

1 - 1ª Jornada

28-10-2018 - 10:00

Prova 1	Femin., 1500m Livres				25 anos e mais velhos
28-10-2018 - 10:00	GRAFIPRONGO				Resultados
RN A(25-29)	19:00.78	Carolina Santos, SILVA	CNMAIA	Porto	08-11-2014
RN B(30-34)	19:22.04	Carolina Santos, SILVA	CPN	Porto	29-10-2017
RN C(35-39)	20:33.67	Patricia Diogenes, PEREIRA	CFBE	San Lorenzo (ESP)	
RN D(40-44)	19:28.04	Susana Clara, GOMES	CNF	Funchal	26-11-2016
RN E(45-49)	20:28.21	Patricia Diogenes, PEREIRA	SAD	Porto	28-11-2015
RN F(50-54)	24:28.74	Rita Cabral, GUIMARAES	CFP	Porto	28-11-2015
RN G(55-59)	59:00.00	,			
RN H(60-64)	24:36.53	Ana Maria, FERREIRA	SAD	Porto	08-11-2014
RN I(65-69)	24:30.19	Ana Maria, FERREIRA	SAD	Porto	28-11-2015
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

MASTERS FEM : 27:30.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc B</b>								
1.	Carolina Santos, SILVA <i>Recorde Nacional</i>	F	23208	86	Ginásio Santo Tirso	<b>18:54.87</b>	922	
	50m: 33.45	33.45	450m: 5:34.34	37.88	850m: 10:37.56	38.28	1250m: 15:44.77	38.71
	100m: 1:10.96	37.51	500m: 6:11.56	37.22	900m: 11:15.62	38.06	1300m: 16:23.13	38.36
	150m: 1:48.93	37.97	550m: 6:49.39	37.83	950m: 11:53.66	38.04	1350m: 17:01.80	38.67
	200m: 2:26.58	37.65	600m: 7:27.10	37.71	1000m: 12:32.19	38.53	1400m: 17:39.89	38.09
	250m: 3:04.28	37.70	650m: 8:05.17	38.07	1050m: 13:10.53	38.34	1450m: 18:17.74	37.85
	300m: 3:41.94	37.66	700m: 8:43.27	38.10	1100m: 13:49.08	38.55	1500m: 18:54.87	37.13
	350m: 4:18.98	37.04	750m: 9:21.26	37.99	1150m: 14:27.74	38.66		
	400m: 4:56.46	37.48	800m: 9:59.28	38.02	1200m: 15:06.06	38.32		
2.	Ana Teresa, NUNES	F	11235	88	Nautico Coimbra	<b>21:32.33</b>	625	
	50m: 36.81	36.81	450m: 6:10.50	43.02	850m: 11:58.24	43.95	1250m: 17:53.33	45.93
	100m: 1:16.47	39.66	500m: 6:52.96	42.46	900m: 12:42.57	44.33	1300m: 18:37.59	44.26
	150m: 1:56.96	40.49	550m: 7:36.12	43.16	950m: 13:25.31	42.74	1350m: 19:20.69	43.10
	200m: 2:38.01	41.05	600m: 8:19.43	43.31	1000m: 14:08.63	43.32	1400m: 20:04.78	44.09
	250m: 3:19.38	41.37	650m: 9:03.02	43.59	1050m: 14:52.34	43.71	1450m: 20:49.33	44.55
	300m: 4:01.52	42.14	700m: 9:46.91	43.89	1100m: 15:37.27	44.93	1500m: 21:32.33	43.00
	350m: 4:44.34	42.82	750m: 10:30.63	43.72	1150m: 16:21.76	44.49		
	400m: 5:27.48	43.14	800m: 11:14.29	43.66	1200m: 17:07.40	45.64		
3.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	<b>22:54.59</b>	519	
	50m: 37.28	37.28	450m: 6:36.76	46.79	850m: 12:48.81	46.68	1250m: 19:04.76	46.56
	100m: 1:17.69	40.41	500m: 7:23.42	46.66	900m: 13:35.78	46.97	1300m: 19:50.94	46.18
	150m: 2:01.14	43.45	550m: 8:10.28	46.86	950m: 14:22.67	46.89	1350m: 20:37.60	46.66
	200m: 2:46.31	45.17	600m: 8:56.34	46.06	1000m: 15:10.59	47.92	1400m: 21:23.65	46.05
	250m: 3:31.58	45.27	650m: 9:42.99	46.65	1050m: 15:57.74	47.15	1450m: 22:09.53	45.88
	300m: 4:17.46	45.88	700m: 10:29.32	46.33	1100m: 16:44.31	46.57	1500m: 22:54.59	45.06
	350m: 5:03.77	46.31	750m: 11:15.63	46.31	1150m: 17:31.07	46.76		
	400m: 5:49.97	46.20	800m: 12:02.13	46.50	1200m: 18:18.20	47.13		
4.	Patricia Alexandra, MARQUES	F	15143	87	Fundacao Salesianos	<b>25:02.01</b>	398	
	50m: 43.97	43.97	450m: 7:18.98	49.94	850m: 14:01.42	50.42	1250m: 20:51.89	51.60
	100m: 1:31.62	47.65	500m: 8:09.05	50.07	900m: 14:52.47	51.05	1300m: 21:42.48	50.59
	150m: 2:20.28	48.66	550m: 8:58.89	49.84	950m: 15:43.83	51.36	1350m: 22:32.47	49.99
	200m: 3:09.65	49.37	600m: 9:49.21	50.32	1000m: 16:35.46	51.63	1400m: 23:22.29	49.82
	250m: 3:59.28	49.63	650m: 10:39.31	50.10	1050m: 17:26.82	51.36	1450m: 24:13.23	50.94
	300m: 4:49.22	49.94	700m: 11:29.95	50.64	1100m: 18:19.05	52.23	1500m: 25:02.01	48.78
	350m: 5:38.87	49.65	750m: 12:20.46	50.51	1150m: 19:09.50	50.45		
	400m: 6:29.04	50.17	800m: 13:11.00	50.54	1200m: 20:00.29	50.79		

Master Esc C

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Nataçao do Norte de Portugal

30-10-2018 12:53 - Página 1



Prova 1, Femin., 1500m Livres, Master Esc C

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	<b>21:10.08</b>	672	
	50m: 36.20	36.20	450m: 6:13.85	43.23	850m: 11:55.30	42.97	1250m: 17:37.62	43.75
	100m: 1:15.63	39.43	500m: 6:56.36	42.51	900m: 12:38.45	43.15	1300m: 18:19.82	42.20
	150m: 1:57.00	41.37	550m: 7:38.67	42.31	950m: 13:21.63	43.18	1350m: 19:03.12	43.30
	200m: 2:38.87	41.87	600m: 8:20.81	42.14	1000m: 14:03.39	41.76	1400m: 19:46.26	43.14
	250m: 3:21.61	42.74	650m: 9:03.46	42.65	1050m: 14:45.92	42.53	1450m: 20:29.02	42.76
	300m: 4:04.49	42.88	700m: 9:46.94	43.48	1100m: 15:28.58	42.66	1500m: 21:10.08	41.06
	350m: 4:47.37	42.88	750m: 10:29.76	42.82	1150m: 16:11.14	42.56		
	400m: 5:30.62	43.25	800m: 11:12.33	42.57	1200m: 16:53.87	42.73		

Master Esc E

1.	Maria Manuela, FERREIRA <i>FIL</i>	F	130114	70	Natacao da Maia	<b>28:17.18</b>	323	
	50m: 48.29	48.29	450m: 8:22.22	57.38	850m: 15:58.61	56.85	1250m: 23:36.25	57.14
	100m: 1:41.56	53.27	500m: 9:19.54	57.32	900m: 16:55.47	56.86	1300m: 24:32.23	55.98
	150m: 2:37.52	55.96	550m: 10:17.01	57.47	950m: 17:52.39	56.92	1350m: 25:28.97	56.74
	200m: 3:34.18	56.66	600m: 11:13.50	56.49	1000m: 18:49.83	57.44	1400m: 26:26.45	57.48
	250m: 4:30.79	56.61	650m: 12:10.73	57.23	1050m: 19:46.82	56.99	1450m: 27:23.26	56.81
	300m: 5:28.60	57.81	700m: 13:08.37	57.64	1100m: 20:44.62	57.80	1500m: 28:17.18	53.92
	350m: 6:26.67	58.07	750m: 14:04.52	56.15	1150m: 21:41.48	56.86		
	400m: 7:24.84	58.17	800m: 15:01.76	57.24	1200m: 22:39.11	57.63		

Master Esc F

WDR	Maria Trigueiros, CUNHA	F	132357	64	Leixões Sport Clube			WDR
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25 anos e mais velhos

1.	Carolina Santos, SILVA <i>Recorde Nacional</i>	F	23208	86	Ginásio Santo Tirso	<b>18:54.87</b>	922	
	50m: 33.45	33.45	450m: 5:34.34	37.88	850m: 10:37.56	38.28	1250m: 15:44.77	38.71
	100m: 1:10.96	37.51	500m: 6:11.56	37.22	900m: 11:15.62	38.06	1300m: 16:23.13	38.36
	150m: 1:48.93	37.97	550m: 6:49.39	37.83	950m: 11:53.66	38.04	1350m: 17:01.80	38.67
	200m: 2:26.58	37.65	600m: 7:27.10	37.71	1000m: 12:32.19	38.53	1400m: 17:39.89	38.09
	250m: 3:04.28	37.70	650m: 8:05.17	38.07	1050m: 13:10.53	38.34	1450m: 18:17.74	37.85
	300m: 3:41.94	37.66	700m: 8:43.27	38.10	1100m: 13:49.08	38.55	1500m: 18:54.87	37.13
	350m: 4:18.98	37.04	750m: 9:21.26	37.99	1150m: 14:27.74	38.66		
	400m: 4:56.46	37.48	800m: 9:59.28	38.02	1200m: 15:06.06	38.32		
2.	Ana Mafalda, OLIVEIRA	F	23193	81	Natacao da Maia	<b>21:10.08</b>	672	
	50m: 36.20	36.20	450m: 6:13.85	43.23	850m: 11:55.30	42.97	1250m: 17:37.62	43.75
	100m: 1:15.63	39.43	500m: 6:56.36	42.51	900m: 12:38.45	43.15	1300m: 18:19.82	42.20
	150m: 1:57.00	41.37	550m: 7:38.67	42.31	950m: 13:21.63	43.18	1350m: 19:03.12	43.30
	200m: 2:38.87	41.87	600m: 8:20.81	42.14	1000m: 14:03.39	41.76	1400m: 19:46.26	43.14
	250m: 3:21.61	42.74	650m: 9:03.46	42.65	1050m: 14:45.92	42.53	1450m: 20:29.02	42.76
	300m: 4:04.49	42.88	700m: 9:46.94	43.48	1100m: 15:28.58	42.66	1500m: 21:10.08	41.06
	350m: 4:47.37	42.88	750m: 10:29.76	42.82	1150m: 16:11.14	42.56		
	400m: 5:30.62	43.25	800m: 11:12.33	42.57	1200m: 16:53.87	42.73		
3.	Ana Teresa, NUNES	F	11235	88	Nautico Coimbra	<b>21:32.33</b>	625	
	50m: 36.81	36.81	450m: 6:10.50	43.02	850m: 11:58.24	43.95	1250m: 17:53.33	45.93
	100m: 1:16.47	39.66	500m: 6:52.96	42.46	900m: 12:42.57	44.33	1300m: 18:37.59	44.26
	150m: 1:56.96	40.49	550m: 7:36.12	43.16	950m: 13:25.31	42.74	1350m: 19:20.69	43.10
	200m: 2:38.01	41.05	600m: 8:19.43	43.31	1000m: 14:08.63	43.32	1400m: 20:04.78	44.09
	250m: 3:19.38	41.37	650m: 9:03.02	43.59	1050m: 14:52.34	43.71	1450m: 20:49.33	44.55
	300m: 4:01.52	42.14	700m: 9:46.91	43.89	1100m: 15:37.27	44.93	1500m: 21:32.33	43.00
	350m: 4:44.34	42.82	750m: 10:30.63	43.72	1150m: 16:21.76	44.49		
	400m: 5:27.48	43.14	800m: 11:14.29	43.66	1200m: 17:07.40	45.64		
4.	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia	<b>22:54.59</b>	519	
	50m: 37.28	37.28	450m: 6:36.76	46.79	850m: 12:48.81	46.68	1250m: 19:04.76	46.56
	100m: 1:17.69	40.41	500m: 7:23.42	46.66	900m: 13:35.78	46.97	1300m: 19:50.94	46.18
	150m: 2:01.14	43.45	550m: 8:10.28	46.86	950m: 14:22.67	46.89	1350m: 20:37.60	46.66
	200m: 2:46.31	45.17	600m: 8:56.34	46.06	1000m: 15:10.59	47.92	1400m: 21:23.65	46.05
	250m: 3:31.58	45.27	650m: 9:42.99	46.65	1050m: 15:57.74	47.15	1450m: 22:09.53	45.88
	300m: 4:17.46	45.88	700m: 10:29.32	46.33	1100m: 16:44.31	46.57	1500m: 22:54.59	45.06
	350m: 5:03.77	46.31	750m: 11:15.63	46.31	1150m: 17:31.07	46.76		
	400m: 5:49.97	46.20	800m: 12:02.13	46.50	1200m: 18:18.20	47.13		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Natacao do Norte de Portugal

30-10-2018 12:53 - Página 2



Prova 1, Femin., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
5.	Patricia Alexandra, MARQUES	F	15143	87	Fundacao Salesianos	<b>25:02.01</b>	398	
	50m: 43.97 43.97		450m: 7:18.98 49.94		850m: 14:01.42 50.42	1250m: 20:51.89 51.60		
	100m: 1:31.62 47.65		500m: 8:09.05 50.07		900m: 14:52.47 51.05	1300m: 21:42.48 50.59		
	150m: 2:20.28 48.66		550m: 8:58.89 49.84		950m: 15:43.83 51.36	1350m: 22:32.47 49.99		
	200m: 3:09.65 49.37		600m: 9:49.21 50.32		1000m: 16:35.46 51.63	1400m: 23:22.29 49.82		
	250m: 3:59.28 49.63		650m: 10:39.31 50.10		1050m: 17:26.82 51.36	1450m: 24:13.23 50.94		
	300m: 4:49.22 49.94		700m: 11:29.95 50.64		1100m: 18:19.05 52.23	1500m: 25:02.01 48.78		
	350m: 5:38.87 49.65		750m: 12:20.46 50.51		1150m: 19:09.50 50.45			
	400m: 6:29.04 50.17		800m: 13:11.00 50.54		1200m: 20:00.29 50.79			
6.	Maria Manuela, FERREIRA FTL	F	130114	70	Natacao da Maia	<b>28:17.18</b>	323	
	50m: 48.29 48.29		450m: 8:22.22 57.38		850m: 15:58.61 56.85	1250m: 23:36.25 57.14		
	100m: 1:41.56 53.27		500m: 9:19.54 57.32		900m: 16:55.47 56.86	1300m: 24:32.23 55.98		
	150m: 2:37.52 55.96		550m: 10:17.01 57.47		950m: 17:52.39 56.92	1350m: 25:28.97 56.74		
	200m: 3:34.18 56.66		600m: 11:13.50 56.49		1000m: 18:49.83 57.44	1400m: 26:26.45 57.48		
	250m: 4:30.79 56.61		650m: 12:10.73 57.23		1050m: 19:46.82 56.99	1450m: 27:23.26 56.81		
	300m: 5:28.60 57.81		700m: 13:08.37 57.64		1100m: 20:44.62 57.80	1500m: 28:17.18 53.92		
	350m: 6:26.67 58.07		750m: 14:04.52 56.15		1150m: 21:41.48 56.86			
	400m: 7:24.84 58.17		800m: 15:01.76 57.24		1200m: 22:39.11 57.63			
WDR	Maria Trigueiros, CUNHA	F	132357	64	Leixões Sport Clube			WDR

Prova 2  
28-10-2018 - 10:30  
Masc., 1500m Livres  
CMF - Clínica Médica da Foz  
25 anos e mais velhos  
Resultados

RN A(25-29)	15:50.89	Hugo Alberto, RIBEIRO	INDANP	Porto	28-11-2015
RN B(30-34)	18:10.77	Francisco Zamith, PASSOS	GDNVNF	Mealhada	20-06-2015
RN C(35-39)	18:17.18	Carlos Neves, CABRITA	UDCA	Londres (GBR)	25-11-2006
RN D(40-44)	19:00.27	Rodolfo Pereira, NUNES	CAP	Porto	29-10-2017
RN E(45-49)	17:33.84	Jose Carlos, FREITAS	CFP	Vigo (ESP)	25-03-2012
RN F(50-54)	17:28.53	Jose Carlos, FREITAS	CFP	Porto	28-11-2015
RN G(55-59)	19:41.17	Paulo Paula, CARVALHO	SCP	Porto	29-10-2017
RN H(60-64)	22:04.20	Alberto Vaz, CORREIA	SAD	Porto	28-11-2015
RN I(65-69)	59:00.00	,			
RN J(70-74)	30:34.81	Alexandre Azevedo, GASPAR	SAD	Porto	28-11-2015
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

MASTERS MASC : 25:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Diogo Andre, CORDEIRO	M	13976	90	Masters de Almada	<b>19:41.10</b>	551	
	50m: 34.89 34.89		450m: 5:43.48 39.47		850m: 11:02.88 39.94	1250m: 16:23.26 40.17		
	100m: 1:12.84 37.95		500m: 6:23.62 40.14		900m: 11:42.53 39.65	1300m: 17:03.57 40.31		
	150m: 1:49.86 37.02		550m: 7:02.35 38.73		950m: 12:22.15 39.62	1350m: 17:44.08 40.51		
	200m: 2:28.36 38.50		600m: 7:42.41 40.06		1000m: 13:02.41 40.26	1400m: 18:24.31 40.23		
	250m: 3:06.89 38.53		650m: 8:22.77 40.36		1050m: 13:42.62 40.21	1450m: 19:03.28 38.97		
	300m: 3:45.59 38.70		700m: 9:02.33 39.56		1100m: 14:22.71 40.09	1500m: 19:41.10 37.82		
	350m: 4:24.67 39.08		750m: 9:41.95 39.62		1150m: 15:02.34 39.63			
	400m: 5:04.01 39.34		800m: 10:22.94 40.99		1200m: 15:43.09 40.75			
2.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	<b>21:12.74</b>	440	
	50m: 34.69 34.69		450m: 5:59.70 42.50		850m: 11:46.23 42.76	1250m: 17:33.89 43.41		
	100m: 1:13.46 38.77		500m: 6:42.72 43.02		900m: 12:28.49 42.26	1300m: 18:16.70 42.81		
	150m: 1:51.84 38.38		550m: 7:26.41 43.69		950m: 13:10.14 41.65	1350m: 19:00.46 43.76		
	200m: 2:30.22 38.38		600m: 8:09.91 43.50		1000m: 13:53.73 43.59	1400m: 19:45.78 45.32		
	250m: 3:09.88 39.66		650m: 8:53.75 43.84		1050m: 14:38.67 44.94	1450m: 20:29.85 44.07		
	300m: 3:52.03 42.15		700m: 9:36.99 43.24		1100m: 15:22.82 44.15	1500m: 21:12.74 42.89		
	350m: 4:34.81 42.78		750m: 10:20.26 43.27		1150m: 16:06.85 44.03			
	400m: 5:17.20 42.39		800m: 11:03.47 43.21		1200m: 16:50.48 43.63			
WDR	Diogo Antonio, CARVALHO	M	103753	93	Natacao de Valongo			WDR

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Natacao do Norte de Portugal

30-10-2018 12:53 - Página 3



Prova 2, Masc., 1500m Livres

Master Esc B

1.	Adriano Miguel, NIZ	M	23013	86	Famalicao					<b>17:41.58</b>	820	
	<i>Recorde Nacional</i>											
	50m:	29.95	29.95	450m:	4:50.32	32.41	850m:	9:30.94	51.63	1250m:	14:28.00	36.51
	100m:	1:02.46	32.51	500m:	5:23.31	32.99	900m:	10:09.07	38.13	1300m:	15:03.76	35.76
	150m:	1:34.94	32.48	550m:	5:56.47	33.16	950m:	10:47.49	38.42	1350m:	15:41.38	37.62
	200m:	2:07.36	32.42	600m:	6:29.71	33.24	1000m:	11:23.91	36.42	1400m:	16:19.64	38.26
	250m:	2:40.11	32.75	650m:	7:02.49	32.78	1050m:	12:00.31	36.40	1450m:	16:58.77	39.13
	300m:	3:12.62	32.51	700m:	7:35.15	32.66	1100m:	12:38.84	38.53	1500m:	17:41.58	42.81
	350m:	3:45.33	32.71	750m:	8:07.26	32.11	1150m:	13:15.36	36.52			
	400m:	4:17.91	32.58	800m:	8:39.31	32.05	1200m:	13:51.49	36.13			
2.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel					<b>20:35.75</b>	519	
	50m:	35.24	35.24	450m:	5:58.33	41.06	850m:	11:31.53	42.09	1250m:	17:08.19	41.59
	100m:	1:13.60	38.36	500m:	6:39.88	41.55	900m:	12:13.65	42.12	1300m:	17:50.19	42.00
	150m:	1:53.24	39.64	550m:	7:21.15	41.27	950m:	12:55.36	41.71	1350m:	18:32.27	42.08
	200m:	2:33.53	40.29	600m:	8:02.26	41.11	1000m:	13:37.36	42.00	1400m:	19:13.51	41.24
	250m:	3:14.09	40.56	650m:	8:43.91	41.65	1050m:	14:19.67	42.31	1450m:	19:54.97	41.46
	300m:	3:55.20	41.11	700m:	9:25.23	41.32	1100m:	15:02.34	42.67	1500m:	20:35.75	40.78
	350m:	4:35.85	40.65	750m:	10:07.66	42.43	1150m:	15:44.47	42.13			
	400m:	5:17.27	41.42	800m:	10:49.44	41.78	1200m:	16:26.60	42.13			
DNS	Renato Augusto, OLIVEIRA	M	124863	85	Vitoria Sport Clube						DNS	

