



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 1 Masc., 100m Mariposa Absoluto
18-12-2010 - 9:30 Resultados

Rec. Nac. 25m Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Rec. Nac. 25m Inf B	1:01.78	Fabio Parrilha Silva	CNAL	Penafiel	01-04-2000
Rec. Nac. 25m Inf A	59.56	Fabio Parrilha Silva	CNAL	Leiria	07-04-2001
Rec. Nac. 25m Juv B	57.32	Diogo Filipe Carvalho	CGA	Estarreja	10-07-2003
Rec. Nac. 25m Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	05-12-2010
Rec. Nac. 25m Jun	53.87	Tiago Andre Venancio	CNS	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Joao Duarte Santos	95	Natacao de Olhao	58.69	+0.74	563	25
	50m: 27.32 27.32	100m: 58.69 31.37					
2.	Carlos Fernandes Queiros	86	Ginasio de Vila Real	1:00.10	+0.69	524	23
	50m: 28.01 28.01	100m: 1:00.10 32.09					
3.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	1:01.08	+1.28	500	22
	50m: 28.19 28.19	100m: 1:01.08 32.89					
4.	Joao Miguel Figueiredo	93	Campinho	1:01.45	+0.77	491	21
	50m: 28.37 28.37	100m: 1:01.45 33.08					
5.	Fabio Andre Dias	92	Naval Amorense	1:01.61	+0.83	487	20
	50m: 27.85 27.85	100m: 1:01.61 33.76					
6.	Pedro Miguel Costa	92	Sporting de Espinho	1:01.67	+0.98	485	19
	50m: 28.34 28.34	100m: 1:01.67 33.33					
7.	Ricardo Filipe Carrilho	90	Nautica do Seixal	1:01.78	+0.87	483	18
	50m: 28.30 28.30	100m: 1:01.78 33.48					
8.	Carlos Manuel Ferreira	93	Viana Natacao	1:02.06	+0.84	476	17
	50m: 28.67 28.67	100m: 1:02.06 33.39					
9.	Joao David Sousa	88	Estarreja	1:02.57	+0.87	465	16
	50m: 28.12 28.12	100m: 1:02.57 34.45					
10.	Joao Manuel Serralheiro	95	Benedita	1:03.47	+0.97	445	15
	50m: 29.91 29.91	100m: 1:03.47 33.56					
11.	Joao Monteiro Piteira	93	Kainagua	1:03.71	+0.82	440	14
	50m: 29.37 29.37	100m: 1:03.71 34.34					
12.	Frederico Toste Ferrao	92	Nucleo Sportinguista	1:04.74	+0.91	419	13
	50m: 29.87 29.87	100m: 1:04.74 34.87					
13.	Joao Goncalo Coelho	94	Sporting de Aveiro	1:05.11	+0.97	412	12
	50m: 29.49 29.49	100m: 1:05.11 35.62					
14.	Joao Pedro Rosa	90	CLAC-Entroncamento	1:05.75	+0.84	400	11
	50m: 29.99 29.99	100m: 1:05.75 35.76					
15.	Goncalo Alexandre Rato	95	Alhandra	1:05.87	+0.86	398	10
	50m: 30.39 30.39	100m: 1:05.87 35.48					
16.	Gil Cruz Fernandes	95	Ancorensis/Serralharia Ribeiro	1:06.37	+0.91	389	9
	50m: 31.11 31.11	100m: 1:06.37 35.26					



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Prova 1, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Jose Carlos Pinto	87	Natacao de Vila Real	1:06.41	+0.98	389	8
	50m: 30.62 30.62	100m: 1:06.41 35.79					
18.	Jose Luis Morais	94	Beja	1:06.90	+0.77	380	7
	50m: 30.53 30.53	100m: 1:06.90 36.37					
19.	Mario Pinto Amorim	94	Buzios	1:07.77	+0.88	366	6
	50m: 31.95 31.95	100m: 1:07.77 35.82					
20.	Edgar Vieira Silva	95	Imortal	1:07.94	+0.85	363	5
	50m: 30.99 30.99	100m: 1:07.94 36.95					
21.	Joao Pedro Barroso	95	Ginasio Santo Tirso	1:08.00	+0.87	362	4
	50m: 31.37 31.37	100m: 1:08.00 36.63					
22.	Stefan Daniel Steinmaier	96	Fafe	1:08.25	+1.10	358	3
	50m: 31.87 31.87	100m: 1:08.25 36.38					
23.	Ricardo Daniel Lucas	94	Scalabisport	1:08.96	+0.91	347	2
	50m: 31.71 31.71	100m: 1:08.96 37.25					
24.	Pedro David Lopes	93	Lousada SXXI	1:16.09	+0.79	258	1
	50m: 33.69 33.69	100m: 1:16.09 42.40					

Prova 2
18-12-2010 - 9:35

Femin., 200m Mariposa

Absoluto Resultados

Rec. Nac. 25m Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Rec. Nac. 25m Inf B	2:31.64	tempo limite			
Rec. Nac. 25m Inf A	2:25.40	tempo limite			
Rec. Nac. 25m Juv	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	11-02-1996
Rec. Nac. 25m Sen	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Filipa Vicente Custois	97	Benedita	2:31.14	+0.88	510	25
	50m: 33.80 33.80	100m: 1:11.92 38.12	150m: 1:51.52 39.60	200m: 2:31.14 39.62			
2.	Carolina Francisco Gomes	95	Naval da Nazare	2:32.83	+1.03	493	23
	50m: 34.61 34.61	100m: 1:13.72 39.11	150m: 1:53.30 39.58	200m: 2:32.83 39.53			
3.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	2:37.08	+0.89	454	22
	50m: 33.31 33.31	100m: 1:11.88 38.57	150m: 1:52.99 41.11	200m: 2:37.08 44.09			
4.	Iolanda Ribeiro Pinheiro	97	Penafiel	2:37.49	+1.00	451	21
	50m: 34.21 34.21	100m: 1:15.24 41.03	150m: 1:57.12 41.88	200m: 2:37.49 40.37			
5.	Joana Carina Silva	97	Lousada SXXI	2:39.23	+1.09	436	20
	50m: 33.46 33.46	100m: 1:14.54 41.08	150m: 1:55.68 41.14	200m: 2:39.23 43.55			
6.	Catarina Isabel Mendes	95	Natacao do Montijo	2:39.39	+0.88	435	19
	50m: 33.02 33.02	100m: 1:11.88 38.86	150m: 1:55.01 43.13	200m: 2:39.39 44.38			
7.	Patricia Miguel Mendes	96	Naval Amorense	2:41.02	+0.77	422	18
	50m: 33.54 33.54	100m: 1:14.07 40.53	150m: 1:57.96 43.89	200m: 2:41.02 43.06			



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Prova 2, Femin., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	2:41.13	+0.91	421	17
	50m: 36.44 36.44	100m: 1:17.22 40.78	150m: 1:59.65 42.43	200m: 2:41.13 41.48			
9.	Teresa Manuela Aires	96	Sporting de Espinho	2:45.22	+0.89	390	16
	50m: 35.56 35.56	100m: 1:17.96 42.40	150m: 2:02.15 44.19	200m: 2:45.22 43.07			
10.	Cristiana Andreia Lima	95	Nucleo de Pombal	2:47.64	+0.99	373	15
	50m: 36.95 36.95	100m: 1:20.10 43.15	150m: 2:04.23 44.13	200m: 2:47.64 43.41			
11.	Sara Filipa Andrade	96	Alhandra	2:53.80	+1.09	335	14
	50m: 37.64 37.64	100m: 1:20.69 43.05	150m: 2:06.99 46.30	200m: 2:53.80 46.81			
12.	Raquel Silva Santos	96	Beja	2:54.29	+0.94	332	13
	50m: 36.86 36.86	100m: 1:21.03 44.17	150m: 2:07.87 46.84	200m: 2:54.29 46.42			
13.	Ana Luisa Mano	93	Estarreja	2:56.17	+0.91	322	12
	50m: 37.55 37.55	100m: 1:21.42 43.87	150m: 2:07.37 45.95	200m: 2:56.17 48.80			
14.	Ana Luisa Ramos	95	Gafanha da Encarnacao	2:57.01	+0.97	317	11
	50m: 37.90 37.90	100m: 1:22.92 45.02	150m: 2:10.36 47.44	200m: 2:57.01 46.65			
15.	Daniela Marques Genio	95	Campinho	2:58.38	+0.98	310	10
	50m: 37.72 37.72	100m: 1:22.09 44.37	150m: 2:09.20 47.11	200m: 2:58.38 49.18			
16.	Beatriz Gomes Soares	97	Sporting de Aveiro	2:59.65	+1.06	303	9
	50m: 38.35 38.35	100m: 1:23.33 44.98	150m: 2:12.44 49.11	200m: 2:59.65 47.21			
17.	Adriana Daniela Castro	97	Fluvial Portuense	3:08.86	+1.05	261	8
	50m: 37.58 37.58	100m: 1:26.89 49.31	150m: 2:22.21 55.32	200m: 3:08.86 46.65			
18.	C. Gavancho	97	CLAC-Entroncamento	3:10.30	+1.02	255	7
	50m: 38.92 38.92	100m: 1:27.77 48.85	150m: 2:19.98 52.21	200m: 3:10.30 50.32			
19.	Ana Catarina Travessa	96	Salvaterra Magos	3:11.17	+1.06	252	6
	50m: 38.97 38.97	100m: 1:25.86 46.89	150m: 2:17.90 52.04	200m: 3:11.17 53.27			
20.	Maria Dias Neves	99	Miranda do Corvo	3:13.16	+0.97	244	5
	50m: 44.02 44.02	100m: 1:33.70 49.68	150m: 2:23.75 50.05	200m: 3:13.16 49.41			
21.	Maria Clara Pinto	95	Paredes/Rota dos Moveis	3:21.73	+1.02	214	4
	50m: 41.15 41.15	100m: 1:32.49 51.34	150m: 2:26.86 54.37	200m: 3:21.73 54.87			
22.	Elisabete Moreira Castro	90	Interior Norte	3:32.63	+0.98	183	3
	50m: 43.32 43.32	100m: 1:35.76 52.44	150m: 2:34.04 58.28	200m: 3:32.63 58.59			
DSQ	Claudia Almeida Costa	95	Aminata				
	809 - Movimento alternado de pernas após viragem aos 100 m – SW 8.3						
DSQ	Rita Ferreira Couto	98	Bombeiros Ponta Delgada				
	808 - Movimento alternado de pernas durante o percurso – SW 8.3						



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Prova 3 Masc., 100m Bruços Absoluto
18-12-2010 - 9:50 Resultados

Rec. Nac. 25m Absoluto	59.31	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:11.63	Andre Goncalo Santos	LSC	Lousada	19-07-2003
Rec. Nac. 25m Inf A	1:08.17	Luis Manuel Fernandes	GDNVNF	Lousada	10-05-2009
Rec. Nac. 25m Juv B	1:05.85	Luis Manuel Fernandes	GDNVNF	Paços de Ferreira	14-11-2009
Rec. Nac. 25m Juv A	1:05.02	Miguel Aragao Santos	CFV	Ferrol (ESP)	14-04-2007
Rec. Nac. 25m Jun	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Sen	59.31	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Ivan Monteiro Simoes	91	Natacao de Vila Real	1:07.65	+0.86	555	25
	50m: 31.02 31.02	100m: 1:07.65 36.63					
2.	Joao Manuel Lanca	92	Naval Amorense	1:07.94	+0.79	548	23
	50m: 30.94 30.94	100m: 1:07.94 37.00					
3.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	1:11.23	+0.75	475	22
	50m: 33.46 33.46	100m: 1:11.23 37.77					
4.	Andre Machado Vale	95	Viana Natacao	1:11.28	+0.92	474	21
	50m: 33.62 33.62	100m: 1:11.28 37.66					
5.	Marc Francis Moreira	85	Ginasio de Vila Real	1:11.41	+0.89	472	20
	50m: 32.60 32.60	100m: 1:11.41 38.81					
6.	Daniel Filipe Fernandes	85	Campinho	1:11.65	+0.81	467	19
	50m: 32.52 32.52	100m: 1:11.65 39.13					
7.	Hugo Alexandre Amaral	87	Imortal	1:11.81	+0.86	464	18
	50m: 32.16 32.16	100m: 1:11.81 39.65					
8.	Miguel Rego Borges	95	Bombeiros Ponta Delgada	1:11.96	+0.75	461	17
	50m: 34.14 34.14	100m: 1:11.96 37.82					
9.	Joao Carlos Pereira	94	Buzios	1:12.35	+0.91	454	16
	50m: 33.79 33.79	100m: 1:12.35 38.56					
10.	Miguel Angelo Mestre	93	Natacao de Olhao	1:12.68	+0.81	447	15
	50m: 32.60 32.60	100m: 1:12.68 40.08					
11.	Uriel Jorge Mateus	88	Nautica do Seixal	1:13.04	+0.89	441	14
	50m: 33.77 33.77	100m: 1:13.04 39.27					
12.	Frederico Alexandre Freitas	89	Nucleo Sportinguista	1:13.77	+0.84	428	13
	50m: 34.15 34.15	100m: 1:13.77 39.62					
13.	Manuel Almeida Eliseu	92	Kainagua	1:13.78	+0.91	428	12
	50m: 34.29 34.29	100m: 1:13.78 39.49					
14.	Alexandre Emanuel Pereira	93	CLAC-Entroncamento	1:13.93	+0.87	425	11
	50m: 34.39 34.39	100m: 1:13.93 39.54					
15.	Carlos Cunha Costa	95	Fafe	1:14.53	+0.84	415	10
	50m: 34.85 34.85	100m: 1:14.53 39.68					
16.	Tiago Andre Marques	93	Sporting de Espinho	1:15.24	+0.82	403	9
	50m: 34.56 34.56	100m: 1:15.24 40.68					



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Prova 3, Masc., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Tiago Martim Alves	97	Ancorensis/Serralharia Ribeiro	1:15.38	+0.85	401	8
	50m: 35.88 35.88	100m: 1:15.38 39.50					
18.	Pedro Miguel Coelho	94	Lousada SXXI	1:15.58	+0.96	398	7
	50m: 35.29 35.29	100m: 1:15.58 40.29					
19.	Andre Figueiredo Almeida	96	Beja	1:15.80	+1.13	394	6
	50m: 35.68 35.68	100m: 1:15.80 40.12					
20.	Leonardo Peralta Reis	96	Benedita	1:16.24	+0.92	388	5
	50m: 35.23 35.23	100m: 1:16.24 41.01					
21.	Pedro Sousa Gomes	87	Alhandra	1:16.82	+0.89	379	4
	50m: 35.67 35.67	100m: 1:16.82 41.15					
22.	Rafael Arrojado Ferreira	94	Estarreja	1:17.81	+0.83	365	3
	50m: 35.88 35.88	100m: 1:17.81 41.93					
23.	Joao Luis Baeta	94	Scalabisport	1:18.08	+0.98	361	2
	50m: 36.86 36.86	100m: 1:18.08 41.22					
24.	Luis Filipe Cruz	95	Sporting de Aveiro	1:22.23	+1.00	309	1
	50m: 38.31 38.31	100m: 1:22.23 43.92					

Prova 4
18-12-2010 - 10:00

Femin., 200m Bruços

Absoluto
Resultados

Rec. Nac. 25m Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	2:42.50	Filipa Vilas Ruivo	DNMG	Nazaré	
Rec. Nac. 25m Inf A	2:42.50	Filipa Vilas Ruivo	DNMG	Nazaré	22-05-2010
Rec. Nac. 25m Juv	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	2:29.56	Ana Rita Santos	FPN	Dublin (IRL)	13-12-2003
Rec. Nac. 25m Sen	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	2:47.77	+0.66	516	25
	50m: 35.58 35.58	100m: 1:18.02 42.44	150m: 2:02.35 44.33	200m: 2:47.77 45.42			
2.	Daniela Maria Leiria	92	Naval Amorense	2:51.37	+0.86	484	23
	50m: 37.50 37.50	100m: 1:20.95 43.45	150m: 2:06.39 45.44	200m: 2:51.37 44.98			
3.	Lidia Silveira Pina	94	Aminata	2:53.77	+0.83	464	22
	50m: 39.03 39.03	100m: 1:22.20 43.17	150m: 2:07.08 44.88	200m: 2:53.77 46.69			
4.	Joana Isabel Lampreia	96	Beja	2:54.21	+0.83	460	21
	50m: 39.46 39.46	100m: 1:23.84 44.38	150m: 2:08.29 44.45	200m: 2:54.21 45.92			
5.	Vanessa Rodrigues Valente	94	Estarreja	2:56.21	+0.96	445	20
	50m: 39.45 39.45	100m: 1:23.50 44.05	150m: 2:09.56 46.06	200m: 2:56.21 46.65			
6.	Ines Ataíde Dias	94	Sporting de Espinho	2:57.96	+0.83	432	19
	50m: 40.22 40.22	100m: 1:25.40 45.18	150m: 2:11.26 45.86	200m: 2:57.96 46.70			
7.	Jessica Rodrigues Tavares	96	Campinho	2:59.59	+0.97	420	18
	50m: 41.04 41.04	100m: 1:26.04 45.00	150m: 2:13.04 47.00	200m: 2:59.59 46.55			



Campeonato Nacional de Clubes 4ª Divisão
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Prova 4, Femin., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Carolina Santos Machado	95	Gafanha da Encarnacao	2:59.88	+0.93	418	17
	50m: 39.94 39.94	100m: 1:25.61 45.67	150m: 2:13.19 47.58	200m: 2:59.88 46.69			
9.	Ines Serra Duarte	98	Naval da Nazare	3:00.20	+0.95	416	16
	50m: 40.72 40.72	100m: 1:26.31 45.59	150m: 2:12.80 46.49	200m: 3:00.20 47.40			
10.	Soraia Alexandra Marques	94	Benedita	3:01.57	+0.82	407	15
	50m: 40.63 40.63	100m: 1:25.90 45.27	150m: 2:12.98 47.08	200m: 3:01.57 48.59			
11.	Ana Luisa Santo	95	Alhandra	3:02.25	+0.85	402	14
	50m: 40.49 40.49	100m: 1:26.92 46.43	150m: 2:14.33 47.41	200m: 3:02.25 47.92			
12.	Ines Cristina Cordeiro	96	Penafiel	3:04.30	+0.97	389	13
	50m: 41.86 41.86	100m: 1:28.16 46.30	150m: 2:15.98 47.82	200m: 3:04.30 48.32			
13.	Sara Isabel Tenrinho	95	Natacao do Montijo	3:04.92	+0.78	385	12
	50m: 42.29 42.29	100m: 1:28.80 46.51	150m: 2:16.55 47.75	200m: 3:04.92 48.37			
14.	Ana Raquel Albuquerque	95	Sporting de Aveiro	3:07.99	+0.97	366	11
	50m: 42.30 42.30	100m: 1:29.57 47.27	150m: 2:18.79 49.22	200m: 3:07.99 49.20			
15.	Ines Maria Ribeiro	94	CLAC-Entroncamento	3:09.33	+0.88	359	10
	50m: 42.29 42.29	100m: 1:30.76 48.47	150m: 2:20.57 49.81	200m: 3:09.33 48.76			
16.	Maria Joao Esteves	96	Fluvial Portuense	3:09.94	+0.93	355	9
	50m: 42.03 42.03	100m: 1:29.97 47.94	150m: 2:20.34 50.37	200m: 3:09.94 49.60			
17.	Beatriz Gameiro Matias	97	Nucleo de Pombal	3:11.69	+1.01	345	8
	50m: 43.69 43.69	100m: 1:32.60 48.91	150m: 2:23.05 50.45	200m: 3:11.69 48.64			
18.	Ana Alexandra Sousa	96	Lousada SXXI	3:15.40	+1.05	326	7
	50m: 42.93 42.93	100m: 1:32.46 49.53	150m: 2:23.99 51.53	200m: 3:15.40 51.41			
19.	Claudia Filipa Silva	95	Miranda do Corvo	3:15.54	+0.98	325	6
	50m: 43.64 43.64	100m: 1:33.42 49.78	150m: 2:24.09 50.67	200m: 3:15.54 51.45			
20.	Monica Pinto Coelho	95	Ginasio Santo Tirso	3:17.13	+0.86	318	5
	50m: 42.93 42.93	100m: 1:31.50 48.57	150m: 2:23.45 51.95	200m: 3:17.13 53.68			
21.	Cecilia Helena Freitas	89	Interior Norte	3:18.36	+0.87	312	4
	50m: 43.71 43.71	100m: 1:33.59 49.88	150m: 2:26.01 52.42	200m: 3:18.36 52.35			
22.	Raquel Sofia Jorge	98	Salvaterra Magos	3:19.45	+1.04	307	3
	50m: 46.21 46.21	100m: 1:36.52 50.31	150m: 2:28.85 52.33	200m: 3:19.45 50.60			
23.	Ines Sofia Conceicao	95	Paredes/Rota dos Moveis	3:21.69	+0.96	297	2
	50m: 45.30 45.30	100m: 1:36.32 51.02	150m: 2:28.88 52.56	200m: 3:21.69 52.81			
24.	Margarida Santos Louro	98	SCC/Oryzon Energias	3:24.15	+1.08	286	1
	50m: 46.23 46.23	100m: 1:38.64 52.41	150m: 2:31.47 52.83	200m: 3:24.15 52.68			



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 5 Masc., 50m Livres Absoluto
18-12-2010 - 10:10 Resultados

