72 36.31		
	200m: 2:15.31 35.24		600m: 7:02.13 36.84		1000m: 11:59.57 37.05	1400m: 16:52.00 36.28		
	250m: 2:50.08 34.77		650m: 7:39.15 37.02		1050m: 12:36.22 36.65	1450m: 17:27.96 35.96		
	300m: 3:25.28 35.20		700m: 8:16.74 37.59		1100m: 13:13.06 36.84	1500m: 18:03.17 35.21		
	350m: 4:00.82 35.54		750m: 8:53.81 37.07		1150m: 13:49.99 36.93			
	400m: 4:36.70 35.88		800m: 9:31.05 37.24		1200m: 14:26.17 36.18			
8.	FERRARIA, Miguel Angelo	M	102072	94	Futebol Clube do Porto/Império Bonança	18:05.05	510	
	50m: 30.49 30.49		450m: 5:22.77 36.48		850m: 10:12.52 36.74	1250m: 15:04.98 36.50		
	100m: 1:05.85 35.36		500m: 5:58.90 36.13		900m: 10:49.80 37.28	1300m: 15:41.80 36.82		
	150m: 1:42.74 36.89		550m: 6:34.32 35.42		950m: 11:26.21 36.41	1350m: 16:18.12 36.32		
	200m: 2:20.06 37.32		600m: 7:09.37 35.05		1000m: 12:03.13 36.92	1400m: 16:55.18 37.06		
	250m: 2:56.76 36.70		650m: 7:45.98 36.61		1050m: 12:40.19 37.06	1450m: 17:31.02 35.84		
	300m: 3:33.42 36.66		700m: 8:22.27 36.29		1100m: 13:16.10 35.91	1500m: 18:05.05 34.03		
	350m: 4:10.05 36.63		750m: 8:58.98 36.71		1150m: 13:52.81 36.71			
	400m: 4:46.29 36.24		800m: 9:35.78 36.80		1200m: 14:28.48 35.67			

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	ROCHA, Antonio Jorge	M	15322	94	Assoc. Desportiva de Penafiel	18:14.84	497	
	50m: 32.55	32.55	450m: 5:23.32	36.22	850m: 10:17.13	36.91	1250m: 15:12.32	36.96
	100m: 1:07.87	35.32	500m: 6:00.47	37.15	900m: 10:53.77	36.64	1300m: 15:49.35	37.03
	150m: 1:44.04	36.17	550m: 6:37.25	36.78	950m: 11:30.69	36.92	1350m: 16:26.40	37.05
	200m: 2:20.84	36.80	600m: 7:13.69	36.44	1000m: 12:07.87	37.18	1400m: 17:03.63	37.23
	250m: 2:57.15	36.31	650m: 7:50.61	36.92	1050m: 12:44.26	36.39	1450m: 17:39.37	35.74
	300m: 3:34.07	36.92	700m: 8:26.83	36.22	1100m: 13:21.63	37.37	1500m: 18:14.84	35.47
	350m: 4:10.46	36.39	750m: 9:03.08	36.25	1150m: 13:58.31	36.68		
	400m: 4:47.10	36.64	800m: 9:40.22	37.14	1200m: 14:35.36	37.05		
10.	SILVA, Miguel Antonio	M	24570	94	Sporting Clube de Braga	18:18.74	491	
	50m: 32.12	32.12	450m: 5:27.13	37.45	850m: 10:22.09	33.28	1250m: 15:16.49	36.79
	100m: 1:08.17	36.05	500m: 6:04.56	37.43	900m: 10:58.07	35.98	1300m: 15:53.90	37.41
	150m: 1:45.23	37.06	550m: 6:41.83	37.27	950m: 11:34.75	36.68	1350m: 16:31.12	37.22
	200m: 2:21.95	36.72	600m: 7:19.18	37.35	1000m: 12:11.47	36.72	1400m: 17:08.09	36.97
	250m: 2:59.57	37.62	650m: 7:56.56	37.38	1050m: 12:48.55	37.08	1450m: 17:45.07	36.98
	300m: 3:36.17	36.60	700m: 8:33.86	37.30	1100m: 13:25.24	36.69	1500m: 18:18.74	33.67
	350m: 4:12.82	36.65	750m: 9:11.53	37.67	1150m: 14:02.68	37.44		
	400m: 4:49.68	36.86	800m: 9:48.81	37.28	1200m: 14:39.70	37.02		
11.	MENDES, Tiago Vitorino	M	100819	94	Escola Desportiva Limiana	18:19.75	490	
	50m: 31.75	31.75	450m: 5:15.66	35.95	850m: 10:09.88	37.13	1250m: 15:11.06	38.12
	100m: 1:05.75	34.00	500m: 5:52.21	36.55	900m: 10:47.16	37.28	1300m: 15:49.09	38.03
	150m: 1:40.95	35.20	550m: 6:28.57	36.36	950m: 11:24.25	37.09	1350m: 16:27.67	38.58
	200m: 2:16.10	35.15	600m: 7:05.46	36.89	1000m: 12:01.67	37.42	1400m: 17:06.42	38.75
	250m: 2:51.71	35.61	650m: 7:42.37	36.91	1050m: 12:38.78	37.11	1450m: 17:43.85	37.43
	300m: 3:27.59	35.88	700m: 8:19.24	36.87	1100m: 13:16.85	38.07	1500m: 18:19.75	35.90
	350m: 4:03.61	36.02	750m: 8:55.71	36.47	1150m: 13:54.72	37.87		
	400m: 4:39.71	36.10	800m: 9:32.75	37.04	1200m: 14:32.94	38.22		
12.	BARROS, Manuel Silva	M	12877	94	Sporting Clube de Braga	18:24.01	484	
	50m: 32.82	32.82	450m: 5:23.48	36.55	850m: 10:22.67	37.22	1250m: 15:57.75	37.42
	100m: 1:08.29	35.47	500m: 6:00.69	37.21	900m: 11:00.63	37.96	1300m: 16:34.22	36.47
	150m: 1:43.94	35.65	550m: 6:37.89	37.20	950m: 11:37.66	37.03	1350m: 17:11.08	36.86
	200m: 2:20.14	36.20	600m: 7:14.46	36.57	1000m: 12:52.62	1:14.96	1400m: 17:48.45	37.37
	250m: 2:56.73	36.59	650m: 7:51.89	37.43	1050m: 13:29.39	36.77	1450m: 18:24.47	36.02
	300m: 3:33.51	36.78	700m: 8:29.78	37.89	1100m: 14:06.39	37.00	1500m: 18:24.01	
	350m: 4:09.95	36.44	750m: 9:07.28	37.50	1150m: 14:43.40	37.01		
	400m: 4:46.93	36.98	800m: 9:45.45	38.17	1200m: 15:20.33	36.93		
13.	CUNHA, David Xavier	M	24093	94	Vitória Sport Clube	18:26.16	482	
	50m: 30.55	30.55	450m: 5:18.81	37.38	850m: 10:17.92	37.83	1250m: 15:18.61	37.80
	100m: 1:04.70	34.15	500m: 5:55.88	37.07	900m: 10:54.69	36.77	1300m: 15:56.20	37.59
	150m: 1:40.14	35.44	550m: 6:32.76	36.88	950m: 11:32.76	38.07	1350m: 16:34.30	38.10
	200m: 2:16.07	35.93	600m: 7:10.21	37.45	1000m: 12:10.65	37.89	1400m: 17:12.21	37.91
	250m: 2:51.96	35.89	650m: 7:47.29	37.08	1050m: 12:48.52	37.87	1450m: 17:50.46	38.25
	300m: 3:28.29	36.33	700m: 8:24.25	36.96	1100m: 13:26.18	37.66	1500m: 18:26.16	35.70
	350m: 4:04.64	36.35	750m: 9:02.46	38.21	1150m: 14:02.95	36.77		
	400m: 4:41.43	36.79	800m: 9:40.09	37.63	1200m: 14:40.81	37.86		
14.	COSTA, Bernardo Machado	M	19515	94	Futebol Clube do Porto/Império Bonança	18:31.01	475	
	50m: 31.63	31.63	450m: 5:23.84	37.76	850m: 10:23.70	37.15	1250m: 15:26.80	37.37
	100m: 1:06.81	35.18	500m: 6:01.55	37.71	900m: 11:01.59	37.89	1300m: 16:04.11	37.31
	150m: 1:42.78	35.97	550m: 6:38.71	37.16	950m: 11:39.53	37.94	1350m: 16:42.41	38.30
	200m: 2:18.82	36.04	600m: 7:16.10	37.39	1000m: 12:17.81	38.28	1400m: 17:19.48	37.07
	250m: 2:55.20	36.38	650m: 7:53.50	37.40	1050m: 12:55.84	38.03	1450m: 17:55.22	35.74
	300m: 3:32.07	36.87	700m: 8:31.22	37.72	1100m: 13:34.16	38.32	1500m: 18:31.01	35.79
	350m: 4:08.80	36.73	750m: 9:08.85	37.63	1150m: 14:11.65	37.49		
	400m: 4:46.08	37.28	800m: 9:46.55	37.70	1200m: 14:49.43	37.78		
15.	PASSOS, Luis Filipe	M	103697	94	Vitória Sport Clube	18:32.75	473	
	50m: 32.89	32.89	450m: 5:26.84	37.87	850m: 10:24.44	36.39	1250m: 15:25.35	37.82
	100m: 1:08.63	35.74	500m: 6:04.29	37.45	900m: 11:01.70	37.26	1300m: 16:03.75	38.40
	150m: 1:45.74	37.11	550m: 6:41.59	37.30	950m: 11:39.58	37.88	1350m: 16:41.82	38.07
	200m: 2:22.23	36.49	600m: 7:18.60	37.01	1000m: 12:17.33	37.75	1400m: 17:20.23	38.41
	250m: 2:58.81	36.58	650m: 7:55.95	37.35	1050m: 12:54.99	37.66	1450m: 17:57.73	37.50
	300m: 3:35.62	36.81	700m: 8:33.31	37.36	1100m: 13:32.57	37.58	1500m: 18:32.75	35.02
	350m: 4:11.80	36.18	750m: 9:10.72	37.41	1150m: 14:10.54	37.97		
	400m: 4:48.97	37.17	800m: 9:48.05	37.33	1200m: 14:47.53	36.99		
16.	ANTUNES, Pedro Gomes	M	13287	94	Sporting Clube de Braga	18:32.89	473	
	50m: 33.05	33.05	450m: 5:24.26	36.87	850m: 10:22.84	38.09	1250m: 15:25.42	37.95
	100m: 1:09.39	36.34	500m: 6:01.23	36.97	900m: 11:00.56	37.72	1300m: 16:03.45	38.03
	150m: 1:45.44	36.05	550m: 6:38.10	36.87	950m: 11:37.80	37.24	1350m: 16:41.12	37.67
	200m: 2:21.86	36.42	600m: 7:15.21	37.11	1000m: 12:15.57	37.77	1400m: 17:18.69	37.57
	250m: 2:58.38	36.52	650m: 7:52.34	37.13	1050m: 12:53.38	37.81	1450m: 17:56.62	37.93
	300m: 3:34.60	36.22	700m: 8:29.96	37.62	1100m: 13:31.25	37.87	1500m: 18:32.89	36.27
	350m: 4:10.76	36.16	750m: 9:07.36	37.40	1150m: 14:09.39	38.14		
	400m: 4:47.39	36.63	800m: 9:44.75	37.39	1200m: 14:47.47	38.08		
17.	PINHEIRO, Renato Mendes	M	16071	94	Escola Desportiva de Viana	18:33.26	472	
	50m: 31.76	31.76	450m: 5:26.31	37.18	850m: 10:25.25	37.33	1250m: 15:26.17	37.99
	100m: 1:07.37	35.61	500m: 6:03.76	37.45	900m: 11:02.44	37.19	1300m: 16:04.55	38.38
	150m: 1:43.89	36.52	550m: 6:40.99	37.23	950m: 11:39.33	36.89	1350m: 16:43.17	38.62
	200m: 2:20.08	36.19	600m: 7:18.12	37.13	1000m: 12:16.45	37.12	1400m: 17:21.28	38.11
	250m: 2:57.25	37.17	650m: 7:55.42	37.30	1050m: 12:53.81	37.36	1450m: 17:58.40	37.12
	300m: 3:34.19	36.94	700m: 8:32.76	37.34	1100m: 13:31.48	37.67	1500m: 18:33.26	34.86
	350m: 4:11.50	37.31	750m: 9:10.62	37.86	1150m: 14:09.40	37.92		
	400m: 4:49.13	37.63	800m: 9:47.92	37.30	1200m: 14:48.18	38.78		