Master Esc C

1.	Patrick, SANTOS	M	26609	79	Fundacao Salesianos					<b>19:11.58</b>	659	
	50m:	34.82	34.82	450m:	5:36.15	38.10	850m:	10:45.73	38.63	1250m:	15:57.75	39.13
	100m:	1:11.51	36.69	500m:	6:14.25	38.10	900m:	11:25.14	39.41	1300m:	16:37.17	39.42
	150m:	1:48.90	37.39	550m:	6:52.42	38.17	950m:	12:04.45	39.31	1350m:	17:16.32	39.15
	200m:	2:26.26	37.36	600m:	7:30.94	38.52	1000m:	12:42.66	38.21	1400m:	17:55.45	39.13
	250m:	3:04.10	37.84	650m:	8:09.63	38.69	1050m:	13:21.37	38.71	1450m:	18:34.64	39.19
	300m:	3:41.99	37.89	700m:	8:48.79	39.16	1100m:	14:00.44	39.07	1500m:	19:11.58	36.94
	350m:	4:20.11	38.12	750m:	9:27.89	39.10	1150m:	14:39.38	38.94			
	400m:	4:58.05	37.94	800m:	10:07.10	39.21	1200m:	15:18.62	39.24			
2.	Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense					<b>19:15.62</b>	652	
	50m:	34.67	34.67	450m:	5:40.69	38.55	850m:	10:51.47	39.11	1250m:	16:05.37	39.12
	100m:	1:12.76	38.09	500m:	6:19.26	38.57	900m:	11:30.54	39.07	1300m:	16:44.53	39.16
	150m:	1:51.04	38.28	550m:	6:58.10	38.84	950m:	12:09.68	39.14	1350m:	17:23.55	39.02
	200m:	2:29.20	38.16	600m:	7:36.60	38.50	1000m:	12:48.93	39.25	1400m:	18:02.07	38.52
	250m:	3:07.07	37.87	650m:	8:15.35	38.75	1050m:	13:28.28	39.35	1450m:	18:40.01	37.94
	300m:	3:45.25	38.18	700m:	8:54.26	38.91	1100m:	14:07.56	39.28	1500m:	19:15.62	35.61
	350m:	4:23.60	38.35	750m:	9:33.23	38.97	1150m:	14:47.10	39.54			
	400m:	5:02.14	38.54	800m:	10:12.36	39.13	1200m:	15:26.25	39.15			
3.	Joao Carlos, MALTA	M	120612	82	Fundacao Salesianos					<b>19:32.74</b>	623	
	50m:	34.49	34.49	450m:	5:43.31	38.88	850m:	10:56.57	39.47	1250m:	16:15.82	40.14
	100m:	1:12.51	38.02	500m:	6:22.62	39.31	900m:	11:36.04	39.47	1300m:	16:55.62	39.80
	150m:	1:50.87	38.36	550m:	7:01.62	39.00	950m:	12:16.21	40.17	1350m:	17:35.61	39.99
	200m:	2:29.54	38.67	600m:	7:40.87	39.25	1000m:	12:55.33	39.12	1400m:	18:15.70	40.09
	250m:	3:08.07	38.53	650m:	8:19.56	38.69	1050m:	13:35.37	40.04	1450m:	18:55.26	39.56
	300m:	3:46.56	38.49	700m:	8:58.57	39.01	1100m:	14:15.83	40.46	1500m:	19:32.74	37.48
	350m:	4:25.18	38.62	750m:	9:37.65	39.08	1150m:	14:55.43	39.60			
	400m:	5:04.43	39.25	800m:	10:17.10	39.45	1200m:	15:35.68	40.25			

Master Esc D

WDR	Norberto Matos, PEREIRA	M	111733	75	Vitoria Sport Clube						WDR
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Master Esc E

1.	Bruno Miguel, FONSECA	M	120851	73	Fundacao Salesianos					<b>21:28.36</b>	451	
	50m:	35.82	35.82	450m:	6:12.54	42.75	850m:	11:59.93	43.48	1250m:	17:49.93	44.51
	100m:	1:15.93	40.11	500m:	6:55.99	43.45	900m:	12:43.29	43.36	1300m:	18:34.13	44.20
	150m:	1:57.67	41.74	550m:	7:38.04	42.05	950m:	13:26.83	43.54	1350m:	19:18.64	44.51
	200m:	2:39.54	41.87	600m:	8:21.62	43.58	1000m:	14:10.16	43.33	1400m:	20:02.93	44.29
	250m:	3:21.88	42.34	650m:	9:05.53	43.91	1050m:	14:53.98	43.82	1450m:	20:47.21	44.28
	300m:	4:04.39	42.51	700m:	9:48.68	43.15	1100m:	15:37.35	43.37	1500m:	21:28.36	41.15
	350m:	4:46.89	42.50	750m:	10:33.16	44.48	1150m:	16:21.25	43.90			
	400m:	5:29.79	42.90	800m:	11:16.45	43.29	1200m:	17:05.42	44.17			

Prova 2, Masc., 1500m Livres, Master Esc E

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
2.	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube	<b>23:37.27</b>	339	
	50m: 40.11	40.11	450m: 6:54.12	46.84	850m: 13:16.86	47.84	1250m: 19:41.65	47.80
	100m: 1:24.50	44.39	500m: 7:41.25	47.13	900m: 14:05.14	48.28	1300m: 20:28.88	47.23
	150m: 2:11.00	46.50	550m: 8:28.46	47.21	950m: 14:53.11	47.97	1350m: 21:16.66	47.78
	200m: 2:58.13	47.13	600m: 9:16.28	47.82	1000m: 15:40.86	47.75	1400m: 22:04.03	47.37
	250m: 3:45.35	47.22	650m: 10:04.21	47.93	1050m: 16:29.46	48.60	1450m: 22:51.42	47.39
	300m: 4:32.71	47.36	700m: 10:52.71	47.98	1100m: 17:17.83	48.37	1500m: 23:37.27	45.85
	350m: 5:19.84	47.13	750m: 11:40.42	48.23	1150m: 18:05.79	47.96		
	400m: 6:07.28	47.44	800m: 12:29.02	48.60	1200m: 18:53.85	48.06		
3.	Jose Manuel, BAPTISTA <i>FIL</i>	M	130027	69	Leixões Sport Clube	<b>30:30.19</b>	157	
	50m: 45.19	45.19	450m: 8:29.85	1:00.62	850m: 16:44.35	1:01.96	1250m: 25:13.74	1:02.62
	100m: 1:35.88	50.69	500m: 9:30.51	1:00.66	900m: 17:47.83	1:03.48	1300m: 26:16.89	1:03.15
	150m: 2:31.08	55.20	550m: 10:31.41	1:00.90	950m: 18:51.02	1:03.19	1350m: 27:20.94	1:04.05
	200m: 3:29.16	58.08	600m: 11:31.92	1:00.51	1000m: 19:54.03	1:03.01	1400m: 28:22.54	1:01.60
	250m: 4:29.20	1:00.04	650m: 12:33.92	1:02.00	1050m: 20:58.37	1:04.34	1450m: 29:26.00	1:03.46
	300m: 5:29.19	59.99	700m: 13:36.89	1:02.97	1100m: 22:02.56	1:04.19	1500m: 30:30.19	1:04.19
	350m: 6:30.07	1:00.88	750m: 14:38.97	1:02.08	1150m: 23:07.79	1:05.23		
	400m: 7:29.23	59.16	800m: 15:42.39	1:03.42	1200m: 24:11.12	1:03.33		

Master Esc F

1.	Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube	<b>23:40.06</b>	367	
	50m: 41.06	41.06	450m: 7:00.21	48.53	850m: 13:23.60	47.68	1250m: 19:46.74	47.92
	100m: 1:26.28	45.22	500m: 7:48.14	47.93	900m: 14:10.78	47.18	1300m: 20:34.92	48.18
	150m: 2:12.91	46.63	550m: 8:35.42	47.28	950m: 14:59.02	48.24	1350m: 21:23.08	49.16
	200m: 3:00.17	47.26	600m: 9:23.09	47.67	1000m: 15:47.10	48.08	1400m: 22:10.61	47.53
	250m: 3:47.87	47.70	650m: 10:11.06	47.97	1050m: 16:34.91	47.81	1450m: 22:57.47	46.86
	300m: 4:36.43	48.56	700m: 10:59.68	48.62	1100m: 17:22.79	47.88	1500m: 23:40.06	42.59
	350m: 5:24.27	47.84	750m: 11:47.55	47.87	1150m: 18:10.82	48.03		
	400m: 6:11.68	47.41	800m: 12:35.92	48.37	1200m: 18:58.82	48.00		
2.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro	<b>24:46.97</b>	320	
	50m: 44.88	44.88	400m: 7:21.54	50.08	750m: 14:00.82	49.37	1100m: 19:51.77	50.58
	100m: 1:32.78	47.90	450m: 8:10.89	49.35	800m: 14:51.55	50.73	1150m: 20:41.86	50.09
	150m: 3:11.10	1:38.32	500m: 9:00.68	49.79	850m: 15:41.69	50.14	1200m: 21:32.24	50.38
	200m: 4:00.89	49.79	550m: 9:50.33	49.65	900m: 16:31.54	49.85	1250m: 22:22.62	50.38
	250m: 4:50.52	49.63	600m: 11:30.95	1:40.62	950m: 17:21.62	50.08	1300m: 24:02.15	1:39.53
	300m: 5:41.25	50.73	650m: 12:21.37	50.42	1000m: 18:11.67	50.05	1350m: 24:46.97	44.82
	350m: 6:31.46	50.21	700m: 13:11.45	50.08	1050m: 19:01.19	49.52	1500m: 24:46.97	
3.	Daniel Castro, TRIGO <i>FIL</i>	M	120704	65	Sporting Clube de Aveiro	<b>27:09.23</b>	243	
	50m: 47.35	47.35	450m: 8:03.04	55.24	850m: 15:20.78	55.07	1250m: 22:39.41	54.62
	100m: 1:39.19	51.84	500m: 8:57.47	54.43	900m: 16:15.13	54.35	1300m: 23:34.21	54.80
	150m: 2:32.93	53.74	550m: 9:52.35	54.88	950m: 17:09.98	54.85	1350m: 24:28.00	53.79
	200m: 3:28.20	55.27	600m: 10:47.53	55.18	1000m: 18:05.16	55.18	1400m: 25:23.42	55.42
	250m: 4:23.92	55.72	650m: 11:42.29	54.76	1050m: 18:59.40	54.24	1450m: 26:18.17	54.75
	300m: 5:18.27	54.35	700m: 12:36.21	53.92	1100m: 19:54.99	55.59	1500m: 27:09.23	51.06
	350m: 6:13.58	55.31	750m: 13:31.26	55.05	1150m: 20:49.88	54.89		
	400m: 7:07.80	54.22	800m: 14:25.71	54.45	1200m: 21:44.79	54.91		

Master Esc G

1.	Jose Carlos, FREITAS <i>Recorde Nacional</i>	M	111877	63	Individual ANNP	<b>18:03.28</b>	1224	
	50m: 33.63	33.63	450m: 5:25.10	36.43	850m: 10:14.92	36.03	1250m: 15:04.74	36.19
	100m: 1:09.73	36.10	500m: 6:01.36	36.26	900m: 10:51.21	36.29	1300m: 15:40.99	36.25
	150m: 1:46.19	36.46	550m: 6:37.60	36.24	950m: 11:27.47	36.26	1350m: 16:17.14	36.15
	200m: 2:22.82	36.63	600m: 7:14.01	36.41	1000m: 12:03.54	36.07	1400m: 16:53.54	36.40
	250m: 2:59.30	36.48	650m: 7:50.18	36.17	1050m: 12:39.86	36.32	1450m: 17:29.40	35.86
	300m: 3:35.77	36.47	700m: 8:26.49	36.31	1100m: 13:16.11	36.25	1500m: 18:03.28	33.88
	350m: 4:12.32	36.55	750m: 9:02.63	36.14	1150m: 13:52.40	36.29		
	400m: 4:48.67	36.35	800m: 9:38.89	36.26	1200m: 14:28.55	36.15		
2.	Armando Joao, COSTA	M	12262	63	Colegio SMLamas	<b>22:54.65</b>	599	
	50m: 38.21	38.21	450m: 6:51.89	47.09	850m: 13:03.12	46.34	1250m: 19:11.36	45.77
	100m: 1:22.29	44.08	500m: 7:38.77	46.88	900m: 13:49.13	46.01	1300m: 19:57.12	45.76
	150m: 2:08.52	46.23	550m: 8:25.12	46.35	950m: 14:35.01	45.88	1350m: 20:42.58	45.46
	200m: 2:55.49	46.97	600m: 9:11.33	46.21	1000m: 15:21.48	46.47	1400m: 21:27.82	45.24
	250m: 3:42.91	47.42	650m: 9:57.56	46.23	1050m: 16:07.35	45.87	1450m: 22:12.12	44.30
	300m: 4:30.33	47.42	700m: 10:43.85	46.29	1100m: 16:53.23	45.88	1500m: 22:54.65	42.53
	350m: 5:17.72	47.39	750m: 11:30.13	46.28	1150m: 17:39.47	46.24		
	400m: 6:04.80	47.08	800m: 12:16.78	46.65	1200m: 18:25.59	46.12		

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Natacao do Norte de Portugal

30-10-2018 12:53 - Página 5



Prova 2, Masc., 1500m Livres

25 anos e mais velhos

1. Jose Carlos, FREITAS	M	111877	63	Individual ANNP				<b>18:03.28</b>	1224		
<i>Recorde Nacional</i>											
50m:	33.63	33.63	450m:	5:25.10	36.43	850m:	10:14.92	36.03	1250m:	15:04.74	36.19
100m:	1:09.73	36.10	500m:	6:01.36	36.26	900m:	10:51.21	36.29	1300m:	15:40.99	36.25
150m:	1:46.19	36.46	550m:	6:37.60	36.24	950m:	11:27.47	36.26	1350m:	16:17.14	36.15
200m:	2:22.82	36.63	600m:	7:14.01	36.41	1000m:	12:03.54	36.07	1400m:	16:53.54	36.40
250m:	2:59.30	36.48	650m:	7:50.18	36.17	1050m:	12:39.86	36.32	1450m:	17:29.40	35.86
300m:	3:35.77	36.47	700m:	8:26.49	36.31	1100m:	13:16.11	36.25	1500m:	18:03.28	33.88
350m:	4:12.32	36.55	750m:	9:02.63	36.14	1150m:	13:52.40	36.29			
400m:	4:48.67	36.35	800m:	9:38.89	36.26	1200m:	14:28.55	36.15			
2. Adriano Miguel, NIZ	M	23013	86	Famalição				<b>17:41.58</b>	820		
<i>Recorde Nacional</i>											
50m:	29.95	29.95	450m:	4:50.32	32.41	850m:	9:30.94	51.63	1250m:	14:28.00	36.51
100m:	1:02.46	32.51	500m:	5:23.31	32.99	900m:	10:09.07	38.13	1300m:	15:03.76	35.76
150m:	1:34.94	32.48	550m:	5:56.47	33.16	950m:	10:47.49	38.42	1350m:	15:41.38	37.62
200m:	2:07.36	32.42	600m:	6:29.71	33.24	1000m:	11:23.91	36.42	1400m:	16:19.64	38.26
250m:	2:40.11	32.75	650m:	7:02.49	32.78	1050m:	12:00.31	36.40	1450m:	16:58.77	39.13
300m:	3:12.62	32.51	700m:	7:35.15	32.66	1100m:	12:38.84	38.53	1500m:	17:41.58	42.81
350m:	3:45.33	32.71	750m:	8:07.26	32.11	1150m:	13:15.36	36.52			
400m:	4:17.91	32.58	800m:	8:39.31	32.05	1200m:	13:51.49	36.13			
3. Patrick, SANTOS	M	26609	79	Fundacao Salesianos				<b>19:11.58</b>	659		
50m:	34.82	34.82	450m:	5:36.15	38.10	850m:	10:45.73	38.63	1250m:	15:57.75	39.13
100m:	1:11.51	36.69	500m:	6:14.25	38.10	900m:	11:25.14	39.41	1300m:	16:37.17	39.42
150m:	1:48.90	37.39	550m:	6:52.42	38.17	950m:	12:04.45	39.31	1350m:	17:16.32	39.15
200m:	2:26.26	37.36	600m:	7:30.94	38.52	1000m:	12:42.66	38.21	1400m:	17:55.45	39.13
250m:	3:04.10	37.84	650m:	8:09.63	38.69	1050m:	13:21.37	38.71	1450m:	18:34.64	39.19
300m:	3:41.99	37.89	700m:	8:48.79	39.16	1100m:	14:00.44	39.07	1500m:	19:11.58	36.94
350m:	4:20.11	38.12	750m:	9:27.89	39.10	1150m:	14:39.38	38.94			
400m:	4:58.05	37.94	800m:	10:07.10	39.21	1200m:	15:18.62	39.24			
4. Ivan Mauricio, COURAS	M	10232	81	Fluvial Portuense				<b>19:15.62</b>	652		
50m:	34.67	34.67	450m:	5:40.69	38.55	850m:	10:51.47	39.11	1250m:	16:05.37	39.12
100m:	1:12.76	38.09	500m:	6:19.26	38.57	900m:	11:30.54	39.07	1300m:	16:44.53	39.16
150m:	1:51.04	38.28	550m:	6:58.10	38.84	950m:	12:09.68	39.14	1350m:	17:23.55	39.02
200m:	2:29.20	38.16	600m:	7:36.60	38.50	1000m:	12:48.93	39.25	1400m:	18:02.07	38.52
250m:	3:07.07	37.87	650m:	8:15.35	38.75	1050m:	13:28.28	39.35	1450m:	18:40.01	37.94
300m:	3:45.25	38.18	700m:	8:54.26	38.91	1100m:	14:07.56	39.28	1500m:	19:15.62	35.61
350m:	4:23.60	38.35	750m:	9:33.23	38.97	1150m:	14:47.10	39.54			
400m:	5:02.14	38.54	800m:	10:12.36	39.13	1200m:	15:26.25	39.15			
5. Joao Carlos, MALTA	M	120612	82	Fundacao Salesianos				<b>19:32.74</b>	623		
50m:	34.49	34.49	450m:	5:43.31	38.88	850m:	10:56.57	39.47	1250m:	16:15.82	40.14
100m:	1:12.51	38.02	500m:	6:22.62	39.31	900m:	11:36.04	39.47	1300m:	16:55.62	39.80
150m:	1:50.87	38.36	550m:	7:01.62	39.00	950m:	12:16.21	40.17	1350m:	17:35.61	39.99
200m:	2:29.54	38.67	600m:	7:40.87	39.25	1000m:	12:55.33	39.12	1400m:	18:15.70	40.09
250m:	3:08.07	38.53	650m:	8:19.56	38.69	1050m:	13:35.37	40.04	1450m:	18:55.26	39.56
300m:	3:46.56	38.49	700m:	8:58.57	39.01	1100m:	14:15.83	40.46	1500m:	19:32.74	37.48
350m:	4:25.18	38.62	750m:	9:37.65	39.08	1150m:	14:55.43	39.60			
400m:	5:04.43	39.25	800m:	10:17.10	39.45	1200m:	15:35.68	40.25			
6. Armando Joao, COSTA	M	12262	63	Colegio SMLamas				<b>22:54.65</b>	599		
50m:	38.21	38.21	450m:	6:51.89	47.09	850m:	13:03.12	46.34	1250m:	19:11.36	45.77
100m:	1:22.29	44.08	500m:	7:38.77	46.88	900m:	13:49.13	46.01	1300m:	19:57.12	45.76
150m:	2:08.52	46.23	550m:	8:25.12	46.35	950m:	14:35.01	45.88	1350m:	20:42.58	45.46
200m:	2:55.49	46.97	600m:	9:11.33	46.21	1000m:	15:21.48	46.47	1400m:	21:27.82	45.24
250m:	3:42.91	47.42	650m:	9:57.56	46.23	1050m:	16:07.35	45.87	1450m:	22:12.12	44.30
300m:	4:30.33	47.42	700m:	10:43.85	46.29	1100m:	16:53.23	45.88	1500m:	22:54.65	42.53
350m:	5:17.72	47.39	750m:	11:30.13	46.28	1150m:	17:39.47	46.24			
400m:	6:04.80	47.08	800m:	12:16.78	46.65	1200m:	18:25.59	46.12			
7. Diogo Andre, CORDEIRO	M	13976	90	Masters de Almada				<b>19:41.10</b>	551		
50m:	34.89	34.89	450m:	5:43.48	39.47	850m:	11:02.88	39.94	1250m:	16:23.26	40.17
100m:	1:12.84	37.95	500m:	6:23.62	40.14	900m:	11:42.53	39.65	1300m:	17:03.57	40.31
150m:	1:49.86	37.02	550m:	7:02.35	38.73	950m:	12:22.15	39.62	1350m:	17:44.08	40.51
200m:	2:28.36	38.50	600m:	7:42.41	40.06	1000m:	13:02.41	40.26	1400m:	18:24.31	40.23
250m:	3:08.89	38.53	650m:	8:22.77	40.36	1050m:	13:42.62	40.21	1450m:	19:03.28	38.97
300m:	3:45.59	38.70	700m:	9:02.33	39.56	1100m:	14:22.71	40.09	1500m:	19:41.10	37.82
350m:	4:24.67	39.08	750m:	9:41.95	39.62	1150m:	15:02.34	39.63			
400m:	5:04.01	39.34	800m:	10:22.94	40.99	1200m:	15:43.09	40.75			
8. Pedro Joaquim, MOREIRA	M	131844	87	Penafiel				<b>20:35.75</b>	519		
50m:	35.24	35.24	450m:	5:58.33	41.06	850m:	11:31.53	42.09	1250m:	17:08.19	41.59
100m:	1:13.60	38.36	500m:	6:39.88	41.55	900m:	12:13.65	42.12	1300m:	17:50.19	42.00
150m:	1:53.24	39.64	550m:	7:21.15	41.27	950m:	12:55.36	41.71	1350m:	18:32.27	42.08
200m:	2:33.53	40.29	600m:	8:02.26	41.11	1000m:	13:37.36	42.00	1400m:	19:13.51	41.24
250m:	3:14.09	40.56	650m:	8:43.91	41.65	1050m:	14:19.67	42.31	1450m:	19:54.97	41.46
300m:	3:55.20	41.11	700m:	9:25.23	41.32	1100m:	15:02.34	42.67	1500m:	20:35.75	40.78
350m:	4:35.85	40.65	750m:	10:07.66	42.43	1150m:	15:44.47	42.13			
400m:	5:17.27	41.42	800m:	10:49.44	41.78	1200m:	16:26.60	42.13			