Rec. Nac. 25m Absoluto	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	26.73	tempo limite			
Rec. Nac. 25m Inf A	25.33	Tiago Filipe Pereira	ADBA	Leiria	14-05-2005
Rec. Nac. 25m Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	24.16	David Miguel Ferro	SFUAP	Algés	12-02-2000
Rec. Nac. 25m Jun	22.33	Tiago Andre Venancio	FPN	Viena (AUT)	16-05-2003
Rec. Nac. 25m Sen	21.64	Alexandre Escudier Agostinho	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Ivan Monteiro Simoes	91	Natacao de Vila Real	23.47	+0.68	647	25
2.	David Miguel Leiria	93	Naval Amorense	24.11	+0.85	596	23
3.	Carlos Fernandes Queiros	86	Ginasio de Vila Real	24.23	+1.05	588	22
4.	Carlos Miguel Sotelo	91	Ancorensis/Serralharia Ribeiro	24.81	+0.78	547	21
5.	Joao Pedro Pereira	93	Buzios	24.93	+0.67	539	20
6.	Fabio Aleixo Fernandes	90	Nautica do Seixal	25.14	+0.85	526	19
7.	Joao Carlos Amorim	91	Alhandra	25.33	+0.86	514	18
8.	Joao Monteiro Piteira	93	Kainagua	25.50	+0.78	504	17
9.	Tiago Joao Meira	96	Viana Natacao	25.88	+0.78	482	16
10.	Tiago Lopes Ribeiro	93	Benedita	25.89	+1.03	482	15
11.	Joao David Sousa	88	Estarreja	26.06	+0.85	472	14
12.	Alexandre Emanuel Pereira	93	CLAC-Entroncamento	26.27	+0.81	461	13
13.	Diogo Lima Nicolau	93	Scalabisport	26.53	+0.73	447	12
	Rui Miguel Lopes	94	Natacao de Olhao	26.53	+1.03	447	12
15.	Antonio Carlos Costa	95	Beja	26.66	+0.83	441	10
16.	Jose Manuel Carvalho	94	Imortal	26.77	+0.81	436	9
17.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	26.79	+0.87	435	8
18.	Joao Paulo Baptista	96	Sporting de Espinho	27.19	+0.92	416	7
19.	Frederico Alexandre Freitas	89	Nucleo Sportinguista	27.21	+0.81	415	6
20.	Nuno Alexandre Correia	94	Campinho	27.41	+0.79	406	5
21.	Julio Joao Silva	94	Bombeiros Ponta Delgada	27.53	+0.86	400	4
22.	Gino Santos Caetano	94	Sporting de Aveiro	27.67	+0.98	394	3
23.	Pedro David Lopes	93	Lousada SXXI	27.82	+0.76	388	2
24.	Stefan Daniel Steinmaier	96	Fafe	28.29	+0.82	369	1



Campeonato Nacional de Clubes 4ª Divisão
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Prova 6
18-12-2010 - 10:15

Femin., 100m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	1:01.63	Ines Camacho Fernandes	SCP	Lisboa	05-04-2009
Rec. Nac. 25m Inf A	59.20	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Rec. Nac. 25m Juv	59.70	Harriet Larcher Smith	CFB	Setubal	28-02-2003
Rec. Nac. 25m Jun	56.78	Maria Carolina Rosa	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	1:01.05	+0.94	583	25
	50m: 29.51 29.51	100m: 1:01.05 31.54					
2.	Mafalda Fraga Fragoso	94	Bombeiros Ponta Delgada	1:01.69	+0.86	565	23
	50m: 29.19 29.19	100m: 1:01.69 32.50					
3.	Sofia Prates Silvestre	95	Naval Amorense	1:02.96	+0.82	531	22
	50m: 30.02 30.02	100m: 1:02.96 32.94					
4.	Maria Ines Cabral	94	Sporting de Aveiro	1:03.79	+0.99	511	21
	50m: 30.31 30.31	100m: 1:03.79 33.48					
5.	Ana Rita Nunes	93	Salvaterra Magos	1:04.03	+0.88	505	20
	50m: 30.33 30.33	100m: 1:04.03 33.70					
6.	Ana Margarida Teixeira	95	Beja	1:04.90	+0.74	485	19
	50m: 30.88 30.88	100m: 1:04.90 34.02					
7.	Catia Sofia Silva	94	Estarreja	1:04.94	+1.00	484	18
	50m: 31.08 31.08	100m: 1:04.94 33.86					
8.	Helena Manuel Jose	90	Ginasio Santo Tirso	1:05.02	+0.90	482	17
	50m: 31.14 31.14	100m: 1:05.02 33.88					
9.	Mafalda Jesus Pereira	95	Natacao do Montijo	1:05.41	+0.96	474	16
	50m: 31.12 31.12	100m: 1:05.41 34.29					
10.	Maria Joao Oliveira	95	Sporting de Espinho	1:05.86	+0.95	464	15
	50m: 31.18 31.18	100m: 1:05.86 34.68					
11.	Diana Patricia Silva	95	Lousada SXXI	1:06.44	+0.96	452	14
	50m: 32.00 32.00	100m: 1:06.44 34.44					
12.	Ana Margarida Lourenco	96	Benedita	1:06.88	+0.90	443	13
	50m: 31.69 31.69	100m: 1:06.88 35.19					
13.	Helena Rafaela Tome	98	Alhandra	1:06.90	+0.92	443	12
	50m: 32.13 32.13	100m: 1:06.90 34.77					
14.	Sara Caeiro Urbano	93	Aminata	1:07.18	+0.84	437	11
	50m: 31.85 31.85	100m: 1:07.18 35.33					
15.	Ana Rita Ribau	95	Gafanha da Encarnacao	1:07.57	+0.89	430	10
	50m: 33.01 33.01	100m: 1:07.57 34.56					
16.	Ines Vilela Braga	97	Fluvial Portuense	1:07.64	+0.87	428	9
	50m: 32.07 32.07	100m: 1:07.64 35.57					
17.	Patricia Santos Dinis	95	Naval da Nazare	1:07.97	+1.05	422	8
	50m: 32.55 32.55	100m: 1:07.97 35.42					



Campeonato Nacional de Clubes 4ª Divisão
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Prova 6, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Daniela Marques Genio	95	Campinho	1:08.96	+1.00	404	7
	50m: 32.73 32.73	100m: 1:08.96 36.23					
19.	Tatiana Cruz Costa	94	Miranda do Corvo	1:08.99	+0.99	404	6
	50m: 33.10 33.10	100m: 1:08.99 35.89					
20.	Joana Ines Frade	92	Nucleo de Pombal	1:09.13	+0.82	401	5
	50m: 32.61 32.61	100m: 1:09.13 36.52					
21.	Maria Ines Reis	97	Penafiel	1:09.47		395	4
	50m: 34.28 34.28	100m: 1:09.47 35.19					
22.	Sara Patricia Gomes	96	Paredes/Rota dos Moveis	1:10.42	+0.86	380	3
	50m: 33.69 33.69	100m: 1:10.42 36.73					
23.	Susana Patricia Rosa	96	CLAC-Entroncamento	1:11.34	+0.94	365	2
	50m: 33.97 33.97	100m: 1:11.34 37.37					
24.	Diana Rosalina Oliveira	91	Interior Norte	1:13.36	+1.01	336	1
	50m: 33.21 33.21	100m: 1:13.36 40.15					

Prova 7

Masc., 100m Costas

Absoluto

18-12-2010 - 10:25

Resultados

Rec. Nac. 25m Absoluto	53.04	Nuno Filipe Laurentino	FPN	Moscovo (RUS)	03-04-2002
Rec. Nac. 25m Inf B	1:04.76	Alexandre Lages Ribas	EDV	Ponte da Barca	09-05-2010
Rec. Nac. 25m Inf A	1:01.53	David Miguel Ferro	SFUAP	Algés	13-03-1998
Rec. Nac. 25m Juv B	58.65	Pedro Diogo Oliveira	CNRM	Tomar	10-05-2003
Rec. Nac. 25m Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	04-12-2010
Rec. Nac. 25m Jun	53.88	Alexis Manacas Santos	SCP	Leiria	05-12-2009
Rec. Nac. 25m Sen	53.04	Nuno Filipe Laurentino	FPN	Moscovo (RUS)	03-04-2002

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Carlos Miguel Sotelo	91	Ancorensis/Serralharia Ribeiro	1:01.84	+0.67	495	25
	50m: 30.50 30.50	100m: 1:01.84 31.34					
2.	Joao Miguel Figueiredo	93	Campinho	1:02.01	+0.68	491	23
	50m: 30.56 30.56	100m: 1:02.01 31.45					
3.	David Miguel Leiria	93	Naval Amorense	1:02.23	+0.69	486	22
	50m: 30.13 30.13	100m: 1:02.23 32.10					
4.	Joao Pedro Santos	95	Estarreja	1:02.27	+0.72	485	21
	50m: 29.91 29.91	100m: 1:02.27 32.36					
5.	Antonio Miguel Vitorino	96	Viana Natacao	1:03.06	+0.78	467	20
	50m: 30.31 30.31	100m: 1:03.06 32.75					
6.	Miguel Martins Barroqueiro	91	CLAC-Entroncamento	1:04.19	+0.75	443	19
	50m: 30.73 30.73	100m: 1:04.19 33.46					
7.	Diogo Andre Catita	88	Nautica do Seixal	1:04.22	+0.72	442	18
	50m: 30.62 30.62	100m: 1:04.22 33.60					
8.	Tiago Ramos Gomes	94	Bombeiros Ponta Delgada	1:04.39	+0.62	439	17
	50m: 30.72 30.72	100m: 1:04.39 33.67					



Campeonato Nacional de Clubes 4ª Divisão
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Prova 7, Masc., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Ivo Andre Lopes 50m: 31.49 31.49	94	Scalabisport 100m: 1:05.03 33.54	1:05.03	+0.72	426	16
10.	Alexander Oliveira Cardoso 50m: 31.57 31.57	92	Sporting de Espinho 100m: 1:05.22 33.65	1:05.22	+0.65	422	15
11.	Andre Silva Bastos 50m: 32.20 32.20	83	Natacao de Vila Real 100m: 1:05.39 33.19	1:05.39	+0.68	419	14
12.	Andre Filipe Faria 50m: 31.57 31.57	94	Imortal 100m: 1:05.52 33.95	1:05.52	+0.63	416	13
13.	Joao Carlos Amorim 50m: 31.67 31.67	91	Alhandra 100m: 1:05.56 33.89	1:05.56	+0.81	415	12
14.	Pedro Filipe Ribeiro 50m: 30.93 30.93	94	Beja 100m: 1:05.71 34.78	1:05.71	+0.69	413	11
15.	Luis Antonio Tarquinio 50m: 31.53 31.53	94	Benedita 100m: 1:06.40 34.87	1:06.40	+0.89	400	10
16.	Gino Santos Caetano 50m: 32.86 32.86	94	Sporting de Aveiro 100m: 1:06.90 34.04	1:06.90	+0.84	391	9
17.	Joao Pedro Barroso 50m: 32.33 32.33	95	Ginasio Santo Tirso 100m: 1:07.05 34.72	1:07.05	+0.74	388	8
18.	Joaquim Paixao Barroso 50m: 30.59 30.59	76	Kainagua 100m: 1:07.44 36.85	1:07.44	+0.84	382	7
19.	Paulo Gabriel Magalhaes 50m: 32.67 32.67	96	Fafe 100m: 1:07.65 34.98	1:07.65	+0.69	378	6
20.	Diogo Miguel Balsa 50m: 32.89 32.89	95	Buzios 100m: 1:08.06 35.17	1:08.06	+0.73	371	5
21.	Mauro Filipe Viegas 50m: 33.20 33.20	95	Natacao de Olhao 100m: 1:08.76 35.56	1:08.76	+0.59	360	4
22.	Alexander Ramos Esteves 50m: 33.55 33.55	77	Ginasio de Vila Real 100m: 1:09.72 36.17	1:09.72	+0.68	345	3
23.	Andre da Costa Coelho 50m: 34.14 34.14	96	Nucleo Sportinguista 100m: 1:09.74 35.60	1:09.74	+0.66	345	2
24.	Pedro Miguel Coelho 50m: 34.37 34.37	94	Lousada SXXI 100m: 1:09.92 35.55	1:09.92	+0.73	342	1



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 8
18-12-2010 - 10:30

Femin., 200m Costas

Absoluto
Resultados

Rec. Nac. 25m Absoluto	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993
Rec. Nac. 25m Inf B	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	16-03-1997
Rec. Nac. 25m Inf A	2:22.25	Keissy Joselin Sousa	FCP	Algés	15-03-1998
Rec. Nac. 25m Juv	2:17.86	Catia Raquel Martinheira	LDC	Sines	21-12-2008
Rec. Nac. 25m Jun	2:12.80	Petra Quintela Chaves	SAD	Algés	31-05-1994
Rec. Nac. 25m Sen	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Ana Catarina Pereira	95	Naval Amorense	2:28.43	+0.75	530	25
	50m: 34.86 34.86	100m: 1:13.12 38.26	150m: 1:52.12 39.00	200m: 2:28.43 36.31			
2.	Joana Carina Silva	97	Lousada SXXI	2:30.25	+0.85	511	23
	50m: 34.40 34.40	100m: 1:12.97 38.57	150m: 1:52.12 39.15	200m: 2:30.25 38.13			
3.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	2:30.77	+0.68	506	22
	50m: 34.38 34.38	100m: 1:12.70 38.32	150m: 1:51.90 39.20	200m: 2:30.77 38.87			
4.	Carla Sofia Cruz	96	Sporting de Espinho	2:32.92	+0.81	485	21
	50m: 35.45 35.45	100m: 1:14.35 38.90	150m: 1:53.88 39.53	200m: 2:32.92 39.04			
5.	Ines Sa Rodrigues	93	Estarreja	2:33.57	+0.76	479	20
	50m: 35.43 35.43	100m: 1:13.97 38.54	150m: 1:53.86 39.89	200m: 2:33.57 39.71			
6.	Claudia Cristina Almeida	95	Paredes/Rota dos Moveis	2:34.47	+0.78	470	19
	50m: 35.42 35.42	100m: 1:14.09 38.67	150m: 1:53.89 39.80	200m: 2:34.47 40.58			
7.	Ana Filipa Morais	90	Fluvial Portuense	2:34.66	+0.65	469	18
	50m: 34.56 34.56	100m: 1:13.64 39.08	150m: 1:54.12 40.48	200m: 2:34.66 40.54			
8.	Ana Paula Araujo	96	Ginasio Santo Tirso	2:35.35	+0.75	462	17
	50m: 36.21 36.21	100m: 1:15.30 39.09	150m: 1:55.46 40.16	200m: 2:35.35 39.89			
9.	Isa Morais Penas	96	Benedita	2:36.92	+0.66	449	16
	50m: 34.89 34.89	100m: 1:14.26 39.37	150m: 1:55.27 41.01	200m: 2:36.92 41.65			
10.	Mafalda Fraga Fragoso	94	Bombeiros Ponta Delgada	2:38.61	+0.70	435	15
	50m: 34.98 34.98	100m: 1:14.12 39.14	150m: 1:55.81 41.69	200m: 2:38.61 42.80			
11.	Sofia Isabel Teixeira	95	Beja	2:39.58	+0.68	427	14
	50m: 35.20 35.20	100m: 1:14.88 39.68	150m: 1:56.90 42.02	200m: 2:39.58 42.68			
12.	Ana Leticia Freitas	91	Interior Norte	2:40.08	+1.02	423	13
	50m: 36.18 36.18	100m: 1:16.16 39.98	150m: 1:57.94 41.78	200m: 2:40.08 42.14			
13.	Claudia Isabel Semiao	97	Aminata	2:41.99	+0.70	408	12
	50m: 36.71 36.71	100m: 1:16.68 39.97	150m: 1:59.52 42.84	200m: 2:41.99 42.47			
14.	Patricia Monteiro Negrão	96	Naval da Nazaré	2:42.27	+0.75	406	11
	50m: 37.91 37.91	100m: 1:18.73 40.82	150m: 2:00.78 42.05	200m: 2:42.27 41.49			
15.	Ana Rita Ribau	95	Gafanha da Encarnação	2:46.41	+0.76	376	10
	50m: 39.19 39.19	100m: 1:21.90 42.71	150m: 2:04.94 43.04	200m: 2:46.41 41.47			
16.	Mariana Filipa Ponte	96	Alhandra	2:47.33	+0.63	370	9
	50m: 38.07 38.07	100m: 1:20.23 42.16	150m: 2:04.88 44.65	200m: 2:47.33 42.45			
17.	Carolina Santana Gonçalves	95	Núcleo de Pombal	2:47.37	+0.93	370	8
	50m: 39.61 39.61	100m: 1:22.63 43.02	150m: 2:05.26 42.63	200m: 2:47.37 42.11			



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 8, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Rafaela Cunha Mendes	98	Campinho	2:47.56	+0.76	368	7
	50m: 39.47 39.47	100m: 1:21.59 42.12	150m: 2:06.13 44.54	200m: 2:47.56 41.43			
19.	Maria Dias Neves	99	Miranda do Corvo	2:51.70	+0.78	342	6
	50m: 42.28 42.28	100m: 1:25.54 43.26	150m: 2:09.48 43.94	200m: 2:51.70 42.22			
20.	Sofia Dias Alves	99	Natacao do Montijo	2:51.92	+0.87	341	5
	50m: 40.33 40.33	100m: 1:23.86 43.53	150m: 2:08.99 45.13	200m: 2:51.92 42.93			
21.	A. Vassilevna	93	Penafiel	2:52.28	+0.66	339	4
	50m: 41.14 41.14	100m: 1:25.15 44.01	150m: 2:09.19 44.04	200m: 2:52.28 43.09			
22.	Ana Pereira Luis	97	Salvaterra Magos	2:55.64	+0.89	320	3
	50m: 39.63 39.63	100m: 1:24.19 44.56	150m: 2:10.77 46.58	200m: 2:55.64 44.87			
23.	C. Gavancho	97	CLAC-Entroncamento	2:55.86	+0.74	319	2
	50m: 41.06 41.06	100m: 1:25.04 43.98	150m: 2:10.77 45.73	200m: 2:55.86 45.09			
24.	Catarina Filipa Arede	97	Sporting de Aveiro	3:03.22	+0.84	282	1
	50m: 39.95 39.95	100m: 1:25.84 45.89	150m: 2:14.84 49.00	200m: 3:03.22 48.38			

Prova 9

Masc., 400m Livres

Absoluto

18-12-2010 - 10:45

Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura Oliveira	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe Carvalho	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel Niz	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Tiago Manuel Teixeira	96	Fafe	4:12.11	+0.85	601	25
	50m: 28.92 28.92	150m: 1:33.11 32.72	250m: 2:37.68 32.09	350m: 3:42.01 31.83			
	100m: 1:00.39 31.47	200m: 2:05.59 32.48	300m: 3:10.18 32.50	400m: 4:12.11 30.10			
2.	Tiago Ferreira Azevedo	95	Naval Amorense	4:14.00	+0.73	587	23
	50m: 26.98 26.98	150m: 1:30.14 32.44	250m: 2:36.10 33.00	350m: 3:41.99 32.71			
	100m: 57.70 30.72	200m: 2:03.10 32.96	300m: 3:09.28 33.18	400m: 4:14.00 32.01			
3.	Rui Miguel Lopes	94	Natacao de Olhao	4:15.50	+0.92	577	22
	50m: 28.67 28.67	150m: 1:33.05 32.64	250m: 2:38.91 32.66	350m: 3:43.96 32.30			
	100m: 1:00.41 31.74	200m: 2:06.25 33.20	300m: 3:11.66 32.75	400m: 4:15.50 31.54			
4.	Miguel Prata Santos	96	Viana Natacao	4:18.02	+0.75	560	21
	50m: 28.32 28.32	150m: 1:33.15 32.65	250m: 2:39.34 32.86	350m: 3:45.54 32.66			
	100m: 1:00.50 32.18	200m: 2:06.48 33.33	300m: 3:12.88 33.54	400m: 4:18.02 32.48			
5.	Joao Bernardo Saragoca	95	Scalabisport	4:26.32	+1.07	509	20
	50m: 30.08 30.08	150m: 1:37.29 34.16	250m: 2:45.72 34.15	350m: 3:54.12 33.61			
	100m: 1:03.13 33.05	200m: 2:11.57 34.28	300m: 3:20.51 34.79	400m: 4:26.32 32.20			