Associação de Natação do Norte de Portugal
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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
18.	CERQUEIRA, Mario Andre	M	15458	94	Clube Fluvial Portuense	18:34.77	471	
	50m: 32.02	32.02	450m: 5:26.66	37.51	850m: 10:26.10	37.72	1250m: 15:28.67	37.68
	100m: 1:07.25	35.23	500m: 6:04.06	37.40	900m: 11:03.62	37.52	1300m: 16:06.98	38.31
	150m: 1:43.78	36.53	550m: 6:41.54	37.48	950m: 11:41.29	37.67	1350m: 16:44.45	37.47
	200m: 2:20.56	36.78	600m: 7:18.63	37.09	1000m: 12:19.02	37.73	1400m: 17:21.44	36.99
	250m: 2:57.54	36.98	650m: 7:56.08	37.45	1050m: 12:57.18	38.16	1450m: 17:58.79	37.35
	300m: 3:34.95	37.41	700m: 8:33.56	37.48	1100m: 13:35.48	38.30	1500m: 18:34.77	35.98
	350m: 4:12.10	37.15	750m: 9:10.90	37.34	1150m: 14:13.51	38.03		
	400m: 4:49.15	37.05	800m: 9:48.38	37.48	1200m: 14:50.99	37.48		
19.	LEMOS, Miguel Alexandre	M	101989	94	Futebol Clube do Porto/Império Bonança	18:35.65	469	
	50m: 32.07	32.07	450m: 5:25.79	37.68	850m: 10:26.68	37.82	1250m: 15:30.32	38.02
	100m: 1:07.58	35.51	500m: 6:03.68	37.89	900m: 11:04.47	37.79	1300m: 16:07.89	37.57
	150m: 1:43.80	36.22	550m: 6:41.11	37.43	950m: 11:42.36	37.89	1350m: 16:45.24	37.35
	200m: 2:20.73	36.93	600m: 7:18.48	37.37	1000m: 12:20.70	38.34	1400m: 17:22.85	37.61
	250m: 2:57.46	36.73	650m: 7:55.97	37.49	1050m: 12:58.61	37.91	1450m: 18:00.40	37.55
	300m: 3:34.51	37.05	700m: 8:33.76	37.79	1100m: 13:36.94	38.33	1500m: 18:35.65	35.25
	350m: 4:11.31	36.80	750m: 9:11.32	37.56	1150m: 14:14.19	37.25		
	400m: 4:48.11	36.80	800m: 9:48.86	37.54	1200m: 14:52.30	38.11		
20.	PINTO, Marcelo Jose	M	19400	94	Foca-Clube De Natação De Felgueiras	18:48.89	453	
	50m: 32.72	32.72	450m: 5:30.42	38.15	850m: 10:34.10	38.24	1250m: 15:39.49	37.94
	100m: 1:08.57	35.85	500m: 6:08.72	38.30	900m: 11:11.85	37.75	1300m: 16:18.20	38.71
	150m: 1:45.40	36.83	550m: 6:46.96	38.24	950m: 11:49.73	37.88	1350m: 16:57.16	38.96
	200m: 2:22.58	37.18	600m: 7:25.15	38.19	1000m: 12:27.73	38.00	1400m: 17:35.74	38.58
	250m: 2:59.83	37.25	650m: 8:03.12	37.97	1050m: 13:06.15	38.42	1450m: 18:13.90	38.16
	300m: 3:38.87	37.04	700m: 8:41.04	37.92	1100m: 13:44.50	38.35	1500m: 18:48.89	34.99
	350m: 4:14.55	37.68	750m: 9:18.72	37.68	1150m: 14:23.17	38.67		
	400m: 4:52.27	37.72	800m: 9:55.86	37.14	1200m: 15:01.55	38.38		
21.	SILVA, Hugo Miguel	M	24567	94	Sporting Clube de Braga	18:59.92	440	
	50m: 33.11	33.11	450m: 5:30.57	37.63	850m: 10:34.09	38.43	1250m: 15:43.26	39.03
	100m: 1:09.46	36.35	500m: 6:08.15	37.58	900m: 11:12.60	38.51	1300m: 16:22.60	39.34
	150m: 1:46.34	36.88	550m: 6:45.59	37.44	950m: 11:51.33	38.73	1350m: 17:02.40	39.80
	200m: 2:23.85	37.51	600m: 7:23.26	37.67	1000m: 12:29.64	38.31	1400m: 17:41.92	39.52
	250m: 3:01.33	37.48	650m: 8:01.39	38.13	1050m: 13:08.07	38.43	1450m: 18:21.49	39.57
	300m: 3:38.51	37.18	700m: 8:39.15	37.76	1100m: 13:46.48	38.41	1500m: 18:59.92	38.43
	350m: 4:15.67	37.16	750m: 9:17.18	38.03	1150m: 14:25.07	38.59		
	400m: 4:52.94	37.27	800m: 9:55.66	38.48	1200m: 15:04.23	39.16		
22.	RODRIGUES, Diogo Manuel	M	15338	94	Vitória Sport Clube	19:00.86	439	
	50m: 32.34	32.34	450m: 5:31.31	37.81	850m: 10:36.39	38.73	1250m: 15:48.07	39.31
	100m: 1:08.45	36.11	500m: 6:09.26	37.95	900m: 11:14.66	38.27	1300m: 16:27.73	39.66
	150m: 1:45.23	36.78	550m: 6:46.95	37.69	950m: 11:53.99	39.33	1350m: 17:07.35	39.62
	200m: 2:22.32	37.09	600m: 7:24.96	38.01	1000m: 12:33.08	39.09	1400m: 17:46.56	39.21
	250m: 3:00.41	38.09	650m: 8:03.19	38.23	1050m: 13:11.92	38.84	1450m: 18:24.63	38.07
	300m: 3:38.12	37.71	700m: 8:40.84	37.65	1100m: 13:50.23	38.31	1500m: 19:00.86	36.23
	350m: 4:15.44	37.32	750m: 9:19.43	38.59	1150m: 14:29.50	39.27		
	400m: 4:53.50	38.06	800m: 9:57.66	38.23	1200m: 15:08.76	39.26		
23.	FONSECA, Luis Miguel	M	25216	94	Futebol Clube do Porto/Império Bonança	19:12.86	425	
	50m: 31.94	31.94	450m: 5:34.90	38.02	850m: 10:45.07	39.32	1250m: 15:59.93	39.34
	100m: 1:08.59	36.65	500m: 6:13.29	38.39	900m: 11:24.15	39.08	1300m: 16:39.54	39.61
	150m: 1:46.30	37.71	550m: 6:51.41	38.12	950m: 12:03.72	39.57	1350m: 17:18.73	39.19
	200m: 2:24.46	38.16	600m: 7:30.01	38.60	1000m: 12:42.97	39.25	1400m: 17:57.52	38.79
	250m: 3:02.57	38.11	650m: 8:08.93	38.92	1050m: 13:22.54	39.57	1450m: 18:35.85	38.33
	300m: 3:40.73	38.16	700m: 8:47.39	38.46	1100m: 14:01.31	38.77	1500m: 19:12.86	37.01
	350m: 4:18.74	38.01	750m: 9:26.51	39.12	1150m: 14:41.14	39.83		
	400m: 4:56.88	38.14	800m: 10:05.75	39.24	1200m: 15:20.59	39.45		
24.	CABRAL, Carlos Manuel	M	24236	94	Clube Fluvial Vilacondense	19:14.95	423	
	50m: 32.97	32.97	450m: 5:35.55	37.98	850m: 10:47.13	38.96	1250m: 16:00.12	38.91
	100m: 1:09.92	36.95	500m: 6:13.89	38.34	900m: 11:26.68	39.55	1300m: 16:39.60	39.48
	150m: 1:48.23	38.31	550m: 6:52.22	38.33	950m: 12:05.83	39.15	1350m: 17:18.82	39.22
	200m: 2:25.57	37.34	600m: 7:30.89	38.67	1000m: 12:45.24	39.41	1400m: 17:58.15	39.33
	250m: 3:03.44	37.87	650m: 8:10.05	39.16	1050m: 13:24.48	39.24	1450m: 18:37.17	39.02
	300m: 3:40.94	37.50	700m: 8:48.84	38.79	1100m: 14:03.15	38.67	1500m: 19:14.95	37.78
	350m: 4:19.43	38.49	750m: 9:28.51	39.67	1150m: 14:41.97	38.82		
	400m: 4:57.57	38.14	800m: 10:08.17	39.66	1200m: 15:21.21	39.24		
25.	BESSA, Antonio Rafael	M	102089	94	Gespacos	19:25.77	411	
	50m: 32.75	32.75	450m: 5:30.46	38.03	850m: 10:47.80	40.37	1250m: 16:09.22	41.39
	100m: 1:08.36	35.61	500m: 6:09.29	38.83	900m: 11:28.03	40.23	1300m: 16:49.16	39.94
	150m: 1:45.07	36.71	550m: 6:49.34	40.05	950m: 12:08.14	40.11	1350m: 17:29.49	40.33
	200m: 2:22.53	37.46	600m: 7:28.63	39.29	1000m: 12:48.02	39.88	1400m: 18:10.76	41.27
	250m: 2:59.84	37.31	650m: 8:08.53	39.90	1050m: 13:28.47	40.45	1450m: 18:48.67	37.91
	300m: 3:36.84	37.00	700m: 8:48.77	40.24	1100m: 14:09.67	41.20	1500m: 19:25.77	37.10
	350m: 4:14.52	37.68	750m: 9:28.37	39.60	1150m: 14:48.82	39.15		
	400m: 4:52.43	37.91	800m: 10:07.43	39.06	1200m: 15:27.83	39.01		
26.	LIMA, Ricardo Magina FTL	M	13295	94	Escola Desportiva Limiana	19:28.33	409	
	50m: 32.87	32.87	450m: 5:35.41	39.14	850m: 10:52.56	40.01	1250m: 16:11.49	40.37
	100m: 1:08.78	35.91	500m: 6:15.07	39.66	900m: 11:32.47	39.91	1300m: 16:52.16	40.67
	150m: 1:45.82	37.04	550m: 6:54.67	39.60	950m: 12:12.97	40.50	1350m: 17:31.92	39.76
	200m: 2:23.15	37.33	600m: 7:34.26	39.59	1000m: 12:52.05	39.08	1400m: 18:12.46	40.54
	250m: 3:00.59	37.44	650m: 8:13.55	39.29	1050m: 13:31.51	39.46	1450m: 18:52.78	40.32
	300m: 3:38.40	37.81	700m: 8:53.40	39.85	1100m: 14:12.09	40.58	1500m: 19:28.33	35.55
	350m: 4:17.30	38.90	750m: 9:32.77	39.37	1150m: 14:51.72	39.63		
	400m: 4:56.27	38.97	800m: 10:12.55	39.78	1200m: 15:31.12	39.40		

Associação de Natação do Norte de Portugal
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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
27.	AZEVEDO, Mario Miguel <i>FTL</i>	M	20034	94	Clube Fluvial Vilacondense	19:32.74	404	
	50m: 33.20	33.20	450m: 5:44.78	39.86	850m: 11:04.48	40.28	1250m: 16:22.82	39.36
	100m: 1:10.29	37.09	500m: 6:24.33	39.55	900m: 11:44.30	39.82	1300m: 17:01.92	39.10
	150m: 1:49.02	38.73	550m: 7:04.30	39.97	950m: 12:24.33	40.03	1350m: 17:41.52	39.60
	200m: 2:28.24	39.22	600m: 7:44.42	40.12	1000m: 13:04.28	39.95	1400m: 18:20.52	39.00
	250m: 3:07.54	39.30	650m: 8:24.51	40.09	1050m: 13:45.03	40.75	1450m: 18:59.14	38.62
	300m: 3:46.42	38.88	700m: 9:04.65	40.14	1100m: 14:24.73	39.70	1500m: 19:32.74	33.60
	350m: 4:25.23	38.81	750m: 9:43.79	39.14	1150m: 15:04.43	39.70		
	400m: 5:04.92	39.69	800m: 10:24.20	40.41	1200m: 15:43.46	39.03		
28.	PINTO, Joao Ricardo <i>FTL</i>	M	26630	94	Escola Desportiva Limiana	19:48.95	388	
	50m: 34.15	34.15	450m: 5:50.94	40.09	850m: 11:09.92	40.36	1250m: 16:29.49	40.16
	100m: 1:12.62	38.47	500m: 6:30.59	39.65	900m: 11:49.58	39.66	1300m: 17:09.81	40.32
	150m: 1:52.44	39.82	550m: 7:10.65	40.06	950m: 12:29.76	40.18	1350m: 17:50.77	40.96
	200m: 2:32.02	39.58	600m: 7:49.76	39.11	1000m: 13:09.62	39.86	1400m: 18:31.39	40.62
	250m: 3:11.57	39.55	650m: 8:29.65	39.89	1050m: 13:49.58	39.96	1450m: 19:10.77	39.38
	300m: 3:51.40	39.83	700m: 9:09.96	40.31	1100m: 14:29.36	39.78	1500m: 19:48.95	38.18
	350m: 4:31.04	39.64	750m: 9:49.86	39.90	1150m: 15:09.38	40.02		
	400m: 5:10.85	39.81	800m: 10:29.56	39.70	1200m: 15:49.33	39.95		
29.	FERREIRA, Francisco Junior <i>FTL</i>	M	15546	94	Gespacos	19:53.03	384	
	50m: 34.75	34.75	450m: 5:51.48	40.60	850m: 11:13.40	39.92	1250m: 16:33.88	40.49
	100m: 1:11.89	37.14	500m: 6:31.88	40.40	900m: 11:53.31	39.91	1300m: 17:14.66	40.78
	150m: 1:51.14	39.25	550m: 7:12.41	40.53	950m: 12:33.39	40.08	1350m: 17:55.34	40.68
	200m: 2:30.64	39.50	600m: 7:51.98	39.57	1000m: 13:13.59	40.20	1400m: 18:35.71	40.37
	250m: 3:10.68	40.04	650m: 8:31.92	39.94	1050m: 13:53.58	39.99	1450m: 19:14.92	39.21
	300m: 3:50.66	39.98	700m: 9:12.75	40.83	1100m: 14:33.63	40.05	1500m: 19:53.03	38.11
	350m: 4:30.38	39.72	750m: 9:53.08	40.33	1150m: 15:13.69	40.06		
	400m: 5:10.88	40.50	800m: 10:33.48	40.40	1200m: 15:53.39	39.70		
30.	COSTA, Joao Eurico <i>FTL</i>	M	15450	94	Leixões Sport Clube	19:58.23	379	
	50m: 35.32	35.32	450m: 5:52.89	40.08	850m: 11:14.59	40.34	1250m: 16:38.40	40.45
	100m: 1:14.83	39.51	500m: 6:32.93	40.04	900m: 11:54.62	40.03	1300m: 17:19.01	40.61
	150m: 1:54.25	39.42	550m: 7:13.00	40.07	950m: 12:35.02	40.40	1350m: 17:59.62	40.61
	200m: 2:33.56	39.31	600m: 7:52.88	39.88	1000m: 13:15.95	40.93	1400m: 18:40.30	40.68
	250m: 3:13.08	39.52	650m: 8:33.16	40.28	1050m: 13:56.42	40.47	1450m: 19:20.36	40.06
	300m: 3:52.80	39.72	700m: 9:13.46	40.30	1100m: 14:37.12	40.70	1500m: 19:58.23	37.87
	350m: 4:32.79	39.99	750m: 9:53.76	40.30	1150m: 15:17.38	40.26		
	400m: 5:12.81	40.02	800m: 10:34.25	40.49	1200m: 15:57.95	40.57		
31.	SOUSA, Joao Miguel <i>FTL</i>	M	13285	94	Sporting Clube de Braga	20:31.40	349	
	50m: 35.15	35.15	450m: 5:56.07	41.48	850m: 11:31.81	41.81	1250m: 17:06.44	42.59
	100m: 1:12.92	37.77	500m: 6:38.24	42.17	900m: 12:13.88	42.07	1300m: 17:47.26	40.82
	150m: 1:51.82	38.90	550m: 7:19.68	41.44	950m: 12:55.44	41.56	1350m: 18:29.27	42.01
	200m: 2:31.67	39.85	600m: 8:01.38	41.70	1000m: 13:37.37	41.93	1400m: 19:11.36	42.09
	250m: 3:11.71	40.04	650m: 8:42.97	41.59	1050m: 14:18.37	41.00	1450m: 19:52.36	41.00
	300m: 3:52.09	40.38	700m: 9:25.78	42.81	1100m: 15:00.49	42.12	1500m: 20:31.40	39.04
	350m: 4:33.23	41.14	750m: 10:08.13	42.35	1150m: 15:42.28	41.79		
	400m: 5:14.59	41.36	800m: 10:50.00	41.87	1200m: 16:23.85	41.57		
32.	CASTRO, Francisco Xavier <i>FTL</i>	M	13213	94	Escola Desportiva Limiana	20:43.65	339	
	50m: 36.46	36.46	450m: 6:06.13	41.79	850m: 11:39.90	42.05	1250m: 17:15.41	42.05
	100m: 1:16.92	40.46	500m: 6:47.83	41.70	900m: 12:21.17	41.27	1300m: 17:57.51	42.10
	150m: 1:58.07	41.15	550m: 7:29.40	41.57	950m: 13:03.39	42.22	1350m: 18:39.72	42.21
	200m: 2:39.22	41.15	600m: 8:10.79	41.39	1000m: 13:45.05	41.66	1400m: 19:21.44	41.72
	250m: 3:20.63	41.41	650m: 8:52.45	41.66	1050m: 14:26.94	41.89	1450m: 20:03.82	42.38
	300m: 4:01.59	40.96	700m: 9:33.92	41.47	1100m: 15:09.21	42.27	1500m: 20:43.65	39.83
	350m: 4:42.84	41.25	750m: 10:16.09	42.17	1150m: 15:51.49	42.28		
	400m: 5:24.34	41.50	800m: 10:57.85	41.76	1200m: 16:33.36	41.87		
DSQ	COSTA, Miguel Ferraz	M	24108	94	Clube Fluvial Vilacondense			

Juvenis A

1.	MARTINS, Rafael Dias	M	102480	93	Clube de Natação da Maia/Real Seguros	16:53.12	627	
	50m: 30.82	30.82	450m: 4:55.00	33.45	850m: 9:19.87	33.50	1250m: 13:59.09	35.48
	100m: 1:03.61	32.79	500m: 5:28.47	33.47	900m: 9:53.86	33.99	1300m: 14:34.76	35.67
	150m: 1:36.53	32.92	550m: 6:01.75	33.28	950m: 10:28.39	34.53	1350m: 15:10.07	35.31
	200m: 2:09.53	33.00	600m: 6:34.47	32.72	1000m: 11:02.79	34.40	1400m: 15:45.49	35.42
	250m: 2:42.38	32.85	650m: 7:06.99	32.52	1050m: 11:37.47	34.68	1450m: 16:20.26	34.77
	300m: 3:15.02	32.64	700m: 7:39.75	32.76	1100m: 12:12.71	35.24	1500m: 16:53.12	32.86
	350m: 3:48.07	33.05	750m: 8:13.05	33.30	1150m: 12:48.00	35.29		
	400m: 4:21.55	33.48	800m: 8:46.37	33.32	1200m: 13:23.61	35.61		
2.	MACHADO, Ricardo Manuel	M	13278	93	Sporting Clube de Braga	16:53.37	626	
	50m: 30.37	30.37	450m: 4:51.25	33.48	850m: 9:25.56	34.95	1250m: 14:04.35	34.46
	100m: 1:02.87	32.50	500m: 5:25.04	33.79	900m: 10:00.53	34.97	1300m: 14:39.14	34.79
	150m: 1:35.63	32.76	550m: 5:58.98	33.94	950m: 10:35.32	34.79	1350m: 15:14.03	34.89
	200m: 2:08.08	32.45	600m: 6:33.11	34.13	1000m: 11:10.19	34.87	1400m: 15:48.57	34.54
	250m: 2:40.36	32.28	650m: 7:07.11	34.00	1050m: 11:45.16	34.97	1450m: 16:22.84	34.27
	300m: 3:12.61	32.25	700m: 7:40.94	33.83	1100m: 12:20.10	34.94	1500m: 16:53.37	30.53
	350m: 3:45.01	32.40	750m: 8:15.87	34.93	1150m: 12:55.06	34.96		
	400m: 4:17.77	32.76	800m: 8:50.61	34.74	1200m: 13:29.89	34.83		