Prova 2, Masc., 1500m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
9.	Bruno Miguel, FONSECA	M	120851	73	Fundacao Salesianos	<b>21:28.36</b>	451	
	50m: 35.82	35.82	450m: 6:12.54	42.75	850m: 11:59.93	43.48	1250m: 17:49.93	44.51
	100m: 1:15.93	40.11	500m: 6:55.99	43.45	900m: 12:43.29	43.36	1300m: 18:34.13	44.20
	150m: 1:57.67	41.74	550m: 7:38.04	42.05	950m: 13:26.83	43.54	1350m: 19:18.64	44.51
	200m: 2:39.54	41.87	600m: 8:21.62	43.58	1000m: 14:10.16	43.33	1400m: 20:02.93	44.29
	250m: 3:21.88	42.34	650m: 9:05.53	43.91	1050m: 14:53.98	43.82	1450m: 20:47.21	44.28
	300m: 4:04.39	42.51	700m: 9:48.68	43.15	1100m: 15:37.35	43.37	1500m: 21:28.36	41.15
	350m: 4:46.89	42.50	750m: 10:33.16	44.48	1150m: 16:21.25	43.90		
	400m: 5:29.79	42.90	800m: 11:16.45	43.29	1200m: 17:05.42	44.17		
10.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel	<b>21:12.74</b>	440	
	50m: 34.69	34.69	450m: 5:59.70	42.50	850m: 11:46.23	42.76	1250m: 17:33.89	43.41
	100m: 1:13.46	38.77	500m: 6:42.72	43.02	900m: 12:28.49	42.26	1300m: 18:16.70	42.81
	150m: 1:51.84	38.38	550m: 7:26.41	43.69	950m: 13:10.14	41.65	1350m: 19:00.46	43.76
	200m: 2:30.22	38.38	600m: 8:09.91	43.50	1000m: 13:53.73	43.59	1400m: 19:45.78	45.32
	250m: 3:09.88	39.66	650m: 8:53.75	43.84	1050m: 14:38.67	44.94	1450m: 20:29.85	44.07
	300m: 3:52.03	42.15	700m: 9:36.99	43.24	1100m: 15:22.82	44.15	1500m: 21:12.74	42.89
	350m: 4:34.81	42.78	750m: 10:20.26	43.27	1150m: 16:06.85	44.03		
	400m: 5:17.20	42.39	800m: 11:03.47	43.21	1200m: 16:50.48	43.63		
11.	Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube	<b>23:40.06</b>	367	
	50m: 41.06	41.06	450m: 7:00.21	48.53	850m: 13:23.60	47.68	1250m: 19:46.74	47.92
	100m: 1:26.28	45.22	500m: 7:48.14	47.93	900m: 14:10.78	47.18	1300m: 20:34.92	48.18
	150m: 2:12.91	46.63	550m: 8:35.42	47.28	950m: 14:59.02	48.24	1350m: 21:23.08	48.16
	200m: 3:00.17	47.26	600m: 9:23.09	47.67	1000m: 15:47.10	48.08	1400m: 22:10.61	47.53
	250m: 3:47.87	47.70	650m: 10:11.06	47.97	1050m: 16:34.91	47.81	1450m: 22:57.47	46.86
	300m: 4:36.43	48.56	700m: 10:59.68	48.62	1100m: 17:22.79	47.88	1500m: 23:40.06	42.59
	350m: 5:24.27	47.84	750m: 11:47.55	47.87	1150m: 18:10.82	48.03		
	400m: 6:11.68	47.41	800m: 12:35.92	48.37	1200m: 18:58.82	48.00		
12.	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube	<b>23:37.27</b>	339	
	50m: 40.11	40.11	450m: 6:54.12	46.84	850m: 13:16.86	47.84	1250m: 19:41.65	47.80
	100m: 1:24.50	44.39	500m: 7:41.25	47.13	900m: 14:05.14	48.28	1300m: 20:28.88	47.23
	150m: 2:11.00	46.50	550m: 8:28.46	47.21	950m: 14:53.11	47.97	1350m: 21:16.66	47.78
	200m: 2:58.13	47.13	600m: 9:16.28	47.82	1000m: 15:40.86	47.75	1400m: 22:04.03	47.37
	250m: 3:45.35	47.22	650m: 10:04.21	47.93	1050m: 16:29.46	48.60	1450m: 22:51.42	47.39
	300m: 4:32.71	47.36	700m: 10:52.19	47.98	1100m: 17:17.83	48.37	1500m: 23:37.27	45.85
	350m: 5:19.84	47.13	750m: 11:40.42	48.23	1150m: 18:05.79	47.96		
	400m: 6:07.28	47.44	800m: 12:29.02	48.60	1200m: 18:53.85	48.06		
13.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro	<b>24:46.97</b>	320	
	50m: 44.88	44.88	400m: 7:21.54	50.08	750m: 14:00.82	49.37	1100m: 19:51.77	50.58
	100m: 1:32.78	47.90	450m: 8:10.89	49.35	800m: 14:51.55	50.73	1150m: 20:41.86	50.09
	150m: 3:11.10	1:38.32	500m: 9:00.68	49.79	850m: 15:41.69	50.14	1200m: 21:32.24	50.38
	200m: 4:00.89	49.79	550m: 9:50.33	49.65	900m: 16:31.54	49.85	1250m: 22:22.62	50.38
	250m: 4:50.52	49.63	600m: 11:30.95	1:40.62	950m: 17:21.62	50.08	1300m: 24:02.15	1:39.53
	300m: 5:41.25	50.73	650m: 12:21.37	50.42	1000m: 18:11.67	50.05	1350m: 24:46.97	44.82
	350m: 6:31.46	50.21	700m: 13:11.45	50.08	1050m: 19:01.19	49.52	1500m: 24:46.97	
14.	Daniel Castro, TRIGO FL	M	120704	65	Sporting Clube de Aveiro	<b>27:09.23</b>	243	
	50m: 47.35	47.35	450m: 8:03.04	55.24	850m: 15:20.78	55.07	1250m: 22:39.41	54.62
	100m: 1:39.19	51.84	500m: 8:57.47	54.43	900m: 16:15.13	54.35	1300m: 23:34.21	54.80
	150m: 2:32.93	53.74	550m: 9:52.35	54.88	950m: 17:09.98	54.85	1350m: 24:28.00	53.79
	200m: 3:28.20	55.27	600m: 10:47.53	55.18	1000m: 18:05.16	55.18	1400m: 25:23.42	55.42
	250m: 4:23.92	55.72	650m: 11:42.29	54.76	1050m: 18:59.40	54.24	1450m: 26:18.17	54.75
	300m: 5:18.27	54.35	700m: 12:36.21	53.92	1100m: 19:54.99	55.59	1500m: 27:09.23	51.06
	350m: 6:13.58	55.31	750m: 13:31.26	55.05	1150m: 20:49.88	54.89		
	400m: 7:07.80	54.22	800m: 14:25.71	54.45	1200m: 21:44.79	54.91		
15.	Jose Manuel, BAPTISTA FL	M	130027	69	Leixões Sport Clube	<b>30:30.19</b>	157	
	50m: 45.19	45.19	450m: 8:29.85	1:00.62	850m: 16:44.35	1:01.96	1250m: 25:13.74	1:02.62
	100m: 1:35.88	50.69	500m: 9:30.51	1:00.66	900m: 17:47.83	1:03.48	1300m: 26:16.89	1:03.15
	150m: 2:31.08	55.20	550m: 10:31.41	1:00.90	950m: 18:51.02	1:03.19	1350m: 27:20.94	1:04.05
	200m: 3:29.16	58.08	600m: 11:31.92	1:00.51	1000m: 19:54.03	1:03.01	1400m: 28:22.54	1:01.60
	250m: 4:29.20	1:00.04	650m: 12:33.92	1:02.00	1050m: 20:58.37	1:04.34	1450m: 29:26.00	1:03.46
	300m: 5:29.19	59.99	700m: 13:36.89	1:02.97	1100m: 22:02.56	1:04.19	1500m: 30:30.19	1:04.19
	350m: 6:30.07	1:00.88	750m: 14:38.97	1:02.08	1150m: 23:07.79	1:05.23		
	400m: 7:29.23	59.16	800m: 15:42.39	1:03.42	1200m: 24:11.12	1:03.33		
DNS	Renato Augusto, OLIVEIRA	M	124863	85	Vitória Sport Clube			DNS
WDR	Diogo Antonio, CARVALHO	M	103753	93	Natacao de Valongo			WDR
WDR	Norberto Matos, PEREIRA	M	111733	75	Vitória Sport Clube			WDR

Prova 3 28-10-2018 - 11:25	Femin., 100m Costas GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	1:08.93	Susana Maria, MATEUS	CNLA	Tomar	30-01-2016
RN B(30-34)	1:09.23	Ana Paula, GRILO	UDCA	Funchal	05-04-2003
RN C(35-39)	1:09.91	Ana Paula, GRILO	UDCA	Caldas da Rainha	19-02-2005
RN D(40-44)	1:11.91	Ana Paula, GRILO	INDALEN	Lisboa	20-03-2010
RN E(45-49)	1:15.34	Monica Anjos, REZENDE	INDANC	Mealhada	07-01-2018
RN F(50-54)	1:17.38	Isabel Baptista, FERREIRA	ADRCIMM	Sto António Cavaleiros	07-01-2018
RN G(55-59)	1:19.42	Elena Nikolaevna, KRAEVA	ADRCIMM	Tomar	30-01-2016
RN H(60-64)	1:37.00	Ana Maria, FERREIRA	SAD	Tomar	28-01-2012
RN I(65-69)	1:42.96	Ana Maria, FERREIRA	SAD	Sines	28-01-2017
RN J(70-74)	2:07.18	Isabel Maria, RAIMUNDO	SAD	Lisboa	26-02-2011
RN K(75-79)	2:08.60	Isabel Maria, RAIMUNDO	SAD	Pontevedra (ESP)	21-02-2015
RN L(80-84)	3:05.91	Maria Augusta, AZINHEIRA	SFP	Algés	21-04-2018
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Alexandra Sofia, MONTEIRO	F	15415	92	AP Vila D Este	<b>1:20.12</b>	504	
	50m: 38.82 38.82	100m:	1:20.12		41.30			
2.	Mariana Dias, ALMEIDA	F	22405	93	Ginásio Santo Tirso	<b>1:20.33</b>	500	
	50m: 39.00 39.00	100m:	1:20.33		41.33			
3.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	<b>1:23.45</b>	446	
	50m: 40.67 40.67	100m:	1:23.45		42.78			
4.	Marisa Ysabel, PIRES	F	12583	93	Clube Desportivo Estarreja	<b>1:24.61</b>	428	
	50m: 40.95 40.95	100m:	1:24.61		43.66			
5.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	<b>1:26.32</b>	403	
	50m: 42.49 42.49	100m:	1:26.32		43.83			

<b>Master Esc B</b>								
1.	Carolina Santos, SILVA	F	23208	86	Ginásio Santo Tirso	<b>1:10.24</b>	850	
	50m: 33.72 33.72	100m:	1:10.24		36.52			

<b>Master Esc C</b>								
1.	Maria Margarida, MACHADO	F	153145	81	AP Vila D Este	<b>1:46.40</b>	237	
	50m: 51.85 51.85	100m:	1:46.40		54.55			

<b>Master Esc F</b>								
1.	Paula Margarida, NAVARRO	F	202829	68	Natacao de Valongo	<b>1:44.98</b>	325	
	50m: 50.92 50.92	100m:	1:44.98		54.06			
2.	Margarida Maria, RIBEIRO	F	131782	64	Fluvial Portuense	<b>2:18.06</b>	143	
	50m: 1:05.96 1:05.96	100m:	2:18.06		1:12.10			
WDR	Rosalina Bessa, BABO	F	108036	67	Porto			WDR

<b>Master Esc G</b>								
1.	Maria Teresa, ANDRADE	F	203942	63	Porto	<b>1:32.17</b>	608	
	50m: 45.32 45.32	100m:	1:32.17		46.85			
2.	Maria Teresa, PINTO	F	120500	61	Leixões Sport Clube	<b>2:10.56</b>	214	
	50m: 1:06.92 1:06.92	100m:	2:10.56		1:03.64			
3.	Gracinda Maria, MACHADO	F	117386	61	Ginásio Santo Tirso	<b>2:21.29</b>	169	
	50m: 1:10.57 1:10.57	100m:	2:21.29		1:10.72			

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Natacao do Norte de Portugal

30-10-2018 12:53 - Página 8





Prova 3, Femin., 100m Costas

Master Esc H

1.	Ana Paula, ALMEIDA	F	153497 58	Fluvial Portuense	<b>2:03.32</b>	314
	50m: 56.72 56.72		100m: 2:03.32 1:06.60			
2.	Ana Vieira, MOREIRA	F	205072 57	Penafiel	<b>2:33.35</b>	163
	50m: 1:13.49 1:13.49		100m: 2:33.35 1:19.86			

AG 80 e mais velhos

1.	Maria Alice, VIEIRA	F	131797 37	Natacao da Maia	<b>3:43.99</b>	165
	50m: 1:49.06 1:49.06		100m: 3:43.99 1:54.93			

Prova 4

28-10-2018 - 11:30

Masc., 100m Costas  
GRAFIPRONGO

25 anos e mais velhos  
Resultados

RN A(25-29)	56.98	Adriano Miguel, NIZ	GDNVNF	Funchal	16-01-2015
RN B(30-34)	56.96	Adriano Miguel, NIZ	GDNVNF	Santa Marta de Penaguiao	04-06-2016
RN C(35-39)	1:00.57	Ricardo Conceicao, PEDROSO	SAD	Tomar	29-01-2012
RN D(40-44)	1:01.68	Nuno Filipe, LAURENTINO	SAD	Sines	29-01-2017
RN E(45-49)	1:02.52	Jorge Eduardo, FARIA	ANE	Inatel	30-05-2009
RN F(50-54)	1:02.31	Jorge Eduardo, FARIA	SAD	Algés	06-04-2014
RN G(55-59)	1:10.78	Paulo Paula, CARVALHO	SFUAP	Tomar	31-01-2016
RN H(60-64)	1:20.45	Vitor Manuel, MAVIOSO	SAD	Sines	05-03-2016
RN I(65-69)	1:21.35	Antonio Bessone, BASTO	SAD	Lisboa	21-04-2011
RN J(70-74)	1:22.77	Antonio Bessone, BASTO	SAD	Algés	29-03-2015
RN K(75-79)	1:54.01	Jose Antonio, SACADURA	SAD	Tomar	31-01-2016
RN L(80-84)	2:06.59	Leonel Sousa, GOMES	AAC	Mealhada	30-01-2010
RN M(85-89)	2:55.10	Leonel Sousa, GOMES	SAD	Sines	29-01-2017

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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Master Esc A

1.	Artur Sousa, FERREIRA	M	108511 93	Colegio SMLamas	<b>1:10.60</b>	473
	50m: 34.40 34.40		100m: 1:10.60 36.20			

Master Esc B

1.	Pedro Tiago, GOMES	M	206898 86	Fluvial Portuense	<b>1:07.91</b>	609
	50m: 32.66 32.66		100m: 1:07.91 35.25			
2.	Edgar Paiva, BARTOLO	M	26055 88	Leixões Sport Clube	<b>1:07.95</b>	608
	50m: 32.83 32.83		100m: 1:07.95 35.12			
3.	Bruno Mezencio, RESENDE	M	208401 86	Natacao de Valongo	<b>1:16.75</b>	422
	50m: 37.13 37.13		100m: 1:16.75 39.62			
4.	Filipe Ricardo, DIAS	M	207403 84	Penafiel	<b>2:03.81</b>	100
	50m: 55.78 55.78		100m: 2:03.81 1:08.03			

Master Esc C

1.	Tiago Melo, PEREIRA	M	208402 79	Natacao de Valongo	<b>1:51.10</b>	131
	50m: 50.28 50.28		100m: 1:51.10 1:00.82			

Master Esc D

1.	Carlos Miguel, OLIVEIRA	M	207019 78	Clube Desportivo Estarreja	<b>1:16.67</b>	457
	50m: 36.34 36.34		100m: 1:16.67 40.33			
2.	Filipe Teixeira, SA	M	206936 78	Porto	<b>1:28.65</b>	295
	50m: 41.86 41.86		100m: 1:28.65 46.79			

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Prova 4, Masc., 100m Costas, Master Esc D

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
3.	Luis Miguel, SEIXAS 50m: 1:01.29 100m: 1:01.29	M	206892	76	Natacao da Maia 1:11.62	<b>2:12.91</b>	87	

Master Esc E

1.	Hugo Alexandre, BORREGO 50m: 59.35 100m: 59.35	M	205001	72	Sporting Clube de Aveiro 1:06.91	<b>2:06.26</b>	104	
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Master Esc F

WDR	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro			WDR
WDR	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro			WDR

Master Esc G

1.	Alexandre Jose, CARREIRA 50m: 46.00 100m: 46.00	M	206940	62	Fluvial Portuense 53.35	<b>1:39.35</b>	276	
WDR	Armando Joao, COSTA	M	12262	63	Colegio SMLamas			WDR

Master Esc H

1.	Jose Alexandre, RAPOSO 50m: 57.05 100m: 57.05	M	131484	55	Sporting Clube de Aveiro 1:01.12	<b>1:58.17</b>	228	
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Prova 5

Femin., 200m Costas

25 anos e mais velhos

28-10-2018 - 11:35

GRAFIPRONGO

Resultados

RN A(25-29)	2:31.67	Sandra Cristina, CORREIA	CPT	Inatel	23-03-2003
RN B(30-34)	2:25.88	Ana Paula, GRILO	UDCA	Inatel	23-03-2003
RN C(35-39)	2:33.17	Ana Paula, GRILO	UDCA	Inatel	05-02-2006
RN D(40-44)	2:39.07	Ana Paula, GRILO	INDALEN	Penafiel	20-11-2010
RN E(45-49)	2:43.12	Maria Helena, CARMO	CNCVG	Lisboa	27-02-2011
RN F(50-54)	2:50.59	Isabel Baptista, FERREIRA	ADRCIMM	Vila Franca de Xira	21-01-2018
RN G(55-59)	2:53.12	Elena Nikolaevna, KRAEVA	ADRCIMM	Vila Franca de Xira	21-01-2018
RN H(60-64)	3:32.50	Ana Maria, FERREIRA	SAD	Abóboda	16-01-2011
RN I(65-69)	3:46.86	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016
RN J(70-74)	4:59.45	Nair Gomes, SA	SFP	Lisboa	19-04-2009
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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Master Esc A