Campeonato Nacional de Clubes 4ª Divisão
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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	Filipe Ricardo Azevedo	93	Kainagua	4:26.44	+0.95	509	19
	50m: 29.48 29.48	150m: 1:36.40 33.77	250m: 2:45.00 34.36	350m: 3:53.95 34.49	400m: 4:26.44 32.49		
	100m: 1:02.63 33.15	200m: 2:10.64 34.24	300m: 3:19.46 34.46				
7.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	4:27.12	+0.92	505	18
	50m: 29.09 29.09	150m: 1:36.32 34.26	250m: 2:45.71 34.80	350m: 3:54.96 34.37	400m: 4:27.12 32.16		
	100m: 1:02.06 32.97	200m: 2:10.91 34.59	300m: 3:20.59 34.88				
8.	Joao Manuel Serralheiro	95	Benedita	4:28.59	+1.18	497	17
	50m: 29.88 29.88	150m: 1:37.55 34.47	250m: 2:47.13 35.02	350m: 3:56.36 34.42	400m: 4:28.59 32.23		
	100m: 1:03.08 33.20	200m: 2:12.11 34.56	300m: 3:21.94 34.81				
9.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	4:32.37	+0.74	476	16
	50m: 29.87 29.87	150m: 1:37.68 34.51	250m: 2:48.18 35.19	350m: 3:58.18 34.85	400m: 4:32.37 34.19		
	100m: 1:03.17 33.30	200m: 2:12.99 35.31	300m: 3:23.33 35.15				
10.	Rafael Cardoso Ribeiro	93	Alhandra	4:32.40	+0.96	476	15
	50m: 29.58 29.58	150m: 1:36.69 34.26	250m: 2:47.25 35.09	350m: 3:58.05 35.16	400m: 4:32.40 34.35		
	100m: 1:02.43 32.85	200m: 2:12.16 35.47	300m: 3:22.89 35.64				
11.	C. Fernandes	91	Natacao de Vila Real	4:34.45	+0.78	465	14
	50m: 30.36 30.36	150m: 1:36.84 33.40	250m: 2:46.60 35.32	350m: 3:58.34 36.23	400m: 4:34.45 36.11		
	100m: 1:03.44 33.08	200m: 2:11.28 34.44	300m: 3:22.11 35.51				
12.	Rui Alexandre Torre	90	Ancorensis/Serralharia Ribeiro	4:34.73	+0.87	464	13
	50m: 28.92 28.92	150m: 1:34.26 33.54	250m: 2:44.77 35.83	350m: 3:58.28 37.10	400m: 4:34.73 36.45		
	100m: 1:00.72 31.80	200m: 2:08.94 34.68	300m: 3:21.18 36.41				
13.	Joao Manuel Ferreira	92	CLAC-Entroncamento	4:36.12	+1.10	457	12
	50m: 29.79 29.79	150m: 1:37.71 34.64	250m: 2:48.52 35.80	350m: 4:00.90 36.42	400m: 4:36.12 35.22		
	100m: 1:03.07 33.28	200m: 2:12.72 35.01	300m: 3:24.48 35.96				
14.	Pedro Jorge Santos	93	Sporting de Aveiro	4:36.33	+0.90	456	11
	50m: 30.40 30.40	150m: 1:40.70 35.67	250m: 2:50.44 34.89	350m: 4:01.42 35.59	400m: 4:36.33 34.91		
	100m: 1:05.03 34.63	200m: 2:15.55 34.85	300m: 3:25.83 35.39				
15.	Rodrigo Cota Sousa	92	Nucleo Sportinguista	4:38.51	+0.91	445	10
	50m: 29.12 29.12	150m: 1:36.29 34.42	250m: 2:48.86 36.59	350m: 4:02.55 36.80	400m: 4:38.51 35.96		
	100m: 1:01.87 32.75	200m: 2:12.27 35.98	300m: 3:25.75 36.89				
16.	Joao Pedro Pereira	93	Buzios	4:41.16	+0.69	433	9
	50m: 30.02 30.02	150m: 1:38.81 34.97	250m: 2:51.71 36.78	350m: 4:06.32 37.66	400m: 4:41.16 34.84		
	100m: 1:03.84 33.82	200m: 2:14.93 36.12	300m: 3:28.66 36.95				
17.	Jose Figueiredo Pereira	92	Estarreja	4:41.60	+0.90	431	8
	50m: 29.54 29.54	150m: 1:38.48 35.08	250m: 2:51.45 36.28	350m: 4:07.03 37.96	400m: 4:41.60 34.57		
	100m: 1:03.40 33.86	200m: 2:15.17 36.69	300m: 3:29.07 37.62				
18.	Diogo de Sousa	95	Ginasio de Vila Real	4:43.12	+0.88	424	7
	50m: 29.98 29.98	150m: 1:40.24 35.86	250m: 2:53.69 36.43	350m: 4:07.67 36.88	400m: 4:43.12 35.45		
	100m: 1:04.38 34.40	200m: 2:17.26 37.02	300m: 3:30.79 37.10				
19.	Jose Miguel Hilario	97	Beja	4:43.84	+0.73	421	6
	50m: 30.33 30.33	150m: 1:41.59 36.46	250m: 2:55.81 37.11	350m: 4:08.91 36.17	400m: 4:43.84 34.93		
	100m: 1:05.13 34.80	200m: 2:18.70 37.11	300m: 3:32.74 36.93				
20.	Jose Ricardo Sousa	97	Lousada SXXI	4:45.87	+0.99	412	5
	50m: 32.14 32.14	150m: 1:46.22 37.46	250m: 2:59.08 35.40	350m: 4:10.13 35.28	400m: 4:45.87 35.74		
	100m: 1:08.76 36.62	200m: 2:23.68 37.46	300m: 3:34.85 35.77				



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Prova 9, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Luis Daniel Moreira	92	Sporting de Espinho	4:47.09	+0.85	407	4
	50m: 30.66 30.66	150m: 1:41.23 35.95	250m: 2:55.18 37.11	350m: 4:11.09 38.12			
	100m: 1:05.28 34.62	200m: 2:18.07 36.84	300m: 3:32.97 37.79	400m: 4:47.09 36.00			
22.	Joao Manuel Santos	94	Campinho	4:49.29	+1.01	397	3
	50m: 30.81 30.81	150m: 1:40.85 36.33	250m: 2:56.16 37.98	350m: 4:13.45 38.74			
	100m: 1:04.52 33.71	200m: 2:18.18 37.33	300m: 3:34.71 38.55	400m: 4:49.29 35.84			
23.	Igor Artyukh	96	Imortal	4:53.05	+0.91	382	2
	50m: 31.73 31.73	150m: 1:43.85 37.01	250m: 2:59.19 37.98	350m: 4:15.50 38.26			
	100m: 1:06.84 35.11	200m: 2:21.21 37.36	300m: 3:37.24 38.05	400m: 4:53.05 37.55			
24.	Fabio Alcantara Aires	97	Nautica do Seixal	4:58.64	+0.94	361	1
	50m: 30.62 30.62	150m: 1:44.23 37.98	250m: 3:01.42 39.07	350m: 4:19.76 39.77			
	100m: 1:06.25 35.63	200m: 2:22.35 38.12	300m: 3:39.99 38.57	400m: 4:58.64 38.88			

Prova 10

Femin., 200m Estilos

Absoluto
Resultados

18-12-2010 - 11:00

Rec. Nac. 25m Absoluto	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	2:25.08	Ines Camacho Fernandes	SCP	Tavira	06-03-2010
Rec. Nac. 25m Juv	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Sen	2:16.30	Diana Duarte Gomes	CNA	Leiria	05-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	2:33.85	+0.96	531	25
	50m: 33.54 33.54	100m: 1:12.95 39.41	150m: 2:00.51 47.56	200m: 2:33.85 33.34			
2.	Vanessa Carolina Valente	94	Alhandra	2:34.44	+0.92	525	23
	50m: 32.62 32.62	100m: 1:11.09 38.47	150m: 1:57.67 46.58	200m: 2:34.44 36.77			
3.	Catarina Isabel Mendes	95	Natacao do Montijo	2:34.98	+0.90	519	22
	50m: 33.19 33.19	100m: 1:12.27 39.08	150m: 1:58.89 46.62	200m: 2:34.98 36.09			
4.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	2:36.45	+0.80	505	21
	50m: 32.79 32.79	100m: 1:13.91 41.12	150m: 2:00.83 46.92	200m: 2:36.45 35.62			
5.	Filipa Vicente Custois	97	Benedita	2:37.88	+0.96	491	20
	50m: 35.20 35.20	100m: 1:16.19 40.99	150m: 2:02.75 46.56	200m: 2:37.88 35.13			
6.	Carla Sofia Cruz	96	Sporting de Espinho	2:37.90	+1.06	491	19
	50m: 34.08 34.08	100m: 1:13.39 39.31	150m: 2:00.65 47.26	200m: 2:37.90 37.25			
7.	Joana Isabel Lampreia	96	Beja	2:38.01	+0.87	490	18
	50m: 35.06 35.06	100m: 1:17.63 42.57	150m: 2:02.53 44.90	200m: 2:38.01 35.48			
8.	Maria Joao Oliveira	93	Ginasio Santo Tirso	2:38.38	+0.78	486	17
	50m: 34.50 34.50	100m: 1:13.45 38.95	150m: 2:00.56 47.11	200m: 2:38.38 37.82			
9.	Ana Rita Nunes	93	Salvaterra Magos	2:38.79	+0.90	483	16
	50m: 34.79 34.79	100m: 1:14.75 39.96	150m: 2:02.13 47.38	200m: 2:38.79 36.66			
10.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	2:39.19	+0.78	479	15
	50m: 34.99 34.99	100m: 1:18.22 43.23	150m: 2:02.90 44.68	200m: 2:39.19 36.29			



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Prova 10, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	Lidia Silveira Pina	94	Aminata	2:40.69	+0.87	466	14
	50m: 36.17 36.17	100m: 1:16.49 40.32	150m: 2:02.71 46.22	200m: 2:40.69 37.98			
12.	Mafalda Goncalves Hormigo	96	Naval Amorense	2:43.28	+1.10	444	13
	50m: 35.28 35.28	100m: 1:15.30 40.02	150m: 2:04.73 49.43	200m: 2:43.28 38.55			
13.	Ines Serra Duarte	98	Naval da Nazare	2:43.32	+0.91	444	12
	50m: 34.75 34.75	100m: 1:18.16 43.41	150m: 2:04.69 46.53	200m: 2:43.32 38.63			
14.	Cristiana Andreia Lima	95	Nucleo de Pombal	2:44.88	+1.07	431	11
	50m: 36.84 36.84	100m: 1:19.01 42.17	150m: 2:10.12 51.11	200m: 2:44.88 34.76			
15.	Carolina Santos Machado	95	Gafanha da Encarnacao	2:45.05	+1.10	430	10
	50m: 38.64 38.64	100m: 1:22.35 43.71	150m: 2:07.72 45.37	200m: 2:45.05 37.33			
16.	Ines Cristina Cordeiro	96	Penafiel	2:45.31	+0.94	428	9
	50m: 36.25 36.25	100m: 1:19.86 43.61	150m: 2:07.40 47.54	200m: 2:45.31 37.91			
17.	Maria Joao Esteves	96	Fluvial Portuense	2:45.63	+1.01	425	8
	50m: 35.58 35.58	100m: 1:20.16 44.58	150m: 2:09.94 49.78	200m: 2:45.63 35.69			
18.	Neuza Carina Rocha	96	Lousada SXXI	2:48.52	+1.11	404	7
	50m: 36.39 36.39	100m: 1:18.64 42.25	150m: 2:09.83 51.19	200m: 2:48.52 38.69			
19.	Ana Raquel Albuquerque	95	Sporting de Aveiro	2:50.90	+0.93	387	6
	50m: 37.28 37.28	100m: 1:21.62 44.34	150m: 2:12.06 50.44	200m: 2:50.90 38.84			
20.	Joana Varandas Borges	96	Interior Norte	2:51.85	+0.71	381	5
	50m: 35.39 35.39	100m: 1:19.05 43.66	150m: 2:11.41 52.36	200m: 2:51.85 40.44			
21.	Maria Clara Pinto	95	Paredes/Rota dos Moveis	2:57.75	+0.97	344	4
	50m: 42.12 42.12	100m: 1:27.38 45.26	150m: 2:18.04 50.66	200m: 2:57.75 39.71			
22.	Ana Margarida Marques	97	Campinho	3:00.52	+0.88	328	3
	50m: 41.30 41.30	100m: 1:27.67 46.37	150m: 2:18.75 51.08	200m: 3:00.52 41.77			
23.	Cristiana Daniela Silva	99	Miranda do Corvo	3:14.09	+1.06	264	2
	50m: 42.89 42.89	100m: 1:34.18 51.29	150m: 2:27.91 53.73	200m: 3:14.09 46.18			

DSQ Ana Lucia Castro 92 Estarreja
811 - Não tocou com as mãos na parede simultaneamente na viragem aos 150 m – SW 8.4



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Prova 11 Masc., 4 x 100m Livres Absolutos
18-12-2010 - 11:15 Resultados

Rec. Nac. 25m Absoluto	3:17.44	Clube Natação da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:05.64	Viana Natação Clube	VNC	Barcelos	11-07-2009
Rec. Nac. 25m Inf A	3:54.25	Viana Natacao Clube	VNC	Ponte da Barca	03-07-2010
Rec. Nac. 25m Juv B	3:46.15	Soc. Filarm. União Artística Piedense	SFUAP	Penafiel	20-03-1999
Rec. Nac. 25m Juv A	3:38.13	Sporting Clube de Braga	SCB	Arcos de Valdevez	27-06-2009
Rec. Nac. 25m Jun	3:30.51	Futebol Clube do Porto/Império Bonança	FCB	Felgueiras	06-03-1998
Rec. Nac. 25m Sen	3:17.44	Clube Natação da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar		Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Naval Amorense-MASC	Naval Amorense	3:39.15	+0.77	585	25
	Fabio Andre Dias	+0.77 26.11 55.44	David Miguel Leiria	+0.19 25.22	53.73	
	Joao Manuel Lanca	+0.45 25.63 55.68	Guilherme Pereira Gil	+0.50 26.31	54.30	
2.	Natacao de Vila Real-MASC	Natacao de Vila Real	3:43.93	+0.94	548	23
	Andre Silva Bastos	+0.94 28.12 56.54	Jose Carlos Pinto	+0.47 28.61	59.69	
	Ivan Monteiro Simoes	+0.32 24.36 51.86	Christophe Pereira Fernandes	+0.41 26.86	55.84	
3.	Viana Natacao-MASC	Viana Natacao	3:47.50	+0.96	523	22
	Ricardo Miguel Alves	+0.96 28.00 57.60	Antonio Miguel Vitorino	+0.33 26.31	56.60	
	Tiago Joao Meira	+0.55 26.85 57.13	Miguel Prata Santos	+0.71 27.12	56.17	
4.	CLAC-Entroncamento-MASC	CLAC-Entroncamento	3:49.61	+0.97	508	21
	Joao Manuel Ferreira	+0.97 28.21 58.83	Alexandre Emanuel Pereira	+0.28 26.69	57.33	
	Joao Pedro Mendes	+0.53 27.33 57.30	Miguel Martins Barroqueiro	+0.47 26.52	56.15	
5.	Kainagua-MASC	Kainagua	3:49.75	+0.82	507	20
	Joaquim Paixao Barroso	+0.82 27.34 58.45	Ricardo Gouveia Valente	+0.50 26.85	57.80	
	Filipe Ricardo Azevedo	+0.40 27.24 57.40	Joao Monteiro Piteira	+0.52 26.43	56.10	
6.	Ginasio de Vila Real-MASC	Ginasio de Vila Real	3:50.67	+0.80	501	19
	Carlos Fernandes Queiros	+0.80 25.88 53.60	Alexander Ramos Esteves	+0.22 27.57	59.26	
	Marc Francis Moreira	+0.43 23.12 59.15	Diogo de Sousa	+0.53 27.78	58.66	
7.	Natacao de Olhao-MASC	Natacao de Olhao	3:50.96	+0.70	499	18
	Joao Duarte Santos	+0.70 26.26 54.37	Mauro Filipe Viegas	+0.34 28.12	59.36	
	Guilherme Dias Nunes	+0.30 28.92 1:00.60	Rui Miguel Lopes	+0.44 27.25	56.63	
8.	Nautica do Seixal-MASC	Nautica do Seixal	3:51.52	+1.02	496	17
	Fabio Alcantara Aires	+1.02 30.10 1:01.87	Guilherme Luis Goncalves	+0.40 26.20	57.15	
	Micael Filipe Silva	+0.57 26.80 57.03	Fabio Aleixo Fernandes	+0.19 25.94	55.47	
9.	Alhandra-MASC	Alhandra	3:54.54	+0.88	477	16
	Pedro Sousa Gomes	+0.88 28.48 58.73	Rafael Cardoso Ribeiro	+0.67 28.30	59.47	
	Joao Carlos Amorim	+0.72 26.87 55.93	Eduardo Filipe Felix	+0.53 28.31	1:00.41	
10.	Imortal-MASC	Imortal	3:55.27	+0.73	472	15
	Andre Filipe Faria	+0.73 28.39 59.23	Edgar Vieira Silva	+0.48 28.30	1:00.32	
	Jose Manuel Carvalho	+0.40 27.41 57.48	Hugo Alexandre Amaral	+0.49 27.39	58.24	
11.	Ancorensis/Serrallharia Ribeiro-MASC	Ancorensis/Serrallharia Ribeiro	3:55.31	+0.91	472	14
	Carlos Miguel Sotelo	+0.91 27.17 55.44	Gil Cruz Fernandes	+0.36 28.41	1:00.61	
	Andre Caravela Sousa	+0.46 28.40 1:01.55	Rui Alexandre Torre	+0.27 27.24	57.71	
12.	Benedita-MASC	Benedita	3:55.35	+0.91	472	13
	Luis Antonio Tarquinio	+0.91 29.34 1:00.77	Tiago Lopes Ribeiro	+0.43 26.72	56.45	
	Henrique Jose Marques	+0.14 27.70 59.51	Joao Manuel Serralheiro	+0.43 27.69	58.62	
13.	Estarreja-MASC	Estarreja	3:55.50	+0.97	471	12
	Joao Pedro Santos	+0.97 27.46 57.09	Jose Figueiredo Pereira	+0.22 28.40	1:00.20	
	Carlos Daniel Capela	+0.72 27.81 59.42	Joao David Sousa	+0.68 27.64	58.79	



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Prova 11, Masc., 4 x 100m Livres, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	Bombeiros Ponta Delgada-MASC Miguel Rego Borges +0.70 Julio Joao Silva +0.49	Bombeiros Ponta Delgada 28.31 58.65 27.89 59.82	3:55.97 Antonio Fraga Fragoso +0.40 Tiago Ramos Gomes +0.39	468 27.47 57.97 27.58 59.53	11
15.	Buzios-MASC Joao Carlos Pereira +0.93 Mario Pinto Amorim +0.35	Buzios 28.58 1:00.32 28.63 1:00.23	3:55.99 Diogo Miguel Balsa +0.54 Joao Pedro Pereira +0.42	468 28.43 1:00.09 26.13 55.35	10
16.	Sporting de Espinho-MASC Pedro Miguel Costa +0.82 Alexander Oliveira Cardoso +0.23	Sporting de Espinho 26.17 55.91 27.86 59.52	3:56.65 Joao Paulo Baptista +0.39 Luis Daniel Moreira +0.55	464 28.23 59.74 29.47 1:01.48	9
17.	Ginasio Santo Tirso-MASC Tiago Sobral Coelho +0.77 Luis Carlos Teixeira +0.49	Ginasio Santo Tirso 27.58 57.58 30.39 1:04.71	3:56.76 Miguel Filipe Pinto +0.35 Joao Pedro Barroso +0.52	464 27.83 57.94 26.97 56.53	8
18.	Scalabisport-MASC Diogo Lima Nicolau +0.76 Joao Bernardo Saragoca +0.64	Scalabisport 27.90 59.20 29.34 1:01.32	3:56.79 Ivo Andre Lopes +0.57 Diogo Serrao Santos +0.49	463 27.18 56.40 29.09 59.87	7
19.	Campinho-MASC Joao Miguel Figueiredo +0.71 Daniel Filipe Fernandes +0.47	Campinho 27.41 57.61 28.82 1:01.10	3:57.57 Daniel Marques Duarte +0.32 Nuno Alexandre Correia +0.49	459 28.32 59.42 28.09 59.44	6
20.	Nucleo Sportinguista-MASC Frederico Toste Ferrao +0.88 Frederico Alexandre Freitas +0.57	Nucleo Sportinguista 28.22 59.12 28.31 1:00.12	3:59.21 Andre da Costa Coelho +0.44 Rodrigo Cota Sousa +0.66	449 29.11 1:01.10 28.12 58.87	5
21.	Beja-MASC Jose Luis Morais +0.73 Antonio Carlos Costa +0.18	Beja 28.20 59.81 27.37 58.34	4:00.15 Andre Figueiredo Almeida +0.26 Pedro Filipe Ribeiro +0.24	444 30.13 1:03.76 27.00 58.24	4
22.	Fafe-MASC Paulo Gabriel Magalhaes +0.81 Carlos Cunha Costa +0.44	Fafe 29.19 1:01.58 28.23 59.66	4:00.47 Stefan Daniel Steinmaier +0.48 Tiago Manuel Teixeira +0.44	442 29.68 1:01.59 27.17 57.64	3
23.	Sporting de Aveiro-MASC Joao Goncalo Coelho +0.87 Gino Santos Caetano +0.57	Sporting de Aveiro 27.68 57.94 29.07 59.92	4:00.74 Pedro Jorge Santos +0.41 Luis Filipe Cruz +0.70	441 28.18 59.61 29.78 1:03.27	2
24.	Lousada SXXI-MASC Pedro Miguel Coelho +0.95 Jose Ricardo Sousa +0.42	Lousada SXXI 29.72 1:02.59 30.53 1:04.11	4:08.22 Jose Rui Coelho +0.38 Pedro David Lopes +0.24	402 28.72 1:01.10 28.56 1:00.42	1



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 12
18-12-2010 - 11:30

Femin., 4 x 100m Estilos

Absolutos
Resultados

Rec. Nac. 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:57.35	Grupo Desportivo Natacao V. N. Farense	GDNF	Ponte da Barca	06-03-2010
Rec. Nac. 25m Inf A	4:42.00	Sport Lisboa e Benfica	SLB	Sines	31-03-2007
Rec. Nac. 25m Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec. Nac. 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts
1.	Naval Amorense-FEM		Naval Amorense		4:43.48	+0.70	520		25
	Ana Catarina Pereira	+0.70	33.95	1:09.66	Patricia Miguel Mendes	+0.64	32.30	1:11.83	
	Daniela Maria Leiria	+0.65	36.71	1:19.14	Sofia Prates Silvestre	+0.22	29.81	1:02.85	
2.	Sporting de Espinho-FEM		Sporting de Espinho		4:52.03	+0.92	475		23
	Carla Sofia Cruz	+0.92	35.18	1:12.39	Teresa Manuela Aires	+0.44	32.98	1:11.82	
	Ines Ataíde Dias	+0.45	38.38	1:22.43	Maria Joao Oliveira	+0.33	30.49	1:05.39	
3.	Aminata-FEM		Aminata		4:57.37	+0.72	450		22
	Claudia Isabel Semiao	+0.72	36.77	1:16.31	Claudia Almeida Costa	+0.54	32.53	1:11.22	
	Lidia Silveira Pina	+0.62	38.77	1:23.12	Sara Caeiro Urbano	+0.50	31.72	1:06.72	
4.	SCC/Oryzon Energias-FEM		SCC/Oryzon Energias		4:58.14	+0.69	447		21
	Maria Malaguerra Costa	+0.69	33.88	1:10.80	Mariana Cunha Guerra	+0.20	32.93	1:11.71	
	Florabela Cavaco Machado	+0.74	42.29	1:29.47	Vanessa Branco Machado	+0.30	31.34	1:06.16	
5.	Beja-FEM		Beja		4:58.37	+0.71	446		20
	Sofia Isabel Teixeira	+0.71	34.53	1:12.56	Sara Raquel Vasconcelos	+0.32	34.88	1:18.41	
	Raquel Silva Santos	+0.48	39.36	1:24.80	Joana Isabel Lampeira		29.99	1:02.60	
6.	Estarreja-FEM		Estarreja		4:58.71	+0.72	444		19
	Ines Sa Rodrigues	+0.72	34.69	1:11.54	Ana Lucia Castro	+0.46	35.90	1:18.36	
	Rosa Maria Oliveira	+0.52	38.23	1:23.98	Catia Sofia Silva	+0.46	30.87	1:04.83	
7.	Ginasio Santo Tirso-FEM		Ginasio Santo Tirso		4:59.71	+0.64	440		18
	Maria Joao Oliveira	+0.64	34.23	1:11.95	Rute Sofia Teixeira	+0.83	32.63	1:10.55	
	Sara Jose Pinto	+0.64	42.79	1:31.30	Maria Joao Jose	+0.51	30.52	1:05.91	
8.	Benedita-FEM		Benedita		5:00.19	+0.67	437		17
	Isa Moraes Penas	+0.67	34.83	1:13.27	Filipa Vicente Custois	+0.29	33.59	1:12.99	
	Soraia Alexandra Marques	+0.65	40.54	1:27.33	Ana Margarida Lourenco	+0.45	31.33	1:06.60	
9.	Natacao do Montijo-FEM		Natacao do Montijo		5:02.14	+0.81	429		16
	Ana Raquel Batista	+0.81	37.10	1:18.25	Catarina Isabel Mendes	+0.71	32.47	1:10.46	
	Sara Isabel Tenrinho	+0.52	42.22	1:28.44	Mafalda Jesus Pereira	+0.63	30.88	1:04.99	
10.	Alhandra-FEM		Alhandra		5:03.24	+0.73	424		15
	Vanessa Carolina Valente	+0.73	34.55	1:10.51	Sara Filipa Andrade	+0.72	36.76	1:19.11	
	Ana Luisa Santo	+0.67	40.42	1:27.06	Helena Rafaela Tome	+0.47	31.84	1:06.56	
11.	Lousada SXXI-FEM		Lousada SXXI		5:05.64	+0.85	414		14
	Neuza Carina Rocha	+0.85	37.04	1:16.97	Joana Carina Silva	+0.82	32.36	1:11.43	
	Ana Alexandra Sousa	+0.34	43.01	1:31.89	Diana Patricia Silva	+0.38	31.34	1:05.35	
12.	Fluvial Portuense-FEM		Fluvial Portuense		5:05.70	+0.66	414		13
	Ana Filipa Moraes	+0.66	34.35	1:12.09	Maria Joao Esteves	+0.76	35.26	1:16.50	
	Ines Vilela Braga	+0.67	42.04	1:31.27	Ines Maria Mota	+0.31	31.55	1:05.84	
13.	Bombeiros Ponta Delgada-FEM		Bombeiros Ponta Delgada		5:09.86	+0.70	398		12
	Mafalda Fraga Fragoso	+0.70	33.33	1:10.33	Rita Ferreira Couto		42.19	1:29.29	
	Joana Filipa Marques		35.94	1:18.38	Catarina Rego Borges		34.02	1:11.86	