Associação de Natação do Norte de Portugal
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
3.	SOUSA, Joao Claudio	M	23458	93	Gespacos	17:07.01	602	
	50m: 30.52	30.52	450m: 5:02.76	34.57	850m: 9:39.27	34.32	1250m: 14:19.34	35.02
	100m: 1:04.18	33.66	500m: 5:36.78	34.02	900m: 10:13.68	34.41	1300m: 14:54.58	35.24
	150m: 1:38.23	34.05	550m: 6:11.19	34.41	950m: 10:48.74	35.06	1350m: 15:29.42	34.84
	200m: 2:11.61	33.38	600m: 6:45.71	34.52	1000m: 11:24.51	35.77	1400m: 16:03.72	34.30
	250m: 2:45.22	33.61	650m: 7:20.75	35.04	1050m: 11:59.42	34.91	1450m: 16:35.54	31.82
	300m: 3:19.45	34.23	700m: 7:55.90	35.15	1100m: 12:34.48	35.06	1500m: 17:07.01	31.47
	350m: 3:53.73	34.28	750m: 8:30.58	34.68	1150m: 13:09.51	35.03		
	400m: 4:28.19	34.46	800m: 9:04.95	34.37	1200m: 13:44.32	34.81		
4.	NOGUEIRA, Luis Miguel	M	15959	93	Futebol Clube do Porto/Império Bonança	17:07.48	601	
	50m: 30.91	30.91	450m: 5:01.95	33.91	850m: 9:39.39	35.16	1250m: 14:19.27	34.89
	100m: 1:04.00	33.09	500m: 5:36.31	34.36	900m: 10:13.76	34.37	1300m: 14:54.39	35.12
	150m: 1:37.57	33.57	550m: 6:10.99	34.68	950m: 10:48.83	35.07	1350m: 15:28.85	34.46
	200m: 2:11.05	33.48	600m: 6:45.55	34.56	1000m: 11:23.91	35.08	1400m: 16:03.30	34.45
	250m: 2:45.15	34.10	650m: 7:20.38	34.83	1050m: 11:58.89	34.98	1450m: 16:36.55	33.25
	300m: 3:19.39	34.24	700m: 7:55.33	34.95	1100m: 12:34.17	35.28	1500m: 17:07.48	30.93
	350m: 3:53.85	34.46	750m: 8:29.67	34.34	1150m: 13:09.61	35.44		
	400m: 4:28.04	34.19	800m: 9:04.23	34.56	1200m: 13:44.38	34.77		
5.	RIBEIRO, Edgar Oliveira	M	13277	93	Sporting Clube de Braga	17:16.84	585	
	50m: 31.43	31.43	450m: 5:09.15	35.03	850m: 9:48.68	34.98	1250m: 14:26.51	34.78
	100m: 1:05.69	34.26	500m: 5:44.30	35.15	900m: 10:23.43	34.75	1300m: 15:00.73	34.22
	150m: 1:40.47	34.78	550m: 6:18.89	34.59	950m: 10:58.25	34.82	1350m: 15:35.29	34.56
	200m: 2:15.19	34.72	600m: 6:53.88	34.99	1000m: 11:32.87	34.62	1400m: 16:09.88	34.59
	250m: 2:49.74	34.55	650m: 7:28.67	34.79	1050m: 12:07.38	34.51	1450m: 16:44.26	34.38
	300m: 3:24.33	34.59	700m: 8:03.68	35.01	1100m: 12:42.20	34.82	1500m: 17:16.84	32.58
	350m: 3:59.32	34.99	750m: 8:38.87	35.19	1150m: 13:16.92	34.72		
	400m: 4:34.12	34.80	800m: 9:13.70	34.83	1200m: 13:51.73	34.81		
6.	MALHEIRO, Nuno Vieira	M	13279	93	Sporting Clube de Braga	17:29.06	565	
	50m: 31.97	31.97	450m: 5:05.61	34.49	850m: 9:44.67	35.21	1250m: 14:32.51	36.33
	100m: 1:05.88	33.91	500m: 5:40.32	34.71	900m: 10:20.24	35.57	1300m: 15:08.46	35.95
	150m: 1:39.81	33.93	550m: 6:14.64	34.32	950m: 10:55.97	35.73	1350m: 15:44.63	36.17
	200m: 2:14.44	34.63	600m: 6:49.52	34.88	1000m: 11:31.41	35.44	1400m: 16:20.36	35.73
	250m: 2:48.60	34.16	650m: 7:24.22	34.70	1050m: 12:07.14	35.73	1450m: 16:55.27	34.91
	300m: 3:22.64	34.04	700m: 7:59.30	35.08	1100m: 12:43.09	35.95	1500m: 17:29.06	33.79
	350m: 3:56.95	34.31	750m: 8:34.29	34.99	1150m: 13:19.65	36.56		
	400m: 4:31.12	34.17	800m: 9:09.46	35.17	1200m: 13:56.18	36.53		
7.	QUEIJO, Joao Pedro	M	24221	93	Clube de Natação da Maia/Real Seguros	17:34.66	556	
	50m: 31.09	31.09	450m: 5:09.54	35.39	850m: 9:49.81	35.35	1250m: 14:36.71	36.33
	100m: 1:05.91	34.82	500m: 5:44.16	34.62	900m: 10:25.23	35.42	1300m: 15:12.95	36.24
	150m: 1:40.61	34.70	550m: 6:19.18	35.02	950m: 11:00.64	35.41	1350m: 15:48.90	35.95
	200m: 2:15.38	34.77	600m: 6:54.51	35.33	1000m: 11:36.42	35.78	1400m: 16:24.55	35.65
	250m: 2:49.95	34.57	650m: 7:28.73	34.22	1050m: 12:12.42	36.00	1450m: 17:00.55	36.00
	300m: 3:24.67	34.72	700m: 8:04.20	35.47	1100m: 12:48.07	35.65	1500m: 17:34.66	34.11
	350m: 3:59.32	34.65	750m: 8:39.21	35.01	1150m: 13:24.17	36.10		
	400m: 4:34.15	34.83	800m: 9:14.46	35.25	1200m: 14:00.38	36.21		
8.	RODRIGUES, Joao Luis	M	13280	93	Sporting Clube de Braga	17:36.26	553	
	50m: 31.13	31.13	450m: 5:08.88	34.95	850m: 9:52.97	35.89	1250m: 14:40.81	36.31
	100m: 1:05.37	34.24	500m: 5:43.73	34.85	900m: 10:28.66	35.69	1300m: 15:16.61	35.80
	150m: 1:39.86	34.49	550m: 6:19.23	35.50	950m: 11:04.76	36.10	1350m: 15:52.49	35.88
	200m: 2:13.99	34.13	600m: 6:54.72	35.49	1000m: 11:40.34	35.58	1400m: 16:28.41	35.92
	250m: 2:48.88	34.89	650m: 7:30.19	35.47	1050m: 12:16.54	36.20	1450m: 17:03.40	34.99
	300m: 3:23.79	34.91	700m: 8:05.60	35.41	1100m: 12:52.34	35.80	1500m: 17:36.26	32.86
	350m: 3:59.03	35.24	750m: 8:41.22	35.62	1150m: 13:28.34	36.00		
	400m: 4:33.93	34.90	800m: 9:17.08	35.86	1200m: 14:04.50	36.16		
9.	FREITAS, Edgar Fernando	M	24260	93	Clube Fluvial Vilacondense	17:49.96	532	
	50m: 31.38	31.38	450m: 5:16.93	36.24	850m: 10:07.85	36.52	1250m: 14:57.04	35.76
	100m: 1:06.07	34.69	500m: 5:52.95	36.02	900m: 10:44.27	36.42	1300m: 15:32.32	35.28
	150m: 1:41.59	35.52	550m: 6:29.23	36.28	950m: 11:20.44	36.17	1350m: 16:07.33	35.01
	200m: 2:17.30	35.71	600m: 7:05.30	36.07	1000m: 11:56.61	36.17	1400m: 16:42.41	35.08
	250m: 2:53.06	35.76	650m: 7:41.63	36.33	1050m: 12:32.48	35.87	1450m: 17:17.30	34.89
	300m: 3:29.15	36.09	700m: 8:18.32	36.69	1100m: 13:08.48	36.00	1500m: 17:49.96	32.66
	350m: 4:04.86	35.71	750m: 8:54.84	36.52	1150m: 13:44.96	36.48		
	400m: 4:40.69	35.83	800m: 9:31.33	36.49	1200m: 14:21.28	36.32		
10.	MAIA, Rui Filipe	M	24204	93	Clube Fluvial Vilacondense	17:57.55	521	
	50m: 31.95	31.95	450m: 5:17.08	36.21	850m: 10:06.52	36.54	1250m: 14:57.65	36.48
	100m: 1:06.89	34.94	500m: 5:52.93	35.85	900m: 10:42.89	36.37	1300m: 15:34.61	36.96
	150m: 1:42.14	35.25	550m: 6:29.18	36.25	950m: 11:19.01	36.12	1350m: 16:10.84	36.23
	200m: 2:17.68	35.54	600m: 7:05.66	36.48	1000m: 11:54.97	35.96	1400m: 16:47.22	36.38
	250m: 2:53.01	35.33	650m: 7:41.71	36.05	1050m: 12:31.32	36.35	1450m: 17:23.30	36.08
	300m: 3:28.78	35.77	700m: 8:17.65	35.94	1100m: 13:07.74	36.42	1500m: 17:57.55	34.25
	350m: 4:04.97	36.19	750m: 8:53.72	36.07	1150m: 13:44.50	36.76		
	400m: 4:40.87	35.90	800m: 9:29.98	36.26	1200m: 14:21.17	36.67		
11.	RIBEIRO, Pedro Nuno	M	24127	93	Futebol Clube do Porto/Império Bonança	18:10.36	503	
	50m: 31.64	31.64	450m: 5:16.87	36.20	850m: 10:09.39	36.28	1250m: 15:04.59	36.90
	100m: 1:06.33	34.69	500m: 5:53.31	36.44	900m: 10:46.06	36.67	1300m: 15:42.29	37.70
	150m: 1:42.11	35.78	550m: 6:30.02	36.71	950m: 11:22.84	36.78	1350m: 16:19.42	37.13
	200m: 2:16.88	34.77	600m: 7:06.42	36.40	1000m: 11:59.41	36.57	1400m: 16:56.17	36.75
	250m: 2:52.74	35.86	650m: 7:43.13	36.71	1050m: 12:36.13	36.72	1450m: 17:33.26	37.09
	300m: 3:28.50	35.76	700m: 8:19.84	36.71	1100m: 13:13.00	36.87	1500m: 18:10.36	37.10
	350m: 4:04.55	36.05	750m: 8:56.56	36.72	1150m: 13:50.15	37.15		
	400m: 4:40.67	36.12	800m: 9:33.11	36.55	1200m: 14:27.69	37.54		

Associação de Natação do Norte de Portugal
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
12.	SOUSA, NunoTiago	M	19004	93	Leixões Sport Clube	18:10.92	502	
	50m: 31.77	31.77	450m: 5:21.51	36.66	850m: 10:15.55	37.06	1250m: 15:10.76	36.76
	100m: 1:07.53	35.76	500m: 5:58.05	36.54	900m: 10:52.67	37.12	1300m: 15:47.49	36.73
	150m: 1:43.85	36.32	550m: 6:34.88	36.83	950m: 11:29.70	37.03	1350m: 16:24.63	37.14
	200m: 2:20.54	36.69	600m: 7:11.27	36.39	1000m: 12:06.88	37.18	1400m: 17:01.23	36.60
	250m: 2:56.25	35.71	650m: 7:47.86	36.59	1050m: 12:43.42	36.54	1450m: 17:37.39	36.16
	300m: 3:32.19	35.94	700m: 8:24.78	36.92	1100m: 13:20.26	36.84	1500m: 18:10.92	33.53
	350m: 4:08.69	36.50	750m: 9:01.68	36.90	1150m: 13:57.02	36.76		
	400m: 4:44.85	36.16	800m: 9:38.49	36.81	1200m: 14:34.00	36.98		
13.	SOUSA, Bruno Miranda	M	106109	93	Escola Desportiva de Viana	18:13.50	499	
	50m: 32.38	32.38	450m: 5:23.43	36.72	850m: 10:17.63	37.45	1250m: 15:13.50	37.33
	100m: 1:07.53	35.15	500m: 6:00.18	36.75	900m: 10:54.70	37.07	1300m: 15:50.68	37.18
	150m: 1:44.29	36.76	550m: 6:36.71	36.53	950m: 11:31.31	36.61	1350m: 16:27.37	36.69
	200m: 2:20.83	36.54	600m: 7:12.65	35.94	1000m: 12:08.08	36.77	1400m: 17:04.49	37.12
	250m: 2:56.72	35.89	650m: 7:49.07	36.42	1050m: 12:45.08	37.00	1450m: 17:40.07	35.58
	300m: 3:33.29	36.57	700m: 8:26.33	37.26	1100m: 13:22.02	36.94	1500m: 18:13.50	33.43
	350m: 4:09.81	36.52	750m: 9:03.09	36.76	1150m: 13:58.91	36.89		
	400m: 4:46.71	36.90	800m: 9:40.18	37.09	1200m: 14:36.17	37.26		
14.	RIBEIRO, Jose Alberto	M	11034	93	Escola Desportiva de Viana	18:16.11	495	
	50m: 31.14	31.14	450m: 5:13.41	36.43	850m: 10:09.66	37.05	1250m: 15:10.32	38.01
	100m: 1:04.53	33.39	500m: 5:49.63	36.22	900m: 10:47.73	38.07	1300m: 15:48.31	37.99
	150m: 1:38.65	34.12	550m: 6:26.75	37.12	950m: 11:24.67	36.94	1350m: 16:28.02	37.71
	200m: 2:13.27	34.62	600m: 7:03.51	36.76	1000m: 12:02.75	38.08	1400m: 17:03.48	37.46
	250m: 2:48.25	34.98	650m: 7:40.82	37.31	1050m: 12:40.65	37.90	1450m: 17:40.22	36.74
	300m: 3:24.06	35.81	700m: 8:17.97	37.15	1100m: 13:16.90	36.25	1500m: 18:16.11	35.89
	350m: 4:00.47	36.41	750m: 8:55.03	37.06	1150m: 13:54.64	37.74		
	400m: 4:36.98	36.51	800m: 9:32.61	37.58	1200m: 14:32.31	37.67		
15.	RODRIGUES, Manuel Augusto	M	13273	93	Sporting Clube de Braga	18:16.79	494	
	50m: 31.20	31.20	450m: 5:19.27	36.89	850m: 10:13.44	36.73	1250m: 15:13.43	37.58
	100m: 1:05.96	34.76	500m: 5:55.98	36.71	900m: 10:50.65	37.21	1300m: 15:51.22	37.79
	150m: 1:41.70	35.74	550m: 6:32.36	36.38	950m: 11:27.88	37.23	1350m: 16:28.40	37.18
	200m: 2:17.60	35.90	600m: 7:09.40	37.04	1000m: 12:05.37	37.49	1400m: 17:05.72	37.32
	250m: 2:53.62	36.02	650m: 7:45.96	36.56	1050m: 12:42.94	37.57	1450m: 17:42.91	37.19
	300m: 3:29.92	36.30	700m: 8:22.63	36.67	1100m: 13:20.71	37.77	1500m: 18:16.79	33.88
	350m: 4:05.95	36.03	750m: 8:59.52	36.89	1150m: 13:58.41	37.70		
	400m: 4:42.38	36.43	800m: 9:36.71	37.19	1200m: 14:35.85	37.44		
16.	CASTANHO, Joao Bento	M	24084	93	Clube Fluvial Vilacondense	18:20.25	489	
	50m: 32.64	32.64	450m: 5:23.25	36.83	850m: 10:16.23	37.17	1250m: 15:14.15	37.50
	100m: 1:08.36	35.72	500m: 5:59.66	36.41	900m: 10:53.31	37.08	1300m: 15:51.83	37.68
	150m: 1:44.61	36.25	550m: 6:36.03	36.37	950m: 11:30.08	36.77	1350m: 16:29.48	37.65
	200m: 2:20.95	36.34	600m: 7:12.60	36.57	1000m: 12:07.27	37.19	1400m: 17:06.97	37.49
	250m: 2:57.48	36.53	650m: 7:49.13	36.53	1050m: 12:44.64	37.37	1450m: 17:44.32	37.35
	300m: 3:33.69	36.21	700m: 8:25.55	36.42	1100m: 13:21.87	37.23	1500m: 18:20.25	35.93
	350m: 4:09.95	36.26	750m: 9:02.17	36.62	1150m: 13:59.12	37.25		
	400m: 4:46.42	36.47	800m: 9:39.06	36.89	1200m: 14:36.65	37.53		
17.	RAMOS, Diogo Carmo	M	15317	93	Clube Fluvial Vilacondense	18:22.73	486	
	50m: 32.74	32.74	450m: 5:24.88	37.52	850m: 10:21.95	36.60	1250m: 15:21.12	37.51
	100m: 1:08.75	36.01	500m: 6:02.61	37.73	900m: 10:59.04	37.09	1300m: 15:58.66	37.54
	150m: 1:45.13	36.38	550m: 6:39.50	36.89	950m: 11:36.54	37.50	1350m: 16:35.57	36.91
	200m: 2:21.35	36.22	600m: 7:16.71	37.21	1000m: 12:14.19	37.65	1400m: 17:12.78	37.21
	250m: 2:57.01	35.66	650m: 7:53.92	37.21	1050m: 12:51.35	37.16	1450m: 17:49.33	36.55
	300m: 3:33.19	36.18	700m: 8:31.11	37.19	1100m: 13:28.60	37.25	1500m: 18:22.73	33.40
	350m: 4:10.35	37.16	750m: 9:08.32	37.21	1150m: 14:05.92	37.32		
	400m: 4:47.36	37.01	800m: 9:45.35	37.03	1200m: 14:43.61	37.69		
18.	CERDEIRA, Paulo Duarte	M	13275	93	Sporting Clube de Braga	18:27.63	480	
	50m: 32.84	32.84	450m: 5:25.92	37.25	850m: 10:24.71	37.41	1250m: 15:20.35	37.17
	100m: 1:08.42	35.58	500m: 6:03.71	37.79	900m: 11:01.72	37.01	1300m: 15:57.60	37.25
	150m: 1:44.62	36.20	550m: 6:41.03	37.32	950m: 11:38.71	36.99	1350m: 16:35.33	37.73
	200m: 2:21.08	36.46	600m: 7:18.66	37.63	1000m: 12:16.02	37.31	1400m: 17:12.81	37.48
	250m: 2:57.56	36.48	650m: 7:55.75	37.09	1050m: 12:52.95	36.93	1450m: 17:50.97	38.16
	300m: 3:34.36	36.80	700m: 8:32.94	37.19	1100m: 13:29.65	36.70	1500m: 18:27.63	36.66
	350m: 4:11.41	37.05	750m: 9:10.15	37.21	1150m: 14:06.46	36.81		
	400m: 4:48.67	37.26	800m: 9:47.30	37.15	1200m: 14:43.18	36.72		
19.	SANTOS, Dario Almeida	M	22520	93	Leixões Sport Clube	18:28.06	479	
	50m: 31.46	31.46	450m: 5:14.68	36.64	850m: 10:11.85	37.60	1250m: 15:17.24	38.60
	100m: 1:05.86	34.40	500m: 5:51.49	36.81	900m: 10:49.42	37.57	1300m: 15:56.05	38.81
	150m: 1:40.85	34.99	550m: 6:29.24	37.75	950m: 11:27.34	37.92	1350m: 16:34.55	38.50
	200m: 2:15.94	35.09	600m: 7:05.97	36.73	1000m: 12:05.33	37.99	1400m: 17:12.94	38.39
	250m: 2:50.98	35.04	650m: 7:42.53	36.56	1050m: 12:43.70	38.37	1450m: 17:50.87	37.93
	300m: 3:26.16	35.18	700m: 8:19.57	37.04	1100m: 13:21.79	38.09	1500m: 18:28.06	37.19
	350m: 4:01.80	35.64	750m: 8:56.92	37.35	1150m: 14:00.29	38.50		
	400m: 4:38.04	36.24	800m: 9:34.25	37.33	1200m: 14:38.64	38.35		
20.	FERNANDES, Joao Filipe	M	15222	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	18:46.22	456	
	50m: 32.06	32.06	450m: 5:30.11	38.04	850m: 10:35.13	37.97	1250m: 15:38.60	39.70
	100m: 1:07.93	35.87	500m: 6:08.25	38.14	900m: 11:13.06	37.93	1300m: 16:16.61	38.01
	150m: 1:44.76	36.83	550m: 6:45.11	36.86	950m: 11:50.89	37.83	1350m: 16:54.81	38.20
	200m: 2:21.89	37.13	600m: 7:23.37	38.26	1000m: 12:29.46	38.57	1400m: 17:32.96	38.15
	250m: 2:58.80	36.91	650m: 8:01.70	38.33	1050m: 13:07.23	37.77	1450m: 18:10.41	37.45
	300m: 3:36.02	37.22	700m: 8:40.30	38.60	1100m: 13:44.92	37.69	1500m: 18:46.22	35.81
	350m: 4:13.76	37.74	750m: 9:18.41	38.11	1150m: 14:21.29	36.37		
	400m: 4:52.07	38.31	800m: 9:57.16	38.75	1200m: 14:58.90	37.61		