1.	Raquel Alexandra, SILVA 50m: 37.77 100m: 37.77	F	26074	91	Leixões Sport Clube 41.58 150m: 2:00.54 41.19 200m: 2:41.95	<b>2:41.95</b>	598	41.41
2.	Patricia Marisa, RIBEIRO 50m: 41.17 100m: 41.17	F	201640	91	AP Vila D Este 45.59 150m: 2:14.47 47.71 200m: 3:00.28	<b>3:00.28</b>	433	45.81

Master Esc B

1.	Raquel Filipa, MIRANDA 50m: 41.85 100m: 41.85	F	132422	85	Foca 43.80 150m: 2:09.99 44.34 200m: 2:52.79	<b>2:52.79</b>	550	42.80
2.	Filipa Isabel, REIS 50m: 55.95 100m: 55.95	F	153141	87	Leixões Sport Clube 1:00.47 150m: 3:02.17 1:05.75 200m: 4:06.29	<b>4:06.29</b>	190	1:04.12

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Prova 5, Femin., 200m Costas

Master Esc C

1.	Ana Rosa, SILVA	F	133361 80	Foca					<b>3:52.21</b>	232
	50m: 57.31		100m: 1:56.29	58.98	150m: 2:55.85	59.56	200m: 3:52.21			56.36
WDR	Ana Mafalda, OLIVEIRA	F	23193 81	Natacao da Maia						WDR

Master Esc D

1.	Elza Maria, CARVALHO	F	153144 76	AP Vila D Este					<b>3:25.24</b>	385
	50m: 48.90		100m: 1:40.69	51.79	150m: 2:34.30	53.61	200m: 3:25.24			50.94

Master Esc E

1.	Isabel Maria, PINTO	F	207697 72	Fluvial Portuense					<b>4:09.94</b>	232
	50m: 58.09		100m: 2:02.52	1:04.43	150m: 4:09.94	2:07.42	200m: 4:09.94			

25 anos e mais velhos

1.	Raquel Alexandra, SILVA	F	26074 91	Leixões Sport Clube					<b>2:41.95</b>	598
	50m: 37.77		100m: 1:19.35	41.58	150m: 2:00.54	41.19	200m: 2:41.95			41.41
2.	Raquel Filipa, MIRANDA	F	132422 85	Foca					<b>2:52.79</b>	550
	50m: 41.85		100m: 1:25.65	43.80	150m: 2:09.99	44.34	200m: 2:52.79			42.80
3.	Patrícia Marisa, RIBEIRO	F	201640 91	AP Vila D Este					<b>3:00.28</b>	433
	50m: 41.17		100m: 1:26.76	45.59	150m: 2:14.47	47.71	200m: 3:00.28			45.81
4.	Elza Maria, CARVALHO	F	153144 76	AP Vila D Este					<b>3:25.24</b>	385
	50m: 48.90		100m: 1:40.69	51.79	150m: 2:34.30	53.61	200m: 3:25.24			50.94
5.	Ana Rosa, SILVA	F	133361 80	Foca					<b>3:52.21</b>	232
	50m: 57.31		100m: 1:56.29	58.98	150m: 2:55.85	59.56	200m: 3:52.21			56.36
	Isabel Maria, PINTO	F	207697 72	Fluvial Portuense					<b>4:09.94</b>	232
	50m: 58.09		100m: 2:02.52	1:04.43	150m: 4:09.94	2:07.42	200m: 4:09.94			
7.	Filipa Isabel, REIS	F	153141 87	Leixões Sport Clube					<b>4:06.29</b>	190
	50m: 55.95		100m: 1:56.42	1:00.47	150m: 3:02.17	1:05.75	200m: 4:06.29			1:04.12
WDR	Ana Mafalda, OLIVEIRA	F	23193 81	Natacao da Maia						WDR

Prova 6 28-10-2018 - 11:40	Masc., 200m Costas CMF - Clínica Médica da Foz				25 anos e mais velhos Resultados	
RN A(25-29)	2:02.10	Adriano Miguel, NIZ	GDNVNF	Mealhada		21-06-2015
RN B(30-34)	2:01.89	Adriano Miguel, NIZ	GDNVNF	Sines		28-01-2017
RN C(35-39)	2:17.59	David Oliveira, GORGULHO	CNLA	Sines		28-01-2017
RN D(40-44)	2:14.97	Mario Moura, CARVALHO	FCP	Vila Franca de Xira		20-01-2018
RN E(45-49)	2:17.46	Jorge Eduardo, FARIA	ANE	Lisboa		19-04-2009
RN F(50-54)	2:30.55	Paulo Paula, CARVALHO	SFUAP	Porto		01-12-2011
RN G(55-59)	2:33.07	Paulo Paula, CARVALHO	SCP	Sines		28-01-2017
RN H(60-64)	3:00.23	Vitor Manuel, MAVIOSO	SAD	Sines		28-01-2017
RN I(65-69)	2:57.17	Antonio Bessone, BASTO	SAD	Lisboa		20-06-2010
RN J(70-74)	3:26.76	Antonio Bessone, BASTO	SAD	Vila Franca de Xira		20-01-2018
RN K(75-79)	59:00.00	,				
RN L(80-84)	5:47.35	Joao Rodrigues, TEIXEIRA	AAC	Vila Franca de Xira		20-01-2018
RN M(85-89)	59:00.00	,				

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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### Master Esc A

1.	Diogo Antonio, CARVALHO	M	103753	93	Natacao de Valongo		<b>2:42.16</b>	368
	50m: 35.74 35.74	100m: 1:15.78	40.04	150m: 1:58.02	42.24	200m: 2:42.16		44.14

### Master Esc B

1.	Pedro Filipe, PIMENTEL	M	101691	84	Foca		<b>2:33.97</b>	434
	50m: 34.58 34.58	100m: 1:12.81	38.23	150m: 1:52.49	39.68	200m: 2:33.97		41.48

### Master Esc D

DNS	Mario Moura, CARVALHO	M	15378	78	Porto			DNS
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### Master Esc E

1.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense		<b>2:40.07</b>	617
	50m: 36.50 36.50	100m: 1:16.47	39.97	150m: 1:58.33	41.86	200m: 2:40.07		41.74
2.	Augusto Mariano, SOARES	M	117424	72	Ginásio Santo Tirso		<b>5:06.05</b>	88
	50m: 1:12.09 1:12.09	100m: 2:35.48	1:23.39	150m: 3:53.81	1:18.33	200m: 5:06.05		1:12.24

### Master Esc F

1.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro		<b>3:28.79</b>	296
	50m: 50.67 50.67	100m: 1:44.53	53.86	150m: 2:38.42	53.89	200m: 3:28.79		50.37
2.	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro		<b>4:02.51</b>	188
	50m: 59.02 59.02	100m: 2:02.37	1:03.35	150m: 3:04.94	1:02.57	200m: 4:02.51		57.57

### Master Esc G

1.	Pedro Bruno, MENESES	M	132358	62	Leixões Sport Clube		<b>3:34.73</b>	296
	50m: 51.70 51.70	100m: 1:46.10	54.40	150m: 2:40.75	54.65	200m: 3:34.73		53.98
2.	Paulo Luis, AZEVEDO	M	204147	60	Leixões Sport Clube		<b>4:39.16</b>	135
	50m: 1:07.70 1:07.70	100m: 2:17.94	1:10.24	150m: 3:31.18	1:13.24	200m: 4:39.16		1:07.98

### Master Esc H

1.	Jose Alexandre, RAPOSO	M	131484	55	Sporting Clube de Aveiro		<b>4:14.64</b>	241
	50m: 1:01.80 1:01.80	100m: 2:06.93	1:05.13	150m: 3:12.66	1:05.73	200m: 4:14.64		1:01.98

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Prova 6, Masc., 200m Costas

25 anos e mais velhos

1.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense						<b>2:40.07</b>	617
	50m: 36.50 36.50		100m: 1:16.47		39.97	150m: 1:58.33	41.86	200m: 2:40.07			41.74	
2.	Pedro Filipe, PIMENTEL	M	101691	84	Foca						<b>2:33.97</b>	434
	50m: 34.58 34.58		100m: 1:12.81		38.23	150m: 1:52.49	39.68	200m: 2:33.97			41.48	
3.	Diogo Antonio, CARVALHO	M	103753	93	Natacao de Valongo						<b>2:42.16</b>	368
	50m: 35.74 35.74		100m: 1:15.78		40.04	150m: 1:58.02	42.24	200m: 2:42.16			44.14	
4.	Jorge Vieira, RIBEIRO	M	128894	64	Sporting Clube de Aveiro						<b>3:28.79</b>	296
	50m: 50.67 50.67		100m: 1:44.53		53.86	150m: 2:38.42	53.89	200m: 3:28.79			50.37	
	Pedro Bruno, MENESES	M	132358	62	Leixões Sport Clube						<b>3:34.73</b>	296
	50m: 51.70 51.70		100m: 1:46.10		54.40	150m: 2:40.75	54.65	200m: 3:34.73			53.98	
6.	Jose Alexandre, RAPOSO	M	131484	55	Sporting Clube de Aveiro						<b>4:14.64</b>	241
	50m: 1:01.80 1:01.80		100m: 2:06.93		1:05.13	150m: 3:12.66	1:05.73	200m: 4:14.64			1:01.98	
7.	Daniel Castro, TRIGO	M	120704	65	Sporting Clube de Aveiro						<b>4:02.51</b>	188
	50m: 59.02 59.02		100m: 2:02.37		1:03.35	150m: 3:04.94	1:02.57	200m: 4:02.51			57.57	
8.	Paulo Luis, AZEVEDO	M	204147	60	Leixões Sport Clube						<b>4:39.16</b>	135
	50m: 1:07.70 1:07.70		100m: 2:17.94		1:10.24	150m: 3:31.18	1:13.24	200m: 4:39.16			1:07.98	
9.	Augusto Mariano, SOARES	M	117424	72	Ginásio Santo Tirso						<b>5:06.05</b>	88
	50m: 1:12.09 1:12.09		100m: 2:35.48		1:23.39	150m: 3:53.81	1:18.33	200m: 5:06.05			1:12.24	
DNS	Mario Moura, CARVALHO	M	15378	78	Porto							DNS
EXH	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube						<b>3:07.81</b>	382
	50m: 44.51 44.51		100m: 1:31.30		46.79	150m: 2:20.33	49.03	200m: 3:07.81			47.48	EXH

Prova 7

28-10-2018 - 11:55

Femin., 100m Mariposa  
GRAFIPRONGO

25 anos e mais velhos

Resultados

RN A(25-29)	1:05.71	Soraia Vanessa, RIBEIRO	ESJB	Mealhada	07-01-2018
RN B(30-34)	1:07.27	Carolina Santos, SILVA	CPN	Sines	28-01-2017
RN C(35-39)	1:06.87	Susana Clara, GOMES	CNF	Funchal	17-01-2015
RN D(40-44)	1:07.05	Susana Clara, GOMES	CNF	Vila Franca de Xira	20-01-2018
RN E(45-49)	1:14.23	Joana Isabel, ARANTES	CMBCP	Vila Franca de Xira	20-01-2018
RN F(50-54)	1:17.16	Elena Alarcon, GAMONAL	CNFA	Portimão	28-04-2012
RN G(55-59)	1:21.04	Elena Alarcon, GAMONAL	CNFA	Vila Franca de Xira	20-01-2018
RN H(60-64)	1:38.17	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011
RN I(65-69)	1:45.49	Ana Maria, FERREIRA	SAD	Sines	05-03-2016
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Gilberta Cristina, BARBOSA	F	26478	93	Foca	<b>1:15.88</b>	533	
	50m: 34.12 34.12		100m: 1:15.88		41.76			

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Prova 8 28-10-2018 - 11:55	Masc., 100m Mariposa GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	56.01	Adriano Miguel, NIZ	GDNVNF	Recarei	16-05-2015
RN B(30-34)	57.29	Adriano Miguel, NIZ	GDNVNF	Sines	29-01-2017
RN C(35-39)	59.12	Pedro Miguel, SILVA	CFV	Ponte de Sor	30-01-2011
RN D(40-44)	1:00.74	Jorge Eduardo, FARIA	ANE	Cantanhede	26-05-2007
RN E(45-49)	1:00.13	Jorge Eduardo, FARIA	ANE	Inatel	31-05-2009
RN F(50-54)	1:00.08	Jorge Eduardo, FARIA	SAD	Algés	06-04-2014
RN G(55-59)	1:06.21	Paulo Paula, CARVALHO	SFUAP	Tomar	31-01-2016
RN H(60-64)	1:14.23	Vitor Manuel, MAVIOSO	SAD	Tomar	31-01-2016
RN I(65-69)	1:23.93	Orlando Gomes, BAIRRADA	ANE	Lisboa	20-06-2010
RN J(70-74)	1:36.15	Orlando Gomes, BAIRRADA	SAD	Algés	02-04-2016
RN K(75-79)	2:03.93	Antonio Alexandre, RODRIGUES	AAC	Mealhada	26-01-2014
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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**Master Esc A**

1.	Tiago Andre, FERREIRA	M	203935	92	Penafiel	<b>1:37.58</b>	168	
	50m: 45.41 45.41	100m:	1:37.58		52.17			

**Master Esc B**

1.	Edgar Paiva, BARTOLO	M	26055	88	Leixões Sport Clube	<b>1:08.96</b>	444	
	50m: 32.45 32.45	100m:	1:08.96		36.51			
2.	Helder Tomas, ROCHA	M	203931	86	Penafiel	<b>1:37.19</b>	158	
	50m: 41.78 41.78	100m:	1:37.19		55.41			

**Master Esc C**

1.	Mario Nuno, PEREIRA	M	200652	81	Foca	<b>1:28.46</b>	242	
	50m: 38.33 38.33	100m:	1:28.46		50.13			

**Master Esc D**

1.	Miguel Pinheiro, PIRES	M	153288	78	Fluvial Portuense	<b>1:05.89</b>	634	
	50m: 30.40 30.40	100m:	1:05.89		35.49			
2.	Bruno Miguel, SANTOS	M	14631	76	Porto	<b>1:09.37</b>	543	
	50m: 31.50 31.50	100m:	1:09.37		37.87			
WDR	Jorge Miguel, SILVA	M	119954	76	Fundacao Salesianos			WDR

**Master Esc E**

1.	Miguel Angelo, NUNES	M	206646	73	Clube Desportivo Estarreja	<b>1:26.67</b>	312	
	50m: 38.87 38.87	100m:	1:26.67		47.80			
2.	Vitorino Fernando, FARIA	M	147080	73	Foca	<b>1:49.08</b>	156	
	50m: 46.51 46.51	100m:	1:49.08		1:02.57			
WDR	Bruno Miguel, FONSECA	M	120851	73	Fundacao Salesianos			WDR

**Master Esc F**

1.	Jorge Manuel, MONTEIRO	M	202134	67	Fluvial Portuense	<b>1:06.51</b>	821	
	50m: 30.69 30.69	100m:	1:06.51		35.82			



Prova 8, Masc., 100m Mariposa

Master Esc G

1. Alberto Sergio, SOUSA M 201926 63 Natacao da Maia 1:46.65 223  
50m: 47.73 47.73 100m: 1:46.65 58.92

Master Esc I

1. Antonio Jorge, MARQUES M 130679 51 Fluvial Portuense 2:09.56 168  
50m: 1:00.08 1:00.08 100m: 2:09.56 1:09.48

Prova 9

28-10-2018 - 12:00

Femin., 200m Mariposa  
GRAFIPRONGO

25 anos e mais velhos  
Resultados

RN A(25-29)	2:27.70	Andreia Catarina, MARTINS	CNMAL	Inatel	13-04-2008
RN B(30-34)	2:25.78	Ana Paula, GRILO	UDCA	Anadia	01-06-2003
RN C(35-39)	2:26.45	Ana Paula, GRILO	UDCA	Inatel	05-02-2006
RN D(40-44)	2:39.67	Ana Paula, GRILO	INDALEN	Penafiel	20-11-2010
RN E(45-49)	2:42.49	Joana Isabel, ARANTES	CMBCP	Vila Franca de Xira	21-01-2018
RN F(50-54)	3:26.67	Eugenia Maria, CUNHA	AAC	Caldas da Rainha	28-04-2012
RN G(55-59)	3:35.07	Eugenia Maria, CUNHA	AAC	Caldas da Rainha	22-04-2017
RN H(60-64)	3:49.01	Ana Maria, FERREIRA	ANE	Lisboa	18-04-2010
RN I(65-69)	3:47.45	Ana Maria, FERREIRA	SAD	Badajoz (ESP)	23-04-2016
RN J(70-74)	59:00.00	,			
RN K(75-79)	59:00.00	,			
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
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Master Esc B

1. Rita Claudia, FOUGO F 24051 88 Natacao da Maia 3:01.01 493  
50m: 40.11 40.11 100m: 1:25.04 44.93 150m: 2:11.94 46.90 200m: 3:01.01 49.07

25 anos e mais velhos

1. Rita Claudia, FOUGO F 24051 88 Natacao da Maia 3:01.01 493  
50m: 40.11 40.11 100m: 1:25.04 44.93 150m: 2:11.94 46.90 200m: 3:01.01 49.07

Prova 10 28-10-2018 - 12:05	Masc., 200m Mariposa CMF - Clínica Médica da Foz			25 anos e mais velhos Resultados		
RN A(25-29)	2:07.89	Adriano Miguel, NIZ	GDNVNF	Porto	28-11-2015	
RN B(30-34)	2:08.70	Eduardo Ferreira, SEVERI	FCP	Vila Franca de Xira	20-01-2018	
RN C(35-39)	2:22.72	Duarte Nuno, CAMACHO	CDN	Caldas da Rainha	16-05-2004	
RN D(40-44)	2:22.74	Paulo Paula, CARVALHO	SFP	Inatel	23-06-2001	
RN E(45-49)	2:19.13	Jorge Eduardo, FARIA	ANE	Lisboa	21-02-2010	
RN F(50-54)	2:26.10	Paulo Paula, CARVALHO	SFUAP	Lisboa	27-02-2011	
RN G(55-59)	2:27.46	Paulo Paula, CARVALHO	SCP	Vila Franca de Xira	20-01-2018	
RN H(60-64)	3:02.76	Vitor Manuel, MAVIOSO	SAD	Badajoz (ESP)	23-04-2016	
RN I(65-69)	3:05.18	Orlando Gomes, BAIRRADA	ANE	Lisboa	20-06-2010	
RN J(70-74)	3:40.82	Orlando Gomes, BAIRRADA	SAD	Badajoz (ESP)	23-04-2016	
RN K(75-79)	59:00.00	,				
RN L(80-84)	59:00.00	,				
RN M(85-89)	59:00.00	,				

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR

<b>Master Esc B</b>								
1.	Adriano Miguel, NIZ	M	23013	86	Famalicao		<b>2:09.15</b>	885
	50m: 28.71	28.71	100m: 1:01.71	33.00	150m: 1:34.77	33.06	200m: 2:09.15	34.38

<b>Master Esc C</b>								
1.	Patrick, SANTOS	M	26609	79	Fundacao Salesianos		<b>2:48.02</b>	428
	50m: 36.41	36.41	100m: 1:19.16	42.75	150m: 2:04.03	44.87	200m: 2:48.02	43.99

<b>25 anos e mais velhos</b>								
1.	Adriano Miguel, NIZ	M	23013	86	Famalicao		<b>2:09.15</b>	885
	50m: 28.71	28.71	100m: 1:01.71	33.00	150m: 1:34.77	33.06	200m: 2:09.15	34.38
2.	Patrick, SANTOS	M	26609	79	Fundacao Salesianos		<b>2:48.02</b>	428
	50m: 36.41	36.41	100m: 1:19.16	42.75	150m: 2:04.03	44.87	200m: 2:48.02	43.99
WDR	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			WDR

Prova 11	Misto, 4 x 100m Livres				AG 100 - 359
28-10-2018 - 12:20	TURBO				Resultados
RN 1(100-119)	4:55.60	CCD Estrelas S. Joao de Brito	ESJB	INATEL	10-03-2002
RN 2(120-159)	4:39.33	Uniao Desportiva e Columbofila AdcUDCAuense	INATEL		10-03-2002
RN 3(160-199)	6:56.91	Sindicato Trab. Funcao Pub. Sul e /SFPes	INATEL		10-03-2002
RN 4(200-239)	6:54.33	Uniao Desportiva e Columbofila AdcUDCAuense	INATEL		10-03-2002
RN 5(240-279)	59:00.00				
RN 6(280-319)	59:00.00				

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>AG 100 - 119</b>							
1.	Foca 1	X		Foca	<b>4:22.19</b>		
	<i>Recorde Nacional</i>						
	Raquel Filipa, MIRANDA	85	33.17	1:09.65	Gilberta Cristina, BARBOSA	93	31.87
	Luis Manuel, RIBEIRO	91	30.51	1:05.40	Pedro Filipe, PIMENTEL	84	1:00.72