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 12, Femin., 4 x 100m Estilos, Absolutos

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts
14.	Campinho-FEM		Campinho		5:10.83	+0.87	394		11
	Rafaela Cunha Mendes	+0.87	37.51	1:18.57	Daniela Marques Genio	+0.59	35.14	1:18.11	
	Jessica Rodrigues Tavares	+0.54	39.42	1:24.01	Joana Ferreira Baptista	+0.32	32.90	1:10.14	
15.	Naval da Nazare-FEM		Naval da Nazare		5:13.93	+0.75	382		10
	Barbara Amaro Cerejo	+0.75	37.26	1:18.96	Ines Ricardo Amaral	+0.54	36.23	1:17.65	
	Ines Serra Duarte	+0.86	41.10	1:27.80	Patricia Santos Dinis	+0.53	32.88	1:09.52	
16.	Sporting de Aveiro-FEM		Sporting de Aveiro		5:13.96	+0.76	382		9
	Catarina Filipa Arede	+0.76	39.37	1:23.76	Beatriz Gomes Soares		36.06	1:19.99	
	Ana Raquel Albuquerque		40.99	1:27.81	Maria Ines Cabral		28.46	1:02.40	
17.	Paredes/Rota dos Moveis-FEM		Paredes/Rota dos Moveis		5:14.82	+0.74	379		8
	Claudia Cristina Almeida	+0.74	35.69	1:13.04	Catia Sofia Rodrigues	+0.73	36.89	1:19.33	
	Maria Clara Pinto	+0.62	42.94	1:31.74	Sara Patricia Gomes	+0.64	33.47	1:10.71	
18.	Nucleo de Pombal-FEM		Nucleo de Pombal		5:15.01	+0.77	379		7
	Carolina Santana Goncalves	+0.77	37.76	1:17.56	Cristiana Andreia Lima	+0.74	37.37	1:19.58	
	Beatriz Gameiro Matias	+0.69	41.59	1:28.41	Joana Ines Frade	+0.53	32.94	1:09.46	
19.	CLAC-Entroncamento-FEM		CLAC-Entroncamento		5:20.04	+0.77	361		6
	Carolina Henriques Gavancho	+0.77	40.88	1:24.42	Catarina Vilhena Gregorio	+0.67	33.76	1:15.32	
	Ines Maria Ribeiro	+0.30	40.64	1:29.08	Susana Patricia Rosa	+0.66	33.74	1:11.22	
20.	Salvaterra Magos-FEM		Salvaterra Magos		5:20.35	+0.69	360		5
	Ana Rita Nunes	+0.69	36.16	1:13.94	Ana Catarina Travessa	+0.43	34.72	1:18.99	
	Ana Pereira Luis	+0.49	43.75	1:35.41	Raquel Sofia Jorge	+0.75	34.71	1:12.01	
21.	Penafiel-FEM		Penafiel		5:21.50	+0.59	356		4
	Anastacia Demidova Vassilevna	+0.59	37.78	1:18.14	Ines Cristina Cordeiro	+0.86	37.32	1:19.39	
	Ana Rita Fonseca	+0.83	42.78	1:32.50	Maria Ines Reis	+0.51	34.27	1:11.47	
22.	Gafanha da Encarnacao-FEM		Gafanha da Encarnacao		5:24.49	+0.83	346		3
	Carolina Santos Machado	+0.83	39.36	1:18.91	Sara Vizinho Cruz	+0.82	38.30	1:26.08	
	Ines Rocha Lopes	+0.69	41.45	1:30.92	Ana Rita Ribau	+0.85	33.31	1:08.58	
23.	Interior Norte FEM		Interior Norte		5:28.22	+0.70	335		2
	Ana Leticia Freitas	+0.70	36.18	1:15.35	Elisabete Moreira Castro	+0.57	39.36	1:31.35	
	Cecilia Helena Freitas	+0.36	42.93	1:32.02	Joana Varandas Borges	+0.59	33.08	1:09.50	
DSQ	Miranda do Corvo-FEM		Miranda do Corvo						
	<i>808 - Movimento alternado de pernas durante o percurso – SW 8.3</i>								
	Maria Dias Neves	+0.78	40.75	1:23.48	Bianca Filipa Silva				
	Claudia Filipa Silva	+0.58	42.20	1:30.85	Tatiana Cruz Costa				



Campeonato Nacional de Clubes 4ª Divisão
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Prova 13
18-12-2010 - 12:00

Femin., 800m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Inf B	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	16-05-2009
Rec. Nac. 25m Inf A	9:03.90	tempo limite			
Rec. Nac. 25m Juv	9:00.27	tempo limite			
Rec. Nac. 25m Jun	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	13-12-2002

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	9:23.86	+0.85	634	25
	50m: 33.16 33.16		250m: 2:54.87 34.97	450m: 5:18.17 35.67	650m: 7:41.52 35.85		
	100m: 1:08.65 35.49		300m: 3:31.27 36.40	500m: 5:54.22 36.05	700m: 8:17.11 35.59		
	150m: 1:44.75 36.10		350m: 4:07.10 35.83	550m: 6:29.61 35.39	750m: 8:51.98 34.87		
	200m: 2:19.90 35.15		400m: 4:42.50 35.40	600m: 7:05.67 36.06	800m: 9:23.86 31.88		
2.	Carolina Madeira Santos	96	Naval Amorense	9:50.83	+0.98	551	23
	50m: 33.34 33.34		250m: 3:00.14 37.42	450m: 5:30.01 37.54	650m: 8:01.28 37.50		
	100m: 1:09.93 36.59		300m: 3:37.25 37.11	500m: 6:07.73 37.72	700m: 8:37.78 36.50		
	150m: 1:46.05 36.12		350m: 4:15.03 37.78	550m: 6:45.75 38.02	750m: 9:13.83 36.05		
	200m: 2:22.72 36.67		400m: 4:52.47 37.44	600m: 7:23.78 38.03	800m: 9:50.83 37.00		
3.	Carolina Francisco Gomes	95	Naval da Nazare	9:51.85	+1.01	548	22
	50m: 34.11 34.11		250m: 3:02.50 37.18	450m: 5:31.20 37.28	650m: 8:00.80 37.56		
	100m: 1:11.19 37.08		300m: 3:39.48 36.98	500m: 6:08.35 37.15	700m: 8:38.12 37.32		
	150m: 1:48.30 37.11		350m: 4:16.76 37.28	550m: 6:45.69 37.34	750m: 9:15.32 37.20		
	200m: 2:25.32 37.02		400m: 4:53.92 37.16	600m: 7:23.24 37.55	800m: 9:51.85 36.53		
4.	Melanie Bronze Santos	95	Alhandra	10:04.28	+0.96	515	21
	50m: 34.18 34.18		250m: 3:03.19 37.36	450m: 5:34.28 38.18	650m: 8:08.76 38.73		
	100m: 1:11.27 37.09		300m: 3:40.52 37.33	500m: 6:12.69 38.41	700m: 8:47.75 38.99		
	150m: 1:48.63 37.36		350m: 4:18.25 37.73	550m: 6:51.05 38.36	750m: 9:26.36 38.61		
	200m: 2:25.83 37.20		400m: 4:56.10 37.85	600m: 7:30.03 38.98	800m: 10:04.28 37.92		
5.	Iolanda Ribeiro Pinheiro	97	Penafiel	10:08.26	+0.80	505	20
	50m: 33.84 33.84		250m: 3:06.06 38.55	450m: 5:39.84 38.57	650m: 8:15.47 38.80		
	100m: 1:11.28 37.44		300m: 3:44.26 38.20	500m: 6:18.67 38.83	700m: 8:54.59 39.12		
	150m: 1:49.29 38.01		350m: 4:22.69 38.43	550m: 6:57.72 39.05	750m: 9:33.32 38.73		
	200m: 2:27.51 38.22		400m: 5:01.27 38.58	600m: 7:36.67 38.95	800m: 10:08.26 34.94		
6.	Diana Patricia Silva	95	Lousada SXXI	10:08.40	+0.92	505	19
	50m: 33.15 33.15		250m: 3:04.90 38.47	450m: 5:40.28 38.96	650m: 8:14.11 38.63		
	100m: 1:09.80 36.65		300m: 3:43.69 38.79	500m: 6:19.02 38.74	700m: 8:52.65 38.54		
	150m: 1:47.93 38.13		350m: 4:22.53 38.84	550m: 6:57.16 38.14	750m: 9:30.60 37.95		
	200m: 2:26.43 38.50		400m: 5:01.32 38.79	600m: 7:35.48 38.32	800m: 10:08.40 37.80		
7.	Ana Margarida Teixeira	95	Beja	10:15.14	+0.78	488	18
	50m: 33.65 33.65		250m: 3:05.11 38.51	450m: 5:41.29 39.35	650m: 8:18.99 39.30		
	100m: 1:10.90 37.25		300m: 3:43.98 38.87	500m: 6:20.30 39.01	700m: 8:58.45 39.46		
	150m: 1:48.33 37.43		350m: 4:22.97 38.99	550m: 6:59.94 39.64	750m: 9:37.62 39.17		
	200m: 2:26.60 38.27		400m: 5:01.94 38.97	600m: 7:39.69 39.75	800m: 10:15.14 37.52		
8.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	10:15.40	+0.59	488	17
	50m: 33.07 33.07		250m: 3:04.56 37.84	450m: 5:37.60 38.23	650m: 8:14.39 38.99		
	100m: 1:10.07 37.00		300m: 3:42.70 38.14	500m: 6:16.78 39.18	700m: 8:53.25 38.86		
	150m: 1:48.13 38.06		350m: 4:20.60 37.90	550m: 6:55.81 39.03	750m: 9:29.33 36.08		
	200m: 2:26.72 38.59		400m: 4:59.37 38.77	600m: 7:35.40 39.59	800m: 10:15.40 46.07		



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Sara Isabel Tenrinho	95	Natacao do Montijo	10:16.39	+1.00	485	16
	50m: 35.63 35.63	250m: 3:10.81 38.82	450m: 5:44.47 38.92	650m: 8:21.17 39.35			
	100m: 1:14.33 38.70	300m: 3:49.20 38.39	500m: 6:23.57 39.10	700m: 9:00.24 39.07			
	150m: 1:53.31 38.98	350m: 4:27.19 37.99	550m: 7:02.57 39.00	750m: 9:38.78 38.54			
	200m: 2:31.99 38.68	400m: 5:05.55 38.36	600m: 7:41.82 39.25	800m: 10:16.39 37.61			
10.	Isa Morais Penas	96	Benedita	10:17.64	+0.92	482	15
	50m: 33.29 33.29	250m: 3:05.77 38.74	450m: 5:43.50 39.62	650m: 8:21.04 39.41			
	100m: 1:10.36 37.07	300m: 3:45.20 39.43	500m: 6:22.60 39.10	700m: 9:00.71 39.67			
	150m: 1:48.31 37.95	350m: 4:24.62 39.42	550m: 7:02.02 39.42	750m: 9:39.73 39.02			
	200m: 2:27.03 38.72	400m: 5:03.88 39.26	600m: 7:41.63 39.61	800m: 10:17.64 37.91			
11.	Renata Castro Goncalves	96	Sporting de Aveiro	10:22.59	+0.93	471	14
	50m: 35.09 35.09	250m: 3:10.60 39.20	450m: 5:48.31 39.09	650m: 8:26.22 39.09			
	100m: 1:13.43 38.34	300m: 3:49.90 39.30	500m: 6:28.04 39.73	700m: 9:05.58 39.36			
	150m: 1:52.40 38.97	350m: 4:29.26 39.36	550m: 7:07.57 39.53	750m: 9:44.08 38.50			
	200m: 2:31.40 39.00	400m: 5:09.22 39.96	600m: 7:47.13 39.56	800m: 10:22.59 38.51			
12.	Helena Manuel Jose	90	Ginasio Santo Tirso	10:27.40	+0.93	460	13
	50m: 32.58 32.58	250m: 3:05.29 38.58	450m: 5:44.15 40.09	650m: 8:27.04 40.47			
	100m: 1:09.66 37.08	300m: 3:44.45 39.16	500m: 6:24.57 40.42	700m: 9:08.45 41.41			
	150m: 1:48.14 38.48	350m: 4:24.14 39.69	550m: 7:05.13 40.56	750m: 9:49.27 40.82			
	200m: 2:26.71 38.57	400m: 5:04.06 39.92	600m: 7:46.57 41.44	800m: 10:27.40 38.13			
13.	Vanessa Rodrigues Valente	94	Estarreja	10:27.73	+0.89	459	12
	50m: 34.05 34.05	250m: 3:08.00 39.28	450m: 5:46.21 40.05	650m: 8:28.50 40.88			
	100m: 1:11.46 37.41	300m: 3:47.02 39.02	500m: 6:25.82 39.61	700m: 9:09.93 41.43			
	150m: 1:49.77 38.31	350m: 4:26.61 39.59	550m: 7:06.16 40.34	750m: 9:50.45 40.52			
	200m: 2:28.72 38.95	400m: 5:06.16 39.55	600m: 7:47.62 41.46	800m: 10:27.73 37.28			
14.	Ines Maria Mota	95	Fluvial Portuense	10:28.65	+0.83	457	11
	50m: 35.57 35.57	250m: 3:12.78 38.98	450m: 5:51.12 39.40	650m: 8:31.08 41.06			
	100m: 1:14.34 38.77	300m: 3:52.34 39.56	500m: 6:31.07 39.95	700m: 9:10.33 39.25			
	150m: 1:53.72 39.38	350m: 4:32.25 39.91	550m: 7:10.66 39.59	750m: 9:50.37 40.04			
	200m: 2:33.80 40.08	400m: 5:11.72 39.47	600m: 7:50.02 39.36	800m: 10:28.65 38.28			
15.	Ana Luisa Ramos	95	Gafanha da Encarnacao	10:37.20	+0.95	439	10
	50m: 36.17 36.17	250m: 3:16.90 40.88	450m: 5:59.76 41.43	650m: 8:40.49 40.08			
	100m: 1:15.78 39.61	300m: 3:57.27 40.37	500m: 6:40.08 40.32	700m: 9:20.18 39.69			
	150m: 1:55.61 39.83	350m: 4:38.20 40.93	550m: 7:20.46 40.38	750m: 9:59.63 39.45			
	200m: 2:36.02 40.41	400m: 5:18.33 40.13	600m: 8:00.41 39.95	800m: 10:37.20 37.57			
16.	Joana Aparicio Tejo	97	Aminata	10:39.10	+0.88	435	9
	50m: 36.95 36.95	250m: 3:18.14 41.00	450m: 6:00.32 40.47	650m: 8:41.34 40.07			
	100m: 1:16.55 39.60	300m: 3:58.85 40.71	500m: 6:40.98 40.66	700m: 9:21.25 39.91			
	150m: 1:56.67 40.12	350m: 4:39.48 40.63	550m: 7:21.07 40.09	750m: 10:01.11 39.86			
	200m: 2:37.14 40.47	400m: 5:19.85 40.37	600m: 8:01.27 40.20	800m: 10:39.10 37.99			
17.	Salome Pinto Monteiro	98	Sporting de Espinho	11:09.45	+1.06	379	8
	50m: 37.72 37.72	250m: 3:25.04 42.86	450m: 6:15.76 42.54	650m: 9:06.05 42.22			
	100m: 1:18.46 40.74	300m: 4:07.70 42.66	500m: 6:58.21 42.45	700m: 9:48.26 42.21			
	150m: 1:59.99 41.53	350m: 4:50.85 43.15	550m: 7:40.84 42.63	750m: 10:29.82 41.56			
	200m: 2:42.18 42.19	400m: 5:33.22 42.37	600m: 8:23.83 42.99	800m: 11:09.45 39.63			
18.	Cristiana Ferreira Santos	95	Nucleo de Pombal	11:19.47	+0.92	362	7
	50m: 35.96 35.96	250m: 3:21.92 42.45	450m: 6:15.99 43.52	650m: 9:10.82 43.73			
	100m: 1:16.16 40.20	300m: 4:04.96 43.04	500m: 6:59.85 43.86	700m: 9:54.28 43.46			
	150m: 1:57.35 41.19	350m: 4:48.83 43.87	550m: 7:43.29 43.44	750m: 10:37.00 42.72			
	200m: 2:39.47 42.12	400m: 5:32.47 43.64	600m: 8:27.09 43.80	800m: 11:19.47 42.47			



Campeonato Nacional de Clubes 4ª Divisão
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Prova 13, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	Raquel Sofia Jorge	98	Salvaterra Magos	11:23.83	+1.20	355	6
	50m: 37.87 37.87	250m: 3:27.28 43.08	450m: 6:21.91 43.79	650m: 9:16.00 43.20			
	100m: 1:19.09 41.22	300m: 4:10.47 43.19	500m: 7:05.69 43.78	700m: 9:59.68 43.68			
	150m: 2:01.43 42.34	350m: 4:53.84 43.37	550m: 7:49.07 43.38	750m: 10:42.62 42.94			
	200m: 2:44.20 42.77	400m: 5:38.12 44.28	600m: 8:32.80 43.73	800m: 11:23.83 41.21			
20.	Joana Ferreira Baptista	97	Campinho	11:26.53	+1.00	351	5
	50m: 36.93 36.93	250m: 3:27.24 43.31	450m: 6:22.77 43.37	650m: 9:17.02 43.38			
	100m: 1:18.14 41.21	300m: 4:11.54 44.30	500m: 7:06.05 43.28	700m: 10:01.11 44.09			
	150m: 2:00.67 42.53	350m: 4:55.35 43.81	550m: 7:50.30 44.25	750m: 10:44.97 43.86			
	200m: 2:43.93 43.26	400m: 5:39.40 44.05	600m: 8:33.64 43.34	800m: 11:26.53 41.56			
21.	Maria Migueis Teixeira	99	Interior Norte	11:33.91	+0.89	340	4
	50m: 38.17 38.17	250m: 3:28.56 43.13	450m: 6:24.19 44.06	650m: 9:24.22 45.83			
	100m: 1:20.03 41.86	300m: 4:12.23 43.67	500m: 7:08.86 44.67	700m: 10:09.52 45.30			
	150m: 2:02.50 42.47	350m: 4:56.21 43.98	550m: 7:53.75 44.89	750m: 10:54.78 45.26			
	200m: 2:45.43 42.93	400m: 5:40.13 43.92	600m: 8:38.39 44.64	800m: 11:33.91 39.13			
22.	Juliana Medeiros Almeida	95	Bombeiros Ponta Delgada	11:36.16	+0.96	337	3
	50m: 37.00 37.00	250m: 3:30.35 43.67	450m: 6:26.41 44.25	650m: 9:25.66 44.76			
	100m: 1:19.35 42.35	300m: 4:14.00 43.65	500m: 7:10.83 44.42	700m: 10:10.77 45.11			
	150m: 2:02.82 43.47	350m: 4:57.62 43.62	550m: 7:55.62 44.79	750m: 10:54.48 43.71			
	200m: 2:46.68 43.86	400m: 5:42.16 44.54	600m: 8:40.90 45.28	800m: 11:36.16 41.68			
23.	Daniela Sofia Serra	98	CLAC-Entroncamento	12:03.68	+1.07	300	2
	50m: 38.08 38.08	250m: 3:36.14 45.72	450m: 6:40.60 46.65	650m: 9:48.12 46.32			
	100m: 1:20.95 42.87	300m: 4:21.90 45.76	500m: 7:26.35 45.75	700m: 10:33.94 45.82			
	150m: 2:05.24 44.29	350m: 5:07.44 45.54	550m: 8:13.71 47.36	750m: 11:20.21 46.27			
	200m: 2:50.42 45.18	400m: 5:53.95 46.51	600m: 9:01.80 48.09	800m: 12:03.68 43.47			
DSQ	Tatiana Cruz Costa	94	Miranda do Corvo				
	403 - Falsa partida – SW 4.4						