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
21.	MENDES, Joao Rogerio	M	13272	93	Sporting Clube de Braga	18:48.01	454	
	50m: 31.52	31.52	450m: 5:28.50	38.42	850m: 10:33.98	38.29	1250m: 15:41.02	38.25
	100m: 1:06.86	35.34	500m: 6:06.50	38.00	900m: 11:12.43	38.45	1300m: 16:19.71	38.69
	150m: 1:43.02	36.16	550m: 6:44.54	38.04	950m: 11:51.19	38.76	1350m: 16:57.78	38.07
	200m: 2:19.90	36.88	600m: 7:22.64	38.10	1000m: 12:29.58	38.39	1400m: 17:36.24	38.46
	250m: 2:56.74	36.84	650m: 8:01.07	38.43	1050m: 13:07.79	38.21	1450m: 18:13.92	37.68
	300m: 3:34.39	37.65	700m: 8:38.62	37.55	1100m: 13:46.02	38.23	1500m: 18:48.01	34.09
	350m: 4:12.69	38.30	750m: 9:17.10	38.48	1150m: 14:23.93	37.91		
	400m: 4:50.08	37.39	800m: 9:55.69	38.59	1200m: 15:02.77	38.84		
22.	FERREIRA, Andre Sousa	M	101166	93	Sporting Clube de Braga	19:28.38	409	
	FTL							
	50m: 33.17	33.17	450m: 5:25.09	38.03	850m: 10:50.87	40.44	1250m: 16:17.47	40.02
	100m: 1:09.10	35.93	500m: 6:05.06	39.97	900m: 11:31.02	40.15	1300m: 16:57.23	39.76
	150m: 1:45.15	36.05	550m: 6:46.12	41.06	950m: 12:12.55	41.53	1350m: 17:37.30	40.07
	200m: 2:21.30	36.15	600m: 7:27.22	41.10	1000m: 12:54.09	41.54	1400m: 18:15.96	38.66
	250m: 2:57.72	36.42	650m: 8:08.16	40.94	1050m: 13:35.23	41.14	1450m: 18:53.38	37.42
	300m: 3:34.11	36.39	700m: 8:48.61	40.45	1100m: 14:16.57	41.34	1500m: 19:28.38	35.00
	350m: 4:10.42	36.31	750m: 9:29.11	40.50	1150m: 14:57.44	40.87		
	400m: 4:47.06	36.64	800m: 10:10.43	41.32	1200m: 15:37.45	40.01		
23.	ROCHA, Hugo Duarte	M	24374	93	Clube Fluvial Vilacondense	20:26.92	353	
	FTL							
	50m: 34.27	34.27	450m: 5:46.61	39.92	850m: 11:14.55	42.34	1250m: 16:56.84	43.47
	100m: 1:12.03	37.76	500m: 6:26.71	40.10	900m: 11:57.76	43.21	1300m: 17:39.77	42.93
	150m: 1:51.02	38.99	550m: 7:06.06	39.35	950m: 12:40.52	42.76	1350m: 18:22.77	43.00
	200m: 2:30.32	39.30	600m: 7:47.19	41.13	1000m: 13:23.36	42.84	1400m: 19:05.00	42.23
	250m: 3:09.30	38.98	650m: 8:28.51	41.32	1050m: 14:06.01	42.65	1450m: 19:46.67	41.67
	300m: 3:48.17	38.87	700m: 9:10.16	41.65	1100m: 14:48.02	42.01	1500m: 20:26.92	40.25
	350m: 4:27.28	39.11	750m: 9:50.26	40.10	1150m: 15:30.45	42.43		
	400m: 5:06.69	39.41	800m: 10:32.21	41.95	1200m: 16:13.37	42.92		
24.	COSTA, Joao Filipe	M	26628	93	Escola Desportiva Limiana	20:42.45	340	
	FTL							
	50m: 33.87	33.87	450m: 6:04.16	41.78	850m: 11:38.38	41.60	1250m: 17:15.29	42.57
	100m: 1:12.32	38.45	500m: 6:46.10	41.94	900m: 12:20.26	41.88	1300m: 17:57.39	42.10
	150m: 1:53.08	40.76	550m: 7:28.24	42.14	950m: 13:02.11	41.85	1350m: 18:39.76	42.37
	200m: 2:34.39	41.31	600m: 8:09.45	41.21	1000m: 13:44.34	42.23	1400m: 19:21.45	41.69
	250m: 3:16.59	42.20	650m: 8:51.44	41.99	1050m: 14:26.08	41.74	1450m: 20:03.80	42.35
	300m: 3:58.46	41.87	700m: 9:32.69	41.25	1100m: 15:08.61	42.53	1500m: 20:42.45	38.65
	350m: 4:40.06	41.60	750m: 10:14.66	41.97	1150m: 15:50.81	42.20		
	400m: 5:22.38	42.32	800m: 10:56.78	42.12	1200m: 16:32.72	41.91		
25.	DANTAS, Rui Filipe	M	26627	93	Escola Desportiva Limiana	22:08.23	278	
	FTL							
	50m: 36.26	36.26	450m: 6:26.69	45.70	850m: 12:26.46	44.79	1250m: 18:29.18	45.44
	100m: 1:16.71	40.45	500m: 7:12.26	45.57	900m: 13:11.94	45.48	1300m: 19:14.00	44.82
	150m: 1:59.24	42.53	550m: 7:57.79	45.53	950m: 13:57.34	45.40	1350m: 19:58.32	44.32
	200m: 2:43.64	44.40	600m: 8:42.15	44.36	1000m: 14:43.42	46.08	1400m: 20:42.26	43.94
	250m: 3:27.75	44.11	650m: 9:26.95	44.80	1050m: 15:28.23	44.81	1450m: 21:25.94	43.68
	300m: 4:11.44	43.69	700m: 10:11.62	44.67	1100m: 16:13.32	45.09	1500m: 22:08.23	42.29
	350m: 4:56.35	44.91	750m: 10:56.83	45.21	1150m: 16:58.86	45.54		
	400m: 5:40.99	44.64	800m: 11:41.67	44.84	1200m: 17:43.74	44.88		
EXH	ANDRADE, Tiago Botelho	M	13910	94	Clube Desportivo Feirense	19:38.83	398	
	FTL							
	50m: 32.79	32.79	450m: 5:38.37	39.49	850m: 10:59.09	40.94	1250m: 16:19.33	39.08
	100m: 1:09.20	36.41	500m: 6:18.04	39.67	900m: 11:39.88	40.79	1300m: 17:00.62	41.29
	150m: 1:46.62	37.42	550m: 6:57.69	39.65	950m: 12:21.39	41.51	1350m: 17:42.67	42.05
	200m: 2:24.28	37.66	600m: 7:37.66	39.97	1000m: 13:01.90	40.51	1400m: 18:23.62	40.95
	250m: 3:02.34	38.06	650m: 8:17.45	39.79	1050m: 13:40.80	38.90	1450m: 19:01.90	38.28
	300m: 3:40.69	38.35	700m: 8:57.52	40.07	1100m: 14:20.08	39.28	1500m: 19:38.83	36.93
	350m: 4:19.89	39.20	750m: 9:37.86	40.34	1150m: 14:59.72	39.64		
	400m: 4:58.88	38.99	800m: 10:18.15	40.29	1200m: 15:40.25	40.53		

Prova 20
30-11-2008 - 12:20

Femin., 400m Livres
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Juvenis
Resultados

RNJUV 4:23.08 MIGUEL, Susana Patricia SFUAP Alhandra 15-05-2004

Time standard 1 : 5:22.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	AMORIM, Maria Luis	F	102029	95	Futebol Clube do Porto/Império Bonança	4:45.88	591	
	50m: 32.21	32.21	150m: 1:43.47	36.09	250m: 2:55.93	36.40	350m: 4:09.63	36.73
	100m: 1:07.38	35.17	200m: 2:19.53	36.06	300m: 3:32.90	36.97	400m: 4:45.88	36.25
2.	REIS, Catarina Lopes	F	15489	95	Futebol Clube do Porto/Império Bonança	4:50.83	561	
	50m: 32.57	32.57	150m: 1:44.23	36.23	250m: 2:58.41	36.99	350m: 4:14.44	38.02
	100m: 1:08.00	35.43	200m: 2:21.42	37.19	300m: 3:36.42	38.01	400m: 4:50.83	36.39
3.	OLIVEIRA, Cassandra Pedro	F	111071	95	Clube Fluvial Vilacondense	4:51.14	559	
	50m: 32.88	32.88	150m: 1:45.36	36.56	250m: 2:59.97	37.66	350m: 4:15.09	37.64
	100m: 1:08.80	35.92	200m: 2:22.31	36.95	300m: 3:37.45	37.48	400m: 4:51.14	36.05
4.	RIBEIRO, Ines Jesus	F	102237	95	Sporting Clube de Braga	4:51.18	559	
	50m: 33.22	33.22	150m: 1:46.13	36.94	250m: 3:00.11	36.80	350m: 4:14.93	37.59
	100m: 1:09.19	35.97	200m: 2:23.31	37.18	300m: 3:37.34	37.23	400m: 4:51.18	36.25

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 20, Femin., 400m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	SAMPAIO, Beatriz Magalhaes	F	102666	95	Assoc. Desportiva de Fafe	4:52.46	552	
	50m: 33.17 33.17		150m: 1:46.50		37.14 250m: 3:01.05 37.47	350m: 4:16.07 37.46		
	100m: 1:09.36 36.19		200m: 2:23.58		37.08 300m: 3:38.61 37.56	400m: 4:52.46 36.39		
6.	GONCALVES, Ana Joaquina	F	13224	95	Sporting Clube de Braga	4:55.26	536	
	50m: 33.44 33.44		150m: 1:47.15		37.30 250m: 3:01.88 37.37	350m: 4:17.96 38.23		
	100m: 1:09.85 36.41		200m: 2:24.51		37.36 300m: 3:39.73 37.85	400m: 4:55.26 37.30		
7.	SOARES, Silvia Ariana	F	15272	95	Futebol Clube do Porto/Império Bonança	4:56.74	528	
	50m: 32.85 32.85		150m: 1:46.33		37.19 250m: 3:02.62 38.36	350m: 4:19.10 38.15		
	100m: 1:09.14 36.29		200m: 2:24.26		37.93 300m: 3:40.95 38.33	400m: 4:56.74 37.64		
8.	MIRANDA, Joana Isabel	F	104220	95	Vitória Sport Clube	4:57.20	526	
	50m: 32.88 32.88		150m: 1:48.68		38.62 250m: 3:04.46 38.04	350m: 4:20.94 38.45		
	100m: 1:10.06 37.18		200m: 2:26.42		37.74 300m: 3:42.49 38.03	400m: 4:57.20 36.26		
9.	FREITAS, Ana Rita	F	102638	95	Assoc. Desportiva de Fafe	5:01.76	502	
	50m: 33.43 33.43		150m: 1:47.04		37.57 250m: 3:04.97 39.47	350m: 4:23.52 39.76		
	100m: 1:09.47 36.04		200m: 2:25.50		38.46 300m: 3:43.76 38.79	400m: 5:01.76 38.24		
10.	TEIXEIRA, Ana Filipa	F	15992	95	Escola Desportiva de Viana	5:03.85	492	
	50m: 34.66 34.66		150m: 1:50.04		37.91 250m: 3:08.20 39.46	350m: 4:26.24 39.13		
	100m: 1:12.13 37.47		200m: 2:28.74		38.70 300m: 3:47.11 38.91	400m: 5:03.85 37.61		
11.	COSTA, Ana Margarida	F	15495	95	Leixões Sport Clube	5:04.01	491	
	50m: 34.88 34.88		150m: 1:52.61		38.77 250m: 3:09.49 38.27	350m: 4:26.75 38.52		
	100m: 1:13.84 38.96		200m: 2:31.22		38.61 300m: 3:48.23 38.74	400m: 5:04.01 37.26		
12.	LEMOS, Ines Perestrello	F	101365	95	Sporting Clube de Braga	5:04.71	488	
	50m: 35.69 35.69		150m: 1:52.56		38.33 250m: 3:10.01 38.42	350m: 4:26.61 38.05		
	100m: 1:14.23 38.54		200m: 2:31.59		39.03 300m: 3:48.56 38.55	400m: 5:04.71 38.10		
13.	TORRES, Andreia Sofia	F	102471	95	Gespacos	5:06.06	481	
	50m: 33.91 33.91		150m: 1:51.56		38.68 250m: 3:09.55 38.80	350m: 4:29.13 39.88		
	100m: 1:12.88 38.97		200m: 2:30.75		39.19 300m: 3:49.25 39.70	400m: 5:06.06 36.93		
14.	PEREIRA, Helena Marisa	F	20331	95	Foca-Clube De Natação De Felgueiras	5:06.30	480	
	50m: 35.69 35.69		150m: 1:52.74		39.03 250m: 3:10.26 39.19	350m: 4:28.48 39.10		
	100m: 1:13.71 38.02		200m: 2:31.07		38.33 300m: 3:49.38 39.12	400m: 5:06.30 37.82		
15.	MOTA, Ines Maria	F	102067	95	Clube Fluvial Portuense	5:06.33	480	
	50m: 35.61 35.61		150m: 1:53.19		39.33 250m: 3:11.90 39.47	350m: 4:29.70 38.29		
	100m: 1:13.86 38.25		200m: 2:32.43		39.24 300m: 3:51.41 39.51	400m: 5:06.33 36.63		
16.	CUNHA, Ana Oliveira	F	15585	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:07.83	473	
	50m: 35.25 35.25		150m: 1:53.07		39.41 250m: 3:11.78 39.22	350m: 4:30.32 39.01		
	100m: 1:13.66 38.41		200m: 2:32.56		39.49 300m: 3:51.31 39.53	400m: 5:07.83 37.51		
17.	PEREIRA, Ana Francisca	F	15582	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:07.97	473	
	50m: 34.40 34.40		150m: 1:51.41		38.78 250m: 3:10.32 39.31	350m: 4:30.92 40.28		
	100m: 1:12.63 38.23		200m: 2:31.01		39.60 300m: 3:50.64 40.32	400m: 5:07.97 37.05		
18.	FERREIRA, Maria Claudia	F	15498	95	Leixões Sport Clube	5:09.54	465	
	50m: 35.26 35.26		150m: 1:52.68		39.29 250m: 3:12.08 39.63	350m: 4:31.28 39.29		
	100m: 1:13.39 38.13		200m: 2:32.45		39.77 300m: 3:51.99 39.91	400m: 5:09.54 38.26		
19.	COSTA, Ines Joao	F	12893	95	Sporting Clube de Braga	5:12.10	454	
	50m: 35.56 35.56		150m: 1:53.55		39.59 250m: 3:13.59 39.73	350m: 4:33.60 40.00		
	100m: 1:13.96 38.40		200m: 2:33.86		40.31 300m: 3:53.60 40.01	400m: 5:12.10 38.50		
20.	RODRIGUES, Catia Sofia	F	23305	95	SSCMP/Paredes Rota Dos Moveis	5:12.97	450	
	50m: 35.25 35.25		150m: 1:53.41		39.37 250m: 3:11.23 38.89	350m: 4:32.73 41.27		
	100m: 1:14.04 38.79		200m: 2:32.34		38.93 300m: 3:51.46 40.23	400m: 5:12.97 40.24		
21.	BRITO, Ana Cristina	F	102241	95	Sporting Clube de Braga	5:13.23	449	
	50m: 34.31 34.31		150m: 1:53.72		40.37 250m: 3:14.24 40.13	350m: 4:35.29 40.42		
	100m: 1:13.35 39.04		200m: 2:34.11		40.39 300m: 3:54.87 40.63	400m: 5:13.23 37.94		
22.	PEREIRA, Catarina Pinheiro	F	24517	95	Clube Esposende 2000	5:15.74	438	
	50m: 35.37 35.37		150m: 1:53.98		39.48 250m: 3:13.75 39.95	350m: 4:36.02 41.59		
	100m: 1:14.50 39.13		200m: 2:33.80		39.82 300m: 3:54.43 40.68	400m: 5:15.74 39.72		
23.	SANTOS, Mariana Rego	F	102580	95	Leixões Sport Clube	5:16.64	435	
	50m: 34.05 34.05		150m: 1:52.31		40.06 250m: 3:16.19 42.25	350m: 4:37.81 40.93		
	100m: 1:12.25 38.20		200m: 2:33.94		41.63 300m: 3:56.88 40.69	400m: 5:16.64 38.83		
24.	FERREIRA, Maria Beatriz	F	24133	95	Clube Fluvial Portuense	5:16.83	434	
	50m: 35.62 35.62		150m: 1:54.39		40.07 250m: 3:15.39 40.26	350m: 4:36.86 40.65		
	100m: 1:14.32 38.70		200m: 2:35.13		40.74 300m: 3:56.21 40.82	400m: 5:16.83 39.97		
25.	BARBOSA, Ana Sofia	F	106533	95	Leixões Sport Clube	5:18.69	426	
	50m: 35.66 35.66		150m: 1:56.87		41.20 250m: 3:58.84 1:21.04	350m: 5:18.69 38.81		
	100m: 1:15.67 40.01		200m: 2:37.80		40.93 300m: 4:39.88 41.04	400m: 5:18.69		
26.	SILVA, Carolina Costa	F	24561	95	Sporting Clube de Braga	5:19.79	422	
	50m: 36.49 36.49		150m: 1:57.01		40.38 250m: 3:17.50 40.24	350m: 4:40.00 41.70		
	100m: 1:16.63 40.14		200m: 2:37.26		40.25 300m: 3:58.30 40.80	400m: 5:19.79 39.79		
27.	FERNANDES, Filipa Mota	F	13053	95	Viana Natação Clube	5:22.18	413	
	50m: 34.93 34.93		150m: 1:53.37		40.19 250m: 3:16.34 41.80	350m: 4:40.35 42.42		
	100m: 1:13.18 38.25		200m: 2:34.54		41.17 300m: 3:57.93 41.59	400m: 5:22.18 41.83		
28.	SILVA, Maria Susana FTL	F	102462	95	Futebol Clube do Porto/Império Bonança	5:28.94	388	
	50m: 37.09 37.09		150m: 1:57.20		40.86 250m: 3:21.82 42.47	350m: 4:47.44 42.80		
	100m: 1:16.34 39.25		200m: 2:39.35		42.15 300m: 4:04.64 42.82	400m: 5:28.94 41.50		
29.	LOPES, Jessica Faria FTL	F	102551	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	5:29.05	387	
	50m: 35.42 35.42		150m: 1:55.39		41.09 250m: 3:21.23 42.90	350m: 4:46.28 43.24		
	100m: 1:14.30 38.88		200m: 2:38.33		42.94 300m: 4:03.04 41.81	400m: 5:29.05 42.77		