<b>AG 120 - 159</b>							
1.	Clube Desportivo Estarreja 1	X		Clube Desportivo Estarreja	<b>4:51.49</b>		
	Marisa Ysabel, PIRES	93	36.05	1:16.22	Miguel Angelo, NUNES	73	35.07
	Helena Sofia, ANDRADE	82	36.87	1:19.06	Carlos Miguel, OLIVEIRA	78	30.20
2.	Penafiel 2	X		Penafiel	<b>6:03.04</b>		
	Maria Ines, SILVA	90	40.62	1:24.85	Paulo Ricardo, MOREIRA	83	41.13
	Pedro Miguel, BERNARDES	86	28.08	1:22.59	Ana Lucia, SANTOS	86	48.18

<b>AG 160 - 199</b>							
1.	Natacao de Valongo 1	X		Natacao de Valongo	<b>5:20.25</b>		
	<i>Recorde Nacional</i>						
	Diogo Antonio, CARVALHO	93	30.40	1:05.05	Teresa Margarida, LOURENCO	69	42.32
	Marcelo Porto, RODRIGUES	82	32.38	1:09.48	Paula Margarida, NAVARRO	68	44.77
2.	Foca 2	X		Foca	<b>6:01.58</b>		
	Vitorino Fernando, FARIA	73	44.56	1:31.58	Clotilde Eunice, COSTA	80	43.14
	Ana Rosa, SILVA	80	44.40	1:35.63	Pedro Manuel, SILVA	77	36.55
3.	Penafiel 3	X		Penafiel	<b>6:12.65</b>		
	Ana Vieira, MOREIRA	57	57.87	2:07.20	Miguel Paulo, SILVA	71	42.24
	Jaime Antonio, SOARES	87	38.69	1:20.80	Ines Isabel, ESTEVES	91	35.99
4.	Leixões Sport Clube 1	X		Leixões Sport Clube	<b>6:21.42</b>		
	Maria Teresa, PINTO	61	53.10	1:51.48	Filipa Isabel, REIS	87	43.79
	Paulo Alexandre, NEVES	66	38.83	1:19.38	Jose Manuel, BAPTISTA	69	43.00

<b>AG 200 - 239</b>							
1.	Natacao da Maia 1	X		Natacao da Maia	<b>6:05.93</b>		
	<i>Recorde Nacional</i>						
	Alberto Sergio, SOUSA	63	39.24	1:22.48	Maria Manuela, FERREIRA	70	45.22
	Rui Pedro, FERREIRA	64	43.32	1:29.45	Maria Manuela, NETO	62	47.60
2.	Fluvial Portuense 1	X		Fluvial Portuense	<b>6:32.18</b>		
	Jorge Manuel, MONTEIRO	67	29.86	1:01.36	Isabel Maria, PINTO	72	52.56
	Ana Paula, ALMEIDA	58	47.20	1:44.55	Antonio Jorge, MARQUES	51	54.61

2 - 2ª Jornada

28-10-2018 - 15:30

Prova 12	Femin., 400m Estilos				25 anos e mais velhos	
28-10-2018 - 15:30	GRAFIPRONGO				Resultados	
RN A(25-29)	5:34.41	Andreia Silva, MARTINS	CNMAL	Inatel	11-04-2008	
RN B(30-34)	5:07.66	Ana Paula, GRILO	UDCA	Anadia	31-05-2003	
RN C(35-39)	5:10.65	Ana Paula, GRILO	UDCA	Ponte da Barca	10-06-2005	
RN D(40-44)	5:32.53	Ana Paula, GRILO	CNBE	Blackpool (GBR)	25-02-2012	
RN E(45-49)	5:54.12	Ana Paula, GRILO	NDCO	Leiria	26-04-2014	
RN F(50-54)	6:23.27	Elena Nikolaevna, KRAEVA	CIMM	Lisboa	20-05-2011	
RN G(55-59)	7:26.86	Ana Maria, FERREIRA	SFP	Ponte de Sôr	26-05-2006	
RN H(60-64)	7:18.48	Ana Maria, FERREIRA	SAD	Lisboa	27-02-2011	
RN I(65-69)	7:32.09	Ana Maria, FERREIRA	SAD	Benedita	03-04-2016	
RN J(70-74)	59:00.00	,				
RN K(75-79)	59:00.00	,				
RN L(80-84)	59:00.00	,				
RN M(85-89)	59:00.00	,				

MASTERS FEM : 8:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	<b>5:46.98</b>	<b>648</b>	
	50m: 37.89	37.89	150m: 2:06.19	44.91	250m: 3:39.62	49.93	350m: 5:08.87	39.99
	100m: 1:21.28	43.39	200m: 2:49.69	43.50	300m: 4:28.88	49.26	400m: 5:46.98	38.11

<b>Master Esc B</b>								
1.	Raquel Filipa, MIRANDA	F	132422	85	Foca	<b>5:45.81</b>	<b>683</b>	
	50m: 36.84	36.84	150m: 2:04.27	46.64	250m: 3:40.38	50.23	350m: 5:09.31	39.53
	100m: 1:17.63	40.79	200m: 2:50.15	45.88	300m: 4:29.78	49.40	400m: 5:45.81	36.50

<b>Master Esc C</b>								
1.	Ana Rosa, SILVA	F	133361	80	Foca	<b>7:45.78</b>	<b>311</b>	
	50m: 52.75	52.75	150m: 2:56.59	1:03.32	250m: 4:57.67	1:00.10	350m: 6:54.53	53.74
	100m: 1:53.27	1:00.52	200m: 3:57.57	1:00.98	300m: 6:00.79	1:03.12	400m: 7:45.78	51.25

<b>Master Esc D</b>								
1.	Carla Santa, BARBARA	F	118948	75	Porto	<b>6:12.33</b>	<b>624</b>	
	50m: 37.47	37.47	150m: 2:08.31	47.62	250m: 3:49.84	54.48	350m: 5:29.22	43.01
	100m: 1:20.69	43.22	200m: 2:55.36	47.05	300m: 4:46.21	56.37	400m: 6:12.33	43.11

<b>25 anos e mais velhos</b>								
1.	Raquel Filipa, MIRANDA	F	132422	85	Foca	<b>5:45.81</b>	<b>683</b>	
	50m: 36.84	36.84	150m: 2:04.27	46.64	250m: 3:40.38	50.23	350m: 5:09.31	39.53
	100m: 1:17.63	40.79	200m: 2:50.15	45.88	300m: 4:29.78	49.40	400m: 5:45.81	36.50
2.	Raquel Alexandra, SILVA	F	26074	91	Leixões Sport Clube	<b>5:46.98</b>	<b>648</b>	
	50m: 37.89	37.89	150m: 2:06.19	44.91	250m: 3:39.62	49.93	350m: 5:08.87	39.99
	100m: 1:21.28	43.39	200m: 2:49.69	43.50	300m: 4:28.88	49.26	400m: 5:46.98	38.11
3.	Carla Santa, BARBARA	F	118948	75	Porto	<b>6:12.33</b>	<b>624</b>	
	50m: 37.47	37.47	150m: 2:08.31	47.62	250m: 3:49.84	54.48	350m: 5:29.22	43.01
	100m: 1:20.69	43.22	200m: 2:55.36	47.05	300m: 4:46.21	56.37	400m: 6:12.33	43.11
4.	Ana Rosa, SILVA	F	133361	80	Foca	<b>7:45.78</b>	<b>311</b>	
	50m: 52.75	52.75	150m: 2:56.59	1:03.32	250m: 4:57.67	1:00.10	350m: 6:54.53	53.74
	100m: 1:53.27	1:00.52	200m: 3:57.57	1:00.98	300m: 6:00.79	1:03.12	400m: 7:45.78	51.25

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Prova 13 28-10-2018 - 15:40	Masc., 400m Estilos CMF - Clínica Médica da Foz				25 anos e mais velhos	Resultados
RN A(25-29)	4:33.01	Adriano Miguel, NIZ	GDNVNF	Porto	08-11-2014	
RN B(30-34)	5:07.41	Adriano Miguel, NIZ	GDNVNF	Porto	30-10-2016	
RN C(35-39)	5:10.82	Carlos Neves, CABRITA	UDCA	Inatel	05-02-2006	
RN D(40-44)	5:17.33	Rodolfo Pereira, NUNES	CAP	Porto	08-11-2014	
RN E(45-49)	5:14.57	Paulo Paula, CARVALHO	EMDS	Inatel	22-12-2008	
RN F(50-54)	5:29.30	Jose Samuel, DUARTE	SCP	Porto	28-11-2015	
RN G(55-59)	5:35.57	Paulo Paula, CARVALHO	SFUAP	Benedita	03-04-2016	
RN H(60-64)	6:11.82	Vitor Manuel, MAVIOSO	SAD	Badajoz (ESP)	19-11-2016	
RN I(65-69)	6:26.02	Antonio Bessone, BASTO	SAD	Lisboa	18-06-2010	
RN J(70-74)	6:35.10	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	20-02-2015	
RN K(75-79)	59:00.00	,				
RN L(80-84)	59:00.00	,				
RN M(85-89)	59:00.00	,				

MASTERS MASC : 7:00.00

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc B</b>								
1.	Pedro Filipe, PIMENTEL	M	101691	84	Foca	<b>5:37.74</b>	494	
	50m: 33.19 33.19	150m: 1:57.58	43.84	250m: 3:28.36	48.43	350m: 4:57.63	41.79	
	100m: 1:13.74 40.55	200m: 2:39.93	42.35	300m: 4:15.84	47.48	400m: 5:37.74	40.11	

<b>Master Esc D</b>								
1.	Helder Rafael, TULHA	M	128313	78	Ginásio Santo Tirso	<b>6:54.73</b>	279	
	50m: 41.41 41.41	150m: 2:24.97	54.32	250m: 4:17.60	59.61	350m: 6:07.46	49.43	
	100m: 1:30.65 49.24	200m: 3:17.99	53.02	300m: 5:18.03	1:00.43	400m: 6:54.73	47.27	
DNS	Mario Moura, CARVALHO	M	15378	78	Porto			DNS

<b>Master Esc E</b>								
1.	Rodolfo Pereira, NUNES	M	25137	73	Individual ANNP	<b>5:26.39</b>	694	
	50m: 33.14 33.14	150m: 1:53.86	43.28	250m: 3:23.89	46.41	350m: 4:48.10	38.38	
	100m: 1:10.58 37.44	200m: 2:37.48	43.62	300m: 4:09.72	45.83	400m: 5:26.39	38.29	
2.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	<b>5:49.38</b>	566	
	50m: 34.49 34.49	150m: 1:58.31	44.04	250m: 3:35.62	52.54	350m: 5:10.81	39.04	
	100m: 1:14.27 39.78	200m: 2:43.08	44.77	300m: 4:31.77	56.15	400m: 5:49.38	38.57	
DNS	Jean Alexandre, TESTAGROSSA	M	128318	71	Fundacao Salesianos			DNS

<b>25 anos e mais velhos</b>								
1.	Rodolfo Pereira, NUNES	M	25137	73	Individual ANNP	<b>5:26.39</b>	694	
	50m: 33.14 33.14	150m: 1:53.86	43.28	250m: 3:23.89	46.41	350m: 4:48.10	38.38	
	100m: 1:10.58 37.44	200m: 2:37.48	43.62	300m: 4:09.72	45.83	400m: 5:26.39	38.29	
2.	Carlos Guimaraes, GONCALVES	M	123664	70	Fluvial Portuense	<b>5:49.38</b>	566	
	50m: 34.49 34.49	150m: 1:58.31	44.04	250m: 3:35.62	52.54	350m: 5:10.81	39.04	
	100m: 1:14.27 39.78	200m: 2:43.08	44.77	300m: 4:31.77	56.15	400m: 5:49.38	38.57	
3.	Pedro Filipe, PIMENTEL	M	101691	84	Foca	<b>5:37.74</b>	494	
	50m: 33.19 33.19	150m: 1:57.58	43.84	250m: 3:28.36	48.43	350m: 4:57.63	41.79	
	100m: 1:13.74 40.55	200m: 2:39.93	42.35	300m: 4:15.84	47.48	400m: 5:37.74	40.11	
4.	Helder Rafael, TULHA	M	128313	78	Ginásio Santo Tirso	<b>6:54.73</b>	279	
	50m: 41.41 41.41	150m: 2:24.97	54.32	250m: 4:17.60	59.61	350m: 6:07.46	49.43	
	100m: 1:30.65 49.24	200m: 3:17.99	53.02	300m: 5:18.03	1:00.43	400m: 6:54.73	47.27	
DNS	Mario Moura, CARVALHO	M	15378	78	Porto			DNS
DNS	Jean Alexandre, TESTAGROSSA	M	128318	71	Fundacao Salesianos			DNS
EXH	Adriano Miguel, NIZ	M	23013	86	Famalicao	<b>5:03.21</b>	682	EXH
	<i>Recorde Nacional</i>							
	50m: 30.30 30.30	150m: 1:43.27	37.56	250m: 3:01.38	42.51	350m: 4:22.72	38.30	
	100m: 1:05.71 35.41	200m: 2:18.87	35.60	300m: 3:44.42	43.04	400m: 5:03.21	40.49	

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Prova 14 28-10-2018 - 15:45	Femin., 100m Livres GRAFIPRONGO		25 anos e mais velhos Resultados		
RN A(25-29)	1:00.70	Soraia Vanessa, RIBEIRO	ESJB	Mealhada	08-01-2017
RN B(30-34)	58.49	Ana Paula, GRILO	UDCA	Funchal	05-04-2003
RN C(35-39)	59.37	Ana Paula, GRILO	UDCA	Desenzano (ITA)	25-01-2004
RN D(40-44)	1:01.11	Susana Clara, GOMES	CNF	Vila Franca de Xira	21-01-2018
RN E(45-49)	1:06.20	Natacha Alexandra, SOUSA	CFP	Senhora da Hora	13-05-2017
RN F(50-54)	1:09.02	Isabel Baptista, FERREIRA	ADRCIMM	Algés	08-04-2017
RN G(55-59)	1:13.67	Elena Nikolaevna, KRAEVA	ADRCIMM	Algés	21-04-2018
RN H(60-64)	1:18.54	Ana Maria, FERREIRA	SAD	Tomar	28-01-2012
RN I(65-69)	1:21.75	Ana Maria, FERREIRA	SAD	Alges	29-03-2015
RN J(70-74)	1:35.24	Luisa Bessone, BASTO	SAD	Vila Franca de Xira	21-01-2018
RN K(75-79)	1:57.45	Isabel Maria, RAIMUNDO	SAD	Algés	29-03-2015
RN L(80-84)	3:32.17	Maria Alice, VIEIRA	CNMAIA	Fafe	17-06-2017
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Helena Manuel, JOSE	F	15205	90	Ginásio Santo Tirso	<b>1:08.84</b>	541	
	50m: 33.98							
	33.98							
100m:								
2.	Maria Joao, JOSE	F	15208	90	Ginásio Santo Tirso	<b>1:09.10</b>	535	
	50m: 34.07							
	34.07							
100m:								
3.	Leonor Bessa, BABO	F	19982	93	Porto	<b>1:09.70</b>	521	
	50m: 32.66							
	32.66							
100m:								
<b>Master Esc C</b>								
1.	Ana Dalte, GUEDES	F	121739	80	Leixões Sport Clube	<b>1:19.19</b>	388	
	50m: 38.12							
	38.12							
100m:								
2.	Lilia Dulce, COSTA	F	132418	81	Fluvial Portuense	<b>1:21.11</b>	361	
	50m: 37.53							
	37.53							
100m:								
3.	Clotilde Eunice, COSTA	F	104469	80	Foca	<b>1:37.11</b>	210	
	50m: 44.52							
	44.52							
100m:								
<b>Master Esc E</b>								
1.	Isabel Maria, PINTO	F	207697	72	Fluvial Portuense	<b>1:51.72</b>	152	
	50m: 51.76							
	51.76							
100m:								
<b>Master Esc F</b>								
1.	Maria Trigueiros, CUNHA	F	132357	64	Leixões Sport Clube	<b>1:26.05</b>	373	
	50m: 40.04							
	40.04							
100m:								
2.	Delfina Maria, MARTINS	F	117387	66	Ginásio Santo Tirso	<b>1:58.46</b>	143	
	50m: 57.40							
	57.40							
100m:								
<b>Master Esc G</b>								
1.	Maria Manuela, NETO	F	102090	62	Natacao da Maia	<b>1:40.74</b>	258	
	50m: 47.38							
	47.38							
100m:								
<b>Master Esc H</b>								
1.	Ana Paula, ALMEIDA	F	153497	58	Fluvial Portuense	<b>1:46.75</b>	299	
	50m: 49.30							
	49.30							
100m:								
2.	Maria Carmo, ROCHA	F	118886	54	Leixões Sport Clube	<b>2:24.52</b>	120	
	50m: 1:10.05							
	1:10.05							
100m:								

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Prova 14, Femin., 100m Livres

Master Esc I

1. Marília Laura, SILVA	F	131783	52	Fluvial Portuense	<b>2:24.75</b>	117
50m: 1:05.33	100m: 2:24.75	1:19.42				

AG 80 e mais velhos

1. Maria Alice, VIEIRA	F	131797	37	Natacao da Maia	<b>3:48.40</b>	73
50m: 1:47.36	100m: 3:48.40	2:01.04				

Prova 15

28-10-2018 - 15:55

Masc., 100m Livres  
GRAFIPRONGO

25 anos e mais velhos  
Resultados

RN A(25-29)	51.26	Mario Alexandre, PEREIRA	CNAC	Vila Franca de Xira	20-01-2018
RN B(30-34)	51.28	Adriano Miguel, NIZ	GDNVNF	Sines	28-01-2017
RN C(35-39)	52.38	Pedro Miguel, SILVA	CFV	Felgueiras	26-01-2013
RN D(40-44)	52.90	Miguel Alexandre, MACHADO	INDANP	Sheffield (GBR)	28-10-2016
RN E(45-49)	55.99	Jorge Eduardo, FARIA	SAD	Torres Novas	31-01-2009
RN F(50-54)	55.76	Jorge Eduardo, FARIA	SAD	Caldas da Rainha	12-04-2014
RN G(55-59)	59.97	Paulo Paula, CARVALHO	SFUAP	Tomar	30-01-2016
RN H(60-64)	1:05.64	Vitor Manuel, MAVIOSO	SAD	Algés	02-04-2016
RN I(65-69)	1:09.18	Antonio Bessone, BASTO	SAD	Lisboa	19-03-2011
RN J(70-74)	1:11.98	Antonio Bessone, BASTO	SAD	Caldas da Rainha	11-04-2015
RN K(75-79)	1:31.42	Antonio Alexandre, RODRIGUES	AAC	Mealhada	25-01-2014
RN L(80-84)	1:38.75	Leonel Sousa, GOMES	AAC	Mealhada	30-01-2010
RN M(85-89)	2:09.84	Leonel Sousa, GOMES	SAD	Algés	29-03-2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Jose Miguel, GOUVEIA	M	105902	91	Leixões Sport Clube	<b>1:03.87</b>	440	
	50m: 29.55	100m: 1:03.87			34.32			
2.	Carlos Manuel, BAPTISTA	M	204872	89	Colegio SMLamas	<b>1:13.76</b>	285	
	50m: 34.31	100m: 1:13.76			39.45			
3.	Jose Luis, MOREIRA	M	207903	93	Natacao da Maia	<b>1:19.88</b>	224	
	50m: 37.78	100m: 1:19.88			42.10			
4.	Fernando Daniel, COUTO	M	207687	90	Penafiel	<b>1:24.01</b>	193	
	50m: 38.13	100m: 1:24.01			45.88			

Master Esc B

1. Pedro Tiago, GOMES	M	206898	86	Fluvial Portuense	<b>59.72</b>	553
50m: 29.04	100m: 59.72			30.68		
2. Bruno Mezencio, RESENDE	M	208401	86	Natacao de Valongo	<b>1:05.40</b>	421
50m: 30.48	100m: 1:05.40			34.92		
3. Jaime Antonio, SOARES	M	208104	87	Penafiel	<b>1:17.63</b>	252
50m: 37.86	100m: 1:17.63			39.77		
4. Jose Miguel, MATOS	M	129406	84	Aquatico Pacense	<b>1:19.29</b>	236
50m: 37.89	100m: 1:19.29			41.40		
5. Pedro Miguel, BERNARDES	M	207736	86	Penafiel	<b>1:22.68</b>	208
50m: 40.86	100m: 1:22.68			41.82		
6. Filipe Ricardo, DIAS	M	207403	84	Penafiel	<b>1:44.50</b>	103
50m: 47.69	100m: 1:44.50			56.81		

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### Prova 15, Masc., 100m Livres

#### Master Esc C

1.	Marcelo Porto, RODRIGUES	M	205613 82	Natacao de Valongo	<b>1:08.39</b>	425
	50m: 32.79 32.79		100m: 1:08.39	35.60		
2.	Sergio Manuel, NEVES	M	204875 82	Individual ANNP	<b>1:39.34</b>	138
	50m: 46.62 46.62		100m: 1:39.34	52.72		