Prova 14

Femin., 100m Mariposa

Absoluto

19-12-2010 - 9:30

Resultados

Rec. Nac. 25m Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Rec. Nac. 25m Inf B	1:09.60	Ines Camacho Fernandes	SCP	Cantanhede	16-05-2009
Rec. Nac. 25m Inf A	1:05.50	Ines Camacho Fernandes	SCP	Tavira	07-03-2010
Rec. Nac. 25m Juv	1:04.30	Susana Patricia Miguel	SFUAP	Penafiel	21-03-2004
Rec. Nac. 25m Jun	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	1:08.59	+0.76	516	25
	50m: 31.91 31.91	100m: 1:08.59 36.68					
2.	Catarina Isabel Mendes	95	Natacao do Montijo	1:09.21	+0.91	503	23
	50m: 31.78 31.78	100m: 1:09.21 37.43					
3.	Iolanda Ribeiro Pinheiro	97	Penafiel	1:09.82	+0.97	490	22
	50m: 32.69 32.69	100m: 1:09.82 37.13					
4.	Filipa Vicente Custeias	97	Benedita	1:09.85	+0.90	489	21
	50m: 33.59 33.59	100m: 1:09.85 36.26					



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Prova 14, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	Mariana Cunha Guerra	98	SCC/Oryzon Energias	1:09.93	+0.98	487	20
	50m: 32.44 32.44	100m: 1:09.93 37.49					
6.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	1:10.26	+0.94	481	19
	50m: 32.54 32.54	100m: 1:10.26 37.72					
7.	Patricia Miguel Mendes	96	Naval Amorense	1:10.44	+0.74	477	18
	50m: 32.39 32.39	100m: 1:10.44 38.05					
8.	Teresa Manuela Aires	96	Sporting de Espinho	1:11.32	+0.85	459	17
	50m: 32.98 32.98	100m: 1:11.32 38.34					
9.	Claudia Almeida Costa	95	Aminata	1:11.36	+0.78	459	16
	50m: 32.96 32.96	100m: 1:11.36 38.40					
10.	Sofia Isabel Teixeira	95	Beja	1:13.20	+1.01	425	15
	50m: 33.61 33.61	100m: 1:13.20 39.59					
11.	Ana Filipa Morais	90	Fluvial Portuense	1:15.11	+0.85	393	14
	50m: 33.67 33.67	100m: 1:15.11 41.44					
12.	Cristiana Andreia Lima	95	Nucleo de Pombal	1:15.63	+1.17	385	13
	50m: 35.88 35.88	100m: 1:15.63 39.75					
13.	Vanessa Rodrigues Valente	94	Estarreja	1:17.11	+1.04	363	12
	50m: 35.65 35.65	100m: 1:17.11 41.46					
14.	Rafaela Cunha Mendes	98	Campinho	1:17.13	+0.93	363	11
	50m: 36.54 36.54	100m: 1:17.13 40.59					
15.	Patricia Santos Dinis	95	Naval da Nazare	1:17.59	+0.95	357	10
	50m: 35.52 35.52	100m: 1:17.59 42.07					
16.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	1:17.69	+0.95	355	9
	50m: 36.14 36.14	100m: 1:17.69 41.55					
17.	Sara Filipa Andrade	96	Alhandra	1:18.37	+0.98	346	8
	50m: 36.82 36.82	100m: 1:18.37 41.55					
18.	Neuza Carina Rocha	96	Lousada SXXI	1:18.66	+1.05	342	7
	50m: 35.58 35.58	100m: 1:18.66 43.08					
19.	Joana Varandas Borges	96	Interior Norte	1:19.97	+0.75	326	6
	50m: 36.34 36.34	100m: 1:19.97 43.63					
20.	Ana Catarina Travessa	96	Salvaterra Magos	1:21.37	+0.97	309	5
	50m: 36.66 36.66	100m: 1:21.37 44.71					
21.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	1:26.47	+0.95	258	4
	50m: 40.84 40.84	100m: 1:26.47 45.63					
22.	Cristiana Daniela Silva	99	Miranda do Corvo	1:30.95	+1.01	221	3
	50m: 42.35 42.35	100m: 1:30.95 48.60					
23.	Mariana Santos Machado	97	Gafanha da Encarnacao	1:31.99	+0.90	214	2
	50m: 38.93 38.93	100m: 1:31.99 53.06					

DSQ Renata Castro Goncalves 96 Sporting de Aveiro
809 - Movimento alternado de pernas após viragem aos 75 m – SW 8.3



Campeonato Nacional de Clubes 4ª Divisão
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Prova 15 Masc., 200m Mariposa Absoluto
19-12-2010 - 9:40 Resultados

Rec. Nac. 25m Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Rec. Nac. 25m Inf B	2:21.67	Tomas Miguel Freitas	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:12.42	Tomas Miguel Freitas	CDN	Funchal	11-07-2004
Rec. Nac. 25m Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Rec. Nac. 25m Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	13-06-2009
Rec. Nac. 25m Jun	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	09-12-2005
Rec. Nac. 25m Sen	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Joao Duarte Santos	95	Natacao de Olhao	2:10.44	+0.75	585	25
	50m: 28.50 28.50	100m: 1:01.77 33.27	150m: 1:35.80 34.03	200m: 2:10.44 34.64			
2.	Antonio Fraga Fragoso	95	Bombeiros Ponta Delgada	2:14.69	+0.77	531	23
	50m: 28.69 28.69	100m: 1:02.81 34.12	150m: 1:37.72 34.91	200m: 2:14.69 36.97			
3.	Carlos Manuel Ferreira	93	Viana Natacao	2:18.90	+0.86	484	22
	50m: 30.30 30.30	100m: 1:05.12 34.82	150m: 1:41.74 36.62	200m: 2:18.90 37.16			
4.	Miguel Angelo Alves	96	Naval Amorense	2:19.01	+0.81	483	21
	50m: 30.47 30.47	100m: 1:05.39 34.92	150m: 1:40.86 35.47	200m: 2:19.01 38.15			
5.	Tiago Manuel Teixeira	96	Fafe	2:19.22	+0.74	481	20
	50m: 29.83 29.83	100m: 1:05.41 35.58	150m: 1:42.77 37.36	200m: 2:19.22 36.45			
6.	Tiago Lopes Ribeiro	93	Benedita	2:19.37	+0.95	479	19
	50m: 30.23 30.23	100m: 1:05.12 34.89	150m: 1:41.69 36.57	200m: 2:19.37 37.68			
7.	Ricardo Filipe Carrilho	90	Nautica do Seixal	2:23.33	+0.85	441	18
	50m: 30.20 30.20	100m: 1:05.86 35.66	150m: 1:43.88 38.02	200m: 2:23.33 39.45			
8.	Frederico Toste Ferrao	92	Nucleo Sportinguista	2:24.60	+0.89	429	17
	50m: 31.25 31.25	100m: 1:07.93 36.68	150m: 1:45.93 38.00	200m: 2:24.60 38.67			
9.	Alexander Oliveira Cardoso	92	Sporting de Espinho	2:24.92	+0.85	426	16
	50m: 32.31 32.31	100m: 1:08.54 36.23	150m: 1:45.80 37.26	200m: 2:24.92 39.12			
10.	Jose Rui Coelho	96	Lousada SXXI	2:26.24	+0.71	415	15
	50m: 30.75 30.75	100m: 1:06.93 36.18	150m: 1:46.10 39.17	200m: 2:26.24 40.14			
11.	Ricardo Gouveia Valente	93	Kainagua	2:28.67	+1.02	395	14
	50m: 30.08 30.08	100m: 1:06.43 36.35	150m: 1:46.52 40.09	200m: 2:28.67 42.15			
12.	Goncalo Alexandre Rato	95	Alhandra	2:30.37	+0.90	382	13
	50m: 32.43 32.43	100m: 1:10.38 37.95	150m: 1:50.83 40.45	200m: 2:30.37 39.54			
13.	Joao David Sousa	88	Estarreja	2:30.49	+0.88	381	12
	50m: 31.45 31.45	100m: 1:08.45 37.00	150m: 1:49.30 40.85	200m: 2:30.49 41.19			
14.	Ricardo Daniel Lucas	94	Scalabisport	2:30.85	+0.93	378	11
	50m: 33.08 33.08	100m: 1:11.15 38.07	150m: 1:50.80 39.65	200m: 2:30.85 40.05			
15.	Jose Luis Morais	94	Beja	2:32.06	+0.81	369	10
	50m: 32.45 32.45	100m: 1:11.43 38.98	150m: 1:52.48 41.05	200m: 2:32.06 39.58			
16.	Mario Pinto Amorim	94	Buzios	2:32.44	+0.92	366	9
	50m: 33.05 33.05	100m: 1:11.56 38.51	150m: 1:52.09 40.53	200m: 2:32.44 40.35			



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Prova 15, Masc., 200m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Joao Pedro Rosa	90	CLAC-Entroncamento	2:34.01	+0.86	355	8
	50m: 32.22 32.22	100m: 1:10.15 37.93	150m: 1:51.55 41.40	200m: 2:34.01 42.46			
18.	Joao Goncalo Coelho	94	Sporting de Aveiro	2:34.35	+1.05	353	7
	50m: 31.69 31.69	100m: 1:09.74 38.05	150m: 1:51.04 41.30	200m: 2:34.35 43.31			
19.	Jose Carlos Pinto	87	Natacao de Vila Real	2:35.20	+0.89	347	6
	50m: 34.18 34.18	100m: 1:14.10 39.92	150m: 1:56.33 42.23	200m: 2:35.20 38.87			
20.	Edgar Vieira Silva	95	Imortal	2:38.64	+0.87	325	5
	50m: 33.04 33.04	100m: 1:13.20 40.16	150m: 1:56.36 43.16	200m: 2:38.64 42.28			
21.	Daniel Marques Duarte	94	Campinho	2:45.77	+0.82	285	4
	50m: 34.83 34.83	100m: 1:15.45 40.62	150m: 1:59.92 44.47	200m: 2:45.77 45.85			
22.	David Andre Almeida	97	Ginasio Santo Tirso	2:46.59	+0.93	280	3
	50m: 33.98 33.98	100m: 1:14.90 40.92	150m: 2:01.10 46.20	200m: 2:46.59 45.49			
23.	Ricardo Daniel Goncalves	96	Ginasio de Vila Real	2:47.44	+0.80	276	2
	50m: 33.54 33.54	100m: 1:14.11 40.57	150m: 1:59.31 45.20	200m: 2:47.44 48.13			

DSQ Gil Cruz Fernandes 95 Ancorensis/Serralharia Ribeiro
811 - Não tocou com as mãos na parede simultaneamente na viragem aos 75 m – SW 8.4

Prova 16 Femin., 100m Bruços Absoluto
19-12-2010 - 9:50 Resultados

Rec. Nac. 25m Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:17.79	tempo limite			
Rec. Nac. 25m Inf A	1:15.72	Filipa Vilas Ruivo	DNMG	Caldas da Rainha	01-05-2010
Rec. Nac. 25m Juv	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Joana Filipa Marques	95	Bombeiros Ponta Delgada	1:16.08	+0.71	559	25
	50m: 35.29 35.29	100m: 1:16.08 40.79					
2.	Daniela Maria Leiria	92	Naval Amorense	1:19.41	+0.87	492	23
	50m: 37.41 37.41	100m: 1:19.41 42.00					
3.	Lidia Silveira Pina	94	Aminata	1:20.78	+0.84	467	22
	50m: 37.90 37.90	100m: 1:20.78 42.88					
4.	Joana Isabel Lampreia	96	Beja	1:21.66	+0.84	452	21
	50m: 38.61 38.61	100m: 1:21.66 43.05					
5.	Rosa Maria Oliveira	96	Estarreja	1:22.17	+0.89	444	20
	50m: 37.97 37.97	100m: 1:22.17 44.20					
6.	Ines Ataide Dias	94	Sporting de Espinho	1:23.76	+0.88	419	19
	50m: 39.44 39.44	100m: 1:23.76 44.32					
7.	Carolina Santana Goncalves	95	Nucleo de Pombal	1:24.26	+1.17	412	18
	50m: 40.05 40.05	100m: 1:24.26 44.21					



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Prova 16, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Jessica Rodrigues Tavares 50m: 39.87 39.87	96	Campinho 100m: 1:24.30 44.43	1:24.30	+0.86	411	17
9.	Carolina Santos Machado 50m: 39.85 39.85	95	Gafanha da Encarnacao 100m: 1:24.89 45.04	1:24.89	+0.92	402	16
10.	Ines Serra Duarte 50m: 40.04 40.04	98	Naval da Nazare 100m: 1:25.01 44.97	1:25.01	+0.91	401	15
11.	Ana Luisa Santo 50m: 39.71 39.71	95	Alhandra 100m: 1:25.45 45.74	1:25.45	+1.10	395	14
12.	Soraia Alexandra Marques 50m: 39.95 39.95	94	Benedita 100m: 1:25.62 45.67	1:25.62	+0.83	392	13
13.	Ines Cristina Cordeiro 50m: 40.59 40.59	96	Penafiel 100m: 1:26.01 45.42	1:26.01	+0.94	387	12
14.	Maria Joao Esteves 50m: 41.27 41.27	96	Fluvial Portuense 100m: 1:28.04 46.77	1:28.04	+0.90	361	11
15.	Ines Maria Ribeiro 50m: 41.17 41.17	94	CLAC-Entroncamento 100m: 1:28.40 47.23	1:28.40	+0.82	356	10
16.	Ana Raquel Albuquerque 50m: 41.90 41.90	95	Sporting de Aveiro 100m: 1:28.87 46.97	1:28.87	+0.98	351	9
17.	Claudia Filipa Silva 50m: 42.74 42.74	95	Miranda do Corvo 100m: 1:30.24 47.50	1:30.24	+0.95	335	8
18.	Ana Alexandra Sousa 50m: 43.01 43.01	96	Lousada SXXI 100m: 1:31.13 48.12	1:31.13	+0.95	325	7
19.	Maria Clara Pinto 50m: 43.58 43.58	95	Paredes/Rota dos Moveis 100m: 1:31.98 48.40	1:31.98	+0.99	316	6
20.	Sara Jose Pinto 50m: 43.40 43.40	95	Ginasio Santo Tirso 100m: 1:32.06 48.66	1:32.06	+0.89	315	5
21.	Cecilia Helena Freitas 50m: 42.92 42.92	89	Interior Norte 100m: 1:32.72 49.80	1:32.72	+0.89	309	4
22.	Ana Mafalda Duarte 50m: 44.32 44.32	99	SCC/Oryzon Energias 100m: 1:35.51 51.19	1:35.51	+0.80	282	3
23.	Ana Pereira Luis 50m: 45.39 45.39	97	Salvaterra Magos 100m: 1:35.66 50.27	1:35.66	+1.19	281	2
24.	Sofia Amaral Mendes 50m: 44.95 44.95	97	Natacao do Montijo 100m: 1:36.10 51.15	1:36.10	+0.90	277	1



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Prova 17
19-12-2010 - 10:00

Masc., 200m Bruços

Absoluto
Resultados

Rec. Nac. 25m Absoluto	2:08.80	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	2:37.57	Tomas Miguel Freitas	CDN	Funchal	13-07-2003
Rec. Nac. 25m Inf A	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	08-03-2009
Rec. Nac. 25m Juv B	2:21.70	Luis Manuel Fernandes	GDNVNF	Paços Ferreira	05-12-2009
Rec. Nac. 25m Juv A	2:18.42	tempo limite			
Rec. Nac. 25m Jun	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	2:08.80	Nuno Goncalo Quintanilha	LDC	S. António Cavaleiros	20-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Mauro Filipe Viegas	95	Natacao de Olhao	2:26.38	+0.86	560	25
	50m: 33.03 33.03	100m: 1:10.28 37.25	150m: 1:48.72 38.44	200m: 2:26.38 37.66			
2.	Guilherme Pereira Gil	93	Naval Amorense	2:29.00	+0.74	531	23
	50m: 33.09 33.09	100m: 1:10.85 37.76	150m: 1:49.34 38.49	200m: 2:29.00 39.66			
3.	C. Fernandes	91	Natacao de Vila Real	2:35.32	+1.02	468	22
	50m: 35.19 35.19	100m: 1:13.91 38.72	150m: 1:53.96 40.05	200m: 2:35.32 41.36			
4.	Andre Machado Vale	95	Viana Natacao	2:35.93	+1.08	463	21
	50m: 34.36 34.36	100m: 1:13.67 39.31	150m: 1:54.93 41.26	200m: 2:35.93 41.00			
5.	Tiago Martim Alves	97	Ancorensis/Serralharia Ribeiro	2:39.43	+0.96	433	20
	50m: 36.69 36.69	100m: 1:17.47 40.78	150m: 1:58.83 41.36	200m: 2:39.43 40.60			
6.	Marc Francis Moreira	85	Ginasio de Vila Real	2:39.88	+0.95	429	19
	50m: 35.23 35.23	100m: 1:14.56 39.33	150m: 1:56.17 41.61	200m: 2:39.88 43.71			
7.	Joao Carlos Pereira	94	Buzios	2:40.07	+0.92	428	18
	50m: 34.74 34.74	100m: 1:14.99 40.25	150m: 1:56.81 41.82	200m: 2:40.07 43.26			
8.	Uriel Jorge Mateus	88	Nautica do Seixal	2:40.16	+0.89	427	17
	50m: 34.77 34.77	100m: 1:14.57 39.80	150m: 1:56.71 42.14	200m: 2:40.16 43.45			
9.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	2:40.21	+0.79	427	16
	50m: 36.11 36.11	100m: 1:17.25 41.14	150m: 1:58.86 41.61	200m: 2:40.21 41.35			
10.	Manuel Almeida Eliseu	92	Kainagua	2:40.59	+0.90	424	15
	50m: 35.30 35.30	100m: 1:15.63 40.33	150m: 1:58.02 42.39	200m: 2:40.59 42.57			
11.	Carlos Cunha Costa	95	Fafe	2:41.42	+0.83	417	14
	50m: 36.62 36.62	100m: 1:17.91 41.29	150m: 1:59.74 41.83	200m: 2:41.42 41.68			
12.	Daniel Filipe Fernandes	85	Campinho	2:41.69	+0.82	415	13
	50m: 34.64 34.64	100m: 1:15.73 41.09	150m: 1:58.91 43.18	200m: 2:41.69 42.78			
13.	Joao Manuel Ferreira	92	CLAC-Entroncamento	2:41.87	+1.02	414	12
	50m: 35.82 35.82	100m: 1:17.34 41.52	150m: 1:59.45 42.11	200m: 2:41.87 42.42			
14.	Miguel Rego Borges	95	Bombeiros Ponta Delgada	2:41.95	+0.73	413	11
	50m: 35.62 35.62	100m: 1:16.81 41.19	150m: 1:59.29 42.48	200m: 2:41.95 42.66			
15.	Frederico Alexandre Freitas	89	Nucleo Sportinguista	2:43.52	+0.81	401	10
	50m: 36.47 36.47	100m: 1:18.51 42.04	150m: 2:01.23 42.72	200m: 2:43.52 42.29			
16.	Leonardo Peralta Reis	96	Benedita	2:44.56	+0.98	394	9
	50m: 36.09 36.09	100m: 1:17.93 41.84	150m: 2:01.09 43.16	200m: 2:44.56 43.47			



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 17, Masc., 200m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Hugo Alexandre Amaral	87	Imortal	2:44.77	+0.89	392	8
	50m: 35.18 35.18	100m: 1:16.91 41.73	150m: 2:00.95 44.04	200m: 2:44.77 43.82			
18.	Andre Figueiredo Almeida	96	Beja	2:44.93	+0.88	391	7
	50m: 36.94 36.94	100m: 1:19.60 42.66	150m: 2:02.76 43.16	200m: 2:44.93 42.17			
19.	Joao Luis Baeta	94	Scalabisport	2:47.76	+0.88	372	6
	50m: 37.45 37.45	100m: 1:19.44 41.99	150m: 2:03.15 43.71	200m: 2:47.76 44.61			
20.	Tiago Andre Marques	93	Sporting de Espinho	2:48.25	+0.76	368	5
	50m: 36.08 36.08	100m: 1:18.53 42.45	150m: 2:02.46 43.93	200m: 2:48.25 45.79			
21.	Jose Rui Coelho	96	Lousada SXXI	2:52.35	+0.78	343	4
	50m: 36.80 36.80	100m: 1:20.69 43.89	150m: 2:06.42 45.73	200m: 2:52.35 45.93			
22.	Rafael Arrojado Ferreira	94	Estarreja	2:53.25	+0.78	337	3
	50m: 36.65 36.65	100m: 1:19.71 43.06	150m: 2:06.23 46.52	200m: 2:53.25 47.02			
23.	Luis Filipe Cruz	95	Sporting de Aveiro	2:58.81	+0.82	307	2
	50m: 39.23 39.23	100m: 1:24.39 45.16	150m: 2:11.49 47.10	200m: 2:58.81 47.32			
24.	Tiago Miguel Santo	95	Alhandra	3:10.99	+0.95	252	1
	50m: 42.86 42.86	100m: 1:31.19 48.33	150m: 2:20.93 49.74	200m: 3:10.99 50.06			

Prova 18

Femin., 50m Livres

Absoluto

19-12-2010 - 10:10

Resultados

Rec. Nac. 25m Absoluto	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf A	28.32	Ines Camacho Fernandes	SCP	Ponte Sor	30-01-2010
Rec. Nac. 25m Juv	27.16	Harriet Larcher Smith	CFB	Tomar	15-03-2003
Rec. Nac. 25m Jun	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Mafalda Fraga Fragoso	94	Bombeiros Ponta Delgada	27.69	+0.77	591	25
2.	Maria Ines Cabral	94	Sporting de Aveiro	28.53	+0.90	541	23
3.	Sofia Prates Silvestre	95	Naval Amorense	29.06	+0.96	512	22
4.	Vanessa Carolina Valente	94	Alhandra	29.22	+1.07	503	21
5.	Sofia Isabel Teixeira	95	Beja	29.37	+0.88	496	20
6.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	29.48	+0.78	490	19
7.	Helena Manuel Jose	90	Ginasio Santo Tirso	29.54	+0.85	487	18
8.	Mafalda Jesus Pereira	95	Natacao do Montijo	29.71	+0.89	479	17
9.	Catarina Vilhena Gregorio	96	CLAC-Entroncamento	29.79	+0.77	475	16
10.	Claudia Cristina Almeida	95	Paredes/Rota dos Moveis	29.89	+0.97	470	15
11.	Claudia Almeida Costa	95	Aminata	30.26	+0.80	453	14
12.	Catia Sofia Silva	94	Estarreja	30.27	+0.87	453	13
13.	Maria Joao Oliveira	95	Sporting de Espinho	30.28	+0.90	452	12
14.	Daniela Marques Genio	95	Campinho	30.68	+0.86	435	11
15.	A. Vassilevna	93	Penafiel	30.73	+0.79	433	10
16.	Neuza Carina Rocha	96	Lousada SXXI	30.74	+0.96	432	9