Associação de Natação do Norte de Portugal
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Prova 20, Femin., 400m Livres, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
30.	SOUSA, Roberta Irene <i>FTL</i>	F	107510	95	Clube Esposende 2000	5:35.68	365	
	50m: 36.40 36.40		150m: 1:59.52		41.88	250m: 3:26.12		43.89
	100m: 1:17.64 41.24		200m: 2:42.23		42.71	300m: 4:10.31		44.19
31.	AMORIM, Ariana Barros <i>FTL</i>	F	26629	95	Escola Desportiva Limiana	5:39.62	352	
	50m: 37.11 37.11		150m: 2:00.40		42.32	250m: 3:27.60		43.86
	100m: 1:18.08 40.97		200m: 2:43.74		43.34	300m: 4:11.12		43.52
32.	CAIXEIRO, Carolina Dias <i>FTL</i>	F	13264	95	Viana Natação Clube	5:46.82	331	
	50m: 37.06 37.06		150m: 2:02.06		43.60	250m: 3:31.71		45.51
	100m: 1:18.46 41.40		200m: 2:46.20		44.14	300m: 4:17.63		45.92
DSQ	TEIXEIRA, Ana Catarina <i>Falsa Partida</i>	F	18137	95	Foca-Clube De Natação De Felgueiras			
EXH	MARTINS, Mariana Sousa	F	103743	95	Clube Desportivo Feirense	5:21.50	415	
	50m: 36.37 36.37		150m: 1:55.95		40.22	250m: 3:17.45		40.97
	100m: 1:15.73 39.36		200m: 2:36.48		40.53	300m: 3:59.05		41.60
EXH	SILVA, Salome Santos <i>FTL</i>	F	107610	95	Clube Desportivo Feirense	6:00.70	294	
	50m: 39.18 39.18		150m: 2:06.11		44.31	250m: 3:39.26		46.40
	100m: 1:21.80 42.62		200m: 2:52.86		46.75	300m: 4:26.46		47.20

Prova 21

30-11-2008 - 12:50

Masc., 200m Bruços

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Juvenis

Resultados

RNJUVA	2:18.42	, tempo limite					
RNJUVB	2:26.72	ALMEIDA, Carlos Esteves	CNA	Reboleira			28-06-2003
Time standard 1 Juv B: 3:06.80; Juv A: 3:02.40							
Pontos: FINA 2008							

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	RODRIGUES, Diogo Manuel	M	15338	94	Vitória Sport Clube	2:37.44	502	
	50m: 36.00 36.00		100m: 1:16.28		40.28	150m: 1:57.01		40.73
			200m: 2:37.44					40.43
2.	TORRES, Marcelo David	M	11509	94	Clube Esposende 2000	2:49.05	406	
	50m: 38.17 38.17		100m: 1:21.60		43.43	150m: 2:05.29		43.69
			200m: 2:49.05					43.76
3.	ROLA, Tiago Jose	M	101947	94	Futebol Clube do Porto/Império Bonança	2:49.12	405	
	50m: 38.47 38.47		100m: 1:22.36		43.89	150m: 2:05.72		43.36
			200m: 2:49.12					43.40
4.	MARQUES, Claudio Miguel	M	13059	94	Viana Natação Clube	2:49.22	404	
	50m: 37.79 37.79		100m: 1:21.17		43.38	150m: 2:06.45		45.28
			200m: 2:49.22					42.77
5.	COSTA, Francisco Miguel	M	102620	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:50.79	393	
	50m: 39.37 39.37		100m: 1:22.67		43.30	150m: 2:06.54		43.87
			200m: 2:50.79					44.25
6.	MANGAS, Francisco Taborda	M	102002	94	Futebol Clube do Porto/Império Bonança	2:51.37	389	
	50m: 38.90 38.90		100m: 1:23.36		44.46	150m: 2:08.09		44.73
			200m: 2:51.37					43.28
7.	FARIA, Rui Pedro	M	15592	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:52.29	383	
	50m: 39.40 39.40		100m: 1:23.18		43.78	150m: 2:07.86		44.68
			200m: 2:52.29					44.43
8.	COELHO, Pedro Miguel	M	23495	94	Lousada Seculo XXI	2:53.20	377	
	50m: 38.09 38.09		100m: 1:22.06		43.97	150m: 2:07.40		45.34
			200m: 2:53.20					45.80
9.	PORTO, Joao Luis	M	25813	94	Viana Natação Clube	2:55.80	361	
	50m: 38.26 38.26		100m: 1:21.85		43.59	150m: 2:08.13		46.28
			200m: 2:55.80					47.67
10.	PINTO, Joao Filipe	M	22542	94	Gespacos	2:55.97	360	
	50m: 40.46 40.46		100m: 1:25.52		45.06	150m: 2:11.39		45.87
			200m: 2:55.97					44.58
11.	NASCIMENTO, Filipe Andre	M	102030	94	Futebol Clube do Porto/Império Bonança	2:57.85	348	
	50m: 40.20 40.20		100m: 1:25.84		45.64	150m: 2:11.83		45.99
			200m: 2:57.85					46.02
12.	ESTEVES, Bruno Miguel <i>FTL</i>	M	15346	94	Assoc. Desportiva de Penafiel	3:09.12	290	
	50m: 40.87 40.87		100m: 1:28.83		47.96	150m: 2:18.33		49.50
			200m: 3:09.12					50.79
DSQ	SOUSA, Alcides Costa	M	103744	94	Clube Desportivo Feirense			
	<i>O atleta efectuou movimentos verticais de pernas durante todo o percurso.</i>							

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Prova 21, Masc., 200m Bruços

Juvenis A

1.	SILVA, Tiago Samuel	M	23502 93	Assoc. Desportiva de Penafiel	2:33.74	539
	50m: 35.30 35.30		100m: 1:14.65	39.35 150m: 1:54.36 39.71	200m: 2:33.74	39.38
2.	BARBOSA, Ricardo Andre	M	102934 93	Gespacos	2:38.95	488
	50m: 35.65 35.65		100m: 1:16.45	40.80 150m: 1:58.27 41.82	200m: 2:38.95	40.68
3.	PARENTE, Lino Manuel	M	13051 93	Viana Natação Clube	2:41.36	466
	50m: 35.90 35.90		100m: 1:17.47	41.57 150m: 2:00.09 42.62	200m: 2:41.36	41.27
4.	ROCHA, Hugo Duarte	M	24374 93	Clube Fluvial Vilacondense	2:46.46	425
	50m: 38.80 38.80		100m: 1:22.04	43.24 150m: 2:04.48 42.44	200m: 2:46.46	41.98
5.	RODRIGUES, Marco Andre	M	23973 93	SSCMP/Paredes Rota Dos Moveis	2:49.30	404
	50m: 38.08 38.08		100m: 1:21.05	42.97 150m: 2:05.42 44.37	200m: 2:49.30	43.88
6.	SOUSA, Ricardo Fernandes	M	19499 93	Futebol Clube do Porto/Império Bonança	2:50.35	396
	50m: 37.42 37.42		100m: 1:21.34	43.92 150m: 2:05.58 44.24	200m: 2:50.35	44.77
7.	AMARAL, Joao Pedro	M	23429 93	Clube de Natação da Maia/Real Seguros	2:52.19	384
	50m: 38.20 38.20		100m: 1:23.12	44.92 150m: 2:08.01 44.89	200m: 2:52.19	44.18
8.	BRUNIDO, Rui Leandro	M	104787 93	Gespacos	2:57.38	351
	50m: 40.65 40.65		100m: 1:25.80	45.15 150m: 2:11.43 45.63	200m: 2:57.38	45.95
DSQ	CASTANHO, Joao Bento	M	24084 93	Clube Fluvial Vilacondense		
	<i>O atleta efectuou batimento alternado de pernas após as viragens.</i>					
DSQ	LOPES, Pedro David	M	20554 93	Lousada Seculo XXI		
	<i>O atleta efectuou batimento alternado de mãos aos 150m.</i>					
EXH	ROSAS, Marcelo Fernandes	M	103742 93	Clube Desportivo Feirense	2:45.09	435
	50m: 36.66 36.66		100m: 1:17.90	41.24 150m: 2:01.48 43.58	200m: 2:45.09	43.61
EXH	BARBOSA, Telmo Goncalves	M	14294 94	Clube Desportivo Feirense	3:12.79	273
	FTL					
	50m: 41.76 41.76		100m: 1:31.25	49.49 150m: 2:21.73 50.48	200m: 3:12.79	51.06

Prova 22
30-11-2008 - 13:05

Femin., 200m Costas
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Juvenis
Resultados

RNJUV 2:19.15 MIGUEL, Susana Patricia SFUAP Alhandra 16-05-2004

Time standard 1 : 2:59.10

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença Ano	Clube	Tempo Final	Pts	Obs
1.	SILVA, Diana Patricia	F	23232 95	SSCMP/Paredes Rota Dos Moveis	2:31.95	538	
	50m: 35.59 35.59		100m: 1:13.88	38.29 150m: 1:53.36 39.48	200m: 2:31.95	38.59	
2.	NETO, Ana Goncalves	F	101958 95	Futebol Clube do Porto/Império Bonança	2:33.71	520	
	50m: 37.00 37.00		100m: 1:15.74	38.74 150m: 1:54.58 38.84	200m: 2:33.71	39.13	
3.	CARVALHO, Hedvigés Ribeiro	F	106925 95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:35.99	498	
	50m: 37.24 37.24		100m: 1:16.98	39.74 150m: 1:57.56 40.58	200m: 2:35.99	38.43	
4.	GONCALVES, Ana Joaquina	F	13224 95	Sporting Clube de Braga	2:36.47	493	
	50m: 37.22 37.22		100m: 1:17.29	40.07 150m: 1:57.88 40.59	200m: 2:36.47	38.59	
5.	LOUSA, Irina Filipa	F	102467 95	Futebol Clube do Porto/Império Bonança	2:36.68	491	
	50m: 38.13 38.13		100m: 1:17.39	39.26 150m: 1:57.42 40.03	200m: 2:36.68	39.26	
6.	PINHEIRO, Guadalupe Ribeiro	F	102032 95	Gespacos	2:37.10	487	
	50m: 36.12 36.12		100m: 1:15.82	39.70 150m: 1:56.99 41.17	200m: 2:37.10	40.11	
7.	ROMPANTE, Filipa Maria	F	102733 95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:38.14	478	
	50m: 37.29 37.29		100m: 1:17.10	39.81 150m: 1:57.92 40.82	200m: 2:38.14	40.22	
8.	REIS, Rita Soares	F	105835 95	Clube Náutico de Arcos de Valdevez	2:38.88	471	
	50m: 36.33 36.33		100m: 1:17.64	41.31 150m: 2:00.57 42.93	200m: 2:38.88	38.31	
9.	ALMEIDA, Claudia Cristina	F	105950 95	SSCMP/Paredes Rota Dos Moveis	2:43.09	435	
	50m: 38.07 38.07		100m: 1:19.67	41.60 150m: 2:02.37 42.70	200m: 2:43.09	40.72	
10.	LEMONS, Ines Perestrello	F	101365 95	Sporting Clube de Braga	2:43.35	433	
	50m: 39.05 39.05		100m: 1:20.67	41.62 150m: 2:02.85 42.18	200m: 2:43.35	40.50	
11.	OLIVEIRA, Filipa Daniela	F	103703 95	Vitória Sport Clube	2:43.59	432	
	50m: 39.19 39.19		100m: 1:20.63	41.44 150m: 2:02.70 42.07	200m: 2:43.59	40.89	
12.	ROSAS, Joana Filipa	F	102023 95	Futebol Clube do Porto/Império Bonança	2:44.36	425	
	50m: 39.32 39.32		100m: 1:21.04	41.72 150m: 2:03.41 42.37	200m: 2:44.36	40.95	
13.	FERNANDES, Maria Francisca	F	20314 95	Vitória Sport Clube	2:44.75	422	
	50m: 38.01 38.01		100m: 1:20.46	42.45 150m: 2:03.16 42.70	200m: 2:44.75	41.59	
14.	MENDES, Mafalda Sofia	F	24180 95	Clube Fluvial Portuense	2:45.26	419	
	50m: 39.24 39.24		100m: 1:21.02	41.78 150m: 2:03.43 42.41	200m: 2:45.26	41.83	
15.	FREITAS, Ana Rita	F	102638 95	Assoc. Desportiva de Fafe	2:46.93	406	
	50m: 39.04 39.04		100m: 1:21.36	42.32 150m: 2:05.11 43.75	200m: 2:46.93	41.82	

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
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Prova 22, Femin., 200m Costas, Juvenis

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
16.	RIBEIRO, Ines Jesus 50m: 40.43 40.43	F	102237	95	Sporting Clube de Braga 42.37 150m: 2:06.62 43.82	2:47.91 200m: 2:47.91	399	41.29
17.	FERREIRA, Ines Sofia 50m: 39.63 39.63	F	15355	95	Gespacos 43.44 150m: 2:06.33 43.26	2:48.50 200m: 2:48.50	395	42.17
18.	MARQUES, Maria Joao 50m: 41.16 41.16	F	24183	95	Gespacos 43.45 150m: 2:07.62 43.01	2:49.37 200m: 2:49.37	389	41.75
19.	VIEIRA, Catarina Costa 50m: 41.20 41.20	F	23470	95	Futebol Clube do Porto/Império Bonança 42.94 150m: 2:07.95 43.81	2:49.86 200m: 2:49.86	385	41.91
20.	DIAS, Mariana Matos 50m: 39.39 39.39	F	15590	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 43.40 150m: 2:07.44 44.65	2:51.72 200m: 2:51.72	373	44.28
21.	PEREIRA, Catarina Pinheiro 50m: 41.09 41.09	F	24517	95	Clube Esposende 2000 43.18 150m: 2:08.59 44.32	2:52.07 200m: 2:52.07	371	43.48
22.	COSTA, Ines Joao 50m: 41.52 41.52	F	12893	95	Sporting Clube de Braga 43.56 150m: 2:09.32 44.24	2:52.90 200m: 2:52.90	365	43.58
23.	SILVA, Carolina Costa 50m: 41.75 41.75	F	24561	95	Sporting Clube de Braga 43.87 150m: 2:10.62 45.00	2:52.96 200m: 2:52.96	365	42.34
24.	TORRES, Andreia Sofia 50m: 39.94 39.94	F	102471	95	Gespacos 44.90 150m: 2:10.45 45.61	2:53.60 200m: 2:53.60	361	43.15
25.	BERNARDINO, Ines Pizarro 50m: 40.92 40.92	F	103739	95	Clube Fluvial Portuense 43.68 150m: 2:09.93 45.33	2:54.52 200m: 2:54.52	355	44.59
26.	BRITO, Ana Cristina 50m: 41.30 41.30	F	102241	95	Sporting Clube de Braga 45.18 150m: 2:11.78 45.30	2:54.78 200m: 2:54.78	354	43.00
27.	SILVA, Ana Rita 50m: 41.95 41.95	F	104553	95	Clube Fluvial Vilacondense 44.92 150m: 2:12.67 45.80	2:56.39 200m: 2:56.39	344	43.72
28.	PINTO, Ana Rita 50m: 42.19 42.19	F	22548	95	Assoc. Desportiva de Penafiel 44.52 150m: 2:12.66 45.95	2:58.27 200m: 2:58.27	333	45.61
29.	SILVA, Andreia Raquel FTL 50m: 41.77 41.77	F	104545	95	Clube Fluvial Vilacondense 45.28 150m: 2:13.63 46.58	2:59.18 200m: 2:59.18	328	45.55
30.	CAIXEIRO, Mariana Dias FTL 50m: 42.52 42.52	F	13265	95	Viana Natação Clube 46.38 150m: 2:16.65 47.75	3:02.84 200m: 3:02.84	309	46.19
31.	SOUSA, Ana Claudia FTL 50m: 41.79 41.79	F	103699	95	Vitória Sport Clube 46.63 150m: 2:16.50 48.08	3:02.99 200m: 3:02.99	308	46.49
32.	TOPA, Joana Filipa FTL 50m: 45.37 45.37	F	101978	95	Gespacos 47.69 150m: 2:20.12 47.06	3:05.09 200m: 3:05.09	298	44.97
33.	NUNES, Eliana Sofia FTL 50m: 44.12 44.12	F	102006	95	Gespacos 47.28 150m: 2:20.32 48.92	3:06.81 200m: 3:06.81	290	46.49
34.	AMORIM, Ariana Barros FTL 50m: 45.51 45.51	F	26629	95	Escola Desportiva Limiana 49.49 150m: 2:25.10 50.10	3:13.43 200m: 3:13.43	261	48.33
EXH	COSTA, Ana Catarina 50m: 37.21 37.21	F	103208	95	Clube Desportivo Feirense 41.41 150m: 2:00.54 41.92	2:40.63 200m: 2:40.63	456	40.09
EXH	MARQUES, Patricia Silva 50m: 38.43 38.43	F	106920	95	Clube Desportivo Feirense 42.87 150m: 2:06.29 44.99	2:49.74 200m: 2:49.74	386	43.45
EXH	ANDRADE, Catarina Rita FTL 50m: 43.39 43.39	F	24354	95	Clube Desportivo Feirense 47.55 150m: 2:19.95 49.01	3:05.40 200m: 3:05.40	296	45.45