#### Master Esc D

1.	Miguel Pinheiro, PIRES	M	153288 78	Fluvial Portuense	<b>59.90</b>	656
	50m: 27.23 27.23		100m: 59.90	32.67		
2.	Jose Eduardo, COUTEIRO	M	106905 76	Viana Natacao	<b>1:03.68</b>	546
	50m: 30.95 30.95		100m: 1:03.68	32.73		
3.	Antonio Pedro, CASTRO	M	132355 74	Leixões Sport Clube	<b>1:10.51</b>	402
	50m: 32.99 32.99		100m: 1:10.51	37.52		
4.	Rui Alberto, MENDES	M	202097 75	Fluvial Portuense	<b>1:11.11</b>	392
	50m: 33.54 33.54		100m: 1:11.11	37.57		
5.	Joao Antonio, GOMES	M	121592 75	Leixões Sport Clube	<b>1:13.03</b>	362
	50m: 35.03 35.03		100m: 1:13.03	38.00		
6.	Filipe Miguel, SILVA	M	201375 74	Fluvial Portuense	<b>1:15.27</b>	331
	50m: 37.26 37.26		100m: 1:15.27	38.01		
7.	Camilo Moreira, GONCALVES	M	106812 74	Colegio SMLamas	<b>1:17.04</b>	308
	50m: 36.68 36.68		100m: 1:17.04	40.36		
8.	Hugo Rafael, GUEDES	M	204930 76	Leixões Sport Clube	<b>1:24.81</b>	231
	50m: 39.45 39.45		100m: 1:24.81	45.36		
DSQ	Carlos Miguel, OLIVEIRA	M	207019 78	Clube Desportivo Estarreja		DSQ
<i>404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>						

#### Master Esc E

1.	Leandro Filipe, SOUSA	M	204933 72	Fluvial Portuense	<b>1:06.78</b>	497
	50m: 31.29 31.29		100m: 1:06.78	35.49		
2.	Vitor Manuel, CARDOSO	M	207728 72	Natacao de Valongo	<b>1:14.80</b>	354
	50m: 34.20 34.20		100m: 1:14.80			
3.	Delfim Heitor, RIBEIRO	M	208254 70	Sporting Clube de Espinho	<b>1:22.73</b>	261
	50m: 39.27 39.27		100m: 1:22.73	43.46		
4.	Miguel Paulo, SILVA	M	207402 71	Penafiel	<b>1:28.70</b>	212
	50m: 42.47 42.47		100m: 1:28.70	46.23		
5.	Pedro Cunha, RIBEIRO	M	153289 70	Foca	<b>1:33.25</b>	182
	50m: 45.52 45.52		100m: 1:33.25	47.73		
6.	Antonio Manuel, PEREIRA	M	201104 72	Penafiel	<b>1:34.39</b>	176
	50m: 43.55 43.55		100m: 1:34.39	50.84		
DNS	Vitor Carvalho, LOPES	M	132421 72	Foca		DNS
DNS	Cristiano Rocha, FERREIRA	M	131837 73	Ginásio Santo Tirso		DNS

#### Master Esc F

1.	Rui Pedro, FERREIRA	M	129087 64	Natacao da Maia	<b>1:28.10</b>	262
	50m: 40.99 40.99		100m: 1:28.10	47.11		
2.	Jorge Fernando, MONTEIRO	M	204873 65	AP Vila D Este	<b>1:45.35</b>	153
	50m: 46.70 46.70		100m: 1:45.35	58.65		
WDR	Paulo Alexandre, NEVES	M	112616 66	Leixões Sport Clube		WDR

#### Master Esc G

1.	Henrique Luis, SEABRA	M	125467 61	Fluvial Portuense	<b>1:10.85</b>	549
	50m: 33.97 33.97		100m: 1:10.85	36.88		
2.	Jose Miguel, BARROSO	M	208445 62	Fluvial Portuense	<b>1:12.23</b>	518
	50m: 33.30 33.30		100m: 1:12.23	38.93		
3.	Fabio, FLORIANO	M	207665 63	Sporting Clube de Espinho	<b>1:22.17</b>	352
	50m: 38.13 38.13		100m: 1:22.17	44.04		

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Prova 15, Masc., 100m Livres, Master Esc G

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
4.	Albano Couto, TEIXEIRA 50m: 53.50 53.50	M	117114	63	Foca 100m: 1:52.45 58.95	<b>1:52.45</b>	137	

Master Esc I

1.	Antonio Monteiro, CANELAS 50m: 44.80 44.80	M	148547	50	Sporting Clube de Espinho 100m: 1:33.33 48.53	<b>1:33.33</b>	280	
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Master Esc J

1.	Antonio Goncalves, COSTA 50m: 54.18 54.18	M	131590	46	Fluvial Portuense 100m: 1:52.66 58.48	<b>1:52.66</b>	218	
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Prova 16  
28-10-2018 - 16:05

Femin., 200m Livres  
GRAFIPRONGO

25 anos e mais velhos  
Resultados

RN A(25-29)	2:10.97	Soraia Vanessa, RIBEIRO	ESJB	Mealhada	08-01-2017
RN B(30-34)	2:06.50	Ana Paula, GRILO	UDCA	Inatel	22-03-2003
RN C(35-39)	2:07.69	Ana Paula, GRILO	UDCA	Freiburg (GER)	08-05-2004
RN D(40-44)	2:19.26	Carla Santa, BARBARA	FCP	Vila Franca de Xira	20-01-2018
RN E(45-49)	2:23.60	Ana Paula, GRILO	NDCO	Mealhada	25-01-2014
RN F(50-54)	2:30.47	Isabel Baptista, FERREIRA	ADRCIMM	Vila Franca de Xira	20-01-2018
RN G(55-59)	2:40.35	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines	28-01-2017
RN H(60-64)	2:54.01	Ana Maria, FERREIRA	SAD	Ponte de Sor	29-01-2011
RN I(65-69)	2:57.96	Ana Maria, FERREIRA	SAD	Caldas da Rainha	16-04-2016
RN J(70-74)	3:27.07	Luisa Bessone, BASTO	SAD	Vila Franca de Xira	20-01-2018
RN K(75-79)	59:00.00	,			
RN L(80-84)	7:55.15	Maria Alice, VIEIRA	CNMAIA	Vila Franca de Xira	20-01-2018
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Joana Aguiar, RODRIGUES 50m: 32.70 32.70	F	15401	93	Porto 100m: 1:07.67 34.97	<b>2:19.70</b>	717	
2.	Gilberta Cristina, BARBOSA 50m: 33.56 33.56	F	26478	93	Foca 100m: 1:09.42 35.86	<b>2:24.44</b>	648	
3.	Alexandra Sofia, MONTEIRO 50m: 33.34 33.34	F	15415	92	AP Vila D Este 100m: 1:10.35 37.01	<b>2:30.21</b>	576	
4.	Ana Raquel, LIRIO 50m: 37.54 37.54	F	15206	90	Ginásio Santo Tirso 100m: 1:19.44 41.90	<b>2:48.15</b>	411	
5.	Patricia Marisa, RIBEIRO 50m: 38.38 38.38	F	201640	91	AP Vila D Este 100m: 1:21.81 43.43	<b>2:53.25</b>	376	

Master Esc B

1.	Ana Teresa, NUNES 50m: 34.49 34.49	F	11235	88	Nautico Coimbra 100m: 1:12.00 37.51	<b>2:28.59</b>	608	
2.	Filipa Isabel, REIS 50m: 44.02 44.02	F	153141	87	Leixões Sport Clube 100m: 1:35.09 51.07	<b>3:25.61</b>	229	
WDR	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia			WDR

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## Prova 16, Femin., 200m Livres

### Master Esc C

1. Ana Mafalda, OLIVEIRA	F	23193 81	Natacao da Maia						<b>2:37.50</b>	538
50m: 35.09 35.09	100m: 1:14.52	39.43 150m: 1:56.15	41.63	200m: 2:37.50	41.35					
2. Isabel Carolina, NEVES	F	202850 80	Individual ANNP						<b>3:10.33</b>	305
50m: 44.87 44.87	100m: 1:32.95	48.08 150m: 2:23.58	50.63	200m: 3:10.33	46.75					
3. Maria Margarida, MACHADO	F	153145 81	AP Vila D Este						<b>3:10.45</b>	304
50m: 42.22 42.22	100m: 1:29.82	47.60 150m: 2:20.19	50.37	200m: 3:10.45	50.26					

### Master Esc D

1. Carla Santa, BARBARA	F	118948 75	Porto						<b>2:25.87</b>	696
50m: 34.29 34.29	100m: 1:11.24	36.95 150m: 1:49.30	38.06	200m: 2:25.87	36.57					

### Master Esc E

1. Maria Manuela, FERREIRA	F	130114 70	Natacao da Maia						<b>3:31.69</b>	234
50m: 47.56 47.56	100m: 1:40.67	53.11 150m: 2:36.59	55.92	200m: 3:31.69	55.10					

### Master Esc F

1. Maria Trigueiros, CUNHA	F	132357 64	Leixões Sport Clube						<b>3:19.44</b>	309
50m: 42.87 42.87	100m: 1:32.04	49.17 150m: 2:24.94	52.90	200m: 3:19.44	54.50					
2. Rosa Leitao, COSTA	F	132419 65	Foca						<b>4:14.53</b>	148
50m: 57.46 57.46	100m: 2:02.56	1:05.10 150m: 3:10.05	1:07.49	200m: 4:14.53	1:04.48					

### Master Esc G

1. Maria Teresa, ANDRADE	F	203942 63	Porto						<b>2:57.72</b>	471
50m: 40.58 40.58	100m: 1:25.74	45.16 150m: 2:12.39	46.65	200m: 2:57.72	45.33					
2. Maria Santos, FERNANDES	F	105263 62	Leixões Sport Clube						<b>3:12.61</b>	370
50m: 44.95 44.95	100m: 1:33.44	48.49 150m: 2:23.55	50.11	200m: 3:12.61	49.06					
3. Anette, KIND	F	120501 61	Leixões Sport Clube						<b>3:40.24</b>	247
50m: 48.71 48.71	100m: 1:44.10	55.39 150m: 2:42.70	58.60	200m: 3:40.24	57.54					

### Master Esc H

1. Ana Vieira, MOREIRA	F	205072 57	Penafiel						<b>4:40.85</b>	181
50m: 58.29 58.29	100m: 2:11.73	1:13.44 150m: 3:25.94	1:14.21	200m: 4:40.85	1:14.91					

## 25 anos e mais velhos

1. Joana Aguiar, RODRIGUES	F	15401 93	Porto						<b>2:19.70</b>	717
50m: 32.70 32.70	100m: 1:07.67	34.97 150m: 1:43.45	35.78	200m: 2:19.70	36.25					
2. Carla Santa, BARBARA	F	118948 75	Porto						<b>2:25.87</b>	696
50m: 34.29 34.29	100m: 1:11.24	36.95 150m: 1:49.30	38.06	200m: 2:25.87	36.57					
3. Gilberta Cristina, BARBOSA	F	26478 93	Foca						<b>2:24.44</b>	648
50m: 33.56 33.56	100m: 1:09.42	35.86 150m: 1:46.93	37.51	200m: 2:24.44	37.51					
4. Ana Teresa, NUNES	F	11235 88	Nautico Coimbra						<b>2:28.59</b>	608
50m: 34.49 34.49	100m: 1:12.00	37.51 150m: 1:50.32	38.32	200m: 2:28.59	38.27					
5. Alexandra Sofia, MONTEIRO	F	15415 92	AP Vila D Este						<b>2:30.21</b>	576
50m: 33.34 33.34	100m: 1:10.35	37.01 150m: 1:49.95	39.60	200m: 2:30.21	40.26					
6. Ana Mafalda, OLIVEIRA	F	23193 81	Natacao da Maia						<b>2:37.50</b>	538
50m: 35.09 35.09	100m: 1:14.52	39.43 150m: 1:56.15	41.63	200m: 2:37.50	41.35					
7. Maria Teresa, ANDRADE	F	203942 63	Porto						<b>2:57.72</b>	471
50m: 40.58 40.58	100m: 1:25.74	45.16 150m: 2:12.39	46.65	200m: 2:57.72	45.33					
8. Ana Raquel, LIRIO	F	15206 90	Ginásio Santo Tirso						<b>2:48.15</b>	411
50m: 37.54 37.54	100m: 1:19.44	41.90 150m: 2:03.22	43.78	200m: 2:48.15	44.93					
9. Patricia Marisa, RIBEIRO	F	201640 91	AP Vila D Este						<b>2:53.25</b>	376
50m: 38.38 38.38	100m: 1:21.81	43.43 150m: 2:07.91	46.10	200m: 2:53.25	45.34					

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Prova 16, Femin., 200m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
10.	Maria Santos, FERNANDES 50m: 44.95 44.95	F	105263	62	Leixões Sport Clube 48.49 150m: 2:23.55 50.11	<b>3:12.61</b> 3:12.61	370	49.06
11.	Maria Trigueiros, CUNHA 50m: 42.87 42.87	F	132357	64	Leixões Sport Clube 49.17 150m: 2:24.94 52.90	<b>3:19.44</b> 3:19.44	309	54.50
12.	Isabel Carolina, NEVES 50m: 44.87 44.87	F	202850	80	Individual ANNP 48.08 150m: 2:23.58 50.63	<b>3:10.33</b> 3:10.33	305	46.75
13.	Maria Margarida, MACHADO 50m: 42.22 42.22	F	153145	81	AP Vila D Este 47.60 150m: 2:20.19 50.37	<b>3:10.45</b> 3:10.45	304	50.26
14.	Anette, KIND 50m: 48.71 48.71	F	120501	61	Leixões Sport Clube 55.39 150m: 2:42.70 58.60	<b>3:40.24</b> 3:40.24	247	57.54
15.	Maria Manuela, FERREIRA 50m: 47.56 47.56	F	130114	70	Natacao da Maia 53.11 150m: 2:36.59 55.92	<b>3:31.69</b> 3:31.69	234	55.10
16.	Filipa Isabel, REIS 50m: 44.02 44.02	F	153141	87	Leixões Sport Clube 51.07 150m: 2:31.37 56.28	<b>3:25.61</b> 3:25.61	229	54.24
17.	Ana Vieira, MOREIRA 50m: 58.29 58.29	F	205072	57	Penafiel 1:13.44 150m: 3:25.94 1:14.21	<b>4:40.85</b> 4:40.85	181	1:14.91
18.	Rosa Leitao, COSTA 50m: 57.46 57.46	F	132419	65	Foca 1:05.10 150m: 3:10.05 1:07.49	<b>4:14.53</b> 4:14.53	148	1:04.48
WDR	Rita Claudia, FOUGO	F	24051	88	Natacao da Maia			WDR

Prova 17

28-10-2018 - 16:15

Masc., 200m Livres

CMF - Clínica Médica da Foz

25 anos e mais velhos

Resultados

RN A(25-29)	1:51.71	Adriano Miguel, NIZ	GDNVNF	Funchal	16-01-2015
RN B(30-34)	1:54.11	Adriano Miguel, NIZ	GDNVNF	Tomar	31-01-2016
RN C(35-39)	1:54.01	Pedro Miguel, SILVA	CFV	Ponte de Sor	30-01-2011
RN D(40-44)	2:04.25	Jorge Eduardo, FARIA	ANE	Inatel	14-04-2007
RN E(45-49)	2:03.77	Jorge Eduardo, FARIA	ANE	Lisboa	17-04-2010
RN F(50-54)	2:04.16	Jorge Eduardo, FARIA	SAD	Caldas da Rainha	12-04-2014
RN G(55-59)	2:08.68	Jose Carlos, FREITAS	CFP	Mealhada	06-01-2018
RN H(60-64)	2:25.13	Vitor Manuel, MAVIOSO	SAD	Mealhada	07-01-2017
RN I(65-69)	2:36.83	Antonio Bessone, BASTO	SAD	Lisboa	27-02-2011
RN J(70-74)	2:42.97	Antonio Bessone, BASTO	SAD	Vila Praia de Âncora	17-05-2015
RN K(75-79)	3:34.50	Leonel Sousa, GOMES	SFP	Pedruha	23-01-2005
RN L(80-84)	3:55.06	Leonel Sousa, GOMES	AAC	Ponte de Sor	30-01-2011
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Diogo Antonio, CARVALHO 50m: 33.26 33.26	M	103753	93	Natacao de Valongo 37.56 150m: 1:49.36 38.54	<b>2:28.73</b> 2:28.73	433	39.37
2.	Luis Rosario, FIGUEIREDO 50m: 34.97 34.97	M	131311	89	Ginásio Santo Tirso 37.71 150m: 1:52.03 39.35	<b>2:32.77</b> 2:32.77	399	40.74
3.	Luis Manuel, RIBEIRO 50m: 36.30 36.30	M	107830	91	Foca 39.99 150m: 1:57.83 41.54	<b>2:35.95</b> 2:35.95	375	38.12
4.	Tiago Andre, FERREIRA 50m: 42.12 42.12	M	203935	92	Penafiel 45.81 150m: 2:16.20 48.27	<b>3:02.67</b> 3:02.67	233	46.47
DSQ	Artur Sousa, FERREIRA	M	108511	93	Colegio SMLamas			DSQ

404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4

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Prova 17, Masc., 200m Livres

Master Esc B

1.	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel						<b>2:19.39</b>	446
	50m: 31.79				100m: 1:06.82	35.03	150m: 1:42.80	35.98	200m: 2:19.39			36.59
2.	Jorge Filipe, ALVARENGA	M	205759	87	Leixões Sport Clube						<b>2:57.16</b>	217
	50m: 40.29				100m: 1:25.49	45.20	150m: 2:12.95	47.46	200m: 2:57.16			44.21
3.	Helder Tomas, ROCHA	M	203931	86	Penafiel						<b>3:11.51</b>	172
	50m: 38.28				100m: 1:25.82	47.54	150m: 2:19.40	53.58	200m: 3:11.51			52.11
4.	Pedro Miguel, BERNARDES	M	207736	86	Penafiel						<b>3:17.89</b>	155
	50m: 44.10				100m: 1:34.08	49.98	150m: 2:27.89	53.81	200m: 3:17.89			50.00

Master Esc C

1.	Mario Nuno, PEREIRA	M	200652	81	Foca						<b>2:42.04</b>	325
	50m: 35.27				100m: 1:16.96	41.69	150m: 1:59.43	42.47	200m: 2:42.04			42.61
WDR	Fernando Alberto, SILVA	M	206894	80	Natacao de Valongo							WDR

Master Esc D

1.	Bruno Miguel, SANTOS	M	14631	76	Porto						<b>2:19.19</b>	535
	50m: 32.20				100m: 1:07.53	35.33	150m: 1:43.43	35.90	200m: 2:19.19			35.76
2.	Antonio Pedro, CASTRO	M	132355	74	Leixões Sport Clube						<b>2:48.83</b>	300
	50m: 38.17				100m: 1:20.35	42.18	150m: 2:48.83	1:28.48	200m: 2:48.83			
3.	Rui Albino, JORGE	M	106807	78	Colegio SMLamas						<b>2:49.00</b>	299
	50m: 36.73				100m: 1:18.77	42.04	150m: 2:04.41	45.64	200m: 2:49.00			44.59
4.	Helder Rafael, TULHA	M	128313	78	Ginásio Santo Tirso						<b>2:50.44</b>	291
	50m: 39.53				100m: 1:22.81	43.28	150m: 2:07.78	44.97	200m: 2:50.44			42.66
5.	Pedro Fonseca, OLIVEIRA	M	207947	74	Fluvial Portuense						<b>2:51.01</b>	288
	50m: 38.15				100m: 1:21.06	42.91	150m: 2:06.73	45.67	200m: 2:51.01			44.28
6.	Armando Moreira, ROCHA	M	120744	74	Colegio SMLamas						<b>2:53.16</b>	278
	50m: 37.41				100m: 1:21.97	44.56	150m: 2:08.54	46.57	200m: 2:53.16			44.62
7.	Filipe Miguel, SILVA	M	201375	74	Fluvial Portuense						<b>2:55.00</b>	269
	50m: 40.50				100m: 1:24.72	44.22	150m: 2:10.38	45.66	200m: 2:55.00			44.62
8.	Pedro Manuel, SILVA	M	204929	77	Foca						<b>3:08.64</b>	215
	50m: 42.16				100m: 1:30.73	48.57	150m: 2:21.58	50.85	200m: 3:08.64			47.06

Master Esc E

1.	Rodolfo Pereira, NUNES	M	25137	73	Individual ANNP						<b>2:13.48</b>	635
	50m: 31.60				100m: 1:04.60	33.00	150m: 1:38.42	33.82	200m: 2:13.48			35.06
2.	Leandro Filipe, SOUSA	M	204933	72	Fluvial Portuense						<b>2:39.45</b>	372
	50m: 36.05				100m: 1:16.05	40.00	150m: 1:57.85	41.80	200m: 2:39.45			41.60
3.	Miguel Jose, FERREIRA	M	119657	70	Leixões Sport Clube						<b>2:42.61</b>	351
	50m: 36.59				100m: 1:16.90	40.31	150m: 1:59.95	43.05	200m: 2:42.61			42.66
4.	Vitorino Fernando, FARIA	M	147080	73	Foca						<b>3:20.63</b>	187
	50m: 43.49				100m: 2:25.67	1:42.18	150m: 3:20.63	54.96	200m: 3:20.63			
5.	Rui Abel, PEREIRA	M	153155	73	Fluvial Portuense						<b>3:30.29</b>	162
	50m: 46.09				100m: 1:37.55	51.46	150m: 2:34.99	57.44	200m: 3:30.29			55.30