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 18, Femin., 50m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Joana Ines Frade	92	Nucleo de Pombal	30.96	+0.85	423	8
18.	Ana Margarida Lourenco	96	Benedita	30.97	+0.88	423	7
19.	Ines Vilela Braga	97	Fluvial Portuense	31.26	+0.83	411	6
20.	Ana Rita Ribau	95	Gafanha da Encarnacao	31.33	+0.94	408	5
21.	Mariana Galego Rolo	97	Naval da Nazare	31.64	+0.93	396	4
22.	Diana Rosalina Oliveira	91	Interior Norte	32.53	+0.85	365	3
23.	Ana Catarina Travessa	96	Salvaterra Magos	33.10	+0.93	346	2
24.	Claudia Filipa Silva	95	Miranda do Corvo	34.76	+0.93	299	1

Prova 19

Masc., 100m Livres

Absoluto

19-12-2010 - 10:15

Resultados

Rec. Nac. 25m Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Rec. Nac. 25m Inf B	57.40	Tiago Filipe Pereira	DNMG	Caldas da Rainha	11-07-2004
Rec. Nac. 25m Inf A	55.02	David Miguel Ferro	SFUAP	Algés	15-03-1998
Rec. Nac. 25m Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	50.82	Tiago Andre Venancio	CNS	Braga	23-03-2003
Rec. Nac. 25m Jun	48.38	Tiago Andre Venancio	CNS	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Ivan Monteiro Simoes	91	Natacao de Vila Real	52.13	+1.14	640	25
	50m: 25.03 25.03	100m: 52.13 27.10					
2.	Carlos Fernandes Queiros	86	Ginasio de Vila Real	53.64	+0.99	588	23
	50m: 25.59 25.59	100m: 53.64 28.05					
3.	Joao Duarte Santos	95	Natacao de Olhao	54.11	+0.71	572	22
	50m: 25.87 25.87	100m: 54.11 28.24					
4.	Tiago Ferreira Azevedo	95	Naval Amorense	55.25	+0.68	538	21
	50m: 25.98 25.98	100m: 55.25 29.27					
5.	Joao Pedro Pereira	93	Buzios	55.38	+0.70	534	20
	50m: 26.32 26.32	100m: 55.38 29.06					
6.	Pedro Miguel Costa	92	Sporting de Espinho	55.77	+0.83	523	19
	50m: 25.71 25.71	100m: 55.77 30.06					
7.	Joao Monteiro Piteira	93	Kainagua	55.82	+0.83	521	18
	50m: 26.42 26.42	100m: 55.82 29.40					
8.	Tiago Manuel Teixeira	96	Fafe	55.84	+0.73	521	17
	50m: 27.45 27.45	100m: 55.84 28.39					
9.	Miguel Prata Santos	96	Viana Natacao	56.37	+0.74	506	16
	50m: 27.10 27.10	100m: 56.37 29.27					
10.	Joao Miguel Figueiredo	93	Campinho	56.57	+0.78	501	15
	50m: 27.01 27.01	100m: 56.57 29.56					
11.	Micael Filipe Silva	88	Nautica do Seixal	57.37	+0.85	480	14
	50m: 27.13 27.13	100m: 57.37 30.24					



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 19, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	Joao Pedro Barroso 50m: 27.43 27.43	95	Ginasio Santo Tirso 100m: 57.40 29.97	57.40	+0.83	479	13
13.	Miguel Martins Barroqueiro 50m: 27.14 27.14	91	CLAC-Entroncamento 100m: 57.52 30.38	57.52	+0.89	476	12
14.	Pedro Sousa Gomes 50m: 27.84 27.84	87	Alhandra 100m: 57.60 29.76	57.60	+0.85	474	11
15.	Joao Manuel Serralheiro 50m: 27.83 27.83	95	Benedita 100m: 57.75 29.92	57.75	+0.85	471	10
16.	Pedro Jorge Santos 50m: 27.47 27.47	93	Sporting de Aveiro 100m: 58.27 30.80	58.27	+0.81	458	9
17.	Diogo Lima Nicolau 50m: 27.76 27.76	93	Scalabisport 100m: 58.30 30.54	58.30	+0.70	458	8
18.	Jose Figueiredo Pereira 50m: 28.47 28.47	92	Estarreja 100m: 58.34 29.87	58.34	+0.85	457	7
19.	Jose Manuel Carvalho 50m: 28.37 28.37	94	Imortal 100m: 58.46 30.09	58.46	+0.82	454	6
20.	Antonio Carlos Costa 50m: 27.92 27.92	95	Beja 100m: 58.50 30.58	58.50	+0.81	453	5
21.	Rui Alexandre Torre 50m: 27.94 27.94	90	Ancorensis/Serralharia Ribeiro 100m: 58.62 30.68	58.62	+1.01	450	4
22.	Rodrigo Cota Sousa 50m: 28.11 28.11	92	Nucleo Sportinguista 100m: 58.68 30.57	58.68	+0.89	449	3
23.	Julio Joao Silva 50m: 28.61 28.61	94	Bombeiros Ponta Delgada 100m: 1:00.52 31.91	1:00.52	+0.83	409	2
24.	Pedro David Lopes 50m: 28.72 28.72	93	Lousada SXXI 100m: 1:00.92 32.20	1:00.92	+0.74	401	1



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 20
19-12-2010 - 10:25

Femin., 100m Costas

Absoluto
Resultados

Rec. Nac. 25m Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:10.23	Catarina Alexandra Jardim	GDNVNF	Ponte da Barca	05-03-2010
Rec. Nac. 25m Inf A	1:05.36	Ines Camacho Fernandes	SCP	Tavira	05-03-2010
Rec. Nac. 25m Juv	1:04.10	Catia Raquel Martinheira	LDC	Sines	20-12-2008
Rec. Nac. 25m Jun	1:03.03	Lisa Marisa Soares	CNA	Porto	04-12-2010
Rec. Nac. 25m Sen	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Joana Carina Silva	97	Lousada SXXI	1:07.37	+0.76	550	25
	50m: 32.97 32.97	100m: 1:07.37 34.40					
2.	Ana Catarina Pereira	95	Naval Amorense	1:08.19	+0.74	531	23
	50m: 33.34 33.34	100m: 1:08.19 34.85					
3.	Maria Malaguerra Costa	98	SCC/Oryzon Energias	1:09.80	+0.72	495	22
	50m: 33.49 33.49	100m: 1:09.80 36.31					
4.	Vanessa Carolina Valente	94	Alhandra	1:10.59	+0.73	478	21
	50m: 34.19 34.19	100m: 1:10.59 36.40					
5.	Maria Joao Oliveira	93	Ginasio Santo Tirso	1:11.02	+0.65	470	20
	50m: 34.09 34.09	100m: 1:11.02 36.93					
6.	Carla Sofia Cruz	96	Sporting de Espinho	1:11.27	+0.88	465	19
	50m: 34.57 34.57	100m: 1:11.27 36.70					
7.	Ines Sa Rodrigues	93	Estarreja	1:11.50	+0.73	460	18
	50m: 34.63 34.63	100m: 1:11.50 36.87					
8.	Ana Rita Nunes	93	Salvaterra Magos	1:11.52	+0.68	460	17
	50m: 34.76 34.76	100m: 1:11.52 36.76					
9.	Isa Moraes Penas	96	Benedita	1:12.32	+0.65	445	16
	50m: 34.73 34.73	100m: 1:12.32 37.59					
10.	Ana Filipa Moraes	90	Fluvial Portuense	1:12.46	+0.67	442	15
	50m: 34.75 34.75	100m: 1:12.46 37.71					
11.	Claudia Cristina Almeida	95	Paredes/Rota dos Moveis	1:13.25	+0.72	428	14
	50m: 35.13 35.13	100m: 1:13.25 38.12					
12.	Ana Leticia Freitas	91	Interior Norte	1:13.43	+0.76	425	13
	50m: 35.20 35.20	100m: 1:13.43 38.23					
13.	Claudia Isabel Semiao	97	Aminata	1:14.51	+0.70	407	12
	50m: 36.03 36.03	100m: 1:14.51 38.48					
14.	Patricia Monteiro Negrão	96	Naval da Nazaré	1:15.13	+0.71	397	11
	50m: 36.04 36.04	100m: 1:15.13 39.09					
15.	Maria Ines Cabral	94	Sporting de Aveiro	1:15.99	+0.77	383	10
	50m: 37.32 37.32	100m: 1:15.99 38.67					
16.	Carolina Santana Gonçalves	95	Nucleo de Pombal	1:16.83	+0.71	371	9
	50m: 38.11 38.11	100m: 1:16.83 38.72					
17.	Rafaela Cunha Mendes	98	Campinho	1:17.72	+0.82	358	8
	50m: 37.36 37.36	100m: 1:17.72 40.36					



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 20, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	Ana Raquel Batista	95	Natacao do Montijo	1:17.76	+0.77	358	7
	50m: 37.13 37.13	100m: 1:17.76 40.63					
19.	A. Vassilevna	93	Penafiel	1:19.61	+0.69	333	6
	50m: 38.18 38.18	100m: 1:19.61 41.43					
20.	Maria Dias Neves	99	Miranda do Corvo	1:20.22	+0.76	326	5
	50m: 39.77 39.77	100m: 1:20.22 40.45					
21.	C. Gavancho	97	CLAC-Entroncamento	1:20.24	+0.79	326	4
	50m: 38.44 38.44	100m: 1:20.24 41.80					
22.	Raquel Silva Santos	96	Beja	1:20.93	+0.83	317	3
	50m: 39.33 39.33	100m: 1:20.93 41.60					
23.	Catarina Rego Borges	99	Bombeiros Ponta Delgada	1:21.00	+0.88	317	2
	50m: 39.65 39.65	100m: 1:21.00 41.35					
24.	Sara Vizinho Cruz	96	Gafanha da Encarnacao	1:25.88	+0.91	265	1
	50m: 40.46 40.46	100m: 1:25.88 45.42					

Prova 21

Masc., 200m Costas

Absoluto

19-12-2010 - 10:30

Resultados

Rec. Nac. 25m Absoluto	1:55.92	Adriano Miguel Niz	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:18.15	Alexandre Lages Ribas	EDV	Ponte da Barca	03-07-2010
Rec. Nac. 25m Inf A	2:12.39	Rodrigo Silverio Carmo	CNCVG	Algés	12-06-2010
Rec. Nac. 25m Juv B	2:07.15	Pedro Diogo Oliveira	CNRM	Tomar	11-05-2003
Rec. Nac. 25m Juv A	2:02.33	Adriano Miguel Niz	CFV	Algés	17-05-2002
Rec. Nac. 25m Jun	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	03-07-2004
Rec. Nac. 25m Sen	1:55.92	Adriano Miguel Niz	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	David Miguel Leiria	93	Naval Amorense	2:11.82	+0.69	521	25
	50m: 30.64 30.64	100m: 1:04.08 33.44	150m: 1:38.88 34.80	200m: 2:11.82 32.94			
2.	Carlos Miguel Sotelo	91	Ancorensis/Serralharia Ribeiro	2:13.47	+0.73	502	23
	50m: 31.23 31.23	100m: 1:05.69 34.46	150m: 1:40.15 34.46	200m: 2:13.47 33.32			
3.	Joao Pedro Santos	95	Estarreja	2:15.48	+0.68	480	22
	50m: 31.19 31.19	100m: 1:06.07 34.88	150m: 1:41.66 35.59	200m: 2:15.48 33.82			
4.	Filipe Ricardo Azevedo	93	Kainagua	2:15.57	+0.74	479	21
	50m: 32.94 32.94	100m: 1:08.02 35.08	150m: 1:42.06 34.04	200m: 2:15.57 33.51			
5.	Antonio Miguel Vitorino	96	Viana Natacao	2:17.95	+0.76	455	20
	50m: 31.82 31.82	100m: 1:06.47 34.65	150m: 1:41.80 35.33	200m: 2:17.95 36.15			
6.	Ivo Andre Lopes	94	Scalabisport	2:19.01	+0.72	444	19
	50m: 33.27 33.27	100m: 1:08.29 35.02	150m: 1:43.50 35.21	200m: 2:19.01 35.51			
7.	Fabio Aleixo Fernandes	90	Nautica do Seixal	2:19.61	+0.67	439	18
	50m: 32.59 32.59	100m: 1:08.23 35.64	150m: 1:44.08 35.85	200m: 2:19.61 35.53			
8.	Tiago Ramos Gomes	94	Bombeiros Ponta Delgada	2:19.69	+0.67	438	17
	50m: 31.99 31.99	100m: 1:06.45 34.46	150m: 1:42.20 35.75	200m: 2:19.69 37.49			



Campeonato Nacional de Clubes 4ª Divisão
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Prova 21, Masc., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	Alexander Oliveira Cardoso	92	Sporting de Espinho	2:21.29	+0.60	423	16
	50m: 33.25 33.25	100m: 1:08.88 35.63	150m: 1:44.74 35.86	200m: 2:21.29 36.55			
10.	Gino Santos Caetano	94	Sporting de Aveiro	2:21.33	+0.84	423	15
	50m: 33.20 33.20	100m: 1:08.24 35.04	150m: 1:44.69 36.45	200m: 2:21.33 36.64			
11.	Luis Antonio Tarquinio	94	Benedita	2:21.69	+0.79	420	14
	50m: 32.90 32.90	100m: 1:08.81 35.91	150m: 1:46.19 37.38	200m: 2:21.69 35.50			
12.	Andre Filipe Faria	94	Imortal	2:22.05	+0.61	416	13
	50m: 31.58 31.58	100m: 1:07.73 36.15	150m: 1:45.32 37.59	200m: 2:22.05 36.73			
13.	Andre Silva Bastos	83	Natacao de Vila Real	2:23.19	+0.68	406	12
	50m: 33.72 33.72	100m: 1:09.32 35.60	150m: 1:46.46 37.14	200m: 2:23.19 36.73			
14.	Pedro Miguel Coelho	94	Lousada SXXI	2:24.79	+0.65	393	11
	50m: 33.37 33.37	100m: 1:09.53 36.16	150m: 1:47.54 38.01	200m: 2:24.79 37.25			
15.	Pedro Filipe Ribeiro	94	Beja	2:25.67	+0.69	386	10
	50m: 31.92 31.92	100m: 1:07.67 35.75	150m: 1:45.62 37.95	200m: 2:25.67 40.05			
16.	Paulo Gabriel Magalhaes	96	Fafe	2:26.50	+0.64	379	9
	50m: 33.11 33.11	100m: 1:10.18 37.07	150m: 1:48.64 38.46	200m: 2:26.50 37.86			
17.	Luis Carlos Teixeira	88	Ginasio Santo Tirso	2:29.66	+0.74	356	8
	50m: 34.57 34.57	100m: 1:12.15 37.58	150m: 1:50.54 38.39	200m: 2:29.66 39.12			
18.	Andre Santos Ramos	95	Natacao de Olhao	2:30.17	+0.61	352	7
	50m: 34.66 34.66	100m: 1:12.36 37.70	150m: 1:51.13 38.77	200m: 2:30.17 39.04			
19.	Eduardo Filipe Felix	95	Alhandra	2:30.59	+0.65	349	6
	50m: 34.33 34.33	100m: 1:12.25 37.92	150m: 1:51.53 39.28	200m: 2:30.59 39.06			
20.	Miguel Martins Barroqueiro	91	CLAC-Entroncamento	2:30.77	+0.75	348	5
	50m: 33.97 33.97	100m: 1:12.33 38.36	150m: 1:52.35 40.02	200m: 2:30.77 38.42			
21.	Andre da Costa Coelho	96	Nucleo Sportinguista	2:30.98	+0.67	347	4
	50m: 35.14 35.14	100m: 1:13.68 38.54	150m: 1:53.51 39.83	200m: 2:30.98 37.47			
22.	Diogo Miguel Balsa	95	Buzios	2:31.54	+0.64	343	3
	50m: 35.38 35.38	100m: 1:13.73 38.35	150m: 1:52.87 39.14	200m: 2:31.54 38.67			
23.	Carlos Manuel Figueiredo	96	Ginasio de Vila Real	2:32.68	+0.63	335	2
	50m: 34.68 34.68	100m: 1:12.39 37.71	150m: 1:52.52 40.13	200m: 2:32.68 40.16			
24.	Guilherme Marques Teixeira	94	Campinho	2:35.46	+0.67	317	1
	50m: 34.90 34.90	100m: 1:13.44 38.54	150m: 1:54.34 40.90	200m: 2:35.46 41.12			



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Prova 22
19-12-2010 - 10:45

Femin., 400m Livres

Absoluto
Resultados

Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	4:25.30	tempo limite			
Rec. Nac. 25m Juv	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Rec. Nac. 25m Jun	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Florbela Cavaco Machado	96	SCC/Oryzon Energias	4:35.58	+0.92	619	25
	50m: 31.75 31.75	150m: 1:41.55 35.12	250m: 2:52.25 35.05	350m: 4:03.00 34.71			
	100m: 1:06.43 34.68	200m: 2:17.20 35.65	300m: 3:28.29 36.04	400m: 4:35.58 32.58			
2.	Carolina Madeira Santos	96	Naval Amorense	4:45.96	+0.98	554	23
	50m: 32.06 32.06	150m: 1:44.61 37.28	250m: 2:58.67 36.83	350m: 4:11.62 35.72			
	100m: 1:07.33 35.27	200m: 2:21.84 37.23	300m: 3:35.90 37.23	400m: 4:45.96 34.34			
3.	Carolina Francisco Gomes	95	Naval da Nazare	4:46.67	+1.01	550	22
	50m: 33.02 33.02	150m: 1:45.29 36.55	250m: 2:59.14 37.07	350m: 4:11.45 36.53			
	100m: 1:08.74 35.72	200m: 2:22.07 36.78	300m: 3:34.92 35.78	400m: 4:46.67 35.22			
4.	Ana Margarida Teixeira	95	Beja	4:53.96	+0.78	510	21
	50m: 33.09 33.09	150m: 1:46.96 37.07	250m: 3:01.19 37.18	350m: 4:16.99 38.33			
	100m: 1:09.89 36.80	200m: 2:24.01 37.05	300m: 3:38.66 37.47	400m: 4:53.96 36.97			
5.	Diana Patricia Silva	95	Lousada SXXI	4:54.58	+0.89	507	20
	50m: 32.61 32.61	150m: 1:45.97 37.22	250m: 3:01.49 37.83	350m: 4:18.69 38.34			
	100m: 1:08.75 36.14	200m: 2:23.66 37.69	300m: 3:40.35 38.86	400m: 4:54.58 35.89			
6.	Ines Sa Rodrigues	93	Estarreja	4:54.75	+0.89	506	19
	50m: 33.91 33.91	150m: 1:47.61 37.28	250m: 3:03.42 37.81	350m: 4:18.59 37.50			
	100m: 1:10.33 36.42	200m: 2:25.61 38.00	300m: 3:41.09 37.67	400m: 4:54.75 36.16			
7.	Rute Sofia Teixeira	90	Ginasio Santo Tirso	4:56.88	+0.95	495	18
	50m: 32.88 32.88	150m: 1:45.80 37.10	250m: 3:01.16 37.84	350m: 4:18.48 38.99			
	100m: 1:08.70 35.82	200m: 2:23.32 37.52	300m: 3:39.49 38.33	400m: 4:56.88 38.40			
8.	Catia Sofia Rodrigues	95	Paredes/Rota dos Moveis	4:58.90	+1.01	485	17
	50m: 32.41 32.41	150m: 1:46.96 37.80	250m: 3:04.52 38.04	350m: 4:21.30 38.67			
	100m: 1:09.16 36.75	200m: 2:26.48 39.52	300m: 3:42.63 38.11	400m: 4:58.90 37.60			
9.	Renata Castro Goncalves	96	Sporting de Aveiro	5:00.38	+0.81	478	16
	50m: 33.89 33.89	150m: 1:48.78 37.75	250m: 3:05.29 38.31	350m: 4:22.34 38.78			
	100m: 1:11.03 37.14	200m: 2:26.98 38.20	300m: 3:43.56 38.27	400m: 5:00.38 38.04			
10.	Maria Anastacio Luis	96	Benedita	5:00.73	+1.02	476	15
	50m: 34.56 34.56	150m: 1:50.37 38.26	250m: 3:07.68 38.72	350m: 4:23.99 38.35			
	100m: 1:12.11 37.55	200m: 2:28.96 38.59	300m: 3:45.64 37.96	400m: 5:00.73 36.74			
11.	Teresa Manuela Aires	96	Sporting de Espinho	5:01.17	+0.90	474	14
	50m: 32.95 32.95	150m: 1:48.24 38.24	250m: 3:06.17 38.95	350m: 4:23.85 38.95			
	100m: 1:10.00 37.05	200m: 2:27.22 38.98	300m: 3:44.90 38.73	400m: 5:01.17 37.32			
12.	Tatiana Cruz Costa	94	Miranda do Corvo	5:01.37	+1.00	473	13
	50m: 33.44 33.44	150m: 1:47.99 38.28	250m: 3:05.55 38.72	350m: 4:23.78 39.27			
	100m: 1:09.71 36.27	200m: 2:26.83 38.84	300m: 3:44.51 38.96	400m: 5:01.37 37.59			