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Prova 23 Masc., 200m Estilos
30-11-2008 - 13:25 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis Resultados

RNJUVA 2:05.34 CARVALHO, Diogo Filipe CGA Aveiro 15-05-2004
RNJUVB 2:08.27 CARVALHO, Diogo Filipe CGA Fafe 10-05-2003

Time standard 1 Juv B: 2:44.80; Juv A: 2:40.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	ALVES, Simao Pedro	M	102500	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:20.32	534	
	50m: 28.18 28.18		100m: 1:06.01		37.83 150m: 1:48.81 42.80	200m: 2:20.32		31.51
2.	NUNES, Ruben Filipe	M	23302	94	Gespacos	2:23.53	499	
	50m: 30.96 30.96		100m: 1:09.06		38.10 150m: 1:51.35 42.29	200m: 2:23.53		32.18
3.	RIBEIRO, Luis Pedro	M	15998	94	Escola Desportiva de Viana	2:27.85	457	
	50m: 31.98 31.98		100m: 1:10.51		38.53 150m: 1:54.27 43.76	200m: 2:27.85		33.58
4.	PINHEIRO, Renato Mendes	M	16071	94	Escola Desportiva de Viana	2:28.32	452	
	50m: 32.05 32.05		100m: 1:09.73		37.68 150m: 1:54.65 44.92	200m: 2:28.32		33.67
5.	FERREIRA, Francisco Junior	M	15546	94	Gespacos	2:31.95	421	
	50m: 33.46 33.46		100m: 1:12.28		38.82 150m: 1:56.78 44.50	200m: 2:31.95		35.17
6.	MANGAS, Francisco Taborda	M	102002	94	Futebol Clube do Porto/Império Bonança	2:34.17	403	
	50m: 33.60 33.60		100m: 1:14.61		41.01 150m: 1:59.64 45.03	200m: 2:34.17		34.53
7.	LIMA, Ricardo Magina	M	13295	94	Escola Desportiva Limiana	2:34.35	401	
	50m: 32.14 32.14		100m: 1:14.41		42.27 150m: 1:58.98 44.57	200m: 2:34.35		35.37
8.	ROLA, Tiago Jose	M	101947	94	Futebol Clube do Porto/Império Bonança	2:35.26	394	
	50m: 34.19 34.19		100m: 1:15.24		41.05 150m: 1:59.91 44.67	200m: 2:35.26		35.35
9.	PACHECO, Flavio Jesus	M	15351	94	Gespacos	2:38.22	373	
	50m: 32.84 32.84		100m: 1:14.78		41.94 150m: 2:01.92 47.14	200m: 2:38.22		36.30
10.	MARQUES, Claudio Miguel	M	13059	94	Viana Natação Clube	2:38.85	368	
	50m: 32.41 32.41		100m: 1:15.95		43.54 150m: 2:03.07 47.12	200m: 2:38.85		35.78
11.	CARVALHO, Pedro Romanoski	M	108664	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:41.34	351	
	50m: 34.08 34.08		100m: 1:15.18		41.10 150m: 2:05.38 50.20	200m: 2:41.34		35.96
12.	CARNEIRO, Antonio Joaquim	M	15471	94	Foca-Clube De Natação De Felgueiras	2:42.12	346	
	50m: 35.49 35.49		100m: 1:17.80		42.31 150m: 2:05.73 47.93	200m: 2:42.12		36.39
13.	SILVA, Rui Cesar	M	106121	94	Vitória Sport Clube	2:43.13	340	
	50m: 36.31 36.31		100m: 1:18.43		42.12 150m: 2:05.60 47.17	200m: 2:43.13		37.53
14.	PINTO, Joao Ricardo	M	26630	94	Escola Desportiva Limiana	2:46.13	322	
	FTL 50m: 36.61 36.61		100m: 1:21.16		44.55 150m: 2:09.24 48.08	200m: 2:46.13		36.89
15.	PINTO, Joao Filipe	M	22542	94	Gespacos	2:46.45	320	
	FTL 50m: 38.30 38.30		100m: 1:21.66		43.36 150m: 2:08.52 46.86	200m: 2:46.45		37.93
16.	RODRIGUES, Diogo Orlando	M	15339	94	Vitória Sport Clube	2:48.31	310	
	FTL 50m: 36.13 36.13		100m: 1:18.86		42.73 150m: 2:09.19 50.33	200m: 2:48.31		39.12
17.	MENDES, Vitor Daniel	M	109337	94	Vitória Sport Clube	2:51.99	290	
	FTL 50m: 38.38 38.38		100m: 1:19.77		41.39 150m: 2:11.76 51.99	200m: 2:51.99		40.23
18.	CASTRO, Francisco Xavier	M	13213	94	Escola Desportiva Limiana	3:02.44	243	
	FTL 50m: 41.21 41.21		100m: 1:26.57		45.36 150m: 2:22.29 55.72	200m: 3:02.44		40.15
Juvenis A								
1.	SOUSA, Joao Claudio	M	23458	93	Gespacos	2:12.68	632	
	50m: 29.46 29.46		100m: 1:03.90		34.44 150m: 1:41.09 37.19	200m: 2:12.68		31.59
2.	SILVA, Bernardo Correia	M	15342	93	Clube Fluvial Portuense	2:19.59	543	
	50m: 30.21 30.21		100m: 1:06.51		36.30 150m: 1:47.79 41.28	200m: 2:19.59		31.80
3.	CUNHA, Mario Rui	M	15616	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:22.20	513	
	50m: 30.34 30.34		100m: 1:07.83		37.49 150m: 1:50.27 42.44	200m: 2:22.20		31.93
4.	MAIA, Rui Filipe	M	24204	93	Clube Fluvial Vilacondense	2:22.43	511	
	50m: 30.64 30.64		100m: 1:08.04		37.40 150m: 1:50.74 42.70	200m: 2:22.43		31.69
5.	FERREIRA, Venancio Guilherme	M	11039	93	Escola Desportiva de Viana	2:22.51	510	
	50m: 30.53 30.53		100m: 1:07.01		36.48 150m: 1:50.81 43.80	200m: 2:22.51		31.70
6.	PINHEIRO, Claudio Miguel	M	103181	93	Clube de Natação da Maia/Real Seguros	2:25.21	482	
	50m: 31.75 31.75		100m: 1:08.67		36.92 150m: 1:51.34 42.67	200m: 2:25.21		33.87
7.	RIBEIRO, Jose Alberto	M	11034	93	Escola Desportiva de Viana	2:26.65	468	
	50m: 32.21 32.21		100m: 1:09.08		36.87 150m: 1:54.07 44.99	200m: 2:26.65		32.58
8.	PARENTE, Lino Manuel	M	13051	93	Viana Natação Clube	2:26.90	466	
	50m: 31.18 31.18		100m: 1:11.83		40.65 150m: 1:54.45 42.62	200m: 2:26.90		32.45

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Associação de Natação do Norte de Portugal
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Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	RIBEIRO, Jose Enes 50m: 31.07 31.07	M	11036	93	Escola Desportiva de Viana 37.14 150m: 1:53.19 44.98	2:27.04 200m: 2:27.04	464	33.85
10.	RIBAS, Rafael Lages 50m: 30.97 30.97	M	12688	93	Escola Desportiva de Viana 37.92 150m: 1:54.65 45.76	2:27.18 200m: 2:27.18	463	32.53
11.	SOUSA, Ricardo Fernandes 50m: 31.27 31.27	M	19499	93	Futebol Clube do Porto/Império Bonança 40.75 150m: 1:55.01 42.99	2:28.53 200m: 2:28.53	450	33.52
12.	NETO, Ricardo Ferreira 50m: 31.77 31.77	M	15399	93	Gespacos 39.17 150m: 1:54.99 44.05	2:28.58 200m: 2:28.58	450	33.59
13.	PINTO, Paulo Jorge 50m: 30.86 30.86	M	16054	93	Vitória Sport Clube 38.66 150m: 1:53.90 44.38	2:28.67 200m: 2:28.67	449	34.77
14.	CORDEIRO, Ivo Alexandre 50m: 29.89 29.89	M	102560	93	Leixões Sport Clube 38.41 150m: 1:57.77 49.47	2:31.16 200m: 2:31.16	427	33.39
15.	AGANTE, Nuno Miguel 50m: 33.10 33.10	M	24375	93	Clube Fluvial Portuense 38.47 150m: 1:58.47 46.90	2:31.98 200m: 2:31.98	420	33.51
16.	RODRIGUES, Diogo Miguel 50m: 32.28 32.28	M	15605	93	Grupo Desportivo Natacao de Vila Nova de Famalicao 39.75 150m: 1:56.02 43.99	2:32.62 200m: 2:32.62	415	36.60
17.	NOSSA, Vasco Antonio 50m: 31.00 31.00	M	103081	93	Assoc. Desportiva de Penafiel 37.43 150m: 1:56.52 48.09	2:33.31 200m: 2:33.31	410	36.79
18.	RODRIGUES, Marco Andre 50m: 35.23 35.23	M	23973	93	SSCMP/Paredes Rota Dos Moveis 39.90 150m: 1:58.82 43.69	2:33.72 200m: 2:33.72	406	34.90
19.	MOREIRA, Joao Carlos 50m: 31.74 31.74	M	24216	93	Lousada Seculo XXI 39.21 150m: 1:58.86 47.91	2:36.12 200m: 2:36.12	388	37.26
20.	OLIVEIRA, Alvaro Miguel 50m: 31.94 31.94	M	23984	93	Futebol Clube do Porto/Império Bonança 37.28 150m: 1:59.75 50.53	2:36.26 200m: 2:36.26	387	36.51
21.	ROCHA, Andre Filipe 50m: 33.31 33.31	M	12688	93	Escola Desportiva de Viana 41.90 150m: 2:04.07 48.86	2:38.69 200m: 2:38.69	369	34.62
22.	FERREIRA, Carlos Manuel FTL 50m: 33.89 33.89	M	13056	93	Viana Natação Clube 42.74 150m: 2:04.87 48.24	2:41.79 200m: 2:41.79	349	36.92
23.	COSTA, Joao Filipe FTL 50m: 39.04 39.04	M	26628	93	Escola Desportiva Limiana 44.25 150m: 2:17.23 53.94	2:54.67 200m: 2:54.67	277	37.44
24.	DANTAS, Rui Filipe FTL 50m: 42.03 42.03	M	26627	93	Escola Desportiva Limiana 45.76 150m: 2:18.03 50.24	2:57.89 200m: 2:57.89	262	39.86
DSQ	SANTOS, Telmo Almeida <i>O atleta terminou o percurso de costas na posição ventral.</i>	M	103746	93	Clube Desportivo Feirense			
DSQ	MARTINS, Antonio Rafael <i>o atleta chegou na posição ventral no estilo de costas.</i>	M	15240	93	Clube Fluvial Portuense			
DSQ	BASTOS, Nuno Ricardo <i>O atleta na saída no estilo de costas, saiu na posição ventral.</i>	M	24230	93	Clube Fluvial Portuense			
DSQ	PASSOS, Joao Pedro <i>O atleta efectuou mãos alternadas na viragem no estilo de bruços.</i>	M	11503	93	Viana Natação Clube			
DSQ	PEREIRA, Diogo Torres <i>O atleta efectuou as chegadas no estilo de mariposa e bruços apenas com uma mão.</i>	M	24521	93	Clube Esposende 2000			
EXH	PINHO, Emanuel Augusto 50m: 28.55 28.55	M	14295	93	Clube Desportivo Feirense 35.66 150m: 1:46.26 42.05	2:19.69 200m: 2:19.69	542	33.43
EXH	CARVALHO, Diogo Antonio 50m: 31.57 31.57	M	103753	93	Clube Desportivo Feirense 39.90 150m: 1:59.50 48.03	2:35.09 200m: 2:35.09	396	35.59
EXH	BAPTISTA, Filipe Jose FTL 50m: 33.54 33.54	M	107614	94	Clube Desportivo Feirense 43.09 150m: 2:06.53 49.90	2:44.91 200m: 2:44.91	329	38.38

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5 - 3ª Jornada - 2ª Sessão

30-11-2008 - 17:30

Prova 24 Femin., 200m Livres
30-11-2008 - 17:30 COPIDOURO - Cópia e Artigos de Reprodução, Lda
Juvenis Resultados

RNJUV 2:06.53 SANTOS, Ana Claudia SFUAP Mealhada 17-04-2004

Time standard 1 : 2:39.30

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	NETO, Ana Goncalves	F	101958	95	Futebol Clube do Porto/Império Bonança	2:14.34	612	
	50m: 31.65 31.65		100m: 1:05.88		34.23 150m: 1:40.68 34.80	200m: 2:14.34		33.66
2.	AMORIM, Maria Luis	F	102029	95	Futebol Clube do Porto/Império Bonança	2:17.29	573	
	50m: 32.14 32.14		100m: 1:08.96		34.82 150m: 1:42.17 35.21	200m: 2:17.29		35.12
3.	REIS, Catarina Lopes	F	15489	95	Futebol Clube do Porto/Império Bonança	2:18.34	560	
	50m: 31.98 31.98		100m: 1:06.94		34.96 150m: 1:42.87 35.93	200m: 2:18.34		35.47
4.	MIRANDA, Joana Isabel	F	104220	95	Vitória Sport Clube	2:20.99	529	
	50m: 32.68 32.68		100m: 1:08.86		36.18 150m: 1:46.14 37.28	200m: 2:20.99		34.85
5.	TORRES, Andreia Sofia	F	102471	95	Gespacos	2:22.30	515	
	50m: 32.76 32.76		100m: 1:09.97		37.21 150m: 1:46.14 36.17	200m: 2:22.30		36.16
6.	CARVALHO, Hedvigés Ribeiro	F	106925	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:23.64	501	
	50m: 33.43 33.43		100m: 1:09.67		36.24 150m: 1:47.53 37.86	200m: 2:23.64		36.11
7.	FERNANDES, Maria Francisca	F	20314	95	Vitória Sport Clube	2:24.35	493	
	50m: 33.86 33.86		100m: 1:11.05		37.19 150m: 1:48.75 37.70	200m: 2:24.35		35.60
8.	ROSAS, Joana Filipa	F	102023	95	Futebol Clube do Porto/Império Bonança	2:25.57	481	
	50m: 34.15 34.15		100m: 1:11.17		37.02 150m: 1:48.94 37.77	200m: 2:25.57		36.63
9.	LOUSA, Irina Filipa	F	102467	95	Futebol Clube do Porto/Império Bonança	2:25.81	479	
	50m: 34.71 34.71		100m: 1:11.99		37.28 150m: 1:49.68 37.69	200m: 2:25.81		36.13
10.	CUNHA, Ana Oliveira	F	15585	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:26.30	474	
	50m: 34.56 34.56		100m: 1:11.66		37.10 150m: 1:49.58 37.92	200m: 2:26.30		36.72
11.	MOTA, Ines Maria	F	102067	95	Clube Fluvial Portuense	2:26.33	473	
	50m: 34.73 34.73		100m: 1:12.08		37.35 150m: 1:49.66 37.58	200m: 2:26.33		36.67
12.	ALVES, Ana Sofia	F	25757	95	Vitória Sport Clube	2:26.35	473	
	50m: 32.90 32.90		100m: 1:09.08		36.18 150m: 1:47.31 38.23	200m: 2:26.35		39.04
13.	RODRIGUES, Catia Sofia	F	23305	95	SSCMP/Paredes Rota Dos Moveis	2:26.52	472	
	50m: 34.22 34.22		100m: 1:11.94		37.72 150m: 1:50.19 38.25	200m: 2:26.52		36.33
14.	PEREIRA, Catarina Pinheiro	F	24517	95	Clube Esposende 2000	2:27.26	465	
	50m: 34.40 34.40		100m: 1:11.67		37.27 150m: 1:49.79 38.12	200m: 2:27.26		37.47
15.	FERREIRA, Maria Claudia	F	15498	95	Leixões Sport Clube	2:28.32	455	
	50m: 35.11 35.11		100m: 1:12.84		37.73 150m: 1:51.05 38.21	200m: 2:28.32		37.27
16.	PEREIRA, Helena Marisa	F	20331	95	Foca-Clube De Natação De Felgueiras	2:29.93	440	
	50m: 34.83 34.83		100m: 1:12.72		37.89 150m: 1:52.10 39.38	200m: 2:29.93		37.83
17.	BARBOSA, Ana Sofia	F	106533	95	Leixões Sport Clube	2:30.87	432	
	50m: 35.45 35.45		100m: 1:14.12		38.67 150m: 1:53.38 39.26	200m: 2:30.87		37.49
18.	ALMEIDA, Claudia Cristina	F	105950	95	SSCMP/Paredes Rota Dos Moveis	2:31.27	429	
	50m: 34.04 34.04		100m: 1:12.57		38.53 150m: 1:53.24 40.67	200m: 2:31.27		38.03
19.	DIAS, Mariana Matos	F	15590	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:32.53	418	
	50m: 34.51 34.51		100m: 1:13.12		38.61 150m: 1:53.91 40.79	200m: 2:32.53		38.62
20.	MENDES, Mafalda Sofia	F	24180	95	Clube Fluvial Portuense	2:33.22	412	
	50m: 34.19 34.19		100m: 1:12.89		38.70 150m: 1:53.36 40.47	200m: 2:33.22		39.86
21.	VIEIRA, Catarina Costa	F	23470	95	Futebol Clube do Porto/Império Bonança	2:35.01	398	
	50m: 35.71 35.71		100m: 1:15.35		39.64 150m: 1:56.22 40.87	200m: 2:35.01		38.79
22.	SOUSA, Roberta Irene	F	107510	95	Clube Esposende 2000	2:36.40	388	
	50m: 35.55 35.55		100m: 1:16.63		41.08 150m: 1:57.94 41.31	200m: 2:36.40		38.46
23.	LOPES, Jessica Faria	F	102551	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:37.21	382	
	50m: 35.96 35.96		100m: 1:15.22		39.26 150m: 1:56.79 41.57	200m: 2:37.21		40.42
24.	TOPA, Joana Filipa FTL	F	101978	95	Gespacos	2:48.35	311	
	50m: 38.00 38.00		100m: 1:20.95		42.95 150m: 2:05.18 44.23	200m: 2:48.35		43.17
25.	NUNES, Eliana Sofia FTL	F	102006	95	Gespacos	2:49.97	302	
	50m: 39.13 39.13		100m: 1:22.45		43.32 150m: 2:06.49 44.04	200m: 2:49.97		43.48
EXH	ANDRADE, Catarina Rita FTL	F	24354	95	Clube Desportivo Feirense	2:43.42	340	
	50m: 37.99 37.99		100m: 1:20.32		42.33 150m: 2:03.17 42.85	200m: 2:43.42		40.25
EXH	SILVA, Salome Santos FTL	F	107610	95	Clube Desportivo Feirense	2:45.51	327	
	50m: 38.28 38.28		100m: 1:20.34		42.06 150m: 2:03.49 43.15	200m: 2:45.51		42.02