Master Esc F

1.	Luis Manuel, SOUSA	M	14630	66	Fluvial Portuense						<b>2:50.06</b>	392
	50m: 38.77				100m: 1:22.04	43.27	150m: 2:08.79	46.75	200m: 2:50.06			41.27
2.	Paulo Alexandre, NEVES	M	112616	66	Leixões Sport Clube						<b>2:58.60</b>	339
	50m: 38.89				100m: 1:24.43	45.54	150m: 2:12.45	48.02	200m: 2:58.60			46.15
3.	Luis Miguel, LOUREIRO	M	205536	68	Fluvial Portuense						<b>3:38.49</b>	185
	50m: 47.95				100m: 1:42.07	54.12	150m: 2:39.66	57.59	200m: 3:38.49			58.83

O Secretário do Juri

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## Prova 17, Masc., 200m Livres

### Master Esc G

1.	Jose Carlos, FREITAS	M	111877 63	Individual ANNP					<b>2:09.85</b>	1027
	50m: 30.96 30.96		100m: 1:04.07	33.11 150m: 1:37.78	33.71	200m: 2:09.85				32.07
2.	Armando Joao, COSTA	M	12262 63	Colegio SMLamas					<b>2:44.25</b>	507
	50m: 34.79 34.79		100m: 1:15.83	41.04 150m: 2:00.10	44.27	200m: 2:44.25				44.15
3.	Pedro Bruno, MENESES	M	132358 62	Leixões Sport Clube					<b>2:49.41</b>	462
	50m: 39.38 39.38		100m: 1:23.18	43.80 150m: 2:07.66	44.48	200m: 2:49.41				41.75
4.	Jose Rui, AMARAL	M	206897 63	Fluvial Portuense					<b>2:55.85</b>	413
	50m: 41.47 41.47		100m: 1:24.34	42.87 150m: 2:10.57	46.23	200m: 2:55.85				45.28
5.	Alexandre Jose, CARREIRA	M	206940 62	Fluvial Portuense					<b>2:57.53</b>	402
	50m: 39.87 39.87		100m: 1:25.54	45.67 150m: 2:13.47	47.93	200m: 2:57.53				44.06
6.	Alberto Sergio, SOUSA	M	201926 63	Natacao da Maia					<b>3:09.33</b>	331
	50m: 41.91 41.91		100m: 1:28.04	46.13 150m: 2:17.97	49.93	200m: 3:09.33				51.36
7.	Fernando Manuel, PINTO	M	131365 61	Fluvial Portuense					<b>3:40.82</b>	209
	50m: 49.78 49.78		100m: 1:45.90	56.12 150m: 2:46.77	1:00.87	200m: 3:40.82				54.05
8.	Joao Henrique, SEARA	M	131833 63	Leixões Sport Clube					<b>3:49.24</b>	186
	50m: 49.02 49.02		100m: 1:45.06	56.04 150m: 2:46.31	1:01.25	200m: 3:49.24				1:02.93
DSQ	Domingos Marques, NEVES	M	202831 61	Natacao de Valongo					<b>3:40.34</b>	DSQ
	<i>404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>									
	50m: 47.73 47.73		100m: 1:42.83	55.10 150m: 2:41.74	58.91	200m: 3:40.34				58.60

### Master Esc H

1.	Alberto Vaz, CORREIA	M	128374 55	Fundacao Salesianos					<b>3:17.31</b>	331
	50m: 47.42 47.42		100m: 1:38.00	50.58 150m: 2:29.12	51.12	200m: 3:17.31				48.19

### 25 anos e mais velhos

1.	Jose Carlos, FREITAS	M	111877 63	Individual ANNP					<b>2:09.85</b>	1027
	50m: 30.96 30.96		100m: 1:04.07	33.11 150m: 1:37.78	33.71	200m: 2:09.85				32.07
2.	Rodolfo Pereira, NUNES	M	25137 73	Individual ANNP					<b>2:13.48</b>	635
	50m: 31.60 31.60		100m: 1:04.60	33.00 150m: 1:38.42	33.82	200m: 2:13.48				35.06
3.	Bruno Miguel, SANTOS	M	14631 76	Porto					<b>2:19.19</b>	535
	50m: 32.20 32.20		100m: 1:07.53	35.33 150m: 1:43.43	35.90	200m: 2:19.19				35.76
4.	Armando Joao, COSTA	M	12262 63	Colegio SMLamas					<b>2:44.25</b>	507
	50m: 34.79 34.79		100m: 1:15.83	41.04 150m: 2:00.10	44.27	200m: 2:44.25				44.15
5.	Pedro Bruno, MENESES	M	132358 62	Leixões Sport Clube					<b>2:49.41</b>	462
	50m: 39.38 39.38		100m: 1:23.18	43.80 150m: 2:07.66	44.48	200m: 2:49.41				41.75
6.	Pedro Joaquim, MOREIRA	M	131844 87	Penafiel					<b>2:19.39</b>	446
	50m: 31.79 31.79		100m: 1:06.82	35.03 150m: 1:42.80	35.98	200m: 2:19.39				36.59
7.	Diogo Antonio, CARVALHO	M	103753 93	Natacao de Valongo					<b>2:28.73</b>	433
	50m: 33.26 33.26		100m: 1:10.82	37.56 150m: 1:49.36	38.54	200m: 2:28.73				39.37
8.	Jose Rui, AMARAL	M	206897 63	Fluvial Portuense					<b>2:55.85</b>	413
	50m: 41.47 41.47		100m: 1:24.34	42.87 150m: 2:10.57	46.23	200m: 2:55.85				45.28
9.	Alexandre Jose, CARREIRA	M	206940 62	Fluvial Portuense					<b>2:57.53</b>	402
	50m: 39.87 39.87		100m: 1:25.54	45.67 150m: 2:13.47	47.93	200m: 2:57.53				44.06
10.	Luis Rosario, FIGUEIREDO	M	131311 89	Ginásio Santo Tirso					<b>2:32.77</b>	399
	50m: 34.97 34.97		100m: 1:12.68	37.71 150m: 1:52.03	39.35	200m: 2:32.77				40.74
11.	Luis Manuel, SOUSA	M	14630 66	Fluvial Portuense					<b>2:50.06</b>	392
	50m: 38.77 38.77		100m: 1:22.04	43.27 150m: 2:08.79	46.75	200m: 2:50.06				41.27
12.	Luis Manuel, RIBEIRO	M	107830 91	Foca					<b>2:35.95</b>	375
	50m: 36.30 36.30		100m: 1:16.29	39.99 150m: 1:57.83	41.54	200m: 2:35.95				38.12
13.	Leandro Filipe, SOUSA	M	204933 72	Fluvial Portuense					<b>2:39.45</b>	372
	50m: 36.05 36.05		100m: 1:16.05	40.00 150m: 1:57.85	41.80	200m: 2:39.45				41.60
14.	Miguel Jose, FERREIRA	M	119657 70	Leixões Sport Clube					<b>2:42.61</b>	351
	50m: 36.59 36.59		100m: 1:16.90	40.31 150m: 1:59.95	43.05	200m: 2:42.61				42.66
15.	Paulo Alexandre, NEVES	M	112616 66	Leixões Sport Clube					<b>2:58.60</b>	339
	50m: 38.89 38.89		100m: 1:24.43	45.54 150m: 2:12.45	48.02	200m: 2:58.60				46.15
16.	Alberto Sergio, SOUSA	M	201926 63	Natacao da Maia					<b>3:09.33</b>	331
	50m: 41.91 41.91		100m: 1:28.04	46.13 150m: 2:17.97	49.93	200m: 3:09.33				51.36

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Prova 17, Masc., 200m Livres, 25 anos e mais velhos

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
16.	Alberto Vaz, CORREIA 50m: 47.42 47.42	M	128374	55	Fundacao Salesianos 50.58 150m: 2:29.12 51.12	<b>3:17.31</b> 3:17.31	331	48.19
18.	Mario Nuno, PEREIRA 50m: 35.27 35.27	M	200652	81	Foca 41.69 150m: 1:59.43 42.47	<b>2:42.04</b> 2:42.04	325	42.61
19.	Antonio Pedro, CASTRO 50m: 38.17 38.17	M	132355	74	Leixões Sport Clube 42.18 150m: 2:48.83 1:28.48	<b>2:48.83</b> 2:48.83	300	
20.	Rui Albino, JORGE 50m: 36.73 36.73	M	106807	78	Colegio SMLamas 42.04 150m: 2:04.41 45.64	<b>2:49.00</b> 2:49.00	299	44.59
21.	Helder Rafael, TULHA 50m: 39.53 39.53	M	128313	78	Ginásio Santo Tirso 43.28 150m: 2:07.78 44.97	<b>2:50.44</b> 2:50.44	291	42.66
22.	Pedro Fonseca, OLIVEIRA 50m: 38.15 38.15	M	207947	74	Fluvial Portuense 42.91 150m: 2:06.73 45.67	<b>2:51.01</b> 2:51.01	288	44.28
23.	Armando Moreira, ROCHA 50m: 37.41 37.41	M	120744	74	Colegio SMLamas 44.56 150m: 2:08.54 46.57	<b>2:53.16</b> 2:53.16	278	44.62
24.	Filipe Miguel, SILVA 50m: 40.50 40.50	M	201375	74	Fluvial Portuense 44.22 150m: 2:10.38 45.66	<b>2:55.00</b> 2:55.00	269	44.62
25.	Tiago Andre, FERREIRA 50m: 42.12 42.12	M	203935	92	Penafiel 45.81 150m: 2:16.20 48.27	<b>3:02.67</b> 3:02.67	233	46.47
26.	Jorge Filipe, ALVARENGA 50m: 40.29 40.29	M	205759	87	Leixões Sport Clube 45.20 150m: 2:12.95 47.46	<b>2:57.16</b> 2:57.16	217	44.21
27.	Pedro Manuel, SILVA 50m: 42.16 42.16	M	204929	77	Foca 48.57 150m: 2:21.58 50.85	<b>3:08.64</b> 3:08.64	215	47.06
28.	Fernando Manuel, PINTO 50m: 49.78 49.78	M	131365	61	Fluvial Portuense 56.12 150m: 2:46.77 1:00.87	<b>3:40.82</b> 3:40.82	209	54.05
29.	Vitorino Fernando, FARIA 50m: 43.49 43.49	M	147080	73	Foca 1:42.18 150m: 3:20.63 54.96	<b>3:20.63</b> 3:20.63	187	
30.	Joao Henrique, SEARA 50m: 49.02 49.02	M	131833	63	Leixões Sport Clube 56.04 150m: 2:46.31 1:01.25	<b>3:49.24</b> 3:49.24	186	1:02.93
31.	Luis Miguel, LOUREIRO 50m: 47.95 47.95	M	205536	68	Fluvial Portuense 54.12 150m: 2:39.66 57.59	<b>3:38.49</b> 3:38.49	185	58.83
32.	Helder Tomas, ROCHA 50m: 38.28 38.28	M	203931	86	Penafiel 47.54 150m: 2:19.40 53.58	<b>3:11.51</b> 3:11.51	172	52.11
33.	Rui Abel, PEREIRA 50m: 46.09 46.09	M	153155	73	Fluvial Portuense 51.46 150m: 2:34.99 57.44	<b>3:30.29</b> 3:30.29	162	55.30
34.	Pedro Miguel, BERNARDES 50m: 44.10 44.10	M	207736	86	Penafiel 49.98 150m: 2:27.89 53.81	<b>3:17.89</b> 3:17.89	155	50.00
DSQ	Domingos Marques, NEVES 404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4 50m: 47.73 47.73	M	202831	61	Natacao de Valongo 55.10 150m: 2:41.74 58.91	<b>3:40.34</b> 3:40.34		DSQ
DSQ	Artur Sousa, FERREIRA 404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4	M	108511	93	Colegio SMLamas			DSQ
WDR	Fernando Alberto, SILVA	M	206894	80	Natacao de Valongo			WDR

Prova 18 28-10-2018 - 16:30	Femin., 100m Bruços GRAFIPRONGO			25 anos e mais velhos Resultados	
RN A(25-29)	1:15.90	Joana Marques, MAIA	CNMAIA	Tomar	31-01-2016
RN B(30-34)	1:13.31	Isabel Maria, FIGUEIRA	CNFA	Mealhada	30-01-2010
RN C(35-39)	1:14.91	Isabel Maria, FIGUEIRA	CNFA	Vila Franca de Xira	21-01-2018
RN D(40-44)	1:24.20	Catarina Andrade, ALVES	CDN	Vila Franca de Xira	21-01-2018
RN E(45-49)	1:27.32	Amelia Ponte, GALHARDO	CCDCML	Torres Novas	31-01-2009
RN F(50-54)	1:29.16	Maria Helena, CARMO	SAD	Sines	29-01-2017
RN G(55-59)	1:34.53	Maria Teresa, ANDRADE	FCP	Vila Franca de Xira	21-01-2018
RN H(60-64)	1:39.93	Ana Moura, RELVAS	AAC	Tomar	31-01-2016
RN I(65-69)	1:58.95	Ana Maria, FERREIRA	SAD	Coimbra	12-12-2015
RN J(70-74)	1:45.73	Luisa Bessone, BASTO	SAD	Plan-les-Ouates (SUI)	28-04-2018
RN K(75-79)	2:10.29	Isabel Maria, RAIMUNDO	SAD	Funchal	16-01-2015
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Marisa Ysabel, PIRES	F	12583	93	Clube Desportivo Estarreja	<b>1:38.74</b>	366	
	50m: 45.10    45.10	100m:	1:38.74		53.64			
<b>Master Esc C</b>								
1.	Lilia Dulce, COSTA	F	132418	81	Fluvial Portuense	<b>1:41.74</b>	382	
	50m: 48.56    48.56	100m:	1:41.74		53.18			
2.	Ana DAlte, GUEDES	F	121739	80	Leixões Sport Clube	<b>1:43.54</b>	362	
	50m: 48.90    48.90	100m:	1:43.54		54.64			
<b>Master Esc D</b>								
1.	Sandra Santa, BARBARA	F	104504	75	Ginásio Santo Tirso	<b>1:37.72</b>	464	
	50m: 45.68    45.68	100m:	1:37.72		52.04			
2.	Maria Manuela, OLIVEIRA	F	208451	74	Sporting Clube de Espinho	<b>2:03.03</b>	232	
	50m: 58.64    58.64	100m:	2:03.03		1:04.39			
3.	Teresa Sofia, BENTO	F	208407	74	Fluvial Portuense	<b>2:09.00</b>	202	
	50m: 57.97    57.97	100m:	2:09.00		1:11.03			
<b>Master Esc F</b>								
1.	Olga Ivanova, KONDRANSHINA	F	207737	64	AP Vila D Este	<b>3:17.36</b>	67	
	50m: 1:32.12    1:32.12	100m:	3:17.36		1:45.24			
<b>Master Esc G</b>								
1.	Maria Manuela, NETO	F	102090	62	Natacao da Maia	<b>2:08.05</b>	279	
	50m: 1:00.55    1:00.55	100m:	2:08.05		1:07.50			
<b>Master Esc H</b>								
1.	Maria Carmo, ROCHA	F	118886	54	Leixões Sport Clube	<b>2:16.45</b>	249	
	50m: 1:06.81    1:06.81	100m:	2:16.45		1:09.64			

Prova 18, Femin., 100m Bruços

Master Esc I

1.	Marília Laura, SILVA	F	131783 52	Fluvial Portuense	<b>2:53.55</b>	144
	50m: 1:21.96 1:21.96		100m: 2:53.55 1:31.59			
2.	Maria Fatima, CABRAL	F	106203 49	Fluvial Portuense	<b>3:13.44</b>	104
	50m: 1:30.81 1:30.81		100m: 3:13.44 1:42.63			

Prova 19

28-10-2018 - 16:35

Masc., 100m Bruços  
GRAFIPRONGO

25 anos e mais velhos  
Resultados

RN A(25-29)	1:05.80	Francisco Freire, FREDERICO	CFB	Torres Novas	01-02-2009
RN B(30-34)	1:04.95	Bruno Daniel, MONTEIRO	LSC	Senhora da Hora	31-05-2018
RN C(35-39)	1:08.31	Rodrigo Marques, COSTA	CNLA	Tomar	28-01-2012
RN D(40-44)	1:05.21	Vasco Jorge, ROSARIO	SAD	Palma de Mallorca (ESP)	04-02-2017
RN E(45-49)	1:10.71	Rodolfo Pereira, NUNES	CAP	Vila Franca de Xira	21-01-2018
RN F(50-54)	1:12.73	Jose Samuel, DUARTE	SCP	Caldas da Rainha	22-04-2017
RN G(55-59)	1:22.73	Luis Miguel, BERNARDO	CFP	Sines	28-01-2017
RN H(60-64)	1:24.72	Jose Santos, SILVA	CPN	Sines	28-01-2017
RN I(65-69)	1:29.34	Antonio Bessone, BASTO	SAD	Ponte da Barca	16-05-2010
RN J(70-74)	1:31.62	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	22-02-2015
RN K(75-79)	1:40.76	Leonel Sousa, GOMES	INATEL	Inatel	18-06-2005
RN L(80-84)	1:55.42	Leonel Sousa, GOMES	AAC	Mealhada	30-01-2010
RN M(85-89)	2:34.03	Leonel Sousa, GOMES	SAD	Caldas da Rainha	11-04-2015

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
1.	Carlos Manuel, BAPTISTA	M	204872	89	Colegio SMLamas	<b>1:24.06</b>	401	
	50m: 40.34 40.34		100m: 1:24.06 43.72					
2.	Luis Rosario, FIGUEIREDO	M	131311	89	Ginásio Santo Tirso	<b>1:26.75</b>	365	
	50m: 40.64 40.64		100m: 1:26.75 46.11					
3.	Jose Miguel, GOUVEIA	M	105902	91	Leixões Sport Clube	<b>1:28.07</b>	349	
	50m: 42.44 42.44		100m: 1:28.07 45.63					
4.	Jose Luis, MOREIRA	M	207903	93	Natacao da Maia	<b>1:37.74</b>	255	
	50m: 47.55 47.55		100m: 1:37.74 50.19					

Master Esc B

1.	Jorge Filipe, ALVARENGA	M	205759	87	Leixões Sport Clube	<b>1:34.09</b>	277
	50m: 45.00 45.00		100m: 1:34.09 49.09				

Master Esc C

1.	Pedro Alexandre, SOUSA	M	123374	82	Porto	<b>1:15.31</b>	614
	50m: 36.60 36.60		100m: 1:15.31 38.71				
2.	Marcelo Porto, RODRIGUES	M	205613	82	Natacao de Valongo	<b>1:27.89</b>	386
	50m: 41.25 41.25		100m: 1:27.89 46.64				
DSQ	Paulo Ricardo, MOREIRA	M	208404	83	Penafiel		DSQ
	719 - O(A) nadador(a) tocou só com uma mão na parede na viragem dos 75 metros – SW 7.6						

Master Esc D

1.	Filipe Teixeira, SA	M	206936	78	Porto	<b>1:27.38</b>	423
	50m: 40.94 40.94		100m: 1:27.38 46.44				

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

Registered to Associação de Natacao do Norte de Portugal

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### Prova 19, Masc., 100m Bruços

#### Master Esc E

1.	Miguel Angelo, NUNES	M	206646 73	Clube Desportivo Estarreja	<b>1:29.85</b>	397
	50m: 42.85 42.85		100m: 1:29.85	47.00		
2.	Vitor Manuel, CARDOSO	M	207728 72	Natacao de Valongo	<b>1:35.54</b>	330
	50m: 44.17 44.17		100m: 1:35.54	51.37		
3.	Delfim Heitor, RIBEIRO	M	208254 70	Sporting Clube de Espinho	<b>1:39.10</b>	296
	50m: 47.82 47.82		100m: 1:39.10	51.28		
4.	Rui Miguel, PINTO	M	208406 73	Fluvial Portuense	<b>1:49.22</b>	221
	50m: 49.72 49.72		100m: 1:49.22	59.50		
5.	Antonio Manuel, PEREIRA	M	201104 72	Penafiel	<b>2:08.26</b>	136
	50m: 1:01.24 1:01.24		100m: 2:08.26	1:07.02		
DNS	Vitor Carvalho, LOPES	M	132421 72	Foca		DNS
DNS	Jean Alexandre, TESTAGROSSA	M	128318 71	Fundacao Salesianos		DNS
WDR	Jose Manuel, BAPTISTA	M	130027 69	Leixões Sport Clube		WDR

#### Master Esc F

1.	Rui Pedro, FERREIRA	M	129087 64	Natacao da Maia	<b>1:47.44</b>	271
	50m: 51.00 51.00		100m: 1:47.44	56.44		

#### Master Esc G

1.	Jose Miguel, BARROSO	M	208445 62	Fluvial Portuense	<b>1:27.29</b>	475
	50m: 41.63 41.63		100m: 1:27.29	45.66		
2.	Alberto Nuno, ESPINHEIRO	M	106811 62	Colegio SMLamas	<b>1:37.16</b>	344
	50m: 45.57 45.57		100m: 1:37.16	51.59		
3.	Fabio, FLORIANO	M	207665 63	Sporting Clube de Espinho	<b>1:41.40</b>	303
	50m: 47.13 47.13		100m: 1:41.40	54.27		
4.	Joao Henrique, SEARA	M	131833 63	Leixões Sport Clube	<b>1:55.14</b>	207
	50m: 54.68 54.68		100m: 1:55.14	1:00.46		
5.	Albano Couto, TEIXEIRA	M	117114 63	Foca	<b>1:56.28</b>	201
	50m: 54.05 54.05		100m: 1:56.28	1:02.23		
6.	Paulo Luis, AZEVEDO	M	204147 60	Leixões Sport Clube	<b>2:18.29</b>	119
	50m: 1:04.93 1:04.93		100m: 2:18.29	1:13.36		