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Prova 22, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	Ines Maria Mota	95	Fluvial Portuense	5:01.45	+1.20	473	12
	50m: 33.81 33.81	150m: 1:49.04 38.38	250m: 3:07.00 39.40	350m: 4:25.20 39.09	400m: 5:01.45 36.25		
	100m: 1:10.66 36.85	200m: 2:27.60 38.56	300m: 3:46.11 39.11				
14.	Ana Luisa Santo	95	Alhandra	5:02.39	+0.99	468	11
	50m: 33.55 33.55	150m: 1:48.54 38.13	250m: 3:06.12 38.82	350m: 4:23.96 39.36	400m: 5:02.39 38.43		
	100m: 1:10.41 36.86	200m: 2:27.30 38.76	300m: 3:44.60 38.48				
15.	Ana Luisa Ramos	95	Gafanha da Encarnacao	5:04.04	+0.95	461	10
	50m: 34.21 34.21	150m: 1:50.16 38.50	250m: 3:08.24 38.93	350m: 4:26.57 38.75	400m: 5:04.04 37.47		
	100m: 1:11.66 37.45	200m: 2:29.31 39.15	300m: 3:47.82 39.58				
16.	Joana Aparicio Tejo	97	Aminata	5:08.96	+0.92	439	9
	50m: 35.59 35.59	150m: 1:52.36 38.66	250m: 3:11.03 39.26	350m: 4:30.50 39.88	400m: 5:08.96 38.46		
	100m: 1:13.70 38.11	200m: 2:31.77 39.41	300m: 3:50.62 39.59				
17.	Mafalda Jesus Pereira	95	Natacao do Montijo	5:12.24	+1.02	425	8
	50m: 34.16 34.16	150m: 1:49.76 38.28	250m: 3:09.52 40.56	350m: 4:31.75 41.39	400m: 5:12.24 40.49		
	100m: 1:11.48 37.32	200m: 2:28.96 39.20	300m: 3:50.36 40.84				
18.	Joana Ferreira Baptista	97	Campinho	5:18.87	+1.04	399	7
	50m: 35.47 35.47	150m: 1:55.72 40.63	250m: 3:17.96 41.49	350m: 4:39.95 40.65	400m: 5:18.87 38.92		
	100m: 1:15.09 39.62	200m: 2:36.47 40.75	300m: 3:59.30 41.34				
19.	Cristiana Ferreira Santos	95	Nucleo de Pombal	5:22.03	+0.97	388	6
	50m: 34.32 34.32	150m: 1:54.00 40.60	250m: 3:16.76 41.65	350m: 4:41.08 42.20	400m: 5:22.03 40.95		
	100m: 1:13.40 39.08	200m: 2:35.11 41.11	300m: 3:58.88 42.12				
20.	Raquel Sofia Jorge	98	Salvaterra Magos	5:22.64	+1.07	386	5
	50m: 36.61 36.61	150m: 1:58.16 41.27	250m: 3:20.96 41.28	350m: 4:43.08 40.93	400m: 5:22.64 39.56		
	100m: 1:16.89 40.28	200m: 2:39.68 41.52	300m: 4:02.15 41.19				
21.	Susana Patricia Rosa	96	CLAC-Entroncamento	5:24.87	+0.92	378	4
	50m: 34.09 34.09	150m: 1:56.23 41.74	250m: 3:20.76 42.86	350m: 4:45.13 41.72	400m: 5:24.87 39.74		
	100m: 1:14.49 40.40	200m: 2:37.90 41.67	300m: 4:03.41 42.65				
22.	Maria Ines Reis	97	Penafiel	5:25.04		377	3
	50m: 35.81 35.81	150m: 1:56.18 41.51	250m: 3:20.23 42.37	350m: 4:45.97 43.29	400m: 5:25.04 39.07		
	100m: 1:14.67 38.86	200m: 2:37.86 41.68	300m: 4:02.68 42.45				
23.	Rita Ferreira Couto	98	Bombeiros Ponta Delgada	5:42.98	+1.32	321	2
	50m: 37.90 37.90	150m: 2:05.51 44.51	250m: 3:33.82 44.37	350m: 5:01.39 43.17	400m: 5:42.98 41.59		
	100m: 1:21.00 43.10	200m: 2:49.45 43.94	300m: 4:18.22 44.40				
24.	Maria Migueis Teixeira	99	Interior Norte	5:52.65	+0.83	295	1
	50m: 37.14 37.14	150m: 2:07.26 45.65	250m: 3:40.55 46.38	350m: 5:10.99 44.07	400m: 5:52.65 41.66		
	100m: 1:21.61 44.47	200m: 2:54.17 46.91	300m: 4:26.92 46.37				



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Prova 23
19-12-2010 - 11:05

Masc., 200m Estilos

Absoluto
Resultados

Rec. Nac. 25m Absoluto	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:20.56	Tomas Miguel Freitas	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:13.38	Tomas Miguel Freitas	CDN	Funchal	17-07-2004
Rec. Nac. 25m Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	10-05-2003
Rec. Nac. 25m Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	15-05-2004
Rec. Nac. 25m Jun	2:00.80	Diogo Filipe Carvalho	CGA	Estoril	11-02-2005
Rec. Nac. 25m Sen	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Rafael Filipe Nunes	96	Naval Amorense	2:15.71	+0.74	555	25
	50m: 30.27 30.27	100m: 1:05.62 35.35	150m: 1:44.25 38.63	200m: 2:15.71 31.46			
2.	Pedro Miguel Costa	92	Sporting de Espinho	2:15.81	+0.82	554	23
	50m: 28.69 28.69	100m: 1:03.31 34.62	150m: 1:44.02 40.71	200m: 2:15.81 31.79			
3.	C. Fernandes	91	Natacao de Vila Real	2:16.06	+0.79	551	22
	50m: 29.83 29.83	100m: 1:03.80 33.97	150m: 1:43.87 40.07	200m: 2:16.06 32.19			
4.	Mauro Filipe Viegas	95	Natacao de Olhao	2:17.91	+0.86	529	21
	50m: 30.02 30.02	100m: 1:07.32 37.30	150m: 1:45.07 37.75	200m: 2:17.91 32.84			
5.	Ivo Andre Lopes	94	Scalabisport	2:19.52	+0.88	511	20
	50m: 30.53 30.53	100m: 1:06.46 35.93	150m: 1:47.71 41.25	200m: 2:19.52 31.81			
6.	Rui Alexandre Torre	90	Ancorensis/Serralharia Ribeiro	2:22.07	+1.00	484	19
	50m: 30.93 30.93	100m: 1:06.03 35.10	150m: 1:48.67 42.64	200m: 2:22.07 33.40			
7.	Marc Francis Moreira	85	Ginasio de Vila Real	2:22.65	+0.91	478	18
	50m: 30.48 30.48	100m: 1:06.10 35.62	150m: 1:47.66 41.56	200m: 2:22.65 34.99			
8.	Tiago Joao Meira	96	Viana Natacao	2:22.79	+0.89	476	17
	50m: 29.97 29.97	100m: 1:07.16 37.19	150m: 1:50.62 43.46	200m: 2:22.79 32.17			
9.	Uriel Jorge Mateus	88	Nautica do Seixal	2:23.56	+0.81	469	16
	50m: 30.05 30.05	100m: 1:09.40 39.35	150m: 1:50.73 41.33	200m: 2:23.56 32.83			
10.	Tiago Sobral Coelho	95	Ginasio Santo Tirso	2:24.14	+0.80	463	15
	50m: 31.30 31.30	100m: 1:08.58 37.28	150m: 1:50.90 42.32	200m: 2:24.14 33.24			
11.	Ricardo Gouveia Valente	93	Kainagua	2:24.96	+0.84	455	14
	50m: 29.78 29.78	100m: 1:06.86 37.08	150m: 1:50.56 43.70	200m: 2:24.96 34.40			
12.	Miguel Rego Borges	95	Bombeiros Ponta Delgada	2:25.12	+0.71	454	13
	50m: 31.40 31.40	100m: 1:09.28 37.88	150m: 1:50.46 41.18	200m: 2:25.12 34.66			
13.	Joao Goncalo Coelho	94	Sporting de Aveiro	2:26.32	+1.01	443	12
	50m: 31.25 31.25	100m: 1:07.91 36.66	150m: 1:52.46 44.55	200m: 2:26.32 33.86			
14.	Alexandre Emanuel Pereira	93	CLAC-Entroncamento	2:26.74	+0.71	439	11
	50m: 30.70 30.70	100m: 1:08.26 37.56	150m: 1:51.49 43.23	200m: 2:26.74 35.25			
15.	Hugo Alexandre Amaral	87	Imortal	2:27.32	+0.86	434	10
	50m: 30.09 30.09	100m: 1:09.36 39.27	150m: 1:52.52 43.16	200m: 2:27.32 34.80			
16.	Jose Rui Coelho	96	Lousada SXXI	2:27.52	+0.73	432	9
	50m: 30.33 30.33	100m: 1:10.11 39.78	150m: 1:53.30 43.19	200m: 2:27.52 34.22			



Campeonato Nacional de Clubes 4ª Divisão
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Prova 23, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Tomas Lopes Almeida	95	Campinho	2:27.61	+0.80	431	8
	50m: 31.26 31.26	100m: 1:08.73 37.47	150m: 1:51.67 42.94	200m: 2:27.61 35.94			
18.	Jose Luis Moraes	94	Beja	2:27.63	+0.83	431	7
	50m: 31.16 31.16	100m: 1:10.21 39.05	150m: 1:54.76 44.55	200m: 2:27.63 32.87			
19.	Carlos Cunha Costa	95	Fafe	2:27.64	+0.83	431	6
	50m: 31.74 31.74	100m: 1:11.47 39.73	150m: 1:54.00 42.53	200m: 2:27.64 33.64			
20.	Henrique Jose Marques	93	Benedita	2:27.94	+0.82	428	5
	50m: 31.14 31.14	100m: 1:07.86 36.72	150m: 1:51.23 43.37	200m: 2:27.94 36.71			
21.	Rafael Arrojado Ferreira	94	Estarreja	2:28.65	+0.77	422	4
	50m: 31.92 31.92	100m: 1:10.04 38.12	150m: 1:53.18 43.14	200m: 2:28.65 35.47			
22.	Goncalo Alexandre Rato	95	Alhandra	2:29.10	+0.84	418	3
	50m: 31.94 31.94	100m: 1:10.99 39.05	150m: 1:55.17 44.18	200m: 2:29.10 33.93			
23.	Frederico Toste Ferrao	92	Nucleo Sportinguista	2:29.19	+0.91	418	2
	50m: 30.96 30.96	100m: 1:12.63 41.67	150m: 1:55.30 42.67	200m: 2:29.19 33.89			
24.	Joao Carlos Pereira	94	Buzios	2:31.88	+0.93	396	1
	50m: 31.82 31.82	100m: 1:13.14 41.32	150m: 1:55.72 42.58	200m: 2:31.88 36.16			

Prova 24

Femin., 4 x 100m Livres

Absolutos

19-12-2010 - 11:15

Resultados

Rec. Nac. 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec. Nac. 25m Inf B	4:20.86	tempo limite			
Rec. Nac. 25m Inf A	4:16.39	Sport Lisboa e Benfica	SLB	Sines	01-04-2007
Rec. Nac. 25m Juv	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Rec. Nac. 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Rec. Nac. 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1. SCC/Oryzon Energias-FEM	SCC/Oryzon Energias	4:12.86	+0.81	558	25
Maria Malaguerra Costa	+0.81	30.08 1:03.35	Vanessa Branco Machado	+0.45	31.51 1:06.81
Florabela Cavaco Machado	+0.44	30.24 1:02.47	Mariana Cunha Guerra	+0.20	28.59 1:00.23
2. Estarreja-FEM	Estarreja	4:17.95	+0.93	525	23
Catia Sofia Silva	+0.93	30.98 1:04.54	Rosa Maria Oliveira		31.52 1:06.26
Vanessa Rodrigues Valente	+0.68	30.92 1:04.68	Ines Sa Rodrigues	+0.49	30.29 1:02.47
3. Naval Amorense-FEM	Naval Amorense	4:19.80	+0.80	514	22
Soraia Guerra Rolim	+0.80	30.59 1:05.85	Ligia Alexandra Coimbra	+0.63	30.45 1:05.91
Sofia Prates Silvestre	+0.57	30.09 1:03.93	Patricia Miguel Mendes	+0.59	29.94 1:04.11
4. Ginasio Santo Tirso-FEM	Ginasio Santo Tirso	4:20.65	+0.86	509	21
Helena Manuel Jose	+0.86	31.11 1:04.65	Maria Joao Jose	+0.42	31.15 1:05.98
Maria Joao Oliveira	+0.38	31.50 1:06.53	Rute Sofia Teixeira	+0.50	30.47 1:03.49
5. Beja-FEM	Beja	4:22.08	+0.80	501	20
Joana Isabel Lampreia	+0.80	31.09 1:03.87	Raquel Silva Santos	+0.49	32.56 1:09.51
Ana Margarida Teixeira	+0.39	30.93 1:05.10	Sofia Isabel Teixeira	+0.08	29.89 1:03.60



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Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar			Clube			Tempo Final	TReac	Pts FINA		Pts
6.	Benedita-FEM		Benedita			4:24.47	+0.87	488		19
	Adriana Fialho Passarinho	+0.87	32.78	1:08.92	Ana Margarida Lourenco		+0.67	31.79	1:07.60	
	Filipa Vicente Custodias	+0.62	30.87	1:04.04	Isa Morais Penas		+0.36	30.53	1:03.91	
7.	Alhandra-FEM		Alhandra			4:25.77	+0.94	480		18
	Ana Luisa Santo	+0.94	31.58	1:07.11	Vanessa Carolina Valente		+0.60	30.48	1:03.62	
	Helena Rafaela Tome	+0.82	31.47	1:06.09	Sara Filipa Andrade			32.97	1:08.95	
8.	Aminata-FEM		Aminata			4:26.03	+0.79	479		17
	Claudia Almeida Costa	+0.79	31.60	1:06.11	Sara Caeiro Urbano		+0.48	31.40	1:06.53	
	Lidia Silveira Pina	+0.58	30.72	1:04.45	Claudia Isabel Semiao		+0.69	32.84	1:08.94	
9.	Sporting de Espinho-FEM		Sporting de Espinho			4:26.72	+0.95	475		16
	Carla Sofia Cruz	+0.95	31.84	1:05.92	Raquel Maria Lima			32.17	1:09.32	
	Maria Joao Oliveira	+0.58	30.81	1:06.22	Teresa Manuela Aires		+0.34	31.08	1:05.26	
10.	Lousada SXXI-FEM		Lousada SXXI			4:31.36	+1.00	451		15
	Neuza Carina Rocha	+1.00	32.50	1:07.24	Joana Carina Silva		+0.70	31.28	1:05.78	
	Ana Alexandra Sousa	+0.22	34.87	1:13.19	Diana Patricia Silva		+0.64	31.46	1:05.15	
11.	Fluvial Portuense-FEM		Fluvial Portuense			4:31.68	+0.92	450		14
	Maria Joao Esteves	+0.92	32.62	1:08.36	Ines Maria Mota		+0.61	32.31	1:06.23	
	Ines Vilela Braga	+0.75	32.63	1:09.95	Ana Filipa Morais		+0.33	32.02	1:07.14	
12.	Natacao do Montijo-FEM		Natacao do Montijo			4:31.84	+0.87	449		13
	Catarina Isabel Mendes	+0.87	30.76	1:03.74	Sofia Amaral Mendes		+0.83	34.09	1:11.51	
	Sofia Dias Alves	+1.18	35.28	1:11.75	Mafalda Jesus Pereira		+0.74	31.21	1:04.84	
13.	Penafiel-FEM		Penafiel			4:31.98	+0.91	448		12
	Iolanda Ribeiro Pinheiro	+0.91	30.46	1:04.11	Ines Cristina Cordeiro		+0.92	33.83	1:09.70	
	Maria Ines Reis	+0.83	33.76	1:10.51	Anastacia Demidova Vassilevna		+0.70	32.63	1:07.66	
14.	Gafanha da Encarnacao-FEM		Gafanha da Encarnacao			4:32.49	+0.99	446		11
	Ana Luisa Ramos	+0.99	32.39	1:07.04	Carolina Santos Machado		+0.66	32.12	1:06.87	
	Mariana Santos Machado	+0.61	34.43	1:11.47	Ana Rita Ribau		+0.82	32.48	1:07.11	
15.	Sporting de Aveiro-FEM		Sporting de Aveiro			4:33.46	+0.88	441		10
	Renata Castro Goncalves	+0.88	31.91	1:06.66	Ana Raquel Albuquerque		+0.70	34.15	1:11.73	
	Catarina Filipa Arede	+0.63	33.31	1:10.69	Maria Ines Cabral		+0.89	30.49	1:04.38	
16.	Nucleo de Pombal-FEM		Nucleo de Pombal			4:33.91	+0.80	439		9
	Joana Ines Frade	+0.80	32.94	1:08.38	Cristiana Ferreira Santos		+0.77	33.53	1:09.69	
	Beatriz Gameiro Matias	+0.93	34.21	1:10.20	Cristiana Andreia Lima		+0.81	31.03	1:05.64	
17.	Naval da Nazare-FEM		Naval da Nazare			4:34.62	+0.99	435		8
	Carolina Francisco Gomes	+0.99	32.58	1:07.34	Patricia Monteiro Negrão		+0.51	32.36	1:08.37	
	Mariana Galego Rolo	+0.73	33.34	1:10.54	Patricia Santos Dinis		+0.32	32.02	1:08.37	
18.	Paredes/Rota dos Moveis-FEM		Paredes/Rota dos Moveis			4:35.92	+0.95	429		7
	Claudia Cristina Almeida	+0.95	31.71	1:06.74	Sara Patricia Gomes		+0.76	33.49	1:10.53	
	Maria Clara Pinto	+0.69	34.69	1:13.87	Catia Sofia Rodrigues		+0.94	31.68	1:04.78	
19.	Interior Norte-FEM		Interior Norte			4:36.21	+0.73	428		6
	Joana Varandas Borges	+0.73	32.67	1:09.28	Elisabete Moreira Castro		+0.58	32.58	1:08.50	
	Diana Rosalina Oliveira	+0.69	34.09	1:11.30	Ana Leticia Freitas		+0.40	32.09	1:07.13	
20.	Bombeiros Ponta Delgada-FEM		Bombeiros Ponta Delgada			4:37.38	+1.03	423		5
	Catarina Rego Borges	+1.03	36.23	1:16.15	Juliana Medeiros Almeida		+0.83	34.67	1:14.23	
	Joana Filipa Marques	+0.49	31.22	1:05.61	Mafalda Fraga Fragoso		+0.52	28.80	1:01.39	



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Prova 24, Femin., 4 x 100m Livres, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	Campinho-FEM	4:37.65	+0.98	421	4
	Joana Ferreira Baptista +0.98 34.18 1:10.64	Rafaela Cunha Mendes +0.46 32.65 1:07.83			
	Jessica Rodrigues Tavares +0.51 33.91 1:10.74	Daniela Marques Genio +0.48 32.10 1:08.44			
22.	Salvaterra Magos-FEM	4:39.14	+0.92	415	3
	Raquel Sofia Jorge +0.92 35.43 1:12.78	Ana Pereira Luis +0.53 33.44 1:12.24			
	Ana Rita Nunes +0.47 29.89 1:03.65	Ana Catarina Travessa +0.63 33.15 1:10.47			
23.	CLAC-Entroncamento-FEM	4:50.43	+0.93	368	2
	Carolina Henriques Gavancho +0.93 35.50 1:14.68	Susana Patricia Rosa 33.57 1:11.90			
	Ines Maria Ribeiro +0.40 35.22 1:16.69	Catarina Vilhena Gregorio +0.66 31.71 1:07.16			
24.	Miranda do Corvo-FEM	4:56.57	+0.92	346	1
	Claudia Filipa Silva +0.92 35.91 1:15.07	Bianca Filipa Silva 37.77 1:20.98			
	Maria Dias Neves +0.33 35.30 1:12.99	Tatiana Cruz Costa +0.19 32.54 1:07.53			

Prova 25 Masc., 4 x 100m Estilos Absolutos
19-12-2010 - 11:30 Resultados

Rec. Nac. 25m Absoluto	3:35.10	Clube Natação da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:40.64	Clube de Natação de Alcobaça	CNAL	Leiria	03-06-2006
Rec. Nac. 25m Inf A	4:20.39	Grupo Desportivo Natação V. N. Fagundes	GNVNF	Mealhada	05-04-2003
Rec. Nac. 25m Juv B	4:11.92	Soc. Filarm. União Artística Piedense	SFUAP	Penafiel	21-03-1999
Rec. Nac. 25m Juv A	4:03.10	Colégio Vasco da Gama	CVG	Braga	23-03-2003
Rec. Nac. 25m Jun	3:51.87	Soc. Filarm. União Artística Piedense	SFUAP	Mealhada	24-03-2000
Rec. Nac. 25m Sen	3:35.10	Clube Natação da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2010

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Natacao de Vila Real-MASC	4:11.87	+0.73	494	25
	Christophe Pereira Fernandes +0.73 31.46 1:04.60	Jose Carlos Pinto +0.53 29.09 1:04.48			
	Ivan Monteiro Simoes +0.47 30.76 1:07.41	Andre Silva Bastos +0.55 26.58 55.38			
2.	Viana Natacao-MASC	4:14.19	+0.80	480	23
	Antonio Miguel Vitorino +0.80 30.91 1:03.51	Carlos Manuel Ferreira +0.68 28.82 1:01.76			
	Andre Machado Vale +0.22 33.36 1:11.79	Ricardo Miguel Alves +0.55 27.31 57.13			
3.	Naval Amorense-MASC	4:14.92	+0.65	476	22
	Sergio Fernando Silva +0.65 30.27 1:02.38	Miguel Angelo Alves +0.59 28.97 1:02.34			
	Joao Pedro Gil +0.64 34.16 1:13.96	Diogo Miguel Mendes +0.58 26.62 56.24			
4.	Natacao de Olhao-MASC	4:15.76	+0.56	472	21
	Joao Duarte Santos +0.56 32.35 1:05.75	Mauro Filipe Viegas +0.42 28.67 1:02.15			
	Miguel Angelo Mestre +0.37 32.72 1:11.73	Rui Miguel Lopes +0.62 26.94 56.13			
5.	Kainagua-MASC	4:17.24	+0.58	464	20
	Nuno Monteiro Piteira +0.58 31.54 1:05.36	Joaquim Paixao Barroso +0.70 29.09 1:03.84			
	Diogo Vasco Reis +0.38 32.36 1:12.75	Joao Monteiro Piteira +0.56 25.80 55.29			
6.	Bombeiros Ponta Delgada-MASC	4:17.78	+0.66	461	19
	Tiago Ramos Gomes +0.66 31.00 1:03.87	Antonio Fraga Fragoso +0.33 27.85 1:00.87			
	Miguel Rego Borges +0.59 33.65 1:12.84	Julio Joao Silva +0.50 28.26 1:00.20			
7.	Benedita-MASC	4:20.35	+0.81	447	18
	Luis Antonio Tarquinio +0.81 31.81 1:04.97	Tiago Lopes Ribeiro +0.56 28.84 1:02.53			
	Leonardo Peralta Reis +0.35 34.73 1:15.45	Joao Manuel Serralheiro +0.27 27.04 57.40			