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Prova 25 Masc., 100m Livres
30-11-2008 - 17:45 COPIDOURO - Cópia e Artigos de Reprodução, Lda Juvenis Resultados

RNJUVA	50.82	VENANCIO, Tiago Andre	CNS	Braga	23-03-2003
RNJUVB	52.66	FERRO, David Miguel	SFUAP	Penafiel	21-03-1999

Time standard 1 Juv B: 1:07.00; Juv A: 1:04.80

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	ALVES, Simao Pedro 50m: 26.87 26.87	M	102500	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	55.17	597	
2.	MARTINS, Jose Alberto 50m: 28.27 28.27	M	23096	94	Vitória Sport Clube	58.36	504	
3.	FONSECA, Luis Miguel 50m: 28.37 28.37	M	25216	94	Futebol Clube do Porto/Império Bonança	59.13	485	
4.	MOREIRA, Fernando Santos 50m: 28.71 28.71	M	15824	94	Clube Fluvial Portuense	59.14	485	
5.	KALDEICH, Andre Canelas 50m: 28.75 28.75	M	105749	94	Clube Fluvial Portuense	59.68	471	
6.	OLIVEIRA, Tiago Silva 50m: 29.05 29.05	M	15465	94	Leixões Sport Clube	1:00.06	463	
7.	MARQUES, Claudio Miguel 50m: 28.79 28.79	M	13059	94	Viana Natação Clube	1:00.20	459	
8.	PASSOS, Luis Filipe 50m: 28.82 28.82	M	103697	94	Vitória Sport Clube	1:00.26	458	
9.	MANGAS, Francisco Taborda 50m: 28.71 28.71	M	102002	94	Futebol Clube do Porto/Império Bonança	1:00.42	454	
10.	COSTA, Bernardo Machado 50m: 29.10 29.10	M	19515	94	Futebol Clube do Porto/Império Bonança	1:00.95	443	
11.	ROLA, Tiago Jose 50m: 29.44 29.44	M	101947	94	Futebol Clube do Porto/Império Bonança	1:01.49	431	
12.	CARVALHO, Pedro Romanoski 50m: 29.92 29.92	M	108664	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:01.76	425	
13.	CERQUEIRA, Mario Andre 50m: 29.91 29.91	M	15458	94	Clube Fluvial Portuense	1:02.18	417	
14.	TORRES, Marcelo David 50m: 29.94 29.94	M	11509	94	Clube Esposende 2000	1:02.56	409	
15.	ARAUJO, Carlos Miguel 50m: 29.84 29.84	M	15583	94	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:02.65	408	
16.	MAGALHAES, Nuno Filipe 50m: 30.03 30.03	M	102016	94	Futebol Clube do Porto/Império Bonança	1:03.04	400	
17.	FERREIRA, Jorge Filipe 50m: 30.30 30.30	M	103957	94	Colégio Liceal de Santa Maria de Lamas	1:03.64	389	
18.	PINTO, Marcelo Jose 50m: 31.01 31.01	M	19400	94	Foca-Clube De Natação De Felgueiras	1:03.96	383	
19.	ROCHA, Rui Fernando 50m: 31.02 31.02	M	24096	94	Clube Natação de Valongo	1:04.29	377	
20.	PORTO, Joao Luis 50m: 31.00 31.00	M	25813	94	Viana Natação Clube	1:04.33	376	
21.	SILVA, Rui Cesar 50m: 31.38 31.38	M	106121	94	Vitória Sport Clube	1:04.43	375	
22.	NASCIMENTO, Filipe Andre FTL 50m: 31.76 31.76	M	102030	94	Futebol Clube do Porto/Império Bonança	1:07.16	331	
23.	COELHO, Pedro Miguel FTL 50m: 32.04 32.04	M	23495	94	Lousada Seculo XXI	1:07.30	329	
24.	SILVA, Ricardo Mendes FTL 50m: 32.91 32.91	M	103736	94	Clube Fluvial Portuense	1:07.72	323	
25.	ESTEVES, Bruno Miguel FTL 50m: 32.15 32.15	M	15346	94	Assoc. Desportiva de Penafiel	1:08.50	312	
DSQ	MARTINS, Hugo Moreira Falsa Partida	M	108219	94	Clube Natação de Valongo			

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Juvenis A

1.	SANTOS, Dario Almeida	M	22520	93	Leixões Sport Clube	56.22	564
	50m: 27.43 27.43		100m: 56.22		28.79		
2.	SOUSA, Ricardo Fernandes	M	19499	93	Futebol Clube do Porto/Império Bonança	56.23	564
	50m: 27.40 27.40		100m: 56.23		28.83		
3.	NOGUEIRA, Luis Miguel	M	15959	93	Futebol Clube do Porto/Império Bonança	56.59	553
	50m: 27.05 27.05		100m: 56.59		29.54		
4.	RIBAS, Rafael Lages	M	12688	93	Escola Desportiva de Viana	57.15	537
	50m: 27.58 27.58		100m: 57.15		29.57		
5.	SILVA, Bernardo Correia	M	15342	93	Clube Fluvial Portuense	57.80	519
	50m: 28.16 28.16		100m: 57.80		29.64		
6.	SILVA, Tiago Samuel	M	23502	93	Assoc. Desportiva de Penafiel	57.93	516
	50m: 27.90 27.90		100m: 57.93		30.03		
7.	PASSOS, Joao Pedro	M	11503	93	Viana Natação Clube	58.16	509
	50m: 27.88 27.88		100m: 58.16		30.28		
8.	CORDEIRO, Ivo Alexandre	M	102560	93	Leixões Sport Clube	58.71	495
	50m: 28.61 28.61		100m: 58.71		30.10		
9.	CUNHA, Mario Rui	M	15616	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	58.77	494
	50m: 28.52 28.52		100m: 58.77		30.25		
10.	OLIVEIRA, Alvaro Miguel	M	23984	93	Futebol Clube do Porto/Império Bonança	58.86	491
	50m: 28.39 28.39		100m: 58.86		30.47		
11.	MARTINS, Antonio Rafael	M	15240	93	Clube Fluvial Portuense	58.88	491
	50m: 28.53 28.53		100m: 58.88		30.35		
12.	RIBEIRO, Pedro Nuno	M	24127	93	Futebol Clube do Porto/Império Bonança	58.96	489
	50m: 28.14 28.14		100m: 58.96		30.82		
13.	PARENTE, Lino Manuel	M	13051	93	Viana Natação Clube	59.62	473
	50m: 28.79 28.79		100m: 59.62		30.83		
14.	QUEIJO, Joao Pedro	M	24221	93	Clube de Natação da Maia/Real Seguros	59.65	472
	50m: 28.90 28.90		100m: 59.65		30.75		
15.	PILAR, Eduardo Alexandre	M	11507	93	Clube Esposende 2000	59.89	467
	50m: 28.49 28.49		100m: 59.89		31.40		
16.	RIBEIRO, Jose Enes	M	11036	93	Escola Desportiva de Viana	1:00.08	462
	50m: 28.90 28.90		100m: 1:00.08		31.18		
17.	PINTO, Paulo Jorge	M	16054	93	Vitória Sport Clube	1:00.20	459
	50m: 28.62 28.62		100m: 1:00.20		31.58		
18.	NOSSA, Vasco Antonio	M	103081	93	Assoc. Desportiva de Penafiel	1:00.72	448
	50m: 28.98 28.98		100m: 1:00.72		31.74		
19.	SOUSA, NunoTiago	M	19004	93	Leixões Sport Clube	1:00.92	443
	50m: 29.22 29.22		100m: 1:00.92		31.70		
20.	PINHEIRO, Claudio Miguel	M	103181	93	Clube de Natação da Maia/Real Seguros	1:01.02	441
	50m: 29.65 29.65		100m: 1:01.02		31.37		
21.	MOREIRA, Joao Carlos	M	24216	93	Lousada Seculo XXI	1:01.11	439
	50m: 29.47 29.47		100m: 1:01.11		31.64		
22.	ROCHA, Andre Filipe	M	12688	93	Escola Desportiva de Viana	1:01.86	423
	50m: 29.35 29.35		100m: 1:01.86		32.51		
23.	SOUSA, Bruno Miranda	M	106109	93	Escola Desportiva de Viana	1:02.00	421
	50m: 30.12 30.12		100m: 1:02.00		31.88		
24.	STIGLIANO, Francisco Azevedo	M	20419	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:02.21	416
	50m: 29.56 29.56		100m: 1:02.21		32.65		
25.	LOPES, Pedro David	M	20554	93	Lousada Seculo XXI	1:02.40	412
	50m: 29.12 29.12		100m: 1:02.40		33.28		
26.	BRUNIDO, Rui Leandro	M	104787	93	Gespacos	1:02.86	403
	50m: 30.27 30.27		100m: 1:02.86		32.59		
27.	PEREIRA, Diogo Torres	M	24521	93	Clube Esposende 2000	1:02.97	401
	50m: 30.12 30.12		100m: 1:02.97		32.85		
DSQ	PINTO, Bruno Mendes <i>Falsa Partida</i>	M	15343	93	Clube Fluvial Portuense		
EXH	PINHO, Emanuel Augusto	M	14295	93	Clube Desportivo Feirense	57.12	538
	50m: 27.54 27.54		100m: 57.12		29.58		
EXH	ROSAS, Marcelo Fernandes	M	103742	93	Clube Desportivo Feirense	1:00.44	454
	50m: 28.89 28.89		100m: 1:00.44		31.55		
EXH	SANTOS, Telmo Almeida	M	103746	93	Clube Desportivo Feirense	1:01.30	435
	50m: 28.93 28.93		100m: 1:01.30		32.37		
EXH	BAPTISTA, Filipe Jose	M	107614	94	Clube Desportivo Feirense	1:02.66	407
	50m: 30.01 30.01		100m: 1:02.66		32.65		
EXH	CARVALHO, Diogo Antonio	M	103753	93	Clube Desportivo Feirense	1:02.78	405
	50m: 29.70 29.70		100m: 1:02.78		33.08		

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 25, Masc., 100m Livres

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
EXH	ANDRADE, Tiago Botelho	M	13910	94	Clube Desportivo Feirense	1:03.86	385	
	50m: 29.95 29.95		100m: 1:03.86		33.91			
EXH	BARBOSA, Telmo Goncalves	M	14294	94	Clube Desportivo Feirense	1:06.98	334	
	50m: 31.72 31.72		100m: 1:06.98		35.26			

Prova 26

30-11-2008 - 18:00

Femin., 100m Bruços

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Juvenis

Resultados

RNJUV 1:11.76 GOMES, Diana Duarte ABVE Reboleira 28-06-2003

Time standard 1 : 1:35.05

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	ROMPANTE, Filipa Maria	F	102733	95	Grupo Desportivo Natacao de Vila Nova de Famalicao	1:24.66	451	
	50m: 40.87 40.87		100m: 1:24.66		43.79			
2.	MATOS, Joana Fazendeiro	F	101973	95	Futebol Clube do Porto/Império Bonança	1:24.75	450	
	50m: 40.15 40.15		100m: 1:24.75		44.60			
2.	TEIXEIRA, Ana Catarina	F	18137	95	Foca-Clube De Natação De Felgueiras	1:24.75	450	
	50m: 40.82 40.82		100m: 1:24.75		43.93			
4.	SILVA, Maria Susana	F	102462	95	Futebol Clube do Porto/Império Bonança	1:27.58	407	
	50m: 41.44 41.44		100m: 1:27.58		46.14			
5.	FERREIRA, Ines Sofia	F	15355	95	Gespacos	1:27.82	404	
	50m: 40.64 40.64		100m: 1:27.82		47.18			
6.	SANTOS, Mariana Rego	F	102580	95	Leixões Sport Clube	1:28.67	393	
	50m: 42.19 42.19		100m: 1:28.67		46.48			
7.	REIS, Rita Soares	F	105835	95	Clube Náutico de Arcos de Valdevez	1:28.83	391	
	50m: 41.42 41.42		100m: 1:28.83		47.41			
8.	PINTO, Maria Clara	F	104713	95	SSCMP/Paredes Rota Dos Moveis	1:30.30	372	
	50m: 42.93 42.93		100m: 1:30.30		47.37			
8.	FERREIRA, Maria Beatriz	F	24133	95	Clube Fluvial Portuense	1:30.30	372	
	50m: 43.13 43.13		100m: 1:30.30		47.17			
10.	SILVA, Joana Gabriela	F	103945	95	Colégio Liceal de Santa Maria de Lamas	1:31.78	354	
	50m: 43.27 43.27		100m: 1:31.78		48.51			
11.	MARTINS, Ana Ferreira	F	103029	95	Colégio Liceal de Santa Maria de Lamas	1:33.06	340	
	50m: 44.73 44.73		100m: 1:33.06		48.33			
12.	CAIXEIRO, Mariana Dias	F	13265	95	Viana Natação Clube	1:34.23	327	
	50m: 43.80 43.80		100m: 1:34.23		50.43			
13.	CONCEICAO, Ines Sofia	F	104711	95	SSCMP/Paredes Rota Dos Moveis	1:34.36	326	
	50m: 44.73 44.73		100m: 1:34.36		49.63			
14.	SOUSA, Roberta Irene	F	107510	95	Clube Esposende 2000	1:35.83	311	
	FTL 50m: 44.85 44.85		100m: 1:35.83		50.98			
15.	PINTO, Sara Jose	F	18118	95	Ginásio Clube de Santo Tirso	1:36.83	302	
	FTL 50m: 46.40 46.40		100m: 1:36.83		50.43			
16.	CAIXEIRO, Carolina Dias	F	13264	95	Viana Natação Clube	1:37.02	300	
	FTL 50m: 44.71 44.71		100m: 1:37.02		52.31			
17.	OLIVEIRA, Carolina Isabel	F	103089	95	Lousada Seculo XXI	1:48.36	215	
	FTL 50m: 51.50 51.50		100m: 1:48.36		56.86			

O Secretário do Júri

O Juíz Árbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 27
30-11-2008 - 18:05

Masc., 200m Mariposa
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Juvenis
Resultados

RNJUVA	2:03.83	CARVALHO, Diogo Filipe	CGA	Mealhada	07-03-2004
RNJUVB	2:07.06	OLIVEIRA, Pedro Diogo	CNRM	Entroncamento	24-05-2003