#### Master Esc I

1.	Joao Brandao, ANDRADE	M	153287 49	Foca	<b>2:21.72</b>	175
	50m: 1:03.27 1:03.27		100m: 2:21.72	1:18.45		

#### Master Esc K

1.	Antero Silva, SOUSA	M	205243 43	Fluvial Portuense	<b>2:12.43</b>	281
	50m: 1:00.40 1:00.40		100m: 2:12.43	1:12.03		

Prova 20 28-10-2018 - 16:45	Femin., 200m Bruços TURBO				25 anos e mais velhos Resultados
RN A(25-29)	2:41.90	Joana Marques, MAIA	CPN	Sines	28-01-2017
RN B(30-34)	2:51.39	Maria Sofia, MARTINS	CFP	Porto	08-11-2014
RN C(35-39)	2:57.65	Ana Paula, GRILO	UDCA	Ponte da Barca	11-06-2005
RN D(40-44)	3:01.00	Catarina Andrade, ALVES	CDN	Vila Franca de Xira	20-01-2018
RN E(45-49)	3:15.32	Patricia Diogenes, PEREIRA	SAD	Badajoz (ESP)	23-04-2016
RN F(50-54)	3:10.13	Maria Helena, CARMO	SAD	Sines	28-01-2017
RN G(55-59)	3:30.48	Elena Nikolaevna, KRAEVA	ADRCIMM	Sines	28-01-2017
RN H(60-64)	3:50.74	Luisa Maria, PINTAO	ANE	Caldas da Rainha	12-04-2014
RN I(65-69)	4:02.42	Ana Maria, FERREIRA	SAD	Badajoz (ESP)	23-04-2016
RN J(70-74)	3:55.98	Luisa Bessone, BASTO	SAD	Caldas da Rainha	09-12-2017
RN K(75-79)	5:01.56	Isabel Maria, RAIMUNDO	SAD	Sines	28-01-2017
RN L(80-84)	59:00.00	,			
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Mariana Dias, ALMEIDA	F	22405	93	Ginásio Santo Tirso	<b>3:00.68</b>	615	
	50m: 42.46 42.46	100m: 1:27.93	45.47	150m: 2:15.08	47.15	200m: 3:00.68	45.60	
<b>Master Esc B</b>								
1.	Natacha Lopes, CABRAL	F	117877	86	Viana Natacao	<b>3:33.74</b>	365	
	50m: 48.74 48.74	100m: 1:43.27	54.53	150m: 2:38.44	55.17	200m: 3:33.74	55.30	
<b>Master Esc C</b>								
1.	Isabel Carolina, NEVES	F	202850	80	Individual ANNP	<b>4:29.85</b>	219	
	50m: 1:02.76 1:02.76	100m: 2:12.35	1:09.59	150m: 3:23.60	1:11.25	200m: 4:29.85	1:06.25	
<b>Master Esc D</b>								
1.	Elza Maria, CARVALHO	F	153144	76	AP Vila D Este	<b>3:27.69</b>	511	
	50m: 48.52 48.52	100m: 1:41.75	53.23	150m: 2:34.42	52.67	200m: 3:27.69	53.27	
<b>Master Esc E</b>								
WDR	Maria Manuela, FERREIRA	F	130114	70	Natacao da Maia			WDR
<b>Master Esc G</b>								
1.	Maria Santos, FERNANDES	F	105263	62	Leixões Sport Clube	<b>3:50.84</b>	516	
	50m: 52.02 52.02	100m: 1:50.31	58.29	150m: 2:50.89	1:00.58	200m: 3:50.84	59.95	
2.	Anette, KIND	F	120501	61	Leixões Sport Clube	<b>3:58.29</b>	469	
	50m: 52.45 52.45	100m: 1:52.62	1:00.17	150m: 2:56.25	1:03.63	200m: 3:58.29	1:02.04	
3.	Gracinda Maria, MACHADO	F	117386	61	Ginásio Santo Tirso	<b>5:00.17</b>	235	
	50m: 1:10.24 1:10.24	100m: 2:25.35	1:15.11	150m: 3:44.17	1:18.82	200m: 5:00.17	1:16.00	



Prova 20, Femin., 200m Bruços

25 anos e mais velhos

1.	Mariana Dias, ALMEIDA	F	22405 93	Ginásio Santo Tirso						<b>3:00.68</b>	615
	50m: 42.46 42.46		100m: 1:27.93	45.47 150m: 2:15.08	47.15	200m: 3:00.68				45.60	
2.	Elza Maria, CARVALHO	F	153144 76	AP Vila D Este						<b>3:27.69</b>	511
	50m: 48.52 48.52		100m: 1:41.75	53.23 150m: 2:34.42	52.67	200m: 3:27.69				53.27	
3.	Natacha Lopes, CABRAL	F	117877 86	Viana Natacao						<b>3:33.74</b>	365
	50m: 48.74 48.74		100m: 1:43.27	54.53 150m: 2:38.44	55.17	200m: 3:33.74				55.30	
4.	Maria Santos, FERNANDES	F	105263 62	Leixões Sport Clube						<b>3:50.84</b>	516
	50m: 52.02 52.02		100m: 1:50.31	58.29 150m: 2:50.89	1:00.58	200m: 3:50.84				59.95	
5.	Anette, KIND	F	120501 61	Leixões Sport Clube						<b>3:58.29</b>	469
	50m: 52.45 52.45		100m: 1:52.62	1:00.17 150m: 2:56.25	1:03.63	200m: 3:58.29				1:02.04	
6.	Isabel Carolina, NEVES	F	202850 80	Individual ANNP						<b>4:29.85</b>	219
	50m: 1:02.76 1:02.76		100m: 2:12.35	1:09.59 150m: 3:23.60	1:11.25	200m: 4:29.85				1:06.25	
7.	Gracinda Maria, MACHADO	F	117386 61	Ginásio Santo Tirso						<b>5:00.17</b>	235
	50m: 1:10.24 1:10.24		100m: 2:25.35	1:15.11 150m: 3:44.17	1:18.82	200m: 5:00.17				1:16.00	
WDR	Maria Manuela, FERREIRA	F	130114 70	Natacao da Maia							WDR

Prova 21

28-10-2018 - 16:50

Masc., 200m Bruços

CMF - Clínica Médica da Foz

25 anos e mais velhos

Resultados

RN A(25-29)	2:24.75	Marcelo Goncalo, PEREIRA	FOCA	Sines	29-01-2017
RN B(30-34)	2:24.34	Adriano Miguel, NIZ	GDNVNF	Sines	29-01-2017
RN C(35-39)	2:34.62	Rodrigo Marques, COSTA	CNLA	Algés	29-03-2015
RN D(40-44)	2:22.69	Vasco Jorge, ROSARIO	SAD	Palma de Mallorca (ESP)	02-02-2017
RN E(45-49)	2:38.21	Rodolfo Pereira, NUNES	CAP	Vila Franca de Xira	20-01-2018
RN F(50-54)	2:39.50	Jose Samuel, DUARTE	SCP	Algés	29-03-2015
RN G(55-59)	3:10.25	Paulo Paula, CARVALHO	SCP	Porto	30-10-2016
RN H(60-64)	3:13.87	Jose Santos, SILVA	CPN	Sines	29-01-2017
RN I(65-69)	3:18.46	Antonio Bessone, BASTO	SAD	Lisboa	26-02-2011
RN J(70-74)	3:20.44	Antonio Bessone, BASTO	SAD	Pontevedra (ESP)	21-02-2015
RN K(75-79)	3:44.78	Leonel Sousa, GOMES	SFP	Ponte da Barca	11-06-2005
RN L(80-84)	4:11.52	Leonel Sousa, GOMES	AAC	Caldas da Rainha	24-04-2010
RN M(85-89)	59:00.00	,			

Lugar	Nome	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>Master Esc A</b>								
1.	Diogo Andre, CORDEIRO	M	13976	90	Masters de Almada			
	50m: 36.06 36.06		100m: 1:18.88	42.82 150m: 2:03.06	44.18	200m: 2:44.01	601	40.95
2.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel			
	50m: 37.51 37.51		100m: 1:19.96	42.45 150m: 2:03.60	43.64	200m: 2:44.60	594	41.00
DSQ	Fernando Daniel, COUTO	M	207687	90	Penafiel			DSQ
	<i>404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>							

Master Esc B

WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel			WDR
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Master Esc C

1.	Sergio Manuel, NEVES	M	204875	82	Individual ANNP						
	50m: 56.96 56.96		100m: 2:03.24	1:06.28 150m: 3:13.27	1:10.03	200m: 4:19.80	158	1:06.53			

O Secretário do Juri

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### Prova 21, Masc., 200m Bruços

#### Master Esc D

1.	Jose Eduardo, COUZEIRO	M	106905 76	Viana Natacao					<b>2:54.42</b>	549
	50m: 39.12 39.12		100m: 1:23.37	44.25 150m: 2:09.43	46.06	200m: 2:54.42	44.99			
2.	Rui Albino, JORGE	M	106807 78	Colegio SMLamas					<b>3:17.54</b>	378
	50m: 42.51 42.51		100m: 1:32.76	50.25 150m: 2:25.80	53.04	200m: 3:17.54	51.74			
3.	Joao Antonio, GOMES	M	121592 75	Leixões Sport Clube					<b>3:23.93</b>	344
	50m: 45.74 45.74		100m: 1:37.89	52.15 150m: 2:31.46	53.57	200m: 3:23.93	52.47			
4.	Camilo Moreira, GONCALVES	M	106812 74	Colegio SMLamas					<b>3:39.20</b>	277
	50m: 48.98 48.98		100m: 1:45.16	56.18 150m: 2:42.19	57.03	200m: 3:39.20	57.01			
5.	Hugo Rafael, GUEDES	M	204930 76	Leixões Sport Clube					<b>3:55.58</b>	223
	50m: 54.24 54.24		100m: 1:55.20	1:00.96 150m: 2:57.04	1:01.84	200m: 3:55.58	58.54			
WDR	Jorge Miguel, SILVA	M	119954 76	Fundacao Salesianos						WDR

#### Master Esc E

1.	Jose Manuel, BAPTISTA	M	130027 69	Leixões Sport Clube					<b>3:37.35</b>	313
	50m: 49.46 49.46		100m: 1:44.17	54.71 150m: 2:40.31	56.14	200m: 3:37.35	57.04			
2.	Miguel Paulo, SILVA	M	207402 71	Penafiel					<b>3:53.95</b>	251
	50m: 49.49 49.49		100m: 1:48.96	59.47 150m: 2:52.15	1:03.19	200m: 3:53.95	1:01.80			

#### Master Esc F

1.	Antonio Paulo, MELO	M	126241 67	Fluvial Portuense					<b>3:23.75</b>	438
	50m: 46.94 46.94		100m: 1:38.23	51.29 150m: 2:31.92	53.69	200m: 3:23.75	51.83			
2.	Antonio Eduardo, AFONSO	M	207922 65	Ginásio Santo Tirso					<b>3:42.36</b>	337
	50m: 46.90 46.90		100m: 1:42.50	55.60 150m: 2:41.55	59.05	200m: 3:42.36	1:00.81			

#### Master Esc G

1.	Alberto Nuno, ESPINHEIRO	M	106811 62	Colegio SMLamas					<b>3:38.39</b>	408
	50m: 47.87 47.87		100m: 1:43.29	55.42 150m: 2:42.71	59.42	200m: 3:38.39	55.68			
2.	Domingos Marques, NEVES	M	202831 61	Natacao de Valongo					<b>4:09.04</b>	275
	50m: 56.84 56.84		100m: 2:00.27	1:03.43 150m: 3:04.48	1:04.21	200m: 4:09.04	1:04.56			

#### Master Esc I

1.	Antonio Monteiro, CANELAS	M	148547 50	Sporting Clube de Espinho					<b>3:55.82</b>	460
	50m: 54.39 54.39		100m: 1:55.02	1:00.63 150m: 2:56.50	1:01.48	200m: 3:55.82	59.32			
2.	Antonio Jorge, MARQUES	M	130679 51	Fluvial Portuense					<b>4:34.58</b>	291
	50m: 1:02.21 1:02.21		100m: 2:11.83	1:09.62 150m: 3:23.66	1:11.83	200m: 4:34.58	1:10.92			

#### Master Esc J

1.	Jose, LEITE	M	204547 48	Foca					<b>4:09.01</b>	411
	50m: 53.91 53.91		100m: 1:58.41	1:04.50 150m: 3:05.93	1:07.52	200m: 4:09.01	1:03.08			

#### Master Esc K

1.	Antero Silva, SOUSA	M	205243 43	Fluvial Portuense					<b>4:48.86</b>	310
	50m: 1:05.18 1:05.18		100m: 2:19.84	1:14.66 150m: 3:35.86	1:16.02	200m: 4:48.86	1:13.00			

Prova 21, Masc., 200m Bruços

25 anos e mais velhos

1.	Diogo Andre, CORDEIRO	M	13976	90	Masters de Almada							<b>2:44.01</b>	601
	50m: 36.06		100m: 1:18.88		42.82	150m: 2:03.06	44.18	200m: 2:44.01				40.95	
2.	Fabio Andre, MADUREIRA	M	15910	90	Penafiel							<b>2:44.60</b>	594
	50m: 37.51		100m: 1:19.96		42.45	150m: 2:03.60	43.64	200m: 2:44.60				41.00	
3.	Jose Eduardo, COUTEIRO	M	106905	76	Viana Natacao							<b>2:54.42</b>	549
	50m: 39.12		100m: 1:23.37		44.25	150m: 2:09.43	46.06	200m: 2:54.42				44.99	
4.	Rui Albino, JORGE	M	106807	78	Colegio SMLamas							<b>3:17.54</b>	378
	50m: 42.51		100m: 1:32.76		50.25	150m: 2:25.80	53.04	200m: 3:17.54				51.74	
5.	Antonio Paulo, MELO	M	126241	67	Fluvial Portuense							<b>3:23.75</b>	438
	50m: 46.94		100m: 1:38.23		51.29	150m: 2:31.92	53.69	200m: 3:23.75				51.83	
6.	Joao Antonio, GOMES	M	121592	75	Leixões Sport Clube							<b>3:23.93</b>	344
	50m: 45.74		100m: 1:37.89		52.15	150m: 2:31.46	53.57	200m: 3:23.93				52.47	
7.	Jose Manuel, BAPTISTA	M	130027	69	Leixões Sport Clube							<b>3:37.35</b>	313
	50m: 49.46		100m: 1:44.17		54.71	150m: 2:40.31	56.14	200m: 3:37.35				57.04	
8.	Alberto Nuno, ESPINHEIRO	M	106811	62	Colegio SMLamas							<b>3:38.39</b>	408
	50m: 47.87		100m: 1:43.29		55.42	150m: 2:42.71	59.42	200m: 3:38.39				55.68	
9.	Camilo Moreira, GONCALVES	M	106812	74	Colegio SMLamas							<b>3:39.20</b>	277
	50m: 48.98		100m: 1:45.16		56.18	150m: 2:42.19	57.03	200m: 3:39.20				57.01	
10.	Antonio Eduardo, AFONSO	M	207922	65	Ginásio Santo Tirso							<b>3:42.36</b>	337
	50m: 46.90		100m: 1:42.50		55.60	150m: 2:41.55	59.05	200m: 3:42.36				1:00.81	
11.	Miguel Paulo, SILVA	M	207402	71	Penafiel							<b>3:53.95</b>	251
	50m: 49.49		100m: 1:48.96		59.47	150m: 2:52.15	1:03.19	200m: 3:53.95				1:01.80	
12.	Hugo Rafael, GUEDES	M	204930	76	Leixões Sport Clube							<b>3:55.58</b>	223
	50m: 54.24		100m: 1:55.20		1:00.96	150m: 2:57.04	1:01.84	200m: 3:55.58				58.54	
13.	Antonio Monteiro, CANELAS	M	148547	50	Sporting Clube de Espinho							<b>3:55.82</b>	460
	50m: 54.39		100m: 1:55.02		1:00.63	150m: 2:56.50	1:01.48	200m: 3:55.82				59.32	
14.	Jose, LEITE	M	204547	48	Foca							<b>4:09.01</b>	411
	50m: 53.91		100m: 1:58.41		1:04.50	150m: 3:05.93	1:07.52	200m: 4:09.01				1:03.08	
15.	Domingos Marques, NEVES	M	202831	61	Natacao de Valongo							<b>4:09.04</b>	275
	50m: 56.84		100m: 2:00.27		1:03.43	150m: 3:04.48	1:04.21	200m: 4:09.04				1:04.56	
16.	Sergio Manuel, NEVES	M	204875	82	Individual ANNP							<b>4:19.80</b>	158
	50m: 56.96		100m: 2:03.24		1:06.28	150m: 3:13.27	1:10.03	200m: 4:19.80				1:06.53	
17.	Antonio Jorge, MARQUES	M	130679	51	Fluvial Portuense							<b>4:34.58</b>	291
	50m: 1:02.21		100m: 2:11.83		1:09.62	150m: 3:23.66	1:11.83	200m: 4:34.58				1:10.92	
18.	Antero Silva, SOUSA	M	205243	43	Fluvial Portuense							<b>4:48.86</b>	310
	50m: 1:05.18		100m: 2:19.84		1:14.66	150m: 3:35.86	1:16.02	200m: 4:48.86				1:13.00	
DSQ	Fernando Daniel, COUTO	M	207687	90	Penafiel								DSQ
	<i>404 - O(A) nadador(a) partiu antes do sinal de partida – SW 4.4</i>												
WDR	Pedro Joaquim, MOREIRA	M	131844	87	Penafiel								WDR
WDR	Jorge Miguel, SILVA	M	119954	76	Fundacao Salesianos								WDR

Prova 22 Misto, 4 x 100m Estilos AG 100 - 359  
28-10-2018 - 17:10 GRAFIPRONGO Resultados

RN 1(100-119)	59:00.00
RN 2(120-159)	59:00.00
RN 3(160-199)	59:00.00
RN 4(200-239)	59:00.00
RN 5(240-279)	59:00.00
RN 6(280-319)	59:00.00

Lugar	Sexo	Licença	Ano	Clube	Tempo Final	Pts	Obs
<b>AG 100 - 119</b>							
1.				Penafiel	<b>6:45.50</b>		
				<i>Recorde Nacional</i>			
				Ines Isabel, ESTEVES	92	48.11	1:56.59
				Maria Ines, SILVA	90	41.86	1:31.36

**AG 120 - 159**

1.				Porto	<b>4:47.88</b>		
				<i>Recorde Nacional</i>			
				Leonor Bessa, BABO	93	32.20	1:09.49
				Pedro Alexandre, SOUSA	82	30.90	1:04.80
2.				Ginásio Santo Tirso	<b>5:27.13</b>		
				Maria Joao, JOSE	90	39.54	1:25.00
				Luis Rosario, FIGUEIREDO	89	33.63	1:10.79
3.				Clube Desportivo Estarreja	<b>5:37.71</b>		
				Marisa Ysabel, PIRES	93	35.06	1:22.83
				Miguel Angelo, NUNES	73	37.21	1:18.83
4.				Leixões Sport Clube	<b>5:54.16</b>		
				Ana DAlte, GUEDES	80	34.67	1:15.05
				Jorge Filipe, ALVARENGA	87	40.20	1:27.65
5.				Penafiel	<b>6:59.31</b>		
				Pedro Joaquim, MOREIRA	87	43.66	1:41.23
				Ana Lucia, SANTOS	86	1:00.94	2:08.25

**AG 160 - 199**

1.				Leixões Sport Clube	<b>6:06.40</b>		
				<i>Recorde Nacional</i>			
				Miguel Jose, FERREIRA	70	37.08	1:21.99
				Anette, KIND	61	40.70	1:26.61

**AG 200 - 239**

1.				Fluvial Portuense	<b>7:01.85</b>		
				<i>Recorde Nacional</i>			
				Isabel Maria, PINTO	72	29.64	1:05.74
				Henrique Luis, SEABRA	61	1:07.26	2:25.90
2.				Natacao da Maia	<b>7:23.53</b>		
				Maria Manuela, NETO	62	56.03	1:57.41
				Rui Pedro, FERREIRA	64	45.85	1:37.61

**AG 240 - 279**

1.				Fluvial Portuense	<b>8:10.44</b>		
				<i>Recorde Nacional</i>			
				Ana Paula, ALMEIDA	58	32.91	1:10.93
				Maria Fatima, CABRAL	49	50.05	1:48.35

O Secretário do Juri

O Juiz Árbitro

Splash Meet Manager, 11.56278

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