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Prova 25, Masc., 4 x 100m Estilos, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	Sporting de Espinho-MASC	Sporting de Espinho 4:20.72	+0.58	445	17
	Alexander Oliveira Cardoso +0.58	31.66 1:05.39	+0.02	26.76	1:00.33
	Tiago Andre Marques +0.27	33.98 1:16.00	+0.15	28.06	59.00
9.	Imortal-MASC	Imortal 4:21.81	+0.67	440	16
	Andre Filipe Faria +0.67	32.04 1:06.54	+0.28	29.97	1:06.74
	Hugo Alexandre Amaral +0.38	31.60 1:10.60	+0.46	27.31	57.93
10.	Nautica do Seixal-MASC	Nautica do Seixal 4:21.97	+0.72	439	15
	Fabio Aleixo Fernandes +0.72	30.78 1:04.88	+0.24	27.77	1:00.92
	Luis miguel Martinho 0.00	35.16 1:18.75	+0.30	26.10	57.42
11.	Ginasio de Vila Real-MASC	Ginasio de Vila Real 4:22.50	+0.69	436	14
	Carlos Manuel Figueiredo +0.69	33.54 1:11.43	+0.19	28.52	1:05.37
	Marc Francis Moreira +0.26	33.09 1:12.17	+0.62	25.67	53.53
12.	Campinho-MASC	Campinho 4:22.62	+0.64	436	13
	Joao Miguel Figueiredo +0.64	29.80 1:02.13	+0.27	30.87	1:08.88
	Daniel Filipe Fernandes +0.54	32.97 1:12.29	+0.43	27.35	59.32
13.	CLAC-Entroncamento-MASC	CLAC-Entroncamento 4:23.79	+0.76	430	12
	Miguel Martins Barroqueiro +0.76	31.12 1:04.84	+0.51	29.58	1:05.38
	Alexandre Emanuel Pereira +0.26	34.39 1:14.73	+0.38	28.09	58.84
14.	Ancorensis/Serralharia Ribeiro-MASC	Ancorensis/Serralharia Ribeiro 4:25.05	+0.70	424	11
	Carlos Miguel Sotelo +0.70	30.40 1:02.03	+0.23	30.40	1:05.83
	Tiago Martim Alves +0.28	35.77 1:15.73	+0.44	28.71	1:01.46
15.	Buzios-MASC	Buzios 4:26.34	+0.68	418	10
	Diogo Miguel Balsa +0.68	32.67 1:08.36	+0.58	31.92	1:09.26
	Joao Carlos Pereira +0.59	34.02 1:13.14	+0.36	26.01	55.58
16.	Beja-MASC	Beja 4:27.09	+0.62	414	9
	Pedro Filipe Ribeiro +0.62	30.83 1:05.19	+0.43	30.64	1:07.19
	Andre Figueiredo Almeida +0.01	35.31 1:16.84	-0.01	27.18	57.87
17.	Nucleo Sportinguista-MASC	Nucleo Sportinguista 4:28.30	+0.65	409	8
	Andre da Costa Coelho +0.65	34.29 1:10.96	+0.50	30.26	1:05.11
	Frederico Alexandre Freitas +0.75	34.08 1:13.97	+0.43	27.66	58.26
18.	Fafe-MASC	Fafe 4:29.67	+0.68	402	7
	Paulo Gabriel Magalhaes +0.68	33.03 1:08.37	+0.47	31.99	1:08.89
	Carlos Cunha Costa +0.51	34.96 1:15.94	+0.39	26.58	56.47
19.	Lousada SXXI-MASC	Lousada SXXI 4:31.00	+0.71	396	6
	Jose Ricardo Sousa +0.71	34.00 1:09.55	+0.43	29.67	1:05.62
	Pedro Miguel Coelho +0.54	34.51 1:15.62	+0.23	28.12	1:00.21
20.	Scalabisport-MASC	Scalabisport 4:31.15	+0.69	396	5
	Ivo Andre Lopes +0.69	32.81 1:06.23	+0.68	31.28	1:08.54
	Joao Luis Baeta +0.52	36.52 1:18.91	+0.26	27.02	57.47
21.	Sporting de Aveiro-MASC	Sporting de Aveiro 4:31.25	+0.86	395	4
	Gino Santos Caetano +0.86	32.89 1:06.93	+0.45	30.01	1:04.36
	Luis Filipe Cruz +0.55	38.79 1:22.40	+0.26	26.52	57.56
22.	Estarreja-MASC	Estarreja 4:31.48	+0.69	394	3
	Rafael Arrojado Ferreira +0.69	33.05 1:08.42	+0.46	28.46	59.71
	Jose Figueiredo Pereira +0.37	38.41 1:21.32		29.91	1:02.03



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Prova 25, Masc., 4 x 100m Estilos, Absolutos

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
23.	Ginasio Santo Tirso-MASC	4:31.55	+0.68	394	2
	Joao Pedro Barroso +0.68 32.20 1:06.67 David Andre Almeida +0.53 32.14 1:13.89				
	Tiago Sobral Coelho +0.51 34.30 1:12.39 Miguel Filipe Pinto +0.39 27.48 58.60				
24.	Alhandra-MASC	4:32.82	+0.63	389	1
	Goncalo Alexandre Rato +0.63 34.20 1:09.02 Bruno Goncalves Pereira +0.57 29.73 1:05.99				
	Pedro Sousa Gomes +0.33 35.59 1:17.72 Eduardo Filipe Felix +0.67 28.58 1:00.09				

Prova 26

Masc., 800m Livres

Absoluto

19-12-2010 - 12:00

Resultados

Rec. Nac. 25m Absoluto	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009
Rec. Nac. 25m Inf B	9:07.76	Pedro Fontoura Oliveira	CFB	Santarem	06-04-2003
Rec. Nac. 25m Inf A	8:42.19	Pedro Fontoura Oliveira	CFB	Reboleira	27-06-2004
Rec. Nac. 25m Juv B	8:27.18	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2006
Rec. Nac. 25m Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	13-05-2007
Rec. Nac. 25m Jun	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Rec. Nac. 25m Sen	7:59.51	Paulo Fragueiro Franco	CDN	Leiria	06-12-2009

Pontos: FINA 2010

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
Absolutos							
1.	Rui Miguel Lopes	94	Natacao de Olhao	8:44.90		602	25
	50m: 29.53 29.53	250m: 2:39.47 32.93	450m: 4:51.93 33.02	650m: 7:06.18 33.28			
	100m: 1:01.14 31.61	300m: 3:12.45 32.98	500m: 5:25.58 33.65	700m: 7:39.66 33.48			
	150m: 1:33.67 32.53	350m: 3:45.77 33.32	550m: 5:59.21 33.63	750m: 8:13.14 33.48			
	200m: 2:06.54 32.87	400m: 4:18.91 33.14	600m: 6:32.90 33.69	800m: 8:44.90 31.76			
2.	Miguel Prata Santos	96	Viana Natacao	8:51.95	+0.77	579	23
	50m: 28.53 28.53	250m: 2:40.28 32.86	450m: 4:55.36 33.67	650m: 7:11.52 34.23			
	100m: 1:01.03 32.50	300m: 3:13.72 33.44	500m: 5:29.04 33.68	700m: 7:45.26 33.74			
	150m: 1:33.95 32.92	350m: 3:47.92 34.20	550m: 6:03.32 34.28	750m: 8:19.38 34.12			
	200m: 2:07.42 33.47	400m: 4:21.69 33.77	600m: 6:37.29 33.97	800m: 8:51.95 32.57			
3.	Joao Carlos Santos	96	Naval Amorense	8:58.72	+0.75	557	22
	50m: 29.11 29.11	250m: 2:40.32 33.55	450m: 4:59.13 35.19	650m: 7:19.32 35.60			
	100m: 1:01.36 32.25	300m: 3:14.33 34.01	500m: 5:34.53 35.40	700m: 7:54.56 35.24			
	150m: 1:33.94 32.58	350m: 3:49.84 35.51	550m: 6:07.98 33.45	750m: 8:26.21 31.65			
	200m: 2:06.77 32.83	400m: 4:23.94 34.10	600m: 6:43.72 35.74	800m: 8:58.72 32.51			
4.	Joao Bernardo Saragoca	95	Scalabisport	9:05.69	+0.93	536	21
	50m: 29.89 29.89	250m: 2:46.09 34.39	450m: 5:03.25 34.70	650m: 7:23.48 34.47			
	100m: 1:03.02 33.13	300m: 3:20.54 34.45	500m: 5:38.54 35.29	700m: 7:58.84 35.36			
	150m: 1:37.25 34.23	350m: 3:54.43 33.89	550m: 6:13.88 35.34	750m: 8:34.00 35.16			
	200m: 2:11.70 34.45	400m: 4:28.55 34.12	600m: 6:49.01 35.13	800m: 9:05.69 31.69			
5.	Tiago Lopes Ribeiro	93	Benedita	9:05.74	+0.91	536	20
	50m: 29.40 29.40	250m: 2:44.62 34.32	450m: 5:02.47 34.15	650m: 7:22.29 35.18			
	100m: 1:02.48 33.08	300m: 3:18.77 34.15	500m: 5:37.57 35.10	700m: 7:57.15 34.86			
	150m: 1:36.02 33.54	350m: 3:53.42 34.65	550m: 6:12.31 34.74	750m: 8:32.46 35.31			
	200m: 2:10.30 34.28	400m: 4:28.32 34.90	600m: 6:47.11 34.80	800m: 9:05.74 33.28			
6.	Filipe Ricardo Azevedo	93	Kainagua	9:09.64	+0.82	525	19
	50m: 29.37 29.37	250m: 2:44.77 34.22	450m: 5:03.05 34.64	650m: 7:24.20 35.59			
	100m: 1:02.58 33.21	300m: 3:19.20 34.43	500m: 5:37.98 34.93	700m: 7:59.59 35.39			
	150m: 1:36.52 33.94	350m: 3:53.74 34.54	550m: 6:13.37 35.39	750m: 8:35.22 35.63			
	200m: 2:10.55 34.03	400m: 4:28.41 34.67	600m: 6:48.61 35.24	800m: 9:09.64 34.42			



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Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	Joao Pedro Santos	95	Estarreja	9:13.52	+0.72	514	18
	50m: 28.93 28.93	250m: 2:47.49 34.62	450m: 5:07.86 34.01	650m: 7:29.24 35.02			
	100m: 1:02.41 33.48	300m: 3:23.15 35.66	500m: 5:43.11 35.25	700m: 8:04.66 35.42			
	150m: 1:37.49 35.08	350m: 3:59.71 36.56	550m: 6:19.13 36.02	750m: 8:39.59 34.93			
	200m: 2:12.87 35.38	400m: 4:33.85 34.14	600m: 6:54.22 35.09	800m: 9:13.52 33.93			
8.	Miguel Filipe Pinto	96	Ginasio Santo Tirso	9:19.64	+0.87	497	17
	50m: 30.94 30.94	250m: 2:53.68 36.60	450m: 5:17.91 35.42	650m: 7:39.54 34.70			
	100m: 1:05.51 34.57	300m: 3:29.42 35.74	500m: 5:53.88 35.97	700m: 8:14.41 34.87			
	150m: 1:41.12 35.61	350m: 4:06.09 36.67	550m: 6:29.05 35.17	750m: 8:47.95 33.54			
	200m: 2:17.08 35.96	400m: 4:42.49 36.40	600m: 7:04.84 35.79	800m: 9:19.64 31.69			
9.	Jose Ricardo Sousa	97	Lousada SXXI	9:34.03	+0.86	460	16
	50m: 31.38 31.38	250m: 2:57.91 36.89	450m: 5:22.70 35.92	650m: 7:46.69 36.18			
	100m: 1:07.28 35.90	300m: 3:34.62 36.71	500m: 5:58.72 36.02	700m: 8:23.07 36.38			
	150m: 1:44.09 36.81	350m: 4:11.21 36.59	550m: 6:34.60 35.88	750m: 8:59.20 36.13			
	200m: 2:21.02 36.93	400m: 4:46.78 35.57	600m: 7:10.51 35.91	800m: 9:34.03 34.83			
10.	Rodrigo Cota Sousa	92	Nucleo Sportinguista	9:35.42	+0.87	457	15
	50m: 30.64 30.64	250m: 2:53.23 36.93	450m: 5:20.35 36.83	650m: 7:47.53 36.98			
	100m: 1:04.80 34.16	300m: 3:29.63 36.40	500m: 5:56.97 36.62	700m: 8:24.75 37.22			
	150m: 1:40.61 35.81	350m: 4:06.60 36.97	550m: 6:33.40 36.43	750m: 9:01.84 37.09			
	200m: 2:16.30 35.69	400m: 4:43.52 36.92	600m: 7:10.55 37.15	800m: 9:35.42 33.58			
11.	Jose Miguel Hilario	97	Beja	9:38.09	+0.76	451	14
	50m: 31.65 31.65	250m: 2:57.59 36.16	450m: 5:24.80 36.91	650m: 7:50.47 36.05			
	100m: 1:08.31 36.66	300m: 3:34.43 36.84	500m: 6:01.58 36.78	700m: 8:27.01 36.54			
	150m: 1:44.60 36.29	350m: 4:11.12 36.69	550m: 6:37.90 36.32	750m: 9:03.44 36.43			
	200m: 2:21.43 36.83	400m: 4:47.89 36.77	600m: 7:14.42 36.52	800m: 9:38.09 34.65			
12.	Diogo de Sousa	95	Ginasio de Vila Real	9:42.85	+0.86	440	13
	50m: 30.84 30.84	250m: 2:56.90 37.25	450m: 5:26.05 37.26	650m: 7:54.40 36.99			
	100m: 1:06.50 35.66	300m: 3:33.86 36.96	500m: 6:02.75 36.70	700m: 8:31.53 37.13			
	150m: 1:43.13 36.63	350m: 4:11.47 37.61	550m: 6:40.17 37.42	750m: 9:08.69 37.16			
	200m: 2:19.65 36.52	400m: 4:48.79 37.32	600m: 7:17.41 37.24	800m: 9:42.85 34.16			
13.	Luis Daniel Moreira	92	Sporting de Espinho	9:47.65	+0.92	429	12
	50m: 31.91 31.91	250m: 2:56.77 36.90	450m: 5:26.87 37.17	650m: 7:56.95 36.69			
	100m: 1:07.27 35.36	300m: 3:34.20 37.43	500m: 6:04.57 37.70	700m: 8:35.28 38.33			
	150m: 1:43.24 35.97	350m: 4:12.00 37.80	550m: 6:42.21 37.64	750m: 9:13.15 37.87			
	200m: 2:19.87 36.63	400m: 4:49.70 37.70	600m: 7:20.26 38.05	800m: 9:47.65 34.50			
14.	Gil Cruz Fernandes	95	Ancorensis/Serralharia Ribeiro	9:48.54	+1.08	427	11
	50m: 31.21 31.21	250m: 2:57.81 37.41	450m: 5:27.09 37.66	650m: 7:58.07 38.26			
	100m: 1:06.92 35.71	300m: 3:34.75 36.94	500m: 6:04.50 37.41	700m: 8:36.17 38.10			
	150m: 1:44.10 37.18	350m: 4:12.37 37.62	550m: 6:41.85 37.35	750m: 9:13.62 37.45			
	200m: 2:20.40 36.30	400m: 4:49.43 37.06	600m: 7:19.81 37.96	800m: 9:48.54 34.92			
15.	Tiago Miguel Santo	95	Alhandra	9:49.12	+0.95	426	10
	50m: 31.91 31.91	250m: 2:58.56 37.09	450m: 5:26.67 37.04	650m: 7:57.05 37.89			
	100m: 1:07.92 36.01	300m: 3:35.84 37.28	500m: 6:04.17 37.50	700m: 8:35.20 38.15			
	150m: 1:44.73 36.81	350m: 4:12.68 36.84	550m: 6:41.38 37.21	750m: 9:13.41 38.21			
	200m: 2:21.47 36.74	400m: 4:49.63 36.95	600m: 7:19.16 37.78	800m: 9:49.12 35.71			
16.	Pedro Jorge Santos	93	Sporting de Aveiro	9:53.24	+0.88	417	9
	50m: 32.60 32.60	250m: 3:01.45 37.72	450m: 5:30.67 37.21	650m: 8:01.93 37.44			
	100m: 1:08.93 36.33	300m: 3:38.64 37.19	500m: 6:08.44 37.77	700m: 8:39.57 37.64			
	150m: 1:46.24 37.31	350m: 4:15.92 37.28	550m: 6:46.21 37.77	750m: 9:16.36 36.79			
	200m: 2:23.73 37.49	400m: 4:53.46 37.54	600m: 7:24.49 38.28	800m: 9:53.24 36.88			



Campeonato Nacional de Clubes 4ª Divisão
Caldas da Rainha, 18. - 19.12.2010

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	Tiago Ramos Gomes	94	Bombeiros Ponta Delgada	9:53.40	+0.75	417	8
	50m: 31.89 31.89	250m: 2:57.24 36.86	450m: 5:27.27 37.79	650m: 8:00.95 38.26			
	100m: 1:07.37 35.48	300m: 3:34.56 37.32	500m: 6:05.89 38.62	700m: 8:39.28 38.33			
	150m: 1:43.83 36.46	350m: 4:12.18 37.62	550m: 6:43.98 38.09	750m: 9:17.29 38.01			
	200m: 2:20.38 36.55	400m: 4:49.48 37.30	600m: 7:22.69 38.71	800m: 9:53.40 36.11			
18.	Mario Pinto Amorim	94	Buzios	9:54.02	+1.12	415	7
	50m: 33.00 33.00	250m: 3:00.94 37.68	450m: 5:32.17 38.14	650m: 8:06.53 38.12			
	100m: 1:08.80 35.80	300m: 3:38.01 37.07	500m: 6:10.47 38.30	700m: 8:44.67 38.14			
	150m: 1:45.85 37.05	350m: 4:15.89 37.88	550m: 6:49.35 38.88	750m: 9:21.64 36.97			
	200m: 2:23.26 37.41	400m: 4:54.03 38.14	600m: 7:28.41 39.06	800m: 9:54.02 32.38			
19.	Joao Manuel Santos	94	Campinho	9:54.58	+0.93	414	6
	50m: 32.12 32.12	250m: 2:59.57 37.72	450m: 5:31.44 38.20	650m: 8:05.52 37.82			
	100m: 1:07.79 35.67	300m: 3:37.66 38.09	500m: 6:09.95 38.51	700m: 8:43.86 38.34			
	150m: 1:44.74 36.95	350m: 4:15.31 37.65	550m: 6:48.84 38.89	750m: 9:21.99 38.13			
	200m: 2:21.85 37.11	400m: 4:53.24 37.93	600m: 7:27.70 38.86	800m: 9:54.58 32.59			
20.	Paulo Filipe Miranda	97	Fafe	9:59.03	+0.79	405	5
	50m: 33.13 33.13	250m: 3:02.03 37.54	450m: 5:34.94 38.32	650m: 8:07.92 37.95			
	100m: 1:10.06 36.93	300m: 3:40.22 38.19	500m: 6:13.51 38.57	700m: 8:45.40 37.48			
	150m: 1:47.11 37.05	350m: 4:18.54 38.32	550m: 6:52.11 38.60	750m: 9:22.83 37.43			
	200m: 2:24.49 37.38	400m: 4:56.62 38.08	600m: 7:29.97 37.86	800m: 9:59.03 36.20			
21.	Igor Artyukh	96	Imortal	10:08.94	+0.86	386	4
	50m: 33.18 33.18	250m: 3:01.41 37.48	450m: 5:36.73 39.10	650m: 8:14.62 39.68			
	100m: 1:09.81 36.63	300m: 3:39.94 38.53	500m: 6:15.64 38.91	700m: 8:54.87 40.25			
	150m: 1:46.50 36.69	350m: 4:18.43 38.49	550m: 6:55.19 39.55	750m: 9:33.04 38.17			
	200m: 2:23.93 37.43	400m: 4:57.63 39.20	600m: 7:34.94 39.75	800m: 10:08.94 35.90			
22.	Diogo Andre Catita	88	Nautica do Seixal	10:09.23	+0.89	385	3
	50m: 30.49 30.49	250m: 2:57.56 38.77	450m: 5:34.73 39.71	650m: 8:13.74 39.58			
	100m: 1:04.69 34.20	300m: 3:36.34 38.78	500m: 6:14.19 39.46	700m: 8:53.08 39.34			
	150m: 1:41.08 36.39	350m: 4:15.46 39.12	550m: 6:54.27 40.08	750m: 9:32.17 39.09			
	200m: 2:18.79 37.71	400m: 4:55.02 39.56	600m: 7:34.16 39.89	800m: 10:09.23 37.06			
23.	Daniel Filipe Lopes	96	Natacao de Vila Real	10:15.15	+0.71	374	2
	50m: 32.15 32.15	250m: 3:02.55 38.92	450m: 5:38.02 39.55	650m: 8:19.76 41.08			
	100m: 1:08.62 36.47	300m: 3:40.75 38.20	500m: 6:17.97 39.95	700m: 8:58.74 38.98			
	150m: 1:46.31 37.69	350m: 4:19.67 38.92	550m: 6:58.61 40.64	750m: 9:38.11 39.37			
	200m: 2:23.63 37.32	400m: 4:58.47 38.80	600m: 7:38.68 40.07	800m: 10:15.15 37.04			

DSQ Miguel Martins Barroqueiro 91 CLAC-Entroncamento
Nadou uma prova a mais do que o permitido pelo Regulamento