Time standard 1 Juv B: 2:44.80; Juv A: 2:40.40

Pontos: FINA 2008

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
Juvenis B								
1.	NUNES, Ruben Filipe	M	23302	94	Gespacos	2:18.24	523	
	50m: 31.16 31.16				100m: 1:06.63 35.47	150m: 1:42.51 35.88	200m: 2:18.24	35.73
2.	BESSA, Antonio Rafael	M	102089	94	Gespacos	2:20.45	499	
	50m: 31.85 31.85				100m: 1:08.02 36.17	150m: 1:43.93 35.91	200m: 2:20.45	36.52
3.	ROCHA, Antonio Jorge	M	15322	94	Assoc. Desportiva de Penafiel	2:22.58	477	
	50m: 31.64 31.64				100m: 1:07.24 35.60	150m: 1:43.71 36.47	200m: 2:22.58	38.87
4.	FERRARIA, Miguel Angelo	M	102072	94	Futebol Clube do Porto/Império Bonança	2:25.81	446	
	50m: 32.20 32.20				100m: 1:08.73 36.53	150m: 1:47.03 38.30	200m: 2:25.81	38.78
5.	RIBEIRO, Luis Pedro	M	15998	94	Escola Desportiva de Viana	2:27.75	428	
	50m: 32.67 32.67				100m: 1:09.54 36.87	150m: 1:48.05 38.51	200m: 2:27.75	39.70
6.	MAGALHAES, Nuno Filipe	M	102016	94	Futebol Clube do Porto/Império Bonança	2:32.30	391	
	50m: 33.77 33.77				100m: 1:11.93 38.16	150m: 1:52.04 40.11	200m: 2:32.30	40.26
7.	CUNHA, David Xavier	M	24093	94	Vitória Sport Clube	2:34.22	377	
	50m: 32.08 32.08				100m: 1:10.66 38.58	150m: 1:52.39 41.73	200m: 2:34.22	41.83
8.	PACHECO, Flavio Jesus	M	15351	94	Gespacos	2:41.05	331	
	50m: 33.78 33.78				100m: 1:12.70 38.92	150m: 1:55.46 42.76	200m: 2:41.05	45.59
9.	LEMOS, Miguel Alexandre	M	101989	94	Futebol Clube do Porto/Império Bonança	2:47.26	295	
	FTL							
	50m: 35.66 35.66				100m: 1:17.59 41.93	150m: 2:02.15 44.56	200m: 2:47.26	45.11

Juvenis A

1.	MARTINS, Rafael Dias	M	102480	93	Clube de Natação da Maia/Real Seguros	2:10.27	625	
	50m: 29.45 29.45				100m: 1:02.61 33.16	150m: 1:36.17 33.56	200m: 2:10.27	34.10
2.	BASTOS, Nuno Ricardo	M	24230	93	Clube Fluvial Portuense	2:19.49	509	
	50m: 31.04 31.04				100m: 1:06.81 35.77	150m: 1:43.40 36.59	200m: 2:19.49	36.09
3.	ROCHA, Joao Miguel	M	23414	93	Grupo Desportivo Natacao de Vila Nova de Famalicao	2:20.05	503	
	50m: 30.50 30.50				100m: 1:05.52 35.02	150m: 1:41.90 36.38	200m: 2:20.05	38.15
4.	NETO, Ricardo Ferreira	M	15399	93	Gespacos	2:25.67	447	
	50m: 32.11 32.11				100m: 1:09.18 37.07	150m: 1:46.98 37.80	200m: 2:25.67	38.69
5.	FERREIRA, Venancio Guilherme	M	11039	93	Escola Desportiva de Viana	2:26.73	437	
	50m: 31.76 31.76				100m: 1:08.23 36.47	150m: 1:46.91 38.68	200m: 2:26.73	39.82
6.	AGANTE, Nuno Miguel	M	24375	93	Clube Fluvial Portuense	2:29.65	412	
	50m: 33.49 33.49				100m: 1:10.80 37.31	150m: 1:49.22 38.42	200m: 2:29.65	40.43
7.	BARBOSA, Ricardo Andre	M	102934	93	Gespacos	2:41.66	327	
	FTL							
	50m: 34.21 34.21				100m: 1:14.66 40.45	150m: 1:57.99 43.33	200m: 2:41.66	43.67
8.	RODRIGUES, Marco Andre	M	23973	93	SSCMP/Paredes Rota Dos Moveis	2:44.94	308	
	FTL							
	50m: 35.42 35.42				100m: 1:16.81 41.39	150m: 2:00.45 43.64	200m: 2:44.94	44.49
9.	FERREIRA, Carlos Manuel	M	13056	93	Viana Natação Clube	2:52.66	268	
	FTL							
	50m: 35.12 35.12				100m: 1:19.44 44.32	150m: 2:06.82 47.38	200m: 2:52.66	45.84
EXH	SOUSA, Alcides Costa	M	103744	94	Clube Desportivo Feirense	2:25.34	450	
	50m: 31.76 31.76				100m: 1:08.19 36.43	150m: 1:46.97 38.78	200m: 2:25.34	38.37
EXH	CATELAS, Diogo Nobrega	M	13361	94	Clube Desportivo Feirense	2:37.45	354	
	50m: 32.05 32.05				100m: 1:10.59 38.54	150m: 1:53.18 42.59	200m: 2:37.45	44.27

Associação de Nataç o do Norte de Portugal
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Prova 28 Femin., 100m Mariposa
30-11-2008 - 18:15 COPIDOURO - C pia e Artigos de Reprodu o, Lda Juvenis Resultados

RNJUV 1:04.30 MIGUEL, Susana Patricia SFUAP Penafiel 21-03-2004

Time standard 1 : 1:24.60

Pontos: FINA 2008

Lugar	Nome	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
1.	PINHEIRO, Guadalupe Ribeiro 50m: 33.32 33.32	F	102032	95	Gespacos 100m: 1:11.74 38.42	1:11.74	486	
2.	MATOS, Joana Fazendeiro 50m: 34.96 34.96	F	101973	95	Futebol Clube do Porto/Imp�rio Bonan�a 100m: 1:13.66 38.70	1:13.66	449	
3.	SAMPAIO, Beatriz Magalhaes 50m: 34.99 34.99	F	102666	95	Assoc. Desportiva de Fafe 100m: 1:14.24 39.25	1:14.24	439	
4.	SILVA, Diana Patricia 50m: 34.76 34.76	F	23232	95	SSCMP/Paredes Rota Dos Moveis 100m: 1:14.48 39.72	1:14.48	434	
5.	SOARES, Silvia Ariana 50m: 35.00 35.00	F	15272	95	Futebol Clube do Porto/Imp�rio Bonan�a 100m: 1:14.65 39.65	1:14.65	431	
6.	PEREIRA, Ana Francisca 50m: 35.49 35.49	F	15582	95	Grupo Desportivo Natacao de Vila Nova de Famalicao 100m: 1:15.37 39.88	1:15.37	419	
7.	TEIXEIRA, Ana Filipa 50m: 35.22 35.22	F	15992	95	Escola Desportiva de Viana 100m: 1:17.11 41.89	1:17.11	392	
8.	LOUSA, Irina Filipa 50m: 37.14 37.14	F	102467	95	Futebol Clube do Porto/Imp�rio Bonan�a 100m: 1:18.44 41.30	1:18.44	372	
9.	REIS, Rita Soares 50m: 38.50 38.50	F	105835	95	Clube N�utico de Arcos de Valdevez 100m: 1:20.81 42.31	1:20.81	340	
10.	PEREIRA, Helena Marisa 50m: 38.68 38.68	F	20331	95	Foca-Clube De Nata�o De Felgueiras 100m: 1:21.61 42.93	1:21.61	330	
11.	FERNANDES, Filipa Mota 50m: 37.22 37.22	F	13053	95	Viana Nata�o Clube 100m: 1:23.02 45.80	1:23.02	314	
12.	PINTO, Ana Rita 50m: 38.23 38.23	F	22548	95	Assoc. Desportiva de Penafiel 100m: 1:23.07 44.84	1:23.07	313	
13.	COELHO, Monica Pinto FTL 50m: 39.09 39.09	F	18121	95	Gin�sio Clube de Santo Tirso 100m: 1:26.05 46.96	1:26.05	282	
14.	BARROS, Helena Sofia FTL 50m: 45.38 45.38	F	24345	95	Lousada Seculo XXI 100m: 1:38.77 53.39	1:38.77	186	
DSQ	COSTA, Ana Margarida <i>A atleta efectuou batimento alternado de pernas ap�s a viragem aos 75m.</i>	F	15495	95	Leix�es Sport Clube			
EXH	MARTINS, Mariana Sousa 50m: 34.49 34.49	F	103743	95	Clube Desportivo Feirense 100m: 1:14.09 39.60	1:14.09	441	
EXH	COSTA, Ana Catarina 50m: 35.21 35.21	F	103208	95	Clube Desportivo Feirense 100m: 1:14.67 39.46	1:14.67	431	
EXH	MARQUES, Patricia Silva 50m: 35.57 35.57	F	106920	95	Clube Desportivo Feirense 100m: 1:20.70 45.13	1:20.70	342	

Prova 29 Masc., 4 x 100m Estilos
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RNJUVA 4:03.10 JGloria,NQuintanilha,MAmeida,JBic@VG Braga 23-03-2003

RNJUVB 4:11.92 PMartins,BRamos,DFerro,FGomes SFUAP Penafiel 21-03-1999

Pontos: FINA 2008

Lugar	Sexo	Licen�a	Ano	Clube	Tempo Final	Pts	Obs
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O Secret rio do J ri

O Ju z  rbitro

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 29, Masc., 4 x 100m Estilos

Juvenis B

1. Vitória Sport Clube 1	M		Vitória Sport Clube		4:27.16	472	
MARTINS, Jose Alberto	+0,63	32.57	1:06.45	CUNHA, David Xavier	+0,68	30.77	1:08.29
RODRIGUES, Diogo Manuel	+0,31	34.46	1:13.23	PASSOS, Luis Filipe	+0,43	28.20	59.19
2. Futebol Clube do Porto/Império Bonança	M		Futebol Clube do Porto/Império Bonança		4:28.79	463	
COSTA, Bernardo Machado	+0,78	33.35	1:09.18	FERRARIA, Miguel Angelo	+0,29	30.04	1:04.46
MANGAS, Francisco Tabora	+0,63	35.65	1:16.16	FONSECA, Luis Miguel	+0,65	28.11	58.99
3. Grupo Desportivo Natacao de Vila Nova de Famalicao 2	M		Grupo Desportivo Natacao de Vila Nova de Famalicao		4:29.37	460	
CARVALHO, Pedro Romanoski	+0,60	33.53	1:07.75	ALVES, Simao Pedro	+0,61	27.69	1:00.37
FARIA, Rui Pedro	+0,71	38.16	1:20.49	COSTA, Francisco Miguel	+0,57	29.06	1:00.76
4. Escola Desportiva de Viana 1	M		Escola Desportiva de Viana		4:32.04	447	
RIBEIRO, Jose Enes	+0,68	33.62	1:08.91	FERREIRA, Venancio Guilherme	+0,54	31.47	1:07.05
RIBEIRO, Jose Alberto	+0,40	36.38	1:18.45	RIBAS, Rafael Lages	+0,45	27.22	57.63
5. Gespacos 2	M		Gespacos		4:35.15	432	
BESSA, Antonio Rafael	+0,72	33.15	1:08.68	NUNES, Ruben Filipe	+0,22	28.72	1:03.77
FERREIRA, Francisco Junior	+0,45	38.14	1:21.54	PACHECO, Flavio Jesus	+0,57	29.35	1:01.16
6. Clube Fluvial Portuense 2	M		Clube Fluvial Portuense		4:52.59	359	
SILVA, Ricardo Mendes	+0,71	37.78	1:15.56	MOREIRA, Fernando Santos	+0,36	33.08	1:11.76
CERQUEIRA, Mario Andre	+0,50	39.34	1:22.95	KALDEICH, Andre Canelas	+0,48	28.66	1:02.32

Juvenis A

1. Grupo Desportivo Natacao de Vila Nova de Famalicao 1	M		Grupo Desportivo Natacao de Vila Nova de Famalicao		4:20.19	511	
FERNANDES, Joao Filipe	+0,67	30.98	1:03.46	ROCHA, Joao Miguel	+0,55	28.75	1:03.21
RODRIGUES, Diogo Miguel	+0,43	35.06	1:15.34	CUNHA, Mario Rui	+0,39	27.81	58.18
2. Gespacos 1	M		Gespacos		4:22.92	495	
SOUSA, Joao Claudio	+0,70	30.68	1:02.33	NETO, Ricardo Ferreira	+0,27	29.90	1:05.31
BARBOSA, Ricardo Andre	+0,54	33.90	1:12.56	BRUNIDO, Rui Leandro	+0,84	30.35	1:02.72
3. Futebol Clube do Porto/Império Bonança	M		Futebol Clube do Porto/Império Bonança		4:26.11	478	
OLIVEIRA, Alvaro Miguel	+0,65	31.66	1:05.37	NOGUEIRA, Luis Miguel	+0,85	31.18	1:06.00
SOUSA, Ricardo Fernandes	+0,61	36.04	1:16.40	RIBEIRO, Pedro Nuno	+0,39	27.97	58.34
4. Clube de Natação da Maia/Real Seguros	M		Clube de Natação da Maia/Real Seguros		4:28.79	463	
PINHEIRO, Claudio Miguel	+0,74	33.51	1:08.96	MARTINS, Rafael Dias	+0,39	28.21	1:00.08
AMARAL, Joao Pedro	+0,52	37.27	1:20.35	QUEIJO, Joao Pedro	+0,37	28.49	59.40
5. Clube Fluvial Portuense 1	M		Clube Fluvial Portuense		4:32.44	445	
SILVA, Bernardo Correia	+0,61	32.62	1:07.58	BASTOS, Nuno Ricardo	+0,30	29.90	1:05.01
MARTINS, Antonio Rafael	+0,48	37.26	1:18.59	AGANTE, Nuno Miguel	+0,30	29.41	1:01.26
EXH Clube Desportivo Feirense 2	M		Clube Desportivo Feirense		4:30.97	452	
CARVALHO, Diogo Antonio	+0,67	34.65	1:11.32	PINHO, Emanuel Augusto	+0,57	28.65	1:02.11
ROSAS, Marcelo Fernandes	+0,71	35.06	1:16.03	SANTOS, Telmo Almeida	+0,22	29.47	1:01.51
EXH Viana Natação Clube	M		Viana Natação Clube		4:34.66	434	
PASSOS, Joao Pedro	+0,78	33.86	1:08.73	FERREIRA, Carlos Manuel	+0,58	33.41	1:12.83
PARENTE, Lino Manuel	+0,54	34.27	1:13.76	MARQUES, Claudio Miguel	+0,36	28.17	59.34
EXH Clube Desportivo Feirense 1	M		Clube Desportivo Feirense		4:41.04	405	
BAPTISTA, Filipe Jose	+0,68	36.36	1:14.57	CATELAS, Diogo Nobrega	+0,70	30.42	1:06.61
SOUSA, Alcides Costa	+0,64	35.35	1:14.85	ANDRADE, Tiago Botelho	+0,44	30.51	1:05.01

Prova 30

Femin., 4 x 100m Livres

Juvenis

30-11-2008 - 18:45

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Resultados

RNJUV 4:08.36 MLeitao,JViana,MJDores,RRolo SCP Guimarães 10-03-2002

Pontos: FINA 2008

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1. Futebol Clube do Porto/Império Bonança	F			Futebol Clube do Porto/Império Bonança	4:19.30	575	
AMORIM, Maria Luis	+1,03	31.15	1:04.47	NETO, Ana Goncalves	+0,64	31.53	1:05.12
REIS, Catarina Lopes	+0,76	30.82	1:04.84	SOARES, Silvia Ariana	+0,64	30.94	1:04.87
2. Grupo Desportivo Natacao de Vila Nova de Famalicao 1	F			Grupo Desportivo Natacao de Vila Nova de Famalicao	4:28.50	518	
CARVALHO, Hedvigés Ribeiro	+0,98	32.79	1:07.52	PEREIRA, Ana Francisca	+0,76	32.23	1:06.77
ROMPANTE, Filipa Maria	+0,65	32.09	1:06.67	CUNHA, Ana Oliveira	+0,60	32.27	1:07.54
3. Vitória Sport Clube 1	F			Vitória Sport Clube	4:31.59	500	
ALVES, Ana Sofia	+0,92	32.23	1:07.10	OLIVEIRA, Filipa Daniela	+0,55	32.77	1:09.78
FERNANDES, Maria Francisca	+0,81	31.82	1:08.14	MIRANDA, Joana Isabel	+0,61	32.23	1:06.57
4. Gespacos 1	F			Gespacos	4:31.65	500	
TORRES, Andreia Sofia	+0,85	31.56	1:06.05	FERREIRA, Ines Sofia	+0,43	33.16	1:11.32
PINHEIRO, Guadalupe Ribeiro	+0,52	30.98	1:05.45	MARQUES, Maria Joao	+0,25	32.47	1:08.83
5. SSCMP/Paredes Rota Dos Moveis 1	F			SSCMP/Paredes Rota Dos Moveis	4:35.64	479	
PINTO, Maria Clara	+1,03	34.63	1:13.26	RODRIGUES, Catia Sofia	+0,49	33.00	1:09.01
ALMEIDA, Claudia Cristina	+0,58	32.49	1:08.24	SILVA, Diana Patricia	+0,77	31.48	1:05.13

Associação de Natação do Norte de Portugal
Associação de Natação do Minho
Torneio Regional de Juvenis

Prova 30, Femin., 4 x 100m Livres, Juvenis

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
6.	F			Clube Fluvial Portuense	4:46.09	428	
MOTA, Ines Maria	+0,97	33.82	1:10.01	FERREIRA, Maria Beatriz	+0,53	34.93	1:12.58
MENDES, Mafalda Sofia	+0,71	33.72	1:11.86	BERNARDINO, Ines Pizarro	+0,70	34.82	1:11.64
7.	F			Leixões Sport Clube	4:53.33	397	
SANTOS, Mariana Rego	+0,89	33.30	1:10.03	FERREIRA, Maria Claudia	+0,25	33.69	1:10.23
CORREIA, Ines Guedes	+0,46	36.90	1:21.35	COSTA, Ana Margarida	+0,52	34.13	1:11.72
EXH	F			Clube Desportivo Feirense	4:40.77	453	
MARTINS, Mariana Sousa	+0,82	32.73	1:08.90	COSTA, Ana Catarina	+0,60	32.55	1:07.96
ANDRADE, Catarina Rita	+0,55	35.65	1:14.46	MARQUES, Patricia Silva	+0,71	32.43	1:09.45